MIDDLE PENINSULA-NORTHERN NECK SERVICES DIRECTORY

Serving the Counties of Essex, Gloucester, Mathews, Middlesex, King William, King & Queen, Lancaster, Northumberland, Richmond, Westmoreland, and the Towns of West Point, Tappahannock, and Colonial Beach.

ALMPVA provides one-on-one tutoring for adults wishing to further their literacy skills.

Programs

GED Preparation:

The GED is a series of five tests designed to provide general educational competence equivalent to the minimum required for a graduating high school senior.

ABE:

Adult Basic Education classes are for individuals who need to improve their basic skills in reading, writing, and mathematics in order to pass the GED tests, to meet the requirements for enrolling in higher level academic or vocational classes, or to improve family, work, and community skills.

ESL:

Courses in the English as a Second Language program are designed to develop and improve basic reading, writing, listening, and speaking English.
Skills taught include reading comprehension, vocabulary building, grammar, sentence structure, paragraph and essay writing; listening and speaking skills; and computer knowledge. These concepts and skills are taught through lecture, classroom exercises, small group work and individual instruction. These courses are designed to enhance a student's life and work skills and encourage students to obtain further education.

Civics:

For qualified participants, ALMPVA also provides civics tutoring for citizenship.

Adult Literacy Middle Peninsula
avlitmidpenva@gmail.com
P. O. Box 1992
Gloucester, VA 23061 - 1992
804 -210 - 9169

Office of Consumer Affairs

The Office of Consumer Affairs at the Virginia Department of Agriculture and Consumer Services provides protection to consumers against fraudulent, deceptive, and illegal practices in the marketplace. The Office of Consumer Affairs accomplishes our mission through the collaborative efforts of our three units.

Counseling, Intake and Dispute Resolution Unit
The Counseling, Intake and Dispute Resolution Unit handles complaints related to the advertisement, sale, or lease of goods and services that are intended for personal, family or home use.

We do not handle complaints resulting from private transactions between individuals where no business is involved, or from transactions involving products or services intended for business or commercial use.

You may also pursue resolution of your complaint through the courts system. In that case, you should consider seeking legal advice first. If you do not have an attorney, you may contact one through the Virginia Lawyer Referral Service at 800.552.7977 or 804.775.0808, or through the local chapter of the Virginia Legal Aid Society.

Investigations Unit

The Investigations Unit handles consumer complaints that may contain violations of the Virginia Consumer Protection Act. This unit works closely with the Office of the Attorney General and local Commonwealth's Attorneys to stop illegal activities, and to pursue civil and criminal prosecutions.

Regulatory Programs Unit

The Regulatory Programs Unit oversees all registrations, investigations, and related surety management for certain types of businesses that are required to file with the Office and may be required to post surety for the protection of Virginia consumers. The types of businesses are health spas, extended service contact providers, credit repair facilities, travel clubs, membership campgrounds, and organizations that solicit contributions for charitable purposes in Virginia.

To determine if a particular business may be subject to the law administered by OCA, you may review the laws by checking our website.

http://www.aavirginia.org/hp/

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Copyright © by The A.A. Grapevine, Inc.

Williamsburg
Williamsburg Area Intergroup
Main: (757)253-1234
Site: www.aawilliamsburg.org

Richmond
Richmond Intergroup Inc.
Main: (804)355-1212
Site: www.aarichmond.org

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

PO Box 1881
Gloucester, VA 23061
email: **ellie.galloway@alz.org**
website: **www.alz.org/grva**
phone: (804) 695-9382

AMERICAN RED CROSS

http://redcross.org/

The American Red Cross, a humanitarian organization led by volunteers, guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

The American Red Cross is neither a government agency nor is the American Red Cross funded by the government. Every year thousands of lives are saved by services provided by the Red Cross. Blood drives, disaster relief efforts, providing food and clothing, first aid, CPR and AED classes, and all of this is made possible by donations from people like you.

American Red Cross Services include:

Domestic Programs

Each year, the American Red Cross responds immediately to more than 70,000 disasters, including house or apartment fires (the majority of disaster responses), hurricanes, floods, earthquakes, tornadoes, hazardous materials spills, transportation accidents, explosions, and other natural and man-made disasters. Red Cross disaster relief focuses on meeting people's immediate emergency disaster-caused needs. When a disaster threatens or strikes, the Red Cross provides shelter, food, and health and mental health services to address basic human needs. In addition to these services, the core of Red Cross disaster relief is the assistance given to individuals and families affected by disaster to enable them to resume their normal daily activities independently.

The Red Cross also feeds emergency workers, handles inquiries from concerned family members outside the disaster area, provides blood and blood products to disaster victims, and helps those affected by disaster to access other available resources.

In rare cases the Red Cross establishes domestic programs to assist with specialized or longer term needs. Those programs have included:

- Hurricane Recovery Program
- Pandemic Flu

International Services

American Red Cross helps vulnerable people and communities around the world prepare for, respond to, and recover from natural disasters, humanitarian emergencies and health crises by mobilizing the power of the world's largest humanitarian network, made up of 186 Red Cross and Red Crescent national societies and more than 13 million volunteers. In all our work, we abide by the seven fundamental principles: humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

Disaster Response and Recovery, including the Haiti Assistance Program

Disaster Preparedness

Disease Prevention, including the Measles Initiative

Reconnecting Families

Teaching International Humanitarian Law

Working with our partners around the globe, the American Red Cross helps to build the local capacities of our sister Red Cross and Red Crescent societies, collaborates with those to train and organize volunteers and educate communities, and establishes partnerships with other public and private organizations to strengthen and complement our core international services and initiatives.

Safe and Well

The American Red Cross Safe and Well Website is an internet-based tool that families can integrate into their family communications plan when preparing for disasters.

Service to the Armed Forces, Keeping Pace with the Changing Military

The American Red Cross links members of the U.S. Armed Forces, National Guard, and Reserves, with their families during a crisis. Twenty-four hours a day, 365 days a year, the Red Cross quickly sends emergency communications to deployed service members on behalf of their family. Military members can have peace of mind knowing that when they are on a mission, in training or stationed far from home-and leaving cell phones and emails behind-they are still connected to home.

Colonial Virginia
Williamsburg, James City County, King & Queen, King William, Surry, West Point
1317 Jamestown Rd., Suite 105, Williamsburg, VA 23185
(757) 253-0228
(757) 253-2396 Fax
http://cvc.redcross.org

River Counties
Westmoreland, Lancaster, Richmond County, Middlesex, Essex
39 Harris Road
Kilmarnock, VA 22482
(804) 435-7669
804-435-6490 Fax

Gloucester County Chapter
Gloucester
2823 George Washington Highway
Hayes, VA 23072
(804)-642-9478
804-642-9483 Fax
http://www.myredcross.net

Northumberland Chapter
Northumberland
59 Monument Place
Heathsville, VA
P.O. Box 103
(804)-580-4933
804-580-4933 Fax
http://www.myredcross.net

York-Poquoson Chapter
Mathews
6912 George Washington Memorial Hwy
Yorktown, VA 23692
(757) 898-3090
(757) 898-3886 Fax
http://www.ypcredcross.org

Greater Richmond
New Kent
420 East Cary Street
Richmond, VA 23219
(804)-780-2250
804-780-2263 Fax
http://www.greaterrichmond.redcross.org/

Mid-Atlantic Blood Region
611 West Brambleton Ave
Norfolk, VA 23510-1000
(757)-446-7700
757-446-7283 Fax
http://www.redcrossblood.org/midatlantic

BAY AGING

http://www.bayaging.org/

Bay Aging is the premier provider of programs and services for people of all ages. Formed in 1978, Bay Aging serves a predominately rural 2,600 square mile region that encompasses ten counties and two planning districts.

Contact:

BAY AGING
P.O. Box 610
Urbanna, VA 23175

Middle Peninsula: (800) 693-6109
Gloucester, King & Queen, King William, Mathews, Middlesex
Northern Neck: (804) 758-2386
Essex, Lancaster, Northumberland, Richmond County

New Kent & Charles City (Bay Transit Only): (804) 966-7650

James City:
Senior Apartments- (757) 345-0896
757-345-2367 Fax
Ombudsman/VICAP- (757) 220-1577

Community Living Programs:

Offers long-term care alternatives for people who are at risk of nursing home placement and Medicaid spend down.

- Options counseling
- Meals on Wheels
- Personal Care Assistants
- Caregiver Respite
- Alzheimer's Disease Support Groups
- Adult Day Break Centers
- Active Lifestyle Centers
- Veterans Independence Programs
- MedCarry
- Ombudsman Program
- Virginia Insurance Counseling and Assistance Program (VICAP) and Medicare Part D
- Retired and Senior Volunteer Program
- Senior Employment Program
- Nationwide Aging Services Referral
- Legal Aid

Senior Apartments:

Presently, Bay Aging owns and manages eight complexes and is developing two additional complexes. With the exception of Parker View, all are located in the Middle Peninsula/Northern Neck/Peninsula region of Virginia.

It is very important to Bay Aging that our residents have all they need to continue living healthy, independent lives. Our housing managers are always ready to help residents who need special services such as:

~ Housekeeping ~ Transportation ~ Meal Services ~ Personal Care ~ Medication Reminders ~ Recreation & Socialization Services ~ and more ~

Contact:
Dianne Hughes
Vice President, Property Management
for information and an application
1.804.758.1260 EXT 105
dhughes@bayaging.org

Community Action:

Community Action for Children and Youth, Seniors and the Entire Family

- Access to Affordable Health Care
  assistance and referrals for community based health care
- Access to Affordable, Reliable Transportation
  public transportation by Bay Transit for work, education, health care, and other needs;
  Mobility Management for people with disabilities.
- Access to Affordable Housing and Housing Programs
  Indoor Plumbing Rehab, Weatherization, Housing and Financial Counseling, and referrals to other home ownership opportunities.
- Access to Employment
  link job seekers with employment resources and referrals.
- Youth Mentoring
  partnerships to help strengthen existing youth programs

Contact:
Jean Duggan
804-758-2386
Urbanna

Bay Family Housing:

Bay Family Housing (BFH) offers a comprehensive housing counseling program. The program offers personalized, group and individualized services. We live in challenging times that offer more resources than any generation. There is less time to enjoy the resources fully and even less time to manage them. Our counselors are certified and HUD approved professionals. They will assess your concerns to determine the best service to fit your needs.

Contact:	Address:	Mailing Address:
Catrina Paige cpaige@bayaging.org Phone: 804-758-1260 ext. 106 Fax: 804-758-1265	14833 George Washington Mem. Hwy., Saluda, VA 23149	P.O. Box 610 Urbanna, VA 23175

National Long Term Care Ombudsman:

A Long-Term Care Ombudsman:

- Resolves complaints made by or for residents of long-term care facilities
- Educates consumers and long-term care providers about residents' rights and good care practices
- Promotes community involvement through volunteer opportunities
- Provides information to the public on nursing homes and other long-term care facilities and services, residents' rights and legislative and policy issues
- Advocates for residents' rights and quality care in nursing homes, personal care, residential care and other long-term care facilities
- Promotes the development of citizen organizations, family councils and resident councils

Lisa Walker, Ombudsman

P.O. Box 610
Urbanna, VA 23175

Work: (804) 758-2386
Fax: (804) 758-5773

BAY TRANSIT:

Bay Transit is a non-profit community transit service serving the counties of Charles City, Essex, Gloucester, King and Queen, King William, Lancaster, Mathews, Middlesex, New Kent, Northumberland, Richmond, and Westmoreland.

Bay Transit provides on-demand service and offers a handful of fixed routes in some communities. We operate from 6:00 a.m. to 6:00 p.m. Monday through Friday.

Bay Transit operates in all counties within Middle Peninsula and Northern Neck from 6:00 am to 6:00 pm, Monday through Friday.

You can reach Bay Transit to schedule your ride by calling…

Toll Free	1.877.869.6046
Charles City	804.966.8743
Essex	804.250.2011
Gloucester	804.693.6977
King & Queen	804.693.6977
King William	804.693.6977
Lancaster	804.250.2011
Mathews	804.693.6977
Middlesex	804.250.2011
New Kent	804.966.8743
Northumberland	804.250.2011
Richmond (county)	804.250.2011
Westmoreland	804.250.2011
Colonial Beach area	804.250.2011

HEADQUARTERS:

Bay Transit
5306 Old Virginia Street
P.O. Box 610
Urbanna, VA 23175

Call Toll Free: 1.877.869.6046
Phone: 804.758.2386
Fax: 804.758.5773

BOYS AND GIRLS CLUBS OF AMERICA

http://www.bgca.org/

OUR MISSION
To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

CORE BELIEFS
A Boys & Girls Club Provides:

- A safe place to learn and grow...
- Ongoing relationships with caring, adult professionals...
- Life-enhancing programs and character development experiences...
- Hope and opportunity.

Character & Leadership Programs:

- Torch Clubs
- Key Stone
- Youth of the Year

Education & Career Programs:

- BE GREAT: Graduate
- Junior Staff
- Game Tech
- Robo Tech
- Skill Tech I & II
- Club Tech
- Project Learn
- Power Hour
- Money Matters
- CLUBService
- CareerLaunch

Health & Life Skills Programs:

- Date SMART
- Passport to Manhood
- SMART Girls
- SMART Moves
- NetSmartz
- Healthy Habits/Triple Play

Arts Programs:

- Clay Tech
- DramaMatters
- Digital Arts Suite and Festivals
- ImageMakers National Photography Program
- National Fine Arts Exhibit Program

Sports, Fitness, & Recreation Programs:

- Wanna Play?
- Jr. RBI
- RBI: Reviving Baseball in Inner Cities
- Triple Play

Other Programs based on locale.

Clubs and You: Volunteer
Boys & Girls Clubs make a difference in the community by giving young people a safe place to learn and grow. Contact a Club to learn more about volunteer opportunities.

Club Registration
Need the perfect after-school program or summer camp? Contact a local Club to find out how to register.

Gloucester
7066 Hayes Shopping Center
Hayes, VA 23072
(804) 684-9028
Gary Rippel Jr., Director

Mathews
498 Church Street
Mathews, VA 23109
(804) 725-4388
Rick Griffin, Director

Lancaster
517 N. Main Street
P.O. Box 564
Kilmarnock, VA 22482
(804) 435-9696 Office
(804) 435-2422 Club House
804-435-9292 Fax
http://www.bgcnn.com/

http://www.bagclub.com/

BRAIN INJURY ASSOCIATION OF VIRGINIA

http://biav.net/

Founded in 1983 by families and concerned professionals, the Brain Injury Association of Virginia is the only statewide non-profit organization in Virginia exclusively devoted to serving individuals with brain injury, their families, and those that care for and about them. Over 10,000 people find help from BIAV each year.

BIAV is a chartered state affiliate of the Brain Injury Association of America and exists to be the voice of brain injury through help, hope, and healing for Virginians with brain injury and their families. We educate human service professionals and the community on the risks and impact of brain injury and advocate for improved medical community-based services. Many of BIAV staff members are Certified Brain Injury Specialists (CBIS Certified).

Services Provided:

Personalized information and referral-

BIAV serves approximately 1,000 individuals through our information and referral helpline each year.

Local Support Groups Statewide-

BIAV provides technical assistance and support to over 20 support groups throughout the state, attended by 3,500 individuals with brain injury and their caregivers.

Camp Bruce McCoy for adults with brain injury-

Currently in its 28th year, Camp Bruce McCoy is the longest running respite camp for persons with brain injury in the United States; this program has served as a model for camps in more than 10 states.

Public Policy Leadership

BIAV is the only statewide nonprofit organization solely focused on advocacy for the needs of the brain injury community;

- We serve as a voice for the brain injury community with elected and appointed policymakers in the Governor's office and state agencies,
- We collaborate with professionals serving individuals with brain injury and their family caregivers, and
- We play an integral role in securing policy initiatives that provide critical services for persons with brain injury

Public Awareness and Prevention Campaigns

BIAV works to reduce or eliminate accidents that result in brain injury; we

- Partner with the Brain Injury Association of America, the Centers for Disease Control, and state and local agencies to conduct Public Awareness Campaigns
- Increase public awareness of the causes, incidence, and prevalence of brain injury in the United States, brain injury in the military, fall prevention in the elderly, and helmet use and sports concussion.

Outreach and Education Programs

BIAV offers professionals who work in brain injury services the opportunity to become Certified Brain Injury Specialists (CBIS), conducts training for over 2,000 professionals working with individuals with brain injury through our annual conference, presentations, and workshops, and trains over 200 persons with brain injury and family caregivers to become independent advocates each year.

The BIAV Central Office is located at 1506 Willow Lawn Drive, Suite 212, Richmond, VA 23230, and can be reached at 1-800-444-6443. BIAV has five satellite offices located in Winchester, Lynchburg, Tidewater, Southside Virginia, and the Northern Neck/Middle Peninsula. Contact information for the Regional Resource Coordinator for the Middle Peninsula/Northern Neck is:

Martha M. Hall, CBIS
P.O. Box 721, Warsaw, VA 22572
(804) 819-9238
Martha@biav.net

C³AREER CONNECT CENTER

http://www.mathewslibrary.org/

Career Connect Center (C3) is a job assistance program that provides a range of no-cost services & resources. C3 provides job seekers the tools & services they need to find the job that is right for them. Services include: comprehensive assessment, career & educational planning, training & job search assistance, information & referral.

The Center is staffed on Thursdays from 10am-3pm.

Contact:
Sara Hallberg
(804) 725-5747
sara.hallberg@mathewslibrary.org

CENTRAL VIRGINIA HEALTH SERVICES, INC.

http://www.cvhsinc.org/

Central Virginia Health Services, Inc. is committed to providing safe, accessible, affordable, comprehensive, high quality, and culturally sensitive health services to the people we serve.

Our providers focus health care on you, the patient. Health promotion, learning what lifestyle changes you can make to become healthier; chronic disease management, including affordable medications; testing for diseases so that early detection can perhaps save your life; patient education so that you can better understand your health condition – all these services are part of our commitment to you.

We take most major insurance plans, including Medicare and Medicaid. We offer a sliding fee (discount) for those who need it. **Lack of insurance or money should not prevent you from getting the health care you need.**

Locations:

King William-Dawn Community Doctors

11814 King William Road
P.O. Box 213
Aylett, VA 23009
Phone: (804) 769-3022
Fax: (804) 769-1253

Office Hours
Monday & Tuesday - 8:00 am - 8:00 pm
Wednesday - 8:00 am - 2:30 pm
Thursday and Friday - 8:00 am - 4:30 pm
Saturday - 8:30 am - 12:00 pm

Office Manager – Nina Evers
Nursing Contact – Sherry Walton
Site Director – Mary Lynn Booker, NP
Mary Lynn Booker, N.P., Family Nurse Practitioner
Alice Pyles, M.D., Family Practice
Allen Tsui, M.D., Family Practice
Rachna Dhar, M.D., Internal Medicine

Westmoreland Medical Center

18849 Kings Highway
P.O. Box 880
Montross, VA 22520
Phone: (804) 493-9999
Fax: (804) 493-7140

Office Manager – Jane Mitchell
Nursing Contact – Marie Scott
Site Director – Lisa Jenkins-Haynie, MD
Angela Ernst, M.D., Family Practice
Lisa Jenkins-Haynie, M.D., Family Practice
Andrew Walker, M.D., Family Practice

CHILDCARE RESOURCE AND REFERRAL NETWORK

www.vachildcare.org

Virginia Child Care Resource and Referral Network is a community-based network of early care and education specialists whose purpose is to deliver services to families, child care professionals and communities to increase the accessibility, availability, and quality of child care in Virginia.

Our mission is to provide the leadership, resources and advocacy necessary to sustain an effective statewide system of quality child care and early education services that links and supports families, child care providers and communities.

For Families, we provide:

- A list of child care options based on the needs of the family
- Information on child care regulations, licensing standards, the cost of child care and resources for family support
- Information on selecting quality child care, understanding healthy child development and effective parenting strategies
- Advocacy to state and national policymakers and legislators to urge support for children's issues

For Providers, we provide:

- A listing in our child care referral database
- Ongoing professional training and development opportunities
- Assistance and resources for business, child care and regulatory needs
- Quarterly newsletters
- Advocacy to state policymakers and legislators to support and enhance the child care and education profession

For Communities, we provide:

- Child care supply and demand data and statistics
- Support and advocacy to citizens, professionals and organizations to promote and enhance the quality of care, education and family-centered services in Virginia

Most CCR&R services are free and available to all families and child care providers in Virginia!

Virginia Child Care receives funding through a grant administered by the Virginia Department of Social Services, Division of Child Care and Development under the federal Child Care and Development Block Grant.

Virginia Child Care is a member of the National Association for Child Care Resource and Referral Agencies (NACCRRA).

Child & Family Connection

Phone: (757)-229-7940
Service area:
Williamsburg, James City, West Point, York, Poquoson

InterCounty Childcare Connection/ChildNet

c/o Middle Peninsula - Northern Neck Community Services Board
Phone: (804) 693-9446
Service area:
Essex, Tappahannock, Gloucester, King William, King & Queen, Lancaster, Mathews, Middlesex, Northumberland, Richmond County, Westmoreland

CHILD CARE PROVIDERS

Licensed Childcare Providers and Certified Pre-Schools registered with the Virginia Department of Licensing.

Essex

Aylett Country Day School
1657 Powcan Road
Millers Tavern, VA 23115
(804) 443-3214

Gayle Dunn
1331 Hoskins Drive
TAPPAHANNOCK, VA 22560
(804) 443-4993

Laura Gray
1233 DeSha Road
Tappahannock, VA 22560
(804) 443-1346

Little Rainbow Day Care
2853 Rose Mount Road
Hustle, VA 22476
(804) 443-2588

Mount Landing Children's Center
1413 Teakwood Drive
Suite F
Tappahannock, VA 22560
(804) 443-1060

Ms. Helen Shaver
128 Cherokee Road
Tappahannock, VA 22560
(804) 443-1309

Northern Neck H.S. - Essex
205 Elementary School Drive
Tappahannock Elementary School
Tappahannock, VA 22560
(804) 443-0087

Robin Harmon
288 Bruce Road
Tappahannock, VA 22560
(804) 443-1909

Tappahannock Children's Center
1681 Tappahannock Boulevard
Tappahannock, VA 22560
(804) 443-3272

Gloucester

Abingdon Head Start
7087 Powhatan Drive
Hayes, VA 23072
(804) 843-2289

Bethel Head Start
2991 Hickory Fork Road
Gloucester, VA 23061
(804) 695-0945

Creative Learning Preschool
7406 Carriage Court
Gloucester, VA 23061
(804) 693-2355

Gloucester Learning Center - Courthouse
7603 Hospital Drive
Gloucester, VA 23061
(804) 693-4000

Gloucester Learning Center - Hayes
2475 Hayes Road
Hayes, VA 23072
(804) 642-2000

Gloucester Montessori School
8381 George Washington Memorial Hwy
Gloucester, VA 23061
(804) 693-6455

Grand Kids Child Care
3152 Hickory Fork Road
Gloucester, VA 23061
(804) 693-2660

Mrs. Kathy Lee
6274 Relief Lane
Gloucester, VA 23061
(804) 693-0969

Petsworth Head Start Center
10658 George Washington Memorial Hwy
Gloucester, VA 23061
(804) 694-5977

Stephenson Child Care & Dev Center Inc.
2876 Abingdon Heights Road
Wicomico, VA 23184
(804) 642-2174

Susanna Wesley United Methodist Church Preschool
3900 George Washington Memorial Hwy
Ordinary, VA 23131
(804) 642-7551

T.C. Walker Head Start
6099 T.C. Walker Road
Gloucester, VA 23061
(804) 693-3934

Ware Academy
7936 John Clayton Memorial Highway
Gloucester, VA 23061
(804) 693-3825

King & Queen

Kiddie Korner Day Care Inc.
2941 Walkerton Landing Road
Walkerton, VA 23177

King William

Bridges Head Start-Acquinton I
7301 Acquinton Road
King William, VA 23086
(804) 769-1591

Bridges Head Start-Acquinton II
7301 Acquinton Road
King William, VA 23086
(804) 769-1590

Creative Critters
3340 King William Avenue
West Point, VA 23181
(804) 843-2366

Fun Farm Centers, Inc.
121 Commerce Park Drive
Manquin, VA 23106
(804) 769-2195

Gedell Gresham
3350 Mattaponi Avenue
West Point, VA 23181
(804) 843-4818

Greater West Point Family YMCA Day Camp
1060 Thompson Avenue
West Point, VA 23181
(804) 843-3300

Guardian Angels Day Care
2372 King William Road
Aylett, VA 23009
(804) 994-2224

Linda Hinkley
139 Windsor Road
King William, VA 23086
(804) 769-4162

The Tri-Rivers Center
610 18th Street
West Point, VA 23181
(804) 843-2289

Lancaster

Chesapeake Academy Extended Day Program
107 Steamboat Road
Irvington, VA 22480
(804) 438-5575

Ms. Tarsha Williams
228 Newtown Road
White Stone, VA 22578
(804) 435-0594

Northern Neck Family YMCA After-School Program
39 Harris Drive
Kilmarnock, VA 22482
(804) 435-0223

Northern Neck Head Start - Lancaster
36 Primary Circle
Lancaster Primary School
Lancaster, VA 22503
(804) 224-1307

The Learning Center Preschool and Child Care
217 S. Main Street
Kilmarnock, VA 22482
(804) 435-7321

The Northern Neck Montessori School
97 FMC Drive
Kilmarnock, VA 22482
(804) 435-3503

The Wiley Child Development Center-Northern Neck YMCA
458 Harris Drive
Kilmarnock, VA 22482
(804) 435-7977

CHILD CARE PROVIDERS

Mathews

I Think I Can!
VSR 626
Foster, VA 23056
(804) 725-1112

Kingston Parish Preschool
370 Main Street
Mathews, VA 23109
(804) 725-2175

Little Lighthouse Head Start Center
Route 198
Mathews, VA 23109
(804) 843-2289

Mr. Kim Bondes
15 Easy Street
Dutton, VA 23050
(804) 725-3501

Middlesex

Horizons Unlimited
221 Marston Avenue
Urbanna, VA 23175
(804) 758-0711

Middlesex Head Start Center
1823 Philpot Road
Locust Hill, VA 23092
(804) 843-2289

Mrs. Marie Wilding
209 Creekshore Drive
Deltaville, VA 23043
(804) 776-9836

Ms Diana Insley
122 Glennwood Drive
Topping, VA 23169
(804) 758-0327

Ms. Barbara Walton
207 Crittenden Road
Deltaville, VA 23043
(804) 832-7955

Ms. Cynthia Beverley
305 Wake Road
Wake, VA 23176
(804) 776-0238

Peninsula Metropolitan YMCA - Middlesex Family
11487 General Puller Highway
Hartfield, VA 23071
(804) 776-8846

Northumberland

Lil' Roos Preschool & Child Day Center
5243 Jesse Dupont Memorial Highway
Heathsville, VA 22473
(804) 453-5888

Northern Neck H.S. - Northumberland
RT. 1, BOX 76
Academic Lane
Heathsville, VA 22473
(804) 580-8604

Northumberland Family YMCA After-School Program/Summer Camp
757 Academic Lane
Heathsville, VA 22473
(804) 580-5455

Richmond County

Bessie King
126 Totuskey Church Road
Haynesville, VA 22472
(804) 333-3149

Chesapeake Academy
107 Steamboat Road
Irvington, VA 22480
(804) 438-5575

Cuddlebugs Child Development Center, LLC
235 Main Street
Warsaw, VA 22572
(804) 333-4443

Family Development Center - Walnut Street Day Care
102 Walnut Street
Warsaw, VA 22572
(804) 333-9322

Northern Neck Head Start - Richmond County
105 Walnut Street
WARSAW, VA 22572
(804) 333-5272

Richmond County Family YMCA Summer Camp
13027 Historyland Highway
Warsaw, VA 22572
(804) 761-8839

Richmond County YMCA Before and After School Program
361 Walnut Street
Warsaw, VA 22572
(804) 761-8839

YMCA Richmond County Preschool Program
226 Main Street
Warsaw, VA 22572
(804) 761-5998

Westmoreland

Ashton Day Care, LLC
410 Washington Avenue
Colonial Beach, VA 22443
(804) 224-5437

Ms. Kathryn Carter
3305 McKinney Blvd.
Colonial Beach, VA 22443
(804) 224-9059

Northern Neck Head Start - Colonial Beach
421 Lincoln Avenue
Colonial Beach, VA 22443
(804) 224-1307

Northern Neck Head Start-Westmoreland
454 Oak Grove Road
Oak Grove, VA 22443
(804) 224-1245

Tammy Brown
192 Azure Drive
Colonial Beach, VA 22443
(804) 214-9089

Westmoreland Family YMCA-After School Program
454 Oak Grove Road
Oak Grove, VA 22443
(804) 761-0317

Westmoreland Family YMCA-Day Camp
18849 Kings Highway
Montross, VA 22520
(804) 493-8163

CCCS agencies can give you straight answers about your debt management problems. These agencies are nonprofit community service organizations dedicated to helping people with money problems.
By contacting a professional consumer credit counseling service for a credit counseling session, you will learn to:

- Budget effectively
- Set financial priorities
- Efficiently pay down debt
- Reduce financial stress
- Achieve financial stability

CLEARPOINT CREDIT COUNSELING SOLUTIONS

Community Outreach and Education

Our local CCCS branches around the country provide consumer financial education in the communities they serve. Our consumer credit counselors are always looking for opportunities to improve financial literacy efforts. Topics can be custom-fit based on the knowledge levels of your group, and here is a list of our most requested presentations:

- Understanding Credit
- The Wise Use of Credit
- Learning to Budget
- Preparing for the Unexpected

Contact the Call Centers at Richmond or Fredericksburg:
1-877-877-1995, 7:30am-9:30pm to set up an appointment.

CONSUMER CREDIT COUNSELING SERVICE OF HAMPTON ROADS

Our counselors find individualized solutions for difficult problems. We work with you and your creditors to reduce interest and finance charges, set up one convenient monthly payment, reduce collection calls and create a sound plan to get you out of debt. Through CCCS, your creditors get paid and you get peace of mind.

Contact (757) 826-2227, Peninsula/Chesapeake/Portsmouth

VISION CREDIT EDUCATION, INC.

Our goal is not to fix your situation. Instead, we want to enable you to solve your financial problems and make good financial choices later in life. To do this, we supply you with the tools you need to succeed coupled with the extensive knowledge of our highly trained veteran counselors. The counselors at Vision Credit are among the most highly trained financial counselors providing nonprofit financial counseling.

Contact: 866-832-2826

disABILITY RESOURCE CENTER

http://www.cildrc.org/

The dRC is one of 16 Centers for Independent Living in Virginia providing four core services: Independent Living Skills, Information and Referral, Peer Counseling, and Advocacy.

Independent Living Skills:
The disAbility Resource Center assists members with setting and achieving individual goals in these areas at home, at work and the community. We also help people to find appropriate equipment to assist in their daily living, making it easier for them to do things for themselves.

Information and Referral:
The dRC is a resource for information related to disabilities. Ways in which information can be accessed includes a computer-based filing system, hard copied files, a library with books and materials available for check-out, and a knowledgeable staff.

Peer Counseling:
Peer counselors are dedicated in their efforts to provide counseling and support on a one-to-one basis with persons with disabilities. They can help with basic information on equipment, financial assistance, recreation, housing, attendant care, support groups, legal rights, and many other disability and community topics and resources.

Grace Marshall is the Peer Counselor at dRC. She can be reached at:

disAbility Resource Center, (540) 373-2559
409 Progress Street Fredericksburg,
VA. 22401
Or by email: Grace….gmarshall@cildrc.org

Advocacy:
Disability Rights and our advocacy services include workshops, individual and group training, and individual consultation on the laws that support our independence. A major goal for us is to educate our community as a whole to remove barriers to community access. If you have questions about your own rights, or are interested in helping others to ensure full inclusion, citizenship, and community participation, Email us to tell us about your interests.

Additional services include:

- Deaf and Hard of Hearing
- Benefits Assistance
- TAPLoan program
- Seminars
- Work Incentive assistance for Social Security beneficiaries who want to work
- No Cost recycled durable medical equipment
- Children and Youth Services
- Support Groups
- Community Action Specialists
- Workshops
- Personal Assistance Service Facilitation
- Nursing Home transition assistance

dRC Contact Information:

Phone:	540.373.2559	Direct VP:	540.645.5419	Address:
Toll Free:	800.648.6324	Toll Free:	866.643-4953	409 Progress St
Fax:	540.373.8126			Fredericksburg, VA 22401

Free, confidential services are provided regardless of disability or age.

EMPLOYMENT RESOURCES INCORPORATED

http://www.eri-va.com/

Employment Resources Incorporated (ERI) provides teenagers and young adults with the Education, Transition Services, and Workforce Training, they need to reach their personal and professional goals.

ERI's programs are linked closely to the needs in our local labor market. Partnerships with educational institutions, employers and social service agencies ensure strong connections between academic and occupational learning.

Education

Gladys H. Oberle School

The Oberle School, with its campus in the City of Fredericksburg, is designed for elementary, middle and high school students who are not achieving to their potential.

Currently serving youth from the Fredericksburg area and the Northern Neck, Middle Peninsula, Culpepper and Orange County area.

GED Preparation and High School Diploma Program

SOL Remediation

Workforce Training

ERI's Workforce Development programs help youth identify and then pursue realistic career goals. Assistance in completing high school as well as post-secondary education or training is offered to eligible youth.

Transition Services

After talking with a youth about his or her interests, strengths and weaknesses, as well as short- and long-term goals, a Transition Plan is created. The most common goals for youth include pursuing vocational training or further academic education, getting a job, and living independently. This Plan outlines activities that will assist the youth in achieving his or her goals. Plans include classroom- and community-based activities teaching independent living and work readiness.

Youth Build

Since 2005, ERI has offered eligible young adults, ages 18-24, with a comprehensive Pre-Apprenticeship Construction Skills Training Program. The program lasts 6-9 months. Classes for the Middle Peninsula and Northern Neck are sponsored jointly with Job Assistance Center and the National Homebuilders Institute in Tappahannock.

Work Readiness Program

The National Professional Certification in Customer Service

Once the assessment is passed and certification is earned, signifies that a young adult has demonstrated knowledge and skills important to employment in high performance companies in the sales and services industries.

Independent Living

Employment Resources Incorporated (ERI) works with local Departments of Social Services to provide Transition Living Skills to youth currently involved in the foster care system.

.

For more information, contact:

Pam Simms or Faranda Ferguson
(540) 372-6710 ext.113
psimms@eri-va.com

THE FAMILY ROOM

http://www.warechurch.org/Our_People/The_Family_Room/

The family room operates out of Ware Episcopal Church and is open Tuesday and Thursday mornings from 10:00am-12:00noon.

The Family Room is a nonprofit, non-denominational playgroup welcoming families and caregivers with children ages birth to 5 years. Their goal is to provide a nurturing and socially stimulating playtime for the children, as well as an opportunity for stay at home parents to 'get out' and interact.

The program features indoor and outdoor play areas, story time, and arts and crafts.

There is a monthly membership fee of $10.00 to take care of routine expenses, such as supplies.

The Family Room also sponsors a number of special events throughout the year, including a Treasure Market and Spring Bazaar. The calendar of events can be found on the Ware Church website.

Contact:
Sister Colleen Magill
(804) 693-3821
familyroom@warechurch.org

FEEDING AMERICA

http://feedingamerica.org/

Feeding America is the nation's leading domestic hunger-relief charity. Our mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.

FEEDMORE
http://www.feedmore.org/

FeedMore is...
the umbrella organization for the Central Virginia Food Bank, Meals on Wheels Serving Central Virginia, and The Community Kitchen.
FeedMore works together...
to efficiently and effectively fight hunger and enhance lives in our community.
FeedMore serves...

- Local children who need a nutritional foundation to learn and grow
- Central Virginia families struggling to provide for themselves
- Your senior neighbors who need food and services for health and independence

...our region's most vulnerable people.

Street Address	1415 Rhoadmiller Street Richmond , VA 23220
Phone:	804.521.2500
Fax:	804.521.2501
Executive Director:	Fay Lohr, flohr@feedmore.org
Media Contact:	Kristin VanStory (Director of Communications), kvanstory@feedmore.org 804.549.5663

Central Virginia Food Bank
http://www.cvfb.org/

The CVFB Fights hunger in our region through a comprehensive and multi-faceted approach to reach our regions must vulnerable people.

For Middle Peninsula-based Food Pantries, please call CVFB directly at (804) 521-2500.

The Corner Store
11241 West River Road
Aylett, Virginia
804-769-2996
Open 2nd Saturday of each month from 10:00 to 11:30
For King and Queen and King William County residents

Northern Neck Food Bank
http://www.nnfb.org/

The Northern Neck Food Bank is a redistribution organization of FeedMore/Central Virginia Food Bank. We are a local extension serving the unique needs of food pantries in our community.

White Stone Church of the Nazarene, Lancaster County
Distribution Day: 2nd Saturday of each month from 9 - 11 am, breakfast is served from 7:30 until it runs out. Located at 57 Whisk Drive in White Stone (next to Curry & Curry), tel: 804-435-9886.

Kilmarnock Baptist, Lancaster County
Distribution Days: Wednesdays from 1 - 3:30, Location: 65 E. Church St. in Kilmarnock, tel: 804-435-1703.

Holy Tabernacle, Lancaster County
Distribution Day: 2nd Wednesday, Location: 2445 Merry Pt. Rd in Lancaster, tel: 804-462-0056

Wicomico United Methodist, Northumberland County
Distribution Day: 1st & 3rd Wednesday, Location: Rt. 200 & Browns Store Rd. in Wicomico Church.

Mt. Olive Baptist Church, Northumberland County
Distribution Day: 2nd and 4th Wednesdays, Location: 6749 Jessie DuPont Memorial Hwy in Wicomico Church, tel: 804-435-3725.

New Friendship Baptist Church, Northumberland County
Distribution Day: 2nd Wednesday, Location: 13559 Northumberland Hwy in Burgess
tel: 804-580-2127.

Hands Across Middlesex, Cryer Center, Middlesex County
Distribution Days: Mon - Fri 10-4, 1st & 3rd Tuesday 10-2, Location: 7485 General Puller Hwy in Locust Hill, tel: 804-758-2044.

White Stone Baptist, Lancaster County
Distribution Day: Tuesdays from 1 - 3pm, Location: 517 Chesapeake Dr. in White Stone, tel: 804-435-1413.

Melrose United Methodist Church, Northumberland County
Distribution Day: 3rd Saturday from 9 - 11am, Location: 1317 Lewisetta Rd. in Lottsburg, tel: 804-529-6344.

Warsaw United Methodist Church, Richmond County
Distribution Day: First Friday after the first Thursday from 9 - 11, Location: 287 Main St. in Warsaw, tel: 804-333-3220.

New Life Ministries International, Northumberland and Lancaster County
Distribution Day: 3rd Saturday from 9 - 11am, Location: Rt. 200, tel: 804-436-6498.

Tappahannock Seventh Day Adventist Community Services
Location: The Louise Miller Clopton Memorial Complex – Behind Essex Square Shopping Center, Tappahannock Blvd., Tappahannock
tel: 804-443-5085

First Baptist Church Tappahannock
Location: Marsh Street, Tappahannock
Distribution Days: Thursday's 4 till 7
Saturdays 10:00 until
tel: 804-443-2340

Antioch Baptist Church
Distribution Days: 4th Tuesday Evening
Location: 454 Lloyds Road, Champlain
Tel: 804-443-9232

Essex Department of Social Services
As needed
772 Richmond Beach Road, Tappahannock
tel: 804- 443-3561

Non Food Pantry Affiliate Organizations:
The Haven
Interfaith Service Council
The Boys and Girls Club of the Northern Neck

Meals on Wheels
http://www.mowdelivers.com/

Meals on Wheels provides daily, home-delivered meals to eligible people living on their own. Last year, we prepared more than 300,000 meals, customized to a variety of health needs, and delivered them directly to homes throughout the region.

Community Kitchen

The Community Kitchen, a FeedMore organization, fights hunger in our central Virginia region by preparing nutritious meals for distribution by the Foodbank and Meals on Wheels. Cost efficiencies, while maintaining quality, are realized through volume production, the assistance of volunteers and the use of some donated food.

FOOD BANK OF SOUTHEASTERN VIRGINIA
www.foodbankonline.org

Street Address	800 Tidewater Drive PO Box 1940 Norfolk , VA 23504
Phone:	757.627.6599
Fax:	757.627.8588
Executive Director:	Joanne Batson, jbatson@secondharvest.org
Media Contact:	Susan Mayo (Chief Marketing Officer), smayo@foodbankonline.org 757.627.6599

Warehouse Distribution Program
This program includes all food and grocery products from food drives, purchases, and donations, except for USDA commodities.

USDA Commodities
This source of food includes quality meats, fish, canned and packaged fruits and vegetables, rice, beans, pasta, and peanut butter.

Food Rescue Program
This is an initiative to collect prepared and perishable food from 143 area grocery stores, restaurants, caterers, and discount retailers to distribute immediately to the hungry. Annually, the Foodbank collects over 3 million pounds through this program.
For more information, please contact Leonna Benson at lbenson@foodbankonline.org.

Mobile Pantry Program
This new system of distribution serves food to our neediest communities, while coordinating with our partner agencies and other social service organizations to determine delivery locations. This program is hugely successful in providing a means for individuals and families to receive food when they cannot travel to an agency, or their local agency is at-capacity.
For more information, please contact Terry Ellis at tellis@foodbankonline.org.

SNAP (Supplemental Nutrition Assistance Program)
This is the nation's largest food program, available to all families and individuals with gross income below 130% of the federal poverty level.

Plant-A-Row- for the Hungry Program
Local gardeners are encouraged to plant an extra row of produce and contribute that part of their harvest to the Foodbank and its member agencies to use in their feeding programs.

Community Gardens
The Foodbank provides mentorship and guidance to residents of communities choosing to plan, plant, care for, and harvest a garden that is then shared by everyone who participates.

Child Nutrition
The Foodbank operates two core programs to address childhood hunger:

- Kids' Café ®
- BackPack Program

FREE CLINICS, VIRGINIA ASSOCIATION OF

http://www.vafreeclinics.org/

A FREE CLINIC is a private, nonprofit, community-based or faith-based organization that provides compassionate, quality health care at little or no charge to low-income, uninsured Virginians.

Free Clinics Impact the Community in Many Ways

- Medical Care
  In 2008, Free Clinics provided **132,434** general medical visits worth **$12.7 million**, and **38,013** specialty medical visits worth **$6.8 million**.
- Prescription Medications
  In 2008, Free Clinics provided **610,664** prescription medications worth **$44.4 million** to their patients.
- Dental Care
  33 Virginia Free Clinics currently provide dental care. A total of **30,175** dental visits worth **$5.8 million** were provided in 2008.
- Hospital/Lab Support
  Hospitals and lab companies contributed nearly **$18.6 million** of in-kind services to Free Clinic patients in 2008.
- Mental Health Counseling
  In 2008, **30** Free Clinics provided **8,772** counseling visits worth **$843,000**.

LOCATIONS:

ST. DAVID'S FREE HEALTH CLINIC

http://www.cornerstoneaylett.org

Sheila Iswariah, Executive Director
11241 West River
Aylett, VA 23009

(804) 769-2886 Phone
215-454-2320 Fax
saintdavidscdc@yahoo.com

The Free Health Clinic provides free medical, vision and dental care to the uninsured people in King William, King & Queen, Essex and counties as distant as those in the Northern Neck.

The volunteer services of two doctors, a nurse practitioner, three dentists, an oral surgeon, one hygienists, four nurses and several front desk staff, are currently available to the clinic.
Bon Secours provides all necessary diagnostic testing.

Pharmaceutical assistance is available through the Prescription Assistance Program. Medications are dispensed through the King William Pharmacy.

Referral services for much needed specialist care are made available through Access Now.

Care provided by appointment only.

GLOUCESTER-MATHEWS FREE CLINIC

http://www.gmfreeclinic.org/

Kay Bradley, Executive Director
administrator@gmfc.hrcoxmail.com

2276 George Washington
Memorial Highway
Hayes, VA 23072

(804) 642-9515 Phone
804-684-3691 Fax

Office Hours:

Monday	8:00 a.m. - 5:00 p.m.	Thursday	8:00 a.m. - 7:30 p.m.
Tuesday	8:00 a.m. - 7:30 p.m.	Friday	8:00 a.m. - 2:00 p.m.
Wednesday	8:00 a.m. - noon		

Gloucester-Mathews Free Clinic is committed to everyone from Gloucester and Mathews Counties having access to basic healthcare, including, Medical, Dental and Patient Education.

NORTHERN NECK FREE HEALTH CLINIC

http://www.nnfhc.com

Jean Nelson, Executive Director
P.O. Box 1694
Kilmarnock, VA 22482

Location:
51 William B. Graham Court
Kilmarnock, VA 22482

(804) 435-0575 Phone
804-435-9017 Fax
nnfhc@verizon.net

Service Area:
Lancaster, Middlesex, Northumberland, Richmond, Westmoreland

Facilities:
Medical Clinic, Dental Clinic and Pharmacy in a 10,500-square-foot home in Kilmarnock.
Outreach Clinic at Andrew Chapel, Montross, every other week on Thursdays.
Outreach Office at Lower United Methodist Church, Hartfield every Tuesday afternoon.
Since 1993, the Clinic has provided more than $44 million worth of care to those in need.

Qualified patients:

- Have incomes of 200% or less of the federal poverty level
- Have no Medicaid, Medicare or private health insurance.

Office Hours

Monday through Thursday	8:30 a.m. to 5:00 p.m.
Friday	8:30 a.m. to 4:00 p.m.
Tuesday evenings	4:30 p.m. to 7:30 p.m.
Thursday evenings	4:30 p.m. to 8:30 p.m.

TAPPAHANNOCK FREE CLINIC

http://tappahannockfreeclinic.org/

Michael Faulkner, Executive Director
P.O. Box 2313
Tappahannock, VA 22560

Location:
317 Duke Street
Tappahannock, VA 22560

(804) 443-9590 Phone
804-443-9560 Fax
tappahannockfreeclinic@gmail.com

PATIENT REQUIREMENTS

The following items are required to establish your eligibility. If you have any form of health insurance you are not eligible for services.

1. A Picture ID. You must be over 18 years of age to qualify for our services.
2. If you are working, we need your last 4 of your paystubs. We will make copies and return them to you.
3. If you are receiving any income from Unemployment, Disability, Social Security, Spousal or Child Support, we will need the Statement of Income from the agency.
4. If anyone is helping you pay your bills, providing you with food, a place to live and/or cash, you will need to fill out the "Letter of Support".
5. We need last year's income tax return with the w-2 or 1099, Schedule C or K-1 that you submitted with it.
6. Completed clinic eligibility Packet

Screening is done on Mondays and Tuesdays from 3-5PM. Please let us know if you are working during those hours and we will try to make other arrangements.

The clinic **CANNOT** offer the following: Medical care for children under the age of 18, immunizations other than influenza, drug tests, pregnancy tests, STD tests, eye exams & glasses, dental exams, physicals (Tappahannock Family Practice will perform at a reduced rate), prenatal care, abortions and HIV testing.

GOOD NEIGHBOR MINISTRY

Sponsored by the West Point Ministers' Association and operated entirely by volunteers, the Good Neighbor Ministry provides food, furniture, and clothes to those in need. They can provide other services as funding is available, including a one-time utility bill payment.

The office is staffed on Mondays from 10:00am-2:00pm and Wednesdays from 12:00noon-2:00pm.

Serving the Town of West Point and, within a five mile radius, the counties of New Kent, King & Queen, and King William.

Contact:
Frances Thornton
(804) 843-4339
Good Neighbor Ministry
207 West Euclid Blvd.
West Point, VA 23181

GOODWILL INDUSTRIES

http://www.goodwill.org/

Goodwill® inspires hope and self-confidence, helping people from all backgrounds and walks of life to feel successful, valuable and dignified. We help people earn a living, improve their lives, and strengthen their families and their communities.

RAPPAHANNOCK GOODWILL
http://www.fredgoodwill.org

Rappahannock Goodwill Industries provides direct employment to well over 400 people – which includes our full time staff and workers in assembly, laundry, retail, custodial and other services, most of whom have disabilities or other barriers to employment. We are also proud that our full time staff includes graduates of our vocational programs.

We help those with physical, mental, and emotional disabilities, and also those who face other barriers to employment, such as poor work history, lack of experience, low family income, illiteracy, homelessness, advanced age, past substance abuse, or a criminal history.

Contact:
(800) 789-2816
(540) 371-3070
(540) 371-9433

P.O. Box 905
Fredericksburg, VA
22404-0905

Downtown Offices
1414 Caroline Street
Fredericksburg, VA 22401

Laundry Operations
480 Central Road
Fredericksburg, VA 22401

Store Locations:

England Run Store
736 Warrenton Road
Suite 101
Fredericksburg, VA
22406
(540) 654-5096
Sun 10-7, Mon-Thurs 9-8, Fri/Sat 9-9

Tappahannock Store
1529 Tappahannock Blvd.
Tappahannock, VA
22560
(804) 443-0553
Mon-Sat 9-8, Sun 10-6

Fredericksburg Outlet Store
2336 Plank Road
Fredericksburg, VA
22401
(540) 361-4915
Mon-Thurs 9-8, Fri/Sat 9-9, Sun 10-7

Cosner's Corner Store
10070 Jefferson Davis Hwy
Fredericksburg, VA
22407
(540) 898-1430
S 10-7, Mon-Thurs 9-8, Fri/Sat 9-9

GRANNY'S ATTIC

Granny's Attic is a Thrift Store in Warsaw, VA.

Located at 190 Main Street, The Attic provides a place to purchase clothing and other household items which were donated by the community.

Granny's Attic is open from 10 a.m. to 3 p.m. Tuesday-Friday, and from 10 a.m. to 1 p.m. on Saturdays. Walk-Ins welcome.

There are no eligibility requirements for purchase of items at Granny's Attic.

In the case of emergency, individuals may bring a letter from their Pastor or from Social Services and receive free services.

Contact:

Granny's Attic
(804) 333-5133

Connie Gallagher
(804) 333-4272

Jane Packet
(804) 333-4126

HABITAT FOR HUMANITY INTERNATIONAL

http://www.habitat.org/

Habitat for Humanity International (HFHI) is a nonprofit, ecumenical Christian ministry founded on the conviction that every man, woman and child should have a decent, safe and affordable place to live. We build with people in need regardless of race or religion. We welcome volunteers and supporters from all backgrounds.

Why we Build-
Nearly 2 billion people around the world live in slum housing and over 100 million are homeless. Habitat for Humanity is needed to help eliminate poverty by providing simple, decent shelter to those in need.
Families left homeless by natural disasters, war and civil unrest often face dire housing situations as they struggle to rebuild their lives. Habitat for Humanity's Disaster Response program provides shelter and housing solutions to help these families recover.

How it's Possible-
Homeowners and volunteers build under trained supervision.
Individuals, corporations, faith groups and others provide vital financial support. Learn more about Habitat's stewardship of these resources in our Annual Report and Financial Statement.
In the U.S., Habitat for Humanity lends no-profit, no-interest mortgage loans to its beneficiary families.
On a global scale, Habitat's traditional model is not always possible. Our international housing finance programs consist of innovative housing finance practices and/or partnerships with microfinance organizations.

How partner families are selected-
Families in need of decent shelter apply to local Habitat affiliates.
The affiliate's family selection committee chooses homeowners based on their level of need, their willingness to become partners in the program and their ability to repay the loan.
Every affiliate follows a nondiscriminatory policy of family selection.
Neither race nor religion is a factor in choosing the families who receive Habitat houses.

Local Affiliates:

Gloucester, Virginia:
Gloucester-Mathews, HFH of
www.hfhgm.org
PO Box 1880
Gloucester, VA 23061-1880
Phone: (804) 695-9655
Fax: (804) 824-9315
hfhgm@hfhgm.hrcoxmail.com

Hartfield, Virginia:
Middlesex, HFH
PO Box 492
Hartfield, VA 23071
Phone: (804) 776-7319
Fax: (804) 776-0716
predmore@gmail.com

Kilmarnock, Virginia:
Lancaster/Northumberland HFH
http://www.lnhabitat.org/
PO Box 908
Kilmarnock, VA 22482-0908
Phone: (804) 435-3461
jaokeefe@hughes.net

Montross, Virginia:
Richmond & Westmoreland Co HFH
http://www.habitatrwc.org/
112 Peach Grv 9 & 10
Montross, VA 22520
Phone: (804) 493-1500
Fax: (804) 493-1550
rwchabitat@verizon.net

HANDS ACROSS MIDDLESEX

Founded in 1992, Hands Across Middlesex is a local organization whose sole purpose is to help those citizens of Middlesex who are in need. To prevent duplication of services, they work closely with their local Department of Social Services, Red Cross, the Salvation Army, and Bay Aging.

Clients are screened based on eligibility criteria.

Services Provided:

Twice a month food distribution

- Clothes Closet for clients
- Twice monthly Yard Sale, a joint effort co-sponsored by Middlesex Habitat for Humanity
- Power Assistance may be provided up to $200.00.
- Limited projects depending on funding available:
    - Home Repair
    - Utilities/Water`

Hands Across Middlesex
Cryer Center
P.O. Box 85, Locust Hill, VA 23092
(804) 758-2044

Jackie Sears, President

Hands Across Middlesex is open Tuesday through Friday from 10:00am-4:00pm.

THE HAVEN SHELTER & SERVICES, INC.

http://www.havenshelter.org

The Haven Shelter & Services, Inc. is committed to preventing and eliminating all types of domestic violence and sexual assault within our service area, which includes Westmoreland, Richmond, Essex, Lancaster and Northumberland Counties. The primary focus of The Haven's mission is to provide advocacy and shelter for identified victims of partner abuse and sexual assault as well as to provide support services to victims and their families. To greater further its mission, The Haven seeks to enhance public awareness of domestic violence and sexual assault through community outreach and education.

Services Provided:

Victim Services

- 24-hour Emergency Shelter with a Capacity of up to 24 individuals
- Individual Support
- Crisis Intervention
- Court & Hospital Accompaniment
- Information and Referral
- Support Groups for Domestic Violence and Sexual Assault survivors and victims

Education/Outreach Services

The Haven Shelter & Services, Inc. is dedicated to outreach and education dealing with domestic violence, sexual assault, and stalking. The Haven offers a variety of educational presentations that are available free of charge to members of the local community.

- Community Education on Domestic Violence, Sexual Assault, Stalking and related issues
- Volunteer Training
- Advocacy for Women through Court or Community Agencies
- Agency-specific Training on Domestic Violence and Sexual Assault issues – Medical, Law Enforcement, Social Services, etc.

Presentations/Workshops

- Building Strong Relationships (adults)
- Healthy Relationships (For middle and high school children)
- The Child Assault Prevention (CAP) Project (Kindergarten through 5th grade)
- Fatality Review Team
- Break the Cycle Program

Contact:

IF YOU HAVE A DOMESTIC VIOLENCE OR SEXUAL ASSUALT EMERGENCY PLEASE CONTACT 911

SHELTER OFFICE: 1-800-22HAVEN(42836) for long distance callers or 333-5370 for local callers the shelter is staffed 24 hours/day, 365 days/year
Fax# 333-9344

ADMINISTRATIVE OFFICES: 804-333-1099
Office Hours: Monday thru Friday 9:00am to 5:00pm
Fax # 333-1150

MAILING ADDRESS: P.O. Box 1267, Warsaw, Virginia 22572

HEALTH, VIRGINIA DEPARTMENT OF

http://www.vdh.state.va.us/

The Mission of the Virginia Department of Health is to promote and protect the health of all Virginians. The agency's vision statement is "Healthy People in Healthy Communities.

THE VIRGINIA WIC PROGRAM

WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children. The Program provides nutrition education, breast feeding promotion and support, supplemental nutritious foods, counseling at WIC clinics, and screening and referrals to other health, welfare, and social services. The goal of the Program is to improve the health of pregnant women, infants and children (under 5 years) through better nutrition and access to health care. To be eligible for the WIC Program, applicants must meet categorical, residential, income and nutrition risk requirements.

The WIC Program:

- Educates pregnant women and new moms about nutrition, with personalized assessments, counseling and support
- Provides pregnant women, new moms, infants and children (up to age 5) with nutritious supplemental foods
- Brings women the support they need to breastfeed their babies
- Offers referrals to additional social services and healthcare resources

To apply for WIC
Please contact: Camilla Sutherlin
Phone: 804-758-2381 ext. 38
Email: Camilla.sutherlin@vdh.virginia.gov

RESOURCE MOTHERS PROGRAM

Our Goals:

This program is designed to mentor pregnant teenagers up to the age of 19, from the prenatal period until the infant's first birthday.

The goals of this program are the following:

To be a mentor to teenagers that are expecting mother's by support and educating them through:

- Early prenatal care.
- Nutrition education during pregnancy to enhance healthy babies that are born with a normal birth weight.
- Family Planning/prevention
- Breastfeeding encouragement and counseling
- Continuing Education through completion of High School or GED/Adult Education.

Please contact: Carolyn Richards
Phone: 804-333-4043 ext. 15
Email: carolyn.richards@vdh.virginia.gov

HEALTHY START/LOVING STEPS PROGRAM

The Healthy Start/Loving Steps program is designed to prevent low birth weights and infant mortality in pregnant women who are age 20 and up and residents of Westmoreland County. Our goal is to enroll clients in their first trimester to have the greatest impact on their pregnancies, and to give the infants the healthiest start in life. Moms and babies are followed until baby is 2 years old.

Health Start offers:

A Nutritionist: The nutritionist provides information on how to eat healthy throughout the pregnancy to support a healthy baby.

A Registered Nurse: The nurse provides prenatal education and care coordination.

A Resource Mother: The resource mother is the mentor to the client throughout her stay in the program.

Please contact Jennifer Filkoski
Phone: 804-493-1124
Email: Jennifer.filkoski@vdh.virginia.gov

Three Rivers Health District
2780 General Puller Highway P.O. Box 415
Saluda, VA 23149
Health Services 804-758-2381
FAX: 804-758-4828
Environmental Health 804-758-0330
FAX: 804-758-8390

Essex County Health Department 423 North Church Lane P.O. Box 206 Tappahannock, VA 22560 804-443-3396 (Health Services) FAX: 804-443-2377 804-443-4076 (EHS)	**Gloucester County Health Department** 6882 Main Street, Suites C-F P.O. Box 663 Gloucester, VA 23061 804-693-2445 (Health Services) FAX: 804-693-0043 804-693-6130 (EHS) FAX: 804-693-1398	**King & Queen County Health Department** 167 Courthouse Landing Rd. P.O. Box 8 King & Queen Courthouse, VA 23085 804-785-6154 FAX: 804-785-2601
King William County Health Department 167 Courthouse Landing Road P.O. Box 155 King William Courthouse, VA 23086 804-769-4988 804-843-3422 FAX: 804-769-2155	**Lancaster County Health Department** 9049 Mary Ball Road Health & Social Services Bldg. P.O. Box 158 Lancaster, VA 22503 804-462-5197 (Health Services) 804-462-9919 (EHS) FAX: 804-462-6211	**Mathews County Health Department** 536 Church Street P.O. Box 26 Mathews, VA 23109 804-725-7131 FAX: 804-725-7466
Middlesex County Health Department 2780 General Puller Hwy. P.O. Box 415 Saluda, VA 23149 804-758-2381 (Health Services) FAX: 804-758-4828 (Health Services) 804-758-0330 (EHS) FAX: 804-758-8390 (EHS)	**Northumberland County Health Department** 6373 Northumberland Hwy - Suite B P.O. Box 69 Heathsville, VA 22473 804-580-3731 (Health Services) 804-580-8827 (EHS) FAX: 804-580-2913	**Richmond County Health Department** 5591 W. Richmond Rd. P.O. Box 700 Warsaw, VA 22572 804-333-4043 (Health Services) 804-333-0171 (EHS) FAX: 804-333-3447
Westmoreland County Health Department 18849 King's Hwy P.O. Box 303 Montross, VA 22520 804-493-1124 (Health Services) FAX: 804-493-9352 (Health Services) 804-493-1235 (EHS) FAX: 804-493-9404 (EHS)		

All local health departments are open from 8 a.m. to 4:30 p.m., Monday through Friday. Arrangements can be made for evening and weekend screenings and special health events in all localities.

HOME BUILDERS INSTITUTE

http://www.hbi.org/

Home Builders Institute (HBI) is the 501(c)3 affiliate of the National Association of Home Builders (NAHB) that provides training, mentoring, curriculum development and job placement services in support of the housing industry.

As the workforce development arm of NAHB, HBI has prepared youth and adults for residential construction careers for more than 40 years.

Local Programs

YouthBuild – HBI provides technical assistance to more than 40 YouthBuild programs across the country and also operates training programs on several YouthBuild centers **– for low income youth.**

HBI's "**Building Today's Workforce for Tomorrow**" project was funded by a grant under the President's High Growth Job Training Initiative, as implemented by the U.S. Department of Labor's Employment and Training Administration.

Virginia Coordinator
Keith Curtis, Tidewater Builders Association
Ph 757-420-2566 x237
Fax 757-424-5954
Email kcurtis@tbaonline.org

HBI Job Corps Programs - HBI has partnered with the U.S. Department of Labor's Job Corps program for over 35 years, training and placing more than 2,000 young people annually in the residential construction industry. Students enrolled in Job Corps learn the construction skills they will need to pursue careers in home building. At the same time they build their lives, they also help meet the workforce needs of the housing industry where more than 200,000 new workers are needed each year.

Contact HBI:
Home Builders Institute
1201 15th Street NW, Sixth Floor, Washington, DC 20005
Ph: (800) 795-7955
Ph: (202) 371-0600
Fax: (202) 266-8999
General Email: postmaster@hbi.org

Contact HBI Programs:

Job Corps Programs
Tasya Arrington, tarrington@hbi.org
Administrative Assistant

Residential Construction Superintendent Designation Program
Laura Bray, lbray@hbi.org
Director, Office of the President

Workforce Employment and Training
Robert Bruening, rbruening@hbi.org
Program Specialist

Career Services, Make It Happen
Deanna Lewis, dlewis@hbi.org
Director for Career Services

HOUSING AND URBAN DEVELOPMENT, U.S. DEPARTMENT OF

http://portal.hud.gov/hudportal/HUD?src=/states/virginia

RENTAL ASSISTANCE

Privately owned subsidized housing - HUD helps apartment owners offer reduced rents to low-income tenants. Search for an apartment using the search tools at http://www.hud.gov/apps/section8/index.cfm and apply directly at the management office.

Public Housing - affordable apartments for low-income families, the elderly and persons with disabilities. To apply, contact a public housing agency.

Housing Choice Voucher Program (Section 8) - find your own place and use the voucher to pay for all or part of the rent. To apply, contact a public housing agency.

HUD's Public Housing Program
What Is Public Housing?

Public housing was established to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. Public housing comes in all sizes and types, from scattered single family houses to high-rise apartments for elderly families. There are approximately 1.2 million households living in public housing units, managed by some 3,300 HAs. The U.S. Department of Housing and Urban Development (HUD) administers Federal aid to local housing agencies (HAs) that manage the housing for low-income residents at rents they can afford. HUD furnishes technical and professional assistance in planning, developing and managing these developments.

Who Is Eligible?

Public housing is limited to low-income families and individuals. An HA determines your eligibility based on: 1) annual gross income; 2) whether you qualify as elderly, a person with a disability, or as a family; and 3) U.S. citizenship or eligible immigration status. If you are eligible, the HA will check your references to make sure you and your family will be good tenants. HAs will deny admission to any applicant whose habits and practices may be expected to have a detrimental effect on other tenants or on the project's environment.

What Are Housing Choice Vouchers?

The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses and apartments.
The participant is free to choose any housing that meets the requirements of the program and is not limited to units located in subsidized housing projects.
Housing choice vouchers are administered locally by public housing agencies(PHAs). The PHAs receive federal funds from the U.S. Department of Housing and Urban Development (HUD) to administer the voucher program.

Local Public Housing Agencies:

Williamsburg RHA
ahungerman@wrha.us
Phone: (757)220-3477
Fax: (757)221-0528 412 N Boundary Street
Williamsburg, VA 23185
Low-Rent

James City County Ohcd
sjohnsto@james-city.va.us
Phone: (757)259-5340
Fax: (757)220-0640 5320
Palmer Lane, Suite 1a
Williamsburg, VA 23188
Section 8

Richmond RHA
info@rrha.com
Phone: (804)780-4200
Fax: (804)649-0659 901
Chamberlayne Parkway,
Richmond, VA 23220
Both

VHDA
sharon.fairburn@vhda.com
Phone: (804)782-1986
Fax: (804)343-8390 601
South Belvidere Street,
Richmond, VA 23220
Section 8

HOMELESSNESS PREVENTION SERVICES

The Homeless Intervention Program (HIP) provides temporary rental and mortgage assistance to low-income households at imminent risk of homelessness due to a crisis situation, and security deposit and temporary rental assistance to homeless families and individuals. Eligibility for family or individual assistance is determined through a pre-screening and application process by a local HIP administrator.

The program is administered by eligible nonprofit organizations and governmental entities. These include, but are not limited to: cities, counties, towns, planning district commissions, local departments of social services, local departments of health, public housing authorities, area agencies on aging, community action groups, shelter providers, and nonprofit housing organizations.

For more information, contact DHCD at: HSNH@dhcd.virginia.gov or (804) 371-7100.

Office of Human Affairs

2410 Wickham Avenue
Newport News, Virginia 23607
HIP Contact Person: Terri Francis
Phone Number: 757-247-0379 x303
E-mail: tfrancis@ohainc.org
Areas Served: *City of Newport News, Counties of Gloucester, Mathews, Poquoson, Richmond, Westmoreland &York*

Quin Rivers Agency for Community Action

P.O. Box 660
Quinton, VA 23141
HIP Contact Person: Countess Harris
Phone Number: 540-368-2700
Fax: 540-368-1448
E-mail: Charris@quinriversagency.org
Areas Served: *City of Fredericksburg, Counties of: Caroline, Charles City, Essex, King George, King William, King and Queen, Lancaster, New Kent, Northumberland, Richmond, Stafford, and Spotsylvania.*

Providing deer meat to families in need

Take your legally tagged deer to a participating meat processor, or specified collection point.

*Rayzway Three
Champlain, VA
804-443-6707

(Collection point during deer seasons- Oct 30 - Jan 1)

When you pick up your processed deer, donate a portion of the meat to the program. The processor will store this meat until it is picked up for distribution to the hungry. Every package counts. As little as ONE pound will help.

A Hunter donating an entire deer to our program is not required to pay any part of the processing fee.

...It's that simple! Just donate a part of your deer (or the entire animal) through your local processor. **The easy donation of either one or two packages will mean a lot to a hungry Virginian.**

QUALITY IS IMPORTANT: Please do all within your control to insure the quality of meat you donate to the *Hunters for the Hungry program*. Check the deer for signs of poor health or conditions including growths, abscesses, enlarged or discolored organs, or other visual indications of poor health.

...Help us deliver quality meat to the needy by promptly field dressing the deer and getting it under refrigeration as soon as possible if the environmental temperature is over 40-degrees. Avoid contamination of the field dressed deer. Clean or trim any contaminated areas.

...*Hunters for the Hungry* needs your financial support! Please help offset the cost of processing venison to feed the hungry in your neighborhood. A contribution of 20-dollars will process 1/2 a deer (25-pounds of venison), 40-dollars will process 1-deer (50-pounds of venison), and 80-dollars will process 2-deer (100-pounds of venison).

You may also mail your tax deductible financial contribution to:

Hunters For The Hungry
P.O. Box 304
Big Island, Virginia, 24526
Phone: 1-800-352-4868
E-mail: hunt4hungry@cs.com

INSIGHT ENTERPRISES, INC.

http://www.hvacil.org

Insight Enterprises, Inc., Peninsula Center for Independent Living (IEPCIL) is a private, non-profit non-residential Agency established to provide services to people with disabilities.

The Center's philosophy is that people with a disability should play a major role in deciding their own futures. A coalition of professionals working in the fields of education, rehabilitation, and community services can be instrumental in effecting true independence for people with a disability.

Services Provided:

HOUSING-
The Center works with the participant and public/private housing managers to locate housing which is accessible and suited to the participant's needs.

ADVOCACY-
The Center provides assistance in resolving complaints in housing, education, employment and community programs.

INDEPENDENT LIVING COUNSELING-
The goal of Independent Living Counseling is based on the philosophy that a counselor with a disability is the best guide to independence.

- Serves as role model
- Assists participants with self-exploration and adjustment.
- Helps establish goals for independence.
- Refers participants to appropriate community resources.

INDEPENDENT LIVING SKILLS TRAINING (ILS)-
The purpose of the independent living skills training program is to provide participants with the basic skills in support of independent living goals. Some of the areas in which training is provided are:

- Decision Making - Goal Setting
- Self Advocacy - Assertiveness
- Budgeting - Money Management
- Landlord/Tenant Responsibilities

Additional programs are provided as needed on-site and at community based locations.

Contact:

Insight Enterprises, Inc.
Peninsula Center for Independent Living
2021-A Cunningham Drive, Suite 2
Hampton, VA 23666

(757) 827-0275 Voice
(757) 827-8800 TDD
(757) 827-0655 Fax
iepcil@hvacil.org Email

When you meet a person with a disability:

1.- Offer help but wait until it is accepted before you give it.

2.- Accept the fact that a disability exists.

3.- Talk directly to a person with a disability, not to someone accompanying them.

4.- Don't park in a handicapped parking space.

5.- Treat a person with a disability as a healthy person.

6.- Don't assume that lack of response indicates rudeness.

7.- Don't exclude or excuse a person with a disability from participation because of the disability.

THE INTERFAITH SERVICE COUNCIL

http://www.interfaithservicecouncil.com/

We're The Lancaster/Northumberland Interfaith Service Council, a non-profit, inter-denominational organization of lay volunteers founded more than 25 years ago and dedicated to obeying Christ Jesus' instruction to his Disciples after His Crucifixion and Resurrection, and before His Ascension to the Father.

Needs are verified by local social service agencies and, in the case of furniture and household items, by an Interfaith contract screener.

Services Provided:

Annual Christmas Food Drive – With help from Golden Advantage patrons of the Bank of Lancaster, our volunteers collect, sort and bag food, the forward it to food banks for distribution to eligible recipients designated by the Lancaster and Northumberland Departments of Social Services.

Concerned Citizens Committee – Emergency home repairs and maintenance are provided for those who cannot afford these services and whose health or safely are threatened – including structural repairs, plumbing, roofs and wheelchair ramps. No government funding is received for this service.

Donated Vehicles – Through the Lancaster and Northumberland Departments of Social Services, we serve as transfer agent for persons donating working vehicles to eligible individuals needing transportation to jobs.

Emergency Food Boxes – On recommendation of the Lancaster and Northumberland Departments of Social Services and clergy, we provide nutritious, non-perishable food to last each family member about two weeks.

Financial Assistance – We help to meet payments for utilities, emergency housing, medical expenses and other needs of those referred to us by the local Departments of Social Services after assistance from governmental sources has been exhausted.

Free Firewood – Our volunteers with chainsaws and trucks cut, split and deliver firewood without charge to persons referred by the Lancaster and Northumberland Social Service Departments and pastors.

Furniture and Household Goods – We operate a warehouse to receive donations to help people in need, especially those who have lost their homes because of fire. Before receiving help, recipients are screened for qualification by a professional under contract to Interfaith.

Home-Delivered Meals – We coordinate delivery of hot meals and supplementary food to persons 60 and older who are declared eligible by the Lancaster and Northumberland Social Service Departments and Bay Aging because they are unable to prepare meals on account of age, handicaps or other infirmities.

School Supplies – Each spring and fall, we provide school supplies to children in area public schools whose need is determined by teachers and guidance counselors.

For those, residing in Lancaster or Northumberland Counties, in need of any of these services, call (804) 435-6050 or contact us through our website:
http://www.interfaithservicecouncil.com/contact.html

Post Office Box 868
Kilmarnock, Virginia 22482
(804) 435-6050 (Voicemail)

Earned Income Tax Credit (EITC)

The Earned Income Tax Credit or the EITC is a refundable federal income tax credit for low to moderate income working individuals and families. Congress originally approved the tax credit legislation in 1975 in part to offset the burden of social security taxes and to provide an incentive to work. When EITC exceeds the amount of taxes owed, it results in a tax refund to those who claim and qualify for the credit.
To qualify, taxpayers must meet certain requirements and file a tax return, even if they do not have a filing requirement.

EITC Assistant--Find out if you qualify for EITC this year

Find out if you are eligible for the Earned Income Tax Credit by answering questions and providing basic income information using the EITC Assistant. The Assistant also calculates the amount of EITC you may receive. The EITC Assistant is available in English and Spanish.

Basic Rules for the Earned Income Tax Credit

To qualify for Earned Income Tax Credit or EITC or simply called EIC, you must have earned income from employment, self-employment or another source and meet certain rules. In addition, you must either meet the additional rules for Workers without a Qualifying Child or have a child that meets all the Qualifying Child Rules for you.

Free Help Preparing your Return.

Visit a volunteer site. Trained community volunteers can help you by preparing your return and determining if you qualify for the Earned Income Tax Credit (EITC), and other refundable credits.

If you qualify for EITC, Free File and Fillable Tax Forms are available for do-it-yourselfers.

Taxpayer Assistance Centers

IRS Taxpayer Assistance Centers (TAC) are your source for personal tax help when you believe your tax issue cannot be handled online or by phone, and you want face-to-face tax assistance.

Become an IRS Partner to Help in Your Community

Make a difference in your community by partnering with IRS and thousands of nationwide organizations to meet individual taxpayers' needs for tax education and assistance. In these tough economic times, tax benefits can offer stronger financial stability for people and the communities in which they live. They can also serve as the starting point in realizing dreams.

Our Approach

Partnering organizations prepare tax returns free for those whose incomes are below $49,000. Also check out the partner Outreach Corner for links to newsletter articles, podcasts, widgets and other electronic products to help reach out to customers with timely tax news they may need.

IRS Seeking Volunteers to Assist Low-Income Families

Interested in helping out in your community to prepare taxes free of charge? As a volunteer with the 40-year-old Volunteer Income Tax Assistance (VITA) Program, you'll provide free tax help for low- to moderate-income families who need assistance preparing their tax returns. More than 50,000 people said *yes* during the 2010 filing season and prepared 1.8 million returns.
How does this program work? If you say *yes*, you'll be assigned to work with a sponsoring organization, first to receive training and then to begin volunteering at a location in your community. Training is offered both online and in the classroom. VITA sites are located in community locations where the need is greatest, not in IRS offices. The sites are generally open weeknights and weekends, and hours are flexible.

Looking for more information? Send an e-mail to the IRS at wi.taxprep.volunteer@irs.gov indicating the city and state where you want to become a volunteer. You'll receive an acknowledgement e-mail from the IRS. Your information along with your email address will be forwarded to sponsoring partners in your area for further contact.

Tax Counseling for the Elderly

TCE offers FREE tax help to individuals who are aged 60 or older. Trained volunteers from non-profit organizations provide free tax counseling and basic income tax return preparation for senior citizens. Volunteers who provide tax counseling are often retired individuals associated with nonprofit organizations that receive grants from the IRS. This cooperative agreement is authorized by Section 163 of the Revenue Act of 1978, Public Law No. 95-600, 92 Stat. 2810, November 6, 1978.

This Act authorizes the Internal Revenue Service to enter into agreements with private or nongovernmental public non-profit agencies or organizations, exempt under Section 501 of the Internal Revenue Code, to provide training and technical assistance to elderly individuals in the preparation of their federal income tax returns. Grant funds are used to reimburse volunteers for out-of-pocket expenses including transportation, meals, and other expenses they incur in providing tax counseling assistance at locations convenient to taxpayers.

For more information, see Publication 1101, *Application Package and Guidelines for Managing a TCE Program*, available from the IRS at this time. Applications may be submitted via hard copy by the United States Postal Service or private delivery service or electronically through Grants.gov by this deadline date.

For more information on the TCE Program, you may refer to the Frequently Asked Questions page on our website. Please send emails with questions about the grant opportunity to tce.grant.office@irs.gov.

Contact: 400 N. Eighth St.
Richmond, VA 23219
Monday-Friday - 8:30 a.m.-4:30 p.m.
(804) 916-8700

JOB ASSISTANCE CENTER, INC.

http://www.jacinc.net/

For **Job Seekers**, we provide comprehensive information and resources. Many of these services are used independently, at one's own pace. Others involve eligibility or referrals to other agencies. Services include:

- Comprehensive resource room with career, labor market, supportive services, and job search information.
- Personal computers, internet, and fax access for job search.
- Job listings and Job placement assistance
- Career Counseling and training program information
- Labor market information
- Assessment of skill levels, aptitudes, abilities, and service needs
- Daily One-Stop Orientation, resume writing, labor market, and job search assistance
- Referral to partner agencies
- Job Readiness Training and Financial Assistance for Training

For **Employers,** we provide:

- Posting of your current openings on our Job Leads List and Job Board
- Applicant recruitment and screening
- Assessment of employee skills
- Labor market information
- On-the-Job training programs
- Job retention services
- A private office for interviewing applicants

TANF Program, REAP (Rural Employment Advancement Program):
This program provides assessment of skill and job readiness levels; intensive work preparation and retention skills; education and skills training if deemed necessary, and job search and placement assistance.

Adult and Dislocated Worker Programs:
The goal of the Workforce Investment act is to increase the employment, job retention, and earnings of participants and thereby improve the quality of the workforce to sustain economic growth

YouthBuild Program
A joint effort between Job Assistance Center, ERI, and Home Builders of Virginia. YouthBuild is a training program for those unemployed ages 16-24 that need their GED and are interested in learning a construction trade.

Shacklefords Office:

P.O. Box 327, Shacklefords, VA 23156
(804) 785-2470 Phone
(804) 785-2473 Fax

One-Stop Job Assistance
Computer Access for Job Search
Weekly Job Leads List
TANF Employment Program
Dislocated Worker Program
Adult Program

Tappahannock Office:

P.O. Box 1707 Tappahannock, VA 22560
(804) 445-8062 Phone
(804) 445-8063 Fax

TANF Employment Program
YouthBuild Program

JOB CORPS

http://www.jobcorps.gov/Home.aspx

Job Corps is a **free** residential education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people between the ages of 16 – 24 that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

Job Corps employs a holistic career development training approach which integrates the teaching of academic, vocational, employability skills and social competencies through a combination of classroom, practical and based learning experiences to prepare youth for stable, long-term, high-paying jobs.

Trades Offered at Job Corps (May vary according to location):

- Accounting/ Data Processing
- Auto Body Repair
- Auto Mechanics
- Bricklaying
- Business/Clerical
- Carpentry
- Cement Mason
- Computer Repair
- Culinary Arts
- Data Entry
- Electrical
- Facilities Maintenance
- Health Occupations
- Heavy Equipment
- Hotel Clerk
- Painting
- Plumbing
- Retail Sales
- Security Services
- Warehousing
- Welding

…and more!

Contact:

Allen B. Lewis
Admissions Counselor
Virginia Job Corps
3600 W. Broad Street, Suite 283
Richmond, VA 23230
804.340.5540 - Office
804.244.9098 - Mobile
804.340.5557 - Fax

Locations

Blue Ridge
245 West Main Street
Marion, VA 24354
Tel: (276) 783-7221
Fax: (276) 783-1751
http://blueridge.jobcorps.gov

Flatwoods
2803 Dungannon Road
Coeburn, VA 24230-9740
Tel: (276) 395-3384
Fax: (276) 395-2043
http://flatwoods.jobcorps.gov

Old Dominion
1073 Father Judge Road
Monroe, VA 24574
Tel: (434) 929-4081
Fax: (434) 929-0812
http://olddominion.jobcorps.gov

LAUREL SHELTER, INC.

http://www.laurelshelterinc.org/

The Laurel Shelter is a 19 bed facility available to women and their children who are victims of domestic violence. We provide shelter for residents of Gloucester, King and Queen, King William, Mathews, and Middlesex counties. We are also available to women from surrounding communities who are unable to receive shelter in their area due to over-crowding and/or safety concerns. While we can't welcome men into our shelter facility, we can assist male domestic violence victims/survivors in locating suitable shelter.

The goal of the Laurel Shelter is to assist victims of sexual assault and domestic violence and to reduce incidents of domestic violence and sexual assault in our communities. To achieve these goals, Laurel Shelter, Inc. offers shelter, advocacy, education, and support to survivors, legal support, and community education to foster awareness, prevention, and identification of victims.

Local Support Group Meetings are held weekly.

Thrift Store Information

Address:
6744 Main Street
(Edgehill Shopping Center)
Gloucester, VA 23061

Hours of Operation:
Monday—Closed
Tuesday– Saturday—10am—5pm
Sunday—Closed

Donations:
Donations are accepted at any time. If personnel are not available at the Thrift Store, please contact someone in the Outreach Office for assistance.

If you would like to schedule a pick-up of your donation, please call 804-695-2790 to schedule a time.

Please call before donating the following items:
· Building Materials
· Cars
· Boats/RVs
· Scrap Metal

If you would like to volunteer, please:

- Complete the online application and e-mail it to the Volunteer Coordinator; or,
- Print and complete the application, then bring it to the Laurel Shelter, Inc. Outreach Office; or
- Contact the Volunteer Coordinator to complete the application and discuss your options.

Contact Us:

Physical Address:
6732 Main Street,
Edgehill Shopping Center
Gloucester, VA 23061

Mailing Address:
P.O. Box 23
Gloucester, VA 23061

Sexual Assault Hotline:
(804) 694-5890

Domestic Violence Hotline:
Toll Free: 888-289-2102
(804) 694-5552 TTY

Outreach Office:
(804) 694-576

http://www.lionsofvirginia.org/

The first Lions club was chartered in 1917 because of one man's desire to be a member of an organization that worked for the betterment of his community. Now, Lions Clubs International is the world's largest service organization. The Commonwealth of Virginia proudly joined its ranks in 1921. Currently there are six Districts representing 321 Lions Clubs and close to 10,000 Virginia members. With the simple motto of " We Serve ", the Lions of Virginia work tirelessly to better the Commonwealth. Helping the blind and visually impaired was the first project of Virginia Lions Clubs and continues to perhaps be the largest service project. In addition to sight programs, which includes collection and distribution of used eyeglasses, Lions also work to serve the hearing impaired, promote diabetes awareness, sponsor youth programs and much more.

Lions District 24D (Southeastern Virginia)

Lions conduct vision screening using a variety of methods. For screening young children, the HOTV and PediaVision screening methods are the principal methods used. Photo Screening has been widely used in the past, but is being phased out due to the declining availability of film and the superior technology of the newer methods. To learn more about PediaVision and HOTV, and to access documents and forms for their use, click on the links on the highlited links or on the links on the left of this page.

The Lions of District 24D also operate a Sight & Hearing Van that can bring vision and hearing screening to any location. Please visit their page on this website or go to their own website at www.lmshu24d.org.

The Eyeglass Recycling Center is open by appointment only.

Director:
PDG R.F. "Dick" Knox
757-502-1477 Home
757-630-0599 Cell
Southside Lions

Office Manager:
Lion Jim Adams
757-874-0055
Denbigh Lions

Secretary:
Treasurer:
Lion Pat Kerr
757-291-8740 (cell)
757-229-0991 (home)
Williamsburg Lions

The Lions Mobile Sight & Hearing Unit (or just "LMSHU" for short) has been serving southeast Virginia for over 30 years and in that time has traveled over 100,000 miles and screened over 100,000 people for vision, hearing, or blood sugar - and we have no intention of letting up!

The Lions of District 24D conduct a variety of activities to combat diabetes and raise public awareness of the disease. Clubs conduct blood sugar screenings, either in conjunction with sight & hearing screenings on the Sight & Hearing van or independently, and the district distributes blood sugar screening supplies via local clinics. The District also sponsors an annual Diabetes Camp as an educational and support venue for diabetic children and their families.
Diabetes Awareness Chairperson

Lion Roberto Loya
757-615-6556 cell
bobkatloya@verizon.net

Diabetes Camp Chairperson
Lion Chester P. Kramer, PDG
757-681-3018 cell
mailto:lioncpkramer@verizon.net

Each year, Lions clubs throughout the state of Virginia proudly sponsor the Bland Musical Competition for young musicians of high school age. This Competition encourages young people to pursue their musical ambitions, develop their talent and perhaps earn scholarship money along the way.

The competition is held at four levels - local, regional, district and finally state. The state competition is held the opening night of the Lions State Convention every year in May.
Our district Bland chairperson is Lion Virginia "Ginny" Rauch, and she may be reached at 757-739-4336 or by email at ginsing@cox.net.

Each year, Lions clubs around the world proudly sponsor the Lions International Peace Poster Contest in local schools and youth groups. This Contest encourages young people worldwide to artistically express their visions of peace.

The district's Peace Poster committee chairperson is Lion Ruth Robertson of the York Lions Club. Lion Ruth can be reached at 757-898-9049 or by email at brobert164@aol.com.

Local Lions Club Chapters:

Gloucester Lions Club
Meets at The Courthouse Restaurant, 2nd Thursday at 6:30 PM
6714 Main Street
Gloucester, VA 23061
804-210-1506
Secretary Margaret Insley 804-693-7995

Lancaster County Lions Club
Meets at Rose's Crab House Restaurant, 2nd & 4th Wednesday at 6:30 PM
652 North Main Street
Kilmarnock, VA 22482
Secretary Valerie Robinson 804-435-2207

Mathews Lions Club
Meets at the Piankatank Ruritan Bldg, 2nd & 4th Tuesday at 7:00 PM
7138 Buckley Hall Road, Rt 198
Hudgins, VA
804-725-7670
Secretary James Coling 804-776-0085

Middlesex County Lions Club
Meets at The Beacon, 2nd & 4th Tuesday at 7:00 PM
2737 Grey's Point Road, Route #3
Topping, VA
Secretary Alice Oxendine 804-758-2077

Northumberland Lions Club
Meets at Tommy's Restaurant, 1st & 3rd Wednesday at 6:00 PM
729 Main Street, Rt 360
Reedville, VA
Secretary Alan Dessenberger 804-453-4368

Richmond County Lions Club
Meets at the China Inn Restaurant, 1st Thursday at 7:00 PM
5061 Richmond Road
Warsaw, VA, 22572
804-333-9333
Secretary Donna Weiler 804-761-0761 (cell)

Tappahannock Lions Club
Meets at Roma Ristorante Italiano, 1st & 3rd Tuesday at 6:30 PM
1322 Tappahannock Blvd
Tappahannock, VA
804-443-5240
Secretary Arthur Creamer, President Alvin Lynn 804-445-9794

LITERACY VOLUNTEERS OF GLOUCESTER, INC.

http://www.literacyvolunteersofgloucester.org/

Do you want to improve your reading skills? Do you want to pass the GED test? Is English your second language? We can help you achieve your goals!

Call or stop by the office during office hours to see what we can do to help you-all free of charge! Our tutors are professionals. Many are current or retired teachers. All of our tutors attend seminars and receive additional training and they want to help you become what you want to be!

Tutors are available mornings, afternoons, evenings, and weekend hours.

Mission Statement

The purpose of this organization shall be to promote and foster increased literacy in Gloucester County and the Middle Peninsula region of the Commonwealth of Virginia.

Vision Statement

The vision of the Literacy Volunteers of Gloucester, Inc. is to promote adult literacy in our community until our services are no longer needed.

LVG NEEDS YOU!

- The Literacy Volunteers of Gloucester, Inc (LVG) is looking for volunteers, 21 and older, to become literacy tutors.
- Tutors help adults learn to read, write, or speak English. No foreign language skills are necessary. Tutors are also needed to help adults learn basic math skills.
- Tutors work one-on-one for up to two hours a week. They typically meet with students in a space provided by LVG, or in a library or community center, at mutually convenient times.
- Orientation and free training sessions for prospective volunteers are scheduled on an ongoing, as needed, basis.

If you would like to become a literacy volunteer, or just need more information, please call the LVG office.

Literacy Volunteers of Gloucester, VA

P.O. Box 28
White Marsh, Virginia 23183
5276 George Washington Memorial Highway
(Rappahannock Concrete Building, Suite A1)

804-693-1306 (phone/fax - call first)
litvolofglova@gmail.com

MATHEWS COUNTY PARENT RESOURCE CENTER

http://www.mathewsprc.org

The Mathews County Parent Resource Center is a partnership between the Mathews County Special Education Advisory Committee, Mathews County Public Schools, and Mathews Memorial Library. The center serves the families of those with special needs, whether it be academic, physical, or intellectual. The center works with these families to educate them on services that are available to them in the community and surrounding areas. The center works with local businesses and organizations to ensure inclusion for all. One example is our work with the local YMCA to ensure that all people are welcome to any of their programs regardless of their physical or intellectual ability. We purchase materials for the library that support those who care for and work with special needs individuals. We strive to educate families on the special education programs available at the local schools, colleges and other educational institutions.

Contact: Lori Walker Jackson, Coordinator
lorijackson@mathewsprc.org

Mathews Memorial Library
251 Main Street
Mathews, VA 23109
804-725-5747

MIDDLE PENINSULA BUSINESS DEVELOPMENT PARTNERSHIP

http://mpbdp.org/

Helping Entrepreneurs Help Themselves
We are a 501c3 non-profit, microenterprise organization specializing in small business **lending**, **training**, and **one-on-one counseling**. Our mission is simply to help low income entrepreneurs gain access to the capital and training to help make their dream a reality.

Our Services Include:

Lending-
An integral part of the microenterprise philosophy is to provide access to capital to microentreprenurs along with training and one-on-one assistance.

The main objective for the MPBDP Loan Pool is to assist in providing financing to low-income, women, and minorities who have a solid business idea, but are not able to obtain financing through traditional avenues (i.e. bank).

Our micro loan pool allows us to give loans up to $35,000. You can use our funds to purchase equipment or use as operating capital. If you are approved for a loan you will be required to secure collateral at a level defined by the loan review committee.

Training-
The **Business Training Series** is a complete 8 session course which gives entrepreneurs the basic small business skills needed to succeed in business. Completion of the course is one of the requirements of MPBDP lending program.

Courses are taught once a week in the evenings and the Series runs for a total of eight weeks. Classes are taught by local professionals with a local perspective on the needs of the entrepreneurs in the Middle Peninsula. For more information please contact us via our website submission page or by email.

Contact: Candie Newman

Phone: (804) 758-4917
Email: mpbdp@mppdc.com
Office Hours: Monday – Friday, 8:30-4:30
Address: 125 Bowden Street, P.O. Box 286, Saluda, VA 23175

MIDDLE PENINSULA PLANNING DISTRICT COMMISSION

http://www.mppdc.com

The Middle Peninsula Planning District Commission seeks to promote the orderly and efficient development of the physical, social, and economic elements of the Middle Peninsula of Virginia.

Transportation Demand Management

Middle Peninsula Transportation Demand Management is a cooperative effort with Virginia Department of Rail and Public Transportation and the Middle Peninsula localities to serve the transportation needs of residents and employers of the Middle Peninsula.

Middle Peninsula Rideshare is tasked with advancing alternatives to the drive alone commute through innovative programs serving the Middle Peninsula region, including the Counties of Essex, Gloucester, King and Queen, King William, Mathews and Middlesex and the Towns of Tappahannock, Urbanna and West Point. As the region is working to preserve its high quality of life, conserve valuable natural resources, and provide needed services to a gradually changing and aging population, Rideshare has begun preparing for future needs today.

For more information contact Beth Johnson at 804-758-2311 or toll-free at (877) 451-1555.

The Middle Peninsula's Rural Transportation Planning Program and the Regional Long-Range Plan Development

The Rural Transportation Planning (RTP) Program at the Middle Peninsula Planning District Commission (MPPDC) provides transportation planning support for the rural areas of the member localities of the Middle Peninsula: Essex County and the Town of Tappahannock, Gloucester County (above the MPO line), King and Queen County, King William County and the Town of West Point, Mathews County and Middlesex County and the Town of Urbanna. MPPDC Staff performs transportation planning activities, with funding from the Virginia Department of Transportation (VDOT) and localities, to support local, regional and state planning initiatives.
During the July 1, 2010-June 30, 2011 year, MPPDC Staff has coordinated with local personnel and VDOT Staff to continue the development of the Rural Regional Long-Range Transportation Plan (RLRP or RRLRTP) and assist VDOT with other tasks

Other Programs include:

- Coastal & Community Development
- Middle Peninsula Chesapeake Bay Public Access Authority
- Mount Olive Community Development
- Public Access Authority
- Onsite Wastewater Loan/Grant Fund
- Dragon Run Watershed
- Water Supply Plan
- Regional Reassessment
- All Hazards Mitigation Plan

Contact:
804) 758-2311 **FAX**
(804) 758-3221
Mailing Address P.O. Box 286, Saluda, VA 23149
Physical Address Saluda Professional Center, 125 Bowden Street

MIDDLE PENINSULA-NORTHERN NECK COMMUNITY SERVICES BOARD

http://www.mpnncsb.org/

The Middle Peninsula Northern Neck Community Services Board is one of 40 such boards across Virginia providing services related to mental health, intellectual disabilities, substance use, prevention, and early intervention. We serve the ten counties of the Middle Peninsula and Northern Neck, a region of approximately 2,200 square miles and home to over 141,000 individuals. Established on February 28, 1974 we are currently in our 37th year of providing services to area residents.

MENTAL HEALTH SERVICES: Ensuring that individuals who need mental health services receive them with care and compassion at the highest clinical standards.

- Counseling is available for individuals and families. Marital and group therapy are also available, as well as mental health outpatient care.
- Emergency Services are available, call 24 hours a day, 7 days a week.
- Psychiatric Services provides state-of-the-art psychiatric care to stabilize psychiatric symptoms.
- Case Management assesses individuals' strengths and provides monitoring and links to services.
- Psychosocial Rehabilitation features structured programs designed to help individuals develop life skills.
- Residential Programs offer settings to help individuals and their families work together toward better mental health.
- Jail Services benefit from a wide range of mental health and substance abuse services for individuals during incarceration and transition into society.
- **Consumer-Operated Services** provide those who experience mental health and substance abuse challenges with opportunities for recovery, work, and peer support.

Point of Contact
O'Connell McKeon, LCSW, CSAC
Director of Clinical Services
P.O. Box 40
Saluda, VA 23149
mhsa@mpnn.state.va.us
804-758-8014

COMMUNITY OPTIONS: To ensure that those with intellectual disabilities can live in their own communities in an environment that encourages personal growth, self-direction, and access to community resources.

- Case Management assesses individuals' strengths and needs for services.
- Residential Services strive to achieve an environment that can be tailored to meet the needs of each individual.
- Day Support Services provide training, assistance, specialized supervision, a setting that allows for peer interaction, and an opportunity for community and social integration-all in non-residential settings.

Point of Contact
Lynnie McCrobie, LCSW
Director, Community Options
P.O. Box 40
Saluda, VA 23149
co@mpnn.state.va.us
804-758-5877
800-311-5390

PREVENTION SERVICES: To actively promote the development of healthy and resilient individuals, families, and communities.

- Coalition Outreach mobilizes individuals to become involved in making their communities and neighborhoods healthier, safer, and more positive places to live and work.
- Family Education programs teach the skills necessary to be the best parent possible.
- School-Based Prevention programs teach a wide-range of social skills that promote positive youth development.
- Suicide Prevention programs increase awareness about the signs of suicide and what to do if these signs exist.

Point of Contact
Cheryl Matteo-Kerney, M.Ed., C.P.P.
Director, Prevention Services
P.O. Box 130
872 General Puller Highway, Suite 101, 102
Saluda, VA 23149
prevention@mpnn.state.va.us
804-758-9398
888-773-8550 (PREV-550)

SUBSTANCE USE: Offering a wide array of treatment programming tailored to meet the needs of adult men and women, as well as adolescents, in various stages of recovery from alcohol and drug abuse

Our team of highly skilled professionals follow the 12-step treatment model, focusing on the physical, emotional, mental, and spiritual aspects of recovery. Individual treatment plans are developed for each person, with group, individual, and family therapy available. All programs require a high degree of compliance and accountability, tempered with the understanding that addiction is a chronic relapsing illness.

Substance use treatment groups are provided at Warsaw, King William and Gloucester Counseling Centers, as well as some satellite sites. Most services are provided in the evening, but some groups are also available during daytime hours.

For more information, call either the
Gloucester Counseling Center (800-639-9668)
Warsaw Counseling Center (800-639-9882)
King William Counseling Center (855-271-5346)
Monday through Friday, 8:30am - 4:30pm.

EARLY INTERVENTION SERVICES: To help young children reach their full potential through pediatric therapies, infant education, home visits, family support, service coordination, and community consultation.

- Rural Infant Services Program provides support for children from birth to three years of age who may have developmental delays.
- 3 Rivers Healthy Families provides in-home parenting support and mentoring to pregnant women at risk and their preschool children

Point of Contact
Kathy Phillips, M.Ed
Director, Early Intervention Services
5372B Old Virginia Street
Urbanna, VA 23175
risp@mpnn.state.va.us
804-758-5250
800-305-BABY

For more information, contact:
Debbie Lancucki
Three Rivers Healthy Families
804-758-5250
hf3rivers@mpnn.state.va.us

RURAL INFANT SERVICES PROGRAM

RISP provides support for children from birth to three years of age who may have developmental delays. Much of a child's future takes shape in the first years of life. This is a unique "window of opportunity" and is a time of discovery and a time to learn the basic skills that will last a lifetime. But not all children grow and learn at the same pace. Some children need extra help to learn new skills or other ways to master basic skills.

THREE RIVERS HEALTHY FAMILIES

TRHF receives guidance from a diverse group of community partners, including parents, social services, libraries, childcare providers, faith community, civic groups, mental health advocates, school systems, health care providers, Head Start, and Part C services. TRHF, an affiliate of Healthy Families America, has served children and families throughout the Middle Peninsula and Northern Neck since its inception in 1999.

TRHF program evaluations demonstrate outstanding success at improving outcomes for young children who were at the very highest risk for abuse and neglect. Our successful home visiting program reaches out to families to help relieve some of the stress of having a new baby. Services are based on each family's strengths and needs, and include:

- Information about and referral to community resources
- In-home mentoring and training to develop problem solving skills
- Case management services for high risk children from birth to six years old
- Activities to promote positive parent-child relationships and healthy childhood growth and development

YOUTH AND FAMILY SERVICES:

To provide treatment for children and adolescents experiencing serious emotional disturbances, severe behavioral disorders, and substance abuse problems.

- Intensive In-Home Services provide family therapy for children with serious emotional disturbance, severe behavioral disorders, or substance abuse problems.
- Intensive Outpatient Family Therapy Services provide family focused, strength-based therapy for those needing more intensive treatment than outpatient services can provide.
- Intensive Care Coordination provides services for children who are at risk for entering or who are in residential care.
- Case Management provides services to children with serious emotional disturbance (and their families) who need multiple services requiring referral and coordination among several providers.
- School-Based Therapeutic Treatment offers instruction/reinforcement of social skills and behaviors needed to keep high-risk school children in the public school system and in their own community.
- Crisis Stabilization Services provide coping skills to children or adults who experience acute psychiatric crisis. These services offer an alternative to hospitalization.
- Strategic Family Mentoring Services are for youth with significant emotional or behavioral problems to help meet Individual Service Plan goals.

Point of Contact

J. Patrick Dorgan, Ed.D, LCP
Director, Youth and Family Services
129 Bowden Street
Saluda, VA 23149
yfs@mpnn.state.va.us
804.758.4035 (Phone)
804.758.4162 (Fax)

MP-NN COMMUNITY SERVICES BOARD

Contact Us

Gloucester Counseling Center
9228 George Washington Memorial Hwy.
P.O. Box 2468
Gloucester, VA 23061
804.693.5057
800.639.9668

Warsaw Counseling Center
414 Main Street
P.O. Box 729
Warsaw, VA 22572
804.333.3671
800.639.9882

Community Options
Route 33 East Stormont
P.O. Box 40
Saluda, VA 23149
804.758.5877
800.311.5390

Early Intervention Division (Rural Infant Services Program & 3 Rivers Healthy Families)
5372B Old Virginia Street
Urbanna, VA 23175
804.758.5250
800.305.BABY (2229)

Administration
530 General Puller Highway
P.O. Box 40
Saluda, VA 23149
804.758.5314
800.639.9667

Tappahannock Community Options Case Management
1413 Teakwood Blvd Suite C
Tappahannock, VA 22560
804.443.4541
888.815.6685

COPE Crisis Line
530 General Puller Highway
P.O. Box 40
Saluda, VA 23149
804.693.2673
800.542.2673

Prevention Services
872 General Puller Highway
P.O. Box 40
Saluda, VA 23149
804.758.9398
800.PREV550

King William Counseling Center
1041 Sharon Road, St. 201
King William, VA 23086
804.769.2471 Ph.
804.769.3125 Fax

We serve the residents of Essex, Gloucester, King & Queen, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond, and Westmoreland Counties.

MIDDLE PENINSULA REGIONAL ADULT CONTINUING EDUCATION

http://www.mprace.org/

Together, we are a community of adult learners committed to achieving our goals.

GED/Fast Track GED

GED and Fast Track GED Classes consist of accelerated instruction designed to prepare adults whose goal is to acquire a GED Certificate. Instruction focuses on the five subjects measured by the GED test: Language Arts - Writing, Reading, Science, Social Studies, and Mathematics. Qualified adult learners have several options to prepare for the GED: Classroom-based instruction, On-line Instruction, & small group Fast Track Classes. Single subject classes are also available to prepare adult learners for retesting in specific subjects.

ABE

Adult Basic Education (ABE) Classes consist of instruction that provides basic skills for adults who are performing below the ninth grade level in Reading, Writing, Mathematics, and other basic skills.

ESOL

English as a Second Language (ESOL) Classes consist of instruction designed to increase the English proficiency of limited English-speaking (LEP) adults in reading, writing, speaking and listening. Many programs also include civics related instructional activities such as health, family, and financial literacy.

NEDP

National External Diploma Program (NEDP) provides a unique way for adults to earn a high school diploma. The program allows adults to demonstrate their high school level skills by applying their life experiences in real-life situations.

NEDP awards a traditional high school diploma to adults who have acquired many of their high school level abilities through work, family and community experiences.

NEDP is not a traditional instruction program. Instead, it provides the opportunity for participants to demonstrate their skills and knowledge.

Completing the program takes an average of six (6) months. Your skill level and the amount of time you can devote to the program determines the length of time required. For more information, call the regional office at (888) 769-1151 to speak with one of our staff members.

Assessment Fee:

FREE student assessment at intake to enroll in class. $30.00 non-refundable fee for re-assessment after 90 days of absence during the program year.

Danielle Robinson,
Regional Program Planner
mprace@kwcps.k12.va.us

Phone: (804) 769 - 1151
Toll Free: (888) 769 - 1151
Fax: (804) 769 - 1148

Office Hours: 8:30am - 5:00pm

Regional Office is located on Route 30 in King William County (15 miles NW of West Point). Please call for directions.

Mailing Address:
MPRACE/Acquinton Elementary School
18550 King William Road
King William, Virginia 23086

Serving the Counties of King William, King & Queen, New Kent, Essex, Mathews, and Middlesex, and the Town of West Point.

MIDDLE PENINSULA RIDESHARE

http://www.midpenrideshare.org/

Middle Peninsula Rideshare Commuter Services are provided by the Middle Peninsula Planning District Commission's Transportation Demand Management Program in conjunction with the Virginia Department of Rail and Public Transportation. This program exists to assist persons who are seeking transportation alternatives to commuting within and from the Middle Peninsula area.

Services for-

Commuters:
Carpool: Middle Peninsula Rideshare can help you start saving and reduce your carbon footprint today by finding others interested in carpooling one or more days a week.
Vanpool: Vanpooling is a great, cost effective alternative for your daily commute. You can enjoy the convenience of sharing a ride to work with others together in a friendly environment. You'll arrive at work safe, on time and relaxed.
Public Transportation/Commuter Bus:

Bay Transit Offering On-demand transportation services for the Middle Peninsula.

Newton Bus Service, Inc. Offering private commuter bus service to the Peninsula Area and charter bus service to other destinations. For information on routes and fares call 804-693-2521

Rail (Northern VA/D.C.) : Commuter Rail service is available for those commuting to Northern Virginia and Washington, D.C. from the Fredericksburg area. If you are interested in starting a carpool or vanpool to Fredericksburg to catch the train, please call (877) 451-1555 or 758-4847 for assistance.
Guaranteed Ride Home: This program insures that those who carpool or vanpool to work always have a way home. Personal or family emergencies, unexpected requirements to work late, carpool or vanpool vehicle breakdowns are all covered by this service.
NuRide: Get rewards when you walk, bike, telecommute, carpool, vanpool, take a subway, train, bus, ferry or even work a compressed week. It's free and easy to do!

Employers:
MidPenRideShare can assist you in aiding your employees in finding alternatives to driving alone to work - carpool/vanpool formation, alternative work arrangements including flextime, shortened workweek or telework. This assistance can help alleviate parking problems, congestion and pollution while providing employees with a less stressful, more cost-efficient, and reliable commute. For more information call 877-451-1555 or 804-758-484.

Schools:
A school pool is a group of parents who takes turns carpooling and dropping off their children at the same school can aid local schools and parents in forming carpools for daily transportation to and from school or for after school activities. For more information call 877/451-1555 or 804/758-4847.

Contact:

Local: (804)758-4847
Toll Free: (877) 451-1555
Email: midpenrideshare@mppdc.com
Program Hours: Monday – Friday, 8:30 a.m. - 4:30 p.m.

NORTHERN NECK PLANNING DISTRICT COMMISSION

http://nnpdc.org/

The Commission plans the orderly and efficient physical, social and economic development of the Northern Neck Region.

The Northern Neck Planning District Commission (NNPDC) was created in 1969 pursuant to the Regional Cooperation Act adopted by the Virginia General Assembly. The Commission is a confederation of the four Northern Neck counties whose activities and policies are set by sixteen Commissioners appointed by the local governing bodies, include a wide range of comprehensive planning, technical assistance, grant seeking, and regional coordination activities.

Address
457 Main Street
P.O. Box 1600
Warsaw VA 22572

Voice
(804) 333-1900
Fax
(804) 333-5274

NORTHERN NECK-CHESAPEAKE BAY REGION PARTNERSHIP
www.northernneck.us

The Partnership's goal is to facilitate cooperation between local business leaders, education representatives, citizens, and elected officials for the benefit of the entire region.

Address
P.O. Box 1600
Warsaw VA 22572
Phone
(804) 333-1900

Fax
(804) 333-5274
Email
business@northernneck.us

NORTHERN NECK RIDESHARE
http://www.neckride.org

The Northern Neck Rideshare Program is administered by the Northern Neck Planning District Commission. The program acts as a clearinghouse for transportation information for the Northern Neck, in addition to helping commuters find carpools and vanpools. For additional information, contact us by email at info@neckride.org or by phone at (804) 333-6683.

NORTHERN NECK TOURISM COMMISSION
http://www.northernneck.org

Facilitating and promoting tourism by capitalizing on our natural, historical, cultural, recreational resources, and increasing lodging and dining opportunities in a way that enhances the local community and visitor experiences. The NNTC will implement a new Tourism Plan for the region.

NORTHERN NECK TECHNICAL CENTER

http://www.northernnecktech.org

MISSION STATEMENT
The mission of the Northern Neck Technical Center is to contribute to the economic, educational, and community development of the Northern Neck & Middle Peninsula by providing quality career and technical education, adult literacy education, customized business, and industry workforce training to the citizens of the region.

VISION
Northern Neck Technical Center will strive to create a well-educated, technically trained, and highly competitive workforce that will be recognized state-wide.
Creating an educated society is an important function of the school system of the Northern Neck. In fact, the bulk of the county budgets within the region goes toward the operation of the school systems. Students develop the educational prerequisites to attend college, pursue technical training, or go directly into the job market.

ABOUT US
From the six high schools within the Northern Neck, students are given the opportunity to pursue additional technical studies at the Northern Neck Technical Center in Warsaw. They come to the center from Lancaster High School, Northumberland High School, Rappahannock High School, Washington and Lee High School, Essex High School, and Colonial Beach High School.

Programs:

- Carpentry
- Electricity
- Computer Aided Drafting-
- Cosmetology
- CNA
- Culinary Arts
- Auto-Body
- Auto Tech
- Computer Technology, Levels I and II

Open to juniors and seniors, qualified sophomores.

The **GED (General Education Development)** class is an alternative education program for students who are at least sixteen years old, and who are lacking credits needed to graduate with their class. Students must meet GED qualifying test requirements in order to take the GED exam. Test scores in each of the five testing areas must be a minimum of 450, totaling 2250 points.
The **ISAEP (Individual Student Alternative Education Plan)** is an educational program established to serve and assist students who appear unlikely to complete a traditional high school program. It provides the opportunity to earn a modified high school diploma and to gain training, employability skills, and vocational experience to enter the work force.

Qualified students only.

Deborah Hughes
Guidance Counselor

Randy Long, Principal

Phone Numbers:
Office: 804.333.4940
Fax: 804.333.0538

Address:
PO Box 787
13946 Historyland Hwy.
Warsaw, VA 22572

PARENT CHILD DEVELOPMENT CORPORATION

http://www.pcdcva.org

The Parent-Child Development Corporation (PCDC) is a charitable, community-based agency serving young children and their families. Its regional outreach offers multi-service programming in the rural Virginia counties of Charles City, New Kent, King and Queen, Mathews, Middlesex, Gloucester, and King William, including the Town of West Point.

PCDC offers:

- Comprehensive preschool services for economically disadvantaged and at-risk children through the Bridges Head Start program.
- A fee-based childcare and preschool program, Smart Start, which serves children from six weeks to five years old at its Tri-Rivers Center in West Point.
- A before- and after-school care program, All Stars, which serves children through the fifth grade at the Tri-Rivers Center in West Point.
- Growing Together, which encourages family literacy, safety, and stability with parenting classes and support groups, information and referral services, and counseling.

Contact Us

Parent Child Development Corporation

P.O. Box 799
West Point, VA 23181
Phone: 804-843-2289
Fax: 804-843-2308

Executive Director
Verlane Mack
vmack@pcdcva.org
Phone: (804) 843-2289
Fax: (804) 843-2308

Administrative Staff
Liz Speake
espeake@pcdcva.org
Executive Assistant
Phone: (804) 843-2289
Fax: (804) 843-2308

Tiffany Speas
tspeas@pcdcva.org
Coordinator of Administrative Operations
Phone: (804) 843-2289
Fax: (804) 843-2308
Smart Start Program

Smart Start Program
Vicki Hilton
vhilton@pcdcva.org
Assistant Program Coordinator
Phone: (804) 843-4869
Fax: (804) 843-4201

Bridges Head Start Program
Heidi Condrey
hcondrey@pcdcva.org
Child Development Coordinator
Phone: (804) 843-2285
Fax: (804) 843-4201

Jackie Wake
jwake@pcdcva.org
Coordinator of Family Development
Phone: (804) 843-2275
Fax: (804) 843-2308

PAPIS: Virginia Prisoner Reentry Program

This program, which is financed by a state appropriation and administered by the DCJS, supports pre- and post-incarceration professional services and guidance that increase the opportunity for, and the likelihood of, successful reintegration into local society by incarcerated adult offenders. Since obtaining and retaining employment is a key element in the successful reintegration process, employment placement services is emphasized in the scope of service delivery by potential grant recipients.

Pre-release services are intended to prepare offenders for transition from incarceration to a normal life within the community. Jail pre-release services may include training, counseling, mentoring, tutoring, information and referral. Training focuses on job-hunting skills, budgeting, consumer skills, family relationships, transition expectations, and related areas of value to offenders soon to be released. Pre-release services in state correctional institutions include assisting prison staff in delivering the Department of Corrections' Life Skills Program, and developing parole plans for difficult placement cases.

Post-release services are expected to address the specific needs of individual offenders after release from prisons or jails to help effect a successful reintegration into the community. Services include: assistance in job placement and career counseling; locating food, clothing and shelter; service referrals; and counseling services.

Contact Information

Middle Peninsula Local Probation & Pretrial
P.O. Box 3125
221 Duke Street
Tappahannock, VA 22560
Phone: (804) 445-0600 x104
Fax: (804) 445-0725
E-Mail: hopebrooks_mplp@yahoo.com
Area Served: Essex, Gloucester, King William,
King and Queen, Mathews, Middlesex
*** *Mrs. Hope Brooks, Director***

Gloucester for Probation:
(804) 693 3088,
Tina Emmerson
Gloucester for Pretrial:
(804) 693 0038,
Larry Aikins
Middlesex/Mathews for Probation:
(804) 693 3210
Dana Odie

Northern Neck Community Corrections
P.O. Box 1090
Warsaw, VA 22572
Phone: (804) 333-6014 Fax: (804) 333-6029
E-Mail: vmoore@nnrj.state.va.us
Area Served: Lancaster, Northumberland,
Richmond Co., Westmoreland
*** *Ms. Vivian Moore, Director***

PURPLE PRIDE THRIFT SHOP

http://www.essex.k12.va.us/ehs/Thrift_Store/Home/Home.htm

"Bring us your business and donations, and you will be helping us teach our students the job skills that will last them a lifetime."

Essex High School has embarked upon a new adventure to further the education of its special education students. The Purple Pride Thrift Shop has been created as an extension of the transition program. This new facility will provide these students with vocational skills in retail sales. The students will learn to meet and greet customers, accept donations, launder and categorize clothing, and make sales. The ultimate goal is to make these students employable and provide references for jobs in their futures.

The Thrift Shop runs on donations from the community. Please consider donating your gently-used items to our store. The following items, however, cannot be accepted:

- Food, Beverages or Cosmetics
- Typewriters or Computers
- Excessively Large or Bulky Items
- Fireworks, Explosives, Firearms, Propane Tank, or any other Flammables
- Magazines or Newspapers
- Items that are wet, mildewed, rusty, or items that do not conform to consumer product safety standards.

You may also make monetary donations to us. Make your check payable to Essex High School for The Purple Pride Thrift Shop. Either mail or deliver the check to Ellen Gray, Bookkeeper, at Essex High School.

Purple Pride Thrift Shop
1417 Tappahannock Boulevard
Tappahannock, VA 22560

QUIN RIVERS

http://www.quinrivers.org/

Quin Rivers is a Virginia-based, non-profit corporation primarily serving the Counties of Caroline, Charles City, Hanover, King and Queen, King George, King William, New Kent, Spotsylvania, Stafford and the City of Fredericksburg, with projects in five other counties. Founded as a Community Action Agency in 1970, our organization seeks to understand unmet community needs and facilitate the development of programs (both internal and external of Quin Rivers) directed toward the reduction and elimination of poverty, and enable low-income families and individuals of all ages, both rural and urban, to attain the skills, knowledge, motivation and opportunities to become self-sufficient.

Our name came about because our original counties were bordered by five rivers and Quin is Latin for five…hence – Quin Rivers!

PROJECT HOPE:
Quin Rivers' Project Hope is committed to eliminating domestic and sexual violence in our communities. Our goal is to provide a safe and supportive environment for adult and child victims by establishing a violence-free life; holding perpetrators accountable for their violence; and creating community norms that do not tolerate violence.

If you or someone you know is being abused, remember that you are not alone. Please call our 24 hour, confidential hotline at **877-966-4357** to speak with an advocate.

COMMUNITY FOOD PROJECT:
The goal of Quin Rivers' Community Food Program is to strengthen the capacity of local food delivery organizations to serve these people in need. Capacity is increased through the embellishment (more and more healthy foods) of existing pantries and the establishment of new ones. Additional capacity comes through increased access to (more "open" hours) and awareness of a County's food network. Food pantries have historically distributed little to no fresh foods. With a focus on nutrition, Quin Rivers' supports pantries who want to start community gardens with the purpose of enhancing their pantry food offerings and coordinates with local experts for the delivery of nutrition workshops.

YOUTH DEVELOPMENT:
Quin Rivers' Youth Development Services offers programs to assist college AND non-college bound youth transition to self-sufficiency and independence. Our mission is to build a bridge between education and employment by offering resources that *e*mpower youth to develop a life-long career plan and be successful in the workforce. We provide education, life-skills, mentoring, and real-world employment experiences.

FINANCIAL SERVICES:
Quin Rivers offers a suite of personal finance services designed to assist in financial self-sufficiency and grow net worth. In 2007, most of our efforts focused on pre-purchase counseling while housing sales were high and education was a component to home loans. With the change in the economic markets we experienced an increase in delinquency/foreclosure prevention and reverse mortgage counseling. In addition to one-on-one counseling we offer general financial literacy. Due to the complex nature of mortgage agreements and the remedies, we strongly encourage and prefer face to face counseling sessions.

HEALTHY FAMILIES:
Quin Rivers' fully accredited Charles City/New Kent Healthy Families Program provides intensive home visiting services to families, both pre- and post-natal, using the National Healthy Families model.

Services include family assessment, education and information on infant and child growth and development, home visiting, health services, family support, and referrals to community resources.

Families residing in New Kent and Charles City Counties are eligible for these services. Referrals come from community partners, private physicians and public health departments, as well as self-referrals and referrals from friends and family.

HOMELESS INTERVENTION PROGRAM
Since 2000, Quin Rivers' Homeless Intervention Program (HIP) has offered time limited financial assistance (through grants and no-interest loans) to eligible households who are homeless or are in imminent danger of becoming homeless due to an unavoidable crisis situation.

Services Offered:

- Rent and security deposit assistance through grants
- Mortgage assistance through no-interest loans
- Housing counseling
- Budget counseling

Eligibility Requirements:

We officially serve 14 localities, but will help those in need outside those boundaries. To be eligible for the program, applicants in permanent housing must be in danger of losing their housing. Applicants in temporary housing or without housing must be in need of a security deposit and/or rental assistance to secure permanent housing. HIP recipients must:

- be in temporary financial crisis due to unavoidable circumstances, including accident, illness, job layoff or reduction in hours, job termination, loss of daycare or transportation necessary for employment, or a delay in receiving approved benefits;
- have been self-sufficient prior to the crisis (the crisis cannot be chronic);
- be able to be self-sufficient at the end of HIP financial assistance;
- be within the HIP maximum income limits (80% of HUD Area Median Income) and;
- have exhausted their own resources and all other sources of assistance.

A housing counselor, together with the approved applicant, develops short-term goals which are monitored during the course of assistance. Participants may be required to attend budgeting classes and credit counseling.

If you do not meet HIP eligibility requirements, Quin Rivers' Financial Services team may be of assistance.

Serving The Counties of:
Caroline, Charles City, Hanover, King & Queen, King George, King William, New Kent, Spotsylvania, Stafford, and the City of Fredericksburg

RAPPAHANNOCK AREA HEALTH EDUCATION CENTER

http://www.rahec.org/

Serving the counties of Caroline, Essex, Gloucester, King George, King and Queen, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond, Spotsylvania, Stafford, Westmoreland, and the City of Fredericksburg.

The Rappahannock Area Health Education Center (RAHEC) is an independent, non-profit corporation first established in 1994. Based out of the Northern Neck, it is led by a Board of 20 community members from health care, education, faith organizations and civic groups. RAHEC seeks to increase access to health care and improve the health status of the region through education and workforce development.

P.O. Box 218
Warsaw, VA 22572
804-313-5296
804-443-1259 (fax)

RAHEC's office is located at the Family Maternity Center, 11540 Mary Ball Road, Lancaster, Virginia, 22503.

RAPPAHANNOCK COMMUNITY COLLEGE

http://www.rappahannock.edu

Rappahannock Community College (RCC) is one of twenty-three community colleges that make up the Virginia Community College System. It was established in 1971 as a two-year public institution. The college serves the residents of Essex, Gloucester, King and Queen, King George, King William, Lancaster, Mathews, Middlesex, New Kent, Northumberland, Richmond, and Westmoreland Counties, and is governed by policies set by the State Board for Community Colleges with support and advice from the RCC Board. Funding for the college derives primarily from student tuition, followed by state appropriations, grants, and local funds contributed from the twelve counties that make up the RCC service area.

Rappahannock Community College offers a wide range of Certification and two-year Associate's Degree study courses.

RCC Programs include:

- programs for students who need to develop basic academic skills for successful post-secondary study;
- courses and programs which prepare individuals for employment, career updating, and job advancement;
- the first two years of study for those seeking transfer to a four-year college or university;
- public service activities, including workshops, seminars, forums, and cultural arts programs;
- comprehensive student development services which provide student support and assistance; and
- comprehensive learning resources.

Glenns Campus
Phone 804.758.6700
Toll-Free 800.836.9381
Fax 804.758.3852 12745
College Drive Glenns, VA 23149

Warsaw Campus
Phone 804.333.6700
Toll-Free 800.836.9379
Fax 804.333.0106
52 Campus Drive Warsaw, VA 22572

King-George Site
Phone 540.775.0087
101000 Foxes Way King
George, VA 22485

In addition to its post-secondary classes, RCC offers the following Workforce Development Programs:

Adult Education/GED

The Adult Education Program is open to individuals 18 years and older who want to improve their basic math, reading, and writing skills to get a job, pass the college entrance exam, or get a GED credential. The program offers:

- Adult Basic Education Classes
- English as a Second Language (ESL) Classes
- Fast Track Classes (8-week class that provides a refresher and helps students get a GED credential in an abbreviated amount of time. Enrollment is based on student pretest scores.)
- Job Exploration Classes (12-week class that helps students get a GED credential, obtain a Career Readiness Certificate, and apply for jobs and college programs. Enrollment is based on student pretest scores.)

The RCC Regional Adult Education Program serves the counties of Gloucester, Lancaster, Northumberland, Richmond and Westmoreland, and the town of Colonial Beach.
All students must attend a registration workshop before beginning class. The 3-hour workshop includes a program orientation, completion of paperwork, and pretesting. There is a $35 program fee which includes a workbook and all classes for the year. To receive information on registration workshop times and locations or to sign up, please contact the Adult Education Office at (804)333-6829.

Middle College

The Middle College program is designed for individuals between 18 and 24 years old who have not completed high school. This college recovery program is intended to help individuals who have a desire to pursue college coursework, but need to attain a GED or high school diploma first.

Through the Middle College, participants are given the opportunity to:

- Obtain a GED or high school diploma
- Enhance basic workforce skills through engagement in project-based learning
- Participate in goal setting and post-secondary counseling
- Prepare to enroll in and be successful in Rappahannock Community College classes
- Attain a Career Readiness Certificate.

The Middle College program is offered **FREE OF CHARGE** to those students who qualify and are ready to make a commitment to improving their future.
To get started, interested individuals can call Rappahannock Community College at **804-333-6758** to arrange a Middle College Placement test date and time.
Middle College classes are held on the Warsaw Campus, Glenns Campus, and the King George site.
For more information, contact:

Middle College – Director
Marjorie Lampkin
804-333-6825
mlampkin@rappahannock.edu

Middle College – Administrative Assistant
Eva Lee
804-333-6758
elee@rappahannock.edu

Youth Services

Rappahannock Workforce and Youth Services (WAYS)
Eligibility:

- Youth age 14-21
- Low income individual within one of the following categories:
  - Deficient in basic literacy
  - School dropout
  - Homeless, runaway, or foster care
  - Pregnant or parenting
  - Offender
  - or an individual (including a youth with a disability) who requires assistance to complete an educational program, or to secure and hold employment

Services available include:

Tutoring, alternative education, summer employment, paid and unpaid work experience, occupational skills, leadership development, mentoring, comprehensive guidance, supportive services, and follow-up.

Marjorie Lampkin
Middle College/Youth Services Director
mlampkin@rappahannock.edu
804-333-6825

Pam Kurz
Middle Peninsula Youth Services Case Manager
pkurz@rappahannock.edu
804-758-6833

Donna Werme
Northern Neck Youth Services Case Manager
dwerme@rappahannock.edu
804-333-6833

RAPPAHANNOCK LEGAL SERVICES

http://www.rapplegal.com

We are a non-profit corporation that provides free civil legal assistance to low income individuals and families. We have three offices located in Fredericksburg, Tappahannock, and Culpeper to better serve area residents.

We are funded by the federal, state, and local governments, as well as by a wide range of local individuals, churches, banks, agencies, and organizations, including the Rappahannock United Way and Piedmont United Way.

Types of Cases:

Administrative Matters

- Health Law Issues
- Immigration Issues
- Social Security
- SSI Benefits
- Unemployment Claims

Consumer Problems

- Bankruptcies
- Contracts
- Sales

Domestic Concerns

- Child Support
- Custody
- Protective Orders
- Spousal Abuse

Housing Problems

- Foreclosures
- Housing Discrimination
- Landlord-Tenant
- Subsidized Housing

Eligibility Requirements

Unfortunately, we are unable to accept everyone who applies for our services. We are restricted from doing so by a combination of limited resources and by regulation.

First, the program serves only low-income clients. Applicants must meet our income requirements and asset eligibility. Income is based on household income and can be affected by medical expenses, work expenses, and other factors.

Second, the program has several different levels of case priorities which will determine the type of case and the level of service we will provide. Finally, all cases are limited to civil matters; we do not handle criminal cases of any kind.

Applying For Our Services

For more detailed information on the application process, please contact the local hotline program, Legal Services of Northern Virginia (LSNV) at (540) 374-9101 or visit their office located at 618 Kenmore Ave., Second Floor, Fredericksburg, VA 22401 or apply online at www.lsnv.org (click on "intake application").

Offices

Fredericksburg:
618 Kenmore Ave., Suite 1-A
Fredericksburg, VA 22401
(540) 371-1105
FAX (540) 371-1114
rlsfred@rapplegal.com

Tappahannock:
P.O. Box 1662, 407 Prince St.
Tappahannock, VA 22560
(804) 443-9393
FAX (804) 443-9394
rlstapp@rapplegal.com

Culpeper:
146 North Main St.
Culpeper, VA 22701
(540) 825-3131
FAX (540) 825-3802
rlsculp@rapplegal.com

Hours: **Monday-Friday:** 9:00 am-5:00pm

REHABILITATIVE SERVICES, VIRGINIA DEPARTMENT OF

http://www.vadrs.org/

The Department of Rehabilitative Services provides services to help Virginians with disabilities become more independent and self-sufficient. In keeping with our mission and values, our knowledgeable and talented employees work in partnership with people with disabilities, their families, and public and private service providers to ensure high quality, timely and efficient service delivery.

Employment Services
Employment Services help people with disabilities get ready for, find, and keep a job. We have a residential training and medical rehabilitation center known as Woodrow Wilson Rehabilitation Center, as well as Offices located across Virginia. The Agency also partners with a network of community rehabilitation providers, also known as Employment Services Organizations (ESOs). These organizations provide Employment and Vocational Services throughout the state. For students with disabilities moving from high school to further education, work or independence, DRS collaborates with schools in providing Transition Services. DRS also works with federally funded One Stop Centers to provide workforce services to persons with disabilities. In partnership with the Virginia Community College – Workforce Development Services, DRS supports this effort with the Disability Employment (DEI) and Program Navigator (DPN) Initiatives.

Community Based Services
The DRS Community Based Services Division administers several programs that support individuals with significant disabilities to maximize their independence, employment, and full inclusion into society. Individuals do not have to be recipients of Vocational Rehabilitation services to be eligible for the CBS Division programs which include Brain Injury Services Coordination; Community Rehabilitation Case Management Services; Independent Living Services, Personal Assistance Services.

Assistive Technology / Devices and Equipment
Assistive Technology Services directly assist individuals with disabilities in the selection, acquisition, or use of an assistive technology device. An assistive technology device is defined as any item, piece of equipment, or product system whether acquired commercially off the shelf, modified or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities.

Disability Determination
Disability Determination Services process disability claims for benefits under the Social Security Disability Insurance and Supplemental Security Income Disability Programs.

Services to Employers
DRS Business Services is dedicated to helping companies increase their competitive advantage through promoting diversity in the workplace. Find out how the workforce of the future can work for you!

Warsaw Office Contact Information

Mailing Address
487 Main St. P.O. Box 39
Warsaw, VA 22572

Primary Office Contact
Mark Peterson (Mark.Peterson@drs.virginia.gov)
Phone: (804) 333-4386
Fax: (804) 333-0252

THE REGIONAL LITERACY COORDINATING COMMITTEE

The Regional Literacy Coordinating Committee (RLCC) consists of concerned citizens representing agencies and businesses that recognize the value of adult education and literacy. In every community in the Commonwealth there are people who are unable to develop to their full potential as productive workers and citizens due to gaps in basic skills. The RLCC supports programs that help adults continue their learning.

RLCC 14 members advocate for adult basic education and workforce development throughout the service area and meets quarterly. RLCC 14 serves residents in the Northern Neck and the Middle Peninsula by coordinating and promoting family literacy activities throughout the region. RLCC 14 activities also include GED test scholarships, Mini-grants to qualified organizations, and collaborative partnerships to improve access to services in rural community.
.

RLCC 14: Middle Peninsula & Northern Neck
Lead Agent: Danielle Robinson
Address: 18550 King William Rd; King William, VA 23086
Toll Free: 888-769-1151 Fax: 804-769-1148
drobinson@kwcps.k12.va.us

RLCC 14 is proud to support the compilation and production of the "Middle Peninsula-Northern Neck Community Services Directory"

THE SALVATION ARMY

http://www.salvationarmyusa.org/

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Family service programs help families and needy individuals with emergency food, housing, utility assistance and other temporal needs.

THE SALVATION ARMY ASSISTANCE PROGRAMS

Please bring the following verifications (Must bring each time you apply for assistance)

1. Picture I.D.
2. Social Security Cards of all in home
3. Turn-off notice of the bill in question. Bill must be in your name.
4. Proof of income of all household members employed (at least one month of paystubs prior or current month), Social Security, Disability income, etc.
5. Current bills or receipt of payment. Monthly bills such as Dominion Power, rent/mortgage, cable, car payment, car insurance, credit card, bank/checking/savings accounts (current or most recent statements).
6. If receiving TANF/SNAP/Other benefits from Social Services, verification of amount is needed.

ENERGY SHARE

Eligibility Requirements

1. Client's name must be on the bill in question. If not, the name in question must be at the appointment or there must be a power of attorney for the applicant.
2. The client must have a current disconnect notice, payment plan bill, a closing bill (services have already been disconnected), or a regular bill for seniors (age 60+).
3. The bill cannot exceed the amount of $600.00 for heating season or $300.00 for cooling season. If it does, client must pay the bill down before making an appointment and show proof of payment or proof of helping agencies.

- Client can be seen a maximum of two times per year (once for heating, once for cooling). Client may be reduced in the amount of assistance each visit.
- Client can be seen 4 times per lifetime (exceptions may be made), unless senior citizen (age 60+).
- **If client does not bring all necessary paperwork, he/she must wait a full month before requesting a new appointment.**
- If faxed, information must be sent one day prior to their appointment.

If a client is eligible for an appointment, it does not guarantee assistance with their bill.
The Salvation Army does not assist in paying deposits.
Exceptions may apply.

OTHER PROGRAMS include Back to School, Christmas Assistance, Thanksgiving Assistance, and Summer Camps for children.

Contact:

Social Service Worker: Bianca Jackson	7057 Linda Circle	Phone: (804) 642-3960
Supervisor: Teresa Dalton	P.O. Box 267	Fax: 804-642-4643
Receptionist: Judy West	Hayes, VA 23072	

Hours: 9:30 a.m.-4:30 p.m., Monday-Friday

The Samaritan Group's mission is to aid those in our community by:

- Providing assistance with financial emergencies for those who are eligible for help but do not qualify for aid.
- Helping children and the elderly with health needs.
- Assisting families new to the area by providing a social environment to meet other families.
- Facilitating community involvement in helping others in need.

The Samaritan Group disburses funds annually to:

The J.D. Briggs Children's Fund

- Fund named for retired Gloucester County School Principal
  - Man who quietly took care of children's needs with his own money
  - Petsworth Elementary School teachers initiated fund as honorary retirement gift

Gloucester County Public Schools

- Helped children referred by Community Ed with necessities
  - Medical Supplies
  - Field Trips
  - School Supplies
  - Special Programs

Additional Needs

- Administer funds given by local church to pay for mammograms for low income women at risk of breast cancer
- Help with Transportation needs
  - Accept donations of used vehicles if repairable
  - Have vehicles inspected and restored to good running condition

Housing Partnership:

The Gloucester Housing Partnership provides assistance with home repairs for families who are lacking funds to make necessary repairs.

The Assistance Program

How Does Client Receive Assistance?

- Obtain application from Gloucester Department of Social Services (GDSS)
- Phone 804-693-2252 with any questions
- Provide Necessary Information
  - Basic household composition information
  - Financial disclosure
  - Ethnic association required for UW reports

What Happens Next?

- Information Sent to Case Workers
- Caseworkers review and approve or disapprove application
- Answer and follow-up phone inquiries

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

http://www.doleta.gov/seniors/

Program Description:

The Senior Community Service Employment Program (SCSEP) is a community service and work-based training program for older workers. It was authorized by Congress in Title V of the Older Americans Act of 1965 to provide subsidized, part-time, community service, work based training for low-income persons age 55 or older who have poor employment prospects.

Goal:

In addition to providing community services and part-time work based training, the Program has a goal of placing 50 percent of the authorized positions into unsubsidized jobs.

Eligible Participants:

Program participants must be at least 55 years of age and have a family income of no more that 25% over the Federal poverty level. Enrollment priority is given to persons over age 60, veterans, and qualified spouses of veterans. Preference is given to minority, limited English-speaking, and Indian eligible individuals. Preference is also given to eligible individuals who have the greatest economic need.

The role of the Non-Profit Training Site:

The participants are placed in a wide variety of community service activities at non-profit 501(c)3, government, or public facilities. It is intended that these community service experiences serve as a bridge to other employment positions that are not supported with Federal funds. The role of the non-profit is to train the older adult in a variety of skills needed on the job. In return, the agency receives help from the older adult in completing tasks (otherwise completed by other staff) with no obligations of any monetary costs. Program participants work a minimum of 20 hours a week and are paid $7.25 per hour, which is the current minimum wage for the State of Virginia.

SCSEP is a U.S. Department of Labor equal opportunity employer/program.

The Haven Shelter and Services, Inc.
Hotline:800/224-2836
Office: 804/333-1099
TTY: 804/224-2836
Fax: 804/333-1150
Residential Shelter: *Yes*
Contact: Ellen Yackel
Address: PO Box 1267
Warsaw, VA 22572
E-Mail: haven@sylvaninfo.net
Serving The Areas Of:
Essex County, Lancaster County, Northumberland County, Richmond County, Westmoreland County

The Laurel Shelter, Inc.
Hotline:804/694-5890
Office: 804/695-5760
Fax: 804/694-5191
Residential Shelter: *Yes*
Contact: Cherie Stone
Address: PO Box 23
Gloucester, VA 23061
E-Mail: laurelshelterinc@verizon.net
Serving The Areas Of:
Gloucester County, Mathews County, Middlesex County, King and Queen County , King William County

Project Hope at Quin Rivers, Inc.
Hotline:877/966-4357
Office: 804/ 966-8720
TTY: 877/966-4357
Fax: 804/966-8738
Web Site: www.quinrivers.org
Residential Shelter: *No*
Contact: Gwen Kitson
Address: PO Box 208
New Kent, VA 23124
E-Mail: gkitson@quinrivers.org

SOCIAL SERVICES, VIRGINIA DEPARTMENT OF

http://www.dss.virginia.gov/

The Virginia Department of Social Services (VDSS) provides assistance to citizens of Virginia to help them live their best lives. One child, one senior citizen, one person at a time, VDSS programs and services help people triumph over poverty, abuse and neglect, achieve self-sufficiency and shape strong futures for themselves, their families and their communities.

Essex
Paul Oswell, Director
772 Richmond Beach Road
P.O. Box 1004
Tappahannock, VA 22560-1004
(804) 443-3561
(804) 443-8254 (FAX)

Gloucester
Beth S. Barry, Director
6641 Short Lane
P.O. Box 1390
Gloucester, VA 23061-0186
(804) 693-2671
(804) 693-5511 (FAX)

King and Queen
Betty Ackley Dougherty, Director
241 Allen Circle
P.O. Box 7
King and Queen Courthouse, VA 23085
(804) 769-5003
(804) 785-5977
(804) 785-5885 (FAX)

King William
Anne M. Mitchell, Director
172 Courthouse Lane
P.O. Box 187
King William, VA 23086-0187
(804) 769-4905
(804) 769-4979 (FAX)

Lancaster County
Edna Davenport, Director
9049 Mary Ball Road
P.O. Box 185
Lancaster, VA 22503
(804) 462-5141
(804) 462-0330 (FAX)

M Mathews
Jo Ann Wilson-Harfst, Director
Route 611
536 Church Street
P.O. Box 925
Mathews, VA 23109-0925
(804) 725-7192
(804) 725-7086 (FAX)

Middlesex County
Angela Beachy, Director
2893 General Puller Highway
P.O. Box 216
Urbanna, VA 23175-0216
(804) 758-2348
(804) 758-2357 (FAX)

Northumberland County
Sharon C. Fisher, Director
6373 Northumberland Highway, Suite A
P.O. Box 399
Heathsville, VA 22473-0399
(804) 580-3477
(804) 580-5815 (FAX)

Richmond County
Claudette C. Henderson, Director
5579 Richmond Road
P.O. Box 35
Warsaw, VA 22572-0035
(804) 333-4088
(804) 333-0156 (FAX)

Westmoreland
Helen B. Wilkins, Director
18849 Kings Highway
P.O. Box 302
Montross, VA 22520-0302
(804) 493-9305
(804) 493-9309 (FAX)

Refugee Programs:

About Refugee Resettlement
The Office of Newcomer Services (ONS) is responsible for coordinating, planning, implementing and evaluating Virginia's refugee program. The Refugee Resettlement Program provides support for men, women and children from all parts of the globe who have been forced to flee their homelands because of wars, armed conflicts and/or gross violations of human rights. ONS administers a variety of federally funded programs which promote the earliest possible economic self-sufficiency and social integration for refugees into Virginia's communities. Populations that are eligible for refugee services include:

Auxiliary Grants

What is an AG?
An AG is an income supplement for individuals who receive Supplemental Security Income (SSI) and certain other aged, blind, or disabled individuals who reside in a licensed assisted living facility (ALF) or an approved adult foster care (AFC) home.
An AG payment is issued to an individual monthly, to be used with a designated amount of their monthly income to pay an ALF or AFC a maximum monthly rate. This rate is determined by the Virginia General Assembly and is adjusted periodically.
The AG Program is 80 percent state funded and 20 percent locally funded and is administered by the Virginia Department of Social Services. It is only for individuals who reside in an ALF licensed by the Virginia Department of Social Services' Division of Licensing Programs or in an AFC home approved by their local department of social services. Not all ALFs accept AG payments.

AG Eligibility
Prior to admission to an ALF, an individual must be assessed by an adult services social worker at their local department of social services or another qualified assessor. Qualified assessors are employees of local health departments, area agencies on aging, centers for independent living, and community services boards who have received training on conducting assessments. The individual applying for an AG, or the individual's designated representative, should contact an assessor and request the assessment.

General Relief

About GR
The GR Program is an optional local program designed to provide assistance, either maintenance or emergency, which cannot be provided through other means. The GR Program is financed through state and local funding. Components of a local GR Program may include assistance for medical or dental services, burial expenses, assistance for unattached children and interim assistance. The local GR Program is developed by the local department of social services to meet the identified needs of each jurisdiction. The GR Program is financed through state funds (62.5 percent) authorized by the General Assembly and local funds (37.5 percent) authorized by the governing bodies. Over and above these amounts, agencies may use 100 percent local-only funds to meet additional needs. Each agency determines the criteria for the use of local-only funds.

Medical Services

There are several Medical Assistance Programs offered in Virginia. Each program covers different groups of people and each program has different eligibility requirements. When you apply for Medical Assistance, you are screened for all possible programs based on your age, income, financial resources, and other information. To be eligible for a Medical Assistance Program, you must meet the financial and non-financial eligibility conditions for that program.

Medical Assistance for Children

Virginia's has two Medical Assistance Programs for children: FAMIS and FAMIS Plus.
The Family Access to Medical Assistance Security (FAMIS) covers uninsured children under age 19 years with countable family income that is greater than 133% of the FPL but no more than 200% of the FPL for the family size.
FAMIS Plus covers children under age 19 years with countable family income of no more than 133% of the Federal Poverty Level (FPL) for the family size. The child may be covered by another form of health insurance. If the child has other insurance, FAMIS Plus is the secondary insurance and does not cover expenses covered by the other insurance.

To be eligible for FAMIS Plus, a child must:

- Be under age 19. The child's date of birth must be provided on the application.
- Be a resident of Virginia. Declaration of Virginia residence will be accepted unless there is reason to question the residence.
- Be a citizen or lawful alien. Citizenship and identity or alien status must be verified.
- Have a Social Security number or show proof of application for a Social Security number.
- Have a parent or authorized representative who agrees to assign all rights to medical support and payment of medical care from any third party to the Department of Medical Assistance Services (DMAS).
- Have income below specified levels. The child's income and the income of any relative living with the child who is legally responsible for the child must be verified.

FAMIS Plus Income Limits (133% of the FPL) - Effective January 20, 2011 Family Unit Size	Annual	Monthly
1	$14,484	$1,207
2	19,565	1,631
3	24,645	2,054
4	29,726	2,478
5	34,807	2,901
6	39,887	3,324
7	44,968	3,748
8	50,048	4,171
Each Additional Person Add	5,081	424

FAMIS Income Limits (200% of the FPL) - Effective January 20, 2011 Family Unit Size	Annual	Monthly
1	$21,780	$1,815
2	29,420	2,452
3	37,060	3,089
4	44,700	3,725
5	52,340	4,362
6	59,980	4,999
7	67,620	5,635
8	75,260	6,272
Each Additional Person Add	7,640	637

Virginia's two Medical Assistance Programs for pregnant women are Medicaid and FAMIS MOMS.

Medicaid for Pregnant Women

Medicaid covers pregnant women of any age with countable family income of no more than 133% of the Federal Poverty Level (FPL) for the family size. If you are under age 18, your application must be signed by a parent, a person authorized by a parent, or a legal guardian. The woman may be covered by another form of health insurance. If the woman has other insurance, Medicaid is the secondary insurance and does not cover expenses covered by the other insurance.

The Family Access to Medical Assistance Security **(FAMIS) MOMS** Plan

FAMIS MOMS covers uninsured pregnant women of any age with countable family income that is greater than 133% but less than 200% of the FPL for the family size. The income of the pregnant woman must be counted. If the pregnant woman is married and living with her husband, her husband's income is also counted. If the pregnant woman is under age 21 and living with a parent, the parent's income is also counted. Resources (money in bank accounts, cars, etc.) are NOT counted for either Medicaid for pregnant women or FAMIS MOMS.

Medical Assistance for Parents and Caretakers of Dependent Children

LIFC Medicaid
Virginia offers Medicaid coverage to eligible parents who have a child under age 18 living in their home, through Low Income Families with Children (LIFC) Medicaid benefits. Coverage for the parent can continue until the child turns 18 as long as the household's countable income does not exceed the income limits. Coverage for the parent may continue after the child turns 18 if the child is still in school and expected to finish school by the child's 19th birthday. The child does not have to be enrolled in Medicaid for the parent to have coverage. Under certain circumstances, people other than parents who provide care to a child in their home may be eligible. Contact your local department of social services for more information about Medicaid for caretakers.

VIEW Participants

If you receive Temporary Assistance for Needy Families (TANF) benefits and you are participating in the Virginia Initiative for Employment Not Welfare (VIEW) Program, the income limits for LIFC Medicaid coverage are higher. The Medicaid income limit for VIEW participants is 100% of the Federal Poverty Level (FPL).

Medicaid Income Limits for VIEW Participants (100% of the FPL) – Effective January 20, 2011 Family Unit Size	Annual	Monthly
1	$10,890	$908
2	14,710	1,226
3	18,530	1,545
4	22,350	1,863
5	26,170	2,181
6	29,990	2,500
7	33,810	2,818
8	37,630	3,136

Energy Assistance Program

The EA Program assists low-income households, particularly those with the lowest incomes that pay a high proportion of household income for home energy. It is comprised of four components:

Fuel Assistance
The purpose of Fuel Assistance is to help eligible households with the cost of home heating. It is designed to help offset this expense rather than to pay all of it. This program can also help with furnace re-starts, late charges, delivery charges, installation charges, and connection or re-connection fees.

To be eligible for Fuel Assistance, there are certain income guidelines and living arrangements that must be met. The household must be responsible for paying the heating bill. Local departments of social services accept applications from the second Tuesday in October through the second Friday in November. Applications should expect notification of their eligibility determination by mid-December.

Crisis Assistance
Crisis Assistance is intended for emergency situations. It helps eligible households when Fuel Assistance or other resources cannot meet the need. Some examples of emergencies include: lack of heat, utility cut-off is imminent, and inoperable or unsafe heating equipment. Types of Crisis Assistance may include: payment of utility security deposit; purchase of portable space heater; purchase of primary home heating fuel; payment for emergency shelter; payment of primary heat utility bill; repair of heating equipment; replacement of heating equipment; and/or provision of supplemental heating equipment/maintenance.

To be eligible for Crisis Assistance, there must be a heating emergency and certain income and citizenship criteria must be met.

Cooling Assistance
The purpose of cooling assistance is to prevent or help with cooling emergencies resulting from extreme heat. Applications are accepted at the local department of social services from June 15 through Aug. 15.

To be eligible for any type of Cooling Assistance, certain income and citizenship criteria must be met. In addition, the household must contain at least one vulnerable person (aged 60 or over, child under six or a disabled individual) and there must be a cooling need.

Weatherization Assistance
The Virginia Department of Housing and Community Development (DHCD) administers this program. The program assists households with energy efficiency and air infiltration measures. To be eligible for any type of Weatherization Assistance, certain income and citizenship criteria must be met and the household must contain at least one vulnerable person.

To apply for Weatherization assistance, visit the DHCD Web site, http://www.dhcd.virginia.gov/.

Temporary Assistance for Needy Families (TANF)

The TANF program provides eligible families with a monthly cash payment to meet their basic needs. For a child to be eligible he must be:

- Under age 18, or if 18, will graduate from high school before age 19
- Going to school regularly if he is between the ages of five and 18
- Living with a parent or other relative
- A U.S. citizen or an eligible immigrant

The *Code of Virginia*, §63.1, requires that the TANF program be administered in accordance with federal and state statutes and regulations and policies established by the State Board of Social Services.

Virginia's TANF program emphasizes personal responsibility. Participants may be provided with services such as job skills training, work experience, job readiness training, child care assistance, transportation and other work related expenses.

A child will not be eligible if born to or adopted by a TANF recipient more than 10 months after an applicant begins to receive TANF payments. The Division of Child Support Enforcement will send all support collected for this child directly to the family. This support will not count as income in the TANF program.

The Virginia Initiative for Employment not Welfare (View)

Providing employment, education, and training opportunities to recipients of Temporary Assistance to Needy Families (TANF). VIEW is based on the conviction that all citizens deserve the opportunity to progress to self-sufficiency.

VIEW offers Virginians living in poverty the opportunity to:

1. Obtain work experience and work skills necessary for self-sufficiency
2. Contribute to the self-sufficiency of their families
3. Achieve economic independence

The VIEW Program offers a number of education, training, and work components designed to meet the individual needs of the TANF recipients required to participate in VIEW and to meet federal requirements. These components, referred to generically as work activities, are divided into core and non-core work activities.

Participants who are age 18 or 19, and who are enrolled in high school or GED programs, and who are meeting attendance requirements are considered to have met all VIEW program requirements. Their participation will be included in Virginia's participation rate calculation. Unless full-time employed, including employment in On the Job Training (OJT) positions, or age 18 or 19 and satisfactorily attending school, each client referred to VIEW must be assigned to a minimum of 35 hours per week in work activities to ensure that the client's actual hours of participation can be counted in Virginia's participation rate calculation. In all situations, the first 20 of these hours must be in a core work activity or combination of core work activities. Additional hours needed to meet the participation requirement can be made up of additional hours from the same core work activity or activities, a different core work activity, or a non-core activity.

Supplemental Nutrition Assistance Program (SNAP)

SNAP can be used like cash to buy eligible food items from authorized retailers. Authorized retailers will display either the Quest logo or a picture of a Virginia EBT card.

A SNAP account is established for eligible households and automatic deposits are made into the account each month. To access the account, they will also receive an EBT Card, which will debit the account each time eligible food items are purchased. A secret Personal Identification Number (PIN) is required to use the card.

Work Requirements
If you are age 18 to 50 and able to work, you may be subject to a work requirement in order to receive SNAP. This requirement would limit the number of months for which you could receive SNAP to three months in a 36 month period. After you receive SNAP for three months, you may be able to receive three additional months if you complete certain work related requirements. Some exemptions from the work requirement exist.

Proof of identity (driver's license or picture I.D.), residence, income, resource and shelter expenses are required. An interview is also required. If you apply at your local department of social services, the interview may take place at a later date.

Applications for Temporary Assistance for Needy Families (TANF) or General Relief, are considered an application for SNAP, unless you request otherwise.

If all members have applied for or get Supplemental Security Income (SSI), you may also apply for SNAP at the local Social Security office.

School Meals - National School Lunch Program (NSLP)
http://www.fns.usda.gov/cnd/lunch/

NSLP is a federally assisted meal program operating in public and non-profit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Summer Food Service Program (SFSP)
http://www.fns.usda.gov/cnd/summer/

SFSP is the single largest federal resource available for local sponsors who want to combine a feeding program with a summer activity program. Children do not have to go hungry in the summer. This program supplants school breakfast and lunch programs.

Family Services Programs

Foster Care: Temporary care is arranged for children who cannot be in their own homes.

Independent Living Services: Work with parents to return children home or other families to provide permanency to children

Child Day Care: Parents are given information and assistance in selecting and monitoring needed child care. Eligible families may receive assistance with the payment of child care.

Adoption Services: Adoption is a service for children who cannot be cared for by their birth parents and who need and can benefit from new and permanent family ties established through a legal process.

Child Protective Services: Reports of child abuse and neglect are investigated. Services are also provided to prevent child abuse and neglect.

Family Preservation Services: Services designed to strengthen and preserve families, and to enable families to successfully nurture and care for their children by utilizing community resources.

Adult Protective Services: Reports of the abuse, neglect, and exploitation of elders and adults with disabilities are investigated. Services are developed to prevent abuse, neglect, and exploitation of these populations.

Early and Periodic Screening, Diagnosis, and Treatment: Preventative health services are available for Medicaid recipients under age 21.

Domestic Violence: A statewide family violence and sexual assault hotline is funded. Cooperative efforts of public and private agencies provide services to survivors of domestic violence and their children.

Volunteer Services: Volunteers assist local Social Service agencies with direct, indirect, and advisory services to staff and the people requesting help.

Youth Services (also known as the Independent Living Program): Assists foster care youths ages 14-21 in developing the skills necessary to make the transition from foster care to independent living.

Educational Opportunities

Community College Tuition Grant
This program will provide tuition and fees at any Virginia community college specifically for high school graduates or those who have received their GED if, at the time of graduation or completion of the GED, they were in foster care, in the custody of a social services agency or in a special needs adoption.
For more information visit: http://www.vccs.edu/Students/TuitionGrant/tabid/413/Default.aspx.

Education and Training Vouchers (ETV)
The Education and Training Vouchers (ETV) Program assists eligible foster care and adopted youth with post-secondary education and training expenses. It is designed to help youth aging out of foster care with the education, training and services needed for employment.
Funding for the program is supplied in the form of vouchers. These can be applied toward, but not limited to, colleges, universities, community colleges and one-year training institutions.

Expenses Covered:

- Tuition and fees
- Room and board
- Rental or purchase of required equipment, materials or supplies (including a computer)
- Allowance for books, supplies and transportation
- Required residential training
- Special study projects
- Child care
- Other related expenses

Eligibility

Youth ages 16 to 21:

- Must have had their most recent foster care provided by the state of Virginia.
- Must be eligible for services under Virginia's Chafee Foster Care Independence Program (CFCIP), which is offered to all eligible foster care youth between the ages of 16 and 21.
- Must have received their high school diploma, general education development (GED), or equivalent
- Youth pursuing post secondary education should complete and submit the Federal Application for Student Aid (FAFSA).
- Must have initiated their post-secondary education or training before reaching the age of 21.
- Must make satisfactory academic progress by maintaining at least a cumulative grade point average of 2.0 on a 4.0 scale or have an academic standing consistent with the institution's graduation requirements for the federal student financial aid program.

Youth 21 to 23:

- Must meet all eligibility requirements for youth ages 16 to 21 listed above.
- Must be a participant in the voucher program on the date they become 21 to be eligible to for assistance until age 23, as long as they are enrolled in a post-secondary education or training program and are making satisfactory progress toward completion of that program.

Adopted Youth:

- Youth adopted from Virginia's foster care system after reaching age 16 are eligible for the ETV Program as long as they meet the same eligibility requirements for foster youth and who would have been otherwise eligible for services under Virginia's CFCIP.

Funding

Awards are based on need and availability of funds.
Vouchers are provided up to $5000.00 per year per youth.

How to Apply

Foster care youth ages 16 to 21 should submit a completed application with documentation to their local department of social services. If the youth is 21 to 23 or adopted at age 16 or over from foster care, documentation from the local department of social services with which they were most recently associated must be provided.

TAPPAHANNOCK SEVENTH DAY ADVENTIST COMMUNITY SERVICES

http://tappahannock22.adventistchurchconnect.org/index.php

The **Tappahannock Seventh-day Adventist Church** is part of a world-wide organization with more than 15 million members in countries around the world. Just as important, we are active in our local community through our ministry programs, and are members of Essex Churches Together.

Our church is affiliated with the following community organizations:

- Tappahannock Junior Academy
- The Veggie Corner
- The Community Service Center
- Radio Station WRAR 1000 AM

The Seventh-Day Adventist Community in Tappahannock offers a Food and Clothing Bank from the Louise Miller Clopton Memorial Complex.

Contact:

(804) 443-5085

Mailing Address:
P.O. Box 2361
Tappahannock, VA 22560

Physical Location:
The Louise Miller Clopton Memorial Complex
Behind Essex Shopping Center
Tappahannock Blvd, Tappahannock.

TELAMON

http://telamon.org/

Telamon Corporation began providing services to migrant and seasonal farm workers in Virginia in 1975. Since then, we have expanded our base of employment and training services to include a wide array of housing, nutrition, and other initiatives targeted at the needs identified in the communities we serve. This has enabled us to extend our services to a variety of other populations. Programs are operated out of eight field offices and are coordinated by the state office in Richmond.

National Farmworker Jobs Program

This program provides employment, training, and support services to migrant and seasonal farmworkers and their dependents through funding provided by the Department of Labor in accordance with the Workforce Investment Act.

Pesticide Safety Training

Beginning in fall 2006, a program to provide Worker Protection Standard training in accordance with US EPA guidelines to farmworkers throughout Virginia was implemented.

AmeriCorps

Through participation in the AmeriCorps National Farmworker Environmental Education Program, sponsored by the Association of Farmworker Opportunity Programs, Telamon hosts AmeriCorps volunteers to assist with training farmworlers on pesticide safety and heat stress prevention.

Project LEAF (Limiting Exposure Around Families)

In partnership with the Association of Farmworker Programs, this project provides information to farmworkers and their families on how to limit exposure to pesticides in the home and how to protect themselves once they are home, from pesticides they were exposed to in the fields.

Heat Stress Project

This project provides farmworkers with education on how to protect themselves from heat stress. It focuses on prevention, symptoms, risks, and treatment.

Housing Assistance to Farmworkers

With funding from the U.S. Department of Labor and NCALL Research, Inc., temporary and emergency housing assistance is made available to farmworkers who meet the eligibility requirements for the National Farmworker Jobs Program. Assistance may help with rents, mortgages, or utilities.

VIDA

Telamon—Gretna is an intermediary for the Virginia Individual Development Accounts (VIDA). This program is funded by the Dept. of Housing and Community Development and Virginia Department of Social Services. This is a savings program to help build up savings to purchase a home, further education, or to start a business.

HOMEownership Downpayment Assistance Program

These funds are available to income eligible first-time homebuyers for down payment and closing cost assistance.

Weatherization

This program provides for the installation of materials and/or provision of services to a home that will increase energy efficiency, reduce fuel bills and help ensure the health and safety of the occupants.

On-Farm Labor Housing

With funding from the U.S. Department of Labor, this program assists agricultural employers whose farm labor housing is in need of structural repairs.

UNITED WAY

http://liveunited.org/

OUR MISSION

United Way improves lives by mobilizing the caring power of communities around the world to advance the common good.

OUR GOALS

In 2008, United Way initiated a 10-year program designed to achieve the following goals by 2018:

- Improve education, and cut the number of high school dropouts — 1.2 million students, every year — in half.
- Help people achieve financial stability, and get 1.9 million working families — half the number of lower-income families who are financially unstable — on the road to economic independence.
- Promote healthy lives, and increase by one-third the number of youth and adults who are healthy and avoid risky behaviors.

Our goals are ambitious, but with your help, and by utilizing our core strengths — a national network, committed partners and public engagement capacity — we can achieve them.

EDUCATION

We can't focus on high school alone. High school dropouts are 12 years in the making, usually starting early childhood education behind schedule. United Way's model focuses on supportive communities, effective schools and strong families — strategies and approaches rooted in research. Tackling the education challenge requires reframing education on a birth to 21 continuum.

INCOME

To address the obstacles that prevent hard working families from getting ahead financially, we launched the Financial Stability Partnership™, an initiative that promotes community-change strategies to help families meet their basic needs, while gaining the financial capability to plan for, and accomplish, their long-term financial goals.

Over 300 United Ways and their local community partners are engaged in activities and initiatives to help build the financial stability of families in their communities.

HEALTH

Achieving our goal requires us all to become more aware of health risks and the potential effects they have on ourselves and others, starting from before birth. Working to change policies and practices, such as extending health care coverage, will enable more people to live healthier lives.

United Way of the Virginia Peninsula
739 Thimble Shoals Blvd Ste 302
Newport News, VA 23606-3562
(757) 873-9328
http://www.uwvp.org/
Gloucester, Hampton, Newport News, Poquoson, York

United Way of Greater Williamsburg
312 Waller Mill Rd Ste 100
Williamsburg, VA 23185
(757) 253-2264
http://www.uwgw.org/
James City, King And Queen, King William, Williamsburg, York

Rappahannock United Way, Inc.
3310 Shannon Park Drive
Fredericksburg, VA 22408
(540) 373-0041
http://www.rappahannockunitedway.org/
Caroline, Essex, Fredericksburg, King And Queen, King George, Lancaster, Middlesex, Northumberland, Richmond, Spotsylvania, Stafford, Westmoreland

VIRGINIA COOPERATIVE EXTENSION

http://www.ext.vt.edu/about/index.html

Virginia Cooperative Extension is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University, and a part of the National Institute for Food and Agriculture, an agency of the United States Department of Agriculture.

PROGRAMS:

Agriculture and Natural Resources

Agriculture and natural resources (ANR) programs help sustain the profitability of agricultural and forestry production and enhance and protect the quality of our land and water resources.

Family and Consumer Sciences

Virginia Cooperative Extension views the family unit as the cornerstone of a healthy community. We strive to improve the well being of Virginia families through programs that help participants put research-based knowledge to work in their lives.

4-H Youth Development

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. 4-H, the largest comprehensive youth development program in the nation, educates young people, ages 5 to 18, through a variety of experiential techniques that encourage hands-on, active learning.

Community Viability

Community viability programs are dedicated to strengthening communities and their economic viability by creating innovative programs that allow citizens and local governments to respond to local issues.

Essex
112 Cross Street
P.O. Box 849
Tappahannock, VA 22560
Hours: 8:00 a.m. to 5:00 p.m. M-F
Main Office: (804) 443-3551
Fax: (804) 443-2048

Gloucester
7400 Carriage Court
Gloucester, VA 23061
Hours: 8:00 a.m. to 4:30 p.m. M-F
Main Office: (804) 693-2602
Fax: (804) 693-1383

King & Queen County
242 Allens Circle
Courts & Administration Building, Suite N
2nd Floor
King & Queen Court House, VA 23085
Hours: 8:00 a.m. to 4:30 p.m. M-F
Main Office: (804) 785-5979
Fax: (804) 785-5789

King William
175 Courthouse Lane, Skelton Bldg
King William, VA, VA 23086
Hours: 8:00 a.m. to 5:00 p.m. M-F
Main Office: (804) 769-4955
Fax: (804) 769-4954

Lancaster
8311 Mary Ball Road
Suite 302
Lancaster, VA 22503
Hours: 8:00 a.m. to 4:30 p.m. M-F
Main Office: (804) 462-5780
Fax: (804) 462-5519

Mathews
10494 Buckley Hall Road
Suite B
P. O. Box 569
Mathews, VA 23109
Hours: 8:00 a.m. to 5:00 p.m. M-F
Main Office: (804) 725-7196
Fax: (804) 725-7238

Middlesex
44 Oakes Landing Road, Suite A
P O Box 96
Saluda, VA 23149
Hours: 8:00 a.m. to 5:00 p.m. M-F
Main Office: (804) 758-4120
Fax: (804) 758-4010

Northumberland
7154 Northumberland Highway
P O Box 400
Heathsville, Virginia, VA 22473
Hours: 8:00 a.m. to 4:30 p.m. M-F
Main Office: (804) 580-5694
Fax: (804) 580-9568

Richmond County
6128 Richmond Road
Warsaw, VA 22572
Hours: 8:00 a.m. to 5:00 p.m. M-F
Main Office: (804) 333-3420
Fax: (804) 333-9665

Westmoreland
18849 Kings Highway
P O Box 8
Montross, VA, VA 22520
Hours: 8:00 a.m. to 5:00 p.m. M-F
Main Office: (804) 493-8924
Fax: (804) 493-8501

VIRGINIA EMPLOYMENT COMMISSION

http://www.vec.virginia.gov/vecportal/

The VEC provides employer and job seeker services, unemployment benefits and labor market information.

Our mission is to promote economic growth and stability by delivering and coordinating workforce services.

Unemployment Insurance Services:

- Online Claims
- File a new claim for unemployment benefits
- Reopen an existing claim after a break has occurred in your weekly request for payments.
- File your weekly request for payment of unemployment benefits.
- Electronic Payment Method - Debit Card/Direct Deposit

Job Seeker Services:

- Register for Job Services,
- Resume builder, job search tools, and research employers,
- Employment information on wage data, skill requirements as well as industry and occupational trends.
- Access to jobs posted on numerous websites.

Employer Services:

- EMPLOYER ONLY Online Mass Claims Filing - File unemployment insurance claims and payments on behalf of your employees that experience either a permanent or temporary layoff. This process is for EMPLOYER USE ONLY
- Post a Job or find a candidate If you have a username and password, you can use Virginia Workforce Connection to post a job or find a candidate.
- File or Pay your Taxes online - I-Reg / I-File, your one stop for filing and/or paying your taxes and registering a new business.
- Labor Market Information - Virginia Workforce Connection:
  The Virginia Workforce Connection system is designed to provide you access to the various elements of labor market information collected and stored in Virginia's database. The database is structured around the ALMIS (America's Labor Market Information System) data format.

The VEC offices each host seminars and workshops to help job seekers with skills such as resume writing, interviewing, and network grouping. For more information about these opportunities, visit our web page calendar. You can also obtain a hard copy of the calendar in each office.

Warsaw
14243 History Land Hwy
Warsaw, 22572
PHONE: (804) 333-3675
FAX:(804) 333-5388
Don Ward, Manager

Hampton
600 Butler Farm Road - Suite B
Hampton, 23666
PHONE: (757) 865-5800
FAX:(757) 865-5824
Kay Hogan, Manager

Williamsburg
5235 John Tyler Highway
Williamsburg, 23185
PHONE: (757) 253-4738
FAX:(757) 253-4063
Donna Crittenden-Barton, Manager

VIRGINIA TREATMENT CENTER FOR CHILDREN

http://www.vcuhealth.org/vtcc

Overview
Virginia Treatment Center for Children (VTCC) offers family focused inpatient and outpatient care. VTCC's inpatient programs include Acute Care and Evaluations. Outpatient programs include evaluations, family and individual therapy, and several specialty clinics.

Ages of Children Served
Virginia Treatment Center for Children serves children and adolescents school age through 17.

Our Facility
VTCC is located on the campus of the VCU Medical Center in downtown Richmond at 515 North 10th Street. The facility includes a 23 bed acute care unit, an outpatient clinic, an 11 classroom school building, an occupational therapy clinic, family visitation lounges, cafeteria, an outdoor pool, a gymnasium, greenhouse, group, art and music therapy areas.

Inpatient Services:
VTCC offers two inpatient services, Acute Care and Inpatient Evaluations.

Acute Care

- The acute care program offers 24 hours admission, seven days a week. In addition, emergency services for psychiatric evaluation are available through The VCU Medical Center emergency room. The average length of stay for an acute hospitalization is four to seven days.
- To be admitted into the acute care program the child/adolescent must be referred by a licensed clinical professional in the community who has seen, evaluated and determined that the child/adolescent is:
    - A danger to self and others
    - Displaying out of control aggressive behavior and is in need of medication stabilization.

Evaluations

- Each evaluation provides a detailed nursing assessment and a full psychiatric evaluation for the establishment of a medical diagnosis; however the Standard Evaluation is individualized to meet the community and patient's needs. Specific components, such a psychological testing, Occupational and Educational assessments, are included as determined by the community and the evaluation team. For more information regarding the evaluation packages contact the Director of Admissions at 804.828.8822.
- Admission Criteria
  A child/adolescent may be referred for an evaluation by the parents, the schools system, the local Department of Social Services and/or community Comprehensive Service Act (CSA) teams. All evaluations are scheduled admissions. VTCC requires that an admission application be completed and submitted along with previous clinical information. Click on the link to download an application for admission.

For more information about inpatient programs call 804.828.8822

Outpatient Services:
VTCC provides a broad range of outpatient mental health services. Outpatient services at available at VTCC includes, but are not limited to:

- Therapy
- Outpatient Evaluation
- Medication Management
- Disorders commonly treated at VTCC include, but are not limited to:
- Behavior disorders at home and school
- Adjustment Problems
- Sexual Abuse
- Depression
- Personality and Mood Disorders
- Anxiety Disorders
- Attention-Deficit/Hyperactivity Disorders

Specialty Clinics:
VTCC offers several specialty clinics, the menu of specialty clinics includes:

- A Pediatric Mood Disorders Clinic
- A Developmental Disorders Assessment Clinic
- A Co-Occurring Disorders Clinic

For more information or to schedule an outpatient appointment please call Virginia Treatment Center for Children at 804.828.3137.

Payment Options:
Virginia Treatment Center for Children accepts most major health insurance as well as Medicaid for our outpatient services.

Contact Information:

Virginia Treatment Center for Children (VTCC)
515 North 10th Street
P.O. Box 980489
Richmond, VA 23298-0489

General Information	(804) 828-3129
Outpatient Appointments	(804) 828-3137
Inpatient Referral and Admissions	(804) 828-8822
Fax:	(804) 828-3504

VIRGINIA SEXUAL AND DOMESTIC VIOLENCE ACTION ALLIANCE

http://www.vadv.org/

Who we are:

- We are a coalition of people and agencies committed to ending sexual and domestic violence.
- We are the recognized leader in Virginia's response to sexual and domestic violence.

What we do:

- We operate the statewide Virginia Family Violence & Sexual Assault Hotline, which links thousands of survivors and professionals to services in their communities.
- We make sure your community has the **resources** it needs to respond effectively to sexual and domestic violence.
- We **educate** individuals, professionals, communities, and legislators on how to stop sexual and domestic violence from happening and how to help those who have been hurt by violence.
- We bring people together to **build networks** and to learn from each other in order to make Virginia safer.

Virginia Family Violence Sexual Assault Hotline

The Action Alliance operates the statewide **Virginia Family Violence & Sexual Assault Hotline (1-800-838-8238 v/tty)**, a toll-free, confidential, 24-hour service that provides crisis intervention, support, information, and referrals to family violence and sexual assault survivors, their friends and families, professionals, and the general public.

The Hotline offers the following services:

- Information and support for survivors, friends and family, and the general public.
- Links to local crisis centers, shelters or other human resource agencies through referrals and by directly connecting callers to local agencies via a 3-way calling system.
- Resource packets on a variety of topics for callers seeking written information.
- Technical assistance to professionals working with victims and perpetrators of domestic violence and sexual assault.
- Brochures and other resource materials in bulk for agencies seeking to distribute information about domestic violence and sexual assault.

The Haven Shelter and Services, Inc.
Hotline:800/224-2836
Office: 804/333-1099
TTY: 804/224-2836
Fax: 804/333-1150

Residential Shelter: *Yes*
Contact: Ellen Yackel
Address: PO Box 1267
Warsaw, VA 22572
E-Mail: haven@sylvaninfo.net

Serving The Areas Of:
Essex County, Lancaster County, Northumberland County, Richmond County, Westmoreland County

The Laurel Shelter, Inc.
Hotline:804/694-5890
Office: 804/695-5760
Fax: 804/694-5191

Residential Shelter: *Yes*
Contact: Cherie Stone
Address: PO Box 23
Gloucester, VA 23061
E-Mail: laurelshelterinc@verizon.net

Serving The Areas Of:
Gloucester County, Mathews County, Middlesex County, King and Queen County , King William County

Project Hope at Quin Rivers, Inc.
Hotline:877/966-4357
Office: 804/ 966-8720
TTY: 877/966-4357
Fax: 804/966-8738
Web Site: www.quinrivers.org

Residential Shelter: *No*
Contact: Gwen Kitson
Address: PO Box 208
New Kent, VA 23124
E-Mail: gkitson@quinrivers.org

Serving The Areas Of:
Charles City County, King & Queen County, Town of West Point, King William County, New Kent County

PENINSULA METROPOLITAN YMCA

http://www.peninsulaymca.org/

OUR MISSION
The mission of the Y is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

OUR VISION
The Peninsula Metropolitan YMCA strives to be a leading family advocate in the community, inclusive and open to all people, responsive to community needs, committed to building character, wellness and fellowship through programs which promote moral and ethical values, and bring all members of our community together for the common good.

VALUES
Our Y supports the values of Caring, Honesty, Respect and Responsibility and we are guided by the following principles as we work to build strong kids, strong families, and strong communities.

- **The Golden Rule**
  We value the importance of every individual and treat others as we wish to be treated.
- **Character Development**
  We live and teach the values of caring, honesty, respect, and responsibility.
- **Open To All**
  We are a volunteer, charitable organization, which welcomes people of all religions, cultures and economic backgrounds.
- **Pursuit of Excellence**
  We strive to achieve the highest standards of quality programs, services and trustworthy stewardship.
- **Spirit of Philanthropy**
  We help people experience the joy of giving and helping others.
- **A Healthy Lifestyle**
  We live our mission by engaging in a lifestyle that develops a healthy spirit, mind and body.

PROGRAM EXAMPLES:
Aquatics (Northern Neck Branch)-
Aquatics have been a part of YMCA programming since 1885, when the first YMCA swimming pool was built in the Brooklyn YMCA in New York.
Summer Camp (Greater West Point, Middlesex, Northern Neck, Northumberland, Richmond County, and Westmoreland):
Camp Kekoka is located just outside of Kilmarnock, Virginia on the Chesapeake Bay.
YMCA Day Camp is a traditional camp experience that develops spirit, mind and body.
Campers in Leadership Training (Available at Northern Neck, Northumberland, and Richmond County)
Child Development:
Preschool: (Available at Middlesex, Northern Neck, and Richmond County)
School-Age: (Available at Middlesex, Northern Neck, Northumberland, Richmond County, and Westmoreland YMCA locations)
YMCA School-Age: (Before/After School Child Care)
Child Watch and Youth Watch: (Available at Mathews, Northern Neck, Richmond County)
With your family membership at the YMCA, you are entitled to free Child Watch (ages 6 weeks to 5 years) and Youth Watch (ages 6 to 12 years) services while you are at the Y participating in our programs.
Family Fitness
The YMCA is always adding opportunities for your family to spend time together - various group exercise classes and wellness center times are designated as Family Fitness Friendly so you can work together with your child to achieve better health.

Older Adults

Use the Program Search page to help you choose a program like SilverSneakers©, Seniorcise, Y.E.S., Shallow Water Aerobics, Aquatic Exercise for Arthritis sufferers, Computer classes, or Fit Over Fifty.

Sports

There's more than just weights and treadmills at the YMCA, why not try one of our team sports programs to stay active and meet new friends. We have indoor and outdoor activities for every age.

Volunteer

Volunteers are the secret to our remarkable past; they are the strength of our present; and they are the promise of our future. YMCA volunteers - who are usually members, too - share a strong sense of responsibility toward the community and the YMCA. Volunteer members assist with programs, formulate policy, develop new program initiatives, and evaluate existing services.

Community Outreach

YMCAs become integrated with the communities where they are located. We work with churches, local social service organizations, schools, and listen to the volunteers who serve on our boards of management when they tell us what needs are not being met and then we set out to make a difference.

MIDDLE PENINSULA/NORTHERN NECK LOCATIONS

Greater West Point Family YMCA
3135 King William Avenue
P.O. Box 1526
West Point, VA 23181
Phone: (804) 843-3300
Fax: (804) 843-7182
Email:
greaterwestpoint@peninsulaymca.org

Mathews Family YMCA
P.O. Box 1536
Mathews, VA 23109
Phone: (804) 725-1488
Fax: (804) 725-1490
Email:
mathews@peninsulaymca.org

Middlesex Family YMCA
11487 General Puller Hwy.
P.O. Box 524
Hartfield, VA 23071
Phone: (804) 776-8846
Fax: (804) 776-8165
Email:
middlesex@peninsulaymca.org

Northern Neck Family YMCA
39 William B. Graham Court
P.O. Box 1809
Kilmarnock, VA 22482
Phone: (804) 435-0223
Fax: (804) 435-2227
Email:
northernneck@peninsulaymca.org

Northumberland Family YMCA
59 Monument Place
P.O. Box 146
Heathsville, VA 22473
Phone: (804) 580-8901
Fax: (804) 580-4281
Email:
northumberland@peninsulaymca.org

Richmond County Family YMCA
45 George Brown Lane
P.O. Box 1136
Warsaw, VA 22572
Phone: (804) 333-4117
Fax (804) 333-9337
Email:
richmondco@peninsulaymca.org

Westmoreland Family YMCA
18849 Kings Highway
P.O. Box 667
Montross, VA 22520
Phone: (804) 493-8163
Fax: (804) 493-0313
Email:
westmoreland@peninsulaymca.org

Wiley Child Development Center
458 Harris Road
P.O. Box 1809
Kilmarnock, VA 22482
Phone 804-435-7977
This program serves all children ages 18 months through 5 years.

Camp Kekoka
1083 Boys Camp Road
P.O. Box 580
Kilmarnock, VA 22482
(804) 435-3616
804-435-2227 Fax

YOUTHBUILD

http://www.youthbuild.org/

Bay Consortium Workforce Investment Board, Employment Resources Inc., Job Assistance Center Inc., and the National Homebuilders Institute combine efforts to operate Youthbuild Tappahannock.

This program, offering eligible young adults with a comprehensive Pre-Apprenticeship Construction Skills Training Program. This six to nine month program offers:

- High School Completer Classes
- High School Diploma
- Entrepreneurial Skills Training
- Leadership Development
- Financial Management
- Work Readiness Training
- Driver's Education
- Classroom and On-Site Construction Skills Training
- Job Placement

To be eligible, participants must:

- Be between the ages of 16 and 24.
- Have completed school, have dropped out of school, or have been released from compulsory attendance by the local school system.
- Meet economic eligibility requirements
- Live in Essex, King William, King & Queen, Middlesex, Lancaster, Northumberland, Richmond, Westmoreland, or Caroline Counties.

Contact Employment Resources for more information.
(804) 445-8063

Chambers of Commerce

Essex County

Tappahannock-Essex Chamber of Commerce
http://www.essex-virginia.org/ex_coc.htm
Mail: P.O. Box 481, Tappahannock, VA 22560
Phone: (804) 443-5241
Fax: 804- 443-4157

Gloucester County

Gloucester County Chamber of Commerce
http://gloucestervachamber.org/
Mail: 6699 Fox Centre Parkway #609 Gloucester Va 23061
Street Address: 3558 Geo Wash Memorial Hwy Hayes Va 23072
Phone: (804) 693-2425
Fax: 804-693-7193
Email: chamberexec@glocochamber.org

King William County

King William County Chamber of Commerce
http://www.kingwilliamchamber.org/
Mail: P.O. Box 808, Aylett, VA 23009
Phone: (804) 769-0808
Email: kingwilliamchamber@yahoo.com

West Point/Tri-Rivers Chamber of Commerce
http://www.westpointvachamber.com/
Phone: (804) 843-4620
Fax: 804-843-2434
Mail: P.O. Box 1035, West Point, VA 23181
Street Address: 621 Main Street, West Point, VA 23181
E-mail: wptrcc@oasisonline.com

Lancaster County

Lancaster By The Bay Chamber of Commerce
http://www.lancasterva.com/
Street Address: 506 N. Main Street, Kilmarnock, Virginia 22482
Mail: Post Office Box 1868, Kilmarnock, Virginia 22482
Phone: (804) 435-6092
Fax: 804-435-3092
E-mail: info@lancasterva.com

Mathews County

Mathews County Chamber of Commerce
http://www.mathewschamber.org/
Mail: P.O. Box 1126, Mathews, VA 23109
Phone: (804) 725-9029
Email: *postmaster@mathewschamber.org*

Middlesex County

Middlesex County Chamber of Commerce
http://www.middlesexcountychamber.org/
Mail: P.O. Box 192, Urbanna, Virginia 23175
Phone: (804) 384-2817

Northumberland County

Northumberland County Chamber of Commerce
http://www.northumberlandcoc.org/
Mail: P.O. Box 149, Callao, VA 22435
Phone: (804) 529-5031
Email: northumberlandcoc@verizon.net

Richmond County

Warsaw-Richmond County Chamber of Commerce
http://www.warsaw-rcchamber.com/
Mail: P.O. Box 1141, Warsaw, VA 22572
Phone: (804) 313-2252
Email: warsawrcchamber@gmail.com.

Northern Neck Tourism Council
www.northernneck.org
Mail: P.O. Box 1707, Warsaw VA 22572
Phone: (804) 333-1919
Email: nntc@northernneck.org

Westmoreland County

Westmoreland County Chamber of Commerce
http://wmccoc.com/businesses.html
Mail: 112 Peach Grove Lane, Suite 6, Montross, VA 22520
Phone: (804) 493-0088

Fair Housing

What are the laws concerning Fair Housing?

Your local government and the Commonwealth of Virginia are committed to providing equal opportunity housing.

The Fair Housing Act of 1988 and the Virginia Fair Housing Law forbid discrimination on the basis of

- Race
- Color
- Sex
- Religion
- National Origin
- Elderliness
- Familial Status
- Handicaps

These acts also make in illegal to discriminate by practices such as:

1) Refusing to sell, rent, finance, or make available housing;
2) Discriminating against any person I the terms, conditions, or privileges of sale or rental of a dwelling, or in the provision of services or facilities in connection with a dwelling;
3) Making, printing, or publishing any notice, statement, or advertisement with respect to the sale or rental of a dwelling indicating a preference, limitation, or discrimination;
4) Representing to any person that any dwelling is not available for inspection, sale, or rental when such dwelling is in fact so available.
5) Denying access to membership or participation in a multiple listing service, real estate broker's organization, or other service;
6) Including any restrictive covenant which discriminates in the transfer, sale, rental, or leasing of housing;
7) Attempting to "blockbust" a neighborhood. ("Blockbusting" is the practice of persuading homeowners to sell quickly and usually at a loss by appealing to the fear that minority groups will move into the neighborhood, resulting in declining property values.)

The Civil Rights Act of 1966 forbids discrimination on the basis of race only. Complainants wishing to take action under this law must file in federal court.

What kind of housing is covered by the law?

Property (homes, apartments, lots) which is rented or sold by anyone including a real estate broker, a manager, a salesperson, or the owner.

Who is covered by the law?

Real Estate Brokers, Salespersons, and Appraisers
Rental Agents
Homeowners advertising their property for sale or rental
Contractors
Financial Institutions
Apartment House Managers
Advertising Agencies
Owners of building lots
Developers

Are there any exceptions?

-Yes.

1) Single-family houses sold or rented by an owner, provided that the owner does not own more than three single-family houses at any time.
2) Apartment houses with no more than four dwelling units, if he lives in one of the units.
3) Religious groups who limit the occupancy of buildings owned or operated for other than a commercial purpose, to persons of their own religion.
4) Private clubs offering lodging to members only.
5) Persons convicted of the distribution of illegal drugs.
6) Any reasonable local, state, or federal restriction regarding the maximum number of occupants permitted to occupy a dwelling.
7) "Housing for older persons" meaning housing where at least 80 per cent of the units are occupied by at least one person fifty-five years of age or older per unit.

What should I do if I've been the victim of discrimination?

Write it down. Record the circumstances, with places, dates, and names of those involved. List the sequence of events. Then contact the Fair Housing Office:

Virginia Fair Housing Office
9960 Mayland Drive, Suite 400, Richmond, Virginia 23233-1463.
804-367-8530 or 888-551-3247.
For TDD users, please call the Virginia Relay by dialing 7-1-1.
Email: fairhousing@dpor.virginia.gov
Fax: 866-480-8333.

You must file a written complaint within one (1) year of the incident if you wish the department to act on your behalf.

The U.S. Department of Housing and Urban Development also sponsors a Discrimination Complaint Hotline. You may use this hotline to register a complaint and receive assistance if you have been the victim of discrimination. The toll-free number is (800) 669-9777.

Equal Credit Opportunity Act

This federal law makes credit discrimination illegal when it is based on race, color, religion, sex, national origin, age, or marital status.

Rights of Handicapped Persons

The Virginia Fair Housing Law protects the rights of handicapped individuals in the terms, conditions, or privileges of sale or rental of a dwelling, or in the provision of services or facilities in connection therewith. A handicapped person with a guide dog or hearing dog cannot be denied housing or required to pay an additional fee because of their dog.

This law does not require that landlords modify their property or provide a higher level of service to handicapped individuals; however, it does prohibit their refusal to permit, at the expense of the handicapped person, reasonable modifications of existing premises occupied or to be occupied by a handicapped person, if such modifications may be necessary to allow that individual full enjoyment of the premises.

For Assistance, call or write:

Virginia Office for Protection and Advocacy
Address: 1910 Byrd Avenue, Suite 5, Richmond, VA 23230
Telephone: 804-225-2042 (Voice/TTY) 1- 800-552-3962 (Voice/TTY) (Toll-Free in Virginia)
Fax: 804-662-7057
E-mail: general.vopa@vopa.virginia.gov

Landlord-Tenant Acts

The Virginia Residential Landlord and Tenant Act (VRLTA) and the Manufactured Home Lot Rental Act (MHLRA) require the landlord to supply a property in livable condition and maintain it in that condition.

To enforce the Acts, a tenant or landlord must sue in General District or Circuit Court.

The VRLTA does not apply to tenants in single-family homes where landlords own ten or less single family houses, subject to a rent agreement. The MHLRA applies only to tenants in mobile homes living in parks with ten or fewer homes. Written leases, which are enforceable by the courts, are especially recommended for tenants.

To receive the Virginia Landlord-Tenant Handbook or Manufactured Home Lot Rental Handbook, contact:

Virginia Department of Housing and Community Development
Main Street Centre, 600 East Main Street, Suite 300
Richmond, VA 23219
804-371-7100

Fire Departments and Rescue Squads

Essex
Tappahannock Fire Department
(804) 443-2111
Tappahannock Rescue Squad
(804) 443-3346

Gloucester
Gloucester Fire and Rescue Station
(804) 693-2148
Abingdon Fire & Rescue
(804) 642-2360
Harcum Fire Departmet
(804) 693-3674

King & Queen
Lower King and Queen Fire Department
(804) 785-2205
Upper King and Queen Fire Department
(804) 769-4567
Upper King and Queen Rescue Squad
(804) 769-3250
Walkerton Fire Department
(804) 769-2169

King William
King William Fire Department
(804) 994-2937
Mangohick Fire Department
(804) 994-9800
West Point Fire & Rescue
(804) 843-3666
Mattaponi Rescue Squad
(804) 769-9455

Lancaster
White Stone Fire Department
(804) 435-3801
Kilmarnock Fire Department
(804) 435-1332
Upper Lancaster Fire Department
(804) 462-5111
Kilmarnock Rescue Squad
(804) 435-1474
Upper Lancaster Rescue Squad
(804) 462-7375

Mathews
Bohannon Fire Department
(804) 725-7594
Cobbs Creek Fire Department
(804) 725-5250
Gwynn Fire Department
(804) 725-7569
Mathews Fire Department
(804) 725-2119
Mathews Rescue Squad
(804) 725-7177
New Point Fire Department
(804) 725-9013

Middlesex
Deltaville/Lower Middlesex
(804) 776-7104
Deltaville Rescue Squad
(804) 758-2320
Hartfield Fire Department
(804) 776-6880
Urbanna Fire & Rescue
(804) 758-2320
Waterview Fire Department
(804) 758-5200

Northumberland
Fairfield Fire Department
(804) 453-4055
Callao Fire Department
(804) 529-6211
Mid County Rescue Squad
(804) 580-8615

Richmond
Richmond County Fire Department
(804) 333-3752
Richmond County Rescue Squad
(804) 333-5089

Westmoreland
Colonial Beach Fire Department
(804) 224-7255
Cople Fire Department
(804) 472-2981
Oak Grove Fire Department
(804) 224-0250
Westmoreland Fire Department
(804) 493-9596
Colonial Beach Rescue Squad
(804) 224-7750
Montross Rescue Squad
(804) 493-8600
Westmoreland Rescue Squad
(804) 472-2632

Guardianship in Virginia

Guardians are appointed to protect an "incapacitated person." An incapacitated person is a person who cannot make decisions for their own care. "Incapacity" is not bad judgment or being foolish. Only a judge can decide that a person is incapacitated. Only a judge can appoint a "guardian."

A *Guardian* is in total charge of the person's affairs. A *Conservator* is in charge of a person's financial affairs.
A guardian is responsible for matters that most of us take for granted. Guardianship restricts the decisions a person may make. Guardianship should be sought only when there are no other options. A guardianship may be limited to specified decisions rather than all decisions.

Alternatives to Guardianship or Conservatorship:

Sometimes a person who would otherwise need a guardian can be served in some less restrictive way. Following are alternatives to guardianship:

Caregivers – A caregiver takes care of others out of love, duty, or for pay. Caregivers are people who take care of other people who cannot care for themselves. A court does not appoint caregivers. Many people will never need a guardian because they have family or other people to provide the care they need. However, a caregiver lacks legal authority to make legal or financial decisions for another person.

Power-of-Attorney – A power-of-attorney allows another person to make decisions. There are several types of powers of attorney:

A ***limited*** power-of-attorney is for a specific action. For example, a limited power-of-attorney may allow the other person to sell the person's automobile.
A ***general*** power-of-attorney is for any action.
A ***durable*** power-of-attorney is in force even if the person becomes incapacitated. That means a person is either physically or mentally unable to take care of their own affairs. A durable power-of-attorney lets a person choose who will act if he or she cannot act. The person selected for a durable power-of-attorney must be someone who is completely trustworthy. A durable power-of-attorney may make guardianship unnecessary.

Advance Medical Directive – An advanced medical directive selects an agent to make helath care decisions when a person cannot make their own decisions. An advanced medical directive may include a living will. A living will is instructions about what health care decisions are wanted.

Trust – A trust is where one person's property is kept and is managed by another person. The person who manages the property is called a trustee. The person for whom the property is managed is called the beneficiary. The trust agreement directs how the trustee is to act. Trusts may change a person's right to public benefits such as Social Security Disability and Medicaid. Trusts may cause tax problems. A lawyer should help when a trust is made.

Guardianship Terms:

Incapacitated Person: A person who is unable to make decisions for their own care. This person needs a guardian. A court will decide if a person is incapacitated. A court will decide who is appointed guardian.

Respondent: This is the person the judge will decide is able or unable to make decisions for their own care. The judge will decide if this person needs a guardian.

Conservator: This is the person who makes all financial decisions for an incapacitated person.

Guardian: This is the person who makes all decisions for an incapacitated person.

Types of Guardianship:

The judge has flexibility. The judge may make specific rules for each guardian. The specific rules try to preserve as much of the person's independence as possible.

Emergency or Temporary Guardian: A person may be appointed for five (5) days to handle an emergency. In an emergency, social services goes to court and requests a guardian for the emergency. A guardian appointed for an emergency only acts to correct the conditions causing the emergency. If necessary, the appointment may be extended. An example of an emergency is when a person is ill and delirious. The person needs someone to arrange medical care. A guardian is appointed to arrange medical care until the person is able to make his or her own decisions.

Limited Guardian: A limited guardian is used when decisions are only needed for certain specific matters. For example, the person is able to care for daily needs, but is unable to make decisions about health care. The judge appoints a guardian to only make health care decisions. The person is free to make all other decisions.

Limited Conservator: A limited conservator is used when decisions are only needed for certain specific money matters. For example, the person is able to care for daily needs but is unable to make decisions about how the property from a trust is distributed. The judge appoints a conservator to only make decisions about the trust. The person is free to make all other decisions.

Standby Guardian: A standby guardian is a person who will become guardian when the person who is now responsible for the care of another dies. This type of guardian is when parents plan for the care of a mentally impaired child. Parents of children who are mentally ill or retarded are concerned about who will help the child manage after the parents are gone. A standby guardian will not assume any duties until the death of the last surviving parent.

Duties of People in Guardianships:

These people are involved when someone goes to court for a guardian:

The Respondent- The respondent is the person for whom a guardian is sought. This person has these rights: to be represented by legal counsel; to be present at the hearing; to present evidence; to have witnesses present who can speak on his or her behalf; and to cross-examine all witnesses who provide evidence.

The Petitioner- The petitioner is the person who presents evidence to the court that a person is unable to take care of his or her affairs. The petitioner may be a concerned family member or a Social Service Agency like Adult Protective Services. A petition is filed in court. The relatives of the respondent are notified about the hearing.

The Guardian or Conservator- This person is in total charge of the person's affairs except as limited by court order. The judge will consider the wishes of the incapacitated person. A family member is frequently appointed to be the guardian or conservator. An attorney, a friend of the incapacitated person, or a volunteer is sometimes appointed.

Guardian Ad Litem- The judge appoints a guardian ad litem. This is an attorney who protects the rights of the respondent. The guardian ad litem gathers information to present to the judge. Before the court hearing, the guardian ad litem visits the person for whom guardianship is being sought. The court process is explained. The respondent is told about their rights during the hearing. The guardian ad litem will make a recommendation to the judge. When the guardianship hearing is over, the guardian ad litem's job is completed.

Clerk of the Court- Petitions for guardianship are filed with the Clerk of the Circuit Court. The guardian or conservator goes to the Clerk of the Court after his appointment to post the required bond and to obtain a certificate of guardianship.

The Commissioner of Accounts- A Commissioner of Accounts receives and reviews financial reports from the conservator. The conservator reports on a regular basis about the incapacitated person's affairs.

How do I know if a guardian or conservator is needed?

A guardian may be needed when: A person has a physical or mental problem that makes him or her unable to care for basic needs; the person is in danger of substantial harm; and the person has no family or other person available to assume this responsibility.

A conservator may be needed when a person has a physical or mental problem that makes him or her unable to manage financial affairs; the person has no family or other person available to assume this responsibility; and other kinds of help with money management do not protect the person.

Who decides whether a person will have a guardian or conservator?

The judge decides. The judge may ask for an evaluation of the person. The evaluation includes medical, psychiatric, psychological, and social information. Based on the evaluation, the judge decides whether a guardian or conservator is needed.

What are the duties of the conservator?

The conservator is responsible for identifying the person's property. This is called "taking an inventory." The conservator must file the inventory with the Commissioner of Accounts. After the inventory is recorded, the conservator must give a regular accounting to the Commissioner of Accounts. The conservator takes charge of the management of the incapacitated person's property. The incapacitated person's money must be kept separately and cannot be put into the conservator's own bank account. The conservator is authorized to make investments and make other financial decisions for the incapacitated person.

What are the duties of the guardian?

The guardian makes decisions about how the person lives. This includes all matters about health, food, place to live, and social activity. The guardian applies the values of the incapacitated person in making these living decisions.

How can guardianship be ended?

The incapacitated person may petition the court to end the guardianship. If the person is able to show that he or she is able to care for and manage affairs, the judge will end the guardianship. Or, the judge can appoint another person to be guardian.

Bay Aging:
Middle Peninsula- (800) 693-6109
Northern Neck- (800) 493-0238

Essex

AmeriCare Plus
(804) 443-3947

Bon Secours Richmond
(804) 443-0889

Essex House
(804) 443-5921

Hospice of Central VA
(804) 443-4090

Hospice of Virginia
1-800-387-7010

Riverside Hospice
(804) 443-6130

Riverside Tappahannock Hospital
(804) 443-3311

Gloucester

Carey Avenue Adult Home
(804) 693-7035

The Gloucester House
(804) 693-3116

Riverside Walter Reed Hospice
(804) 693-8819

Riverside Walter Reed Home Health
(804) 693-8825

Riverside Walter Reed Hospice
(804) 693-1111
(804) 693-8819

Riverside Walter Reed Hospital
(804) 695-2904

Gloucester Urgent Care, Gloucester
(804) 210-1005

Riverside Middle Peninsula Cancer Care Center
(804) 693-9037

Sanders Nursing Home
(804) 693-2000

Walter Reed Convalescent Center
(804) 693-6503

King William

King William-Dawn Community Doctors
(804) 769-3022

The Rivers Health Care Resources
(804) 769-1380

Riverside Convalescent Center
(804) 843-4323

Waterview Adult Home
(804) 843-4575

Lancaster

Family Maternity Center of the Northern Neck
(804) 435-7005

Rappahannock General Hospital
(804) 435-8000

CMG Family Medical Centers
Heathsville, (804) 580-7200
Lively, (804) 462-5155

Glessner, Steven F., MD
(804) 435-8000

Vogel, Matthew F., CPA
(804) 435-8000

Mathews

Riverside Convalescent Center
(804) 725-9443

Middlesex

Brookside Home Health Care
(804) 758-0900

Hospice Support Care of Middlesex County
(804) 758-0050

Riverside Convalescent Center
(804) 758-2363

Northumberland

Amedisys Home Care
(540) 371-7422

Richmond

Hospice Support Services of Northern Neck, Warsaw
(804) 333-0084

American Retirement Homes
(804) 333-1590
americanretirementhomes.org

Medi Home Care
(804) 333-4646

Americare Plus LLC
(804) 333-0099

Farnham Manor Adult Residence
(804) 394-2102
www.farnhammanor.com

Riverside Convalescent Centers
(804) 313-2500
www.riversideonline.com

The Orchard
(804) 313-2500

Haven Battered Women Shelter,
(804) 333-1099
www.havenshelter.org

Westmoreland

Mary Washington Health Center
(804) 224-2222

Westmoreland Medical Center
(804) 493-9999

Information Hotlines

Alcohol 24 Hour Help Line	800-410-2560
Alzheimer's Disease	800-621-0379
Auto Safety	800-424-9393
Bureau of Insurance	800-552-7945
Cancer Hotline	800-442-6237
Canning Information	800-240-3340
Charlie Foundation (Pediatric Epilepsy Diet)	800-FOR-KETO
CPS (Child Protective Services)	800-285-1096
Complaints – Health Care Practitioners	800-533-1560
Complaints – Nursing Home Administrators	800-533-1560
Consumer Protection Hotline	800-552-9963
COPE (MP-NN CSB)	800-542-2673
Crisis Prevention, Confidential	800-621-3860
Deaf and Hard of Hearing (Voice and TDD)	800-552-7917
Drug Abuse (Cocaine)	800-COCAINE
Drug Violations Hotline	800-553-3673
Emergency Medical Services (EMS)	800-523-6019
Food Stamp and Fuel Assistance Hotline	800-552-3413
Head Injury Hotline	800-352-6595
Health Line	800-552-2075
Hearing Aid Hotline	800-521-5247
HIV/STD/Hepatitis	800-533-4148
Identity Theft Resource Center	888-400-5530
www.idtheftcenter.org	
Internet Crime Complaint Center www.ic3.gov	
Kidney Foundation	800-638-8299
Lawyer Referral Service	800-552-7977
Legal Aid Center	800-572-3094
Legislative Hotline	800-889-0229
Long-Term Ombudsman	800-552-3402
Lung Disease	800-222-5864
MADD (Mothers Against Drunk Driving)	800-438-6233
www.madd.org	
MediCare Fraud	800-368-5779
MediCare	800-552-4323
Mental Health Hotline (Suicide, Rape, Drug Abuse)	800-333-4444
Missing and Exploited Children's Hotline	800-THE-LOST
National Alliance on Mental Illness	800-950-6264
www.nami.org	
National Alzheimer's Association	800-282-3900
National Association of Crime Victim Compensation Boards	
http://www.nacvcb.org/	
National Center on Elder Abuse	800-677-1116
www.ncea.aoa.gov	
National Child Abuse Hotline	800-422-4453
www.childhelp.org	
National Child Abuse Hotline	800-4A-CHILD
TDD	800-2A-CHILD
National Advocacy for Local LGBT Communities	212-714-1141
www.avp.org/ncavp.htm	

National Council on Alcoholism	800-NCA-CALL
National Domestic Violence Hotline	800-799-7233
www.thehotline.org	800-787-3224 (TTY)
National Health Information Center	800-336-4797
National Runaway Switchboard	800-786-2929 www.1800runaway.org
National Sexual Assault Hotline	800-656-4673 [24/7 hotline] www.rainn.org
National Suicide Prevention Lifeline	800-273-TALK (8255)
http://www.suicidepreventionlifeline.org/	[24/7 hotline]
	888-628-9454 (Spanish)
	800-799-4889 (TTY)
National Teen Dating Abuse Helpline	866-331-9474
www.loveisrespect.org	866-331-8453 (TTY)
Office for Victims of Crime: Directory of Crime Victim Services	
http://ovc.ncjrs.gov/findvictimservices	
Organ Donation Registry	800-638-6833
Overseas Citizens Services	888-407-4747
(from overseas)	202-501-4444
Parents of Murdered Children	888-818-7662 www.pomc.org
Physician Referral Service	800-822-3627
Poison Control Center	800-552-6337
Radon Information Hotline	800-SOSRADON
Rights of the Disabled	800-552-3962
Sacred Circle	877-733-7623
www.sacred-circle.com *National Resource Center to End Violence against Native Women*	
SCAN: Stop Child Abuse Now	800-257-8227
Social Security (24 Hours)	800-234-5SSA
Social Security Administration	800-772-1213
Spinal Cord Injury	800-552-5019
Stalking Resource Center www.ncvc.org/src	
Stroke Hotline	800-468-3335
Substance Abuse (Cadre-Drug and Alcohol Info)	800-552-3673
Surgery (Second Opinion)	800-638-6833
The Trevor Project	866-488-7386 www.thetrevorproject.org –
Crisis & Suicide Prevention Lifeline for LGBTQ Youth	
Virginia Child Abuse and Neglect Hotline (Suspected Abuse)	800-552-7096
Virginia Dept. for the Aging	800-552-4464
Virginia Dept. for the Deaf and Hard of Hearing	800-552-7917
Virginia Dept. for the Rights of the Disabled	800-552-3962
Virginia Dept. for the Visually Handicapped	800-662-2155
Virginia Dept. of Rehabilitative Services	800-552-5019
Virginia Family Violence Hotline	800-838-VADV
Virginia GED Hotline	800-237-0178
Virginia Health Regulatory Board	800-533-1566
Virginia Information and Referral Services	800-544-2155
Virginia Medical Society Review Organization	800-545-3814
Virginia Organ Transplant Council	800-52-DONOR
Women's Law www.womenslaw.org	

Local Internet Service Providers

Comcast
800-266-2278

Cox Communications
ww2.cox.com
P.O. Box 62549
Virginia Beach, VA 23466
(757) 224-1111

Earthlink
www.earthlink.net
866-706-5261

Halo Premium ISP
www.haloisp.net
Essex Square Shopping Center
Tappahannock, VA
(804) 333-6653 or (804) 445-2963

HughesNet
www.hughesnet.com
www.suresitesatellite.com
Abbasi Communications
16466 Jefferson Davis Hwy.
Colonial Heights, VA 23834
(855) 548-4437

Kaballero
www.kaballero.com
P.O. Box 1339
White Stone, VA 22578
(804) 436-4428

LocalNet
www.localnet.com
(804) 580-5577 Heathsville
(804) 435-9593 Kilmarnock
(804) 493-0900 Montross
(804) 758-8799 Saluda

Metrocast
www.metrocast.com
(800) 633-8578

Netstar USA
www.netstar-usa.com
(866) 966-9633
1797 George Washington Mem. Hwy
Gloucester, VA
(804) 693-3535

Northern Neck Wireless
www.nnwifi.com
74B South Main Street
P.O. Box 1535
Kilmarnock, VA 22482
888-46-9434
(804) 436-9434

Rivernet
www.rivnet.net
235 North Main Street
P.O. Box 1269
Kilmarnock, VA 22482
(804) 435-7739

Sprint
866-332-2215

Sylvan Information Services
www.sylvaninfo.net
84 Main Street
Warsaw, VA
(804) 333-3356

Verizon
877-862-7657

Vonage
866-361-9926

WidoMaker
www.widomaker.com
11861 Canon Blvd. Ste. C
Newport News, VA 23606
(757) 253-7621

Zip Codes by County

ESSEX

Butylo	22504
Caret	22436
Center Cross	22437
Champlain	22438
Chance	22438
Dunnsville	22454
Howertons	22454
Hustle	22476
Laneview	22504
Loretto	22509
Millers Tavern	23115
Supply	22436
Tappahannock	22560

GLOUCESTER

Achilles	23001
Ark	23003
Bellamy	23017
Bena	23018
Dutton	23050
Glass	23072
Gloucester	23061
Gloucester Point	23062
Hayes	23072
Maryus	23107
Naxera	23061
Ordinary	23131
Pinero	23061
Schley	23154
Severn	23155
Ware Neck	23178
White Marsh	23183
Wicomico	23184
Woods Cross Roads	23190
Zanoni	23191

KING & QUEEN

Bruington	23023
Cauthornville	23148
Cologne	23181
Indian Neck	23148
King and Queen	23085
King & Queen C.H.	23085
Little Plymouth	23091
Mascot	23108
Mattaponi	23110
Newtown	23126
Plain View	23156
St. Stephens Church	23148
Shacklefords	23156
Shanghai	23110
Stevensville	23161
Walkerton	23177

KING WILLIAM

Aylett	23009
King William	23086
Mangohick	23104
Manquin	23106
West Point	23181

LANCASTER

Alfonso	22503
Irvington	22480
Kilmarnock	22482
Lancaster	22503
Lively	22507
Merry Point	22513
Mollusk	22517
Morattico	22523
Nuttsville	22528
Regina	22503
Weems	22576
White Stone	22578

MATHEWS

Bavon	23138
Beaverlett	23109
Blakes	23035
Bohannon	23021
Cardinal	23025
Cobbs Creek	23035
Diggs	23045
Foster	23056
Grimstead	23064
Gwynn	23066
Hallieford	23068
Hudgins	23076
James Store	23128
Mathews	23109
Miles	23025
Mobjack	23056
Moon	23119
New Point	23135
North	23128
Onemo	23130
Peary	23138
Port Haywood	23138
Redart	23076
Shadow	23163
Susan	23163

MIDDLESEX

Christchurch	23031
Church View	23032
Deltaville	23043
Hardyville	23070
Hartfield	23071
Jamaica	23079
Locust Hill	23092
Remlik	23175
Saluda	23149
Syringa	23169
Topping	23169
Urbanna	23175
Wake	23176
Warner	23175
Water View	23180

NORTHUMBERLAND

Burgess	22432
Callao	22435
Edwardsville	22456
Heathsville	22473
Lewisetta	22511
Lottsburg	22511
Ophelia	22530
Reedville	22539
Wicomico Church	22579

RICHMOND

Farnham	22460
Haynesville	22472
Sharps	22548
Village	22570
Warsaw	22572

WESTMORELAND

Coles Point	22442
Colonial Beach	22443
Hague	22469
Kinsale	22488
Montross	22520
Mount Holly	22542
Oak Grove	22443
Oldhams	22529
Stratford	22558
Washingtons	22443
Westmoreland	22577
Zacata	22581

Newspapers

The Advantage
Mathews, VA 23109
(804) 725-7289

Country Courier
P.O. Box 160
St. Stephens Church, VA 23148
(804) 769-0259
804-769-0953 Fax
country.courier@live.com

Daily Press
7505 Warwick Blvd.
Newport News, VA 23607
(804) 695-0991 (Gloucester)
(804) 642-1748 (Hayes)

Gloucester-Mathews Gazette Journal
P.O. Box 2060
Gloucester, VA 23061
(804) 693-3101
804-693-7844 Fax
info@gazettejournal.net

New Kent-Charles City Chronicle
18639 Eltham Rd.
West Point, VA 23181
(804) 843-4181

Northern Neck News
5 Court Street
Warsaw, VA 22572
(804) 333-3655
804-333-0033 Fax
nneditor@lcs.net (News)

Northumberland Echo
P.O. Box 190
Heathsville, VA 22473
(804) 580-3444 or (804) 333-NEWS
Fax: (804) 333-0033
echo@lcs.net (News)
echoads@lcs.net (Advertising)

Rappahannock Times
P.O. Box 1025
Tappahannock, VA 22560
(804) 443-2200
804-443-9364 Fax

Rappahannock Record
Box 400, 27 N. Main St.
Kilmarnock, VA 22482
(804) 435-1701
804-435-2632 Fax
mail@rrecord.com

Southside Sentinel
276 Virginia Street
P.O. Box 549
Urbanna, VA 23175
(804) 758-2328
804-758-5896 Fax

The Journal
1689 N. Tidwells Rd.
Montross, VA
(804) 472-4172

360 Connection Inc.
694 Sharon Rd. Ste. G.
King William, VA
(804) 769-7474

Tidewater Review
433 12th Street
P.O. Box 271
West Point, VA 23181
(804) 843-2282
804-843-4404 Fax

Westmoreland News
15885B Kings Hwy
P.O. Box 699
Montross, VA 22520
(804) 493-8096
(804) 493-8009 Fax
wmneditor@lcs.net (News)
wmnads@lcs.net (Advertising)

Richmond Times-Dispatch
1-800-468-3383 or (804) 643-4414
804-775-8046 Fax

Public Libraries

Essex Public Library
www.eplva.org
Highway 17
Tappahannock, VA
(804) 443-1075

Gloucester County Public Library
http://www.gloucesterva.info/Library/tabid/494/Default.aspx
Gloucester, VA 23061
(804) 693-2998 (Main Library)
(804) 642-9790 (Point Branch)

Mathews Memorial Library
www.mathewslibrary.org
251 Main Street,
Mathews VA 23109
(804) 725-5747

Lancaster Community Library
http://lancasterlibrary.org/
235 School St.
P.O. Box 850
Kilmarnock, VA 22482
(8040 435-1729

Middlesex County Public Library
http://www.youseemore.com/middlesex/

Deltaville Branch
35 Lovers Lane, Deltaville
(804) 776-7362

Urbanna Branch
150 Grace Street,
Urbanna, VA 23175
(804) 758-7517

Central Rappahannock Regional Library
http://www.librarypoint.org/

Montross Branch
56 Polk Street
Montross, VA 22520
804-493-8194

Cooper Branch
20 Washington Avenue
Colonial Beach, VA 22443
804-224-0921

Newton Branch
22 Coles Point Road
Hague, VA 22469
(804) 472-3820

Northumberland Public Library
7204 Northumberland Hwy
Heathsville
(804) 580-5051

Pamunkey Regional Library
www.pamunkeylibrary.org

King & Queen Branch
450 Newtown Rd
St. Stephens Church, VA
(804) 769-1623

Upper King William Branch
694-J Sharon Road
King William, VA 23086
(804) 769-3731

West Point Branch
721 Main Street
West Point, VA 23181
(804) 843-3244

Public Transportation

Bay Transit
5306 Old Virginia Street
P.O. Box 610
Urbanna, VA 23175
Call Toll Free: 1.877.869.6046
Phone: 804.758.2386
Fax: 804.758.5773

Crockett Carriers
1233 Irvington Rd.
Weems, VA 22576
(804) 435-3558

Dart Transportation
485 The Hook Rd.
Warsaw, VA 22572
(804) 394- 2005

Doggett Transport Service
497 Doggett Ln
Mollusk, VA 22517
(804) 462-9800

Frazier Transportation
1111 Jacks Creek Rd.
King William, VA 23086
(804) 769-3794

Kingston Transport Inc.
Airport Transportation
(804) 695-7070

Middle Peninsula Rideshare
Local: (804)758-4847
Toll Free: (877) 451-1555
Email: midpenrideshare@mppdc.com
Program Hours: Monday – Friday, 8:30 a.m. - 4:30 p.m.

Midway Transports
2972 Lara Rd.
Lancaster, VA 22503
(804) 462-0870

Neck-Ride
Northern Neck Planning District Commission
P.O. Box 1600
Warsaw VA 22572
info@neckride.org
(804) 333-6683

Newton Bus Service Inc.
6838 Belroi Rd.
Gloucester, VA 23061
(804) 693-2521
(804) 693-2284

Martz National Coach Works
1-800-777-6902

Transport Unlimited
10609 History Land Hwy.
Warsaw, VA 22572
(804) 394-3394

Tri-County Transportation, Inc.
7524 Corr St.
Gloucester, VA 23061
(804) 693-3475

Sheriff's Offices and Police Stations

Essex
Essex County Sheriff's Office
(804) 443-3346
Tappahannock Police Department
(804) 443-3992

Gloucester
Gloucester County Sheriff's Office
(804) 693-3890
Gloucester County Jail
(804) 693-1376

King & Queen
King & Queen Sheriff's Office
(804) 785-7400

King William
King William Sheriff's Office
(804) 769-0999
(804) 843-2736

Lancaster
Lancaster Sheriff's Office
(804) 462-5111

Mathews
Mathews County Sheriff's Office
(804) 725-7177

Middlesex
Middlesex Sheriff's Office
(804) 758-2779
(804) 758-2195
Middle Peninsula Regional Security Center
(804) 758-2338

Northumberland
Northumberland Sheriff's Office
(804) 580-5221

Richmond
Richmond County Sheriff's Office
(804) 333-5162
Northern Neck Regional Jail
(804) 333-6419

Westmoreland
Westmoreland County Sheriff's Office
(804) 493-8066

State Government

OFFICE OF THE GOVERNOR
Governor Bob McDonnell

Mailing address: P.O. Box 1475
Richmond, Virginia 23218

Street address: Office of the Governor
Patrick Henry Building,
3rd Floor
1111 East Broad Street
Richmond, Virginia 23219

Phone: (804) 786-2211
Fax: (804) 371-6351
TTY/TDD (For the Hearing Impaired): 1-800-828-1120, or 711

Delegate:	M. Keith Hodge	Margaret B. Ransone.	Christopher K. Peace
Preferred Name:			Chris
District/Party:	098/Republican	099/Democrat	097/Republican
Capitol Addr1:	P.O. Box 406	P.O. Box 406	P.O. Box 406
Capitol Addr2:	General Assembly Building	General Assembly Building	General Assembly Building
City/State/Zip:	Richmond, Va. 23218-0406	Richmond, Va. 23218-0406	Richmond, Va. 23218-0406
Capitol Phone:	(804) 698-1098	(804) 698-1099	(804) 698-1097
District Address1:	P.O. Box 928	P.O. Box 358	P.O. Box 819
City/State/Zip:	Urbana, VA 23175	Kinsale, VA 22488	Mechanicsville, VA 23111
District Phone:	(804) 277-9801	(804) 493-8484	(804) 730-3737

Senator:	Ryan T. McDougle
Preferred Name:	Ryan T.
District/Party:	004/Republican
Capitol Addr1:	P.O. Box 396
Capitol Addr2:	General Assembly Building
City/State/Zip:	Richmond, Va. 23218-0406
Capitol Phone:	(804) 698-7504
District Address1:	P.O. Box 187
City/State/Zip:	Mechanicsville, VA 23111
District Phone:	(804) 730-1026

Senator:	Richard H. Stuart
Preferred Name:	Richard H.
District/Party:	028/Republican
Capitol Addr1:	P.O. Box 396
Capitol Addr2:	General Assembly Building
City/State/Zip:	Richmond, Va. 23218-0406
Capitol Phone:	(804) 698-7528
District Address1:	P.O. Box 1146
City/State/Zip:	Montross, VA 22520
District Phone:	(804) 493-8892

Middle Peninsula Planning District Commission
P.O. Box 286
Saluda, VA 23149
(804) 758-2311

Northern Neck Planning District Commission
P.O. Box 1600
Warsaw VA 22572
(804) 333-1900

Virginia Department for the Aging
aging@vda.virginia.gov
Toll-Free: 1-800-552-3402 (Nationwide Voice/TTY)
Richmond:(804) 662-9333
Fax:(804) 662-9354

Virginia Department for the Deaf and Hard of Hearing
1602 Rolling Hills Drive, Suite 203
Richmond, VA 23229-5012
Front Desk 804-662-9502 (V/TTY) 1-800-552-7917 (V/TTY)
FAX: 804-662-9718 frontdsk@vddhh.virginia.gov

Virginia Office for Protection and Advocacy
Mailing Address: 1910 Byrd Avenue, Suite 5, Richmond, VA 23230
Telephone: 804-225-2042 (Voice/TTY) 1- 800-552-3962 (Voice/TTY) (Toll-Free in Virginia)
Fax: 804-662-7057
E-mail: general.vopa@vopa.virginia.gov
Web Address: www.vopa.state.va.us

Virginia Department for the Blind and Visually Impaired
Richmond Regional Office Manager Kimberley M. Jennings 804.371.3353
Kimberley.Jennings@dbvi.virginia.gov

Virginia Department of Education
Mailing Address:
Virginia Department of Education
PO Box 2120
Richmond, VA 23218

Physical Address:
Virginia Department of Education
James Monroe Building
101 N. 14th Street
Richmond, VA 23219

Virginia Department of Rehabilitative Services
Street Location: 8004 Franklin Farms Drive
Richmond, VA 23229
Voice: 804.662.7000
Fax: 804.662.9532
Toll Free Voice/TTY: 800.552.5019
E-mail: drs@drs.virginia.gov

Warsaw Office	(804) 333-4386	Mark Peterson
Fredericksburg Office	(540) 899-4161	Teresa Bertsch

Virginia State Department of Transportation
1-800-367-7623 TTY users can call 711.

Fredericksburg District Office
87 Deacon Road
Fredericksburg VA 22405
540-899-4288
Caroline, King George, Middlesex, Stafford, Essex, King William, Northumberland, Westmoreland, Gloucester, Lancaster, Richmond, King and Queen, Mathews, and Spotsylvania

Virginia State Department of Transportation
Saluda Residency *(Essex, Gloucester, King & Queen, King William, Mathews, Middlesex)*
1027 General Puller Highway
Saluda, VA 23149
800-367-7623
Northern Neck Residency *(King George, Lancaster, Northumberland, Richmond, Westmoreland)*
734 Barnfield Road
Warsaw, VA 22572
800-367-7623

Virginia State Police
Physical address:
7700 Midlothian Turnpike
Richmond, VA 23235

Mailing Address:
P.O. Box 27472
Richmond, VA 23261

Phone: (804) 674-2000
Fax: (804) 674-2936

Area 2 Office *(Counties of Essex, Lancaster, Northumberland, Richmond and Westmoreland)*
Warsaw: 16835 Historyland Highway
Mailing Address: P.O. Box 98, Warsaw, Virginia 22572-0098
Telephone: 804-333-3800

Area 3 Office *(Counties of Charles City, King and Queen, King William and New Kent)*
West Point: 4.5 miles north of West Point on Route 30
Mailing Address: P.O. Box 230, West Point, Virginia 23181-0230
Telephone: 804-843-3171

Area 33 *Office (Counties of Gloucester, Mathews and Middlesex)*
Gloucester: 6104 Fiddlers Green Road, Gloucester, Virginia 23061
Mailing Address: P.O. Box 920, Gloucester, Virginia 23061-0920
Telephone: 804-693-6808

Virginia Department of Game and Inland Fisheries
Phone/VTDD: (804) 367-1000
Fredericksburg Office
1320 Belman Road, Fredericksburg, VA 22401
Phone: (540) 899-4169
Fax: (540) 899-4381

Alcoholics Anonymous (AA)
http://www.aavirginia.org/hp/
Mailing Address:
A.A. World Services, Inc.,
P.O. Box 459,
New York, NY 10163
(212) 870-3400

Al-Anon/Alateen Family Groups:
http://www.va-al-anon.org/
Al-Anon Family Group Headquarters
1600 Corporate Landing Pkwy
Virginia Beach, VA 23454
Tel: (757) 563-1600
Fax: (757) 563-1655
Email: wso@al-anon.org

Narcotics Anonymous (NA)
http://www.na.org/
Main Office
PO Box 9999
Van Nuys, California 91409 USA
Telephone (818) 773-9999
Fax (818) 700-0700

Nar-Anon Family Groups
http://www.nar-anon.org/
310.534.8188 or 800.477.6291
Nar-Anon Family Group Headquarters, Inc.
22527 Crenshaw Blvd. Suite 200B
Torrance, CA 90505, U.S.A.

Cocaine Anonymous
http://www.ca.org/
Phone 310-559-5833 Fax 310-559-2554
CAWSO
21720 S. Wilmington Ave., Ste. 304
Long Beach, CA 90810-1641
USA
CAWSO
PO Box 492000
Los Angeles, CA 90049-8000
USA

National Council on Alcoholism and Drug Dependence, Inc.
http://www.ncadd.org/
244 East 58th Street, 4th Floor
New York, NY 10022
212.269.7797
212.269.7510 fax

National Association for Native American Children of Alcoholics
6145 Lehman Drive Suite 200
Colorado Springs, Colorado 80918 Phone (719) 548-1000 (Toll Free) *(none provided)* Fax (719) 548-9407
Web site www.whitebison.org/nanacoa

National Black Alcoholism and Addictions Council
Address:
1500 Golden Valley Rd.
Minneapolis, MN 55411
Telephone:
Toll Free: (1.877.NBAC.ORG) or
1.877.622.2674
Fax: 407.532.2815
E-mail: infomation@nbacinc.org
Web Site: www.nbacinc.org

National Association for Children of Alcoholics
http://www.nacoa.org/contact.htm
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895
Phone: 888-55-4COAS
or
301-468-0985
Fax: 301-468-0987
E-mail: nacoa@nacoa.org

Latino Council on Alcohol and Tobacco
www.nlcatp.org/
1875 Connecticut Avenue, NW Suite 732
Washington, DC 20009
202-265-8054 (Voice),
202-265-8056 (FAX),
lcat@nlcatp.org.

800-COCAINE
Information and referrals

Boys Town National Hotline
800-448-3000
Information and referrals

Support Group Information

Al-ANON Family Groups *804-642-3843* or 804-642-3357 Gloucester
Offering Strength and Hope for friends and families of problem drinkers
1-888-4AL-ANON (1-888-425-2666) for information on meetings.

Alcoholics Anonymous
Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- Gloucester: (804) 642-2563
- Hague (804) 472-2131
- Kilmarnock (804) 435-1935
- Mathews (804) 693-0850
- Tappahannock (804) 443-3769

Alzheimer Care Giver Support
Support groups meet on a regular basis to provide information and to offer caregivers comfort and support.
Contact Bay Aging for more information: (800) 693-6109, Middle Peninsula. (800) 493-0238 Northern Neck.

Brain Injury Support Group
Local Support Groups Statewide-
BIAV provides technical assistance and support to over 20 support groups throughout the state, attended by 3,500 individuals with brain injury and their caregivers. (804) 355-5748

Rappahannock General Hospital
The Cancer Support Group meets the 2nd and 4th Thursday of each month from 3:00 - 4:15 PM in the RGH Cancer Center Conference room. For additional information, please call 804-435-8593.

Riverside Hospitals
The Bereavement Support Group
The Bereavement Support Group is an open-ended group for persons having experienced the death of a loved one. The Bereavement Support Group meets the first Tuesday and the third Thursday of every month in Dining-Conference Room #3 of Riverside Walter Reed Hospital.
For more information call Denise Feltenberger at (804) 693-8819

The Cancer Support Group
The Cancer Support group is an open-ended group for people living with cancer. It has a continuously changing membership.
The Cancer Support Group meets the fourth Thursday of every month in Dining-Conference Room #3 of Riverside Walter Reed Hospital.
For more information call Denise Feltenberger at (804) 693-8819

The Dialysis Support Group meets the last Thursday of the month at 4:00 p.m.*
For more information call (804) 693-8897
The Multiple Sclerosis Support Group meets at the Riverside Wellness Center and Fitness Center the first Wednesday of every month from 10:00am to 12:00pm.
For more information contact Robyn M. Hirsch at (757) 490-9627

Insulin Pump Support Group
The focus of this group is on using insulin pumps to manage glucose. The group meets every other month on the 4th Tuesday from 7pm-8pm. Call beforehand to confirm meeting time and location.
Newport News, VA
Annex Conference Center Room E
Call (757) 534-5050 for more information

Type 2 Diabetes Support Group
The focus is on living a full and healthy life with diabetes. The group offers support, advice and the latest health information. This meeting is held the third Thursday of each month from 2pm-3pm. Call beforehand to confirm meeting time and location.
Newport News, VA 23606
Call (757) 534-5050 for more information.

Type 1 Diabetes Support Group
The focus is on living a healthy and full life with diabetes. Listen and share with other people who also have type 1 diabetes.
Meet every other month on the 4th Tuesday from 7-8 p.m. Call beforehand to confirm meeting time and location.
Newport News, VA
Annex Conference Center
Call (757) 534-5050 for more information.

LaLeche League
1-877-4-LALECHE (1-877-452-5324)
The mission of La Leche League USA is to help mothers to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

LLL of King George
(which serves King George, Westmoreland, Colonial Beach, and points East)
Stephanie (540) 891-1845
Gina (540) 775-0194
Mariann (540) 663-2897

LLL of the Middle Peninsula/Northern Neck
11540 Mary Ball Road, Lancaster
Bettie (804) 832-1439

Nar-Anon
The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction.

PADDA (People with Attentional and Developmental Disabilities)
813 Forrest Avenue, Suite 3
Newport News, VA 23606
Tel: (757) 591-9119
Toll-Free: (888)-33PADDA
Fax: (757) 591-8990
E-Mail: webmaster@padda.org
We are a community parent resource center funded in part by a grant from the United States Department of Education and provide educational advocacy for parents who have children with special needs, training in special education procedures and policies, low cost ADD assessments with licensed clinician evaluation, social skills classes for children ages 6 through 17, and support groups for parents who have children with special needs.

T.O.P.S. – Take Off Pounds Sensibly

TOPS Club, Inc. is the original, nonprofit, weight-loss support and wellness education organization. We were established in 1948 to champion weight-loss support and success.

Colonial Beach Baptist Church 10 Garfield Ave Agape Rm Colonial Beach, VA 22443-2351 Tues: 6:00/6:30 PM *(weigh in time/meeting time)*	Area Captain: Fay J Dunmire Fredericksburg, VA (540) 891-5181	Coordinator: Myrna S Pritt Verona, VA (540) 248-1821
Abingdon Fire Department #5 3239 Providence Rd Hayes, VA 23072 Wed: 5:30/6:10 PM *(weigh in time/meeting time)*	Area Captain: Richard F Booker Hampton, VA (757) 850-0994	Coordinator: Judy H Pruett Lynchburg, VA (434) 237-3490
First Presbyterian Church 6407 Main St Gloucester, VA 23061 Wed: 9:00/10:00 AM *(weigh in time/meeting time)*	Area Captain: Richard F Booker Hampton, VA (757) 850-0994	Coordinator: Judy H Pruett Lynchburg, VA (434) 237-3490
Middlesex Senior Active Lifestyle Center 2788 General Puller Hwy Saluda, VA 23149 Mon: 2:00/2:10 PM *(weigh in time/meeting time)*	Area Captain: Richard F Booker Hampton, VA (757) 850-0994	Coordinator: Judy H Pruett Lynchburg, VA (434) 237-3490

SPECIAL THANK YOU TO THE FOLLOWING ORGANIZATIONS FOR SPONSORING THIS RESOURCE GUIDE:

Job Assistance Center, Inc.
Middle Peninsula, Northern Neck Department of Rehabilitative Services
Middle Peninsula, Northern Neck Community Services Board
Essex County Department of Social Services
Essex County Lions Club
Tappahannock-Essex County Chamber of Commerce
Richmond County Department of Social Services
Rappahannock Goodwill Industries
Middle Peninsula Regional Literacy Coordinating Committee (RLCC#14)
Employment Resources, Inc.
The Haven Shelter