

HAMPTON ROADS

FOSTER CARE

RESOURCE GUIDE

Brought to you by:
The Children and the Law Commission
of the Virginia State Bar
Young Lawyers Conference

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OBJECTIVE

The Children and the Law Commission was formed to address the unmet legal needs of children throughout Virginia. This year our goal was to begin a process of improving the foster care system in Virginia, particularly aiding children who “age out” of the system, by providing a focused list of services. Our hope was to both highlight what resources are available and reveal where resources may be absent.

We began by piloting our project in southeast Virginia, creating this guide of available foster care resource in each of the seven cities in Hampton Roads: Virginia Beach, Newport News, Chesapeake, Norfolk, Suffolk, Portsmouth, and Hampton. As the result of months of research, interviews, and analysis, we provide to you this guide with the optimism that it will assist foster children in Hampton Roads to more readily discover the resources they are looking for and to better prepare for their future and vocation. With such hope, this resource guide organizes resources and organizations in seven cities categorized under seven topics—Legal, Health, Shelter/Financial Assistance, Life Skills, Counseling, Academics/Education, and Mentorship.

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VIRGINIA BEACH

LEGAL

Organization Name	Phone Number	Demographic	Available Services
CASA (Court Appointed Special Advocates)	(757) 385-5616	Ages 0-18 for any youth connected to the VB court system	Court advocacy such as reports to judges/social workers/GALs regarding best interests of the child; Bridges to Success for ages 14-21 which can follow individual beyond VB any area within driving distance.
VB Dept. of Human Services/Social Services	(757) 385-3200	Depending on the program	Dependent upon the program
City Attorney's Office	(757) 385-4531	N/A	Oversight of the Department of Human Services/Social Services
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon the program	Assistance accessing government benefits
Legal Aid Society of Eastern VA	(757) 627-5423	Indigent households	Legal assistance for civil matters such as family/domestic, housing, public benefits, unemployment, etc.
Regional Housing Crisis Hotline	(800) 838-8238; (757) 587-4202	Hampton Roads residents	Hotline connecting residents in need of shelter, case management, and related services to available services with local providers
Nat'l Human Trafficking Resource Center	(888) 373-7888	Victims of human trafficking	24/7 support and options for human trafficking victims/survivors
Food Bank of Southeastern VA	(757) 787-2557	Any individual	Assistance with accessing government benefits
Virginia Beach Justice Initiative	(877) 227-2321	Victims of human trafficking	Jail visits and courtroom advocacy for victims of human trafficking
Skills Builders	(757) 233-2896	Ages 16-21	Housing and opportunities to move to self-sufficiency
Mediation Center for Hampton Roads	(757) 624-6666	Hampton Roads residents	Mediation services, co-parenting classes, visitation and exchange supervision
Intercept Health	(757) 389-4557	Foster care youth	Sex Offender Relapse Program, relapse prevention and connection with outpatient clinicians, therapeutic foster care, diagnostic program for assessments and observations. Family therapy is also available for youth still in school, family engagement specialist available, therapeutic mentors and aides for children under 18, telehelp (substance abuse, therapy). Potential placement options for independent living or group homes
YWCA	(757) 625-4248	Victims of interpersonal violence, stalking, and/or human trafficking.	Hospital accompaniment/support for victims, victim advocacy/accompaniment to court, legal assistance with protective orders, coordinated crisis response for emergency situations

VIRGINIA BEACH

HEALTH

Organization Name	Phone Number	Demographic	Available Services
Medicaid and/or FAMIS	(855) 242-8282	All	Medical services, cell phone, transportation
Southeastern Virginia Health System	(757) 591-0643	All (uninsured and insured)	Medical care - primary care services and referrals if needed; dentistry - minor extractions, cleanings, fillings, medications, etc. All services on sliding scale for uninsured
Family Center of Hope	(804) 684-2555	Foster care youth and families	Insurance for Health and Auto
SSDI	(800) 772-1213	Disabled individuals	Income for those who qualify
Jewish Family Service of Tidewater	(757) 321-2222	All	Temporary in-home assistance (nursing/daily activities) for homebound individuals
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent individuals	Substance abuse training and prevention
Norfolk Family Justice Center	(757) 330-0376	Victims of interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare

SHELTER/FINANCIAL ASSISTANCE

Organization Name	Phone Number	Demographic	Available Services
United Methodist Foster Services	(855) 367-8637	Foster families	Respite care
Connect with a Wish	(757) 337-2657	Youth connected to the VB foster care system	Clothes closet; college support program; duffel bags w/comfort items; holiday/birthday/graduation events; wish-granting; summer camps/fields trips; prom/back-to-school events
SNAP	(757) 201-6287	Indigent households	Food assistance/EBT cards; meal delivery for disabled recipients
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Financial assistance for training expenses for college and post-secondary vocational training programs; Housing Expenses
Hope U (Hope U Assist)	(757) 227-5444	Ages 14-21	Financial assistance with housing, transportation, food, utilities, tuition, books or other support
CASA	(757) 385-5616	Ages 0-18; Ages 14-21 for Bridges to Success	Educational scholarship (Akerman Scholarship); Bridges to Success program offers assistance with basic needs with connections to available community resources

VIRGINIA BEACH

SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Friends of Virginia Beach JDR	(757) 385 - 8019	All youth connected to the VB courts; referrals only	Pantry; clothing donation; school supplies; Christmas gift; transportation; co-pay assistance; school sports cost; Summer Camp scholarships; psychological testing
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon program	Goods for couch-surfing youth; Computer (Uplift Program 13-18 yo); Scholarship/educational funding connections; transitional housing (18-21 y/o)
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Transportation
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	30-day emergency shelter and assigned case worker to assist with stable housing and employment; hospital and court accompaniment/support for victims; legal assistance with protective orders; coordinated crisis response for emergency situations; before and after school childcare and summer programs. Childcare program cost is on a sliding scale.
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Transportation; Virginia Tuition Grant for Foster Youth
Skills Builders	(757) 233-2896	Ages 16-21	Transportation
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.
Samaritan House	(757) 631-0710	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Emergency and permanent housing, support services and community outreach
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities

VIRGINIA BEACH

SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Health Keepers Transport	(877) 892-3988	Medicaid Members	Transportation Assistance with 5-day notice
Together We Can Foundation	(757) 351-3737	Ages 16-24	Connection Fund helps w/ materials for college/advanced skills training or related expense such as rent
Jewish Family Service of Tidewater	(757) 321-2222	All	Financial assistance; transportation to community resources and medical appts.; gift for children/teens for Chanukah; grocery gift cards for holidays; subsidized child care/school expenses; subsidized summer camp fees; once/month community food pantry; Milk & Honey Food Pantry (Jewish households only); socialization programs for developmentally disabled adults/children; special needs summer camp
STOP Inc. (Housing Counseling)	(757) 858-1360	Indigent individuals	Counseling for first time home buyers, homeownership education, assistance in locating affordable housing.
Catholic Charities	(757) 484-0603	All	Financial Assistance Program
Seton Youth Shelters	(757) 498-4673 (Boys); 306-1840 (Girls)	Ages 9-17 youth with minor behavioral issues	Emergency shelter - typically for 21-days but up to 90 under some circumstances
Foodbank of Southeastern VA	(757) 787-2557	All	Food pantry; mobile food pantry; USDA Foodbank distribution; after school low-income neighborhood programs (for ages 5-18); Backpack program (free/reduced price lunches/backpacks of food to take home on weekends); community gardens
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Basic needs such as food, clothing, toiletries, some financial support, transportation, etc.
Noblemen	(757) 619-5106	Disadvantaged youth	Various goods and services

VIRGINIA BEACH

LIFE SKILLS TRAINING

Organization Name	Phone Number	Demographic	Available Services
Together We Can Foundation	(757) 351-3737	Ages 16-24	Job skills, communication skills, life planning, portfolio workshops; Transitions Initiative; Independent Living Training; Smart Transitions guidebooks; Equine Program; Housing Support
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Daily Living Skills (Job Hunting, Financial Planning & Budgeting, etc.
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Daily living skills; health/nutrition education; CASEY life skills development; driver education
Catholic Charities of Eastern VA	(757) 484-0603	All	Daily living skills
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Shell	(757) 382-8182	Ages 13-17	Empowerment 101, drug and alcohol abuse, healthy dating, internet safety
Skills Builders	(757) 233-2896	Ages 16-21	Safety skills; social skills; housing support; financial management; food management; job search skills
Food Bank of Southeastern VA	(757) 787-2557	All	Nutrition education; financial literacy; cooking demonstrations; summer kids nutrition program
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Safety skills; independent living training; driver's education
CASA	(757) 385-5616	Ages 0-18; Ages 14-21 for Bridges to Success	Bridges to Success or CASEY life skills/goal development w/ training and education in independent living, finances, relationships, educational goals, etc - individualized to the specific needs of each youth
Friends of Virginia Beach JDR	(757) 385-8019	All youth connected to the VB courts; referrals only	Teamwork and communication skills; Smart Transitions (in conjunction with "Together We Can") providing problem-solving skills, interviewing skills, self-presentation, work ethic, attitude, independence, and initiative
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Healthcare education; communication skills; self-care and relationship development; independent living training; financial Management; transitional housing; job search
Hope U (Hope U Academy)	(757) 227-5444	Ages 14-21 foster care youth referred by DSS	Independent living; financial management; utilities

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LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
Youth Career Center of Hampton Roads	(757) 233-8686	Ages 14-24	Workplace readiness and academic skills related to career goals
National Counseling Group	(757) 467-8184	All	Independent Living Training
Foster U (ODU Student Org.)	(804) 278-7019	Ages 14-24	Workshops on various topics
Inner Circle	(757) 644-3989	All	Independent living training such as interviewing, budgets, laundry, checking accounts, etc.

COUNSELING

Organization Name	Phone Number	Demographic	Available Services
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Catholic Charities of Eastern VA	(757) 484-0603	All	Anger Management Counseling
Together We Can Foundation	(757) 351-3737	Ages 16-24	Equine Therapy
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Friends of Virginia Beach JDR	(757) 385 - 8019	All youth connected to the VB courts; referrals only	Art therapy including dance, music, theatre, and art
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Crisis Management (lead through the stages of Slavery to Freedom); connect to a licensed social worker and other therapeutic resources.
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Counseling on a sliding scale; support groups
Children First	(757) 609-2795	Ages 18 to 21 w/ Autism	ABA Therapy (Applied Behavior Analysis)
National Suicide Prevention Lifeline	(800) 273-8255	All	Immediately answered phone calls; connection to local crisis counseling
Tidewater Youth Services Comm.	(757) 382-9382	All youth	Substance abuse assessments and programs; aggression replacement, home-based individual and family counseling
Tidewater Pastoral Counseling	(757) 623-2700	All	Licensed professional counseling, marriage and family therapists, licensed clinical social workers
Salvation Army	(757) 543-8100	All	Addictions and substance abuse counseling

VIRGINIA BEACH

COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
Rescue Church	(757) 487-2633	All	Addictions & substance abuse group meeting style counseling
Regent Psychological Services	(757) 352-4488	All	Individual, couples, and family therapy, psychological evaluations, career assessment and counseling, consultations for stress, anger, and time management and identity concerns, and group therapy
Edmarc Hospice for Children	(757) 967-9251	Youth facing life-threatening illness	Counseling; individual support; group support for patients, parents, and siblings
Jewish Family Service of Tidewater	(757) 321-2222	All	Counseling & support services such as individuals/couples/family; grief support; play therapy for children/teens; special needs assistance
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	Short-term and long-term adult and children's counseling. Children's counseling is free; first 10 adult sessions are free, \$30 thereafter.
Crisis Pregnancy Center of Tidewater	(757) 410-9703	Women and families involved in crisis-related pregnancies	Medical clinics, options counseling, parenting classes
National Counseling Group	(757) 467-8184	All	Behavioral health counseling such as family, parent, crisis intervention, life skills, outpatient substance abuse, etc.
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent Individuals	Substance abuse training and prevention
CHKD	(757) 668-7000	All youth	Psychiatrists, Psychologists, Counseling and therapy services

ACADEMICS/EDUCATION

Organization Name	Phone Number	Demographic	Available Services
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	High School completion; college preparation; tutoring; career planning
Together We Can Foundation	(757) 351-3737	Ages 16-24	College preparation; character trait development; personal brand development; interview skills; work ethic; portfolio development; job resources
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	GED preparation; computer skills; interview skills; work ethic training; portfolio development

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ACADEMICS/EDUCATION CONT.

Organization Name	Phone Number	Demographic	Available Services
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Substance abuse education; parenting education; social development
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Trafficking awareness education
CASA	(757) 385-5616	Ages 14-21 for Bridges to Success	Bridges to Success program: educational goal guidance/planning with connections to local educational programs
Seton Youth Shelter	(757) 306-1840	Ages 4-18	Program for children affected by incarceration, teen anger management class
Catholic Charities of Eastern VA	(757) 484-0603	All	Variety including parenting and anger management
VB Dept. of Human Services/Social Services	(757) 385-3200	All (depending on program)	Variety
Hope U High School	(757) 227-5444	Ages 14-26	Online; students can earn their High School Diploma
Hope U Apprenticeship	(757) 227-5444	High School Juniors and Seniors	Collaboration with Tidewater CC; dual enrollment; career training
Virginia Beach Justice Initiative	(877) 227-2321	Ages 11-18 (formerly incarcerated)	Restoration program; prevention curriculum (in schools, after-school programs, youth groups)

MENTORSHIP

Organization Name	Phone Number	Demographic	Available Services
CASA	(757) 385-5616	Ages 14-21 for Bridges to Success	One-on-one relationship with a program representative - regular meetings/general life assistance and guidance
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Short-term, long-term victim advocacy/mentorship
Food Bank of Southeastern VA	(757) 787-2557	All	Peer nutrition mentoring
Connect with a Wish	(757) 337-2657	Ages 14-18 youth connected to the VB Foster Care system	Adult/peer mentoring groups

VIRGINIA BEACH

MENTORSHIP CONT.

Organization Name	Phone Number	Demographic	Available Services
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance in completing high school, general education degree and higher education, including assistance for tuition, admission fees, supplies, equipment, tutoring, etc.; job training/readiness, job search and placement and other related services to prepare youth to become self-supporting, or that increases performance/functional competency; daily living skills/aide; individual and group counseling; training, meetings, conferences, retreats, workshops, relating to building competencies that strengthen individual skills and foster successful independent living.
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Short-term/long-term adult mentorship
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Together We Can Foundation	(757) 351-3737	Ages 16-24	Community Development
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Connect with mentors/student mentors; personalized counseling
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Therapeutic Mentoring

NEWPORT NEWS

LEGAL

Organization Name	Phone Number	Demographic	Available Services
CASA (Court Appointed Special Advocates)	(757) 385-5616	Ages 0-18 for any youth connected to the VB court system	Court advocacy such as reports to judges/social workers/GALs regarding best interests of the child; Bridges to Success for ages 14-21 which can follow individual beyond VB any area within driving distance.
<i>City Attorney's Office</i>	(757) 926-8416	N/A	Oversight of the Department of Human Services/Social Services
Newport News Dept. of Human Services	(757) 926-6300	Dependent upon the program	Dependent upon the program
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon the program	Assistance accessing government benefits
Legal Aid Society of Eastern VA	(757) 627-5423	Indigent households	Legal assistance for civil matters such as family/domestic, housing, public benefits, unemployment, etc.
Regional Housing Crisis Hotline	(800) 838-8238; (757) 587-4202	Hampton Roads residents	Hotline connecting residents in need of shelter, case management, and related services to available services with local providers
Nat'l Human Trafficking Resource Center	(888) 373-7888	Victims of human trafficking	24/7 support and options for human trafficking victims/survivors
Food Bank of Southeastern VA	(757) 787-2557	Any individual	Assistance with accessing government benefits
Virginia Beach Justice Initiative	(877) 227-2321	Victims of human trafficking	Jail visits and courtroom advocacy for victims of human trafficking
Skills Builders	(757) 233-2896	Ages 16-21	Housing and opportunities to move to self-sufficiency
Mediation Center for Hampton Roads	(757) 624-6666	Hampton Roads residents	Mediation services, co-parenting classes, visitation and exchange supervision
Intercept Health	(757) 389-4557	Foster care youth	Sex Offender Relapse Program, relapse prevention and connection with outpatient clinicians, therapeutic foster care, diagnostic program for assessments and observations. Family therapy is also available for youth still in school, family engagement specialist available, therapeutic mentors and aides for children under 18, telehelp (substance abuse, therapy). Potential placement options for independent living or group homes

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LEGAL CONT.

Organization Name	Phone Number	Demographic	Available Services
YWCA	(757) 625-4248	Victims of interpersonal violence, stalking, and/or human trafficking.	Hospital accompaniment/support for victims, victim advocacy/accompaniment to court, legal assistance with protective orders, coordinated crisis response for emergency situations
Newport News Department of Social Services	757-933-2311	N/A	Many programs available generally, but nothing specific to youth aging-out of foster care

HEALTH

Organization Name	Phone Number	Demographic	Available Services
Medicaid and/or FAMIS	(855) 242-8282	All	Medical services, cell phone, transportation
Southeastern Virginia Health System	(757) 591-0643	All (uninsured and insured)	Medical care - primary care services and referrals if needed; dentistry - minor extractions, cleanings, fillings, medications, etc. All services on sliding scale for uninsured
Family Center of Hope	(804) 684-2555	Foster care youth and families	Insurance for Health and Auto
SSDI	(800) 772-1213	Disabled individuals	Income for those who qualify
Jewish Family Service of Tidewater	(757) 321-2222	All	Temporary in-home assistance (nursing/daily activities) for homebound individuals
Norfolk Family Justice Center	(757) 330-0376	Victims of interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare

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SHELTER/FINANCIAL ASSISTANCE

Organization Name	Phone Number	Demographic	Available Services
SNAP	(757) 201-6287	Indigent households	Food assistance/EBT cards; meal delivery for disabled recipients
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Financial assistance for training expenses for college and post-secondary vocational training programs; Housing Expenses
CASA	(757) 926-3642	Ages 0-18 years old youth connected to NN JDR court	Summer camp scholarships; christmas gifts; duffle bags; educational scholarship (Akerman Scholarship)
Samaritan House	(757) 631-0710	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Emergency and permanent housing, support services and community outreach
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	30-day emergency shelter and assigned case worker to assist with stable housing and employment; hospital and court accompaniment/support for victims; legal assistance with protective orders; coordinated crisis response for emergency situations; before and after school childcare and summer programs. Childcare program cost is on a sliding scale.
THRIVE Peninsula	(757) 877-6211	Residents of Newport News/Hampton County/York County	Food Pantry (by referral through United Way First Call Pantry Network (757) 594-4636; rent/utility assistance with restrictions; transportation assistance for medical and employment needs; books/toys/school supplies for children, baby baskets; assistance applying for I.D., birth certificates, social security cards, food stamps, social security, Medicaid
Catholic Charities	(757) 484-0603	All	Financial Assistance Program
Hope U (Hope U Assist)	(757) 227-5444	Ages 14-21	Financial assistance with housing, transportation, food, utilities, tuition, books or other support

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Food Bank of Southeastern VA	(757) 787-2557	All	Food Pantry; USDA Foodbank distribution; after school low-income neighborhood programs (for ages 5-18); Backpack program (free/reduced price lunches/backpacks of food to take home on weekends); community gardens/backpacks of food to take home on weekends); community gardens
Together We Can Foundation	(757) 351-3737	Ages 16-24	Connection Fund helps w/ materials for college/advanced skills training or related expense such as rent
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Transportation; Virginia Tuition Grant for Foster Youth
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Basic needs such as food, clothing, toiletries, some financial support, transportation, etc.
Jewish Family Service of Tidewater	(757) 321-2222	All	Financial assistance; transportation to community resources and medical appts.; gift for children/teens for Chanukah; grocery gift cards for holidays; subsidized child care/school expenses; subsidized summer camp fees; once/month community food pantry; Milk & Honey Food Pantry (Jewish households only); socialization programs for developmentally disabled adults/children; special needs summer camp
Seton Youth Shelters	(757) 498-4673 (Boys); 306-1840 (Girls)	Ages 9-17 youth with minor behavioral issues	Emergency shelter - typically for 21-days but up to 90 under some circumstances
United Methodist Foster Services	(855) 367-8637	Foster families	Respite care
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon program	Goods for couch-surfing youth; Computer (Uplift Program 13-18 yo); Scholarship/educational funding connections; transitional housing (18-21 y/o)
Noblemen	(757) 619-5106	Disadvantaged youth	Various goods and services

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Transportation
Health Keepers Transport	(877) 892-3988	Medicaid Members	Transportation Assistance with 5-day notice
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.

LIFE SKILLS TRAINING

Organization Name	Phone Number	Demographic	Available Services
Youth Career Center of Hampton Roads	(757) 233-8686	Ages 14-24	Workplace readiness and academic skills related to career goals
Catholic Charities of Eastern VA	(757) 484-0603	All	Daily living skills
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Together We Can Foundation	(757) 351-3737	Ages 16-24	Job skills, communication skills, life planning, portfolio workshops; Transitions Initiative; Independent Living Training; Smart Transitions guidebooks; Equine Program; Housing Support
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Safety skills; independent living training; driver's education
Food Bank of Southeastern VA	(757) 787-2557	All	Nutrition education; financial literacy; cooking demonstrations; summer kid's nutrition program
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Healthcare education; communication skills; self-care and relationship development; independent living training; financial Management; transitional housing; job search

NEWPORT NEWS

LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
THRIVE Peninsula	(757) 877-6211	Residents of Newport News/Hampton County/York County	Financial coaching; debt management; credit score counseling
Shell	(757) 382-8182	Ages 13-17	Empowerment 101, drug and alcohol abuse, healthy dating, internet safety
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Daily living skills; health/nutrition education; CASEY life skills development; driver education
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Daily Living Skills (Job Hunting, Financial Planning & Budgeting, etc.
Skills Builders	(757) 233-2896	Ages 16-21	Safety skills; social skills; housing support; financial management; food management; job search skills
Hope U (Hope U Academy)	(757) 227-5444	Ages 14-21 foster care youth referred by DSS	Independent living; financial management; utilities
Inner Circle	(757) 644-3989	All	Independent living training such as interviewing, budgets, laundry, checking accounts, etc.

COUNSELING

Organization Name	Phone Number	Demographic	Available Services
Catholic Charities of Eastern VA	(757) 484-0603	All	Anger Management Counseling
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Counseling on a sliding scale; support groups
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Tidewater Youth Services Comm.	(757) 382-9382	All youth	Substance abuse assessments and programs; aggression replacement, home-based individual and family counseling
Tidewater Pastoral Counseling	(757) 623-2700	All	Licensed professional counseling, marriage and family therapists, licensed clinical social workers
Regent Psychological Services	(757) 352-4488	All	Individual, couples, and family therapy, psychological evaluations, career assessment and counseling, consultations for stress, anger, and time management and identity concerns, and group therapy

NEWPORT NEWS

COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
THRIVE Peninsula	(757) 877-6211	Residents of Newport News/Hampton County/York County	Resume writing; interviewing skills; job search resources; referrals to job training opportunities
Edmarc Hospice for Children	(757) 967-9251	Youth facing life-threatening illness	Counseling; individual support; group support for patients, parents, and siblings
Jewish Family Service of Tidewater	(757) 321-2222	All	Counseling & support services such as individuals/couples/family; grief support; play therapy for children/teens; special needs assistance
Crisis Pregnancy Center of Tidewater	(757) 410-9703	Women and families involved in crisis-related pregnancies	Medical clinics, options counseling, parenting classes
CHKD	(757) 668-7000	All youth	Psychiatrists, Psychologists, Counseling and therapy services
National Suicide Prevention Lifeline	(800) 273-8255	All	Immediately answered phone calls; connection to local crisis counseling
Children First	(757) 609-2795	Ages 18 to 21 w/ Autism	ABA Therapy (Applied Behavior Analysis)
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	Short-term and long-term adult and children's counseling. Children's counseling is free; first 10 adult sessions are free, \$30 thereafter.
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Crisis Management (lead through the stages of Slavery to Freedom); connect to a licensed social worker and other therapeutic resources.
Rescue Church	(757) 487-2633	All	Addictions & substance abuse group meeting style counseling
National Counseling Group	(757) 240-5595	All	Behavioral health counseling such as family, parent, crisis intervention, life skills, out-patient substance abuse, etc.
Salvation Army	(757) 543-8100	All	Addictions and substance abuse counseling

NEWPORT NEWS

ACADEMICS/EDUCATION

Organization Name	Phone Number	Demographic	Available Services
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Seton Youth Shelter	(757) 306-1840	Ages 4-18	Program for children affected by incarceration, teen anger management class
Catholic Charities of Eastern VA	(757) 484-0603	All	Variety including parenting and anger management
Dept. of Human Services	(757) 926-6300	All (depending on program)	Variety
Together We Can Foundation	(757) 351-3737	Ages 16-24	College preparation; character trait development; personal brand development; interview skills; work ethic; portfolio development; job resources
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	GED preparation; computer skills; interview skills; work ethic training; portfolio development
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Substance abuse education; parenting education; social development
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Hope U High School	(757) 227-5444	Ages 14-26	Online; students can earn their High School Diploma
Hope U Apprenticeship	(757) 227-5444	High School Juniors and Seniors	Collaboration with Tidewater CC; dual enrollment; career training
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	High School completion; college preparation; tutoring; career planning

NEWPORT NEWS

MENTORSHIP

Organization Name	Phone Number	Demographic	Available Services
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Food Bank of Southeastern VA	(757) 787-2557	All	Peer nutrition mentoring
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Connect with mentors/student mentors; personalized counseling
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Short-term/long-term adult mentorship
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance in completing high school, general education degree and higher education, including assistance for tuition, admission fees, supplies, equipment, tutoring, etc.; job training/readiness, job search and placement and other related services to prepare youth to become self-supporting, or that increases performance/functional competency; daily living skills/aide; individual and group counseling; training, meetings, conferences, retreats, workshops, relating to building competencies that strengthen individual skills and foster successful independent living.
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Therapeutic Mentoring
Together We Can Foundation	(757) 351-3737	Ages 16-24	Community Development

CHESAPEAKE

LEGAL

Organization Name	Phone Number	Demographic	Available Services
CASA (Court Appointed Special Advocates)	(757) 382-8183	Ages 0-18, up to 21 if participants of Fostering Futures	Court advocacy such as reports to judges/social workers/GALs regarding best interests of the child;
City Attorney's Office	(757) 382-6586	N/A	legal advisor to all departments and agencies in Chesapeake
Dept. of Human Services	(757) 382-2000	Depending on the program	Oversees the divisions of Social Services, Community Programs, Juvenile Services, Community Corrections Agency, and Interagency Consortium
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon the program	Assistance accessing government benefits
Legal Aid Society of Eastern VA	(757) 627-5423	Indigent households	Legal assistance for civil matters such as family/domestic, housing, public benefits, unemployment, etc.
Regional Housing Crisis Hotline	(800) 838-8238; (757) 587-4202	Hampton Roads residents	Hotline connecting residents in need of shelter, case management, and related services to available services with local providers
Samaritan House	(757) 631-0710	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Victim advocacy; crisis intervention; safety planning and court accompaniment
Help and Emergency Response, Inc.	(757) 485-3384	Victims of Domestic Violence, Sexual Violence, Stalking, and Human Trafficking	Court advocacy; help survivors navigate through the judicial process and restore their lives.
Family Violence and Sexual Assault Hotline	Call: (800) 838-8238; Text: (804) 793-9999	Victims of Family Violence or Sexual Assault	Free, confidential, and available 24 hours a day. Listen, offer support, and connect calls to resources in their area.
Nat'l Human Trafficking Resource Center	(888) 373-7888	Victims of human trafficking	24/7 support and options for human trafficking victims/survivors
Virginia Beach Justice Initiative	(877) 227-2321	Victims of human trafficking	Jail visits and courtroom advocacy for victims of human trafficking
Dept. of Social Services	(757) 382-2000	Residents of Chesapeake	Provides programs and services to the citizens of Chesapeake to help with economic hardships and strengthening families.
Skills Builders	(757) 233-2896	Ages 16-21	Housing and opportunities to move to self-sufficiency
Food Bank of Southeastern VA	(757) 787-2557	Any individual	Assistance with accessing government benefits

CHESAPEAKE

LEGAL CONT.

Organization Name	Phone Number	Demographic	Available Services
Intercept Health	(757) 389-4557	Foster care youth	Sex Offender Relapse Program, relapse prevention and connection with outpatient clinicians, therapeutic foster care, diagnostic program for assessments and observations. Family therapy is also available for youth still in school, family engagement specialist available, therapeutic mentors and aides for children under 18, telehelp (substance abuse, therapy). Potential placement options for independent living or group homes
Mediation Center for Hampton Roads	(757) 624-6666	Hampton Roads residents	Mediation services, co-parenting classes, visitation and exchange supervision
YWCA	(757) 625-4248	Victims of interpersonal violence, stalking, and/or human trafficking.	Hospital accompaniment/support for victims, victim advocacy/accompaniment to court, legal assistance with protective orders, coordinated crisis response for emergency situations

HEALTH

Organization Name	Phone Number	Demographic	Available Services
Medicaid and/or FAMIS	(757) 382-2000	All	Medical services, cell phone, transportation
Jewish Family Service of Tidewater	(757) 321-2222	All	Temporary in-home assistance (nursing/daily activities) for homebound individuals
Norfolk Family Justice Center	(757) 330-0376	Victims of interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare

CHESAPEAKE

HEALTH CONT.

Organization Name	Phone Number	Demographic	Available Services
Southeastern Virginia Health System	(757) 591-0643	All (uninsured and insured)	Medical care - primary care services and referrals if needed; dentistry - minor extractions, cleanings, fillings, medications, etc. All services on sliding scale for uninsured
Immunization Clinic	(757) 382-8631	Residents of Chesapeake	routinely recommended immunizations are available for children and adults during our walk-in clinics
STD Clinic	(757) 382-8617	Residents of Chesapeake	Confidential examination, testing and treatment of sexually transmitted diseases and confidential HIV antibody testing and counseling are available. The fees for these services are based on an income sliding scale but those who are unable to pay WILL NOT be turned away.
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent individuals	Substance abuse training and prevention.
Help and Emergency Response	(757) 485-3384	Victims of Domestic Violence, Sexual Violence, Stalking, and Human Trafficking	Facilitates support groups and counseling for adults both in-shelter and community-based
SSDI	(800) 772-1213	Disabled individuals	Financial assistance

SHELTER/FINANCIAL ASSISTANCE

Organization Name	Phone Number	Demographic	Available Services
Jewish Family Service of Tidewater	(757) 321-2222	All	Financial assistance; transportation to community resources and medical appts.; gift for children/teens for Chanukah; grocery gift cards for holidays; subsidized child care/school expenses; subsidized summer camp fees; once/month community food pantry; Milk & Honey Food Pantry (Jewish households only); socialization programs for developmentally disabled adults/children; special needs summer camp
CASA	(757) 382-8183	High Schoolers in CASA programs	Educational Scholarship (Akerman Scholarship)

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
United Methodist Foster Services	(757) 490-9791	Ages 11-18	33-acre residential treatment center in Richmond
SNAP	(757) 201-6287	Indigent households	Food assistance/EBT cards; meal delivery for disabled recipients
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	30-day emergency shelter and assigned case worker to assist with stable housing and employment; hospital and court accompaniment/support for victims; legal assistance with protective orders; coordinated crisis response for emergency situations; before and after school childcare and summer programs. Childcare program cost is on a sliding scale.
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Rapid re-housing, permanent housing, transportation
Hope U (Hope U Assist)	(757) 227-5444	Ages 14-21	Financial assistance with housing, transportation, food, utilities, tuition, books or other support
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Financial assistance for training expenses for college and post-secondary vocational training programs; Housing Expenses
Tidewater Friends	(757) 227-4187	Foster youth	Holiday gifts; summer camp
Samaritan House	(757) 631-0710	victims of violence and homeless	housing; transportation; child care
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon program	Goods for couch-surfing youth; Computer (Uplift Program 13-18 yo); Scholarship/educational funding connections; transitional housing (18-21 y/o)
Dept. of Human Services	(757) 382-2000	Residents of Chesapeake	Financial Assistance; Food Assistance
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities
STOP Inc. (Housing Counseling)	(757) 858-1360	Indigent individuals	Counseling for first time home buyers, homeownership education, assistance in locating affordable housing.
House of Blessings	(757) 547-9341	Residents of Chesapeake	Financial assistance; food assistance

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.
Health Keepers Transport	(877) 892-3988	Medicaid Members	Transportation Assistance with 5-day notice
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Transportation; Virginia Tuition Grant for Foster Youth
Seton Youth Shelters	(757) 498-4673 (Boys); 306-1840 (Girls)	Ages 9-17 youth with minor behavioral issues	Emergency shelter - typically for 21-days but up to 90 under some circumstances
The Family Center of Hope	(804) 684-2555	Ages 14-18 year olds; limited to program participants	Independent living program
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Transportation
Tidewater Youth Services Commission	(757) 382-9382	Ages 13 - 20	Crisis intervention home (13-17); Westhaven Boys Home (12-17); Lynnhaven Boys Home (13-17); Apartment Living (17.5-20)
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Basic needs such as food, clothing, toiletries, some financial support, transportation, etc.
Foodbank of Southeastern VA	(757) 787-2557	All	Food pantry; mobile food pantry; USDA Foodbank distribution; after school low-income neighborhood programs (for ages 5-18); Backpack program (free/reduced price lunches/backpacks of food to take home on weekends); community gardens
Together We Can Foundation	(757) 351-3737	Ages 16-24	Connection Fund helps w/ materials for college/advanced skills training or related expense such as rent
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Noblemen	(757) 619-5106	Disadvantaged youth	Various goods and services
Help and Emergency Response	(757) 485-3384	Victims of Domestic Violence, Sexual Violence, Stalking, and Human Trafficking	Temporary shelter; housing advocate for finding long-term housing
Catholic Charities	(757) 484-0603	All	Financial Assistance Program

LIFE SKILLS TRAINING

Organization Name	Phone Number	Demographic	Available Services
Jobs Work! Center	(757) 382-2000	All	Job readiness; job search, development, and placement;
Youth Career Center of Hampton Roads	(757) 233-8686	Ages 14-24	Workplace readiness and academic skills related to career goals
Together We Can Foundation	(757) 351-3737	Ages 16-24	Job skills, communication skills, life planning, portfolio workshops; Transitions Initiative; Independent Living Training; Smart Transitions guidebooks; Equine Program; Housing Support
Catholic Charities	(757) 456-2366	All	Parenting/grand parenting classes; adult/teen anger management classes
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Safety skills; independent living training; driver's education
Inner Circle	(757) 644-3989	All	Independent living training such as interviewing, budgets, laundry, checking accounts, etc.

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LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Healthcare education; communication skills; self-care and relationship development; independent living training; financial Management; transitional housing; job search
Food Bank of Southeastern VA	(757) 787-2557	All	Nutrition education; financial literacy; cooking demonstrations; summer kid's nutrition program
Hope U (Hope U Academy)	(757) 227-5444	Ages 14-21 foster care youth referred by DSS	Independent living; financial management; utilities
Shell	(757) 382-8182	Ages 13-17	Empowerment 101, drug and alcohol abuse, healthy dating, internet safety
Skills Builders	(757) 233-2896	Ages 16-21	Safety skills; social skills; housing support; financial management; food management; job search skills
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Daily living skills; health/nutrition education; CASEY life skills development; driver education
Foster U (ODU Student Org.)	(804) 278-7019	Ages 14-24	Workshops on various topics
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Daily Living Skills (Job Hunting, Financial Planning & Budgeting, etc.

COUNSELING

Organization Name	Phone Number	Demographic	Available Services
Chesapeake Mental Health Emergency line	(757) 548-7000	All ages	Emergency and crisis intervention counseling
Chesapeake Substance Abuse Services	(757) 547-9334	Residents of Chesapeake	Individual and group counseling for adults; individual therapy for adolescents
Chesapeake Integrated Behavioral Healthcare (CIBH)	(757) 547-9334	Residents of Chesapeake	Mental Health Services; substance abuse services; parenting programs; presentational programs; intellectual disability case management services
Quit Now VA	(800) 784-8669	Citizens of Virginia	Smoking cessation classes
National Suicide Prevention Lifeline	(800) 273-8255	All	24/7, free and confidential support for people in distress, prevention and crisis resources

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COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
Chesapeake Mental Health	757-547-9334	Residents of Chesapeake	Chesapeake Integrated Behavioral Healthcare is the local provider of mental health, substance abuse and intellectual disability services, including services for infants with developmental delays. Our services include individual and group therapy, anger management classes, and case management
Catholic Charities	(757) 467-7707	All	Financial & housing counseling; mental health counseling
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Counseling on a sliding scale; support groups
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Children First	(757) 609-2795	Ages 18 to 21 w/ Autism	ABA Therapy (Applied Behavior Analysis)
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Crisis Management (lead through the stages of Slavery to Freedom); connect to a licensed social worker and other therapeutic resources.
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	Short-term and long-term adult and children's counseling. Children's counseling is free; first 10 adult sessions are free, \$30 thereafter.
Tidewater Youth Services Comm.	(757) 382-9382	All youth	Substance abuse assessments and programs; aggression replacement, home-based individual and family counseling
Tidewater Pastoral Counseling	(757) 623-2700	All	Licensed professional counseling, marriage and family therapists, licensed clinical social workers
Rescue Church	(757) 487-2633	All	Addictions & substance abuse group meeting style counseling
Regent Psychological Services	(757) 352-4488	All	Individual, couples, and family therapy, psychological evaluations, career assessment and counseling, consultations for stress, anger, and time management and identity concerns, and group therapy

CHESAPEAKE

COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
Jewish Family Service of Tidewater	(757) 321-2222	All	Counseling & support services such as individuals/couples/family; grief support; play therapy for children/teens; special needs assistance
Crisis Pregnancy Center of Tidewater	(757) 410-9703	Women and families involved in crisis-related pregnancies	Medical clinics, options counseling, parenting classes
National Counseling Group	(757) 325-9570	All	Behavioral health counseling such as family, parent, crisis intervention, life skills, out-patient substance abuse, etc.
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent Individuals	Substance abuse training and prevention
CHKD	(757) 668-7000	All youth	Psychiatrists, Psychologists, Counseling and therapy services

ACADEMICS/EDUCATION

Organization Name	Phone Number	Demographic	Available Services
Virginia Teens and the Law	(757) 382-8182	All youth	Teaches students and parents about Virginia's laws and consequences of violating the law.
PRIDE pre-service Foster/Resource parent training	(757) 382-2249; (757) 382-2246	Foster parents (potential)	Foster/Resource parent training
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Seton Youth Shelter	(757) 306-1840	Ages 4-18	Program for children affected by incarceration, teen anger management class
Hope U High School	(757) 227-5444	Ages 14-26	Online; students can earn their High School Diploma
Hope U Apprenticeship	(757) 227-5444	High School Juniors and Seniors	Collaboration with Tidewater CC; dual enrollment; career training
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Substance abuse education; parenting education; social development
Dept. of Human Services	(757) 382-2000	Youth residing in the Chesapeake Juvenile Service	Provides educational services to school age children residing at CJS
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	High School completion; college preparation; tutoring; career planning

CHESAPEAKE

ACADEMICS/EDUCATION CONT.

Organization Name	Phone Number	Demographic	Available Services
Together We Can Foundation	(757) 351-3737	Ages 16-24	College preparation; character trait development; personal brand development; interview skills; work ethic; portfolio development; job resources
Stop Inc. (Project Discovery)	(757) 858-1360	High School students (Chesapeake and Norfolk)	Provides field trips to colleges and universities, assistance with applying for financial aid
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	GED preparation; computer skills; interview skills; work ethic training; portfolio development
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Children First	(757) 609-2795	All youth	Assessments, treatment, social skills training, parent training

MENTORSHIP

Organization Name	Phone Number	Demographic	Available Services
Youth Advisory Board	(757) 382-2258	High school students	High school students seeking to become role models
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Food Bank of Southeastern VA	(757) 787-2557	All	Peer nutrition mentoring
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Connect with mentors/student mentors; personalized counseling

CHESAPEAKE

MENTORSHIP CONT.

Organization Name	Phone Number	Demographic	Available Services
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance in completing high school, general education degree and higher education, including assistance for tuition, admission fees, supplies, equipment, tutoring, etc.; job training/readiness, job search and placement and other related services to prepare youth to become self-supporting, or that increases performance/functional competency; daily living skills/aide; individual and group counseling; training, meetings, conferences, retreats, workshops, relating to building competencies that strengthen individual skills and foster successful independent living.
The Family Center of Hope	(804) 684-2555	All youth in the program	Mentoring
Together We Can Foundation	(757) 518-0770	Ages 16-24	Community Development
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Therapeutic Mentoring
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Short-term/long-term adult mentorship

NORFOLK

LEGAL

Organization Name	Phone Number	Demographic	Available Services
Legal Aid Society of Eastern VA	(757) 627-5423	Indigent households	Legal assistance for civil matters such as family/domestic, housing, public benefits, unemployment, etc.
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon the program	Assistance accessing government benefits
Regional Housing Crisis Hotline	(800) 838-8238; (757) 587-4202	Hampton Roads residents	Hotline connecting residents in need of shelter, case management, and related services to available services with local providers
CASA	(757) 664-7651	Ages 0 - 18 through Norfolk Juvenile and Domestic Relations Court	Volunteer advocates appointed by judge; advocating for best interests of the child in any case appointed until that case is closed.
City Attorney	(757) 664-4529	N/A	Oversight of the Department of Human Services/Social Services
Dept. of Human Services	(757) 664-6000	Depending on the program	Dependent upon the program
Nat'l Human Trafficking Resource Center	(888) 373-7888	Victims of human trafficking	24/7 support and options for human trafficking victims/survivors
Samaritan House	(757) 430-2120	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Victim advocacy; crisis intervention; safety planning and court accompaniment
Virginia Beach Justice Initiative	(877) 227-2321	Victims of human trafficking	Jail visits and courtroom advocacy for victims of human trafficking
Food Bank of Southeastern VA	(757) 787-2557	Any individual	Assistance with accessing government benefits
Skills Builders	(757) 233-2896	Ages 16-21	Housing and opportunities to move to self-sufficiency
Mediation Center for Hampton Roads	(757) 624-6666	Hampton Roads residents	Mediation services, co-parenting classes, visitation and exchange supervision

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LEGAL CONT.

Organization Name	Phone Number	Demographic	Available Services
Intercept Health	(757) 389-4557	Foster care youth	Sex Offender Relapse Program, relapse prevention and connection with outpatient clinicians, therapeutic foster care, diagnostic program for assessments and observations. Family therapy is also available for youth still in school, family engagement specialist available, therapeutic mentors and aides for children under 18, telehelp (substance abuse, therapy). Potential placement options for independent living or group homes
YWCA	(757) 625-4248	Victims of interpersonal violence, stalking, and/or human trafficking.	Hospital accompaniment/support for victims, victim advocacy/accompaniment to court, legal assistance with protective orders, coordinated crisis response for emergency situations

HEALTH

Organization Name	Phone Number	Demographic	Available Services
Medicaid and/or FAMIS	(855) 842-8282	All	Medical services, cell phone, transportation
Jewish Family Service of Tidewater	(757) 321-2222	All	Temporary in-home assistance (nursing/daily activities) for homebound individuals
Southeastern Virginia Health System	(757) 591-0643	All (uninsured and insured)	Medical care - primary care services and referrals if needed; dentistry - minor extractions, cleanings, fillings, medications, etc. All services on sliding scale for uninsured

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HEALTH CONT.

Organization Name	Phone Number	Demographic	Available Services
Norfolk Family Justice Center	(757) 330-0376	Victims of interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare
SSDI	(800) 772-1213	Disabled individuals	Financial assistance
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Insurance for Health and Auto
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent individuals	Substance abuse training and prevention.

SHELTER/FINANCIAL ASSISTANCE

Organization Name	Phone Number	Demographic	Available Services
Independent Living Program	(757) 664-7761	Ages 14-21 in the foster care system	Assists in developing the necessary skills to make the transition from foster care to adulthood.
SNAP	(757) 201-6287	Indigent households	Food assistance/EBT cards; meal delivery for disabled recipients
Tidewater Friends of Foster Care	(757) 227-4187	All foster care youth	Holiday Gifts, camperships - partnership with YMCA camps; extra-curricular activities sponsorship such as piano lessons, swimming, soccer, driver's education, cosmetology, basketball, dance and kickboxing
YMCA	See Tidewater Friends of Foster Care	All youth	Memberships for foster youth not tied to foster family THROUGH Tidewater Friends of Foster Care

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Hope U (Hope U Assist)	(757) 227-5444	Ages 14-21	Financial assistance with housing, transportation, food, utilities, tuition, books or other support
Jewish Family Service of Tidewater	(757) 321-2222	All	Financial assistance; transportation to community resources and medical appts.; gift for children/teens for Chanukah; grocery gift cards for holidays; subsidized child care/school expenses; subsidized summer camp fees; once/month community food pantry; Milk & Honey Food Pantry (Jewish households only); socialization programs for developmentally disabled adults/children; special needs summer camp
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	30-day emergency shelter and assigned case worker to assist with stable housing and employment; hospital and court accompaniment/support for victims; legal assistance with protective orders; coordinated crisis response for emergency situations; before and after school childcare and summer programs. Childcare program cost is on a sliding scale.
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Financial assistance for training expenses for college and post-secondary vocational training programs; Housing Expenses
CASA	(757) 664-7651	High Schoolers in CASA program	Educational Scholarship (Akerman Scholarship)

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities
STOP Inc. (Housing Counseling)	(757) 858-1360	Indigent individuals	Counseling for first time home buyers, homeownership education, assistance in locating affordable housing.
Samaritan House	(757) 430-2120	victims of violence and homeless	housing; transportation; child care
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon program	Goods for couch-surfing youth; Computer (Uplift Program 13-18 yo); Scholarship/educational funding connections; transitional housing (18-21 y/o)
Together We Can Foundation	(757) 351-3737	Ages 16-24	Connection Fund helps w/ materials for college/advanced skills training or related expense such as rent
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.
Foodbank of Southeastern VA	(757) 787-2557	All	Food pantry; mobile food pantry; USDA Foodbank distribution; after school low-income neighborhood programs (for ages 5-18); Backpack program (free/reduced price lunches/backpacks of food to take home on weekends); community gardens
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Basic needs such as food, clothing, toiletries, some financial support, transportation, etc.
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Transportation

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Seton Youth Shelters	(757) 498-4673 (Boys); 306-1840 (Girls)	Ages 9-17 youth with minor behavioral issues	Emergency shelter - typically for 21-days but up to 90 under some circumstances
Health Keepers Transport	(877) 892-3988	Medicaid Members	Transportation Assistance with 5-day notice
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Transportation; Virginia Tuition Grant for Foster Youth
One 27 Initiative	(757) 828-7005	All foster families	Provide community for foster families through quarterly or monthly events; duffle bags of necessity to children
Catholic Charities	(757) 484-0603	All	Financial Assistance Program
United Methodist Foster Services	(757) 490-9791	Ages 11-18	33-acre residential treatment center in Richmond
Noblemen	(757) 619-5106	Disadvantaged youth	Various goods and services
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS

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LIFE SKILLS TRAINING

Organization Name	Phone Number	Demographic	Available Services
Youth Career Center of Hampton Roads	(757) 233-8686	Ages 14-24	Workplace readiness and academic skills related to career goals
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Inner Circle	(757) 644-3989	All	Independent living training such as interviewing, budgets, laundry, checking accounts, etc.
Food Bank of Southeastern VA	(757) 787-2557	All	Nutrition education; financial literacy; cooking demonstrations; summer kid's nutrition program
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Healthcare education; communication skills; self-care and relationship development; independent living training; financial Management; transitional housing; job search
Shell	(757) 382-8182	Ages 13-17	Empowerment 101, drug and alcohol abuse, healthy dating, internet safety
Skills Builders	(757) 233-2896	Ages 16-21	Safety skills; social skills; housing support; financial management; food management; job search skills
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Safety skills; independent living training; driver's education

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LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
Together We Can Foundation	(757) 351-3737	Ages 16-24	Job skills, communication skills, life planning, portfolio workshops; Transitions Initiative; Independent Living Training; Smart Transitions guidebooks; Equine Program; Housing Support
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Daily living skills; health/nutrition education; CASEY life skills development; driver education
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Daily Living Skills (Job Hunting, Financial Planning & Budgeting, etc.
Foster U (ODU Student Org.)	(804) 278-7019	Ages 14-24	Workshops on various topics
Hope U (Hope U Academy)	(757) 227-5444	Ages 14-21 foster care youth referred by DSS	Independent living; financial management; utilities

COUNSELING

Organization Name	Phone Number	Demographic	Available Services
Fatherhood Development Group	(757) 664-6143	All fathers	Fathers in group meet weekly for 10 weeks; open to residents of Norfolk and Hampton Roads
Catholic Charities	(757) 467-7707	All	Financial & housing counseling; mental health counseling
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Counseling on a sliding scale; support groups
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Tidewater Youth Services Comm.	(757) 382-9382	All youth	Substance abuse assessments and programs; aggression replacement, home-based individual and family counseling
Tidewater Pastoral Counseling	(757) 623-2700	All	Licensed professional counseling, marriage and family therapists, licensed clinical social workers

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COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
Rescue Church	(757) 487-2633	All	Addictions & substance abuse group meeting style counseling
Salvation Army	(757) 543-8100	All	Addictions & Substance Abuse Counseling
Regent Psychological Services	(757) 352-4488	All	Individual, couples, and family therapy, psychological evaluations, career assessment and counseling, consultations for stress, anger, and time management and identity concerns, and group therapy
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Crisis Management (lead through the stages of Slavery to Freedom); connect to a licensed social worker and other therapeutic resources.
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	Short-term and long-term adult and children's counseling. Children's counseling is free; first 10 adult sessions are free, \$30 thereafter.
Edmarc Hospice for Children	(757) 967-9251	Youth facing life-threatening illness	Counseling; individual support; group support for patients, parents, and siblings
Jewish Family Service of Tidewater	(757) 321-2222	All	Counseling & support services such as individuals/couples/family; grief support; play therapy for children/teens; special needs assistance
Crisis Pregnancy Center of Tidewater	(757) 410-9703	Women and families involved in crisis-related pregnancies	Medical clinics, options counseling, parenting classes
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent Individuals	Substance abuse training and prevention
Children First	(757) 609-2795	Ages 18 to 21 w/ Autism	ABA Therapy (Applied Behavior Analysis)
CHKD	(757) 668-7000	All youth	Psychiatrists, Psychologists, Counseling and therapy services

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COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
National Suicide Prevention Lifeline	(800) 273-8255	All	24/7, free and confidential support for people in distress, prevention and crisis resources
Samaritan House	(757) 430-2120	Victims of Domestic Violence, Sexual Assault and Human Trafficking	Counseling and comprehensive case management for victims.
National Counseling Group	(757) 467-8184	All	Behavioral health counseling such as family, parent, crisis intervention, life skills, out-patient substance abuse, etc.

ACADEMICS/EDUCATION

Organization Name	Phone Number	Demographic	Available Services
Tidewater Friends	(757) 227-4187	All foster care youth	Provide tutoring services for foster youth
Dept. of Human Services	(757) 664-6000	All	Parent training
Barry Robinson Center	(757) 455-6100	Foster care parents (and potential)	Foster care and foster parent training.
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Seton Youth Shelter	(757) 306-1840	Ages 4-18	Program for children affected by incarceration, teen anger management class
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Substance abuse education; parenting education; social development
Catholic Charities	(757) 456-2366	All	Variety of education workshops covering topics from parenting to anger management; \$80 per person for 4 session class
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	GED preparation; computer skills; interview skills; work ethic training; portfolio development
Together We Can Foundation	(757) 351-3737	Ages 16-24	College preparation; character trait development; personal brand development; interview skills; work ethic; portfolio development; job resources

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ACADEMICS/EDUCATION CONT.

Organization Name	Phone Number	Demographic	Available Services
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	High School completion; college preparation; tutoring; career planning
Hope U High School	(757) 227-5444	Ages 14-26	Online; students can earn their High School Diploma
Hope U Apprenticeship	(757) 227-5444	High School Juniors and Seniors	Collaboration with Tidewater CC; dual enrollment; career training
Stop Inc. (Project Discovery)	(757) 858-1360	High School students (Chesapeake and Norfolk)	Provides field trips to colleges and universities, assistance with applying for financial aid

MENTORSHIP

Organization Name	Phone Number	Demographic	Available Services
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Food Bank of Southeastern VA	(757) 787-2557	All	Peer nutrition mentoring
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Connect with mentors/student mentors; personalized counseling
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Short-term/long-term adult mentorship
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Therapeutic Mentoring

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MENTORSHIP CONT.

Organization Name	Phone Number	Demographic	Available Services
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance in completing high school, general education degree and higher education, including assistance for tuition, admission fees, supplies, equipment, tutoring, etc.; job training/readiness, job search and placement and other related services to prepare youth to become self-supporting, or that increases performance/functional competency; daily living skills/aide; individual and group counseling; training, meetings, conferences, retreats, workshops, relating to building competencies that strengthen individual skills and foster successful independent living.
Together We Can Foundation	(757) 518-0770	Ages 16-24	Community Development

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LEGAL

Organization Name	Phone Number	Demographic	Available Services
Legal Aid Society of Eastern VA	(757) 627-5423	Indigent households	Legal assistance for civil matters such as family/domestic, housing, public benefits, unemployment, etc.
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon the program	Assistance accessing government benefits
Regional Housing Crisis Hotline	(800) 838-8238; (757) 587-4202	Hampton Roads residents	Hotline connecting residents in need of shelter, case management, and related services to available services with local providers
Kids Priority One	(757) 244-5373	All youth and their families	Free information and referral services, searchable database of over 1,000 nonprofits and public services in Hampton Roads
Food Bank of Southeastern VA	(757) 787-2557	Any individual	Assistance with accessing government benefits
Nat'l Human Trafficking Resource Center	(888) 373-7888	Victims of human trafficking	24/7 support and options for human trafficking victims/survivors
Virginia Beach Justice Initiative	(877) 227-2321	Victims of human trafficking	Jail visits and courtroom advocacy for victims of human trafficking
YWCA	(757) 625-4248	Victims of interpersonal violence, stalking, and/or human trafficking.	Hospital accompaniment/support for victims, victim advocacy/accompaniment to court, legal assistance with protective orders, coordinated crisis response for emergency situations
City Attorney's Office	(757) 514-4365	N/A	Oversight of the Department of Human Services/Social Services
Skills Builders	(757) 233-2896	Ages 16-21	Housing and opportunities to move to self-sufficiency
Mediation Center for Hampton Roads	(757) 624-6666	Hampton Roads residents	Mediation services, co-parenting classes, visitation and exchange supervision

SUFFOLK

LEGAL CONT.

Organization Name	Phone Number	Demographic	Available Services
Intercept Health	(757) 389-4557	Foster care youth	Sex Offender Relapse Program, relapse prevention and connection with outpatient clinicians, therapeutic foster care, diagnostic program for assessments and observations. Family therapy is also available for youth still in school, family engagement specialist available, therapeutic mentors and aides for children under 18, telehelp (substance abuse, therapy). Potential placement options for independent living or group homes
Dept. of Social Services/Human Services	(757) 514-7450	All	Medicaid (cell phone and transportation available through Medicaid), TANF, food stamps, housing and utility assistance
CASA	(757) 357-2170	Ages 0 -18 through Suffolk Juvenile and Domestic Relations Court	Volunteer advocates appointed by judge; advocating for best interests of the child in any case appointed until that case is closed.

HEALTH

Organization Name	Phone Number	Demographic	Available Services
Medicaid and/or FAMIS	(855) 842-8282	All	Medical services, cell phone, transportation
Jewish Family Service of Tidewater	(757) 321-2222	All	Temporary in-home assistance (nursing/daily activities) for homebound individuals
Southeastern Virginia Health System	(757) 591-0643	All (uninsured and insured)	Medical care - primary care services and referrals if needed; dentistry - minor extractions, cleanings, fillings, medications, etc. All services on sliding scale for uninsured
SSDI	(800) 772-1213	Disabled individuals	Financial assistance
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Insurance for Health and Auto

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HEALTH CONT.

Organization Name	Phone Number	Demographic	Available Services
Norfolk Family Justice Center	(757) 330-0376	Victims of interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent individuals	Substance abuse training and prevention.

SHELTER/FINANCIAL ASSISTANCE

Organization Name	Phone Number	Demographic	Available Services
SNAP	(757) 201-6287	Indigent households	Food assistance/EBT cards; meal delivery for disabled recipients
Tidewater Friends of Foster Care	(757) 227-4187	All foster care youth	Holiday Gifts, camperships - partnership with YMCA camps; extra-curricular activities sponsorship such as piano lessons, swimming, soccer, driver's education, cosmetology, basketball, dance and kickboxing
CAPS	(757) 935-5497	All	Toiletries; utility assistance; emergency shelter
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities
Rescue Church	(757) 487-2633	All	Meals
Union Mission Ministries	(757) 627-8686; Men's Shelter ext. 200; Women and Children's Shelter ext. 331	All	Meals; emergency shelter; prayer; laundry services; toiletries
Samaritan House	(757) 631-0710	victims of violence and homeless	housing; transportation; child care
A Housing Crisis (ForKids)	(757) 587-4202; (757)622-6400 ext. 5	All	Long-term housing for children

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Tidewater Youth Services Comm.	(757) 422-4521	Ages 13 - 20	Crisis intervention home (13-17); Westhaven Boys Home (12-17); Lynnhaven Boys Home (13-17); Apartment Living (17.5-20)
American Red Cross (SE Chapter)	(757) 539-6645	All	Emergency Shelter
Barrett Transitional Home	(757) 624-6990	Women and children	Emergency Shelter
CASA	(757) 357-2170	High Schoolers in CASA program	Educational Scholarship (Akerman Scholarship)
Oasis Social Ministry	(757) 397-6060; (757) 398-1970	All residents of Chesapeake, Suffolk, or Portsmouth	Thrift store, food pantry, culinary training, HIV testing, soup kitchen, housing and rent assistance
United Methodist Foster Services	(757) 490-9791	Ages 11-18	33-acre residential treatment center in Richmond
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	30-day emergency shelter and assigned case worker to assist with stable housing and employment; hospital and court accompaniment/support for victims; legal assistance with protective orders; coordinated crisis response for emergency situations; before and after school childcare and summer programs. Childcare program cost is on a sliding scale.
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Transportation
Seton Youth Shelters	(757) 498-4673 (Boys); 306-1840 (Girls)	Ages 9-17 youth with minor behavioral issues	Emergency shelter - typically for 21-days but up to 90 under some circumstances
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon program	Goods for couch-surfing youth; Computer (Uplift Program 13-18 yo); Scholarship/educational funding connections; transitional housing (18-21 y/o)

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Hope U (Hope U Assist)	(757) 227-5444	Ages 14-21	Financial assistance with housing, transportation, food, utilities, tuition, books or other support
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Basic needs such as food, clothing, toiletries, some financial support, transportation, etc.
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Financial assistance for training expenses for college and post-secondary vocational training programs; Housing Expenses
Foodbank of Southeastern VA	(757) 787-2557	All	Food pantry; mobile food pantry; USDA Foodbank distribution; after school low-income neighborhood programs (for ages 5-18); Backpack program (free/reduced price lunches/backpacks of food to take home on weekends); community gardens
Health Keepers Transport	(877) 892-3988	Medicaid Members	Transportation Assistance with 5-day notice
STOP Inc. (Housing Counseling)	(757) 858-1360	Indigent individuals	Counseling for first time home buyers, homeownership education, assistance in locating affordable housing.
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Transportation; Virginia Tuition Grant for Foster Youth
Noblemen	(757) 619-5106	Disadvantaged youth	Various goods and services
Jewish Family Service of Tidewater	(757) 321-2222	All	Financial assistance; transportation to community resources and medical appts.; gift for children/teens for Chanukah; grocery gift cards for holidays; subsidized child care/school expenses; subsidized summer camp fees; once/month community food pantry; Milk & Honey Food Pantry (Jewish households only); socialization programs for developmentally disabled adults/children; special needs summer camp

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Together We Can Foundation	(757) 351-3737	Ages 16-24	Connection Fund helps w/ materials for college/advanced skills training or related expense such as rent
STOP Inc. (Housing Counseling)	(757) 858-1360	Indigent individuals	Counseling for first time home buyers, homeownership education, assistance in locating affordable housing.
One 27 Initiative	(757) 828-7005	Foster care youth and families	Bags of personal care items and toiletries for children still in foster care
Catholic Charities	(757) 484-0603	All	Financial Assistance Program

LIFE SKILLS TRAINING

Organization Name	Phone Number	Demographic	Available Services
Skills Builders	(757) 233-2896	Ages 16-21	Safety skills; social skills; housing support; financial management; food management; job search skills
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Personal development skills such as self-esteem, communication skills, decision-making, conflict resolution and anger management; independent living skills are career exploration, job skills, money, management, housing, transportation, and legal issues.
Hope for Suffolk	(757) 539-0540	High school students	Interns are paid to work on the farm and receive community service hours for classroom training which includes job skills, relational skills, leadership skills and financial stability skills.

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LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
Union Mission Ministries	(757) 627-8686; Men's Shelter ext. 200; Women and Children's Shelter ext. 331	All	<p>Damascus Destination – A six-month Biblically-based empowerment and transitional program for men over 26 who are unemployed, under-employed, or disabled. Focuses on employment readiness, personal development, health and wellness, resolving financial issues, and building confidence to become more poised for success. Success is measured spiritually, physically, socially, and educationally. Assistance with securing IDs, obtaining Social Security and veterans benefits, finding employment and housing is provided.</p> <p>David Development – A three-phase program for young men 18-26 based on the life of David in the Bible. Includes mentoring, character building, behavioral expectations, job readiness, overcoming childhood adversity, anger management, social and relationship skills, and cultural and professional interactions. Men's programs include required daily Chapel services and Bible study. Classes offered to all men in our shelters include relapse prevention, employment readiness, computer skills, budgeting and finance, anger management, and more.</p> <p>Women - Focuses on personal development, spiritual, physical, social, educational growth, health and wellness, conflict resolution, and employment readiness. Classes are offered in computer skills, budgeting, obtaining a G.E.D., food handler certification, and CPR Training. Assistance with securing benefits, employment, and housing is provided. Bible Studies are held daily.</p>

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LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
Hope U (Hope U Academy)	(757) 227-5444	Ages 14-21 foster care youth referred by DSS	Independent living; financial management; utilities
Inner Circle	(757) 644-3989	All	Independent living training such as interviewing, budgets, laundry, checking accounts, etc.
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Healthcare education; communication skills; self-care and relationship development; independent living training; financial Management; transitional housing; job search
Food Bank of Southeastern VA	(757) 787-2557	All	Nutrition education; financial literacy; cooking demonstrations; summer kids nutrition program
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Safety skills; independent living training; driver's education
Together We Can Foundation	(757) 351-3737	Ages 16-24	Job skills, communication skills, life planning, portfolio workshops; Transitions Initiative; Independent Living Training; Smart Transitions guidebooks; Equine Program; Housing Support
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Daily living skills; health/nutrition education; CASEY life skills development; driver education
Volunteer Income Tax Assistance Program	Website	Low income families/individuals	IRS website lists providers and sites by zip code under "How to File" https://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers
Shell	(757) 382-8182	Ages 13-17	Empowerment 101, drug and alcohol abuse, healthy dating, internet safety
Great Expectations	Rachel Strawn, Program Director: rstrawn@vccs.edu	Youth 13-24 or 17-24 (depends on college)	Daily Living Skills (Job Hunting, Financial Planning & Budgeting, etc.)
Foster U (ODU Student Org.)	(804) 278-7019	Ages 14-24	Workshops on various topics
Youth Career Center of Hampton Roads	(757) 233-8686	Ages 14-24	Workplace readiness and academic skills related to career goals

SUFFOLK

COUNSELING

Organization Name	Phone Number	Demographic	Available Services
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Rescue Church	(757) 487-2633	All	Addictions & substance abuse group meeting style counseling
Salvation Army	(757) 543-8100	All	Addictions & Substance Abuse Counseling
Catholic Charities	(757) 467-7707	All	Financial & housing counseling; mental health counseling
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Counseling on a sliding scale; support groups
National Suicide Prevention Lifeline	(800) 273-8255	All	24/7, free and confidential support for people in distress, prevention and crisis resources
Tidewater Youth Services Comm.	(757) 382-9382	All youth	Substance abuse assessments and programs; aggression replacement, home-based individual and family counseling
Tidewater Pastoral Counseling	(757) 623-2700	All	Licensed professional counseling, marriage and family therapists, licensed clinical social workers
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Crisis Management (lead through the stages of Slavery to Freedom); connect to a licensed social worker and other therapeutic resources.
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	Short-term and long-term adult and children's counseling. Children's counseling is free; first 10 adult sessions are free, \$30 thereafter.
Regent Psychological Services	(757) 352-4488	All	Individual, couples, and family therapy, psychological evaluations, career assessment and counseling, consultations for stress, anger, and time management and identity concerns, and group therapy
Edmarc Hospice for Children	(757) 967-9251	Youth facing life-threatening illness	Counseling; individual support; group support for patients, parents, and siblings
Jewish Family Service of Tidewater	(757) 321-2222	All	Counseling & support services such as individuals/couples/family; grief support; play therapy for children/teens; special needs assistance
Crisis Pregnancy Center of Tidewater	(757) 410-9703	Women and families involved in crisis-related pregnancies	Medical clinics, options counseling, parenting classes

SUFFOLK

COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent Individuals	Substance abuse training and prevention
Children First	(757) 609-2795	Ages 18 to 21 w/ Autism	ABA Therapy (Applied Behavior Analysis)
CHKD	(757) 668-7000	All youth	Psychiatrists, Psychologists, Counseling and therapy services
National Counseling Group	(757) 847-9386	All	Behavioral health counseling such as family, parent, crisis intervention, life skills, out-patient substance abuse, etc.

ACADEMICS/EDUCATION

Organization Name	Phone Number	Demographic	Available Services
Tidewater Friends	(757) 227-4187	All foster care youth	Provide tutoring services for foster youth
Skills Builders	(757) 233-2896	Ages 16-21	Legal Skills
Fatherhood Development Group	(757) 664-6143	All fathers	Fathers in group meet weekly for 10 weeks; open to residents of Norfolk and Hampton Roads
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Seton Youth Shelter	(757) 306-1840	Ages 4-18	Program for children affected by incarceration, teen anger management class
Catholic Charities	(757) 456-2366	All	Variety of education workshops covering topics from parenting to anger management; \$80 per person for 4 session class
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	High School completion; college preparation; tutoring; career planning
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Substance abuse education; parenting education; social development
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	GED preparation; computer skills; interview skills; work ethic training; portfolio development
Together We Can Foundation	(757) 351-3737	Ages 16-24	College preparation; character trait development; personal brand development; interview skills; work ethic; portfolio development; job resources

SUFFOLK

ACADEMICS/EDUCATION CONT.

Organization Name	Phone Number	Demographic	Available Services
Hope U High School	(757) 227-5444	Ages 14-26	Online; students can earn their High School Diploma
Hope U Apprenticeship	(757) 227-5444	High School Juniors and Seniors	Collaboration with Tidewater CC; dual enrollment; career training

MENTORSHIP

Organization Name	Phone Number	Demographic	Available Services
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Food Bank of Southeastern VA	(757) 787-2557	All	Peer nutrition mentoring
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Connect with mentors/student mentors; personalized counseling
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance in completing high school, general education degree and higher education, including assistance for tuition, admission fees, supplies, equipment, tutoring, etc.; job training/readiness, job search and placement and other related services to prepare youth to become self-supporting, or that increases performance/functional competency; daily living skills/aide; individual and group counseling; training, meetings, conferences, retreats, workshops, relating to building competencies that strengthen individual skills and foster successful independent living.
Together We Can Foundation	(757) 518-0770	Ages 16-24	Community Development
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Therapeutic Mentoring
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Short-term/long-term adult mentorship

PORTSMOUTH

LEGAL

Organization Name	Phone Number	Demographic	Available Services
CASA	(757) 397-2799	Ages 0 -18 through Portsmouth Juvenile and Domestic Relations Court	Volunteer advocates appointed by judge; advocating for best interests of the child in any case appointed until that case is closed.
City Attorney's Office	(757) 393-8731	N/A	Oversight of the Department of Human Services/Social Services
Dept. of Human Services		All	Medicaid (cell phone and transportation available through Medicaid), TANF, food stamps, housing and utility assistance
Legal Aid Society of Eastern VA	(757) 627-5423	Indigent households	Legal assistance for civil matters such as family/domestic, housing, public benefits, unemployment, etc.
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon the program	Assistance accessing government benefits
Food Bank of Southeastern VA	(757) 787-2557	Any individual	Assistance with accessing government benefits
Regional Housing Crisis Hotline	(800) 838-8238; (757) 587-4202	Hampton Roads residents	Hotline connecting residents in need of shelter, case management, and related services to available services with local providers
Nat'l Human Trafficking Resource Center	(888) 373-7888	Victims of human trafficking	24/7 support and options for human trafficking victims/survivors
Virginia Beach Justice Initiative	(877) 227-2321	Victims of human trafficking	Jail visits and courtroom advocacy for victims of human trafficking
Intercept Health	(757) 389-4557	Foster care youth	Sex Offender Relapse Program, relapse prevention and connection with outpatient clinicians, therapeutic foster care, diagnostic program for assessments and observations. Family therapy is also available for youth still in school, family engagement specialist available, therapeutic mentors and aides for children under 18, telehelp (substance abuse, therapy). Potential placement options for independent living or group homes
Skills Builders	(757) 233-2896	Ages 16-21	Housing and opportunities to move to self-sufficiency
Mediation Center for Hampton Roads	(757) 624-6666	Hampton Roads residents	Mediation services, co-parenting classes, visitation and exchange supervision
YWCA	(757) 625-4248	Victims of interpersonal violence, stalking, and/or human trafficking.	Hospital accompaniment/support for victims, victim advocacy/accompaniment to court, legal assistance with protective orders, coordinated crisis response for emergency situations

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HEALTH

Organization Name	Phone Number	Demographic	Available Services
Medicaid and/or FAMIS	(855) 842-8282	All	Medical services, cell phone, transportation
Jewish Family Service of Tidewater	(757) 321-2222	All	Temporary in-home assistance (nursing/daily activities) for homebound individuals
Southeastern Virginia Health System	(757) 591-0643	All (uninsured and insured)	Medical care - primary care services and referrals if needed; dentistry - minor extractions, cleanings, fillings, medications, etc. All services on sliding scale for uninsured
SSDI	(800) 772-1213	Disabled individuals	Financial assistance
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Insurance for Health and Auto
Norfolk Family Justice Center	(757) 330-0376	Victims of interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent individuals	Substance abuse training and prevention.
Norfolk Family Justice Center	(757) 330-0376	All victims escaping interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare.

PORTSMOUTH

SHELTER/FINANCIAL ASSISTANCE

Organization Name	Phone Number	Demographic	Available Services
First Home Care Tidewater	(757) 393-7200	All	Foster Placement
SNAP	(757) 201-6287	Indigent households	Food assistance/EBT cards; meal delivery for disabled recipients
Foodbank of Southeastern VA	(757) 787-2557	All	Food pantry; mobile food pantry; USDA Foodbank distribution; after school low-income neighborhood programs (for ages 5-18); Backpack program (free/reduced price lunches/backpacks of food to take home on weekends); community gardens
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance for driver's education course and vehicle
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Financial assistance for training expenses for college and post-secondary vocational training programs; Housing Expenses
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.
CASA	(757) 397-2799	High Schoolers in CASA program	Educational scholarship (Akerman Scholarship)
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	30-day emergency shelter and assigned case worker to assist with stable housing and employment; hospital and court accompaniment/support for victims; legal assistance with protective orders; coordinated crisis response for emergency situations; before and after school childcare and summer programs. Childcare program cost is on a sliding scale.
Hope U (Hope U Assist)	(757) 227-5444	Ages 14-21	Financial assistance with housing, transportation, food, utilities, tuition, books or other support
Health Keepers Transport	(877) 892-3988	Medicaid Members	Transportation Assistance with 5-day notice
Seton Youth Shelters	(757) 498-4673 (Boys); 306-1840 (Girls)	Ages 9-17 youth with minor behavioral issues	Emergency shelter - typically for 21-days but up to 90 under some circumstances

PORTSMOUTH

SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Tidewater Friends of Foster Care	(757) 227-4187	All foster care youth	Holiday Gifts, camperships - partnership with YMCA camps; extra-curricular activities sponsorship such as piano lessons, swimming, soccer, driver's education, cosmetology, basketball, dance and kickboxing
Together We Can Foundation	(757) 351-3737	Ages 16-24	Connection Fund helps w/ materials for college/advanced skills training or related expense such as rent
Samaritan House	(757) 631-0710	victims of violence and homeless	housing; transportation; child care
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities
United Methodist Foster Services	(757) 490-9791	Ages 11-18	33-acre residential treatment center in Richmond
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Transportation; Virginia Tuition Grant for Foster Youth
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Basic needs such as food, clothing, toiletries, some financial support, transportation, etc.
STOP Inc. (Housing Counseling)	(757) 858-1360	Indigent individuals	Counseling for first time home buyers, homeownership education, assistance in locating affordable housing.
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon program	Goods for couch-surfing youth; Computer (Uplift Program 13-18 yo); Scholarship/educational funding connections; transitional housing (18-21 y/o)

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Noblemen	(757) 619-5106	Disadvantaged youth	Various goods and services
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Transportation
Jewish Family Service of Tidewater	(757) 321-2222	All	Financial assistance; transportation to community resources and medical appts.; gift for children/teens for Chanukah; grocery gift cards for holidays; subsidized child care/school expenses; subsidized summer camp fees; once/month community food pantry; Milk & Honey Food Pantry (Jewish households only); socialization programs for developmentally disabled adults/children; special needs summer camp
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Catholic Charities	(757) 484-0603	All	Financial Assistance Program

LIFE SKILLS TRAINING

Organization Name	Phone Number	Demographic	Available Services
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Personal development skills such as self-esteem, communication skills, decision-making, conflict resolution and anger management; independent living skills are career exploration, job skills, money, management, housing, transportation, and legal issues.
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Chafee	(918) 660-3700	Ages 14-23	Independent living training
Tidewater Friends of Foster Care	(757) 227-4187	All youth	Sponsorship for summer camps

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LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
Youth Career Center of Hampton Roads	(757) 233-8686	Ages 14-24	Workplace readiness and academic skills related to career goals
Skills Builders	(757) 233-2896	Ages 16-21	Safety skills; social skills; housing support; financial management; food management; job search skills
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Daily Living Skills (Job Hunting, Financial Planning & Budgeting, etc.
Hope U (Hope U Academy)	(757) 227-5444	Ages 14-21 foster care youth referred by DSS	Independent living; financial management; utilities
Inner Circle	(757) 644-3989	All	Independent living training such as interviewing, budgets, laundry, checking accounts, etc.
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Healthcare education; communication skills; self-care and relationship development; independent living training; financial Management; transitional housing; job search
Together We Can Foundation	(757) 351-3737	Ages 16-24	Job skills, communication skills, life planning, portfolio workshops; Transitions Initiative; Independent Living Training; Smart Transitions guidebooks; Equine Program; Housing Support
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Daily living skills; health/nutrition education; CASEY life skills development; driver education
Food Bank of Southeastern VA	(757) 787-2557	All	Nutrition education; financial literacy; cooking demonstrations; summer kid's nutrition program
Shell	(757) 382-8182	Ages 13-17	Empowerment 101, drug and alcohol abuse, healthy dating, internet safety
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Safety skills; independent living training; driver's education
Foster U (ODU Student Org.)	(804) 278-7019	Ages 14-24	Workshops on various topics
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS

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COUNSELING

Organization Name	Phone Number	Demographic	Available Services
First Home Care Tidewater	(757) 393-7200	All	Therapeutic foster care; educational services
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Catholic Charities	(757) 467-7707	All	Financial & housing counseling; mental health counseling
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Counseling on a sliding scale; support groups
National Suicide Prevention Lifeline	(800) 273-8255	All	24/7, free and confidential support for people in distress, prevention and crisis resources
Tidewater Youth Services Comm.	(757) 382-9382	All youth	Substance abuse assessments and programs; aggression replacement, home-based individual and family counseling
Tidewater Pastoral Counseling	(757) 623-2700	All	Licensed professional counseling, marriage and family therapists, licensed clinical social workers
Regent Psychological Services	(757) 352-4488	All	Individual, couples, and family therapy, psychological evaluations, career assessment and counseling, consultations for stress, anger, and time management and identity concerns, and group therapy
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Crisis Management (lead through the stages of Slavery to Freedom); connect to a licensed social worker and other therapeutic resources.
Rescue Church	(757) 487-2633	All	Addictions & substance abuse group meeting style counseling
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	Short-term and long-term adult and children's counseling. Children's counseling is free; first 10 adult sessions are free, \$30 thereafter.
Salvation Army	(757) 543-8100	All	Addictions & Substance Abuse Counseling
Edmarc Hospice for Children	(757) 967-9251	Youth facing life-threatening illness	Counseling; individual support; group support for patients, parents, and siblings
Jewish Family Service of Tidewater	(757) 321-2222	All	Counseling & support services such as individuals/couples/family; grief support; play therapy for children/teens; special needs assistance
Crisis Pregnancy Center of Tidewater	(757) 410-9703	Women and families involved in crisis-related pregnancies	Medical clinics, options counseling, parenting classes

PORTSMOUTH

COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
STOP Inc. (Health and Wellness Initiative)	(757) 858-1360	Indigent Individuals	Substance abuse training and prevention
Children First	(757) 609-2795	Ages 18 to 21 w/ Autism	ABA Therapy (Applied Behavior Analysis)
CHKD	(757) 668-7000	All youth	Psychiatrists, Psychologists, Counseling and therapy services
National Counseling Group	(757) 847-9386	All	Behavioral health counseling such as family, parent, crisis intervention, life skills, out-patient substance abuse, etc.

ACADEMICS/EDUCATION

Organization Name	Phone Number	Demographic	Available Services
First Home Care Tidewater	(757) 393-7200	All	Create individualized plan based on Casey Life Skills
Tidewater Friends	(757) 227-4187	All foster care youth	Provide tutoring services for foster youth
4-H	(757) 393-5197	Ages 5-18	Community Service opportunities; Arts programs
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Seton Youth Shelter	(757) 306-1840	Ages 4-18	Program for children affected by incarceration, teen anger management class
Catholic Charities	(757) 456-2366	All	Variety of education workshops covering topics from parenting to anger management; \$80 per person for 4 session class
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	High School completion; college preparation; tutoring; career planning
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Substance abuse education; parenting education; social development
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	GED preparation; computer skills; interview skills; work ethic training; portfolio development
Together We Can Foundation	(757) 351-3737	Ages 16-24	College preparation; character trait development; personal brand development; interview skills; work ethic; portfolio development; job resources
Hope U High School	(757) 227-5444	Ages 14-26	Online; students can earn their High School Diploma
Hope U Apprenticeship	(757) 227-5444	High School Juniors and Seniors	Collaboration with Tidewater CC; dual enrollment; career training

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MENTORSHIP

Organization Name	Phone Number	Demographic	Available Services
Foster Club	(804) 726-7576	Unknown as of Publication Date	Help youth to navigate foster care system, and connect with mentors.
The Up Center	(757) 622-7017	All	Mentoring for kids up to 21years old
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Food Bank of Southeastern VA	(757) 787-2557	All	Peer nutrition mentoring
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Connect with mentors/student mentors; personalized counseling
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance in completing high school, general education degree and higher education, including assistance for tuition, admission fees, supplies, equipment, tutoring, etc.; job training/readiness, job search and placement and other related services to prepare youth to become self-supporting, or that increases performance/functional competency; daily living skills/aide; individual and group counseling; training, meetings, conferences, retreats, workshops, relating to building competencies that strengthen individual skills and foster successful independent living.
The Family Center of Hope	(804) 684-2555	All youth in the program	Mentoring
Together We Can Foundation	(757) 518-0770	Ages 16-24	Community Development
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Therapeutic Mentoring
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Short-term/long-term adult mentorship

HAMPTON

LEGAL

Organization Name	Phone Number	Demographic	Available Services
City Attorney's Office	(757) 727-6127	N/A	Oversight of the Department of Human Services/Social Services
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon the program	Assistance accessing government benefits
Food Bank of Southeastern VA	(757) 787-2557	Any individual	Assistance with accessing government benefits
Nat'l Human Trafficking Resource Center	(888) 373-7888	Victims of human trafficking	24/7 support and options for human trafficking victims/survivors
Virginia Beach Justice Initiative	(877) 227-2321	Victims of human trafficking	Jail visits and courtroom advocacy for victims of human trafficking
YWCA	(757) 625-4248	Victims of interpersonal violence, stalking, and/or human trafficking.	Hospital accompaniment/support for victims, victim advocacy/accompaniment to court, legal assistance with protective orders, coordinated crisis response for emergency situations
Legal Aid Society of Eastern VA	(757) 627-5423	Indigent households	Legal assistance for civil matters such as family/domestic, housing, public benefits, unemployment, etc.
Intercept Health	(757) 389-4557	Foster care youth	Sex Offender Relapse Program, relapse prevention and connection with outpatient clinicians, therapeutic foster care, diagnostic program for assessments and observations. Family therapy is also available for youth still in school, family engagement specialist available, therapeutic mentors and aides for children under 18, telehelp (substance abuse, therapy). Potential placement options for independent living or group homes
Skills Builders	(757) 233-2896	Ages 16-21	Housing and opportunities to move to self-sufficiency
Mediation Center for Hampton Roads	(757) 624-6666	Hampton Roads residents	Mediation services, co-parenting classes, visitation and exchange supervision
Regional Housing Crisis Hotline	(800) 838-8238; (757) 587-4202	Hampton Roads residents	Hotline connecting residents in need of shelter, case management, and related services to available services with local providers
Local Dept. of Social/Human Services	(757) 727-1800	All	Medicaid (cell phone and transportation available through Medicaid), TANF, food stamps, housing and utility assistance

HAMPTON

HEALTH

Organization Name	Phone Number	Demographic	Available Services
Medicaid and/or FAMIS	(855) 842-8282	All	Medical services, cell phone, transportation
Jewish Family Service of Tidewater	(757) 321-2222	All	Temporary in-home assistance (nursing/daily activities) for homebound individuals
Southeastern Virginia Health System	(757) 591-0643	All (uninsured and insured)	Medical care - primary care services and referrals if needed; dentistry - minor extractions, cleanings, fillings, medications, etc. All services on sliding scale for uninsured
SSDI	(800) 772-1213	Disabled individuals	Financial assistance
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Insurance for Health and Auto
Norfolk Family Justice Center	(757) 330-0376	Victims of interpersonal violence, stalking, and/or human trafficking.	Partner of YWCA that co-locates LEOs, prosecutors, victim-witness advocates, social service specialists, a Sexual Assault Nurse Examiner(SANE) clinic where Physical Evidence Recovery Kits (PERKs) can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare

SHELTER/FINANCIAL ASSISTANCE

Organization Name	Phone Number	Demographic	Available Services
SNAP	(757) 201-6287	Indigent households	Food assistance/EBT cards; meal delivery for disabled recipients
Seton Youth Shelters	(757) 498-4673 (Boys); 306-1840 (Girls)	Ages 9-17 youth with minor behavioral issues	Emergency shelter - typically for 21-days but up to 90 under some circumstances
Genieve Shelter	(757) 925-4365	Victims of domestic violence, sexual assault, stalking, and human trafficking.	Assess personal needs and assist with finding legal advice, counseling, housing, employment, and medical help.
Health Keepers Transport	(877) 892-3988		Transportation Assistance with 5-day notice
CASA		High Schoolers in CASA program	Educational scholarship (Akerman Scholarship)
Health Keepers Transport	(877) 892-3988	Medicaid Members	Transportation Assistance with 5-day notice

HAMPTON

SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
Foodbank of Southeastern VA	(757) 787-2557	All	Food pantry; mobile food pantry; USDA Foodbank distribution; after school low-income neighborhood programs (for ages 5-18); Backpack program (free/reduced price lunches/backpacks of food to take home on weekends); community gardens
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Financial assistance for training expenses for college and post-secondary vocational training programs; Housing Expenses
Samaritan House	(757) 631-0710	victims of violence and homeless	housing; transportation; child care
Salvation Army	(757) 543-8100	All	Shelter for the homeless; housing assistance programs; emergency financial assistance for rent or utilities
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Transportation; Virginia Tuition Grant for Foster Youth
STOP Inc. (Housing Counseling)	(757) 858-1360	Indigent individuals	Counseling for first time home buyers, homeownership education, assistance in locating affordable housing.
United Methodist Foster Services	(757) 490-9791	Ages 11-18	33-acre residential treatment center in Richmond
Hope U (Hope U Assist)	(757) 227-5444	Ages 14-21	Financial assistance with housing, transportation, food, utilities, tuition, books or other support
Jewish Family Service of Tidewater	(757) 321-2222	All	Financial assistance; transportation to community resources and medical appts.; gift for children/teens for Chanukah; grocery gift cards for holidays; subsidized child care/school expenses; subsidized summer camp fees; once/month community food pantry; Milk & Honey Food Pantry (Jewish households only); socialization programs for developmentally disabled adults/children; special needs summer camp
Together We Can Foundation	(757) 351-3737	Ages 16-24	Connection Fund helps w/ materials for college/advanced skills training or related expense such as rent

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SHELTER/FINANCIAL ASSISTANCE CONT.

Organization Name	Phone Number	Demographic	Available Services
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	30-day emergency shelter and assigned case worker to assist with stable housing and employment; hospital and court accompaniment/support for victims; legal assistance with protective orders; coordinated crisis response for emergency situations; before and after school childcare and summer programs. Childcare program cost is on a sliding scale.
New Vision Youth Services	(757) 620-5340	Ages 13-21 depending upon program	Goods for couch-surfing youth; Computer (Uplift Program 13-18 yo); Scholarship/educational funding connections; transitional housing (18-21 y/o)
Noblemen	(757) 619-5106	Disadvantaged youth	Various goods and services
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Transportation
Catholic Charities	(757) 484-0603	All	Financial Assistance Program

LIFE SKILLS TRAINING

Organization Name	Phone Number	Demographic	Available Services
Youth Career Center of Hampton Roads	(757) 233-8686	Ages 14-24	Workplace readiness and academic skills related to career goals
Skills Builders	(757) 233-2896	Ages 16-21	Safety skills; social skills; housing support; financial management; food management; job search skills
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Daily Living Skills (Job Hunting, Financial Planning & Budgeting, etc.
Hope U (Hope U Academy)	(757) 227-5444	Ages 14-21 foster care youth referred by DSS	Independent living; financial management; utilities
Inner Circle	(757) 644-3989	All	Independent living training such as interviewing, budgets, laundry, checking accounts, etc.

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LIFE SKILLS TRAINING CONT.

Organization Name	Phone Number	Demographic	Available Services
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Healthcare education; communication skills; self-care and relationship development; independent living training; financial Management; transitional housing; job search
Together We Can Foundation	(757) 351-3737	Ages 16-24	Job skills, communication skills, life planning, portfolio workshops; Transitions Initiative; Independent Living Training; Smart Transitions guidebooks; Equine Program; Housing Support
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Daily living skills; health/nutrition education; CASEY life skills development; driver education
Food Bank of Southeastern VA	(757) 787-2557	All	Nutrition education; financial literacy; cooking demonstrations; summer kid's nutrition program
Shell	(757) 382-8182	Ages 13-17	Empowerment 101, drug and alcohol abuse, healthy dating, internet safety
Family Center of Hope	(804) 684-2555; (757) 244-2828	Ages 0-21	Safety skills; independent living training; driver's education
Foster U (ODU Student Org.)	(804) 278-7019	Ages 14-24	Workshops on various topics
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program. Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS
Inner Circle	(757) 644-3989	All - complete intake on phone or website	Independent Living Training (interviewing, budgets, laundry, checking accounts, etc.)

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COUNSELING

Organization Name	Phone Number	Demographic	Available Services
Center for Child & Family Services	(757) 838-1960	All	Individual, couples, and family therapy; child therapy; trauma services
Catholic Charities	(757) 467-7707	All	Financial & housing counseling; mental health counseling
LGBT Life Center	(757) 640-0929	LGBTQ and those affected by HIV	Counseling on a sliding scale; support groups
The Up Center	(757) 622-7017	All	Family and Child counseling; Youth counseling
Tidewater Youth Services Comm.	(757) 382-9382	All youth	Substance abuse assessments and programs; aggression replacement, home-based individual and family counseling
Tidewater Pastoral Counseling	(757) 623-2700	All	Licensed professional counseling, marriage and family therapists, licensed clinical social workers
Regent Psychological Services	(757) 352-4488	All	Individual, couples, and family therapy, psychological evaluations, career assessment and counseling, consultations for stress, anger, and time management and identity concerns, and group therapy
Rescue Church	(757) 487-2633	All	Addictions & substance abuse group meeting style counseling
Virginia Beach Justice Initiative	(877) 227-2321	Adult Victims of Human Trafficking	Crisis Management (lead through the stages of Slavery to Freedom); connect to a licensed social worker and other therapeutic resources.
Salvation Army	(757) 543-8100	All	Addictions & Substance Abuse Counseling
Edmarc Hospice for Children	(757) 967-9251	Youth facing life-threatening illness	Counseling; individual support; group support for patients, parents, and siblings
Children First	(757) 609-2795	Ages 18 to 21 w/ Autism	ABA Therapy (Applied Behavior Analysis)
YWCA	(757) 625-4248	All individuals escaping interpersonal violence, stalking, and/or human trafficking.	Short-term and long-term adult and children's counseling. Children's counseling is free; first 10 adult sessions are free, \$30 thereafter.
Jewish Family Service of Tidewater	(757) 321-2222	All	Counseling & support services such as individuals/couples/family; grief support; play therapy for children/teens; special needs assistance

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COUNSELING CONT.

Organization Name	Phone Number	Demographic	Available Services
Crisis Pregnancy Center of Tidewater	(757) 410-9703	Women and families involved in crisis-related pregnancies	Medical clinics, options counseling, parenting classes
CHKD	(757) 668-7000	All youth	Psychiatrists, Psychologists, Counseling and therapy services
National Counseling Group	(757) 847-9386	All	Behavioral health counseling such as family, parent, crisis intervention, life skills, out-patient substance abuse, etc.
National Suicide Prevention Lifeline	(800) 273-8255	All	24/7, free and confidential support for people in distress, prevention and crisis resources

ACADEMICS/EDUCATION

Organization Name	Phone Number	Demographic	Available Services
Foster My Future (VDSS)	(804) 726-7905	Foster youth	Education and/or job training assistance
Seton Youth Shelter	(757) 306-1840	Ages 4-18	Program for children affected by incarceration, teen anger management class
Catholic Charities	(757) 456-2366	All	Variety of education workshops covering topics from parenting to anger management; \$80 per person for 4 session class
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Substance abuse education; parenting education; social development
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	GED preparation; computer skills; interview skills; work ethic training; portfolio development
Together We Can Foundation	(757) 351-3737	Ages 16-24	College preparation; character trait development; personal brand development; interview skills; work ethic; portfolio development; job resources
Hope U High School	(757) 227-5444	Ages 14-26	Online; students can earn their High School Diploma
Hope U Apprenticeship	(757) 227-5444	High School Juniors and Seniors	Collaboration with Tidewater CC; dual enrollment; career training
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	High School completion; college preparation; tutoring; career planning

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ACADEMICS/EDUCATION CONT.

Organization Name	Phone Number	Demographic	Available Services
Children's Home Society of Virginia	(804) 353-0191; (800) 247-2888	Youth aging or aged out of foster care (w/ other restrictions)	Possibilities Project or Apartment Program . Both provide independent living arrangements, career training, life skills and financial management training, transitional housing, job search, education, training, counseling, life coaching, etc. Paid service that requires funding approval from DSS

MENTORSHIP

Organization Name	Phone Number	Demographic	Available Services
Food Bank of Southeastern VA	(757) 787-2557	All	Peer nutrition mentoring
Great Expectations	(804) 819-4690	Ages 13-24 or 17-24 (depending on college)	Connect with mentors/student mentors; personalized counseling
Independent Living Program	(800) DO-ADOPT	Ages 14-21 foster youth	Assistance in completing high school, general education degree and higher education, including assistance for tuition, admission fees, supplies, equipment, tutoring, etc.; job training/readiness, job search and placement and other related services to prepare youth to become self-supporting, or that increases performance/functional competency; daily living skills/aide; individual and group counseling; training, meetings, conferences, retreats, workshops, relating to building competencies that strengthen individual skills and foster successful independent living.
Together We Can Foundation	(757) 518-0770	Ages 16-24	Community Development
Intercept Health	(757) 389-4557	All foster care youth in independent living and fostering futures program	Therapeutic Mentoring
New Vision Youth Services	(757) 620-5340	Ages 13-21 (depending upon program)	Short-term/long-term adult mentorship