

**Community Services Manual
For the City of
Suffolk, Smithfield, & Isle of Wight Virginia**



Information Compiled by Suffolk Redevelopment Housing Authority
530 E. Pinner Street Suffolk Virginia 23434 (757-539-2100) (Updated as of November 2018)

INTRODUCTION TO DIRECTORY OF SERVICES

*Greetings to all and welcome to the
Suffolk Redevelopment and Housing
Authority (SRHA) Resource Manual.*

MISSION

*Our mission is to provide a directory
for public housing residents, HCV
participants and the community at
large. This manual list services,
classes, programs, and resources for
the City of Suffolk, Smithfield, and Isle
of Wight.*



The purpose of this directory is to provide information about Suffolk Virginia and its resources, services, and programs in a one stop shop place. Information listed in this directory is subject to change according to its listing agent. It is **highly recommended** that you call before you go to any listing agent to ensure that eligibility requirements, locations, times, as well as restrictions and/or fees have not changed since the time of this writing.

Hopefully, the information in this manual will decrease stress and frustration in trying to locate and find information about services within the City of Suffolk, Smithfield, and Isle of Wight. These cities are rapidly growing, expanding and are wonderful places to work, play or live. So, whether you are new to the city, in a crisis and need help, or just want to learn more about what these cities has to offer, hopefully you can find what you are looking for in this directory.

* Even though this manual has over 200 listing agencies, this is not an “all inclusive” list for all services, programs, and resources for Suffolk, Smithfield and Isle of Wight. However, it is our sincere desire that the information provided will at the very least point you in the right direction. This booklet is formatted so that you can add additional resources, programs and services that suit your individual needs.

• **PLEASE NOTE: SRHA does not endorse, promote, or is paid by any resource or agency to be included in this directory.**

Virginia's Local Area Representatives



Mark Warner
Senior Senator
Democrat

Contact information:

101 W. Main St. # 7771
Norfolk, Va. 23510
757-441-3079

www.Warner.senate.gov



Timothy Kaine
Junior Senator
Democrat

Contact information

919 East Main St. #970
Richmond, Va. 23219
804-771-2221

www.Kaine.senate.gov



Bobby Scott
3rd District Congressman
Democrat

Contact information

Longworth House Office
Wash. D.C. 20515
202-225-8351

<https://bobbyscott.house.gov>



Donald McEachin
4th District Congressman
Democrat

Contact information

314 Cannon House Office
Washington, D.C. 20515
202-225-6365

<https://mceachin.house.gov>

Senators: Each state elects two senators to the United States Senate for staggered 6-year terms. Senators represent the entire state. Virginia's senators are; Mark Warner and Tim Kaine.

Representatives: The United States is divided into 435 congressional districts, each with a population of about 710,000 individuals. Each district elects a representative to the U.S. House of Representatives for a two-year term. Representatives are also called congressmen/congresswomen.

For more information please visit website generalassembly.gov

City of Suffolk Directory

Virginia Governor:

Ralph Northam
P.O. Box 1475
Richmond, Va. 23218
804-786-2211

Suffolk Mayor:

Linda Johnson
P.O. Box 1858
Suffolk, Va. 23439
757-514-4018

Suffolk Public Libraries:

Morgan Memorial Library
442 W. Washington Street
Suffolk, Va. 23434
757-514-7323

Suffolk Recreation Centers

East Suffolk Recreation Center
138 S. 6th Street
Suffolk, Va. 23434
757-514-4500

Suffolk Public Utilities

442 W. Washington Street
Suffolk, Va. 23434
757-514-7000

Dominion Power

5272 Godwin Blvd.
Suffolk Va. 23434
888-366-4357

North Suffolk Public Library

2000 Bennetts Creek Park Rd.
Suffolk, Va. 23435
757-514-7150

Creekside Recreation Center

1000 Bennetts Creek Road
Suffolk, Va. 23434
757-514-7245

Suffolk Court House

150 N. Main Street
Suffolk, Va. 23434
757-514-7800

Community Electric

52 W. Windsor Blvd.
Windsor Va. 23487
757-242-6181

Chuckatuck Library

5881 Godwin Blvd.
Suffolk, Va. 23432
757-514-7310

Whaleyville Community Center

132 Robertson Street
Suffolk, Va. 23434
757-514-7100

Suffolk City Treasurer

442 West Washington Street
Suffolk, Va. 23434
757-514-4275

Columbia Gas of Virginia

7001 Harbour View Blvd.
Suffolk, Va. 23435
800-543-8911

Sentara Obici Hospital

2800 Godwin Blvd.
Suffolk Va. 23434
757-934-4000

Booker T. Washington Rec. Center

204 Walnut Street
Suffolk, Va. 23434
757-514-7247

Suffolk Trash/Refuse Bureau

277 Pine Street
Suffolk, Va. 23434
757-514-7630

Suffolk Animal Control

124 Forest Glen Drive
Suffolk, Va. 23434
757-514-7855

Suffolk Social Security

502 Hillpoint Blvd
Suffolk, Va. 23434
1-800-772-1213
TTY-1-800-325-0778

Oakland Recreation Center

5505 Godwin Blvd.
Suffolk, Va. 23434
757-514-7246

Suffolk City Schools **Suffolk School Board-100 North Main Street # 1 Suffolk Va. 23434 (757-925-6750) spsk12.net**

Elementary Schools

Kilby Shores Elementary
111 Kilby Shores Drive
Suffolk, Va. 23434
757-934-6214
Principal: Lorri Banks

Creekside Elementary
1000 Bennetts Creek Road
Suffolk, Va. 23435
757-923-4251
Principal: Tara W. Outland

Northern Shores Elementary
6701 Respass Beach Road
Suffolk, Va. 23435
757- 923-4169
Principal: Lori White

Col. Fred Cherry Middle
7401 Burbage Drive
Suffolk, Va. 23435
757-923-4249
Principal: Shawn Green

Booker T. Washington Elementary
204 Walnut Street
Suffolk, Va. 23434
757-934-6226
Principal: Chanel Woods

Oakland Elementary
5505 Godwin Blvd.
Suffolk, Va. 23434
757-923-5248
Principal: Temesha Dabney

Middle Schools

John F. Kennedy Middle
2325 E. Washington Street
Suffolk, Va. 23434
757-934-6212
Principal: Bryan Thrift

High Schools

Nansemond River High School
3301 Nansemond Parkway
Suffolk, Va. 23434
757-923-4101
Principal: Daniel O’Leary

Elephant’s Fork Elementary
2316 William Reid Drive
Suffolk, Va. 23434
757-923-5250
Principal: Jessica Avery

Florence Bowser Elementary
4540 Nansemond Parkway
Suffolk, Va. 23435
757-923-4164
Principal: Melodie Griffin

John Yeates Middle
4901 Bennetts Pasture Parkway
Suffolk, Va. 23435
757-923-4105
Principal: Wendy Vanhosen

Kings Fork High School
351 Kings Fork Road
Suffolk, Va. 23434
757-923-5240
Principal: Ronald Leigh

Hillpoint Elementary
1101 Hillpoint Road
Suffolk, Va. 23434
757-923-5252
Principal: Catherine Pichon

Pioneer Elementary
Pioneer Road
Suffolk, Va. 23437
757-925-5782
Principal: Lori Mounie

Forest Glen Middle
200 Forest Glen Drive
Suffolk, Va. 23434
757-925-5780
Principal: Melvin Bradshaw

Lakeland High School
214 Kenyon Road
Suffolk, Va. 23434
757-925-5790
Principal: Douglas Wagoner

Mack Benn Jr. Elementary
1253 Nansemond Parkway
Suffolk, Va. 23434
757-934-6224
Principal: Garrick Rhoads

Nansemond Parkway Elementary
3012 Nansemond Parkway
Suffolk, Va. 23434
757-923-4167
Principal: Jennifer Conner

Kings Fork Middle
350 Kings Fork Road
Suffolk, Va. 23434
757-923-5246
Principal: Jennifer Presson

Other: Turlington Woods School
629 Turlington Road
Suffolk, Va. 23434
757-934-6215
Principal: Kinsey Bynum

City of Smithfield and Isle of Wight Directory

Located in Isle of Wight County, Smithfield offers residents a small-town atmosphere, a good school system, affordable housing, a historic downtown, and a new state-of-the-art community/conference center. Smithfield is also world famous for the "**Smithfield Ham**". According to the Virginia Review, Smithfield is "without a doubt, one of the prettiest towns in Virginia." According to the Virginia Landmarks Register, Smithfield is "perhaps the best preserved of Virginia's Colonial seaports." Smithfield was just recently named "one of the 50 best small southern towns".

Treasurer's Office

Judith C. Wells
P.O. Box 79
17090 Monument Cir.
Isle of Wight, Va. 23397
757-365-6228

Isle of Wight Public Utilities

P.O. Box 108
Isle of Wight, Va. 23397
1-866-572-5966

Treasurer's Office

310 Institute Street
Smithfield, Va. 23430
757-365-4200

Public Libraries

Smithfield Branch library
255 James Street
Smithfield, Va. 23430
757-357-2264

Clerk of Circuit Court

Sharon N. Jones
P.O. Box 110
17000 Josiah Parker Circle
Isle of Wight, Va. 23397
757-365-6233

General District Court

17110 Monument Circle
Isle of Wight, Va. 23397
757-365-6243
www.co.isle-of-wight.va.us/general-district-court

Juvenile/ Domestic Court

17000 Josiah Parker Drive
Isle of Wight, Va. 23397
757-365-6237
1st floor of building

Carrollton Branch library
14362 New Towne Haven Ln
Carrollton, Va. 23314
757-238-2641

Isle of Wight County

Health Department
919 S. Church Street
Smithfield, Va. 23431

Isle of Wight Circuit Court

17000 Josiah Parker Drive
Isle of Wight, Va. 23397
757-365-6233
www.co.isle-of-wight.va.us/clerk-of-the-circuit-court

Town of Smithfield Water Dept.

757-365-4254

Town of Windsor Water Dept.

757-242-4288

Windsor Branch library
18 Duke Street
Windsor, Va. 23452
757-242-3046

Refuse and Recycling Center

757-365-6298

dlawrence@isleofwightus.net

Southampton Memorial Hospital

100 Fairview Drive
Franklin, Va. 23851
757-569-6100

Animal Services Division

757-365-6318

Smithfield Police Dept.

913 S. Church St.
Smithfield, Va. 23430
757-357-3247

Isle of Wight County

Parks and Recreation
13036 Nike Park Road
Carrollton, Va. 23314
757-357-2291

Town of **Smithfield** PO Box 246 Smithfield, VA 23431 (P) 757.365.4200 (F) 757.365.9508

Sign up for **Isle of Wight** Alerts- Receive instant alerts on severe and unexpected incidents and weather. 757-365-6308 IWAAlert.net

ISLE OF WIGHT & SMITHFIELD SCHOOLS

ISLE OF WIGHT SCHOOL BOARD 820 W. MAIN ST. SMITHFIELD, VA. 23430 (757-357-4393)

ELEMENTARY SCHOOLS

Carrollton Elementary
14440 New Town Haven Lane
Carrollton, Va. 23314
757-357-8850
Principal: Robert Brennan

Carrsville Elementary
5355 Carrsville Highway
Carrsville, Va. 23315
757-357-8844
Principal: Clint Walters

Hardy Elementary
9311 Hardy Circle
Smithfield, Va. 23430
757-357-3204
Principal: Shante C. Denson

Windsor Elementary
20008 Courthouse Highway
Windsor, Va. 23487
757-242-4193
Principal: Ellen Couch

Westside Elementary
800 W. Main Street
Smithfield, Va. 23430
757-357-3021
Principal: Marsha C. Cale

MIDDLE SCHOOLS

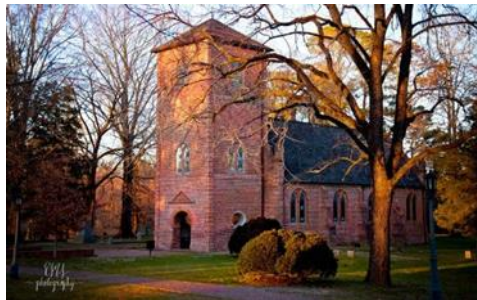
Georgie Tyler Middle
23320 North Court Street
Windsor, Va. 23487
757-242-3229
Principal: Jessica Harding

Smithfield Middle School
14175 Turner Drive
Smithfield, Va. 23430
757-365-4100
Principal: Fred Eng

HIGH SCHOOLS

Smithfield High School
14171 Turner Drive
Smithfield, Va. 23430
757-357-3108
Principal: Zachary Haney

Windsor High School
24 Church Street
Windsor, Va. 23487
757-242-6172
Principal: Laura Sullivan



St. Luke's Historic Church and Museum

The College & Career
Academy at Pruden
4169 Pruden Blvd.
Suffolk, Va. 23434
Principal: Connie Burgess

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AFFORDABLE HOUSING

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Habitat for Humanity	Affordable Housing	This is a non-profit organization that builds homes for deserving moderate income families. (Income Restrictions Apply)	Contact Regional Family Services Director at 757-837-0084 www.SHRHABITAT.ORG
	Suffolk Redevelopment Housing Authority 	Affordable Public Housing	The Mission of the Suffolk Redevelopment Housing Authority (SRHA) is to develop and operate affordable housing that will provide decent, safe, and sanitary homes and a suitable living environment for low and moderate-income families in Suffolk. Public Housing – affordable apartments for low-income families, the elderly and persons with disabilities. To apply, contact a public housing agency. Housing Choice Voucher Program (Section 8) – find your own place and use the voucher to pay for all or part of the rent.	For more information contact: 757-539-2100 SRHA 530 E. Pinner Street Suffolk, Va. 23434 www.suffolkrha.org
	Suffolk Redevelopment Housing Authority	First Time Home Buyers Class	VDHA First Time Home Buyers Education Class. The purpose of this class is to provide information about home ownership. From credit counseling to home inspection. All classes are held on Saturday from 9am to 3:30pm at SRHA. Please call for schedule. All classes are free.	For more information call Hope Blackwell at 757-925-8506 Or you can go to website www.vhda.com and click on 1 st time homebuyers class and follow the prompts.
	Belleville Meadows Apartments	Income Based housing	Income based 1 to 2-bedroom apartments for rent. Please call for available and eligibility requirements.	Contact 757-483-1771 Located at 5609m Plummer Blvd. Suffolk, Va. 23434
	Wilson Pines Apartments	Income Based housing	Income based 1 to 3 bedrooms apartments for rent. Please call for available and eligibility requirements.	Contact 934-0333 Located at 2525 E. Washington Street Suffolk, Va. 23434
	Heritage Acres Apartments	Income Based housing	Income based 1 to 4 bedrooms apartments for rent. Please call for available and eligibility requirements.	Contact 757-934-3460 Located at 1015 Nansemond Parkway Suffolk, Va. 23434
	Bettie S. Davis Village Apartments	Senior Income Based housing	Income based studio and 1-bedroom apartments for rent. Please call for available and eligibility requirements.	Contact 757-539-6005 Located at 100 Dover Court Suffolk, Va. 23434
	U.S. Department of Housing and Urban Development (HUD)	Affordable housing	Go to this site for information regarding- Fair housing, tenant rights, laws, and protection in your state, security deposits, buying versus renting, and rights of tenants displaced from government funded projects.	Contact: https://hud.gov www.HUD.gov/fairhousing


Additional Affordable Housing Listing				
				
	Making Home Affordable	Mortgage Payments Assistance	Get Expert Help. HUD-approved housing counseling agencies are here to help you. Find Out How >. Avoid Scams. Know the warning signs to protect yourself	For more information visit their website: makinghomeaffordable.gov or call 888-995-HOPE (4673)
	Isle of Wight and Smithfield	Income based housing	Jersey Park apartments is a family low income housing apartment subsidized by the federal governments Hud (housing and urban development division).	Address: 775 Wrenn Road Smithfield, Va. 23430 757-357-7250
		Low income senior housing	Covenant Place is a senior low-income housing apartment subsidized by the federal governments Hud (housing and urban development division).	Address: 601 Cedar Street Smithfield, Va. 23430 757-357-4469
		Energy efficiency apartment	Church Manor apartments features (green features): energy star® appliances, low-vac carpet, high-efficiency lighting, low flow shower heads and toilets, high-efficiency hvac system, low-emissivity windows.	Address: 513 Main Street Smithfield, Va. 23430 757-357-5848



Community Incarceration Programs

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Suffolk Social Service Corrections Program 	Misdemeanor and non-felony offender's corrections program.	The 5 th Judicial District Community Corrections Program (CCP) is committed to maintaining public safety by serving as a sentencing alternative to courts in the 5 th District for misdemeanant and non-violent felony offenders . Working in collaboration with various local and state agencies, the CCP strives to facilitate a change in offenders' thought processes and behaviors, resulting in offenders' decision to terminate their involvement in criminal behavior. Ensure that offenders satisfy all court ordered conditions. Ensure offenders successfully complete educational programs, training courses and receive counseling services (i.e. mental health, domestic violence, etc.) Committed to assisting offenders in their rehabilitative process with the idea that they will become lifelong law-abiding citizens which lends to creating and maintaining safe communities for citizens living within the 5 th District.	Contact 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Please note: You will need to have in your possession a copy of your Court Order, a photo ID, social security card and verification of employment and residence.
	Restoration of Rights	Voter Registration & Restoration of Rights	Anyone convicted of a felony in Virginia automatically loses their civil rights (the right to vote, serve on a jury, run for office, become a notary public and carry a firearm). The Constitution of Virginia gives the Governor the sole discretion to restore civil rights, not including firearm rights . To be eligible for restoration of civil rights, an individual must have a felony conviction and be free from any term of incarceration and/or supervision resulting from felony conviction(s). You can go to the website to check your status of your civil rights and request for your rights to be restored.	Contact: Jack 757-879-6707 www.restore.virginia.gov www.elections.virginia.gov The Secretary of the Commonwealth gives priority consideration to Individuals who request restoration of their civil rights. An individual seeking restoration of their civil rights may contact the Secretary of the Commonwealth by calling (804) 692-0104
	Integrated Health Services	Mental Health Services provided to: Adolescent offenders	This a community-based agency that provides an array of customized mental health services to meet the specific needs of individuals and families. Serve individuals at risk of an out of home placement. Provide Intensive In-Home Service and Out Patient Treatment.	Contact 757-838-1894 Address: One West Queens Wat suite 200 Hampton Va. 23669 www.ihsva.com
	Revive my vote	Restoring voting rights to individuals with prior felony convictions.	Revive my vote is a free and confidential service that helps Virginians with prior felony convictions restore their voting rights. This is a FREE and confidential service provided by the William and Mary Law group.	Contact https://revivemyvote.wm.edu or call (844) 932-8683


Disability Services

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Suffolk Social Services And Isle of Wight Social Services Department	Adult Services	Adult Services are provided to enable adults aged 60 and over, and adults with a disability to remain in the least restrictive environment, preferably their own homes, with dignity for as long as possible, thus avoiding more costly and restrictive institutional placement.	Suffolk Contact: 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Suffolk Social Services And Isle of Wight Social Services Department	Auxiliary Grants	An Auxiliary Grant (AG) provides an income supplement to recipients of Supplemental Security Income (SSI) and certain other aged, blind or disabled individuals residing in an assisted living facility (ALF) licensed by the Division of Licensing Programs or in an adult foster care home approved by the individual's local Department of Social Services (DSS). The financial assistance is to ensure that adults are able to maintain a standard of living that meets a basic level of need such as room and board, maintenance and care.	Suffolk Contact: 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Suffolk Social Security 	Disability Benefits	We pay disability benefits through two programs: The Social Security disability insurance (SSDI) program and the Supplemental Security Income (SSI) program. This booklet is about the Social Security disability program. Who can get Social Security disability benefits? Social Security pays benefits to people who can't work because they have a medical condition that's expected to last at least one year or result in death. Federal law requires this very strict definition of disability. While some programs give money to people with partial disability or short-term disability, Social Security does not. Certain family members of disabled workers can also receive money from Social Security.	Suffolk Social Security Office 800-772-1213 and/or 866-835-7769 TTY 800-325-0778 502 Hillpoint Blvd. Suffolk Va. 23434 Our publications are available online at www.socialsecurity.gov
	Transit I-Ride	Transportation	I-Ride transit provides paratransit rides for individuals with disabilities and the infirm elderly. All riders must be qualified by the Senior Services paratransit scheduler and certified according to the American with Disabilities Act guidelines to be able to use this service. Service is offered in a fixed geographic area in Suffolk, located within three quarters mile of the Virginia Transportation service routes. Cost per ride is 3.00 The qualified rider may be accompanied by a companion at no extra fee.	For more information please Contact 757-963-9227 or write SSSEVA c/o Human Resource Manager 6350 Canter Drive Bldg. 5, #101, Norfolk, Va. 23502

	Foundation for Rehabilitation Equipment and Endowment “FREE” Organization	Income Based Free medical equipment	The F.R.E.E. Foundation is a volunteer led non-profit organization that provides mobility rehabilitation equipment to help people regain their mobility and independence. F.R.E.E. collects, sanitizes, repairs, and gifts donated mobility equipment to uninsured and underinsured adults in Virginia. Please remember that F.R.E.E is a volunteer-run organization with only a small paid staff, so please be patient. We check our answering services daily and will get back to you as soon as possible. *You can also donate your time and/or equipment to assist those in need.	Contact information: 757-771-6183 Fax:757-447-6333 Mailing address: P.O. Box 66207 Virginia Beach, Va. 23466 http://www.free-foundation.org EMAIL: shr@free-foundation.org You can download application from website.
	Camp Limitless Therapeutic Summer Camp	Camp for children with disabilities	CAMP LIMITLESS is a Therapeutic summer camp for children and adolescents with special needs and ABILITIES! Camp Limitless is an innovated summer program for children and adolescents with special needs that allow campers to flourish in a structured environment ...	For more information please visit the website at: www.suffolkva.us/521/summer-programs Please visit website starting in March. Programs are on a first come, first served basis.



Domestic Violence Services

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Samaritan House	Domestic violence, Sexual Assault, Human Trafficking or Homeless Families.	Samaritan House provides comprehensive support services and housing to women, men, and children in our region. Whether we work with victims of domestic violence, sexual assault, human trafficking or homeless families, our purpose is the same.	Contact 757-430-2120 2620 Southern Blvd. Virginia Beach, Va. 23452 (757) 631-0710 https://samaritanhouseca.org
	Suffolk Social Services And Isle of Wight Social Services Department	Adult Protective Services	Adult Protective Services (APS) investigates reports of abuse, neglect, and exploitation of adults aged 60 and over and incapacitated adults over 18 years of age and provides services when persons are found to need protection.	Suffolk Contact: 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Suffolk Social Services and Isle of Wight Social Services Department	Child Protective Services	The goal of Child Protective Services (CPS) is to provide specialized services to protect children from abuse and neglect, preserve families whenever possible and prevent further maltreatment of a child or children.	Suffolk Contact: 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	STOP ABUSE Organization 	Child Sexual Abuse	STOP ABUSE was formed to prevent child sexual abuse through education, detection, and referral. Simon, the star of the show, empowers children and teaches them to speak up if they are being touched or approached in a way that makes them uncomfortable through songs and dialogue. Teaching children about how to recognize and prevent child sexual abuse- that your body is your own.	Contact:757-491-2873 101 S. First Colonial Rd. #101 Virginia Beach, Va. 23454 https://stopabuse.com and the National Child Abuse Hotline 1-800-4-A- CHILD
	Domestic Violence Hotline	Domestic violence hotline	National Domestic Violence Hotline is available to help victims and survivors of domestic violence . Get help for your relationship abuse today	Please call 1-800-799-7233
	Safe Horizon	Domestic Violence hotline	For many survivors of violence , the journey to safety and healing starts with a simple phone call to one of our specialized hotlines . Our Hotline advocates offer personalized, non-judgmental support, talk to you about your safety, provide information about resources in your community, and connect you to our programs and services.	Call our 24-hour hotline at: 1-800-621-HOPE (4673) or If you are in immediate danger CALL 911 https://www.safehorizon.org/hotlines

Emergency Crisis Services

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Children’s Crisis Center of Hampton Roads	Emergency Shelter, crisis assistance, and supportive services.	The Children’s Crisis Center of Hampton Roads provides emergency shelter, crisis assistance and supportive services for underprivileged and at-risk families with mental and behavioral disabilities. Also have “Parents of Today” and “Children of Tomorrow” programs.	Contact 757-549-3414 Address 118 Great Bridge Blvd. Chesapeake, Va. 23320 https://wwwshelterlistings.org and www.crisiscenterofhr.org
	Suffolk & Isle of Wight Social Service Department	Crisis Assistance	Crisis Assistance is intended for emergency situations. It helps eligible households when fuel assistance or other resources cannot meet the need. Some examples of emergencies include: lack of heat, imminent utility cut-off, and inoperable or unsafe heating equipment. Types of Crisis Assistance may include; payment of utility security deposit, purchase of portable space heater, purchase of primary home heating fuel, payment of primary utility bill. Repair of heating equipment, replacement of heating equipment, and/or provision of supplemental heating equipment/maintenance.	To be eligible there must be a heating emergency and certain criteria must be met. Applications for equipment-related assistance are accepted November 1 through March 15 at Suffolk Social Service. Assistance for purchase of heating fuel and utility bills for primary residences are available from the first workday in Jan through March 15. Suffolk: 757-514-7450 135 Hall Ave. Suffolk, Va. 23434 Isle of Wight: 757-365-0886 17100 Monument Circle, Windsor, Va. 23487
	Suffolk & Isle of Wight Social Services Department	Emergency Assistance	Emergency Assistance provides short term, limited financial assistance to families with children when a fire or natural disaster has destroyed essential items needed for taking care of a family. The maximum amount of Emergency Assistance is limited to \$500.	If you are in need of Emergency Assistance, you may visit or call the <u>Suffolk Department of Social Services</u> . When you visit or call, please ask for an Intake Services worker to assist you. Suffolk: 757-514-7450 135 Hall Ave. Suffolk Isle of Wight: 757-365-0886 17100 Monument Circle, Windsor, Va. 23487
	Suffolk & Isle of Wight Social Service Department	Prevention program	Prevention Program Prevention Services are provided to stabilize the family in the event of an emergency or crisis . This program provides emergency payments to avert eviction, or loss of a utility. The services are meant to prevent the placement of children into Foster Care. Several Criteria Must Be Met Before Services Can Be Activated, Including Must have child (ren) in the home under 18 years old. Cannot have received assistance from Prevention Services recently or for	Suffolk Contact 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487

			the same situation. Must be a legitimate emergency (i.e., eviction, lights turned off, etc.) Must have had a recent crisis (loss of job, decrease in hours, wages, etc.)	(con't on next page)
	Center for Disease Control (CDC)	Health Information	The CDC provides information about healthy living, diseases and conditions, traveler's health, emergency preparedness, and more.	www.CDC.gov and/or you can call 1-800-232-4636
	Suffolk DAV Chapter for Veterans	Veterans Crisis Line	The Veterans Crisis Line connects Veterans in crisis and their families and friends with Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Meeting times are the 3 rd Monday of each month at 6pm.	For more information contact: 757-934-2695 Address: 139 S. Saratoga Street Suffolk Va. 23434 https://www.davmembersportal.org/chapters/VA/05
	The H.E.R. Shelter "Help and Emergency Response"	Coordinated Crisis Response, a 24-hour emergency hotline	A trained advocate can assist individuals in need of information, referrals, or - when appropriate - can provide safe, emergency housing for a woman and her children. The H.E.R Shelter currently operates two shelter facilities in the cities of Portsmouth and Chesapeake, Virginia.	In an emergency? Call the police if needed. If safe, call this number for help: Hotline: 757 - 251 - 0144
	The National Sexual Assault Hotline	Sexual Assault	RAINN is the nation's largest anti-sexual violence organization, dedicated to supporting survivors of sexual violence. National Sexual Assault Hotline is Free. Chat one-on-one with a RAINN support specialist to access a range of free services including: Confidential support from a trained support specialist, someone to help you talk through what happened, Resources that can assist with your next steps toward healing and recovery, Referrals for long term support in your area, and Information about the laws and resources in your community	When you call 800. 656.HOPE (4673), you'll be routed to a local sexual assault service provider in your area. Visit https://hotline.rainn.org/online/ to chat one-on-one with a trained RAINN support specialist, any time 24/7.


Emergency Shelters/ Housing


Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Salvation Army	Emergency Housing, Homeless Shelter, Transitional Living Centers, and Family Shelters	At the Salvation Army , our doors are open every day - and night - of the year. Through our emergency housing facilities, homeless shelters , transitional living centers, group homes, and family shelters , we provide over 10 million nights of lodging annually.	Contact 757-934-6173 Address 157 W. Washington Street. Suffolk, Va. 23434 www.salvationarmyusa.org
	Genieve Shelter	Safe Refuge Emergency Shelter	The Genieve Shelter strives to provide a safe refuge and supportive environment for the victims of domestic violence, sexual assault, stalking, and human trafficking; provide information, education, and training services that focus on ending the cycle of violence.	Contact 757-925-1131 or Hotline 757-251-0144 Address: 157 N. Main street Suffolk, Va. 23434
	The Samaritan House	Support Services and Housing	Samaritan House provides comprehensive support services and housing to women, men and children in our region. Whether we work with victims of domestic violence, sexual assault, human trafficking or homeless families, our purpose is the same.	Contact 757-631-0710 or 24-hour help line at 757-251-0144 address: 2620 Southern Blvd. Virginia Beach Va. 23452
	Barrett Transitional Home	Transitional Home (for Single Women and Pregnant Women)	Barrett Transitional Home provides up to 24 months of transitional housing for single women and single pregnant women dealing with homelessness. Transitional housing is affordable supportive housing designed to provide housing and appropriate support services to persons who are homeless or who are close to homelessness.	Contact 757-624-6990 address: 2129 Vincent Ave. Norfolk, Va. 23504
	F.O.R. Kids Inc.	Transitional Housing	ForKids provides for the education, well-being, and health of approximately 150 homeless families with 300 children from Norfolk, Virginia Beach, Chesapeake, Portsmouth, Suffolk , and Western Tidewater each day. Wrap-around services provide these families with the opportunity to end the cycle of homelessness and poverty by addressing and conquering issues such as domestic violence and mental illness. ForKids operates two emergency shelters that allow up to a four month stay; transitional housing where families can stay for up to two years if needed; permanent supportive housing for families with chronic mental and/or physical disabilities, and in-home housing stabilization case management for families living throughout the community who have been or are at risk of becoming homeless.	Contact 757-622-6400 address: 4200 Colley Ave. suite A Norfolk Va. 23508 and P.O. Box 6044 Norfolk Va. 23508

	The HER Shelter “Help and Emergency Response”	Emergency Assistance	Support our work today! H.E.R. Inc is a nonprofit - meaning all of our support comes from grants and donations! We work day in and day out to provide safety, sustainability, and support for survivors of domestic and sexual violence, human trafficking, and stalking. And you can make that happen!	Contact 757-485-1445 or hotline 757-251-0144 address: P.O. Box 2187 Portsmouth Va. 23702
	Union Mission Ministries	Homeless Shelter, Food and Recovery Programs	The Union Mission Ministries serves the poor and homeless in our community. Since 1892 The Union Mission Ministries has been providing the Homeless with Shelter, Food & Recovery Programs. Please help donate funds, food or volunteer your time today!	Contact 757-627-8686 Address 5100 E. Virginia Beach Blvd. Norfolk Va. 233502
	LGBT Life Center	Housing for homeless	LGBT Life Center offers rapid re-housing for individuals who suddenly find themselves homeless. We also provide permanent housing for LGBTQ and HIV+ individuals and work with them to achieve economic stability, social self-reliance, and better health.	Contact: 757-640-0929 Located at 248 W. 24 th Street Norfolk Va. 23517 Mailing address is: 222 W. 21 st street #F308 Norfolk, Va. 23517 Email: info@lgbtlifecenter.org
	Office of Human Affairs	Veteran Crisis Support	Please call 1-800-273-8255 (and press number 1) to speak with someone in the event of a crisis.	Contact 886-7928 Address: 14302 Old Courthouse Way Newport News Va. 23602
	Hampton Ecumenical Lodging/ Provisions (HELP)	Domestic violence assistance	Hampton Ecumenical Lodgings and Provisions (HELP) is a domestic violence service near Hampton , VA providing help for people dealing with domestic abuse.	Contact 757-727-2577 or Call 757-587-4202 Address: 1320 LaSalle Ave. Hampton Va. 23669




Employment/ Career Training

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Care Advantage (PCA/CNA)	PCA *Offering 30 FREE PCA Class training. Next class is October 2018	Teach skills necessary to deliver exceptional care to those in need. *Candidates must be able to pass a criminal background check/ drug screen, reliable transportation, basic cooking/ cleaning skills, and a warm personality.	Contact Care Advantage at 757-325-9716 www.Careadvantageinc.com
	Workforce Development		Offers FREE help with applications, licenses, education, and personal goals.	Contact 757-514-7733 Address 157 N. Main street 2 nd floor Suffolk Va. 23434
	Computer Basics for Active Adults +55 at East Suffolk Recreation Center	Computer Basics	During this 8-week course, you will learn basic computer skills, how to search the Internet, how to email and even connect with your family and friends through social media. The class is free with a valid recreation center membership.	Contact Janice Myrick at Suffolk Parks and Recreation 757-514-4500
	Suffolk Health Department	Food Handler's card	Suffolk – Tuesday: 9:00 – 11:00 AM Thursday: 2:00 – 4:00 PM Franklin – Wednesday: 2:00 – 4:00 PM Isle of Wight –Thursday: 2:00 – 4:00 PM The cost of the card is \$10.00 cash. (Two-year expiration date) **Please bring the exact amount of cash required.	Download a copy of the booklet at: https://www.vdh.virginia.gov
	Western Tidewater District	Online Virginia Food Handler's Card	This course holds the <u>ANSI food handler training program accreditation (ASTM e2659-2015)</u> and is approved for use in <u>Western Tidewater District, Virginia</u> (Isle of Wight County, Southampton County, Franklin, and Suffolk), by the Western Tidewater Health District and is valid statewide. Purpose The purpose of the Food Handlers Training program is to prepare food handlers to enter the workforce by providing the required food safety information as specified by regulations of the workers' state or local government.	www.statefoodsafety.com to watch videos and training. You can also download a copy of the booklet at https://www.vdh.virginia.gov
	Suffolk Literacy Council	Help with reading, basic math, and English as a second language	Offers one on one and small group classes in reading, basic math and English as a second language or other language. All tutors have been trained in methods approved by Pro-Literacy America.	Contact Workforce Development 157 North Main Street Suffolk, Va. 23434 (757)514-7733 www.learn2readsuffolk.org

	Paul D. Camp Community College	Offering associate degrees, career/technical programs, credit and non-credit workforce services.	Paul D. Camp Community College is a two-year public educational institution with campuses in Franklin and Suffolk , and a Center in Smithfield, VA. The College offers a wide array of educational opportunities and workforce training. Educational opportunities include: associate degrees, career studies certificates in transfer and career/technical programs; credit and non-credit workforce services; training for businesses and industries; and special interest classes for the community.	For more information, please call 757-569-6700 or visit their campus at 271 Kenyon Road Suffolk, Va. 23434 https://www.pdc.edu
	American Red Cross	CNA online classes	Online CNA classes. Work at your own pace and schedule. Interactive and customizable courses. Unlimited course access for two years. Start taking your course immediately. Training requirements for the Certified Nurse Assistant varies from state to state, however, the following items are required for all Red Cross Nurse Assistant- attend a local orientation information session, TABE (reading and math assessment or verification of High School Diploma or GED, must pass a Red Cross criminal background check prior to registration and completion of Red Cross physical form/ TB test.	For more information please visit the following website: https://www.redcross.org/take-a-class/cna-training
	The Pruden Vocational and Technical Center	Vocational Class and Training	The Pruden Center 's academics offer more than 15 vocational programs in high-demand professions like Cosmetology, IT and Nurse Aide. If you know what career path you'd like to take, these courses are a great way to gain professional experience while you're still in high school.	For more information, call: 757-925-5651 Or visit their location at 4169 Pruden Blvd. Suffolk, Va. 23434
				

Financial Assistance

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Salvation Army	Food Assistance and Soup Kitchen	Feeding Program – Thursdays & Saturdays 12pm to 1pm Food Bank of America- every third Friday of the month from 9am to 11am. Social Services: Mon-Fri: 9:00am-4:30pm (Closed for Lunch 12:00-1:00pm)	Contact Information: EMAILsuffolkva@uss.salvationarmy.org 400 Bank Street Suffolk, Va. 23434 Office Phone: 757-539-5201
	Suffolk & Isle of Wight Social Services Medical Assistance Program	Medical Assistance	Virginia Medical Assistance Programs: There are several Medical Assistance Programs offered in Virginia. Each program covers different groups of people and each program has different eligibility requirements. When you apply for Medical Assistance, you are screened for all possible programs based on your age, income, financial resources, and other information. To be eligible for a Medical Assistance Program, you must meet the financial and non-financial eligibility conditions for that program.	Suffolk Contact 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Suffolk & Isle of Wight Social Service 	Prevention program	Prevention Program Prevention Services are provided to stabilize the family in the event of an emergency or crisis. This program provides emergency payments to avert eviction, or loss of a utility. The services are meant to prevent the placement of children into Foster Care. Several Criteria Must Be Met Before Services Can Be Activated, Including Must have child (ren) in the home under 18 years old. Cannot have received assistance from Prevention Services recently or for the same situation. Must be a legitimate emergency (i.e., eviction, lights turned off, etc.) Must have had a recent crisis (loss of job, decrease in hours, wages, etc.)	Suffolk Contact 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Suffolk Social Services, Utilities Assistance	Fuel Assistance	Fuel Assistance assists with various types of energy sources, including electricity, natural and liquid propane gas, oil, kerosene, coal and wood. Fuel Assistance is a supplemental program intended to assist households in meeting their home heating energy needs. To be eligible for Fuel Assistance, there are certain income guidelines and living arrangements that must be met. The household must be responsible for paying the heating bill.	Applications are accepted online and at Social Services from the second Tuesday in October through the second Friday in November. Applications are processed as soon as possible, and applicants should expect notification of their eligibility determination by mid-December. Suffolk Social Services 757-514-7450 135 Hall Avenue Suffolk

	Suffolk & Isle of Wight Social Services	Cooling Assistance	Cooling Assistance prevents or helps with cooling emergencies resulting from extreme heat. To be eligible for any type of Cooling Assistance, certain income and citizenship criteria must be met. In addition, the household must contain at least one vulnerable person and there must be a cooling need. The following types of assistance are available if the eligibility conditions are met and the assistance will ensure cooling: purchase or replace and install an air conditioner; repair a central air conditioning unit or heat pump; payment of an electric utility security deposit; payment of the electric bill to operate the cooling equipment.	Suffolk Social Services 757-514-7450 135 Hall Avenue Suffolk Virginia 23434 Applications are accepted at the Suffolk Department of Social Services from June 15 through August 15. Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Farmers Market & Farm Stands SNAP	Food Assistance	Look for participating local farmers markets and farm stands accepting SNAP/EBT to enjoy the freshest fruits and vegetables of the season. Farmers markets accepting SNAP will swipe your EBT card at the customer service tent before you shop and provide tokens. Tokens can be used for; fruits, vegetables, meats, spices/herbs, eggs, baked goods, jams and jellies, and cheese	Smithfield Farmer's Market 115 Main St. Smithfield Va. 23450 (757) 375-3031 and B & H Vegetable Farm Stand 251 W. Washington St. Suffolk Va. 23434 (757) 335-5363
	Suffolk & Isle of Wight Social Service SNAP Program	Food Assistance	SNAP food Assistance: SNAP can be used like cash to buy eligible food items from authorized retailers.	You can apply online in Virginia by visiting: https://commonhelp.virginia.gov/access/
	Suffolk & Isle of Wight Social Service TANF Program	Financial Assistance	The TANF program provides eligible families with a monthly cash payment to meet their basic needs. For a child to be eligible he must be: Under age 18, or if 18 will graduate from high school before age 19. Going to school regularly if he is between the ages of five and 18 Living with a parent or other relative. A U.S. citizen or an eligible immigrant.	Suffolk Contact 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Blink Health	Low Cost Medication	For medication assistance, try calling the pharmaceutical company first for help. Next, go to website "blinkhealth.com" type in name of your medication for low cost medication.	For more information: www.blinkhealth.com or call 1-855-979-8290.
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	Greater Love Outreach Inc. Date/Time Call as needed.	143 S Saratoga Street, Suffolk, VA 23434 (757) 925-1493


			Continuation of Food Bank Distributors	
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry and Soup Kitchen	Suffolk Christian Fellowship Date/Time Food Rescue Distribution: Monday & Thursday 1130a-130p; Emergency Food Pantry: Saturday 9a-11a; Soup Kitchen: Sunday 2p-4p.	201 East Washington Street, Suffolk, VA 23434 (757) 353-0471
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	St Paul's Episcopal Church Date/Time Monday 5p-600p	213 North main St, Suffolk, VA 23434 (757) 539-2478
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	Suffolk Christian Church Date/Time Tuesday 3p-5p (Closed 1st Tuesday of the month.)	216 North Main Street, Suffolk, VA 23434 (757) 539-9182
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	Capernaum 7th Day Adventist Church Date/Time Wednesday noon-2p and Friday noon-1:30p	316 York Street, Suffolk, VA 23434 (757) 934-3518
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	West End Baptist Church Date/Time 3rd Friday 10a-noon	105 St. James Ave, Suffolk, VA 23434 (757) 539-8771
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	East End Baptist Church - Solomon's Porch Date/Time 2nd & 4th Thursday 10a-noon; Emergency food distribution: Monday, Thursday, & Friday 3p-5p.	126 Mulberry Street, Suffolk, VA 23434, United States (757) 539-3324
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	St Paul Baptist Church Date/Time Tuesday, Thursday, & Saturday 12p-1p	806 Lincoln Avenue, Suffolk, VA 23434 (757) 539-9692
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	New Life Church-Suffolk Date/Time Sunday 10a-noon; Wednesday 6p-8p	540 E Constance Road, Suffolk, VA 23434 (757) 539-7001
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	Wilroy Baptist Church Date/Time 3rd Thursday 9a-11a	306 Williams Rd, Suffolk, VA 23434 (757) 539-5658

	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food and Soup Kitchen	Oak Grove Baptist Church Date/Time Soup Kitchen and Pantry: Tuesdays 12PM-1PM. Emergency Pantry: Mon thru Thurs 8AM-4PM, and Friday 10AM-2PM - Call First	2635 E Washington St, Suffolk, VA 23434, USA 757-539-8012
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	Magnolia United Methodist Church Date/Time 3rd Tuesday 10a-noon	1764 Wilroy Road, Suffolk, VA 23434 (757) 538-8552
	Food Bank Southeastern Virginia and the Eastern Shore Distribution Center	Food Pantry	Bethlehem Christian Church Date/Time 2nd, 3rd, & 4th Tuesdays of the month 10a-11a	1549 Holland Rd, Suffolk, VA 23434 (757) 539-4274
	Isle of Wight Christian Outreach Program, Inc.	Food Pantry	Food pantry open on Mon, Wed, and Fridays from 9am to 3pm.	For additional information; 402 Grace Street, Smithfield Va. 23430 757-356-9267
	Immaculate Conception Catholic Church	Food Pantry and Free Meals	Offers a free hot meal every Sunday afternoon from 2pm to 4pm to anyone. Please call for times that the food pantry will be open.	For additional information: 2150 Cunningham Drive, Hampton 2366 757-826-0393



Health/ Wellness Clinics & Programs

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Western Tidewater Free Clinic (WTFC)	Medical Care and Dental Clinics and Vision Care	WTFC offers comprehensive, compassionate, and coordinated health care services. Services provided are: medical care, dental care, vision care, women's health program, mental health counseling, pharmacy services, physical therapy, one-on-one patient education, and medical specialist's partnership and referrals.	Contact 757-923-1060 2019 Meade Parkway Suffolk Va. 23434 FOR a full list of eligibility requirements please visit their website directly or call.
	East Suffolk Recreation Center	Diabetes & Blood Pressure Check	Every 3rd Wednesdays at 10 a.m. - 11 a.m. a local health professional will be on site to assist with special health-related checks. Remember to make note of what you eat before the check.	Contact East Suffolk Recreation Center 757- 514-4500
	Suffolk Health Department "Healthy Families of Suffolk"	Infant and Child services	Healthy Families want to welcome your baby into the community and make sure you know what services are available to you. Healthy Families provides parent support through home visits. All services are FREE and VOLUNTARY . *Your family can remain in HF until your child is five years old, but services must begin before your baby is 3 months old.	Contact Beverly McQuarry at 757-514-4738 Address 135 Hall Ave. suite A Suffolk Va. 23434 Beverly.mcquarry@vdh.virginia.gov
	Southeastern Virginia Clinic Main Street Physician (SEVHS)	Medical Care	This clinic provides health care to low income individuals and families. Please call for an appointment and bring the following information with you on appointment: government issued ID, household income verification (last 2 paystubs or recent federal tax return), unexpired insurance card, all medications, *nominal fee (based on income).	Main Street Physicians 757-925-1866 157 N. Main Street Suffolk Va. 23434 Website: www.SEVHS.org
	Southeastern Virginia Clinic Main Street Physician	Dental Clinic	Provides dental services such as examinations, cleanings, and X-rays, extractions and preventive treatment. Sliding Fee Scale available hours are Mondays- Thursday 8am to 5 pm.	Main Street Physicians 757-942-1280 157 N. Main Street Suffolk Va. 23434
	Healthy Smiles Dental Center	Dental Services	Provides dental services such as examinations and X-rays, preventive, restorative, and emergencies. This is a SLIDING SCALE clinic and does not necessarily mean free. The cost for clinic services are based on either your income or they offer types of financial assistance. Available hours are Mondays- Friday 8am to 5 pm.	For more information contact 757-399-4588 Address 664 Lincoln Street Portsmouth Va. 23704

	Suffolk & Isle of Wight Health Department	Health Services	The Suffolk Health Department offers a variety of health services, including environmental health, family planning, health screening, immunizations, prenatal and pediatric services, STD and communicable disease testing and treatment, WIC, Senior Services of Southeastern Virginia (SEVAMP)	Contact Suffolk: 757-514-4700 Address: 135 Hall Avenue Suffolk Virginia 23434 Contact Isle of Wight: 919 South Church Street Smithfield, Va. 23430 757-357-4177
	Choose my plate	Healthy Eating Habits	The MyPlate Plan shows your daily food group targets -- what and how much to eat within your calorie allowance. The MyPlate Plan is personalized for you, based on your age, sex, height, weight, and physical activity level. MyPlate Plans are available for everyone aged 2 and older. Visit this website for information on healthy food choices, create a daily meal plan, growth chart, BMI calculator and more.	Please go to website; www.choosemyplate.gov
	LGBT Life Center	Health and Wellness testing	LGBT Life Center wants you to stay healthy and productive in all aspects of your life. Offers fast, free, and private testing for rapid HIV in 20 minutes, Hep C, and Syphilis. Also offers treatment and sexual counseling. Transportation to and from medical appointments.	Contact: 757-640-0929 Located at 248 W. 24 th Street Norfolk Va. 23517 Mailing address is: 222 W. 21 st street #F308 Norfolk, Va. 23517 Email: info@lgbtlifecenter.org
	Bon Secours Care-A-Van Mobile Clinic 	Mobile Community Health Clinic	Arrives in Suffolk in the parking lot of the Salvation Army, 400 Bank Street Suffolk Va. 23434 (757-539-5201) on Fridays from 9am to 2pm. Residents in all of the Hampton Roads area can visit any of the five (5) locations.	General Care-A-Van information: 757-889-2273 For existing and returning patients: 757-889-5121 Care-A-Van information and monthly schedule. Visit website: www.bshr.org Operations Manager: Melissa Gortnitzka
	Sentara Cancer Support Groups	Cancer Support Groups	At Sentara, we believe that care should extend beyond the physical aspect of treating a disease. That's why we provide a variety of support groups to help patients and their families cope with the emotional and mental strain that an illness can cause.	https://www.sentara.com/.../support-groups.aspx
	The Keim Center of Suffolk	Free Pregnancy Testing	You can talk openly about any questions you may have with one of our licensed medical professionals about topics like, failed contraception, STDs, reproductive health, and more.	For more information contact: 302 N. Main Street Suite A Suffolk Va. 23434 (757-499-4444)
	Sentara St. Luke's Health Care	Health Care	Sentara St. Luke's is a modern healthcare campus that provides high-quality healthcare to the Isle of Wight area.	Address: 20209 Sentara Way, Carrollton Va. 23314 757-542-1000

Mental Health Services

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Western Tidewater Community Services Board (SEVHS)	Mental Health Services	Those in need of any mental health needs especially those that cannot afford psychologist, counselor, or medication need to be screened for the services of this state sponsored CSB Clinic!	For more information please contact 757-255-7148 5268 Godwin Blvd. Suffolk Va. 23434 and 135 S. Saratoga Street Suffolk, Va. 23434 (757-925-2400)
	Western Tidewater Community Services Board (WTCSB)	Mental Health Services	Western Tidewater Community Services Board serves the Cities of Franklin, Suffolk, Counties of Isle of Wight and Southampton. We are the single point of entry for access to mental health services, supports for intellectual disability, and services for a substance use disorder. CSBs advocate for people who are receiving or are in need of services. We act as community educators, organizers and planners. We also advise local governments about behavioral health and developmental services and needs.	Contact: 757-966-2805 Address: 7025 Harbour View Blvd. # 119 Suffolk, Va. 23435
	Integrated Health Services	Mental Health Services	This a community-based agency that provides an array of customized mental health services to meet the specific needs of individuals and families. Serving- 1-individuals at risk of an out of home placement 2- adolescent offenders 3- substance abusers 4- Individuals/ families struggling with anger Management 5-individuals reunifying with their family after returning home from an out of home placement 6- children and adolescents who have been exposed to trauma 7- individuals with mental health difficulties.	Contact 757-838-1894 Address: One West Queens Wat suite 200 Hampton Va. 23669 www.ihsva.com
	Western Tidewater Free Clinic (WTFC)	Mental Health Counseling	WTFC offers comprehensive, compassionate, and coordinated health care services. Services provided are: medical care, dental care, vision care, women's health program, mental health counseling , pharmacy services, physical therapy, one-on-one patient education, and medical specialist's partnership and referrals.	Contact 757-923-1060 2019 Meade Parkway Suffolk Va. 23434 FOR a full list of eligibility requirements please visit their website directly or call.
	LGBT Life Center	Mental Health Counseling and Group Therapy	LGBT Life Center offer affordable, sliding scale mental health care to HIV positive, Lesbian, Gay, Bisexual, Transgender, and Queer or Questioning individuals based on their ability to pay. Mental health programs focus on empowerment, inclusion, and holistic wellness. Please go to website to view the variety of group counseling sessions, dates, and times.	Contact: 757-640-0929 Located at 248 W. 24 th Street Norfolk Va. 23517 Mailing address is: 222 W. 21 st street #F308 Norfolk, Va. 23517 Email: info@lgbtlifecenter.org

	Suicide Prevention Hotline	Suicide Prevention	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal. We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Talk To Someone Now · Chat · We Can All Prevent Suicide ·	https://suicidepreventionlifeline.org PLEASE CALL US!!! 1-800-273-8255
	Jakafi Behavioral Care Center	Youth Behavioral Health Services	Does your child have trouble controlling his/her anger? Refuse to listen, getting bad grades, gets into fights with other children, and need an outlet to release his/her energy? We offer multi-modal, creative arts, and experiential therapies. This individual, empowering process builds self-esteem, confidence and self-awareness.	Please contact: 757-539-1656 495 Carolina Road Suffolk Va. 23434

Mental Illness Early Warning Signs and Symptoms

Having a combination of symptoms (not just one symptom) indicates that someone might be showing signs of a mental health condition. Be aware of these symptoms when they last longer than a few weeks:



Problems with concentration, memory, or ability to think clearly



Changes in eating such as loss of appetite or overeating



Not being able to complete school or work tasks



Feeling overly worried



Feeling sad, empty, hopeless, or worthless




Sensitivity to sounds, sight, smell, or touch



Irritability and restlessness



Loss of interest in activities that are normally enjoyable, withdrawal from others, or disconnection



Feeling like your brain is playing tricks on you. Hearing knocking or scratching sounds, or name being called



Changes in energy level and sleep patterns. Often someone will sleep during the day and be up at night

Signs and symptoms that require immediate attention:

- Thoughts or plans of killing or hurting one's self or another person
- Hearing voices or seeing things that no one else can hear or see
- Unexplainable changes in thinking, speech, or writing
- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character


May is Mental Health Awareness Month

Personal Care/ Nursing Services

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Tidewater Home Care	Personal care assistance	Tidewater Home Care provides at home Care and support for the disabled and elderly in Tidewater. Tidewater Home Care is an approved Medicaid Provider that provides certified personal care aides to those in need of daily living assistance.	Contact 757-275-7010 Address 1421 W. Pembroke Ave Hampton Va. 23669 www.tidewaterhomecare.com
	Gentle Care Touch	Respite Care and Personal Care Aides	We provide respite care 24 hours. Personal Care twenty-four hours Personal care aides generally are responsible for light cleaning, cooking, running errands, and doing laundry, as well as assisting clients with bathing, showering, grooming, and other personal needs.	140 W Washington St Suite 108, Suffolk, VA 23434 Phone: (757) 934-6717
	Autumn Care of Suffolk	Nursing Care Center	Whether you are seeking short-term services or long-term care, our team is committed to meeting your individual needs. We offer short-term rehabilitation, long-term skilled nursing care, and respite care in a home-like atmosphere. Autumn Care of Suffolk also offers specialized therapy modalities.	For more information contact: 757-934-2363 address is: 2580 Pruden Blvd Suffolk Va. 23434
	Bon Secours Maryview Nursing Care Center	Nursing Care Center	BON SECOURS MARYVIEW NURSING CARE CENTER Skilled Nursing Facility (1) A skilled nursing facility is a facility or distinct part of an institution whose primary function is to provide medical, continuous nursing , and other health and social services to patients who are not in an acute phase of illness requiring services in a hospital.	For more information contact: 757-686-0488 address is: 4775 Bridge Road Suffolk Va. 23434
	Nansemond Pointe (Concordia)	Nursing Care Center	From intensive short-stay rehab provided in our transitional care centers to longer-term restorative care, our nursing and rehabilitation centers provide a full range of medical and social services to treat and support each and every one of our patients and residents.	For more information contact: 757-539-8744 address is: 200 W. Constance Road Suffolk Va. 23434
	Trinity Arms LLC	Nursing Care Center	Trinity Arms Assisted Living aims to provide a safe, nurturing and caring environment to its residents in a home-like setting that is similar to being in the comfort of their own home.	For more information contact: 757-934-3935 address is: 3612 Pruden Blvd Suffolk Va. 23434

Strengthening Families Programs

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Suffolk Social Services	Family and Court Services	The purpose of the Family and Court Services team, also known as Family Stabilization is to preserve and strengthen families. The Family Stabilization worker provides general counseling and referrals for community-based services such as counseling, medical services, housing resources, training and employment services, parenting classes, substance abuse education, transportation and follow-up services.	Contact 757-514-7450 Address 135 Hall Avenue Suffolk, Virginia 23434
	Suffolk Parks/ Recreation	Varies Individual and Family Events	Suffolk Parks and Recreation offers multiple activities for individuals and families to enjoy spending time together such as the “Drive in Movie”, “TGIF Summer Concert Series”, and “Summer Canoe Trip at Constant’s Wharf”.	For more information and a listing of events, dates and times visit the website: www.suffolkva.us/parks or call 757-514-7250
	Suffolk Redevelopment & Housing Authority	Individual and Family empowerment workshops and programs	Suffolk Redevelopment Housing Authority offers a variety of programs and workshops to encourage and strengthen individuals and families such as their financial fitness fair and Suffolk National Night Out.	For more information on classes and workshops please call: 530 E. Pinner Street Suffolk Va. 23434 (757-539-2100) suffolkrho.org
	Suffolk Social Services	Foster Care and Adoption	The Foster Care Program provides placement for children who have been removed from their birth parents due to some type of abuse and/or neglect, or other family circumstances that prevent children from remaining in their homes.	Contact 757-514-7450 Address 135 Hall Avenue Suffolk, Virginia 23434
	Suffolk & Isle of Wight Social Services Department	General Intake Services	Intake Service Social Workers respond to all walk-ins requesting information, referrals for services and telephone inquiries. These responsibilities include: Receiving Child and Adult Protective Services complaints. Providing short term services for LearnFare to address truancy issues with TANF recipients who are referred for non-compliance. Receiving referrals from the Comprehensive Services Act (CSA) Coordinator, CPS, and Financial Services workers for Family & Court Services - Family Stabilization, Homeless shelter referrals and assessments, MCV transportation, Providing Fire and Emergency Assistance	Suffolk Contact 757-514-7450 Address 135 Hall Avenue Suffolk, Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487

	Nurturing Parenting Classes	Promoting Family Wellness	This is a 10-week evidenced instruction program. Activities include: instructional classes, transportation, book/supplies, CSB service support navigation, dinner, and Family Graduation!	Contact: nicholas@wtsb.org or Lisa Powell at lpowell@wtsb.org 135 South Saratoga Street, Suffolk, Va. 23434
	Healthy Families of Suffolk 	Parent Support	Healthy Families provides parent support through home visits by reducing stress and building confidence while addressing family needs. Help parents discover positive ways to discipline and exploring each stage of the child's development and encouraging parents and children to grow together. Family can remain in the program until the child is five years old, but services must begin before your baby is three months old. All services are FREE and VOLUNTARY.	Please contact 757-514-4738 Beverly McQuarry Team supervisor location; 135 Hall avenue Suite A. Suffolk Va. 23434 Beverly.mcquarry@vdh.virginia.gov
	Our House Families	Family Advice and Support	ourhousefamilies.org Best Advice for Family Challenges Whether you are dealing with a marital crisis or a rebellious teenager, you can count on our advice to find the best way of dealing with your family . Advice on elder care and positive parenting tips.	Please visit the website at www.ourhousefamilies.org and local location at 405 D. Street Chesapeake, Va. 23324 (757) 545-4075
	Virginia Birth Father Registry	Virginia Birth Father Registry	In Virginia, if a man fathers a child with a woman who is not his wife, he loses his parental rights if the child is put up for adoption and the man hasn't placed his name in the Putative Father Registry. The Virginia Birth Father Registry (VBFR) is a confidential database maintained by the Virginia Department of Social Services that protects the rights of fathers.	For more information, please call 1-877-433-2339 or visit the website at: Virginia Birth Father Registry and download the application. Fill the form out, sign form in front of a notary and mail form to: Virginia Department of Social Services ATT: Virginia Birth Father Registry 801 East main Street Richmond Va. 23219



Senior/ Elderly Services/ Programs

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Catholic Charities	1- Meals on wheels program 2-Cares Program 3-Guardianship Program	Every weekday, the Catholic Charities Meals-On-Wheels program delivers hot, nutritious meals to the homebound in Suffolk counties. Catholic Charities of Eastern Virginia matches trained volunteers with seniors in our CARES program to provide transportation to medical appointments, the grocery store, pharmacy and/or the bank. Volunteers may also be available to assist with errands and shopping or to check in on seniors living alone through a friendly visit or weekly phone call. Catholic Charities serves as Guardian for individuals who have been deemed incapacitated by the courts. When no family member can take on the care of their loved one, Catholic Charities' Guardianship case workers take on the role of caregiver.	3804 Poplar Hill Rd a, Chesapeake, VA 23321 Open · Closes 5PM Phone: (757) 484-0703 www.catholiccharities.cc
	Computer Basics for Active Adults +55 at East Suffolk Recreation Center	Computer assistance	During this 8-week course, you will learn basic computer skills, how to search the Internet, how to email and even connect with your family and friends through social media. The class is free with a valid recreation center membership.	Contact Janice Myrick at Suffolk Parks and Recreation 757-514-4500
	Senior Services of Southeastern Virginia	Senior assistance and Support for caregivers	Senior Services develops and operates coordinated programs that assist seniors 60 and older, their families and caregivers, and serves as a resource center for adults with disabilities. Senior Services of Southeastern Virginia have the following services; Wellness classes, Senior centers, no wrong door, In home services, Support for the caregiver, As you wish advance care planning, I-ride transit, Art of healthy aging forum and expo, Medicare benefits counseling and informational seminars, and Senior advocate ombudsman programs.	For more information contact: 757-461-9481 Address: 6350 Center Drive Building 5 Suite 101 Norfolk, Virginia 23502 https://www.ssseva.org
	Suffolk Parks and Recreation	Offers a variety of activities for individuals ages 55+	Suffolk Parks and Recreation, East Suffolk Recreation Center, have partnered with <u>Senior Services of Southeastern VA</u> to provide transportation and nutrition programs to the citizens of Suffolk. Membership to the Senior Program is only \$5 per year! Members enjoy trips and excursions, special events, health screenings, wellness activities and fitness classes. Every year we celebrate the holidays with our annual holiday gala and love is in the air at our Sweetheart Ball. Wii Bowling tournaments and bridge clubs are also opportunities for our members to socialize and have fun.	Contact Suffolk Parks and Recreation Centers at 757-514-4500

	East Suffolk Recreation Center	Senior Aerobics	Physical activity is essential to healthy aging. If you are a senior looking to get more active, join us at the East Suffolk Recreation Center for our Senior Aerobics class! This class focuses on floor aerobics, which may help to increase your mobility, balance, strength, and flexibility! Instruction includes stretching, general conditioning, step aerobics and toning to help keep you in shape. You can enjoy exercising at your own pace while improving your overall health! Classes will be held on Tuesdays and Thursdays from 10 a.m.-11 a.m. Cost is \$12 per session. Space is limited, so register now!	Contact Suffolk Parks and Recreation Centers at 757-514-4500
	Suffolk Recreation Centers	Virginia Senior Games	Looking for a fun way to stay active? Bowling, Badminton, Horseshoe, Table Tennis and much more. The 39th Annual Virginia Senior Games will be accepting applications soon.	Contact Suffolk Parks and Recreation Centers at 757-514-4500
	Suffolk & Isle of Wight Social Services Department	Auxiliary Grants	An Auxiliary Grant (AG) provides an income supplement to recipients of Supplemental Security Income (SSI) and certain other aged, blind or disabled individuals residing in an assisted living facility (ALF) licensed by the Division of Licensing Programs or in an adult foster care home approved by the individual's local Department of Social Services (DSS). The financial assistance is to ensure that adults are able to maintain a standard of living that meets a basic level of need such as room and board, maintenance and care.	Contact 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight Contact: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Suffolk Senior Choir	Senior Choir Performances	The Senior Choir visits local nursing homes and brings entertainment through song, dance, and encouraging words. Senior Choir Performances are on the 2nd and 3rd Monday of the month from 10:15 a.m. - 11:30 a.m.	For more information, contact Suffolk Parks and Recreation 757-514-4500
	Suffolk & Isle of Wight Social Services Department	Adult Services	Adult Services are provided to enable adults aged 60 and over, and adults with a disability to remain in the least restrictive environment, preferably their own homes, with dignity for as long as possible, thus avoiding more costly and restrictive institutional placement.	Suffolk: 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434 Isle of Wight: 757-365-0886 17100 Monument Circle Windsor, Va. 23487
	Suffolk YMCA	Adults aged 50 and Older Programs	The YMCA of South Hampton Roads encourages all adults 50 years and older to develop behaviors that are crucial to healthy aging, including healthy eating, physical activity and social interaction. YMCA offers financial assistance, military and group membership. Try a week for free!	For more information call or visit the Suffolk YMCA: 2769 Godwin Boulevard Suffolk, VA 23434 (757) 934-9622

			Senior/ Elderly Services/ Programs con't on next page	
	East Suffolk Recreation Center	Line Dancing	Do you want to be the life of the next party or wedding reception? Then come on out and learn the latest line dances with instructor Evelyn Wall. The East Suffolk Steppers also travel and dance at special events and activities. Classes are held on Monday from 6 p.m.-7 p.m. and Thursday from 11 a.m.-12 p.m. There is a \$20 one-time registration fee.	Contact East Suffolk Recreation Center at 757-514-4500
	Foundation for Rehabilitation Equipment and Endowment "FREE" Organization	Free medical equipment	The F.R.E.E. Foundation is a volunteer led non-profit organization that provides mobility rehabilitation equipment to help people regain their mobility and independence. F.R.E.E. collects, sanitizes, repairs, and gifts donated mobility equipment to uninsured and underinsured adults in Virginia. Please remember that F.R.E.E is a volunteer-run organization with only a small paid staff, so please be patient. We check our answering services daily and will get back to you as soon as possible. *You can also donate your time and/or equipment to assist those in need.	Contact information: 757-771-6183 Fax:757-447-6333 Mailing address: P.O. Box 66207 Virginia Beach, Va. 23466 http://www.free-foundation.org EMAIL: shr@free-foundation.org You can download application from website.
	Habitat for Seniors Ramp Program	Wheel Ramp Program	Provides free handicapped ramps for disabled seniors especially for low income and fixed income seniors. Free wheelchair ramps are built with the help of volunteers. Before a wheelchair ramp can be built a site visit is made by the "Habitat for Safe Seniors Free Ramp" Program to assess the senior's home environment and detailed need for injury and fall prevention.	
	Pill Pack	Medication Assistance	Never sort your medication. We sort your medication by the dose into individual packets. Never wait in line at the pharmacy. We deliver directly to your door, every month. Never chase down refills. We work with your doctors to automatically manage your refills. Signing up takes about 5-10 minutes. You'll only need a list of your current medications, where you fill them and your insurance information. It's helpful to have this information on hand prior to signing up. There's no additional cost for using PillPack. You'll pay your standard 30-day copays for our service and you'll have access to preferred pricing for vitamins and over-the-counter medications.	For more information, please contact: 1-855-745-5725 or visit their website at www.pillpack.com
	AAA Senior Driving	Driver's 65 Plus	Drivers 65 Plus is a brochure that's a 15-question self-rating driving assessment exercise to help you examine your driving performance. After answering the questions, calculate your	For more information, please visit the website: https://seniordriving.aaa.com



			score and get information about your driving performance. The driving assessment will list your strengths and weaknesses, along with suggestions for how to improve your driving.	Then click on “evaluate your driving ability”, then under “self-rating tool click “ drivers65plus”
	Isle of Wight & Smithfield Senior programs	Senior Bingo	Events 55+ Bingo Every Monday and Tuesday at 2pm! Monday at Hardee’s, 1909 S. Church St. Smithfield, Va. 23430 Tuesday at Bubba & Franks, 15149 Carrollton Blvd. in Carrollton, Va. 23314 Zuni Bingo is the First Thursday every month at Bethany Presbyterian Church, 5358 Zuni Cir, Zuni, VA 23898 From 10 am – Noon. A light lunch is served in addition to Bingo which is open to everyone!	
		Enhance Fitness	Calling all seniors! Come out to Nike Park every Monday, Wednesday & Friday at 1:00 pm and join this wonderful enhance fitness group. Enhance fitness is a class for older adults to include strength training, flexibility, balance and cardio. Space is limited!	Carrollton Nike Park 13036 Nike Park Road Carrollton, Va. 23314
		Aerobics for Seniors at Nike Park	Come out and join your fellow seniors every Monday & Wednesday! This program is perfect for people who are young at heart! Cost: \$26.00 for a 6-week session	For more information please call 757-357-2291 to inquire when next session starts.
		Mary Wells Senior Center	The Mary Wells Senior Center offers socialization, recreation, education and special events, in addition to nutrition.	For more information, please contact: 757-357-4050 13036 Nike Park Road Carrollton, Va. 23314
		Commission on Aging	To identify the needs of the senior population of Isle of Wight County and encourage, promote and develop ways by which those needs can be met.	Meetings held at the Mary Wells Senior Center 13036 Nike Park Road Carrollton, Va. Call 757-925-1449 for dates and times.

Substance Abuse Programs

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	The UP center (Adult)	Substance Use/ Abuse Group *8 Week group	The focus of this group is to encourage and support recovery, as well as provide insight about stance use/abuse and the effects it can have on you and your family.	Contact Group Coordinator at 757-965-8622 address is 109.5 Clay Street Suffolk Va. 23434
	The UP center (Teen)	Substance Abuse Prevention Group *8-week program	This group will teach education, prevention, and recovery tactics for adolescent substance users ages 14 to 17. *Parental permission is required	Contact Rachel Bass at 757-965-8622 address is 109 Clay Suffolk Va. 23434
	Narcotics Anonymous	Narcotic Addiction Help and Assistance	If you're an addict, Narcotics Anonymous can help you. The support provided by people just like you who are also suffering from the wrath of addiction can be very enlightening and helpful. According to the National Institute on Drug Abuse, there is not a focus on any single drug in the NA meetings so whether you are addicted to alcohol, painkillers, heroin, marijuana, cocaine, methamphetamine or any other substance you can find support and care in NA. Visit a Class at one of the following locations: Tuesday at 12:30pm Western Tidewater Community Services 135 South Saratoga St. Suffolk, Va. 23434 Wednesday at 7:30pm- Suffolk Christian Church 216 North main St. Suffolk, Va. 23434 Friday at 7:00pm- Obici Hospital 2800 Godwin Boulevard Suffolk Va. 23434	For more information, call: 1-800-407-7195 Or visit the website at: www.narcotics.com Call and/or Chat
	Suffolk Women	Alcohols Anonymous	Group type is open and has topic discussions. Class meets on Saturdays at 10am.	Suffolk Presbyterian Church 410 North Broad Street Suffolk, Va. 23434
	National Help Line	Substance Abuse and Mental Health	SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service , in English and Spanish, for individuals and family.	Contact: 1-800-662-4357 or visit the website at: https://www.samhsa.gov
	The Easy Chair	Alcohol Anonymous	The Easy Chair Back to Meetings. This meeting is closed, meaning that only those who have a desire to stop drinking may attend. Day and time Saturday, 9:00 am Location Obici Hospital 2800 Godwin Boulevard Suffolk, VA 23434 Step Meeting, Wheelchair Accessible Meeting notes (In the Cafeteria)	Contact: Obici Hospital 2800 Godwin Blvd. Suffolk, Va. 23434 757-934-4000 www.aa.org www.aavirginia.org www.aagrapevine.org

	Online Intergroup	Alcohols Anonymous	Online group meetings.	For more information and join in on the discussion, visit website: www.aa-intergroup.org
	Suffolk Discussion Group	Alcoholics Anonymous meeting	Need help with a drinking problem? Join our 12 Step Recovery program. Meets on Fridays at 8pm.	Contact ST. Paul's Episcopal Church 213 North Main Street Suffolk, Va. 23434
	Salvation Army	Substance Abuse Programs	Through holistic work therapy, group and individual counseling sessions, spiritual direction, and life-skills development, program members learn to abandon substance reliance.	For more information contact: 757-934-6173 or visit 157 W. Washington Street, Suffolk Va. 23434
	Alcoholic Anonymous	Alcohols Anonymous	Need help with a drinking problem? Group meets on Saturday s at 8pm.	Contact: Main Street United Methodist Church 202 North Main Street Suffolk, Va. 23434
	Alcoholic Anonymous Organization	Alcoholics Anonymous	Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.	www.aavirginia.org


Transportation

Number	Organization	Type of Service	Description of Service	Contact/ Address Information																																												
	Suffolk Transit	Bus service	<p>Suffolk Transit provides safe, cost efficient fixed route transit services to Suffolk’s core downtown service area. All day passes may be purchased at the “Suffolk City Treasurers Office” or Virginia Regional Transit Office located at 139 E. Washington Street Suite A. Suffolk, Va. 23434. You can also pay cash on the bus (exact change required)</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">Ticket:</td> <td style="width: 20%;">Fares one way</td> <td style="width: 20%;">All day passes</td> <td style="width: 45%;">Monthly pass</td> </tr> <tr> <td>Adult:</td> <td>1.50</td> <td></td> <td>3.00</td> </tr> <tr> <td>57.50</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Student</td> <td>1.00</td> <td></td> <td>2.00</td> </tr> <tr> <td>37.50</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Less than 5 yrs</td> <td>free</td> <td></td> <td>free</td> </tr> <tr> <td>free</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Seniors 55 and up</td> <td>.75</td> <td></td> <td>1.50</td> </tr> <tr> <td>27.50</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Disabled persons</td> <td>.75</td> <td></td> <td>1.50</td> </tr> <tr> <td>27.50</td> <td></td> <td></td> <td></td> </tr> </table>	Ticket:	Fares one way	All day passes	Monthly pass	Adult:	1.50		3.00	57.50				Student	1.00		2.00	37.50				Less than 5 yrs	free		free	free				Seniors 55 and up	.75		1.50	27.50				Disabled persons	.75		1.50	27.50				<p>Suffolk City Treasurer Please check for hours and routes. Suffolk transit has a route tracker and can be access by the following website: www.suffolktransit.ETASPOT.net to ensure that the bus is running on time and for important announcements.</p>
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	Suffolk Paratransit “I-Ride”	Disability and the Infirm Elderly Transportation	<p>I-Ride transit provides paratransit rides for individuals with disabilities and the infirm elderly. All riders must be qualified by the Senior Services paratransit scheduler and certified according to the American with Disabilities Act guidelines to be able to use this service. Service is offered in a fixed geographic area in Suffolk, located within three quarters mile of the Virginia Transportation service routes. Cost per ride is 3.00 The qualified rider may be accompanied by a companion at no extra fee.</p>	<p>For more information please Contact 757-963-9227 or write SSSEVA c/o Human Resource Manager 6350 Canter Drive Bldg. 5, #101, Norfolk, Va. 23502</p>																																												
	Catholic Charities	Transportation Assistance	<p>Catholic Charities of Eastern Virginia matches trained volunteers with seniors in our CARES program to provide transportation to medical appointments, the grocery store, pharmacy and/or the bank. Volunteers may also be available to assist with errands and shopping or to check in on seniors living alone through a friendly visit or weekly phone call.</p>	<p>For more information: 757-484-0703 3804 Popular Hill Road Suite A Chesapeake, Virginia 23321</p>																																												


	All City Cabs Inc.	Suffolk Cab	Provide cab service to the city of Suffolk.	Call 757-923-3720 1287 Holland Road Suffolk Virginia Va. 23434
	United Taxi Service	Suffolk Taxi Services	Provide taxi service to the city of Suffolk.	757-539-3311 202 Maple Street Suffolk Virginia 23434
			Transportation (Additional Services)	
	Virginia Non-Emergency Medicaid Transportation	Medical cab	Welcome to the Virginia Department of Medical Assistance Services (DMAS) website for Fee-for-Service (FFS) Non-Emergency Medicaid Transportation (NEMT). DMAS is the agency that administers Medicaid and the State Children’s Health Insurance Program (CHIP) in Virginia. Non-emergency Medicaid Transportation is a benefit included in most but not all Medicaid programs. This website is designed to help eligible Medicaid members, Medicaid transportation providers and other Medicaid service providers to understand Medicaid transportation benefits. This website will enable you to make reservations by phone, fax or through the Internet and will answer frequently asked questions.	For more information about this service, please call for Suffolk Social Worker for eligibility and income requirements. http://dmas.virginia.gov/#/nemtservices
	Isle of Wight & Smithfield Transportation	Val’s Medical Transport	Non-emergency Medical Transport (VAN) VAL'S MEDICAL TRANSPORTATION SERVICE, LLC A land vehicle with a capacity to meet special height, clearance, access, and seating, for the conveyance of persons in non-emergency situations.	Contact: Valerie Artis Email: valsmedical@gmail.com 757-663-9501 21401 Brewers Neck Blvd, Carrollton, VA 23314 Phone: (757) 745-7567
		Senior 4 Senior LLC	Licensed transportation for seniors.	Contact: Hughie Judge 105 Oak Hill Lane Smithfield, Va. 301-659-1315
		The Grocery Lady	The Grocery Lady your Homebound Helper for: Grocery Shopping/Delivery, Prescription Pick-up, Errands, Transportation, Dr. Visits, and Household Tasks. Delivery Areas 23314 Carrollton, VA; 23321 Chesapeake, VA; 23322; 23430 Smithfield, VA	Contact: Tana Burnette 425 Seaport Trail in Carrollton, Va. 757-373-6912 www.thegroceryladyco.com




Veterans Services

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	STOP Inc. Supporting Transformational Opportunities for People	Homeless Veterans' Reintegration program	Established by the Department of Labor to help homeless Veterans get back on their feet by assisting them in their efforts to return to work. *You must be a veteran who served in the active U.S. military and were honorably discharged or released under conditions other than dishonorable.	Contact Veteran Services at 757-858-1399 Address: Airport Executive Center 5700 Thurston Ave. suite 101 Virginia Beach Va. 23455 www.stopinc.org
	City of Suffolk The Commonwealth of Virginia	Veterans Real Estate Tax Relief Program	The Commonwealth of Virginia exempts from taxation, the real property, including the joint real property of husband and wife, of any veteran who has been rated by the U.S. Department of Veterans Affairs as having a 100% service connected, permanent and total disability and who occupies the real property as his or her principal place of residence. The exemption from taxation for real property applies to the qualifying dwelling and also provides exemption of the real property from the land, not exceeding ten acres, upon which it is situated. Veterans only need to reapply for this benefit if his or her principal place of residence changes. The surviving spouse of a veteran whose real estate taxes were exempted or would have been exempted also qualifies for the exemption, provided the death of the Veteran occurred on or after January 1, 2011, the surviving spouse continues to occupy the real property as his or her principal place of residence, and the surviving spouse does not remarry. An exemption from taxation of real property for surviving spouses of members of the Armed Forces killed in action also applies to the principal place of residence. However, if the value of the dwelling is in excess of the average assessed value of single family residences, then the portion of the value in excess of that value will be subject to taxation	<p>Appointments are necessary to apply for this program. Further information and required documents will be discussed by calling 514-4870. Additionally, for Veterans Tax Relief, applications are taken all year. There are no date restrictions</p> <div style="text-align: center;">  </div>

	My HealtheVet.gov And Myhealth.VA.gov		Get immediate access to your health records, appointments, through your phone by downloading the “Myhealthvet app”.	Sign up on your phone and see your VA provider on your next appointment for secure registration code.
	Veterans Administration Hospital	Alcohol and Drug Dependence Rehabilitation Program	The Department of Veteran's Affairs (VA) Alcohol and Drug Dependence Rehabilitation Program provides medical, social, vocational, and rehabilitation therapies to eligible alcohol and drug dependent Veterans. The programs offer various forms of treatment including detoxification, rehabilitation, and psychiatric care. Treatment programs are located in the VA medical centers and clinics.	For more information, contact your nearest VA medical facility. Visit www.va.gov to locate your nearest VA medical facility or call 1-877-222-8387
	Vet’s First Assistance	Veterans program	VetsFirst is a program of United Spinal Association that assists veterans and their eligible family members in obtaining the benefits they are entitled to, deserve and need.	www.vetsfirst.org
	Dav Suffolk Chapter	Veterans discussion meeting group	DAV Chapter members usually meet monthly to network and discuss issues of importance to veterans and the organization. Veterans affairs departments like the VA (Veterans Affairs), VFW (Veterans of Foreign Wars), Amvets, and vet centers provide information and help with benefits, charities, insurance, disability, medical care, education, programs and compensation for veterans of the US Armed Forces.	For more information contact: 757-934-2695 Address: 139 S. Saratoga Street Suffolk Va. 23434 https://www.davmembersportal.org/chapters/VA/05 Meetings are the 3 rd Monday of month.
	U.S. Department of Veterans Affairs	Veteran Burial Benefits	Burial benefits available include a gravesite in any of our 136 national cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some Veterans may also be eligible for Burial Allowances. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.	For more information please visit the website at: https://www.cem.va.gov/burial_benefits The VA created Planning Your Legacy: VA Survivors and Burial Benefits Kit, to assist Veterans and their family members in pre-need planning and record storage.

			Veterans Services (Con't)	
	U.S. Department of Veterans Affairs	Burial Benefits for Veterans Spouse	Burial benefits available for spouses and dependents buried in a national cemetery include burial with the Veteran, perpetual care, and the spouse or dependents name and date of birth and death will be inscribed on the Veteran's headstone, at no cost to the family. Eligible spouses and dependents may be buried, even if they predecease the Veteran.	For more information please visit the website at: www.cem.va.gov/burial_benefits The VA created Planning Your Legacy: VA Survivors and Burial Benefits Kit, to assist Veterans and their family members in pre-need planning and record storage.
			 <p>To All Veterans</p> <p>Whether At Home Or Abroad Active Duty ~ Reserves ~ Retired All Americans Say: THANK YOU!</p>	

Youth Development Programs

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Suffolk Parks and Recreation	Global Youth Service Day	Suffolk Parks and Recreation is participating in the largest service event in the World: Global Youth Service Day . On this day we serve and celebrate. Whether big or small, we all have something to contribute. Your group can complete their own project or join in one of the many projects Parks and Recreation has identified in each of Suffolk's boroughs. Saturday from 10 a.m. to noon, we will work to make a difference throughout the city. How are you going to change the world? Register your child or youth organization today: Individual Registration or Group Registration	For more information contact 757-514-4506 with Suffolk Office on Youth.
	Job Corps 	Youth Education and Job Training Program	Provides outreach and admissions counseling to help youths (ages 16-24) enroll in a federal JOB CORPS program where they will receive assistance in completing their education and obtain training in various trades, on a residential campus-type setting. The following documents are required to complete an application: birth certificate, driver's license or stat ID card, social security card, proof of income, immunization records, medical insurance card, medical statement from a doctor, school transcripts, and IEP records (if applicable). Parent or guardian must be present for applicants under the age of 18. All applicants must undergo a background check.	Job Corp Outreach Admissions Office 5900 E. Virginia Beach Blvd. Suite 610, JANAF Office Building, Norfolk, VA 23502 Phone: (757) 466-3202 www.jobcorps.gov
	City of Suffolk Redevelopment Housing Authority	Suffolk Initiative on Youth	The Suffolk Initiative on Youth developed a mechanism to recognize successful youth by: Implementing the first Suffolk Youth Achievement Awards where 15 middle and high school students were honored for their accomplishments. Suffolk Redevelopment and Housing Authority sponsor an annual scholar recognition ceremony for their students. This year over 200 youths were honored for their scholastic achievement during the past school year. The Suffolk Initiative on Youth has: - Hired Youth Services Coordinator -Increased opportunities for youth employment through the Suffolk Work Success Program -Re-established the Suffolk Youth Advisory Council -Held two Youth Symposiums and Implemented the Youth Engagement Services and Counselors in Training Program	For more information please contact Suffolk Redevelopment and Housing Authority at 530 E. Pinner Street Suffolk Virginia 23434 757- 539-2100

			Youth Development Programs (con't)	
	Suffolk Parks and Recreation	Various Camp programs	Description: After-school care, spring/summer camps, basketball, cheerleading, gaming, golf, hip hop dance, karate, soccer, tennis, swim lessons, birthday parties available. Therapeutic recreation activities and camps are also available.	Address: <u>Various locations in Suffolk, Virginia</u> Phone: (757) 514-7250 Email: ParksEmail@suffolkva.us
	Suffolk Parks and Recreation "Teen Summit"	Teen Empowerment workshop	This is an annual Teen Summit with a series of sessions that provide tools and information to help empower youths 11 to 17, young adults, parents, and mentors/ facilitators. Held during the summer. Call to check dates, times, and place	Contact: Suffolk parks and Recreation 757-514-7250 Or online at www.suffolkva.us/parks
	Suffolk Commonwealth's Attorney's Forensics Camp	Youth Forensics Camp	A free, one week, 1/2-day program designed to teach students of Suffolk, ages 12-15 , about observation, photography, evidence collection, preservation and testimony in court.	Contact: 150 North main Street Suffolk, Va. 23434 757-514-4379
	Wing Gate Wilderness	Youth Troubled Teens Camp	Wilderness Therapy Camp For troubled teens from Suffolk, VA. For troubled teens from Suffolk, VA, recovery can be difficult without the right help. If you have a son or daughter who has been struggling, you might have considered getting help through a wilderness camp for troubled teens.	Contact: 1-800-560-1599 or visit the website at: www.Wingatewildernesstherapy.com
	Boys and Girls Club of Southeastern Virginia	Boys and Girls Club	The Boys and Girls Club mission is "To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens." Please call for pricing, dates, and times for program.	John F. Kennedy Middle School 2325 E. Washington St. Suffolk, VA 23434 757-652-4017 www.suffolk@bgcseva.org
	Suffolk Girl Scouts	Girl Scout	JOIN! Cookies, campfires, and bracelets are all part of the journey, but changing the world? That's the real destination! One adventure at a time, Girl Scouts learn, grows, and does amazing things.	Contact: Girl Scout Council of Colonial Coast - 757-547-4405
	Suffolk Art Gallery	Suffolk Art league	To function as a community oriented fine arts organization dedicated to making the arts accessible to the people of Suffolk and the surrounding communities. They offer programs in; homeschool art programs, Tai Chi, Water Cooler/ Acrylic Painting, Pastels, and Catwalk Chain Mail Bracelets. Please note that they may charge fees for their programs.	118 Bosley Avenue Suffolk, Virginia 23434 757-925-0448 or 757.514.7284 Hours of Operation: Tuesday-Saturday, 10am-5pm Sunday, 1pm-5pm
	Suffolk Parks and Recreation, Library, and Suffolk Public Schools	Homeschool Parent and child support	Homeschooling your child? Please contact the various Suffolk Parks and Recreation Centers and inquire about the homeschool assistance and programs.	134 S 6th St Suffolk, Virginia 23434 (757) 514-7250 http://www.suffolkva.us/266/Parks-Recreation

	Suffolk Parks and Recreation Center	Camp Limitless Therapeutic program	Come and join the Office on Youth as they launch their first Therapeutic summer camp, CAMP LIMITLESS is a Therapeutic summer camp for children and adolescents with special needs and ABILITIES! Camp Limitless is an innovated summer program for children and adolescents with special needs that allow campers to flourish in a structured environment	Call the Suffolk Parks and Recreation Administration Office at 757-514-7250 for additional information.
	Ready Rosie Readiness Videos	Ready Rosie	ReadyRosie is a RESEARCH-BASED parenting curriculum that builds on parents' knowledge. ReadyRosie harnesses the power of video and mobile technology to empower families and schools to work together to promote SCHOOL READINESS. Videos available in both English and Spanish. Access your FREE online registration today! For kids in K-3 grade.	For more information, please visit their website at www.readyrosie.com/headstart or their videos on youtube

Join the SUMMER FUN

SUFFOLK PARKS & RECREATION

- ART CAMP
- BASKETBALL CAMP
- GOLF CAMP
- TEEN CAMP
- THERAPEUTIC RECREATION CAMP

Field Trips
Guest Speakers & so much more
Prices vary by camp
Fun for ALL Ages!

CAMP LIMITLESS
DISCOVER YOUR FUTURE

HOOK A KID ON GOLF

HOOPS 4 LIFE

WWW.SUFFOLKVA.US/PARKS

Zoom Around the City of Suffolk

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Suffolk Cultural and Arts Center	Venue offer classes/ workshops, musical performances, special events, ballrooms for wedding and receptions.	Suffolk High School, built in 1922, has been restored and re-purposed as the premier visual and performing arts venue for Suffolk. In the heart of downtown, the classic Greek-Revival structure houses a 500-seat theater which is the stage for concerts, ballets, musicals, dramatic works, symphony performances, films, children's plays, lectures and so much more.	For more information, contact: 757-923-0003 Address: 110 Finney Ave, Suffolk, VA 23434 www.suffolkcenter.org
	Suffolk Great Dismal Swamp Tours	Suffolk Dismal Swamp Safari Tour	Four-hour, biologist-led tour of the unique habitat of the Great Dismal Swamp . The narrated Swamp Safari, one of Suffolk's most popular attractions. Please visit the website for times, cost, recommendations before you visit the dismal swamp such as sun screen. www.visitsuffolkva.com/218/great-dismal-swamp-safari	The main public contact point: Refuge Headquarters 3100 Desert Road Suffolk, VA 23434 Phone: 757-986-3705
	Suffolk Art Gallery	Suffolk Art Gallery	The Suffolk Art Gallery is an eclectic, exciting venue for thought-provoking artwork. It is home to the oldest and largest juried photography exhibition in Hampton Roads. www.suffolkartleague.com	For more information: 757-514-7284 118 Bosley Ave, Suffolk, VA 23434
	Suffolk Visitor's Center	Suffolk Visitor Center	The Suffolk Visitor Center provides assistance with directions, as well as attraction, accommodations, shopping and dining inquiries. Enjoy complimentary coffee and tea while you peruse hundreds of statewide brochures and publications.	Please contact: 524 N Main St, Suffolk, VA 23434 Phone: (757) 514-4130 www.visitsuffolkva.com
	Suffolk Train Station	Suffolk Seaboard Station Railroad Museum	Visit Suffolk's most recognized landmark. Take a trip back in time and tour our 1885 train station, home to an array of artifacts, model railroad, and gift shop.	326 N Main St, Suffolk, VA 23434 Phone: (757) 923-4750 www.Suffolktrainstation.org
	Suffolk Summer Concerts	TGIF Summer Concert Series	The sounds of music will permeate the Downtown Suffolk waterfront and Bennett's Creek Park with a variety of musicians on FRIDAY nights. Enjoy music , food and great company. The bands will take the stage at 6:30 p.m. The music will have you jamming in your seat till 9:30.	For more information about the concert summer series, times and featured bands visit website; www.suffolkva.com/calendar
	Suffolk Peanut Festival		Celebrate Suffolk's agricultural heritage and community spirit with a carnival, concerts, demolition derby, truck & tractor pull, arts and crafts and more family fun! Suffolk Peanut Fest has been featured in numerous magazines, including Southern Living the Southern Farmer's Almanac, and Best Festivals—Mid Atlantic.	For more information: Phone: (757) 539-6751 1410 Airport Rd, Suffolk, VA 23434 http://www.suffolkpeanutfest.com/

			Zoom Around the City of Suffolk (con't)	
	Suffolk Cemetery Tours	Cedar Hill Cemetery Guided Stroll	Cedar Hill Cemetery's 32 acres of hilly terrain and ancient cedar trees has many stories to reveal. Cedar Hill Cemetery Guided Stroll. Built in 1802.	For more information: 757-514-4136 Located behind the Suffolk Visitor's Center. Address: N Main St &, W Constance Rd, Suffolk, VA 23434
	Suffolk Cypress Pool	Suffolk Public Pool	Cypress Park Pool is currently the only outdoor pool nested in the Downtown area of Suffolk. Features. Horseshoe Pit; Picnic Shelters; Playground; Swimming Pool ; Walking Trail. Please call for times that pool will be open during the summer hours.	Phone: 757-514-7250 Address: 2001 Arizona Ave, Suffolk, VA 23434
			Zoom around Smithfield and Isle of Wight	
	Mansion on Main Bed and Breakfast	Bed & Breakfast	The romantic Master Suite has a queen bed . The handsomely appointed East Lake Room is named for its signature furniture and has two full beds. The Tower Suite is a lofty, angular room beneath the tower, completed by a dressing area.	For additional information and pricing: 36 Main Street, Smithfield Va. 23430 757-357-0006
	Smithfield Center	Rental Space for wedding and events	The Smithfield Center offers a truly a multi-functional space, brilliantly designed with flexibility in mind - perfect for meetings and conferences of all sizes. And you can be sure that the charming town of Smithfield will roll out the red carpet for your guests.	Address information: 220 N. Church Street, Smithfield, Va. 23430 757-356-9939
	Boykins Tavern Museum	Museum	Historic Boykin's Tavern is the only surviving structure associated with the Isle of Wight Courthouse of 1800. Located on one of the oldest thoroughfares in Virginia, Route 258/Courthouse Highway, the tavern provided accommodations during the 18th and 19th centuries when transportation was limited, and roadways were marginally functional.	Address information: 17130 Monument Circle Isle of Wight Va. 23397 757-365-9771
	Windsor Castle Park	Park	Located in the heart of downtown Smithfield, Windsor Castle Park is a 208-acre riverside park. Dedicated in May of 2010, the park features a woodland trail system, picnic and open area space, dog park, kayak/canoe launch, fishing pier, mountain bike path, scenic overlooks and the historic manor house -- Windsor Castle .	Address information: 301 Jericho Road Smithfield, Va. 23430 757-365-4200

	St. Luke's Historic Church & Museum	Church & Museum	St. Luke's Church, also known as Old Brick Church, or Newport Parish Church, is a historic church building, located in the unincorporated community of Benns Church, near Smithfield in Isle of Wight County, Virginia, United States. It is the oldest church in Virginia and oldest church in British North America of brick construction. According to local tradition the structure was built in 1632, but other evidence points to a date of 1682;	Address: 14477 Benns Church Blvd. Smithfield Va. 23430 757-357-3367
	Smithfield & Isle of Wight Visitor Center	Visitor Center	Genuine Smithfield exudes the charm and graciousness of bygone eras. Long known for its hams, the town also boasts a rich history, picturesque Main Street, and a vibrant arts scene.	Address: 319 Main Street, Smithfield, Va. 23430 757-357-5182
	Isle of Wight County Museum	Museum	Founded in 1976, the Isle of Wight County Museum tells the story of the county through its interactive exhibits including a turn-of-the-century country store as well as displays interpreting colonial history, the Smithfield ham industry, the Blackwater River, the Civil War and the Cold War.	Address: 103 Main Street Smithfield, Va. 23430 757-356-1223
	Painted Garden Gallery	Gallery	Specializes in Home painted furniture and original art work, HeART, Gifts and website features a Blog About Robbie Perrotti Younger. The listed artist in Marquis "Who's Who in AMERICAN ART.	Address: 324 Main Street Smithfield, Va. 23430 757-357-9377
	Smithfield Winery	Winery	Smithfield Winery & Vineyard specializes in Sparkling Wines, and is a unique and stunning Wedding & Events Venue, located in Smithfield, Virginia .	Address: 117 N. Church Street Smithfield, Va. 23430 757-869-9698



Additional Resources/ Programs/ Services

Number	Organization	Type of Service	Description of Service	Contact/ Address Information
	Suffolk Fire/ Rescue	Smoke Detectors and Fire prevention programs/ Classes	The Suffolk Fire Department has partnered with the American Red Cross to install a Free smoke detector to single family homes in the city of Suffolk. For residents who reside in rental properties please contact your landlord first for smoke detectors and/or any malfunctioning smoke detectors. The Suffolk Fire Department also offers programs and classes on fire prevention and safety.	For more information please contact: 757-514-4550 Address: 400 Market St, Suffolk, VA 23434
	Tidewater Arts Out-Reach Program	Art Out Reach Therapeutic Services	Tidewater Arts Outreach provides healing and therapeutic outreach services to the residents of Hampton Roads through the arts. Training, Advocacy https://tidewaterartsoutreach.org/	For more information, call: 757-965-5155 Address: 809 Brandon Ave #300, Norfolk, VA 23517
	Holiday/ Christmas Program	Holiday/ Christmas Program assistance	Lack of adequate income prevents many families from providing Christmas gifts for their children. The Salvation Army's Christmas Assistance program depends on the generous gifts and contributions from caring individuals. The week before Christmas, parents come to the center to pick up their donated gifts. Application interviews are conducted the last Monday of September through the first Friday of November Monday-Thursday from 1:00-5:00pm.	Families should access that link on the homepage of www.SalvationArmyCentralVA.org
	Suffolk Social Services	General Relief for burials	General Relief provides limited financial assistance for indigent burials. Please note funding for this program is limited.	Contact 757-514-7450 Address 135 Hall Avenue Suffolk Virginia 23434
	Hurricane Preparation	Evacuation routes	Do you know which route to take in case of an emergency? Do you know what supplies to have readily available?	www.Knowyourzone.va.gov
	811 Call Center	811 Call Center	BEFORE YOU DIG... Calling 811 is the most important step! Call 811 at least a few days before you start any digging project. Whether you are planning to do it yourself or hire a professional, smart digging means calling 811 before each job.	Call 811 before you DIG!!!
	Legal Aid of Suffolk	Legal Assistance	Legal Aid assists low income individuals and families with assistance on social security, tenant's questions, and bankruptcy.	For more information please contact: Virginia Legal Aid Society 155 E Washington St, Suffolk · (757) 539-3441

	Ready Virginia App	In case of an emergency	In case of an emergency, are you prepared? Download the FREE "Ready Virginia app" for alerts, copy of emergency kit form, emergency packing list form, and more information. Don't wait to get ready, STAY READY!!	www.ReadyVirginia.gov and you can also download the free Ready Virginia App
	Register to Vote Online	Online Voter Registration	Virginia offers online voter registration. You can register to vote by mail in Virginia by printing a voter registration form, filling it out, and mailing it to your local election office. You can also register to vote in person if you prefer. You should know: you need a Virginia ID and a Social Security number to use Virginia's online voter registration system. If you don't have a Virginia-issued ID, you can still register to vote by mail. You can register online until Monday, October 15.	Department of Elections Washington Building, 1100 Bank Street, First Floor Richmond, VA 23219 Phone Number: (804) 864-8901 www.vote.org/register-to-vote/
	Virginia Advance Care Plan Directive	Advance Care Plan	An Advance Healthcare Directive is a document that allows you to give your health care instructions and preferences for a time when you are unable.	www.virginiaadvancedirectives.org
	Copy of Birth Certificate from DMV	Birth Certificate	To obtain a copy of a birth certificate in the United States, write or go to the vital statistics in the state where the birth event occurred. To obtain a Virginia issued birth certificate please contact our local DMV. There is a fee for a copy of the birth certificate. Isle of Wight Circuit Court accepts the following payments: Cash, Checks, Money Orders, Visa and MasterCard. Please be aware that we charge a convenience fee for the use of a credit card. In accordance with Va. Code §19.2-353.3, returned checks and credit cards will be assessed an additional fee of \$50.00 or ten percent of the value of the dishonored payment, whichever is greater.	DMV Offices 1040 Centerbrooke Lane Suffolk, Virginia 23434 804-497-7100 912 South Church Street Smithfield, Virginia 23430 804-497-7100
	Passport	How to obtain a passport.	Please see next page	

Passports

Passport applications are available at the Clerk's Office or by visiting Passport applications are accepted Monday thru Friday 9:00am to 4:00pm. No appointment required!

When applying for a new Passport Book or Card for an Adult, please bring the following:

- Completed Passport Application (completed in Black Ink, do not sign)
- Proof of Identity (Valid Virginia Driver's License)
- Proof of U.S. Citizenship (Original Birth Certificate with seal and both parents listed or Expired Passport)
- Passport Photo (must be recent and in color)
- **Check or Money Order** to send with Passport Application (see U.S. Department of State for Fees)
- Payment for Clerk's Processing Fee (\$35.00 per application)

When applying for a Passport Book or Card for a Minor, please bring the following:

- Completed Passport Application (completed in Black Ink, do not sign)
- Minor must be present
- Both parents present with their Proof of Identity (Valid Virginia Driver's License). If one parent cannot be present, they must submit form DS-3053 with copy of front and back of their ID
- Proof of U.S. Citizenship (Original Birth Certificate with seal and both parents listed)
- Passport Photo (must be recent and in color)
- **Check or Money Order** to send with Passport Application (see U.S. Department of State for Fees)
- Payment for Clerk's Processing Fee (\$35.00 per application)

Processing time for regular service is 4 to 6 weeks. Processing time for expedited service is 2 to 3 weeks. If you need your passport in less than 2 to 3 weeks, you need to visit [U.S. Department of State](#) for instructions.

For information on Passport Book and Card, please contact [U.S. Department of State](#).

Banking Information

Bank of America 201 W. Washington Street Suffolk, Va. 23434 757-925-0170	Bronco Credit Union 3075 Godwin Blvd. Suffolk, Va. 23434 757-569-6000	Suntrust Bank 123 N. Main Street Suffolk Va. 23434 757-514-3498
Bayport Credit Union 1463 N. Main Street Suffolk, Va. 234534 757-928-8850	Farmer's Bank 3100 Godwin Blvd. Suffolk, Va. 23434 757-242-6111	Wells Fargo Bank 201 N. Main Street Suffolk, Va. 23434 757-539-7411
BB&T 1525 N. Main Street Suffolk, Va. 23434 757-934-6760	Navy Federal Credit Union 1202 N. Main Street Suffolk, Va. 23434 888-842-6328	Union Bank and Trust 1000 N. Main Street Suffolk, Va. 23434 757-922-4014
Bank of Southside Virginia 115 Main Street, Smithfield Virginia 757-357-4381	Farmers Bank 1119 S. Church Street Smithfield, Virginia 757-365-0051	Old Point National Bank 11407 Windsor Blvd Windsor, Virginia 757- 242-4422
Bank of America Financial Center 303 Main St Smithfield, Virginia 757- 365-4041	Wells Fargo Bank 13400 Benns Church Blvd Smithfield, Virginia 757- 356-1002	BB & L Three LLC 1809 S. Church Street Smithfield, Va. 23851 757-357-5876
BB & T 201 N. College Drive Franklin, Va. 23851 757-562-5185	James River Bank 1803 S. Church Street Smithfield, Va. 23851 757-357-4376	Farmer's Bank 50 E. Windsor Blvd Windsor, Va. 23851 757-242-6111

Suffolk Redevelopment and Housing Authority

NOTES:



