

Local Interventions & Assistance for Minors Resources



SUPPORT & ADVOCACY SERVICES

The resources listed on this website are provided as options for the community. Not all of these resources are affiliated with the City of Virginia Beach or the Virginia Beach Police Department. Inclusion on this list does not constitute an endorsement, and individuals are encouraged to determine which resources best meet their needs and to conduct their own research.



SUPPORT & ADVOCACY SERVICES

Beach Health Clinic

Represents a volunteer-staffed, nonprofit medical clinic in Virginia Beach that provides free or low-cost basic healthcare services, prescription assistance, and dental care to uninsured, low-income residents and families who earn below certain income thresholds (under 200% of the federal poverty level). Established by local physicians to address gaps in access to care, the clinic relies on community volunteers to offer a range of services including chronic disease management, preventive care, and specialty referrals to help improve health outcomes.

*Requirements: Resident of Virginia Beach and must bring photo ID, proof of residency, proof of household income (including spouse), W-2 form and Federal tax return when you come to your appointment. *

Phone number: (757) 428-5601

Address: 3396 Holland Rd #102, Virginia Beach, VA 23452

Website: <https://beachhealthclinic.org/>

Quit Now Virginia

Offers a free, confidential, 24/7 tobacco and nicotine cessation support service for Virginians aged 13 and older, providing personalized coaching and resources to help users quit smoking, vaping, or using other nicotine products. It includes options such as one-on-one coaching by phone, text, or online, group sessions, an interactive online dashboard, and access to nicotine replacement therapy and educational materials to support long-term success. *May signup online or over the phone*

24/7 Phone number: 1(800) 784-8669

Website: <https://quitnowvirginia.org/>

SUPPORT & ADVOCACY SERVICES

Second Chances Comprehensive Services

Behavioral health provider offering a range of mental health services including in-home counseling, mental health skill building, outpatient care, group homes, and crisis stabilization for children, adolescents, and adults. Their mission focuses on empowering individuals and families to improve well-being, build resilience, enhance home safety, and support positive life outcomes through personalized therapeutic support across the Hampton Roads area and surrounding communities.

(Virginia Beach) Phone number: (757) 531-7891

Address: 207 Business Park Dr, Virginia Beach, VA 23462

(Hampton) Phone number: (757) 262-2002

Address: 1919 Commerce Dr, Suite 330, Hampton, VA 23666

Website: <https://sccsva.com/>

Newport News Behavioral Health Center

Represents a residential and acute care treatment facility in Newport News, Virginia that provides comprehensive mental health, psychiatric residential, crisis stabilization, substance abuse, and specialized treatment programs for children (ages 8-11) and adolescents. Their services include individualized therapy, family support, assessments, and evidenced-based interventions designed to help youth address emotional, behavioral, and co-occurring challenges in a therapeutic environment. *Mental health assessments are offered 24/7 at no cost*

Phone number: (757) 888-0400

Address: 17579 Warwick Blvd, Newport News, VA 23603

Website: <https://newportnewsbhc.com/>

SUPPORT & ADVOCACY SERVICES

James Bentley Treatment Program

Mental and behavioral health agency that provides comprehensive services for at-risk children, youth, adults, and families, including mental health support, substance abuse counseling, skill building, intensive in-home care, and crisis stabilization. Their mission focuses on preserving family integrity, promoting emotional and social development, and helping individuals overcome behavioral challenges through education, therapy, and community-centered treatment.

Phone number: (757) 399-3025

Address: 1020 Leckie Street, Portsmouth, VA 23704

Website: <https://jamesbentleytreatmentprogram.com/>

Integrated Health Services

Community-based mental and behavioral health agency in Virginia that offers comprehensive, customized counseling and support services for children, adolescents, adults, and families facing challenges at home, school, work, or in the community. Their programs include outpatient therapy, intensive in-home treatment, substance use counseling, trauma-informed care, and skill-building services designed to improve mental health, stabilize families, and promote overall well-being.

Phone number: (757) 838-1894

(Norfolk) Address: 6330 Newtown Rd, Suite 615, Norfolk, VA 23502

(Hampton) Address: 2 Eaton Street, Suite 1103, Hampton, VA 23669

Website: <https://www.ihsva.com/>

SUPPORT & ADVOCACY SERVICES

Help and Emergency Response, INC.

Provides emergency shelter, advocacy, crisis support, and comprehensive services for survivors of domestic violence, sexual assault, stalking, human trafficking, and related homelessness. It highlights resources like a 24/7 hotline, housing assistance, counseling, employment readiness, children's programs, and community outreach aimed at promoting safety, healing, independence, and awareness.

(24hr Hotline) Phone number: (757) 485-3384

(Office) Phone number: (757) 485-1445

Website: <https://hershelter.com/>

Compass

Behavioral health agency in Virginia that has been providing clinical services to children, adults, and families since 2004, offering support for mental health, autism spectrum disorders, and other behavioral challenges through evidence-based and trauma-informed therapies. Their services include therapy, Applied Behavior Analysis (ABA), intensive in-home support, mentoring, and skill-building programs across numerous locations throughout the state to help stabilize, strengthen, and support community well-being. *All inquiries are to be made on their website*

Website: <https://compassva.com/>

SUPPORT & ADVOCACY SERVICES

Community Solutions

Dedicated to strengthening families and supporting youth through community-based programs such as adolescent groups, mentoring, spring/summer camps, parent education, and family wrap-around services. It highlights their commitment to helping young people overcome barriers like substance abuse and academic challenges while preparing them for success and long-term well-being.

Phone number: (757) 461-5098

Email address: desiree@csservices.co

Address: 5752 Princess Anne Rd, Virginia Beach, VA 23462

Website: <https://www.csservices.co/>

Center for Sexual Assault Survivors

Provides free, confidential support, crisis counseling, advocacy, and education for people affected by sexual violence, intimate partner violence, and human trafficking. It connects survivors and their loved ones to resources like a 24/7 hotline, legal support, and community outreach aimed at safety, healing, and awareness.

(Hotline) Phone number: (757) 236-5260

(Office) Phone number: (757) 599-9844

Website: <https://vsdvalliance.org/agency/center-for-sexual-assault-survivors/>

SUPPORT & ADVOCACY SERVICES

Vision Driven 757

Vision Driven 757 is dedicated to empowering local youth by providing support, resources, workshops, and community initiatives that help young people develop leadership, life skills, and confidence. Their programs include youth empowerment events like the *Building Bosses* conference, mentorship opportunities, and outreach efforts aimed at fostering positive change and helping teens transition successfully into adulthood.

Phone number: (757) 276-1603

Email address: info@visiondriven757.org

Website: <https://www.visiondriven757.org/>

Ice4Life Foundation

The Ice4Life Foundation focuses on empowering young women especially aspiring dancers through mentorship, financial assistance, educational support, dance workshops, and professional development opportunities rooted in a supportive sisterhood. Their mission emphasizes helping participants grow in education, etiquette, confidence, and career readiness while fostering community engagement and personal success.

Phone number: (757) 897-0576

Email address: ice4lifefoundation@gmail.com

Website: <https://www.ice4lifefoundation.org/>

SUPPORT & ADVOCACY SERVICES

C. Waldo Scott Center for H.O.P.E.

C. Waldo Scott Center for Hope provides comprehensive support, education, and development programs for youth and families to help them build life skills, academic success, and employability. Their services include after-school programs, workforce and computer training, parenting workshops, scholarships, counseling, and community enrichment activities designed to foster growth and opportunity.

Phone number: (757) 244-9223

Address: 2308 Roanoke Ave, Newport News, VA 23607

Website: <https://scottcenter.org/>

Fact 4 Autism

Families of Autism Coming Together (FACT) offers social, recreational, camp, sports, and leisure programs designed to support individuals with autism and their families by promoting community integration, social skills, and life skills. It also highlights volunteer opportunities, financial assistance, and resources like their Autism Resource Center to foster a compassionate, inclusive environment and improve quality of life for people on the autism spectrum.

Phone number: (757) 422-2040

Email address: info@FACT4Autism.com

Address: 3509 Virginia Beach Blvd, Virginia Beach, VA 23452

Website: <https://fact4autism.com/>

SUPPORT & ADVOCACY SERVICES

Together We Can Foundation - Smart Transitions

Smart Transitions focuses on helping at-risk youth in Hampton Roads transition successfully into independent adult life and the workforce by providing education, career skills, personal development programs, and community partnerships. It highlights their mission to equip young people with practical tools like career planning, financial literacy, and confidence building to improve long-term outcomes and optimism for the future.

(Executive Director, Tom Crockett)

Phone number: (757) 288-3231

Email address: tcrockett@twcfoundation.org

(Program Director, Katie Peters)

Phone number: (715) 498-7876

Email address: kpeters@twcfoundation.org

Address: 5101 Cleveland Street, Suite 305, Virginia Beach VA 23462

Website: <https://twcfoundation.org/>

All Nations Church

All Nations Church provides weekly services such as hot meals, grocery and clothing distribution, and hygiene support in different locations throughout the week. It also offers free transportation to church events and invites volunteers to help by serving, giving, or donating goods to support these efforts.

Phone number: (757) 941-5111

Email address: info@allnationschurch.org

Address: 853 Cloverleaf Lane, Newport News, VA 23601

Website: <https://www.allnationschurch.org/outreach>

SUPPORT & ADVOCACY SERVICES

Buffalow Family and Friends

BFF is focused on reducing food insecurity and supporting vulnerable community members especially seniors and families by offering services like a food pantry, pop-up markets, meals, holiday dinners, Christmas presents and essential supplies. The organization also runs programs such as school supply drives and community meal support and invites volunteers and partners to help further its mission of encouragement and assistance. *Pop-Up Market is on Thursdays at 12pm. You may call or text to book appointments to clothing rack, request food assistance, make or schedule donations, book salon day, or to learn about events & outreach. *

Phone number: (757) 739-0605 (Call or Text)

Email address: info@buffalowfamily.org

Address: 2403 Bainbridge Blvd., Ste. B, Chesapeake, VA 23324

Website: <https://buffalowfamily.org/>

Alcove Health

Alcove Health is a women's clinic that provides free and confidential reproductive health services, including pregnancy tests, ultrasounds, options consultations, parenting support, and STI testing, without requiring insurance or billing. The clinic aims to offer a judgment-free space for individuals to explore their pregnancy options and receive medically-evidenced information and support. *Make an appointment online or call*

Phone number: (757) 591-8141

Address: 11101 Warwick Blvd, Newport News, VA 23601

Website: <https://alcovehealth.org/>

SUPPORT & ADVOCACY SERVICES

Birthright of Norfolk

Birthright is a pregnancy support center offering free, confidential assistance to women who are pregnant or think they may be pregnant, providing emotional support, information on pregnancy and parenting, referrals to medical and community resources, and material help like pregnancy tests and baby items. The organization focuses on loving, non-judgmental support so women don't have to face unplanned pregnancies alone and invites volunteers and donors to help sustain its services.

Phone number: (757) 489-0222

Email address: contact@birthright.org

Address: 5500-B Tidewater Drive, Norfolk VA 23509

Website: <https://birthright.org/NorfolkVA>

Loving Steps

Loving Steps is a community health program aimed at reducing infant mortality and perinatal health disparities especially among African-American women and families by providing case management, care coordination, risk screening, and referrals to services for pregnant women, teens, and young children in Norfolk. It brings together a multidisciplinary team of health professionals to identify medical, nutritional, social, and economic needs, and support participants with a tailored plan of care to improve health outcomes.

Phone number: (757) 407-0897

Email address: Riverscl@evms.edu

Website:

https://www.evms.edu/community/community_health_initiatives/virginia_healthy_start_initiative_loving_steps/

SUPPORT & ADVOCACY SERVICES

Care Connection for Children

The Care Connection for Children program at Children's Hospital of The King's Daughters (CHKD) provides care coordination, case management, and support services for children with special healthcare needs and their families in the Hampton Roads region. It brings together medical professionals, educators, and family members to help children access specialty care, community resources, insurance assistance, and, when eligible, financial support to improve health and quality of life. *Requirements: serve those with physical disorders that are expected to last for at least 12 months and result in one of the following, 1) A need for medical or related services beyond those normally expected for the child's age, or a need for ongoing treatments, interventions, or accommodations at home/school. 2) A limitation in functions, activities, or social roles when compared with peers. 3) A dependence on medications, special diets, medical technologies, assistive or personal devices. All Virginia children with special needs 21 and under are eligible for care coordination services from Care Connection for Children regional programs.*

Phone number: (757) 668-7132

Phone number: (800) 864-8903

Email address: Sandra.Hermann@chkd.org

Address: 601 Children's Lane Norfolk, VA 23507

Website: <https://www.chkd.org/our-care/other-services/support-services/care-connection-for-children/>

SUPPORT & ADVOCACY SERVICES

Minus 9 to 5

Minus 9 to 5 is a community collective impact initiative in the Hampton Roads region focused on improving early childhood outcomes from pregnancy through age five by coordinating and aligning programs, services, and stakeholders to better support families and young children. It brings together local partners, working groups, and resources to ensure families have the information, access, and support they need for healthy development and readiness for kindergarten.

Phone number: (757) 446-7468

Address: 855 W. Brambleton Ave, Norfolk, VA 23510

Website: <https://www.minus9to5.org/>

Hampton's Healthy Families Partnership, Inc.

Hampton Healthy Families Partnership, Inc. is dedicated to strengthening families in the Hampton community by providing support, advocacy, and resources where city services may not fully reach, such as child safety resources, meals, and assistance with family needs. The organization collaborates with community partners, engages volunteers in events, drives to support local families, and promotes a well-being within all.

Phone number: (757) 751-7487

Email address: healthyfamiliesincorp@gmail.com

Address: 1706 Todds Ln #190, Hampton, VA 23666

Website: <https://hhfpinc.com/>

SUPPORT & ADVOCACY SERVICES

Families Forward Virginia

Healthy Families Virginia is an evidence-based home-visiting program that supports parents in building nurturing relationships, developing positive parenting skills, and promoting healthy child development from pregnancy through early childhood. The voluntary program connects families with trained home visitors who help assess strengths and needs, link to resources, and provide ongoing support to reduce risks and build resilience so children are ready to learn and thrive. *Find your local program on their website*

Phone number: (804) 359-6166

Email address: JFiechtner@familiesforwardva.org

Website: <https://www.familiesforwardva.org/healthy-families-virginia>

Kids, Kin 'n Caregivers Inc.

Kids, Kin 'n Caregivers, Inc is dedicated to strengthening kinship families (like grandparents and relatives raising children) and other family caregivers by promoting their health, well-being, and connection to community resources. They offer a variety of services including educational seminars, support groups for kin caregivers, case management and service coordination, youth, and family activities (like Kin Kids Adventure Groups and cooking classes), and concrete resources such as school supplies and food assistance, all designed to empower caregivers and support children in kinship care.

Phone number: (757) 434-5162

Email address: kknc@cox.net

Address: 6300 E Virginia Beach Blvd. Norfolk, VA 23502

Website: <https://kids-kin-care.org/>

SUPPORT & ADVOCACY SERVICES

Tidewater Youth Services

Tidewater Youth Services Foundation raises funds and mobilizes community resources to support at-risk and court-involved youth in the Tidewater region, helping them grow into productive members of their communities by improving academic skills, teaching life and social skills, and fostering engagement in positive activities. The foundation supports programs such as remedial education and vocational exploration, therapeutic recreation and pro-social activities, independent living skills development, cultural enrichment, and emergency assistance for youth and families, working alongside its public partner, the Tidewater Youth Services Commission, to fill gaps in publicly funded services.

Phone number: (757) 484-9161

Email address: tysf@tysfoundation.org

Address: 2401 Airline Blvd, Portsmouth, VA 23701

Website: <https://www.tysfoundation.org/>

Access College Foundation

Access College Foundation is a Norfolk, Virginia-based nonprofit focused on helping public school students especially those from low- and moderate-income families successfully plan for, access, and complete postsecondary education through college-planning guidance, academic advising, fee waivers, college tours, and financial aid support. They also award need-based “Last-Dollar” Scholarships, assist with FAFSA and college applications, and provide ongoing college and career success support to scholars while they’re enrolled in college to help them graduate and enter the workforce.

Phone number: (757) 962-6113

Email address: info@accesscollege.org

Address: 2555 Ellsmere Ave, Suite 110, Norfolk, VA 23513

Website: <https://accesscollege.org/>

SUPPORT & ADVOCACY SERVICES

REACH

REACH, Inc. (Reading Enriches All Children) is dedicated to promoting literacy for at-risk and homeless children by increasing access to books and reading resources and fostering a lifelong love of reading through community programs. They operate initiatives such as The Big Free Bookstore (distributing new and gently used books at no cost), read-aloud sessions for children and families, Family Literacy Kits for early childhood, school supplies and book support for teachers, and bulk book distribution to partner agencies, all aimed at supporting literacy development and educational success for children ages 0–17.

Phone number: (757) 627-4722

Email address: reach@reachreads.org

Address: 5802 E Virginia Beach Blvd, Suite 158, Norfolk, VA 23502

Website: <https://www.reachreads.org/>

Sinkinson Dyslexia Foundation

Sinkinson Dyslexia Foundation focuses on identifying, remediating, and raising awareness of dyslexia and its impact on the community, with the belief that everyone has a right to read. They provide free dyslexia testing and one-on-one multi-sensory tutoring services for children and adults in Coastal Virginia, helping individuals improve reading skills and confidence, and collaborate with local partners to address illiteracy and support learners who often lack adequate school-based resources.

Phone number: (757) 437-0733

Email address: office@sdf.email

Address: 3701 Pacific Ave Suite 500, Virginia Beach, VA 23451

Website: <https://sinkinsondyslexiafoundation.org/>

SUPPORT & ADVOCACY SERVICES

Suffolk Foundation

The Suffolk Foundation is dedicated to building a stronger community by facilitating philanthropy, managing charitable funds, and awarding grants and scholarships that support local needs in areas such as health, education, arts and culture, human services, environmental and animal welfare, and youth and senior programs. They provide opportunities for donors to create or contribute to funds, support nonprofit organizations through Community Impact Grants, and award annual scholarships to students, helping nonprofits and individuals make a lasting community impact.

Phone number: (757) 923-9090

Email address: office@suffolkfoundation.org

Address: 110 West Finney Ave, Suite 100, Suffolk, VA 23434

Website: <https://suffolkfoundation.org/>

We Believe in Your Child Too

We Believe in Your Child Too helps families support their children's pursuit of higher education by providing need-based scholarships and mentorship to lessen the financial burden of college costs and help students succeed in post-secondary education.

Phone number: (757) 693-0714

Email address: kevin@webelieveinyourchild.org

Address: 2506 Jefferson Ave, Newport News, VA 23607

Website: <https://webelieveinyourchild.org/>

SUPPORT & ADVOCACY SERVICES

Crusading Outreach Ministry

Crusading Outreach Ministry is based in Hampton, Virginia where they uplift individuals and families in need through community outreach, education, and support services. Their work includes nutrition and food assistance programs, the Better Nutrition for a Better Life initiative, youth empowerment and excellence programs, community gardens, family support and safe parenting education, resources for the homeless and disadvantaged, holiday food and gift distributions, and life-skills training opportunities, all aimed at helping people improve their quality of life and achieve self-sufficiency. *Check online for events*

Phone number: (757) 408-0662

Email address: Info@CrusadingOutreach.org

Address: 711 Spruce Street, Hampton, VA 23661

Website: <http://www.crusadingoutreach.org/>

Fatherhood Fire

CDR Fatherhood describes a community program dedicated to empowering fathers through free workshops, one-on-one support, and resources aimed at improving parenting skills, communication, employment, and financial stability. It highlights key offerings like *24/7 Dads* and *Rookie Dads* workshops designed to help both new and experienced fathers strengthen their involvement in their children's lives and achieve personal and professional goals.

Phone number: (757) 345-3180

Address: 210 Packets Court, Williamsburg VA

Website: <https://www.cdrfatherhood.com/>

SUPPORT & ADVOCACY SERVICES

Eggleston

Eggleston Services is based in Norfolk, Virginia with a mission to empower adults with disabilities by providing education, training, employment, residential support, and community engagement services that help them gain independence, confidence, and meaningful participation in daily life.

They offer a broad range of programs and services including supported employment and job training, residential living options (in-home and group homes), day support and community engagement programs, business enterprises (like secure document shredding, commercial landscaping, and more) that create jobs and real-world work experience, and specialized supports such as brain injury and veteran services, all focused on enhancing quality of life and community inclusion.

Phone number: (757) 858-8011

Email address: info@egglestonservices.org

Address: 5145 East Virginia Beach Blvd, Norfolk, VA 23502

Website: <https://www.egglestonservices.org/>

The Garden of Hope

The Garden of Hope is a nonprofit focused on *building healthy communities* in Hampton Roads by offering programs and services that support disadvantaged individuals, families, and youth. Their offerings include reentry assistance for formerly incarcerated people, financial education, youth and family support, adult literacy and GED prep, supportive housing, relapse prevention, and life skills and job readiness programs, in which all of these are aimed at helping participants achieve stability and long-term success.

Phone number: (757) 664-4281

Address: 1317 E Brambleton Ave, Norfolk, VA 23504

Website: <https://gardenofhopecdc.org/>

SUPPORT & ADVOCACY SERVICES

Foodbank of Southeastern Virginia and the Eastern Shore

A hunger-relief organization dedicated to *leading the effort to eliminate hunger* across southeastern Virginia and the Eastern Shore by collecting, storing, and distributing nutritious food through a network of partner agencies, mobile pantries, and direct distribution programs. They provide resources to help people find food assistance near them, and the site also offers ways to support their mission through donations, volunteering, food drives, and advocacy. The organization works year-round to address food insecurity and improve community well-being by engaging donors, volunteers, and local partners. *You may go on their website to find the closest resources to you*

Phone number: (757) 627-6599

Address: 800 Tidewater Drive, Norfolk, VA 23504

Website: <https://foodbankonline.org/>

Urban League of Hampton Roads, Inc.

ULHR is a nonprofit affiliate of the National Urban League focused on empowering African Americans and underserved communities in the Hampton Roads region by advancing economic self-reliance, social equity, and civil rights. ULHR offers programs and services across key areas including education, employment, housing, health, and financial wellness, along with advocacy, outreach, and community mobilization to help individuals and families overcome barriers to success. The site also provides ways to access support, learn about events and initiatives, and get involved through volunteering, membership, sponsorship, and career opportunities.

Phone number: (757) 627-0864

Address: 4801 Columbus St., Suite 200 Virginia Beach, VA 23462

Website: <https://ulhr.org/>

SUPPORT & ADVOCACY SERVICES

Hampton Roads Community Action Program (HRCAP)

HRCAP is a nonprofit community action agency serving southeastern Virginia for over 50 years, dedicated to helping low-income individuals and families achieve self-sufficiency and improved quality of life through a wide range of programs in education, workforce development, housing support, emergency services, and financial stability. The organization connects residents with resources like Head Start early-childhood education, job training, housing counseling, and other supportive services while offering ways to get involved through volunteering and community partnerships. *M-F 8am-5pm*

Phone number: (757) 247-0379

Address: 2410 Wickham Ave, Newport News, VA 23607

Website: <https://hrcapinc.org/>

Catholic Charities of Eastern Virginia

Catholic Charities of Eastern Virginia is a nonprofit human services organization that offers a wide range of support programs to people and families in need across Southeastern Virginia, including adoption and pregnancy services, financial and housing counseling, mental health counseling, senior care, and family engagement services. The organization's mission is to serve all individuals with dignity and compassion, help stabilize families, and strengthen communities while also providing ways for visitors to give support through donations, volunteering, or career opportunities.

Phone number: (757) 456-2366

Address: 1132 Pickett Rd, Norfolk, VA 23502

Website: <https://cceva.org/>

SUPPORT & ADVOCACY SERVICES

BEST Autism Services

B.E.S.T. Autism Services offers Applied Behavior Analysis (ABA) therapies — both “Comprehensive” (covering multiple developmental domains: cognitive, communicative, social, emotional, and adaptive) and “Focused” (targeting a limited set of behaviors) — to children with autism. They provide services in multiple settings: primarily in-home sessions, but also community outings, school shadowing, parent training, and telehealth support. The organization emphasizes individualized, supervised programs overseen by trained staff (including different levels of supervision) to ensure consistency and quality of care. *Accepts many major health insurance plans, which can help make these services accessible for families*

Phone number: (252) 435-1665

Email address: contracts@bestautismservices.com

Website: <https://bestautismservices.com/>

Jeanna's iFeed

Jeanna's iFeed is a nonprofit serving the Hampton Roads region, offering food, cooked meals, wellness education, and essential resources to families, seniors, and individuals facing hardship. In partnership with organizations like the Foodbank of Southeastern Virginia and the Eastern Shore, they work to address hunger and promote health and well-being. Focused on impactful service and practical solutions, Jeanna's iFeed empowers recipients to strengthen their lives and support their communities. *Contact or check Facebook/Instagram for location*

Phone Number: (757) 679-0579

Email address: ronjeanna@jeannasifeed.org

Website: <https://www.jeannasifeed.org/>

Facebook: <https://www.facebook.com/jeannasifeed/>

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Hampton Roads Youth Foundation

Hampton Roads Youth Foundation (HRYF) empowers and inspires young people in the Hampton Roads area by offering educational, athletic, and leadership programs focused on academic success, social responsibility, and community service. Through events like the annual all-star football camp, mentorship, SAT prep, and scholarships (over \$23,000 awarded to date), HRYF uses sports and the values, sports represent as a tool to guide youth toward responsible citizenship and future success.

Phone Number: (757) 304-8172

Email address: hryfinfo@gmail.com

Address: PO Box 1296 Hampton, VA 23661

Website: <https://hryf.org/>

Village Family Outreach

Village Family Outreach runs a variety of support programs for people in need in Norfolk and the surrounding area including a food pantry supplying free groceries every fourth Sunday, clothing distribution, hygiene and cold-weather kits, and baby essentials for families facing hardship. They also provide services tailored to seniors, youth, and low-income families, offer safe-sex products, and work with community partners to connect individuals to additional resources that support health, stability, and economic self-sufficiency.

Address: 813 Henry Street Norfolk, VA 23504

Website: <https://www.villagefamilyoutreach.net/>

SUPPORT & ADVOCACY SERVICES

The Union Mission Ministries

Union Mission Ministries provides emergency shelter, hot meals, clean clothes, and essential services to hundreds of unhoused men, women, and children in the Hampton Roads area every day. In addition to basic needs, they offer life-skills training, job readiness programs, case management, and spiritual support helping people heal, regain stability, and move toward permanent housing and independence.

Phone Number: (757) 627-8686

Address: 5100 E. Virginia Beach Blvd. Norfolk, VA 23502

Website: <https://www.unionmissionministries.org/>

The Genieve Shelter

The Genieve Shelter works to offer free services such as a safe haven and supportive environment for individuals affected by domestic violence, sexual assault, stalking, and human trafficking. It also provides education, information, and training aimed at breaking the cycle of violence and promoting long-term safety and healing.

Phone Number: (757) 925-4365

Immediate Help Line: 1(800) 969-4673

Address: PO Box 1585 Suffolk, VA 23439

Website: <https://www.thegenieveshelter.org/>

SUPPORT & ADVOCACY SERVICES

Shoe Lady

ShoeLady.org is a nonprofit based in Newport News, Virginia that works to make sure kids whose families can't afford shoes receive new, properly fitting footwear. They partner with local schools that report children in need and match those requests to donors willing to give or sponsor new shoes, operating year-round so that support is available whenever the need arises, not just during holidays. *Contact your children's school to see if they participate with the Shoe Lady program*

Phone Number: (757) 869-7070

Email address: bill@shoelady.org

Address: PO Box 1054 Newport News, VA 23601

Website: <https://shoelady.org/>

Parents In Need HR

Parents In Need (Hampton Roads) is a nonprofit that provides free essentials like diapers, clothes, baby gear, infant/cradles, car seats and other necessities to young children ages newborn through six years old, in low-income families across Hampton Roads. Since 2013, PIN has helped over 7,000 children reaching families often living on very limited income offering support during difficult seasons such as job loss, illness, or financial hardship. *You must complete an application through link and make an appointment to shop on website. Hours of operations posted on their website *

Email address: ParentsInNeedHR@gmail.com

Address: 116 Reservation Rd Chesapeake, VA 23322

Website: <https://www.parentsinneedhr.org/>

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Our Children Our Village

Our Children Our Village is a nonprofit based in Hampton Roads, Virginia, devoted to supporting single parents and their children by building a “village” —a network of community support. They offer individualized family solutions through referrals to local resources, parenting and lifestyle tips, community outreach programs, resources to promote emotional, financial, and physical stability for single-parent families, and community partnerships.

Phone number: (757) 354-4689

Email address: ourchildrenourvillage@gmail.com

Address: 3419 Virginia Beach Blvd #D37 Virginia Beach, VA 23452

Website: <https://www.ocovva.org/>

Moving Forward Reaching Back

Moving Forward Reaching Back is a nonprofit youth-development organization based in Virginia Beach whose mission is to help young people “dream beyond their circumstances” through programs in literacy, motivational productions, and community outreach. They aim to give youth opportunities to explore their passions, build skills, and gain life experiences believing that true success is measured by meaningful change in a child’s life, not by numbers or prestige.

Phone number: (757) 708-8700

Email address: Info@movingforwardreachingback.org

Website: <https://www.movingforwardreachingback.org/>

SUPPORT & ADVOCACY SERVICES

Mikey's Camp & Kidz N Grief

KIDZ'NGRIEF is a supportive program in the Tidewater region for children ages 3 to 18 and their caregivers, offering a safe environment where kids can process grief alongside peers through activities like art, games, stories, and play. The program offers age specific groups, caregiver groups, and camps to help families express emotions and adjust to loss. Volunteers are always needed and play an important role in creating this supportive space for the children. The goal is to provide a safe environment and help each child adjust to their loss. *Registration Required*

Phone number: (757) 947-3420

Email address: Ariane_Walter@bshsi.org

Website: <https://www.facebook.com/kidzngrief/>

INSPIRE Family Empowerment

INSPIRE Family Empowerment provides trauma-informed, family-centered services in Norfolk, VA to support families during child-welfare involvement. They offer supervised visitation, reunification coaching, home-readiness support (helping families create stable, safe environments), and parent advocacy to help biological parents meet requirements set by agencies like CSA / DSS. They also run a neurodivergent-inclusive homeschool program for middle & high schoolers focusing on life skills, hands-on learning, community service, and other educational supports. INSPIRE's broader mission emphasizes helping families heal, reconnect, build parental capacity and stability, and reduce further involvement with the child welfare system.

Phone number: (757) 901-2423

Email address: inspirefamilies757@gmail.com

Website: <https://www.inspirefamilyempowerment.com/>

SUPPORT & ADVOCACY SERVICES

ForKids

ForKids is a nonprofit organization whose mission is to break the cycle of homelessness and poverty for families and children in Southeastern Virginia. It operates a range of services, including a Housing Crisis Hotline, emergency shelters, rapid rehousing & supportive-housing programs, and housing stability support aimed at helping families secure long-term permanent housing. ForKids also offers educational and enrichment programs for children, after-school support, financial & life-skills counseling, and economic-mobility services to help families become self-sufficient. Through this holistic, wrap-around model, ForKids serves hundreds of families daily and aims not just to address immediate crises but to promote long-term stability and growth.

Phone number: (757) 622-6400

Email address: info@forkids.org

Address: 1001 Poindexter St. Chesapeake, VA 23324

Website: <https://forkids.org/>

SUPPORT & ADVOCACY SERVICES

Burfoot House

The Burfoot House is a transitional shelter for single women ages 18–65 experiencing homelessness. During their stay (up to 180 days), women receive individualized support including financial-literacy help, one-on-one mentoring, therapy for mental/trauma issues, and free transportation to help them access jobs or services. The program aims not just to provide temporary shelter but to help residents build credit, strengthen life skills, and once they meet their goals transition into permanent, self-sufficient housing. *Requirements: must be a single woman sleeping in places not meant for habitation, living in emergency housing for homeless persons, or evicted with no residence and lacking resources to obtain a home. You must not have any felony convictions, child-related restrictions, active domestic violence cases, pending warrants, actively using alcohol or illegal drugs, or have a history of violent, explosive, or destructive behavior. *

Phone number: (757) 410-2933

Email address: lisa@divineio.org

Address: 916 Centerville Turnpike S, Chesapeake, VA 23322

Website: <https://divineio.org/about-burfoot-house/>

Beach Counseling Center

Beach Counseling Center is a mental-health and medication-management practice in Virginia Beach that offers personalized care for individuals across a wide range of ages and needs. They treat issues including depression, anxiety, trauma/PTSD, ADHD, bipolar disorder, and life stressors, offering services like individual, child/teen, couple, and family counseling, psychological evaluations, and medication management. *Must schedule appointment, accepts several insurance plans *

Phone number: (757) 233-1500

Email address: vabeachcounseling@gmail.com

SUPPORT & ADVOCACY SERVICES

Address: 1064 Laskin Rd Suite 14C, Virginia Beach, VA 23451

Website: <https://www.beachcounseling.com/>

Atlantic Family and Adolescent Therapy

Atlantic Family and Adolescent Therapy was founded to meet the growing mental-health needs of adolescents and families in Virginia Beach, VA. They provide a range of services—including therapy for teens and adults, couples counseling, and family therapy, all while being secular, and LGBTQIA+ affirming. You can learn more about each option by visiting their services page. Their goal is to provide the support and guidance you may need to facilitate change and how difficult it is to understand it. *There is a charge per session and residents in counseling or marriage/family therapy are offered a sliding scale based on household income. They also offer several insurance plans. *

Phone number: (757) 650-5346

Email address: Carmenwolf@atlanticfamilytherapy.com

Address: 1120 Laskin RD Suite 104 Virginia Beach, VA 23451

Website: <http://www.atlanticfamilytherapy.com/>

Envision

Envision Family Services is a mental-health provider in Norfolk, VA offering family-centered care to children, adolescents, and families. They provide services like school-based Therapeutic Day Treatment, Intensive In-Home support, and outpatient therapy all tailored to each client's needs. Their goal is to help clients feel supported, stable, and cared for while improving overall quality of life.

Phone number: (757) 350-3020

Address: 500 E Main St. Suite 1600-12 Norfolk, VA 23510

Website: <https://www.envisionfamilyservices.com/>

SUPPORT & ADVOCACY SERVICES

Center for Child & Family Services

CCFS is a nonprofit organization (serving children, adults, and families) offering a wide range of counseling and support services. They provide individual and group therapy, trauma-informed counseling, parenting education/coaching, supervised child visitation, substance-use treatment, anger-management programs, and various family support services. They also help with financial counseling, workforce/job-readiness support, specialized outreach (e.g. services in Spanish, support for youth aging out of foster care), and community-based programs.

(Williamsburg) Phone number: (757) 229-7940

Address: 348 McLaws Circle, Suite 1 Williamsburg, Virginia 23185

(Newport News) Phone Number: (757) 838-1960

Address: 739 Thimble Shoals Blvd, Suite 400, Newport News, Virginia 23606

Email address: info@kidsandfamilies.com

Website: <https://www.kidsandfamilies.com/>

Seton Youth Services

No charge crisis shelter, walk-in support, and counseling for ages 9–18 in unsafe or unstable situations, also part of the Safe Place Network. 24-hour emergency shelter for youth. They also are dedicated in reuniting missing youth with their families through their Find Me Hampton Roads programs. *No Requirements*

Phone number: 24-Hour Hotline (757) 498-4357 or 1-866-751-7640

Website: <https://setonyouthservices.org/>

SUPPORT & ADVOCACY SERVICES

Peninsula Child & Family Services

Peninsula Child & Family Services is an outpatient mental-health practice in Hampton Roads, Virginia that provides therapy for children, teens, and families. They offer a variety of services — including child counseling (often via play or art therapy), teen counseling, anxiety, OCD and ADHD treatment, family therapy, group therapy, medication management, and parent coaching. They use evidence-based methods like cognitive behavioral therapy (CBT), solution-focused therapy, motivational interviewing and structural family therapy depending on age and needs. Services are available both in person and via online/telehealth across Virginia.

Phone number: (757) 977-0889

Email address: JoeFarrell@PeninsulaChildandFamily.com

(Hampton) Address: 4410 E Claiborne Suite #211/234 Hampton, VA 23666

(Norfolk) Address: 555 E Main Street #1100 Norfolk, VA 23510

Website: <https://www.peninsulachildandfamily.com/>

LGBT Life Center

Safe spaces, identity-affirming therapy, and walk-in support for LGBTQ+ teens and families. They offer support groups for local youth aged 12 through 18 on the first and third Wednesdays from 6:30-9pm (In-Person).

Must be a resident of the Hampton Roads area

Phone number: (757) 640-0929

Email address: NicoleP@standupforkids.org

Address: 5360 Robin Hood Road Norfolk, VA 23513 and 20 Settlers Landing Road Hampton, VA 23669

Website: <https://lgbtlifecenter.org/>

SUPPORT & ADVOCACY SERVICES

Jewish Family Services of Tidewater

Offers teen and parent counseling, anxiety and grief support, and parenting education programs. Inclusive of all family types and faith backgrounds.

Phone number: (757) 459-4640

Email address: counseling@jfshamptonroads.org

Address: 5000 Corporate Woods Drive, #400 Virginia Beach, VA 23462

Website: <https://jfshamptonroads.org/>

Beach Community

Beach Community offers community resources such as housing, food, basic assistance, financial assistance, health services, employment services, mental health services, substance abuse, veteran services, victims of domestic violence and or sexual assault, victims of human trafficking, youth services, and other housing crisis support services.

No Requirements

Phone number: (757) 227-5932 (M-F 8am-5:30pm- Regional Housing Crisis Hotline) (757)430-2120 (24/7 Hotline- Victims of Domestic Violence)

Website: <https://beachcommunitypartnership.org/>

SUPPORT & ADVOCACY SERVICES

Connect With a Wish

A nonprofit dedicated to supporting youth and young adults in the Hampton Roads foster care system. Through community partnerships and over 20 programs including boys' and girls' monthly groups; they provide essential resources, encouragement, and opportunities for growth. Their mission is to help every foster child realize their full potential and build a brighter future for themselves.

Must be in local foster care system

Phone number: (757) 337-2657

Email address: media@cwwvb.org

Address: 2492 North Landing Rd, Ste. 102 Virginia Beach, VA 23456

Website: <https://www.connectwithawish.org/>

RAINN

24/7 national hotline offering English and Spanish services for survivors of sexual assault and their loved ones which provides confidential support and information about laws and resources in your community, and referrals for long – term support in your area.

Phone number: 1(800) 656–4637 or Text HOPE to 64673

Website: <https://rainn.org/>

SUPPORT & ADVOCACY SERVICES

YWCA South Hampton Roads

Since 1908, YWCA South Hampton Roads has strengthened social movements that eliminate racism, empower women, and promote peace, justice, and dignity for all through advocacy, local programming, and services. They offer free Crisis Services, Counseling Services, Equity and Justice work/social programs, as well as Outreach and Education, Support Groups, Almost Home Shelter, Victim Advocacy, and the Norfolk Family Justice Center. *No Requirements *

Phone number: (757) 625-4248

(24/7 Crisis Hotline): (757) 251-0144

Email address: info@ywca-shr.org

Address: 340 High Street, Ste 206 Portsmouth, VA 23704

Website: <https://ywca-shr.org/>

Norfolk Family Justice Center

This center is a safe, centralized space where individuals impacted by violence or abuse can access trauma-informed, victim-centered services. Multiple agencies work together on-site to provide 24/7 crisis support, forensic exams, legal assistance, advocacy, shelter, counseling, and help with housing, employment, and benefits. The goal is to improve safety, streamline access to services, and ensure offender accountability. Hours are Monday through Friday 9am to 4pm and walk ins are welcome.

Phone number: (757) 330-0376

(YWCA 24/7 Crisis Hotline): (757) 251-0144

Email address: Susan.flowers@norfolk.gov

Address: 835 Glenrock Rd Norfolk, VA 23502

Website: <https://www.norfolkjfc.org/>

SUPPORT & ADVOCACY SERVICES

The River Ellis Foundation

This organization supports individuals in the Hampton Roads community who are facing unexpected hardships or tragedies, offering financial assistance through fundraising and donations. Their mission is to bring hope and relief to those experiencing their darkest moments, regardless of the situation. In return, they encourage recipients to one day “give a sunrise” to others in need within the community. *Must live in Hampton Roads and have encountered an unexpected hardship within the past 60 days. Must not have received funds from the River Ellis Foundation during the past calendar year. *Must be nominated by someone who is in the network of supporters of River Ellis.* They also must agree to “give a sunrise” through a future act of kindness to someone else in the community. *

Phone number: (757) 317-0254

Email address: info@riverellisfoundation.org

Address: 1340 N Great Neck Rd, Suite 1272 #328, Virginia Beach, VA 23454

Website: <https://www.riverellisfoundation.org/>

Stand Up for Kids

Nationwide non-profit organization whose purpose is to try and end the cycle of youth homelessness. They help with facilitating housing, medical care, employment training, and family reunification. Stand Up for Kids has locations across the country, most of which offer Street Outreach. Some also have Outreach Centers and other things to help you. You can use their website or call to search for resources nearby. *No Requirements*

Phone number: 1(888) 365-4543

Website: <https://www.standupforkids.org/>

SUPPORT & ADVOCACY SERVICES

Office of Family & Community Engagement VBCPS

The mission is to engage and empower families and community members by connecting them with resources, services, and information that support student success and overall well-being. In partnership with the Virginia Department of Social Services, the program offers assistance with food, housing, health care, childcare, financial needs, and mental health. It also provides educational support such as GED preparation, gifted and special needs services, online learning, and summer enrichment. Additionally, military families receive targeted support through resources for childcare, food, health, and school-related needs.

Phone number: (757) 263-1821

Email address: vbcpsface@vbschools.com

Address: 641 Carriage Hill Rd, Suite 200, Virginia Beach, VA 23452

Website: <https://www.vbschools.com/community/face>

City of Virginia Beach Community Services Board

The Office of Consumer and Family Affairs in Virginia Beach offers free education, support groups, advocacy, and resources for individuals and families affected by behavioral health, substance use, and co-occurring disorders. Programs include classes like *Friends and Family Education*, *Help Me Understand*, *NAMI Family-to-Family*, *NAMI Basics*, and *WRAP*, all designed to provide practical tools, education, and support for recovery and caregiving. The office also manages the Virginia Beach Community Trust, which helps families establish special needs trusts for loved ones with behavioral health disorders.

*Requirements- Must make an appointment, some services have no residency requirements. *

Phone number: (757) 385-0800 (Main)

(757) 385-0888 (Emergency)

Email address: VB311@vbgov.com

Address: 289 Independence Blvd, Suite 120 Virginia Beach, VA 23462

Website: <https://hs.virginiabeach.gov/about/community-services-board>

SUPPORT & ADVOCACY SERVICES

Teens With a Purpose (TWP)

Youth-led advocacy group using creative arts to address bullying, violence, and peer conflict.

Offers a platform for teens to lead and heal through poetry, music, and community dialogue.

“The youth movement”.

Must register online or by phone

Phone number: (757) 747-2679

Email address: info@twpthemovement.org

Address: 700 E. Olney Rd Norfolk, VA 23504

Website: <https://www.twp-themovement.org/>

DIVAS INC

Divas, Inc. teaches girls and women how to advocate for themselves and their communities, using their voices to promote positive change. They offer individual therapy sessions, mentoring programs, family therapy, community work, support groups, and group therapy.

Their youth group therapy is for ages 13-18, focusing on emotional wellness, self-worth, peer support, and healthy identity building in a safe, affirming space.

Must contact first

Phone number: (757) 453-5773

Email address: kimberlee@divasinc.org

Website: <https://divasinc.org/>

SUPPORT & ADVOCACY SERVICES

211 Virginia

211 Virginia is a free, confidential, and 24/7 statewide referral service that connects Virginians with a broad spectrum of community resources. It helps people access support for housing, food, healthcare, utilities, and more. The service also provides referrals for mental health and substance-use programs, crisis care, and legal or financial assistance. Operated by the Virginia Department of Social Services in partnership with community agencies, 211 Virginia maintains a directory of thousands of programs across the Commonwealth.

Phone number: 2-1-1 or (800) 230-6977

Text: Connect to 247211

Website: <https://211virginia.org/>

Kempsville Center for Behavioral Health

They provide a personalized approach to treatment by providing individual treatment, medication management and education/skill building/clinical therapy and other allied group therapy through a cognitive behavioral therapy approach. Their [Residential Treatment Program](#) serves youth, ages 11 to 18, who suffer from chronic mental health challenges. The [Partial Hospitalization Program \(PHP\)](#) is a day program that helps youth, ages 8 to 18 better manage anxiety, emotions, behavior and mental health challenges and their Acute Crisis Stabilization Program focuses on stabilizing/caring for youth, ages 4 to 18, in acute crisis situations. You may call 24/7 to schedule a confidential assessment at no cost. Walk-ins welcome. *No referral or emergency room visit is required. *

Phone number: (757) 461-4565

Address: 860 Kempsville Road, Norfolk, VA 23502

Website: <https://kempsvillecbh.com/>

SUPPORT & ADVOCACY SERVICES

Teen Line

TEEN LINE is a confidential telephone helpline for teenage callers. The TEEN LINE volunteers who answer the calls, emails and texts are Southern California teenagers who have been specially trained. They do not give advice, their job is to listen to your feelings and help you to clarify your concerns, define the options available to you, and help you make positive decisions. Problems some teenagers face include abuse, AIDS, alcoholism, depression, divorce of parents, drugs, gangs, homelessness, pregnancy, sexuality, violence, and suicide. TEEN LINE also offers message boards, resources and information.

Phone number (hotline): (310) 855-4673 or (800) 852-8338 from 9PM-1AM EST

Phone number (texting): Text "TEEN" to 839863 from 8:30pm-12:30AM EST

Email through "Talk Now" page: <https://teenlineonline.org/talk-now/>

Website: <https://un suicide.org/suicide-help/teen-line/>

Boys Town National Hotline

Boys Town is one of the largest nonprofit, nonsectarian child and family care organizations in the country. The hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. Spanish- speaking counselors and translation services for more than 100 languages are also available 24 hours a day. They also offer a broad spectrum of child and family services, community programs, and crisis services. They also provide health and medical care through Boys Town National Research Hospital and other resources; conduct research on child behavioral issues; and provide services for children with severe behavioral problems through their Outpatient Behavioral Health programs and residential care programs.

Hotline: (800) 448-3000 or text VOICE to 20121

Phone number: (531) 355-1111

Email : hotline@boystown.org

Address (Headquarters): 14100 Crawford St. Boys Town, NE 68010

SUPPORT & ADVOCACY SERVICES

Website: <https://www.boystown.org>

Ok2SpeakOut

Ok2SpeakOut is a Virginia statewide school safety and threat-assessment resource created by the Virginia Center for School and Campus Safety to help K-12 students, parents, and school communities recognize, report, and prevent concerning behaviors that may pose a risk to self or others. The site provides age-appropriate resources for students, guidance and tools for parents, and educational videos and prevention materials. It also includes who you can report to in the school community, information for support, and emphasizes that speaking up early is a proactive, non-punitive way to keep schools and communities safe.

Emergency Number: 911

Email address: vcscs@dcjs.virginia.gov

Website: <https://ok2speakout.com/>

Prevention Action Alliance – Parents Who Host Lose the Most

A prevention campaign by Prevention Action Alliance focuses on reducing underage drinking by educating parents and communities about the legal, health, and safety risks of providing alcohol to minors. The website outlines the campaign's messaging and offers ready-to-use materials such as posters, yard signs, fact cards, and digital tools to support community awareness, outreach, and prevention efforts.

Emergency Number: (614) 540-9985

Email address: contact@preventionactionalliance.org

Address: 6171 Huntley Rd, Suite G, Columbus, Ohio 43229

Website: <https://preventionactionalliance.org/prevention-programs/parents-who-host-lose-the-most/>

SUPPORT & ADVOCACY SERVICES

Center for Evidence – Based Partnerships

The CEP-VA Resources page offers centralized information on Virginia's evidence-based behavioral health programs, including brief program descriptions, guides, videos, and tools for families, providers, and community partners. It helps users understand, compare, and access approved programs and supports implementation across the state.

Email address: sandmanal@vcu.edu (Questions about how to engage your community partners)

Email address: ebplab@vcu.edu (All other questions)

Website: <https://www.cep-va.org/resources>