

Local Interventions & Assistance for Minors Resources



YOUTH PROGRAMS & MENTORSHIP RESOURCES

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.

YOUTH PROGRAMS & MENTORSHIP

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/>

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/>

YOUTH PROGRAMS & MENTORSHIP

Youth Earn and Learn Jobs for Kids

Aimed at empowering at-risk and underserved youth and families by offering access to healthy food, education, training, mentoring, job readiness, entrepreneurial skills, life skills, and computer literacy. Their mission focuses on keeping kids positively engaged, helping them gain real-world experience and stipends through community services like mobile produce stands and workforce development while building confidence and future leadership potential.

Phone number: (757) 714-1789

Email address: youthearnandlearn1@gmail.com

Address: 2715 Stanhope Ave, Norfolk, VA 23504

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

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/>

YOUTH PROGRAMS & MENTORSHIP

Soundscapes

Soundscapes is an organization based in Newport News, Virginia that provides free, high-quality music education, instruments, and ensemble performance opportunities to young people from elementary age through young adulthood to strengthen their social, emotional, creative, and critical thinking skills through music. Their programs include after-school music instruction, summer activities, community ensembles like the Peninsula Youth Orchestra and Jazz Band, and frequent performance opportunities designed to foster personal growth, community engagement, and musical development.

Phone number: (757) 273-6178

Address: 11712 Jefferson Ave, Ste C, #473, Newport News, VA 23606

Website: <https://www.soundscapes.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/>

YOUTH PROGRAMS & MENTORSHIP

Girls with Goals Foundation

Girls With Goals Foundation focuses on empowering adolescent girls from urban communities by providing mentorship programs that build self-motivation, leadership, confidence, teamwork, and personal responsibility. Through partnerships with local schools and activities designed to nurture important life skills, the foundation aims to support girls' academic and professional success and foster positive future outcomes.

Phone number: (757) 800-2633

Email address: gwgfoundation422@gmail.com

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

Girls on the Run

Girls on the Run organization offers fun, research-based programs combining physical activity with life-skill lessons to inspire girls in the 3rd through the 8th grade to be joyful, healthy, and confident. Their inclusive offerings include seasonal teams, community impact projects, and celebratory 5K events that help participants build social, emotional, and physical strength while fostering connection and self-esteem.

Phone number: (757) 965-9040

Email address: Info@gotrhr.org

Address: 5817 Wesleyan Drive, Virginia Beach, VA 23455

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

YOUTH PROGRAMS & MENTORSHIP

Excellence Girls' Club

The Excellence Girls' Club is based in Chesapeake, Virginia and is known for empowering middle and high school-aged girls by helping them grow into confident, capable young women through leadership development, community service, educational sessions, and enriching activities like college tours and bonding retreats. Their programs focus on personal growth, academic success, positive mentorship, and community engagement to unlock each girl's potential and prepare them for future opportunities.

Phone number: (757) 503-0910

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

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/>

YOUTH PROGRAMS & MENTORSHIP

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/>

Stop & Pop Youth Sports Charities INC

Stop & Pop Youth Sports Charities offers youth sports mentoring, basketball programs, and summer camp activities aimed at improving athletic skills, behavior, and academic growth for local children and teens. It also encourages community involvement and donations to support its efforts to provide a safe, supportive environment and opportunities for youth development.

Phone number: (757) 504-2855

Email address: jamoice@gmail.com

Address: 539 Harriett Street, Hampton, VA 23669

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

YOUTH PROGRAMS & MENTORSHIP

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/>

Youth Fire Intervention and Education Program

The Virginia Beach Fire Department explains that while children are often curious about fire, misuse can quickly lead to dangerous and potentially life-threatening situations. The Virginia Beach Fire Department offers a Youth Fire Intervention & Educational Program to help families take a proactive role in keeping your family, home, and community safe. The page also provides guidance for parents and caregivers on supervising children, securing ignition sources, and teaching essential fire-safety practices.

Phone Number: (757) 385-2875

Email address: vbfdlifesafety@vb.gov

Website: <https://www.vbfdlifesafety.com/youth-fire-misuse>

YOUTH PROGRAMS & MENTORSHIP

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/>

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/>

YOUTH PROGRAMS & MENTORSHIP

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/>

Boys & Girls Clubs of Southeast Virginia

After-school programs for youth aged 5-18 focusing on leadership, peer support, violence prevention, and emotional growth. Located all around Hampton Roads.

Annual fee, reside in area of club, between ages 5-18

Phone number: (757) 853-5632

Email address: info@bgcseva.org

Address: 1300 Diamond Springs Rd, Suite #300 Virginia Beach, VA 23455

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

YOUTH PROGRAMS & MENTORSHIP

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/>

Big Brothers Big Sisters of the Virginia Peninsula

One-on-one mentorship for youth aged 5-18 focusing on leadership, peer support, violence prevention, and emotional growth. Located all around Hampton Roads.

Phone number: (757) 392-5155

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

YOUTH PROGRAMS & MENTORSHIP

Virginia Beach Police Athletic League

A non-profit youth-crime prevention organization providing safe and structured activities to the youth of Virginia Beach. This program is directed by the Virginia Beach Police Department.

Athletics and activities that have started are summer camps (ran by the Virginia Beach Police Department), chess, board games and arrive alive event performed at a different high school each year. PAL has also included. Boxing program that is scheduled 1st & 2nd Mondays at the Kempsville Recreation Center and 3rd & 4th Mondays at Williams Farm Recreation Center, performed at 6pm-7pm, food is provided at the beginning prior to the start of activities.

*Requirements: summer camps have an age limit, arrive alive is for high schoolers. *

Phone Number: 757-385-7214

Website: www.vbpal.org

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/>

YOUTH PROGRAMS & MENTORSHIP

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/>

Youth Opportunities Office

The mission of the Youth Opportunities Office is to promote positive youth development for all Virginia Beach youth from birth to 21 years of age through Collaboration and Partnerships, Education and Training, Awareness, Youth Civic Engagement, and Community Involvement and Investment.

Must be a Virginia Beach youth from birth to 21

Phone number: (757) 385-3111

Email address: vb311@vbgov.com

Address: 2401 Courthouse Dr, Virginia Beach, VA 23456

Website: <https://parks.virginiabeach.gov/programs-classes/youth-opportunities-office>

YOUTH PROGRAMS & MENTORSHIP

Stop the Violence

Anti-bullying and anti-violence organization offering youth mentoring, volunteer work, school outreach, and community events. Empowers youth to make peaceful choices and prevent violence through creative expression. *No Requirements*

Phone number: (757) 537-3189

Email address: info@stoptheviolence757.com

Website: <https://stoptheviolence757.com/>

Commonwealth Challenge Youth Academy

The Virginia Commonwealth Challenge Youth Academy is a free, 29½-month program for youth ages 16 to 18 who have left or are struggling in traditional school settings. It begins with a 5½-month residential phase in a structured, military-style environment focused on academics, discipline, leadership, and life skills, followed by a 2-year mentorship to support education or career goals. Funded by state and federal governments, the program is based in Virginia Beach and has served over 5,500 cadets since 1994.

*Requirements: No pending felony charges/felony convictions, must be a resident of Virginia, and must be physically and mentally capable of participating in the program. *

Phone number: (757) 491-5932

Email address: admissions@vachallenge.org

Address: 1208 South Birdneck Rd. Virginia Beach, VA 23451

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

YOUTH PROGRAMS & MENTORSHIP

Girl Scouts of Colonial Coast

Programs for girls that focus on bullying prevention, confidence building, emotional resilience, and leadership development.

You must sign up for a troop or to be an independent member

Phone number: (757) 547-4405

Address: 912 Cedar Rd, Chesapeake, VA 23322

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

The Achievement Center

The Achievement Center of Virginia Beach provides social, vocational, and recreational services to both court-involved and “at-risk” youth, aiming to empower them and their families.

Through Positive Youth Justice programs, the center focuses on career development, life skills, and healthy living to help youth become independent and successful members of their communities. Its mission and vision center on creating supportive, home-like environments that promote public safety, family engagement, and long-term personal and economic stability.

Phone number: (757) 301-1398

Email address: info@achievementcentervb.org

Address: 401 35th St Virginia Beach, VA 23451

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

YOUTH PROGRAMS & MENTORSHIP

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

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

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/>

YOUTH PROGRAMS & MENTORSHIP

Blue Link Mentoring

The Blue Link Mentorship Program is a community-driven initiative under the Police Athletic League that connects middle and high school-aged youth with Virginia Beach Police Department (VBPD) officers and staff in both informal and school-based settings. Its mission is to promote positive behaviors and sound decision-making, resulting in improved academic performance, reduced involvement in risky activities, and strengthened relationships with law enforcement. By fostering trust and building meaningful connections, the program aims to empower young individuals to succeed while bridging the gap between law enforcement and the communities they serve.

Phone number: (757) 385-4018

Email address: cwashing@vbgov.com

Website: www.vbpal.org