



CITY OF VIRGINIA BEACH  
2008

# PARENT RESOURCE DIRECTORY



**PENDLETON CHILD SERVICE CENTER**  
*Division of the Virginia Beach Department of Human Services*

*Serving the Cities of Chesapeake and Virginia Beach* \_\_\_\_\_

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# CITY OF VIRGINIA BEACH

DEPARTMENT OF HUMAN SERVICES  
PENDLETON CHILD SERVICE CENTER  
(757) 385-4537  
FAX (757) 385-4533

2473 NORTH LANDING ROAD  
VIRGINIA BEACH, VIRGINIA 23456

May 2008

Dear Readers:

Parenting is perhaps the most honorable of all professions yet it comes with few instructions. Our children really are our hope for the future but we often struggle with the process of child rearing. This ***Parent Resource Directory 2008*** offers information about many services, agencies, and activities designed to support and educate parents during their most challenging times and to celebrate with parents during their most rewarding times.

Thanks to all of the Pendleton staff who worked on this project and a special “Thank You” to all of the community leaders involved in providing information and making suggestions for additions to this directory.

Please feel free to circulate this ***Parent Resource Directory 2008*** throughout the community and to contact Susan Dye, Ed.D., Pendleton Child Service Center Administrator, at [sdye@vbgov.com](mailto:sdye@vbgov.com) to make additions, update data, or share your favorite resources with us. This directory is also located at <http://www.vbgov.com/dept/hs/pendleton/>.

Thank you,

Susan Dye, Ed.D.  
Administrator  
Pendleton Child Service Center

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## **MISSION STATEMENT**

*Pendleton Child Service Center's mission is to provide community-based interventions to reeducate children with behavior problems and their families so that inappropriate behaviors are reduced and the occurrence of more serious difficulties will be prevented in the future.*

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# PENDLETON CHILD SERVICE CENTER

PROMOTING CHARACTER AND SUCCESS IN CHILDREN

## SERVING VIRGINIA BEACH AND CHESAPEAKE

Pendleton Child Service Center, a division of the Virginia Beach Department of Human Services, works with families and children, ages 5 through 12, who are experiencing behavioral problems at home, school or within the community. Services provided include, but are not limited to, individual and family counseling, school consultation, parenting skills training and a Day or Residential Treatment program. Children also attend social skills training and anger management groups as part of the Day and Residential Treatment programs.

## OUT-CLIENT COUNSELING

Our first step in assessing the needs of any child and family begins with out-client counseling. Although each clinician has his or her own personal style, generally parents and children are each seen individually and then together. The counselor and family will develop a treatment plan based on assessment outcomes. Counseling services continue throughout the family and child's involvement with Pendleton Child Service Center.

## DAY TREATMENT PROGRAM

Our Day Treatment Program offers children the opportunity to work on behavioral changes in a small, self-contained classroom environment. Parents provide transportation to and from Pendleton Child Service Center Monday through Friday. Pendleton Academy is a state certified school with qualified special education teachers. Teachers work closely with the counselors to assist children in modifying problem behaviors.

## RESIDENTIAL TREATMENT PROGRAM

In some cases, both the child and the family require additional services. Residential services are available in these cases to assist the children in behavior modification on a 24-hour basis. Parents with children in the residential program are required to attend a weekly Parent Support Group. This group provides education and support to parents learning to work with the behavioral changes the child is making through the program.

## SCHOOL CONSULTATION

Both counselors and instructors work closely with the Chesapeake and Virginia Beach Public school systems to ensure that children participating in the Day and Residential Treatment Programs are provided with the same educational opportunities available in the child's regular classroom. Upon completion of the Day or Residential Treatment program, the teacher and counselor meet with the appropriate school representatives to discuss the child's new behaviors and to incorporate methods, which will ensure the child's continuing success as he or she transitions back into the public school system.

## PARENT EDUCATION

Making changes takes place not only with the child but also within the family system. To assist parents in learning new techniques for working with their child, a six-week Parenting Skills Training program is offered. The Parenting Skills Training is open to all Virginia Beach and Chesapeake residents, however, parents with children attending either the Day or Residential Treatment programs are required to attend the training either prior to or while their child is in the program. Topics generally covered in the training skills program include, but are not limited to, learning to identify feelings, improving communication skills, and behavior modification that works.

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### **PARENT EDUCATION continued**

The Commonwealth of Virginia requires caregivers involved in the divorce and/or custody process to consider the emotional and physical impact of their behavior on their child(ren) through a mandatory 4-hour parenting program. Pendleton Child Service Center's ... *And How Are The Children?* Parenting program meets the requirements established by the Commonwealth of Virginia to assist parents in identifying and decreasing any negative impact of divorce and separation on each child. This is done by addressing issues such as the cycle of loss – typical emotions and possible triggers, challenges of co-parenting, effective communication techniques, handling anger effectively, and childhood developmental factors.

### **COMMUNITY INITIATIVES**

**Parental Capacity Assessment:** Life can be stressful. Parenting can be stressful. Sometimes life's stressors coupled with parenting become too heavy a burden and parents are simply unable to fulfill the requirements of their parental roles. A Parental Capacity Assessment from Pendleton Child Service Center evaluates a parent's effectiveness based on cognitive, emotional and behavioral assessments. Using a number of psychological instruments, personal and collateral interviews, and parent-child observations, trained clinicians prepare a written Parental Capacity Assessment for the requesting agency.

**Families for a Lifetime:** *Families for a Lifetime* is a partnership between City of Virginia Beach agencies and local non-profit family-centered organizations. Families are provided with information and resources to support and strengthen the parent/child relationship. The Parent Education Series offers community parents information on a wide variety of topics related to parenting issues. *Celebrating Children* is an annual event which provides parents and children an opportunity to enjoy quality time together emphasizing family fun and fitness. A web-based parent education program is currently in development to offer busy parents tips and parenting solutions for "everyday" child rearing issues. *Families for a Lifetime* works to ensure that the City of Virginia Beach will continue to be a place where families remain and flourish for a lifetime.

**Supervised Visitations:** Pendleton Child Service Center's supervised visitation program provides an opportunity for children living apart from their parent, to spend time with their parent(s) in a safe, nurturing, pleasant and supervised environment. In this way children are able to maintain an on-going loving relationship with their parent(s). Therapeutic feedback is provided to parent(s) by qualified clinicians following each visit. Age appropriate activities are provided for parent(s) during visits to assist them in positive, healthy interactions.



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# DIRECTORY



## **ACCESS**

**(757) 640-0929**

AIDS Care Center For Education And Support Services

**ADDRESS:** 3309 Granby Street  
Norfolk, Virginia 23504

**SERVICES OFFERED:** For Anyone Infected/Affected with HIV/AIDS  
Counseling, Service Coordination, Support Groups, Case Management, Educational Services  
Evening Fun Club for Kids Monday, Wednesday & Thursday  
Transportation and Emergency Services to Anyone Infected by HIV/AIDS

**TIME/LOCATION:** 8:30 a.m. – 5:00 p.m. Monday – Friday

**TRANSPORTATION:** Yes (limited to Medical Appointments)

**CHILD CARE:** No

**FEES:** No

## **ADULT LEARNING CENTER**

**(757) 306-0991**

**ADDRESS:** 4160 Virginia Beach Boulevard  
Virginia Beach, Virginia 23452

**SERVICES OFFERED:** Pre-GED, GED, English for Speakers of Other Languages  
Community Education Classes Including Computers, Technology, Medical, Workforce Training  
Life Skills and Financial Planning, Legal Assistant, Veterinary Assistant  
Art, Fitness, Health and Financial Planning

**TIME/LOCATION:** Varies. Please call for specific information.  
([www.adultlearning@vbschools.com](mailto:www.adultlearning@vbschools.com))

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Varies according to Program. Please call for additional information.

## **ALCOHOLIC ANONYMOUS**

**(757) 490-3980**

**ADDRESS:** 4968 Euclid Road, Suite C1  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Supportive Meetings Throughout Area: 24-Hour Hotline  
Please call for specific information.

**TIME/LOCATION:** 8:30 a.m. – 5:30 p.m. Monday – Friday  
May Call Evenings and Speak to Individual Members

**TRANSPORTATION:** No

**CHILD CARE:** Varies. Please call for specific information.

**FEES:** No

**ALLIANCE FOR THE MENTALLY ILL**

**(757) 424-0856 or (757) 486-1245**

**ADDRESS:** Pembroke One  
281 Independence Boulevard, #414  
Virginia Beach, Virginia 23462-2977

**SERVICES OFFERED:** Family Support Group – 1<sup>st</sup> Wednesday – Beach House 7 – 8:30 p.m.  
Information and Education on Mental Illness  
Quarterly Newsletter (fee \$10)

**TIME/LOCATION:** Varies by group. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Annual Membership \$45.00

**ARMY COMMUNITY SERVICES**

**(757) 422-7311**

**ADDRESS:** Family Advocacy Program  
Fort Story, Virginia 23459

**SERVICES OFFERED:** Variety of Parenting Classes, Counseling  
Single Parent Support Group  
Referrals to Other Services, Budgeting Assistance

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**FOR MILITARY FAMILIES ONLY**

**BARRY ROBINSON CENTER**

**(757) 455-6100**

**ADDRESS:** 443 Kempsville Road  
Norfolk, Virginia 23502

**SERVICES OFFERED:** In-Home Services  
Therapeutic Foster Care, Mentoring, Emergency Shelter  
Residential Treatment (ages 6 – 17)  
Independent Living, Alternative to Violent Behavior Program

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** Varies Depending on Services

**CHILD CARE:** No

**FEES:** Varies Depending on Services  
Medicaid, CSA

**BEACH HEALTH CLINIC**

**(757) 428-5601**

**ADDRESS:** 3396 Holland Road  
Suite 102  
Virginia Beach, Virginia 23452

**SERVICES OFFERED:** Family Medical Care – Uninsured Virginia Beach Residents Only  
No Acute or Emergency Care

**TIME/LOCATION:** 8:30 a.m. – 4:00 p.m. Monday - Friday  
Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Administrative fee for medication only.

**BOY SCOUTS OF AMERICA**

**(757) 497-2688**

**ADDRESS:** 1032 Heatherwood Drive  
Virginia Beach, Virginia 23455

**SERVICES OFFERED:** Summer Camp  
Day Camp  
Field Trips  
Camping Programs } For Registered Participants Only

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** \$12 annual registration plus activity fees

**BOYS AND GIRLS CLUB**

**(757) 368-4445**

**ADDRESS:** 1505 Competitor Court  
Virginia Beach, Virginia 23453

**SERVICES OFFERED:** Youth organization serving ages 6 to 18.  
Arts and Crafts, Fine Arts, Gymnasium, Game Room, Health & Life Skills Programs, Career Exploration, Education & Leadership Development, Structured Programs  
Summer Field Trips are Also Available

**TIME/LOCATION:** 8:00 a.m. – 6:00 p.m. School Not In Session, 11:00 – 7:00 p.m. Early Dismissal  
Fall and Winter 1:00 p.m. – 9 p.m. Monday – Friday 10 a.m. – 4 p.m. Saturday

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Annual Membership, Summer Fee Additional  
Summer Fee Additional

**CATHOLIC CHARITIES OF EASTERN VIRGINIA INC.**

**(757) 467-7707**

**ADDRESS:** 4855 Princess Anne Road  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Cooperative Parenting (Mediation)  
Pre-Marital Classes, Counseling  
Consumer Credit Counseling  
Anger Management  
Adoption Services, Short-Term Foster Care

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Varies. Please call for specific information.

**CHADD OF TIDEWATER**

**(866) 633-4871**

Children Having Attention Deficit Disorder

**ADDRESS:** P.O. Box 62686  
Virginia Beach, Virginia 23466

**SERVICES OFFERED:** Support group for Parents, Adults, Educators And Others Concerned About Attention Deficit /Hyperactivity Disorder

**TIME/LOCATION:** 6:45 p.m. – 8:45 p.m. 1<sup>st</sup> Thursday of each Month  
Barry Robinson Center, 433 Kempsville Road, Norfolk, Virginia 23502

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**CHILDREN'S HOSPITAL OF THE KING'S DAUGHTERS**

**(757) 668-6100**

**ADDRESS:** Child Abuse Program  
935 Redgate Avenue  
Norfolk, Virginia 23507

**SERVICES OFFERED:** Extended Forensic Intervention (involving parenting capacity and medical services)  
Forensic Interviews Available  
Referrals Made Through Department of Social Services or Police Department

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Fee will vary with service provided, Medical Insurance Accepted



**COMMONWEALTH CHALLENGE PROGRAM**

**(757) 491-5932**

**ADDRESS:** Post Office Box 7510  
Virginia Beach, Virginia 23458

**SERVICES OFFERED:** Military Style 5-month Residential Program for 16 – 19 Year Old High School Dropouts or at Risk of Dropping Out of High School  
Fosters Academics, Leadership Development and Personal Growth  
Program is Voluntary; Applicants Must Be Drug Free And No Felonies

**TIME/LOCATION:** Please call for specific information.  
Camp Pendleton, Virginia Beach – Building 253

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**COMMUNITY SOLUTIONS**

**(757) 461-5098**

**ADDRESS:** 5752 Princess Anne Road  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Intensive In-Home Services, Therapeutic Foster Care,  
Independent Living, Mentoring

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** Varies According to Services

**CHILD CARE:** No

**FEES:** Medicaid, CSA Funding, Mental Health Initiative 294

**COMPASSIONATE FRIENDS**

**(757) 484-8161 or (757) 482-5856**

**ADDRESS:** Kempsville Presbyterian Church  
805 Kempsville Road  
Virginia Beach, Virginia 23454

**SERVICES OFFERED:** Facilitated Support Group for Parents, Grandparents and Older Siblings Who Have Lost Children/Siblings  
Library of Resources/Monthly Newsletter

**TIME/LOCATION:** 7:00 p.m.  
3<sup>rd</sup> Tuesday of Each Month (Except for December)

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**CONTEMPORARY ART CENTER OF VIRGINIA**

**(757) 425-0000 ext 29**

**ADDRESS:** 2200 Parks Avenue  
Virginia Beach, Virginia 23451

**SERVICES OFFERED:** Studio Art Classes for adults, teenagers and children

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Costs may vary by activity.

**CRISIS INTERVENTION HOME**

**(757) 422-4521 or (757) 422-4576**

**ADDRESS:** 811 13<sup>th</sup> Street  
Virginia Beach, Virginia 23451

**SERVICES OFFERED:** Predispositional Adolescent Group Home (Ages 12 – 17)  
Court Ordered or Placed by Department of Social Services

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Yes

**DEPRESSION AND BIPOLAR SUPPORT ALLIANCE**

**(757) 456-0657**

**ADDRESS:** First Presbyterian Church  
820 Colonial Avenue  
Norfolk, Virginia 23507-1801

**SERVICES OFFERED:** Self-Help Support Group  
People and Family Members with Depression and Bipolar Disorder

**TIME/LOCATION:** 7 p.m. – 8:30 p.m. Mondays

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**EARLY DISCOVERIES**

**(757) 467-8900**

- ADDRESS:** Contact Administrative Office for Specific Locations
- SERVICES OFFERED:** Virginia Beach Preschoolers Only Who Will Be Age 4 On or Before September 30  
All Day School Programs Meet Each School Day From September Through June
- TIME/LOCATION:** Please call for specific information.
- TRANSPORTATION:** Please call for specific information.
- CHILD CARE:** No.
- FEES:** Program is Free to All Eligible Preschoolers

**EDMARC: PEACE BY PIECE**

**(757) 967-9251**

- ADDRESS:** 516 London Street  
Portsmouth, Virginia 23704
- SERVICES OFFERED:** Interfaith Support Groups for Grieving Children and Teens, Ages 3 – 13  
Additional Services Available Through Jewish Family Services  
Hospice and Home Health Care
- TIME/LOCATION:** Support Group – Twice a Month - Please call for specific information.
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** No

**EQUI-KIDS: THERAPEUTIC RIDING PROGRAM**

**(757) 425-8833**

- ADDRESS:** 1252 Oceana Boulevard  
P.O. Box 4095  
Virginia Beach, Virginia 23454
- SERVICES OFFERED:** Therapeutic Horseback Riding for Children and Adults ages 3 +  
Addresses Special Needs Including Physical, Social, Emotional, and Behavioral Concerns
- TIME/LOCATION:** Monday – Friday  
Please call for specific information.
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** Yes

**FAST – FAMILIES AND SCHOOLS TOGETHER**

**(757) 648-3120**

**ADDRESS:** Newtown Elementary School  
900 Newtown Road  
Virginia Beach, Virginia 23462

Bettie F. Williams Elementary School  
892 Newtown Road  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Preventive Services:  
Empowering the Parent/Child Relationship in School Environment Through Structured Activities  
Child Must Attend Participating School and Be Enrolled in Kindergarten – 3<sup>rd</sup> Grade  
Registration Required

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** Please call for specific information.

**CHILD CARE:** Yes

**FEES:** No

**FLEET & FAMILY SUPPORT CENTERS**

**(757) 462-7563 or (757) 433-2912**

**ADDRESS:** Hampton Roads  
1896 Laser Road, Suite 120  
Virginia Beach, Virginia 23460-2281

**SERVICES OFFERED:** Military Personnel and Families Only: Parenting in Military Families, Multi-Session  
Toddler Time for Children 1 to 2½ Years of Age, New Parent Support, Resource  
Awareness, Children and Divorce, Dad’s Discipline, Single Parenting in the Military,  
Parenting Teens, Enhancing Step-Families, STEP Parenting

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**FOOD BANK OF SOUTHEASTERN VIRGINIA/  
JUSTINE’S CLOTHES CLOSET**

**(757) 627-6599**

**ADDRESS:** 800 Tidewater Drive  
Norfolk, Virginia 23504

**SERVICES OFFERED:** Needed Clothing Items for Children:  
Food Pick Up

**TIME/LOCATION:** Call for appointment, Office Hours 8:00 a.m. – 4:30 p.m. Monday - Friday  
Open to Public for Food Friday 9:00 a.m. – 11:00 a.m.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Voucher by the Department Of Social Services Required for Clothing

**JEWISH FAMILY SERVICES OF TIDEWATER**

**(757) 459-4640**

**ADDRESS:** 260 Grayson Road  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Divorce and Grief Support Groups for Children/Teens  
Counseling – Adoption Program, Services for Children, Teens, and Families  
Parent Resource Center, Books, Videos, and Magazines  
In-School Counseling with Hebrew Academy

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Varies, Some Services Free/Sliding Scale for Counseling, Some Insurance Accepted

**JOB CORP**

**(757) 466-3202**

**ADDRESS:** 5900 Virginia Beach Boulevard  
Executive Building Janef, Suites 214 & 215  
Norfolk, Virginia 23502

**SERVICES OFFERED:** Residential Vocational Academic Training Program for Ages 16 – 24.  
GED, Trade, Drivers License, Job Placement and Savings Program Upon Graduation  
College and Military Programs Available

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** Yes, to Job Corp Center

**CHILD CARE:** No

**FEES:** No

**JUDEO CHRISTIAN OUTREACH CENTER**

**(757) 491-2846**

**ADDRESS:** 1053 Virginia Beach Boulevard  
Post Office Box 831  
Virginia Beach, Virginia 23451

**SERVICES OFFERED:** Shelter for Adult Singles and Families  
Residents Only: Daily Evening Meals/Monday – Friday 6:00 p.m. & Saturday/Sunday  
3:00 p.m.  
Assistance with Job Seeking, House Search, Permanent Housing, Adult Education,  
Recovery Education, Employment Counseling, Housing Counseling, Preschool,  
Counseling  
Open to the Community: Preschool Program & Girls Club

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**KIDS PRIORITY ONE**

**(757) 244-5373**

**ADDRESS:** 1900 Llewellyn Avenue  
Norfolk, Virginia 23517

**SERVICES OFFERED:** On-Line Resource Center Heightens Public Awareness and Actively Disseminates Information From a Single Source  
(www.kidspriorityone.org)

**TIME/LOCATION:** 24 Hours a Day 7 Days per Week: Computer Access Required

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**KOOL SMILES**

**(757) 466-3622**

General Dentistry for Kids

**ADDRESS:** 5900 East Virginia Beach Blvd.  
Norfolk, Virginia 23502

**SERVICES OFFERED:** Comprehensive general dentist care: preventive care, diagnostic care, and restorative care Including endodontics

**TIME/LOCATION:** Call for various times and locations.  
([www.koolsmilespc.com](http://www.koolsmilespc.com))

**TRANSPORTATION:** Yes, Call for details.

**CHILD CARE:** No

**FEES:** Some services are free/ Medicaid and Tricare Insurance accepted.

**LEE'S FRIENDS**

**(757) 440-7501**

**ADDRESS:** 7400 Hampton Boulevard, Room 201  
Norfolk, Virginia 23505

**SERVICES OFFERED:** Volunteer Support Service to Offer person to person Help and Emotional and Practical Support to Cancer Patients and Their families Who Are Facing the Crisis of Diagnosis and Treatment of Cancer

**TIME/LOCATION:** Call For Appointment

**TRANSPORTATION:** Yes to Cancer Treatments in Hampton Roads

**CHILD CARE:** No

**FEES:** No

**NAVAL LEGAL SERVICES OFFICE**

**(757) 433-2230**

**ADDRESS:** Branch Oceana, Building 320  
Virginia Beach, Virginia 23460

**SERVICES OFFERED:** Legal Assistance to Active Duty and Retired Military and Their Dependents

**TIME/LOCATION:** 7:30 a.m. – 3 p.m. Monday – Friday, Seen by Appointment Only

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**NAVY-MARINE CORPS RELIEF SOCIETY**

**(757) 423-8833**

**ADDRESS:** 7928 14<sup>th</sup> Street  
Suite 238  
Norfolk, Virginia 23505

**SERVICES OFFERED:** Interest Free Loans/Grants For:  
Food, Rent, and Utilities Assistance for Military Personnel or Dependents & Retired  
Marine/Navy, Car Repair Cost Assistance, Budget for Baby Class  
Please call for additional information.

**TIME/LOCATION:** 8:15 a.m. – 3:45 p.m. Monday – Friday, All day Friday

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**OBSESSIVE COMPULSIVE DISORDER SUPPORT GROUP**

**(757) 463-4222**

**ADDRESS:** Call for meeting location

**SERVICES OFFERED:** Support and Educational Group for Families or Family Members Diagnosed with  
Obsessive Compulsive Disorder

**TIME/LOCATION:** Call for current times and locations of meeting.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**PARENT CONNECTION**

**(757) 622-9622 ext. 513**

**ADDRESS:** Varies with program. Please call for specific sites.

**SERVICES OFFERED:** Ongoing Support and Education for Families in Stress and Crisis

**TIME/LOCATION:** Evening Classes  
Locations vary. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** Please call for specific information.

**FEES:** No

**POSITIVE PARENTING**

**(757) 962-2112 ext 18**

**ADDRESS:** Varies with program. Please call for specific sites.

**SERVICES OFFERED:** Parent Education Programs teaching Parenting Skills  
Video Interactive Learning for Parents, Impact Parenting Youth 2 – 12 years,  
Impact Parenting Teens 13 – 18 Years  
Please call for specific information.

**TIME/LOCATION:** Evening Classes  
Locations vary. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** Please call for specific information.

**FEES:** No

**PARENT RESOURCE CENTER**

**(757) 263-2066**

**ADDRESS:** Laskin Road Annex  
1413 Laskin Road  
Virginia Beach, Virginia 23451

**SERVICES OFFERED:** Workshops Relating to Disabilities, Conferences, Decision-Making Services, Assistance with Information and Forms Relating to Special Education Services  
Loan Library Books, Tapes, and Videos

**TIME/LOCATION:** Varies. Please call cities for further information.  
Virginia Beach (263-2066), Chesapeake (482-5923)

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No



**PARENTS WITHOUT PARTNERS #216**

**(757) 498-2666**

**ADDRESS:** P.O. Box 9799  
Virginia Beach, Virginia 23450

**SERVICES OFFERED:** Educational, Social and Recreational Activities for Single Parents and Their Children  
Throughout The Tidewater Area: Children Welcome  
Non-Profit, Volunteer Run

**TIME/LOCATION:** Orientation Mondays 7: 00 p.m. Village Inn Restaurant, Independence Blvd., Virginia  
Beach  
(<http://communities.msn.com.singleparentschapter216>)

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Yes, Annual Membership Fee

**PLANNING COUNCIL**

**(757) 627-3993**

**ADDRESS:** Child Services Division  
130 W. Plume Street  
Norfolk, Virginia 23510

**SERVICES OFFERED:** Information and Human Services Referrals, USDA Child Care Food Program,  
Seminars on Work and Family Topics, Child Care Referral Program,  
Parent Education  
Resource Center for Family Day Care Providers

**TIME/LOCATION:** 9:00 a.m. – 5:00 p.m. Monday - Friday

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**PLANNED PARENTHOOD OF VIRGINIA BEACH**

**(757) 473-8116**

**ADDRESS:** 5441 Virginia Beach Boulevard  
Suite 101  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Information and Referrals Regarding Family Planning  
Clinic Services for Contraception

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Yes

## **PRC – PARENT RESOURCE COLLECTION**

**Varies with Location**

<b>ADDRESS:</b>	Virginia Beach Public Libraries (See Quick Reference Guide for Library Locations)
<b>SERVICES OFFERED:</b>	Formerly FRED (Families Reading Every Day) Books, DVDs, Videos, and Spoken Recordings for Parents and Caregivers of Children Ages Birth to Five
<b>TIME/LOCATION:</b>	Varies. Please contact your local library for additional information.
<b>TRANSPORTATION:</b>	No
<b>CHILD CARE:</b>	No
<b>FEES:</b>	Yes. Overdue book charges when applicable.

## **PRESCHOOL ASSESSMENT TEAM**

**(757) 263-2800**

<b>ADDRESS:</b>	Laskin Road Annex 1413 Laskin Road Virginia Beach, Virginia 23451
<b>SERVICES OFFERED:</b>	Receiving Point for Children ages 2 – 5/Not in School Yet Screening and Assessment for Disability – Referral for Placement if Applicable
<b>TIME/LOCATION:</b>	Please call to schedule an appointment.
<b>TRANSPORTATION:</b>	No
<b>CHILD CARE:</b>	No
<b>FEES:</b>	No

## **PREVENT CHILD ABUSE HAMPTON ROADS**

**(757) 440-2749**

<b>ADDRESS:</b>	5215 Colley Avenue Norfolk, Virginia 23508
<b>SERVICES OFFERED:</b>	Information and Resource Referral
<b>TIME/LOCATION:</b>	9:00 a.m. – 5 p.m. Monday - Friday ( <a href="http://www.ucantbeatkids.org">www.ucantbeatkids.org</a> )
<b>TRANSPORTATION:</b>	No
<b>CHILD CARE:</b>	No
<b>FEES:</b>	No

**PRINCESS ANNE CENTER FOR PREGNANT TEENS**

**(757) 648-6100**

**ADDRESS:** 4400 Virginia Beach Boulevard  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Alternative Educational Program for Pregnant Teens Who Attend Virginia Beach Public School

**TIME/LOCATION:** Regular School Terms and Times. Please call for additional information.

**TRANSPORTATION:** Regular public school system transportation.

**CHILD CARE:** No

**FEES:** No

**PROJECT LINK**

**(757) 385-0803**

**ADDRESS:** Pembroke Three, Suite 109  
289 Independence Boulevard  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Case & Prevention Coordination Services for Pregnant, Postpartum & Parenting Women Whose Lives Have Been Affected by Substance Abuse. Targeted Case Management for Children Ages 0 – 7 Who Are at Risk of Severe Emotional Delays Due to Parental/Caregiver History of Substance Abuse, Mental Illness And/or Mental Retardation. Parenting Education and Support Services; Infant Massage; Educational and Family Social/Recreational Activities

**TIME/LOCATION:** 9 a.m. – 5 p.m. Monday – Friday

**TRANSPORTATION:** Provided to Treatment, Support Groups, Medical Appointments and Approved Appointments

**CHILD CARE:** Provided for Approved Appointments, Such as Treatment, Support Groups, Etc.

**FEES:** Adult Case Management: Based on Ability to Pay  
Children’s Targeted Case Management: Medicaid – Case Coordination Only

**PSYCHOLOGICAL SERVICE CENTER**

**(757) 226-4488**

**ADDRESS:** Regent University  
1000 Regent University Drive  
Virginia Beach, Virginia 23464

**SERVICES OFFERED:** Individual and Family Counseling  
Psychological Testing  
Career Assessment

**TIME/LOCATION:** Hours Vary - Call for Appointment, Evening Appointments Available

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Yes – Sliding Scale

**RESPONSE SEXUAL ASSAULT SUPPORT SRVS OF YWCA**

**(757) 623-2115**

**ADDRESS:** 5215 Colley Avenue  
Norfolk, Virginia 23508

**SERVICES OFFERED:** Prevention Education  
Support Services for Victims of Sexual Assault and Childhood Sexual Abuse. Companion Services for Victims, Court, Police and Hospital, 24 Hour Hotline: (757) 622-4300  
Counseling for Victims & Families, Support Groups for Survivors

**TIME/LOCATION:** 8:30 a.m. – 5 p.m. Monday - Friday

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Sliding Scale Fees for Long Term Therapy

**SALVATION ARMY**

**(757) 543-8100**

**ADDRESS:** 5525 Raby Road  
Norfolk, Virginia 23502

**SERVICES OFFERED:** Food – Monday, Tuesday, Wednesday, and Friday 9 a.m. – Noon and 1 p.m. – 3 p.m.  
Thursday 1 p.m. – 3 p.m. only  
Clothing Vouchers When Funding Is Available  
Winter Energy Share Program, Rental Assistance By Appointment Only

**TIME/LOCATION:** See Services Offered

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**SAMARITAN HOUSE/SAFE HARBOR**

**(757) 631-0710**

**ADDRESS:** Post Office Box 2400 #226  
Virginia Beach, Virginia 23450

**SERVICES OFFERED:** Homeless Families and Women in Crisis and Victims of Domestic Violence, Temporary Emergency Shelter, Transitional Housing, Victims Advocacy, Counseling, Support Groups, Employment Services, Legal Consultations and Court Advocacy, Crisis Assistance (430-2120)

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** Emergency transportation is provided if necessary to transport family to shelter.

**CHILD CARE:** During groups with limited availability for other programs.

**FEES:** No

## **SETON YOUTH SHELTERS**

**(757) 306-1840**

<b>ADDRESS:</b>	(FEMALES) 465 Kings Grant Road Virginia Beach, Virginia 23452	(MALES) 642 North Lynnhaven Road Virginia Beach, Virginia 23452
<b>SERVICES OFFERED:</b>	Actively Parenting Teens – Six Week Parenting Group, Drug Education for Youth Two Week Residential Teen Shelter, Counseling at School, Outreach Program Individual, Family and Group Counseling, Teen Support Group 24 Hour Hotline (498-4673/498-HELP)	
<b>TIME/LOCATION:</b>	Please call for specific information.	
<b>TRANSPORTATION:</b>	No	
<b>CHILD CARE:</b>	No	
<b>FEES:</b>	No	

## **SHARE**

**(757) 596-7188**

<b>ADDRESS:</b>	Food Bank of Virginia Peninsula 9912 Hosier Street Newport News, Virginia 23601
<b>SERVICES OFFERED:</b>	Purchase of Food Items – Discounted Prices
<b>TIME/LOCATION:</b>	Varies. Please call for specific information.
<b>TRANSPORTATION:</b>	No
<b>CHILD CARE:</b>	No
<b>FEES:</b>	Monthly fee of \$19.00 plus 2 hours of community service per package (unlimited).

## **STOP/HEAD START**

**(757) 858-1383**

<b>ADDRESS:</b>	Contact Administration Office for Specific Locations
<b>SERVICES OFFERED:</b>	Comprehensive Child Development Program for Children (ages 3 – 5) of Lower Socioeconomic Status, Mental Health Consultation, Education, Nutrition, Transitioning, Transportation, Social Services, Disability Services, Parent Involvement, and Training
<b>TIME/LOCATION:</b>	8:30 a.m. – 5 p.m. Monday – Friday
<b>TRANSPORTATION:</b>	Yes – Please call for specific information.
<b>CHILD CARE:</b>	Wraparound Daycare Services Available
<b>FEES:</b>	Eligibility Requirements Apply

**TIDEWATER ASSOC. FOR HEARING IMPAIRED CHILDREN**

**(757) 481-1826**

**ADDRESS:** 1821 Old Donation Parkway  
Suite 10  
Virginia Beach, Virginia 23454

**SERVICES OFFERED:** Parent Support Group  
Child Advocate with School System  
Promotes Better Educational Programs  
Social and Recreational Opportunities

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**TIDEWATER COMMUNITY COLLEGE**

**(757) 822-7282**

**ADDRESS:** Child Development Lab  
1700 College Crescent  
Virginia Beach, Virginia 23453

**SERVICES OFFERED:** Preschool and Extended Day Programs, Parent Information

**TIME/LOCATION:** Monthly for parents whose children are enrolled in Lab.  
Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** Yes

**FEES:** Yes

**TIDEWATER REGIONAL GROUP HOME COMMISSION**

**(757) 488-9161**

**ADDRESS:** Non-Residential and Alternative Programs  
2404 Airline Boulevard  
Portsmouth, Virginia 23701

**SERVICES OFFERED:** Challenge Outreach for Youth (COFY)  
In-Home Services Program (IHSP)  
Family Group Home System (FGHS), Foster Care  
Tidewater Juvenile Substance Abuse Program

**TIME/LOCATION:** Varies. Please call for specific information. (Must Be Referred Thru Court or DSS)

**TRANSPORTATION:** Please call for specific information.

**CHILD CARE:** No

**FEES:** Paid by Referring Agency

**TIDEWATER REGIONAL GROUP HOME COMMISSION**

**Varies by Location**

- ADDRESS:** Residential Programs  
See Quick Reference Guide for Specific Locations and Telephone Numbers.
- SERVICES OFFERED:** Residential Facility for Youths Working With the Juvenile Court System.
- TIME/LOCATION:** Please call for specific information.
- TRANSPORTATION:** Please call for specific information.
- CHILD CARE:** No
- FEES:** No

**UP CENTER**

**(757) 622-7017**

- ADDRESS:** 222 West 19<sup>th</sup> Street  
Norfolk, Virginia 23517
- SERVICES OFFERED:** Adoption Services, Summer recreation for Children And Adults With Disabilities  
Financial management, Early Childhood STEP Parent Education, Foster Care Services,  
In-Home Services, Mentoring, Violence Prevention, Supervised Visitation
- TIME/LOCATION:** Varies. Please call for specific information.
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** Yes

**VIRGINIA BEACH CITY PUBLIC SCHOOLS**

**(757) 263-2020**

- ADDRESS:** Office of Student Leadership  
Laskin Road Annex - 1413 Laskin Road  
Virginia Beach, Virginia 23451
- SERVICES OFFERED:** Exchange Programs, Student Activities, Student Health services, Home-schooling  
Information, Student Suspension Information, Students Off Incarceration Information
- TIME/LOCATION:** 8:00 a.m. – 5:00 p.m. Monday – Friday,  
7:00 a.m. – 5:00 p.m. Monday – Thursday Summer Hours
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** No

**VIRGINIA BEACH COOPERATIVE EXTENSION SERVICE**

**(757) 385-4769**

**ADDRESS:** Agriculture Building, Municipal Center  
2449 Princess Anne Road, Building 14 – 2<sup>nd</sup> Floor  
Virginia Beach, Virginia 23456

**SERVICES OFFERED:** Publications on Parenting, Financial Management, and Food and Nutrition  
Horticulture and Agriculture and 4-H Program

**TIME/LOCATION:** 8:00 a.m. – 5:00 p.m. – Monday - Friday

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**VIRGINIA BEACH DEPARTMENT OF HOUSING**

**(757) 385-5750**

**ADDRESS:** Housing and Neighborhood Preservation  
2424 Courthouse Drive, Building 18A  
Virginia Beach, Virginia 23456

**SERVICES OFFERED:** Information and Resources for Home Repairs  
Neighborhood Preservation and Affordable Housing

**TIME/LOCATION:** 8:00 a.m. – 5:00 p.m. Monday - Friday

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**VIRGINIA BEACH DEPARTMENT OF HUMAN SERVICES**

**CHILD PROTECTIVE SERVICES**

**(757) 437-3400**

**ADDRESS:** Social Services Division  
3432 Virginia Beach Boulevard  
Virginia Beach, Virginia 23452

**SERVICES OFFERED:** Investigation of Suspected Abuse In Virginia Beach. Assessments and Referrals

**TIME/LOCATION:** 8:00 a.m. – 5:00 p.m. Monday – Friday/ After Hours Hotline 1-800-552-7096 extension 1

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No



**EARLY INTERVENTIONS INFANT, TODDLER CONNECTION OF VIRGINIA BEACH**

**(757) 385-4400**

**ADDRESS:** Mental Retardation Division  
2307 Millwood Road  
Virginia Beach, Virginia 23454

**SERVICES OFFERED:** Free Screening and Evaluation for Children Ages 0 - 3  
Coordination of Services for Children with Developmental Delays  
Help with Speech, Occupational and Physical Therapy

**TIME/LOCATION:** 8:00 a.m. – 5:00 p.m. Monday - Friday

**TRANSPORTATION:** Limited. Please call for specific information.

**CHILD CARE:** No

**FEES:** Insurance/ Sliding Fee Scale

**MESA FAMILY WORKSHOPS**

**(757) 385-0802**

**ADDRESS:** Mental Health Substance Abuse Division  
Pembroke Six, Suite 120  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Education and support group meetings for families that have a loved one who has a serious mental illness. The workshops provide education and support concerning serious mental illnesses such as Schizophrenia, Bipolar Disorder, and Major Depression.

**TIME/LOCATION:** 6:30 p.m. to 8:30 p.m. Wednesdays for 12 weeks. Please Call for Next Scheduled Program Dates. Call for location and to register.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**FRIENDS AND FAMILY EDUCATION**

**(757) 385-0800**

**ADDRESS:** Mental Health Substance Abuse Division  
Pembroke Three, Suite 120  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Education for the friends and family members of people who have a substance use disorder/addiction. The goal of the classes is to help friends and family members understand addiction and learn coping skills that help them lead healthier, more productive lives.

**TIME/LOCATION:** 6:30 p.m. – 8:30 p.m. Tuesdays for six weeks.  
Please Call for Next Scheduled Program Dates, Location and to Register.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**FATHERS IN TRAINING**

**(757) 437-3490**

**ADDRESS:** Social Services Division  
3432 Virginia Beach Boulevard  
Virginia Beach, Virginia 23452

**SERVICES OFFERED:** Support, Advocacy and Educational Groups for Fathers  
Addresses Issues Such as Communication, Anger Management, Infant Care and  
Understanding the Support Enforcement System.

**TIME/LOCATION:** 7:00 p.m. Mondays  
Virginia Beach Department of Human Services – Social Services Division

**TRANSPORTATION:** Yes

**CHILD CARE:** No

**FEES:** No

**MENTAL HEALTH/ SUBSTANCE ABUSE: CHILD & YOUTH SERVICES**

**(757) 385-0850**

**ADDRESS:** Pembroke Three, Suite 245  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Out-client Services for Children/Adolescents with Mental Health and Substance Abuse  
Issues Ages 2 – 18, Individual, Family and Group Therapy  
Medication Management, Parent Support Group

**TIME/LOCATION:** Varies. Please call for specific information.  
Emergency Services After Hours (757) 385-0888

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Yes

**MENTAL RETARDATION**

**(757) 385-0600**

**ADDRESS:** 297 Independence Boulevard  
Pembroke Six, Suite 218  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Case Management, Community Employment Options, Family Support,  
2 Day Programs (PALS – Children) (Skillquest – Adults)  
Respite Services  
Residential Services

**TIME/LOCATION:** 8 a.m. – 5 p.m. Monday - Friday  
Call for Evening Hours

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Sliding Fee Schedule

**PENDLETON CHILD SERVICE CENTER**

**(757) 385-4537**

- ADDRESS:** 2473 North Landing Road  
Virginia Beach, Virginia 23456
- SERVICES OFFERED:** Behavior Modification and Parent Re-Education for Families with Children Ages 5 – 12  
Assessment and Counseling Services Including Individual, Family, and Group Counseling,  
School Consultations, Parenting Skills Training Groups, Day and Residential  
Treatment Programs, and Systematic Follow-Up Services.  
Virginia Beach or Chesapeake Residents Only
- TIME/LOCATION:** Please call for specific information.
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** Sliding Fee Schedule

**SOCIAL SERVICES DIVISION**

**(757) 437-3200**

- ADDRESS:** 3432 Virginia Beach Boulevard  
Virginia Beach, Virginia 23452
- SERVICES OFFERED:** Food Stamps, Temporary Assistance to Needy Families (TANAF), Virginia Initiative for  
Employment not Welfare (VIEW), Child and Adult Protective Services, Women/Infants  
and Children Special Supplement Food Program (WIC), Father's In Training (FIT),  
Employment and Day Care Services, Adoption and Foster Care, Medicaid
- TIME/LOCATION:** 8:00 a.m. – 5 p.m. Monday – Friday
- TRANSPORTATION:** Available with some services. Please call for specific information.
- CHILD CARE:** No
- FEES:** No

**VIRGINIA BEACH PARKS AND RECREATION**

**Varies with Location**

- ADDRESS:** Varies with Location. Please refer to the Quick Reference Guide.
- SERVICES OFFERED:** Groups and Classes for all Age Groups  
After School Program  
Summer Day Camp
- TIME/LOCATION:** Services and classes will vary according to location. Please refer to the Quick Reference  
Guide for location and telephone number.
- TRANSPORTATION:** No
- CHILD CARE:** Varies According to Services Offered
- FEES:** Membership fees. Fee reductions are available to eligible families.

## **Virginia Beach Department of Public Health**

### **CHILD SAFETY SEAT PROGRAM**

**(757) 518-2763**

- ADDRESS:** Virginia Beach Department of Public Health  
Pembroke Corporate Center III  
4452 Corporation Lane  
Virginia Beach, Virginia 23462
- SERVICES OFFERED:** Child safety seats provided to parents of children birth to 3 years of age. Parents must attend a class to receive a seat. Pregnant woman may apply during the last three months of pregnancy.
- TIME/LOCATION:** Varies. Please call Department of Public Health for specific information.
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** Call during business hours for specific information.

### **COMMUNITY VISITING TEAM**

**(757) 518-2620**

- ADDRESS:** Virginia Beach Department of Public Health  
Pembroke Corporate Center III  
4452 Corporation Lane  
Virginia Beach, Virginia 23462

- SERVICES OFFERED:** Home Visiting and Telephone Support

#### **Healthy Families Virginia Beach – Healthy Start Program**

In-home family support services for first time parents/expectant parents. Includes assessments and assistance in identifying needs, making referrals to appropriate community resources, providing parenting education and support.

#### **Mother Baby Program – Public Health Nurses**

Provide social, educational and other nursing support services for pregnant women, new parents, infants, and young children; assistance in identifying and using community resources.

#### **Parent Support Program**

Telephone support to all parents during pregnancy and up to three months after birth of the baby. Helps with parenting questions and referrals to community resources and services.

#### **First Steps Program**

Telephone support to first time parents, who deliver at Sentara Virginia Beach Hospital, up to Three months after birth of the baby. Helps with parenting questions and referrals to community resources and services.

- TIME/LOCATION:** 8:15 a.m. – 5 p.m. Monday - Friday
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** No

**COMMUNICABLE DISEASE SERVICES**

**(757) 518-2700 OPTION 1**

**ADDRESS:** Virginia Beach Department of Public Health  
Pembroke Corporate Center III  
4452 Corporation Lane  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** STD (Sexually Transmitted Diseases) Diagnosis and Treatment  
Tuberculosis/Non-STD Communicable Disease Treatment  
Information and Consultation Services  
AIDS/HIV: Free Confidential Testing, Counseling and Education

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**DENTAL CLINIC**

**(757) 518-2694**

**ADDRESS:** Virginia Beach Department of Public Health  
4452 Corporation Lane (757) 518-2694 Birdneck Road Clinic (757) 491-5112  
Virginia Beach, Virginia 23462 Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Dental care for children ages 3 – 18 of families with low income or up to age 22 if still in school and qualifies for free lunch program.

**TIME/LOCATION:** Corporation Lane Clinic office open Monday – Friday.  
Birdneck Clinic open Friday only from 8:15 a.m. – 5:00 p.m.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Fee is based on sliding scale. Medicaid and some Medicaid HMOs are accepted.  
Accept children who receive free school meals.

**Family Health Services**

**(757) 518-2700 Option 1**

**ADDRESS:** Virginia Beach Department of Public Health  
Pembroke Corporate Center III  
4452 Corporation Lane  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** Infant, Child and Adolescent Health Services  
Immunizations  
Pregnancy Services: Testing, Referral and Maternity Care  
Teen Walk-In Clinic and Family Planning

**TIME/LOCATION:** Varies. Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Fees may be charged based on ability to pay.

**Vital Statistics**

**(757) 518-2671**

**ADDRESS:** Virginia Beach Department of Public Health  
Pembroke Corporate Center III  
4452 Corporation Lane  
Virginia Beach, Virginia 23462

**SERVICES OFFERED:** How to Obtain a Birth/Death Certificate  
Information About Declaration of Paternity

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Payment according to state regulations.

**WIC (Women, Infants & Children) Program**

**Please Call For An Appointment**

**ADDRESS:** 4452 Corporation Lane (757) 518-2789  
4080 Foxwood Drive (757) 424-9970  
Oceana Naval Base (757) 491-5928  
1091 Norfolk Avenue (757) 491-5183

**SERVICES OFFERED:** Supplemental nutrition and educational program for pregnant, postpartum and breastfeeding women, infants, and children under age 5.

**TIME/LOCATION:** Please call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Must Qualify Financially (Based on Family Income)  
Must Provide Certain Health Information

**VIRGINIA BEACH PSYCHIATRIC CENTER**

**(757) 496-6000**

**ADDRESS:** 1100 First Colonial Road  
Virginia Beach, Virginia 23454

**SERVICES OFFERED:** Crisis Assessment services and Referrals, Mobile Assessments, Inpatient Psychiatric Care for Children, Adolescents and Adults, Inpatient Substance Abuse Treatment for Adults, Partial Day treatment for Adults (Monday – Friday 9:00 a.m. – 3:00 p.m.)

**TIME/LOCATION:** 24 Hours per Day, 7 Days a Week

**TRANSPORTATION:** Yes – To and From Partial Day Treatments Only

**CHILD CARE:** No

**FEES:** Third party Payors, Medicaid, Medicare

## **VIRGINIA BEACH PUBLIC LIBRARIES**

**Varies with Location**

- ADDRESS:** Varies with Location. Please refer to the Quick Reference Guide
- SERVICES OFFERED:** Books, Tapes and Videos  
Special Children's Events
- TIME/LOCATION:** Programs and events will vary according to location. Please refer to the Quick Reference Guide for location and telephone number.
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** Overdue book charges when applicable.

## **VIRGINIA BEACH READY TO LEARN**

**(757) 385-0144**

- ADDRESS:** 4100 Virginia Beach Boulevard  
Virginia Beach, Virginia 23452
- SERVICES OFFERED:** Ready to Learn partners with families, schools and community to provide children ages birth to 5 years with high quality educational environments and experiences that support both children and families.
- TIME/LOCATION:** Please call for specific information.
- TRANSPORTATION:** No
- CHILD CARE:** No
- FEES:** No

## **YMCA/MOUNT TRASHMORE**

**(757) 456-9622**

- ADDRESS:** 4441 South Boulevard  
Virginia Beach, Virginia 23452
- SERVICES OFFERED:** Summer Camp, Full Time Preschool, Swimming Lessons, Youth Sports  
FIT Quest Program  
Before/After School Program  
Dance Classes, Aerobics
- TIME/LOCATION:** 5:30 a.m. – 10 p.m. Monday – Thursday, 5:30 a.m. – 9 p.m. Friday  
8 am. – 6 p.m. Saturday, 10 a.m. – 6 p.m. Sunday Metro Number: 624-9622
- TRANSPORTATION:** No
- CHILD CARE:** Free childcare for up to 2 hours a day with a family membership.
- FEES:** One Time Joiners Fee \$75/ Monthly Membership Fee \$79 for Family & \$58 for Individual, \$50 Membership fee for Individual. Sliding Scale, Senior Discount Available

**YOUTH OPPORTUNITIES OFFICE**

**(757)385-0464**

**ADDRESS:** 2289 Lynnhaven Parkway  
Virginia Beach, Virginia 23456

**SERVICES OFFERED:** Ensures That Opportunities and Services are Available and Accessible to All Youth

**TIME/LOCATION:** Call for specific information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**YWCA WOMEN IN CRISIS**

**(757) 855-4825**

**Hotline: (757) 625-5570**

**ADDRESS:** 5215 Colley Avenue  
Norfolk, Virginia 23508

**SERVICES OFFERED:** Emergency Shelter for Victims of Domestic Violence  
Support Group for Women of Domestic Abuse  
Before/After School Care at School Sites

**TIME/LOCATION:** 24 Hours a Day

**TRANSPORTATION:** No

**CHILD CARE:** Children's Program Provided for Women in Program Only.

**FEES:** Before and After School Daycare Only





# **NATIONAL ORGANIZATIONS**



# National Organizations

Al-Anon and Al-Ateen.....	1-800-245-4656
Alzheimer’s Association of Southeastern Virginia.....	1-800-272-3900
American Association on Intellectual & Developmental Disabilities (AAIDD).....	1-800-424-3688
American Cancer Society.....	1-800-227-2345
American Diabetes Association.....	1-800-342-2383
American Heart Association.....	1-800-242-8721
American Liver Foundation.....	1-800-223-0179
American Society for Deaf Children.....	1-800-942-2732
Arthritis Foundation.....	1-800-283-7800
Association for Children for Enforcement of Support.....	1-800-738-ACES
Child Welfare Information Gateway.....	1-800-394-3366
Childhelp USA – Child Abuse Hotline.....	1-800-4-A-CHILD
Children and Adults with Attention Deficit Disorder (CHADD).....	1-800-233-4050
Depression and Bipolar Support Alliance.....	1-800-826-3632
Easter Seal.....	1-800-221-6827
Epilepsy Foundation.....	1-800-332-1000
International Dyslexia Association.....	1-800-222-3123
Lead Information Center.....	1-800-424-LEAD
Leukemia and Lymphoma Society.....	1-800-955-4572
Lupus Foundation of America.....	1-800-558-0121
NAMI: Nations Voice on Mental Illness.....	1-800-950-6264
National Alliance for Research on Schizophrenia and Depression.....	1-800-829-8289
National Association for Parents of Children with Visual Impairments.....	1-800-562-6265
National Center for Learning Disabilities.....	1-888-575-7373
National Center for Missing & Exploited Children.....	1-800-THE-LOST
National Children’s Cancer Society.....	1-800-532-6459
National Dissemination Center For Children With Disabilities.....	1-800-695-0285
National Domestic Violence Hotline.....	1-800-799-SAFE
National Down Syndrome Society.....	1-800-221-4602
National Foster Parent Association.....	1-800-557-5238
National Kidney Foundation.....	1-888-WAKEDRY 1-888-925-3379
National Parent, Teacher Association (PTA).....	1-800-307-4PTA
National Runaway Switchboard.....	1-800-786-2929
National Sexual Assault Hotline Operated by Rainn.....	1-800-656-HOPE
National Teen Dating Abuse Hotline.....	1-866-331-9474
Prevent Blindness MidAtlantic.....	1-804-423-2020
Stuttering Foundation of America.....	1-800-992-9392
Sudden Infant Death Syndrome Alliance (SIDS).....	1-800-221-7437
Tourettes Syndrome Association.....	1-800-237-0717



# **QUICK REFERENCE GUIDE**

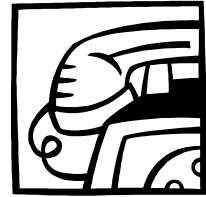




City of Virginia Beach

Department of Human Services

# QUICK REFERENCE GUIDE



## PENDLETON CHILD SERVICE CENTER – 2008 PARENT RESOURCE DIRECTORY

### AGRICULTURE

4-H Clubs 385-4769  
Family & Consumer Services 385-4769

### BICYCLES

Bicycle Auctions 385-4578  
Bicycle License 385-4445  
Bicycle Trails 385-1100

### CHILD ABUSE SERVICES

Child Abuse Hotline 1-800-552-7096  
Child Protective Services 437-3400  
Prevent Child Abuse Hampton Roads 440-2749  
Response 24 Hr. Crisis Hotline 622-4300

### CHILD DAY CARE

Planning Council 627-3993  
Va. Statewide Information & Referral 1-800-230-6977  
Social Services 437-3200

### CHILD & YOUTH SERVICES

Up Center 622-7017  
Planning Council 627-3993  
Crisis Hotline 622-1126  
Missing & Exploited Children 1-800-822-4453  
Places & Programs for Children 397-2981

### COURTS

Child Support Filing 385-4361  
Juvenile & Domestic Relations 385-4391  
Juvenile Court Services 385-4361  
Juvenile Intake Court Services 385-4361  
Juvenile Probation 385-4361  
Victim Witness Program 385-8301

### DENTAL

Depart. Of Public Health – Dental 518-2700  
Medical College of Virginia – Dental 1-800-762-6161

### EMERGENCY

Food/Emergency Shelter 437-3200  
Police, Fire, Rescue 911  
Red Cross Disaster Hotline 446-7762  
Sexual Assault – Family Violence 437-3400  
Suicide Crisis Hotline 622-1126  
Virginia Poison Control Hotline 1-800-222-1222

### EMERGENCY SHELTERS

HER Shelter 485-3384  
Our House Homeless Shelter 545-4075  
Seton House: Boys Facility 498-4673  
Seton House: Girls Facility 306-1840  
YMCA Women in Crisis 855-4825  
Dwelling Place 624-9879  
Samaritan House 631-0710

### FIRE

Education/Fire Setters Intervention 385-2870  
Safety Programs 385-2874

### HEALTH DEPARTMENT

Child Safety Seat Program 518-2763  
Community Visiting Team 518-2620  
Dental Clinic 518-2694  
Family Health Services 518-2700-1  
Vital Statistics 518-2671  
WIC Program – 4452 Corporation Ln 518-2789  
WIC Program – 4080 Foxwood Dr 424-9970  
WIC Program – Oceana Naval Base 491-5928

### HOSPITALS

Children’s Hospital of the King’s... 668-7000  
Sentara Hospital – Bayside 363-6100  
Sentara Leigh Memorial 261-6000  
Sentara Virginia Beach General 395-8000  
Sentara Princess Anne 507-0000

### HUMAN SERVICES

Adopting a Child 437-3200  
Adult Protective Services 437-3200  
Child & Youth Services 385-0850  
Emergency Services 437-6150  
Employment Services 437-3200  
Financial Aid Programs 437-3200  
Foster Care Program 437-3200  
Medicare & Medicaid 437-3200  
Mental Health 437-6150  
Mental Retardation 437-6100  
MESA Family Workshops 437-5778  
Office of Consumer & Family Affairs 437-5778  
Pendleton Child Service Center 385-4537  
Respite Care 437-6220  
Skillquest Program 437-6100  
Social Services 437-3200  
Substance Abuse Services 385-6950



**INFORMATION**

Citizen Services Hotline 385-4111  
 City of Virginia Beach 385-4111  
 Virginia Beach Public Schools 263-1000

**LEGAL ASSISTANCE**

Commonwealth Attorney 385-4401  
 Consumer Affairs 385-5836  
 Legal Aid Society of Eastern Virginia 627-5423  
 Legal Aid – Virginia Beach Office 627-5423

**LIBRARIES**

Bayside Area Library 385-2680  
 Central Library 385-3000  
 Great Neck Area Library 385-2606  
 Kempsville Area Library 385-2626  
 Law Library 385-4419  
 Municipal Reference Library 385-4644  
 Oceanfront Area Library 385-2640  
 Princess Anne Library 385-2610  
 Pungo/Blackwater Area Library 426-5194  
 South Rosemont Youth Library 385-2650  
 Windsor Woods Area Library 385-2630

**MEDICAL**

Beach Health Clinic 428-5601  
 Medicaid 437-3200  
 Medicare 1-800-Medicare  
 People’s Prescription Plan 1-800-566-0003  
 State Medicaid Transportation 1-800-322-3451  
 Virginia Department of Health 1-804-864-7000  
 Virginia Department of Medical Asst. 1-804-786-7933

**PARKS**

Bayville Farms 460-7569  
 City View 385-1100  
 Great Neck 496-6735  
 Little Island 426-0013  
 Lynnhaven 496-6735  
 Mount Trashmore Park 473-5237  
 Munden Point 426-5296  
 Park Shelter 385-2550  
 Princess Anne 385-4461  
 Red Wing 437-2038  
 Woodstock 366-4538  
 VB Sports Complex 385-2990

**POLICE**

Accident Reports 385-4331  
 Crime Prevention 385-1006  
 Crime Solvers Hotline 427-0000  
 Dare Program (Elementary) 385-6351  
 Neighborhood Watch 385-1006

**POLICE PRECINCTS**

1<sup>st</sup> Precinct 385-4377  
 2<sup>nd</sup> Precinct 385-2700  
 3<sup>rd</sup> Precinct 385-2703  
 4<sup>th</sup> Precinct 385-2800

**PSYCHIATRIC FACILITIES**

Central State Hospital 1-804-524-7000  
 Eastern State Hospital 1-757-253-5161  
 Va. Beach Psychiatric Center 481-1211

**PUBLIC EVENTS**

Resort Management Special Events 385-4800  
 VB Convention Center 385-2000  
 Virginia Beach Amphitheater 368-3000

**PUBLIC SCHOOL SERVICES**

Adult Education Center/Open Campus 473-5091  
 Breakfast & Lunch Program 263-1101  
 Homebound Services Home School  
 Homeless Education Project 263-2331  
 Parent Resource Center 263-2066  
 Psychological Services 263-2700  
 Public School Information 263-1949  
 Special Education Program 263-2066  
 Transportation Services 263-1569

**RECREATION/CENTERS**

After School/Summer Day Camp 385-0400  
 Bayside Recreation Center 460-7540  
 Bow Creek Recreation Center 431-3765  
 Great Neck Recreation Center 496-6766  
 Kempsville Recreation Center 474-8492  
 Princess Anne Recreation Center 426-0022  
 Seatack Recreation Center 437-4858  
 Skateboard Ramp/Kids Cove 473-5237  
 Therapeutic Recreation Unit 385-0400  
 Youth Activities 385-0400  
 Youth Athletics 385-0400

**SUPPORT GROUPS**

AL-ANON/AL-ATEEN 499-1443  
 Grandparents as Parents 533-5217

**TIDEWATER REGIONAL GROUP HOMES**

Centerville Group Home 482-4744  
 Chesapeake Boys Home 485-5720  
 Crisis Intervention Home 422-4521  
 Non-Residential 488-9161  
 Westhaven Crisis 397-5371

# **DIRECTORY UPDATE FORM**



# **PENDLETON CHILD SERVICE CENTER 2008**

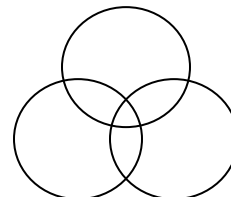
## **Parent Resource Directory Update**

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Every effort has been made to provide you with the most current information. Unfortunately, as resources develop and/or change, some of the information listed in this directory may become outdated. We apologize for your inconvenience and ask that you please take a moment to complete the **Directory Update Form**. You may fax or mail the form to:

**VIRGINIA BEACH DEPARTMENT OF HUMAN SERVICES  
PENDLETON CHILD SERVICE CENTER DIVISION  
2473 North Landing Road  
Virginia Beach, Virginia 23456  
(757) 385-4537 Fax: (757) 385-4533**

If you would like to be added to future publications, please feel free to complete the **Directory Update Form** and return to the above mentioned location.



**HOME, SCHOOL, COMMUNITY**

Home, School, Community

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**Pendleton Child Service Center  
Promoting Character and Success in Children**



**VIRGINIA BEACH DEPARTMENT OF HUMAN SERVICES**  
**Pendleton Child Service Center Division**  
**2473 North Landing Road, Virginia Beach, Virginia 23456**  
**(757) 385-4537 Fax: (757) 385-4533**  
**PARENT RESOURCE DIRECTORY UPDATE FORM**

*Please update the following information.*

*Please add us to future publications.*

Name of Organization \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Telephone \_\_\_\_\_ FAX \_\_\_\_\_

\_\_\_\_\_

Services Offered \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Times \_\_\_\_\_

Location \_\_\_\_\_

Are the following services provided? If yes, please give a brief description.

<b>Services</b>	YES	NO	<i>Description</i>
<i>Transportation</i>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Child Care	<input type="checkbox"/>	<input type="checkbox"/>	_____
Fees	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____			_____
_____			_____

*Form Submitted By* \_\_\_\_\_

Date \_\_\_\_\_

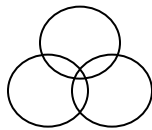
TELEPHONE \_\_\_\_\_

Revised 05/04









Virginia Beach Department of Human Services  
Pendleton Child Service Center Division  
2473 North Landing Road - Municipal Center – Building 23  
Virginia Beach, Virginia 23456  
(757) 385-4537 Fax: (757) 385-4533

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