PARENT RESOURCE DIRECTORY

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

Serving the Cities of Chesapeake and Virginia Beach
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 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
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.
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.
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
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

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)

TRANSPORTATION: No

CHILD CARE: No

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

ALCOHOLIC ANONYMOUS

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 – 1st 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

**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**

**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.

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**BOY SCOUTS OF AMERICA**

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

**SERVICES OFFERED:**
Summer Camp
Day Camp
Field Trips
Camping Programs

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

**TRANSPORTATION:**
No

**CHILD CARE:**
No

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

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**BOYS AND GIRLS CLUB**

**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. 1st 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**

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

**TRANSPORTATION:**
No

**CHILD CARE:**
No

**FEES:**
No

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**COMMUNITY SOLUTIONS**

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

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

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

**TRANSPORTATION:**
Varies According to Services

**CHILD CARE:**
No

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

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**COMPASSIONATE FRIENDS**

**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/LLOCATION:**
7:00 p.m.
3rd 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 13th 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**

**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

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**EDMARC: PEACE BY PIECE**

**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

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**EQUI-KIDS: THERAPEUTIC RIDING PROGRAM**

**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 – 3rd 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

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**JOB CORP**  
(757) 466-3202

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

**SERVICES OFFERED:**  
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

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**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**

**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

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**Kool Smiles**  
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)

**Transportation:** Yes, Call for details.  
**Child Care:** No  
**Fees:** Some services are free/ Medicaid and Tricare Insurance accepted.

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**Lee’s Friends**

**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

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**NAVY–MARINE CORPS RELIEF SOCIETY**  
(757) 423-8833

**ADDRESS:**  
7928 14th 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**

**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**

**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**

**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**

**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**

**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**

**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**

**ADDRESS:** Virginia Beach Public Libraries
(See Quick Reference Guide for Library Locations)

**SERVICES OFFERED:** Formerly FRED (Families Reading Every Day)
Books, DVDs, Videos, and Spoken Recordings for Parents and Caregivers of Children
Ages Birth to Five

**TIME/LOCATION:** Varies. Please contact your local library for additional information.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** Yes. Overdue book charges when applicable.

**PRESCCHOOL ASSESSMENT TEAM**

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

**SERVICES OFFERED:** Receiving Point for Children ages 2 – 5/Not in School Yet
Screening and Assessment for Disability – Referral for Placement if Applicable

**TIME/LOCATION:** Please call to schedule an appointment.

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** No

**PREVENT CHILD ABUSE HAMPTON ROADS**

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

**SERVICES OFFERED:** Information and Resource Referral

**TIME/LOCATION:** 9:00 a.m. – 5 p.m. Monday - Friday
(www.ucantbeatkids.org)

**TRANSPORTATION:** No

**CHILD CARE:** No

**FEES:** 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

**ADDRESS:**  
(FEMALES)  
465 Kings Grant Road  
Virginia Beach, Virginia 23452  
(MALES)  
642 North Lynnhaven Road  
Virginia Beach, Virginia 23452

**SERVICES OFFERED:**  
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)

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

**TRANSPORTATION:**  
No

**CHILD CARE:**  
No

**FEES:**  
No

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**SHARE**  
(757) 596-7188

**ADDRESS:**  
Food Bank of Virginia Peninsula  
9912 Hosier Street  
Newport News, Virginia 23601

**SERVICES OFFERED:**  
Purchase of Food Items – Discounted Prices

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

**TRANSPORTATION:**  
No

**CHILD CARE:**  
No

**FEES:**  
Monthly fee of $19.00 plus 2 hours of community service per package (unlimited).

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**STOP/HEAD START**  
(757) 858-1383

**ADDRESS:**  
Contact Administration Office for Specific Locations

**SERVICES OFFERED:**  
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

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

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

**CHILD CARE:**  
Wraparound Daycare Services Available

**FEES:**  
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**  
**Address:** Residential Programs  
**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**  
**Address:** 222 West 19th 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**  
**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 – 2nd 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

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**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

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**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
早期干预、婴儿和幼儿联系维吉尼亚海滩

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

**服务供应:**
- 免费筛查和评估0-3岁儿童
- 协调为发育迟缓儿童的各类服务
- 帮助使用语音、职业和物理治疗

**时间/地点:**
8:00 a.m. – 5:00 p.m. 星期一至星期五

**交通:**
有限。请拨打获取具体信息。

**儿童照看:**
无

**费用:**
保险/滑动费率

Mesa家庭研讨会

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

**服务供应:**
教育和社交小组会议，为那些有严重精神疾病的亲人提供支持。研讨会提供有关严重精神疾病如精神分裂症、双相障碍和严重抑郁症的教育和支持。

**时间/地点:**
6:30 p.m. to 8:30 p.m. 星期三12周。请拨打获取下一次项目日期、地点和注册。

**交通:**
无

**儿童照看:**
无

**费用:**
无

朋友和家人教育

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

**服务供应:**
教育为有药物滥用/成瘾的亲友和家人们提供。课程目标是帮助亲友和家人们了解成瘾，并学习维持健康、更有效生活的技巧。

**时间/地点:**
6:30 p.m. – 8:30 p.m. 星期二六周。请拨打获取下一次项目日期、地点和注册。

**交通:**
无

**儿童照看:**
无

**费用:**
无
Fathers in Training

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

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

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
<table>
<thead>
<tr>
<th><strong>Pendleton Child Service Center</strong></th>
<th>(757) 385-4537</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 2473 North Landing Road Virginia Beach, Virginia 23456</td>
<td></td>
</tr>
<tr>
<td><strong>Services Offered:</strong> 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</td>
<td></td>
</tr>
<tr>
<td><strong>Time/Location:</strong> Please call for specific information.</td>
<td></td>
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<tr>
<td><strong>Transportation:</strong> No</td>
<td></td>
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<tr>
<td><strong>Child Care:</strong> No</td>
<td></td>
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<tr>
<td><strong>Fees:</strong> Sliding Fee Schedule</td>
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<table>
<thead>
<tr>
<th><strong>Social Services Division</strong></th>
<th>(757) 437-3200</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 3432 Virginia Beach Boulevard Virginia Beach, Virginia 23452</td>
<td></td>
</tr>
<tr>
<td><strong>Services Offered:</strong> 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</td>
<td></td>
</tr>
<tr>
<td><strong>Time/Location:</strong> 8:00 a.m. – 5 p.m. Monday – Friday</td>
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<tr>
<td><strong>Transportation:</strong> Available with some services. Please call for specific information.</td>
<td></td>
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<tr>
<td><strong>Child Care:</strong> No</td>
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<tr>
<td><strong>Fees:</strong> No</td>
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<thead>
<tr>
<th><strong>Virginia Beach Parks and Recreation</strong></th>
<th>Varies with Location</th>
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<tbody>
<tr>
<td><strong>Address:</strong> Varies with Location. Please refer to the Quick Reference Guide.</td>
<td></td>
</tr>
<tr>
<td><strong>Services Offered:</strong> Groups and Classes for all Age Groups After School Program Summer Day Camp</td>
<td></td>
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<tr>
<td><strong>Time/Location:</strong> Services and classes will vary according to location. Please refer to the Quick Reference Guide for location and telephone number.</td>
<td></td>
</tr>
<tr>
<td><strong>Transportation:</strong> No</td>
<td></td>
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<tr>
<td><strong>Child Care:</strong> Varies According to Services Offered</td>
<td></td>
</tr>
<tr>
<td><strong>Fees:</strong> Membership fees. Fee reductions are available to eligible families.</td>
<td></td>
</tr>
</tbody>
</table>
**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/LLOCATION:**  
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/LLOCATION:**  
8:15 a.m. – 5 p.m. Monday - Friday

**TRANSPORTATION:**  
No

**CHILD CARE:**  
No

**FEES:**  
No
<table>
<thead>
<tr>
<th><strong>COMMUNICABLE DISEASE SERVICES</strong></th>
<th><strong>(757) 518-2700 Option 1</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADDRESS:</strong></td>
<td>Virginia Beach Department of Public Health</td>
</tr>
<tr>
<td></td>
<td>Pembroke Corporate Center III</td>
</tr>
<tr>
<td></td>
<td>4452 Corporation Lane</td>
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<tr>
<td></td>
<td>Virginia Beach, Virginia 23462</td>
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<tr>
<td><strong>SERVICES OFFERED:</strong></td>
<td>STD (Sexually Transmitted Diseases) Diagnosis and Treatment</td>
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<tr>
<td></td>
<td>Tuberculosis/Non-STD Communicable Disease Treatment</td>
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<td></td>
<td>Information and Consultation Services</td>
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<tr>
<td></td>
<td>AIDS/HIV: Free Confidential Testing, Counseling and Education</td>
</tr>
<tr>
<td><strong>TIME/LOCATION:</strong></td>
<td>Varies. Please call for specific information.</td>
</tr>
<tr>
<td><strong>TRANSPORTATION:</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>CHILD CARE:</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>FEES:</strong></td>
<td>No</td>
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<thead>
<tr>
<th><strong>DENTAL CLINIC</strong></th>
<th><strong>(757) 518-2694</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>ADDRESS:</strong></td>
<td>Virginia Beach Department of Public Health</td>
</tr>
<tr>
<td></td>
<td>4452 Corporation Lane</td>
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<tr>
<td></td>
<td>(757) 518-2694</td>
</tr>
<tr>
<td></td>
<td>Birdneck Road Clinic</td>
</tr>
<tr>
<td></td>
<td>(757) 491-5112</td>
</tr>
<tr>
<td></td>
<td>Virginia Beach, Virginia 23462</td>
</tr>
<tr>
<td><strong>SERVICES OFFERED:</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>TIME/LOCATION:</strong></td>
<td>Corporation Lane Clinic office open Monday – Friday.</td>
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<tr>
<td></td>
<td>Birdneck Clinic open Friday only from 8:15 a.m. – 5:00 p.m.</td>
</tr>
<tr>
<td><strong>TRANSPORTATION:</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>CHILD CARE:</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>FEES:</strong></td>
<td>Fee is based on sliding scale. Medicaid and some Medicaid HMOs are accepted. Accept children who receive free school meals.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th><strong>Family Health Services</strong></th>
<th><strong>(757) 518-2700 Option 1</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADDRESS:</strong></td>
<td>Virginia Beach Department of Public Health</td>
</tr>
<tr>
<td></td>
<td>Pembroke Corporate Center III</td>
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<tr>
<td></td>
<td>4452 Corporation Lane</td>
</tr>
<tr>
<td></td>
<td>Virginia Beach, Virginia 23462</td>
</tr>
<tr>
<td><strong>SERVICES OFFERED:</strong></td>
<td>Infant, Child and Adolescent Health Services</td>
</tr>
<tr>
<td></td>
<td>Immunizations</td>
</tr>
<tr>
<td></td>
<td>Pregnancy Services: Testing, Referral and Maternity Care</td>
</tr>
<tr>
<td></td>
<td>Teen Walk-In Clinic and Family Planning</td>
</tr>
<tr>
<td><strong>TIME/LOCATION:</strong></td>
<td>Varies. Please call for specific information.</td>
</tr>
<tr>
<td><strong>TRANSPORTATION:</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>CHILD CARE:</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>FEES:</strong></td>
<td>Fees may be charged based on ability to pay.</td>
</tr>
</tbody>
</table>
**Vital Statistics**

**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**

**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**

**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**

**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**

**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:**

**YMCA/Mount Trashmore**

**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 a.m. – 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
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Al-Anon and Al-Ateen</td>
<td>1-800-245-4656</td>
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<tr>
<td>Alzheimer’s Association of Southeastern Virginia</td>
<td>1-800-272-3900</td>
</tr>
<tr>
<td>American Association on Intellectual &amp; Developmental Disabilities (AAIDD)</td>
<td>1-800-424-3688</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>1-800-227-2345</td>
</tr>
<tr>
<td>American Diabetes Association</td>
<td>1-800-342-2383</td>
</tr>
<tr>
<td>American Heart Association</td>
<td>1-800-242-8721</td>
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<tr>
<td>American Liver Foundation</td>
<td>1-800-223-0179</td>
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<tr>
<td>American Society for Deaf Children</td>
<td>1-800-942-2732</td>
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<tr>
<td>Arthritis Foundation</td>
<td>1-800-283-7800</td>
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<tr>
<td>Association for Children for Enforcement of Support</td>
<td>1-800-738-ACES</td>
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<tr>
<td>Child Welfare Information Gateway</td>
<td>1-800-394-3366</td>
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<tr>
<td>Childhelp USA – Child Abuse Hotline</td>
<td>1-800-4-A-CHILD</td>
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<tr>
<td>Children and Adults with Attention Deficit Disorder (CHADD)</td>
<td>1-800-233-4050</td>
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<tr>
<td>Depression and Bipolar Support Alliance</td>
<td>1-800-826-3632</td>
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<tr>
<td>Easter Seal</td>
<td>1-800-221-6827</td>
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<td>Epilepsy Foundation</td>
<td>1-800-332-1000</td>
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<tr>
<td>International Dyslexia Association</td>
<td>1-800-222-3123</td>
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<td>Lead Information Center</td>
<td>1-800-424-LEAD</td>
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<tr>
<td>Leukemia and Lymphoma Society</td>
<td>1-800-955-4572</td>
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<tr>
<td>Lupus Foundation of America</td>
<td>1-800-558-0121</td>
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<tr>
<td>NAMI: Nations Voice on Mental Illness</td>
<td>1-800-950-6264</td>
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<tr>
<td>National Alliance for Research on Schizophrenia and Depression</td>
<td>1-800-829-8289</td>
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<tr>
<td>National Association for Parents of Children with Visual Impairments</td>
<td>1-800-562-6265</td>
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<tr>
<td>National Center for Learning Disabilities</td>
<td>1-888-575-7373</td>
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<tr>
<td>National Center for Missing &amp; Exploited Children</td>
<td>1-800-THE-LOST</td>
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<tr>
<td>National Children’s Cancer Society</td>
<td>1-800-532-6459</td>
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<tr>
<td>National Dissemination Center For Children With Disabilities</td>
<td>1-800-695-0285</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>1-800-799-SAFE</td>
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<tr>
<td>National Down Syndrome Society</td>
<td>1-800-221-4602</td>
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<tr>
<td>National Foster Parent Association</td>
<td>1-800-557-5238</td>
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<tr>
<td>National Kidney Foundation</td>
<td>1-888-WAKEDRY 1-888-295-3379</td>
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<tr>
<td>National Parent, Teacher Association (PTA)</td>
<td>1-800-307-4PTA</td>
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<tr>
<td>National Runaway Switchboard</td>
<td>1-800-786-2929</td>
</tr>
<tr>
<td>National Sexual Assault Hotline Operated by Rainn</td>
<td>1-800-656-HOPE</td>
</tr>
<tr>
<td>National Teen Dating Abuse Hotline</td>
<td>1-866-331-9474</td>
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<tr>
<td>Prevent Blindness MidAtlantic</td>
<td>1-804-423-2020</td>
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<tr>
<td>Stuttering Foundation of America</td>
<td>1-800-992-9392</td>
</tr>
<tr>
<td>Sudden Infant Death Syndrome Alliance (SIDS)</td>
<td>1-800-221-7437</td>
</tr>
<tr>
<td>Tourettes Syndrome Association</td>
<td>1-800-237-0717</td>
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</tbody>
</table>
QUICK REFERENCE GUIDE
**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 Helpline: 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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Citizen Services Hotline</td>
<td>385-4111</td>
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<tr>
<td>City of Virginia Beach</td>
<td>385-4111</td>
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</table>
| Virginia Beach Public Schools         | 263-1000    

### POLICE PRECINCTS

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<th>Precinct</th>
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<tr>
<td>2nd</td>
<td>385-2700</td>
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<tr>
<td>3rd</td>
<td>385-2703</td>
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<tr>
<td>4th</td>
<td>385-2800</td>
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### LEGAL ASSISTANCE

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<tr>
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<tbody>
<tr>
<td>Commonwealth Attorney</td>
<td>385-4401</td>
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<tr>
<td>Consumer Affairs</td>
<td>385-5836</td>
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<tr>
<td>Legal Aid Society of Eastern Virginia</td>
<td>627-5423</td>
</tr>
<tr>
<td>Legal Aid – Virginia Beach Office</td>
<td>627-5423</td>
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### PSYCHIATRIC FACILITIES

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Central State Hospital</td>
<td>1-804-524-7000</td>
</tr>
<tr>
<td>Eastern State Hospital</td>
<td>1-757-253-5161</td>
</tr>
<tr>
<td>Va. Beach Psychiatric Center</td>
<td>481-1211</td>
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### LIBRARIES

<table>
<thead>
<tr>
<th>Library</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Bayside Area Library</td>
<td>385-2680</td>
</tr>
<tr>
<td>Central Library</td>
<td>385-3000</td>
</tr>
<tr>
<td>Great Neck Area Library</td>
<td>385-2606</td>
</tr>
<tr>
<td>Kempsville Area Library</td>
<td>385-2626</td>
</tr>
<tr>
<td>Law Library</td>
<td>385-4419</td>
</tr>
<tr>
<td>Municipal Reference Library</td>
<td>385-4644</td>
</tr>
<tr>
<td>Oceanfront Area Library</td>
<td>385-2640</td>
</tr>
<tr>
<td>Princess Anne Library</td>
<td>385-2610</td>
</tr>
<tr>
<td>Pungo/Blackwater Area Library</td>
<td>426-5194</td>
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<tr>
<td>South Rosemont Youth Library</td>
<td>385-2650</td>
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<tr>
<td>Windsor Woods Area Library</td>
<td>385-2630</td>
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### MEDICAL

<table>
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<tbody>
<tr>
<td>Beach Health Clinic</td>
<td>428-5601</td>
</tr>
<tr>
<td>Medicaid</td>
<td>437-3200</td>
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<tr>
<td>Medicare</td>
<td>1-800-Medicare</td>
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<tr>
<td>People’s Prescription Plan</td>
<td>1-800-566-0003</td>
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<tr>
<td>State Medicaid Transportation</td>
<td>1-800-322-3451</td>
</tr>
<tr>
<td>Virginia Department of Health</td>
<td>1-804-864-7000</td>
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<tr>
<td>Virginia Department of Medical Asst.</td>
<td>1-804-786-7933</td>
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### MEDICAL SPECIAL EDUCATION PROGRAM

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Adult Education Center/Open Campus</td>
<td>473-5091</td>
</tr>
<tr>
<td>Breakfast &amp; Lunch Program</td>
<td>263-1101</td>
</tr>
<tr>
<td>Homebound Services</td>
<td></td>
</tr>
<tr>
<td>Home School</td>
<td></td>
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<tr>
<td>Homeless Education Project</td>
<td>263-2331</td>
</tr>
<tr>
<td>Parent Resource Center</td>
<td>263-2066</td>
</tr>
<tr>
<td>Psychological Services</td>
<td>263-2700</td>
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<tr>
<td>Public School Information</td>
<td>263-1949</td>
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<td>Special Education Program</td>
<td>263-2066</td>
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<td>Transportation Services</td>
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### RECREATION/CENTERS

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>After School/Summer Day Camp</td>
<td>385-0400</td>
</tr>
<tr>
<td>Bayside Recreation Center</td>
<td>460-7540</td>
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<tr>
<td>Bow Creek Recreation Center</td>
<td>431-3765</td>
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<tr>
<td>Great Neck Recreation Center</td>
<td>496-6766</td>
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<tr>
<td>Kempsville Recreation Center</td>
<td>474-8492</td>
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<tr>
<td>Princess Anne Recreation Center</td>
<td>426-0022</td>
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<tr>
<td>Seatack Recreation Center</td>
<td>437-4858</td>
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<tr>
<td>Skateboard Ramp/Kids Cove</td>
<td>473-5237</td>
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<tr>
<td>Therapeutic Recreation Unit</td>
<td>385-0400</td>
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<tr>
<td>Youth Activities</td>
<td>385-0400</td>
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<tr>
<td>Youth Athletics</td>
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### SUPPORT GROUPS

<table>
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<td>AL-ANON/AL-ATEEN</td>
<td>499-1443</td>
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<tr>
<td>Grandparents as Parents</td>
<td>533-5217</td>
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### TIDEWATER REGIONAL GROUP HOMES

<table>
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<th>Service</th>
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<tbody>
<tr>
<td>Centerville Group Home</td>
<td>482-4744</td>
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<tr>
<td>Chesapeake Boys Home</td>
<td>485-5720</td>
</tr>
<tr>
<td>Crisis Intervention Home</td>
<td>422-4521</td>
</tr>
<tr>
<td>Non-Residential</td>
<td>488-9161</td>
</tr>
<tr>
<td>Westhaven Crisis</td>
<td>397-5371</td>
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</tbody>
</table>
DIRECTORY UPDATE FORM
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.
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.

<table>
<thead>
<tr>
<th>Services</th>
<th>YES</th>
<th>NO</th>
<th>Description</th>
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<tbody>
<tr>
<td>Transportation</td>
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<tr>
<td>Child Care</td>
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<tr>
<td>Fees</td>
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Form Submitted By

Date              TELEPHONE

Revised 05/04