April 2011
COMMUNITY RESOURCE NUMBERS

Contact Nicki Moon at Henrico Mental Health with changes
Telephone: 804-727-8500
Fax: 804-727-8660
Email: MOO12@co.henrico.va.us
### Community Service Numbers

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Adoption and Foster Care

Catholic Charities
   www.catholiccharitiesusa.org
   Coordinators 2
   www.c2adopt.org
Children’s Home Society
   www.chsva.org
Jewish Family Services
   www.jfsrichmond.org
L.D.S. Social Services
   www.lidsfamilyservices.org
State Department of Social Services
   www.dss.state.va.us
United Methodist Family Services
   www.umfs.org
Volunteer Emergency Families for Children
   www.vefc.org
Welcome House Inc.
   www.psb.org

AIDS and Other STD's

AIDS Hotline/VA Department of Health 800-533-4148
AIDS Hotline 800-367-AIDS
   www.aidshotline.org
AIDS Hotline (Spanish-speaking) 800-367-AIDS
AIDS Hotline (TTY for hearing-impaired) 888-225-AIDS
Crossover Health Clinic (medical & dental) 233-5016
   www.crossoverministry.org
   Fax 231-5723
Daily Planet (support) 783-0678
   www.dailyplanetva.org
Fan Free Clinic 358-6343
   www.fanfreeclinic.org
HIV/AIDS Treatment Information Service 800-HIV-0440
   www.aidsinfo.nih.gov
MCV Dental Clinic 828-9190
MCV HIV/AIDS Center 800-525-7605
   www.hivcenter.vcu.edu
MCV Infectious Disease Clinic 828-9711
MCV Obstetric Clinic 828-4409
RAM (Richmond AIDS Ministry) 358-6343
Richmond Aids Consortium 828-2477
   www.rac.vcu.edu
STD Hotline 800-533-4148

Alcohol and Drug Abuse
Adult Children of Alcoholics 310-534-1815
www.adultchildren.org

Al-anon & Alateen 353-4885
www.alanon.org
www.alanonrichmondva.org

Al-anon Southside 861-2620
800-344-2666
Alcohol/Drug Helpline 800-ALCOHOL
Alcoholics Anonymous 355-1212
www.aavirginia.org
www.alcoholics-anonymous.org

Center for Substance Abuse 800-662-4357
Cocaine Anonymous 310-559-5833
www.ca.org

Cocaine Helpline 800-COCaine
www.cocainerecovery.org/

Community Services Boards
Chesterfield 748-1227
Colonial Heights 520-7210
Goochland 556-5400
Hanover 752-4200
Henrico 727-8500
Hopewell 862-8062
Petersburg 862-8062
Powhatan 556-5400
Richmond 819-4000

Crystal Meth Anonymous 804-591-8412
www.crystalmeth.org/

Drug Abuse Hotline 800-662-4357
Drug and Alcohol Services 355-8478
www.adsyes.org

Families Anonymous 800-736-9805
www.familiesanonymous.org

Human Resources, Inc. 644-4636
www.hricore.org

In-patient Support Services 541-7417
MADD (Mothers Against Drunk Driving) 877-623-3435
www.madd.org

McShin Foundation 249-1845
www.mcshinfoundation.org

Narcotics Anonymous 800-777-1515
www.rovna.org
www.na.org

National Council on Alcoholism 609-689-0599
www.ncaddnj.org
609-689-0595

National Inhalant Prevention Coalition 800-269-4357
www.inhalants.org

National Institute on Drug Abuse 301-443-1124
www.nida.nih.gov

New Life for Youth 276-6059
www.newlifeforyouth.com
Phoenix House Hotline 800-435-7111
www.PhoenixHouse.org
Rational Recovery 644-4636
www.rational.org 530-621-2667
Richmond Aftercare 231-5592
230-7282
Richmond Health Center 273-1760
643-0002
Richmond Outreach Center 675-4101
www.theroc.com
Rubicon 232-3465
788-9006
359-3255
Salvation Army 359-0269
www.salvationarmyusa.org
Serenity House 800-444-9166
SADD (Students Against Drunk Driving) 877-723-3462
www.sadd.org
Substance Abuse & Addiction Recovery Alliance (SAARA) 762-4445
www.saara.org
TASC (Treatment Assessment Service Center, city only) 780-4536
Tough Love 257-9299
800-333-1069
VCU Medical Center 828-9000
www.vcuhealth.org/
Williamsburg Place 877-389-4968
www.williamsburgplace.com
Women for Sobriety 215-536-8026
www.womenforsobriety.org

Cancer

American Cancer Society 527-3700
www.cancer.org 800-227-2345
Association for Childhood Cancer 828-9901
www.childrenscancerassociation.org
Brain Tumor Support Group 828-5712
Breast Cancer Hotline 800-221-2141
Breast Cancer Support Group 804-527-5879
Cancer Support Group - American Cancer Society 747-1244
Children’s Cancer Association 503-244-3141
www.childrenscancerassociation.org
Gynecologic Cancer Support Group 262-3357
289-4500x4112
Hospice of Central Virginia 281-0451
www.hospiceva.com
Legal Information Network for Cancer (LINC) 888-388-LINC
www.cancerlinc.org
Leukemia Society of America 673-8855
800-955-4572
www.leukemia.org

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Ovarian Cancer Hotline 800-OVARIAN
Sickle Cell Hotline 800-421-8453
Virginia Breast Cancer Foundation 800-345-VBCF
    www.vbcf.org

Consumer Services

Better Business Bureau 648-0016
    www.bbb.org
Consumer Credit Counseling 780-9042
    www.consumercredit.com 800-388-2227
Consumer Product Safety Commission 800-638-2772
    www.cpsc.gov
Extension Offices
    Chesterfield 751-4401
    Goochland 556-5341
    Hanover 752-4310
    Henrico 501-5160
    New Kent 966-9645
    Powhatan 598-5640
    Richmond 786-4150
National Fraud Information Center 800-876-7060
    www.fraud.org
Urban League of Greater Richmond 649-8407
    www.urbanleaguerichmond.org
Virginia Consumer Affairs 786-2042
    www.vdacs.virginia.gov/consumers/
    Virginia Department of Health Professions 367-4400
    www.dhp.state.va.us

Crime Victims' Services

Crime Victims' Compensation 367-8686
    800-552-4007
Criminal Injuries Compensation Fund 800-552-4007
    www.cicf.state.va.us
MADD (Mothers Against Drunk Driving) 877-623-3435
    www.madd.org
National Association of Crime Victim Compensation Boards 703-370-2996
    www.nacvcb.org
National Center for Victims of Crime 800-FYI-CALL
    www.ncvc.org
National Crime Prevention Council 800-WE PREVENT
    www.ncpc.org
National Criminal Justice Reference Service 800-851-3420
    www.ncjrs.org
NOVA (National Organization for Victim Assistance) 800-879-NOVA
    www.trynova.org

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National Institute of Justice 202-307-2942
www.ojp.usdoj.gov/nij/
Office for Victims of Crime 202-307-5983
www.ojp.usdoj.gov/ovc/
Parents of Murdered Children 513-721-5683
www.pomc.com
Victim/Witness Services
Chesterfield 796-7087
Henrico 501-4134
Richmond 646-7665
Virginia Workers’ Compensation Commission 367-9740
www.vwc.state.va.us
Virginians United Against Crime 703-521-8777
888-484-2846

Day Care Services - Adult
A Grace Place Adult Care Services 261-0205
www.agraceplaceacc.org
Circle Center Adult Day Services 355-5717
www.circlecenterads.com
Hanover Adult Center 746-0743
www.hanoveradultcenter.com/home.htm
The Mill House (clubhouse for those with brain injury) 804-261-7050
www.communityfuturesva.org/MillHouse/index.html
Richmond Community Senior Center 343-3000
www.seniorconnections-va.org

Day Care Services - Child
Coal Pit Learning Center 270-7502
www.coalpitlearningcenter.com
Friends Association 644-2357
Goochland Fellowship & Family Services 556-6260
www.goochlandfreeclinicandfamilyservices.org
Southside Day Nursery 232-7142
www.richmondsccd.org
William Byrd Community House 643-2717
www.wbch.org
YMCA Day Care Center 788-9123
www.ymcarichmond.org

Domestic Violence and Child Abuse
Central Virginia Legal Aid 648-1012
www.cvlas.org
Chesterfield Victim Services 706-1267
Child Abuse & Neglect Hotline for Virginia 800-552-7096
Child Help USA 800-422-4453
www.childhelp.org

Commonwealth Catholic Charities 285-5900

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www.ccofva.org
Domestic Violence Action 800-838-8238
www.vadv.org
Domestic Violence Hotline 800-799-7233
www.ndvh.org
Hanover Domestic Violence Task Force Hotline 752-2702
www.hanoversafeplace.com
Henrico Domestic Violence Program – Police 501-5732
Kid-Care-Memorial Child Guidance 282-5993
Manavi (South Asian women’s issues) 732-435-1414
www.manavi.org
Memorial Child Guidance Clinic 644-9590
www.mcgcva.com
National Center for Missing & Exploited Children 800-843-5678
www.missingkids.com
National Clearinghouse for the Defense of Battered Women 215-351-0010
www.ncdbw.org
National Coalition Against Domestic Violence 303-839-1852
www.ncadv.org/
National Council of Juvenile & Family Court Judges 775-784-6012
www.ncjfcj.org/
www.nccafv.org/
National Resource Center on Domestic Violence 800-537-2238
www.nrcdv.org
Network of Victim Assistance 800-675-6900
www.novabucks.org
Prevent Child Abuse Virginia 359-6166
www.preventchildabuseva.org
Powhatan-Goochland Domestic Violence Program Office 598-5630
Project Hope (NK, CC, K&Q, KW counties) Hotline 877-966-4357
RAINN Rape, Abuse, and Incest National Network 800-656-4673
www.rainn.org
Raksha (South Asian social issues i.e. domestic violence, divorce, etc.) 866-725-7423
www.raksha.org
Safe Harbor (shelter) 287-7877
www.safeharborshelter.com
SCAN (Stop Child Abuse Now) 257-2776
www.grscan.com
Sakhi (domestic violence hotline for South Asian Women) 212-868-6741
www.sakhi.com
Sunshine Lady Foundation (scholarships) 910-397-7742
VCU Sexual Assault Program 828-2085
Virginia Family Violence & Sexual Assault Hotline 800-838-8238
www.vadv.org
Virginia Poverty Law Center 800-868-8752
www.vplc.org
YWCA - Rape & Spouse Abuse 643-0888
**Education**

Children & Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) 385-3139  
[www.chadd.org](http://www.chadd.org)

Global and Regional Asperger Syndrome Partnership  
[www.grasp.org](http://www.grasp.org)

National Resource Center on AD/HD 800-233-4050  
[www.help4adhd.org](http://www.help4adhd.org)

READ Center (Adult literacy) 288-9930  
[www.readcenter.org](http://www.readcenter.org)

**Employment**

Capital Area Training Consortium 226-0885

Goodwill of Central Virginia 745-6300  
[www.goodwillrichmond.org](http://www.goodwillrichmond.org)

Richmond Community Action Program 788-0050

Richmond Urban League 649-8407  
[www.urbanleaguerichmond.org](http://www.urbanleaguerichmond.org)

Virginia Employment Commission 786-1485  
[www.vec.virginia.gov](http://www.vec.virginia.gov)

Women’s Resource Center 289-8020

**Ethnic**

Racial, national, tribal, religious, linguistic, or cultural

American Red Cross 780-2250  
[www.greaterrichmond.redcross.org](http://www.greaterrichmond.redcross.org)

Asian American Society of Central Virginia 245-4974  
[www.aasocv.org](http://www.aasocv.org)

Bengali Association  
[www.grbaonline.org](http://www.grbaonline.org)

Buddhist Association 627-7167

Bureau of Indian Affairs (Native Americans & Alaskan Natives) – US Government 202-208-3710  
[www.bia.gov](http://www.bia.gov)

Department of Social Services (assistance for refugees & Native Americans)

Chesterfield 748-1100

Hanover 365-4100

Henrico 501-4001

Richmond 646-7212

Elegba Folklore Association 644-3900  
[www.efsinc.org](http://www.efsinc.org)

Health Department (physical exams, immunizations, family planning, pediatrics)

Chesterfield Refugee Clinic 748-1691

Hanover Refugee Clinic 365-4313

Henrico Refugee Clinic 501-4651

Richmond Refugee Clinic 482-5500

Hindu Center of Virginia 346-9954  
[www.hinducenterofvirginia.org](http://www.hinducenterofvirginia.org)

Hispanic Chamber of Commerce 378-4099  
[www.vahcc.com](http://www.vahcc.com)
Immigration and Naturalization Services – US Government 800-375-5283
www.uscis.gov/portal/site/uscis

Islamic Academy of Virginia 330-4888
www.iqrava.org

Islamic Center 320-7333
www.icva1.com

Islamic Society of Greater Richmond 673-4177
www.isgr.org

Jewish Community Center 285-6500
Jewish Community Federation 288-0045
www.jewishrichmond.org

Jewish Family Services 282-5644
www.jfsrichmond.org

Jewish News 740-2000

Language Banks
Red Cross 780-2250
Manavi (South Asian women’s issues) 732-435-1414
www.manavi.org

Raksha (South Asian social issues i.e. domestic violence, divorce, etc.) 866-725-7423
877-672-5742
404-842-0725

Refugee & Immigration Services/Catholic Diocese 359-5661
www.risva.org

Refugee Resettlement 726-7927

Sakhi (domestic violence hotline for South Asian Women) 212-868-6741
www.sakhi.com

Sikh Association of Central Virginia 271-1771
www.worldgurudwara.com

Saint Andrew’s Eastern Orthodox Church 798-3799
www.firstcalled.org

Saint Anthony’s Maronite Catholic Church 270-7234
www.stanthonymaronitechurch.org

Saint Constantine & Helen Greek Orthodox Cathedral 355-3687
www.vagocathedral.org

Saint Cyprian of Carthage Orthodox Church 897-5212
www.stcyprianoca.org

Saint James’ Armenian Church 282-3818
www.stjamesva.org

Saint Seraphim of Sarov Orthodox Church 730-8348
Virginia Asian Chamber of Commerce 798-3975
www.aabac.org

Virginia Asian Foundation 798-3975
www.va-asianfoundation.org

Financial Aid and Counseling

Capital Area Debtors Anonymous 202-319-0229
www.capitalareada.org

Clearpoint Financial Solutions 877-422-9045
www.clearpointfinancialsolutions.org

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GRASP (Greater Richmond Area Scholarship Program) 527-7717
www.grasp4virginia.com
SCORE (Service Corps of Retired Executives) 800-634-0245
www.score.org
Social Security 800-772-1213
www.ssa.gov
Social Services Departments
www.dss.virginia.gov
Charles City 652-1708
Chesterfield 748-1100
Goochland 556-5880
Hanover 365-4100
Henrico 501-4001
New Kent 966-1853
Powhatan 598-5630
Richmond (city) 646-7212
Richmond (county) 333-4088

Food Services
Angel Food Ministries 276-3269
www.angelfoodministries.com 877-366-3646
888-819-3745
Bainbridge Ministry 232-3091
Catholic Charities 285-5900
www.cccofva.org
Freedom House/Conrad Center 225-5986
www.freedomhouserichmond.org
Food Bank 521-2500
www.cvfb.org
Meals on Wheels 521-2500
www.mowdelivers.com 673-5035
Our Lady of Lourdes 262-7315
www.ollrichva.org
R-CAP (Richmond Community Action Program) 788-0050
Salvation Army 225-7470
www.salvationarmyusa.org
Daily Planet 783-0678
www.dailyplanetva.org/
William Byrd Community House 643-2717
www.wbch.org

Gay, Lesbian, Bisexual, Transgender
Affirmations 800-398-4297
www.goaffirmations.org
Equality Virginia 643-4816
www.equalityvirginia.org
Gay & Lesbian Information Line 967-9311
Gay Community Center of Richmond/Diversity Thrift Store 622-4646
Hetrick-Martin Institute for Protection of Lesbian & Gay Youth 212-674-2400
www.hmi.org
MCC (Metro Community Church) 353-9477
www.mccrichmond.org/index.htm
National Gay & Lesbian Task Force 202-393-5177
www.thetaskforce.org
PFLAG (Parents & Friends of Lesbians & Gays) 751-5167
www.pflagrichmond.org
Richmond Pride Coalition 353-4133
www.richmondpride.com
ROSMY (Richmond Organization for Sexual Minority Youth) 644-4800
www.rosmy.org

Grieving

AARP Widowed Persons Service 288-4474
www.aarp.org 888-687-2277
AMEND (Aiding Mothers & Fathers Experiencing Neonatal Death) 314-291-0892
www.amendgroup.com
American Foundation for Suicide Prevention 888-333-AFSP
www.afsp.org (in crisis 800-273-8255)
Bereavement Support Group 281-0451
www.healingthespirit.org
CLIMB (Center for Loss in Multiple Birth) 907-222-5321
www.climb-support.org
Comfort Zone Camp 377-3430
www.comfortzonecamp.org
Compassionate Friends 254-0588
www.compassionatefriends.org 877-969-0010
COPS (Concerns of Police Survivors) 261-2529
www.centravacops.org
Dougy Center (grieving children) 503-775-5683
www.dougy.org 866-775-5683
First Candle 800-221-7437
www.firstcandle.org
Full Circle Grief Center 241-9662
www.fullcirclegriefcenter.org
Grief Resource Center 360-2884
Healing after Suicide/John Randolph Medical Center 541-7787
Hope Grief Support Ministry 968-7970
Hospice of Central Virginia 281-0451
www.hospiceva.com
In Loving Memory (death of a child) 703-435-0608
MADD (Mothers Against Drunk Driving) 278-9063
877-623-3435
www.madd.org
National Hopeline Network 800-SUICIDE
www.hopeline.com
Nelson Funeral Home 909-0123
www.nelsonfh.com
Pet Loss Hotline  540-231-8038
Pet Loss Support (Center for Human-Animal Interaction)  804-828-PAWS
Pregnancy & Infant Loss Center  612-473-9372
POMC (Parents of Murdered Children)  513-721-5683
   www.pomc.com
Rainbows (for grieving children)  800-952-1770
   www.rainbows.org
RID (Remove Intoxicated Drivers)  518-370-4917
   www.rid-usa.org
Society of Military Widows
   www.militarywidows.org
TAPS (Tragedy Assistance Program for Survivors - Military)  800-959-TAPS
   www.taps.org/
THEOS Foundation (widows & widowers)  412-471-7770
Twinless Twins Support Group International  219-627-5414
   www.twinlesstwins.org/
Walking through the Valley (suicide support group)  364-0394
Widowed Grief Group  272-7787

Handicapped/Disabled  (Also see "Rehabilitation")

American Foundation for the Blind  800-232-5463
   www.afb.org
American Sign Language Visual Dictionary
   www.aslpro.com
Autism Society  257-0192
   www.autism-society.org
Brain Injury Association of Virginia  800-334-8443
   355-5748
   www.biav.org
Catholic Charities  285-5900
   www.cccofva.org
Central Virginia Independent Living Center  743-3798
   353-6583
Communication Center for the Deaf  285-9632
Deaf Community Counseling Service  273-1760
Foundation Fighting Blindness  270-2620
   www.blindness.org
Head Injury Foundation  800-444-NHIF
International Dyslexia Association  410-296-0232
   www.interdys.org/
   www.deaflead.org
Learning Disability Council  748-5012
   www.ldcouncil.org
National Information Clearinghouse for Infants with Disabilities & Life-threatening Conditions  800-922-9234x201
National Odd Shoe Exchange  480-892-3484
   www.oddshoe.org
One Shoe Crew (amputees)  916-991-0412
Prevent Blindness 423-2020
www.theeyesite.org 888-790-2020
READ Center 353-1587
Respite Care Center 662-9340
Richmond Area Association for Retarded Citizens 358-1874
www.richmondarc.org 748-4789
Virginia Dept. of Rehabilitative Services 800-552-5019
www.vadrs.org/ 800-464-9950TTY
Virginia Office for Protection and Advocacy 225-2042
Virginia Relay Center 800-828-1140
Virginia Voice for Print Handicapped 266-2477
www.virginiavoice.org

Health Care

Air Lifeline 800-446-1231
American Brain Tumor Association 800-886-2282
www.abta.org
American Diabetes Association 800-342-2383
www.diabetes.org
American Dietetic Association 800-877-0877
www.eatright.org
American Heart Association 800-242-8721
www.americanheart.org
American Hemochromatosis (Iron Overload) Society 888-655-4766
www.americanhhs.org
American Kidney Fund 866-300-2900
www.akfinc.org
American Liver Foundation 212-668-1000
www.liverfoundation.org
American Lung Association of Virginia 267-1900
www.lungva.org
American Parkinson's Disease Association 800-223-2732
www.apdaparkinson.org
American Stroke Association 888-478-7653
www.strokeassociation.org
American Syringomyelia Alliance Project 800-272-7282
www.asap.org
Arthritis Foundation 800-283-7800
www.arthritis.org
Asthma & Allergy Foundation of America 800-727-8462
www.aafa.org
Bon Secours Care-A-Van (child immunizations, pediatric care) 287-7VAN
Brain Injury Association of America 800-444-6443
www.biausa.org
Brain Injury Association of Virginia 800-334-8443
www.biav.net 355-5748
Capital Area Health Network 804-228-4492
www.cahealthnet.com
Center for Advanced Illness Coordinated Care 518-626-6125
www.coordinatedcare.net
Center to Advance Palliative Care 212-201-2670
www.centerpalliative.org
www.capc.org
Central Virginia Post-Polio Support Group 764-1001
www.cvppsg.org
Chronic Fatigue & Immune Dysfunction Syndrome 704-365-2343
www.cfids.org
Chronic Fatigue Syndrome Support Group 540-563-1229
Commonwealth Clinic (medical services, STD testing) 674-7448
www.commonwealthclinic.org
Craig Health Center 264-2986
Crossover Health Center (medical, dental, vision, STD care) 233-5016
Cystic Fibrosis Foundation 951-4422
www.cff.org 800-344-4823
Daily Planet (medical, dental, mental health care) 783-0678
www.daileyplanetva.org
Down's Syndrome Society 800-221-4602
www.ndss.org
Dystonia Medical Research Foundation 800-377-3978
www.dystonia-foundation.org
Ehlers-Danlos National Foundation 213-368-3800
www.ednf.org
Endometriosis Association 414-355-2200
www.ednometriosisassn.org
Epilepsy Foundation 800-332-1000
www.epilepsyfoundation.org
Fan Free Clinic (Men, Women, and Pediatrics) 358-6140
Fibromyalgia Network News 800-853-2929
www.fmnetnews.com
Free Clinic of Goochland (medical, dental) 556-5840
www.goochlandfreeclinicandfamilyservices.org
Greater Richmond Homeless Respite (medical) 329-7004
Hayes E. Willis Health Center (medical, perinatal, STD care) 230-7788
HealthSouth Rehabilitation Hospital of Virginia 673-2248
www.healthsouthrichmond.com
Herpes Resource Center 800-227-8922
www.ashastd.org 919-361-8400
Hospice of Central Virginia 800-501-0451
www.hospiceva.com 281-0451
Huntington’s Disease Society of America 800-345-4372
www.hdsa.org 212-242-1968
IVNA (Instructive Visiting Nursing Association, Medicaid) 355-7100
www.ivna.org 800-222-4862
International Food Information Council Foundation 202-296-6540
www.ific.org
Juvenile Diabetes Research Foundation 254-8014
www.jdrf.com
King William Dawn Community Doctors 769-3022
Lupus Foundation of America 202-349-1155
www.lupus.org 800-558-0121
Medical Society of Virginia Physician Referral 353-2721
Multiple Sclerosis 800-532-7967
Muscular Dystrophy Association 265-2961
National Headache Foundation 888-NHF-5552
www.headaches.org 312-274-2625
National Health Information Center 800-336-4797
National Hospice & Palliative Care Organization www.nhpco.org
National Lymphedema Network 510-208-3200
www.lymphnet.org
National Lyme Disease Foundation 800-886-LYME
www.lyme.org
National Multiple Sclerosis Society www.nmss.org 800-344-4867
National Parkinson Foundation www.parkinson.org 800-327-4545
Narcolepsy Network 888-292-6522
www.narcolepsynetwork.org
Poison Control Center 800-222-1222
www.aapcc.org
Public Health Departments
Charles City 829-2490
Chesterfield 748-1691
Chesterfield Women’s & Children’s Health 751-4350
Goochland 556-5343
Hanover 365-4313
Henrico – East 652-3190
Henrico - West 501-4522
New Kent 966-9640
Powhatan 598-5680
Richmond 864-7056
Richmond – Fairfield Resource Center 646-4103
Richmond – Whitcomb Resource Center 646-4186
Quit Now Virginia/VA Department of Health Tobacco Use 800-QUIT NOW
www.vahealth.org/cdpc/tucp/quitnow.htm
Richmond Area High Blood Pressure Center 359-9375
www.rahbpc.org
Retinitis Pigmentosa Foundation 270-2620
Reye’s Syndrome Foundation 800-233-7393
www.reyessyndrome.org
Richmond Academy of Medicine Physician Referral 643-2287
Shape Up America www.shapeup.org
Spina Bifida Association 800-621-3141
www.ssba.org
Spinal Cord Injury Hotline 800-962-9629
Stuttering Foundation of America 800-992-9392
www.stutteringhelp.org
Turner’s Syndrome Society www.turner-syndrome-us.org 800-365-9944
United Scleroderma Foundation 800-722-HOPE
www.scleroderma.org
VCU Medical Center 828-9000
VCU Medical Center Dental Clinic - adults 828-9190

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VCU Medical Center Dental Clinic - children 828-9095
VCU Medical Center Indigent Care Program 828-0966
VCU Medical Center – Nelson Clinic 800-762-6161
VCU Medical Center Substance Abuse Consultants 828-9915
VCU Medical Center – Stony Point Women’s Center 560-8950
Vernon J. Harris East End Community Health Center 780-0840
Virginia League for Planned Parenthood 800-230-PLAN
   www.vlpp.org
Vision USA 800-766-4466
   www.aoa.org/x5607.xml
Weight Control Information Network 877-946-4627
   www.niddk.nih.gov/health/nutrit/win.htm

Housing
Cares Shelter of Petersburg 861-0849
Caritas – Central Intake 648-4177
   Program Director 358-0964
Emergency Shelter, Inc. – Central Intake 648-4177
Elderhomes Corp. (DSS affiliated repairs) 233-2827
   www.elderhomes.org
Good Samaritan Ministries 231-9995
   www.goodsamaritanministry.com/
Habitat for Humanity 358-5899
   www.habitat.org
Hilliard House 236-5800
   www.hilliardhouse.org/
HOME (Housing Opportunities Made Equal) 354-0641
Homeless Connection - Virginia
Homeward 343-2045
   www.homewardva.org
Hope for Homeless Youth
   www.hopeforhomelessyouth.org
HUD (Housing & Urban Development) 842-2610
   www.hud.gov/local/index.cfm?state=va
Information and Referral Center 275-2000
Interfaith Housing 648-3926
New Clay House (permanent housing for low-income, homeless) 358-0968
Oasis House (crisis shelter for those under 18yo) 329-0079
Richmond Better Housing Coalition 644-0546
Richmond Redevelopment & Housing Authority (loans) 780-4200
   www.rhra.org
Rosey Grier Youth Shelter 232-4872
Safe Harbor 287-7877
   www.safeharborshelter.com
Salvation Army 225-7470
Salvation Army Petersburg Men’s Shelter 861-0561
Section 8 780-4361
Shelter For the Homeless 203-348-2792
   www.shelterforhomeless.org
St. Joseph’s Villa 266-2447

Community Resource Numbers - 4/27/2011
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Information Lines

American Brain Tumor Association 800-886-2282
www.hope.abta.org
American Cancer Society 527-3700
800-ACS-2345
www.cancer.org
American Diabetes Association 800-342-2383
www.diabetes.org
American Foundation for the Blind 800-232-5463
www.afb.org
American Heart Association 800-242-8721
www.americanheart.org
American Kidney Fund 866-300-3900
www.kidneyfund.org
American Liver Foundation 800-223-0179
www.liverfoundation.org
American Lung Association of Virginia 267-1900
http://www.lungva.org/
American Parkinson's Disease Association 800-223-2732
American Sleep Disorders Association http://www.sleepassociation.org/
American Sleep Apnea Association 202-293-3650
www.sleepapnea.org/
Arthritis Foundation 800-283-7800
www.arthritis.org/
Association for Childhood Cancer 503-244-3141
Association for Children for Enforcement of Support 419-472-6609
Back Pain Association of America 410-255-3633
Breast Cancer Hotline 800-221-2141
Childhood Lead Poisoning Prevention Program 864-7694
Children and Adults with ADD/ADHD 800-233-4050
www.chadd.org
Chronic Fatigue Syndrome Association 704-265-2343
www.cfids.org/
Cystic Fibrosis Foundation 301-951-4422
www.cff.org
Down's Syndrome Society 800-221-4602
www.ndss.org
Endometriosis Association 414-355-2200
www.endometriosissn.org/
Epilepsy Foundation  
www.epilepsyfoundation.org/  
800-332-1000

First Candle (SIDS/SUIDS)  
www.firstcandle.org  
800-221-7437

Food Addiction Hotline  
800-841-1515

Friends 4 Recovery Whole Health Center  
www.friends4recovery.org  
804-308-1366

Head Injury Association  
www.lhia.org/  
631-543-2245

**Hold Hope (suicide, depression)**  
www.holdhope.org  
804-741-2672

Huntington's Disease  
800-345-4372

Information and Referral Center/United Way  
275-2000

International Dyslexia Association  
www.interdys.org  
410-296-0232

International Twins Association  
www.intltwins.org  
212-554-6280

Juvenile Diabetes  
800-533-2873

League of Women Voters  
202-429-1965

http://www.lwv.org

Learning Disability Council  
www.cldinternational.org/  
748-5012

Leukemia Society of America  
www.leukemia.org  
687-8855

Lupus Foundation of America  
www.lupus.org  
800-955-4572

M.C.V. Health Line (now VCU Medical Center)  
888-349-1167

Multiple Sclerosis  
888-349-1167

Muscular Dystrophy Association  
www.mda.org  
285-2961

National Chronic Pain Outreach Association  
www.chronicpain.org/  
301-652-4948

National Information System for Vietnam Veterans & Their Children  
800-922-9234x401

National Multiple Sclerosis Society  
www.nationalmssociety.org  
353-5008

National Organization for Rare Disorders  
www.rarediseases.org  
800-999-6673

National Organization of Mothers of Twins Clubs  
www.nomotc.org  
248-231-4480

National Sleep Foundation  
www.sleepfoundation.org/  
202-347-3471

National Society to Prevent Blindness  
www.blindness.org  
423-2020

**National Suicide Prevention Lifeline**  
www.suicidepreventionlifeline.org  
800-273-TALK

OCD (Obsessive Compulsive Disorder) Foundation  
www.ocfoundation.org  
617.973.5801

Ovarian Cancer Hotline  
866-537-4273

Overeater's Anonymous  
346-5797
www.oa.org
Poison Control Center 828-9123
www.aapcc.org
Retinitis Pigmentosa Foundation 818-992-0500
Reye’s Syndrome Foundation 800-233-7393
www.reyessyndrome.org
Richmond Academy of Medicine 643-2287
www.ramdocs.org/
Sexaholics Anonymous 254-9939
www.sa.org
Sickle Cell Hotline 800-421-8453
Spina Bifida Association 800-621-3141
www.spinabifidaassociation.org
Spinal Cord Injury Hotline 800-962-9629
Stuttering Foundation of America 901-452-3931
www.stutteringhelp.org
Tourette Syndrome Association 718-224-2999
www.tsa-usa.org
Traveler’s Aid Society 780-2250
www.travelersaid.org/

Legal Services
American Civil Liberties Union 644-8022
www.aclu.org/
Central Virginia Legal Aid Society 866-534-5243
www.cvlas.org/
Fathers United for Equal Rights and Womens Coalition 703-451-8580
Hunton & Williams 788-8200
www.hunton.com/
Offender Aid & Restoration 703-228-7030
University of Richmond Law Clinic (for juveniles with mental illness) 289-8921
Urban League 649-8407
www.urbanleaguerichmond.org/
Virginia Lawyer Referral Service 775-0808
Virginia Poverty Law Center 782-9430
Women's Injury Law Clinic 343-4375

Mental Health and Mental Retardation
ABIL (Agoraphobics Building Independent Lives) 353-3964
Alliance for the Mentally Ill 285-8264
American Association of Suicidology 800-273-TALK
www.suicidology.com
American Psychiatric Association 888-35 PSYCH
www.psych.org
Anxiety Disorder Clinic of M.C.V. 828-8069
Association for Retarded Citizens 649-8481
http://www.thearc.org/
Boystown National Hotline 800-448-3000
Codependents Anonymous 602-277-7991
Community Services Boards

Community Resource Numbers - 4/27/2011
Page 18
Chesterfield 748-1227
Chesterfield Crisis 748-6356
Colonial Heights 520-7210
Goochland 556-5400
Goochland Crisis 556-3716
Hanover 365-4222
Hanover Crisis 365-4200
Henrico 727-8500
Henrico Crisis 727-8484
Hopewell 541-8660
Petersburg 862-8054
Petersburg Crisis 862-8000
Powhatan 556-5400
Powhatan Crisis 556-3716
Richmond 819-4000
Richmond Crisis 819-4100
Daily Planet 783-0678
Deaf and Hard of Hearing Community Counseling Services 762-9671
Dept. of Mental Health, Mental Retardation & Substance Abuse 786-3921
Richmond Depression Bipolar Support Alliance 748-0559
Richmond-Henrico Depression Bipolar Support Alliance 826-3632
www.dbsalliance.org 800-826-3632
Emotions Anonymous 288-4319
www.emotionsanonymous.org
Family and Children’s Services 282-4255
Family Support Group 562-2123
Food Addiction Hotline 539-7450
Friends for Recovery of Hanover 798-4587
Hanover County Family Support Group 365-4219
Hanover Mental Health Association 798-5902
Henrico Family Support Group 236-8752
International Foundation for Research & Education on Depression 800-789-2647
www.ifred.org
Jewish Family Services 282-5644
McGuire Veterans Administration Mental Center (VAMC) 675-5000
www.richmond.va.gov
MCV/VCU Psychiatry Nelson Clinic 828-9452
Mental Health America Virginia (MHAV) Warm Line 866-400-6428
Mental Wellness Support Group 784-5181
National Alliance for the Mentally Ill 800-950-NAMI
www.nami.org
National Depressive and Manic Depressive Association 800-826-3632
www.ndmda.org
National Institute of Mental Health 866-615-6464
www.nimh.nih.gov
National Mental Health Association 703-684-7722
National Mental Health Information Center 800-969-6642
OCD (Obsessive Compulsive Disorder) Foundation 617-973-56801
OCD Support Group 270-4111
794-4482
Overeater’s Anonymous 346-5797
Peers Empowering Peers 748-6787
Postpartum Support International 800-944-4773
www.postpartum.net
Richmond Area Association for Retarded Citizens 358-1874
Richmond Behavioral Health Authority 819-4000
RBHA Emergency Services 819-4100
www.rbha.org
Tourette Syndrome Association 718-224-2999
United Methodist Family Services 353-4461
VCU Center for Psychological Services & Development (community) 828-8069
VCU Health Systems (MCV) 828-2000
Virginia Alliance for the Mentally Ill 285-8264
Virginia Department of Behavioral Health and Developmental Services (DBHDS)
www.dbhds.virginia.gov
Virginia Institute of Pastoral Care 282-8332
YWCA Women’s Advocacy Program 643-0888
Youth Counseling Hotline 877-541-2525

Military
Air Force Aid Society 800-769-8951
www.afas.org
Army Emergency Relief 866-878-6378
www.aerhq.org
CinCHouse (for military wives & women)
www.cinchouse.com
Coast Guard Mutual Assistance 800-881-2462
www.cgmahq.org
Hunter Holmes McGuire VA Medical Center 804-675-5000
www.richmond.va.gov
Military.com
www.military.com
Military Family Network 866-205-2850
www.emilitary.org
National Military Family Association 800-260-0218
www.nmfa.org
National Suicide Prevention Lifeline 800-273-8255 #1
www.suicidepreventionlifeline.org/Veterans/Default.aspx
Navy Marine Corps Relief Society 703-696-4904
www.nmcrs.org
United States Department of Veterans Affairs
www.va.gov
University of Richmond School of Law Pro Bono program for veterans
http://law.richmond.edu/probono/programs.php
Virginia Department of Veterans Services 804-786-0286
www.dvs.virginia.gov

Pregnancy and Parenting
Abortion Federation Hotline 800-772-9100
Association for Children for Enforcement of Support 419-472-6609
Birthright Hotline 800-550-4900
   www.birthright.org
Catholic Charities 285-5900
   www.cccofva.org
Catholic Charities’ Pregnancy Counseling 800-CARE002
Children's Home Society of Virginia 353-0191
   800-247-2888
Coal Pit Learning Center 270-7502
Commonwealth Parenting Center 545-1272
   www.commonwealthparentingcenter.org
      545-1928
Crisis Pregnancy Center 673-2020
Dads & Daughters 651-314-4508
   www.thedadman.com
Depression after Delivery 800-944-4773
DivorceCare 919-562-2112
   www.divorcecare.com
Elizabeth Ann Seton Center 650-301-8875
Families Anonymous 800-736-9805
   262-0932
   www.familiesanonymous.org
Family Crisis Center 282-4255
Fathers United for Equal Rights 703-451-8580
   www.marylandfathers.org/FUER-WC-VA-DC.html
Memorial Child Guidance Clinic 649-1605
   www.mcgcva.com/
Mother-to-Mother Postpartum Depression Support Group 314-644-7001
   877-644-7001
National Women’s Health Information Center
   www.4woman.gov
National Suicide Prevention Lifeline 800-273-TALK
   www.suicidepreventionlifeline.org
Online PPD (post partum depression) Support Group 800-SUICIDE
   www.ppdsupportpage.com
Parent Resource and Training 828-6947
Parent-to-Parent (children with disabilities) 795-1481
   www.p2pusa.org
   795-1486
Parents Anonymous 909-621-6184
   www.parentsanonymous.org
Parents Support Group Program/SCAN 1-800-CHILDREN
   www.scanva.org
   1-800-244-5373
   www.grscan.com
   257-7226
Parents without Partners 637-7974
   www.parentswithoutpartners.org
Best Beginnings Lactation Support 323-BABY
Planned Parenthood 1-800-230-PLAN
   www.plannedparenthood.org
   355-4358
Postpartum Support International 1-800-944-4PPD
   www.postpartum.net
Resolve (The National Infertility Association) 1-703-556-7172
www.resolve.org
Richmond Medical Center for Women 359-5066
www.richmondmedctrforwomen.com/
Stepfamily Association of America http://www.stepfamilies.info
Stepfamily Support Group 1-703-549-1422
Tough Love for Troubled Teens 1-866-828-0178
http://www.4troubledteens.com/toughlove.html
Virginia League for Planned Parenthood 355-4358
www.plannedparenthood.org/virginia-league/
Woman's Place / Bon Secours lactation support 545-1665
http://www.bonsecours.com/children/A_Womans_Place.asp

Recreation and Social Development
Bethlehem Center 329-1923
Big Brothers/Big Sisters of America 261-4940
http://www.bbbs.org
Boy Scouts of America 355-4306
www.scouting.org
Boys and Girls Club of America 359-8573
353-3246
www.bgca.org
Camp Fire, Inc. 404-487-5700
http://www.campfireinc.org/
Girl Scouts of the USA 746-0590
www.girlscouts.org
Jewish Community Center 285-6500
http://www.jewishrichmond.org
Recreation Departments
Chesterfield 748-1623
Hanover 537-6165
Henrico 672-5100
Richmond 780-5733
William Byrd Community House 643-2717
http://www.wbch.org/
Women's Resource Center 289-8020
YMCA-Downtown 649-9622
YMCA-North 329-9622
YMCA-Tuckahoe 740-9622
YWCA 643-0888
http://www.ywcarichmond.org/

Refugee Resettlement
American Red Cross-Richmond (Interpreters) 780-2270
Jewish Family Services 282-5644
Refugee Resettlement Office 355-4559

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Rehabilitation

A Grace Place Adult Care Center 261-0205
Central Virginia Independent Living Center Inc. 355-6503

http://www.vil-va.org/

Chesterfield Vocational Services 271-9451
Children's Hospital 321-7474
Department for Rehabilitation Services 662-7123
IVNA (Instructive Visiting Nursing Association, Medicaid) 355-7100

http://www.ivna.org 800-222-4862

MCV

http://www.vcuhealth.org/rehab 828-0861
Richmond Cerebral Palsy Center 321-6666
Richmond Goodwill Industries 643-6734
Sheltering Arms 764-1001
Virginia Department Deaf & Hard-of-Hearing 662-9502

http://www.vddhh.org/

Virginia Rehabilitative Services 800-662-7000
http://www.vadrs.org/
Virginia Visually Handicapped 800-622-2155

http://www.vdbvi.org/

Respite Care

Catholic Charities 285-5900
Home Care Alternatives 517-394-3389

http://www.homecarealternatives.net/

Runaways

Child Find of America 800-I AM LOST

http://www.childfindofamerica.org 800-A WAY OUT

Children of the Night 800-551-1300

http://www.childrenofthenight.org 818-908-4474

National Center for Missing & Exploited Children 800-THE LOST

http://www.missingkids.com

National Runaway Switchboard 800-RUNAWAY

http://www.1800runaway.org/

Oasis House 329-0079
Operation Lookout 800-782-SEEK

www.operationlookout.org

Runaway Hotline 800-RUNAWAY

St. Joseph's Villa 553-3200

http://www.stjosephsvilla.net/

Vanished Children Alliance 800-VANISHED

http://www.vca.org/

Youth Crisis Hotline 800-448-4663

Self Help and Support Groups

Alzheimer's Association 967-2580

www.alz.org/grva 800-272-3900
Alzheimer's Support Group 321-0066
American Association of Suicidology  
   www.suicidology.org  
American Sleep Association  
   www.sleepassociation.org  
American Sleep Apnea Association 
   www.sleepapnea.org 
Amyotrophic Lateral Sclerosis Association 
   www.alsa.org  
Brain Injury of Virginia  
   www.biav.net  
Cancer Support Group  
   Breast Cancer Support Group  
   233-5016  
   330-2136  
   200-7033  
   864-7879  
Compassionate Friends  
  www.compassionatefriends.org  
Families Anonymous  
   www.familiesanonymous.org  
Gamblers Anonymous  
   www.gamblersanonymous.org  
Healing After Suicide @ John Randolph Hospital  
   458-3895  
Healing Hearts (bereavement)  
   www.healinghearts.net  
Jewish Family Services  
   www.jfsrichmond.org  
MADD (Mothers Against Drunk Driving)  
   www.maddva.org  
National Self-Help Clearinghouse  
   www.mhsselfhelp.org  
National Sleep Foundation  
   202-347-3471  
National Stuttering Project  
   www.nsastutter.org  
Obsessive Compulsive Disorder Group  
   270-4111  
   639-1136  
Obsessive Compulsive Foundation  
   www.ocfoundation.org  
Overeaters Anonymous – support group  
   www.oa.org  
Parents of Murdered Children  
   www.pomc.org  
Parents without Partners  
   www.parentswithoutpartners.org  
Sex Addicts Anonymous  
   www.saa-recovery.org  
Sex and Love Addicts Anonymous  
   www.slaadc.org  
Sexaholics Anonymous  
   886-424-8777
www.sa.org
SIDS Alliance (now First Candle) 800-221-7437
SMART (Single Mothers Are Really Terrific) 334-3566
Suicide Survivors Support Group 909-0123
458-3895
Twinless Twins Support Group International 888-205-8962
www.twinlesstwins.org
Youth Bereavement Support Group 627-5371
909-0123

Senior Citizen Issues
AARP (American Association of Retired Persons) 888-687-2277
www.aarp.org
AARP Work Search Program 355-3600
www.aarpworksearch.org
Adult Care Services / A Grace Place 261-0205
www.agraceplaceacc.org
Alzheimer's Association 967-2580
www.alz.org/grva 800-272-3900
Alzheimer’s Support Group 321-0066
828-2219
Alzheimer’s Disease Education & Referral Center 800-438-4380
Aging with Dignity 888-894-7437
www.agingwithdignity.org
American Association of Homes & Services for the Aging 202-783-2242
www.aahsa.org
Americans for Better Care of the Dying 703-647-8505
www.abcd-caring.org
Bainbridge Community Ministries 232-3091
Capital Area Agency on Aging 343-3000
www.seniorconnections-va.org 800-989-2286
Caring Connections 800-658-8898
www.caringinfo.org
Catholic Charities 757-456-2366
www.cceva.org
Circle Center Adult Day Services 355-5717
www.circ28.com
Clearinghouse on Abuse & Neglect of the Elderly 800-677-1116
Days of Grace Senior Services Inc. (Richmond area residents) 329-7272
Department for the Aging 662-9333
www.vda.virginia.gov 800-552-3402
Dying Well www.dyingwell.com
Eldercare Locator 800-677-1116
www.eldercare.gov/Eldercare.NET/Public/Home.aspx
Elderhomes Corp. (DSS affiliated repairs) 233-2827
http://www.elderhomes.org/
Finding our Way/Living with Dying www.findingourway.net
Good Shepherd Senior Center 643-0533
Growth House/End of Life Care 415-863-3045
Hanover Adult Center 746-0743
Hospice of Virginia 281-0451
Jewish Family Services 282-5644
Meals on Wheels 673-5035
National Academy of Elder Law Attorneys 703-942-5711
National Association of Homebuilders CAPS program 202-266-8200
National Association of Professional Geriatric Care Managers 520-881-8008
National Center on Elder Abuse 302-831-3525
National Committee for the Prevention of Elder Abuse 202-682-4140
National Hospice & Palliative Care Organization 703-837-1500
Older Women’s League 800-825-3695
Promoting Excellence in End-of-Life Care 703-837-1500
Retired and Senior Volunteer Program (RSVP) 757-595-9037
Senior Connections (Capitol Area Agency on Aging) 800-989-2286
SeniorNavigator.com 525-7728
Shepherd’s Center of Richmond 355-7282
South Richmond Adult Day Care Center 231-9306
United Way Information and Referral 275-2000
US Administration on Aging 202-401-4634
Well Spouse Foundation 732-577-8899
WELLcome Home 765-285-1471
William Byrd Community House 643-2717

Sexual Assault and Incest
Adult Survivors of Childhood Sexual Abuse www.ascasupport.org
National Center for Women Policy Studies www.centerwomenpolicy.org

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National Sexual Violence Resource Center  717-909-0710
www.nsvrc.org
OVC (Office for Victims of Crime)  800-851-3420
www.ojp.usdoj.gov/ovc
RAINN (Rape, Abuse & Incest National Network)  800-656-HOPE
www.rainn.org
Rape Crisis Center  210-349-7273
www.rapecrisis.com
Sexual/Domestic Assault Outreach  888-356-2006
Survivors of Incest Anonymous  410-893-3322
www.siawso.org
Virginia Sexual and Domestic Violence Action Alliance  800-838-8238
www.vadv.org
377-0335
YWCA  643-0888
www.ywcarichmond.org

Transportation
Access Ride, Inc. (Medicaid)  800-893-2996
American Cancer Society  527-3700
American Red Cross  780-2250
GRTC (Greater Richmond Transit Co)  358-4782
www.ridegrtc.com
LogistiCare  866-810-9305
www.logisticare.com
Ridefinders  643-7433
www.ridefinders.com
Travelers Aid Society  780-2250
225-7470
Van-go  261-7388

Volunteer Opportunities
1-800-Volunteer.org  800-989-2286
www.1-800-volunteer.org
Meals on Wheels  673-5035
www.mowdelivers.com
Rebuilding Together  202-483-9081
www.rebuildingtogether.org
Retired and Senior Volunteer Program  323-3000
www.seniorconnections-va.org
United Way Information and Referral  775-6472
www.yourunitedway.org
771-5820