



December 2014

Community Resource Numbers

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ADOPTION AND FOSTER CARE

Commonwealth Catholic Charities	http://cccofva.org/	804-295-5900
Coordinators 2	www.c2adopt.org	804-354-1881
Children's Home Society	www.chsva.org	804-353-0191
Jewish Family Services	www.jfsrichmond.org	804-282-5644
L.D.S. Social Services	www.ldsfamilyservices.org	804-743-0727
State Department of Social Services	www.dss.state.va.us	804-726-7000
United Methodist Family Services	www.umfs.org	804-353-4461
Welcome House Inc.	www.psbj.org	215-249-0100 ext. 126 or 110

AIDS and Other STD's

AIDS/HIV/STD/Viral Hepatitis Hotline-VA Department of Health		800-533-4148
CDC Information	www.thebody.com	800-232-4636
AIDS Hotline (Spanish-Speaking)		800-344-7432
AIDS Hotline (TTY for Hearing-Impaired)		888-232-6348
Crossover Health Clinic (medical and dental)	www.crossoverministry.org	804- 422-2600
Daily Planet (support)	www.dailyplanet.va.org	804-783-0678
Fan Free Clinic	fanfreeclinic.org	804-358-6343
HIV/AIDS Treatment Information Service	www.aidsinfo.nih.gov	800-HIV-0440
VCU Dental Clinic		804-828-9190
VCU HIV/AIDS Center	www.hivcenter.vcu.edu	800-525-7605
VCU Medical Center Infectious Disease Clinic	http://www.hivcenter.vcu.edu/services/vcuidc.html	804-828-5915
VCU Medical Center Obstetric Clinic	http://mcpvphysicians.vcu.edu/clinical/obgyn.html	804-828-7877
RAC (Richmond Aids Consortium)	www.rac.vcu.edu	804-828-4409

Alcohol and Drug Abuse

Adult Children of Alcoholics	www.adultchildren.org	562-595-7831
Al-anon	www.alanon.org www.alanonrichmondva.org www.usrecovery.info/Al-Anon/Virginia.htm	804-353-4885

Al-anon-Alcoholism Info & Treatment Ctrs in Petersburg, Virginia		804-861-2620
Al-Anon World Service Hotline		800-344-2666
Alcohol/Drug Helpline		800-ALCOHOL
Alcoholics Anonymous	www.aarichmond.org www.aavirginia.org www.alcoholics-anonymous.org	804-355-1212 804-644-2095
Center for Substance Abuse	www.samhsa.gov/treatment	800-662-4357
Cocaine Anonymous	www.ca.org	310-559-5833
Cocaine Helpline	www.cocainerecovery.org www.cocainehelp.com	1-866-535-7050
<u>Community Services Center</u>		
<ul style="list-style-type: none"> ▪ Chesterfield ▪ Colonial Heights ▪ Goochland ▪ Hanover ▪ Henrico ▪ Hopewell ▪ Petersburg ▪ Powhatan ▪ Richmond 		<ul style="list-style-type: none"> ▪ 804-748-1227 ▪ 804-520-7210 ▪ 804-556-5400 ▪ 804-752-4200 ▪ 804-727-8500 ▪ 804-862-8062 ▪ 804-862-8062 ▪ 804-556-5400 ▪ 804-819-4000
Crystal Meth Anonymous	www.crystalmeth.org	855-638-4373
Drug Abuse Hotline		800-662-4357
Families Anonymous	www.familiesanonymous.org	800-736-9805
Human Resources, Inc.	www.hricorp.org	804-644-4636
In-Patient Support Services		804-541-7417
MADD (Mothers Against Drunk Driving)	www.madd.org	(local office) 804-353-7121 877-MADD-HELP
McShin Foundation	www.mcshinfoundation.org	804-249-1845
Narcotics Anonymous	www.rovna.org www.na.org	800-777-1515
National Council on Alcoholism	www.ncadd.org	800-622-2255
National Inhalant Prevention Coalition	www.inhalants.org	800-269-4237
National Institute on Drug Abuse	www.nida.nih.gov	301-443-1124

New Life for Youth	www.newlifeforyouth.com	Men: (804) 448-2750 Women: (804) 230-4485
Phoenix House Hotline	www.PhoenixHouse.org	800-378-4435
Rational Recovery	www.rational.org	530-621-2667

Richmond Health Center		804-643-0002
Richmond Outreach Center	www.theroc.com	804-675-4101
Rubicon	www.rubiconrehab.org	804-359-3255
Salvation Army	www.salvationarmyusa.org	804-359-0269
Serenity House Substance Abuse Recovery Program	www.usnodrugs.com/Virginia/NewportNews/SerenityHouse	866-395-1680
Students Against Drunk Driving (SADD)	www.sadd.org	877-723-3462
Substance Abuse & Addiction Recovery Alliance (SAARA)	www.saara.org	804-762-4445
VCU Medical Center	www.vcuhealth.org	804-828-9000
Williamsburg Place	www.williamsburgplace.com	877-389-4968
Women for Sobriety	www.womenforsobriety.org	215-536-8026

Cancer

American Cancer Society	www.cancer.org	804-527-3700 800-227-2345
TTY for Hearing Impaired Association for Childhood Cancer		866-228-4327
Association for Childhood Cancer	http://acco.org/	301-962-3520
Brain Tumor Support Group		804-828-8709
Breast Cancer Hotline		800-221-2141
Gynecologic Cancer Support Group		804-289-5616
Hospice of Central Virginia	www.hospiceva.com	804-281-0451
Legal Information Network for Cancer (LINC)	www.cancerlinc.org	804-272-LINC
Leukemia Society of America	www.leukemia.org	800-955-4572
Ovarian Cancer Hotline		800-OVARIAN
Sickle Cell Hotline		800-421-8453
Virginia Breast Cancer Foundation	www.vbcf.org	800-345-VBCF 804-285-1200

Consumer Services

Better Business Bureau	www.bbb.org	804-648-0016
Consumer Credit Counseling	www.consumercredit.com	800-388-2227
Consumer Product Safety Commission	www.cpsc.gov	800-638-2772

<u>Extension Offices</u>		<ul style="list-style-type: none"> ▪ 804-751-4401 ▪ 804-556-5341 ▪ 804-752-4310 ▪ 804-501-5160 ▪ 804-966-9645 ▪ 804-598-5640 ▪ 804-786-4150
<ul style="list-style-type: none"> ▪ Chesterfield ▪ Goochland ▪ Hanover ▪ Henrico ▪ New Kent ▪ Powhatan ▪ Richmond 		
National Fraud Information Center	www.fraud.org	202- 835-3323
Urban League of Greater Richmond	www.urbanleaguerichmond.org	804-230-8791
Virginia Consumer Affairs	www.vdacs.virginia.gov/consumers/	800-552-9963
Virginia Department of Health Professions	www.dhp.state.va.us	804-367-4400

Crimes Victims' Services

Crime Victims' Compensation/ Criminal Injuries Compensation Fund	www.cicf.state.va.us	800-552-4007
MADD (Mothers Against Drunk Driving)	www.madd.org	804-353-7121 877-275-6233
National Association of Crime Victim Compensation Boards	www.nacvcb.org	703-780-3200
National Center for Victims of Crime	www.ncpc.org	202-467-8700
National Criminal Justice Reference Service	www.ncjrs.gov	800-851-3420
NOVA (National Organization for Victim Assistance)	www.trynova.org	800-879-6682 (800-TRY-NOVA)
National Institute of Justice (Office of Operations)	www.ojp.usdoj.gov/nij	202-307-2942
Office for Victims of Crime (General Information)	www.ojp.usdoj.gov/ovc/	202-307-5983
Parents of Murdered Children	www.pomc.com	513-721-5683
<u>Victim/Witness Services</u>		<ul style="list-style-type: none"> ▪ 804-796-7087 ▪ 804-501-4134 ▪ 804-646-7665
<ul style="list-style-type: none"> ▪ Chesterfield ▪ Henrico ▪ Richmond 		
Virginia Workers' Compensation	www.vwc.state.va.us	1-877-664-2566

Commission		
Virginians United Against Crime		703-521-8777

Day Care Services (Adult)

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

Day Care Services (Child)

Coal Pit Learning Center	www.coalpitlearningcenter.com	804-270-7502
Friends Association	http://friendsrva.org/	804-644-6260
Goochland Fellowship & Family Services	www.goochlandfreeclinicandfamilyservices.org	804-556-6260
Southside Day Nursery	www.richmondscdc.org	804-232-7142
William Byrd Community House	www.wbch.org	804-643-2717
YMCA Day Care Center	www.ymcarichmond.org	804-649-9622

Domestic Violence and Child Abuse

Central Virginia Legal Aid	www.cvlas.org	804-648-1012
Chesterfield Victim Services <ul style="list-style-type: none"> ▪ Criminal Investigations ▪ Non-Emergency 	http://www.chesterfield.gov/content2.aspx?id=2539	<ul style="list-style-type: none"> ▪ 804-748-1277 ▪ 804-748-1251
Child Abuse & Neglect Hotline for Virginia	http://www.dss.virginia.gov/abuse/index2.cgi	800-552-7096
Child Help USA	www.childhelp.org	800-422-4453
Child Savers	www.childsavers.org	804-644-9590
Commonwealth Catholic Charities	http://cccofva.org/	804-295-5900
Domestic Violence Action	www.vsdvalliance.org	800-838-8238

Domestic Violence Hotline	www.ndvh.org	800-799-7233 TTY 1-800-787-3224
*Hanover Safe Place	www.hanoversafeplace.com	804-752-2702
Henrico Domestic Violence Program-Police Manavi (South Asian women's issues)	www.manavi.org	732-435-1414
National Center for Missing & Exploited Children	www.missingkids.com	800-843-5678
National Clearinghouse for the Defense of Battered Women	www.ncdbw.org	215-351-0010
National Coalition Against Domestic Violence	www.ncadv.org/	1-800-799-SAFE (7233) TTY 1-800-787-3224
National Council of Juvenile & Family Court Judges	www.ncjfcj.org/	775-784-6012
National Council on Child Abuse & Family Violence	www.nccafv.org/	202-429-6695
National Resource Center on Domestic Violence	www.nrcdv.org	800-537-2238 TTY 1-800-553-2508
Network of Victim Assistance	www.novabucks.org	(Bucks County Hotline) 1-800-675-6900 (Business Line) 215-343-6543
New Regional Hotline		804-612-6126
Prevent Child Abuse Virginia	www.pcav.org	804-359-6166
Powhatan-Goochland Domestic Violence Program Office		804-598-5630
Project Hope (NK, CC, K&Q, KW Counties) Hotline		877-966-4357
RAINN Rape, Abuse, & Incest National Network	www.rainn.org	1-800-656-4673
Raksha (South Asian social issues i.e. domestic violence, divorce, etc.)	www.raksha.org	Help Line-404-842-0725 Office-404-876-0670
*Safe Harbor (shelter)	www.safeharborshelter.com	804-287-7877
SCAN (Stop Child Abuse Now)	www.grscan.com	804-257-7226
Sakhi (domestic	www.sakhi.com	212-868-6741

violence hotline for South Asian Women)		
Sunshine Lady Foundation (scholarships)	www.sunshinelady.org scholarship program site-www.wispinc.org	910-397-7742
VCU Sexual Assault Program	http://police.vcu.edu/contact/index.html http://www.thewell.vcu.edu/sexual_assault.html	804-828-2085
Virginia Family Violence & Sexual Assault Hotline	www.vsdvalliance.org	1-800-838-8238
Virginia Poverty Law Center	www.vplc.org	Phone:804-782-9430 Toll free: 800-868-8752
*YWCA Rape & Spouse Abuse	http://goolandfreeclinicandfamilyservices.org/other-resources/	804-643-0888

- Note: Hanover Safe Place, Safe Harbor, & YWCA all provide shelter.
- Note: The New Regional Hotline covers jurisdictions of Hanover Safe Place, Project Hope, Safe Harbor, and YWCA (#1 for all DV and Sexual Assault Crisis).

Education

Children & Adults with Attention Deficit/ Hyperactivity Disorder (CHADD)	www.chadd.org	1-800-233-4050
Global and Regional Asperger Syndrome Partnership	www.grasp.org	1-888-474-7277
National Resource Center on ADHD	www.help4adhd.org	1-800-233-4050
READ Center (Adult Literacy)	www.readcenter.org	804-288-9930

Employment

Capital Area Training Consortium- Resource Workforce	http://www.resourceva.com/youth-resources/299-2/	804-952-6116
Goodwill of Central Virginia	www.goodwillrichmond.org	804-745-6330
Offender Aid & Restoration	www.oarric.org	703-228-7030
Richmond Urban League	www.urbanleaguerichmond.org	804-230-8791
Virginia Employment Commission	www.vec.virginia.gov	804-663-5400

Ethnic

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

American Red Cross	www.redcross.org/va/richmond	804-780-2250
Asian American Society of	www.aasocv.org	804-245-4974

Central Virginia		
Bengali Association	www.grbaonline.org	
Bureau of Indian Affairs (Native American & Alaskan Natives)- U.S. Government	www.bia.gov	202-208-3710
Department of Social Services (assistance for refugees & Native Americans) <ul style="list-style-type: none"> ▪ Chesterfield ▪ Hanover ▪ Henrico ▪ Richmond 		<ul style="list-style-type: none"> ▪ 804-748-1100 ▪ 804-365-4100 ▪ 804-501-4001 ▪ 804-646-7212
Elegba Folklore Association	www.efsinc.org	804-644-3900
Health Department (physical exams, immunizations, family planning, pediatrics) <ul style="list-style-type: none"> ▪ Chesterfield Refugee Clinic ▪ Hanover Refugee Clinic ▪ Henrico Refugee Clinic ▪ Richmond Refugee Clinic 		<ul style="list-style-type: none"> ▪ 804-748-1691 ▪ 804-365-4313 ▪ 804-501-4651 ▪ 804-482-5500
Hindu Center of Virginia	www.hinducenterofvirginia.org	804-346-9954
Hispanic Chamber of Commerce	www.vahcc.com	804-378-4099
Immigration and Naturalization Services- U.S. Government	www.uscis.gov/portal/site/uscis	1-800-375-5283
Islamic Academy of Virginia	www.iqrava.org	804-330-4888
Islamic Center of Virginia	www.icva1.com	804-320-7333
Islamic Society of Greater Richmond	www.isgr.org	804-673-4177
Jewish Community Center	http://www.weinsteinjcc.org/	804-285-6500
Jewish Community Federation	www.jewishrichmond.org	804-288-0045
Jewish Family Services	www.jfsrichmond.org	804-282-5644
Jewish News (language banks/ red cross)		804-780-2250
Manavi (South Asian women's Issues)	www.manavi.org	732-435-1414
Raksha (South Asian social issues i.e. domestic violence, divorce, etc.)	www.raksha.org	404-842-0725
Refugee & Immigration Services/ Catholic Diocese	www.risva.org	804-359-5661

Refugee Resettlement		804-726-7927
Saint Andrew's Eastern Orthodox Church	www.firstcalled.org	804-798-4198
Saint Anthony's Maronite Catholic Church	www.stanthonymaronitechurch.org	804-270-7234
Saint Constantine & Helen Greek Orthodox Cathedral	www.vagocathedral.org	804-355-3687
Saint Cyprian of Carthage Orthodox Church	www.stcyprianoca.org	804-897-5212
Saint James' Armenian Church	www.stjamesva.org	804-282-3818
Saint Seraphim of Sarov Orthodox Church	www.stseraphimofsarov.org	804-798-1064
Sakhi (domestic violence hotline for South Asian Women)	www.sakhi.com	212-868-6741
Sikh Association of Central Virginia	www.worldgurudwara.com	804-271-1771
Virginia Asian Chamber of Commerce	www.aabac.org	804-344-1540
Virginia Asian Foundation	www.va-asianfoundation.org	804-798-3975

Financial Aid and Counseling

Capital Area Debtors Anonymous	www.capitalareada.org	202-643-2632
Clearpoint Financial Solutions	www.clearpointfinancialsolutions.org	877-422-9045
GRASP (Greater Richmond Area Scholarship Program)	www.grasp4virginia.com	804-527-7717
SCORE (Service Corps of Retired Executives)	www.score.org	1-800-634-0245
Social Security	www.ssa.gov	800-772-1213
Social Services Departments <ul style="list-style-type: none"> ▪ Charles City ▪ Chesterfield ▪ Goochland ▪ Hanover ▪ Henrico ▪ New Kent ▪ Powhatan ▪ Richmond (city) ▪ Richmond (county) 		<ul style="list-style-type: none"> ▪ 652-1708 ▪ 748-1100 ▪ 556-5880 ▪ 365-4100 ▪ 501-4001 ▪ 966-1853 ▪ 598-5630 ▪ 646-7212 ▪ 333-4088

Food Services

Angel Food Ministries	www.angelfoodministries.com	804-276-3269
Bainbridge Ministry		804-232-3091
Commonwealth Catholic Charities	http://cccovfva.org/	804-295-5900
Food Bank	www.cvfb.org	804-521-2500
Homeward	www.homewardva.org	804-343-2045
Meals on Wheels	www.mowdelivers.com	804-521-2500

Our Lady of Lourdes	www.ollrichva.org	804-262-7315
R-CAP (Richmond Community Action Program)		804-788-0050
Daily Planet	www.dailyplanetva.org/	804-783-0678
William Byrd Community House	www.wbch.org	804-643-2717

[Gay, Lesbian, Bisexual, Transgender](#)

Affirmations	www.goaffirmations.org	1-800-398-4297
Equality Virginia	www.equalityvirginia.org	804-643-4816
Gay & Lesbian Information Line		804-967-9311
Gay Community Center of Richmond/Diversity Thrift Store	www.gayrichmond.com/thrift.html	804-622-4646
Hetrick-Martin Institute for Protection of Lesbian & Gay Youth	www.hmi.org	212-674-2400
MCC (Metro Community Church)	www.mccrichmond.org/index.htm	804-353-9477
National Gay & Lesbian Task Force	www.thetaskforce.org	202-393-5177
PFLAG (Parents & Friends of Lesbians & Gays)	www.pflagrichmond.org	804-751-5167
Richmond Pride Coalition	www.richmondpride.com	804-353-4133
ROSMY (Richmond Organization for Sexual Minority Youth)	www.rosmy.org	804-644-4800

[Grieving](#)

AARP Widowed Persons Service	www.aarp.org	888-687-2277
AMEND (Aiding Mothers & Fathers Experiencing Neonatal Death)	www.amendgroup.com	314-291-0892
American Foundation for Suicide Prevention	www.afsp.org	888-333-AFSP (in crisis 800-273-8255)
Bereavement Support Group	www.healingthespirit.org	804-281-0451
CLIMB (Center for Loss in Multiple Birth)	www.climb-support.org	907-222-5321
Comfort Zone Camp	www.comfortzonecamp.org	804-377-3430
Compassionate Friends	www.compassionatefriends.org	877-969-0010
COPS (Concerns of Police Survivors)	www.vacops.org	804-261-2529
Dougy Center (grieving children)	www.dougy.org	503-775-5683 toll free 866-775-5683
First Candle	www.firstcandle.org	Grief Support 800-221-7437 443-640-1049
Full Circle Grief Center	http://fullcirclegc.org/	804-912-2947
Grief Resource Center	http://www.jfitzgeraldgrc.com/	804-360-2884

Healing after Suicide/John Randolph Medical Center	http://www.suicide.org/support-groups/virginia-suicide-support-groups.html	804-541-7787
Hospice of Central Virginia	www.hospiceva.com	804-281-0451
MADD (Mothers Against Drunk Driving)	www.madd.org	804-278-9063 877-623-3435
National Hopeline Network	www.hopeline.com	1-800-SUICIDE
Nelson Funeral Home	www.nelsonfh.com	1-800-34-DIGNITY
Pet Loss Hotline		540-231-8038
Pet Loss Support (Center for Human-Animal Interaction)		804-828-4570
POMC (Parents of Murdered Children)	www.pomc.com	513-721-5683 Toll Free: 888-818-7662
Rainbows (for grieving children)	www.rainbows.org	847-952-1770
RID (Remove Intoxicated Drivers)	www.rid-usa.org	Toll Free 888-283-5144
Share Pregnancy and Infant Loss Center, Inc.	www.nationalshare.org	800-821-6819
Society of Military Widows	www.militarywidows.org	
TAPS (Tragedy Assistance Program for Survivors - Military)	www.taps.org/	800-959-TAPS
Twinless Twins Support Group International	www.twinlesstwins.org/	1-888-205-8962
Widowed Grief Group	http://www.healingthespirit.org/	804-272-7787

Handicapped/Disabled (also see “Rehabilitation”)

American Foundation for the Blind	www.afb.org	800-232-5463
American Sign Language Visual Dictionary	www.aslpro.com	
Autism Society	www.autism-society.org	Phone: 301-657-0881 or 1-800-3AUTISM
Brain Injury Association of Virginia	www.biav.net	804-355-5748 Toll free: 1-800-444-6443
Commonwealth Catholic Charities	http://cccova.org/	804-295-5900
Central Virginia Independent Living Center – Resources for Independent Living	www.ril-va.org	804-353-6503
Deaf and Hard of Hearing Counseling Services		804-282-1943 TTY: 804-282-1944
Disability Law Center of Virginia		804-225-2042
Foundation Fighting Blindness	www.blindness.org	Local: 410-423-0600 Toll Free: 800-683-5555
International Dyslexia	www.interdys.org/	410-296-0232

Association		
L.E.A.D. Institute (info re: deaf & hard of hearing)		573-445-5005
Learning Disability Council	www.cldinternational.org	913-491-1011
National Odd Shoe Exchange	www.oddshoe.org	480-892-3484
One Shoe Crew (amputees)		916-991-0412
Prevent Blindness	www.theeyesite.org	804-423-2020
READ Center	www.readcenter.org	804-288-9930
Richmond Area Association for Retarded Citizens	www.richmondarc.org	804-358-1874
Virginia Dept. for the Deaf and Hard of Hearing	www.vddhh.org	748-4789 V/TTY:804-662-9502 Video Phone: 804-325-1290
Virginia Dept. of Rehabilitative Services	www.vadrs.org/	Voice: 804-662-7000 Toll Free :800-552-5019 Toll Free TTY: 800-464-9950
Virginia Relay Center		800-828-1140
Virginia Voice for Print Handicapped	www.virginiavoice.org	804-266-2477

Health Care

Academy of Nutrition and Dietetics	www.eatright.org	800-877-0877
Air Lifeline	www.air-lifeline.com	800-492-5433
American Brain Tumor Association	www.abta.org	800-886-2282
American Diabetes Association	www.diabetes.org	800-342-2383
American Heart Association	www.americanheart.org	800-242-8721
American Hemochromatosis (Iron Overload) Society	www.americanhs.org	888-655-4766
American Kidney Fund	www.akfinc.org	866-300-2900
American Liver Foundation	www.liverfoundation.org	212-668-1000
American Lung Association of Virginia	www.lungva.org	804-955-4910
American Lyme Disease Foundation	www.aldf.com	
American Parkinson's Disease Association	www.apdaparkinson.org	800-223-2732 718-981-8001
American Sexual Health Association	www.ashastd.org	919-361-8400 800-227-8922
American Stroke Association	www.strokeassociation.org	888-478-7653
American Syringomyelia and Chiari Alliance Project	www.asap.org	800-272-7282
Arthritis Foundation	www.arthritis.org	800-283-7800

Asthma & Allergy Foundation of America	www.aafa.org	800-727-8462
Bon Secours Care-A-Van (mobile health clinic for uninsured)	www.bonsecours.com	287-7VAN
Bon Secours Cancer Care		353-HOPE
Bon Secours Pediatric Dental Clinic- children		893-8715
Brain Injury Association of America	www.biausa.org	800-444-6443
Brain Injury Association of Virginia	www.biav.net	804-355-5748
Capital Area Health Network	www.cahealthnet.com	800-228-4492
Center for Advanced Illness Coordinated Care	www.coordinatedcare.net	
Center to Advanced Palliative Care	www.capc.org	212-201-2670
Central Virginia Post- Polio Support Group-Sheltering Arms Hospital	www.cvppsg.org	804-764-1001
Chronic Fatigue & Immune Dysfunction Syndrome	www.solvecfs.org	704-365-2343
Craig Health Center		804-264-2986
Crossover Health Center (medical, dental, vision, STD care)		804-233-5016
Cystic Fibrosis Foundation	www.cff.org	800-344-4823
Daily Planet (medical, dental, mental health care)	www.dailyplanetva.org	804-783-0678
Down's Syndrome Society	www.ndss.org	800-221-4602
Dystonia Medical Research Foundation	www.dystonia-foundation.org	800-377-3978
Ehlers-Danlos National Foundation	www.ednf.org	703-506-2892
Endometriosis Association	www.endometriosisassn.org	414-355-2200
Epilepsy Foundation	www.epilepsyfoundation.org	800-332-1000
Fan Free Clinic (men, women, and pediatrics)	www.fanfreeclinic.org	804-358-6140
Fibromyalgia Network News	www.fmnetnews.com	800-853-2929
Foundation for Fighting Blindness	www.blindness.org	800-683-5555
Free Clinic of Goochland (medical, dental)	www.goochlandfreeclinicandfamilyservices.org	804-556-5840
Hayes E. Willis Health Center (medical, perinatal, STD care)		804-230-7788
HealthSouth Rehabilitation Hospital of Virginia	www.healthsouthrichmond.com	804-288-5700
Hospice of Central Virginia	www.hospiceva.com	804-281-0451

Huntington's Disease Society of America	www.hdsa.org	800-345-4372 212-242-1968
IVNA (Instructive Visiting Nursing Association, Medicaid)	www.ivna.org	804-355-7100
International Food Information Council Foundation	www.ific.org	202-296-6540
Juvenile Diabetes Research Foundation	www.jdrf.com	804-254-8014
King William Dawn Community Doctors		804-769-3022
Lupus Foundation of America	www.lupus.org	202-349-1155 800-558-0121
Medical Society of Virginia Physician Referral		804-353-2721
Multiple Sclerosis Association of America	www.mymsaa.org	800-532-7667
Muscular Dystrophy Association		285-2961
National Headache Foundation	www.headaches.org	888-NHF-5552 312-274-2650
National Health Information Center		800-336-4797
National Hospice & Palliative Care Organization	www.nhpco.org	703-837-1500
National Lymphedema Network	www.lymphnet.org	415-908-3681
National Multiple Sclerosis Society	www.nmss.org	800-344-4867
National Parkinson Foundation	www.parkinson.org	800-327-4545
Narcolepsy Network	www.narcolepsynetwork.org	888-292-6522
Poison Control Center	www.aapcc.org	800-222-1222
<u>Public Health Departments</u> <ul style="list-style-type: none"> ▪ Charles City ▪ Chesterfield ▪ Chesterfield Women's & Children's Health ▪ Goochland ▪ Hanover ▪ Henrico-East ▪ Henrico-West ▪ New Kent ▪ Powhatan ▪ Richmond ▪ Richmond-Creighton Resource Center ▪ Richmond-Fairfield Resource Center ▪ Richmond-Hillside Resource Center 		<ul style="list-style-type: none"> ▪ 829-2490 ▪ 748-1691 ▪ 751-4350 ▪ 556-5343 ▪ 365-4313 ▪ 652-3190 ▪ 501-4522 ▪ 966-9640 ▪ 598-5680 ▪ 482-5500 ▪ 371-0433 ▪ 786-4099 ▪ 230-7740

<ul style="list-style-type: none"> ▪ Richmond- Mosby Resource Center ▪ Richmond-Whitcomb Resource Center 		<ul style="list-style-type: none"> ▪ 786-0204 ▪ 786-0555
Quit Now Virginia/ VA Department of Health Tobacco Use	www.vahealth.org/cdpc/tucp/quitnow.htm	800-QUIT-NOW
Richmond Area High Blood Pressure Center	www.rahbpc.org	359-9375
Reye's Syndrome Foundation	www.reyessyndrome.org	800-233-7393
Richmond Academy of Medicine Physician Referral		643-6631
Shape Up America	www.shapeup.org	
Spina Bifida Association	www.spinabifidaassociation.org	202-944-3285
Spinal Cord Injury Hotline		800-962-9629
Stuttering Foundation of America	www.stutteringhelp.org	800-992-9692
Turner's Syndrome Society	www.turnersyndrome.org	800-365-9944
United Scleroderma Foundation	www.scleroderma.org	800-722-HOPE
VCU Medical Center		828-9000
VCU Medical Center Dental Clinic-adults		828-9190
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	www.vlpp.org	800-230-PLAN
Vision USA	www.aoa.org/x5607.xml	800-766-4466
Weight Control Information Network	www.niddk.nih.gov/health/nutrit/win.htm	877-946-4627

Housing

Cares Shelter of Petersburg		861-0849
Caritas- Central Intake Furniture Bank	www.caritasva.org	358-0964 343-5008
Emergency Shelter, Inc.- Central Intake		648-4177
Good Samaritan Ministries	www.goodsamaritanministry.com/	231-9995

Habitat for Humanity	www.habitat.org	1-800-HABITAT
Hilliard House	www.hilliardhouse.org/	236-5800
HOME (Housing Opportunities Made Equal)		354-0641
Homeless Connection- Virginia	www.homewardva.org/projecthomelessconnect	
Homeward	www.homewardva.org	343-2045
Hope for Homeless Youth	www.hopeforhomelessyouth.org	213-590-9825
HUD (Housing & Urban Development)	www.hud.gov/local/index.cfm?state=va	202-708-1112
Project Homes (home repairs)	www.projecthomes.org	233-2827
Richmond Better Housing Coalition		644-0546
Richmond Redevelopment & Housing Authority (loans)	www.rrha.org	780-4200
Safe Harbor	www.safeharborshelter.com	287-7877
Salvation Army		225-7470
Salvation Army Petersburg Men's Shelter		861-0561
Section 8		780-4361
Shelter for the Homeless	www.shelterforhomeless.org	203-348-2792
St. Joseph's Villa	www.neverstopbelieving.org	553-3200
Virginia's Accessible Housing Resource	www.accessva.org	877-428-8844
Virginia Department of Housing & Community Development		371-7000
Virginia Home for Boys & Girls	www.vhbg.org	270-6566
Virginia Housing Development Authority	www.vhda.com	782-1986
Virginia Supportive Housing	www.virginiassupportivehousing.org	788-6825
YWCA Women's Advocacy Program		643-6761
24 Hour Crisis Hotline		643-0888

Information Lines

American Brain Tumor Association	www.abta.org	800-886-2282
American Cancer Society	www.cancer.org	527-3700 800-ACS-2345
American Chronic Pain Association	www.theacpa.org	916-632-3208
American Diabetes Association	www.diabetes.org	800-342-2383
American Foundation for the Blind	www.afb.org	800-232-5463
American Heart Association	www.americanheart.org	800-242-8721
American Kidney Fund	www.kidneyfund.org	866-300-2900
American Liver Foundation	www.liverfoundation.org	212-668-1000

American Lung Association of Virginia	www.lungva.org	955-4910
American Parkinson's Disease Association	www.apdaparkinson.org	800-223-2732
American Sleep Disorders Association	http://www.sleepassociation.org/	
American Sleep Apnea Association	www.sleepapnea.org/	888-293-3650
Arthritis Foundation	www.arthritis.org/	800-283-7800
Association for Childhood Cancer		503-244-3141
Breast Cancer Hotline		800-221-2141
Childhood Lead Poisoning Prevention Program		864-7694
Children and Adults with ADD/ADHD	www.chadd.org	800-233-4050
Chronic Fatigue Syndrome Association	www.solvecfs.org	704-365-2343
Cystic Fibrosis Foundation	www.cff.org	301-951-4422
Down Syndrome Society	www.ndss.org	800-221-4602
Endometriosis Association	www.endometriosisassn.org/	414-355-2200
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.lihia.org/	631-543-2245
Hold Hope (suicide, depression)	www.holdhope.org	
Huntington's Disease Society of America	www.hdsa.org	800-345-4372
Information and Referral Center/United Way		703-836-7112
International Dyslexia Association	www.interdys.org	410-296-0232
International Twins Association	www.intltwins.org	212-554-6280
Juvenile Diabetes	www.jdrf.org	800-533-2873
League of Women Voters	www.lwv.org	202-429-1965
Learning Disability Council	www.cldinternational.org/	913-491-1011
Leukemia and Lymphoma Society of America	www.lls.org	800-955-4572
Lupus Foundation of America	www.lupus.org	202-349-1167 888-349-1167
M.C.V. Health Line (now VCU Medical Center)		828-9000
Multiple Sclerosis Association of America	www.nationalmssociety.org	856-488-4500 800-532-7667
Muscular Dystrophy Association	www.mda.org	285-2961
National Eating Disorders Association	www.nationaleatingdisorders.org	800-931-2237

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	703-243-1697
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	www.oa.org	505-891-2664
Poison Control Center	www.aapcc.org	800-222-1222
Retinitis Pigmentosa Foundation Fighting Blindness	www.blindness.org	818-992-0500
Reye's Syndrome Foundation	www.reyessyndrome.org	800-233-7393
Richmond Academy of Medicine	www.ramdocs.org/	643-6631
Sexaholics Anonymous	www.sa.org	866-424-8777
Spina Bifida Association	www.spinabifidaassociation.org	800-621-3141
Spinal Cord Injury Hotline		800-962-9629
Stuttering Foundation of America	www.stutteringhelp.org	800-992-9392
Tourette Syndrome Association	www.tsa-usa.org	718-224-2999
Traveler's Aid Society	www.travelersaid.org	202-546-0599

Legal Services

American Civil Liberties Union	www.aclu.org	644-8022
Central Virginia Legal Aid Society	www.cvlas.org/	866-534-5243
Fathers United for Equal Rights and Womens Coalition		703-347-6518
Hunton & Williams	www.hunton.com/	788-8200
University of Richmond Law Clinics (for juveniles with mental illness)		289-8921
Urban League	www.urbanleaguerichmond.org	230-8791
Virginia Lawyer Referral Service	www.vsb.org/vlrs	775-0808
Virginia Poverty Law Center	www.vplc.org	782-9430
Women's Injury Law Clinic		343-4375

Mental Health and Mental Retardation

American Association of Suicidology	www.suicidology.org	800-273-TALK
American Psychiatric Association	www.psych.org	888-35-PSYCH
Anxiety Disorder Clinic of MCV		828-8069

Association for Retarded Citizens	www.thearc.org	649-8481
Boystown National Hotline	www.boystown.org	800-448-3000
Codependents Anonymous	www.coda.org	602-277-7991
<u>Community Services Board</u>		
<ul style="list-style-type: none"> ▪ Chesterfield ▪ Chesterfield Crisis ▪ Colonial Heights ▪ Goochland ▪ Hanover ▪ Hanover Crisis ▪ Henrico ▪ Henrico Crisis ▪ Hopewell/ Prince George ▪ Petersburg ▪ Petersburg Crisis ▪ Powhatan ▪ Powhatan Crisis ▪ Richmond ▪ Richmond Crisis 		<ul style="list-style-type: none"> ▪ 748-1227 ▪ 748-6356 ▪ 520-7210 ▪ 556-5400 ▪ 556-3716 ▪ 365-4222 ▪ 365-4200 ▪ 727-8500 ▪ 727-8484 ▪ 541-8660 ▪ 862-8054 ▪ 862-8000 ▪ 556-5400 ▪ 556-3716 ▪ 819-4000 ▪ 819-4100
Daily Planet		783-0678
Deaf and Hard of Hearing Community Counseling Services		282-1943
Dept. of Behavioral Health and Developmental Services	www.dbhds.virginia.gov	786-3921
Depression Bipolar Support Alliance	www.dbsalliance.org	800-826-3632
Emotions Anonymous	www.emotionsanonymous.org	651-647-9712
Family Lifeline	www.familylifeline.org	282-4255
Food Addicts in Recovery Anonymous	www.foodaddicts.org	781-932-6300
Friends for Recovery of Hanover		798-4587
Hanover County Family Support Group		365-4222
Hanover Mental Health Association	www.hanovermha.org	
Henrico Family Support Group		236-8752
International Foundation for Research & Education on Depression	www.ifred.org	
Jewish Family Services	www.jfsrichmond.org	282-5644
McGuire Veterans Administration Mental Center (VAMC)	www.richmond.va.gov	675-5000
MCV/VCU Psychiatry Nelson Clinic	www.vcuhealth.org/?id=82&sid=1	828-9452
Mental Health America	www.mentalhealthamerica.net	800-969-6642

Mental Health America (MHA) Warm Line	www.mhav.org	866-400-6428
National Alliance on Mental Illness	www.nami.org	800-950-NAMI 285-8264
National Eating Disorders Association	www.nationaleatingdisorders.org	800-931-2237
National Institute of Mental Health	www.nimh.nih.gov	866-615-6464
OCD (Obsessive Compulsive Disorder) Foundation	www.ocfoundation.org	617-973-5801
OCD Support Group		794-4482 591-0002
Overeater's Anonymous	www.oa.org	505-891-2664
Postpartum Support International	www.postpartum.net	800-944-4773
Richmond Area Association for Retarded Citizens (ARC)	www.richmondarc.org	358-1874
<ul style="list-style-type: none"> ▪ Richmond Behavioral Health Authority ▪ RBHA Emergency Services 	www.rbha.org	<ul style="list-style-type: none"> ▪ 819-4000 ▪ 819-4100
Tourette Syndrome Association	www.tsa-usa.org	718-224-2999
United Methodist Family Services	www.umfs.org	353-4461
VCU Center for Psychological Services & Development (community)		828-8069
VCU Health Systems (MCV)	www.vcuhealth.org	828-2000
Virginia Department of Behavioral Health and Developmental Services (DBHDS)	www.dbhds.virginia.gov	786-3921
Virginia Institute of Pastoral Care	www.vipcare.org	282-8332
YWCA Women's Advocacy Program	www.ywcarichmond.org	643-0888
Youth America Hotline	www.youthline.us	877-986-8454

Military

Air Force Aid Society	www.afas.org	800-769-8951
Army Emergency Relief	www.aerhq.org	866-878-6378
Coast Guard Mutual Assistance	www.cgmahq.org	800-881-2462
Hunter Holmes McGuire VA Medical Center	www.richmond.va.gov	675-5000
Lonesome Dove Equestrian Center	http://ldequestrian.com/	357-9524
Military.com	www.military.com	
Military Family Network	www.emilitary.org	412-531-1970

National Military Family Association	www.nmfa.org	800-260-0218
National Suicide Prevention Lifeline	www.suicidepreventionlifeline.org/Veterans/	800-273-8255 #1
Navy Marine Corps Relief Society	www.nmcrrs.org	800-654-8364
Spouse Buzz (for military spouses)	www.spousebuzz.com	
United States Department of Veterans Affairs	www.va.gov	800-827-1000
University of Richmond School of Law Pro Bono program for veterans	law.richmond.edu/probono/programs.php	287-1207
VA's Caregiver Support Hotline	www.caregiver.va.gov/index.asp	855-260-3274
Veteran Crisis Line		800-273-8255 #1
Virginia Department of Veterans Services	www.dvs.virginia.gov	786-0286

Pregnancy and Parenting

Abortion Federation Hotline	www.prochoice.org	800-772-9100
Aspen Educational Group (for troubled teens)	www.aspeneducation.crchealth.com	866-828-0178
Best Beginnings Lactation Support	www.best-begin.com	323-BABY
Birthright Hotline	www.birthright.org	800-550-4900
Commonwealth Catholic Charities	www.ccofva.org	285-5900
Catholic Charities' Pregnancy Counseling		866-259-5708
Child Savers	www.mcgcva.com	644-9590
Children's Home Society of Virginia	www.chsva.org	353-0191
Coal Pit Learning Center	www.coalpitlearningcenter.com	270-7502
Commonwealth Parenting Center	www.commonwealthparentingcenter.org	545-1272 545-1928
Complete Care Birthing Center	www.ccbirthingcenter.com	320-4967
Dads & Daughters	www.joekelly.org	651-314-4508
DivorceCare	www.divorcecare.com	800-489-7778
DONA International (Douglas)	www.dona.org	888-788-DONA
Families Anonymous	www.familiesanonymous.org	800-736-9805
Family Lifeline	www.familylifeline.org	282-4255
Fathers United for Equal Rights	www.marylandfathers.org	301-927-7638

Midwives Alliance of North America	www.mana.org	888-923-MANA
National Child Support Enforcement Association	www.ncsea.org	703-506-2880
Mother-to-Mother Postpartum Depression Support Group		314-644-7001 877-644-7001
National Women's Health Information Center	www.4woman.gov	800-994-9662
National Suicide Prevention Lifeline	www.suicidepreventionlifeline.org	800-273-TALK
Online PPD (Post-Partum Depression) Support Group	www.ppdsupportpage.com	800-SUICIDE
Parent Resource and Training		828-6947
Parent-to-Parent (children with disabilities)	www.p2pusa.org www.ptpofva.com	828-0352
Parents Anonymous	www.parentsanonymoys.org	909-621-6184
Parents Support Group/ SCAN	www.scanva.org www.grscan.com	1-800-CHILDREN 1-800-244-5373 703-820-9001
Parents without Partners	http://www.parentswithoutpartners.org/	800-637-7974
Planned Parenthood	<ul style="list-style-type: none"> ▪ www.plannedparenthood.org ▪ www.plannedparenthood.org/virginia-league/ 	<ul style="list-style-type: none"> ▪ 1-800-230-PLAN ▪ 355-4358
Postpartum Support International	www.postpartum.net	1-800-944-4PPD
Pregnancy Resource Center of Metro Richmond	www.prcrichmond.org	800-395-HELP
Resolve (The National Infertility Association)	www.resolve.org	703-556-7172
Richmond Medical Center for Women	www.richmondmedctrforwomen.com/	359-5066
Stepfamily Association of America	www.stepfamilies.info	
Stepfamily Support Group		703-549-1422
Woman's Place/ Bon Secours Lactation Support	www.bonsecours.com/our-services-bon-secours-for-women-birth-and-parenting-a-womans-place	545-1665

Recreation and Social Development

Big Brothers/ Big Sisters of America	www.bbbs.org	469-351-3100 261-4940 215-567-7000
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Boy Scouts of America	www.scouting.org	355-4306
Boys and Girls Club of America	www.bgca.org www.bgcmr.org (Richmond)	404-487-5700 359-5250
Camp Fire, Inc.	www.campfireinc.org	800-386-2324
Girl Scouts of the USA	www.girlscouts.org	746-0590 212-852-8000
Jewish Community Center	http://www.weinsteinjcc.org/	285-6500 545-8600
<u>Recreation Departments</u>		
<ul style="list-style-type: none"> ▪ Chesterfield ▪ Hanover ▪ Henrico ▪ Richmond 		<ul style="list-style-type: none"> ▪ 748-1623 ▪ 365-4695 ▪ 501-7275 ▪ 656-5733
William Byrd Community House	www.wbch.org	643-2717
Women's Resource Center		289-8020
YMCA	www.ywcarichmond.org	643-0888
YMCA-Downtown		644-9622
YMCA-North		329-9622
YMCA-Tuckahoe		740-9622

Refugee Resettlement

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

Rehabilitation

A Grace Place Adult Care Center	www.agraceplaceacc.org	261-0205
Central Virginia Independent Living Center Inc.	www.ril-va.org	353-6503
Chesterfield Vocational Services		271-9451
Children's Hospital of Richmond	www.chrichmond.org	828-CHOR
IVNA (Instructive Visiting Nursing Association, Medicaid)	www.ivna.org	355-7100 800-222-4862
MCV Rehabilitation	www.vcuhealth.org/rehab	828-0861
Richmond Goodwill Industries	www.goodwillrichmond.org	745-6300
Sheltering Arms	www.shelteringarms.com	764-1001
Virginia Department Deaf & Hard-of-Hearing	www.vddhh.org	662-9502

Virginia Department for Aging and Rehabilitation Services	www.vadrs.org	800-552-5019 TTY 800-464-9950
Virginia Visually Handicapped	www.vdbvi.org	800-622-2155

Respite Care

Commonwealth Catholic Charities	http://cccova.org/	285-5900
Home Care Alternatives	www.homecarealternatives.net	517-394-3389

Runaways

Child Find of America	www.childfindofamerica.org	800-I AM LOST 800-A WAY OUT
Children of the Night	www.childrenofthenight.org	1-800-551-1300 818-908-4474
National Center for Missing & Exploited Children	www.missingkids.com	800-THE LOST
National Runaway Switchboard	www.1800runaway.org	800-RUNAWAY
Operation Lookout	www.operationlookout.org	425-721-SEEK 800-LOOKOUT
Runaway Hotline		800-RUNAWAY
St. Joseph's Villa	www.stjosephsvilla.net	553-3200
Youth Crisis Hotline		877-YOUTHLINE

Self Help and Support Groups

Alzheimer's Association	www.alz.org/grva	967-2580 800-272-3900
Alzheimer's Support Group		967-2580
American Association of Suicidology	www.suicidology.org	800-273-TALK
American Sleep Association	www.sleepassociation.org	
American Sleep Apnea Association	www.sleepapnea.org	888-293-3650
Amyotrophic Lateral Sclerosis Association	www.alsa.org	818-880-9007
Brain Injury Association of Virginia	www.biav.net	800-334-8443 355-5748
Cancer Support Group		233-5016
Breast Cancer Support Group		330-2136 200-7033 864-7879

Compassionate Friends	www.compassionatefriends.org	877-969-0010 630-990-0010 254-0588
Families Anonymous	www.familiesanonymous.org	800-736-9805
Gamblers Anonymous	www.gamblersanonymous.org	626-960-3500
Healing Hearts (bereavement)	www.healingheart.net	
Jewish Family Services	www.jfsrichmond.org	282-5644
MADD (Mothers Against Drunk Driving)	www.madd.org	278-9063 877-623-3435
National Self-Help Clearinghouse	www.mhselfhelp.org	800-553-4539 267-507-3810 215-751-1810
National Sleep Foundation	www.sleepfoundation.org	703-243-1697
National Stuttering Association	www.nsastutter.org	800-397-8888 212-944-4050
Obsessive Compulsive Disorder Group		639-1136
Obsessive Compulsive Foundation	www.ocfoundation.org	617-973-5801
Overeaters Anonymous	www.oa.org	505-891-2664
Parents of Murdered Children	www.pomc.org	513-721-5683
Parents without Partners	www.parentswithoutpartners.org	800-637-7974
Sex Addicts Anonymous	www.saa-recovery.org	800-477-8191
Sex and Love Addicts Anonymous	www.slaadc.org	202-234-7837 730-573-0295
Sexaholics Anonymous	www.sa.org	866-424-8777
SIDS Alliance (now First Candle)	www.firstcandle.org	800-221-7437
Suicide Survivors Support Group		512-0983
Twinless Twins Support Group International	www.twinlesstwins.org	888-205-8962
Youth Bereavement Support Group		433-4710 377-3430 828-4661

Senior Citizen Issues

AARP (American Association of Retired Persons)	www.aarp.org	888-687-2277
AARP Work Search Program	www.aarpworksearch.org	355-3600
Adult Care Services/ A Grace Place	www.agraceplaceacc.org	261-0205
Alzheimer's Association	www.alz.org/grva	967-2580 800-272-3900

Alzheimer's Support Group		967-2580 828-2219
Alzheimer's Disease Education & Referral Center		800-438-4380
Aging with Dignity	www.agingwithdignity.org	888-594-7437
American Association of Homes & Services for the Aging	www.aahsa.org www.leadingage.org	202-783-2242
Bainbridge Community Ministries		232-3091
Capital Area Agency on Aging	www.seniorconnections-va.org	343-3000 800-989-2286
Caring Connections	www.caringinfo.org	800-658-8898
Catholic Charities	www.cceva.org	757-456-2366
Circle Center Adult Day Services	www.circ28.com	355-5717
Clearinghouse on Abuse & Neglect of the Elderly	www.cane.udel.edu	800-677-1116
Department for the Aging	www.vda.virginia.gov	662-9333 800-552-3402
Dying Well	www.dyingwell.com	
Good Shepard Senior Center		643-0533
Growth House/ End of Life Care	www.growthhouse.org	415-863-3045
Hanover Adult Center	www.hanoveradultcenter.com	746-0743
Hospice Action Network	www.hospiceactionnetwork.org	703-837-1500
Hospice of Virginia	www.hospiceva.com	281-0451
Jewish Family Services	www.jfsrichmond.org	282-5644
Meals on Wheels	www.mowdelivers.com	673-5035
National Academy of Elder Law Attorneys	www.naela.org	703-942-5711
National Association of Homebuilders CAPS program	www.nahb.org	202-266-8200 800-368-5242
National Association of Professional Geriatric Care Managers	www.caremanager.org	520-881-8008
National Center on Elder Abuse	www.ncea.aoa.gov	855-500-3537
National Committee for the Prevention of Elder Abuse	www.preventelderabuse.org	202-682-4140
National Hospice & Palliative Care Organization	www.nhpco.org	703-837-1500
Older Women's League	www.owl-national.org/Welcome	202-567-2606
Project Homes (home repairs)	www.projecthomes.org	233-2827

Promoting Excellence in End-of-Life Care	www.promotingexcellence.org	703-837-1500
Retired and Senior Volunteer Program (RSVP)	www.rsvpvapeninsula.org	757-595-9037
Senior Connections (Capitol Area Agency on Aging)	www.seniorconnections-va.org	800-989-2286
SeniorNavigator.com	www.seniornavigator.com	525-7728 866-393-0957
Shepherd's Center of Richmond	www.tscor.wordpress.com	355-7282
South Richmond Adult Day Care Center		231-9306
United Way Information and Referral	www.yourunitedway.org	771-5820
US Administration on Aging	www.aoa.gov	202-401-4634
Well Spouse Foundation	www.wellspouse.org	732-577-8899
WELLcome Home	www.bsu.edu/wellcomehome	765-285-1471
William Byrd Community House	www.wbch.org	643-2717

Sexual Assault and Incest

Adult Survivors of Childhood Sexual Abuse	www.ascasupport.org	
National Center for Women Policy Studies	www.centerwomenpolicy.org	202-872-1770
National Sexual Violence Resource Center	www.nsvrc.org	717-909-0710
OVC (Office for Victims of Crime)	www.ojp.usdoj.gov/ovc	800-851-3420
RAINN (Rape, Abuse, & Incest National Network)	www.rainn.org	800-656-HOPE
Rape Crisis Center	www.rapecrisis.com	210-349-7273
Sexual/ Domestic Assault Outreach		888-356-2006
Survivors of Incest Anonymous	www.siawso.org	410-893-3322
Virginia Sexual and Domestic Violence Action Alliance	www.vsdvalliance.org www.vadv.org	800-838-8238 377-0335
YWCA	www.ywcarichmond.org	643-0888

Transportation

American Cancer Society	www.cancer.org	527-3700
American Red Cross		780-2250

	www.redcross.org/va/richmond	
GRTC (Greater Richmond Transit Co.)	www.ridegrtc.com	358-4782
LogistiCare	www.logisticare.com	866-810-9305
Ridefinders	www.ridefinders.com	643-7433
Travelers Aid Society	www.travelersaid.org	
Van-go	www.vangorichmond.com	261-7388

Volunteer Opportunities

1-800-Volunteer.org	www.1-800-volunteer.org	
CASA (Court Appointed Special Advocate for Abused and Neglected Children)	<ul style="list-style-type: none"> ▪ www.casaforchildren.org ▪ www.henricocasa.org ▪ www.metrorichmondcasa.org 	<ul style="list-style-type: none"> ▪ 800-628-3233 ▪ 501-1672 ▪ 257-7226
Fan Free Clinic	www.fanfreeclinic.org	358-6343
Habitat for Humanity	www.habitat.org	800-HABITAT
Meals on Wheels	www.mowdelivers.com	673-5035
Rebuilding Together	www.rebuildingtogether.org	800-473-4229
Retired and Senior Volunteer Program	www.seniorconnections-va.org	800-989-2286 343-3000
United Way Information and Referral	www.yourunitedway.org	771-5820