

SUFFOLK COMMUNITY RESOURCE GUIDE

A complete guide to local resources in the Suffolk community

suffolkresourceguide.org



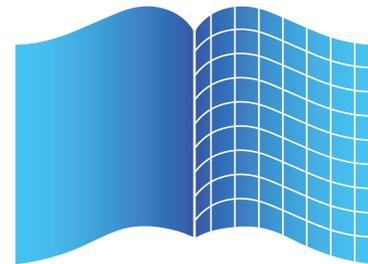
This Suffolk Resource Guide was first conceived at a meeting hosted by the Suffolk Foundation and the Obici Health Care Foundation with the local Fraternities and Sororities. From that meeting, Gail Trzcinski, the Housing and Community Navigator for the Suffolk Office of the Virginia Legal Aid Society, volunteered to compile all the information to create a comprehensive Suffolk Resource Guide. The Suffolk Library, through Executive Director Clint Rudy, agreed to host the Guide on their website and created the QR code for easy access.

After printing a six page “Emergency” Suffolk Resource Guide, more efforts were made by the Suffolk Foundation to have the full Guide printed. The Obici Foundation agreed to pay the cost to print the full guide.

Special thanks goes to the efforts of Gail Trzcinski with the Suffolk Virginia Legal Aid Society, Battle Betts Executive Director of the Obici Foundation, Harry Cross President of the Suffolk Foundation, Mary Haddad past President of the Suffolk Foundation, Clint Rudy at the Suffolk Library, and Ross Boone coordinator of bringing the Fraternities and Sororities together with the Foundations.

The purpose of the Suffolk Resource Guide is simply to give those who need the resources the information to access them.
Working together we can make a positive difference and help our fellow citizens.

THANK YOU



SUFFOLK
PUBLIC LIBRARY



OBICI
HEALTHCARE
FOUNDATION



Local Fraternities and Sororities
for helping with distribution

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Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Bethlehem Christian Church	Food Pantry	www.bccsuffolk.org	757-539-4274	1549 Holland Rd.	Suffolk	VA	23434	Suffolk residents, bring ID and proof of residency. Once per month per household. 1st Tues. of the month 6 PM-7 PM. 2nd and 3rd Tues. from 10 AM-11 AM
East End Baptist Church	Food Closet	www.theeastendbaptistchurch.com/	757-539-3324	617 E. Washington St.	Suffolk	VA	23434	2nd and 4th Thurs., 10 AM- 12 PM. Food Pantry location separate from Church location
Greater Works	Food Pantry	gwcom4god.org/	757-719-9836	1001 Obici Industrial Blvd.	Suffolk	VA	23434	Mon. and Wed. 5 PM- 7 PM. Mobile food distribution the 3rd Sat. of each month, 9:30AM-11:30AM; subject to change, please call 757-803-6729 to verify
Healthy Suffolk	Healthy eating, gardening, and food access	healthysuffolkva.org		425 W. Washington St., Suite 4	Suffolk	VA	23434	For information, email info@healthysuffolkva.org
Magnolia United Methodist Church	Food Pantry	Magnoliaumc.net	757-538-8552	1764 Wilroy Rd.	Suffolk	VA	23434	3rd Tues. each month 10 AM-12 PM, with ID
Oak Grove Baptist Church	Food Pantry and Meals	oakgrovebaptist.net	757-539-8012	2635 E. Washington St.	Suffolk	VA	23434	Food pantry Mon. and Fri. 11 AM-12:30 PM
Oakland Christian United Church of Christ	Food	https://oaklanducc.org/about/	757-255-4353	5641 Godwin Blvd.	Suffolk	VA	23434	Free groceries every 3rd Thurs., 11 AM, first come, first served
Open Door Church	Food Pantry	odcsuffolk.com/	757-934-2671	836 Kings Fork Rd.	Suffolk	VA	23434	Food distribution the 3rd Sat. of the month 7:30 AM- 8 AM. Food pantry located next to Church
Oxford United Methodist Church	Food	https://oxford-united-methodist-church.business.site/?utm_source=gmb&utm_medium=referral	757-539-8253	601 W. Washington St.	Suffolk	VA	23434	Food Pantry every Wed. 9 AM-12 PM except the first Wed. of the month

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
The Salvation Army	Worship Services/ Food Pantry/ Meals/Community Programs/ Utility Assistance	https://salvationarmypotomac.org/suffolk	757-539-5201	400 Bank St.	Suffolk	VA	23434	Food pantry Mon., Tues., Wed., and Thurs. 9:30 AM- 11:30 AM. Hot meals Thursdays at 12 PM.
Senior Services of Southeastern Virginia	Meals on Wheels, Meals at Senior Centers and other Services for Seniors	www.ssseva.org	757-461-9481					Call for information
Southside Baptist Church	Food	https://sbcsuffolk.org	757-539-6629	917 Carolina Rd.	Suffolk	VA	23434	Food Pantry on the 1st and 3rd Wed. of each month from 5 PM- 6:15 PM
Star Haven	Emergency Food Boxes	https://starhaveninc.org/index.php/about	757-793-1888					Call for information Email: starhaveninc@gmail.com
Suffolk Christian Church	Food Pantry	www.suffolkchristian.org/food-pantry	757-539-9182	216 N. Main St.	Suffolk	VA	23434	Tuesdays 3 PM- 4 PM except the first Tuesday of the month
Suffolk Christian Fellowship Center	Food Pantry/Meals/ Diapers	www.scfc.online	757-353-0471	211 E. Washington St. Suite B	Suffolk	VA	23434	Fresh food Mon, Tues, Thurs and Fri 11:30 AM-12:30 PM. Emergency Food once per month with photo ID. Soup Kitchen every Sun. 2 PM- 3 PM. 2nd Shift food pantry every 1st and 3rd Tues. 5 PM- 6:30 PM. Diaper Depot for children and adults twice a month w/ photo ID
Suffolk Social Services	Public Benefits including Supplemental Nutritional Assistance Program (SNAP)	www.suffolkva.us/760/Social-Services	757-514-7450	135 Hall Ave.	Suffolk	VA	23434	
Western Tidewater Branch of the Foodbank of Southeastern Virginia and Eastern Shore	Local food programs	https://foodbankonline.org/directory	757-641-0682	618 South St.	Franklin	VA	23851	Call for information
Wilroy Baptist Church	Food	www.wilroybaptistchurch.com/contact-us	757-539-5658	306 Williams Rd.	Suffolk	VA	23434	3rd Thurs. each month at 9 AM

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Access College Foundation	Scholarship application assistance	www.accesscollege.org/	757-962-6113	2555 Ellsmere Ave. Suite 110	Norfolk	VA	23513	Connects High School students with scholarships for higher education. Access counselors are available at each local High School
Anchor Scholarship Foundation	Scholarships for eligible family members of current and former Surface Navy personnel	https://anchorscholarship.org/	757-777-4724	5520 Greenwich Rd., Suite 204A	Virginia Beach	VA	23462	
Camp Community College	Adult Education and Workforce Development	www.pdc.edu	757-925-6300	271 Kenyon Rd.	Suffolk	VA	23434	Offers Associate Degrees, Skilled Trades, IT, & Public Safety Programs
ForKids	Tutoring, Mentoring, Advocacy	www.forkids.org/education	757-538-7872	119 W. Constance Rd.	Suffolk	VA	23434	
Homeschool Educators Association of VA	Homeschooling Information and Support	https://heav.org/	804-278-9200	2100 W. Laburnum Ave. Suite 108-A	Richmond	VA	23227	
Opportunities for Change	Adult Education including Personal Finance and Job Readiness	https://oforc.org/	571-331-4666	157 N. Main St. 2nd Floor	Suffolk	VA	23434	Offers many educational opportunities in-person and on-line
Parent Educational Advocacy Training Center (PEATC)	Works to improve Educational Outcomes for Children with Disabilities	https://peatc.org/	800-869-6782	403 Holiday Ct., Suite 104	Warrenton	VA	20186	

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
S. Delois Mayes Scholarship Foundation	Scholarships	https://sdmscholarshipfoundation.com/	757-279-8354	P.O. Box 5297	Suffolk	VA	23435	College scholarships for high school seniors in Suffolk
STOP Inc.	Youth development, summer education, tutoring, Technology Bus	https://stopinc.org	757-858-1360	5700 Thurston Ave. Suite 101	Virginia Beach	VA	23454	
Suffolk Education Foundation	Scholarships	www.suffolkeducationfoundation.org/scholarships	757-237-3249	P.O. Box 394	Suffolk	VA	23439	
Suffolk Foundation	Scholarships	https://suffolkfoundation.org/scholarships/	757-923--9090	110 W. Finney Ave., Suite 100	Suffolk	VA	23434	Higher education scholarships for local students
Suffolk Literacy Council	Tutoring for Reading and English as a Second Language	https://suffokliteracy.org/	757-514-7733	443 W. Washington St.	Suffolk	VA	23434	
Suffolk Public Schools	Public Education	www.spsk12.net	757-925-6750	100 N. Main St.	Suffolk	VA	23434	
Suffolk Public Schools Scholarship Hub	Scholarships	www.spsk12.net/domain/877	757-925-6750	100 N. Main St.	Suffolk	VA	23434	
The College and Career Academy at Pruden	Career, Technical, and Adult Education Center	https://va50011006.schoolwires.net/domain/883	757-923-5254	4169 Pruden Blvd.	Suffolk	VA	23434	Career and Technical Education for Suffolk Public Schools. Adult education: GED Program, Adult Basic Education, English for Speakers of Other Languages, and Career Training Programs
Wings Over America Scholarship Foundation	Scholarships	https://wingsoveramerica.us/	757-228-3314	770 Lynnhaven Pkwy., Suite 155	Virginia Beach	VA	23452	Provides college scholarships to Navy aviation families

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
2-1-1 Virginia	Community Resource Hotline	https://211virginia.org/consite/index.php	Dial 2-1-1					
Coalition Against Poverty in Suffolk (CAPS)	Crisis Assistance	www.capsuffolk.org/	757-935-5497	157 N. Main St. Second Floor	Suffolk	VA	23434	Needs assessment, prayer, connection with resources, financial contributions. M, W, Th 9-4
ForKids	Housing and Support Services	www.forkids.org/	757-587-4202					Housing placement, job coaching, mental health coordination, education services
ForKids Housing Crisis Hotline	Connects individuals in crisis to community resources	www.forkids.org/crisis-resources	757-587-4202					
Habitat for Humanity	Home Repair and Homebuyer Programs	www.shrhabitat.org/repair-programs	757-640-0590	900 Tidewater Drive	Norfolk	VA	23504	Fill out application online
Star Haven	Supportive Housing for Single Adults	https://starhaveninc.org/index.php/about/	757-793-1888					starhaveninc@gmail.com
STOP Inc.	Financial assistance for TANF eligible families, Homeless Prevention programs for Veterans	https://stopinc.org/	757-858-1360	5700 Thurston Ave. Suite 101	Virginia Beach	VA	23454	
Suffolk Redevelopment and Housing Authority	Public Housing	www.suffolkrrha.org/	757-539-2100	530 E. Pinner St.	Suffolk	VA	23434	Manages public housing units, housing choice vouchers and units for the elderly and disabled. Housing counseling and down payment assistance
VA Programs for Homeless Veterans	Housing, Employment and Support	www.va.gov/homeless/_homeless_veterans.asp	877-424-3838					
Virginia Legal Aid Society	Provides free civil legal services (including housing matters) to income-eligible individuals	https://vlas.org/	LawLine: 866-534-5243 Local office: 757-539-3441	2480 Pruden Blvd.	Suffolk	VA	23434	Call LawLine for legal advice and intake, call office for general information

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Office of the Public Defender	Criminal Defense Representation	www.vadefenders.org/	757-925-2489	610 W. Constance Rd.	Suffolk	VA	23434	
Secretary of the Commonwealth - Restoration of Rights	Restoration of civil rights after incarceration	www.restore.virginia.gov/	804-692-0104	P.O. Box 2454	Richmond	VA	23218	
Tidewater Solidarity Bail Fund	Assists with Bail	www.757bailfund.com/	757-550-0824 (calling from outside) 757-759-7213 (calling from within jail)					Bail fund support for those who can't afford cash bail
Virginia Legal Aid Society	Provides free civil legal services to income-eligible individuals	https://vlas.org/	LawLine: 866-534-5243 Local office: 757-539-3441	2480 Pruden Blvd.	Suffolk	VA	23434	Free information, advice, possible representation in areas such as housing, protective orders, public benefits, education and consumer issues
Virginia State Bar Lawyer Referral Line	Legal Advice-\$35 for first 30 minutes.	https://vls.community.lawyer/	800-552-7977					After 30 minutes, caller's credit card is charged according to the attorney's typical fee schedule

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Bon Secours Care-A-Van	General Medical care for uninsured adults and children	www.bonsecours.com/locations/community-services/hampton-roads/care-a-van?utm_source=google&utm_medium=organic&utm_content=local_web_site_link	757-889-5121					
Cover Virginia	Healthcare Insurance Application Assistance for Medicaid & FAMIS	www.coverva.org/en	833-522-5582					
Enroll Virginia	Healthcare Coverage Application Assistance for Virginia Insurance in the Marketplace	www.enrollva.org	888-392-5132					Enroll Virginia's Local Application Support: 434-907-6149
Hampton VA Healthcare System	Healthcare for Veterans	www.va.gov/hampton-health-care/	757-722-9961	100 Emancipation Dr.	Hampton	VA	23667	
Main Street Physicians	Healthcare services	https://sevhs.org/	757-925-1866	157 N. Main St.	Suffolk	VA	23434	Offers services to underinsured and uninsured children and adults
Sentara Obici Hospital	Emergency Room, Primary Care, Specialty Care	https://www.sentara.com/hospitalslocations/sentara-obici-hospital/directions-parking	757-934-4000	2800 Godwin Blvd.	Suffolk	VA	23434	
Suffolk Health Department	Environmental Health, Family Planning, Health Screenings, Immunizations, STD, WIC, Car Seats, Vital Records	www.vdh.virginia.gov/western-tidewater/locations/	757-514-4700	135 Hall Ave., Suite A	Suffolk	VA	23434	Also offers the Nurse Family Partnership, healthcare support for income-eligible first time moms pregnant 28 weeks or less
Virginia Poison Control Hotline	24-hour Information	https://poison.vcu.edu	800-222-1222					
Western Tidewater Free Clinic	Medical, Dental, Vision, Mental Health, Women's Health, Medications	https://wtfreeclinic.org/what-we-offer/	757-923-1060	2019 Meade Pkwy.	Suffolk	VA	23434	Offers services to adults who are uninsured, underinsured, and underserved

DENTAL

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Smiles for Children	Virginia Dental Program for Medicaid, FAMIS and FAMIS plus patients 20 years and under	https://dentaquest.com/	888-912-3456					
Western Tidewater Free Clinic	Medical, Dental, Vision, Mental Health, Women's Health, Medications	https://wtfreeclinic.org/who-we-serve/	757-923-1060	2019 Meade Pkwy.	Suffolk	VA	23434	Adults with no dental insurance or those with Medicaid dental benefits are eligible for dental treatment

VISION

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Western Tidewater Free Clinic	Medical, Dental, Vision, Mental Health, Women's Health, Medications	https://wtfreeclinic.org/who-we-serve/	757-923-1060	2019 Meade Pkwy.	Suffolk	VA	23434	email: info@wtfreeclinic.org

DISABILITY SERVICES

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Ability Center of Virginia	Programs and services to support the needs of individuals with different abilities	www.abilitycentervva.org	757-497-7474	5825 Arrowhead Dr, Suite 201	Virginia Beach	VA	23462	
Autism Society Tidewater Virginia	Services, Advocacy, and Support to children, youth, and adults with Autism	www.tidewaterasa.org/	757-461-4474	3509 Virginia Beach Blvd.	Virginia Beach	VA	23452	
Department for Aging and Rehabilitative Services	Independence, Inclusion, Workforce Integration	www.dars.virginia.gov/#gsc.tab=0	757-686-5004	601 Port Centre Pkwy., Suite 100	Portsmouth	VA	23704	
Department for the Blind & Vision Impaired Library Resource Center	Library Services	www.dbvi.virginia.gov/library_resourcecenter.htm	800-622-2155	397 Azalea Ave.	Richmond	VA	23227	
Down Syndrome Association of Hampton Roads	Family Support, Education and Advocacy	www.facebook.com/dsahr.org/	757-785-8092	1017 Todds Lane	Hampton	VA	23666	
Endeppendence Center	Non-residential center for independent living	https://endeppendence.org/	Voice: 757-461-8007 TTY: 757-461-7527	6300 East Virginia Beach Blvd.	Norfolk	VA	23502	Provides information and referrals, peer mentoring, skills training, and advocacy

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Foundation for Rehabilitation Equipment and Endowment	Rehabilitation equipment for uninsured and underinsured adults	www.free-foundation.org	757-771-6183	P.O. Box 66207	Virginia Beach	VA	23466	
Parent Educational Advocacy Training Center (PEATC)	Works to improve Educational Outcomes for Children with Disabilities	https://peatc.org/	800-869-6782	403 Holiday Ct., Suite 104	Warrenton	VA	20186	
Regional Educational Assessment Crisis Services (REACH)	Crisis stabilization program for individuals with intellectual or developmental disabilities	https://region-five.org/call-center/mobile-response-reach/	757-656-7755 or 888-255-2989					
Virginia Assistive Technology System	Access to Assistive Technology	www.vats.virginia.gov/index.htm#types	Voice: 804-662-7000 TTY: 800-464-9950	2001 Maywill St., Suite 202	Richmond	VA	23230	Access to technology designed to reduce the impact of disability
Virginia Easy Access	Online resources for people with disabilities	https://easyaccess.virginia.gov/						
Western Tidewater Community Services Board Intellectual and Developmental Disability Services	Day support, Case management, Crisis stabilization	www.wtcsb.org/services/intellectual-and-developmental/	757-758-5106	7025 Harbour View Blvd., Suite 119	Suffolk	VA	23435	

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Blakey Weaver Counseling Center	Mental Health, Trauma, and Substance abuse counseling	www.blakeyweaver.org	757-255-8099	129 N. Saratoga St., Suite 1	Suffolk	VA	23434	
National Alliance on Mental Illness Helpline (NAMI)	Information and Support	www.nami.org/help	800-950-6264					Monday-Friday 10 AM-10 PM
National Suicide Prevention Lifeline	Crisis Support and Resources	https://988lifeline.org/	Dial or text to 9-8-8					
Regional Educational Assessment Crisis Services (REACH)	Crisis stabilization program for individuals with intellectual or developmental disabilities	https://region-five.org/call-center/mobile-response-reach/	757-656-7755 or 888-255-2989					
The Up Center	Outpatient Counseling	https://theupcenter.org/outpatient-counseling/	757-965-8663	109.5 Clay St.	Suffolk	VA	23434	

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP	Notes
Veterans Crisis Hotline	Support for Veterans 24/7	www.va.gov/reach/lethal-means/	9-8-8 Press 1					
Western Tidewater Community Services Board (WTCSB)	Crisis Services, Mental Health, Substance Abuse Counseling, Disability Services, Veteran's Services	www.wtcsb.org	757-758-5106	7025 Harbour View Blvd., Suite 119	Suffolk	VA	23435	
WTCSB Crisis Receiving Center	24/7 Behavioral and Mental Health Support		757-255-7133	5268 Godwin Blvd.	Suffolk	VA	23434	Provides Group and Individual Therapy, Peer Specialist Support, Family Support and Transportation
WTCSB Children's Services	Mental Health Counseling, Community Support, Family Therapy, Youth Substance Abuse	www.wtcsb.org/services/children/	757-758-5106	7025 Harbour View Blvd., Suite 119	Suffolk	VA	23435	
WTCSB Crisis Services	24/7 Crisis Support	www.wtcsb.org/services/crisis/	757-925-2484					

CLOTHING AND HOUSEHOLD

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Bridge the Gap Outreach Center	Essential Household Goods, Toiletries, Diapers	https://bridgethegapoutreachcenter.org/ www.facebook.com/BTGM757/	757-809-1301 or 757-367-9314	1239 Carolina Road	Suffolk	VA	23434	Self-referrals accepted for diapers, all other resources must have an agency referral
Catholic Charities	Children's Clothing- when enrolled in parenting support program	https://cceva.org/	757-456-2366					Call for information
Dress for Success Hampton Roads	Professional Clothing for Women	https://hamptonroads.dressforsuccess.org/	757-961-7148	4000 Colley Ave., Suite 200	Norfolk	VA	23508	Also provides Employment Development and Support
Suffolk Christian Fellowship Center	Clothing	www.scfc.online	757-353-0471	211 E. Washington St., Suite B	Suffolk	VA	23434	Clothes available Monday, Tuesday, Thursday and Friday 11:30 AM- 12:30 PM Email: scfmc211@gmail.com

MATERNITY AND EARLY CHILDHOOD

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Catholic Charities of Eastern Virginia	Pregnancy, Parenting, Adoption and Housing Support	https://cceva.org/	757-456-2366					
Children's Center	Early Head Start, Head Start, Community Care	www.childrenscenterva.com/locations/the-childrens-center-davis-suffolk/	757-809-5557 757-538-2523	860 Davis Blvd. and 300 Executive Ct.	Suffolk	VA	23434	Also offers early intervention and pediatric therapy for children birth to 3 years with developmental delays
CHIP-Children's Health Investment Program	Expectant/New Parent Assistance	www.chipshr.org	757-543-9100	1302 Jefferson St.	Chesapeake	VA	23324	Home-based parenting, education, school readiness- prenatal to 6 years
Nurse Family Partnership	Healthcare support for income-eligible first time moms pregnant 28 weeks or less	www.nursefamilypartnership.org	757-514-4732	135 Hall Ave., Suite A	Suffolk	VA	23434	
Parent Information Helpline	Parenting Information and Support	www.familiesforwardva.org/	800-244-5373					
Suffolk Christian Fellowship Center	Food, Diapers	www.scfc.online	757-353-0471	211 E. Washington St. Suite B	Suffolk	VA	23434	Diapers available Monday, Tuesday, Thursday, Friday 11:30 AM- 12:30 PM, and the 1st and 3rd Tuesday of the month 5-6:30 PM. Diapers are available twice per month with photo ID. Food is available at these times too.
WIC-Women, Infants and Children	Nutrition, Education, Support	www.vdh.virginia.gov/wic/	757-514-4724	135 Hall Ave., Suite A	Suffolk	VA	23434	Support for pregnant women, infants and children under 5

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Childhelp USA National Hotline	Child abuse hotline	https://childhelp.org/	800-422-4453					Resources and support, website has live chat function and is multilingual
Darkness to Light	Prevention of childhood sex abuse	www.d2l.org/get-help/	800-656-4673					Resources for preventing, identifying and responding to childhood sex abuse, multilingual
Genieve Shelter	Shelter and support for victims of domestic violence, sexual assault and human trafficking	https://thegenieve.org/	757-925-4365 After-hours: 800-969-4673					
National Domestic Violence Hotline	Resources for identifying abuse, getting help and planning for safety	www.thehotline.org/	800-799-7233					
National Sexual Assault Hotline	Crisis Support Service	www.rainn.org/resources	800-656-4673					Bilingual hotline and online chat
Suffolk Social Services	Adult and Child Protective Services	www.suffolkva.us/760/Social-Services	757-514-7450	135 Hall Ave.	Suffolk	VA	23434	After hours Adult Protective Services: 888-832-3858 and Child Protective Services: 800-552-7096
Survivor Ventures	Provides survivors of human trafficking the support & resources needed to attain economic empowerment	www.survivorventures.org/	757-317-0352	259 Granby St., #250	Norfolk	VA	23510	
Victim/Witness Program, Office of the Commonwealth's Attorney	Assists victims and witnesses of crime navigate the criminal justice system	www.suffolkva.us/320/Victim-Witness-Services	757-514-4366	150 N. Main St.	Suffolk	VA	23434	
Virginia Child Abuse & Neglect Hotline	Receives reports of child abuse and neglect	www.familiesforwardva.org/report-child-abuse-neglect-virginia	800-552-7096					Website has resources including support for parents and professionals

SUBSTANCE USE RECOVERY

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Alcoholics Anonymous	Information and Support	https://alcoholicsanonymous.com/aa-meetings/virginia/suffolk/	757-490-3980					
Brightview Suffolk Addiction Treatment Center	Treatment and Support for drug or alcohol addiction	www.brightviewhealth.com/locations/suffolk-addiction-treatment-center/	866-934-7450	2790 Godwin Blvd	Suffolk	VA	23434	Accepts insurance including Medicaid
St. Paul's Episcopal Church	Alcoholics Anonymous Meetings		757-539-2478	213 N. Main St.	Suffolk	VA	23434	Meetings on Fridays at 8 PM, call for updates
St. Paul's Episcopal Church	Narcotics Anonymous Meetings		757-539-2478	213 N. Main St.	Suffolk	VA	23434	Meetings on Tuesdays at 6:30 PM, call for updates
Tidewater Area Narcotics Anonymous	Information and Support	https://tidewaterareana.org/	866-972-5055					
Western Tidewater Community Services Board	Counseling, Case Management, Support	www.wtcsb.org/services/substance-abuse/	757-758-5106	7025 Harbour View Blvd. Suite 119	Suffolk	VA	23435	
Western Tidewater Community Services Board - Children's Services	Youth Substance Abuse	www.wtcsb.org/services/children/	757-758-5106	7025 Harbour View Blvd. Suite 119	Suffolk	VA	23435	

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Senior Services of Southeastern Virginia	I-Ride Transit	www.ssseva.org/	757-461-9481					Provides transportation to Senior Centers and Medical Appointments
Suffolk Transit	Provides Bus transportation throughout Suffolk	www.suffolkva.us/429/Suffolk-Transit	757-214-6442	139 E. Washington St. Suite A	Suffolk	VA	23434	

SENIOR SERVICES

Organization	Services Provided	Website	Phone	Notes
AARP	Economic, Social and Legal Support for Seniors	https://local.aarp.org/suffolk-va/	888-687-2277	
Senior Navigator	Online Resources for Seniors and Caregivers	https://seniornavigator.org/		
Senior Services of Southeastern Virginia	Local Social, Nutritional, and Transportation Services	https://www.ssseva.org/	757-461-9481	Wellness Classes, I-Ride Transit, Meal Options, Medicare Counseling, Short-term in-home Care, Long-term Care Counseling, Support for Caregivers
Tax Counseling for the Elderly	Free Tax Preparation	https://www.benefits.gov/benefit/722	800-906-9887	For those 60 years and older, typically available January-April
Virginia Department for Aging and Rehabilitative Services	Fosters Independence & Well-Being of Seniors and their Caregivers	https://www.vda.virginia.gov/	804-662-9333	
Virginia Easy Access	Online Resources for Seniors	https://easyaccess.virginia.gov/	888-992-0959	

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Camp Community College Workforce Development Center	Education, Training, Career Coaching	www.pdc.edu/workforce-development/	757-569-6048					Several locations, email is best point of contact: lwolfe@pdc.edu
Department of Aging and Rehabilitative Services	Assists people with disabilities as they enter employment	www.dars.virginia.gov	757-686-5004	157 N. Main St., 2nd Floor	Suffolk	VA	23434	Limited hours, call for an appointment
Hampton Roads Workforce Council	Employment Services and Resources	www.theworkforcecouncil.org/	757-514-7737	157 N. Main St., 2nd Floor	Suffolk	VA	23434	
Opportunities for Change	Job Readiness Program	https://oforc.org/	571-331-4666	157 N. Main St., 2nd Floor	Suffolk	VA	23434	Workforce counseling, education and mentorship
Suffolk Workforce Development	Career Planning, Job Search, Education, Training, Rehabilitative Needs, Veterans Services and Resources	www.suffolkva.us/540/Workforce-Development-Center	757-514-7730	157 N. Main St., 2nd Floor	Suffolk	VA	23434	Also offers GED classes, Certified ACT Testing Site, Customized Training, Computer Lab, Testing Room, Hiring and Networking Events
Virginia Employment Commission	Resources for Job Seekers, Employers and information about Unemployment Benefits	www.vec.virginia.gov	866-832-2363					
Virginia Workforce Connection	Online Services for Job-Seekers and Employers	https://vawc.virginia.gov/vosnet/Default.aspx						

MILITARY AND VETERANS SERVICES

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Coast Guard Mutual Assistance	Support for active duty and retired Coast Guard service members and families	https://mycgma.org/get-help/	800-881-2462					
DAV	Help with Benefits, Emergency Relief, Employment Resources	www.dav.org	757-934-2695	139 S. Saratoga St.	Suffolk	VA	23434	Monday, Wednesday, Friday 10 AM-2 PM
Habitat for Humanity	Home Repairs and Homeownership programs for veterans	www.shrhabitat.org/our-work	757-640-0590	900 Tidewater Dr.	Norfolk	VA	23504	
Hampton Roads Veterans Employment Center	Connects Veterans, Transitioning Service Members & Military Spouses with Resources & Support for Employment	www.theworkforcecouncil.org/veterans-services/	757-807-0423	861 Glenrock Rd., Suite 220	Norfolk	VA	23502	
Hampton VA Healthcare System	Healthcare for Veterans	www.va.gov/hampton-health-care/	757-722-9961	100 Emancipation Dr.	Hampton	VA	23667	
Military OneSource	Support and Benefits for Military Families and Veterans	www.militaryonesource.mil/benefits/benefits-finder/	800-342-9647					
Navy-Marine Corps Relief Society	Financial Assistance, Education, Emergency Travel Resources-Active Duty and Retired Service Members	www.nmcrs.org	757-953-5956	620 John Paul Jones Circle, Naval Medical Center Bldg. 3	Portsmouth	VA	23708	Also offers Budgeting for Babies and Visiting Nurses for New Parents

MILITARY AND VETERANS SERVICES

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
STOP Inc.	Homeless Veterans reintegration program and homeless prevention programs	https://stopinc.org	757-858-1360	5700 Thurston Ave. Suite 101	Virginia Beach	VA	23454	
US Department of Veterans Affairs	Healthcare, Benefits, Education, Records	www.va.gov	800-698-2411					
VA Programs for Homeless Veterans	Housing, Employment and Support	www.va.gov/homeless/for_homeless_veterans.asp	877-424-3838					
Veterans Crisis LifeLine	Support for Veterans 24/7	www.va.gov/reach/lethal-means/	9-8-8 Press 1					
Veterans Navigator	Virginia Veterans Resource Website	https://veteransnavigator.org/						
Virginia Department of Veterans Services	Connects Veterans and their Families with Benefits and Support	https://www.dvs.virginia.gov/	804-786-0286					
Western Tidewater Community Services Board - Veterans Services	Services for Veterans and Families	www.wtcsb.org/services/adult/#adultservice2	757-758-5106	7025 Harbour View Blvd., Suite 119	Suffolk	VA	23435	

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Opportunities for Change	Pathways Program-Job Readiness for those on parole or probation	https://oforc.org/programs-trainings/pathways-program-job-readiness/	571-331-4666	157 N. Main St., 2nd Floor	Suffolk	VA	23434	Online and facilitated work-based job training and career development courses. Completion of course off-sets court costs and fines. Email: ed.collum@gmail.com
Secretary of the Commonwealth-Restoration of Rights	Restoration of Civil Rights after Felony Conviction & Release from Incarceration	www.restore.virginia.gov/	804-692-0104	P.O. Box 2454	Richmond	VA	23218	
STEP-UP Inc.	Pre-Release & Post-Release Support, Education & Employment Assistance	http://stepupincorporated.org/	757-588-3151	5900 East Virginia Beach Blvd., Suite 102	Norfolk	VA	23502	Western Tidewater Contact: 757-514-7734
Virginia Bonding Program	Provides a \$5,000 bond to employers for hard-to-place job seekers.	https://vadoc.virginia.gov/general-public/virginia-bonding-program/	804-887-8262	P.O. Box 26963	Richmond	VA	23261	Covers the first 6 months of employment at no cost to job applicant or employer
Western Tidewater Community Services Board, Criminal Justice Programming	Counseling, Case Management, Referrals	www.wtcsb.org/	757-758-5106					

FINANCIAL COUNSELING

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
The Up Center	Debt Management, Homebuyer Education, Rental Counseling	https://theupcenter.org/housing-financial-counseling/	757-965-8636	222 W. 19th St.	Norfolk	VA	23517	
Navy-Marine Corps Relief Society	Financial Assistance, Education, Emergency Travel Resources-Active Duty and Retired Service Members Only	www.nmcrs.org/	757-953-5956	620 John Paul Jones Circle, Naval Medical Center Bldg. 3	Portsmouth	VA	23708	Also offers Budgeting for Babies and Visiting Nurses for New Parents
Opportunities for Change	Adult Education including Personal Finance and Job Readiness	https://oforc.org/	571-331-4666	157 N. Main St. 2nd Floor	Suffolk	VA	23434	Offers many educational opportunities in-person and online Email: ed.collum@gmail.com

TAXES

Organization	Services Provided	Website	Phone	Notes
AARP Tax Aide	Local Tax Assistance		757-774-7908	Free tax help for all ages and incomes, call for an appointment from February - April
Community Tax Law Project	Legal Services for Income-Eligible Virginia Taxpayers with Federal or State Tax Disputes	www.ctlp.org/	804-358-5855	
Tax Counseling for the Elderly	Tax Assistance for people 60 and older	www.benefits.gov/benefit/722	800-906-9887	
Volunteer Income Tax Assistance	Tax Assistance	www.benefits.gov/benefit/1543	800-906-9887	Free tax help for the elderly, disabled, limited English speakers and those on limited incomes. Local assistance: CEB Financial, 533 E. Pinner St. Suffolk. Call 757-925-6550 for an appointment

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code
Chuckatuck Library	Connection to Experiences, Information, Resources & Community	www.suffolkpubliclibrary.com	757-514-7310	5881 Godwin Blvd.	Suffolk	VA	23432
City of Suffolk	Comprehensive City Services, News & Information	https://www.suffolkva.us/	757-514-4000	442 W. Washington St.	Suffolk	VA	23434
City of Suffolk Animal Control	Animal Sheltering, Rescue, Adoption	www.suffolkva.us/153/Animal-Control	757-514-7855	124 Forest Glen Dr.	Suffolk	VA	23434
City of Suffolk Parks & Rec	Athletics, Programs, Parks, Art Gallery and More	www.suffolkva.us/266/Parks-Recreation	757-514-7250	134 S. 6th St.	Suffolk	VA	23434
City of Suffolk Resident's Services Webpage	Links to Elections, Public Works, Public Safety & More	www.suffolkva.us/31/Residents					
Emergency Services			Dial 9-1-1				
Morgan Memorial Library	Connection to Experiences, Information, Resources & Community	www.suffolkpubliclibrary.com	757-514-7323	443 W. Washington St.	Suffolk	VA	23434
North Suffolk Library	Connection to Experiences, Information, Resources & Community	www.suffolkpubliclibrary.com	757-514-7150	2000 Bennetts Creek Park Road	Suffolk	VA	23435
Sheriff's Office	Courthouse Security, Law Enforcement	www.suffolkva.us/538/Sheriff	757-514-7840	150 N. Main St.	Suffolk	VA	23434
Suffolk Police Department Non-Emergency Number			757-923-2350 option 8				
Suffolk Public Utilities	Water and Wastewater Services	https://www.suffolkva.us/215/Start-Stop-Service	757-514-7000	442 W. Washington St.	Suffolk	VA	23434
Suffolk Voter Registration Office	Voter Registration	www.suffolkva.us/852/Voter-Registration	757-514-7750	440 Market St., 1st Floor	Suffolk	VA	23434

UTILITIES AND PHONE

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Assurance Wireless	Provides Free Wireless Phone Services to Income-Eligible Customers	www.assurancewireless.com/	888-321-5880					
SafeLink Wireless	Provides Free Wireless Phone Services to Income-Eligible Customers	www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome	800-723-3546					
Suffolk Department of Social Services	Utility Assistance including Crisis, Fuel and Cooling Assistance	www.suffolkva.us/779/Energy-Assistance	757-514-7450	135 Hall Ave.	Suffolk	VA	23434	See Website for Details
The Salvation Army	Utility Assistance	https://salvationarmypotomac.org/suffolk	757-539-5201	400 Bank St.	Suffolk	VA	23434	Call for availability and appointments

YOUTH MENTORING

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Alpha Iota Chapter of Omega Psi Phi Fraternity	Mentoring for young men in 6th-12th grades	www.alphaiota1940.com/the-golden-fold		P.O. Box 1453	Suffolk	VA	23439	For information, email alphaiotaoppf1939@gmail.com
Girls on the Run Hampton Roads	Programs for girls of all abilities in Grades 3-8 are designed to build social, emotional, and athletic skills.	www.gotrhr.org/	757-965-9040	5817 Wesleyan Dr.	Virginia Beach	VA	23455	Email: info@gotrhr.org
Hope for Suffolk	Youth development through paid internships and training in life skills. Enrollment begins in November for March-October Season	https://hopeforsuffolk.org/	757-202-6084	3488 Godwin Blvd.	Suffolk	VA	23434	Youth 15-20 years of age
The Salvation Army	Afterschool Programs	https://salvationarmypotomac.org/suffolk/	757-539-5201	400 Bank St.	Suffolk	VA	23434	

PET RESOURCES

Organization	Services Provided	Website	Phone	Street Address	City	State	ZIP Code	Notes
Chesapeake Humane Society	Crisis Boarding, Pet Food Pantry	https://chesapeakehumane.org/crisisboarding/	757-546-5355	1149 New Mill Dr.	Chesapeake	VA	23322	Crisis boarding available on a case-by-case basis for victims of domestic violence and people with housing or medical emergencies
Suffolk Humane Society	Low-cost spay/neuter, Community Assistance, Pet Pantry and more	https://suffolkhumanesociety.com/programs-service/	757-538-3030	412 Kings Fork Rd.	Suffolk	VA	23434	Call for availability