



**BUILDING BRIDGES TO NEW BEGINNINGS  
EMPLOYMENT GUIDE**

**YOUR JOURNEY TO SUSTAINABLE EMPLOYMENT**

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**211 Virginia**

**United Way of Greater Richmond and Petersburg**

2-1-1 or 804 275 2000 or 800 230 6977  
[www.yourunitedway.org](http://www.yourunitedway.org)



**United Way of  
Greater Richmond  
& Petersburg**

# **WHEN YOU DON'T KNOW WHERE TO TURN**

## **INTRODUCTION**

This directory is for people who may be living on the edge of self-sufficiency and may be unable to meet their basic needs or who may be trying to prevent this from happening. A situation like this may have resulted from a job lay-off, going to work for the first time or another circumstance that led to financial crisis. If this describes your situation, knowing where to turn is the first step in regaining control of your life. This directory includes resources for employment, shelter, food, clothing and other needs for people living in the Greater Richmond Area. There may be services available that are not in this directory. Call the United Way Services Information and Referral Center or search the Internet for the most complete, up-to-date information. Trained Information and Referral Specialists will assist you when you call with locating the resources you need.

The Center collects and maintains information on more than 3,800 health and human service programs -- one of which may be able to help you. A trained information and referral staff person will help assess your needs and link you to appropriate community resources. Through this process, thousands of people have found the resources to help them regain control of their lives in times of crisis.

The information contained herein is the most current as of the date of submission for publication. The Information and Referral Center does not guarantee the accuracy of the information provided nor the existence or continuation of any of the services described and specifically disclaims any responsibility for such safety or reliability. Inclusion in this directory does not imply endorsement nor does omission imply a lack of endorsement by the United Way Services 211 Center.

When you contact the 211 Center of United Way of Greater Richmond Petersburg, you will be asked to provide information about your situation in order to determine the most appropriate referrals. All names and information are confidential.

**For Information and Referral Call**

**2-1-1 or 804 275 2000 or toll-free 800 230 6977**

**or Search the Internet at**

**<http://askunitedway.communityos.org>**

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# BUILDING BRIDGES TO NEW BEGINNINGS EMPLOYMENT GUIDE

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## EMPLOYMENT

### PREPARING FOR THE WORLD OF WORK

Most employers are looking for the following skills in their employees:

- ✓ Ability to read, write and do computation
- ✓ Effectiveness in oral and written communication
- ✓ Creative thinking & problem solving
- ✓ Self Esteem: Ability to set personal and career goals
- ✓ Ability to work in groups and demonstrate the interpersonal skills of negotiation and teamwork
- ✓ Organizational effectiveness and leadership skills



### IDENTIFY YOUR SKILLS

#### *Adaptive Skills*

Are you able to adapt to change?

#### *Transferable Skills*

Are your skills transferable from one job to another?

What skills are needed for the job you want?

Does the new job require additional training or experience?

After considering your strengths and weaknesses, do you think you need to further your education or receive training? Some agencies can help you become a better employee by helping you develop certain work skills and attitudes that will help you move ahead and be successful. Some agencies may provide mentors while you are building the skills necessary to compete in this field. If you had problems in previous employment situations, or never worked before or have been a victim of domestic abuse, consider one of the agencies listed for job training.

*The best helping hand that you will ever receive is at the end of your arm. ...Fred Dehner*

# EDUCATION AND TRAINING

## EDUCATION IS THE KEY TO SUCCESS

Completing high school and acquiring additional education and skills are the best way to ready your goals. If you are having trouble with grades in school, get help. As your school guidance counselor or an adult literacy program about available tutoring or assistance.

If things are happening in your life that make staying in regular school impossible, don't give up. There are services to help you finish your education. Contact your local school system or one of the following agencies for GED classes or if you need further assistance on basic reading and writing skills. If you want to gain additional education, contact one of the local colleges or universities.



### PUBLIC SCHOOLS

Charles City	804 829 9249	Hopewell	804 541 6402
Chesterfield	804 768 6140	Henrico	804 328 4095
Colonial Heights	804 524-3405	New Kent	804 966 9671
Dinwiddie	804 469 2092	Petersburg	804 862 4785
Emporia	434 634 3748	Powhatan	804 598 5700
Greensville	434 634 3748	Richmond	804 780 4388
Goochland	804 556 5316	Surry	757 267 2211
Hanover	804 752-3465	Sussex	434 246 6051

### COLLEGES AND UNIVERSITIES

Averett College	804 673-9670
Baptist Seminary	804 355 8135
Bluefield College	804 276 3788
Bon Secours Memorial School of Nursing	804 627 5300
Central Michigan University	804 327 9330
Central Texas College	804 733 9290
ITT Technical Institute	804 330 4992
J Sargeant Reynolds Community College	
Downtown Richmond Campus	804 371-3000
Goochland Campus	804 371 3000
Parham Road Campus - Henrico	804 371 3000
John Tyler Community College	
Chester Campus	804 796 4000
Midlothian Campus	804 594 1400
Mary Baldwin College - Regional Center	804 282 9111
Randolph Macon College - Henrico	804 752 7200
Richard Bland College	804 862 6100
Saint Leo University	804 861 9634
Richmond Virginia Seminary	804 780 0103

Strayer University	
Glen Allen	804 527 1000
Midlothian	804 763 6300
Union Theological Seminary	804 355 0671
University of Richmond	804 289 8000
University of Virginia - Richmond Center	804 662 7464
Virginia Commonwealth University	804 828 0100
Virginia State University	804 524 5000
Virginia Union University	804 257 5600

*A window of opportunity won't open itself -- Dave Weinbaum*

## **EMPLOYMENT AND TRAINING SERVICES FOR THE DISABLED**

Disability can be defined as a physical or mental condition that prevents a person from living a normal life. The definition of a disabling condition can vary from agency to agency. In some instances, payments or assistance can be provided for temporary conditions, whereas other agencies may require that the disability last or be expected to last for one year or longer. If you become unemployed due to a disability, check with your local social security office or your local social services department for eligibility for financial benefits.

### **Community Mental Health Centers**

Provides employment services for individuals with mental retardation or emotional problems.

Charles City	804 966 5959	Henrico	804 261 8515
Chesterfield	804 768 7204	New Kent	804 966 5959
Goochland	804 556-5400	Powhatan	804 598 2200
Hanover	804 365 6600	Richmond	804 819 4000

### **Richmond Goodwill Industries**

Provides employment for the disabled, displaced homemakers, seniors and people who are socially and economically disadvantaged.

6301 Midlothian Turnpike, Richmond (all areas to sign up for services)	804 745 6300
24 Pickwick Ave., Colonial Heights	804 520 7122
7147 Brandy Run Drive Mechanicsville	804 417 6700

### **Social Security Office**

Chesterfield	13564 Waterford Place, Midlothian	804 744 0227
Henrico	4212 Park Place Court Suite B Glen Allen	804-673 7555
Richmond	5360 South Laburnum Ave., Richmond	804 226 3708
	1834 West Cary St., Richmond	804 771 8125

### **Social Service Departments**

Charles City	804 652-1708	Hopewell	804 541 2330
Chesterfield	804 748 1100	New Kent	804 966 1853
Colonial Heights	804 748 1100	Petersburg	804 861 4720
Dinwiddie	804 469 4524	Powhatan	804 598 5630
Emporia	434 634 6576	Prince George	804 733 2650
Goochland	804 556 5332	Richmond	

		701 North 25 <sup>th</sup> Street	804 646 7212
		900 East Marshall Street	804 646 7212
		4100 Hull Street	804 646 7212
Greensville	434 634 6576	Surry	757 294 5240
Hanover	804 365-4100	Sussex	434 246 7020
Henrico	804 501 4001		

### **Virginia Department of Rehabilitative Services**

Provides employment training and other services for the disabled.

9503 Hull Street Road, Chesterfield	804 674 2369
1601 Willow Drive Suite 378, Henrico	804 662 7123
2795 South Crater Road Suite 1, Petersburg	804 863 1625 or 1 800-552 5019
2930 West Broad Street Suite 15, Richmond	804 367 0175

## **OTHER TRAINING AND EDUCATION RESOURCES**

### **Adult Career Development Center**

Provides basic literacy education, adult education, GED preparation, job readiness and vocational skill training for residents of the City of Richmond.

119 West Leigh Street, Richmond 804 780 4388

### **Adult Education Center**

Provides adult education, job readiness and awareness, GED preparation and skill training for Henrico County residents.

201 East Nine Mile Road, Henrico 804 328 4095

### **Capital Area Training Consortium**

Provides job training and job assistance and placement services. Serves youth ages 16-19, people 55 and older, and other ages.

7321 Whitepine Road, Chesterfield 804 271 8510  
5410 Williamsburg Road, Henrico 804 226 1941

### **Crater Area Agency on Aging**

Provides training for people aged 55 and older in new job skills and placement in full or part-time employment. Serves the Greater Richmond Area.

23 Saylor Drive, Richmond 804 732 7020

### **Daily Planet (Project Strive)**

Provides education, computer literacy, training, job placement and GED for the homeless.

517 West Grace Street, Richmond 804 783-0678 Ext 246

### **Friends Association for Children (Leadership and Training Program)**

Helps Richmond residents of public and private subsidized communities to acquire job skills and to reach their potential.

1004 Saint John Street, Richmond 804 644 2357

### **Gochland Free Clinic & Family Services**

Provides tutoring to adults who are non-readers and/or who need tutoring in Math, GED training and job skills.

3001 River Road West, Richmond

804 556 6260

### **Job Corps**

Helps disadvantaged youth, ages 16-24, receive job training through the nation's largest residential training center. Provides GED classes and vocational and employment skills. Provides hands-on experience through paid work assignments. Serves all areas.

3600 West Broad Street, Suite 283, Richmond

804 340 5540

### **Midnight Basketball League**

Provides services to at risk youth and adults between the ages of 10-28 during "high crime" hours. Services include case management, counseling, mandatory workshops (no workshops, no jump shots). Services focus on education, job training and employment, personal development and responsibility, health and conflict resolution. Basketball games are an incentive to participate in the program.

208 East Clay Street, Suite C, Richmond

804 782 0700

### **Offender Aid and Restoration**

Provides ex offenders in Henrico, Hanover, Chesterfield and Richmond with employment services.

7333 Whitepine Rd., Chesterfield

804 271-8510 Ext. 17

1 North Third Street, Suite 200, Richmond

804 643 2746

114 North Union St., Petersburg

804 862 6414

### **Richmond Career Advancement Center**

Provides a full range of employment and training services for Richmond residents. Youth and adults can receive resume preparation, interest inventory and job search resources. The Center operates Title I of the Workforce Investment Act, and Welfare-to-Work programs through area training providers.

201 West Broad Street, Richmond

804 780 4146

### **READ Center (The)**

Provides one-to-one tutoring for adults reading at or below the eighth grade reading level in reading, writing and math by trained volunteer tutors. Tutoring sites are available in the city of Richmond and the counties of Chesterfield, Hanover and Henrico.

201 East Nine Mile Road, Henrico

804 353 1587

1605 Monument Avenue, Richmond

804 353 1587

4501 East River Road, Chesterfield

804 353-1587

9700 Salem Church Road, Chesterfield

804 353 1587

### **Richmond Goodwill Industries**

Provides employment services for people who have low incomes, are disadvantaged, disabled, or are displaced homemakers. Provides job training, job placement, computer skills training, retailing, computer literacy, customer service training, CNA training and substitute teacher training.

6301 Midlothian Turnpike, Richmond (all areas to apply for services)

804 745 6300

7147 Brandy Run Drive, Colonial Heights

804 520 7122

### **Richmond Technical Center**

Provides vocational-technical classes for students ages 16 on up living in Richmond and the surrounding areas.

2020 Westwood Avenue, Richmond

Day

804 780 6237

Evening 804 780 6018

**Sacred Heart Center**

Offers GED classes and provides people with employment resources.

1400 Perry Street, Richmond

804 230 4399

**Telamon Corporation**

Provides academic, remedial training, employment search training, job placement, and GED training and academic skills assessment for low-income migrant or seasonal workers.

4915 Fitzhugh Avenue Suite 200, Richmond

804 355 4676

150 North Sycamore Square, Petersburg

804 240-6792

**Tri-City Literacy Council, Inc.**

Provides one-to-one tutoring for adults who are reading at or below the eighth grade reading level in reading, writing and math. Tutoring is provided by trained volunteer tutors.

1766 Flank Road, Petersburg (Serves the Greater Petersburg area)

804 862 9262

**Virginia Employment Commission**

Services available to job seekers include job referral and placement, referral to training, and job search skill building activities. VEC staff assists employers by screening and referring applicants for job vacancies, providing labor market information for business and planning activities.

5240 Oaklawn Boulevard, Hopewell

804 541 6548

(Serves the Greater Petersburg area)

6705 Warwick Road, Richmond

804 674 2368

8093 Elm Drive Mechanicsville

804 559 3133

**Youth and Workforce Development**

Provides employment services including services to youth ages 14 - 21.

900 East Broad Street, Suite 1603, Richmond

804 646 7491 Ext. 229

**Youth Program - P.O.W.E.R.**

**The Improvement Association, Inc.**

Provides youth (14-21) with assistance to enhance their educational and occupation skills. Services include tutoring, summer employment opportunities, leadership development, occupation skill training, adult mentoring, etc. Call for eligibility requirements.

Serves youth living in Prince George, Sussex, Greensville, Hopewell, Dinwiddie and Surry Counties.

1750 East Atlantic Street, Emporia

434 336 9805

Other areas

434 634 2490

# COPING WITH UNEMPLOYMENT

## ***I FEEL BAD ABOUT NOT HAVING A JOB. WHAT CAN I DO?***



Self-esteem has to do with how you feel about yourself. Feeling good about yourself and having a healthy self-esteem is important because it affects the choices you make. Sometimes it is hard to feel good about yourself if others put you down because of your appearance, race or ethnic background, religion, physical disability, the clothes you wear or how much money you have. People who treat you differently based on what they think they see have the problem, not you. Find the beauty inside of you that nothing on the outside can touch.

### **How to Build Self-Esteem**

- List your good qualities. Part of developing a good self-image is learning to feel good about your skills as well as your personal traits; even the simplest things can make you feel better.
- Compliment others. By making other people feel good you get positive feelings in return.
- Offer to help someone. A great way to feel better is to help others in need. Tutor a friend; help elderly neighbors with their lawn, etc.
- Set positive personal goals and find ways to achieve them.
- Make friends with positive people. The people you hang around with can have a big impact on the way you think and feel.
- Be yourself. As simple as it sounds, others will respect you for being yourself and making decisions with which you are comfortable. No one likes a phony.

### ***What about my family?***

Telling friends and family members that you are out of a job can be difficult. When you do tell them, keep in mind that this situation is also rough on them. They might express fear, confusion, hopelessness, depression, or even anger at first. But, if you have a positive attitude, you and your family can work through these feelings and begin supporting one another.

The first step is to talk about your situation until everyone has had a chance to express his or her feelings, whether positive or negative. Then, plan your next steps together. Working as a family team will not only help everybody feel better, but will also help you find a job more quickly.

Children are usually very aware of tension in the family. Regardless of their ages, include them on your family team. Explain your unemployment situation and your plans to deal with it. You will help them understand why holidays and birthdays may have to be a bit different this year and you may also discover a real bonus in their loving support and helpfulness.

When unemployed, savings can be depleted quickly. However, there are places you can contact for help until you get back on your feet. You may be eligible for governmental benefits and there are community programs you may have supported while you were employed that may now benefit you. These local agencies may be able to help support your basic needs and help maintain your family while you are unemployed.

When contacting an agency for assistance, keep in mind that many require some type of cut-off notice from your utility company before they can assist with utilities or a pay or quit notice or unlawful detainer before they can assist with rental payments. A pay or quit notice is issued from the landlord stating that you are behind on your rent. An unlawful detainer is issued by the court and states that a court date has been scheduled regarding the delinquent rent. Failure to attend the court hearing means automatic default. Some agencies assist with mortgage payments but require a notice from the lender stating that you are behind on your mortgage payments.

## BUDGETING



### Clear Point Financial Solutions

Assists consumers to establish a reasonable spending budget plan and a moderate savings plan for emergencies. Helps consumers consolidate existing debts to creditors when economically advisable.

3701 Boulevard, Suite D, Colonial Heights

804 520 8744

8000 Franklin Farms Drive, Richmond

804 379 4505

Or

1-800 966-3328

### Extension Agencies

Charles City	804 652 4743	New Kent	804 966 9645
Dinwiddie	804 469 4514	Petersburg	804 733 1880
Emporia	434 348 4233	Prince George	804 733 2686
Greensville	434 348 4233	Surry	757 294 5215
Hanover	804 752 4310	Sussex	804 834 1309

## CLOTHING

Clothing is available for adults and children at low or no-cost. TANF (Temporary Assistance to Needy Families) recipients should check with their local social service department to see if there is a career shop that will provide business clothing or to receive a referral to a local clothes closet.

### Ashland Christian Emergency Services

Monday, Wednesday and Friday, 9:00 a.m. - 11:30 a.m. Must be referred by the Hanover Social Service Department to receive services

507-B Caroline Street, Ashland

804 798 2784

### CARES Service Center

9:00 a.m. - 4:00 p.m.

120 East Washington Street, Petersburg

804 861 6191

### Church Hill Wellness Center

Wednesday and Thursday from 9 a.m.- 2:00 p.m.

2011 Fairmount Avenue, Richmond

804 780 0053

### Pregnancy Resource Center of Metropolitan Richmond.

Serves pregnant women, and infants up to 12 months. Call for hours of operation.

1510 Willow Lawn Drive Suite 200, Richmond

804 673 2020

### First Baptist Church

Monday and Wednesday, and Saturday 10:00 a.m. - 12:00 p.m..

2709 Monument Avenue (Park Avenue side), Richmond

804 353 2181

### First Baptist Church

Monday, Wednesday and Saturday 10:30 a.m. - 12:30 p.m.

236 Harrison Street, Petersburg

804 732 2041

**FISH**

Serves Eastern Henrico County including Varina, Highland Springs, and Sandston. Provides financial assistance for rent, utilities or food. Staffed by volunteers who will not return a call when the caller has Caller ID. 8:00 a.m. - 3:00 p.m.

Call for information and screening 804 257 7730

**Goochland Free Clinic & Family Services**

Monday - Friday, 8:00 a.m. - 2:00 p.m. Saturdays 9:00 a.m.- 12 Noon

2948 River Road, West, Goochland 804 556 6260

**Hanover Domestic Violence Task Force**

Restricted to domestic violence situations.

629 A North Washington Highway, Hanover 804 752 2702

Toll-free 888 370 7233

**Our Lady of Lourdes Human Concerns Ministry**

Tuesdays 9:30 a.m.-11:00 a.m.

Serves North West End Henrico residents.

820 Woodman Road, Henrico 804 262 7315

**Pregnancy Support Center of the Tri-Cities**

Serves Petersburg and the surrounding areas.

1360 E. Washington Street, Petersburg 804 861-5517

**RCAP**

214 East 13<sup>th</sup> Street, Richmond

804 788 0232

Monday - Friday, 9:30 a.m. -12:00 Noon & 1:00-3:00 pm.

**Richmond Goodwill Industries**

Vouches are available through social services.

1500 Boulevard, Colonial Heights 804 520 7122

Monday - Saturday 9:00 am to 8:00 pm & Sunday 11:00am-6:00 p.m.

**Salvation Army**

Provides vouchers for Salvation Army Thrift Stores. A referral is required. If already unknown to the referring agency, must provide verification of income and bills for the past 30 days.

2 West Grace Street, Richmond 804 225 7470

Monday - Friday, 8:30 a.m. - 4:30 p.m.

**Samaritan Helping Hands Home**

405 North Main Street, Greensville and Emporia area 434 634 2905

Monday - Saturday, 9:00 a.m. - 6:00 p.m.

**Something For Nothing**

Provides clothing to individuals who have been referred by churches and community agencies throughout the Richmond Area.

3402 Skipping Rock Way, Richmond

Flexible hours 804 437 4113

**South Richmond Baptist Center**

700 East Belt Boulevard, Richmond 804 232 0174  
10:00 a.m. - 11:00 a.m., first and third Thursdays and fourth Thursday from 2:30 - 3:30 p.m.

**World Alive Ministries**

4894 Finlay Street, Building A 804 226 0361  
Every second Saturday 10 a.m. - 1 p.m.

**FINANCIAL ASSISTANCE**

**CCHASM**

Serves Chesterfield County and Colonial Heights. Provides financial assistance with rent and utilities when funds are available. Provides a food pantry. Hours of operation - 8:00 a.m. - 2:15 p.m., Monday - Friday.

Call for screening and assistance 804 796 2749

**Commonwealth Catholic Charities**

Serves the Greater Richmond area. Provides financial assistance for rent and utilities when funds are available. Provides a food pantry. Call on Fridays at 9:00 a.m for financial assistance.

1212 Willow Lawn Drive, Henrico 804 285 5986

**FISH**

Serves Eastern Henrico County including Varina, Highland Springs, and Sandston. Provides financial assistance for rent, utilities or food. Staffed by volunteers who will not return a call when the caller has Caller ID.

8:00 a. m.- 3:00 p.m. Monday-Friday

Call for information and screening 804 257 7730

**Goochland Free Clinic & Family Services**

Serves Goochland County. Accepts referral only from the Goochland Department of Social Services for financial assistance. Provides assistance with food, utilities, rent, prescriptions, household items and clothes.

Call between 8:30 a.m. - 4:30 p. m.

3001 River Road West, Goochland 804 556 6260

**Health Care Alliance**

Serves people in the Petersburg area. Provides medications on a sliding scale fee basis.

Monday - Friday, 8:15 a.m. - 5:00 p.m.

301 Halifax Street, Petersburg 804 863 1652

**ISH**

Located at the Henrico Department of Social Services, ISH serves Henrico County. Provides financial assistance with rent, prescriptions, or utilities and will provide a referral to a food pantry. Rental assistance requires an unlawful detainer. Utility assistance requires a cut-off notice. Callers must demonstrate that they have the ability to maintain themselves after assistance has been granted by ISH. Information and screening are conducted by the Henrico County Social Services. Assistance is not available to people receiving TANF. Assistance is available Monday, Wednesday or Friday from 8:30 a.m.- 4:30 p.m.

8600 Dixon Powers Drive, Henrico

804 501 5294

### **Powhatan-Goochland Community Action Agency**

Serves Powhatan and Goochland Counties. Works with other agencies to provide assistance with rent, utilities, and food. Provides transportation for seniors to medical appointments and congregate meals.

3930 Anderson Highway, Powhatan

804 598 3351

Goochland Co. Administration Building

804 556 4730

### **Quin Rivers Agency for Community Action**

Serves Charles City and New Kent Counties. Provides utility assistance for people in need during the winter months. Provides referrals for food, household items and clothes. Has a Homeless Intervention Program for rent and mortgage assistance for qualified applicants. Assistance is available between 8:00 a.m. - 4:30 p.m.

104 Roxbury Industrial Center, Charles City

804 966 5020

### **Richmond Community Action Program**

Serves the City of Richmond. Provides financial assistance for heat related utilities during the winter months. Provides rent assistance to people with low incomes when funds are available. Provides rent and utility assistance to TANF recipients when funds are available. Contact the service closest to your residence.

1021 Oliver Hill Way, Richmond

804 788 0050

701 North 25<sup>th</sup> Street, Richmond

804 788 0222

214 East 13<sup>th</sup> Street, Richmond

804 788 0232

### **Saint Joseph Outreach**

Provides financial assistance for utilities and food. Serves the Petersburg area.

Serves the Petersburg area.

804 733 3519

10:00 a.m. - noon and 1:00 p.m. - 2:00 p.m. Tuesday and Thursday

### **Saint Paul's Episcopal Church**

Serves the City of Richmond. Provides financial assistance for rent or utilities when funds are available, 8:30 a.m. - 4:00 p.m.

815 East Grace Street, Richmond

804 648 7410

### **Salvation Army**

Serves the Greater Richmond area. Provides financial assistance for rent and utilities when funds are available. Call on Tuesdays at 8:30 a.m. for the Richmond area.

2 West Grace Street, Richmond

804 225 7470

201 East Randolph Road, Suite D, Hopewell

804 452 0232

Hours vary. Please call either, Monday, Wednesday or Friday

1228 South West Street, Petersburg

804 732 8449

9:00 a.m. - noon and 1:00 p.m. - 4:00 p.m.

### **Samarian Helping Hands Home**

Provides financial assistance for electric and water bills (one month). Services the Emporia/Greenville areas.

405 North Main Street

434 336 1104

**Senior Connections/Capital Area Agency on Aging**

Serves the Greater Richmond area. Provides financial assistance for rent, utilities and other financial needs for people ages 60 and older who are facing a financial crisis.

24 East Cary Street, Richmond

804 343 3000

**Social Service Departments**

Provides food stamps and other public assistance. Call for an appointment. Must request an intake worker or service worker for financial assistance. Provides assistance when funds are available.

Charles City	804 652-1708
Chesterfield/Colonial Heights	804 748 1100
Dinwiddle	804 469 4524
Emporia/Greenville	434 634 6576
Goochland	804 556 5880
Hanover	804 752 4100
Henrico	804 501 4001
Hopewell	804 541 2330
New Kent	804 966 1853
Petersburg	804 861 4720
Powhatan	804 598 5630
Prince George	804 733 2650
Richmond	
701 North 25 <sup>th</sup> Street	804 646 7212
900 East Marshall Street	804 646 7212
4100 Hull Street	804 646 7212
Surry	757 294 5240
Sussex	434 246 7020

**W.H.E.A.T. (Western Hanover Emergency Action Team)**

Provides financial assistance with rent, mortgages, utilities, prescriptions and phone bills. Serves Montpelier, Beaver Dam, Doswell and Rockville. Caller must leave a message and their call will be returned within 24 hours.

877-559-4328

**William Byrd Community House**

Provides heating assistance for other parts of the City of Richmond during the winter months. A date is set up each month to take phone requests for utility and rental assistance. Richmond city residents only.

224 South Cherry Street, Richmond

804 643 2717

**FOOD**

There are agencies that provide sit-down meals for people who are homeless or for people who do not have the resources to purchase and prepare their own meals. Other agencies provide bag lunches for workers or non-perishable foods to last several days. Some provide refrigerated items such as milk products, bread, fresh meats, vegetables, and fruit. Because these resources change more often than others, please call the Information and Referral Center at 804-225-7916 for the latest information.



**MEALS - Richmond**

<b>Location</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Freedom House/Conrad Center @ Salvation Army 1400 Oliver Hill Way 216-9091	Mon - Fri 6:00-7:30 AM		Mon - Fri 5:30-6:30 pm
Stave Ministries (Sun) 329-6855  Food Not Bombs (Sun) Dinner 353-4904	Sunday 8:30 to 10:30 Monroe Park  Main and Belvidere		Sunday 4:00 pm
Friends of the Homeless 2nd Baptist Church 105 East Pilkington Street 232-5124		Mon - Fri 12:00 to 12:30	
2nd Baptist Church 1400 Idlewood Avenue 353-7682		Saturdays 10:00 -12:00	
31st Street Baptist Church 823 N. 31st Street 226-0150		Mon - Fri 11:30 to 1:00	
Trinity Baptist Church 2811 Fendall Avenue 321-2427		Mon - Fri 11:30 to 1:00	
2nd Presbyterian Church* 5 N. Fifth Street 649-9148		Mondays 10:30 to 12:45	
St. Peter's Catholic Church* 800 East Grace Street 643-4315		Tuesdays 10:30 to 12:30	
3rd Street Bethel, AME* 614 N. Third Street 643-8157		Wednesdays 10:30 to 1:00	
St. Paul's Episcopal Church* 815 East Grace Street 648-7410		Thursdays 10:30 to 12:30	
Sharon Baptist Church 22 East Leigh Street 643-3825 (Sept. -May)		Thursdays 11:00 to 1:00 (Sept-July)	
Centenary United Methodist* 411 East Grace Street 648-8319		Fridays 10:30 to 12:00	
Grace and Holy Trinity 8 North Laurel Street 359-5628 (closed in August)		Fridays 1:00 to 2:00	
Sixth Mount Zion Baptist 14 W. Duval Street 648-7511		Fridays 11:00 to 1:00 (Sept-May)	

First Baptist Church 2709 Monument Ave. 321-2181 (November-April)			Thursdays 6:30 pm Monroe Park (May-Oct)
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### MEALS - Petersburg

Sponsored by Downtown Churches United - 804 732 7218

Location	Breakfast	Lunch	Dinner
Saint Joseph's Catholic Church at Quinn Hall 115 West Washington Street 804 733-3519		Monday Noon - 12:45 p.m.	
Washington Street United Methodist Church 22 E. Washington Street 804 733-7041		Tuesday Noon - 12:45 p.m.	
Trinity United Methodist Church 215 S. Sycamore Street 804 732-3216		Wednesday Noon - 12:45 p.m.	
Gillfield Baptist Church 209 Perry Street 804 732-3565		Thursday Noon - 12:45 p.m.	
Third Street Baptist Church 630 Halifax Street 804 732-6850		Friday Noon - 12:45 p.m.	

### FOOD PANTRIES

Also Contact your local Social Service Department if a food pantry in your area is not listed. Some Social Service Departments have their own food pantries or provide a referral to a local church for food.

### SERVING THE GREATER RICHMOND AREA

#### Commonwealth Catholic Charities

Tuesday, Wednesday, and Thursday, 9:00 a.m. - 12:00 noon - Photo ID Required. Please call before coming to the center.

1412 Willow Lawn Drive, Richmond

804 285 5900

#### Salvation Army - Richmond

Monday - Friday, 9:00 a.m. - 11:30 a.m.

Must have a referral from Social Services or Offender Aid and Restoration.

2 West Grace Street, Richmond

804 225 7470

**CHESTERFIELD COUNTY**

**CCHASM**

804 796 2749

Monday - Friday, 8:00 a.m. - 2:00 p.m.

Will connect caller to a church that will assist them with food.

**DINWIDDIE**

**Dinwiddie Social Service Department**

Monday - Friday, 9:00 a.m. - 5:00 p.m.

804 469 4524

14012 Boydton Plank Road

**EMPORIA/GREENSVILLE**

**Samaritan Helping Hands Home**

Provides food and lunch. Open from 11:30 a.m. - 1:00 p.m.

405 North Main Street, Emporia

434 336 1104

**GOOCHLAND COUNTY**

**Goochland Free Clinic & Family Services**

Monday - Friday, 8:30 a.m. - 4:30 p.m.

3001 River Road West

804 556 6260

**HANOVER COUNTY**

**Ashland Christian Emergency Services**

Monday, Wednesday and Friday, 8:30 a.m. - 11:30 a.m. During the summer months, the agency is closed on Fridays. A referral from Social Services is required.

804 798 2784

**Hanover County Social Service Department**

Monday - Friday, 8:30 a.m. - 4:30 p.m.

12304 South Washington Highway, Ashland

804 752 4100

**HENRICO COUNTY**

**FISH**

Serves people in Sandston, Highland Springs, Varina and Montrose Heights. Call for information and screening. 8:00 a.m.-3:00 p.m.

804 257 7730

**HOPEWELL**

**Hopewell Salvation Army**

Must provide a picture ID, social security card, proof of income and additional information to support current address.

201 East Randolph Road, Suite D 804 452 0232  
Monday, Tuesday, Wednesday and Friday, 9:00 a.m. - noon and 1:00 p.m. - 4:00 p.m.

#### NEW KENT AND CHARLES CITY COUNTIES

**New Kent Social Service Department**  
Monday - Friday, 8:00 a.m. - 4:30 p.m. 804 966-1853

#### GREATER PETERSBURG AREA

**Saint Joseph Outreach**  
Washington and Market Street 804 733 3519  
Tuesday and Thursday, 10:00 a.m. - noon and 1:00 p.m. - 2:00 p.m.

**Salvation Army - Petersburg**  
Serves Colonial Heights, Dinwiddie, Petersburg and Prince George.  
Monday - Friday, 9:00 a.m. - 4:00 p.m.  
1228 South West Street 804 732 8449

#### POWHATAN COUNTY

**Powhatan - Goochland Community Action Agency**  
Monday - Friday, 8:30 a.m. - 5:00 p.m.  
3930 Anderson Highway 804 598 3351

#### PRINCE GEORGE

**Prince George Churches Outreach**  
6400 Courthouse Road  
Must apply in person.

#### RICHMOND AREA

**Bainbridge Community Ministries**  
Monday - Friday, 9:30 a.m. - 1:00 p.m. Must have a referral from social services and a picture I.D.  
1400 Perry Street 804 232 3091

**Church Hill Wellness Center**  
Second and fourth Thursday for residents living in 23223. They will take requests starting at 9:30 a.m.  
Requests are also taken from 10:00 a.m.-3:00 p.m. Monday - Friday but food is not given out unless a  
person has a referral.  
2011 Fairmont Avenue 804 780 0053

**Family Resource Center**

Mon.-Fri. 10:00 a.m.-12 noon, 1:00 p.m.-4:00 p.m. Must provide an ID, proof of income, social security information on all family members, and social security cards on other family members living in the home.

2405 Jefferson Avenue, Richmond

804 644 4496

### **First Baptist Church**

Monday and Wednesday, 10:00 - 12:00 noon. ID is required. Enter church on the Park Avenue side.

2709 Monument Avenue

804 353 2181

### **Richmond Community Action Program**

Call for hours of operation.

1021 Oliver Hill Way, Richmond

804 788 0050

701 North 25<sup>th</sup> Street, Richmond

804 788 0222

1504 Hull Street

804 788 0232

### **Saint Paul's Episcopal Church**

Monday - Thursday, 9:30 a.m. - 3:00 p.m. Must have a medical referral and a need for special diets.

815 Grace Street

804 648 7410

### **South Richmond Baptist Center**

Every Third & Fourth Thursday of the month from 2:00 p. m. - 2:30 p. m. Provides food for people living in the zip codes of 23224 and 23225

700 East Belt Boulevard

804 232 0174

### **Saint Mark's Episcopal Church**

By appointment only and a referral from a social services agency. Food is provided the last two Saturdays of the month from 9:00- 11:00 a.m.

520 North Boulevard, Richmond

804 358 4771

### **United House of Prayer for All People**

Wednesdays, 1-4 p.m. and 4-7 p.m. Must have a referral from social service.

926 Chimbarazo Blvd

804 236 1000

### **William Byrd Community House**

Monday, Thursday, and Friday from 9:30 a.m. - 12:00 noon and 1:00 p.m. 3:00 p.m

224 South Cherry Street

804 643 2717.

## **SUSSEX**

### **Sussex Social Service Department**

20103 Princeton Road

434 246 7020 Ext. 2

## **HEALTH CARE**

In times of crisis, it is important to maintain your health and the health of your family. If you need no-cost or low-cost health care there are agencies that can help. If you have been laid off or terminated from your job, check to see how long you will remain covered by your company-sponsored health insurance. In most cases, group



sickness and accident insurances are terminated shortly following a layoff (often in 30 days or less). As your employer about COBRA (Consolidated Omnibus Budget Reconciliation Act) options and what guidelines you must follow to continue your benefits.

## HEALTH SERVICES

### **Bons Secours Care-A-Van**

Serves the Greater Richmond area.

804 287 7VAN

### **Capital Area Health Network**

Main Street Medical Center

2025 East Main Street, Suite 7, Richmond.

Provides medical services Monday, Tuesday, Wednesday and Friday from 8:00 a.m.- 5:00 p.m. and Thursday from 9:00 a.m. -6:00 p.m.

804 591 2890

### **Charles City County Health Department**

7501 Adkins Road, Charles City

804 829 2490

### **Chesterfield/Colonial Heights Health Department**

9501 Lucy Corr Circle, Chesterfield

804 748 1691

### **Crossover Clinic ( Main Office)**

108 Cowardin Avenue, Richmond

Provides medical and dental services. Hours vary at each clinic.

804 233 5016

### **Other Areas**

Sherbourne United Methodist Church

2619 Sherbourne Road, Richmond

804 249 4004

Western Henrico Clinic

8600 Quioccasin Road, Suite 105 Richmond

804 622 0803

### **Daily Planet Health Care for the Homeless**

517 West Grace Street, Richmond

804 649 2119 ext. 249

### **Dinwiddie Health Department**

14006 Boydton Plank Road

804 469 3771

### **Fan Free Clinic**

1010 North Thompson Street, Richmond

Serves all areas.

804 358 8538

804 358 6343

### **Free Clinic of Goochland**

1800 Sandy Hook Road

804 556 5840

### **Goochland County Health Department**

1800 Sandyhook Road

804 556 5343

### **Greensville/Emporia Health Department**

140 Uriah Branch Way	434 348 4235
<b>Hanover County Health Department</b> 12312 Washington Highway	804 752 4313
<b>Hayes E. Willis Health Center</b> 4730 North Southside plaza	804 230 7777
<b>Henrico County Health Department</b> 3810 Nine Mile Road, Henrico 8600 Dixon Powers Drive, Henrico	804 652 3190 804 501 4651
<b>Hopewell Health Department</b> 220 Appomattox Street	804 458 1297
<b>Irvin Gammon Craig Health Center</b> 8000 Brook Road, Henrico	804 264 2986
<b>Love of Jesus Health Clinic</b> 10930 Hull Street Road, Midlothian, Chesterfield Provides medical and dental services.	804 674 7499
<b>New Kent County Health Department</b> 12007 Courthouse Circle, New Kent	804 966 9640
<b>Petersburg Health Care Alliance</b> Provides a health clinic for people living in Petersburg regardless of their ability to pay. 301 Halifax Street	804 863 1652 # 1
<b>Petersburg Health Department</b> 301 Halifax Street	804 863 1652 # 2
<b>Prince George Health Department</b> 6450 Administration Drive Monday - Friday.	804 733 2630
<b>Powhatan County Health Department</b> 3908 Old Buckingham Road Suite 1, Powhatan	804 598 5680
<b>Richmond Area High Blood Pressure Center</b> 1200 West Clay Street Mon.-Thurs. 8:00 - 5:00 p.m.	804 359 9375
<b>Richmond Health Department</b>	804 646 6850
<b>Stoney Creek Community Health Center</b> 12454 Hartley Street	434 246 6100

Monday, Wednesday and Friday, 9:00 a.m. - 5:00 p.m.  
Tuesday and Thursday, 8:00 a.m. - 7:00 p.m.

**Surry Health Department**

474 Colonial Trail West  
Monday - Friday

757 294 3185

**Sussex Health Department**

20103 Princeton Road  
Newsome Human Services Building

434 246 8611

**VCU Women's Health Care Medical Center**

401 North 11<sup>th</sup> Street (Nelson Clinic)

804 828-4409

**Vernon J. Harris, East End Community Health Center**

(Capital Area Health Network) Provides health care services including dental care for people with low incomes or who have no health insurance.

Monday - Friday  
719 North 25<sup>th</sup> Street

804 780 0840

**Virginia Coordinated Care, Medical College of Virginia, Patient Financial Assistance Program**

Serves all areas. Provides medication, hospitalization and outpatient treatment. Services may be free if you are eligible for Medicaid or are eligible under the State and Local Hospitalization Program.

Is located on 417 North 11<sup>th</sup> Street, Richmond or 1200 East Marshall Street

804 828 9357

804 628 0268

Financial assistance for medical services

804 828-0966

## HOUSING

There are both temporary and transitional shelter programs available to help when you have lost your place to live. Temporary shelters often provide a place to sleep, meals and a place to shower for a short period of time. Many have case managers to help you develop a plan to stabilize your situation. They may provide assistance with securing employment, locating permanent housing and resolving other issues that have contributed to your homelessness. **Except for disaster victims, entry into temporary or emergency shelter in Richmond and Petersburg should be accessed through Homeward Central Intake listed below. Homeward Central Intake maintains a large network of services and shelter for persons who become homeless. These individual shelters are not listed below. Only those shelters not preferring access through Homeward Central Intake are listed below.**



Transitional housing programs provide longer term housing and are designed to help teach families and individuals the skills, attitudes and values to make better choices in every day life. Most transitional programs are six months to two years in duration. Residents of a transitional shelter usually have a case manager who helps them develop an individual life goal plan. Services may include life skills training, counseling, child care, and parenting classes when the person has children. Other services include financial counseling, employment, education assistance and other types of services to help the person become self-reliant.

## Temporary Shelters

### **American Red Cross - Greater Richmond Chapter**

Serves disaster victims.

409 East Main Street, Richmond

804 780 2250 Ext. 1

### **American Red Cross - Southside Area Chapter**

Serves disaster victims.

3267-A South Crater Drive, Petersburg

804 733 5711

### **CARES - Crisis Assistance Response Emergency Shelter**

Provides shelter for women and children in the cities and counties of Petersburg, Colonial Heights, Hopewell, Prince George, Dinwiddie and Chesterfield who are homeless as a result of a housing or transportation crisis or are victims of domestic violence.

244 Halifax Street, Petersburg

804 861 0849

### **Good Samaritan Ministry**

Serves men who are dealing with substance abuse issues. This is a Christian based substance abuse rehabilitation center which requires a 12 month residency requirement.

2307 Hull Street, Richmond

804 231 9995

### **Homeward Central Intake**

Entry into the emergency shelters such as the Salvation Army, Caritas, HomeAgain, CARES and others is coordinated through Homeward Central Intake. If you need emergency shelter, contact Central Intake by phone or in person.

#### **Central Intake Site for men**

The Conrad Center

1400 Oliver Hill Way, Richmond

Monday - Thursday 9 a.m. - 5:00 p.m., Friday 9 a.m. - 3p.m.

804 648 4177

#### **Central Intake Site for Women and Families**

Saint Paul Baptist Church

700 East Belt Boulevard, Richmond

Monday-Thursday 8:00 a.m.-4:30 p.m. Friday 8:00 a.m.- 3:00 pm 804 291-9083 or 9082

### **Safe Harbor - YWCA Women's Advocacy Program**

Provides counseling services and anger management, individual and group counseling, case management, free day care, hospital accompaniment, support groups, and referrals for women to help secure safe housing, employment legal assistance and other services.

Serves Chesterfield County

804 796 3066

Serves the Richmond area

804 643 0888

### **Salvation Army- Men's Shelter**

Emergency & transitional housing.

835 Commerce Street, Petersburg

804 861 0561

### **Samaritan Helping Hands Home**

Provides one night of shelter for homeless or stranded travelers.

405 North Main Street, Emporia

434 336 1104

**Traveler's Aid**

Serves stranded travelers.

Monday - Friday 9 a.m.-3:00 p.m.

2 West Grace Street, Richmond

804 225 7470

**Transitional Housing Programs****AROS The Grace House.**

Provides a transitional residential community for women and their children. The oldest child cannot be over 10. Residents can live here for up to two years and must have a source of income. They will also be required to pay rent.

804 267-1882

**Freedom House - Sean's Place**

Provides a 12-bed transitional house and support services to assist residents in their transition from shelter life to permanent housing. Serves adult men and women. Serves Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, Powhatan and Richmond.

713 North First Street.

804 232-1949

**HomeAgain**

Provides homeless people an opportunity to develop the skills and resources necessary to become and remain economically independent and to return to permanent housing. The oldest child cannot be over 12.

Men

804 358-7747 Ext. 106

Veterans

804 358-7747 Ext. 106

Women

804 358-7747 Ext. 107

Single

804 358-7747 Ext. 107

**Flagler House**

Provides homeless people an opportunity to develop the skills and resources necessary to become and remain economically independent and to return to permanent housing. The oldest child cannot be over 10 ½.

Richmond

804 553 3258

**Hilliard House**

Provides shelter and programs for women and children for up to two years.

Henrico County

804 236 5800

**Safe Haven**

Provides a 24-hour supervised transitional program for adults with a chronic mental illness and who are homeless.

2864 Hull Street, Richmond

804 231 7137

**Salvation Army - Petersburg**

Provides emergency and transitional shelter for men who become homeless. Services include basic life skills training, substance abuse education and treatment, financial planning, budgeting skills, literacy skills, GED preparation, case management and counseling.

835 Commerce Street

804 861 0561

## LEGAL ASSISTANCE



### Central Virginia Legal Aid

Provides free legal assistance in civil matters to low income and elderly residents with housing, divorce, custody, adoptions, consumer, public benefits/welfare, food stamps, Medicaid, social security, unemployment compensation, disability rights and other types of civil cases.

101 West Broad Street, Suite 101

Serves Richmond & surrounding counties

804 648 1012

### Central Virginia Legal Aid Services (Southside Office)

Serves low income and elderly residents of Charles City, Dinwiddie, Hopewell, Prince George, New Kent, Surry, Colonial Heights and Petersburg. Provides free legal assistance in civil matters to low income and elderly residents with housing, divorce, custody, adoptions, consumer, public benefits/welfare, food stamps, Medicaid, social security, unemployment compensation, disability rights and other types of civil cases.

2006 Wakefield Street, Petersburg

804 862-1100

### Virginia State Bar - Lawyer Referral Service

Assists in locating a qualified attorney in the resident's locality who has the expertise to handle the particular legal matter.

707 East Main Street, Suite 1500, Richmond

804 775 0808

## MEDICAL INSURANCE



Whether you are unemployed or working and your family has no health insurance, you might still want to consider health coverage for your children. In Virginia, there are two low or no-cost health care insurance programs for children.

### Medicaid

Medicaid provides a comprehensive package of benefits uniquely designed to meet the needs of lower income children. Eligibility is based on income. Families with children under the age of 6 qualify with incomes up to 133% of the Federal Poverty Level. Children covered by Medicaid are also entitled to the EPSDT (Early Periodic Screening, Diagnosis and Treatment) program which provides comprehensive health screening for children up to age 21. Medical conditions diagnosed through an EPSDT screening are provided treatment at no cost to the family. Applications for children and pregnant women are available from local social service departments.

Charles City	804 652 1708
Chesterfield/Colonial Heights	804 748-1100
Dinwiddie	804 469 4524
Emporia/Greensville	434 634 6576
Goochland	804 556 5880
Hanover	804 365-4100
Henrico	804 501 4001
Hopewell	804 541 2330
New Kent	804 966-1853
Petersburg	804 861 4720
Prince George	804 733-2650
Powhatan	804 598-5630

Richmond	
701 North 25 <sup>th</sup> Street	804 646 7212
900 East Marshall Street	804 646 7212
4100 Hull Street	804 646 7212
Surry	757 294 5240
Sussex	434 246 7020

**FAMIS - Family Access to Medical Insurance Security**

FAMIS is an insurance program that provides coverage for uninsured children up to age 19 who do not qualify for Medicaid and who live in families with incomes up to 200% of the Federal Poverty Level. There may be a minimal monthly premium dependent upon income. There is also a small co-payment for doctor's visits and other medical expenses. To apply for FAMIS contact your local Social Service department or contact FAMIS to confirm eligibility

Monday - Friday, 8:00 a.m. - 7:00 p.m. and

Saturday, 9:00 a.m. - 12:00 noon.

866 87 FAMIS  
866 873 2647

Web Site [www.famis.org](http://www.famis.org)

Mail P.O. Box 1820, Richmond, Virginia 23218-1820

**RECREATION**

There are many leisure-time activities available. Many of these are free or are at a modest cost. Check with your local Parks and Recreation Department or a local recreational association to find what recreational services are available in your area.



Charles City	804 829 9227
Chesterfield Parks and Recreation	804 748 1623
Dinwiddie Parks and Recreation	804 732 1100
Emporia-Greenville Recreation Association, Inc.	434 634 9400
Goochland Parks and Recreation	804 556 5354
Hanover Parks and Recreation	804 365 4695
Henrico Parks and Recreation	804 501 7275
Hopewell Recreation and Parks	804 541 2353
James River Park System	804 646 8911
New Kent County	804 966 8502
Petersburg Park and Leisure Services	804 733 2394
Powhatan Athletic Association	804 839-7450
Richmond Park and Recreation	804 646 5733
Surry Parks and Recreation	757 294 3044

**RECREATION/SCHOOL SUPPLIES**

**FOR THE INDIGENT**

School supplies are provided in August for children returning to school whose parents cannot afford to purchase them.

### **Bright Beginnings**

Children in need of clothes and school supplies are identified by the YMCA in their jurisdictions by the local school systems. The YMCAs will take a limited number of applications directly from parents. Sliding scale fees are available for membership and programs for people who qualify.

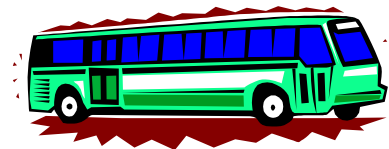
Chester, Chesterfield	804 748 9622
Chickahominy, Henrico	804 737 9622
Downtown Branch	804 644 9622
Emporia YMCA (no Bright Beginnings Program)	434 348 9622
James Center YMCA, Downtown Richmond	804 200 6070
John Rolfe Family YMCA, Henrico	804 360 8767
Manchester Branch	804 276 9622
Midlothian, Chesterfield	804 379 5668
North Richmond	804 329 9622
Patrick Henry, Ashland	804 798 0057
Powhatan	804 598 0250
Shady Grove Family Branch, Henrico	804 270 3866
Southside YMCA, Petersburg	804 733 9333
Tuckahoe Branch, Henrico	804 740 9622

### **Gilpin Jackson Ward Family Life Skills Center**

14 West Duval Street, Richmond 804 649 0920

## **TRANSPORTATION**

If the only thing keeping you from work is finding a way to get there, don't despair. There are resources for people needing transportation to and from work and for families to get to their destinations.



If you are disabled, you may be eligible to receive free or low-cost transportation to and from work, to medical appointments, shopping malls and other places. An application may be required.

### **Access**

Serves people with disabilities living in Chesterfield County . Colonial heights residents are not included in their service area. 804 279-8489

### **American Red Cross**

Transports disabled, elderly and low-income person to and from medical appointments in Hanover, Henrico, Richmond and Chesterfield 804 780 2250 Ext. 4

### **Bay Transit Charles City & New Kent Counties**

Provides transportation for individual and families to social service and health care agencies, places of employment, safe places for victims of domestic violence, senior meal sites and for disabled people to their service providers. 804 966 7650

### **Care Transportation**

Serves people with disabilities in Henrico and Richmond. 804 782 2273  
To register call : 804 358 4782

### **Colonial Heights Senior Transportation**

Anyone age 60 or older in need of transportation for medical, business or person care services can obtain rides throughout the areas of Colonial Heights and Petersburg. 804 520 9219

**Crater Area Agency on Aging**

Provides transportation for the disabled and seniors.

804 732 7020

**Goochland Free Clinic & Family Services**

Provides transportation to medical appointments and other service agencies for residents of Goochland County.

804 556 6260

**Greater Richmond Transit Company**

Provides bus service throughout the Richmond area and discount tickets to people who are 65 and over and to people who are disabled.

Richmond

804 358 GRTC  
804 358 4782

**Petersburg Area Transit**

Transportation for area residents including seniors and disabled people. 804 733 2413

**Van-go**

Serves people with disabilities in the Greater Richmond area.

804 261 7388

**Virginia Overland Charter Service**

Provides bus service from Richmond to Mechanicsville.

804 233 1152

**We Care Transportation**

Transportation for the handicapped, public and seniors.)

804 861-9165

**VOLUNTEER OPPORTUNITIES**

**211 Virginia of United Way of Greater Richmond & Petersburg**

The Center maintains information on volunteer opportunities and can assist you with choosing the best match.

2001 Maywill Street, Richmond

2-1-1

804 275 2000

Toll-Free

800 230 6977

On the Internet

<http://askunitedway.communityos.org>

***What if my life spins out of control?***

**Alcohol and Drug Abuse**

If stress from your situation has led you or someone you know to abusing drugs or excessive drinking, help is available by contacting the following agencies and programs for assistance.



**12-STEP GROUPS**

ALA-NON (Petersburg)

804 861 2620

ALA-NON Family Group and Alateen (Richmond)

804 353 4885 or

1-888-425-2666

**Alcoholics Anonymous (Tri-Cities)** 804 452 1959  
**Alcoholics Anonymous (Richmond)** 804 355 1212

**Families Anonymous**  
All Saints Episcopal (Tuesday nights at 7:30 PM)  
8787 River Road, Richmond 804 262-0932

**Huguenot Road Baptist Church** (Thursday nights at 7:30 PM)  
10525 West Huguenot Road , Playground entrance, second Floor, Richmond  
804 262-0932

**The Episcopal Church of the Creator** (Monday nights at 7:00 PM)  
7159 Mechanicsville Turnpike, Richmond 804 262 0932

**Narcotics Anonymous** 1 800 777 1515

## TREATMENT

**Ala Mo Recovery Center**  
This is a residential home assisting men in their recovery from alcohol and drug abuse and in their reentry into society as productive citizens.  
35 South Market Street, Petersburg 804 732-8390

**Brother's Keeper Ministry**  
Provides a one year after-care program  
1105 Hull Street, Richmond 804 230 4918

**Chain Breaking Ministry**  
Provides outpatient treatment.  
Church of God  
1601 North 21<sup>st</sup> Street, Richmond 804 643 5840

**Challenge Discovery Project, Inc.**  
Provides outpatient treatment.  
719 North 25<sup>th</sup> Street, East Richmond  
1503 Santa Rosa Road, Henrico County 804 282 9100

### Community Services Boards

Charles City 804 966 5959  
Chesterfield 804 768 7220  
Colonial Heights 804 520 7210  
Dinwiddie 804 469 3746  
Emporia 434 634 5181  
Goochland 804 556-5400  
Greensville 434 634 5181  
Hanover 804 752-4275

Henrico	804 727-8515
Hopewell	804 541 8660
New Kent	804 966 5959
Petersburg	804 862 8002
Powhatan	804 598-2200
Prince George	804 541-8660
Richmond Behavioral Health Authority	804 819 4000
Surry	757 294 0037
Sussex	804 834 2205

**Daily Planet**

Provides outpatients services for the homeless and indigent.  
 517 West Grace Street, Richmond 804 783 0678  
 Ext. 236

**Drug and Alcohol Services**

Provides outpatient care.  
 2926 West Marshall Street, Richmond 804 355 8478

**Good Samaritan Ministries**

Provides a faith-based, inpatient residential treatment program.  
 2307 Hull Street, Richmond 804 231 9995

**Family Counseling Center**

Provides outpatient treatment.  
 4906 Radford Avenue, Richmond 804 354-1996

**Oxford House**

A group home to help individuals recovering from substance abuse after treatment.  
 904 West Ladies Mile Road, Richmond (males) 804 421 2956  
 3603 Carolina Avenue, Richmond (males) 804 228 8180  
 3800 Hermitage Road, Richmond (females) 804 264 2146  
  
 13911 Jefferson Davis Highway, Richmond (males) 804 748 6847  
 2918 Chamberlayne Ave., Richmond (males) 804 321 3294  
 719 ½ West Clay, Richmond (males) 804 308 0255  
 3717 Ellwood Ave., Richmond (females) 804 342 9029  
 416 Winston Street, Richmond (males) 804 308 3339

**Rubicon**

Provides inpatient and outpatient care.  
 1300 MacTavish Avenue, Richmond 804 359 3255

**Salvation Army Adult Rehabilitation Center**

Provide inpatient care.  
 2601 Hermitage Road, Richmond 804 359 0269

**Richmond Behavioral Health Authority**

Adult and Clinical Services  
107 South Fifth Street, Richmond 804 819 4000

**Tucker's Pavilion**  
7101 Jahnke Road, Richmond (not opiates) 804 323 8846  
Also contact your local mental health center.

## **Domestic Abuse/Violence**

Sometimes abusive behavior comes out during stressful times. When this happens, it needs to be dealt with immediately. No one should have to be exposed to physical or emotional abuse. When it happens, it affects everyone in the household.

Abusive behavior will only get worse without professional help. Many times, the person who is being abused will have to leave the situation for his or her own protection and for the protection of their children. There are services available for people who find themselves in abusive situations. To insure safety, most domestic abuse programs do not publish their locations. Contact them by telephone for services.

**Family Advocacy Clinic**  
Offers a four-track treatment program involving the whole family, including children.  
Serves the Richmond area. 804 291 9340

**Hanover Safe Place**  
Provides assistance to victims of domestic abuse experiencing a crisis situation. Services include food vouchers, emergency shelter, and clothing. Serves Hanover County. 804 752 2702

**Quin Rivers Community Action Agency**  
Provides peer counseling on an individual and group basis, court advocacy and crisis intervention.  
Serves Charles City and New Kent Counties 804 966 5020, Ext. 2

**Richmond Department of Social Services Family Violence Program**  
Provides crisis intervention, housing counseling and case management assistance for victims of domestic violence. Serves the City of Richmond.  
804 646 7183

**Virginia Family Violence & Sexual Assault Hotline**  
Provides information on services for domestic violence. 1-800 838 8238

**YWCA Women's Advocacy Program**  
Provides counseling services and anger management, individual and group counseling, case management, free day care, hospital accompaniment, support groups, and referrals for women to help secure safe housing, employment legal assistance and other services.  
Serves Chesterfield County 804 643-0888  
Serves the Richmond area 804 643 0888

## **Depression and Suicide**

Stress from worrying about how to make ends meet along with feelings of helplessness sometimes leads to feelings of hopelessness. When we feel hopeless it is very difficult to do the things we need to do to become employed again and to enjoy the good things in our lives. When feeling depressed and hopeless we may begin to feel that the situation will never change and that our family would be

better off without us. Thoughts of suicide are very common when feeling this low. We tend to lose sight of the fact that the situation is only temporary and that change always happens. There are resources in the community that will help you find, once again, that life is worth living.

### Crisis Intervention & Mental Health Counseling

Charles City	804 966 2496 or 966-5959	Hopewell	804 862 8000
Chesterfield	804 748 6356	New Kent	804 966 2496 or 966-5959
Colonial Heights	804 862 8000	Petersburg	804 862 8000
Emporia	804 862 8000	Powhatan	804 598 2697
Goochland	804 556 3716	Richmond	804 819 4100
Greensville	804 862 8000	Surry	804 862 8000
Hanover	804 365 4200	Sussex	804 862 8000
Henrico	804 966 2496		

### Community Services Boards

Charles City	804 966 5959
Chesterfield	804 768 7220
Colonial Heights	804 520 7210
Dinwiddie	804 469 3746
Emporia	434 634 5181
Goochland	804 556-5400
Greensville	434 634 5181
Henrico	804 727-8515
Hopewell	804 541 8660
New Kent	804 966 5959
Petersburg	804 862 8002
Powhatan	804 598-2200
Prince George	804 541-8660
Richmond	804 819 4000
Surry	757 294 0037
Sussex	804 834 2205

### Other Counseling Agencies

<b>Child Savers</b> (Formally known as Memorial Child Guidance Center) Counseling is focus on the child and family members.	804 644-9590
<b>Commonwealth Catholic Charities</b> Henrico	804 285 5900
<b>Jewish Family Services</b> Henrico	804 282 5644 EXT. 234
<b>United Methodist Family Services</b> Counseling is based on parent and child issues	804 353 4461

**Virginia Institute of Pastoral Care**  
Provides pastoral counseling on a sliding fee scale basis and turns no one away because of inability to pay.

2000 Bremono Road, Suite 105.

804 282 8332

## RETURNING TO WORK

### ***What can I do while waiting to return to work?***

If you are temporarily laid off from work and are waiting to be recalled, this is a good time to do all of the things around the house you've been putting off or to visit your friends and family. Consider volunteering to work on a project that will give you a real sense of accomplishment. Sometimes volunteer jobs can lead to a paid job.



### **JOB MARKET TRENDS**

Job market trends constantly change. Check with your local Virginia Employment Commission for up-to-date information about the current job market opportunities, skills desired and educational requirements for each occupation.

### ***How do people find jobs?***

#### **Direct Contact with Employees (Networking)**

Networking is identifying and contacting employees of a company through family, friends, and acquaintances. Eighty percent of jobs are found through this method. Getting clear about what you want to discuss during a networking interaction is important. Some questions to consider are:

##### **A. Description of the Work**

- ✓ What is a typical day of the week like for you?
- ✓ What is most satisfying about this work?
- ✓ What are the frustrations?
- ✓ What are the most important job skills needed?
- ✓ Are there seasons of the year or of the business cycle that are particularly tough?

##### **B. Nature of the Industry**

- ✓ Do you believe this field is growing or shrinking?
- ✓ What industry trends or developments could affect the future?
- ✓ Has the industry changed much in the past five to ten years?
- ✓ How have these changes affected you?
- ✓ Are there companies in this industry noted for their training programs for entry level and other employees?
- ✓ Who is hiring in this industry?
- ✓ Have there been many layoffs lately in this industry?
- ✓ Who are the most important people in this industry today?
- ✓ Which companies provide the strongest competition?
- ✓ Why do people tend to leave this field or industry?
- ✓ Why do people stay in this field or industry?

##### **C. Getting In, Getting Paid and Moving Up**

- ✓ What would someone with my experience expect to get paid if I entered this field?
- ✓ What would be my earning potential?
- ✓ To get a promotion, would I need to change companies or could I expect to advance within the company?

- ✓ How would you describe the supply/demand situation for the type I am pursuing?
- ✓ What education preparation would you suggest for someone entering this field and/or to advance in this field?
- ✓ If you could do it over again, would you change your career path in any way?

#### **D. Your Fit**

- ✓ What qualifications do you look for in a new hire?
- ✓ Considering my background, how marketable do you think I am for this field or for your company?
- ✓ Considering my experience so far, for which jobs do you think I would be most qualified?
- ✓ Are there other career paths you think I should consider?
- ✓ Which of my skills or experiences are strong compared to other job-hunters with whom I would be competing?
- ✓ Do you have any suggestions for courses I might take or experience I might gain that would make me more marketable?

#### **D. Job Search**

- ✓ If you were looking for a job, how would you approach the job search?
- ✓ Do you think my resume is effective for the types of jobs we have discussed?
- ✓ What suggestions would you have for strengthening my resume?
- ✓ Which companies might be the prospects for hiring me?
- ✓ How would you describe the local job market for this field?
- ✓ How might I tailor my job experience for the local job market?
- ✓ What professional organizations, networking groups, or publications should I be aware of?
- ✓ Is there anyone else you would recommend that I contact?
- ✓ When I call a person you have suggested, may I use your name?

#### **Want Ads**

- Answering advertisements in newspapers
- Answering advertisements in professional or trade journals
- Answering advertisements on the Internet
- Placing advertisements citing job desired

#### **Agencies**

- Public employment agencies
- Private employment agencies
- Attending job fairs

#### **Other Methods**

- Civil service tests, union hiring halls, etc.
- School placement offices

### ***How do I apply for and find a job?***

#### **JOB HUNTING TIPS**

- Assume that finding a job will take days or weeks, and sometimes months, so plan accordingly.
- Plan to spend 40+ hours each week in job hunting.
- Network with friends, family members and other people you have known who have jobs.
- Tailor your resume to the job you are seeking; revise according to the job requirements.

- Seek out potential employers in your interest areas.
- Research the employer and know something about them when you ask questions during the interview.
- If using a career counselor, don't limit yourself to just one. Each can offer different perspectives and may have different contacts. Stay in touch and report your progress.
- Keep searching for the right job.
- Visit the interview location before the interview so that you will not get lost and be late.
- Always be punctual for the interview, but don't be too early. Arrive no more than 5-10 minutes in advance.
- Dress appropriately for the interview. Usually, that means wearing your best business-like clothes although some jobs, such as construction jobs, may be exceptions.
- When meeting the interviewer, always shake hands.
- Show a high level of energy during the interview and look the interviewer in the eye.
- Listen carefully during the interview to make sure you understand the questions. Take your time and respond clearly. Leaning forward when talking with the interviewer expresses interest in what is being said.
- Note the interviewer's name and use it once or twice during the interview.
- Make positive statements about former employers and supervisors to help create a more positive impression of your self.
- After each interview, send a thank you letter expressing interest in the job and highlighting 1-2 of your best qualifications.
- Don't be discouraged. Rejections are more common than acceptances.
- Keep notes of all contacts and follow-up as needed.
- Each week, review what you did and what you would do differently. Assess and reassess.

## **JOB RESUME OR APPLICATION**

The following information will be needed on your application or resume:

- Address, including zip code
- Telephone number, including area code
- Social security number
- Schools attended, including dates of enrollment and coursework
- Subjects taken that relate to the job
- Previous employers, including names, addresses, date of employment, phone numbers, and immediate supervisor. Include information on what you did on each job
- Three business references, including their full names, addresses and telephone numbers. If you do not have business references you may include your doctor, religious leader, social workers or friends.
- In some situations you may need to provide three credit references. They may include your bank, loan companies, department stores, landlord, etc. Include their names, addresses, telephone numbers and serial numbers of your accounts.
- Hobbies or special interests and skills.

## **RESEARCHING THE COMPANY AND POSITION**

The more you know about the company and the job the better. The interviewer will be impressed by your interest and motivation and you will be able to explain what you can do for the company.

Learn key information about the company, its products and its customers. If possible, talk to people who already work at the company. Check the Internet and the library for information about the company. Key information includes:

Office locations

Products and services

Customers  
Philosophy  
Recent news

Competitors  
History  
Financial information, including salaries and stock

## THE INTERVIEW

The personal interview is probably the most important screening process used by the employer in determining whether you will get the job you are seeking. Go to the interview prepared. Bring a pen and notepad to write down any information you may need to remember but don't take detailed notes during the interview. The interviewer holds the key to your future by having a job for you. Whether or not this person hires you depends a great deal on the impression you make during the interview and whether or not you already have the skills needed or the potential to gain the skills. Make a good impression during the interview by learning about the company beforehand.

The interview should take 10 to 20 minutes. The interviewer will attempt to find out a great deal about what kind of person you are in a short time period. He or she will want to make sure you have enough experience to do the job well. The interviewer will consider whether or not:

- You have the necessary skills to do the job
- You will be satisfied with the job
- You really want the job
- The job will pay enough for you to live on
- You will stay with the company, or will leave at the first opportunity

Common job interview questions include:

Tell me about yourself.

Why do you want to work here, or what about our company interests you?

Why did you leave your last job?

What are your best skills?

What are your weaknesses?

Most interviews follow this pattern: You answer questions about your experience and qualifications then you ask questions about the job. Practice your answers to the common interview questions. Likewise, prepare a list of questions to ask the employer. Rehearse your interview with a friend. You should be able to convey all key information about yourself in 15 minutes. Video tape yourself to check your diction, speed and body language.

## HOW TO DRESS FOR AN INTERVIEW

You will be judged in some respects by what you wear to the interview. Dress professionally but comfortably. When in doubt, dress conservatively:

### Women

A business suit is best.

Wear sensible pumps.

If you wear makeup, keep it moderate.

Wear simple jewelry.

Hair and fingernails should be well groomed.

Use cologne and perfume sparingly.

Use deodorant and brush your teeth.

### Men

A clean, ironed shirt and conservative tie is a must.

A simple jacket or business suit is a good idea as well.

Shoes should be polished.

Face should be clean-shaven or facial hair should be neatly trimmed.

Hair and fingernails should be well groomed.

Use deodorant and brush your teeth.

## EMPLOYMENT SEEKING RESOURCES

### TEMPORARY EMPLOYMENT AGENCIES

While you are looking for a permanent job, a temporary job will help in paying the bills. Americans are temping today to the tune of 1.3 million.

#### Atlantic Personnel Services

Richmond 804 264 2646

#### Clearpoint Resources

Richmond 804 320 4800

#### Exclusive

Richmond 804 644 1808

#### Express Personnel Care

Richmond 550-0200

#### HCC Personnel Care

Hanover/Henrico 804 730 4223

Richmond/Chesterfield 804 378 7780

Petersburg/Dinwiddie 804 863 2442

#### InterSpan Resources, Inc.

Richmond 804 279 9100

#### Kelley

Downtown 804 648 6526

Southside 804 272 0633

West End 804 965 9994

#### Labor Ready

27 Walnut Boulevard, Petersburg 804 861 5333

#### Manpower Temporary Services

Provides services for residents of Greater Richmond area, ages 18 and older.

4319 Cox Road, Henrico 804 747 5266

1001 Boulders Parkway, Chesterfield 804 320 7404

241 Charles Dimmock Parkway Suite 4, Colonial Heights 804 520 0310

#### Parham Healthcare & Rehab

Richmond 804 264 9185

**Preferable People Staffing**

Richmond

804 783 0995

**Randstad**

3333 South Crater Road, Petersburg

804 732 0297

8030 West Broad Street Suite C

804 266 5106

**Spherion**

Richmond

804 935 6888

**Unistaff**

Tri-City, 400 B. Southpark Boulevard, Colonial Heights

804 526 5652

West End Richmond

804 358 1901

**Venturi**

Richmond

804 285 8686

**Welcome Homecare**

Richmond

804 745 0054

**Online Employment Sites**

Employmentguide.com

Monster.com

Hotjobs.com

Richmondjobsonline.com

Timesdispatch.com

Jobs.state.va.us

Vec.state.va.us

Careerconnect.state.va.us

Careers.chesterfield.gov

[ww.co.Henrico.va.us/catc](http://ww.co.Henrico.va.us/catc)

henricojobs.com

careerbuilders.com

See the Yellow Pages for other temporary employment agencies.

**JOB PLACEMENT ASSISTANCE****AARP Foundation**

Employment services for people 55 and up.

1806 Chantilly Street, Ste 100, Richmond

804 355 3600

**Capital Area Training Consortium**

Serves people in the Greater Richmond area including youth 16-19, people 55 and older and other ages

7333 Whitepine Road, Chesterfield 804 271 8510  
5410 Williamsburg Road, Henrico 804 226 1941

**Crater Area Agency on Aging**

Provides training for people age 55 and older in new job skills and placement in full or part-time employment. Serves the Greater Petersburg area).

23 Seyler Drive, Petersburg 804 732 7021  
804 732 7020

**Daily Planet - Project STRIVE**

Serves people who are homeless.

517 West Grace Street, Richmond 804 783 0678 Ext. 246

**Fresh Start Job Development & Training**

119 East Marshall St. 804 649 8099

**Randstand**

3333 South Crater Road, Petersburg 804 732 0297  
830 West Broad St. 804 266 5106

**Refugee & Immigration Services**

For refugees only.

1512 Willow Lawn Dr. Suite A 804 355 4559 Ext. 21

**Richmond Career Advancement Center**

201 West Broad Street Suite 100, Richmond 804 780 4146

**Richmond Goodwill Industries**

6301 Midlothian Turnpike, Richmond (All areas to apply for services) 804 745 6300  
24 Pickwick Avenue, Colonial Heights 804 520 7122  
7147 Brandy Run Drive, Mechanicsville 804 417-6700

**Senior Connections/Capital Area Agency on Aging**

Serves ages 55 and older by placing in full or part-time employment with employers seeking older workers.

24 East Cary Street, Richmond 804 343 3000

**Social Service Departments**

Serves TANF (Temporary Assistance to Needy Families) recipients.

Charles City 804 652 1708  
Chesterfield 804 748 1100  
Dinwiddie 804 469 4524  
Emporia/Greenville 434 634 6576  
Goochland 804 556 5332  
Hanover 804 365 4100  
Henrico 804 501 4001  
Hopewell 804 541 2330  
New Kent 804 966 1853

Petersburg	804 861 4720
Powhatan	804 598 5630
Prince George	804 733 2650
Richmond	
701 North 25 <sup>th</sup> Street	804 646 7212
900 East Marshall Street	804 646 7212
4100 Hull Street	804 646 7212
Surry	757 294 5240
Sussex	434 246 7020

**Telemon Corporation**

Provides job placement for low income migrant or seasonal workers.

4915 Fitzhugh Avenue Suite 200, Richmond 804 355 4676

**Urban League of Greater Richmond**

Serves teenagers beginning at age 16, any adult with low incomes.

511 West Grace Street, Richmond 804 649 8407

**Virginia Employment Commission**

Services available to job seekers include job referral and placement, referral to training, and job search skill building activities. VEC staff assists employers by screening and referring applicants for job vacancies, providing labor market information for business and planning activities. Services are available: Monday, Tuesday, Thursday, Friday from 8:30 a.m. - 4:40 p.m. and Wednesday, 9:30 a.m. - 4:30 p.m.

6707 Warwick Road, Richmond 804 674-2368

5240 Oaklawn Boulevard, Hopewell (Serves Grater Petersburg area) 804 541 6548

8093 Elm Drive Mechanicsville 804 559 3133

**Youth Program - P.O.W.E.R.**

**The Improvement Association, Inc.**

Provides youth (14-21) with assistance to enhance their educational and occupation skills. Services include tutoring, summer employment opportunities, leadership development, occupation skill training, adult mentoring, etc. Call for eligibility requirements.

Serves youth living in Prince George, Sussex, Greensville, Hopewell, Dinwiddie and Surry Counties.

1750 East Atlantic Street 434 634-2490

**Youth & Work Force Development Division**

Serves youth 14-16, job placement for youth ages 16-19 living in Richmond.

701 North 25<sup>th</sup> St., Richmond 804 646 7491

**EMPLOYMENT SUPPORT RESOURCES**

**ADULT DAY CARE**

Supervised adult day care at a center may be an option for elderly or disabled adults while their caretakers are at work. The following agencies provide on-site day care and, in some cases, recreational activities and transportation services.



<b>A Grace Place</b> 8030 Staples Mill Road, Henrico	804 261 0205
<b>Circle Center Adult Day Care Services</b> 3900 West Broad Street, #20, Richmond	804 355 5717
<b>Days of Grace Senior Services Inc.</b> One Brenton Street, Richmond	804 329 7272
<b>Hanover Adult Center</b> 7231 Stonewall Parkway, Henrico	804 746 0743
<b>Interfaith Adult Day Health Care, Inc.</b> 201 Walnut Boulevard, Petersburg (Serves the Greater Petersburg area)	804 732 3919
<b>Lucy Corr Village</b> 6800 Lucy Corr Blvd., Chesterfield	804 706-5657
<b>Mary Carter Beacon House for Elderly and Handicapped</b> 142 East Wythe Street, Petersburg (Serves the Greater Petersburg area)	804 861 1890
<b>South Richmond Adult Day Care Center</b> 1500 Hull Street, Richmond	804 231 9306

### CHILD CARE - LICENSED LISTINGS

For a listing of licensed family care homes and centers, contact the following agencies:

**Families First/Faith Fellowship Ministry of Virginia, Inc.**  
8 East Broad Street, Richmond (Nanny Services) 804 649-0773

#### Child Savers - KidCare Program

Offers a referral list of full-time day care based on a sliding scale fee. Provides information on summer day care and licensed and unlicensed family and child care centers. Parents can also receive information about looking for quality child care.

200 North 22<sup>nd</sup> Street, Richmond

804 343-2703 or 644-9590 #3017

#### Richmond Regional Licensing Office

Provides a listing of licensed family day care homes and licensed day care centers at no charge.

Virginia Department of Social Services

804 662 9743

### CHILD DAY CARE CENTERS

Affordable child care is available on a sliding scale fee and through scholarships at the following centers:

**Bellemeade Community Center**



Provides a summer program for school age children.

1800 Lynhaven Avenue, Richmond

804 646 8235

**Discovery World Day Care**

Ages 2-12.

123 Elliserle Avenue, Colonial Heights

804 520 1590

**For Kids Only**

Provides reduced-fee day care services for children up to 12 years of age who are referred by the New Kent and Charles City Department of Social. Serves New Kent, Charles City and Henrico.

2701 New Kent Highway, Quinton

804 932 3873

**First Baptist Church**

Provides pre-school child care for children ages 1-5 from 9:00 a.m. to noon.

2709 Monument Avenue, Richmond

804 355 8637

**Foot Prints**

Ages 2-12.

244 Purdy Road, Emporia

434 634 2390

**Friends Association for Children**

Provides child care for children 2-12 years of age. Administers the Metro Day Care Scholarship Program, fully funded by United Way Services. Weekly scholarship subsidies to working parents assist with the costs of infant, toddler, preschool and school.

929 North 26<sup>th</sup> Street, (Robert Tyler Child Care Center)

804 565 5880

1004 St. Johns Street, Richmond

804 644 2357

2700 Bensley Commons Blvd. Chesterfield (Mary Tyler McClenahan Center)

804 271 0590

**Head Start - The Improvement Association**

Age 3. Serves Brunswick, Emporia, Greenville, Surry and Sussex.

434 634 2490 Ext. 231 or 232

**Hope Community Services**

Head Start, Goochland

434 315 8990 #2

**James Child Development**

Ages 6 weeks - 13 years.

4224 Branchester Parkway, Prince George

804 452 2200

**Jewish Community Center**

*Pre-School Program:* Offers day care for children 2 years old up to age 5 but not in kindergarten.

*Kids Place Program:* After-school care for children 5 to 12. Full year program

*Summer Camp program* for pre-schoolers Scholarships are available.

5403 Monument Avenue, Henrico

804 285-6500

**Kids Around Child Care - Hopewell**

Ages 6 weeks - 12 years.

1713 Dinwiddie Avenue, Hopewell	804 541 1500
<b>Little School Day Care Center</b> Ages 2 - 10 years. 3608 Oaklawn Boulevard, Hopewell	804 541 3000
<b>Monumental United Methodist Church Day Care</b> Ages 6 weeks - 13 years. 300 South Hampton Street, Emporia	434 634 2313
<b>Peter Paul Development Center</b> Offers after school care for children ages 8-12. 1708 North 22 <sup>nd</sup> Street, Richmond	804 780 1195
<b>Powhatan - Goochland Community Action Agency</b> (Head Start Program) 3930 Anderson Highway, Powhatan	804 598 3351
<b>Precious Moments</b> Ages 6 months - 12 years. 213 Terminal Street, Hopewell	804 458 0346
<b>CDI Head Start</b> Offers a Head Start program for children ages 3 to 4 from New Kent and Charles City County. No fee. Charles City	804 226 9870
<b>Sacred Heart Center</b> Serves children ages 3 to 5 years. 1400 Perry Street, Richmond	804 230 4399
<b>Southside Day Nursery</b> Provides pre-school day care, before and after school care and summer camp program. for ages 2 to 12. 1420 McDonough Street, Richmond	804 232 7142
<b>VCU Child Development Center</b> Serves children ages 16 months to 5. Priority is given to individuals affiliated with the university.. 1128 Floyd Avenue, Richmond	804 828 7377
<b>William Byrd Community House</b> Preschool 3-5, after school care , teen program and summer camp programs. 224 South Cherry Street, Richmond	804 643 2717
<b>Woodlawn Learning Center</b> Ages 3 and 4. Must be enrolled in Head Start or the Virginia Pre-School Program through Hopewell Public Schools. 1100 Dinwiddie Avenue, Hopewell	804 541 6414

## YMCA

Offers before and/or after school care. In some situations, fees are reduced based on the family's income. Each YMCA serves certain schools.

<b>Chester</b> - Chesterfield, Before and after school, Preschool half day and summer camp.	804 748 9622
<b>Chickahominy</b> - Henrico, After school only.	804 737 9622
<b>Downtown</b> Before and after school only.	804 783-9622
<b>Emporia</b> - Before and after school only.	434 348 9622
<b>Goochland</b> - Before and after school & summer.	804 556-9887
<b>Hanover Patrick Henry</b>	804 798-0057
<b>Manchester</b> - Chesterfield, Before and after school & summer.	804 276 9622
<b>Midlothian</b> - Chesterfield, Before and after school & summer.	804 379 5668
<b>Northside</b> Richmond	804 329-9622
<b>Patrick Henry</b> - Ashland, after school.	804 798 0057
<b>Powhatan</b> - Before & after school & summer camp.	804 598 0250
<b>Shady Grove Family Branch</b> - Henrico, Preschool half day, after school & summer camp.	804 270 3866
<b>Southside YMCA</b> - Petersburg, Preschool half day, before and after school, & summer camp.	804 733 9333
<b>Tuckahoe Branch</b> - Henrico, Before and after school & summer camp.	804 740 9622

## YWCA Children's Center

Provides child care throughout the day

Serves ages 3-5 (Must be potty trained) 804 643 6761