

Hampton Roads Workforce Council	461-7537
Integrity Staffing Services	420-0555
Job Corps	466-3202
Step-Up, Inc	588-3151
Tidewater Builder's Association (TBA)	420-2434
Urban League of Hampton Roads	627-0864
Virginia Employment Commission	558-4455

#### Las Bibliotecas

Central Library	410-7100
Dr. Clarence V. Cuffee Library	410-7036
Greenbrier Library	410-7061
Indian River Library	410-7003
Major Hillard Library	410-7078
Russell Memorial Library	410-7020
South Norfolk Library	410-7048

#### Médico

<b>Clinicas</b>	
Chesapeake Care Free Clinic (Medical and Dental)	545-5700
Crisis Pregnancy Clinic of Tidewater	410-9703
Hampton Roads Community Health Center (Norfolk)	533-9108
Hampton Roads Community Health Center (Ports.)	393-6363
Old Dominion Dental Clinic (Dental Cleanings only, No Medicaid)	683-4308
Southeastern Community Health Center	228-1288
Virginia League for Planned Parenthood	499-7526

<b>Hospitales</b>	
Bon Secours DePaul Medical Center	889-5000
Bon Secours Maryview Medical Center	398-2200
Chesapeake Regional Medical Center Mother Baby Unit	312-8121 312-6159
Children's Health Line	668-7500 or 1-800-395-2453
Children's Hospital of The King's Daughters	668-7000
Sentara Leigh	261-6000
Sentara Norfolk General	388-3000
Sentara Virginia Beach General Hospital	395-8000

<b>Medicaid y HMOs</b>	
Anthem Health Keepers Plus	1-800-901-0020
Medicaid	1-877-267-2323 or 1-866-873-2647
Optima Family Care	1-800-881-2166

<b>Cuidado De los Ojos y Deloído</b>	
Eye Care America (glasses for seniors)	1-800-222-3937
Lions Quest (vision and hearing)	1-800-446-2700
New Eyes for the Needy	1-973-376-4903
Vision USA (exam only)	1-800-766-4466
(someone in household must be working and cannot have insurance)	

#### Los Militares/Veteranos

Force Aid Society	1-703-972-2650
Army Emergency Relief	1-866-878-6378
Exceptional Family Members Program	1-800-342-9647
Family Advocacy (Fleet & Family Support Ctr. at Portsmouth)	953-7801
Fleet & Family Support Center at Little Creek	462-8663

Fleet & Family Support Center North West Annex	421-8770
Hampton VA Veteran Affairs Medical Center	722-9961
Navy-Marine Corp Relief Society	953-5956
TCC Veteran Services	822-5298
VA Veteran Family and Veteran Support	224-5208
Virginia Department of Veterans Services (Disability/Benefits Claims)	455-0814

#### Programas Para Los Jovenes (Cliente Residencial y Externo)

Magellan IACCT Required for residential placement requests (Medicaid Only) - <a href="http://magellanprovider.com">http://magellanprovider.com</a>	
The Barry Robinson Center (In Home, Tricare)	455-6100
Tidewater Youth Services Commission	488-9161
TYSC Crisis Intervention Homes (Boys Facility)	397-6690
(Girls Facility)	306-1840

#### Servicios Del Seguro Social

National Number	1-800-772-1213
Norfolk-5850 Lake Herbert Dr.	1-866-858-6089
Portsmouth-3305 Airline Blvd.	1-866-593-8851

#### Servicios Para Abuso De Sustancias

AL-ANON-ATEEN (families of alcoholics)	563-1600
Alcoholics Anonymous	490-3980
American Addiction Centers	1-888-380-9374
Chesapeake Substance Abuse Services	547-9334
Crisis Intervention/Emergency Services only	548-7000
Kempsville Center	461-4565

#### Grupos De Apoyo

Alzheimer's/Alzheimer's Caregiver Support	459-2405
Brain Injury Association of Virginia, Inc.	1-800-444-6443
CHADD (Child and Adults with Attention Deficit Hyperactivity Disorder)	1-800-233-4050
CHKD SibShops	668-7273
Grandparents as Parents	1-818-264-0880
Grandparents Raising Grandchildren	434-5162
Health Department Caregivers Support Group	382-8653
National Alliance on Mental Illness (NAMI)	499-2041

#### Servicios De Transportación

Go To Work Virginia	1-804-548-4300
Health Keepers Transport (5 day notice)	1-877-892-3988
HRT	222-6100
HRT paratransit	455-8010
Optima (Sentara) Cab (5 day notice)	1-877-892-3986
Straight Medicaid Cab (5 day notice)	1-866-386-8331
VA Premier Transport	461-0064

#### Recursos Accesible Via Internet

<a href="http://www.757Resources.com">www.757Resources.com</a>
<a href="http://www.ABBAlist.org">www.ABBAlist.org</a>
<a href="http://www.bankon.org">www.bankon.org</a>
<a href="http://www.chesapeakeRUready.com">www.chesapeakeRUready.com</a>
<a href="http://www.CIBHPrevention.com">www.CIBHPrevention.com</a>

[www.cityofchesapeake.net](http://www.cityofchesapeake.net)  
[www.parentsineedhr.org](http://www.parentsineedhr.org)

#### WIC (Prenatal y Postnatal Asistencia Nutricional)

Great Bridge	382-8608
South Norfolk	382-2651

#### Programas Para Jovenes y Adolescentes

4-H Program	382-6348
Boy Scouts of America	497-2688
Boys & Girls Club of Southeast Virginia: Thurgood Marshall Unit	545-7263
Truit Unit	494-7949
Chesapeake Integrated Behavioral Healthcare	547-9334
Chesapeake Parks, Recreation and Tourism Administration	382-6411
Chesapeake Parks, Recreation and Tourism Centers: Camelot	485-7400
Deep Creek	487-8841
Dr. Clarence V. Cuffee	648-8549
Great Bridge	382-6292
Indian River	424-4238
River Crest	436-3100
South Norfolk	543-5721
Western Branch	465-0211
Community Programs, Division of Human Services	382-2226
Girl Scouts of Colonial Coast	547-4405
NextGen Pathways	233-8686
Together We Can	288-3231
Triple R Ranch	421-4177
VOLUNTEER Hampton Roads	624-2400
YMCA:	
Great Bridge/Hickory Family YMCA	546-9622
Greenbrier Family YMCA	547-9622
Greenbrier North YMCA	366-9622
Taylor Bend Family YMCA	638-9622
Youth Fire Intervention Program	966-7548



Para mas informaciones, llama:

Centro De Contacto Para Los  
Clientes : 382-CITY (2489)

Informacion: 211

Línea Directa Para Crisis De  
Alojamiento 587-4202 or

[www.ABBAlist.org](http://www.ABBAlist.org)

Updated February 2020

# Guia de Recursos: La Ciudad de Chesapeake

*conectando  
ciudadanos  
con nuestros  
recursos.....*



HELPING YOUTH SUCCEED

[www.chesapeakeRUready.com](http://www.chesapeakeRUready.com)

Departamento De Salud De Chesapeake	
Baby Care	382-8652
Car Seat Program	382-8652
Family Planning	382-8631
Great Bridge	382-8600
Immunization Clinic	382-8609
STD Clinic	382-8617

#### Cuidado De Salud Tratando Problemas De Comportamiento

Numero Principal	547-9334
Mental Health Services, Substance Abuse Services, Intellectual Disability Case Management Services and Day Support Services, Residential Services, Prevention Programs, Parenting Programs	
Emergency Services	548-7000
Infant & Toddler Early Intervention Program	547-8929

#### Escuelas Publicas De Chesapeake

Adult Education Center (GED, ESOL)	482-5680
Office of Family & Community Engagement	482-5923
Preschool Intake	494-7600
Student Enrollment Registration	547-0545

#### Servicio Social De Chesapeake

Numero Principal	382-2000
<a href="http://www.commonhelp.virginia.gov">www.commonhelp.virginia.gov</a>	

**Benefits Program:** Childcare, Food Stamps, Fuel Assistance, General Relief, Medicaid, State/Local Hospitalization (SLH), Temporary Assistance to Needy Families (TANF)

**Medical Insurance:** Family Access to Medical Insurance Security (FAMIS), Medicaid

Adult Protective Services	382-2008
After Hours Adult Protective Services	1-800-552-7096
After Hours CPS Emergencies	1-800-552-7096
Child Protective Services	382-2020

**Services Division:** Adoption, Adult Protective Services, Child Protective Services, Foster Care

Virginia Initiative for Employment Not Welfare (VIEW)	382-2312
Welfare to Work Programs: JOBSWORK	382-2161

#### Adultos 55 Años y Mas

55 Plus Information	382-2268
Advanced Care Planning	325-9400
Chesapeake Parks, Recreation, and Tourism	382-6411
City Call Center	382-2489
Healthy Grand Families Program	434-5162
I-Ride Transportation Service	222-4513
Long-term Care Ombudsman	461-9481 ext. 542
Meals-on-Wheels	312-6458
Medicare Help	222-4512
Senior Navigator	866-393-0957
Senior Services of Southeast Virginia	461-9481
Visiting Physicians Association	853-1380

#### Servicios Para Los Abusados

<b>Adulto</b>	
Adult Protective Services	382-2008
After Hours Adult Protective Services	1-800-552-7096
Family Violence and Sexual Assault Hotline	1-800-838-8238
Help and Emergency Response (HER) Shelter	485-3384
Legal Aid Society of Eastern Virginia	627-5423
Samaritan House/Safe Harbor	631-0710
Victim Witness Program	382-6417
YWCA-Women in Crisis 24-Hour Hotline	251-0144

<b>Niño/Niña:</b>	
After Hours CPS Emergencies	1-800-552-7096
CASA	382-8183
Champions for Children	440-2749
Child Protective Services	382-2020

#### Facturas/Recurso Financial

BankOn	bankonhr.org
Catholic Charities Financial Assistance Program	484-0703
Chesapeake Department of Human Services	382-2000
Help and Emergency Response (H.E.R.)	485-3384
House of Blessing	547-9341
Housing Crisis Hotline	587-4202
Portsmouth Area Resources Coalition (PARC)	397-5208
Salvation Army	543-8100
S.T.O.P. Inc.	858-1360

#### La Pensión Alimenticia y Asistencia Legal

Child Support Enforcement	1-800-468-8894
Legal Aid Society of Eastern Virginia Central Intake	1-866-LEGL-AID

#### Clases

Health, Nutrition, and Youth Development	
Virginia Cooperative Extension	382-6348
Smoking Cessation – Quit Now VA	1-800-784-8669
Clase sobre como criar los niños	

Catholic Charities	533-5217
Chesapeake Department of Human Services	382-2000
Chesapeake Fathers in New Directions Program	382-2092
Children First	382-2226
Children's Hospital of The King's Daughters	668-9304
Healthy Grandfamilies Program	434-5162
National Alliance on Mental Illness (NAMI)	499-2041
Nurturing Parent & S.T.E.P. (CIBH)	819-6168
Office of Family & Community Engagement	482-5923
Seton House (classes for teens and parenting teens)	306-1840

<b>El embarazo</b>	
Breastfeeding Counselor	382-8604
Childbirth/Lamaze Classes (Optima/Sentara)	1-800-736-8272
CHIP of SHR	543-9100
Public Safety Community Outreach	
Chesapeake Fire Department	382-6297
Crime Prevention Unit	382-6189

#### Asesoramiento/Terapia

Catholic Charities	467-7707
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Chesapeake (CIBH) Crisis Line 24 hours	548-7000
Chesapeake (CIBH) Mental Health	547-9334
CHKD – Hope	668-HOPE (4673)
Coordinated Crisis Response	251-0144
Crisis Pregnancy Center of Tidewater	410-9703
Eden Counseling Center	466-3336
EDMARC Grief Counseling/Hospice for Children	967-9251
Family Insight	233-0003
Family Preservation	455-8300
Jewish Family Services	459-4640
Keim Centers	499-4444
Kempsville Center	461-4565
LGBT Life Center	640-0929
Lutheran Family Services	722-4707
Mediation Center for Hampton Roads	624-6666
National Counseling Group	325-9570
Regent Psychological Services	352-4488
The Barry Robinson Center	455-6100
The UP Center	622-7017
Therapeutic Interventions	827-2923
Tidewater Pastoral Counseling Services	623-2700
Tidewater Youth Services Commission	488-9382
Virginia League for Planned Parenthood	499-7526

#### El Tribunal/La Corte

<b>El Distrito:</b>	382-3000
Civil, Criminal, Deeds & Records, Marriage License, Notaries, Probate Will	
General:	382-3100
Traffic, Criminal, Civil	
Juvenile & Domestic Relations Court	382-8100
Juvenile Intake, Probation and Parole	382-8150
Mediation Information (Juvenile Court)	382-8133
Victim Witness Program	382-6417

#### Informaciones Para Personas Con Discapacidades

Autism Society of America (Tidewater chapter)	461-4474
Chesapeake Parks, Recreation & Tourism Program	382-1328
Chesapeake Public Schools Parent Resource Center	482-5923
Chesapeake Public Schools Preschool Intake	494-7600
CHKD Care Connection for Children	668-7132
Dept. of Aging and Rehabilitative Services	1-800-552-5019
Endependence Center, Inc.	461-8007
Goodwill Industries	424-1515
Infant & Toddler Early Intervention Program	547-8929
National Brain Injury Center	1-800-444-6443
Social Security/SSI/SSDI	1-800-772-1213
The Hitching Post Education Center	606-0756

#### Educacion/Preescolar Educacion

Chesapeake Department of Human Services	
Early Child Care Program Coordinator	382-2322
Chesapeake Preschool Initiative	842-4099
Child Care Aware of Virginia	1-804-285-0846
Children's Harbor	622-0900

Head Start (Main)	673-0548
Social Services – Child Care	382-2264

#### Emergencia

Animal Control	382-8080
Chesapeake (CIBH) Mental Health Crisis	548-7000
Crime Prevention Unit	382-6189, 382-6223 or 382-6194
Emergency Police/Fire/Ambulance (non-emergency 382-6161)	911
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Virginia Poison Control	1-800-222-1222

#### Puntos De Distribución De Alimentos/Comidas

Food Bank of Southeastern Virginia	627-6599
See Abbalist.org	
We Care Resource Center (Breakfast and Lunch)	937-8740

#### Programas De Asistencia En Casa

Chesapeake Baby Care	382-8652
CHIP of SHR	543-9100
Comfort Home Health	312-6460
Resource Mothers – The UP Center	397-2121
Therapeutic Interventions	827-2923

#### Alojamiento

Chesapeake Redevelopment & Housing Authority (CRHA)	523-0401
Housing Crisis Hotline	587-4202
Norfolk Redevelopment & Housing Authority (NRHA)	623-1111
Portsmouth Redevelopment & Housing Authority (PRHA)	399-5261
S.T.O.P. Inc.	858-1360
Suffolk Redevelopment & Housing Authority (SRHA)	539-2100
Virginia Housing Development Authority (VDHA)	1-877-843-2123
Virginia Supportive Housing	1-804-788-6825

#### Alojamiento/Asistencia En Crisis

CAST	321-9353
Chesapeake We Care Resource Center	937-8740
Help and Emergency Response (HER) Shelter	485-3384
Housing Crisis Hotline	587-4202
NEST	823-1622
Planning Council (Homeless Prevention Program)	211
Portsmouth Area Resources Coalition (PARC)	397-5208
Seton Youth Shelters (Boys Facility)	498-4673
(Girls Facility)	306-1840
Union Mission	627-8686

#### Cuidados Agudos Para Jovenes Hospitalizados

Kempsville Behavioral Health	461-4565
Newport News Behavioral	888-0400
Harbor Point Behavioral Health	393-0061

#### Trabajo/Entrenamiento Para Trabajo

Goodwill Industries	424-1515
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