



Building Bridges to New Beginnings

Employment Guide

*Your Journey to
Sustainable Employment*

United Way of Greater Richmond &
Petersburg's Information & Referral

A provider of 2-1-1 Virginia

2-1-1 or 804-275-2000
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 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 United Way of Greater Richmond & Petersburg's (2-1-1 Center) or search our Internet database 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 3000 health and human service programs -- one of which may be able to help you. A trained information and referral specialist 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 2-1-1 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 United Way of Greater Richmond & Petersburg's (2-1-1 Center).

When you contact the (2-1-1 Center), 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 Dial
2-1-1 toll-free 800 230 6977
or Search the Internet for 2-1-1 Virginia**

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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 (GED Program)

Charles City	804 652-4612	Hopewell	804 733 2670
Chesterfield	804 768 6140	Henrico	(Eastern) 804 328 4095 (Western) 804 527-4660
Colonial Heights	804 733 2670	New Kent	804 966 9671
Dinwiddie	804 733 2670	Petersburg	804 733 2670 or 1-800 321-6081
Emporia	804 733 2670	Powhatan	804 598 5710
Greensville	804 733 2670	Richmond	804 780 8311
Goochland	804 556 5615	Surry	804 733 2670
Hanover	804 723-3460	Sussex	804 733 2670

COLLEGES AND UNIVERSITIES

Averett College	804 673-9670
Baptist Theological 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 6249
Saint Leo University	804 861 9634
Richmond Virginia Seminary	804 780 0103

Samuel Dewitt School of Theology	804 257 5715
Strayer University	
Glen Allen	804 527 1000
Midlothian	804 763 6300
Union Presbyterian Seminary	804 355 0671
University of Richmond	804 289 8000
University of Virginia - Richmond Center (Continuing Education)	804 662 7464
Virginia Commonwealth University	804 828 1222
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. If you live in any of the counties of Dinwiddie, Emporia/Greenville, Surry, Sussex or Cities of Colonial Heights or Hopewell or Petersburg contact the District 19 Community Services Board 804 862 8003 #0

Charles City	804 727-8515	Henrico	804 727-8515
Chesterfield	804 748-1227	New Kent	804 727 8515
Goochland	804 556-5400	Powhatan	804 598 2200
Hanover	804 365 4222	Richmond	804 819 4000

Richmond Goodwill Industries

Serves as a comprehensive workforce center for all people.

65 Crater Circle Road Petersburg	804 451 1772
1211 Alverser Dr. Midlothian Chesterfield	804 419 5863
5270 Chamberlayne Rd. Richmond	804 261 0091
6301 Midlothian Turnpike, Richmond (all areas to sign up for services)	804 745 6300
7147 Brand 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	804-934-4570
Petersburg	100 Polar Drive, Petersburg	877 803-6322
Richmond	5360 South Laburnum Ave., Richmond	866 218-2307
	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/Greensville	434 634 6576	Prince George	804 733 2650
Goochland	804 556 5880	Richmond	
		701 North 25 th Street	804 646 7212 or
		900 East Marshall Street	3-1-1
		4100 Hull Street	(All locations)
Greensville	434 634 6576	Surry	757 294 5240
Hanover	804 365-4100	Sussex	434 246 1083
Henrico	804 501 4001		

Virginia Department of Rehabilitative Services

Provides employment training and other services for the disabled.

7333 Whitepine Road, Chesterfield	804 714 2021
1601 Willow Drive Suite 378, Henrico	804 662 7123
2795 South Crater Road Suite 1, Petersburg	804 863 1625
2930 West Broad Street Suite 15, Richmond	804 367 0175
8004 Franklin Farms Drive	804 662 7190

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
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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
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Capital Region Workforce Center (Resource Workforce Center)

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

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

Crater District 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 Seylor Drive, Petersburg	804 732 7020
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Goochland Free Clinic & Family Services

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

3001 River Road West, Richmond 804 556 6260

Henrico Employment Transition Center

Provides job training and job assistance and placement center. Serves as a comprehensive workforce center for all people. Closing in Sept 2011

4060 Innslake Drive Glen Allen 804 273 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

Offender Aid and Restoration

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

1 North Third Street, Suite 200, Richmond 804 643 2746

114 North Union St., Petersburg 804 862 6414

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.

Adult Career Development Center 119 Leigh St. 804 288 9930

Appomattox Regional Library 209 East Cawson St. Hopewell 804 288 9930

Chesterfield Adult Education Center 10101 Courthouse Road 804 288-9930

Colonial Heights High School 3600 Conduit Rd. Colonial Heights 804 288 9930

Richmond Public Library, (Main) First & Franklin Richmond 804 288 9930

Salvation Army 1228 South West St. Petersburg 804 288 9930

Goodwill of Central Virginia

A comprehensive workforce center who also serves 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 resume preparation.

65 Crater Circle Road Petersburg 804 451 1773

5270 Chamberlayne Rd. Richmond 804 261 0091

6301 Midlothian Turnpike, Richmond (all areas to sign up for services) 804 745 6300

7147 Brand Run Drive Mechanicsville 804 559 1798

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

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

Virginia Employment Commission

Services available to job seekers includes information for applying for unemployment benefits, 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)

8093 Elm Drive Mechanicsville

804 559 3133

To file a new claim:

1-866-832-2363

Weekly claims:

1-800-897-5630

Workforce Development Division

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

701 North 25th St., Richmond

804 646 7491

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 (229)

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
8000 Franklin Farms Drive, Richmond

804 520 8744 or 877 422 9045
804 379-4505 or 877 422-9045

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	804 246-1083

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, 8:30 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

1:00 pm - 4:00 p.m. Tues. & Wed.

120 East Washington Street, Petersburg 804 861 6191

Church Hill Christian Wellness Center

Must live in the East End

2011 Fairmount Avenue, Richmond 804 780 0053

East District Family Resource Center

10:30 a.m.-12:00 noon Monday & Wednesday

2405 Jefferson Ave., Richmond 804 644-4496

First Baptist Church

Monday and Wednesday, and Saturday 10:00 a.m. - 12:00 Noon (ID required)

2709 Monument Avenue (Park Avenue side), Richmond 804 353 2181

First Baptist Church

Monday, Wednesday and Friday 10:30 a.m. - 1:00 p.m.

236 Harrison Street, Petersburg 804 732 2841

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. - 2:00 p.m.

Call for information and screening 804 257 7730

Goochland Free Clinic & Family Services

Monday - Friday, 10:00 a.m. - 4:00 p.m. Saturdays 9:00 a.m.- 2 p.m.

2948 River Road, West, Goochland

804 556 6260

Goodwill of Central Virginia Thrift Store

Vouchers available through social service.

1500 Boulevard, Colonial Heights

804 520 7122

Monday thru Saturday 9:00 am to 8:00 pm Sunday 11am to 6:00 pm

Hanover Safe Place

Restricted to domestic violence situations.

629 A North Washington Highway, Hanover

804 752 2702

Our Lady of Lourdes Human Concerns Ministry (Laura's Closet)

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

Serves West End and Henrico residents.

820 Woodman Road, Henrico

804 262 7315

Pregnancy Resource Center of Metropolitan Richmond, Inc.

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

1510 Willow Lawn Drive Suite 200, Richmond

804 673 2020

Pregnancy Support Center of the Tri-Cities

Serves Petersburg and the surrounding areas.

1360 E. Washington Street, Petersburg

804 861-5517

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, Emporia city limit area

434 634 2905

Something For Nothing

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

3402 Skipping Rock Way, Richmond

804 437 4113

Flexible hours. Located in Chesterfield

South Richmond Baptist Center

700 East Belt Boulevard, Richmond

804 232 0174

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 - 8:30 a.m. - 1:30 P.M. Monday - Thursday.

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 Thursday 9:30AM and Tuesday at 1:00 PM.

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.- 2:00 p.m. Monday-Friday

Call for information and screening 804 257 7730

Goochland Free Clinic and 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, clothes, and health services. Monday- Friday 8:30 a.m.-4:00 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, 8:30 a.m. - 5:00 p.m.

541 South Sycamore Street Petersburg 804 957-9601

Hope Center

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

Tuesday & Thursday 10:00 a.m. - 11:30 a.m. and 1:00 p.m. - 2:00 p.m.

817 Commerce Street 804 722-0057

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.- 3:00 p.m.

8600 Dixon Powers Drive, Henrico 804 501 5294

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 10:00 a.m. - 1:00 p.m on the 2nd and 4th Thurs.

12025 Courthouse Circle Suite 300, New Kent

804 966 8720

Rent or mortgage

540 368 2484

Richmond, CAPUP, Capital Area Partnership Uplifting People

Serves the City of Richmond and Petersburg area. 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

Saint Paul's Episcopal Church

Serves the City of Richmond. Provides financial assistance for rent or utilities when funds are available, 9:00 a.m. - 4:00 p.m.

815 East Grace Street, Richmond

804 643 3589 #5416

Salvation Army

Serves the Greater Richmond area. Provides financial assistance for rent and utilities when funds are available. Call on Mondays 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 after 2:00 p.m. on Monday. Appointments are set up for Mon. afternoon, Tues., Wed., or Fri.

1228 South West Street, Petersburg

804 732 8449

Monday morning 8:30 a.m.

Samaritan Helping Hands Home

Provides financial assistance for electric and water bills (one month). Services the Emporia City area.

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. **Availability of funds vary.**

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 th Street	804 646 7212 or 3-1-1
900 East Marshall Street	804 646 7212 or 3-1-1
4100 Hull Street	804 646 7212 or 3-1-1
Surry	757 294 5240
Sussex	434 246 1083

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

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

1-877-559-4328

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. Call on Mondays 9:00 AM. During the heating season for utility bills.

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 2-1-1 or 804 771-5853 for the latest information.



MEALS - Richmond

Location	Breakfast	Lunch	Dinner
Freedom House/Conrad Center @ Salvation Army 1400 Oliver Hill Way 216-9091	Mon - Fri 6:00 AM		Mon - Fri 5:30 P.M.
Friends of the Homeless 1006 Perry St. 804 275-5866		Sat. & Sun. 12:00 - 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 & Wed. 11:30 AM to 12:30 P. M	
2nd Presbyterian Church* 5 N. Fifth Street 649-9148		Mondays 11:45 to 12:45	
St. Peter's Catholic Church* 800 East Grace Street 643-4315		Tuesdays 11:45 to 12:30	
3rd Street Bethel, AME* 614 N. Third Street 643-8157		Wednesdays 10:30 to 1:00	
Centenary United Methodist* 411 East Grace Street 648-8319		Fridays 10:30 to 12:30	
Grace and Holy Trinity 8 North Laurel Street 359-5628 (closed in August)		Fridays 1:00 to 1:45 PM	
St. Paul's Episcopal Church* 815 East Grace Street 643-3589		Thursdays 10:30 to 12:30	
Sixth Mount Zion Baptist 14 W. Duval Street 648-7511		Fridays 11:00 to 1:00 (Sept-May)	

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 Baptist Church 630 Halifax Street		Friday Noon - 12:45	

804 732-6850		p.m.	
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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

Monday-Friday, 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 - Thursday, 8:30-1:30 p.m.
Will connect caller to a church that will assist them with food.

DINWIDDIE

Dinwiddie Social Service Department 804 469 4524
Monday - Friday, 9:00 a.m. - 5:00 p.m.
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
Thursday, 9:00 a.m. - 12:00 Noon (must be referred by social service agency)
3001 River Road West 804 556 6260

HANOVER COUNTY

ACES (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 804 364-4100

MCEF (Mechanicsville Churches Emergency Functions)

804 344 6590

Most referrals come through social service

WHEAT (Western Hanover Emergency Action Team)

(Serves western Hanover including communities of Beaverdam, Doswell, and Montpelier)

877 559 4328

HENRICO COUNTY

FISH

Serves people in Sandston, Highland Springs, Varina and Montrose Heights. Call for information and screening. 8:00 a.m.-2:00 p.m. Mon-Fri.

804 257 7730

Our Lady of Lourdes Human Concerns Ministry

Mon. & Thurs. 1-2:00 pm

8200 Woodman Rd. 804 262-7315

HOPEWELL

Petersburg Salvation Army

Must provide a picture ID, social security card, proof of income and additional information to support current address. Cannot receive food stamps. Open Wed. & Fri. 9a.m.-11 a.m.

1228 South West Street 804 452 0232

NEW KENT AND CHARLES CITY COUNTIES

Charles City Social Service

10600 Courthouse Rd., Charles city 804 966-8720

New Kent Social Service Department

12025 Courthouse Circle Suite 100, New Kent 804 966 1853

GREATER PETERSBURG AREA

Hope Center

817 Commerce St. 804 722-0057
Tuesday and Thursday, 10:00 a.m. - 12:00 noon and 1:00 p.m. - 2:00 p.m.

Salvation Army - Petersburg

Serves Colonial Heights, Dinwiddie, Hopewell, Petersburg and Prince George.

Monday & Friday, 9:00 a.m. - 11:00 am

1228 South West Street 804 732 8449

POWHATAN COUNTY

Powhatan Community Action Program

(Powhatan Department of Social Service)

Monday - Friday, 8:30 a.m. - 5:00 p.m.

3908 Old Buckingham Rd. Suite 2

804 598 5630

Contact the Powhatan Social Service Dept. to complete an application.

PRINCE GEORGE

Prince George Churches Outreach

Tues. & Fri. mornings 10:00 a.m.-2:00 p.m.

6400 Courthouse Road

Must apply in person.

804 733 1691

RICHMOND AREA

Bainbridge Community Ministries

Monday - Friday, 9:00 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 Christian Wellness Center

Second and fourth Thursday for residents living in 23223. People outside zip code of 23223 can call but must have a referral. Party is open Mon. - Fri. from 10:00 a.m.-2:00 p.m.

2011 Fairmont Avenue

804 780 0053

East District Family Resource Center

Mon. & Wed. 10:30 a.m.-12:00 Noon

2405 Jefferson Avenue

804 644 4496

First Baptist Church

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

2709 Monument Avenue

804 353 2181

Richmond, CAPUP , Capital Area Partnership Uplifting People

Call for hours of operation.

1021 Oliver Hill Way, Richmond

804 788 0050

Richmond Outreach Center

Tues. & Thurs. 11:00 a.m.-1:00 p.m for English speaking people and Tues. & Thurs. 11:00 a.m.-1:00 p.m. for people who speak Spanish. People who attend the church services on Saturday can also receive food.

5501 Midlothian Turnpike

804 675-4101

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

804 643-3589

South Richmond Baptist Center

Every third and fourth Thursday of the month from 1:00 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

Food is provided the second and fourth Saturday of the month from 9:00- 10:00 a.m. until food runs out.

520 North Boulevard, Richmond

804 358 4771

United House of Prayer for All People

Wednesday, 1:00 p.m. - 7:00 p.m. Must have a referral from social service.

926 Chimbarazo Blvd

804 236 1000

William Byrd Community House

Monday, and Thursday, from 9:30 a.m. -3:00 p.m.

224 South Cherry Street

804 643 2717.

SUSSEX**Sussex Social Service Department**

20103 Princeton Road

434 246-1083

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

Bon Secour Saint Joseph Outreach

800 Brook Road, Henrico

804 264 2986

Charles City County Health Department 7501 Adkins Road, Charles City	804 829 2490
Chesterfield/Colonial Heights Health Department 9501 Lucy Corr Circle, Chesterfield	804 751 4908
Crossover Health Center (Main Office) 108 Cowardin Avenue, Richmond Provides medical and dental services. Hours vary at each clinic.	804 233 5016 Ext.320
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
Dinwiddie Health Department 14006 Boydton Plank Road	804 469 3771
Fan Free Clinic 1010 North Thompson Street, Richmond Serves all areas.	804 358 8538
Goochland County Health Department 1800 Sandyhook Road	804 556 5343
Goochland Free Clinic & Family Services of Goochland 1800 Sandy Hook Road	804 556 5840
Greensville/Emporia Health Department 140 Uriah Branch Way	434 348 4235
Hanover County Health Department 12312 Washington Highway	804 365-4313
Hayes E. Willis Health Center 4730 North Southside plaza	804 230 7777
Henrico County Health Department 3810 Nine Mile Road, Henrico 8600 Dixon Powers Drive, Henrico	804 652 3190 804 501 4651
Hopewell Health Department	

220 Appomattox Street	804 458 1297
Hopewell & Prince George Health Clinic 4260 Crossings Boulevard, Hopewell Sliding scale fee	804 452-5800
Love of Jesus Health Clinic 10930 Hull Street Road, Midlothian, Chesterfield	804 674-7499
New Kent County Health Department 12007 Courthouse Circle, New Kent	804 966 9640
Petersburg Health Care Alliance Provides a health clinic for people living in Petersburg regardless of their ability to pay. 301 Halifax Street	804 957-9601
Petersburg Health Department 301 Halifax Street	804 863 1652
Prince George Health Department 6450 Administration Drive Monday - Friday.	804 733 2630
Powhatan County Health Department 3908 Old Buckingham Road Suite 1, Powhatan	804 598 5680
Richmond Area High Blood Pressure Center 1200 West Cary Street Mon.-Thurs. 8:00 - 5:00 p.m.	804 359 9375
Richmond Health Department Call for information about individual clinics and services.	804 205 3500
Stoney Creek Community Health Center 12454 Hartley Street Monday, Wednesday and Friday, 8:00 a.m. - 5:00 p.m. Tuesday and Thursday, 8:00 a.m. - 7:00 p.m.	434 246 6100
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 11th 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 25th Street

804 780 0840

Dental Clinic

804 253 1972

Virginia Health Care System (Financial Counseling), 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 11th Street, Richmond or 1200 East Marshall Street

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 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.**



have

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

American Red Cross - Southside Area Chapter

3267-A South Crater Drive, Petersburg

804 733 5711

Serves disaster victims

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. Must call Central Intake first. 804 648-4177
244 Halifax Street, Petersburg 804 861 0849

Central Intake (Catholic Charities)

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 single men, women and families

The Conrad Center
1400 Oliver Hill Way, Richmond
Monday - Thursday 9:00 AM -5:00 P.M. and Friday 9:00A.M.-3:00p.m. 804 648 4177

Safe Harbor

A shelter for women and their children who are in a domestic violence situation.
804 249-9470

Salvation Army- Men's Shelter

Emergency & transitional housing.
835 Commerce Street, Petersburg 804 433 1688

Samaritan Helping Hands Home

Provides one night of shelter for homeless or stranded travelers.
405 North Main Street, Emporia 434 336 1104

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.
804 643-0888 or 804 643-6761

Transitional Housing Programs

Daughters of Zelophehad, Inc.

Provides transitional shelter for women and children. Serves women 21 and older. The oldest child cannot be over 10 years
804 714 0007

Freedom House- Community Shelter

Provides a transitional shelter for men or women who are chronically homeless, or have been released from a correctional facility or a substance abuse program.
1201 Hull Street 804 232 1949

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. 804 344-0637

Family Enrich 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. This is a transitional program for people to learn life skills up to two years.

Men	804 358-7747
Veterans	804 358-7747
Women's transitional program)	804 262 0916
Women (Single)	804 358-7747

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.

8000 Brook Rd.	804 553 3258
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Hilliard House

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

Henrico County	804 236 5800
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Richmond Outreach Center

Transitional shelter for single men or women with substance abuse problems.

6255 Warwick Road, Richmond	804 675-4101
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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
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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	804 433-1688
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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

804 200 6046



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/Greenville	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 th Street	804 646 7212 or 3-1-1 #4
900 East Marshall Street	804 646 7212 or 3-1-1 #4
4100 Hull Street	804 646 7212 or 3-1-1 #4
Surry	757 294 5240
Sussex	434 246 1083

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

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	804 652-1601
Chesterfield Parks and Recreation	804 748 1623
Colonia Heights Parks & Recreation	804 520-9390
Dinwiddie Parks and Recreation	804 732 1100
Emporia-Greenville Recreation Association, Inc.	434 634 9400
Goochland Parks and Recreation	804 556 5854
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 Parks & Recreation	804 598-5612
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.

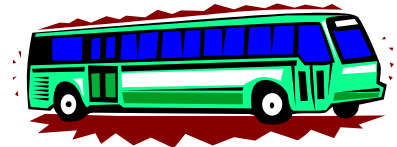
Chester, Chesterfield	804 748 9622
Chickahominy, Henrico	804 737 9622
Downtown Branch	804 644 9622
Emporia YMCA (no Bright Beginnings Program)	434 348 9622
James Center YMCA, Downtown Richmond	804 200 6070
John Rolfe Family YMCA, Henrico	804 360 8767
Manchester Branch	804 276 9622

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

Provides transportation services for any Chesterfield County resident who is disabled or over the age of 60, and who meets federal income guidelines regarding poverty levels.

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

Bay Transit

Provides transportation for individuals and families including seniors and disabled people.

Serves Charles City and New Kent Counties

804 966 8743

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.

804 520 9219

Crater District Area Agency on Aging

Provides transportation for the disabled and seniors.

804 732 7020 Ext. 404

Gochland Family Services

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

804 556 6260

Greater Richmond Transit Company

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

Richmond

804 358 GRTC
 804 358 4782

GRTC Specialized Transportation (CARES)

Serves people with disabilities in Henrico and Richmond. 804 782 2273

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

VOLUNTEER OPPORTUNITIES

The following agencies serve as a clearinghouse for volunteer opportunities:

Crater District Area Agency on Aging (Retired Senior Volunteer Program) 804 732-7020

Hands On Greater Richmond

volunteer@handsongreaterrichmond.org

804 330 7400

Hanover Department of Community Resources

804 365-4302

Henrico County Department of Community Resources

804 501-5231

Senior Connections (Retired Senior Volunteer Program)

804 343-3050

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

Alcoholics Anonymous (Hopewell)

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

TREATMENT**Alamo 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

5305 West Broad Street, Richmond

804 353-3585

Challenge Discovery Project, Inc.

Provides outpatient treatment.

719 North 25th Street, East Richmond

804 282 9100

1503 Santa Rosa Road, Henrico County

804 282 9100

Community Services Boards

Charles City

804 727-8515

Chesterfield

804 768-7318

Colonial Heights

804 520 7210

Dinwiddie

804 469 3746

Emporia

434 634 5181

Goochland/Powhatan

804 556 5400

Greensville

434 634 5181

Hanover

804 365 4222

Henrico

804 727-8515

Hopewell

804 541 8660

New Kent

804 966 5959

Petersburg

804 862 8002

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

Must come into the Center to make an appt. by 7:30 a.m. Mon. thru Friday

804 649-2119 Ext. 274

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)

804 447-0797

3800 Hermitage Road, Richmond (females)

804 264 2146

4500 Patterson Avenue, Richmond (males)

804 359 8663

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

7 Poe Street Richmond (males)

804 562-8195

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

Also contact your local mental health center.

7101 Jahnke Road, Richmond

804 323 8846

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.

Chesterfield County Domestic & Sexual Violence Resource Center

The center serves as a hub for Chesterfield County's coordinated response to domestic violence for county wide service providers and victims of domestic violence and/or sexual offenses. Callers are linked to appropriate professionals and available services in the community.

804 706-1272

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 Project Hope

Provides peer counseling on an individual and group basis, court advocacy and crisis intervention.
Serves Charles City and New Kent Counties 877 966-4357

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. 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.

804 643 0888

Non crisis line 804 643 6761

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	877 264 8484	Hopewell	804 862 8000
Chesterfield	804 768 7317	New Kent	877 264 8484
Colonial Heights	804 862 8000	Petersburg	804 862 8000
Dinwiddie	804 862 8000	Powhatan	804 598 2697
Emporia	804 862 8000		
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	877 264 8484		

Community Mental Health Agencies

Charles City	804 727 8515 or 966 5959
Chesterfield	804 768 7318
Colonial Heights	804 520 7210
Dinwiddie	804 469 3746
Goochland/Powhatan	804 556 5400
Greensville/Emporia	434 634 5181
Hanover	804 365 4222
Henrico	804 727-8515
Hopewell	804 541 8660
New Kent	804 966 5959
Petersburg	804 862 8002
Prince George	804 541 8660
Richmond	804 819 4000
Surry	757 294 0037
Sussex	804 834 2205

Other Counseling Agencies

Child Savers, Memorial Child Guidance Clinic (parent and child issues)	804 644 9590
Commonwealth Catholic Charities Henrico	804 285 5900
Jewish Family Services Henrico	804 282 5644 EXT. 234
United Methodist Family Services (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	Competitors
Philosophy	History
Recent news	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.

Abacus	804 353 7271
Atlantic Personnel Services Richmond	804 264 2646
Express Employment Professional Richmond	804 550-0200
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 Southside	804 648 6526
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. 7101 Forest Hill, Richmond	804 767 2521
1001 Boulders Parkway, Chesterfield	804 320 7404
Parham Healthcare & Rehab Richmond	804 264 9185
Preferred People Staffing Richmond	804 291- 9381
Randstad 3333 South Crater Road, Petersburg	804 732 0297
830 West Broad Street	804 266 5106
Select Staffing Tri-City, 400 B. Southpark Boulevard, Colonial Heights	804 526 5652
West End Richmond	804 358 1901
Spherion Richmond	804 935 6888
Staffing of Virginia, Inc. Richmond	804 644 1808

Staffmark
Richmond 804 285 8686

Welcome Homecare
Richmond 804 745 0054

Online Employment Sites
Employmentguide.com
Monster.com
Hotjobs.com
Richmondjobsonline.com
Timesdispatch.com
Jobs.virginia.gov
Vec.state.va.us
Careers.chesterfield.gov
www.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 or 866 542 8164

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 District 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 7020

Powhatan CAPUP, Capital Area Partnership Uplifting People , VA CARES Program

Provides job readiness training and job placement services to ex offenders.
3930 Anderson Highway, Powhatan and other counties. 804 598-3351 #102

Randstand

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

Refugee & Immigration Services

For refugees only.

1512 Willow Lawn Dr. Suite A

804 545 6289

Richmond Goodwill of Central Virginia

A comprehensive workforce center who also serves 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 resume preparation.

65 Crater Circle Petersburg

804 451-1772

5270 Chamberlayne Rd. Richmond

804 261 0091

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

804 745 6300

12220 Ironbridge Rd. Chester

804 768 1215

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 3020

Social Service Departments

Serves TANF (Temporary Assistance to Needy Families) recipients.

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

Powhatan

804 598 5630

Prince George

804 733 2650

Richmond

701 North 25th Street

804 646 7212 or 3-1-1

900 East Marshall Street

804 646 7212 or 3-1-1

4100 Hull Street

804 646 7212 or 3-1-1

Surry

757 294 5240

Sussex

434 246 1083

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
Must come in Mon.-Thurs. by 9:00 A.M.

804 649 8407

Virginia Employment Commission

Services available to job seekers include filling for unemployment, 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.

5240 Oaklawn Boulevard, Hopewell (Serves Grater Petersburg area)
8093 Elm Drive Mechanicsville

804 541 6548
804 559 3133 or 866 832 2363

Satellite Office: Unemployment Express office
4150 Meadowdale Blvd. Richmond

804 371 8050

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
315 West Main Street Waverly

434 634 2490 #229
434 634 2490

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.



Beth Sholom Life Care Community

1600 John Rolfe Parkway

804 421-5455

A Grace Place

8030 Staples Mill Road, Henrico

804 261 0205

Circle Center Adult Day Care Services

4900 West Marshall Street, Richmond

804 355 5717

Hanover Adult Center

7231 Stonewall Parkway, Henrico

804 746 0743

Interfaith Adult Day Health Care, Inc.

201 Walnut Boulevard, Petersburg (Serves the Greater Petersburg area) 804 732 3919

Lucy Corr Village

6800 Lucy Corr Blvd., Chesterfield

804 706 5657 or
804748-1511

Mary Carter Beacon House for Elderly and Handicapped

142 East Wythe Street, Petersburg (Serves the Greater Petersburg area) 804 861 1890

South Richmond Adult Day Care Center

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:

Child Savers, Memorial Child Guidance Clinic - 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 22nd Street, Richmond

804 644 9590 #3018

Virginia Child Care Resource & Referral Network

804 285-0846

CHILD DAY CARE CENTERS

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

CDI Head Start

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

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 of Greater Richmond & Petersburg. Weekly scholarship subsidies to working parents assist with the costs of infant, toddler, preschool and school.

929 North 26th 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. 236

Hope Community Services

Head Start, Goochland

434 315 8990 #233

James Child Development

Ages 6 weeks - 13 years.

4224 Branchester Parkway, Prince George

804 452 2200

Jewish Community Center

Offers day care for children 2 years old through kindergarten and after-school care for children 5 to 12. Scholarships are available.

5403 Monument Avenue, Henrico

804 288 6091

Kid Around

Ages 6 weeks - 12 years

2508 Grace Street, Hopewell

804 541-7002

Kids Around Child Care - Hopewell

Ages 6 weeks - 12 years.

1713 Dinwiddie Avenue, Hopewell

804 541 1500

Kid Zone

Ages 2-7.

300 Perrymont Road, Hopewell

804 458 5544

Little School Day Care Center

Ages 2 - 10 years.

3608 Oaklawn Boulevard, Hopewell

804 541 3000

Peter Paul Development Center

Offers after school care for children ages 8-18.

1708 North 22nd Street, Richmond

804 780 1195

Precious Moments

Ages 6 months - 12 years.

213 Terminal Street, Hopewell

804 458 0346

Sacred Heart Center

Serves children ages 3 to 5 years.

1400 Perry Street, Richmond

804 230 4399

Southside Child Development

Provides pre-school day care, after school care and day care during the summer months for ages 2 to 12.

1420 McDonough Street, Richmond

804 232 7142

VCU Child Development Center

Serves children ages 16 months to 5. Must be affiliated with the university or be a full-time student. Exceptions are made.

1128 Floyd Avenue, Richmond

804 828 7377

William Byrd Community House

Preschool 3-5, after school care and summer camps.

224 South Cherry Street, Richmond

804 643 2717

Woodlawn Learning Center

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.

Chester - Chesterfield,

Before and after school, Preschool half day and summer camp.

804 748 9622

Chickahominy - Henrico, After school and summer camp.

804 737 9622

Emporia - Before and after school, pre-school (3-4) and summer camp.

434 348 9622

Goochland YMCA, After school child care only.

804556-9887

Manchester- Chesterfield, Before and after school and summer camp.

804 276 9622

Midlothian- Chesterfield, Before and after school and summer camp.

804 379 5668

Patrick Henry- Ashland, after school and summer camp.

804 798 5770

Powhatan- Before & after school, pre-school (4-5), and summer camp.

804 598 0250

Shady Grove Family Branch- Henrico,

Preschool half day, after school and summer camp.

804 270 3866

Southside YMCA - Petersburg,

Preschool (3-4) half day, before and after school, and summer camp.

804 733 9333

Tuckahoe Branch- Henrico, Before and after school & summer camp.

804 740 9622

YWCA Children's Center

Provides child care throughout the day

Serves ages 2 ½ -5 (Must be potty trained)

804 643 6761 #119