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
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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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)

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

<table>
<thead>
<tr>
<th>Institution</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Averett College</td>
<td>804 673-9670</td>
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<tr>
<td>Baptist Theological Seminary</td>
<td>804 355 8135</td>
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<tr>
<td>Bluefield College</td>
<td>804 276 3788</td>
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<tr>
<td>Bon Secours Memorial School of Nursing</td>
<td>804 627 5300</td>
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<tr>
<td>Central Michigan University</td>
<td>804 327 9330</td>
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<tr>
<td>Central Texas College</td>
<td>804 733 9290</td>
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<tr>
<td>ITT Technical Institute</td>
<td>804 330 4992</td>
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<tr>
<td>J Sargeant Reynolds Community College</td>
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<td></td>
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<tr>
<td>Downtown Richmond Campus</td>
<td>804 371-3000</td>
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<tr>
<td>Goochland Campus</td>
<td>804 371 3000</td>
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<tr>
<td>Parham Road Campus - Henrico</td>
<td>804 371 3000</td>
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<tr>
<td>John Tyler Community College</td>
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<tr>
<td>Chester Campus</td>
<td>804 796 4000</td>
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<tr>
<td>Midlothian Campus</td>
<td>804 594 1400</td>
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<tr>
<td>Mary Baldwin College - Regional Center</td>
<td>804 282 9111</td>
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<tr>
<td>Randolph Macon College - Henrico</td>
<td>804 752 7200</td>
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<tr>
<td>Richard Bland College</td>
<td>804 862 6249</td>
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<tr>
<td>Saint Leo University</td>
<td>804 861 9634</td>
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<tr>
<td>Richmond Virginia Seminary</td>
<td>804 780 0103</td>
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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/Greensville, Surry, Sussex or Cities of Colonial Heights or Hopewell or Petersburg contact the District 19 Community Services Board 804 862 8003 #0

<table>
<thead>
<tr>
<th>County</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Charles City</td>
<td>804 727-8515</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>804 748-1227</td>
</tr>
<tr>
<td>Goochland</td>
<td>804 556-5400</td>
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<tr>
<td>Hanover</td>
<td>804 365 4222</td>
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<tr>
<td>Henrico</td>
<td>804 727-8515</td>
</tr>
<tr>
<td>New Kent</td>
<td>804 727 8515</td>
</tr>
<tr>
<td>Powhatan</td>
<td>804 598 2200</td>
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<tr>
<td>Richmond</td>
<td>804 819 4000</td>
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Richmond Goodwill Industries
Serves as a comprehensive workforce center for all people.

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<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Petersburg</td>
<td>65 Crater Circle Road</td>
<td>804 451 1772</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>1211 Alverser Dr.</td>
<td>804 419 5863</td>
</tr>
<tr>
<td>Richmond</td>
<td>5270 Chamberlayne Rd.</td>
<td>804 261 0091</td>
</tr>
<tr>
<td>Petersburg</td>
<td>6301 Midlothian Turnpike</td>
<td>804 745 6300</td>
</tr>
<tr>
<td>Mechanicsville</td>
<td>7147 Brand Run Drive</td>
<td>804 417 6700</td>
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Social Security Office

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Chesterfield</td>
<td>13564 Waterford Place, Midlothian</td>
<td>804 744 0227</td>
</tr>
<tr>
<td>Henrico</td>
<td>4212 Park Place Court Suite B Glen Allen</td>
<td>804-934-4570</td>
</tr>
<tr>
<td>Petersburg</td>
<td>100 Polar Drive, Petersburg</td>
<td>877 803-6322</td>
</tr>
<tr>
<td>Richmond</td>
<td>5360 South Laburnum Ave., Richmond</td>
<td>866 218-2307</td>
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<td></td>
<td>1834 West Cary St., Richmond</td>
<td>804 771 8125</td>
</tr>
</tbody>
</table>
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
1192 North 25th 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

Adult Education Center
Provides adult education, job readiness and awareness, GED preparation and skill training for Henrico County residents.
201 East Nine Mile Road, Henrico 804 328 4095

Capital 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 Willliamsburg 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
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 detailer is issued by the court and states that a court date has been scheduled regarding the delinquent rent. Failure to attend the court hearing means automatic default. Some agencies assist with mortgage payments but require a notice from the lender stating that you are behind on your mortgage payments.

BUDGETING

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

3701 Boulevard, Suite D, Colonial Heights 804 520 8744 or 877 422 9045
8000 Franklin Farms Drive, Richmond 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

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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
Flexible hours. Located in Chesterfield 804 437 4113

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/Greensville 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 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

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freedom House/Conrad Center @ Salvation Army 1400 Oliver Hill Way 216-9091</td>
<td>Mon - Fri 6:00 AM</td>
<td></td>
<td>Mon - Fri 5:30 P.M.</td>
</tr>
<tr>
<td>Friends of the Homeless 1006 Perry St. 804 275-5866</td>
<td>.</td>
<td>Sat. &amp; Sun. 12:00 - 12:30</td>
<td></td>
</tr>
<tr>
<td>2nd Baptist Church 1400 Idlewood Avenue 353-7682</td>
<td></td>
<td>Saturdays 10:00 -12:00</td>
<td></td>
</tr>
<tr>
<td>31st Street Baptist Church 823 N. 31st Street 226-0150</td>
<td></td>
<td>Mon - Fri 11:30 to 1:00</td>
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</tr>
<tr>
<td>Location</td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Dinner</td>
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</tr>
<tr>
<td>Trinity Baptist Church</td>
<td>Mon &amp; Wed. 11:30 AM to 12:30 P. M</td>
<td>2nd Presbyterian Church*</td>
<td>Mondays 11:45 to 12:45</td>
</tr>
<tr>
<td>2811 Fendall Avenue</td>
<td></td>
<td>5 N. Fifth Street</td>
<td></td>
</tr>
<tr>
<td>321-2427</td>
<td></td>
<td>649-9148</td>
<td></td>
</tr>
<tr>
<td>2nd Presbyterian Church*</td>
<td></td>
<td>St. Peter's Catholic Church*</td>
<td>Tuesdays 11:45 to 12:30</td>
</tr>
<tr>
<td>5 N. Fifth Street</td>
<td></td>
<td>800 East Grace Street</td>
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</tr>
<tr>
<td>649-9148</td>
<td></td>
<td>643-4315</td>
<td></td>
</tr>
<tr>
<td>St. Peter's Catholic Church*</td>
<td></td>
<td>3rd Street Bethel, AME*</td>
<td>Wednesdays 10:30 to 1:00</td>
</tr>
<tr>
<td>800 East Grace Street</td>
<td></td>
<td>614 N. Third Street</td>
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</tr>
<tr>
<td>643-4315</td>
<td></td>
<td>643-8157</td>
<td></td>
</tr>
<tr>
<td>Centenary United Methodist*</td>
<td>Fridays 10:30 to 12:30</td>
<td>Grace and Holy Trinity</td>
<td>Fridays 1:00 to 1:45 PM</td>
</tr>
<tr>
<td>411 East Grace Street</td>
<td></td>
<td>8 North Laurel Street</td>
<td></td>
</tr>
<tr>
<td>648-8319</td>
<td></td>
<td>359-5628 (closed in August)</td>
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<tr>
<td>Grace and Holy Trinity</td>
<td></td>
<td>St. Paul's Episcopal Church*</td>
<td>Thursdays 10:30 to 12:30</td>
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<tr>
<td>8 North Laurel Street</td>
<td></td>
<td>815 East Grace Street</td>
<td></td>
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<tr>
<td>359-5628 (closed in August)</td>
<td></td>
<td>643-3589</td>
<td></td>
</tr>
<tr>
<td>St. Paul's Episcopal Church*</td>
<td></td>
<td>Sixth Mount Zion Baptist</td>
<td>Fridays 11:00 to 1:00 (Sept-May)</td>
</tr>
<tr>
<td>815 East Grace Street</td>
<td></td>
<td>14 W. Duval Street</td>
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<tr>
<td>643-3589</td>
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<td>648-7511</td>
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<tr>
<td>Sixth Mount Zion Baptist</td>
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<tr>
<td>14 W. Duval Street</td>
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<tr>
<td>648-7511</td>
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</tbody>
</table>

**MEALS - Petersburg**

*Sponsored by Downtown Churches United - 804 732 7218*

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

DINWIDDE

Dinwiddie Social Service Department
Monday - Friday, 9:00 a.m. - 5:00 p.m. 804 469 4524
14012 Boydton Plank Road

EMPORIA/GREENVILLE

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. Panty 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  804 233 5016 Ext.320  
Provides medical and dental services. Hours vary at each clinic.

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  804 358 8538  
Serves all areas.

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  804 652 3190  
8600 Dixon Powers Drive, Henrico  804 501 4651

Hopewell Health Department
<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>220 Appomattox Street</td>
<td>804 458 1297</td>
</tr>
<tr>
<td><strong>Hopewell &amp; Prince George Health Clinic</strong></td>
<td></td>
</tr>
<tr>
<td>4260 Crossings Boulevard, Hopewell</td>
<td>804 452-5800</td>
</tr>
<tr>
<td>Sliding scale fee</td>
<td></td>
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<tr>
<td><strong>Love of Jesus Health Clinic</strong></td>
<td></td>
</tr>
<tr>
<td>10930 Hull Street Road, Midlothian, Chesterfield</td>
<td>804 674-7499</td>
</tr>
<tr>
<td><strong>New Kent County Health Department</strong></td>
<td></td>
</tr>
<tr>
<td>12007 Courthouse Circle, New Kent</td>
<td>804 966 9640</td>
</tr>
<tr>
<td><strong>Petersburg Health Care Alliance</strong></td>
<td></td>
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<tr>
<td>Provides a health clinic for people living in Petersburg regardless of their ability to pay.</td>
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</tr>
<tr>
<td>301 Halifax Street</td>
<td>804 957-9601</td>
</tr>
<tr>
<td><strong>Petersburg Health Department</strong></td>
<td></td>
</tr>
<tr>
<td>301 Halifax Street</td>
<td>804 863 1652</td>
</tr>
<tr>
<td><strong>Prince George Health Department</strong></td>
<td></td>
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<tr>
<td>6450 Administration Drive</td>
<td>804 733 2630</td>
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<tr>
<td>Monday - Friday</td>
<td></td>
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<tr>
<td><strong>Powhatan County Health Department</strong></td>
<td></td>
</tr>
<tr>
<td>3908 Old Buckingham Road Suite 1, Powhatan</td>
<td>804 598 5680</td>
</tr>
<tr>
<td><strong>Richmond Area High Blood Pressure Center</strong></td>
<td></td>
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<tr>
<td>1200 West Cary Street</td>
<td>804 359 9375</td>
</tr>
<tr>
<td>Mon.-Thurs. 8:00 - 5:00 p.m.</td>
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<tr>
<td><strong>Richmond Health Department</strong></td>
<td>804 205 3500</td>
</tr>
<tr>
<td>Call for information about individual clinics and services.</td>
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</tr>
<tr>
<td><strong>Stoney Creek Community Health Center</strong></td>
<td></td>
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<tr>
<td>12454 Hartley Street</td>
<td>434 246 6100</td>
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<tr>
<td>Monday, Wednesday and Friday, 8:00 a.m. - 5:00 p.m.</td>
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<tr>
<td>Tuesday and Thursday, 8:00 a.m. - 7:00 p.m.</td>
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<td><strong>Surry Health Department</strong></td>
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<tr>
<td>474 Colonial Trail West</td>
<td>757 294 3185</td>
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<td>Monday- Friday</td>
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<tr>
<td><strong>Sussex Health Department</strong></td>
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<tr>
<td>20103 Princeton Road</td>
<td>434 246 8611</td>
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<tr>
<td>Newsome Human Services Building</td>
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</tbody>
</table>
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.

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

Hilliard House
Provides shelter and programs for women and children for up to two years.
Henrico County 804 236 5800

Richmond Outreach Center
Transitional shelter for single men or women with substance abuse problems.
6255 Warwick Road, Richmond 804 675-4101

Safe Haven
Provides a 24-hour supervised transitional program for adults with a chronic mental illness and who are homeless.
2864 Hull Street, Richmond 804 231 7137

Salvation Army - Petersburg
Provides emergency and transitional shelter for men who become homeless. Services include basic life skills training, substance abuse education and treatment, financial planning, budgeting skills, literacy skills, GED preparation, case management and counseling.
835 Commerce Street 804 433-1688

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.
MEDICAL INSURANCE

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

**Medicaid**

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

- **Charles City** 804 652 1708
- **Chesterfield/Colonial Heights** 804 748-1100
- **Dinwiddie** 804 469 4524
- **Emporia/Greensville** 434 634 6576
- **Goochland** 804 556 5880
- **Hanover** 804 365-4100
- **Henrico** 804 501 4001
- **Hopewell** 804 541 2330
- **New Kent** 804 966-1853
- **Petersburg** 804 861 4720
- **Prince George** 804 733-2650
- **Powhatan** 804 598-5630
- **Richmond**
  - **701 North 25th 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
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-Greensville 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
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

Goochland Family Services
Provides transportation to medical appointments and other service agencies for residents of Goochland County.
804 556 6260

Greater Richmond Transit Company
Provides bus service throughout the Richmond area and discount tickets to people who are 65 and 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

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**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

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**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
Narcotics Anonymous

1 800 777 1515

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number 1</th>
<th>Location</th>
<th>Phone Number 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charles City</td>
<td>877 264 8484</td>
<td>Hopewell</td>
<td>804 862 8000</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>804 768 7317</td>
<td>New Kent</td>
<td>877 264 8484</td>
</tr>
<tr>
<td>Colonial Heights</td>
<td>804 862 8000</td>
<td>Petersburg</td>
<td>804 862 8000</td>
</tr>
<tr>
<td>Dinwiddie</td>
<td>804 862 8000</td>
<td>Powhatan</td>
<td>804 598 2697</td>
</tr>
<tr>
<td>Emporia</td>
<td>804 862 8000</td>
<td></td>
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<tr>
<td>Goochland</td>
<td>804 556 3716</td>
<td>Richmond</td>
<td>804 819 4100</td>
</tr>
<tr>
<td>Greensville</td>
<td>804 862 8000</td>
<td>Surry</td>
<td>804 862 8000</td>
</tr>
<tr>
<td>Hanover</td>
<td>804 365 4200</td>
<td>Sussex</td>
<td>804 862 8000</td>
</tr>
<tr>
<td>Henrico</td>
<td>877 264 8484</td>
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</tr>
</tbody>
</table>
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 Bremo 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 yourself.

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:

<table>
<thead>
<tr>
<th>Office locations</th>
<th>Products and services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customers</td>
<td>Competitors</td>
</tr>
<tr>
<td>Philosophy</td>
<td>History</td>
</tr>
<tr>
<td>Recent news</td>
<td>Financial information, including salaries and stock</td>
</tr>
</tbody>
</table>

**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.
<table>
<thead>
<tr>
<th>Company</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abacus</td>
<td></td>
<td>804 353 7271</td>
</tr>
<tr>
<td>Atlantic Personnel Services</td>
<td>Richmond</td>
<td>804 264 2646</td>
</tr>
<tr>
<td>Express Employment Professional</td>
<td>Richmond</td>
<td>804 550-0200</td>
</tr>
<tr>
<td>HCC Personnel Care</td>
<td>Hanover/Henrico</td>
<td>804 730 4223</td>
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<tr>
<td></td>
<td>Richmond/Chesterfield</td>
<td>804 378 7780</td>
</tr>
<tr>
<td></td>
<td>Petersburg/Dinwiddie</td>
<td>804 863 2442</td>
</tr>
<tr>
<td>InterSpan Resources, Inc.</td>
<td>Richmond</td>
<td>804 279 9100</td>
</tr>
<tr>
<td>Kelley</td>
<td>Southside</td>
<td>804 648 6526</td>
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<tr>
<td></td>
<td>West End</td>
<td>804 965 9994</td>
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<tr>
<td>Labor Ready</td>
<td>27 Walnut Boulevard, Petersburg</td>
<td>804 861 5333</td>
</tr>
<tr>
<td>Manpower Temporary Services</td>
<td>Provides services for residents of Greater Richmond area, ages 18 and older.</td>
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<tr>
<td></td>
<td>7101 Forest Hill, Richmond</td>
<td>804 767 2521</td>
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<tr>
<td></td>
<td>1001 Boulders Parkway, Chesterfield</td>
<td>804 320 7404</td>
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<tr>
<td>Parham Healthcare &amp; Rehab</td>
<td>Richmond</td>
<td>804 264 9185</td>
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<tr>
<td>Preferred People Staffing</td>
<td>Richmond</td>
<td>804 291- 9381</td>
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<tr>
<td>Randstad</td>
<td>3333 South Crater Road, Petersburg</td>
<td>804 732 0297</td>
</tr>
<tr>
<td></td>
<td>830 West Broad Street</td>
<td>804 266 5106</td>
</tr>
<tr>
<td>Select Staffing</td>
<td>Tri-City, 400 B. Southpark Boulevard, Colonial Heights</td>
<td>804 526 5652</td>
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<tr>
<td></td>
<td>West End Richmond</td>
<td>804 358 1901</td>
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<tr>
<td>Spherion</td>
<td>Richmond</td>
<td>804 935 6888</td>
</tr>
<tr>
<td>Staffing of Virginia, Inc.</td>
<td>Richmond</td>
<td>804 644 1808</td>
</tr>
</tbody>
</table>
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.
Virginia Employment Commission
Services available to job seekers include filing 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.

511 West Grace Street, Richmond
Must come in Mon.-Thurs. by 9:00 A.M. 804 649 8407

5240 Oaklawn Boulevard, Hopewell (Serves Grater Petersburg area) 804 541 6548
8093 Elm Drive Mechanicsville 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 434 634 2490 #229
315 West Main Street Waverly 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, Greensville, 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