

Great Bridge Baptist Church
Assistance Referral List
Helpful Resources for Specific Needs
In the Hampton Roads Area



Addictions

Recovery for the City – (757) 456-0093

www.recoveryforthecity.com

Founded in 1997 for people with addictions and compulsive behaviors to deal with their issues in safe, small groups.

Teen Challenge – (757) 244-3733

www.teenchallengeusa.com

12 Step Recovery Life Group – (757) 480-2756

New Life Center – Contact: Peggy and Larry

Thursday's at 7pm - office@newlifecenter.com

This group is for anyone who is struggling from addiction. We are a group dedicated to overcoming dependency with scripturally based principles and finding purpose in each day to grow in Christ. The group is open for anyone with addictions (alcohol, drugs, eating, shopping, etc.) to attend. Anonymity is a must - names of the others attending or specific problems should not be discussed outside the group. Childcare not provided.

Bankruptcy

Credit Control – (757)340-2564 ext. 400

Battered/Beaten Shelters for Families

Samaritan House – (757)430-2120

2620 Southern Blvd., Virginia Beach, VA

Safety from abuse

Women in Crisis – YWCA – (757)625-4248

Helpline: (757)625-5570

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The Following Are Non-Christian Sources of Shelters:

Genieve Shelter – (757) 925-4365
1548 Holland Road, Suffolk
Victims of domestic abuse

HER Shelter – (757) 485-1445
Domestic violence and teen date violence

Suffolk Shelter – (757) 934- 1353

Transitions- (757)722-2261
Hotline: (757)723-7774

Bibles --Free

<http://www.freebibles.net/>

This website allows you to request a free Bible to be sent to anyone. The organization can not guarantee which version the recipient will receive. However recipients do have a choice between a Spanish or English Bible.

Clothing

Little Blessing Thrift Store
28 Harpersville Road, Newport News
Wednesday 4-5pm, Saturday 10am-4pm, Sunday 12-2:30pm

Open Door Chapel – (757) 340-1441
3177 Virginia Beach Blvd., Virginia Beach, VA
Monday and Wednesday 10am – 2pm

Education Assistance

Christian Education Scholarships – (215) 624-1716
Financial assistance provided for those parents wanting to give their children a Christian education but need monetary assistance.

Emergency Financial Assistance

Our House Family Shelter – (757) 545-4075
Crisis Financial Assistance – one time payment to avoid utility cutoff, foreclosure, or eviction.

Operation Blessing International – (757) 226-3400

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Emergency Financial Assistance Continued:

Community Recourse Network – (757) 382-2239

This number is answered by an operator. The operator will ask what type of assistance you are in need of and will direct you to the right organization that can help you.

Salvation Army – (757) 631-0710

Offers financial aid services for special health or medical care emergencies, counseling and medical care for alcoholics, individual guidance and family counseling, and special holiday assistance.

Human Warmth and Care Fund Lutheran Council of Tidewater – (757) 623-0155

Fuel/Utility Assistance

Social Services-

Chesapeake – (757) 382-2000

Hampton – (757) 727-1800

Newport News – (757) 926-6300

Norfolk – (757) 664-6000

Portsmouth – (757) 405-1800

Suffolk – (757) 923-3000

Virginia Beach – (757) 437-3200

Employment Services

Norfolk – (757) 455-3960

Chesapeake –(757) 547-9717

The Virginia Employment Commission provides help getting jobs, with access to thousands of job listings. www.vaemploy.com

Older Workers –AARP/WorkSearch Foundation –(757) 625-7001

Helps people 55 and older find jobs. It also offers help with resumes, job applications and interview techniques.

Food Assistance

Angel Food Ministries

Very low priced pre-cooked quality meals designed especially for seniors. And also food boxes available for families. Food stamps are accepted. Based in Georgia, but works with local hosts.

<http://www.angelfoodministries.com/default.asp>

Bread Ministry – (757) 425-8431

Help for those destitute, but who make too much to qualify for help from social service agencies.

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Food Assistance Continued:

New Jerusalem C.O.G.I.C. Food Pantry – (757) 425-8431

118 Eric Avenue, Virginia Beach, VA

Life More Abundantly Ministries, Inc. Food Pantry – (757) 473-3084

1080 Aragona Blvd. Virginia Beach, VA

Tuesday thru Friday: 10am – 6pm

Open Door Chapel Food Pantry – (757)340-1441

3177 Virginia Beach, VA

Monday, Wednesday, and Friday: 10am – 2pm

Our House Family Shelter Food Pantry – (757) 545-4075

Chesapeake Residents

Judeo-Christian Outreach Hot Meals – (757) 491-2846

1053 Virginia Beach Blvd. Virginia Beach, VA

Tuesday's and Thursday's: Bag Lunch

Saturday, Sunday, and Holiday's: 3pm

Sunday Morning Breakfast: 8am

Potters House Meals – (757) 428-7727

212 19th Street, Virginia Beach, VA

Tuesday and Thursday's: Bag Lunch

Health Care

Beach Health Clinic (Free Clinic)

3396 Holland Road, Suite 102 * Virginia Beach Virginia

(757) 428-5601

www.beachhealthclinic.org

This is a free clinic. The income eligibility for these clinics is 200 percent of the federal poverty level, which is about \$41,300 for a family of four. (As of 12/17/08)

Health Care Continued:

Chesapeake Care (Free Clinic)

2145 South Military Hwy. * Chesapeake, Virginia

(757) 545-5700

www.chesapeakecare.org

This is a free clinic. The income eligibility for these clinics is 200 percent of the federal poverty level, which is about \$41,300 for a family of four. (As of 12/17/08)

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Park Place Medical Center (Lower-Cost Care)

3415 Granby Street * Norfolk, Virginia
(757) 533-9108

This community care clinic charges based upon a person's income.

Patient Advocate Foundation

700 Thimble Shoals Blvd., Ste 200 * Newport News, Virginia
(800) 532-5274

The national non-profit based in Newport News provides financial and other assistance to people trying to navigate the health care systems.

Portsmouth Community Health Center

664 Lincoln Street * Portsmouth, Virginia
(757)393-6363

This community care clinic charges based upon a person's income.

Single Pregnant Women

For a single woman who is pregnant and cannot afford insurance, many maternity programs will pay for coverage of the baby during the mother's pregnancy and into the baby's first years. In Virginia, the FAMIS Moms program provides health coverage for pregnant women. Regular prenatal care helps increase the chance that the baby will be born healthy. For details: (877) 873-2647 (877-87-FAMIS)

U.S. Department of Health and Human Services

www.findahealthcenter.hrsa.gov.

This website helps you locate the health centers nearest to federally funded health center to you. These federally funded health centers offer checkups, pregnancy care, immunization, dental care, and prescription drugs for those who don't have health insurance. Patients pay what they can afford based on income.

Western Tidewater Free Clinic (Free Clinic)

3000 Godwin Blvd. * Suffolk, Virginia
(757) 923-1060

www.wtfreeclinic.org

This is a free clinic. The income eligibility for these clinics is 200 percent of the federal poverty level, which is about \$41,300 for a family of four. (As of 12/17/08) **Eligibility confirmation is by appointment only.**



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Health Insurance –Alternative

Christian Health Ministries, a non-profit organization.

PO Box 29 • 127 Hazelwood Ave • Barberton, Ohio 44203

1-800-791-6225 toll-free

www.chministries.org • info@chministries.org

While this is NOT insurance it does provide a health insurance alternative to those who cannot afford health insurance and may be a viable alternative for some.

(Formerly known as The Christian Brotherhood Newsletter).

Health Insurance

Family Insurance

www.healthyfamiliesamerica.org

Healthy Families is an option in a two-income family that has become a one-income family. The family income determines if children qualify for coverage. Low-cost health coverage for children up to age 19 includes health, dental, and vision care. Putting children on government-sponsored plans can cut monthly costs and may make a family's adult private insurance costs affordable.

FAMIS (Family Access to Medical Insurance Security)

(866)-873-2647 (866-87-FAMIS)

FAMIS is Virginia's program to provide health insurance to children. FAMIS covers doctor visits, well-baby checkups, hospital visits, vaccinations, prescription medicine, tests and X-rays, and dental, vision and mental health care. Eligible families pay no enrollment fee or monthly premiums. Some services require a co-payment. Some services, like checkups, are free.

High Deductible Plans –Catastrophic Coverage

www.nahu.org

High deductible plans may be the best value for healthy people. A person can get this lower-cost coverage for \$50-\$150 per month. It offers basic catastrophic coverage with high a deductible until you become eligible for a new employer's plan. This website provides a national listing of insurance brokers. (Note: This is not available in New York, Massachusetts, and Vermont.)

Virginia Hospitals

www.vhha.com

Virginia hospitals care to all in the community who need care, regardless of ability to pay. Each Virginia hospital and health system has a financial assistance policy for low-income patients. Most of the time, eligibility for free or discounted care is based on the patient's income level, but other criteria may apply; you can learn the details of a hospital's financial assistance policy at the website provided.

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Homeless

Haven House Emergency Shelter – (757) 587-4202

Judeo-Christian Outreach – (757) 491-2846

1053 Virginia Beach Blvd., Virginia Beach, VA

Loving Care Ministries – (757) 430- 4101

2804 Salem Road, Virginia Beach, VA

Second chance for homeless families

Our House Family Shelter – (757) 545-4075

Transitional housing for homeless families in Chesapeake

Barrett Transition Home – (757) 624-6990

www.nowomanalone.com

For homeless single women/Single pregnant women

*supported financially by NLC

The Dwelling Place – (757) 624-9879

Providing safe and secure emergency shelter for the homeless. Two shelters in the Park Place neighborhood of Norfolk.

Victory Home – (757) 487-2633

www.genevaparkministries.com

2400 Gilmerton Road, Chesapeake, VA

Provides food, shelter, clothing, and counseling to anyone in need – free of charge. Helping people who may have been abused, addicted, or abandoned find healing, hope, and help through the power of the Gospel of Jesus Christ.

Union Mission – (757) 623-0642

Pastor's Note: The Union Mission will not turn anyone away if they physically show up. The Union Mission may however, tell them they are full over the phone. The Mission does this to screen out “real needs” from those may have other options (e.g. family, etc.).

Homeless Intervention Program – (757) 437-3200

3432 Virginia Beach Blvd., Virginia Beach, VA

Providing financial assistance for rent or mortgage to avert eviction or end homelessness.

Homeless Prevention Program

The Planning Council

130 West Plume Street - Norfolk, VA 23510

Providing financial assistance for rent or mortgage to avert eviction or end homelessness, including security deposits, when needed.

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Homeless Continued:

JLS of Chesapeake, LLC -- (757) 718-2317

Ms. Jacqueline Sawyer

This is a better option than paying for a hotel/motel. Ms. Sawyer rents out rooms to individuals by the week, in homes that her LLC owns in Norfolk and Portsmouth. She has a business license to operate.

Salvation Army

Hampton – (757) 838-4875

Norfolk – (757) 461-7646 or 455-9677

Portsmouth – (757) 393-2519

Suffolk – (757) 539-5201

Suffolk Shelter for Homeless – (757) 934-1355

Pregnancy, Sexuality, and Abortion Related Issues

Crisis Pregnancy Center of Tidewater – 24 Hour Helpline – (757) 499-4444

www.keimcenters.com

www.cpcfriends.com

Norfolk – 2121 Colonial Ave.

Suffolk – 814 West Constance Road

Portsmouth – 5000 Portsmouth Blvd., Suite 1

Virginia Beach – 3145 Virginia Beach Blvd, Suite 109

The Keim Centers: Offer pregnancy tests, resources, and assistance.

Purespective: Promotes a godly view on sexuality by educating youth on sexual integrity.

P.A.C.E.: Small group Bible studies offering forgiveness through Christ from the pain and guilt of past abortions

*Supported financially by NLC

Single Pregnant Women

For a single woman who is pregnant and cannot afford insurance, many maternity programs will pay for coverage of the baby during the mother's pregnancy and into the baby's first years. In Virginia, the FAMIS Moms program provides health coverage for pregnant women. Regular prenatal care helps increase the chance that the baby will be born healthy. For details: (877) 873-2647 (877-87-FAMIS)

Recommended Counselors

Patrick O'Keefe - (757) 406-1805

Parakletos Psychotherapy & Counseling

126 Kempsville Road Chesapeake, Virginia 23320

Patrick offers a no nonsense approach to counseling.

Eden Counseling – (757) 466-3336

www.edencounseling.com

6330 Newtown Road Suite 509, Norfolk, VA 23502

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Counselors Continued:

Psychological Services of Chesapeake – (757) 548-8845
411 Cedar Road, Chesapeake, VA 23320

Christian Psychotherapy – (757) 490-0377
www.christianpsychotherapy.com
609 Independence Parkway Chesapeake, VA 23320

Regent University Psychological Services Center - (757) 226-4488
psc@regent.edu
1000 Regent University Drive, Virginia Beach, VA 23464
For those without insurance, this is a great resource.

Suicide Prevention

National Suicide Prevention Hotline – 1-800-SUICIDE (1-800-784-2433)
Deaf Hotline: 1-800-799-4TTY (1-800-799-4889)

Social Services

Chesapeake—(757) 382-2000
Norfolk – (757) 664-6000
Portsmouth – (757) 405-1800
Suffolk – (757) 514-7450
Virginia Beach –(757) 437-3200

Sexual Abuse

Response YWCA – Helpline: (757) 622-4300

Sexual Abuse and Domestic Violence Programs – (757) 430-8686
www.asafersociety.org
For schools, youth organizations, churches, and survivor workshops.

Victory Home – (757) 487-2633
2400 Gilmerton Road, Chesapeake, VA
Whether abused, addicted, or abandoned, people can receive healing, hope, and help through the power of the Gospel of Jesus Christ. Part of Geneva Park Ministries.

Misc. Organizations for Specific Needs

Cleaning for a Reason – www.cleaningforareason.org
This organization cleans houses - for FREE - for cancer patients who are undergoing treatment.

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