

To speak directly with a staff member, call 1-718-224-2999.

United Cerebral Palsy Association

Phone: 1-800-872-5827

Fax: (202) 776-0414

Website: www.ucp.org

Answers questions and provides literature about cerebral palsy; including living with the illness, support groups and referrals to doctors and treatment centers.

Southeastern Virginia Chapter

5825 Arrowhead Drive

Virginia Beach, VA 23462

Phone: 497-7474

Fax: 497-0868

Website:

www.cerebralpalsyofvirginia.org

Hours are 9:00am-5:30pm, Monday-Friday. Strives to improve the quality of life for persons with cerebral palsy, other similar disabilities, and their families, through educational, therapeutic and residential programs and services.

United Scleroderma Foundation

Phone: 1-800-722-4673

Fax: (978) 463-5809

Website: www.scleroderma.org

Provides list of publications, chapters in United States and general information

United Way of South Hampton Roads

2515 Walmer Avenue

Norfolk, VA 23513-2604

Phone: 853-8500

Fax: 853-3900

Mailing Address

P. O. Box 2896

Norfolk, VA 23501-2896

Hours are 8:30am-5:00pm, Monday-Friday. A federation of local charities providing a variety of needed human services, including day care, family counseling, shelter for the homeless, and programs for children at risk.

PARENTING/FAMILY
RESOURCES

Barry Robinson Center, The

443 Kempsville Road

Norfolk, VA 23502

Phone: 455-6100

Provides parenting workshops.

Catholic Charities of Eastern Virginia, Inc.

4855 Princess Anne Road

Virginia Beach, VA 23462

Phone: 467-7707

Fax: 495-3206

Website: www.cceva.org

Email: administration@cc-hr.org

Provides effective parenting classes (intact or single); parenting issues presentations; family-centered sexuality education (mothers-daughters, father-sons); stress and children.

Chesapeake Family Resources Center

306 Cedar Road

Chesapeake, VA 23320

Phone: 382-6925

Fax: 382-6372

TDD: 382-8214

Promotes healthy family systems in the City of Chesapeake. Hours are 8:00am-5:15pm, Monday-Friday. The Center provides a centralized information and

referral telephone line which accesses a comprehensive resource database of services free of charge for all Chesapeake families; advocacy and guidance through agency intake processes; community collaboration to promote family education and support programming; and timely, relevant, and topic-specific, family-focused publications.

Child and Family Services of Southeastern Virginia

Norfolk/Main Office
222 W. 19th Street
Norfolk, VA 23517
Phone: 622-7017

Portsmouth Office
1805 Airline Blvd
Portsmouth, VA 23707
Phone: 397-2121
Fax: 399-3316

Franklin Office
213 N. College Drive
Franklin, VA 23851
Phone: (757) 562-3306
Fax: (757) 562-7670

Serve individuals and families. Hours are 8:30am-9:00pm, Monday-Thursday; 8:30am-5:00pm, Friday. Provides the following counseling services: family and marriage; consumer credit; individual; unmarried parent; employer; also provides human resource development consultation for business and community organizations and travelers aid. Provides services for the mentally disabled and families of in-country Vietnam veterans.

Good Beginnings

C/o Child and Family Services Of Southwest Hampton Roads
1805 Airline Blvd
Portsmouth, VA 23707
Phone: 397-2121
Fax: 399-3316
Website:
www.childandfamilyservices.org

Serves very young parents, ages 12-18 years old, and their infants. Teaches essential parenting skills over a 12 week period. Transportation provided. Hours are 8:30am-8:30pm, Monday and Wednesday; 8:30am-6:00pm, Tuesday and Thursday; and 8:30am, Friday.

Nurturing Parent Program, The
Chesapeake Substance Abuse Services
524 Albemarle Drive
Chesapeake, VA 23320
Phone: 547-3336

Serves parents with children ages 4 to 12. Hours vary. Offers a 14 week parenting program for parents and their children. Children participate with their parents. Childcare for children under 4 and transportation is provided. The adolescent parenting program "Battle to Negotiate" is a 4 week parenting workshop which focuses on open communication with your teen.

The Camp 22 program is a 12 week parenting program for women in prison designed to help the population prepare for return to the community and their children. Parent consultation is an individual service provided to parents involved with Substance Abuse Services. Parents can sit down one on one with a counselor to learn new parenting skills that apply to particular situations occurring in the family or this

service can be used as a support resource.

Old Dominion University Women's Center

South Webb Center
Phone: 683-4109
Fax: 683-4119
Website: www.odu.edu

Offers supportive services to women continuing their education. Call for additional information.

Parent Connection

Children's Harbor-Chesapeake
2400 Strawberry Lane
Chesapeake, VA 23324
Phone: 543-4221
Fax: 543-8824
Hours are 6:15am-6:00pm, Monday-Friday

Downtown Norfolk YMCA
312 W. Bute Street
Norfolk, VA 23510
Phone: 622-9622
Fax: 622-7468
Website: www.ymcashr.org

Hours are 5:30am-10:00pm, Monday-Friday; 7:00am-7:00pm, Saturday; and 10:00am-6:00pm, Sunday.

Serves parents. Provides free, weekly, ongoing meetings which provide parents with support in making positive changes in their parenting. Support groups are located throughout the Tidewater area providing free child care at each site. Each group is made up of parents, a trained volunteer facilitator and a parent chairperson. Participation in the group is voluntary and information shared is confidential.

Parent Resource Center

Meadowbrook School
7260 Shirland Avenue
Norfolk, VA 23505
Phone: 451-4140

Serves families and caregivers, and educators of children with special needs in the City of Norfolk. Meets at 6:00 p.m. the 2nd Wednesday of each month. Offers workshops, a lending library of books, pamphlets and video tapes about parenting and children with disabilities, referrals and support. No fees charged.

Parent Resource Center- Virginia Beach Public Schools

Office of Programs for Exceptional Children
Laskin Road Annex
1413 Laskin Rd.
Virginia Beach, Virginia 23451
Phone: 263-2066
Fax: 263-2801
Website: www.vbschools.com

Hours: 8:30 a.m. - 3:30 p.m. (call for extended hours) Offers support and assistance to parents and to encourage communication among parents, schools, and community groups. Also provides a variety of mini-courses, workshops, library materials, and other services designed to help parents become informed advocates for their children.

Parent to Parent of Virginia

Phone: (804) 795-1481
Fax: (804) 795-1486
Website: www.ptpova.com

A statewide disability advocacy organization that provides training and technical assistance to families, support groups and service providers.

Pendleton Child Service Center, The

2473 North Landing Road
Virginia Beach, VA 23456
Phone: 427-4537
Fax: 427-4533
Website: www.vbgov.com

Hours are 9:00 a.m. to 5:30 p.m.
Monday – Thursday, 8:30 a.m. to
5:00p.m Friday. Works with families
and children, ages 5 through 12, who are
experiencing behavioral problems at
home, school or within the community.

**Planned Parenthood of Southeastern
Virginia, Inc.**

Phone: 1-800-230-7626
Website: www.plannedparenthood.org

Hampton Office

910 W. Mercury Blvd
Hampton, VA 23666
Phone: 826-2198

Norfolk Office

425 W. 20th Street
Norfolk, VA 23517
Phone: 624-9224
Fax: 533-5546

Virginia Beach Office

5441 Virginia Beach Blvd, Suite 101
Virginia Beach, VA 23462
Phone: 473-8116
Fax: 473-1066

Provides connection with providers,
written information and videotapes on
various topics relating to pregnancy,
birth control, talking to young people
about sex, etc.

Prevent Child Abuse Hampton Roads

5215 Colley Ave.
Norfolk, VA 23508

Phone: 440-2749

Website: www.ucantbeatkids.org

Email: ucantbeatkids@yahoo.com

Agency provides information on how to
prevent and report child abuse or
neglect. Also offers a variety of classes
on parenting on demand for each class.

Prevent Child Abuse Virginia

4901 Fitzhugh Ave. Suite 200
Richmond, VA 23230
Phone: (804) 359-6166 or
1-800-CHILDREN toll free
Website: www.preventchildabuseva.org
Email: 1-800-CHILDREN@cav.org

A statewide, non-profit organization
committed to preventing child abuse and
neglect by engaging individuals, families
and organizations around prevention
goals.

St. Mary's Infant Home

317 Chapel Street
Norfolk, VA 23504
Phone: 627-6866

Offers free classes to parents as
described below:

Pride In Parenting

Meet together with other parents
and their babies- and receive free
toys, too! Pride in Parenting is a
free program for parents whose
infants are under one year of age.
Come to eight sessions for 2
hours each week and learn about
stages of infant development,
what to expect from your baby,
discipline tips, building self-
esteem and more! Small groups
allow you to get to know other
parents and share solutions to
questions and problems faced by

all parents. A free toy is given each week.

Early Childhood Step

Join small groups of parents in discussion about raising young children. Early Childhood Step is for parents whose children are between one and six years of age. Come to seven 1-1/2 hour sessions and learn about stages of development and expectations for children of these ages, building self-esteem, effective discipline, understanding your child's behavior, communication, emotional development and more!

Free child care is provided. Both programs are free and for your convenience, classes are located in neighborhoods in all five South Hampton Road cities.

Stepfamily Association of America

650 J. Street Suite 205
Lincoln, NE 68508
Phone: 1-800-735-0329 toll free
Website: www.saafamilies.org
Email: stepfamfs@aol.com

Agency is a non-profit organization which provides information, education, and support to help all stepfamilies succeed.

Tidewater Parent Magazine

258 Granby Street
Norfolk, VA 23510
Phone: 222-3901
Fax: 222-3919
Website: www.tidewaterparent.com

This a resource specifically for families which provides information on

education, health, products and available local services for the family.

U.S. Army Community Services

Family Advocacy Program
Ft. Story, VA 23459
Phone: 422-7311

Hours are 8:00am-4:30pm. Serves military families. Provides a variety of parenting classes, including "How to Talk So Kids Will Listen" and "Hidden Keys to Successful Parenting" and other educational programs

PHYSICALLY HANDICAPPED SERVICES

American Council for the Blind

Phone: 1-800-232-5463
Fax: (212) 502-7777
Website: www.afb.org

Provides information on blindness. Gives referrals to clinics, rehabilitation organizations, research centers and local chapters. Also publishes resource lists.

Amputee Support Association of Hampton Roads

P. O. Box 11539
Norfolk, VA 23517
Phone: 558-1052

Hours are 10:30am-12:30pm, Saturday. Provides meetings to share experiences, emotional support, education, social and recreation activities.

Better Hearing Institute

P. O. Box 1840
Washington, DC 20013
Phone: 1-800-EAR-WELL