

NEW RIVER VALLEY COMMUNITY RESOURCES

Updated 2020



New River Valley Community Resources Updated 2020

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The NRV Food Assistance Directory by Thriveworks will be attached at the end of this resource guide if needed.

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CAR ASSISTANCE & REPAIRS

Free Government Car Program

https://www.needhelppayingbills.com/html/government_free_car_programs.html

Federal and state governments provide free cars to a small number of applicants. The programs are for low income families who need it for work, the disabled, senior citizens, and a few other groups of individuals.

The Car Doctors

927 W Main St., Radford, VA 24141

(540) 731-0301

Monday-Friday 8am-5:30pm

Saturday & Sunday Closed

Pride and Joy Auto Repair

6110 McCoy Rd., Blacksburg, VA 24060

(540) 633-0202

Monday-Friday 8am-5pm

Saturday & Sunday Closed

Radford Universal Car Care

505 E Main St., Radford, VA 24141

(540) 731-8303

Monday-Friday 8am-5pm

Saturday & Sunday Closed

Modern Automotive

406 Cambria St. NW, Christiansburg, VA

24073

(540) 382-8808

Monday-Friday 8am-5:30pm

Saturday 8am-12pm & Sunday Closed

McCoy's Auto Repair

7542 Peppers Ferry Blvd., Radford, VA

24141

(540) 639-2933

Monday-Friday 8am-6pm

Saturday & Sunday Closed

M&M Tire & Auto Service

3966 Prices Fork Rd., Blacksburg, VA

24060

(540) 552-5727

Monday-Friday 8am-5pm

Saturday & Sunday Closed

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CELL PHONES

Assurance Wireless

Federal Lifeline Assistance:

Assurance Wireless is a federal Lifeline Assistance program brought to you by Virgin Mobile. Lifeline is a government benefit program supported by the federal Universal Service Fund.

Qualifications:

Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify if you are on certain public assistance programs, like Medicaid or Supplemental Nutrition Assistance Program (SNAP). You can also qualify based on your household income.

Apply online at <https://www.assurancewireless.com/>

Safelink

SAFELINK WIRELESS® is a program provided by TracFone Wireless, Inc. serving eligible households. To participate in the SAFELINK WIRELESS® service, certain eligibility requirements must be met, which are set by each State where the service is provided. These requirements are based on a person's participation in state, Federal support programs, or by meeting the Income Poverty Guidelines as defined by the U.S. Government. SAFELINK WIRELESS® service is limited to one person per household.

Apply online at

<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome>

Q-Link

Q Link Wireless is a leading provider of Lifeline, a free government benefit program that offers Free phone service to eligible Americans. Q Link gives qualifying customers FREE monthly data, minutes, and unlimited texting. Qualify through programs like SNAP and Medicaid, or based on your household income. Apply online at <https://qlinkwireless.com/signup/d-6-717/>

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CHILDCARE

Head Starts in Floyd, Radford, Pulaski, Giles, Christiansburg, Blacksburg

Head Start is a federally-funded preschool program which offers comprehensive developmental services to children 3-5 years of age. Children with special needs comprise at least ten percent of the enrollment. The primary components of Head Start are education, social services, preventative health and nutrition. The program focuses on the entire family, and includes parent involvement as a fundamental part of Head Start. <https://newrivercommunityaction.org/head-start-2/> Please apply through our website or your local Head Start center.

Radford-Rock Club 540- 267-3000

Little Saints 540- 731-2131

Central United Methodist 540- 639-3529

Early Learning Center 540- 838-2408

Head Start 540- 731-4107

Adventure Club 540- 831-7222

List of Radford Daycares can be found here:

https://childcarecenter.us/county/radford_va

Floyd- Head Start 120 Epperly Mill Rd SW, Floyd, VA 24091(540) 745-2120

Milestones 430 S Locust St, Floyd, VA 24091 (540) 745-2445

Copperhill Daycare

9907 Floyd Hwy N, Copper Hill, VA 24079

(540) 929-4955

Blacksburg- Head Start

701 Church St.,

Blacksburg 24060

Office phone: 540-552-0490

Other daycares in Blacksburg can be found here:

https://childcarecenter.us/virginia/blacksburg_va_childcare

Giles- Head Start

1105 Henson Ave.,

Pearisburg 24134

Phone: 540-921-2355

Other daycares in Giles can be found here:

https://childcarecenter.us/county/giles_va

Christiansburg- Head Start

135 Church Street,

Christiansburg, 24073

Office Phone: 540-381-7559

Other daycares in Christiansburg can be found here:

https://childcarecenter.us/virginia/christiansburg_va_childcare

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CLOTHING IN THE NEW RIVER VALLEY

Angels in the Attic

210 S Locust St., Floyd, VA 24091

(540) 745-4500

Tuesday 9-4 Saturday 9-2

Radford Clothing Bank

2000 West St., Radford, VA 24141

(540) 633-5050

Thursday 10-12 4-6 Friday 10-12 Saturday
10-12

MCEAP Clothing Bank

308 West Main St., Christiansburg VA 24073 (540) 260-3173

Store hours Monday, Wednesday, Friday, Saturday 9-2

The store is open to the public, but those who qualify for emergency help by application at the MCEAP Administrative office (110 Roanoke St Christiansburg (540) 381-1561) can get free basic clothing and housewares upon presentation of the voucher they are given. Vouchers have a two month expiration date.

Dress for Success

Dress for Success promotes the economic independence of disadvantaged women by providing professional attire, a network of support and career development tools to help them thrive in work and in life. For more information, visit

www.facebook.com/DressforSuccessNewRiverValley/ or call (540) 641-0973.

Giles County Christian Service Mission

The Giles County Christian Service Mission is a non-profit, inter-denominational outreach ministry that has been serving Giles County for decades. The goal of the Mission is to assist families who have chronic needs due to low or fixed incomes and offer emergency assistance for families who have experienced the sudden loss of employment or other crisis. The Mission gives away clothing as part of its work. Visit the Mission at 516 Wenonah Avenue in Pearisburg or call (540) 921-3006. For more information, visit www.facebook.com/gilesmission/.

It's All About Jesus

616 W Main St., Radford, VA 24141 (540) 633-3992

Open Tuesdays and Thursdays 10-12 Saturdays 9:30-11:00

It's a local non-profit Christian ministry that is staffed by non-paid volunteers from various area churches. It is open to those who are having financial difficulty and offers free non-perishable food items and clothing, counseling, and when available financial assistance with bills. Staff are there to pray and minister to your spiritual needs as well.

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Caleb's Closet

2100 North Main Street, Blacksburg, VA 24060

It is open the first Saturday of each month from 10am-Noon. Photo ID Required. Limit 10 items/person. Caleb's Closet is a clothing bank at Tried Stone Christian Center open to Blacksburg and the NRV. If you or someone you know has a need for clothing, we are open the 1st Saturday of each month from 10am-1pm. Gently used clothing will be available for men, women and children (no vouchers necessary). Photo ID is required and the limit is 7 items/person present.

Blacksburg Clothing Shop

141 Jackson St NE

Blacksburg, Virginia

Call (540) 381-1561

Located in the rear of the Old Town Hall

Prices: 1 dollar per item or \$3 whatever you can fit in a grocery bag

\$5 whatever you can fit in a large paper bag

Open thursday 8am -12:30 pm

The Salvation Army Family Store

7389 Pepper Ferry Blvd

open Tuesday-Saturday 10:00am to 6:00pm

Phone 540-382-1023

Goodwill

Shop at Goodwill retail stores for fabulous fashions and home furnishings at bargain prices. You'll find a wide selection of clothing and accessories, furniture, kitchenware, art, music, toys, books, electronics, collectibles, and much more. We offer thousands of new and used name brand items at a price you can afford.

Christiansburg Goodwill

255 Peppers Ferry Rd NE,
Christiansburg, VA 24073

Monday-Saturday 8
AM-8PM Sunday 12-8 PM

Blacksburg Goodwill

1411 N Main St,
Blacksburg, VA 24060

Monday-Saturday 8-8PM
Sunday 12-6pm

Radford Goodwill

7335 Lee Hwy Radford
VA 24141

Monday-Saturday 8-8pm
Sunday 12-6 pm

NRV Project Linus provides weighted blankets and blankets to children with special needs.

Contact Penny Sweet at phs1010@aol.com. If requesting a weighted blanket for a child, be able to provide age, weight, and the child's favorite color(s).

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COMMUNITY OUTPATIENT BY ISSUE/CONCERN

Abuse

Lynn Reece, LCSW

Christiansburg - (540) 381-3101

(Sexual Abuse, Children, Predator/Victim)

Women's Resource Center- 540-639-9592
Adults & Children who have experienced or
witnessed sexual or domestic violence. All
counseling services through the Women's
Resource Center are confidential and
provided at no cost.

Addiction

Anne Giles, LPC

Blacksburg – (540) 750-4811

Andrew Burns, LPC

Christiansburg – (540) 381-6215 Ext. 310

Liz Kates, LPC

Christiansburg – (540) 208-5955

Annie Chalmers Williams, LCSW, CAADC

Christiansburg – (540) 266-3389

Khaliah Cousar, LPC

Christiansburg - (540) 416-0413

Season Childress, LPC

Christiansburg – (540) 328-9526 Ext. 313

Thriveworks

Blacksburg – (540) 307-2693

Trent Davis, PhD, LPC, CSAC

Blacksburg – (540) 427-7942

Amber Eversole, LPC

Blacksburg – (980) 222-0104

Jane C. Hundley, MSSW, LCSW –

Christiansburg – (540) 300-4632

Life In Balance

Christiansburg – (540) 381-6215

Rosa Jones, LPC

Christiansburg - (540) 328-9363

Erin Sullivan, LCSW

Christiansburg – (540) 779-1643

Connie Fisher Hopkins, LCSW –

Christiansburg – (540) 307-2972

Sarah Trenis, LPC Intern

Christiansburg – (540) 253-1296

Adolescents

Alexa Casey

(540) 381-3101

Peter Golladay

Blacksburg – (540) 239-9231

Liz Kates, LPC

Christiansburg – (540) 208-5955

Christine Cooper Duma, PhD

Christiansburg – (540) 772-5140

Amanda Hardwick, LCSW, RPT,
CACYFSW

Christiansburg – (540) 469-5147

Annie Chalmers Williams, LCSW, CAADC

Christiansburg – (540) 266-3389

Khaliah Cousar, LPC

Christiansburg - (540) 416-0413

Rosa Jones, LPC

Christiansburg - (540) 328-9363

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Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Thriveworks
Blacksburg – (540) 307-2693

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Michele Leigh Gunter, LCSW
Roanoke – (540) 216-0951

Amy Thompson, LCSW
Roanoke – (540) 361-6606

Anger

Keith Fender, PhD
Radford – (540) 639-9040

Rosa Jones, LPC
Christiansburg - (540) 328-9363

Liz Kates, LPC
Christiansburg – (540) 208-5955

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Lisa Pugh, LPC
Christiansburg – (540) 712-2177

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Christine Cooper Duma, PhD
Christiansburg – (540) 772-5140

Thriveworks
Blacksburg – (540) 307-2693

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Amber Eversole, LPC
Blacksburg – (980) 222-0104

Betty Powell, LCSW, DMin
Blacksburg – (540) 657-3354

Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Attachment

Scarlett Williams
Blacksburg – (540) 818-2838

Autism

Anderson Music Therapy Services
Roanoke – (540) 358-8698

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Liz Kates, LPC
Christiansburg – (540) 208-5955

Thriveworks
Blacksburg (540) 466-1512

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Michele Leigh Gunter, LCSW
Roanoke – (540) 216-0951

Amy Thompson, LCSW
Roanoke – (540) 361-6606

Allan Willard, PhD
Blacksburg – (540) 361-6887

Family Insight
Roanoke – (540) 266-7550
(Serves the NRV)
ABA Number – (540) 283-0013

ABC's of ABA
Salem – (540) 588-9582

Children

Valley Counseling Associates
Radford – (540) 731-0838

Life In Balance (Cindy Blevins, Season
Childress)
Christiansburg – (540) 381-6215

Scarlett Williams, LPC
Blacksburg – (540) 818-2838

Samantha Wilhelmi, LCSW
Blacksburg – (540) 951-4800

Jennifer Price, LCSW
Blacksburg – (540) 951-4800

Rebecca Hope, LCSW
Blacksburg – (540) 951-4800

Elizabeth Goode, LCSW
Blacksburg – (540) 695-0250

Marcia Jaudon, LCSW
Blacksburg – (540) 772-8043

Robin Naff, LCSW
Christiansburg – (540) 260-3445

Amanda Hardwick, LCSW, RPT,
CACYFSW
Christiansburg – (540) 469-5147

Michele Leigh Gunter, LCSW
Roanoke – (540) 216-0951

Amy Thompson, LCSW
Roanoke – (540) 361-6606

Eating Disorders

Sarah Kate Valatka, LPC
Blacksburg – (864) 339-9692

Jeannie Berger, PhD
Roanoke – (540) 302-2682

Thriveworks
Blacksburg – (540) 307-2693

Liz Kates, LPC
Christiansburg – (540) 208-5955

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

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Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Life In Balance
Christiansburg – (540) 381-6215

Rosa Jones, LPC
Christiansburg - (540) 328-9363

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Equine Therapy

Advantage Ranch and Retreat Center
4190 Dori Del Hills
Blacksburg, VA 24060
(540) 230-5698

Farmingdale Equestrian Center
301 Farmingdale Lane
Blacksburg, VA 24060
(540) 552-6818
Monday-Friday 7am-10pm
Saturday & Sunday 8am-10pm

Grief/Loss/Bereavement

Liz Kates, LPC
Christiansburg – (540) 208-5955

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Life In Balance
Christiansburg – (540) 381-6215

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Erin Sullivan, LCSW
Christiansburg – (540) 779-1643

Christine Cooper Duma, PhD
Christiansburg – (540) 772-5140

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Amanda Hardwick, LCSW, RPT,
CACYSW
Christiansburg – (540) 469-5147

Cindy Blevins, LPC
Blacksburg – (540) 283-9618

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Thriveworks
Blacksburg – (540) 307-2693

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Infertility

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Life In Balance
Christiansburg – (540) 381-6215

Tammy Showell, LICSW
Lewisburg, WV – (304) 745-2049

Nikki Stup, LPC
Roanoke – (540) 779-8411

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Encouraging Words Counseling Center
Lewisburg, WV – (304) 645-5355

Linda Franke, LPC
Salem – (540) 317-3352

Andrea Miller, PhD, LCP
(540) 689-0229

Christina Schultz, LPC Resident
Roanoke – (571) 882-2925

Angela Mitchell, LCSW
Roanoke – (540) 657-3153

LGBTQ

Liz Kates, LPC
Christiansburg – (540) 208-5955

Erin Sullivan, LCSW
Christiansburg – (540) 779-1643

Life in Balance
Christiansburg – (540) 381-6215

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Thriveworks, Blacksburg
Blacksburg – (540) 466-1512

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Trent Davis, PhD, LPC, CSAC

Blacksburg – (540) 427-7942

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Amber Eversole, LPC
Blacksburg – (980) 222-0104

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Rosa Jones, LPC
Christiansburg - (540) 328-9363

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

Andy Matxnr, LCSW
Roanoke – (540) 324-2758
(Does gender evaluations as well)

Marriage/Family

Nicholas Lee, PhD
Radford – (540) 613-8900

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Liz Kates, LPC
Christiansburg – (540) 208-5955

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Thriveworks
Blacksburg – (540) 466-1512

Erin Sullivan, LCSW
Christiansburg – (540) 779-1643

Khaliah Cousar, LPC

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Christiansburg - (540) 416-0413

Amber Eversole, LPC
Blacksburg – (980) 222-0104

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Online Counseling

Thriveworks
(800) 309-1159
<https://thriveworks.com/online-counseling/>
Accepts Most Insurances

TalkSpace
Plans range from \$65 to \$100 per week
Talkspace.com

BetterHelp
Ranges from \$40 to \$70 per week (billed monthly).
Betterhelp.com

Testing

Nicole Hoffman-Miller, PsyD
Roanoke – (540) 772-5140

Todd Vance, PhD
Roanoke – (540) 750-4986

Anthony Wells, PhD, LCP
Roanoke – (540) 737-8802

Bruce Sellars, PsyD
Roanoke – (540) 908-3814

By Specialization (Therapy Type)

Note: Counselors listed are not part of New River Valley Community Services, nor is a specific

Psychological Health Roanoke
Roanoke – (540) 772-5140

Chad Wills, LPC
Roanoke – (540) 251-0675 Ext. 114

Center for Assessment and Psychological
Services (CAPS)
Radford University (540) 831-5364

Counseling & Psychological Services of the
Cooper House
Blacksburg – (540) 552-3046

Counseling Associates of SWVA, Inc.
Blacksburg – (540) 552-1402

Psychological Services Center – Virginia
Tech
Blacksburg – (540) 231-6941

The Cascade Group
Blacksburg – (540) 951-4800

Developmental Assessment Center
Roanoke – (540) 989-6360

Radford University Autism Clinic
(540) 831-7635

Virginia Tech Autism Clinic
(540) 231-2053

Radford Counseling Group
Radford (540) 731-9040
Roanoke (540) 343-5909

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provider recommended, this is simply a resource list.

Acceptance and Commitment Therapy

(ACT)

Annie Chalmers Williams, LCSW, CAADC
Christiansburg - (540) 266-3389

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Cindy Blevins, LPC
Blacksburg – (540) 283-9618

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Laura Ely, PhD, LCP
Roanoke – (540) 684-1345

Carol Stockton, LPC, LMFT
Roanoke – (540) 707-0731

Michele Leigh Gunter, LCSW
Roanoke – (540) 216-0951

Andrea Miller, PhD, LCP
Roanoke – (540) 689-0229

Todd Vance, PhD
Roanoke – (540) 750-4986

Christine Cooper Duma, PhD
Christiansburg – (540) 772-5140

Life In Balance
Christiansburg – (540) 381-6215

Nicholas Lee, PhD
Radford – (540) 613-8900

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Liz Kates, LPC
Christiansburg – (540) 208-5955

Applied Behavior Analysis (ABA)

Thriveworks Blacksburg
Blacksburg – (540) 307-2693

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Michele Leigh Gunter, LCSW
Roanoke – (540) 216-0951

Family Insight
Roanoke – (540) 266-7550
Serves the NRV
ABA Number – (540) 283-0013

ABC's of ABA
Salem – (540) 588-9582

Centra Autism Services 540.342.4048

Spectrum Therapeutic Services 540.641.3040

Ferrell & Wertz Consulting 540.605.7066

Therapeutic Alliance 540.266.7903

Art Therapy

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

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Liz Kates, LPC
Christiansburg – (540) 208-5955

Khaliah Cousar, LPC
(540) 416-0413

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Amanda Hardwick, LCSW, RPT,
CACYFSW
Christiansburg – (540) 469-5147

Attachment Based Therapy

Nicholas Lee, PhD
Radford – (540) 613-8900

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Amanda Hardwick, LCSW, RPT,
CACYFSW
Christiansburg – (540) 469-5147

Biofeedback/Neurofeedback

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Christian Counseling

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Rosa Jones, LPC
Christiansburg - (540) 328-9363

Thriveworks Blacksburg
Blacksburg – (540) 307-2693

Lisa Pugh, LPC
Christiansburg – (540) 712-2177

Cognitive Behavioral Therapy (CBT)

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Liz Kates, LPC
Christiansburg – (540) 208-5955

Erin Sullivan, LCSW
Christiansburg – (540) 779-1643

Christine Cooper Duma, PhD
Christiansburg – (540) 772-5140

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

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Life In Balance
Christiansburg – (540) 381-6215

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Andrew Burns, LPC
Christiansburg – (540) 381-6215 Ext. 310
Lisa Pugh, LPC
Christiansburg – (540) 712-2177

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Rosa Jones, LPC
Christiansburg - (540) 328-9363

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Dialectical Behavior Therapy (DBT)
Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Liz Kates, LPC
Christiansburg – (540) 208-5955

Christine Cooper Duma, PhD
Christiansburg – (540) 772-5140

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Thriveworks
Blacksburg – (540) 466-1512

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Anne Giles, LPC
Blacksburg – (540) 750-4811

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Erin Sullivan, LCSW
Christiansburg – (540) 779-1643

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

Life In Balance
Christiansburg – (540) 381-6215

EMDR
Erin Sullivan, LCSW
Christiansburg – (540) 779-1643

Life in Balance
Christiansburg – (540) 381-6215

Andrew Burns, LPC
Christiansburg – (540) 381-6215 Ext. 310

New River Valley Community Resources Updated 2020

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Thriveworks
Blacksburg – (540) 466-1512

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Scarlett Williams LPC
Blacksburg- (540) 818-2838

Family/Marital Therapy

Nicholas Lee, PhD
Radford – (540) 613-8900

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Liz Kates, LPC
Christiansburg – (540) 208-5955

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Thriveworks
Blacksburg – (540) 466-1512

Erin Sullivan, LCSW
Christiansburg – (540) 779-1643

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Amber Eversole, LPC
Blacksburg – (980) 222-0104

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Family Systems Therapy

Christine Cooper Duma, PhD
Christiansburg – (540) 772-5140

Life in Balance
Christiansburg – (540) 381-6215

Nicholas Lee, PhD
Radford – (540) 613-8900

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

New River Valley Community Resources Updated 2020

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Amanda Hardwick, LCSW, RPT,
CACYFSW
Christiansburg – (540) 469-5147

Hypnotherapy

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Mindfulness-Based Therapy (MBCT)

Life in Balance
Christiansburg – (540) 381-6215

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Liz Kates, LPC
Christiansburg – (540) 208-5955

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Thriveworks
Blacksburg – (540) 466-1512

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Amber Eversole, LPC
Blacksburg – (980) 222-0104

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Rhoda Hurst, LCSW, PhD

Floyd – (540) 822-0914

Motivational Interviewing

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Annie Chalmers Williams, LCSW, CAADC
Christiansburg – (540) 266-3389

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Liz Kates, LPC
Christiansburg – (540) 208-5955

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Thriveworks, Blacksburg
Blacksburg – (540) 466-1512

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Online Counseling/Telecounseling (Over phone/computer/internet)

Khaliah Cousar, LPC
(540) 416-0413

Rosa Jones, LPC
(540) 328-9363

New River Valley Community Resources Updated 2020

Season Childress, LPC
(540) 328-9526 Ext. 313

Tracie Michelle Etter, LCSW
(540) 328-2507

Amber Eversole, LPC
(540) 980-222-0104

Anne Giles, LPC
(540) 750-4811

Trent Davis, LPC, PhD, CSAC
(540) 427-7942

Angela Mitchell, LCSW
(540) 657-3153

Linda Franke, LPC
(540) 317-3352

The Refuge Counseling, LLC
(276) 262-8083

Todd Vance, PhD
(540) 750-4986

David Geho, LSATP
(540) 235-5324 (substance use)

Elizabeth Gillmore – LPC, LMFT
(540) 252-0076

Corinne Phillips , LPC
(423) 781-1322

Ryan Weatherford, PhD
(540) 328-2928

Scarlett Williams, LPC
(540) 253-1425

Catherine Burcham, LCSW
(276) 601-8435

Brian Lewis, PhD
(540) 307-0643

Carol Stockton, LPC
(540) 707-0731

Chanelle Henderson, LPC
(540) 253-4779

Michele Leigh Gunter, LCSW
(540) 216-0951

Andrew Matzner, LCSW
(540) 324-2758

Susan Owen, LCSW
(540) 288-4657

Andrea Miller, PhD
(540) 689-0229

Hannah Lloyd, CSAC
(540) 443-8036 (substance use)

Westmoreland Counseling
(540) 709-7530

Chad Wills, LPC
(540) 251-0675

Parent-Child Interaction Therapy (PCIT)

Thriveworks
Blacksburg – (540) 466-1512

New River Valley Community Resources Updated 2020

Play Therapy

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Christine Cooper Duma, PhD
Christiansburg – (540) 772-5140

Liz Kates, LPC
Christiansburg – (540) 208-5955

Thriveworks
Blacksburg – (540) 466-1512

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Lisa Pugh, LPC
Christiansburg – (540) 712-2177

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Amanda Hardwick, LCSW, RPT,
CACYFSW
Christiansburg – (540) 469-5147

Rhoda Hurst, LCSW, PhD

Floyd – (540) 822-0914

Scarlett Williams, LPC
Blacksburg – (540) 818-2838

Brittany Howell, LPC
Blacksburg – (540) 951-4800

Curt Ramsey, LPC
Blacksburg – (540) 951-2227

Stephanie Fearer, PhD
Blacksburg – (540) 951-2227

Maureen Ritter, LPC, RPT-S
Christiansburg – (540) 320-0123

Dana Lee, LPC, RPT
Christiansburg – (540) 381-6215

Robin Naff, LCSW
Christiansburg – (540) 260-3445

Lynn Bowman, LCSW
Christiansburg – (540) 260-3445

Adult & Child Family Counseling
Dublin – (540) 674-4506

Valley Counseling
Radford – (540) 731-0838

Jennifer Thomas, LPC
Salem – (540) 598-7277

Alan Beach, PhD, LCSW, LMFT
Salem – (540) 387-3977

Nicole Hoffman-Miller, PsyD, LCP
Salem – (540) 408-0105

New River Valley Community Resources Updated 2020

Rational Emotive Behavior Therapy (REBT)

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Liz Kates, LPC
Christiansburg – (540) 208-5955

Sarah Trenis, LPC Intern
Christiansburg – (540) 253-1296

Solution-Focused Brief Therapy (SFBT)

Roxana Navab-Boushehri, LPC
Salem – (540) 375-2755

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Connie Fisher Hopkins, LCSW
Christiansburg – (540) 307-2972

Lisa Pugh, LPC
Christiansburg – (540) 712-2177

Amber Eversole, LPC
Blacksburg – (980) 222-0104

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413

Rosa Jones, LPC
Christiansburg - (540) 328-9363

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Amanda Hardwick, LCSW, RPT,
CACYSFSW
Christiansburg – (540) 469-5147

Structural Family Therapy

Thriveworks
Blacksburg – (540) 466-1512

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Trauma Focused Therapy

Stephanie Whited, LCSW
Christiansburg – (540) 712-2133

Liz Kates, LPC
Christiansburg – (540) 208-5955

Trent Davis, PhD, LPC, CSAC
Blacksburg – (540) 427-7942

Jane C. Hundley, MSSW, LCSW
Christiansburg – (540) 300-4632

Khaliah Cousar, LPC
Christiansburg - (540) 416-0413
Amber Eversole, LPC
Blacksburg – (980) 222-0104

Cindy Blevins, LPC
Christiansburg – (540) 238-9618

Rosa Jones, LPC
Christiansburg - (540) 328-9363

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Rosa Jones, LPC
Christiansburg - (540) 328-9363

New River Valley Community Resources Updated 2020

Elizabeth Goode, LCSW
Blacksburg – (540) 822-0914

Season Childress, LPC
Christiansburg – (540) 328-9526 Ext. 313

Anne Giles, LPC
Blacksburg – (540) 750-4811

Amanda Hardwick, LCSW, RPT,

CACYFSW
Christiansburg – (540) 469-5147

Rhoda Hurst, LCSW, PhD
Floyd – (540) 822-0914

Jennifer Thomas, LPC
Salem – (540) 598-7277

Selina Kelly-LCSW
Christiansburg 540-268-0956

New River Valley Community Resources Updated 2020

DENTAL PROVIDERS(ACCEPTS MEDICAID)

Community Health Centers in the NRV

To become a patient or receive more information, please call one of our Center locations:

Giles Center: 219 South Buchanan Street | Pearisburg, VA 24134 (540) 921-3502

Montgomery Center: 215 Roanoke Street | Christiansburg, VA 24073 (540) 381-0820

Radford/Pulaski Center: 5826 Ruebush Road | Dublin, VA 24084 (540) 585-1310

The Community Health Center is pleased to offer a wide array of dental services. Dental services are available to patients of all ages, regardless of their insurance status.

Our dental services include oral examinations, cleanings, extractions, x-rays, fillings, crowns, bridges, partials and dentures. We are a full-service dental clinic.

Dental fees vary for individuals at or below 200% of the Federal Poverty Guidelines and depend on which type of procedure or service is being rendered. Patients are seen by appointment only.

French Dentistry Address

201 E Main St #12, Floyd, VA 24091

(540) 745-4902

Accepts Medicaid for children only

Love Family Dentistry

2766 Electric Rd, Roanoke, VA 24018

(540) 904-2300

Kool Smiles

135 Conston Ave NW, Christiansburg,

VA 24073 (540) 251-0707

Educational Resources

Literacy Volunteers of the NRV

Face-to-face volunteer tutoring is on hold, but we continue to serve adults through distance education. We are still accepting student applications for adults who want to connect with a tutor virtually. Call our Literacy Help Hotline at (540) 382-7262 or text (540) 324-9314 and let us know how we can help you. Our learning center office is closed to the public with minimal staff on site. However, we are offering curbside pick-up of books and materials. Students and tutors are welcome to utilize the "grab and go" service to reserve books and pick them up curbside. Below is the link to look at available books.

GED TESTING

New River Community College

Dublin, Virginia 24084

Visit website: nr.edu

For questions or more information call

(540) 674-3682 or email: sharvey@nr.edu

New River Valley Community Resources Updated 2020

EMPLOYMENT AGENCIES

Adecco Staffing

1999 S Main St. Ste 405
Blacksburg, VA 24060 (540) 951-0841

Bright Services:

Christiansburg/Blacksburg/Radford

401 Depot Street
Christiansburg, VA 24073
Phone (540) 382-7213
Fax (540) 381-1760
Email: NRV@brightservices.net

Pulaski/Dublin/Radford

1026 East Main Street
Pulaski, VA 24301
Phone (540) 980-1423
Fax (540) 980-1906
Email: Pulaski@brightservices.net

Elwood Staffing

108 Oak Tree Blvd.
Christiansburg, VA 24073 (540) 382-2400

Express Employment

3225 N Franklin St. #10
Christiansburg, VA 24073 (540) 639-1692

Gillmann Services, Inc.

2001 S Main St. Suite 206 Blacksburg, VA
24060 (540) 251-5049

WorkForce UNLIMITED

6580 Valley Center Dr Radford VA 24141
540-352-3052

Luttrell Staffing Group

6121 Warren Newcomb Dr.
Fairlawn, VA 24141 (540) 674-1118

New River Mt Rogers Workforce

6580 Valley Center Dr. Suite 119
Radford VA 24141
(540) 633-6764 or (540) 633-6766

Valley Staffing

6003 Wright Avenue
Dublin, VA 24084 (540) 674-3103

Virginia Employment Commission

6226 University Park Dr. Suite 1300
Radford, VA 24141 Phone: (540) 831-5980
Service Areas Floyd County, Giles County,
Montgomery County, Pulaski County,
Radford City

Saunders Staffing

104 Faculty Street
Blacksburg, VA 24060 (540) 951-1036

New River Valley Community Resources Updated 2020

EMPLOYMENT FOR PAST OFFENDERS

Ace Hardware

Dublin, VA (540) 674-5100
Christiansburg, VA (540) 394-3311

Applebee's

Radford (540) 639-9631

Bed Bath and Beyond

Christiansburg (540) 381-7626

Best Western

Radford (540) 639- 3000

Buffalo Wild Wings

Blacksburg (540) 552-9464

Chick-Fil-A

Radford (RU Campus) (540) 831-5351
Christiansburg (540) 394-4488
Blacksburg (VT Campus) (540) 231-4901

Chipotle

Blacksburg (540) 552-0190
Blacksburg (540) 552-3860

Chrysler

Christiansburg (540) 381-8417
Floyd (540) 745-4184

Cintas

Pulaski (540) 994-7200

Dairy Queen

Dublin (540) 674-8015
Christiansburg (540) 251-3414
Pearisburg (540) 921-1476

Advance Auto Parts

Radford (540) 639-9643
Blacksburg (540) 552-8888
Christiansburg (540) 382-1111

Denny's

Christiansburg (540) 381-6069

Dollar Tree

Pulaski (540) 509-6001
Radford (540) 835-6030

Dunkin' Donuts

Pulaski (540) 980-3421
Radford (540) 639-0592
Radford (540) 639-0710

Firestone Auto Care

Blacksburg (540) 315-3995

Golden Corral

Christiansburg (540) 381-1837

Great Clips

Blacksburg (540) 552-6200
Blacksburg (540) 951-4247

Holiday Inn

Dublin (540) 674-1600
Christiansburg (540) 381-8100
Christiansburg (540) 382-6500

IHOP

Christiansburg (540) 381-3961

Jimmy Johns

Radford (540) 639-3900
Christiansburg (540) 382-3100
Blacksburg (540) 951-2100

New River Valley Community Resources Updated 2020

KFC

Pulaski (540) 994-0275
Christiansburg (540) 382-8957

Kohl's

Christiansburg (540) 382-2970

McDonald's

Pulaski (540) 980-8426
Dublin (540) 674-1722
Radford (540) 639-6354
Christiansburg (540) 382-4452
Christiansburg (540) 382-3477
Blacksburg (540) 552-2667

Michael's

Christiansburg (540) 381-0468

O'Charley's

Christiansburg (540) 382-5651

Olive Garden

Christiansburg (540) 381-3240

Papa John's

Dublin (540) 643-4008
Radford (540) 831-5000
Radford (540) 633-2222
Christiansburg (540) 381-3000
Blacksburg (540) 953-3333

PetSmart

Christiansburg (540) 382-7290

Red Lobster

Christiansburg (540) 381-3760

Red Robin

Christiansburg (540) 381-4973

Ruby Tuesday

Christiansburg (540) 382-9474

Salvation Army

Fairlawn (540) 382-1023

Shell

Dublin (540) 643-4009
Dublin (540) 647-4552
Riner (540) 382-2988
Christiansburg (540) 382-4999
Christiansburg (540) 382-7420
Blacksburg (540) 772-4900

Sonic Drive-In

Pulaski (540) 980-7039
Radford (540) 639-2800
Christiansburg (540) 381-0007

Subway

Pulaski (540) 980-8819
Dublin (540) 674-5373
Radford (540) 633-1015
Christiansburg (540) 382-7512
Christiansburg (540) 382-8115
Blacksburg (540) 961-5036
Blacksburg (540) 961-7827

Wendy's

Pulaski (540) 980-2485
Dublin (540) 674-8939
Radford (540) 639-3170

Wyndham Hotels

La Quinta Radford (540) 633-6800
Super 8 Radford (540) 731-9355

New River Valley Community Resources Updated 2020

Days Inn Christiansburg (540) 382-0261
Microtel Inn & Suites Christiansburg (540)

381-0500
Super 8 Christiansburg (540) 251-4120

New River Valley Community Resources Updated 2020

ENERGY ASSISTANCE AND WEATHERIZATION

AEP Utility Assistance

AEP uses energy efficiency programs and consumer education to help customers reduce their electricity consumption. It also has several energy assistance grants and programs to help customers. In the majority of its states, AEP facilitates Neighbor to Neighbor programs that help customers who are behind on their bills, but whose incomes disqualify them for government assistance. The funds for this program come from customer contributions, as well as AEP grants.

<https://www.aep.com/about/IssuesAndPositions/Financial/Low-IncomePrograms.aspx>

Local residents wishing to access Neighbor -to- Neighbor may do so at any New River

Community Action Emergency Assistance Program office:

- 120 Epperly Mill Rd., SW, Floyd, VA 24091 540-745-2102
- 1410-B Wenonah Ave., Pearisburg, VA 24134 540-921-2146
- 110 Roanoke St., Christiansburg, VA 24073 540-382-6186
- 412 N. Jefferson Ave, Pulaski, VA 24301 540-980-5525
- 928 W. Main St., Radford, VA 24141 540-267-3205

www.newrivercommunityaction.org

Community Housing Partners

The Energy Solutions team completes a site-specific energy audit of a home that includes blower-door directed air leakage diagnostics, heating system safety and efficiency diagnostics, duct leakage diagnostics, and insulation needs. Following the energy audit, CHP's weatherization team performs repairs and improvements to home heating and cooling systems and provides for the installation of energy-saving measures in the house, such as improved insulation and air sealing. (540) 382-2002 <https://www.communityhousingpartners.org/312/weatherize.html>

FINANCIAL ASSISTANCE

Blacksburg Junior Women's Club

Email: blacksburgjuniorwomensclub@gmail.com

BJWC will assist and donate to families who have fallen among hard times and help with medical bills, clothing, food, and other necessities.

It's All About Jesus

1301 B West Main St Radford VA 24141 (540)320-2307

Salvation Army

1125 Roanoke St, Christiansburg, VA 24073 (540) 394-3233

The Giles County Christian Service Mission

516 Wenonah Ave Pearisburg, VA 24134 (540) 921-3006

New River Valley Community Resources Updated 2020

FURNITURE ASSISTANCE

The Salvation Army Family Store

7389 Pepper Ferry Blvd., Radford, VA
24141

Tuesday-Saturday 10:00am to 6:00pm
(540) 382-1023

Habitat for Humanity Restore

1675 N Franklin St, Christiansburg, VA
24073

(540) 381-1155
Monday-Saturday 10am-6:30pm
Sunday Closed

Goodwill

Shop at Goodwill retail stores for fabulous fashions and home furnishings at bargain prices. You'll find a wide selection of clothing and accessories, furniture, kitchenware, art, music, toys, books, electronics, collectibles, and much more. We offer thousands of new and used name brand items at a price you can afford.

Christiansburg Goodwill

255 Peppers Ferry Rd. NE,
Christiansburg, VA 24073
(540) 381-1544

Monday-Saturday 8-8PM
Sunday 12-8 PM

Blacksburg Goodwill

1411 N Main St.,
Blacksburg, VA 24060
(540) 951-0215

Monday-Saturday 8-8PM
Sunday 12-6pm

Radford Goodwill

7335 Lee Hwy., Radford
VA 24141
(540) 731-1360

Monday-Saturday 8-8pm
Sunday 12-6 pm

Carpetland

2425 Sycamore St., NE, Christiansburg, VA
24073
(540) 381-4500

Monday-Saturday 9-6 pm closed on
Sundays

*Clients can sign a release for carpetland

and an NRVCS employee can contact
Carpetland on behalf of the client to get a
free carpet. Then the client can go to the
store to pick out the carpet.

New River Valley Community Resources Updated 2020

HOME MODIFICATIONS AND REPAIRS

Aging in Place Program - SERCAP

Allows seniors to stay in their homes as they grow older. Trained staff will evaluate private residences for feasibility cost estimates and construction to ADA requirements. (540) 345-1184 ext. 21127 cwilson@sercap.org

Community Development Loan Program - SERCAP

SERCAP, Inc.'s Community Development Loans provide local governments, 501(c)(3) non-profits, public service authorities and user associations with financing for economic development projects. This includes, but is not limited to, building acquisitions, building renovations, and land purchases. These loans are available to rural low income communities in Southeast RCAP, Inc.'s seven state service area (DE, MD, VA, NC, SC, GA and FL).

Granting Freedom

Virginia's grant program for home modifications for disabled veterans or disabled servicemen or women who sustained a line of duty injury resulting in a service connected disability. Grant funds can be used to widen doorways and add ramps to make a home wheelchair accessible, to install grab bars in a bathroom or to make other modifications recommended by the VA that help eligible recipients feel more at home.

<http://www.vhda.com/Programs/Pages/GrantingFreedom.aspx#>

Individual Home Improvement Loan Program

Southeast RCAP, Inc.'s Home Improvement Loan Program is intended to provide financial assistance to residents in the rural areas who are in need of minor home repairs/improvements.

Individual Household Well Loan Program - SERCAP

SERCAP is the recipient of a grant from USDA Rural Development to fund a household water well system loan program. Loans are available to homeowners to construct or repair their well.

Individual Septic System Loan Program - SERCAP

Southeast RCAP, Inc.'s Individual Septic System Loan Program provides financial assistance to residents in the rural areas who are in need of a new septic system or repairs to an existing system. <http://southeastrcap.org/sercap-programs/loans/>

Indoor Plumbing Rehab – Total Action for Progress (TAP)

The Indoor Plumbing Rehab Program provides water and wastewater needs, indoor plumbing facilities and rehabilitation of substandard, unsafe housing for low-income, rural homeowners.

For more information contact Liz Puckett at (540) 283-4882

<https://www.tapintohope.org/IndoorPlumbing.aspx>

New River Valley Community Resources Updated 2020

Money Follows the Person Money Follows the Person (MFP)

A program that offers eligible older adults and individuals with disabilities living in long term care facilities for at least 90 days the chance to move back into the community by providing extra support and access to resources. Individuals who choose to participate in the MFP project may be able to access funds for home modifications up to \$5,000. You must qualify for the Elderly or Disabled with Consumer Direction (EDCD) Medicaid Waiver or Program for All Inclusive Care for the Elderly (PACE). http://www.dmas.virginia.gov/Content_pgs/ltc-mfp.aspx.

New River Valley Disability Resource Center

The NRV Disability Resource Center is a non-profit Center for Independent Living, an organization run by and for people with disabilities. They provide advocacy, peer support, independent living skills training, information and referral, and services to assist people transitioning in the community (when finishing school or when transitioning out of nursing homes and institutions). The NRV DRC serves individuals with disabilities in the New River Valley residing in Floyd, Montgomery, Pulaski, Giles counties and the city of Radford. Frank Hayes, Director: 540-266-1435 <https://nrvdrc.org/direct-services/>

Rebuilding Together Roanoke (serves Floyd)

Rebuilding Together Roanoke is a nonprofit organization working to preserve affordable homeownership and revitalize communities. Rebuilding Together Roanoke provides free habilitation and critical repairs to the homes of low-income individuals, particularly the elderly or persons with disabilities.

Homeowner Qualifications:

- Applicant must own the home, have resided in the home for a minimum of 2 years, and be up to-date on tax payments.
- The home must be in our service area (cities of Roanoke and Salem, Town of Vinton, counties of Roanoke, Botetourt, Craig, Franklin, and Floyd).
- Household income must be at or below 80% of area median income. Determination is based on household size.
 - Priority is given to households with at least one member over the age of 60, living with a disability, or a veteran or surviving spouse of a veteran. <http://rebuildingtogetherroanoke.org>

SERCAP Loan Fund

The SERCAP Loan Fund offers low-interest loans to low to moderate income persons and rural communities for water/wastewater, housing and community development activities.

US Department of Agriculture (USDA) Rural Housing Repair & Rehabilitation Loans:

These loans are available to very low-income rural residents, 62 years or older who own and occupy a dwelling in need of repair or modernize, or to remove health and safety hazards. This is a 1% loan that may be repaid over a 20-year period and homeowner-occupants must be unable to

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obtain affordable credit elsewhere.

Rural Housing Repair & Rehabilitation Grants:

A grant is available to dwelling owner/occupant who is 62 years of age or older. Funds may only be used for repairs or improvements to remove health and safety hazards, or to complete repairs to make the dwelling accessible for household members with disabilities. The amount of the grant is based on the applicant's ability to repay and must be used in conjunction with the Repair and Rehabilitation Loan. http://www.rurdev.usda.gov/HAD-RR_LoansGrants.html

Veterans Administration

The Department of Veteran Affairs has many programs that provide grants to veterans with disabilities who need to make modifications to their home.

<http://www.benefits.va.gov/homeloans/sah.asp>

Virginia Department for Aging and Rehabilitative Services (DARS)

The Virginia Department for Aging and Rehabilitative Services is for people who are disabled, want to work, and are eligible for services, the Virginia Department for Aging and Rehabilitative Services may provide accessibility modification assistance of the home for the adaptations needed in order to obtain or continue to work. (540) 381-7122

<http://www.vadars.org/learnmore/html>

Virginia Housing Development Authority (VHDA) Rental Unit Modification Grant Program

Provides up to \$2,800 for adaptation or modifications to a rental unit for persons with disabilities. Debbie L. Griner, Community Outreach Program Coordinator (804) 343-5579 debbie.griner@vhda.com <http://www.vhda.com/Renters/Pages/AccessibleRentalHousing.aspx>

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HOMEBUILDERS

Habitat for Humanity

Habitat for Humanity is a non-profit building and counseling service for low-to-moderate income households. Services include budgeting, debt remediation, home buying guidelines, mortgage readiness and home construction. 1675 N Franklin St Christiansburg, VA 24073 (540) 381-1144
<http://habitatnrv.org/>

HOMELESS SHELTERS

To Our House/New River Community

Action Call 540-320-1273 to see if they have available space.

Christ Episcopal Church in Radford for Females only Call (540) 639-3494

Women's Resource Center

Shelter for Domestic Violence Victims. If they have space and you're homeless they may be able to give you a spot for a short time. (540) 639-9592

Rapid Rehousing

Homeless youth ages 18-24 who previously have been in foster care and homeless families with one or more members diagnosed with a mental health and substance use disorder. Call Community Action- (540) 633-5133

Rescue Mission

402 4th Street Southeast Roanoke, VA 24013(540) 343-7227

Roanoke Homeless Assistance Team

339 Salem Ave., S.W. Roanoke, VA 24011 (540) 853-1715

Samaritan Inn Day Shelter

543 Salem Avenue Roanoke, VA 24016 (540) 343-1447

Ram House Day Shelter

824 Campbell Avenue Southwest Roanoke, VA 24016 (540) 343-3753

Trust House

404 Elm Ave. S.W. Roanoke, VA 24016 (540) 344-8060

Warming Station Pulaski

276-620-4293

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HOUSING CHOICE VOUCHERS (RENTAL ASSISTANCE)

Housing Connections

Pearisburg - 504 Wenonah Ave. Pearisburg, VA 24134 (540) 921-1392

Christiansburg - 2955 Market St. Suite A, Christiansburg, VA 24073 (540) 381-8101

Dublin - 140 Broad St. Unit 2, PO Box 614, Dublin, VA 24084 (540) 674-8326

<http://pmihcvp.org/>

***HUD is not accepting housing vouchers at this time

HOUSING CRISIS FINANCIAL ASSISTANCE

New River Community Action

New River Community Action provides time-limited financial assistance to eligible people who are in imminent danger of becoming homeless or homeless. Homeless Prevention provides rental assistance, rental deposits, and utility assistance. Rapid Rehousing assists clients who meet the HUD definition of literally homeless to obtain stable, permanent housing. Both programs include Housing Counseling services that include housing search assistance, budgeting, and mediation with landlords and neighbors if needed.

- Floyd (540) 745-2102
- Giles (540) 921-2146
- Montgomery (540) 382-6186
- Pulaski (540) 980-5525
- Radford (540) 267-3205

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HOW TO APPLY FOR DISABILITY

Virginia Disability Determination Services

The Virginia Disability Determination Services (DDS), a division within DARS, works in partnership with the Social Security Administration and the Virginia Department of Social Services to make decisions on disability claims for benefits under the Social Security Disability Insurance, Supplemental Security Income, and Medicaid Programs. Following federal regulations, DDS commits to making accurate and prompt disability decisions based on medical and psychological evidence. DDS also considers school information and vocational criteria, as appropriate.

MISSION: DDS is committed to making accurate, prompt decisions on disability claims under the Disability Insurance Benefits (Title II), Supplemental Security Income (Title XVI), and Medicaid (Title XIX) Programs.

SUMMARY OF BENEFIT PROGRAMS:

Social Security Disability Insurance (SSDI): This program requires a person with a disability to have worked for a substantial period in employment covered by Social Security. Beginning at age 18, a dependent, adult child of a worker who is retired, disabled or deceased, may be eligible for benefits if the child became permanently disabled before age 22. Benefits also may be paid to a widow, widower, or surviving divorced spouse. SSDI is funded through the Social Security Trust Fund.

Supplemental Security Income (SSI): This federally funded program is based on financial need. It is not necessary for persons with disabilities to have worked under Social Security. Basic medical criteria for eligibility are the same for both SSI and SSDI. Recipients of benefits under both programs also may be eligible for Medicaid or Medicare benefits.

Medicaid: Medicaid is a jointly funded, Federal-State health insurance program for low-income and needy people. It covers children, the aged, blind, and/or disabled and other people who are eligible to receive federally assisted income maintenance payments. A separate application for Medicaid must be filed through the Virginia Department of Social Services (DSS).

You should apply for disability benefits as soon as you become disabled. If you are ready to apply now, you can:

- Complete your application online at <https://www.ssa.gov/applyfordisability/>
- Call our toll-free telephone number 1-800-772-1213. If you are deaf or hard of hearing, you can call us at TTY 1-800-325-0778.
- Go to Disability Resource Center at 53 west main st Suite A Christiansburg VA 24073 M-F 8-4:30 pm. Phone Number: 540-266-1435
- Call or visit your local Social Security office. For NRV community residents it is the Roanoke Social Security office.

Address: 612 S Jefferson St., Suite 100, Roanoke, VA 24011

Phone: 1-800-772-1213

Hours: Monday- Friday 9:00 AM - 4:00 PM / Saturday & Sunday Closed

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HOW TO APPLY FOR MEDICARE AND MEDICAID

Medicaid:

Call the Cover Virginia Call Center at 1-855-242-8282 (TDD: 1-888-221-1590) to apply on the phone Mon - Fri: 8:00 am to 7:00 pm and Sat: 9:00 am to 12:00 pm

2. Apply online at www.commonhelp.virginia.gov
3. Complete an online application at the Health Insurance Marketplace:
www.healthcare.gov
4. Mail or drop off a ^[PDF] paper application (English) - ^[PDF] paper application (Spanish) to your local Department of Social Services (Mailing may take longer than other methods of applying). *Find your nearest local Department of Social Services by visiting*
www.dss.virginia.gov/localagency
5. Call the Virginia Department of Social Services Enterprise Call Center at 1-855-635-4370 (If you also want to apply for other benefits)
You should have the following information ready when you apply:
 - Full legal name, Date of Birth, Social Security Number, Citizenship or Immigration Status for you and anyone in your household who is applying for health care coverage.

Medicare:

You can enroll in Medicare Part A and/or Medicare Part B in the following ways:

- Online at www.SocialSecurity.gov.
- By calling Social Security at 1-800-772-1213 (TTY users 1-800-325-0778), Monday through Friday, from 7AM to 7PM.
 - In-person at your local Social Security office.

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LAUNDRY ASSISTANCE

Laundry Love

A program to assist those financially struggling to pay to get their laundry done. Sponsored by Glade Church. First and Third Sunday of each month, 2-5pm. Located at The Arbors Laundromat, 777 Triangle St., Blacksburg, VA 24060. All are welcome to join!

LEGAL ASSISTANCE

Southwest Virginia Legal Aid

Legal Aid provides the following services: consumer/debt collection, custody and child support, divorce, domestic violence, employment, housing, public benefits, other civil cases, no criminal cases taken. (888) 201-2772 <http://www.swvalegalaid.org/>

Stone & Kellerman

304 Roanoke St., Christiansburg, VA 24073
(540) 381-9082
Monday-Friday 9am-5pm
Saturday & Sunday Closed

The Victim Advocate for the Commonwealth

Suzanne Dehart
540-980-7859

Dennis Nagel Attorney At Law

70 First St. SE #201, Christiansburg, VA 24073
(540) 382-1414
Monday-Thursday 8:30am-5pm
Friday 8:30am-1pm
Saturday & Sunday Closed

Attorney who helps with Capacity/Substitute Decision Maker Filing in Court

Tracy Neyhart
210 Otey St. / P.O. Box 196 Blacksburg, VA 24060 - 552-1811

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LIONS CLUB AUDITORY AND VISUAL ASSISTANCE

Floyd County Lions Club

P.O. Box 463 Floyd VA 24091

Contact 540-651-5252 for more information on how to apply.

Hearing (Auditory) Program

Our hearing program matches individuals that have a correctable hearing loss with the opportunity to receive a hearing aid at little to no cost. If your hearing loss is not correctable with a hearing aid, we may be able to assist you in being serviced by the Virginia Lions Hearing Foundation for additional needs. To apply for hearing assistance, please see Anderson Audiology at 85 Cleburne Blvd, Dublin, VA 24084 and fill out an application. Applications can be picked up at Anderson's office or downloaded <https://www.dublinlions.org/club-information>

Visual Assistance Program

Primary service is sight conservation, eye exams and eyeglasses. Pick up application for visual assistance at your Optometrists office or from a Lions Club Member.

Christiansburg contact sbburke@vt.edu

Blacksburg: Print form on

<http://www.blacksburgbreakfastlionsclub.com/eyeglass-assistance-requests.html>

Last names of applicants A-M-Contact Elaine C. Cook Email: Elainecook1118@gmail.com
Call:540-315-9339

Last Names of Applicants N-Z-Contact Karen Hult-Email Khult@vt.edu Phone Number
540-2308827

Dublin for Radford, Pulaski, and Dublin residents

Applications can be downloaded at <https://www.dublinlions.org/club-information> or picked up any of our providers. Please mail completed applications to Dublin Lions Club, PO Box 1872, Dublin VA 24084. Allow 4-6 weeks for a response.

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LOCAL COMMUNITY ORGANIZATIONS

Local Health Departments

Radford

220 E Main St., Radford, VA 24141

(540) 267-8255

Monday-Friday 8am-4:30pm

Saturday & Sunday Closed

Christiansburg & Blacksburg

210 Pepper St. SE #A, Christiansburg, VA
24073

(540) 585-3300

Monday-Friday 8am-4:30pm

Saturday & Sunday Closed

Pulaski

170 4th St. NW, Pulaski, VA 24301

(540) 440-2188

Monday-Friday 8am-4:30pm

Saturday & Sunday Closed

Floyd

123 Parkview Rd. NE, Floyd, VA 24091

(540) 745-2142

Monday, Tuesday, Thursday & Friday

8:30am-4:30pm

Wednesday, Saturday & Sunday Closed

Giles

1 Taylor Ave. #4, Pearisburg, VA 24134

(540) 235-3135

Monday-Friday 8am-4:30pm

Saturday & Sunday Closed

Health Department Services:

Car Seat Installation/Free Child Safety Seats, Baby Care, Care Connection for Children, Communicable Disease Prevention and Control, Family Planning & Birth Control, Health Education, Immunizations for Children and Adults, Maternity Care, Pre-Admission Nursing Home Screenings, Resource Mothers, Vital Records and Health Statistics, Well Child Care, Women, Infants, and Children (WIC) Program

Women's Resource Center

24-Hour Crisis Hotline, Emergency Advocacy, Emergency Shelter

Our crisis hotline, 540.639.1123 or 800.788.1123, is available 24-hours a day with trained crisis intervention staff and volunteers answering all calls. Translators are available via Certified Languages International for our non-English speaking callers. People who are Deaf or Hard of Hearing can access our hotline by using Virginia Relay (711).

The Women's Resource Center provides a 24-hour emergency response system for victims of sexual and domestic violence. When requested, Emergency Advocates meet victims at hospitals, law enforcement agencies, and other public locations (universities/college campuses, K-12 schools) in the New River Valley. Specially trained in trauma-informed care, Emergency Advocates assist women, men, and children immediately following a crisis. Advocates provide emotional support, information, options, and follow-up services to victims and their loved ones,

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and remain with a victim for as long as needed.

The Women's Resource Center offers temporary emergency housing for adults and children who live in the New River Valley and are fleeing intimate partner violence. Our shelter is a comfortable, attractive home with facilities for 26 women and children. We also provide shelter for men and LGBTQ+ individuals. Families who leave the emergency shelter and desire a supportive living environment also have the option of applying for transitional housing apartments before stepping out on their own.

New River Community Action

NRCA is a private 501 (c) (3) non-profit organization serving Radford City and the Counties of Montgomery, Giles, Floyd and Pulaski in rural southwestern Virginia. A well-known proponent of self-sufficiency, NRCA offers "A Hand Up, Not a Hand Out" to local families in need. We strive to achieve our purpose through community organization and empowerment, helping local communities to recognize and alleviate their own poverty conditions.

NRCA works with our community's most vulnerable residents including the homeless, ex-offenders, the disabled, and struggling young families. Some services address basic needs such as food, shelter, and employment. Comprehensive early childhood programs promote school readiness, healthy families, and effective parenting.

Programs include Head Start, Children's Health Improvement Partnership (CHIP), Homeless and Housing Programs (Rapid Re-housing, Homeless Prevention, Housing Counseling, Renter Education Workshops), VA CARES services to ex-offenders, SwiftStart job training and access to child care, AmeriCorps, Emergency Assistance and Food Pantries Programs, Volunteer Income Tax Assistance (VITA), Floyd County Backpack Program and To Our House homeless men's thermal shelter.

Floyd NRCA 323 Floyd Hwy S, Floyd, VA 24091 (540) 745-2102 Open M-F 9AM-12PM, 1-3PM

Montgomery County NRCA 110 Roanoke St, Christiansburg, VA 24073 (540) 382-6186

Opens Monday-Friday 9am-5pm

Radford City NRCA 1093 E Main St, Radford, VA 24141 (540) 633-5133

Open Monday-Friday 8:30am-5pm

Giles NRCCA 1105 Henson Ave, Pearisburg, VA 24134 (540) 921-2355

Open 9:30 – 11:30 AM (Closed for lunch 11:30 – 12:30) then 12:30 – 2:30 PM

Pulaski County Emergency Assistance Program 412 N. Jefferson Avenue PO Box 1422

Pulaski, VA 2301. Open 9-11:30AM, 1-3:30PM.

United Way

111 West Main Street, Christiansburg, VA 24073

Call (540) 381-2066 or email info@unitedwaynr.org

Monday – Thursday 8:00am – 5:00pm Friday 8:00am – 1:30pm

United Way of the New River Valley is a local, independently incorporated, volunteer-governed

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organization. Our mission is to unite local people and resources to improve lives in the New River Valley.

United Way unites individual and corporate donations to achieve measurable, lasting results.

Programs include:

Stuff The Bus- school supply drive for children

Emergency Need Drive- clothing, books, diapers, food, and other supply drives

Day of Caring- annual one-day project for local charity

Holiday Meal Box- dinner box for local families for holidays

Toys From The Heart- shop for Christmas gifts for children

VolunteerNRV- links individuals with volunteers Diaper Bank- access to diapers

National Counseling Group

Intensive In Home, Home and Community Based counseling, Residential Diversion, Therapeutic Mentoring, Outpatient counseling, Therapeutic Day Treatment, Mental Health Skill Building, Crisis Stabilization, Parent Coaching, Life Skills, Supervised Visitation, Outpatient Substance Abuse, Psychiatric Services, Home & Community-Based Counseling, Functional Family Therapy (FFT), Multi-systemic Therapy (MST), Therapeutic Mentoring, Mental Health Skill-building, Parenting Assessments, Love & Logic Parenting Classes, Family Reunification, Suboxone Clinic.

Address: 930 Cambria St NE, Christiansburg, VA 24073 Phone: (540) 602-3021

For immediate assistance, please call: 1.877.566.9624

Depaul Community Resources

Every day we work to change the world by improving the lives of children, families, and individuals with developmental disabilities. At DePaul Community Resources, we are always looking for compassionate individuals who want to open their homes and hearts to children and teens in need. The first step to potentially welcome a child into your family through adoption begins with DePaul's foster care/adoption home study process. This process helps to prepare prospective foster-to-adopt parents through orientation, training, and meetings with a variety of

DePaul team members. After an adoption is finalized, DePaul can continue to work with adoptive families, providing case management, advocacy, resource sharing, training opportunities, family activities, and access to free clinical services until adopted children reach adulthood. Depaul provides Counseling, Family Engagement, Intensive Care Coordination, Intensive In-Home, Independent Living Program for foster teens and Group Therapy.

Address: 106 N Franklin Street Christiansburg, VA 24073 Phone Number 540.381.1848

Cora Physical Therapy(Previously known as Professional Therapies)

1997 S. Main Street Suite 601, Blacksburg, Virginia 24060 (540) 961-1230

CORA currently offers physical therapy, aquatic therapy, Astym treatment, functional capacity evaluations, Kinesio taping, neurological rehabilitation, occupational therapy, orthopedic

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rehabilitation, a pediatric program, post-surgical rehabilitation, speech therapy, TPI Certified Golf Fitness Evaluations, Work Conditioning/Work Hardening programs, and Worksteps.

CORAKids helps children with these diagnoses and more: Arthritis, Auditory Processing Issue, Autism, Cerebral Palsy, Concussion, Developmental delay(fine and large motor skills), Down syndrome, Feeding issue, Impaired Visual-perceptual motor skills, Language development issue, language development issue, Neurological and genetic disorders, post surgery rehabilitation, scoliosis and postural asymmetries, sensory integration dysfunction, spina bifida, sports injuries, sprains and broken bones, stuttering, torticollis, toe-walking and other gait abnormalities, and vestibular dysfunction.

Family Preservation Services

1650 Cambria Street NE, Christiansburg, VA 24073 (540) 381-7500

Provides counseling and support services in home- and community-based settings and we emphasize the strengths and uniqueness of each youth and family. Autism Services to Home-Based Services, Therapeutic Foster Care to Parent Education Services, Adolescent Sexual Harm Program Substance Abuse services, school based services, individual therapy, family therapy, trauma focused CBT, parent focused education/parent mentoring, guided supervised visitation, supervised visitation, and crisis intervention.

Community Health Center

We provide affordable, high quality medical, dental, behavioral and preventive health services to everyone, regardless of ability to pay or insurance status. We now accept patients with Medicare or Medicaid, and with or without private insurance coverage. If you work in a job like retail, construction, childcare, landscaping, food service or any job that doesn't offer health insurance, you may be able to get low-cost or no-cost health insurance through Virginia's expanded Medicaid. The new coverage will include regular preventive care as well as treatment for chronic health conditions. New Health Coverage for Adults is available to eligible adult Virginians who live in households earning at or below 138% of the Federal Poverty Level (\$17,237 for a single person in 2019).

Montgomery Center 215 Roanoke | Street Christiansburg, VA 24073 | 540.381.0820

Giles Center 219 South Buchanan Street | Pearisburg, VA 24134 | 540.921.3502

Radford/Pulaski Center 5826 Ruebush Road | Dublin, VA 24084 | 540.585.1310

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The New River Valley Disability Resource Center (NRV DRC)

a non-profit Center for Independent Living, is an organization run by and for people with disabilities. Our goal is to help create an accessible community to assist people with disabilities to live independently. We provide advocacy, peer support, independent living skills training, information and referral, and services to assist people transitioning in the community (when finishing school or when transitioning out of nursing homes and institutions).

The NRV DRC serves individuals with disabilities in the New River Valley residing in Floyd, Montgomery, Pulaski, Giles counties and the city of Radford. This includes Christiansburg, Blacksburg, McCoy, Fairlawn, Riner, Floyd, and Newport.

53 West Main St., Suite A Christiansburg, VA 24073 (540) 266-1435

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LOCAL DEPARTMENT OF SOCIAL SERVICES

Cash Assistance (TANF), Child Care Services, Energy Assistance (Fuel, Crisis and Cooling),
Food Assistance (SNAP-commonly known as food stamps), Medical Assistance

* are open Monday-Friday 8:00 am-4:30 pm ** open Monday-Friday 8:30 am-12pm,12:30-5PM

***Montgomery County DSS**

210 S. Pepper St., Ste. B Christiansburg, VA
24073 (540) 382-6990

***Pulaski County DSS**

53 Commerce St, Pulaski, VA 24301
(540) 980-7995

***Floyd County DSS**

120 W Oxford St # B, Floyd, VA 24091
(540) 745-9316

****Radford City DSS**

928 West Main St
Radford VA 24141
(540) 731-3663 open M-F 8:30am-4:30pm

****Giles County DSS**

211 Main St #109, Narrows, VA 24124
(540) 726-8315

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LOW INCOME HOUSING & OTHER HOUSING IN THE NRV

Blacksburg

Cambridge Square Apartments

1805 Whipple Drive
Blacksburg, VA 24060
(540) 953-1870

* * According to income

Hilltop Terrace Apartments

1776 Liberty Lane
Blacksburg, VA 24060
(540) 953-1776

* * According to income

Lantern Ridge Apartments

401 Fairfax Rd.
Blacksburg, VA 24060
(540) 552-8172

* * According to income

Shawnee Apartments

1222 University City Blvd.
Blacksburg, VA 24060
(540) 552-2384

Ridgewood Village Apartments

400 Fairfax Road
Blacksburg, VA 24060
(540) 951-8100

Dutch Village Apartments

1806 Grayland Street
Blacksburg, VA 24060
(540) 552-4272

Fairmont Village Apartments

Loudon Road
Blacksburg, VA 24060
(540) 552-0855

Christiansburg

Linden Green Apartments

448 Depot St.
Christiansburg, VA 24073
(540) 382-8578

* * According to income

Smokey Ridge Apartments

240 Countries Drive
Christiansburg, VA 24073
(540) 382-7045

* * According to income

Christiansburg Bluff Apartments

595 Republic Road
Christiansburg, VA 24073
(540) 382-1977

Crestview Apartments

309 Pepper Street
Christiansburg, VA 24073
(540) 382-1760

Cecil Underwood

(boarding house for men ONLY)
(540) 552-2226

James Curtis

(540) 382-2294

Kenneth McMahan

(540) 382-8337

Floyd

Blue Ridge Manor Apartments

Christiansburg Pike Road
Floyd, VA 24091
(540) 745-3939

* * According to income

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Pine Ridge Apartments

316 Penn Avenue
Floyd, VA 24091 (540) 745-4007
* * According to income

Old Orchard Place (Age 62 and older)

1262 Curve Road
Pearisburg, VA 24134
(540) 921-4125

S.A. Robinson (Age 55 and older)

100 Sam Robinson Drive
Pembroke, VA 24136
(540) 626-7208

Orchard Grove Rental Homes

1262 Curve Road
Pearisburg, VA 24134
(540) 921-4125

Pulaski

Meadowview Apartments

107 Hidden Valley Court
Pulaski, VA 24301
(540) 980-8375
* * According to income

Washington Square Apts.

201 Washington Street
Pulaski, VA 24301
(540) 980-3919
* * According to income

Blue Grass Apts.

230 N. Washington Ave.
Pulaski, VA 24301
(540) 980-0992
* * According to income

Radford

Riverbend Apartments

108 Midkiff Lane
Radford, VA 24141
(540) 639-3592
* * According to income

Willow Woods Apartments

222 Allen Avenue
Radford, VA 24141
(540) 639-0458
*** According to income (includes: heat,
water, sewer, garbage)

New River Overlook

300 Jeffries Drive
Radford, VA 24141
(540) 731-0866
* * According to income

BCR Property Management

601 Norwood Street
Radford, VA 24141
(540) 731-1176

Bondurant Realty Corp.

1300 Norwood Street
Radford, VA 24141
(540) 639-9672

Bergen Pine West

406 Sanford Street
Radford, VA 24141
(540) 639-3298

Cedar Valley Apartments (through Bondurant Realty)

1300 Norwood Street
Radford, VA 24141
(540) 639-9672

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Central Depot

301 W. First Street
Radford, VA 24141
(540) 693-9000

Highland Village Apartments

1210 Grove Ave.
Radford, VA 24141
(540) 731-1336

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PARENTING RESOURCES

NRV Cares

205 West Main St. Office 4, Christiansburg, VA 24073

info@nrvcare.org

(540) 381-8310

Parenting Young Children

Parenting Young Children utilizes the Systematic Training for Effective Parenting (STEP) curriculum for parents/caregivers of children ages birth through six years old. An eight week course, STEP teaches:

- parents/caregivers about different parenting strategies and which will be most effective in influencing our children in a positive direction
- how to discipline with both firmness and kindness
- how to communicate effectively with children (and others)
- how to gain cooperation from our children
- ways to build our children's and our own self-esteem through the process of encouragement
- much more!

NRV CARES provides on-site childcare, dinner for the family, and all class materials free of charge!

Registration is required. Please call Keli Lichty, Education Program Director, at 540.381.8310.

Circle of Parents

Circle of Parents® is a parent-led and professionally facilitated parent support group program that gives parents the opportunity to share in each other's challenges and successes while developing a network of support. Participants learn how to advocate for their children and how to parent in a positive way. Circle of Parents® groups meet weekly, are free of charge, and foster an open exchange of ideas, support, information and resources.

The Circle of Parents® model includes a structured children's program which emphasizes the importance of working with the family as a "whole" and reinforcing family support principles. Children's programs provide a safe and supportive environment for children while their parents are participating in their group meetings. Children are given the opportunity to develop self-esteem, social skills, learn safe and healthy ways to handle feelings, as well as problem-solving and conflict resolution techniques. Children's groups also help children and parents establish trust and positive interactions with each other.

Circle of Parents® is for parents/caregivers of children of any age (birth - 18), provides dinner and childcare for the family, and is free of charge! Please call 540.381.8310 for more information.

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Parenting Through Separation and Divorce

The Parenting Through Separation and Divorce class helps separating or divorcing parents who have children under the age of nineteen support a child's emotional well being during or after a transition from one home to two homes.

The course is four hours in length and costs \$50, payable in advance.*You can speak to the director to waive or reduce the fee.

Registration is required. For more information, please call 540.381.8310.

Parenting Workshops

Available to any group interested in single session parenting presentations based on the Systematic Training for Effective Parenting (STEP) curriculum. For more information, please call 540.381.8310.

CASA (Court Appointed Special Advocates) of the New River Valley, a program of NRV CARES, trains volunteers who are committed to advocating for children who are involved in Juvenile and Domestic Relations Court proceedings who have been abused or neglected.

Our CASA volunteers are appointed by the courts, and are *everyday people* who serve as the "eyes and ears" for judges on behalf of a child in need.

Our CASA program advocates for more than 100 children each year, serving courts in the Counties of Giles, Floyd, Montgomery, and Pulaski as well as the City of Radford.

If you are interested in learning more about CASA or becoming a CASA volunteer, please contact us at 540.381.8312 or at leah@nrvcares.org

Boys & Girls Club of America

Shawsville

4179 Old Town Rd.,
Shawsville, VA 24162
(540) 268-2262

<http://www.bgcswva.org>

Big Brother Big Sister

Serves children in Roanoke, Salem & Pulaski County.

246 N. Washington Ave., Ste C
Pulaski, VA 24301
(540) 736-4403

To enroll your child in the Big Brothers Big Sisters program, contact Beth Reedy at 540-345-9604 or breedy@bigslittles.org

Beans and Rice, Inc.

Radford: 540-633-6270

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Pulaski: 540-980-4111

Beans and Rice, Inc. serves others through hunger relief, capacity development, and asset building programs that in the short term provide basic needs, knowledge, and skills for school and work and in the long term empower change in society.

- Weekend Backpack Project
- Container Gardening
- Weekly Food Distribution
- Afterschool Enrichment
- Micro Business Loans
- Business Training and Counseling
- Community Learning Centers
- Individual Development Accounts

College Mentors for Kids at Virginia Tech

At College Mentors for Kids, we motivate kids and college students to reach their full potential to positively impact the community. We bring our mission to life by fostering inspiration to transform lives, educating to change attitudes, and creating connections to increase opportunities.

Our vision is to help school children look forward sooner and be able to give back later. Our Chapter works with Margaret Beeks, Falling Branch, Price's Fork, and Eastern Montgomery elementary schools.

Blacksburg, VA 24060
collegementorsvt@gmail.com
(804) 381-1100

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MENTAL HEALTH SKILL BUILDING PRIVATE PROVIDERS

Mainstream Mental Health Services

4113 Pepperell Way
Dublin, VA 24084
Phone: (540) 643-7052
Fax: (540) 643-7052

Family Preservation

1650 Cambria St NE, Christiansburg, VA 24073
Phone: (540) 381-7500

National Counseling Group

930 Cambria St NE
Christiansburg, VA 24073
Phone: (540) 602-3021

EHS

138 Oak Tree Blvd
Christiansburg, VA 24073
Phone: 540-260-3495

Family Insight-serves the NRV

3433 Brambleton Ave
Suite 201-A
Roanoke, VA 24018
Ph: (540) 266-7550

Transform ED Support Services

New River Valley
211 Roanoke St. Suite 211
Christiansburg, VA 24073
(serving Christiansburg, Blacksburg, and Radford)
Phone: 540.251.3223

PREGNANCY RESOURCES

The Pregnancy Resource Center of the New River Valley

A non-profit medical clinic and Christian outreach for those facing an unplanned pregnancy. We operate two clinics with locations in Blacksburg and Radford. We serve the entire New River Valley and offer the following free services: Medical, education, counseling, support.

Blacksburg Office: 708 N Main St. Suite 200 Blacksburg, VA 24060 (540) 552-5556

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Radford Office: 1016 Fairfax St. Radford, VA 24141 (540) 838-2138

Montgomery County Baby Shop

Sponsored by St. Paul United Methodist Church
220 W. Main St., Christiansburg, VA 24073
540-382-2410

The Montgomery County Baby Shop is a FREE local service sponsored by St. Paul United Methodist Church in Christiansburg and Blacksburg Presbyterian Church to help expecting mothers, parents, and others care for young children.

Monday 10-12pm & Wednesday 2-4pm

Sleep in Heavenly Peace NRV

is a non-profit organization that builds and delivers beds to children who do not have a bed. "Our mission: "NO KID SLEEPS ON THE FLOOR IN OUR TOWN!"

Request a bed at <https://www.shpbeds.org/request-free-twin-bed> or call (844) 432-2337

CHIP

The purpose of CHIP is to assist low-income families with children through age 6 and pregnant women with access to medical and dental services and act as a link to other human service organizations/providers in the NRV. CHIP services, provided by a nurse and a home visitor team, include helping families make and keep appointments and follow physician recommendations, educational home visits, parenting education, helping families set and reach personal and family goals, transportation to medical and dental appointments, medical case management, and referrals to other community-based services to help meet the multifaceted needs of families. All services emphasize prevention and early intervention. The CHIP Baby and Toddler Shops help by providing needed infant and toddler items at no charge such as clothing, diapers, shoes, and coats to help meet the needs of their children. The CHIP Shops offer a unique service for families living in Floyd and Giles. While parents do not need to be part of CHIP to access the Shops, volunteers encourage home visiting as a helpful resource. When a family visits a CHIP Floyd or Giles Shop for the first time, the parent is invited to complete a short information sheet so that a CHIP staff member can make contact later to provide information about CHIP home visiting and other available resources in the community.

Giles County CHIP	Montgomery/Radford/Pulaski	Floyd County CHIP
<i>and Little Feet Baby & Toddler Shop</i>		<i>and Floyd Baby & Toddler Shop</i>
211 Main Street, Narrows, VA Phone 540-726-2252 Fax 540-726-2254	90 College Street, Suite B Christiansburg, VA Phone 540-394-3255 Fax 540-394-3256	120 Epperly Mill Road, SW, PO Box 849, Floyd, VA 24091 Phone 540-745-2211 Fax 540-745-2106

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PRESCRIPTION ASSISTANCE

GoodRX

<https://www.goodrx.com/how-goodrx-works>

GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions. The average GoodRx customer saves \$355 a year on their prescriptions.

GoodRx is 100% free. No personal information required.

It's easy. Just go to the home page, type in your drug's name in the search field, and click the "Find the Lowest Price" button.

We'll even help you spell the name of your prescription.

GoodRx coupons will help you pay less than the cash price for your prescription. They're free to use and are accepted at virtually every U.S. pharmacy.

Your pharmacist will know how to enter the codes on the coupon to pull up the lowest discount available.

RxCut®

RxCut can save you up to 80% on your generic prescription medication.

Save on your generic and brand prescriptions if you are uninsured or even if you have insurance or another program! The FREE RxCut® prescription savings card provides you access to the absolute lowest price on your prescriptions; the lesser of the RxCut® discounted price, your insurance copayment or the pharmacy cash price.

<https://www.rxcut.com/save/en/Home> 1-800-808-1213

Parachute Rx

Parachute Rx is a program that helps lower your out-of-pocket medication costs. It's not health insurance, it's only available for a limited time and there's no enrollment or cost to participate.*

There are thousands of commonly used prescription medications available through Parachute Rx. They're used to treat diabetes, heart disease, pulmonary and mental health conditions.

Medications are available through home delivery from Express Scripts Pharmacy® or at one of 50,000+ participating retail pharmacies.

The Coronavirus (COVID-19) pandemic brings uncertainty for all, especially for those who don't have health benefits. To help you and your loved ones, Express Scripts, a health services division of Cigna, is offering Express Scripts Parachute RxSM. This new program is designed to

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help those who are uninsured pay less for their prescription medications.

Go to express-scripts.com/parachuterx to learn more.

Save money on your prescriptions. › Pay \$25 or less out-of-pocket for a 30-day supply of generics. › Or pay \$75 or less out-of-pocket for a 30-day supply for select brand-name medications.

Two easy ways to start saving. 1. Go to express-scripts.com/parachuterx. Or, 2. Ask your local pharmacist if Parachute Rx discounts are available for your prescription. Still have questions? Call 877.644.0212 (toll-free). Customer service representatives are available 7 days a week, 8:00 am-9:00 pm EST.

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PRIMARY CARE PROVIDERS IN THE NEW RIVER VALLEY

Blacksburg:

Lewis Gale Physicians Family Medicine

3700 South Main St, Suite 2A
(540) 443-3700

Lewis Gale Physicians

1645 N. Main St. (540) 552-1246

Lewis Gale Physicians Internal Medicine

2020 Kraft Drive, (540) 443-3980

Internal Medicine of Blacksburg (Lewis Gale) 3698 S. Main (540) 951-6070

Academic Primary Care Associates

3700 South Main (540) 443-7180

Carilion Clinic Family Practice

901 Plantation Rd (540) 951-0352

Medical Associates of SouthWest VA

810 Hospital Dr. Blacksburg (540)951-3311

Christiansburg:

Community Health Center of NRV

215 Roanoke St. (540) 585-1310

Lewis Gale Physicians Family Medicine

6 Hickok St. (540) 382-4191

Lewis Gale Internal Medicine

10 Hickok St, Suite 101 (540) 381-1882

Carilion Family Medicine

205 Roanoke St. (540) 381-6000

Floyd:

Tri-Area Community Health Center

140 Christiansburg Pike (540) 398-3331

Carilion Family Clinic

911 E. Main St. (540) 745-2031

The Barter Clinic Family Medicine

121 Parkview Rd (540) 745-6034

Giles County:

Giles Community Health Center

219 S. Buchanan St., Pearisburg (540)
921-3502

Carilion Family Clinic

430 Boxwood Ln, Pearisburg (540)
921-6110

Lewis Gale Physicians

133 Bostic Ln, Pembroke (540) 626-4343

Pulaski County:

Carilion Clinic Family Medicine

4550 Lee Highway, Ste B, Dublin (540)
674-8805

Community Health Center (Dublin)

5826 Ruebush Rd. (540) 585-1310

Lewis Gale Family Practice (Dublin)

5570 Cougar Trail (540) 674-4560

River Valley Health Care Associates

(RVH) 28 Town Center Dr. Dublin (540)
835-0500

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New River Medical Group

101 1st. St NW #2 Pulaski (540) 980-0550

New River Medicine (Dr. Card)

141 E. Main St #420 Pulaski (540)509-5443

Radford:

Dr. Charles Judy (Family Health Clinic)

600 Randolph St. (540) 639-5300

Carilion Clinic Family Medicine

(Radford) 701 Randolph St. (540) 731-3200

Lewis Gale Physicians Internal Medicine

E. Main St. Suite B Radford (540) 731-1600

Carilion Clinic Internal Medicine

(Radford) 2900 Lamb Circle #250 (540)
639-9071

Pediatric PCP:

New River Valley Pediatrics (3 locations)

Radford (540) 639-5188 8th St and hospital

location

Blacksburg 805 Davis St. (540) 552-7272

Dr. David Berry, Lewis Gale

829 Davis St. Blacksburg (540) 552-7272

Children's Choice

5562 Cougar Trail, Dublin (540) 674-9359

Urgent Care Facilities:

Alliance Xpress Urgent Care

Dublin (5275 Alexander Rd) Walmart
Shopping Center

CVS Minute Clinic

31 W. Main St in Radford, and 550 N.
Franklin St in Christiansburg

Med Express

100 Spradlin Farm Christiansburg (near
Barnes and Noble)

Velocity Care-Carilion Clinic

434 Pepper Ferry Rd Christiansburg, and
215 Gilbert St Blacksburg (near VT campus)

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PSYCHIATRIC SERVICES (ACCEPTS ANTHEM)

Avenues to Wellness

16 Walnut Ave. S.W., Roanoke VA 24016

(540) 345-6468

Accepting new patients now

Joseph Iskandar

2774 Electric Rd. Suite A

Roanoke, VA 24018 (540) 344-5100

Rooker Psychiatric Services

102 Miller St. SE

Christiansburg VA 24060 (540) 381-5832

Richard Jackson

101 Professional Park Dr. SE Ste 302

Blacksburg, VA 24060 (540) 230-2554

Physician Associates of Virginia

4461 Starkey Rd #201

Roanoke, VA 24018

(540) 345-4946

Michelle Friebe

1645 N Main St., Blacksburg, VA 24060

(540) 552-1246

PSYCHIATRIC SERVICES (ACCEPTS MEDICAID)

Avenues to Wellness

16 Walnut Ave SW, Roanoke, VA 24016

(540) 345-6468

Accepts Medicaid/accepting new patients now

Medicine - New River Valley

2900 Lamb Cir., Christiansburg, VA 24073

(540)731-7311

Carilion Children's Child Development

1030 S Jefferson St #201, Roanoke, VA

24016

(540) 224-4520

Carilion Clinic Psychiatry & Behavioral Medicine

2017 S Jefferson St. 2nd floor, Roanoke, VA 24014 (540) 981-8025

Only accepting referrals from Carilion Primary Care Doctors waiting list 1-2 months.

Lewis Gale Physicians

1906 Braeburn Dr Salem, VA 24153 (540)

444-0460

Waitlist-6-7 months

Joseph W. Iskandar

2774 Electric Rd Suite A Roanoke VA

24018 (540)344-5100

National Counseling Group TelePsych

930 Cambria St NE, Christiansburg, VA

24073. (540) 602-3021

Accepting clients currently.

Mountain Psychiatric

5115 Bernard Dr #105, Roanoke, VA 24018

(540) 728-1570

Carilion Clinic Psychiatry & Behavioral

Mental Wellness Group, PLLC

3959 Electric Rd. Suite 280, Roanoke, VA

24018 (540) 427-7944

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RESOURCES FOR ELDERLY/DISABLED

EDCD Waiver

Elderly or Disabled with Consumer Direction (EDCD) Waiver Services available: personal care aide services (agency or consumer directed), adult day health care, respite care (agency or consumer directed), skilled respite care, personal emergency response system (PERS), and medication monitoring. Eligibility: This waiver serves the elderly and persons of all ages with disabilities. An individual must meet nursing facility eligibility criteria, including both medical needs and functional capacity needs (assistance with activities of daily living). An individual can remain on the waiting list for another waiver while being served by the EDCD Waiver and then transfer to the preferred waiver once a slot becomes available.

How to apply: Request a screening from your local department of health or social services.

A Uniform Assessment Instrument (UAI) will be completed to determine eligibility. (The UAI form can be found at <http://www.dmas.virginia.gov/downloads/forms/UAI.pdf>. The pre-admission screening criteria used for the EDCD Waiver can be found at http://websrvr.dmas.virginia.gov/manuals/NHPAS/appendixB_nhpas.pdf).

Radford DSS 928 W Main St., Radford, VA 24141 Monday through Friday 8:30-4:30

Pulaski DSS 53 Commerce St., Pulaski, VA 24301 Monday through Friday 8-4:30

Montgomery County DSS 210 Pepper St. NE #B, Christiansburg, VA 24073 Monday through Friday 8-4:30

Floyd DSS 120 W Oxford St. #B, Floyd, VA 24091 Monday through Friday 8-4:30

Giles DSS 211 Main St. #109, Narrows, VA 24124 8:30-5

Aging and Rehabilitative Services Department

8 Radford St., Christiansburg, VA 24073 (540) 381-7122

Offers vocational rehabilitation to assist people with disabilities to prepare for, secure, retain or regain employment. You may be eligible for these services if you have a physical, mental or emotional disability; this disability keeps you from working; you live, work or attend school in Virginia; and DRS certifies that there is a good chance that these services will result in your employment. Assistive technology devices, services or accommodations may help consumers live and work independently. Services and supports are also available to businesses to improve workplace accessibility. DARS can help identify potential resources for obtaining equipment through the Virginia Assistive Technology System, the Assistive Technology Loan Fund Authority and Centers for Independent Living. DARS works with many Community Partners and businesses to assist individuals with disabilities in achieving their goals of employment and/or independence. • Brain Injury Services • Centers for Independent Living • Employment Services Organizations • Virginia Assistive Technology System • ATLFA • One-Stop Workforce Centers • Ticket to Work/Employment Networks • High schools and higher education

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New River Valley Disability Resource Center

53 West Main St., Suite A Christiansburg, VA 24073 (540) 266-1435

The New River Valley Disability Resource Center (NRV DRC), a non-profit Center for Independent Living, is an organization run by and for people with disabilities. Our goal is to help create an accessible community to assist people with disabilities to live independently. We provide advocacy, peer support, independent living skills training, information and referral, and services to assist people transitioning in the community (when finishing school or when transitioning out of nursing homes and institutions).

The NRV DRC serves individuals with disabilities in the New River Valley residing in Floyd, Montgomery, Pulaski, Giles counties and the city of Radford. This includes Christiansburg, Blacksburg, McCoy, Fairlawn, Riner, Floyd, and Newport.

Literacy Volunteers of the NRV

195 W Main St., Christiansburg, VA 24073 (540) 382-7262

LVNRV provides free instruction for adults in basic reading, writing and math; GED preparation; ESOL (English for Speakers of Other Languages); basic computer skills. Skill UP NRV is an initiative to help adults achieve employment goals through literacy and language acquisition and employability skill development. LVNRV also provides family literacy programming to give parents the skills to read with their children. We have a learning center at our location at 195 West Main Street in Christiansburg, and provide tutoring at community locations in Floyd, Giles, Montgomery and Pulaski counties, and the City of Radford.

New River Valley Agency on Aging

6226 University Park Dr. Suite 3100 Fairlawn, VA 24141

(540) 980-7720 Phone (Floyd & Giles) (866) 260-4417

Care Coordination Services, Congregate meals, homebound meals, Elder abuse prevention, Homemaker services, Information and assistance, limited legal assistance, The Ombudsman, Respite Care, Insurance counseling services. Individuals that are 60 and older are eligible for these services.

New River Valley Senior Services

6226 University Park Dr. Suite 3100 Radford VA 24141

540-980-7720

Medical Transportation, Congregate Meal

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SERVICE DOG REGISTRATION

USA Service Dog Registration

<https://usaservicedogregistration.com/>

Register your dog as a service dog in 3 simple steps and it's FREE!

1. Choose the Type of Service Dog Registration
2. Provide Information
3. Print Registration

Call or Text 760-283-7783 or email info@usaservicedogregistration.com for more information.

SOCIAL MEDIA RESOURCES

Facebook Groups

Bundles of Love

Savings in A Tiff

NRV FREE NEEDED ITEMS

NEW & IMPROVED MONTGOMERY COUNTY YARD-SALE :-)

MONTGOMERY COUNTY VA YARD SALE

Everything Christiansburg

Pay it forward new river valley

Montgomery County Yard sale VA

NRV Yard Sale Group

NRV Baby & Children's Items

Everything's free floyd county

New river valley Free N Cheap!

540 for stuff that's gotta go

Pulaski County & Radford Yardsale

RADFORD CITY YARD SALE

CHRISTIANSBURG YARD SALE\$

Dublin/Radford/Pulaski Sales & ISO

RADFORD AND FAIRLAWN YARD SALE

HOMES 4 SALE OR RENT IN THE NRV

JOB POSTINGS IN THE NEW RIVER VALLEY,VA

NRV YARD SALE

NRV Yard Sale

NRV Baby & Children's Items

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SUBSTANCE USE SUPPORT GROUPS

Alcoholics Anonymous

**For most up to date times and days of the meetings, call (866) 641-9190.

Sisters In Sobriety Women

600 Prices Fork Road
Blacksburg, VA 24060

192 Elephant Curve Rd.
Floyd, VA 24091

Narcotics Anonymous

Saint Thomas Episcopal Church

103 East Main St.
Christiansburg, VA 24073
Wednesday & Friday 8pm

Top Of The Mountain Group

325 F North Franklin St.
Christiansburg, VA 24073

Blacksburg Group

203 East Roanoke St.
Blacksburg, VA 24060

Unity Christian Church

400 Tyler Avenue
Radford, VA 24141
Wednesday 8pm

Radford Group

400 Tyler Avenue
Radford, VA 24141

Highland Park Community Church

6144 Wright Ave.
Dublin, VA 24084
Monday & Wednesday 7pm
Saturday 11am

Floyd Group

251 Parkway Lane South
Floyd, VA 24091

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SUBSTANCE USE TREATMENT

Pulaski Medical in Pulaski, Virginia

Medication-Assisted Treatment MAT

1006 East Main St., Pulaski, VA 24301 (540) 980-1125

Office hours: Monday-Friday 5-12:30pm & Saturday-Sunday 6-8:30 am

Offers medication-assisted treatment (MAT) in combination with counseling and behavioral therapies to provide a whole-patient approach to the treatment of substance use disorders. Men and women struggling with opioid use disorders will find help through our General Outpatient Treatment (OP) program. Medication-assisted treatment includes methadone and buprenorphine (Suboxone). Treatment plans are based on individual and group counseling coupled with Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), grief/loss therapy, music therapy, mindfulness, vocational counseling, and life skills training. Relapse prevention and case management services support long-term recovery. Medicaid and private insurance benefits are accepted. Call now to begin your recovery from opioid addiction.

FOR WOMEN-Bethany Hall

404 Elm Ave ,Roanoke, VA 24016 1-888-343-4261 or 540-343-4261 ext. 304

Bethany Hall is a board licensed 14- bed residential facility that offers high intensity substance abuse treatment for women, including those who are pregnant or postpartum, for lengths of stay up to six months.(Long-term residential substance abuse treatment)

Life Center

112 Painter St., Galax, VA 24333 (855) 388-8774

Life Center of Galax has provided a supportive, structured, and safe environment for adults who need to recover from substance abuse and co-occurring disorders. Located near the beautiful Blue Ridge Mountains, Life Center of Galax is the leading treatment provider in Southwest Virginia. We offer a holistic approach to healing from addiction, in body, mind, and spirit. Choosing to seek treatment for drug or alcohol addiction is life-changing, and whether substance abuse has affected you or a loved one, Life Center of Galax is here to help. Accepts Medicaid.

Mount Regis Center

125 Knotbreak Rd., Salem, VA 24153 (540) 212-6079

Mount Regis Center is designed to treat adult men and women, ages 18 and older, who have been struggling with substance abuse and addiction. We also provide services for patients whose chemical dependency is accompanied by certain co-occurring mental health disorders.

Starting the admissions process is as simple as making one phone call. A friendly and knowledgeable member of our team is available to speak with you 24 hours a day, seven days a week. Whenever you're ready to begin, we're here for you. Major insurances accepted, however, we regret that we are not equipped to bill Medicare or Medicaid.

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Gateway Homes

1315 Grove Avenue, Radford, VA 24141 (540) 613-7082

Isavoy@gatewayhomes.org

The homes are licensed by DBHDS for supervised living residential. Here individuals are assisted in their continuing recovery by gaining their independence and developing skills to live in the community. Goals of our individuals include maintaining medication adherence, developing skills for daily living, obtaining employment, enrolling in educational courses, volunteering at local agencies, and maintaining a home. Staffing is present 24 hours per day 7 days per week for assistance and monitoring. Additional psychiatric, nursing, and pharmacy services are provided as well as free payee services.

Eagles Nest

148 Rehoboth Lane, Floyd, VA 24091

(540) 745-4001

Eagles Nest Regeneration, Inc. (ENR) provides substance abuse treatment services designed to stop the destructive lifestyle of substance abuse while in a safe and therapeutically conducive environment. The types of treatment we provide include supervised living residential, partial hospitalization, intensive outpatient, and outpatient.

Oxford House New River



A Recovery Home For MEN !

We have a great house located in Christiansburg, Virginia opening July 1 2020 and we are looking for men who are serious about their recovery to live together as a peer support group in an affordable drug and alcohol-free environment.

Oxford Houses are democratically "self-run" recovery homes meaning that the members share the responsibilities of managing the house without paid staff or managers. Members must abide by the house expectations as voted on by the peer group; be able to pay their fair share of the house expenses and remain clean and sober. \$100.00 application fee. Weekly EES 125.00 which covers all bills to the house;

*Rent
Utilities
Phone
Cable
Internet*

*For more information please call
Annie Cleveland
304-601-4307*

www.oxfordvacancies.com

Suboxone Referrals

Blacksburg

The TASL Clinic

(540) 443-0114 (Self-Pay)

Dr. Charles Judy

(540) 639-5300

(Accepts Medicaid & Private Insurance)

Christiansburg

TASL Clinic

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(540) 381-7326
(Self-Pay)

(276) 223-5400

Physician Wellness Center
(540) 381-2429

Quality Medical Care
(540) 392-6555

Pulaski

Pulaski Methadone Clinic
(540) 980-1125

Salem

The Center for Emotional Care
(540) 387-3105 (Accepts Most Insurance)

Dr. David Hartman
(540) 981-8025

Roanoke

Avenues to Recovery
(540) 344-3400

Medical Group (101 1st St NW Suite 2

Pulaski) 540-980-0550

Addiction Clinic

(866) 471-7179

(Accepts Most Insurance)

Associates in Brief Therapy

(540) 772-8043

Wytheville

Dr. Stoker

(276) 228-2191

Dr. Dalrymple

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SUPPORT GROUPS IN THE NEW RIVER VALLEY

Grief Share

Grief Share is a special weekly seminar and support group designed to help you rebuild your life after the death of a loved one. Group starts back up on January 29th and runs through April 22nd from 6-8pm. Trinity Community Church at 1505 N. Franklin St. in Christiansburg. Provides a free meal which you can come anywhere from 5:00-6:00 for. Call (540) 382-8121 to sign up.

Divorce Care

A weekly seminar and support group for men and women who are separated or divorced, and is led by people who understand what you are going through. Group starts back up on January 29th and runs through April 22nd. Trinity Community Church at 1505 N. Franklin St. in Christiansburg. Provides a free meal which you can come anywhere from 5:00-6:00 for. Call (540) 382-8121 to sign up.

NRV Trans Support

A peer-led organization whose mission is to offer support, resources, and social activities to all transgender and gender non-conforming individuals in the New River Valley in a safe, anonymous and affirming environment. To learn more about NRV Trans* Support, visit their website at <http://nrvtranssupport.com/>.

Two different support groups meet monthly, and both groups are sponsored by Unitarian Universalist Congregation

The Adult Group meets on the 2nd & 4th Thursdays of each month from 7-8:30 PM and welcomes all adults who identify under the trans umbrella or are questioning their gender. The Youth & Families Group meets on the 4th Tuesday of each month from 7-8:30 PM and is for anyone under 18 that falls under the trans umbrella, whether they have started their transition or are just questioning their gender. The group provides resources, advice, and support for children and their families. Parents are welcome with or without their children. Held at 1301 Gladewood Dr. Blacksburg, VA 24060. (540) 552-9716

NAMI NRV Support Groups

Two different NAMI NRV (National Alliance on Mental Illness) support groups meet monthly, both from 6-7:30 PM. NAMI NRV is an affiliate of the Virginia Chapter of NAMI. All are welcome to attend either group. For more information email margoleewalter@gmail.com.

The NAMI Connections Support Group meets on the 3rd Monday of each month and is for persons with a mental illness.

The NAMI Family & Friends Support Group meets on the 3rd Wednesday of each month and is for friends and families of persons with a mental illness.

Listen to some facts about Mental Illness, the myths, and a Personal Story of a Mental Illness journey from despair to hope. Held at 1301 Gladewood Drive, Blacksburg, VA 24060 (540) 552-9716

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Parent Bereavement Support Group

This is a support group for bereaved parents and grandparents who have lost an adult or adolescent child. Participants come together once a month on 2nd Mondays from 6-7 PM to listen, to share stories of loss and love, and to help one another on their journeys. For more info, contact Katherine at kallen@vt.edu or Lisa at levanylo@gmail.com. Held at 1301 Gladewood Dr., Blacksburg, VA 24060 (540) 552-9716

Caregivers Support Group

This is a support group for those who are caring for a loved one to provide a place to share and discuss the challenges faced, address the importance of self-care, and explore the fears that can be an integral part of the caregiving role. Participants meet on the 2nd Tuesday of each month at 7 PM. For more information, contact Rev. Pam Philips at minister@uucnrv.org. If you wish to attend but require somebody to provide respite care, please let us know. Held at 1301 Gladewood Dr. Blacksburg, VA 24060 (540) 552-9716

401 Peer Center

The 401 will be hosting a new peer led support group that will focus on mental health. This will be a topic and/or open forum group that will be open to all who are learning to cope with mental health or just need the additional support. This includes all diagnosis from anxiety and depression to more severe. Meetings will be on Tuesdays at 6pm starting on February 4th. As with everything at the 401 this group is open to anyone in the community and not just for NRVCS clients. There is no referral process so anyone can show up.
Location: 401 West Main Center Radford, VA 24141

Shoplifters Alternative Program (SLAP)

The Office of Criminal Justice Services has two options available to address the need of shoplifters interventions. Participants in these programs learn about and address issues relating to shoplifting, theft, and the thinking that may result in these offenses
SLAP is offered at the Blue Ridge Counseling – Pulaski office normally on the third Saturday of every month. The class begins at 9am and ends at 1pm. The cost for this class is \$40 per person.

Anger Management

Anger Management Group discusses a variety of subjects aimed at improving an individual's skills in conflict resolution and emotion regulation. Often times, individuals have difficulty recognizing the emotions behind their anger. Additionally, an individual's anger communication style is often the result of social conditioning. Many individuals adopt their anger coping styles from their families of origin and the environment they were raised in. For instance, some individuals are raised with the belief that it is best to mask one's emotions in an attempt to avoid conflict. Internalizing one's emotions often leads to "explosion," or rather, acting out in violence.

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Other individuals may believe that expressing anger through violence is normal and, in some instances, justified. A large portion of Anger Management Group is dedicated to recognizing that these are unhealthy coping skills and are replacing them with more successful anger coping strategies.

Anger Management classes are normally held on the second Saturday of every month at the Blue Ridge Counseling office in Pulaski, Virginia. The classes start at 9:00am and end at 4:00pm. The cost is \$100 per person who attends the class.

Online Anger Management classes are also offered for those who are referred to our program through Juvenile and Domestic Relations Court. Be sure to ask your local probation officer if the online courses are available for you!

Substance Abuse Groups

Substance Abuse group focuses on the causes and consequences of substance use as well as ways for an individual to successfully recover from substance use. Group members are educated on a variety of treatment modalities that can help them be successful in their recovery. Additionally, group members are allotted an opportunity to discuss environmental, psychological, and familial components that have influenced their substance use. Individuals placed in Substance Abuse group are at a variety of stages in their use and/or recovery and members are encouraged to share circumstances and situations that affect their use and provide encouragement to other group members. The greatest goal of Substance Abuse group is to assist group members in creating strategies that will assist them in their recovery, including; recognizing their triggers for use, establishing empathy for individuals that have been negatively affected by their use, emotional regulation, and creation of a support group.

Substance Abuse Groups are offered at multiple locations; Mount Rogers, Blue Ridge Counseling in Pulaski and Radford, and at New River Valley Community Services (NRVCS). Prices vary depending on income and ability to pay. Mount Rogers and Blue Ridge Counseling in Pulaski offer the group for 12 weeks (12 sessions) for \$120 or \$10 a week.

Domestic Violence Alternative Program (DVAP)

Certified by the Virginia Batterer Intervention Program Certification Board. Per the Virginia Standards for BIP's, "Batterer Intervention Programs are required to use groups as the primary source of intervention, the purpose of which is to educate batterers and change behavior. The goals of the intervention program shall be: the cessation of a batterers' coercive, dominating, violent and abusive behavior; and, the safety of the victims and their children." DVAP is offered at the Blue Ridge Counseling – Pulaski and Radford offices. The program is an 18 week course and is \$30 each week you attend. Referrals to these programs are made by your local probation officer, the DVAP Instructor will call the client to schedule an assessment before the client is able to begin the program. If you miss multiple sessions in a row, the program will have the client start the classes over.

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Substance Abuse Change Group (one day program)

Substance Abuse group focuses on the causes and consequences of substance use as well as ways for an individual to successfully recover from substance use. Group members are educated on a variety of treatment modalities that can help them be successful in their recovery. Additionally, group members are allotted an opportunity to discuss environmental, psychological, and familial components that have influenced their substance use. Individuals placed in Substance Abuse group are at a variety of stages in their use and/or recovery and members are encouraged to share circumstances and situations that affect their use and provide encouragement to other group members. The greatest goal of Substance Abuse group is to assist group members in creating strategies that will assist them in their recovery, including; recognizing their triggers for use, establishing empathy for individuals that have been negatively affected by their use, emotional regulation, and creation of a support group.

This one day program is offered at the Blue Ridge Counseling – Pulaski office. It is normally held on the third Saturday of every month. The program begins at 9am and ends at 4pm. The cost of this one day program is \$100 per person.

Autism Support Group

1550 Roanoke St., Christiansburg, VA 24073

Parent led support group, separate group for youth with activities.

Food provided during group.

1st Thursday of every month, 6-7:30pm

Grandparents Raising Grandchildren Support Group

The meetings for Pulaski area families will be held on the second Wednesday of each month from 10 a.m. – 12 noon at Memorial Baptist Church (995 Peppers Ferry Road, Pulaski). The support group for families in the Dublin area will be held the fourth Thursday of each month from 10 a.m. – 12 noon at the Dublin United Methodist Church (424 E. Main Street, Dublin).

Both meetings are free and light refreshments will be available. (Grandparents/caregivers attending the Dublin meetings are also invited to enjoy lunch at the church, immediately following the group meeting.) If you have questions or need additional information concerning the Grandparents Raising Grandchildren group, call 961-8420 or [email mwade@nrvc.org](mailto:mwade@nrvc.org). GRG support groups are not strictly limited to grandparents or great-grandparents, as other family members also often find themselves as primary caregivers for a relative's child.

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TRANSPORTATION

Blacksburg Taxi Cab

Call (540) 552-6671

24 hours/7 days a week for reservation and dispatch

Blacksburg Transit

(540) 443-1500

Fare or monthly passes

Christiansburg Cab Service

(540) 382-8037

Go Anywhere Bus-Christiansburg

540-443-7111

Helping Hand Transit/Floyd

(540) 808-9847

Hooptie Ride Driving Services

hooptieride@gmail.com

Schedule a Pick-Up or Special Event

Reservation

(540) 449-3748

LogistiCare

Call Monday-Friday 7AM-8PM to schedule a reservation

1-866-386-8331

Call at least 48 hours before the scheduled appointment and have Medicaid ID ready.

Non-Emergency Medical Transportation
Accepts Medicaid

Med Ride

540-980-7720

Lupo's Taxi Service/Narrows

(540) 726-2172

Pulaski Area Transit

(540) 980-5040

Fare or Monthly Passes

3 & Under Free with Adult

Radford Transit

(540) 831-5911

General Public: \$1

65+: Free with ID

12 & Under: Free with Adult

Text A Cab VA

(540) 239-9724

textacabva@gmail.com

Open 24 hours/7 days a week

Smart Way Bus

Basic \$4 fare, \$2 for SSI recipients

medicare cardholders, age 65 and older

Children free age five and younger with an

Accompanying adult.

540-982-6622

TRANSLATOR SERVICES

TNB Language Service Inc- (540) 774-8949

Translation Line- 1-888-763-3364

Volatia Main: 540-204-7366 Toll Free: 877-VOLATIA

Translations ABC-Document Translation <https://www.translationsabc.com/>

Liberty Language Services-888-746-9108

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TRAUMATIC BRAIN INJURY RESOURCE

Brain Injury Services of SouthWest Virginia

3904 Franklin Road, Suite B
Roanoke, Virginia 24014-3039
(540) 344-1200

Brain Injury Services of SWVA is funded in part by state general funds appropriated by the Virginia General Assembly and administered by the Department for Aging and Rehabilitative Services.

The mission of Brain Injury Services of SWVA is to help children and adults living with brain injury improve the quality of their lives and reintegrate into family and community.

Our agency provides free, community-based case management services, which consists of assessing and identifying an applicant's needs in any of the following areas: advocacy, housing, financial, rehabilitation therapies, school supports, mental health, brain injury education, etc.

Based on the identified needs, a case manager connects and/or coordinates referrals to the appropriate community resources.

If an applicant struggles with drugs or alcohol, or severe mental health issues, he/she can be denied unless currently participating in an appropriate treatment program.

Access to services starts with our Application Packet. The client or family completes the needed forms and returns them to BISSWVA either online, by mail, or fax.

BY MAIL: Call our office to request the application packet be sent to you via mail at: 540-344-1200 or toll-free at 866-720-1008. Fill out and mail back the completed application packet to: BRAIN INJURY SERVICES OF SWVA, 3904 Franklin Rd., Suite B Roanoke, VA 24014

BY FAX: You can also FAX the completed application packet to 540-344-9755.

ONLINE: Download the complete application packet, fill it out, and email it to info@bisswva.org

NeuroRestorative

Located in the heart of the Virginia Tech community, where participants have convenient access to community resources, our program location in Blacksburg offers a variety of rehabilitation programs and support services. This facility is in a quiet neighborhood setting next to one of Blacksburg's town parks and soccer fields. In addition, we offer unique recreational therapy opportunities including an air hockey table and the Wii gaming system.

The services listed below may be offered by our staff and other professionals on-site or in the community. NeuroRestorative also coordinates or assists participants in accessing additional services from other health professionals and local service providers as necessary.

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Programs: Day Treatment, Inpatient Assessment, Neurobehavioral, Neurorehabilitation, Respite, Structured Day Program, Supported & Transitional Services, Supported Living and Transitional Living.

Services

- 24-Hour Emergency On-Call Support
- 24-Hour Staff Support & Supervision
- Anger Management
- Art Therapy
- Behavior Analysis & Therapy
- Care Coordination
- Case Management
- Community Integration
- Counseling
- Equine Therapy
- Family Education & Training
- Fitness Equipment & Activities
- Health & Wellness Services
- Home Management Skills Training
- Life Skills Training
- Meal Planning & Preparation
- Medical Care Coordination
- Medical Services Management
- Medication Management & Administration
- Neuropsychological Consultation
- Nursing
- Nutritional Education
- Nutritionally Prepared Meals & Snacks
- Occupational Therapy
- Pet Therapy
- Phone, Cable, Computer & Internet Access & Support
- Physical Therapy
- Prevocational Services Coordination
- Psychiatry
- Psychological Services
- Room & Board
- School and Educational Services
- Social & Recreational Activities
- Specialized Education
- Speech-Language Pathology
- Structured Day Rehabilitation
- Substance Abuse Services
- Transportation
- Ultra High Risk Services
- Vocational Activities

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Call: 800-743-6802 Email: neuroinfo@thementornetwork.com

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VETERAN SERVICES

Virginia Dept. of Veteran Services (Veteran and Family Support

Leanna Craig (Regional Director – Southwest)

700 University City Boulevard, Blacksburg, VA 24060

(540) 443-7527

Leanna.Craig@dvs.virginia.gov

Serving Virginia Veterans and Families – Building a Community of Strength

Veteran and Family Support (VVFS) (formerly the Virginia Wounded Warrior Program), monitors and coordinates behavioral health, rehabilitative, and supportive services through an integrated and responsive system of care.

VVFS proudly serves Virginia veterans of any era, members of the Armed Forces, National Guard and Reserves not in active federal service, and their families.

VVFS provides peer and family support and comprehensive care coordination services including:

- Direct linkages to medical and behavioral healthcare, veterans benefits, housing, employment, and other public and private assistance programs;
- Peer and family support groups, resilience-focused training, and workshops for couples and families; and
- Specialized outreach and assistance to vulnerable veterans, including at risk or homeless veterans and veterans involved in the criminal justice system.

Vittles for Vets

7757 Walker Farms Dr., Radford, VA 24141

(401) 447-5912

Vittles for Vets empowers those who have served our country honorably and have fallen on hard times to see a brighter future through the gift of nutritious food. We are a non-profit 501 - 3(c) program that provides weekly food gift cards to veterans in need. This is a hand - up program for those men and women who have served our country and now are in need of some assistance.

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VETERINARY SERVICES (LOW COST & ASSISTANCE)

Angels of Assisi

415 Campbell Avenue SW
Roanoke, VA 24016
(540) 344-8707
angels@angelssofassisi.org

West End Animal Clinic

829 2nd St.
Radford, VA 24141
(540) 731-1111

Mountain View Humane

53 B West Main St.
Christiansburg, VA 24073
(540) 382-0222

We provide high-quality, affordable spay/neuter services in southwestern Virginia and southern West Virginia at our Waldron-Ricci Clinic and through transport programs across the region.

The Pet Fund

<https://www.thepetfund.com/>

The Pet Fund assists owners in covering medical costs beyond the normal expenses of vaccination, spay and neuter surgeries, food and routine veterinary care.

They provide information to owners about preventative care and financial services which will ensure that pet owners are able to develop resources on their own and avoid future medical crises through care and planning.

Roanoke Valley SPCA

1340 Baldwin Ave. NE
Roanoke, VA 24012
(540) 339-9247

We provide services that address financial hardships, medical problems and behavioral challenges to enable animals to stay in their homes or be adopted.

Paws 4 A Cure

<http://www.paws4acure.org/askforhelp.php>

Paws 4 A Cure is an all-volunteer 501(c)(3) nonprofit organization that provides financial assistance throughout the United States to those who cannot afford veterinary care for their beloved furry family members. Paws 4 A Cure helps dogs and cats with all illnesses and injuries.

Paws 4 A Cure does not discriminate against breed, age, or diagnosis.

Brown Dog Foundation

<http://www.browndogfoundation.org/prequal>

A 501c3 public charity that provides funding to families who have a sick pet that would likely respond to treatment, but due to an unforeseen circumstance, there is not enough money

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immediately available to make it happen.

Frankie's Friends

<https://www.frankiesfriends.org/apply-for-assistance-1>

Frankie's Friends assists families who demonstrate substantial financial need and whose pets, with treatment, have a good prognosis for return to a good quality of life. A portion of the treatment costs are also covered by the pets' families with a requested discount from the veterinary hospital treating the pet. We fund treatment only. We do not fund initial examinations, diagnostic testing, spays or neuters, euthanizations, primary or preventative care.

Red Rover Relief

<https://redrover.org/relief/>

Preserving the human-animal bond by providing financial assistance, resources and support to low-income individuals and survivors of domestic violence and their pets, so families can escape together and stay together.

Waggle

<https://waggle.org>

1. Pet guardians seek care for their pets

Owner or rescue brings their pet to the veterinary practice for care, but soon finds out that the treatment cost is unaffordable.

2. Pet owner or Rescue/Shelter learns about Waggle

Our resources are free to individuals and organizations that are committed to sharing their pet campaigns on social media.

3. Pet owner or Rescue/Shelter submits the pet's profile to Waggle

Required information includes the veterinarian's contact info, treatment estimate and pet guardian's Facebook page.

4. Our team of professional writers creates the pet's story using information submitted and posts at Waggle.org.

Simple and easy to use tools and templates help pet owners and rescue/shelters tell and share their story in a compelling and effective way.

5. Waggle's network of donors becomes involved
100% of donations are used to fund the patient's care.

6. Donors receive patient's update

The guardian or rescue/shelter submits post-treatment updates on the pet so we can share it with our generous donors.

Magic Bullet Fund

<https://themagicbulletfund.org/apply/>

Magic Bullet Fund helps people who have made room in their homes and hearts for a feline or

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canine companion, but do not have the financial resources to provide cancer treatment. Magic Bullet Fund (MBF) provides financial assistance for cat and dog cancer treatment only when the family is unable to pay for treatment. We help only when the pet would not be able to have (or complete) cancer treatment without our assistance. Most families contribute some portion of the treatment fees and MBF contributes the amount that the family cannot pay.

Assistance is for cancer treatment including surgery or chemotherapy only. The fund operates only in the U.S. The fund does not raise donations for experimental treatment or clinical trials.

The fund does not provide assistance for other conditions, for treatment that has already been done, for cancer treatment after the first course of treatment has failed, for palliative care, or for euthanasia.

Diabetic Cats in Need

<https://dcin.dreamhosters.com/assistance-programs/>

DCIN helps with the insulin and other diabetic supply costs of certain cats, both to help facilitate their rehoming and to help them stay in their original homes. On occasion, DCIN may help with treatment costs when cats have diabetes-related health problems that require veterinary care.

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HOTLINES

Raft Crisis Hotline

The Raft Crisis Hotline is a program that offers free paraprofessional phone counseling services to the community.

Raft volunteers provide crisis intervention, empathy and support, mental health and substance abuse information and referrals to the counties of Montgomery, Floyd, Giles, Pulaski and the City of Radford (including Virginia Tech and Radford University).

EMERGENCY SERVICES: NRVCS Emergency Services provides emergency evaluation and crisis intervention to the New River Valley 24 hours per day, 7 days per week.

Emergency Services at NRVCS are key to the safety net of care for those individuals in our local community who are struggling with mental illness and substance use disorders. We are able to provide clinical assessment and referral to a variety of services upon request.

If you are experiencing a psychiatric emergency, call us now at 540-961-8400.

Jail Services

Jail services are available at different levels at our local jail facilities. At a minimum, services include psychiatric assessments and medication evaluations (conducted by psychiatric staff) for those inmates identified to need these interventions. In the New River Regional jail, a case manager is available to provide weekly coping skills groups and case management support to those individuals who will need ongoing psychiatric treatment upon release. In addition, staff is available weekly to assess the mental health needs of inmates and provide supportive counseling. Emergency Services, including pre-admission screenings and crisis interventions, are available as needed and upon the request of the facility.

(540) 643-2000

Veterans Crisis Line

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

White House VA Hotline

1-855-948-2311

Calls are answered by a live agent 24 hours a day, seven days a week, 365 days a year. The hotline is staffed by more than 60 agents who have had extensive training on VA programs and services. Most of these agents are a Veteran, military family member, caregiver or a survivor.

The White House VA Hotline conducts immediate warm hand offs for at-crisis risk Veterans needing the services of the Veterans Crisis Line.

Trends identified by the hotline will be used to rapidly respond to systemic inefficiencies and

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empower VA employees to resolve Veteran concerns quickly.

Veterans should continue to use existing VA customer service hotlines:

- Health Care: 1-877-222-8387
- Benefits: 1-800-827-1000
- Veterans Crisis Line: 1-800-273-8255
- MyVA311 (other): 1-844-698-2311

Women's Resource Center-Domestic Violence

540- 639-9592

Depression and Bipolar Support Alliance (DBSA)

1-800-826-3632

National Suicide Prevention Hotline

1-800-273-8255

Depression, Awareness, Recognition, and Treatment (DART)

1-800-421-4211

SAMHSA's National Helpline

(800) 662-4357

Domestic Violence Hotline

1-800-639-1123/1-800-788-1123

Poison Control

(800) 222-1222

FOR WOMEN-Bethany Hall

(Long-term residential substance abuse treatment)

National Institute on Drug Abuse Hotline

(800) 662-4357

1-888-343-4261 or 540-343-4261 ext. 304

Cocaine Anonymous

(800) 347-8998

Youth in Trouble/Runaways National Runaway Switchboard

800.RUNAWAY (800.786.2929)

Child Abuse in VA Virginia

1-800-552-7096

24 hour hotline

People They Help: Runaway and homeless youth, families

Adult Abuse in VA

(888) 832-3858

Missing Children Info VA

1-800-822-4453

Crisis Text Line

Text HOME to 741741 to be connected to crisis counselor

National Adolescent Suicide Hotline

for teens considering suicide

1-800-621-4000

Cutting /Self Injury (Self-Injury Help by S.A.F.E.)

1-800-DONTCUT/1-800-366-8288

Panic Disorder Information Hotline

1-800-647-2642 (1-800-64-PANIC)

Poison Control

1-800-222-1222

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RAFT (Addiction/Suicide) Hotline

1-888-717-3333

Substance Abuse and Mental Health Services

1-800-662-4357

The National Mental Health Association Information Center

1-800-969-NMHA (1-800-969-6642)

VA Family Violence Sexual Assault (VA Department of Social Services)

1-800-838-8238

Virginia Department of Health

(Injury, Suicide, and Violence Prevention Programming)

1 -800-732-8333 (Information Line)

Dial 211

To be connected with a trained professional in your area who can connect you with resources and assistance for essential community services. Professional Information and Referral Specialists work with you to provide immediate access to local health and human services.