

There is some help out there... Hints from Hanover DSS for you! ***July 18, 2011***

Financially and emotionally, a lot of people are going through a tough time. Here is a list of resources that may be available to help you and your family. By using some of these resources, you may be able to make ends meet a little more comfortably. Hanover County does not guarantee that the resources included in this list will help you, just that they may help you.

Call 2-1-1. It is similar to calling 4-1-1 for information, but the focus is on finding support and services in your community.

Upcoming Special Events/Time Sensitive Programs:

Hanover DSS and Hanover Community Services Board open new offices in Mechanicsville at 8475 Bell Creek Rd, Mechanicsville, VA 23111.

Thru July 22!!!! Are you in jeopardy of losing your home? Are you at least 90 days late on your mortgage and have nowhere to turn? The U.S. Department of Housing and Urban Development has a NEW program that can help you. The Southside Community Development & Housing Corporation is accepting applications for the EMERGENCY HOMEOWNERS' LOAN PROGRAM (EHLF) until July 22, 2011. We are holding FREE information sessions on the EHLF.

WHEN:

Thursday, July 7; 7 PM to 8 PM
Tuesday, July 12; 7 PM to 8 PM
Thursday, July 14; 7 PM to 8 PM
Saturday, July 16; 12 PM to 1 PM

WHERE: Metropolitan African American Baptist Church, 5263 Warwick Rd, Richmond, VA 23224 Call the SCDHC at (804) 231-4999 or email ehlp@scdhc.com if you have questions or wish to reserve your space. If you are an unemployed homeowner, or have a reduced income, you may be eligible for the loan program. The EHLF pays a portion of your monthly mortgage for up to two years or up to \$50,000. Get more information at www.FindEHLF.org or call toll free at 855-FIND-EHLF. Southside Community Development & Housing Corporation 1624 Hull St., Richmond, VA 23224 · www.scdhc.com · (804) 231-4999

August 8-12, 2011 CAMP HOPE: There are still slots opens for a free weeklong faith based summer camp for children in August in Goochland County. For more information contact: Hope For Families, Worldwide, Inc. P.O. Box 2500, Mechanicsville, VA 23116; info@hffworldwide.org 877-564-6443

July 5 – August 4th (Mon-Thurs) – Summer Meal Program: Free for children receiving free or reduced lunch. Sponsored by Ashland Supportive Housing at John M. Gandy Elementary School, 201 Archie Cannon Dr, Ashland, VA 23005. Breakfast from 9:00-9:30am and Lunch from 12:30 to 1:00pm. For more information contact: Lucinda Jones at Ashland Supportive Housing at 804-665-6691 or www.ashlandsupportivehousing.org or www.nokidhungry.org

WHEAT OPENS NEW TWICE MONTHLY FOOD PANTRY for Western Hanover Residents:

Western Hanover Emergency Action Team (WHEAT)

Food Pantry Open Hours: 2nd and 4th Tuesdays each month beginning June 14th 5:00—7:00 pm only; **Location:** 15583 Coatesville Rd., Beaverdam, VA 23015. Must reside in zip code areas: 23015, 23047, 23192 or 23146. (Beaverdam, Doswell, Montpelier or Rockville). Limited

to one time per month. Quantity received based on number in family. Must have drivers license or other proof of residency. Please be prepared with list of family members including ages of all individuals residing in household.

Beaverdam Baptist Church Food Pantry:

Beaverdam Baptist Church offers a Food Pantry which is open each Sunday at 12:00 noon. The pantry is open to Hanover residents or church visitors. The church is located at 19110 Beaverdam Road, Beaverdam, VA 23015. Distribution numbers are given out at the church office at 8:45 a.m. on Sundays. Pantry patrons are advised to bring a box or bag for their food items. Food includes meat, produce and bakery goods. For more information contact the church at 804-449-0055.



August 6, 2011: The Giving Heart presents the 2nd annual Got You Covered clothing event - ask for an application at the front desk or email: Monica.Chenault@dss.virginia.gov First come first served as there are limited spaces. **“Got You Covered” Clothing Distribution**

Presented by The Giving Heart Saturday, August 6, 2011

1:00 pm to 3:00 pm (Invited Guests) - 3:30 pm to 6:30 pm (Open Admittance)

Richmond Raceway Complex – Colonial Building. **This year's event will focus on providing new and gently-used clothing, shoes and accessories for school-aged children, grades K-12, and their families. Want to help? Contact The Giving Heart at 749-4726 or email vneilson@thegivingheart.org**

8/1- 8/15/2011 HAIRCUTTERY PROMOTION: Get your child a haircut. We'll give a haircut to a child in need. Show your child that a simple deed can make a big difference to someone less fortunate. From August 1 to 15, every time anyone 18 years or younger gets a haircut at a Hair Cuttery®, we'll donate a free haircut to a child in need in your community. Through partnerships with local social service agencies and non-profit organizations, Hair Cuttery® has donated over 560,000 haircuts since 1999. This year we hope to donate thousands more!

6/15/11 – 8/15/11: Summer Cooling Assistance:

Assistance is available to households that include a child under age six, a disabled individual or an adult age 60 or over who meet income and eligibility requirements. Cooling assistance can be used to assist families and individuals with:

Payment of electric bills up to **\$600** to operate cooling equipment;
 Payment of security deposits for electricity to operate cooling equipment;
 Repair of a central air conditioning system or heat pump;
 Purchase of a whole-house fan, including ceiling or attic fans; and
 Purchase and installation of one window unit air conditioner for households without a working one. To qualify for cooling assistance, the maximum gross monthly income for a one-person household is \$1,180 before taxes and \$2,422 for a household of four. Assistance is available until funds are depleted. For more information about the Cooling, Fuel Assistance or Crisis Assistance programs, contact the Hanover Department of Social Services at 365-4100.

Hanover County Parks and Recreation offers a variety of educational, active, and entertaining programs for both adults and children. We invite you to explore our many programs, including such varied programs as interior decorating classes, cooking classes, sports clinics, yoga for seniors and more. It's time to register for activities and classes!

Call 804-365-7150 or 804-365-4695 for more information. New on-line registration link is active:

<http://online.activenetwork.com/hanoverparksrec/Start/Start.asp?SCheck=981260450&SDT=40550.5345320255>

4/13/11 – 10/15/11: Free Tax Preparation Assistance: It's not too late to file your taxes! **FREE** Tax Processing is provided by METROCASH. Call or visit either of the 2 sites that are open until Oct. 15, 2011. They are open to serve you with late filings, filing previous years and amended returns. Call for an appointment.

- **HILLTOP PROMISES**
(Regular & Amended Taxes)
2 East Broad Street
Richmond, VA 23219
(804) 912-2710
- **CAPUP - Downtown**
1103 Oliver Hill Way
Richmond, VA 23219
(804) 788-0050

To report Child Abuse and/or Neglect call 1-800-552-7096 (24 hour hotline)

To report Adult Abuse and/or Neglect call: 1-888-832-3858 (24 hour hotline)

Food Assistance/Resources:

SNAP (Supplemental Nutrition Assistance Program – formerly known as Food Stamps). You can apply for SNAP on-line at <https://www.vafood.org/> and handle your eligibility interview by phone or in person. Call 804-365-4100 to request an application be mailed to you.

WIC: Offered by the Chickahominy Health District/Hanover County Health Dept. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children. The goal of the program is to improve the health of pregnant, postpartum and breastfeeding women, infants and children (under 5 years) through better nutrition and access to health care. Call 804-365-4313 for more information or to request an application be mailed to you.

AngelFood Ministries is an organization that helps people purchase food at a reduced cost. Please call their 24-hour hotline for answers to common questions, including menu information and host site contact information. 1-877-366-3646 or go to www.angelfoodministries.com to order online. No income limitations. Available Nationwide.

- Try speaking to your local church to see if they offer a food ministry to provide some assistance. You may also consider calling Central Virginia Food Bank at (804) 521-2500 for guidance in finding a local food pantry. Remember, food closets or pantries have been created to help people through the tough times and recognize that people are struggling. Please, do not be afraid to ask for help.

Mobile Food Pantry offered by Central Virginia FoodBank and First Shiloh Baptist Church is currently available. This program will distribute food monthly. We are looking for families in need of food. To apply please visit Hanover DSS and ask about the Mobile Food Bank. If you would like more information on this program contact us at 804-365-4100 or monica.chenault@dss.virginia.gov

Meals on Wheels: Home delivered meals to homebound residents in the Greater Richmond Area. Call (804) 673-5035 for more information and to request an application. Link to download the application: <http://www.mowdelivers.com/Portals/0/CLIENT%20APPLICATION%204-09.doc>

Free Nutrition and Meal Planning Classes and Groups are offered to low income families by Hanover County Extension Office. These fun and interactive classes are full of wonderful tips and money saving advice. For customers with transportation issues in home sessions can be arranged. Call Sharyn Moore at 804-365-4310 for more information and eligibility requirements. sharyn49@vt.edu

******Farmers Markets:** Many Farmer's Markets are beginning to accept EBT cards so please inquire if your local Farmer's Market accepts EBT as a form of payment if you receive SNAP.

ASHLAND FARMER'S MARKET: Stop by for the freshest local produce. Locally produced vegetables, plants, herbs, strawberries, blueberries, apples, farm-fresh eggs, fresh cut flowers, honey, heirloom tomatoes, baked goods, meats, soaps, and more! We are a producers-only market. Everything sold at the Ashland Market is guaranteed to be grown or produced within a 30 mile radius of Ashland, VA. When and Where: May-October, The Ashland Farmer's Market, located on Duncan Street behind Town Hall, operates every Saturday from May through October. Hours of operation are from 9:00 a.m. to 12:00 p.m.

http://www.town.ashland.va.us/index.asp?Type=B_BASIC&SEC={BDB5FE96-6722-413B-8CB7-E50BD78FA45C}

THE FARM TABLE's network of neighbors hand-delivers a box of produce straight from local farmers to your home or office each week during the harvest season -- May to November. [Find Out](#) if we deliver to your area and reserve your place at The Farm Table.

<http://www.thefarmtable.org/how-it-works> All boxes include a generous supply of basics like carrots, cucumbers, celery, green peppers, and tomatoes, plus: The Garden Box contains more of these ready-to-eat, family-friendly, salad-making basics for \$25.75/week plus tax. The Chef's Box mixes in a variety of classic sides, such as squash, cauliflower, spinach, green beans, potatoes, kale, and more, for \$25.75/week plus tax. The Gourmet Box adds even more variety with specialty items like beets, eggplant, garlic, basil, asparagus, fennel, leeks, and more.

MEDICAL ASSISTANCE/RESOURCES:

Interfaith Clinics: A group of medical clinics throughout Hanover for uninsured residents:

Basic Medical and Dental Care: St. James the Less, Ashland (804) 798-8890

Eye Care: Shiloh Baptist, Ashland, (804) 798-8890

Dental Care: Mechanicsville Christian Center, Mechanicsville, (804)559-0995

General Medical and Dental Care: Shady Grove United Methodist, Mechanicsville, (804) 559-0486 ****For each of the clinics you must leave a message with your name and a contact phone number. They will call you back to schedule your application and appointment.*

Hanover Residency is required.

The Daily Planet: Specializes in a total health care delivery system for not only the homeless, but also the uninsured and underinsured. The Health Care for the Homeless Clinic operates Monday through Thursday 8 a.m.-5 p.m. and Fridays 8 a.m. – noon; 804-783-0678. Hanover Residency is not required.

Prescription Discount Card for Hanover County residents. Discount card is available at several county department locations (Library, Social Services, Community Resources, Administration Building). No income limitations and will provide a discount on prescription costs. Hanover residency is required.

Hanover Health Dept. continues to provide Prenatal Services including the teen pregnancy program "Resource Mothers", Family Planning & STD Clinic; Well-Child care and Immunizations; Infectious Disease, including Rabies Exposure; WIC; Sewer and Wells Inspections; Food Service, Pool and Hotel Inspections; Health Education and Vital Records. Many services are by appointment only. Call 804-365-4313 for more information. Hanover residency is required.

FLU SHOTS: The Chickahominy Health District (Charles City, Goochland, Hanover, and New Kent Health Departments) is offering flu shots on an appointment basis as long as supply is available. The vaccine will be free and is open to the general public. Call 804 - 365-4313 to make an appointment or for more information.

Are you one of the 13.1 million uninsured in Virginia? Recent Layoffs and economic instability have lead many people to lose health insurance coverage. If you or your child is currently uninsured, you may be eligible for one of several Medicaid or FAMIS programs. We currently offer: Medicaid; Medicaid Works; FAMIS; FAMIS PLUS; FAMIS SELECT; FAMIS MOMS; Aged, Blind or Disabled Medicaid; Medicaid that pays Medicare Part B Premium; Special Low-Income Medicare Beneficiary; Qualified Medicare Beneficiary; Medically Indigent; Pregnant Women; Breast and Cervical Cancer Prevention and Treatment ACT; and Plan First-Family Planning Services for Men and Women.

To find out if you may be eligible for any of the benefit programs, you may go on-line to be pre-screened at: <https://jupiter.dss.state.va.us/EligibilityScreening/> or we will mail you an application. Call 804-365-4100 to request an application be mailed to you.

Adult Medicaid applications may now be submitted on-line at: <https://jupiter.dss.state.va.us/VDAMedicaid/info/info.faces>

TEXT4BABY: There's a new FREE service to help you out! Text4baby provides totally free text messages 3 times a week with info to help you through your pregnancy and baby's first year. Text BABY (BEBE para Español) to 511411 to sign up!

Cancer Resources:

LINC: LINC provides free legal and debt management services for men, women and children with cancer, cancer survivors, their families and caregivers. LINC also provides referrals to community resources and free educational seminars. Requests for services must be related to the diagnosis or treatment of cancer. We do not do divorce, malpractice, immigration law or criminal law. Call 804-272-5462 ext 2 or toll free 877-644-5462 ext 2. Connecting Cancer patients and survivors with the services (legal, financial and resource referrals) they need.

American Cancer Society: Greater Richmond Area services include but are not limited to: Volunteer matching for transportation to medical appointments; wigs; "Look Good, Feel Better" workshops on skin care and make-up; Patient Advocacy and College Scholarships for childhood cancer survivors. Call 1-800-ACS-2345 for more information on local programs.

Cleaning Service for Cancer Chemo Patients: If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. **This organization serves the entire USA** and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along. <http://www.cleaningforareason.org/>

Senior/Disabled Resources:

ElderFriends- Free Senior Visiting Program: For those 60 and over. ElderFriends is matching home visitors with Richmond Area seniors and they now have volunteers for Hanover Residents. If you are a senior that would like a visitor or know someone who would like a visitor call: 804- 282-4255. They are also looking for volunteers. Open to Greater Richmond residents.

Senior Connections: Offers a variety of services: Money Management Program, Friendship Cafes, Home Visitors, Senior Employment Services, and Information and referrals. 804-343-3000

Senior Connections Offers Two Friendship Cafés in Hanover

Senior Connections Friendship Cafés are neighborhood gathering places for seniors. A hot midday meal, good friends, and many activities keep participants connected to the community while meeting their nutritional needs. The cafés are staffed by knowledgeable meal site managers trained in proper and safe food service techniques and activity planning. Activities include but are not limited to exercise, lectures, health and nutrition education and screenings as well as social activities. In Hanover there are two Friendship Café locations. In addition to the Café hosted Monday through Wednesday at Shiloh Baptist Church in Ashland, another Café is hosted every Thursday at the Montpelier Senior Center. For more information contact Senior Connections at 804-343-3000.

ElderHomes: Handicapped Modifications (ramps, bathroom bars) – 804-233-2827

Virginia Voice: Allows people with vision impairments or other disabilities to listen each week to more than 140 publications. To access this service or for more information call 804-266-2477 or visit www.virginiavoice.org

Long-Term Care Program: The Department's programs are designed to address those who are most in need, balance the role of providing effective intervention when necessary, and ensure the safety, stability, and well-being for the most vulnerable of our population. Adult Services (AS) are designed to allow the adult to remain in the least restrictive setting and function as independently as possible by establishing and/or strengthening appropriate family and social support systems or by supporting the adult in self-determination. Adult Services are provided to impaired adults age 18 or older, and to their families when appropriate. Adult Services may include the provision of case management, home-based care, transportation, adult day services, nutrition services, placement services, and other activities to aid the adult.

Special needs children are also eligible for screening for the EDCD Waivers. Call 804-365-6641 to request a screening.

Resources for Independent Living provides these valuable functions for our community:

Services to individuals and community groups which strengthen the integration of persons who are disabled into community life. Serve as an advocate for the personal and collective rights of persons who are disabled in the areas of accessibility, education, employment, transportation, and all other areas of equal opportunity. Develop new resources in the community to support the independent lifestyle chosen by persons who are disabled. Bring together individuals and groups to develop common goals and work toward achievement of those goals. Act as a spokesperson for the disabled community in public and governmental relations. Serving individuals with disabilities in the counties of Charles City, Chesterfield, Dinwiddie, Goochland, Hanover, Henrico, New Kent, Powhatan, & Prince George, and the cities of Richmond, Petersburg, Hopewell, & Colonial Heights

4009 Fitzhugh Avenue
Richmond, VA 23230
Info@RIL-VA.org

(804) 353-6503
TDD (804) 353-6583
FAX (804) 358-5606

The Hanover Arc, Inc.: Serving those with or at risk of intellectual disabilities and their families living in Hanover County, Virginia. It is devoted to promoting and improving supports and services for people with disabilities and their families. Members of the Hanover Arc include

200 families, self-advocates, professionals and concerned citizens. 804-798-2400 or email: info@hanoverarc.org

DRS (Department of Rehabilitative Services): Vocational Rehab Program
<http://www.vadrs.org/apply.htm>

Our vocational rehabilitation (VR) program offers services to empower individuals with disabilities to enter the work force or return to work. [Visit the "How VR Works" page](#) to learn more about your rights and responsibilities as a consumer, common terminology, and a complete description of the steps you can take to help ensure that you have a successful vocational rehabilitation.

Free Legal Aid VIRGINIA Providing legal help and representation to low-income individuals and families who have the least access to legal resources and qualify for legal aid in the State of Virginia. Virginia pro bono legal services can range from legal advice to sophisticated representation in court. CASE TYPES: Housing, Public Benefits, Employment Law, Consumer Protection, Rights of the Elderly, Divorce, Child Custody, Termination of Parental Rights, Domestic Violence, Adoption, Bankruptcy, Community Economic Development, Consumer, Education, Elder Law, Employment, Health, Housing, Individual Rights, Wills, HIV/AIDS. LSC restrictions apply. Client income must generally be below 125% of poverty or below 187.5% with conditions, and be legal USA resident. No class action law suits, criminal, abortion rights or fee-generating cases. Richmond Central Virginia Legal Aid Society 101 West Broad Street 101 Richmond VA 23220 Phone: 804-648-1012 Fax: 804-649-8794

The Legal Aid Justice Center provides legal representation for low-income individuals in Virginia. Our mission is to serve those in our communities who have the least access to legal resources. The Legal Aid Justice Center is committed to providing a full range of services to our clients, including services our federal and state governments choose not to fund. Legal Aid Justice Center's [staff](#) of 40 work from offices in Charlottesville, Falls Church, Petersburg and Richmond ([read more about our service areas.](#)) Our services do not stop with the resolution of an individual case. Through local and statewide organizing, education, and advocacy, we also address the root causes of the injustice and exploitation that keep our clients in poverty.

- [Legal Aid Justice Ctr](#) · (804) 643-1086, 123 E Broad St · Richmond

FUEL/ENERGY ASSISTANCE: Summer Cooling Assistance is available to households that include a child under age six, a disabled individual or an adult age 60 or over who meet income and eligibility requirements. Cooling assistance can be used to assist families and individuals with: Payment of electric bills up to \$600 to operate cooling equipment; Payment of security deposits for electricity to operate cooling equipment; Repair of a central air conditioning system or heat pump; Purchase of a whole-house fan, including ceiling or attic fans; and Purchase and installation of one window unit air conditioner for households without a working one.

To qualify for cooling assistance, the maximum gross monthly income for a one-person household is \$1,180 before taxes and \$2,422 for a household of four. Assistance is available until funds are depleted. For more information about the Cooling, Fuel Assistance or Crisis Assistance programs, contact the Hanover Department of Social Services at 365-4100. You may

pick up an application at the Hanover County Department of Social Services, 12304 Washington Highway. You can also call 365-4100 to request that an application be mailed to you. A face-to-face interview is not required.

EnergyShare through Dominion Virginia Power is also managed locally by Hanover Social Services. If eligible, households may receive assistance to pay for the applicable source of heat (electricity, gas, oil, wood or kerosene). Call 804-365-4100 for information on requirements and to determine if funding is available. Hanover Residency is required but this resource may be available in your community, call 211 for information on who runs this program in your area.

Weatherization through ELDERHOMES: Our Weatherization Department helps homeowners reduce their heating and cooling costs by an average of 30% per month. Homeowners then have more money in their household budgets for food and medicine. We perform several tests to determine a house's fuel efficiency and needs. Depending on the outcome of our tests, we may then spray insulation, reseal doors and windows, and repair or replace the furnace. Call 804-233-2827 for more information. McNealA@elderhomes.org

Winterization Program through Hanover Department of Community Resources: The Winterization Program was established to assist those in need with temporary heat saving protections from the winter cold. The project relies solely upon the support of the community for financial resources and volunteer manpower. Each winter, through this program, volunteer groups weather-strip doors, wrap water pipes and seal drafty windows for over 70 households located throughout the county. This volunteer effort serves persons with disabilities, elderly and low-income families in need who meet basic eligibility criteria and are county residents.

Do You Need Winterization Assistance? Applications for assistance are available to the public each Fall. To receive an application and program details contact us 804-365-4302. **Interested In Registering As A "Volunteer Work Crew"?** Recruitment for Volunteer Work Crews begins each September. Crews may select the date convenient for their team's work from the second week in November through the beginning of January based upon the volume of requests for assistance. **Would You Like To Make A Contribution?** Funds for materials are supported by the volunteer work crews and community contributions. Contact us at 804-365-4302 for details on supporting this effort. For More Information: Call 804-365-4302 or send an e-mail to volunteer@co.hanover.va.us

ElderHomes offers several programs and many are not age dependent.

* **Home Rehabilitation:** We provide moderate to major home rehab services so homeowners can age in place. These repairs focus on a home's infrastructure and typically feature repairing/replacing roofs, plumbing, heating and air conditioning systems, and fixing structural problems leading to health and safety hazards. Call 804-233-2827 for more information.

McNealA@elderhomes.org

- **Energy Conservation Programs:** for low income families of all ages in single family homes. This program is especially good for seniors living in their own home and helps to make the home more energy efficient. No income requirements if a family member is disabled. This may help you further reduce your energy costs. Call Anitra Watson for more details at 804-612-3362. Hanover Residency is not required.

anitrawatson@elderhomes.org

Employment Resources:

- (1) Mechanicsville Goodwill Employment Center: Workshops and Personal Assessments available – many local employers use them for hiring. Call Nancy Brady @ 417-6721 for more info. No income limitations. New “Job Club” meets every other Monday from 10-11 AM. Group for job seekers to get advice and share resources. Nancy.Brady@goodwillvirginia.org
- (2) Register with the Virginia Employment Commission (VEC), 8093 Elm Drive, Mechanicsville, VA 23111 (804) 559-3133.
- (3) Speak with an admissions/career counselor at the local community college about grants and/or loans to return to school. Hanover residency is not required.
- (4) Snag-a-job.com offers a good selection of part-time and hourly positions. You can search jobs by zip code.
- (5) Capital Area Training Consortium provides job seekers with support services and resources; 5410 Williamsburg Road, Sandston, VA 23150, Phone: (804) 226-0885 catc@co.henrico.va.us
- (6) Computer literacy/training classes are available at your local library. Call for schedule.
- (7) Senior Connections offers those 50+ Computer training classes. Call Jake at 343-3000 to register for classes or for more information.
- (8) <http://www.vadrs.org/apply.htm> You may apply for the DRS vocational rehabilitation program if:

- You have a physical, mental, or emotional disability,
- The disability keeps you from finding or keeping a job,
- You are willing and able to work and you think our services can help you, and
- You are in the state (living in, working in, or moving to Virginia).

If you receive Social Security Disability (SSDI) or Supplemental Security Income (SSI), and you want to work, you already meet the first three criteria. However, you do not have to be receiving SSDI or SSI to apply. If you think you have a disability, but have never been diagnosed, you may apply. [How do I Apply?](#) You may call or e-mail the [local DRS office](#) nearest you for an appointment. Or you may call toll-free in the U.S. 1-800-552-5019 (TTY 1-800-464-9950).

Financial Resources

Budgeting/Credit Counseling Services: Many people are currently experiencing issues with their credit. If you need help getting your credit under control or help improving your credit score try contacting a non-profit agency for assistance.

- Clearpoint Financial Solutions @ 1-877-877-1995. Services include budgeting, debt repayment programs, bankruptcy classes and HUD classes.
- Commonwealth Catholic Charities @ (804) 285-5900 Services include personal budgeting, Housing Counseling, Debt Repayment Programs
- Senior Connections @ 804-343-3000 Money Management Program (assists Seniors and disabled individuals with budgeting, bill paying and record keeping)
- **FOUND MONEY:** Virginia’s Unclaimed Property: One in 7 Virginian’s has money waiting for them. The Virginia Department of the Treasury's Unclaimed Property Division may be holding your uncashed paychecks, lost stocks, bonds, dividends, utility deposits, insurance claims and more. Go to <https://www.trs.virginia.gov/propertysearchdotnet/> to search your name and family members. You may also call 804-225-2142 if you do not have computer access. Each state has a Found Money Program.
- **MATCH SAVINGS PROGRAM - VIDA:** Virginia Individual Development Account (VIDA): Yes, you can save. VIDA is a special matched savings program that enables individuals and families with children to save for homeownership, business or education. Savers receive one-on-one credit and debt management counseling and attend financial literacy and asset specific training workshops (homeownership, business development or career planning). Participation in VIDA ranges from 6 to 24 months depending on individual need. Savers

must be able to contribute at least \$25 per month into an account held at Wachovia or BB&T. Savers are also encouraged to use their tax refund or Earned Income Tax Credit (EITC) to grow savings faster. For every \$1 contributed by the saver it will be matched with \$2. The maximum contribution by a saver is \$2,000 which will be matched with \$4,000 totaling \$6,000 to be used towards the chosen asset. [Click here](#) to view a listing of upcoming workshops in the Richmond and Petersburg areas.

Contact us in Richmond at 804-525-1941 or dstallings@virginiassupportivehousing.org.

Free Cell Phones and Service for Individuals with Limited Incomes:

Assurance Wireless offered by Virgin Mobile, provides limited service and free cell phones to qualifying individuals. The plan offers a free phone, 200 free minutes per month for local and long distance within the United States, free voicemail, call waiting and caller ID with no long-term contracts, bills, activation fees or surcharges. Individuals who may qualify include those who participate in any of the following programs: Medicaid, SNAP, SSI, TANF, Federal Public Housing or Section 8, LIHEAP (Federal Energy Assistance Programs), or National School Lunch Program. Individuals may also qualify based upon household income. To obtain more information or apply for service, contact Assurance Wireless at 1-888-898-4888. Hanover residency is not required.

SafeLink offers A FREE SafeLink Wireless phone; A FREE cellular plan that gives you up to 250 Minutes every month. Now includes texting! Call 1-800-SAFELINK to apply. You can add additional minutes through TracFone PayAsYouGo phone cards. Service is now available to Montpelier residents (23192). This is a change.

LIFELINE: Lifeline is a program created 20 years ago by the Federal Communications Commission (FCC) to provide low-income families discounted telephone service. Historically, Lifeline has been used with land line services. Call your current phone company to inquire about discounts for public assistance customers. For VERIZON landline or wireless discounts call: 1-800-924-0585 or go to www.verizonwireless.com/lifeline

Housing Resources:

Emergency Shelter: Homeless Point of Entry for Families with Children
Saint Paul's Baptist Church South 700 East Belt Boulevard (across from Southside Plaza)
New phone number: (804) 291-9082 or (804) 291-9083 Fax number: (804) 291-9084
Email Hours of operation: Monday-Friday: 9 a.m.-5 p.m.

Homeless Point of Entry for Single Adult Men and Women
The Conrad Center 1400 Oliver Hill Way (Next to Richmond Juvenile and Domestic Relations Court and Richmond City Jail) Phone number (804) 648-4177 Fax number (804) 648-4931
Email Hours of operation: Monday-Friday: 9 a.m.-5 p.m. After hours call 211

Virginia Supportive Housing - Call Sam Goodpasture @ 804-525-1951 to locate low cost housing in the greater RICHMOND Area (includes Hanover County). For information on other housing related programs offer by Virginia Supportive Housing visit: <http://www.virginiassupportivehousing.org/programs/programs.php>

USDA Rural Development, Guaranteed Housing Loans: For those with lower incomes but steady income. Program will help you qualify and obtain an affordable home. Also has refinancing program if you qualify. Call Gale Hence at 804-287-1612 for more information.

Hanover Habitat For Humanity Accepting Applications

Hanover Habitat for Humanity is now accepting applications from Hanover residents who are interested in buying a home or building on their own property. Basic qualifications include income of between \$30,000 and \$45,000 per year; reasonably good credit (no unpaid judgments or collections); Hanover residency of at least one year; current living conditions that are overcrowded, unaffordable or unsafe; and willingness to partner with Hanover Habitat for Humanity by contributing between 200 and 350 hours to support the building of their own home or that of another family. For more information, contact 804-569-6108 or visit www.hanoverhfh.org to download a prequalification worksheet found by clicking the Partner Family tab on the homepage.

HOME, Housing Opportunities Made Equal. Greater Richmond Area Affordable Housing Guide: <http://www.phonehome.org/Resources/AffordableHousingGuide/tabid/139/Default.aspx> to request one by mail call: 804-354-0641

Indoor Plumbing Rehabilitation Program

Housing Partnerships, Inc. oversees the administration of the Department of Housing and Community Development's Indoor Plumbing Rehabilitation Program for Hanover County. This program assists homeowners who lack indoor plumbing or bathrooms or those with inoperable/failed water or waste water systems. This also includes nonexistent or unsanitary water sources or repairs of well systems. (This doesn't include fixing minor plumbing leaks). Rehab triggered by these needs can include structural rehabilitation of the residence to bring the property up to health and safety standards. This can even include new construction—if deemed to be more cost effective. Housing Partnerships, Inc. offers a toll free number, 1-877-675-5858 to better serve Hanover residents.

Service organizations may also make referrals to Abbitt Woodall, Director, Housing Partnerships, Inc. via email at awoodall@housingpartnerships.org. For more information about this organization, visit www.housingpartnerships.org.

Free Smoke Detector and Installation for those without a working smoke detector. Call 1-888-537-5967 for more information and/or to place an order for the smoke detector. All locations

Self Help/Mental Health Resources/Support Groups/Advocacy Groups:

Domestic Violence Services: Hanover Safe Place for Hanover residents, provides emergency shelter, advocacy, and counseling services for those experiencing domestic violence. Call 804-752-2702 for 24 hour hotline assistance.

Hanover Community Services offers Free Parent Consultations or Stress Management Workshops: In today's economy, parents are facing new challenges with raising their children. A new level of stress has been either added or increased to parents, which has had a trickledown effect on the individual, their employment and their family. If you find that parenting has become unmanageable as a result of cumulative stressors, Hanover County offers a wonderful professional resource. Hanover residents are offered four free parenting consultations to assist with your concerns related to balancing personal and professional stressors with raising children. We can help you develop a parenting plan that works for your family. This is a great way to gather new ideas, resources, and skills to use at home. Remember- if you burn out, you will not be able to effectively take care of the ones dependent

on you. If you are interested in scheduling a parent consultation or providing a free Stress Management workshop for your community group, please contact Dana Gaskin (804) 365-4238. Hanover residency is required.

Hanover County Public Schools offers Parent Resource Center (PRC). Specializes in resources, education and support for families with special needs children. Highly suggest that parents with children that have IEP's utilize this resource. Office is located at John M. Gandy Elementary School, 201 Archie Cannon Drive, Ashland, VA 23005 Room D-9, Hours of operation: School days from 8:30AM – 2:30PM

Do you have a special needs child with an IEP or in need of an IEP? The Parent Resource Center can help! Call them at 365-4596 or email: hanoverprc@hcps.us

Hanover County Schools, Parent Resource Center: The PRC is committed to promoting working relationships between parents, educators, and the community. Our goal is to help parents gain knowledge and become comfortable with the special education process. We believe this will allow parents to partner with schools and become more involved in the planning and decision making process for their child's education.

HEADSTART/HPI: Hanover Preschool Initiative (HPI) is currently accepting applications for the 2011/2012 school year!

- Children must be three (3) or four (4) years of age by September 30, 2011.
- School bus transportation is available in most areas.
- Meals and supplies are provided.
- Ten percent (10%) of the actual enrollment will be children with disabilities.
- You must be a resident of Hanover County.
- You will need to make an application appointment.

Tel: 804.365.4506 Fax: 804.365.4633 Email: headstart@hcps.us

Parenting Classes

• **Commonwealth Parenting** 4121 Cox Road, Suite 101, Glen Allen, VA 23060 Phone: 804.545.1272. Commonwealth Parenting offers skills-based parent education programs designed to enhance specific parenting behaviors that have a direct impact on children. The parent education programs are designed for parents with children of all ages. The Welcome Home Baby class is designed for new-parents and parents to be. Programs are delivered during convenient hours for working parents, offer refreshments and handouts with specific techniques to try at home. For more details visit the [CPC website](#).

• **FAM (Families are Magic)** 103 E Grace Street, Richmond, VA 23219 Phone: 804.257.7226. FAM is a diverse group of parents and parenting education professionals working together to ensure that parents in the Richmond community have access to the resources they need to raise happy, healthy families. Workshops are provided on a variety of topics such as parenting under stress, positive discipline, effective communication in your family, understanding your child's temperament, and how to be a nurturing parent. Many other topics are also available. There is no fee required but FAM does accept donations to offset the cost of their services. Workshops can be offered at our office, child care settings, schools, faith centers and/or other appropriate venues.

Support Group for Kids during/after Divorce: DC4K. There currently is a group at Atlee Community Church. For other areas go to the website below and enter your zip code for the closest group.

Atlee Community

7171 Verdi Lane

804-730-3676 [Tuesdays, 6:30 pm - 8:00](#) 10



Mechanicsville, VA US

pm

miles

Running now

<http://www.dc4k.org/findagroup/>

BETHANY CHRISTIAN SERVICES: Connections is a *free*, voluntary program for couples or individuals who are in the process of becoming new parents or who have recently become new parents. The program is led by trained coaching couples who help: *Build stronger relationships and improve parenting skill. Reinforce healthy decisions about marriage, parenting, and household management. Assist couples with wedding plans and arrangements, when needed or desired.* Couples are not required to be married or to have plans to marry to participate in this program. How Can Connections Help Me as a Parent? A Bethany staff member will talk with you in a confidential setting about your concerns and needs as an individual and as part of a parenting couple. Our staff will work with you to identify resources that may help you with the kind of parenting and relationship goals that you want to achieve. You will also have the benefit of working with a coaching couple, specifically chosen for you, as you work toward your goals. What Does a Coaching Couple Do? Coaching couples have only one objective: to guide and support you to achieve your goals as a parent, and hopefully, as a committed couple. Our trained coaches have the knowledge, information, and tools to help you. Like you, they have had to balance the challenges of being new parents with the challenges of maintaining positive, healthy relationships with the other parent or spouse. Building Strong Families Our trained coaches have been managing their marriages and other relationships, for a long time. Their purpose is to help you become the best parent and husband or wife you can possibly be. These roles are distinct and have separate duties and responsibilities, but the qualities that help make us good mothers or fathers contribute to making us good wives and husbands. They all connect, and, the better the connection, the stronger the family. Contact Information: Please call Kathleen Lewis in Richmond at 804.360.0466 or email bethanyconnectionsRI@bethany.org

- Memorial Child Guidance Clinic: 804.644.9590 www.mcgcva.org
- National Mental Health Association Resource Center: 800.969.6642 www1.nmha.org/infoctr/index.cfm

SA Recovery Programs:

AA Meetings Ashland

Sunday 6:00 PM

“Terminally Unique” (closed meeting) Topic from As Bill Sees It
St. Ann’s Catholic Church
 105 S. Snead Street
 Ashland, VA 23005

Monday 8:00 PM

“Hanover-Ashland Group” (open meeting, handicapped accessible)
Ashland Presbyterian Church (@ Myrtle Street)
 401 Virginia Street
 Ashland, VA 23005

Wednesday 12:00 PM

“Reflections At Noon” (open meeting, handicapped accessible, child care available)
Daily Reflections Reading

Ashland Presbyterian Church (@ Myrtle Street)
 401 Virginia Street
 Ashland, VA 23005

Thursday 8:00 PM

“Hanover-Ashland Group” (open meeting, handicapped accessible)
 Ashland Presbyterian Church (@ Myrtle Street)
 401 Virginia Street
 Ashland, VA 23005

Saturday 9:00 AM

Basic Text Big Book Study (closed meeting, Big Book, handicapped accessible, child care available)
 First Baptist Church
 800 Thompson Street
 Ashland, VA 23005

AA Meetings Mechanicsville

Please contact AA Richmond Office to confirm that meetings are still going, their phone number is: 804-355-1212

Sunday

Book Study Group (open) 7:30 PM
 Fairmont Christian Church (youth building behind church—off 295 Exit 34A)
 6502 Creighton Road
 Mechanicsville, VA 23111

Monday

Mechanicsville Group (open meeting) 11:30 AM
 Mechanicsville Baptist Church
 8016 Atlee Road
 Mechanicsville, VA 23111

Pole Green Group (open meeting) 6:00 PM
 Atlee Community Church (Verdi and Pole Green)
 7171 Verdi Lane
 Mechanicsville, VA 23116

“Next Generation Young People’s” 7:30 PM
(open meeting, Handicapped Accessible)
 Fairmont Christian Church (youth building behind church—off 295 Exit 34A)
 6502 Creighton Road
 Mechanicsville, VA 23111

Tuesday

“Road to Serenity Group” (open meeting) 6:00 PM
 Mechanicsville Presbyterian Church
 7339 Atlee Road (Atlee and Signal Hill Roads)
 Mechanicsville, VA 23111

“Serenity at Cool Spring Group” 7:30 PM
(open meeting, Al-Anon meets at same time)
 Cool Spring Baptist Church

9283 Atlee Station Road
Mechanicsville, VA 23116

Wednesday

"A New High" (closed, Step Meeting, Handicapped accessible) 5:30 PM

Ashcake Rescue Squad
8375 New Ashcake Road
Mechanicsville, VA 23116

"Moving On Group" (open meeting) 8:00 PM

Aldersgate United Methodist Church
3006 E. Laburnum Ave.
Mechanicsville, VA 23223

Thursday

"Do the Next Right Thing" 8:00 PM

(open meeting, Handicapped accessible, Al-Anon meets at same time)

New Bethesda Baptist Church (behind the new fire station on 360)
9019 New Bethesda Road
Mechanicsville, VA 23116

Friday

"Hope on Atlee Road Group" (open meeting) 7:30 PM

Hanover Church of the Nazarene
8391 Atlee Road
Mechanicsville, VA 23116

Saturday

"God is Saturday Night" (open meeting) 8:00 PM

Creator Episcopal Church (next door to Shoney's. Basement)
7159 Mechanicsville Turnpike
Mechanicsville, VA 23111

Families Anonymous Meetings

Monday

The Episcopal Church of the Creator 7:00 PM

7159 Mechanicsville Turnpike
Mechanicsville, VA 23111

Tuesday

All Saints Episcopal Church 7:30 PM

8787 River Road (in the church library)
Richmond, VA 23229

Thursday

Huguenot Baptist Church 7:30 PM

10525 West Huguenot Road (playground entrance - Room 213)
Richmond, VA 23235

Friday

Celebrate Recovery Meeting (804) 909-1334 or (804) 559-6064

New Song United Methodist Church
7450 Colt's Neck Road
Mechanicsville, VA 23111

NA Meetings Ashland & Mechanicsville Area

Please contact NA Richmond Office to confirm that meetings are still going, their phone number is: 804-965-1871

Monday

“Serene Women” (*open meeting for Women*) 5:30 PM
Hatcher Memorial Baptist Church
2300 Dumbarton Road, 23228

“Just Steppin” (*closed, Step Working Guide*) 7:00 PM
Hatcher Memorial Baptist Church
2300 Dumbarton Road, 23228

Tuesday

“No Strings Attached” (*open meeting, handicapped accessible*) 7:00 PM
Henrico Mental Health Building
10299 Woodman Road
Glen Allen, VA 23060

Wednesday

“T.A.P.S.” (*open meeting*) 7:00 PM
Hatcher Memorial Baptist Church
2300 Dumbarton Road, 23228

Thursday

“High Hopes” (*open meeting*) 7:30 PM
Cool Spring Baptist Church
9283 Atlee Station Road
Mechanicsville, VA 23116

“Let the Healing Begin” (*open meeting, handicapped accessible*) 7:30 PM
River of Life Community Church
7700 Woodman Road, 23228

Friday

“No Matter What” (*open meeting*) 8:00 PM
Hatcher Memorial Baptist Church
2300 Dumbarton Road, 23228

Saturday

“We Do Recover” (*open meeting, Speaker Meeting*) 12:00 PM
Wesley Memorial United Methodist Church – Basement
1720 Mechanicsville Turnpike 23223

“Clean Air” (*open meeting, It Works Text Meeting*) 8:00 PM
Hatcher Memorial Baptist Church 2300 Dumbarton Road, 23228

- Families Anonymous: 804.262.0932
- The Substance Abuse & Addiction Recovery Alliance of Central VA (SAARA_CVA) 804.819.4078

Special Needs/Learning Difficulties

- Special Need G.I.F.T.S. (Getting Involved with Families, Teachers & Schools): For Adults with children who have special needs or learning difficulties. 804.560.7172

- The Greater Richmond ARC: For caregivers of young children with developmental disabilities. 804.358.1874 ext 3229
- Special Kids, Special Needs: For help coping with stress and anger, strategies for dealing with difficult behavior, learning and schooling, "why me?" questions, self-esteem, and making time for yourself. Contact Anita Harrison, LCSW, at 804.712.6020 or Larissa Anderson at LarissAnderson@aol.com.

Down Syndrome

- National Down Syndrome Society: 800.221.4602 www.ndss.org
- Down Syndrome Association of Greater Richmond: 804.796.5141 www.dsagr.com
- National Down Syndrome Congress: Find updates on the latest legislation that affects people with DS and find tons of parental resources. www.ndscenter.org
- National Association for Down's Syndrome: Signup for bi monthly newsletters, get facts, find support on message boards. www.Nads.org

Diabetes

- Juvenile Diabetes Research Foundation, Central VA Chapter: www.jdrf.org/centralvirginia
- JDRF Youth Pump Group: For kids on insulin pumps 804.378.0074
- American Diabetes Association: www.diabetes.org/about-diabetes.jsp

Aspergers Syndrome

- [Richmond Aspergers Group](#) - A support group for parents of children with Aspergers Syndrome. They meet monthly at the River City Diner on Parham and I-95, from 7-9pm in the evening. Meetings are for adults with AS, parents and children over age 10, for support, discussion, education, parent advocacy and adult self-advocacy. There is also have an online discussion group at <http://health.groups.yahoo.com/group/richmondaspergersgroup/>.

Autism

- Autism Society of America, Central VA: 804.257.0192 www.asacv.org
- Supporting the Needs of Autistic's Parents (SNAP): 804.739.8259 tcburns@comcast.net
- Autism Interventions of Richmond: 804.266.1105
- Autism Speaks: 212.252.8584 www.autismspeaks.org

Birth Defects

- Birth Defect Research for Children: 800.313.2232 www.birthdefects.org
- March of Dimes Birth Defects Foundation: 888.663.4637 www.marchofdimes.com
VA Chapter 10128-A W. Broad Street Glen Allen, VA 23060 804.968.4120
www.marchofdimes.com/virginia

- National Organization on Fetal Alcohol Syndrome: 800.666.6327 www.nofas.org

Blindness

- The Foundation Fighting Blindness: Find a local chapter www.blindness.org

Hispanic Family Resources

- National Hispanic Family Health Helpline: 866.SUFAMILIA
<http://67.111.128.10.ptr.us.xo.net/sufamilia/>
- National Hispanic Prenatal Helpline: 800.504.7081

Hanover Department of Social Services is open from 8:30 – 5:00 Monday - Friday. Please call 804-365-4100 for more information or to schedule an appointment.