



**Infinity**  
Pediatric & Adolescent  
Medicine

### Local Resources Directory

211virginia.org  
bridge2resourcesva.org  
virginia.gov/services  
virginiannavigator.org

### Autism Resources

#### Autism Society of America

Family education, support for parents and children with ASD

757-461-4474 | tidewaterasa.org

#### CHKD Autism Clinic

ASD evaluation for children under 5  
Neurology | 757-668-9920

Developmental pediatrics | 757-668-7473

#### Families of Autistic Children (FACT)

Day camps, social, sports, and leisure programs for individuals with autism  
757-422-2040 | camp4autism.com

### Development & Early Care

#### CDC Milestones

Child developmental milestones checklists and Milestone Tracker app  
cdc.gov/ncbddd/actearly/milestones/index.html

#### Childcare Aware of Virginia

Childcare provider search | vachildcare.com

#### Early Head Start & Head Start

In-home (0-36 mo) and center-based (36 mo+) enriched child care and family support for income-eligible families  
<https://www.headstartva.org/virginia-head-start-locator-families>

### VA Department of Education

Resources for parents including special education supports 883-778-0204 | doe.virginia.gov

### Family Physical Health Care

#### Hampton Roads Community Health Centers

Medical, mental, and dental health care  
*Park Place Family* | 757-533-9108  
*Portsmouth Community Health* | 757-393-6363  
*Communicare Family Health* | 757-962-1600  
*Oceanview Medical & Dental* | 757-962-1601  
hrchc.org

#### HOPES Free Clinic EVMS

Primary care, women's health, mental health  
757-446-0366 | [evms.edu/education/resources/community-engaged\\_learning/hopes/](http://evms.edu/education/resources/community-engaged_learning/hopes/)

#### Park Place Dental Clinic

Low cost dental services to Virginia residents.  
757-683-2692 | [parkplaceclinic.org](http://parkplaceclinic.org)

#### Southeastern Virginia Health System

Medical, mental, women's, and dental health at many locations | 757-380-8709  
*East End Physicians NN* | 757-952-2160  
*Chesapeake Community Health* | 757-228-1288  
*Franklin Community Health* | 757-204-5570  
*Main Street Physicians Suffolk* | 757-925-1866  
*Virginia Beach Family* | 757-425-3610  
sevhs.org

### Home Visiting <https://earlyimpactva.org/>

#### The Planning Council Centralized Intake

Chesapeake, Franklin, Isle of Wight, Norfolk  
Portsmouth, Southampton, Suffolk and  
Virginia Beach (757) 622-9268  
Smart Beginnings Virginia (Peninsula)  
(757) 240-7131

### Housing

Regional Housing Crisis Hotline | 757-587-4202

### Interpersonal Violence Shelters

#### ForKids

Emergency shelter to families & children in Virginia. Housing, education, & critical services.

757-622-6400 | [forkids.org](http://forkids.org)

#### Help and Emergency Response, Inc.

Resources for survivors of domestic and sexual violence, stalking, and trafficking  
757-485-3384 | [hershelter.com](http://hershelter.com)

#### Salvation Army

Food, housing, rehabilitation, shelter for women and children  
757-543-8100 | [salvationarmypotomac.org](http://salvationarmypotomac.org)

#### Samaritan House

Resources for domestic and sexual violence, trafficking, support program  
757-430-2120 | [samaritanhouseva.org](http://samaritanhouseva.org)

#### YWCA South Hampton Roads

Crisis counseling, services for youth, women and families, shelter  
757-625-1946 | [ywca-shr.org](http://ywca-shr.org)

### Legal Support

#### Legal Aid Society of Eastern Virginia

Free legal services in civil matters to qualifying low-income residents of Virginia  
757-627-5423 | [laseva.org](http://laseva.org)

### Mental Health

#### Alicia's Place

Child abuse, domestic violence, violence against women, & military trauma  
757-785-5540 | [alicias.place](http://alicias.place)

#### CHKD Mental Health

Psychiatry, psychology, and mental health therapy services for ages 18  
757-668-4673 | [chkd.org/our-services/specialty-care-and-programs/mental-health/](http://chkd.org/our-services/specialty-care-and-programs/mental-health/)



### Community Services Boards

Mental health case management, community programs, skill building, psychiatric care, therapy (all insurance status)

Chesapeake | 757-547-9334

Eastern Shore | 757-442-3636

Hampton -Newport News | 757-788-0300

Norfolk | 757-756-5600

Portsmouth | 757-393-8000

Virginia Beach | 757-385-3200

### Partners in Women's Mental Health

Perinatal mood & anxiety disorders treatment for women (private insurance)

757-828-3816 | [partnersinwomensmh.com](http://partnersinwomensmh.com)

### The Up Center

Services for families, youth, mental health, and people with disabilities

757-622-7017 [theupcenter.org](http://theupcenter.org)

### **Nutrition Support**

#### SNAP

Supplemental nutrition assistance program

757-664-6025 | [dss.virginia.gov/benefit/snap.cgi](http://dss.virginia.gov/benefit/snap.cgi)

### Women, Infants & Children (WIC)

Foods, nutrition education, postpartum women, infants, & children up to age 5

757-376-0424 | [vdh.virginia.gov/wic](http://vdh.virginia.gov/wic)

### Foodbank of Southeastern Virginia

Food pantry directory search by location

757-627-6599 | [foodbankonline.org/directory/](http://foodbankonline.org/directory/)

### **Parent and Family Support**

#### Alcoholics Anonymous

Groups for people with alcohol use disorder

757-490-3980 | [tidewaterintergroup.org](http://tidewaterintergroup.org)

### CHKD Breastfeeding Medicine

757-668-6984

### CHKD Healthy Mommy Healthy Baby

Helping new and expectant moms through anxiety and depression

757-668-

7165 | [h.althymommyhealth\\_ybaby@chkd.org](mailto:h.althymommyhealth_ybaby@chkd.org)

### Greater Hampton Roads Diaper Bank

Emergency diaper supplies

843-991-7731 | [ghrdiaperbank.org](http://ghrdiaperbank.org)

### KidsPriorityOne

One stop resource center, parenting classes, referral services

757-244-5373 | [kidspriorityone.org](http://kidspriorityone.org)

### NAMI Coastal Virginia

Free education and peer support groups

757-499-2041 | [namicoastalvirginia.org](http://namicoastalvirginia.org)

### Postpartum Support Virginia

Perinatal mood & anxiety support with phone line, support groups, mentors 703-

829-7152 | [postpartumva.org](http://postpartumva.org)

### Smart Beginnings

Referral service for childcare, universal screening for expectant mothers

757-240-2731 | [smartbeginningsvp.org](http://smartbeginningsvp.org)

### Quit Now

Smoking cessation program for Virginians (with special support for pregnant women and underserved populations)

1-800-Quit-Now; text2quit

### Versability

People with disabilities, early childhood, student services, day and residential support

757-896-6461 | [versability.org](http://versability.org)

### **Reproductive Health**

#### Family Planning Clinic

Physical, breast, and HPV exams, birth control, pregnancy and STI testing

757-683-2735 | [norfolk.gov/4772/Family-](http://norfolk.gov/4772/Family-Planning-Clinic)

[Planning-Clinic](http://norfolk.gov/4772/Family-Planning-Clinic)

### Planned Parenthood

Primary care, abortion, birth control, pregnancy, STI, HIV, LGBTQ

Hampton: 757-826-207

Virginia Beach: 757-499-7526

[plannedparenthood.org](http://plannedparenthood.org)

### **Safety**

#### CHKD Car Seat Loaner Program

Evaluations and loaner car seats to children with medical conditions

757-668-8655

#### Free Smoke Alarm Request

Chesapeake | 757-382-6566

Hampton | 757-727-1210

Norfolk | 757-664-6510

Newport News | 757-975-5454

Portsmouth | 757-393-8689

Virginia Beach | 757-471-5826

### Virginia Poison Center

Free emergency service for residents & clinical providers in eastern & central Virginia.

800-222-1222 | [poison.vcu.edu](http://poison.vcu.edu)

### **Other**

### **Early Childhood Websites/Apps (free)**

#### Parenting resources

Thebasics.org

[joinvroom.com](http://joinvroom.com)

[https://www.nctsn.org/](http://https://www.nctsn.org/)

[zerotothree.org](http://zerotothree.org)

#### Child-focused resources

Pbs kids.org

[sesamestreetincommunities.org](http://sesamestreetincommunities.org)

#### Caregiver support apps

Breathe2Relax app

Calm app

Woebot app