

Type of Resource	Name, Address, Phone Number	Website Information	Additional Information
Food Bank	Food Bank of Hampton Roads, 3333 Main Street, Chesapeake, VA 23320, (757) 555-5555	www.foodbankofhamptonroads.com	Access to all food bank information as well as documents needed to receive food assistance
Food Bank	Union Mission Ministries, Inc. 5100 East Virginia Beach Boulevard Norfolk, VA 23514 (175) 762-7868	http://https://www.unionmissionministries.org/ email: ljones@ummnorva.org	Provides food, clothing, and furniture to help individuals in crisis situations.
Food Bank	Temple Baptist Church-Norfolk 3300 Tidewater Drive Norfolk, VA 23509 (175) 762-2287	Email mscott1@cox.net	Provides food items to needy families in the community.
Food Bank	Episcopal Church Of The Ascension 405 Talbot Hall Road Norfolk, VA 23505 (175) 742-3671	http://ascension-norfolk.org/	Provides food pantry in the city of Norfolk for needy individuals and families.
Food Bank	Salvation Army-tidewater Area Command 5525 Raby Road Norfolk, VA 23502 (175) 754-3810		Provide food assistance for Norfolk, Virginia Beach and Chesapeake families as much as once every 30 days Food packages are given based on what is available during your visit.
Food Bank	Grace And Hope Mission, Inc. 2800 Lafayette Boulevard Norfolk, VA 23509 (175) 785-5717	http://www.gracehopemission.com/Norfolkpg1.html	Provides a food pantry in conjunction with the Food Bank.

Food Bank	Stop - Southeastern Tidewater Opportunity Project Inc. 2551 Almeda Avenue Norfolk, VA 23513 (757) 785-8136	sharris@stopinc.org	Provides programs, activities, services, and needed referrals for socio-economic upgrading of low-income families in STOP's service area Also serves as a crisis outreach site, providing emergency food, rent, utility payments, and other needed services on short notice.
Transportation	Stop - Southeastern Tidewater Opportunity Project Inc. 2551 Almeda Avenue Norfolk, VA 23513 (757) 785-8136	sharris@stopinc.org	Provides programs, activities, services, and needed referrals for socio-economic upgrading of low-income families in STOP's service area Also serves as a crisis outreach site, providing emergency food, rent, utility payments, and other needed services on short notice.
Transportation	Capital Area Partnership Uplifting People (CAPUP) 1021 Oliver Hill Way, Richmond, VA 23219, Telephone: (804) 788-0050 x18 1-800-Charity Cars is a national charity organization		Many low income families need a car for work. Non-profit organizations, charities, and government agencies may be able to assist an individual with obtaining a car
Transportation	Ways to Work Inc., 312 Waller Mill Dr., Ste. 500, Williamsburg, VA. 23187(757) 258-5022		
Transportation	Transportation Assistance: Free or Reduced Cost	http://www.rosiesplace.org/site/assets/docs/Find%20Help%20Documents/Transportation.pdf	The RIDE is a paratransit service, providing door-to-door services for people with physical, cognitive or mental disabilities and are unable to use fixed route transit (bus, subway, trolley) because of their disability.

Transportation	Social Services	http://www.needhelppayingbills.com/html/virginia_community_action_agency.html	Programs can help individuals gain self-sufficiency, and maybe also assist with paying an emergency bill or help a family meet their need for food
Transportation	HRT BUS PASS	Please see the Bursar or Student Services at Tidewater Tech Trades	
Transportation	Virginia Beach United Methodist Church's Potters House at 18th and Pacific Avenue on Tuesdays and Thursdays between 9:30 am and noon and get a bicycle at no cost. Virginia Beach.	FMI David Moore 351-341	Need help with transportation getting back and forth to work? If you are homeless or low income, bring in your pay stuff to Virginia Beach United Methodist Church's Potters House at 18th and Pacific Avenue on Tuesdays and Thursdays between 9:30 am and noon and get a bicycle at no cost. Virginia Beach. FMI David Moore 351-341
Housing	Norfolk Homeless Action and Response Team (HART) at 757-587-4202.	http://virginiasalvationarmy.org/hrva/programs/transitionalhousing/	To be considered for the program, all candidates must go through the Norfolk Homeless Action and Response Team. H.O.P.E Village is a residential housing program that offers a full spectrum of supportive services to low and moderate-income single women and women with children in need living in our community
Housing	Low Income Housing	https://low-income-housing-help.com/winter-housing-help	Rental assistance. Low Income Housing Help is used to help find affordable housing to people in need. LIHH by FindFamilyResources helped families in need receive over 2 billion dollars last year through Section 8.

Housing	St. Columbia Ecumenical Ministries 2114 Lafayette Boulevard Norfolk, VA 23509 (175) 762-7031	http://www.stcolumbaministries.com/	Provides a two year transitional housing program for single, homeless men and women in Norfolk.
Housing	Stop - Southeastern Tidewater Opportunity Project Inc 150 Kingsley Lane Norfolk, VA 23505 (175) 788-9585	fran_vickers@bshshi.org Email https://bonsecours.com/hampton-roads	Provide medical aid and advocacy to under-insured and uninsured patients Program refers patients from DePaul Hospital Emergency Room to Hampton Roads Community Health Center, which offers sliding scale fees and free healthcare for the homeless.
Housing	Norfolk Department of Human Services 741 Monticello Avenue Norfolk, VA 23505 (175) 762-2592	alisa.berry@norfolk.gov Email http://www.norfolk.gov/human-services/hart.asp	HART serves as a single point of contact for homeless families and individuals in Norfolk who are seeking time limited services. Services available via hotline include screening for placement into local shelters, applications for eviction prevention resources, and connection to appropriate service providers The HART Team is comprised of Human Services professionals whose mission is to develop processes, community partnerships, and strategies to help end homelessness in the City of Norfolk.
Housing	Union Mission 5100 East Virginia Beach Boulevard Norfolk, VA 23514 (175) 762-7868	ljones@ummnorva.org	Provides two homeless shelters and provide food, clothing and shelter to homeless men, single women and women with children (225-300 every night of the year) We provide job and life skill training, GED & Literacy training, and jobs in our shelters, warehouse and Thrift Store. We help with housing referrals,

			benefits, jobs, IDs, etc. we also have a Wellness Program that provides beds for those coming out of the hospital, assistance with prescription drugs, doctors' visits, etc.
Housing	Salvation Army 203 West 19th Street Norfolk, VA 23517 (175) 754-3810		Offers services including transportation, substance abuse counseling, phone, birth certificates, and referrals for community resources, clothing vouchers, laundry, and meals.
Housing	Oasis Social Ministry 1420 Chestnut Street Portsmouth, VA 23704 (175) 739-8197	jroisen@verizon.net	Provides intensive case management to homeless people, as well as those with mental, physical, emotional and substance abuse problems; provides job related services that will enable homeless individuals move towards independence and self-sufficiency
Emergency Loans	Norfolk Payday Loan	http://www.norfolk-payday-loan.com/	Services: Instant Payday Loans for Norfolk residents. Get up to \$1,000 cash without leaving your home. Eligibility: Must have a valid bank account and be over 18 years old. Area Served: Norfolk and nearby areas.
Emergency Loans	Cash Advance	https://www.cashadvance.com/?aid=10125&note=119636&atr=271580823	Cash Advance can get you \$1000 instantly with money wired to your account on the very same day.

			<p>Eligibility: Must be over 18, have a bank account and a source of income.</p> <p>Area Served: Norfolk</p> <p>Documents To Bring: Online application.</p>
Veteran Emergency Assistance		https://www.va.gov/homeless/housing.asp	
Veteran Emergency Assistance	Virginia Easy Access	http://easyaccess.virginia.gov/veterans.shtml	DVS employees provide personalized assistance with filing all types of claims for federal and state veterans' benefits. DVS also represents veterans during the claims appeal process. All Benefit Service Representatives have successfully completed VA certification training.
Veteran Emergency Assistance	DAV	https://www.dav.org/veterans/	DAV helps more than one million veterans every year connect with the healthcare, disability, employment, education, and financial benefits they've earned. If you're a veteran or are transitioning out of the military, DAV is here to help you and your family through a lifetime of services and support.
Veteran Emergency Assistance	Norfolk Benefit Office 6350 Center Drive Building. 5, Suite 100 Norfolk, VA 23502	https://www.dvs.virginia.gov/dvs/locations/tidewater-field-office/	The Norfolk Benefit Office hours are Monday - Friday 7:30 a.m. – 4:00 p.m. Veterans will be seen for walk-ins from 8:00 a.m. to 11:00 a.m. and appointments

	Phone (757) 455-0814 Fax (757) 455-0818		are held from 1:00 p.m. to 3:00 pm. The Norfolk Benefit Office will be closed from February 27, 2017 – March 8, 2017 for renovations. Please call 804-786-0595 for assistance.
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