Where To Turn

United Way’s Where to Turn resource guide is for:

- people who are currently seeking employment
- people who need to find employment in the future
- individuals who are having trouble meeting their own needs.

Whether you have been laid off, are going to work for the first time, no longer receive government assistance or are facing any financial crisis, Where To Turn is for you. To assist you through any time of crisis, this directory includes resources to help you meet your basic needs.

If you have questions about area services, please contact the United Way Community Information Center at (434) 972-1715.

Se habla español.

Produced with support from:
Albemarle County Department of Social Services
(434) 972-4010
Charlottesville Department of Social Services
(434) 970-3400

United Way-Thomas Jefferson Area
806 East High Street
Charlottesville, VA 22902
(434) 972-1701
www.UnitedWayTJA.org
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ALCOHOL AND DRUG ABUSE

If the stress from your situation has led you or someone in your family to alcohol or drug abuse, contact:

Alateen | 972-7011
Answering service: An anonymous twelve-step mutual support group for teen children of alcohol and/or drug abusers.

Alcoholics Anonymous | 293-6565
Answering service: Provides information about meeting dates, times and places for alcoholics. Visit www.jeffersonfob.wordpress.com for a meeting schedule in your area.

Charlottesville Al-Anon Family Group | 972-7011
Answering service: An anonymous twelve-step mutual support group for families of alcoholics and drug abusers.

James River Alcohol Safety Program | 202-0504
Administers programs to reduce the incidence of accidents, injuries and fatalities resulting from driving under the influence of alcohol or other drugs. Conducts driver improvement classes and habitual offender services to appropriate clients.

Mohr Center | 979-8871
The Mohr Center provides a 10-bed intensive residential treatment program for individuals recovering from addiction. The program is for men who need supervised drug-free housing while participating in treatment and living skills training at the Mohr Center. Referral needed from Region Ten or other comparable agency.

Narcotics Anonymous | 1-800-777-1515
Twelve-step self-help group for recovery from drug abuse.

Offender Aid & Restoration (OAR) | 296-2441
750 Harris Street, Suite 207, Charlottesville
Voluntary program offering assistance to ex-offenders in dealing with the barriers related to criminal history. Only program specially targeted to the issues of this population. Services include job assistance, obtaining proper identification, community referrals, and other ways to support clients’ success. Serves Charlottesville, Albemarle, Fluvanna, Goochland, Greene, Louisa, Madison, Nelson, and Orange.

Oxford House | 872-0019
Low-cost housing for persons recovering from substance abuse. Oxford House is run by the tenants who live there. All homes are gender specific. There are four homes for men: 872-0019, 202-0432, 202-2844, and 202-8800. There is one home for women: 422-8987.

Region Ten Community Services Board | 972-1800
Offers self-help programs, intensive substance abuse outpatient program and community outreach program. Charges vary with income, and can be reduced or waived for very low income persons.

CLOTHING

If you need affordable or free clothing, contact one of the following agencies:
*Phone numbers listed are area code 434 unless otherwise noted.

**Central Virginia Baptist Association** | 977-6876
815 Bolling Avenue, Charlottesville
Used clothing center with clothes for all ages. Low cost or free clothing with a voucher from a social service agency or church. The center is open Monday and Saturday 10-12am, Tuesday and Thursday 9-11am, and Wednesdays 10am-12pm (referrals and donations only on Wed.).

**Belmont Baptist Church** | 977-7777
830 Monticello Ave, Charlottesville
Provides free laundry service. Registration through LOVE, INC.

**Pregnancy Center of Central Virginia** | 979-8888 and 220-3777
320 West Main Street, Charlottesville and 1416 Greenbrier Place, Charlottesville
Maintains a small closet of maternity and baby clothes as well as other baby items for women in need.

**Salvation Army Family Store** | 979-5230
604 Cherry Avenue, Charlottesville
Provides used clothing and household goods and furnishings at minimal or no cost to those with a demonstrated need. Fee waived with a referral from the Salvation Army Emergency Services Program.

**Schoolhouse Thrift Shop** | 973-2271
1147 East Rio Road, Charlottesville
Non-profit store selling used clothing, children’s equipment and toys. Open Monday-Saturday, 10am-4pm.

**DEPENDENT CARE RESOURCES**

**Child Care Resources**
The following agencies can assist you in finding child care. You may also contact your local Department of Social Services for assistance to pay for child care.

**United Way Child Care Scholarship Program** | 972-1710
806 East High Street, Charlottesville
The United Way Child Care Scholarship Program is available for working families in the Thomas Jefferson Planning District who meet income guidelines.

**ReadyKids!**
**Child Care Resource & Referral** | 296-4118
1000 East High Street, Charlottesville
Provides child care information through a database of home child care providers and child care centers. Helps parents identify their child care needs and find an appropriate provider.

**CARE FOR THE ELDERLY & DISABLED**
If you are responsible for an elderly or disabled adult who needs home day care while you work, there are resources to help.
*Phone numbers listed are area code 434 unless otherwise noted.

**JABA Information & Assistance** | 817-5222  
674 Hillsdale Drive, Suite 9, Charlottesville  
Call for a listing of adult day care centers, supervised adult day care or recreational activities for seniors. Provides information and access to a broad array of community and home based services such as health, housing, home support, legal issues, volunteer opportunities and transportation to seniors, their families and caregivers.

**The Center, Inc.** | 974-7756  
491 Hillsdale Drive, Charlottesville  
A valuable resource for adults aged 50 and better, providing opportunities to stay active, to the fullest extent possible, across all areas of life. The Center provides 100+ programs every week so you can keep your health-span as long as your lifespan through physical activity, social engagement, lifelong learning, civic involvement, and the arts.

**Virginia Dept. for Aging and Rehabilitative Services** | 296-5621  
1490 Pantops Mountain Place, Charlottesville  
Helps persons with disabilities find and keep jobs and/or reach a higher level of independence in their daily living. For every person served, an individualized program is designed to meet his/her needs. Disabled persons may be eligible to receive free or low-cost transportation to and from work, medical appointments and other places.

**EDUCATION**

**GED, Literacy & Basic Education**  
Call for times and locations.

- **Albemarle County** | (434)296-5888  
- **Charlottesville/Albemarle Technical Education Center (CATEC)** | (434) 973-4461  
- **City of Charlottesville** | (434) 245-2817  
- **Fluvanna County** | (434) 589-1623  
- **Greene County** | (434) 961-546  
- **Louisa County** | (540) 967-5660  
- **Nelson County** | (434) 961-5461

**Literacy & Tutoring**  
**Literacy Volunteers of Charlottesville/Albemarle** | 977-3838  
Offers free individualized tutoring to adults who want to improve basic reading and writing skills as well as improve basic English speaking skills. Adults from surrounding counties are welcome.

**Sin Barreras Without Barriers** | (434)531-0104  
1425 Seminole Trail (BB&T Building) Suite 310 (Piso 3)  
Available by phone or in-person 2-7:30 pm Mon-Thurs by appointment. Local liaison with the Mexican consulate; point of contact for other Latin American consulates. Low cost client services including legal, immigration, translation, notary, and more. Rapid response hotline collaboration. Citizenship tutoring, ESL, and leadership classes. Workshops and clinics.

**Post-Secondary Education**  
**American National University** | 220-7960  
3926 Seminole Trail, Charlottesville
*Phone numbers listed are area code 434 unless otherwise noted.

Provides fully accredited diploma and degree education programs in the areas of: Business Management; Accounting; Computer Systems Engineering; Cyber Security; Paramedic; Medical Billing and Coding; Medical Transcription; Office Administration and Professional Secretarial Science (Executive, Medical, and Legal). Also offers online, international, ESL, and corporate training programs.

**Piedmont Virginia Community College | 977-3900**
501 College Drive, Charlottesville
As part of the Virginia Community College System, Piedmont Virginia Community College serves the City of Charlottesville and the counties of Albemarle, Buckingham, Fluvanna, Greene, Louisa and Nelson. The college provides the first two years of baccalaureate study, and works with the region's employers to develop programs that lead to careers in health care, information technology and other high-demand fields. Programs and services in developmental education, general education, community service, and lifelong learning support college transfer and workforce development and prepare students for success.

**University of Virginia | 982-3200**
1001 Emmet Street, Charlottesville
The University of Virginia is a selective public university that sustains the ideal of developing well-prepared leaders through education. UVA offers forty-eight bachelor's degrees in forty-six fields, and numerous Master's, professional and doctorate degrees.

**EARLY CHILDHOOD EDUCATION**

**MACAA Head Start | 295-3171**
1025 Park Street, Charlottesville
Offers a preschool program with transportation and nutritious meals provided. Workshops and meetings are offered through MACAA to promote parent involvement in their child's education. Please call for information about the Head Start nearest to you. Serves Albemarle, Charlottesville, Fluvanna, Nelson, and Louisa.

**Bright Stars | 972-3332**
1600 South 5th Street Extended, Suite A, Charlottesville
Early intervention preschool program to support at-risk 4 year olds grow intellectually, socially and emotionally, preparing them for entry into kindergarten. Classroom are at Agnor-Hurt, Cale, Greer, Red Hill, Scottville, Stone-Robinson and Woodbrook Elementary Schools. Serves Albemarle County residents.

**Four-Year-Old Preschool Program | 245-2813**
Charlottesville City Schools, 416 13th St. NW, Charlottesville
The Four-Year-Old Preschool Program provides learning experiences for at-risk children before they begin kindergarten. Serves City of Charlottesville residents.

**Shining Star Preschool | 817-5266**
674 Hillsdale Drive #9, Charlottesville
Charlottesville's unique intergenerational preschool where children between the ages of 2 ½ and 5 learn and grow together.

**PARENT EDUCATION**
Local Virginia Cooperative Extension offices provide educational information on parenting:

**VCE Charlottesville/Albemarle County | 872-4580**
460 Stagecoach Road, Charlottesville
*Phone numbers listed are area code 434 unless otherwise noted.

**VCE Fluvanna County** | 591-1950  
5725 James Madison Highway, Fork Union

**VCE Greene County** | 985-5236  
10013 Spotswood Trail, Stanardsville

**VCE Louisa County** | (540) 967-3422  
1 Woolfolk Avenue, Louisa

**VCE Nelson County** | 263-4035  
8445 Thomas Nelson Highway

**ReadyKids!** | 296-4118  
1000 East High St., Charlottesville
Promotes healthy growth of children and the positive development of family relationships through services for residents. Offers counseling and support groups.

**REAL Dads (program at ReadyKids!)** | 296-4118  
1000 East High St., Charlottesville
The REAL Dads program offers encouragement and support to fathers, providing them with resources and information to rebuild or strengthen relationships with their kids.

**Piedmont Regional Education Program (PREP)** | 975-9400  
1434 Rolkin Court, Charlottesville
Serves parents of children with special education needs in public schools. Offers free trainings and workshops to parents and educators, promotes family-school relationships, has a lending library, and is an information resource for individuals with disabilities.

**EMPLOYMENT**

**FINDING A JOB**

If you are starting to work for the first time, have not worked for an extended period, or have been laid off, it is important to develop a plan to find employment.

Steps to find a job include:
1. Talk with your family members, friends or neighbors who can support you in finding work.
2. Learn about the available community resources.
   - A. Register at the Virginia Employment Commission (see page 7).
   - B. Contact your local Social Services Department (see page 11).
   - C. Call the Information & Referral Center if you have questions.

Create a resume and work history (including volunteer jobs) to bring to appointments.

Make transportation arrangements.

Make day care arrangements if you have children.

Gather clothing for interviews or work.

Sit down with family members to develop a plan for completing household tasks, day care, transportation...
arrangements for the children and setting aside family time each day.

**Where Can I Get Financial Help?**
When you’re unemployed, savings deplete quickly. However, there are places you can contact for help until you are financially stable. You may be entitled to government benefits such as Food Stamps (SNAP), Temporary Assistance to Needy Families (TANF), Medicaid (medical assistance) and other social programs. If you have been receiving public assistance and have just started working, you might be eligible for transitional Medicaid, child care assistance and employment-related transportation costs. Contact your local Department of Social Services (see page 9) for assistance.

**How Do I Deal With the Stress?**
Finding a job or returning to work is the first priority for you, but until this occurs there are steps you can take to combat anxiety and depression:

1. Take on one thing at a time.
2. Discuss your problems with someone you trust or with a professional counselor.
3. Take time to relax. Whatever you like to do, now is the time to do it.
4. Work off frustration and tension through exercise or accomplishing tasks that give you a sense of well-being.

**What About My Family?**
Telling family members that you are out of a job can be difficult. When you do tell them, keep in mind that this situation may be hard on them. But if you have a positive attitude, you and your family can work through these feelings and support each other.

Steps to discussing your situation with your family include:

1. Talk about your situation until everyone has had a chance to express their feelings, whether positive or negative.
2. Plan your next step together. Working as a family team will not only help everyone feel better, it will also help you find a job more quickly.
3. Children are usually very aware of tension in the family. Regardless of their ages, include them on your family team. Explain your unemployment situation to them and your plans to deal with it. You’ll help them to understand why holidays and birthdays may have to be a bit different this year. You also may discover a real bonus in their support and helpfulness. (See page 8 for a list of family counseling services.)

**Employment Resources**
Register for unemployment compensation with the Virginia Employment Commission as soon as you are laid off. The days you wait before registering will not be paid later.

**Virginia Employment Commission | 282-2594**
944 Glenwood Station Lane Suite 103, Charlottesville | www.vec.virginia.gov
A public state employment agency that provides listings for local job opportunities and registers those who are seeking
employment. Provides partial income replacement for a limited period of time for eligible individuals who become unemployed. Offers job matching services for applicants and employers with job openings.

**Offender Aid & Restoration (OAR) | 296-2441**
750 Harris Street, Suite 207, Charlottesville
Voluntary program offering assistance to ex-offenders in dealing with the barriers related to criminal history. Only program specially targeted to the issues of this population. Services include job assistance, obtaining proper identification, community referrals, and other ways to support clients’ success. Serves Charlottesville, Albemarle, Fluvanna, Goochland, Greene, Louisa, Madison, Nelson, and Orange.

**Job Listings in Local and State Government**
Employment opportunities may be available in local county or city governments. Call these offices to see what jobs are available:

- **Albemarle County Human Resources Department | 296-5827**
  401 McIntire Road, Charlottesville I www.albemarle.org

- **Charlottesville Dept. of Human Resources | 970-3490**
  605 East Main Street, City Hall, Charlottesville I www.charlottesville.org

**Job Boards**
Visit your local Department of Social Services for current employment opportunities listed on their Job Boards. The City of Charlottesville and Albemarle County have computers available to perform internet job searches and to compile resumes and cover letters. Also, check out the Web Sites of Interest on pages 22 and 23 along with locations to find free access to the internet.

**Job Training, Counseling & Placement**
Employment training opportunities may be available locally. Call these groups to find out:

- **Albemarle Career Center | 972-4010**
  1600 5th Street Extended, Suite A, Charlottesville
  Provides the general public with career resources and services including GED instruction, education, job search resources, career counseling, internet, fax, phones, and copier.

- **Virginia Workforce Center | 977-2662**
  2211 Hydraulic Rd, Charlottesville
  Employer and job seeker services. Assists with eligibility determination, job referral and placement assistance, skills assessments, and assisted job searches.

- **Piedmont Virginia Community College | 961-5354**
  Workforce Services
  PVCC Workforce Services provides professional and personal development opportunities for adults and children to improve your workplace skills and knowledge and to provide customized solutions for business, industry, government and nonprofit organizations.
*Phone numbers listed are area code 434 unless otherwise noted.*

**WorkSource Enterprises | 972-1730**  
1311 Carlton Avenue, Charlottesville  
Provides job training and employment to persons with vocational, physical, mental, and developmental disabilities. The organization operates an assembly/packaging operation, janitorial services, day support services and BreadWorks Bakery. Also offers adult basic education classes, instruction in independent living skills and job placement services.

**Virginia Dept. of Aging and Rehabilitative Services | 296-5621**  
2211 Hydraulic Rd, Charlottesville  
Helps persons with disabilities find and keep jobs and/or reach a higher level of independence in their daily living. For every person served, an individualized program is designed to meet his/her needs.

**COUNSELING AND FAMILY SERVICES**  
Family relationships can become strained in times of crisis. Qualified counseling is available at the offices listed below. Most of the agencies offer low-cost counseling.

- **American Red Cross (Military Families & Disaster)**  
  979-7143
- **UVA Center for Clinical Psychology Services (choose option 2)**  
  924-7034
- **The Pregnancy Centers of Central Virginia**  
  979-8888
- **ReadyKids!**  
  296-4118
- **Family Preservation Services**  
  293-4262
- **Jefferson Area ChiP)Children’s Health Improvement Program**  
  964-4700
- **Planned Parenthood Charlottesville Health Center**  
  296-1000
- **Teen Counseling Crisis Hotline through ReadyKids!**  
  972-7233
- **SARA (Sexual Assault Resource Agency)**  
  295-7273
- **The Women’s Initiative**  
  872-0047

**Sin Barreras Without Barriers | (434)531-0104**  
1425 Seminole Trail (BB&T Building) Suite 310 (Piso 3)  
Available by phone or in-person 2-7:30 pm Mon-Thurs by appointment. Local liason with the Mexican consulate; point of contact for other Latin American consulates. Low cost client services including legal, immigration, translation, notary, and more. Rapid response hotline collaboration. Citizenship tutoring, ESL, and leadership classes. Workshops and clinics.

Also see Parent Education services (on page 5).

**MENTAL HEALTH SERVICES**

**Partner for Mental Health | (434) 977-4673**  
911 East Jefferson Street, Charlottesville  
Partner for Mental Health is dedicated to promoting good mental health for everyone, daily and in times of crisis by advocating, educating, and providing connections to services and support groups.

**On Our Own-Peer Recovery and Resource Center | 979-2440**  
123 4th Street NW, Charlottesville
The Center offers a variety of services to individuals who have experienced significant problems in their lives due to mental illness and who acknowledge this. Services are always free. Mon and Tues 10-5. Wed 12-7. Thurs, Fri, and Sat 11-5 pm. Open on all holidays.

Region Ten | 972-1800
Region Ten provides mental health, intellectual disability, crisis and substance abuse services for adults and children living in the City of Charlottesville and surrounding counties.

Sexual Assault Resource Agency | 295-7273
335 Greenbrier Dr, Charlottesville, VA 22901
SARA works to help eliminate the existence of sexual assault and its impact on the community by providing education, advocacy, and support to men, women and children. Support services include Traum-Informed Therapy, Emergency Room Advocacy, Legal System Advocacy, Support Groups, Therapeutic Horse and Farm Camp for Young Girls, and Counseling and Advocacy for Non-Offending Parents and Families of Abused Children. 24 Hour Hotline 434-977-7273.

National Suicide Prevention Lifeline | 1-800-273-8255
24/7 free and confidential support for people in distress. Prevention and crisis resources for you or your loved ones, and best practices for professionals.

FINANCES
If you are in a financial crisis, don’t wait until your payments are due or overdue to take action. If you anticipate going into debt, seek assistance immediately.

BANKS AND CREDITORS
Banks and creditors to which you owe money should be notified immediately of your situation. Many companies will work with you by adjusting payments until you get back on your feet. Notifying them is the first step in obtaining their cooperation.

EMERGENCY FINANCIAL ASSISTANCE
Charlottesville Area Helpline for Financial Assistance: 434-234-4490
Coordinates emergency assistance for local residents who are threatened with homelessness, loss of power or fuel, or other temporary financial emergencies. Calls to the helpline must be made between 11am and 2pm Monday through Wednesday.

Unity in Community-434-277-8842
Roseland, VA (Nelson County)
Offers a Dental Assistance Program for adults (requires application), free clothing closet, financial assistance for utilities, vision and hearing, rent, etc. (available once per year), and may coordinate volunteers to complete projects or conduct home visits.

UTILITIES
If you fall behind in utility bills, taking the time to discuss your situation with these companies may mean that a payment plan can be worked out for you. Help with heat-related utilities may be available during the winter months through special government and other funding sources. Discounted phone services are also available for those who qualify.

Dominion Virginia Power | 1-866-DOM-HELP (1-866-366-4357)
If you are having difficulty paying electric bills call your power company. Call early to find out if you are
eligible for payment arrangements or energy assistance funds. This can help prevent electricity from being cut off. Energy assistance is not limited to low income customers, but anyone facing hardship.

**Charlottesville Gas Assistance Program** | 970-3211
The State of Virginia Energy Assistance Program helps eligible households with the cost of heating their homes, regardless of the fuel type used. Households must meet income and resource requirements. These guidelines can be obtained from the Department of Social Service. The State Fuel Program accepts applications in the Fall of each year. Contact your local Social Services Department for information on programs in your county (refer to page 11).

**Century Link Lifeline Program**—1-855-954-6546
Lifeline is the FCC’s program to help make communications services more affordable for low-income consumers. Lifeline provides subscribers a discount on monthly telephone service purchased from participating providers in the marketplace. Subscribers can also purchase discounted broadband from participating providers. The discounts, which can be applied to stand-alone broadband, bundled voice-broadband packages - either fixed or mobile - and stand-alone voice service - help ensure that low-income consumers can afford 21st-century broadband and the access it provides to jobs, education and opportunities. You can only use Lifeline for either phone or broadband, but not both.

**Safe Link Wireless Program**—1-800-723-3546
A program serving eligible households provided by TracFone Wireless, Inc. To participate 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 or Federal support programs or by meeting the Income Poverty Guidelines as defined by the U.S. Government. Service is limited to one person per household.

**Credit Counseling and Money Management**
The following agency can assist you in contacting creditors, negotiating a payment plan or resolving any other difficulties you may have with creditors:

**Community Honor Fund** | (434) 218-2354
http://www.chfatuva.org/reserve/
The Community Honor Fund seeks to empower University of Virginia employees, University of Virginia-affiliated employees, and other persons in the Charlottesville community through the student-led provision of short term affordable capital and personalized financial education programs. We offer affordable, personal loans as well as student-led free financial coaching as alternatives to common predatory sources of financing, such as payday loans and title loans.

**Piedmont Housing Alliance** | 434-817-2436
682 Berkmar Circle, Charlottesville | info@piedmonthousing.org
Piedmont Housing Alliance (PHA) Financial Literacy Education and Outreach Program—provides instructor led modules that cover money management and budgeting, how to read a credit report and how to understand credit scores, credit repair, tips on avoiding predatory loans, identity theft and a guide to homeownership. Contact for information and class schedules.

**UVA Community Credit Union** | 434-964-2001
At Credit Union branches in Charlottesville, Albemarle, Fluvanna, Louisa, Greene
The UVA Community Credit Union offers free financial education seminars at its local branches. Additional financial education services are available to credit union members; free seminars are open to anyone in the community.

**PUBLIC ASSISTANCE/SOCIAL SERVICES**

To supplement family income, contact your local Department of Social Services for SNAP (Supplemental Nutritional Assistance Program), medical insurance and public assistance. Please call to schedule your appointment before visiting your local Social Services Department.

**Albemarle County |** 972-4010  
1600 5th Street Extended, Charlottesville

**City of Charlottesville |** 970-3400  
120 7th Street NE, City Hall Annex, Charlottesville

**Fluvanna County |** 842-8221  
8880 James Madison Highway, Fork Union

**Greene County |** 985-5246  
10009 Spotswood Trail, Stanardsville

**Louisa County |** (540) 967-1320  
103 McDonald Street, Louisa

**Nelson County |** 263-7160  
203 Front Street, Lovingston

**HELPFUL HINTS WHEN SEEKING ASSISTANCE**

When you go to an agency for assistance, you can help them help you by bringing all of the information you have relating to your situation. Be prepared to:

- Explain how you got into your situation/what caused it.
- Explain what steps you have taken to improve your situation.
- Explain what money of yours will be contributed to the need.

You should bring:

- All documents verifying your situation (such as disconnection and eviction notices)
- A list of your monthly expenses, pay stubs or other income verification
- Picture identification
- Identification of family members who are impacted/will benefit from a service (such as social security numbers for children when visiting a food bank)

For **Social Services benefits**, be prepared to provide:

- Pay stubs or other income verification
Phone numbers listed are area code 434 unless otherwise noted.

- Utility bills
- Copy of lease/rental agreement
- Birth certificate/verification
- Positive identification, i.e. Social Security card
- 

**Creating a Simple Budget**

1. Calculate your net income (amount of your check after taxes and other deductions) for a determined period of time. If bills are due monthly and you get paid twice a month add the amounts after taxes and deductions together to calculate your monthly net income.

2. Determine your expenses for that same determined amount of time. What are your fixed costs, i.e. rent, utilities, insurance, etc?

3. Subtract your expenses from your net income.

4. Set up a budget. A simple budget form is included below:

**BUDGET**

<table>
<thead>
<tr>
<th>Income $__________</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Expense</strong></td>
</tr>
<tr>
<td><strong>Week</strong></td>
</tr>
<tr>
<td><strong>Month</strong></td>
</tr>
<tr>
<td><strong>Year</strong></td>
</tr>
</tbody>
</table>

- Rent or mortgage
- Utilities
- Food and Groceries
- Childcare
- Transportation
- Automobile Payment(s)
- Gas
- Household Items
- Household Maintenance and Repair
- Telephone
- Garbage
- Clothing
- Personal Care
- Laundry/Dry Clean
- Insurance- Auto
- Insurance- Home
- Insurance- Medical
- Medical
- Education
- Entertainment
- Credit
- Animal Care
- Alcohol and Tobacco
- Miscellaneous

**TOTAL**
FOOD RESOURCES

Church of Our Saviour | 973-6512
1165 E. Rio Road, Charlottesville
Food distribution is available Monday and Wednesday from 12:30-2:00pm and on Friday from 10:30am-12:00pm.

Emergency Food Network (EFN) | 979-9180
900 Harris Street, Charlottesville
Food orders may be placed by phone only, 9am-12noon, Monday—Friday. Food may be picked up 1:30pm-3:30pm Monday-Friday. The EFN provides food to persons in need once a month, on a self-referral basis. Thereafter, assistance may be provided only with an agency referral. Food assistance is for Charlottesville or Albemarle residents only.

Holy Comforter Catholic Church | 295-7185
208 E. Jefferson Street, Charlottesville
Food distribution is available on Monday, Tuesday, and Wednesday from 10-12.

Loaves and Fishes Food Pantry | 996-7868
2050 Lambs Road, Charlottesville
Food distribution is available on Tuesday from 6:30-8:30pm, Wednesday from 2:00-4:00pm, Thursday from 6:30-8:30pm, and Saturday from 10am-12pm. Assistance is awarded once per calendar month.

Louisa Community Cupboard | (540) 967-1510
147 Resource Lane, Louisa
Provides a two week supply of groceries to families facing emergency needs for food. Families may receive an emergency supply of food a maximum of two times in a six month period. Monthly food assistance may be available for families in need with qualifying incomes.

Meals on Wheels of Charlottesville/Albemarle | 293-4364
704 Rose Hill Drive, Charlottesville
Provides hot, nutritious meals to homebound Charlottesville and Albemarle residents who are unable to cook their own meals and who have no one to help them. Meals are delivered by volunteers every Monday through Friday, including all holidays that fall on weekdays. Serves some areas of Albemarle County. Charges vary with income, reduced/waived for those eligible.

Supplemental Nutrition Assistance Program (SNAP)
Provides assistance with food needs for individuals and families. A swipe card is used in the grocery store to purchase food items. Eligibility is determined on the basis of a household’s size, income and resources. Households with little or no income and resources are eligible for expedited SNAP benefits (7 days to process). For more information, contact your local Department of Social Services (see page 9).

Salvation Army Public Meals Program | 295-4058
207 Ridge Street, Charlottesville
Breakfast and dinner are open to general public on weekdays and all three meals on weekends. Breakfast is served from 6:30am-7:00am, Monday through Saturday, and from 9:15am-9:45am on Sundays. Dinner is served to the public Monday through Saturday from 5:45-6:45pm.
UVA Community Food Pantry | https://pantryatuva.org/
Located in the Runk Dining Hall Green Room near the Runk Hall laundry rooms
The UVA Community Food Pantry (CFP) is a student-run initiative that aims to eliminate the financial hardships UVA students, graduate students, and staff face in attempting to access adequate food by providing essential food and hygiene items. Hours of operation vary. Email: pantryatuva@gmail.com with questions.

SOUP KITCHENS
Daily meals are available for anyone hungry at the following locations:

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>First United Methodist Church @ 101 E Jefferson St.</td>
<td>12:00-2:00pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Christ Episcopal Church @ 103 W Jefferson St.</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>First Presbyterian @ 500 Park St.</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>Holy Comforter @ 208 E Jefferson St.</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td>Friday</td>
<td>First Baptist Church @ 735 Park St.</td>
<td>12:30-1:30pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>Salvation Army @ 207 Ridge St.</td>
<td>12:00-12:30pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>Salvation Army @ 207 Ridge St.</td>
<td>1:00-1:30pm</td>
</tr>
</tbody>
</table>

GENERAL INFORMATION

OBTAINING A BIRTH CERTIFICATE
To obtain an original or copy of your birth certificate, pick up an application at your local Health Department (see page 14), contact the Virginia Office of Vital Records at (804) 662-6200 or write to: Virginia Office of Vital Records, PO Box 1000, Richmond, Virginia 23218. www.vdh.virginia.gov
There is a fee for each birth certificate copy requested.

OBTAINING PICTURE IDENTIFICATION
To obtain a picture ID, visit your local Department of Motor Vehicles. There is a fee and you will need to provide:
- Two proofs of ID (birth certificate, union card, passport, life or health insurance card, previous work ID, etc.)
- One proof of legal presence (Social Security card)
- One proof of residence (utility bill or other official piece of mail with your name and address on it)
You can find a list of acceptable documents on the DMV website: www.dmv.state.va.us

OBTAINING A REPLACEMENT SOCIAL SECURITY CARD
1470 Pantops Mountain Place, Charlottesville; (866)-613-3959
Bring proof of ID (school ID, marriage or divorce certificate, passport, clinic or doctor record, church record, health or life insurance card). Two proofs of ID are required. For more information please visit the following website: www.ssa.gov/ssnumber
HEALTH CARE

In times of crisis, it is important to maintain your health. Getting sick now may make your situation even more difficult. If you need free or low-cost health care, refer to the agencies listed in this section.

Blue Ridge Abortion Fund | 963-0669
Part of a national network of abortion funds serving Western and Central Virginians. Funds are available to help pay for first or second trimester abortions depending on where services are being provided. Funds are also available for travel and lodging if necessary for a woman to obtain services. When leaving a message provide your area code with your contact information so calls can be returned.

Charlottesville Free Clinic | 296-5525
1138 Rose Hill Drive, Suite 200, Charlottesville
The Charlottesville Free Clinic is a volunteer community health support system that provides non-emergency medical care, dental care, and prescription medications for uninsured adults and their families living in Charlottesville/Albemarle County.

Community Children’s Dental Center I 293-9300
259 Hydraulic Ridge Rd Suite 101, Charlottesville
The Community Children’s Dental Center serves children and youth to age 19 living in Albemarle, Charlottesville, Fluvanna, Greene, Louisa and Nelson, who are income eligible and enrolled in the state’s child health insurance programs, Medicaid or FAMIS.

Every Woman’s Life | 243-6415
Offers three important health exams: Pap test, breast exam and mammogram for women ages 40 to 64. Emphasis on women 50 to 64.

Jefferson Area CHIP | 964-4700
1469 Greenbrier Place, 22901 Charlottesville
Team approach using a nurse and family support worker to meet both the health and social needs of families with children ages 0-6 and expectant parents. Case management, assessments, and education are utilized for optimal health and well-being. Positive parent/child interaction is promoted and families are empowered to be self-sufficient.

Planned Parenthood of the Blue Ridge | 296-1000
2964 Hydraulic Road, Charlottesville
Provides reproductive health, education and information services which includes gynecology exams, sexually transmitted disease testing, pregnancy testing and contraceptives, and more.

Pregnancy Centers of Central Virginia | 979-8888, 220-3777
320 West Main Street and 1416 Greenbrier Place, Charlottesville
Provides free pregnancy tests, counseling and practical support to women in crisis pregnancies. Also provided is a 24 hour Helpline. All services are free and confidential.

Sentara Martha Jefferson Hospital | 654-7009
500 Martha Jefferson Drive, Charlottesville
Community medical institute operating 24 hours a day and offering a full range of inpatient, outpatient, diagnostic, maternity, and emergency medical services.
*Phone numbers listed are area code 434 unless otherwise noted.

**Thomas Jefferson Health District | 972-6244**
Provides public health services to residents of Greene, Albemarle, Louisa, Fluvanna, Nelson, and the City of Charlottesville. Clinic offerings in each county include immunizations, family planning, sexual health screening, TB testing, WIC information, and nutrition classes. Call your local health department for appointments or more information (see below).

**PUBLIC HEALTH DEPARTMENTS**
Administration of public health service programs for Planning District 10. Services cover maternity care, well child care, WIC Program, family planning, environmental health, dental health and community health.

Charlottesville/Albemarle Health Dept. | 972-6200 (Select Extension 4 for the WIC Clinic)
Fluvanna Health Dept. | 591-1960
Greene Health Dept. | 985-2262
Louisa Health Dept. | (540) 967-3703
Nelson Health Dept. | 263-8315

**UVA Teen and Young Adult Health Center | 982-0090**
1204 West Main Street, Charlottesville
Serves young men and women ages 12-24 for routine health care services. Includes sports physicals, check-ups, immunizations, family planning, pregnancy testing and prenatal care, sexually transmitted disease evaluation and treatment, and treatment for minor illness.

**University of Virginia Medical Center | 924-0211**
1215 Lee Street, Charlottesville
UVA Health System is a network of primary and specialty services dedicated to improving the health of Virginians through excellence in clinical care, education, research and public service.

**HEALTH INSURANCE/MEDICAL ASSISTANCE**
**Legal Aid Justice Center | 434-220-1496**
1000 Preston Avenue, Suite A, Charlottesville
Legal Aid Justice Center will work with you to understand how the Affordable Care Act (ACA) works and how to enroll in health coverage. You can enroll in coverage during Open Enrollment (mid Nov. - through the end of Dec.). If you are already covered by a health insurance plan you obtain through the Federally Facilitated Marketplace, you might need to renew or change your coverage during Open Enrollment. Se habla español.

**Jefferson Area Board for Aging | 434-817-5239**
674 Hillsdale Drive, Suite 9, Charlottesville
JABA offers free unbiased one-on-one counseling that guides older and disabled adults through complicated health insurance questions. Trained and certified counselors are available to assist with Medicare A, B, C, D and supplement insurance plans, Commonwealth Coordinated Care Plus (CCC+), Medicare Fraud billing protection and reporting, ACA insurance, Supplemental Nutrition Assistance Program (SNAP) services, and Medicare Savings Program (MSP).

**Medicaid**
Call your local Dept. of Social Services (listed under Public Assistance/ Social Service in this guide) to determine eligibility for Medicaid. Medicaid pays for health and medical care such as doctor and hospital bills, prescription medicines and nursing home care. Applicants must be in one of the following categories: age 65 or older, disabled, blind, child in foster care, families with children (numerous categories) and pregnant women.
*Phone numbers listed are area code 434 unless otherwise noted.

**United Way RxRelief Program |** 972-1708
806 East High Street, Charlottesville

RxRelief helps uninsured persons apply for free prescription medications and eyeglasses. Prescription assistance requires income documentation, prescription and doctor’s signature. If eligible, medications take several weeks to arrive. In order to receive help with eyeglasses, please have your current prescription ready.

**HOLIDAY ASSISTANCE**

Various programs coordinate to provide gifts each holiday season to local children based on family income eligibility. For more information on Christmas & Holiday Assistance, please contact the United Way Information & Referral Center from mid-September to early October (434) 972-1715 for information about holiday gift assistance. Resources can also be found by speaking with a child’s guidance counselor in the public school systems. The United Way will also strive to keep a list of holiday food resources as well.

**HOUSING**

**TEMPORARY SHELTERS**

Depending on your circumstances, you may be able to stay in a temporary shelter for two weeks or longer. The shelters provide help in developing a plan to stabilize your situation. This process may include assistance with securing employment, locating permanent housing and resolving other issues that contributed to your homelessness.

**MACAA Hope House |** 295-3171 ext. 3021
1025 Park Street, Charlottesville

An intensive program that provides developmental activities and temporary housing for homeless families. Residents participate in job training, budgeting workshops, home management workshops, and other activities designed to enhance their future self-reliability.

**PACEM | Men: 465-1392  Women: 465-7521**
112 West Market St., Charlottesville

People and Congregations Engaged in Ministry assists men, women, and children in need of a place to sleep. Intake site is located at The Haven. Intake occurs at 5:30 pm each evening during the season which spans from late Oct. to April.

**Salvation Army Emergency Shelter** 295-4058
207 Ridge Street, Charlottesville
Provides crisis intervention through emergency shelter and meals, clothing, educational and life skills programs, transportation, worship services, child care, and youth programs. Also operates the Center of Hope transitional housing program.

**Shelter for Help in Emergency (SHE) |** 293-8509
SHE provides a safe shelter for abused women and their children and other support services that include court advocacy, court accompaniment, legal information, counseling, children’s services, support groups and referrals.

**The Haven at First & Market |** 973-1234
112 West Market St., Charlottesville
Is a day shelter that offers a safe and welcoming place for the homeless and underserved to get breakfast, shower, do laundry, store belongings, access computers, and to receive mail. It also offers a centralized location for social service providers and a cultural and arts space for the Charlottesville community.
*Phone numbers listed are area code 434 unless otherwise noted.

**HOUSING SERVICES**

**Albemarle County Office of Housing | 296-5839**
1600 5th Street Extended, Charlottesville
The primary focus of the Albemarle County Housing Department is to assist people with securing rental housing and paying rental subsidy. The Housing Department can also help people set goals to become economically self-sufficient.

**Fluvanna/Louisa Housing Foundation | (540) 967-3483**
1 Woolfolk Avenue, Louisa
The foundation is organized to improve the ability of low-income elderly and/or persons with disabilities to meet their housing needs. Programs include emergency home repairs, housing choice voucher program (formerly Section 8), handicap ramp loan, funds for major home repair, guidance for first time home buyers, and rental deposit loans.

**Nelson County Community Development Foundation | 263-8074**
8445 Thomas Nelson Highway, Suite 102, Lovingston
Provides rehabilitation of homes for income eligible families. Also provides emergency home repair for the elderly and the disabled. Additionally, has programs for First Time Homebuyers.

**Piedmont Housing Alliance | 817-2436**
682 Berkmar Circle, Charlottesville
PHA’s Fair Housing Program promotes equal housing opportunity and is the regional provider of fair housing education, outreach, and advocacy services. Our goal is to raise awareness and promote compliance with federal and state civil rights laws that protect us from discrimination based on race, color, religion, national origin, gender, disability, familial status (presence of children in the household), and elderliness in the rent, sale, and financing of housing.

**Salvation Army Homeless Intervention Program | 295-4058**
207 Ridge Street, Charlottesville
Works to prevent displacement of households who could potentially become homeless, to assist homeless persons in securing permanent housing, and to ensure that the persons who receive assistance become self-sufficient.

**HOME OWNERSHIP**

**Albemarle Housing Improvement Program (AHIP) | 817-2447**
2127 Berkmar Drive, Charlottesville
AHIP is a private, not-for-profit Community Development Corporation which assists low-income homeowners with both small, urgent repairs and larger renovations. Runs programs to keep Seniors/Neighbors/Children Safe at Home.

**Greater Charlottesville Habitat for Humanity | 293-9066**
919 West Main Street, Charlottesville
Non-profit organization dedicated to providing sustainable, affordable homes for families in need. Partners Habitat families with families in need to develop a financially stable home mortgage before completion of new home.

**Piedmont Housing Alliance | 817-2436**
682 Berkmar Circle, Charlottesville
Provides in-depth information and assistance to first-time home buyers.
LEGAL SERVICES

Legal aid may be available at a reduced rate for people who cannot afford it. If you are in need of legal advice or representation, contact:

Legal Aid Justice Center | 977-0553
1000 Preston Avenue, Suite A, Charlottesville

The Legal Aid Justice Center offers free legal services to low-income families throughout Central Virginia and to at-risk children, low-wage immigrant workers, institutionalized persons, and other vulnerable populations statewide. Through legal representation in civil actions, community education, and statewide advocacy, Legal Aid works to alleviate our client’s immediate problems while addressing the systemic issues that keep people in poverty. The Charlottesville office provides intake, advice, referrals and representation when needed on consumer, housing employment, public benefits, elder law, education, juvenile justice, mental health law and issues affecting immigrants, including wage claims and immigration status. Se habla español.

Central Virginia Legal Aid Society | 296-8851
1000 Preston Avenue, Suite B, Charlottesville

Point-of-entry for clients eligible for free legal services. Provides intake advice and/or referrals in cases dealing with tenant rights, education, public benefits, unemployment insurance, consumer protection and debtors’ rights. Also provides extended representation in domestic and bankruptcy cases. Domestic cases include domestic violence (women only), custody (only when no domestic violence), and child support. Cannot take on fault-based divorces, but can do no-fault divorces if an attorney is available. Income must not exceed 125% of poverty guidelines.

Sin Barreras Without Barriers | (434)531-0104
1425 Seminole Trail (BB&T Building) Suite 310 (Piso 3)

Available by phone or in-person 2-7:30 pm Mon-Thurs by appointment. Local liaison with the Mexican consulate; point of contact for other Latin American consulates. Low cost client services including legal, immigration, translation, notary, and more. Rapid response hotline collaboration. Citizenship tutoring, ESL, and leadership classes. Workshops and clinics.

University of Virginia Women’s Center Free Legal Clinic | 982-2361
The Corner Building @ 14th & University Avenue, Charlottesville

The Legal Clinic offers professional, pro-bono legal advice to University staff, faculty and community members regarding such topics as landlord disputes and family law. Free monthly legal clinic and individual counseling offered. The clinic is offered every second and fourth Wednesday of each month. Call for an appointment.

Offender Aid and Restoration (OAR) | 296-2441
750 Harris Street Suite 207

Provides community correction and reentry services. Serves the counties of Charlottesville, Albemarle, Fluvanna, Goochland, Greene, Louisa, Madison, Nelson and Orange. Please contact them immediately upon referral by the Court or release from incarceration. Bring all Court paperwork, photo ID, and proof of residence to your first appointment.

RECREATION

There are many recreational activities in the area. Many are free or low cost.

Albemarle/ Charlottesville Boys & Girls Club | 971-9400
1000 B Cherry Avenue, Charlottesville
**Phone numbers listed are area code 434 unless otherwise noted.**

Programs located at the following Charlottesville locations: Cherry Ave, Jack Jouett, James River, Madison, Orange, and Southwood. Servings kids and young adults aged 6-18.

**Boy Scouts of America—Stonewall Jackson Council | (540) 943-6675**

801 Hopeman Parkway, Waynesboro

Call for information on local chapters. Cub Scouts and Boy Scouts open to boys aged 5-17. Venturing and Sea Scouting open to boys and girls 14 through 20 years of age.

**Girl Scouts of Virginia Skyline Council Inc. | (540) 777-5100**

3663 Peters Creek Road, NW, Roanoke (Call for info on local chapters)

Call for information on local chapters. Daisy, Brownie, Junior, Cadet, Senior, and Ambassador programs for girls in grades K-12.

**JABA | 817-5222**

674 Hillsdale Drive, Suite 9, Charlottesville, VA

Call for information about community centers. Centers located in Greene, Charlottesville, Albemarle, Nelson, Fluvanna and Lousia.

**The Center, Inc. | 974-7756**

1180 Pepsi Place, Charlottesville, VA

Formerly known as The Senior Center, offers programs in fitness & wellness, recreation, lifelong learning, travel, volunteering, and the arts.

**Piedmont Ys | 974-9622; 205-4380**

151 McIntire Park Drive, Charlottesville; 1075 Claudius Crozet Park, Crozet

*Offering open gym, lessons, and programming in the areas of basketball, flag football, volleyball, swimming, and other areas. Also has preventative programming. Call for schedules and hours. The Y has a financial assistance policy so that all Members of the community can access their programs. Applications for financial assistance must be accompanied by your 1040 Tax Return from the previous year.*

**DEPARTMENTS OF PARKS & RECREATION**

For information about recreation areas, recreational facilities, recreation/leisure instruction and recreational activities for area residents, contact:

**Albemarle Parks & Recreation | 296-5844**

401 McIntire Road, Room 118, Charlottesville

**Charlottesville Parks & Recreation | 970-3260**

501 E. Main Street, Charlottesville

**Fluvanna Parks & Recreation | 842-3150**

5725 James Madison Highway, Fork Union

**Greene Parks & Recreation | 985-5226**

40 Celt Road, Stanardsville
Phone numbers listed are area code 434 unless otherwise noted.

**Louisa Parks & Recreation | (540) 967-4420**
522 Industrial Drive, Louisa

**Nelson Parks & Recreation | 263-7130**
8445 Thomas Nelson Highway, Lovingston

**REENTRY**

**Offender Aid & Restoration (OAR) | 296-2441**
750 Harris Street, Suite 207, Charlottesville
Voluntary program offering assistance to ex-offenders in dealing with the barriers related to criminal history. Only program specially targeted to the issues of this population. Services include job assistance, obtaining proper identification, community referrals, and other ways to support clients’ success. Serves Charlottesville, Albemarle, Fluvanna, Goochland, Greene, Louisa, Madison, Nelson, and Orange.

**Albemarle/Charlottesville Community Reentry Council Meetings | 970-3451**
160 Peregory Lane (Regional Jail), Charlottesville
Open to the public. Meetings are from 12-1:30 on January 23rd, April 24th, July 24th, October 30th 2019.

**TRANSPORTATION**

**Charlottesville Area Transit (CAT) | 970-3649**
Public bus transit system to the Charlottesville/Albemarle community offering standard and regular routes with fixed time schedules. Reduced fare prices available for individuals who are 65+ years of age, have a qualifying disability, employed by Albemarle County, and/or possess a Medicare Card. Passengers who are eligible for a reduced fare must obtain a Reduced Fare Card from CAT’s Downtown Transit Station (DTS) located at 615 East Water Street.

**Greene County Transit | 985-5205**
Public transportation for Greene County residents.

**JAUNT Inc. | 1-800-365-2868 or 296-3184**
Provides transportation to area citizens, serving both the general public and human service agency clients, and provides transportation to citizens with disabilities. Covers Charlottesville, Fluvanna, Nelson, Louisa, Buckingham, Albemarle, and Amherst.

**RideShare & Commuter Information | 295-6165**

**University Transit Service (UTS) | 924-7711**
Operates a bus service in and around the Grounds of the University of Virginia.

**VETERANS**

**Virginia Department of Veteran Affairs | 529-6431**
Serving the counties of Albemarle, Fluvanna, Greene, Louisa, Madison, Nelson, and Orange; the city of Charlottesville. The Charlottesville Benefit Office hours are Monday - Friday 8:00 a.m. – 4:30 p.m. Veterans will be seen from 8:30 am to 3:00 p.m.
*Phone numbers listed are area code 434 unless otherwise noted.

Our office will be CLOSED to the public on the last business day of the month.

Health Care
McGuire VA Medical Center | 293-3890
590 Peter Jefferson Pkwy #250, Charlottesville
Primary care services for veterans in the Charlottesville metro area. Mental Health services including individual, group and family counseling. Handicapped Accessible: full and easy access for all veterans. Highly qualified primary care providers, specialty care referrals to the Richmond VA Medical Center. Blood drawing services are available for CBOC patients. Routine prescriptions processed through the mail or My HealtheVet. Examination rooms are equipped with computer terminals that directly interface with the computer system at the Richmond VA Medical Center which places important medical information at the fingertips of the providers. In addition, if veterans are referred to the Richmond VAMC or other VA sites of care for specialty or inpatient care, their electronic medical record from the clinic will be immediately accessible by providers there.

Legal Aid
McGuire VA Medical Center | 293-3890
590 Peter Jefferson Pkwy #250, Charlottesville
Hosts a quarterly free legal clinic. Also hosts a legal clinic on the first Thursday of every month serving 6-7 veterans a day. Volunteer assistance is provided for living wills, medical and general powers of attorney, and other basic legal services. Contact lynn.anderson@va.gov or kevin.birdsell@va.gov.

VOLUNTEER OPPORTUNITIES
There are various types of volunteer opportunities in the area. If you are interested in volunteering, contact the following volunteer programs. Also consider any groups dedicated to a passion of yours. They likely have volunteer opportunities you can find out about through a phone call or a visit to their website.

United Way-Thomas Jefferson Area Volunteer Center | 972-1715
Promotes volunteering by individuals, groups and corporations. Serves as a resource on volunteering for non-profit agencies, and provides training opportunities for both volunteers and paid staff of non-profit agencies. Maintains a clearinghouse of volunteer opportunities for youth, adults, families, seniors and groups. Does not offer placement services.

www.cvillevolunteer.org
This United Way database includes more than 300 volunteer opportunities posted by over 200 non-profit agencies and schools in Charlottesville and the surrounding areas. Find volunteer opportunities for youth, adults, seniors, groups and families.

Jefferson Area Board for Aging | 817-5226
Provides volunteer opportunities in the following areas Friendly Visitors to Individuals with Dementia, Student Mentors, Wellness Group Facilitators, Volunteer Ombudsman, Meal Delivery Drivers, Neighbor to Neighbor, and resale store positions. Call to be in contact with the Volunteer Center.

The Center, Inc. | 974-7756
Helps to connect adults aged 50 and better with valuable volunteer opportunities that support the Center and other area non-profits. Emphasis is placed on the value of volunteering to contribute to good health, with particular mental and physical benefits for older adults.
WHEN YOU DON’T KNOW WHERE TO TURN

All of the services you are seeking may not be included in this directory. There are many community resources to help you. If you need assistance, call the United Way Community Information Center at (434) 972-1715 or email ir@unitedwaytja.org and someone will try to better direct you to the service(s) you need.

The Community Information Center provides citizens with quick, comprehensive, and confidential information and referrals to health and human service resources. I&R utilizes a current database of human service resources for Charlottesville and the surrounding region and publishes directories to area services.

Se habla español.

“Employment” from Better Days by United Way Services, copyright © 1997, adapted by permission. “Budget Form” from How to Make Your Money Go Further, by the Virginia Cooperative Extension, adapted by permission.

The information contained herein is the most current available as of the date of publication. The Information & Referral Center does not guarantee the accuracy of the information provided nor the existence or continuation of any of the services described and specifically disclaims any responsibility for the safety or reliability of included services. Inclusion in this directory does not imply endorsement nor does omission imply a lack of endorsement by the United Way-Thomas Jefferson Area.

WEB SITES OF INTEREST

FREE INTERNET ACCESS CAN BE FOUND AT

The Jefferson Madison Regional Library, Central Branch, 201 East Market Street

Albemarle Department of Social Services Career Center, 1600 5th Street Extended, Suite A

Charlottesville Department of Social Services, City Hall Annex, 120 7th Street NE (second floor)

Piedmont Workforce Career Center, 2211 Hydraulic Rd, Suite 104
Phone numbers listed are area code 434 unless otherwise noted.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website or URL</th>
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<tbody>
<tr>
<td>United Way-Thomas Jefferson Area</td>
<td>UnitedWayTJA.org</td>
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<tr>
<td>Blue Ridge Apartment Council</td>
<td>brac.com</td>
</tr>
<tr>
<td>Commonwealth of Virginia</td>
<td>virginia.gov</td>
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<tr>
<td>Daily Progress On-Line</td>
<td>dailyprogress.com</td>
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<tr>
<td>Emergency Food Bank</td>
<td>emergencyfoodnetwork.org</td>
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<tr>
<td>FAMIS</td>
<td>famis.org</td>
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<tr>
<td>Federal Financial Aid Form</td>
<td>fafsa.ed.gov</td>
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<tr>
<td>Housing &amp; Urban Development: VA</td>
<td>portal.hud.gov</td>
</tr>
<tr>
<td>Greater Charlottesville Habitat for Humanity</td>
<td>cvillehabitat.org</td>
</tr>
<tr>
<td>Human Resources - Albemarle County</td>
<td>albemarle.org</td>
</tr>
<tr>
<td>Human Resources - City of Charlottesville</td>
<td>charlottesville.org</td>
</tr>
<tr>
<td>Human Resources - University of Virginia</td>
<td>hr.virginia.edu</td>
</tr>
<tr>
<td>Monticello Avenue Community Network</td>
<td>Avenue.org</td>
</tr>
<tr>
<td>Partner for Mental Health</td>
<td>Partnerformentalhealth.org</td>
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<tr>
<td>Peterson's College Quest</td>
<td>petersons.com</td>
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<tr>
<td>Piedmont Virginia Community College</td>
<td>pvcc.edu</td>
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<tr>
<td>Senior Center, Inc.</td>
<td>seniorcenterinc.org</td>
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<tr>
<td>SeniorNavigator</td>
<td>seniornavigator.org</td>
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<tr>
<td>Statewide Information &amp; Referral System</td>
<td>211virginia.org</td>
</tr>
<tr>
<td>University of Virginia</td>
<td>virginia.edu</td>
</tr>
<tr>
<td>Virginia Court System</td>
<td>courts.state.va.us</td>
</tr>
<tr>
<td>Virginia Department of Social Services</td>
<td>dss.virginia.gov</td>
</tr>
<tr>
<td>Virginia Housing Development Authority</td>
<td>vhda.com</td>
</tr>
<tr>
<td>Virginia Literacy Foundation</td>
<td>Virginialiteracy.org</td>
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</tbody>
</table>
United Way RX Relief Program

No Prescription Drug Coverage? We May Be Able To Help!

Eligibility Requirements

- For free brand-name medications provided by the pharmaceutical company:
  - Low to moderate income
  - No prescription coverage (some exclusions apply)
  - Must provide your tax return, W-2 and/or social security benefit statement(s).
- For low-cost generic medications:
  - None – anyone is eligible, even the insured!

How does the program work?

- Complete an information form and contract. Forms can be found online at www.UnitedWayTJA.org → Need Help → Health → Prescription Assistance.
- Mail or fax the forms and prescriptions.
- If approved for the pharmaceutical company’s assistance program, medication will be delivered to your home or doctor’s office in approximately 3 to 4 weeks. Enrollment is typically good for 1 year.
- Generic medications will be shipped to your home 5 to 7 days after payment.

*Direct financial assistance is not provided through this program.

FOR MORE INFORMATION, CONTACT:
Brittani Meney, United Way Medication Assistance Caseworker
(434) 972-1709 | Fax (434) 972-1719
bmeney@UnitedWayTJA.org
SAVE YOUR MONEY. FILE FREE.

IF YOUR HOUSEHOLD MAKES LESS THAN $55,000* A YEAR, YOU QUALIFY FOR FREE TAX FILING WITH AN IRS-CERTIFIED TAX PREPARER.

APPOINTMENTS REQUIRED - SEE REVERSE FOR INFORMATION OR CALL 434-972-1703, STARTING ON JANUARY 3, 2019.

FOR QUICKEST REFUND, SCHEDULE YOUR APPOINTMENT EARLY!

*B$55,000 income limits for individual or combined income if married, filing jointly.
Information and Referral Center
United Way-Thomas Jefferson Area

(434) 972-1715

ir@unitedwaytja.org
www.UnitedWayTJA.org

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