

RICHMOND RESOURCE GUIDE

MENTAL HEALTH CRISIS LINES

NATIONAL

- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **National Sexual Assault Hotline:** 800-656-HOPE (4673)
- **Safe Helpline:** 877-995-5247
- **Sexual Assault Support Services (SASS) Crisis & Support Line:** English: 1-844-404-7277 (toll-free) and Spanish: 1-800-788-4727 (toll-free)
- **National Alliance on Mental Health (NAMI) Helpline:** 1-800-950-NAMI (6264)
- **Mental Health America:** 1-800-273-TALK (8255) or text MHA to 741741 at the Crisis Text Line.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (4357)
- **Veteran Crisis Line:** 1-800-273-TALK (8255) and press 1 or text to 838255
- **Disaster Distress Helpline:** Call or text 1-800-985-5990
- **Crisis Text Line:** Text HOME to 741741
- **National Runaway Safeline:** 1-800-RUNAWAY (1-800-786-2929)
- **Teen Line:** (310) 855-HOPE or (800) TLC-TEEN or text "TEEN" to 839863

CHILD ABDUCTION AND RUNAWAY SERVICES

- **Child Find of America**
 - Location Services for missing or run away children as well as child and parent education
 - 800-426-5678
- **National Center for Missing and Exploited Children**
 - Services pertaining to missing children, child sexual exploitation, child safety and prevention, law enforcement training, and victim and family support
 - 800-THE-LOST
- **National Runaway Switchboard**
 - Support for children considering running away or have already done so (confidential hotline). Support for parents and guardians as well
 - 800-RUN-AWAY

LOCAL

- **Richmond City: Richmond Behavior Health:** 804-819-4100
- **Chesterfield: Chesterfield Mental Health Support Services** 804-748-6356
- **Henrico: Henrico Area Mental Health & Development Services** 804-727-8484
- **Hanover: Hanover Community Service Board** 804-365-4200

- **Colonial Heights, Emporia, Hopewell, Petersburg, Dinwiddie, Greensville, Prince George, Surry, and Sussex: District 19 Community Service Board** 804-862-8000
- **Goochland and Powhatan: Goochland and Powhatan Community Services** 804-598-2697
- **New Kent and Charles City: Henrico Area Mental Health & Development Services** 804-264-8484
- **Essex, Gloucester, King & Queen, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond, and Westmoreland: Middle Peninsula Northern Neck 1-** 800-542-2673

Intensive Outpatient Programs

- **Tucker Pavilion at Chippenham Hospital**
 - (804) 521-8975
 - Mon/Wed/Fri 9:00 am – 12:00 pm, mainly outpatient group therapy, with some individual therapy; Generally lasts 2-4 weeks based on client’s progress.
 - Discharge planning – program staff will support client in getting established with psychiatrist and therapist if needed.
 - Schedule intake assessment (usually within a few days); takes one hour, and client can start program the next day. Will facilitate getting client connected to higher level of care if needed, or to other community services.
 - Most insurances are accepted, but contact client’s insurance company to verify coverage of this level of care.

- **Dominion Outpatient Services – IOP for Substance Use**
 - (804) 272-2000
 - Accepts most insurances, and payment plans are available.

Partial Hospitalization Programs

- **Poplar Springs Hospital**
 - 804-270-2187
 - Mon-Fri 9:00a-2:45p,
 - Outpatient group therapy program (9-12am, 1-2:45pm)
 - CBT and DBT.
 - Schedule psychosocial and nursing assessment. Usually can occur pretty soon after initial notification. Cannot be actively suicidal/homicidal. Prefer medication compliance
 - Accepts most insurance (but not Medicaid), often co-pay until deductible is met (\$25-300 per day)

- **Tucker Pavilion at Chippenham Hospital**

- (804) 521-8975
- Mon-Fri 9:00 am – 3:00 pm, mainly outpatient group therapy – 6 groups per day with lunch break – but also have individual therapy at least once per week; family therapy once per week if possible (can provide phone consultation if family is not local. Psychiatrist twice per week. Generally lasts two weeks based on client’s progress. Discharge planning - IOPs if chemical dependency; will set up with psychiatrist and therapist if needed.
- Schedule intake assessment (usually within a few days); takes one hour, and client can start program the next day. Will facilitate getting client connected to higher level of care if needed, or to other community services.
- Most insurances are accepted, but contact client’s insurance company to verify coverage of this level of care.

CHILDREN’S SERVICES

- **Virginia Child Abuse Hotline**

- ○ 24 hours
- ○ Can connect anyone in the state with Child Protective Services in their area in Virginia
- ○ 1-800-552-7096

- **Virginia Family Violence and Sexual Assault Hotline**

- ○ You deserve safety and support. Whether someone has hurt you in the past or is hurting you now, we’re here to listen and to help. If you are a friend, family member, or professional wondering how to help someone, or just want to know more about sexual assault, stalking, controlling behavior, or intimate partner violence then call. Free. Confidential, 24 hours a day.

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CHILD COUNSELING SERVICES

- **Children’s Mental Health Resource Center**

- NOT a clinical program. Assist families and providers to understand mental health services available for children and adolescents and gets them connected with those services.
- 804-828-9897
- <https://www.chrichmond.org/services/mental-health/cameron-k-gallagher-mental-health-resource-center>

- **Battlefield Lighthouse Services**

- For female children ages 10 – 17 who are victims of sexual abuse
- Individual therapy, music therapy, art therapy, dance therapy, nutrition education, equine and pet therapy, and family/guardian therapy
- Henrico
- 804-262-SAVE

- **Children’s Hospital**

- Part of VCU health system
- Inpatient programs (acute care crisis stabilization and evaluations as well as outpatients programs including evaluations, family and individual therapy, and specialty clinics for kids through age 17 years
- 804-828-CHOR (2467) Appointment Line

- **Child Savers**

- Outpatient mental health therapy or children and Immediate Response program which assists children in the immediate aftermath of a crisis or trauma.
- Assessment and treatment planning, psychiatric services, play therapy, sand tray therapy, art therapy, talk therapy, and family therapy
- 804-644-9590

- **Child Savers Immediate Response**

- For the needs of children exposed to trauma or experiencing a mental health crisis
- Child must be between the ages of 2 – 17 years and experienced a recent traumatic event
- 24/7
- 804-305-2420

- **SCAN**

- Weekly treatment groups and psycho-educational groups for families that have experienced or are at high risk of experiencing child abuse and/or neglect.
- 804-257-7226

- **Jewish Family Services**

- Play therapy, strengths-based therapy, dialectical behavioral therapy, and cognitive behavior therapy as well as family counseling services
- 804-282-5644 ext. 239

- **LaunchPad Counseling**

- Play therapy for children, preteens, and teens
- 804-665-4681

- **Westhampton Family Psychologists**

- Play therapy, individual psychotherapy, and family therapy available. Presenting problems often include: questions of anxiety or depression in childhood, problems with social interaction or friendships, behavioral issues such as anger management, sleep problems, or symptoms associated with ADHD, coping with grief and divorce, and family relationship difficulties.
- 804-673-0100

- **Commonwealth Counseling**

Our Pediatric specialists provide a full array of evaluation and treatment services for children and adolescents. Your clinician will design practical, effective interventions that may include family, cognitive, behavioral, educational, and biological treatments are appropriate. Depression, anxiety, attention problems, parenting stress, school behavior problems, and difficulty adjusting to family tensions such as divorce or separation are just some of the problems that we help children and their families solve. Child-centered play therapy room are a comforting environment where children can express their feelings through the simple act of play

- Chesterfield 804-320-0101
- Hanover 804-730-0432
- Midlothian 804-423-1550
- West End 804-237-8030

- **Meridian Group**

- Children, adolescents, and families served through counseling for anxiety, depression, stress, loss, self-esteem, and trauma issues as well as educational behavioral and emotional problems. ADHD treatment, psychological assessments, play therapy and social skills training available
- Chesterfield, 804-751-8644

- **Richmond Creative Counseling**

- Providing individual, couples, group, family counseling and play therapy in a warm, creative space. Our offices are located inside the Dover building in the Willow Lawn area of Richmond, VA
- (804) 592-63131

Challenge Discovery Project

- Counseling services for at risk youth ages 12-18 with challenges including substance abuse and emotional health issues
- 804-643-0002

PARENTING RESOURCES

- **Partnership for Families**
 - Partnership for Families offers access to free tools, resources, and services that help parents and caregivers nurture and strengthen their children and families, such as parenting advice, education, empowerment, and literacy support. Concerned with teaching parents the best ways to support their children to help them thrive and succeed.
 - 804-353-4262 ext. 101
- **Family Lifeline**
 - Teaching programs and groups for pregnant women who are seeking to carry their baby to term in as healthy a manner as possible, home visits and teaching for homes with children in order to support them in providing a stable, nurturing environment and making parents aware of other resources. They also provide these same services modified for expecting teens in order to deliver and raise healthy families as well as for adolescents living with disabilities and their caregivers to combat isolation and promote independence. Services available in English and Spanish
 - Works with families in Richmond, Henrico, Hanover, Petersburg, and parts of Chesterfield and Dinwiddie
 - 804-282-4255
- **Virginia Department of Health**
 - Free child safety seats and booster seats are available for income eligible children. Parents, foster parents, and legal guardians of children who reside in Virginia may apply.
 - 1-800-732-8333
- **Chesterfield Families First**
 - Professionally-trained family-support workers provide regular home visits to assist mothers in nurturing and caring for their children and themselves. Family-support workers share information, videos, and activities about childbirth preparation, child health, and development, parenting and parent/child interaction and local resources. Services available in English and Spanish
 - 804-318-8655
- **Richmond Home Visiting Program**

- Referral center that matches clients to a free home visiting program to best fit their needs
- Richmond City resident who are pregnant or have children under the age of 6 qualify
- 804-646-3601
- **SCAN**
 - The Family Support Program provides treatment groups and education groups each week for families who have experienced, or are at high risk of experiencing, child abuse or neglect.
 - 804-257-7226
- **800-Children Parent Helpline**
 - Monday thru Saturday from 8am to 9pm
 - Trained call specialists give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources and contact authorities if abuse is suspected.
 - 800-244-5373
- **Infant Toddler Connection of Virginia**
 - Provides information on child development, services for children with special needs or developmental delays, and community resources for infants and toddlers and their families. They also provide temporary service coordination, home visits, and developmental, screenings of Richmond City infants and toddlers who are birth to 3 years old and may have special needs. Coordination of early intervention services within the community according to an individual child and family's needs.
 - Call will technically be to 211, however they do the intake for this agency.

COUNSELORS

EMDR:

Therapists who accept Medicaid:

-Richmond Creative Counseling

CLINICIANS OF COLOR

- **Avail Counseling**
 - Practice is run by Tangee Moore, LCSW and Shawnrell Blackwell, PhD (both Black women)
 - Generalist practice with 4 other staff clinicians; offers anger management groups as well as mind-body classes. Tele-therapy available. Accepts most insurances.
 - 2025 E. Main St., Ste 202 Richmond, VA 23223
 - 804.214.2260
- **Johnzelle Anderson, LPC** (Biracial man)
 - Panoramic Counseling
 - Offers teletherapy and is LGBTQIA+ affirming

- 8100 Three Chopt Road Richmond, VA 23229
- 804.205.4152
- **Richmond Creative Counseling**
 - 1900 Byrd Ave., Suite 200, Richmond, Virginia 23230
 - 804.592.6311
- **Natalie Clavon, LPC** (Black woman)- couples, offers Christian counseling perspective if clients want it, LGBTQ affirming
- **Kimberly Hines, LCSW, RPT-S** (Black woman)- children, teens, young adults; play therapy; adoption; foster care; trauma; LGBTQ affirming
- **Shawanda Rucker, LPC, RPT** (Black woman)- play therapy, children only, LGBTQ-affirming
- **Leila Saadeh, LPC, ATR-BC** (Lebanese woman - speaks Arabic)- art therapy, autism, LGBTQ affirming
- **Yasim Clark (Black man)**
 - Dominion Outpatient Services
 - 2004 Bremo Road Richmond, VA 23226
 - 804.272.2000
- **Letitia Brown, LCSW** (Black woman)
 - Generalist practice. Accepts most insurances. Online appointment scheduling available.
 - 6720 Patterson Avenue Richmond, VA 23226
 - 804.332.8133
- **Janice McMoore, LPC** (Black woman)
 - Accepts most insurances including Medicaid; specializes in substance use
 - 401 Beecham Drive, Richmond, VA 23227
 - 804.554.3689
- **Sharmane Grady, LPC** (Black woman)
 - Offers therapy and life coaching. Tele-therapy available.
 - 1 W. Cary St. Richmond, VA 23220
 - 804.424.5781
- **Jessica Young Brown, Ph.D., LCP** (Black woman)
 - Choices to Change, LLC
 - Christian counseling available, but not sole offering; sliding scale options
 - 4915 Radford Ave., Suite 206 Richmond, VA 23230
 - 804.616.4149
- **Kimberly Best Johnson, LPC, LMFT** (Black woman)
 - Christian Counseling
 - 550 Southlake Blvd North Chesterfield, VA 23236
 - 804.901.5628
- **Chevelle Moss-Savage, LPC** (Black woman)
 - Heal, LLC. The practice primarily provides individual/couple/family therapy to individuals of the LGBTQIA+ community who may also identify as POC.
- **Melisha Calloway-Carson, LPC** (Black woman)
 - 9507 Hull Street Road North Chesterfield, VA 23236
 - 804.536.0780
 - Offers tele-therapy
- **Shalanda Jackson, LCSW, CSOTP** (Black woman)
 - Specializes in trauma, anger management
 - 804.665.3147
- **Kendria Pierce, LPC** (Black woman)
 - Reflections Counseling

- Works with children/adolescents and adults. Trained in EMDR and work with individuals with mood disorders, trauma, and personality disorders
- 7277 Hanover Green Drive, Ste M2 Mechanicsville, VA 23111
- 804.244.5698
- **Nidhi Tewari Griffin, LCSW** (East Indian woman)
 - Working toward EMDR certification and specializes in using EMDR with kids (ages 9+) and adolescents, as well as adults
 - Old Towne Counseling LGBTQ+ affirming
 - 7489 Right Flank Road Mechanicsville, VA 23116
 - 804.203.0424
- **Charnessa Pleasant** (Black woman)
 - Specializes in working with women experiencing depression, anxiety and navigating major life transitions. EMDR trained
 - The Healing Collaborative, PLLC West End (Henrico)
 - 804.537.2057
- **Janine Canaday, LPC** (Black woman)
 - Specializes in working with teen girls and millennial women experiencing challenges with depression, anxiety, low self-esteem, trauma, and life balance
 - Living Wellness, LLC
 - 2663 Osborne Road, Ste. 7 Chester, VA 23831
 - 443.272.1429
- **Jettie Norfleet, LPC** (Black woman)
 - Speaks Spanish, trained in EMDR, specialties of developmental trauma, teens, anxiety and spiritual issues.
 - Heart and Mind Therapy Services
 - 2301 Hilliard Road, #8 Henrico, VA 23228
 - 804.307.2801
- **Crystal Neville**, Resident in Marriage and Family Therapy (Black woman)
 - Specializes in couples therapy with POC and also working with teens and their families to heal relationships and address inter-generational trauma/relationship patterns, pre-marital counseling and Christian counseling.
 - 804.307.2801
- **Lauren Collins, LCSW** (Black woman)
 - WellNest Counseling and Services
 - Specializes in women's issues, perinatal mental health, trauma (EMDR), and The Daring Way.
 - 804.608.6785
- **Krystle Dandridge, LPC, CSOTP, RPT** (Black woman)
 - Specializes in working with children and adolescents who have experienced sexual trauma and/or demonstrate inappropriate sexual behaviors. EMDR trained.
 - 9603 Gayton Drive, Ste. E-101 Richmond, VA 23238
 - 804.237.0314
- **Nastassja Marshall, LCP** (Black woman)
 - Specializes in working with couples, adults going through life transitions (separation/divorce, new jobs, etc), and adolescents. Also specializes in anxiety, depression, and ADHD.
 - 3111 Northside Ave., Ste. 101 Richmond, VA 23228
 - 804.352.6221
- **Natasha Little-Harrison, LCP** (Black woman)
 - Counseling, ADHD coaching, and psychological testing for children, adolescents, and young adults
 - 2305 N. Parham Road Richmond, VA 23229
 - 804.724.7550
- **Rae-Anne Dougan, PsyD, LCP**

- Dougan and Walden Wellness
- 250 Wylderose Commons, Suite 100 Midlothian, VA23113
- 804-409-2620
- **Marjorie McDonald, LCSW** (Black woman)
 - Healthy Changes Counseling Associates, PLLC
 - 100 N. Thompson St. Richmond, VA 23221
 - 804.320.1980
- **Philip Mitchell, LPC**
 - LaunchPad Counseling
 - 2008 Libbie Ave, Ste 101, Richmond VA
 - 804.665.4681
- **Denisha Smith, LPC and Nakia Madison, LCSW (black women)**
 - Healing Well Therapy
 - Christian counseling; specializes in trauma and somatic experiencing
 - 9325 Midlothian Turnpike, Suite B Richmond, Virginia 23235
 - 804.493.5401
- **DJ Johnson Smith, LPC, CMT** (multiple Black therapists in this practice)
 - Health in Mind Counseling, Consulting, and Wellness
 - Generalist practice
 - 13354 Midlothian Turnpike Midlothian, VA 23113
 - 804.277.9355 (WELL)
 - (804) 203-0570
- **Dreamel Spady, LCSW** (Black woman)
 - 4915 Radford Ave., Suite 201 Richmond, VA 23230
 - 804.332.6160
- **VIPCare (Virginia Institute of Pastoral Care)**
 - Charles F. Bates, M.Div. and Gladys Joyner Hubbard (M.Div.)
 - 2008 Bremo Road, Suite 105 Richmond, VA 23226
 - 804.828.8332

Multi-Cultural Psychiatric Services

- **Ashley Garcia, PMHNP** (Filipino- speaks Tagalog)
 - Prescribes for ages 5+, general psychiatric plus functional medicine specialty
 - Richmond Creative Counseling
 - 1900 Byrd Ave., Suite 200, Richmond, Virginia 23230 804.592.6311
- **Kirby Patmon, PMHNP-BC**
 - VCU School of Nursing Instructor; provides clinical care at Crossover Healthcare Ministry
 - 8600 Quioccasin Road, Ste. 101 Richmond, VA 23229
 - 804.655.2794
- **Diana Boutte**
 - Olde Towne Counseling 7489 Right Flank Road
 - Mechanicsville, VA 23116
 - 804.203.0424
- **Kim Vu, PMHNP-BC**
 - Simple Solutions Psychiatry
 - 3108 N. Parham Road, Ste. 100B Richmond, VA 23294

- 804-657-7775
- **Kim Fields, PMHNP** (Black woman)
 - Unique Holistic Care
 - 7239 Mechanicsville Turnpike
 - Mechanicsville, VA 23111804.277.2359

Autism Spectrum Providers

Assessment and Clinical Work with Adults:

- **Dr. Robert Falk**
 - Dominion Behavioral Healthcare
 - 703 N. Courthouse Rd., Suite 101 Richmond, VA 23236
 - (804) 794-4482
- **Dr. George Bright**
 - Adolescent Health Center (does assess adults)
 - 13821 Village Mill Drive, Suite B Midlothian, Va 23114
 - (804) 794-8900
- **Dr. John Lee**
 - 2006 Bremo Road, Suite 101
Richmond, VA 23226
 - (804) 257-8030
- **Dr. Donald Oswald** (MCV campus; mostly children, but will work with adults)
 - 515 N 10th St Richmond VA, 23219
 - (804) 828-9900
- **Dr. James Polyson**
 - 9601 Gayton Road Richmond, VA 23238-4963
 - (804) 741-3396
- **Dr. Pam Waaland**
 - 513 Forest Ave Ste 203 Richmond, VA 23229
 - 804-673-3567
 - Children's Neurological Services
- **Dr. Ronald David, MD**
 - Suite 700
 - 804-673-6900
- **Autism Society of America (VA Chapter)**
 - Has Adults with Asperger's support groups (Interest Groups). Meet 1x/month.
 - Also has Adolescent (16-20), and family member support groups.
 - www.asacv.org
 - (804) 257-0192

Additional Contacts for Resources:

- **Commonwealth Autism Services**
 - (804) 355-0300
- **VCU Virginia Center for Children**
 - (804) 828-3129

- **Faison Center**
 - (804) 612-1947
- **St. Mary's Hospital**
 - 5875 Bremono Road Richmond, VA 23226

Housing

Adult Residencies

- **Freedom House:**
 - 713 North 1st Street, Richmond, VA 23219
 - Sean's Place; phone-233-4064; offers an 18-month "step up" housing program for men and women continuing their journey to self-sufficiency; work with a Case Manager and must remain employed full-time or working part-time and enrolled in an educational program; residents pay a program fee each month and must save 10% of their gross monthly income for debt reduction

Shelter-

- **Call 211**-for general information or visit <http://www.211virginia.org>
- **Commonwealth Central Intake:** Conrad Center located on 1400 Oliver Hill Way, Richmond, VA; phone-648-4177
- **CARITAS-** phone: (804) 358-0964; provides shelter, case worker, substance abuse counseling, accepts families and individuals
- **YWCA**-for women only-call 643-0888 and do an assessment for intake

DBT Programs

- **Discovery Counseling & Consulting**
 - <http://www.vadcc.com/therapy/dialectical-behavior-therapy/>
 - Normally about a 6 month wait list
 - Strong, full DBT program
 - Require individual and group to be done at Discovery
- **Thomas Burgess DBT skills group**
 - <http://www.vadcc.com/about/tom-burgess/>
 - https://groups.psychologytoday.com/rms/prof_detail.php?profid=67176&ref=1&sid=1491317108.5739_9559&county=Henrico&state=VA&spec=488&gid=17901&tr=ResultsName
 - \$50/session
 - Monday 6:00 -7:45 and Thursday 6:00-7:45
- **Richmond Creative Counseling**
 - <http://www.richmondcreativecounseling.com/GroupsWorkshops.en.html>
 - Women's DBT Group Thursday 7:00-8:15pm; 10 people MAX
 - Teen's DBT Groups Monday 7:00-8:15
 - \$25/session
- **Healthy Changes Counseling Associates, PLLC**

- <http://olahardiman.com/>
- Adult DBT Tuesday 5:30-7:00
- Adult DBT Wednesday 5:30 -7:00
- **Advanced Behavioral Health Services**
 - <http://www.abhsgroup.com/why-choose-us.html>
 - DBT offered
 - Insurance Accepted: Aetna, Cigna, Anthem and other Blue Cross Blue Shield Plans, Humana, MHN, Magellan, Medicaid, Medicare, Multi-Plan, Tricare, United Health Care and Virginia Health Net
- **FigTree Therapy**
 - <http://www.figtreetherapy.com/RatesInsurance.en.html>
 - Practice is Christian Counseling Based
 - Adult DBT
 - Insurance Accepted: Aetna, Anthem PPO and EAP, Anthem Healthkeepers, Anthem Healthkeepers Plus, Coventry, Humana, Medicaid, MH NET, Optima, Sentara, Va Premier
 - Group facilitated by Tina Motley, LCSW and Master's level Liberty University Residents.
- **Tandem**
 - <https://www.tandemmentalhealth.com/group-therapy/>
 - Adult – Thursday at 6:00
 - Youth 13-19; Wednesday at 4:30
 - \$60/session No Insurance Taken

Eating Disorder Resources

Therapy

- **Julie Samitt, LCSW**
 - Companioned Psychotherapy
 - 1312 W. Main St., Ste B Richmond, VA 23220
 - 804-767-0111
- **Lauren Lusk**
 - [Richmond Creative Counseling](#)
 - 1900 Byrd Ave, Ste 103 Richmond, VA 23226
 - 804-592-6311
- **Rachael Scholl, LCSW**
 - Clarity Counseling, LLC
 - 2540 Professional Road, Suite 2
Richmond, VA 23235
 - 804-376-9410
- **Mike Keaveney, Psy.D.**
 - 530 E. Main Street, Ste 530 Richmond, VA 23219
 - 804-648-0169

- **Tiffany Barribeau, LPC**
 - 6722 Patterson Ave, Suite B Richmond, VA 23226
 - 804-282-4000
- **Marion Brown**
 - 5318 Patterson Ave, Suite C Richmond, VA 23226
 - 804-257-9584
- **Debra Cole, PhD**
 - 6714 Patterson Ave., Ste. 103 Richmond, VA 23229
 - 804-285-8500
- **Mimi Cox, LCSW**
 - 3500 Grove Avenue Richmond VA 23221
 - <http://www.maryanncoxlcsw.com/>
 - 804-359-2424
- **Lisa Cuseo-Ott, PhD**
 - Virginia Women's Center
 - 2240 John Rolfe Parkway Richmond, VA 23233
 - 804-288-4084
 - lcuseo-ott@vwcenter.com
 - <http://www.vwcenter.com/>
- **Debbie Daniels-Mohring, PhD**
 - 2200 Pump Rd., Ste. 220 Richmond, VA 23233
 - 804-740-0681
 - drdanielsmohring@comcast.net
- **C2 Your Health (multiple therapists)**
 - 1700 Huguenot Rd, Suite D Midlothian, VA 23113
 - (804)325-1669
 - Fax (804)325-1670
 - www.C2YourHealthPC.com
- **Melissa James, LCSW**
 - 2405 West Main St Richmond, VA 23220
 - 804-359-1212(w)
- **Paula Jean, PhD**
 - 907 Westwood Ave. Richmond, VA 23227
 - 804-329-3940
- **Cindy Jenkins, PhD**
 - Commonwealth Counseling
 - 2342 Colony Crossing Place Midlothian VA 23112
 - 804-639-1112
- **Louise O'Connor, LPC**
 - 1503 Santa Rosa Rd. Richmond, VA 23229
 - 804-673-8050
- **Kathleen O'Keefe, LCSW**
 - 4920 E. Millridge Parkway, Suite 206 Midlothian, VA 23112
 - 804-928-4632

- **Carolyn Carver Sharff, LCSW**
 - Dominion Behavioral Healthcare, Harbour Pointe
 - 5931 Harbour Park Dr. Midlothian, Virginia 23112
 - 804-6391136
- **Rachel Gow, Ph.D.**
 - Assistant Professor of Psychology & Pediatrics
 - Virginia Commonwealth University
 - rwgow@vcu.edu
 - [804-827-9213](tel:804-827-9213)
- **Veritas Collaborative**
 - Level of Care Assessment, Outpatient, Partial Hospitalization and Intensive Outpatient Services
 - (Inpatient Program in Durham, NC)
 - 6627 W. Broad St., Ste. 400 Richmond, VA 23230
 - 804-774-4550
- **Carolina House**
 - Residential, Partial Hospitalization, and Intensive Outpatient Services in Raleigh & Durham
 - (Discounted transitional housing available for non-local patients)
 - 919-594-6690

Eating Disorders Groups Offered

- To register or for more information on any of these offerings, please contact (804)325-1669 or visit www.C2YourHealthPC.com.
- **Mindfulness for Women:**
 - A group for women who experience depression and/or anxiety and want to learn new and innovative ways to slow down, find balance, and develop skills to help master stress and worries. Based on Mindfulness Stress Reduction techniques. Led by Erin Hawkins, LCSW. Group meets quarterly on Mondays from 7-8:15pm.
- **Coping Skills Using DBT: High School Girls**
 - A collaborative process group for High School girls who want to learn more positive ways to cope with overwhelming emotions. Targeting girls who engage in self-damaging behaviors, struggle with depression, anxiety, and/or eating disorders. Uses DBT and CBT skills. HS girls meet with Christine Lamps, LCSW and Christopher Lamps, MD once per week. Parents meet once per month. Group meets on Wednesdays from 6:30-7:45pm. Cost is \$40.
 - A second DBT group is facilitated by Carrie Kerr, LCSW and Lynda Leslie, LCSW and meets once per week. Group meets on Tuesdays from 6:30-7:45pm.
- **Middle School Girls Coping Skills Group:**
 - CBT (Cognitive Behavioral Therapy), DBT and Mindfulness skills for middle school girls who struggle with anxiety, depression, peer difficulties, and/or difficulty regulating emotions. Learn specific skills to stop avoidance patterns

and reduce self-judgment. MS girls meet with Erin Hawkins, LCSW once per week for 8-10 weeks.

- **ACT Teen Relapse Prevention Group:**
 - Acceptance and Commitment Therapy is an evidence-based treatment for eating disorders that focuses on acceptance, values and committed action. These are essential skills in the recovery journey. This group is designed for teens who are in the recovery phase of an eating disorder. The group is facilitated by Christine Lamps, LCSW, CEDS. Group meets every other week at 5:30pm. Cost is \$40.
- **Adult ED Relapse Prevention Group:**
 - A therapist facilitated group meets twice per month to address the ongoing but advanced issues in recovery from an eating disorder. The group targets adult males and females. Topics include relationships with peers, family and intimates; school and job issues; exercise; communication with treatment team; balancing recovery with life responsibilities; and moving towards values. Meets every other week at 6:30pm. Cost is \$25.
- **Body Image and Self-Esteem Group**
 - A group for girls and young women who desire a healthier relationship with their bodies. Targeting adolescents and young adults who are active in their recovery efforts and who have struggled with disordered eating. Group incorporates Body Positive material as well as Art Therapy. Group meets every other week at 5:30pm and is facilitated by Christine Lamps, LCSW, CEDS. Cost is \$40.
- **Yoga for Eating Disorders**
 - Please join Masters Level Counseling Intern and RYT 500 Yoga Teacher Izzy Shurte for this weekly therapeutic yoga group to explore relationship to your body through yoga. Learn and practice new ways to contact and regulate emotion including mindfulness, self compassion and loving kindness. Time will be provided each week to process experience in group format. Space limited to 10 participants. Group meets on Fridays at 6pm. Cost is \$100 for 5 groups.

Dietitians

- **Julie Knopp – Knopp Nutrition, LLC**
 - 1312 W. Main St., Ste B Richmond, VA 23220
 - 804-418-2883
 - www.knoppnutrition.com
- **Dana L. Egan, RD**
 - 2807 N. Parham Rd., Suite 305 Richmond, VA 23294
 - (804) 730-5264
 - wghtnolngr@aol.com
- **Deanne Hamilton, M.S., R.D., C.S.S.D., C.S.C.S**
 - Glenside Commons
 - 5412-B Glenside Drive Richmond, VA 23228
 - 804-360-1671
- **Karen Konopelski Hensley**
 - Specialty Nutrition & Health

- 10571 Telegraph Rd. Glen Allen, VA 23059
- 804-864-1998
- [Karen@ Specialtynutritionandhealth.com](mailto:Karen@Specialtynutritionandhealth.com)

- Elisabeth Peterson, RD, CEDRD
 - 2200 Pump Rd., Ste. 220 Richmond, VA 23233
 - 804-440-3110
 - www.petersonnutrition.com
- **Tina Shiver, RD**
 - 5700 W. Grace St, Suite 106 Richmond, VA 23226
 - www.tinashiver.com
- **Trish Wilkins, RD**
 - 2807 Parham Rd., Ste. 305 Richmond, VA 23294
 - [804-346-9866, ext. 8](tel:804-346-9866)
 - www.trishwilkins.com

ED Psychiatrists

- **Dr. Wendy S. Cohen, MD**
 - Commonwealth Counseling Associates
 - 9907 Atlee Station Rd., Suite 219 Mechanicsville, VA 23116
 - (804) 730-042
- **Susan Jones, MD**
 - Commonwealth Counseling Assoc.
 - 5213 Hickory Par Dr., Suite A Glen Allen, VA 23059
 - 804-237-8030

- **Elliott Spanier, MD**
 - Tucker Psychiatric
 - 1000 Boulders Parkway, Ste. 202 Richmond, VA 23225
 - 804-320-7881

Therapeutic Massage

- **Karen Morris, CMT, NCTMB**
 - Specializes in massage for those struggling with body image
 - A Karen Touch Therapeutic Massage & Bodywork, LLC
 - 2200 Pump Rd., Ste. 220 Richmond, VA 23233
 - 804-350-7748

Grants/Scholarship Options For Eating Disorder Treatment

- Manna Fund

- Scholarships available for patients in need of inpatient and/or residential care. Scholarships are awarded to patients in highest need, not necessarily first come, first served.
- Project HEAL
 - Grants available for all levels of care
- Rebecca's Eating Disorder Foundation
 - Financial assistance and scholarships for all levels of care
- Moonshadow's Spirit
 - Financial Aid for patients in need of residential or partial hospitalization. Award amounts have ranged from \$500 - \$7,000; no award amount is guaranteed.
- Mercy Ministries
 - Christian-based treatment for ED.

Substance use Resources and Services

- **Richmond Behavioral Health Authority**
 - Residential treatment center, case management: community based programs for continued treatment through individual treatment plans, treatment progress, and treatment plan modifications, Interim services: limited services designed to provide consumers an opportunity to work through their ambivalence about treatment and explore their motivation for change, criminal justice initiatives, women's specialized services, adolescent treatment services, and HIV/AIDS education and testing services
 - 804-819-4100
- **Chesterfield County Department of Mental Health Supportive Services**
 - Adult services: adult outpatient services, adult substance abuse services, emergency mental health service-crisis intervention services, medical, prevention services, psychiatric rehabilitation services for individuals with serious mental illness
 - 804-748-1227
- **Human Resources Incorporated**
 - Residential and outpatient services for individuals suffering from opioid addiction, illicit substance addiction, cocaine abuse and alcoholism
 - Methadone maintenance (outpatient), methadone detox (outpatient), Buprenorphine Detox (residential), residential therapeutic care, individual counseling, group counseling, psychiatric evaluations, physical examinations, HIV pre/post testing and counseling, education and Support Services for Families, assessments and referrals.
 - 804-644-4636 or 804-644-6310
- **Crossover Healthcare Ministry**
 - Onsite AA meeting support group with meets Monday
 - Eligibility Check 804-521-8263

- Downtown (Cowardin) Clinic 804-233-5016
- Henrico (Quioccasin) Clinic 804-655-2794
- **The Virginia Center for Addiction Medicine**
 - Medical detoxification, addiction evaluations, group and individual therapy, medication assisted treatment, addiction and general psychiatry, Vivitrol, Probuphine implant, recovery coaching, family consultation and intervention, extended monitoring and case management, smoking cessation, telemedicine, treatment matching and referral, advocacy and education, drug and alcohol testing, and gambling addictions
 - 804-332-5950
- **Family Counseling Center for Recovery**
 - Outpatient services for people struggling with alcohol use, prescription drug addiction, and/or chronic pain and addiction for both adults and adolescents
 - Midlothian 804-419-0492
 - Richmond 804-354-1996
- **Narcotics Anonymous Hotline (NA)**
 - Referrals to NA meetings in your area
 - 804-965-1871
- **Offender Aid and Restoration (OAR)**
 - Incarcerated Services: Individual counseling, Alcoholics Anonymous, Narcotics Anonymous, Parent education, drug/alcohol treatment referrals, shelter/clothing/ and food referrals, job readiness/employment assistance, goal-setting assistance, and educational groups
 - Reentry (Post-Incarceration) Services: Personal hygiene kits, weekly case management sessions, identification documents, resume assistance, use of fax machine and copier for job search, weekly job lists, substance abuse counseling and support groups, transportation assistance (for employment related needs), problem solving and goal setting assistance, money management counseling, work clothes, shoes, and tools needed for a specific job, housing assistance and HPE referrals, incentives for continuous employment, GED classes, job readiness classes, computer skills groups and access for job search, cognitive behavioral therapy based groups, and referrals for other services.
 - 804-643-2746
- **Good Samaritan Ministries**
 - Support group and planning for people with substance abuse problems and alcohol addictions
 - 804-231-9995
- **Williamsville Wellness**
 - Holistic approach to conquering substance addiction
 - Cognitive and dialectical behavioral therapy, emotionally focused couples therapy, eye movement desensitization and reprocessing, schema therapy, group therapy, family therapy, art therapy, mindfulness coaching, hypnotherapy, anger management, psychological and cognitive testing, peer counseling, twelve step

process, SMART series, massage therapy, yoga, exercise and nutrition, life skills, and recreational and activity therapy available

- 804-559-9959
- **The National Center on Addiction and Substance Abuse**
 - Online resources as well as a number to call in order to get recommendations about quality treatment
 - Monday through Friday 9am to 5:30pm
 - 212-841-5200
- **Salvation Army**
 - Men only
 - Rehabilitation center that also provides “training in job skills, individual and group counseling, as well as other tools for rebuilding positive lifestyles”
 - 804-359-0269
- **The Healing Place**
 - Through CARITAS
 - Residential recovery for men
 - 804-230-1217
- **Deaf and Hard of Hearing Counseling Services**
 - Part of Challenge Discovery Projects and offers comprehensive outpatient mental health/substance abuse counseling including individual, marriage, and family counseling, counseling for persons or families experiencing physical, emotional, or sexual abuse or neglect, support groups, coping strategies, for hard of hearing and late deafened individuals and their families, Parent Child Advocate Program, collaborative/consultation services for other disciplines and agencies servicing persons with hearing loss, educational programs, workshops, and presentations focusing on mental health issues, needs, and prevention services for persons who are deaf, hard of hears, or deaf-blind, advocacy
 - 804-282-1943
- **Friends for Recovery:** 7420 Whitepine Rd #2200, Richmond, VA 23237
 - (804) 308-1366
 - A peer-run wellness and education center for anyone struggling in the process of recovery
- **Al-Anon and Alateen**
 - Support groups for friends and family members of alcoholics
 - Meeting dates, times, and dates are online at vaalanon.org by zip code or by district
 - 888-425-2666
- **Alcoholics Anonymous**
 - Support group for alcoholics to come together and talk about their walks in recovery
 - Richmond Intergroup
 - 804-355-1212
- **Families Anonymous**

- Support groups for friends and family members of alcoholics and people who struggle with drug abuse
- 804-262-0932
- To find a local meeting: <https://www.familiesanonymous.org/>

Grief Counseling

General Loss

- **At Home Care**
 - Adult support groups and educational in-services facilitated by bereavement counselors. Three eight- week sessions meet on Wednesdays beginning on 5/2, 8/1, and 11/7; 3-4:30 p.m. at 2922 W. Marshall St., Richmond. To register, call 358-3480.
- **Bon Secours**
 - Eight-week support groups facilitated by counselors in various locations. Specialty groups (young adults, LGBT), workshops, and other programs available. 433-4710 or bereavement@bshsi.org
- **Bryan's Oasis**
 - Retreat cabin in the Blue Ridge Mountains for grieving parents. Hosted by Hank and Peggy Graeser to offer rest and hospitality. graeserh@comcast.net
- **Camp Kesem**
 - Free week-long summer camp for kids ages 6-18 who have lost a parent to cancer, have a parent undergoing cancer treatment, or whose parent is a cancer survivor. Coordinated by trained college student leaders at the University of Richmond. campkesem.org/richmond
- **Comfort Zone Camp**
 - Bereavement camps serving kids (ages 7-17) from all over the country; young adult programs (ages 18–25); Saturday family programs (ages 5 to adult). 377-3430, comfortzonecamp.org
- **Crater Community Hospice**
 - Adult support groups in Petersburg, Chester, and surrounding counties. Contact Patti Cox at 526-4300 or 840-6454; cratercommunityhospice.org
- **Encompass Hospice**
 - Weekly drop-in support group facilitated by staff (daytime and evenings). 1030 Old Bon Air Road, Richmond. Contact Verlean at 726-2855 or vgould@ehhi.com.
- **Eunice's Circle of Friends**
 - Monthly grief support group and social events. Fourth Thursdays from 6–7 p.m. at Care Advantage, 10041 Midlothian Turnpike, Richmond. Contact Breanoh at ecf@careadvantageinc.com eunicescircleoffriends.com
- **Full Circle Grief Center**
 - Eight-week support groups for children (ages 3-17) and their parent(s)/guardian(s); community and educational programming; loss-specific

groups. Contact Britt Cowart, LCSW at 912-2947, x107 or HOHgroups@fullcirclegc.org.

- **Grief Share**
 - Twelve-week Christian video series and holiday programs with discussion groups at local churches. Find specific locations at griefshare.org.
- **Grief Support Group**
 - First and third Mondays, 7–8:30 p.m. at Huguenot Road Baptist Church. 272-2072; hrbcrichmond.org
- **Heartland Hospice**
 - Eight-week adult grief support group facilitated by staff. 10800 Midlothian Turnpike, Richmond. Call 201-5957 for more information.
- **Homicide Support Group**
 - For loved ones who've had someone die by homicide or a violent death. First Wednesdays, 5:30–7 p.m. at the Richmond Police Training Academy, 1202 W. Graham Rd., Richmond. Contact Officer McClarin at 646-6754.
- **Hospice of Virginia**
 - Short-term grief groups three times a year at 2235 Staples Mill Rd., Richmond. Contact Andrea at 887- 2486 or askeens@hospiceofvirginia.com.
- **James River Home Health and Hospice**
 - Adult support groups. Contact Alane Cameron Ford, 801-4511, amiles@jamesriverhh.com.
 - The Fan: Every Tuesday, 5:15 p.m. at the Robin Inn, 2601 Park Ave., Richmond.
 - Midlothian: Fourth Wednesdays at 11 a.m. at St. Mark's Methodist Church, 11551 Lucks Lane, Midlothian.
 - Sandston: Second Mondays at 6 p.m. starting in May at Sandston Library, 23 E. Williamsburg Rd., Sandston.
 - West End: Fourth Thursdays at 2 p.m. at Tuckahoe Library, 1901 Starling Dr., Henrico.
- **Johnston-Willis Hospital**
 - Monthly bereavement support group for families on second Tuesdays, 11:30 a.m.–1 p.m. at the Hawthorne Cancer Resource Center (located in Sarah Cannon Cancer Institute/Johnston-Willis Hospital). Contact Sandra at 483-5078 or sandra.tan@hcahealthcare.com.
- **Journeying Through Grief (Ages 50+)**
 - Adult support group, led by a professional counselor focused on a different topic each week to include connecting with others, therapeutic activities, and group discussions. Coordinated by Full Circle and Bliley's Funeral Home. First and third Tuesdays from 9:30–11 a.m. at Bon Air Community Center, 8724 Quaker Lane, Bon Air. [blileys.com/community/events- education/](http://blileys.com/community/events-education/) or call Allyson at 912-2947, x102
- **Mechanicsville**
 - Monthly grief group using Grief Share materials at Cool Spring Baptist Church. Contact Jerry and Patsi Deans, who are bereaved parents at 559-7622.

- **Medi Hospice**
 - Eight-week bereavement support groups in Glen Allen facilitated by staff counselors. Contact Sam Maye at 282-4301.
 - Petersburg – Southside Regional Medical Center
Adult support group meets on the second and fourth Thursday of the month from 7-8 p.m. at Southside Rehabilitation Services, Colonial Heights Medical Park, 430 Clairmont Court, Suite 120, Colonial Heights. Contact Don Phelps at 765-5593.
- **Powhatan - St. John Neumann Catholic Church**
 - Adult support group led by clergy and lay ministers who have experienced a loss. Meets on first Sunday of the month after 11 a.m. mass in Father Val Hall. RSVP jimtubbs25@gmail.com.
- **Richmond Hill**
 - Monthly drop-in support group on fourth Fridays from 10–11:30 a.m. Occasional day-long grief retreats. Church Hill area. Contact Sandy Gramling at 783- 7903. richmondhillva.org
- **Tappahannock Grief Group**
 - Bereavement group open to any grieving individual. Wednesdays 1–2 p.m. River Fitness Center, 1025 Hobbs Hole Dr., Tappahannock. Contact Kim Barker at Riverside Tappahannock Hospice, 443-6130.
- **Tragedy Assistance Program for Survivors (TAPS)**
 - Offers grief support for those grieving the loss of a military loved one. Retreats, seminars, children’s programs, and online resources. 24/7 Helpline: 800- 959-8277; info@taps.org; taps.org

Perinatal Death

- **Full Circle Grief Center**
 - Eight-week grief support group for parents who are grieving the death of a baby due to late-term pregnancy loss, stillbirth, or prematurity. Facilitated by counselors with concurrent remembrance program for children. Contact Carrie at 912-2947, x115 or carrie@fullcirclegc.org.
- **MISS Foundation – Early Miscarriage**
 - For women seeking support after the loss of a baby in early pregnancy. First Wednesdays from 6:30–8 p.m. at Healing Circle Counseling Office. Contact Linda at linda.zaffram@missfoundation.org.
- **Pregnancy and Infant Loss Support Group**
 - Monthly support group for parents and adult family members grieving the loss of a baby. First Thursdays from 6-7 p.m. at Henrico Doctors Hospital, Sarah Cannon Cancer Institute, 7607 Forest Ave., Suite 110. Contact Anna: 977-5862 or annaharrismw@gmail.com.
- **Seasons of Grief by family.extended.**
 - Seasonally offered perinatal loss grief support resource, which includes memento making. This activity is for all members of families grieving a pregnancy/infant loss. Children are welcome. Light refreshments and all supplies are provided. For

information about workshop dates and times, contact sonya@familyextended.org.

Death of a Child

- **Compassionate Friends**
 - Monthly support group and resources for parents, siblings, and grandparents who have experienced the death of a child (any age). Annual candle lighting service and remembrance walk. Facilitated by bereaved parents. Meets on the last Tuesday of the month, 7 p.m. at St. Matthias' Episcopal Church, 11300 Huguenot Rd., Midlothian. 458-9000, tcfvra@hotmail.com; compassionatefriendsRVA.org, or call 877-969-0010 for individualized resource packet.
- **MISS Foundation**
 - Support for mothers and fathers enduring the death of a child of any age, from any cause. Third Mondays, 7–8:30 p.m. Contact karla.helbert@missfoundation.org. Online resources at richmond.missfoundation.org.
- **Sisters of Hope**
 - A group of bereaved Christian moms gathering to offer support, encouragement, and hope. Monthly support group on second Tuesdays from 7–9 p.m. at Village Church, 233 N. Courthouse Rd., N. Chesterfield. Contact Kathy Brundage at 405-3001. sistersofhope-richmond.com

Death of a Spouse

- **Healing Hearts Club**
 - Social group for widows and widowers with monthly events at Huguenot Road Baptist Church. Call for dates or check calendar online. 272-2072; hrbcrichmond.org.
- **Support for Widowed Spouses**
 - Nine-week bereavement program held evenings two times per year. Spring Group starts in March in Westover Hills. For more information, contact Belinda Early at 513-5772 or belinda.early@gmail.com. Fall Group starts in October in Bon Air. For more information, contact Elaine Nowinski at 272-7787 or elaine.m.nowinski@gmail.com.
- **Widowed Support Group**
 - Six-week support group in Chesterfield for those who have faced the death of a spouse. For more information and to register, call Morrisett, 275-7828.
- **Young Widows or Widowers**
 - Support and social outings for ages 25–65 on second Tuesdays. Contact Tammy Smith at Richmond YWOW, 201-5741. ywow.org

Death by Suicide

- **Full Circle Grief Center**
 - Eight-week grief support group for adults grieving the death of a loved one by suicide. Facilitated by counselors with possible concurrent remembrance program

for children. Contact Maryse at 912-2914, x114 or maryse@fullcirclegc.org.
fullcirclegc.org

- **James River Home Health and Hospice/NAMI**
 - Support group on first Thursdays, 7-8 p.m., Monument Heights Baptist Church, 5716 Monument Ave., Richmond (second floor, first door on right). Contact Alane Cameron Ford, 801-4511; amiles@jamesriverhh.com.
- **Survivors of Suicide**
 - Monthly support group on fourth Thursdays, 7–8:30 p.m. at Iron Bridge Church, 10900 Iron Bridge Rd., Chester. To register, contact Greg Webber from Morrissett at 275-7828.
- **Survivors of Suicide Loss**
 - Monthly support group on third Thursdays, 6:30–8 p.m. at the Pusey House, 2705 Park Ave., Richmond. This is an open group, all are welcome, no registration needed. Call peer facilitator Ren Bell at First Baptist with questions, 548-6670. soslrva.wordpress.com

Death by Overdose

- **Full Circle Grief Center**
 - Eight-week grief support group for individuals who are grieving the loss of a loved one by overdose. Facilitated by counselors. For more information, contact Stacia at 912-2947, x104; stacia@fullcirclegc.org.
- **Overdose Loss Support Group (GRAPLE)**
 - Support group for anyone who has lost someone to substance abuse or addiction. Tuesdays from 7–8 p.m. at the McShin Foundation, 2300 Dumbarton Rd., 3rd floor conference room, Richmond. Contact Tracy Grow at 229-5024 or grapleva@gmail.com.
- **Bereavement Coalition of Central Virginia**
 - A network of counselors, chaplains, hospice professionals, bereavement volunteers, and support group leaders who meet on the second Friday of the month from 8:30-10 a.m. to discuss current bereavement services in the area and professional educational resources. Contact bereavementcoalition@gmail.com to be added to the email list for upcoming meeting information and other program announcements.
- **Mind-Body Art Therapy Groups for Self-Care**
 - Offered by Zoe Therapy Services – Becky Jacobson, MA, ATR, LMT
These groups are great for caregivers, and those who have lost a loved one and are in need of extra support. The groups combine meditation, mindfulness techniques, and creative self-expression. Each group enables participants to reconnect with the Self, to rebuild inner-resilience, and offers a quiet and therapeutic space to regroup and heal. mindbodyartes@gmail.com;
zoetherapyservices.com
- **RVA Death Café**

- All faiths and cultures are invited to this open discussion about death and dying. The dialog is casual and group led. Please note this is not a specific bereavement support group. Info about death cafes at DeathCafe.com. Upcoming info posted on facebook group: RVA End of Life Network. Contact Shelby with Peaceful Passings at 502-3667.

Online Resources

- **Bereavement Resource Manual**
 - fullcirclegc.org/manual
This resource has been created and produced by professionals from Full Circle and brings together all of the available local resources as well as age-appropriate grief education. Geared toward professionals, grieving families, and people supporting those who are grieving.
- **HelloGrief.org by Comfort Zone Camp**
 - Articles on this online forum discuss the impact of loss, ways to help grieving persons cope, and how to build a community of support for those living with grief. Teen friendly.
- **Grief Anonymous (GA) & Grief Resource Network (GRN)**
- GA and GRN are online grief resources looking to connect individuals with others who've had a loss or are experiencing anticipatory grief. GRN connects individuals to local groups and professional resources, and houses a grief resource library, archive of grief research, and a database of national crisis hotlines. GA is also on Facebook with a Family Hub that offers multiple specific groups, including loss of spouse/partner, child, or parent. griefresourcenetwork.com; griefanonymous.com
- **WhatsYourGrief.com**
 - This web site promotes grief education, exploration, and expression in both practical and creative ways.
- **Pet Loss Program at VCU**
 - <https://chai.vcu.edu/programs--services/pet-loss-support/>

General Psychiatrists

- **Lauren Woolfolk, Psychiatric NP (tends to have a long wait list)**
 - Richmond Creative Counseling
 - 1900 Byrd Ave, Ste. 200 Richmond, VA 23230
 - 804-592-6311
- **Bruce Stevens**
 - 4470 Cox Road, Ste. 170 Glen Allen, VA 23060
 - 804-362-2227
- **Unique Holistic Care, LLC**
 - TJ Ballard, PMHNP
 - Richmond, VA 23230

- [804-476-3045](tel:8044763045)
- **Village Family Psychiatry**
 - David J. Markowitz, MD and Steven Welton, MD
 - 6714 Patterson Avenue Richmond, VA 23226
 - (804) 285-8500
 - *does not accept Tricare or VA Premier
- **Insight Physicians**
 - 2006 Bremo Road, Suite 101 Richmond, VA 23226
 - (804) 288-1881
 - *several male or female psychiatrists and a prescribing psychiatric nurse practitioner
 - *accepts most insurance (including Tricare), does not accept the following; Medicaid, Optima, VA Premier, Care First through Anthem
- **VCU Department of Psychiatry**
 - (804) 828-2000 (select option 2 for appointments)
- **Tucker Psychiatric Clinic**
 - 1000 Boulders Parkway, Suite 202 Richmond, VA 23225
 - (804) 320-7881
 - <http://www.tuckerpsychiatric.com/index.html>
 - *does not accept VA Premier or HMO Medicaid or Tricare
- **Commonwealth Counseling**
 - Hickory Park Office Complex
 - 5213 Hickory Park Drive, Suite A Glen Allen, VA 23059
 - (804) 237-8030
- **Prakash G. Ettigi, MD**
 - 3212 Cutshaw Avenue, Suite 303 Richmond, VA 23230
 - (804) 353-3324
 - *accepts the following insurance; Aetna (PPO and HMO), Amerigroup, BCBS (and PPO), Carelink Health Plans PPO, Cigna, Cigna (HMO, PPO and Open Access), Coventry (and PPO), Great West Healthcare PPO, HealthNet, Humana (and PPO), Medicaid Mutual of Ohio, Multiplan PPO and PHCS PPO, Southern Health Services HMO, United HealthCare, Wellpoint, Workman's Compensation WC
 - http://www.healthgrades.com/directory_search/physician/profiles/dr-md-reports/dr-prakash-ettigi-md-e9a4cc41
- **Bon Secours Behavioral Health Group**
 - 8220 Meadowbridge Rd., Suite 313 Mechanicsville, VA 23116
 - (804) 325-8882
 - *accepts most insurance plans
- **Sultan Lakhani, MD**
 - 1510 N. 28th St., Suite 101 Richmond, VA 23223
 - (804) 371-1670

- **Midlothian Behavioral Health Associates**
 - 14410 Sommerville Ct., Suite 101 Richmond, VA 23113
 - (804) 897-9355
 - www.midlothianwellness.com
- **Richmond Food and Mood**
 - 5206 Markel Rd. Richmond VA 23230
 - (804) 513-9507
 - *Does not accept insurance but does offer a sliding scale
 - <http://www.richmondfoodandmood.com/>

ADHD Testing

- **Chesterfield and Powhatan Family Guidance Centers**
 - 6603 Irongate Square Richmond, VA 23234
 - (804) 743-0960
- **Westhampton Family Psychologists, P.C.**
 - 1503 Santa Rosa Road, Suite 105 Richmond, VA 23229
 - (804) 673-0100
- **Medical and Counseling Associates, Inc.**
 - 1503 Santa Rosa Road, Suite 211 Richmond, VA 23229
 - (804) 282-9100
- **ADDVantage**
 - Richmond, VA 23226
 - (804) 282-9989
 - Steven Butnik, Ph.D.
- **Neuropsychological Services of Virginia, Inc.**
 - 2010 Bremono Road, Suite 127 Richmond, VA 23226
 - (804) 285-2555
- **The Westwood Group**
 - 5821 Staples Mill Road Richmond, VA 23228
 - (804) 264-0966
- **Center for Psychological Services and Development (CPSD)**
 - 612 North Lombardy Street Richmond, VA 23284
 - (804) 828-8069
 - Sliding scale
- **Jewish Family Services**
 - 6718 Patterson Avenue Richmond, VA 23226
 - (804) 282-5644
 - www.jfsrichmond.org
 - Offers a sliding scale
- **Pam Waaland, PhD**
 - 513 Forest Avenue, Suite 203 Richmond, VA 23229
 - (804) 673-3567

Resources for Psychological or Educational Testing

- **Chesterfield and Powhatan Family Guidance Centers**
 - 6603 Irongate Square Richmond, VA 23234
 - (804) 743-0960
 - Mark Pinsker, Ph.D. does ADHD testing
- **Westhampton Family Psychologists, P.C.**
 - 1503 Santa Rosa Road, Suite 105 Richmond, VA 23229
 - (804) 673-0100
- **Neuropsychological Services of Virginia, Inc.**
 - 2010 Bremono Road, Suite 127 Richmond, VA 23226
 - (804) 285-2555
 - Edward Peck, Ph.D.
- **The Westwood Group**
 - 5821 Staples Mill Road Richmond, VA 23228
 - (804) 264-0966
 - Douglas Bloomfield, Ph.D.
- **Center for Psychological Services and Development (CPSD)**
 - 612 North Lombardy Street Richmond, VA 23284
 - (804) 828-8069
 - www.has.vcu.edu/psy/cpsd
 - Offers a sliding scale
- **Jewish Family Services**
 - 6718 Patterson Avenue Richmond, VA 23226
 - (804) 282-5644
 - www.jfsrichmond.org
 - Offers a sliding scale

Peer Support Services

- **Robin's Hope:** 9513 Hull Street Rd Suite A, N. Chesterfield, VA 23236
 - (804) 608-9389
 - Trauma recovery center that empowers individuals to thrive through a safe, peer-run community that provides connection, inspires hope, and promotes resilience.
- **Friends for Recovery:** 7420 Whitepine Rd #2200, Richmond, VA 23237
 - (804) 308-1366
 - A peer-run wellness and education center for anyone struggling in the process of recovery
- **Al-Anon and Alateen**
 - Support groups for friends and family members of alcoholics

- Meeting dates, times, and dates are online at vaalanon.org by zip code or by district
- 888-425-2666
- **Alcoholics Anonymous**
 - Support group for alcoholics to come together and talk about their walks in recovery
 - Richmond Intergroup
 - 804-355-1212
- **Families Anonymous**
 - Support groups for friends and family members of alcoholics and people who struggle with drug abuse
 - 804-262-0932
 - To find a local meeting: <https://www.familiesanonymous.org/>

Sexual and Domestic Violence Resources

Chesterfield County Domestic and Sexual Violence Resource Center

- Hotline 804-612-6126
- Office Number 804-318-8265

James House

- Shelter onsite and accompaniment services
- 24 HR Hotline: (804) 458-2840
- Office Phone: (804) 458-2704

YWCA of Richmond

- Shelter onsite and accompaniment services
- 24 HR Hotline: 804-612-6126
- Office Phone: 804-643-6761

Safe Harbor

- Shelter onsite and accompaniment services
- 24 HR Hotline: (804) 612-6126
- Office Phone: 804-249-9470

Hanover Safe Place

- Shelter onsite and accompaniment services available
- 24 HR Hotline: (804) 752-2702
- Office Phone: (804) 752-2728

REPRODUCTIVE HEALTH

- **Capital Women's Health Clinic** (abortion services)
 - Abortion
 - 804-754-1928
- **Commonwealth Catholic Charities** (adoption services and case management)
 - Help you care for yourself and your baby throughout your pregnancy and after your child is born. Confidential support is available as you prepare to become a parent or plan to place your baby for adoption. If you decide on adoption, you can choose which family is best for your child and have the opportunity to meet them. Our staff has carefully evaluated each of these adoptive families and has made sure they are prepared for parenthood. Open, semi-open or confidential adoptions are all options for you. As a CCC client you will have access to additional resources to assist you with other issues that you may be facing, such as homelessness, financial concerns and medical needs.
 - 24 hour hotline – 1-866-259-5708
- **Planned Parenthood** (free birth control, STI testing, abortion services)
 - Richmond location: 804-355-4358
 - East End location: 804-508-6045
- **Pregnancy Resource Center of Metropolitan Richmond** (Pregnancy healthcare and counseling)
 - Ultrasounds, parental support, health related information to abortions and pregnancy, and counseling ***pro-life***
 - Planned Parenthood Resource Center
 - 804-673-2020
- **Richmond Health Center** (abortion services and other health services)
 - Abortion services, birth control, general health care, HIV testing, LGBT services, men's health care, emergency contraception, pregnancy testing and services, STD testing, treatment, and vaccines, and women's healthcare
 - 804-355-4358

DENTAL

- **VCU Dental School:** Initial Dental Screening is \$75 (includes one panoramic x-ray)
 - Call 828-9484 to schedule a screening. Once screening is complete, the dentist will create a treatment plan.
 - **FT VCU students-** \$40 deductible, 80% benefit on all diagnostics and then 60% benefit on all restorative (fillings, etc), \$300 benefit max per semester (student is responsible for all costs beyond \$300)
 - **Standard Plan- for FT students at another school** (not enrolled at VCU), 50% for all diagnostics and then 20% benefit for all restorative, \$200 benefit max per semester

- **Capital Area Health Network/Vernon J. Harris Medical Clinic:** \$70 for first visit (exam and x-rays), they will need information stating whether the student is living on campus, and any information regarding grants and tax papers.
 - Call 780-0840 and follow the prompts.
 - Visit cahealthnet.org for more information.
- **Daily Planet Dental Clinic:**
 - 517 W. Grace Street Richmond, VA 23220
 - (804) 783-0678
 - Must bring proof of income or proof of no income in order to access services
- **Love of Jesus Health Clinic**
 - 10930 Hull Street Road Midlothian, VA 23112
 - 804-674-7499
 - Prospective patients must fall below 200% of the federal poverty line, and may not have insurance.

MEDICAL

ADULT FACILITIES – RICHMOND CITY AND HENRICO

- **Bon Secour Well line // Care-A-Van – Spanish Available**
 - Free medical service that provides primary care to uninsured adults and children the Greater Richmond community. Services are designed to provide medical care in a timely manner to those who need it
 - Available services: all around well-being, chronic conditions (diabetes, high blood pressure, high cholesterol, asthma, and stable heart problems). Provide screenings, immunizations, and acute care for illness or minor injury, school/sports physicals, coordinate health care, and health insurance enrollment assistance
 - 804-359-WELL (9355)
- **Daily Planet – Spanish Available**
 - Healthcare for all ages that accepts most insurance and offers a sliding scale fee for uninsured patients. Appointments are scheduled 2 weeks in advance and there is an 8:00am daily intake.
 - Services include: management of chronic medical problems, acute care of illness, well child exams, well adult exams and prevention as well as lab work and PAP testing
 - West Grace Health Center 804-783-2505
 - Southside Health Center 804-292-3011
 - St. Joseph’s Outreach Clinic 804-783-2505
- **St. Joseph’s Outreach Clinic Financial Screening**
 - Outreach clinic that serves patients who do not have health insurance, as well as insured and underinsured patients. Does have language interpretation for non-English speakers.

- Services: sick children and adults, adult check-ups, child well visit (without vaccines), health screenings, sport/school physicals, immunizations, follow-up care, pap smears, pregnancy testing, Endocrinology and mental health services, simple procedures (mole and toenail removal and injections), outreach worker service, and nutritionist
- 804-612-7065
- **Crossover Health Clinic: Richmond – Spanish Available**
 - New clients admitted by a lottery system which you must be eligible. However, recent hospital/ER, pregnant, or HIV positive clients do not need to go through the lottery system and will be admitted immediately
 - Primary care, dental, vision, HIV diagnosis and treatment, and specialty care
 - Eligibility Check 804-521-8263
 - Downtown Clinic 804-233-5016
 - Western Henrico Clinic 804-622-0803
- **Health Brigade – Spanish Available**
 - Adult general medicine, behavioral health counseling, chronic disease management, coordination of care, gynecology, women’s health, medication assistance program, nutrition services, PrEP, specialist referrals, STI/HIV testing and treatment, social work and integrated behavioral health coaching, supportive services, trans health services
 - 804-358-6343
- **IVNA Home Health Care**
 - Home care, CM, and advocacy for people in need with lowered costs for individuals with financial needs
 - 804-355-7100
- **Richmond Area High Blood Pressure Center/The Center for Healthy Hearts**
 - Relieve the financial burden on the community by providing care to people who have chronic conditions, preventing inevitable and costly outcomes, provide free or low-cost prescription medications for people who could not otherwise afford them. We teach people with chronic health problems how to manage their lifestyles to improve overall wellness. We relieve the burden on full-service clinics by serving a targeted population with appropriate and efficient care. We reduce inappropriate use of hospital emergency rooms by people who are uninsured.
 - Open Monday through Thursday 8:00AM to 4:00PM
 - 804-359-9375
- **VCU Medical Center (formerly MCV)**
 - Provides like ALL services
 - Also has the Virginia Coordinated Care Program (refer to “Medical Financing”) for low-income individuals
 - 804-828-9000

ADULT FACILITIES – CHESTERFIELD AND OUTLYING COUNTIES

- **Cornerstone Free Health Clinic** (Aylett, VA)
 - Free medical, vision, and dental care to the uninsured people in King William, King and Queen, Essex and counties as distant as those in the Northern Neck
 - 804-769-2996
- **Cheryl H. Watson Memorial Free Clinic** (Mechanicsville, VA)
 - Provide patients with needed healthcare, including medications and referrals for diagnostic testing and/or specialist care
- **Saint James the Less Free Clinic** (Ashland, VA)
 - Provide patients improved health care, medications, referral for diagnostic testing and/or specialty care as needed and to provide patients with professional dental care including exams, hygiene, restorations, extractions, and dentures
 - 804-798-8890

CHILDREN’S MEDICAL FACILITIES

- **Care Connection for Children (Special Needs)**
 - Part of VCU health system
 - Case management, medical attention, and education of family members caring for children with special needs
 - 804-827-1795
- **Children’s Hospital**
 - Part of VCU health system
 - Have ALL services imaginable
 - 804-828-CHOR (2467) Appointment Line

MEDICAL FINANCING

- **Bon Secours Financial Assistance Program**
 - Helps uninsured patients who do not qualify for government-sponsored health insurance or medical expenses obtain medical care based on the family’s gross income and family size
 - <http://www.fa.bonsecours.com>
- **VCU Health (formerly MCV)**

- Virginia Coordinated Care Program
- Affordable health care for uninsured individuals living in the Great Richmond Metro and the Tri Cities areas
- If approved for the program then medical services come from VCU Medical Center as well as the community providers that participate with the program
- 804-819-5151

DISABILITY SERVICES

- **Alzheimer’s Association**

- Support groups, education programs, professional training
- Serves Amelia, Caroline County, Charles City, Chesterfield, Cumberland, Dinwiddie, Essex, Gloucester, Goochland, Hanover, Henrico, King and Queen, King William, Lancaster, Mathews, Middlesex, New Kent, Northumberland, Powhatan, Prince George, Richmond, Spotsylvania, Surry, Westmoreland, Colonial Heights, Fredericksburg, Hopewell, Petersburg, and Richmond
- 1-800-272-3900

- **American Association on Intellectual and Developmental Disabilities**

- Career planning and aid, conferences, and education opportunities
- 202-387-1968

- **The Arc of the United States**

- Consumer Support Services, day support and afterschool services, employee development, workforce development, and camp services
- 804-358-1874

- **Autism Society**

- Social and interest groups for families as well as those with autism, workshops, and activities
- 804-257-0192

- **Deaf and Hard of Hearing Counseling Services**

- Part of Challenge Discovery Projects and offers comprehensive outpatient mental health/substance abuse counseling including individual, marriage, and family counseling, counseling for persons or families experiencing physical, emotional, or sexual abuse or neglect, support groups, coping strategies, for hard of hearing and late deafened individuals and their families, Parent Child Advocate Program, collaborative/consultation services for other disciplines and agencies servicing persons with hearing loss, educational programs,

workshops, and presentations focusing on mental health issues, needs, and prevention services for persons who are deaf, hard of hears, or deaf-blind, advocacy

○ 804-282-1943

- **Infant Toddler Connection of Virginia**

- Can help coordinate programs and anything that a parent would need to be connected to if their child is between the ages of 1 and 3 years and they suspect some sort of delay in development or mental health

- Call will technically be to 211, however they do the intake for this agency

- 211

- **IVNA Home Health Care**

- Home based skilled care from nurses, physical/rehab/speech/occupational therapies, infusion services and social work service to home-bound persons who are under or un-insured, Philips Lifeline: a personal emergency response alarm which enables a home bound patient to contact emergency services at the push of a button, TR Dose: a service which fills a patient's medication dispenser on a regular basis enabling him or her to manage his or her own medication adherence and remain safely at home

- 804-355-7100

- **March of Dimes**

- Support groups for moms as well as other family members, and advocacy

- 804-968-4120

- **National Down Syndrome Society**

- Improves the quality of life for individuals with Down syndrome and their families through education, community awareness, and advocacy

- 804-525-7731

- **National Multiple Sclerosis Society**

- Wellness resources, family and relational support, financial assistance, employment, insurance and financial planning, social and emotional support, mobility and accessibility assistance

- 804-353-5008

- **National Parkinson Foundation**

- 800-473-4636

- **Partnership for People with Disabilities**

- VCU
- Community Living: providing opportunities for people with disabilities, family members, and professionals to work together to enhance collaboration, learn from each other, and improve outcomes; Early childhood/early intervention: supporting the development of infants and toddlers with developmental delays makes a difference in the lives of young children and their families; education: supporting the education of children and youth with disabilities so they receive the services and resources need to excel in their homes, schools, and communities; health: achieving and maintaining good health can enable people with disabilities to participate in education, productive work, recreation, and all aspects of community life
- 804-828-3876
- **Resources for Independent Living**
 - Case management, personal assistant registry, support groups, job training and placement, technical assistance, transportation training/ assistance referrals, interpreter/reader, housing assistance and placement, and community education/training
 - Richmond 804-353-6503
 - Petersburg 804-862-9338
- **Virginia Assistive Technology Services (VATS)**
 - Information and assistance, advocacy, demonstrations, reuse of assistive technology, equipment exchange public awareness/training/ technical assistance activities, and transition services
 - 800-662-9990
- **Virginia Department for Aging and Rehabilitative Services**
 - Aging services: help finding information and services needed to lead healthy and independent lives, state long-term care ombudsman
 - 804-662-7000
- **Virginia Department for the Blind and Vision Impaired**
 - Education services for children with vision loss: educational and developmental materials, consulting and training for parents and school systems, vision assessments and eye exams, and adaptive optical aids
 - Vocational rehabilitation: guidance and counseling, adjustment to blindness training, vocational assessments, training opportunities, and job placement and follow-up
 - Rehabilitation teaching and independent living skills training, low vision equipment and training, orientation and mobility services with travel skills assessments and training,

orientation technique training, instruction in how to get around independently, Skill development for communication, independent living, travel and orientation, social and recreational, counseling, medical information and self-management, vocational evaluations, assistive technology, library, technology services, and so much more!

○ 804-371-3140

• **Virginia department for the Deaf and Hard of Hearing**

- Training for persons who are deaf and hard of hearing and their families, businesses, caregivers, public safety officials, and professionals on hearing loss service and care
- Information and training about local services to find supportive services and training for the deaf and hard of hearing
- Community education
- Coping with hearing loss, hearing aid resources, hearing loss prevention, emergency preparedness, sensitivity training for emergency and law enforcement personnel, technology and assistive listening devices, video relay services and video phones, TTY training for businesses and individuals, using interpreter services effectively, increasing sign language skills, and cochlear implant information

○ 804-662-9502

• **Rehabilitation Research and Training Center of VCU**

- "...aims to improve employment opportunities and quality of life in the workforce for individuals with disabilities... To help those already in the workplace, as well as those looking for work, the RRTC offers training and technical assistance for both employees and employers. The center also conducts research looking into improving employment outcomes for individuals with disabilities, and then shares its results with employers and state agencies.

○ 804-828-1851

Veterans

DLW Veterans Outreach and Training Center

- Includes but is not limited to developing communication and emotional coping skills, including understanding and living with post-traumatic stress disorders
- 804-228-8077

VA Hotline for Women Veterans

- Provides female veterans, their families and caregivers VA services and resources about benefits and rights
- 1-855-VA-WOMEN

Wounded Warrior Project

- Program for veterans, which has CM for literally everything. Seriously. Everything.
- 877-TEAM-WWP (832-6997)

National Call Center for Homeless Veterans

- Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.
- Callers must be: veterans who are homeless or at risk of homelessness, family members, friends, and supporters calling on behalf of Veterans, VA Medical Centers and other VA facilities and staff, partners, or community agencies and providers who serve Veterans who are homeless
- 1-877-4AID-VET (424-3838)

Virginia Department of Veteran Affairs

- Benefits, education and employment help, care center, and family support resources.
- 1-844-MYVA311 (698-2311)

LGBTQ+

- **Diversity Richmond**
 - Financially supports groups and programs in the Richmond area that further aid the LGBTQ+ community
 - Also has meeting spaces and classrooms
 - 804-622-4646
- **Side by Side**
 - Formerly ROSMY (Richmond Organization for Sexual Minority Youth)
 - Provides space for LGBTQ+ youth to be themselves and gives community referrals and youth support groups
 - Youth Support Line 804-644-4390
 - General Inquiries 804-644-4800
- **Health Brigade (formerly Fan Free Clinic)**
 - Specialty mental health services (50 minute talk therapy sessions), psychiatric evaluation and medication, support groups (Anger management, Employment, LGBTQ, HIV+ clients, etc.), behavioral health services (Smoking Cessation, Insomnia, Medication Adherence, etc.), wellness services (acupuncture, healing touch, meditation, etc.), legal clinic, and voice therapy for trans clients
 - Legal through the Richmond Trans Legal Collaborative
 - Jenn Gallienne (Trans Health Coordinator) 804-358-6343 ext. 143
- **Lambda Legal: Southern Regional Office**
 - Legal assistance for situations involving sexual orientation, gender identity, or HIV
 - 404-897-1880

- **James River Transgender Society**
 - Meets the first Friday at 7pm in the classroom at Diversity Richmond
 - Has speakers, mentoring, and social outings weekly
 - 804-404-2425
- **Equality Virginia**
 - Works towards equal validity for all regardless of sexual orientation or gender identity in Virginia
 - Report discrimination and hate violence
 - 804-643-4816
- **Richmond Transformers**
 - Meeting for female born or assigned who do not identify with that
 - 804-358-6343
- **Virginia LGBTQ Partner Abuse and Sexual Assault Helpline**
 - Call 1-866-356-6998
 - Text 804-793-9999
- **Virginia Transgender Resource and Referral List:**
 - <file:///C:/Users/Hotline%20User/Downloads/TransRRList.pdf>
- **Virginia LGBT Elder Resource Guide:**
 - [file:///C:/Users/Hotline%20User/Downloads/LGBT%20Elder%20Resources%20\(1\)%20\(1\).pdf](file:///C:/Users/Hotline%20User/Downloads/LGBT%20Elder%20Resources%20(1)%20(1).pdf)

Planned Parenthood Transgender Health Services

Eligibility: Informed Consent Model (no letters needed). Clients need to schedule initial intake appointment.

Coordinator: Melissa Irene Jackson

Contact: 804-482-6154

Services provided: HRT, other medical services such as pap smears, etc.

Payment: Will bill for insurance. For clients who cannot pay for their appointment there is a support fund that can help temporarily but not long-term and can only pay for appointments, not prescriptions.

COMMUNITY CLINICIANS WITH EXPERIENCE WORKING WITH TRANS CLIENTS

- **Camille Adams, LPC**
 - 2000 Bremono Rd Suite 200 Richmond, Virginia 23226
 - (804) 334-9169
 - (does not take insurance)
- **Joy Bressler, PhD, LCSW**
 - 312 Granite Avenue Richmond, Virginia 23226

- (804) 651-7667
- **Heather Kay, PhD**
 - 530 East Main Street, Suite #1012 Richmond, VA 23219
 - (804) 382-6546
- **Sarah Charbonneau, LCSW**
 - Discovery Counseling & Consulting
 - 4118 E Parham Rd Suite A Richmond, Virginia 23228
 - (804) 632-8970
- **Bridget Dunnivant, PhD**
 - Centered Space, LLC
 - Richmond, Virginia 23225
 - (804) 793-8685
- **Andrea Weisman, PsyD**
 - Commonwealth Counseling Services
 - 15521 Midlothian Turnpike, Suite 105 Midlothian, Virginia 23113
 - (804) 423.1550
- **Amy Goss**
 - 106 North Thompson Street Richmond VA 23221
 - (804) 429-1965
 - (does not take insurance)
- **Health Brigade (Clients at or below 200% of poverty line, even if they have insurance)**
 - Trans Health Clinic
 - 1010 N. Thompson Street Richmond, VA 23230
 - (804) 358-6343
- **Richmond Creative Counseling**
 - 1900 Byrd Ave. Suite 200 Richmond, VA 23230
 - (804) 592-6311
 - <http://www.richmondcreativecounseling.com>
 - *Group practice—request trans affirming therapist
- **LaunchPad Counseling**
 - 2008 Libbie Ave, Ste 101, Richmond VA
 - 804.665.4681
 - <http://launchpadcounseling.com>
 - *Group practice—request trans affirming therapist
- **Cypress Counseling**
 - 1312 W. Main Street Richmond VA 23220
 - Chris Carson, LCSW: (804) 651-3941
 - Dr. Anne Herrera, Psy.D: (631) 766-5554
 - <http://www.cypresscounseling.com>

Therapists with Self-Identified Experience with Poly Clients

- **Ophelia Von Ludwig** <https://www.psychologytoday.com/us/therapists/ophelia-von-ludwig-richmond-va/285305>
- **Sarah Charbonneau** but she always has a waitlist
- **Amy Goss** (private pay) <https://www.psychologytoday.com/us/therapists/amy-goss-richmond-va/472407>
- **Julie Wilcox** (through Thriveworks)
- **Peggy Blaylock** <https://www.psychologytoday.com/us/therapists/peggy-margaret-e-blaylock-mechanicsville-va/208864>
- **Jenna Miles** <https://www.psychologytoday.com/us/therapists/jenna-m-miles-richmond-va/254468>
- **Susan Gardner** - Mind Health Center
<https://www.psychologytoday.com/us/therapists/susan-m-gardner-richmond-va/440014>
- **Jennifer Erickson** www.anxietyandwellness.com
- **Erin O'Toole** <https://www.psychologytoday.com/us/therapists/erin-otoole-lyon-richmond-va/235300>
- **Bridget Dunnivant** (out of network)
<https://www.psychologytoday.com/us/therapists/bridget-dunnivant-richmond-va/276310>

REFUGEE AND IMMIGRANT REFERRALS

COMMUNITY RESOURCES

- **ReEstablish Richmond**
 - Employment development, language skills, education opportunities, bus orientations, classes for learners permits, scholarship and behind-the-wheel referrals, and community engagement
 - ESL and ESOL classes around Richmond listed on their website – reestablishrichmond.org
 - 804-723-6414
- **Commonwealth Catholic Charities**
 - Case management, employment placement and orientation, adult English instruction and education planning, and family mentorship
 - Counseling services: general immigration services (green card applications, work permits, etc.), family-based immigration services, citizenship, temporary protected status and asylum, employment-based immigration services, self-petitions under the violence against women act, and informational workshops
 - 804-545-6296
- **American Red Cross Language Bank**
 - Interpretation and translation services for limited and non-English speaking people to provide language services to individuals and non-profit social service agencies who serve this population
 - Does not provide medical or legal translation/interpretation
 - 206-709-7339

ESL CLASSES

- **ReEstablish Richmond**
 - Employment development, language skills, education opportunities, bus orientations, classes for learners permits, scholarship and behind-the-wheel referrals, and community engagement
 - ESL and ESOL classes around Richmond listed on their website – reestablishrichmond.org
 - 804-723-6414
- **Henrico County Public Schools Adult Education**
 - “Class content features English Literacy/Civics Education, with an emphasis on speaking, reading, writing, and understanding American culture. Lessons also include career education skills like resume writing, filling out job applications, and interview techniques. A 70+ hour commitment is required. Classes meet twice a week for 2.5 hours each session”
 - West end 804-527-4660
 - East end 804-328-4095
- **J Sargeant Reynolds Community College**
 - “Classes for students whose first language is not English. Classes and counseling are designed to help students successfully speak English in and out of class.”
 - 804-523-5020

LEGAL

LEGAL SERVICES

- **Project for the Empowerment of Survivors**
 - Provides trauma informed legal information, advice, and referrals to callers from Virginia who are experiencing sexual or intimate partner violence, dating violence, human trafficking, and hate crimes.
 - Offered through the Statewide Hotline of the Virginia Sexual and Domestic Violence Action Alliance
 - 800-838-8238
- **Statewide Legal Aid Helpline**
 - Aids with questions about eligibility for Virginia legal aid services.
 - 866-534-5243
- **American Civil Liberties Union of Virginia**
 - Helps people who believe their civil liberties or civil rights have been violated. To get their help you do have to do an online request.
 - 804-644-8022
- **Central Virginia Legal Aid Society**
 - “Provides free civil (non-criminal) legal advice and representation to low-income people in the areas of bankruptcy, civil rights, consumer, debt rights, disability, domestic violence, elder law, employment, family, garnishment, health, housing, public benefits, supplemental security income, and unemployment compensation”
 - Chesterfield and Richmond residents 804-648-1012

- Colonial Heights residents 804-862-1100
- **HOME – Housing Opportunities Made Equal**
 - Can help with housing discrimination (denial or differential treatment in the rental, sale, lending, or insuring of housing based on race, color, religion, national origin, sex, disability, familial states, or age 55 years or over) anywhere in the state of Virginia
 - Fair Housing Counseling is available for home seekers and housing providers on their rights and responsibilities under federal and state fair housing/civil rights laws
 - 804-354-0641
- **Hunton and Williams**
 - Complex, multijurisdictional litigation, corporate governance and securities litigation, product liability, energy, environmental regulatory and toxic tort, telecommunications and public utilities regulation, and litigation, affirmative action and employment audits, key employee contracts, management labor relations and employment training.
 - Pro bono legal services to those in our communities who cannot afford to pay for a lawyer
 - 804-788-8200
- **Lambda Legal: Southern Regional Office**
 - Legal assistance for situations involving sexual orientation, gender identity, or HIV
 - 404-897-1880
- **Legal Aid Justice Center**
 - Helps with legal cases involving civil rights and racial justice, economic justice, immigrant advocacy, and free legal representation to low-income children who have unmet needs in the education, foster care, and juvenile justice systems
 - 804-643-1086 or 804-865-2205
- **Virginia Poverty Law Center**
 - Can help with T visas, U visas, VAWA petitions, filing with USCIS and form completion (bilingual aid)
 - 804-782-9430
 - Eviction Legal Helpline 1-833-663-8428
- **Senior Connections: Capital Area Agency on Aging**
 - Must be citizen of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, Powhatan, or the City of Richmond
 - 804-343-3000

PROTECTIVE ORDERS

Chesterfield County Magistrate

- 804-748-1410

Henrico Magistrate

- 804-501-5285

Richmond Magistrate

- 804-786-6455

Petersburg Magistrate

- 804-722-1501

VICTIM COMPENSATION

- **Virginia Victims Fund**
 - Provides financial reimbursement for crime-related expenses such as medical bills, wage loss, or funeral expenses
 - Crime must have been committed in Virginia, reported to law-enforcement within 5 days of the crime occurring, the victim cooperated with law enforcement and courts.
 - 1-800-552-400

FAMILY VIOLENCE

Family Violence is “a pattern of intentionally violent or controlling behavior used by a person against a family member to gain and maintain power and control over that person, during and/or after the relationship.”

Family Abuse Protective Orders

- Family Abuse Preliminary Orders: can state the same as the EPO, PPO, and Permanent Protective Order and; Require the abuser to maintain utility service for the household, grant temporary possession to a jointly owned car, require the abuser to provide suitable alternative housing, and any other relief necessary to protect the victim and other family or household members.”
- Family Abuse “Permanent” Protective Orders: can state the same as the EPO, PPO, and Permanent Protective Order and; it can require the abuser to participate in treatment or counseling, it can grant temporary custody and visitation for the children; and it can grant temporary child support.
- Victims of Family Domestic Violence can be referred to counseling services with Commonwealth Catholic Charities 804-545-5907 or 1-800-974-4494

BASIC NEEDS

FINANCIAL ASSISTANCE

RENT/MORTGAGE ASSISTANCE

- **Homeless Connection Line**
 - Homeless or within 3 days of losing their housing
 - 804-972-0813
- **Ashland Christian Emergency Services**
 - Assistance with payment for electricity, rent, medications, and utilities to Hanover County residents living in zip codes 23005, 23047, 23059, and 23069. A cut-off notice for utilities or an eviction notice for rent is required.
 - Open Mondays, Wednesdays, and Fridays 8:30am to 11:30 am

- Closed Fridays in July and August
 - 804-798-2784
- **CAPUP – Capital Area Partnership Uplifting People**
 - Emergency Services – aids low income citizens with rent and mortgage assistance, utility assistance, emergency food and clothing, transportation, medical assistance, and other services necessary to help prevent homelessness, hunger, or suffering
 - Mondays-Wednesdays 9am-11am
 - 804-788-0050 x. 119
- **CCHASM**
 - Assists with emergency help for areas such as utilities, housing, auto repair, medicine and other emergency needs as presented but DOES NOT help with on-going problems which are consistently recurring. If they do not have the budget to help they will be able to provide food for the person in order to try and ease the financial burden that they are going through.
 - Colonial Heights and Chesterfield
 - Open Monday through Thursday from 8:30am to 1:30pm
 - 804-796-2749
- **Church Hill Christian Wellness Center**
 - Funding provided for fuel assistance and prescriptions when certain requirements are met. Contact the Center Director to obtain a copy of the required assistance form and approval.
 - 804-780-0053
- **Eastern Henrico FISH**
 - Only for residents who are east and south of the Mechanicsville Turnpike which includes Highland Springs, Varina, and Sandston
 - Caller has to leave a message and will be called back
 - 804-257-7730
- **Goochland Clinic and Family Services**
 - Emergency financial assistance is available for rent/mortgage, utilities, heat, and other needs in certain situations. When families seek financial assistance, they are required to meet with one of our financial counselors.
 - 804-556-6260
- **Hearth of Henrico**
 - Formerly known as ISH (Interfaith Services of Richmond)
 - Provides temporary, immediate and emergency relief to Henrico families when all other sources of assistance have been exhausted.
 - 804-501-4001
- **Latinos in Virginia Empowerment Center**
 - For people who don't qualify for typical services, e.g. public benefits or other government aid. Go through cycles of funding based on region. Check their Facebook page for up-to-date funding info
 - [\(804\) 658-3341](tel:8046583341)
- **Quin Rivers Agency for Community Action**

- Financial assistance and supportive services which address the root causes and immediate triggers for homeless services
- Caroline, Charles City, Hanover, King George, King and Queen, King William, New Kent, Spotsylvania, Stafford, City of Fredericksburg, and the Town of West Point
- 804-966-8720
- **Salvation Army**
 - Richmond and Petersburg
 - Sometimes able to provide financial aid
 - 804-225-7470
- **Mechanicsville Churches Emergency Functions**
 - Zip codes 23211 and 23216
 - 804-357-4093
- **Sacred Heart**
 - Has Spanish speaking advocates*
 - 804-232-8964
- **Society of St. Vincent DePaul**
 - Only serves Henrico zip codes 23255, 23294, 23060, 23228, 23059, 23233
 - 804-527-1037
- **St. James' Episcopal Church**
 - 804-355-1779
- **St. John's Church**
 - 804-649-7938

ASSISTANCE WITH BILLS/UTILITIES

- **CAPUP – Capital Area Partnership Uplifting People**
 - Emergency Services – aids low income citizens with rent and mortgage assistance, utility assistance, emergency food and clothing, transportation, medical assistance, and other services necessary to help prevent homelessness, hunger, or suffering
 - 804-598-3351
- **Salvation Army**
 - Richmond and Petersburg
 - Sometimes able to provide financial aid
 - 804-225-7470
- **Eastern Henrico FISH**
 - Only for residents who are east and south of the Mechanicsville Turnpike which includes Highland Springs, Varina, and Sandston
 - Caller has to leave a message and will be called back
 - 804-257-7730
- **Mechanicsville Churches Emergency Functions**
 - Zip codes 23211 and 23216
 - 804-357-4093
- **Church Hill Christian Wellness Center**

- Funding provided for fuel assistance and prescriptions when certain requirements are met. Contact the Center Director to obtain a copy of the required assistance form and approval.
- 804-780-0053
- **East District Family Resource Center**
 - 804-644-4496
- **St. Paul's Episcopal Church**
 - 804-643-3589 x 5416

ASSISTANCE WITH HOME CARE AND REPAIR

- **Project: HOMES**
 - Formerly Elderhome Corporation
 - Aids in weatherization of homes, home repair for eligible clients, and AC installation for qualifying clients
 - 804-233-2827
- **Senior Connections: Capital Area Agency on Aging**
 - Must be citizen of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, Powhatan, or the City of Richmond
 - 804-343-3000
- **Energy Assistance Programs through Chesterfield Social services**
 - Must meet income and criteria guidelines
 - Fuel Assistance is available October-November for heating expenses 2nd Tuesday in October thru the 2nd Friday in November
 - 804-717-6825
 - Crisis Assistance is available November 1 to March 15th (electric bills, deposits, repairs of heat pumps for homeowners in no cool situations)
 - 804-717-6825
 - Energy Share – Available all year as funds are available (low fuel, electric, gas disconnection notices)
 - Must exhaust all other state and federal resources
 - 804-748-1100

BUDGET AND CREDIT COUNSELING

- **Clearpoint Financial Solutions**
 - Helps identify the causes of individual financial problems and makes a plan to address those problems. Provides consumers with budget, debt, and housing advice by partnering with various businesses and organizations and conduct educational outreach in the greater Richmond area.
 - 804-288-1430
 - Spanish Line 1-866-559-8198
- **Commonwealth Catholic Charities HELP Line**
 - Classes/Workshops: financial management, homebuyer education, fair housing/rent's rights and responsibilities, delinquency/default (foreclosure prevention)

- One on One counseling: financial management (credit and debt reduction), home purchase, rental, and mortgage delinquency/foreclosure prevention)
- 804-285-5986
- **Richmond Financial Navigators (joint initiative b/w HumanKind and Richmond City)**
 - Initiated in response to COVID-19
 - 804-646-6673 or navigators@humankind.org
- **Senior Connections: Capital Area Agency on Aging**
 - Must be citizen of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, Powhatan, or the City of Richmond
 - 804-343-3000

TANF (SOCIAL SERVICES)

- **Charles City** 804-652-1708
- **Chesterfield/Colonial Heights** 804-748-1100
- **Goochland** 804-556-5880
- **Henrico** 804-501-4001
- **New Kent** 804-966-1853
- **Petersburg** 804-861-4720
- **Powhatan** 804-598-5630
- **Richmond** 804-646-1262

DAILY NEEDS

FOOD

- **Hunger Hotline**
 - Part of the Food Referral Program that connects individuals who call in and need emergency food assistance with a local partner agency.
 - Can fill out the form online or call the number to get into system but can take up to one business day to be reached out to for services.
 - 804-521-2500
- **WIC Program/Health Department**
 - Charles City 804829-2490
 - Chesterfield 804-748-1748
 - Colonial Heights 804-520-9380
 - Goochland 804-556-5343
 - Hanover 804-365-4313
 - Henrico East 804-652-3190
 - Henrico West 804-501-1610
 - New Kent 804-365-4335
 - Petersburg 804-863-1652
 - Powhatan 804-598-5680
 - Richmond 804-482-5500
- **Goochland Clinic and Family Services**

- To use this service the person has to already be a client with the organization. Must be a Goochland County resident to receive services, must also meet a particular annual income which is at or below 200% of the Federal Poverty Income
- Registered clients can shop or pick up a prepacked bag of food for yourself and your family at the Food Pantry once a week. Choices include canned goods, fresh fruits and vegetables, milk, meat, bread, and household and personal items
- 804-556-6260
- **Church Hill Christian Wellness Center**
 - Food bags are distributed on the 2nd and 4th Thursday of every month to the 23223 zip code only. Must have DMV identification with your zip code and social security number are required.
 - 804-780-0053
- **Senior Connections: Capital Area Agency on Aging**
 - Must be citizen of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, Powhatan, or the City of Richmond
 - 804-343-3000

CLOTHING

- **Mercy Mall**
 - A free boutique for men, women, and children but is appointment only
 - Can register online at their website mercymallva.org
 - 804-728-2928
- **Crisis Assistance Response Emergency Shelter (CARES)**
 - Services Prince George, Petersburg, Dinwiddie, Chesterfield, Hopewell, Colonial Heights. Open Tuesday-Thursday
 - 804-861-0865
- **Church Hill Christian Wellness Services**
 - Mondays 1pm – 3pm
 - 804-780-0053
- **The Clothes Closet - Goochland Clinic and Family Services**
 - Open to the public, but clients of GCAFS receive 20 credits (\$20) per family member per month to spend at the clothes closet. Carries gently used and new clothing (men, women, and children), books, household items, and toys. Most adult clothing starts at \$4 and kid's clothing at \$2. Items are marked down weekly.
 - To use this service the person has to already be a client with the organization. Must be a Goochland County resident to receive services, must also meet a particular annual income which is at or below 200% of the Federal Poverty Income
 - Monday thru Friday from 10am to 5pm and Saturday 10 am to 3pm
 - 804-556-6260
- **First Baptist Church**

- YWCA residents only
- Monday and Wednesdays 10am to 12pm
- 804-355-8637
- **Ashland Christian Emergency Services**
 - Must be a Hanover County Resident
 - Monday, Wednesday, and Friday from 8:30am to 11:30am
 - Closed Fridays in July and August
 - 804-798-2784
- **Eastern Henrico FISH**
 - Only for residents who are east and south of the Mechanicsville Turnpike which includes Highland Springs, Varina, and Sandston
 - Caller has to leave a message and will be called back
 - 804-257-7730
- **CCHASM**
 - Helps with professional clothing for women
 - 804-796-2749

FURNITURE

- **Celebration Church and Outreach Center**
 - Self-Referral
 - Mondays and Thursdays from 9a to 5p
 - 804-675-4101
- **CARITAS Furniture Bank**
 - Agency referral required (we are a referral agency)
 - 804-358-0964

PERMANENT HOUSING AID

- **Richmond Metropolitan Habitat for Humanity**
 - For individuals or families that demonstrate a need for housing, the ability to pay a mortgage and are willing to partner with us. We provide support throughout the process through budget mentoring, homebuyer education, and setting goals for accountability.
 - 804-232-7001
- **HOME - Housing Opportunities Made Equal**
 - Aid with budgeting on down payments and closing costs for those who qualify based on income and other eligibility requirements which is a loan forgivable over a period of five years so long as they remain in the home
 - Also have classes and counseling for homebuyer education, money management and credit recovery, and pre-purchasing counseling
 - 804-354-0641
- **Neighborhood Housing Services of Richmond**
 - Provide innovative services, facilitate flexible lending products and offer a reliable, consistent process as our goal to be an invaluable provider of home buyer services and training. Affords to our client home buyers comprehensive, pre- and post- purchase education, foreclosure prevention counseling and resources when

they are ready to purchase, rehabilitate, insure and maintain their home and develop unique financial fitness programs to help home buyers make smart financial choices and manage their resources wisely.

- Help with becoming qualified to buy a home, budgeting, planning, and general CM related to getting a home of your own
- 804-329-2500

Bus Transportation:

GRTC Pulse Hotline 804-980-0084

GRTC Pulse Website: ridegrtc.com/brt

OTHER NEEDS

· **Safelink Wireless**

- Provides cell phones and service to low income individuals
- Qualifications for service vary state to state
- 1-800-Safelink (723-3546)