

Virginia Department of Social Services

www.commonhelp.virginia.gov.

1-855-242-8282

Medicaid or FAMIS (Family access to medical ins.) FAMIS Prenatal Insurance Coverage.

Western Tidewater Free Clinic

www.wtfreeclinic.org/

2019 Meade Parkway, Suffolk, VA 23434.

757-923-1060.

Email: info@wtfreeclinic.org

Hours: Mon – Thurs. 9am- 4pm, Friday: 9am-1pm

Services: Medical, vision, dental care, Woman's health Program, mental health counseling,

Pharmacy, referral to community-based agencies.

Smithfield Moms Collective

www.smithfieldmomscollective.org/

Mission: to provide mothers of young children in the Western Tidewater region with access to local resources and information for their physical and mental well-being.

CHIP (Children's Health Investment Program of South Hampton Roads)

www.chiphr.org/

1302 Jefferson St., Chesapeake, VA 23324

757-543-9100.

Info@chiphr.org

Office hours: Mon Fri 8:30am – 4:30pm

Go on line to fill out Referral form – CHIP's

voluntary in-home visiting program teams a

certified parent educator and a registered nurse

with children and families to provide case

management, health assessments, parent support,

education and referrals. Sleep tight program where

they provide pack-n-plays for newborns.

Commonwealth Catholic Charities

1601 Rolling Hills Dr., Richmond, VA 23229

804-615-7007-24 hr pregnancy counsel hot line

804-285-5986 – housing and financial help Tues,

Wed. Thursday baby closet

Catholic Charities Newport News

740 Thimble Shoals Blvd Suite F

Newport News VA 23606. 757-247-3600.

Catholic Charities of Eastern, VA

1132 Pickett Rd, Norfolk, VA 23502.

757-456-2366.

[www.pregnancy@cceva.org/](mailto:www.pregnancy@cceva.org)

Adoption help, baby resources, hospital support, pregnancy counseling.

Catholic Charities of Chesapeake

3804 Poplar Hill Rd Suite A,

Chesapeake, VA 23321

Family and Parent Education

IOW County Health Department- Suffolk

135 Hall Ave., Suite A,

Suffolk, VA 23434. (By appt only)

757-514-4700 (main number)

757-514-4724 (WIC number)

Open Mon.-Fri. 8am-4:30pm; once a

month on Saturday 9:30am - 6pm

Clinic Services: family planning, prenatal services, sexual health, immunizations.

FindHelp.org

Website with help for food, housing,

goods, transit, health, money, care,

pregnancy education, breastfeeding

support and information, work and legal

by zip code in Virginia.

Local Food Pantry COP

(Isle of Wight Christian Outreach Program)

402 Grace St., Smithfield, VA 23430.

757-356-9267.

www.cop@iowcop.net

Hours open Monday: 11am-6pm,

Wednesday & Friday: 11am-3pm

Food and emergency assistance, rent,

dental, home repair, furniture, linens,

housewares, Diapers are distributed on

Mondays from 11am-2pm.

Child Care Programs

Head Start - 2 locations: La'Kisha Jones- Base coordinator (both locations)

Kristen McKenny – Site supervisor (both locations)

The Children's Center,

240 James St., Smithfield, VA 23430.

757-356-1004 Ages 6wks -3yrs

The Children's Center

236 Washington St., Smithfield, VA 23430

757-357-7177 Ages 3-5yrs

Hours: Mon-Fri 8am- 4pm

www.childrenscentervva.com/

Provides at no cost early intervention, early head start, home based educational program for children and family members. Work with developmental and medical needs.

Regional Housing Crisis Center

Housing crisis hot line: 757-587-4202

Normal hours – Mon-Fri 8am – 7pm

Help with housing, rent & utilities

Pregnancy Help and Resources

Alcove Health a Woman's Clinic

11101 Warwick Blvd, Newport News, VA 23601

757-591-8141

www.Alcovehealth.org

All Free Services - Pregnancy tests, Ultrasounds, STI/STD testing, consultation services, community resources, post abortion support, Parent Program-L.E.A.P. Practical skills training. Spiritual mentorship

www.Hope4LifeVA.com

Craig and Louantha Kerr

757-334-6149

Ourhope4life@gmail.com

Mobile Ultrasound Unit- parked at abortion clinics in Norfolk and VA Beach.

Free pregnancy tests and ultrasounds for those at risk of abortion.

