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/

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.childrenscenterva.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.

Mary's Choice RVA

P.O. Box 17321, Richmond, VA 23226 804-878-3215

email: maryschoice@maryschoiceva.org Will provide an expectant mother with no-cost housing for up to four years in order to further her education and/or secure employment.

Our Lady of Mt. Carmel Pregnancy Outreach Office

100 Harpersville Rd., Newport News, VA 23601 757-870-3131

www.olmc.org/copy-of-music-ministry/

Hours: 9am – 5pm - Free baby resources: 0-24 month, clothes, diapers & wipes, mothers can call a month before delivery.

Tuesdays 12pm - 1pm - every 4 weeks receive diapers, wipes, clothes and baby formula.

Sentara – Postpartum Support Group

Obici Hospital
2800 Godwin Blvd, Suffolk, VA 23434
Main entrance for information
Contact: Lisa Milburn, Maternity Nurse Navigator
lcmilbur@sentara.com
Sentara Belle Harbour
3920A Bridge Rd., Suffolk, VA 23435
Community Room Suite 307

Depression and Anxiety Help Eunice Kennedy Shriver National Institute of Child Health and Human Development

www.nich.nih.gov/ncmhep/initiatives/momsmental-health-matters/moms/

1-800-662-4357 To find a mental health provider in your area.

Suffolk Family YMCA

2769 Godwin Blvd. Suffolk, VA 23434 757-934-9622

www.ymcashr.org/

Free and open to the public- registration is required, online or at welcome desk.
Resources for expecting and postpartum families:
Thursdays 9:30-10:30am

EVMS Minus 9 to 5

Eastern Virginia Medical School E.V. Williams Hall 855 W. Brambleton Avenue Norfolk, VA 23510 757-446-7468

www.minus9to5.org/

A website to direct people to resources in the area that prepare families from conception to Kindergarten.

THRIVE Peninsula Market Sponsored by Food Lion Feeds

12749 Nettles Dr Newport News, VA 23606 757-877-6211.

Helps equip people with practical tools to transition through crisis to reach financial peace. Provides financial asst and coaching, food market, free bookstore.

www.thrivepeninsula.org

Request appt online or by phone.





Community Resources to Support Pregnant and Parenting Mothers in Need



Provided by:

Church of the Good Shepherd Catholic Church, 300 Smithfield Blvd, Smithfield, VA

23430

Phone: 757-365-0579

https://cgsparish.org/ministry/walking-

with-moms