

Group Resources

This is an active resource list. Please check back frequently for any updates or additional information.

Marriage, Parenting, & Family Aid

Free Parenting Classes at CHKD

CHKD.org

UpCenter Parenting Classes

theupcenter.org

Mediation Center of Hampton Roads

mediationhamptonroads.com

My Active Child

hamptonroadsmysactivechild.com

Project Link

vbgov.com/government/departments/human-services/behavioral-health/Pages/Project-Link.aspx

Tidewater Autism Society of America

Chapter.tidewaterasa.org

Parents in Need

parentsinneedhr.org

ForKids

forkids.org

Human Services & Financial Support

Utilities Assistance

dhcd.gov/utilityrelief

Abba List Resource Website

abbalist.org/resources

Assistance Paying Bills

Needhelppayingbills.com

211 Local Resources

211virginia.org

Virginia Human Services

vbgov.com/government/departments/human-services/Pages/default.aspx

Resource 757

planningcouncil.myresourcedirectory.com

Housing Assistance

linkhr.org



United Way Basic Needs

uwvp.org/first-call

Virginia Beach Housing Resource Center

vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/housing-resource-center.aspx

Norfolk Homeless Action & Response Team

norfolk.gov/2697/Homeless-Action-Response-Team-HART

Community Housing Solutions and Alternative Resources

comalt.org

Coalition Against Poverty in Suffolk

capsuffolk.org

Mental Health

Hopewell Counseling

Hopewellmin.org

Watermark Psychological Services

watermarkpsych.com

Liberating Lives Counseling

liberatinglives.org

Free Online Christian Counseling

Freechristiancounseling.online

Online Christian Counseling

Faithfulcounseling.com

Therapeutic Resource Website

therapistaid.com

National Alliance on Mental Illness (NAM)

Namicoastalvirginia.org

National Suicide Prevention Lifeline

suicidepreventionlifeline.org

Grief Support Groups & Seminars

Griefshare.org

H.U.F. Center

hufcenter.com

Local Psychiatric Hospitals

Virginia Beach Psychiatric Center

vbpcweb.com

Kempsville Center for Behavioral Health

kempsvillecbh.com

Sentara Virginia Beach General

sentara.com/medicalservices/services/behavioral-health.aspx

