





TABLE OF CONTENTS

ALCOHOL AND DRUG ABUSE	1
CLOTHING	1
DEPENDENT CARE RESOURCES	2
EDUCATION	3
EMPLOYMENT.....	5
FAMILY COUNSELING.....	8
FINANCES	8
FOOD RESOURCES	12
GENERAL INFORMATION.....	12
HEALTH CARE	13
HOUSING.....	15
LEGAL SERVICES.....	17
RECREATION.....	18
TRANSPORTATION	19
VOLUNTEER OPPORTUNITIES.....	19
WHEN YOU DON'T KNOW WHERE TO TURN.....	20
WEB SITES OF INTEREST	21

ALCOHOL AND DRUG ABUSE

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

Alateen | 972-7011

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

Alcoholics Anonymous | 293-6565

Answering service: Provides information about meeting dates, times and places for alcoholics.

Charlottesville Al-Anon Family Group | 972-7011

Answering service: An anonymous twelve-step mutual support group for families of alcoholics and drug abusers.

James River Alcohol Safety Program | 977-3553

Administers programs to reduce the incidence of accidents, injuries and fatalities resulting from driving under the influence of alcohol or other drugs. Conducts driver improvement classes and habitual offender services to appropriate clients.

Mohr Center | 979-8871

Short-term emergency shelter for adults who otherwise would be arrested for public drunkenness. Referral program through Region 10 includes a two-week residential program for men with daily participation in 12 step programs with AA and NA or a three month transitional program that focuses on sobriety, employment and permanent housing.

Narcotics Anonymous | 979-8298

Twelve-step self-help group for recovery from drug abuse.

Project LINK | 970-1498

Works to reduce the effects of substance abuse in the lives of women and their children.

Region Ten Community Services Board | 972-1800

Offers self-help programs, intensive substance abuse outpatient program and community outreach program. Charges vary with income, and can be reduced or waived for very low income persons.

CLOTHING

If you need affordable or free clothing, contact one of the following agencies:

Central Virginia Baptist Association | 589-6080

*815 Bolling Avenue, Charlottesville
Used clothing center with clothes for all ages. Low cost or free clothing with a voucher from a social service agency or church. The center is open Tuesday - Saturday 9am-12noon.*

Church of the Brethren | 973-3639

*1225 East Rio Road, Charlottesville
Provides free used clothing to the residents of Albemarle and Charlottesville. Limited to 6 visits per year. Open on Wednesdays from 6:30-7:30 p.m.*

Green Olive Tree Thrift Store | 823-4523

5784 Three Notch'd Road, Crozet
Offers used clothing and small household items in good condition at very low prices.

Pregnancy Center of Central Virginia | 979-4516 and 220-3777

320 West Main Street, Charlottesville and 1420 Greenbrier Place, Charlottesville
Maintains a small closet of maternity and baby clothes as well as other baby items for women in need.

Salvation Army Thrift Stores | 979-5230

604 Cherry Avenue, Charlottesville and 29 North at Airport Road
Provides used clothing and household goods and furnishings at minimal or no cost to those with a demonstrated need. Fee waived with a referral from the Salvation Army Emergency Services Program.

Schoolhouse Thrift Shop | 973-2271

1147 East Rio Road, Charlottesville
Non-profit store selling used clothing, children's equipment and toys.

DEPENDENT CARE RESOURCES

Child Care Resources

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

United Way Child Care Scholarship Program | 972-1715

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

Children, Youth & Family Services

Child Care Resource & Referral | 296-4118

116 West Jefferson Street, Charlottesville
Provides child care information through a database of home child care providers and child care centers. Helps parents identify their child care needs and find an appropriate provider.

Care for the Elderly & Disabled

If you are responsible for an elderly or disabled adult who needs home day care while you work, there are resources to help.

JABA Information & Assistance | 817-5260

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

EDUCATION

GED, Literacy & Basic Education

Call for times and locations.

Albemarle County	296-5888
Charlottesville/Albemarle Technical Education Center (CATEC)	973-4461
City of Charlottesville	245-2817
Fluvanna County	589-8208
Greene County	985-5239
Louisa County	(540) 894-4679
Nelson County	263-8317

Literacy & Tutoring

Literacy Volunteers of America (LVA)

Offers free, individualized tutoring to adults who want to improve basic reading and writing skills.

Albemarle/Charlottesville	977-3838
Fluvanna/Louisa County	(540) 967-1051
Nelson County	263-6347

Post Secondary Education

National College of Business & Technology | 295-0136

1819 Emmet Street North, Charlottesville

Provides training and education for entry level positions and professional growth in the areas of Business Management, Accounting, Computer Systems Management, Medical Billing and Coding, Medical Transcription, Office Administration and Professional Secretarial Science (Executive, Medical, and Legal). Diploma programs and Associate of Science Degrees are available.

Piedmont Virginia Community College | 977-3900

501 College Drive, Charlottesville

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

University of Virginia | 982-3200

1001 Emmet Street, Charlottesville

The University of Virginia is a selective public university that sustains the ideal of developing well-prepared leaders through education. UVA offers forty-eight bachelor's degrees in forty-six fields, and numerous master's, professional and doctorate degrees.

Early Childhood Education

MACAA Head Start | 295-3171

1025 Park Street, Charlottesville

Offers a preschool program with transportation and nutritious meals provided. Medical and dental care are available to the children enrolled in the program. Assistance with shelter, utilities and other basic needs is available to families. Workshops and meetings are held to promote parent involvement in their child's education. Call for information about the Head Start nearest to you.

