

## **MILITARY**

### **Air Mobility Command Terminal**

Naval air Station, Norfolk  
Building LP84  
Air Terminal Road  
Norfolk, VA 23511-5000  
Phone: 440-0939

Currently this operation is run on a part-time basis. The Center is open Tuesdays and Fridays from 6:00am till 8:00am. Television free coffee and donuts are offered to personnel waiting on flights.

### **Armed Services YMCA of Hampton Roads**

1465 Lakeside Road  
Virginia Beach, VA 23455  
Phone: 464-9404

363-1884(Regional)

Fax: 363-1503

Website: [www.asymcahr.com](http://www.asymcahr.com)

Serves military and their dependents. Hours are 9:00am-4:30pm, Monday-Friday. Various classes offered Monday-Friday. Improve quality of life for military personnel, spouses, and children through values oriented social, recreational, personal development, crisis prevention, and deployment, separation and child development programs. Also offers child care 6:00 a.m. to 6:30 p.m.

### **Exceptional Family Member Program**

Building 601  
Fort Eustis, VA 23604  
Phone: 953-5000  
Fax: 878-0919  
Website: [www.mwr.eustis.army.mil](http://www.mwr.eustis.army.mil)

Serves soldiers with handicapped or gifted dependents. Hours are 7:30am-4:30pm, Monday-Friday. Provides

assistance and information. Contact person Carol Hoya- 878-0901.

### **Family Advocacy Program**

2073 Tartar Avenue, Bldg 585  
Virginia Beach, VA 23461  
Phone: 492-6343

Prevention of family violence victim safety and protection offender accountability. Rehabilitative education and counseling command intervention.

### **Family Programs Office Integrated Support Center-Work Life**

Commander-USCG  
Integrated Support Command  
4000 Coast Guard Blvd  
Portsmouth, VA 23703  
Phone: 686-4033

Serves active duty military, family members, retirees and civilian employees. Hours are 7:30am-4:00pm, Monday-Friday. Provides family programs, dependent resources, relocation information, career information, etc.

### **Fisher House Apartments**

853 Williamson Drive  
Building 287  
Portsmouth, VA 23708  
Phone: 953-6889  
Fax: 953-7174  
Website: [www.fisherhouse.org](http://www.fisherhouse.org)  
Email: [fishrhouse@msn.com](mailto:fishrhouse@msn.com)

Provides lodging for people who come to Portsmouth Naval Hospital for outpatient medical treatment or for family members of patients.

### **Fleet and Family Services Center**

4504 Relay Road  
Building 374

Chesapeake, VA 23320  
Phone: 421-8770  
Fax: 421-8782  
Website: [www.ffsnorva.navy.mil](http://www.ffsnorva.navy.mil)

Hours are 8:00am-4:30pm, Monday-Wednesday; 8:00am-6:30pm, Thursday; 8:00am-2:30pm, Friday. Offers free parenting programs in multi-sessions or on an individual basis. These are available for active duty members, retirees, and military dependents. Programs for children on the move, counseling for families with children on the effects of the mobile lifestyle on military families; also offers special programs for deployment.

1450 D. Street  
Norfolk, VA 23521-2444  
Phone: 462-7563  
Fax: 462-8262  
Website: [www.ffsnorva.navy.mil](http://www.ffsnorva.navy.mil)

Serves active duty military, family members and retirees. Hours are 8:00am-4:30pm, Monday-Friday.

800 Powder Keg Lane  
Bldg 799, Gate 3  
Yorktown, VA 23591-0160  
Phone: (757) 887-4606  
Website: [www.ffsnorva.navy.mil](http://www.ffsnorva.navy.mil)

Hours are 8:00am-5:00pm, Monday-Thursday; 8:00am-2:30pm, Friday. Serves active duty military, family members and retirees.

1896 Laser Road, Suite 120  
Virginia Beach, VA 23460-2281  
Phone: 433-2912  
Website: [www.ffsnorva.navy.mil](http://www.ffsnorva.navy.mil)

Hours are 8:00am-5:00pm, Monday-Thursday; 8:00am-2:30pm, Friday.

Offers free parenting programs in multi-sessions or on an individual basis. These are available for active duty members, retirees, and military dependents. Programs for children on the effects of the mobile lifestyle on military families; also offers special programs for deployment. Offers a wide variety of educational programs.

7928 14<sup>th</sup> Street, Suite 102  
Norfolk, VA 23505-1219  
Phone: 444-2102  
Website: [www.ffsnorva.navy.mil](http://www.ffsnorva.navy.mil)

Hours are 8:30am-4:30pm, Monday-Friday. Offers free parenting programs in multi-sessions or on an individual basis. These are available for active duty members, retirees, and military dependents. Programs for children on the effects of the mobile lifestyle on military families; also offers special programs for deployment. Offers a wide variety of educational programs.

**Fort Story-Army Family Advocacy**  
Bldg 601  
Virginia Beach, VA 23459  
Phone: 422-7311

Serves military families. Hours are 8:00am-4:30pm. Offers educational programs.

**Huntington Hall-BEQ USO**  
3100 Huntington Avenue  
Newport News, VA 23607  
Phone: 688-4238  
289-5915 (cell)  
Director: Danis Lensch

Hours are 7:30am-10:00pm. The center provides a friendly atmosphere. Assortments of activities are available-

movies on a big screen TV; cards, board games, mini-trips and emergency transportation. We also operate an on-site phone center for long distance calls. In addition, phone cards and stamps are available.

**Langley Family Support Center**

45 Nealy Avenue, Suite 100  
Langley AFB, VA 23665  
Phone: 764-3990  
Fax: 764-6752  
Website: [www.afas.org](http://www.afas.org)

Hours are 7:30am-4:30pm, Monday-Friday. Provides monetary assistance to active duty or retired personnel or their dependents when there is a special need, which could include food, shelter or emergency travel. Verification of need is required. Also provides budget counseling.

**Newport News/Williamsburg  
Airport USO Center**

Bland Blvd  
Newport News, VA 23608  
Phone: 988-0017  
Website: [www.usohr.com](http://www.usohr.com)  
Director: Libby Kendrick

Hours are 9:00am-5:00pm, Monday-Sunday. Located in the main passenger terminal at the Newport News/Williamsburg Airport, the Center is across from all Airline Ticket Counters. Our USO is open to all active duty members and their families. We welcome all military personnel including: ROTC students; Disabled Veterans; Reservists; National Guard; International Students and family members. The USO Airport helps provide transportation to all military facilities. We help with lost luggage, ticket information, local events

information, maps, and travel problems such as car rental. The USO Center also provides friendly and courteous service for passengers with problems pertaining to travel arrangements. While visiting our Center enjoy TV, movies, magazines, books, snacks, refreshments, along with toys and small games for children, we also sell USO Telephone Calling Cards. The Airport USO also offers tours and mini-trips around the Hampton Roads area.

**Norfolk Naval Housing Welcome  
Center**

Phone: 445-2751

**U.S. Army Community Services**

Building 522, Fort Story  
Virginia Beach, VA 23459  
Phone: 422-7311  
Fax: 422-7095

Serves all ages. Provides short term financial aid to active and retired personnel of U.S. Army and their dependents. Information provided concerning allowances, pensions, and government insurance. Also assists orphans and widows of deceased Army personnel.

**U.S. Army Youth Activities**

Bldg 457, Fort Story  
Virginia Beach, VA 23459  
Phone: 422-7714  
Fax: 422-7330

Serves all military dependents. 6:00am-6:00pm-school age and 6:00pm-10:00pm-teens. Provides a wide variety of recreational activities for children, summer day camp. Call for specific program information.

**U.S. Coast Guard Mutual Assistance**

Commander, CG Mutual Assistance Rep.

USCG Finance Center

1430A Kristina Way

Chesapeake, VA 23326

Phone: 523-6706

Email: [kdewinter@fincen.uscg.mil](mailto:kdewinter@fincen.uscg.mil)

A non-profit charitable organization established to provide financial aid to the entire Coast Guard community. Promotes financial stability and general well being of Coast Guard people through interest free loans, grants and financial counseling.

### **U.S. Navy/Marine Corps Relief Society**

Hampton Roads Branch

7920 Hampton Blvd

Norfolk, VA 23505

Phone: 423-8830

Provides monetary assistance in emergency situations to active duty or retired personnel or their dependents. Emergency situations could be said to exist when there is no food, shelter or there is a special need to travel.

### Little Creek Amphibious Base

1457 D Street, Suite 300

Norfolk, VA 23521

Phone: 462-9364

Fax: 462-8262

Website: [www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil)

Provides monetary assistance in emergency situations to active duty or retired personnel or their dependents. Emergency situations could be said to exist there is no food, shelter or there is a special need to travel.

### NAS Oceana Auxiliary

Bldg 531

Virginia Beach, VA 23460-5120

Phone: 425-5789

Hours are Monday-Friday, 8:00am-4:00pm. By appointment only. Emergency Assistance after hours contact: 444-6289 (NAVY). Provides monetary assistance in emergency situations to active duty or retired personnel or their dependents. Emergency situations could be said to exist when there is no food, shelter or there is a special need to travel.

### Portsmouth Naval Medical Center

624 John Paul Jones Circle

Portsmouth, VA 23708

Phone: 399-1675

Fax: 399-7579

Website: [www.nmcp.med.navy.mil](http://www.nmcp.med.navy.mil)

Provides monetary assistance in emergency situations to active duty or retired personnel or their dependents. Emergency situations could be said to exist when there is no food, shelter or there is a special need to travel.

### Yorktown Naval Weapons Station

Bldg 31A

Yorktown, VA 23691-5000

Phone: (757) 887-5016

Website: [www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil)

Hours are Monday-Friday, 8:00am-4:00pm. Provides monetary assistance in emergency situations to active duty or retired personnel or their dependents. Emergency situations could be said to exist when there is no food, shelter or there is a special need to travel.

### **USO Center/Armed Forces YMCA Lounge**

Norfolk International Airport Arrivals Terminal, 2<sup>nd</sup> Floor

Norfolk, VA  
Phone: 857-6040

Provides information and referrals, snacks, coffee, books, and movies to all active duty military, disabled veterans, reservists, National Guard, retirees and their families. Hours are Monday-Sunday, 8:00am-11:00pm.

### **USO Centers**

#### Fort Monroe

Administrative Headquarters for USO of Hampton Roads

Phone: 788-4984

Fax: 788-4988

Email: [usohptrds@monroe.army.mil](mailto:usohptrds@monroe.army.mil)

Website: [www.usohr.com](http://www.usohr.com)

Hours are 9:00am-5:00pm, Monday-Friday.

#### Little Creek Amphibious

Building 1604

East of the Marina

Phone: 318-7156

Open to all active duty, dependent National Guard, Reserve and Retirees. Offers space for spouse, family support groups, and holiday parties- all free of charge. Hours are Thursday-Monday; 9:00am-5:00pm.

#### Norfolk Naval Station

Building LP84

Air Terminal Road

Phone: 440-0939

Website: [www.usohr.com](http://www.usohr.com)

Serves military families and travelers transiting through. Emergency assistance and transportation provided free of charge. Light refreshments, TV, coffee, music, computer w/internet access. Dependents' lounge for the kids. Infant

area with cribs, diaper changing area, microwave and sink. Hours are Monday-Sunday, 5:00a.m.-10:00pm. Director: Teresa Uminn.

### **USO-Gram Center**

Naval Air Station, Norfolk

Norfolk, VA 23511

Phone: 444-6289

Center has computers for use of preparing a Gram. Disks can also be taken home and prepared at individual's leisure. Provides a service that allows the quickest possible communication with spouse or loved one that is hassle free, easy and inexpensive.

### **Vet Center**

2200 Colonial Avenue

Norfolk, VA 23517

Phone: 623-7584

Fax: 441-6621

Hours are 8:00am-4:30pm, Monday-Friday. Agency is a program of the federal government providing readjustment counseling, employment information and referral services for Vietnam era veterans.

### **Virginia Department of Veterans' Affairs**

#### Regional Office

270 Franklin S.W.

Roanoke, VA 24004

Phone: (540) 857-7101 or

1-800-827-1000 toll free

Fax: (540) 857-6437

Website: [www.dvs.va.gov](http://www.dvs.va.gov)

Hours are 8:00 a.m. to 4:30 p.m. Monday – Friday. Agency is a state department providing services to all veterans, their widows, orphans and dependents.

## **Military Installation Main Numbers**

### **Air Force**

Langley Air Force Base  
Hampton  
Phone: 764-5232

### **Army**

Fort Eustis  
Newport News  
Phone: 878-5608

Fort Story  
Virginia Beach  
Phone: 422-7305

### **Coast Guard**

Atlantic Area 5<sup>th</sup> Coast Guard District  
Portsmouth  
Phone: 398-6272

Coast Guard Training Management Center  
Phone: 366-6590

Coast Guard Reserve and Training Center  
Yorktown  
Phone: (757) 898-3500

Coast Guard Work/Life Program  
Phone: 398-6447

Facilities Design and Construction Center  
Norfolk  
Phone: 858-6288

Group Hampton Roads  
Portsmouth  
Phone: 483-8567

### **Marine Corps**

Marine Safety Office  
Hampton Road  
Norfolk  
Phone: 441-3302

U.S. Marine Corps Forces Atlantic Liaison Element  
Norfolk  
Phone: 444-6313

### **Navy**

Cheatham Annex  
Williamsburg  
Phone: (757) 887-7108 (Day)  
(757) 887-7222 (Night)

Dam Neck, FTCCL  
Virginia Beach  
Phone: 433-2000

Little Creek, NAB  
Norfolk  
Phone: 464-8631

Naval Air Station, Norfolk  
Norfolk  
Phone: 444-0000

Naval Air Station, Oceana  
Virginia Beach  
Phone: 433-2456

## **Major Commands**

### **Air Force**

Air Combat Command  
Langley AFB  
Phone: 764-9990

### **Army**

TRADOC

Fort Monroe  
Hampton  
Phone: (757) 788-2111

Army Transportation Center  
Fort Eustis  
Phone: (757) 878-5608

### **Coast Guard**

Atlantic Area Command  
Portsmouth  
Phone: 398-6272

Integrated Support Command  
Portsmouth  
Phone: 483-8590

Maintenance and Logistics Command  
Atlantic  
Phone: 628-4275

### **Marine Corps**

Marine Corps Security Force Battalion  
Norfolk  
Phone: 444-4355

### **Navy**

Commander-in-Chief, U. S. Atlantic  
Fleet  
Norfolk  
Phone: 322-6190

Commander Naval Air Force  
Atlantic  
Norfolk  
Phone: 444-4259

Commander Naval Submarine Force  
Atlantic  
Norfolk  
Phone: 444-6505

Commander Naval Surface Force

Norfolk  
Phone: 322-3014

Navy Exchange Command  
Virginia Beach  
Phone: 425-4200

Naval Base, Norfolk  
Norfolk  
Phone: 444-0000

Naval Hospital  
Portsmouth  
Phone: 953-5000

Naval Weapons Station  
Yorktown  
Phone: 820-0884

Norfolk Naval Shipyard  
Portsmouth  
Phone: 397-9008

Northwest, NSGA  
Chesapeake  
Phone: 421-8000

SUPSHIP Newport News  
Newport News  
Phone: 380-2000

### **Joint Commands**

Armed Forces Staff College  
Norfolk  
Phone: 44-5155

Joint Warfighting Center  
Hampton  
Phone: 726-6896

Supreme Allied Command  
Atlantic, NATO  
Norfolk  
Phone: 445-3400

United States Atlantic Command  
Norfolk  
Phone: 444-5124

### **Military Child Care Centers**

#### **Air Force**

Langley AFB  
Hampton  
Phone: (757) 764-3585

#### **Army**

Fort Eustis  
Newport News  
Phone: 878-5978

Fort Story  
Virginia Beach  
Phone: 422-7413

#### **Navy**

Dam Neck Annex  
Norfolk  
Phone: 492-8685

Little Creek, NAB  
Norfolk  
Phone: 462-7868

Norfolk Naval Base  
Norfolk  
Phone: 444-3239

NAS Oceana  
Virginia Beach  
Phone: 433-3164

Norfolk Naval Shipyard  
Portsmouth  
Phone: 396-5863

Northwest, NSGA

Chesapeake  
Phone: 421-8266

### **Military Child Development Centers**

#### **Air Force**

Langley AFB  
Hampton  
Phone: (757) 764-3585

#### **Army**

Fort Eustis  
Newport News  
Phone: 878-5978

#### **Navy**

Naval Base, Norfolk  
Norfolk  
Phone: 444-3379

Naval Amphibious Base, Little Creek  
Norfolk  
Phone: 462-7868

Norfolk Naval Shipyard  
Portsmouth  
Phone: 396-5863

Naval Weapons Station  
Yorktown  
Phone: (757) 820-0884

## **NATIONAL ORGANIZATIONS**

**Action/Pride, The National Resource Center**  
3610 Dekalb Tech. Pkwy, Suite 105  
Atlantic, GA 30340  
Phone: (770) 458-9900