

all parents. A free toy is given each week.

### **Early Childhood Step**

Join small groups of parents in discussion about raising young children. Early Childhood Step is for parents whose children are between one and six years of age. Come to seven 1-1/2 hour sessions and learn about stages of development and expectations for children of these ages, building self-esteem, effective discipline, understanding your child's behavior, communication, emotional development and more!

Free child care is provided. Both programs are free and for your convenience, classes are located in neighborhoods in all five South Hampton Road cities.

### **Stepfamily Association of America**

650 J. Street Suite 205  
Lincoln, NE 68508  
Phone: 1-800-735-0329 toll free  
Website: [www.saafamilies.org](http://www.saafamilies.org)  
Email: [stepfamfs@aol.com](mailto:stepfamfs@aol.com)

Agency is a non-profit organization which provides information, education, and support to help all stepfamilies succeed.

### **Tidewater Parent Magazine**

258 Granby Street  
Norfolk, VA 23510  
Phone: 222-3901  
Fax: 222-3919  
Website: [www.tidewaterparent.com](http://www.tidewaterparent.com)

This a resource specifically for families which provides information on

education, health, products and available local services for the family.

### **U.S. Army Community Services**

Family Advocacy Program  
Ft. Story, VA 23459  
Phone: 422-7311

Hours are 8:00am-4:30pm. Serves military families. Provides a variety of parenting classes, including "How to Talk So Kids Will Listen" and "Hidden Keys to Successful Parenting" and other educational programs

## **PHYSICALLY HANDICAPPED SERVICES**

### **American Council for the Blind**

Phone: 1-800-232-5463  
Fax: (212) 502-7777  
Website: [www.afb.org](http://www.afb.org)

Provides information on blindness. Gives referrals to clinics, rehabilitation organizations, research centers and local chapters. Also publishes resource lists.

### **Amputee Support Association of Hampton Roads**

P. O. Box 11539  
Norfolk, VA 23517  
Phone: 558-1052

Hours are 10:30am-12:30pm, Saturday. Provides meetings to share experiences, emotional support, education, social and recreation activities.

### **Better Hearing Institute**

P. O. Box 1840  
Washington, DC 20013  
Phone: 1-800-EAR-WELL

Hours are 9:00am-5:00pm. (est.), Monday-Friday. Tinnitus is commonly known as ringing in the ears. For a free booklet on tinnitus, its causes and treatments or for local sources of hearing help call the toll-free Hearing Helpline.

**Children's Center**

300 Executive Court  
Suffolk, VA 23434  
Phone: 538-2523  
Fax: 538-2925

507 3<sup>rd</sup> Avenue  
Franklin, VA 23851  
Phone: 562-6806  
Fax: 562-2992

Hours are 6:30am-6:00pm, Monday-Friday. Early invention provides parents of young children with disabilities the training, support needed to be their child's best teacher. Direct services include evaluation, therapy and day care.

**Deaf Missionary Church**

3520 Johns Street  
Norfolk, VA 23513  
Phone: 855-6363  
Fax: 523-9489

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Offers supportive services to the deaf, including advocacy, counseling, and interpretation, religious and spiritual services. Assistance in deaf related weddings and funerals. Interpreters for the community.

**Dial-a-Hearing Screening Text**

Phone: 1-800-222-3277

Answers questions on hearing problems and makes referrals to local numbers for a two-minute hearing test. Makes

referrals to organizations with information on hearing problems.

**Dogs for the Deaf**

10175 Wheeler Road  
Central Point, OR 97502  
Phone: 1-800-990-DOGS  
Fax: 541-826-6696  
Website: [www.dogsforthe deaf.org](http://www.dogsforthe deaf.org)

Rescues dogs from a shelter, trains them for 4 to 6 months to respond to a phone or TTY, smoke or fire alarm, oven buzzer, alarm clock, baby crying, doorbell or door knock.

**Eastern Virginia Center for Communication Disorders**

825 Fairfax Avenue  
Norfolk, VA 23507  
Phone: 446-5934  
Fax: 446-5968  
Website: [www.evms.edu](http://www.evms.edu)

Serves all ages. Hours are 8:30am-5:00pm, Monday-Friday. Provides audiological testing, and diagnosis; stuttering therapy and other speech and hearing services; comprehensive speech and hearing center.

**Hampton Roads Coalition of People with Disabilities**

15 Koger Center, Suite 100  
P. O. Box 12951  
Norfolk, VA 23502  
Phone: 461-8007  
461-7527 (TTY)  
499-5393 (After Hours)  
Fax: 455-8223

Hours are 8:30am-5:00pm, Monday-Friday. Advocates for implementation/compliance for all acts including the ADA, Rehabilitation Act, and IDEA. Promotes disability

awareness. Improves networking of disability organizations and consumers. Enhances information and referral services. Coalition membership is open to individuals (consumers) and agencies/organizations serving and or advocating for people with disabilities. This includes, but is not limited to, individuals who have a disability or who are family members of a person with a disability, state and local human services agencies, education systems, other public and private agencies and organizations. Meetings are held at 5:30pm, on the 4<sup>th</sup> Monday of each month, at the Independence Center, Inc. Janaf Office Building Suite 601, Norfolk, VA 23502. All Coalition meetings are open to the public.

#### **Hear Now**

Phone: 1-800-648-4327

Distributes reconditioned hearing aids. Provides services for hearing impaired people who do not have the financial resources to purchase aids.

#### **Hearing Aid Helpline**

Phone: 1-800-521-5247

The Hearing Aid Helpline is available in 50 states and Canada from 10:10am-4:00pm. (est.), Monday-Friday. Each call is handled individually.

#### **Hellen Keller National Center**

141 Middle Neck Rd.  
Sands Point, NY 11050  
Phone: (516) 944-8900  
Website: [www.hknc.org](http://www.hknc.org)

Serves deaf-blind youths and adults. A directory of agencies and organizations serving individuals who are deaf-blind is available to purchase.

#### **Human Growth Foundation**

Phone: 1-800-451-6434

Fax: (516) 671-4055

Website: [www.hgfound.org](http://www.hgfound.org)

Provides parent education, supports research and promotes awareness of physical and emotional problems of short people. Offers literature on child growth abnormalities.

#### **Lead Line**

Phone: 1-800-352-8888

Provides information on deafness and raising and educating a deaf child. Referrals to parents, professionals and resources.

#### **Lions Center for Sight**

Sentara Norfolk General Hospital  
600 Gresham Drive  
Norfolk, VA 23507  
Phone: 668-2100

Serves all ages. Hours are 8:00am-4:00pm, Monday- Friday. Agency is a regional center for the diagnosis and treatment of major eye disorders. Patients are accepted via Emergency Room. One week's time to process application. There is a waiting list to receive services.

#### **Mobility Products and Services, Inc.**

3564 Western Branch Blvd  
Portsmouth, VA 23707  
Phone: 399-4997  
Fax: 399-4899

Hours are 8:00am-4:30pm, Monday-Friday. Provides specialized equipment-home elevators, stairway elevators, dumbwaiters, indoor and outdoor wheelchair lifts and ramps, steering and

driving hand controls for car transmissions, van lifts, chairlifts, aqua lifts and 3-wheeled battery-operated vehicles for the elderly and disabled.

**Norfolk Commission for Persons with Disabilities**

Phone: 664-6108  
Fax: 664-3275

Assists persons with disabilities in achieving more independent and fuller lives through promoting awareness of the needs of the disabled.

**Special Olympics**

3212 Skipwith Road Suite100  
Richmond, VA 23294  
Phone: 1-800-932-GOLD  
Fax: (804) 346-9633  
Website: [www.specialolympicsva.org](http://www.specialolympicsva.org)

Serves ages 8 and above. Hours are 9:00am-5:00pm, Monday-Friday. Provides year-round sports training and competition.

**Temple Baptist Church**

1322 N. George Washington Hwy  
Chesapeake, VA 23323  
Phone: 485-5828

Members of the church learn and practice sign language so that they might befriend and share the gospel with the deaf.

**Tidewater Association for Hearing Impaired Children (TAHIC)**

1821 Old Donation Parkway #10  
Virginia Beach, VA 23454  
Phone: 481-1826(Voice/TDD)  
Private Phone  
Website: [www.tahic.org](http://www.tahic.org)

24 hours. Offers information, parents support group, deaf awareness retreats at Jamestown 4H, children's parties and advocacy networking (including parents and professionals).

**Virginia Assistance Technology System**

Southeast Regional Office  
C/o college of Education, Room 361  
Old Dominion University  
46<sup>th</sup> Street and Hampton Blvd.  
Phone: 683-3639  
683-4305 (Secretary Office)  
(804) 662-9990 (State Office)  
Website: [www.vats.org](http://www.vats.org)

Hours are 8:00am-5:00pm., Monday-Friday. Provides a federally-funded statewide grant program committed to improve the quality of life of all Virginians by increasing awareness and accessibility of assistive technology. Also provides access and use of assistive technology (any product or environmental modification that increases the independence, safety or comfort of an individual). Services include information and referral, training, equipment demonstration, lab demonstrations, video library, networking opportunities and other services.

**Virginia Association of the Blind**

134 Cinnamon Court  
Chesapeake, VA 23321  
Phone: 488-4577 or  
1-800-426-2144 toll free  
Fax: 488-4577

Serves State of Virginia. Locates, informs and assists people who are blind or partially blind. There are no fees for services. Work with the blind, partially blind and sighted to elevate the social,

economic and cultural levels of persons with impaired vision.

**Virginia Autism Resource Center**

134 W. Pie Street  
Winchester, VA 22601  
Phone: (703) 667-7771

Serves autistic clients and their families. Hours are 8:15am-4:00pm., Monday-Friday. Provides information and lending library which includes tapes.

**Virginia Board for People with Disabilities**

202 N. 9<sup>th</sup> Street  
Richmond, VA 23219  
Phone: 1-800-846-4464  
Website: [www.vaboard.org](http://www.vaboard.org)

Serves community. Hours 9:00am-5:00pm, Monday-Friday. Offers information, advocacy and networking. Promotes and facilitates maximum independence, productivity, family support and community participation of people with disabilities through advocacy, education and prevention initiatives. The Government appoints 40 people to serve on the board, the majority of who are individuals with disabilities and parents of individuals with disabilities.

**Virginia Board of Audiology and Speech-Language Pathology**

6606 W. Broad Street, 4<sup>th</sup> Floor  
Richmond, VA 23230-1717  
Phone: (804) 662-7390  
(804) 662-7197 (TDD)  
Fax: (804) 662-9943

Serves the community. Hours are 8:15am-5:00pm, Monday-Friday. Offers information, advocacy and networking.

**Virginia Department for the Visually Handicapped**

397 Azalea Avenue  
Library Resource Center  
Richmond, VA 23227  
Phone: (804) 371-3140  
1-800-622-2155  
(804) 371-3140 (TDD)  
Website: [www.vdbvi.org](http://www.vdbvi.org)

Serves the community. Hours 8:15am-5:00pm, Monday-Friday. Offers information, advocacy and networking.

**Virginia Department of Medical Assistance Services**

600 E. Broad Street, Suite 1300  
Richmond, VA 23219  
Phone: (804) 786-8099  
Fax: (804) 371-4981

Serves the community. Hours 9:00am-5:00pm, Monday-Friday. Offers information, advocacy and networking.

**Virginia Department of Rehabilitative Services**

8004 Franklin Farms Drive  
Richmond, VA 23229  
Phone: (804) 662-7010  
1-800-552-5019  
Fax: (804) 662-9532

3248 Academy Avenue, Suite 22-26  
Portsmouth, VA 23703  
Phone: 686-5004  
Fax: 686-4999 or 4982

861 Glenrock Road  
Norfolk, VA 23502  
Phone: 455-0831  
Fax: 455-0833

281 Independence Blvd, Suite 101  
Virginia beach, VA 23462  
Phone: 683-8440

Fax: 552-1130

Website: [www.vadrs.org](http://www.vadrs.org)

Serves the community. Hours are 8:00am-5:00pm, Monday-Friday. Offers information, advocacy and networking.

**Virginia Department for the Deaf and Hard of Hearing**

1602 Rolling Hills Drive  
Richmond, VA 23229  
Phone: 1-800-552-3962 toll free  
Website: [www.vddhh.org](http://www.vddhh.org)

Serves all ages. Provides a broad range of information to deaf and hard of hearing individuals through special communications devices.

**Virginia Office for the Protection and Advocacy, The**

1910 Byrd Avenue Suite 5  
Richmond, VA 23230  
Phone: (804) 225-2042  
Fax: (804) 662-7057  
Website: [www.vopa.state.va.us](http://www.vopa.state.va.us)  
Email: [general.vopa@vopa.virginia.gov](mailto:general.vopa@vopa.virginia.gov)

Virginia Beach Field Office

287 Independence Blvd. Suite 120  
Virginia Beach, VA 23462  
Phone: 552-1148  
Fax: 552-1145

Provides responsive, expert assistance and representation addressing disability related abuse and neglect, discrimination and inappropriate services and treatment.

**Virginia Special Olympics, Inc.**

3212 Skipwith Road, Suite 100  
Richmond, VA 23294  
Phone: 1-800-932-4653  
Fax: 804-346-9633  
Website: [www.specialolympicsva.org](http://www.specialolympicsva.org)

Hours are 9:00am-5:00pm, Monday-Friday. Provides recreational training for mentally retarded, ages 8 and above.

**Virginia State Library for the Visually and Physically Handicapped**

Local Office  
936 Independence Blvd  
Virginia Beach, Blvd 23455  
Phone: 464-9175  
Website: [www.vb.gov.com/library](http://www.vb.gov.com/library)

Hours are 10:00am-9:00pm, Monday-Thursday, 10:00am-5:00pm, Friday and Saturday. Agency is a state operated library for the visually, physically handicapped, and learning disabled, with materials available in record, tape cassette, Braille, and large print.

**Virginia Statewide Independent Council**

11655 Explorer Drive  
Midlothian, VA 23114  
Phone: (804) 897-7228  
Fax: (804) 897-1080  
Website: [www.vasilc.org](http://www.vasilc.org)  
Email: [virginiaSILC@comcast.net](mailto:virginiaSILC@comcast.net)

Agency works to increase the impact of independent living services in Virginia. Offers information, advocacy and networking.

**PREGNANCY/FAMILY  
PLANNING**

**Barker Foundation, The**

7979 Old Georgetown Road  
Bethesda, MD 20818  
Phone: (301) 664-9664 or  
1-800-673-8489 toll free  
Fax: 301-664-9604