

## Community Resources for Probation and Parole District # 4

*Also Available to Former Supervisees*

CATEGORY	AGENCY NAME AND ADDRESS	TELEPHONE NUMBER / CONTACT PERSON	E-MAIL / WEBSITE ADDRESS
<b>EMERGENCY NUMBERS</b>	<p style="text-align: center;">911</p> <p style="text-align: center;">Emergency Services- ESCSB- Mental Health crisis</p> <p style="text-align: center;">Suicide and Crisis Lifeline</p>	<p style="text-align: center;">911</p> <p style="text-align: center;">757-442-7707</p> <p style="text-align: center;">988</p>	
<b>RE-ENTRY COUNCIL</b>	<p style="text-align: center;">Community Partners of the Eastern Shore</p>	<p style="text-align: center;">Any probation officer (referral)</p>	<p style="text-align: center;">Meetings are held the 3<sup>rd</sup> Thursday of each month</p>
<b>LOCAL COMMUNITY RADIO</b>	<p style="text-align: center;">WESR – 103.3</p>	<p style="text-align: center;">757-787-3200</p>	<p style="text-align: center;"><a href="http://www.shoredailynews.com">www.shoredailynews.com</a></p>
<b>PUBLIC ASSISTANCE</b>	<p style="text-align: center;">Accomack Co. Department of Social Services</p> <p style="text-align: center;">Northampton Co. Department of Social Services</p>	<p style="text-align: center;">757-787-1530</p> <p style="text-align: center;">Mozella Francis</p> <p style="text-align: center;">757-678-5153</p>	<p style="text-align: center;"><a href="mailto:vickie.weakley@dss.virginia.gov">vickie.weakley@dss.virginia.gov</a></p> <p style="text-align: center;"><a href="mailto:mozella.francis@dss.virginia.gov">mozella.francis@dss.virginia.gov</a></p>

<b>EMPLOYMENT ASSISTANCE</b>	Virginia Employment Commission  Telamon Corporation  Step Up Inc.	757-302-2029  757-442-2002  757-588-3151	<a href="http://www.vec.virginia.gov">www.vec.virginia.gov</a>  Located at Blue Crow in Painter
<b>JOB TRAINING SERVICES</b>	Workforce Investment Act Services  Eastern Shore Workforce Development Center	Michelle Spangler 757-787-1756 757-789-1790	<a href="mailto:mspangl@es.vccs.edu">mspangl@es.vccs.edu</a>
<b>VETERAN'S RE-ENTRY</b>	Virginia Wounded Warrior	Mackenzie Abridello 757-224-5208	<a href="mailto:mabridel@hnncsb.org">mabridel@hnncsb.org</a>
<b>SUBSTANCE ABUSE/MENTAL HEALTH SERVICES</b>	E.S. Community Services Board  Alcoholics Anonymous (AA)  Celebrate Recovery – Onancock Baptist Church – Onancock, VA	757-442-3636  757-710-8821  757-787-4348	<a href="http://www.escsb.org">www.escsb.org</a>  AA online meetings <a href="https://www.e-aa.org/index.php">https://www.e-aa.org/index.php</a>  NA online meetings <a href="https://virtual-na.org/">https://virtual-na.org/</a>
<b>CHILD SUPPORT SERVICES</b>	Bureau of Support Enforcement	Joann Hall 800-468-8894	<a href="mailto:joann.hall@dss.virginia.gov">joann.hall@dss.virginia.gov</a>

<b>CUSTODY MATTERS</b>	Court Services Unit	Erica Lawson 757-787-5860	<a href="mailto:Erica.Lawson@djj.virginia.gov">Erica.Lawson@djj.virginia.gov</a>
<b>MEDICAL</b>	Accomack County Health Department Northampton County Health Department	757-787-5880 757-442-6228	<a href="http://www.vdh.virginia.gov">www.vdh.virginia.gov</a>
<b>MEDICAL</b>	Riverside Health Services E.S. Rural Health	757-302-2100 757-414-0400	<a href="http://www.shorehealthservices.org">www.shorehealthservices.org</a> <a href="http://www.esrh.org">www.esrh.org</a>
<b>RESTORATIVE THERAPY SERVICES</b>	Department of Rehabilitative Services No Limits Head Injury Day Program	Robin Sexauer 757-787-5813 757-789-3990	<a href="mailto:robin.sexauer@vrs.virginia.gov">robin.sexauer@vrs.virginia.gov</a>
<b>SEX OFFENDER REGISTRY</b>	Virginia State Police	757-787-5813	<a href="http://www.vsp.virginia.gov">www.vsp.virginia.gov</a>
<b>VETERAN'S BENEFITS</b>	Department of Veteran's Services	Wendy Ainsworth 757-787-5862	<a href="mailto:Wendy.ainsworth@dvs.virginia.gov">Wendy.ainsworth@dvs.virginia.gov</a>
<b>READING/LITERACY SUPPORT</b>	Eastern Shore Literacy Council, Inc.	757-789-1761	<a href="mailto:esliteracy@verizon.net">esliteracy@verizon.net</a>
<b>COMPUTERS</b>	Eastern Shore Public Library	Carol Vincent 757-787-3400	<a href="mailto:cvincent@espl.virginia.gov">cvincent@espl.virginia.gov</a>
<b>EDUCATION</b>	Eastern Shore Community College	757-787-5900	es.vccs.edu
<b>TRANSPORTATION</b>	Star Transit	757-787-8322	<a href="http://www.MYTRANSIT.com">www.MYTRANSIT.com</a>

<b>SHELTER</b>	Lighthouse Ministries Coalition Against Domestic Violence	757-787-2535 757-787-1329	<a href="mailto:Heislord89@yahoo.com">Heislord89@yahoo.com</a> <a href="mailto:escadv@verizon.net">escadv@verizon.net</a>
<b>CLOTHING AND FURNITURE</b>	Light House Thrift Shop	757-787-8445	
<b>FOOD</b>	Foodbank of the Eastern Shore (part of Southeastern Virginia Foodbank) <b>FREE MEALS</b> Meals for the Hungry – Epworth UMC – Exmore, VA – Every Wednesday - 5:30 PM to 6:30 PM  Meals for the Hungry - Market Street UMC– Onancock, VA – 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month – 5:00PM to 6:30PM	757-787-2557  757-442-6391  757-787-4873	foodbankonline.org
<b>HOUSING</b>	Accomack-Northampton Planning District Commission and Regional Housing Authority	757-787-2800	<a href="http://www.a-npdc.org">www.a-npdc.org</a>
<b>DISASTER RELIEF AID</b>	Lower Shore Chapter Red Cross	410-749-5331	<a href="http://www.redcrosslowershore.org">www.redcrosslowershore.org</a>
<b>Funds for Training</b>	Eastern Shore Area Agency on Aging	757-442-9652	<a href="mailto:esaaa@aol.com">esaaa@aol.com</a>
<b>DENTAL Assistance</b>	ES Rural Health System, Inc	757-414-0400	<a href="http://www.esrh.org">www.esrh.org</a>
<b>EYE GLASSES</b>	Zenni Optical (must have prescription)		<a href="http://www.zennioptical.com">www.zennioptical.com</a>

	Lions Club of the Eastern Shore		(ask at Health Department)
<b>Transportation for Veterans to VA Hospital</b>	Virginia Employment Commission	Alex Hightower 757-302-2018	<a href="mailto:Alexander.Hightower@vec.virginia.gov">Alexander.Hightower@vec.virginia.gov</a>
<b>HEALTHY LIFESTYLE</b>	Eastern Shore Family YMCA	757-787-5601	<a href="http://www.ymcahr.org">www.ymcahr.org</a>
	Virginia Cooperative Extension(4-H)	757-787-1361	accomack.ext.vt.edu
<b>MENTAL HEALTH SUPPORT SERVICES</b>	E. S. Community Services Board National Counseling Group Peacewerks Therapy Services National Alliance on Mental Illness	757-442-3636 757-442-6746 757-709-5113	<a href="http://www.escab.org">www.escab.org</a> <a href="http://www.nationalcounselinggroup.com">www.nationalcounselinggroup.com</a> <a href="http://www.peacewerkscenter.com">www.peacewerkscenter.com</a> namicostalvirginia.org (online services)
<b>PREGNANCY SERVICES</b>	Acco/North Pregnancy Center Virginia Health Department (ACC) Nurse Family Partnership Virginia Health Department (NOR)	757-787-1119  757-787-5841 757-787-5841 757-442-4308	
<b>LEGAL ASSISTANCE (CIVIL MATTERS)</b>	Legal Aid Society of Eastern Virginia	757-442-3014	<a href="http://www.laseva.org">www.laseva.org</a>
<b>SOCIAL SECURITY</b>	Social Security Administration Office	757-787-7141	www.ssa.gov
<b>MIGRANT SERVICES</b>	Migrant Ministry Diocese of Richmond	757-787-7862	
<b>DISABILITY SERVICES</b>	Center for Independent Living	757-414-0100	



<p><b>WiFi Hotspots</b></p>	<p>Eastern Shore of Virginia Broadband 4174 Lankford Hwy Exmore VA 23350</p> <p>Exmore Town Park 3386 Main St Exmore VA 23350</p> <p>Captain's Cove Marina Club House 3323 Dock Ct Greenbackville VA</p> <p>Bailey Rd Apartments 25066 Bentlee Way Greenbush VA 23357</p> <p>Pettit Trailer Park 29304 Pettit St Mappsville VA 23308</p> <p>Accomack County Airport 29194 Parkway North Melfa VA 23410</p> <p>Eastern Shore Chamber of Commerce 19056 Parkway Rd Melfa VA 23410</p> <p>Custis Park Rescue Ln Nassawadox VA 23350</p> <p>Johnson Court 28241 Johnson Ct Nelsonia VA 23414</p>	<p>public</p> <p>All these are free to the public</p>	
<p><b>WiFi Hotspots</b></p>	<p>Onancock Park Between East &amp; West St on Market St Onancock VA 23417</p> <p>Pine St Apartments 6 Carter St Onancock VA 23417</p> <p>McMath Park 21062 Colonial Ave Onley VA 23418</p> <p>AS West 23304 AS West Rd Painter VA 23420</p> <p>Dreamland 226055 Dreamland Cir</p>	<p>All these are free to the public.</p>	







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