



2018
COMMUNITY
RESOURCE
GUIDE

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Emergency & Crisis Assistance

Law Enforcement

If you are experiencing an Emergency please dial **9-1-1**

| | | | |
|---|--------------|----------------------------------|--------------|
| Bristol Va. Police Department http://www.bristolva.org/155/Police-Department | 276-645-7400 | Buchanan County Sheriff's Office | 276-935-2313 |
| Dickenson County Sheriff's Office http://www.dickensonva.org/index.aspx?nid=115 | 276-926-1600 | Russell County Sheriff's Office | 276-889-8033 |
| Clintwood Police Department | 276-926-8710 | Honaker Police Department | 276-873-5297 |
| Virginia State Police http://www.vsp.state.va.us/ | 800-542-8716 | Lebanon Police Department | 276-889-7228 |
| Washington County Sheriff's Office https://www.washcova.com/government/constitutional-offices/sheriff/ | 276-676-6000 | Abingdon Police Department | 276-628-3111 |
| | | Damascus Police Department | 276-475-3341 |
| | | Glade Spring Police Department | 276-429-5134 |

Child Protective Services

| | | | |
|---|--------------|---|--------------|
| Bristol Va. Department of Social Services - Child Protective Services | 276-645-7450 | Buchanan County Department of Social Services - Child Protective Services | 276-935-6567 |
| Dickenson County Department of Social Services - Child Protective Services | 276-926-1616 | Russell County Department of Social Services - Child Protective Services | 276-889-3031 |
| Washington County Department of Social Services - Child Protective Services | 276-623-2661 | | |

Court Systems

| | | | |
|---------------------------------------|--------------|---------------------------------------|--------------|
| Bristol Va. Court System | | Buchanan County Court System | |
| - General District Court | 276-645-7341 | - General District Court | 276-935-6526 |
| - Circuit Court | 276-645-7321 | - Circuit Court | 276-935-6567 |
| - Juvenile & Domestic Relations Court | 276-645-7325 | - Juvenile & Domestic Relations Court | 276-935-6526 |
| Dickenson County Court System | | Russell County Court System | |
| - General District Court | 276-926-1630 | - General District Court | 276-889-8051 |
| - Circuit Court | 276-926-1616 | - Circuit Court | 276-889-8023 |
| - Juvenile & Domestic Relations Court | 276-926-1630 | - Juvenile & Domestic Relations Court | 276-889-8051 |
| Washington County Court System | | | |
| - General District Court | 276-676-6279 | | |
| - Circuit Court | 276-676-6224 | | |
| - Juvenile & Domestic Relations Court | 276-676-6282 | | |

Domestic Violence / Protective Services

Abuse Alternatives

104 Memorial Dr., Bristol TN 37620
423-764-2287 (Central Office)
276-628-6940 (Washington Co. Outreach)
<http://www.abusealternativesinc.org/>

Domestic violence intervention program that provides a domestic violence hotline, emergency shelter, advocacy, outreach, and children's services. The program also operates a court ordered batterer's intervention program.

The Children's Advocacy Center

21451 Sugar Hollow Dr., Bristol VA 24202
276-645-5867
<http://highlandscsb.org/cac/>

This program provides a child friendly, safe environment for child abuse victims to be interviewed during case investigations, receive crisis intervention counseling, and benefit from coordination of services by a multidisciplinary team of agency professionals.

HOPE HOUSE

Maternity Home & Crisis Pregnancy Resource Center

P.O. BOX 5821, Kingsport, TN 37663
(423) 946-9593

Offers emergency shelter, food and clothing for abuse victims. 24-hour hotline coverage for support, information, and referrals

Crisis Assistance & Support Groups

Alcoholics Anonymous

Support Group Meetings for individuals suffering from alcoholism. Go to the state website to locate a meeting that meets your needs.

<https://aavirginia.org/meetings?d=1&v=list>

The Bristol Crisis Center

100 Oakview Avenue, Bristol, VA 24201
Hotline- 276-466-2312 or 276-466-2218
<http://www.crisiscenterinc.org/>

Support Groups for victims of sexual assault, TLC Awareness-Support for ADHD, Autism or other special needs. Contact James Almaroad 276-466-2218

The Bristol Crisis Center

100 Oakview Avenue, Bristol, VA 24201
Hotline- 276-466-2312 or 276-466-2218
<http://www.crisiscenterinc.org/>

A 24-hour telephone hotline, information and referral service. Includes children's hotline, walk in individual and family crisis intervention and community education programs.

Highlands Community Services

610 Abingdon, VA 24202
276-525-1550
<http://highlandscsb.org/>

Specialized task force that provides services to those effected by domestic violence.

People Incorporated Community Services

Court Appointed Special Advocates (CASA)

800 Martin Luther King, Jr. Blvd., Bristol VA 24201
276-591-1431
<http://www.peopleinc.net/>

CASA provides trained volunteers who represent the best interests of abused or neglected children as court assigned advocates.

Breast Cancer Support Group

201 Crockett St, Bristol VA 24201
276-669-6030

Provide emotional support, caring information and resources for persons who have or have had breast cancer.

Christian Grief Support Group

Shady Grove United Methodist Church, Abingdon VA
276-628-3092 or 628-8981

Community Grief Support Group

Provides support for those grieving the loss of a loved one.

Farris Funeral Home, Abingdon VA: 276-623-2727

<http://www.farrisfuneralservice.com/grief-support/overview>

Health Support Groups

Various support groups offered through MSHA

<https://www.mountaintateshealth.com/classes-and-programs/support-groups>

Hospice Support Services of Washington Co. VA

Hospice support services for terminally ill patients.

Some services provided include respite care, transportation, meal preparation, and household tasks.

276-676-7220

Narcotics Anonymous

A 12-step program for individuals suffering from drug dependency.

St. Thomas Episcopal Church, Abingdon VA:

276-628-3606

Memorial Methodist Church, Lebanon VA:

276-889-2721 <http://www.naws.org>

Parenting a Child with ADHD

Support services for caretakers of children diagnosed with ADHD Bristol Family Resource Center, Bristol VA

Contact Susan Murray 276-645-3765

<http://www.bristolva.org/378/Bristol-Family-Resource-Center>

Wellmont Hospice

Provides support for those grieving the loss of a loved one as well as spiritual care.

Bristol 423-245-1284 Kingsport 423-844-5258

<http://www.wellmont.org/Medical-Services/Hospice/Hospice/>

Domestic Violence Support Group

Support Group for women who are victims of

Domestic Violence. Strict Confidentiality observed.

Shady Grove United Methodist Church, Abingdon, VA 276-628-3092 or 628-8981

Highlands Community Services

Support Group for parents of children with autism

autismawareness5K2014@gmail.com

<http://highlandscsb.org/>

La Leche League of Bristol

Provides support for mothers either

breastfeeding their child or pregnant.

423-764-1548

www.lllmountainempire.org

National Council on Alcoholism and Drugs

Provides support to individuals suffering from alcohol and drug addiction

<https://ncadd.org/>

Resources for the Deaf and Hard of Hearing

VA Dept for Aging and Rehabilitative Services

276-676-5565 <https://www.vadars.org/>

Information Helplines

| | | | |
|--|----------------|--|----------------|
| AIDS Hotline-National | 1-800-342-AIDS | Food Stamp Hotline | 1-800-552-3431 |
| AIDS Hotline-Virginia | 1-800-533-4148 | Hospice Foundation | 1-800-854-3402 |
| Alcohol and Drug Information | 1-800-662-4357 | Hospital Hospitality Houses | 1-800-542-9730 |
| Alcohol and Drug Referral Service | 1-800-821-4357 | International Dyslexia Association | 1-800-ABC-D123 |
| Allergy and Asthma Network | 1-800-878-4403 | Intl Association of Eating Disorders | 1-800-800-8126 |
| American Cancer Information | 1-800-525-3777 | Logisticare | 1-866-386-8331 |
| American Council of the Blind | 1-800-424-8666 | Medicare | 1-800-638-6833 |
| American Mental Health Counselors | 1-800-326-2642 | Medicaid/FAMIS | 1-800-638-6833 |
| American Speech-Language-Hearing | 1-800-638-8255 | National Hispanic Prenatal Hotline | 1-800-504-7081 |
| Ask a Nurse—Wellmont | 1-877-230-6877 | National Poison Help Line | 1-800-222-1222 |
| Attention Deficit Disorder Association | 1-800-939-1019 | National Rehabilitation Information | 1-800-346-2742 |
| Baby Care | 1-804-371-4106 | National Sexual Assault Hotline | 1-800-656-4673 |
| Better Hearing Institute | 1-800-521-5247 | National SIDS Foundation | 1-800-221-SIDS |
| CDC Information | 1-800-232-4636 | National Runaway Safe line | 1-800-786-2929 |
| Career Information | 1-800-542-5870 | National Youth Runaway Hotline | 1-800-621-4000 |
| Child Abuse Hotline | 1-800-552-7096 | Parent Help Line-National | 1-855-427-2736 |
| Child Find of America | 1-800-IAMLOST | Parent Help Line-Tennessee | 1-800-356-6767 |
| Child Help USA | 1-800-4ACHILD | Postpartum Depression for Moms | 1-800-773-6667 |
| Child Support Enforcement | 1-800-468-8894 | Peers Help 24/7 Support | 1-866-339-9206 |
| Consumer Product Safety Info | 1-800-638-2772 | Post-Partum Support-International | 1-800-994-4773 |
| Crime Victim's Assistance | 1-800-552-4007 | Pregnancy Hotline | 1-800-238-4269 |
| Division of Women's & Infant Health | 1-804-371-4095 | Ronald McDonald House Charities | 1-630-623-7048 |
| Domestic Violence Hotline | 1-800-799-7233 | Suicide Prevention/Veteran's Crisis Line | 1-800-273-8255 |
| Domestic Violence Hotline-Virginia | 1-800-834-8238 | Virginia Dept of Health Family Planning | 1-804-786-8663 |
| Epilepsy Foundation | 1-800-332-1000 | VA Family Violence and Sexual Assault | 1-800-838-8238 |
| Federal Income Tax | 1-800-829-1040 | Woodbridge Intensive Drug Treatment | 1-800-366-1132 |

Health Assistance & Programs

Local Health Departments

Bristol VA Health Department

205 Piedmont Ave, Bristol, VA 24201
276-642-7335
<http://www.vdh.virginia.gov/mount-rogers/locations/>

Dickenson County Health Department

334 Bruch Creek Rd, Clintwood, VA 24228
276-926-4979
<http://www.vdh.virginia.gov/cumberland-plateau/>

Washington County Health Department

15068 Lee Highway, Bristol, VA 24202
276-676-5604
<http://www.vdh.virginia.gov/mount-rogers/>

Grayson County Health Department

186 West Main Street
PO Box 650, Independence, VA 24348
Phone: (276) 773-2961
<http://www.vdh.virginia.gov/mount-rogers/>

Buchanan County Health Department

1051 Rosebud Rd, Grundy, VA 24614
276-935-4591
<http://www.vdh.virginia.gov/cumberland-plateau/>

Russell County Health Department

PO Box 2437, Lebanon, VA 24266
276-889-7621
<http://www.vdh.virginia.gov/cumberland-plateau/>

Smyth County Health Department

1st Floor, 201 Francis Marion Lane, Marion, VA 24354
Phone: (276) 781-7460
<http://www.vdh.virginia.gov/mount-rogers/>

Local Hospitals

Bristol Regional Medical Center

1 Medical Park Blvd
Bristol, TN 37620
423-844-1121

Holston Valley Medical Center

130 W Ravine Rd
Kingsport, TN 37660
423-224-4000

Johnson County Community Hospital

1901 South Shady St
Mountain City, TN 37683 423-727-1100

Mt. View Regional Medical Center

310 Third St NE
Norton, VA 24273
276-679-9100

Smyth County Community Hospital

245 Medical Park Drive
Marion, VA 24354
276-378-1000

Dickenson Community Hospital

312 Hospital Drive
Clintwood, VA 24228
276-926-0300

Indian Path Medical Center

2000 Brookside Dr
Kingsport, TN 37660
423-857-7000

Johnston Memorial Hospital

16000 Johnson Memorial Dr
Abingdon, VA 24211
276-258-1000

Norton Community Hospital

100 Fifteenth St NW
Norton, VA 24273
276-439-1000

Franklin Woods Community Hospital

300 MedTech Parkway
Johnson City, TN 37604
423-302-1000

Johnson City Medical Center

400 N State of Franklin Rd
Johnson City, TN 37604
423-431-6111

Lonesome Pine Hospital

1990 Holton Ave E
Big Stone Gap, VA 24219
276-523-3111

Russell County Medical Center

58 Carroll St
Lebanon, VA 24266
276-883-8000

Medical Providers

| Abingdon-Washington County | | |
|--|--|--|
| <p>Abingdon Family Health Center 445 Porterfield Hwy, Abingdon VA 276-628-3144</p> | <p>Abingdon Family Practice 617 Campus Dr, Abingdon VA 276-628-1186 www.mountainstateshealth.com/location/abingdon-family-practice</p> | <p>Abingdon Health Care for Women 16000 Johnston Memorial Drive Suite 300, Abingdon VA 276-258-2732 www.mountainstateshealth.com/location/abingdon-healthcare-women</p> |
| <p>Abingdon Health Care for Women 16000 Johnston Memorial Drive Suite 300, Abingdon VA 276-258-2732 www.mountainstateshealth.com/location/abingdon-healthcare-women</p> | <p>Abingdon Obstetrics and Gynecology 16000 Johnston Memorial Dr, Abingdon VA 23211 276-628-4335</p> | <p>Highlands Pediatrics 26210 Lee Highway Abingdon, VA 24211 276-623-8100 highlandspediatrics.com/</p> |
| <p>HMG-Seasons of Abingdon 617 Campus Dr, Abingdon, VA 24210 276-676-3870 www.holstonmedicalgroup.com/Locations.aspx?cmdType=offClick&offid=63</p> | <p>Holston Family Health Center 306 South Shady Ave, Damascus VA 276-475-5116 vacommunityhealth.org/site/stone-mountain-admin/holston/</p> | <p>Magnolia Family Medicine 611 Campus Dr, Abingdon VA 276-676-1133 www.mountainstateshealth.com/location/magnolia-family-medicine</p> |
| <p>Konnarock Family Health Center 20471 Azen Road Damascus, VA 24236-4141 Phone: 276-388-3411</p> | | |
| Bristol, VA | | |
| <p>Horizon Family Care 103 Bristol East Rd, Bristol VA 276-642-0623</p> | | |
| Bristol, TN | | |
| <p>Bristol Children's Clinic 109 Meadowview Rd, Bristol TN 423-652-1655</p> | <p>Bristol Family Medicine-ETSU 208 Medical Park Blvd, Bristol TN 423-989-4050</p> | <p>Bristol Internal Medicine & Pediatrics 350 Steele's Creek Rd, Bristol TN 423-844-6700</p> |
| <p>Bristol OB/GYN 249 Midway St, Bristol TN 423-968-3033</p> | <p>Bristol Pediatric Associates 320 Steele's Rd, Bristol TN 423-968-2599</p> | <p>Bristol Regional Women's Center 2901 W State St in Bristol, TN 423-968-2182</p> |
| <p>Healing Hands Health Center 245 Midway Medical Park Bristol, TN 37620 423-652-0260 www.healinghandshealthcenter.org</p> | <p>Dr. Mitoraj 212 Midway St., Bristol, TN 423-968-4007</p> | <p>Season's of Bristol-GYN 320 Bristol West Blvd, Building 1 Suite 2C, Bristol, TN 423-844-1399</p> |

| Buchanan County | | |
|---|--|--|
| Dr. G. Molina-Stone Mtn. Health Services Haysi, VA 276-865-5121 stonemountainhealthservices.org | Dr. J.P. Sutherland Grundy, VA 276-935-7515 | |
| Dickenson County | | |
| Dr. Senter Clintwood, VA | Haysi Clinic 162 Medical Center Blvd PO Box 653 Haysi, VA 24256-0653 Phone: 276-865-5121 | |
| Tazewell County | | |
| Clinch Valley Medical Center – OB/GYN Governor G.C. Peery Highway, Richlands VA 276-964-1294 www.clinchvalleyhealth.com/services/services-a-z/obstetrics-and-gynecology | Dr. Patel Richlands, VA 276-935-2149 | The Clinic—Dr. J.E. Davis 1 Clinic Dr., Richlands, VA 276-964-6771 |
| Russell County | | |
| MSHA Riverside Clinic St. Paul, VA 276-762-2300 https://www.mymmsg.net/location/mmsg-riverside-st-paul | Lebanon Pediatrics-Mountain States Medical Group 640 Overlook Dr., Lebanon, VA 276-889-0201 | Merit Medical Group Honaker, VA 276-873-6825 |
| William A. Davis Clinic 1389 Dante Road PO Drawer 900, St Paul, VA 24283 Phone: 276-762-0770 Toll free 888-233-1753 | | |

Dental Providers

| Abingdon, VA | | |
|--|---|---|
| Abingdon Pediatric Dentistry 465 West Main St, Abingdon VA 276-739-7942 www.superstarsmiles.com | Dr Carla Keene, General Dentist 15189 Porterfield Hwy, Abingdon VA 276-676-0070 | Dr. Deborah Bassham, Orthodontist 414 East Main Street, Abingdon, Virginia 24210 276-525-1181 www.basshamorthodontics.com |
| Dr. Mary Hinchet 612 Campus Dr. Abingdon, VA 24210 276-676-0001 | Pediatric Dentistry 616 Campus Dr. Abingdon, VA 276-619-5020 | |

| Bristol, TN | | |
|--|---|---|
| Bristol Pediatric Dentistry 350 Blountville Hwy Bristol TN 423-968-9661 www.tinymolars.com | Dr. T. Ellis 911 Anderson St Bristol TN 423-764-6112 | Healing Hands Health Center 245 Midway Medical Park Bristol, TN 37620 423-652-0260 www.healinghandshealthcenter.org |
| Bristol, VA | | |
| Dr. Deborah Bassham, Orthodontist Three 21st St., Bristol, VA 24201 276-466-4404 www.basshamorthodontics.com | Gentle Family Dentistry 14245 Lee Hwy, Bristol VA 276-628-8164 gentlefamilydentistry.com | |
| Kingsport, TN | | |
| Dr. Clayton Mullins 613 Watauga St, Kingsport TN 423-247-7741 | | |
| Tazewell County | | |
| Dr. Glenn Harrison 2951 Front St. Suite 3800, Richlands VA 276-964-0109 Richlands Pediatric Dentistry 2951 West Front St., Richlands VA 276-963-8633 | Dr. Ronald Householder 125 Ben Bolt Ave, Tazewell VA 276-988-7522 www.ronaldwhouseholderdds.com | Richlands Family Dentistry (Dr. Lori Musick) 107 Tazewell Ave. Richlands, VA 276-964-7418 www.richlandsfamilydentistry.com |
| Russell County | | |
| Dr. Mark Copas Castlewood. VA 276-762-2323 | Dr. Steve Ball, General Dentist Lebanon VA - 276-889-5141 Honaker VA - 276-873-4003 www.steveballdds.com/dr-ball | |

Optometrists

| Abingdon, VA | | |
|---|--|--|
| Eye Physicians of Southwest Virginia 328 Cummings St, Abingdon VA 276-628-3118 www.eyephysiciansofswva.com | Grau & Grau Eye Care 669 McBroom St, Abingdon VA 276-628-1143 www.grauoptometry.com | |
| Bristol, VA/TN | Buchanan County | |
| Dr. James Callahan 721 Commonwealth Ave, Bristol VA 276-466-3420 | Healing Hands Health Center 245 Midway Medical Park Bristol TN 37620 423-652-0260 healinghandshealthcenter.org/ A Christian Ministry that serves low income working adults to assist in medical, dental, vision needs. | |
| | Looney Eye Care 1193 Plaza Dr, Grundy VA 276-935-2292 hubbiz.com/w/looney-eyecare-va-3 | |

Health Based Programs

Abel Center

201 Sylvia Lane, Bluefield WV 24701

1-800-705-1196, 304-325-8694

<http://www.abelcenter.org>

Faith Based/Non-Profit organization that offers FREE pregnancy services including pregnancy tests, abortion alternatives, adoption information and peer counseling. Offers support to mothers-to-be, and resources for baby care, equipment, and clothing.

Abortion Alternatives and Crisis Pregnancy Center

516 Holston Ave, Suite 202, Bristol TN 37620

423-968-4673 info@aacpc.org

Faith Based organization that seeks to assist women and families in crisis by offering information on abortion and assistance in choosing among their options. Provides education and resources for mothers-to be.

Care Connection for Children

15068 Lee Highway, Suite 900, Bristol, VA 24202

276-645-5685 or 1-800-704-1285 (Toll Free)

<http://www.vdh.virginia.gov/care-connection-for-children/>

Care Connection for Children is a statewide network of centers of excellence for children with special health care needs that provide leadership in the enhancement of specialty medical services; care coordination; medical insurance benefits evaluation and coordination; information and referral for resources; family-to-family support; and training and consultation with community providers.

Diabetes Educational Support Group Shady Grove UMC

Abingdon, VA 24210

276-628-3092 or 276-628-8981

Educational programs on diabetes and treatment.

Frontier Health-Magnolia Ridge/Willow Ridge

900 Buffalo St., Johnson City, TN 37604

Access Services 423-467-3600

Magnolia Ridge 423-232-4130 Hotline 800-838-1752

<https://www.rehabs.com/listings/frontier-health-magnolia-ridge-alcohol-drug-treatment-2700290774/>

Nineteen bed alcohol and drug residential facility that specializes in addiction and related problems including co-occurring mental illness diagnoses and lifestyle issues.

Healing Hands Health Center

245 Midway Medical Park, Bristol TN 37620

423-652-0260

<https://healinghandshealthcenter.org/>

A Christian Ministry that serves the unmet health needs of low income working adults. Volunteer medical staff are available to assist families in their medical, dental, vision needs as well as specialized medical care. Application required.

Life Center of Galax

112 Painter St., Galax, VA 24333

877-627-2344

www.galaxrecovery.com

Detox and residential treatment.

Lions Club

www.lionsclub.org www.lionsofvirginia.org

The Lions Club offers assistance to individuals that need an eye exam and/or glasses. Application process required.

People Incorporated Community Services

-Comprehensive Health Investment Project (CHIP)

1173 West Main Street, Abingdon VA 24210

276-623-9000 <http://www.peopleinc.net/>

CHIP provides parent education and health-focused home visits to Medicaid-eligible families, with young children, and pregnant women.

People Incorporated Community Services

—Washington County Free Dental Clinic

1173 West Main Street, Abingdon VA 24210

<http://www.peopleinc.net/>

Volunteer professionals provide dental care for eligible Washington County residents screened and referred by Social Services and the Health Department.

Remote Area Medical (RAM)

Wise VA County Fairgrounds

Riverview Elementary, Grundy VA

Bristol Motor Speedway, Bristol TN

1-877-572-6872 <http://ramvolunteers.org/>

The Remote Area Medical (RAM) Volunteer provides free overall medical care, dental care, vision care, and assistance with maintenance medications services to residents of Virginia, Tennessee, and Kentucky. RAM is only in operation for 3 days in mid-summer.

Russell County Extension Office

276-889-8056

This program offers help up to the amount of \$75 toward the purchase of eye glasses for adults. An up to date eye exam is the responsibility of the applicant.

Southwest Virginia Community Health Systems

<http://www.svchs.com/>

Saltville Medical Center

308 West Main Street, Saltville, VA 24370

276-496-4433 ext. 1

Meadowview Health Clinic

13168 Meadowview Square, Meadowview, VA 24361

276-944-3999 ext. 2

Twin Cities Medical Center

2195 Euclid Ave., Bristol, VA 24201

276-669-5179 ext. 3

Programs offer a sliding scale fee for qualifying patients.

Patients must complete application, providing income verification. Comprehensive medical services include, adult and geriatric medicine, pediatric medicine, mental health services, dental services, pharmacy or medication services, and lab work.

Southwest Virginia Child Development Clinic

112 Beech Street

Gate City, VA 276-386-3803

The clinic provides diagnostic evaluation of children ages birth to 21 years of age with suspected developmental delays. The child is diagnosed by a clinical team consisting of a pediatrician, nurse, social worker, educational consultants, and psychologists.

The Community Center of Abingdon

300 Senior Dr., Abingdon VA 24210

276-628-3911 thecommunitycenterofabingdon.com

Check our Facebook page or website for dates of this event, as they will change monthly.

Virginia Cooperative Extension-Family Nutrition Program

234 W. Valley Street, Suite B Abingdon, VA 24210

276-676-6309 akrauser@vt.edu

Free health and wellness program that encourages better quality of life through healthier food choices and more physical activity. Individuals develop new skills

including food label reading, how to shop healthy on a budget, ways to prevent chronic diseases and more. Serving limited-resourced adults in Washington County, Virginia and the City of Bristol, Virginia.

Washington County Health Dept-WIC

15068 Lee Highway, Suite 1000

Bristol, VA 24202

276-676-5604 <http://www.vdh.virginia.gov/>

Women, Infants and Children (WIC) is a nutrition program that helps mothers and young children stay healthy and eat properly. WIC helps women, infants and children during times of important growth and helps women and children get the nutrition services and foods that they need to stay healthy. The WIC program serves eligible women who are breastfeeding, pregnant or have just given birth, infants less than one year old, and children less than five years old. Provides Nutrition education. Private and group sessions with a nutrition expert. Support and help with breastfeeding. Referrals to other services that can help you and your family (e.g. immunizations, health care, dental care). Healthy recipes. Access to healthy foods.

Washington County Prescription Discount Card CVS Caremark

1-877-321-2652

Prescription discount card available to Washington County residents. Card provides an average savings of 22% off retail price for prescription medication. Cards may be printed from the www.washcova.com web site or may be picked up at several municipal locations including the Washington County Department of Social Services, Health Department, Public Library or Circuit Court Clerk's office.

Wellmont Nurse Connection

1-877-230-6877

Offers services 24 hours a day, 7 days a week ranging from nursing assessment, physician referral, general health information, registration for community education classes and health screenings, and support groups. Free for any- one with health concerns.

Mental Wellness/ Disabilities / Counseling Programs

Abingdon Center-Psychiatry

350 Russell Rd., Abingdon, VA 24210
276-628-1664
www.wellness.com/dir/3788386/psychologist/va/abingdon/abingdon-center-for-psychiatry-counseling--education
Provides counseling and mental health services

Appalachian Independence Center

230 Charwood Drive, Abingdon VA 24210
276-628-2979 www.aicadvocates.org
Program educates the public and promotes the needs and rights of persons with disabilities. While working with disabled individuals, they help them meet their potential for independence. The center provides education, support groups, advocacy, technical assistance, personal assistance, and Youth In Transition programs.

Bill McFeature, PhD

2195 Euclid Ave., Bristol, VA 24201
276-669-5179
Provides comprehensive psychological evaluations, assessments, outpatient mental health counseling services and behavioral health consultations.

Bristol Regional Counseling Center

26 Midway St., Bristol TN 27620
423-989-4500
www.wellness.com/dir/3160059/counselor/tn/bristol/bristol-regional-counseling-center
BRCC offers outpatient mental health and substance abuse programs for adults and children. Services include individual and group counseling, psychotherapy, crisis services, case management, consultation and educational services, parenting classes, psychiatric consultation, and intensive outpatient services. The program serves residents of the City of Bristol and Northeast Tennessee. Contact office for more info.

Creative Family Solutions-ResCare

215 Valley St NE, Abingdon, VA 24210
276-628-4385 <https://www.rescare.com/>
Help individuals achieve their highest level of independence at home and in the community. Residential living, adult family living/host homes, youth residential and treatment service.

Cumberland Mtn CSB –The Laurels

PO Box 1664, Lebanon, VA 24266
1-888-40DETOX or 276-889-3063
www.cmcsb.com/ www.cmcsb.com/files/laurels.pdf
Detox, group counseling, educational group, case management, recreational activities, AA/NA meetings

Cumberland Mountain Community Services & Mental Health

Lebanon - 276-889-3785
Tazewell - 276-988-7961
Grundy - 276-935-7154
Wardell - 276-964-6702
www.cmcsb.com/
Mission to provide a system of comprehensive community mental health and substance abuse services to the community at large. Offers counseling services, educational programs, and mental health services to youth and adults

Dickenson County Behavioral Health Services

276-926-1680 <https://www.dcbhs.com/>
Mission to provide a system of comprehensive community mental health and substance abuse services to the community at large. Offers counseling services, educational programs, and mental health service to youth and adults.

District Three Governmental Cooperative Area Agency on Aging and Disability

4453 Lee Hwy, Marion VA 24354
276-782-8157 or 1-800-541-0933
www.vda.virginia.gov
Services are designed to help citizens to live independently and productively as long as possible. Promotes self-reliance and family care giving. Serving citizens of Southwest Virginia including those in Washington County and the City of Bristol.

Family Preservation Services

661 E. Main St., Abingdon, A 24210
276-623-9245 www.pathways.com
Provides in-home counseling, day treatment school services, psychological assessments, and services for families with children who have a diagnosis that falls on the Autism spectrum.

Flora Counseling Services

460 W Main St., Abingdon, VA 24210
276-628-5752 healthconnectamerica.com
Provides psychosexual evaluations, psychological evaluations and outpatient mental health counseling services. Accepts Medicaid and private insurance.

Frontier Industries

498 Industrial DR Bristol TN
1-877-928-9062 www.frontierhealth.org
Services offered to mentally disabled or handicapped adults including many educational and community opportunities, life skills training, job development, placement and training.

Highlands Community Services

610 Campus Dr., Abingdon VA 24210 276-628-5067
102 Oakview Ave, Bristol VA 24201 276-645-4700
highlandscsb.org
HCS Center for Behavioral Health offers a variety of mental health, substance abuse and intellectual disability services for adults and children in Washington Co. and Bristol VA. Including outpatient services, care coordination, substance abuse programs, prevention and education services, psychiatric services, early intervention, recovery programs and family support services.

Judy Mink, LCSW

966 W Main St Abingdon, VA 24210 276-623-8230
Provides outpatient mental health counseling services.

Kathy Baldwin, LCSW

325 Cummings St., Abingdon, VA 24210
276-628-5300
Provides outpatient mental health counseling services.

Kim Naffah, LPC

1350 Lee Highway Bristol, VA 24201
276-644-9113 hubbiz.com/w/kim-naffah-lpc
Provides outpatient mental health counseling services.

Lifeline Services

390 Commerce Dr., Abingdon, VA 24211
276-623-2444 hubbiz.com/w/lifeline-services
Provides therapeutic foster families with parenting and substance abuse assessments, parent coaching and outpatient counseling services.

Melissa Williams, LCSW

13168 Meadowview Square
Meadowview, VA 24361 276-944-3999
Provides psychological assessments, outpatient mental health counseling services and behavioral health consultation.

Ralph Ramsden, PhD

845 E Main St Abingdon, VA 24210 276-676-1177
www.healthgrades.com/providers/ralph-ramsdn-215wj
Provides psychological evaluations and outpatient mental health counseling services.

Southwest Virginia Regional Deaf Service Program

PO Box 486, Lebanon, VA 24266
276-889-3785 1-800-347-4939 TTY: 800-347-4939
Provides confidential counseling and substance abuse services in sign language to individuals of all ages who are hard of hearing, deaf or blind.

The Community Center of Abingdon - Friendship Café

300 Senior Dr., Abingdon VA 24210
276-628-3911 thecommunitycenterofabingdon.com
Sponsored by District Three Government Cooperative, the Friendship Cafe for active seniors over 60 years old, to provide fellowship, informational programs, nutritious meals, and other social activities.

Virginia Department of Rehabilitative Services

468 E Main St Suite 200, Abingdon, VA 24210
276-676-5565 1-800-552-5019 www.vadrs.org
Provides assistance and services to individuals with disabilities.

Virginia Department for the Visually Handicapped

111 Commonwealth Ave. Suite 200, Bristol VA 24201
276-642-7300
Provides comprehensive services to Virginia residents who are blind or who have severe visual impairments. Services include education, vocational rehabilitation, referral and follow up and independent living skills.

Child Care / Youth Programs / Schools

Child Care Providers & Resources

| Bristol | | |
|---|---|---|
| <p>APPLE Academy http://www.appleacademyofcpc.com 276-669-9328</p> | <p>Antioch Baptist Church http://www.antiochbristol.com / 276-591-1803</p> | <p>Boys & Girls Club http://boysgirlsclubme.org/ 276-669-8921</p> |
| <p>Childcare Network https://www.childcarenetwork.com/Virginia-Bristol-VA-123 276-644-9480</p> | <p>Covenant Fellowship Church http://covenantfellowship.net/ 276-285-3696</p> | <p>Creative Learning Center https://www.facebook.com/pages/Creative-Learning-Center/1457059251282921?ref=br_rs http://www.fbcbristol.org/fbc-first-baptist-church-bristol-clc.html</p> |
| <p>Girls Incorporated www.facebook.com/girlsincbristol/ 276-669-8686</p> | <p>North Bristol Baptist Church Email: nbbc@bvunet.net 276-644-9148</p> | <p>St. Anne Catholic Church https://www.stanneschoolbristol.org Email: wcheers@stanneschoolbristol.org 276-669-0048</p> |
| <p>Spring Garden Preschool http://springgardenpreschool.org/ 276-466-8505</p> | <p>Sullins Academy PreSchool and Children's Center 22218 Sullins Academy Drive BRISTOL, VA 24202 (276) 669-4101</p> | <p>The Nurtury Child Development Center 276-466-4873</p> |
| <p>Victory Children's Center http://www.victorybaptistbristol.org/childrens-center/ Email: contact@victorybaptistbristol.org 276-669-3008</p> | <p>Wellmont Child Development Center 423-844-5225</p> | |
| Buchanan County | | |
| <p>Council Head Start Center 7600 Helen Henderson Highway Council Elementary School HONAKER, VA 24260 (276) 859-0053 8:00 a.m. - 3:00 p.m., Mon – Thurs 3 years - 5 years 11 months</p> | <p>Garden Head Start 9019 Riverside Drive OAKWOOD, VA 24631 (276) 498-4833 8:00 a.m. - 3:00 p.m., Mon – Thurs 3 years - 5 years 11 months</p> | <p>Harman Memorial Baptist Church 4321 Bull Creek Road Harman Baptist Pre-School GRUNDY, VA 24614 (276) 531-8625 8:30 am - 2:30, Tues – Thurs 2 years - 5 years 11 months</p> |
| <p>Hurley Head Start Center #1 6911 Hurley Road, Suite I HURLEY, VA 24620 (276) 566-4988 8:00 a.m. - 3:00 p.m., Mon – Thurs 3 years - 5 years 11 months</p> | <p>Hurley Head Start Center #2 6911 Hurley Road, Suite II HURLEY, VA 24620 (276) 566-4988 8:00 a.m. - 3:00 p.m., Mon – Thurs 3 years - 5 years 11 months</p> | <p>JM Bevins Head Start Center 8666 Slate Creek Road GRUNDY, VA 24614 (276) 259-0051 8:00am - 3:00pm, Mon – Thurs 3 years - 5 years 11 months</p> |
| <p>Riverview Head Start 27382 Riverside Drive GRUNDY, VA 24614 (276) 244-1800 8:00am - 3:00pm, Mon – Thurs</p> | | |

| Dickenson County | | |
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| <p>Clintwood Head Start Center 393 Main Street CLINTWOOD, VA 24228 (276) 835-8953 (146) 8:00am - 4:00pm, Monday – Friday 2 years 6 months - 5 years 11 months</p> | <p>Dickenson County Child Care Center 673 Technology Drive CLINTWOOD, VA 24228 (276) 926-8516 6:00 a.m. - 6:00 p.m., Mon – Fri 1 month - 12 years 11 months</p> | <p>Haysi Head Start Center 320 Main Street HAYSI, VA 24256 (276) 865-4480 7:30 a.m. - 5:30 p.m., Monday – Friday 2 years 6 months - 5 years 11 months</p> |
| Russell County | | |
| <p>Bright Beginnings Day Care, Inc. 18 Walnut Tree Lane CASTLEWOOD, VA 24224 (276) 762-7777 7:00 am - 5:30 pm, Mon – Fri Birth - 12 years 11 months</p> | <p>Fox Meadows Head Start Center Fox Meadows Housing Complex Memorial Drive, LEBANON, VA 24266 (276) 889-4768 9 :00am - 1:45 pm, Mon – Fri 3 years - 5 years 11 months</p> | <p>Givens Child Development Center 8153 Swords Creek Road SWORDS CREEK, VA 24649 9:00 am - 1:45 pm, Mon – Fri 3 years - 5 years 11 months</p> |
| <p>Green Valley Baptist Church 695 Green Valley Road The Little Ed. Learning Center LEBANON, VA 24266 9 am - 12 noon, Mon – Fri 2 years 6 months - 5 years 11 months</p> | <p>Lebanon Presbyterian Church 523 W. Main Street Suite B Great Expectations Learning Center LEBANON, VA 24266 (276) 889-0400 8:30 am - 4:00 pm, Mon – Fri 2 years 6 months - 5 years 11 months</p> | <p>Ms. Carolyn Stevens 11754 U.S. Highway 19 LEBANON, VA 24266 (276) 889-4493 6:30 AM - 5:30 pm, Mon – Fri Birth - 12 years 11 months</p> |
| <p>Ms. Darla Martin 60 Brumley Circle LEBANON, VA 24266 (276) 794-1083 7:00 am - 5:30 pm, Mon – Fri Birth - 12 years 11 months</p> | <p>Ms. Suzanne Potts 2745 River Mountain Road LEBANON, VA 24266 (276) 889-1029 6:30 a.m. - 6:00 p.m., Mon – Fri Birth - 12 years 11 months</p> | <p>Rejoice Ministries 117 Rejoice Lane The Learning Center CASTLEWOOD, VA 24224 (276) 762-5700 8:30 am - 3:30 pm, Mon – Fri 3 years - 5 years 11 months</p> |
| <p>Swords Creek Head Start Center 33 Pine Creek Road SWORDS CREEK, VA 24649 (276) 991-0003 9:00 am - 1:45 pm, Mon – Fri 3 years - 5 years 11 months</p> | | |
| Smyth County | | |
| <p>Chilhowie Church of God 1291 W. Lee Hwy. CHILHOWIE, VA 24319 (276) 521-0098 6:45 am - 5:30 pm, Mon-Fri 2 months - 12 years 11 months</p> | <p>Chilhowie Head Start Center 809 Mason Alley, Chilhowie, VA 24319 (276) 646-8715 9:00 am - 3:00 pm (closes at noon on Friday), Mon-Fri 2 years 10 months - 5 years 11 months</p> | <p>Ebenezer Lutheran Church -Wee Care Preschool 222 West Main St., MARION, VA 24354 (276) 783-8822 7:30 am - 5:30pm, Mon-Fri 2 years 6 months - 12 years 11 months</p> |
| <p>First United Methodist Church 115 South Church Street First United Methodist Church Preschool MARION, VA 24354 (276) 783-5194 8:30 am - 12 noon, M-W -F 3 years - 5 years 11 months</p> | <p>Lifetime Wellness Center One Health Way MARION, VA 24354 (276) 782-1199 7:30am (4pm during school year) - 5:45pm, Mon-Fri 5 years - 12 years 11 months</p> | <p>Marion Baptist Church Child Development Program 1258 North Main Street MARION, VA 24354 (276) 783-3303 6:30am - 5:30pm, Mon-Fri 1 month - 12 years 11 months</p> |

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| <p>Marion Head Start Center 602 South Iron Street MARION, VA 24354 (276) 783-2117 9:00 am - 3:00 pm, Mon-Fri 3 years - 5 years 11 months</p> | <p>Mc Cready Head Start Center 632 Upper Poor Valley Road SALTVILLE, VA 24370 (276) 783-3622 9:00am - 3:00pm, Mon-Fri 2 years 10 months - 5 years 11 months</p> | <p>Ms. Betty Jones 5720 Atkins Tank Road ATKINS, VA 24311 (276) 783-5562 4:00 am - 12:00 pm, Mon-Sun Birth - 12 years 11 months</p> |
| <p>Ms. Rebecca Thomas 733 Wet Springs Road CHILHOWIE, VA 24319 (276) 646-8662 6:00 am - 5:30 pm, Mon-Fri Birth - 12 years 11 months</p> | <p>Ms. Tammy Miller 208 Myers Street MARION, VA 24354 (276) 781-0770 5:30 am - 6:00 pm, Mon-Fri 1 month - 12 years 11 months</p> | <p>Mt. Zion Temple Family Worship Center 412 Iron Street Prudence Child Care MARION, VA 24354 (276) 759-9285 6:00 am - 8:00 pm, Mon-Fri 2 months - 12 years 11 months</p> |

Tazewell County

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| <p>Bright Beginnings Christian Child Care and Preschool 843 East Fincastle Turnpike TAZEWELL, VA 24651 7:00am - 6:00pm, Mon-Fri 1 month - 12 years 11 months</p> | <p>Camp Joy Head Start 176 Camp Joy Rd, BLUEFIELD, VA 24605 (276) 322-5005 9:00 am - 3:00 pm, Mon-Fri 2 years 6 months - 5 years 11 months</p> | <p>Caterpillar Corner Child Care 122 School House Road CEDAR BLUFF, VA 24609 (276) 963-3638 6:30 am - 6:00 pm, Mon-Fri 3 months - 12 years 11 months</p> |
| <p>Generations 216 College Ridge Road CEDAR BLUFF, VA 24609 (276) 964-7179 (7179) 7:30 a.m. - 5:30 p.m., Mon-Fri 1 month - 12 years 11 months</p> | <p>Kirk's Blessing, LLC 117 Hockman Pike BLUEFIELD, VA 24605 (276) 322-1177 6:30am - 6:00pm, Mon-Fri 1 month - 12 years 11 months</p> | <p>Live Laugh Learn Child Development Center LLC 144 Martingale Dr, TAZEWELL, VA 24651 (276) 988-0900 7:00 am - 6:00 pm, Mon-Sat Birth - 12 years 11 months</p> |
| <p>Ms. Bobbie Christian 4995 Abbs Valley Rd BLUEFIELD, VA 24605 (276) 477-5558 6:30 am - 9 pm, Mon-Fri Birth - 12 years 11 months</p> | <p>Ms. Kathleen Rider 240 Tara Ave., BLUEFIELD, VA 24605 (276) 945-9415 6am - 6:30pm, Mon-Fri 12 months - 12 years 11 months</p> | <p>Ms. Viesta Trigg 137 Vencil St., BLUEFIELD, VA 24605 (276) 322-7180 Operates 24 hours, Mon-Sun Birth - 12 years 11 months</p> |
| <p>Precious One's, Inc. 4411 Steelesburg Highway CEDAR BLUFF, VA 24609 (276) 963-9003 7:30 am - 5:30 pm, Mon-Fri 1 month - 12 years 11 months</p> | <p>Raven Assembly Of God 812 Raven Rd., Hwy 67, RAVEN, VA 24639 (276) 963-3227 7:00 am - 6:00 pm, Mon-Fri 2 years - 12 years 11 months</p> | <p>Raven Head Start Center 22 School Street, RAVEN, VA 24639 (276) 964-9437 8:45 am - 2:45 pm, Mon-Fri 2 years 6 months - 5 years 11 months</p> |
| <p>Red White & Youth Inc. 1314 Front Street RICHLANDS, VA 24641 (276) 970-6652 7 am - 5:30 pm, Mon-Fri 2 years 6 months - 12 years 11 months</p> | <p>Richlands Head Start Center 369 College Road RICHLANDS, VA 24641 (276) 964-7650 9 am - 3 pm, Mon-Fri 2 years 6 months - 5 years 11 months</p> | <p>Richlands Presbyterian Church 1301 Second Street Richlands Presbyterian Preschool RICHLANDS, VA 24641 (276) 964-9465 9 am - 3 pm, Mon-Fri 3 years - 5 years 11 months</p> |

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| <p>Tazewell Early Head Start Center 200 East Riverside Drive NORTH TAZEWELL, VA 24630 (276) 988-5583 7:30 am - 5:00 pm, Mon– Fri 1 year 4 months - 3 years 11 months</p> | <p>Tazewell Head Start Center 374 Carline Avenue TAZEWELL, VA 24651 (276) 988-9618 9 am - 3 pm, Mon– Fri 2 years 6 months - 5 years 11 months</p> | <p>Tazewell Presbyterian Church 201 Church Street Tazewell Presbyterian Preschool TAZEWELL, VA 24651 (276) 988-2529 8:30 am - 2:30 pm (closes at 11:30 on Tues and Thurs), Mon– Fri 3 years - 4 years 11 months</p> |
| Washington County | | |
| <p>Abingdon Child Development Center 152 Highland St., ABINGDON, VA 24210 (276) 628-9932 9:00 am - 1:45 pm, Mon – Fri 3 years - 5 years 11 months</p> | <p>Abingdon Child Development Center- Early Start 152 Highland St., ABINGDON, VA 24210 (276) 628-4969 7:00 am - 1:45 pm, Mon – Fri 1 month - 3 years 11 months</p> | <p>Abingdon Church of Christ Abingdon Christian Academy 19508 Dennison Dr, ABINGDON, VA 24211 (276) 628-6253 9:00 am - 1:00 pm, Mon – Fri 2 years - 5 years 11 months Boys & Girls Club of the Mountain Empire - Abingdon Unit 300 Stanley St., ABINGDON, VA 24210 (276) 669-8932 2:30 pm - 6:30 pm, Mon – Fri 5 years - 12 years 11 months</p> |
| <p>Abingdon United Pentecostal Church 17535 Jeb Stuart Hwy Abingdon United Children Center ABINGDON, VA 24211 (276) 628-6379 7:30 am - 5:30 pm, Mon – Fri 1 month - 12 years 11 months Cornerstone Christian Academy 16210 Elementary Dr. ABINGDON, VA 24210 (276) 623-7164 8 AM - 3 PM, Mon – Fri 4 years - 5 years 11 months</p> | <p>Benhams Head Start Center 7741 Rich Valley Road BRISTOL, VA 24202 (276) 466-9122 9:00 am - 1:45 pm, Mon – Fri 3 years - 5 years 11 months</p> | <p>Glade Spring Head Start Center 337 North Glade St., GLADE SPRING, VA 24340 (276) 429-2130 9:00 am - 1:45 pm, Mon – Fri 3 years - 5 years 11 months</p> |
| <p>HELP at Greendale Elementary School 13092 McGuffie Rd ABINGDON, VA 24210</p> | <p>First Christian Church of Abingdon First Christian Child Care 185 Old Jonesboro Rd ABINGDON, VA 24210 (276) 698-3474 7:30 am - 5:30 p.m., Mon – Fri 1 year - 12 years 11 months HELP at Meadowview Elementary School 14050 Glenbrook Ave MEADOWVIEW, VA 24361 3:00 - 6:00, Mon – Fri 5 years - 12 years 11 months</p> | <p>HELP at Valley Institute Elementary School 4350 Gate City Hwy, BRISTOL, VA 24202 3:00 - 6:00, Mon – Fri 5 years - 12 years 11 months</p> |
| <p>High Point Elementary School 14091 Sinking Creek Rd, BRISTOL, VA 24201 (276) 645-4780 2:45 PM - 6:00 PM, Mon – Fri 4 years - 12 years 11 months Miss Amy's Child Care 211 Bradley ST, ABINGDON, VA 24210 (276) 676-3151 7:00 AM - 6:00 PM, Mon – Fri 1 year 10 months - 7 years 11 months</p> | <p>Kiddie Care College 992 Beverly Dr, ABINGDON, VA 24210 (276) 628-1288 7 AM - 6 PM, Mon – Fri 1 year 10 months - 12 years 11 months</p> | <p>Kids Are Special Christian Day Care 28365 Hillman Hwy, MEADOWVIEW, VA 24361 (276) 944-3175 7 AM - 6 PM, Mon – Fri 2 years - 12 years 11 months Ms. Teresa Taylor 15239 Friendship Rd, GLADE SPRING, VA 24340 (276) 429-5929 6:00 am - 5:30 pm, Mon – Fri Birth - 12 years 11 months</p> |
| <p>Ms. Valerie Taylor 26269 Watauga Rd, ABINGDON, VA 24211 (276) 628-2834 6:30 am - 5:30 pm, Mon – Fri Birth - 12 years 11 months</p> | <p>Ms. Mary Thomas 22237 Lincoln Circle DAMASCUS, VA 24236 (276) 475-3935 6 am - 6 pm, Mon – Fri Birth - 12 years 11 months Pleasant View United Methodist Pleasant View Preschool 18416 Lee Hwy, ABINGDON, VA 24210 (276) 628-6323 9:30am - 12:00 noon, Mon, Wed and Fri 2 years 6 months - 5 years 11 months</p> | <p>Sinking Springs Presbyterian Church Sinking Springs Preschool 136 East Main St, ABINGDON, VA 24210 (276) 628-3361 9 am - 12:30 pm, Mon – Thurs Birth - 6 years 11 months</p> |

St. John Lutheran Church
St. John Child Care Development Center
807 E. Main St, ABINGDON, VA 24212
(276) 676-0115
9:00am - 5:30 pm, Mon – Fri
2 years 6 months - 5 years 11 months

Trigg Street Church of God
Sunny Days Children's Center
333 Trigg St., ABINGDON, VA 24210
(276) 628-8005
7:30 am - 5:30 pm, Mon – Fri
1 month - 12 years 11 months

Stryker Martial Arts Academy
100 Linden Square Dr. Suites 1-4
BRISTOL, VA 24202
(276) 644-9990
3:00pm - 6:00pm, Mon – Fri
5 years - 12 years 11 months

Victory Children's Center
11123 Island Rd, BRISTOL, VA 24202
(276) 669-3008
6:30 am - 5:30 pm, Mon – Fri
1 month - 12 years 11 months

Sullins Academy
PreSchool & Children's Center
22218 Sullins Academy Dr, BRISTOL, VA
24202
(276) 669-4101
7:30am - 5:30pm, Mon – Fri
2 years 6 months - 12 years 11 months
Woodland Hills Christian Church
Academy 22:6
16173 Elementary Dr, ABINGDON, VA
24210
(276) 628-8659
7:30 am - 6:00 pm, Mon – Fri
1 year 6 months - 12 years 11 months

****WORKING FAMILIES MAY QUALIFY FOR A CHILD CARE SUBSIDY THROUGH
THEIR LOCAL DEPARTMENT OF SOCIAL SERVICES****

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|---|--------------|
| Bristol VA Department of Social Services | 276-645-7450 |
| Buchanan County Department of Social Services | 276-935-8106 |
| Dickenson County Department of Social Services | 276-926-1661 |
| Russell County Department of Social Services | 276-889-3031 |
| Washington County Department of Social Services | 276-645-5000 |

Children & Youth Programs

Big Brothers/ Big Sisters of Washington Co.

114 North Court Street, Abingdon VA 24210
276-628-7053 <http://www.bbbswashco.org/>
A mission to help children reach their potential through professionally supported, one-to-one relationships with mentors that have a measurable impact on youth. The agency provides a positive one-on-one relationship for children living in a single parent home, or who are in need of stability and companionship. The program matches children with an adult who has similar interests and can provide a positive role model.

Boys and Girls Club of Bristol

334 Rebecca Street, Bristol VA 24201
276-669-8921 <http://www.bbhc.org/>
Youth organization which serves children 5 to 18 years of age.

Bristol Family Y.M.C.A.

400 Martin Luther King Blvd., Bristol TN 37620
423-968-3133 <http://www.bristolymca.net/>
Youth programs for ages infant to high school, and include flag football, basketball, t-ball, swim lessons, aquatic activities, pre-school services. Before and after school childcare is also offered. Dance aerobics and youth training are also available.

Communities in Schools of Southwest Virginia

Contact-Deborah Wagner
220 Lee Street, Bristol, VA 24202
276-821-5630 www.cisofswva.org
Targeting K-12 children at risk of dropping out of school. Provides basic needs such as food, clothing or other necessities.

Drug Awareness Resistance Education (DARE)

20281 Rustic Lane, Abingdon VA, 24210
276-676-6000
Provides children with the skills they need to avoid drugs, gangs, and violence.

Educational Talent Search

P.O. Box 828, Abingdon VA 24210
276-739-2564
Prepares middle and high school students for college. Offers tutoring, college visits, cultural enrichment, mentoring, personal development and summer camp.

Girls Incorporated

613 Highland Avenue, Bristol, VA 24201
276-669-8686
An after-school program and summer program available to girls between the ages of 5 and 18 years of age. An emphasis is placed on sports, adventure, leadership, community action, self-reliance, life skills, culture, and heritage.

People Incorporated Community Services Program— Improving Scholars

1173 West Main Street, Abingdon VA 24210
276-623-9000 <http://www.peopleinc.net/>
Twice weekly tutoring and mentoring services for at-risk middle and high school students.

People Incorporated Community Services Program— Project Discovery

1173 West Main Street, Abingdon VA 24210
276-623-9000 <http://www.peopleinc.net/>
A drop-out prevention and college access preparatory program for high school students that arranges college campus visits, provides academic support counseling, goal-oriented workshops, SAT fee waivers and test preparation, and information on financial aid and college admissions

River's Way

10 6th Street, Bluff City TN 37618
423-612-1242 or 423-715-0085
<http://www.riversway.org>
Overnight summer program featuring rock climbing, canoeing, white water rafting, swimming and caving. Team building for youth with disabilities and special needs. Sponsorships are available.

Smart Beginnings of Southwest Virginia

1096 Ole Berry Rd, Abingdon, VA 24210
<http://www.smartbeginningsswva.org/>
A community-based, state supported initiative that strives to ensure that all children entering kindergarten are healthy and ready to learn.

Virginia Cooperative Extension Office Washington County 4-H Program

25236 Hillman Highway, Abingdon VA 24210
276-676-6180 <http://washington.ext.vt.edu/>

Washington County 4-H encourages youth ages 5-19 to develop leadership, responsibility, decision making and communication skills to the fullest potential. Young people participate in 4-H through clubs, special interest groups, school programs, camps and many other activities. "Learning by doing" through hands-on activities and community involvement empowers 4-H'er's to develop and strengthen these valuable life skills.

Y.W.C.A of Bristol

106 State Street, Bristol, TN 37620

423-968-9444 <http://www.ywcabristol.org/>

Child care is offered on a sliding scale fee for children from 6 weeks old to preschool age. MOMS R US; a teenage pregnancy program is offered. Labor and childbirth classes are offered along with parenting classes. A fitness club for women is also offered.

Schools

Public Schools

Bristol City.....<https://www.bvps.org/>

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| J.B. VanPelt Elementary School | 276-821-5770 |
| Highland View Elementary School | 276-821-5710 |
| Saint Anne's Catholic School | 276-669-0048 |
| Stonewall Jackson Elementary School | 276-821-5740 |
| Sullins Academy | 276-669-4101 |
| Virginia High School | 276-821-5858 |
| Virginia Middle School | 276-821-5660 |
| Washington Lee Elementary School | 276-821-5800 |

Buchanan County.....<http://www.buc.k12.va.us/>

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| Buchanan County Technology & Career Cnt | 276-935-4541 |
| Council Elementary/Middle School | 276-859-9329 |
| Council High School | 276-859-7627 |
| Grundy High School | 276-935-2106 |
| Hurley Elementary/Middle School | 276-566-8523 |
| Hurley High School | 276-566-8334 |
| JM Bevins Elementary School | 276-244-3200 |
| Riverview Elementary/Middle School | 276-935-1613 |
| Twin Valley Elementary/Middle School | 276-498-4537 |
| Twin Valley High School | 276-259-7818 |

Washington County.....<http://www.wcs.k12.va.us/>

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|------------------------------------|--------------|
| Abingdon Elementary School | 276-739-3400 |
| Abingdon High School | 276-739-3200 |
| Damascus Middle School | 276-739-4100 |
| E.B. Stanley Middle School | 276-739-3300 |
| Glade Spring Middle School | 276-739-3800 |
| Greendale Elementary School | 276-739-3500 |
| High Point Elementary School | 276-642-5600 |
| Holston High School | 276-739-4000 |
| John S. Battle High School | 276-642-5300 |
| Meadowview Elementary School | 276-739-3900 |
| Patrick Henry High School | 276-739-3700 |
| Rhea Valley Elementary School | 276-739-4200 |
| Valley Institute Elementary School | 276-642-5500 |
| Wallace Middle School | 276-642-5400 |
| Washington Co. Technical School | 276-739-3140 |
| Watauga Elementary School | 276-739-3600 |

Dickenson County.....<http://www.dickenson.k12.va.us/>

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|-----------------------------|--------------|
| Clintwood Elementary School | 276-926-6088 |
| Clintwood High School | 276-926-8400 |
| Ervinton Elementary School | 276-835-8423 |
| Ridgeview High School | 276-835-1600 |
| Sandlick Elementary School | 276-865-5361 |

Russell County.....<http://www.russell.k12.va.us/>

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|---|--------------|
| Belfast Elementary School | 276-880-2283 |
| Castlewood Elementary School | 276-762-2315 |
| Castlewood High School | 276-762-9449 |
| Copper Creek Elementary School | 276-794-9306 |
| Honaker Elementary School | 276-873-6301 |
| Honaker High School | 276-873-6363 |
| Lebanon Elementary School | 276-889-6531 |
| Lebanon Middle School | 276-889-6548 |
| Lebanon Primary School | 276-889-4507 |
| Lebanon High School | 276-889-6539 |
| Russell County Career and Technology Center | 276-889-6550 |
| Swords Creek Elementary School | 276-991-0016 |

Wise County.....<https://www.wisec12.org/>

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|----------------------------|--------------|
| St. Paul Elementary School | 276-762-5941 |
| Eastside High School | 276-395-3389 |

Private Schools

Bristol City

Antioch Academy Preschool

<http://www.antiochbristol.com/antioch-academy-preschool/>
276-591-1803

Morrison School

<http://morrisonsschool.org/> 276-669-2823

Saint Anne's Catholic School

<https://www.stanneschoolbristol.org/>
Email: wcheers@stanneschoolbristol.org 276-669-0048

Sullins Academy

<https://www.sullinsacademy.org/>
Email: info@sullinsacademy.org 276-669-4101

Washington County

Antioch Christian Academy

<https://www.antiochbristol.com/>
Email: pastor@antiochbristol.com 276-628-5353

Cornerstone Christian Academy

<http://www.cornerstoneabingdon.org/> 276-623-7164

Preschool/Day Care Academy 22:2

Woodland Hills Christian Church
16173 Elementary Drive, Abingdon, VA
276-628-8659

Early Head Start / Head Start

Bristol City.....<http://www.peopleinc.net/>

Bristol Early Head Start/Head Start Center 276-591-1437
Bristol Early Head Start-Home Based 276-623-9000

Buchanan County

Early Head Start-Home Based 276-935-3267
276-935-3263
<http://www.peopleinc.net/>

Buchanan County Head Start 276-935-2333
<http://www.buchanancountyonline.com/headstart.htm>

Washington County.....<http://www.peopleinc.net/>

Abingdon Early Head Start/Head Start Cnt 276-628-9932
Benhams Head Start Center 276-466-9122
Glade Spring Head Start Center 276-429-2130
Washington County Early Head
Start-Home Based 276-623-9000

Dickenson County

Dickenson County Child Care Center 276-926-8516
Dickenson County Early Head Start Center
Dickenson County Early Head Start-Home
Based <http://www.peopleinc.net/>

Kids Central Incorporated 276-679-0514
<http://kidscentralinc.com/>

Russell County.....<http://www.peopleinc.net/>

Fox Meadows Head Start Center 276-889-4768
Givens Head Start Center 276-991-0001
Russell County Early Head Start/Head Start-Home
Based 276-889-8473
276-889-8467

Wise County

Kids Central Incorporated 276-679-0514
<http://kidscentralinc.com/>

Adult Education

Blue Ridge Job Corps

276-783-7221 or 1-800-829-0191

<https://blueridge.jobcorps.gov/>

Job training in the construction field and assistance to those interested in obtaining a GED. The program can serve individuals 16-24 years of age that meet income requirements. Serves the entire states of Virginia, Tennessee, Kentucky, and West Virginia.

Bristol School of Hair Design

805 Commonwealth Ave, Bristol VA 24203

276-466-4534

<https://www.bristolschoolofhairdesign.com/>

Cosmetology school and employment

Emory & Henry College

30461 Garnard Drive, Emory, VA 24327

276-944-4121

<https://www.ehc.edu/>

College classes for those interested in furthering their education. Students can enroll and work towards a Bachelor's Degree. Financial Aid programs, grants, and loans are available to those in need. Contact Admissions office for more information.

Highlands Educational Literacy Program (H.E.L.P.)

13168 Meadowview Square, Meadowview VA 24212

276-944-5144

<http://helpliteracyofwc.org/>

H.E.L.P. provides basic literacy instruction for adults, classes to assist in computer skills, English as a second language (ESL) and a focus on family literacy.

Jacobs Creek Job Corps

984 Denton Valley Rd, Bristol TN 37620

423-878-4021 or 1-800-733-JOBS (5627)

<https://jacobs creek.jobcorps.gov/>

Job training in the construction field and assistance to those interested in obtaining a GED. The program can serve individuals 16-24 years of age that meet income requirements. Serves the entire states of Virginia, Tennessee, Kentucky, and West Virginia.

Literacy Academy of Bristol

701 Goode Street, Bristol VA 24201 276-645-8790

Provides learning opportunities to individuals wishing to increase their education or skills. The center helps students with GED preparation, remedial reading,

writing, and math. Assistance and classes to help individuals with computer skills, resume writing, and military tests. English as a Second Language ESL classes and college entrance exams. Inquire at the Bristol Public Library.

LPN Program

276-889-6550

The program is designed to assist adult learners in achieving their Licensure in Practical Nursing.

Mount Rogers Regional Adult Education Program

P.O. Box 828, Abingdon VA 24210

276-619-4398

<http://mrraep.com/>

Adult Basic Education (ABE) programs, English as a Second Language programs (ESL), General Education Development programs (GED) available. Transition classes also available for accelerated instruction in reading, writing, and math for individuals who possess a GED and desire to enter into college classes. Individuals must be 18 years old or at least 16 and released from compulsory school attendance. Office located Southwest Virginia Higher Education Center.

Regional Adult Education Program

1-800-422-3433

Adult Basic Education (ABE) programs, English as a Second Language programs (ESL), General Education Development programs (GED) available. Transition classes also available for accelerated instruction in reading, writing, and math for individuals who possess a GED and desire to enter into college classes. Individuals must be 18 years old or at least 16 and released from compulsory school attendance.

Russell County Alternative Education

276-889-6539 or 276-762-9449

<http://altd.russell.k12.va.us/>

Assists individuals, adults and youth in obtaining their GED.

Southwest Virginia Community College

724 Community College Rd., Cedar Bluff, VA

276-964-2555

<https://sw.edu/>

College classes for those interested in furthering

their education. Students can enroll and work towards a Certificate of Training, an Associate's Degree, or attend General Studies classes in order to transfer to 4 yr. college. Financial Aid programs, grants and loans available to those in need. Contact Admission office for more information.

TRI- County Driving Academy

276-794-7660

<http://www.tricountydrivingacademy.com/>

Assists adults in obtaining their Commercial Driver's License, training, and job placement. Financial Aid may be available.

University of Virginia at Wise

276-328-0102 or 1-888-282-9324

<https://www.uvawise.edu/>

College classes for those interested in furthering their education. Students can enroll and work towards a Bachelor's Degree. Financial Aid programs, grants, and loans are available to those in need. Contact Admissions office for more information.

Virginia Highlands Community College

P.O. Box 828, Abingdon VA 24212

276-739-2400

<http://www.vhcc.edu/>

College classes for those interested in furthering their education. Students can enroll and work towards a Certificate of Training, an Associate's Degree, or attend General Studies classes in order to transfer to 4 yr.

college. Financial Aid programs, grants and loans available to those in need. Contact Admission office for more information.

Washington County Schools-Kidz Place

255 Stanley St, Abingdon, VA 24210

276-739-3115

<http://kidzplace.wcs.k12.va.us/content/about-us>

The Washington County Title I Parent Resource Center is a part of Washington County Public Schools federal programs. The center has materials to suit the needs of preschool through grade five. Our goal through the center is to work with parents to give our students, present and future, the greatest opportunity for success in the early years of school. For some students, more time and help are needed to develop strong academic skills. The Parent Resource Center has hundreds of instructional tools available for parents to work with their children at home to provide that extra boost to school achievement.

William N. Neff Vocational School

255 Stanley Street, Abingdon VA 24210

276-739-3100

<http://neff.wcs.k12.va.us/aboutus.html>

Provides vocational education for secondary students in Washington County. Program also offers Licensed Practical Nursing classes to adults as well as secondary students.

Employment, Financial, & Legal Services

Employment Programs

People Incorporated Workforce Development Program

1173 West Main St., Abingdon VA 24210

<http://www.peopleinc.net/>

Connects individuals to employment, new skills training, and higher education through innovative initiatives that serve workers, job seekers, and employers to enhance the productivity and prosperity of the communities in which we live.

People Incorporated Workforce Development Program—Adult Workforce Investment Act

<http://www.peopleinc.net/>

One-Stop Career Centers provide adults age 18 and over with workforce preparation, talent development service, and job placement. Connections with GED preparation, continuing education and employment placement services are also provided.

People Incorporated Workforce Development Program—Dislocated Worker Program

<http://www.peopleinc.net/>

This program is designed to meet employer needs by helping job seekers upgrade skills, obtain employment, improve job retention, and increase earnings. The program offers employment and training programs for eligible workers who are unemployed through no fault of their own or have received an official layoff notice.

People Incorporated Workforce Development Program—Youth Workforce Investment Act

<http://www.peopleinc.net/>

Education, training, and employment opportunities for youth ages 14 through 21 are designed to eliminate the multiple barriers to employment for low-income youth. The program develops skilled workers with flexibility to adapt to changing demands of local economies.

Virginia Employment Commission

<http://www.vec.virginia.gov/bristol>

1-866-832-2363- Claims #,

192 Bristol East Rd., Bristol VA

276-642-7350

P.O. Box 1850, Richlands, VA

276-964-4007

Screening, testing, training, counseling, and classifications of workers for job referral and placement.

Migrant and seasonal farm workers assistance, automated job matching, and administration of employment insurance benefits.

People Incorporated Community Services Program—Virginia Community Action Re-Entry Solution

276-623-9000

1173 West Main St., Abingdon VA 24210

<http://www.peopleinc.net/>

Virginia CARES helps ex-offenders and their families make the transition from prison to life in the community. Services include pre-release life skills, post-release referrals to community service providers, and help in securing employment.

Financial Services

Division of Child Support Enforcement

190 Patton Street, Abingdon VA 24210

1-800-468-8894

<http://www.dss.virginia.gov/family/dcseoffices.cgi>

Provides methods of collecting child support from absent parents, including establishing paternity, establishing administrative support orders and enforcement of all orders for child support. This is the regional office and serves the counties of Buchanan, Dickenson, Russell, Scott, Smyth, Tazewell, Washington, Wise and the cities of Bristol and Norton

Money Management International

7000 Peter's Creek Rd., Roanoke VA

1-800-873-2227

Offers free debt counseling and education as well as a debt management program.

People Incorporated Community Economic Development Program—Business Development and Loan Services

1173 West Main St Abingdon VA 24210

276-623-9000

<http://www.peopleinc.net/>

People Incorporated offers financial assistance microenterprise loans, business training and technical services to help start or expand businesses, which in turn, creates jobs.

People Incorporated Community Economic Development Program—Consumer Loans

1173 West Main St., Abingdon VA 24210

276-623-9000

<http://www.peopleinc.net/>

Loans with an affordable interest rate of Prime + 5% are offered to individuals for up to 36 months to provide assistance with many household expenses, car purchases and bill consolidation.

People Incorporated Community Economic Development Program—Virginia Individual Development Accounts Program

1173 West Main St Abingdon VA 24210

276-623-9000 <http://www.peopleinc.net/>

IDAs facilitate a pattern of regular savings for modest income working families using matching funds. Clients build assets and long-term economic security.

People Incorporated Community Economic Development Program—Volunteer Income Tax Assistance (VITA) and Earned Income Tax Credit (EITC) Outreach Program

1173 West Main St Abingdon VA 24210

276-623-9000 <http://www.peopleinc.net/>

IRS-certified volunteers provide free basic income tax preparation and electronic filing to individuals and families earning less than \$54,000. The outreach program links EITC-eligible individuals to trained volunteers who provide tax preparation assistance.

Social Security Administration

2484 Lee Hwy., Bristol VA 24201

276-466-2231 1-800-772-1213

<https://www.ssa.gov/>

Develops claims for Social Security retirement, survivors, disability and supplemental security income for the elderly or disabled. Works to help individuals obtain social security numbers/cards.

Virginia Highlands Small Business Incubator

851 French Moore Jr Blvd., Abingdon, VA 24210

276-492-2062 <http://vhsbi.com/>

The Virginia Highlands Small Business Incubator was established to help start-up and existing business expand and grow in Southwest Virginia. We provide support, guidance, reasonable rent, and necessary services to foster a successful business community.

Legal Services

Attorneys

| | | |
|------------------------|---|--------------|
| Abbey Pratt | 360 E Main St, Abingdon, VA 24210 | 276-698-3338 |
| Barry Proctor | 117 W Main St, Abingdon, VA 24210 | 276-628-1181 |
| David Harmon | 14400 Lee Highway, Abingdon, VA 24202 | 276-642-0000 |
| Ed Stout | 600 Cumberland St, Bristol, VA 24201 | 276-466-3377 |
| George Barker, Jr | 121 E Valley St Abingdon, VA 24210 | 276-628-9000 |
| Haugh & Preas | 111121 Russell Rd NW #1, Abingdon, VA 24210 | 276-628-7187 |
| Jeff Coale | 121 Russell Rd NW, Abingdon, VA 24210 | 276-614-4537 |
| Johnny Rosenbaum | 189 Valley St NE, Abingdon, VA 24210 | 276-628-7167 |
| Kimberly Haugh | 100 Court St NE, Abingdon, VA 24210 | 276-676-2400 |
| Marty Large | PO Box 616, Norton, VA 24210 | 276-395-3327 |
| Nancy-Jean Bradford | 158 W Valley St, Abingdon, VA 24210 | 276-628-1440 |
| Patricia Smith | 158 W Valley St, Abingdon, VA 24210 | 276-628-1440 |
| Richard Buddington, Jr | 182 W Main ST, Abingdon, VA 24210 | 276-628-7591 |

Virginia Legal Aid Society

227 West Cherry St., Marion, VA
276-783-8300

16932 W Hills Dr., Castlewood, VA
276-762-9317

1-866-534-5243

<http://www.swvaledicaid.org/contact-us>

A non-profit organization established to provide free, high quality legal services to low income residents of the Southwestern Region of Virginia. The following types of cases may be handled: family related issues, housing, consumer issues, SSI, Food Stamps, TANF, Medicaid, Medicare, Health Care, and employment issues.

Other Services

Safe Link Telephones

www.safelinkwireless.com

A government initiative to ensure individuals access to telephone service. Individuals meeting income guidelines and receiving local or federal public assistance may qualify for a free cell phone plus 68 minutes of use each month. Unused minutes roll over each month and additional minutes can be added by buying a TracPhone wireless card.

Virginia 2-1-1

Dial 2-1-1

www.211virginia.org

An easy to remember telephone number to connect individuals with needed resources within their local area. Calls are taken by trained professionals who will listen to individual situations and suggest local sources to help using the Virginia database of health and human services.

Shelter, Food, and Transportation Resources

HOUSING RESOURCES

Appalachian Family Ministries

276-523-2410

Provides hospitality, shelter, counseling, and support to families and single persons in times of crisis.

Appalachian Agency for Senior Citizens

216 College Ridge Rd., Cedar Bluff, VA 24609

276-964-4915 cpatton@aasc.org

<http://www.aasc.org/>

Appalachian Agency for Senior Citizens provides home repairs.

Bristol Redevelopment & Housing Authority

809 Edmund Street, Bristol VA 24201

276-642-2001 contact@bhra.com

<http://www.brha.com/>

Offers assistance to families who qualify to obtain safe low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and the unit chosen. Assists residents of the city of Bristol VA only.

Buchanan County Housing and Redevelopment

276-935-6560

<http://www.buchanancountyonline.com/>

Offers assistance to families who qualify to obtain safe low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and the unit chosen.

Cumberland Plateau Regional Housing Authority

35 Fox Meadow Dr., Lebanon, VA 24266

276-889-8076 <http://www.cprha.org>

Cumberland Plateau provides low-income rentals through public housing.

Dickenson County Housing and Redevelopment

276-926-2704 <http://www.dickensonva.org>

Offers assistance to families who qualify to obtain safe low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and the unit chosen.

Habitat for Humanity-Washington County

Abingdon VA projects@helphabitat.org

<http://helphabitat.org>

276-258-5469

Program assists families in home ownership. Restrictions apply, participants are required to volunteer.

People Incorporated Housing Program—Affordable Rental Housing

1173 West Main St., Abingdon VA 24210

276-623-9000 <http://www.peopleinc.net/>

People Incorporated creates affordable apartment units for low- and moderate-income families and individuals throughout Southwest Virginia and the Shenandoah Valley.

People Incorporated Housing Program—Homeownership and Housing Counseling

1173 West Main St., Abingdon VA 24210

276-623-9000 <http://www.peopleinc.net/>

Low- and moderate-income families can gain financial stability, accumulated assets, and equity, and make a long-term investment in their future by becoming homeowners with assistance from Homeownership Counselors. The agency provides one-on-one homeowner education and housing counseling services and to those interested in homeownership and provides low interest home loans to eligible individuals and families.

People Incorporated Housing Program—Kings Mountain Supportive Housing

1173 West Main St., Abingdon VA 24210

276-623-9000 <http://www.peopleinc.net/>

Kings Mountain was designed to meet the needs of homeless men with disabilities, including veterans. The multi-unit housing rehabilitation project in Bristol, Virginia provides residence and support services.

People Incorporated Housing Program—Minor Home Repair

1173 West Main St., Abingdon VA 24210

276-623-9000 <http://www.peopleinc.net/>

Assists low-income households with electrical, heating, and roof repairs.

People Incorporated Housing Program—Section 8 Rental Assistance

1173 West Main St., Abingdon VA 24210
276-623-9000 <http://www.peopleinc.net/>
Program provides financial assistance for rent and utilities to qualified families in Washington County.

People Incorporated Housing Program—Virginia Homeless Solutions Program (VHSP)

1173 West Main St., Abingdon VA 24210
276-623-9000 <http://www.peopleinc.net/>
Individuals and families who are homeless or at-risk of becoming homeless receive emergency assistance in order to prevent homelessness or shorten the length of time that an individual/family is homeless.

People Incorporated Housing Program—Weatherization

1173 West Main St., Abingdon VA 24210
276-623-9000 <http://www.peopleinc.net/>

Provides repairs and improvements to low-income residences to increase the home's energy efficiency and reduce total residential energy expenditures.

Rural Development

140 Highland Dr #5, Lebanon, VA 24266
276-889-5750 <https://www.rd.usda.gov/>
Assists rural residents to acquire adequate housing through home ownership. Application process required, participants are required to attend home ownership and money management counseling.

Town of Abingdon Housing

300 Green Springs Rd., Abingdon VA 24210
276-628-5661 <http://abingdon-va.gov>
Offers assistance to families in obtaining safe and low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and unit chosen. Town of Abingdon residents only.

FOOD/CLOTHING/SHELTER

Bristol Virginia Department of Social Services

621 Washington St., Bristol VA 24201

276-645-7450

<http://www.dss.virginia.gov/localagency>

Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available. Contact office for more info. Intake application required for all services.

Bristol Emergency Food Pantry

21 Washington St., Bristol VA 24201

423-571-4449

Assists families with emergency food box in time of need. Application process required. Photo ID and Social Security Cards for all members in household. Hours 1:00 pm-4:00 pm. Must be there before 3:00 pm.

Bristol Faith in Action

1534 Euclid Ave., Bristol VA 24201

276-466-8292

A faith-based organization comprised of local churches with the goal of assisting the community with needs. Operates a food pantry providing families with emergency food boxes. Crisis assistance for families for rent and utilities as funds are available. Application process required. Bristol residents ONLY. Hours 10:00 am-2:00 pm.

Buchanan County Department of Social Services

3174 Slate Creek Rd., Grundy, VA 24614

276-935-8106 www.dss.virginia.gov/localagency

Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available.

Dickenson County Department of Social Services

120 Clover Street, Clintwood, VA 24228

276-926-1661

<http://www.dss.virginia.gov/localagency>

Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance

Ecumenical Faith in Action

798 Hillman Highway, Abingdon VA 24210

276-628-4813

<http://www.abingdonfaithinaction.com/>

Faith-based organization comprised of local churches with the goal to assist the needs of the community. Services include: Stone Soup Food Pantry (food and hygiene products), Thrift Store (East Main Street), crisis assistance for rent and utilities (when funds available). Application process required. Washington County Virginia residents only.

Feeding America Southwest Virginia

21452 Gravel Lake Rd., Abingdon, VA 24211

276-628-9226 <https://www.faswva.org/>

Provides low income individuals and families food to survive and thrive.

Family Crisis Support Services, Inc

701 Kentucky Ave SE, Norton VA 24273

276-679-7240 fcssinc@adelphia.net

menschelters.org/det/family-crisis-support-services-inc
Offers vouchers to the community at large for school supplies, clothing and household items to be used at one of three thrift stores in Pound, Norton, or Clintwood. Application process required to determine eligibility.

First Assembly of God

1400 Lee Hwy., Bristol, VA 24201

276-669-3016 <http://www.firstassemblybristol.org/>

Provides food to those in need. Wednesdays 10 am until last person leaves.

Good Samaritan Food Pantry and Clothing Store

918 Kents Ridge Rd., Richlands VA 24641

276-963-9197

Provides food and clothing to those in need. Application process required for USDA food bank. Food Pantry operates Tuesdays and Fridays from 10-1. The Clothing Closet operates Mondays and Thursdays from 9-3.

Grace Point Food Ministry

1119 Commonwealth Ave., Bristol, VA 24201

276-644-4494

Provides food for those in need. Call for an appointment. Must have proof of address. Two times per month on Thursdays.

Haven of Rest Rescue Mission

624 Anderson Street, Bristol TN, 37621

423-968-2011 www.havenofrestbristol.org

Food, clothing, shelter, and counseling are provided. Thrift store for the needy and homeless individuals. 3 shelters for the homeless, 1) Haven of Rest Rescue Mission for Men, 2) Haven Home for Homeless Women, 3) Haven Home for Homeless Women and Children. Free lunch at noon on Saturdays and Sundays. Free dinner at 6 pm Monday through Friday. Food boxes available to those in need. Call for more information.

Higher Faith Ministries, Inc

1509 Kentucky Ave, Bristol TN 37620

423-764-7904 ministry@higherfaith.org

<http://higherfaith.org/>

Free clothing closet and athletic exchange for families. Household goods also free to needy families. Donations of clothing and materials taken. Call for hours of operation or to schedule appointment.

Highlands Fellowship Church, Abingdon and Bristol Campuses

22417 Watauga Rd., Abingdon VA 24211

Abingdon—276-628-3297

Bristol—276-669-7400 www.hf.church

Food pantry for those in need as well as a free clothing closet to assist families within the community. Benevolent fund to assist families in crisis with rent and utilities, as funds are available. Application process required. Various fellowship services offered to the public for time of worship.

Loaves and Fishes Food Pantry-Chilhowie Area

141 S Pine Avenue, Chilhowie, VA 24319

276-646-9939 <https://www.foodpantries.org/li/loaves-and-fishes-chilhowie-area-food-pantry>

Provides food boxes to families first and third Thursday of each month.

Russell County Department of Social Services

79 Rogers Street, Lebanon, VA

276-889-3031

<http://www.dss.virginia.gov/localagency>

Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available. Contact office for more info. Intake application required for all services.

Salvation Army

137 Martin Luther King Blvd. Bristol TN 37621

423-764-6156 or FAX #- 423-764-8082

<http://www.salvationarmyusa.org/>

Emergency food and shelter are provided as well as assistance in emergency situations-food, utilities, clothing and fuel. The Salvation Army also provides men's and women's shelters, counseling services, tutoring, transportation, disaster services and holiday assistance. Resources available to families who meet eligibility criteria.

Steele Creek Missionary Baptist Church

274 Old State Dr., Bristol, TN 423-274-0790

Must bring photo ID. Third Thursday of the month from 10 am-12 pm.

Swords Creek Community Church

3305 Kents Ridge Rd, Swords Creek VA 24649

276-991-0264 <http://www.sccbaptistchurch.org/>

Provides food boxes to families in need.

The Christian Center

104 E Main St Lebanon, VA 276-889-4357

The Christian Center provides help for those in need as determined by the circumstances.

The Community Center of Abingdon**Meals on Wheels**

300 Senior Dr., Abingdon VA 24210

276-628-3911 thecommunitycenterofabingdon.com

Check our Facebook page or website for dates of this event, as they will change monthly.

The SHARE Program

Lebanon VA 276-889-4893

Provides low cost food packages for the public. Purchase for the monthly food package may be made with cash or food stamps.

Tri-Cities Diaper Ministry

1534 Euclid Ave., Bristol, VA 24201

423-742-5639

Provides diapers to needy families.

Virginia Avenue Methodist Church

1127 Virginia Ave., Bristol, TN 37621

423-968-1353 vaaveumc@btes.tv

First and third Wednesday of each month from 2-4 pm.

Washington County Department of Social Services

15068 Lee Hwy., Bristol VA 24202

276-645-5000 or 276-623-2661

<http://www.dss.virginia.gov/localagency>

Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available.

TRANSPORTATION SERVICES

Abingdon Public Transit

335 Cummings Street, Abingdon VA 24210
276-676-0700 <http://district-three.org/index.php/Town-of-Abingdon/>
Public Transportation to those interested. Operates 5 days a week. Fixed routes with convenient stops. All age groups welcome for shuttle services, shopping and college commuters. FEES: Adults- .50 Children under 3 are FREE.

Bristol VA Public Transit

2107 Shakesville Rd., Bristol VA 24201
276-645-7384
<http://www.bristolva.org/196/Transit>
Public transportation to those interested. 3 Buses operate 5 days a week. Fixed routes at convenient pick up and drop off sites. FEES: Adults- .60 Children under 6 FREE. Exact Change Required.

Four County Transit

164 College Rd., Cedar Bluff VA
276-963-1486 1-888-656-2272
<http://www.fourcountytransit.org/>
Public transportation for the counties of Buchanan, Dickenson, Russell, and Tazewell. Convenient pick up and drop off locations and bus transfer sites.

Logisticare

1-866-608-8791 <http://www.logisticare.com/>
Transportation services available for families receiving Medicaid Insurance to and from Medical Appointments. Intake required, families must call to set up initial intake at least 2 weeks prior to first transport. After first transport, families can call within 48 hours of appointments for transportation.

New Freedom Routes

276-783-3236 1-866-991-1623
<http://www.fourcountytransit.org/>
Provide express service to shopping centers regionally and out of area.

Russell County Public Transportation

276-889-8000 <http://www.fourcountytransit.org/>
Public Transportation to those interested. Operates 5 days a week. Fixed routes with convenient stops. All age groups welcome for shuttle services, shopping and college commuters.

Washington Co. Public Transit

335 Cummings Street, Abingdon VA 24210
276-676-2662 <http://district-three.org/index.php/Washington-County/>
Public Transportation to those interested. Operates 5 days a week. Fixed routes with convenient stops. All age groups welcome for shuttle services, shopping and college commuters. FEES: Adults- .50 Children under 3 are free.

Farmers Markets & Recreation

Local Farmers Markets

Abingdon Farmers Market

www.abingdonfarmersmarket.com
Email: abingdonmarket@gmail.com
Corner of Remsburg Dr & Cummings St
Saturdays 9am-1pm Tuesdays 3-6pm

Big Stone Gap Farmers Market

<https://www.facebook.com/bsgfarmersmarket/> Email:
bsgfarmersmarket@gmail.com
Main St Downtown Big Stone Gap
Saturdays 9am-12pm

Bluefield VA Farmers Market

Email: roberts@bluefield.org
Corner of Walnut St and Tazewell Ave
Fridays 8am-12pm

Bristol State St Farmers Market

<http://www.bristoltn.org/204/State-Street-Farmers-Market>
810 State St Saturdays 8am-12pm Wednesdays 3-7pm July-Sept

Galax Farmers Market

<http://www.galaxfarmersmarket.com/>
Corner of N Main and E Washington St
Fridays 8am-12pm Saturdays 8am-12pm

Greenville Farmers Market

<http://www.greenvillefarmersmarket.com/>
Email: greenvillefarmersmarket@gmail.com Greene
County Fairgrounds Pavilion
Saturdays 8am-1pm Wednesdays 3-6pm

Independence Farmers Market

<https://independencefarmersmarket.org/> Email:
independencefarmersmarket@gmail.com
Intersection of Hwy 21 & 58
Fridays 9am-2pm

Johnson City Farmers Market

<https://www.johnsoncityfarmersmarket.org/>
Corner of Roan St & Franklin St
Saturdays 7am-2pm Wednesdays 7am-2pm

Johnson County Farmers Market

<http://johnsoncountyfm.org/>
Email: johnsoncountyfm@gmail.com
County Courthouse Parking Lot, College St
Saturdays 9am-1pm

Jonesborough Farmers Market

<http://jonesborough.locallygrown.net/>
Email: jbofarmersmarket@gmail.com
105 Courthouse Square Saturdays 8am-12pm

Lebanon Farmers Market

Government Building, Highland Dr
Saturdays and Wednesdays

Marion Regional Farmers Market

<http://www.marionva.org/marion-regional-farmers-market>
Corner of Cherry St & Chestnut St
Saturdays 8am-12pm

Nickelsville Farmers Market

<https://www.virginia.org/listings/Shopping/NickelsvilleFarmersMarket/>
11826 Nickelsville Hwy Fridays 4-8pm

Norton Friends & Farmers Market

<http://www.nortonva.gov/farmersmarket>
Email: farmersmarket@nortonva.gov
815 Park Ave SW Tuesdays 4-6pm

Rural Resources Mobile Market

<http://ruralresources.net/>
Email: eva@ruralresources.net
Various Locations Throughout Greenville
Tuesdays 9am-1pm Wednesdays 3:30-7pm

Wytheville Farmers Market

<http://www.wythevillefarmersmarket.com/> Email:
wythevillefarmersmarket@live.com
RP Johnson's Lot Main St
Saturdays 9am-1pm

Recreation

Art & Music

The Arts Depot

276-628-9091

<https://www.abingdonartsdepot.org/>

The Crooked Road

276-492-2409

<https://www.myswva.org/tcr>

Heartwood

276-492-2400

<https://www.myswva.org/heartwood>

Email: heartwoodfrontdesk@myswva.org

McGlothlin Center for the Arts

276-944-6333

<https://www.ehc.edu/mca/>

Round the Mountain

276-492-2410

<https://www.myswva.org/rtm>

Email: info@roundthemountain.org

Bowling

Belmont Lanes

423-764-5135

Camping, Picnics, Hiking, Water Activities

Adventure Mendota

276-645-1020 <http://adventuremendota.com/>

Appalachian Trail

276-783-5196 <http://www.appalachiantrail.org/>

Breaks Interstate Park

276-865-4413 <http://www.breakspark.com/>

Email: info@breakspark.com

Coomes Recreation Center

276-623-5279

<https://www.coomescenter.com/>

Damascus Pool

276-475-3489

<http://www.visitdamascus.org/swimming-pool/>

The Community Center of Abingdon

300 Senior Dr., Abingdon VA 24210

276-628-3911 thecommunitycenterofabingdon.com

Check our Facebook page or website for dates of this event, as they will change monthly.

William King Museum of Art

276-628-5005

<http://www.williamkingmuseum.org/>

White's Mill

276-628-2960

<http://whitesmill.org/>

Email: whitesmill.abingdon@gmail.com

Interstate Bowl

276-669-5942

Glade Hollow Ball Park

276-889-8043

Grundy Community Center

276-935-8887

<http://www.grundycommunitycenter.org/>

Hayter's Gap Community Center

276-944-4701

Hungry Mother State Park

276-783-4860

<http://www.dcr.virginia.gov/state-parks/hungrymother>

JS Easterly Park

276-889-8041

www.heartofappalachia.com/attraction/

Riverside Campground

276-623-0340

<http://www.riversidecampground.org/>**Saltville Wave Pool**

276-496-5439

<https://www.saltville.org/wave-pool>Email: tourism@saltville.org**Steele's Creek Park**

423-764-4023

<http://www.bristoltn.org/166/Steele-Creek-Park>**Sugar Hollow Park**

276-645-7275

<http://bristolva.org/facilities/Facility/Details/14>**Fitness****Abingdon Fitness**

276-525-1891

Anytime Fitness

276-525-1278

<https://www.anytimefitness.com/gyms/2673/abingdon-va-24210/>**Body by Lee**276-739-0188 <https://www.bodybylee.com/>Email: DynaBodybyLee@aol.com**Body Works Fitness & Training Center**276-628-9003 bodyworksfitnesscenter.com**Public Libraries****Bristol Public Library**

276-645-8780

701 Goode Street

Bristol, VA 24201 <http://www.bristol-library.org/>**Washington County Public Library**

276-676-6222, Front Desk 276-676-6233

205 Oak Hill Street Abingdon, VA 24210

<http://www.wcpl.net/> Email: efdesk@wcpl.net**Virginia Creeper Trail**276-628-3167 <http://www.vacreepertail.com/>**Virginia High School Swimming Pool**

276-821-5889

<https://www.bvps.org/apps/pages/vhspool> Email:mboyle@bvps.org**Washington County Park**

276-628-9677 or 276-676-6215

Washington County Rec. Department276-676-6212 Email: kowens@washcova.comEmail: khall@washcova.com**Iron Mountain CrossFit**

276-492-8127

<http://www.ironmountaincrossfit.com/>Email: info@ironmountaincrossfit.com**Western Masters Martial Arts**

276-492-6901

www.westernmastersmartialarts.com**Whitetop Yoga**

276-492-6901

<http://whitetopyoga.com/>**Local Branches:****Damascus**, 276-475-3820

310 Water St, Damascus, VA 24236

Glade Spring, 276-429-5626

305 N. Glade St, Glade Spring, VA 24340

Hayter's Gap, 276-944-4442

7720 Hayter's Gap Rd, Saltville, VA 24370

Mendota, 276-645-2374

2562 Mendota Rd, Mendota, VA 24270

Skating

Skating—Pounding Mill

276-963-2337

<https://skateworld-inc-va-1.hub.biz/>

Theaters

Abingdon Cinemall

276-623-2121

<http://www.cinemall.com/>

staff@cinemall.com

Barter Theatre

276-628-3991

<https://www.bartertheatre.com/>

barterinfo@bartertheatre.com

Paramount Center for the Arts

423-274-8920

<http://www.paramountbristol.org/>

Tinsel Town USA-Cinemark

276-669-2091

<https://www.cinemark.com/virginia-dc/cinemark-tinseltown-usa>