Goodwin Living

Goodwin Living Community Resource Guide

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How to use this guide

- This Resource Guide lists many services and opportunities for support in the state of Virginia and the following counties: Alexandria, Arlington, Fairfax, and Prince William
- Most resources from this list are not associated with Goodwin Living and team members will need to reach out to the provider directly to find out more about the resources available and the eligibility requirements as both are subject to change.
- This guide is intended to help support team members in their times of need and is not an exhaustive list of all resources available in the community.
- For Directors: If you are printing the guide for a team member, we encourage you to print out the Virginia and Goodwin Living Resources for all team members and *the resources associated with the specific county the team member lives in*.

Reach out to Team Member Engagement and Outreach Manager, Catie Ramos at 571.429.2180 if you need additional support.

Virginia State Resources

Virginia 211 – information on community resources, 211, https://www.211virginia.org

Food

The Supplemental Nutritional Assistance Program (SNAP), and Temporary Assistance for Needy Families (TANF)
Aids households in need of food, and/or cash assistance for families with dependent children.
Website: https://commonhelp.virginia.gov/
Phone: 703.746.5700.
(Read FAQs regarding SNAP)

Housing

Affordable housing units: https://www.virginiahousingsearch.com

Eviction process information:
Virginia Poverty Law Center's Eviction

- Frequently Asked Questions (https://housing.vplc.org/evictions-old/)
- Process Handout (https://www.dss.virginia.gov/files/division/dcse/family_engagement_programs/eviction_resources/EvixStepsTenantFlyer_Eng_oct2019.pdf)

Agencies:
Legal Aid Justice Center
Website: https://www.justice4all.org/get-help/
Phone: 866.534.5243

Legal Services of Northern Virginia
Website: https://lsnv.org/
Phone: 703.778.6800

Virginia Legal Aid
Website: https://www.valegalaid.org/find-legal-help
Phone: 866.534.5243

Landlord-tenant issues:
Office of Housing
Website: https://www.alexandriava.gov/housing-services/renter-resources
Phone: 703.746.4990

Other Resources:
Virginia Mortgage Relief Program
Website: https://www.virginiahousing.com/
Phone: 800.828.1140

Gov2Go
Rent relief applications. Please note that to access this page, you will have to sign in or create an account.
Website: https://app.getgov2go.com/signin?returnUrl=%2Fdashboard

Medical

Virginia Dept. of Medical Assistance Services
A federal government program, administered by states, which provides health care to eligible low-income adults, children, pregnant women, elderly adults and people with disabilities
Website: https://www.dmas.virginia.gov/
Phone: 804.786.7933

Medicaid programs
Aid households in need of medical insurance
Website: https://commonhelp.virginia.gov/
Phone: 703.746.5700
(Read FAQs regarding SNAP and Medicaid.)

Childcare

TANF Childcare
If a parent or legal guardian is receiving Temporary Assistance for Needy Families (TANF), they may be eligible for childcare assistance to make it possible for them to work, participate in an approved training activity or go to school. There is no fee for this program.
Website: https://www.alexandriava.gov/child-care/child-care-assistance
Phone: 703.746.5437

Mental Health & Emergency Support

National Suicide Prevention Hotline
Text "connect" to 855.11 or call the number provided
Phone: 800.273.TALK (8255)
Website: https://chat.988lifeline.org/

National Sexual Assault Hotline
Please call this number for 24/hour support for victims of sexual assault. They provide live and completely confidential help to victims through an interface as intuitive as instant messaging
Website: https://rainn.org/
Phone: 800-656-HOPE (4673)

National Suicide & Crissis Hotline
Please call or text the number provided if experiencing thoughts of suicide or mental health crisis. If calling, press 2 for Spanish speaking crisis counselor.
Website:
https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox
Phone/Text: 998

Virginia Dept. of Behavioral Health & Developmental Services
Provides statewide resources for persons with mental illness, substance use disorders, developmental and intellectual disabilities
Website: dbhds.virginia.gov
Phone: 804.786.3921

Education

Student Loan Forgiveness Program
As a Full-Time employee of a 501 (C) (3), you may qualify for a student loan forgiveness program for direct loans through the US Government.
Website: https://studentaid.gov/manage-loans/forgiveness-cancellation/public-service

Immigration

Amica: Center for Immigrant Rights
Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals. Additionally, assist with the following legal areas: Adjustment of Status, Asylum applications, Habeas Corpus, NACARA, Removal hearings, Special Immigrant Juvenile Status, T visas, U visas
Languages: Spanish, English, French
Website: https://amicacenter.org/
Phone: 202.331.3320
Email: ContactUS@caircoalition.org
Address: 1025 Connecticut Avenue NW, Suite 701, Washington, DC 20036

Catholic Charities of Washington DC (Downtown Office)
Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals. Additionally, assist with the following legal areas: Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Employment-based immigrant and non-immigrant petitions, Family-based petitions, Habeas Corpus, Humanitarian Parole, NACARA, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Languages: Spanish, English
Website: https://www.catholiccharitiesdc.org/
Phone: 240.858.0958
Email: GetHelp@cc-dc.org
Address: 924 G St N.W., Washington, DC 20001

Central American Resource Center (Washington DC Office)
Help completing forms, Filings with USCIS. Additionally, assist with the following legal areas: Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, NACARA, Naturalization/Citizenship, T visas, Temporary Protected Status (TPS), U visas
Languages: Spanish, English
Website: https://carecendc.org/
Phone: 202.328.9799
Email: legal@carecendc.org
Address: 1460 Columbia Rd N.W., Suite C-1, Washington, DC 20009

Kids in Need of Defense- Headquarters (Washington DC Office)
Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court. Additionally, assist with the following legal areas: Adjustment of Status, Asylum applications, Removal hearings, Special Immigrant Juvenile Status, T visas, U visas
Languages: Spanish, English
Website: https://supportkind.org/home.aspx
Phone: 202.824.8680
Email: infoDC@supportkind.org
Address: 1411 K St. NW, Suite 200, Washington, DC 20005

Ayuda (Washington DC and Virginia Office)
Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA). Additionally, assist with the following legal areas: Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, NACARA, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Languages: Spanish, English, French
Website: https://ayuda.com/
Phone: 202.387.4848 (DC Office), 703.444.7009 (VA office)
Hours: 9:00 AM to 5:00 PM (DC Office), 8:30 AM to 4:30 PM (VA Office)
Address: 1990 K St NW, Suite 500, Washington, DC 20006 or 2701 Prosperity Ave, Suite 300, Fairfax, VA 22031

Goodwin Living Resources

Citizenship, Green Card, Work Permit & DACA Support

Assistance with fees related to **naturalization, green card renewals, work permit renewals and DACA renewal** applications.
Eligibility:

- Part/Full Time team members that have been with Goodwin Living for 6+ months and are in good standing with their department.
- After one year, additional eligibility for assistance for an immediate family member

Additional details and applications can be accessed via ADP under **"Resources"** > **"Forms Library"**
Website: https://goodwinliving.org/work-with-us/team-resource-page/

Education

Tuition Assistance Grants
Tuition assistance when in a certificate or degree earning program from an accredited institution, or ESL classes, including books and parking fees for programs from accredited institutions.
Eligibility:

- Part/Full Time team members that have been with Goodwin Living for 6+ months
- Employees that are in good standing with their department.

Additional details and applications can be accessed via ADP under **"Resources"** > **"Forms Library"**
Website: https://goodwinliving.org/work-with-us/team-resource-page/

Student Loan Repayment for Clinical Positions
Student Loan Repayment for completed clinical programs.
Eligibility:

- Part/Full Time team members that have been with Goodwin Living for 6+ months and are in good standing with their department.

Additional details and applications can be accessed via ADP under **"Resources"** > **"Forms Library"**
Website: https://goodwinliving.org/work-with-us/team-resource-page/

University of Maryland Global Campus Discount
Team members, their spouse and/or a legal dependent can continue their education at UMGC with a 25% out of state discount.
Website: https://www.umgc.edu/business-partners/corporate-learning-solutions/goodwin-house
Phone: 855-655-8682

Financial Education and Support

Truist Momentum
This financial wellness education program is offered to all team members free of charge and offers information, tools and counseling to support and empower team members on their financial journey.
Website: https://www.truistmomentum.com/momentum/login
Use registration code "GOODWIN".

Employee Assistance Program
Managed by Cigna Behavioral Health (CBH), the Employee Assistance Program (EAP) offers an array of services designed to assist you with work, life, and family issues.
Eligibility:

- All full and part-time team members
- Members of their households.

Note: You do not need to be enrolled in a medical plan to use the EAP. Call and let them know you are with Goodwin Living under the Episcopal Church. EAP services are free, confidential, and available 24/7.
Website: https://campaigns.cigna.com/realsupport
Phone: 866.395.7794

401k Benefits through Principal
Full time, Part time, and PRN team members, who meet eligibility, have access to 401K benefits and retirement planning.
Website: https://secure05.principal.com/pension/welcome/
Phone: 800.986.3343

DailyPay
Team members can sign up to receive their paycheck sooner than payday, when needed. Read details as fees may apply in some circumstances.
Website: https://account.dailypay.com/signup

Goodwin Living Emergency Support
Offers emergency support which is reviewed on a case-by-case basis for eligible situations to support team members who are facing an emergency financial situation.
Eligibility:

- Full/Part time team members working at Goodwin Living for a minimum of 3 months and are in good standing.

Please see the application for additional details. Applications can be accessed via ADP under **"Resources"** > **"Forms Library"**
Website: https://goodwinliving.org/work-with-us/team-resource-page/

Interest Fee Loan through Human Resources
Emergency loans through their HR Director for eligible situations.
Eligibility:

- Part/Full-time team members who have been at Goodwin Living for 3 months minimum and are in good standing

Please see the form on ADP under **"Resources"** > **"Forms"** and speak with your HR Director for more information.

Medical

Express Scripts:
Do you or your family members have ongoing prescription medications? Having them mailed to your home through Express Scripts saves money and time!
Website: https://goodwinliving.org/wp-content/uploads/2022/09/Express-Scripts-Pharmacy-Mail-Order.pdf
For Kaiser patients: https://goodwinliving.org/wp-content/uploads/2022/09/Kaiser-Pharmacy-Instructions.pdf

Mental Health & Emotional Support

Employee Assistance Program
Managed by Cigna Behavioral Health (CBH), the Employee Assistance Program (EAP) offers an array of services designed to assist you with work, life, and family issues, including counseling.
Eligibility:

- All full and part-time team members
- Members of their households.

Note: You do not need to be enrolled in a medical plan to use the EAP. Call and let them know you are with Goodwin Living under the Episcopal Church. EAP services are free, confidential, and available 24/7.
Website: https://campaigns.cigna.com/realsupport
Phone: 866.395.7794

Location-Specific Resources

The guide is divided by county. Within each county, the resource topics are divided into 4 areas of support: Housing, Food, Childcare, Mental Health & Emergency Support

Alexandria

Housing

Affordable Housing Units:
Website: https://www.alexandriava.gov/housing-services/renter-resources
The Office of Community Services (OCS) at the Department of Community and Human Services (DCHS) provides limited rental assistance to eligible low-income households facing a housing crisis or homelessness. To request OCS services, call or text the DCHS Customer Call Center for an assessment.
DCHS Customer Call Center Phone: 703.746.5700
DCHS Customer Call Center Text: 703.346.5599

Alexandria Housing and Homeless Services Hub
If you are experiencing a housing crisis or facing homelessness, please use this link to get in contact with someone that may be of assistance.
Website: https://www.alexandriava.gov/dchs/housing-and-homeless-services-hub
Phone: 703.746.5700
Text: 703.346.5599

Office of Housing
If you are experiencing landlord-tenant issues please feel free to contact this number!
Website: https://www.alexandriava.gov/Housing
Phone: 703.746.4990
Address: 421 King St #205, Alexandria, VA 22314

The Alexandria Eviction Prevention Partnership (AEPP)
Connects Alexandria residents who are experiencing housing insecurity to resources and information and provides support to residents navigating the eviction process. AEPP is a partnership of ALIVE!, Legal Services of Northern Virginia , Northern Virginia Affordable Housing Alliance, and The Lazarus Ministry of Christ Church (Websites of these are also provided below in respective order)
Website(s): *https://www.alive-inc.org/aepp/* , *https://lsnv.org/* , *https://nvaha.org/* , *https://thearcofnova.org/resource/provider-directory/lazarus-ministry/*
Phone: 703.837.9300
Email: AEPP3@alive-inc.org.
(Español disponible)

Christ Church, Lazarus Emergency Financial Assistance
Provides emergency financial assistance and counseling to City of Alexandria residents in danger of eviction, utility shut-offs and/or those who are unable to pay medical bills. The ministry's counselors see 16 clients each week by appointment.
Website: https://www.historicchristchurch.org/outreach
Email: juliecduke@gmail.com
Address:118 N. Washington St. Alexandria, VA, 22311
Phone: 703.549.1450

Food

SNAP (Supplemental Nutrition Assistance Program)
Formerly known as food stamps, assists individuals and families who are unable to purchase sufficient food for themselves by issuing an electronic benefit (EBT) card to purchase eligible food items.
Phone: 855.635.4370
Website: https://www.dss.virginia.gov/benefit/snap.cgi
Address: 4850 Mark Center Drive, 5th Floor
Hours: Mon-Fri, 8 a.m.-5p.m.

SNAP Double Dollar Program
Incentive program that allows SNAP recipients who visit participating farmers markets to receive up to $20 in matching dollars to purchase eligible food products at the market.
Phone: 703.746.5700
Website: https://www.alexandriava.gov/economic-support/program/snap-double-dollars-program
Address: 100 Block of N. Royal St., Alexandria, VA 22314

Alexandria City Public Schools Free and Reduced Price Meals
Parents who believe their children may be eligible for free or reduced-price meals complete a FARM application. Applications can be acquired from the school or online. Only one application is needed per family, a new application is required every school year. Foster children and children experiencing homelessness are categorically eligible for free meal benefits.

Free breakfast and lunch will be provided for all students attending a Community Eligibility Provision (CEP) school. Families of students attending these CEP schools do not need to complete an application: ACHS Minnie Howard, Cora Kelly, Ferdinand T. Day, Francis C. Hammond, James K. Polk, Jefferson Houston, John Adams/Early Childhood Center, Patrick Henry, Samuel W. Tucker and William Ramsay.
Website: https://www.acps.k12.va.us/departments/facilities-operations/the-office-of-school-nutrition-services/free-and-reduced-price-meals
Phone: 703.619.8048

ALIVE! Weekend Food Distribution
5-day supply of fresh produce, meat, eggs, bread, and staple food distribution. No registration needed. Distributions are for Alexandria Residents and proof of residency may be requested.
Website: https://www.alive-inc.org/food-program-in-alexandria-virginia/
Phone:703.837.9321

ALIVE! Food Hubs
ALIVE! Food Hubs offer free food, personal items, cleaning supplies, school supplies, and referrals to other services once a month. ALIVE! Food Hubs are for City of Alexandria residents. Proof of Alexandria residency may be requested.
Website: alive-inc.org/food-program-in-alexandria-virginia
Phone: 703.549.3692

ALIVE! Food Pop-Ups
Provides bags of food to specific neighborhoods and apartment buildings, in collaboration with our community partners, in the parking lot at each pop-up location. Drive-through and walk-up service available depending on site.
Website: https://www.alive-inc.org/
Phone: (703) 837-9300

Historic Christ Church Lazarus Food Pantry
Provides perishable and non-perishable food (and toiletries once a month). Requires sign-in by name, bring a bag if you can.
Website: https://www.historicchristchurch.org/outreach
Phone: 703.549.1450, then press 2
Address: 118 N. Washington Street | Thurs, 9-10 a.m.

CCDA Alexandria Food Pantry (formerly CCDA St. Lucy Food Pantry at Christ House)
Provides perishable and non-perishable foods, including fresh produce, dairy, meat, and traditional staples such as cereal, canned vegetables, rice, and beans. Clients are eligible to receive food once per month. Bring photo ID, proof of address & dependents' identification.
Email: AROpantry@ccda.net
Website: https://ccda.net/find-help/food/
Phone: 703.548.4227
Address: Eisenhower Business Park, 4725A Eisenhower Ave
Hours: Wed-Thurs, 9 a.m.-1 p.m., please arrive by 12:30

Grace Episcopal Church Food Pantry
Provides food staples to low-income families and individuals.
Website: https://gracealex.org/about/our-food-pantry
https://www.gracealex.org/service/local-missions/food-ministries/
Phone: 703.549.1980
Address: 3601 Russell Rd
Hours: Tues & Fri, 6:30-7:30 p.m.

West End Food Pantry
Provides perishable and non-perishable foods. Receive a prepared amount of food, specific to family size.
Email: contact@westendfoodpantry.com
Website: https://www.westendfoodpantry.com/
Address: 5150 Fillmore Ave (DASH Line 31, Metrobus 28A)
Hours: Monday 5-6:30 p.m.

Oakland Baptist Church
Website: https://www.obcalexandria.church/
Phone: 703.998.9006
Address: 3408 King St (DASH Line 31 & 36A/B)
Hours: 1st & 3rd Friday each month, 11 a.m. – 12 p.m.

Mt. Jezreel Baptist Church Food Pantry
Provides healthy and nutritious food options, bring a bag. Must register each week by Wednesday.
Website: https://www.thegourmetangelmeals.org/
Phone: 800.268.0448
Address: 317 N. Payne St (DASH Line 30, 31 & King Street Trolley)

Free Little Pantry
Grassroots crowdsourced mini pantry for immediate and local need. Always open to take or leave food.
Website: https://www.littlefreepantry.org/
Address: 9019 Little River Tpke, Fairfax, VA 22031

Christ House Evening Meal
For homeless/low-income individuals, to-go meals can be picked up every night, in all weather conditions. Guests may arrive a few minutes early but must arrive by 5:30 p.m. to receive a Hot Meal to-go bag. Guests who arrive after 5:30 may be served if there are still available supplies. Non-perishable meals are available for later arrivals.
Website: https://ccda.net/find-help/food/alexandria-food-pantry/#christ-house-evening-meal
Phone: 703.549.8644
Address: 131 S West St
Hours: Daily, 5-5:30 p.m.

Meade Memorial Episcopal Church Food Programs
All food programs take place between 11:30 a.m.-12:30 p.m. No ID required.
Website: https://www.meadechurch.org/default.asp
Phone: 703.549.1334
Address: 322 N Alfred St

YMCA Food Pantry
School-age children can receive 7 breakfast meals and 7 lunch meals every week.
Website: https://www.ymcadc.org/locations/ymca-alexandria/?utm_source=google&utm_medium=organic&utm_campaign=gmb
Phone: 703.838.8085.
Address: 420 East Monroe Ave
Hours: Monday-Thursday: 5:30 a.m. -10 p.m., Friday: 5:30 a.m. – 9 p.m. Saturday-Sunday: 7 a.m. – 6 p.m.

Childcare

Child Care Assistance Office
Provide information on approved family childcare providers and licensed childcare programs.
Website: https://www.alexandriava.gov/DCHS
Phone: 703.746.5437
Address: 4850 Mark Center Drive, 6th floor, Alexandria, VA 22311

Child Care Subsidy Program
Families may be eligible for a childcare subsidy for children aged 0-13 if both parents are working, going to school or participating in training. Families pay a single fee based on their income directly to the provider of care. The remainder of the cost of care is paid by the Department of Community & Human Services. To be screened for this program, call the Early Childhood Division with the number provided below
Website: https://www.alexandriava.gov/child-and-family-services/subsidy
Phone: 703.746.5437

Virginia Preschool Initiative (VPI)
Quality pre-K childcare programming through the Alexandria City Public School System (ACPS) and community partners is available at no cost to eligible families. The Pre-K curriculum is research-based, and each class has up to 18 children with a qualified teacher and an instructional assistant. The program follows the elementary school schedule Monday through Friday, with options for before and after care.
Website: https://www.acps.k12.va.us/academics/early-childhood-pre-k/virginia-preschool-initiative-vpi
Phone: 703.746.5437

Mental Health & Emergency Support – add descriptions

All services are available 24 hours a day.
https://www.alexandriava.gov/adult-behavioral-health/program/24-hour-emergency-mental-health-services

Emergency Mental Health Services
Provides crisis services including a 24-hour phone line, walk-in hours at our office at the Del Pepper Community Resource Center, and after-hour telehealth. Licensed mental health clinicians provide compassionate strength-based services and will work with you on a plan for care.
Website: https://www.alexandriava.gov/adult-behavioral-health/program/24-hour-emergency-mental-health-services
Phone: 703.746.3401

Detox and Substance Abuse Services
Available to residents of the City of Alexandria. Individuals seeking mental health or substance use disorder services will start by meeting with an Intake Clinician. Same Day Access is offered, which means it is not necessary to schedule an appointment for an intake.
Website: https://www.alexandriava.gov/adult-behavioral-health/program/substance-use-outpatient-service
Phone: 703.746.3535

Sexual Assault
Offers support to victims of sexual assault and their families and friends. Trained volunteers and staff are available 24 hours a day.
Website: https://www.alexandriava.gov/SexualViolence
Phone: 703.683.7273

Domestic Violence
Offers support to victims of domestic violence and their families and friends. Trained volunteers and staff are available 24 hours a day.
Website: https://www.alexandriava.gov/DomesticViolence
Phone: 703.746.4911

Child Protective Services
Any concerned resident who suspects that a child or youth is abused or neglected should call the City of Alexandria CPS Hotline
Website: https://www.alexandriava.gov/ChildAbuse
Phone:
Alexandria: 703.746.5800
State: 1.800.552.7096 (after 4:30 p.m.)

Adult Protective Services

The Division of Aging and Adult Services is mandated to provide services for adults who are being abused, neglected, or exploited and who are:

- 18 years or older and physically or mentally disabled or
- 60 years or older

Protective Services to adults consists of the receipt and prompt investigation of reports of suspected abuse, neglect and exploitation. It includes assessing and documenting adults' service needs, determining services needed, and developing a plan to obtain services.

Website: https://www.alexandriava.gov/older-adult-services/program/adult-protective-services

Phone: 703.746.5778

Arlington

Housing

Arlington County Community/Community Assistance Bureau (CAB)
Call this Agency: When in need of financial assistance (food stamps, housing grants, emergency monies), or for a homeless family that needs a referral to a family shelter or for emergency needs (housing, food, clothing, medication).
Website: https://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Homelessness/Shelters-and-Resources/Community-Guide
Phone: 703.228.1300
Address: The Sequoia Building – 2100 Washington Blvd, Arlington, VA

Residential Programming Center (RPC) Shelter (single adult males/females)
Open to single males or females needing a bed (open year-round). This shelter does not take walk-ins, must call ahead to get on the waiting list.
Website: https://pfva.org/
Phone: 703.228.0022
Address: 1554 Columbia Pike, Arlington, VA 22204

Homeless Services Center
Walk in after 4 p.m. to get a bed.
Website: https://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Homelessness
Phone number: 703.228.3082
Address: 2020 14th St. N A, Arlington VA 22201

Bailey's Crossroads Community Shelter and Supportive Housing (single males/females)
Must call in advance for a bed unless it is winter, Nov 1- Mar 31.
Website: https://www.newhopehousing.org/our-services/shelters/baileys-shelter-supportive-housing/
Phone: 703.820.7621
Address: 5914 Seminary Rd, Falls Church, VA 22041

New Hope Eleanor Kennedy Shelter (single males/females)
Must call in advance.
Website: https://www.newhopehousing.org/our-services/shelters/eleanor-u-kennedy-shelter/
Phone: 703.799.0200
Address: 9155 Richmond Hwy, Fort Belvoir, VA 22060

Doorways for Women and Families Safehouse (Emergency shelter for single survivors and survivors with children, including women, men and those who identify as LGBTQ)
Call this agency if you or someone you know experiences domestic violence, sexual assault, dating violence and/or stalking. Not in Arlington? See additional local, regional and national resources here.
Phone (Safehouse and Hotline)**:** 703.237.0881
Address: Undisclosed
Website: https://www.doorwaysva.org/get-help/

Doorways for Women and Families Family Shelter (Emergency shelter for families and transition-aged youth)
Access to Doorways' Family Shelter is provided through Arlington County's Centralized Access System (CAS).
Phone: 703.228.1300 (business hours) or 703.228.1010 (24/7)
Website: https://www.doorwaysva.org/about-us/
Address: 671 N Glebe Rd, Arlington, VA 22203

Food

Arlington County Food Pantries
https://my.arlingtonva.us/foodresources

Arlington County Community/Community Assistance Bureau (CAB)
When in need of financial assistance (food stamps, housing grants, emergency monies), or for a homeless family that needs a referral to a family shelter or for emergency needs (housing, food, clothing, medication).
Phone: 703.228.1300
Address: The Sequoia Building – 2100 Washington Blvd, Arlington, VA
Website: https://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Homelessness/Shelters-and-Resources/Community-Guide

Arlington Food Assistance Center (AFAC)
Food distribution
To check eligibility and sign up:

- Go in person to the Department of Human Services, Customer Service Center (2100 Washington Blvd., first floor, 22204) Monday - Friday from 8:00AM - 5:00PM. For more information, call DHS at 703.228.1300.
- If you are 60 or older, call the Dept. of Human Services, Arlington Area Agency on Aging at 703.228.1700, or
- If you have a child at the Arlington Public Schools, call your school's social worker.

Address: 2708 South Nelson Street
Website: https://afac.org/
Hours: Monday - Friday 9:00 am - 1:00 pm
Tuesday and Thursday evenings 6:00 - 7:00 pm
Saturday 8:30 am – 12:30 pm

Arlington Bridge Builders at Community Church of God
Please contact Tariq Javed for information.
Email: info@bridgebuildersva.org
Phone: 571.282.5156
Address: 790 South Carlin Springs Road
Hours: Wed, Thursday and Saturday 10 AM - 3 PM
Website: https://www.bridgebuildersva.org/

Dar Al-Hijrah Islamic Center
Please contact Khadija Barquadle or call the number provided.
Email: socialservices@hijrah.org
Phone: 703.531.2905
Address: 3159 Row St.
Website:https://hijrah.org/?utm_source=bing&utm_medium=cpc&utm_campaign=BGA_GA_2024_Sales_Brand_1701214480&utm_term=dar%20al%20hijrah%20islamic%20center&device=c&network=o&placement&creative&matchtype=e&targetid=kwd-83770346052370%3Aloc-4129&campaign_id=602966643&ad_group_id=1340306408362665&msclkid=16f396ddba461eca81f1ff72bc29d49e
Hours: Thursday 9 - 11 AM (or when food runs out)

St. Anthony of Padua Catholic Church
Please contact Ubaldo Cisneros
Website: https://www.stanthonyparish.org/
Email: ucisneros@stanthonyparish.org
Phone: 703.820.7111 Ext. 137
Hours: Monday & Wednesday 10 AM - 2 PM
Address: 3305 Glen Carlyn Rd

St. George's Episcopal Church
Please contact Brian Glenn
Website: https://www.saintgeorgeschurch.org/
Email: brian.glenn3@verizon.net
Phone: 703.525.8286
Address: 915 N. Oakland St
Hours: Monday, Wednesday, Friday12 - 1 PM

Capital Area Food Bank with Abingdon Elementary School at Park Shirlington Apartments
Please contact Caty Branco
Website:https://www.arlingtonva.us/files/sharedassets/public/v/5/departments/documents/dhs/food-security/2026-english-food-brochure-final.pdf
Email: caty.branco@apsva.us
Hours: 1st Wednesday of the month 1 - 3 PM
Address: 4510 31st St. S

Childcare

Arlington County Childcare Subsidy
Apply through CommonHelp and get help with assistance in Virginia. See if you can get help with food, childcare, energy, medical, and cash assistance.
Address: 2100 Washington Boulevard, 1st Floor , Arlington, VA 22204
Website: https://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Child-Care-Subsidy
Phone: 703.228.1350 (appointment scheduling)
General Questions: 703.228.1685 (Child Care Office)

NVFS HeadStart Program
Promotes school readiness in low-income children ages 3 to 5, who may otherwise find themselves behind their peers in kindergarten. The program enhances the social and cognitive development of children through educational, health, nutritional, social, and other services. Significant emphasis is placed on parent involvement, and Head Start teachers and family advocates engage parents in their children's learning, and help them progress toward their educational, literacy and employment goals.
Website: https://www.nvfs.org/
Phone: 571.748.2617 or 571.748.2793
Address: 2920 S. Glebe Rd., Arlington, VA 22206

Mental Health & Emergency Support

Arlington County Emergency Services
Call When experiencing a mental health emergency or need someone to be hospitalized.
Website: https://www.arlingtonva.us/Government/Programs/Health/Adult-Behavioral-Healthcare/Adult-Mental-Health/Emergency-Mental-Health-Services
Phone: 703.228.5160
Address: 2120 Washington Blvd., Arlington VA 22204

Arlington County Mental Health Intake
Call the number provided when someone is in need of outpatient mental health treatment
Phone: 703.228.4864
Address: 2120 Washington Blvd., Arlington VA 22204
Website: https://www.arlingtonva.us/Government/Programs/Health/Adult-Behavioral-Healthcare/Adult-Mental-Health

Arlington Thrive/ Community Resilience Fund
These limited funds can be used to address urgent needs, such as rent, utilities, and critical medical expenses. By offering immediate relief, we strive to nurture community resilience in the face of adversity.
Email: info@arlingtonthrive.org
Phone: 703.558.0035
Website: https://arlingtonthrive.org/how-we-help/our-programs/community-resilience/community-resilience-fund/

CrisisLink
Call the number provided when in need of additional support to address life crises, trauma, suicidal thoughts. CrisisLink provides information, education, and links to community resources.
Phone: 703.527.4077

Doorways for Women and Families 24-Hour Domestic & Sexual Violence Hotline (Access hospital accompaniment and other services)
Use the provided number if you or someone you know experiences domestic violence, sexual assault, dating violence and/or stalking.
Phone: 703.237.0881
Website: https://www.doorwaysva.org/get-help/

Northern Virginia Family Service
Individual, couples and family counseling
Phone: 571.748.2500
Website: nvfs.org

Fairfax

Housing

Affordable Dwelling Unit Program (ADUs)
The Affordable Dwelling Unit (ADU) Rental Program provides qualified households with low- and moderate-income the opportunity to live at a reduced rent in privately owned and privately managed market-rate apartment communities. Please contact each individual property directly for information on vacancies, application process, waitlists, rent, etc.
Website: https://www.fairfaxcounty.gov/housing/rentalhousing/privately-owned

Cornerstones
Emergency, supported, and affordable housing, foreclosure prevention services
Phone: 571.323.9555
Website: https://www.cornerstonesva.org/

Good Shepherd Housing
Affordable, stable housing
Phone: 703.768.9404
Website: https://goodhousing.org/ (Alexandria area only)

New Hope Housing
Emergency shelter and supportive housing programs
Phone: 703.799.2293
Website: https://www.newhopehousing.org/

Northern Virginia Family Service
Housing assistance
Phone: 571.748.2500
Website: https://nvfs.org

Food

Fairfax County Human Services Coordinated Services Planning
Makes referrals to a wide variety of community organizations that provide short-term, emergency help with basic needs, many of whom are not included below
Phone: 703.222.0880
Website: https://www.fairfaxcounty.gov/neighborhood-community-services/coordinated-services-planning

Capital Area Food Bank Hunger Lifeline
Emergency food assistance referral service
Phone: 202.644.9800
Website: https://www.capitalareafoodbank.org/

Catholic Charities
Hot dinner (Alexandria), food pantry, assistance with one-time financial emergencies
Phone: 703.841.2531
Website: https://ccda.net/

Cornerstones
Help with food, shelter, affordable housing and childcare
Phone: 571.323.9555
Website: https://www.cornerstonesva.org/

ECHO (Ecumenical Community Helping Others)
Food and emergency financial assistance, access to donated clothing, school and household supplies (intake appointment required)
Phone: 703.569.9160
Website: https://www.echo-inc.org/

Food for Others
Phone: 703.207.9173
Website: https://foodforothers.org/

The Lamb Center
Hot meals, hot showers, laundry facility, ID and document recovery, mail services, phone/computer access and much more
Phone: 703.691.3178
Website: https://www.thelambcenter.org/

Lorton Community Action Center
Food, clothing closet and emergency financial assistance
Phone: 703.339.5161
Website: https://lortonaction.org/

St. Vincent de Paul Society
Food and emergency financial assistance
Phone: 703.385.4010 and leave a message
Website: https://ssvpusa.org/

United Community
Comprehensive social services in the Mount Vernon area
Phone: 703.768.7106
Website: https://www.unitedcommunity.org/

Childcare

Child Find
Screenings to identify children with potential special education needs for children 20 months old through 5 years
Phone: 703.204.6760
Website: https://www.fcps.edu/academics/early-childhood-education/early-childhood-child-find

Infant & Toddler Connection
Early intervention services for children under age 3 who have a developmental delay, atypical development, or a diagnosis which commonly results in developmental delays
Phone: 703.246.7165
Website: https://www.fairfaxcounty.gov/neighborhood-community-services/infant-and-toddler-connection

Transportation

Fairfax Connector
Phone: 703.339.7200
Website: https://www.fairfaxcounty.gov/connector/

Fastran
For residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs
Phone: 703.222.9764
Website: https://www.fairfaxcounty.gov/transportation/fastran

The Lamb Center
Transportation to interviews and medical appointments when funds are available
Phone: 703.691.3178
Website: https://www.thelambcenter.org/

Modivcare
For people with Medicaid
Website: https://transportation.dmas.virginia.gov/Contact-Us/

MetroAccess
shared-ride, door-to-door, paratransit service for people whose disability prevents them from using bus or rail
Phone: 301.562.5360
Website: https://wmata.com/service/accessibility/metro-access/

Mental Health and Emergency Support

Mental Health Emergency Services and Mobile Crisis Unit
Can go directly to the Merrifield Center
Address: 8221 Willow Oaks Corporate Drive, Fairfax
Phone: 703.573.5679
Website(s): https://www.fairfaxcounty.gov/community-services-board/services/emergencies & https://www.fairfaxcounty.gov/community-services-board/services/mobile-crisis-unit

Children's Regional Crisis Response (CR2)
24-hour rapid response for youth (17 and younger) facing a mental health and/or substance abuse crisis and is at risk of hospitalization
Phone: 1.844.627.4747 or 571.364.7390
Website: https://www.fairfaxcounty.gov/community-services-board/community_regional_crisis-response_cr2

CSB Entry & Referral Services
Hours: Monday through Friday, 9 a.m. to 5 p.m.
Phone: 703.383.8500
Address: The Merrifield Center (8221 Willow Oaks Corporate Drive, Fairfax)
Website: https://www.fairfaxcounty.gov/community-services-board/

Catholic Charities
Faith-based individual, couples and family counseling
Phone: 703.841.2531
Website: https://ccda.net/

Family Therapy Center (Virginia Tech)
Low-cost, quality marriage and family therapy and mental health services for individuals, couples, and families in the New River Valley and surrounding areas
Phone: 540-231-7201
Website: https://familytherapy.vt.edu/ftc/

Center for Psychological Services (George Mason University)
Sliding fee scale, psychoeducational testing and mental health evaluations, therapy for individuals, families, couples and group therapy
Phone: 703.993.1370
Website: https://ccmh.gmu.edu/

Northern Virginia Family Service
Individual, couples and family counseling
Phone: 571.748.2500
Website: https://www.nvfs.org/

Fairfax County Human Services Coordinated Services Planning (CSP)
Short-term, emergency help with basic needs
Phone: 703.222.0880
Website: https://www.fairfaxcounty.gov/neighborhood-community-services/coordinated-services-planning

Domestic & Sexual Violence Hotline
Crisis support, options counseling, safety planning and referrals
Phone: 703.360.7273
Website: https://www.fairfaxcounty.gov/familyservices/domestic-sexual-violence

Domestic & Sexual Violence Services
Crisis support, options counseling, safety planning and referrals
Phone: 703.324.5730
Website: https://www.fairfaxcounty.gov/familyservices/domestic-sexual-violence/shelter-options

Artemis House
Shelter for victims of domestic violence
Phone: 703.435.4940
Website: https://www.shelterhouse.org/programs-services

Bethany House
Shelter for victims of domestic violence
Phone: 703.658.9500
Website: https://www.bhnv.org/ – services paused effective 9/30/2025

St. Vincent de Paul Society
Food and emergency financial assistance
Phone: 703.385.4010 (leave a message)
Website: https://ssvpusa.org/contact-us/

Lorton Community Action Center
Food, clothing closet and emergency financial assistance
Phone: 703.339.5161
Website: https://lortonaction.org/

ECHO (Ecumenical Community Helping Others)
Food and emergency financial assistance, access to donated clothing, school and household supplies (intake appointment required)
Phone: 703.569.9160
Website: https://www.echo-inc.org/

Prince William

Housing

Action in Community Through Service - ACTS
Website: https://actspwc.org/housing-assistance/
Phone: 703.441.8606

Coordinated Entry System (CES)
A process developed to ensure that all people experiencing a housing crisis have fair and equal access to available resources and services. The CES team is trained in crisis response and will identify, assess, refer, and connect households to resources based on their strengths and needs.
Website: https://www.pwcva.gov/department/homeless-services/coordinated-entry-system-ces
Phone: 703.792.3366
Hours: Mon. – Fri 8:30am to 5:30pm, closed federal holidays.

Rapid Re-Housing
Rapid Re-housing is a federal and state-funded program designed to give literally homeless individuals and families the opportunity to rent their own place. Those that qualify as literally homeless can come from places not meant for habitation, such as cars, campsites, and benches. Persons coming from Emergency Shelters, Domestic Violence Shelters, Hospitals, Hotels, and Transitional Living Programs may also qualify for Rapid Re-Housing assistance.
Website: https://www.pwcva.gov/department/social-services/programs-homeless-households
Phone: 703.792.3366
Hours: Mon-Fri 8:30am-5:30pm

Emergency Rental Assistance
Can be applied for with the organizations below:

Salvation Army
Rental owed up to max. of $500
Phone: 703.580.8991

St. Francis of Assisi
Phone: 703.221.6344

All Saints Church
Not during COVID pandemic.
Phone: 703.670.0093

St. Vincent de Paul
Phone: 703.368.2429
*Catholics for Housing (*Security Deposit only)
Phone: 703.221.4510

Bull Run Unitarian Universalists
Phone: 703.361.6269 (Press 1 #)

St. Thomas United Methodist Church
Phone: 703.368.5161

The Human Service Alliance of Prince William
Website: https://www.thealliancegpw.org/rentassistance
Phone: 703.344.4729

New Creatures-In-Christ Ministries, Inc.
Provides utility assistance; emergency shelter at extended stay hotels; navigation services, application counseling and referrals for rent, mortgage and public benefits assistance; and food distribution. Schedule an appointment to determine eligibility.
Phone: 571.408.9526 or 202.981.1470
Website: https://www.safeharbor1.com/next-steps/make-an-appointment/
Address: 4213 Dale Blvd., Dale City VA 22193

Food

SNAP or TANF through Prince William County
Website: https://www.pwcva.gov/department/social-services/apply-public-assistance
Address: 7987 Ashton Avenue, Suite 200, Manassas, VA 20109 or
15941 Donald Curtis Drive, Suite 180, Woodbridge, VA 22191
Phone: 703.792.7500 (TTY: 711)

Capital Area Food Bank Locations:
Website: https://www.capitalareafoodbank.org/find-food-assistance/

Hunger Lifeline
Website: https://www.capitalareafoodbank.org/dmv-help/
Email: hungerlifeline@capitalareafoodbank.org
Phone: 202.644.9807

ACTS Hunger Prevention Center
Website: **https://actspwc.org/hunger-prevention-center/**
Phone: 703.441.8606

Holy Family Catholic Church
Phone: 703.670.8161

St. Thomas United Methodist Church
Phone:703.368.5161

Chapel Springs Assembly of God
Phone: 703.368.2895

Emmanuel Baptist Church
Phone: 703.780.5530

Manassas Baptist Church
Phone: 703.361.2146

House of Mercy
Phone: 703.659.1636

StreetLight Community Outreach Ministries
Phone: 703.491.2288
Address: 14806 Blackburn Rd, Woodbridge VA 22191
Hours: Dinner on Wednesday at 7:00 PM

St. Paul United Methodist Church
Phone: 703.494.2445
Address: 1400 G Street, Woodbridge, VA 22191
Hours: Dinner on Thursday at 7:00 PM

Childcare

Statewide Resources for Subsidy
Families should contact their Local Department of Social Services (LDSS) in the county where they reside for information about available CCSP slots, their place on the waitlist, eligibility, and how to apply.

Prince William County Social Services
Website: https://www.pwcva.gov/department/social-services or https://www.childcare.virginia.gov/families/paying-for-child-care
Address: 7987 Ashton Ave., Suite 200, Manassas, VA 20109
Phone: 703.792.7500

Foundation First// Greater Prince William Area
Website: https://foundationfirstva.org/contact/
Phone: 571.287.7600 (Press 3)
Email: info@foundationfirstva.org
Hours: M-F: 8:30am – 4:30pm (EST)
Address: 2500 Hunter Place, Suite 201, Woodbridge, VA 22192

Blue Ribbon Results Academy
Email: info@blueribbonresults.org
Hours: 6:30am-6:00pm
Phone: 757.447.0686
Website: https://www.blueribbonresults.org/

The Sunbeam Children's Center
Email: sunbeam@StThomasUMC.org
Phone: 703.368.5161, Option 2.
Address: 1st Floor of St. Thomas UMC, 8899 Sudley Road, Manassas, VA 20110

Mental Health and Emergency Support

The Behavioral Health & Wellness team
Phone: 703.659.9983
Email: csbhwteam@pwcgov.org

NAMI PWC HelpLine
Referral & Resource Support
Phone: 800.950.6264
Email: info@nami-pw,org
Website: https://nami-pw.org/contact/

NAMI PWC Family Support Group
Se habla Espanol.
Correo electronico: info@nami-pw.org.
Celullar: 703.659.9983.
Pagine web: https://nami-pw.org/calendar/

PRS CrisisLink
Phone:703.527.4077
Text: 'CONNECT' to 855-11

Prince William CS Emergency Services
For emergency mental health intervention
Phone: 703.792.7800 (Manassas) or 703.792.4900 (Woodbridge)

Community Regional Crisis Response
For youth and adults in need of mobile crisis
Phone: 844.627.4747

REACH mobile crisis services
For youth and adults with developmental disabilities
Phone: 855.897.8278

Local Domestic Violence Hotline
Phone: 703.221.4951 (ACTS PWC)

Bereavement Resources

DMV Region

The Wendt Center for Loss and Healing
Individual therapy, grief counseling, and support groups for adults, children, and families dealing with loss, trauma, homicide, suicide, or sudden death.
Phone: 202.624.0010
Email: info@wendtcenter.org
Website: https://www.wendtcenter.org
Address: 4201 Connecticut Ave NW, Suite 300, Washington, DC 20008

Capital Caring Health
Free community grief counseling, support groups, children's grief programs, remembrance services, and workshops. *(Major hospice grief support provider serving Arlington, Alexandria, and Fairfax)*
Phone: 844.447.4383 or 800.869.2136 (24-Hour Care Line)
Website: https://www.capitalcaring.org
Address: 3180 Fairview Park Drive, Suite 500, Falls Church, VA 22042 (Headquarters) or 5845 Richmond Hwy, Suite 150, Alexandria, VA 22303

Inova Life with Cancer
Bereavement counseling and grief support groups for families affected by cancer loss.
Phone: 703.206.5433
Email: lifewithcancer@inova.org
Website: https://www.lifewithcancer.org
Address: 8411 Pennell St., Fairfax, VA 22031

Suburban Hospital Bereavement Services
Grief counseling, memorial services, and support groups for families experiencing loss.
Phone: (301) 896-6000
Website: https://www.hopkinsmedicine.org/suburban_hospital
Address: 8600 Old Georgetown Rd., Bethesda, MD 20814

Children's National Hospital Bereavement Program
Grief counseling and bereavement support for families who have lost a child.
Phone: 202.476.5000
Website: https://childrensnational.org
Address: 111 Michigan Ave NW, Washington, DC 20010

Haven of Northern Virginia Inc
Free grief support groups, one-on-one bereavement support with trained volunteers, specialized groups (widow/widower, suicide loss, general bereavement), Walk-in grief support weekdays 10:30 AM–1 PM
Website: http://www.havenofnova.org
Phone: 703.941.7000
Email: havenofnova@verizon.net
Address: 4606 Ravensworth Rd, Annandale, VA 22003

NoVa Grief Support and Counseling
Individual grief therapy, trauma counseling, and bereavement support.
Website: https://novagriefsupport.com
Phone: 703.596.9443
Address: 105 N Virginia Ave #306, Falls Church, VA 22046

Seven Corners Psychotherapy
Individual psychotherapy including grief, trauma, and life-transition counseling.
Website: http://sevencornerspsychotherapy.com
Phone: 571.329.7077
Address: 6059B Arlington Blvd, Falls Church, VA 22044

Grounded Grief Therapy
Specialized grief therapy, loss counseling, and trauma-informed grief treatment.
Phone: 202.599.1913
Website: http://www.groundedgrief.com
Address: 1718 Connecticut Ave NW #201, Washington, DC 20009

Social Grace
Individual therapy, trauma and grief counseling, and life-transition support.
Website: http://www.socialgrace.com
Phone: 703.829.6394
Address: 3100 Clarendon Blvd #200, Arlington, VA 22201

Reach out to Team Member Engagement and Outreach Manager, Catie Ramos at 571.429.2180 if you need additional support.