

**Young Women's Christian  
Association (YWCA) of South  
Hampton Roads**

5215 Colley Avenue  
Norfolk, VA 23508  
Phone: 625-1946

Website: [www.ywca-shr.org](http://www.ywca-shr.org)

Serves community. Hours are 9:00am-5:00pm, Monday-Friday. 24 hour shelter. Offers counseling/sexual assault support groups to domestic violence victims; career development programs; before/after school care. Committed to empowering women and to eliminating racism.

## **BEREAVEMENT/**

### **WIDOWED PERSONS**

**American Guild for Infant Survival  
Tidewater Chapter**

American Guild for Infant Survival  
Tidewater Chapter  
536 Aragona Blvd  
Virginia Beach, VA 23462  
Phone: 463-3845  
Website: [www.sids-supportguild.com](http://www.sids-supportguild.com)  
Email: [asgisinc@yahoo.com](mailto:asgisinc@yahoo.com)

A support group for those who have lost infants to SIDS. Meets the 1<sup>st</sup> Thursday of every month at 7:30 p.m. Call for additional information.

**Bereaved Parents Support Group**

Children's Hospital of the King's  
Daughters  
601 Children's Lane  
Norfolk, VA 23507  
Phone: 668-7129  
Fax: 668-9770  
Website: [www.ekeever@chkd.org](http://www.ekeever@chkd.org)

A support group for parents who have lost a child. Meeting may vary, call for information. New group is offered quarterly.

**Bereaved Siblings Support Group**

Edmarc Hospice Offices  
3728 Profit Way  
Chesapeake, VA 23328  
Phone: 967-9251  
Fax: 967-9124  
Website: [www.edmarc.org](http://www.edmarc.org)  
Email: [edmarc@edmarch.org](mailto:edmarc@edmarch.org)

A support group for children who have experienced the death of a brother or sister. Meets the 3<sup>rd</sup> Monday of every month from 5:30pm.to 7:15 pm. Please call prior to attending. A light supper is served during the group time.

**Bereavement Support Group**

Maryview Medical Center  
3636 High Street  
Portsmouth, VA 23707  
Phone: 398-2452  
Fax: 399-8594

A support group for those who have lost loved ones. New group may vary every other month. Four sessions in the month starting at 7:00pm. Pre-registration not necessary; no fee.

**Bereavement Support Group**

Sentara Virginia Beach General Hospital  
1060 First Colonial Rd.  
Virginia Beach, VA 23454  
Phone: 549-5652  
Website: [www.sentara.com](http://www.sentara.com)

A support group for those who have lost a loved one. Telephone referrals, walk-ins welcome every month. Meets 2<sup>nd</sup> Thursday of every month at 9:30 a.m. to 11:00 a.m.

**Empty Arms Support Group**

Sentara Women's Services  
801 Volvo Parkway Suite 120  
Chesapeake, VA 23320  
Phone: 545-2667 or 1-800-455-4552  
Website: [www.senatar.com/womens](http://www.senatar.com/womens)

A support group for parents who have experienced a miscarriage, stillbirth or death of a newborn. Call for meeting times.

**Expectant Arms Support Group**

Sentara Women's Services  
801 Volvo Parkway Suite 120  
Chesapeake, VA 23320  
Phone: 545-2667 or 1-800-455-4552  
Website: [www.senatar.com/womens](http://www.senatar.com/womens)

A support group for those who have previously lost a baby and are expecting again. Meets on an as needed basis. Call for additional information.

**Parent's Group**

2508 Calumet Drive  
Virginia Beach, VA 23456  
Phone: 426-1358  
Fax: 426-1358  
Website:  
[www.stillwaterscounseling.com](http://www.stillwaterscounseling.com)

A support group for parents who have lost a child of any age and parents who have a seriously ill child. Meets the 4<sup>th</sup> Monday of every month from 7:30pm.-9:30pm. At Bayside Presbyterian Church, 1400 Ewell Road (corner of Independence and Ewell Road), Virginia Beach. In case of conflict with major holidays, the meeting is held on the 3<sup>rd</sup> Monday of the month.

**Parents of Murdered Children and Other Survivors of Homicide Victims**

640 S. Battlefield Blvd  
Chesapeake, VA 23320  
Phone: 482-2111  
Fax: 482-8657

A support group for patients of murdered children and other survivors of homicide. Call for meeting times and locations.

National Office

100 E. 8<sup>th</sup> Street, B-41  
Cincinnati, OH 45202  
Phone: (513) 721-5683  
Fax: (513) 721-5685  
Website: [www.pomc.org](http://www.pomc.org)

Parents of Murdered Children and other survivors of homicide victims (POMC) is a national organization designed solely to offer emotional support and information about surviving the loss of a loved one to murder. Not only does POMC help survivors deal with the criminal justice system, POMC has no religious creed or affiliation and there are no dues.

**Pastoral Grief Group**

Eastern Shore Chapel  
2020 Laskin Road  
Virginia Beach, VA 23454  
Phone: 428-6763

A support group for both emotional and educational support to family and friends who have lost a loved one. Meets Wednesdays at 7 p.m.

**Pregnancy/Infant Loss Support Group**

Lifestyle Health and Fitness Center  
Chesapeake General Hospital

736 N. Battlefield Blvd.  
Chesapeake, VA 23320  
Phone: 312-6776  
Website: [www.chealth.org](http://www.chealth.org)

A support group that meets the 4<sup>th</sup> Thursday of each month from 7 p.m. to 8:30 p.m.

**Share Bereavement Support Group**  
DePaul Medical Center  
150 Kingsley Lane  
Norfolk, VA 23505  
Phone: 889-5300

A support group for those who have lost a baby due to miscarriage or stillborn birth. Meets the 1<sup>st</sup> Tuesday of each month at 7:00pm in the Doctor's Dining Room

**Sudden Infant Death Syndrome  
Alliance of Virginia (SIDS)**  
P.O. Box 752  
Mechanicsville, VA 23111  
Phone: 1-800-849-SIDS (7437)  
Fax: 1-800-222-0300  
Website: [www.vasids.org](http://www.vasids.org)  
Email: [info@vasids.org](mailto:info@vasids.org)

Provides emotional support and information to SIDS families throughout South Hampton Roads; educational seminars and material to the public, supports, medical research into cause of SIDS. Offers counseling, peer support, and educational resources.

**Sudden Infant Death Syndrome  
Clearinghouse (Circle Solutions)**  
2070 Chain Bridge Road  
Suite 450  
Vienna, VA 22182  
Phone (703) 821-8955  
Fax: (703) 821-2098  
Website: [www.circlesolutions.com](http://www.circlesolutions.com)

Serves all ages. Hours are Monday-Friday-8:30am-5:30pm. Provides information and referrals on SIDS to health professionals and consumers.

**Survivors of Suicide (SOS)**  
Maryview Behavioral Medicine Services  
3636 High Street  
Portsmouth, VA 23707  
Phone: 398-2367  
Website: [www.survivorsof suicide.com](http://www.survivorsof suicide.com)

A support group for those who have lost loved ones to suicide. Meets the 3<sup>rd</sup> Wednesday of every month from 7:00pm- 9:00pm. Pre-registration required. For more information, call 483-5111. The SOS group is offered as a community service by Maryview Behavioral Medicine Services and is available at no charge.

**Widowed Persons Service  
American Association of Retired  
Persons (AARP)**  
601 East Street  
Washington D.C. 20049  
Phone: (202) 434-2260  
Fax: (202) 434-6474  
Website: [www.aarp.org](http://www.aarp.org)

**Virginia Beach Chapter**  
Phone: 545-4911  
461-9457 (Hotline)

Meets at First Baptist Church of Norfolk on Tuesdays at 7 p.m. until 8:30 p.m. and also at Virginia Beach Christian Church Thursdays at 1:00 until 2:30 p.m.

Serves widowed adults. Hours are Monday-Friday, 9:00am- 5:00pm. Provides support groups information and referral services.

**Young Widows or Widowers  
(Y.W.O.W)**

P.O. Box 6525  
Virginia Beach, VA 23456  
Phone: 468-2361  
Fax: 368-9174  
Website: [www.ywow.org](http://www.ywow.org)  
Email: [info@ywow.org](mailto:info@ywow.org)

A non-profit organization which provides a safe environment to men and women who have lost their spouses much too early in life. Offers mutual support, bereavement resources and social events.

**CAMPS FOR  
CHILDREN WITH  
SPECIAL NEEDS**

**American Diabetes Association**

Phone: (202) 331-8303 ext. 4540  
Website: [www.diabetes.org](http://www.diabetes.org)

Provides a summer residential camp for children ages 7- 15 that have diabetes. Camperships are also available.

**American Kidney Fund**

Phone: 1-800-638-8299  
Website: [www.kidneyfund.org](http://www.kidneyfund.org)

Enables needy children with chronic kidney disease to attend summer camp. Provides financial aid for camp tuition, transportation or camping supplies.

**American Lung Association Camps**

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

**Camp Incredible**

Phone: (804) 864-7878

**Camp Fresh Air, Richmond**

Phone: (804) 288-0055  
Website: [www.vaallergy.com](http://www.vaallergy.com)

**Camp SUPERKIDS- Norfolk**

Phone: 442-3442  
Website: [www.asthmacamp.org](http://www.asthmacamp.org)

Programs provides a variety of day and week long outdoor camps, to help children and families gain methods for living with asthma that work best for them.

**Camp Child**

Phone: (434) 384-2465  
Website: [www.campchild.org](http://www.campchild.org)

Designed for students identified as disabled to provide a summer program of individualized academic reinforcement and instruction to help bridge the gap between school years. Also offers fun summer activities.

**Camp Gonnawannagoagain**

Families of Autistic Children  
Phone: 422-9287 or 481-0970

A program for children with autism that runs four weeks in the summer vacation.

**Camp Holiday Trails**

Charlottesville, VA  
Phone: (804) 977-3781  
Website: [www.avenue.org/cht/](http://www.avenue.org/cht/)

Provides children ages 7-17, with special medical needs and/or chronic health problems an opportunity to enjoy a summer camp experience.

**Camp Horizons**

Family Services of Tidewater, Inc.  
Phone: 622-7017 ext. 136