

Chesapeake Campus
1428 Cedar Road
Chesapeake, VA 23320
Phone: 822-5100

Portsmouth Campus
7000 College Drive
Portsmouth, VA 23703
Phone: 822-2124

Norfolk Campus
300 Granby Street
Phone: 822-1110

Virginia Beach Campus
1700 College Crescent
Virginia Beach, VA 23456
Phone: 822-7100

Troy State University
5425 Robin Hood Road, Suite B1
Norfolk, VA 23513
Phone: 274-0500
Fax: 451-8156
Website:
www.tsuar.edu/norfolk/norfolk.html

University of Virginia
291 Independence Blvd, Suite 418
Virginia beach, VA 23462
Phone: 552-1890
Website: www.virginia.edu

Virginia Commonwealth College
Phone: (804) 828-1222
1120 Mercury Blvd
Hampton, VA 23666
Phone: 838-2122
Website: www.vcu.edu

**Virginia Polytechnic Institute and
State University**
1444 Diamond Springs Road
Virginia Beach, VA 23455
Phone: 363-3930
Website: www.hrc.vt.edu

Virginia Wesleyan College
1584 Wesleyan Drive
Norfolk, VA 23502
Phone: 455-3200
Website: www.vwc.edu

CONSUMER AFFAIRS

American Automobile Association of Tidewater (AAA)

141 W. Virginia Beach Blvd
(P. O. Box 777)
Norfolk, VA 23501
Phone: 622-5634

111 Kempsville Road
Chesapeake, VA 23320
Phone: 547-9741

Serves drivers age 16 and up. Hours are 8:30am-5:30pm, Monday-Friday and 8:30am-12:30pm Saturday. Offers auto club membership to all eligible drivers with insurance, provides road and travel services.

American Self-Help Clearinghouse, The

100 Hanover Avenue Suite 202
Cedar Knolles, NJ 07297
Phone: (973) 326-6789
Fax: (973) 326-9467
Website: www.selfhelpgroup.org

Provides a nationwide computerized database on self-help clearinghouses and national organizations; information on national support groups; and a listing of resources within areas.

Atlantic Paper Stock Company

1832 Church Street
Norfolk, VA 23504
Phone: 625-6211

Hours are 8:00am-3:30pm, Monday-Friday. Recycles computer paper for which it pays individuals by the pound. They ask if you would bring in a minimum amount of 100 pound of computer paper. Agency does not accept cans glass, or aluminum.

Better Business Bureau

586 Virginia Drive
Norfolk, VA 23515
Phone: 531-1300
Fax: 531-1388
Website: www.hamptonroadsbbb.org

Serves all ages. Hours are 9:00am-4:00pm, Monday-Friday. Walk-ins 8:00am- 9:00am. Provides information regarding consumer related problems between businesses in the community and consumers reliability reports to consumers and referrals.

Chesapeake Answerline

Phone: 382-8888

Automated information system for the public. Answers the most frequently asked questions about government. Operates 7 days a week, 24 hour access. Must have touch tone phone.

Chesapeake Humane Society

P. O. Box 15061
Chesapeake, VA 23328
Phone: 490-4357 (HELP)
Website: www.chesapeakehumane.org
Email: cheshumane@cox.net

Subsidized spay/neutering clinic for your animal. Provides public education and services for the protection of animals. Education is provided in schools, civic organizations and the community. Works closely with City Animal Control

Shelter to provide services for lost and found animals.

Consumer Credit Counseling of Virginia

522 Independence Blvd, Suite 103
Virginia Beach, VA 23452
Phone: 473-2227
Fax: 473-0701

No. 17 Elmhurst Square One
330 Tyre Neck Road, Suite G
Portsmouth, VA 23703
Phone: 488-2227
Fax: 638-3836

Hours are 8:00am-5:00pm, Monday-Friday. Provides services to help people get out of debt. Agency provides counseling for financially distressed families or individuals; setting them on repayment program with their creditors as well as a sound budget. No fee.

Consumer Product Safety Commission

Washington, D. C. 20207
Phone: 1-800-638-2772
Website: www.cpsc.gov

Evaluates the safety of products sold to the public. Provides printed materials on different aspects of consumer product safety on request. Does not answer questions from consumers on drugs, prescriptions, warranties, advertising, repairs or maintenance.

Department of Veterans Affairs

6315 North Center Drive Suite 219
Norfolk, VA 23502
Phone: 455-0814

Regional Benefits Office

210 Franklin Road
Roanoke, VA 24011

Phone: 1-800-827-1000 (toll free)

Provides veteran's services in patient care, benefits, health care, and memorials/burials.

Farm Fresh Supermarkets, Consumer Affairs

853 Chimney Hill Shopping Center
Virginia Beach, VA 23452

Phone: 306-7006

Fax: 306-2282

Website: www.farmfreshmarkets.com

Serves all ages. Hours are 8:00 a.m. to 5:00 p.m. Monday – Friday. Offers consumers assistance and information in comparison shopping, meal planning, food selection and preparation, meat and produce buying, food budgeting and nutrition information.

Food and Nutrition Information Center

National Agricultural Library,
Room 304

10301 Baltimore, Blvd
Beltsville, MD 20705

Phone: (301) 504-5755

Fax: (301) 504-6409

Website: www.nal.usda.gov/fnic

Email: fnic@nal.usda.gov

Serves the information needs of professional, students, and consumers interested in nutrition education, food service management. Acquires and lends books, journal articles, and audiovisual materials dealing with these areas. Call the Center to ensure lending eligibility.

Greetings 2 U

P.O.Box 2515

Chesapeake, VA 23327

Phone: 226-8725

Website: <http://greetings2u.net>

Email: advertise@greetings2u.net

Organization welcomes new families to the Chesapeake, Virginia Beach, Suffolk and Smithfield area with baskets full of information and gifts from the city, clergy and/or sponsoring merchants. Also offers marketing of businesses one home owner at a time.

Hampton Roads Agricultural Research and Extension Center

Virginia Tech

1444 Diamond Springs Road

Virginia Beach, VA 23455

Phone: 363-3900

Fax: 363-3950

Email: schulta@vt.edu

Hours are 8:30am-5:00pm, Monday-Friday. Agency is an agricultural research institution that performs insect identification and control; weed control and plant identification and disease control.

Hampton Roads Chamber of Commerce

Chesapeake

400 Volvo Pkwy

P. O. Box 1776

Chesapeake, VA 23320

Phone: 622-2312

Norfolk

420 Bank Street

P. O. Box 327

Norfolk, VA 23501

Phone: 622-2312

Fax: 622-5563

Portsmouth

524 Middle Street

P. O. Box 70

Portsmouth, VA 23705

Phone: 622-2312

Suffolk

1001 W. Washington Street
Suffolk, VA 23434
Phone: 622-2312

Virginia Beach

4512 Virginia Beach Blvd
Virginia Beach, VA 23462
Phone: 622-2312

Hours are 8:30am-5:00pm, Monday-Friday. Provides services to foster economic growth and community well being through a strong expanding business base.

Hampton Roads Economic Development

500 E. Main Street, Suite 1300
Norfolk, VA 23510
Phone: 627-2315
Fax: 623-3081
Website: www.hreda.com
Email: aramsey@hreda.com

Serves business community. Hours are 8:30am-5:00pm, Monday-Friday. Devotes its efforts to bringing new business into the Greater Hampton Roads area and aids the expansion of businesses already located in the area.

Hampton Roads Planning District Commission

The Regional Building
723 Woodlake Drive
Chesapeake, VA 23320
Phone: 420-8300
Website: www.hrpd.org

Serves all ages. Provides services to conduct regional planning and policy analysis in several functional areas; transportation including staffing the

Metropolitan Planning Organization and ISTE program, physical and environmental planning, economic forecasting and legislative and information services and intergovernmental coordination.

Hampton Roads Sanitation District

1436 Air Rail Avenue
P. O. Box 5911
Virginia Beach, VA 23455
Phone: 460-2261
Fax: 460-2372
Website: www.hrsd.com

Hours are 8:00am-4:30pm, Monday-Friday. Provides services to treat residential and industrial wastewater.

Human Services Information Line

130 Plume Street, W.
Norfolk, VA 23510
Phone: 625-4543
Fax: 622-7259
Website: www.vpthepanningcouncil.org

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Answering service after office hours. Provides updated information and referral services to the general public in the Hampton Roads area, including human service referrals.

Indigent Burials

Chesapeake
Phone: 382-2210 (Clara Jones, Intake)
382-2200
Fax: 543-1644
382-2354

Norfolk

Norfolk Division of Social Services
220 W. Brambleton Avenue
Norfolk, VA 23510

Phone: 664-6000
Fax: 664-6066
Email: kerflo@eastern.dss.state.va.us

Hours for both offices are 8:30am-1:30pm, Monday-Friday. Norfolk Division of Social Services provides funds for the burial of indigents. A family member or friend can apply for the assistance any time before the burial. The division requires a record of resources to determine if the deceased qualifies for burial by the City. Applications can be made at the Social services office Monday-Friday from 8:30-1:30pm. The city contracts with several funeral homes for the funerals. Only provide a credit order.

Internal Revenue Service Taxpayer Service Division

Federal Building
200 Granby Mall, Room 114
Norfolk, VA 23510
Phone: 1-800-829-1040 (Main)
1-800-829-4477 (Automated Refund)
Website: www.irs.gov

Hours are 8:30am-4:30pm, Monday-Friday. Agency provides publication information, and assistance in preparing Federal tax returns.

Mediation Center of Hampton Roads

P. O. Box 11421
Norfolk, VA 23517
Phone: 624-6666
Fax: 627-2226
Website: www.mediationhamptonroads.com

Serves the community. Hours vary. Mediation is a private, confidential method of resolving conflict while avoiding costly ongoing legal battles.

Appropriate to resolve conflicts in business, the community, family or public sector. Fees billed at an hourly rate and the cost is shared by the participants.

Medicare Information

Phone: 1-800-772-7213
1-800-325-0778 (TDD)

Hours are 7:00 a.m. to 7:00 p.m.

Operation ASK

Phone: 397-7549 (private phone)

Offers advice and assistance (letter writing, etc.) for individuals trying to get through the bureaucracy.

People for the Ethical Treatment of Animals, Inc. (PETA)

501 Front Street
Norfolk, VA 23510
Phone: 622-7382
Fax: 622-0457
Website: www.peta.org
Email: peta@peta.org

Hours are 8:30am-6:00pm, Monday-Friday. Provides information for public education on exposing and eliminating animal abuse, wherever it occurs.

Planning Council, The

130 W. Plume Street
Norfolk, VA 23510
Phone: 622-9268
Fax: 627-0951
Website: www.planningcouncil.org

Serves the community. Hours are 9:00am-5:00pm, Monday-Friday. Provides needs assessments, community planning and development, dependent care services, a homeless prevention program, various family services, and

information/referral under contracts with governments and businesses.

Sierra Club Chesapeake Bay Group

1548 Edgewater Drive
Virginia Beach, VA 23464
Phone: 467-2775 (private phone)
Fax: 467-2775

Hours are 8:00am-5:00pm, Monday-Friday. Provides an environmental group which is dedicated to the protection of the environment through conservation of our natural resources, control of air and water pollution, and the control of toxic wastes. Also, the group works on service projects, lobbies for legislation that will conserve natural resources and control pollution, and distributes printed materials on environmental issues. Meetings are held on the 1st Monday night of each month (except July and August) at 7:00pm in the Central Library of Virginia Beach. The September meeting will take place on Monday after Labor Day.

Social Security Administration

Phone: 1-800-772-1213 toll free
Website: www.ssa.gov

First Floor Suite 100
5425 Robin Hood Road
Norfolk, VA 23513
Phone: 858-6198
858-6228 (TTY)

3305 Airline Blvd.
Portsmouth, VA 23701
Phone: 465-4896
325-0778 (TTY)

Hill Point Farm
502 Hill Point Blvd.
Suffolk, VA 23434
Phone: 934-0532

1-800-325-0778 (TTY)

2875 Sabre Street
Virginia Beach, VA 23452
Phone: 498-8726
431-3165 (TTY)

Social Security Rights Center, The

1100 Laskin Road Suite 100
Virginia Beach, VA 23451
Phone: 437-7756
or toll free: 1-800-764-5050
Fax: 498-3653

Hours are 8:30 a.m. to 4:30 p.m. Monday – Friday. Provides legal representation/advocacy for claimants for Social Security/SSI Disability benefits. Appointments required.

Society for the Prevention of Cruelty to Animals (SPCA)

Norfolk Office

916 Ballentine Blvd
Norfolk, VA 23504
Phone: 622-3319
Fax: 622-7163
Website: www.norfolkspca.com

Virginia Beach Office

3040 Holland Road
Virginia Beach, VA 23453
Phone: 427-0070
Fax: 427-0737
Website: www.vbspca.com

Serves Hampton Roads. Provides a temporary refuge for unwanted animals until a permanent, loving home can be found, and fosters the humane treatment of animals through public education and community outreach.

Spay USA

Phone: 1-800-248-SPAY

Fax: (203) 375-6627
Website: www.spayusa.org

Low cost spaying and neutering programs for animals.

Tidewater Fair Housing

2021 Kenlake Place
Norfolk, VA 23518
Phone: 853-2950

Serves all ages. 24 hour service. Assists individuals who encounter discrimination and problems in housing and renting. Also, works with families who receive harassment in housing issues.

Tidewater Humane, Inc.

4604 Pembroke Lake Circle Suite 104
Virginia Beach, VA 23455
Phone: 497-7729
Fax: 671-2122
Email:
cfavre.tidewaterhumane@verizon.net

Hours are Monday, Tuesday, Wednesday, and Friday 10:00 a.m. to 2 p.m. Closed on Thursday and Sunday. Provide spray and neuter services on an income-qualified basis. Also provide counseling and classes concerning annual check-ups, grooming and behavior obedience for pets.

U.S. Food and Drug administration

607 Federal Building
200 Granby Mall
Norfolk, VA 23510
Phone: 441-3326
Website: www.firstgov.gov

Hours are 8:00am-4:30pm, Monday-Friday. Agency administers federal food and drug laws, and provides inspection, and regulatory services.

Virginia Beach Foundation, The

P.O. Box 4629
Virginia Beach, VA 23454
Phone: 422-5249
Fax: 422-1849
Website: www.vabeachfoundation.org
Email:
mainoffice@vabeachfoundation.org

Provides a vehicle and service for donors with varied interests. Serves as a resource, broker and catalyst in the community.

Virginia Department of Motor Vehicles

813 Greenbrier Parkway
Chesapeake, VA 23320
Phone: 1-800-435-5137
Fax: 312-8559
Website: www.dmv.state.va

Hours are 8:00am-5:00pm, Monday-Friday, and 8:00am-12:00pm, Saturday. Administers motor vehicle related laws, advance transportation safety, collection and distribution of transportation services and revenues.

Volunteer- Hampton Roads

400 West Olney Road Suite B
Norfolk, VA 23507
Phone: 624-2400
Fax: 624-3618
Website: www.volunteerhr.org
Email: info@volunteerhr.org

Connects people with volunteer opportunities and promotes volunteerism through out Hampton Roads to strengthen the community.

Weatherization Program

STOP, Inc. (Southern Tidewater Opportunity Project)

2551 Alameda Avenue
Norfolk, VA 23513
Phone: 858-1360
858-1397
858-1399
Fax: 858-1809
Website: www.stopinc.org
Email: www.stopincorg/wxz@all.net

A program designed to enable income eligible homemakers and renter's to eliminate air infiltration into their residences in order to reduce the cost of heating and cooling. There is no cost for this service. The program is available all year. Call to request an application. Outreach workers are available to assist you in completing the application. Landlords will be required to show proof of ownership of the building.

Welcome Wagon
245 Newtown Road
Plainview, NY 11803
Website: www.welcomewagon.com
Hours are 8:30 a.m. to 7:00 p.m. Monday –Friday. Organization which welcomes families to their new homes by providing the names of numbers of many beneficial local businesses and services.

Wise Aluminum Recycling Company, Inc.
1435 Air Rail Avenue
Virginia Beach, VA 23455
Phone: 460-0923

Hours are 9:00am-12:00pm, Monday; 9:00am-4:30pm, Tuesday-Friday; and 8:30am-3:00pm, Saturday. Agency is a proprietary organization which buys and recycles all aluminum products, also brass and copper.

World Affairs Council of Greater Hampton Roads
P.O. Box 2066
Virginia Beach, VA 23450
Phone: 226-1202
Fax: 226-1206
Website: www.hrwapc.org

A non-profit organization which promotes understanding of global issues through education and public discussion.

COUNSELING **(HUMAN RELATIONS)**

Barry Robinson Center, The
443 Kempsville Road
Norfolk, VA 23502
Phone: 455-6266
Fax: 455-6127
Website: www.barryrobinson.org

Office hours are 8:30am-5:00pm, Monday through Friday. Services are rendered on a 24-hour per day, seven days per week basis. The center specializes in the following areas: attention-deficit, hyperactivity disorders; depression/anxiety; defiant children/behavioral problems; learning disabilities/school problems; marital/family problems; divorce/step families; drug/alcohol. Affiliated with Children's Hospital of The King's Daughters.

Catholic Charities of Eastern Virginia, Inc.
3804 Poplar Hill Road
Chesapeake, VA 23320
Phone: 484-0703
Fax: 484-1096