

Community Resources for Probation and Parole District # 4

Also Available to Ex-offenders

CATEGORY	AGENCY NAME AND ADDRESS	TELEPHONE NUMBER / CONTACT PERSON	E-MAIL / WEBSITE ADDRESS
EMERGENCY NUMBERS	911 Emergency Services	911 757-442-7707	
LOCAL COMMUNITY RADIO	WESR – 103.3	757-787-3200	www.shoredailynews.com
PUBLIC ASSISTANCE	Accomack Co. Department of Social Services Northampton Co. Department of Social Services	757-787-1530 Mozella Francis 757-678-5153	vickie.weakley@dss.virginia.gov mozella.francis@dss.virginia.gov
EMPLOYMENT ASSISTANCE	Virginia Employment Commission	Arventa Smith 757-302-2029	Arventa.Smith@vec.virginia.gov
JOB TRAINING SERVICES	Workforce Investment Act Services Eastern Shore Workforce Development Center	Michelle Spangler 757-787-1756 Teresa Guy	mspanglar@es.vccs.edu tguy@es.vccs.edu

		757-789-1790	
VETERAN'S RE-ENTRY	Virginia Wounded Warrior	Mackenzie Abridello 757-224-5208	mabridel@hnncsb.org
SUBSTANCE ABUSE/MENTAL HEALTH SERVICES	E.S. Community Services Board AA Celebrate Recovery – Onancock Baptist Church – Onancock, VA	757-442-3636 757-710-8821 757-787-4348	
CHILD SUPPORT SERVICES	Bureau of Support Enforcement	Joann Hall 800-468-8894	joann.hall@dss.virginia.gov
CUSTODY MATTERS	Court Services Unit	Erica Lawson 757-787-5860	Erica.Lawson@djj.virginia.gov
MEDICAL	Accomack County Health Department Northampton County Health Department	757-787-5880 757-442-6228	
MEDICAL	Riverside Health Services E.S. Rural Health	757-302-2100 757-414-0400	www.shorehealthservices.org www.esrh.org
RESTORATIVE THERAPY SERVICES	Department of Rehabilitative Services No Limits Head Injury Day Program	Robin Sexauer 757-787-5813 757-789-3990	robin.sexauer@vrs.virginia.gov
SEX OFFENDER REGISTRY	Virginia State Police	757-787-5813	www.vsp.virginia.gov

VETERAN'S BENEFITS	Department of Veteran's Services	Wendy Ainsworth 757-787-5862	Wendy.ainsworth@dvs.virginia.gov
READING/LITERACY SUPPORT	Eastern Shore Literacy Council, Inc.	757-442-6637	esliteracy@verizon.net
COMPUTERS	Eastern Shore Public Library	Carol Vincent 757-787-3400	cvincent@espl.virginia.gov
EDUCATION	Eastern Shore Community College	757-787-5900	
TRANSPORTATION	Star Transit	757-787-8322	www.MYTRANSIT.com
SHELTER	Lighthouse Ministries Coalition Against Domestic Violence	757-787-2535 757-787-1329	Heislord89@yahoo.com escadv@verizon.net
CLOTHING AND FURNITURE	Light House Thrift Shop	757-787-8445	
FOOD	Foodbank of the Eastern Shore (part of Southeastern Virginia Foodbank) FREE MEALS Meals for the Hungry – Epworth UMC – Exmore, VA – Every Wednesday - 5:30 PM to 6:30 PM Meals for the Hungry - Market Street UMC– Onancock, VA – 2 nd and 4 th Friday of the month – 5:00PM to	757-787-2557 757-442-6391 757-787-4873	

	6:30PM		
HOUSING	Accomack-Northampton Planning District Commission	757-787-2800	
DISASTER RELIEF AID	Lower Shore Chapter Red Cross	410-749-5331	www.redcrosslowershore.org
Funds for Training	Eastern Shore Area Agency on Aging	757-442-9652	esaaa@aol.com
DENTAL Assistance	ES Rural Health System, Inc	757-414-0400	www.esrh.org
EYE GLASSES	Zenni Optical (must have prescription) Lions Club of the Eastern Shore		www.zennioptical.com (ask at Health Department)
Transportation for Veterans to VA Hospital	Virginia Employment Commission	Alex Hightower 757-302-2018	Alexander.Hightower@vec.virginia.gov
HEALTHY LIFESTYLE	Eastern Shore Family YMCA	757-787-5601	www.ymcahr.org
MENTAL HEALTH SUPPORT SERVICES	E. S. Community Services Board Family Preservation Services National Counseling Group Therapeutic Interventions	757-442-3636 757-442-7690 757-442-6746 757-442-6147	www.escab.org www.fpscorp.com www.nationalcounselinggroup.com www.therapeuticinterventions.org
PREGNANCY SERVICES	Acco/North Pregnancy Center Virginia Health Department (ACC) Nurse Family Partnership	757-787-1119 757-787-5841 757-787-5841	

	Virginia Health Department (NOR)	757-442-4308	
LEGAL ASSISTANCE (CIVIL MATTERS)	Legal Aid Society of Eastern Virginia	757-442-3014	www.laseva.org
SOCIAL SECURITY	Social Security Administration Office	757-787-7141	www.ssa.gov
MIGRANT SERVICES	Migrant Ministry Diocese of Richmond	757-787-7862	

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