

## SEXUAL ASSAULT ADVOCACY

- **Sexual Assault Resource Agency (SARA):** Office: 295-7273; Hotline: 977-7273; 335 Greenbrier Dr. Sexual assault prevention, education, counseling/therapy, and advocacy for all survivors and bystanders. No walk-ins; video counseling, hotline still active.
- **Shelter for Help in Emergency (SHE):** See section: Emergency Overnight Shelter.

## DISCRIMINATION SERVICES

- **Legal Aid Justice Center:** 977-0553; 1000 Preston Ave #A. Legal consultation for housing and job discrimination, civil rights, immigration. Offices closed, call for assistance.
- **Central Virginia Legal Aid Society:** 296-8851; 1010 Preston Ave. Legal consultation for evictions, foreclosures, sexual/domestic violence. Not taking walk-ins, call or go online for services.
- **Office of Human Rights:** 218-0756; 106 5<sup>th</sup> St NE. Advocacy, mediation, and investigation of discrimination in housing, employment, and benefits. Office closed, call for assistance.

## CLOTHING

- **Salvation Army Thrift Store:** 979-5230; 604 Cherry Ave. Still operating.
- **THRIVE Women's Health:** Maternity clothes, see section: Physical Health Support
- **Belmont Baptist Clothing Closet, Twice is Nice** currently closed.

## NEED MORE INFO?



SCAN ME!

Point a phone camera at this QR code here to open a webpage with up-to-date information on the resources listed here, or go to: <https://tinyurl.com/covidresourceguidedecville>

## DEPARTMENTS OF SOCIAL SERVICES

Apply for Medicaid, SNAP, TANF, and other benefits.

- Call 1-855-635-4370 or go online to apply for benefits
  - Call 1-855-242-8282 to apply for Medicaid
- For other needs, call 970-3400 (Charlottesville) or 972-4010 (Albemarle). Offices are closed to the public.

## LITERACY / GED

- **Thomas Jefferson Adult Career Education (TJACE):** 961-5461. GED prep, family literacy, career readiness training. All programming online, call & leave message to get info.
- **Literacy Volunteers of America:** 977-3838; 418 7<sup>th</sup> St SE. Tutoring in reading, writing, English as 2<sup>nd</sup> language. Currently closed.

## VETERANS SUPPORT SERVICES

- **VA Medical Center:** 293-3890; 590 Peter Jefferson Pkwy #250. All services & hours unchanged.
- **Supportive Services for Veteran Families:** 804-788-6825. Rapid rehousing and supportive services. Offices closed, call for services.
- **Virginia Department of Veterans Services:** 529-6431; 1430 Rolkin Ct, Ste 202. Screening for veterans benefits, counseling, mental health, housing. Offices closed, call for services.

## EMPLOYMENT SERVICES

- **Virginia Employment Commission:** 1-866-832-2363. Call to file for unemployment.
- **Virginia Workforce Center:** 977-2662; 944 Glenwood Station Ln #103. Job training & opportunities. Current operations unknown.
- **Downtown Job Center & Network2Work:** Closed; Not currently accepting new clients.

## TRANSPORTATION

- **JAUNT:** 296-3184. Regional transportation.
- **City of Promise:** 228-5153. Free Lyft rides for residents of Hardy Dr, 10<sup>th</sup> & Page, and Starr Hill

# GETTING HELP IN CHARLOTTESVILLE during the COVID crisis

**Version 1. Last Updated: 4/16/2020**

*This pamphlet is intended to provide a list of local resources, updated to reflect current operation status during the COVID crisis. All phone numbers are area code 1-434 unless noted otherwise. For up-to-date info, use the QR code to check our webpage.*

## PUBLIC MEALS

- The Haven; 112 W Market; walk-up
- Salvation Army; 207 Ridge St; walk-up
- Keevil & Keevil Kitchen; 703 Hinton Ave; request via keevilkitchen@gmail.com or 989-8807.

	Breakfast	Lunch	Dinner
The Haven	Mon-Sun 7am	Mon-Thurs 12pm-1pm	
Salvation Army	Mon-Sat 7am Sun 9am	Fri-Sat 12pm Sun 1pm	Mon-Sat 5:30pm
Keevil & Keevil	Mon-Fri 8am	Mon-Fri 12pm	

## EMERGENCY OVERNIGHT SHELTER

- **Salvation Army Emergency Shelter:** 295-4058; 207 Ridge St. Men, women, families, children; Call or walk in 10am-10pm – not accepting new guests
- **PACEM:** 465-1391 (Liz); 112 W Market St (office) – accepting guests on very limited basis, call Liz before 2pm to discuss getting a bed.
- **Shelter for Help in Emergency (SHE):** Hotline: 293-8509. Domestic violence shelter. Not accepting new guests. Call to screen & make safety plan.
- **ReadyKids-Runaway Emergency Services:** Hotline 972-7233; Still active
- **Families in Crisis:** 296-3872. Currently out of funding for housing support; can still call for resource navigation, grocery gift cards.

## EMERGENCY FOOD

### **Food Banks:**

- **Emergency Food Network:** 979-9180; 900 Harris St. 3-day supply, 1x/mo. Call 9am-12pm Mon or Fri to request, then pick-up 1:30pm-3:30pm.
- **Loaves and Fishes:** 996-7868; 2050 Lambs Road. 11-day supply, 1x per month. Call ahead to request. Drive-through pick-up on Wed (2pm-4pm), Thurs (6:30pm-8:30pm), and Sat (10am-12pm) for first 150 households.

### **Church-based Food Pantries:**

- **Holy Comforter Catholic Church:** 208 E Jefferson St. Mon-Wed, 10am-12pm. Open.
- **Church of our Saviour Episcopal:** 1165 Rio Rd E. Mon & Wed 12:30pm-2pm, Fri 10:30-12. Open.
- **St. Paul's Episcopal Church:** 851 Owensville Rd. 3rd Wed/mo. Must reside in Western Albemarle. Still open; sign up ahead of time at 979-4490.
- **Thomas Jefferson Memorial Church:** 717 Rugby Rd. 1st Fri/mo 9-11am (sign-in by 10am). Still open; call 273-8179 to request.
- **New Beginnings Christian Community:** 1130 E Market St. Wed afternoon & Sat AM. Still open; call 249-5691 to arrange for food bag pick-up.
- **Bethany Seventh Day Adventist:** 401 Harris Rd. 2nd Sun/mo. Current state unknown.

### **Kids:**

- **Albemarle County and Charlottesville City** are providing free breakfast & lunch to any child under 18 years old. See websites for pick-up schedule & locations.

### **Food Delivery Services:**

- **Cville Community Cares:** Grocery delivery + grocery giftcards, including new campaign for immigrant & rural communities. Temporarily not accepting new requests.
- **Meals on Wheels:** Still delivering meals, unknown if accepting new clients.
- **Social Distance Delivery:** Free grocery delivery. Request at [socialdistancedelivery.org](http://socialdistancedelivery.org)
- **JABA Home Delivered Meals:** 817-5253. For low-income folks > 60y unable to prepare meals. Call to determine eligibility.

## MENTAL HEALTH SUPPORT

- **Region 10:** Variety of mental health, intellectual disability and substance use services. Most services available online, call to get connected. Crisis lines: 972-1800 / 1-866-694-1605. Telehealth intake appointments in Cville / Albemarle, call: 970-2183.
- **On Our Own:** 979-2440; 123 4<sup>th</sup> St NW. Peer-driven mental health and addiction recovery programming. Building closed, hosting virtual support meetings.
- **Teen Crisis Hotline:** 972-7233. Support services for youth, ages 12-18. Office closed, hotline still operating, call hotline to set up online counseling.
- **Women's Initiative:** 872-0047. Counseling and support services for women/transgender women. Call-in screenings, see website for hours.
- **Partner for Mental Health:** 977-4673. Resource navigation for those transitioning from hospital or jail. Uncertain of current status.

## SUBSTANCE USE SUPPORT

- **Region 10:** See section, Mental Health Support.
- **SMART Recovery:** Addiction support meetings. Online meetings only, Wed 5:30-6:30pm.
- **Alcoholics Anonymous:** 293-6565. Online meetings only. See website for schedule.
- **Narcotics Anonymous:** 1-800-777-1515. Online meetings only. See website for schedule.
- **Al-Anon / Al-Ateen:** 972-7011 (hotline). Online meetings only: [senglot12@gmail.com](mailto:senglot12@gmail.com) to join for Al-ateen. [cvilleanon@gmail.com](mailto:cvilleanon@gmail.com) for questions.

## OTHER EMERGENCY SUPPORT

- **AIM:** 972-1704. Mon-Thurs 9am-4pm. Local utility and housing aid. Call Salvation Army for electricity and heat; otherwise, apply online.
- **Love INC:** 977-7777. Emergency financial support and material aid. Offices closed, call for assistance.
- **Community Emergency Response Fund:** 234-4490 (Community Resource Line). Emergency financial support for rent, medical bills, car payments, etc. for low-income Charlottesville residents.

## PHYSICAL HEALTH SUPPORT

- **Thomas Jefferson Health Department:** 972-6269; 1138 Rose Hill Dr. Free/sliding scale health screening (STI/STD, HIV, TB, Hep). Currently, limited immunizations and family planning; WIC benefits still operational. Still offering some services by appointment, no walk-ins. COVID info line: 972-6261.
- **Charlottesville Free Clinic:** 296-5525; 1138 Rose Hill Dr. Non-emergency medical care & pharmacy for low-income households –telehealth only, call for eligibility screening. Dental services limited to emergencies on first-come first-serve basis.
- **Central Virginia Health Services:** 227-5264; 901 Preston Ave, Suite 301. Formerly: *Neighborhood Family Health Center*. Comprehensive sliding-scale medical, dental, behavioral health, and pharmacy. Still operating, schedule appointments online.
- **Charlottesville Health Center:** 296-1000; 2964 Hydraulic Rd. Formerly: *Planned Parenthood*. Comprehensive sexual health services (gynecology exams, STD & pregnancy tests, contraception). Telehealth services only.
- **THRIVE Women's Health:** Cville: 979-8888, 320 W Main St; Albemarle: 220-3777, 1416 Greenbrier Pl. Comprehensive sexual health services. Main St location is closed; Greenbrier location has some virtual & in-person care still available, call to determine eligibility.
- **Visionworks & MyEyeDr:** Free eye exams for patients with Medicaid. Both currently closed for eye exams.
- **Cville Community Cares:** 214-0454; Free prescription delivery. Sign up: <http://tinyurl.com/cvillecaresrx>
- **UVA:** Operator: 924-0000. University Medical Associates: 924-1931. Teen & Young Adult: 982-0090. Most outpatient appointments are being conducted via tele-health.