# KING AND QUEEN DEPARTMENT OF SOCIAL SERVICES Reference Guide



## **Mission Statement**

It is the mission of the King and Queen Resource Council to encourage development, collaboration, and coordination of supportive services to citizens of King and Queen County.

# **Vision Statement**

The King and Queen Resource Council will act as a coordinating body for community agencies, organizations, and businesses with a goal of community service. To promote the solution of local problems through the development of new resources. To serve as an information and referral resource. To increase the sharing and coordination of resource information.

# KING AND QUEEN RESOURCE COUNCIL REFERENCE GUIDE

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2015-2016 King and Queen County Resource Council Officers:

**Chairman-Angie Alley** 

**Vice-Chairman- Betty Dougherty** 

**Secretary-Linda Cooke** 

#### 1-AGING

**Bay Aging** is the premier provider of programs and services for people of all ages. Formed in 1978, Bay Aging serves a predominately rural 2,600 square mile region that encompasses ten counties and 2 planning districts. Bay Aging is extremely diverse in the programs it offers through 3 major divisions-Community Living, Bay Transit, and Bay Family Housing. <a href="https://www.bayaging.org">www.bayaging.org</a> Ph. 800-693-6109.

#### 2-BENEFIT PROGRAMS

These programs that the local Department of Social Services offers are designed to help people overcome poverty and to shape strong futures for themselves and their families. For more information or to apply visit <a href="www.commonhelp.virginia.gov">www.commonhelp.virginia.gov</a> or <a href="www.dss.virginia.gov">www.dss.virginia.gov</a> King and Queen Department of Social Services Office hours 9am to 5pm. Ph. 804-785-5977.

**Supplemental Nutrition Assistance Program (SNAP)** is available to supplement lower income families with resources to purchase food.

**General Relief/Unattached Child Program**: This is a limited financial program that assists non-relatives responsible for a minor child.

**Energy Assistance**: Assistance for low income families/citizens is offered to offset energy costs and provide equipment related assistance, security deposits, and emergency shelter.

**Medicaid**: Health and medical care costs are paid for individuals meeting specified criteria for covered groups. <a href="www.medicaid.gov">www.medicaid.gov</a>

**Temporary Assistance to Needy Families (TANF):** Aid is extended to children and their families who meet criteria for the program.

**VIEW (Virginia Initiative for Employment not Welfare) Program:** The Department assists and prepares TANF recipients for gainful employment.

**Child Care Services**: Subsidies are provided to low income parents for quality child care with licensed and certified child care vendors.

Fraud Referrals and Collections: The Department investigates reports of program violations.

#### 3-CLOTHING

**First Mt.Olive Baptist Church** maintains a clothes closet that is a service for families in our county. 7820 Newtown Road Newtown, Va. 23126. Ph. 769-4550.

**Bruington Baptist Church** offers gently used clothing to residents the 1<sup>st</sup> Saturday of each month. Hours 10am-Noon. 4784 The Trail, Bruington, Va. 23023 804-769-3246.

**The Lily Field Clothing Shed** Free clothing is available for families in need. Located at **The CornerStone** 11235 W. River Road, Aylett, Va. Saturday 10a.m. to 11a.m. Ph. 804-769-2996 Fax 215-454-2320. <a href="https://www.cornerstoneaylett.org">www.cornerstoneaylett.org</a>

## **4-EDUCATION**

**Adult Education – King William, Middle Peninsula R.A.C.E** provides instruction to the adults to improve basic academic skills, GED Preparation, and ESOL(English for Speakers of Other Languages). Areas of service include Essex, King & Queen, King William, Mathews, Middlesex, and Gloucester counties and the Town of West Point. Instruction options include one-on-one tutoring for literacy, small classes in each county, Distance Learning/On line instruction, and Fast Track/Accelerated GED Prep classes, for qualified adult learners. 18550 King William Road King William, Va. 23086 Ph. 804-769-1151, Fax 804-769-1148, www.mprace.org

**Head Start- West Point, Bridges Head Start, Parent Child Development Corporation** provides a federally funded kindergarten readiness program for three and four year old children from income eligible families. Areas of service include Charles City, Gloucester, King & Queen, King William, Mathews, Middlesex and New Kent counties. Ph. 804-843-2289, 804-843-2308 Fax, <a href="https://www.pcdcva.org">www.pcdcva.org</a>

**Literacy Volunteers of Gloucester** offers instruction for adults who want to develop basic reading skills or prepare for the GED and ESL classes for those whose first language is not English. Areas of service include Essex, Gloucester, King and Queen, King William and Middlesex counties. 5276 George Washington Memorial Highway Suite A-1, Ph. 804-693-1306, <a href="https://www.literacyvolunteersofgloucester.org">www.literacyvolunteersofgloucester.org</a>

#### **5-EMERGENCY SERVICES**

**King and Queen County Emergency Services** consist of several functional areas: Fire Suppression services are provided 24 hours-a-day to the residents and visitors of King and Queen County through an all volunteer staffed fire departments.

Emergency Medical Services provides 24 hours-a-day, basic and advanced life support emergency medical services to the residents and visitors of King and Queen County through an all volunteer staffed EMS system.

Emergency communications are provided 24 hours-a-day by King and Queen County through a modern, state of the art 9-1-1 communications dispatch center and the Middle Peninsula's first P25 compliant radio communications system.

Emergency Management provides preparedness, response, and recovery services to the residents of King and Queen County by writing and maintaining the Emergency Operations Plan, managing the county's emergency operations center, and by coordinating post disaster recovery and mitigation activities. Emergency Management also provides emergency planning in such areas as special needs, continuity of operations and emergency operations.

## **6-EMERGENCY SHELTERS**

Emergency shelters are provided in a two tier system. The first shelters to open are the following:

Lower King and Queen Vol. Fire Department- Located at the intersection of Route 605 & Route 601 at Gressitt.

Central King and Queen Vol. Fire Department-Located at the intersection of Route 681 & Route 14.

Walkerton Community Fire Association – Located at the intersection of Route 629 and Route 634 in the village of Walkerton.

Upper King and Queen Rescue Squad-Located at the intersection of Route 721 and Route 623.

The secondary shelter is:

King & Queen Central High School 17024 The Trail King & Queen C.H., Va. 23085. Ph. 804-785-6102.

## 7-ENERGY ASSISTANCE

The EA Program assists low-income households in meeting their immediate home energy needs. Applications for fuel, crisis, and cooling assistance are accepted at the local department of Social Services or online at <a href="https://www.commonhelp.virginia.gov">www.commonhelp.virginia.gov</a>. The EA Program consists of four components:

- **Fuel Assistance**: This primarily provides assistance with purchasing home heating fuel and paying primary heat utility bills. Applications accepted from the 2<sup>nd</sup> Tuesday in October through the 2<sup>nd</sup> Friday in November.
- Crisis Assistance: This is intended to meet a household's emergency heating need. Assistance offered includes one-time only heat security deposit, portable heater for temporary use, purchase of home heating fuel, payment of heat utility bill, payment for emergency shelter, and /or heating equipment repair/purchase. Applications accepted from November 1<sup>st</sup> through March 15<sup>th</sup> for equipment related assistance, security deposits, and emergency shelter. 1<sup>st</sup> workday in January through March 15 for purchase of primary home heating fuel and payment of primary heat utility bills.
- **Cooling Assistance**: This provides purchase or repair of cooling equipment and/or payment for electricity to operate cooling equipment. Applications accepted June 15 through August 15.
- Weatherization Assistance: This applies air infiltration measures to the housing structure. The <u>Virginia Department of Housing and Community Development (DHCD)</u> administer this component. www.dhcd.virginia.gov
- **Energy Share:** This is Dominion's energy assistance program of last resort for anyone who faces financial hardships from unemployment or family crisis. *EnergyShare* is a heating and cooling assistance program in Virginia. Heating assistance applies to any heat source: oil, gas, kerosene, wood and electricity. Applications can be obtained at the local department of Social Services.

## 8-FOOD PANTRY

Bruington Baptist Church offers a food pantry. 4784 The Trail Bruington, Va. 23023 Ph. 804-769-3246.

**Good Neighbor Center** is a charitable arm of the West Point Minister's Association, providing food, clothing, household items and financial aid to those in need. St. John's Episcopal Church 916 Main Street West Point, Va. 23181 Ph. 804-843-4594.

**Mobile Food Pantry** is open the first Wednesday in: April, June, August, October, December and February. Volunteers arrive by 12:30p.m. Food distribution begins at 1:00. Mizpah United Methodist Church, P.O. Box 173 Walkerton, Va. Applications can be picked up at the King and Queen Department of Social Services.

**Poroporone Baptist Church** offers food pantry assistance on the 3<sup>rd</sup> Thursday of the month from 3:00pm to 5:00pm. 30071 The Trail Shacklefords, Va. For further information contact King and Queen Department of Social Services. 804-785-5977.

**The CornerStone Food Program** is a program where food is distributed on Saturday mornings in Aylett. Meat, produce, bread, and dessert are all bagged and made available each week. Hours of Operation: Saturdays from 10a.m – 11:30a.m. 11235 West River Road Aylett, Va. 23009 Ph.804-769-2996 Fax 215-454-2320. <a href="https://www.cornerstoneaylett.org">www.cornerstoneaylett.org</a>

**QuinRivers** Community Food Program was established in 2009 to provide those who needed food with access to it, and to provide pantries with sources of fresh produce and additional food. www.quinrivers.com

## 9-HOUSING/SHELTER

**Laurel Shelter, Inc.** is dedicated to assisting victims of sexual assault and domestic violence. Laurel Shelter offers shelter, advocacy, education and support to survivors, legal support, and community education to foster awareness and identification of victims. All services are free and confidential. Ph. 804-694-5552 Shelter, 804-694-5890 Outreach.

**Gloucester G.U.E.S.T Program** is a non-profit organization focused on helping homeless individuals. The coalition consists of religious and community organizations that provide overnight shelter and meals on a rotating basis to homeless adults and families during the winter months. G.U.E.S.T program runs from November to March. Contact Mike Horrell Ph. 804-693-5888 or 804-815-7972.

**VHDA** is a self-supporting, not for profit organization created by the Commonwealth of Virginia, to help Virginians attain quality, affordable housing. VHDA provides mortgages, primarily for first-time homebuyers and developers of quality rental housing. www.vhda.com

#### **10-JOB ASSISTANCE**

**Job Assistance Center, Inc.** offers one stop convenience to job seekers and employers alike. 1399 Centerville Road, Shacklefords, Va. 23156 Ph. 804-785-2470 or 132 Main Street Warsaw, Va. 22572 Ph. 804-250-2046.

#### 11-LIBRARIES

**Pamunkey Regional Library** offers an array of services including: Children's services including **Storytimes,** a **Summer Reading Club** and **Books for Babies**. Other services include copies, fax, newspapers and wireless internet. <a href="www.pamunkeylibrary.org">www.pamunkeylibrary.org</a> 396 Newtown Road St. Stephens Church, Va. 23148 Ph. 804-769-1623, Fax 804-769-9286. West Point Branch 721 Main Street West Point, Va. 23181 Ph. 804-843-3244, Fax 804-843-4158.

#### 12-MEDICAL

The CornerStone Free Health Clinic provides free medical, vision and dental care to the uninsured people in King William, King & Queen, and Essex counties. 8270 Richmond Tappahannock Highway, Aylett, Virginia 23009. PRIOR REGISTRATION IS NECESSARY. Call 804-769-2996 to register. www.cornerstoneaylett.org

King and Queen Health Department offers family planning medical clinics, immunizations, STD, and HIV/AIDS testing and prevention programs. Nursing home pre-admission screenings, communicable disease reporting and WIC(Women, Infants & Children-supplemental foods, health care referrals, and nutrition education for low-income pregnant women, as well as breastfeeding and non-breastfeeding postpartum women, and infants and children up to age five who are found to be at nutritional risk. Clients are encouraged to call for fee schedules in advance of services. 167 Courthouse Landing Road King and Queen CH, Va. 23085 Ph. 804-785-6154.

**King William Dawn Community Doctors** offers medical services including Primary Care: Physicals, immunizations, chronic disease management and sick visits. All services offered on a sliding fee based on family size and income. Hours of operation are: Monday, Tuesday 8:00a.m.-7:00p.m., Wednesday 8:00a.m.-2p.m, Thursday, Friday 8:00a.m.-4:30p.m. Ph. 804-769-3022 11814 King William Road Aylett, Va. 23009. www.cvhsinc.org

**Tappahannock Free Clinic** is a community based organization providing quality health care at little or no charge to people of low income, uninsured, and people with health insurance, but no medication coverage. 317 Duke Street Tappahannock, Va. 22560 Ph. 804-443-9590 Fax 804-443-9560.

## 13-MENTAL HEALTH/COUNSELING ASSISTANCE/SUBSTANCE ABUSE

**Alcoholics Anonymous Meetings** are meetings with a group of men and women who have had a drinking problem. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. The dates, times and locations are subject to change.

Sunday-9:00am Warsaw behind Middle Peninsula CSB Counseling Center 414 Main Street.

7:00pm **Gloucester** *Live and Grow Group,* Ware Episcopal Church (Parish House) 7825 John Clayton Memorial Highway.

Monday-6:30pm Warsaw Women's High Maintenance Meeting, Warsaw Baptist Church, 236 Main St. 7:00pm Glenns New Hope Meeting, New Hope United Methodist Church 2466 Lewis B. Puller Mem Hwy

7:00pm **Gloucester** *Strictly Solutions Men's Meeting,* Apostle's Lutheran Church 7092 Main St. 8:00pm **Saluda** *Freedom Group Christ Church (Parish House),* 56 Christ Church Lane.

8:00pm **Gloucester** *Ware Women's Serenity Group*, Ware Episcopal Church Parish House, 7825 John Clayton Memorial Highway.

8:00pm Warsaw Warsaw GROUP, St. John's Episcopal Church 5987 Richmond Road.

- **Tuesday-**10:00am **Gloucester** *Sisters in Sobriety (Women's Meeting),* White Marsh Baptist Church 5123 George Washington Highway.
  - 12:00pm **Saluda** *Tuesday Noon Step Study Group,* Christ Church Parish House, 56 Christ Church Lane.
  - 5:30pm Warsaw Community Meeting, Middle Peninsula CSB Counseling Center 414 Main St.
  - 8:00pm Gloucester Mid-Peninsula Group, Apostle's Lutheran Church, 7092 Main St.
- **Wednesday-**12:00pm **Gloucester** *High Nooners Group,* White Marsh Baptist Church, 5123 George Washington Hwy.
  - 5:30pm **Gloucester** *New Comers Meeting,* Gloucester Counseling Center 9228 George Washington Hwy.
  - 7:00pm **Gloucester** *Fellowship of the Spirit Group* ,(Beginner's Meeting) Abingdon Episcopal Church, 4645 George Washington Memorial Hwy.
  - 8:00pm **Warsaw** *24 Hour Group*,Richmond County Health Department 5591 W Richmond Rd.
  - 8:00pm **Gloucester** *Fellowship of the Spirit Group*, Abingdon Episcopal Church 4645 George Washington Hwy.
- Thursday- 12:00pm Saluda Thursday Noon Big Book Group, Christ Church 56 Christ Church Lane.
   5:30pm Gloucester After 5 Meeting, White Marsh Baptist 5123 George Washington Hwy.
   8:00pm Tappahannock T-Town T-Totalers, St. Timothy's Catholic Church 708 North Church Lane off Rt. 17.
- Friday 5:30pm Gloucester Lifeboat, Abingdon Episcopal Church 4645 George Washington Hwy.
   8:00pm Warsaw Step Study Meeting, St. John's Episcopal Church 5987 Richmond Rd.
   8:00pm West Point Friday Night Group, West Point Christian Church 290 Euclid Blvd.
- **Saturday-** 11:00am **Warsaw** *Recovery Works,* 84 Main Street Meeting follows Fellowship & Breakfast 9am-11am.
  - 6:30pm **Gloucester** *Young & Sober Group,* Apostle's Lutheran Church, 7092 Main St. 8:00pm **Gloucester** *Fellowship of the Spirit Group,* Abingdon Episcopal Church 4645 George Washington Memorial Highway

**Middle Peninsula Community Services Board** offers counseling to those who are facing challenges such as behavioral problems, depression, or for individuals who are having difficulty functioning and need help acquiring coping skills due to mental health issues. Group therapy is offered for Dialectical Behavior Therapy, Parents and Children Together, and Anger Management. Locations Gloucester Ph. 804-693-5057, Warsaw Ph. 804-333-3671 and King William Ph. 804-639-9882. Call for hours of operation and to schedule an appointment. COPE Crisis Hotline: 1-800-542-2673.

**Project Hope QuinRivers** is committed to eliminating domestic and sexual violence in our communities. Their goal is to provide a safe and supportive environment for adult and child victims by establishing a

violence-free life; holding perpetrators accountable for their violence; and creating community norms that do not tolerate violence. Advocates at Project Hope provide interventions and prevention services, including individual and group supportive counseling, court advocacy, accompaniment, emergency assistance, information and referrals and educational programming for adults and children residing in New Kent, Charles City, King William and King and Queen Counties. There is no charge for these services and all information is kept confidential. Ph. 804-966-8720. <a href="https://www.quinrivers.com">www.quinrivers.com</a>

**Rural Virginia United Coalition** is a coalition of the Middle Peninsula- Northern Neck Community Services Board, is the umbrella organization created to unify and strengthen the ten Middle Peninsula and Northern Neck Prevention Alliances in their efforts to prevent substance use (alcohol, tobacco, and other drugs), violence, school failure, juvenile delinquency, and teen pregnancy. <a href="www.rvuc.com">www.rvuc.com</a>. Ph. 804-758-9398.

#### Counseling Assistance- Middle Peninsula Northern Neck Community Services Board

**Gloucester Counseling Center** 9228 George Washington Memorial Hwy PO Box 2468 Gloucester, Va. Ph.804-693-5057 800-639-9668.

**Warsaw Counseling Center** 414 Main Street PO Box 729 Warsaw, Va. 22572 Ph.804-333-3671 800-639-9882.

King William Counseling Center 1041 Sharon Road Suite 201 King William, Va. 23086 804-769-2751 855-271-5346.

**COPE Crisis Line** 530 General Puller Highway PO Box 40 Saluda, Va. 23149 Ph. 804-693-2673 800-542-2673.

#### 14-PARENTING SERVICES

**Head Start Program** is a federally funded, comprehensive early childhood education program that serves income eligible preschool children and their families. Services focus on individualized preschool education and school readiness, social and emotional development, dental, physical, mental health and nutrition. 702 Main Street West Point, Va. Ph. 804-843-2289 Fax 804-843-2308. www.pcdcva.org

**Middle Peninsula Northern Neck Community Services Board** offers family education programs that feature highly interactive and informative classes that help parents become more effective. Some classes include a children's component that teaches new skills to youngsters. <a href="www.mpnncsb.org">www.mpnncsb.org</a>

**Parent Child Development Corporation (PCDC)** is a charitable, community-based agency serving young children and their families. Its primary focus is on education and family support. PCDC directs the Head Start Program. www.pcdcva.org. 702 Main Street West Point, Va. Ph. 804-843-2298 Fax 804-843-2308.

**Resource Mothers Program** is a program designed to decrease infant mortality and low birth weight rates among Virginia's teen mothers. The resource mother is a community health worker who develops a supportive mentoring relationship with the teen and her family. From the prenatal period through the infant's first birthday, the resource mother provides health education, discusses ways to improve infant

injury, and models daily living skills, encourages constructive decision making and life-planning, connects the teen to the community resources, and provides guidance to assist the teen in making a successful transition to parenthood. The resource mother has a weekly contact with the teen and her family. Any pregnant teen is eligible for the program. Email <a href="mailto:Carolyn.richards@vdh.virginia.gov">Carolyn.richards@vdh.virginia.gov</a> phone 804-333-4043.

**Rural Infant Services Program** (RISP) provides developmental and therapeutic services for infants and toddlers with special needs. RISP is a program of the Middle Peninsula-Northern Neck Community Services Board and has been providing services to children and families since 1983. The mission of RISP is to reach children with special needs at the earliest time possible and to help each child reach his or her full potential. P.O. Box 40 Saluda, Va. 23149 Ph. 800-305-2229 Fax 804-758-5183.

The Nurturing Parenting Programs (Parents Only) are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long term goals are to prevent relapse in families receiving social services, lower the rate of multiparent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors. The 15-week on-going Nurturing Parent Program takes place year round and parents can enroll in the classes at any time. Pre-registration is required. Cost: \$20 Handbook +\$20 p/p/session (couples \$35 per session.) Call 804-642-5402 or email us at: <a href="mailto:prevent@mpnn.state.va.ust">prevent@mpnn.state.va.ust</a> to pre-register or for further information.

www.nurturingparenting.com Locations of program are:

- MPNNCSB MH/SA Clinical Administrative Office, 13794 Tidewater Trail, Saluda, Middlesex County: Tuesdays, 6:30pm-8:30pm.
- Warsaw Counseling Center, 414 Main Street Warsaw, Richmond County: Mondays, 6:00pm-8:00pm.
- Susanna Wesley United Methodist Church, 3900 Geo.Wash.Mem.Hwy, Gloucester, Va. Mondays, 6:30pm-8:30pm.
- King William Counseling Center, 1041 Sharon Road, King William, Va. Mondays 6:30pm-8:30pm.

## **15-PREVENTATIVE SERVICES**

**King William Lions Club** branch club began in May of 2014 with a mission to have all children vision ready before entering kindergarten. This goal is fulfilled by offering free vision screenings, as well as hearing screenings, to area children. Our focus is children up to 6 years old, but we have offered many services to children through high school. <a href="mailto:kingwilliamlionsclub@gmail.com">kingwilliamlionsclub@gmail.com</a>

Middle Peninsula Northern Neck Community Services Board offers the Coalition Outreach program which the primary goal is to help people become involved in making their communities and neighborhoods healthier, safer, and more positive places to live and work. Ph. 804-758-9398. <a href="https://www.mpnncsb.org">www.mpnncsb.org</a>

- School –Based Prevention programs teach a wide range of social skills that promote positive
  youth development and occur in classroom settings with large groups of students. Upon
  request, we also offer after-school programs.
- Peer Mediation in middle and high school settings located within the ten-county area is very
  effective in helping students learn to more constructively resolve their conflicts. Prevention
  Services staff train youth to become peer mediators in a 2 day sessions sponsored by middle
  schools.
- **Life Skills** training helps students develop a positive self-image by assisting them in managing stress, expressing their emotions positively, thinking clearly, and making informed decisions.
- **Second Step** is geared for students in preschool through ninth grade, the Second Step program teaches children how to manage emotions, resist impulsive behavior, solve problems, and understand the consequences of their actions.
- Smoke Free-That's Me program is to prevent fourth and fifth graders from starting to use tobacco by educating them about their lungs, social pressures to use tobacco, and how to say "no" to tobacco.
- All Stars school or community based program aims to prevent or delay the onset of high-risk behaviors in middle school students, ages 11-14. The All Stars program fosters the development of positive personal characteristics and covers information about youth substance use, violence, and premature sexual activity.

#### **16-SHERIFF'S DEPARTMENT**

Sheriff John Charboneau 242 Allen's Circle King and Queen Courthouse, Va. 23085 Non-emergency phone 804-785-7400. <a href="https://www.kingandqueenco.net">www.kingandqueenco.net</a>

## **17-SUPPORT GROUPS**

Middle Peninsula Northern Neck Community Services Board Prevention Services offers school-based prevention programs that teach a wide range of social skills that promote positive youth development and occur in classroom settings with large groups of students. We also serve students in private and home-based schools. More information can be obtained on any of the programs listed below at 804-758-9398. www.mpnncsb.org

**Child Assault Prevention Program** is a program that seeks to end the sexual victimization of young people through the education of elementary school children, as well as adults, in their communities. This is a 75-minute workshop focuses on children's problem-solving abilities to help them identify and defuse potentially dangerous situations.

**Project Northland** is a program designed to delay the age at which young people begin drinking and to reduce alcohol use among young people who have already started drinking. Preventing the early use of alcohol also reduces the likelihood that teens will not use illegal drugs.

**Project TNT** (Towards no Tobacco Use), a classroom-based curriculum, aims to prevent or reduce tobacco use by students ages 10-15. Delivered in ten core and two booster lessons, this program helps

young people resist tobacco use, identify how advertisers and the media influence the use of tobacco products, and identify methods for building self-esteem.

## 18-TRANSPORTATION ASSISTANCE

**Bay Transit Transportation a program of Bay Aging** provides regional public and specialized transportation services to the residents of the Middle Peninsula and Northern Neck. Most destinations are \$2.00 per trip. Hours of Operations: 6:00AM-6:00PM Monday-Friday. Ph. 877-869-6046 www.baytransit.org

- **New Freedom Mobility Management** is a transportation service designed to help people with disabilities enjoy important social and recreational events, retail shopping in addition to medical appointments and work. To check for eligibility call toll free 877-869-6046.
- MedCarry provides no-emergency medical transportation for people age 60+ who live in the Northern Neck and Middle Peninsula. A round-trip fee of \$5 for 50 miles or less and \$10 for 51 miles or more. Bay Transit request 48 hours' notice for trip requests. Call 1-877-869-6046 to use this service.

## **19-VETERAN SERVICES**

**Quin Rivers** offers a program for Veterans that are in need of housing, they may qualify for a new Department of Veterans Affairs program in King William and King and Queen County. To see of you qualify, please contact: Wanda Porter Ph. 540-479-4362. Fax 540-368-1448.

**Virginia Wounded Warrior Program** offers a program that provides a network of community-based services designed to support veterans of any era and their families overcome the challenges of stress-related conditions and traumatic brain injuries resulting from military service.

www.WeAreVirginiaVeterans.org Ph. 757-224-5208.