

# **2017 Resource Guide for Pulaski County Virginia**

**Updated on 9/1/2017**

This resource guide is a compilation of information and services and not an endorsement of any organization.

All information is active and has been verified.

**Please contact Jenny Baker to add/delete or make any changes at (540)961-8467 or [jbbaker@nrvcs.org](mailto:jbbaker@nrvcs.org). This directory will be updated quarterly. Sponsored by the Pulaski County Commission on Children and Family.**

## **Table of Contents**

<b>Crisis Hotlines and Toll Free Numbers.....</b>	<b>Page 3</b>
<b>Abuse/Assault/Violence.....</b>	<b>Page 4-6</b>
<b>Children/Youth Support Services.....</b>	<b>Pages 7-14</b>
<b>Adult Support Services.....</b>	<b>Pages 16-18</b>
<b>Addiction/Substance Abuse.....</b>	<b>Pages 19-21</b>
<b>Homeless Intervention/Emergency Shelter Services... </b>	<b>Pages 22-23</b>
<b>Heating/Cooling and Home Repairs Assistance.....</b>	<b>Pages 24</b>
<b>Food Pantries and Providers.....</b>	<b>Pages 25-27</b>
<b>Clothing/Shoes/Toys/Furniture/Household Items.....</b>	<b>Page 28-29</b>
<b>Counseling Services.....</b>	<b>Page 30</b>
<b>Medical/Dental Clinics and Programs.....</b>	<b>Pages 31-33</b>
<b>Support Groups.....</b>	<b>Pages 34-35</b>
<b>Prison Aftercare.....</b>	<b>Page 36</b>
<b>Senior Services.....</b>	<b>Pages 37-39</b>
<b>Employment Agencies/Workforce Development.....</b>	<b>Pages 40-42</b>
<b>Legal Help/Tax Assistance.....</b>	<b>Page 43</b>
<b>Animal Shelters.....</b>	<b>Page 44</b>

## **Crisis Hotlines and Toll Free Numbers**

**ACCESS (Addiction/Suicide) Hotline**  
540-961-8400 or 1-888-717-3333

**Carilion Clinic-Psychiatry & Behavioral Medicine**  
1-888-284-8898

**Child Abuse/Neglect**  
1-800-552-7096

**Childhelp USA National Hotline (Report & Prevent Abuse)**  
1-800-4-A-CHILD

**Child Welfare Information**  
1-800-394-3366

**Cutting/Self Injury (Self-Injury Help by S.A.F.E.)**  
1-800-DON'T CUT/1-800-366-8288

**Depression and Bipolar Support Alliance (DBSA)**  
1-800-826-3632

**Depression Awareness, Inc.**  
1-800-799-0208

**Depression, Awareness, Recognition, and Treatment (DART)**  
1-800-421-4211

**Domestic Violence Hotline**  
1-800-639-1123/ 1-800-788-1123

**Family Mental Health Center**  
1-800-833-3915

**FOR WOMEN-Bethany Hall (Long-term residential substance abuse treatment)**  
1-888-343-4261

**Lewis-Gale Center for Behavioral Health**  
1-800-541-9992

**Missing Children Info VA**  
1-800-822-4453

**National Adolescent Suicide Hotline**  
1-800-621-4000

**National Foundation for Depressive Illness**  
1-800-248-4434

**National Runaway Switchboard**  
1-800-786-2929

**National Suicide Crisis Hotline**  
1-800-784-2433 (1-800-SUICIDE)

**National Suicide Prevention Hotline**  
1-800-273-8255 (1-800-273-TALK)

**New River Valley Crisis Hotline**  
1-540-961-8400

**Panic Disorder Information Hotline**  
1-800-647-2642 (1-800-64-PANIC)

**Poison Control**  
1-800-451-1428

**Pulaski Mental Health Clinic**  
1-540-994-5023

**Rape/Sexual Assault-Women's Resource Center 24 Hour Hotline**  
1-540-639-1123/ 1-800-788-1123

**RAFT (Addiction/Suicide) Hotline**  
1-888-717-3333

**Substance Abuse and Mental Health Services**  
1-800-662-4357

**The National Mental Health Association Information Center**  
1-800-969-NMHA (1-800-969-6642)

**United Way Crisis Hotline (Statewide information and referral line)**  
1-800-233-4357 (1-800-233-HELP)

**VA Family Violence/Sexual Assault (VA Department of Social Services)**  
1-800-838-8238

**Virginia Department of Health (Injury, Suicide, and Violence Prevention Programming)**  
1-800-732-8333 (Information Line)

**Women's Resource Center of the NRV Abuse Crisis Hotline**  
1-540-639-1123

**Youth Crisis Helpline**  
1-800-999-9999

## **Abuse/Assault/Violence**

### **27<sup>th</sup> District Court Services Unit (CSU)**

This unit provides intake services for juvenile complaints and diversion programs, as well as petitions for custody, visitation, child support, spousal support and paternity. The CSU also processes petitions for adult protective orders and child protective orders.

55 Commerce Street  
Pulaski, Virginia 24301  
Phone: 540-980-7735  
Hours: 8:15 a.m.-12:00 p.m. and 12:45 p.m.-5:00 p.m.

### **Dublin Police Department**

The Dublin Police Department, under the leadership of Chief Dennis Lambert, is dedicated to serving the citizens of the community. The department states that they serve in a manner that is fair and equal to the best of their abilities. The department also feels that this task is made easy by the caliber of people that they serve. They currently have 9 sworn officers. This includes the Chief of Police, the Patrol Lieutenant, Investigations Unit, and Patrol Division. In the Patrol Division, we have 5 patrol officers and a K-9 Unit.

Dublin Municipal Building  
101 Dublin Park Drive/Dublin, VA 24084  
Phone: 540-674-5167  
Fax: 540- 674-4799

### **Pulaski County Sheriff**

The Pulaski County Sheriff's Office, under the leadership of Sheriff Jim Davis, is a professional law enforcement agency located at 86 East Main Street, Pulaski, Virginia. Sheriff Davis states that his agency personnel work diligently in order to maintain high standards, striving to safeguard the lives and property of the citizens, reduce and deter crime, and to enhance public safety in an effort to improve the quality of life in Pulaski County and the Commonwealth of Virginia.

86 East Main Street, Pulaski, Virginia  
Phone: 540-980-7800

### **Pulaski Police Department**

The mission of the Pulaski Police Department, as stated by Chief Gary Roche, is to commit itself to a partnership with the community, ensure quality law enforcement, safeguard all constitutional rights and maintain public confidence. He believes his department will strive to safeguard citizens' lives and property using the best available resources to identify, apprehend, and prosecute violators of the law.

42 1st Street, NW • Pulaski, Virginia 24301

Phone: 540- 994 - 8680

Fax: 540-994 – 8693

Email Address: [info@pulaskipd.net](mailto:info@pulaskipd.net)

### **Women's Resource Center of the New River Valley**

Provides services and programs (counseling, court advocacy and shelter) for adult and child victims of domestic violence and sexual assault. Services provided to men, women and youth free of charge.

Services to victims and their families include:

- 24 hour Crisis Hotline
- Individual Counseling
- Supportive Family Counseling
- Medical, Court and Legal Advocacy
- Emergency Shelter for adults and their families who are unsafe in their homes due to violence
- Education and Training Services provided to schools, colleges, community groups/organizations and professionals upon request.

Local 24/7 Hotline: 540-639-1123

Toll free: 1-800-788-1123

Sexual assault and Administrative Office: 540-639-9592

### **Pulaski County Health Department**

Programs and services include Preventative clinical services such as:

- Family Planning
- Breast and Cervical Cancer Detection,
- Prenatal check-ups
- Child and Adult Immunizations
- WIC (Women, Infants and Children) Education and Food Vouchers
- Communicable Disease Prevention and Control

Other Health Department programs include:

- Low-Income Safety Seat Program
- Car seat safety education and distribution of car seats
- Nurse Case Management for High Risk Pregnant Women and Children

- Mentoring for Pregnant and Parenting Teenagers
- Individual and Group Health Education on Disease and Injury Prevention and Public Health Related Topics
- Environmental Health restaurant inspections
- Well and septic system site evaluation and permits.

170 4th Street NW  
Pulaski, VA 24301  
Phone: 540-440-2188  
Fax: 540-994-5036

## **Children/Youth Support Services**

### **4-H**

#### **Support Services**

Pulaski County 4-H Youth Development programs are rich with learning experiences where young people partner with caring adults and volunteers in fellowship. Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development. The 4-H Youth Development program in Pulaski County provides opportunities for youth, ages 5-18, to participate in dynamic and innovative, fun programs through which they can develop valuable, lifelong skills. The Virginia 4-H Mission is to help youth, and those adults working with those youth, to realize their full potential – becoming effective, contributing citizens through participation in research-based, informal, hands-on educational experiences. 4-Hers in Pulaski County learn valuable skills, make new friends, solve problems, earn awards and recognition, practice citizenship, develop leadership abilities, and make a difference in their communities.

Standing for head, heart, hands, and health, 4-H uses more than a century of experience in youth development programming to build strong, confident leaders. Through school-based, after-school, and community clubs as well as camp settings, 4-H members pledge to build a better community, country, and world. 4-H'ers live by the 4-H Motto, "Making the Best Better."

For more information about Pulaski County 4-H, please contact:

Chris Lichty

Phone: 540-980-7761

E-mail: [clighty@vt.edu](mailto:clighty@vt.edu)

#### **Family and Consumer Sciences**

As the Senior Family and Consumer Sciences Extension Agent, Sarah Burkett works primarily with families and youth in Pulaski to provide research-based educational programs. The Extension Leadership Council along with Family and Consumer Sciences Advisory Council identify community issues and problems Ms. Burkett should address. Since foods, nutrition and health are her specialty areas, she receives numerous training requests in the following areas: adult programs to diminish disease risks, an in-school nutrition program for all second/third graders and adult/youth health/fitness programs. This program also provides three food safety training certification courses for restaurant managers, food service workers and temporary food vendors.

In the area of family financial management, she provides educational materials and trainings on basic financial management for the general public,  
Social Services and NRV Cares.

In the area of human development, she serves on Pulaski's Family Assessment and Planning Team to help access resources for Pulaski youth and families. She also provides parenting programs requested by service agencies, church groups, PTO groups and other civic organizations. To market programs available and share educational information with the public, she maintains a weekly newspaper column and radio program. Ms. Burkett also networks with the following area professionals and agencies: two local hospitals, area dietitians, child care centers, parent groups and Head Start. She is also involved in research projects with extension specialists, faculty and students from NRCC, RU and VA Tech.

**Program Offerings:**

- School Nutrition Series for Second and Third Graders in Pulaski County
- Money Management Classes
- Food Safety Trainings (ServSafe Essentials, ServeSafe Foods and Cooking for Crowds)
- Parenting Programs
- Adult Nutrition and Health Programs to Diminish Disease Risks
- Child Care Staff Development Trainings
- Youth Nutrition Programs
- Stress Management Programs

For more information e-mail Sarah Burkett at [sburkett@vt.edu](mailto:sburkett@vt.edu)

**27<sup>th</sup> District Court Services Unit (CSU)**

This unit provides intake services for juvenile complaints and diversion programs, as well as petitions for custody, visitation, child support, spousal support and paternity. The CSU also processes petitions for adult protective orders and child protective orders.

55 Commerce Street

Pulaski, Virginia 24301

Phone: 540-980-7735

Hours: 8:15 a.m.-12:00 p.m. and 12:45 p.m.-5:00 p.m.

**Big Brother Big Sister (Mentors)**

Big Brothers and Big Sisters are, first and foremost, friends to children. They share everyday activities – exploring new horizons and experiencing the joy that simple moments of friendship can bring. Within those little moments lies the Big Magic that a Big Brother or Big Sister brings.

**School-Based Program**

Volunteers (ages 18+) meet with their Littles in local elementary schools one hour each week during the school year, engaging in a variety of one-to-one activities.



246 N. Washington Ave. Suite C  
Pulaski, Virginia 24301  
Phone: 540-798-0836/540-345-9604

### **Family Preservation Services (FPS)**

FPS provides mental health counseling in a community based setting to children and adults. FPS offers mental health treatment on a continuum of intensity and duration, depending on individual, family, and community needs. FPS has multiple programs ranging from Outpatient Counseling in our Christiansburg office to Intensive In-Home Services, Mental Health Skill Building, and Therapeutic Day Treatment Services. These services are aimed at providing sensible and positive support essential to strengthening individuals and families.

1650 Cambria St NE  
Christiansburg VA 24073  
Office 540-381-7500  
Fax 540-381-7658

Office Hours: Monday-Friday 9:00 a.m.-5:00 p.m.

### **Grandparents Raising Grandchildren Support Group**

Offers support to relatives raising children related to them. Childcare and dinner provided free of charge.

Pulaski YMCA  
615 Oakhurst Drive  
Pulaski, VA 24301

Contact Cassie Mills for information

Phone: 540-980-7720

E-mail: [cmills@nrvaooa.org](mailto:cmills@nrvaooa.org)

Group meets the second Thursday of each month 5:30-7:00 p.m.

### **Intercept Youth Services**

Community based services for youth and their families to include Foster Care, Transitional Services, In-Home Intensive Services and more. Intercept's Crisis One division provides Crisis Stabilization and Intervention Services in the area. Intercept provides immediate response for assessments and will provide up to 15 days of support in homes for those at risk for hospitalization or socially isolated.

Main Phone Number: 540-344-7700 or 276-200-6480

Crisis One Hotline Number: 540-315-6659

Website: [www.interceptyouth.com](http://www.interceptyouth.com)

## **New River Community Action**

New River Community Action is a non-profit agency working hand-in-hand with community groups in the New River Valley to address local conditions of poverty. We assist low-income individuals during financial crises with food and shelter, help ex-offenders transition successfully back into society, and provide counseling to improve financial literacy. We also support low-income families with young children through Head Start, parent education, and home visiting services that improve family health and self-sufficiency. NRCA serves over 12,000 New River Valley residents each year.

412 N. Jefferson Ave  
Pulaski, VA 24301

Phone: 540-980-5525 or 540-980-0038

Hours: Monday-Friday 9:00-11:30 a.m. and 1:00-3:30 p.m.

[www.newrivercommunityaction.org](http://www.newrivercommunityaction.org)

### **Head Start**

Provides comprehensive developmental services to eligible pre-school children and their families. Family-focused services emphasize education, nutrition, parent involvement, social services and preventative health care.

14 Sixth St

Pulaski, VA 24301

Phone: 540-994-5740

<http://newrivercommunityaction.org/head-start-2/>

### **CHIP (Children's Health Improvement Partnership)**

This program provides access to primary health care to pregnant women and families with children age's birth to six. Parent education and support for family goals is provided through home visiting case management services.

412 N. Jefferson Ave

Pulaski, VA 24301

Phone: 540-994-9200

Fax: 540-994-9334

<http://newrivercommunityaction.org/chip/>

### **The Baby Shop**

Emergency Needs Task Force partners with New River Community Action to provide day-to-day necessities for families with babies and young children.

Phone: 540-980-5525

## **New River Valley Community Services**

New River Valley Community Services (NRVCS) is a public provider of behavioral health services to residents of the New River Valley. The agency serves children, adults and families by providing community-based programs for mental health, intellectual disabilities, substance use disorders, and related prevention services. Emergency Services are provided. Fees vary according to income. Medicaid accepted.

### **Pulaski Clinic:**

1042 E. Main Street

Pulaski, VA 24301

Phone: 540-994-5023

Fax: 540-994-5028

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

### **HOURS:**

- M, W, Th: 8:30 a.m. -5:30 p.m.
- Tuesday: 8:30 a.m. -5:00 p.m.
- Friday: 8:30 a.m. - 3:00 p.m.

## **Strengthening Families Program (SFP)**

SFP is a three-part program in which parents learn new parenting skills, children learn skills which enable them to be more resilient, and families come together to take part in a fun learning activity. This is a time to eat dinner together, learn new things, and have a good time with each other. Families work together to make life more enjoyable for every member of the family. No fee is charged for these classes, but you must pre-register.

Dinner is provided.

For additional information, contact Leslie Beasley

Phone: 540-961-8356

Email: [lbeasley@nrvcs.org](mailto:lbeasley@nrvcs.org)

## **New River Valley Disability Resource Center**

This nonprofit agency assists people of all ages with all types of disabilities. As a Center for Independent Living (CIL), they are community based, focused on helping people with disabilities live as independently as possible. Centers for Independent Living operate under a strict philosophy of consumer control; people of all types of disabilities govern and staff their organization. They serve the New River Valley, which consists of Floyd, Giles, Montgomery and Pulaski counties, and the city of Radford.

New River Valley Disability Resource Center services include advocacy, information and referral, independent living skills training, peer support and transition services.

Additionally, they assist with home modifications.

53 W Main St a

Christiansburg, VA 24073

540-266-1435

Website: <https://nrvdrc.org/>

## **NRV CARES**

NRV CARES is a private, non-profit organization dedicated to protecting children from abuse and strengthening families through education, advocacy and community partnerships. NRV CARES provides three different educational opportunities for parents:

- **Parenting Young Children Course:** This course is free to all and provides parents/caregivers with information about effective parenting styles, disciplining with both firmness and kindness, communicating effectively with children (and others), gaining cooperation from our children, finding ways to build our children's and our own self-esteem through the process of encouragement...and much more! This eight week course includes on-site childcare and dinner for the family.
- **Circle of Parents:** This free program is a parent support group that provides a friendly, supportive environment to anyone in a parenting role. Groups meet weekly and foster an open exchange of ideas. You will receive support, information and resources. Children's programs and dinner for the family are provided.
- **Parenting Through Separation and Divorce:** This program is an evidence-based curriculum for anyone with children going through a separation, divorce, or custody issues. Participants are informed about the effects of separation or divorce on children, parenting responsibilities, options for conflict resolution and financial responsibilities.

**\*\*\*Registration is required for all of these programs.**

Please contact Keli Lichty, NRV CARES Education Program Director, with questions or to register  
Phone: 540-381-8310

## **Pulaski Community Partners Coalition (PCPC)**

This Coalition promotes healthy families and a safe Pulaski County by connecting people, resources and ideas. Substance Abuse and Prevention and Education are a main objective.

1042 E. Main St.  
Pulaski, VA 24301

Phone: Becky Hubble 540-994-5023 or Rhonda Dean 540-961-8300 ext. 1156  
Email: Becky Hubble [rubble@nrvc.org](mailto:rubble@nrvc.org) or Rhonda Dean [rbdean@nrvc.org](mailto:rbdean@nrvc.org)

## **Pulaski County Department of Social Services**

This agency provides benefit programs for income eligible individuals and families:

- Temporary Assistance to Needy Families (TANF),
- Food Stamps (SNAP) Applications are accepted M-F 8-4:30
- Medicaid
- State/Local Hospitalization
- Auxiliary Fuel Assistance Grant, and General Relief (for burial)
- Family Services Intake Hours: Monday, Wednesday and Friday from 1:00 p.m.-4:00 p.m.

This agency also provides Adult and Child Services, Foster Care, Adoption Services, Child Care Information, Assistance and Referrals.

53 Commerce Street  
 Pulaski, VA 24301  
 Phone: 540-980-7995  
 Fax: 540-980-7993

### **Pulaski County High School Student Assistant Program (SAP)**

The SAP Program provides Education, Prevention, Early Identification, Intervention, Referral, and Support Groups.

Phone: 540-643-0370

### **Pulaski County Public Schools**

202 North Washington Avenue  
 Pulaski, VA 24301  
 Phone: 540-994-2550  
 Fax: 540-994-2552

### **Pulaski Grow**

Pulaski Grow is a free youth training program housed inside a working aquaponics business. This program trains youth ages 14-18 to be workforce ready. Trainees gain experience in aquaponics growing (using fish to fertilize hydroponic plants). Other skills learned include:

- Interviewing Skills
- Resume Writing
- Product Research
- Development
- Marketing
- Customer Service

Although the program is free, each Trainee is required to give back to Pulaski Grow through 25+ hours of volunteer work. The goal of Pulaski Grow is to be known

throughout the region and state as THE model for training youth to be job ready while providing the highest quality product in the area.

3163 Greenbriar Rd.  
Draper, VA 24324  
Phone: 540-922-2989

### **Safe Haven Child Visitation Center**

Safe Haven's mission is to provide "a safe environment for children to visit with their estranged family members and to facilitate their safe exchange during court-ordered visitation."

44 Third Street, N.W.  
Pulaski, Virginia 24301  
Phone: 540-808-0096  
Email: [safehaven86@yahoo.com](mailto:safehaven86@yahoo.com)  
Office Hours: Monday-Friday 1:00-4:30 p.m.

### **The Rock Youth Center**

The Rock Youth Center of Pulaski, Inc. Organization was started August 22, 2006 by local Youth Pastor, Joe Blankenship, his wife Kelly, various youth workers, community leaders and concerned citizens. The center is in response to the community's need for a charitable organization that can provide the nutritional, physical, mental spiritual and economic tools that will make a difference in the lives of Pulaski County youth. The program envisions a charitable center that furnishes support tools to lead the youth of Pulaski County away from crime, violence, drugs and poverty. The goal is to lead these young people to a solid decision making process that will assist them in becoming good students and productive citizens.

E-mail: [support@rockpulaski.com](mailto:support@rockpulaski.com)  
Phone: 540-577-2873

### **YMCA of Pulaski County**

This program provides licensed childcare and recreational programs that build a healthy mind, body and spirit for all. Classes/activities offered include swimming (including lessons), fitness classes, senior programs, aerobics (including water aerobics), racquetball and yoga.

615 Oakhurst Avenue  
Pulaski, VA 24301  
Phone: 540-980-3671

### **Early Head Start program**

Pulaski YMCA also offers Early Head Start to children ages six weeks-three years. This program is designed to provide high quality child and family development services to low-income families with infants and toddlers. As with Head Start, this program offers comprehensive child development services through center-based, home-based and

combination program options. For more information or to apply contact the YMCA at  
Phone: 540-980-3671

### **Young Life of NRV**

Young Life New River Valley is a group of caring adults who develop relationships with kids, and share that message. They do this by spending time with kids on “their turf”. The program staff believes that by walking through life with the children it helps earn the right to be heard. . The program has weekly "club" meetings and Bible studies where kids can come hear about Jesus in a safe environment that is fun and engaging. The staff also gives kids adventures by taking them to camps where the love of God is not only communicated but seen all around them.

Area Director: Dave Sloop  
Phone: 540-819-7383  
[davesloop@gmail.com](mailto:davesloop@gmail.com)

### **Youth Excel Program**

Youth Excel is a program sponsored by the Pulaski Chamber of Commerce that is passionate about seeing young people make a successful transition into adulthood. The program’s aim is to equip youth with the motivation and life strategies they need to reach their unique potential. This program is designed for students in 11<sup>th</sup> grade.

Contact: Chrissi Vest  
Phone: 540-674-1991

## **Adult Support Services**

### **Family Preservation Services (FPS)**

FPS provides mental health counseling in a community based setting to children and adults. FPS offers mental health treatment on a continuum of intensity and duration, depending on individual, family and community needs. FPS has multiple programs ranging from outpatient to intensive in home services that are aimed at providing the sensible, positive support essential to strengthening individuals and families.

1650 Cambria St NE

Christiansburg VA 24073

Office 540-381-7500

Fax 540-381-7658

Office Hours: Monday-Friday 9:00 a.m.-5:00 p.m.

### **Mental Health Skill Building**

Life skills for adults with chronic mental illness. Counselors work with clients to increase daily living skills and decrease risk of hospitalization. These services foster independence in the least restrictive environment appropriate through support and training.

### **Literacy Volunteers of the New River Valley – (LVNRV)**

This program provides confidential tutoring to adults in the NRV who want to strengthen their literacy skills for personal independence and employment opportunities.

#### **Services offered:**

- Reading and Writing education to adults who read below a fifth grade level
- Supplemental Reading and Writing skills education to adults who are enrolled in a GED program.
- English education for speakers of other languages or for adults who seek to improve their English speaking or writing skills.
- Basic computer skills education
- Basic Math skills education

195 West Main Street

Christiansburg, VA

Phone: 540-382-7262

Hours: Monday-Wednesday 10:00 a.m-4:00 p.m.

Thursday and Friday are by appointment only



## **New River Community Action**

New River Community Action is a non-profit agency working hand-in-hand with community groups in the New River Valley to address local conditions of poverty. We assist low-income individuals during financial crises with food and shelter, help ex-offenders transition successfully back into society, and provide counseling to improve financial literacy. We also support low-income families with young children through Head Start, parent education, and home visiting services that improve family health and self-sufficiency. NRCA serves over 12,000 New River Valley residents each year.

412 N. Jefferson Ave

Pulaski, VA 24301

Phone: 540-980-5525 or 540-980-0038

Hours: Monday-Friday 9:00-11:30 a.m. and 1:00-3:30 p.m.

[www.newrivercommunityaction.org](http://www.newrivercommunityaction.org),

### **SwiftStart program (a NRCA program)**

SwiftStart helps working parents in the New River Valley secure higher-wage jobs by providing skill development and acquire affordable, quality childcare.

The U.S. Department of Labor grant for SwiftStart will offer:

- Career pathway development in three distinct middle- and high-skilled fields: healthcare, advanced manufacturing, and information technology
  - Career coaching
- In-demand credentials that can be obtained in 2 to 18 months
  - Quality childcare while attending training/classes
  - Job placement assistance
- Ongoing support from career mentors and other participants.

Eligibility criteria: age 17 or older with a high school diploma or GED; eligible to work in the U.S.; a custodial parent, legal guardian, or foster parent of at least one dependent that is 13 or younger (dependents with a disability or developmental delay may exceed 13 years of age); demonstrate aptitude and ability for a career in one of the targeted career tracks.

Contact Carolyn Fisher at 540- 633-5133, ext. 453

E-mail: [cfisher@nrca.org](mailto:cfisher@nrca.org).

<http://newrivercommunityaction.org/swiftstart/>

## **The Office of Transitional Programs at New River Community College** **(NRCC)**

### **Adult Education/GED Classes**

General Educational Development (GED) classes are free and offered in the localities of Floyd, Giles, Montgomery, Pulaski and Radford to help adults prepare for the GED test.

The classes focus on college preparation for career readiness for gaining employment.

Adults who earn a GED demonstrate they have acquired skills equivalent to those of high school graduates. The GED test is a computer based test which consists of passing four subtests: Reading, Science, Social Studies and Mathematics. The classes are taught by highly qualified teachers who help adults improve their learning ability, critical thinking and problem solving skills in order to be successful. Student orientation is required prior to attending classes.

5251 College Drive

Dublin, VA 24084

Phone: 540-674-3682 or 1-866-462-6722 ext. 3682

**Integrated English Literacy (IEL) for Speakers of Other Languages**

IEL classes are held in Montgomery County at the NRCC Mall site for adults who wish to improve their English speaking/writing skills and are seeking to gain citizenship.

These classes are free and range from beginning to advanced skills. All persons who desire to attend classes must attend orientation, be assessed and placed in the appropriate class.

Phone: 540-674-3600 ext. 4110

## **Addiction/Substance Abuse**

### **Celebrate Recovery (Support Group)**

This group is a Christ-centered, 12-step program where people gain freedom, healing and accountability for life's "hurts, habits and hang-ups". By applying the 8 Recovery Principles within the 12-step program, participants are able open themselves up to God's grace and break free. This group has also opened the door to recovery by sharing their experiences and hopes with each other. Celebrate Recovery is open to men and women ages 18 and above. This program is not just for people struggling with substance abuse.

All who desire to have victory over any type of stronghold of sin are welcome.

Valley Harvest Ministries

1 Harvest Place

Dublin, Virginia

Phone: 540-674-4729

Meetings are Wednesdays at 7:00pm

### **New Life Recovery Center (Residential Substance Abuse Services)**

The residential rehabilitation services at New Life Recovery Center provide treatment for addicted individuals in a residential environment so they can be removed from the situations in which they are most likely to relapse, at a time when they are the most vulnerable. The program provides individual and group therapy for the clients, as well as education about addiction and case management. This includes planning to get them back into an environment that will be more supportive of their decision to stop using alcohol or drugs. New Life Recovery Center is located in Fairlawn. A 30-day program, New Life has ten beds and serves both males and females who are 18 years of age or older with a primary diagnosis of alcohol and/or drug dependence. Residents may also have co-occurring mental health disorders.

New Life Recovery Center

7193 Warden Court

Radford, VA 24141

Phone: 540-831-4000

### **NRV Al-Anon Support Group**

At Al-Anon Family Group meetings, the friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. They learn that they are not alone in the problems they face, and that they have choices that lead to greater peace of mind, whether the drinker continues to drink or not.

Pulaski AFG Group

Pulaski Presbyterian Church

975 Memorial Drive

Pulaski, Virginia 24301

Meetings are on Mondays at 8:00 p.m.

### **NRV Alcohol Anonymous (AA) Groups**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other. This group finds that this sharing helps to solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; this program is self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. The primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Open Meetings-Open to anyone in the public  
Closed Meeting- Only to those who need help

#### **Pulaski Presbyterian Church**

975 Memorial Drive  
Pulaski, Virginia 24301  
Phone: 540-980-2631  
Monday at 8:00pm- CLOSED (Big Book Study)  
Wednesday at 12:00pm- OPEN  
Thursday at 8:00pm- OPEN

#### **Unity Christian Church**

400 Tyler Ave. (Corner of Tyler and Clement Street)  
Radford, Virginia 24141  
Tuesday at 8:00pm- OPEN  
Thursday at 8:00pm- OPEN  
Saturday at 8:00pm- OPEN

#### **Grace Episcopal Church**

Fourth and Harvey Street  
Do or Die Group  
Radford, Virginia 24141  
Monday at 8:00pm- CLOSED  
Friday at 8:00pm- OPEN

### **NRV Area of Narcotics Anonymous (NA)**

NA is a nonprofit fellowship or society of men and women for whom drugs become a major problem. The group is comprised of recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.  
Local Helpline: 540-307-0595

**H.O.W. Group (Honesty, Open-Mindedness, Willingness)**

Highland Park Community Church  
6144 Wright Ave., Dublin, Va. 24084  
Meetings: Mondays and Wednesdays 7:00-8:00 p.m.  
Saturdays 11:00a.m.-12:00p.m.

**Principles Before Personalities Group (PBP)**

First Presbyterian Church Annex  
72 Fourth St. NW  
Pulaski, VA 24301  
Meetings: Thursdays 7:00-8:00p.m.  
Fridays and Saturdays 6:00-7:00p.m.

If more information is needed, please contact:

E-mail: [info@nrvna.org](mailto:info@nrvna.org)

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

**Pulaski County Department of Social Services**

This agency provides benefit programs for income eligible individuals and families:

- Temporary Assistance to Needy Families (TANF),
- Food Stamps (SNAP) Applications are accepted M-F 8-4:30
- Medicaid
- State/Local Hospitalization
- Auxiliary Fuel Assistance Grant, and General Relief (for burial)
- Family Services Intake Hours: Monday, Wednesday and Friday from 1:00 p.m.-4:00 p.m.

53 Commerce Street  
Pulaski, VA 24301  
Phone: 540-980-7995  
Fax: 540-980-7993

**Pulaski Medical, LLC, Methadone Clinic**

The methadone treatment programs at Pulaski Medical can give you the tools you need to rebuild physical health, mental health, and healthy relationships. One of the counselors will work hand-in-hand with the clients to understand their addiction and develop a treatment plan that the client agrees to, in order to get their life back on track. With this clinic, “you are a person, not a number”. The staff members are there to help, not punish. Their addiction treatment programs are designed to treat the whole person, to protect the client, and to help individuals live a life free from illicit drug use.

1006 E Main Street  
Pulaski, VA 24301  
Phone: (540)980-1125  
Fax: (540)908-1127  
Website: [www.pulaskimedical.com](http://www.pulaskimedical.com)

## **Homeless Intervention/Emergency Shelter Services**

### **New River Community Action**

New River Community Action is a non-profit agency working hand-in-hand with community groups in the New River Valley to address local conditions of poverty. We assist low-income individuals during financial crises with food and shelter, help ex-offenders transition successfully back into society, and provide counseling to improve financial literacy. We also support low-income families with young children through Head Start, parent education, and home visiting services that improve family health and self-sufficiency.

412 N. Jefferson Ave  
Pulaski, VA 24301  
Phone 540-980-5525

Hours: Monday-Friday: 9:00-11:30 a.m. and 1:00-3:30 p.m.  
[www.newrivercommunityaction.org](http://www.newrivercommunityaction.org).

### **Emergency Assistance and Food Pantries**

In partnership with Pulaski County Emergency Needs Taskforce, these programs provide assistance for clothing, utilities, heating fuel, health needs, rent or mortgage plus access and referral to other organizations. Food pantries are available for those in need.

412 N. Jefferson Ave  
Pulaski, VA 24301  
Phone: 980-5525 or 980-0038  
Fax: 540- 994-9334

Hours: Monday-Friday: 9:00-11:30 a.m. and 1:00-3:30 p.m.  
<http://newrivercommunityaction.org/emergency-assistance-program/>

### **Homeless and Housing Program (HHP)**

This program prevents or alleviates homelessness by providing temporary assistance in the form of no-interest loans for mortgages and grants for rent.

HHP Contact Person: Laura Murphy  
Phone: 540-980-5525

E-mail: [lmurphey@nrcaa.org](mailto:lmurphey@nrcaa.org)  
<http://newrivercommunityaction.org/homeless-prevention/>

### **Housing Counseling**

Housing Counseling provides support and resources related to housing situations such as pre- and post-purchase, mortgage default counseling, rental counseling, fair housing, and homelessness.

Phone: 540-980-5525

### **Renter Education Workshops**

This workshop provides valuable information concerning landlord/tenant rights and responsibilities.

Phone: 540-980-5525

### **To Our House**

This program partners with congregations of all faiths to provide temporary shelter for homeless men during winter months.

110 Roanoke St, Christiansburg, Virginia

Phone: 540-382-6186

[toourhousenrv@gmail.com](mailto:toourhousenrv@gmail.com)

### **New River Family Shelter (NRFS)**

NRFS is the only scattered shelter program in the NRV that provides safe emergency housing to families and children. With multiple home sites, this program increases accessibility to safe and private housing thus creating a secure and nurturing environment for children. In addition to keeping the entire family together, this program connects families to local support programs, empowering them to achieve confidence and self-sufficiency. NRFS partners with the local community including volunteers, local government and churches to remove the stigma of homelessness. The goal is to ultimately end long-term family homelessness in the NRV.

110 Roanoke St.

Christiansburg, VA 24073

Phone: 540-382-6188

### **Project Hope, NRV**

Project Hope provides assistance for children experiencing homelessness in the New River Valley, and children living in local shelters. For additional information, contact

Aline Brinckman,

Homeless Educator

Phone: 540-382-5100 Ext. 1026

E-mail: [abrinckman@mcps.org](mailto:abrinckman@mcps.org)

## **Heating/Cooling and Home Repairs Assistance**

### **Helping Hand Foundation**

4003 Morning Glory Drive

Radford, VA 24141

Phone: 540-731-1755

Hours:

- January- October: 6:00-9:00 p.m. (4<sup>th</sup> Thursday of the Month)
- November- December: 6:00-9:00 p.m. (3<sup>rd</sup> Thursday of the Month)

### **New River Community Action**

#### **Emergency Assistance**

In partnership with Pulaski County Emergency Needs Taskforce, these programs provide assistance for clothing, utilities, heating fuel, health needs, rent or mortgage plus access and referral to other organizations.

412 N. Jefferson Ave

Pulaski, VA 24301

Phone: 540- 980-5525 or 980-0038

Fax: 540-994-9334

Hours: Monday-Friday: 9:00-11:30 a.m. and 1:00-3:30 p.m.

[www.newrivercommunityaction.org](http://www.newrivercommunityaction.org).

#### **Outreach and Referral**

Provides assistance to participants for accessing home weatherization, water/ waste water improvements and other housing and human services.

412 N. Jefferson Ave

Pulaski, VA 24301

Phone: 540-980-5525 or 540-980-0038

Fax: 540-994-9334

[www.newrivercommunityaction.org](http://www.newrivercommunityaction.org).

### **Pulaski Department of Social Services**

Fuel/Crisis: October to March 15<sup>th</sup> (2<sup>nd</sup> Tuesday of the month)

Cooling: June 15<sup>th</sup> to August 15<sup>th</sup>

53 Commerce Street

Pulaski, VA 24301

Phone: 540- 980-7995

Fax: 540- 980-7993

### **Southeast Rural Community Assistance Project (Indoor Plumbing)**

Rehabilitating homes of low-income rural residents without complete indoor plumbing is a state-funded program in Virginia. When the home proves too decrepit for rehabilitation to meet HUD Section 8 housing standards, a new home is constructed.

Phone: 540-345-1184



## **Food Pantries and Providers**

### **Dublin Baptist Church Food Pantry**

Recipients must be a resident of Pulaski County and provide ID for proof of residency.

Phone: 540-674-6061

Hours: Tuesdays and Wednesdays 10:00 a.m.-2:00 p.m.

### **Helping Hands Food Pantry**

The Helping Hands food pantry open to any residents residing in the New River Valley.

Helping Hands Foundation

4003 Morning Glory Drive

Radford VA, 24141

Phone: 540-731-1755

Hours: January-October- Fourth Thursday of each month from 5:00 a.m.-6:00 p.m.

November and December- Third Thursday of each month from 5:00 a.m.-6:00 p.m.

\*\*\*This organization will also put together emergency food bags if needed. Please call the phone number listed above.

### **Heritage Church Heritage Cares Food Pantry**

6195 Cleburne Blvd.,

Dublin, Va. 24084

Phone: 540-674-9220

Website: <http://www.heritagechurch.net>

Hours: Thursdays 9:00 a.m.-4:00 p.m.

### **Jordan's Chapel UMC-Food Pantry**

This program provides food assistance to families and individuals in the Pulaski Area in the form of food boxes. Food assistance may be requested once every 30 days. Persons requesting services are requested to come to our location to pick up boxes.

1977 Alum Spring Road

Pulaski, VA 24301

Phone: 540-980-1349

Hours: By appointment only Tuesdays & Thursdays 4:30-5:00 p.m.

**New Life Church of the Nazarene**

**Soup for the Spirit (Soup Kitchen)**

Hours: 12:00-1:30 p.m. (2<sup>nd</sup> and 4<sup>th</sup> Saturdays each month)

**Emergency food boxes and emergency hygiene kits**

These kits are available as needed (Individuals are eligible once every three months)

45 Jefferson Ave. S

Pulaski, VA 24301

Phone: 540-980-2001

**New River Community Action**

**Emergency Assistance and Food Pantries**

These programs provide assistance for clothing, utilities, heating fuel, health needs, rent or mortgage plus access and referral to other organizations. Food pantries are available for those in need.

412 N. Jefferson Ave

Pulaski, VA 24301

Phone: 540-980-5525 or 540-980-0038

Fax: 540-994-9334

Hours: Monday-Friday: 9:00-11:30 a.m. and 1:00-3:30 p.m.

<http://newrivercommunityaction.org/emergency-assistance-program/>

**Radford/Fairlawn Daily Bread**

The program offers two weekday meal options. A free meal is served in a community dining room in Radford each weekday, no questions asked. Meals on Wheels are delivered to those who are homebound in Radford and Fairlawn each weekday as well.

501 East Main St.

Radford, VA 24141

Kitchen phone: 540-639-0290

Meals on Wheels phone: 540-641-3883

Dining room hours: Monday-Friday 11:00 a.m.-12:15 p.m.

### **Radford Worship Center**

Radford Worship Center established a monthly food distribution ministry called HIS PROVISION. Working with Second Harvest Food Bank and many local and regional grocers under the supervision of Dr. David Osterbauer and his wife Edith, countless volunteers minister to and distribute literally hundreds of pounds of groceries to needy families in the New River Valley completely free of charge.

Radford Worship Center

1820 2<sup>nd</sup> St.

Radford, VA 24141

Phone: 540-639-6287

Distribution: Fourth Sunday of each month at 2:00 p.m.

### **The Dream Center**

249 Dora Highway

Pulaski, VA 24301

Phone: 540-980-8880

Hours: Last Tuesday of each month 10:00 a.m. - 12:00 p.m.

### **Valley Harvest Ministries Food Pantry**

1 Harvest Place

Dublin, VA 24084

Phone: 540-674-4729

Calls taken: Wednesdays 9:00 a.m.-11:00 a.m.

\*\*\*Groceries will be delivered.

\*\*\*This food pantry is not open on the first Wednesday of each month

## **Clothing, Shoes, Toys, Furniture and Household Items**

### **Christmas Toys/Pulaski County Christmas Store**

Applications for Christmas Assistance must be submitted in person in September. Intake Schedules can be found at all Pulaski County Public Schools and Pulaski County DSS.

PO Box 2227  
Pulaski, VA 24301  
Phone: 540-553-1309

### **New Life Church of the Nazarene**

Solomon's Closet (Community Clothing Closet)  
45 Jefferson Ave. S  
Pulaski, VA 24301  
Phone: 540-980-2001

Hours:

- 1<sup>st</sup> Saturday of each month 10:00 a.m.-12:00 p.m.
- 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month 10:00 a.m.-12:00 p.m.

### **Radford Clothing Bank**

2000 West Street  
Radford, VA  
Phone: 540-633-5050

Hours:

- Thursdays 10:00 a.m.-12:00 p.m. and 4:00-6:00 p.m.
  - Fridays and Saturdays 10:00am-12:00pm

### **Salvation Army of the New River Valley**

This program provides emergency assistance for rent, utilities, food baskets, clothing, lodging, household items, baby food and diapers.

**Christiansburg Location:** 760 Roanoke St.

Hours:

- Tuesdays (1<sup>st</sup> and 3<sup>rd</sup>) 10:00 a.m.-3:00 p.m.
- Tuesdays (2<sup>nd</sup> and 4<sup>th</sup>) 1:00-3:00 p.m.
- Wednesdays 10:00 a.m.-3:00 p.m.

**Upstairs Downstairs (Resale)**

Upstairs Downstairs is a business dealing in the Resale Shops industry.

27 2nd Street Northwest

Pulaski, VA 24301

Phone: 540-980-4809

## **Counseling Services**

### **Adult and Child Family Counseling**

125 Broad Street

Dublin, VA 24084

Phone: 540-674-4506

Hours: Monday-Thursday 8:00 a.m.-5:00 p.m. (appointment needed)

Evenings by appointment only

### **Heritage Restoration Lay-Counseling**

Free Appointments

6195 Cleburne Blvd.

Dublin, VA 24084

Phone: 540-674-9220

Website: [www.heritagechurch.net](http://www.heritagechurch.net)

### **New River Valley Community Services**

New River Valley Community Services (NRVCS) is a public provider of behavioral health services to residents of the New River Valley. The agency serves children, adults and families by providing community-based programs. Programs available in the area of mental health, intellectual disabilities, substance use disorders, and related prevention services. Emergency Services are provided. Fees vary according to income. Medicaid accepted.

#### **Pulaski Clinic:**

1042 E. Main Street

Pulaski, VA 24301

Hours:

- Mon- 8:30 AM - 7 PM
- Tues - 8:30 AM - 5 PM
- Wed - 8:30 AM - 7 PM
- Thurs - 8:30 AM - 7 PM
- Fri - 8:30 AM - 3 PM

Phone: 994-5023

Fax: 994-5028

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

### **Women's Resource Center of the New River Valley**

This program provides free counseling for women, men and children who have experienced sexual abuse or domestic violence

Phone: 540-639-1123

## **Medical/Dental Clinics and Programs**

### **Carilion Hospice, NRV**

Hospice focuses on caring for, not curing, patients at home (in most cases). Hospice care is also provided in freestanding hospice centers, hospitals, nursing homes, and other long term care facilities. Hospice services are available to patients of any age, religion, race or illness. Care is covered under Medicare, Medicaid, and most private insurance plans, HMO's and other managed care organizations.

707 Randolph Street, Suite 251  
Radford, VA 24141  
Phone: 540-633-9370

### **Deaf & Hard of Hearing Services Center, Inc. (DHHSC)**

Center for the Deaf and Hard of Hearing at Rooker Hall  
Attn: Drema Bagley, DHHSC Outreach Specialist  
PO Box 1127  
Dublin, VA 24084

Hours:

3rd Wednesday of each month 10:00 am to 2:00 pm (appointments only)

Phone: 540-342-0031 (voice, TTY)

Videophone: 540-585-4724

Toll free: 800-552-7917 (voice or TTY)

Fax: 484-924-0031

Email: [NRV@deafhh.org](mailto:NRV@deafhh.org)

### **FAMIS/Family Access to Medical Insurance**

FAMIS is a program that helps Virginia families provide health insurance to their children. Health insurance is important to make sure that kids are able to get the help they need to grow up healthy.

Phone: 1-866-873-2647

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

### **Free Clinic of Pulaski County**

This Clinic offers primary medical care/ medications to income eligible and uninsured Pulaski residents and makes referrals to other medical providers.

Call for appointment

412 N. Jefferson Ave.

Pulaski, VA 24301

Phone: 540-980-0922

**Lewis Gale Hospital**

2400 Lee Highway  
Pulaski, VA 24301  
Phone: 540-994-8100

Website [www.pulaskicommunityhospital.com](http://www.pulaskicommunityhospital.com)

**Medicaid Information**

Phone: 1-800-643-2273

Website: [www.virginiamanagedcare.com](http://www.virginiamanagedcare.com)

**Medicaid Transportation**

In order to use this service, you will need to have the client's Medicaid number, pick up/drop off address, name, phone and address of doctor.

Call 48 hours in advance

**Medallion:** 1-866-386-8331

**Virginia Premier:** 1-888-338-4579 ext. 1164

**Medicare Information**

Medicare is a federal system of health insurance for people over 65 years of age and for certain younger people with disabilities

Phone: 1-800-633-4227

Website: [www.Medicare.gov](http://www.Medicare.gov)

**Med-Ride**

Med-Ride provides non-emergency medical transportation to qualified individuals in the New River Valley of Virginia. Med-Ride offers demand responsive, volunteer transportation to the lower income, uninsured and under insured citizens of the New River Valley. Med-Ride operates on a fee-for-service basis; however, no one is denied due to an inability to pay.

Phone: 540-980-0754



**New River Community Action**

**CHIP (Children's Health Improvement Partnership)**

This program provides access to primary health care to pregnant women and families with children age's birth to six. Parent education and support for family goals is provided through home visiting case management services.

412 N. Jefferson Ave  
Pulaski, VA 24301  
Phone: 540-994-9200  
Fax: 540-994-9334

**NRV Medical Center**

2900 Lamb Circle  
Christiansburg, VA 24073  
Phone: 540-731-2000  
Website [www.carilion.com/cnrv/](http://www.carilion.com/cnrv/)

**Pulaski Health and Rehabilitation Center**

2401 Lee Highway  
Pulaski, VA 24301  
Phone: 540-980-3111

## **Support Groups**

### **Breast Cancer Support Group**

This program has discussion groups and speakers for patients, family members, and personal support teams.

New River Valley Cancer Care Center Lobby  
2400 Lee Hwy N.  
Pulaski, VA 24301

Meets the third Tuesday of each month from 5:00-6:00pm

### **Diabetic Support Group**

This is a support group for people with diabetes, their family members and friends.

L. Brinkley Eure Education Building at Lewis Gale Hospital Pulaski

First Tuesday of each month at 6:30pm

Phone: 540-994-8100

### **FLASH**

This program is a support group for family members dealing with substance abuse who have a loved one admitted to New Life Recovery Center. Since addiction is a family disease, family members must attend the FLASH (Families Learning and Staying Healthy) group on Mondays from 6:00-7:30 p.m. at the NRVCS Montgomery Center in Blacksburg before they may visit their loved ones at New Life on Sundays from 2-4 p.m.

700 University Blvd.  
Blacksburg, VA 24060  
Phone: 540-961-8300

### **Grandparents Raising Grandchildren Support Group**

This group offers support to people raising children related to them.

Childcare and dinner provided free of charge.

Contact Cassie Mills for information

Pulaski YMCA  
615 Oakhurst Drive  
Pulaski, VA 24301  
Phone 540-980-7720

Email [cmills@nrva.org](mailto:cmills@nrva.org)

Group meets on the second **Monday** of each month **5:30-7:00** p.m.

### **Look Good, Feel Better**

This group is for people with Cancer and dealing with the effects on their bodies. Beauty professionals lead the group through a hands-on experience to learn make-up techniques, skin care, nail care, and how to use head coverings (wigs, turbans, and scarves).

New River Valley Cancer Care Center  
2400 Lee Hwy N.  
Pulaski, VA 24301  
Phone: 540-994-8549.

### **Prostate Cancer Support Group**

The Prostate Cancer Support Groups are for men and people supporting them in dealing with Prostate Cancer.

New River Valley Cancer Care Center  
2400 Lee Hwy N.  
Pulaski, VA 24301  
Phone: 540-994-8545

### **Reaching Out Support Group**

This program consists of discussion groups and speakers for patients, family members, and personal support teams of those living with cancer.

New River Valley Cancer Care Center Lobby  
2400 Lee Hwy N.  
Pulaski, VA, 24301  
Phone: 540-994-8545

Meetings are on the second Tuesday of each month 5:00-6:00 p.m.

### **TOPS CLUB/Weight Management**

This is the original, nonprofit, weight-loss support and wellness education organization.

Established in 1948 to champion weight-loss support and success, this program has helped millions of people live healthier lives.

300 Giles Ave.  
Dublin, VA 24084  
Phone: 540-375-3239

Meetings are on Mondays at 6:00pm

**\*See Addiction/Substance Abuse (page 9) for NA, AA, and Al-Anon Support Group meeting places and times.**

## **Prison Aftercare**

### **New River Community Action**

#### **VA CARES (Virginia Community Action Re-Entry System)**

This program assists ex-offenders in making a successful transition from prison or jail to society.

412 N. Jefferson Ave

Pulaski, VA 24301

Phone: 540-980-5525 or 540-980-0038

Fax: 540-994-9334

### **New River Valley Community Services (NRVCS)**

New River Valley Community Services (NRVCS) is a public provider of behavioral health services to residents of the New River Valley. The agency serves children, adults and families by providing community-based programs for mental health, intellectual disabilities, substance use disorders, and related prevention services. Emergency Services are provided. Fees vary according to income. Medicaid accepted.

#### **Pulaski Clinic:**

1042 E. Main Street

Pulaski, VA 24301

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

#### **HOURS:**

- M, W, Th: 8:30 a.m. -5:30 p.m.
- Tuesday: 8:30 a.m. -5:00 p.m.
- Friday: 8:30 a.m. - 3:00 p.m.

### **NRVCS Bridge Program (Jail and Jail Diversion Services)**

Under contract, some treatment and educational services are provided in our local jails. Our staff also provides post booking treatment services to individuals identified with a mental health diagnosis.

## **Senior Services**

### **Department of Aging and Rehabilitative Services (DARS)**

The Virginia Department for Aging and Rehabilitative Services, in collaboration with community partners, provides and advocates for resources and services to improve the employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families.

8 Radford St.  
Christiansburg, VA 24073  
Phone: 540-381-7122

### **Grandparents Raising Grandchildren Support Group**

This group offers support to people raising children related to them.

Childcare and dinner provided free of charge.

Contact Cassie Mills for information

Pulaski YMCA  
615 Oakhurst Drive  
Pulaski, VA 24301  
Phone 540-980-7720

Email [cmills@nrvaoa.org](mailto:cmills@nrvaoa.org)

Group meets on the second **Monday** of each month **5:30-7:00** p.m.

### **New River Valley Agency on Aging (NRVAoA)**

The New River Valley Agency on Aging provides support services, advocacy, resources and information to aging adults and adults with disabilities, as well as to their caregivers to enable them to achieve maximum independence, maintain their dignity, and strengthen their support systems within their communities while enhancing their quality of life. With an increasing adult population, the Agency is committed to providing healthy aging options to help residents of the New River Valley live both longer and better.

- Options Counseling
- Friendship Cafes
- Elder Abuse Prevention
- Home Delivered Meals
- Homemaker Services
- Information & Referral
- Volunteer Opportunities
- Respite Care Services
- Legal services
- Non-Emergency Medical Transportation
- Ombudsman Program
- Virginia Insurance Counseling Program (VICAP)
- Chronic Disease Self-Management Education Workshops

141 E. Main Street  
Pulaski, VA  
Phone: 540-980-7720  
E-mail: [nrvaoa@nrvaoa.org](mailto:nrvaoa@nrvaoa.org)

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

Intake Hours: Monday- Friday 8:00 a.m.-4:30 p.m.

### **NRVAoA program: Volunteer Pulaski!**

This program is designed to help individuals age 50 and better connect with a variety of interesting and worthwhile volunteer opportunities in the Town and County of Pulaski. A volunteer program coordinator will assist each volunteer and match them with a position or project that best suits their interests and skills.

106 N. Washington Ave.

Pulaski, VA 24301

Phone: 540-980-3969

E-mail: [volunteerpulaski@nrvaoa.org](mailto:volunteerpulaski@nrvaoa.org)

Hours: Monday- Friday 8:00 a.m.-4:30 p.m.

### **New River Valley Disability Resource Center**

This nonprofit agency assists people of all ages with all types of disabilities. As a Center for Independent Living (CIL), they are community based, focused on helping people with disabilities live as independently as possible. Centers for Independent Living operate under a strict philosophy of consumer control; people of all types of disabilities govern and staff their organization. They serve the New River Valley, which consists of Floyd, Giles, Montgomery and Pulaski counties, and the city of Radford.

New River Valley Disability Resource Center services include advocacy, information and referral, independent living skills training, peer support and transition services.

Additionally, they assist with home modifications.

53 W Main St a

Christiansburg, VA 24073

540-266-1435

Website: <https://nrvdrc.org/>

### **Pulaski County Department of Social Services**

This agency provides benefit programs for income eligible individuals and families:

- Temporary Assistance to Needy Families (TANF)
- Food Stamps (SNAP) Applications are accepted M-F 8-4:30
- Medicaid
- State/Local Hospitalization
- Auxiliary Fuel Assistance Grant, and General Relief (for burial)
- Family Services Intake Hours: Monday, Wednesday and Friday from 1:00 p.m.-4:00 p.m.

53 Commerce Street

Pulaski, VA 24301

Phone: 540-980-7995

Fax: 540-980-7993

### **Senior Center of Pulaski**

The Town of Pulaski Senior Center offers a variety of programs with an ever-increasing list of activities to serve the changing needs and interests of seniors. The Senior Center is a popular gathering place for all senior residents of the Town and County of Pulaski. All persons 50 years of age and older and their spouses are invited to join the center for scheduled trips and activities.

106 North Washington Avenue

Pulaski, VA 24301

Phone: 540-994-8627

Hours: Monday- Friday 8:30 a.m. - 4:30 p.m.

### **Social Security Administration**

This administration provides intake and services in regard to:

- Retirement benefits
- Survivor benefits
- Medicare benefits
- Supplemental Security Income (SSI) - SSI is a program for people with low income and resources (assets) who are 65 and older, blind or disabled.
- Assistance obtaining a Social Security Card or a replacement copy

130 Withers Lane

Wytheville, Va. 24382

Phone: 1-888-632-6893

Hours: Monday- Friday 9:00 a.m. - 3:30 p.m.

### **YMCA of Pulaski County**

This program provides recreational programs that build a healthy mind, body and spirit for all. Classes/activities offered include swimming (including lessons), fitness classes, senior programs, aerobics (including water aerobics), racquetball and yoga.

615 Oakhurst Avenue

Pulaski, VA 24301

Phone: 540-980-3671

## **Employment Agencies/Information and Workforce Development**

### **Bright Services**

Bright Services has been in operation since 1981. They serve more than 1,000 corporate clients annually. This agency is the largest independently owned, locally managed firm, within the geographical region. The average Bright Services "temporary" employee works 37.33 hours weekly. Thousands of employees have obtained permanent jobs through Bright Services. Many people choose to work as temporary help because of flexible hours, immediate income, or to become familiar with area companies. This is one of the best routes to permanent employment. Bright Services provides its temporary employees with a benefits package, which can be tailored to client companies' specifications.

Serving Pulaski and Radford  
1026 East Main Street  
Pulaski, VA 24301  
Phone: 540-980-1423  
Fax: 540-980-1906

### **Department of Aging and Rehabilitative Services (DARS)**

The Virginia Department for Aging and Rehabilitative Services, in collaboration with community partners, provides and advocates for resources and services to improve the employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families.

8 Radford St.  
Christiansburg, VA 24073  
Phone: 540-381-7122

### **New River Community College Workforce Development**

The Center for Workforce Development fosters economic growth and development by providing a variety of services. These services include:

- Upgrading of workforce skills
- Career development programs
- Retraining
- Pre-employment workshops
- Video conferencing
- State-of-the-art technology training

The Center develops customized training programs and delivers management workshops upon request.

P.O. Box 1127



Dublin, VA 24084  
Phone: 540- 674-3613  
Fax: 540- 674-3634

**The New River/Mount Rogers Workforce Investment Board**

Supported by federal and state funds and local service agencies, this board shows its commitment to the region's quality of life by helping people find jobs and train for better careers. Qualified adults and youths can visit the One-Stop Centers for training for job/career counseling and other job-related information.

6580 Valley Center Drive, Suite 119  
Radford, Virginia 24141  
Phone: 540-633-6764  
Website: [www.nrmrwib.org](http://www.nrmrwib.org)

**Valley Staffing, Inc.**

Valley Staffing, Inc. has been proudly meeting the New River Valley's staffing needs for over ten years. Conveniently located in Dublin VA, Valley Staffing offers the hard working people of the NRV community an opportunity to get a foot into the doors of the region's most sought after and promising employers.

6003 Wright Avenue  
Dublin, VA 24084  
Phone: 540-674-3103  
Website: [www.valleystaffingjobs.com](http://www.valleystaffingjobs.com)

**Virginia Employment Commission (VEC)**

This Commission accepts applications and administers unemployment benefits for persons who have worked in Virginia and other states. The VEC provides assistance with locating and applying for employment, i.e. filling in applications, developing resumes, job interview skills etc.

800 East Main Street, Suite 200  
Wytheville, VA 24382  
Phone: 276-228-4051  
Fax: 276-228-7399

**Workforce Development Center Dublin/Goodwill Industries of the Valley**

Offers Work Investment Act (WIA) Youth and Adult programs and services. The Youth Program provides training, employment and educational opportunities to eligible in and out of school youth ages 14 to 21. The Adult Program offers assistance with job search and placement, and educational opportunities.

103 Duncan Lane  
Radford, VA 24141  
Phone: 540-639-9027  
Fax: 540-639-3517

**@Work Personnel Services**

For over a decade, @WORK Personnel Services has built upon its core foundation of meeting and exceeding the needs and expectations of people seeking employment opportunities as well as clients seeking a full service partner to assist with their company's staffing needs. By providing temporary, temp-to-hire, pay rolling and full time placement services, @WORK Personnel Services is committed to offering flexible employment solutions and the highest level of service available today.

504 Newbern Road  
PO Box 1584  
Dublin, VA 24084  
Phone: 540-674-1118  
Fax: 540-674-6666  
Email: [mmarcum@atworkpersonnel.com](mailto:mmarcum@atworkpersonnel.com)

## **Legal Help/Tax Assistance**

### **New River Community Action**

New River Community Action is a non-profit agency working hand-in-hand with community groups in the New River Valley to address local conditions of poverty. We assist low-income individuals during financial crises with food and shelter, help ex-offenders transition successfully back into society, and provide counseling to improve financial literacy. We also support low-income families with young children through Head Start, parent education, and home visiting services that improve family health and self-sufficiency. NRCA serves over 12,000 New River Valley residents each year.

412 N. Jefferson Ave

Pulaski, VA 24301

Phone 540-980-5525

Hours: Monday-Friday 9:00-11:30 a.m. and 1:00-3:30 p.m.

[www.newrivercommunityaction.org](http://www.newrivercommunityaction.org).

### **Volunteer Income Tax Assistance**

This program provides individuals and families assistance with tax preparation. This may potentially increase the annual income resulting from earned income and child care tax credits.

Phone: 540-633-5133 ext. 460

<http://newrivercommunityaction.org/income-tax-assistance/>

## **Animal Shelters**

### **Pulaski County Animal Control**

Animal Control is responsible for ensuring that the community is safe from problematic animals and also to ensure that the animals are safe from abusive owners. Animal control only handles domesticated animals such as dogs and cats.

80 Dublin Park Road

Dublin, VA 24084

Phone: 540-674-8359

Website: [www.nrvanimalshelters.com](http://www.nrvanimalshelters.com)

### **Pulaski County Humane Society**

The Pulaski County Humane Society (PCHS) is based out of Pulaski County in rural southwest Virginia. While our main focus is serving our own county, we regularly extend our adoption, spay/neuter, rescue, education, and outreach programs to people and pets throughout the New River Valley region and beyond.

80 Dublin Park Road

Dublin, VA 24084

Phone: 540-674-0089

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

