

# **2015 Resource Guide for Pulaski County Virginia**

**Updated on 2/11/2015**

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 Connie Clark to add/delete or make any changes @ (540)961-8467/[cclark@nrvc.org](mailto:cclark@nrvc.org). This directory will be updated quarterly. Sponsored by the Pulaski County Commission on Children and Family.**

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## **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**  
1-800-799-7233

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

**Family Resource Center Services for Victims of Domestic & Sexual Violence Crisis Hotline**  
1-800-613-6145

**Family Violence Crisis**  
1-540-639-1123

**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 24 Hour Hotline**  
1-800-333-4444/1-800-656-4673

**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**

### **Dublin Police Department**

The Dublin Police Department, under the leadership of Chief Jay C. Vest, is dedicated to serving the citizens of the community fair and equally to the best of our abilities. This task is made easy by the caliber of people that we serve. Dublin has a low crime rate and we attribute that directly to our citizens. We 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 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; Low-Income Safety Seat Program, providing 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 and Well and Septic System Site Evaluation and Permits.

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

### **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.

Agency personnel work diligently in order to maintain high standards, striving to safeguard the lives and property of our 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  
540-980-7800

### **Pulaski Police Department**

The mission of the Pulaski Police Department, under the leadership of Chief Gary Roche, is to commit itself to a partnership with the community, to ensure quality law enforcement, to safeguard all constitutional rights and maintain public confidence. The police 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  
Email Address: [info@pulaskipd.net](mailto:info@pulaskipd.net) • Phone: (540) 994 - 8680 • Fax: (540) 994 - 8693

**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.

Local hotline: 540-639-9592

Toll free: 1-800-788-1123

Shelter: 540-639-1123

Sexual assault and Administrative Office: 540-639-9592

## **Children/Youth Support Services**

### **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. We currently have two core programs in which you can bring a little magic into a child's life:

#### **Community-Based Program**

Volunteers (ages 18+) are matched with children ages 6 – 12 for a minimum of one year. Bigs usually meet with their Littles for a minimum of a couple of hours every other week, doing any number of activities out in the community. Volunteers in this program can serve as Big Brothers, Big Sisters, Big Couples, or Big Families.

#### **School-Based Program**

Volunteers (ages 16+) 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: 540-798-0836/540-980-6575

### **Child Study Center of Virginia Tech**

The Child Study Center (CSC) is a specialty research, service, and training facility devoted to the comprehensive assessment, treatment, prevention, and understanding of problems of childhood and adolescence. The Center is affiliated with the Psychological Services Center and the Department of Psychology at Virginia Tech. The CSC staff, which is comprised of faculty, staff, and graduate clinicians from the Clinical Psychology and Developmental and Biological Psychology training programs, represents diverse areas of expertise.

Email: [childphobias@vt.edu](mailto:childphobias@vt.edu)

540-231-8276

R.E.A.C.T.-Recovery Effort After Child Trauma (fire) 24/7 Helpline 540-320-0483.

Email: <http://www.psyc.vt.edu/labs/stresscoping/publications>

### **Family Preservation Services**

We provide counseling and support services in home- and community-based settings and we emphasize the strengths and uniqueness of each youth and family. We do not own or operate any hospitals, residential treatment centers or group homes. All services are offered by trained therapists and paraprofessionals under the direct supervision of licensed clinicians.

540-381-7500

### **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 a fellowship unlike any other program available to youth today. 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 develop 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. Young people in the 4-H community learn leadership, citizenship, and a vast array of life skills that benefit them for the rest of their lives. 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, 4-H Extension Agent, at 540.980.7761. or email at [clichty@vt.edu](mailto:clichty@vt.edu).

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

Offers support to relatives raising children related to them. Group meets the second Thursday of the month at the Pulaski YMCA, 615 Oakhurst Drive, from 5:30-7pm.

Childcare and dinner provided free of charge.

Contact Cassie Mills for information

Phone 540-980-7720

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

### **Intercept Youth NRV Services**

Foster Care, Transitional Services, In-Home Intensive Services and more.

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

336 North Washington Street

Pulaski, VA 24301

(540) 440-1077

### **New River Community Action**

The mission of New River Community Action, Inc. (NRCA) is to promote and support the well-being and self-reliance of individuals, families and communities. Community Action Agencies are well known proponents of self-sufficiency. “A Hand Up, Not A Hand Out” is our motto. We strive to achieve our purpose through community organization and empowerment, i.e., helping local communities to recognize and address their own poverty conditions. NRCA has developed a variety of programs that prevent and alleviate poverty and improve the lives of low-income individuals and families.

412 N. Jefferson Ave, Pulaski, VA 24301  
Hours: 9-11:30am; 1-3:30pm, Monday-Friday  
Phone 540-980-5525

### **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

### **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

### **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

[www.nrvcs.org](http://www.nrvcs.org)/Phone: 994-5023/FAX: 994-5028

### **Strengthening Families Program**

**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, call Leslie Beasley at 961-8356 or email at [lbeasley@nrvc.org](mailto:lbeasley@nrvc.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' Parenting Young Children Courses are free to all and provide 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!

NRV CARES provides:

- on-site childcare
- dinner for the family
- complete 8-week Course free of charge to the community (including to agencies)

**Registration is required.** Please call Keli Lichty, Education Program Director, at 540-381-8310. For dates and location of Courses, visit [http://www.nrvcares.org/Parenting\\_Young\\_Children](http://www.nrvcares.org/Parenting_Young_Children)

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

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

First Presbyterian Church Manse  
76 Fourth Street, NW - P.O. Box 1505  
Pulaski, VA 24301  
540-980-3228

Email [pcpc1@verizon.net](mailto:pcpc1@verizon.net)  
Website [www.aboutpcpc.org](http://www.aboutpcpc.org)

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

Provide benefit programs for income eligible individuals and families: Temporary Assistance to Needy Families (**TANF**), Food Stamps (**SNAP**) 1:00pm-4:45pm Monday, Wednesday and Friday, Medicaid, State/Local Hospitalization, Auxiliary Fuel Assistance Grant, and General Relief (for burial). Also provides Adult and Child Services, Foster Care, Adoption Services, Child Care Information, Assistance and Referrals.

53 Commerce Street  
P.O. Box 110  
Pulaski, VA 24301-0110  
(540) 980-7995  
(540) 980-7993 (FAX)

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

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

540-643-0370

**Pulaski County Public Schools**

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

**Safe Haven Child Visitation Center, Pulaski**

Our mission at Safe Haven 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  
Office Hours: Weekdays, 1:00pm-4:30pm  
540-808-0096  
Email:safehaven86@yahoo.com

**Young Life of NRV**

Young Life New River Valley is a group of caring adults who develop relationships with kids, and share that message. We do this by spending time with kids on their turf. By earning the right to be heard. By walking through life with them. We have weekly "club" meetings and Bible studies where kids can come hear about Jesus in a safe environment that is fun and engaging. We give kids adventure by taking them to camps where the love of God is not only communicated but seen all around them. We believe that every kid in the New River Valley to be a part of their life.

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

**Youth Excel Program**

Youth Excel is passionate about seeing young people make a successful transition into adulthood. That's why we aim to equip them with the motivation and life strategies they need to reach their unique potential.

540-674-1991

## **Adult Support Services**

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

The **Literacy Volunteers of the New River Valley** is a means for individuals, organizations, businesses, and governmental agencies to connect with providers of adult literacy tutoring services. We are an issue driven group and are only involved with literacy and literacy related issues. We provide tutoring in both basic literacy (reading and writing) and English as a second language (conversational and basic English skills) to adults in the New River Valley.

#### **What we do:**

- Provide free, confidential, individualized tutoring in reading and writing to adults who read below a fifth grade level.
- Offer English for Speakers of Other Languages for adults who seek to improve their English speaking and writing skills.

195 West Main Street/Christiansburg, VA

Phone: 540-382-7262

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

### **Adult Education at New River Community College/GED Classes**

General Educational Development (GED) Tests measure the outcome of a high school education. Adults who earn a GED prove they have acquired skills equivalent to those of high school graduates. The test is divided into five sections: mathematics, science, social studies, writing, and reading. It is highly recommended that GED candidates prepare rigorously for the test through careful study and by completing official practice tests.

Candidates who enroll in GED Preparation classes and obtain professional guidance increase their chances of success. The NRCC Adult Education program offers classes to adults in Floyd, Giles, Pulaski counties, and the City of Radford. The classes are designed to meet the needs of students at various educational attainment levels.

NRCC Adult Education

P.O. Box 1127/Dublin, VA 24084

Contact Adult Education office at (540) 674-3652 or toll free 866 462-6722, ext. 3652.

## **Addiction/Substance Abuse**

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

Valley Harvest Ministries  
1 Harvest Place  
Dublin, Virginia  
Meet Wednesdays at 7:00pm  
540-674-4729

### **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.

Kat McClinton, M.S., C.S.A.C - Program Supervisor  
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.

Monday at 8:00pm  
Pulaski AFG Group  
Pulaski Presbyterian Church  
975 Memorial Drive  
Pulaski, Virginia 24301

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

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may 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; we are self-supporting through our 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. Our 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

540-980-2631

Monday at 8:00pm- CLOSED

Wednesday at 12:00pm- OPEN

Thursday at 8:00pm- OPEN

#### **First 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 is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are 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.

Monday and Wednesday:

7:00PM/H.O.W/Highland Park Community Church

6144 Wright Ave., Dublin, Va. 24084

Friday and Saturday:

6:00PM/Principles Before Personalities/First Presbyterian Church Annex

4<sup>th</sup> & Jefferson Street, Pulaski, Va. 24301

Email [newrivervalleyna@yahoo.com](mailto:newrivervalleyna@yahoo.com)

Website <http://newrivervalleyna.org/>

**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 our counselors will work hand-in-hand with you to understand your addiction and then develop a treatment plan—that you agree to—to get your life back on track. With us, you are a person, not a number. We are here to help, not punish. Our addiction treatment programs are designed to treat the whole person, to protect you, and to help you live a life free from illicit drug use.

1006 E Main Street

Pulaski, VA 24301-5218

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**

The mission of New River Community Action, Inc. (NRCA) is to promote and support the well-being and self-reliance of individuals, families and communities. Community Action Agencies are well known proponents of self-sufficiency. "A Hand Up, Not A Hand Out" is our motto. We strive to achieve our purpose through community organization and empowerment, i.e., helping local communities to recognize and address their own poverty conditions. NRCA has developed a variety of programs that prevent and alleviate poverty and improve the lives of low-income individuals and families.

412 N. Jefferson Ave, Pulaski, VA 24301  
Hours: 9-11:30am; 1-3:30pm, Monday-Friday  
Phone 540-980-5525

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

Provides 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 994-9334

Hours 9:00am-11:00am and 1:00pm-4:00pm Monday-Friday

### **Homeless Prevention Program (HPP)**

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

HPP Contact Person: Lisa Yost  
Phone number: 540-633-5133

E-mail: [lyost@nrcaa.org](mailto:lyost@nrcaa.org)

<http://www.swva.net/nrca/hip.htm>

### **Homebuyer Class**

Supports first-time homebuyers in the process of purchasing, financing and maintaining a home.

### **Renter Education Workshops**

Provides valuable information concerning landlord/tenant rights and responsibilities.

### **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.

540-980-5525/540-633-5900

### **To Our Home**

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

540-382-6186

### **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, at 540.382.5170 or [abrinckman@mcps.org](mailto:abrinckman@mcps.org).

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

### **Helping Hand Foundation**

4003 Morning Glory Drive  
Radford, VA

Hours:

6:00pm-9:00pm on the 4<sup>th</sup> Thursday of the Month January to October  
6:00pm-9:00pm on the 3<sup>rd</sup> Thursday of the Month November to December  
540-731-1755

### **New River Community Action**

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

Provides 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 994-9334

Hours 9:00am-11:00am and 1:00pm-4:00pm Monday-Friday

#### **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 980-5525 or 980-0038

Fax 994-9334(Closed Mondays)

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

**Fuel/Crisis: 2<sup>nd</sup> Tuesday from October to March 15<sup>th</sup>**

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

53 Commerce Street

P.O. Box 110

Pulaski, VA 24301-0110

(540) 980-7995

(540) 980-7993 (FAX)

### **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.

540-345-1184



## **Food Pantries and Providers**

### **Daily Bread-First Presbyterian Church**

The church hosts Pulaski Daily Bread, an ecumenical program that serves mid-day community meals, five days a week. For more information on Daily Bread please contact Debra Harrell (540) 980-2131.

Corner of Fourth & Jefferson Street, Pulaski, Va. 24301  
11am-12:30pm Monday-Friday

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

Tuesday's and Wednesday's from 10-3pm

**Please call before coming/1-540-674-6061**

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

Quality food at a discounted price.

6195 Cleburne Blvd., Dublin, Va. 24084

<http://www.heritagechurch.net/540-674-9220> / 9am-4pm Every Thursday

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

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  
1-540-980-1349

By appointment only Tuesday & Thursday 4:30-5:00 p.m.

### **Little Creek Food Pantry**

3984 Little Creek Road, Dublin, Va. 24301

(540)674-8739

9am-12pm, 3<sup>rd</sup> Saturday of each month

### **New River Community Action**

The mission of New River Community Action, Inc. (NRCA) is to promote and support the well-being and self-reliance of individuals, families and communities. Community Action Agencies are well known proponents of self-sufficiency. "A Hand Up, Not A Hand Out" is our motto. We strive to achieve our purpose through community organization and empowerment, i.e., helping local communities to recognize and address their own poverty conditions. NRCA has developed a variety of programs that prevent and alleviate poverty and improve the lives of low-income individuals and families.

412 N. Jefferson Ave, Pulaski, VA 24301

Hours: 9-11:30am; 1-3:30pm, Monday-Friday/Phone 540-980-5525

### **Holiday Assistance**

Supports families who lack enough money to purchase food and other items during the holidays. 412 N. Jefferson Ave, Pulaski, VA 24301

Phone 980-5525 or 980-0038/Fax 994-9334

(Closed Mondays)

**Radford/Fairlawn Daily Bread**

Provide a noon day hot meal in a dining room and by Meals on Wheels to homebound persons who feel the need for such nourishment.

501 Norwood Street, Radford, Va. 24141  
540-641-3883 / 11am-12:30pm Monday-Friday

**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. **His Provision distributes food on the second Thursday of each month.** The evening begins with registration at 5:30 PM in the main lobby. A brief but anointed sermon is followed by the food distribution from the His Provision Food House located on Second Street next to the RWC Visitor parking lot. For more information about HIS PROVISION or to find out how you may get involved with this vital ministry, contact Dr. Dave Osterbauer.

Ingles and 2<sup>nd</sup> Street, Radford, Va. 24141  
540-639-6287, option 2

**The Refreshing Center**

249 Dora Highway, Pulaski, Va. 24301  
[www.refreshingcenter.org](http://www.refreshingcenter.org)  
540-980-8880 / 10am-12pm Last Tuesday of the Month.

**Valley Harvest Ministries Food Pantry**

1 Harvest Place, Dublin, Va./540-674-4729 / Wednesdays 10:00AM-4:00PM by appointment only, call to schedule time for pick-up.

## **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.

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

### **Free Community Clothing Closet**

#### **Lighthouse Ministries**

4959 Old Robinson Tract Road  
Pulaski, VA

Last Saturday of each month from 9:00AM-12:00PM in the downstairs of the church.  
540-320-8723

### **Free Home Furnishings and Other Household Items**

#### **Central United Methodist Church**

803 Wadsworth Street  
Radford, VA  
540-639-3529

### **Free Household and Other Household Items to Crisis Victims**

#### **Draper United Methodist Church**

The Draper UMC has some household and other items available free for those considered to be a crisis victim, fire, flood, etc. Call to make an appointment

3080 Greenbriar Drive  
Draper, VA  
540-230-6969

### **Goodwill Fairlawn**

7335 Lee Highway  
Fairlawn, VA

Hours 8:00am-9:00pm Monday through Saturday/12:00pm-6:00pm Sunday  
540-731-1360

### **Habitat For Humanity Restore**

Discounted Household Items, Furniture, and other Home Improvement Items.

1065 East Main Street  
Pulaski, VA 24301

Hours 10:00AM-6:00PM Monday- Saturday  
540-980-7439

**Radford Clothing Bank**

**FREE**

2000 West Street

Radford, VA

Hours 10:00am-12:00pm & 4:00pm-6:00pm Thursday/10:00am-12:00pm Friday and  
Saturday

540-633-5050

**Salvation Army of the New River Valley**

Provides emergency assistance for prescription medicine, rent and utilities. Offers lodging for one night in emergencies. Provides emergency food baskets, clothing, household items, baby food and diapers.

Pulaski/New life Church of the Nazarene

45 South Jefferson Ave.

Tuesdays 10am-3pm

1-540-394-1037

**Soul Seekers Crusades Thrift Store**

6360 Church Street

Fairlawn, VA

540-818-6123

**Upstairs Downstairs (Resale)**

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

27 2nd Street Northwest

Pulaski, VA 24301-5015

(540) 980-4809

**YMCA Thrift Store Fairlawn**

Provides clothing and household goods at reasonable prices.

7478 Lee Highway

Radford, Va.

Hours 10:00am-5:00pm Monday, Tuesday and Thursday

10:00am-6:30pm Wednesday and Friday

540-633-0746

## **Counseling Services**

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

125 Broad Street  
Dublin, VA 24084  
Hours 8:00am-5:00pm Monday-Thursday/Evening by Appointment  
Call for Appointment  
540-674-4506

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

Free Appointments  
6195 Cleburne Blvd.  
Dublin, VA. 24084  
Website [www.heritagechurch.net](http://www.heritagechurch.net)  
540-674-9220

### **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

#### 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

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

Phone: 994-5023

FAX: 994-5028

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

### **Carilion Hospice, NRV**

Hospice focuses on caring, not curing, and in most cases, care is provided in the patients home. 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. Hospice care is covered under Medicare, Medicaid, and most private insurance plans, HMO's and other managed care organizations.

707 Randolph Street, Suite 251  
Radford, Virginia 24141  
540-633-9370

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

DHHSC – New River Valley  
c/o NRCC – Center for the Deaf and Hard of Hearing at Rooker Hall  
Attn: Drema Bagley, DHHSC Outreach Specialist  
PO Box 1127  
Dublin, VA 24084  
3rd Wednesday 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**

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

Website [www.famis.org](http://www.famis.org)  
1-866-873-2647

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

Primary medical care and medications to income eligible and uninsured Pulaski residents. Also makes referrals to other medical providers.

Call for appointment  
412 N. Jefferson Ave.  
Pulaski, VA 24301  
540-980-0922

### **Lewis Gale Hospital**

2400 Lee Highway  
Pulaski, VA  
Website [www.pulaskicommunityhospital.com](http://www.pulaskicommunityhospital.com)  
540-994-8100

**Medicaid Information**

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

1-800-643-2273

**Medicaid Transportation**

Need to have Medicaid number, pick up and 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**

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

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

1-800-633-4227

**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.

540-980-0754

**New River Community Action**

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412 N. Jefferson Ave, Pulaski, VA 24301

Hours: 9-11:30am; 1-3:30pm, Monday-Friday

Phone 540-980-5525

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

Provides access to primary health care to pregnant women and families with children age's birth to seven. 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  
Website [www.carilion.com/cnrv/](http://www.carilion.com/cnrv/)  
540-731-2000

**Pulaski Health and Rehabilitation Center**

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



## **Support Groups**

### **Breast Cancer Support Group**

Discussion groups and speakers for patients, family members, and personal support teams.

Pulaski, New River Valley Cancer Care Center  
Pulaski Lobby

Meets the third Tuesday of the month from 5:00-6:00pm  
(540)994-8545

### **Diabetic Support Group**

Support group for people with diabetes, their family members and friends.

L. Brinkley Eure Education Building at Lewis Gale Hospital Pulaski

First Tuesday of the month at 6:30pm  
540-994-8100

### **FLASH**

Since addiction is a family disease, family members must attend the FLASH (Families Learning And Staying Healthy) group on Mondays from 6-7:30 p.m. at the NRVCS Montgomery Center in Blacksburg (700 University City Boulevard) before they may visit on Sundays from 2-4 p.m.

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

Offers support to relatives raising children related to them. Group meets the second Thursday of the month at the Pulaski YMCA, 615 Oakhurst Drive, from 6-8pm.

Childcare and dinner provided free of charge.

Contact Cassie Mills for information

Phone 540-980-7720

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

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

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 such as wigs, turbans, and scarves.

Pulaski, New River Valley Cancer Care Center  
Please RSVP at 540-994-8549.

### **Prostate Cancer Support Group**

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

Pulaski, New River Valley Cancer Care Center  
(540)994-8545

**Reaching Out Support Group**

Discussion groups and speakers for patients, family members, and personal support teams.

Cancer Center Lobby, Pulaski, VA, 24301, United States

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

(540)994-8545

**TOPS CLUB/Weight Management**

The original, nonprofit, weight-loss support and wellness education organization. Established in 1948 to champion weight-loss support and success, we've helped millions of people live healthier lives. Join us today!

300 Giles Ave.

Dublin, VA

Meets Mondays at 6:00pm

(540)375-3239

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

## **Prison Aftercare**

### **New River Community Action**

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412 N. Jefferson Ave, Pulaski, VA 24301  
Hours: 9-11:30am; 1-3:30pm, Monday-Friday  
Phone 540-980-5525

**VA CARES (Virginia Community Action Re-Entry System)** assists ex-offenders in making a successful transition from prison or jail to society.

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

### **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

#### **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

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

Phone: 994-5023

FAX: 994-5028

#### **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**

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

Offers support to relatives raising children related to them. Group meets the second Thursday of the month at the Pulaski YMCA, 615 Oakhurst Drive, from 6-8pm.

Childcare and dinner provided free of charge.

Contact Cassie Mills for information

Phone 540-980-7720

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

### **Hensel Eckman YMCA**

Provides licensed childcare and recreational programs that build a healthy mind, body and spirit for all. Offers programs such as swimming, fitness classes, senior programs, aerobics, water exercise, racquetball, yoga and swim lessons.

615 Oakhurst Avenue

Pulaski, Virginia 24301

540-980-3671

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

Provides a variety of services which help older (60+) and disabled persons maintain maximum independence, enhance their quality of life and maintain their dignity. Support family caregivers' efforts to provide home care for older family members. Assist with Medicare issues. Provide nutritious meals and non-emergency medical transportation services for qualifying individuals age 60+. **Senior Services and Med-Ride** Provide non-emergency medical transportation for uninsured or underinsured that have no other means of transportation. No age restrictions. Fee may vary according to income.

141 E. Main Street

Pulaski, VA

Intake Hours 8:00am-4:30pm Monday through Friday

540-980-7720

### **Retired Senior Volunteer Program**

The Retired & Senior Volunteer Program (**RSVP**) serves over 62,000 organizations with its nearly 500,000 volunteers. Volunteers give 66 million hours of service in over 755 projects. These projects are in education, the environment, public safety, homeland security and many other areas. Volunteers help expand the reach of non-profit corporations, teach English to immigrants, renovate homes, and tutor children. Over 35,000 frail elderly were served by The Retired & Senior Volunteer Program (RSVP), doing shopping, light housekeeping and visiting.

106 N. Washington Avenue

Pulaski, Virginia 24301

Hours: Monday-Friday 8:30am-4:30pm

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

540-980-3969

**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. Our 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 us for our trips and activities.

106 North Washington Avenue, Pulaski, VA 24301  
Hours: Monday- Friday, from 8:30 a.m. to 4:30 p.m.  
(540) 994-8627

**Social Security Administration**

Provides intake and services in regard to: retirement benefits, survivor benefits, Medicare benefits and Supplemental Security Income (SSI). SSI is a program for people with low income and resources (assets) who are 65 and older, blind or disabled. Persons requiring original or replacement copies of their Social Security cards apply at this office.

130 Withers Lane  
Wytheville, Va. 24382  
Monday - Friday: 9:00 AM - 3:30 PM  
1-888-632-6893

## **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. We are 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

Pulaski/Radford  
1026 East Main Street  
Pulaski, VA 24301  
Phone (540) 980-1423  
Fax (540) 980-1906

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

The Center for Workforce Development fosters economic growth and development by providing a variety of services, including skills upgrading and career development programs, retraining, pre-employment workshops, video conferencing, and 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, the NRV/MR WIB 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, job and career counseling, and other job-related information.

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

### **Valley Staffing, Inc.**

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

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

**Virginia Employment Commission (VEC)**

Accepts applications and administers unemployment benefits for persons who have worked in Virginia and other states. 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, 24382

(276) 228-4051

(276) 228-7399 FAX

**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

Email: [mmarcum@atworkpersonnel.com](mailto:mmarcum@atworkpersonnel.com)

Phone: 540.674.1118

Fax: 540.674.6666

## **Legal Help/Tax Assistance**

### **New River Community Action**

The mission of New River Community Action, Inc. (NRCA) is to promote and support the well-being and self-reliance of individuals, families and communities. Community Action Agencies are well known proponents of self-sufficiency. “A Hand Up, Not A Hand Out” is our motto. We strive to achieve our purpose through community organization and empowerment, i.e., helping local communities to recognize and address their own poverty conditions. NRCA has developed a variety of programs that prevent and alleviate poverty and improve the lives of low-income individuals and families.

412 N. Jefferson Ave, Pulaski, VA 24301  
Hours: 9-11:30am; 1-3:30pm, Monday-Friday  
Phone 540-980-5525

### **Volunteer Income Tax Assistance**

Provides individuals and families assistance with tax preparation for potential increase in annual income resulting from earned income and child care tax credits.

540-633-5133 ext. 460

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

Provides services that prevent and reduce juvenile crime and also provide delinquent youth the opportunity to become responsible and productive citizens. Provides intake for juvenile complaints and petitions for custody, visitation, diverse programs, and protective orders; as well as provides court ordered probation and parole supervision for juveniles who have been committed to the Virginia Department of Juvenile Justice.

55 Commerce Street  
Pulaski, Virginia 24301  
8:15 A.M. - 12:00 P.M. & 12:45 P.M. - 5:00 P.M.  
540-980-7735



## **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

540-674-8359

[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

540-674-0089

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