

EMERGENCY & TRANSITIONAL HOUSING

The Housing Crisis Hotline

Call first for emergency shelter and housing support across Hampton Roads

Phone: (757) 587-4202

Website: vsh.org/services/housing-crisis-hotline

ForKids

Emergency shelter, case management, children's support, and housing services

Phone: (757) 622-6400

Website: forkids.org

H.E.R. Shelter

Safe housing and resources for women and children facing homelessness or violence

Phone: (757) 485-3384

Website: hershelter.com

Samaritan House

Emergency shelter, family support, and trauma-informed care

24/7 Crisis Line: (757) 430-2120

Website: samaritanhouseva.org

YWCA South Hampton Roads

Shelter and transitional housing for women and families

Phone: (757) 625-4248

Website: ywca-shr.org

BABY SUPPLIES & CHILDCARE NEEDS

Urban Baby Beginnings

Free baby items, diapers, doula support, and maternal health programs

Locations: Norfolk, Portsmouth, Richmond

Website: urbanbabybeginnings.org

Greater Hampton Roads Diaper Bank

Partner-based distribution of diapers, wipes, and baby essentials

Email: info@diaperbankghr.org

Website: diaperbankghr.org

Catholic Charities of Eastern Virginia

Baby items, counseling, and parenting support

Phone: (757) 456-2366

Website: cceva.org

HEALTH & PARENTING SUPPORT

Resource Mothers (VDH/Sentara)

Mentorship and home-visiting program for pregnant and parenting teens

Phone: (757) 446-5813

Child Development Resources (CDR)

Parenting education, early intervention, and family services

Phone: (757) 566-3300

Website: cdr.org

TRANSPORTATION ASSISTANCE

Medicaid Transportation Services

Non-emergency transportation to medical and WIC appointments

Phone: 1-866-386-8331 (LogistiCare – for Medicaid recipients)

Note: Some shelters such as ForKids and Samaritan House may also assist with transportation once enrolled in their programs.