**Food Pantries near Grace**

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| **Church/Food Pantry** | **Address** | **Phone** | **Notes** |
| Lynnhaven Pres Church | 136 S Lynnhaven Rd, 23452 | 757-340-2897 | Mon. & Thurs. 9:00am-12:00pm |
| Vineyard Community | 4444 Expressway Dr | 757-497-6909 | By appointment only, 1st & 3rd Thurs. 12:00-2:00pm, Sat. at 10am.-12pm |
| Thalia UMC | 4321 VA Bch Blvd | 757-340-5015 | Thurs. from 1:00-3:00pm |
| Princess Anne Plaza Baptist | 245 S Rosemont Rd | 757-486-1494 | Wed. from 11:00am-1:00pm |
| Foundry UMC | 2801 VA Bch Blvd | 757-340-0595 | Thurs. from 9:00am-12:00pm |
| St. Francis Episcopal | 509 S Rosemont Rd | 757-340-6884 | Tues. & Thurs. 11:30am-1:00pm |
| Eastern Shore Chapel | 2020 Laskin Rd | 757-428-6763 | Mon.-Thurs.2-4 Wed. 5:30-7 \*Bring proof of address in V.B. |
| Thalia United Methodist | 4321 Virginia Beach Blvd | 757-340-5015 | Thursday 1-3pm |
| Church of the Ascension | 4853 Princess Anne Rd. | 757-495-1886 | Mon.-Friday 10am-2pm |
| Kings Grant Baptist | 873 Little Neck Rd | 757-340-0902 | Call first Thursdays |
| Open Door | 3177 Virginia Beach Blvd | 757-340-1441 | By appointment only, set up on Tues., pick up on Wed. from 9-1:00pm. |

**Other Help**

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| **Type of Assistance** | **Church/Food Pantry** | **Address** | **Phone** | **Availability** |
| Health & Social Services | **VB Public Health** | 4452 Corporation Lane, VB, 23462 | 757-518-2694 | Clinics- Dental, Immunization, Long-Term Care, Maternity, Pediatrics, Senior Care |
| Crisis intervention | **Stop Organization** | 2551 Almeda Ave, Norfolk, 23518 | 757-858-1360 |  |
| Homeless help & case management. | **Lighthouse** | 825 18th St., VB, 23451 | 757-437-4911 | Mon.,Wed,Friday 7-8 Tues,Thurs. 7am-6pm |
| Financial Assistance | **Church of the Ascension** | 4853 Princess Anne Rd, VB, 23462 | 757-495-1886 x14 | Monday-Friday from 10:00am-2:00pm |
|  | **Human Services** | 3432 Virginia Beach Blvd, VB 23452 | 757-437-3200 |  |
|  | **St. Gregory** | 5345 Virginia Beach Blvd, VB, 23462 | 757-497-8330 | Call First V.B. only No rent help |
|  | **Star of The Sea** | 1308 Arctic Cir & Pacific Ave., VB, 23451 | 757-428-1244 | Mondays, Wednesdays, & Fridays from 9:30-10:30am |
|  | **Potter’s House** | 212 19th Street & Pacific Ave. VB, 23451 | 757-42 8-3014 | Tuesdays & Thursdays, 9:30-11:30am, (No hotel $) Bring copy of lease/bill and pic. i.d. |
|  | **Union Mission** |  | 757-627-8686 |  |
| Utilities | **Church of the Holy Spirit** | 1369 Lynnhaven Pkwy, VB, 23452 | 757-468-3600 x106 | No walk-ins,  call first, Thursdays from 9:30-11:00am |
| Clothing | **Open Door Chapel** | 3177 Virginia Beach Blvd, VB 23452 | 757-340-1441 x3 | Call First |
| Eviction Assist | **Connection Point** |  | 757-227-5932 |  |
| Housing | **Community Alternatives** |  | 757-430-1581 |  |
|  | **For Kids** |  | 757-622-6400 (dial 5 for crisis) |  |
|  | **City of VB Affordable**  **Rental Housing, Foreclosure Prevention** |  | 757-385-5750 |  |
| Medical,Financial, General, Temp Assist, Energy Assist, etc | **City of VB Human Services**  **Financial Assist** |  | 757-385-3200 |  |
| Housing, medical, food, clothing | **People In Need (PIN)** | 545 S Birdneck Rd, VB, 23451 | 757-962-3567 |  |
| Various programs | **United Way Hotline** |  | 211 |  |
|  | **Project HOPE** | 1413 Laskin Rd, VB, VA 23451 | 757-263-2300 |  |
| Food, counseling, emergency assist | **Salvation Army** | 5525 Raby Rd, Norfolk, VA | 757-543-8100 |  |
| Mental Health & Rehab Services | **Human Services Department, Mental Health Substance Abuse** |  | 757-385-0888 |  |
|  | **Youth Challenge** | Hampton | 757-244-1234 |  |
| Long term rehab, substance abuse | **First Inc.** | Ridgecrest, NC | 828-669-0011 |  |
| Spiritual based recovery 6 mos. | **Victory Home** | Chesapeake | 757-487-2633 |  |
|  | **New Life Center** | Hampton,S.C. | 803-943-2800 | Monday-Friday, 6:00am-6:00pm |
| Medical healthcare for indigent, uninsured | **Beach Health Clinic** | 3396 Holland Rd, VB, 23452 | 757-428-5601, Call for appointment |  |
| Dental | **ODU Dental Clinic** | Norfolk | 757-683-4308, Call for appointment |  |
|  | **Public Health – Dental** | 4452 Corporation Lane, VB, 23462 | 757-518-2694 |  |
| Dentures | **Affordable Dentures** | Loehman’s Plaza  Dennis Gaskin, dds | 757-655-7291 |  |
| Shelters | **Union Mission** |  | 757-627-8686, Call ahead | Single men 18+, Single women &  women w/ children (boys under 10), married couples in separate shelters |
| Women | **Samaritan House** |  | 757-631-0710 |  |
| Men, Women, Family | **Judeo Christian Outreach Center** | 1053 Virginia Beach Blvd., VB, 23451 | 757-491-2846 |  |
| Youths only 9-18 years old | **Seton House** |  | 757-498-4673 |  |
| Rehab for women | **Barrett Transitional Home** | Norfolk | 757-624-6990 |  |
| For families | **Our House** | Chesapeake | 757-545-4075 |  |
| For families | **ForKids** | Norfolk | 757-587-4202 |  |
| Abused women, single or with kids | **Loving & Caring** | Virginia Beach | 757-430-4101 |  |