

## **Greater Lynchburg Community Referral List**

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### **Food Resources**

#### **1. New Prospect Baptist Church Food Bank**

This food resource is available to residents of Amherst County who have put an application into the church declaring their needs. Proof of income is required on the application unless the individual is already receiving government assistance through Medicaid, SSI, or TANF. The Food Bank is open Wednesdays and Saturdays from 10am-12pm at the church's office at the following location:

2209 Buffalo Springs Turnpike  
Monroe, VA 24572  
434-922-7169

#### **2. Park View United Methodist Church**

This food resource provides supplemental groceries and personal care items to individuals in the community who are in need. This service is available twice a week, on Thursdays and Saturdays from 9:30am-2pm at the following location:

2420 Memorial Ave  
Lynchburg, VA 24501  
434-845-8468

#### **3. Hyland Heights Food Pantry**

This food resource provides families in need with a food donation once a month. There are no qualifications to receive this service. This service is available on Wednesdays at 4:30pm at the following location:

Hyland Heights Baptist Church  
11452 Wards Rd  
Rustburg, VA 24588  
434-821-6906

#### 4. Piedmont Community Impact Partner Pantry

This resource provides a variety of food items from local Food Lions to individuals once a week. There are no qualifications to receive this service. This service is available at the following location:

215 School Road  
Gladys, VA 24554  
434-283-7531

#### 5. St. Thomas More Food Pantry

This resource provides food assistance to all individuals without appointment on Tuesdays and Thursdays from 9am-11am. Individuals are required to provide a photo ID, but there is no income requirement to receive services. Services are available at the following location:

St. Thomas More Catholic Church  
3015 Roundelay Road  
Lynchburg, VA 24502  
434-237-8851

#### 6. Lynchburg Daily Bread

This resource provides hot meals to anyone in need without any kind of application required. Meals are available daily from 10:15am-12:20pm, even on weekends and holidays. Services are available at the following location:

721 Clay Street  
Lynchburg, VA  
24504  
434-845-5703

#### 7. Compassion Food Pantry

This resource is a church-run food pantry open to any individual in need of assistance. Individuals may come once a month after they have scheduled an appointment on Wednesdays from 9am-12pm. Services are available at the following location:

1737 Wards Ferry Road

Lynchburg, VA  
24504  
434-515-1413

#### 8. Lighthouse Community Center

This resource is a Christian non-profit ministry providing trauma-informed care as it serves the community through a variety of programs. Primarily, the Lighthouse Community Center functions as a day shelter (from 10am-2pm), offering hot coffee, a hot buffet lunch, and access to any basic needs (free clothes, hygiene items, blankets, food, etc). These services can be found at the following location:

The Lighthouse Community Center  
1310 Church Street  
Lynchburg, VA  
24504  
434-847-5050

### **Social Support Resources**

#### 9. Care, Support, & Recovery Groups at Thomas Road Baptist Church

This resource provides care groups, which are 13 week studies through a low-cost (\$15) curriculum on a particular topic: divorce, grief, parenting, caring for loved ones with chronic illness, and living with multiple sclerosis. These groups meet on Monday nights from 6-8pm. This resource also provides support groups, which are free weekly meetings where the following topics are discussed: codependency, sexual abuse, infidelity, broken father relationships, and marriage after a time of worship and prayer. These meetings take place on Monday nights from 6-8pm. Lastly, this resource provides year-round recovery groups which take place on Monday nights from 6-8pm, free of cost. The following topics are discussed at recovery groups: chemical dependency, pornography, and depression/anxiety. All of these groups meet at the following location:

Thomas Road Baptist Church  
1 Mountain View Road  
Lynchburg, VA  
24502  
434-239-9281

#### 10. Sexual Assault Response Program (SARP)

This resource provides free crisis intervention for individuals who are survivors of sexual assault and sexual abuse in the following counties: Amherst, Appomattox, Bedford, and Campbell. The event of sexual abuse or assault could have taken place at any point during the individual's life for them to be eligible for services from this program. Services include: access to a 24-hour crisis hotline, volunteer support during hospitalization, incarceration, and court, and assistance and

advocacy regarding access to food, clothing, shelter, and transportation. The Lynchburg Office of this program is located at the following address:

1900 Tate Springs Road Suite 8

Lynchburg, VA

24501

Office phone: 434-847-7751

24-hour confidential hotline: 888-947-7273

#### 11. Healthy Families Central Virginia via. HumanKind

This resource provides families with at-home, personalized psychoeducation and support based on their specific familial needs. The mission of this program is meant to equip parents with parenting skills, relationship coaching, and social support networks which will enable them to be the best parents for their children. This resource is provided as early as pregnancy and can last as long as until the child's 5<sup>th</sup> birthday. For information about eligibility, email [info@humankind.org](mailto:info@humankind.org) or call 434-384-3131 to share the family's case information to a placement coordinator.

#### 12. Child Care Resource Center (CRCC) via. HumanKind

This resource provides psychoeducation and social support for any individuals engaging with children in early childhood (ie. parents, teachers, etc.). This resource offers trainings, professional development, and assistance to individuals who are engaging with children from a diverse background (ie. multicultural backgrounds, children with disabilities, etc.). This resource is completely free, and the library center and all of its resources are available to the public. For additional information about this resource, contact Joan Rowe at [jrowe@humankind.org](mailto:jrowe@humankind.org) or call 434-384-3131. This resource is located at the following location:

1903 HumanKind Way

Lynchburg, VA, 24503

#### 13. Agape

This resource provides individuals with a variety of resources, such as food resources, financial support, and mentoring. Individuals who join the Agape program receive weekly mentoring on Tuesdays from 10am-2pm in addition to the third Saturday of each month from 10am-2pm for at least 3 months. This mentorship is meant to meet the spiritual and social needs of individuals in tandem with other programs seeking to meet the physical needs of individuals. In order to receive these services, individuals must go to the Agape center and fill out an application in person at the following address:

3026 Carrol Ave.

Lynchburg, VA. 24501

434-846-2783

#### 14. Groups Recover Together

This resource provides evidence-based group therapy and social support to individuals who are working through an opioid use disorder. This group provides physician-prescribed Suboxone in an effort to reduce cravings, and also provides weekly meetings facilitated by a licensed counselor. This resource accepts a variety of insurances, Medicaid/care, and offers out of pocket services at \$65/week. Individuals interested in joining this group can submit an application online at [https://groupsrecovertgether.com/onboarding\\_assessments/new#](https://groupsrecovertgether.com/onboarding_assessments/new#) or call 540-212-6090 to receive information about joining the group and learning where the meetings take place.

## **Counseling Resources**

### 15. Thomas Road Baptist Church/Hyland Heights

This resource provides free counseling services (approximately 12 sessions) to community members ages 5 and above. The following services are available: individual counseling, couples counseling, family counseling, and pre-marital counseling. Those seeking services must apply for counseling services on the Thomas Road Website <https://trbc.org/resources/care/counseling/>.  
124A Liberty Mountain Drive  
Lynchburg, VA  
24502  
434-239-9281

Hyland Heights Baptist Church  
11452 Wards Rd  
Rustburg, VA 24588  
434-821-6906

### 16. Lighthouse Community Center

This resource, in addition to providing food and care services, offers free walk-in counseling services provided by a local LPC from 10am-2pm. This resource is located at the following address:  
The Lighthouse Community Center  
1310 Church Street  
Lynchburg, VA  
24504  
434-847-5050

### 17. Christian Counseling Services

This resource provides counseling services provided by local LPCs who accept most insurances. This office does not offer a sliding scale, nor does it accept Medicaid/Medicare. This site will see children, individual adults, and couples. This resource is located at the following address:

22174 Timberlake Rd Ste. D  
(434) 525-9006  
www.lynchburgcounselor.com

#### 18. Hope for Tomorrow

This resource provides counseling services provided by local LPCs who accept most insurances. This office does offer a sliding scale, and does accept Medicaid/Medicare. This site will see children, individual adults, and couples. This resource is located at the following address:

1621 Enterprise Dr.  
(434) 239-4949

#### 19. Counseling & Consultation Services, LLC

This resource provides counseling services provided by local LPCs who do not accept insurance. This office does offer a sliding scale, but does not accept Medicaid/Medicare. This site will see individual adults and couples, and may see children depending on the case. This resource is located at the following address:

3712 Old Forest Rd. Ste. 400, #1  
434-515-2800

#### 20. Hill City Counseling & Consulting, LLC

This resource provides counseling services provided by local LPCs who accept most insurances. This office does offer a sliding scale, but does not accept Medicaid/Medicare. Counseling services provided by resident counselors or counseling interns are available at a reduced rate compared to the licensed counselors at this site. This site will see individual adults, couples, and children who are at least six years old. This resource is located at the following address:

1610 Graves Mill Rd.  
434-258-0591  
www.hillcitycounseling.com

#### 21. Wyndhurst Counseling

This resource provides counseling services provided by local LPCs who accept most insurances. This office does not offer a sliding scale, nor does it accept Medicaid/Medicare. Counseling services provided by resident counselors or counseling interns are available at a reduced rate compared to the licensed counselors at this site. This site will see individual adults, couples, and children. This resource is located at the following address:

105 Hexham Dr.  
(434) 237-2655  
www.wyndhurstcounselingcenter.com

## 22. Well Spring Counseling

This resource provides counseling services provided by a local LPC who accepts some insurances. This office does offer a sliding scale, but does not accept Medicaid/Medicare. This site will see individual adults and couples, but will not see children. This resource is located at the following address:

Lynchburg First Church of the Nazarene  
434-239-4943  
[www.lynchburgnaz.com/wellspring-counseling](http://www.lynchburgnaz.com/wellspring-counseling)

## 23. Light Counseling

This resource provides counseling services provided by local LPCs who accept most insurances. This office does not offer a sliding scale, nor does it accept Medicaid/Medicare. This site will see individual adults, couples, and children who are at least eight years old. This resource is located at the following address:

20564 B Timberlake Rd.  
(434) 384-1594  
[www.lightcounseling.net](http://www.lightcounseling.net)

## 24. Living Water Counseling Center, Inc

This resource provides counseling services provided by local LPCs who accept most insurances. This office does offer a sliding scale, but does not accept Medicaid/Medicare. Counseling services provided by resident counselors or counseling interns are available at a reduced rate compared to the licensed counselors at this site. This site will see individual adults, couples, and children. This resource is located at the following address:

20838 Timberlake Rd. Suite B  
434-473-7458  
[www.lwcounseling.org](http://www.lwcounseling.org)

## 25. Kairos Counseling

This resource provides counseling services provided by local LPCs who accept most insurances. This office does offer a sliding scale, but does not accept Medicaid/Medicare. Counseling services provided by resident counselors or counseling interns are available at a reduced rate compared to the licensed counselors at this site. This site will see individual adults, couples, and children. This resource is located at the following address:

1605A Enterprise Dr.  
434-319-5528  
[www.kairosounselingva.com](http://www.kairosounselingva.com)

## 26. Peachtree Counseling Center

This resource provides counseling services provided by local LPCs who accept most insurances. This office does not offer a sliding scale, nor does it accept Medicaid/Medicare. This site will see individual adults, couples, and children over two years old. This resource is located at the following address:

798 Leesville Rd.  
(434) 239-1928  
www.peachtreecounselingcenter.com

#### 27. Cornerstone Counseling & Consulting

This resource provides counseling services provided by local LPCs who do not accept insurances nor Medicaid/Medicare. Counseling services provided by resident counselors are available at a reduced rate compared to the licensed counselors at this site. This site will see individual adults, couples, and families, but will not see children individually. This resource is located at the following address:

106 A Tradewynd Dr.  
Lynchburg, VA 24502  
434-582-9491  
www.cornerstone4c.com

### **Medical Resources**

#### 28. Community Access Network

This resource provides compassionate health care services (primary care, pediatrics, gynecology, behavioral health, sexual health services, vision care, etc.) to all individuals, regardless of their insurance status; there is a full-service pharmacy on site as well. The following insurances are accepted: Anthem, Aetna, Medicaid, Medicare, Optima, PCHP, Tricare, and VAPremier. Services are provided at reduced rates based on the individual's household income in the case that an individual does not have insurance. This resource provides both appointments and walk in hours (Monday-Friday from 8:30am-8:30pm and Saturday-Sunday 8:30am-12:30pm) at the following location:

800 5th Street  
Martin Luther King Jr. Blvd.  
Lynchburg, VA  
24504  
434-200-3366

#### 29. Johnson Health Center

This resource provides affordable health care services (primary care, mental health care, dental, pharmacy, and OB/GYN) and accepts all insurances. Reduced fees are offered to patients who do

not have health insurance. Appointments can be made online, over the phone, or during walk in hours, which vary by location. Transportation to the medical offices is offered for free to patients living in the following counties: Appomattox, Lynchburg, Amherst, Bedford, and Campbell. Johnson Health Center features 8 locations across central Virginia, with the main office at the following location:

320 Federal Street  
Lynchburg, VA  
24504  
434-947-5967

### 30. Every Woman's Life

This resource provides free cancer screenings (breast exams, mammograms, pelvic exams, PAP tests) for women who are residents of Virginia primarily between the ages of 50 and 64. Women from 18-49 can receive services if they have active cancer symptoms. This resource is only available to women who have low income and are uninsured and serves the central Virginia area at the following location:

Central Virginia Health District  
307 Alleghany Avenue  
Lynchburg, VA  
24501  
434-946-9408

### 31. Lighthouse Community Health Services

This resource provides comprehensive, holistic health care services to individuals in the Lynchburg community, these services include: behavioral healthcare, substance abuse therapy, domestic abuse counseling, primary care services, medication management, re-entry training, etc. Services are offered by industry professionals in affiliation with Mental Health America (MHA) and Temporary Assistance for Needy Families (TANF). These services are provided Monday-Friday from 10am-2pm at the location below and must be scheduled via. online or phone appointment.

The Lighthouse Community Center  
1310 Church Street  
Lynchburg, VA  
24504  
434-847-5050

### 32. Free Clinic of Central Virginia

This resource provides high quality medical and dental services to individuals who are uninsured or severely below the federal poverty line in Central Virginia. Individuals with Medicaid/ Medicare may be ineligible for medical services, however, still qualify for dental services. This

resource has three different locations, two in Lynchburg (The Free Clinic Main Street & The Free Clinic Community Health Center) and one in Bedford (The Free Clinic Bedford Location). At the Main street and Bedford locations, appointments are required for services, however, the Community Health Center location does accept walk-ins. Each of these locations can be accessed at the following times and locations:

#### Free Clinic Main Street Location

Open Monday-Friday from 8:30am-4:30pm

1016 Main Street

Lynchburg, VA

24504

434-847-5866

<https://www.freeclinicva.org/>

#### Free Clinic Community Health Center

Open Sunday-Tuesday, Thursday-Saturday from 10am-10pm

Open Wednesday 8:30am-4:30pm

800 5th Street, Martin Luther King Jr. Blvd

Lynchburg, VA

24504

434-847-5866

<https://www.freeclinicva.org/>

#### Free Clinic Bedford Location

Open Tuesday 10am-4pm

104 Center Street

Bedford, VA

24523

540-707-5500

<https://www.freeclinicva.org/>

### 33. Blue Ridge Pregnancy Center

This resource provides free services to women who are pregnant, processing a pregnancy, or raising a young child. These services include: pregnancy tests to confirm pregnancies, ultrasounds, counseling, post-abortion care & support, and parenting/life coaching classes. Services can be accessed by appointments made during office hours (Monday-Thursday from 8am-4pm). This resource can be accessed at the following information:

3701 Old Forest Rd. Lynchburg, VA 24501

(434) 528-4321

[thecenter@blueridgepc.org](mailto:thecenter@blueridgepc.org)

## **Employment & Educational Resources**

#### 34. Parkview Community Mission: Life Skills Institute

This resource provides free education on life skills, such as budgeting, career prep, and digital literacy, to individuals in the greater Lynchburg community. To register and enroll in a course, individuals can contact Monica by calling 434-845-8468 at extension 800 on Monday-Friday from 8:00am to 4:30pm. In addition to these courses, individuals can make use of the free computer lab at the following times: Monday, Thursday, & Friday from 12pm-2pm, Tuesdays from 10am-2pm; and the free library and lounge at the following times: Monday, Thursday, & Friday from 10am-2pm, Tuesdays from 12pm-2pm. This resource can be located at the following address:

2323 Memorial Avenue  
Lynchburg, VA 24501 Suite 26  
Main Office: 434-845-8468  
Email: LSI@ParkViewMission.org

#### 35. Goodwill Industries of the Valleys- Madison Heights Jobs Center

This resource provides individuals with employment training and assistance. This resource is eligible for individuals who experience challenges such as low income, disabilities, age discrimination, or unemployment. To receive services, individuals must apply online at <https://www.goodwillvalleys.com/adult-services/> and/or make an appointment by calling 434-200-9920. This resource can be found at the following location:

174 River James Shopping Center  
Madison Heights, VA 24572

#### 36. Old Dominion Job Corps Center

This resource seeks to assist young people ages 16-24 in acquiring skills and education which will prepare them for job success. This resource provides academic classes, training, career support, and other resources free of charge to approved applicants and their families. Interested individuals can apply online at <https://www.jobcorps.gov/recruiting/enrollment-interest-or-calling-1-800-733-5627>. The local office for this resource can be found at the following address:

1073 Father Judge Rd,  
Monroe, VA 24574

#### 37. Virginia Career Works- Central Region

This resource provides career services to the following counties: Amherst, Appomattox, Bedford, Campbell, as well as the city of Lynchburg. This resource seeks to strengthen the local workforce by connecting employers with potential employees as well as offering career training for prospective employees. This resource has programs targeted towards job seekers, employers, and youth who are preparing to become future job seekers. General information can be found online

at <https://www.vcwcentralregion.com/>, walk in visits are available Monday, Tuesday, Thursday, and Friday from 8:30am-4:30pm, and Wednesdays from 9:30am-4:30pm at the following address:

3125 Odd Fellows Road  
Lynchburg VA 24501  
(434) 455-5940  
[info@vcwcentral.com](mailto:info@vcwcentral.com)

#### 38. Center for Employment Training (CET) (through Lyn-Cag)

This resource provides education and employment training for individuals. These services are available for individuals at all skill levels and education levels. The mission of this resource is to equip individuals, particularly low-income individuals, with what they need to establish a better quality of life. Individuals may inquire about these services using the following information:

915 Main Street  
Lynchburg, VA 24504  
Contact person: Duane Thomas ([dthomas@lyncag.org](mailto:dthomas@lyncag.org))  
(434) 455-1601 (extension 335)  
[www.lyncag.org](http://www.lyncag.org)

#### 39. Virginia Cares (through Lyn-Cag)

This resource offers re-entry services to individuals in the community who have recently been released from incarceration. These services include housing assistance, SNAP application assistance (for food), medical referrals, employment assistance, and transportation assistance. The mission of this resource is to equip individuals with what they need to transition from incarceration to a productive, fulfilling life. Individuals may inquire about these services using the following information:

926 Commerce St.  
Lynchburg, VA 24504  
Contact person: Roslyn Carter ([rcarter@lyncag.org](mailto:rcarter@lyncag.org))  
(434) 455-1601 (extension 311)  
[www.lyncag.org](http://www.lyncag.org)

### **Housing Resources**

#### 40. Lynchburg Community Action Group

This resource seeks to help individuals make informed housing decisions by providing housing education and other resources such as home repairs and services that prevent homelessness.

1010 Main Street  
Lynchburg, VA 24504  
(434) 846-2778

<https://lyncag.org/>

#### 41. Rebuilding Together

This resource offers home repair services to individuals who are unable to repair their own homes, ie. elderly, disabled, and/or low income individuals. The main address of this resource is listed below:

926 Commerce Street  
Lynchburg, VA 24504  
434-942-5311

#### 42. Lynchburg Covenant Fellowship

This resource provides affordable housing, education, and advocacy for individuals who are poor, disabled, and/or disadvantaged. Individuals in need of services may make an appointment to apply for housing on Tuesdays from 9am-11am, and 2pm-4pm. Individuals must bring in all of the necessary application information, which can be found on the website listed below.

412 Madison St.  
Lynchburg, VA 24505  
434-847-9059  
<https://lcfhousing.org/>

#### 43. Central Virginia Alliance for Community Living Inc.

This resource provides the following services: weatherization assistance, emergency home repair, and residential home repair. In order to receive services, individuals must apply online at the website listed below.

501 12th Street  
Lynchburg, VA 24504  
434-385-9070  
<https://www.cvacl.org/>

#### 44. Sadler House (via. YWCA)

This resource provides emergency shelter to women and children who are escaping domestic violence. This resource provides 30 days of shelter free of charge, as well as food and clothing as they are needed. Additionally, this resource offers domestic violence survivors caseworkers, social support (via. on-site counseling), psychoeducational parenting classes, transportation, and legal assistance in court. To contact this resource and receive information about its location, individuals can call the 24/7 hotline at 1-888-528-1041 or the regular line at 434-847-7751.

#### 45. Salvation Army- Center of Hope

This resource provides temporary shelter for individuals in the Lynchburg community. This center is able to provide shelter to up to 80 individuals at a time, with areas designated for women, men, children, and families. This resource is welcome to any individual in need, barring there is availability at the center. This resource can be found at the following address:

Salvation Army of Lynchburg VA  
2215 Park Avenue  
Lynchburg, VA 24501  
434-845-5939

## **Disaster Relief Resources**

### 46. Campbell County Public Safety

This resource houses five divisions of concern: animal control, emergency communications (911), emergency medical services (EMS), emergency preparedness, and fire. This resource provides community education about these divisions and the services they offer. The emergency preparedness division of this resource features safety plans for a variety of crisis events, such as natural disasters and violence. In case of emergency, individuals should dial 911 to access these resources. In a non-emergency, individuals should dial 434-332-9574 or visit <http://www.campbellcountyva.gov/216/Public-Safety>

### 47. American Red Cross

This resource provides shelter, food, and emotional/mental support resources to individuals' immediate needs after a disaster strikes. To receive disaster-care services, call 434-845-1234 to reach your local chapter of the American Red Cross.

This resource can be located at the following address:

3700 Candler's Mountain Road, Suite 7  
Lynchburg, VA 24502

### 48. Disability & Disaster Hotline

This resource provides assistance to individuals with disabilities who have been struck by a crisis and have urgent needs. This hotline is available at all hours to provide information, guidance, and resources to individuals with disabilities and their families in the midst of a disaster or in the aftermath of a disaster. This hotline features multilingual services as well as options for video calls for individuals who are deaf. This hotline can be accessed by calling 800-626-4959.

### 49. Virginia Baptist Disaster Response

This resource provides the following disaster response resources: free meals, community clean up, restoration of access to clean water, & spiritual and emotional crisis care. This resource is provided by trained volunteers who travel to the disaster area. To request these resources, call the

nearest chapter of this program at 833-374-3577 or the disaster response hotline at 804-545-1212. The headquarters of this resource is located at the following address:  
2828 Emerywood Parkway  
Henrico, VA 23294

#### 50. Federal Emergency Management Agency (FEMA)

This resource provides disaster relief to individuals, families, and businesses in communities that are suffering from a federally-declared disaster. These disaster relief services include: temporary housing, replacement, child care, medical/dental care, community clean up, moving and storage assistance, crisis counseling, legal services, and unemployment assistance. To receive these services, individuals must apply online at <https://www.disasterassistance.gov/> or call 800-621-3362.