

SPRING 2023

# EASY HEALTH

Your Essential Guide to Community Health Events  
and Programs in The Roanoke Valley



**CARILION CLINIC**

**COMMUNITY HEALTH AND OUTREACH**

### DID YOU KNOW?

You know what you eat and how much you exercise can affect your health. But did you know that your health is also related to things like income, housing, stress and transportation?

Finding help with the issues affecting your health can be hard when you don't have what you need—like a computer, phone or car—to connect you with services that can help.

Welcome to Easy Health, a one-stop shop for free and low-cost health and wellness events and programs in the Roanoke Valley. We hope this guide can help you make your life easier—and healthier.

**Carilion Clinic  
Community Health and Outreach**

*Have an event or program to highlight in Easy Health?  
Want to receive free copies? Email us at  
[communityoutreach@carilionclinic.org](mailto:communityoutreach@carilionclinic.org) or call 540-983-4053.*

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**Find a doctor.  
Schedule an appointment.  
Register for an event.**

**Contact Carilion Direct.  
800-422-8482  
(Mon. – Fri., 8 a.m. – 5 p.m.)  
[direct@carilionclinic.org](mailto:direct@carilionclinic.org)**

### WHAT'S NEW?

We've made some changes to Easy Health to make it an even better tool for you! Keep an eye out for the following new features in this issue:

**Updated event and program categories**

**A SMART goal setting worksheet**

**Information on how to get 1-on-1 help with connecting to resources**

*DISCLAIMER: The events and programs listed in this publication are for informational use only. Carilion Clinic is not responsible for any part of the programs sponsored by independent organizations. Everything in this printed document is subject to change without notice, so please contact organizations directly to confirm details. Unless otherwise noted, all programs listed in this publication are free and open to the public.*

## ADULT EDUCATION, EMPLOYMENT AND LITERACY

### 1:1 Tutoring

Support for native and non-native English-speaking adults who want to improve literacy ability. Tutors and learners will meet once a week at times and locations that are mutually convenient. **\$25, one-time fee.**

#### Blue Ridge Literacy

Call 540-265-9339 to schedule an appointment

### Adult Education Classes – College and Career Readiness

Enroll in college and career readiness classes to improve your English or prepare to earn your high school credential. Virtual and in-person options available. Registration required. Call for dates and times.

#### Ronaoke Valley Alleghany Region 5 Adult Education

Contact: 888-622-7256 or [regionfiveadulted.com](http://regionfiveadulted.com)

### Career Center

Monday – Friday, 9 a.m. – 4 p.m. (Closed: 12:30 – 1 p.m.)

Job search strategies, career coaching, resume assistance, access to community resources, connections to job leads, soft skills training, computer training, job postings and access to computer, internet, copier and fax.

#### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-581-0620, option 1, or [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

### Certified Nursing Assistant (CNA) and Certified Clinical Medical Assistant (CCMA)

Program that provides classroom and clinical training required by the Virginia Board of Health Professions.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-767-6224 or [tapintohope.org](http://tapintohope.org)

### Citizenship Preparation Classes

Intermediate/Advanced U.S. Citizenship Preparation: Online, Mondays, 6 – 7:30 p.m.

Beginner Level EL/Civics: In-Person, Mondays, 10 a.m. – noon

U.S. Citizenship Study Group: Online, Mondays, 6 – 7:30 p.m.

Assistance for adult learners to successfully complete the naturalization process. Classes focus on the English literacy and civics knowledge needed for passing the test as well as information about rights and responsibilities as American citizens. **\$25, one-time fee.**

#### Blue Ridge Literacy

706 S. Jefferson St., Roanoke, Va. and via Zoom

Call 540-265-9339 to schedule an appointment

### Employment Services for Persons with Disabilities

Monday – Friday, 8:15 a.m. – 4:30 p.m.

Assistance with obtaining and retaining employment, utilization of the Ticket to Work program, and protection of benefits and insurance while working.

#### Blue Ridge Independent Living Center

1502 Williamson Rd., N.E., #B, Roanoke, Va.

Contact: 540-342-1231 or [brilc.org](http://brilc.org)

### English Speakers of Other Languages (ESOL) Classes

In-Person: Tuesdays and Thursdays, 10 a.m. – noon

Online: Tuesdays and Thursdays, 6 – 7:30 p.m.

Beginner, intermediate and advanced classes for speakers of other languages who want to improve their English skills. **\$25, one-time fee.**

#### Blue Ridge Literacy

706 S. Jefferson St., Roanoke, Va. and via Zoom

Call 540-265-9339 to schedule an appointment

### Extended Employment Services

Paid work activities for adults with barriers to employment. Services are flexible and include training opportunities through community-based work crews.

#### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-581-0620, option 2, or [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

### GoodCare Health Care Training

Training to help individuals begin a career in the health care industry.

Career paths include health information, nursing and health care support occupations.

#### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-581-0620, option 2, or [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

### GoodStart Re-Entry Program

Assistance for newly released men and women with comprehensive training and employment services.

#### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-581-0620, option 2, or [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

### Independent Skills Training

Monday – Friday, 8:15 a.m. – 4:30 p.m.

Assistance for persons with disabilities with obtaining the skills needed to live independently, such as financial management, acquired social skills and household management.

#### Blue Ridge Independent Living Center

1502 Williamson Rd., N.E., #B, Roanoke, Va.

Contact: 540-342-1231 or [brilc.org](http://brilc.org)

### **Job Training and Support Services**

Career coaching, resume/interview preparation, occupational skills training, on-the-job training, supportive services and assistance with job search, referral and placement.

#### **Virginia Career Works Greater Roanoke**

*Roanoke Center: 3601 Thirlane Rd., N.W., Ste. 2, Roanoke, Va.*

*Contact: 540-613-8220*

*Franklin Center: 50 Claiborne Ave., Rocky Mount, Va.*

*Contact: 540-613-6370*

*Covington Center: 106 N. Maple Ave., Covington, Va.*

*Contact: 540-483-0179*

### **Pre-Employment Transition Services**

Training for students with disabilities who are 16 to 21 years old to be ready for employment upon graduation from high school.

#### **Goodwill Industries of the Valleys**

*2502 Melrose Ave., N.W., Roanoke, Va.*

*Contact: 540-581-0620, option 2, or info@goodwillvalleys.com*

### **Project Discovery**

Cultural workshops, guidance in class selection, SOL and SAT prep, financial aid, college life workshops and college campus tours for first-generation college-bound students.

#### **Total Action for Progress (TAP)**

*108 N. Jefferson St., Ste. 517, Roanoke, Va.*

*Contact: 540-767-6035 or tapinto hope.org*

### **Project SEARCH: Carilion Clinic**

One-year program that provides education and on-site training to prepare youth with disabilities to be work ready upon graduation from high school.

#### **Goodwill Industries of the Valleys**

*2502 Melrose Ave., N.W., Roanoke, Va.*

*Contact: 540-581-0620, option 2, or info@goodwillvalleys.com*

### **Roanoke EnVision Center**

*Monday – Friday, 8:30 a.m. – 5 p.m.*

Comprehensive center for Roanoke residents to access employment, education, computer lab, and health and supportive services.

#### **City of Roanoke Redevelopment and Housing Authority**

*2607 Salem Turnpike N.W., Roanoke, Va.*

*Contact: 540-983-9210 or ggoodman@rkehousing.org*

### **Southwestern Virginia Regional Employment Coalition (SVREC)**

SVREC teaches resume writing/applications, communication and time management, then places clients with nonprofit companies to gain skills and experience needed for permanent employment.

#### **Total Action for Progress (TAP)**

*108 N. Jefferson St., Ste. 503, Roanoke, Va.*

*Contact: 540-767-6086 / 540-767-6234 or tapinto hope.org*

### **Supported Employment**

Competitive employment for adults with disabilities in a community work environment.

#### **Goodwill Industries of the Valleys**

*2502 Melrose Ave., N.W., Roanoke, Va.*

*Contact: 540-581-0620, option 2, or goodwillvalleys.com*

### **TAP RESTORE**

Re-Employment, Support, and Training for the Opioid Related Epidemic (RESTORE) assists families impacted by the opioid epidemic by providing career services and job training to women in recovery.

#### **Total Action for Progress (TAP)**

*302 2nd St., S.W., Roanoke, Va.*

*Contact: 540-767-6224 or tapinto hope.org/program/adult-education*

### **Transition Services: Schools and Institutions**

*Monday – Friday, 8:15 a.m. – 4:30 p.m.*

Assistance for persons with disabilities in transition from middle school to high school, to post-graduate opportunities, and from nursing homes and other institutions back into the community.

#### **Blue Ridge Independent Living Center**

*1502 Williamson Rd., N.E., #B, Roanoke, Va.*

*Contact: 540-342-1231 or bric.org*

### **Veterans Employment Program**

Face-to-face case management for displaced veterans who need job placement and training, career counseling, resume preparation, housing referrals, medical centers and transportation.

#### **Total Action for Progress (TAP)**

*302 2nd St., S.W., Roanoke, Va.*

*Contact: 540-283-4486 / 540-283-4481 or tapinto hope.org*

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

Assistance for ex-offenders who need job-readiness training, job search and career development support, transportation, obtaining identification and applying for restoration of rights as well as human relations and self-awareness training.

#### **Total Action for Progress (TAP)**

*302 2nd St., S.W., Roanoke, Va.*

*Contact: 540-283-4901 or tapinto hope.org*

### **Workshops and Training Classes**

Assistance for job seekers to gain the skills necessary to succeed in a competitive job market. Some workshops are available online and provide a variety of training opportunities, both live and on-demand.

#### **Goodwill Industries of the Valleys**

*2502 Melrose Ave., N.W., Roanoke, Va.*

*Contact: 540-581-0620, option 1, or info@goodwillvalleys.com*



# Goodwill Industries® of the Valleys Youth Programs

Goodwill® is committed to helping youth become ready for what lies ahead. Programs are provided at no cost to youth and their families. Roanoke Valley Youth Programs provide paid employment and internship opportunities, summer camp, recreational activities, and occupational skills training.



For more information contact  
**Ernesto Muse,**  
Director of Youth Services  
emuse@goodwillvalleys.com  
(540) 998-2287



[goodwillvalleys.com/youth-services](http://goodwillvalleys.com/youth-services)



### Young Adult Life Enhancement (YALE)

YALE helps court-involved youth ages 18-24 reintegrate into their communities through daily training in life skills, job readiness and/or customer service.

#### Total Action for Progress (TAP)

108 N. Jefferson St., Ste. 513, Roanoke, Va.

Contact: 540-767-6151 or [tapintofope.org](mailto:tapintofope.org)

### YouthBuild

Career and technical skills leadership program for Roanoke City residents ages 16-24 who have dropped out of school. Students are paid while they learn in the classroom and at the worksite.

#### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-581-0620, option 1, or [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

### Youth to Work

Training for youth and teens to enter the workforce.

#### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-581-0620, option 2 or [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

## CHILD AND FAMILY HEALTH

### Academic Summer Camp

June 20 – July 28, Monday – Friday, 9 a.m. – 3:30 p.m.

Summer camp for students that pairs traditional academic curriculum with a focus on social emotional learning. This camp will also have an emphasis on mindfulness, communication and physical activity. Space is limited.

Registration required.

#### Apple Ridge Farm

9230 Pine Forest Rd., N.E., Copper Hill, Va.

Contact: [info@appleridge.org](mailto:info@appleridge.org) or 540-982-1322

### BabyCare

Home-visiting and education for expectant and new mothers with babies (ages 0-2). Ongoing. Call for dates and times.

#### Roanoke City and Alleghany Health Districts

1502 Williamson Rd., N.E., 2nd floor, Roanoke, Va.

Contact: 540-204-9991

### Camp Treehouse

Soulful Rhythm and Rhymes, April 22, 9 a.m. – 4 p.m.

Dance of the Soul, June 17, 9 a.m. – 4 p.m.

Free day-camp for children and teens who are grieving the loss of a loved one. Youth can explore their feelings and concerns in a caring, safe environment. Registration required.

#### Carilion Clinic Center for Grief and Healing

Contact: 540-853-0007 or [CarilionClinic.org/camp-treehouse](http://CarilionClinic.org/camp-treehouse)



**We all need our sleep, especially with a baby.**

**SAFE SLEEP**

ABCs of safe sleep: Place baby **ALONE** in their own sleep space, on their **BACK**, in a **CRIB** or other flat surface, such as a pack-and-play or bassinet.

**Call (540) 283-5050**

for information on safe sleep and opportunities to receive a free pack-and-play portable crib.

VDH VIRGINIA DEPARTMENT OF HEALTH

ROANOKE CITY and ALLEGHANY HEALTH DISTRICTS

### Car Seat Distribution and Safety Education

Hands-on technical training and distribution of convertible car seats and belt-positioning booster seats. Application required.

#### Roanoke City Health Department

1502 Williamson Rd., N.E., Roanoke, Va.

Contact: 540-204-9991

### Car Seat Safety Checks

First Tuesdays, 4 – 6 p.m. (call for appointment and location)

Second Wednesdays, 3 – 5 p.m. (Carilion Children's Tanglewood Center, 4348 Electric Rd., Roanoke, Va.)

Third Thursdays, 4 – 6 p.m. (Roanoke City Fire Station #6, 1333 Jamison Ave., S.E., Roanoke, Va.)

Free checks and adjustments by a nationally certified car seat safety technician for car seats and booster seats.

#### Carilion Children's / Safe Kids Southwest Virginia

Contact: 540-981-9435 or [jaluucas@carilionclinic.org](mailto:jaluucas@carilionclinic.org)

### Care Connection for Children

Programs that provide care coordination, community support and resources to children with special health care needs.

#### Roanoke Area Care Connection for Children

1615 Franklin Rd., S.W., Roanoke, Va.

Contact: 540-985-8470 / 866-906-2999





**MORE THAN 85% OF BRAIN DEVELOPMENT HAPPENS BEFORE THE AGE OF 5.**

Prepare your child for success in school and in life.

**SMART 2 START**  
LEARNING FROM DAY ONE

Visit [smart2start.org](http://smart2start.org) for more information or to enroll your child today!

United Way of Roanoke Valley



United Way of Roanoke Valley

**To understand your young child's needs for success, we're asking the experts. You!**

Filling out an **Ages & Stages Questionnaire** is a reliable, accurate way to check early developmental progress in your child, aged one month to 5 1/2 years. By catching delays early, we can help parents pave the way for meaningful next steps in learning, intervention, or monitoring.



Find the questionnaire at: [smart2start.org/ASQ](http://smart2start.org/ASQ).

### Child-Parent Relationship Therapy

Parenting groups teach skills to use at home to connect with your children, decrease stress and acting out behaviors, and promote healthier family relationships.

#### Family Service of Roanoke Valley

360 Campbell Ave., S.W., Roanoke, Va.  
Contact: 540-795-4653 or [fsrv.org](http://fsrv.org)

### Child Support Services

Monday – Thursday, 9 a.m. – 4 p.m.  
Friday, 9 a.m. – noon

Help with establishing and receiving financial and medical support for parents and guardians who have open or payment-processing cases.

#### Division of Child Support Enforcement

5241 Valleypark Dr., Roanoke, Va.  
Contact: 800-468-8894 or [mychildsupport.dss.virginia.gov](http://mychildsupport.dss.virginia.gov)

### Early Childhood Home Visiting Program

Monday – Friday, 8 a.m. – 5 p.m.

Monthly home visits that help families access medical services, assist with chronic disease management, and provide developmental education, kindergarten preparation and child assessment and monitoring. Eligibility requirements apply. Registration required.

#### Child Health Investment Partnership (CHIP) of Roanoke Valley

Contact: 540-857-6993 or [dana.mabry@chiprv.org](mailto:dana.mabry@chiprv.org)

### Family Storytimes

Storytime events for babies, toddlers, preschoolers and families that promote literacy skills and fun. Dates, times and locations vary. Contact your local branch for schedule.

#### Roanoke County Public Libraries

Contact: 540-772-7507 or [roanokecountyva.gov/library](http://roanokecountyva.gov/library)

### Head Start and Early Head Start

High-quality preschool, child care and family support for children ages 6 weeks to 5 years, plus prenatal education for pregnant women.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.  
Contact: 540-767-6093 or [tapintohope.org](http://tapintohope.org)

### Healthy Families

Free home visiting services for expectant and new parents.

#### Children's Trust Roanoke Valley

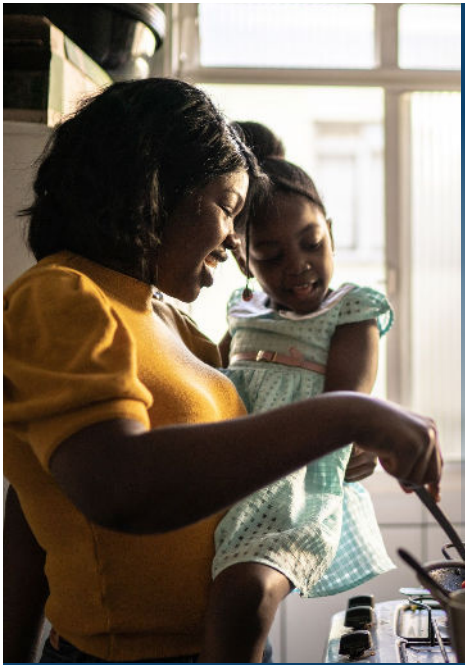
541 Luck Ave., Suite 308, Roanoke, Va.  
Contact: 540-344-3579, ext. 27

### Parent Aide

Learn to set goals for yourself and your family to create a more peaceful home. Work on skills to deal with your day-to-day life, anger management or self-esteem.

#### Family Service of Roanoke Valley

360 Campbell Ave., S.W., Roanoke, Va.  
Contact: 540-795-4653 or [fsrv.org](http://fsrv.org)



# Sickle Cell Collaborative

Sickle cell disease (SCD) affects your whole life. Carilion's Sickle Cell Collaborative can help you manage it.

Our multi-specialty medical team will treat your disease and our support teams can help you manage everything else. Best of all, our dedicated nurse practitioner and social worker are there to guide you through the process.

If you or a loved one is living with SCD, call us. We're here for you—for life.



540-526-1597 | [CarilionClinic.org](http://CarilionClinic.org)

## Positive Action and Teen Outreach Program

Programs that address self-esteem, communication, goal setting, healthy relationships and substance abuse prevention for elementary, middle and high school students.

### Family Service of Roanoke Valley

360 Campbell Ave., S.W., Roanoke, Va.  
Contact: 540-795-4652 or [fsrv.org](http://fsrv.org)

## Spring Library Events

Strengthen your mind, body and soul at Botetourt County Libraries this spring. Contact your local branch learn when you can attend a story time, sign up for computer courses and find other free and fun events for the whole family.

### Botetourt County Libraries

Contact: 540-928-2900 or [bocolibraries.info](http://bocolibraries.info)

## Star City Reads Toy Initiative

Check out toys suitable for children ages 6 months to 6 years. Toys are paired with books and help promote fine motor skills, gross motor skills, cognition and imaginative play.

### Roanoke Main Library

706 S. Jefferson St., Roanoke, Va.  
Contact: 540-853-2475 or [roanokeva.gov/892/Libraries](http://roanokeva.gov/892/Libraries)

## Stronger Parents, Brighter Futures

Building knowledge and resiliency among expectant and parenting teens and young adults (ages 16-24) through family support. Ongoing. Call for dates/times.

### Roanoke City Health Department

1502 Williamson Rd., N.E., 2nd floor, Roanoke, Va.  
Contact: 540-204-9971

## YouthHQ

School Year Hours: Monday – Friday, 3 – 5:30 p.m.

Free activities and programs for middle and high school youth. After school and summer programs available.

### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Roanoke, Va.  
Contact: 540-581-0620, option 2, or [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

## CHRONIC DISEASE MANAGEMENT AND PREVENTION

### Diabetic Management Program

Friday mornings, by appointment

One-on-one education with patients and family members on understanding diabetes, medication management, controlling and monitoring blood sugar, diet and nutrition, exercise, and more. All patients take home fresh produce from Feeding SWVA. Registration required.

### Bradley Free Clinic and Feeding Southwest Virginia

1240 Third St., S.W., Roanoke, Va.  
Contact: 540-344-5156 or [info@bradleyfreeclinic.com](mailto:info@bradleyfreeclinic.com)



### Diabetes Management Program

In-person diabetes self-management education programs and in-person/telehealth options for individualized counseling, including medical nutrition therapy. Adult and pediatric endocrinology services also offered in-person/via telehealth. Physician referral required. Financial assistance provided for qualified individuals.

#### Carilion Clinic Diabetes Management Program

1030 S. Jefferson St., Ste. G101, Roanoke, Va.  
Contact: 540-224-4360

### Diabetes Prevention Program

A year-long, free in-person support program for diabetes prevention. Physician referral required.

#### Carilion Clinic Diabetes Management Program

1030 S. Jefferson St., Ste. G101, Roanoke, Va.  
Contact: 540-224-4360

### Diabetes Prevention Program

A year-long support program for pre-diabetic individuals looking for help in preventing Type 2 diabetes. Classes are ongoing, call for times. Registration required.

#### Virginia Cooperative Extension – Roanoke

Contact: 540-772-7524

### Prevent T2

This year-long, group-based program helps individuals with prediabetes change their lifestyle by setting realistic weight-loss goals and teaching strategies for improved health.

#### New Horizons Healthcare

3716 Melrose Ave., N.W., Roanoke, Va.  
Contact: 540-362-0360, ext. 218, or [dwhitehead@newhorizonshealthcare.org](mailto:dwhitehead@newhorizonshealthcare.org)

## ENVIRONMENTAL HEALTH AND AGRICULTURE

### Community Gardening

Reserve a planting bed in one of several community gardens, located in neighborhoods across Roanoke. Scholarships are available. Garden plot comes with access to water, tools, compost and seeds. **\$30/year.**

#### Local Environmental Agriculture Project (LEAP)

1027 Patterson Ave., S.W., Roanoke, Va.  
Contact: 540-632-1360 or [info@leapforlocalfood.org](mailto:info@leapforlocalfood.org)

### Environmental Health

Help with concerns about rabies, sewage and well permits, food-borne illness, restaurant complaints, tourist establishment complaints, rodent and insect complaints, and lead investigation.

#### Roanoke City and Alleghany Health Districts

1502 Williamson Rd., N.E., 2nd floor, Roanoke, Va.  
Contact: 540-204-9764

### How to Start Your First Vegetable Garden

Thursday, April 6, 5:30 – 6:30 p.m.

Get guidance on location, design, containers and dealing with pests in your first vegetable garden. Free produce available to take home. Registration encouraged.

#### Carilion Clinic Community Health and Outreach

Morningside Urban Farm, 917 Morgan Ave., S.E., Roanoke, Va.  
Contact: 800-422-8482 / 540-266-6000 or [CarilionClinic.org/Calendar](http://CarilionClinic.org/Calendar)

### Lead Program for Lead-Based Paint

If your child has been exposed to a high level of lead, a public health nurse and officials will visit your home or any other place the child frequents to determine where they could have been exposed. They will also advise on proper diet and cleaning practices to reduce lead levels.

#### Virginia Department of Health

1502 Williamson Rd., N.E., Roanoke, Va.  
Contact: 540-204-9764

### Master Gardener Help Desk (Virtual)

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Receive free information and support for all your gardening and agricultural questions. Call to speak with a Master Gardener. Soil sample analysis also available.

#### Virginia Cooperative Extension – Roanoke

Contact: 540-776-7178

### Public Health Toxicology Program

This program assesses health hazards and contaminants in the environment such as organic compounds in the air, lead contamination in the soil, PCE in groundwater or mercury in a body of water, and offers advice on exposure.

#### Virginia Department of Health

1502 Williamson Rd., N.E., Roanoke, Va.  
Contact: 540-204-9764

### Rabies Program (Animal Confinements and Testing)

This program reviews reports of all animal bites to ensure proper procedures for confinement, releases or testing, and contacts victims of animal bites regarding rabies post-exposure treatment.

#### Virginia Department of Health

1502 Williamson Rd., N.E., Roanoke, Va.  
Contact: 540-204-9764

### Rain Barrel Workshop

Thursday, April 13, 5:30 – 7:30 p.m.

Rain barrels make it easy to collect water for your lawn, garden or indoor plants. Learn how to build your own and take it home. Free produce available to take home. Registration encouraged.

#### Carilion Clinic Community Health and Outreach / Clean Valley Council

Morningside Urban Farm, 917 Morgan Ave., S.E., Roanoke, Va.  
Contact: 800-422-8482 / 540-266-6000 or [CarilionClinic.org/Calendar](http://CarilionClinic.org/Calendar)

### Septic Systems and Wells

This program assists applicants for private sewage disposal systems and water wells, and investigates failing sewage disposal systems and contaminated wells.

#### Virginia Department of Health

1502 Williamson Rd., N.E., Roanoke, Va.

Contact: 540-204-9764

### Vector Control Program (Rodents and Insects)

Learn ways to reduce rodent harborages and feeding areas. Education and advice provided on insect infestations, such as bed bugs and roaches.

#### Virginia Department of Health

1502 Williamson Rd., N.E., Roanoke, Va.

Contact: 540-204-9764

## FINANCIAL HEALTH

### Business Advising Services

One-on-one advising, trainings, workshops and free resources for small business owners and entrepreneurs.

#### Roanoke Region Small Business Development Center (RRSBDC)

Contact: 540-632-1174 or [hello@roanokesmallbusiness.org](mailto:hello@roanokesmallbusiness.org)

### Business SEED Capital, Inc.

Micro-enterprise development program that supports entrepreneurs who want to start a business and offers technical assistance to experienced business owners.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4915 or [tapintohope.org](http://tapintohope.org)

### Business Support Services

Recruiting and screening, training and hiring incentives, and consulting services.

#### Virginia Career Works Greater Roanoke

Roanoke Center: 3601 Thirlane Rd., N.W., Ste. 2, Roanoke, Va.

Contact: 540-613-8220

Franklin Center: 50 Claiborne Ave., Rocky Mount, Va.

Contact: 540-613-6370

Covington Center: 106 N. Maple Ave., Covington, Va.

Contact: 540-483-0179

### Emergency Financial Assistance

By appointment only, Monday – Thursday, 9 a.m. – 4:30 p.m.

Financial assistance for utilities, rent, mortgage, prescriptions, heating oil and other life necessities.

#### Presbyterian Community Center

1228 Jamison Ave. S.E., Roanoke, Va.

Contact: 540-982-2911, ext. 121, or [ehurt@pccse.org](mailto:ehurt@pccse.org)

### No-Cost Financial Counseling

Free financial counseling open to anyone in the Roanoke Valley. There is never a cost for this service and no limit to the number of counseling sessions an individual may participate in. Registration required.

#### Freedom First Credit Union

Contact 540-427-6811 or visit [roanokefec.org](http://roanokefec.org) to make an appointment

### Women's Health Financial Assistance

Financial assistance for low-income, uninsured women ages 18-64 to obtain clinic visits, breast and cervical screening exams.

#### Every Woman's Life

Contact 540-985-8196 or [vdhlivewell.com/EWL](http://vdhlivewell.com/EWL)

## FOOD AND NUTRITION

### Community Meals

Breakfast: 6:30 – 8 a.m.

Lunch: 11:30 a.m. – 1 p.m.

Dinner: 4:30 – 6 p.m.

Free meals served daily, 365 days a year, to anyone. All are welcome for food and fellowship.

#### The Rescue Mission of Roanoke

402 4th St., S.E., Roanoke, Va.

Contact: 540-343-7227

### Community Solutions Center

Several food assistance programs including Food Farmacy, youth culinary classes, nutrition education classes, feeding programs and meal distribution.

#### Feeding America Southwest Virginia

2328 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-521-2242

### Feed and Read

Belmont, Raleigh Court and Williamson Rd.: Monday – Friday, 3 – 5 p.m.

Gainsboro, Main and Melrose: Monday – Friday, 2 – 4 p.m.

Snacks all day Saturdays

Free, nutritious meals for children 0-18 years old.

#### Roanoke City Public Libraries and Feeding Southwest Virginia

Contact: 540-853-2955 or [roanokeva.gov/library](http://roanokeva.gov/library)

### Food Pantries

Tuesday – Saturday, 10 – 11 a.m.

Households may visit once per week.

#### Christian Soldiers

728A Church Ave., S.E., Roanoke, Va.

Contact: 540-206-3466

Wednesdays, 11 a.m. – noon

#### Friendship House Roanoke

635 Elm Ave., S.W., Roanoke, Va.

Contact: 540-343-5437

**YOUR GROCERY STORE ON WHEELS!**  
*With sites in Roanoke, New Castle, Blacksburg, and more!*

For our calendar of events, please scan the QR code or visit our website at [feedingswva.org/MMP](http://feedingswva.org/MMP).

**Feeding SWVA is an equal opportunity provider.**

By appointment only, Monday – Thursday, 9 a.m. – 4:30 p.m.  
 No-cost groceries to prevent hunger among families facing difficult times.  
**Presbyterian Community Center**  
 1228 Jamison Ave. S.E., Roanoke, Va.  
 Contact: 540-982-2911, ext.121, or [ehurt@pccse.org](mailto:ehurt@pccse.org)

Saturdays  
 Weekly grocery box distribution program for struggling families in Roanoke.  
 Once enrolled, you may come one Saturday morning per month.  
**The Rescue Mission of Roanoke**  
 402 4th St., S.E., Roanoke, Va.  
 Contact: 540-343-7227

Mondays and Thursdays, 10 a.m. – noon  
 Must complete required forms to qualify for free USDA food. Permitted to serve each client once per month.  
**Rosalind Hills Baptist Church**  
 2712 Brandon Ave., Roanoke, Va.  
 Contact: 540-344-7888

Monday – Friday, 10 a.m. – 2 p.m.  
 Provides a week's worth of groceries to Salem, Roanoke County and Vinton residents. Clients may come once every 30 days.  
**Salem/Roanoke County Food Pantry**  
 829 Indiana St., Salem, Va.  
 Contact: 540-389-6938

Monday – Friday, 9 a.m. – noon (closed first Tuesdays)  
 Emergency groceries for Roanoke Valley individuals and families.  
**St. Francis Food Pantry/Commonwealth Catholic Charities**  
 836 Campbell Ave., S.W., Roanoke, Va.  
 Contact: 540-268-0044 or [cccfva.org](http://cccfva.org)

**Grandin Village Farmers Market**  
 Saturdays, April 15 – Nov. 18, 8 a.m. – noon  
 Open to everyone. Every \$1 spent = \$1 free on fresh fruits and vegetables with SNAP-EBT, Medicaid and WIC.  
**Local Environmental Agriculture Project (LEAP)**  
 2080 Westover Ave., S.W., Roanoke, Va.  
 Contact: 540-632-1360 or [info@leapforlocalfood.org](mailto:info@leapforlocalfood.org)

**LEAP Mobile Market**  
 Daily stops around Roanoke. Call or check website for schedule: [leapforlocalfood.org/find-food](http://leapforlocalfood.org/find-food). Open to everyone. Every \$1 spent = \$1 free on fresh fruits and vegetables with SNAP-EBT, Medicaid and WIC.  
**Local Environmental Agriculture Project (LEAP)**  
 1027 Patterson Ave., S.W., Roanoke, Va.  
 Contact: 540-632-1360 or [info@leapforlocalfood.org](mailto:info@leapforlocalfood.org)

**LEAP Online Marketplace**  
 Shop for homegrown and handmade products from trusted local farmers and food producers, all from the convenience of home. Pickup available at West End Farmers Market. Up to 50% discount for SNAP, Medicaid and WIC recipients.  
**Local Environmental Agriculture Project (LEAP)**  
 1027 Patterson Ave., S.W., Roanoke, Va.  
 Contact: 540-632-1360 or [info@leapforlocalfood.org](mailto:info@leapforlocalfood.org)

**West End Farmers Market**  
 Tuesdays, 3 – 6 p.m.  
 Open to everyone. Every \$1 spent = \$1 free on fresh fruits and vegetables with SNAP-EBT, Medicaid and WIC.  
**Local Environmental Agriculture Project (LEAP)**  
 1210 Patterson Ave., S.W., Roanoke, Va.  
 Contact: 540-632-1360 or [info@leapforlocalfood.org](mailto:info@leapforlocalfood.org)  
**NEW:** Starting May 2, market moves to the gravel lot beside the LEAP Hub (1027 Patterson Ave., S.W.).

**Women, Infants and Children (WIC)**  
 Nutrition program for pregnant women, infants and children (under age 5).  
**Roanoke City and Alleghany Health Districts**  
 1502 Williamson Rd., 2nd floor, Roanoke, Va.  
 Contact: 540-283-5050

# COMMUNITY NIGHTS

## at Morningside Urban Farm

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**April 20 – September 21, Thursdays, 6 – 7:30 p.m.**

Join us on Thursdays for your new weekly hangout spot! Enjoy free health and wellness activities for all ages—including yoga, kids activities and more—and take home free produce. Each night will also feature an educational class. Check out our spring topics:

**April 20: Fresh From the Farm – Salad Greens**

**April 27: The Food-Mood Link**

**May 4: Explore Southeast**

**May 11: Sanctuary and Meditation Gardens**

**May 18: Edible Landscape**

**May 25: Fresh From the Farm – Root Vegetables**

**June 1: Fairy Garden Adventures**

**June 8: Sound Immersion**

**June 15: Planting for Pollinators**

**June 22: A Practical Guide to Culinary Herbal Basics**

**June 29: Southeast Artist in Residence Bash**

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**Morningside Urban Farm**  
917 Morgan Ave., S.E.  
Roanoke, VA 24013

Join us at the farm for **FREE** events all season long! Find out more and register at [CarilionClinic.org/calendar](https://CarilionClinic.org/calendar) or call 800-422-8482.





## HEALTHY LIFESTYLES

### Community Nights

Thursdays, April 20 – Sept. 21, 6 – 7:30 p.m.

Come out to farm every Thursday night to enjoy free health and wellness activities for all ages. Choose from yoga, kids activities and more. Each night will also feature an educational class. Free produce available to take home.

Registration encouraged.

### Carilion Clinic Community Health and Outreach

Morningside Urban Farm, 917 Morgan Ave., S.E., Roanoke, Va.

Contact: 800-422-8482 / 540-266-6000 or [CarilionClinic.org/Calendar](http://CarilionClinic.org/Calendar)

### Medicaid Waiver Discovery Services

Support to individuals to improve social skills, behaviors, greater independence and self-management.

### Goodwill Industries of the Valleys

2502 Melrose Ave., N.W., Ste. B, Roanoke, Va.

Contact: 540-581-0620, option 2, or [goodwillvalleys.com](http://goodwillvalleys.com)

### Weight Loss Walking Group

Tuesdays in April and May, 5 – 5:30 p.m.

Weekly walks led by Carilion's bariatric and medical weight loss teams to improve mental and physical health.

### Carilion Clinic

Roanoke Greenway, Rivers Edge North (meet at the Riverside Center sign on the corner of Riverside Cir. and Reserve Ave.)

Contact: 800-422-8482 or [CarilionClinic.org/weightlosswalkinggroup](http://CarilionClinic.org/weightlosswalkinggroup)

### Wellness Rodeo

Partnership of Roanoke-area businesses and nonprofits providing free or low cost services including preventative medical care, vaccines, addiction services, housing options and healthy, affordable food. Events take place monthly at three locations, including CHIP Roanoke (1201 3rd St., S.W.), Paradise Cathedral (1301 Melrose Ave., N.W.) and Jamestown Place (1533 Pike Lane, S.E.). Call for specific dates and services.

### Queenpin Acupuncture

Contact: 540-685-2718 / 540-892-8832

## HOUSING

### Emergency Home Repair

Emergency home repairs for low-income families and disabled and elderly people.

### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4899 or [tapintohope.org](http://tapintohope.org)

### Energy Assistance Programs

This program assists low-income households in meeting immediate home energy needs, including fuel, cooling, heating and crisis assistance.

### Department of Social Services

Botetourt County DSS, 220 Commons Pkwy., Daleville, Va.

Contact: 540-591-5960 or [botetourtva.gov](http://botetourtva.gov)

Franklin County DSS, 11161 Virgil H Goode Hwy., Rocky Mount, Va.

Contact: 540-483-9247 or [franklincountyva.gov](http://franklincountyva.gov)

Roanoke City DSS, 1510 Williamson Rd., N.E., 3rd floor, Roanoke, Va.

Contact: 540-853-2591 or [roanokeva.gov](http://roanokeva.gov)

Roanoke County DSS, 220 E. Main St., Salem, Va.

Contact: 540-387-6087 or [roanokecountyva.gov](http://roanokecountyva.gov)

### Home Modification Program

Monday – Friday, 8:15 a.m. – 4:30 p.m.

Ramps, grab bars and other accessibility items for financially eligible individuals (dependent on funding availability).

### Blue Ridge Independent Living Center

1502 Williamson Rd., N.E., #B, Roanoke, Va.

Contact: 540-342-1231 or [brilc.org](http://brilc.org)

### Home Modification Program

Ramps, grab bars and other accessibility devices for residents of Franklin, Patrick, Henry and Pittsylvania Counties and cities of Danville and Martinsville.

### Disability Rights and Resource Center

300 Pell Ave., Suite A, Rocky Mount, Va.

Contact: 540-482-0752 or [drrcva.org](http://drrcva.org)

### Homelessness Prevention

Help for those most at-risk of losing their housing. Referral required from Central Intake.

### Council of Community Services

502 Campbell Ave., Roanoke, Va.

Contact: 540-985-0131 or [councilofcommunityservices.org](http://councilofcommunityservices.org)

### Housing Assistance for Persons with Disabilities

Monday – Friday, 8:15 a.m. – 4:30 p.m.

Assistance for individuals with disabilities who are homeless or who need to locate affordable accessible housing.

### Blue Ridge Independent Living Center

1502 B. Williamson Rd., N.E., #B, Roanoke, Va.

Contact: 540-342-1231 or [brilc.org](http://brilc.org)

### Housing Counseling Program

This program helps first-time homebuyers or those facing foreclosure.

### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4917 or [tapintohope.org](http://tapintohope.org)

### Is your child safe from Lead Poisoning?

No safe level of lead exposure in children has been identified. Lead exposure can seriously harm a child's health and can cause learning and behavior problems.

The City of Roanoke's Lead Safe Roanoke Program can assist Roanoke City residents with removal of lead based paint hazards. This service may include lead dust cleaning, painting, or replacement windows.

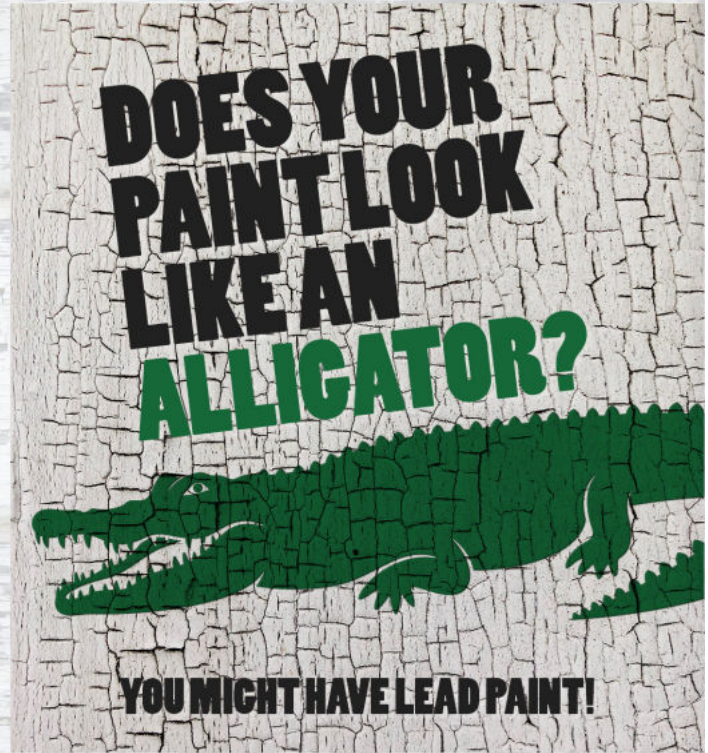
#### Eligibility Requirements:

1. You live in the City of Roanoke
2. Your home was built before 1978 and is not located in the floodplain
3. You have a child age 5 or under living in or regularly visiting the home
4. You meet income eligibility guidelines (see website)



#### Apply Today!

215 Church Ave. SW, Room 208  
(540) 853 - 5682  
LSRinfo@roanokeva.gov  
www.roanokeva.gov/leadsafe



### Housing Opportunities for Persons with AIDS (HOPWA)

Short-term rental and/or utility assistance for those who have at least one household member with HIV/AIDS, where an emergency has caused inability to meet their expenses.

#### Council of Community Services

502 Campbell Ave., Roanoke, Va.

Contact: 540-985-0131 or [councilofcommunityservices.org](http://councilofcommunityservices.org)

### Indoor Plumbing Rehabilitation Program

This loan program installs and renovates indoor plumbing to homes that lack it. Loan repayment is on a sliding scale.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4882 or [tapintohope.org](http://tapintohope.org)

### Lead Safe Roanoke

If your Roanoke City home was built before 1978 and you are pregnant or have a child age 5 or younger living there, this program will test your home for lead.

#### City of Roanoke

215 Church Ave., S.W., Room 208N, Roanoke, Va.

Contact: 540-853-5682 or [roanokeva.gov/lead-safe-roanoke](http://roanokeva.gov/lead-safe-roanoke)

### Long Term Care (Pre-Admission Screening)

Timely screening assessments for clients in need of nursing home placement, in-home services or adult daycare.

#### Roanoke City and Alleghany Health Districts

1502 Williamson Rd., N.E., 2nd floor, Roanoke, Va.

Contact: 540-204-9991

### Open Enrollment for Housing

Learn how you can qualify to become a homeowner.

#### Habitat for Humanity

3435 Melrose Ave., N.W., Roanoke, Va.

Contact: 540-344-0747, ext. 104, or [jad@habitat-roanoke.org](mailto:jad@habitat-roanoke.org)

### Rapid Re-Housing

Help for those individuals and families who are homeless and have limited resources to obtain housing on their own. Caseworker referral required.

#### Council of Community Services

502 Campbell Ave., Roanoke, Va.

Contact: 540-985-0131 or [councilofcommunityservices.org](http://councilofcommunityservices.org)

### Real Estate Development

This program builds, renovates and sells affordable, energy-efficient homes to low-income families and individuals.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4844 or [tapintohope.org](http://tapintohope.org)

### Supportive Services for Veteran Families

This program helps veterans and their families find and stay in stable, permanent housing through intensive case management and limited financial assistance.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4918 or [tapintohope.org](http://tapintohope.org)

### Terrace Apartments

Updated, energy-efficient apartments for low-income individuals or families who qualify. Accessible units available.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-343-9987 or [tapintohope.org](http://tapintohope.org)

### Weatherization Program

This program helps reduce the cost of heating and cooling homes by making them more energy efficient.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4899 or [tapintohope.org](http://tapintohope.org)

## INTIMATE PARTNER VIOLENCE

### Domestic Violence Services

Assistance with crisis intervention, safety planning, emergency and transitional housing, outreach counseling, case management, court advocacy/accompaniment/legal assistance, awareness presentations and support groups for domestic violence victims.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-283-4813 / 540-580-0775 (after hours) or [tapintohope.org](http://tapintohope.org)

### Sabrina's Place

Supervised visitation and safe exchange center that helps prevent violence between family members during child exchange or visitation. Services provided to promote healthy interactions and prevent victimization of parents and children.

#### Total Action for Progress (TAP)

302 2nd St., S.W., Roanoke, Va.

Contact: 540-777-3799 or [tapintohope.org](http://tapintohope.org)

### Sexual Assault Crisis Center

Crisis counseling, individual/group/family counseling and advocacy for sexual violence survivors. All services are free, confidential and voluntary.

#### SARA (Sexual Assault Response and Awareness)

3034 Brambleton Ave., S.W., Roanoke, Va.

Contact: 540-345-7273 (office) or 540-981-9352 (24/7 crisis hotline)

## MENTAL HEALTH, SUBSTANCE ABUSE AND RECOVERY

For mental health and substance abuse emergencies, call 911.

### Adult Counseling and Services

Help for individuals and couples, survivors of childhood sexual abuse or domestic violence and those facing grief and loss, as well as anger management, interpreter services, personal affairs management and guardianship support.

#### Family Service of Roanoke Valley

360 Campbell Ave., S.W., Roanoke, Va.

Contact: 540-795-4653 or [fsrv.org](http://fsrv.org)

### Avenues to Wellness

Substance abuse assessment and counseling for adolescents, adults and their families.

#### Avenues to Wellness

16 Walnut Ave., Roanoke, Va.

Contact: 540-345-6468 or [avewell.com](http://avewell.com)

### Behavioral Health Services

By appointment, Monday – Friday, 9 a.m. – 5 p.m.

Help for people to improve their coping abilities through life's changing circumstances. Volunteer behavioral health providers, psychiatrists and counselors work to assess, diagnose and prescribe medications to help with behavioral health conditions. Registration required.

#### Bradley Free Clinic

1240 Third St., S.W., Roanoke, Va.

Contact: 540-344-5156 or [info@bradleyfreeclinic.com](mailto:info@bradleyfreeclinic.com)

### Community Counseling and Day Treatment

Child and family counseling, including individual or group therapy, for those struggling with day-to-day situations, changes in the family or emotional needs.

#### Family Service of Roanoke Valley

360 Campbell Ave., S.W., Roanoke, Va.

Contact: 540-795-4653 or [fsrv.org](http://fsrv.org)

### Essential Soul Series

Fridays, May 12 and June 9, 7 – 8 p.m.

This series offers chances to reflect on your healing journey through the arts. Come share original work, including visual art, creative writing, poetry, movement or music. Free produce available to take home. Registration encouraged.

#### Carilion Clinic Community Health and Outreach

Morningside Urban Farm, 917 Morgan Ave., S.E., Roanoke, Va.

Contact: 800-422-8482 / 540-266-6000 or [CarilionClinic.org/Calendar](http://CarilionClinic.org/Calendar)

### **Grief and Loss Services**

A variety of therapeutic supportive services available to specific groups such as individuals, spouses, teens, caregivers and families experiencing grief. Counselors provide resources, awareness, education and the integration of alternative healing arts. Registration required.

#### **Carilion Clinic Center for Grief and Healing**

Contact: 540-853-0007 or [CarilionClinic.org/grief](http://CarilionClinic.org/grief)

### **HOPE Initiative**

Monday – Friday, 9 a.m. – 5 p.m.

Assistance for individuals battling substance use disorders seeking addiction treatment and recovery resources. Certified peer recovery specialists provide resources for treatment and recovery programs and assist with the application process. Drop-in or make an appointment.

#### **Bradley Free Clinic**

1240 Third St., S.W., Roanoke, Va.

Contact: 540-339-9010, option 3 (peer recovery specialist)

### **Mother Up**

Empowering pregnant women and mothers to overcome substance abuse disorders through counseling and life-stabilizing treatments.

#### **Children's Trust and Carilion Clinic**

Contact: 540-981-8181 / 800-284-8898 or [mother-up.org](http://mother-up.org)

### **NAMI Basics**

Free, six-week education program for parents and family caregivers of children and teens who have been diagnosed with or are experiencing symptoms of mental illness.

#### **NAMI Roanoke Valley**

Contact: 540-977-3470 or [namiroanokevalley@gmail.com](mailto:namiroanokevalley@gmail.com)

### **NAMI Family-to-Family Classes**

Free, 12-session educational program for family, significant others and friends of people living with mental illness.

#### **NAMI Roanoke Valley**

Contact: 540-977-3470 or [namiroanokevalley@gmail.com](mailto:namiroanokevalley@gmail.com)

### **National Prescription Drug Take Back Day**

Saturday, April 22, 10 a.m. – 2 p.m.

Turn in expired or unused medications to be disposed of by local law enforcement officers in an environmentally safe way. Free and anonymous.

Contact: 540-853-0905 or visit [dea.gov/takebackday](http://dea.gov/takebackday) to find a collection site near you

### **Office-Based Opioid Treatment Services**

Program offering a combination of FDA-approved Medication Assisted Treatment, group and individual therapy, and care management services to help individuals achieve recovery from opioid use disorders. By appointment only.

#### **New Horizons Healthcare**

Contact: 540-595-9525, ext. 424 (care coordinator) / 540-362-0360, ext. 264 (case manager)

### **PACE to Recovery**

A continuum of care for patients with substance use disorders in the West Piedmont service area (city of Martinsville and the counties of Henry, Franklin and Patrick).

#### **Piedmont Community Services**

Contact: 276-638-7337 / 540-493-1535

### **Peer Mentoring**

Monday – Friday, 8:15 a.m. – 4:30 p.m.

Mentoring for persons with disabilities by persons with disabilities.

#### **Blue Ridge Independent Living Center**

1502 Williamson Rd., N.E., #B, Roanoke, Va.

Contact: 540-342-1231 or [brilc.org](http://brilc.org)

### **Peer Support Services**

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Connect with a peer support specialist for mental health and/or substance use support, or meet with a community health worker for assistance in meeting health goals or accessing resources.

#### **Carilion Clinic Community Health and Outreach**

1202 Third St., S.W., Roanoke, Va.

Contact: 540-983-4053 to make an appointment

### **Project Link**

This program is for pregnant women and women with children under 5 seeking help recovering from substance abuse.

#### **Blue Ridge Behavioral Health**

Contact: 540-266-9200, ext. 3275 / ext. 3223

### **REVIVE! Training: Opioid Overdose and Naloxone Education**

In-Person: Second Thursdays, 5:30 – 7:00 p.m.

Online via Google Meet: Third Tuesdays, noon – 1:30 p.m.

Lay rescuer training teaches how to recognize and respond to opioid overdoses and administer naloxone.

#### **Roanoke City and Alleghany Health Districts**

1502 Williamson Rd., N.E., 2nd floor, Roanoke, Va.

Contact: 540-613-6597

### **Roanoke Valley Mental Health Hotlines**

If you or someone you know is in distress and needs mental health services, call any of the following hotlines for assistance:

- 988 Suicide and Crisis Lifeline (24/7): 988
- Blue Ridge Behavioral Health 24 Hour Crisis Services: 540-981-9351
- Carilion Connect: 540-981-8181 / 800-284-8898
- Girls & Boys Town National Hotline: 800-448-3000
- LewisGale RESPOND: 800-541-9992
- National Hopeline Network: 800-SUICIDE
- National Youth Crisis Hotline: 800-442-HOPE (4673)



### **The Way Forward Residential Recovery Program**

For men and women seeking to break free of drug and alcohol addiction through coaching, spiritual guidance and education.

#### **The Rescue Mission of Roanoke**

402 4th St., S.E., Roanoke, Va.

Contact: 540-777-7675 or [rescuemission.net](http://rescuemission.net)

## **OLDER ADULT HEALTH**

### **AARP Chapter Meetings**

Second Wednesdays, 11 a.m. – 1 p.m.

Speakers will share ideas and suggestions to empower seniors with daily tasks.

#### **Franklin County Office of Aging**

Essig Recreation Center, 295 Technology Dr., Rocky Mount, Va.

Contact: 540-483-9238

### **Care Coordination and Care Transitions**

A health coach will work with clients discharged from the hospital to locate services to return to their homes in the community.

#### **Local Office on Aging**

Contact: 540-345-0451

### **Diners Clubs**

This program is for senior citizens who are not homebound and can meet at a central location to enjoy an activity, a hot nutritious meal and the company of others.

#### **Local Office on Aging**

Contact: 540-345-0451 for details and locations

### **Franklin County Office of Aging Support Groups**

Offering support groups for caregivers, Alzheimer's, grief and more in the Franklin County area. Meeting times vary.

#### **Franklin County Office of Aging**

Essig Recreation Center, 295 Technology Dr., Rocky Mount, Va.

Contact: 540-483-9238

### **A Matter of Balance—LOA**

This award-winning program helps older adults reduce the fear of falling and increase their physical activity.

#### **Local Office on Aging**

Contact: 540-345-0451 / 888-355-6222

### **Meals on Wheels**

Meals are delivered Monday – Friday (except national holidays and inclement weather) to homebound seniors ages 60+.

#### **Local Office on Aging**

Contact: 540-345-0451



# **ADVANCING HEALTH CARE**

*Explore Over  
120 Clinical Trials*

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**[CarilionClinic.org/clinicaltrials](http://CarilionClinic.org/clinicaltrials)**






**CARILION CLINIC**  
RESEARCH AND DEVELOPMENT

# MEDICAID/FAMIS ENROLLEES:

YOU MAY NEED TO ACT SOON TO KEEP YOUR HEALTH COVERAGE.

## Medicaid renewals restarted in March 2023.

Annual renewals were paused in March 2020 and will begin again in March 2023. Virginia Medicaid will try to contact all enrollees between March 2023 and April 2024. Make sure the state knows how to reach you with important information about your coverage. You can update your phone number and mailing address:

- 1 Online at **CommonHelp.virginia.gov** 
- 2 By calling Cover Virginia at **833-5CALLVA** (TTY: 1-888-221-1590) 
- 3 By calling your local **Department of Social Services** 

- ✓ Check your mail every day and look out for important information about your Medicaid coverage.

You will receive either a notice saying your coverage has been automatically renewed or a renewal form asking for more information that will help the state determine if you are still eligible — you must complete the renewal or your coverage will end. Once you submit the form, the state will send you a notice telling you if you are still eligible or not.



- ✓ Pay attention to deadlines. You will have 30 days from the mailing date to submit the information.

You can complete your renewal online at [CommonHelp.virginia.gov](https://CommonHelp.virginia.gov), over the phone with Cover Virginia at 1-855-242-8282, or by mailing it to the address on the form or returning it to your local DSS. If you miss the deadline and your coverage ends, you can still submit it within 90 days — your coverage will be reinstated if you are still eligible. You will have to complete a new application if you miss the 90 day window. Medicaid applications are accepted year round.



- ✓ If you need help with the renewal or if you lose coverage for any reason, contact a navigator for help.

A navigator can help you review your options and reapply for Medicaid or transition to new health coverage. Don't wait! You will have a limited time period to enroll in alternative coverage, like a Marketplace plan or your employer's health plan.



**ENROLL**  
**VIRGINIA!**

Contact your local Enroll Virginia navigator for free, unbiased help with your health coverage options.



Lois Caliri

540-613-1696

*Enroll Virginia is supported by the Virginia State Corporation Commission and the Virginia Health Benefit Exchange, in accordance with the provisions of Va. Code § 38.2-6513(B). The contents provided are solely the responsibility of the authors.*

# WHAT DO YOU KNOW ABOUT OUR FAMILY PLANNING SERVICES?

The Family Planning program provides you with the ability to decide whether to have children and if so, how many and how far apart to space them.



A broad range of effective family planning birth control methods and services are available, including contraception, gynecological exams, infertility education, natural family planning, counseling, and family planning education for adults and teens.

We accept some insurance plans. No insurance?  
We can provide free or sliding-scale services based on your income.



**Call us for an appointment!**

**Alleghany County / Covington**  
321 East Beech Street • Covington, VA 24426  
(540) 962-2173

**Botetourt County**  
21 Academy Street • Fincastle, VA 24090  
(540) 666-4275

**Clifton Forge**  
322 Jefferson Avenue • Clifton Forge, VA 24422  
(540) 962-2173

**Craig County**  
161 Main Street • New Castle, VA 24127  
(540) 864-5136

**Roanoke City**  
1502 Williamson Road • Roanoke, VA 24012  
(540) 283-5050

**Salem**  
105 East Calhoun Street • Salem, VA 24153  
(540) 387-5530

**Vinton**  
227 South Pollard Street • Vinton, VA 24179  
(540) 857-7800

**¿Habla Español?**  
**(540) 204-9998**

## Senior Care Services

Medical services for ages 55+, including personal care, transportation, medicines, adult day center, therapy, medical supplies, dental and vision care.

### InnovAge PACE

1606 Lynchburg Turnpike, Salem, Va.

Contact: 540-682-3851 or [mboyes@myinnovage.com](mailto:mboyes@myinnovage.com)

## Senior Food Boxes

Eligible senior citizens can receive a monthly food package consisting of the five major food groups and a loaf of bread from the Feeding SWVA food bank.

### Local Office on Aging

Contact: 540-345-0451

## SUPPORT GROUPS

### BRAIN INJURY

#### Brain Injury Support Group

Third Thursdays, 7 p.m.

Meeting for caregivers and survivors.

#### Brain Injury Services of Southwest Virginia

Carilion Roanoke Community Hospital, 101 Elm Ave., S.W., Roanoke, Va.

Contact: 540-344-1200

## CANCER

### Breast Cancer Support Groups

First and third Tuesdays, 6:30 – 8 p.m.

#### Carilion Clinic Breast Care Center, Diagnostic Center

102 Highland Ave., Ste. 202, Roanoke, Va.

Contact: 540-224-6939 / 540-266-6000 / 800-422-8482

Second Mondays, 6:30 p.m.

### The Discovery Shop

400 Scruggs Rd., Moneta, Va.

Contact: [ron1843@aol.com](mailto:ron1843@aol.com)

### Cancer Caregiver Support

Third Wednesdays, 2 – 3:30 p.m.

For caregivers helping patients experiencing cancer treatment. Participants explore their feelings and concerns with others on a similar journey.

Registration required.

#### Carilion Clinic Cancer Center/Blue Ridge Cancer Care

2013 S. Jefferson St., 2nd floor, Roanoke, Va.

Contact: 540-981-7377, ext.2, or 520-982-0237, ext. 1700, or

[CarilionClinic.org/grief](http://CarilionClinic.org/grief)

### **Cancer Support Group**

Second Tuesdays, 2 – 3:30 p.m.

Open to patients, survivors, caregivers and others who will benefit from group support by sharing struggles and victories with others.

#### **Carilion Clinic Cancer Center/Blue Ridge Cancer Care**

2013 S. Jefferson St., Roanoke, Va.

Contact: 540-981-7377 or 520-982-0237

### **Cancer Survivorship Socials**

Skin, Bone and Brain Cancer: Thursday, April 6, 5 – 6:30 p.m.

Gastrointestinal and Hepatobiliary Cancer: Thursday, May 4, 5 – 6:30 p.m.

Prostate and Genitourinary Cancer: Thursday, June 1, 5 – 6:30 p.m.

Informal group for cancer survivors to find friendships and support one another through the challenges that follow active treatment. Light refreshments provided.

#### **Carilion Clinic**

SpringHill Suites, 301 Reserve Ave., Roanoke, Va.

Contact: 540-526-1160

### **Men's Cancer Support Group**

First Wednesdays, 6 p.m.

Build a support system with other men living with cancer.

#### **Trinity Ecumenical Parish**

40 Lakemount Dr., Moneta, Va.

Contact: 540-297-5530 / 540-721-4330 or [tami@trinityecumenical.org](mailto:tami@trinityecumenical.org)

## **CHRONIC DISEASE**

### **Alzheimer's/Dementia Caregivers Support Group**

First Mondays, 2 p.m.

Discussions, speakers and information from the Alzheimer's Association for caregivers of family and friends with Alzheimer's or dementia.

#### **Trinity Ecumenical Parish**

40 Lakemount Dr., Moneta, Va.

Contact: 540-297-5530 / 540-721-4330 or [tami@trinityecumenical.org](mailto:tami@trinityecumenical.org)

### **Better Breathers Group**

For chronic lung disease patients and their families. Call for days and times meetings are held.

#### **Carilion Clinic**

Third Floor Community Room, 2001 Crystal Spring Ave., S.W., Roanoke, Va.

Contact: 540-981-7619 / 540-266-6000 / 800-422-8482

### **Families and Caregivers of Alzheimer's Disease**

Call for meeting information near you.

#### **Alzheimer's Association – Central and Western Virginia Chapter**

Contact: 540-345-7600

### **Mutiple Sclerosis (MS) Support Group**

First Wednesdays, noon

Build a support system with others by sharing information about MS.

#### **Resurrection Catholic Church**

15353 Moneta Rd., Moneta, Va.

Contact: 540-297-5530 / 540-721-4330 or [tami@trinityecumenical.org](mailto:tami@trinityecumenical.org)

### **Parkinson's Caregiver Support Group**

Second Fridays, 10 – 11 a.m.

Share ideas and challenges as you care for your loved one with Parkinson's.

#### **Colonial Avenue Baptist Church**

4165 Colonial Ave., Roanoke, Va.

Contact: 540-772-0726

### **Sickle Cell Warriors Support Group**

Last Fridays, 3 p.m.

#### **Carilion Clinic Sickle Cell Collaborative**

Roanoke EnVision Center, 2607 Salem Tpke., Roanoke, Va.

Contact: 540-526-1597

### **Support Group for Dementia Patients and Their Caregivers**

Third Thursdays, 3 p.m.

#### **Carilion Clinic Center for Healthy Aging**

2001 Crystal Spring Ave., Ste. 302, Roanoke, Va.

Contact: 540-981-7653 / 540-266-6000 / 800-422-8482

### **Support Group Meeting for Multiple Myeloma Patients**

Third Saturdays, 10 a.m. – noon

#### **Our Lady of Nazareth Church**

2505 Electric Rd., Roanoke, Va.

Contact: 540-761-9770 / 540-343-1920

## **DISABILITIES**

### **Support Groups for Persons with Disabilities**

Monday – Friday, 8:15 a.m. – 4:30 p.m.

Recreational activities, mutual encouragement and assistance in identifying and addressing personal and local issues for persons with disabilities.

#### **Blue Ridge Independent Living Center**

1502 Williamson Rd., N.E., #B, Roanoke, Va.

Contact: 540-342-1231 or [bric.org](http://bric.org)

## **GRIEF AND LOSS**

### **Grief and Loss Support Groups**

Therapeutic support groups for individuals experiencing grief related to cancer, illness or loss of a parent, spouse or child. Registration required.

#### **Carilion Clinic Center for Grief and Healing**

Contact: 540-853-0007 or [CarilionClinic.org/grief](http://CarilionClinic.org/grief)



# Many Roles One Mission

## Emergency Shelter

Hope often begins with a step from crisis to safe shelter.



Each night, the Rescue Mission provides a safe haven to individuals and families in crisis. We first tend to the most basic needs:

food and shelter. In addition, hot showers, laundry, and personal hygiene items are available to all guests.

Guests receive intensive case management services that assist with transitioning to independent housing.

Intakes are daily for our men, women, and family shelter.

## Meals

A plate of good food, served with a joyful heart in the name of Christ, can be the first step towards healing, recovery, and wholeness.



### Community Meal Times:

- Breakfast 7:30am-8:00am
- Lunch 12:15pm-1:00pm
- Dinner 5:15pm-6:00pm

The Mission serves breakfast, lunch, and dinner 365 days a year.

## MANNA Food Pantry



Manna is a drive-thru, grocery box distribution program.

Registration is open to all. Come to the Rescue Mission Saturday mornings between 8 – 10am to enroll.

Each food box contains approximately 60 pounds of food including, non-perishable food staples, fresh produce and frozen meats. Dog and cat food is available for the pets in the family.

Once enrolled, you may come to the Mission one Saturday morning each month between 8am – 10am.

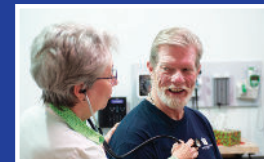


## The G. Wayne Fralin Free Clinic for the Homeless

Serves individuals currently experiencing homelessness and those transitioning into permanent housing in the Roanoke Valley.

### SERVICES OFFERED

- Primary and Preventative Care
- Behavioral Health Services
- Medication Assistance
- Dental Care
- Vision Care



Call (540) 777-7671 to make an appointment



G. Wayne Fralin  
**Free Clinic**  
for the Homeless

321 Tazewell Ave. SE,  
Roanoke, VA 24013

For more about the Rescue Mission visit [RescueMission.net](http://RescueMission.net)



402 4th Street, SE  
Roanoke, VA 24013  
(540) 343-7227

## The Way Forward Program

A holistic, substance use disorder treatment program equipping individuals to "Live Recovery"

- Individualized Recovery Plans
- Community engagement
- Biblical and evidence-based classes
- Vocational support and training
- 12-15 month, residential program



**THE WAY FORWARD**  
Recovery at the Rescue Mission

For more information  
call (540) 343-7227

### **Perinatal/Infant Loss Support Group**

Support for women who have experienced a pregnancy loss, still birth, or loss of an infant up to one year of age.

#### **Carilion Clinic Center for Grief and Healing**

Contact: 540-266-6000 / 800-422-8482 or [CarilionClinic.org/grief](http://CarilionClinic.org/grief)

### **LGBTQ+**

#### **TransParent Support Group**

Second Tuesdays, 6:30 – 8 p.m.

For families and guardians of transgender, non-binary and gender-diverse children.

#### **The Diversity Center**

425 Campbell Ave., S.W., Roanoke, Va.

Contact: 540-900-4732 or [roanoke.va@transparentusa.org](mailto:roanoke.va@transparentusa.org)

### **MENTAL HEALTH**

#### **NAMI-RV Family Support Group**

Fourth Tuesdays, 7 p.m.

For family members and caregivers of adults with mental illness.

#### **First Baptist Church, Family Life Center**

Phelps Hall, 515 3rd St., S.W., Roanoke, Va.

Contact: 540-977-3470 or [namiroanokevalley@gmail.com](mailto:namiroanokevalley@gmail.com)

### **SUBSTANCE ABUSE AND RECOVERY**

#### **Al-Anon**

For families and friends of alcoholics. Meetings are scheduled at varying times and locations throughout the region.

#### **Roanoke & Alleghany Highlands Al-Anon Family Groups**

Contact: 540-387-5005 or [roanokeafg.org](http://roanokeafg.org)

#### **Alcoholics Anonymous**

Meetings are scheduled at varying times and locations throughout the region.

#### **Roanoke Valley Intergroup**

3451 Brandon Ave., S.W., Roanoke, Va.

Contact: 540-343-6857 or [aaroanoke.org](http://aaroanoke.org)

#### **Nar-Anon**

For families and friends of addicts. Meetings are scheduled at varying times and locations throughout the region.

#### **Nar-Anon Family Groups**

Contact: [nar-anon.org](http://nar-anon.org)

#### **Narcotics Anonymous**

Meetings scheduled at varying times and locations throughout the region.

#### **Roanoke Valley Area of Narcotics Anonymous**

Contact: [roanokena.com/meetings](http://roanokena.com/meetings)

## **TRANSPORTATION**

### **Assisted Transportation**

Assisted transportation for seniors 60 and older who need to be accompanied to medical appointments. The senior must qualify to be a care coordination client.

#### **Local Office on Aging**

Contact: 540-345-0451

### **STAR Transit**

Monday – Saturday, 5:45 a.m. – 8:45 p.m. (except national holidays or inclement weather)

This service of Valley Metro is operated by RADAR to provide transportation to individuals with disabilities who are unable to ride a Valley Metro bus. Call to apply for services.

Contact: 540-982-2222

### **Star Line Trolley**

Monday – Friday

7 a.m. – 7 p.m., service every 20 minutes

10 a.m. – 2 p.m., service every 10 minutes

Free service between downtown Roanoke and Carilion Roanoke Memorial Hospital.

### **Valley Metro Bus Lines**

Times and routes vary. Call or visit the website to confirm your route.

Contact: 540-982-2222 / 800-388-7005 or [valleymetro.com](http://valleymetro.com)

### **Vital Services Transportation**

This program provides volunteer drivers, taxis or van service to low-income individuals 60 or older who have an emergency need for transportation to a doctor, pharmacy, grocery store or other critical appointments.

#### **Local Office on Aging**

Contact: 540-345-0451

**Setting goals is a great way to challenge yourself to make healthy lifestyle changes. Use the information in Easy Health with this SMART goal worksheet to set yourself up for success!**



**SPECIFIC**

What is your goal?



**MEASURABLE**

How will you keep track of your progress?



**ATTAINABLE**

How will you achieve your goal? Make a plan!



**RELEVANT**

How will this goal help you?



**TIMELY**

When will you achieve this goal?



My goal is \_\_\_\_\_  
\_\_\_\_\_

e.g., To drink more water! I will aim for six cups per day.



I will track my progress by \_\_\_\_\_  
\_\_\_\_\_

e.g., Logging how many glasses I drink each day in my phone or planner.



I will achieve this goal by \_\_\_\_\_  
\_\_\_\_\_

e.g., Setting an alarm every two hours to remind myself to drink water and keeping a clear water bottle with me.



This goal helps me because \_\_\_\_\_  
\_\_\_\_\_

e.g., I will be healthier, have more energy and improve my skin.



I will complete this goal by \_\_\_\_\_  
\_\_\_\_\_

e.g., I will complete this by March 1st.

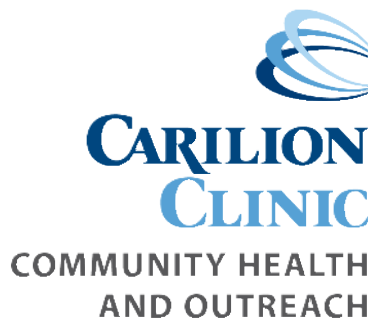
# Need more help finding resources?

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*get connected!*



Get information on local resources and services in your area. Call 2-1-1 or visit [221.org](http://221.org) to get started.



A community health worker can work one-on-one with you to set goals and locate resources to help you achieve them. For more information, call 540-983-4053.