2018 COMMUNITY RESOURCE GUIDE
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Emergency & Crisis Assistance

**Law Enforcement**

- Bristol Va. Police Department
  - http://www.bristolva.org/155/Police-Department
  - 276-645-7400
- Buchanan County Sheriff’s Office
  - 276-935-2313
- Dickenson County Sheriff’s Office
  - 276-926-1600
- Russell County Sheriff’s Office
  - Honaker Police Department
  - 276-873-5297
  - Lebanon Police Department
  - 276-889-7228
- Clintwood Police Department
  - 276-926-8710
- Virginia State Police
  - http://www.vsp.state.va.us/
  - 800-542-8716
- Buchanan County Department of Social Services - Child Protective Services
  - 276-645-7450
- Dickenson County Department of Social Services - Child Protective Services
  - 276-926-1616
- Russell County Department of Social Services - Child Protective Services
  - 276-889-8051
- Washington County Department of Social Services - Child Protective Services
  - 276-623-2661

**Child Protective Services**

- Bristol Va. Department of Social Services - Child Protective Services
  - 276-645-7450
- Buchanan County Department of Social Services - Child Protective Services
  - 276-935-6567
- Dickenson County Department of Social Services - Child Protective Services
  - 276-926-1616
- Russell County Department of Social Services - Child Protective Services
  - 276-889-3031
- Washington County Department of Social Services - Child Protective Services
  - 276-623-2661

**Court Systems**

- Bristol Va. Court System
  - General District Court
    - 276-645-7341
  - Circuit Court
    - 276-645-7321
  - Juvenile & Domestic Relations Court
    - 276-645-7325
- Dickenson County Court System
  - General District Court
    - 276-926-1630
  - Circuit Court
    - 276-926-1616
  - Juvenile & Domestic Relations Court
    - 276-926-1630
- Washington County Court System
  - General District Court
    - 276-676-6279
  - Circuit Court
    - 276-676-6224
  - Juvenile & Domestic Relations Court
    - 276-676-6282
- Buchanan County Court System
  - General District Court
    - 276-935-6526
  - Circuit Court
    - 276-935-6567
  - Juvenile & Domestic Relations Court
    - 276-935-6526
- Russell County Court System
  - General District Court
    - 276-889-8051
  - Circuit Court
    - 276-889-8023
  - Juvenile & Domestic Relations Court
    - 276-889-8051
Domestic Violence / Protective Services

Abuse Alternatives
104 Memorial Dr., Bristol TN 37620
423-764-2287 (Central Office)
276-628-6940 (Washington Co. Outreach)
http://www.abusealternativesinc.org/
Domestic violence intervention program that provides a domestic violence hotline, emergency shelter, advocacy, outreach, and children’s services. The program also operates a court ordered batterer’s intervention program.

The Bristol Crisis Center
100 Oakview Avenue, Bristol, VA 24201
Hotline- 276-466-2312 or 276-466-2218
http://www.crisiscenterinc.org/
A 24-hour telephone hotline, information and referral service. Includes children’s hotline, walk in individual and family crisis intervention and community education programs.

The Children’s Advocacy Center
21451 Sugar Hollow Dr., Bristol VA 24202
276-645-5867
http://highlandscsb.org/cac/
This program provides a child friendly, safe environment for child abuse victims to be interviewed during case investigations, receive crisis intervention counseling, and benefit from coordination of services by a multidisciplinary team of agency professionals.

Highlands Community Services
610 Abingdon, VA 24202
276-525-1550
http://highlandscsb.org/
Specialized task force that provides services to those effected by domestic violence.

The Children’s Advocacy Center
21451 Sugar Hollow Dr., Bristol VA 24202
276-645-5867
http://highlandscsb.org/cac/
This program provides a child friendly, safe environment for child abuse victims to be interviewed during case investigations, receive crisis intervention counseling, and benefit from coordination of services by a multidisciplinary team of agency professionals.

HOPE HOUSE
Maternity Home & Crisis Pregnancy Resource Center
P.O. BOX 5821, Kingsport, TN 37663
(423) 946-9593
Offers emergency shelter, food and clothing for abuse victims. 24-hour hotline coverage for support, information, and referrals

People Incorporated Community Services
Court Appointed Special Advocates (CASA)
800 Martin Luther King, Jr. Blvd., Bristol VA 24201
276-591-1431
http://www.peopleinc.net/
CASA provides trained volunteers who represent the best interests of abused or neglected children as court assigned advocates.

Crisis Assistance & Support Groups

Alcoholics Anonymous
Support Group Meetings for individuals suffering from alcoholism. Go to the state website to locate a meeting that meets your needs.
https://aavirginia.org/meetings?d=1&v=list

Breast Cancer Support Group
201 Crockett St, Bristol VA 24201
276-669-6030
Provide emotional support, caring information and resources for persons who have or have had breast cancer.

The Bristol Crisis Center
100 Oakview Avenue, Bristol, VA 24201
Hotline- 276-466-2312 or 276-466-2218
http://www.crisiscenterinc.org/
Support Groups for victims of sexual assault, TLC Awareness-Support for ADHD, Autism or other special needs. Contact James Almaroad 276-466-2218

Christian Grief Support Group
Shady Grove United Methodist Church, Abingdon VA
276-628-3092 or 628-8981
**Community Grief Support Group**
Provides support for those grieving the loss of a loved one.
Farris Funeral Home, Abingdon VA: 276-623-2727
http://www.farrisfuneralservice.com/grief-support/overview

**Domestic Violence Support Group**
Support Group for women who are victims of Domestic Violence. Strict Confidentiality observed.
Shady Grove United Methodist Church, Abingdon, VA 276-628-3092 or 628-8981

**Health Support Groups**
Various support groups offered through MSHA
https://www.mountainstateshealth.com/classes-and-programs/support-groups

**Highlands Community Services**
Support Group for parents of children with autism
autismawareness5K2014@gmail.com
http://highlandscsb.org/

**Hospice Support Services of Washington Co. VA**
Hospice support services for terminally ill patients.
Some services provided include respite care, transportation, meal preparation, and household tasks.
276-676-7220

**Hospices**
Provides support for those grieving the loss of a loved one as well as spiritual care.
Bristol 423-245-1284  Kingsport 423-844-5258
http://www.wellmont.org/Medical-Services/Hospice/Hospice/

**La Leche League of Bristol**
Provides support for mothers either breastfeeding their child or pregnant.
423-764-1548
www.lllmountainempire.org

**Parenting a Child with ADHD**
Support services for caretakers of children diagnosed with ADHD
Bristol Family Resource Center, Bristol VA
Contact Susan Murray  276-645-3765
http://www.bristolva.org/378/Bristol-Family-Resource-Center

**Narcotics Anonymous**
A 12-step program for individuals suffering from drug dependency.
St. Thomas Episcopal Church, Abingdon VA: 276-628-3606
Memorial Methodist Church, Lebanon VA:
276-889-2721  http://www.naws.org

**National Council on Alcoholism and Drugs**
Provides support to individuals suffering from alcohol and drug addiction
https://ncadd.org/

**Parenting a Child with ADHD**
Support services for caretakers of children diagnosed with ADHD
Bristol Family Resource Center, Bristol VA
Contact Susan Murray  276-645-3765
http://www.bristolva.org/378/Bristol-Family-Resource-Center

**Resources for the Deaf and Hard of Hearing**
VA Dept for Aging and Rehabilitative Services
276-676-5565  https://www.vadars.org/

**Wellmont Hospice**
Provides support for those grieving the loss of a loved one as well as spiritual care.
Bristol 423-245-1284  Kingsport 423-844-5258
http://www.wellmont.org/Medical-Services/Hospice/Hospice/
<table>
<thead>
<tr>
<th>Information Helplines</th>
<th>Phone Number</th>
<th>Description</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS Hotline-National</td>
<td>1-800-342-AIDS</td>
<td>Food Stamp Hotline</td>
<td>1-800-552-3431</td>
</tr>
<tr>
<td>AIDS Hotline-Virginia</td>
<td>1-800-533-4148</td>
<td>Hospice Foundation</td>
<td>1-800-854-3402</td>
</tr>
<tr>
<td>Alcohol and Drug Information</td>
<td>1-800-662-4357</td>
<td>Hospital Hospitality Houses</td>
<td>1-800-542-9730</td>
</tr>
<tr>
<td>Alcohol and Drug Referral Service</td>
<td>1-800-821-4357</td>
<td>International Dyslexia Association</td>
<td>1-800-ABC-D123</td>
</tr>
<tr>
<td>Allergy and Asthma Network</td>
<td>1-800-878-4403</td>
<td>Int Association of Eating Disorders</td>
<td>1-800-800-8126</td>
</tr>
<tr>
<td>American Cancer Information</td>
<td>1-800-525-3777</td>
<td>Logisticare</td>
<td>1-866-386-8331</td>
</tr>
<tr>
<td>American Council of the Blind</td>
<td>1-800-424-8666</td>
<td>Medicare</td>
<td>1-800-638-6833</td>
</tr>
<tr>
<td>American Mental Health Counselors</td>
<td>1-800-326-2642</td>
<td>Medicaid/FAMIS</td>
<td>1-800-638-6833</td>
</tr>
<tr>
<td>American Speech-Language-Hearing</td>
<td>1-800-638-8255</td>
<td>National Hispanic Prenatal Hotline</td>
<td>1-800-504-7081</td>
</tr>
<tr>
<td>Ask a Nurse—Wellmont</td>
<td>1-877-230-6877</td>
<td>National Poison Help Line</td>
<td>1-800-222-1222</td>
</tr>
<tr>
<td>Attention Deficit Disorder Association</td>
<td>1-800-939-1019</td>
<td>National Rehabilitation Information</td>
<td>1-800-346-2742</td>
</tr>
<tr>
<td>Baby Care</td>
<td>1-804-371-4106</td>
<td>National Sexual Assault Hotline</td>
<td>1-800-656-4673</td>
</tr>
<tr>
<td>Better Hearing Institute</td>
<td>1-800-521-5247</td>
<td>National SIDS Foundation</td>
<td>1-800-221-SIDS</td>
</tr>
<tr>
<td>CDC Information</td>
<td>1-800-232-4636</td>
<td>National Runaway Safe line</td>
<td>1-800-786-2929</td>
</tr>
<tr>
<td>Career Information</td>
<td>1-800-542-5870</td>
<td>National Youth Runaway Hotline</td>
<td>1-800-621-4000</td>
</tr>
<tr>
<td>Child Abuse Hotline</td>
<td>1-800-552-7096</td>
<td>Parent Help Line-National</td>
<td>1-855-427-2736</td>
</tr>
<tr>
<td>Child Find of America</td>
<td>1-800-IAMLOST</td>
<td>Parent Help Line-Tennessee</td>
<td>1-800-356-6767</td>
</tr>
<tr>
<td>Child Help USA</td>
<td>1-800-4ACHILD</td>
<td>Postpartum Depression for Moms</td>
<td>1-800-773-6667</td>
</tr>
<tr>
<td>Child Support Enforcement</td>
<td>1-800-468-8894</td>
<td>Peers Help 24/7 Support</td>
<td>1-866-339-9206</td>
</tr>
<tr>
<td>Consumer Product Safety Info</td>
<td>1-800-638-2772</td>
<td>Post-Partum Support-International</td>
<td>1-800-994-4773</td>
</tr>
<tr>
<td>Crime Victim’s Assistance</td>
<td>1-800-552-4007</td>
<td>Pregnancy Hotline</td>
<td>1-800-238-4269</td>
</tr>
<tr>
<td>Division of Women’s &amp; Infant Health</td>
<td>1-804-371-4095</td>
<td>Ronald McDonald House Charities</td>
<td>1-630-623-7048</td>
</tr>
<tr>
<td>Domestic Violence Hotline</td>
<td>1-800-799-7233</td>
<td>Suicide Prevention/Veteran’s Crisis Line</td>
<td>1-800-273-8255</td>
</tr>
<tr>
<td>Domestic Violence Hotline-Virginia</td>
<td>1-800-834-8238</td>
<td>Virginia Dept of Health Family Planning</td>
<td>1-804-786-8663</td>
</tr>
<tr>
<td>Epilepsy Foundation</td>
<td>1-800-332-1000</td>
<td>VA Family Violence and Sexual Assault</td>
<td>1-800-838-8238</td>
</tr>
<tr>
<td>Federal Income Tax</td>
<td>1-800-829-1040</td>
<td>Woodbridge Intensive Drug Treatment</td>
<td>1-800-366-1132</td>
</tr>
</tbody>
</table>
## Health Assistance & Programs

### Local Health Departments

<table>
<thead>
<tr>
<th>Health Department</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bristol VA Health Department</strong></td>
<td>205 Piedmont Ave, Bristol, VA 24201</td>
<td>276-642-7335</td>
<td><a href="http://www.vdh.virginia.gov/mount-rogers/locations/">http://www.vdh.virginia.gov/mount-rogers/locations/</a></td>
</tr>
<tr>
<td><strong>Buchanan County Health Department</strong></td>
<td>1051 Rosebud Rd, Grundy, VA 24614</td>
<td>276-935-4591</td>
<td><a href="http://www.vdh.virginia.gov/cumberland-plateau/">http://www.vdh.virginia.gov/cumberland-plateau/</a></td>
</tr>
<tr>
<td><strong>Dickenson County Health Department</strong></td>
<td>334 Bruch Creek Rd, Clintwood, VA 24228</td>
<td>276-926-4979</td>
<td><a href="http://www.vdh.virginia.gov/cumberland-plateau/">http://www.vdh.virginia.gov/cumberland-plateau/</a></td>
</tr>
<tr>
<td><strong>Russell County Health Department</strong></td>
<td>PO Box 2437, Lebanon, VA 24266</td>
<td>276-889-7621</td>
<td><a href="http://www.vdh.virginia.gov/cumberland-plateau/">http://www.vdh.virginia.gov/cumberland-plateau/</a></td>
</tr>
<tr>
<td><strong>Washington County Health Department</strong></td>
<td>15068 Lee Highway, Bristol, VA 24202</td>
<td>276-676-5604</td>
<td></td>
</tr>
<tr>
<td><strong>Smyth County Health Department</strong></td>
<td>1st Floor, 201 Francis Marion Lane, Marion, VA 24354</td>
<td>(276) 781-7460</td>
<td><a href="http://www.vdh.virginia.gov/mount-rogers/">http://www.vdh.virginia.gov/mount-rogers/</a></td>
</tr>
<tr>
<td><strong>Grayson County Health Department</strong></td>
<td>186 West Main Street, PO Box 650, Independence, VA 24348</td>
<td>(276) 773-2961</td>
<td></td>
</tr>
<tr>
<td><strong>Dickenson Community Hospital</strong></td>
<td>312 Hospital Drive, Clintwood, VA 24228</td>
<td>276-926-0300</td>
<td></td>
</tr>
<tr>
<td><strong>Indian Path Medical Center</strong></td>
<td>2000 Brookside Dr, Kingsport, TN 37660</td>
<td>423-857-7000</td>
<td></td>
</tr>
<tr>
<td><strong>Johnson Memorial Hospital</strong></td>
<td>16000 Johnson Memorial Dr, Abingdon, VA 24211</td>
<td>276-258-1000</td>
<td></td>
</tr>
<tr>
<td><strong>Norton Community Hospital</strong></td>
<td>100 Fifteenth St NW, Norton, VA 24273</td>
<td>276-439-1000</td>
<td></td>
</tr>
<tr>
<td><strong>Mtn. View Regional Medical Center</strong></td>
<td>310 Third St NE, Norton, VA 24273</td>
<td>276-679-9100</td>
<td></td>
</tr>
<tr>
<td><strong>Smyth County Community Hospital</strong></td>
<td>245 Medical Park Drive, Marion, VA 24354</td>
<td>276-378-1000</td>
<td></td>
</tr>
</tbody>
</table>

### Local Hospitals

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bristol Regional Medical Center</strong></td>
<td>1 Medical Park Blvd, Bristol, TN 37620</td>
<td>423-844-1121</td>
<td></td>
</tr>
<tr>
<td><strong>Dickenson Community Hospital</strong></td>
<td>312 Hospital Drive, Clintwood, VA 24228</td>
<td>276-926-0300</td>
<td></td>
</tr>
<tr>
<td><strong>Franklin Woods Community Hospital</strong></td>
<td>300 MedTech Parkway, Johnson City, TN 37604</td>
<td>423-302-1000</td>
<td></td>
</tr>
<tr>
<td><strong>Holston Valley Medical Center</strong></td>
<td>130 W Ravine Rd, Kingsport, TN 37660</td>
<td>423-224-4000</td>
<td></td>
</tr>
<tr>
<td><strong>Indian Path Medical Center</strong></td>
<td>2000 Brookside Dr, Kingsport, TN 37660</td>
<td>423-857-7000</td>
<td></td>
</tr>
<tr>
<td><strong>Johnson City Medical Center</strong></td>
<td>400 N State of Franklin Rd, Johnson City, TN 37604</td>
<td>423-431-6111</td>
<td></td>
</tr>
<tr>
<td><strong>Johnson County Community Hospital</strong></td>
<td>1901 South Shady St, Mountain City, TN 37683</td>
<td>423-727-1100</td>
<td></td>
</tr>
<tr>
<td><strong>Mt. View Regional Medical Center</strong></td>
<td>310 Third St NE, Norton, VA 24273</td>
<td>276-679-9100</td>
<td></td>
</tr>
<tr>
<td><strong>Norton Community Hospital</strong></td>
<td>100 Fifteenth St NW, Norton, VA 24273</td>
<td>276-439-1000</td>
<td></td>
</tr>
<tr>
<td><strong>Lonesome Pine Hospital</strong></td>
<td>1990 Holton Ave E, Big Stone Gap, VA 24219</td>
<td>276-523-3111</td>
<td></td>
</tr>
<tr>
<td><strong>Russell County Medical Center</strong></td>
<td>58 Carroll St, Lebanon, VA 24266</td>
<td>276-883-8000</td>
<td></td>
</tr>
</tbody>
</table>

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5
## Medical Providers

### Abingdon-Washington County

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abingdon Family Health Center</td>
<td>445 Porterfield Hwy, Abingdon VA</td>
<td>276-628-3144</td>
<td></td>
</tr>
<tr>
<td>Abingdon Family Practice</td>
<td>617 Campus Dr, Abingdon VA</td>
<td>276-628-1186</td>
<td><a href="http://www.mountainstateshealth.com/location/abingdon-family-practice">www.mountainstateshealth.com/location/abingdon-family-practice</a></td>
</tr>
<tr>
<td>Abingdon Health Care for Women</td>
<td>16000 Johnston Memorial Drive</td>
<td>276-258-2732</td>
<td><a href="http://www.mountainstateshealth.com/location/abingdon-healthcare-women">www.mountainstateshealth.com/location/abingdon-healthcare-women</a></td>
</tr>
<tr>
<td>Abingdon Obstetrics and Gynecology</td>
<td>16000 Johnston Memorial Dr, Abingdon VA 23211</td>
<td>276-628-4335</td>
<td></td>
</tr>
<tr>
<td>Holston Family Health Center</td>
<td>306 South Shady Ave, Damascus VA</td>
<td>276-475-5116</td>
<td>vacomunityhealth.org/site/stone-mountain-admin/holston/</td>
</tr>
<tr>
<td>Magnolia Family Medicine</td>
<td>611 Campus Dr, Abingdon VA</td>
<td>276-676-133</td>
<td><a href="http://www.mountainstateshealth.com/location/magnolia-family-medicine">www.mountainstateshealth.com/location/magnolia-family-medicine</a></td>
</tr>
<tr>
<td>Konnarock Family Health Center</td>
<td>20471 Azen Road, Damascus, VA 24236-4141</td>
<td>276-388-3411</td>
<td></td>
</tr>
<tr>
<td>Horizon Family Care</td>
<td>103 Bristol East Rd, Bristol VA</td>
<td>276-642-0623</td>
<td></td>
</tr>
<tr>
<td>Bristol Children’s Clinic</td>
<td>109 Meadowview Rd, Bristol TN</td>
<td>423-652-1655</td>
<td></td>
</tr>
<tr>
<td>Bristol Family Medicine-ETSU</td>
<td>208 Medical Park Blvd, Bristol TN</td>
<td>423-989-4050</td>
<td></td>
</tr>
<tr>
<td>Bristol OB/GYN</td>
<td>249 Midway St, Bristol TN</td>
<td>423-968-3033</td>
<td></td>
</tr>
<tr>
<td>Bristol Internal Medicine &amp; Pediatrics</td>
<td>350 Steele's Creek Rd, Bristol TN</td>
<td>423-844-6700</td>
<td></td>
</tr>
<tr>
<td>Bristol Pediatric Associates</td>
<td>320 Steele’s Rd, Bristol TN</td>
<td>423-968-2599</td>
<td></td>
</tr>
<tr>
<td>Bristol Regional Women's Center</td>
<td>2901 W State St in Bristol, TN</td>
<td>423-968-2182</td>
<td></td>
</tr>
<tr>
<td>Dr. Mitoraj</td>
<td>212 Midway St., Bristol, TN</td>
<td>423-968-4007</td>
<td></td>
</tr>
<tr>
<td>Healing Hands Health Center</td>
<td>245 Midway Medical Park</td>
<td>423-652-0260</td>
<td><a href="http://www.healinghandshealthcenter.org">www.healinghandshealthcenter.org</a></td>
</tr>
<tr>
<td>Season’s of Bristol-GYN</td>
<td>320 Bristol West Blvd, Building 1</td>
<td>423-844-1399</td>
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</tr>
</tbody>
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### Bristol, VA

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Horizon Family Care</td>
<td>103 Bristol East Rd, Bristol VA</td>
<td>276-642-0623</td>
</tr>
</tbody>
</table>

### Bristol, TN

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bristol Children’s Clinic</td>
<td>109 Meadowview Rd, Bristol TN</td>
<td>423-652-1655</td>
</tr>
<tr>
<td>Bristol Family Medicine-ETSU</td>
<td>208 Medical Park Blvd, Bristol TN</td>
<td>423-989-4050</td>
</tr>
<tr>
<td>Bristol OB/GYN</td>
<td>249 Midway St, Bristol TN</td>
<td>423-968-3033</td>
</tr>
<tr>
<td>Bristol Internal Medicine &amp; Pediatrics</td>
<td>350 Steele's Creek Rd, Bristol TN</td>
<td>423-844-6700</td>
</tr>
<tr>
<td>Bristol Pediatric Associates</td>
<td>320 Steele’s Rd, Bristol TN</td>
<td>423-968-2599</td>
</tr>
<tr>
<td>Bristol Regional Women's Center</td>
<td>2901 W State St in Bristol, TN</td>
<td>423-968-2182</td>
</tr>
<tr>
<td>Dr. Mitoraj</td>
<td>212 Midway St., Bristol, TN</td>
<td>423-968-4007</td>
</tr>
<tr>
<td>Healing Hands Health Center</td>
<td>245 Midway Medical Park</td>
<td>423-652-0260</td>
</tr>
<tr>
<td>Season’s of Bristol-GYN</td>
<td>320 Bristol West Blvd, Building 1</td>
<td>423-844-1399</td>
</tr>
</tbody>
</table>
## Buchanan County

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. G. Molina-Stone Mtn. Health Services Haysi, VA</td>
<td>276-865-5121</td>
<td>stonemountainhealthservices.org</td>
</tr>
<tr>
<td>Dr. J.P. Sutherland</td>
<td>Grundy, VA</td>
<td>276-935-7515</td>
</tr>
</tbody>
</table>

## Dickenson County

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Senter</td>
<td>Clintwood, VA</td>
<td>Haysi Clinic</td>
</tr>
</tbody>
</table>

## Tazewell County

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinch Valley Medical Center – OB/GYN Governor G.C. Peery Highway, Richlands VA</td>
<td>276-964-1294</td>
<td><a href="http://www.clinchvalleyhealth.com/services/services-a-z/obstetrics-and-gynecology">www.clinchvalleyhealth.com/services/services-a-z/obstetrics-and-gynecology</a></td>
</tr>
<tr>
<td>Dr. Patel</td>
<td>Richlands, VA</td>
<td>276-935-2149</td>
</tr>
<tr>
<td>The Clinic—Dr. J.E. Davis</td>
<td>1 Clinic Dr., Richlands, VA</td>
<td>276-964-6771</td>
</tr>
</tbody>
</table>

## Russell County

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSHA Riverside Clinic St. Paul, VA</td>
<td>276-762-2300</td>
<td><a href="https://www.mymsmg.net/location/msmg-riverside-st-paul">https://www.mymsmg.net/location/msmg-riverside-st-paul</a></td>
</tr>
<tr>
<td>Lebanon Pediatrics-Mountain States Medical Group</td>
<td>640 Overlook Dr., Lebanon, VA 276-889-0201</td>
<td></td>
</tr>
<tr>
<td>Merit Medical Group</td>
<td>Honaker, VA</td>
<td>276-873-6825</td>
</tr>
</tbody>
</table>

## Dental Providers

### Abingdon, VA

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abingdon Pediatric Dentistry 465 West Main St, Abingdon VA 276-739-7942</td>
<td><a href="http://www.superstarsmiles.com">www.superstarsmiles.com</a></td>
<td>Dr Carla Keene, General Dentist 15189 Porterfield Hwy, Abingdon VA 276-676-0070</td>
</tr>
<tr>
<td>Dr. Mary Hinchet 612 Campus Dr. Abingdon, VA 24210 276-676-0001</td>
<td>Pediatric Dentistry 616 Campus Dr. Abingdon, VA 276-619-5020</td>
<td>Dr. Deborah Bassham, Orthodontist 414 East Main Street, Abingdon, Virginia 24210 276-525-1181 <a href="http://www.basshamorthodontics.com">www.basshamorthodontics.com</a></td>
</tr>
</tbody>
</table>
### Bristol, TN

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bristol Pediatric Dentistry</td>
<td>350 Blountville Hwy, Bristol TN</td>
<td>423-968-9661</td>
<td><a href="http://www.tinymolars.com">www.tinymolars.com</a></td>
<td></td>
</tr>
<tr>
<td>Dr. T. Ellis</td>
<td>911 Anderson St, Bristol TN</td>
<td>423-764-6112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Jeff Altheimer</td>
<td>245 Midway Medical Park, Bristol, TN 37620</td>
<td>423-652-0260</td>
<td><a href="http://www.healinghandshealthcenter.org">www.healinghandshealthcenter.org</a></td>
<td></td>
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</table>

### Bristol, VA

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Deborah Bassham, Orthodontist</td>
<td>Three 21st St., Bristol, VA 24201</td>
<td>276-466-4404</td>
<td><a href="http://www.bashamorthodontics.com">www.bashamorthodontics.com</a></td>
<td></td>
</tr>
<tr>
<td>Gentle Family Dentistry 14245 Lee</td>
<td>Hwy, Bristol VA</td>
<td>276-628-8164</td>
<td>gentlefamilydentistry.com</td>
<td></td>
</tr>
<tr>
<td>Dr. T. Ellis</td>
<td>911 Anderson St, Bristol TN</td>
<td>423-764-6112</td>
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### Kingsport, TN

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Clayton Mullins</td>
<td>613 Watauga St, Kingsport TN</td>
<td>423-247-7741</td>
<td></td>
<td></td>
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### Tazewell County

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Glenn Harrison</td>
<td>2951 Front St. Suite 3800, Richlands VA</td>
<td>276-964-0109</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Ronald Householder</td>
<td>125 Ben Bolt Ave, Tazewell VA</td>
<td>276-988-7522</td>
<td><a href="http://www.ronaldhouseholderdds.com">www.ronaldhouseholderdds.com</a></td>
<td></td>
</tr>
<tr>
<td>Richlands Family Dentistry (Dr. Lori Musick)</td>
<td>107 Tazewell Ave. Richlands, VA</td>
<td>276-964-7418</td>
<td><a href="http://www.richlandsfamilydentistry.com">www.richlandsfamilydentistry.com</a></td>
<td></td>
</tr>
<tr>
<td>Richlands Pediatric Dentistry</td>
<td>2951 West Front St., Richlands VA</td>
<td>276-963-8633</td>
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</tbody>
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### Russell County

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Dr. Mark Copas</td>
<td>Castlewood, VA</td>
<td>276-762-2323</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Steve Ball, General Dentist</td>
<td>Lebanon VA - 276-889-5141</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honaker VA - 276-873-4003</td>
<td></td>
<td></td>
<td><a href="http://www.steveballdds.com/dr-ball">www.steveballdds.com/dr-ball</a></td>
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### Optometrists

<table>
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<tr>
<th>Business</th>
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<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Eye Physicians of Southwest Virginia</td>
<td>328 Cummings St, Abingdon VA</td>
<td>276-628-3118</td>
<td><a href="http://www.eyeophysiciansofswva.com">www.eyeophysiciansofswva.com</a></td>
<td></td>
</tr>
<tr>
<td>Grau &amp; Grau Eye Care</td>
<td>669 McBroom St, Abingdon VA</td>
<td>276-628-1143</td>
<td><a href="http://www.grauoptometry.com">www.grauoptometry.com</a></td>
<td></td>
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### Abingdon, VA

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Eye Physicians of Southwest Virginia</td>
<td>328 Cummings St, Abingdon VA</td>
<td>276-628-3118</td>
<td><a href="http://www.eyeophysiciansofswva.com">www.eyeophysiciansofswva.com</a></td>
<td></td>
</tr>
<tr>
<td>Grau &amp; Grau Eye Care</td>
<td>669 McBroom St, Abingdon VA</td>
<td>276-628-1143</td>
<td><a href="http://www.grauoptometry.com">www.grauoptometry.com</a></td>
<td></td>
</tr>
</tbody>
</table>

### Buchanan County

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. James Callahan</td>
<td>721 Commonwealth Ave, Bristol VA</td>
<td>276-466-3420</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healing Hands Health Center</td>
<td>245 Midway Medical Park, Bristol TN 37620</td>
<td>423-652-0260</td>
<td>healinghandshealthcenter.org</td>
<td>A Christian Ministry that serves low income working adults to assist in medical, dental, vision needs.</td>
</tr>
<tr>
<td>Dr. Clayton Mullins</td>
<td>613 Watauga St, Kingsport TN</td>
<td>423-247-7741</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Looney Eye Care</td>
<td>1193 Plaza Dr, Grundy VA</td>
<td>276-935-2292</td>
<td>hubbiz.com/w/looney-eyecare-va-3</td>
<td></td>
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Health Based Programs

**Abel Center**  
201 Sylvia Lane, Bluefield WV 24701  
1-800-705-1196, 304-325-8694  
http://www.abelcenter.org  
Faith Based/Non-Profit organization that offers FREE pregnancy services including pregnancy tests, abortion alternatives, adoption information and peer counseling. Offers support to mothers-to-be, and resources for baby care, equipment, and clothing.

**Abortion Alternatives and Crisis Pregnancy Center**  
516 Holston Ave, Suite 202, Bristol TN 37620  
423-968-4673 info@aacpc.org  
Faith Based organization that seeks to assist women and families in crisis by offering information on abortion and assistance in choosing among their options. Provides education and resources for mothers-to-be.

**Care Connection for Children**  
15068 Lee Highway, Suite 900, Bristol, VA 24202  
276-645-5685 or 1-800-704-1285 (Toll Free)  
Care Connection for Children is a statewide network of centers of excellence for children with special health care needs that provide leadership in the enhancement of specialty medical services; care coordination; medical insurance benefits evaluation and coordination; information and referral for resources; family-to-family support; and training and consultation with community providers.

**Diabetes Educational Support Group Shady Grove UMC**  
Abingdon, VA 24210  
276-628-3092 or 276-628-8981  
Educational programs on diabetes and treatment.

**Frontier Health-Magnolia Ridge/Willow Ridge**  
900 Buffalo St., Johnson City, TN 37604  
Access Services 423-467-3600  
Magnolia Ridge 423-232-4130  
Hotline 800-838-1752  
https://www.rehabs.com/listings/frontier-health-magnolia-ridge-alcohol-drug-treatment-2700290774/  
Nineteen bed alcohol and drug residential facility that specializes in addiction and related problems including co-occurring mental illness diagnoses and lifestyle issues.

**Healing Hands Health Center**  
245 Midway Medical Park, Bristol TN 37620  
423-652-0260  
https://healinghandshealthcenter.org/  
A Christian Ministry that serves the unmet health needs of low income working adults. Volunteer medical staff are available to assist families in their medical, dental, vision needs as well as specialized medical care. Application required.

**Life Center of Galax**  
112 Painter St., Galax, VA 24333  
877-627-2344  
www.galaxrecovery.com  
Detox and residential treatment.

**Lions Club**  
www.lionsclub.org  
www.lionsofvirginia.org  
The Lions Club offers assistance to individuals that need an eye exam and/or glasses. Application process required.

**People Incorporated Community Services**  
— Comprehensive Health Investment Project (CHIP)  
1173 West Main Street, Abingdon VA 24210  
276-623-9000  
http://www.peopleinc.net/  
CHIP provides parent education and health-focused home visits to Medicaid-eligible families, with young children, and pregnant women.

**People Incorporated Community Services**  
— Washington County Free Dental Clinic  
1173 West Main Street, Abingdon VA 24210  
http://www.peopleinc.net/  
Volunteer professionals provide dental care for eligible Washington County residents screened and referred by Social Services and the Health Department.

**Remote Area Medical (RAM)**  
Wise VA County Fairgrounds  
Riverview Elementary, Grundy VA  
Bristol Motor Speedway, Bristol TN  
1-877-572-6872  
http://ramvolunteers.org/  
The Remote Area Medical (RAM) Volunteer provides free overall medical care, dental care, vision care, and assistance with maintenance medications services to residents of Virginia, Tennessee, and Kentucky. RAM is only in operation for 3 days in mid-summer.
Russell County Extension Office
276-889-8056
This program offers help up to the amount of $75 toward the purchase of eye glasses for adults. An up to date eye exam is the responsibility of the applicant.

Southwest Virginia Community Health Systems
http://www.svchs.com/
Saltville Medical Center
308 West Main Street, Saltville, VA 24370
276-496-4433 ext. 1
Meadowview Health Clinic
13168 Meadowview Square, Meadowview, VA 24361
276-944-3999 ext. 2
Twin Cities Medical Center
2195 Euclid Ave., Bristol, VA 24201
276-669-5179 ext. 3
Programs offer a sliding scale fee for qualifying patients. Patients must complete application, providing income verification. Comprehensive medical services include, adult and geriatric medicine, pediatric medicine, mental health services, dental services, pharmacy or medication services, and lab work.

Southwest Virginia Child Development Clinic
112 Beech Street
Gate City, VA 276-386-3803
The clinic provides diagnostic evaluation of children ages birth to 21 years of age with suspected developmental delays. The child is diagnosed by a clinical team consisting of a pediatrician, nurse, social worker, educational consultants, and psychologists.

The Community Center of Abingdon
300 Senior Dr., Abingdon VA 24210
276-628-3911  thecommunitycenterofabingdon.com
Check our Facebook page or website for dates of this event, as they will change monthly.

Virginia Cooperative Extension-Family Nutrition Program
234 W. Valley Street, Suite B Abingdon, VA 24210
276-676-6309  akrauser@vt.edu
Free health and wellness program that encourages better quality of life through healthier food choices and more physical activity. Individuals develop new skills including food label reading, how to shop healthy on a budget, ways to prevent chronic diseases and more. Serving limited-resourced adults in Washington County, Virginia and the City of Bristol, Virginia.

Washington County Health Dept-WIC
15068 Lee Highway, Suite 1000
Bristol, VA 24202
276-676-5604  http://www.vdh.virginia.gov/
Women, Infants and Children (WIC) is a nutrition program that helps mothers and young children stay healthy and eat properly. WIC helps women, infants and children during times of important growth and helps women and children get the nutrition services and foods that they need to stay healthy. The WIC program serves eligible women who are breastfeeding, pregnant or have just given birth, infants less than one year old, and children less than five years old. Provides Nutrition education. Private and group sessions with a nutrition expert. Support and help with breastfeeding. Referrals to other services that can help you and your family (e.g. immunizations, health care, dental care). Healthy recipes. Access to healthy foods.

Washington County Prescription Discount Card CVS Caremark
1-877-321-2652
Prescription discount card available to Washington County residents. Card provides an average savings of 22% off retail price for prescription medication. Cards may be printed from the www.washcova.com web site or may be picked up at several municipal locations including the Washington County Department of Social Services, Health Department, Public Library or Circuit Court Clerk’s office.

Wellmont Nurse Connection
1-877-230-6877
Offers services 24 hours a day, 7 days a week ranging from nursing assessment, physician referral, general health information, registration for community education classes and health screenings, and support groups. Free for anyone with health concerns.
Mental Wellness/ Disabilities / Counseling Programs

**Abingdon Center-Psychiatry**
350 Russell Rd., Abingdon, VA 24210
276-628-1664
www.wellness.com/dir/3788386/psychologist/va/abingdon/abingdon-center-for-psychiatry-counseling--education
Provides counseling and mental health services

**Appalachian Independence Center**
230 Charwood Drive, Abingdon VA 24210
276-628-2979   www.aicadvocates.org
Program educates the public and promotes the needs and rights of persons with disabilities. While working with disabled individuals, they help them meet their potential for independence. The center provides education, support groups, advocacy, technical assistance, personal assistance, and Youth In Transition programs.

**Bill McFeature, PhD**
2195 Euclid Ave., Bristol, VA 24201
276-669-5179
Provides comprehensive psychological evaluations, assessments, outpatient mental health counseling services and behavioral health consultations.

**Bristol Regional Counseling Center**
26 Midway St., Bristol TN 27620
423-989-4500
www.wellness.com/dir/3160059/counselor/tn/bristol/bristol-regional-counseling-center
BRCC offers outpatient mental health and substance abuse programs for adults and children. Services include individual and group counseling, psychotherapy, crisis services, case management, consultation and educational services, parenting classes, psychiatric consultation, and intensive outpatient services. The program serves residents of the City of Bristol and Northeast Tennessee. Contact office for more info.

**Creative Family Solutions-ResCare**
215 Valley St NE, Abingdon, VA 24210
276-628-4385   https://www.rescare.com/
Help individuals achieve their highest level of independence at home and in the community. Residential living, adult family living/host homes, youth residential and treatment service.

**Cumberland Mtn CSB —The Laurels**
PO Box 1664, Lebanon, VA 24266
1-888-40DETOX or 276-889-3063
Detox, group counseling, educational group, case management, recreational activities, AA/NA meetings

**Cumberland Mountain Community Services & Mental Health**
Lebanon - 276-889-3785
Tazewell - 276-988-7961
Grundy - 276-935-7154
Wardell - 276-964-6702
www.cmcsb.com/
Mission to provide a system of comprehensive community mental health and substance abuse services to the community at large. Offers counseling services, educational programs, and mental health services to youth and adults.

**Dickenson County Behavioral Health Services**
276-926-1680   https://www.dcbhs.com/
Mission to provide a system of comprehensive community mental health and substance abuse services to the community at large. Offers counseling services, educational programs, and mental health service to youth and adults.

**District Three Governmental Cooperative Area Agency on Aging and Disability**
4453 Lee Hwy, Marion VA 24354
276-782-8157 or 1-800-541-0933
www.vda.virginia.gov
Services are designed to help citizens to live independently and productively as long as possible. Promotes self-reliance and family care giving. Serving citizens of Southwest Virginia including those in Washington County and the City of Bristol.

**Family Preservation Services**
661 E. Main St., Abingdon, A 24210
276-623-9245   www.pathways.com
Provides in-home counseling, day treatment school services, psychological assessments, and services for families with children who have a diagnosis that falls on the Autism spectrum.
Flora Counseling Services
460 W Main St., Abingdon, VA 24210
276-628-5752 healthconnectamerica.com
Provides psychosexual evaluations, psychological evaluations and outpatient mental health counseling services. Accepts Medicaid and private insurance.

Frontier Industries
498 Industrial DR Bristol TN
1-877-928-9062 www.frontierhealth.org
Services offered to mentally disabled or handicapped adults including many educational and community opportunities, life skills training, job development, placement and training.

Highlands Community Services
610 Campus Dr., Abingdon VA 24210 276-628-5067
102 Oakview Ave, Bristol VA 24201 276-645-4700 highlandscsb.org
HCS Center for Behavioral Health offers a variety of mental health, substance abuse and intellectual disability services for adults and children in Washington Co. and Bristol VA. Including outpatient services, care coordination, substance abuse programs, prevention and education services, psychiatric services, early intervention, recovery programs and family support services.

Judy Mink, LCSW
966 W Main St Abingdon, VA 24210 276-623-8230
Provides outpatient mental health counseling services.

Kathy Baldwin, LCSW
325 Cummings St., Abingdon, VA 24210
276-628-5300
Provides outpatient mental health counseling services.

Kim Naffah, LPC
1350 Lee Highway Bristol, VA 24201
276-644-9113 hubbiz.com/w/kim-naffah-lpc
Provides outpatient mental health counseling services.

Lifeline Services
390 Commerce Dr., Abingdon, VA 24211
276-623-2444 hubbiz.com/w/lifeline-services
Provides therapeutic foster families with parenting and substance abuse assessments, parent coaching and outpatient counseling services.

Melissa Williams, LCSW
13168 Meadowview Square
Meadowview, VA 24361 276-944-3999
Provides psychological assessments, outpatient mental health counseling services and behavioral health consultation.

Ralph Ramsden, PhD
845 E Main St Abingdon, VA 24210 276-676-1177
www.healthgrades.com/providers/ralph-ramsden-2l5wj
Provides psychological evaluations and outpatient mental health counseling services.

Southwest Virginia Regional Deaf Service Program
PO Box 486, Lebanon, VA 24266
276-889-3785 1-800-347-4939 TTY: 800-347-4939
Provides confidential counseling and substance abuse services in sign language to individuals of all ages who are hard of hearing, deaf or blind.

The Community Center of Abingdon - Friendship Café
300 Senior Dr., Abingdon VA 24210
276-628-3911 thecommunitycenterofabingdon.com
Sponsored by District Three Government Cooperative, the Friendship Cafe for active seniors over 60 years old, to provide fellowship, informational programs, nutritious meals, and other social activities.

Virginia Department of Rehabilitative Services
468 E Main St Suite 200, Abingdon, VA 24210
276-676-5565 1-800-552-5019 www.vadrs.org
Provides assistance and services to individuals with disabilities.

Virginia Department for the Visually Handicapped
111 Commonwealth Ave. Suite 200, Bristol VA 24201
276-642-7300
Provides comprehensive services to Virginia residents who are blind or who have severe visual impairments. Services include education, vocational rehabilitation, referral and follow up and independent living skills.
# Child Care / Youth Programs / Schools

## Child Care Providers & Resources

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td><strong>APPLE Academy</strong></td>
<td><a href="http://www.appleacademyofcpc.com">http://www.appleacademyofcpc.com</a></td>
<td>276-669-9328</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Childcare Network</strong></td>
<td><a href="https://www.childcarenetwork.com/Virginia-Bristol-VA-123">https://www.childcarenetwork.com/Virginia-Bristol-VA-123</a></td>
<td>276-644-9480</td>
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<tr>
<td><strong>Spring Garden Preschool</strong></td>
<td><a href="http://springgardenpreschool.org/">http://springgardenpreschool.org/</a></td>
<td>276-466-8505</td>
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<tr>
<td><strong>Garden Head Start</strong></td>
<td>9019 Riverside Drive</td>
<td>276-644-9148</td>
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<tr>
<td><strong>Harman Memorial Baptist Church</strong></td>
<td>4321 Bull Creek Road</td>
<td>(276) 531-8625</td>
<td></td>
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<tr>
<td><strong>Harley Head Start Center #1</strong></td>
<td>6911 Hurley Road, Suite I</td>
<td>276-566-4988</td>
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<tr>
<td><strong>Hurley Head Start Center #2</strong></td>
<td>6911 Hurley Road, Suite II</td>
<td>276-566-4988</td>
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</tr>
<tr>
<td><strong>JM Bevins Head Start Center</strong></td>
<td>8666 Slate Creek Road</td>
<td>(276) 259-0051</td>
<td></td>
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<tr>
<td><strong>North Bristol Baptist Church</strong></td>
<td>22218 Sullins Academy Drive</td>
<td>(276) 669-4101</td>
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<tr>
<td><strong>Sullins Academy PreSchool and Children’s Center</strong></td>
<td>22218 Sullins Academy Drive</td>
<td>(276) 669-4101</td>
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<tr>
<td><strong>St. Anne Catholic Church</strong></td>
<td>Email: <a href="mailto:wcheers@stanneschoolbristol.org">wcheers@stanneschoolbristol.org</a></td>
<td>276-669-0048</td>
<td></td>
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<tr>
<td><strong>Wellmont Child Development Center</strong></td>
<td>423-844-5225</td>
<td></td>
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<tr>
<td><strong>The Nurtury Child Development Center</strong></td>
<td>276-466-4873</td>
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## Buchanan County

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td><strong>Burges Head Start Center</strong></td>
<td>7600 Helen Henderson Highway</td>
<td>(276) 859-0053</td>
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<tr>
<td><strong>Hurley Head Start Center #1</strong></td>
<td>6911 Hurley Road, Suite I</td>
<td>(276) 566-4988</td>
<td></td>
</tr>
<tr>
<td><strong>JM Bevins Head Start Center</strong></td>
<td>8666 Slate Creek Road</td>
<td>(276) 259-0051</td>
<td></td>
</tr>
<tr>
<td><strong>Riverview Head Start</strong></td>
<td>27382 Riverside Drive</td>
<td>(276) 244-1800</td>
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Note: All phone numbers are local, please verify with the provider for the most accurate information.
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<thead>
<tr>
<th>Dickenson County</th>
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<tr>
<td>Clintwood Head Start Center</td>
<td>Dickenson County Child Care Center</td>
<td>Haysi Head Start Center</td>
</tr>
<tr>
<td>393 Main Street</td>
<td>673 Technology Drive</td>
<td>320 Main Street</td>
</tr>
<tr>
<td>CLINTWOOD, VA 24228</td>
<td>CLINTWOOD, VA 24228</td>
<td>CLINTWOOD, VA 24256</td>
</tr>
<tr>
<td>(276) 835-8953 (146)</td>
<td>(276) 926-8516</td>
<td>(276) 865-4480</td>
</tr>
<tr>
<td>8:00am - 4:00pm, Monday – Friday</td>
<td>6:00 a.m. - 6:00 p.m., Mon – Fri</td>
<td>7:30 a.m. - 5:30 p.m., Monday – Friday</td>
</tr>
<tr>
<td>2 years 6 months - 5 years 11 months</td>
<td>1 month - 12 years 11 months</td>
<td>2 years 6 months - 5 years 11 months</td>
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<table>
<thead>
<tr>
<th>Russell County</th>
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<tr>
<td>Bright Beginnings Day Care, Inc.</td>
<td>Fox Meadows Head Start Center</td>
<td>Givens Child Development Center</td>
</tr>
<tr>
<td>18 Walnut Tree Lane</td>
<td>Fox Meadows Housing Complex</td>
<td>8153 Swords Creek Road</td>
</tr>
<tr>
<td>CASTLEWOOD, VA 24224</td>
<td>Memorial Drive, LEBANON, VA 24266</td>
<td>SWORDS CREEK, VA 24649</td>
</tr>
<tr>
<td>(276) 762-7777</td>
<td>(276) 889-4768</td>
<td>(276) 889-4493</td>
</tr>
<tr>
<td>7:00 am - 5:30 pm, Mon – Fri</td>
<td>9:00am - 1:45 pm, Mon – Fri</td>
<td>9:00 am - 1:45 pm, Mon – Fri</td>
</tr>
<tr>
<td>Birth - 12 years 11 months</td>
<td>3 years - 5 years 11 months</td>
<td>3 years - 5 years 11 months</td>
</tr>
<tr>
<td>Green Valley Baptist Church</td>
<td>Lebanon Presbyterian Church</td>
<td>Ms. Carolyn Stevens</td>
</tr>
<tr>
<td>695 Green Valley Road</td>
<td>523 W. Main Street Suite B</td>
<td>11754 U.S. Highway 19</td>
</tr>
<tr>
<td>LEBANON, VA 24266</td>
<td>Great Expectations Learning Center</td>
<td>LEBANON, VA 24266</td>
</tr>
<tr>
<td>(276) 889-0400</td>
<td>LEBANON, VA 24266</td>
<td>(276) 889-4493</td>
</tr>
<tr>
<td>9 am - 12 noon, Mon – Fri</td>
<td>8:30 am - 4:00 pm, Mon – Fri</td>
<td>6:30 AM - 5:30 pm, Mon – Fri</td>
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<tr>
<td>2 years 6 months - 5 years 11 months</td>
<td>2 years 6 months - 5 years 11 months</td>
<td>Birth - 12 years 11 months</td>
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</table>

Ms. Darla Martin
60 Brumley Circle
LEBANON, VA 24266
(276) 794-1083
7:00 am - 5:30 pm, Mon – Fri
Birth - 12 years 11 months

Ms. Suzanne Potts
2745 River Mountain Road
LEBANON, VA 24266
(276) 889-1029
6:30 a.m. - 6:00 p.m., Mon – Fri
Birth - 12 years 11 months

Rejoice Ministries
117 Rejoice Lane
117 Rejoice Lane
(276) 783-8822
7:30 am - 3:00 pm, Mon – Fri
5 years - 12 years 11 months

The Learning Center
CASTLEWOOD, VA 24224
(276) 762-5700
8:30 am - 3:30 pm, Mon – Fri
3 years - 5 years 11 months

Swords Creek Head Start Center
33 Pine Creek Road
SWORDS CREEK, VA 24649
(276) 991-0003
9:00 am - 1:45 pm, Mon – Fri
3 years - 5 years 11 months

<table>
<thead>
<tr>
<th>Smyth County</th>
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<tr>
<td>Chilhowie Church of God</td>
<td>Chilhowie Head Start Center</td>
<td>Ebenezer Lutheran Church</td>
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<tr>
<td>1291 W. Lee Hwy.</td>
<td>809 Mason Alley, Chilhowie, VA 24319</td>
<td>-Wee Care Preschool</td>
</tr>
<tr>
<td>CHILHOWIE, VA 24319</td>
<td>(276) 646-8715</td>
<td>222 West Main St., MARION, VA 24354</td>
</tr>
<tr>
<td>(276) 521-0098</td>
<td>9:00 am - 3:00 pm (closes at noon on Friday), Mon-Fri</td>
<td>(276) 783-8822</td>
</tr>
<tr>
<td>6:45 am - 5:30 pm, Mon-Fri</td>
<td>2 years 10 months - 5 years 11 months</td>
<td>7:30 am - 5:30pm, Mon-Fri</td>
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<td>2 months - 12 years 11 months</td>
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<td>2 years 6 months - 12 years 11 months</td>
</tr>
<tr>
<td>First United Methodist Church</td>
<td>Lifetime Wellness Center</td>
<td>Marion Baptist Church Child Development Program</td>
</tr>
<tr>
<td>115 South Church Street</td>
<td>One Health Way</td>
<td>1258 North Main Street</td>
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<tr>
<td>First United Methodist Church Preschool</td>
<td></td>
<td>MARION, VA 24354</td>
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<tr>
<td>MARION, VA 24354</td>
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<td>(276) 783-3303</td>
</tr>
<tr>
<td>(276) 783-5194</td>
<td>7:30am (4pm during school year) - 5:45pm, Mon-Fri</td>
<td>6:30am - 5:30pm, Mon-Fri</td>
</tr>
<tr>
<td>8:30 am - 12 noon, M-W -F</td>
<td>5 years - 12 years 11 months</td>
<td>1 month - 12 years 11 months</td>
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<tr>
<td>3 years - 5 years 11 months</td>
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<tr>
<td>Business Name</td>
<td>Address</td>
<td>Phone Number</td>
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<tr>
<td>Bright Beginnings Christian Child Care</td>
<td>843 East Fincastle Turnpike</td>
<td>(276) 783-2117</td>
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<tr>
<td>and Preschool</td>
<td>TAZEWELL, VA 24651</td>
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</tr>
<tr>
<td>Camp Joy Head Start</td>
<td>176 Camp Joy Rd,</td>
<td>(276) 322-5005</td>
</tr>
<tr>
<td>and Cedar BLUFF, VA 24605</td>
<td></td>
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<tr>
<td>Kirk’s Blessing, LLC</td>
<td>117 Hockman Pike</td>
<td>(276) 322-1177</td>
</tr>
<tr>
<td>Live Laugh Learn Child Development Center Limit</td>
<td>144 Martingale Dr, TAZEWELL, VA 24651</td>
<td>(276) 988-0900</td>
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<tr>
<td>Mt. Zion Temple Family Worship Center</td>
<td>412 Iron Street</td>
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<tr>
<td>Prudence Child Care</td>
<td>MARION, VA 24354</td>
<td>(276) 781-0770</td>
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<tr>
<td>Ms. Tammy Miller</td>
<td>208 Myers Street</td>
<td></td>
</tr>
<tr>
<td>Ms. Kathleen Rider</td>
<td>12 months - 12 years 11 months</td>
<td></td>
</tr>
<tr>
<td>Ms. Viesta Trigg</td>
<td>137 Vencil St., BLUEFIELD, VA 24605</td>
<td>(276) 322-7180</td>
</tr>
<tr>
<td>Mt. Zion Temple Family Worship Center</td>
<td>412 Iron Street</td>
<td></td>
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<tr>
<td>Ms. Rebecca Thomas</td>
<td>208 Myers Street</td>
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</tr>
<tr>
<td>Ms. Kathleen Rider</td>
<td>12 months - 12 years 11 months</td>
<td></td>
</tr>
<tr>
<td>Ms. Viesta Trigg</td>
<td>137 Vencil St., BLUEFIELD, VA 24605</td>
<td>(276) 322-7180</td>
</tr>
<tr>
<td>Ms. Betty Jones</td>
<td>5720 Atkins Tank Road</td>
<td>(276) 783-5562</td>
</tr>
<tr>
<td>Raven Head Start Center</td>
<td>22 School Street, RAVEN, VA 24639</td>
<td>(276) 964-9437</td>
</tr>
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<td>Mt. Zion Temple Family Worship Center</td>
<td>412 Iron Street</td>
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<td>Ms. Kathleen Rider</td>
<td>12 months - 12 years 11 months</td>
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<tr>
<td>Ms. Viesta Trigg</td>
<td>137 Vencil St., BLUEFIELD, VA 24605</td>
<td>(276) 322-7180</td>
</tr>
<tr>
<td>Ms. Rebecca Thomas</td>
<td>208 Myers Street</td>
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<tr>
<td>Ms. Kathleen Rider</td>
<td>12 months - 12 years 11 months</td>
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<tr>
<td>Ms. Viesta Trigg</td>
<td>137 Vencil St., BLUEFIELD, VA 24605</td>
<td>(276) 322-7180</td>
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<tr>
<td>Ms. Betty Jones</td>
<td>5720 Atkins Tank Road</td>
<td>(276) 783-5562</td>
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<tr>
<td>Mt. Zion Temple Family Worship Center</td>
<td>412 Iron Street</td>
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<tr>
<td>Ms. Kathleen Rider</td>
<td>12 months - 12 years 11 months</td>
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<tr>
<td>Ms. Viesta Trigg</td>
<td>137 Vencil St., BLUEFIELD, VA 24605</td>
<td>(276) 322-7180</td>
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<tr>
<td>Location</td>
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<tr>
<td>Tazewell Early Head Start Center</td>
<td>200 East Riverside Drive</td>
<td>(276) 988-5583</td>
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<td>Tazewell Head Start Center</td>
<td>TAZEWELL, VA 24651</td>
<td>(276) 988-9618</td>
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<tr>
<td>Tazewell Presbyterian Church</td>
<td>201 Church Street</td>
<td>(276) 988-2529</td>
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<tr>
<td>Tazewell Head Start Center</td>
<td>374 Carline Avenue</td>
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<tr>
<td>Tazewell Presbyterian Preschool</td>
<td>TAZEWELL, VA 24651</td>
<td>(276) 988-2529</td>
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<td>Tazewell Presbyterian Church</td>
<td>201 Church Street</td>
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<tr>
<td>Tazewell Presbyterian Church</td>
<td>201 Church Street</td>
<td>(276) 988-2529</td>
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**Washington County**

<table>
<thead>
<tr>
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<th>Address</th>
<th>Phone</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Abingdon Child Development Center</td>
<td>152 Highland St., ABINGDON, VA 24210</td>
<td>(276) 628-9932</td>
<td>9:00 am - 1:45 pm, Mon – Fri</td>
<td>3 years - 5 years 11 months</td>
</tr>
<tr>
<td>Abingdon Child Development Center- Early Start</td>
<td>152 Highland St., ABINGDON, VA 24210</td>
<td>(276) 628-9932</td>
<td>9:00 am - 1:45 pm, Mon – Fri</td>
<td>3 years - 5 years 11 months</td>
</tr>
<tr>
<td>Abingdon Church of Christ</td>
<td>19508 Dennison Dr, ABINGDON, VA 24211</td>
<td>(276) 628-6253</td>
<td>7:30 am - 5:30 pm, Mon – Fri</td>
<td>2 years - 5 years 11 months</td>
</tr>
<tr>
<td>Benhams Head Start Center</td>
<td>7741 Rich Valley Road</td>
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<tr>
<td>Boys &amp; Girls Club of the Mountain Empire</td>
<td>Abingdon Unit</td>
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<tr>
<td>Abingdon United Pentecostal Church</td>
<td>17535 Jeb Stuart Hwy</td>
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<tr>
<td>First Christian Church of Abingdon</td>
<td>185 Old Jonesboro Rd ABINGDON, VA 24210</td>
<td>(276) 628-6253</td>
<td>7:30 am - 5:30 pm, Mon – Fri</td>
<td>2 years - 5 years 11 months</td>
</tr>
<tr>
<td>First Christian Child Care</td>
<td>185 Old Jonesboro Rd ABINGDON, VA 24210</td>
<td>(276) 628-6253</td>
<td>7:30 am - 5:30 pm, Mon – Fri</td>
<td>2 years - 5 years 11 months</td>
</tr>
<tr>
<td>Benhams Head Start Center</td>
<td>7741 Rich Valley Road</td>
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<tr>
<td>Help at Greendale Elementary School</td>
<td>16210 Elementary Dr.</td>
<td>(276) 623-7164</td>
<td>8 AM - 3 PM, Mon – Fri</td>
<td>4 years - 5 years 11 months</td>
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<tr>
<td>Help at Greendale Elementary School</td>
<td>16210 Elementary Dr.</td>
<td>(276) 623-7164</td>
<td>8 AM - 3 PM, Mon – Fri</td>
<td>4 years - 5 years 11 months</td>
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<tr>
<td>Help at Meadowview Elementary School</td>
<td>14050 Glenbrook Ave MEADOWVIEW, VA 24361</td>
<td>(276) 623-7164</td>
<td>3:00 - 6:00, Mon – Fri</td>
<td>5 years - 12 years 11 months</td>
</tr>
<tr>
<td>Help at Valley Institute Elementary School</td>
<td>4350 Gate City Hwy, BRISTOL, VA 24202</td>
<td>(276) 623-7164</td>
<td>3:00 - 6:00, Mon – Fri</td>
<td>5 years - 12 years 11 months</td>
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<tr>
<td>Help at Greendale Elementary School</td>
<td>13092 McGuffie Rd</td>
<td>(276) 623-7164</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Help at Meadowview Elementary School</td>
<td>14050 Glenbrook Ave MEADOWVIEW, VA 24361</td>
<td>(276) 623-7164</td>
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<td></td>
</tr>
<tr>
<td>Help at Valley Institute Elementary School</td>
<td>4350 Gate City Hwy, BRISTOL, VA 24202</td>
<td>(276) 623-7164</td>
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<tr>
<td>High Point Elementary School</td>
<td>14091 Sinking Creek Rd, BRISTOL, VA 24201</td>
<td>(276) 645-4780</td>
<td>2:45 PM - 6:00 PM, Mon – Fri</td>
<td>4 years - 12 years 11 months</td>
</tr>
<tr>
<td>Kiddie Care College</td>
<td>992 Beverly Dr, ABINGDON, VA 24210</td>
<td>(276) 628-1288</td>
<td>7 AM - 6 PM, Mon – Fri</td>
<td>1 year 10 months - 7 years 11 months</td>
</tr>
<tr>
<td>Ms. Mary Thomas</td>
<td>22237 Lincoln Circle DAMASCUS, VA 24236</td>
<td>(276) 645-4780</td>
<td>2:45 PM - 6:00 PM, Mon – Fri</td>
<td>4 years - 12 years 11 months</td>
</tr>
<tr>
<td>Ms. Teresa Taylor</td>
<td>15239 Friendship Rd, GLADE SPRING, VA 24340</td>
<td>(276) 645-4780</td>
<td>2:45 PM - 6:00 PM, Mon – Fri</td>
<td>4 years - 12 years 11 months</td>
</tr>
<tr>
<td>Ms. Valerie Taylor</td>
<td>26269 Watauga Rd, ABINGDON, VA 24211</td>
<td>(276) 628-2834</td>
<td></td>
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<tr>
<td>Miss Amy’s Child Care</td>
<td>211 Bradley ST, ABINGDON, VA 24210</td>
<td>(276) 676-3151</td>
<td>7:00 AM - 6:00 PM, Mon – Fri</td>
<td>Birth - 12 years 11 months</td>
</tr>
<tr>
<td>Ms. Mary Thomas</td>
<td>22237 Lincoln Circle DAMASCUS, VA 24236</td>
<td>(276) 676-3151</td>
<td>7:00 AM - 6:00 PM, Mon – Fri</td>
<td>1 year 10 months - 7 years 11 months</td>
</tr>
<tr>
<td>Ms. Valerie Taylor</td>
<td>26269 Watauga Rd, ABINGDON, VA 24211</td>
<td>(276) 628-2834</td>
<td>6:30 am - 5:30 pm, Mon – Fri</td>
<td>Birth - 12 years 11 months</td>
</tr>
<tr>
<td>Pleasant View United Methodist Church</td>
<td>18416 Lee Hwy, ABINGDON, VA 24210</td>
<td>(276) 628-6323</td>
<td>9:30am - 12:00 noon, Mon, Wed and Fri</td>
<td>2 years 6 months - 5 years 11 months</td>
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<tr>
<td>Pleasant View Presbyterian Church</td>
<td>136 East Main St, ABINGDON, VA 24210</td>
<td>(276) 628-3361</td>
<td>9 am - 12:30 pm, Mon – Thurs</td>
<td>Birth - 6 years 11 months</td>
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<td>Location</td>
<td>Contact Information</td>
<td>Hours</td>
<td>Age Range</td>
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<tr>
<td>St. John Lutheran Church</td>
<td>St. John Child Care Development Center</td>
<td>807 E. Main St, ABINGDON, VA 24212</td>
<td>(276) 676-0115</td>
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<td></td>
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<td>9:00am - 5:30 pm, Mon – Fri</td>
<td>2 years 6 months - 5 years 11 months</td>
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<tr>
<td>Trigg Street Church of God</td>
<td>Sunny Days Children’s Center</td>
<td>333 Trigg St., ABINGDON, VA 24210</td>
<td>(276) 628-8005</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>7:30 am - 5:30 pm, Mon – Fri</td>
<td>1 month - 12 years 11 months</td>
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</tr>
<tr>
<td>Stryker Martial Arts Academy</td>
<td>100 Linden Square Dr. Suites 1-4</td>
<td>BRISTOL, VA 24202</td>
<td>(276) 644-9990</td>
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<td></td>
<td></td>
<td>3:00pm - 6:00pm, Mon – Fri</td>
<td>5 years - 12 years 11 months</td>
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<tr>
<td>Victory Children's Center</td>
<td>11123 Island Rd, BRISTOL, VA 24202</td>
<td>(276) 669-3008</td>
<td>6:30 am - 5:30 pm, Mon – Fri</td>
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<td>1 month - 12 years 11 months</td>
<td>1 year 6 months - 12 years 11 months</td>
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<tr>
<td>Sullins Academy</td>
<td>PreSchool &amp; Children’s Center</td>
<td>22218 Sullins Academy Dr, BRISTOL, VA</td>
<td>(276) 669-4101</td>
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<td>2 years 6 months - 12 years 11 months</td>
<td>7:30am - 5:30pm, Mon – Fri</td>
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<tr>
<td>Woodland Hills Christian Church</td>
<td>Academy 22:6</td>
<td>16173 Elementary Dr, ABINGDON, VA</td>
<td>(276) 628-8659</td>
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<td></td>
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<td>6:30 am - 6:00 pm, Mon – Fri</td>
<td>1 year 6 months - 12 years 11 months</td>
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<tr>
<td><strong>WORKING FAMILIES MAY QUALIFY FOR A CHILD CARE SUBSIDY THROUGH THEIR LOCAL DEPARTMENT OF SOCIAL SERVICES</strong></td>
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<td>Bristol VA Department of Social Services</td>
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<td>276-645-7450</td>
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<td>Buchanan County Department of Social Services</td>
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<td>276-935-8106</td>
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<td>Dickenson County Department of Social Services</td>
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<td>276-926-1661</td>
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<td>Russell County Department of Social Services</td>
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<td>276-889-3031</td>
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<tr>
<td>Washington County Department of Social Services</td>
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<td>276-645-5000</td>
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</tbody>
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Children & Youth Programs

Big Brothers/Big Sisters of Washington Co.
114 North Court Street, Abingdon VA 24210
276-628-7053 http://www.bbswashco.org/
A mission to help children reach their potential through professionally supported, one-to-one relationships with mentors that have a measurable impact on youth. The agency provides a positive one-on-one relationship for children living in a single parent home, or who are in need of stability and companionship. The program matches children with an adult who has similar interests and can provide a positive role model.

Boys and Girls Club of Bristol
334 Rebecca Street, Bristol VA 24201
276-669-8921 http://www.bbgc.org/
Youth organization which serves children 5 to 18 years of age.

Bristol Family Y.M.C.A.
400 Martin Luther King Blvd., Bristol TN 37620
423-968-3133 http://www.bristolymca.net/
Youth programs for ages infant to high school, and include flag football, basketball, t-ball, swim lessons, aquatic activities, pre-school services. Before and after school childcare is also offered. Dance aerobics and youth training are also available.

Communities in Schools of Southwest Virginia
Contact-Deborah Wagner
220 Lee Street, Bristol, VA 24202
276-821-5630 www.cisofswva.org
Targeting K-12 children at risk of dropping out of school. Provides basic needs such as food, clothing or other necessities.

Drug Awareness Resistance Education (DARE)
20281 Rustic Lane, Abingdon VA, 24210
276-676-6000
Provides children with the skills they need to avoid drugs, gangs, and violence.

Educational Talent Search
P.O. Box 828, Abingdon VA 24210
276-739-2564
Prepares middle and high school students for college. Offers tutoring, college visits, cultural enrichment, mentoring, personal development and summer camp.

Girls Incorporated
613 Highland Avenue, Bristol, VA 24201
276-669-8686
An after-school program and summer program available to girls between the ages of 5 and 18 years of age. An emphasis is placed on sports, adventure, leadership, community action, self-reliance, life skills, culture, and heritage.

People Incorporated Community Services Program—Improving Scholars
1173 West Main Street, Abingdon VA 24210
276-623-9000 http://www.peopleinc.net/
Twice weekly tutoring and mentoring services for at-risk middle and high school students.

People Incorporated Community Services Program—Project Discovery
1173 West Main Street, Abingdon VA 24210
276-623-9000 http://www.peopleinc.net/
A drop-out prevention and college access preparatory program for high school students that arranges college campus visits, provides academic support counseling, goal-oriented workshops, SAT fee waivers and test preparation, and information on financial aid and college admissions.

River’s Way
10 6th Street, Bluff City TN 37618
423-612-1242 or 423-715-0085 http://www.riversway.org
Overnight summer program featuring rock climbing, canoeing, white water rafting, swimming and caving. Team building for youth with disabilities and special needs. Sponsorships are available.

Smart Beginnings of Southwest Virginia
1096 Ole Berry Rd, Abingdon, VA 24210
http://www.smartbeginningsswva.org/
A community-based, state supported initiative that strives to ensure that all children entering kindergarten are healthy and ready to learn.

Virginia Cooperative Extension Office Washington County 4-H Program
25236 Hillman Highway, Abingdon VA 24210
276-676-6180 http://washington.ext.vt.edu/
Washington County 4-H encourages youth ages 5-19 to develop leadership, responsibility, decision making and communication skills to the fullest potential. Young people participate in 4-H through clubs, special interest groups, school programs, camps and many other activities. “Learning by doing” through hands-on activities and community involvement empowers 4-H’er’s to develop and strengthen these valuable life skills.

Y.W.C.A of Bristol
106 State Street, Bristol, TN 37620
423-968-9444  http://www.ywcbristol.org/
Child care is offered on a sliding scale fee for children from 6 weeks old to preschool age. MOMS R US; a teenage pregnancy program is offered. Labor and childbirth classes are offered along with parenting classes. A fitness club for women is also offered.
## Schools

### Public Schools

#### Bristol City

- J.B. VanPelt Elementary School: 276-821-5770
- Highland View Elementary School: 276-821-5710
- Saint Anne’s Catholic School: 276-669-0048
- Stonewall Jackson Elementary School: 276-821-5740
- Sullins Academy: 276-669-4101
- Virginia High School: 276-821-5858
- Virginia Middle School: 276-821-5660
- Washington Lee Elementary School: 276-821-5800

#### Dickenson County

- Clintwood Elementary School: 276-926-6088
- Clintwood High School: 276-926-8400
- Ervinton Elementary School: 276-835-8423
- Ridgeview High School: 276-835-1600
- Sandlick Elementary School: 276-865-5361

#### Buchanan County

- Buchanan County Technology & Career Cnt: 276-935-4541
- Council Elementary/Middle School: 276-859-9329
- Council High School: 276-859-7627
- Grundy High School: 276-935-2106
- Hurley Elementary/Middle School: 276-566-8523
- Hurley High School: 276-566-8334
- JM Bevins Elementary School: 276-244-3200
- Riverview Elementary/Middle School: 276-935-1613
- Twin Valley Elementary/Middle School: 276-498-4537
- Twin Valley High School: 276-259-7818

#### Russell County

- Belfast Elementary School: 276-880-2283
- Castlewood Elementary School: 276-762-2315
- Castlewood High School: 276-762-9449
- Copper Creek Elementary School: 276-794-9306
- Honaker Elementary School: 276-873-6301
- Honaker High School: 276-873-6363
- Lebanon Elementary School: 276-889-6531
- Lebanon Middle School: 276-889-6548
- Lebanon Primary School: 276-889-4507
- Lebanon High School: 276-889-6539
- Russell County Career and Technology Center: 276-889-6550
- Swords Creek Elementary School: 276-991-0016

#### Washington County

- Abingdon Elementary School: 276-739-3400
- Abingdon High School: 276-739-3200
- Damascus Middle School: 276-739-4100
- E.B. Stanley Middle School: 276-739-3300
- Glade Spring Middle School: 276-739-3800
- Greendale Elementary School: 276-739-3500
- High Point Elementary School: 276-642-5600
- Holston High School: 276-739-4000
- John S. Battle High School: 276-642-5300
- Meadowview Elementary School: 276-739-3900
- Patrick Henry High School: 276-739-3700
- Rhea Valley Elementary School: 276-739-4200
- Valley Institute Elementary School: 276-642-5500
- Wallace Middle School: 276-642-5400
- Washington Co. Technical School: 276-739-3140
- Watauga Elementary School: 276-739-3600

#### Wise County

- St. Paul Elementary School: 276-762-5941
- Eastside High School: 276-395-3389

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[https://www.wisek12.org/](https://www.wisek12.org/)
### Private Schools

#### Bristol City
- **Antioch Academy Preschool**
  - [Website](http://www.antiochbristol.com/antioch-academy-preschool/)
  - Phone: 276-591-1803
- **Morrison School**
  - [Website](http://morrizonschool.org/)
  - Phone: 276-669-2823
- **Saint Anne’s Catholic School**
  - [Website](https://www.stanneschoolbristol.org/)
  - Email: wcheers@stanneschoolbristol.org
  - Phone: 276-669-0048
- **Sullins Academy**
  - [Website](https://www.sullinsacademy.org/)
  - Email: info@sullinsacademy.org
  - Phone: 276-669-4101

#### Washington County
- **Antioch Christian Academy**
  - [Website](https://www.antiochbristol.com/)
  - Email: pastor@antiochbristol.com
  - Phone: 276-628-5353
- **Cornerstone Christian Academy**
  - [Website](http://www.cornerstoneabingdon.org/)
  - Phone: 276-623-7164
- **Preschool/Day Care Academy 22:2**
  - Woodland Hills Christian Church
  - 16173 Elementary Drive, Abingdon, VA
  - Phone: 276-628-8659

#### Early Head Start / Head Start

#### Bristol City
- Bristol Early Head Start/Head Start Center
  - Phone: 276-591-1437
- Bristol Early Head Start-Home Based
  - Phone: 276-623-9000

#### Buchanan County
- Early Head Start-Home Based
  - Phone: 276-935-3267
  - [Website](http://www.peopleinc.net/)
- Buchanan County Head Start
  - Phone: 276-935-2333
  - [Website](http://www.buchanancountyonline.com/headstart.htm)

#### Washington County
- Abingdon Early Head Start/Head Start Cnt
  - Phone: 276-628-9932
- Benhams Head Start Center
  - Phone: 276-466-9122
- Glade Spring Head Start Center
  - Phone: 276-429-2130
- Washington County Early Head Start-Home Based
  - Phone: 276-623-9000

#### Dickenson County
- Dickenson County Child Care Center
  - Phone: 276-926-8516
- Dickenson County Early Head Start Center
  - [Website](http://www.peopleinc.net/)
- Dickenson County Early Head Start-Home Based
  - Phone: 276-679-0514
  - [Website](http://kidscentralinc.com/)

#### Russell County
- Fox Meadows Head Start Center
  - Phone: 276-889-4768
- Givens Head Start Center
  - Phone: 276-991-0001
- Russell County Early Head Start/Head Start-Home Based
  - Phone: 276-889-8473
  - [Website](http://www.peopleinc.net/)

#### Wise County
- Kids Central Incorporated
  - Phone: 276-679-0514
  - [Website](http://kidscentralinc.com/)
**Adult Education**

**Blue Ridge Job Corps**
276-783-7221 or 1-800-829-0191
https://blueridge.jobcorps.gov/
Job training in the construction field and assistance to those interested in obtaining a GED. The program can serve individuals 16-24 years of age that meet income requirements. Serves the entire states of Virginia, Tennessee, Kentucky, and West Virginia.

**Bristol School of Hair Design**
805 Commonwealth Ave, Bristol VA 24203
276-466-4534
https://www.bristolschoolofhairdesign.com/
Cosmetology school and employment

**Emory & Henry College**
30461 Garnard Drive, Emory, VA 24327
276-944-4121
https://www.ehc.edu/
College classes for those interested in furthering their education. Students can enroll and work towards a Bachelor’s Degree. Financial Aid programs, grants, and loans are available to those in need. Contact Admissions office for more information.

**Highlands Educational Literacy Program (H.E.L.P.)**
13168 Meadowview Square, Meadowview VA 24212
276-944-5144
http://helpliteracyofwc.org/
H.E.L.P. provides basic literacy instruction for adults, classes to assist in computer skills, English as a second language (ESL) and a focus on family literacy.

**Jacobs Creek Job Corps**
984 Denton Valley Rd, Bristol TN 37620
423-878-4021 or 1-800-733-JOBS (5627)
https://jacobscreek.jobcorps.gov/
Job training in the construction field and assistance to those interested in obtaining a GED. The program can serve individuals 16-24 years of age that meet income requirements. Serves the entire states of Virginia, Tennessee, Kentucky, and West Virginia.

**Literacy Academy of Bristol**
701 Goode Street, Bristol VA 24201 276-645-8790
Provides learning opportunities to individuals wishing to increase their education or skills. The center helps students with GED preparation, remedial reading, writing, and math. Assistance and classes to help individuals with computer skills, resume writing, and military tests. English as a Second Language ESL classes and college entrance exams. Inquire at the Bristol Public Library.

**LPN Program**
276-889-6550
The program is designed to assist adult learners in achieving their Licensure in Practical Nursing.

**Mount Rogers Regional Adult Education Program**
P.O. Box 828, Abingdon VA 24210
276-619-4398
http://mrraep.com/
Adult Basic Education (ABE) programs, English as a Second Language programs (ESL), General Education Development programs (GED) available. Transition classes also available for accelerated instruction in reading, writing, and math for individuals who possess a GED and desire to enter into college classes. Individuals must be 18 years old or at least 16 and released from compulsory school attendance. Office located Southwest Virginia Higher Education Center.

**Regional Adult Education Program**
1-800-422-3433
Adult Basic Education (ABE) programs, English as a Second Language programs (ESL), General Education Development programs (GED) available. Transition classes also available for accelerated instruction in reading, writing, and math for individuals who possess a GED and desire to enter into college classes. Individuals must be 18 years old or at least 16 and released from compulsory school attendance.

**Russell County Alternative Education**
276-889-6539 or 276-762-9449
http://alted.russell.k12.va.us/
Assists individuals, adults and youth in obtaining their GED.

**Southwest Virginia Community College**
724 Community College Rd., Cedar Bluff, VA
276-964-2555
https://sw.edu/
College classes for those interested in furthering
their education. Students can enroll and work towards a Certificate of Training, an Associate’s Degree, or attend General Studies classes in order to transfer to 4 yr. college. Financial Aid programs, grants and loans available to those in need. Contact Admission office for more information.

**TRI-County Driving Academy**
276-794-7660
http://www.tricountydrivingacademy.com/
Assists adults in obtaining their Commercial Driver’s License, training, and job placement. Financial Aid may be available.

**University of Virginia at Wise**
276-328-0102 or 1-888-282-9324
https://www.uvawise.edu/
College classes for those interested in furthering their education. Students can enroll and work towards a Bachelor’s Degree. Financial Aid programs, grants, and loans are available to those in need. Contact Admissions office for more information.

**Virginia Highlands Community College**
P.O. Box 828, Abingdon VA 24212
276-739-2400
http://www.vhcc.edu/
College classes for those interested in furthering their education. Students can enroll and work towards a Certificate of Training, an Associate’s Degree, or attend General Studies classes in order to transfer to 4 yr. college. Financial Aid programs, grants and loans available to those in need. Contact Admission office for more information.

**Washington County Schools-Kidz Place**
255 Stanley St, Abingdon, VA 24210
276-739-3115
http://kidzplace.wcs.k12.va.us/content/about-us
The Washington County Title I Parent Resource Center is a part of Washington County Public Schools federal programs. The center has materials to suit the needs of preschool through grade five. Our goal through the center is to work with parents to give our students, present and future, the greatest opportunity for success in the early years of school. For some students, more time and help are needed to develop strong academic skills. The Parent Resource Center has hundreds of instructional tools available for parents to work with their children at home to provide that extra boost to school achievement.

**William N. Neff Vocational School**
255 Stanley Street, Abingdon VA 24210
276-739-3100
http://neff.wcs.k12.va.us/aboutus.html
Provides vocational education for secondary students in Washington County. Program also offers Licensed Practical Nursing classes to adults as well as secondary students.
Employment, Financial, & Legal Services

Employment Programs

People Incorporated Workforce Development Program
1173 West Main St., Abingdon VA 24210
http://www.peopleinc.net/
Connects individuals to employment, new skills training, and higher education through innovative initiatives that serve workers, job seekers, and employers to enhance the productivity and prosperity of the communities in which we live.

People Incorporated Workforce Development Program—Adult Workforce Investment Act
http://www.peopleinc.net/
One-Stop Career Centers provide adults age 18 and over with workforce preparation, talent development service, and job placement. Connections with GED preparation, continuing education and employment placement services are also provided.

People Incorporated Workforce Development Program—Dislocated Worker Program
http://www.peopleinc.net/
This program is designed to meet employer needs by helping job seekers upgrade skills, obtain employment, improve job retention, and increase earnings. The program offers employment and training programs for eligible workers who are unemployed through no fault of their own or have received an official layoff notice.

People Incorporated Workforce Development Program—Youth Workforce Investment Act
http://www.peopleinc.net/
Education, training, and employment opportunities for youth ages 14 through 21 are designed to eliminate the multiple barriers to employment for low-income youth. The program develops skilled workers with flexibility to adapt to changing demands of local economies.

Virginia Employment Commission
http://www.vec.virginia.gov/bristol
1-866-832-2363—Claims #,
192 Bristol East Rd., Bristol VA
276-642-7350
P.O. Box 1850, Richlands, VA
276-964-4007
Screening, testing, training, counseling, and classifications of workers for job referral and placement. Migrant and seasonal farm workers assistance, automated job matching, and administration of employment insurance benefits.

People Incorporated Community Services Program—Virginia Community Action Re-Entry Solution
276-623-9000
1173 West Main St., Abingdon VA 24210
http://www.peopleinc.net/
Virginia CARES helps ex-offenders and their families make the transition from prison to life in the community. Services include pre-release life skills, post-release referrals to community service providers, and help in securing employment.
Financial Services

Division of Child Support Enforcement
190 Patton Street, Abingdon VA 24210
1-800-468-8894
http://www.dss.virginia.gov/family/dcseoffices.cgi
Provides methods of collecting child support from absent parents, including establishing paternity, establishing administrative support orders and enforcement of all orders for child support. This is the regional office and serves the counties of Buchanan, Dickenson, Russell, Scott, Smyth, Tazewell, Washington, Wise and the cities of Bristol and Norton.

Money Management International
7000 Peter’s Creek Rd., Roanoke VA
1-800-873-2227
Offers free debt counseling and education as well as a debt management program.

People Incorporated Community Economic Development Program—Business Development and Loan Services
1173 West Main St, Abingdon VA 24210
276-623-9000
http://www.peopleinc.net/
People Incorporated offers financial assistance microenterprise loans, business training and technical services to help start or expand businesses, which in turn, creates jobs.

People Incorporated Community Economic Development Program—Consumer Loans
1173 West Main St., Abingdon VA 24210
276-623-9000
http://www.peopleinc.net/
Loans with an affordable interest rate of Prime + 5% are offered to individuals for up to 36 months to provide assistance with many household expenses, car purchases and bill consolidation.

People Incorporated Community Economic Development Program—Virginia Individual Development Accounts Program
1173 West Main St Abingdon VA 24210
276-623-9000 http://www.peopleinc.net/
IDAs facilitate a pattern of regular savings for modest income working families using matching funds. Clients build assets and long-term economic security.

People Incorporated Community Economic Development Program—Volunteer Income Tax Assistance (VITA) and Earned Income Tax Credit (EITC) Outreach Program
1173 West Main St Abingdon VA 24210
276-623-9000 http://www.peopleinc.net/
IRS-certified volunteers provide free basic income tax preparation and electronic filing to individuals and families earning less than $54,000. The outreach program links EITC-eligible individuals to trained volunteers who provide tax preparation assistance.

Social Security Administration
2484 Lee Hwy., Bristol VA 24201
276-466-2231 1-800-772-1213
https://www.ssa.gov/
Develops claims for Social Security retirement, survivors, disability and supplemental security income for the elderly or disabled. Works to help individuals obtain social security numbers/cards.

Virginia Highlands Small Business Incubator
851 French Moore Jr Blvd., Abingdon, VA 24210
276-492-2062 http://vhsbi.com/
The Virginia Highlands Small Business Incubator was established to help start-up and existing business expand and grow in Southwest Virginia. We provide support, guidance, reasonable rent, and necessary services to foster a successful business community.
Legal Services

Attorneys

Abbey Pratt  360 E Main St, Abingdon, VA 24210  276-698-3338
Barry Proctor  117 W Main St, Abingdon, VA 24210  276-628-1181
David Harmon  14400 Lee Highway, Abingdon, VA 24202  276-642-0000
Ed Stout  600 Cumberland St, Bristol, VA 24201  276-466-3377
George Barker, Jr  121 E Valley St Abingdon, VA 24210  276-628-9000
Haugh & Preas  111121 Russell Rd NW #1, Abingdon, VA 24210  276-628-7187
Jeff Coale  121 Russell Rd NW, Abingdon, VA 24210  276-614-4537
Johnny Rosenbaum  189 Valley St NE, Abingdon, VA 24210  276-628-7167
Kimberly Haugh  100 Court St NE, Abingdon, VA 24210  276-676-2400
Marty Large  PO Box 616, Norton, VA 24210  276-395-3327
Nancy-Jean Bradford  158 W Valley St, Abingdon, VA 24210  276-628-1440
Patricia Smith  158 W Valley St, Abingdon, VA 24210  276-628-1440
Richard Buddington, Jr  182 W Main ST, Abingdon, VA 24210  276-628-7591

Virginia Legal Aid Society

227 West Cherry St., Marion, VA  16932 W Hills Dr., Castlewood, VA
276-783-8300  276-762-9317
1-866-534-5243
http://www.swvalegalaid.org/contact-us

A non-profit organization established to provide free, high quality legal services to low income residents of the Southwestern Region of Virginia. The following types of cases may be handled: family related issues, housing, consumer issues, SSI, Food Stamps, TANF, Medicaid, Medicare, Health Care, and employment issues.

Other Services

Safe Link Telephones
www.safelinkwireless.com
A government initiative to ensure individuals access to telephone service. Individuals meeting income guidelines and receiving local or federal public assistance may qualify for a free cell phone plus 68 minutes of use each month. Unused minutes roll over each month and additional minutes can be added by buying a TracPhone wireless card.

Virginia 2-1-1
Dial 2-1-1
www.211virginia.org
An easy to remember telephone number to connect individuals with needed resources within their local area. Calls are taken by trained professionals who will listen to individual situations and suggest local sources to help using the Virginia database of health and human services.
Shelter, Food, and Transportation Resources

HOUSING RESOURCES

**Appalachian Family Ministries**
276-523-2410  
Provides hospitality, shelter, counseling, and support to families and single persons in times of crisis.

**Appalachian Agency for Senior Citizens**
216 College Ridge Rd., Cedar Bluff, VA 24609  
276-964-4915  cpatton@aasc.org  
http://www.aasc.org/  
Appalachian Agency for Senior Citizens provides home repairs.

**Bristol Redevelopment & Housing Authority**
809 Edmund Street, Bristol VA 24201  
276-642-2001 contact@bhra.com  
http://www.brha.com/  
Offers assistance to families who qualify to obtain safe low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and the unit chosen. Assists residents of the city of Bristol VA only.

**Buchanan County Housing and Redevelopment**
276-935-6560  
http://www.buchananountonline.com/  
Offers assistance to families who qualify to obtain safe low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and the unit chosen.

**Cumberland Plateau Regional Housing Authority**
35 Fox Meadow Dr., Lebanon, VA 24266  
276-889-8076  http://www.cprha.org  
Cumberland Plateau provides low-income rentals through public housing.

**Dickenson County Housing and Redevelopment**
276-926-2704  http://www.dickensonva.org  
Offers assistance to families who qualify to obtain safe low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and the unit chosen.

**Habitat for Humanity-Washington County**
Abingdon VA  projects@helphabitat.org  
http://helphabitat.org

276-258-5469  
Program assists families in home ownership. Restrictions apply, participants are required to volunteer.

**People Incorporated Housing Program—Affordable Rental Housing**
1173 West Main St., Abingdon VA 24210  
276-623-9000  http://www.peopleinc.net/  
People Incorporated creates affordable apartment units for low- and moderate-income families and individuals throughout Southwest Virginia and the Shenandoah Valley.

**People Incorporated Housing Program—Homeownership and Housing Counseling**
1173 West Main St., Abingdon VA 24210  
276-623-9000  http://www.peopleinc.net/  
Low- and moderate-income families can gain financial stability, accumulated assets, and equity, and make a long-term investment in their future by becoming homeowners with assistance from Homeownership Counselors. The agency provides one-on-one homeowner education and housing counseling services and to those interested in homeownership and provides low interest home loans to eligible individuals and families.

**People Incorporated Housing Program—Kings Mountain Supportive Housing**
1173 West Main St., Abingdon VA 24210  
276-623-9000  http://www.peopleinc.net/  
Kings Mountain was designed to meet the needs of homeless men with disabilities, including veterans. The multi-unit housing rehabilitation project in Bristol, Virginia provides residence and support services.

**People Incorporated Housing Program—Minor Home Repair**
1173 West Main St., Abingdon VA 24210  
276-623-9000  http://www.peopleinc.net/  
Assists low-income households with electrical, heating, and roof repairs.
People Incorporated Housing Program—Section 8 Rental Assistance  
1173 West Main St., Abingdon VA 24210  
276-623-9000  http://www.peopleinc.net/  
Program provides financial assistance for rent and utilities to qualified families in Washington County.

People Incorporated Housing Program—Virginia Homeless Solutions Program (VHSP)  
1173 West Main St., Abingdon VA 24210  
276-623-9000  http://www.peopleinc.net/  
Individuals and families who are homeless or at-risk of becoming homeless receive emergency assistance in order to prevent homelessness or shorten the length of time that an individual/family is homeless.

People Incorporated Housing Program—Weatherization  
1173 West Main St., Abingdon VA 24210  
276-623-9000  http://www.peopleinc.net/  
Provides repairs and improvements to low-income residences to increase the home's energy efficiency and reduce total residential energy expenditures.

Rural Development  
140 Highland Dr #5, Lebanon, VA 24266  
276-889-5750  https://www.rd.usda.gov/  
Assists rural residents to acquire adequate housing through home ownership. Application process required, participants are required to attend home ownership and money management counseling.

Town of Abingdon Housing  
300 Green Springs Rd., Abingdon VA 24210  
276-628-5661  http://abingdon-va.gov  
Offers assistance to families in obtaining safe and low-cost housing through Section 8 and HUD vouchers. Fees depend on the need of the family and unit chosen. Town of Abingdon residents only.
FOOD/CLOTHING/SHELTER

Bristol Virginia Department of Social Services
621 Washington St., Bristol VA 24201
276-645-7450
http://www.dss.virginia.gov/localagency
Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available. Contact office for more info. Intake application required for all services.

Bristol Emergency Food Pantry
21 Washington St., Bristol VA 24201
423-571-4449
Assists families with emergency food box in time of need. Application process required. Photo ID and Social Security Cards for all members in household. Hours 1:00 pm-4:00 pm. Must be there before 3:00 pm.

Bristol Faith in Action
1534 Euclid Ave., Bristol VA 24201
276-466-8292
A faith-based organization comprised of local churches with the goal of assisting the community with needs. Operates a food pantry providing families with emergency food boxes. Crisis assistance for families for rent and utilities as funds are available. Application process required. Bristol residents ONLY. Hours 10:00 am-2:00 pm.

Buchanan County Department of Social Services
3174 Slate Creek Rd., Grundy, VA 24614
276-935-8106   www.dss.virginia.gov/localagency
Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available.

Dickenson County Department of Social Services
120 Clover Street, Clintwood, VA 24228
276-926-1661
http://www.dss.virginia.gov/localagency
Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance

Ecumenical Faith in Action
798 Hillman Highway, Abingdon VA 24210
276-628-4813
http://www.abingdonfaithinaction.com/
Faith-based organization comprised of local churches with the goal to assist the needs of the community. Services include: Stone Soup Food Pantry (food and hygiene products), Thrift Store (East Main Street), crisis assistance for rent and utilities (when funds available). Application process required. Washington County Virginia residents only.

Feeding America Southwest Virginia
21452 Gravel Lake Rd., Abingdon, VA 24211
276-628-9226   https://www.faswva.org/
Provides low income individuals and families food to survive and thrive.

Family Crisis Support Services, Inc
701 Kentucky Ave SE, Norton VA 24273
276-679-7240   fcssinc@adelphia.net
menshelters.org/det/family-crisis-support-services-inc
Offers vouchers to the community at large for school supplies, clothing and household items to be used at one of three thrift stores in Pound, Norton, or Clintwood. Application process required to determine eligibility.

First Assembly of God
1400 Lee Hwy., Bristol, VA 24201
276-669-3016   http://www.firstassemblybristol.org/
Provides food to those in need. Wednesdays 10 am until last person leaves.

Good Samaritan Food Pantry and Clothing Store
918 Kents Ridge Rd., Richlands VA 24641
276-963-9197
Provides food and clothing to those in need. Application process required for USDA food bank. Food Pantry operates Tuesdays and Fridays from 10-1. The Clothing Closet operates Mondays and Thursdays from 9-3.
Grace Point Food Ministry
1119 Commonwealth Ave., Bristol, VA 24201
276-644-4494
Provides food for those in need. Call for an appointment. Must have proof of address. Two times per month on Thursdays.

Haven of Rest Rescue Mission
624 Anderson Street, Bristol TN, 37621
423-968-2011  www.havenofrestbristol.org
Food, clothing, shelter, and counseling are provided. Thrift store for the needy and homeless individuals. 3 shelters for the homeless, 1) Haven of Rest Rescue Mission for Men, 2) Haven Home for Homeless Women, 3) Haven Home for Homeless Women and Children. Free lunch at noon on Saturdays and Sundays. Free dinner at 6 pm Monday through Friday. Food boxes available to those in need. Call for more information.

Higher Faith Ministries, Inc
1509 Kentucky Ave, Bristol TN 37620
423-764-7904  ministry@higherfaith.org
http://higherfaith.org/
Free clothing closet and athletic exchange for families. Household goods also free to needy families. Donations of clothing and materials taken. Call for hours of operation or to schedule appointment.

Highlands Fellowship Church, Abingdon and Bristol Campuses
22417 Watauga Rd., Abingdon VA 24211
Abingdon—276-628-3297
Bristol—276-669-7400  www hf.church
Food pantry for those in need as well as a free clothing closet to assist families within the community. Benevolent fund to assist families in crisis with rent and utilities, as funds are available. Application process required. Various fellowship services offered to the public for time of worship.

Loaves and Fishes Food Pantry-Chilhowie Area
141 S Pine Avenue, Chilhowie, VA 24319
Provides food boxes to families first and third Thursday of each month.

Russell County Department of Social Services
79 Rogers Street, Lebanon, VA 276-889-3031
http://www.dss.virginia.gov/localagency
Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available. Contact office for more info. Intake application required for all services.

Salvation Army
137 Martin Luther King Blvd. Bristol TN 37621
423-764-6156  or FAX #: 423-764-8082
http://www.salvationarmyusa.org/
Emergency food and shelter are provided as well as assistance in emergency situations-food, utilities, clothing and fuel. The Salvation Army also provides men’s and women’s shelters, counseling services, tutoring, transportation, disaster services and holiday assistance. Resources available to families who meet eligibility criteria.

Steele Creek Missionary Baptist Church
274 Old State Dr., Bristol, TN 423-274-0790
Must bring photo ID. Third Thursday of the month from 10 am-12 pm.

Swords Creek Community Church
3305 Kents Ridge Rd, Swords Creek VA 24649
276-991-0264  http://www.sccbaptistchurch.org/
Provides food boxes to families in need.

The Christian Center
104 E Main St Lebanon, VA 276-889-4357
The Christian Center provides help for those in need as determined by the circumstances.

The Community Center of Abingdon
Meals on Wheels
300 Senior Dr., Abingdon VA 24210
276-628-3911  thecommunitycenterofabingdon.com
Check our Facebook page or website for dates of this event, as they will change monthly.
The SHARE Program
Lebanon VA 276-889-4893
Provides low cost food packages for the public. Purchase for the monthly food package may be made with cash or food stamps.

Tri-Cities Diaper Ministry
1534 Euclid Ave., Bristol, VA 24201
423-742-5639
Provides diapers to needy families.

Virginia Avenue Methodist Church
1127 Virginia Ave., Bristol, TN 37621
423-968-1353 vaaveumc@btes.tv
First and third Wednesday of each month from 2-4 pm.

Washington County Department of Social Services
15068 Lee Hwy., Bristol VA 24202
276-645-5000 or 276-623-2661
http://www.dss.virginia.gov/localagency
Wide range of services to assist eligible families in time of need. Intake for Medicaid/FAMIS health insurance, Food Stamps, and Fuel and Crisis Assistance. Intake services for the TANF program and enrollment into the VIEW program assisting with job training or obtaining employment. Childcare resource and referral as well as child care subsidies for those who qualify. Emergency crisis assistance with rent and utilities for those in need when funds are available.
TRANSPORTATION SERVICES

Abingdon Public Transit
335 Cummings Street, Abingdon VA 24210
276-676-0700  http://district-three.org/index.php/Town-of-Abingdon/
Public Transportation to those interested. Operates 5 days a week. Fixed routes with convenient stops. All age groups welcome for shuttle services, shopping and college commuters. FEES: Adults- .50 Children under 3 are FREE.

Bristol VA Public Transit
2107 Shakesville Rd., Bristol VA 24201
276-645-7384
http://www.bristolva.org/196/Transit
Public transportation to those interested. 3 Buses operate 5 days a week. Fixed routes at convenient pick up and drop off sites. FEES: Adults-.60 Children under 6 FREE. Exact Change Required.

Four County Transit
164 College Rd., Cedar Bluff VA
276-963-1486  1-888-656-2272
http://www.fourcountytransit.org/
Public transportation for the counties of Buchanan, Dickenson, Russell, and Tazewell. Convenient pick up and drop off locations and bus transfer sites.

Logisticare
1-866-608-8791  http://www.logisticare.com/
Transportation services available for families receiving Medicaid Insurance to and from Medical Appointments. Intake required, families must call to set up initial intake at least 2 weeks prior to first transport. After first transport, families can call within 48 hours of appointments for transportation.

New Freedom Routes
276-783-3236  1-866-991-1623
http://www.fourcountytransit.org/
Provide express service to shopping centers regionally and out of area.

Russell County Public Transportation
276-889-8000  http://www.fourcountytransit.org/
Public Transportation to those interested. Operates 5 days a week. Fixed routes with convenient stops. All age groups welcome for shuttle services, shopping and college commuters.

Washington Co. Public Transit
335 Cummings Street, Abingdon VA 24210
276-676-2662   http://district-three.org/index.php/Washington-County/
Public Transportation to those interested. Operates 5 days a week. Fixed routes with convenient stops. All age groups welcome for shuttle services, shopping and college commuters. FEES: Adults-.50 Children under 3 are free.
Farmers Markets & Recreation

Local Farmers Markets

Abingdon Farmers Market
www.abingdonfarmersmarket.com
Email: abingdonmarket@gmail.com
Corner of Remsburg Dr & Cummings St
Saturdays 9am-1pm Tuesdays 3-6pm

Big Stone Gap Farmers Market
https://www.facebook.com/bsgfarmersmarket/ Email: bsgfarmersmarket@gmail.com
Main St Downtown Big Stone Gap
Saturdays 9am-12pm

Bluefield VA Farmers Market
Email: roberts@bluefield.org
Corner of Walnut St and Tazewell Ave
Fridays 8am-12pm

Bristol State St Farmers Market
http://www.bristoltn.org/204/State-Street-Farmers-Market
810 State St Saturdays 8am-12pm Wednesdays 3-7pm July-Sept

Galax Farmers Market
http://www.galaxfarmersmarket.com/
Corner of N Main and E Washington St
Fridays 8am-12pm Saturdays 8am-12pm

Greenville Farmers Market
http://www.greenevillefarmersmarket.com/
Email: greenevillefarmersmarket@gmail.com Greene County Fairgrounds Pavilion
Saturdays 8am-1pm Wednesdays 3-6pm

Independence Farmers Market
https://independencefarmersmarket.org/ Email: independencefarmersmarket@gmail.com
Intersection of Hwy 21 & 58
Fridays 9am-2pm

Johnson City Farmers Market
https://www.johnsoncityfarmersmarket.org/ Email: johnsoncityfarmersmarket@gmail.com
Corner of Roan St & Franklin St
Saturdays 7am-2pm Wednesdays 7am-2pm

Johnson County Farmers Market
http://johnsoncountyfm.org/
Email: johnsoncountyfm@gmail.com
County Courthouse Parking Lot, College St
Saturdays 9am-1pm

Jonesborough Farmers Market
http://jonesborough.locallygrown.net/
Email: jbofarmersmarket@gmail.com
105 Courthouse Square Saturdays 8am-12pm

Lebanon Farmers Market
Government Building, Highland Dr
Saturdays and Wednesdays

Marion Regional Farmers Market
http://www.marionva.org/marion-regional-farmers-market
Corner of Cherry St & Chestnut St
Saturdays 8am-12pm

Nickelsville Farmers Market
http://www.virginia.org/listings/Shopping/NickelsvilleFarmersMarket/
11826 Nickelsville Hwy Fridays 4-8pm

Norton Friends & Farmers Market
http://www.nortonva.gov/farmersmarket
Email: farmersmarket@nortonva.gov
815 Park Ave SW Tuesdays 4-6pm

Rural Resources Mobile Market
http://ruralresources.net/
Email: eva@ruralresources.net
Various Locations Throughout Greenville
Tuesdays 9am-1pm Wednesdays 3:30-7pm

Wytheville Farmers Market
http://www.wythevillefarmersmarket.com/ Email: wythevillefarmersmarket@live.com
RP Johnson’s Lot Main St
Saturdays 9am-1pm
Recreation

Art & Music

The Arts Depot
276-628-9091
https://www.abingdonartsdepot.org/

The Crooked Road
276-492-2409
https://www.myswva.org/tcr

Heartwood
276-492-2400
https://www.myswva.org/heartwood
Email: heartwoodfrontdesk@myswva.org

McGlothlin Center for the Arts
276-944-6333
https://www.ehc.edu/mca/

Round the Mountain
276-492-2410
https://www.myswva.org/rtm
Email: info@roundthemountain.org

The Community Center of Abingdon
300 Senior Dr., Abingdon VA 24210
276-628-3911  thecommunitycenterofabingdon.com
Check our Facebook page or website for dates of this event, as they will change monthly.

William King Museum of Art
276-628-5005
http://www.williamkingmuseum.org/

White’s Mill
276-628-2960
http://whitesmill.org/
Email: whitesmill.abingdon@gmail.com

Bowling

Belmont Lanes
423-764-5135

Interstate Bowl
276-669-5942

Camping, Picnics, Hiking, Water Activities

Adventure Mendota
276-645-1020  http://adventuremendota.com/

Appalachian Trail
276-783-5196  http://www.appalachiantrail.org/

Breaks Interstate Park
276-865-4413  http://www.breakspark.com/
Email: info@breakspark.com

Coomes Recreation Center
276-623-5279
https://www.coomescenter.com/

Damascus Pool
276-475-3489
http://www.visitdamascus.org/swimming-pool/

Glade Hollow Ball Park
276-889-8043

Grundy Community Center
276-935-8887
http://www.grundycommunitycenter.org/

Hayter’s Gap Community Center
276-944-4701

Hungry Mother State Park
276-783-4860
http://www.dcr.virginia.gov/state-parks/hungrymother

JS Easterly Park
276-889-8041
www.heartofappalachia.com/attraction/
Riverside Campground  
276-623-0340  
http://www.riversidecampground.org/  

Saltville Wave Pool  
276-496-5439  
https://www.saltville.org/wave-pool  
Email: tourism@saltville.org  

Steele's Creek Park  
423-764-4023  
http://www.bristoltn.org/166/Steele-Creek-Park  

Sugar Hollow Park  
276-645-7275  
http://bristolva.org/facilities/Facility/Details/14  

Virginia Creeper Trail  
276-628-3167  
http://www.vacreepertrail.com/  

Virginia High School Swimming Pool  
276-821-5889  
https://www.bvps.org/apps/pages/vhspool  
Email: mboyle@bvps.org  

Washington County Park  
276-628-9677 or 276-676-6215  

Washington County Rec. Department  
276-676-6212  
Email: kowens@washcova.com  
Email: khall@washcova.com  

Fitness  

Abingdon Fitness  
276-525-1891  

Anytime Fitness  
276-525-1278  
https://www.anytimefitness.com/gyms/2673/abingdon-va-24210/  

Body by Lee  
276-739-0188  
https://www.bodybylee.com/  
Email: DynaBodybyLee@aol.com  

Body Works Fitness & Training Center  
276-628-9003  
bodyworksfitnesscenter.com  

Iron Mountain CrossFit  
276-492-8127  
http://www.ironmountaincrossfit.com/  
Email: info@ironmountaincrossfit.com  

Western Masters Martial Arts  
276-492-6901  
www.westernmastersmartialarts.com  

Whitetop Yoga  
276-492-6901  
http://whitetopyoga.com/  

Public Libraries  

Bristol Public Library  
276-645-8780  
701 Goode Street  
Bristol, VA 24201  
http://www.bristol-library.org/  

Washington County Public Library  
276-676-6222, Front Desk 276-676-6233  
205 Oak Hill Street Abingdon, VA 24210  
http://www.wcpl.net/  
Email: efdesk@wcpl.net  

Local Branches:  
Damascus, 276-475-3820  
310 Water St, Damascus, VA 24236  

Glade Spring, 276-429-5626  
305 N. Glade St, Glade Spring, VA 24340  

Hayter’s Gap, 276-944-4442  
7720 Hayter’s Gap Rd, Saltville, VA 24370  

Mendota, 276-645-2374  
2562 Mendota Rd, Mendota, VA 24270
### Skating

**Skating—Pounding Mill**  
276-963-2337  
[https://skateworld-inc-va-1.hub.biz/](https://skateworld-inc-va-1.hub.biz/)

### Theaters

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<thead>
<tr>
<th>Theaters</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abingdon Cinemall</strong></td>
<td>276-623-2121</td>
<td><a href="http://www.cinemall.com/">http://www.cinemall.com/</a></td>
<td><a href="mailto:staff@cinemall.com">staff@cinemall.com</a></td>
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</tr>
<tr>
<td><strong>Barter Theatre</strong></td>
<td>276-628-3991</td>
<td><a href="https://www.bartertheatre.com/">https://www.bartertheatre.com/</a></td>
<td><a href="mailto:barterinfo@bartertheatre.com">barterinfo@bartertheatre.com</a></td>
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<tr>
<td><strong>Paramount Center for the Arts</strong></td>
<td>423-274-8920</td>
<td><a href="http://www.paramountbristol.org/">http://www.paramountbristol.org/</a></td>
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