

# **KOL AMI ONLINE RESOURCE GUIDE 2019**

This Guide, developed by the Kol Ami Care & Concern Committee, is intended to help you to find information about a wide range of resources in Northern Virginia. The Guide is organized alphabetically by name of service provider, and is grouped into five categories. This Resource Guide is not exhaustive and not meant as an endorsement of the listed agencies.

## **HEALTH & SOCIAL SERVICES**

### **Cancer Support Community**

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

Attend support groups, educational sessions, health and wellness programs as well as find support, hope and community. Programs are free of charge to anyone affected by cancer, including patients, caregivers, loved ones and children. Also includes Helpline and webchat

### **Fairfax County Area Primary Mental/Behavioral Health Resources**

<http://www.fairfaxdvcommunity.org/files/documents/FairfaxMentalBehavioralHealthResource2014-15.pdf>

Includes Treatment and Referral, Community Training, Local Crisis Prevention and/or Stigma Awareness Groups, National Suicide Prevention and/or Stigma Awareness Orgs/Campaigns and Regional Mental Health Legislative Advocacy Groups

### **Health Services Resource Guide City of Alexandria**

<https://www.alexandriava.gov/uploadedFiles/health/info/HCAP%20Health%20Services%20Resource%20Guide%204-09.pdf>.

Includes a complete listing of local health care resources serving City of Alexandria residents and resources serving residents from neighboring jurisdictions, including Fairfax and Arlington counties. Lists hospitals located in the Alexandria vicinity, primary care clinics located in neighboring jurisdictions, a directory of related resources for help with child care and pre-school, homelessness, pharmacy services (including local discount drug programs) and eye care, financial resources, including information about local hospitals' charity care policies

### **Jewish Social Service Agency**

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

JSSA is a nonsectarian nonprofit client-focused health and social service agency that helps individuals and families in the Washington metropolitan area meet emotional, social, and physical challenges. They offer a wide range of services including: counseling, educational, special needs, in-home support, hospice and nursing care.

### **LGBT Community Resource Guide**

<http://www.washingtonblade.com/washington-blade-guide-to-community-resources/> Information on support group meetings and other resources benefitting the D.C.-area LGBT community.

### **Northern Virginia Regional**

<http://www.novaregion.org/161/Quick-Guide>

The Northern Virginia Quick Guide lists the most frequently sought human services in Northern Virginia (print version available). The Quick Guide Online is updated regularly, and is searchable using words or topics.

### **Virginia 211 connect**

<https://211virginia.org/consumer/index.php>

2-1-1 Virginia is a free service that can help VA residents find the local resources 24/7. This includes CommonHelp through which you can apply for healthcare coverage, food assistance, child care, heating/cooling assistance, and cash assistance; Virginia Easy Access, for seniors and people with disabilities; and Special Assistance for People who are Hearing Impaired.

### **Wendt Center for Loss and Healing**

<https://www.wendtcenter.org/resources/community-resources/>

Clearinghouse for: Burial/Funeral Resources, Crime Victim Resources, Emergency Resources, Gay/Lesbian Resources, Grief Camp Resources, HIV/AIDS Resources, Hospice Resources, Legal Services Resources, Mental Health Counseling Resources, SIDS/Infant Death Resources, Substance Abuse Resources, Suicide Prevention and Support Resources, and Widow/Widower Resources

## **SENIORS**

### **Alexandria VA, Division of Aging and Adult Services**

<https://seniorservicesalex.org/wp-content/uploads/2014/12/Directory-of-Resourcess-2014FINAL.pdf>

A comprehensive directory of services for older adults and adults with disabilities in Alexandria and nearby areas. Includes: Advocacy, Caregiver Resources, Consumer Information, Disability Services, Employment, Financial Assistance, Health Care and Education, Housing, Emergency Services, Housing, Legal Services, Libraries, Multicultural Services, Recreation, Transportation, Utilities Information, and Voter Registration.

### **Fairfax Co. Services by Organization**

<https://www.fairfaxcounty.gov/HSRG/pages/OrganizationServices.aspx?Orgsn=251>

List of services including Speakers Bureau/Community Education, Computer Classes and Donations for Seniors, Employment Workshops for Older Adults, and Transportation Service and Referrals for Older Adults.

### **Senior Services of Alexandria**

<https://seniorservicesalex.org/resources/>

Resources and contact information for Services both in Alexandria and state-wide including AARP, Alexandria Division of Aging and Adult services, Alexandria Council of Human Services Organizations, Alexandria Library, Alexandria Senior Centers, Virginia Department for the Aging, Reading for Seniors, Senior Housing, Senior Health, Senior Housing, Transportation, Continuing Education Opportunities, Volunteer Opportunities, Caregiver Support, Legal Information, Recreation and Scams.

### **Washington DC JCC**

<http://washingtondcjsc.org/jewish-living/behrend-adas-senior-fellowship/jewish-seniors-resources.html>

Offers links to resources including Jewish Council for the Aging, independent living, assisted living, long-term care and rehabilitation services, group homes, JSSA, and The A to Z Guide to Jewish Resources for Seniors.

## LOCAL AGENCIES ON AGING

**Arlington County:** Aging & Disability Services, Arlington Department of Human Services

<https://aging-disability.arlingtonva.us>

Request 55+ Guide.

**City of Alexandria:** Alexandria Office of Aging and Adult Services

[DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov)

Ask for booklet "Services for Older Alexandrians."

**City of Falls Church:**  Division of Adult and Aging Services

<https://www.fallschurchva.gov/693/Aging-Services>

**Fairfax Area Agency on Aging** (includes Fairfax County and the Cities of Fairfax and Falls Church)

<https://www.fairfaxcounty.gov/familyservices/older-adults>

Each of the above agencies provides a wide range of services for older persons and their families. Among these services are information and referral, health insurance counseling, legal services, transportation, housing, in-home services, recreation, employment and volunteer opportunities. Aging Services are often linked with Disability Services.

**Jewish Community Center of Northern Virginia**

<http://www.jccnv.org>

Senior Adult Department offers social and educational activities and trips.

## PEOPLE WITH SPECIAL NEEDS

**Jewish Community Center of Northern Virginia**

<https://www.jccnv.org/specialneeds/resources/>

List resources for individuals with special needs and their families, including Social, Recreational and Leisure activities, Public Schools Resources including Special Education, and Technical Training and Assistance.

**Special needs resource project**

<http://www.snrproject.com/Resource/Links/Virginia>

Federal and state resources for children and adults with special needs. Resources include Military Quick Links, State and Federal Government as well as Private Assistance Programs/Agencies, Assistive Technology,

Charities and Foundations, Insurance and Rx Assistance Programs, Medical Research Organizations, and Service Dog Organizations.

## **LOCAL AGENCIES PROVIDING DISABILITY SERVICES**

**Arlington County:** Aging and Disability Services

<https://aging-disability.arlingtonva.us/>

**City of Alexandria:** Developmental Disabilities, Jobs, Employment

<https://www.indeed.com/q-developmental-disabilities-l-alexandria-VA-jobs.html>

**Fairfax:** (includes Fairfax County and Cities of Fairfax and Falls Church)  
Disability Services Planning and Development

<https://fairfaxcounty.gov/dfs/disabilities>

## **FAMILIES & CHILDREN (including college age)**

### **Affordable Colleges Online**

<https://www.affordablecollegesonline.org/college-resource-center/jewish-student-guide/>

This guide explores how to choose a college, locate social and community groups on campus, and find scholarships for Jewish students. Offers variety of resources for college students and their parents.

### **Fairfax County Domestic Violence Community**

<http://www.fairfaxdvcommunity.org/>

Information, Resources, Articles and Reports on Domestic Violence in Fairfax County and surrounding area

### **Formed Families Forward**

<https://www.formedfamiliesforward.org/resources/>

This resource directory provides information about programs and services in Northern Virginia to support families formed by adoption, foster care and kinship care who are raising children and youth with special needs.

## **JEWISH LIFE AND LEARNING**

### **Becoming Jewish**

<http://www.becomingjewish.net/online-jewish-resources.html>

BecomingJewish.net is a great resource for anyone who is thinking about converting to Judaism or has recently become Jewish.

### **The Jewish Federation of Greater Washington**

<https://www.icconnect.org/resources/new-to-the-area/northern-virginia>

The Directory contains information on Jewish programs, services and other resources including Jewish Life in Northern Virginia, Synagogues and Congregations, and Schools.

### **My Jewish Learning:**

#### **Mourning**

<https://www.myjewishlearning.com/category/mourn/>

Guide to what you need to know about Judaism's death, mourning and burial practices. [Note: KA is developing a Shiva Guide and a grief book list.]

#### **Celebrating**

<https://www.myjewishlearning.com/category/celebrate/>

Guide to observing and celebrating each Jewish Holiday

#### **Studying**

<https://www.myjewishlearning.com/category/study/>

Guide to studying subjects including Jewish history, Jewish culture, Jewish texts, Israel, Beliefs and Practices, and the Weekly Torah Portion.

#### **Prayer**

<https://www.myjewishlearning.com/category/pray/>

An overview of the texts that guide Jewish worship including High Holy Days and Shabbat Prayers as well as Prayer Musings.

#### **Eating**

<https://www.myjewishlearning.com/category/eat/>

Guide to Jewish food and commonly used words and phrases including Holiday Food, Keeping Kosher, and Jewish recipes.

#### **Roots Tech**

<https://www.rootstech.org/blog/10-great-resources-for-jewish-genealogy>

Includes 10 Great Resources for Jewish Genealogy for those interested in researching their Jewish Roots.

# MENTAL HEALTH RESOURCES

## Northern Virginia Community Mental Health Resources

### **Emergency Services**

If this is an emergency, please call 911.

### **CrisisLink Hotlines** (available 24/7):

- Suicide Prevention
- Emotional Support
- Information and Referrals

**1-800-SUICIDE (1-800-784-2433)**

**1-800-273-Talk (1-800-273-8255)**

**703-527-4077**

### **CSB Mental Health Emergency Services:**

**Fairfax/Falls Church:** (703) 573-5679

**Arlington:** (703) 228-5160

**Alexandria:** (703) 746-3400

### **CSB Entry & Referral Services:**

- Mental Health Services
- Alcohol & Drug Services
- Intellectual Disability Services

**Fairfax/Falls Church:** (703) 383-8500

TTY: 711

**Arlington:** (703) 228-4871

TTY: (703) 228-4256

**Alexandria:** (703) 746-3400

TTY: (703) 746-3440

### **NAMI National Information Helpline:**

1(800) 950-NAMI (6264)

Monday - Friday, 10 am- 6 pm

### **Inpatient Mental Health Facility**

#### **Northern Virginia Mental Health Institute:**

3302 Gallows Road

Falls Church, VA 22042

(703) 207-7110

[www.nvmhi.dmhmrzas.virginia.gov](http://www.nvmhi.dmhmrzas.virginia.gov)

#### **Dominion Hospital**

2960 Sleepy Hollow Road

Falls Church, VA 22044

(703) 536-2000

<http://www.hcavirginia.com>

#### **Woodburn Center for Community Mental Health**

3340 Woodburn Road

Annandale, VA 22003

(703) 573-0523

#### **Inova Fairfax Hospital Psychiatric Unit**

3300 Gallows Road

Falls Church, VA 22042

(703) 776-4001

#### **Western State Hospital**

1301 Richmond Avenue

Staunton, VA 24401

(540) 332-8000

### **Mental Health Service Sites**

#### **Northwest Center for Community**

##### **Mental Health - Chantilly Office**

14150 Parkeast Circle, Suite 200,

Chantilly, VA 20151

Phone: 703-968-4000, Fax: 703-263-1724,

TTY: 703-968-4050

#### **Northwest Center for Community**

##### **Mental Health - Reston Office**

1850 Cameron Glen Drive, Suite 600,

Reston, VA 20190

Phone: 703-481-4100, Fax: 703-435-1961,

TTY: 703-481-4110

#### **Mount Vernon Mental Health Services**

8850 Richmond Highway,

Alexandria, VA 22309

Phone: 703-704-7004, Fax: 703-799-1053

#### **Mental Health Services of Fairfax-Falls**

##### **CSB - South County Office**

8350 Richmond Highway, Suite 415,

Alexandria, VA 22309

Phone: 703-704-6355, Fax: 703-704-6687,

TTY: 703-704-7022

#### **Mental Health Services of Fairfax-Falls**

##### **CSB - Springfield Office**

8348 Traford Lane, Suite 400,

Springfield, VA 22152

Phone: 703-866-2100, Fax: 703-451-7539,

TTY: 703-451-1245