

## Parenting/Child resources

Updated 2010

The UP center (Child & Family Svcs of E. VA)	397-2121 399-8008 622-7017
Learning Disability Association of Tidewater	424-4113
Atlantic Psychiatric Services (Individual counseling)	468-0550
Crisis Pregnancy Center	499-4444
Center for Child & Family Services	838-1960
The Planning Council	622-9268
Parenting Classes (YMCA)	962-2112
Child Support Network	800-398-0700
Child birth & Parenting classes (Maryview) `	398-4826
LifeWorks	800-635-0606
Mediation Center of HR (co-parenting seminars)	624-6666
Catholic Charities	467-7707
Children's Health Services	668-7500
Bradley Method of child birth	800-4abirth
Center for birth education (DePaul)	889-5452
Lamaze method or child birth	800-368-4404
Seton Youth House & Shelter	498-4673
HR parenting network	668-7402 (SS) 727-1300 (P)
Center for Discovery (residential for teens)	800-760-3934
Pendleton Child service center	385-4537