

Any questions, concerns,
need help?

Please call the clinic and ask to
speak with Brandy Carpenter

Gloucester Mathews Care Clinic
6031 Industrial Drive
Gloucester, VA 23061
804-210-1368

Updated January 2023

Community Resources for Mathews County



Hands Across Mathews

Hands Across Mathews is a non-denominational, non-judgmental organization established in 1986 by Mathews residents and several churches. We work closely with the Mathews Ministerial Association. All of the Programs are staffed entirely by volunteers. Our Programs provide the following services:

Food Program: This Program is focused on providing food to residents who are unable to purchase an adequate supply of food for their family. The Food Program distributes food on each Wednesday between 10:00 AM and 12:00 noon.

Clothing and Furniture Program: This Program provides clothing, household items and furniture to residents who are unable to purchase or obtain them from other charities. Clothing and small appliances are available to clients on the first and third Thursdays of each month. The hours are 10:00 AM to 12:00 noon.

Fresh Start Program: The Fresh Start Program is sponsored by Hands Across Mathews and is supported by community churches, civic groups and grants. It provides 25 students with new clothing for school. Mathews Social Service Department provides school supplies.

Helpful Phone Numbers:

Mathews Sheriff Department: 804-725-7177

Crime Line: 804-693-2677

Victim Witness Asst. Program: 804-693-4995

Poison Control: 1-800-222-122

Disability Specialist: 804-758-2381 (if you already have a disability)

Alzheimer's Assoc: 804-695-9382

Adult Protective Services: 1-888-832-3858

Brain Injury Support Group: 804-355-5748

Red Cross: 804-642-9478

Legal Aid: 757-257-0080

Wounded Warrior: 1-888-997-2586

VA Dept of Veteran Services: 1-877-285-1299

DAV Chapter 58 (free veterans assistance): 804-695-1558

Gloucester Mathews Humane Society: 804-693-5520

Dept. for Aging and Rehab. Services: 757-865-4863

<https://www.vadars.org>

AARP Foundation Tax Aide: 804-654-1407 leave a message

Medicare Info. and Help: Bay Aging: 804-758-2386 or 800-552-3402

Help filing for Disability: Mr. Motley-757-599-1463

Assistance with Food

Mathews Dept. of Social Services: 804-725-7192
536 Church St, Mathews, VA 23109
Go to <https://commonhelp.virginia.gov>: to sign up for SNAP, Medicaid, fuel & cooling Assistance

Income limit per month for SNAP:

1 Person- Gross \$1563 **3** People- \$2649
2 People- Gross \$2106 **4** People- \$3192

Bay Aging Meals on Wheels Meals: 804-693-6109

Must be age 60+ yrs. old

<https://bayaging.org/healthy-community-living/>

Bread for Life Community Food Pantry:

Open: Mon. 11-2pm, Wed. 1-4pm

Location: 7840 John Clayton Memorial Highway
Gloucester VA 23061

<http://www.breadforlifefoodpantry.com>

Clothing

Newington Baptist Church: 804-693-2349

Provides a Clothes Closet for the community **Open:** on 1st Wednesday and 3rd & 4th Saturday of the month from 10 AM-12 PM. Accepts clothes donations in the white drop off box in the parking lot. **Location:** 6169 Main St.
Gloucester, VA 23061

Hands Across Mathews

Fuel and Utility Bills Program: This Program provides assistance to clients in meeting their fuel and utility bills. We expect each client to work with their suppliers and church community before requesting assistance from Hands Across Mathews.

Rent and Mortgage Assistance Program: This Program provides assistance to clients in meeting rent or mortgage payments. Again we expect the client to work with their bank or landlord before requesting assistance from Hands Across Mathews.

Home Repairs: This Program reviews requests for minor home repairs or ramp additions. We evaluate the request, estimate the cost of labor and material and locate volunteers or a local contractor to complete the work.

Requests for other assistance can be called in to the phone number. If we are not working at that time, please leave a message and we will return your call as quickly as possible.

Contact Us

Telephone Number: 804-725-0934

Location: 10878 Buckley Hall Road, Mathews, VA 23109,
(Behind the Mathews Pharmacy)

Housing

Bay Aging Housing Crisis Entry Intake Line: 804 758-2386

bayaging.org

Daffodil Gardens 1: 804-695-9294 (62+yrs old)

Daffodil Gardens 2: 804-695-9294 (55+yrs old)

<https://bayaging.org/apartments/>

GUEST shelter: 804-792- 5046 or 804-824-7918

Provides emergency shelter for the homeless and aids in locating permanent housing. Shelter may be provided through a seasonal overnight shelter or motel vouchers.

The Day Shelter & Resource Center provides showers, laundry, meals, internet service, and housing advocacy.

Location: 6536 Moose Dr. Gloucester, VA 23061

guestshelter.org

Adult Care Facilities:

Cary Adult Home:804-693-7035

Gloucester House: 804-693-3116

Sanders Retirement Village: 804-693-2000

Walter Reed Convalescent: 804-693-6503

Financial Assistance

Salvation Army: 804-642-3960

Offer emergency assistance to individuals & families who are experiencing a temporary financial crisis

7059 Linda Circle, Hayes, VA 23072

[facebook.com/ServiceCenterVA](https://www.facebook.com/ServiceCenterVA)

Financial Classes VCE: 804-693-2602

Provides financial counseling and financial management programs for personal finance, credit use, reducing debt, and preventing foreclosure/bankruptcy

Location: 6099 T.C. Walker Rd., Gloucester, VA 23061

gloucester.ext.vt.edu

Health

Mathews Health Dept.: 804-725-7131

Provides immunizations, family planning clinics, pregnancy testing, birth control education & options, screening & treatment of sexually transmitted diseases.

Location: 536 Church St, Mathews, VA 23109.

vdh.virginia.gov/three-rivers

The Giving Garden(Cancer Advocacy): 757-869-2023(Karin Garner Fary) If you are a cancer patient residing in Gloucester or Mathews County Virginia and are having trouble meeting your financial obligations, you are eligible to apply for financial assistance through The Giving Garden Foundation. Go to the website for application.

www.thegivinggarden.org

FREE Foundation(Medical Equipment): 757-707-4741

We collect, sanitize, and gift a range of donated mobility-related rehabilitation equipment to low-income uninsured or under-insured adults in Virginia.

<https://www.free-foundation.org/>

Location:701 Sentara Circle Williamsburg, VA 23188

Riverside Cancer Support Group:

The Cancer Support group is an open-ended group for people living with cancer.

Meets: 3rd Thursday of every month at 6:30 p.m.

Location: Riverside Cancer Center-7544 Medical DR.

Contact: Pat Emerson at 757-534-5555 ext. 300

Housing Repairs

Bay Family Housing: 804-758-2386

Assists low-income families who lack resources to invest in energy efficiency. Provides 0% interest, forgivable loans for the installation of indoor plumbing to owners of substandard housing where indoor plumbing does not exist or where the existing water delivery or waste disposal systems have failed. Coordinated Entry is provided for people experiencing a housing crisis to speak with a housing professional directly to assess the situation and make a referral to the most appropriate community partner.

Transportation

Bay Transit Ride Line: 877-869-6046

Buses run 6:00 am to 6:00 pm Monday to Friday. It is very important for you to call at least 24 hours in advance of your scheduled appointment. Please have the following information ready when you call to schedule a ride: Your name. Your phone number. Location where a driver will pick you up. Location where you are going. Your appointment time. If you need to cancel your ride, please let us know as soon as possible, at least one day in advance. You can leave your cancellation message on our voicemail system 24 hours a day. Each ride is \$2.

Medicaid Taxi: If you have Medicaid you can receive free transportation to and from doctor apt.'s and pharmacies. Call the number on the back of your Medicaid card and ask for this service. It is a part of your extra benefits

Employment Services

Job Assistance Center: 804-785-2470

Provides the opportunity for anyone looking for a career to learn their options and find a path to their goal. They can provide you with the information you need to get going on your job today. **Location:** 1399 Centerville Road
Shackelfords VA 23156

Senior Employment(55+) Bay Aging: 804-758-2386

Working at every age can fuel healthy living in many ways. It gives us purpose, activity and social interaction. Bay Aging provides senior employment training services for people 55 and over who want to re-enter the workplace with marketable skills.

Lewis B Puller Center(adults w/ disabilities): 804-693-3114

VersAbility Resources' Lewis B. Puller Center provides long-term employment, training, and day support services to 50 adults with disabilities from the 10 counties on the Middle Peninsula/Northern Neck. The Puller Center is the only work center for people with disabilities in this region. While working at the Puller Center, people with disabilities work and receive supports not typically found in other work settings. Jobs at the Puller Center include light manufacturing, collating books and packaging them for shipping, coordinating mailings, assembly of first aid bags, and more.

Mental Health Services

Avalon domestic violence shelter: 757-258-5051

Provides domestic violence and sexual assault services, including counseling, case management, advocacy, and a housing campus for emergency housing. Services include tools for healing, assistance finding employment and permanent housing, life skills training, legal advocacy, and hospital accompaniment. Emergency shelter is only available to adult female survivors. For adult males in need of shelter, we assist them in working with other shelters or make arrangements to provide housing outside of the shelter. 24hr/7days a week
avaloncenter.org

KnottAlone-HoldFast

Veterans Support group: 757-603-7915(Dan Knott)

knottnormal222@gmail.com

Support Veterans battling effects from military service while helping prevent suicide through hands-on commercial fishing (Watermen) activities combined with integrative therapy. <https://m.facebook.com/KnottAlone>

Free Grief Support Group:

Riverside Bereavement Group: 804-693-8819

Mental Health Services

Cope Help Line: 804-693-2673/ 1-800-542-2673

A 24 hours a day telephone hotline for emergency situations such as severe self-neglect, self-harm, suicidal behavior, depressive or manic episodes, aggressive psychomotor agitation, severely impaired judgment, intoxication, or withdrawal from psychoactive substances.

National Suicide Prevention Lifeline: 988

free and confidential support for people in distress

NAMI Support Groups: (804) 684-1480

Peer to Peer group: recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. **Meets:** 1st & 3rd Fridays of the month. **Location:** the Gloucester Peer Resource Recovery Center 7603 Hospital Dr. Gloucester

Family Support Group: (804) 684-1480 Peggy Newsome Family Support Group is for any adult with a loved one who has experienced symptoms of a mental health condition. for any adult with a loved one who has experienced symptoms of a mental health condition. **Meets:** online on the 4th Wednesday of the month.

<http://www.nami-mid-tidewater.org>

Education Services

Adult Literacy/GED: 804-210-9169

Adult Literacy on the Middle Peninsula is a library-based instructional program. The hours of operation are dependent upon the library's hours of operation. The program provides all materials needed. All instruction is one-to-one. **Services:** To read and write better, study for the GED exam, learn English, improve math skills, improve technology skills, volunteer at a program, become a U.S. citizen, improve workforce skills.

Literacy Volunteers of Gloucester: 804-693-1306

We are a non-profit organization with the goal of increasing the literacy rate in Gloucester. We provide free one-on-one tutoring in reading, writing, math and other subjects to adult learners from all walks of life. **Location:** 5248 George Washington Memorial Highway Gloucester, VA 23061
<https://www.literacyvolunteersofgloucester.org/>

MP R.A.C.E.: 804 -769-1156 or 804-769-1151

Classes consist of instruction sessions that provide basic skills for adults who are performing below the ninth grade level in Reading, Writing, Mathematics, and other basic skills. English Language Learners (ELL) Classes are offered.

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

Substance abuse and prevention

Al-Anon: Al-Anon is a mutual support group. Everyone at the meeting shares as an equal. Everyone at the meeting has experienced a problem with someone else's drinking. You are free to ask questions or to talk about your situation at your first meeting. If you'd rather just listen, you can say

"I pass," Al-Anon recommends that you try at least 6 different meetings before you decide if Al-Anon will be helpful to you. Al-Anon is not a religious program. Even when the meeting is held in a religious center, the local Al-Anon group pays rent to that center and is not affiliated in any way with any religious group. Meetings focus solely on coping with the effects of someone's drinking. People in the room will respect the confidentiality of what you say and won't approach you outside the room. The meeting will likely begin with a reading of the Twelve Steps of Al-Anon.

Al-Anon gives you the opportunity to grow at your own pace. **Meets:** Tuesdays 700pm **Location:** Apostles Lutheran Church 7092 Main Street, Gloucester.

Lighthouse Church: 804-642-2752

Overcomers Meeting - 2nd & 4th Monday of the month at 7 PM. Provides group support for those recovering from addictions of every kind. **Contact:** Jay at 757-771-4204 or Shelley at 978-790-5220 **Location:** 4299 George Washington Mem. Hwy Hayes, VA 23072.

<https://www.golighthouseva.com>

Substance abuse and prevention

American Addiction Treatment Center Gloucester

804-824-2814 Outpatient Treatment. At American Addiction Treatment Center, we offer medication-assisted treatment for people with opiate use disorder or addiction. In our Outpatient Treatment Center, we offer both methadone and buprenorphine (Suboxone) maintenance. The goal of individual and group counseling is stabilization and eventual discontinued use of any medications. Cognitive Behavioral Therapy (CBT), relapse prevention, education classes, and 12-step programs are integrated into the program to support ongoing recovery.

Location: 6983 C Mid County Drive Hayes, VA 23072

<https://pinnacle-treatment.com/location/virginia/hayes/american-addiction-treatment-center-hayes/>