

Resources for pregnancy and parenting

Health and Wellness:

VA Health Department Local Contact Information - <http://www.vdh.virginia.gov/lhd/>

FAMIS - <http://www.famis.org/>

Virginia Departments of Social Services Local Contact Information - <http://www.dss.virginia.gov/localagency/>

Breast feeding:

Richmond Mom - <http://richmondmom.com/breast-feeding-resources/>

La leche league International - <http://www.llli.org/>

Parenting:

Parenting helpline - 1 800-Children - <http://pcav.org/1-800-children/>

Smart Beginnings - <http://www.smartbeginnings.org/home/local-smart-beginnings/smart-beginnings-network/smart-beginnings-greater-richmond.aspx>

Chesterfield/Colonial Heights Families First - <http://www.chesterfield.gov/content2.aspx?id=2984>

Commonwealth Parenting - <http://commonwealthparenting.org/>

Completely Kids – Raising Kids in the Richmond Area - <http://www.completelykidsrichmond.com/>

Children’s Museum of Richmond – Parenting Resources - <http://www.c-mor.org/parenting-resources>

Zero to Three - <https://www.zerotothree.org/resources/series/parent-favorites>

Kids in the House - <http://www.kidsinthehouse.com/>

The Fred Rogers Company - <http://www.fredrogers.org/>

PBS Kids - <http://www.pbs.org/parents/>

Choosing a childcare provider - <http://www.marchofdimes.org/baby/choosing-a-child-care-provider.aspx>

Child Care Aware - <http://childcareaware.org/>

Substance use during pregnancy:

Alcohol - <http://www.cdc.gov/ncbddd/fasd/alcohol-use.html>

Smoking Cessation - <http://www.vdh.virginia.gov/ofhs/prevention/tucp/>

March of Dimes - <http://www.marchofdimes.org/pregnancy/street-drugs-and-pregnancy.aspx>

Domestic Violence and Sexual Assault Resources:

Greater Richmond Regional Hotline – 804 612-6126

Virginia Action Alliance - <http://www.vsdvalliance.org/#/resources-helpayuda>

National Sexual Violence Resources Center - <http://www.nsvrc.org/>

Virginia Family Violence & Sexual Assault Hotline - 800 838-8238 - <http://closerthanyouthink.org/>

Community Support Services:

VA 211 - <https://211.getcare.com/211provider/consumer/index211.do>

Food Banks - <http://www.feedingamerica.org/find-your-local-foodbank/?referrer=https://www.google.com/>