



**Ronald  
McDonald  
House®**

Southwest Virginia



**Family Resource Guide**

# Crisis Intervention

## 1. 988 Suicide & Crisis Lifeline (Statewide & Local Access)

- **Phone:** Call or Text **988**
- **Services:** 24/7 crisis counseling, suicide prevention, mental health support
- **Website:** [988lifeline.org](https://988lifeline.org)

## 2. NRV Community Services (New River Valley)

- **Counties:** Montgomery, Floyd, Pulaski, Giles, Radford
- **Crisis Line:** (540) 961-8400 (24/7)
- **Website:** [nrvc.org](https://nrvc.org)

## 3. Mount Rogers Community Services (Southwest VA)

- **Counties:** Carroll, Grayson, Smyth, Wythe, Galax
- **24/7 Crisis:** (866) 589-0269
- **Website:** [mountrogers.org](https://mountrogers.org)

## 4. Highlands Community Services (Appalachian Highlands)

- **Counties:** Washington County & City of Bristol
- **Crisis:** (276) 525-1550
- **Website:** [highlandscsb.org](https://highlandscsb.org)

## 5. Crossroads CSB (Southside VA)

- **Counties:** Amelia, Buckingham, Charlotte, Cumberland, Lunenburg, Nottoway, Prince Edward
- **Crisis Line:** (866) 637-2722
- **Website:** [crossroadscsb.org](https://crossroadscsb.org)

## 6. Abuse Alternatives (Bristol Region)

- **Domestic Violence Crisis Line:** (423) 764-2287 (24/7)
- **Website:** [abusealternativesinc.org](https://abusealternativesinc.org)



## 7. Horizon Behavioral Health (Lynchburg and Surrounding Areas)

- **Behavioral Healthcare and crisis services** (434) 477-5000
- **Website:** [www.horizonbh.org](https://www.horizonbh.org)

# Housing and Emergency Shelter



## 1. Family Crisis Support Services (FCSS)

 Norton, VA | Serving far Southwest VA

- **Services:** Emergency shelter, domestic violence support, sexual assault services, transitional housing
-  (276) 679-7240
-  [www.family-crisis.org](http://www.family-crisis.org)



## 2. Salvation Army – Roanoke Corps & Southside Units

 Roanoke, Danville, Lynchburg

- **Services:** Emergency shelter, meals, clothing, case management, housing programs
-  Roanoke: (540) 343-5335 | Danville: (434) 792-3963
-  [salvationarmyusa.org](http://salvationarmyusa.org)



## 3. City of Roanoke Homeless Assistance Team (HAT)

 Roanoke, VA

- **Services:** Street outreach, housing navigation, emergency services
-  (540) 853-1163
-  [roanokeva.gov](http://roanokeva.gov)



## 4. PATH Homeless Assistance Program

 Roanoke, VA (via Blue Ridge Behavioral Healthcare)

- **Services:** Mental health support for individuals experiencing homelessness
-  (540) 981-9351
-  [brbh.org](http://brbh.org)


## 5. Community Housing Partners (CHP)

 Christiansburg, VA | Statewide reach

- **Services:** Affordable housing development, weatherization, supportive housing
-  (540) 382-2002
-  [www.communityhousingpartners.org](http://www.communityhousingpartners.org)

## 6. Virginia Housing Development Authority – Southwest Virginia Housing Center

 Abingdon, VA | Statewide housing access

- **Services:** Housing loans, first-time homebuyer programs, rental resources
-  (877) 843-2123

-  [virginiahousing.com](http://virginiahousing.com)



## 7. Virginia Homeless Solutions Program (VHSP)

 Administered by local continuums of care (CoCs)

- **Services:** Rapid re-housing, prevention, emergency shelter
- Find local CoC: [dhcd.virginia.gov](http://dhcd.virginia.gov)



## 8. Southside Outreach Group

 South Boston, VA

- **Services:** Home repair, weatherization, housing rehab
-  (434) 575-7916
-  [southsideoutreach.com](http://southsideoutreach.com)



## 9. Southside Community Development and Housing Corporation

 Richmond, serving Southside VA

- **Services:** Affordable housing, homebuyer education, housing counseling
-  (804) 231-4449
-  [scdhc.com](http://scdhc.com)



## 10. Danville-Pittsylvania Community Services (DPCS)

 Danville, VA

- **Services:** Mental health, housing, PATH outreach, crisis services
-  (434) 799-0456
-  [dpcs.org](http://dpcs.org)

## 11. Southeast Rural Community Assistance Project (SERCAP)



 Roanoke, VA | Regional focus

- **Services:** Housing rehab, water/sewer assistance, community development
-  (540) 345-1184
-  [sercap.org](http://sercap.org)

# Food and Basic Needs

## 1. Feeding Southwest Virginia

 Salem & Abingdon, VA


- **Services:** Regional food bank serving 26 counties and 9 cities
-  (540) 342-3011
-  [feedingswva.org](https://www.feedingswva.org)

## 2. Virginia Department of Social Services (VDSS)

 Statewide



- **Programs:** SNAP (food stamps), TANF, energy assistance
-  [dss.virginia.gov](https://dss.virginia.gov)

## 3. CommonHelp Virginia

- **Services:** Online application portal for public assistance (SNAP, Medicaid, Childcare, etc.)
-  [commonhelp.virginia.gov](https://www.commonhelp.virginia.gov)



## 4. New River Community Action (NRCA)

 Christiansburg, Pulaski, Radford, Floyd, Giles

- **Services:** Emergency food, clothing, housing support, Head Start
-  (540) 633-5133
-  [newrivercommunityaction.org](https://www.newrivercommunityaction.org)



## 5. Plenty!

 Floyd, VA

- **Services:** Farm-fresh food bank, garden, free community meals
-  (540) 745-3898
-  [plentylocal.org](https://www.plentylocal.org)



## 6. Blacksburg Interfaith Food Pantry

 Blacksburg, VA

- **Services:** Nonperishable food assistance for Montgomery County residents
-  (540) 951-8134
-  [blacksburginterfaithfoodpantry.org](https://www.blacksburginterfaithfoodpantry.org)



## 7. The Market at Virginia Tech

 Virginia Tech Campus

- **Services:** Free grocery store for students facing food insecurity
-  (540) 231-3463
-  [studentaffairs.vt.edu](http://studentaffairs.vt.edu)



## 8. Montgomery County Emergency Assistance Program (MCEAP)

 Christiansburg, VA

- **Services:** Food, clothing, financial assistance
-  (540) 381-1561
-  [mceap.com](http://mceap.com)



## 9. Agape Center NRV

 Christiansburg, VA

- **Services:** Food pantry, clothes closet, household items
-  (540) 251-5646
-  [agapecenternrv.org](http://agapecenternrv.org)



## 10. Radford-Fairlawn Daily Bread

 Radford, VA

- **Services:** Free hot meals served daily
-  (540) 731-3663
-  [radfordfairlawndailybread.org](http://radfordfairlawndailybread.org)



## 11. Refuge Pulaski

 Pulaski, VA

- **Services:** Food, clothing, outreach services
-  (540) 440-1379
-  [refugepulaski.org](http://refugepulaski.org)

## 12. God's Storehouse

 Danville, VA

- **Services:** Food pantry, senior grocery program, mobile pantry
-  (434) 793-3663
-  [godstorehouse.org](http://godstorehouse.org)

## 13. STEP, Inc. (Solutions That Empower People)

 Rocky Mount & Martinsville, VA

- **Services:** Food pantry, clothing, utility assistance, Head Start
- 📞 (540) 483-5142
- 🌐 [stepincva.com](http://stepincva.com)

#### 14. Vance Street Missionary Baptist Church

📍 Danville, VA

- **Services:** Food distribution, clothes closet, community outreach
- 📞 (434) 799-0042

#### 15. Second Chance Support Services

📍 Danville, VA

- **Services:** Re-entry assistance, food pantry, housing referrals
- 📞 (434) 799-0079
- 🌐 [secondchancesupport.org](http://secondchancesupport.org)



#### Additional Local Food Pantries & Clothes Closets

- **Interfaith Outreach** – Pulaski, VA
- **Floyd County Backpack Program** – Floyd, VA
- **Grace Network of Martinsville** – Martinsville, VA
- **Urban Ministry** – Roanoke, VA
- **Lake Christian Ministries** – Moneta, VA
- **Bedford Christian Ministries** – Bedford, VA
- **Roanoke Area Ministries (RAM House)** – Roanoke, VA
- **Lynchburg Daily Bread** – Lynchburg, VA

# Healthcare and Mental Health



## 1. The Health Wagon

 Wise, Clintwood, and mobile units throughout Southwest Virginia

- **Services:** Free primary care, women's health, dental, pharmacy, chronic disease management
-  (276) 328-8850
-  [thehealthwagon.org](http://thehealthwagon.org)



## 2. Tri-Area Community Health

 Locations in Laurel Fork, Ferrum, Floyd, Grayson Highlands

- **Services:** Primary care, behavioral health, pharmacy, dental
-  (540) 745-9290 (Floyd)
-  [triareahealth.org](http://triareahealth.org)



## 3. Community Health Center of the New River Valley (CHCNRV)

 Christiansburg, Dublin, and Pearisburg

- **Services:** Medical, dental, behavioral health, medication assistance
-  (540) 381-0820
-  [chcnrv.org](http://chcnrv.org)



## 4. Danville Free Clinic

 Danville, VA

- **Services:** Primary medical care for uninsured adults, prescription assistance
-  (434) 799-1223
-  [danvillefreeclinic.org](http://danvillefreeclinic.org)


## 5. Southside Community Health Center (part of Horizon Health Services)

 South Boston, VA

- **Services:** Medical, dental, and mental health services for all ages
-  (434) 572-1117
-  [horizonhealth.org](http://horizonhealth.org)

## 6. Southside Health Center



 Keysville, VA (Part of Central Virginia Health Services)

- **Services:** Family medicine, pediatrics, dental, OB-GYN
-  (434) 736-8801

-  [cvhsinc.org](http://cvhsinc.org)



## 7. Tazewell Community Health

 Tazewell, VA

- **Services:** Primary care, behavioral health, pediatric, dental
-  (276) 979-9899
-  [swvahealth.org](http://swvahealth.org)



## 8. Southwest Virginia Community Health Systems

 Locations in Saltville, Meadowview, Bristol, and Twin City

- **Services:** Medical, behavioral health, substance abuse treatment, dental
-  (276) 496-4492
-  [svchs.com](http://svchs.com)



## 9. New River Valley Community Services (NRVCS)

 Counties: Floyd, Giles, Montgomery, Pulaski, and Radford City

- **Services:** Mental health, substance abuse, crisis stabilization, school-based programs
-  (540) 961-8400
-  [nrvcs.org](http://nrvcs.org)



## 10. Carilion Clinic Mental Health Services

 Roanoke and NRV

- **Services:** Outpatient therapy, psychiatric services, inpatient mental health care
-  (540) 981-9341
-  [carilionclinic.org](http://carilionclinic.org)



## 11. EHS Support Services – NRV & Roanoke

 Based in Christiansburg, Roanoke, and surrounding areas

- **Services:** Outpatient counseling, intensive in-home therapy, skill-building
-  (540) 641-8610
-  [ehssupportservices.com](http://ehssupportservices.com)



## 12. Piedmont Community Services

 Martinsville, Henry, Patrick & Franklin counties






- **Services:** Mental health, crisis services, substance abuse treatment
-  (276) 632-7128
-  [piedmontcsb.org](http://piedmontcsb.org)

### 13. Danville-Pittsylvania Community Services (DPCS)

 Danville and Pittsylvania County

- **Services:** Behavioral health, addiction recovery, developmental services
-  (434) 799-0456
-  [dpcs.org](http://dpcs.org)


#### Free & Low-Cost Clinics in the Region

- **Bradley Free Clinic** – Roanoke, VA  
 (540) 344-5156 | [bradleyfreeclinic.com](http://bradleyfreeclinic.com)
- **Free Clinic of Central Virginia** – Lynchburg, VA  
 (434) 847-5866 | [freeclinicva.org](http://freeclinicva.org)
- **Martinsville-Henry County Free Clinic** – Martinsville, VA  
 (276) 632-5411
- **Agape Clinic of Buchanan County** – Grundy, VA  
 (276) 244-1444
- **PATHS Community Medical Center** – Danville and South Boston  
 (434) 791-4121 | [pathsinc.org](http://pathsinc.org)

# Employment and Training



## 1. Virginia Career Works (VCW)

 Statewide network of workforce centers

- **Services:** Career coaching, job listings, resume support, training referrals, employer services
-  [virginiacareerworks.com](http://virginiacareerworks.com)


## 2. VA Workforce Centers (VaWC)

 Locations across all regions (Roanoke, Danville, Lebanon, Christiansburg, etc.)

- **Services:** Job search, unemployment assistance, training, workshops
-  Call your local center or 1-866-832-2363
-  [vawc.virginia.gov](http://vawc.virginia.gov)



## 3. Virginia Employment Commission (VEC)

 Regional offices available

- **Services:** Unemployment claims, job fairs, labor market info, career counseling
-  [vec.virginia.gov](http://vec.virginia.gov)



## 4. New River/Mount Rogers Workforce Development Board (NRMR WDB)

 Serving the NRV and Mount Rogers Planning District


- **Services:** Adult and youth workforce programs, WIOA training, apprenticeships
-  (540) 633-6764
-  [vcwnrnr.com](http://vcwnrnr.com)



## 5. Region 2000 Workforce Development Board / Central VA Workforce Development Area

 Lynchburg, Bedford, Appomattox, Amherst, and Campbell Counties

- **Services:** Job seeker programs, youth training, workforce innovation
-  (434) 818-7600
-  [vcwcentralregion.com](http://vcwcentralregion.com)



## 6. Southwest Virginia Workforce Development Board

 Counties: Buchanan, Dickenson, Lee, Russell, Scott, Tazewell, Wise, and Norton

- **Services:** Job training, employer services, dislocated worker programs
-  (276) 883-4034
-  [vcwsouthwest.com](http://vcwsouthwest.com)



## 7. Southside Virginia Community College – Workforce Development Center

 Alberta & Keysville campuses

- **Services:** CDL training, healthcare, manufacturing, workforce credential programs
-  (434) 949-1021
-  [southside.edu/workforce](https://southside.edu/workforce)



## 8. New River Community College – Workforce Development

 Dublin, VA


- **Services:** FastForward training, industry certifications, apprenticeships
-  (540) 674-3613
-  [nr.edu/workforce](https://nr.edu/workforce)

## 9. Southwest Virginia Community College – Workforce & Continuing Education

 Cedar Bluff, VA



- **Services:** Career studies certificates, trades training, IT, healthcare
-  (276) 964-7337
-  [sw.edu/workforce](https://sw.edu/workforce)

## 10. Virginia's Community College System – FastForward Programs

- **Services:** Short-term training for in-demand jobs (healthcare, welding, IT, etc.)
-  [fastforwardva.org](https://fastforwardva.org)


## 11. Goodwill Industries – Work & Training Services (Valley & Southwest Virginia)

 Roanoke, Radford, and beyond

- **Services:** Resume building, soft skills, vocational training, reentry programs
-  (540) 581-0620
-  [goodwillvalleys.com](https://goodwillvalleys.com)


## 12. Express Employment Professionals

 Offices in Roanoke, Danville, and Martinsville

- **Services:** Temp-to-hire jobs, full-time job placement, skilled trades, admin
-  [expresspros.com](https://expresspros.com)


## 13. People Incorporated – Workforce Development

 Serving Southwest VA

- **Services:** Career coaching, youth employment, job readiness
-  [peopleinc.net](https://peopleinc.net)

## 14. Virginia Cares & Total Action for Progress (TAP)

 Roanoke & Southwest VA

- **Services:** Reentry employment support, job training, GED
-  [tapintoahope.org](https://tapintoahope.org)



## 15. Local Adult Education & Career Centers

- Serve each region through regional school divisions (e.g., NRV Adult Ed, Southside Adult Learning)

# Education and Family Support



## 1. New River Community Action (NRCA) – Head Start & Early Head Start

 Christiansburg, Pulaski, Radford, Floyd, Giles

- **Services:** Free early education, meals, developmental screenings for eligible children ages 0–5
-  (540) 633-5133
-  [newrivercommunityaction.org](http://newrivercommunityaction.org)



## 2. People Incorporated of Virginia – Head Start

 Abingdon, Bristol, Lebanon, and surrounding counties

- **Services:** Early Head Start, Head Start, family engagement, health screenings
-  (276) 623-9000
-  [peopleinc.net](http://peopleinc.net)



## 3. Southwest Virginia Child Development Services (SVCDS)

 Abingdon-based with sites throughout SWVA

- **Services:** Head Start, Early Head Start, Pre-K, family support
-  (276) 628-1573
-  [svcds.org](http://svcds.org)



## 4. YMCA at Virginia Tech

 Blacksburg, VA

- **Services:** Preschool, summer camp, after-school care, enrichment programs
-  (540) 961-9622
-  [vtymca.org](http://vtymca.org)

## 5. ROCK Club (Radford Outreach Center for Kids)

 Radford, VA

- **Services:** After-school programs, summer enrichment, recreation, tutoring
-  (540) 267-3000
-  [rockclubradford.org](http://rockclubradford.org)

## 6. Total Action for Progress (TAP) – Child & Family Development



 Roanoke & surrounding areas

- **Services:** Early Head Start, parenting education, childcare support
-  (540) 345-6781

-  [tapintohope.org](https://tapintohope.org)


## 7. United Way of Southwest Virginia – Ready Region SWVA

 Abingdon, VA

- **Services:** Regional early childhood initiative, child care quality improvement, family resources
-  (276) 525-4071
-  [unitedwayswva.org](https://unitedwayswva.org)



## 8. Smart Beginnings (across multiple regions)

 Coordinated regionally through United Way and other partners

- **Services:** School readiness programs, child care quality ratings (VQB5), parent resources
-  [smartbeginnings.org](https://smartbeginnings.org)



## 9. NRV CARES (Child Advocacy, Resources, Education, and Support)

 Christiansburg, VA

- **Services:** Parenting education, child abuse prevention, Circle of Parents, ACEs training
-  (540) 381-8310
-  [nrvcare.org](https://nrvcare.org)



## 10. New River Valley Disability Resource Center (NRV DRC)

 Christiansburg, VA

- **Services:** Independent living skills, advocacy, information & referral, family support
-  (540) 266-1435
-  [nrvdrc.org](https://nrvdrc.org)

## 11. NRV Community Services (NRVCS) – Youth & Family Services

 Serving Floyd, Giles, Montgomery, Pulaski & Radford

- **Services:** Family counseling, early intervention (Part C), parenting programs
-  (540) 961-8400
-  [nrvcs.org](https://nrvcs.org)

## 12. Southeast Rural Community Assistance Project (SERCAP)

 Roanoke, VA

- **Services:** Community and family development, housing assistance, water/wastewater support

- 📞 (540) 345-1184
- 🌐 [sercap.org](http://sercap.org)

### **Additional Child & Family Support Programs**

- **Virginia Infant & Toddler Specialist Network (ITSN)**
  - [va-itsnetwork.org](http://va-itsnetwork.org) – Resources for childcare providers and families with children under 3
- **Virginia Child Care Subsidy Program**
  - Assistance with daycare costs for eligible working families
  - Apply via [CommonHelp](#)
- **Virginia Family Special Education Connect**
  - Support and information for families with children in special education
  - [vafamilysped.org](http://vafamilysped.org)

# Virginia Referral Lines

## 1. Virginia 2-1-1

☎ Dial 2-1-1 or 1-800-230-6977

- **Services:** Referrals for food, housing, childcare, healthcare, employment, transportation, and crisis support
- 🌐 [211virginia.org](https://211virginia.org)

## 2. Virginia CommonHelp

☎ 1-855-635-4370

- **Services:** Application assistance for SNAP, Medicaid, TANF, energy assistance, child care subsidy
- 🌐 [commonhelp.virginia.gov](https://commonhelp.virginia.gov)

## 3. Virginia Easy Access (for Older Adults & Caregivers)

☎ Contact your local Area Agency on Aging (AAA) or use website

- **Services:** Aging, disability, and long-term care referrals
- 🌐 [easyaccess.virginia.gov](https://easyaccess.virginia.gov)

## 4. Virginia Mental Health Crisis Line

☎ Call or Text 9-8-8

- **Services:** Free, 24/7 crisis support for mental health, substance use, or emotional distress
- 🌐 [988lifeline.org](https://988lifeline.org)

## 5. Virginia Warm Line (Peer Recovery Support)

☎ 1-866-400-6428

- **Hours:** Daily from 9 a.m. – 9 p.m.
- **Services:** Talk with trained peers for non-crisis emotional support
- 🌐 [mhanrv.org/warmline](https://mhanrv.org/warmline)

## 6. Virginia Family Violence & Sexual Assault Hotline

☎ 1-800-838-8238 | Text: **START** to 88788

- **Services:** Domestic and sexual violence support, referrals to shelters and counseling
- 🌐 [vsdvalliance.org](https://vsdvalliance.org)

## 7. Virginia Department of Health (VDH) Hotline

☎ 1-877-275-8343

- **Services:** Immunizations, local health departments, public health info
- 🌐 [vdh.virginia.gov](https://vdh.virginia.gov)

## 8. Virginia Navigator / disAbility Navigator

☎ 1-866-393-0957

- **Services:** Aging, disability, veterans, and caregiver resources

- [virgini navigator.org](https://virgini navigator.org)

## 9. Virginia Department of Behavioral Health & Developmental Services (DBHDS)

📞 1-804-786-3921 or contact local CSB

- **Services:** Mental health, substance use, developmental disability support
- [dbhds.virginia.gov](https://dbhds.virginia.gov)

## 10. CHIP of Virginia (Children's Health Insurance)

📞 1-855-242-8282

- **Services:** Health and developmental support for pregnant women and young children
- [chipofvirginia.org](https://chipofvirginia.org)

## 11. Virginia Child Care Referral Network

📞 1-866-KIDS-TLC (543-7852)

- **Services:** Help locating licensed child care and preschool options
- [vakids.org](https://vakids.org)

## 12. NRV Cares Parent Support Line (Regional, based in New River Valley)

📞 (540) 381-8310

- **Services:** Parenting education, prevention programs, community resource navigation
- [nrvcare.org](https://nrvcare.org)

# National Hotlines

## 1. National Suicide & Crisis Lifeline

📞 Call or Text 988

- **Services:** Immediate support for anyone experiencing suicidal thoughts, emotional distress, or a mental health crisis
- 🌐 [988lifeline.org](https://www.988lifeline.org)

## 2. National Poison Control Center

📞 1-800-222-1222

- **Services:** Expert advice on poisoning, medications, household toxins, and chemical exposure
- 🌐 [poison.org](https://www.poison.org)

## 3. Emergency Services (Police, Fire, Medical)

📞 911

- **Use for:** Immediate danger, life-threatening emergencies, active crime, or urgent medical help

## 4. SAMHSA's National Helpline (Substance Abuse & Mental Health Services Administration)

📞 1-800-662-HELP (4357)

- **Services:** Free referrals and support for mental health and substance use disorders
- 🌐 [samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

## 5. Childhelp National Child Abuse Hotline

📞 1-800-4-A-CHILD (1-800-422-4453)

- **Services:** Support for children at risk or suffering from abuse and neglect
- 🌐 [childhelpline.org](https://www.childhelpline.org)

## 6. National Domestic Violence Hotline

📞 1-800-799-SAFE (7233) | Text "START" to 88788

- **Services:** Support for individuals in abusive relationships, including safety planning
- 🌐 [thehotline.org](https://www.thehotline.org)

## 7. National Sexual Assault Hotline (RAINN)

📞 1-800-656-HOPE (4673)

- **Services:** Counseling, referrals, and support for survivors of sexual violence
- 🌐 [rainn.org](https://www.rainn.org)

## 8. National Parent Helpline

📞 1-855-4A PARENT (1-855-427-2736)


- **Services:** Emotional support and parenting strategies for caregivers
- 🌐 [nationalparenthelpline.org](https://www.nationalparenthelpline.org)

## 9. Crisis Text Line

 Text HOME to 741741

- **Services:** Free 24/7 crisis support from trained crisis counselors via text
-  [crisistextline.org](https://www.crisistextline.org)

## 10. Boys Town National Hotline

 1-800-448-3000

- **Services:** Youth and family counseling, parenting help, crisis support
-  [boystown.org/hotline](https://www.boystown.org/hotline)

## 11. Veterans Crisis Line

 988, then press 1


- **Services:** Free, confidential support for veterans, active duty, and their families
-  [veteranscrisisline.net](https://www.veteranscrisisline.net)

## 12. National Human Trafficking Hotline

 1-888-373-7888 | Text "HELP" or "INFO" to 233733

- **Services:** Report trafficking, access safety resources, connect with trained advocates
-  [humantraffickinghotline.org](https://www.humantraffickinghotline.org)


## 13. Eldercare Locator (for aging & caregiver support)

 1-800-677-1116

- **Services:** Connects older adults and caregivers to local services
-  [eldercare.acl.gov](https://www.eldercare.acl.gov)

# Things to do in Roanoke


## 1. Mill Mountain Star & Park

 2000 JB Fishburn Pkwy, Roanoke, VA


- Iconic Roanoke landmark with scenic views, picnic areas, hiking trails, and a playground.
- **Cost:** Free
- Great for a short family outing or quick nature break.


## 2. Mill Mountain Zoo

 Located within Mill Mountain Park

- Small, family-friendly zoo with native and exotic animals.
- **Cost:** ~\$10/adults, discounts for children
-  [mmzoo.org](http://mmzoo.org)


## 3. Roanoke Pinball Museum

 1 Market Square SE, Roanoke, VA

- All-you-can-play pinball machines for one price. Fun for kids and adults alike!
- **Cost:** \$12–\$15 per person
-  [roanokepinball.org](http://roanokepinball.org)


## 4. Center in the Square

 Downtown Roanoke

- Interactive museums, fish tanks, rooftop gardens, and cultural exhibits
- **Cost:** Many free or donation-based areas
-  [centerinthesquare.org](http://centerinthesquare.org)

## 5. Virginia Museum of Transportation

 303 Norfolk Ave SW, Roanoke, VA

- Trains, cars, and aviation displays — great for kids who love vehicles
- **Cost:** ~\$8/adults, \$6/children
-  [vmt.org](http://vmt.org)

## 6. Roanoke River Greenway

- Paved trails along the river — great for walking, biking, or stroller rides
- Access points close to Roanoke Memorial Hospital
- **Cost:** Free

## **Family-Friendly Coffee Shops**

### **1. Sweet Donkey Coffee House**

 2108 Broadway Ave SW


- Cozy patio, excellent lattes, and pastries
- Family-friendly vibe with occasional events

### **2. Little Green Hive**

 16 Church Ave SW (Downtown)

- Smoothies, coffee, and local snacks in a friendly environment

### **3. Mill Mountain Coffee & Tea**

 Multiple locations

- Well-loved local chain with spacious seating for families

## **Ice Cream & Treat Spots**

### **1. Blue Cow Ice Cream Co.**

 1115 Piedmont St SE – near the hospital!

- Locally made, creative flavors – a hit with kids and adults
- Walkable from Roanoke Memorial

### **2. Pop's Ice Cream & Soda Bar**

 1916 Memorial Ave SW

- Retro soda shop vibe with classic floats, sundaes, and sandwiches

### **3. Bayou Snowballs**

 Mobile truck or at events

- Unique New Orleans-style shaved ice – fun and inexpensive

## **Fast Food & Family-Friendly Restaurants near Roanoke Memorial Hospital**

### **Within 5 Minutes:**

#### **1. Moe's Southwest Grill**

 Towers Shopping Center – 3 min away

- Fast-casual burritos, tacos, and kids' meals

## 2. Panera Bread

 *Towers Shopping Center*




- Sandwiches, soups, and pastries – good for light meals

## 3. Firehouse Subs

 *Franklin Rd SW*

- Hearty subs and fast service

## 4. McDonald's

-  701 Williamson Rd NE, Roanoke, VA 24016
-  Open early and late
-  Drive-thru, dine-in, kids' meals, breakfast options

A convenient and familiar choice for families. Offers Happy Meals, coffee, and classic favorites just a few minutes from the hospital.


## Sit-Down, Family-Friendly:

### 4. Fork in the Market

 *Downtown, Market Square*

- Casual burgers, pizza, and sandwiches
- Kids menu and fun atmosphere

### 5. The Green Goat

 802 Wiley Dr SW – near Greenway

- Family-style meals, burgers, and salads with indoor/outdoor seating

### 6. Wildflour Market & Bakery

 1212 4th St SW

- Wholesome lunches, pastries, and a quiet space for families