

United Way of Roanoke Valley invests in the education, health and financial stability of every family in every community.
NEED SOMETHING SPECIFIC? Check out these services available in the Roanoke Valley region and beyond:

EDUCATION (Services benefiting birth - 18)



Ages & Stages Questionnaires®

Equip parents to catch developmental delays and celebrate growth milestones. Let the ASQ questionnaire guide you on what to expect at 2, 6, 12, 18, 24, 30, 36, 48, or 60 months of age.

Visit: www.uwrv.org/ages-and-stages to access the online tool directly.



Bright by Text

Receive child development information to support new and experienced guardians and caregivers of children ages birth to 8 years. Get alerts about events and resources specific to the Roanoke Valley region, including preschool open enrollment periods, safety announcements, health clinics, and free child-friendly events.

Sign up to receive **Bright by Text** alerts by texting "**UWROANOKE**" to **27448**.



Smart2Start

Find affordable childcare and preschools that are just the right fit. Parents can complete one single application to find affordable childcare and discover if they're eligible for publicly-funded programs that may provide free or reduced cost options.

Sign up at www.smart2start.org or call **540-283-2733** for assistance.

Early Learning Collaborative

Help pregnant and existing parents and caregivers support young children's healthy development. Access physical, mental and dental services for children birth - five, and connect to adult resources to strengthen the entire family.

Contact the collaboration lead, **Dana Mabry** at **CHIP of Roanoke Valley** at **540-587-6993 ext 103** for more information.

Strengthening Youth Opportunities for Success (SYOS)

Connect school-age children to one of six partnering out-of-school programs that combines academic supports with onsite behavioral, emotional and health resources.

Contact the collaboration lead, **Jamie Starkey** at **Family Services of Roanoke Valley** at **540-563-5316** for more information.

HEALTH (Serving adults 18 and upwards)



SingleCare Prescription Discount Program, formerly Familywise, helps individuals and families save money on their prescription medications. The card can be used by anyone, including those on Medicaid or Medicare or any other insurance. Just present it when you pick up your prescriptions at a participating local pharmacy to save.

[CLICK HERE](http://www.singlecare.com/prescription-discount-card) or visit:
www.singlecare.com/prescription-discount-card

Community Health Workers (CHWs)

Tear down barriers that can keep generations of families spiraling in poor health and in a cycle of poverty. CHWs can coordinate services and support care across many organizations, leading to a custom map of solutions and opportunities unique to each individual's needs and health goals. The following locations house Community Health Workers, available for consultation:

Bradley Free Medical Clinic - 540-344-5156

Carilion Clinic - 540-853-9152

New Horizons Healthcare - 540-366-5590

Roanoke Rescue Mission - 540-343-7227

For COVID-19 RELATED ISSUES

Get help with a United Way or health department CHW working on COVID vaccinations and education throughout the region, including offices in Franklin County.

During the week, CHWs are on rotation at Franklin County Department of Social Services, Lake Christian Ministries, Support to Eliminate Poverty (STEP), Inc. and VA Department of Health – West Piedmont Health District office.

Call **540-588-4147** or **540-588-4155** to connect with a CHW.



Black Father Family Initiative (BFFI)

Connect a father to the largest community of support and resources for parents and caregivers of color.

Contact **540-777-4200** for information about upcoming events and available resources for black fathers.

Learn more at www.uwrv.org/black-father-family

FINANCIAL STABILITY (Serving adults 18 and upwards)

OnRamp

Adult Employment Project Find job training, employment services and supports to get back in the workforce earning a family sustaining wage.

Contact the collaboration lead, **Charysse Hairston** at **Total Action for Progress** at **540.563.5316** for more information or visit www.vcwblueridge.com/job-seeker-services/



**Roanoke
Financial
Empowerment
Center**

Help individuals make the most of our money by connecting them to no or low cost checking and savings accounts, sharing

information on affordable banking products, and free financial education. At no cost, financial counselors can assist with money management, budgeting, reducing debt, establishing and improving credit, connecting to safe and affordable banking services, building savings, and referrals to other services and organizations.

Email: counseling@roanokefec.org or call **540-427-6811**



Get the assistance you need to file your federal and state taxes done easily and accurately. Use of self-preparation software is completely free, and users have two options based on their income. Users who need more support filing their return can be connected to a national network of partner nonprofits who are part of the IRS' Volunteer Income Tax Assistance (VITA) program

Available in English and Spanish.

<https://myfreetaxes.com/> or
Call **866-698-9435** 10 AM - 6 PM ET

NEED SOMETHING ELSE?

United Way also partners to connect people to existing resources whenever, wherever they are!



DIAL 2-1-1 and speak to a trained professional who will suggest sources of help using one of the largest databases of available health and human services wherever they are in Virginia. You can search for these same services on the 2-1-1 VIRGINIA website.

www.211virginia.com



Use the United Way website link to submit your request for information, and someone will follow-up within 48 hours to respond regarding local resources to everything from housing or utility assistance, to food and mental health counseling using a network of participating health and social service providers in our region and statewide.

<https://virginia.uniteus.com/get-help/>