

**Franklin County Department of  
Social Services Independent Living  
Program**

**You Are On Your Way...**

**Name:** \_\_\_\_\_

**Emancipation Date:** \_\_\_\_\_

**Opt-In Expiration Date:** \_\_\_\_\_

**IL Services Expiration Date:** \_\_\_\_\_

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# Important Numbers

**FCDSS Main Number: 540-483-6850**

**ILP Coordinator: Patti Von Preysing 540-483-6853**

## **Foster Care Staff:**

**Supervisor: Debby Jones 540-483-6852**

**Worker: Angie Shirley 540-483-6859**

**Worker: Jodie Leffue 540-483-6854**

**Worker: Kimberly Fuller 540-483-6867**

**Worker: Marquetta Gilbert 540-483-6868**

**Case Aide: 540-483-6861**

## **Franklin County Information Resources:**

**Franklin County DSS Main Office 540-483-9247**  
**(food stamps, Medicaid, TANF, adult services)**

**Franklin County DSS Annex Office 540-483-6850**  
**(foster care, CPS, children's services)**

## 24-Hour Hotlines

24-hour crisis lines. Call for crisis or distress information and referral, grief counseling. Services are free.

|  |                       |
|--|-----------------------|
| <b>CONTACT</b>                                     | <b>1-540-489-5490</b> |
| (crisis line, information and referral)            |                       |
| <b>Family Help Line</b>                            | <b>1-540-483-1234</b> |
| (victims of domestic violence or homelessness)     |                       |
| <b>Virginia Family Violence and Sexual Assault</b> | <b>1-800-838-8238</b> |
| <b>Crisis and Suicide</b>                          | <b>1-800-SUICIDE</b>  |
| <b>Homeless Hotline</b>                            | <b>211</b>            |
| <b>Youth Runaway</b>                               | <b>1-800-786-2929</b> |
| <b>Domestic Violence</b>                           | <b>1-800-799-SAFE</b> |
| <b>School Violence Tip Line</b>                    | <b>1-540-483-3000</b> |
| <b>Child Abuse Hotline</b>                         | <b>1-800-552-7096</b> |
| <b>Rape Crisis</b>                                 | <b>1-540-981-9352</b> |
| <b>Adult Abuse Hotline</b>                         | <b>1-888-832-3858</b> |
| <b>Alcoholics Anonymous</b>                        | <b>1-540-344-3380</b> |
| <b>Narcotics Anonymous</b>                         | <b>1-540-344-3380</b> |

# Emergency Services

The agencies listed below can assist you by providing free or low cost food, clothing, and shelter or other services to meet your basic needs.

## **“211” ---211**

Information and referral regarding human services, community information, and emergency services throughout Virginia. Just dial 211. <http://www3.irissoft.com/rich/advanced.asp>

## **Helping Hands—540-483-2387**

Open Tuesdays and Thursdays from 9am to 1pm (by appointment only). Provide emergency monetary assistance on a limited basis. Franklin County residents only. Budgeting assistance available.

## **Franklin County Department of Social Services Main Office—540-483-9247**

Some emergency monetary assistance is available to help with paying bills. They are also the central referral center for other agencies in the county that provide emergency monetary assistance. Monday through Friday from 8:30am to 5:00pm. Based on income, residents of Franklin County only.

[www.dss.state.va.us](http://www.dss.state.va.us)

## **STEP, Inc.—540-483-5142**

Open Monday through Friday from 9am to 4:30pm. [www.stepinc.com](http://www.stepinc.com)

## **American Cancer Society—Martinsville/Franklin Unit—866-638-8944**

CANCER PATIENTS ONLY. Monday through Friday from 9am to 5:30 pm. No Fees.

## **American Red Cross—540-985-3560**

MILITARY FAMILIES ONLY. Open 7 days a week, 24 hours a day.

## **American Red Cross—540-985-3560**

Open Monday through Friday from 8am to 5pm. For victims of natural disaster or fire.

[www.redcrossroanokevalley.com](http://www.redcrossroanokevalley.com)

**Ram House—540-345-8850**

Open Monday through Friday from 8am to 4pm. Must live in Northwest or Southwest Roanoke or have a referral from their local Social Services agency.

**Salvation Army—540-483-1775**

Monday, Wednesday, and Friday from 8:30am to 5pm. Must be a Franklin County resident.

**St. Johns—540-343-9341**

Open Tuesday mornings only from 9am until funds run out (lines start forming at 7am). Must be in need. Services provided to men and women who have cut off notices on electric bills or have eviction notices

**Step, Inc—540-483-5142**

Open Monday through Friday from 8:30am to 4:30pm. Income and other requirements as requested. [www.stepinc.com](http://www.stepinc.com)

**Clothing**

**Henry Fork Center—540-483-2819**

Open Some Mondays and Saturdays (varies) from 8 am to 1 pm. No eligibility requirements.  
FREE

**St. James Community Center—540-365-0760**

Open Wednesdays from 11am to 2pm. No eligibility requirements. FREE

**Goodwill Industries—540-483-9217**

Open Monday to Saturday from 8am to 9pm and Sunday from 12pm to 8pm. Open to everyone.  
Clothing, furniture, etc. DISCOUNTED

## **Shelters**

Are you homeless? Need help getting an apartment? The Independent Living Program can sometimes help emancipated foster care youth with start-up costs or a hotel for the night. Contact Patti Von Preysing at 540-483-6853 or the intake worker for FCDSS at 540-483-6850.

### **Family Resource Center—540-483-5088**

Women and children who are either homeless or are victims of Domestic Violence. Emergency 30 day stay

### **Shelters in the Roanoke Area:**

#### **Roanoke Runaway and Homeless Youth— 540-977-3324**

Designed to offer outreach services and emergency shelter to runaways and homeless youth ages 12 through 18.

#### **Total Action Against Poverty (TAP)—540-345-6781**

Provides services to low-income individuals designed to address the root causes of poverty in the areas of immediate physical need, education and training, work experience, job development, counseling and housing, community development, economic development, and financial literacy. TAP VA CARES Program provides bus passes for their clients.

#### **Transitional Living Center—540-345-7537**

Provides transitional housing with case management, employment and counseling services. Capacity is 65 with some variability. Has individual family rooms and family suites. Residents may stay for up to 24 months while making progress on an action plan to correct the problems which caused their homelessness. In order to qualify as homeless you must have stayed at least one night at a local homeless shelter.

#### **Trust House—540-344-8060**

Provides emergency and transitional shelter for homeless individuals and families. Offers case management, food, and other programs and services for residents of the shelter.

#### **YWCA—540-345-9922**

Provides housing for up to a 2 year period to women, including expectant mothers and moms with children, from diverse faiths, races, and socioeconomic backgrounds. Offers a network of

opportunities, information, guidance and support to women-in-transition due to family problems or other challenges.

## **Housing Assistance and Complexes**

### **SHARE HIP Program—276-638-7259**

Open Monday through Friday from 9am to 12pm and 1pm to 4pm. Families and individuals who are homeless or find themselves in a temporary unavoidable housing crisis leading to an eviction notice or foreclosure.

### **PATH/TBRA—276-632-2108 x1116**

Unaccompanied homeless individuals, possess a mental disability. (Do not have to be on disability)

### **Candlewood Apartments—540-483-0321**

Open Monday through Friday 9am to 4:30pm. Subsidized housing requirements must be met.

### **Mountain View Apartments—540-483-1339**

Monday through Friday from 9am to 2pm. Subsidized housing requirements must be met.

### **STEP, INC.—540-483-5142**

Housing and Weatherization assistance. Open Monday through Friday from 9am to 4:30pm.  
[www.stepinc.com](http://www.stepinc.com).

## **Emergency Food Banks**

### **Family Care Center—540-483-0726**

Income Requirements. FREE

### **Gogginsville United Methodist Church—540-483-3626**

Eligibility is determined on an individual basis. FREE

### **St. James Community Center—540-365-0760**

Open on Wednesdays from 11am to 2pm. Eligibility is based on need and one can only receive assistance once a month. FREE

**Red Valley United Methodist Church—540-721-2275**

Open 2<sup>nd</sup> and 4<sup>th</sup> Tuesday night of each month from 6:15pm to 7:15pm. Call for eligibility requirements. FREE

**Heavenly Manna—540-483-0454**

Open on Monday from 10am to 5pm. Income based. FREE

**Church of God—540-365-0753**

Call anytime. Call for eligibility requirements. FREE

**Share Food Programs**

**Red Valley United Methodist Church—540-721-4882**

Must do 2 hours of community service and pay set free of \$17.00 and choose between 2 food packages (packages vary). Accepts food stamps, Debit cards, cash, or checks. Economically priced food packages for interested individuals.

**Vision of Hope—540-493-1515 or 540-482-0107**

Must do 2 hours of community service and pay a set fee of \$17.00 and choose between 2 food packages (packages vary). Accepts food stamps, Debit cards, cash, or checks. Economically priced food packages for interested individuals.

**Transportation**

**American Cancer Society—866-638-8944**

CANCER PATIENTS ONLY. Open Monday through Friday from 9 am to 5:30pm. No fees.

**Department of Medical Assistance Services—866-338-4579**

Open Monday through Friday from 8am to 5pm. Must have Medicaid or Virginia Premier.

## Phone Services

### **CCI/Cat Communications International—888-989-2900**

Open Monday through Friday from 9am to 5pm. Must be 18 or older, No Credit Checks are done.

There is a connection fee. [www.ccitelecom.com](http://www.ccitelecom.com)

### **DPI Teleconnect @ Kelly Rental—1-800-350-4009 or 484-1947**

Open Monday through Thursday from 10am to 6pm, Friday from 10am to 7pm, Saturday from 9am to 5pm. Any persons 18 or older

### **Virginia Universal Service Plan Sprint—888-723-8010**

Open Monday through Friday from 8:30am to 5pm. Must be a Virginia resident receiving the following: Medicaid, Food Stamps, LIHEAP, Section 8, or SSI. Must submit an application and provide verified copies of their eligibility. Your social worker should be able to help you with this information.

# Counseling And Support

Programs are available to young individuals, couples, and families to provide counseling services.

## **Piedmont Community Service Board—540-483-0582**

Sliding scale fee. Offers crisis intake, psychiatric services, clinical services case management, detoxification, prevention outpatient services, community support case management detoxification, prevention outpatient services, community support case management residential services, substance abuse counseling. Psychiatrist on staff. Serves Franklin County, Patrick County, Henry County, and City of Martinsville. Medicaid is accepted. [www.piedmontcsb.org](http://www.piedmontcsb.org)

## **Family Preservation Services—540-483-0312**

In-home counseling, day treatment in the schools, and sex offender treatment is available. Medicaid is accepted.

## **Family Services—540-483-4223**

Open Monday and Wednesday from 1pm to 5pm and Thursday from 11am to 4pm. Accepts Medicaid and has a sliding scale fee based on income. Also offers an Adult Survivor Support Group every Thursday. Must be over 18 for this group.

## **Family Resource Center—540-483-5088**

Stress and anger management classes for women. Thursdays from 6pm to 7pm. Classes run for 6 weeks and you must start at the beginning.

## **Blue Ridge Behavioral Healthcare—540-345-4002**

Offers variety of counseling services in Roanoke area. Medicaid is accepted

## Support Groups

### Franklin County Family Resource Center—540-483-5088

Open to women only. Meets every Monday from 6pm to 7pm. [www.frankincountyva.org/shelter](http://www.frankincountyva.org/shelter)

### Piedmont Community Services—540-483-7220

This group is for families affected by mental health problems, substance abuse, and mental retardation.

### Family Services of Roanoke Valley—540-483-4223

Adults Survivors Group. Meets every Thursday for 1 ½ hours. Must be 18 or over. FREE

### American Cancer Society—866-638-8944

Open to all cancer patients. Free Service. Also offers rehabilitation.

### Carilion Hospice Services—540-489-6503

Family Support. Life expectancy of 6 months or less if disease takes its normal course. Will accept Medicaid, Medicare, Private Insurance. No one is refused care based on their insurance or lack of it.

## Domestic Violence and Other Abuse Services

*\*If you are in immediate danger call 911 and explain to the police what has happened. An emergency protective order (EPO) can be issued. This legally prohibits the abuser from coming within a certain distance of you for some many days. A longer protective order can be filed with the Court when the Court reopens.*

### Franklin County Sheriff's Department—540-483-3000

Ask for the Domestic Violence Coordinator

### Family Resource Center—540-483-5088

Emergency shelter, group counseling, and case management services to domestic violence victims.

**Virginia Child Abuse and Neglect Hotline—  
800-552-7096**

### **Gay and Lesbian Services**

**Gay and Lesbian National Hotline 1-888-843-4564**

Resources and peer counseling.

Monday-Friday 4 p.m. to Midnight, Saturday Noon to 5 p.m.

# Legal Assistance and Immigration Services

## **Legal Aid Society of Roanoke Valley—540-344-2088**

Provides free legal services to low-income residents for cases involving housing, government benefits, health care, domestic violence restraining orders, divorce, child custody and support. Open Monday through Friday from 8:30am to 5pm. Must be a resident of the Roanoke Valley. Income requirements are set by the society. [www.valegalaid.org](http://www.valegalaid.org)

## **Immigration Services**

### **Catholic Diocese of Richmond—540-342-7561**

Open Monday through Friday from 9am to 5pm. Services for immigrants or refugees.

### **National Immigration Law Center—213-639-3900**

Open Monday through Friday from 9am to 5pm Pacific time. Services for low income immigrants. [www.nilc.org](http://www.nilc.org)

### **Virginia Poverty Law Center—804-782-9430**

Open Monday through Friday from 8:30am to 5pm. Income based services. [www.vplc.org](http://www.vplc.org)

### **ASISTA**

Provides assistance to immigrant women with domestic violence issues. [www.asistaonling.org](http://www.asistaonling.org)

### **Aydua, Inc.—202-387-4848**

Open Monday through Friday from 9am to 5pm. For immigration services there is an initial fee of \$20. Fees for Domestic Violence Services are on a sliding scale depending on your income. Fees can be waived in certain circumstances. [www.ayudainc.org](http://www.ayudainc.org)

# Health

You may still qualify for Medicaid coverage. You must go to your local Department of Social Services to apply.

## Hospitals

**Carilion Franklin Memorial Hospital—540-483-5277--Rocky Mount**

**Carilion Roanoke Memorial Hospital—540-981-7000--Roanoke**

**Lewis Gale Medical Center—540-776-4000--Salem**

**Memorial Hospital—276-666-7200--Martinsville**

## Medical

**Franklin County Free Clinic—540-489-7500**

Open Mondays 10am to 7pm, Tuesday and Thursdays 10am to 3pm, Wednesday 1:30pm to 3pm. Must be a Franklin County resident, meet income guidelines and have no insurance coverage.

**Dr. Barrett and Quioco MD, General Surgeons—540-483-9017**

Open Monday through Friday from 8:30am to 5pm. Accepts Medicaid, VA Premier and Medallion by referral only.

**Children's Clinic—540-483-2849**

Open Monday through Friday from 9am to 12pm and 1pm to 5pm. Accepts Medicaid. Serves newborns, children, and adolescents.

**Carilion Internal Medicine Westlake—540-721-2689**

Open Monday through Friday from 8:30 am to 5pm.

**Carilion Surgical Care—540-489-4541**

Open Monday through Friday from 8:30am to 4:30pm. Accepts Medicaid.

**Ear, Nose, and Throat Specialist—540-483-1113**

Open Monday through Friday from 8am to 4:45pm. Accepts Medicaid.

**Carilion OB/GYN Associates—540-484-4836**

Open Monday through Friday from 8am to 5pm. Accepts Medicaid.

**Smith Mountain Lake Family—540-721-7333**

Open Monday through Friday from 9am to 5pm. Accepts Medicaid.

**Carilion Medical Associates—540-484-4800**

Open Monday through Friday from 8am to 4:45pm. Accepts Medicaid.

**American Breast Cancer Key to Life Program—**

**877-539-2543**

Mammogram Assistance. [www.cancer.org](http://www.cancer.org). Must apply and be referred by your doctor. If you are eligible they will send you a grant for a mammogram. Patient Resource Center: 804-527-3792

**Westlake Urgent Care—540-719-1819**

**Roanoke Urgent Care—540-989-4929**

**Hurt Park Teen Center—540-857-7824**

Roanoke. [www.rahp.org](http://www.rahp.org)

**Find a Medicaid Provider:**

[http://www.dmas.virginia.gov/provider\\_search.ASP](http://www.dmas.virginia.gov/provider_search.ASP)

**Alcohol and Drug Abuse**

**Piedmont Community Services—540-483-0582**

Open Monday through Friday from 8am to 5pm. Fees are based on income. By referral and walk-ins. [www.piedmontcsb.org](http://www.piedmontcsb.org)

**Alcoholics Anonymous—540-344-3380 or 540-343-6857**

[www.aa.org](http://www.aa.org) or [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

**Narcotics Anonymous—540-344-3380**

[www.na.org](http://www.na.org)

**For Other Programs Go To:**

[www.theagapecenter.com/treatment-centers/virginia.htm](http://www.theagapecenter.com/treatment-centers/virginia.htm)

**Pregnancy Prevention and STD's**

**Planned Parenthood—540-562-3457**

Provides birth control, pregnancy testing and referrals, abortion information, infertility information, STD treatment, AIDS testing, counseling, and mid-life examinations. Medicaid is accepted.

### **AIDS/HIV Testing**

**Roanoke Drop-In Center, Mon-Fri, 9:00-5:00 (open until 6:00 on Thursdays) (540)982-2437**

**Martinsville/Henry County Health Department, Tuesdays, 5:00-7:00 PM (540) 638-1804**

**Montgomery County Health Department, Mondays, 5-7:00 PM, VA Tech & Radford Univ. during fall & spring, (540) 381-7100**

**Roanoke City Health Department, Mondays, 3-6:00 PM, in RAP Office every first Wednesday, (540) 857-7653**

**Washington County Health Department, 3rd Mondays, 4:30-7:30 PM, (540) 628-9255**

**Wythe County Health Department, 2nd & 4th Thursday, 4:30 - 7:30 PM, (540) 228-8629.**

**VA AIDS Drug Assistance Program, HIV-related medications for low income individuals without insurance. Contact your local Health Department for details.**

**Appalachian AIDS Coalition, Serving far southwest Virginia. Contact Sarah Jane Lee at the Russell County Health Department, (540) 889-6721**

**Carilion Comprehensive HIV Services, Adult HIV Clinic: (540) 981-7406, Pediatric HIV Clinic: (540) 224-4429**

**Coalition for HIV Awareness and Prevention, Serving Lynchburg/Central Virginia Area, Contact ACWV (800) 385-3388 ext. 3200**

**Lyn-CAG HIV Housing Assistance, Serving Lynchburg/Central Virginia Area, Contact Jackie Jones (804) 846-2778**

**New River Valley AIDS Coalition, Serving the New River area - (540) 381-5473.**

**Roanoke AIDS Project, Serving Roanoke Valley & Allegheny Highlands, (504) 345-4840**  
RAProject@aol.com

**Southside AIDS Venture, Serving Danville & Pittsylvania Co., (804) 799-5190 ext. 126**

**West Piedmont AIDS Task Force, Serving Martinsville/West Piedmont, (540) 666-2437**  
Wpatf@kimbanet.com

## **Dental**

**Find a Medicaid Provider:**

[http://www.dmas.virginia.gov/provider\\_search.ASP](http://www.dmas.virginia.gov/provider_search.ASP)

**Franklin County Dental Clinic—540-484-0292**

Affiliated with the Franklin County Health Department. Open Monday through Friday from 8:15am to 12pm and 1pm to 5pm. You must live in the counties of Franklin, Henry, Patrick, or the City of Martinsville. You do not have any dental insurance. You must bring proof of income for entire household. Persons 18 and older pay a \$10.00 flat fee plus any charges they incur which must be paid at the time of the visit.

**Carilion Dental Clinic—540-224-4380**

**Small Smiles—540-362-5437**

Located in Roanoke, Virginia. Accepts Medicaid and provides dental care for people under 18.

## **Vision**

**Lions Club—483-1596**

Based on income, uses Free Clinic guidelines. \$100.00 cap per client.

**Saxon and Angle—483-0284**

Open Mon, Tue, Wed, Fri from 8:30am to 9pm, Thursdays from 8:30am to 8pm, Saturday from 8:30am to 1:30pm. Accepts Medicaid, but not Virginia Premier.

**Eye Care and Surgery—721-4433**

Open Monday through Friday from 8am to 5pm. Accepts regular Medicaid, Medicare Medallion with a referral from PCP and VA Premier with a referral (exam only)

**Vistar Eye Center—866-615-5454**

Open Monday through Friday from 8am to 5pm. Accepts Medicaid. [www.vistareye.com](http://www.vistareye.com)

### **Prescriptions**

**Franklin County Free Clinic—540-489-7500**

Monday Walk in Clinic starts at 4:45pm, Wednesday and Thursday 1pm to 5pm by appointment only. Must be a Franklin County resident without insurance. FREE

**Partnership for Prescription Assistance—888-477-2669 (to apply)**

Requirements: low income, uninsured, and a Virginia resident. FREE

**MERCK Patient Assistance Program—800-727-5400**

Must live in the USA and have a prescription for a MERCK medicine from a licensed doctor. Do not have insurance or other coverage for your prescription medicine, you have exhausted all other insurance options for coverage and cannot afford to pay for your medicine. Plus you must complete an application and meet income eligibility requirements. Apply online at [www.merckhelps.com](http://www.merckhelps.com)

**American Cancer Society—866-638-8944**

CANCER PATIENTS ONLY. Open Monday through Friday from 9am to 5:30pm. Provides financial assistance with pain and nausea medications to cancer patients.

### **Prenatal and Postpartum Services**

**Find a Medicaid Provider:**

[http://www.dmas.virginia.gov/provider\\_search.ASP](http://www.dmas.virginia.gov/provider_search.ASP)

**Franklin County Perinatal Education Center—540-489-1800 or [www.fcpec.org](http://www.fcpec.org)**

**Planned Parenthood—540-562-3457**

**Women, Infant, and Children (WIC) Program—Franklin County Health Dept. 540-484-0292, [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)**

Supplemental food and nutrition education program for pregnant and breastfeeding women and parents of families with children under five years of age. Offers nutritious foods and infant formula at no cost to families. Limited income families may be eligible even if working. Services are free

**Healthy Families (Piedmont Community Services)—540-483-0582**

Accepts Medicaid, sliding scale fee based on income. [www.piedmontcsb.org](http://www.piedmontcsb.org)

# Parenting and Child Care

## Notes for Pregnant and Parenting Youth:

- Mothers-to-be should begin regular visits to a doctor, nurse practitioner or mid-wife as soon as they know they are pregnant
- Parents need to give their children a lot of LOVE, appropriate affection, attention, and encouragement to play and learn.
- Parents need to make regular visits with their newborn to a doctor or clinic to get immunizations, nutritional information and check-ups.
- Parents need to give prompt attention to any illness and seek medical care when needed (high fevers, infections, vomiting, diarrhea, poison ingestions, head bumps/trauma, sprains, congestion, coughing, convulsions, burns, broken bones, etc.)

Finding convenient, affordable child care can be very stressful. It is important that you plan ahead when looking for child care to be sure that it will meet your needs as well as your child's needs.

## Piedmont Community Services—540-483-0582

Healthy Families Program

Infant-Parent Program

Parenting Classes—Donna Ferguson—489-1112—classes are held on Wednesdays from 5pm to 7pm—classes are free.

## Franklin County Perinatal Education Center—540-489-1800

Childbirth classes, breast feeding classes, car seat training, and infant CPR training. Car seat program for Medicaid clients.

## CAPS of the Blue Ridge—540-484-5566

W.A.T.C.H.—parent education class. Open Monday through Friday from 8:30am to 5:00pm. This service is for parents in conflicted relationships with custody, visitation, or child support issues. May be Court ordered. There is a fee.

## Parenting and Childcare Services

**STEP, Inc.—540-483-5142**

Headstart program. [www.stepinc.com](http://www.stepinc.com). For low income individuals. Open Monday through Friday from 9am to 4:30pm.

**Franklin County Department of Social Services—540-483-9247**

Listing of approved daycare providers in this area as well as daycare assistance for low income families.

### Approved Daycare List

#### Licensed Centers:

Rainbow Child Care Center (Lee Waid School District), M-F 6am to 6pm Ages 2-10  
years 540-483-4777

Smith Mountain Child Care Center (Burnt Chimney/Dudley), M-F 6am to 6pm Ages 6wks to  
12 yrs 540-721-4420

YMCA (Call for School Districts), M-F 7:30am to 5:30pm Ages 2-12  
years 540-489-9622

Country Kids Child Care (Rocky Mount School District), M-F 5:45am to 6:15pm Ages 2-12  
years 540-484-1777

#### Licensed Family Day Homes

Becky Coleman (Lee Waid School District), Hours Negotiable Infant to 12  
years 540-483-4535

Brenda Vaden (Lee Waid School District), 6am to 12:30am Infant to 12  
years 540-483-9008

Vivian Mattox (Lee Waid School District), 5am to 5pm Infant to 12  
years 540-483-7425

Mary Mack (Lee Waid School District), Negotiable Infant to 12  
years 540-483-8788

|  |            |              |
|--|------------|--------------|
| Kimberly Hunt (Lee Waid School District),<br>years 540-330-6427      | Negotiable | Infant to 12 |
| Deanna Southern (Boones Mill School District),<br>years 540-334-5437 | Negotiable | Infant to 12 |
| Carolyn Moore (Lee Waid School District),<br>years 540-489-8385      | 6am to 6pm | Infant to 12 |
| Loretta Brown (Rocky Mount School District),<br>years 540-493-7265   | Negotiable | Infant to 12 |
| Carolyn McHeimer (Sontag School District),<br>years 540-483-7576     | 6am to 6pm | Infant to 12 |

### Voluntary Registered and Unregulated Family Day Homes

|  |                    |              |
|--|--------------------|--------------|
| Sonnia Jones (Lee Waid School District),<br>years 540-489-7873       | Negotiable         | Infant to 12 |
| Natalie Trotter,<br>years 540-243-0171                               | 3:30pm to Midnight | Infant to 12 |
| Sheila Housman (Lee Waid School District),<br>years 540-483-7394     | 6:30am to 6pm      | Infant to 10 |
| Lassie Belcher (Lee Waid School District),<br>years 540-483-9052     | 6am to 6pm         | Infant to 12 |
| Dorothy Greer (Burnt Chimney School District),<br>years 540-721-4528 | 6am to 6pm         | Infant to 12 |
| Estelle Bowers (Snow Creek School District),<br>years 276-632-7255   | 6:30am to 6:30pm   | Infant to 12 |
| Tammy Mullins (Ferrum School District),<br>years 540-489-4251        | Negotiable         | Infant to 12 |

Amanda Pagans (Snow Creek School District),  
years 540-576-3074

6am to 6pm

Infant to 12

Mary Greene (Callaway School District),  
540-489-0035

Before and Afterschool

Jessica Fuhrman (Glade Hill School District),  
540-493-8032

5am to 5:30pm

**For more information on how a daycare provider is meeting licensing requirements check out:**

1-800-543-7545 or [www.dss.state.va.us/facility/search/licensed.cgi](http://www.dss.state.va.us/facility/search/licensed.cgi)

### **Savings Program**

**VIDA-- STEP, Inc.—540-483-5142**

**Must be a US citizen or legal alien, meet the income requirements, and have a dependent child, under 18 in the household. Helps people start saving money toward the purchase of a home, education, or to start a new business. Open Monday through Friday from 9am to 4:30pm.**

[www.stepinc.com](http://www.stepinc.com)

# Services For Youth

## Project Discovery

STEP, Inc.—540-483-5142

Open Monday through Friday from 9am to 4:30pm. [www.stepinc.com](http://www.stepinc.com)

## Ex-offender Program

STEP, Inc.—540-483-5142

Open Monday through Friday from 9am to 4:30pm. [www.stepinc.com](http://www.stepinc.com)

# Educational Services

## High School Completion/GED

Franklin County Adult Education—540-483-0179

Open Monday through Thursday from 8:30am to 8:30pm and Friday from 8:30am to 12pm. Must be over age 18. [www.frco12.va.us/schools/adult\\_ed](http://www.frco12.va.us/schools/adult_ed)

## Alternative Education Programs

STEP, Inc.—540-483-5142

Open Monday through Friday from 9am to 4:30pm. [www.stepinc.com](http://www.stepinc.com)

## English as a Second Language

Cross Point Community Church—540-489-5683

Classes are held Sunday from 8:30am to 9:30am and Wednesday from 6:30pm to 8pm. FREE [www.721-0019](http://www.721-0019)

## Tutoring Services

The Learning Place—540-482-0082

## Vocational and Career Training

Job Corp.—1-800-733-JOBS-- [www.Jobcorp.dol.gov](http://www.Jobcorp.dol.gov)

DOL—1-866-4-USA-DOL— [www.dol.gov](http://www.dol.gov)

## Colleges

Ferrum College—540-365-2121 or 800-868-9797

[www.ferrum.edu](http://www.ferrum.edu) 4 year university located in Franklin County. Classes are offered on campus and at the Franklin Center.

Virginia Western Community College—540-857-8922

[www.viriniawestern.edu](http://www.viriniawestern.edu) 2 year college located in Roanoke. Classes are offered on campus and at the Franklin Center.

**Patrick Henry Community College—276-638-8777**

[www.ph.cc.va.us](http://www.ph.cc.va.us) 2 year college located in Martinsville. Classes are offered on campus and at the Franklin Center.

**The Franklin Center—540-483-0179**

[www.thefranklincenter.org](http://www.thefranklincenter.org) located in Rocky Mount. Classes are offered from various colleges and representatives from those colleges have offices at the center.

### **Recreation and Social**

**Franklin County Parks and Recreation—540-483-9293**

Provides a variety of recreational activities for all ages.

**YMCA—540-489-9622**

Offers a fitness center with exercise, swimming, weight training, aerobics, skate park, dance classes, sauna, and locker rooms. Fees vary, scholarships are available.

### **Driving Services**

**A-Plus Driver Improvement School—800-794-2228**

[www.viriniadefensivedrivingclinic.org](http://www.viriniadefensivedrivingclinic.org) Rocky Mount

**Alert Driver Training—540-890-0347**

[www.alertdrivertraining.com](http://www.alertdrivertraining.com) Vinton

**Smith Driver Training—540-489-7433, Rocky Mount**

### **Military Recruiting**

**Air Force—540-362-0950 [www.airforce.com](http://www.airforce.com)**

**Army—540-563-0868 [www.goarmy.com](http://www.goarmy.com)**

**National Guard—1-800-GO-GUARD [www.1800goguard.com](http://www.1800goguard.com)**

Marine Corps— [www.marines.com](http://www.marines.com)

Coast Guard—1-877-NOW-USCG [www.uscg.mil](http://www.uscg.mil)

Navy—1-800-533-1657 [www.navy.com](http://www.navy.com)

Army Reserves—540-563-1657 [www.goarmy.com/reserve](http://www.goarmy.com/reserve)

# Employment

Virginia Employment Commission [www.vec.virginia.gov](http://www.vec.virginia.gov)

Rocky Mount: 540-483-0179—at the Franklin Center

Roanoke: 540-561-7525

Martinsville: 276-632-3270

Goodwill Industries-- [www.goodwillvalleys.com](http://www.goodwillvalleys.com)

Rocky Mount: 540-483-0179 or 540-483-9217—at the Franklin Center

Roanoke: 540-561-7503 or 540-527-0684 x20

Martinsville: 276-638-5100

Salem: 540-986-1224

Job Corps—1-800-733-JOBS

[www.jobcorp.dol.gov](http://www.jobcorp.dol.gov)

Department of Rehabilitative Services—800-552-5019

Open Monday through Friday from 8:30am to 5pm. Disabled individuals only. At the Franklin Center [www.vadrs.org](http://www.vadrs.org)

## Employment Web-sites

|                                |  |
|--------------------------------|--|
| Abracat                        | <a href="http://www.abracat.com">www.abracat.com</a>   |
| America's Job Bank             | <a href="http://www.ajb.dni.us">www.ajb.dni.us</a>   |
| Career                         | <a href="http://www.career.com">www.career.com</a>   |
| Career Builder                 | <a href="http://www.careerbuilder.com">www.careerbuilder.com</a>                             |
| Career Magazine                | <a href="http://www.careermag.com">www.careermag.com</a>                                     |
| Craig's List                   | <a href="http://www.craigslist.com">www.craigslist.com</a>                                   |
| Employment Guide               | <a href="http://www.employmentguide.com">www.employmentguide.com</a>                         |
| Federal Jobs                   | <a href="http://www.fedworld.gov/jobs/jobsearch.com">www.fedworld.gov/jobs/jobsearch.com</a> |
| Franklin Co Help Wanted        | <a href="http://www.thefranklinnewspost.com">www.thefranklinnewspost.com</a>                 |
| Help Wanted                    | <a href="http://www.helpwanted.com">www.helpwanted.com</a>                                   |
| Hot Jobs                       | <a href="http://www.hotjobs.com">www.hotjobs.com</a>   |
| Indeed Job Search              | <a href="http://www.indeed.com">www.indeed.com</a>   |
| Job Bank USA                   | <a href="http://www.jobbankusa.com">www.jobbankusa.com</a>                                   |
| Job Hunt                       | <a href="http://www.jobhunt.org">www.jobhunt.org</a>   |
| Job Science (health jobs)      | <a href="http://www.jobscience.com">www.jobscience.com</a>                                   |
| Job Web                        | <a href="http://www.jobweb.com">www.jobweb.com</a>   |
| Jobs Jobs Jobs (tech jobs)     | <a href="http://www.jobsjobsjobs.com">www.jobsjobsjobs.com</a>                               |
| Monster                        | <a href="http://www.monster.com">www.monster.com</a>   |
| Monster Healthcare             | <a href="http://www.myh.monster.com">www.myh.monster.com</a>                                 |
| Opportunity NOCS (non-profit)  | <a href="http://www.opportunitynocs.org">www.opportunitynocs.org</a>                         |
| Recruiters Online              | <a href="http://www.recruitersonline.com">www.recruitersonline.com</a>                       |
| Roanoke Help Wanted            | <a href="http://www.roanoke.com">www.roanoke.com</a>   |
| Virginia Employment Commission | <a href="http://www.vec.virginia.gov">www.vec.virginia.gov</a>                               |
| Virginia Jobs                  | <a href="http://www.jobs.state.va.us">www.jobs.state.va.us</a>                               |
| Young Non-Profit Professionals | <a href="http://www.ynppn.org">www.ynppn.org</a>   |

## Job Interview Tips

- 1. Prepare Yourself:** looking for employment is a full-time job. Make sure you have all of your information from your previous employers, including name of company (spelled correctly), address, phone, your job title, name of supervisor, dates you were employed, wages, your social security number and card, your ID.
- 2. Know Yourself:** What are your interests and qualifications? Your potential employer will want to know, so be prepared to talk about them briefly, intelligently and clearly during the interview.
- 3. Know Something About the Employer:** Before you make an appointment for a job interview, find out whatever you can about the company. The more you know about the company the better able you will be to suggest ways you can be of service to your potential employer when you are interviewed.
- 4. Check Your Personal Appearance:** Before you leave for the interview, check your appearance. Dress for the job. Look as though you are ready to go to work. No cologne or perfume, if your potential employer is allergic you can be sure you won't get a call back. No large jewelry, nose rings, tongue rings; employers might concentrate on those items and not on your qualifications. No hats, dew rags, bandannas or any head covering. Make sure your hair is neat and clean before you leave. Clean and trim your nails, and if you must wear nail polish make it clear. Make your fashion statements after you have the job and know the rules of appearance.
- 5. Go to the Interview Alone:** Employers are interested in you, in the way you present yourself. They don't want to hear what your relatives or friends think of your qualifications. They will judge for themselves.
- 6. Arrive Early:** Get to the interview 10 minutes early. Make sure that you find out beforehand the best way to get to the interview. Don't wait until the day of the interview to get directions and check if they are correct. Present yourself in a straightforward manner. Let the receptionist know who you are and the name of the person you wish to see. \*Make sure you know the name of the interviewer before you arrive.
- 7. Be Alert During the Interview:** Sit up straight and look alert during the interview. Try to be at ease so you can answer your potential employer's questions in a businesslike manner. (Don't use slang terms)
- 8. Think Before You Answer:** Think before answering questions. Be polite, accurate, honest, and direct. The employer is especially interested in your experience and training that fits you to the job for which you are applying. Be prepared to answer questions like:  
*Tell me about yourself?*

*Why did you leave your last position?*

*Tell me about your work experience?*

*Why should I hire you?*

*Did you use any special tools?*

*Have you done any volunteer work for community organizations, at school, or at home?*

*Do you have any hobbies that would help you on the job?*

Just be sure to answer all questions to the best of your ability in an honest, polite manner.

**9. Don't Lie on Your Application, Resume, Cover Letter, or During the**

**Interview:** It will only come back to haunt you. If you don't know how to do something, let the employer know, but also let them know that you are willing to learn.

**10. Thank the Interviewer:** Make sure to thank the interviewer for his or her time. Make sure you have the name(s) written down and the correct spelling.

**11. Write a Thank You Note:** This will keep your name at the front of the interviewer's mind. Plus, it might be just the edge you need to push your name a little higher than another interviewee with the same skills.

# Managing Your New Life

## New Rights As An Adult

Now that you are an adult you have a lot more responsibilities but you also gain rights. Some of those rights as an adult include:

- Vote in state and local elections
- Consent to all types of medical treatment
- Join the military without parental permission
- Enter into a binding contract
- Buy or sell property, real estate, and stock
- Marry without guardian permission
- Sue or be sued in your own name
- Compromise, settle a claim
- Make or revoke a will
- Inherit property outright

## How to Obtain Identification Documents

### Birth Certificate:

Virginia Department of Health—804-662-6200

Open Monday through Friday from 8am to 4:45pm. Vital records are available to immediate family members only with a valid ID. There is a fee per copy.

Virginia: [www.vdh.state.va.us](http://www.vdh.state.va.us)

Other State: [www.vitalcheck.com](http://www.vitalcheck.com)

### Passport: [www.travel.state.gov/passport](http://www.travel.state.gov/passport)

Franklin County Clerk of Circuit Court Office—540-483-3065

Henry County Clerk of Circuit Court Office—276-634-4880

Martinsville Post Office—276-632-4745

Martinsville Clerk of Circuit Court Office—276-656-5106

Roanoke Post Office—540-985-8817 or 540-343-3578

### Marriage Certificate:

Circuit Court Clerk's Office or Vital Records (see information above)

## Death Certificate:

Vital Records (see information above)

## Accessing Your Dependency Records

### Adoption Records:

Virginia Department of Social Services

The Virginia Department of Social Services keeps a permanent record of all adoptions finalized in Virginia since July 1, 1942. In addition, if the adoptee was placed for adoption through an agency with the legal authority to consent to the adoption, that agency may have a copy of the record. The *Code of Virginia* sections §63.2-1246 and §63.2-1247 identify the parties who have access to identifying and non-identifying information from the adoption record.

<http://www.dss.virginia.gov/family/ap/records.cgi>

### Obtain Juvenile Criminal Records:

Bruce A. Twyman, Public Relations and Development Coordinator, P. O. Box 1110, Richmond, Virginia 23218 - 1110

(804) 786-0300, [www.djj.virginia.gov](http://www.djj.virginia.gov)

### Foster Care Records:

Contact Franklin County Department of Social Services with a request in writing as to what records you require. Allow for 45 days for your request to be processed. 540-483-6850, 453 South Main Street, Rocky Mount, VA 24151

## Bank Accounts

Cash, check or plastic? That becomes a very real choice when you are 18. You can open an account at any bank at the new accounts desk. It is important that you understand all of the charges and benefits offered at each bank.

Some Important Questions to Ask:

*Is there a minimum balance on the account?*

*Is there interest that can be earned on this account?*

*Is there a monthly service charge?*

*Is the account charged for each check written?*

*Is there a fee for use of the ATM?*

*Are the canceled checks returned or kept at the bank?*

## **Credit Cards**

Once you are 18 you can apply for a credit card. You can find credit card applications online, through the mail, or through your bank. Eligibility is based on income or student status. As you go through your adult life, credit is one of your most valuable assets. A credit card is a great way to establish credit but it can also get you in trouble if you charge too much and cannot pay it back. Credit cards are not the same as cash.

**Tips for a good credit card user:**

- Find a card with no annual fee and the lowest interest rate.
- Pay off your monthly balance on time every month.
- Immediately report the loss or theft of a credit card to the bank or company that issued it.
- Remember bad credit can haunt you for up to 10 years and prevent you from buying a car or a home.
- Use credit cards only for emergencies.

## **Virginia Driver's License or Legal Picture ID**

**Virginia Department of Motor Vehicles—1-866-368-5463 or 1-800-435-5137**

Open Mon through Fri from 9am to 5pm and Saturday from 8am to 12pm. There is no age restriction for a picture ID. You cannot hold a driver's license in order to obtain a picture ID. There is a fee. In order to obtain a driver's license, you must be 16yrs and 3mos or older, have two proofs of ID, one proof of legal presence, one proof of VA residency, pass examination and vision test. Individuals 19 and under must have successfully completed a state approved driver's education program. Fees vary. [www.dmv.state.va.us](http://www.dmv.state.va.us)  
You can pick up a copy of the Virginia Driver's Handbook at your nearest Department of Motor Vehicles (DMV).

**To Get your Driver's License you will have to take a written test first.**

- Bring your original birth certificate (no photo copies), social security card, pay stub or bill for proof of residence, and a certified copy of your school transcripts or you passport.

**Once you pass the written test you must hold you have to take a driving test.**

- Make sure a licensed driver drives a car to the DMV for you to take the test in.
- Make sure the car works well especially the signal lights, brake lights, side and rearview mirrors and seat belts.
- The car must have updated registration tags and current insurance with a minimum requirement. You must show proof of insurance and registration before taking the test.
- Make sure you know how to drive the car you will be tested in and know where everything is on the car such as the emergency brake, rear and front defrosters, windshield wipers, turning signals, and horn.
- Know your hand signals for turning without a turn signal.
- There is a fee for a driver's license.

**Virginia Driver's License**

DMV Locations: 1-866-DMVLINE or [www.dmv.state.va.us](http://www.dmv.state.va.us)

Rocky Mount: 305 Tanyard Road

Roanoke: 5010 Airport Road, NW

Martinsville: 310 Starling Avenue

**Social Security Card**

**Social Security Administration—1-800-772-1213**

Bring an original birth certificate and picture ID to your nearest Social Security office and apply. It takes 10-14 days to receive your card. Every US citizen is entitled to a social security card. A social security card is required for most applications for college, jobs, bank accounts, taxes and other official transactions. Your Social Worker should have given you your card before emancipating. Open Monday through Friday from 9am to 4pm. Offices located in Roanoke and Martinsville.

[www.ssa.gov](http://www.ssa.gov) 24-hour Info Line: 1-800-772-1213

Roanoke: 116 North Jefferson St., Roanoke, VA 24016—540-8572190

Martinsville: 320 West Commonwealth Blv., Martinsville, VA 276-632-6446

**Register for the Draft**

If you are a male you must register for the draft when you turn 18. Go to the local post office to get an application, or register on-line at [www.sss.gov](http://www.sss.gov)

Mail to:

Selective Services System, P.O. Box 94638, Palatine, IL 60094-4638

## Register to Vote

Voting can be a very powerful tool to ensuring that your voice is heard. Many laws and decisions are made that affect you. Every US citizen has the right to vote when they turn 18, but you must register to vote. Go to your local library, Registrar of Voters, or the DMV. Registration forms are free and found at these locations and takes only a few minutes to fill out.

Call 1-800-345-VOTE (8683)

## Setting Up an Email Address

You can set up an email address through servers such as yahoo, hotmail, gmail, or AOL. Go to new account sign-up. Fill out all information. Free email accounts are available through some providers or your school.

## Housing Websites

|                   |  |
|-------------------|--|
| Apartments.com    | <a href="http://www.apartments.com">www.apartments.com</a>                   |
| Franklin Newspost | <a href="http://www.thefranklinnewspost.com">www.thefranklinnewspost.com</a> |
| Roanoke Times     | <a href="http://www.roanoke.com">www.roanoke.com</a>                         |
| Rentnet           | <a href="http://www.rentnet.com">www.rentnet.com</a>                         |
| Shared Rental     | <a href="http://www.easyroommate.com">www.easyroommate.com</a>               |

## Setting Up Utilities

### Telephone Service

Call your nearest phone company office. If you have never had a phone in your name, you may need to pay a deposit. There are a variety of taxes and charges on a phone bill that you have to pay. Ask if there are any low income discounts or Medicaid discounts that you can qualify for depending on your income and Medicaid approval status.

Rocky Mount: [www.embarq.com](http://www.embarq.com) or 1-866-304-6820

Roanoke: [www.verizon.com](http://www.verizon.com) or 1-800-483-4000

### Electric Service

Toll Free: 1-800-956-4237 or [www.appalachianpower.com](http://www.appalachianpower.com)

Call to request service and an account in your name. You may need to pay a deposit or have a co-signer. (ILP can help with the deposit).

## **Unemployment Office**

Virginia Employment Commission: [www.vec.virginia.gov](http://www.vec.virginia.gov)

Have your name, address, ZIP code, phone number (including area code), Social Security number, employers name, address, ZIP code, phone number, dates employed, date of last day of work, reason for leaving ready before you call.

## **DSS Grants**

### **Education and Training Voucher:**

If you emancipated from foster care then you may qualify for this grant to help with education until age 21. Call for more information. Application is on the web-site.

### **Basic Allocation:**

If you emancipated from foster care you may qualify for assistance with deposits on apartments and utilities, household supplies, driver's education, work clothes, and more until age 21. Call for more details.

### **Tuition Assistance:**

If you received your high school diploma or GED while in foster care you qualify for free community college for 5 years anytime in your life. For more information go to our website or your local community college.

## **Tax Assistance**

**STEP, Inc.—540-483-5142**

Open Monday through Friday from 9am to 4:30pm. [www.stepinc.com](http://www.stepinc.com)

## **Budgeting**

**Franklin County Family Resource Center—540-483-5088**

Open Monday through Friday from 9am to 4:30pm. Must be a resident of the shelter for this service. [www.franklincountyva.org/shelter](http://www.franklincountyva.org/shelter)

**Helping Hands—540-483-2387**

Open Tuesdays and Thursdays from 9am to 1pm (by appointment only). Provide emergency monetary assistance on a limited basis. Franklin County residents only. Budgeting assistance available.

## **Immunization Records**

**Franklin County Health Department—540-484-0292**

Open Monday through Friday from 8:15am to 5pm. For persons seeking immunization records for themselves or their children. Fee is \$0.50 per copy. [www.vdh.state.va.us](http://www.vdh.state.va.us)

## **Disability**

**Social Security Administration—800-772-1213**

Open 7 days a week 24 hours a day. Determination made by the administration.

[www.socialsecurity.gov](http://www.socialsecurity.gov)

## **Annual Credit Report**

[www.annualcreditreport.com](http://www.annualcreditreport.com)

Individuals can use this website to obtain a copy of their credit reports from Equifax, TransUnion, and Experian without cost once per year. You should get into the habit of doing this every year to ensure you are not a victim of identify theft!

## Useful Web Addresses

[www.franklincountyva.org/independent\\_living.htm](http://www.franklincountyva.org/independent_living.htm) --FCDSS Independent Living Web-site

[http://www.franklincountyva.org/soc\\_serv.htm](http://www.franklincountyva.org/soc_serv.htm) --FCDSS Main Page

[www.freetranslation.com](http://www.freetranslation.com) -- multiple language translation. Free web translator.

[www.vahealth.org](http://www.vahealth.org) --Virginia Health Department

[www.vsdvalliance.org](http://www.vsdvalliance.org) --Virginia Sexual and Domestic Violence Alliance

[www.franklincountyva.org/shelter](http://www.franklincountyva.org/shelter) --Family Resource Center

[www.ssa.gov](http://www.ssa.gov) --Social Security Administration

[www.dss.virginia.gov](http://www.dss.virginia.gov) --Department of Social Services

[www.redcross.org](http://www.redcross.org) --American Red Cross

[www.stepinc.com](http://www.stepinc.com) --STEP, Inc.

[www.piedmontcsb.org](http://www.piedmontcsb.org) --Piedmont Community Services

[www.vddhh.org](http://www.vddhh.org) --Virginia Department of Deaf and Hard of Hearing

[www.merckhelps.com](http://www.merckhelps.com) --MERCK prescription assistance

[www.cancer.org](http://www.cancer.org) --American Cancer Society

[www.franklincountyworks.org](http://www.franklincountyworks.org) --Workforce Consortium

[www.ext.vt.edu](http://www.ext.vt.edu) --Virginia Cooperative Extension

[www.franklincountyva.org](http://www.franklincountyva.org) --Franklin County website

[www.annualcreditreport.com](http://www.annualcreditreport.com) --Free Credit report

[www.211virginia.org](http://www.211virginia.org) --website to Virginia's Information and Referral System

[www.preventchildabuseva.org](http://www.preventchildabuseva.org) --has parenting tips

Franklin County  
**Foster Care and Independent Living Services**  
453 South Main Street, Rocky Mount, VA 24151  
ILP Website: [www.franklincountyva.org/independent\\_living.htm](http://www.franklincountyva.org/independent_living.htm)

**One Day at a Time...**

**2008 Calendar**

**Franklin County DSS  
Independent Living Program**

# **Take it One Day at a Time!**

**As you venture out on your own, life is going to seem a bit overwhelming at times, but if you stay organized and take it one day at a time with a positive attitude we know that you'll do fine! Use this calendar to keep up with appointments, birthdays, important events, and to set goals for yourself.**

**Make a habit of checking your calendar every morning to plan your day and the days ahead.**

**Live for today; Plan for tomorrow;  
Remember yesterday!**

[www.franklincountyva.org/independent\\_living.htm](http://www.franklincountyva.org/independent_living.htm)

## February 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  |     |
|     |     |     |     |     |     |     |

## March 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| 30  | 31  |     |     |     |     |     |

# April 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |
|     |     |     |     |     |     |     |

# May 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |
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## June 2008

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| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
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| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
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## August 2008

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## October 2008

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| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
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# November 2008

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## December 2008

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# January 2009

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| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |
|     |     |     |     |     |     |     |

# Stay in Touch...

With fellow IL participants, staff, and everyone else that passes through your life. Don't burn your bridges, you never know when a past acquaintance will be a useful resource.

When filling in an address book it is helpful to put names in ink and addresses, phone numbers, etc. in pencil...people tend to move around a lot.

Good Luck and always remember that you are not alone, but you are on your way.



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Address \_\_\_\_\_  
Home \_\_\_\_\_ Work \_\_\_\_\_  
Fax \_\_\_\_\_ Cell \_\_\_\_\_  
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Name \_\_\_\_\_  
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