

# EVMS

MINUS 9 TO 5

## Support Groups

[Parent Support Groups](#) Find your city and see what types of support groups are available in your city. Sharing your personal experience with others who can relate can bring you comfort and peace of mind.

[CHKD Support Groups](#) for parents, patients and family members. The list includes groups at CHKD and list additional ones offered in the Hampton Roads region.

[Care Connection for Children, CHKD CCC](#)'s focus is on children and youth with chronic or disabling health care conditions. CCC provides health care coordination and financial assistance, based on eligibility, for health related services. Also provides Parent-to-Parent support and education; and assists with navigating the school system to obtain health related services.

[Catholic Charities of Eastern Virginia, Inc.](#) Provides crisis intervention, financial assistance and service linkage, mental health counseling, foster care/adoption, youth development, case management, mediation, parenting education, seniors services, pregnancy support and more.

[Hampton Roads Moms](#) A local mom blog by Hampton Roads Moms and for Hampton Roads Moms. Comprising over seven cities and an amazing Military community, Hampton Roads Moms promotes building a community and encouraging other local moms to get out and explore all the amazing museums, festivals, parks and attractions Hampton Roads has to offer.

[La Leche League](#)- A mother to mother network dedicated to supporting the mother/ child breastfeeding relationship. Local support groups are located throughout Hampton Roads.

[Families of Autistic Children in Tidewater \(FACT\)](#) FACT works to improve the quality of life for individuals with autism and their families in the greater Tidewater Virginia area. Offering numerous programs to support our mission.

[The Autism Society, Tidewater, VA](#) A social networking group for those with autism or directly affected with autism. They host an online web forum, as well as meet ups all around the Hampton Roads area.