

## **HELP Day Center, Showers & Laundry**

Age Requirements

No Age Requirement

Intake Process

Call for information. First come, first served.

Report Problems

Call the Agency

HELP, Inc.

<http://www.helpushelpu.org/>

<https://www.helphampton.org/day-support-services>

<https://www.facebook.com/HELPHampton/>

Main

(757) 723-2242

1320 Lasalle Avenue

23669 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: Closed

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Administrative hours are Monday - Thursday 9 am until 5 pm. Clinic hours by appointment.

Fee Structure

No Fee

Languages Spoken

English

The HELP Day Center offers the homeless and people struggling to get by the opportunity to take a hot shower and wash clothes. Showers and laundry services

are offered three days a week: Monday, Wednesday and Friday from 9 am until 1 pm. This is a first come, first served opportunity.

They also offer themselves as a physical mailing address for people to have mail delivered to. As well, they have internet access and computers so individuals can fill out applications for help including TANF, SNAP, etc.

The 109 bus drops off in front of the building. The 115 and 120 bus drops off just one block away.

Service Area(s)

Hampton City

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Newport News City