Find Resources for You

Explore helpful resources including articles, books and guides, links, and videos.



Disability Resources

Disability Resources

- Advocacy
- Community
- Family
- <u>Health</u>
- Home
- Planning
- Transportation



Senior Resources

Senior Resources

- Aging Well
- Caregiving
- Community
- Financial
- Housing
- <u>Legal</u>
- Transportation



Veterans Resources

Veterans Resources

- Benefits
- Community
- **Employment**
- Health
- Housing
- Quality of Life
- Transportation



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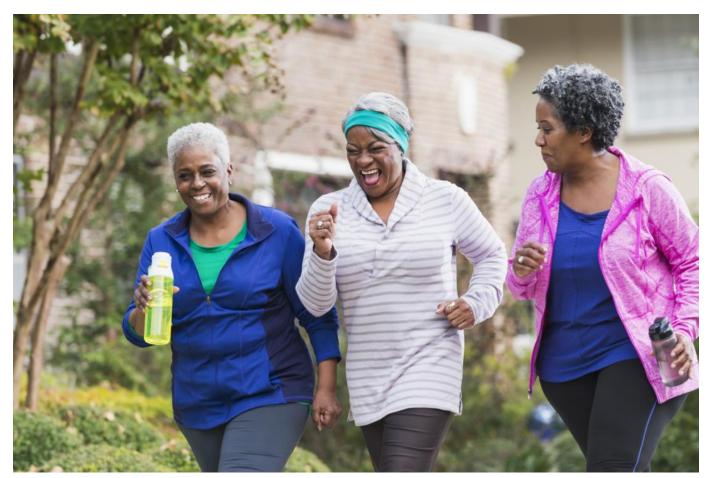
Featured Article

Walk with Ease Program

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

Read More

Image



Article

Get Involved ~ VA's Million Veteran Program

For many people, the new year marks a chance to reevaluate priorities, schedules and hobbies. The VA's Million Veteran Program shares ways to feel involved in your community.

Source
VA News
Article

Partners in Policymaking and Youth Leadership
Academy Training Programs

Virginia Board for People with Disabilities - Applications Now Open!!

Join Our Next Partners in Policymaking & Youth Leadership Academy Training Programs

Are you looking for a chance to grow in the new year? Do you want to make a difference for yourself, your family and your community?

The VBPD is now recruiting for Partners in Policymaking (PIP) and Youth Leadership Academy (YLA)! Learn more about two of our flagship training programs and click to apply below.

Source

Virginia Board for People with Disabilities

Article

Reduce Your Risk from Respiratory Viruses This Holiday Season

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

Article

VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

<u>Program of General Caregiver Support Services</u> (PGCSS)

Program of General Caregiver Support Services

Article

Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

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Community Calendar

Find events near you



Jan 21

Elder Law with Doris Gelbman

10:00 - 11:30am Charlottesville Area Jan 21

Parkinson's Support Groups, Lynchburg

2:00pm Lynchburg Area Jan 21

Women Veterans Peer Support Group ~ Virtual

5:00 - 7:00pm Statewide

Families Anonymous

6:45 - 8:00pm Charlottesville Area <u>View PDF</u>