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Disability Resources

Disability Resources

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Veterans Resources

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My Life, My Community

My Life, My Community is an online tool that helps people with developmental disabilities (DD) and their families answer basic questions about services and supports.

[Learn More](#)

Recent VirginiaNavigator Articles

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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

Article

Program of General Caregiver Support Services (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

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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

Jan
21

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

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