

Find Resources for You

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



Disability Resources

Disability Resources

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Senior Resources

Senior Resources

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Veterans Resources

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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Article

[Extreme Heat and Your Health](#)

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](#)

Article

[AARP Fraud Watch Network Helpline](#)

AARP's Fraud Watch Network™ Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment.

Source

[AARP](#)

Article

SUN Bucks (Summer EBT)

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](#)

Article

Six Apps to Help Veterans Manage Stress

Explore apps and tools that offer education about PTSD and related mental health concerns.

Source

[VA News](#)

Article

Your Healthiest Self ~ Social Wellness Toolkit

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Article

The DICE Approach Online Training Program

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

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Community Calendar

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Jul
2

[Learn about Accessible Reading Resources for the Blind and Low-Vision](#)

2:00 - 3:30pm
Richmond Area

Jul
2

[TRIAD Meetings, Augusta County](#)

2:30 - 3:30pm
Harrisonburg/Staunton/Lexington

Jul
2

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Jul

4

Art and Care

2:00 - 3:00pm

Harrisonburg/Staunton/Lexington

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