**Family Resources**
**Amherst, Bedford, & City of Lynchburg Community Resources**

## Public Assistance (SNAP, TANF/FITAP, Child Care Assistance & More)

Apply for financial assistance, child care support, Medicaid, energy assistance, and other public benefits through your local Department of Social Services.

### Lynchburg Department of Social Services

- Phone: 434-455-5850
- Website: Lynchburg Social Services (https://www.lynchburgva.gov/

### Bedford County Social Services

- Website: Bedford County Social Services (https://www.bedfordcountyva.gov/)

### Virginia Department of Social Services

- Website: Virginia Department of Social Services (https://www.dss.virginia.gov/)

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## Supplemental Nutrition Assistance Program (SNAP)

SNAP helps eligible families purchase nutritious food and supports household food security.

- SNAP Benefits Information - Lynchburg (https://www.lynchburgva.gov/)
- Bedford County Social Services (https://www.bedfordcountyva.gov/)
- Amherst County (https://www.amherstcountyva.gov/)

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## Housing Assistance

Find local resources for rental assistance, affordable housing, emergency shelter, and other housing support services.

- https://www.lynchburghousing.org
- https://www.communityhousingpartners.org
- Bedford Area Resource Council (BARC) Housing Resources (https://www.bedfordarearesourcecouncil.org/shelter-housing)

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## Employment Services

Access job search tools, workforce development opportunities, career training, and unemployment assistance.

- Virginia Works - Workforce Development Agency (https://virginiaworks.gov/)
- Bedford County Resources (https://www.bedfordcountyva.gov/)
- https://www.countyofamherst.com (For Lynchburg, Amherst, Bedford)

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**WIC (Women, Infants, and Children Program)**
WIC provides nutrition education, healthy foods, breastfeeding support, and referrals to healthcare and community services for eligible women, infants, and children.

**Amherst County WIC**
- Amherst Health Department WIC (https://wicprogram.us/wic-program-provider/amherst_county_health_department_wic_amherst_va)

**Lynchburg City WIC**
- Lynchburg Health Department WIC (https://www.wicprograms.org/li/lynchburg_city_health_department_wic_24501)

**Bedford County WIC**
- https://www.vdh.virginia.gov/central-virginia

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**Virginia 211 - Statewide Family Resource Directory**
Search for local resources including food assistance, utility assistance, housing programs, healthcare services, crisis support, and more.

- 211 Virginia (https://www.211virginia.org/)

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**Early Childhood Network**
Provides coordinated enrollment and connections to early childhood programs, including Pre-K, Early Head Start, Head Start, and childcare services. Families can also access developmental screening and school readiness resources.

- https://www.foundationfirstva.org (https://foundationfirstva.org/service/coordinate-enrollment/)

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**Infant & Toddler Connection of Virginia (Birth to Age 3)**
The Infant & Toddler Connection provides developmental evaluations and early intervention services for infants and toddlers with developmental delays or medical conditions that may lead to developmental concerns. Services are provided in natural environments such as the home, child care setting, or community.

- https://www.itcva.online (https://itcva.online/)

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**Additional Family Support Resources**
For immediate assistance with food, housing, health services, child care, employment support, or other family needs, contact **211 Virginia** by dialing **211** or visiting 211 Virginia (https://www.211virginia.org/).

*This resource guide is intended to support families in Amherst County, Bedford County, and the City of Lynchburg by connecting them with local and statewide services designed to promote family stability, health, and well-being.*