**Resources**

Agency on Aging Federal Information <http://www.n4a.org>

Head Start Federal Information                                         <http://www.acf.hhs.gov/ohs>

Accomack County:

Accomack County Office 757-787-5700 <http://www.co.accomack.va.us>

Accomack County Dept. of Social Services                                     757-787-1530

Accomack County Sheriff 757-787-1131

Accomack County Health Department 757-787-5880

Accomack Northampton Regional Housing Authority 757-787-2936

Social Security Accomac Office                                               866- 964-1019

Eastern Shore Center of Independent Living 757-414-0100

Eastern Shore Coalition Against Domestic Violence                     757-787-1329

Food Bank 757-787-2557

Island Community House  757-336-1993 [www.islandcommunityhouse.org](http://www.islandcommunityhouse.org)

Manna Café CI 908-812-4857 <www.MannaCafeCI.org>

Parks & Recreation Accomac Office 757-787-3900

Riverside Shore Memorial Hospital                                                  757-302-2100

Virginia State Police Office-Melfa 757-787-5813

Northampton County:

County Office                 757-678-0440 <http://www.co.northampton.va.us/contact.html>

Northampton County Dept. of Social Services                              757-678-5153

Northampton County Sheriff 757-678-0460

Exmore Police Department 757-442-5405

Parks & Recreation-Northampton Office 757-678-0468