



Fall 2020 Community Resource List

Last updated on November 17, 2020

- **[Autism Society Central Virginia](#)**

- Virtual social groups for teens and adults with autism
- Virtual recreational opportunities for youth, teens, and adults with autism
- Virtual support groups for caregivers of all ages, other family members, grandparents, and siblings
- Virtual education and training opportunities
- [ASCV COVID-19 Resource List](#)

Contact information

Phone Number: 804-257-0192

Email: info@ascv.org

*Please note: Inclusion in this online Resource Directory is not to be considered an endorsement from the ASCV. Community resources are listed in alphabetical order.

- **[Aha Therapeutic and Behavioral Services, LLC](#)**

- Applied Behavior Analysis
- Direct work and parent training with a BCBA

*Insurance coverages will vary - please contact with questions or for eligibility checks.

Contact information

Phone Number: 571-228-3435

Email: atbennett1387@gmail.com

- **[AnswersNow](#)**

- Virtual ABA therapy provided by seasoned BCBA's covered by insurance

*To get started you can call to schedule a phone call with our Care Management team.

Contact information

Phone Number: 800-486-9060

Email: jeff@getanswersnow.com

- **[Art 180](#)**

- Virtual art programs for middle and high school youth in the Richmond region. *On-site programs are currently on hold due to Covid-19, on-site programs will resume once safe to do so.

- **Contact Information**

Phone Number: 804-233-4180

Email: Vaughn@ART180.org

- **Aveanna Healthcare**

- Immediate availability for Speech, Occupational, Physical, & Feeding Therapy. Social skills building peer groups available. Help adjusting to the new virtual learning school year.

* Call 757-490-3223 to schedule an evaluation. All insurances + Medicaid are accepted.

Contact Information

Phone: 804-690-5586

Email: Kristin.stmars@aveanna.com

- **Bach to Rock Midlothian**

- Virtual and in-person music classes.

*The best way to register is over the phone. This allows you to speak with someone from our management team to find the best fit and teacher for your child.

Contact Information

Phone: 804-537-2271

Email: midlothian@bachtorock.com

- **Behavioral Health and Wellness Center**

- Parent training, social skills groups, telehealth

*Call for an appointment. Accepting Medicaid as well as private insurance.

Contact Information

Phone: 804-225-7150

Email: RehelenHines@gmail.com

- **Best Buddies**

- E-Buddies is an e-mail pen pal program that provides safe opportunities for one-to-one e-mail friendships between people with and without intellectual and developmental disabilities (IDD).

*To Apply: <https://www.ebuddies.org/apply/>

Contact Information

Email: info@ebuddies.org

- **Beyond Boundaries**
 - Fishing, white water rafting, hiking, rock climbing, pontoon boating
*Please look at our website and reach out to Shep.

Contact Information

Phone: 804-615-5999

Email: Shep@beyondboundariesrva.org

- **CA Human Services**
 - Adult Programs Open House (Sept 26), PRT Training (Sept 21 & 28)
*All CA events can be found on our Eventbrite page:
<https://www.eventbrite.com/o/ca-human-services-26618114581>
Some events are free, others will have costs

Contact Information

Phone: 804-355-0300

Email: liz.smith@cahumanservices.org

- **Chesterfield County Parks and Recreation**

Contact Information

Phone: 804-748-1623

Email: parksrec@chesterfield.gov

- **Continuum Behavioral Health**
 - ABA (Applied Behavior Analysis) Telehealth Social Skills Groups

Contact Information

Phone: 301-357-2419

Email: Mrose@continuumgroup.net

- **Cool Kids Science RVA**
 - Series of science workshops for elementary and middle aged youth
 - Explorational science kits for k-6
 - STEM DAYS weekly virtual workshops ages 7-10. \$5 per week/activity.
<https://forms.gle/WW5tB6MiG6V47bnZ6>
 - Parents and educators can also email us to set up science lessons and ongoing workshops for students. Activities can be tailored to existing curriculum, topic, or sol.

Contact Information

Email: Coolkidsscienceva@gmail.com

- [Cornerstone Therapy Associates](#)
 - Occupational therapy services- in person and telehealth/ consult for church inclusion

Contact Information

Phone: 804-539-2414/804-363-7214

Email: watkinson@cornerstonetherapyassociates.com

- [Counseling and Advocacy Associates](#)
 - ABA behavior therapy in client homes, through telehealth, and community-based supports as safety allows; Compliance support with upcoming changes to the school year; Intervention strategies and parent training/support to alter unwanted behaviors and increase prosocial behaviors in children with Autism or other Intellectual Disability
 - *Contact us to get information on eligibility for behavior therapy services. The service is covered by Medicaid until age 21 and there are commercial insurance options in addition to private pay options, which involve copays and reimbursement as necessary.

Contact Information

Phone: 804-819-9935

Email: bmcculley@caarva.com

- [Creative Approach Development Center](#)
 - Throughout the year, we host a variety of small groups and workshops for teen-aged students. To get the latest information, please visit our website.
 - Understanding & Beating Anxiety (An 8-part interactive workshop)
 - Dates: Mondays & Wednesdays 4:30 – 5:30 beginning December 7th- December 30th
 - Ages: Students ages 13-18
 - Cost: \$98 cost includes all materials (can be paid in 1 or 2 payments)
 - This 8-part interactive workshop series is designed to teach teens about anxiety, how it affects them and their daily routines, and some strategies to overcome it. Weekly topics include:
 - Identifying how anxiety & stress affects them internally & externally
 - Recognizing their triggers for anxiety
 - Understanding the connection between thoughts & anxiety (CBT)
 - Developing emotional regulation techniques & coping skills to decrease anxiety & increase self-esteem & confidence

Contact Information

Phone: 804-876-2115

Email: zlsackleford@creativeapproachonline.com

- **Dominion ABA**

- In home ABA, In Clinic ABA, Social Skills groups, Early Intensive Behavioral Intervention, Social Skills groups for older children and adolescents
*We are in network with most insurance providers and all Medicaid policies

Contact Information

Phone: 804-921-2389

Email: kristin.riccio@dominionyouthservices.com

- **Early Autism Services**

- Early Autism Services (EAS) provides behavior intervention therapy for children with autism. We provide home, community, telehealth and center based services. In addition to offering ABA therapy and parent training, we also offer the following free services to the community:
- Resource Directory: This free service allows families to easily search for local autism-friendly resources to meet their families' various needs.
- Free Virtual Family Events: These events are geared towards children ages 2-7 and target attending to group instructions and sensory skills through movement and music

Contact Information

Phone: 804-401-5038

Email: mmorena@earlyautismservices.com

- **Eli's Village**

- Eli's Village provides lifespan planning to exceptional individuals and families using a person-centered process that guides those involved to live the life imagined. In addition to this service, on a monthly basis we offer a Talk of the Village webinar and a Moms on a Mission luncheon. We are also hosting a virtual talent show on November 5th titled "Imagination" open to all families and individuals of all ages.

Contact Information

Phone: 804-323-0517

Email: kmatthews@elisvillage.com

- **FreeHorse Arts**

- Online creative arts based classes.
Class 1 - Monday @ 5:30-6:30pm for ages: 14-17; Class 2 - Monday @ 7-8pm for ages: adults

Contact Information

Phone: 415-412-2515

Email: alexginsberg66@gmail.com

- **Gentle East Martial Arts**

- Virtual and In-Person Martial Arts / Fitness Classes. A Martial Arts Program specifically designed to help children with Autism in the following areas: Awareness, Communication, Detailing, Determination, Durability, Observing and Retention, with the goal of graduating to a traditional Martial Arts program
- For the Spectrum Skillz Program the link is:
<https://www.mystudio.academy/e/?=GEMATKD/823/66605//1598528993>.

Contact Information

Phone: 804-739-2715

Email: edrribeiro@msn.com

- **I'm Determined**

- Our virtual IMD summit can be accessed here: <https://virtual.imdetermined.org/>

Contact Information

Phone: 434-610-1888

Email: neidlejm@vcu.edu or jewellsr@vcu.edu

- **Lewis Ginter Botanical Garden**

- Available on-line: Kid Quest - self guided family scavenger hunt (several themes, appropriate for backyard/neighborhood exploration); FB - Children's Garden Check-in with Kelsey (Tuesdays at 10am); FB Virtual Story Time with Tarneshia (Fridays at 10am); Virtual Field Trips (pilot available now; more published Sept. 15)
- Available at the Garden: Wind, Waves, and Light: Art in Motion exhibition (through October 18); Kid Quest - self guided family scavenger hunt themed for Wind, Waves, and Light; Children's Garden Tree Trail - search for fairy houses and explore the woods; Children's Garden Exploration - prompts to observe, touch, smell, reflect, or do something!
- Flowers After 5: Thursdays through September; 5-9pm; live music and food/beverages available for purchase
- Fridays Alfresco: Fridays through September; 5-9pm; food/beverages available for purchase

Contact Information

Phone: 804-262-9887 x275

Email: kristint@lewisginter.org

- **May InSTITUTE**

- The May Center for ABA Services in Henrico provides best practice intensive behavioral intervention to children and adolescents with autism spectrum disorder (ASD) and other special needs. We offer two distinct programs based on the principles of applied behavior analysis (ABA). Home-based services provide ABA therapy in the home to help children and adolescents build critical skills and reduce problem behaviors. Center-based services provide ABA training on location to help children build skills and reduce problem behaviors.

- The center currently has openings for its home-based services and is now accepting applications for the new center-based program. The center accepts many commercial and private insurances, as well as private pay. Parents whose children attend the center receive parent coaching and consultation. Consultation focuses on teaching caregivers to work with their children to reduce problematic behavior and generalize, or transfer, skills they learn at the center to their home setting. The center continues to provide ABA training and consultation services to local school districts to increase expertise and enhance student outcomes.

Contact Information

Phone: 804.269.4732

Email: <https://www.mayinstitute.org/locations/va/richmond-may-center-for-aba-services/>

- **PEATC**

- PEATC is Virginia's mandated Parent Training and Information Center (PTI) and here to help empower and support Virginia's parents of students with disabilities. We provide free trainings, workshops, and webinars virtually and throughout the Commonwealth. We also offer free and confidential IEP and disability services consultations. Contact us with questions about special education services, IEPs, Medicaid Waivers, etc.
- Hablamos Espanol!

Contact Information

Phone: 800-869-6782

Email: partners@peatc.org

- **PEERS RVA**

- Evidence based social skills class - now virtual!

Contact Information

Phone: 804-372-7211

Email: holly@peersrva.com

- **Richmond Autism Integration Network (RAIN)**

- Social Saturday, Teen Tuesday, Academic support for those in virtual learning.
- Our website has the Social Saturday info on it. Parents can call Catherine Pall to discuss academic support. Teen Tuesday info will be on our website shortly.

Contact Information:

Phone: 804-436-6382

Email: www.richmondautism.org

- **RCG Behavioral Health Network**

- RCG is a Nationally Accredited service provider, receiving the only Applied Behavioral Analysis (ABA)-specific accreditation by the Behavioral Center of Excellence (BHC OE). We offer one of

the most comprehensive programs in the industry, offering services in a center-based environment in addition to providing services in the home. Our services are individually structured to meet the unique needs of each individual. We believe that a partnership with the family is a critical component to advancing the child. RCG empowers families with the knowledge to succeed and help clients be their own self-advocates.

- We employ professionals specifically trained to address the needs of children on the Autism Spectrum. Our professional staff is appropriately licensed by the state and/or are certified by the Behavior Analyst Certification Board. Our multi-disciplinary team consists of Registered Behavior Technicians, ABA Therapists, Special Education Teachers, School Psychologists, Social Workers, Speech-Language Pathologists, Occupational Therapist, and Behavior Analysts.
*Contact us to learn more about our tele-health services, virtual camps, and assessments.

Contact Information

Phone: 804-897-1753 ext 9

Email: lbranson@rcghealthnetwork.com

- **River City Inclusive Gymnastics**

- We have in the gym and virtual gymnastics and fitness classes similar to those of "Ninja Warrior"
- Please check out our website, www.rcig.org for information or contact Mike McGrath at 804-239-0695. Our program runs in 8 week cycles and costs \$165 per session. New athletes can join at any time and the session cost will be prorated.

Contact Information

Phone: 804-239-0695

Email: mike@rcig.org

- **Science Museum of Virginia**

- <https://www.smv.org/stay-connected> and <https://www.smv.org/explore/group-visits> For virtual STEM activities.
- Beginning the week of September 2 we will be able to reopen the Museum for visitation! To visit and purchase tickets the best location will be our website: <https://www.smv.org/> For group visit contact us at groupsales@smv.org

Contact Information

Phone: 804-864-1415

Email: tpurdum@smv.org

- **Spectrum Transformation**

- We offer services for individuals of all ages across the Autism spectrum. Some of our services include: Virtual groups (social skills, transitioning, young adult); Autism evaluations; Outpatient Therapy; ABA - Home-based and Center-based; Speech and Language Therapy
*The best way to start the process is by filling out a Client Screening Form on our website

(<https://spectrumtgrp.com/client-screening-form/>) or call our office at (804)378-6141. We take most insurance products but there may be out of pocket expenses for certain programs.

Contact Information

Phone: 804-378-6141

Email: cedric@spectrumtgrp.com

- **[SpectrumWise College Consulting](#)**

- College consulting and support for students with ASD

Contact Information

Phone: 804-554-6617

Email: barbara@spectrum-wise.com

- **[SwimRVA](#)**

- SwimRVA Autism Swims

*Anyone interested in swim lessons for children can contact our member services team at 804-271-8271. The cost is \$109 per month for one lesson per week.

Contact Information

Phone: 804-271-8271

Email: debbie.kelo@swimrichmond.org

- **[The Faison Center](#)**

Contact Information

Phone: 804-612-1947

Email: jnixon@faisoncenter.org

- **[The Innerwork Center](#)**

- Mindfulness and compassion programs
- www.innerworkcenter.org/programs

Contact Information

Phone: 804-359-0384

Email: sherry@innerworkcenter.org

- **[Thriveworks Chesterfield](#)**

- ADOS Testing

Contact Information

Phone: 804-854-3383

Email: kristenl@thriveworks.com

- **Treehouse Pediatric Therapy**

- PEERS® for Adolescents Social Skills Group, developed by UCLA's Dr. Elizabeth Laugeson, is a 14 week evidence-based social skills intervention for motivated students who are interested in learning new ways of making and keeping friends. During each group session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialization activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network, and providing feedback through coaching during weekly socialization homework assignments. Parent participation is required.
- For 5-7th Graders, October 21-February 3, \$75 per virtual session

Contact Information

Phone: 804-794-7337

Email: treehousepediatrictherapy@gmail.com

- **UMFS/Courage to Succeed Program**

- College-support, job support, Adult transition to include: social skills, independent living skills, healthy relationships

Contact Information

Phone: 804-370-0550

Email: kmagee@umfs.org

- **VCU-ACE**

- Lunch & Learn - 12:00-1:00 Thursdays; online resources and classes (free)
- <https://vcuautismcenter.org/te/lunchandlearn.cfm>

Contact Information

Phone: 804-986-8396

Email: secarr@vcu.edu

We will continue to update this list as additional community resources become available. If there are specific supports you are looking for, please email us at info@ascv.org. If you would like to add your business/organization to the list, you can complete our survey [here](#).