

## MEDICAL SERVICES

### Loudoun Free Clinic

224-A Cornwall St. NW, Leesburg, 20176  
 703-779-5416 [loudounfreeclinic.org](http://loudounfreeclinic.org)  
**Hours:** Mon 8-5 Tues 8-1, Wed & Fri 8am-9pm  
**Qualifications:** Uninsured, 18-64, Loudoun resident for at least 6 months & at or below 200% poverty level

### Healthworks for Northern Virginia

163 Fort Evans Rd. NE, Leesburg, 20176  
 703-443-2000 [hwnova.org](http://hwnova.org)  
**Qualifications:** All patients accepted regardless of financial/insurance standing; enrollment coordinators on site will assist with discounts.  
 Call for appointment & select option #4  
 School & sports physicals and immunizations and dental  
 Nutritional & mental health counseling available

### Northern Virginia Dental Clinic

102 Heritage Way NE, Leesburg, 20176  
 571-748-2793 [nvdvs.org](http://nvdvs.org) or [loudoun.gov](http://loudoun.gov)  
 Serves low income Loudoun residents 18+ with no dental insurance  
**Qualifications:** \$40.00 money order at first appointment  
 Call to set up screening or for more information

## MENTAL HEALTH

### Crisis Intervention Team Assessment Center

102 Heritage Way NE, Leesburg, 20176  
 703-777-5100 appointments, 703-777-0320 emergencies  
**Hours:** 7am-11pm [loudoun.gov](http://loudoun.gov)  
 Mental health assistance, including emergency assistance for those experiencing severe emotional crises  
**Healthworks for Northern Virginia**-See info above

## INSURANCE ENROLLMENT ASSISTANCE

### Healthworks for Northern Virginia

703-443-2000 [hwnova.org](http://hwnova.org)  
 ACA Coordinator on site to assist during open enrollment

### INOVA

703-858-8091 [inova.org](http://inova.org)  
**INOVA's Partnership for Healthier Kids**  
 703-579-7161 [inova.org](http://inova.org)  
 Connects eligible children with healthcare/insurance Assistance with Medicaid, FAMIS Other Healthcare enrollment

**INTotal Health**

855-323-5588 [intotalhealth.org](http://intotalhealth.org)  
 Specializes in Medicaid & obtaining healthcare

## AT RISK YOUTH SERVICES

### Mobile Hope Loudoun

703-771-1400 [MobileHopeLoudoun.org](http://MobileHopeLoudoun.org)  
 Mobile bus provides food, personal care items, clothing, school supplies, housing, medical referrals, life counseling & emotional support for homeless, at-risk & precariously housed youth 24 years & younger Call for bus locations

## RECREATION RESOURCES

### ROCK

(Recreation Outreach to Community Kids)

703-737-7159 [leesburggva.gov](http://leesburggva.gov)

**Qualifications:** Children 5-12 in the communities of Heritage Square, Fort Evans & Fields of Leesburg & the Fort Evans apts.  
 This FREE program offers sports, games, art, trips, team building and special guests Available daily after school & in summer

### Girls on the Run

703-273-3153 [gotrnova.org](http://gotrnova.org) [info@gotrnova.org](mailto:info@gotrnova.org)

**Qualifications:** Girls in 3<sup>rd</sup>-8<sup>th</sup> grade

Check with your child's school for program information

Financial assistance available

### Loudoun Parks & Recreation

703-777-0343 [loudoun.gov](http://loudoun.gov) & [leesburg.gov](http://leesburg.gov)

Loudoun County offers a variety of parks, athletic fields & community centers. Organized adult & youth recreational programs, sports, swimming, dance, tennis, etc.. Summer camps available.  
 For full listings, please visit the websites.

Financial assistance may be available Call for information

### Northern Virginia Regional Parks Authority

[nvrpa.org](http://nvrpa.org)

Operates Algonkian Regional Park in Sterling and the W&OD Trail. For a full listing of Loudoun County parks operated by the Regional Parks Authority, please visit the websites

### Rust Nature Sanctuary

703-450-4655 [Anshome.org/Rust](http://Anshome.org/Rust)

Offers nature trails, environmental education programs for adults & youth and Fresh Air Kids classes for kids 5 & under. Unplug & Play afterschool program offers an outdoor focused alternative to traditional programs

### Ida Lee Park Recreation Center

60 Ida Lee Dr. NW, Leesburg, 20176

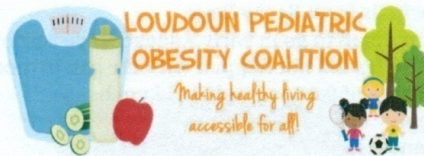
703-737-7141 [idalee.org](http://idalee.org)

Indoor & outdoor swimming, tennis, basketball & racquetball, fitness center & group fitness classes. Youth fitness, dance, crafts & camps

Scholarship and reduced fees available for passes/classes



National WIC Association



Loudoun County Health Department:  
 "At Your Service"

## FAMILY PLANNING

**Loudoun County Family Services** offers a variety of family planning services. Information on the following services can be found at [loudoun.gov](http://loudoun.gov)

**Family Planning Services & Maternity Care**  
 102 Heritage Way NE, 1st floor, Leesburg, 20176  
 703-777-0236 Call or walk-in.

Provides exams, pap smears, pregnancy testing & birth control. Coordinates free prenatal & postnatal care based on income eligibility requirements

### Birthright of Loudoun County

823 S. King St., Suite 1, Leesburg, VA 20175

703-777-7272

Pregnancy testing, maternity, infant clothes & support

### Family Education

703-858-6360 Please call to register.  
 Prenatal classes offered at INOVA Hospital including childbirth, breastfeeding & infant CPR

### Mosaic Virginia

19415 Deerfield Ave., #109, Lansdowne, 20176

703-729-1123 or walk-in

Free pregnancy tests, counseling & community referrals for unplanned pregnancies

### Gabriel Project

21371 St. Theresa Lane, Ashburn, 20147

866-444-3553

Parish based support for expectant mothers; prenatal care; confidential

## BREASTFEEDING RESOURCES

### Loudoun Breastfeeding Coalition

INOVA Loudoun Lansdowne Hospital  
[Mom2mom\\_BC@gmail.com](mailto:Mom2mom_BC@gmail.com)  
[facebook.com/loudounbreastfeedingcoalition](https://www.facebook.com/loudounbreastfeedingcoalition)  
 Provides breastfeeding support

### INOVA Loudoun Women's Hospital Lactation Ctr

703-858-8060 / 703-858-8072 [inova.org](http://inova.org)

Assistance & support; sensitive to cultural needs

### La Leche League

[lllvawv.org](http://lllvawv.org)  
 Weekly meetings & coffee hours; telephone support

### WIC

Breastpumps avail. to those who qualify (see reverse)

Made possible with funding from the National WIC Association (NWA) and the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the views of CDC.

# STAYING HEALTHY IN LOUDOUN RESOURCE GUIDE

## FOOD ASSISTANCE

### FOOD PANTRIES

**Loudoun Interfaith Relief** 703-777-5911 [interfaithrelief.org](http://interfaithrelief.org)

750 Miller Dr., Suite A-1, Leesburg, 20175

Qualifications: Proof of residence in Loudoun County

Distribution Hours: Mon, Tues, Wed, Fri, Sat. 10 - 12:45  
Tues, Thurs evenings by appointment

**Dulles South Food Pantry** 703-507-2495 [dsfp.org](http://dsfp.org)

24757 Evergreen Mills Rd., Dulles, 20166

Qualifications: Proof of residence in Dulles South & Picture ID

Distribution Hours: 1<sup>st</sup> & 3<sup>rd</sup> Wed 5pm - 7pm (shuttle avail.)

**Catholic Charities** 703-443-2481 [ccda.net](http://ccda.net)

316 E. Market St., Leesburg, 20176

Qualifications: None

Distribution Hours: Mon thru Thurs 9:30am - 2:30pm

**LINK** 703-437-1776 [linkagainsthunger.org](http://linkagainsthunger.org)

Qualifications: Resident of Ashburn or Sterling

Distribution: Call for Assistance

**Tree of Life** 703-554-3595 [tolministries.org](http://tolministries.org)

210 N. 21st St., Unit D, Purcellville, 20132

Qualifications: Resident of Western Loudoun County

Distribution Hours: Call for appointment

**Messiah's Market** 571-209-5000 [thecommunitychurch.org](http://thecommunitychurch.org)

19790 Ashburn Rd. 20147

Qualifications: None

Distribution Hours: Mon, Tues 7pm - 8pm

Pantry is self select

**Seven Loaves Services** 540-687-3489 [sevenloavesmiddleburg.org](http://sevenloavesmiddleburg.org)

15 West Washington St., Middleburg, 20117-United Methodist Ch

Qualifications: None

Distribution Hours: Mon, Wed & Fri 10am - 12pm

**Guilford Food Pantry** 703-430-6444 [foodpantries.org](http://foodpantries.org)

1001 Ruritan Circle, Sterling, 20164

Qualifications: None

Distribution Hours: 3rd Sat 9am - 12pm

**Sterling United Methodist Church** 703-430-6455 [sterlingumc.org](http://sterlingumc.org)

304 E Church Rd., Sterling, 20164

Qualifications: None

Distribution Hours: 2nd Sat 8am - 10am

### SNAP (Supplemental Nutrition Assistance Program)

[commonhelp.virginia.gov](http://commonhelp.virginia.gov)

Qualifying families receive an EBT card that they can use to purchase food at supermarkets AND two of the Loudoun Farmers Markets (Leesburg & Cascades).

- Double dollars at both farmers markets (\$20 worth of food for \$10)
- Loudoun Farmers Markets information: [loudounfarmersmarkets.org](http://loudounfarmersmarkets.org)

Apply for SNAP online (available in Spanish) through [commonhealth.virginia.gov](http://commonhealth.virginia.gov)

**Confidential, initial screening No documents needed**

### WIC (Women, Infants & Children) 703-777-0239 [www.loudoun.gov](http://www.loudoun.gov)

163 Fort Evans Rd. NE, Suite 110, Leesburg, VA 20176

45201 Research Place, Suite 120, Ashburn, VA 20147

Qualifying pregnant, breastfeeding & non-breastfeeding mothers with children under age 5 receive an EBT card to purchase food at supermarkets.

Other Services: Nutritional advice

Breast pumps available to those who meet criteria

Apply in person at either location (Ashburn or Leesburg)

### FREE & REDUCED SCHOOL LUNCH PROGRAM

[www.lcps.heartlandapps.com](http://www.lcps.heartlandapps.com)

LCPS Admin Building - 21000 Education Court, Suite 214, Ashburn, 20148

Loudoun Interfaith Food Pantry - 750 Miller Dr., Suite A-1, Leesburg, 20175

Operates in all Loudoun County public schools; SNAP recipients automatically qualify

Apply online or in person

## EMERGENCY SHELTERS

**Emergency Homeless Shelter** Leesburg, VA 571-258-3033

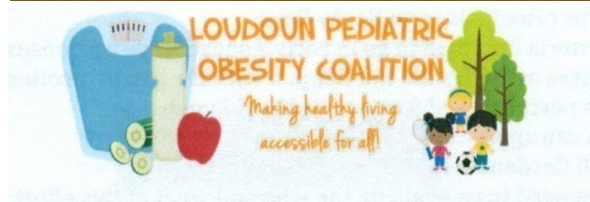
Emergency shelter for singles and families for up to 30 days based on eligibility

Not a Walk In Facility

Call to begin screening process

**Good Shepherd Alliance** Ashburn, VA 20147 703-724-1555

Provides immediate emergency shelter for families, women, and children and thrift store vouchers for those that qualify



Loudoun County Health Department:  
"At Your Service"