



YOUR GUIDE TO HEALTHY LIVING RESOURCES IN LOUDOUN COUNTY, VA

WWW.LOUDOUN.GOV/HEALTH | 703-771-5829

GENERAL RESOURCES/REFERRALS

2-1-1 Virginia
Dial 2-1-1 | 211virginia.org
24 hours a day / 7 days a week
2-1-1 Virginia is a free service that can help you find the local resources you need. Dial 2-1-1 from anywhere in VA.

Department of Family Services
703-777-0353 | loudoun.gov
102 Heritage Way NE, Ste. 103, Leesburg, 20176
Hours: Mon - Fri 8:30 am - 5:00 pm
Provides nutritional, financial, housing, and child-care assistance to low-income families. Programs for elderly residents, adoption services, family counseling. Employment and training services, including the Workforce Resource Center.

Loudoun Cares
703-669-4636 | loudouncares.org
Hours: Mon - Fri 9 am - 5 pm
Health and human services referral helpline.

Connect Northern Virginia
connectnorthernvirginia.org
Community portal for resources in Loudoun and Fairfax.

MEDICAL SAFETY NET

Loudoun County Health Department Leesburg Clinic
703-777-0236 | loudoun.gov/health
102 Heritage Way NE, Ste. 100/101, Leesburg 20176
Hours by appointment only.
Provides adult and childhood immunizations, dental services, STI and HIV screening.

Loudoun County Health Department Ashburn Clinic
703-771-5823 | loudoun.gov/health
45201 Research Place, Ste. 120, Ashburn, 20147
Walk-in hours Tues 1 - 4:30 pm
Tuberculosis screening and treatment only.
Call for more information.

HealthWorks for Northern Virginia
703-443-2000 | hwnova.org
163 Fort Evans Rd. NE, Leesburg, 20176
Hours by appointment only
Primary care services for children and adults including school and sports physicals and immunizations, dental, nutritional & mental health counseling. All patients accepted regardless of financial/insurance standing; enrollment coordinators on site will assist with sliding scale eligibility. Call for appointment.

Loudoun Free Clinic
703-779-5416 | loudounfreeclinic.org
224-A Cornwall St. NW, Leesburg, 20176
Hours by appointment only
Acute, primary and chronic care services for uninsured residents of Loudoun ages 18 - 64 with income eligibility.

MENTAL HEALTH

Crisis Intervention Team Assessment Center
703-777-5100 appointments,
703-777-0320 emergencies | loudoun.gov
102 Heritage Way NE, Leesburg, 20176
Hours: 7 am - 11 pm
Mental health assistance, including emergency assistance for those experiencing severe emotional crises.

Loudoun County Department of Mental Health, Substance Abuse and Developmental Services (MHSADS)
703-771-5155 | loudoun.gov/mhsads
102 Heritage Way NE, Ste. 302, Leesburg, 20176
21641 Ridgetop Circle, #105, Sterling, 20166

FAMILY SERVICES

Loudoun County Health Department
703-777-0236 | loudoun.gov
102 Heritage Way NE, 1st floor, Leesburg, 20176
Family planning services, including physical examinations, pap smears, pregnancy testing. Also coordinates free prenatal and postnatal care for pregnant women who meet income eligibility requirements.

INMED Partnerships for Children
703-729-4951 | inmed.org
Provides one-on-one support and guidance to families in need through in-home visits.
Emotional and practical support, healthy parenting and child development, perinatal support.

Inova Loudoun Hospital Family Education
703-858-6360 | thebirthinginn.org/eclistlist.cfm
44045 Riverside Pkwy, Leesburg, VA 20176
Prenatal, childbirth, neonatal CPR and breastfeeding education classes.
Call or register online.

Loudoun Abused Women's Shelter (LAWS)
703-771-3973 | lcsj.org
105 East Market Street. Leesburg 20176
Bilingual nurturing parent program. Parenting classes for Loudoun residents. Free.

Birthright of Loudoun County
703-777-7272 | birthright.org/loudouncountyva
823 S. King St., Suite 1 Leesburg 20175
Pregnancy testing, maternity, infant clothes & support.

Mosaic Virginia
703-729-1123 | mosaic-virginia.org
19415 Deerfield Ave., #109, Lansdowne, 20176
Free pregnancy tests, counseling and community referrals for unplanned pregnancies.

INSURANCE ENROLLMENT ASSISTANCE

Inova's Partnership for Healthier Kids
703-579-7161 | inova.org
Connects eligible children with healthcare/insurance. Assistance with Medicaid, FAMIS and other healthcare enrollment.
Call for an appointment.

HealthWorks for Northern Virginia
703-443-2000 | hwnova.org
163 Fort Evans Rd. NE, Leesburg, 20176
ACA Coordinator on site to assist with insurance applications during open enrollment.

HOMELESS SERVICES

Loudoun Emergency Homeless Shelter
571-258-3033 | voachesapkeake.orh/lehs
19520 Meadowview Court Leesburg, 20175
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
703-724-1555 | goodshepherdalliance.org
Provides immediate emergency shelter for families, women, and children and thrift store vouchers for those that qualify.
Call and press 2 for emergency shelter.

Loudoun Abused Women's Shelter (LAWS)
703-777-6552 (Hotline) | lcsj.org
Emergency shelter for victims of domestic violence or sexual assault in a confidential single-family home.

YOUTH SERVICES

Mobile Hope Loudoun
703-771-1400 | mobilehopeloudoun.org
Mobile bus and on-site services provides food, personal care items, clothing, school supplies, housing, medical referrals, life counseling & emotional support for homeless, at-risk and precariously housed youth 24 years and younger.
Call for bus locations and office hours.

Loudoun County Youth Shelter
703-771-5300 | nafimidatlantic.org
Children can walk-in but Dept. of Family Services will be contacted. Must have referral from court or DFS.

Loudoun Families for Children
800-552-7096 (hotline) | lfconline.org
Emergency care and respite to children up to 17 with a Loudoun family. Mentoring for children 5-17.



WWW.LOUDOUN.GOV/HEALTH | 703-771-5829



BREASTFEEDING RESOURCES

Loudoun Breastfeeding Coalition
Mom2mom_BC@gmail.com
[facebook.com/loudounbreastfeedingcoalition](https://www.facebook.com/loudounbreastfeedingcoalition)
Provides breastfeeding resources.

Inova Loudoun Women's Hospital Lactation Center
703-858-8060 / 703-858-8072 | [inova.org](https://www.inova.org)
44055 Riverside Parkway, Ste. 109 Leesburg, 20176
Assistance & support; sensitive to cultural needs.

La Leche League
[llvawv.org](https://www.llvawv.org)
Weekly meetings & coffee hours; telephone support.

WIC (Women, Infants, and Children)
703-777-0239 | [loudoun.gov](https://www.loudoun.gov)
163 Fort Evans Rd. NE, Ste. 110, Leesburg, 20176
45201 Research Place, Ste. 120, Ashburn, 20147
Breastfeeding support and education for enrolled clients.
Breast pumps available for those who qualify (see below).

FOOD ASSISTANCE PROGRAMS

SNAP (Supplemental Nutrition Assistance Program)
[commonhelp.virginia.gov](https://www.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).

- Matching funds at both farmers markets (\$20 worth of food for \$10)
- Loudoun Farmers Markets information: [loudounfarmersmarkets.org](https://www.loudounfarmersmarkets.org)

Apply for SNAP online (available in Spanish) through [commonhelp.virginia.gov](https://www.commonhelp.virginia.gov)
Confidential, initial screening. No documents needed.

WIC (Women, Infants, and Children)
703-777-0239 | [loudoun.gov](https://www.loudoun.gov)
163 Fort Evans Rd. NE, Ste. 110, Leesburg, 20176
45201 Research Place, Ste. 120, Ashburn, 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 (Leesburg or Ashburn).

Free & Reduced School Meal Program
[lcps.heartlandapps.com](https://www.lcps.heartlandapps.com)
Operates in all Loudoun County public schools; SNAP recipients automatically qualify.
Apply online or in person at child's school.

FOOD PANTRIES

Loudoun Hunger Relief
703-777-5911 | [loudounhunger.org](https://www.loudounhunger.org)
750 Miller Dr., Ste. A-1, Leesburg, 20175
Qualifications: Proof of residence in Loudoun County
Distribution Hours:
Mon, Tues, Wed, Fri, Sat. 10 am - 12:45 pm
Tues, Thurs evenings by appointment.

Catholic Charities
703-443-2481 | [cdda.net](https://www.cdda.net)
316 E. Market St., Leesburg, 20176
Qualifications: None
Distribution Hours: Mon - Thurs 9:30 am - 2:30 pm

Messiah's Market
571-209-5000 | [thecommunitychurch.org](https://www.thecommunitychurch.org)
19790 Ashburn Rd., Ashburn, 20147
Qualifications: None
Distribution Hours: Mon, Tues 7 - 8 pm

LINK
703-437-1776 | [linkagainsthunger.org](https://www.linkagainsthunger.org)
Qualifications: Resident of Ashburn or Sterling
Distribution hours: Call for assistance.

Guilford Food Pantry
703-430-6444 | [foodpantries.org](https://www.foodpantries.org)
1001 Ruritan Circle, Sterling, 20164
Qualifications: None
Distribution Hours: 3rd Sat 9 am - 12 pm

Sterling United Methodist Church
703-430-6455 | [sterlingumc.org](https://www.sterlingumc.org)
304 E Church Rd., Sterling, 20164
Qualifications: None
Distribution Hours: 2nd Sat 8 - 10 am

Dulles South Food Pantry
703-507-2495 | [dsfp.org](https://www.dsfp.org)
24757 Evergreen Mills Rd., Dulles, 20166
Qualifications: Proof of residence in Dulles South and Picture ID
Distribution Hours: 1st & 3rd Wed 5 - 7 pm (shuttle available)

Seven Loaves Services
540-687-3489 | [sevenloavesmiddleburg.org](https://www.sevenloavesmiddleburg.org)
15 West Washington St., Middleburg, 20117
United Methodist Church
Qualifications: None
Distribution Hours: Mon, Wed, Fri 10 am - 12 pm

Tree of Life
703-554-3595 | [tolministries.org](https://www.tolministries.org)
210 N. 21st St., Unit D, Purcellville, 20132
Qualifications: Resident of Western Loudoun County.
Distribution Hours: Call for appointment.

RECREATION RESOURCES

ROCK (Recreation Outreach to Community Kids)
703-737-7159 | [leesburggva.gov](https://www.leesburggva.gov)
Qualifications: Children 5-12 in the communities of Heritage Square, Fort Evans & Fields of Leesburg & the Fort Evans apartments. This FREE program offers sports, games, art, trips, team building and special guests.
Available daily after school and in summer.

Girls on the Run of Northern Virginia
703-273-3153 | [gotnova.org](https://www.gotnova.org)
Running and self-esteem club for girls ages 8 - 13 years old. Check with your child's school for program information. Financial assistance available.

Loudoun Parks & Recreation
703-777-0343 | [loudoun.gov](https://www.loudoun.gov) or [leesburg.gov](https://www.leesburg.gov)
Offers a variety of parks, athletic fields & community centers. Organized adult and youth recreational programs, sports, swimming, dance, tennis, etc. Summer camps available. For full listings, visit the website or call for information. Financial assistance may be available.

Northern Virginia Regional Parks Authority
[nvrpa.org](https://www.nvrpa.org)
Operates Algonkian Regional Park in Sterling and the W & OD Trail.

Rust Nature Sanctuary
703-450-4655 | [anshome.org/rust](https://www.anshome.org/rust)
802 Children's Center Rd SW, Leesburg, 20175
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
703-737-7141 | [idalee.org](https://www.idalee.org)
60 Ida Lee Dr. NW, Leesburg, 20176
Indoor & outdoor swimming, tennis, basketball & racquetball, fitness center & group fitness classes. Youth fitness, dance, crafts & camps. Scholarship and reduced fees available for passes/classes.

Playground Maps
[mapofplay.kaboom.org/cities/3566](https://www.mapofplay.kaboom.org/cities/3566)