



Housing Resources

Steps for Finding Transitional Housing in Virginia

1. **Contact Local Reentry & Housing Programs** – Start with organizations that specialize in reentry housing (e.g., nonprofits, faith-based groups).
2. **Apply Through Your Local Housing Authority** – Many counties in Virginia have waiting lists for vouchers, but applying early is important.
3. **Explore Community-Based Shared Housing** – Some providers offer sober living or group homes specifically for returning citizens.
4. **Ask Your Parole/Probation Officer** – Officers often have referral lists.
5. **Use 2-1-1 Virginia** – A statewide helpline for shelter and housing resources.

Local Housing Authority Contacts

- Richmond Redevelopment & Housing Authority – (804) 780-4200
- Chesterfield County Housing Office – (804) 751-4686
- Henrico County Housing Authority – (804) 501-4000
- Virginia Housing (Statewide resource) – www.vhda.com

Tenant Rights Basics

- Virginia Residential Landlord & Tenant Act (VRLTA) protects tenants.
- Right to a written lease, repairs, and privacy.
- Security deposits capped at 2 months' rent.
- Eviction requires court order (landlord cannot change locks or remove belongings illegally).



Employment Support

Resume & Interview Checklist

- Highlight transferable skills (teamwork, leadership, logistics).

- Keep resume to 1 page if experience is limited.
- Practice answers to common questions like “Tell me about yourself.”
- Dress professionally and maintain eye contact.
- How to Explain Gaps / Convictions Positively
- Be honest but brief: acknowledge the conviction without details.
- Focus on what you’ve done since (training, certificates, volunteer work).
- Example: “I made mistakes in the past, but I’ve completed training and am committed to building a stable career.”

Local Workforce Development Offices

- Virginia Career Works – Capital Region (Richmond) – (804) 652-3220
- Petersburg Workforce Center – (804) 862-6155
- Goodwill Job Help Centers – Multiple VA locations

Financial & Credit

Budgeting Template (Printable Worksheet)

Income: ____

Expenses (Housing, Food, Transportation, etc.): ____

Savings Goal: ____

Leftover Balance: ____

Tip: Use the 50/30/20 Rule — 50% needs, 30% wants, 20% savings/debt repayment.

Credit Repair Starter Steps

1. Pull free credit report at www.annualcreditreport.com.
2. Dispute errors in writing with credit bureaus.
3. Pay smallest debts first to build momentum (“snowball method”).
4. Consider secured credit cards to rebuild.

Banks/Credit Unions with Second-Chance Accounts

- Virginia Credit Union (Richmond area)
- Wells Fargo Opportunity Checking
- Woodforest National Bank (inside Walmart)

Legal & Rights

Restoration of Rights Overview in Virginia

- Civil rights (voting, jury service, holding public office) can be restored by the Governor.
- Apply through the Secretary of the Commonwealth.

Expungement Basics

- Only available in limited cases (e.g., dismissed or acquitted charges).
- A petition must be filed in circuit court.
- Legal aid groups can assist with paperwork.

Free/Low-Cost Legal Aid Contacts

- Virginia Legal Aid Justice Center – (804) 643-1086
- Central Virginia Legal Aid Society – (804) 648-1012
- Legal Aid Works – (540) 371-1105

Family Reunification

Coping Strategies for Rebuilding Relationships

- Take it slow; don't expect instant trust.
- Use open communication and apologize when needed.
- Attend family counseling if tensions are high.

Local Family Counseling & Parenting Programs

- Family Lifeline (Richmond) – (804) 249-5414

- ChildSavers Family Counseling – (804) 644-9590
- VA Department of Social Services Parenting Classes – local offices statewide

Health & Wellness

Hotlines

- Mental Health Crisis Line – 988
- Addiction Recovery Helpline – 1-800-662-HELP
- Suicide Prevention Lifeline – 988

Low-Cost Clinics & Community Health Centers

- Daily Planet Health Services (Richmond) – (804) 783-0678
- Crossover Healthcare Ministry – (804) 655-2794
- VCU Health Community Clinics – multiple locations

Our Organization Role

How Hit the Ground Running Foundation Helps

- Transitional housing for returning citizens and veterans
- Employment readiness & resume workshops
- Financial literacy training
- Family reunification and counseling support

How to Apply for Support or Housing

- Fill out intake form on website (www.htgrfoundation.org)
- Call or email to schedule an intake interview
- Provide documentation (ID, release papers, income info if applicable)

Contact Info & Intake Steps

 Email: info@htgrfoundation.org

