



NEED A LITTLE HELP?

Find the community resources you need quickly and easily through the YMCA's Social Needs Navigation program.

Looking for short term assistance to find help with housing, food, employment, child care or other needs? The YMCA's Social Need Navigators are available for assistance in finding programs that are convenient and accessible to individuals. Navigators will prioritize your top, most urgent needs and connect you directly to the resource or program offering support.

TO GET STARTED

- 1 Scan the QR or visit **help1rva.org**
- 2 Click Get Help
- 3 A navigator will contact you within 48 hours



GET HELP
help1rva.org

