South Western Region
gris@unitedwayswva.org
276-525-4102
Cities: Bristol, Galax, Norton, Radford
Counties: Bland, Buchanan, Carroll

Peninsula Region
virginiaquality@smartbeginningsvp.org
757-508-4516
Cities: Hampton, Newport News, Poquoson, Williamsburg
Counties: Gloucester, James City, Mathews, Middlesex, York

North Central Region
sbravsqi@gmail.com
540-479-6944
Cities: Fredericksburg, Manassas, Manassas Park
Counties: Caroline, Culpeper, Fauquier, King George, Prince William Rappahannock, Spotsylvania, Stafford

Piedmont Region
virginiaquality@uwrv.org
540-777-4219
Cities: Bedford, Buena Vista, Covington, Danville, Lexington, Lynchburg, Martinsville, Roanoke, Salem
Counties: Alleghany, Amherst, Appomattox, Bath, Bedford, Botetourt, Campbell, Craig, Franklin, Henry, Nelson, Patrick, Pittsylvania, Roanoke, Rockbridge

Northern Region
virginiaquality@fairfaxcounty.gov
703-324-8158
Cities: Alexandria, Fairfax, Falls Church
Counties: Arlington, Fairfax, Loudoun

Eastern Region
virginiaquality@tcc.edu
757-822-5225
Cities: Chesapeake, Franklin, Norfolk, Portsmouth, Suffolk, Virginia Beach
Counties: Accomack, Isle of Wight, Northampton, Southampton

Valley Region
valleyvaquality@sentara.com
540-564-7176
Cities: Charlottesville, Harrisonburg, Staunton, Waynesboro, Winchester
Counties: Albemarle, Augusta, Clarke, Fluvanna, Frederick, Greene, Highland, Louisa, Madison, Orange, Page, Rockingham, Shenandoah, Warren

Central Region
centralregion@childsaverson.org
804-591-3932
Cities: Colonial Heights, Emporia, Hopewell, Petersburg, Richmond
Counties: Amelia, Brunswick, Buckingham, Charles City, Charlotte, Chesterfield/Chester, Cumberland, Dinwiddie, Essex, Goochland, Greensville, Halifax, Hanover, Henrico, King and Queen, King William, Lancaster, Lunenburg, Mecklenburg, New Kent, Northumberland, Nottoway, Powhatan, Prince Edward, Prince George, Richmond, Sussex, Westmoreland, Surry