

Our Purpose



Since 1883, The Up Center has helped children and families in South Hampton Roads. We offer services like mental health counseling, parenting help, youth mentoring, foster care, adoption, housing support, and help for people with disabilities. Each year, we serve more than 10,000 people.

Our Mission

We are committed to partnering with children, families, and communities to improve lives and outcomes through prevention, intervention, and support.

Our Vision

We envision a healthy community where children and families thrive, believing strong families are the foundation for success.



Need Support?

(757) 354-3819

Donate Today!

theupcenter.org/donate



The Up Center

580 E. Main Street, Ste 400 | Norfolk 23510

222 W 19th Street | Norfolk 23517

828 Healthy Way | Va Beach 23462

109.5 Clay Street | Suffolk 23434

www.theUPcenter.org

The Up Center is a 501(c)(3) nonprofit organization.



Community Support Services

Children | Families | Mental Health

757-354-3819

Family Services



For Children & Families

We offer a variety of services with a focus on child and family development.

Foster Care & Adoption

We support children and families through foster care.

Become a foster parent today!

Team Up Mentoring

Our award-winning program helps young people make good choices and build a better future.

Become a mentor today!

Child & Family Counseling

We help families communicate better and work through tough times.

Parenting Education

Support and tips for parents from pregnancy through early childhood.

Housing & Financial Counseling

Learn how to handle housing problems, budget better, and manage money.

Mental Health

Outpatient Counseling

Take control of your mental health with our qualified team of mental health professionals.

Individual & Family Counseling

Our trained counselors help people deal with stress, anxiety, grief, and other challenges.

Therapeutic Educational Groups

We offer group sessions on topics like anger, substance use, and child behavior.

Relationship Counseling

A safe place for couples to heal, rebuild trust, and grow stronger together.

Peer Recovery Support

Support from people with lived experience to help others in recovery.

Military Family Clinic

Support and therapy for post-9/11 veterans and their families.



The Steven A. Cohen
Military Family Clinic
at The Up Center

Disability Services

“

The Up Center's support of my family has gone above and beyond my wildest expectations. The understanding...the support... without them, I don't know where we would be today.

”

For People with Disabilities

Representative Payee Services

We help people with monthly benefits (like Social Security or veterans' aid) by paying important bills and making sure they have money throughout the month.

Sponsored Homes

Safe homes for adults with developmental disabilities.

Become a sponsor care provider today!

