



Northern Virginia Regional Commission

NEWS RELEASE

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Contact: Barbara J. Gordon, Communications Director
703.642.4635

Cost Reduced for 2008 Edition

“Quick Guide” to Human Services Information and Referral Available from Northern Virginia Regional Commission

The Northern Virginia Regional Commission has reduced the price for the 2008 edition of the annual *Quick Guide*, an index to more than 1,000 public and private agencies offering a variety of human services to Northern Virginians. The cost of the guide is now only \$1 each, down from \$3.50. The Guide provides information about services including abuse and neglect of children or adults, alcohol and drug abuse, budget counseling, consumer complaints and protection, day care for children and adults, disability issues, emergency needs, multi-cultural services, health care information, in-home services, rehabilitative services, shelters, and senior and youth services.

The *Quick Guide* helps case managers, social workers, school guidance counselors, mental health outreach workers, police personnel, and others, to quickly find the services that their clients need. The comprehensive index lists services provided by NVRC member local governments and nonprofit organizations, as well as state and federal programs.

Copies of the *Quick Guide* can be purchased for just \$1 each at NVRC offices or if mailed, \$1 each plus shipping and handling. To purchase a copy call 703.642.0700 or download the order form from www.novaregion.org/helpingresources. NVRC is located at 3060 Williams Drive, Suite 510, Fairfax, VA 22031.

The printed *Quick Guide* is portable – just 4x6 inches and less than 100 pages long. The *Quick Guide* can also be viewed on line, where updates are posted throughout the year. Go to www.novaregion.org/quickguide.

The Northern Virginia Regional Commission (NVRC), which publishes the *Quick Guide* annually, is a coalition of local governments focused on regional cooperation in addressing problems of greater than local significance. NVRC is part of the Northern Virginia Information and Referral Network headed by the 2-1-1 VIRGINIA center at CrisisLink. For personal help finding health & human services 24 hours, 7 days a week, dial 2-1-1 or check out www.211metrodc.org and www.211virginia.org. For more information about NVRC, check the web site www.novaregion.org or call 703.642.0700.

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