



## Northern Virginia Regional Commission

### NEWS RELEASE

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### **NVRC Publishes 2009 Edition of *Quick Guide* to Human Services Information and Referral**

The Northern Virginia Regional Commission has just released the latest edition of the *Quick Guide*, an index to more than 1,000 public and private agencies offering a variety of human services to Northern Virginians. The 2009 Guide provides information about services including abuse and neglect of children or adults, alcohol and drug abuse, consumer complaints and protection, day care for children and adults, disability issues, emergency needs, foreclosure counseling, multi-cultural services, health care information, in-home services, rehabilitative services, shelters, and senior and youth services.

“I am pleased to announce publication of the 2009 *Quick Guide*,” said Harry J. Parrish II, Chairman of the Northern Virginia Regional Commission. “In the more than 25 years since the *Quick Guide* was first published, it has come to be relied on as a definitive source of critical information about human services for Northern Virginia residents. It represents one of our most effective examples of regional cooperation.” The *Quick Guide* helps case managers, social workers, school guidance counselors, mental health professionals, 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* cost \$3.50 each plus tax, shipping and handling. Multiple copies are available at a discount. To purchase a copy call 703.642.0700 or download the order form from [www.novaregion.org](http://www.novaregion.org). 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](http://www.novaregion.org/quickguide), or view more detailed information on services at [www.211metrodc.org](http://www.211metrodc.org) and [www.211virginia.org](http://www.211virginia.org).

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. For more information about NVRC, check the web site [www.novaregion.org](http://www.novaregion.org) or call 703.642.0700.