

# THE ADULTING MASTER LIST

*Basic Things You Need as an Adult  
to Maximize Autonomy*

*This is not about making you do shit you don't want to do.*

*This is shit you need to take care of IN ORDER TO DO WHAT YOU WANT TO DO.*

1 IDs & Documents

2 Housing

3 Money & Legal

4 Health

5 Communication

6 Transportation

7 Planning & Goals

8 Physical Needs

9 Emotional & Mental

10 Domestic

11 Life Skills

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STATUS KEY: ■ Done ■ In Progress ■ Not Started Yet ■ Blocked / Need Help

1

# IDs & Documents

*Without these you literally cannot prove you exist. Do this first.*

*Every single other tab on this list requires at least one of these. This is not optional.*

SECTION 1 OF 11

## IDS & DOCUMENTS

### THE ESSENTIALS — Get these first

*If you have none of these, start with your birth certificate. Everything else flows from it.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Birth Certificate</b>	Required to get everything else — SSN card, ID, passport	Request from vital records in the state you were born. Usually \$10-25. VitalChek.com works for most states.
■	<b>Social Security Card</b>	Required for work, benefits, most government services	Apply at ssa.gov or visit your local SSA office. Free. Bring birth cert + ID if you have them.
■	<b>State ID / Driver's License</b>	Required to open bank accounts, apply for jobs, get benefits	Go to DMV with birth cert + SSN card + proof of address.
■	<b>Proof of Address</b>	Required for almost every application you'll fill out	Utility bill, bank statement, or letter from a shelter/program with your name and address on it.

### LEVEL UP — Get these when you can

✓	Item / Task	Why It Matters	How To Do It
■	<b>Passport</b>	Universal ID + required for travel. You can choose X as your gender marker.	Apply at usps.com/passport. ~\$165. Need birth cert, ID, photo. Select M, F, or X on the application — no additional documentation required.
■	<b>Driver's License (if only have State ID)</b>	Opens job options and independence. VA ID and Driver's License let you choose X as your gender marker.	Take the written + road test at DMV. Read the manual first. You can select M, F, or X — no supporting documentation required in Virginia.
■	<b>Name Change</b>	\$41 in Virginia. One page form from the clerk of court in your city or county.	Go to your local circuit court clerk's office and ask for the name change petition. File it, pay \$41, attend a brief hearing. You'll need some IDs in your dead name first to start the process — then upgrade everything once it's done: SSA, DMV, bank, passport, etc.
■	<b>Voter Registration</b>	Your right — use it	Register at vote.gov. Takes 2 minutes online.

## KEEP THEM SAFE

*Lose these and you're starting over. Don't learn this the hard way.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Secure storage</b>	Losing these is a nightmare to fix	Get a waterproof folder, lock box, or fireproof safe. Know where it is at all times.
■	<b>Digital copies of everything</b>	If your bag gets stolen or your place floods, you still have copies	Photo every document and email it to yourself or store in Google Drive. Password protect your phone.

# 2

## Housing

*Where you sleep is where you recover. Protect it.*

*Understand every rule and cost BEFORE you commit. A place you lose in 2 weeks is worse than no place at all.*

SECTION 2 OF 11

## HOUSING

### YOUR CURRENT SITUATION

✓	Item / Task	Why It Matters	How To Do It
■	<b>Know the house rules</b>	Breaking them can get you back on the street fast	Read your lease or house rules. Ask if anything is unclear.
■	<b>Know what you pay and when</b>	Late fees and evictions follow you for years	Write the amount and due date somewhere you'll see it every day.
■	<b>Know who to contact when something breaks</b>	It's their job to fix it — make them do it	Get the landlord's phone and email in writing. Report issues in writing.
■	<b>Know your tenant rights</b>	You have them even in a recovery house	Google '[your state] tenant rights'. CVLAS.org if you're in Virginia.

### NEXT STEPS

*The goal is always more autonomy. Start thinking about this now — not the week you need to move.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Know your move-out date or plan</b>	Surprises are worse when you have nowhere to go	Know it. Put it in your calendar now.
■	<b>Research affordable housing</b>	There are more options than you think	211.org is a starting point. Section 8 waitlists are long — apply early.
■	<b>Understand what a lease requires</b>	Credit check, deposit, income verification	Most landlords want proof of income = 3x rent. Start building toward that now.
■	<b>Start saving for a deposit</b>	Usually first + last month's rent	Even \$20/week adds up. Open a savings account and don't touch it.

## MAKING A SPACE YOURS

*A bare mattress and empty walls don't help your head. Make it feel like somewhere worth coming home to.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Bedding — sheets, pillow, blanket</b>	Sleep quality affects everything else	Thrift stores have this. Do not sleep on a bare mattress. You deserve better than that.
■	<b>Towel + bathmat</b>	Basic dignity + floor safety	One towel minimum. Bathmat prevents slips and floor rot from water.
■	<b>Basic cleaning supplies</b>	A dirty space tanks your mental health	All-purpose spray, dish soap, toilet brush. Dollar store is fine.
■	<b>Dishes and silverware</b>	Paper plates cost more and feel more depressing than you'd think	Thrift store. You need: plate, bowl, cup, fork, spoon, knife.
■	<b>Art or something on the walls</b>	Empty walls give serial killer vibes	Print something. Hang a tapestry. Put googly eyes on things. Make it feel human.

3

# Money & Legal

*Freedom costs money and compliance. Handle both.*

*This tab is non-negotiable if you have probation, court dates, child support, or outstanding legal obligations.*

SECTION 3 OF 11

## MONEY & LEGAL

### BANKING & BENEFITS — Your money needs a home

✓	Item / Task	Why It Matters	How To Do It
■	<b>Bank account</b>	Cash is easy to lose, steal, or spend. A bank account builds financial history.	Most banks will open a basic checking account with just your ID. Try a credit union — they're friendlier.
■	<b>CashApp or Venmo</b>	Reality is people pay this way now	Download it, verify your identity, link your bank account.
■	<b>Food stamps / SNAP</b>	You probably qualify. Apply.	Apply at <a href="http://dss.virginia.gov">dss.virginia.gov</a> or go to your local DSS. Bring ID and proof of income.
■	<b>Medicaid</b>	Free health coverage if you qualify — and you probably do	Apply at <a href="http://marketplace.virginia.gov">marketplace.virginia.gov</a> or call 1-833-5VA-ENROLL. Do this before you need a doctor.
■	<b>Savings — even a little</b>	Emergencies don't wait for payday	Open a savings account. Transfer whatever you can. Even \$5 matters.

### LEGAL OBLIGATIONS — Stay on top of these or they'll bury you

*This is not optional. Missed probation appointments and court dates can send you back in. Period.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Probation officer contact info saved</b>	You need this at all times	Name, phone, email, office address — saved in your phone AND written down somewhere physical.
■	<b>Probation appointments in your calendar</b>	Missing an appointment is not worth it	Set 2 alarms — one the day before, one 2 hours before. Show up early.
■	<b>Court dates in your calendar</b>	Same as above but higher stakes	Write it everywhere. Tell someone you trust to remind you. Do not miss court.
■	<b>Child support — know your account</b>	Missed payments create warrants	Know your caseworker, how to pay, and what you owe. Apply to modify if income changed.
■	<b>Restoration of rights — check your status</b>	Felony convictions affect your rights. Some can be restored.	Virginia: <a href="http://vadoc.virginia.gov/reentry">vadoc.virginia.gov/reentry</a> . Know what rights you have and which you can get back.

## FINANCIAL BASICS — Learn these or keep paying for it

✓	Item / Task	Why It Matters	How To Do It
■	<b>Budgeting — know what comes in and goes out</b>	Overdraft fees and late fees are money straight in the trash	Write down all income vs. all bills. What's left is what you actually have. Be honest.
■	<b>Taxes — the basics</b>	You can file for free. Do not pay \$200 for a simple return.	IRS Free File at <a href="https://www.irs.gov">irs.gov</a> . Under \$73k income = you qualify. File every year.
■	<b>Keep financial records</b>	If the IRS or a court asks — you need receipts	Keep pay stubs, bank statements, tax returns for at least 3 years.

4

# Health

*You can't show up for anything if you're broken. Take care of the machine.*

*Get insurance BEFORE you need a doctor. Secure a therapist BEFORE you're in crisis. Future you will be grateful.*

SECTION 4 OF 11

## HEALTH

### INSURANCE

✓	Item / Task	Why It Matters	How To Do It
■	<b>Medicaid — apply if you haven't</b>	Free coverage. You probably qualify.	dss.virginia.gov or call 1-833-5VA-ENROLL. Bring ID and income info.
■	<b>Get your Medicaid card</b>	You need the card to use the coverage	It comes in the mail after approval. Take a photo immediately. Store it in your documents folder.
■	<b>Know what your insurance covers</b>	Not everything is covered — know before you go	Log into your insurance portal or call the number on the back of your card.

### MEDICAL

✓	Item / Task	Why It Matters	How To Do It
■	<b>Establish a primary care doctor</b>	Walk-ins cost more and don't know your history	Find an in-network doctor at your insurance company's website.
■	<b>Know your prescriptions</b>	Name, dose, pharmacy, refill schedule	Write them all down. Know when they run out before they run out.
■	<b>Dental — at least one cleaning</b>	Dental problems become medical problems fast	Community health centers often have sliding-scale dental.
■	<b>Narcan — have it</b>	Saves lives including yours	Free at many Virginia pharmacies without a prescription.

### MENTAL HEALTH — Do not skip this section

*You are going through it. You need support. That is not weakness — it is math.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Therapist — secured before crisis</b>	Crisis is the wrong time to find a therapist	RBHA: rbha.org or 804-819-4000. If you don't like who you get — change. That's allowed.
■	<b>Psychiatrist — if you need med management</b>	Get one before you're desperate	Your PCP or therapist can refer you. Ask directly.
■	<b>Know your crisis resources</b>	When you're in crisis you won't be able to think clearly — know this now	988 Suicide and Crisis Lifeline. Text HOME to 741741. Know the nearest ER.

## EVERYDAY HEALTH

✓	Item / Task	Why It Matters	How To Do It
■	<b>Water intake</b>	Chronic dehydration affects mood, focus, and energy	Get a water bottle you actually like and carry it. Aim for 8 cups a day.
■	<b>Sleep — consistent schedule</b>	Everything else gets harder without it	Consistent bedtime and wake time matters more than number of hours.
■	<b>Movement — 30 min walk a week minimum</b>	Your body and brain are connected	Walk, stretch, whatever. Just move. Outside is better.

# 5

## Communication

*Everything requires contact info. Get this right.*

*If a job, court, doctor, or PO can't reach you — that's your problem, not theirs.*

SECTION 5 OF 11

## COMMUNICATION

### THE BASICS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Cell phone</b>	Your lifeline to everything	Check Lifeline/ACP programs — free or discounted phones for low-income. SafeLink Wireless is one option.
■	<b>Charger cord and block</b>	A dead phone is the same as no phone	Keep a spare cord somewhere safe. Dollar stores have them.
■	<b>Email account</b>	Courts, employers, and programs will use it. Set one up.	Gmail is free. Pick something professional — firstnamelastname@gmail.com.
■	<b>Mailing address</b>	Where official documents get sent	Know your address. Use a PO box or trusted person's address if housing is unstable.
■	<b>Voicemail set up</b>	If your voicemail isn't set up, calls go nowhere	Set it up with a professional greeting. Check it regularly.

### USING YOUR WORDS

*This sounds obvious. It's not. Most problems get worse because someone didn't speak up.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Speak up when something is wrong</b>	Problems don't fix themselves	Practice saying 'I need help with...' before the situation blows up.
■	<b>Ask questions when you don't understand</b>	There are no dumb questions — only expensive assumptions	If you don't understand what a document or rule means — ask someone. Right then.
■	<b>Written communication — keep records</b>	Texts and emails are your protection	Follow up important conversations in writing: 'Just confirming what we discussed...'

# 6

## Transportation

*How you get to everything else on this list.*

*Figure out how you're getting to your next probation appointment before the day of. Not the morning of.*

**SECTION 6 OF 11**

## TRANSPORTATION

### CAR

✓	Item / Task	Why It Matters	How To Do It
■	<b>Registration — current</b>	You can be pulled over and fined for this	Due annually. Know your renewal date. Pay it.
■	<b>Insurance — active</b>	Required by law. Driving without it creates warrants.	Liability-only is cheaper. Shop around — Progressive, Geico, state programs.
■	<b>Inspection — current</b>	Easy fine to avoid	Annual in Virginia. Usually \$20. Do it on time.
■	<b>Oil change</b>	Ignoring this destroys an engine you can't afford to replace	Every 3,000-5,000 miles. Many places do it for \$30-50.

### PUBLIC TRANSIT

✓	Item / Task	Why It Matters	How To Do It
■	<b>Print bus route maps</b>	Phone dies, data runs out — a paper map doesn't	GRTC in Richmond: ridegrtc.com. Download maps for your regular routes.
■	<b>Download the transit app</b>	Real-time arrivals make everything less stressful	GRTC Pulse app or Google Maps transit mode.

### BICYCLE

✓	Item / Task	Why It Matters	How To Do It
■	<b>Lock — a real one</b>	A bike without a lock is a gift to whoever steals it	U-lock is more secure than a cable lock.
■	<b>Helmet</b>	Head injuries are permanent	Thrift stores sometimes have them.
■	<b>Lights — front and back</b>	Required by law at night	Cheap clip-on LED lights at Walmart or Amazon.

### WALKING

✓	Item / Task	Why It Matters	How To Do It
■	<b>Know your routes and times</b>	Know how long it takes to get where you need to go	Google Maps walking mode. Add 10 minutes to whatever it says.
■	<b>Good shoes</b>	Your feet are your backup plan — treat them right	One pair of comfortable, sturdy shoes. Thrift store is fine.

# 7

## Planning & Goals

*Snap out of survival mode. Think about next steps before the day of.*

*If you aren't making plans, you're making problems. The calendar is free. Use it.*

SECTION 7 OF 11

## PLANNING & GOALS

### DAILY / WEEKLY TOOLS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Calendar — Google or paper</b>	Appointments don't remember themselves	Google Calendar is free. Or get a \$1 paper planner. Pick one and use it every day.
■	<b>To-do list</b>	The satisfaction of checking things off is actually worth it	Phone notes app, notebook, whiteboard — write it down, cross it off.
■	<b>Probation appointment reminders</b>	Set 2 alarms. Do not miss this.	Day-before alarm + 2-hour-before alarm. Non-negotiable.
■	<b>Court date reminders</b>	Higher stakes. Warrants ruin everything.	Write it on the mirror if you have to. Multiple reminders. Show up early.
■	<b>Weekly goals</b>	Make weekly steps toward getting fully free	Sunday: write 3 things you want to accomplish this week. Review Friday.

### WORK & SCHOOL

✓	Item / Task	Why It Matters	How To Do It
■	<b>Resume — start it now</b>	Having one ready means you can move fast when you are ready	VEC ( <a href="http://vec.virginia.gov">vec.virginia.gov</a> ) and local workforce centers offer free resume help.
■	<b>List of jobs you actually want</b>	Showing up for work you hate leads back to bad choices	Write down 5-10 realistic options based on what you're good at.
■	<b>Local Workforce / VEC registration</b>	Free job placement help and sometimes financial support	<a href="http://vec.virginia.gov">vec.virginia.gov</a> — register and set an appointment.
■	<b>Bonding Program eligibility</b>	Removes employer hesitation about your record	<a href="http://fidelitybonding.com">fidelitybonding.com</a> — free federal bonding for people with criminal records.

### LONG TERM

✓	Item / Task	Why It Matters	How To Do It
■	<b>5-year goal — write something</b>	You don't have to have it figured out. But write something.	Where do you want to live? What do you want to be doing? Write it.
■	<b>What does 'free' look like for you?</b>	Define it so you know what you're working toward	Financial independence? Your own place? Custody of your kids? Running something? Write it.

# 8

## Physical Needs

*You deserve to feel like a human being. This is baseline, not luxury.*

*Thrift stores exist. Church giveaways exist. Little Free Pantries exist. Ask for help getting this stuff.*

SECTION 8 OF 11

## PHYSICAL NEEDS

### CLOTHING BASICS

*You don't need a lot. You need enough.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Underwear — 5-7 pairs</b>	Non-negotiable	Dollar store, Walmart, thrift store.
■	<b>Socks — 5-7 pairs</b>	Cold feet and foot infections are both bad	Same.
■	<b>Short + long sleeve shirts — 5 total</b>	The basics	Thrift store.
■	<b>Pants — 2-3 pairs</b>	Jeans + one nicer pair = covered for most situations	Thrift store.
■	<b>Coat — actual winter coat</b>	Virginia winters are mild but they're still winters	Churches do coat drives. Salvation Army.
■	<b>Good shoes — at least one pair</b>	Your feet carry everything — don't cheap out if you can help it	Thrift store for everyday shoes.
■	<b>Backpack or daily carry bag</b>	You need to be able to carry your stuff	Something with a zipper that actually zips.

### HYGIENE BASICS

*Take care of your body. It takes care of you.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Toothbrush + toothpaste</b>	Dental problems are expensive and painful	Replace toothbrush every 3 months. Dollar store works.
■	<b>Shampoo + conditioner</b>	For your hair type	Dollar store or community programs.
■	<b>Soap or body wash</b>	The basics	Dollar store.
■	<b>Deodorant</b>	This one is not negotiable	Dollar store or Walmart.
■	<b>Face wash</b>	Your face is what people see first	Even basic Cetaphil. Wash your face at night.

## FOOD & WATER

✓	Item / Task	Why It Matters	How To Do It
■	<b>Know your food source</b>	Where is your next meal coming from?	SNAP/food stamps, local food bank, church pantries, community fridge.
■	<b>Know your local food bank</b>	Most let you go once a week	FeedMore.org for Richmond area. No ID required at most food banks.
■	<b>Water — track how much you drink</b>	Chronic dehydration wrecks everything	Aim for 8 cups a day. Get a bottle you'll actually carry.

# 9

## Emotional & Mental

*The work that makes all the rest sustainable.*

*You are actually lucky as hell to have access to free support. Don't piss it away.*

SECTION 9 OF 11

## EMOTIONAL & MENTAL

### SUPPORT SYSTEMS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Therapist — secured before crisis</b>	Not for when you're falling apart. For before that.	RBHA: rbha.org or 804-819-4000. If you don't like who you get — change. That's allowed.
■	<b>Psychiatrist — if you need med management</b>	Mental health medication can be life-changing when managed correctly	Ask your PCP or therapist for a referral.
■	<b>Support group or meetings — 1x per week</b>	Connection with people who get it is not optional	AA, NA, SMART Recovery — find one that works and show up consistently.
■	<b>One friend you can actually call</b>	Not someone you use substances with. Someone who wants you to be okay.	Volunteer work and meetings are where you meet these people.

### DAILY PRACTICES

*Small things done consistently change everything.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Journaling</b>	You need somewhere to put your feelings. They don't go away by ignoring them.	Paper, phone notes, voice memos — whatever works. Do it when you feel most overwhelmed.
■	<b>Write down your coping skills</b>	When you're in crisis you won't think of them. Write them now.	List 5-10 things that help you feel better that aren't illegal or destructive.
■	<b>30-minute walk at least once a week</b>	Movement is medicine. Outside is better.	Not exercise. Just movement. Walking counts.
■	<b>4 hours of volunteering a month</b>	Gets you out of your head, builds community, looks good to courts	VolunteerMatch.org, CARITAS, Daily Planet, FeedMore — all need help.

## INNER WORK

*This is the hardest part. It's also where real change lives.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>Have values — write them down</b>	You can't make decisions aligned with who you want to be if you don't know who that is	What do you actually believe in? What matters to you? Write it out.
■	<b>Have boundaries — write them down</b>	Knowing your limits before someone crosses them means you respond instead of react	What are you not willing to do? What do you need from people? Write it.
■	<b>Take ownership</b>	No one owes you a thing. When something isn't working, make a plan.	'That happened to me' is real. 'Only that will ever happen to me' is a story.
■	<b>Be brutally honest with yourself</b>	It will save you more pain than you could ever imagine	The lies we tell ourselves are the most expensive ones we tell.
■	<b>Stop sneaking and lying</b>	Habits from active addiction that will keep you from becoming who you want to be	Every lie is a brick in a wall that keeps good things out.

10

## Domestic

*A clean, organized space tells your brain you're okay.*

*You don't need a lot of stuff. You need the right stuff. Most of this is available at thrift stores for under \$5.*

SECTION 10 OF 11

## DOMESTIC

### SLEEP SETUP

✓	Item / Task	Why It Matters	How To Do It
■	<b>Sheets — fitted + flat</b>	Do not sleep on a bare mattress. That's gross and you deserve better.	Thrift store. Wash them before use. Clean sheets make a real difference in mood.
■	<b>Pillow + pillowcase</b>	A pillow that supports your neck affects your sleep quality	Thrift store or dollar store.
■	<b>Blanket</b>	Something warm enough for your space	Thrift store.

### BATHROOM BASICS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Towel — at least one personal one</b>	Your own towel. Not a shared one.	Thrift store. Wash it before you use it.
■	<b>Bathmat</b>	Goes next to the shower/tub. Prevents slipping and floor rot.	Dollar store or thrift store.
■	<b>Shower curtain + liner</b>	Liner is more important for preventing mold	Dollar store.

### KITCHEN BASICS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Plate, bowl, cup</b>	Paper plates are depressing and cost more over time	Thrift store. This whole section costs under \$5 at Goodwill.
■	<b>Fork, spoon, knife</b>	The basics	Thrift store.
■	<b>One pot and one pan</b>	Enough to cook real food	Thrift store. Cast iron lasts forever.

## SPACE SETUP

✓	Item / Task	Why It Matters	How To Do It
■	<b>Lamp + warm lightbulb</b>	Overhead lighting is harsh. A lamp changes the whole vibe.	Thrift store lamp + Walmart warm-tone bulb. Game changer.
■	<b>Cleaning supplies</b>	A dirty space tanks your mental health	All-purpose spray, dish soap, trash bags, toilet brush. Dollar store.
■	<b>Art, photos, or something on the walls</b>	Empty walls give serial killer vibes. Make it feel like yours.	Print something. Tape a poster. Put googly eyes on things if it makes you happy.
■	<b>Laundry routine</b>	Clean clothes matter	Know where the nearest laundromat is. Have quarters.

11

# Life Skills

*Practical knowledge that saves you money, time, and embarrassment.*

*You don't need to master all of this. Know enough to not be helpless and to know when to ask for help.*

SECTION 11 OF 11

## LIFE SKILLS

### HOME BASICS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Unclog a toilet</b>	This will happen. Know what to do.	Plunger. Cup-style works best. YouTube: 'how to unclog a toilet without a plumber'.
■	<b>Find your circuit breaker</b>	When something electrical stops working, this is step 1	Usually in a closet or utility room. Flip the tripped breaker all the way off, then back on.
■	<b>Change AC/furnace filter</b>	Dirty filter = higher energy bill + worse air quality	Every 1-3 months. Filters at any hardware store.
■	<b>Basic sewing — reattach a button</b>	Saves you replacing a whole shirt	Needle, thread, YouTube. Takes 5 minutes once you know how.

### COOKING BASICS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Boil water + cook pasta</b>	The most basic survival skill	Salt the water, bring to boil, add pasta, cook per package directions.
■	<b>Cook rice without a rice cooker</b>	1 cup rice, 2 cups water, simmer 18 min, done	Lid on. Don't lift it. Really.
■	<b>Cook eggs — at least scrambled</b>	Cheap protein you can make in 3 minutes	Butter or oil in pan, medium heat, crack eggs, scramble.
■	<b>Safe food storage</b>	Food poisoning is miserable and avoidable	Raw meat on bottom shelf. Leftovers within 3-4 days. When in doubt, throw it out.

### CAR BASICS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Change a flat tire</b>	Getting stranded is a bad day you can prevent	Know where your spare, jack, and lug wrench are. Practice once before you need to.
■	<b>Jump start a car</b>	You'll need this or someone will need this from you	Red to red, black to black, black last to unpainted metal. YouTube it once.
■	<b>Check tire pressure</b>	Under-inflated tires reduce fuel efficiency and cause blowouts	Most gas stations have air. PSI is on a sticker inside your driver door.

## DIGITAL BASICS

✓	Item / Task	Why It Matters	How To Do It
■	<b>Password manager</b>	Using 'password123' for everything is how you get hacked	Bitwarden is free. Google Password Manager is built into Chrome.
■	<b>Recognize scams</b>	If someone asks for gift cards or personal info — it's a scam. Always.	IRS never calls you. Real banks never ask for your full password.
■	<b>Back up your photos</b>	Your phone can be lost, stolen, or broken	Google Photos (free up to 15GB) backs up automatically.

## PEOPLE SKILLS

*Relationships are your real safety net. Build them well.*

✓	Item / Task	Why It Matters	How To Do It
■	<b>How to give a genuine apology</b>	'I'm sorry you feel that way' is not an apology	Own what you did. Don't explain it away. Ask what you can do differently.
■	<b>How to ask for help</b>	Most people actually want to help — you just have to ask clearly	Be specific: 'I need a ride to my PO appointment on Thursday at 2pm.'
■	<b>How to say no</b>	Saying yes to the wrong things keeps you stuck	'I can't do that' is a complete sentence. Practice it.

# AA Meetings — Richmond Area

Meetings change — always verify at [aa-richmond.org](http://aa-richmond.org) or call 804-355-1212 before going.

AA is free. You don't need to speak. You can just listen. If you're new: say 'I'm new' or 'I'm just listening today.' That's enough. AA Richmond Intergroup: 804-355-1212 · [aa-richmond.org](http://aa-richmond.org) · Open = anyone welcome · Closed = members only

Meeting Name	Location / Address	Day	Time	Type / Notes
<b>Back Again</b>	St. Matthew's Episcopal Church	Mon	Various	Open
<b>Greenwood Commuters Group</b>	Trinity United Methodist Church	Mon/Tue/Wed/Thu	Various	Open
<b>Group Alegria Devivir</b>	Office Park	Mon–Fri	Various	Spanish/English
<b>Monday Miracle Group</b>	Christ Lutheran Church	Mon	Various	Open
<b>New Gate Group</b>	Village Presbyterian Church	Mon	Various	Open
<b>Queers, Crackpots &amp; Fallen</b>	Babe's of Carytown	Mon	Various	LGBTQ+ Open
<b>Women Living Sober</b>	St. David's Episcopal Church	Mon	Various	Women
<b>A Faith That Works</b>	First Unitarian Universalist Church	Mon–Fri	Various	Open
<b>New Life Group</b>	Second Baptist Church	Mon	Various	Open
<b>West End Group</b>	Retreat Hospital	Mon	Various	Open
<b>12 &amp; 12 Step Meeting</b>	St. James Episcopal Church	Mon	Various	Open
<b>RVA Late Night</b>	St. James Episcopal Church	Mon	Late	Open
<b>Madison Street Group</b>	Madison St. Clubhouse	Mon	Various	Open
<b>Changing Directions</b>	Epiphany Lutheran Church	Tue	Various	Open
<b>Common Solution Group</b>	Bon Air Baptist Church	Tue/Thu	Various	Open
<b>Jaywalkers Big Book</b>	Bon Air Presbyterian Church	Tue	Various	Big Book
<b>Let's Get Sober Group</b>	Central Baptist Church	Tue	Various	Open
<b>Rule 62 Men's Group</b>	Gayton Road Christian Church	Tue	Various	Men
<b>Skipwith Women's Group</b>	Skipwith United Methodist Church	Tue	Various	Women
<b>The Sicker Than Most Group</b>	Colonial Place Christian Church	Tue	Various	Open
<b>West End Recovering Parents</b>	Skipwith United Methodist Church	Tue	Various	Parents
<b>Buford Road Group</b>	Bon Air Christian Church	Wed	Various	Open
<b>East End Happy Hour</b>	Fort Lee Baptist Church	Wed	Various	Open
<b>Recovery Rocks</b>	Gayton Road Christian Church	Wed	Various	Open
<b>The 700 Group</b>	The Healing Place	Wed	Various	Open
<b>Wednesday Night Women's Group</b>	Gayton Road Christian Church	Wed	Evening	Women
<b>Jefferson Street Gang</b>	Forest Hill Presbyterian Church	Wed	Various	Open
<b>33 West Recovery Group</b>	St. Peter's United Methodist	Wed	7:30pm	Open Discussion

<b>Ad Infinitum</b>	Gayton Road Christian Church	Thu	Various	Open
<b>Belles of the Bar</b>	Church of the Epiphany	Thu	Various	Women
<b>Experience Strength &amp; Hope</b>	Epiphany Lutheran Church	Thu	Various	Women
<b>Freedom Group</b>	St. Patrick's Catholic Church	Thu	Various	Open
<b>Tuckahoe Group</b>	Tuckahoe Presbyterian Church	Thu	Various	Open
<b>We Agnostics</b>	VCU Wellness Center	Thu	Various	Agnostic/Secular
<b>Rva Late Night</b>	St. James Episcopal Church	Fri	Late night	Open
<b>Regeneration Spiritual Meeting</b>	Ephesus Church	Sat	Various	Open
<b>New Start Group</b>	Skipwith United Methodist Church	Sun	Various	Open
<b>Sunlight At Last Group</b>	Skipwith United Methodist Church	Tue/Thu	Various	Open
<b>Into Action Group</b>	Bethany Christian Church	Tue	Various	Open
<b>Speaking Of Steps</b>	Forest Hill Presbyterian Church	Wed	Various	Step Study
<b>Next Step Group</b>	Next Step Halfway House	Wed	Various	Open

*Times not listed — AA Richmond publishes full times at [aa-richmond.org](http://aa-richmond.org) or call 804-355-1212. Intergroup office can connect you with a sponsor. 12th Step calls available 24/7.*

# NA Meetings — Richmond Area

Meetings change — verify at [rvana.org](http://rvana.org) or call the NA Hotline: 800-777-1515

NA is free. All substances welcome — not just alcohol. Printable meeting lists available at [rvana.org](http://rvana.org). Virtual meetings also available. NA Hotline: 800-777-1515 · [rvana.org](http://rvana.org) · Richmond Area NA: [rvana.org](http://rvana.org)

Meeting Name	Address	Day	Time	Notes
<b>Simple Basics of Recovery Group</b>	1205 West Franklin St (St. James Episcopal)	Thu	9:00 AM	Open
<b>Easy Pace Stepping Out Group</b>	1205 West Franklin St (St. James Episcopal)	Thu	12:00 PM	Open
<b>Not High Noon Group</b>	905C Southlake Blvd	Thu	12:15 PM	Open
<b>On Our Way Group</b>	2300 Dumbarton Road	Thu	6:00 PM	Open
<b>Positive Thinking Group</b>	3006 E Laburnum Ave	Thu	6:30 PM	Open
<b>Serene Women Group</b>	2811 Fendall Ave	Thu	7:00 PM	Women
<b>Let the Healing Begin Group</b>	4103 Monument Ave	Thu	7:30 PM	Open
<b>East End Mens Rap Group</b>	1500 N 28th St	Thu	7:30 PM	Men
<b>Fan Club Winners Circle Group</b>	1205 West Franklin St	Thu	8:00 PM	Open
<b>White Flag Group</b>	2950 Walmsley Blvd	Thu	8:00 PM	Open
<b>Crossroads Group</b>	12320 West Broad St, Henrico	Thu	7:00 PM	Open
<b>Serene Recovery Group</b>	23 E Williamsburg Rd, Sandston	Thu	7:00 PM	Open
<b>St. James Episcopal NA Meetings</b>	1205 West Franklin St, RVA 23220	Daily	Various	Multiple meetings daily — call <a href="http://rvana.org">rvana.org</a>
<b>St. Peter's Episcopal NA</b>	1719 N 22nd St, RVA 23223	Various	Various	Call to verify

*This is a partial list. St. James Episcopal Church (1205 W Franklin St) hosts multiple NA meetings daily and is the best starting point in Richmond. Full current schedule: [rvana.org](http://rvana.org) — click 'Find a Meeting'. Printable meeting list available on their site.*

## Other Recovery Meetings

<b>SMART Recovery Richmond</b>	Non-12-step, science-based. No higher power required. Find meetings at <a href="http://smartrecovery.org/community/meetings">smartrecovery.org/community/meetings</a>
<b>Al-Anon (for families)</b>	For family members and loved ones of people with alcohol problems. <a href="http://al-anon.org">al-anon.org</a> or call 888-425-2666 to find local meetings.
<b>Nar-Anon (for families)</b>	For family members of people with drug problems. <a href="http://nar-anon.org">nar-anon.org</a> to find local meetings.
<b>Celebrate Recovery</b>	Christian-based 12-step program. Multiple church locations in Richmond area. <a href="http://celebraterecovery.com">celebraterecovery.com</a> to find local groups.
<b>Refuge Recovery</b>	Buddhist-influenced, non-theistic recovery program. <a href="http://refugerecovery.org">refugerecovery.org</a> to find meetings.

# Food Pantries — City of Richmond

Official list from the City of Richmond / FeedMore. Updated February 2025.

Most pantries have NO eligibility requirement — you do not need ID or proof of address. Exceptions are noted. Always call ahead — hours change. FeedMore Helpline: 804-237-8617 (Mon-Fri 9am-4pm) · [feedmore.org/store-locator](https://feedmore.org/store-locator)

Name	Address	Phone	Schedule	Notes
<b>A Better Day Than Yesterday</b>	2807 Hull St	(804) 299-1932	3rd Wed 2-4pm	No ID req.
<b>All Nations Harvest Food Pantry</b>	4103 Monument Ave	(804) 471-3713	Every Tue 11am-2pm	No ID req.
<b>Antioch Baptist Church</b>	1384 New Market Rd	(804) 263-2807	2nd & 4th Sat 7-9am	No ID req.
<b>Apostolic Faith Church</b>	3801 Chamberlayne Ave	(804) 329-5600	3rd Sun 12:30-1:30pm	No ID req.
<b>Atlantic Outreach Group</b>	2421 Westwood Ave Ste G	(804) 308-2648	By appointment	No ID req.
<b>Belmont Community Resource</b>	3510 Broad Rock Blvd	(804) 868-8434	Every Fri 9am-12:30pm	English/French/Spanish
<b>Bringing God's Word to Life</b>	4823 Bryce Ln	(804) 232-0491	Fri 3-4pm, Sun 1-3pm	No ID req.
<b>Broad Rock Baptist Church</b>	5106 Walmsley Blvd	(804) 276-2740	Every Wed 12:30-1:30pm	No ID req.
<b>CAPUP North Food Pantry</b>	1021 Oliver Hill Way	(804) 788-0050	Mon-Thu 10am-1pm	No ID req.
<b>Centenary United Methodist</b>	411 E Grace St	(804) 648-8319	Every Fri 10:30am-12pm	No ID req.
<b>Central Baptist Church</b>	1500 Courthouse Rd	(804) 794-8055	Every Sat 8:30-10am	No ID req.
<b>Christ Ascension Episcopal</b>	1704 W Laburnum Ave	(804) 264-9474	2nd & 4th Mon 9-11am	No ID req.
<b>Church of the Holy Comforter</b>	4819 Monument Ave	(804) 938-2931	1st&3rd Tue 5:30-6:30pm + 1st&3rd Sat 11am-12pm	No ID req.
<b>Community Outreach (Bilal Fdn)</b>	400 Chimborazo Blvd	(804) 616-2910	Every Fri 9-10am	Arabic & English
<b>Crusade for Christ Ministries</b>	2337 Clearfield St	(804) 728-8549	Every Tue 10am-12pm	No ID req.
<b>Daily Planet Food</b>	517 W Grace St	(804) 783-6582	Mon-Fri 9am-5pm	No ID req. Emergency bags
<b>Down to Earth Ministries</b>	5405 Lakeside Ave	(804) 250-1514	Every Fri 12-1pm	No ID req.
<b>Ebenezer Baptist Church</b>	216 W Leigh St	(804) 643-3366	2nd-4th Thu 10-11am	No ID req.
<b>Ephesus Community Service</b>	3700 Midlothian Tpke	(804) 306-0557	Every Tue & Wed 10am-1pm	No ID req.

<b>Faith Community Baptist</b>	1903 Cool Ln	(804) 649-7225	Every Tue 9:30am-12pm	No ID req.
<b>First Baptist Church South RVA</b>	1501 Decatur St	(804) 233-7679	1st & 3rd Sat 10am-12pm	English & Spanish
<b>First Union Food Pantry</b>	6144 Derwent Rd	(804) 543-4539	Every Tue 6-7pm	Southside RVA/Chesterfield residents
<b>Fonticello Food Forest</b>	2713 Bainbridge St	(804) 888-2046	Every Wed 12-2pm	English & Spanish
<b>Ginter Park United Methodist</b>	1010 W Laburnum Ave	(804) 262-8651	Every Wed 10am-12pm	English & Spanish
<b>Koinonia Christian Church</b>	3600 McRand St	(804) 231-0092	3rd Sat 12-2pm	No ID req.
<b>La Roca Food Pantry</b>	5601 Bryce Lane	(804) 269-6597	3rd Wednesday	English/Portuguese/Spanish
<b>Lamb's Basket</b>	8419 Oakview Ave	(804) 565-8007	Every Tue & Thu 10am-12pm	Must meet eligibility req.
<b>Liberation Church</b>	5501 Midlothian Tpke	(804) 230-8861	Every Tue & Thu 2-4pm	English & Spanish
<b>Meadowood COG Pantry</b>	325 Azalea Ave	(804) 240-6313	2nd & 4th Thu 4-6pm	No ID req.
<b>Meadowbridge Community Market</b>	3613 Meadowbridge Rd	(804) 404-2346	Every Sat 10am-4pm	English & Spanish
<b>Neighborhood Resource Center</b>	1519 Williamsburg Rd	(804) 864-5797	By appointment	Must meet eligibility req.
<b>New Bridge Baptist Church</b>	5807 Nine Mile Rd	(804) 737-5487	2nd & 4th Wed 11am-12:30pm	No ID req.
<b>New Life Deliverance Tabernacle</b>	900 Decatur St	(804) 233-2730	Wed 1-3pm & Sat 11am-1pm	No ID req.
<b>Northside Outreach Center</b>	3080 Meadowbridge Rd	(804) 321-3182	3rd Sat 9-11am	Must meet eligibility req.
<b>Peter Paul Development Center</b>	1708 N 22nd St	(804) 780-1195	1st & 3rd Wed 8-10am	No ID req.
<b>Redeemer Lutheran Church</b>	9400 Redbridge Rd	(804) 272-7973	Every Thu 3-6pm & Sat 11am-1pm	No ID req.
<b>Restoration Outreach Ministries</b>	4908 Creedmore St	(804) 464-2444	Every Sat 11am-1pm	English & Spanish
<b>Second Baptist Church Pantry</b>	1400 Idlewood Ave	(804) 353-7682	Every Wednesday	No ID req.
<b>Second Presbyterian Soup Kitchen</b>	5 N Fifth St	(804) 649-9148	Every Mon 11am-1pm	English & Spanish
<b>Sherbourne United Methodist</b>	2619 Sherbourne Rd	(804) 275-6321	Every Wed 9-11am	Must meet eligibility req.
<b>Sixth Baptist Community Mission</b>	2204 Idlewood Ave	(804) 912-0966	Thu 11am-2pm & Sat 10-11am	No ID req.
<b>Sixth Mount Zion Baptist</b>	14 W DuVal St	(804) 648-7511	Every Fri 12-1pm	No ID req.
<b>St. Alban's Catholic Church</b>	4006 Hermitage Rd	(804) 262-6100	Every Wed 12-2pm	English & Spanish
<b>St. Augustine Catholic Church</b>	4400 Beulah Rd	(804) 275-7962	Every Sat 9-10am	Must meet eligibility req.

<b>St. Michael's Episcopal / CSFP</b>	2040 McRae Rd	(804) 272-0992	Every Thu 10am-12pm	No ID req.
<b>St. Paul's Catholic Church</b>	909 Rennie Ave	(804) 329-0473	Every Tue 10am-12pm	No ID req.
<b>St. Philip's Episcopal Church</b>	2900 Hanes Ave	(804) 321-1266	2nd & 4th Fri 9-10:30am	No ID req.
<b>St. Stephens Episcopal</b>	6000 Grove Ave	(804) 288-2867	Mondays 1-3pm	English & Spanish
<b>St. Thomas' Episcopal Church</b>	3602 Hawthorne Ave	(804) 321-9548	Thursdays 2-5pm	Arabic/English/Spanish
<b>Tabernacle Baptist Church</b>	1925 Grove Ave	(804) 355-0134	1st & 3rd Sat 8-11am	English & Spanish
<b>Third Street Bethel AME</b>	614 3rd Street	(804) 643-8157	2nd & 4th Sun 12-1pm + Wed 11:30am-1pm	No ID req.
<b>Trinity Baptist Soup Kitchen</b>	2811 Fendall Ave	(804) 321-2427	Mon & Wed 11:30am-12:30pm	No ID req.
<b>Twenty-First Street COG</b>	1601 N 21st Street	(804) 314-0401	3rd & 4th Tue 10am-12pm	English & Spanish
<b>United Nations Church</b>	214 Cowardin Ave	(804) 230-6466	Every Sun 1:30-2:30pm	No ID req.
<b>Waymakers Foundation</b>	7106 Hull Street Rd	(804) 920-0059	Mon-Fri 10am-4pm (seniors/disabled/pregnant: Fri only)	English & Spanish
<b>Weinstein JCC / Elmer Toth Pantry</b>	5403 Monument Ave	(804) 285-6500	Every Sun & Tue 11am-1pm	English & Farsi
<b>Youth With A Mission – Potter's Pantry</b>	4511 Government Rd	(804) 548-4164	By appointment	Must meet eligibility req.

*FeedMore has 50+ additional partner pantries not on this City list. Use their agency locator: [feedmore.org/store-locator](https://feedmore.org/store-locator) or call 804-521-2500 ext 631. Meals on Wheels for homebound seniors: [feedmore.org/meals-on-wheels](https://feedmore.org/meals-on-wheels)*

# Community Fridges — Richmond Area

Free food 24/7. No ID. No questions. Open to everyone.

Community fridges are stocked by volunteers and neighbors. Anyone can take food — no sign-up, no ID, no eligibility check. Hours: 24/7, outdoors, always accessible. Check @rvacommunityfridges on Instagram for what's stocked and any updates. To donate food: anything except raw meat, partially eaten food, or unlabeled/expired items.

<b>Church Hill Community Fridge</b>	2025 Venable St, Richmond 23223	Outside La Chich House of Beauty. Hosted by JJD Heart Foundation near VSU campus.
<b>Oakwood Arts Community Fridge</b>	P Street, Church Hill area	Outside Oakwood Arts building. Stocked by Church Hill community. Check Instagram for status.
<b>Hillside Court Fridge</b>	Hillside Court area (Southside)	Partnered with Groundwork RVA. Stocked regularly.
<b>Matchbox Mutual Aid Fridge</b>	RVA Community Fridges homebase	Check @rvacommunityfridges on Instagram for current address.
<b>4700 Oakleys Lane Fridge</b>	4700 Oakleys Ln, Richmond 23234	Near Chesterfield County border. Serves surrounding communities.
<b>RVA Community Fridges Network</b>	14 locations city-wide	Full map: <a href="https://bit.ly/rvafridges">bit.ly/rvafridges</a> · @rvacommunityfridges on Instagram · <a href="mailto:rvafridgeoutreach@gmail.com">rvafridgeoutreach@gmail.com</a>

The fridge network is growing. The most current and complete list is always at [bit.ly/rvafridges](https://bit.ly/rvafridges) (Google Maps link) or @rvacommunityfridges on Instagram. These fridges are funded entirely by the community. Consider donating food if you have extra.

# GRTC Bus Routes — Richmond

Download the GRTC app for real-time arrivals · [ridegrtc.com](http://ridegrtc.com) · 804-358-4782

GRTC serves Richmond city, Henrico, and parts of Chesterfield. Base fare: \$1.50 per ride. All-day pass: \$3.00. Free transfers within 2 hours. Reduced fare programs available for low-income riders. All buses are wheelchair accessible. Bikes allowed on most routes.

## The Pulse — Bus Rapid Transit (BRT)

<b>Pulse</b>	Willow Lawn ↔ Rocketts Landing via Broad St / Main St downtown	Every 10 min peak, 15 min off-peak, 30 min late night
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## Local Routes

Route	Name	Key Destinations / Corridor
1	Chamberlayne / Downtown	Chamberlayne Ave ↔ Downtown Transfer Station ↔ Midlothian / Chippenham
2	North Ave / Forest Hill	Forest Hill / Chippenham Square ↔ North Ave ↔ Brookland Park
3	Hull Street	Downtown ↔ Hull Street corridor ↔ Chippenham area
4	Midlothian	Downtown ↔ Midlothian Turnpike corridor
5	Nine Mile Road	Downtown ↔ Nine Mile Rd ↔ Oakwood / Eastside
6	Mechanicsville	Downtown ↔ Mechanicsville Turnpike ↔ Northside
7	Brookland Park	Downtown ↔ Brookland Park Blvd ↔ Northside
10	Broad Street	Downtown ↔ West Broad Street ↔ Short Pump area
11	Jefferson Ave	Downtown ↔ Jefferson Ave ↔ Eastside
13	Williamsburg Road	Downtown ↔ Williamsburg Rd ↔ Eastside / Sandston
16	Westover Hills	Downtown ↔ Westover Hills Blvd ↔ Southside
18	Parham Road	Downtown ↔ Parham Road corridor ↔ Henrico
19	West Broad / Gaskins	Downtown ↔ West Broad ↔ Gaskins Road ↔ West End
20	Orbital	Circular route connecting neighborhoods — Southside ↔ Eastside ↔ Northside
50	Broad Street Express	Willow Lawn ↔ VCU / Downtown — express service on Broad St
56	Stony Point	Downtown ↔ Forest Hill ↔ Stony Point Fashion Park
60	Southside	Downtown ↔ South Richmond neighborhoods
61	Bainbridge	Downtown ↔ Bainbridge Street ↔ Manchester area
64	Forest Hill	Downtown ↔ Forest Hill Ave ↔ Bon Air
70	Quioccasin	Downtown ↔ Quioccasin Road ↔ West End / Henrico
71	Staples Mill	Downtown ↔ Staples Mill Road ↔ West End
75	Westmoreland	Downtown ↔ Westmoreland Street ↔ West End
76	Patterson Ave	Downtown ↔ Patterson Ave ↔ West End
77	River Road	Downtown ↔ River Road corridor ↔ West End

<b>78</b>	<b>Huguenot</b>	Downtown ↔ Huguenot Road ↔ Southside
<b>79</b>	<b>Three Chopt</b>	Downtown ↔ Three Chopt Road ↔ West End
<b>82</b>	<b>Airport</b>	Downtown ↔ Richmond International Airport (RIC)
<b>84</b>	<b>Laburnum</b>	Downtown ↔ Laburnum Ave ↔ Northside
<b>87</b>	<b>Hanover</b>	Downtown ↔ Hanover Ave ↔ Museum District
<b>91</b>	<b>Broad Rock</b>	Downtown ↔ Broad Rock Blvd ↔ Southside
<b>92</b>	<b>Chippenham</b>	Downtown ↔ Chippenham Pkwy corridor

**Express Routes (Weekday peak only)**

Route	Name	Key Destinations / Corridor
<b>EXPO</b>	<b>Southside Express</b>	Hull Street Park-N-Ride ↔ Downtown — fast commuter service, weekday peak only
<b>EXP1</b>	<b>Gaskins Express</b>	Gaskins Park-N-Ride ↔ Downtown — fast commuter service, weekday peak only
<b>EXP2</b>	<b>Chippenham Express</b>	Chippenham area ↔ Downtown — weekday peak only
<b>EXP3</b>	<b>Fredericksburg/Petersburg</b>	Express connections to Petersburg Area Transit (PAT)

*Routes and schedules change. Always check [ridegrtc.com](http://ridegrtc.com) or the GRTC app for current times. The GRTC app (free) shows real-time bus locations. Google Maps transit mode also works. Call 804-358-4782 for trip planning help. Reduced fare: apply at GRTC offices, 301 E Belt Blvd, Mon-Fri 8am-5pm.*

# Life Skills Self-Assessment

Be honest with yourself. There are no wrong answers — only information.

How to use this page: Rate yourself on each skill honestly. "Got it" = you can do this without help. "Working on it" = you've tried but still learning. "Need help" = you don't know how yet — and that's okay, that's what this is for. The goal is to know where you are so you can figure out where to go.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Reviewed with: \_\_\_\_\_

Skill	✓ Got it	Working on it	Need help	Notes / Goal
<b>HOME &amp; CLEANING</b>				
Clean a toilet properly (under the rim, seat, base)	■	■	■	
Mop a floor without leaving streaks	■	■	■	
Clean a bathroom top to bottom	■	■	■	
Get a stain out of fabric (blot, don't rub)	■	■	■	
Clean up broken glass safely	■	■	■	
Empty the dryer lint trap after every load	■	■	■	
Change an AC/furnace filter	■	■	■	
Handle mold — clean it or report it	■	■	■	
Know where the circuit breaker is and reset a tripped breaker	■	■	■	
Locate the main water shutoff	■	■	■	
Fix a running toilet (flapper or fill valve)	■	■	■	
Prevent frozen pipes in cold weather	■	■	■	
Know what to do in a power outage	■	■	■	
<b>LAUNDRY &amp; CLOTHING</b>				
Sort laundry correctly (darks, lights, reds separate)	■	■	■	
Read laundry care tags	■	■	■	
Fold a fitted sheet	■	■	■	
Remove wrinkles without an iron (shower steam, spritz method)	■	■	■	
Sew a button back on	■	■	■	
Care for shoes (clean, condition, don't put in dishwasher)	■	■	■	

## COOKING & FOOD

Cook rice without a rice cooker	■	■	■	
Cook pasta (salted boiling water, package directions)	■	■	■	
Cook eggs at least two ways	■	■	■	
Follow a basic recipe	■	■	■	
Know when food has gone bad	■	■	■	
Store leftovers safely (3-4 days max for meat)	■	■	■	
Read a nutrition label (serving size, ingredients)	■	■	■	
Meal prep — cook once, eat multiple days	■	■	■	
Kitchen fire safety — lid on pan, NEVER water on grease fire	■	■	■	
Use a fire extinguisher (PASS method)	■	■	■	

## CAR & ROADSIDE

Check oil level with the dipstick	■	■	■	
Check and add wiper fluid	■	■	■	
Check tire pressure and add air	■	■	■	
Check tire tread (penny test)	■	■	■	
Change a flat tire	■	■	■	
Jump start a car (red/red, black/black, black to metal)	■	■	■	
Change wiper blades	■	■	■	
Know what warning lights mean (oil, temp, battery)	■	■	■	
What to do when pulled over (hands visible, stay calm)	■	■	■	
What to do in a car accident (stop, exchange info, document)	■	■	■	

HOME SAFETY & FIRST AID				
Know where smoke and CO detectors are — and test them	■	■	■	
Clean and bandage a wound	■	■	■	
CPR basics (30 compressions, 2 breaths, hands-only is OK)	■	■	■	
Heimlich maneuver basics	■	■	■	
Know your nearest urgent care and ER	■	■	■	
Dispose of medications safely (not down the drain)	■	■	■	
MONEY & DOCUMENTS				
Read a pay stub (gross vs. net, check hours and rate)	■	■	■	
Write a check	■	■	■	
Set up direct deposit	■	■	■	
Know your credit score and what affects it	■	■	■	
Create a monthly budget	■	■	■	
File taxes or know where to get free help	■	■	■	
Keep financial records organized	■	■	■	
Address an envelope and mail a letter	■	■	■	
Scan and send a document using your phone	■	■	■	
Recognize a scam (IRS/bank calls, gift card requests)	■	■	■	
DIGITAL SAFETY				
Use a password manager	■	■	■	
Set up two-factor authentication on important accounts	■	■	■	
Recognize smishing (scam texts) and vishing (scam calls)	■	■	■	
Know your privacy settings on social media	■	■	■	
Back up your photos (Google Photos or similar)	■	■	■	
Manage and cancel subscriptions	■	■	■	

**PEOPLE & PROFESSIONAL SKILLS**

Write a professional email (subject, greeting, clear ask, sign-off)	■	■	■	
Make a phone call to a stranger (prepare beforehand, be specific)	■	■	■	
Write a thank you note within 48 hours	■	■	■	
Interacting with law enforcement (calm, hands visible, rights)	■	■	■	
Deal with customer service and government agencies effectively	■	■	■	
Small talk — ask questions, be interested, give open-ended answers	■	■	■	
Deliver a genuine apology (own it, don't explain it away)	■	■	■	
Say no clearly without over-explaining	■	■	■	
Give constructive feedback without attacking the person	■	■	■	
Tipping etiquette (sit-down 15-20%, takeout 10%, delivery \$3-5+)	■	■	■	

**NAVIGATION & INDEPENDENCE**

Read a physical map / navigate without GPS	■	■	■	
Use public transit (read a schedule, plan a trip)	■	■	■	
Make and keep medical/dental appointments	■	■	■	
Know how to use a library (free internet, notary, legal databases)	■	■	■	
Know your voting rights and how to register	■	■	■	

**Skills I'm proud of:** \_\_\_\_\_

**3 skills I want to work on first:** \_\_\_\_\_

# Supply Checklists

Check off what you have. Circle what you still need. Most of this is available at thrift stores or dollar stores.

You don't need everything at once. Start with the basics in each category — what you need to be clean, fed, clothed, and functional. Everything else can come over time. Thrift stores: Goodwill, Salvation Army, CARITAS. Dollar stores for hygiene basics. Ask your program, church, or case manager — many have donation closets.

## Pantry & Food Staples

**FOOD PANTRIES ARE NOT A ONE-TIME THING.** Most let you come back every week or two. Use them consistently — that's what they're there for. There is no shame in it. You are not mooching. You are using a resource that exists for exactly this. Bonus: Many pantries accept volunteers. Volunteering gets you out of your head, builds community connections and relationships, can get you a letter of support for court, and lets you give back instead of just receive. Ask the pantry coordinator about volunteering. Practical tip: Dollar stores, Aldi, and Lidl are cheapest for what the pantry doesn't have. Many pantries let you choose your items — ask for staples (rice, beans, oil) not just canned goods.

- Rice (at least 2 lbs)
  - Pasta (a few boxes)
  - Canned beans (black, kidney, pinto)
  - Canned tomatoes / tomato sauce
  - Canned tuna or chicken
  - Canned vegetables (corn, green beans, peas)
  - Canned soup or broth
  - Peanut butter
  - Jelly / jam
  - Bread (or flour + yeast)
  - Oatmeal
  - Cereal
  - Crackers
  - Cooking oil (vegetable or olive)
  - Butter or margarine
  - Eggs
  - Milk (or shelf-stable alternative)
  - Onions and garlic
  - Potatoes or sweet potatoes
  - Bananas or other fruit
  - Salt
  - Pepper
  - Sugar
  - Coffee or tea
  - Soy sauce or hot sauce
  - Vinegar (white or apple cider)
  - Baking soda + baking powder
  - Flour (all-purpose)
  - Dish soap
  - Paper towels
- Basic kitchen tools:**
- One large pot
  - One frying pan (cast iron lasts forever)
  - One baking dish or sheet pan
  - Wooden spoon or silicone spatula
  - Knife (1 good chef's knife — hand wash only)
  - Cutting board
  - Can opener
  - Measuring cups and spoons
  - Colander / strainer
  - Mixing bowl
  - Plates, bowls, cups (2 sets minimum)
  - Fork, spoon, knife (2 sets minimum)
  - Tupperware / food storage containers
  - Aluminum foil
  - Plastic wrap or zip-lock bags
  - Dish drying rack or towel

## Hygiene Essentials

*Dollar stores have most of this. Community programs and shelters often give these away free. Ask your case manager or call 2-1-1 if you need hygiene items and can't afford them.*

- Toothbrush
- Toothpaste
- Dental floss
- Mouthwash
- Shampoo (for your hair type)
- Conditioner (if needed)
- Body wash or bar soap
- Face wash
- Facial moisturizer / lotion
- Body lotion
- Deodorant / antiperspirant
- Razor + shaving cream (if applicable)
- Feminine hygiene products (if applicable)
- Washcloth or loofah
- Bath towel (your own — not shared)
- Hand towel
- Nail clippers
- Hairbrush or comb
- Hair ties / accessories (if applicable)
- Makeup basics (if applicable)
- Sunscreen (SPF 30+)
- First aid kit basics: bandages, antibiotic ointment
- Pain reliever (ibuprofen or acetaminophen)
- Antacids / stomach relief
- Cold medicine basics
- Prescription medications (current and filled)

# Clothing Checklist

*You don't need a full wardrobe. You need enough to be clean, appropriate for different situations, and protected from the weather. Thrift stores first — Goodwill, Salvation Army, CARITAS.*

## The Basics — Everyone Needs These

- Underwear — at least 7 pairs
- Socks — at least 7 pairs (include thick socks for winter)
- Bras — at least 3 (if applicable)
- Short sleeve t-shirts — 3-5
- Long sleeve shirts — 2-3
- Pants / jeans — 2-3 pairs
- Shorts — 1-2 pairs
- Pajamas / sleepwear
- Sweatshirt or hoodie
- Light jacket or cardigan
- Winter coat (warm enough for VA winters)
- Hat (cold weather)
- Gloves (cold weather)
- Everyday shoes (comfortable, sturdy)
- Dress shoes or clean sneakers (interviews, court)
- Sandals or flip-flops (optional but useful)
- Belt
- Backpack or daily carry bag
- Wallet
- Umbrella or rain jacket

## Work / Interview Ready

- 1 nice outfit suitable for job interviews
- Button-down or collared shirt
- Dress pants or neat jeans (no holes)
- Clean, professional-looking shoes
- Belt that matches shoes
- 1 tie (men — can find at thrift store for \$1)
- Clothes free from stains, tears, or strong odors
- Iron or steamer access (or shower steam trick)

## Clothing Care Supplies

- Laundry detergent
- Fabric softener or dryer sheets
- Stain remover spray or stick
- Laundry hamper
- Hangers (a few — prevents wrinkles)
- Small sewing kit (needle, thread, safety pins)
- Lint roller
- Shoe brush or cleaner

## Home Necessities

*These are the things that make a space livable rather than just a place to sleep. Priority order: bedding → bathroom basics → cleaning supplies → kitchen → comfort.*

### Bedroom / Sleep:

- Fitted sheet
- Flat sheet
- Pillowcase(s)
- Pillow
- Blanket
- Extra blanket for winter

**Bathroom:**

- Bathmat — goes OUTSIDE the tub/shower (prevents slipping)
- Tub mat — inside the tub/shower (also prevents slipping)
- Shower curtain
- Shower curtain liner (the plastic one — prevents mold and leaks)
- Shower curtain rings / hooks
- Tension rod (if not installed)
- Toilet paper (always keep a backup roll)
- Hand soap

**Cleaning supplies:**

- All-purpose spray cleaner
- Bathroom disinfectant spray
- Dish soap
- Sponge or dish scrubber
- Paper towels
- Trash bags (get the right size for your bins)
- Broom and dustpan
- Mop or Swiffer + replacement pads

**Comfort & livability:**

- Phone charger cord (keep a spare)
- Phone charging block / wall adapter
- Power strip with surge protector
- Extension cord
- Flashlight + batteries
- Scissors
- Tape (painter's, masking, or packing)
- Basic toolkit: hammer, screwdrivers, tape measure
- Extra lightbulbs

- Alarm clock or phone charger by bed
- Lamp (overhead light is harsh — a lamp is better for mood)
- Warm-tone lightbulb
- Nightstand or surface near bed
- Somewhere to put your clothes (hook, chair, small dresser)

- Toilet brush and holder
- Bathroom disinfectant spray
- Mold/mildew cleaner or bleach spray
- Toilet bowl cleaner
- Plunger (every home needs one — get it before you need it)
- Air freshener
- Mirror (if not built in)
- Small trash can with liner bags

- Vacuum or carpet sweeper
- Laundry detergent
- Stain remover spray
- Disinfecting wipes
- Rubber / latex gloves
- Microfiber cloths or rags
- Small trash cans (kitchen AND bathroom minimum)
- Toilet bowl brush + holder

- Smoke detector (test monthly)
- Carbon monoxide detector
- First aid kit
- Something on the walls (poster, photo, art — makes it feel like home)
- A plant (optional but helps mental health)
- A few books, a puzzle, or something to do at home
- Journal or notebook

**Notes / What I Still Need**

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# LGBTQ+ Resources — Richmond Area

You deserve support from people who get it. These organizations are affirming, knowledgeable, and specifically here for LGBTQ+ people in Richmond.

*IDs & Documents note: Virginia State ID, Driver's License, and U.S. Passport all allow you to select M, F, or X as your gender marker — no supporting documentation required in Virginia. Name change in Virginia: \$41, one-page form from your circuit court clerk. For trans-specific ID guidance: [tapvirginia.org](http://tapvirginia.org) (Transgender Assistance Program of Virginia).*

## Community, Advocacy & Space

Organization	Address	Phone / Website	Hours	What They Offer
<b>Diversity Richmond</b>	1407 Sherwood Ave, Richmond 23220	<b>804-353-8077   <a href="http://diversityrichmond.org">diversityrichmond.org</a></b>	M-F 9am-5pm	The LGBTQ+ community center for RVA. Clothing voucher program, financial stabilizer, community resource guide, grants for LGBTQ+ orgs, event space, workshops. First stop for most needs.
<b>Diversity Thrift</b>	1407 Sherwood Ave, Richmond 23220	<b>804-353-8077</b>	M-Sa 10am-7pm, Su 12-5pm	Thrift store that funds Diversity Richmond's LGBTQ+ grant programs. Affordable clothing, furniture, household items. Great resource for stocking your space.
<b>OutRVA</b>	<a href="http://outrva.com">outrva.com</a>	<b><a href="http://outrva.com">outrva.com</a></b>	Online resource hub	Richmond's LGBTQ+ community directory — events, resources, businesses, and organizations. Good starting point if you're new to the community or the city.
<b>Equality Virginia</b>	422 E Franklin St, Richmond 23219	<b>804-643-4816   <a href="http://equalityva.org">equalityva.org</a></b>	M-F 9am-5pm	Statewide LGBTQ+ advocacy and education organization. Legal rights resources, policy updates, community events including annual Equality Gala.
<b>Richmond LGBTQ Chamber of Commerce</b>	Richmond area	<b><a href="http://rlgbtcc.com">rlgbtcc.com</a></b>	See website	Connects LGBTQ+-owned businesses and supportive employers. Good for job searching — member businesses are explicitly affirming employers.

## Youth & Young Adults (Ages 11–25)

Organization	Address	Phone / Website	Hours	What They Offer
<b>Side By Side (formerly ROSMY)</b>	2311 Westwood Ave, Richmond 23230	<b>804-353-4428  </b> <b>sidebysideva.org</b>	M-Th 10am-8:30pm	Richmond's primary LGBTQ+ youth organization. Weekly support groups (Thursdays 6:30-8pm for ages 14-20), drop-in center, library, meals, housing support for LGBTQ+ young adults 18-25 experiencing homelessness. Free to attend.
<b>Side By Side — Housing Support</b>	2311 Westwood Ave, Richmond 23230	<b>804-353-4428  </b> <b>sidebysideva.org</b>	Call for intake	Specific programs for LGBTQ+ young adults ages 18-25 experiencing homelessness or housing instability. Connect with a case manager for support.

## Health & Mental Health

Organization	Address	Phone / Website	Hours	What They Offer
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<b>Health Brigade</b>	7 N Thompson St, Richmond 23221	<b>804-358-6343   healthbrigade.org</b>	Call ahead (facing funding cuts)	Free/low-cost medical, mental health, HIV/STI testing. Explicitly LGBTQ+-affirming since 1970. Substance use support. Serves uninsured/low-income. <b>IMPORTANT:</b> facing funding cuts — call ahead to confirm services.
<b>Nationz Foundation</b>	Richmond area	<b>nationzfoundation.org</b>	Call for hours	HIV prevention and holistic wellness services with a specific focus on LGBTQ+ people. Testing, linkage to care, case management.
<b>Daily Planet Health Services</b>	517 W Grace St, Richmond 23220	<b>804-783-6582   dailyplanetva.org</b>	M-F call ahead	Affirming healthcare for anyone regardless of housing or insurance. Primary care, mental health, substance use treatment, harm reduction. No judgment.
<b>RBHA — Mental Health &amp; SUD</b>	501 N 9th St, Richmond 23219	<b>804-819-4000   rbha.org</b>	M-F 8am-5pm, 24/7 crisis	City of Richmond's public behavioral health authority. Mental health and substance use services. Ask specifically for an LGBTQ+-affirming provider when you call — they have them.
<b>He She Ze &amp; We (HSZ&amp;W;)</b>	heshezewe.org	<b>heshezewe.org</b>	See website	LGBTQ+ affirming mental health directory for the Richmond area. Helps you find therapists and providers who are specifically trained and affirming.
<b>James River Transgender Society</b>	1407 Sherwood Ave (Gay Community Center)	<b>jrtsgender.org</b>	1st Friday of month, 7pm	Monthly support group for transgender and gender-variant people. Mentoring, resources, and community for anyone undertaking gender transition.
<b>TAP Virginia (Trans Assistance Program)</b>	tapvirginia.org	<b>tapvirginia.org</b>	Online resource	Statewide transgender resource and referral directory. ID change guidance, affirming provider list, legal resources. Start here for trans-specific needs.

## Legal, Rights & Safety

Organization	Address	Phone / Website	Hours	What They Offer
<b>Equality Virginia — Legal Resources</b>	422 E Franklin St, Richmond 23219	<b>804-643-4816   <a href="http://equalityva.org">equalityva.org</a></b>	M-F 9am-5pm	Know-your-rights resources for LGBTQ+ Virginians. Updates on state and federal law changes affecting trans rights, employment, housing.
<b>ACLU of Virginia</b>	701 E Franklin St, Richmond 23219	<b>804-644-8080   <a href="http://acluva.org">acluva.org</a></b>	M-F 9am-5pm	Civil rights legal representation. LGBTQ+ discrimination cases, housing, employment, and public accommodation rights. Legal intake on website.
<b>CVLAS — Free Legal Aid</b>	700 E Franklin St #600, Richmond 23219	<b>800-868-1012   <a href="http://cvlas.org">cvlas.org</a></b>	M-F 9am-5pm	Free civil legal help for low-income people. Name change petitions, housing discrimination, benefits — and they are LGBTQ+ affirming.
<b>Virginia Anti-Violence Project (VAVP)</b>	Richmond area	<b><a href="http://vavp.org">vavp.org</a></b>	See website	Support for LGBTQ+ survivors of intimate partner violence, sexual assault, stalking, and hate crimes. Advocacy, counseling, safety planning. Confidential.
<b>Transgender Law Center</b>	National (serves VA)	<b><a href="http://transgenderlawcenter.org">transgenderlawcenter.org</a></b>	Online / phone	National legal organization. Free legal help for trans people facing discrimination, ID issues, healthcare denial, and other legal challenges.

## LGBTQ+-Affirming Housing & Recovery Housing

Organization	Address	Phone / Website	Hours	What They Offer
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<b>Side By Side — Housing Support</b>	2311 Westwood Ave, Richmond 23220	<b>804-353-4428   <a href="http://sidebysideva.org">sidebysideva.org</a></b>	Call for intake	For LGBTQ+ young adults 18-25 experiencing homelessness or housing instability. Case management and housing support specifically for this population.
<b>Diversity Richmond — Financial Stabilizer</b>	1407 Sherwood Ave, Richmond 23220	<b>804-353-8077   <a href="http://diversityrichmond.org">diversityrichmond.org</a></b>	M-F 9am-5pm	Emergency financial assistance and stabilization support for LGBTQ+ people facing housing instability, utility shutoffs, and related crises.
<b>HER House (Fredericksburg — LGBTQ+ affirming recovery)</b>	419 Bunker Hill St, Fredericksburg VA 22401	<b>571-601-0161</b>	Call for intake	VARR-certified recovery residence serving Women, LGBTQIA+, and Veterans. Closest LGBTQ+-specific certified recovery housing to Richmond.
<b>Atlantic Outreach Group</b>	Multiple locations, Richmond	<b>804-308-2648</b>	Call for availability	VARR-certified recovery residences in Richmond serving men and women. Ask specifically about LGBTQ+-affirming placement when you call.
<b>FindHelp.org — LGBTQ+ filter</b>	<a href="http://findhelp.org">findhelp.org</a>	<b><a href="http://findhelp.org">findhelp.org</a></b>	Online 24/7	Search for LGBTQ+-specific housing, food, health, and social services by zip code. Use the filter for LGBTQ+ to find affirming providers near you.

## Community & Connection

<b>Babe's of Carytown</b>	2900 W Carytown Blvd	LGBTQ+-owned bar and community space. Home of the Rainbow Miles Run Club (Thu evenings) and 'Queers, Crackpots & Fallen' AA meeting on Mondays. A real community hub.
<b>Little Queer Library RVA</b>	Brook Road (inside Autonomy Salon)	Free lending library of LGBTQ+ books, free period products, community info. Check their Instagram for current events and mutual aid.
<b>GayRVA.com</b>	<a href="http://gayrva.com">gayrva.com</a>	Richmond's LGBTQ+ news, events, and community information site. Good for finding what's happening and staying connected.
<b>Stonewall Sports RVA</b>	<a href="http://stonewallsports.org">stonewallsports.org</a>	LGBTQ+ and ally sports leagues — volleyball, kickball, bocce, bowling. Community-focused, beginner-friendly. Great way to meet people.
<b>VA Pride / VA PrideFest</b>	<a href="http://vapride.org">vapride.org</a>	Annual statewide Pride festival at Midtown Green. Free and family-friendly. Multiple events throughout the year across Virginia.

<b>Richmond Triangle Players</b>	1300 Altamont Ave, Richmond 23230	The only LGBTQ+-focused theater in the mid-Atlantic. Productions, community events, and a welcoming space for the queer arts community.
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**National Crisis Lines & Support — LGBTQ+ Specific**

<b>Trevor Project Lifeline</b>	<b>1-866-488-7386   <a href="http://thetrevorproject.org">thetrevorproject.org</a></b>	24/7	Crisis intervention and suicide prevention for LGBTQ+ youth. Also: TrevorText — text START to 678-678. TrevorChat online.
<b>Trans Lifeline</b>	<b>877-565-8860   <a href="http://translifeline.org">translifeline.org</a></b>	24/7	Peer support hotline run by and for trans people. Operators have lived experience. Not just crisis — also for everyday support.
<b>988 Suicide &amp; Crisis Lifeline</b>	<b>Call or text 988</b>	24/7	National crisis line. Ask to be connected with an LGBTQ+-affirming counselor when you call — the option exists.
<b>GLBT National Help Center</b>	<b>1-888-843-4564   <a href="http://glbthotline.org">glbthotline.org</a></b>	M-F 1-9pm ET, Sa 9am-2pm ET	Peer counseling, information, and local resources for LGBTQ+ people of all ages. Not a crisis line — for everyday support and questions.
<b>Crisis Text Line</b>	<b>Text START to 678-678</b>	24/7	Text-based support. The Trevor Project's TrevorText line specifically for LGBTQ+ youth.

*You are not alone and this community has been through a lot right now. The resources on this page are explicitly here for you. If something on this list has changed or if you know of a resource we missed, let us know at [karnagecommunications@gmail.com](mailto:karnagecommunications@gmail.com).*