

CENTER INFORMATION

- [NASA Shutdown Information](#)
- [NASA Employee Assistance Program \(EAP\) Services](#)

NASA's Employee Assistance Program (EAP) provides confidential, short-term, counseling assistance and referrals for employees.

NASA EAP SERVICES Employee EAP support is available in-person, virtually (e.g., Teams), and by telephone. Regardless of the method, counseling sessions and conversations are confidential. EAP records are maintained confidentially and separately from employee personnel and/or employee medical records.

UNEMPLOYMENT BENEFITS CLAIMS

- [VA EMPLOYMENT COMMISSION \(VEC\)](#)
 - Please go to the following website for information on applying to receive unemployment benefits: [Message for Furloughed Federal Workers - October 1, 2025](#)
 - Other helpful websites:
 - [VEC Unemployment Home](#)
 - [VEC Benefits Roadmap](#)
 - [VEC Furlough one-pager](#)
 - [Apply for Unemployment Benefits](#)

SOUTHEAST VA FURLOUGH RESOURCES

Note: No Official NASA endorsement of non-Federal organizations or programs is intended or implied.

- **Food, Utility, and Emergency Assistance**
 - [THRIVE Peninsula](#)

What it does: A nonprofit that helps with emergency needs — including rent, utility bills, childcare, transportation, and food for households under stress.

Why it's useful for furloughed workers: If your pay is suddenly cut, this facility can help you bridge the gap for critical fixed expenses while you sort out new employment or benefits.

Tip: Contact them early, explain your furlough status (and how long you expect it), ask about documentation needed (ID, past pay stubs, etc). Keep receipts and notes of your pay/status change.

Current food and financial support:
https://www.thrivepeninsula.org/_files/ugd/ab9804_9cf74dfe538f4f879d7fd207a3ef737b.pdf
- **Food Bank / Pantry Network**
 - [Virginia Peninsula Foodbank](#)

What it does: Provides food support via partner agencies for individuals and families in the region (including Newport News, Hampton, Williamsburg etc).

Why it's useful: When income is disrupted, food is often one of the first budget items to strain. Using the foodbank reduces that burden so you can focus resources on housing/utilities.

Tip: Call ahead to confirm eligibility and hours. Ask if they have additional services (like delivery or mobile distributions) if transport is a concern.

- **Statewide Support for Benefits & Assistance**

- [Virginia Employment Commission & 211 Virginia](#)

[211 Virginia](#) is a free 24/7 hotline that connects you with housing, food, utility, health, and other community resources.

Why useful: A furloughed worker may qualify for unemployment/partial benefits; also you'll likely need to plug into state-assisted programs (food stamps, energy assistance).

Tip: File your unemployment claim *as soon as* you know hours are cut or you're off work. Use 211 to ask about local utility-assistance programs, especially if your employer expects to resume, but you have an interim gap.

- [MyFedBenefits](#)

D.C. focused, but the financial institution information is general.

- **Outside Employment –**

- **Note: *Federal ethics requirements for employees, including outside employment restrictions, remain in force during a Shutdown Furlough.*** See [NASA's Ethics Program - NASA](#)

- [State Unemployment Offices](#)

- [Virginia Career Works – Hampton Center](#)

What it does: Offers job-seeker services under Hampton Roads Workforce Council: basic job search tools (computers, internet, job boards), individualized counseling, and training/skills development.

Why it's useful for furloughed workers: If you're temporarily out of pay (or about to be), this center can help you update your resume, explore new job options, or shift to a related field (especially helpful if your prior work was government-contract or unstable).

Tip: Phone ahead, ask about "intensive services" or training-eligibility, and bring your work history/skills list when you go.

THINGS TO CHECK/REMEMBER

- What county/municipality you are employed under (state vs. local vs. federal) — different rules may apply.
- If you're a contractor (vs. direct government employee) your benefits may differ.
- Local businesses, nonprofit organizations, and community foundations may offer emergency assistance:
 - Utilities
 - Food

- Rent
- Short-term rent
- Childcare
- Subscriptions
- Financial institutions
- Benefits, ex. Thrift Savings Plans
- Keep documentation: pay stubs, employer notices of furlough, HR notifications, etc. These help with unemployment claims and potential future benefits.

PRACTICAL NEXT STEPS:

1. **Document your change in status:** Keep notices about furlough or reduced hours, pay stubs, etc.
2. **Reference NASA Guidance:** Shutdown [Unemployment Compensation](#) Information
3. **Be aware of unemployment benefits/support program options:** Use the [VEC site](#) or phone to start claim, [Food stamps \(SNAP benefits\)](#), utility assistance, rent/housing help.
4. **Use job/skills support resources:** Consider this time to explore training options to expand your skills/expertise.

General Resources Contacts — Southeast Virginia

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Resource Name	Short Description	Address	Phone Number
THRIVE Peninsula	Emergency financial help (rent, utilities, childcare, food “market”) for households with reduced income.	12749 Nettles Dr, Newport News VA 23606	(757) 877-6211
Hampton Roads Community Action Program (HRCAP)	Rent & utility aid for households in financial hardship (esp. with children).	392 Maple Ave, Newport News VA 23607	(757) 247-0379
Virginia Employment Commission (VEC)	Unemployment insurance and furlough claim support for federal/state workers.	600 Butler Farm Rd, Hampton VA 23666 (local office)	(866) 832-2363
Virginia Career Works – Hampton Center	Career counseling, job search, resume help, and training programs.	600 Butler Farm Rd, Hampton VA 23666	(757) 766-4900
Catholic Charities of Eastern Virginia (CCEVA)	Rent, mortgage, and utility assistance; financial coaching; case management.	12829 Jefferson Ave #101, Newport News VA 23608	(757) 875-0060
LINK of Hampton Roads, Inc.	Food pantry, housing crisis hotline, and emergency support services.	10413 Warwick Blvd, Newport News VA 23601	(757) 595-1953
The Salvation Army – Virginia Peninsula Command	Emergency assistance with food, utilities, and housing.	1033 Big Bethel Rd, Hampton VA 23666	(757) 838-4875

Resource Name	Short Description	Address	Phone Number
Newport News Department of Human Services (DSS)	SNAP, Medicaid, TANF, and energy assistance benefits.	6060 Jefferson Ave, Newport News VA 23605	(757) 926-6300
Dollar Energy Fund – Virginia Utility Assistance	Grants to prevent shut-offs for eligible customers of participating utility companies.	Statewide (apply via local utility)	(800) 683-7036
Virginia Peninsula Foodbank	Regional food assistance through pantry network and mobile distributions.	2401 Aluminum Ave, Hampton VA 23661	(757) 596-7188
211 Virginia Hotline	24/7 statewide referral line connecting you to local food, housing, and health services.	Statewide	Dial 2-1-1