

# Find Resources for You

Explore helpful resources including articles, books and guides, links, and videos.



## Disability Resources

## Disability Resources

- [Advocacy](#)
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## Senior Resources

## Senior Resources

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## Veterans Resources

## Veterans Resources

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My Life, My Community

My Life, My Community is an online tool that helps people with developmental disabilities (DD) and their families answer basic questions about services and supports.

[Learn More](#)

## Recent VirginiaNavigator Articles

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Article

### [SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature](#)

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

Source

[Virginia Department of Social Services](#)

Article

### [File for free with IRS Free File](#)

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax

preparation software.

Source

[Internal Revenue Service](#)

Article

## **Virginia Breeze Bus Lines Achieves Record-Breaking Ridership, Connecting More Virginians in 2024**

Virginia Breeze Bus Lines, operated by the Virginia Department of Rail and Public Transportation (DRPT), reached a milestone in 2024 by transporting nearly 65,000 passengers.

Source

[Virginia Department of Rail and Public Transportation](#)

Article

## **How to Age Successfully with Spinal Cord Injury**

Learn what to expect when aging with a Spinal Cord Injury (SCI) and learn important strategies and steps to help you stay healthy and active.

Source

[Model Systems Knowledge Translation Center \(MSKTC\)](#)

Article

## **The Arc ~ Digital Literacy Creates Opportunities**

Check out the Arc's free digital skills training for people with intellectual and developmental disabilities.

Source

[The Arc of the United States](#)

Article

## [Partners in Policymaking and Youth Leadership Academy Training Programs](#)

Are you looking for a chance to grow in the new year? The VBPD is now recruiting for Partners in Policymaking (PIP) and Youth Leadership Academy (YLA)!

Source

[Virginia Board for People with Disabilities](#)

## **Sign Up for E-News**

Stay informed through our e-newsletters – timely and relevant information delivered right to your inbox.

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## **Community Calendar**

[Find events near you](#)



Feb  
25

## **Brain Injury Association of Virginia ~ Virtual Support Group**

6:00 - 7:00pm  
Statewide  
Feb  
25

## **Families Anonymous**

6:45 - 8:00pm  
Charlottesville Area  
Feb  
26

## **Memory Cafe ~ Williamsburg**

1:30 - 3:00pm  
Peninsula  
Feb  
26

## **Stroke Support Group**

5:30 - 6:30pm  
Charlottesville Area  
[View PDF](#)