General Resources for Students and College Graduates

**Good places to volunteer for medical students**

Fan free clinic, daily planet, cross over ministries, VCU health

**Scholarships links**

[Free-4-u](https://www.free-4u.com/), Student scholarship search, [Raise.me](https://www.raise.me/), [Tutionfundingsources.com](https://www.tuitionfundingsources.com/)

**Millennials publications**

[Her Campus](https://www.hercampus.com/), Levo League, [Daily Muse](https://www.themuse.com/advice). [Career Contessa](https://www.careercontessa.com/), [Millennial Magazine](https://millennialmagazine.com/)

**Community college scholarships**

Reynolds has scholarships.

**Good places to look for internships**

[Internships](https://www.internships.com/)

[InternMatch](https://internmatch.io/)

[InternQueen](https://www.internqueen.com/)

Internship with the counties

Do an indeed search with quotes for internship

[College to Congress](https://www.collegetocongress.org/)

**Programs for college graduates**: Peace Corp, Service Corps, Teach for America, Venture for America, Service Year, AmeriCorps, Stanley McChrystal Program, Service Year Alliance, city year, vital voices global program

Career advice or career sites: [Emily Benson networking guide](https://static1.squarespace.com/static/5b33d62245776e43fb404613/t/5b953889352f531880d94d57/1536505994023/The+Rising+Career+Academy+Networking+Guide.pdf)

**Resources for teens:** [Metro Teens RVA Facebook Group](https://www.facebook.com/metrorvateens/), [Victorious Generation Youth Center](https://www.facebook.com/pages/Victorious-Generation-Youth-Center/564394403727148), [Northside Youth Center](https://www.bgcmr.org/northside-richmond), [RVA future centers (Facebook)](https://www.facebook.com/RVAfuture/)

<https://henricolibrary.org/research-learning/online-research>

[Hedgehog Project](https://hedgehogproject.com/)

[jabord.com](https://www.jabord.com/home)

5 great books to read before a long awaited return to work:

* [The New Rules of Work](https://www.amazon.com/New-Rules-Work-Playbook-Navigating/dp/0451495675)
* [Strategic Volunteering](https://www.amazon.com/Strategic-Volunteering-ingredients-transform-career/dp/1453750231)
* [Catchafire](https://www.catchafire.org/)
* [Moms on Call](https://momsoncall.com/)
* [Taproot Foundation](https://taprootfoundation.org/)

[JMU Career Guide](https://www.jmu.edu/cap/careerguide/index.shtml)

<https://www.henricolibrary.org/online-services/research-databases>

Facebook Groups

* [Boss Babes RVA](https://www.facebook.com/groups/1489050351342700/)
* [#GirlBosses](https://www.facebook.com/groups/334367130326049/) (Richmond Biz sense)
* [Entrepreneurial Women RVA](https://www.facebook.com/groups/entrepreneurialwomenRVA/)
* [Global Girls Cupcakes](https://www.facebook.com/globalgirlsconnect/?eid=ARAgWr-c_0xXIJ-vqvtkx3SHXu-Gj35iwA5c1PyjDLBsFTVBfgAI0ZncehHpI4OyJlC42SMSL9vtItcB)
* [The Network Doctor](https://www.facebook.com/thenetworkdoctorrva/)

[Virginia Voter Registration](elections.virginia.gov)

Youth Development

* The YMCA Leaders Club
  + Benjamin Major: majorb@ymcarichmond.org

Family Planning

* [Plan First](http://www.commonhelp.virginia.gov)
* [Henrico Health Department Clinic](henricohealth.org) Family planning, maternity clinics, STD clinics, communicable disease clinic, refugee programs, school physicians, and immunizations

Healthcare Resources

* [Quit Smoking](quitnow.net/virginia)
* [Breast Cancer Awareness](http://www.komen.org)
* [Civitas Health Services](http://www.civitashealth.com): behavioral health and therapy, substance abuse and recovery
* [Weight Management](http://www.channing-bete.com)
* [Preserving Brain Health](http://blog.aarp.org/2015/11/11/these-simple-exercises-could-help-preserve-brain-health/)
* [AARP](http://www.facebook.com/AARPVirginia)
* National Center for Complementary and Alternative Medicine: Acupuncture
* [Optima Health (Health Insurance)](optimahealth.com)
* [VCU Dentistry (Oral Health)](dentistry.vcu.edu)
* [Care More/ Anthem Blue Cross/ Blue Shield (Health Insurance Clinics)](caremore.com)
* [JenCare (Health Insurance Clinics)](JenCareMed.com)
* [Drug Facts](http://www.doctoroz.com)

Financial Programs

* [State Corporation Commission](http://www.scc.virginia.gov/boi): Consumer Assistance Services
* [Commonwealth of Virginia: State Corporation Commission](http://www.scc.virginia.gov): Regulation authority over businesses and economic interests in VA
  + [Teenager's Guide to Auto Insurance](http://www.scc.virginia.gov/division/boi)
  + [Renter's Insurance](http://www.scc.virginia.gov/boi)
  + [Homeowners Insurance](http://www.scc.virginia.gov/boi)
  + [Auto Insurance](http://www.scc.virginia.gov/boi)
  + [Virginia Health Insurance Consumer's Guide](http://www.scc.virginia.gov/boi)
  + [Virginia Life Insurance Consumer's Guide](http://www.scc.virginia.gov/boi)
  + [Virginia Medigap Policies Premium Comparison Guide](http://www.scc.virginia.gov/boi)
  + Insurance Outreach Coordinator: Olivia Claud (804) 371-9389
* [Building Better Credit Report](consumer.ftc.gov)
* [Dominion Virginia Power (Utility)](dom.com)
* [Making Money Go Further](http://www.centralvirginiasaves.org)
  + Family and Consumer Science Extension Agent: Kimberly Edmonds (804) 501-5160