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FOOD/GROCERY

Resource	Category	Address
Foods of all Nations	Food (Latin, Asian) Can get student discount (show ID)	2121 Ivy Rd
Reid's	Food (Asian, Latin, Indian) Can get student discount (make a free membership)	600 Preston Ave
Harris Teeter (Barracks)	Food (General) Can get student discount (make a free membership)	975 Emmet St N Space 8
Medina Market	Food (Middle Eastern)	620 Albemarle Square
Grand Market	Food (Middle Eastern)	323 W Main St
Express Grocery Store	Food (Indian)	198 Zan Rd
Indian Bazar	Food (Indian)	722 Rio Rd W STE 1
C'ville Oriental	Food (Asian)	1195 Seminole Trail
Asian Market	Food (Asian)	1417 Emmet St N B
El Tio Variedades	Food (Latin, Salvadorean)	259 Ridge McIntire Rd
Charlottesville Latino Market	Food (Latin)	380 Greenbrier Dr Suite D
African Market Place	Food (African, caribbean)	1901 Commonwealth Dr
Anae's African Food Market	Food (African)	506 Stewart St
UVA Community Food Pantry	Food pantry	Newcomb Hall, room 144
Loaves & Fishes Food Pantry	Food pantry	2050 Lambs Rd
Blue Ridge Area Food Bank	Food pantry Thomas Jefferson Area Branch	1207 Harris St

PERSONAL CARE/HAIR CARE

Resource	Category	Address
International Hair Designer	Personal care <i>Black owned salon, ethnic hair care, natural hair friendly</i>	Fashion Square Mall, 1600 Rio Rd E
Natre'al Hair Design	Personal care <i>Black owned salon, ethnic hair care, natural hair friendly</i>	263 Ridge McIntire Rd
House of Cuts Barber Studio	Personal care <i>Ethnic friendly barber</i>	103 14th St NW
Loyal Beyond Beauty	Personal care <i>Ethnic friendly salon</i>	2148 Barracks Rd
Salon 7	Personal care <i>Black owned salon, ethnic hair care</i>	2115- D, Hydraulic Rd
Beauty by Shaymaa	Personal care <i>Private/hijab-friendly salon</i>	1208 E Market St, Ste 8
Elite Cuts	Personal care <i>Black owned barber</i>	715 Henry Ave
CVS (University Ave)	Personal care <i>Great selection of ethnic hair care items</i>	1417 25 University Ave
NY Fashions	Personal care <i>Great selection of ethnic hair care items</i>	601 Cherry Ave
Walmart	Personal care <i>Okay selection of ethnic hair care items</i>	975 Hilton Heights Rd

GENERAL FITNESS AND HEALTH

Resource	Category	Address
UVA Aquatic Fitness Center	Fitness <i>Students have free access</i>	450 Whitehead Rd
UVA Slaughter Rec Center	Fitness <i>Students have free access</i>	505 Edgemont Rd
UVA North Grounds Rec Center	Fitness <i>Students have free access</i>	510 Massie Rd
UVA Memorial Gym	Fitness <i>Students have free access</i> <i>Currently closed for renovations (until 2026?)</i>	210 Emmet St S
YMCA (Piedmont Family)	Fitness <i>Student plan discounted to \$45/mo</i>	151 McIntire Rd
BetterHelp	Mental health <i>Can choose therapists of various ethnic/religious backgrounds to suit your needs</i> <i>Free to students/student discounts depending on state</i>	Online/on app
TimelyCare	Mental health <i>Free to students; 12 sessions per academic year</i>	Online/on app
PsychologyToday	Mental health <i>Website that helps you find therapists with lots of filters and options</i> <i>Not usually covered by Aetna; alternative to TimelyCare</i>	Online
UVA Women's Center	Mental health Maxine Platzer Lynn Women's Center <i>Counseling, therapy (individual and small groups)</i> <i>Check website/call for availability</i>	Check website
UVA Resources for Students with Disabilities	<i>A list of all the current available resources for students with disabilities</i>	Check website
Student Health and Wellness Online Appointment Portal	<i>Appointment scheduling at UVA Student Health</i>	Check website

FINANCES AND BUDGETING

Resource	Category	Address
Free Tax USA	Finance	Online
Free Federal Income Tax Filing	Finance	Online <i>The IRS has a list of how to file your income taxes for free if your AGI (annual gross income, which is pre-tax) is less than \$73k/year</i>
Additional Staff/Student Discounts		

TRANSPORTATION

[Charlottesville Area Transit \(Public City Buses\)](#)

[SPOT](#) app available for iPhone and Android - has live route information and maps
Free for UVA students

[University Transit Services \(UTS\) Bus Routes](#) (Academic and Health Commuter)

[Transloc](#) live in-browser tracking map
[Transloc](#) app available for iPhone and Android - has live route information and maps
Free for UVA students

[UTS Academic Routes](#)

Academic routes may change depending on time of year (semesters vs summer)!

[UTS Health Commuter Routes](#)

Red bus runs from Scott Stadium parking lot to health system/hospital complex
Monday - Friday, 5:00 AM - 7:00 AM and 2:30 PM - 8:00 PM: continuous service

Blue bus runs from Emmet/Ivy parking garage to hospital complex
Monday - Friday, 7:00 AM - 8:00 PM: continuous service

[Fontaine Shuttle](#)

Runs from medical research center and hospital to Fontaine Research Park every 30 minutes on weekdays

[Ondemand](#)

Nighttime shuttle for after main UTS buses stop running; free for students
Found in the UTS app (see UTS above)

COMMUNITY AND RELIGIOUS GROUPS (UVA AFFILIATED)

Resource	Category and location (if applicable)
The Organization for UnderRepresented Students	Community
The First-Generation Grad Student Coalition (FGSC)	Community
Black Student Alliance	Community
Organization of African Students	Community
Shades of Sisterhood	Community
Black Graduate & Professional Student Organization	Cultural professional organization
Queer and Transgender People of Color (QTPOC)	Community
DREAMers on Grounds	Cultural center <i>Safe space for Latin international students & immigrants</i>
LatinX Student Center	Multicultural center; found in Newcomb Hall, 3rd floor
LGSA (Latin Grad Student Association)	Community
GPMA (Grad and Professional Muslim Association)	Community
Polish Student Association	Community
Arab Student Association	Community
Indian Student Association at UVA	Community
Asian Student Union at UVA	Community
Lebanese Club at UVA	Community
Persian Cultural Society	Community
SJP at UVA	Community

COMMUNITY AND RELIGIOUS GROUPS (NON-UVA AFFILIATED)

Resource	Category and location (if applicable)	
Sin Barreras	Community	<i>Latin specific community outreach and support</i>
Holy Comforter Catholic Church	Religious	208 East Jefferson Street
Ebenezer Baptist Church	Religious	113 6th St N
Zion Union Baptist Church	Religious	1015 Preston Ave
Islamic Society of Central Virginia	Religious	708 Pine St
Brody Jewish Center - Hillel at UVA	Religious	1824 University Circle
Hindu Center of Virginia (Hindu Temple)	Religious; 6051 Springfield Rd, Glen Allen, VA 23060	
Grace Faith Chinese Church	Religious	735 Park St
Charlottesville Elim Church (Korean International Baptist Church)		1675 Avon Street Ext
Korean Community Church in Charlottesville	Religious	645 Kirtley Ln
Blue Mountain Darhma (Tibetan Buddhist Teaching Center)		1304 East Market St. Unit K



PRAYER AND QUIET SPACES

Resource	Category and location (if applicable)
Islamic Society of Central Virginia	708 Pine St
Student Health & Wellness Center	550 Brandon Ave

The Student Health and Wellness building features various student spaces (including reflection rooms, a student lounge, and a student living room) meant to promote and empower student well-being. Student access to the SHW building depends on the time of year:

- 7:45am - 5pm on weekdays (building is unlocked)
- 5pm – 2am on weekdays during the academic year (student swipe card access, front entrance)
- 7:45am – 2am on weekends during the academic year (student swipe card access, front entrance)

[Reservable rooms at the health and wellness center here.](#)

Interfaith Student Center (IFSC)	Newcomb Hall, 4th floor
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LACTATION ROOMS

([source](#))

School of Medicine

- 1. Main Hospital**
 - a. Basement Room G441, reserve [here](#)
 - b. Basement Room G454, first come first serve
 - i. Graduate Medical Education Trainees Only
 - c. 8th floor Room 8542, reserve [here](#)
 - d. 8th floor Room 8543, first come first serve
- 2. South Tower**
 - a. 1st floor Room 1136, reserve [here](#)
 - i. In Emergency Department
 - b. 2nd floor Room M243, reserve [here](#)
 - c. 2nd floor Room M245, first come first serve
- 3. Emily Couric Clinical Cancer Center**
 - a. Ground floor Room G064, reserve [here](#)
 - i. In Radiation/Oncology
 - ii. Contact person: Kaitlin Tolley, 434-297-4239
- 4. Education Resource Center**
 - a. 3rd floor Room 3515, reserve [here](#)
- 5. Battle Building**
 - a. 3rd floor Room 3260, reserve [here](#)
 - i. In Pediatric Department
 - ii. Contact person: Breast Feeding Medicine Program, 434-982-3316
- 6. West Complex**, reserve [here](#)
 - a. 2nd floor Room 2734
 - i. Contact person: Bruce Shifflett, 434-924-8409
- 7. Claude Moore Health Sciences Library**
 - a. 1st floor Room 1505 (Cabell room), reserve [here](#)
 - i. Key needed from front desk
 - ii. Contact person: Abbey Heflin, 434-924-9998
- 8. McLeod Hall**
 - a. 4th floor Room 4020
 - i. Key code needed from Becky Bowers
 - ii. Contact person: Becky Bowers, 434-924-0133
- 9. MR-4**
 - a. 1st floor Room 1104, reserve [here](#)
 - i. Key code: 2-5-1
- 10. MR-6**
 - a. 2nd floor Room 2909
 - i. Contact person: Jessica Gallimore, 434-924-1107, thm8sc@virginia.edu
 - ii. Email for faster response

Grounds

- 11. 2400 Old Ivy**
 - a. TBD
 - i. Training Area

- ii. Contact person: Michael Phillips, 434-982-5549
- 12. 2420 Old Ivy**
 - a. Room 3014
 - i. Human Resources Department
 - ii. Key access, see front desk
- 13. Carruthers Hall**
 - a. TBD
 - i. Finance Department
 - ii. Contact person: Stacey Rittenhouse, 434-924-4294
- 14. Chemistry**
 - a. Room 303
 - i. Card reader access required
 - ii. Contact person: Aimee Steussy, 434-924-4027
- 15. Clemons Library**
 - a. Room 311
 - i. Key needed, check-out from Clemons 4th floor desk
 - ii. Contact person: Public Services, 434-924-3021
- 16. Leake Building**
 - a. Temp
 - i. Key needed
 - ii. Contact person: Customer Support Desk, 434-924-1777
- 17. New Cabell Hall**
 - a. Room 053A
 - i. Card reader access required
 - ii. Contact person: Aimee Steussy, 434-924-4027
- 18. Rice Hall**
 - a. Room 201
 - i. Key needed, get from Rice Hall Room 527
 - ii. Contact person: Computer Science Department Office, 434-982-2226
- 19. Ridley Hall**
 - a. Room 257
 - i. Contact person: Kelly Korrington, 434-243-9226
- 20. Thornton Hall**
 - a. Room A013
 - i. Key needed, get from Thornton Hall Room A124 Dean's Office
 - ii. Contact person: Engineering Dean's Office, 434-924-3310
- 21. Zehmer Hall**
 - a. TBD
 - i. Contact person: Kathy Roy, 434-982-5282

Fontaine

- 22. Building 400**, 3rd floor Room 3319
- 23. Building 450**, 2nd floor Room 2317H, reserve [here](#)
- 24. Building 480**, 2nd floor Room 217, reserve [here](#)
- 25. Building 560**, 4th floor Room 4005, reserve [here](#)

School of Law

- 26. TBD**

- a. Call to receive room number & access code
- b. Contact person: Lisa Napier, 434-924-3737

Slaughter Hall

27. 2nd floor Room 271

- a. Contact person: Lisa Napier, 434-924-3737

Women's Center

28. Floating Space

- a. Contact person: Latoria White, 434-982-2252

[UVA services and resources for expectant parents](#)