

# Community Connections Directory 2011 Edition

---

This publication is presented as a community service through a generous grant from the Mary Washington Hospital Foundation.



Mary Washington Hospital  
Community Service Fund

MediCorp

*Helping Build A Healthier Community*

## A Special Thanks to the Agencies Serving on the Community Connections Directory Focus Group:

Central Rappahannock Regional Library

Fredericksburg Department of Social Services

LUCHA Ministries

Mental Health America of Fredericksburg

Rappahannock Area Agency on Aging

Rappahannock Area Office on Youth

Stafford Department of Social Services

Special appreciation to [Gail Leitch](#) who volunteered countless hours to help update data and revise outdated information.



## *Community Connections Directory*

### **HOW TO USE THE DIRECTORY**

Welcome! Here at your fingertips is the most comprehensive listing of human resources in the Fredericksburg area. Your new directory is organized to help you find resources quickly and easily. Here's how:

You will find it is divided into the following sections:

- Alphabetical Index
- Agency Descriptions
- Subject Index

At the beginning of the directory you will find an alphabetical listing of resources. This section is very useful if you know the exact name of the organization you are looking to contact. Once finding the organization in the alphabetical listing you can then find more information in the detailed listing of each organization.

The next section contains a detailed listing of each agency included in the Directory. Here you

can find information about an organization's location, hours, services, eligibility criteria, etc. The agency descriptions are followed by tabbed sections which are separated by type of assistance needed (i.e. financial assistance, employment assistance, etc.). This section contains the name, phone number, and page number for each agency providing the particular type of assistance.

We hope you enjoy the Community Connections Directory. If you have any questions or comments, just call us at (540) 373-0041.

If you are a person with a disability and desire information regarding assistance or accommodations, please contact the individual agency to inquire about access.

### **Adding, Updating or Removing Information from the Directory**

Keeping the directory up-to-date is an ongoing process. It would be helpful to know other resources that you would like included in future publications.

**Please report revisions, additions, deletions and/or suggestions by emailing**

[wecare@rappahannockunitedway.org](mailto:wecare@rappahannockunitedway.org). Changes will be made and reflected in the online Community Connections Directory at [www.rappahannockunitedway.org](http://www.rappahannockunitedway.org).

*Information is self-reported and was obtained by surveys from all sources that could be identified. Although every effort was made to provide a complete listing, there is always the chance of inaccuracies or omissions. The content should not be construed as endorsement.*

## Please add, update, or remove your information!

The Community Connections Directory is a valuable resource, not only to agencies, but to all members of the community. Please use the format below and provide us with your information. Mental Health agencies should contact the Mental Health America of Fredericksburg at 540-371-2704 for inclusion in this directory.

**Please return this sheet to Rappahannock United Way, 3310 Shannon Park Drive,, Fredericksburg, VA 22408 or fax to 540-373-0356.**

- .....
- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Update a current listing</li> <li>• <i>Add a new program</i></li> </ul> | <ul style="list-style-type: none"> <li>• Add a new listing</li> <li>• <i>Add a new location</i></li> </ul> | <ul style="list-style-type: none"> <li>• Remove a listing</li> <li>• <i>Other (please specify)</i></li> </ul> |
|--|--|---|
- .....

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Website \_\_\_\_\_

Service Area \_\_\_\_\_

Hours \_\_\_\_\_

Ages \_\_\_\_\_

Eligibility \_\_\_\_\_

Fees \_\_\_\_\_

Purpose \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Services \_\_\_\_\_

\_\_\_\_\_

Languages spoken \_\_\_\_\_

Please check each area in which your organization/program provides services. Check only those that apply.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Abuse/Neglect Protective Services</li> <li><input type="checkbox"/> Adoption and Foster Care</li> <li><input type="checkbox"/> Community Centers/Ministries</li> <li><input type="checkbox"/> Community Planning &amp; Development</li> <li><input type="checkbox"/> Consumer Services</li> <li><input type="checkbox"/> Counseling Services</li> <li><input type="checkbox"/> Court and Administration of Justice</li> <li><input type="checkbox"/> Crisis Intervention</li> <li><input type="checkbox"/> Day Care and Sitting</li> <li><input type="checkbox"/> Education</li> <li><input type="checkbox"/> Employment Services</li> <li><input type="checkbox"/> Environmental Services</li> <li><input type="checkbox"/> Family Planning</li> <li><input type="checkbox"/> Financial Assistance</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Health and Home Care</li> <li><input type="checkbox"/> Housing</li> <li><input type="checkbox"/> Information and Referral</li> <li><input type="checkbox"/> Legal Aid</li> <li><input type="checkbox"/> Libraries/Museums</li> <li><input type="checkbox"/> Medical Care/Mental Health</li> <li><input type="checkbox"/> Mentors</li> <li><input type="checkbox"/> Recreation, Social Development Services</li> <li><input type="checkbox"/> Rehabilitation</li> <li><input type="checkbox"/> Senior Services</li> <li><input type="checkbox"/> Substance Abuse</li> <li><input type="checkbox"/> Support Groups</li> <li><input type="checkbox"/> Transportation</li> <li><input type="checkbox"/> Youth Services      <input type="checkbox"/> Other</li> </ul> |
|--|---|

Updated by: \_\_\_\_\_ on \_\_\_\_\_

## Finding the right community service to meet your needs can be difficult.

Sometimes, it's hard to know where to start looking or even what's available. Automated systems and voicemail can be frustrating.

211 is a three-digit phone number just like 911 or 411. When you call 211, a trained information and referral specialist will listen to your situation and help you find the services you need. You can call 211 24 hours a day, 7 days a week. Specialists are multilingual and TTY is available. All calls are confidential.

Talking to a 211 specialist makes it easy to find information, learn about your options and find solutions that are right for you.



### Call 211 if:

- You have an aging parent and want to find out more about home support or senior services.
- You are a parent looking for information on child care and youth programs.
- You are in need of employment training.
- You are worried about a friend with an addiction and you need information on available programs.
- You are looking for a food bank or shelter.
- You want to make a donation, but you don't know where or how.
- You would like to find out more about marriage counseling.
- You'd like to find out more about the other services 211 can provide for you.



## Want to find a volunteer opportunity that's perfect for you?

Rappahannock United Way is the Volunteer Center for the city of Fredericksburg, Stafford, Spotsylvania, King George and Caroline Counties.

If you are looking to get involved in your community, but aren't quite sure who you'd like to volunteer with, contact Rappahannock United Way! Our Volunteer Services Specialist will help guide you to organizations that suit your interests.

We help find volunteers for local nonprofit organizations, government agencies, and schools in need of a helping hand. Many of these organizations rely on volunteer support – and this provides a great opportunity for you to lend a hand and give back to your community.

For more information, please contact us at (540) 373-0041 or visit: <http://www.rappahannockunitedway.org/volunteer.html>

# Rappahannock United Way's Quick Guide

Updated June 2011

Serving the City of Fredericksburg and the counties of Caroline, King George, Spotsylvania, and Stafford.

This guide groups agencies according to the services and information they provide.

This is a partial listing of services in Planning District 16 and does not include all the services provided by each agency.

This listing represents the top services requested by callers in 2005-2006. This is not an all-inclusive list.

## General Information

2-1-1 Virginia 211

## Public Service Agencies

### *Department of Social Services (DSS):*

Caroline (804) 633-5071  
Fredericksburg City (540) 372-1032  
King George (540) 775-3544  
Spotsylvania (540) 507-7898  
Stafford (540) 658-8720  
Westmoreland (804) 493-9305

### *Health Department:*

Caroline (804) 633-5465  
Fredericksburg City (540) 899-4142  
King George (540) 775-3111  
Spotsylvania (540) 507-7400  
Stafford (540) 659-3101  
Westmoreland (804) 493-1124

### *Rappahannock Area Community Services Board:*

Caroline (804) 633-9997  
Fredericksburg (540) 373-3223  
King George (540) 775-9879  
Stafford (540) 659-2725  
Spotsylvania (540) 582-3980

## Abuse/Violence

Adult Protective Service *Call local DSS office listed*  
Child Abuse and Neglect Hotline (800) 552-7096  
Rapp Council Against Sexual Assault (540) 371-1666/TTY  
Rapp Council on Domestic Violence (540) 373-9373  
Victim Witness Assistance Program:  
Caroline (804) 633-8037  
Fredericksburg (540) 372-1040  
King George (540) 775-0896  
Spotsylvania (540) 507-7666  
Stafford (540) 658-4301  
Volunteer Emergency Families for Children (540) 663-3950

## Childcare

The Child Care Network (referrals) (540) 373-3275

## Counseling

Catholic Charities (540) 371-1124  
Fredericksburg Counseling Services (540) 373-2320  
Mental Health America (referrals) (540) 371-2704  
Rappahannock Area Community Services Board  
- *Call local office listed*  
Snowden at Fredericksburg (540) 741-3900

## Dental Services

Bragg Hill Family Life Center (540) 371-3662  
Lloyd Moss Free Clinic (540) 741-1061  
VCU School of Dentistry (804) 828-9190

## Disability Services

disAbility Resource Center (540) 373-2559  
Department of Rehabilitative Services (540) 899-4161

## Disability Services - Developmental

Arc of Rappahannock, Inc. (540) 899-3789  
Child Development Center (540)-891-3151  
Rappahannock Area Community Services Board

- *Call local office listed*

## Disaster Services

Fire/Rescue/Police 911  
American Red Cross, Rapp Area Chapter (540) 735-0500

## Employment

Dept of Rehabilitative Services (540) 899-4161  
Employment Resources, Inc (540) 372-6710  
Rappahannock Goodwill Industries (540) 371-3070  
Spotsylvania Career & Tech Center (540) 898-2655  
Virginia Employment Commission: (540) 322-5757

## Eye Exam/Glasses/Hearing Aids

*Call local DSS office listed for Lions Club application*

## Financial Counseling

Clearpoint Financial Solutions (540) 371-7575  
Department of Social Services - *Call local office listed*  
Quin Rivers (540) 368-5553

## Financial Assistance

2-1-1 Virginia 211  
The Salvation Army (540) 373-3431

**Food Stamps***Call local DSS office listed***Food Pantries**

Fredericksburg Area Food Bank (540) 371-7666  
 2-1-1 Virginia 211

**Health/ Medical Assistance***Free or Low cost clinics:*

Community Health Center of the (540) 735-0560  
 Rappahannock Region  
 Lloyd Moss Free Clinic (540) 741-1061  
 F'burg Christian Health Center (540) 785-8500  
 McGuire VA Clinic (veterans) (540) 370-4468  
 Medical College of Virginia Hospital (804) 828-9000  
 Northern Neck Free Health Clinic (804) 435-0575  
 Caroline Christian Health Center (804) 448-1380  
 Health Department *Call local office listed*

*Home Health Care:*

Interim Health Care (540) 785-1577  
 MW Hospital Home Health Agency (540) 741-1667

*Hospice:*

Hospice Support Care, Inc. (540) 361-7071  
 Hospice Support Services (804) 333-0084  
 Mary Washington Hospice (540) 741-3580

*Insurance:*

FAMIS *Call local DSS office listed*  
 Medicaid *Call local DSS office listed*  
 Virginia Medical Plans (877) 742-1604

**Housing***Housing – Financial Assistance*

Central Virginia Housing Coalition (540) 604-9943  
 Quin Rivers HIP Rent Assistance (540) 368-2700  
 SERVE, Inc. (540) 288-9603

*Housing Loan Programs:*

Central Virginia Housing Coalition (540) 604-9943  
 Direct Homeownership Assistance (540) 372-1179  
 Quin Rivers – Mortgage Assistance (540) 368-5553  
 USDA Rural Development (540) 899-9492

*Housing-Repair/Rehab or new construction:*

Emergency Home Repair Program (540) 372-1179  
 Virginia Cooperative Extension (540) 658-8000  
 Fredericksburg Habitat for Humanity (540) 891-5009  
 Indoor Plumbing & Renovation (540) 604-9943  
 Rebuilding Together (repair) (540) 373-9807  
 Rapp Area Agency on Aging (540) 371-3375

*Rental Housing for people w/ disabilities:*

HOME, Inc (540) 361-7477  
 Project FAITH (540) 775-3492

**Housing** continued...*Emergency Shelter:*

Micah Ministries (Cold Night Shelter) (540) 479-4116  
 Thurman Brisben Center (540) 899-9853

*Domestic Violence Shelter:*

Rapp Council on Domestic Violence (540) 373-9373  
 Haven Shelter and Services, Inc (804) 333-5370

*Women and Children Shelter*

Hope House–Rappahannock Refuge (540) 371-0831

**Holiday Assistance**

*Contact Rapp United Way for Listing* (540) 371-5268

**Legal Assistance**

Legal Services of NOVA (540) 374-9101

**Mental Health Resources**

Mental Health America (540) 373-0041  
 Rappahannock Area Community Services Board  
 - *Call local office listed*

**Pregnancy Services/Family Planning**

Planned Parenthood (804) 355-4781  
 Bethany Christian Services (540) 373-5165  
 Birthright of Fredericksburg (540) 371-6119  
 Health Department *Call local office listed*

**Senior Services**

Rapp Area Agency on Aging (540) 371-3375  
 Senior Visitors Program (540) 371-2704

**Transportation***General:*

“FRED” Regional Transit (540) 372-1222

*Medical:*

LifeCare Medical Transports, Inc (540) 752-7721  
 Logisticare-Medicaid Transportation (866) 386-8331  
 Rapp Area Agency on Aging (540) 371-3375

**Volunteer Services**

Rappahannock United Way – (540) 373-0041  
 Volunteer Services

## Community Connections Directory Alphabetical Listing

Agency/Program	Telephone Number	Page Number
Alcoholics Anonymous	(212) 870-3400	14
Alzheimer's Association Fredericksburg	(540) 370-0835	14
American Cancer Society – Greater Fredericksburg Area Unit	(540) 663-2555	14
American Cancer Society – Mid Atlantic Division	(804) 965-6539	15
American Diabetes Association	(703) 549-1500	15
American Heart Association – Greater Richmond Area (AHA)	(804) 965-6539	15
American Red Cross, Rappahannock Area Chapter	(540) 735-0500	15
Angel Food Ministries	(877) 366-3646	16
Arthritis Foundation, Virginia Chapter	(804) 359-1700	16
Arc of the Rappahannock, The	(540) 899-3789	16
Bay Agency on Aging, Inc.	(804) 758-2386	16
Bethany Christian Services	(540) 373-5165	17
Better Business Bureau of Central Virginia	(804) 648-0016	17
Birthright of Fredericksburg	(540) 371-6119	17
Boy Scouts of America, Heart of Virginia Council	(804) 355-4306	18
Boy Scouts of America, National Capital Area Council	(301) 530-9360	18
Boys Recovery Lodge	(703) 841-0703	18
Bragg Hill Family Life Center	(540) 371-3662	18
Bridges Senior Care Solutions	(540) 899-3404	18
Bridges Treatment Center	(804) 947-5700	19
Cancer Center of Virginia (Mary Washington Hospital)	(540) 741-0655	19
Caroline Christian Health Center	(804) 448)1380	19
Caroline County Child Care Resource & Referral (VA Cooperative Extension)	(804) 633-6550	19
Caroline Department of Parks and Recreation	(804) 633-7277	20
Caroline Family Practice	(804) 632-1030	20
Caroline Library		20
Bowling Green Branch	(804) 633-5455	20
Ladysmith Branch	(804) 448-3124	20
Dawn Branch	(804) 994-2770	20
Port Royal Branch	(804) 742-5254	20
Caroline County Public Schools	(804) 633-5088	20
Caroline Literacy Council, Inc.	(804) 633-6184	20
Caroline's Promise	(804) 916-9619	21
Catholic Charities of the Diocese of Arlington, Inc., Fredericksburg	(540) 371-1124	21
CC Hospice and Home Health (Cuidado Casero Home Health Services)	(540) 898-2999	21
Central Rappahannock Regional Library (CRRL)	(540) 372-1144	22
Cooper Branch	(804) 224-0921	22
Montross Branch	(804) 493-8194	22
Newton Branch	(804) 427-3820	22
Porter Branch	(540) 659-4909	22
Salem Church Branch	(540) 785-9267	22
Snow Branch	(540) 507-7565	22
Alliance for Literacy (CRRL)	(540) 372-1144	22
Subregional Library for the Blind and Physically Handicapped (CRRL)	(540) 372-1144	22
Central Virginia Housing Coalition (CVHC)	(540) 604-9943	22
CVHC Housing Voucher Program	(540) 604-9943	23
Section 8 Rental Assistance (CVHC)	(540) 604-9943	23
Central Virginia Lions Hearing Aid Bank	(804) 545-5937	23
Chaplin Youth Center	(540) 371-0590	23

Childcare Network, The	(540) 373-3275	23
Childhelp Eastern Regional Office	(703) 208-1500	24
Children and Adults with Attention Deficit Disorder of Fredericksburg (CHADD)	(703) 641-5451	24
Children's Home Society of Virginia	(800) 247-2888	24
Christ Lutheran Church	(540) 373-5087	24
Christian's Record Services, Inc. (CRS)	(402) 488-0981	24
City of Fredericksburg	(540) 372-1010	25
Emergency Home Repair Program (City of Fredericksburg)	(540) 372-1179	25
Direct Homeownership Assistance Program (City of Fredericksburg)	(540) 372-1179	25
Removal of Architectural Barriers Program (City of Fredericksburg)	(540) 372-1179	25
Clearpoint Credit Counseling Solutions	(540) 371-7575	25
Comfort Keepers	(540) 370-0008	25
Commonwealth Girl Scout Council of Virginia, Inc.	(540) 898-4717	25
Community Health Center of the Rappahannock Region	(540) 735-0560	26
Compassionate Friends Fredericksburg Area Chapter	(540) 775-8430	26
Court Service Unit 15 <sup>th</sup> District	(540) 372-1068	26
Caroline County	(804) 633-9340	26
King George County	(540) 775-9044	26
Spotsylvania County	(540) 582-7218	26
Stafford County	(540) 658-8770	26
Hanover County	(804) 537-6201	26
City of Warsaw	(804) 333-3380	26
Crossing Therapy Center, PLLC	(540) 899-3009	27
Department of Rehabilitative Services	(540) 899-4161	27
Department of Social Services (DSS)		27
Caroline County DSS	(804) 633-5071	27
Fredericksburg City SS	(540) 372-1032	27
King George County DSS	(540) 775-3544	27
Spotsylvania County DSS	(540) 507-7898	27
Stafford County DSS	(540) 658-8720	28
Westmoreland County DSS	(804) 493-9305	28
Stafford Parenting Education Program (Stafford DSS)	(540) 658-8720	28
Parents of Teens Support Group (Stafford DSS)	(540) 658-8720	29
Diabetes Management (Mary Washington Hospital)	(540) 741-2210	29
disAbility Resource Center	(540) 373-2559	29
Division of Child Support Enforcement	(800) 468-8894	29
Easter Seals Virginia	(804) 287-1007	30
ElderCare Connections	(540) 419-4387	30
Lucy's – Professional Bilingual Center and Driving School	(540) 372-7211	30
Elk Hill Farm, Inc.	(804) 457-4866	30
Employment Resources, Inc.	(540) 372-6710	30
Gladys H. Oberle School – Employment Resources, Inc.	(540) 372-6710	31
Epilepsy Foundation of Virginia, The (EFVA)	(434) 924-8669	31
Family Innovations Inc. "SPARE" (Saving People as Relationships End)	(540) 371-4889	31
Family Preservations Services, Inc., Fredericksburg	(540) 710-5810	31
Fleet and Family Support Center	(540) 653-1839	32
"FRED" Fredericksburg Regional Transit	(540) 372-1222	32
Fredericksburg Area Food Bank	(540) 371-7666	32
Food For Life (Food Bank)	(540) 371-7666	33
Fredericksburg Area HIV/AIDS Support Services, Inc. (FAHASS)	(540) 371-7532	33
Fredericksburg Area Lupus Branch of Central Virginia	(888) 262-9632	33
Fredericksburg Area Sickle Cell Association, Inc.	(540) 373-6226	34
Fredericksburg Christian Health Center	(540) 785-8500	34

Fredericksburg City Public Schools	(540) 372-1130	34
Early Childhood Special Education	(540) 372-1065	34
Fredericksburg City Public Schools – Adult Education	(540) 372-1130	35
Fredericksburg Counseling Services	(540) 373-2320	35
Fredericksburg Habitat For Humanity, The Greater	(540) 891-5009	35
Fredericksburg Parks and Recreation	(540) 372-1086	35
Fredericksburg Refugee Service Center	(540) 899-6507	36
Fredericksburg Regional Boys and Girls Club of Greater Washington	(540) 368-9531	36
Fredericksburg Senior Citizens Association	(540) 371-2429	36
Friends of the Rappahannock	(540) 373-3448	36
Garrison Woods Youth Association	(540) 657-5836	37
Germanna Community College		37
Fredericksburg Area Campus	(540) 891-3000	37
Locust Grove Campus	(540) 423-9030	37
Girls Recovery Lodge	(571) 312-1394	37
Haven Shelter and Services Inc., The	(804) 333-5370	38
Head Start Program (listed by county)		38
Caroline County Head Start	(804) 226-9870	38
Fredericksburg Regional Head Start	(540) 372-1065	38
Northern Neck Head Start	(804) 224-1307	38
Spotsylvania County Head Start	(540) 548-0655	38
Stafford County Head Start	(540) 368-2559	38
Health Department		39
Caroline County	(804) 633-5465	39
Fredericksburg City	(540) 899-4142	39
King George County	(540) 775-3111	39
Spotsylvania County	(540) 507-7400	39
Stafford County	(540) 659-3101	39
Westmoreland County	(804) 493-1124	39
Heart-To-Heart Club (Cardiopulmonary Department of Mary Washington Hospital	(540) 741-1308	39
Home Instead Senior Care	(540) 899-1422	40
Homeless Prevention and Rapid Re-Housing Program	(540) 373-3431	40
Hospice Support Care, Inc.	(540) 361-7071	40
Hospice Support Services	(804) 333-0084	41
Housing Opportunities Made Economical, Inc. (HOME)	(540) 361-7477	41
Human Motion Institute and Mary Washington Hospital	(540) 741-3199	41
Interim Health Care	(540) 785-1577	41
Kaiser Permanente	(540) 368-3700	41
King George County Parks and Recreation	(540) 775-4386	42
King George Public Schools	(540) 775-5833	42
La Leche League (LLL)	1-800-525-3243	42
Leukemia & Lymphoma Society, Virginia Chapter, The	(804) 627-0400	42
Lewis Egerton Smoot Memorial Library	(540) 775-7951	43
LifeCare Medical Transports, Inc.	(540) 752-7721	43
Little Keswick School	(434) 295-0457	43
Lions Club of Fredericksburg	(540) 538-7417	43
Lloyd F. Moss Free Clinic/F'burg Regional Health Council, Inc.	(540) 741-1061	43
Community Pharmacy (Lloyd F. Moss Free Clinic)	(540) 741-1077	43
LogistiCare	(804) 236-1570	44
LUCHA Ministries	(540) 370-4502	44
Make-A-Wish Foundation of Richmond & Western Virginia	(804) 217-1999	44
March of Dimes	(804) 968-4120	44
Mary Washington Home Health & Hospice	(540) 741-1667	45
Mary Washington Hospital (MediCorp Health System)	(540) 741-1101	45
Mary Washington Hospital Emergency Department	(540) 741-1111	45
Mary Washington Hospital Freestanding Emergency	(540) 741-0555	45

Department		
Mary Washington Hospital Home Health Agency	(540) 741-1667	46
Mary Washington Hospital Volunteer Services	(540) 741-1440	46
McGuire VA Clinic	(540) 370-4468	46
Medical College of Virginia Hospitals & Physicians of the Virginia Commonwealth University Health System	(804) 828-9000	46
Physician Referral Questions	(800) 762-6161	46
MediCorp Health System	(540) 741-1101	46
MediCorp Health System – Health Link	(540) 741-1404	47
Mary Washington Home Health and Hospice -- Health Watch	(540) 741-2395	47
Mental Health America of Fredericksburg (MHAF)	(540) 371-2704	47
Senior Visitors (MHAF)	(540) 371-2704	47
Micah Ecumenical Ministries	(540) 479-4116	48
Middle College at Germanna Community College	(540) 834-1053	48
Muscular Dystrophy Association, Central Virginia Chapter	(804) 285-2961	48
NAMI – Rappahannock	(540) 479-3044	48
National Kidney Foundation of Virginia	(804) 288-8342	49
Northern Neck Free Health Clinic	(804) 435-0575	49
Olde Forge Junction	(540) 368-0081	49
Open Hand of Fredericksburg	(540) 834-4455	50
Parent Resource Center		50
Caroline County	(804) 663-7083	50
Spotsylvania County	(540) 582-7583	50
Stafford County	(540) 658-6710	50
Physical Medicine Rehabilitation Services of Mary Washington Hospital	(540) 741-1542	51
Center for Day Rehabilitation (Physical Medicine and Rehabilitation Services of Mary Washington Hospital)	(540) 741-1542	51
Probation and Parole District 21	(540) 710-2102	51
Project FAITH, Inc.	(540) 361-7477	51
Quin Rivers Agency for Community Action --Homeless Intervention Program (HIP)	(540) 368-2700	52
Rappahannock Area Agency on Aging (RAAA)	(540) 371-3375	52
Rappahannock Area Alcohol Safety Action Program (ASAP)	(540) 372-3558	52
Rappahannock Area Breastfeeding Task Force	(540) 899-6121	53
Rappahannock Area Child Development Center (State Health Department)	(540) 891-3151	53
Rappahannock Area Community Service Board (RACSB)		53
Caroline County Clinic	(804) 633-9997	53
City of Fredericksburg and Stafford	(540) 373-3223	53
King George County Clinic	(540) 775-9879	53
North Stafford Clinic	(540) 659-2725	53
Spotsylvania County Clinic	(540) 582-3980	54
A Woman's Place (RACSB)	(540) 891-3136	54
Child and Adolescent Case Management (RACSB)	(540) 373-3223	54
DARE to Be You (RACSB)	(540) 374-3337	54
Healthy Families Rappahannock Area (RACSB)	(540) 288-1937	55
Intensive In-Home Services/Mentor (RACSB)	(540) 582-7321	55
Kenmore Club (RACSB)	(540) 373-7737	55
Parent Education & Infant Development Program (RACSB)	(540) 372-3561	56
Program for Teen Parents (RACSB)	(540) 582-3980	56
Project LINK (RACSB)	(540) 891-3132	56
Rappahannock Adult Activities Inc. (RAAI) (RACSB)	(540) 373-7643	56
Rappahannock Area Kids on the Block (RACSB)	(540) 373-3223	57
Second Step (RACSB)	(540) 374-3337	57
Therapeutic Day Treatment (RACSB)	(540) 373-3223	57
Therapeutic Foster Care (RACSB)	(540) 582-7321	57
Too Good for Drugs (RACSB)	(540) 374-3337	58

Virginia Wounded Warrior Program (RACSB)	(540) 373-3223	58
Rappahannock Area Council for Children and Parents (RACAAP)	(540) 785-6217	58
Circle of Parents (RACCAP)	(540) 785-6217	58
Rappahannock Area Court Appointed Special Advocates (CASA)	(540) 710-6199	58
Rappahannock Area Office On Youth (RAOOY)	(540) 372-1149	59
Anger Management Services (RAOOY)	(540) 372-1149	59
Substance Abuse Services (RAOOY)	(540) 372-1149	59
Rappahannock Area Regional Adult Education	(540) 898-8165	59
Rappahannock Area YMCA (Massad & Spotsylvania Branch)	(540) 371-9622	60
Rappahannock Big Brothers Big Sisters, Inc. (RBBBS)	(540) 371-7444	60
Rappahannock Community College	(540) 775-0087	60
Rappahannock Council Against Sexual Assault (RCASA)	(540) 371-1666	61
Rappahannock Council on Domestic Violence (RCDV)	(540) 373-9372	61
Rappahannock Goodwill Industries, Inc.	(540) 371-3070	61
Job Help Center (Rappahannock Goodwill)	(540) 371-3070	62
Rappahannock Juvenile Center	(540) 658-1691	62
Rappahannock Legal Services, Inc. (Intake)	(540) 371-1105	62
Rappahannock Refuge – Hope House	(540) 371-0831	63
Rappahannock Rural Health Development Center (RRHDC)	(804) 313-5722	63
Rappahannock Teen Abstinence Program (RAPPTAP)	(540) 370-4238	63
Rappahannock United Way (RUW)	(540) 373-0041	63
Earned Income Tax Credit Program (RUW)	(540) 373-0041	64
Information Services (RUW)	(540) 373-0041	64
Smart Beginnings Rappahannock Area (RUW)	(540) 373-0041	64
Volunteer Services (RUW)	(540) 373-0041	64
Rappahannock Wound Healing Center	(540) 741-3790	64
Real Life Community Church	(540) 373-3999	64
Rebuilding Together (With Christmas In April) Fredericksburg	(540) 373-9807	65
Remuda Ranch Programs for Eating and Anxiety Disorders	(804) 632-5600	65
RISP (Rural Infant Services Program)	(804) 758-5250	65
Riverside Tappahannock Hospital	(804) 443-3311	65
Rural Development PD 16	(540) 899-9492	65
Safe Harbor Child Advocacy Center	(540) 891-6280	66
Saint Ann’s Infant and Maternity Home	(301) 559-5500	66
Saint Vincent de Paul Conference	(540) 898-8065	66
Saint William of York	(540) 720-6652	67
Salvation Army, The	(540) 373-3431	67
Sena Foundation	(804) 633-7575	67
SeniorNavigator.com	(804) 525-7728	67
Serenity Home, Inc.	(540) 371-3059	68
SERVE	(540) 288-9603	68
Shriners (Kena Shrine Temple)	(703) 573-4202	68
Snowden Academy	(540) 741-3908	68
Snowden at Fredericksburg	(540) 741-3900	69
Society for the Prevention of Cruelty to Animals (SPCA)	(540) 898-1500	69
Special Love, Inc. (Sponsor of Camp Fantastic)	(540) 667-3774	69
Special Olympics, Virginia	(804) 346-5544	69
Spotsylvania County Public Schools	(540) 834-2500	70
Spotsylvania Emergency Concerns Association (SECA)	(540) 582-2465	70
Spotsylvania Parks and Recreation Department	(540) 507-7529	70
St. Peter’s Lutheran Church	(540) 659-6366	70
Stafford County Parks and Recreation	(540) 658-4871	70
Stafford County Public Schools	(540) 658-6000	71
Stafford Hospital Center	(540) 741-9000	71
Strayer University	(540) 374-4300	71
Strong Tower Ministries	(540) 374-1588	71

Thurman Brisben Center	(540) 899-9853	72
Timber Ridge School	(540) 888-3456	72
United Methodist Family Services - Fredericksburg Regional	(540) 898-1773	72
University of Mary Washington		72
General Information	(540) 654-1000	72
College of Graduate and Professional Studies	(540) 286-8000	72
Rappahannock Regional Small Business Development Center	(540) 286-8060	72
Admissions	(540) 654-2000	72
Public Events Line (24 Hours)	(540) 654-2424	72
Sports Live (24 Hours)	(540) 654-1869	72
VCU School of Dentistry	(804) 828-9190	73
Victim Witness Assistance Program		73
Caroline County	(804) 633-8037	73
King George County	(540) 775-0896	73
Fredericksburg City	(540) 372-1040	73
Spotsylvania County	(540) 507-7666	73
Stafford County	(540) 658-4301	73
Westmoreland County	(804) 493-9690	73
Virginia Commonwealth University Medical Center	(804) 828-9000	73
Virginia Cooperative Extension		74
Caroline County	(804) 633-6550	74
King George County	(540) 775-3062	74
Spotsylvania County	(540) 507-7570	74
Stafford County	(540) 658-8000	74
Westmoreland County	(804) 493-8924	74
Virginia Department of Blind & Vision Impaired	(804) 371-3353	74
Virginia Department of Health, Division of Disease Prevention	(804) 864-8007	75
Virginia Employment Commission (VEC)	(540) 322-5757	75
Warsaw Branch	(804) 333-3675	75
Virginia Heart and Vascular Institute at Mary Washington Hospital	(540) 741-2172	75
Virginia Home for Boys & Girls	(804) 270-6566	75
Virginia State Conference NAACP	(800) 426-2227	75
Volunteer Emergency Families for Children	(804) 379-7767	76
Westwood Clubhouse, The	(540) 785-8836	76
YoungLives Fredericksburg	(540) 318-5324	76
Zion United Methodist Church	(540) 582-6532	76

**NAME: Alcoholics Anonymous**

**Mailing Address:** P.O. Box 459

New York, NY 10163

**PHONE:** (212) 870-3400

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** www.aa.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 24 hours a day.

**AGES:** All.

**ELIGIBILITY:** A desire to stop drinking.

**FEES:** None.

**PURPOSE:** To help alcoholics achieve sobriety.

**SERVICES:** Support groups for alcoholics.

**NAME: Alzheimer's Association  
Fredericksburg**

**ADDRESS:** 2217 Princess Anne Street  
Suite 106-1F

Fredericksburg, Virginia 22401

**PHONE:** (540) 370-0835

**TOLL FREE:** (800) 272-3900

**FAX:** (540) 370-4976

**E-MAIL:** judy.scheibe@alz.org

**WEBSITE:** www.alz.org/grva

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Caroline, Westmoreland Counties

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** Alzheimer's Patients, families, caregivers

**FEES:** None.

**PURPOSE:** To improve the quality of life of persons affected by Alzheimer's disease by providing support services and community leadership.

**SERVICES:** Support groups for family members, friends, and caregivers; caregiver workshops; educational community workshops; respite care scholarships; in-service training for caregiver staff of residential communities and other programs requiring specific education on Alzheimer's disease.

**NAME: American Cancer Society-  
Greater Fredericksburg Leadership  
Council**

**Mailing Address:** P.O. Box 431

Dahlgren, Virginia 22448

**PHONE:** (540) 663-2555

**TOLL FREE:** (800) ACS-2345

**FAX:** N/A

**E-MAIL:** ursula@crosslink.net

**WEBSITE:** www.cancer.org

**SERVICE AREA:** City of Fredericksburg, Caroline, Spotsylvania, King George, and Stafford counties

**HOURS:** 7 days a week.

**AGES:** All

**ELIGIBILITY:** Cancer patients, family members, caretakers, and any individual seeking information (not restricted to patients).

**FEES:** None.

**PURPOSE:** To provide information, guidance, and referral services to cancer patients and their families, as well as education to the community.

**SERVICES:** Locally: Road to Recovery Program (transportation), Look Good Feel Better Program (wig fittings & makeup); loan closet (wigs, prosthesis), educational programs, Toll Free Access (call center in Baltimore, MD): Reach to Recovery (breast cancer survivor mentors for newly diagnosed patient), pain and nausea medication, any questions including medical and financial.

**LANGUAGES SPOKEN:** English, interpreters available for multiple languages by calling the toll free number

**NAME: American Cancer Society, Mid  
Atlantic Division**

**Mailing Address:** 4240 Park Place Court,  
Glen Allen, VA 23060

**PHONE:** (804) 527-3700

**TOLL FREE:** (800) 227-2345

**FAX:** (804) 527-3797

**E-MAIL:** N/A

**WEBSITE:** www.cancer.org

**SERVICE AREA:** Virginia

**HOURS:** 8:30am-4:30pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** Financial screening done to determine eligibility for financial assistance programs. Must have cancer diagnosis.

**FEES:** None.

**PURPOSE:** To provide information, guidance, and referral services to cancer patients and their families.

**SERVICES:** Financial assistance; information and referral; support groups; transportation.

**NAME: American Diabetes Association**

**ADDRESS:** 1701 North Beauregard St.  
Alexandria, VA 22311

**PHONE:** (703) 549-1500

**TOLL FREE:** 1-800-676-4065

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:30am–5:00pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** N/A

**FEES:** None

**PURPOSE:** To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

**SERVICES:** Monthly newspaper; educational meetings; participant in health fairs and screenings; fund raisings to support Diabetes Association mission.

**NAME: American Heart Association – Mid Atlantic Affiliate**

**ADDRESS:** Regional Office:  
4217 Park Place Court

Glen Allen, Virginia 23060

**PHONE:** (804) 965-6539

**TOLL FREE:** (800) AHA-USA1

**FAX:** (804) 965-6410

**E-MAIL:** connie.sharpless@heart.org

**WEBSITE:** www.americanheart.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:30am-5:00pm, Monday-Friday.

**AGES:** All ages.

**ELIGIBILITY:** N/A

**FEES:** May be nominal cost depending on number of items ordered-small numbers, free of charge.

**PURPOSE:** Building healthier lives, free of cardiovascular diseases and stroke.

**SERVICES:** Fundraising to support our mission; Materials/brochures on CVD, stroke, risk factors, etc.; Support group for individuals and family members; 800 number to provide materials and answer questions; Educational programs on risk factors/lifestyle changes.

**NAME: American Red Cross, Rappahannock Area Chapter**

**ADDRESS:** 4836 Southpoint Parkway  
Fredericksburg, VA 22407

**PHONE:** (540) 735-0500

**FAX:** (540) 735-7501

**E-MAIL:** NA

**WEBSITE:**

<http://rappahannockarea.redcross.org>

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford and Orange Counties.

**HOURS:** Office hours: 8:30am-4:30pm, Monday- Friday; 24 hour emergency coverage.

**AGES:** All ages

**ELIGIBILITY:** Victims of disaster, i.e. floods, major storms, fires; service to members of the military and their families. Courses are open to all; some prerequisites may apply.

**FEES:** Services, no fees. Health and safety courses have fees.

**PURPOSE:** To provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies.

**SERVICES:** Disaster services; disaster community

education; emergency services for military and their families; CPR, First Aid, baby sitting, Basic Aid Training, First Aid for Children Today, and Water Safety courses; HIV/AIDS education; international tracing and international social services/humanitarian law education; Holiday Assistance Program (Letters to Santa); human resources training; blood donation.

**NAME: Angel Food Ministries**

**ADDRESS:** Sites located at: Eastland United Methodist Church, Riverside First Church of God, Strong Tower Ministries, The Bridge Worship Center, Fletchers Chapel UMC, King George Church of God, Tabernacle Baptist Church, Wallers Baptist Church, Goshen Baptist Church, Wilderness Community Church, Hope Chapel – Stafford, North Stafford Baptist Church, and New Heights Christian Church.

**TOLL FREE:** 1-877-366-3646

**FAX:** N/A

**E-MAIL:** angelfood@angelfoodministries.com

**WEBSITE:** www.angelfoodministries.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties

**HOURS:** Vary depending on site

**AGES:** All.

**ELIGIBILITY:** N/A

**FEES:** Food boxes range from \$20.00 - \$30.00

**PURPOSE:** To provide low cost food options for low-income individuals.

**SERVICES:** Low cost food

**NAME: Arc of Rappahannock, The**

**ADDRESS:** 1640 #B Lafayette Boulevard  
Fredericksburg, Virginia 22401

**PHONE:** (540) 899-3789

**FAX:** (540) 370-0179

**E-MAIL:** [exec@arc.vacoxmail.com](mailto:exec@arc.vacoxmail.com)

**WEBSITE:** <http://arc.communitypoint.org/>

**SERVICE AREA:** City of Fredericksburg, Caroline,

King George, Spotsylvania, and Stafford Counties

**HOURS:** 8:00am-4:30pm, Monday-Friday

**AGES:** All (specific programs have age restrictions).

**ELIGIBILITY:** Participants usually must have intellectual/developmentally delayed disabilities.

**FEES:** N/A

**PURPOSE:** To advocate for the rights of mentally and developmentally disabled people in order to provide a better quality of life.

**SERVICES:** Assistive Technology; Best Buddies (for young adults); Consumer Directed Service Facilitation; Daybreak (Saturday respite care); Equipment connection; Dental program; Dances; S.O.S (Respite Sitters); Car Donations Accepted, call for details.

**NAME: Arthritis Foundation, Virginia Chapter**

**ADDRESS:** 3805 Cutshaw Avenue Suite 200  
Richmond, Virginia 23230

**PHONE:** (804) 359-1700

**TOLL FREE:** (800) 456-4687

**FAX:** (804) 359-4900

**E-MAIL:** N/A

**WEBSITE:** [www.arthritis.org](http://www.arthritis.org)

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties

**HOURS:** 9:00am – 5:00 pm, Monday - Friday

**AGES:** All

**ELIGIBILITY:** People with arthritis

**FEES:** Fees vary for exercise facilities.

**PURPOSE:** The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases.

**SERVICES:** Food assistance.

**NAME: Bay Aging**

**ADDRESS:** 5306 Old Virginia Street  
Urbanna, VA 23175

**Mailing Address:** P.O. Box 610  
Urbanna, VA 23175

**PHONE:** (804) 758-2386

**FAX:** (804) 758-5773

**E-MAIL:** [jduggan@bayaging.org](mailto:jduggan@bayaging.org)

**WEBSITE:** [www.bayaging.org](http://www.bayaging.org)

**SERVICE AREA:** Essex, Gloucester, King & Queen, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond and Westmoreland counties

**HOURS:** 8:30am-4:30pm, Monday-Friday

**AGES:** All ages

**ELIGIBILITY:** All ages

**FEES:** Sliding scale fee; donations.

**PURPOSE:** To bring services to people of all ages so that they may maintain their independence and live within their communities for as long as possible

**SERVICES:** Public transportation for all ages (Bay Transit); Meals on Wheels; adult daycare; senior centers; homecare; companion care; weatherization; indoor plumbing rehab; emergency home repairs; financial counseling; housing counseling; foreclosure prevention; employment support; emergency services; youth partnerships; insurance counseling; other services available.

**NAME: Bethany Christian Services**

**ADDRESS:** 1616 Stafford Ave.  
Fredericksburg, Virginia 22401

**PHONE:** (540) 373-5165 Bethany Christian Services

(540) 373-6463 Pregnancy Center

(540) 373-5322 Bethany Connections

**TOLL FREE:** (800) BETHANY

**FAX:** (540) 373-4800

**EMAIL:** [bcsfredericksburg@bethany.org](mailto:bcsfredericksburg@bethany.org)

**WEBSITE:** [www.bethany.org](http://www.bethany.org)

**SERVICE AREA:** City of Fredericksburg, Richmond, Caroline, Culpeper, King George and Stafford counties.

**HOURS:** 9:00am-5:00pm, Monday-Friday.

**AGES:** Any ages

**FEES:** Sliding scale for adoptions

**PURPOSE:** Provide quality social services to children and families in need.

**SERVICES:** Pregnancy Counseling, Adoption and Interim Foster Care(agency, parental

placement, international). Provides Pregnancy Tests. Limited Ultrasound (free on a one time basis). Bethany Connections is a relationship education (not counseling) for unmarried/pregnant couples or unmarried couples with a child under 4 months of age. This is a 4-week class on Mondays from 6:00pm to 9:00pm.

**NAME: Better Business Bureau of Central Virginia**

**ADDRESS:** 720 Moorefield Park Drive, Suite 300

Richmond, Virginia 23236

**PHONE:** (804) 648-0016

**FAX:** (804) 320-0248

**E-MAIL:** info@richmond.bbb.org

**WEBSITE:** www.centralvirginia.bbb.org

**SERVICE AREA:** Central Virginia including Fredericksburg and Charlottesville.

**HOURS:** 8:30am–4:45pm, Monday-Friday, 9:00am-3:00pm , phone lines open

**AGES:** N/A

**ELIGIBILITY:** N/A

**FEES:** No charge for basic services to public; membership dues; mediations and arbitrations provided on a sliding scale.

**PURPOSE:** To advance responsible, honest, and ethical business practices and to promote customer confidence through effective self-regulation of business.

**SERVICES:** Reliability reporting on businesses; complaint handling; charity information; mediations and arbitrations.

**NAME: Birthright of Fredericksburg**

**ADDRESS:** 405 Westwood Office Park  
Fredericksburg, Virginia 22401

**PHONE:** (540) 371-6119

**TOLL FREE:** (800) 550-4900

**FAX:** (540) 371-2718

**E-MAIL:** brvolunteers@yahoo.com or  
amanda@rainvilleinsurance.com

**WEBSITE:** http://birthright.communitypoint.org

**SERVICE AREA:** City of Fredericksburg, Caroline, Culpeper, King George, Orange, Spotsylvania, and Stafford Counties.

**HOURS:** 9:30am-12:30pm, Monday, Tuesday, Wednesday, and Friday; 6:00pm-8:00pm, Tuesday, Thursday.

**AGES:** All women of childbearing age.

**ELIGIBILITY:** Any woman faced with an unplanned pregnancy.

**FEES:** None

**PURPOSE:** Our mission statement: It is the right of every pregnant woman to give birth and the right of every child to be born. We provide women with an alternative to abortion.

**SERVICES:** In addition to offering encouragement and friendship, we offer the following concrete help: pregnancy tests, maternity and baby clothes, referral for medical help, adoption, and pre-natal information

**NAME: Boys and Girls Club**

**SEE: Fredericksburg Regional Boys & Girls Club of Greater Washington**

**Boy Scouts of America, Heart of Virginia Council**

**ADDRESS:** P.O. Box 6809

Richmond, Virginia 23230

**PHONE:** (804) 355-4306

**FAX:** (804) 353-6109

**EMAIL:** N/A

**WEBSITE:** www.scoutingvirginia.org

**SERVICE AREA:** Westmoreland County

**HOURS:** 9:00am-5:00pm, Monday-Friday.

**AGES:** Youth (1<sup>st</sup> grade-21 years)

**ELIGIBILITY:** Boys ages 7-21, Girls ages 14-21 for Venture Crew.

**FEES:** Varies with program

**PURPOSE:** Build character, teach citizenship and personal fitness in a fun, challenging environment.

**SERVICES:** Scouting to males and females ages 7-21.

**NAME: Boy Scouts of America, National Capital Area Council**

**ADDRESS:** 9190 Rockville Pike

Bethesda, MD 20814

**PHONE:** (301) 530-9360

**FAX:** (301) 564-9513

**E-MAIL:** N/A

**WEBSITE:** www.boyscouts-ncac.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania and Stafford counties.

**HOURS:** 8:30am-5:00pm, Monday – Friday,

Meetings are at various locations throughout the week. Please call for details.

**NAME: Boys Recovery Lodge**

**MAILING ADDRESS:** c/o 521 N. Quincy Street, Arlington, VA 22203-2106

**PHONE:** (703) 841-0703

**TOLL FREE PHONE:** (866) 888-0821

**FAX:** (703)841-2316

**E-MAIL:** info@vanguardservices.org

**WEBSITE:** www.vanguardservices.org

**SERVICE AREA:** Virginia and the DC Metro Area

**HOURS:** 24 hours (residential), 7 days a week

**AGES:** 14-17 year old boys

**ELIGIBILITY:** Must live in Virginia or the DC Metro Area. Boys age 14-17 with a history of substance abuse.

**FEES:** self pay, most major insurances accepted, as well as CSB, DSS, DJJ, CSA, and Medicaid funding

**PURPOSE:** A non-profit corporation dedicated to treatment of chemically addicted adolescents.

**SERVICES:** Residential substance abuse treatment for adolescent boys. We help our teenage clients understand addiction and its harmful consequences, develop their own recovery resources and tools, and use their personal tools to change habits and behaviors.

youth; health & nutrition awareness; food assistance; community meals; senior adult activities; referral source to other local agencies; sports programs; computer literacy classes; and financial literacy classes.

**NAME: Bridges Senior Care Solutions**

**MAILING ADDRESS:** PO Box 1310

Fredericksburg, VA 22402

**PHONE:** (540) 899-3404

**FAX:** (540) 370-0707

**E-MAIL:** bridgessenior@aol.com

**WEBSITE:**

www.bridgesseniorcaresolutions.com

**SERVICE AREA:** Northern, Northwest, and Central Virginia

**HOURS:** 24 hour, on-call services.

**AGES:** 18 years and older

**ELIGIBILITY:** N/A

**FEES:** Based on contracted services.

**PURPOSE:** To provide care management, guardian and conservative services for anyone over the age of 18.

**SERVICES:** Coordination of community resources, needs assessments, public/private guardian and conservative services, crisis intervention, and specializing in the care of the elderly and intellectual disabled individuals.

**NAME: Bragg Hill Family Life Center**

**ADDRESS:** 400 Bragg Hill Road

Fredericksburg, Virginia 22401

**PHONE:** (540) 371-3662

**FAX:** (540) 371-1677

**EMAIL:** BHFLC@hotmail.com

**WEBSITE:** www.bragghillfamilylife.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Office 9:00am-5:00pm, Monday – Friday.

**AGES:** No restrictions.

**ELIGIBILITY:** Open

**FEES:** None

**PURPOSE:** To provide assistance to citizens of the Fredericksburg area, with special emphasis on the total growth and development of the community's "at risk youth," and economically underprivileged.

**SERVICES:** Mentoring and tutorial support for

**NAME: Bridges Treatment Center**

**ADDRESS:** 693 Leesville Road

Lynchburg, Virginia 24502

**PHONE:** (804) 947-5700

**FAX:** (804) 947-5708

**E-MAIL:** bill.gorman@centrahealth.com

**WEBSITE:** http://www.centrahealth.com

**SERVICE AREA:** Unrestricted

**HOURS:** Office hours: 8:30am - 4:30pm, Monday- Friday; 24 hour services.

**AGES:** 6-17 years old.

**FEES:** A fee is charged for services.

**PURPOSE:** Treats severely emotionally disabled children and adolescents.

**SERVICES:** Counseling services and mental health services.

**NAME: Cancer Center of Virginia-A Service of Mary Washington Hospital**

**ADDRESS:** 6105 Health Center Lane

Fredericksburg, Virginia 22407

**PHONE:** (540) 741-0655

**FAX:** (540) 741-0657

**E-MAIL:** N/A

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am-5:00pm, Monday-Friday.

**AGES:** 18 years and older.

**ELIGIBILITY:** Available to anyone with cancer who needs our services.

**FEES:** Vary

**PURPOSE:** To provide radiation therapy treatments and cancer support services to area patients and community members.

**SERVICES:** Radiation therapy; psychosocial support; brief counseling; ongoing support groups/educational programs; educational materials; annual prostate screening.

**NAME: Caroline Christian Health Center**

**ADDRESS:** 18048 Jefferson Davis Hwy  
Ruther Glen, Virginia 22546

**MAILING ADDRESS:** P.O. Box 216  
Ladysmith, VA 22501

**PHONE:** (804) 448-1380

**FAX:** (804) 448-9571

**E-MAIL:** info@cchcpeds.org

**WEBSITE:** www.cchcpeds.org

**SERVICE AREA:** The City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties

**HOURS:** Office hours: 8:30am-4:00pm,  
Monday-Friday.

**AGES:** All

**ELIGIBILITY:** Must live in the service area

**FEES:** Varies with program and income. Sliding Scale.

**PURPOSE:** The Mission of the Caroline Christian

Health Center (CCHC) is to improve the quality of life for the residents of Caroline and surrounding counties by providing state of the art medical care, as well as access to health education material; compassionate Christian-based counseling services and local Christian outreach ministries. CCHC provides typical primary care services for children or pediatric. CCHC also provides health information, counseling and spiritual connections.

**SERVICES:** Primary care services for both pediatric and adult residents. Includes, but not

limited to: acute care for minor injuries and illness, management of chronic disease, immunizations, well examinations, child and adult health screening services, prenatal care for routine pregnancies

**NAME: The Caroline County Child Care Resource & Referral Agency of Virginia Cooperative Extension**

**ADDRESS:** 109 County Street  
Bowling Green, Virginia 22427

**PHONE:** (804) 633-6550

**FAX:** (804) 633-2429

**E-MAIL:** larimer@vt.edu

**WEBSITE:** NA

**SERVICE AREA:** Caroline County

**HOURS:** Office hours: 8:30am - 4:30pm,  
Monday-Friday

**AGES:** Birth – 12 years

**ELIGIBILITY:** None

**FEES:** None

**PURPOSE:** To educate the community on the importance of quality early childhood programs.

**SERVICES:** Provide childcare referrals; childcare provider recruitment; childcare training and education; parent education; mentoring and technical assistance for childcare homes and centers.

**NAME: Caroline County Department of Parks & Recreation**

**ADDRESS:** 17202 Richmond Turnpike  
Milford, Virginia 22514

**MAILING ADDRESS:** P.O. Box 447  
Bowling Green, VA 22427

**PHONE:** (804) 633-7277

**FAX:** (804) 633-4136

**E-MAIL:** dhoward@co.caroline.va.us

**WEBSITE:** www.visitcaroline.com

**SERVICE AREA:** Caroline County

**HOURS:** Office hours: 8:30am-5:00pm,  
Monday-Friday.

**AGES:** All

**ELIGIBILITY:** Caroline County resident.

**FEES:** Varies with program.

**PURPOSE:** Provide leisure services.

**SERVICES:** Recreation and Social Development Services.

**NAME: Caroline County Public Schools**

**ADDRESS:** 16221 Richmond Turnpike  
Bowling Green, Virginia 22427  
**PHONE:** (804) 633-5088  
**FAX:** (804) 633-5563  
**E-MAIL OF SUPERINTENDENT:**  
gkillough@caroline.k12.va.us  
**CONTACT PERSON: (Dolly Lindsay)**  
dlindsay@caroline.k12.va.us  
**WEBSITE:** www.caroline.k12.va.us  
**SERVICE AREA:** Caroline County  
**HOURS:** 8:00am-4:30pm, Monday-Friday.  
**AGES:** 2-22 years old.  
**FEES:** None.  
**PURPOSE:** Public Education.  
**SERVICES:** Education. Alternative high school program available, please call for details.

**NAME: Caroline Family Practice**

**ADDRESS:** 102 West Broadus Avenue  
Bowling Green, VA 22427  
**PHONE:** (804) 632-1030  
**FAX:** (804) 632-1033  
**E-MAIL:** hr@cvhsinc.org  
**WEBSITE:** www.cvhsinc.org  
**SERVICE AREA:** Caroline, King George, Spotsylvania and Stafford Counties. Parts of the City of Fredericksburg  
**HOURS:** M,W,T, F: 8:00am-4:30pm; Thursday: 10:30am-7pm  
**ELIGIBILITY:** Open.  
**FEES:** All services offered on a sliding fee based on family size and income. All insurance plans welcomed including Medicaid and Medicare.  
**PURPOSE:** To provide high quality primary care to those in the Fredericksburg area, including those on Medicaid and Medicare.  
**SERVICES:** Primary care including: physicals, sport and job physicals, immunizations, chronic disease management, and sick visits.

**NAME: Caroline Library**

**ADDRESS:** 17202 Richmond Turnpike  
Bowling Green, Virginia 22427  
**Mailing Address:** P.O. Box 9  
Bowling Green, Virginia 22427  
**PHONE:** (804) 633-5455 (Bowling Green Branch)  
(804) 448-3124 (Ladysmith Branch)  
(804) 994-2770 (Dawn Branch)  
(804) 742-5254 (Port Royal Branch)

**FAX:** (804) 633-9069 (Bowling Green Branch)  
(804) 448-3124 (Ladysmith Branch)  
(804) 994-9263(Dawn Branch)  
(804) 742-5263(Port Royal Branch)  
**EMAIL:** carolinelibrary@bealenet.com  
**WEBSITE:** www.carolinelibrary.org  
**SERVICE AREA:** Caroline County.  
**HOURS:** 8:30am-8:00pm, Monday through Thursday; 8:30am-6:00pm, Friday; 10:00am-4:00pm, Saturday.  
**AGES:** All  
**ELIGIBILITY:** Resident of Caroline County.  
**FEES:** Late book fees, fax and copy fees  
**PURPOSE:** Library and Public Information.  
**SERVICES:** Information and Referral; storytelling; computer classes; interlibrary loans; copiers; computers; summer programs; genealogy services; homework services; career services; lap sit programs; after-school programs.

**NAME: Caroline Literacy Council, Inc.**

**ADDRESS:** Caroline County Community Service Center, 17202 Richmond Turnpike  
Bowling Green, VA 22427  
**Mailing Address:** P.O. Box 778  
Bowling Green, Virginia 22427  
**PHONE:** (804) 633-6184  
**FAX:** (804) 633-0284  
**E-MAIL:** clc@bealenet.com  
**WEBSITE:** N/A  
**SERVICE AREA:** Caroline County residents.  
**HOURS:** 11:00am-1:00 pm, Monday, Wednesday, and Friday and by appointment.  
**AGES:** 18 years and older.  
**ELIGIBILITY:** Any adult needing help reading or understanding English.  
**FEES:** None  
**PURPOSE:** Provide literacy training to adults and their families.  
**SERVICES:** Train and recruit volunteer tutors to work one-on-one with adult learners not capable of sustained independent reading and tutors to provide instruction for English as a second language.

**NAME: Caroline Parent Resource  
SEE: Parent Resource Center**

**NAME: Caroline's Promise**  
**Mailing Address:** P.O. Box 1484  
Bowling Green, VA 22427

**PHONE:** (804) 916-9619  
**FAX:** NA  
**E-MAIL:** carolinespromise@co.caroline.va.us  
**WEBSITE:** www.carolinespromise.com  
**SERVICE AREA:** Caroline County  
**HOURS:** N/A  
**ELIGIBILITY:** All  
**AGES:** Children from birth – 18 years.  
**FEES:** None  
**PURPOSE:** An America's Promise Community of Promise. Caroline's Promise strives to meet the physical, spiritual, and emotional needs of the youth of Caroline County.  
**SERVICES:** We provide and support a variety of activities and programs that fulfill five promises to the county's youth. These promises are: ongoing relationships with caring adults, safe places with structured activities during non-school hours, a healthy start and future, marketable skills through effective education, and opportunities to give back through community service. Programming includes: Welcome New Baby Basket Program, Camperships, Mini-Grant Program, Sponsor various family festivals and fairs, Divas with Promise, Youth Ambassadors and more.

**NAME: Catholic Charities of the Diocese of Arlington Inc., Fredericksburg Branch**

**ADDRESS:** 305 Hanson Avenue Suite 180  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 371-1124  
**FAX:** (540) 371-9038  
**E-MAIL:** NA  
**WEBSITE:** www.cdda.net  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford and Westmoreland Counties.  
**HOURS:** 8:30am-4:30pm, Monday-Thursday, 8:00am – 4:00pm Friday.  
**AGES:** 2 through adulthood  
**ELIGIBILITY:** N/A  
**FEES:** Counseling fees based on sliding scale for noninsured. Currently on 24 different insurance panels for those with insurance. There are fees for adoption home studies.  
**PURPOSE:** Mental Health counseling, adoption, foster care program, crisis pregnancy counseling and baby needs closet.  
**SERVICES:** Mental health counseling for individuals, marital/couples, family/parents and child, and groups offered. Adoption home studies for domestic, international, interstate and

parental placements, pregnancy counseling services, emergency baby needs closet, information and referral and education available. Services available for those who speak Spanish.

**NAME: CC Hospice and Home Health (Cuidado Casero Home Health Services)**

**ADDRESS:** 4815 Carr Drive, Suite 4815,  
Fredericksburg, VA 22408  
**PHONE:** (540) 898-2999  
**FAX:** (540) 898-2929  
**E-MAIL:** VAAdmin@medicahealth.com  
**WEBSITE:** NA  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford, Culpeper and Colonial Beach.  
**HOURS:** Monday – Friday, 8:00AM – 5:00PM; on call 24 hours a day, 7 days a week  
**ELIGIBILITY:** Medicare, Medicaid, and private insurance hospice.  
**FEES:** None.  
**PURPOSE:** To address medical concerns, emotional and spiritual support, important decisions, community programs for professionals. Links for families to volunteers.  
**SERVICES:** Health and home care, physical therapy services, senior services, support groups.

**NAME: Central Rappahannock Regional Library (CRRL)**

**ADDRESS:** 1201 Caroline Street  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 372-1144  
(804) 224-0921 (Cooper Branch)  
(804) 493-8194 (Montross Branch)  
(804) 472-3820 (Newton Branch)  
(540) 659-4909 (Porter Branch)  
(540) 785-9267 (Salem Church Branch)  
(540) 507-7565 (Snow Branch)  
**FAX:** (540) 373-9411  
**E-MAIL:** reference@crrl.org  
**WEBSITE:** www.librarypoint.org  
**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, and Westmoreland counties  
**HOURS:** Call your local branch or check online at <http://www.librarypoint.org/branches>  
**AGES:** All  
**ELIGIBILITY:** N/A  
**FEES:** No fees if you are a resident of service area above.

**PURPOSE:** To provide library services and resources necessary to meet the evolving educational, recreational, and informational needs of the public, thus enhancing individual and community life.

**SERVICES:** Free programming including concerts, films, story times; free public access computers; literacy program; bookmobile; on-line reference and staffed references desks; resources for people with disabilities; teacher deposits and support; a suite of web sites and more!

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Alliance for Literacy (CRRL)**

**ADDRESS:** 1201 Caroline Street  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1144

TDD (540) 371-9165

**FAX:** (540) 373-9711

**E-MAIL:** reference@crll.org

**WEBSITE:** www.crll.org

**SERVICE AREA:** City of Fredericksburg, Spotsylvania and Stafford Counties.

**HOURS:** Library Hours are 9:00am – 9:00pm, Monday – Thursday; 9:00am-5:30pm, Friday and Saturday; 1:00pm – 5:30pm, Sunday.

**AGES:** 18 years and older.

**ELIGIBILITY:** None.

**FEES:** None.

**PURPOSE:** Provide one-to-one confidential tutoring to adults 18 and older who wish to improve their reading, math, or English skills.

**SERVICES:** See above.

**PROGRAM: Subregional Library for the Blind & Physically Handicapped (CRRL)**

**ADDRESS:** 1201 Caroline Street  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1144 ext. 234

**FAX:** (540) 373-9411

**E-MAIL:** mbrown@crll.org; esolka@crll.org

**WEBSITE:** www.librarypoint.org/talking\_books

**SERVICE AREA:** PD 16 and Orange, Culpeper, Westmoreland, Fauquier, Prince William counties

**HOURS:** Monday – Friday, 9:00am - 5:00pm

**AGES:** All

**ELIGIBILITY:** Blind, vision impaired, dyslexic & physically handicapped

**FEES:** None.

**PURPOSE:** To provide a reading experience for people who cannot read standard print.

**SERVICES:** Provide access to audio books, large print, descriptive videos, and Braille.

**NAME: Central Virginia Housing Coalition (CVHC)**

**ADDRESS:** 208 Hudgins Road  
Fredericksburg, Virginia 22408

**PHONE:** (540) 604-9943

**FAX:** (540) 604-9949

**E-MAIL:** N/A

**WEBSITE:** www.centralvahousing.org

**SERVICE AREA:** City of Fredericksburg, Caroline, Culpeper, Fauquier, King George, Orange, Spotsylvania, and Stafford Counties.

**HOURS:** Office hours: 9:00am–3:00pm, Monday-Friday; Lend-a-Hand: 9:00am–12:00pm, Wednesday and Friday

**ELIGIBILITY:** Screening Process

**FEES:** None

**PURPOSE:** CVHC's mission is to improve the regional quality of life by providing affordable housing to low income families through coalition, education, counseling, and financial assistance.

**SERVICES:** CVHC offers several programs designed to assist low to moderate income families in achieving the goal of home ownership. CVHC also administers the Housing Choice Voucher program and provides one-time emergency grant funds for families facing eviction.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Housing Choice Voucher Program (HCVP)**

**ADDRESS:** 208 Hudgins Road  
Fredericksburg, Virginia 22408

**PHONE:** (540) 604-9943

**FAX:** (540) 604-9949

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg and Fauquier, Spotsylvania and Stafford Counties.

**HOURS:** 9:00am–3:00pm, Monday-Friday

**ELIGIBILITY:** Must be on waiting list or participating family currently receiving services.

**FEES:** None.

**PURPOSE:** To administer federally funded rental assistance programs.

**SERVICES:** Housing

**NAME: Central Virginia Lions Hearing Aid Bank**

**ADDRESS:** 1512 Willow Lawn Drive  
Richmond, VA 23230  
**Mailing Address:** P.O. Box 25787  
Richmond, Virginia 23261  
**PHONE:** (804) 545-5937  
**FAX:** (804) 285-9130  
**E-MAIL:** N/A  
**WEBSITE:** <http://cvlhabva.lionwap.org/>  
**SERVICE AREA:** City of Fredericksburg,  
Caroline, King George, Spotsylvania, and  
Stafford Counties  
**HOURS:** Volunteer answer telephones.  
Messages left on answering machine are  
returned.  
**AGES:** Open  
**ELIGIBILITY:** Must meet income and hearing  
loss requirements.  
**FEES:** Sliding scale, 0-\$200.00.  
**PURPOSE:** Provide recycled hearing aids to  
indigent persons.  
**SERVICES:** Matching applicant with provider  
after hearing test confirms a solvable hearing  
loss.

**NAME: Chaplin Youth Center**  
**Mailing Address:** P.O. Box 8208  
Fredericksburg, Virginia 22404  
**PHONE:** (540) 371-0590  
**FAX:** (540) 374-5082  
**E-MAIL:** N/A  
**WEBSITE:** N/A  
**SERVICE AREA:** City of Fredericksburg,  
Spotsylvania, and Stafford Counties  
**HOURS:** Office hours: 8:30am-5:00pm,  
Monday-Friday; Service hours: 24 hours.  
**AGES:** 12-17 years  
**ELIGIBILITY:** Referred by Court Services Unit.  
**FEE:** A fee is charged for services.  
**PURPOSE:** Residential facility for court involved  
adolescents. Average length of stay is 8 months  
for males and females.  
**SERVICES:** Court and administration of justice.

**NAME: Childcare Network, The**  
**ADDRESS:** 410 Westwood Office Park  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 373-3275  
**FAX:** (540) 373-6201  
**E-MAIL:** [thechildcarenetwork@hotmail.com](mailto:thechildcarenetwork@hotmail.com)  
**WEBSITE:** [www.thechildcarenetwork.org](http://www.thechildcarenetwork.org)  
**SERVICE AREA:** Referrals to local child care  
programs: City of Fredericksburg and Counties  
of Caroline, King George, Spotsylvania, and

Stafford. Fauquier, Orange, Culpeper, Madison  
and Rappahannock Training and USDA Food  
Program: additional areas served.  
**HOURS:** 9:00am-5:00pm, Monday-Friday.  
**AGES:** N/A  
**ELIGIBILITY:** N/A  
**FEES:** No fee for referrals or the USDA food  
program. There is a fee for most training  
classes.  
**PURPOSE:** The Childcare Network is a private,  
non-profit childcare resource and referral agency  
that works to improve the lives of children by  
providing information, training, and resources to  
their parents and caregivers.  
**SERVICES:** Free referrals to over 660 local  
childcare and preschool programs, and  
information and resources on childcare  
regulations and choosing high quality child care.  
Training classes for those who work with  
children. Sponsor of the USDA child and Adult  
care food program for childcare homes.

**NAME: Childhelp Eastern Regional  
Office**  
**ADDRESS:** 11230 Waples Mill Road, Suite 105  
Fairfax, VA 22030  
**PHONE:** (703) 208-1500  
TOLL FREE HOTLINE: 1-800-422-4453  
**FAX:** (703) 208-1540  
**E-MAIL:** [mail@childhelpva.org](mailto:mail@childhelpva.org)  
**WEBSITE:** [www.childhelp.org](http://www.childhelp.org)  
**SERVICE AREA:** Unrestricted.  
**HOURS:** 8:30am-5:00pm, Monday-Friday.  
**AGES:** 2 to 18 with some restrictions.  
**ELIGIBILITY:** Age 2 to 12 (IQ above 55)  
**FEES:** Call for fees.  
**PURPOSE:** To meet the physical, emotional,  
educational, and spiritual needs of abused  
children or children in danger of abuse.  
**SERVICES:** abuse prevention education for  
children, teens, parents and professionals;  
assessment, investigation, intervention and  
outpatient treatment of suspected abuse;  
residential treatment for severely abused,  
neglected and at risk children ages five through  
14.

**NAME: Children and Adults with  
Attention Deficit Disorder of  
Fredericksburg (CHADD)**  
**Mailing Address:** P.O. Box 2645  
Fairfax, VA 22031

**PHONE:** (703) 641-5451  
**FAX:** N/A  
**E-MAIL:** northern-virginia@chadd.net  
**WEBSITE:** www.novachadd.org  
**SERVICE AREA:** Fredericksburg Area  
**HOURS:** Meetings: 7:00pm – 9:15pm, on the 3<sup>rd</sup> Thursday of all months except June – September and December at James Madison High School, Vienna, VA  
**AGES:** Parents and Adults dealing with issues of AD/AH  
**ELIGIBILITY:** N/A  
**FEES:** Membership dues  
**PURPOSE:** Informative presentations and support for parents and adults dealing with issues of Attention Deficit Disorder.  
**SERVICES:** Support groups located throughout Northern Virginia area. See website for further information.

**NAME: Children's Home Society of Virginia**

**MAIN ADDRESS:** 4200 Fitzhugh Avenue  
Richmond, Virginia 23230-3829  
**LOCAL ADDRESS:** 2300 Fall Hill Avenue, Suite 238, Fredericksburg, VA 22401  
**MAIN PHONE:** (800) 247-2888  
**LOCAL PHONE:** (540) 226-0583  
**FAX:** (804) 353-7451  
**LOCAL FAX:** (540)899-3442  
**E-MAIL:** tamra@chsva.org  
**WEBSITE:** www.chsva.org  
**SERVICE AREA:** Statewide  
**HOURS:** 8:00am-4:30pm, Monday-Friday; on call 24 hours a day, 7 days a week  
**AGES:** All  
**ELIGIBILITY:** N/A  
**FEES:** Adoption services only.  
**PURPOSE:** The Children's Home Society of Virginia finds permanent homes for all children and provides related counseling to birth and adoptive families and adopted children.  
**SERVICES:** Birth & parenting counseling; foster care services; adoption services.

**NAME: Christ Lutheran Church**

**ADDRESS:** 1300 Augustine Avenue  
Fredericksburg, Virginia 22401-5306  
**PHONE:** (540) 373-5087  
**FAX:** (540) 371-6024

**E-MAIL:** office@christ-lutheran-church.org  
**WEBSITE:** www.christ-lutheran-church.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** Wednesdays 1:00pm to 2:30pm  
**AGES:** All  
**FEES:** N/A  
**SERVICES:** Food pantry on Wednesdays from 1:00pm to 2:30pm

**NAME: Christian Record Services, Inc. (CRS)**

**Mailing Address:** P.O. Box 6097  
4444 South 52<sup>nd</sup> Street  
Lincoln, NE 68506  
**PHONE:** (402) 488-0981  
**FAX:** (402) 488-1902  
**E-MAIL:** info@christianrecord.org  
**WEBSITE:** www.christianrecord.org  
**SERVICE AREA:** No restrictions  
**HOURS:** 7:30am-5:30pm, Monday-Thursday  
**AGES:** All  
**ELIGIBILITY:** Must be visually impaired.  
**FEES:** All services are free  
**PURPOSE:** To provide free publications and programs for persons with vision or hearing impairments and physical disabilities.  
**SERVICES:** Ten magazines in Braille, in large print, on cassette tape, and on flexible audio discs; a lending library; Bible correspondence school; National Camps for Blind Children/Deaf Children; personal visitation; College scholarships, etc

**NAME: Christmas in April  
SEE: Rebuilding Together with  
Christmas in April**

**NAME: City of Fredericksburg**

**ADDRESS:** 715 Princess Anne Street  
Fredericksburg, Virginia 22401  
**Mailing Address:** PO Box 7447  
Fredericksburg, Virginia 22404  
**PHONE:** (540) 372-1010  
**FAX:** (540) 372-1201  
**WEBSITE:** www.fredericksburgva.gov  
**SERVICE AREA:** City of Fredericksburg  
**HOURS:** 8:15am – 4:30pm, Monday – Friday.  
**AGES:** All.  
**ELIGIBILITY:** Call.

**FEES:** None.

**PURPOSE:** Local government office for community development.

**SERVICES:** Emergency Home Repair Program, Direct Homeownership Assistance Program, Removal of Architectural Barriers Program, Fair Housing, and coordination with other Community Development Block Grant Programs.

**NAME: Clearpoint Credit Counseling Solutions**

**ADDRESS:** 2217 Princess Anne Street, Suite 322 Fredericksburg, Virginia 22401

**PHONE:** (540) 371-7575

**TOLL FREE:** (877) 877-1995

**FAX:** (540) 373-4095

**E-MAIL:** Jennifer.Hogg@ClearPointCCS.org

**WEBSITE:** www.ClearPointCCS.org

**SERVICE AREA:** City of Fredericksburg and Woodbridge, Caroline, King George, Orange, Spotsylvania, and Stafford Counties

**HOURS:** 8:00am-5:00pm, Monday-Friday

**AGES:** 18 years and older.

**ELIGIBILITY:** Must have some sort of income

**FEES:** Counseling is free. 15% of monthly payment or max of \$35 per month for those who use the program.

**PURPOSE:** To work up repayment arrangements for people who have fallen behind in payments on unsecured debts (credit cards, medical bills and signature loans).

**SERVICES:** Serve as mediator between creditors and debtors to set up agreed upon monthly payments to those creditors and avoid bankruptcy.

**NAME: Comfort Keepers**

**ADDRESS:** 1408 Princess Anne Street Fredericksburg, VA 22401

**PHONE:** (540) 370-0008

**FAX:** (540) 370-0142

**E-MAIL:** N/A

**WEBSITE:** www.comfortkeepers.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford counties

**HOURS:** Service Hours 24 hours a day/ 7 days a week; Office Hours Monday – Friday 9:00am-5:00pm

**AGES:** 18+

**ELIGIBILITY:** 18+, Elderly, New Moms, and Post Op Patients only

**FEES:** Yes. Call for specifics.

**PURPOSE:** Provide clients with highest level of quality that is achievable and to treat each one with dignity and respect as if they were a member of our own family.

**SERVICES:** Companionship, meal preparation, laundry, help with bathing, dressing, transportation, grocery shopping, errands, incontinence care, feeding and help with transferring.

**NAME: Commonwealth Girl Scout Council of Virginia, Inc.**

**LOCAL ADDRESS:** 150 Olde Greenwich Drive Suite 11

Fredericksburg, Virginia 22408

**Headquarters Address:**

P.O.Box 548

Mechanicsville, Virginia 23111

**PHONE:** (540) 898-4717 (Local)

**TOLL FREE:** (800) 4SCOUT4

**FAX:** (540) 898-3670

**E-MAIL:** N/A

**WEBSITE:** <http://www.comgirlscouts.org>

**SERVICE AREA:** Local service area: City of Fredericksburg, Caroline, King George, Spotsylvania, Westmoreland and Stafford Counties;

Headquarters serves: 31 counties and 6 cities

**HOURS:** 9:00am – 5:00pm, Monday – Friday, 10:00am – 2pm, Saturday; Troops meet at the convenience of Volunteer Leaders.

**AGES:** Girls only, grade K-12; adult volunteers age 18 or older.

**ELIGIBILITY:** Females in Kindergarten) through 12th grade; adults (male and female) over the age of 18

**FEES:** \$12.00 yearly membership dues to Girl Scouts of the USA. Troops decide on troop dues.

**PURPOSE:** Builds girls of courage, confidence and character to make the world a better place.

**SERVICES:** Girl Scout Troops/groups and community service (Girl Scout troops are formed based on the availability of adult volunteers).

**NAME: Community Health Center of the Rappahannock Region**

**ADDRESS:** 2217 Princess Anne Street, Fredericksburg, VA 22401

**PHONE:** (540) 735-0560

**FAX:** (540) 735-0567

**E-MAIL:** [hr@cvhsinc.org](mailto:hr@cvhsinc.org)

**WEBSITE:** [www.cvhsinc.org](http://www.cvhsinc.org)

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania and Stafford Counties.

**HOURS:** M,W,TH, F: 8:30am-5pm; Tuesday: 10:30am-7pm

**ELIGIBILITY:** Open.

**FEES:** All services offered on a sliding fee based on family size and income. All insurance plans welcomed including Medicaid and Medicare.

**PURPOSE:** To provide high quality primary care to those in the Fredericksburg area, including those on Medicaid and Medicare.

**SERVICES:** Primary care including: physicals, sport and job physicals, immunizations, chronic disease management, and sick visits. Pediatrics and adults welcome. General dentistry care including: cleanings, crowns, extractions, dentures and root canals. General behavioral health services.

**NAME: Compassionate Friends  
Fredericksburg Area Chapter**

**Mailing Address:** PO Box 172

King George, Virginia 22485

**PHONE:** (540) 775-8430

**TOLL FREE:** (866) 900-4244

**FAX:** (540) 644-2150

**E-MAIL:** tcffred@yahoo.com

**WEBSITE:** www.geocities.com/tcffred

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford, Westmoreland, Orange, and Culpeper Counties.

**HOURS:** Telephone: 24 hours a day, Meetings: 7:30pm – 9:00pm, 3<sup>rd</sup> Tuesday of the month at Redeemer Lutheran Church, 5120 Harrison Road, Fredericksburg, VA.

**AGES:** All

**ELIGIBILITY:** Any individual who is a bereaved parent or sibling.

**FEES:** None

**PURPOSE:** To assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

**SERVICES:** Support group for bereaved parents and siblings.

**NAME: Court Service Unit-15th District**

**ADDRESS:** 601 Caroline Street, Suite 400  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1068 City of Fredericksburg

**Satellites:** King George County: (540) 775-9044

Stafford County: (see separate information below)\*

Hanover County: (804) 537-6201

City of Warsaw: (804) 333-3380

**FAX:** (540) 372-1155

**E-MAIL:** N/A

**WEBSITE:** http://www.courts.state.va.us

**SERVICE AREA:** City of Fredericksburg, City of Warsaw, Caroline, King George, Hanover, Spotsylvania, And Stafford Counties.

**HOURS:** Office hours: 8:30am-5:00pm, Monday-Friday

**AGES:** 5-17 years

**ELIGIBILITY:** Court involvement or at-risk court involvement.

**FEES:** N/A

**PURPOSE:** Provide services to children before the court or those at risk of going to court.

**SERVICES:** Abuse/neglect protective services; substance abuse prevention/treatment; counseling services; court and administration of justice; information and referral.

**NAME: Crossing Therapy Center,  
PLLC**

**ADDRESS:** 1976 Williams Street, Westwood  
Village

Fredericksburg, VA 22401

**PHONE:** (540) 899-3009

**FAX:** (540) 899-8090

**E-MAIL:** crossingtcadmin@msn.com

**WEBSITE:** www.crossingtc.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania and Stafford Counties

**HOURS:** Evening Therapy Center, Monday – Friday 5:30pm – 9:30pm for intake

assessments, group and individual counseling

**ELIGIBILITY:** Adults struggling with substance abuse issues and/or mental health diagnosis

**FEES:** Various payment options available.

Please call for more information

**PURPOSE:** Crossing Therapy Center is a private group of therapists who are dedicated to providing comprehensive outpatient services to individuals and families in the Fredericksburg area and surrounding counties. A comprehensive evaluation is used to begin the therapeutic relationship and to begin the individualized treatment planning process for each and every client.

**SERVICES:** Adult substance abuse treatment program covers group, individual, and family

therapy, 12 Step Program, and relapse prevention and education.

**NAME: Department of Rehabilitative Services**

**ADDRESS:** 511 Westwood Office Park

Fredericksburg, Virginia 22401

**PHONE:** (540) 899-4161

**FAX:** (540) 372-3563

**TDY:** (540) 372-3550

**E-MAIL:** Bob.canaday@drs.virginia.gov

**WEBSITE:** www.vadrs.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties

**HOURS:** 8:15am-5:00pm, Monday-Friday

**AGES:** Working age (16 years old and up), Note:

We do start with school students at age 14 if severely disabled.

**ELIGIBILITY:** Disability, barrier, and feasibility.

**FEES:** No direct fees, however there is a financial needs test.

**PURPOSE:** Offer assistance to persons with disabilities in order that they may become self-supporting & as independent as possible.

**SERVICES:** Include (but not limited to) a physical and psychological examination; vocational evaluation; guidance & counseling; physical & mental restoration services; vocational training; maintenance & transportation; interpreter & note taking services; job placement assistance; supported employment services.

**NAME: Department of Social Services (DSS)**

**Caroline County Department of Social Services**

**ADDRESS:** 17202 Richmond Turnpike  
Milford, Virginia 22541

**Mailing Address:** P.O. Box 430  
Bowling Green, Virginia 22427

**PHONE:** (804) 633-5071

**FAX:** (804) 633-5648

**SERVICE AREA:** Caroline County

**HOURS:** 8:30am-4:30pm, Monday-Friday

**Fredericksburg City Department of Social Services**

**ADDRESS:** 608 Jackson Street, Suite 100  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1032

**FAX:** (540) 372-1157

**WEBSITE:**

<http://www.fredericksburgva.gov/Departments/SocialServices/>

**SERVICE AREA:** City of Fredericksburg

**HOURS:** 8:15am-4:30pm, Monday-Friday

**King George County Department of Social Services**

**Mailing Address:** P.O. Box 130

King George, Virginia 22485

**PHONE:** (540) 775-3544

**FAX:** (540) 775-3098

**SERVICE AREA:** King George County

**HOURS:** 8:15am-4:45pm, Monday-Friday.

**Spotsylvania County Department of Social Services**

**ADDRESS:** 10304 Spotsylvania Ave, Suite 410  
Fredericksburg, Virginia 22408

**Mailing Address:** P.O. Box 249  
Spotsylvania, Virginia 22553

**PHONE:** (540) 507-7898

**FAX:** (540) 507-7810

**EMAIL:** local177@central.dss.state.va.us

**WEBSITE:**

<http://www.spotsylvania.va.us/departments/socialservices/>

**SERVICE AREA:** Spotsylvania County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**Stafford County**

**ADDRESS:** 1300 Courthouse Road  
Stafford, Virginia 22554

**Mailing Address:** P.O. Box 7  
Stafford, Virginia 22555

**PHONE:** (540) 658-8720

**FAX:** (540) 658-8798

**E-MAIL:** N/A

**WEBSITE:**

[http://co.stafford.va.us/Departments/Social\\_Services/Index.shtml](http://co.stafford.va.us/Departments/Social_Services/Index.shtml)

**SERVICE AREA:** Stafford County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**Westmoreland County Department of Social Services**

**ADDRESS:** 18849 Kings Highway  
Montross, Virginia 22520

**Mailing Address:** P.O. Box 302

Montross, Virginia 22520

**PHONE:** (804) 493-9305  
**FAX:** (804) 493-9309  
**E-MAIL:** N/A  
**WEBSITE:** N/A  
**SERVICE AREA:** Westmoreland County.  
**HOURS:** 8:30am–4:30pm, Monday-Friday.

**AGES:** All  
**ELIGIBILITY:** Varies for each program  
**FEES:** Sliding scale fees; most services have no charge.  
**PURPOSE:** To provide essential services to promote self-reliance and personal responsibility among citizens.  
**SERVICES:** *Services offered at each office may vary. Please call for details.*  
*Services may include the following:*  
Child Protective Services; Adult Protective Services; Day Care assistance; Companion Services; Nursing Home Screenings; Foster Care; Holiday Outreach; Virginia Initiative for Employment not Welfare (VIEW); Supplemental Nutrition Assistance Program (SNAP); Medicaid; Temporary Assistance to Needy Families (TANF); Energy Assistance (Heating & Cooling); Adoption Services & other custody services, Auxiliary Grant Program; General Relief; and Resource Referral.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Prisoner Re-Entry Program (King George DSS)**

**Mailing Address:** P.O. Box 130  
King George, VA 22485  
**PHONE:** (540) 775-3544  
**FAX:** (540) 775-3098  
**E-MAIL:** N/A  
**WEBSITE:** N/A  
**SERVICE AREA:** King George  
**HOURS:** 8:00am-5:00pm, Monday-Friday.  
**FEES:** None  
**PURPOSE:** To successfully transition individuals from prison into the community.  
**SERVICES:** Case management, housing assistance, job search assistance.

**PROGRAM: Parent Education Program (Stafford DSS)**

**ADDRESS:** 1300 Courthouse Road  
Stafford, Virginia, 22554  
**Mailing Address:** P.O. Box 7  
Stafford, Virginia 22555  
**PHONE:** (540) 658-4284

**FAX:** (540) 658-4380  
**E-MAIL:** Kim.Strader@dss.virginia.gov  
**WEBSITE:**  
[http://co.stafford.va.us/Departments/Social\\_Services/Index.shtml](http://co.stafford.va.us/Departments/Social_Services/Index.shtml)  
**SERVICE AREA:** Stafford County  
**HOURS:** Office hours: 8:00am-4:30pm, Monday-Friday; Classes held during the day and evening.  
**AGES:** Parents and Guardians  
**ELIGIBILITY:** Individuals or families who need help with parenting skills and/or are at risk for abuse & neglect  
**FEES:** \$0-\$50. The fee is waived for those who cannot pay.  
**PURPOSE:** To assist parents in improving and/or developing parenting skills which are appropriate when raising their children.  
**SERVICES:** Child Protective Services (abuse & neglect) and Parenting Education

**PROGRAM: Stafford Social Services Parents of Teens Support Group (Stafford DSS)**

**ADDRESS:** 1300 Courthouse Road  
Stafford, Virginia 22554  
**MAILING ADDRESS:** P.O. Box 7  
Stafford, Virginia 22555  
**PHONE:** (540) 658-4284  
**FAX:** (540) 658-4380  
**E-MAIL:** Kim.Strader@dss.virginia.gov  
**WEBSITE:**  
[www.spotsylvania.va.us/departments/socialservices/Index.shtml](http://www.spotsylvania.va.us/departments/socialservices/Index.shtml)  
**SERVICE AREA:** Stafford County.  
**HOURS:** 8:00am – 4:30pm Monday - Friday  
**AGES:** Parents and Guardians  
**ELIGIBILITY:** Parents of teenagers.  
**FEES:** \$0-\$50. The fee is waived for those who cannot pay.  
**PURPOSE:** Provides assistance to parents with teens with behavior problems.  
**SERVICES:** Child Protective Services (abuse & neglect) and Parenting Education

**NAME: Diabetes Management (A program of Mary Washington Hospital)**

**ADDRESS:** 5008 Southpoint Parkway  
Fredericksburg, Virginia 22407  
**PHONE:** (540) 741-2210  
**TOLL FREE:** (800) 468-1092

**FAX:** (540) 741-2211

**E-MAIL:** N/A

**WEBSITE:** www.mwh.medicorp.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Louisa, Orange, Spotsylvania, and Stafford counties

**HOURS:** 8:00am – 5:00pm, Monday-Friday.

**AGES:** 5 and older

**ELIGIBILITY:** Physician referral necessary.

**FEES:** Most insurance accepted.

**PURPOSE:** A team approach to providing the skills needed to manage diabetes. Will discuss nutrition, exercise planning, blood glucose monitoring and medications and their actions. Clients served include adults with Type 1 or 2 diabetes, children and pregnant women with diabetes.

**SERVICES:** Individual consultations; group classes and support groups; educators that provide support and information to pregnant women and children with diabetes and those dependent on insulin; free community screenings.

### **NAME: disAbility Resource Center**

**ADDRESS:** 409 Progress Street

Fredericksburg, Virginia 22401

**PHONE:** (540) 373-2559

**FAX:** (540) 373-8126

**TTY:** (540) 373-5890

**E-MAIL:** dfults@cildrc.org

**WEBSITE:** www.cildrc.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:30am-5:00pm, Monday-Friday

**AGES:** All

**ELIGIBILITY:** All disability issues.

**FEES:** N/A

**PURPOSE:** To provide information, education, and resources to people with disabilities, their families and caregivers, and the community in order to optimize independent living.

**SERVICES:** Information and referral on disability related issues; advocacy for individuals and systems; peer and family support; independent living skills training; technical advice on ADA compliance; durable medical equipment recycling and benefits assistance; deaf and hard of hearing outreach; nursing home transition services; DD Waiver case management; service facilitation for consumer directed Medicaid Waiver services; children and youth services.

### **NAME: Division of Child Support Enforcement**

**ADDRESS:** 2342 Plank Road  
Fredericksburg, Virginia 22401

**PHONE:** See Toll Free Number

**TOLL FREE:** (800) 468-8894

**FAX:** (540) 899-4131

**E-MAIL:** N/A

**WEBSITE:**

www.dss.state.virginia.gov/family/dcse.html

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford, and Westmoreland Counties

**HOURS:** 8:00am-5:00pm, Monday-Friday

**AGES:** All

**ELIGIBILITY:** Must have custody of child and be a resident of the Commonwealth of Virginia.

**FEES:** None

**PURPOSE:** Establish and enforce child support.

**SERVICES:** Same as above.

### **NAME: Easter Seals Virginia**

**ADDRESS:** 8003 Franklin Farms Drive, Suite 100

Richmond, Virginia 23229

**PHONE:** (804) 287-1007

**TOLL FREE:** (866) 874-4153

**FAX:** (804) 287-1008

**E-MAIL:** N/A

**WEBSITE:** www.va.easterseals.org

**SERVICE AREA:** State of Virginia

**HOURS:** 8:00am-4:30pm, Monday-Friday

**AGES:** All

**ELIGIBILITY:** All

**FEES:** Sliding scale where applicable

**PURPOSE:** Provide direct services for persons with disabilities and their families.

**SERVICES:** Support groups; early childhood intervention services; physical, occupational, and speech therapy; information and referral; disability awareness; residential camps.

### **NAME: ElderCare Connections**

**ADDRESS:** P.O. Box 7283

Fredericksburg, VA 22404

**PHONE:** (540) 419-4387

**E-MAIL:** info@eldercareconnections.net

**WEBSITE:** www.eldercareconnections.net

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, King George, Caroline, Westmoreland and Orange Counties

**HOURS:** 8:00am-5:00pm, Monday-Friday

**AGES:** Seniors and/or disabled

**ELIGIBILITY:** Seniors and/or disabled

**FEES:** Varies based on service

**PURPOSE:** To improve the quality of life for the elderly and disabled, and to minimize stress for those who care for them.

**SERVICES:** In-home assessments and evaluation of needs; insurance counseling: Medicare, Medicaid and LTC Insurance; arrangements and monitoring of home care services and/or adult care services; evaluation of housing needs: senior housing, nursing homes, assisted livings; coordination of transportation services; long distance care giving support and frequent updates

**NAME: Lucy's- Professional Bilingual Center and Driving School**

**Address:** 106 Cambridge Street, Suite 105  
Fredericksburg, VA 22405

**PHONE:** (540) 372-7211

**FAX:** (540) 372-7223

**E-MAIL:** lucys1@lucys1.com

**WEBSITE:** <http://lucys1.com>

**SERVICE AREA:** Culpeper, Fredericksburg, Spotsylvania, Stafford, Warrenton and surrounding areas

**HOURS:** 10:00AM – 6:00PM, Monday - Friday

**AGES:** All.

**FEES:** Varies based on service provided

**PURPOSE:** Life skills education in Spanish and English

**SERVICES:** anger management; stress management; driver improvement courses; notary public; translation of documents; basic financial (budget set-up); life coaching/mentoring; substance use/abuse education; alcohol and drug testing

**NAME: Employment Resources, Inc.**

**ADDRESS:** 500 Lafayette Boulevard, Suite 100  
Fredericksburg, Virginia 22401

OR The Chesapeake Office Building, Suite C,  
1506 West Richmond Road

Warsaw, VA 22572

**Mailing Address:** P.O. Box 801

Fredericksburg, Virginia 22404

**PHONE:** (540) 372-6710 or (804) 313-2110

**FAX:** (540) 373-1791

**E-MAIL:** jmclaughlin48@eri-va.com or  
vmack@eri-va.com

**WEBSITE:** [www.eri-va.com](http://www.eri-va.com)

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford counties

**HOURS:** 8:30am-4:00 pm, Monday-Friday.

**AGES:** 14 and up

**ELIGIBILITY:** Eligibility is determined by the program a youth is enrolled in (Workforce programs, Career and Technical Education, Career Education, School-to-Work, NOVA or Alternative Education)

**FEES:** N/A

**PURPOSE:** Assist youth in completing secondary education and enter post-secondary education and/or the workforce.

**SERVICES:** Vocational assessment; career exploration; career counseling; career portfolio; job readiness and retention training; independent living skills training; work experience/internship; mentorship; job placement assistance.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Employment Resources Incorporated – Gladys H. Oberle School**

**ADDRESS:** 500 Lafayette Boulevard, Suite 100  
Fredericksburg, Virginia 22401

OR 112 Peach Grove Lane

Montross, VA 22520

**Mailing Address:** P.O. Box 801

Fredericksburg, Virginia 22404

**PHONE:** (540) 372-6710 or (804) 493-1200

**TOLL FREE:** (888) 371-0597

**FAX:** (540) 373-1791

**E-MAIL:** psimms@eri-va.com or

bnighthorse@eriva.com

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg and Caroline, King George, Spotsylvania and Stafford counties; PD 17: Town of Colonial Beach, Lancaster, Northumberland, Richmond, Westmoreland Counties. Schools located in Fredericksburg City and Montross.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** Elementary, Middle and High School Students (ages 7-21).

**ELIGIBILITY:** Student referrals accepted from public school systems, probation officers, social workers, parents, etc.

**FEES:** Daily rate is charged.

**PURPOSE:** Alternative, Special Education Day School.

**SERVICES:** Individualized academic, behavioral, and transition services for students with serious emotional disturbance, specific

learning disability, mental retardation, or other health impairments. This is a certified and accredited program.

**NAME: The Epilepsy Foundation of Virginia (EFVA)**

**Mailing Address:** P.O. Box 800659  
UVA Medical Center  
Charlottesville, Virginia 22908  
**PHONE:** (434) 924-8669  
**FAX:** (434) 982-6951  
**E-MAIL:** epi@avenue.org  
**WEBSITE:** www.efva.org  
**SERVICE AREA:** Statewide.  
**HOURS:** 8:30am-5:30pm Monday - Friday  
**AGES:** All.  
**ELIGIBILITY:** All Virginians.  
**PURPOSE:** N/A  
**SERVICES:** Information and referral; support groups; professional education programs; public education programs; epilepsy education programs for school children; camperships; one-time emergency medication assistance; membership services.

**NAME: Family Innovations Inc./"SPARE"  
-Saving People and Parenting Partnerships as Relationships End**

**Mailing Address:** P.O. Box 5185  
Fredericksburg, Virginia 22403  
**PHONE:** (540) 371-4889  
**FAX:** N/A  
**E-MAIL:** divorceeducation@hotmail.com  
**WEBSITE:** N/A  
**SERVICE AREA:** All Areas  
**HOURS:** Calls are answered by answering machine 24 hours per day. Return calls are made before the close of the day that the call has been taken.  
**AGES:** Adults going through separation and divorce.  
**ELIGIBILITY:** Anyone who is experiencing separation and divorce related issues may attend  
**FEES:** \$25.00  
**PURPOSE:** SPARE is a divorce education class designed to help people understand the process and emotional changes that separation and divorce may bring. SPARE is also designed to help unmarried couples with children who may be experiencing separation or problems with

visitation and other child related issues. Satisfies court mandate for parent education.

**SERVICES:** 5 hour divorce education class. The course is offered on selected Saturdays.

**NAME: Family Preservation Services, Inc.**

**ADDRESS:** 109 Olde Greenwich Drive, Suite 101  
Fredericksburg, Virginia 22408  
**PHONE:** (540) 710-5810  
**FAX:** (540) 710-0203  
**E-MAIL:** N/A  
**WEBSITE:** N/A  
**SERVICE AREA:** City of Fredericksburg, Caroline, Culpeper, Fauquier, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** Office hours: 8:00am-5:00pm, Monday-Friday; Staff available 24 hours a day.  
**AGES:** All  
**ELIGIBILITY:** Referrals come through local Family Assessment and Planning Teams and Court Services Unit.  
**FEES:** Paid by FAPT/CPMT – Fees based on service.

**PURPOSE:** To help prevent out of home placement and reunite families.  
**SERVICES:** Intensive in-home counseling; case management; mentoring services, mental health support, supervised visitation, therapeutic day treatments (school based), Autism services, adolescent sex offender program, teen substance abuse program.

**NAME: Fleet and Family Support Center,  
Naval Support Activity South  
Potomac**

**ADDRESS:** 6027 School House Lane, Suite 208  
Dahlgren, Virginia 22448  
**PHONE:** (540) 653-1839  
**TOLL FREE:** (800) 500-4947  
**FAX:** (540) 653-1089 or (540) 653-7041  
**E-MAIL:** carol.sparbel@navy.mil  
**WEBSITE:** www.ndw.navy.mil/FFSC/dahlgren/dahlgren.htm  
**SERVICE AREA:** Worldwide.  
**HOURS:** 7:30am-4:00pm, Monday, Tuesday, Thursday and Friday, 10:30am-4:00pm, Wednesday.  
**AGES:** All

**ELIGIBILITY:** Military, military family members, retirees.

**FEES:** None

**PURPOSE:** To support the Command's Mission by providing assistance to service members, family members, and retirees.

**SERVICES:** Information and referral; spouse employment; transition assistance; relocation; counseling; financial counseling. Programs also include SAVI or Sexual Assault Victim Intervention and referrals, counseling and advocacy relating to Domestic Violence.

**NAME: "FRED" FREDericksburg Regional Transit**

**ADDRESS:** 1400 Jefferson Davis Highway  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1222

**FAX:** (540) 370-1637

**E-MAIL:** kbeck@fredericksburgva.gov

**WEBSITE:** rideFRED.com

**SERVICE AREA:** City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford.

**OFFICE HOURS:** 730am-830pm Monday thru Friday

**Check website for route times**

There is no FRED bus service on the following observed City holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. FRED will not operate VRE feeder service on days that the VRE does not operate (check www.vre.org for details).

**AGES:** All

**ELIGIBILITY:** All

**FEES:**

Adults – regular service \$.50 per boarding; monthly pass \$25.00

Adults – VRE feeder service \$1.25 per boarding; \$40.00 monthly pass

Children under 3 - FREE

UMW, Medicorp, Star Radio Group, Freelance Star – FREE (must show ID)

**PURPOSE:** It is the purpose of FREDericksburg Regional Transit (FRED) to provide accessible, affordable, dependable, efficient, environmentally sound, and safe and secure transportation for people who reside or work or visit within the Fredericksburg, Virginia region (i.e., the City of Fredericksburg and the

counties of Caroline, King George, Spotsylvania and Stafford).

**SERVICES:** Transportation.

**NAME: Fredericksburg Area Food Bank**

**ADDRESS:** 3631 Lee Hill Drive,  
Fredericksburg, VA 22408

**MAILING ADDRESS:** PO Box 1006  
Fredericksburg, VA 22402

**PHONE:** (540) 371-7666

**FAX:** (540) 371-3186

**E-MAIL:** info@fredfood.org

**WEBSITE:** www.fredfood.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am - 5:00pm, Monday, Tuesday, Thursday, 8:00am - 6:00pm, Wednesday, closed - Friday

**AGES:** Clients of all ages; volunteers minimum of 16 years old, younger with adult supervision.

**ELIGIBILITY:** 501(C)(3) status, low-income, emergency needs

**FEES:** No fees for clients; \$75.00 annual membership fee for agencies; shared-maintenance fees average 7 cents per pound of food for member agencies

**PURPOSE:** To alleviate hunger in the region by soliciting, collecting, and distributing food through a network of service agencies, churches, and schools.

**SERVICES:** Members have access to food pantry and can order emergency food boxes to be picked up by clients. Member agencies can participate in Kids Café after school feeding program. Our services include the allocation of food to local pantries, emergency food boxes, a feeding program for the elderly, and a feeding and tutoring program for income-eligible children.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Food For Life**

**ADDRESS:** 3631 Lee Hill Drive,  
Fredericksburg, VA 22408

**MAILING ADDRESS:** PO Box 1006  
Fredericksburg, VA 22402

**PHONE:** (540) 371-7666

**FAX:** (540) 371-3186

**E-MAIL:** tjennings@secondharvest.org

**WEBSITE:** www.fredfood.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** third week of month  
**AGES:** see eligibility  
**ELIGIBILITY:** Low-income, elderly 55+ or SSI disability of any age.  
**FEES:** None.  
**PURPOSE:** To distribute food to low income elderly and those households that are SSI income qualified in the community.  
**SERVICES:** Brown Bag food distribution program for low income elderly individuals ages 55+ and those households that are SSI income qualified. Food For Life volunteers will distribute nutritious food from the Food Bank to qualified participants at designated sites. Site and participant registration required.

**NAME: Fredericksburg Area HIV/AIDS Support Services, Inc. (FAHASS)**  
**ADDRESS:** 415 Elm Street  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 371-7532  
**TOLL FREE:** (800) 215-8121  
**FAX:** (540) 371-8446  
**E-MAIL:** information@fahass.org  
**WEBSITE:** www.fahass.org  
**SERVICE AREA:** City of Fredericksburg and the Counties of Caroline, Culpeper, Fauquier, King George, Madison, Orange, Prince William, Rappahannock, Spotsylvania and Stafford.  
**HOURS:** 9.00 am - 5:00pm, Monday - Friday  
**AGES:** All  
**ELIGIBILITY:** HIV+  
**FEES:** None  
**PURPOSE:** FAHASS is a private, nonprofit organization whose mission is to help empower persons infected with and affected by HIV and AIDS, by acting as their advocate and providing emotional, educational and emergency financial assistance. It is through compassion and service that we educate and reach out to our communities.  
**SERVICES:** Medical case management; food assistance; medical transportation; rent and utility assistance; medications assistance; advocacy; support groups, prevention and health education; free confidential testing.

**NAME: Fredericksburg Area Lupus Branch of Central Virginia, Chapter of Lupus Foundation of America**  
**ADDRESS:** 11726 Saw Hill Boulevard  
Spotsylvania, Virginia 22553  
**PHONE: (HOTLINE)** (888) 262-9632  
**E-MAIL:** N/A  
**WEBSITE:** <http://www.lupusofva.org>  
**SERVICE AREA:** City of Fredericksburg, Colonial Beach, Warrenton, Caroline, Culpeper, King George, Orange, Spotsylvania, and Stafford counties.  
**HOURS:** Call for meeting times and locations.  
**AGES:** All  
**ELIGIBILITY:** Lupus patients, friends, and family.  
**FEES:** None. Can join Richmond Chapter \$10, but not mandatory.  
**PURPOSE:** Support care and education on Lupus.  
**SERVICES:** Telephone counseling and bi-monthly meetings.

**NAME: Fredericksburg Area Regional Health Council, Inc.**  
**SEE: Lloyd F. Moss Free Clinic**

**NAME: Fredericksburg Area Sickle Cell Association, Inc.**  
**Mailing Address:** P.O. Box 3275  
College Station  
Fredericksburg, Virginia 22402  
**PHONE:** (540) 373-6226 or (540) 898-2559  
**FAX:** N/A  
**E-MAIL:** fasca3275@cox.net  
**WEBSITE:** <http://www.fascaonline.com>  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** Meetings: 4<sup>th</sup> Monday of every month. Call for times and locations. No meetings in July, August and December.  
**AGES:** Infant to adult.  
**ELIGIBILITY:** Interested persons may serve our organization; limited assistance given to those who suffer from the disease.  
**FEES:** \$1.00, membership.  
**PURPOSE:** To provide public awareness of sickle-cell disease and to give limited assistance to sickle-cell patients and their families.  
**SERVICES:** Counseling; testing of at-risk individuals; disperse educational material.

**NAME: Fredericksburg Christian Health Center**

**ADDRESS:** 1129 Heatherstone Drive  
Fredericksburg, Virginia 22407

**PHONE:** (540) 785-8500

**FAX:** (540) 785-5328

**E-MAIL:** fchc.clinic@gmail.com

**WEBSITE:** www.fchc.us

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Orange, Spotsylvania, Stafford and Westmoreland Counties.

**HOURS:** 9:00am-5:00pm, Monday - Friday

**AGES:** All Ages.

**ELIGIBILITY:** Program for uninsured and is based on income. Also provide medical care for those with insurance.

**FEES:** Yes. Call for details.

**PURPOSE:** The FCHC is a non-profit organization that seeks to serve those who can not afford medical services with quality health care in the name of Jesus Christ. We strive to minister to the whole person, body, mind and spirit in order for healing to come about in all three.

**SERVICES:** Provide health care service to those who live in the surrounding counties whose household income is under 200% of the federal poverty level and are qualified to receive financial assistance from our "Samaritans Fund" to help cover the cost of their health care visit.

**NAME: Fredericksburg City Public Schools**

**ADDRESS:** 817 Princess Anne Street  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1130

**FAX:** (540) 372-1111

**EMAIL:** N/A

**WEBSITE:** www.cityschools.com

**SERVICE AREA:** City of Fredericksburg

**HOURS:** 8:00am-4:00pm, Monday-Friday  
(Office

open year round and Classes September-June).

**AGES:** 5-18 years; Special Education students ages 2-22.

**ELIGIBILITY:** None

**FEES:** None

**PURPOSE:** To educate all the children of Fredericksburg.

**SERVICES:** Education, mentoring, teaching, art, music (choral, band, and orchestra), physical education, extra curricular activities, after school

sports. Alternative high school program available, please call for details.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Early Childhood Special Education**

**ADDRESS:** Original Walker Grant School  
200 Gunnery Road

Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1065

**FAX:** (540) 372-1156

**E-MAIL:** tsmith@cityschools.com

**WEBSITE:** www.cityschools.com

**SERVICE AREA:** Fredericksburg

**HOURS:** 8:00am-4:00pm Monday-Friday.

**AGES:** 2-5 years old.

**ELIGIBILITY:** Preschoolers must have developmental delays in one or more areas- speech, language, motor or behavior.

**FEES:** None

**PURPOSE:** Provide early educational services to preschoolers, ages 2-5, who have developmental delays.

**SERVICES:** Education and transportation.

**PROGRAM: Fredericksburg City Public Schools -Adult Education**

**ADDRESS:** 817 Princess Anne Street  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1130

**FAX:** (540) 372-1111

**E-MAIL:** N/A

**WEBSITE:** www.cityschools.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** ABE/PRE-GED classes, 6:30pm-8:30pm, Monday and Wednesday at James Monroe High School; ESL classes, 6:30-8:30pm, Monday and Wednesday at James Monroe High School, September-May.

**AGES:** 18 years of age.

**ELIGIBILITY:** 18 years of age.

**FEES:** \$20 registration for all classes

**PURPOSE:** To provide Adult Education Classes, including PRE-GED-Preparation Classes, and

English as a Second Language (ESL) Beginner-Advanced.

**SERVICES:** Provide ABE/PRE-GED education classes to individuals who wish to improve in reading, writing, mathematics, science, and social studies. ABE classes are also for non-readers and non-writers. ESL classes teach English as a second language to beginners and advanced students.

**NAME: Fredericksburg Counseling Services**

**ADDRESS:** 305 Hanson Street, Suite 140  
Fredericksburg, Virginia 22401

**PHONE:** (540) 373-2320

**FAX:** (540) 373-2320 (call first)

**E-MAIL:** FCSAgency@aol.com

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford, Eastern Orange and Westmoreland Counties.

**HOURS:** 9:00am-7:00pm, Monday and Wednesday;  
1:00pm-9:00pm, Tuesday and Thursday. Closed Friday

**AGES:** 6 and older

**ELIGIBILITY:** No insurance; 200% or below national poverty level; not part of court case.

**FEES:** No charge

**PURPOSE:** Provides counseling and other related services to help people work toward freedom from mental and emotional problems, family and marital conflicts, as well as other situations that affect quality of life.

**SERVICES:** Counseling; support groups; depression and anxiety screening; education; training, mental health screening, information and referral. Produces INFO (Information Needed For Others) monthly that lists support groups in the region.

**NAME: Fredericksburg Habitat for Humanity, The Greater**

**ADDRESS:** 4755 Jefferson Davis Hwy  
Fredericksburg, VA 22408

**Mailing Address:** PO Box 8265  
Fredericksburg, Virginia 22404

**PHONE:** (540) 891-5009

**FAX:** (540) 891-7009

**E-MAIL:** admin@fredhab.org

**WEBSITE:** www.fredhab.org

**SERVICE AREA:** City of Fredericksburg, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 10:00am-4:00pm, Monday-Friday, Office; 10:00am-4:00pm, Monday-Saturday, Resale store

**AGES:** Please contact for volunteer information.

**ELIGIBILITY:** Must be low income and have inadequate housing.

**FEES:** None.

**PURPOSE:** Build new housing for eligible low income families living in inadequate and substandard housing.

**SERVICES:** See above.

**NAME: Fredericksburg Parks & Recreation**

**ADDRESS:** 408 Canal Street  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1086

**FAX:** (540) 372-3475

**E-MAIL:** N/A

**WEBSITE:** www.fredericksburgva.gov

**SERVICE AREA:** City of Fredericksburg and surrounding counties

**ELIGIBILITY:** Anyone is welcome to participate (city residents get a discount on most classes).

**FEES:** Vary; waivers available for children who live in the City and receive assistance.

**HOURS:** 8:30am-9:30pm, Monday – Thursday;  
8:30am-4:30pm, Friday; Closed, Saturday & Sunday

**PURPOSE:** To provide recreational opportunities for city residents.

**SERVICES:** Recreation programs; sports leagues; special events; trips.

**NAME: Fredericksburg Refugee Service Center**

**ADDRESS:** 24 Butler Road  
Fredericksburg, VA 22405

**PHONE:** (540) 899-6507

**FAX:** (540) 899-6508

**E-MAIL:**

dmaxfield@arlingtonrefugeeservices.com

**WEBSITE:** www.arlingtonrefugeeservices.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 9:00am – 5:00pm, Monday – Friday.

**AGES:** N/A

**ELIGIBILITY:** Refugees or Asylees

**FEES:** No

**PURPOSE:** Help refugees become self-sufficient as soon as possible. Match incoming refugees with local faith-based organizations and Fredericksburg area residents to guide, assist, and nurture them so they can add to and be part of our community.

**SERVICES:** Help refugees apply for Social Security Cards, Food Stamps, Medicaid, School

registrations, employment applications/interviews, cultural orientations, nutritional programs, etc.

**NAME: Fredericksburg Regional Boys & Girls Club**

**ADDRESS:** 200 Gunnery Road  
Fredericksburg, VA 22401  
**Mailing Address:** P.O. Box 3481  
Fredericksburg, VA 22402  
**PHONE:** (540)368-9531  
**FAX:** (540) 368-9537  
**EMAIL:** fparker@bgcgw.org  
**WEBSITE:** www.bgcgw.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** 3:00pm -7:00pm, Monday – Friday  
**AGES:** 5-17 years old  
**ELIGIBILITY:** All are welcome  
**FEES:** \$25.00 annual membership fee  
**PURPOSE:** To help boys and girls of all backgrounds, with emphasis on youth at risk, build confidence, develop character, and acquired the skills needed to grow into productive, civic-minded, responsible adults.  
**Services:** Academic and recreational programs.

**NAME: Fredericksburg Senior Citizens Association**

**ADDRESS:** 408 Canal Street  
Fredericksburg, VA 22401  
**Mailing Address:** P.O. Box 1487  
College Station  
Fredericksburg, Virginia 22402  
**PHONE:** (540) 371-2429  
**FAX:** (540) 371-5482  
**E-MAIL:** N/A  
**WEBSITE:** N/A  
**SERVICE AREA:** Colonial Beach, City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** 9:00am-3:30pm, Monday, Wednesday, Friday.  
**AGES:** 55 years young.  
**ELIGIBILITY:** Each member should be 55 years young to join.  
**FEES:** Membership is \$15.00 per year, January to December. Can apply at the office located at the corner of Charles and Canal Streets, entrance from the parking lot.  
**PURPOSE:** To plan activities for senior citizens.

**SERVICES:** Plan trips and activities; craft group; bridge club; canasta groups; monthly newsletter.

**NAME: Friends of the Rappahannock**

**ADDRESS:** 3219 Fall Hill Avenue  
Fredericksburg, Virginia 22401  
**Mailing Address:** P.O. Box 7254  
Fredericksburg, Virginia 22404  
**PHONE:** (540) 373-3448  
**FAX:** (540) 373-8111  
**E-MAIL:** info@riverfriends.org  
**WEBSITE:** www.riverfriends.org  
**SERVICE AREA:** Rappahannock River Watershed  
**HOURS:** 8:30am-4:30pm, Monday-Friday.  
**AGES:** N/A  
**ELIGIBILITY:** N/A  
**FEES:** Membership \$30.00/year (individual); \$45.00/year (family); \$1500.00 (lifetime).  
**PURPOSE:** To be the voice and active force for a healthy and scenic Rappahannock River.  
**SERVICES:** Community advocacy; restoration projects; and environmental education

**NAME: Garrison Woods After School Program**

**ADDRESS:** 207 Garrison Woods Drive  
Stafford, Virginia 22556  
**PHONE:** (540) 657-5836  
**FAX:** (540) 720-4379  
**E-MAIL:** garrisonwoods@yahoo.com  
**WEBSITE:** www.neighborhoodnetworks.org/garrisonwoods.html  
**SERVICE AREA:** Garrison Woods Area of Stafford County.  
**HOURS:** 3:15am-4:45, Monday-Thursday.  
**AGES:** 18 years of age or less  
**ELIGIBILITY:** Residents of Garrison Woods area.  
**FEES:** None  
**PURPOSE:** Drug and Crime Prevention.  
**SERVICES:** Residents association; youth programs; adult programs; social services coordinator; and **Computer Learning Center.**

**NAME: Germanna Community College**

**Locust Grove Campus:**  
2130 Germanna Hwy, Locust Grove, VA 22508  
Phone – (540) 423-9030  
Fax – (540) 727-3207  
**Fredericksburg Area Campus:**

10000 Germanna Point Dr, Fredericksburg, VA 22408

Phone – (540) 891-3000

Fax – (540) 710-2092

**Center for Advanced Technology**

18121 Technology Drive, Culpepper, VA 22701

Phone – (540) 937-2900

Fax – (540) 937-2918

**WEBSITE:** www.germanna.edu

**PROGRAM: Germanna's Dental Hygiene Clinic**

**ADDRESS:** Spotsylvania Career and Technical Center, 6713 Smith Station Road

Spotsylvania, VA 22553

Lloyd F. Moss Free Clinic, 1301 Sam Perry Boulevard, Fredericksburg, VA 22401

**PHONE:** (540) 423-9823

**FAX:** (540) 423-9865

**WEBSITE:** www.germanna.edu/dnh

**HOURS:** Monday – Thursday and some Saturdays. Evening appointments are available at the Spotsylvania Clinic. Call for appointments.

**AGES:** Children and Adults

**ELIGIBILITY:** None

**FEES:** None

**PURPOSE:** To provide dental care.

**SERVICES:** The following routine preventive dental hygiene services are available: routine examination of teeth and soft tissue, scaling and polishing, home care instruction, fluoride applications, diagnostic radiographs, blood pressure screening, oral cancer screenings, sealants, nutritional counseling, and periodontal screening and therapy.

**NAME: Girls Recovery Lodge**

**MAILING ADDRESS:** c/o 521 N. Quincy Street, Arlington, VA 22203-2106

**PHONE:** (571) 312-1394

**TOLL FREE PHONE:** (866) 888-0821

**FAX:** (703)841-2316

**E-MAIL:** info@vanguardservices.org

**WEBSITE:** www.vanguardservices.org

**SERVICE AREA:** Virginia and the DC Metro Area

**HOURS:** 24 hours (residential), 7 days a week

**AGES:** 13-18 year old girls

**ELIGIBILITY:** Must live in Virginia or the DC Metro Area. Girls age 13-18 with a history of substance abuse.

**FEES:** self pay, most major insurances accepted, as well as CSB, DSS, DJJ, CSA, and Medicaid funding

**PURPOSE:** A non-profit corporation dedicated to treatment of chemically addicted adolescents.

**SERVICES:** Residential substance abuse treatment for adolescent girls. We help our teenage clients understand addiction and its harmful consequences, develop their own recovery resources and tools, and use their personal tools to change habits and behaviors.

**NAME: Girl Scouts**

**SEE: Commonwealth Girl Scouts Council of Virginia, Inc.**

**NAME: Habitat for Humanity**

**SEE: Fredericksburg Habitat for Humanity**

**NAME: Haven Shelter & Services, Inc., The**

**Mailing Address:** P.O. Box 1267 Warsaw, Virginia 22572

**PHONE:** (804) 333-5370

**TOLL FREE:** (800) 224-2836

**FAX:** (804) 333-1150

**EMAIL:** haven@sylvaninfo.net

**WEBSITE:** www.havenshelter.org

**SERVICE AREA:** Essex, Lancaster, Northumberland, Richmond, and Westmoreland Counties.

**HOURS:** 24-hour hotline service; Office hours: 9:00am–5:00pm, Monday-Friday.

**AGES:** Women, 18 and older for shelter and services; Men, 18 and older for services; Children, accepted with adult clients.

**ELIGIBILITY:** Must be victims of domestic violence or sexual assault.

**FEES:** None

**PURPOSE:** To provide services to victims of domestic violence and sexual assault.

**SERVICES:** Court and ER accompaniment, case management; community outreach; advocacy; crisis intervention; information and referral; safe shelter; support groups.

**NAME: Head Start Program (listed by county)**

**Caroline County Head Start  
CDI Head Start, Serving Eastern  
Rivers Virginia**

**ADDRESS:** P.O. Box 649  
Sandston, Virginia 23150  
**PHONE:** 1-(800)440-8252 or (804) 226-9870  
**FAX:** (804) 226-9875  
**E-MAIL:** DBillups@headstartagency.org  
**WEBSITE:** N/A  
**SERVICE AREA:** Caroline County  
**HOURS:** M-F 7:30am-4:00pm during school year, M-Th 7:30am-5:30pm summer hours

**Fredericksburg Regional Head Start Program**

**ADDRESS:** 200 Gunnery Road  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 372-1065  
**FAX:** (540) 372-1156  
**E-MAIL:** N/A  
**WEBSITE:** www.cityschools.com  
**SERVICE AREA:** City of Fredericksburg and King George County  
**HOURS:** Office hours: 8:00am-4:00pm, Monday-Friday, year round; School hours: 9:00am-2:00pm, Monday – Friday, September-May.

**Northern Neck Head Start**

**ADDRESS:** 421 Lincoln Avenue  
Colonial Beach, Virginia 22443  
**Mailing Address:** P.O. Box 40  
Colonial Beach, Virginia 22443  
**PHONE:** (804) 224-1307  
**FAX:** (804) 224-1408  
**E-MAIL:** nnhsdir@nni.com  
**WEBSITE:** N/A  
**SERVICE AREA:** Town of Colonial Beach, Essex, Lancaster, Northumberland, Richmond, and Westmoreland counties  
**HOURS:** Vary depending upon site.

**Spotsylvania County Head Start**

**ADDRESS:** c/o Chancellor Elementary School,  
5995 Plank Road, Fredericksburg, VA 22407  
**PHONE:** (540) 548-0655  
**FAX:** (540) 548-0656  
**E-MAIL:** khayden@es.spotsylvania.k12.va.us  
**WEBSITE:** www.spotsylvania.k12.va.us  
**SERVICE AREA:** Spotsylvania County  
**HOURS:** 8:00am-4:00pm, Monday-Friday, classes 8:30am – 2:30pm M-F.

**Stafford County Head Start**

**ADDRESS:** Gari Melchers Complex,  
610 Gayle Street  
Fredericksburg, VA 22405  
**PHONE:** (540) 368-2559  
**FAX:** (540) 368-1978  
**E-MAIL:** schs@staffordschools.net  
**WEBSITE:** www.staffordschools.net  
**SERVICE AREA:** Stafford County.  
**HOURS:** 7:45am-4:00pm, Monday-Friday.

**AGES:** 3 and 4 year olds  
**ELIGIBILITY:** Ranked/Weighted Admission process based on income and needs.  
**FEES:** None  
**PURPOSE:** A federally funded pre-school program primarily for low-income families and/or children with disabilities, which provides a comprehensive program to meet their educational, emotional, social, health, nutritional, and psychological needs.  
**SERVICES:** Based on comprehensive services model, which provides information and referrals, direct social services, parental involvement, health support, nutrition, mental health, education/disabilities, literacy and school transportation at some locations.

**NAME: Health Department (listed by county)**

**Caroline County**

**ADDRESS:** 17202 Richmond Turnpike  
Milford, Virginia 22514  
**Mailing Address:** P.O. Box 6  
Bowling Green, Virginia 22427  
**PHONE:** (804) 633-5465  
**FAX:** (804) 633-5128  
**E-MAIL:** N/A  
**WEBSITE:** www.vdh.virginia.gov  
**SERVICE AREA:** Caroline County.  
**HOURS:** Office hours: 8:00am-4:30pm, Monday-Friday.

**Fredericksburg City**

**ADDRESS:** 608 Jackson Street  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 899-4142  
**FAX:** (540) 899-4480  
**E-MAIL:** N/A  
**WEBSITE:** www.vdh.state.va.us  
**SERVICE AREA:** Fredericksburg City.

**HOURS:** 8:00am-4:30pm M-F. Please call for appointment

### **King George County**

**Clinic Address:** 10079 Kings Highway

King George, Virginia 22485

**Mailing Address:** P.O. Box 92

King George, Virginia 22485

**PHONE:** (540) 775-3111

**FAX:** (540) 775-3109

**E-MAIL:** N/A

**WEBSITE:** www.vdh.virginia.gov

**SERVICE AREA:** King George County

**HOURS:** 8:00am-4:00pm, Monday-Friday.

### **Spotsylvania County**

**Clinic Address:** 9104 Courthouse Road

Holbert Bldg.

Spotsylvania, Virginia 22553

**Mailing Address:** P.O. Box 126

Spotsylvania, Virginia 22553

**PHONE:** (540) 507-7400

**FAX:** (540) 582-2572

**SERVICE AREA:** Spotsylvania County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

### **Stafford County**

**ADDRESS:** 1300 Courthouse Road

Stafford, Virginia 22555

**Mailing Address:** PO Box 27

Stafford, Virginia 22555

**PHONE:** (540) 659-3101

**FAX:** (540) 659-7176

**SERVICE AREA:** Stafford County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

### **Westmoreland County Health Department**

**ADDRESS:** 11849 Kings Highway

Montross, Virginia 22520

**Mailing Address:** P. O. Box 303

Montross, Virginia 22520

**PHONE:** (804) 493-1124

**FAX:** (804) 493-9352

**E-MAIL:** N/A

**WEBSITE:** <http://www.westmoreland-county.org/index.php?p=county&c=health>

**SERVICE AREA:** Westmoreland County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** All

**ELIGIBILITY:** Some services based on income.

**FEES:** Sliding Scale.

**PURPOSE:** Health Care.

**SERVICES:** The following services may not be

offered at each county office - Immunization; family planning; maternity; Women, Infants and Children (WIC) Program; tuberculosis screening; pregnancy testing; HIV anonymous and confidential testing; nutrition counseling; cancer detection/prevention (breast and cervical cancer); Medicaid health screening; STD screening; communicable disease; vital statistics; adult immunizations; and overseas travel immunizations.

### **NAME: Heart-To-Heart Club (Cardiopulmonary Department of Mary**

### **Washington Hospital)**

**ADDRESS:** Mary Washington Hospital

1001 Sam Perry Boulevard, Learning Center

Fredericksburg, Virginia 22401

**PHONE:** (540) 741-1308

**FAX:** (540) 741-1350

**E-MAIL:** shari.denecke@medicorp.org

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg,

Caroline, King George, Orange, Spotsylvania, Stafford, and Westmoreland Counties.

**HOURS:** Meets 3rd Thursday of each month at 7:00pm with the exception of December, July and August at Mary Washington Hospital.

**AGES:** All ages.

**ELIGIBILITY:** Anyone with heart disease or a family member of a person with heart disease.

**FEES:** None

**PURPOSE:** Support group for patients with heart disease and their families.

**SERVICES:** Support group and education.

### **NAME: Home Instead Senior Care**

**ADDRESS:** 111 Olde Greewich Drive, Suite 101

Fredericksburg, Virginia 22408

**PHONE:** (540) 899-1422

**FAX:** (540) 899-1421

**E-MAIL:** rkarch@homeinstead.com

**WEBSITE:**

[www.homeinstead.com/FredericksburgVa](http://www.homeinstead.com/FredericksburgVa)

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, King George, Caroline and Westmoreland Counties.

**HOURS:** 24 hours a day, 7 days a week

**AGES:** all (seniors as well as anyone with an injury, illness, or disability)

**ELIGIBILITY:** Individuals in need of care

**FEES:** \$17/per hour for home-helper service; \$19/hour for personal care, some discounts available

**PURPOSE:** To provide compassionate, responsive and quality in-home care for seniors and anyone with an injury, illness, or disability.

**SERVICES:** Companionship, light housekeeping, incidental transportation, laundry, errands, meal preparation, sitter service, medication reminders, respite, incontinence, Alzheimer's, dementia care, and much more.

**NAME: Homeless Prevention and Rapid Re-Housing Program**

**ADDRESS:** 2012 Lafayette Boulevard  
Fredericksburg, VA 22401

**PHONE:** (540) 373-3431 ext. 212

**FAX:** (540) 373-0094

**E-MAIL:** lizette\_arce@uss.salvationarmy.org

**WEBSITE:**

www.salvationarmyfredericksburgva.org

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, King George, Caroline and Westmoreland Counties.

**HOURS:** Call for pre-screening

**AGES:** All ages.

**ELIGIBILITY:** Individuals and families who are currently in housing but are at risk of becoming homeless and those who are experiencing homelessness.

**FEES:** None

**PURPOSE:** To rapidly re-house individuals who are homeless and to prevent homelessness for those at risk of becoming homeless.

**SERVICES:** Temporary financial assistance and housing relocation and stabilization services.

**NAME: Hope House**

**SEE: Rappahannock Refuge**

**NAME: Hospice Support Care, Inc.**

**ADDRESS:** 1701 Fall Hill Avenue, Suite 109  
Fredericksburg, Virginia 22401

**PHONE:** (540) 361-7071

**FAX:** (540) 361-7074

**E-MAIL:** info@hospicesupportcare.org

**WEBSITE:** www.hospicesupportcare.org

**SERVICE AREA:** City of Fredericksburg, Colonial Beach, Lake of the Woods, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 10:00am-4:00pm, Monday-Thursday; 9:00am-12:00pm, Friday.

**AGES:** All

**ELIGIBILITY:** Anyone dealing with a life-limiting or terminal illness, their families, and anyone coping with grief.

**FEES:** None

**PURPOSE:** To provide practical, emotional and spiritual care to patients and families and to provide support to anyone in the community coping with grief.

**SERVICES:** Patient Care: volunteers provide support in the home, hospital, or nursing home setting including respite care, transportation, household tasks etc. Bereavement Care: grief support to adults and children through one-to-one visitation, support groups, and resource library. Education: Volunteer training, lending library and speakers' bureau.

**NAME: Hospice Support Services**

**ADDRESS:** 28 St. Johns Street  
Warsaw, Virginia 22572

**Mailing Address:** P. O. Box 262  
Warsaw, Virginia 22572

**PHONE:** (804) 333-0084

**TOLL FREE:** (888) 333-9110

**FAX:** (804) 333-9984

**E-MAIL:** nnhospice@verizon.net

**WEBSITE:** N/A

**SERVICE AREA:** Lancaster, Northumberland, Richmond, and Westmoreland counties.

**HOURS:** No set hours.

**AGES:** All

**ELIGIBILITY:** Life-threatening or terminal illness.

**FEES:** None

**PURPOSE:** To provide physical, emotional, and spousal support to individuals with life threatening illnesses and terminally ill patients and their families.

**SERVICES:** Transportation; arrangement of loaned equipment; bereavement support to families of deceased patients. Can provide patients with some supplies as needed.

**NAME: Housing Opportunities Made Economical, Inc.  
(HOME, Inc.)**

**ADDRESS:** 1501 Princess Anne St.  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 361-7477  
**FAX:** (540) 361-4417  
**E-MAIL:** home@homeinc.us  
**WEBSITE:** www.homeinc.us  
**SERVICE AREA:** City of Fredericksburg,  
Spotsylvania, Stafford,  
King George Counties.  
**HOURS:** 8:00am-4:00pm, Monday-Friday.  
**AGES:**  
**ELIGIBILITY:**  
**FEES:** Call for information.  
**PURPOSE:** To provide accessible housing for  
persons with Disabilities.  
**SERVICES:** Provides accessible housing to  
persons with disabilities and general public.

**NAME: Human Motion Institute at Mary  
Washington Hospital**

**ADDRESS:** 1001 Sam Perry Boulevard, 5<sup>th</sup> floor  
Fredericksburg, VA 22401  
**PHONE:** (540) 741-3199  
**FAX:** (540) 741-1679  
**E-MAIL:** N/A  
**WEBSITE:** www.hmi.medicorp.org  
**SERVICE AREA:** All  
**HOURS:** Vary.  
**AGES:** All  
**ELIGIBILITY:** N/A  
**PURPOSE:** To treat and prevent  
musculoskeletal and neurological illnesses and  
injuries with an integrated team approach.  
**SERVICES:** fracture care; foot/ankle;  
hand/upper extremities; joint  
replacement/reconstruction, rehabilitation, spine  
care, sports medicine.

**NAME: Interim Health Care**

**ADDRESS:** 3920 Plank Road, Suite 210  
Fredericksburg, Virginia 22407  
**PHONE:** (540) 785-1577  
**FAX:** (540) 785-3633  
**E-MAIL:** cchristian@interimhealthcare.com  
**WEBSITE:** www.interimhealthcare.com  
**SERVICE AREA:** City of Fredericksburg,  
Caroline, Culpeper, Orange, Spotsylvania, and  
Stafford counties.  
**HOURS:** Office hours: 8:00am-5:00pm,  
Monday-  
Friday; after hours "on call" services are  
available.  
**AGES:** Service available to all ages.

**ELIGIBILITY:** Patients needing skilled medical  
care ordered by physician or personal care.  
**FEES:** Covered by Medicare, Medicaid, most  
insurance or private pay.  
**PURPOSE:** Home Health Care.  
**SERVICES:** Physical therapy; occupational  
therapy; RNs; LPNs; CNAs; companions.

**NAME: Kaiser Permanente**

**Mailing Address:** 1201 Hospital Drive,  
Fredericksburg, VA 22401  
**PHONE:** (540) 368-3700  
**FAX:** (540) 368-3724  
**E-MAIL:** N/A  
**WEBSITE:** www.kp.org  
**SERVICE AREA:** City of Fredericksburg,  
Caroline,  
King George, Spotsylvania, and Stafford  
Counties  
**HOURS:** Clinic: 8:30am-5:00pm, Monday –  
Friday  
Pharmacy: 8:30am-7:00pm, Monday - Friday  
**AGES:** All  
**ELIGIBILITY:** Kaiser Permanente enrolled  
members  
**FEES:** Based on individual plan details.  
**PURPOSE:** General preventive and specialty  
health care and ancillary support services.  
**SERVICES:** Primary care (Adults & Pediatrics),  
OB/GYN, Dermatology, Laboratory, Radiology  
(beginning in 2010)

**NAME: King George County Parks &  
Recreation**

**ADDRESS:** 8076 Kings Highway  
King George, Virginia 22485  
**Mailing Address:** P.O. Box 71  
King George, Virginia 22485  
**PHONE:** (540) 775-4386  
**FAX:** (540) 775-5255  
**E-MAIL:** tsmith@co.kinggeorge.state.va.us,  
jpaulsen@co.kinggeorge.state.va.us or  
lsmith@co.kinggeorge.state.va.us  
**WEBSITE:** www.king-george.va.us  
**SERVICE AREA:** King George County  
**HOURS:** 8:00am-7:00pm, Monday-Thursday;  
8:00am – 5:00pm Friday.  
**AGES:** All  
**ELIGIBILITY:** All.  
**FEES:** Fees vary.  
**PURPOSE:** To enhance the quality of life in our  
community.

**SERVICES:** Provide leisure services to a diverse community base.

**NAME: King George County Public Schools**

**ADDRESS:** 9100 St. Anthony's Road  
King George, Virginia 22485  
**Mailing Address:** P.O. Box 1239  
King George, Virginia 22485  
**PHONE:** (540) 775-5833  
**FAX:** (540) 775-2165  
**E-MAIL:** N/A  
**WEBSITE:** www.kgcs.k12.va.us  
**SERVICE AREA:** King George County  
**HOURS:** 8:15am-4:15pm, Monday-Friday.  
**AGES:** Pre-school to 12th grade.  
**ELIGIBILITY:** Residents of King George County.  
**FEES:** None  
**PURPOSE:** For the welfare of the children in King George County: to educate, to motivate, and to be better educators.  
**SERVICES:** Education.

**NAME: La Leche League (LLL)**

**ADDRESS:** P.O. Box 4079  
Shaumburg, IL 60168  
**TOLL FREE:** 1-800-525-3243  
**E-MAIL:** NA  
**WEBSITE:** www.lalecheleague.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, and Stafford counties.  
**HOURS:** N/A  
**AGES:** N/A  
**ELIGIBILITY:** Interested in breastfeeding your baby.  
**FEES:** Fees for optional membership  
**PURPOSE:** To help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.  
**SERVICES:** Monthly support group meetings and telephone encouragement. Call to find out times and locations of meetings.

**NAME: Leukemia & Lymphoma Society, Virginia Chapter, The**

**ADDRESS:** 5511 Staples Mill Road, Suite 202B  
Richmond, VA 23228  
**PHONE:** (804) 627-0400  
**TOLL FREE:** (800) 766-0797

**FAX:** (804) 627-0406

**E-MAIL:** N/A

**WEBSITE:** www.lls.org (National)

**SERVICE AREA:** Virginia, except Arlington, Fairfax, Prince William & Loudon Counties.

**HOURS:** 9:00am-5:00pm, Monday-Friday; 24 hour voice mail.

**AGES:** All

**ELIGIBILITY:** Depends on program/service.

**FEES:** None

**PURPOSE:** To find the causes and cures for leukemia, lymphoma, Hodgkin's disease and myeloma and to improve the quality of life of patients and their families.

**SERVICES:** Patient aid; family support group; First Connection (Peer to peer support); educational materials; and educational programs.

**NAME: Lewis Egerton Smoot Memorial Library**

**ADDRESS:** 9533 Kings Highway  
King George, Virginia 22485  
**PHONE:** (540) 775-7951  
**FAX:** (540) 775-5292  
**E-MAIL:** N/A  
**WEBSITE:** www.smoot.org  
**SERVICE AREA:** King George County.  
**HOURS:** 10:00am-9:00pm, Monday-Thursday; 10:00am-5:00pm, Friday-Saturday; and 2:00pm-6:00pm, Sunday.  
**AGES:** All  
**ELIGIBILITY:** Residents of King George County.  
**FEES:** \$15.00 out of county fee.  
**PURPOSE:** To serve the informational, recreational, and educational needs of the patrons.  
**SERVICES:** Morning story times are held on Wednesdays at 11:00 am for preschoolers. Computers with Internet connection are available for patron use. Reference and various other programs are offered throughout the year. We have books, books on tape and on CD, videos and DVDS available for checkout.

**NAME: LifeCare Medical Transports, Inc.**

**ADDRESS:** 1170 International Parkway

Fredericksburg, Virginia 22406  
**PHONE:** (540) 752-7721  
**TOLL FREE HOTLINE:** (800) 772-1907  
**FAX:** (540) 752-5194  
**E-MAIL:** kduillard@lifecare94.com  
**WEBSITE:** www.lifecare94.com  
**SERVICE AREA:** Virginia; out of state by special arrangements.  
**HOURS:** 24 hours, 7 days per week.  
**AGES:** All  
**ELIGIBILITY:** Private Pay, Medicare, and participating insurance.  
**FEES:** Vary with level of service.  
**PURPOSE:** Professional medical transports.  
**SERVICES:** Medical transports.

**NAME: Lions Club Fredericksburg**  
**ADDRESS:** 4008 Duke of Gloucester Street  
Fredericksburg, VA 22407  
**PHONE:** (540) 538-7417  
**FAX:** (703) 738-1598  
**E-MAIL:** rse1292335@aol.com  
**WEBSITE:** N/A  
**SERVICE AREA:** Fredericksburg City  
**HOURS:** Varies  
**ELIGIBILITY:** Must be certified by Dept. of Social Services as being in financial need.  
**FEES:** N/A  
**PURPOSE:** Provides assistance to eligible children and adults in the City of Fredericksburg who have sight and hearing related problems. Provides free eye exams, glasses and/or hearing aids for those who are certified by Dept. of Social Services as being in financial need.  
**SERVICES:** Must be referred by your local Dept. of Social Services office.

**NAME: Lloyd F. Moss Free Clinic/  
Fredericksburg Regional Health  
Council, Inc.**  
**ADDRESS:** 1301 Sam Perry Boulevard, Suite  
100  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 741-1061  
**FAX:** (540) 741-1096  
**EMAIL:** info@mossfreeclinic.org  
**WEBSITE:** www.mossfreeclinic.org  
**SERVICE AREA:** City of Fredericksburg,  
Caroline, King George, Spotsylvania, and  
Stafford counties  
**HOURS:** 9:00am-7:00pm Monday – Friday  
extended hours on Tuesday and Thursday.  
**AGES:** 18 years and older.

**ELIGIBILITY:** Resident of the city or one of the counties listed above, no health insurance, and income less than 125% of Federal Poverty Guidelines.

**FEES:** None

**PURPOSE:** Primary, non-emergency medical and dental care.

**SERVICES:** Treatment of non-emergency health problems; follow-up care for chronic illnesses; dental clinic for fillings and extractions; referrals for additional medical care; basic laboratory and radiology testing; prescription medications (no narcotics); health education and information.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Community Pharmacy  
(Lloyd F. Moss Free Clinic)**

**ADDRESS:** 1301 Sam Perry Blvd  
Fredericksburg, Virginia 22401

**PHONE:** (540) 741 -1077

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** Fredericksburg region and surrounding area

**HOURS:** 9:00am-5:00pm, Monday-Friday.

**AGES:** All

**ELIGIBILITY:** Must be referred by local physician and meet financial eligibility requirements set by the pharmaceutical companies.

**FEES:** N/A

**PURPOSE:** To assist people in accessing free medications from pharmaceutical companies.

**SERVICES:** Work with patient and physician to screen patients for eligibility with pharmaceutical companies. Completes all necessary paperwork and fill donated prescriptions for patients.

**NAME: LogistiCare**

**ADDRESS:** 5649 South Laburnum Avenue  
Richmond, VA 23231

**PHONE:** (804) 236-1570

**TOLL FREE:** (866) 386-8331

**FAX:** (804) 236-1791

**E-MAIL:** N/A

**WEBSITE:** www.logisticare.com

**SERVICE AREA:** Throughout Virginia

**HOURS:** N/A

**AGES:** N/A

**ELIGIBILITY:** 3 – 5 days notice needed.

**FEES:** Medicaid only, no private pay.

**PURPOSE:** Clients to range from state government agencies, managed care

organizations, and hospitals to transit authorities and to school boards. Customers include Medicaid and Welfare-to-Work populations, commercial and senior members, special needs students and ADA paratransit riders.

**SERVICES:** Transportation services for Virginia Medicaid recipients.

**NAME: LUCHA Ministries, Inc.**

**ADDRESS:** 308 Hanover Street  
Fredericksburg, VA 22401

**Mailing Address:** P.O. Box 8239  
Fredericksburg, VA 22404

**PHONE:** (540) 370-4502

**FAX:** (540) 370-4540

**E-MAIL:** sue.smith@vbmb.org

**WEBSITE:** www.luchaministries.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** N/A

**AGES:** N/A

**ELIGIBILITY:** Hispanic

**FEES:** No

**PURPOSE:** Organization that is committed to helping recent immigrants become more productive and integrated in their local communities. Available both directly to clients as well as a resource to various organizations in the community that assist and serve Spanish speaking clients.

**SERVICES:** Provides emergency assistance, counseling and pastoral care, spiritual guidance and assistance with basic human needs. Can provide cultural awareness workshops or trainings for organizations.

**NAME: Make-A-Wish Foundation of Richmond & Western Virginia**

**ADDRESS:** 2810 North Parham Road, Suite 302

Richmond, Virginia 23294

**PHONE:** (804) 217-9474

**TOLL FREE:** (800) 234-9474

**EMERGENCY:** (804) 217-9474

**FAX:** (804) 217-9484

**E-MAIL:** info@va.wish.org

**WEBSITE:** www.va.wish.org

**SERVICE AREA:** State of Virginia, except DC/VA suburbs

**HOURS:** 8:00am–5:00pm, Monday-Friday; 24-hour emergency service.

**AGES:** 2 ½ - 18 years old.

**ELIGIBILITY:** Children must be medically diagnosed as having a life threatening illness or medical condition.

**FEES:** None

**PURPOSE:** To grant wishes of children with life threatening illnesses in order to enrich the human experience with hope, strength, and joy.

**SERVICES:** Interviews and arrangements for whatever the child may wish for, within certain guidelines.

**NAME: March of Dimes**

**ADDRESS:** 10128 A West Broad Street  
Glen Allen, VA 23060

**PHONE:** (804) 968-4120

**FAX:** (804) 968-4325

**E-MAIL:** va474@marchofdimes.com

**WEBSITE:** www.marchofdimes.org

**SERVICE AREA:** Central Virginia.

**HOURS:** 9:00am-5:00pm, Monday-Friday.

**AGES:** All

**PURPOSE:** Prevention of birth defects and premature birth and infant mortality.

**SERVICES:** Education.

**NAME: Mary Washington College**

**SEE: University of Mary Washington**

**NAME: Mary Washington Home Health & Hospice**

**ADDRESS:** 5012 Southpoint Parkway  
Fredericksburg, Virginia 22407

**PHONE:** (540) 741-1667

**FAX:** (540) 741-1841

**E-MAIL:** Carla.Kidwell@medicorp.org

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** City of Fredericksburg, Colonial Beach, Caroline, Essex, Fauquier, Hanover, King George, Louisa, Orange, Prince William, Spotsylvania, Stafford, and Westmoreland Counties.

**HOURS:** Office hours: 8:30am-5:00pm, Monday -Friday; 24 hours/7 days per week "on-call" staff is available to patients and families.

**AGES:** All

**ELIGIBILITY:** Person with a life-limiting illness chooses, in conjunction with his/her physician, to seek comfort rather than curative care. Patient must have a primary caregiver.

**FEES:** Medicare and Medicaid provide special Hospice benefits. In addition, services are covered, in full or partially by most insurance

plans. Patients are not billed for services, and services are offered without regard to financial resources available.

**PURPOSE:** To provide compassionate and comprehensive comfort care to persons with life-limiting illnesses. Our focus is to provide physical, emotional, and spiritual support to our patients and their families. We strive to maximize their comfort and autonomy, while conserving resources.

**SERVICES:** Comprehensive hospice services include visits by nurses and certified nursing assistants, medical social worker, pastoral counselor, and volunteers. In addition, after the patient's death, hospice continues to provide bereavement care to the family for at least one year.

**NAME: Mary Washington Home Health and Hospice -- Health Watch**

**ADDRESS:** 5012 SouthPoint Parkway

Fredericksburg, Virginia 22407

**PHONE:** (540) 741-2395

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania and Stafford counties.

**HOURS:** 24 Hours, 7 days a week

**AGES:** No limits.

**ELIGIBILITY:** All

**FEES:** Sign on fee and monthly fee. Call for specifics.

**PURPOSE:** The Health Watch pendant works with a system connected to a person's telephone line and enables the subscriber to maintain his independence while having a network of support persons available at a support center 24 hours a day, 365 days a year.

**SERVICES:** Health Watch is a 2 way voice communication system in the subscriber's home that provides an extra measure of assurance and safety.

**NAME: Mary Washington Hospital Emergency Department**

**ADDRESS:** 1001 Sam Perry Boulevard

Fredericksburg, Virginia 22401

**PHONE:** (540) 741-1111

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** No restrictions

**HOURS:** 24 hours/ 7days per week.

**AGES:** All ages.

**ELIGIBILITY:** No eligibility requirements.

**FEES:** Based on severity of illness/intensity of service. Physicians bill separately.

**PURPOSE:** Provide emergency care to stabilize those persons with life-threatening illness or injuries.

**SERVICES:** Acute care for severe, moderate, and/or minor illnesses and injuries. Fast Track services for treatment of minor illnesses/injuries are available from 11:00am-11:00pm daily

**NAME: Mary Washington Hospital Freestanding Emergency Department**

**ADDRESS:** 10401 Spotsylvania Ave, Suite 103

Fredericksburg, Virginia 22408

**PHONE:** (540) 741-0555

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** No restrictions

**HOURS:** 24 hours a day, 7 days a week

**AGES:** All ages

**ELIGIBILITY:** N/A

**FEES:** Varies – Physicians bill separately

**PURPOSE:** Provide emergency care to stabilize those persons with emergency illnesses or injuries.

**SERVICES:** See above.

**NAME: Mary Washington Hospital Home Health Agency**

**ADDRESS:** 5012 SouthPoint Parkway

Fredericksburg, Virginia 22407

**PHONE:** (540) 741-1667

**TOLL FREE:** (800) 257-1667

After hours: (540) 741-1101, ask for Home Health Nurse

**FAX:** (540) 741-1841

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg, Caroline,

King George, Orange, Spotsylvania, Stafford, Westmoreland counties and adjoining areas.

**HOURS:** 7:30am-5:00pm Monday-Friday; on call 24 hours a day/ 7 days week.

**AGES:** All

**ELIGIBILITY:** Must be in need of skilled medical care ordered by physician.

**FEES:** Covered by Medicare, Medicaid, and most insurance plans

**PURPOSE:** Home Health Care.  
**SERVICES:** Physical, occupational, and speech therapy; nursing; medical social work; medical nutrition services; home health aides.

**NAME: Mary Washington Hospital Volunteer Services**

**ADDRESS:** 1001 Sam Perry Boulevard  
Fredericksburg, Virginia 22401

**PHONE:** (540) 741-1440

**FAX:** (540) 741-1490

**E-MAIL:** Karen.ennis@medicorp.org

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00 am-5:00 pm, Monday-Friday.

**ELIGIBILITY:** Prospective volunteers must be emotionally stable in order to present no hazard to patients. Volunteers must fill out an application, attend orientation, and all training sessions as required by the Hospital. Volunteers are interviewed, reference checks processed and T.B. test performed prior to volunteering. Volunteers must be able to work established shifts.

**FEES:** \$5.00 auxiliary membership-annual. Uniform purchase.

**PURPOSE:** To provide support to Mary Washington Hospital in meeting its mission to promote and improve the health status of the citizens of this community.

**SERVICES:** We provide service and support to patients and their families. Information about specific services is available over the phone and/or direct mailings.

**NAME: McGuire VA Clinic**

**ADDRESS:** 1965 Jefferson Davis Highway,  
Suite 100

Fredericksburg, Virginia 22401

**PHONE:** (540) 370-4468

**TOLL FREE:** (800) 784-8381

**FAX:** (540) 370-4048

**EMAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford counties

**HOURS:** 8:00am-4:30pm Monday-Friday; closed legal holidays.

**AGES:** N/A

**ELIGIBILITY:** Must be a veteran.

**FEES:** Based on income.

**PURPOSE:** To provide for those in our community who have served our nation.  
**SERVICES:** Primary & mental health care.

**NAME: Meals on Wheels**

**SEE: Rappahannock Area Agency on Aging**

**NAME: MediCorp Health System**

**ADDRESS:** 1001 Sam Perry Boulevard  
Fredericksburg, Virginia 22401

**PHONE:** (540) 741-1101

**FAX:** (540) 741-1420

**E-MAIL:** N/A

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Orange, Stafford, Spotsylvania and Westmoreland counties.

**HOURS:** 24 hrs/ 7 days per week.

**AGES:** All

**ELIGIBILITY:** Providing acute care services without regard to a person's ability to pay.

**FEES:** Based on services provided; medical insurance accepted; assistance available.

**PURPOSE:** Improve the health status of all people within the community.

**SERVICES:** MediCorp Health System is a fully integrated, regional medical system that provides inpatient and outpatient care through a variety of medical facilities, including Mary Washington Hospital and Stafford Hospital Center. MediCorp Health System is very active in the community by assisting community-based and not-for-profit organizations.

**NAME: MediCorp Health System-Health Link**

**ADDRESS:** 1001 Sam Perry Boulevard  
Fredericksburg, Virginia 22401

**PHONE:** (540) 741-1404

Deaf/Hearing Impaired: (540) 899-5411

**FAX:** (540) 741-2583

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford, and Westmoreland Counties and the surrounding region

**HOURS:** 9:00am-5:30pm Monday - Friday.

**AGES:** All

**ELIGIBILITY:** Open

**FEES:** Based on services provided.

**PURPOSE:** MediCorp Health System (MHS) is a full-service, multi-resource healthcare provider. MediCorp exists to improve the health status of all people in our community.

**SERVICES:** MHS Health Link offers our community physician and service information, community information, classes/programs registration and general health information at no charge. MediCorp provides a full range of health services including hospitalization, outpatient care and surgery, senior services, including residential living choices, inpatient and outpatient mental health services, home care, hospice care, primary care, and outpatient medical facilities. Services include:  
Family Health Center at North Stafford  
Fredericksburg Ambulatory Surgery Center  
Health Link  
Kids' Station Child Care and Learning Center  
Mary Washington Hospital  
Mary Washington Hospital Foundation  
Mary Washington Home Health Services  
Mary Washington Hospice  
Medical Arts Pharmacy  
Medical Imaging  
Medical Labs  
Senior Care Services  
Snowden at Fredericksburg Mental Health

**NAME: Mental Health America of Fredericksburg (MHAF)**

**ADDRESS:** 2217 Princess Anne Street, Suite 219-1

Fredericksburg, Virginia 22401

**PHONE:** (540) 371-2704

**TOLL FREE:** (800) 684-MHAF (6423)

**FAX:** (540) 372-3709

**E-MAIL:** mhafred@mhafred.org

**WEBSITE:** <http://mhafred.org>

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford and Westmoreland counties.

**HOURS:** 9:00am-5:00pm, Monday-Friday.

**AGES:** All

**ELIGIBILITY:** N/A

**FEES:** No fees for services; registration fees for educational workshops vary.

**PURPOSE:** MHAF exists to improve people's mental health and wellness by connecting them with appropriate and available mental health resources and through supportive services, education, and advocacy that impacts the lives of people with mental health problems.

**SERVICES:** Mental Health HelpLine – Referral Services & Resource Center; Support Groups Depression, Bipolar, Eating Disorders, Recovery in Motion peer-support services; public

education; public policy advocacy; and Senior Visitors program

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Senior Visitors Program**

**ADDRESS:** 2217 Princess Anne Street Suite 219-1

Fredericksburg, Virginia 22401

**PHONE:** (540) 371-2704

**FAX:** (540) 372-3709

**E-MAIL:** mhafsv@mhafred.org

**WEBSITE:** [www.mhafred.org](http://www.mhafred.org)

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford and Westmoreland counties.

**HOURS:** 9:00am-5:00pm, Monday-Friday.

**AGES:** Volunteers – over 18, clients – 60 and older

**ELIGIBILITY:** isolated, homebound clients age 60 and older; volunteers age 18 and older

**FEES:** None.

**PURPOSE:** The program matches isolated, homebound elderly clients with trained volunteers who provide a weekly visit for companionship and socialization, as well as respite to caregivers.

**SERVICES:** Weekly visits are provided to lonely, isolated, or homebound seniors by trained and matched volunteers. Clients are accepted by referral from professional and civic organizations, from friends or neighbors, and by self-referral.

**Micah Ecumenical Ministries**

**ADDRESS:** 1013 Princess Anne St.

Fredericksburg, Virginia 22401

**PHONE:** (540) 479-4116

**FAX:** (540) 479-4121

**E-MAIL:** [meghanncotton@yahoo.com](mailto:meghanncotton@yahoo.com)

**WEBSITE:** [www.dolovewalk.net](http://www.dolovewalk.net)

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, Caroline, King George counties

**HOURS:**

**AGES:**

**ELIGIBILITY:** Homeless

**FEES:** N/A.

**PURPOSE:** To assist those in need of shelter and related care.

**SERVICES:** Hospitality Center that provides basic needs and case management services (9:30a.m. to 11:30p.m. M-F and 8-10 on Saturday); Cold Night Shelter (Nov.-Feb.) when

the temperature drops below 32 degrees; Respite Program, which provides shelter and support services to homeless people leaving the hospital in need of temporary or terminal care.

**NAME: Middle College at Germanna Community College**

**ADDRESS:** 10000 Germanna Point Drive  
Fredericksburg, Virginia 22408

**PHONE:** (540) 834-1053

**TOLL FREE:** N/A

**FAX:** (540) 710-2092

**E-MAIL:** cbynum@germanna.edu

**WEBSITE:** www.germanna.edu/middlecollege

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, Caroline, Culpeper, Orange Counties

**HOURS:** 8:30am-5:00pm, Monday-Friday.

**AGES:** 18-24

**ELIGIBILITY:** Must pass Middle College placement test (TABE) with 9.0 higher, apply to GCC and Middle College and complete an essay for review, interview with the director

**FEES:** No cost to the student.

**PURPOSE:** Mission is to provide 18-24 years olds, who have not graduated from high school the opportunity to pursue their GED, earn college credit and develop job skills simultaneously.

**SERVICES:** GED preparation, college credit through Preparation for Employment student development class, Develop Job Skills. Earn a Career Readiness Certificate and participate in a community service project.

**NAME: Moss Clinic**

**SEE: Lloyd F. Moss Clinic**

**NAME: Muscular Dystrophy Association,**

**Central Virginia Chapter**

**ADDRESS:** 8001 Franklin Farms Drive #139  
Richmond, Virginia 23288

**PHONE:** (804) 285-2961

**FAX:** (804) 282-1038

**E-MAIL:** richmonddistrict@mdausa.org

**WEBSITE:** www.mdausa.org

**SERVICE AREA:** Central Virginia

**HOURS:** 9:00am-5:00pm, Monday-Friday.

**AGES:** All

**ELIGIBILITY:** Diagnosis of one of the 43 neuromuscular diseases covered by the program.

**FEES:** None

**PURPOSE:** Provide program of patient services including clinic visits, support groups, durable medical equipment, and summer camp. Funds a worldwide research program.

**SERVICES:** See above.

**NAME: NAACP**

**SEE: Virginia State Conference**

**NAACP**

**NAME: NAMI - Rappahannock**

**Mailing Address:** P.O. Box 7511

Fredericksburg, VA 22401

**PHONE:** (540) 479-3044

**FAX:** N/A

**E-MAIL:** dfvaughn@cox.net

**WEBSITE:** N/A

**SERVICE AREA:** Caroline, King George Spotsylvania, and Stafford Counties and City of Fredericksburg.

**HOURS:** 7PM 1st Wednesday of each month at Kenmore Club, 632 Kenmore Ave, Fredericksburg

VA. Do not meet in July and August.

**AGES:** N/A

**ELIGIBILITY:** Area residents.

**FEES:** Membership fee for individuals and family groups is \$35. Consumers \$5 or less depending on circumstances.

**SERVICES:** Provides a support and advocacy group for family and friends of those suffering from mental illness. All concerned individuals -- parents, siblings, spouses and friends - who want to learn how to help or how to cope with mental illness are welcome. Persons with mental illness who would like to share information or learn more are also welcomed. Provides education, support, advocacy, research, and other information. Provides education, support, advocacy, research, and other information.

**NAME: National Kidney Foundation of Virginia**

**ADDRESS:** 1742 E Parham Road

Richmond, Virginia 23228

**PHONE:** (804) 288-8342

**TOLL FREE:** (888) 543-6398

**FAX:** (804) 282-7835  
**E-MAIL:** welcome@kidney.org  
**WEBSITE:** www.kidneyva.org  
**SERVICE AREA:** Virginia (except Northern VA and Eastern Shore)  
**HOURS:** 9:00am-5:00pm, Monday-Friday.  
**AGES:** N/A  
**ELIGIBILITY:** Must be kidney dialysis patient for some services.  
**FEES:** None  
**PURPOSE:** To prevent kidney and urinary tract diseases, to improve the health and well being of patients and families affected by these diseases, and to increase the availability of all organs for transplantation.  
**SERVICES:** Patient grants for financial assistance; medical I.D. jewelry; early diagnosis program (K.E.E.P); support groups; literature and information; Car donation program, call for details.

**NAME: Northern Neck Free Health Clinic**

**ADDRESS:** 51 William B. Graham Court, Kilmarnock, Virginia 22482  
P.O. Box 1694, Kilmarnock, Virginia 22482  
**PHONE:** (804) 435-0575  
**FAX:** (804) 435-9017  
**E-MAIL:** nnfhc@verizon.net  
**WEBSITE:** http://www.nnfhc.com  
**SERVICE AREA:** Middlesex and Northern Neck (Lancaster, Westmoreland, Richmond, Northumberland Counties).  
**HOURS:** 8:30am to 5:00pm Monday, Wednesday and Friday; 8:30am-8:30pm Tuesday and Thursday.  
**AGES:** 18 to 64 years old for Medical Clinic. All ages for Dental Clinic.  
**ELIGIBILITY:** Uninsured adults; 200 % of Federal poverty guidelines. Medicaid and Medicare accepted for dental.  
**FEES:** Donation.  
**PURPOSE:** To embrace health and wellness as the foundation for quality of life, and to dedicate ourselves to providing the highest level of medical care to all those who lack access to it within our community.  
**SERVICES:** Acute and chronic medical care, dental care, pharmacy services, patient education, well woman care, school and sports physicals, TB screenings, flu and pneumonia vaccines, lab procedures, nutritionist, counseling, specialty referrals.

**NAME: Office On Youth**  
**SEE: Rappahannock Area Office On Youth**

**NAME: Olde Forge Junction**

**ADDRESS:** 7 Butler Road  
Fredericksburg, VA 22405  
**Mailing Address:** 400 Chatham Square Office Park  
Fredericksburg, VA 22405  
**PHONE:** (540) 368-0081  
**FAX:** (540) 368-0081 - call before faxing  
**E-MAIL:** oldeforge@hotmail.com  
**WEBSITE:** http://www.oldeforgejunction.com  
**SERVICE AREA:** Stafford County  
**HOURS:** Monday – Thursday; 10:00am-2:00pm  
**AGES:** Youth  
**ELIGIBILITY:** N/A  
**FEES:** None.  
**PURPOSE:** To transform lives through faith and action. The work has four components: 1. To develop and run programs to nurture the children of the Olde Forge neighborhood and its vicinity, 2. To host activities within the Olde Forge area to build community, 3. To link families with existing area programs and services. 4. To serve as a catalyst and training ground for individuals and groups interested in community ministry.  
**SERVICES:** Services include: After school programs for youth, sports programs for youth, Spring Health and Safety Day, Weekend/summer outings and activities for youth. Also, students across PD-16 can request school supplies as needed.

**NAME: Open Hand of Fredericksburg, Inc.**

**ADDRESS:** 200 Prince Edward Street  
Fredericksburg, VA 22401  
**PHONE:** (540) 834-4455  
**FAX:** (540) 899-2291  
**E-MAIL:** psherwood@newcityfellowship.org  
**WEBSITE:** www.newcityfellowship.org/openhand.html  
**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, Caroline, King George Counties.  
**HOURS:** 9-5 Monday-Friday  
**AGES:** high school youth and adults  
**ELIGIBILITY:** By application

**FEES:** According to Program

**PURPOSE:** Our purpose is to partner with the under-resourced in the greater Fredericksburg area to meet their needs for more sustainable employment, adequate transportation, and affordable housing by providing educational growth, long-term committed relationships, economic development, leadership building, and revitalization to the community.

**SERVICES: Summer Youth Worker Program (SYWP)** – Summer Internship program for youth ages 14-18 to transition toward self-sufficiency and independence so that they are able to meet the needs of themselves and their families for a lifetime. This is accomplished by providing continuing education in employment processes, character formation and life skills, supported with mentoring relationships and paid employment.

**Preparation for Readiness Education Program (PREP)** – Same as SYWP, high school juniors and seniors, held during the academic year with expanded curriculum, career counseling, and academic credit (pilot program underway with James Monroe High School). Plans under way to expand program to all of Planning District 16. **CSA Provider**-Provide referral services for **Virginia Individual Development Accounts** for eligible families of youth. Quarterly continuing education and social events for all alumni of youth programs.

**NAME: Parent Resource Center  
Caroline County**

**ADDRESS:** 16221 Richmond Turnpike  
Bowling Green, Virginia 22427

**PHONE:** (804) 633-7083

**FAX:** (804) 633-3109

**EMAIL:** sgayle@caroline.k12.va.us or  
jrollins@caroline.k12.va.us

**WEBSITE:** www.caroline.k12.va.us/prc

**HOURS:** 8:00am-4:00pm, Monday- Friday;  
Appointments can be made outside of office hours

**Spotsylvania County**

**ADDRESS:** 7565 Courthouse Rd.  
Spotsylvania, Virginia 22551

**PHONE:** (540) 582-7583 ext. 5

**FAX:** (540) 582-8828

**EMAIL:** ssprague@scs.k12.va.us  
pdoughert@scs.k12.va.us

**WEBSITE:**  
www.spotsylvania.k12.va.us/PRC/prc.htm

**SERVICE AREA:** Spotsylvania County

**HOURS:** 8:00am-4:00pm, Monday-Friday

**Stafford County**

**ADDRESS:** 37 Stafford Avenue  
Stafford, Virginia 22554

**PHONE:** (540) 658-6710

**FAX:** (540) 658-6455

**EMAIL:** prc@staffordschools.net

**WEBSITE:** www.pen.k12.va.us

**HOURS:** 8:30am – 4:00pm, Monday – Friday 4<sup>th</sup>  
Saturday of each month 9:00am – 2:00pm.

**AGES:** All

**ELIGIBILITY:** Services available to all families.

**FEES:** None

**PURPOSE:** An information and support center for families, school staff and the community. Disability and parenting information available.

**SERVICES:** The center staff provides workshops, information sessions, newsletters, referral services, lending library, and one-on-one support through listening and problem solving with families.

**NAME: Physical Medicine and  
Rehabilitation Services of Mary  
Washington Hospital**

**ADDRESS:** 1101 Sam Perry Blvd, 5<sup>th</sup> Floor Core  
Fredericksburg, Virginia 22401

**PHONE:** (540) 741-1547 – inpatient  
(540) 741-2000- outpatient clinics

**FAX:** N/A

**E-MAIL:** rehabservices@medicorp.org

**WEBSITE:** www.rehab.medicorp.org

**SERVICE AREA:** City of Fredericksburg,  
Caroline, King George, Orange, Spotsylvania,  
Stafford and Westmoreland Counties.

**HOURS:** Outpatient: 7:00am–7:00pm, Monday-  
Thursday; 7:00am–5:00pm, Friday.

**AGES:** All

**ELIGIBILITY:** Open with referral from M.D.

**FEES:** Based on services provided.

**PURPOSE:** Provide physical medicine and rehabilitation services for outpatients and inpatients of all ages that have physical disabilities, comprehension and processing disorders, and cognitive and perceptual disorders.

**SERVICES:** Physical therapy; occupational therapy; speech and language pathology;

consumer services; education; information and referral; rehabilitation. Outpatient clinics: Rehabilitation Services of Lee's Hill and Rehabilitation Services of North Stafford.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Center for Day Rehabilitation (Physical Medicine and Rehabilitation Services of Mary Washington Hospital)**

**ADDRESS:** 1201 Sam Perry Boulevard Suite 240

Fredericksburg, Virginia 22401

**PHONE:** (540) 741-1542

**FAX:** (540) 741-1543

**E-MAIL:** rehab.fred@medicorp.org

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** All of Virginia

**HOURS:** Monday - Thursday 8:00am-7:00pm; 8:00am-5:00pm, Friday.

**AGES:** 18 and older

**ELIGIBILITY:** Physician Referral

**FEES:** Based on services provided

**PURPOSE:** Offers patients' comprehensive rehabilitative services developed to facilitate transition from acute care settings into more independent settings. Provides intensive therapy in an environment that fosters the highest level of independence for patients. Therapy programs are designed for each patients needs. To reach the greatest levels of function, patients participate in group therapy and individual therapy sessions. Patients must spend at least three hours a day in two or more provided therapies.

**SERVICES:** Physical Therapy, Occupational Therapy, Speech Language, Pathology, Adjunctive Therapy, Physiatrist, and RN/Case Management

**NAME: Probation and Parole District 21**

**ADDRESS:** 5620 Southpoint Centre Blvd, Suite 110

Fredericksburg, Virginia 22407-2607

**PHONE:** (540) 710-2102

**FAX:** (540) 710-2113

**E-MAIL:** District21@vadoc.virginia.gov

**WEBSITE:** N/A

**SERVICE AREA:** Supervise ex-offenders in the

City of Fredericksburg, King George, Spotsylvania and Stafford Counties.

**HOURS:** 8:15am-5:00pm, Monday-Friday.

**AGES:** 18 years of age and over.

**ELIGIBILITY:** Ordered to participate by the Judicial System.

**FEES:** None.

**PURPOSE:** See "SERVICES".

**SERVICES:** Employment; substance abuse referral and services; counseling. Services are limited to offenders.

**Project FAITH, Inc.**

**ADDRESS:** 10073 Kings Highway  
King George, VA 22485

**PHONE:** (540) 775-3492

**FAX:** (540) 775-3518

**E-MAIL:** project\_faith@verizon.net

**WEBSITE:** www.project-faith.com

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, Stafford, Caroline, King George, Westmoreland Counties

**HOURS:** 8:00am – 4:30pm, M-F

**AGES:** all eligible

**ELIGIBILITY:** adult persons with disabilities, elderly and low income

**FEES:**

**PURPOSE:** To facilitate Access to Independent Housing for persons with disabilities and elder individuals of low incomes.

**SERVICES:** Project FAITH provides affordable, universally designed housing utilizing green building principles in a variety of housing products – multi-family and single family dwellings.

**NAME: Quin Rivers Agency for Community Action**

**ADDRESS:** General Washington Executive Center

2217 Princess Anne Street, Suite 211-1  
Fredericksburg, Virginia 22401

**PHONE:** (540) 368-2700 (for HIP Program),  
(540) 368-5553 (for Mortgage Counseling)

**FAX:** (540) 368-1448

**E-MAIL:** CHarris@quinriversagency.org (for HIP Program)

Imorgan@quinrivers.org (for Mortgage Counseling)

**WEBSITE:** N/A

**SERVICE AREA:** Caroline, Charles City, Essex, King and Queen, King George, King William, Lancaster, New Kent, Northumberland,

Richmond, Spotsylvania, Stafford, and Westmoreland Counties and City of Fredericksburg.

**HOURS:** 9:00am-4:00pm, Monday – Thursday, Friday by appointment only.

**AGES:** N/A

**ELIGIBILITY:** Must be below 80% of area median family income and be facing a definable crisis situation, that is short-term and unavoidable, must be able to become self sufficient again within the timeframe of the program, renters must have a payor-quit notice or an unlawful detain notice, and Home owners must have a letter from the mortgage company specifying they are at least 30 days behind in mortgage.

**FEES:** No Charge.

**SERVICES:** Administers the Homeless Intervention Program to assist people facing short term crisis situations with past due rent and mortgage payments, including late fees. Job loss, illness, injury, or accidents are some of the many events that qualify. Also provide Reverse Mortgage Counseling (HECM) and Mortgage Delinquency Counseling.

**NAME: Rappahannock Area Agency on Aging (RAAA)**

**ADDRESS:** 171 Warrenton Road Fredericksburg, Virginia 22405

**PHONE:** (540) 371-3375

**TOLL FREE:** (800) 262-4012

**FAX:** (540) 371-3384

**E-MAIL:** info@raaa16.org

**WEBSITE:** www.raaa16.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am-4:30pm, Monday - Friday.

**AGES:** 60 years of age and over for most programs. Some exceptions.

**FEES:** Contribution/Donation.

**PURPOSE:** Administers programs under the Older

Americans Act, serving the needs and acting on behalf of persons aged sixty and older in the City of Fredericksburg and the four surrounding counties. We attempt to contact as many senior citizens in need of services as possible, but many still remain unidentified.

**SERVICES:** Assessment; information and referral; nutrition programs; home care; telephone reassurance; legal assistance; insurance counseling; Ombudsman;

employment; home repair programs, transportation; emergency service.

**NAME: Rappahannock Area Alcohol Safety Action Program-(ASAP)**

**ADDRESS:** 501 Lafayette Blvd Fredericksburg, Virginia 22401

**PHONE:** (540) 372-3558

**FAX:** (540) 899-4538

**E-MAIL:** N/A

**WEBSITE:** <http://vasap.state.va.us>

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am-4:00pm, Monday – Thursday; 8:00am – 11:00pm, Friday.

**AGES:** Adolescent–Adult.

**ELIGIBILITY:** Court ordered

**FEES:** User Funded

**PURPOSE:** Substance Abuse education intervention program and probation services.

**SERVICES:** Assessment, intervention services, supervision of alcohol/drug misdemeanors; court and administration of justice; substance abuse education.

**NAME: Rappahannock Area Breastfeeding Task Force**

**PHONE:** (540) 899-6121

**TOLL FREE:** (800) 224-4999 (leave a message and your call will be returned by a trained volunteer within 24 hours)

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania and Stafford Counties.

**HOURS:** Toll free breastfeeding answering service

**AGES:** Prenatal and postnatal mothers of infants and young children.

**FEES:** None.

**PURPOSE:** To promote and increase the incidence and duration of breastfeeding among mothers and babies in our community for the better health of our citizens.

**SERVICES:** Toll free breastfeeding answering service and breastfeeding information and support to the general public and the medical community.

**NAME: Rappahannock Area Child**

**Development Center-State Health  
Department**

**ADDRESS:** 10708 Ballantraye Drive, Suite 204  
Fredericksburg, Virginia 22407

**PHONE:** (540) 891-3151

**FAX:** (540) 891-3152

**E-MAIL:** N/A

**WEBSITE:**

[www.vdh.virginia.gov/lhd/rappahan/cdc.htm](http://www.vdh.virginia.gov/lhd/rappahan/cdc.htm)

**SERVICE AREA:** Cities of Arlington, Alexandria, Fairfax, Falls Church, Fredericksburg, Manassas, Manassas Park; Counties of Caroline, Culpeper, Fairfax, Hanover, King and Queen, King George, Lancaster, Northumberland, Orange, Prince William, Richmond, Spotsylvania, Stafford and Westmoreland.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** Birth to 18 years of age.

**ELIGIBILITY:** State residents.

**FEES:** Sliding scale fees and Medicaid

**PURPOSE:** Comprehensive medical, psychological, social work, and educational evaluation of children from birth to 18 years of age.

**SERVICES:** Evaluation; case management; DD Waiver screening for developmental disabilities (autism, cerebral palsy, seizure disorder, some genetic disorders)

**NAME: Rappahannock Area**

**Community**

**Services Board (RACSB)**

**Caroline County Clinic**

**ADDRESS:** Patricia K. Spaulding Building,  
19254 Rogers Clark Boulevard, Ruther Glen,  
Virginia 22546

**Mailing Address:** 19254 Rogers Clark  
Boulevard, Ruther Glen, Virginia 22546

**PHONE:** (804) 633-9997

**EMERGENCY:** (804) 633-4148

**FAX:** (804) 633-7031

**E-MAIL:** [pwoodard@racsb.state.va.us](mailto:pwoodard@racsb.state.va.us)

**WEBSITE:** [www.racsb.state.va.us](http://www.racsb.state.va.us)

**HOURS:** 8:00am-7:00pm, Monday-Thursday,  
Closed, Friday; 24 hour emergency services.

**City of Fredericksburg and South  
Stafford**

**ADDRESS:** Ronald W. Branscome Building,  
600 Jackson Street

Fredericksburg, Virginia 22401

**PHONE:** (540) 373-3223 (Main)

**EMERGENCY:**

(540) 373-6876 (Fredericksburg)

**FAX:** (540) 371-3753

**E-MAIL:** [www.racsb.state.a.us](http://www.racsb.state.a.us)

**WEBSITE:** [www.racsb.state.va.us](http://www.racsb.state.va.us)

**HOURS:** 8:00am-7:00pm, Monday-Thursday,  
8:00am-5:00pm, Friday; 24 hour emergency  
services.

**King George County Clinic**

**ADDRESS:** Marie O. Kunlo Building, 8479 St.  
Anthony's Road

King George, Virginia 22485

**PHONE:** (540) 775-9879

**EMERGENCY:** (540) 775-5064

**FAX:** (540) 775-3887

**E-MAIL:** [sstagnoli@racsb.state.va.us](mailto:sstagnoli@racsb.state.va.us)

**WEBSITE:** [www.racsb.state.va.us](http://www.racsb.state.va.us)

**HOURS:** 8:00am-5:00pm, Monday & Thursday,  
8:00am-8:00pm, Tuesday & Thursday, Closed  
Friday; 24 hour emergency services.

**North Stafford County Clinic**

**ADDRESS:** Charles A. Cooper Building, 15  
Hope Road

Stafford, Virginia 22554

**PHONE:** (540) 659-2725

**EMERGENCY:** (540) 373-6876

**FAX:** (540) 659-0736

**E-MAIL:** [www.racsb.state.va.us](http://www.racsb.state.va.us)

**WEBSITE:** [www.racsb.state.va.us](http://www.racsb.state.va.us)

**HOURS:** 8:00am - 7:00pm, Monday thru  
Thursday; 8:00 a.m. – 5:00 p.m. Friday; 8:00am-  
7:00pm, Tuesday, Wednesday & Thursday; 24  
hour emergency services.

**Spotsylvania County Clinic**

**ADDRESS:** Edith O. Fleming Building, 7424  
Brock Road

Spotsylvania, Virginia 22553

**Mailing Address:** PO Box 277

Spotsylvania, Virginia 22553

**PHONE:** (540) 582-3980

**EMERGENCY:** (540) 373-6876

**FAX:** (540) 582-6825

**E-MAIL:** [sdixon@racsb.state.va.us](mailto:sdixon@racsb.state.va.us)

**WEBSITE:** [www.racsb.state.va.us](http://www.racsb.state.va.us)

**HOURS:** 8:00am-7:00pm, Monday-Thursday,  
8:00am-5:00pm, Friday; 24 hour emergency  
services.

**AGES:** All.

**ELIGIBILITY:** Open to anyone seeking mental  
health, intellectual disability, or substance

abuse, prevention and early intervention services; no restrictions.  
**FEES:** Based on ability to pay. No one is denied services based on inability to pay. Financial assistance is available.  
**PURPOSE:** To provide community-based mental health, intellectual disability, and substance abuse, prevention and early intervention services to citizens of Planning District 16.  
**SERVICES:** Outpatient and case management services; mental health, intellectual disability, and substance abuse services; 24-hour crisis intervention; a variety of school and home-based prevention/early intervention services; residential and day support services for individuals with intellectual disability or long-term mental illness; early intervention services for birth to 3 years olds with developmental delays. Outreach and support services for Veterans and their families

**\*\*\*Additional Programs\*\*\***

**PROGRAM: A Woman's Place (RACSB)**  
**ADDRESS:** 2016 Lafayette Boulevard  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 891-3136  
**EMERGENCY HOTLINE:** (540) 373-6876  
**FAX:** (540) 891-3138  
**E-MAIL:** N/A  
**WEBSITE:** www.racsb.state.va.us  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** 8:00am-7:00pm, Monday thru Thursday Closed Friday.  
**AGES:** 18 years and older.  
**ELIGIBILITY:** Any woman with substance abuse or co-dependency problems.  
**FEES:** Based on ability to pay.  
**PURPOSE:** Provide substance abuse service to women and their families as well as women who are affected by another's substance abuse.  
**SERVICES:** Intensive outpatient care; women's issues group; dual diagnosis; individual & family counseling.

**PROGRAM: Child and Adolescent Case Management (RACSB)**

**ADDRESS:** 600 Jackson Street  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 373-3223 ext 3033

**FAX:** (540) 371-3753  
**E-MAIL:** dcooper@racsb.state.va.us  
**WEBSITE:** www.racsb.state.va.us  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford counties  
**HOURS:** 8:00am-6:00pm, Monday-Friday.  
**AGES:** 18 years and under  
**ELIGIBILITY:** All  
**FEES:** There is a fee for service.  
**PURPOSE:** Coordinate services for at risk youth.  
**SERVICES:** Counseling services; crisis intervention; intensive in-home service and school based services.

**PROGRAM: DARE To Be You (RACSB)**

**ADDRESS:** Bowman Center, 3306 Bourbon Street  
Fredericksburg, Virginia 22408  
**PHONE:** (540) 374-3337  
**FAX:** (540) 371-3753  
**E-MAIL:** cpessolano@racsb.state.va.us  
**WEBSITE:** www.racsb.state.va.us/DTBY.html  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, and Spotsylvania Counties  
**HOURS:** Call for locations and times.  
**AGES:** Families with children between the ages of 2 and 5.  
**ELIGIBILITY:** All families with children between the ages of 2 and 5.  
**FEES:** None  
**PURPOSE:** Through a series of interactive family workshops, DARE To Be You – Rappahannock Area will help families develop better communication, decision making, and problem-solving skills.  
**SERVICES:** Parenting education; series of 10-12 week family workshops; developmentally appropriate activities for siblings; transportation assistance available; family meal provided at each workshop; incentives for attending and completing. DARE To Be You also provides in-service training to daycare center staff and preschool teachers, demonstrating how to implement program concepts and activities into a classroom setting. Family workshops and in-service trainings are provided free of charge.

**PROGRAM: Healthy Families Rappahannock Area (RACSB)**

**ADDRESS:** Charles A. Cooper Building, 15 Hope Road  
Stafford, Virginia 22554  
**PHONE:** (540) 288-1937  
**FAX:** (540) 659-0736  
**E-MAIL:** michelepowell@racsb.state.va.us  
**WEBSITE:** www.racsb.state.va.us and http://healthyfamilies.communitypoint.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania and Stafford counties.  
**HOURS:** 9:00am-5:00pm, Monday-Friday.  
**AGES:** Serve families prenatally until child's 5<sup>th</sup> birthday.  
**ELIGIBILITY:** First time parents  
**FEES:** None  
**PURPOSE:** To provide parents with the support and education needed to raise happy, healthy children, who enter school ready to succeed.  
**SERVICES:** Survey of family needs and home visiting services to first time families enrolled Prenatally or at the time of birth. All other families can receive information and referrals or participate in educational seminars and other program-sponsored events. Some services provided both in English & Spanish.

**PROGRAM: Intensive In-home Services/ Mentor (RACSB)**

**ADDRESS:** 600 Jackson Street  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 582-7321  
**FAX:** (540) 371-3753  
**E-MAIL:** dmiller@racsb.state.va.us  
**WEBSITE:** www.racsb.state.va.us  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** Services are provided as needed to coincide with child's home/school/community schedule.  
**AGES:** 18 years and under.  
**ELIGIBILITY:** Area Children  
**FEES:** Sliding Scale  
**PURPOSE:** One to one therapeutic aide for children at risk; paraprofessional support to families.  
**SERVICES:** Mentors; recreational and social development services, anger management, Independent Living Skills.

**PROGRAM: Kenmore Club (RACSB)**

**ADDRESS:** Barbara C. Terry Building, 632 Kenmore Avenue  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 373-7737  
**FAX:** (540) 371-3753  
**E-MAIL:** bcoleman@racsb.state.va.us  
**WEBSITE:** www.racsb.state.va.us  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford counties  
**HOURS:** 8:00am-5:00pm, Monday – Friday.  
**AGES:** 18 and older.  
**ELIGIBILITY:** Must be diagnosed with a serious mental illness.  
**FEES:** Based on income.  
**PURPOSE:** To provide psychosocial rehabilitation, which is based upon the Fountain House Model, to adults with serious mental illness.  
**SERVICES:** Rehabilitation and prevocational services.

**PROGRAM: Parent Education - Infant Development Program (RACSB)**

**ADDRESS:** Ronald W. Branscome Building, 600 Jackson Street  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 372-3561  
**FAX:** (540) 371-3753  
**E-MAIL:** jdonaldson@racsb.state.va.us  
**WEBSITE:** www.racsb.state.va.us  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties  
**HOURS:** 8:00am-5:00pm, Monday-Friday.  
**AGES:** Birth through 2 years.  
**ELIGIBILITY:** Developmental delay or atypical development.  
**FEES:** Free assessments. Fees for services are based on sliding fee scale; insurance reimbursement, Medicaid.  
**PURPOSE:** To provide developmental supports and services to parents of infants and toddlers with developmental delays so further problems can be avoided and delays minimized.  
**SERVICES:** Developmental evaluation and assessment; physical, occupational and speech therapies; special instruction and other services

as needed; services provided in family home or other community setting; case management services and service coordination.

**PROGRAM: Program for Teen Parents (RACSB)**

**MAIN OFFICE ADDRESS:** Edith O. Fleming Building, 7424 Brock Rd., PO Box 277, Spotsylvania, VA 22553  
**PHONE:** (540) 582-3980 x 3025  
**FAX:** (540) 582-6825

**E-MAIL:** jgillis@racs.state.va.us

**WEBSITE:**  
www.racs.state.va.us/ptp/index.html

**AGES:** 21 years old and under  
**ELIGIBILITY:** Pregnant and/or parenting teens living or going to school in Spotsylvania County.  
**FEES:** None.

**PURPOSE:** Through school and home-based services, the program assists Spotsylvania teens prior to the birth of their child and offers continued support until the child is three years old. Program encourages a healthy pregnancy, healthy baby, and a healthy nurturing relationship between parent and child.

**SERVICES:** Education; information and referral; home visits; Prenatal and Parenting Classes; Substance Abuse services, Teen Lamaze, Infant Massage, and Infant and Child CPR. Childcare Assistance Fund for teens finishing high school.

**PROGRAM: Project LINK (RACSB)**

**ADDRESS:** A Woman's Place  
2016 Lafayette Boulevard  
Fredericksburg, Virginia 22401

**PHONE:** (540) 891-3132  
**FAX:** (540) 891-3138

**E-MAIL:** N/A

**WEBSITE:** www.racs.state.va.us

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am-5:00pm, Monday-Friday.  
**AGES:** Women of childbearing age and their children.  
**ELIGIBILITY:** Pregnant or parenting women whose lives have been affected by substance abuse.

**FEES:** None

**PURPOSE:** Provide service coordination, education, and support to meet the needs of women and children, whose lives have been affected by substance abuse.

**SERVICES:** Case management; referral to area services; emotional support; home visiting; substance abuse screening; childcare; transportation to substance abuse services.

**PROGRAM: Rappahannock Adult Activities, Inc. (RAAI) (RACSB)**

**SITE ADDRESS:** 750 Kings Highway  
Fredericksburg, Virginia 22405

**Additional sites available – please call for details.**

**Administrative Office location:**

600 Jackson Street (RACSB)  
Fredericksburg, Virginia 22401

**PHONE:** (540) 373-7643

**FAX:** (540) 373-2076

**E-MAIL:** bclark@racs.state.va.us

**WEBSITE:** www.racs.state.va.us/  
www.celebratemayfest.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am-5:00pm, Monday-Friday.

**AGES:** 18 years of age and over.

**ELIGIBILITY:** Mental retardation diagnosis.

**FEES:** Based on ability to pay; Medicaid and Medicaid Mental Retardation Waiver accepted.

**PURPOSE:** Provide day support for adults with intellectual disability.

**SERVICES:** Day health rehabilitative services for individuals with intellectual disabilities and transitioning from high school through supported retirement years.

**PROGRAM: Rappahannock Area Kids On The Block (RACSB)**

**ADDRESS:** 600 Jackson Street  
Fredericksburg, Virginia 22401

**PHONE:** (540) 373-3223 ext.3035

**FAX:** (540) 371-3753

**E-MAIL:** snorton@racs.state.va.us

**WEBSITE:** www.rakob.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Puppet shows are scheduled by agreement.

**AGES:** Most scripts are written for 3-6 graders; also perform for adult groups.

**ELIGIBILITY:** None.

**FEES:** A \$35 donation is requested per show.

**PURPOSE:** Educate individuals on disabilities, differences, and social concerns.

**SERVICES:** A unique troupe of puppets (nearly lifesize; dress and act like real children) with 16 different topic areas: intellectual disability, blindness, bullies, cerebral palsy, childhood obesity, emotional disturbance, fire safety, gangs, learning disabilities, literacy; .life lessons, automobile/bicycle safety, physical abuse, sexual abuse, and teen pregnancy.

**PROGRAM: Second Step (RACSB)**

**ADDRESS:**

Bowman Center, 3306 Bourbon Street  
Fredericksburg, Virginia 22408

**PHONE:** (540) 374-3337

**FAX:** (540) 371-3753

**E-MAIL:** cpessolano@racsb.state.va.us

**WEBSITE:** www.racsb.state.va.us

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Call for locations and times

**AGES:** 8th grade and under.

**ELIGIBILITY:** Area Children

**FEES:** Free

**PURPOSE:** Classroom-based skills training program for children from preschool through 8<sup>th</sup> grade.

**SERVICES:** program teaches social and emotional skills aimed at reducing impulsive or aggressive behavior while increasing social competence and building skills for academic success; available to after-school programs, classrooms, preschool programs, and daycare centers.

**PROGRAM: Therapeutic Day Treatment (RACSB)**

**ADDRESS:** Ronald W. Branscome Building,  
600 Jackson Street

Fredericksburg, Virginia 22401

**PHONE:** (540) 373-3223

**FAX:** (540) 371-3753

**E-MAIL:** dcooper@racsb.state.va

**WEBSITE:** www.racsb.state.va.us

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Services are provided in the youth's home at the family's convenience.

**AGES:** 3 to 10-years old.

**ELIGIBILITY:** enrolled in Fredericksburg Regional Head Start, Spotsylvania County Clinic

Head Start, kindergarten classrooms in the City of Fredericksburg and Spotsylvania County

**FEES:** Medicaid

**PURPOSE:** Works with children in the classroom.

**SERVICES:** Services focus on social skills, problem solving, anger management, communication skills, impulse control, peer relations, personal care, and behavioral monitoring

**PROGRAM: Therapeutic Foster Care (RACSB)**

**ADDRESS:** Ronald W. Branscome Building,  
600 Jackson Street

Fredericksburg, Virginia 22401

**PHONE:** (540) 582-7321

**FAX:** (540) 371-3753

**E-MAIL:** dmiller@racsb.state.va

**WEBSITE:** www.racsb.state.va.us

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Services are provided in the youth's home at the family's convenience.

**AGES:** 18 years and under.

**ELIGIBILITY:** Funding is determined on a case-by-case basis.

**FEES:** A fee is charged for services.

**PURPOSE:** Intensive, in home family and individual counseling focusing on keeping at risk youth from further placement disruption.

**SERVICES:** Consumer services; counseling services; crisis intervention; information and referral; mental health; substance abuse services; recreational and social development services.

**PROGRAM: Too Good for Drugs (RACSB)**

**ADDRESS:**

Bowman Center, 3306 Bourbon Street  
Fredericksburg, Virginia 22408

**PHONE:** (540) 374-3337

**FAX:** (540) 371-3753

**E-MAIL:** cpessolano@racsb.state.va.us

**WEBSITE:** www.racsb.state.va.us

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Call for locations and times

**AGES:** 18 years old and under.

**ELIGIBILITY:** Area Children

**FEES:** Free

**PURPOSE:** School-based prevention program designed to reduce risk factors related to alcohol, tobacco and other drug use among students

**SERVICES:** program teaches social and emotional skills aimed at reducing use of alcohol, tobacco, and other drugs.

**PROGRAM: Virginia Wounded Warrior Program, Northwestern Health Planning Region I (RACSB)**

**ADDRESS:**

Ronald W. Branscome Building, 600 Jackson Street, Fredericksburg, Virginia 22401

**PHONE:** (540) 373-3223, ext. 3085

**FAX:** (540) 371-3753

**E-MAIL:** cschwoebel@racs.state.va.us

**WEBSITE:** www.nvwawoundedwarrior.org

**SERVICE AREA:** City of Fredericksburg, Caroline,

King George, Spotsylvania, and Stafford Counties as well areas served by Central Virginia CSB, Harrisonburg-Rockingham CSB, Northwestern CSB, Rappahannock-Rapidan CSB, Region Ten CSB, Rockbridge Area CSB, and Valley CSB

**HOURS:** Call for locations and times

**AGES:** All ages

**ELIGIBILITY:** Veterans of any era and their family members

**FEES:** Free

**PURPOSE:** Provide services to veterans and their family for any stress-related program as well as traumatic brain injuries result from service in combat areas.

**SERVICES:** peer support groups; marriage counseling; family and child counseling; substance abuse counseling; identification and treatment of Post-traumatic Stress Disorder (PTSD); identification and referral for traumatic brain injuries; referral information; all services are confidential.

**NAME: Rappahannock Area Council for Children and Parents (RACCAP)**

**ADDRESS:** 1320 Central Park Boulevard, Suite 263/264

Fredericksburg, Virginia 22401

**Mailing address:** PO Box 7402

Fredericksburg, Virginia 22404

**PHONE:** (540) 785-6217

**TOLL FREE:** (877) 785-6217

**FAX:** (540) 785-6217

**E-MAIL:** raccap@raccap.org

**WEBSITE:** http://www.raccap.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford, and Orange Counties.

**HOURS:** 9:00am-3:00pm, Monday – Friday.

**AGES:** All

**ELIGIBILITY:** Circle of Parents groups are open to anyone in a parenting role who wishes to improve their parenting skills.

**PURPOSE:** The mission of RACCAP is to promote positive parenting and educate the public about the prevention child abuse and neglect in the service area above.

**SERVICES:** RACCAP provides Circle of Parents support groups and parenting classes for parents seeking to strengthen their parenting skills in addition to advocacy and public education to educate the public about the prevention of child abuse and neglect.

**NAME: Rappahannock Area Court Appointed Special Advocates (CASA)**

**ADDRESS:** 10401 Courthouse Road, Suite C Spotsylvania, Virginia 22553

**PHONE:** (540) 710-6199

**FAX:** (540) 710-6162

**E-MAIL:** rappcasa@verizon.net

**WEBSITE:** www.rappcasa.com

**SERVICE AREA:** City of Fredericksburg, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am-4:00pm, Monday-Friday.

**AGES:** Birth-18 years of age.

**ELIGIBILITY:** Appointment by Juvenile Court Judge.

**FEES:** None.

**PURPOSE:** Advocacy for abused and neglected children through court appointment.

**SERVICES:** Child advocacy. Training to become a volunteer is provided.

**NAME: Rappahannock Area Office On Youth (RAOOY)**

**ADDRESS:** 500 Lafayette Boulevard, Suite 210 Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1149

**FAX:** (540) 372-1150

**E-MAIL:** ben@officeonyouth.org

**WEBSITE:** www.officeonyouth.org

**SERVICE AREA:** City of Fredericksburg, and Caroline, King George, Spotsylvania and Stafford counties.

**HOURS:** 9:00am-5:00pm, Monday-Friday.  
**AGES:** 18 and under  
**ELIGIBILITY:** At-risk and court-involved youth  
**FEES:** Varies per program.  
**PURPOSE:** To reduce juvenile delinquency by promoting and providing opportunities for positive development to at-risk and court-involved youth and their families.  
**SERVICES:** Anger Management Services; Community service; CHINS (Child in Need of Services/Supervision) Program – Stafford & Spotsylvania Counties; First Offender Monitoring – Spotsylvania County only; Restorative Justice; Substance Abuse Services; Information & Referral

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Anger Management Services**

**(RAOY)**

**ADDRESS:** Rappahannock Area Office on Youth

500 Lafayette Boulevard, Suite 210  
Fredericksburg, VA 22401

**PHONE:** (540) 372-1149

**FAX:** (540) 372-1150

**E-MAIL:** ben@officeonyouth.org

**WEBSITE:** www.officeonyouth.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania and Stafford counties.

**HOURS:** Office hours: 9:00am – 5:00pm, Monday-Friday, Program hours: Varies, Each session is 6 weeks.

**AGES:** 12- 18 years

**FEES:** \$40.00 (enrollment fee)

**PURPOSE:** The purpose of this program is for participants to learn how to manage their anger without resorting to aggression/violence.

**SERVICES:** Education

**PROGRAM: Substance Abuse Services (RAOY)**

**ADDRESS:** Rappahannock Area Office on Youth

500 Lafayette Boulevard Suite 210  
Fredericksburg, Virginia 22401

**PHONE:** (540) 372-1149

**FAX:** (540) 372-1150

**E-MAIL:** ben@officeonyouth.org

**WEBSITE:** www.officeonyouth.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Office hours: 9:00am – 5:00pm, Monday-Friday, Program hours: Varies; Each session is 6 weeks.

**AGES:** 12 -18 years.

**ELIGIBILITY:** At-risk or court-involved youth

**FEES:** \$50.00 (enrollment fee)

**PURPOSE:** Educational based, substance abuse program.

**SERVICES:** Substance abuse education.

**NAME: Rappahannock Area Regional Adult Education, PD 16 (Spotsylvania Career and Technical Center)**

**ADDRESS:** 6713 Smith Station Road  
Spotsylvania, Virginia 22553

**PHONE:** (540) 898-8165

**TOLL FREE:** (800) 433-1520

**FAX:** (540) 891-2726

**E-MAIL:** bmathias@hs.spotsylvania.k12.va.us

**WEBSITE:** www.rarae.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Office hours: 8:00am–4:00pm, Monday-Friday; Classes held throughout region-mornings, evenings, and some afternoons.

**AGES:** 18 years and older.

**ELIGIBILITY:** Skills below the high school level.

**FEES:** Only for adult high school credit, intensive GED review, Test of English as a Foreign Language (TOEFL), and EDP. \$20 registration fee per class

**PURPOSE:** GED preparation, high school credit completion, English for speakers of other languages, and External Diploma Program – Classes for adults 18 and older, from basic literacy level through high school level.

**SERVICES:** Referral for GED testing, tutoring, and other related services.

**NAME: Rappahannock Area YMCA Massad Branch:**

**ADDRESS:** 212 Butler Road  
Fredericksburg, Virginia 22405

**Spotsylvania Branch:**

**ADDRESS:** 5700 Smith Station Road  
Fredericksburg, VA 22407

**PHONE:** (540) 371-9622

**FAX:** (540) 899-3694

**E-MAIL:** ymca@family-ymca.org  
**WEBSITE:** www.family-ymca.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** Office Hours: 8:30am-4:30pm Monday-Friday; Facility Open 5:30am-10:00pm, Monday-Friday, 5:00am-7:00pm, Saturday, 12:00pm-6:00pm, Sunday.  
**AGES:** All.  
**ELIGIBILITY:** All with membership.  
**FEES:** Initial Joining Fees--\$75.00 single adult, \$100.00 family. Monthly Fees--\$51.00 single, \$75.00 family, \$45.00 single senior citizen, \$64.80 senior family. We also have youth and college memberships available.  
**PURPOSE:** To provide recreational and preventive health maintenance opportunities to area residents.  
**SERVICES:** Youth camps; adult sports leagues; parent-tot development; athletic swim; special education for the mentally handicapped; racquetball; weight training and aerobics.

**NAME: Rappahannock Big Brothers BigSisters, Inc.**

**ADDRESS:** 325A Wallace Street  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 371-7444  
**FAX:** (540) 371-7445  
**E-MAIL:** info@rbbs.org  
**WEBSITE:** www.rbbs.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** 8:30am-4:30pm, Monday-Friday.  
**AGES:** Applications are accepted for children ages 6-13. Once matched, children can stay in the program until 18.  
**ELIGIBILITY:** We serve children in need of a positive role model.  
**FEES:** None.  
**PURPOSE:** Helping children in need by providing professionally supported 1 to 1 mentoring relationships.  
**SERVICES:** Children are interviewed by agency caseworkers who then match the children with mentors from the community. Volunteers are recruited and are carefully screened and trained to serve as mentors. Matching is done by the child's needs, the volunteer's strengths and on their mutual interests.

**NAME: Rappahannock Community College**

**ADDRESS:** Classes are located at King George High School, 10100 Foxes Way  
King George, Virginia 22485  
**PHONE:** (540-775-0087  
**FAX:** (540) 775-1854  
**E-MAIL:** cewoldt@rappahannock.edu  
**WEBSITE:** www.rappahannock.edu  
**SERVICE AREA:** The College serves 13 counties—  
King George is the only county served in the Fredericksburg area.  
**HOURS:** Monday – Thursday, 5:00pm-8:00pm, Placement testing during office hours.  
**AGES:** All  
**ELIGIBILITY:** All  
**FEES:** Varies, call for specific course information.  
**PURPOSE:** Education.  
**SERVICES:** Offers associates degrees and community college classes. Programs are designed to serve local businesses and industries.

**NAME: Rappahannock Council Against Sexual Assault (RCASA)**

**ADDRESS:** 2601 Princess Anne Street, Suite 102  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 371-6771  
**24 HOUR LINE:** (540) 371-1666  
Counseling: 540-371-5502  
Administration: 540-371-5581  
**TOLL FREE:** (800) 838-8238  
**FAX:** (540) 371-9803  
**E-MAIL:** info@rcasa.org  
**WEBSITE:** www.rcasa.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties. Medical accompaniment for Culpeper.  
**HOURS:** Office hours: 9:00am-5:00pm, Monday Friday; 24-hour telephone access.  
**AGES:** All  
**ELIGIBILITY:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford counties.

**FEES:** None for crisis and support groups. Fees apply for longer-term counseling

**PURPOSE:** To provide crisis intervention and support to victims of sexual assault and their significant others.

**SERVICES:** 24-hour crisis line; support groups for adults and teens; advocate companion for court or medical procedures; informed referrals to appropriate agencies; prevention and education programs for schools and the general community as well as other allied professionals; public awareness activities.

**NAME: Rappahannock Council on Domestic Violence (RCDV)**

**ADDRESS:** 271 Warrenton Road  
Fredericksburg Virginia 22405

**Mailing Address:** P.O. Box 1007  
Fredericksburg, Virginia 22402

**HOTLINE/SHELTER:** (540) 373-9373

**OFFICE PHONE:** (540) 373-9372

**TOLL FREE:** (877) 734-7238

**FAX:** (540) 373-0794

**E-MAIL:** office@rcdv.com

**WEBSITE:** www.rcdv.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Office hours: 8:30am-5:00pm, Monday- Friday; 24-hour shelter and crisis intervention.

**AGES:** All

**ELIGIBILITY:** All

**FEES:** Batterer Intervention Program-Men's Fresh Start is \$400.00.

**PURPOSE:** Services to those involved in domestic violence.

**SERVICES:** Shelter for battered women and their children; advocacy; 24 hour hotline; support groups: Fresh Start (for women and men), Forgotten Victims (for children); community education; volunteer programs.

**NAME: Rappahannock Goodwill Industries, Inc.**

**ADDRESS:** 1414 Caroline Street  
Fredericksburg, Virginia 22401

**Mailing Address:** PO Box 905  
Fredericksburg, Virginia 22404

**Donation Centers**

**Cosner Corner:**

10070 Jefferson Davis Highway  
Fredericksburg, VA 22407

**Doc Stone:**

72 Doc Stone Road  
Stafford, VA 22556

**England Run:**

736 Warrenton Road, Suite 101  
Fredericksburg, VA 22406

**Fredericksburg:**

2336 Plank Road  
Fredericksburg, Virginia

**PHONE:** (540) 371-3070

**FAX:** (540) 371-9433

**TOLL FREE:** (800) 789-2816

**E-MAIL:** N/A

**WEBSITE:** www.fredgoodwill.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am-5:00pm, Monday-Friday.

**AGES:** 18 years through adult.

**ELIGIBILITY:** Must be sponsored by referral agency. Program eligibility is specific to programs.

**FEES:** Vary for services.

**PURPOSE:** To provide people with barriers to employment, particularly those with disabilities, an array of quality vocational and educational services, so that they can work most independently.

**SERVICES:** Vocational include: supported employment; job readiness skills training; assessments; work adjustment training; extended employment services; day support services. NonR- vocational services include: community based day support; education; information and referral; rehabilitation.

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Job Help Center**

**ADDRESS:**

**Fredericksburg:**

1409 Princess Anne Street  
Fredericksburg, VA 22401

**North Stafford:**

72 Doc Stone Road  
Stafford, VA 22556

**Cosner Corner:**

10070 Jefferson Davis Highway  
Fredericksburg, VA 22407

**PHONE:** (540) 371-3070

**TOLL FREE:** (800) 789-2816

**FAX:** (540) 371-3775

**E-MAIL:** N/A

**WEBSITE:** www.fredgoodwill.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:00am – 5:00pm, Monday - Friday

**AGES:** 16+

**ELIGIBILITY:** Primarily for disabled persons, however also open to public.

**PURPOSE:** Offers resources to individuals who are unemployed or underemployed.

**SERVICES:** Keyboarding including basic computer usage and keyboarding skills; Employment resources including internet access for job searches, resume and application preparation; Employment and workplace skills; Individual assessment of skills, vocational goals and career planning. Referrals to outside agencies and area job listings.

**PROGRAM: Situational Assessment and Work Adjustment Training**

**ADDRESS:** 1414 Caroline Street

**Mailing Address:** PO Box 905  
Fredericksburg, Virginia 22404

**PHONE:** (540) 371-3070 or (800) 789-2816

**FAX:** (540) 371-9433

**E-MAIL:** N/A

**WEBSITE:** www.fredgoodwill.org

**SERVICE AREAS:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties

**AGES:** 18 years and older.

**ELIGIBILITY:** Meet criteria and have funding.

**FEES:** A fee is charged for service.

**PURPOSE:** Enhance transition from school to work.

**SERVICES:** See above.

**NAME: Rappahannock Juvenile Center**

**ADDRESS:** 275 Wyche Road

Stafford, Virginia 22554

**PHONE:** (540) 658-1691

**FAX:** (540) 288-3312

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** City of Fredericksburg, King George, Louisa, Madison, Orange, Spotsylvania, and Stafford Counties

**HOURS:** 24 hours /7days.

**AGES:** 10-17 years old.

**ELIGIBILITY:** Court ordered placement.

**PURPOSE:** Secure detention, care and custody.

**SERVICES:** Juvenile Detention Center serves youth through the age of 18. Responsible for the

care and custody of juveniles placed by the court system.

**NAME: Legal Services of NOVA**

**ADDRESS:** 618 Kenmore Avenue, Suite 1-A  
Fredericksburg, Virginia 22401

**OFFICE PHONE:** (540) 374-9101

**FAX:** (540) 371-1114

**E-MAIL:** rlsfred@rapplegal.com

**WEBSITE:** www.rapplegal.com

**SERVICE AREA:** City of Fredericksburg, Caroline, Culpeper, Essex, Fauquier, King George, King & Queen, King William, Lancaster, Madison, Northumberland, Orange, Rappahannock, Richmond County, Spotsylvania, Stafford, and Westmoreland Counties.

**HOURS:** No set hours between 9:00am-5:00pm, Monday-Friday

**AGES:** All.

**ELIGIBILITY:** Based on income and type of legal matter.

**FEES:** None

**PURPOSE:** To provide free legal services in civil matters to low-income individuals and groups.

**SERVICES:** Full range of legal services from counsel and advice through representation in court and administrative hearings.

**NAME: Rappahannock Refuge-Hope House**

**ADDRESS:** 902 Lafayette Boulevard

Fredericksburg, Virginia 22401

**PHONE:** (540) 371-0831

**FAX:** (540) 372-6526

**E-MAIL:** N/A

**WEBSITE:** http://www.hopehouseva.org

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Office Hours: 8:30am-5:00pm, Monday-Friday. Shelter: 24 Hours/7 days a week

**AGES:** N/A

**ELIGIBILITY:** Homeless women with children from the service area above.

**FEES:** Based on income.

**PURPOSE:** Transitional housing for homeless women and children.

**SERVICES:** Assessment; residency; case management; licensed child care center; financial and budgeting education; referrals; after care management for up to six months after leaving Hope House.

**NAME: Rappahannock Rural Health Development Center (RRHDC)**

**ADDRESS:** 406 Marsh Street, Tappahannock, VA 22560

**Mailing Address:** P.O. Box 218  
Warsaw, Virginia 22572

**PHONE:** (804) 313-5722

**E-MAIL:** janewills@rahec.org

**WEBSITE:** www.ahec.vcu.edu

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford and Westmoreland counties.

**HOURS:** By appointment only.

**AGES:** All.

**ELIGIBILITY:** Varies by program.

**FEES:** Varies by program.

**PURPOSE:** The RRHDC sponsors the Area Health Education Center in the Northern Neck, Middle Peninsula and greater Fredericksburg area. Program focus areas are in supporting the community-based training of health professional students and the development of practice sites in under-served communities.

**SERVICES:** RAHEC has programs in the following areas: 1) Community Health Education and Development (CHED) which includes the training and support of lay health educators; 2) Promotion of health Careers with emphasis on minority and disadvantaged students in primary, secondary, or post secondary schools; 3) Practice support for primary care health professionals; 4) Training of primary care health professions students in community-based settings.

**NAME: Rappahannock Teen Abstinence**

**Program (RAPP-TAP)**

**ADDRESS:** 2301 Fall Hill Avenue Suite 204  
Fredericksburg, Virginia 22401

**PHONE:** (540) 370-4238

**FAX:** (540) 370-4239

**E-MAIL:** rapptap@verizon.net or  
rapptapgm@verizon.net

**WEBSITE:** www.imworththewait.com

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** N/A

**AGES:** Middle School and High School students, parents, community leaders and any adults who work directly with children.

**ELIGIBILITY:** Call executive office for appointments.

**FEES:** None

**PURPOSE:** The Rappahannock Teen Abstinence Program (Rapp-TAP) is dedicated to educating our community on the value of sexual abstinence in youth.

**SERVICES:** Lecture series in schools, community organizations and faith-based organizations; essay contests; outreach programs; training of volunteer educators.

**NAME: Rappahannock United Way (RUW)**

**ADDRESS:** 3310 Shannon Park Drive  
Fredericksburg, Virginia 22408

**PHONE:** (540) 373-0041

**FAX:** (540) 373-0356

**E-MAIL:** wecare@rappahannockunitedway.org

**WEBSITE:** www.rappahannockunitedway.org

**VICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:30am-5:00pm, Monday-Friday.

**AGES:** N/A

**ELIGIBILITY:** Application process required to become a member agency.

**FEES:** None

**PURPOSE:** To improve lives by mobilizing the caring power of our community.

**SERVICES:** Fundraising for participating local health and human service programs; Continual assessment of community needs; Administration of Quantico and Dahlgren/Ft. A.P Hill Combined Federal Campaigns and local government campaign; active in many community building initiatives, like Smart Beginnings Rappahannock Area; Volunteer Services; Information Services; and the Earned Income Tax Credit (EITC) Program

**\*\*\*Additional Programs\*\*\***

**PROGRAM: Earned Income Tax Credit (EITC) Program (RUW)**

**HOURS:** Daytime and evening tax sites available, call for schedule

**AGES:** All.

**ELIGIBILITY:** Low-income, working individuals and families in need of tax preparation assistance.

**FEES:** N/A

**PURPOSE:** To provide free tax preparation assistance and financial literacy education and

opportunities to low-income, working individuals and families in the Fredericksburg area.

**SERVICES:** free tax preparation assistance; financial literacy education and events

**PROGRAM: Information Services (RUW)**

**HOURS:** 8:30am-5:00pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** N/A

**FEES:** N/A

**PURPOSE:** To provide information on available local health and human service resources to local businesses, churches, schools, nonprofit organizations and government agencies and individuals in need.

**SERVICES:** Information and referral; publisher of Community Connections Directory and Quick Guide

**PROGRAM: Smart Beginnings Rappahannock Area (RUW)**

**HOURS:** 8:30am-5:00pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** N/A

**FEES:** N/A

**PURPOSE:** To lead community partners in maximizing and coordinating resources that ensures equal opportunities for all young children (0-6) to be ready for school – ready for life.

**SERVICES:** Quality Rating & Improvement System (QRIS); Al's Pals Training; education of local organizations on the importance of early childhood education

**PROGRAM: Volunteer Services (RUW)**

**HOURS:** 8:30am-5:00pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** N/A

**FEES:** N/A

**PURPOSE:** To encourage local individuals, youth, churches, businesses, and schools to participate in community service activities.

**SERVICES:** Volunteer recruitment for events, one time and long term volunteer opportunities throughout the community.

**NAME: Rappahannock Wound Healing Center**

**ADDRESS:** 10401 Spotsylvania Avenue, Suite 201

Fredericksburg, VA 22408

**PHONE:** (540) 741-3790

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** www.medicorp.org

**SERVICE AREA:** Fredericksburg Region.

**HOURS:** 8:00am-5:00pm, Monday-Friday.

**AGES:** All ages.

**ELIGIBILITY:** N/A

**FEES:** Insurances accepted.

**PURPOSE:** Wound treatment including external ulcers, wounds from injury, surgical complications, infection, skin disorders, and radiation tissue damage.

**SERVICES:** hyperbaric oxygen therapy, nutrition management, pain management, vascular procedures, infection control, skin grafts

**Real Life Community Church**

**ADDRESS:** PO Box 5373.

Fredericksburg, Virginia 22403

**PHONE:** (540) 373-3999

**E-MAIL:** info@reallife.net

**WEBSITE:** www.reallifecc.net

**HOURS:** (Sundays Only) 8:30a.m.-9:15a.m.

**ELIGIBILITY:** First come, first served

**FEES:** None

**PURPOSE:** To nourish the body and soul of the hungry in our community.

**SERVICES:** Small bag various items: various breads, baked goods, some deli. Food is distributed at Gayle Middle School 100 Panther Dr. Fredericksburg, VA 22406

**NAME: Rebuilding Together, Fredericksburg**

**ADDRESS:** P.O. Box 41280

Fredericksburg, Virginia 22404

**PHONE:** (540) 373-9807

**FAX:** N/A

**E-MAIL:** RebuildingTogetherFbg@hotmail.com

**WEBSITE:** http://www.rebuildingtogetherfbg.org

**SERVICE AREA:** City of Fredericksburg, Spotsylvania, and Stafford Counties

**HOURS:** N/A

**AGES:** Low-income homeowners, the disabled, and the elderly

**ELIGIBILITY:** Must be homeowner(s) and unable to perform the work themselves or afford to pay for it. Physically able persons living in the home are required to help.

**FEES:** None - All work is free

**PURPOSE:** Repair and rehabilitation of homes of low-income persons, especially the elderly and disabled.

**SERVICES:** Repair and rehabilitation of homes.

**NAME: Remuda Ranch Programs for Eating and Anxiety Disorders**

**ADDRESS:** 20500 Remuda Lane  
Milford, VA 22514

**PHONE:** (804) 632-5600

**FAX:** (804) 632-1242

**E-MAIL:** info@remudaranch.com

**WEBSITE** www.remudaranch.com

**SERVICE AREA:** All.

**HOURS:** 8:00am-5:00pm, Monday-Friday office hours. 24/7 for clients

**AGES:** 8 years old and up

**ELIGIBILITY:** Contact admissions department at 1-(800)445-1990

**FEES:** Contact admissions department at 1 (800) 445-1990

**PURPOSE:** To provide biblically based and scientifically valid behavioral health programs.

**SERVICES:** Specialize in treatment of eating disorders.

**NAME: RISP (Rural Infant Services Program)**

**ADDRESS:** 5372-B Old Virginia Street,  
Urbanna, VA 23175

**Mailing Address:** PO Box 40  
Saluda, Virginia 23149

**PHONE:** (804) 758-5250

**FAX:** (804) 758-5183

**E-MAIL:** hf3rivers@yahoo.com

**WEBSITE** www.3rivershealthyfamilies.com

**SERVICE AREA:** Northern Neck: Lancaster County, Northumberland County, Richmond County, & Westmoreland County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** 0 to 3 years.

**ELIGIBILITY:** Must have a need for early intervention, i.e. occupational therapy, speech therapy, early education

**FEES:** Insurance, Medicaid, or Private Pay

**PURPOSE:** In full partnership with families, RISP endeavors to provide the highest quality evaluation, education, support and therapeutic services to maximize the child's lifelong potential as a member of his/hers family and community.

**SERVICES:** Occupational therapy, physical therapy, speech therapy, developmental therapy, and infant education.

**NAME: Riverside Tappahannock Hospital**

**ADDRESS:** 618 Hospital Road  
Tappahannock, Virginia 22560

**PHONE:** (804) 443-3311

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** www.riverside-online.com

**SERVICE AREA:** Essex, King & Queen, Richmond, Northumberland and Westmoreland counties.

**HOURS:** 24 hours.

**AGES:** All.

**ELIGIBILITY:** Need hospital care.

**FEES:** Dependent upon services rendered.

**PURPOSE:** Acute care hospital, home care and hospice.

**SERVICES:** See above.

**NAME: Rural Development PD 16**

**ADDRESS:** 4805 Carr Drive  
Jackson Square Office Park  
Fredericksburg, Virginia 22408

**PHONE:** (540) 899-9492

**FAX:** (540) 899-2014

**E-MAIL:** N/A

**WEBSITE:** www.rurdev.usda.gov

**SERVICE AREA:** Caroline, Fairfax, Falls Church, Fredericksburg, Hanover, King George, Loudoun, Manassas, Prince William, Spotsylvania, Stafford

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** Based upon income and repayment ability.

**FEES:** See "ELIGIBILITY".

**PURPOSE:** Provides financing for home ownership and home repairs to eligible Applicants.

**SERVICES:** Rural loan and grant making program and agricultural loan program. Also, home ownership and credit services and financial assistance.

**NAME: Safe Harbor Child Advocacy Center**

**ADDRESS:** 4702 Southpoint Parkway,  
Fredericksburg, VA 22407

**PHONE:** (540) 891-6280  
**FAX:** (540) 891-6282  
**E-MAIL:** pamelagarrett@safeharborva.org  
**WEBSITE:** www.safeharborva.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.  
**HOURS:** Office hours: 8:30am–5:00pm, Monday-Friday  
**AGES:** Infancy through age 18  
**ELIGIBILITY:** Children of sexual abuse, severe physical abuse, severe neglect or have witnessed a violent crime  
**FEES:** None  
**PURPOSE:** To strengthen the coordinated community response to situations of child maltreatment by integrating the existing resources of law enforcement, child protection, prosecution, medical and therapeutic agencies so that perpetrators are held accountable for their actions and children are not further traumatized by the investigative process.  
**SERVICES:** Child interviews, case management, victim advocacy, linkage with mental health agencies, medical/exams, crisis response, assistance with accessing the Criminal Injuries Compensation Fund, court support

**NAME: Saint Ann's Infant & Maternity Home**

**ADDRESS:** 4901 Eastern Avenue  
Hyattsville, Maryland 20782  
**PHONE:** (301) 559-5500  
**FAX:** (301) 853-6985  
**E-MAIL:** questions@stanns.org  
Maternity program of Faith House:  
maternity@stanns.org  
Day Care Program: daycare@stanns.org  
Personnel/Employment: personnel@stanns.org  
Donations: donations@stanns.org  
**WEBSITE:** www.stanns.org  
**SERVICE AREA:** District of Columbia, Maryland, and Virginia.  
**HOURS:** 24 hours  
**AGES:** Children, 0-12 years old; pregnant and parenting teen mothers, 13-18 years old.  
**ELIGIBILITY:** Call.  
**FEES:** Fees are applicable.  
**PURPOSE:** St. Ann's programs recognize and enhance human dignity and worth by providing residential care and services to abused and neglected children and to single pregnant and

parenting adolescents in crisis, as well as quality day care to the children of working families.  
**SERVICES:** Residential Children's Program; Teen Mother-Baby Program; Day Care Center; Faith House (transitional apartment housing for young mothers and their children)

**NAME: Saint Vincent de Paul Conference**

**ADDRESS:** 120 Olde Greenwich Drive  
Fredericksburg, Virginia 22401  
**Mailing Address:** P.O. Box 1493, College Station  
Fredericksburg, Virginia 22402  
**PHONE:** (540) 898-8065  
**FAX:** N/A  
**E-MAIL:** N/A  
**WEBSITE:** N/A  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Orange, Spotsylvania, and Stafford County.  
**HOURS:** Financial Assistance: 6:30pm Thursday at St. Jude Catholic Church, 10800 Courthouse Road, Fredericksburg.  
**AGES:** No restrictions.  
**ELIGIBILITY:** Requires application process.  
**FEES:** None  
**PURPOSE:** To help people in need. We assist in paying rent, utilities, bus tickets, medicine, food, and almost anything that constitutes an emergency.  
**SERVICES:** Temporary Financial Assistance, Food Pantry.

**NAME: Saint William of York**

**PHYSICAL ADDRESS:** 3130 Jefferson Davis Hwy  
Stafford, Virginia 22554  
**PHONE:** (540) 720-6652  
**FAX:** N/A  
**E-MAIL:** N/A  
**WEBSITE:** N/A  
**SERVICE AREA:** Stafford County Residents.  
**HOURS:** Thrift store: 9:30am – 12:30pm, Monday, Wednesday, Thursday, Friday and the first Saturday of every month. Financial assistance: 9:30am on Wednesdays only.  
**AGES:** No restrictions.  
**ELIGIBILITY:** Requires application process.  
**FEES:** None  
**PURPOSE:** To help people in need.

**SERVICES:** Financial assistance with cut off notice for electric, eviction notice for housing or prescription assistance.

**NAME: Salvation Army, The**

**ADDRESS:** 2012 Lafayette Boulevard  
Fredericksburg, Virginia 22401

**Mailing Address:** P.O. Box 179  
Fredericksburg, Virginia 22404

**PHONE:** (540) 373-3431

**FAX:** (540) 373-0094

**E-MAIL:** N/A

**WEBSITE:**

[www.salvationarmyfredericksburgva.org](http://www.salvationarmyfredericksburgva.org)

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford and Westmoreland Counties.

**HOURS:** 8:30am - 4:30pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** Personal and income proof required for need based program.

**FEES:** None.

**PURPOSE:** The Salvation Army is an international movement. It's an evangelical part of the Universal Christian Church. Its message is based on the Bible, its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His Name without discrimination.

**SERVICES:** Humanitarian services, such as emergency shelter, food, clothing, shoes, medical supplies, utility payments, and toys for needy persons and families. Manage the Columbia Gas program, FEMA local recipient organization, and distribute Energy Share Program. Provides assessment and referral to other area resources for persons with financial needs. We serve seniors, low-income individuals and veterans.

**NAME: Sena Foundation**

**ADDRESS:** 108 South Main Street  
Bowling Green, Virginia 22427

**PHONE:** (804) 633-7575

**FAX:** N/A

**E-MAIL:** [senafound@aol.com](mailto:senafound@aol.com)

**WEBSITE:** [www.sena.org](http://www.sena.org)

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** 8:30am-4:30pm, by appointment.

**AGES:** All.

**ELIGIBILITY:** Need for grief/loss support.

**FEES:** Free or minimal cost determined by expenses for specific program.

**PURPOSE:** A non-profit, equal-caring, volunteer based provider of free education and support to persons experiencing grief and loss in all stages of life.

**SERVICES:** One-on-one sharing; support groups; workshops; volunteer and caregiver training; television series; quarterly magazine dealing with issues of grief and loss.

**NAME: SeniorNavigator.com**

**ADDRESS:** 7501 Boulders View Drive, Suite 201, Building IV, Richmond, Virginia 23225

**PHONE:** (804) 525-7728

**TOLL FREE:** (866) 393-0957

**FAX:** (804) 525-7729

**E-MAIL:** [info@seniornavigator.org](mailto:info@seniornavigator.org)

**WEBSITE:** [www.seniornavigator.org](http://www.seniornavigator.org)

**SERVICE AREA:** Entire State of Virginia.

**HOURS:** 8:30am – 5:00pm, Monday – Friday.

**AGES:** Seniors and their caregivers.

**ELIGIBILITY:** N/A

**FEES:** None.

**PURPOSE:** Senior Navigator's mission is to provide comprehensive health and aging information to Virginia's seniors and their caregivers, supporting independence, confidentiality, dignity and quality of life.

**SERVICES:** SeniorNavigator's comprehensive website, [www.seniornavigator.org](http://www.seniornavigator.org), brings over 20,000 health and aging resources – both public and private – to seniors and caregivers. Simply type a topic and your zip code to access hundreds of support services available in your community. SeniorNavigator serves the entire aging population through its volunteer community access network; SeniorNavigator Centers serve as community access points for individuals without computers or Internet capabilities.

**NAME: Serenity Home, Inc.**

**ADDRESS:** 316 Bridgewater Street  
Fredericksburg, Virginia 22401

**Mailing Address:** P.O. Box 601  
Fredericksburg, Virginia 22404

**PHONE:** (540) 371-3059

**FAX:** (540) 371-6006

**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties.

**HOURS:** Office hours: 9:00am-5:00pm, Monday-Thursday, 9:00am-12:00pm Friday; Program, 24 hours/day.  
**AGES:** 18 years of age and up. Males only.  
**ELIGIBILITY:** Chemically dependent adult males who are medically stable and have completed detoxification. Client must be capable of taking care of himself.  
**FEES:** Vary.  
**PURPOSE:** To provide a residential substance abuse treatment program.  
**SERVICES:** Substance abuse residential treatment; substance abuse residential transitional living; substance abuse and residential relapse prevention treatment.

**NAME: S.E.R.V.E., Inc. (Stafford Emergency Relief through Volunteer Efforts, Inc.)**

**ADDRESS:** 15 Upton Lane  
Stafford, Virginia 22554  
**Mailing Address:** P.O. Box 1357  
Stafford, Virginia 22555  
**PHONE:** (540) 288-9603  
**FAX:** (540) 288-9599  
**E-MAIL:** marilynstevens07@gmail.com  
**WEBSITE:** www.serve-helps.org  
**SERVICE AREA:** City of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties (more assistance available for Stafford County residents)  
**HOURS:** Monday & Wednesday 10-2:30, Tuesday & Thursday 1-4:30  
**AGES:** All ages served  
**ELIGIBILITY:** We use the FAMIS Guidelines to determine income eligibility. Must reside in Stafford Co., Fredericksburg, Spotsylvania Co. Caroline Co., or King George Co.  
**FEE:** None.  
**PURPOSE:** To provide help for those who are experiencing financial difficulty by assisting them with the basic necessities in life. To promote self sufficiency through education, encouragement and empowerment.  
**SERVICES:** S.E.R.V.E provides food pantry assistance, financial assistance, prescription assistance, computer classes (Excel, Word, Basic & Advanced computer skills, and others upon request), budgeting classes, interviewing skills, resume writing, nutrition classes, etc.

**NAME: Shriners (Kena Shrine Temple)**  
**ADDRESS:** 9001 Arlington Boulevard

Fairfax, Virginia 22031  
**PHONE:** (703) 573-4202  
**FAX:** (703) 573-3936  
**E-MAIL:** kena@kena.org  
**WEBSITE:** www.shrinershq.org  
www.kenashriners.org  
**SERVICE AREA:** Call.  
**HOURS:** Monday – Friday 9:00am-5:00pm, leave message after office hours.  
**AGES:** Birth through age 18.  
**ELIGIBILITY:** All.  
**FEES:** No charge  
**PURPOSE:** To provide free medical treatment for eligible children with medical treatment for orthopedic problems, burns and spinal injuries.  
**SERVICES:** Hospital and out-patient medical treatment. Transportation is provided for Fairfax, VA to and from the Philadelphia Children's Hospital and the Boston Burns Institute for the patient and one parent or guardian.

**NAME: Snowden Academy**  
**ADDRESS:** 1200 Sam Perry Boulevard  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 741-3908  
**TOLL FREE:** (800) 362-5005  
**FAX:** (540)-372-3918  
**E-MAIL:** N/A  
**WEBSITE:** www.snowdenmentalhealth.org  
**SERVICE AREA:** School bus distance  
**HOURS:** 7:45am - 2:30pm, Monday-Friday.  
**AGES:** 5-22 year olds.  
**ELIGIBILITY:** Students with emotional and/or behavior problems are usually but not always eligible for special education.  
**FEES:** \$162.00 per day; Purchase of service, usually through FAPT.  
**PURPOSE:** To help students learn to control their behavior so they can be successful in public school and the community.  
**SERVICES:** Academic instruction; social skills; anger management; group and individual therapy; case management.

**NAME: Snowden at Fredericksburg**  
**ADDRESS:** 1200 Sam Perry Boulevard  
Fredericksburg, Virginia 22401  
**PHONE:** (540) 741-3900  
**TOLL FREE:** (800) 362-5005  
**FAX:** (540) 741-3918  
**EMAIL:** N/A  
**WEBSITE:** www.snowdenmentalhealth.org

**SERVICE AREA:** Fredericksburg area extending to Northern and Central Virginia  
**HOURS:** 24 hours/7days a week.  
**AGES:** All.  
**ELIGIBILITY:** Anyone in need of any level of mental health care.  
**FEES:** Covered by most insurance companies including Medicare and Medicaid  
**PURPOSE:** Provide quality mental health and chemical dependency recovery services for North Central Virginia.  
**SERVICES:** Inpatient crisis stabilization adult and adolescent services. Specific services provided are partial hospitalization day treatment for some diagnoses, adult and adolescent intensive outpatient care for treatment of chemical dependency, and assessment and referral services. Snowden is a member of the MediCorp Health System.

**NAME: Society for the Prevention of Cruelty to Animals (SPCA)**

**ADDRESS:** 10819 Courthouse Road, Fredericksburg, VA 22408  
**PHONE:** (540) 898-1500  
**FAX:** (540) 898-1583  
**E-MAIL:** kerryspca@verizon.net  
**WEBSITE:** www.fburgspca.org  
**SERVICE AREA:** All  
**HOURS:** 11:00am – 4:30pm, Monday, Thursday, Friday, Saturday, Sunday  
**AGES:** All.  
**ELIGIBILITY:** N/A  
**FEES:** Membership dues vary (Not required for volunteers, employees, or people surrendering animals).  
**PURPOSE:** Private non-profit no-kill shelter. To provide shelter to homeless and companion animals and to find good homes for our animals through adoption.  
**SERVICES:** Adoption program, feral cat program, volunteer program, humane education program; school and group tours.

**NAME: Special Love, Inc. (Sponsor of Camp Fantastic)**

**ADDRESS:** 117 Youth Development Center Winchester, Virginia 22602  
**PHONE:** (540) 667-3774  
**TOLL-FREE:** 1-888-930-2707  
**FAX:** (540) 667-8144  
**E-MAIL:** dsmith@speciallove.org  
**WEBSITE:** www.speciallove.org

**SERVICE AREA:** All of Virginia, Maryland, and District of Columbia.  
**HOURS:** 9:00am-6:00pm, Monday-Friday.  
**AGES:** 7-17 years old for Camp Fantastic; ages vary for other programs.  
**ELIGIBILITY:** Must be on cancer treatment or have had cancer-specific treatment within the last three years.  
**FEES:** \$25.00 registration fee only (can be waived if needed).  
**PURPOSE:** Provide recreational programs for children with cancer and their families.  
**SERVICES:** 17 programs during the year.

**NAME: Special Olympics, Virginia**

**ADDRESS:** 3212 Skipwith Road, Suite 100 Richmond, VA 23294  
**PHONE:** (804) 346-5544  
**FAX:** (804) 346-9633  
**E-MAIL:** info@specialolympicsva.org  
**WEBSITE:** www.specialolympicsva.org  
**SERVICE AREA:** Entire State.  
**HOURS:** Vary.  
**AGES:** 8 years-Adult. Developmental programs can be established for younger athletes.  
**ELIGIBILITY:** All individuals with intellectual disabilities.  
**FEES:** None  
**PURPOSE:** Year round training program that provides athletic training and competition for individuals with intellectual disabilities.  
**SERVICES:** Special Olympics offers a number of sports training programs at all ability levels, Soccer, Volleyball, Ice Skating (speed & figure), Alpine Skiing, Power Lifting, Basketball, Bowling, Swimming, Tennis, Gymnastics, Roller Skating, Softball, & Track & Field.

**NAME: Spotsylvania County Public Schools**

**ADDRESS:** ADDRESS: 8020 River Stone Drive Fredericksburg, Virginia 22407  
**PHONE:** (540) 834-2500  
**TDD:** (540)834-2549  
**FAX:** (540) 834-2556  
**E-MAIL:** jhill@spotsylvania.k12.va.us  
**WEBSITE:** www.spotsylvania.k12.va.us  
**SERVICE AREA:** Spotsylvania County.  
**HOURS:** 7:15am-5:00pm, Monday-Friday.  
**AGES:** Grades Pre-K-12  
**ELIGIBILITY:** Student of Spotsylvania County.  
**FEES:** None.  
**PURPOSE:** Public Education.

**SERVICES:** Education and counseling services. Spotsylvania County CADRE (Commonwealth Alliance Drug Rehabilitation & Education) Alternative high school program available, please call for details.

**NAME: Spotsylvania Emergency Concerns Association (SECA)**

**ADDRESS:** 8812 Courthouse Road  
Spotsylvania, Virginia 22553

**Mailing Address:** P.O. Box 923  
Spotsylvania, Virginia 22553

**PHONE:** (540) 582-2465

**FAX:** N/A

**E-MAIL:** N/A

**WEBSITE:** N/A

**SERVICE AREA:** Spotsylvania County only.

**HOURS:** 10:00am-2:00pm, Monday – Friday

**AGES:** No age limit.

**ELIGIBILITY:** Must be referred by Department of Social Services, churches, or other helping groups.

**FEES:** None.

**PURPOSE:** To help needy Spotsylvania residents who cannot be helped by the Department of Social Services.

**SERVICES:** Emergency payments for electric, rent, water, fuel, and medical needs. Also, emergency food from the food pantry, household appliances, and furniture.

**NAME: Spotsylvania County Parent Resource Center**

**SEE: Parent Resource Center**

**NAME: Spotsylvania Parks & Recreation Department**

**ADDRESS:** 10910 Leavells Road  
Spotsylvania, Virginia 22553

**Mailing Address:** P.O. Box 28  
Spotsylvania, Virginia 22553

**PHONE:** (540) 507-7529

**FAX:** (540) 898-9089

**E-MAIL:** parksandrec@spotsylvania.va.us

**WEBSITE:**

<http://www.spotsylvania.va.us/departments/parksandrec/>

**SERVICE AREA:** Spotsylvania County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** All residents.

**FEES:** Vary based on activity.

**PURPOSE:** Recreational activities for residents.

**SERVICES:** Sports; leisure classes; special events; parks; community centers.

**NAME: St. Peter's Lutheran Church**

**ADDRESS:** 1201 Courthouse Road  
Stafford, VA 22554

**PHONE:** (540) 659-6366

**FAX:** (540) 288-1740

**E-MAIL:** stpeters@att.net

**WEBSITE:** NA

**SERVICE AREA:** Stafford County

**HOURS:** Monday – call between 9:00AM - 10:00AM

**AGES:** All

**FEES:** N/A

**SERVICES:** Food pantry

**NAME: Stafford County Parks and Recreation**

**ADDRESS:** 1739 Jefferson Davis Hwy  
Stafford, Virginia 22554

**Mailing Address:** PO Box 339  
Stafford, Virginia 22555-0339

**PHONE:** (540) 658-4871

**FAX:** (540) 658-4877

**E-MAIL:** parksandrec@co.stafford.va.us

**WEBSITE:** www.staffordparks.com

**SERVICE AREA:** Stafford County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.

**AGES:** All ages.

**ELIGIBILITY:** County resident; Non-county residents can participate but may have to pay an additional fee.

**FEES:** Vary.

**PURPOSE:** To provide recreational opportunities to residents of Stafford County and provide facilities for recreational enjoyment.

**SERVICES:** Recreational programs and special events offered. Pools and facilities are provided. Seniors program offered.

**NAME: Stafford County Public Schools**

**ADDRESS:** 31 Stafford Avenue  
Stafford, Virginia 22554

**PHONE:** (540) 658-6000

**FAX:** (540) 658-5963

**E-MAIL:** N/A

**WEBSITE:** www.staffordschools.net

**SERVICE AREA:** Stafford County.

**HOURS:** 8:00am-4:30pm, Monday-Friday.  
**AGES:** 5-18 years old.  
**ELIGIBILITY:** Student of Stafford County.  
**FEES:** None.  
**PURPOSE:** Public Education Services.  
**SERVICES:** Counseling services and education.  
Alternative high school program available,  
please call for details.

**NAME: Stafford Hospital Center**

**ADDRESS:** 101 Hospital Center Boulevard  
Stafford, Virginia 22554  
**PHONE:** (540) 741-9000  
**FAX:** N/A  
**E-MAIL:** N/A  
**WEBSITE:** www.stafford.medicorp.org  
**SERVICE AREA:** Stafford, Prince William, and  
King George Counties  
**HOURS:** 24 hours a day, 7 days a week  
**AGES:** All  
**ELIGIBILITY:** N/A  
**FEES:** Most insurances accepted.  
**PURPOSE:** To provide acute care hospital  
services.  
**SERVICES:** inpatient care; outpatient services;  
surgery; birthing unit; diagnostic imaging;  
emergency care

**NAME: Stafford Parent Resource  
SEE: Parent Resource Center**

**NAME: Strayer University**  
**ADDRESS:** 150 Riverside Parkway, Suite 100  
Fredericksburg, Virginia 22406  
**PHONE:** (540) 374-4300  
**FAX:** (540) 374-4330  
**E-MAIL:** Fredericksburg@strayer.edu  
**WEBSITE:** www.strayer.edu  
**SERVICE AREA:** City of Fredericksburg,  
Caroline,  
King George, Spotsylvania, and Stafford  
Counties  
and surrounding areas.  
**HOURS:** 9:00am-8:00pm, Monday-Thursday,  
9:00am-6:00pm Friday, 9:00am-1:00pm  
Saturday.  
**AGES:** All, if eligibility requirements are met.  
**ELIGIBILITY:** GED or High School diploma.  
**FEES:** \$50.00 application fee.  
**PURPOSE:** To offer diploma programs.  
Associates degrees in Accounting, Business  
Administration, Acquisition and Contract  
Management, Computer Information Systems,

Computer Networking, Economics, Criminal  
Justice, General Studies and Marketing.  
Bachelors in Accounting, Business  
Administration, Computer Information Systems,  
Computer Networking, Criminal Justice,  
Economics, International Business, Masters in  
Business Administration, Communications  
Technology, and Information Systems. Classes  
meet during the daytime, evenings and  
weekends.

**NAME: Strong Tower Ministries**

**ADDRESS:** 234 Ferry Road  
Fredericksburg, VA 22405  
**PHONE:** (540) 374-1588  
**FAX:** (540) 374-1340  
**E-MAIL:** info@strongtowerministries.com  
**WEBSITE:** www.strongtowerministries.com  
**SERVICE AREA:** Fredericksburg and Stafford  
**HOURS:** 9:00am-5:00pm, Monday, Tuesday,  
Thursday; 9:00am-4:00pm, Wednesday  
**AGES:** All  
**ELIGIBILITY:** Everyone including food stamp  
recipients  
**FEES:** Food boxes range from \$20.00 - \$30.00  
**PURPOSE:** To provide food relief to our  
communities and give others a hand up. We  
offer different kinds of foods each month and  
there is no limit on the number or types of boxes  
an individual or family may purchase.  
**SERVICES:** Low cost food relief

**NAME: Thurman Brisben Center**

**ADDRESS:** 471 Central Road  
Fredericksburg, Virginia 22401  
**Mailing Address:** P.O. Box 1295  
Fredericksburg, Virginia 22402  
**PHONE:** (540) 899-9853  
**FAX:** (540) 373-5442  
**E-MAIL:** shelter@brisbencenter.org  
**WEBSITE:** www.brisbencenter.org  
**SERVICE AREA:** City of Fredericksburg,  
Caroline, King George, Spotsylvania, and  
Stafford Counties.  
**HOURS:** Office Hours: Monday – Friday,  
9:00am 5:00pm; Shelter open year round, 24  
hours per day.  
**AGES:** All.  
**ELIGIBILITY:** Homeless.  
**FEES:** None.  
**PURPOSE:** To provide emergency shelter, food,  
self-help programs, and referral services to  
homeless families and individuals in the Greater  
Fredericksburg area.

**SERVICES:** An 80 bed homeless shelter serving men, women, and children of Planning District 16. We are open 24 hours a day/7days a week. We offer case management, information and referral, computer training, GED, life skills, medical care, children's activities, and certified day care service for residents.

**NAME: Timber Ridge School**

**ADDRESS:** P.O. Box 3160

Winchester, VA 22604

**PHONE:** (540) 888-3456

**TOLL FREE:** (877) 877-3004

**FAX:** (540) 888-4511

**E-MAIL:** tnewbraugh@trscool.org

**WEBSITE:** www.timber-ridge-school.org

**SERVICE AREA:** Unrestricted.

**HOURS:** Office hours: 8:00am-6:30pm, Monday-Friday; Services hours, 24 hours, 7days/wk.

**AGES:** 11-17 years old.

**ELIGIBILITY:** Boys only, 11-17 years at admission

with average intellectual ability. Will not accept individuals with psychoses, arsonists or physically

challenged individuals.

**FEES:** A fee is charged for services.

**PURPOSE:** Residential treatment for the emotionally disturbed, learning disabled, and socially maladjusted.

**SERVICES:** Counseling services; education; recreation and social development services; substance abuse services; support groups; transportation.

**NAME: United Methodist Family Services- Fredericksburg Regional Center**

**ADDRESS:** 305 Charlotte Street

Fredericksburg, Virginia 22401

**PHONE:** (540) 898-1773

**FAX:** (540) 898-5523

**E-MAIL:** fredburg@umfs.org

**WEBSITE:** www.umfs.org

**SERVICE AREA:** All of Virginia.

**HOURS:** 8:30am-4:30pm, Monday-Friday.

**AGES:** Birth-18 years of age.

**ELIGIBILITY:** Determined by local Family Assessment and Planning Team.

**FEES:** Vary

**PURPOSE:** Provide community based treatment for seriously emotionally disturbed and/or

behaviorally disordered children and adolescents in a foster home.

**SERVICES:** Treatment; foster care; mentor services; special needs adoption.

**NAME: University of Mary Washington**

**ADDRESS:** 1301 College Avenue

Fredericksburg, Virginia 22401-5300

**PHONE:** (540) 654-1000 (General Information)

(540) 286-8000 (College of Graduate and Professional Studies)

(540) 286-8060 (Rappahannock Region Small Business Development Center)

(540) 654-2000 (Admissions)

(540) 654-2424 (24 hour message on public events)

(540) 654-1869 (24 hour sports line)

**FAX:** (540) 654-1071

**E-MAIL:** admit@umw.edu

**WEBSITE:** www.umw.edu

**SERVICE AREA:** No restrictions

**HOURS:** 8:00am-5:00pm, Monday-Friday.

**AGES:** All

**ELIGIBILITY:** All

**FEES:** Call

**PURPOSE:** The University of Mary Washington is a coeducational public institution with its residential campus in Fredericksburg, Va., 50 miles south of Washington, D.C., and a second graduate and professional studies campus on U.S. 17 in nearby Stafford, Va. The university, with a total enrollment of roughly 5,000 students, is known for its commitment to academic excellence, strong undergraduate liberal arts program and dedication to life-long learning and professional development.

**SERVICES:** The University of Mary Washington offers the following degrees: B.A., B.S., BLS, BPS, MBA, M.Ed., M.S. in Elementary Education, M.S. in Management Information Systems and dual MBA MSMIS. The University also offers various certificate and professional development programs as well as information technology training. In addition the campus in Stafford houses the Rappahannock Region Small Business Development Center.

**NAME: VCU School of Dentistry**

**ADDRESS:** 520 N 12<sup>th</sup> Street

Richmond, Virginia 23298

**PHONE:** (804) 828-9190

**FAX:** (804) 828-9358

**E-MAIL:** N/A

**WEBSITE:** www.dentistry.vcu.edu/  
**SERVICE AREA:** No restrictions.  
**HOURS:** 8:00am-5:00pm, Monday-Friday.  
**AGES:** All.  
**ELIGIBILITY:** All; Medical complications or extensive treatment may require referral to private care.  
**FEES:** Set fees.  
**PURPOSE:** To provide dental services.  
**SERVICES:** All types of services pertaining to dentistry.

**NAME: Victim Witness Assistance Program**

**Caroline County**  
**ADDRESS:** P.O. Box 432  
Bowling Green, Virginia 22427  
**PHONE:** (804) 633-8037  
**FAX:** (804) 633-0416  
**E-MAIL:** cgatewood@co.caroline.va.us

**King George County**  
**ADDRESS:** 9483 Kings Highway #4  
King George, Virginia 22485  
**PHONE:** (540) 775-0896

**Fredericksburg City**  
**ADDRESS:** P.O. Box 886  
Fredericksburg, Virginia 22404  
**PHONE:** (540) 372-1040

**Spotsylvania County**  
**ADDRESS:** 9111 Courthouse Road  
Spotsylvania, Virginia 22553  
**Mailing Address:** PO Box 159  
Spotsylvania, Virginia 22553  
**PHONE:** (540) 507-7666  
**FAX:** (540) 582-3291  
**E-MAIL:** vwap@spotsylvania.va.us

**Stafford County**  
**ADDRESS:** 1300 Courthouse Road  
Stafford, Virginia 22556  
**Mailing Address** P.O. Box 66  
Stafford, Virginia 22556  
**PHONE:** (540) 658-4301  
**HOURS:** 8:30am-4:30pm, Monday - Friday.

**AGES:** All  
**ELIGIBILITY:** Crime victims and witnesses  
**FEES:** None  
**PURPOSE:** To provide information regarding the rights and responsibilities to crime victims

and witnesses in Virginia, assist victims in participating effectively in the criminal justice system, provide referrals for necessary services.  
**SERVICES:** Same as above.

**NAME: Virginia Commonwealth University Medical Center**

**ADDRESS:** 1250 East Marshall Street  
Richmond, Virginia 23298  
**PHONE:** (804) 828-9000 (general information)  
(800) 762-6161 (physician referral)  
**FAX:** N/A

**E-MAIL:** N/A  
**WEBSITE:** www.vcuhealth.org  
**SERVICE AREA:** No restrictions  
**HOURS:** 24 hours/ 365 days per year.  
**AGES:** All  
**ELIGIBILITY:** No eligibility requirement.  
**FEES:** Varies.  
**PURPOSE:** The VCU Medical Center is one of the country's leading academic medical centers offering state-of-the-art care in more than 200 specialty areas. Consisting of the VCU Health System and the five health sciences schools of VCU, it stands alone as the most comprehensive academic medical center in Central Virginia. The VCU Health System is the governing body for the hospitals and clinics of VCU as well as MCV Physicians and the Virginia Premier Medicaid HMO.  
**SERVICES:** VCU Pauley Heart Center, VCU Massey Cancer Center, Harold F. Young Neurosurgical Center, Hume-Lee Transplant Center, VCU Institute for Women's Health, VCU Life Evac, Dermatology, Emergency Medicine, Family Medicine, Internal Medicine, Human Genetics, Neurology, Neurosurgery, Obstetrics and Gynecology, Ophthalmology, Orthopaedic Surgery, Otolaryngology — Head and Neck Surgery, Pathology, Pediatrics, Physical Medicine and Rehabilitation, Psychiatry, Radiation Oncology, Radiology and Surgery.

**NAME: Virginia Cooperative Extension, PD16 (VCE)**

**Caroline County**  
**ADDRESS:** 109 County Street  
Bowling Green, Virginia 22427  
**Mailing Address:** PO Box 339  
Bowling Green, Virginia 22427  
**PHONE:** (804) 633-6550  
**FAX:** (804) 633-2429

### **King George County**

**ADDRESS:** 10087 Kings Highway,  
King George, VA 22485  
**PHONE:** (540) 775-3062  
**FAX:** (540) 775-5645

### **Spotsylvania County**

**ADDRESS:** 8800 Courthouse Road  
Spotsylvania, VA 22553  
**Mailing Address:** P.O. Box 95  
Spotsylvania, VA 22553-0095  
**PHONE:** (540)507-7570  
**FAX:** (540) 582-2158

### **Stafford County**

**ADDRESS:** 1739 Jefferson Davis Highway  
Stafford, Virginia 22554  
**PHONE:** (540) 658-8000  
**FAX:** (540) 658-8006

### **Westmoreland County**

**ADDRESS:** 18849 Kings Highway  
Montross, Virginia 22520  
**Mailing Address:** P.O. Box 8  
Montross, Virginia 22520  
**PHONE:** (804) 493-8924  
**FAX:** (804) 493-8501  
**WEBSITE:** www.ext.vt.edu

**AGES:** All.

**ELIGIBILITY:** N/A

**FEES:** A fee is charged for some programs, others are free.

**PURPOSE:** Provide practical research-based information to the people of the Commonwealth to improve the quality of life and to advance economic development. Programs are offered in agriculture, family and consumer sciences, and 4-H youth development.

**SERVICES:** Programs listed are not offered at each site - Child care resource and referral; education; employment services education; environmental services; financial counseling/planning; home maintenance; information and referral; mentor training; parenting education; nutrition education; agricultural education; estate planning, horticulture; and youth development programs.

### **NAME: Virginia Department of Blind & Vision Impaired**

**ADDRESS:** 397 Azalea Avenue  
Richmond, Virginia 23227

**PHONE:** (804) 371-3353

**TOLL FREE:** (800) 622-2155

**FAX:** (804) 371-3174

**E-MAIL:** N/A

**WEBSITE:** www.vdbvi.org

**SERVICE AREA:** Caroline, King George, Spotsylvania, Stafford Counties, and all of Northern Neck area

**HOURS:** 8:15am-5:00pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** Eligibility is based primarily on visual impairment. Programs have specific criteria.

Please call for details.

**FEES:** Most services are free. Provision of adaptive equipment requires a determination of financial eligibility.

**PURPOSE:** The mission of the Department is to enable blind or visually impaired individuals to achieve their maximum level of vocational, educational, and personal independence.

**SERVICES:** Programs for infants, children and youth; work in cooperation with local infant programs and school divisions to provide developmental and educational services; vocational rehabilitation provides evaluation and training to assist eligible individuals to obtain/maintain employment. Low vision examinations available.

### **NAME: Virginia Department of Health, Division of Disease Prevention**

**ADDRESS:** 109 Governors Street  
P.O. Box 2448, Room 326  
Richmond, Virginia 23218

**PHONE:** (804) 864-8007

**HOTLINE:** (800) 533-4148

**FAX:** (804) 864-8053

**E-MAIL:** N/A

**WEBSITE:** www.vdh.state.va.us

**SERVICE AREA:** All regions of Virginia

**HOURS:** 8:00am-5:00pm, Monday-Friday.

**AGES:** All.

**ELIGIBILITY:** N/A

**FEES:** None.

**PURPOSE:** To answer questions on HIV/STD's and Viral Hepatitis and to make referrals for the above.

**SERVICES:** This is the central office of the state Health Department. No direct services are offered from this office.

**NAME: Virginia Employment Commission (VEC)**

**ADDRESS:** 3501 Lafayette Boulevard  
Fredericksburg, Virginia 22401  
**Mailing Address:** P.O. Box 7106  
Fredericksburg, Virginia 22404  
**PHONE:** (540) 898-3800  
**FAX:** (540) 891-3128  
**E-MAIL:** fredericksburg@vec.virginia.gov  
**WEBSITE:** www.vec.virginia.gov  
**SERVICE AREA:** City of Fredericksburg,  
Caroline, King George, Spotsylvania, and  
Stafford Counties.  
**HOURS:** 8:30am-4:30pm, Monday, Wednesday,  
Thursday, and Friday; 9:00am-4:30pm,  
Tuesdays.  
**AGES:** 14 years and older.  
**ELIGIBILITY:** Requirements for Unemployment  
Insurance only.  
**FEES:** None.  
**PURPOSE:** Public employment service  
established to assist employers in finding  
qualified workers and to assist workers in finding  
suitable jobs.  
**SERVICES:** Employment and unemployment  
insurance services.

**NAME: Virginia Heart and Vascular Institute at Mary Washington Hospital**

**ADDRESS:** 1001 Sam Perry Boulevard  
Fredericksburg, VA 22401  
**PHONE:** (540) 741-2172  
**FAX:** (540) 741-2188  
**E-MAIL:** N/A  
**WEBSITE:** www.virginiaheart.org  
**SERVICE AREA:** Fredericksburg Region  
**HOURS:** Varies.  
**AGES:** All  
**ELIGIBILITY:** N/A  
**PURPOSE:** To diagnose and treat heart and  
vascular illnesses with integrated teams of  
physicians and clinicians.  
**SERVICES:** cardiac surgery, rehabilitation,  
interventional radiology, clinical trials, Heart  
Failure Clinic.

**NAME: Virginia Home for Boys and Girls**

**ADDRESS:** 8716 W. Broad Street  
Richmond, Virginia 23294  
**PHONE:** (804) 270-6566  
**FAX:** (804) 270-6574  
**E-MAIL:** lhatcher@boysandgirlshome.org or

hhackley@boysandgirlshome.org  
**WEBSITE:** www.boysandgirlshome.org  
**SERVICE AREA:** Unrestricted.  
**HOURS:** Office hours: 8:30am-4:30pm,  
Monday-  
Friday; Services: 24 hours.  
**AGES:** 11-17 years old (at admittance).  
**ELIGIBILITY:** Call.  
**FEES:** A fee is charged for services.  
**PURPOSE:** Virginia Home for Boys and Girls is  
a private, non-profit, non-sectarian multi-service  
organization serving at-risk children and their  
families through five primary services. Listed  
below.  
**SERVICES:** Residential Services; John G.  
Wood School, Pathfinder Independent Living  
Services; Aftercare and Graduate Support;  
Clinical Services; and Foster Care.

**NAME: Virginia State Conference NAACP**

**ADDRESS:** 1214 W. Graham Road  
Richmond, Virginia 23261  
**Mailing Address:** P.O. Box 27212  
Richmond, Virginia 23261  
**PHONE:** (800) 426-2227  
**FAX:** (804) 321-5687  
**E-MAIL:** StateNAACP@aol.com  
**WEBSITE:** www.virginiaNAACP.org  
**SERVICE AREA:** State of Virginia with local  
chapters  
**HOURS:** 9:00am-5:00pm, Monday-Friday.  
**AGES:** All.  
**ELIGIBILITY:** Annual membership fee with local  
chapters.  
**FEES:** N/A  
**PURPOSE:** To advocate for equality and social  
justice for the empowerment of colored people.  
**SERVICES:** Civil rights organization that works  
toward eliminating all forms of racial  
discrimination through lobbying efforts,  
workshops, education, and information and  
referral.

**NAME: Volunteer Emergency Families for Children**

**ADDRESS:** P.O. Box 35074, Richmond, VA  
23235  
**MAIN PHONE:** (804) 379-7767  
**LOCAL PHONE:** (703) 606-8853  
**TOLL FREE:** (800) 756-6167  
**FAX:** call for number  
**MAIN E-MAIL:** centraloffice@vefc.org

**LOCAL E-MAIL:** kludwig@vefc.org  
**WEBSITE:** www.vefc.org  
**SERVICE AREA:** Throughout Virginia  
**HOURS:** 24 hours/ 7 days a week  
**AGES:** Volunteer host families must be 21 or older. Children served by the volunteers are newborns—17.  
**ELIGIBILITY:** will be explained by VEFC coordinator  
**FEES:** N/A  
**PURPOSE:** Trains and supports volunteers who provide short term shelter care and mentoring to abused, neglected, runaway, homeless, and at-risk children and youth throughout Virginia. Mission is to help children and youth in crisis.

**NAME: The Westwood Clubhouse**  
**ADDRESS:** 927 Maple Grove Drive, Suite 107  
Fredericksburg, Virginia 22407  
**PHONE:** (540) 785-8836  
**FAX:** (540) 785-8837  
**E-MAIL:** thewestwoodclubhouse@yahoo.com  
**WEBSITE:** www.braininjurysvcs.org  
**SERVICE AREA:** City of Fredericksburg,  
Caroline, King George, Spotsylvania, and  
Stafford Counties.  
**HOURS:** 9:00am – 3:00pm, Open Daily  
**AGES:** Ages 18 and over.  
**FEES:** Fee assessed based on income  
**PURPOSE:** Offers a place where people with  
brain injuries can come together to work, learn,  
socialize and support one another.  
**SERVICES:** Vocational and Social  
Rehabilitation and case management.

**NAME: WIC Program**  
**SEE: Department of Social Services**

**NAME: YMCA**

**SEE: Rappahannock Area YMCA**

**NAME: YoungLives Fredericksburg**  
**ADDRESS:** P.O. Box 3545  
Fredericksburg, VA 22402  
**PHONE:** (540) 318-5324  
**E-MAIL:** younglivesfburg@gmail.com  
**WEBSITE:** www.youlife.org  
**AGES:** Teens, aged 19 and under  
**ELIGIBILITY:** Pregnant or parenting young  
women  
**FEES:** None  
**PURPOSE:** YoungLives is a mentoring and  
support program for pregnant and parenting  
teenagers in the Greater Fredericksburg Area.  
Our desire is to walk alongside teen moms by  
providing adult women to serve as mentors and  
friends by offering regular activities that serve to  
encourage and educate.  
**SERVICES:** Mentoring support from adult  
women, regular weekly gatherings where you  
can experience friends, fun support and  
significance, meals and childcare provided

**NAME: Zion United Methodist Church**  
**ADDRESS:** 8700 Courthouse Road  
Spotsylvania, VA 22553  
**PHONE:** (540) 582-6532  
**E-MAIL:** zionumc@HistoricZionumc.org  
**WEBSITE:** www.HistoricZionumc.org  
**HOURS:** 4:00pm-6:00pm, 3<sup>rd</sup> Thursday of each  
month  
**AGES:** Adults  
**ELIGIBILITY:** Must present current photo ID  
**FEES:** None  
**PURPOSE:** To provide emergency food  
assistance  
**SERVICES:** Emergency food assistance

## Abuse/Neglect/Protective Services

Agency/Program	Telephone Number	Page Number
Childhelp Eastern Regional Office	(703) 208-1500	24
Court Service Unit 15 <sup>th</sup> District	(540) 372-1068	26
Department of Social Services (DSS)		27
Caroline County DSS	(804) 633-5071	27
Fredericksburg City SS	(540) 372-1032	27
King George County DSS	(540) 775-3544	27
Spotsylvania County DSS	(540) 507-7898	27
Stafford County DSS	(540) 658-8720	28
Westmoreland County DSS	(804) 493-9305	28
Haven Shelter and Services, Inc., The	(804) 333-5370	38
Rappahannock Area Council for Children and Parents (RACAPP)	(540) 785-6217	58
Rappahannock Council Against Sexual Assault (RCASA)	(540) 371-1666	61
Rappahannock Council on Domestic Violence (RCDV)	(540) 373-9372	61
Safe Harbor Child Advocacy Center	(540) 891-6280	66
Victim Witness Assistance Program		73
Caroline County	(804) 633-8037	73
King George County	(540) 775-0896	73
Fredericksburg City	(540) 372-1040	73
Spotsylvania County	(540) 507-7666	73
Stafford County	(540) 658-4301	73
Westmoreland County	(804) 493-9690	73
Volunteer Emergency Families for Children	(804) 379-7767	76

## Education/Literacy

<b><u>Adult Education/Literacy</u></b> <b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Alliance for Literacy (CRRL)	(540) 372-1144	22
Caroline Literacy Council, Inc.	(804) 633-6184	20
Fredericksburg City Public Schools – Adult Education	(540) 372-1130	34
Middle College at Germanna Community College	(540) 834-1053	48
Regional Adult Education, PD 16 (Spotsylvania Vocational Center)	(540) 898-8165	59

<b><u>Colleges/Universities</u></b> <b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Germanna Community College		37
Fredericksburg Area Campus	(540) 891-3000	37
Locust Grove Campus	(540) 423-9030	37
Rappahannock Community College	(540) 775-0087	60
Strayer University	(540) 374-4300	71
University of Mary Washington		72
General Information	(540) 654-1000	72
College of Graduate and Professional Studies	(540) 286-8000	72
Rappahannock Regional Small Business Development Center	(540) 286-8060	72
Admissions	(540) 654-2000	72
Public Events Line (24 Hours)	(540) 654-2424	72
Sports Live (24 Hours)	(540) 654-1869	72

<b><u>Childhood/Youth Education</u></b> <b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Caroline County Public Schools	(804) 633-5088	20
Caroline County Child Care Resource & Referral Agency	(804) 633-6550	19
Early Childhood Special Education	(540) 372-1065	34
Elk Hill Farm, Inc.	(804) 457-4866	30
Employment Resources Inc., The STAR Center	(540) 372-6710	31
Fredericksburg City Public Schools	(540) 372-1130	34
Head Start Program (listed by county)		38
Caroline County Head Start	(804) 226-9870	38
Fredericksburg Regional Head Start	(540) 372-1065	38
Northern Neck Head Start	(804) 224-1307	38
Stafford County Head Start	(540) 368-2559	38
Spotsylvania County Head Start	(540) 548-0655	38
King George Public Schools	(540) 775-5833	42
Little Keswick School	(434) 295-0457	43
Parent Education & Infant Development Program (RACSB)	(540) 372-3561	56
Smart Beginnings Rappahannock Area	(540) 373-0041	64
Snowden Academy	(540) 741-3908	68
Spotsylvania County Public Schools	(540) 834-2500	70

Stafford County Public Schools	(540) 658-6000	71
Timber Ridge School	(540) 888-3456	72
Virginia Home for Boys & Girls	(804) 270-6566	75

**Health/Disabilities/Other Social Concerns**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
American Red Cross, Rappahannock Area Chapter	(540) 735-0500	15
Childhelp Eastern Regional Office	(703) 208-1500	24
Rappahannock Rural Health Development Center (RRHDC)	(804) 313-5722	63
Rappahannock Area Kids on the Block (RACSB)	(540) 373-3223	57
Anger Management Services (RAOOY)	(540) 372-1149	59
Subregional Library for the Blind and Physically Handicapped (CRRL)	(540) 372-1144	22

**Libraries**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Caroline Library		20
Bowling Green Branch	(804) 633-5455	20
Ladysmith Branch	(804) 448-3124	20
Dawn Branch	(804) 994-2770	20
Port Royal Branch	(804) 742-5254	20
Central Rappahannock Regional Library (CRRL)	(540) 372-1144	22
Cooper Branch	(804) 224-0921	22
Montross Branch	(804) 493-8194	22
Newton Branch	(804) 427-3820	22
Porter Branch	(540) 659-4909	22
Salem Church Branch	(540) 785-9267	22
Snow Branch	(540) 507-7565	22
Lewis Egerton Smoot Memorial Library	(540) 775-7951	43

## Employment/Training/Volunteer Services

<b><u>Employment/Training</u></b> <b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Department of Rehabilitative Services	(540) 899-4161	27
Employment Resources, Inc.	(540) 372-6710	30
Job Help Center (Rappahannock Goodwill)	(540) 371-3070	62
Open Hand of Fredericksburg	(540) 834-4455	50
Rappahannock Goodwill Industries	(540) 371-3070	61
Situational Assessment and Work Adjustment Training (Rappahannock Goodwill)	(540) 371-3070	62
Virginia Cooperative Extension (VCE)		74
Caroline County	(804) 633-6550	74
King George County	(540) 775-3062	74
Spotsylvania County	(540) 507-7570	74
Stafford County	(540) 658-8000	74
Westmoreland County	(804) 493-8924	74
Virginia Employment Commission (VEC)	(540) 898-3806	75
Warsaw Branch	(804) 333-3675	75

<b><u>Volunteer Services</u></b> <b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
American Red Cross, Rappahannock Area Chapter	(540) 735-0500	15
Mary Washington Hospital Volunteer Services	(540) 741-1440	46
Volunteer Services (RUW)	(540) 371-5268	64

## Family Planning/Adoption/Foster Care/Pregnancy/Parenting

### **Family Planning**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Health Department		39
Caroline County	(804) 633-5465	39
Fredericksburg City	(540) 899-4142	39
King George County	(540) 775-3111	39
Spotsylvania County	(540) 507-7400	39
Stafford County	(540) 659-3101	39
Westmoreland County	(804) 493-1124	39

### **Adoption and Foster Care Services**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Bethany Christian Services	(540) 373-5165	17
Catholic Charities of the Diocese of Arlington, Inc., Fredericksburg	(540) 371-1124	21
Childhelp Eastern Regional Office	(703) 208-1500	24
Children's Home Society of Virginia, Fredericksburg Office	(800) 247-2888	24
Department of Social Services (DSS)		27
Caroline County DSS	(804) 633-5071	27
Fredericksburg City SS	(540) 372-1032	27
King George County DSS	(540) 775-3544	27
Spotsylvania County DSS	(540) 507-7898	27
Stafford County DSS	(540) 658-8720	28
Westmoreland County DSS	(804) 493-9305	28
Saint Ann's Infant and Maternity Home	(301) 559-5500	66
Therapeutic Foster Care (RACSB)	(540) 582-7321	57
United Methodist Family Services – Fredericksburg Regional Center	(540) 898-1773	72
Volunteer Emergency Families for Children	(804) 379-7767	76

### **Pregnancy Prevention Services**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Rappahannock Area Program on Teenage Pregnancy Prevention (RAPTAPP)	(540) 370-4238	63

### **Pregnancy Health Services**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Catholic Charities of the Diocese of Arlington, Inc., Fredericksburg (counseling)	(540) 371-1124	21
Children's Home Society of Virginia, Fredericksburg (counseling)	(800) 247-2888	24
Health Department		39

Caroline County	(804) 633-5465	39
Fredericksburg City	(540) 899-4142	39
King George County	(540) 775-3111	39
Spotsylvania County	(540) 507-7400	39
Stafford County	(540) 659-3101	39
Westmoreland County	(804) 493-1124	39
La Leche League (LLL)	1-800-525-3243	42
Rappahannock Area Breastfeeding Task Force	(540) 899-6121	53

**Pregnancy Support Services**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Birthright of Fredericksburg	(540) 371-6119	17
Saint Ann's Infant and Maternity Home	(301) 559-5500	66
YoungLives Fredericksburg	(540) 318-5324	76

**Parenting**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Childcare Network, The	(540) 373-3275	23
DARE To Be You (RACSB)	(540) 374-3337	54
Department of Social Services (DSS)		27
Caroline County DSS	(804) 633-5071	27
Spotsylvania County DSS Family Educator Project	(540) 507-7898	27
Stafford County DSS Parenting Education Program	(540) 658-8720	28
Family Innovations Inc., "SPARE" (Saving People as Relationships End)	(540) 371-4889	31
Family Preservation Services., Fredericksburg	(540) 710-5810	31
Healthy Families Rappahannock Area (RACSB)	(540) 288-1937	55
Circle of Parents (RACCAP)	(540) 785-6217	58
Parent Education – Infant Development Program (RACSB)	(540) 372-3561	56
Parents of Teens Support Group (Stafford DSS)	(540) 658-8720	28
Parent Resource Center		50
Caroline County	(804) 663-7083	50
Spotsylvania County	(540) 582-7583	50
Stafford County	(540) 658-6710	50
Program for Teen Parents (RACSB)	(540) 582-3980	56
Stafford County Parenting Education Program (Stafford DSS)	(540) 658-8720	28
YoungLives Fredericksburg	(540) 318-5324	76

## Financial Support/Emergency Assistance/Food/Housing/Shelter/Legal Aid

### Financial Support and Debt Management Assistance

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Central Virginia Housing Coalition (CVHC)	(540) 604-9943	22
Clearpoint Credit Counseling Solutions	(540) 371-7575	25
Earned Income Tax Credit Program (RUW)	(540) 373-0041	64
Quin Rivers Agency for Community Action	(540) 368-5553	52
Saint William of York	(540) 720-6652	67
Saint Vincent de Paul Conference	(540)898-8065	66
Salvation Army, The	(540) 373-3431	67
SERVE	(540) 288-9603	68
Spotsylvania Emergency Concerns Association (SECA)	(540) 582-2465	70

### Emergency Assistance

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
American Red Cross, Rappahannock Area Chapter	(540) 735-0500	15
Department of Social Services (DSS)		27
Caroline County DSS	(804) 633-5071	27
Fredericksburg City SS	(540) 372-1032	27
King George County DSS	(540) 775-3544	27
Spotsylvania County DSS	(540) 507-7898	27
Stafford County DSS	(540) 658-8720	28
Westmoreland County DSS	(804) 493-9305	28
Emergency Home Repair Program (City of Fredericksburg)	(540) 372-1179	25
Fleet and Family Support Center	(540) 653-1839	32
Fredericksburg Area Food Bank	(540) 371-7666	32

### Food Assistance

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Angel Food Ministries	(877) 366-3646	16
Christ Lutheran Church	(540) 373-5087	24
Fredericksburg Area Food Bank	(540) 371-7666	32
Real Life Community Church	(540) 373-3999	64
Saint Vincent de Paul Conference	(540)898-8065	66
Salvation Army, The	(540) 373-3431	67
SERVE	(540) 288-9603	68
Spotsylvania Emergency Concerns Association (SECA)	(540) 582-2465	70
St. Peter's Lutheran Church	(540) 659-6366	70
Strong Tower Ministries	(540) 374-1588	71
Zion United Methodist Church	(540) 582-6532	76

**Housing**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Central Virginia Housing Coalition	(540) 604-9943	22
Direct Homeownership Assistance Program (City of Fredericksburg)	(540) 372-1179	25
Emergency Home Repair Program (City of Fredericksburg)	(540) 372-1179	25
Fredericksburg Habitat for Humanity, The Greater	(540) 891-5009	35
Homeless Prevention and Rapid Re-Housing Program	(540) 373-3431	40
Housing Opportunities Made Economical, Inc. (HOME)	(540) 361-7477	41
Project FAITH	(540) 775-3492	51
Quin Rivers Agency for Community Action (HIP)	(540) 368-2700	52
Rebuilding Together with Christmas in April	(540) 373-9807	65
Rural Development PD 16	(540) 899-9492	65

**Shelter**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Haven Shelter and Services Inc., The	(804) 333-5370	38
Rappahannock Council on Domestic Violence (RCDV)	(540) 373-9372	61
Rappahannock Refuge – Hope House	(540) 371-0831	63
Salvation Army, The	(540) 373-3431	67
Thurman Brisben Center	(540) 899-9853	72

**Legal Aid**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Legal Services of NOVA	(540) 374-9101	62

## Government Agencies

Agency/Program	Telephone Number	Page Number
City of Fredericksburg	(540) 372-1010	25
Court Services Unit, District 15	(540) 372-1068	26
Caroline County	(804) 633-9340	26
King George County	(540) 775-9044	26
Spotsylvania County	(540) 582-7218	26
Stafford County	(540) 658-8770	26
Hanover County	(804) 537-6201	26
City of Warsaw	(804) 333-3380	26
Department of Rehabilitative Services	(540) 899-4161	27
Department of Social Services (DSS)		27
Caroline County DSS	(804) 633-5071	27
Fredericksburg City SS	(540) 372-1032	27
King George County DSS	(540) 775-3544	27
Spotsylvania County DSS	(540) 507-7284	27
Stafford County DSS	(540) 658-8720	28
Westmoreland County DSS	(804) 493-9305	28
Direct Homeownership Assistance Program (City of Fredericksburg)	(540) 372-1179	25
Division of Child Support Enforcement	(800) 468-8894	29
Emergency Home Repair Program (City of Fredericksburg)	(540) 372-1179	25
Health Department (listed by county)		39
Caroline County	(804) 633-5465	39
Fredericksburg City	(540) 899-4142	39
King George County	(540) 775-3111	39
Spotsylvania County	(540) 507-7400	39
Stafford County	(540) 659-3101	39
Westmoreland County	(804) 493-1124	39
Probation and Parole, District 21	(540) 710-2102	51
Rappahannock Area Child Development Center (State Health Department)	(540) 891-3151	53
Rappahannock Area Office On Youth (RAOOY)	(540) 372-1149	59
Rappahannock Juvenile Center	(540) 658-1691	62

## Health Care/Wellness

Agency/Program	Telephone Number	Page Number
<b>Health Education</b>		
American Red Cross, Rappahannock Area Chapter	(540) 735-0500	15
Rappahannock Rural Health Development Center	(804) 313-5722	63
<b>Health Organization</b>		
Alzheimer's Association Fredericksburg	(540) 370-0835	14
American Cancer Society – Greater Fredericksburg Area Unit	(540) 663-2555	14
American Cancer Society – Mid Atlantic Division	(804) 527-3700	15
American Diabetes Association	(703) 549-1500	15
American Heart Association (AHA) Greater Richmond Area	(804) 965-6539	15
Arthritis Foundation, Virginia Chapter	(804) 359-1700	16
Epilepsy Foundation of Virginia, The (EFVA)	(434) 924-8669	31
Fredericksburg Area Lupus Branch of Central Virginia	(888)262-9632	33
Fredericksburg Area Sickle Cell Association, Inc.	(540) 373-6226	34
Leukemia & Lymphoma Society, Virginia Chapter, The	(804) 627-0400	42
March of Dimes	(804) 968-4120	44
Muscular Dystrophy Association, Central Virginia Chapter	(804) 285-2961	48
National Kidney Foundation of Virginia	(804) 288-8342	49
<b>Home Health</b>		
Comfort Keepers	(540) 370-0008	25
Interim Health Care	(540) 785-1577	41
Mary Washington Home Health Agency	(540) 741-1667	45
<b>Hospice</b>		
CC Hospice and Home Health (Cuidado Casero)	(540) 898-2999	21
Hospice Support Care, Inc.	(540) 361-7071	40
Hospice Support Services	(804) 333-0084	41
Mary Washington Home Health & Hospice	(540) 741-1667	45
<b>Hospital/Medical Facility</b>		
A.D. William Clinic (Oral and Facial Department)	(804) 828-0805	14
Cancer Center of Virginia (Mary Washington Hospital)	(540) 741-0655	19
Caroline Christian Health Center	(804) 448-1380	19
Caroline Family Practice	(804) 632-1030	20
Community Health Center of the Rappahannock Region	(540) 735-0560	26
Fredericksburg Christian Health Center	(540) 785-8500	34
Health Department		39
Caroline County	(804) 633-5465	39
Fredericksburg City	(540) 899-4142	39
King George County	(540) 775-3111	39
Spotsylvania County	(540) 507-7400	39
Stafford County	(540) 659-3101	39
Westmoreland County	(804) 493-1124	39
Kaiser Permanente	(540) 368-3700	41
Lloyd F. Moss Free Clinic/Fredericksburg Regional Health Council, Inc.	(540) 741-1061	43
Mary Washington Hospital (MediCorp Health System)	(540) 741-1101	46
Mary Washington Emergency Department	(540) 741-1111	45
Mary Washington Hospital Freestanding Emergency Department	(540) 741-0555	45

Mary Washington Hospital Home Health Agency	(540) 741-1667	46
McGuire VA Clinic	(540) 370-4468	46
Northern Neck Free Health Clinic	(804) 435-0575	49
Physical Medicine Rehabilitation Services of Mary Washington Hospital	(540) 741-1542	51
Riverside Tappahannock Hospital	(804) 443-3311	65
Shriners (Kena Shrine Temple)	(703) 573-4202	68
Stafford Hospital Center	(540) 741-9000	71
VCU School of Dentistry	(804) 828-9190	73
Virginia Commonwealth University Medical Center	(804) 828-9000	73
Hospital Billing Questions	(804) 828-0088	73
Physician Billing Questions	(804) 342-1391	73
Physician Referral Questions	(800) 762-6161	73
Donation Body to Science	(804) 786-2479	73
Graduate Medical Education	(804) 828-9783	73
<b>Nutrition Education</b>		
Caroline County	(804) 633-7270	39
Fredericksburg City	(540) 899-4142	39
King George County	(540) 775-3111	39
Spotsylvania County	(540) 507-7400	39
Stafford County	(540) 659-3101	39
Remuda Ranch Programs for Eating and Anxiety Disorders	(804) 632-5600	65
<b>Support</b>		
Diabetes Management (Mary Washington Hospital)	(540) 741-2210	29
Fredericksburg Area HIV/AIDS Support Services, Inc. (FAHASS)	(540) 371-7532	33
Heart to Heart (Mary Washington Hospital)	(540) 741-1308	39
La Leche League (LLL)	1-800-525-3243	42
Rappahannock Area Breastfeeding Task Force	(540) 899-6121	53
Remuda Ranch Programs for Eating & Anxiety Disorders	(804) 632-5600	65
<b>Other</b>		
Bridges Senior Care Solutions	(540) 899-3404	18
Central Virginia Lions Hearing Aid Bank	(804) 545-5937	23
Community Pharmacy (Lloyd F. Moss Free Clinic)	(540) 741-1077	43
Human Motion Institute at Mary Washington Hospital	(540) 741-3199	41
Make-A-Wish Foundation of Richmond & Western Virginia	(804) 217-1999	44
MediCorp Health System – Health Link	(540) 741-1404	47
Mary Washington Home Health and Hospice -- Health Watch	(540) 741-2395	47
Rappahannock Wound Healing Center	(540) 741-3790	64
Special Love, Inc., (Sponsor of Camp Fantastic)	(540) 667-3774	69
Virginia Department of Health, Division of Disease Prevention	(804) 864-8007	75
Virginia Heart and Vascular Institute at Mary Washington Hospital	(540) 741-2172	75

## Mental Health/ Counseling Services

### **Counseling**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Crossing Therapy Center	(540) 899-3009	27
El Lucero – A Bilingual Life Skills Center	(540) 372-7211	30
Fredericksburg Christian Health Center	(540) 785-8500	34
Fredericksburg Counseling Services	(540) 373-2320	35
McGuire VA Clinic	(540) 370-4468	46
Rappahannock Area Community Service Board (RACSB)		53
Caroline County Clinic	(804) 633-9997	53
City of Fredericksburg and South Stafford	(540) 373-3223	53
King George County Clinic	(540) 775-9879	53
North Stafford Clinic	(540) 659-2725	53
Spotsylvania County Clinic	(540) 582-3980	54
Snowden at Fredericksburg	(540) 741-3900	69

### **Counseling, Intensive for Youth**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Child and Adolescent Case Management (RACSB)	(540) 373-3223	54
Family Preservation Services, Inc., Fredericksburg	(540) 710-5810	31

### **Support**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Children and Adults with Attention Deficit Disorder of Fredericksburg (CHADD)	(703) 641-5451	24
NAMI – Rappahannock	(540) 479-3044	48
Senior Visitors of Mental Health Association	(540) 371-2704	47
Virginia Wounded Warrior Program (RACSB)	(540) 373-3223	58

### **Grief Counseling**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Compassionate Friends Fredericksburg Area Chapter	(540)775-8430	26
Hospice Support Care, Inc.	(540) 361-7071	40
Hospice Support Services	(804) 333-0084	41
Mary Washington Home Health & Hospice	(540) 741-1667	45
Sena Foundation	(804) 633-7575	67

### **Other**

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
A Woman's Place (RACSB)	(540) 891-3136	54
Kenmore Club (RACSB)	(540) 373-7737	55
Mental Health America of Fredericksburg	(540) 371-2704	47
Rappahannock Council Against Sexual Assault (RCASA)	(540) 371-1666	61
Rappahannock Council on Domestic Violence (RCDV)	(540) 373-9372	61

## Coming Soon!

An online mental health referral service with multiple search options is currently being constructed that will allow identification of licensed practitioners in private practice to meet one's specific needs and insurance coverage. It will be hosted on MHAF's website – [www.mhafred.org](http://www.mhafred.org).



MHAF maintains an updated directory of mental health resources, including agencies, private practices and licensed practitioners by self-reported specialty services. For more information, call MHAF at 540-371-2704 or send an email to [mhafred@mhafred.org](mailto:mhafred@mhafred.org).

**In case of a mental health emergency,**

**Call 9-1-1**

Or

**If you live in the Fredericksburg area,  
go to the Mary Washington Hospital Emergency Room**

Or

**Call the MWH Admissions Hotline at 800-362-5005**

Or

**Call Rappahannock Area Community Services Board**  
In Fredericksburg, Spotsylvania or Stafford, call 540-373-6876  
In Caroline County, call 804-633-4148  
In King George County, call 540-775-5064

**If you live outside the Fredericksburg area,  
Go to the nearest Hospital Emergency Room**

## Miscellaneous/Other

Agency/Program	Telephone Number	Page Number
Better Business Bureau of Central Virginia	(804) 648-0016	17
Childcare Network, The	(540) 373-3275	23
Clearpoint Credit Counseling Solutions	(540) 371-7575	25
Fredericksburg Refugee Service Center	(540) 899-6507	36
"FRED" Fredericksburg Regional Transit	(540) 372-1222	32
Friends of the Rappahannock	(540) 373-3448	36
LUCHA Ministries	(540) 370-4502	44
Rappahannock Area Court Appointed Special Advocates (CASA)	(540) 710-6199	58
Rappahannock United Way (RUW)	(540) 373-0041	63
Sena Foundation	(804) 633-7575	67
Society for the Prevention of Cruelty to Animals (SPCA)	(540) 898-1500	69
Virginia State Conference NAACP	(800) 426-2227	75
Information Services (RUW)	(540) 373-0041	64

## Recreation/Social Development Services

Agency/Program	Telephone Number	Page Number
Boy Scouts of America, National Capital Area Council	(301) 530-9360	18
Caroline's Promise	(804) 916-9619	21
Commonwealth Girl Scout Council of Virginia, Inc.	(540) 898-4717	25
Department of Parks and Recreation		
Caroline County	(804) 633-7277	20
Fredericksburg City	(540) 372-1086	35
King George County	(540) 775-5833	42
Spotsylvania County	(540) 507-7529	70
Stafford County	(540) 658-4871	70
Easter Seals Virginia	(804) 287-1007	30
Fredericksburg Regional Boys and Girls Club of Greater Washington	(540) 368-9531	36
Rappahannock Area Big Brothers Big Sisters, Inc. (BBBS)	(540) 371-7444	60
Rappahannock Area Kids on the Block (RAKOB)	(540) 373-3223	57
Rappahannock Area YMCA	(540) 371-9622	60
Special Love, Inc. (Sponsor of Camp Fantastic)	(540) 667-3774	69
Virginia Cooperative Extension, PD 16		74
Caroline County	(804) 633-6550	74
King George County	(540) 775-3062	74
Spotsylvania County	(540) 507-7570	74
Stafford County	(540) 658-8000	74
Westmoreland County	(804) 493-8924	74
Virginia Special Olympics	(804) 346-5544	69
Westwood Clubhouse, The	(540) 785-8836	76

## Senior Services

Agency/Program	Telephone Number	Page Number
Bay Agency on Aging, Inc.	(804) 758-2386	16
Bridges Senior Care Solutions	(540) 899-3404	18
Comfort Keepers	(540) 370-0008	25
ElderCare Connections	(540) 419-4387	30
Food For Life (Food Bank)	(540) 371-7666	33
Fredericksburg Senior Citizens Association	(540) 371-2429	36
Home Instead Senior Care	(540) 899-1422	40
Mary Washington Home Health Agency	(540) 741-1667	46
MediCorp Health System – Health Link	(540) 741-1404	47
Mary Washington Home Health and Hospice -- Health Watch	(540) 741-2395	47
Rappahannock Area on Aging (RAAA)	(540) 371-3375	52
SeniorNavigator.com	(804) 525-7728	67
Senior Visitors Program (MHAF)	(540) 371-2704	47

## Special Needs

### **Services for Disabled Persons**

<b>Agency/Program</b>	<b>Phone Number</b>	<b>Page Number</b>
Central Virginia Lions Hearing Aid Bank	(804) 545-5937	23
Christian Record Services, Inc. (CRS)	(402) 488-0981	24
Department of Rehabilitative Services	(540) 899-4161	27
disAbility Resource Center	(540) 373-2559	29
Easter Seals Virginia	(804) 287-1007	30
FINDHELP (Fredericksburg Area Info Network on Disabilities)(CRRL)	(540) 372-1144	22
Rappahannock Goodwill Industries, Inc.	(540) 371-3070	61
Virginia Department of Blind and Vision Impaired	(804) 371-3353	74
Virginia Wounded Warrior Program (RACSB)	(540) 373-3223	58
Westwood Clubhouse, The	(540) 785-8836	76
Subregional Library for the Blind & Physically Handicapped (CRRL)	(540) 372-1144	22

### **Services for Mentally Challenged**

<b>Agency/Program</b>	<b>Phone Number</b>	<b>Page Number</b>
Arc of the Rappahannock, The	(540) 899-3789	16
Kenmore Club (RACSB)	(540) 373-7737	55
Rappahannock Area Adult Activities (RAAI)(RACSB)	(540) 373-7643	56
Rappahannock Area Community Service Board (RACSB)		53
Caroline County Clinic	(804) 633-9997	53
City of Fredericksburg and Stafford	(540) 373-3223	53
King George County Clinic	(540) 775-9879	53
North Stafford Clinic	(540) 659-2725	53
Spotsylvania County Clinic	(540) 582-3980	54
Virginia Special Olympics	(804) 346-5544	69

### **Other**

<b>Agency/Program</b>	<b>Phone Number</b>	<b>Page Number</b>
Children and Adults with Attention Deficit Disorder (CHADD)	(703) 641-5451	24
Childhelp Eastern Regional Office	(703) 208-1500	24
Early Childhood Special Education	(540) 372-1065	34
Elk Hill Farm, Inc.	(804) 457-4866	30
Make-A-Wish Foundation of Richmond & Western Virginia	(804) 217-1999	44
March of Dimes	(804) 968-4120	44
Parent Education - Infant Development Program (RACSB)	(540) 372-3561	56
Parent Resource Center		50
Caroline County	(804) 663-7083	50
Spotsylvania County	(540) 582-7583	50
Stafford County	(540) 658-6710	50
Project FAITH	(540) 775-3492	51
Rappahannock Area Child Development Center (State Health Department)	(540) 891-3151	53
Rappahannock Area Kids on the Block (RACSB)	(540) 373-3223	57
Shriners (Kena Shrine Temple)	(703) 573-4202	68

Special Love, Inc. (Sponsor of Camp Fantastic)	(540) 667-3774	69
Timber Ridge School	(540) 888-3456	72
United Methodist Family Services – Fredericksburg Regional	(540) 898-1773	72

## Substance Abuse

### Substance Abuse Education

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Project LINK (RACSB)	(540) 891-3132	56
Rappahannock Area Alcohol Safety Action Program (ASAP)	(540) 372-3558	52
Substance Abuse Services (RAOOY)	(540) 372-1149	59
Too Good For Drugs (RACSB)	(540) 374-3337	58

### Substance Abuse Treatment

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
A Woman's Place (RACSB)	(540) 891-3136	54
Elk Hill Farm	(804) 457-4866	30
Project LINK (RACSB)	(540) 891-3132	56
Rappahannock Area Community Service Board (RACSB)		53
Caroline County Clinic	(804) 633-9997	53
City of Fredericksburg and Stafford	(540) 373-3223	53
King George County Clinic	(540) 775-9879	53
North Stafford Clinic	(540) 659-2725	53
Spotsylvania County Clinic	(540) 582-3980	54
Serenity Home, Inc.	(540) 371-3059	68
Snowden at Fredericksburg	(540) 741-3900	69

### Support Groups

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Alcoholics Anonymous	(212) 870-0805	14
Project LINK (RACSB)	(540) 891-3132	56

## Transportation

<b>Agency/Program</b>	<b>Telephone Number</b>	<b>Page Number</b>
Bay Agency on Aging, Inc.	(804) 758-2386	16
Comfort Keepers	(540)370-0008	25
"FRED" Fredericksburg Regional Transit	(540) 372-1222	32
LifeCare Medical Transports, Inc.	(540) 752-7721	43
LogistiCare	(804) 968-4120	44
Rappahannock Area Agency on Aging (RAAA)	(540) 371-3375	52

## Youth Services

Agency/Program	Telephone Number	Page Number
Employment Resources Incorporated-The STAR Center	(540) 372-6710	31
Snowden Academy	(540) 741-3908	68
<b>Alternative Schools, Residential:</b>		
Childhelp Eastern Regional Office	(703) 208-1500	24
Elk Hill Farm, Inc.	(804) 457-4866	30
Little Keswick School	(434) 295-0457	43
Timber Ridge School	(540) 888-3456	72
Virginia Home for Boys & Girls	(804) 270-6566	75
<b>Detention/Administration of Justice/Support:</b>		
Chaplin Youth Center	(540) 371-0590	23
Court Service Unit 15 <sup>th</sup> District	(540) 372-1068	26
Caroline County	(804) 633-9340	26
King George County	(540) 775-9044	26
Spotsylvania County	(540) 582-7218	26
Stafford County	(540) 658-8770	26
Hanover County	(804) 537-6201	26
City of Warsaw	(804) 333-3380	26
Rappahannock Area Court Appointed Special Advocates (CASA)	(540) 710-6199	58
Rappahannock Juvenile Center	(540) 658-1691	62
<b>Employment Training:</b>		
Employment Resources, Inc.	(540) 372-6710	30
Employment Resources Inc., The STAR Center	(540) 372-6710	31
Open Hand of Fredericksburg	(540) 834-4455	50
<b>Family Support/Crisis Intervention:</b>		
Child and Adolescent Case Management (RACSB)	(540) 373-3223	54
Family Preservation Services, Inc., Fredericksburg	(540) 710-5810	31
Therapeutic Foster Care (RACSB)	(540) 582-7321	57
<b>Mental Health/Counseling/Treatment:</b>		
Rappahannock Area Community Services Board (RACSB)	(540) 373-3223	53
Snowden at Fredericksburg	(540) 741-3900	69
<b>Mentoring:</b>		
Caroline's Promise	(804) 916-9619	21
Intensive In-Home Services/Mentor (RACSB)	(540) 582-7321	55
Rappahannock Big Brothers Big Sisters, Inc. (RBBBS)	(540) 371-7444	60
<b>Pregnancy Prevention:</b>		
Rappahannock Teen Abstinence Program (RAPTAPP)	(540) 370-4238	63
<b>Recreation/Social Development:</b>		
Boy Scouts of America, National Capital Area Council	(301) 530-9360	18
Boy Scouts of America, Heart of Virginia Council	(804) 355-4306	18
Caroline's Promise	(804) 916-9619	21
Commonwealth Girl Scout Council of Virginia, Inc.	(540) 898-4717	25
Fredericksburg Regional Boys and Girls Club of Greater Washington	(540) 368-9531	36
Garrison Woods Youth Association	(540) 659-5836	37
Special Love Inc., (Sponsor of Camp Fantastic)	(540) 667-3774	69
Virginia Cooperative Extension		74
Caroline County	(804) 633-6550	74
King George County	(540) 775-3062	74

Spotsylvania County	(540) 507-7570	74
Stafford County	(540) 658-8000	74
Westmoreland County	(804) 493-8924	74
<b>Substance Abuse Education:</b>		
Substance Abuse Services (RAOOY)	(540) 372-1149	59
Too Good For Drugs (RACSB)	(540) 374-3337	58
<b>Substance Abuse Treatment:</b>		
Elk Hill Farm, Inc.	(804) 457-4866	30
Snowden at Fredericksburg	(540) 741-3900	69
<b>Support Groups:</b>		
Children and Adults with Attention Deficit Disorder of Fredericksburg (CHADD)	(703) 641-5451	24
Olde Forge Junction	(540) 368-0081	49
<b>Volunteerism:</b>		
Volunteer Services (RUW)	(540) 373-0041	64
<b>Other:</b>		
Bragg Hill Family Life Center	(540) 371-3662	18
Childcare Network, The	(540) 373-3275	23
Make-A-Wish Foundation of Richmond & Western Virginia	(804) 217-1999	44
Rappahannock Area Office On Youth (RAOOY)	(540) 372-1149	59
Anger Management Services (RAOOY)	(540) 372-1149	59
Second Step (RACSB)	(540) 374-3337	57
Therapeutic Day Treatment (RACSB)	(540) 373-3223	57