



Rappahannock United Way's Quick Guide



Updated April 2010

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	<i>Call local DSS office listed</i>
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) 775-4442
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	<i>- Call local office listed</i>
Snowden at Fredericksburg	(540) 741-3900

Dental Services

A.D. Williams Clinic	(804) 828-0805
Lloyd Moss Free Clinic	(540) 741-1061
VCU School of Dentistry	(804) 828-9190
Bragg Hill Family Life Center	(540) 371-3662

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	<i>- Call local office listed</i>

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) 898-3806

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 -	<i>Call local office listed</i>
Quin Rivers	(540) 368-5553

Financial Assistance

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

To update this listing call Rappahannock United Way (540) 371-5268.

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 (800) 762-6161
 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*
 Medicare - Social Security Admin (540) 898-1314

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) 368-2700
 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:

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

Rappahannock Legal Services (540) 374-9101

Mental Health Resources

Mental Health America (540) 371-2704
 Rappahannock Area Community Services Board
- Call local office listed

Pregnancy Services/Family Planning

Planned Parenthood (800) 230-7526
 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
 Mobility Options (GWRC) (800) 627-2892

Medical:

LifeCare Medical Transports, Inc (540) 752-7721
 Logisticare-Medicaid Transportation (866) 386-8331
 Rapp Area Agency on Aging (540) 371-3375
 Mobility Options (GWRC) (800) 627-2892

Volunteer Services

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