



Rappahannock United Way

# Rappahannock United Way's Quick Guide



Rappahannock United Way

**Updated: December 2017**

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. The information and content in this Quick Guide have been collected through good faith for the benefit of the community at large. Inclusion in the Quick Guide does not imply Rappahannock United Way membership, funding or endorsement, nor does exclusion imply disapproval. This is not an all-inclusive list. For a complete listing of services provided in Planning District 16, dial 2-1-1 or visit [www.211virginia.org](http://www.211virginia.org).

## General Information

2-1-1 Virginia 211  
From a non-VA phone dial: (800) 230-6977

## 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 & Adult Abuse/ Neglect Hotline (800) 552-7096  
RCASA Hotline (540) 371-1666  
Empowerhouse (540) 373-9373  
*Victim Witness Assistance Program*  
*(Commonwealth Attorney's Offices):*  
Caroline (804) 633-8037  
Fredericksburg (540) 372-1040  
King George (540) 775-0896  
Spotsylvania (540) 507-7650  
Stafford (540) 658-4301

## Childcare

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

## Ex-Offenders

DSS Re-entry Program (540) 899-4178  
(parents being released from jail)

## Counseling

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

## Dental Services

VCU School of Dentistry (804) 828-9190  
Lloyd Moss Free Clinic (540) 741-1061  
Germanna Dental Hygiene Clinic (540) 423-9833

## Disability Services

disAbility Resource Center (540) 373-2559  
Dept for Aging & Rehabilitative Services (540) 899-4161

## Disability Services - Developmental

Rapp Area Community Services Board *Call local office listed*  
VCU Developmental Pediatrics (888) 628-4240

## Disaster Services

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

## Employment

Dept of Rehabilitative Services (540) 899-4161  
Employment Resources, Inc.(18-24yrs) (540) 372-6710  
Germanna Adult Career Center (540) 736-8041  
Rappahannock Goodwill Industries (540) 371-3070  
Virginia Employment Commission (540) 322-5757  
*Fredericksburg Workforce Center, VA EC, Germanna*

## Eye Exam/Glasses/Hearing Aids

*Call local DSS office listed for Lions Club application*

## Financial Counseling/Education

Central VA Housing Coalition (540) 604-9943  
Clearpoint Financial Solutions (877) 877-1995  
Department of Social Services *Call local office listed*  
Quin Rivers (mortgage related) (540) 479-4365

## Financial Assistance

2-1-1 Virginia 211  
The Salvation Army (540) 373-3431  
• (If none available, request a Utilities resource list)

<b>Food Stamps</b>		<b>Housing</b> continued...	
<i>Call local DSS office listed</i>			
		<i>Emergency Shelter</i>	
<b>Food Pantries</b>		Micah Ministries Seasonal / Cold Night (540) 479-4116	
Fredericksburg Area Food Bank	(540) 371-7666	Thurman Brisben Center	(540) 899-9853
2-1-1 Virginia	211	<i>Domestic Violence Shelter</i>	
		Empowerhouse (540) 373-9373	
<b>Health/ Medical Assistance</b>		Haven Shelter and Services, Inc (804) 333-5370	
<i>Free or Low cost clinics</i>		<i>Family Transitional Shelter</i>	
Community Health / Rapp. Region	(540) 735-0560	Hope House–Rappahannock Refuge	(540) 371-0831
Lloyd Moss Free Clinic	(540) 741-1061		
Fredericksburg Christian Health	(540) 785-8500	<b>Holiday Assistance</b>	
McGuire VA Clinic (outpatient)	(540) 370-4468	2-1-1 Virginia	211
VCU Medical	(804) 828-9000		
Northern Neck Free Health Clinic	(804) 435-0575	<b>Legal Assistance</b>	
Caroline Christian Health Center	(804) 448-1380	Legal Services of NOVA	(703) 778-6800
Health Department	<i>Call local office listed</i>	Rappahannock Legal Services	(540) 371-1105
<i>Home Health Care</i>		<b>Mental Health Resources</b>	
Interim Health Care	(540) 785-1577	Mental Health America	(540) 371-2704
MW Hospital Home Health-Hospice	(540) 741-1667	Rapp Area Community Services Board	<i>Call local office listed</i>
<i>Hospice</i>		<b>Pregnancy Services/Family Planning</b>	
Hospice Support (Westmoreland)	(804) 333-0084	Bethany Christian Services	(540) 373-5165
Mary Washington Hospice	(540) 741-3580	Birthright of Fredericksburg	(540) 898-8558
		Children's Home Society	(540) 226-0583
<i>Insurance</i>		Fredericksburg Pregnancy Center	(540) 370-1800
FAMIS / Medicaid	<i>Call local DSS office listed</i>	Planned Parenthood	(804) 355-4358
Enroll VA - Healthcare Navigator	(540) 741-2447	Health Department	<i>Call local office listed</i>
VA Medical Plans	(888) 396-2341		
		<b>Senior Services</b>	
		Rapp Area Agency on Aging	(540) 371-3375
<b>Housing</b>		MHAF Senior Visitors Program	(540) 371-2704
<i>Housing – Financial Assistance</i>			
Central Virginia Housing Coalition	(540) 604-9943x220	<b>Tax Services</b>	
Veterans Assistance (SSVF)	(703) 341-7020	Free Tax Preparation Services	(540) 373-0041
<i>Current or Imminent homelessness</i>		IRS	(540) 899-9450
Thurman Brisben Center	(540) 373-5442		
<i>Housing Loan Programs</i>		<b>Transportation</b>	
Central Virginia Housing Coalition	(540) 604-943x220	<i>General</i>	
Homeownership Assistance (22401 only)	(540) 372-1179	"FRED" Regional Transit	(540) 372-1222
USDA Rural Development	(540) 899-9492x110	Mobility Options	(800) 262-4012
		<i>Medical</i>	
<i>Housing-Repair/Rehab or new construction</i>		LifeCare Medical Transports	(540) 752-7721
Emergency Home Repair (22401)	(540) 372-1179	Logisticare Medicaid Transportation	(866) 386-8331
Fredericksburg Habitat for Humanity	(540) 891- 5009	Mobility Options at RAAA	(800) 262-4012
Indoor Plumbing & Renovation	(540) 604-9943x220		(540) 656-2985
Rapp Area Agency on Aging	(540) 371-3375		
Rebuilding Together (repairs in Spotsy, Stafford, Fredericksburg)	(540) 373-9807	<b>Volunteer Services</b>	
		Rapp United Way – Volunteer Center	(540) 373-0041
<i>Rental Housing for people with disabilities</i>			
Project FAITH	(540) 775-3492	2-1-1 Virginia	211
HOME, Inc	(540) 361-7477	<i>From a non-VA phone dial:</i>	(800) 230-6977
		<b>Veterans Hotlines (National)</b>	
		Help for Homeless Vets	(877) 424-3838
		Veteran's Crisis Line	(800) 273-8255