



Rappahannock United Way

Rappahannock United Way's Quick Guide



Rappahannock United Way

Updated: August 2018

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.

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)

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 / Rapp. Region (540) 735-0560
Lloyd Moss Free Clinic (540) 741-1061
Fredericksburg Christian Health (540) 785-8500
McGuire VA Clinic (outpatient) (540) 370-4468
VCU Medical (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-Hospice (540) 741-1667

Hospice

Hospice Support (Westmoreland) (804) 333-0084
Mary Washington Hospice (540) 741-3580

Insurance

FAMIS / Medicaid *Call local DSS office listed*
Enroll VA - Healthcare Navigator (540) 741-2447
VA Medical Plans (888) 396-2341

Housing

Housing – Financial Assistance

Central Virginia Housing Coalition (540) 604-9943x220
Veterans Assistance (SSVF) (703) 341-7020

Current or Imminent homelessness

Thurman Brisben Center (540) 373-5442

Housing Loan Programs

Central Virginia Housing Coalition (540) 604-943x220
Homeownership Assistance (22401 only) (540) 372-1179
USDA Rural Development (540) 899-9492x110

Housing-Repair/Rehab or new construction

Emergency Home Repair (22401) (540) 372-1179
Fredericksburg Habitat for Humanity (540) 891- 5009
Indoor Plumbing & Renovation (540) 604-9943x220
Rapp Area Agency on Aging (540) 371-3375
Rebuilding Together (repairs in Spotsy, Stafford, Fredericksburg) (540) 373-9807

Rental Housing for people with disabilities

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

Housing continued...

Emergency Shelter

Micah Ministries Seasonal / Cold Night (540) 479-4116
Thurman Brisben Center (540) 899-9853
Domestic Violence Shelter
Empowerhouse (540) 373-9373
Haven Shelter and Services, Inc (804) 333-5370
FamilyTransitional Shelter
Hope House–Rappahannock Refuge (540) 371-0831

Holiday Assistance

2-1-1 Virginia 211

Legal Assistance

Legal Services of NOVA (703) 778-6800
Rappahannock Legal Services (540) 371-1105

Mental Health Resources

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

Pregnancy Services/Family Planning

Bethany Christian Services (540) 373-5165
Birthright of Fredericksburg (540) 898-8558
Children's Home Society (540) 226-0583
Fredericksburg Pregnancy Center (540) 370-1800
Planned Parenthood (804) 355-4358
Health Department *Call local office listed*

Senior Services

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

Tax Services

Free Tax Preparation Services (540) 373-0041
IRS (540) 899-9450

Transportation

General

“FRED” Regional Transit (540) 372-1222
Mobility Options (800) 262-4012

Medical

LifeCare Medical Transports (540) 752-7721
Logisticare Medicaid Transportation (866) 386-8331
Mobility Options at RAAA (800) 262-4012
(540) 656-2985

Volunteer Services

Rapp United Way – Volunteer Center (540) 373-0041

2-1-1 Virginia

211

From a non-VA phone dial: (800) 230-6977

Veterans Hotlines (National)

Help for Homeless Vets (877) 424-3838
Veteran's Crisis Line (800) 273-8255