



Rappahannock United Way

# Rappahannock United Way's Quick Guide



Rappahannock United Way

**Updated: March 2020**

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 (childcare info) (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  
(classes)  
Clearpoint Financial Solutions (877) 877-1995  
Department of Social Services *Call local office*

Quin Rivers (mortgage related) (540) 368-2700

## 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) 604-9943  
 Veterans Assistance (SSVF) (703) 341-5077

**Current or Imminent homelessness**

24/7 Housing and Shelter Line (540) 358-5801

**Housing Loan Programs**

Central Virginia Housing Coalition (540) 604-9943  
 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  
 Healthy Gen 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  
**Family Transitional 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**

Healthy Generations 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 Healthy Generations Agency on Aging (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