

**Updated: April 2021**

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  
 Sexual Assault Hotline (540) 371-1666  
 Domestic Violence Helpline (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)  
 One on One Financial Coaching (540) 373-0041  
 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)

# Rappahannock United Way's Quick Guide

## **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 Helpline (540) 358-5801

## **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**

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

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.

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