

Rappahannock United Way's Quick Guide



Updated: April 2021

For a complete listing of services provided in Planning District 16, dial 2-1-1 or visit www.211virginia.org.

Counseling Cou				
Proma nonVA phone dial:	General Information		Counseling	
Debartment of Social Services (DSS)	2-1-1 Virginia	211	Catholic Charities	(540) 371-1124
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		(540) 899-4178		
	(parents being released from jail)	. ,	(If none available, request a	. ,

Utilities resource list)

Rappahannock United Way's Quick Guide

Food Stamps Call local DSS office listed		Mental Health Resources Mental Health America Rapp Area Community Services Board	(540) 371-2704
<u>Food Pantries</u> Fredericksburg Area Food Bank 2-1-1 Virginia	(540) 371-7666 211		Call local office listed
Health/ Medical Assistance Free or Low cost clinics Community Health / Rapp. Region Lloyd Moss Free Clinic Fredericksburg Christian Health McGuire VA Clinic (outpatient)	(540) 735-0560 (540) 741-1061 (540) 785-8500 (540) 370-4468	Pregnancy Services/Family Planning Bethany Christian Services Birthright of Fredericksburg Children's Home Society Fredericksburg Pregnancy Center Planned Parenthood Health Department	(540) 373-5165 (540) 898-8558 (540) 226-0583 (540) 370-1800 (804) 355-4358 Call local office listed
VCU Medical Northern Neck Free Health Clinic Caroline Christian Health Center Health Department	(804) 828-9000 (804) 435-0575 (804) 448-1380 Call local office listed	Senior Services Healthy Generations Agency on Aging MHAF Senior Visitors Program	(540) 371-3375 (540) 371-2704
Home Health Care Interim Health Care MW Hospital Home Health-Hospice	(540) 785-1577 (540) 741-1667	Tax Services Free Tax Preparation Services IRS	(540) 373-0041 (540) 899-9450
Hospice Hospice Support (Westmoreland) Mary Washington Hospice Insurance	(804) 333-0084 (540) 741-3580	Transportation General "FRED" Regional Transit Mobility Options	(540) 372-1222 (800) 262-4012
	local DSS office listed (540) 741-2447 (888) 396-2341	Medical LifeCare Medical Transports Logisticare Medicaid Transportation Mobility Options at Healthy Generations Agency on Aging	(540) 752-7721 (866) 386-8331 (540) 656-2985
Housing Housing Helpline	(540) 358-5801	Volunteer Services 2-1-1 Virginia	211
Holiday Assistance 2-1-1 Virginia	211	From a non-VA phone dial: Veterans Hotlines (National)	
Legal Assistance Legal Services of NOVA Rappahannock Legal Services	(703) 778-6800 (540) 371-1105	Help for Homeless Vets Veteran's Crisis Line	(877) 424-3838 (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.

For a complete listing of services provided in Planning District 16, dial 2-1-1 or visit www.211virginia.org.