

# Resources

## 2-1-1 Virginia

Just Dial 211

from a non-VA phone 800-230-6977  
Information about fin assistance, health resources, housing assistance, child care, employment, education, abuse, etc.

## Adoption

\*Bethany Christian Services  
5610 Southpoint Centre Blvd  
Fredericksburg VA 22407  
540-373-5165 or 1-800-238-4269  
(No Clothing, Food or Funds)  
Adoption & Pregnancy Counseling

## Abuse / Domestic Violence

Adult Abuse Hotline 888-832-3858

Child Abuse & Neglect Hotline 800-552-7096

Empowerhouse  
**540-373-9373 HOTLINE 24 hours**  
4700 Harrison Rd Fredericksburg  
24 Hour services-Domestic Violence &  
help for Survivors including a Shelter

Haven Shelter & Services 804-333-5370

Rapp Council Against Sexual Assault  
**540-371-1666 24 hour HOTLINE**  
3331 Shannon Airport Circle  
Crisis Intervention, Counseling & Suppt

Virginia Abuse Hotline for Children  
**HOTLINES: 888-832-3288**  
**in VA--800-552-7096**  
Hearing-impaired 800-828-1120  
Report abuse neglect or exploitation of  
children through Social Services

Virginia Adult Protective Services Hotline  
**540-372-1032 9am-5pm HOTLINE**  
**888-832-3858 24 hours HOTLINE**  
To report abuse neglect or exploitation  
of Adults & Elderly through DSS

## Children Services

Baby Closet at St. Mathew's Thrift Store  
10639 Courthouse Rd  
Wednesday 2:30pm & Friday 11:30-12:30  
*No Appointment Necessary*

Boys and Girls Club of the Rapp Region  
540-368-9531

Child Care Network 540-373-3275  
410 Westwood Office Park

Child Advocacy Center 540-891-6980  
4702 Southpoint Parkway  
Fredericksburg VA 22407

Interfaith Community Council  
School Dressing days 540-226-2234

Signs of Fun 540-370-4453  
for children with hearing loss

Stafford Junction  
Helping Stafford children in poverty or  
with lack of english.

Sunshine Ball Park Foundation  
540-408-4952

Rapp Area Big Brothers & Big Sisters  
540-371-7444 x106  
Pair young people with an adult  
roll model to enrich their lives.

VA Child Abuse  
***National Hotline: 888-832-3288***  
***VA Hotline: 800-552-7096***

## Counseling / Financial Counseling

Catholic Charities 540-371-1124

Central VA Housing Coalition 540-604-9943  
540-604-9943 x214 or x226

Clearpoint Fin Solutions 877-877-1995  
540-371-7575

# Resources

## **Counseling Financial Counseling Continued:**

Department of Social Service (Page 3)

DSS (Page 3) Re-entry Prog for parents  
that have been incarcerated 540-372-3555

Ex-Offender Services  
CBTP Support Group-Men  
CSTP Support Group-Women  
Jack Richards 540-786-2954

Mental Health America 540-371-2704

Quin Rivers (Mortgage) 540-368-3117

Rapp Council Against Sexual Assault  
540-371-1666 24 hour HOTLINE  
3331 Shannon Airport Circle  
Crisis Intervention, Counseling & Suppt

Rapp Area Com Services 540-899-4370

Salvation Army 540-373-3431

Snowden at Fredericksburg 540-741-3900

Spotswood Free Counseling 540-898-0757

## **VA Cooperative Extension**

Caroline 804-633-6550  
King George 540-775-3062  
Spotsylvania 540-507-7570  
Stafford 540-658-8000  
Westmoreland 804-493-8924

Vet-Hunter Holmes McGuire Medical Center  
130 Executive Center Parkway  
Fredericksburg, VA 22401  
540-370-4468 8am-4pm Mon-Fri

## **VFW Foundation**

816-968-1128 or 866-789-6333

Virginia Veteran & Family Services  
540-373-3223 x 3085 or 540-376-7298  
6524 Old Plank Rd Fredericksburg VA

## **Court Services**

Court Services Unit 540-372-1068  
601 Caroline St 4th Floor Fredericksburg

Division of Child Support Enforcement  
2342 Plank Rd Fredericksburg VA  
800-468-8894  
Mon -Fri 8:00am-5:00pm  
Help with enforcing child support

## **Dental Services**

A D Williams Clinic 804-828-0805

VCU School of Dentistry 804-828-9190

Community Health Center 540-735-0560

Smiles for Children Dental 800-912-3456

## **Department of Social Services**

Services found at the following agencies:

For Food Stamps, Medicaid, TANF

State-Local Hospitalization (SLH),  
Child Care, Adoption, Foster Care, Fraud  
Child & Adult Protective Services

Caroline 804-633-5071

Fredericksburg 540-372-1032

King George 540-775-3544

Spotsylvania 540-507-7898

Stafford 540-658-8720

Westmoreland 540-658-8720

Energy Share Heating/Cooling Program

Salvation Army 540-373-34313

Energy Assistance Progs are available at  
Local Department of Social Services

Holiday Assistance

is being handled by your area

## **Department of Social Services**

If not qualified for **DSS** contact the  
Salvation Army- 540-373-3431

SNAP Family Nutrition Program USDA

Local Contact - Mary at 540-507-7574

National Contact 1-888-814-7627

# Resources

## Disability Services

Assistive Technology Inform & Referral  
Voice/TTY 800-435-8490  
Deaf Voice/TDD 800-552-7917

Blind and Vision Impaired 800-622-2155

Center for Independent Living  
540-373-2559 *Call*

Dept of Rehabilitative Services  
540-899-4161

Developmental Pediatrics at VCU  
888-628-4240

Disability Resource Center 540-373-2559

Equipment Connection  
540-373-6464  
Monday-Friday 9:00am-4:30pm  
Wheelchairs & other equipment

HOME Inc (Rentals) 540-361-7477  
1907 Charles St Fredericksburg  
Monday-Friday 8:00am-5:00pm  
Accessible Housing for disabled & elderly

Project FAITH  
(Rental Housing) 540-775-3492  
10073 Kings Hwy King George VA  
Monday-Friday 9:00am-4:00pm

Social Security Admin 888-759-3919  
File for Disability, SSI, Medicare

Rehabilitative Services 800-552-5019

VA Department of Protection & Advocacy  
Voice/TTY 800-552-7096

## Employment Services

Caroline County 804-633-4148

Dept of Rehabilitative Services  
540-899-4161

Employment Resources Inc 540-847-0322  
540-372-6710 Workforce Training  
if you are: high school dropout or  
grad, under 22, low income, disabled,  
pregnant or parenting youth.

Fred, Spotsylvania & Stafford 540-373-6876

King George County: 540-775-5064

Rappahannock Goodwill Job Help Center  
Fredericksburg Job Help Center  
540-368-2650  
1409 Princess Anne St, Fredericksburg  
Mon-Fri 6am-12noon & 1pm-5pm  
North Stafford Job Help Center  
540-658-1312  
72 Doc Stone Rd Stafford (Beside Giant)  
Mon-Fri 9am-12noon & 1pm-4pm  
Cosner Corner Job Help Center  
540-898-7191 (Massaponax)  
10070 Jeff Davis Hwy (behind WaWa)  
Mon-Fri 9am-12noon & 1pm-4pm

Virginia Employment Commission  
10304 Spotsylvania Ave Fred VA 22408  
540-322-5757

## Food

Meals on Wheels  
Contact Rapp Area Agency on Aging  
540-371-3375 or 800-262-4012  
Meals for individuals 60 and over.

Micah Ministries 540-479-4116  
Monday- Friday 9:30am- 11:30am  
Serving the Homeless - Meals

Virginia Farmers Market  
Fresh food for tokens purchased with EBT

# Resources

## Health/Medical Assistance

### Alzheimer's Association

2217 Princess Ann St Suite 106-1F  
540-370-0835

### American Cancer Society-Fredericksburg

P O Box 431 Dahlgren VA 22448  
540-663-2555

### Caroline Christian Health Ctr 804-448-1380

### Community Health Ctr of the Rapp Region

540-735-0560 *Call for Appointment*  
2217 Princess Anne St Fredericksburg  
Mon, Wed, Thru & Fri 8:30am-5:00pm  
Tues 10:30am-7:00pm  
Dental: Mon-Thru 7am-5pm Closed Fri  
Physicals, Immunizations, Chronic Disease  
management, Sick Visits, some medicine.

### Eye Exam/Glasses/Hearing Aids see DSS

### Fredericksburg Christian Health Center

540-785-8500  
1129 Heatherstone Dr Fredericksburg  
*Fri 9am-5am (Closed Mon-noon-2pm*  
*Thurs noon-1:30pm & Fri noon -2pm )*  
Medical assistance for the uninsured.

### Health Departments

Caroline 804-633-5465  
Fredericksburg 540-899-4142  
King George 540-775-3111  
Spotsylvania 540-507-7400  
Stafford 540-659-3101  
Westmoreland 804-493-1134

### HIV/AIDS Fred Area HIV/AIDS

Support Services  
(FAHASS) 540-371-7532  
Call for information

## *Health/Medical Assistance continued:*

### Moss Free Clinic/Community Pharmacy

Medical & Dental Care 540-741-1061  
Pharmacy 540-741-1061

### VCU Medical 800-762-6161 (press2)

### Home Hlth: Interim HlthCare 540-785-1577

### Hospice Support Care

5012 Southpoint Parkway Fred 22407  
Fredericksburg VA 22401

540-741-3580

End of life care with Doctor's referral

### Lloyd Moss Free Clinic 540-741-1061

1301 Sam Perry Blvd Fredericksburg VA  
Walk-in screening Mon & Wed 9-12  
New patients only Tues & Thurs evening  
Non-emergency medl care for uninsured

### Med College of VA Hosptl-800-762-6161

### MWH Home Health 540-741-1667

### Northern Neck Free Health Clinic

804-435-0575

## ***Suicide Prevention Lifeline***

***1-800-273-8255***

### Vet-Hunter Holmes McGuire Med Ctr

130 Executive Center Parkway  
Fredericksburg, VA 22401  
540-370-4468 8am-4pm Mon-Fri

### VFW Foundation

816-968-1128 or 866-789-6333

### Virginia Veteran & Family Support

540-373-3223 x 3085 or 540-376-7298

# Resources

## Housing

HOME Inc (Rentals) 540-361-7477  
1907 Charles St Fredericksburg  
Monday-Friday 8:00am-5:00pm  
Accessible Housing-disabled & elderly

Quin Rivers Agency for Community Actions  
2217 Princess Anne St ste 221 Fred VA  
540-368-3117 Mortgage Assistance  
540-479-4366 Veteran's Assistance  
540-479-4363 Rent Assistance  
540-368-2700 HIP Homeless Intrvtn  
*Call for appointment*

Virginia Housing Coalition 540-604-9943  
208 Hudgins Rd Fredericksburg VA  
Housing/Section 8/Indoor Plumbing  
Renovations

Virginia Housing Development Authority  
1-877-428-8844  
Rental Housing Locator Service

USDA Rural Devlpmnt 540-899-9492 x110

## Housing Repair/Rehab Services

Emergency Home Repair Program  
(City of Fredericksburg Only)  
540-372-1179

Fredericksburg Habitat for Humanity  
540-891-5009  
Indoor Plumbing & Renovation  
540-604-9943x220

Rapp Area Agency on Aging  
Weatherization Assistance Program  
540-371-3375

Rebuilding Together (repairs) 540-373-9807

USDA Rural Development (Low income)  
540-899-9492 x110

Virginia Housing Coalition 540-604-9943  
208 Hudgins Rd Fredericksburg VA  
Housing/Section 8/Indoor Plumbing

## Legal Assistance

Legal Services of NOVA 703-778-6800

Rapp Legal Services 540-374-9101  
518 Kenmore Ave Suite 1-A Fred VA  
Fax-540-371-1114  
RLSFRED@RAPPLEGAL.COM  
Free or low cost Legal Services

## Medical / Medicaid Transportation

LifeCare Medical Transport 540-752-7721

Logisticare 866-386-8331

Mobility Options at RAAA 540-371-3375  
615 Wolfe Street  
Fredericksburg, VA 22401  
Phone: 540-374-3386 Fax 540-374-3387

## Mental Health Emergency

Family Solutions 877-582-6363  
www.familyolutions.net  
Crisis Intervention support & support

### ***Rapp Area Community Services Bd 24 Hour HOTLINES***

***Fredericksburg, Spotsylvania  
& Stafford-540-373-6876***

***Caroline- 804-633-4148***

***King George- 540-775-5064***

Snowden - 800-362-5005

Spotsy Regional Med Ctr -540-498-4563

# Resources

## **Mental Health Resources**

Community Health Ctr of the Rapp Region  
540-735-0560 *Call for Appointment*  
2217 Princess Anne St Fredericksburg  
Mon, Wed, Thru & Fri 8:30am-5:00pm  
Tues 10:30am-7:00pm

Depression & Bipolar Support Group  
Snowden at Fredericksburg  
1200 Sam Perry Blvd  
Tuesday from 7:00am- 8:45pm

Dominion Day Services 540-371-8750  
Mental Health Support services

Family Preservation Services 540-710-5810  
In-home Intensive Therapeutic DayTreat

Family Solutions 877-582-6363  
Crisis Intervention support

Fredericksburg Counseling Services  
540373-2320 *Free Mental Health Clinic*

Health Departments  
Caroline 804-633-5465  
Fredericksburg 540-899-4142  
King George 540-775-3111  
Spotsylvania 540-507-7400  
Stafford 540-659-3101  
Westmoreland 804-493-1134

Intercept 804-612-3330 In-home treatment

Lloyd Moss Free Clinic 540-741-1061  
1301 Sam Perry Blvd Fredericksburg VA  
Walk-in screening Mon & Wed 9-12  
New patients only Tues & Thurs evening  
Non-emergency med care for uninsured

Mental Health Help Line -1-800-684-6423  
Monday-Friday 9am-5pm 540-371-2704

National Alliance on Mental Illness-Rapp  
540-479-3044

National Counseling Group 540-446-0007

## ***Mental Health Resources continued:***

RACSB Kenmore Club 540-373-3223

Rapp Area Community Services Board  
540-373-3223

Rapp Council Against Sexual Assault  
***540-371-1666 24 hour HOTLINE***  
3331 Shannon Airport Circle  
Crisis Intervention, Counseling & Suppt

Snowden - 800-362-5005 or 540-741-3900  
Free assessments & referrals

Spotswood Free Counseling 540-898-0757

Spotsy Regional Med Ctr -540-498-4563

The Wellness Group and Family Services  
540-368-0614

Recovery in Motion Peer Support Group  
2nd & 4th Tuesday 1:00pm-3:00pm  
Fredericksburg Ctr for Creative Arts

Survivors of Suicide Support Group  
Fredericksburg Baptist Chrch Rm PA111  
Corner of Princess Anne & Amelia Sts  
2nd & 4th Thurs from 7:00am- 8:30pm

***Suicide Prevention Lifeline***  
***1-800-273-8255***

Wellness Recovery Action Planning (WRAP)  
8-9 week sessions

Vet-Hunter Holmes McGuire Medical Ctr  
130 Executive Center Prkwy Fred VA  
540-370-4468 8am-4pm Mon-Fri

***Veterans Crisis Line***  
***1-800-273-8255 & 1 for 24 Hr HOTLINE***

VFW Foundation  
816-968-1128 or 866-789-6333

Virginia Veteran & Family Services  
540-373-3223 x 3085 or 540-376-7298

# Resources

## **Pregnancy Help**

Birth Right 540-898-8558  
2006 Lafayette Blvd Fredericksburg VA  
Emergency Pregnancy Help  
Mon, Tue, Wed & Fri 9:30am-12:30pm  
Tue & Thru 5:00pm-7:00pm  
**Hotline 1800-550-4900 Call 24 Hours**

Bethany Christian Services 540-373-5165  
1-800-238-4269

Children's Home Society-540-226-0583 24/7

Fredericksburg Pregnancy Ctr 540-370-1800

### Health Departments

Caroline 804-633-5465  
Fredericksburg 540-899-4142  
King George 540-775-3111  
Spotsylvania 540-507-7400  
Stafford 540-659-3101  
Westmoreland 804-493-1134

Paul Stefan Home for Unwed Mothers  
P O Box 754 Locust Grove VA 22508  
540-854-2300 or 1-800-908-6667

Pro-life home for crisis pregnancy

Mary's Shelter

540-623-5778 a safe home for pregnant women 18 & Over & their children

## **Rappahannock Community Services**

### Adult Activities

750 Kings Highway Fredericksburg VA

540-373-7643

Day Prog promoting dignity, independence, individualization, inclusion, & productivity of people with mental retardation.

### Area Agency on Aging

460 Lendall Ln Fredericksburg VA  
540-371-3375 *Must be over 60*

Utilities Bills with a Cut-off Notice, other help for adults over 60 & those who care

## **Rappahannock Community Services**

### **continued:**

### Drug & Alcohol Program

600 Jackson Street  
Fredericksburg, VA 22401  
540-373-3223

### Infant & Toddler Connection

540-372-3561  
877-268-4169 (toll-free)

### Inpatient & Emergency Services

### for Substance Abuse

Fredericksburg, Stafford & Spotsylvania:  
540-373-6876

Caroline: 804-633-4148

King George: 540-775-5064

### Kenmore Club

600 Jackson St Fredericksburg VA  
540-373-3223

Psychosocial Rehabilitation Serv- adults with severe & persistent mental illness

### Parent Ed - Infant Development

700 Kenmore Avenue  
Fredericksburg, VA 22401  
540-372-3561

### Project LINK

600 Jackson Street  
Fredericksburg, VA 22401  
540-891-3132

Services for pregnant or parenting concerns about substance abuse in their lives

Mon, Wed, Thru & Fri 9:30am-12:30pm

Food and Financial Assistance

## **Refugee Information**

Fredericksburg Refugee Resettlement Prog  
540-372-4020

## **Transportation to Work**

River of Life Church 540-582-5855

## **Senior Services**

Rapp Area Agency on Aging  
540-371-3375 or 800-262-4012  
171 Warrenton Rd Fredericksburg VA  
Frozen meals for individuals over 60

# Resources

## **Senior Services continued:**

Senior Care Services Center  
2300 Fall Hill Ave Ste 234 Fred  
540-741-3560  
Monday & Thursday 8:00am-5:00pm  
Cognitive assessment center

RACSB Area Agency on Aging  
540-373-3375  
Mhaf Senior Visitors Prog 540-371-2704

Senior Housing (over 62)  
Ashbury Manor 540-710-1905  
Kings Crest 540-891-9278

## **Virginia Adult Protective Services**

**540-372-1032 9am-5pm HOTLINE**  
**888-832-3858 24 hours HOTLINE**  
To report abuse neglect or exploitation  
Adults & Elderly through **DSS**

## **Shelters**

**Empowerhouse 540-373-9373 HOTLINE**  
Domestic Violence Victims

Haven Shelter & Services 804-333-5370  
Domestic Violence Victims

Hope House 540-371-0831 24 hours  
902 Lafayette Blvd Fredericksburg  
Women and Children homeless shelter,  
day care, job placement, computer  
training & financial management

Paul Stefan House for Unwed Mothers  
PO Box 754 Locust Grove VA 22508

540-854-2300 or 1-800-908-6667  
Pro-life Pregnancy crisis home

Mary's Shelter  
540-623-5778 safe home pregnant  
woman ages 18 and their children

## **Shelters continued:**

Micah Ministries (Cold Night Shelter)  
540-479-4119 a safe place

Thurman Brisben Ctr  
471 Central Rd Fredericksburg  
540-899-9853 24 hours  
Daily 6:15pm-7pm Dinner every night.  
Open to everyone.

## **Veterans**

American Legion  
Post 290 Stafford 540-659-4461  
Post 329 King George 775-5893  
Post 89 King George 775-3671  
Post 8456 Spotsylvania 540-548-8154  
Post 341 Orange 672-9897  
Post 28 Triangle 703-221-2507  
Post 330 825-9835

Hunter Holmes McGuire Medical Center  
130 Executive Center Parkway  
Fredericksburg, VA 22401  
540-370-4468 8am-4pm Mon-Fri

Report VA Issues 1-800-839-1899

**Veterans Crisis Line**  
**1-800-273-8255 & 1 for 24 Hr HOTLINE**

VFW Post 3103 Fredericksburg VA  
2701 Princess Anne St  
540-373-3110

VFW Post 10546 Spotsylvania VA  
540-786-4390

VFW Foundation  
816-968-1128 or 866-789-6333

Virginia Veteran & Family Support  
540-373-3223 x 3085 or 540-376-7298