

<b>Free Resources</b>					
<b>Program</b>	<b>Contact</b>	<b>Location</b>	<b>Participants</b>	<b>Date &amp; Time</b>	<b>Fee</b>
Developmental Disability Waiver Program (DD Waiver) Provides services to individuals 6 years old and up who have a developmental disability but no intellectual disability	Sandra Edmonds 804-827-2100	3600 West Broad St Richmond, VA 23230	Children and adults with a developmental disability but no intellectual disability  Note: This is a Medicaid program, but you do not need to be on Medicaid already	Call for more info	Free
Intellectual Disability Waiver Program (ID Waiver)  Provides services to children under 6 years old who are at developmental risk or individuals over 6 years old with an intellectual disability  Note: if offered, you must accept services within 30 days	Jennifer Acorz 540-899-4352	In-home or at the RACSB 600 Jackson St Fredericksburg, VA 22401	Children and adults who are at developmental risk or have an intellectual disability	Mon-Fri 8am-5pm	Free  Note: this is a Medicaid program, but you do not need to be on Medicaid already
1-800-CHILDREN An information and referral helpline for education about healthy development and how to prevent child abuse and neglect Sponsored by Prevent Child Abuse of Virginia Contact	1800children@p cav.org	Over the phone	Everyone	Mon-Sat 9am-9pm	Free

<p>“Kids Helping Kids” Grief Support Group Sponsored by Hospice Support Care</p>	<p>Tara Hoit 540-741-1874</p>	<p>In school</p>	<p>Children 5-12 who have experienced the death of a loved one</p>	<p>Call for more info</p>	<p>Free</p>
<p>“Teens Helping Teens” Grief Support Group Sponsored by Hospice Support Care</p>	<p>Tara Hoit 540-741-1874</p>	<p>Call for more info</p>	<p>Teens in high school who have experienced the death of a loved one</p>	<p>1st Friday of the month 6:30- 8pm</p>	<p>Free</p>
<p>Forgotten Victims Group For children who have been affected by living in a home with domestic violence</p>	<p>Empowerhouse 540-373-9372</p>	<p>Call for more info</p>	<p>Children up to 12 years old</p>	<p>Call for more info</p>	<p>Free</p>
<p>Healthy Relationships for Teen Girls</p>	<p>Empowerhouse 540-373-9372</p>	<p>Call for more info</p>	<p>Girls 13-18</p>	<p>Call for more info</p>	<p>Free</p>
<p>Program for Teen Parents Serves pregnant and parenting teens in Spotsylvania County. Encourages a healthy pregnancy and a positive relationship between parent and child. Teen Lamaze, First Aid/CPR training, childcare assistance, and playgroups are also offered. Sponsored by the RACSB of Spotsylvania</p>	<p>Joan Gillis 540-374-3337x5</p>	<p>Meets in all area high schools. Home visits are also available.</p>	<p>Pregnant teens and teens with children 3 years old or under</p>	<p>Call for more info</p>	<p>Free</p>
<p>Today’s Teens Class A skill-building 6- week class sponsored by Spotsylvania’s Department of Social Services</p>	<p>Jackie Brett 540-507-7845</p>	<p>Spotsylvania DSS 9019 Old Battlefield Blvd, 1st Floor Spotsylvania, VA 22553</p>	<p>Teens 13-17</p>	<p>Once a week 6:30- 8:30pm  Call for more info</p>	<p>Free</p>

<p>"Kids for a Cure" A support group for families living with a child with diabetes Sponsored by Mary Washington Healthcare</p>	540-741-2210	4710 Spotsylvania Parkway, Suite 200 Massaponox, VA 22407	Families living with a child with diabetes	Call for more info	Free
<p>Project Link Intensive case management for pregnant and parenting women affected by substance abuse</p>	540-891-3132	Call for more info	Pregnant or parenting women living in District 16 (Fredericksburg, Caroline, King George, Spotsylvania, Stafford)	Call for more info	Free You must be in recovery/tr eatment
<p>All Day I Dream of Serenity Alateen Meeting for teenagers with a loved one suffering from alcoholism</p>		Peace United Methodist Church 801 Maple Grove Dr Fredericksburg, VA 22405	Teens 12-20 years old	Wednes days at 7pm	Free
<p>Professor Garfield Foundation Games and activities to promote literacy and creativity in children</p>	<a href="http://www.professorgarfield.org">www.professorgarfield.org</a>	Online	Children	24/7	Free

### Fee Based Resources

Program	Contact	Location	Participants	Date & Time	Fee
<p>The Parent Education &amp; Infant Development Program (PEID) Offered by the RACSB Includes early intervention services, development screenings, and assessment for eligibility determination for infants and toddlers with developmental delays.</p>	<p>Brandie Williams 540-372-3561</p>	<p>Services are provided in the home or at daycare</p>	<p>Parents, caretakers, friends, and family members of children up to 3 years old with developmental delays</p>	<p>Mon – Fri 8am-5pm</p>	<p>Screenings and eligibility determination assessments are free</p> <p>Early intervention services are covered by most insurance companies or on a sliding scale</p>
<p>Dental Health Services, Stafford County</p>	<p>288-2579</p>	<p>Stafford, Fredericksburg City and King George Schools</p>	<p>To qualify children are to be on “free or reduced lunches”. Also, must apply for Medicaid (if not qualified, then must present with letter of denial)</p> <p>Ages 3 through</p>	<p>Call for more information</p>	<p>Medicaid application required</p>

			school age (12 <sup>th</sup> grade)		
Teen Boys Educational Support Group Sponsored by Empowerhouse Provides teen boys with tools and skills to maintain a nonviolent lifestyle	Mendy Pierce 540-372-7866	Call for location	Middle school and high school boys	12-week program, starts every 6 weeks  Wednesdays 6-8pm (Call to register first)	\$100
Spare- Saving People as Relationships End. Sponsored by Family Innovations	371-4889 for pre-registration	Downtown Fredericksburg	Adults: separated or divorced	Call for dates and times. 9-1:30 certain Saturdays, ongoing	\$25
MOMs Club support group  Activities: playgroup, babysitting coop, 1x monthly "Mom's night out"	Leigh Mulkin 972-7360 Or Loren Sample 295-1988	National organization with many local chapters	Stay at home mothers	Ongoing activities	1x yearly \$20
The Big D (Divorce through the eyes of a teen)	540-898-0757	Spotswood Baptist Church 4009 Lafayette Boulevard, Room E 105 Fredericksburg, VA	Teens	Friday evenings 7:00pm	\$15.00
DC4K (Divorce Care for Kids)	540-898-0757	Spotswood Baptist Church 4009 Lafayette Boulevard, Room C-220 & C-222 Fredericksburg, VA	Children ages 5-12	Friday evenings 7:00pm	\$12.00
Teen Support Group A 6-week	LeeAnn Pompeii	Catholic Charities 1101	High-school students	Fridays at 4pm	\$75

psychoeducation group for teens struggling with mental illness	540-371-1124	Stafford Ave Fredericksburg, VA 22401	struggling with mental illness, especially depression and anxiety		
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