

A Free Publication for the Healthcare Community from
Fredericksburg Counseling Services, Inc. (FCS)
Information Needed For Others
"INFO"

News of "Special Interest"

(DECEMBER, 2018)

Merry Christmas



"Sweet December
My light, my ember
The end of September, October, November"

by Lea O'brien

NEW FOR INFO:
Professional Education Training opportunities

Donations are always welcome!

[Donate Now](#)



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Fredericksburg, Virginia 22401
(540) 373-2320 fcsagency@aol.com
www.fcsagency.org

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COMMUNITY MENTAL HEALTH PARTNERS **FREDERICKSBURG COUNSELING SERVICES, INC.**



Fredericksburg Counseling Services, Inc. is a free Mental Health Clinic providing counseling for uninsured, low-income individuals and families. The agency is supported through donations, both financial and in direct service time provided by mental health professionals in the Fredericksburg area.
540-373-2320 www.fcsagency.org

Mental Health America of Fredericksburg (MHAF)

Mental Health America of Fredericksburg (MHAF)

Provides free, confidential Mental Health Information & Referral Services, a Depression/Bipolar Support Group, Senior Visitors program, Survivors of Suicide, Suicide Prevention Education, lending library, public education and advocacy/public policy.
540-371-2704 or toll-free 1-800-684-6423 www.mhafred.org

MHAF is located on the 1st floor of the General Washington Executive Center (across from Carl's Ice Cream). Address is: 2271 Princess Anne Street, Suite 104-1, Fredericksburg, VA 22401

National Alliance on Mental Illness – Rappahannock Affiliate (NAMI-R)

National Alliance on Mental Illness - Rappahannock

Affiliate (NAMI-R) provides educational programs and support for family members and individuals living with mental illness.
540-479-3044 www.nami.org

Rappahannock Area Community Services Board (RACSB)

Rappahannock Area Community Services Board (RACSB)

provides mental health, intellectual disability, substance abuse, prevention and early intervention services. RACSB utilizes an ability-to-pay fee scale. Information: 540-373-3223
24-hour Emergency Services: 540-373-6876
www.racsb.state.va.us

Recovery in Motion

Recovery in Motion (RIM), a peer support group for persons with mental illness who believe recovery is possible, provides education and training opportunities that promote consumer empowerment, leadership and individual choice. Offers Wellness Recovery Action Plan (WRAP), a 9-week course where each participant develops a plan to stay well. For information on (WRAP) call: 540-645-6042.

Snowden at Fredericksburg (Mary Washington Hospital)

Snowden at Fredericksburg (Mary Washington Hospital)

provides: free assessments and referrals; Intensive Outpatient Treatment for adults with substance abuse; adult Mental Health Day Treatment; and Inpatient Services 540-741-3900 or Toll-free 1-800-362-5005 www.snowdenmentalhealth.com

Spotsylvania Regional Medical Center is an affiliate of HCA Virginia Health Care. Their Behavioral Health Services include: free assessments and referrals; inpatient psychiatric services. 540-498-4563 www.spotsyrmc.com

VIRGINIA INTERFAITH COMMITTEE ON MENTAL ILLNESS MINISTRIES (VICOMIM)

Virginia Interfaith Committee on Mental Illness Ministries (VICOMIM)

provides programs, assistance, and resources to Faith communities developing their own programs for ministry with persons with mental illness and their families.

1-800-768-6040. www.vaumc.org (click "Related Organizations")

Virginia Organizing

is a non-partisan statewide grassroots organization dedicated to challenging injustice by empowering people in local communities to address issues that affect the quality of their lives. Virginia Organizing has a joint plan of work with Harmony, a local peer-run program. Contact Kevin Simowitz, 434-984-4655, ext. 230 www.virginia-organizing.org of Fredericksburg

Recovery in Motion

Recovery in Motion (RIM), a peer support group for persons coping with PTSD. Facilitated by Tracy Ringquist, a peer support specialist who has PTSD and Kim Harris, LPC, who has experience working with individuals and families impacted by relational trauma, sexual abuse, incest and domestic violence. The group meets on Wednesdays, 1:00 - 2:25pm, at Goodwill in Lee's Hill Shopping Center, starting February 26, 2014.



DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1-3 Birthday Pizza Party 3-5 Saturday Support & Share
2	3 <i>Cherubim</i> 7-8 DRA	4 11-1 Coping with Trauma 1-3 Sit & Stitch	5 12-2 Women's Self Empowerment 2-4 Women's General Support Group	6 1-3 General Support Group	7	8 1-5 Saturday Support & Share
9 2-4 Creative Corner	10 7-8 DRA	11 11-1 Coping with Trauma 1-3 Sit & Stitch 1-3 General Support Group**	12 12-2 Women's Self Empowerment 2-4 Women's General Support Group	13 1-3 General Support Group	14	15 1-5 Saturday Support & Share
16	17 7-8 DRA	18 11-1 Coping with Trauma 1-3 Sit & Stitch	19 12-2 Women's Self Empowerment 2-4 Women's General Support Group	20 1-3 General Support Group	21 <i>Dec. Solstice</i>	22 1-5 Saturday Support & Share
23	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i> 12-2 Christmas Lunch 	26 <i>Kwanzaa begins</i> 12-2 Women's Self Empowerment 2-4 Women's General Support Group	27 1-3 General Support Group	28	29 1-5 Saturday Support & Share
30	31 <i>New Year's Eve</i> 7-8 DRA					

**Tuesday General Support Group meets at: FCCA 813 Sophia Street, Fredericksburg 22401 - Garden entrance

All groups FREE! No diagnosis or referral needed! Drop-ins always welcome!

www.recovery-in-motion.org

4701 Market Street, 2nd Floor, Fredericksburg VA 22408
540-645-6042

New:

Sit & Stitch & Color & Converse has returned to Tuesdays 1 - 3pm! This is a social group geared specifically towards working on craft projects, of any kind, while chatting.

Christmas Luncheon is December 25, 12 - 2 pm. We will supply a main dish and ask that you bring a side or dessert.

Updates:

Women's Self-Empowerment, Wednesdays 12 - 2 pm, topics are:

Topics for December: **5 - ASSERTIVENESS:** Have you wanted to express yourself effectively and stand up for your point of view, while respecting the rights and beliefs of others. Come learn how. **12 - HOLIDAY STRESS:** Stress is at its peak during the holidays it's hard to stop and regroup. We have tips for coping. **19 - HOLIDAY SPENDING:** Many of us spend beyond our means during the holiday season. Find out what to do prior to hitting the mall and how to rebound after all that overspending. **26 - COMMUNICATION:** Need help starting conversations and keeping them going we have some techniques while improving your social skills.

Creative Corner, Dec 9, 2 - 4 pm. For the holiday season we will be creating little sleigh ornaments made from everyone's favorite...Chocolate! Join us Sunday, December 9th for a sweet time! (These also make nice hostess gifts.)

Notes:

Birthday Pizza and Salad Party is Saturday, Dec 1, 1 - 3 pm. We supply pizza and salad greens and ask that you bring something for the salad.

DRA is NOT meeting 12/24. There WILL be a DRA meeting 12/31.

Looking further:

We will be open for **New Year's Day** for a social group. **Coping with Trauma** and **Sit & Stitch & Color & Converse** will not be meeting January 1.

Please help spread the word about Recovery in Motion by sharing our calendar and group descriptions with anyone you think may benefit from our services.

Thanks for your support. May you have a calm and enjoyable holiday season.

Birthday Pizza & Salad Party: We supply pizza and salad greens and ask that you bring something to share for the salad.

Christmas Lunch: We are open for lunch on Christmas and will provide a main dish. Please bring a side or dessert to share with the group.

Coping with Trauma: A support group for individuals whose challenges include an element of trauma, whether cumulative or based on a single event. Come share and receive support around the challenges of coping with trauma. Group is facilitated by a Certified Peer Recovery Specialist with lived PTSD experience and trained in trauma informed care.

Creative Corner: For the holiday season we will be creating little sleigh ornaments made from everyone's favorite...Chocolate! Join us Sunday, December 9th for a sweet time! (These also make nice hostess gifts.)

DRA - Dual Recovery Anonymous™ - Dual Recovery Anonymous™ is a 12 Step self-help program that is based on the principals of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on relapse prevention and actively improving the quality of our lives. In a community of mutual support, we learn to avoid the risks that lead back to alcohol and drug use as well as reducing the symptoms of our emotional or psychiatric illness.

General Support Group: Support groups bring together people facing similar issues, whether that's illness, relationship problems or major life changes. Members of support groups often share experiences and provide support. It can be helpful just getting to talk with other people who are in the same boat. The day's topics will be determined by participants.

Saturday Support & Share: We are a group of peers willing to share our life experiences, including the difficult ones. We support each other as we look for ways to move forward. Feel free to stop in at a time convenient to you.

Sit & Stitch & Color & Converse: Time for knitting, crochet, coloring or any other craft project. Sitting and chatting are also welcome!

Women's Self-Empowerment: Would you like to know more about how to take control of your own life, set goals, make positive choices, and believe in yourself? Join in the learning and questioning as we explore the many aspects of self-empowerment and discover helpful strategies and free resources. Topics for December: **5 - ASSERTIVENESS:** Have you wanted to express yourself effectively and stand up for your point of view, while respecting the rights and beliefs of others. Come learn how. **12 - HOLIDAY STRESS:** Stress is at its peak during the holidays it's hard to stop and regroup. We have tips for coping. **19 - HOLIDAY SPENDING:** Many of us spend beyond our means during the holiday season. Find out what to do prior to hitting the mall and how to rebound after all that overspending. **26 - COMMUNICATION:** Need help starting conversations and keeping them going we have some techniques while improving your social skills.

Women's Support Group: Support groups bring together women facing similar issues, whether that's illness, relationship problems or major life changes. Members of support groups often share experiences and advice. It can be helpful just getting to talk with other people who are in the same boat. The day's topics will be determined by participants.

SNOWDEN SUPPORT GROUPS



DAY	TIME	ROOM	GROUP	DESIGNEE	PHONE
MONDAY					
	8:15 -9:15	119	AA	Marty B Jill	804.448.1646 540-809-9552
	5-8	119	Adult IOP	Carolyn	X17156
TUES.	5-6	119A	Dual Recovery Anonymous	George	540-809-7640
	6-7	119B	Early Recovery Group/IOP	Carolyn	x17156
	7-9:00	119A	Depression and Bipolar Support Group	Weekly, Tuesday's- Shirley	540-371-2704
WED.					
	6-9	119A &B	Adult IOP	Carolyn	x17156
THURS.					
	5-9	119A	Adult IOP	Carolyn	x17156
	5-9	119B	Adult IOP		x17156
	8:15-9:15	119A	Dual Recovery Group	George	540-809-7640
FRIDAY					
	7-8	119A	Rainbow AA	Tina	540-361-1503
SAT.					
	9:30- 11:15	119A	A New Beginning Women's AA		
	12:00- 1:30	119A	Narcotics Anonymous	Patsy Richard P	540 455-1081 540 735-7399
	4-5 pm	119A	Dual Recovery Anonymous	George	540 809-7640
	7-8:00	119A	Alcoholics Anonymous "One Page at a Time"	Butch G.	540 752-4780
SUNDAY					
	12-1:30 p.m	119A	Narcotics Anonymous	Carrie B	540.809.2914
	4-6pm	119 A	Gambler's Anonymous	Paul R.	540.295-3596
	7-8:30	119A	Alcoholics Anonymous "Steady Steps"	Butch G. Rusty	540 752-4780 540-318-5741

All meetings are to be scheduled through Mark Howard (540-741-3912). Groups in shaded areas require staff authorization for participation; not open to the public. Adult IOP is a billed program of Snowden at Fredericksburg requiring staff evaluation and referral.

MISCELLANEOUS

Cancer Center of Virginia has a Lending Library of books, videotapes & literature on cancer prevention and treatment, and a Wig Loan Program for women experiencing hair loss due to cancer treatment. 786-5262

The Alzheimer's Association has lending library. Books and videos are available for children, families, and professionals. For further information and times please call 370-0835

Help the Health Care Community serve those in need by sending "INFO" appropriate information.

Contact Fredericksburg Counseling Services, Inc.

e-mail at fcsagency@aol.com

or by phone - (540) 373-2320 ask for Anise

Did you all know that the Rappahannock Regional Library houses a Legal Research Center. Free access to print and online resources are available to lay people as well as law practitioners. Library staff are trained to assist users of this great resource, which provides information on:

- ✓ Bankruptcy
- ✓ Civil Law
- ✓ Criminal Law
- ✓ Employment Law
- ✓ Estate planning
- ✓ Family law – divorce, separation, child custody
- ✓ Federal / State / Local law
- ✓ Landlord / Tenant law
- ✓ Traffic cases

Visit www.librarypoint.org for more information or visit the library today.

Numbers to Know

Child/elder abuse

24 hour # to report suspected abuse 800-552-7096

Mental Health Emergency Services:

24 hour # with on-call therapist

Rappahannock Area Community Services Board (RACSB)

Fredericksburg, Spotsylvania and Stafford: 540-373-6876

Caroline: 804-633-4148

King George 540-775-5064

- **ADDITIONALLY**

Snowden of Fredericksburg 540-741-3900

Mary Washington Hospital Emergency Room 540-741-1111

Spotsylvania Regional Medical Center 540-498-4000

Or call 911

HIV/AIDS

Support services through FAHASS 540 371-7532

Sexual assault/molestation

RCASA 540-371-1666

Employment services

ERI 540-372-6710

Domestic violence

24 hour # 540-373-9373

Legal Aid

Rappahannock Legal Services, Inc 540-371-1105

RAOOY

Rappahannock Area Office on Youth 540.372.1149

<http://www.officeonyouth.org/>

INFO has been produced and distributed by
Fredericksburg Counseling Services, Inc. (FCS)
on a monthly basis since 1999.

INFO is a comprehensive resource for
Client referrals and professional education opportunities.

It is a pleasure to compile INFO monthly, for it aids our work at FCS as well as other
agencies.
