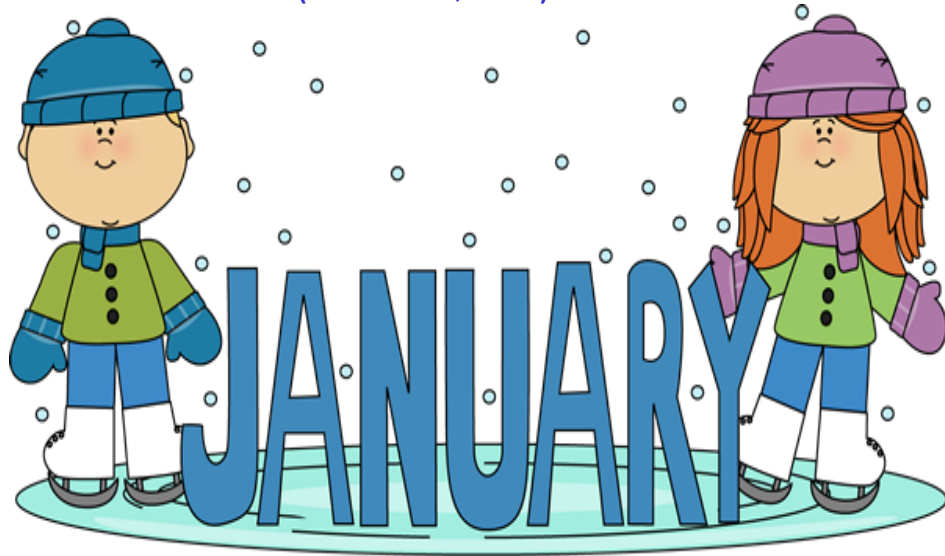


A Free Publication for the Healthcare Community from  
Fredericksburg Counseling Services, Inc. (FCS)  
Information Needed For Others  
"INFO"

News of "Special Interest"

(JANUARY, 2019)



"Little January Tapped at my door today.  
And said, "Put on your winter wraps,  
And come outdoors to play."

by: Winifred C. Marshall

**NEW FOR INFO:**  
Professional Education Training opportunities

*Donations are always welcome!*

[Donate Now](#)



Fredericksburg Counseling Services, Inc.  
*A Free Mental Health Clinic*

305 Hanson Ave., Suite #140  
Fredericksburg, Virginia 22401  
(540) 373-2320 fcsagency@aol.com  
[www.fcsagency.org](http://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](http://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](http://www.mhafred.org)  
**MHAF** is located on the 1<sup>st</sup> 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](http://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](http://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](http://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](http://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](http://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](http://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.



## January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> New Year's Day CLOSED	<b>2</b> 12-2 Women's Self Empowerment 2-4 Women's General Support Group	<b>3</b> 1-3 General Support Group	<b>4</b>	<b>5</b> 1-3 Birthday Pizza Party 3-4 Saturday Support & Share
<b>6</b>	<b>7</b> 7 - 8 pm DRA	<b>8</b> 11-1 Coping with Trauma 1-3 Sit & Stitch 1-3 General Support Group at FCCA	<b>9</b> 12-2 Women's Self Empowerment 2-4 Women's General Support Group	<b>10</b> 1-3 General Support Group	<b>11</b>	<b>12</b> 1-4 Saturday Support & Share
<b>13</b> 2-4 Creative Corner	<b>14</b> 7-8 pm DRA	<b>15</b> 11-1 Coping with Trauma 1-3 Sit & Stitch	<b>16</b> 12-2 Women's Self Empowerment 2-4 Women's General Support Group	<b>17</b> 1-3 General Support Group	<b>18</b>	<b>19</b> 1-4 Saturday Support & Share
<b>20</b>	<b>21</b> <i>Martin Luther King Day</i> 7-8 pm DRA	<b>22</b> 11-1 Coping with Trauma 1-3 Sit & Stitch 1-3 General Support Group at FCCA	<b>23</b> 12-2 Women's Self Empowerment 2-4 Women's General Support Group	<b>24</b> 1-3 General Support Group	<b>25</b>	<b>26</b> 1-4 Saturday Support & Share
<b>27</b>	<b>28</b> 7-8 pm DRA	<b>29</b> 11-1 Coping with Trauma 1-3 Sit & Stitch	<b>30</b> 12-2 Women's Self Empowerment 2-4 Women's General Support Group	<b>31</b> 1-3 General Support Group		

*\*\*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](http://www.recovery-in-motion.org)**

4701 Market Street, 2<sup>nd</sup> Floor, Fredericksburg VA 22408  
540-645-6042

Happy almost New Year!! Here's hoping 2019 is your best year yet!

We are **CLOSED** January 1.

Jan 5 is our **Birthday Pizza & Salad Party** from 1 - 3 pm. We supply pizza and salad greens and ask you bring something for the Salad

**Saturday Support and Share** is now going to be from 1 - 4 pm.

Jan 13 is **Creative Corner** from 2 - 4 pm. Be looking for an email describing the activity.

Wednesdays, 12 - 2 pm, is **Women's Self-Empowerment**.

Topics for January: **2 - Goal Setting:** Have you wanted to set up goals for one to five years from now come find out what Creating M.A.R.T. Goals is all about. **9 - Focus:** Do you find that it is hard to stay focused on one thing at a time. So how do you train your mind? We have the answers. **16 - Improving Yourself:** Are you someone who likes to grow? Do you constantly seek to improve yourself, or are unclear to which path to take? We have ways to show you how. **23 - Not Good Enough:** Falling victim of negative thinking? Strategies or and inspirations for when you are not feeling "not good enough". **30 - To be determined.** An email will be sent later with the topic.

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

**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:** January 13. Activity to be determined. An email will be sent with the activity.

**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 January: **2 - Goal Setting:** Have you wanted to set up goals for one to five years from now come find out what Creating S.M.A.R.T. Goals is all about. **9 - Focus:** Do you find that it is hard to stay focused on one thing at a time. So how do you train your mind? We have the answers. **16 - Improving Yourself:** Are you someone who likes to grow? Do you constantly seek to improve yourself, or are unclear to which path to take? We have ways to show you how. **23 - Not Good Enough:** Falling victim of negative thinking? Strategies or and inspirations for when you are not feeling "not good enough". **30 - To be determined.** An email will be sent later with the topic.

**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
<b>MONDAY</b>					
	8:15 -9:15	119	AA	Marty B Jill	804.448.1646 540-809-9552
	5-8	119	Adult IOP	Carolyn	X17156
<b>TUES.</b>					
	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
<b>WED.</b>					
	6-9	119A &B	Adult IOP	Carolyn	x17156
<b>THURS.</b>					
	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
<b>FRIDAY</b>					
	7-8	119A	Rainbow AA	Tina	540-361-1503
<b>SAT.</b>					
	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
<b>SUNDAY</b>					
	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](mailto: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](http://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/>

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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.

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