

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

News of "Special Interest"

(APRIL, 2019)



"Sweet April showers  
Do spring May flowers."

-Thomas Tusser

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

*Donations are always welcome!*

[Donate Now](#)



305 Hanson Ave., Suite #140  
Fredericksburg, Virginia 22401  
(540) 373-2320 [fcsagency@aol.com](mailto: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)

**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

# Wellness Recovery Action Plan<sup>®</sup> workshops

**First time available in Stafford!**



**WHAT:** Become better able to handle your moods and actions  
Identify *your* triggers and what to do about them  
Fill *your* personal "tool kit" and learn how to best use it  
Develop *your* crisis plan                      Have some fun!

**WHY:** To take more control over your life and mental health!

**WHEN:** Fridays, 1:00 - 3:00 pm              April 12 - May 31, 2019

**WHERE:** Howell Branch Library 806 Lyons Blvd, Fredericksburg, VA 22406  
Go  $\frac{1}{2}$  mi. N on Plantation from Hwy 17. Also on a bus stop.  
Accommodations available for those with disabilities.

**COST:** Covered by community donations

**Reserve your space ASAP. We'll confirm.**

Leave your name, phone, and email info with Karen at  
(540) 373-1744 or kakallay@gmail.com

**The facilitators**, Karen McDonald and Karen Kallay, are "peers" - individuals who know mental illness first hand. They have certification and extensive experience covering facilitation skills, program principles, and content. Visual aids and handouts provided.

**Endorsed by Mental Health America, Fredericksburg  
Rappahannock Area Community Services Board  
National Alliance on Mental Illness, Rappahannock region**

The federal government has recognized WRAP as an evidence-based intervention strategy for adults facing mental health challenges. The use of the Central Rappahannock Regional Library's meeting facility does not constitute the library's endorsement and sponsorship of the program or the organizer's policies and beliefs.



## ***KNOW YOUR RIGHTS!***

**HAS YOUR LANDLORD TREATED YOU UNFAIRLY?  
DO YOU HAVE QUESTIONS ABOUT EVICTION, FORECLOSURE OR YOUR LEGAL  
RIGHTS AS A TENANT?  
HAVE YOU EVER EXPERIENCED HOUSING DISCRIMINATION BASED ON RACE,  
COLOR, SEX, NATIONAL ORIGIN, DISABILITY, AGE OR FAMILY STATUS?**

**IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS...**

## **PLEASE JOIN LEGAL AID WORKS® FOR A *FREE* FAIR HOUSING/TENANTS' RIGHTS FORUM**

**WHERE: CENTRAL RAPPAHANNOCK REGIONAL  
LIBRARY HEADQUARTERS  
MEETING ROOM #1  
1201 Caroline Street, Fredericksburg, VA 22401**

**(540) 372-1144**

**WHEN: Wednesday, May 15<sup>th</sup>, 2019**

**TIME: 5:30 PM – 7:30 PM**

**FOR MORE INFORMATION, PLEASE CONTACT:**

**Carolyn Ross, Pro Bono Coordinator for Legal Aid Works®**

**(540) 371-1105, ext. 111**

## 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](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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