

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

News of "Special Interest"  
(March, 2020).



*“March winds and April showers  
Bring forth May flowers”.*

*By: Gerard Manley Hopkins*

**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  
[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

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# Free Community-Based Mental Health Support Groups

Weekly Calendar -- Revised May 27, 2019

The **purpose of designated support groups**, as contrasted with informal groups of friends, is to provide a deliberately safe and caring place to be heard, to share concerns, and to find support. Typical group **guidelines** are that only one person talks at a time, talk time is shared evenly, participants don't judge or offer advice (unless asked), and what's said in the group stays there. Groups below are sponsored by established groups and are open to new members who may self-refer. Veteran programs are for all services and eras.

CPRS refers to a Certified Peer Recovery Specialist, a person with lived experience, a "peer," with Virginia-certified training.

**Plans can change; may want to phone ahead to confirm.**

For groups exclusively for AA, A-Anon, NA, N-Anon, or Gambling Anon, search on internet.

**Warm Lines** provide a caring listener, possible resource referrals. Toll free at **(866) 400-6428** from 9:00 – 9:00 p.m., Monday – Friday and 5:00 – 9:00 p.m. on weekends and holidays.

**24-hour Emergency hotline for Rappahannock Region is (540) 373-6876.**

Day	What, Who for	Where	When	Contact, sponsor
Sundays	Hearing Voices Network Learn and share	TBD	6:30-8:00p	Cindee Dickens, PRS (peer) 540 623-6539; <a href="mailto:cynthia_dickens@hotmail.com">cynthia_dickens@hotmail.com</a>
1 <sup>st</sup> & 3 <sup>rd</sup> Mondays	Wounded Warriors, support and referrals	10021 Dahlgren Rd, Am. Leg. Post 89, King George	6 – 8 p.m.	Jere Palmer (540) 842-2481 <a href="mailto:jpalmer@rappahannockareacs.org">jpalmer@rappahannockareacs.org</a>
3 <sup>rd</sup> Mondays	Survivors of Suicide Loss; must register and have lost a loved one	Mary Wash Bereavement Center, 2103 Washington Ave., Fred'burg, 22401	6 – 7:30 p.m.	Ann Bernardi / Mary Wash Healthcare (540) 287-7231 or MHAF (540) 371-2704
Tuesdays	Coping with Trauma, single incident or cumulative	405 Bridgewater St., Fred 22401 (ring doorbell)	11 a.m. - 1:00 p.m.	Tracy CPRS (peer) (540) 645-6042 <a href="mailto:tracycprs@gmail.com">tracycprs@gmail.com</a>
Tuesdays	Sit, Stitch, Color, Converse, low-key	405 Bridgewater St., Fred 22401 (ring doorbell)	1 – 3:00 p.m.	Contact 540 369-2797 or <a href="mailto:cbs.sears@gmail.com">cbs.sears@gmail.com</a>
Tuesdays	Live Life/ Love Life; teens, anxiety, depression; 6 week class	Mary Wash Hosp, 1001 Sam Perry Blvd. REGISTER FIRST; \$25 fundable upon completion	6:30 – 8:00 p.m.	Mental Health America of Fred, 540-371-2704 <a href="mailto:mhafred@mhafred.org">mhafred@mhafred.org</a> .
Tuesdays	CoDA Co-Dependents Anonymous (Developing healthy relationships)	Peace United Methodist Church, 801 Maple Grove Dr., (Right entrance, Rm #5) FB 22407	7 – 8:00 p.m.	Dolores (540) 786-3742 <a href="mailto:greywolves1@comcast.net">greywolves1@comcast.net</a>
Tuesdays	General mental health support group	Spotsylvania Hospital, 5 <sup>th</sup> Floor (immediate right from elevator)	7 – 8:30 p.m.	Elaine Arnold (540) 847-6974 NAMI "Connection"
2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays	General mental health support group	Fred'burg Center for the ...Arts, 813 Sophia St 22401, side garden door,	1 – 3 p.m.	Carrol (540) 760-6928 Recovery in Motion
Every other Tuesday, eff 1/8/19	Families of loved ones with mental illness.	Mary Wash Hospital, 1- West Conference Rm (thru main doors, take 1 <sup>st</sup> left corridor)	7 – 9 p.m.	Katie (540) 846-3332 (NAMI) <a href="http://namirapp.com/nrwp/calendar">namirapp.com/nrwp/calendar</a> for schedule
2 <sup>nd</sup> Tuesdays	Families of Wounded Warriors; support and resource referrals	Fred'burg Bptist Church, 1019 Princess Anne St., Rm A202, Fred'burg 22401	6 – 8 p.m.	Ashley Hough (540)-273-4733 <a href="mailto:ahough@rappahannockareacs.org">ahough@rappahannockareacs.org</a>
4 <sup>th</sup> Tuesdays	Families of Wounded Warriors; support and resource referrals	Porter Branch Library, Rm A 2001 Parkway Blvd., Stafford	6 – 8 p.m.	Ashley Hough (540)-273-4733 <a href="mailto:ahough@racs.org">ahough@racs.org</a>

Wednesdays	Women's Self-Empowerment Group	405 Bridgewater St., Fred 22401 (ring doorbell)	12 – 2 p.m.	Contact 540 369-2797 or cbs.sears@gmail.com
Wednesdays	Mental Wellness Support Group	Mary Wash Hospital*, 1- West A Conference Rm (thru main doors, take 1st left corridor)	7 – 8:30 p.m.	Karen Kallay, (540) 373-1744 kakallay@gmail.com NAMI "Connection" format
Wednesdays	Nar-Anon Support Group for involved family	161 Embrey Mill Road, Rm 216,, Stafford	7:00 p.m.	DeBord Ebenezer United Methodist Church
Thursdays	Wounded Warriors, all eras, support, referrals	Fred'burg Baptist Church, Princess Anne St. @ Amelia St., Rm PA111	6 – 8 p.m.	Chris Mitchell (540) 604-3657 <a href="mailto:cmitchell@rappahannockareacs.org">cmitchell@rappahannockareacs.org</a>
Thursdays	Smart Recovery, from any addictive behavior <a href="http://www.smartrecovery.org">www.smartrecovery.org</a>	Church of Christ, 336 Riverside Dr, Fred	6:30 – 8:30 p.m.	Cindee Dickens, PRS (peer) 540 623-6539; cynthia_dickens@hotmail.com
Thursdays	LGBTQ Group for teens age 15 – 19	St. Georges Episcopal Church, Princes Anne St @ George; Fred.	6:30 – 8:00 p.m.	Katie Fields, 540 907-4555 X 111 or <a href="mailto:counseling@fahass.org">counseling@fahass.org</a>
Fridays	Hunger for Hope; adults, addiction recovery	600 Jackson St, Fred'burg, Room 208; (Branscom / RACSB building)	3:30 – 4:30	Jeremy Burton, 540 373-3223, X 8575 <a href="mailto:jburton@rappahannockareacs.org">jburton@rappahannockareacs.org</a>
Fridays	Veterans Peer Support Group, all military branches and eras	Fred VFW Post, 2701 Freedom Lane, Rte 1 & Princess Anne St., near bridge	9 – 10:30 a.m.	Norris (540) 786-2352 or Brad (540) 371-5665
Fridays	Peer to Peer, Hands of Hope, MAT participants	RACSB, 600 Jackson St., Fred.	3:30 – 4:30 p.m.	Jeremy Burton, (540) 373-3223 RACSB <a href="mailto:jburton@rappahannockareacs.org">jburton@rappahannockareacs.org</a>
Saturdays	General Support, emotional or substance challenges	405 Bridgewater St., Fred 22401 (ring doorbell)	Noon – 2:00	Led by CPRS (peer), 540 369-2797 or <a href="mailto:gina.rim@yahoo.com">gina.rim@yahoo.com</a>

Please send updates and corrections to [kakallay@gmail.com](mailto:kakallay@gmail.com).



# It's Never too Early to Talk Suicide Prevention

Did you know that suicide is the second leading cause of death for young people between ages 10 to 24? This public health issue affects everyone: families, friends, healthcare providers, school personnel, faith communities, and others.

We all can help prevent suicide:

- Learn the warning signs.
- Understand how to help a person who may be having thoughts of suicide.
- Become knowledgeable of local resources.
- Recognize the importance of lethal means safety.

## RAAC

Rappahannock Area Autism Council

### Two Opportunities:

**Lunch and Learn**  
February 27, 2020  
12:00 p.m. to 1:00 p.m.

**Evening Session**  
April 23, 2020  
6:00 p.m. to 7:30 p.m.

**Disability Resource Center**  
904 Progress St.  
Fredericksburg, VA 22401





**QUALITY CONNECTIONS**  
**Community Information Sessions**  
**Sponsored by**  
**The disAbility Resource Center**  
**and**  
**The Alzheimer’s Association**



The disAbility Resource Center and the Alzheimer’s Association in Fredericksburg are sponsoring a series of FREE informational training sessions for community members and professionals on local programs, services, and agencies that focus on people with disabilities and other chronic diseases. Sessions will be held the first Wednesday of the month at the dRC from 10:30am to 12:30pm. Please register for February session at <https://qualityconnectionsfeb.eventbrite.com>

<u>Date</u>	<u>Topic</u>	<u>Presenters</u>
February 5	Series goal & overview. Introduction to Alzheimer’s Assoc. & dRC	Lori Myers Tennie Gratz
March 4	I Have a Disability Now What	Tennie Gratz, Kim Lett
April 1	Healthy Mind, Healthy Body	Lori Myers
May 6	Waivers	Tennie Gratz
June 3	10 Warning Signs of Dementia	Lori Myers
July 1	Understanding Dementia & Alzheimer’s	Lori Myers
August 5	Deaf & Hard of Hearing Programs, Equipment & Apps	Rebecca Bennett
Sept. 2	5 Wishes— Develop a Living Will with a Heart and Soul	TBD
October 7	Address the Stress: Compassion Fatigue & Burn Out	Lori Myers Tennie Gratz

Lori Myers is Regional Director of the Alzheimer’s Assoc. in Fredericksburg, [lmeyers@alz.org](mailto:lmeyers@alz.org)  
 Tennie Gratz is Long Term Care Medicaid Specialist with the dRC, [tgratz@cildrc.org](mailto:tgratz@cildrc.org)  
 Kim Lett is Program Manager & Deputy Director of the dRC, [klett@cildrc.org](mailto:klett@cildrc.org)  
 Rebecca Bennett is Deaf & Hard of Hearing Coordinator at the dRC, [rbennett@cildrc.org](mailto:rbennett@cildrc.org)  
 dRC, 540-373-2559 Alzheimer’s Assoc., 540-370-0835, ext. 8407





# 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.

## Wellness Apps

**Anxiety Relief Hypnosis** – App helps improve relaxation and reduce anxiety. *(Free; iPhone and Android)*

**Bipolar Disorder Connect** – Connects people with Bipolar disorder around the world. Gives you access to a community of people living with the condition. App also features tracking to help monitor moods. *(Free; iPhone)*

**Breathe2Relax** – Stress management tools that teaches users diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response. Great option for people suffering from PTSD. *(Free iPhone; and Android)*

**Calm** – Designed to reduce anxiety, improve sleep, and help you feel happier. Calm focuses on four key areas of meditation, breathing, sleep, and relaxation. Meditation sessions are available in length of 3-25 minutes, to fit with your schedule. *(Free; iPhone and Android)*

**Calm Harm** – provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalize the app if you so wish. You will be able to track your progress and notice change. Please note the app is an aid in treatment but does not replace it. *(Free; iPhone and Android)*

**CBT Thought Record Diary** – Document negative emotions, analyze flaws in your thinking and reevaluate your thoughts. *(Free; iPhone and Android)*

**Happify** – A space to overcome negative thoughts and stress and build resilience. Provides areas of CBT, positive psychology and mindfulness to break old and unhealthy patterns and form healthy habits. *(Free; iPhone and Android)*

**Life Armor** – Comprehensive learning and self-management tool to assist with common mental health concerns. Contains information on 17 topics, including sleep, depression, anger, relationship issues, substance use, and post-traumatic stress. Brief self-assessments help the user to measure and track their symptoms, and tools are available to assist with managing specific problems.

**nOCD** – Help OCD specialist and patients incorporate two treatments. Mindfulness and Exposure Response Prevention Team. *(Free; iPhone)*

**Mind Shift** – Designed specifically for teens and young adults. Stresses the importance of changing how you look at anxiety rather than avoid anxious feelings. *(Free; iPhone and Android)*

**MindTools** – Supports people with clinical depression. Discovers helpful videos that can improve your mood and behavior using CBT principles. *(Free; iPhone and Android)*

**Moodpath** – Goal is to support you through the difficult times with your mental health and guide you to the other side. Asks daily questions in order to assess your well-being and screen for symptoms of depression. Screening progress aims to increase awareness of your thoughts, emotions and feelings. *(Free; iPhone and Android)*

**MY3** – For people who are depressed and suicidal. Also, trains users to recognize suicide warning signs in others. Create your own safety plan asking you to think through and list your own warning signs, coping strategies and support network. *(Free; iPhone and Android)*

**nOCD** – Help OCD specialist and patients incorporate two treatments. Mindfulness and Exposure Response Prevention Team. *(Free; iPhone)*

**Pacifica** – Helps with anxiety and stress. Provides a toolbox to deal with daily anxiety and stress, along with highly supportive communities of like-minded individuals. *(Free; iPhone and Android)*

**Parenting2Go App** – Helps Veterans and Service Members reconnect with their children and provides convenient tools to strengthen parenting skills. Parents can find quick parenting advice; relaxation tools to use when frustrated or stressed; tools for positive communication; and strategies to switch gears between military life and home.

**PTSD Coach** – Find support, positive self-talk, and anger management. Tools are based on your own individual needs. *(Free; iPhone and Android)*

**Quit That!** – Helps users beat their habits or addictions. Recovery tool to track and monitor your progress. *(Free; iPhone)*

**Recovery Record** – Anyone who is recovering from an eating disorder. Keeps a record of meals you can eat and how they make you feel using the app's questionnaire. Provides an outlet to vent about food concerns. *(Free; iPhone and Android)*

**Self-Help for Anxiety Management (SAM)** – Users build their own 24-hour anxiety toolkit. Allows you to track anxious thoughts and learn 25 different self-help techniques. *(Free; iPhone and Android)*

**Stigma** – The app recognizes which words you use the most when writing down your feelings allowing you to reflect on why there are your go to emotions. *(Free; iPhone)*

**SuperBetter** – Game focusing on increasing resilience and ability to remain strong. App with help you adopt new habits, improve your skills, strengthen relationships, complete meaningful projects and achieve like long goals. *(Free; iPhone and Android)*

**Talkspace** – Counseling and therapy app that connects users with a convenient, affordable and confidential way to deal with anxiety, stress, depression, relationship issues and chronic illness.

**Take a Break! Guided Meditations for Stress Relief**- From the developers of relaxation apps at Meditation Oasis comes this free app to quickly recharge. Listen to a 7-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds.

**The Concussion Coach App**- Provides you with resources to help you manage symptoms of concussion or mild to moderate traumatic brain injury. Concussion Coach can be used alone, but may be more helpful when used along with treatment from a provider.

**The Mindful Coach App**- Provides you with tools and guided exercises to help you practice mindfulness, which means paying purposeful attention to the present moment without passing judgment on it or your feelings. Mindfulness Coach can be used alone, but it is not intended as a substitute for therapy (iPhone only).

**UCSF PRIME** – Connects people to their peers through a social network interface. Track “challenge goals”, things they’d like to accomplish or improve about themselves. (*Free; iPhone and Android*)

**What’s up** – Uses CBT and ACT methods to help cope with depression, anxiety, stress and more. Uses Positive and negative habit tracker to maintain your good habits and break those that are counterproductive. (*Free; iPhone and Android*)

**WRAP**- Wellness Recovery Action Plan. This app allows you to create and add to your action plan consisting of the wellness toolbox, triggers, early warning signs, and creating a crisis plan.

**7 Cups** – Provides online therapy and emotional support for anxiety and depression. 160,000 trained listeners and licensed therapist who are available anonymously to speak with 24/7.

## 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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