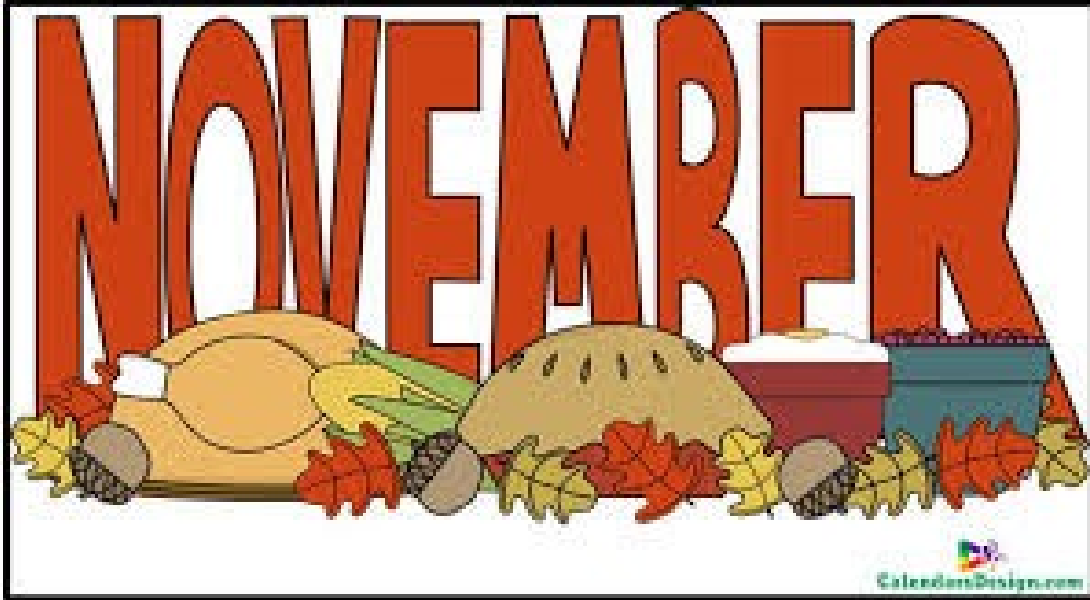


A Free Publication for the Healthcare Community from
Fredericksburg Counseling Services, Inc. (FCS)
Information Needed For Others
"INFO"

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



*November comes and November goes,
With the last red berries and
the first white snows.*

by: Clyde Watson

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

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



Fredericksburg Counseling Services, Inc. is a low-cost community mental health clinic providing counseling for low-income, uninsured, and under-insured individuals and families. The agency is a non-profit 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

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



YOU DON'T NEED TO HAVE THE ANSWER

JUST LISTEN

LET TEENS TALK ABOUT HOW THEY FEEL

NAMIRAPP.COM

With COVID-19, now is a tough time for teenagers. They're feeling frustrated, anxious, depressed, and disconnected. They're missing out on the social connection that is so important to them. Things like sports, academics, social activities, prom and graduation.

Be compassionate and listen to teens when they speak about their worries, fears, and concerns. Validating their feelings is important. Ask how you can support them through this time of uncertainty. You don't have to have answers or do anything. Just listen, validate, and be present.

If your teen prefers to share their feelings with other teens they can contact:

Teen Text Support Line

207-515-8398 (12 pm to 10 pm EST)

The support line is designed for 14 to 20 year olds and is staffed by youth under 23 years of age.

Another resource for teens helping teens is [Teen Line](#). Teens can call, text or email for support.



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 learnig 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 tolls 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 apps 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

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.
