

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

News of "Special Interest"

(JANUARY, 2021).



*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



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

[Table of Contents](#)

Community Bulletin Board

Professional Education Training & Workshops.....	
Spotlight of Support Groups and Programs within the Area.....	3-6
Snowden Support Groups	7
Mental Health	See link
Under 18	See link
Sexual Assault	See link
Addiction	See link
Medical/Disabilities	See link
Seniors	See link
Faith Based Support Groups.....	See link
Families/Parenting, Singles, Women.....	See link
Bereavement/Grief	See link
Military Support Groups	See link
Miscellaneous.....	8
Numbers to know	9



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.

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.
