

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

News of "Special Interest"

(APRIL, 2021).



*April is the month
With many rain showers
We celebrate the start of Spring
And hope for blooming flowers!*

Ms. Mal's Munchkins

**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



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.

Here's What to Expect: Before Your COVID-19 Vaccine Appointment

Because COVID-19 is a new disease with new vaccines, you may have questions about what happens before, during, and after your appointment to get vaccinated. These tips will prepare you for what to expect when you get vaccinated, what information your provider will give you, and resources you can use to monitor your health after you receive the vaccination.

Before Vaccination

- See if COVID-19 vaccination is recommended for you right now.
- Learn more about the [different types of COVID-19 vaccines and how they work](#).
- Learn more about the [benefits of getting a COVID-19 vaccination](#).
- When you get the vaccine, you and your healthcare worker will both need to wear masks that cover your nose and mouth. You will also need to stay 6 feet away from others while inside and in lines. [Learn more about protecting yourself during visits to the doctor or a pharmacy](#).

When You Get Vaccinated

- You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it.
- You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered. Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine.
- All people who get a COVID-19 vaccine should be monitored on-site. Learn more about [COVID-19 vaccines and rare severe allergic reactions](#).

After Vaccination

- With most COVID-19 vaccines, you will need two shots in order for them to be effective. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- Ask your healthcare provider about getting started with v-safe, a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. V-safe also reminds you to get your second dose if you need one. Learn more at www.cdc.gov/vsafe.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.



To keep up to date with my thoughts on the issues you care most about, sign up [here](#)."

Sincerely,

Rob

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.



Dominion Raceway & Entertainment opens for our 2021 NASCAR racing season on April 3. Along with NASCAR, there will be road course events, indoor and outdoor live music concerts and hospitality of all kinds. We offer all types of entertainment, advertising and promotions.

Whether you are looking to promote your business to the local community or you are just ready to get out of the house, we offer something for everyone.

For more information you can visit our website: www.dominionraceway.com

You can click OUR EVENTS or SPONSORSHIPS for more information
See you at the races!

Sincerely,

David West
Dominion Raceway & Entertainment
www.dominionraceway.com
540-845-5303

Dominion Raceway & Entertainment | www.dominionraceway.com

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.
