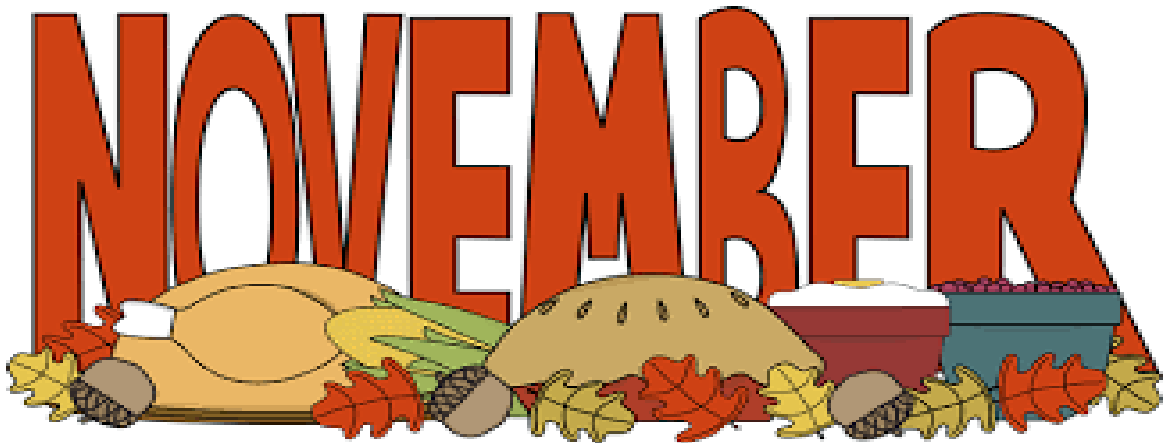


A Free Publication for the Healthcare Community from
Fredericksburg Counseling Services, Inc. (FCS)
Information Needed For Others
"INFO"

News of "Special Interest"

(NOVEMBER 2021)



*"Take a turkey, stuff it fat,
some of this and some of that.
Get some turnips, peel them well.
Cook a big squash in its shell.*

by: Maude M. Grant

**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

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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)

Free, confidential Mental Health Information & referrals, support groups for teens & adults, Senior Visitors program, Suicide Prevention education, and advocacy for policies & programs that impact the lives of people with mental health challenges

540-371-2704 or toll-free 1-800-684-6423 www.mhafred.org

MHAF is located at 618 Kenmore Avenue, Suite 2A,
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

Search

Search

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.



Join us for a walk!

Enjoy good company in the wonders of the Fredericksburg Heritage Trail. All family members, including pets, are invited, and the pace will be "conversational."

When: Sunday, Nov. 7th, 1:00 - 2:00

Location: Old Mill Park (2201 Caroline St, Fredericksburg, VA)

Park in the lot just past the bathrooms (beige building on right). We will meet in the grassy area to the right of the bathrooms. Look for the person wearing a bright green baseball cap.

Questions: Email info@namirapp.org

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.
