

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

News of "Special Interest"

(MARCH, 2022)



*"Winds of March, we welcome you,
There is work for you to do.
Work and play and blow all day,
Blow the winter cold away".*

Author: Unknown

**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

Table of Contents
Community Bulletin Board

Professional Education Training & Workshops.....	
Spotlight of Support Groups and Programs within the Area.....	3-4
Snowden Support Groups	5
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
Did you know?	6
Prosper Tax Service Info.....	7
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)

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

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.

DID YOU KNOW?

You may
qualify for the
Earned Income
Tax Credit
even if you're
single and have
no children.



www.irs.gov/eitcassistant

PROSPER TAX SERVICES

by Rappahannock United Way

UNITED WE SAVE



FREE TAX SERVICES:

If your household income was **\$80,000** or less in 2021, Rappahannock United Way can help you file your taxes for **FREE**.

Forms to gather:

- **Income Forms** (W2, 1099's)
- **Unemployment Forms** (1099-G) if applicable
- **Photo ID** (for each person filing)
- **Social Security Card** (for each person filing and all dependents)
- **Household Health Insurance Coverage Information** (1095-A)
- **Married Filing Jointly?** Both parties must be present to sign the return prior to filing

VIRTUAL FILING:

Rappahannock United Way has two virtual free filing options:

- MyFreeTaxes.com - File your federal and state taxes for free online and on your own.
- GetYourRefund.org - File your taxes online for free with help from a volunteer using Code for America's IRS-certified tax help.

TAX SEASON DATES:

January 31st - April 18th

Rappahannock United Way will be offering 100% virtual free tax services in 2022.

For more information please visit:

WWW.RUWFREETAXES.ORG

Please contact Rappahannock United Way directly to request special accommodations.

Email: taxhelp@rappahannockunitedway.org

Phone: (540) 373-0041 Ext. 300

DOCUMENT DROP-OFFS:

All document drop-offs at RUW must be scheduled by visiting www.RUWFREETAXES.org. Walk-ins are unavailable.

- *RUW Site: January 31st- April 18th*
 - Mondays: 12PM-3PM
 - Wednesdays: 3PM-7PM
 - Fridays: 1PM-4PM
 - Saturdays: 9AM-1PM

Drop-offs without an appointment will not be accepted.

QUESTIONS?

For information or to schedule an appointment, visit: www.RUWFREETAXES.org

Contact the Tax Team:

Email: taxhelp@rappahannockunitedway.org

Phone: 540-373-0041 ext. 300

**PROSPER
TAX SERVICES**
by Rappahannock United Way

WWW.RUWFREETAXES.ORG

Rappahannock United Way works hard to build a community that is hopeful, resilient, and self-sufficient through programs in Education, Financial Stability, and Healthy Living.



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.
