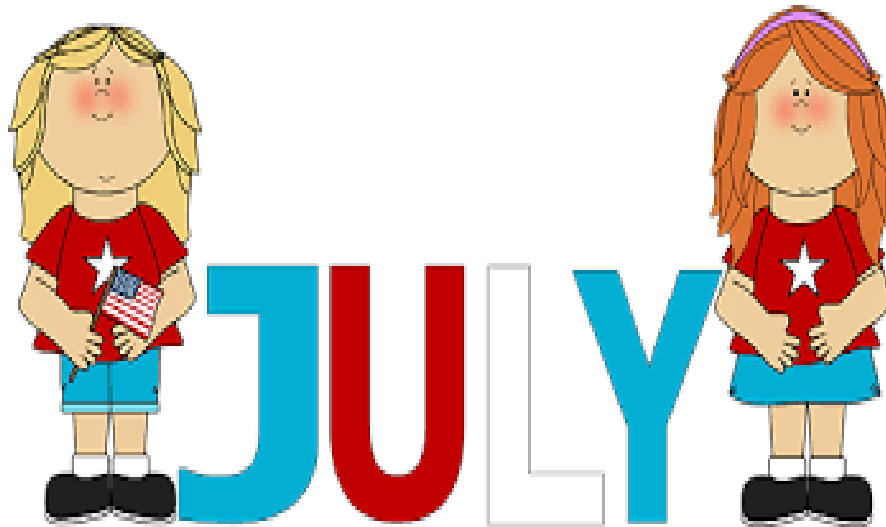


A Free Publication for the Healthcare Community from  
Fredericksburg Counseling Services, Inc. (FCS)  
Information Needed For Others  
"INFO"

News of "Special Interest"

(JULY, 2022)



*"Roses bright and sunshine clear,  
show that lovely July is here."*

*by F. G Sanders*

**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
Need A Ride.....	6
Live Music at the Co-op.....	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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.



## **NEED A RIDE? RIDE UNITED IS HERE TO HELP!**

Rappahannock United Way is committed to reducing transportation barriers that prevent individuals and families from accessing healthcare, getting quality jobs, completing education programs, and more.

Transportation has proven to be a key issue for many individuals seeking services to support pandemic recovery. Ride United now offers round-trip, on-demand Lyft rides to connect community members to many critical services.

Rappahannock United Way can provide free rides (up to \$25) each way. Multiple requests can be made. Eligible riders must be a resident of the Greater Fredericksburg Region, over 18 years of age, and have no other transportation options available. Requested rides must be at a reasonable distance, and riders must have a smartphone and an active Lyft account via the Lyft app.

[Learn more about Ride United.](#)

Food Co-op

[320 EMANCIPATION HWY, FREDERICKSBURG](#)

# LIVE MUSIC NIGHT At the Co-op



**Thursday, July 7 • 5:30 - 7:30 pm**

**WELLBILLIES**



Wellbillies play the classic country music of the 1950s-70s  
from Nashville, Bakersfield, and Austin.  
Y'all come!

## 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](mailto: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](http://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.

\*\*\*\*\*