

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

News of "Special Interest"

(SEPTEMBER, 2022)



"By all these lovely tokens  
September days are here,  
With summer's best of weather  
And autumn's best of cheer."

*By: Helen Hunt Jackson*

**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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Depression and Bipolar Support Alliance of Virginia  
(DBSAVA)

15<sup>th</sup> Annual Weekend Mental Health Recovery  
Retreat

*For Peers, Family Members  
and Friends*

Saturday, September 17<sup>th</sup> 2022, 9AM to 5:30PM  
and Sunday, September 18<sup>th</sup> 2022, 9AM to 6PM

*Join us from the comfort of your home via Zoom.*

Please contact Sharon Martin at 571-414-9072 or  
[sharonmartindbsa@yahoo.com](mailto:sharonmartindbsa@yahoo.com) to register and get more information.

**Topics to include**

**We Can Make It Work!**

**Out of Isolation and Into Connection!**

**Express Yourself!**

**Disability Benefits and Special Needs Trusts!**

Sponsored by a federal grant from the Department of Health and Human Services, Substance Abuse and Mental Health



## **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

**SNOWDEN SUPPORT GROUPS**

DAY	TIME	ROOM	GROUP	DESIGNEE	PHONE
<b>MONDAY</b>					
	8:15 -9:15	119	AA	Marty B Jill	804.448.1646 540-809-9552
	5-8	119	Adult IOP	Carolyn	X17156
<b>TUES.</b>	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
<b>WED.</b>					
	6-9	119A &B	Adult IOP	Carolyn	x17156
<b>THURS.</b>	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
<b>FRIDAY</b>					
	7-8	119A	Rainbow AA	Tina	540-361-1503
<b>SAT.</b>	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
<b>SUNDAY</b>	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.



# WHAT IS 988?

**988 IS THE NEW THREE-DIGIT DIALING/TEXT CODE CONNECTING PEOPLE TO THE EXISTING NATIONAL SUICIDE PREVENTION LIFELINE, WHERE COMPASSIONATE, ACCESSIBLE CARE AND SUPPORT IS AVAILABLE FOR ANYONE EXPERIENCING MENTAL HEALTH-RELATED DISTRESS. THIS COULD INCLUDE THOUGHTS OF SUICIDE, A MENTAL HEALTH OR SUBSTANCE USE CRISIS, OR ANY OTHER KIND OF EMOTIONAL DISTRESS. PEOPLE CAN ALSO DIAL OR TEXT 988 IF THEY ARE WORRIED ABOUT A LOVED ONE WHO MAY NEED CRISIS SUPPORT.**

## 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/>

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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.

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