

**Updated: October 2011**

Serving the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford.

This guide groups agencies according to the services and information they provide.

This is a partial listing of services in Planning District 16 and does not include all the services provided by each agency.

This is not an all-inclusive list. For a complete listing of services provided in Planning District 16, log on to [www.rappahannockunitedway.org](http://www.rappahannockunitedway.org) and download the Community Connections Directory.

## General Information

2-1-1 Virginia 211

## Public Service Agencies

### *Department of Social Services (DSS):*

Caroline (804) 633-5071  
 Fredericksburg City (540) 372-1032  
 King George (540) 775-3544  
 Spotsylvania (540) 507-7898  
 Stafford (540) 658-8720  
 Westmoreland (804) 493-9305

### *Health Department:*

Caroline (804) 633-5465  
 Fredericksburg City (540) 899-4142  
 King George (540) 775-3111  
 Spotsylvania (540) 507-7400  
 Stafford (540) 659-3101  
 Westmoreland (804) 493-1124

### *Rappahannock Area Community Services Board:*

Caroline (804) 633-9997  
 Fredericksburg (540) 373-3223  
  
 King George (540) 775-9879  
 Stafford (540) 659-2725  
 Spotsylvania (540) 582-3980

## Abuse/Violence

Adult Protective Service *Call local DSS office listed*  
 Child Abuse and Neglect Hotline (800) 552-7096  
 Rapp Council Against Sexual Assault (540) 371-1666 (TTY)  
 Rapp Council on Domestic Violence (540) 373-9373  
*Victim Witness Assistance Program:*  
 Caroline (804) 633-8037  
 Fredericksburg (540) 372-1040  
 King George (540) 775-4442  
 Spotsylvania (540) 507-7666  
 Stafford (540) 658-4301

## Childcare

The Child Care Network (referrals) (540) 373-3275

## Counseling

Catholic Charities (540) 371-1124  
 Fredericksburg Counseling Services (540) 373-2320  
 Mental Health America (referrals) (540) 371-2704  
 Rapp Area Community Services Board *Call local office listed*  
  
 Snowden at Fredericksburg (540) 741-3900

## Dental Services

VCU School of Dentistry (804) 828-9190  
 Lloyd Moss Free Clinic (540) 741-1061

## Disability Services

DisAbility Resource Center (540) 373-2559  
 Dept of Rehabilitative Services (540) 899-4161

## Disability Services - Developmental

Arc of Rappahannock, Inc. (540) 318-6061  
 Child Development Center (540)-891-3151  
 Rapp Area Community Services Board *Call local office listed*

## Disaster Services

Fire/Rescue/Police 911  
  
 American Red Cross, Rapp Area Chapter (540) 735-0500

## Employment

Dept of Rehabilitative Services (540) 899-4161  
 Employment Resources, Inc (540) 372-6710  
 Rappahannock Goodwill Industries (540) 371-3070  
 Spotsylvania Career & Tech Center (540) 898-2655  
 Virginia Employment Commission: (540) 322-5757

## Eye Exam/Glasses/Hearing Aids

*Call local DSS office listed for Lions Club application*

## Financial Counseling

Clearpoint Financial Solutions (540) 371-7575  
 Department of Social Services *Call local office listed*  
 Quin Rivers (540) 368-5553

## Financial Assistance

2-1-1 Virginia 211  
 The Salvation Army (540) 373-3431

**Food Stamps***Call local DSS office listed***Food Pantries**

Fredericksburg Area Food Bank (540) 371-7666  
 2-1-1 Virginia 211

**Health/ Medical Assistance***Free or Low cost clinics:*

Community Health Center of the Rappahannock Region (540) 735-0560  
 Lloyd Moss Free Clinic (540) 741-1061  
 F'burg Christian Health Center (540) 785-8500  
 McGuire VA Clinic (veterans) (540) 370-4468  
 Medical College of Virginia Hospital (804) 828-9000  
 Northern Neck Free Health Clinic (804) 435-0575  
 Caroline Christian Health Center (804) 448-1380

*Call local office listed**Home Health Care:*

Interim Health Care (540) 785-1577  
 MW Hospital Home Health Agency (540) 741-1667

*Hospice:*

Hospice Support Care, Inc. (540) 361-7071  
 Hospice Support Services (804) 333-0084  
 Mary Washington Hospice (540) 741-3580

*Insurance:*

FAMIS *Call local DSS office listed*  
 Medicaid *Call local DSS office listed*  
 VA Medical Plans (888) 396-2341

**Housing***Housing – Financial Assistance*

Central Virginia Housing Coalition (540) 604-9943  
 Quin Rivers HIP Rent Assistance (540) 368-5553  
 SERVE, Inc. (540) 288-9603

*Housing Loan Programs:*

Central Virginia Housing Coalition (540) 604-9943  
 Direct Homeownership Assistance (540) 372-1179  
 Quin Rivers – Mortgage Assistance (540) 368-5553  
 USDA Rural Development (540) 899-9492

*Housing-Repair/Rehab or new construction:*

Emergency Home Repair Program (540) 372-1179  
 Fredericksburg Habitat for Humanity (540) 891-5009  
 Indoor Plumbing & Renovation (540) 604-9943

Rebuilding Together (repair) (540) 373-9807  
 Rapp Area Agency on Aging (540) 371-3375

*Rental Housing for disabled people*

Project FAITH (540) 775-3492  
 HOME, Inc (540) 361-7477

**Housing** continued...*Emergency Shelter:*

Micah Ministries (Cold Night Shelter) (540) 479-4116  
 Thurman Brisben Center (540) 899-9853

*Domestic Violence Shelter:*

Rapp Council on Domestic Violence (540) 373-9373  
 Haven Shelter and Services, Inc (804) 333-5370

*Women and Children Shelter*

Hope House–Rappahannock Refuge (540) 371-0831

**Holiday Assistance**

*Contact Rapp United Way for Listing* (540) 373-0041

**Legal Assistance**

Legal Services of NOVA (703) 778-6800  
 Rappahannock Legal Services (540)371-1105

**Mental Health Resources**

Mental Health America (540) 371-2704

Rapp Community Services Board *Call local office listed*

**Pregnancy Services/Family Planning**

Planned Parenthood (804) 355-4358  
 Bethany Christian Services (540) 373-5165  
 Birthright of Fredericksburg (540) 371-6119  
 Health Department *Call local office listed*  
 Children’s Home Society (540) 226-0583

**Senior Services**

Rapp Area Agency on Aging (540) 371-3375  
 Senior Visitors Program (540) 371-2704

**Transportation***General:*

“FRED” Regional Transit (540) 372-1222  
 Mobility Options (GWRC) (800) 627-2892

*Medical:*

LifeCare Medical Transports, Inc (540) 752-7721  
 Logisticare-Medicaid Transportation (866) 386-8331  
 Rapp Area Agency on Aging (540) 371-3375  
 Mobility Options (GWRC) (800) 627-2892

**Volunteer Services**

Rappahannock United Way – Volunteer Services (540) 373-0041