



Rappahannock United Way's Quick Guide



Updated January 2008

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 listing represents the top services requested by callers in 2005-2006. This is not an all-inclusive list.

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	<i>Call local DSS office listed</i>
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
Volunteer Emergency Families for Children	(540) 663-3950

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
Rappahannock Area Community Services Board	<i>- Call local office listed</i>
Snowden at Fredericksburg	(540) 741-3900

Dental Services

A.D. Williams Clinic	(804) 828-0805
Lloyd Moss Free Clinic	(540) 741-1061
VCU School of Dentistry	(804) 828-9190
Bragg Hill Family Life Center	(540) 371-3662

Disability Services

disAbility Resource Center	(540) 373-2559
Department of Rehabilitative Services	(540) 899-4161

Disability Services - Developmental

Arc of Rappahannock, Inc.	(540) 899-3789
Child Development Center	(540)-891-3151
Rappahannock Area Community Services Board	<i>- Call local office listed</i>

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
Jackson Pierce -Job Corps	(804) 340-5540
Rappahannock Goodwill Industries	(540) 371-3070
Spotsylvania Career & Tech Center	(540) 898-3806
Virginia Employment Commission:	(540) 898-3806

Eye Exam/Glasses/Hearing Aids

Call local DSS office listed for Lions Club application

Female Ex-offenders

New Vision (services for women) (540) 361-1823

Financial Counseling

Clearpoint Financial Solutions	(540) 371-7575
Hope Community DevelopmentCorp	(540) 548-8681
Department of Social Services -	<i>Call local office listed</i>

To update this listing call Rappahannock United Way (540) 371-5268.

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:*

F'burg Christian Health Center (540) 785-8500
 Lloyd Moss Free Clinic (540) 741-1061
 MWH Regional Mobile Health (540) 741-7822
 McGuire VA Clinic (veterans) (540) 370-4468
 Medical College of Virginia Hospital (800) 762-6161
 Northern Neck Free Health Clinic (804) 435-0575
 Caroline Christian Health Center (804) 448-1380
 Community Health Center of the Rappahannock Region (540) 735-0560

Health Department *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*
 Medicare - Social Security Admin (540) 898-1314

Housing*Housing-Financial Assistance:*

Central Virginia Housing Coalition (540) 604-9943
 Quin Rivers HIP Rent Assistance (540) 368-2700
 S.E.R.V.E., 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) 368-2700
 USDA Rural Development (540) 899-9492

Housing-Repair/Rehab or new construction:

Emergency Home Repair Program (540) 372-1179
 Virginia Cooperative Extension (540) 658-8000
 Fredericksburg Habitat for Humanity (540) 891-5009

Housing continued...

Indoor Plumbing & Renovation (540) 604-9943
 Rebuilding Together (repair) (540) 373-9807
 Rapp Area Agency on Aging (540) 371-3375

Rental Housing for people w/disabilities:

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

Emergency Shelter:

Cold Night Shelter (seasonal) (540) 373-4402
 Thurman Brisben Center (540) 899-9853

Domestic Violence Shelter:

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

Women and Children Shelter

Hope House–Rappahannock Refuge (540) 371-0831

Holiday Assistance

Contact Rapp United Way for Listing (540) 371-5268

Legal Assistance

Rappahannock Legal Services (540) 374-9101

Mental Health Resources

Mental Health America (540) 371-2704
 Rappahannock Area Community Services Board
- Call local office listed

Pregnancy Services/Family Planning

Planned Parenthood (800) 230-7526
 Bethany Christian Services (540) 373-5165
 Birthright of Fredericksburg (540) 371-6119
 Health Department *Call local office listed*

Senior Services

Rapp Area Agency on Aging (540) 371-3375

Transportation*General:*

“FRED” Regional Transit (540) 372-1222

Medical:

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

Volunteer Services

Volunteer Services (540) 371-5268