



Rappahannock United Way

Rappahannock United Way's Quick Guide



Rappahannock United Way

Updated: March 2020

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. The information and content in this Quick Guide have been collected through good faith for the benefit of the community at large. Inclusion in the Quick Guide does not imply Rappahannock United Way membership, funding or endorsement, nor does exclusion imply disapproval. This is not an all-inclusive list. For a complete listing of services provided in Planning District 16, dial 2-1-1 or visit www.211virginia.org.

General Information

2-1-1 Virginia 211
From a non-VA phone dial: (800) 230-6977

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 & Adult Abuse/ Neglect Hotline (800) 552-7096
RCASA Hotline (540) 371-1666
Empowerhouse (540) 373-9373
Victim Witness Assistance Program
(Commonwealth Attorney's Offices):

Caroline (804) 633-8037
Fredericksburg (540) 372-1040
King George (540) 775-0896
Spotsylvania (540) 507-7650

Stafford (540) 658-4301

Childcare

The Child Care Network (childcare info) (540) 373-3275

Ex-Offenders

DSS Re-entry Program (540) 899-4178
(parents being released from jail)

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
Germanna Dental Hygiene Clinic (540) 423-9833

Disability Services

disAbility Resource Center (540) 373-2559
Dept for Aging & Rehabilitative Services (540) 899-4161

Disability Services - Developmental

Rapp Area Community Services Board *Call local office listed*
VCU Developmental Pediatrics (888) 628-4240

Disaster Services

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

Employment

Dept of Rehabilitative Services (540) 899-4161
Employment Resources, Inc.(18-24yrs) (540) 372-6710
Germanna Adult Career Center (540) 736-8041
Rappahannock Goodwill Industries (540) 371-3070
Virginia Employment Commission (540) 322-5757
Fredericksburg Workforce Center, VA EC, Germanna

Eye Exam/Glasses/Hearing Aids

Call local DSS office listed for Lions Club application

Financial Counseling/Education

Central VA Housing Coalition (540) 604-9943
(classes)
Clearpoint Financial Solutions (877) 877-1995
Department of Social Services *Call local office*

Quin Rivers (mortgage related) (540) 368-2700

Financial Assistance

2-1-1 Virginia 211
The Salvation Army (540) 373-3431
• (If none available, request a Utilities resource list)

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 / Rapp. Region (540) 735-0560
 Lloyd Moss Free Clinic (540) 741-1061
 Fredericksburg Christian Health (540) 785-8500
 McGuire VA Clinic (outpatient) (540) 370-4468
 VCU Medical (804) 828-9000
 Northern Neck Free Health Clinic (804) 435-0575
 Caroline Christian Health Center (804) 448-1380
 Health Department *Call local office listed*

Home Health Care

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

Hospice

Hospice Support (Westmoreland) (804) 333-0084
 Mary Washington Hospice (540) 741-3580

Insurance

FAMIS / Medicaid *Call local DSS office listed*
 Enroll VA - Healthcare Navigator (540) 741-2447
 VA Medical Plans (888) 396-2341

Housing**Housing – Financial Assistance**

Central Virginia Housing Coalition (540) 604-9943
 Veterans Assistance (SSVF) (703) 341-5077

Current or Imminent homelessness

24/7 Housing and Shelter Line (540) 358-5801

Housing Loan Programs

Central Virginia Housing Coalition (540) 604-9943
 Homeownership Assistance (22401 only) (540) 372-1179
 USDA Rural Development (540) 899-9492x110

Housing-Repair/Rehab or new construction

Emergency Home Repair (22401) (540) 372-1179
 Fredericksburg Habitat for Humanity (540) 891-5009
 Healthy Gen Area Agency on Aging (540) 371-3375
 Rebuilding Together (repairs in Spotsy, Stafford, Fredericksburg) (540) 373-9807

Rental Housing for people with disabilities

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

Housing continued...**Emergency Shelter**

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

Domestic Violence Shelter

Empowerhouse (540) 373-9373
 Haven Shelter and Services, Inc (804) 333-5370
FamilyTransitional Shelter
 Hope House–Rappahannock Refuge (540) 371-0831

Holiday Assistance

2-1-1 Virginia 211

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 Area Community Services Board *Call local office listed*

Pregnancy Services/Family Planning

Bethany Christian Services (540) 373-5165
 Birthright of Fredericksburg (540) 898-8558
 Children's Home Society (540) 226-0583
 Fredericksburg Pregnancy Center (540) 370-1800
 Planned Parenthood (804) 355-4358
 Health Department *Call local office listed*

Senior Services

Healthy Generations Agency on Aging (540) 371-3375
 MHAF Senior Visitors Program (540) 371-2704

Tax Services

Free Tax Preparation Services (540) 373-0041
 IRS (540) 899-9450

Transportation**General**

“FRED” Regional Transit (540) 372-1222
 Mobility Options (800) 262-4012

Medical

LifeCare Medical Transports (540) 752-7721
 Logisticare Medicaid Transportation (866) 386-8331
 Mobility Options at (540) 656-2985
 Healthy Generations Agency on Aging

Volunteer Services

Rapp United Way – Volunteer Center (540) 373-0041

2-1-1 Virginia 211

From a non-VA phone dial: (800) 230-6977

Veterans Hotlines (National)

Help for Homeless Vets (877) 424-3838
 Veteran's Crisis Line (800) 273-8255