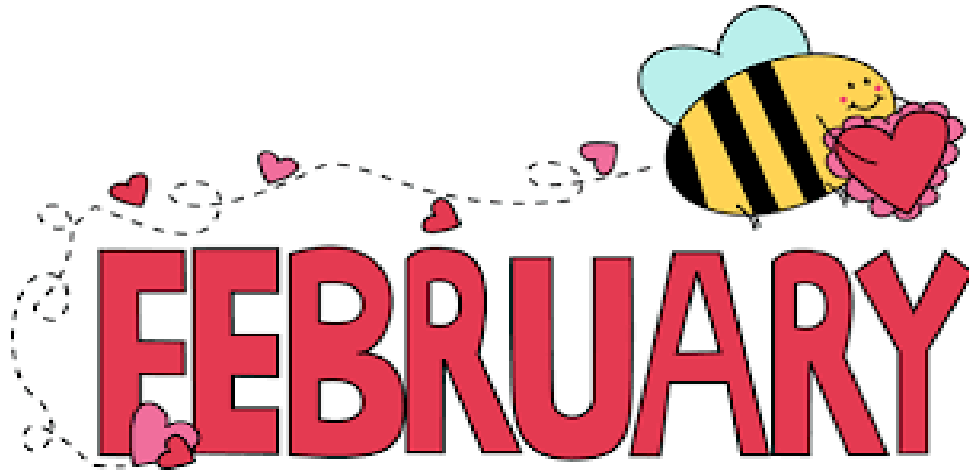


A Free Publication for the Healthcare Community from  
Fredericksburg Counseling Services, Inc. (FCS)  
Information Needed For Others  
"INFO"

News of "Special Interest"

(FEBRUARY, 2022)



The second month, the second day,  
We know is Groundhog's Holiday.

*Author: Unknown*

**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](mailto:fcsagency@aol.com)

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## **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
<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.

## CDC Shortens Isolation and Quarantine Periods

On January 4, CDC released additional guidance about shorter isolation and quarantine periods for the general public. This guidance also applies to K-12 schools, institutes of higher education, and workplaces, but not to healthcare settings or high-risk congregate settings, such as correctional and detention facilities, homeless shelters, or cruise ships. For people infected with COVID-19, CDC shortened the isolation period to stay at home from 10 days to at least five days with an additional five days of wearing a well-fitting mask when around others at home or in public if symptoms have resolved. Getting tested with an antigen test at least five days after symptom onset (or five days after the initial positive test if asymptomatic) is recommended to determine if isolation at home should be continued, but it is not required.

People with severe COVID-19 or immunosuppressed patients are advised to isolate for at least 10 days and follow the recommendations from their healthcare provider. People who have close contact exposure to someone infected with COVID-19 and are asymptomatic are advised to wear a well-fitting mask and monitor their health for 10 days after the exposure. Certain exposed people, based on their vaccination and booster status, also need to quarantine at home. The period of quarantine at home was shortened from 14 days to at least five days after exposure, with an additional five days of wearing a well-fitting mask when around others at home or in public. For anyone who is exposed, getting tested with an antigen or PCR test at least five days after exposure is recommended, but it is not required. VDH adopted these isolation and quarantine updates and is revising our websites and resources as quickly as possible.

Thank you again for your continued partnership as we respond to the COVID-19 pandemic. My appointment as Virginia's State Health Commissioner ends on January 14. It has been a true honor to work alongside you and serve all Virginians in this role since 2018 and throughout this pandemic.

Sincerely,

M. Norman Oliver, MD, MA  
State Health Commissioner

# PROSPER TAX SERVICES

by Rappahannock United Way

## UNITED WE SAVE



## FREE TAX SERVICES:

If your household income was **\$80,000** or less in 2021, Rappahannock United Way can help you file your taxes for **FREE**.

Forms to gather:

- **Income Forms** (W2, 1099's)
- **Unemployment Forms** (1099-G) if applicable
- **Photo ID** (for each person filing)
- **Social Security Card** (for each person filing and all dependents)
- **Household Health Insurance Coverage Information** (1095-A)
- **Married Filing Jointly?** Both parties must be present to sign the return prior to filing

## VIRTUAL FILING:

Rappahannock United Way has two virtual free filing options:

- MyFreeTaxes.com - File your federal and state taxes for free online and on your own.
- GetYourRefund.org - File your taxes online for free with help from a volunteer using Code for America's IRS-certified tax help.

## TAX SEASON DATES:

January 31st - April 18th

Rappahannock United Way will be offering 100% virtual free tax services in 2022.

For more information please visit:

**WWW.RUWFREETAXES.ORG**

Please contact Rappahannock United Way directly to request special accommodations.

Email: [taxhelp@rappahannockunitedway.org](mailto:taxhelp@rappahannockunitedway.org)

Phone: (540) 373-0041 Ext. 300

## DOCUMENT DROP-OFFS:

All document drop-offs at RUW must be scheduled by visiting [www.RUWFREETAXES.org](http://www.RUWFREETAXES.org). Walk-ins are unavailable.

- *RUW Site: January 31st- April 18th*
  - Mondays: 12PM-3PM
  - Wednesdays: 3PM-7PM
  - Fridays: 1PM-4PM
  - Saturdays: 9AM-1PM

*\*Drop-offs without an appointment will not be accepted.\**

### QUESTIONS?

For information or to schedule an appointment, visit: [www.RUWFREETAXES.org](http://www.RUWFREETAXES.org)

### Contact the Tax Team:

Email: [taxhelp@rappahannockunitedway.org](mailto:taxhelp@rappahannockunitedway.org) Phone: 540-373-0041 ext. 300

**PROSPER  
TAX SERVICES**  
by Rappahannock United Way

**WWW.RUWFREETAXES.ORG**

Rappahannock United Way works hard to build a community that is hopeful, resilient, and self-sufficient through programs in Education, Financial Stability, and Healthy Living.



## 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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