



Rappahannock United Way's Quick Guide



Updated: January 2022

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

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

Department of Health

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

Rapp. Area Community Services Board (RACSB)

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
Sexual Assault Hotline (540) 371-1666
Domestic Violence Helpline (540) 373-9373

Victim Witness Assistance Program:

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 (540) 373-3275

Ex-Offenders

DSS Re-entry Program (540) 899-4178
Failsafe ERA (540) 479-3021

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

Eye Exam/Glasses/Hearing Aids

Call local DSS office listed for Lions Club application

Financial Counseling/Education

Central VA Housing Coalition (540) 604-9943
One on One Financial Coaching (540) 373-0041
Quin Rivers (540) 368-2700
Financial Education - Group Workshops (540) 373-0041

Financial Assistance

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The Salvation Army (540) 373-3431

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Food Stamps

Call local DSS office listed

Food Pantries

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

Health/ Medical Assistance

Free or Low cost clinics:

Central Virginia Health Services (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 / Hospice:

Interim Health Care (540) 785-1577
MW Hospital Home Health-Hospice (540) 741-1667
Hospice Support (Westmoreland) (804) 333-0084
Mary Washington Hospice (540) 741-3580

Mary Wash. Hospital - Discount Program (540) 741-1041

SingleCare Prescription Discounts (844) 960-6918

FAMIS / Medicaid *Call local DSS office listed*

Health Insurance

Enroll VA - (888) 392-5132
Healthcare Navigator VA Medical Plans

Housing

Housing Helpline (540) 358-5801

Holiday Assistance

2-1-1 Virginia 211

Legal Assistance

Legal Aid Works (540) 371-1105

Mental Health Resources

Mental Health America (540) 371-2704
RACSB General Services *Call local office listed*
RACSB Emergency Services (540) 373-6876

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
Healthy Generations Agency on Aging (540) 656-2985

Volunteer Services

2-1-1 Virginia 211

Veterans Hotlines (National)

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

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.

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