2016-2017
Counseling Resources

CHILD SERVICES

In an emergency, call:  911 or
Go to the nearest Hospital Emergency Room or
Call RACSB Emergency Services 540-373-6876
Suicide Lifeline 800-273-TALK

This is a partial list of providers in the area. If you have health insurance,
please check with your insurance provider to determine if they cover
counseling services and obtain a list of providers.
If you do not have health insurance or a provider does not accept your health insurance,
please ask the counseling provider if they offer a sliding scale
(a fee charged for the service based on your income and ability to pay).

* denotes Medicaid Provider
+denotes Child/Adolescent Psychiatrist
#denotes Spanish-speaking

Tina Almeida, LPC, RPT
305 Hanson Ave. Suite 170
Fredericksburg, VA 22401
(540) 361-4330
**Ages:** child 2+; adolescent autism spectrum disorders

+Ali Altamir, MD
231 Garrisonville Road #205
(703) 879-1542
**Ages:** child & adolescents 3-22

Nicole Anderson, PsyD, LPC
10500 Wakeman Drive
Fredericksburg VA 22407
(540) 419-0229
**Ages:** child 3+; adolescent psychological testing

*Dawn Atkinson, LCSW
11 Hope Rd., Suite 213
Stafford, VA 22554
(540) 658-0888
**Ages:** child 4+; adolescent

Diane Bachman, LCSW
307 Lafayette Blvd Suite 202
Fredericksburg VA 22401
(540) 361-1556 ext 705
Cell: 540-845-7622
**Ages:** child 5+; adolescent

+Valerie Boulware, MD
6330 Five Mile Center Park
Suite 400
Fredericksburg, VA 22407
(540) 548-2960
**Ages:** children, adolescents

Robert Brooks, LCSW
3516 Plank Road Suite 5-C
Fredericksburg, VA 22407
(540) 786-3049
**Ages:** child 5+, adolescent

*Karin Brown, LCSW
1320 Central Park Blvd suite 218
Fredericksburg, VA 22401
(540) 785-5759
**Ages:** child 7+, adolescent

Wendy Caranante, LCSW, LPC
4528 Plank Road
Fredericksburg 22407
(540) 845-6940
**Ages:** child 4+, adolescent

*George S. Covelli, LPC
2217 Princess Anne Suite 216-1
Fredericksburg, VA 22401
(703) 780-3543
**Ages:** child 4+, adolescent

Anne Devine, MS
1101 Stafford Ave.
Fredericksburg, VA 22401
(540) 371-1124
**Ages:** child 2+, adolescent

Mike Fray, PhD
2636 Caroline Street
Fredericksburg, VA 22401
(540) 899-7762
**Ages:** child 6+, adolescent psychological testing

Kristin Gartner, LPC, NCC
556 Garrisonville Road
Suite 212
Stafford, VA 22554
(540) 602-7615
**Ages:** child 4+, adolescent autism spectrum disorders

Kimberly Harris, LPC
2217 Princess Anne Suite 315-1
Fredericksburg, VA 22401
(540) 273-6859
**Ages:** children 5+, adolescent

Jannan Holmes, LCSW
613 Caroline St. Suite 101
Fredericksburg VA 22401
(540) 370-4596
**Ages:** child 3+, adolescent autism spectrum disorders
*Judy Jacobs, PhD
Christian Family Counseling
1601 B Olde William Street
Fredericksburg, VA 22401
(540) 371-9900
**Ages:** child 5+, adolescent
*autism spectrum disorders

*Roy Jarnecke, PhD
Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
(540) 310-0797
**Ages:** child 6+, adolescent
*psychological testing

*Deborah Jockin, LCSW
Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
(540) 310-0797
**Ages:** child 6+, adolescent
*psychological testing

*Michele Kozlowski, LPC, LMFT
Aquia Counseling & Therapy
305 Hanson Avenue, Suite 170
Fredericksburg, VA 22401
(540) 361-4330
**Ages:** child 5+, adolescent

Lisa LaPier, LCSW
Aquia Counseling & Therapy
305 Hanson Avenue
Fredericksburg, VA 22401
(540) 361-4330
**Ages:** child 8+, adolescent

*#Marianne Redmond Lopez, LCSW
Intuitive Journeys
500 Lafayette Blvd Suite 130
Fredericksburg, VA 22401
(540) 300-1564/(866) 587-0064
**Ages:** child 3+, adolescent
*psychological testing

Nadine Lupton, LCSW
Aquia Counseling & Therapy
385 Garrisonville Road Suite 113
Stafford, VA 22554
(540) 657-1228
**Ages:** child 3+, adolescent

William E. Lynch, PsyD
Child & Adolescent Psychological Services
4607 Harrison Road
Fredericksburg VA 22408
540-898-7995
**Ages:** child 4+; adolescent
*psychological testing

Elena Monti, LCSW
Bright Horizons Counseling
556 Garrisonville Road Suite 212
Stafford, VA 22554
(540) 602-7615
**Ages:** child 2+, adolescent

Genevieve Nehrt, PsyD
Centre Pointe Health
Psychological Services
3920 Plank Road
Suite 120
Fredericksburg, VA 22407
(540) 242-4141
**Ages:** child 4+, adolescent
*psychological testing

Daniel P. Nelson, LPC
2217 Princess Anne St.
Suite 325
Fredericksburg, VA 22401
(540) 369-3549
**Ages:** child 8+, adolescent

*Roger Pasternak, PhD, LCP
Mental Health Resources
412 Chatham Square Office Park
Fredericksburg, VA 22405
(540) 899-9826
**Ages:** child 4+, adolescent
*psychological assessments

Tracy Peri, LPC, BCCC
Bright Horizons Counseling
556 Garrisonville Road Suite 212
Stafford, VA 22554
(540) 602-7615
**Ages:** child, adolescent

*Melanie Sheppard, LPC
Mindful Health
4528 A-1 Plank Road
Fredericksburg, VA 22407
(540) 845-6940
**Ages:** children 3+, adolescent

Rajalla Prewitt, MD
Gaertner Psychiatric Adolescent & Adult Services
603 Jefferson Davis Highway
Suite 101
Fredericksburg, VA 22401
(540) 372-2028
**Ages:** child 8+, adolescent

Faye Romano, PsyD
1133 Heatherstone Drive Suite 102
Fredericksburg VA 22407
(540) 548-4222
**Ages:** child 10+, adolescent
*psychological testing

Christine Rothwell, PsyD
10 Leeland Rd Suite 104
Fredericksburg, VA 22405
(703) 490-0336
**Ages:** child 4+, adolescent
*psychological testing

Mike Schell-Smith, LCSW
601 Jefferson Davis HWY
Suite 101
Fredericksburg, VA 22401
(703) 490-0336
**Ages:** child 4+, adolescent
*psychological testing

*Aracoma Smith, LCSW
3715 Latimers Knoll Court Suite 106
Fredericksburg, VA 22408
(540) 361-1844
**Ages:** child 5+, adolescent

Nadia Speziale, LPC
Bright Horizons Counseling
556 Garrisonville Road Suite 212
Stafford, VA 22554
(540) 602-7615
**Ages:** child 7+, adolescent
*autism spectrum disorders
Joanne Strawder, LCSW
Aquia Counseling and Therapy
305 Hanson Ave. Suite 170
Fredericksburg, VA 22401
(540) 361-4330
Ages: children, adolescent

*Katherine Stutzman, PhD, LCP
Behaviorial Healthcare of Fredericksburg
312 Progress Street Suite 200
Fredericksburg, VA 22401
(540) 310-0797
Ages: child 9+, adolescent psychological testing

*Janet Suffel, LPC
1406 Princess Anne Street
Fredericksburg, VA 22401
(540) 903-2219
Ages: child 4+, adolescent

Eric Swift, PhD
Fredericksburg Psychological Services
1119 Caroline Street
Fredericksburg, VA 22401
(540) 371-2251
Ages: child 11+, adolescent

Ruby Thomas, MD
Centre Pointe Health Specialties
3920 Plank Road, Ste 120
Fredericksburg VA 22407
(540) 242-4141
Ages: 5-17

Teri Thompson, LCSW
2217 Princess Anne St
Suite 105-4
Fredericksburg, VA 22401
(540) 841-4065
Ages: child 4+, adolescent

Brian Towers, LMFT
Center for Family Counseling
307 Lafayette Blvd Suite 202
Fredericksburg, VA 22401
(540) 361-1556 x703
Ages: child 8+, adolescent

*Kelly Carter Vandivert, LPC
Alliance Therapy
406 Chatham Square #102
Fredericksburg VA 22405
(540) 819-7538
Ages: child 5+, adolescent

*Catherine Ward, PsyD
Neuropsychology & Complementary Medicine
608 William St.
Fredericksburg, VA 22401
(540) 999-6221/(540) 771-2557
Ages: child 3+, adolescent psychological testing, autism spectrum disorders

Theresa Weedon, LCSW
Weedon’s Counseling
7851 Dolley Court
King George, VA 22485
Ages: child 4+, adolescent autism spectrum disorders

Sheryl Winkler, LCSW
2217 Princess Anne Suite 222-1
Fredericksburg, VA 22401
(540) 940-8933
Ages: child 10+, adolescent

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Agencies providing Mental Health Services in the private, public and nonprofit sectors in the greater Fredericksburg area:

Bright Horizons Counseling Services
556 Garrisonville Road Suite 212
Stafford VA 22556
540-602-7615
FAX: 540-628-0446
EMAIL: support@bhcounseling.net
WEBSITE: www.bhcounseling.net
SERVICE AREA: individual, couples, family, and group therapy
HOURS: Mon-Sat 9am – 8 pm
AGES: adolescent, child and adult
FEES: insurance based
PURPOSE: child and adolescent counseling, ADHD, autistic spectrum disorders, anxiety, depression, self-harm, group therapy, social skill building, mood disorders, women’s issues
SERVICES: individual, couples, family and group counseling
LANGUAGES: English/Spanish

#Catholic Charities-Fredericksburg Office
1101 Stafford Avenue
Fredericksburg VA 22401
540-371-1124
FAX: 540-371-9038
WEBSITE: www.ccda.net
SERVICE AREA: City of Fredericksburg and surrounding counties
HOURS: M-F 9am-5pm
AGES: 3+
FEES: sliding scale based on income/household size
PURPOSE: provide counseling services to community and those in need
SERVICES: outpatient counseling – individuals, couples, child, adolescent, parent and family
LANGUAGES: English and Spanish
# Compass Counseling Services of NOVA
10707 Spotsylvania Ave Suite 102
Fredericksburg VA 22408
540-760-5708
Fax: 540-301-3608
WEBSITE: compassnova.com
SERVICE AREA: City of Fredericksburg and surrounding counties
FEES: Medicaid accepted
PURPOSE: Services are intended to stabilize, strengthen and support children, families and adults in the community.
SERVICES: intensive in-home services for children and families; mental health support for adults and adolescents; autism services; outpatient services; play therapy; psychological testing
LANGUAGE: Spanish speaking counselors available

# Community Health Center of the Rappahannock Region
1965 Jefferson Davis Hwy
Fredericksburg, VA 22401
PHONE: (540) 735-0560
FAX: (540) 735-0567
WEBSITE: http://cvhssinc.org
SERVICE AREA: City of Fredericksburg, Spotsylvania, Stafford and surrounding areas
HOURS: M/W/TR/FR 8:30-5:00; Tuesdays 10:30-7
AGES: children, adolescents, adults
ELIGIBILITY: Behavioral Health services not available for court-involved cases
FEES: Insurance (Medicare and Medicaid accepted); clinic operates on a sliding scale for uninsured
PURPOSE: CHCRR provided coordinated medical, dental and behavioral health services to the community
LANGUAGE: Interpretation service available for Spanish-speaking patients.

# Dominion Day Services
2302 Jefferson Davis Hwy
Fredericksburg VA 22401
PHONE: (540) 371-8750
FAX: (540) 371-8751
WEBSITE: www.dominionyouthservices.com
SERVICE AREA: Caroline, Spotsylvania, Stafford and Fredericksburg
HOURS: office hours 9:00am-5:00pm; staff available 24 hours
AGES: all ages
ELIGIBILITY: varies per service, see website
FEES: Medicaid, FAPT
PURPOSE: provide mental health services for adults, children and families which prevent placement in a higher level of care
SERVICES: Intensive in-home services, mental health support services, mentoring, therapeutic day treatment, and Milepost 18 (transitional living program)
LANGUAGE: English and Spanish

Dominion Hospital
2960 Sleepy Hollow Road Falls Church, VA 22044
(703) 538-2872
AGES: age 5+ PURPOSE: Dominion Hospital, located in Northern Virginia, provides behavioral health care through inpatient and outpatient services for children, adolescents and adults. We provide services to children as young as 5 years old through geriatric ages for psychiatric treatment. We offer 24/7 admissions to our acute psychiatric hospital as well as level of care assessments and admissions for our partial hospitalization programs and intensive outpatient treatment programs. We have specialized programming for self-injurious behavior, dual diagnosis treatment, and the only disease specific accredited programming for eating disorders on the east coast. We have a partnership with The Jason Foundation to offer free suicide prevention and awareness resources and trainings to the community. We are in network with most insurance companies to provide quality behavioral health care.

Family Preservation Services, Inc.
109 Olde Greenwich Drive, Suite 101
Fredericksburg, Virginia 22408
PHONE: 540-710-5810
FAX: 540-710-0203
HOURS: Office hours: 8:00am-5:00pm, Monday-Friday; Staff available 24 hrs a day.
AGES: All
ELIGIBILITY: Referrals come through local Family Assessment and Planning Teams (FAPT) and Court Services Unit.
FEES: Paid by FAPT/CPMT – Fees based on service.
SERVICES: Intensive in-home counseling; case management; mentoring services, mental health support, supervised visitation, therapeutic day treatments (school based), Autism services, adolescent sex offender program, teen substance abuse program.

Family Solutions
608 Westwood Office Park
Fredericksburg VA 22401
PHONE: 877-582-6363
FAX: 540-710-5523
EMAIL: info@familysolution.net
WEBSITE: www.familysolution.net
HOURS: 8:30-5:00; staff on call 24 hours
AGES: all
ELIGIBILITY: referrals are made by individuals, parents, health care providers, DSS, schools, FAPT, Court Service Units and various community agencies.
FEES: Varies based on services provided
PURPOSE: Provide quality, innovative mental health services which maintain the integrity of relationships and empower individuals to access resources to promote health, wellness, and independence.
SERVICES: Crisis intervention services, intensive in-home services, mental health support, therapeutic visitation for foster care, customized services and Co-parenting classes

Fredericksburg Counseling Services
305 Hanson Street Suite 140
Fredericksburg, Virginia 22401
PHONE: (540) 373-2320
FAX: (540) 373-2320 (call first)
HOURS: 9:00am-7:00pm, Monday and Wednesday; 1:00pm-9:00pm, Tuesday and Thursday. Closed Friday
AGES: 6 and older
ELIGIBILITY: No insurance; 200% or below national poverty level; not part of court case.
FEES: No charge
Provides counseling and other related services to help people work toward freedom from mental and emotional problems, family and marital conflicts, as well as other situations that affect quality of life.
SERVICES: Counseling; support groups; depression and anxiety screening; education; training, mental health screening, information and referral.

*Intercept
101 Shenandoah Lane
Stafford VA 22554
PHONE: 540-318-4740 office
CRISIS: 804-880-5373
FAX: 540-318-6858
EMAIL: info@interceptyouth.com
WEBSITE: www.interceptyouth.com

SERVICE AREA: Fredericksburg, Caroline, Stafford, northern Virginia
HOURS: depends on program; some 24/7
AGES: depends on program; some are all ages; others for youth or adults
ELIGIBILITY: each program has its own eligibility criteria; call office for info
FEES: Medicaid; FAPT; 294; depends on program
PURPOSE: to make a lasting positive impact on those we serve – children, youth, adults and families and the agencies that support them
SERVICES: Crisis stabilization (non-residential); intensive in-home; mental health skill building; therapeutic day treatment; treatment foster care
LANGUAGES: English

Intuitive Journeys, PLC
2217 Princess Anne St. Suite 211 Fredericksburg, VA 22401
8140 Ashton Ave., Suite 100 Manassas, VA 20109 PHONE: (540) 300-1564 FAX: (540) 300-1564 EMAIL: browse@intuitivejourneysplc.com
WEBSITE: www.intuitivejourneysplc.com
SERVICE AREA: From Richmond to Fairfax
HOURS: Mon – Friday 9:00 am – 9:00 pm Saturday/Sundays (By appointment) 9:00 am – 5:00 pm
AGES: ALL
ELIGIBILITY: provided
FEES: Varies based on services
PURPOSE: Life skills education in Spanish and English
SERVICES: anger management; stress management; driver improvement courses; notary public; translation of documents; basic financial (budget set-up); life coaching / mentoring; substance use/abuse education; alcohol and drug testing

*National Counseling Group, Inc.
10712 Ballantrye Drive
Fredericksburg, VA 22408
PHONE: 540-446-0007
FAX: 540-710-9299
AGES: Child, adolescent & adults
FEES: some Medicare & Medicaid; FAMIS, FAMIS Plus, FAPT
SERVICES: Substance abuse; intensive in-home (Medicaid); mentoring; supervised visitation; groups; Court-ordered evaluations

#New Directions Community Outreach
500 Lafayette Blvd Suite 205
Fredericksburg VA  22401
PHONE: 540-940-8521
FAX: 540-940-8522
WEBSITE: www.ndcos.com
SERVICE AREA: Fredericksburg, Caroline, King George, Spotsylvania Stafford
HOURS: 24 hours with on call assistance
AGES: 4+
ELIGIBILITY: Medicaid and self-pay
PURPOSE: To transform our community through innovative counseling while becoming a model
for other organizations
SERVICES: intensive in-home services (ages 4-21); Mental Health skill building (ages 18 and older); child abuse and neglect; child and adolescent functional assessments; crisis intervention; domestic violence case management; substance abuse counseling; post-traumatic stress disorder; sex offender counseling; play therapy; individual therapy and groups.
LANGUAGES: English, Spanish, German

*Rappahannock Area Community Services Board
WEBSITE: www.racsb.state.va.us

Fredericksburg Clinic
600 Jackson Street
Fredericksburg, VA 22401
Phone: 540-373-3223
Fax: 540-371-3753
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Friday 8:00 a.m. – 5:00 p.m.;
24-hour emergency services 540-373-6876

Stafford County Clinic
15 Hope Road
Stafford, VA 22554
Phone: 540-659-2725
Fax: 540-659-0736
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876
AGES: Infant/child, adolescent, and adult
ELIGIBILITY: Services are provided to everyone regardless of insurance or ability to pay.
FEES: Medicaid & Medicare; Most Insurance; Sliding Scale based on ability to pay
PURPOSE: The Rappahannock Area Community Services Board is committed to improving the quality of life for people residing in Planning District 16 with mental health, intellectual disability, and substance abuse problems, and to preventing the occurrence of these conditions. We do this through an integrated community-based system of care that is responsive to individual needs and choices. We respect and promote the dignity, rights, and full participation of individuals and their families.
SERVICES: Mental Health and Substance Abuse Services

*Rappahannock Council against Sexual Assault
3331 Shannon Airport Circle
Fredericksburg, VA 22408
PHONE: Admin 540-371-6771
Counseling 540-371-5502
24-hour hotline 540-371-1666
FAX: 540-371-9803
AGES: 3 years and up
PURPOSE: Counseling for sexual assault/child sexual abuse, dating violence and stalking.
SERVICES: Free 24-hour hotline and medical accompaniment, legal advocacy, support groups, educational groups and parent groups. We offer longer-term trauma-informed counseling (art/play therapy, ITR, CBT) with licensed and certified therapists.
FEES: Medicaid, Criminal Injuries Compensation Funds, and other insurance

*Safe Harbor Child Advocacy Center
P O Box 2549
Spotsylvania VA 22553
PHONE: (540) 891-6280
FAX: (540) 891-6282
E-MAIL: pamelagarrett@safeharborva.org
WEBSITE: www.safeharborva.org
SERVICE AREA: City of Fredericksburg, counties of Spotsylvania, King George, and Caroline
HOURS: Office hours: 8:30am–5:00pm,
Monday-Friday
AGES: Infancy-age 17
ELIGIBILITY: child victims who have been brought to Safe Harbor
FEES: None

PURPOSE: Therapy is provided to child victims of abuse who have been brought to Safe Harbor due to child abuse
SERVICES: Forensic interviews, medical examination, specialized trauma therapy, victim/caregiver support, case management
LANGUAGES: English, will accommodate for Spanish-speaking families/children

*Todays Youth Services
10035 Sliding Hill Road
Ashland VA 23005
PHONE: (804) 368-8783
FAX: (804) 368-8784
E-MAIL: mmelvin@tysinc.org
WEBSITE: www.tysinc.org
SERVICE AREA: Petersburg, Richmond, Ashland, Fredericksburg
HOURS: 9-5
AGES: 3-18
ELIGIBILITY: at risk of out of home placement, requires repeated interventions
FEES: Medicaid, FAPT
PURPOSE: to sustain the placement of at risk youth in the home and/or school and eliminate the need for repeated interventions by professionals
SERVICES: intensive in home and day treatment
LANGUAGES: English

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