

2025

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) 372-1038
 Spotsylvania (540) 507-7650
 Stafford (540) 658-4301

Childcare

The Child Care Network (540) 940-6286

Ex-Offenders

Failsafe ERA (540) 479-3021
 Family Engagement Services (540) 681-2454

Counseling

Catholic Charities (540) 371-1124
 Mental Health America (referrals) (540) 371-2704
 Rapp Area Community Services Board *Call local office listed*
 Snowden at Fredericksburg (540) 741-3900
 Spotsylvania Regional Behavioral Health (540) 498-4344

Dental Services

VCU School of Dentistry (804) 828-9190
 Lloyd Moss Free Clinic (540) 582-1061

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
 Germanna Adult Career Center (540) 834-1941
 Rappahannock Goodwill Industries (540) 371-3070
 Virginia Employment Commission (540) 322-5768

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
 Financial Education - Group Workshops (540) 373-0041

Financial Assistance

2-1-1 Virginia 211
 The Salvation Army (540) 373-3431
 SERVE (Stafford Only) (540) 288-9603

Rappahannock United Way's Quick Guide

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) 582-1061
Fredericksburg Christian Health (540) 785-8500
Massaponax Community Based Clinic (540) 370-4468
VCU Medical (804) 828-9000
Northern Neck Free Health Clinic (804) 435-0575
Caroline Christian Health Center (804) 448-0198
Health Department *Call local office listed*

Home Health Care / Hospice:

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) 234-3057

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

Birthright of Fredericksburg (540) 898-8558
Choices Women's 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

Tax Services

Free Tax Preparation Services (540) 373-0041
IRS (844) 545-5640

Transportation

"FRED" Regional Transit (540) 372-1222

Medical

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

Utility Assistance

Dept. Social Services *Call local office listed*
The Salvation Army (540) 373-3431

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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