

## WHEN YOU NEED HELP IN SPOTSYLVANIA (In alphabetical order)

### **BREASTFEEDING**

- La Leche League International  
(800)525-3243  
[www.la lecheleague.org](http://www.la lecheleague.org)

- Women, Infant and Children Program  
Spotsylvania County Health Department  
9104 Courthouse Rd, Spotsylvania  
(540)507-7400  
[www.vahealth.org/wic/blfpc](http://www.vahealth.org/wic/blfpc)

### **CHILD BIRTH CLASSES**

- Mary Washington Hospital Learning Center  
(800)722-2788/(540-741-1404) [www.medicorp.org](http://www.medicorp.org)

### **DENTAL SERVICES**

- Germanna Dental Hygiene Clinic  
6713 Smith Station Rd, Spotsylvania  
(540)423-9833
- Lloyd F. Moss Free Clinic  
1301 Sam Perry Blvd, Fredericksburg  
(540)741-1061

- \*\*Call Tuesdays or Thursdays on the day you want the appointment after 10:00 a.m.

- Community Health Center  
2217 Princess Anne St, Fredericksburg  
(540)735-0560

### **DOMESTIC VIOLENCE**

- Rappahannock Council on Domestic Violence: Family Violence and Sexual Assault  
271 Warrenton Rd, Fredericksburg  
(540)373-9373 Hotline: (877)738-7238  
[www.rcdv.com](http://www.rcdv.com)

### **DRUGS AND SUBSTANCE ABUSE**

- Rappahannock Area Community Services Board  
7424 Brock Road, Spotsylvania  
(540)582-3989  
[www.racsb.state.va.us](http://www.racsb.state.va.us)
- A Woman's Place  
2016 Lafayette Blvd, Fredericksburg  
(540)891-3136

### **EDUCATION**

- Head Start, Spotsylvania County  
(540)548-0654
- Spotsylvania County Public Schools  
8020 River Stone Drive, Spotsylvania  
(540)834-2500 / [www.spotsylvania.k12.va.us](http://www.spotsylvania.k12.va.us)
- Rappahannock Area Regional Adult Education  
Adult Basic Education (ABE), English for Speakers of Other Languages (ESOL), General Educational Development (GED)  
(540)898-8165 / [www.raiaae.org](http://www.raiaae.org)

### **FOOD ASSISTANCE**

- 2-1-1 Virginia  
Dial 211 on your phone to receive information about assistance in your area or visit [www.211virginia.org](http://www.211virginia.org)
- S.E.R.V.E.  
15 Upton Lane, Stafford  
(540)288-9603

### **FOOD ASSISTANCE cont'd**

- Fredericksburg Area Food Bank Agencies  
Christ Episcopal Church  
8951 Courthouse Road, Spotsylvania  
(540)582-5033
- Salem Fields Community Bread Basket  
11120 Gordon Road, Spotsylvania  
(540)786-6212
- Salem Baptist Church  
4404 Plank Road, Spotsylvania  
(540)786-7320
- Craigs Baptist Church  
14123 W. Catharlin Rd, Spotsylvania  
(540)854-5384
- Zion United Methodist Church  
8700 Courthouse Road, Spotsylvania  
(540)582-6532

- \*\*Call the FAFB to find other agencies near you (540)371-7666

### **GENERAL MEDICAL CARE**

- Community Health Center  
6713 Smith Station Rd, Spotsylvania  
(540)423-9833
- Fredericksburg Christian Health Center  
1129 Heatherstone Drive, Fredericksburg  
(540)785-8500
- Lloyd F. Moss Free Clinic  
1301 Sam Perry Blvd, Fredericksburg  
(540)741-1061

- \*\*Call Tuesdays or Thursdays on the day you want the appointment after 10:00 a.m.

### **MENTAL HEALTH/COUNSELING**

- Catholic Charities  
305 Hanson Ave #180, Fredericksburg  
(540)371-1124
- Fredericksburg Counseling Services, Inc.  
305 Hanson Ave #140, Fredericksburg  
(540)373-2320
- Rappahannock Area Community Services Board  
7424 Brock Road, Spotsylvania  
(540)582-3989  
[www.racsb.state.va.us](http://www.racsb.state.va.us)
- Snowden at Fredericksburg  
1200 Sam Perry Blvd, Fredericksburg  
(540)741-3900

### **PREGNANCY CARE AND FAMILY PLANNING**

- Bethany Services  
1616 Stafford Avenue, Fredericksburg  
(540)370-1800/800-238-4269  
[www.bethanypregnancycenter.com](http://www.bethanypregnancycenter.com)
- Birthright of Fredericksburg  
2006 Lafayette Blvd, Suite 202, Fredericksburg  
(540)898-8558 / Hotline: 1-800-550-4900
- Children's Home Society of VA  
2300 Fall Hill Ave #238, Fredericksburg  
(540)226-0583
- Spotsylvania Health Department  
9104 Courthouse Road, Spotsylvania  
(540)507-7400

- Pregnancy Test (Walk-in Fridays 8:00-9:00am), Pregnancy Care (need a documented pregnancy test for appointment)  
Family Planning (Call for an Appointment)

### **SEXUALLY TRANSMITTED DISEASE (STD)**

- Fredericksburg Health Department  
608 Jackson St, Fredericksburg  
(540)899-4142

### **SHELTERS/HOMLESS/HOUSING ASSISTANCE**

- Hope House  
902 Lafayette Blvd, Fredericksburg  
(540)371-0831  
[www.hopehouseva.org](http://www.hopehouseva.org)
- Quin Rivers HIP Rent Assistance  
Homelessness Intervention Program  
(540)368-2700
- Thurman Brisen Homeless Center  
471 Central Road, Fredericksburg  
(540)899-9853  
[www.brisencenter.org](http://www.brisencenter.org)

- Greater Fredericksburg Habitat for Humanity and A Brush with Kindness (home maintenance)  
4755 Jefferson Davis Hwy, Fredericksburg  
(540)891-5009  
[www.fredhab.org](http://www.fredhab.org)

- Central Virginia Housing Coalition  
208 Hudgins Road, Fredericksburg  
(540)804-9943  
[www.centralvahousing.org](http://www.centralvahousing.org)

### **SOCIAL / LEGAL SERVICES**

- Rappahannock Legal Services  
618 Kenmore Ave, Kenmore  
(540)371-1105 / [www.rappellegal.com](http://www.rappellegal.com)
- Goodwill Industries Job Help Centers  
1409 Princess Anne St, Fredericksburg  
(540)371-3070 / [www.fredgoodwill.com](http://www.fredgoodwill.com)
- Department of Social Services  
9019 Old Battlefield Blvd, Spotsylvania  
(540)507-7898  
[www.spotsylvania.va.us/departments/socialservices](http://www.spotsylvania.va.us/departments/socialservices)

Financial Programs: Temporary Assistance to Needy Families (TANF), Auxiliary Grant Program (AGP), Medical Assistance (Medical), State – Local Hospitalization (SLH), Food Stamps, Employment Services (NIEW Program)  
Service Programs: Child Care Services, Adoption Services, Child Protective Services, Foster Care Services, Foster Home Parent/Family Program, Adult Services, Adult Protective Services, Fraud Services

USDA PROHIBITS DISCRIMINATION IN  
THE ADMINISTRATION OF ITS  
PROGRAMS.  
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