

Community Resources Fredericksburg/Spotsylvania

This is an abbreviated list. If you need additional contacts please call the Parent Resource Center 540.582.7060

| Name of Group | When | Where | Phone Number | Contact |
|---|--|--|---|---|
| ADHD Support for Parents & Children | Various session times | Centre Pointe Health Specialties 3920 Plank Road Fredericksburg, VA 22407 | 540-242-4141 | Nicole Anderson, Psy.D., LPC |
| Adult Family Members of the Chronically Ill and Physically Challenged | 2 nd & 4 th Tuesdays of the month 7 - 8:30 p.m. | The John F. Fick Conference Center 1301 Sam Perry Blvd. Fredericksburg, VA 22401 | No registration required | www.marCIASlifecoaching.com |
| Adults with Aspergers Group & Parents of Adults with Aspergers | 1 st Friday of the month 7 - 9 p.m. | disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401 | 540-898-8031 | Robin or Danielle Shank |
| Attachment Parenting International Fredericksburg Group | monthly | Salem Church Library | | RussWrightson@gmail.com |
| Autism/Aspergers Play Group | Sponsored by Paragon Autism Services | 312 Progress Street, Suite 300 Fredericksburg, VA 22401 | 540-479-3889 | www.paragonautismservices.com |
| Autism Think Tank | Monthly | Salem Church Library | 540-220-8539 | Ray Nelson |
| Autism ASD Play Group | Monthly | Various locations | 540-220-8539 | Ray Nelson |
| BP Families (Bipolar) | Support by phone & provide info upon request | 209 Breezewood Dr. Fredericksburg, VA 22407 | 540-710-5976(H) 540-848-0545(C) | Cindy Blankenship Andrs429@aol.com |
| Brain Injury Association Fredericksburg Chapter | Last Friday of the month 10:30 a.m. | Westwood Clubhouse 507 Westwood Office Park Fredericksburg, VA 22401 | 804-986-8073 540-899-2925 | Loraine Justice Jerry Craft |
| CHADD of Northern Virginia | Various meetings & activities | Various Locations | 703-641-5451 | www.novachadd.org |
| Daybreak | Every Saturday, 2 - 5 p.m. (September - May) | Christ Lutheran Church 1300 Augustine Ave. Fredericksburg, VA 22401 <u>Call for fee information</u> | 540-318-6061 *(Registration Required) | Call for up-to-date contact information. |
| DBSA Fredericksburg Adolescents (The Depression and Bipolar Support Alliance) Ages 13-21 | Every Thursday 5 p.m. | 4510 Plank Road Fredericksburg, VA 22407 (Meeting location is at the backside of the building) | 540-785-9900 (Please specify call is for DBSA) | Jaafar Ansari Cason Graves dbsafa@gmail.com |

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| Deaf Club/Self-Help for Hard of Hearing Rappahannock Chapter | Fridays 7 p.m. | disAbility Resource Center 409 Progress Street Fredericksburg, VA 22401 | 540-373-2559 540-373-5890 (TTY) | Email address: advocate73@aol.com |
| DS Fredericksburg (Down Syndrome) | Call for information | Call for information | 540-850-1972 | Tracy Glock |
| Family-to-Family | 12 week workshop | Support families with a member with mental health issues | 540-972-7023 | Ron & Linda Ball linda@inroads.cc ronball@gmail.com |
| Fredericksburg Area of the National Federation of the Blind and Vision Impaired ~~~~~ Parents of Blind Children | 2 nd Thursday of the month 6:30 - 8:30 p.m. ~~~~~ Call for information | Call for information ~~~~~ Call for information | 540-899-8847 ~~~~~ 540-287-5446 | Holly Friesch ~~~~~ Laurie Wages lburns24@yahoo.com |
| Fredericksburg Area Foster, Adoption & Forever Families | 4 th Thursday of the month, 7 p.m. | Fredericksburg United Methodist Church 308 Hanover St. (Parking on Charlotte St.) | 703-941-9008 | Jody Malero |
| Fredericksburg Mommies | See website | Use the online community for up-to-date events | See website | www.fredericksburgmommies.com |
| Friends for Life (Ages 22 and older with disabilities) | 3 rd Friday of the month 7 - 8:30 p.m. | Hope Presbyterian Church 11121 Levels Road Fredericksburg, VA 22407 | | Jon Longenecker longenecker4@verizon.net |
| Grandparents & Extended Family Raising Children | Call for information | Call for information | 540-582-7060 | Spotsylvania County Parent Resource Center ssprague@scs.k12.va.us |
| Grief Support Group | Tuesdays, 3 - 4 p.m. | disAbility Resource Center | 540-373-2559 | Keith Jenkins kjenkins@cildrc.org |
| Hearing Loss Association of the Rappahannock | Call for information | disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401 | 540-374-1163 | Louise Stoneberger louisestoneberger@verizon.net |

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| Mental Health America of Fredericksburg Depression & Bipolar Support Group | Tuesdays 7 - 8:45 p.m. | Snowden at Fredericksburg 1200 Sam Perry Blvd. Fredericksburg, VA 22401 | 540-371-2704 800-684-6423 | http://mhafred.org/ |
| Mental Health America of Fredericksburg Survivors of Suicide Support Group | 2nd & 4th Tuesday 7 - 8:30 p.m. | Fredericksburg Baptist Church, Room A202 1019 Princess Anne St, Fredericksburg, VA 22401 | 540-371-2704 800-684-6423 | http://mhafred.org/ |
| Mocha Moms (Mothers of All Races) | 2 nd Tuesday of the month 10 a.m. - Noon | Salem Church Library | 540-895-0462 | www.mochamoms.org |
| Mom's Club | Call for information | Fredericksburg Southern Spotsylvania Chancellor | 540-429-1198 540-891-8382 540-785-0208 | Check this website for information: www.fredericksburgparent.net |
| MOPS (Mothers Of Preschoolers) | Various times throughout the month | Various locations | See website for information | Check the website for a location near you www.mops.org |
| Multiple Sclerosis Society of Central VA | Various events | 4200 Innslake Dr. Suite 301 Glen Allen, VA 23060 | 804-353-5008 | www.moveva.org |
| National Alliance for the Mentally Ill | 3 rd Wednesday of the month 6:30 p.m. | Snowden Fredericksburg, VA | 540-786-6151 804-633-4314 | Shelly Givens |
| Parenting Again! Support group for raising non-birth children. | 1 st Saturday of the month 1 p.m. | Call for meeting place. | 540-710-0346 | Toby Khan e-mail: tkhan@hs.spotsylvania.k12.va.us |
| Parents of Children with Aspergers Support Group | 1 st Monday of the month, 6:45 - 8 p.m. | Central Rappahannock Regional Library, Rm 1 | 540-845-9999 | Teresa Silver fainters8@yahoo.com |
| Rappahannock Area Autism Council Lunch & Learn | Bring lunch, ask questions, share info, hear presentations 4 th Thursday of the month 12 -1 p.m. | disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401 | 540-479-3889 540-373-2559 | Kim Lett klett@cildrc.org www.facebook.com/RAACVA |

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| Recovery in Motion | A peer-run mental health support center; members must be at least 18 years old | 4701 Market Street, 2nd floor (Goodwill Community Resource Center) Fredericksburg, VA | 540-645-6042 | cescher@mac.com www.Recovery-in-Motion.org |
| Special Education Advisory Committee | Varies for each local educational agency (public school division) | Contact your local special education office for information or local Parent Resource Center | See website for information | Spotsylvania County 540.582.7583 option 6 http://scps.schoolwires.net/Page/1557 |
| Special Olympics Area 11 | Various activities, times, & locations | 10411 Courthouse Rd. (across from the Giant) Entrance in the back | 540-891-0099 | Brenda Canady 3201 Cavalry Ridge Ct. Fredericksburg, VA 22408 |
| Special Olympics Area 11 "Young Athletes" (ages 2-7) | Various activities, times, & locations | Call for information | 540-895-9568 | Jessie Scaglione www.area11sova.org |
| Spinal Cord Injury Empowerment Group | 1st Wednesday of the month | disAbility Resource Center | 540-373-2559 | Keith Jenkins kjenkins@cildrc.org |
| Support Group for Mental Health | Tuesdays 7 - 8:30 p.m. @ Snowden Thursdays 1:30 - 3 p.m. @ England Run Lib. | Snowden 1200 Sam Perry Blvd., Fredericksburg England Run Library, Stafford (bus rt. D2, stop 462) | <u>Tuesdays</u> 540-371-2704 <u>Thursdays</u> 504-373-1744 or 450-479-3044 | |
| Teens Helping Teens Grief Support | Two evenings per month 6:30 - 8:30 p.m. | Hospice Support Care 1701 Fall Hill Ave. #109 Fredericksburg, VA | 540-361-7071 | Carol Ellia cellia@hospicesupportcare.org |
| Tough Love | Times vary. Call for information. | Various locations. Call for information. | 540-658-4845 | Don MacLeay |
| Village Fathers Educational & Support Group for Fathers | Tuesday evenings 7 - 8:30 p.m. | Mary Washington Hospital *check information desk for room* | 540-374-3366 Ext. 118 | Michele Powell michelepowell@racsbate.va.us |
| WAIT (We Are Incarcerated Too) | Call for information | Porter Library | 540-720-5027 | Lavarious Hamock waitsupport@aol.com |
| Young Life Capernaum Ministries (teens and young adults with disabilities) | 3 rd Thursday of the month 7 - 8:30 p.m. | New Life in Christ Church 11925 Burgess Lane Fredericksburg, VA 22407 | 540.318.5324 | Carter Riner |