

Community Resources for Spotsylvania County AND SURROUNDING AREAS

This is an abbreviated list of activities, meetings and groups. For more information please call the Parent Resource Center at 540-582-7060

Name of Group/ Description	When	Where	Contact Information
Adults with Aspergers Group & Parents of Adults with Aspergers	1st Friday of each month 7 PM—9 PM	disAbility Resource Center 409 Progress Street Fredericksburg, VA 22401	Danielle—540-538-0262 Karen—540-842-1005
Attachment Parenting International Fredericksburg Group	Monthly meeting	Salem Church Library	Robynn—540-368-5202 Esther—909-992-2667
Autism/Aspergers Play Group Sponsored by Paragon Autism Services	Various Dates	312 Progress Street Suite 300 Fredericksburg, VA 22401	540-479-3889 www.paragonautismservices.com
Brain Injury Association Womens Coffee Group	The Last Thursday of the Month 10 AM—12 PM	Call for information	540-785-6122 mgilbert@braininjurysvcs.org
CHADD of Northern Virginia	Various Meetings & Activities	Various Locations	703-641-5451 www.novachadd.org
Circle of Parents	Various Locations	Call of visit website for more information	540-785-6217 raccap.org
“Connections” Mental Health Support Group	1st, 3rd, & 5th Tuesdays at 7 PM ----- 2nd & 4th Tuesdays at 7 PM	Mary Washington Hospital ----- Spotsylvania Regional Hospital	540-847-6974
Coping with Trauma Meeting for Adults	Every Tuesday 11 AM—1 PM	General Washington Executive Center 2217 Princess Anne St. Suite 302-1 Fredericksburg, VA 22401	tracycprs@gmail.com 540-300-7308
Down Syndrome Association of Northern Virginia	Various Times	Various Locations	www.dsanv.org 703-621-7129 Local Contact: Tracy—540-850-1972

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Down Syndrome Association of Richmond	Various Times	Various Locations	www.dsagr.org 804-447-4713 Local Contact—Tracy—540-850-1972
Duel-Recovery Anonymous (DRA) For men and women who are chemically dependent AND diagnosed with an emotional or psychiatric illness Goal: Relapse prevention	Every Monday 7 PM—8 PM	Unity Church 3451 Jefferson Davis Hwy. Fredericksburg, VA 22408	gina.rim@yahoo.com
Family-to-Family (F2F) Supports Families with a member with mental health issues	12 Week Workshop	Contact to Register for workshop	Jamie—540-602-9116 jamielistens@gmail.com
Fredericksburg Area of the National Federation of the Blind and Vision Impaired	3rd Saturday of each month 10 AM—12 PM	Cable Studio Room Central Rappahannock Regional Library 1201 Caroline St. Downtown Fredericksburg	Contact for Meeting topics and other information Holly Friesch—540-899-7747
Fredericksburg Area Foster, Adoption & Forever Families	4th Thursday of each month 7:00 PM	Fredericksburg United Methodist Church 308 Hanover St. (Parking on Charlotte St.)	rliberti@umfs.org
Friends for Life For adults 22 and older with disabilities	2nd Friday of each month 7:00—8:30 PM	Hope Presbyterian Church - 1121 Levavlls Rd Fredericksburg VA 22407	Jon longenecker4@verizon.net
Grandparents & Extended Family Raising Children	Call for more information	7409 Brock Road Spotsylvania, VA 22553	SCPS Parent Resource Center 540-582-7060
Grief Share Support Groups for different age ranges for people grieving the loss of a family member or friend	Various Days and times—see website for more information	Various locations—see website for more information	www.griefshare.org
Grief Support Groups	Various groups and classes call for details	Mary Washington Hospital	540-741-1874
Hearing Loss Association of the Rappahannock Area	Call for Information	disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401	Louise—540-373-2559 louisestoneberger@verizon.net

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Mental Illness Support Group	2nd & 4th Tuesdays 7 PM—9 PM	Mary Washington Hospital	Katie—540-846-3332
MOPS (Mothers of Preschoolers)	Various times throughout the month	Various Locations	Check the website for a location near you! www.mops.org
Multiple Sclerosis Society of Central Virginia	Various Events	4200 Innslake Dr. Ste 301 Glen Allen, VA 23060	804-353-5008 info@msvirginia.org
National Alliance for the Mentally Ill	1st Wednesday of each month 6:30 PM	Kenmore Club 632 Kenmore Ave. Downtown Fredericksburg	Shelly—540-786-6151 804-633-4314 namirapp.com
Rappahannock Area Autism Council Lunch & Learn	Bring lunch, ask and share, hear presentations. 4th Thursday of each month 12 pm—1 PM	disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401	Kim Lett—540-479-3889 540-373-2559 klett@cildrc.org www.facebook.com/RAACVA
SAIL (Self-Advocacy, Independent Living) for adults with disabilities 16—21 Years	Every Wednesday 5:30 PM—7 PM	disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401	Cheryl—540-373-2559 clloyd@cildrc.org
Saturday Support & Share General support group for those of us with mental health and/or substance abuse challenges	Every Saturday 12 PM—2 PM	General Washington Executive Center 2217 Princess Anne St. Suite 302-1 Downtown Fredericksburg	Gina.rim@yahoo.com 804-223-0610
Sit & Stitch & Color & Converse Low key support group where everyone can work on an activity while chatting	Every Tuesday 1PM—3 PM	General Washington Executive Center 2217 Princess Anne St. Suite 302-1 Downtown Fredericksburg	gina.rim@yahoo.com 804-223-0610
SOLE (Sharing Our Life Experiences) Independent Living Group for adults with disabilities Ages 21 –30	2 Mondays a month Call for dates	disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401	Debe Fults— 540-373-2559

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Name of Group/ Description	When	Where	Contact Information
Special Education Advisory Committee (SEAC)	Various dates and times per district	Contact your local school division or Parent Resource Center for info	Spotsylvania County Parent Resource Center 540-582-7060 prc@spotsylvania.k12.va.us www.spotsylvania.k12.va.ua/ domain/288
Special Olympics Area 11	Various times, activities & locations		Ali Bernard—540-479-6918 Tim Doyle—540-219-3340 540-895-9568 www.specialolympicsva.org
Spinal Cord Injury Empowerment Group	2nd Wednesday of each month 6 PM—8 PM	Care Way Rehabilitation Center 1051 Care Way, Suite 200 Fredericksburg, VA 22401	Kristen Parisi kristendpt@icloud.com
Spotsylvania—Central MOMS Club	First Tuesday of each month 10 AM	Salem Church Library	540-479-3946
Village Fathers Educational & Support Group for Fathers	Tuesday evenings 7 PM—8:30 PM	Mary Washington Hospital *check information desk for room location*	Teresa Corneal 540-374-3366 x 116 540-374-3366 x 114
Wednesday Afternoon Live (WAL) Social, recreational, and information focused on independent living for adults with disabilities Ages 18 +	Every Wednesday 2 PM—4 PM	disAbility Resource Center 409 Progress St. Fredericksburg, VA 22401	Register for classes: Kathy—540-373-2559 kuchytil@cildrc.org
Women’s Self-Empowerment For all women, support and skills group	Every Wednesday 12 PM—2 PM	General Washington Executive Center 2217 Princess Anne St. Suite 301-1 Fredericksburg, VA 22401	Gina.rim@yahoo.com 540-369-2797
Young Life Capernaum Ministries (teens and young adults with disabilities)	Every Thursday 7 PM—8:30 PM	New Life Baptist Church 11925 Burgess Lane Fredericksburg, VA 22407	Randy—804-994-1532
Young Lives Mentoring and Support for pregnant & Parenting Teens	Every Monday 6 PM	Grace Church of Fredericksburg 1141 Heatherstone Dr. Spotsylvania, VA	540-318-5324