

WHEN YOU NEED HELP IN SPOTSYLVANIA COUNTY

(IN ALPHABETICAL ORDER)

BREASTFEEDING

- La Leche League International
1-800-525-3243 www.lalecheleague.org
- Women, Infant and Children Program (WIC)
Spotsylvania County Health Department
9104 Courthouse Rd., Spotsylvania, VA 22553
(540) 507-7400 www.vahealth.org/wic/bfpc

CHILDBIRTH CLASSES

- Mary Washington Hospital Learning Center
1-(800) 722-2788 / (540) 741-1404
www.medicorp.org

CHILD SUPPORT ENFORCEMENT

- Fredericksburg DCSE
2342 Plank Rd, Fredericksburg VA 22401
1-800-468-8894

DENTAL SERVICES

- MCV / VCU School of Dentistry
520 North 12th St., Richmond, VA 23298
1-800-762-6161/ (804) 828-9190
Pediatric: (804) 828-9095
- Lloyd F. Moss Free Clinic
1301 Sam Perry Blvd., Fredericksburg, VA 22401
(540) 741-1061 **Call Tuesday or Thursdays on the day you want the appointment after 10:00 a.m.
- Community Health Center
2217 Princess Anne Street
Fredericksburg, VA 22401
(540) 735-0560

DOMESTIC VIOLENCE

- Family Violence and Sexual Assault –
Rappahannock Council on Domestic Violence
271 Warrenton Road, Fredericksburg, VA 22405
Hotline: 1-877-738-7238 (540) 373-9373
www.rcdv.com

DRUG AND SUBSTANCE ABUSE

- Rappahannock Area Community Services Board
600 Jackson Street, Fredericksburg, VA
540-373-6876 www.racsb.state.va.us
- A Woman's Place
2016 Lafayette Blvd. Suite 101, Fredericksburg VA 22401
540.891.3136

EDUCATION

- Head Start
5995 Plank Road, Fredericksburg VA 22407
540.548.0654
- Spotsylvania County Public Schools
8020 River Stone Drive, Spotsylvania VA 22407
(540) 834-2500 www.spotsylvania.k12.va.us

EDUCATION (cont.)

- Rappahannock Area Regional Adult Education
Adult Basic Education (ABE), English for Speakers of
Other Language (ESOL), General Educational
Development (GED) Preparation, U.S. Citizenship classes.
1-800-GED-1520/ (540) 898-8165
www.rarae.org

FOOD ASSISTANCE

- Fredericksburg Area Food Bank
3631 Lee Hill Drive, Fredericksburg, VA
540-371-7666 www.fredfood.org
- Salvation Army - Emergency assistance
821 Lafayette Blvd. Fredericksburg, VA 22401
(540) 373-3431
- SERVE
540-288-9603
- 2-1-1 Virginia
Dial 211 on your phone to receive information about
assistance in your area or visit www.211virginia.org

GENERAL MEDICAL CARE

- Community Health Center
2217 Princess Anne Street
Fredericksburg, VA 22401
(540) 735-0560
- Family Access to Medical Insurance
Security Plan (FAMIS)
1-866-87FAMIS (1-866-873-2647)
www.famis.org
- Fredericksburg Christian Health Center
1129 Heatherstone Dr., Fredericksburg, VA 22407
(540) 785-8500
- Lloyd F. Moss Free Clinic
1301 Sam Perry Blvd., Fredericksburg, VA 22401
(540) 741-1061
New Patients - Call on Tuesdays and Thursdays on the
day you want the appointment after 10:00 a.m.

HMO's (Health Management Organizations)

- Anthem Healthkeepers Plus
Doctors 1-800-901-0020 Information 1-800-901-0020
www.anthem.com
- CareNet, (Southern Health Services)
Doctors 1-800-279-1878 Information 1-800-279-1878
www.southernhealth.com
- Optima Family Care, (Sentara)
Doctors 1-800-881-2166 Information 1-800-881-2166
www.optimahealth.com
- VA Premier, Health Plan Inc.
Doctors 1-800-289-4970 Information 1-800-727-7536
www.virginiapremier.com
- Medicaid Helpline
1-800-643-2273

IMMUNIZATIONS

- Spotsylvania Health Department
9104 Courthouse Rd., Spotsylvania, VA 22553
(540) 507-7400 ☎ Fax (540) 582-2572
Mondays 8:00 a.m. – 12:00 p.m. Call for appointment
www.vdh.virginia.gov/lhd/rappahan/spotsy

PREGNANCY CARE & FAMILY PLANNING

- Bethany Pregnancy Center
1616 Stafford Avenue Fredericksburg, VA 22401
1-800-238-4269 540.370.1800
bethanypregnancycenter.com
- Birthright of Fredericksburg
405 Westwood Office Park, Fredericksburg, VA 22401
Hotline 1-800-550-4900 (540) 371-6119
- Spotsylvania Health Department
9104 Courthouse Rd., Spotsylvania, VA 22553
(540) 507-7400
 - **Pregnancy test:** Fridays 8:00-9:00 a.m. – Walk in clinic
 - **Pregnancy care:** Need a documented pregnancy test for
appointment.
 - **Family Planning:** Call for appointment

SEXUAL TRANSMITTED DISEASE (STD)

- Fredericksburg Health Department
608 Jackson St., Fredericksburg, VA 22401
(540) 899-4142
Mondays and Thursdays, 12:30 p.m. – Walk in clinic

SHELTERS / HOMELESS/ HOUSING ASSISTANCE

- Hope House
902 Lafayette Boulevard, Fredericksburg, VA 22401
(540) 371-0831
<http://hopehouseva.org>
- Thurman Brisben Homeless Center
471 Central Road, Fredericksburg VA 22402
(540) 899-9853
www.brisbencenterv.org
- Central Virginia Housing Coalition
208 Hudgins Rd., Fredericksburg, VA 22408
(540) 604-9943 www.centralvahousing.org

SOCIAL SERVICES

- Department of Social Services
9019 Old Battlefield Blvd 2nd Fl
Spotsylvania, VA 22553 (540) 507 7898
www.spotsylvania.va.us/departments/socialservices
Financial Programs: Temporary Assistance to Needy
Families (TANF), Auxiliary Grant Program (AGP), Medical
Assistance (Medicaid), State - Local Hospitalization
(SLH), Food Stamps, Employment Services (VIEW
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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English on the other side

CUANDO NECESITAS AYUDA EN **SPOTSYLVANIA** (en orden alfabético)

ALBERGUE / SIN HOGAR

- Centro para personas sin hogar "Thurman Brisben"
471 Central Road, Fredericksburg VA 22402
(540) 899-9853
www.brisbencenter.org
- Coalición de vivienda del centro de Virginia
208 Hudgins Rd., Fredericksburg, VA 22408
(540) 604-9943 www.centralvahousing.org
- Hope House (Casa de Esperanza)
902 Lafayette Boulevard, Fredericksburg, VA 22401
(540) 371-0831 http://hopehouseva.org

ALIMENTOS (BANCOS DE)

- Banco de Alimentos del Area de Fredericksburg
3631 Lee Hill Drive, Fredericksburg, VA
540-371-7666 www.fredfood.org
- Ejército de Salvación
Asistencia de Emergencia
821 Lafayette Blvd. Fredericksburg, VA 22401
(540) 373-3431
- SERVE
540-288-9603
- 2-1-1 Virginia
Marque el 211 para recibir información sobre recursos de
asistencia en su área o visite .www.211virginia.org

CLASES DE PARTO

- Centro de Aprendizaje del Hospital Mary Washington
1-(800) 722-2788 / (540) 741-1404
www.medicorp.org

CUIDADO DE EMBARAZO Y PLANIFICACION FAMILIAR

- Birthright of Fredericksburg
405 Westwood Office Park, Fredericksburg, VA 22401
Línea de ayuda 1-800-550-4900 (540) 371-6119
- Centro de Embarazo "Bethany"
1616 Stafford Avenue Fredericksburg, VA 22401
1-800-238-4269 540.370.1800
bethanypregnancycenter.com
- Spotsylvania Departmento de Salud
9104 Courthouse Rd., Spotsylvania, VA 22553
(540) 507-7400

CUIDADO MEDICO GENERAL

- Centro de Salud Comunitario
2217 Princess Anne Street
Fredericksburg, VA 22401
(540) 735-0560
- Acceso Familiar a Cobertura de Servicio Médico
(FAMIS)
1-866-87FAMIS (1-866-873-2647)
www.famis.org
- Centro de Salud Cristiano de Fredericksburg
1129 Heatherstone Dr., Fredericksburg, VA 22407
(540) 785-8500
- Clínica Gratuita Lloyd F. Moss
1301 Sam Perry Blvd., Fredericksburg, VA 22401
(540) 741-1061 **Pacientes Nuevos+ - Llamar Martes o
Jueves en el día que quiera la cita despues de 10:00 a.m.

EDUCACIÓN

- Educación para Adultos Area del Rappahannock
Educación Básica de Adultos(ABE), Inglés para Personas
de Otro Idioma (ESOL), Desarrollo de Educación General
(GED), Clases para ciudadanía de Estados Unidos (EUA).
1-800-GED-1520/ (540) 898-8165
www.rarae.org
- Escuelas Públicas de Spotsylvania
8020 River Stone Drive, Spotsylvania VA 22407
(540) 834-2500 www.spotsylvania.k12.va.us
- Head Start
5995 Plank Road, Fredericksburg VA 22407
540.548.0654

ENFERMEDADES DE TRANSMISION SEXUAL (STD)

- Departamento de Salud de Fredericksburg
608 Jackson St., Fredericksburg, VA 22401
(540) 899-4142
Lunes y Jueves, 12:30 p.m. – En orden de llegada

ENFUERZO DE MANUTENCION DE MENORES

- Fredericksburg DCSE
2342 Plank Rd, Fredericksburg VA 22401
1-800-468-8894

HMO's (Organizaciones del Manejo de la Salud)

- Anthem Healthkeepers Plus
Doctores 1-800-901-0020 Información 1-800-901-0020
www.anthem.com
- CareNet, (Southern Health Services)
Doctores 1-800-279-1878 Información 1-800-279-1878
www.southernhealth.com
- Optima Family Care, (Sentara)
Doctores 1-800-881-2166 Información 1-800-881-2166
www.optimahealth.com
- VA Premier, Health Plan Inc.
Doctores 1-800-289-4970 Información 1-800-727-7536
www.virginiapremier.com
- Medicaid – Línea de Ayuda
1-800-643-2273

IMMUNIZACIONES / VACUNAS

- Departamento de Salud de Spotsylvania
9104 Courthouse Rd., Spotsylvania, VA 22553
(540) 507-7400 ☎ Fax (540) 582-2572
Lunes 8-12.Llame para una cita
www.vdh.virginia.gov/lhd/rappahan/spotsy

LACTANCIA

- La Liga de la Leche Internacional
1-800-525-3243
www.lalecheleague.org
- Programa de Mujeres, Niños e Infantes (WIC)
Departamento de Salud Spotsylvania
9104 Courthouse Rd., Spotsylvania, VA 22553
(540) 507-7400 www.vahealth.org/wic/bfpc
www.vahealth.org/wic/bfpc

SERVICIOS DENTALES

- Clínica Gratuita Lloyd F. Moss
1301 Sam Perry Blvd., Fredericksburg, VA 22401
(540) 741-1061
** Pacientes Nuevos - Llamar Martes y Jueves en el día
que quiera la cita despues de 10:00 a.m.
- Escuela de Dentistas MCV / VCU
520 Norte – Calle 12, Richmond, VA 23298
1-800-762-6161/ (804) 828-9190
Dentista Pediatrico: (804) 828-9095
- Centro de Salud Comunitario
2217 Princess Anne Street
Fredericksburg, VA 22401
(540) 735-0560

VIOLENCIA / ABUSO DOMESTICO

- Violencia Familiar y Asalto Sexual –
Concilio del Rappahannock en Violencia Doméstica
271 Warrenton Road, Fredericksburg, VA 22405
Hotline: 1-877-738-7238 (540) 373-9373
www.rcdv.com

SERVICIOS SOCIALES

- Departamento de Servicios Sociales
9019 Old Battlefield Blvd 2nd Fl
Spotsylvania, VA 22553 (540) 507 7898
www.spotsylvania.va.us/departments/socialservices
Programas Financieros: Ayuda temporera a familias
necesitadas (TANF), Programas de becas auxiliares
(AGP), Asistencia Médica (Medicaid), Hospitalización
estatal local (SLH), Estampillas de Alimentos (Food
Stamps), Servicios de Empleo (Programa VIEW)
Programas de Servicios: Cuido de niños, Adopción,
Proteccion al niño, Cuido Sustituto Temporero (Foster
Care), Programa de Padres/ Familias en Hogares
Sustitutos, Servicios de Adultos, Protección de Adultos,
Fraude.

USDA prohíbe la discriminación
en la administración de sus programas.
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