

Community Groups Fredericksburg/Spotsylvania

This is an abbreviated list. If you need additional contacts please call the Parent Resource Center 540-582-7583 option 6

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
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

Community Groups Fredericksburg/Spotsylvania

This is an abbreviated list. If you need additional contacts please call the Parent Resource Center 540-582-7583 option 6

Name of Group	When	Where	Phone Number	Contact
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	2 nd Thursday of the month 6:30 - 8:30 p.m.	Call for information	540-899-8847	Holly Friesch
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	540-582-7583 ext. 5585	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

Community Groups Fredericksburg/Spotsylvania

This is an abbreviated list. If you need additional contacts please call the Parent Resource Center 540-582-7583 option 6

Name of Group	When	Where	Phone Number	Contact
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

Community Groups Fredericksburg/Spotsylvania

This is an abbreviated list. If you need additional contacts please call the Parent Resource Center 540-582-7583 option 6

Name of Group	When	Where	Phone Number	Contact
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

As another source of information for more support groups and more please look for the Publication "Guide to Living" 2015-2016 from The Free Lance Star.