

May is Mental Health Month



2008 Events

Fourth Annual Candlelight Vigil for Mental Illness

Friday, May 2nd; 7:00 p.m.
Hurkamp Park, Downtown Fredericksburg
540-371-2704
Musical Performances by Tom Beaulieu and Brett Milstead

Fourth Annual "The Art of Recovery" Art Show Opening

Wednesday, May 21st; 4:30 p.m. - 6:30 p.m.
University of Mary Washington's duPont Gallery; College Ave.
Exhibit will also be open Wednesdays & Fridays from 11:00 a.m. - 2:00 p.m. and Saturdays from 1:00 p.m. - 4:00 p.m. through June 2nd.
540-899-4673

Walk for Mental Wellness and Snowden Mile for Mental Health

Sunday, May 25th; Health Fair 1:00 p.m.; Walk 2:00 p.m.; Run 4:00 p.m.
University of Mary Washington Parking Deck (off Route 1)
USATF Certified Course and Fredericksburg Area Running Club Grand Prix Event
540-371-2704

Support Groups

National Alliance on Mental Illness - Rappahannock Family Support Group

Wednesday, May 21st; 7:00 p.m.
Kenmore Club
632 Kenmore Ave.
540-899-2719

Mental Health America of Fredericksburg Depression and Bipolar Support Group

Tuesday, May 13th and Tuesday, May 27th; 7:00 p.m. - 9:00 p.m.
Snowden at Fredericksburg
1200 Sam Perry Blvd.
540-371-2704

Recovery in Motion Peer Support Group

Friday, May 30, 2008; 1:00 p.m. - 3:00 p.m.
Christ Lutheran Church
540-373-3433 or 540-371-2704

Mental Health Information Tables at the Central Rappahannock Regional Library

Visit www.librarypoint.com for a branch near you.

Free, Confidential Screenings for Anxiety Disorders and Depression

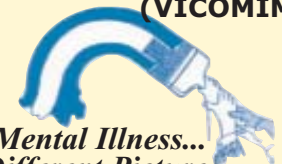
Visit <http://depression-screening.org> anytime day or night for a free, online screening.



FREDERICKSBURG
COUNSELING
SERVICES, INC.



**VIRGINIA INTERFAITH
COMMITTEE ON MENTAL
ILLNESS MINISTRIES
(VICOMIM)**



*Mental Illness...
Paint a Different Picture*

**Recovery
in Motion**



Snowden at Fredericksburg
MediCorp

Community Mental Health Partners:



FREDERICKSBURG COUNSELING SERVICES, INC.



VIRGINIA INTERFAITH COMMITTEE ON MENTAL ILLNESS MINISTRIES (VICOMIM)

Recovery in Motion

Fredericksburg Counseling Services, Inc. is a United Way agency providing mental health services free of charge to the non-insured, low income populations. The agency is supported through donations, both financial and in direct service time provided by mental health professionals in the Fredericksburg area. 540-373-2320

Mental Health America of Fredericksburg (MHAF) provides free, confidential Mental Health Information & Referral Services, a Depression/Bipolar Support Group, Recovery in Motion peer support group, Senior Visitors program, lending library, public education and advocacy/public policy. 540-371-2704 or toll-free 1-800-684-6423 www.mhafred.org

National Alliance on Mental Illness - Rappahannock Affiliate (NAMI-R) provides educational programs and support for family members and consumers living with mental illness. 540-899-2719 www.nami.org

Rappahannock Area Community Services Board (RACSB) provides mental health, mental retardation, substance abuse, prevention and early intervention services. RACSB utilizes an ability-to-pay fee scale. Information: 540-373-3223
24-hour Emergency Services: 540-373-6876
www.racsb.state.va.us

Snowden at Fredericksburg (MediCorp) provides inpatient services, day treatment programs, substance abuse programs, and a therapeutic day school. Free evaluation is available. 540-741-3900 or Toll-free 1-800-362-5005
www.snowdenmentalhealth.com

Virginia Interfaith Committee on Mental Illness Ministries (VICOMIM) provides programs, assistance, and resources to faith communities developing their own programs for ministry with persons with mental illness and their families.
www.vaumc.org/gm/micom.htm

Recovery in Motion (RIM), a peer support group for persons with mental illness who believe recovery is possible, provides education and training opportunities that promote consumer empowerment, leadership and individual choice. (Formerly known as the Wellness, Recovery, Action, Plan or W.R.A.P. group.) Contact Velma at 540-373-3433 or Mental Health America of Fredericksburg at 540-371-2704.