MENTAL HEALTH PROVIDER LISTING

(Mental Health professionals licensed by the State of Virginia who practice in the private sector in the greater Fredericksburg area)

GENERAL INFORMATION

Mental Health America of Fredericksburg (MHAF) provides a free, confidential **Mental Health HelpLine** to assist people in accessing needed resources in our community.

In order to provide accurate information to callers, MHAF maintains a listing of mental health professionals and agencies licensed by the State of Virginia who practice in the City of Fredericksburg, and counties of Caroline, King George, Spotsylvania and Stafford. The provider listing reflects information as reported by providers and agencies to MHAF since **April 2018**.

Mental health providers are listed alphabetically by name, followed by their licensure and/or certification and practice information. All information was self-reported by providers. Interest areas are listed alphabetically to ease identification of providers who can meet one's specific needs. The range of costs can vary by provider thus fees are not included. Most providers can receive third-party payments; individuals are encouraged to contact their own health insurance carriers for coverage benefits/limitations.

The following color code is used to make it easier to identify practitioners who provide services that are frequently requested by HelpLine callers.

Green	**psychiatrists**
Red	child / adolescent service providers
Blue	Medicaid and / or Medicare providers
Orange	faith / spirituality / Christian counseling
Purple	Bi-Lingual Providers

Provider's Note: Please contact MHAF at 540-371-2704 or email **mhafred@mhafred.org** to report any additions, deletions and /or changes in your information, so an accurate listing is available to people in our community who are seeking mental health services.

Mental Health HelpLine

A free, confidential information and referral service to mental health practitioners, treatment services, community resources and educational literature

Monday – Friday 9:00 am – 5:00 pm

Call 540-371-2704 or toll free 800-684-6423

A service of

mhafva

MENTAL HEALTH AMERICA FREDERICKSBURG VA

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It is our hope that children and adults of all ages will find the support they seek to meet their specific needs within our community by using this service. It is also for school counselors, physicians, case managers and anyone who wants to locate mental health practitioners and services in the greater Fredericksburg area.

In case of a mental health emergency,

Call 9-1-1

Or

go to the nearest Hospital Emergency Room

Or

Call Rappahannock Area Community Services Board

In Fredericksburg, Spotsylvania or Stafford, call 540-373-6876
In Caroline County, call 804-633-4148
In King George County, call 540-775-5064

Or

Call the Suicide Lifeline 800-273-TALK

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MENTAL HEALTH PROVIDERS
(Revised April 2018)

Carl Ackerman, LCSW
Mental Health Resources
412 Chatham Square Office Park
Fredericksburg, VA 22405
Phone: (540) 899-9826
Fax: (540) 373-3913
Modality: individual, couples
Ages: adult 18+
Interest Areas: adjustment issues; anger management; anxiety; bipolar disorder; conflict management; depression; divorce, domestic violence; duel diagnosis; elderly issues; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; personality disorders; psychotic disorders; relationship issues; stress management
Specialized techniques: CBT-short term problem solving
Accepts Medicaid & Medicare
Accepts Worker's Compensation (Case by Case Basis)
Accepts Sliding scale clients
Provides: Court-ordered treatment
(Information updated 04/2018)

Darlene Ackerman, LPC, CRC
Mental Health Resources
412 Chatham Square Office Park
Fredericksburg, VA 22405
Phone: (540) 899-9826
Fax: (540) 373-3913
Modality: individual, couples
Ages: young adult 17 – 70's
Interest Areas: adjustment issues; anxiety; ADD/ADHD; behavior issues; bereavement; depression; developmental disorders; disability issues; divorce; family issues; grief; learning problems; life changes; mood disorders; relationship issues; stress management; women's issues
Special populations: gay/lesbian; intellectual disabilities;
Accepts Medicaid
Accepts Sliding scale clients
(Information updated 04/2018)

Ann Ahearn, LCSW
2217 Princess Anne Suite 207-1A
Fredericksburg, VA 22401
Phone: (540) 656-6766
Fax: (540) 479-6003
Email: aahearnlcsw@verizon.net
Modality: Individual, couples
Ages: adult 25 – 100
Interest Areas: adjustment issues; bereavement; dealing with medical issues; elderly issues; family issues; geriatric issues; grief; life changes; mood disorders; relationship

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issues; women's issues
Accepts Medicare
(Information updated 04/2018)

Syed Ahmed, MD
Psychiatric Care, Inc.
621A Jefferson Davis Hwy, Suite 101
Fredericksburg, VA 22401
Phone:(540) 891-7766
Hours: M – Fri 9 am – 4 pm/closed 12 pm – 1 pm
Modality: individual
Ages: adolescent 16+, adult, older adult
Interest Areas: adjustment issues; Alzheimer's; anxiety; ADD/ADHD; bereavement; bipolar disorder; dementia; depression; geriatric issues; grief; OCD; panic disorders; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; stress management; suicide ideation
Specialized Techniques: medication evaluation/management
Languages: Japanese, Hindi, Bengali
Accepts Medicaid and Medicare
(Information updated 04/2018)

Tina Almeida, LPC, RPT
Aquia Counseling and Therapy
305 Hanson Ave. Suite 170
Fredericksburg, VA 22401
Phone: (540) 361-4330
Fax: (540) 361-4331
Email: tinaalmeidalpc@gmail.com
Modality: individual
Ages: child 2+; adolescent; adult
Interest Areas: adjustment issues; adolescent issues; anxiety; ADD/ADHD; autism spectrum; behavior issues; child development; depression; life changes; parenting issues; postpartum depression; relationship issues; school problems; stress management; women's issues
Specialized techniques: play therapy
Special Populations: autism spectrum disorders; child/adolescent
(Information updated 04/2018)

Ali Altahir, MD
Altahir Behavioral Health
231 Garrisonville Rd Suite 205
Stafford VA 22554
Phone: 703-879-1542
Ages: child & adolescents 3-22
Interest Areas: Attention-Deficit/Hyperactivity Disorder (ADHD), intellectual disabilities, Autism spectrum disorders, mood disorders, anxiety, and psychosis; child and adolescent psychiatry
(Information Updated 04/2018)

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Marie T. Anderson, MA, LPC
New Hope Associates
11920 Sawhill Blvd
Spotsylvania VA 22553
Phone: (540) 845-2525
Fax: (540) 301-5657
Email: manderson.lpc@comcast.net
Modality: individual, couples, family
Ages: adult 18 - 100
Interest Areas: adjustment issues; anger management; anxiety; ADD/ADHD; bereavement; bipolar disorder; codependency; conflict management; cutting/self-injury; depression; divorce; family issues; grief; life changes; Men's issues; mood disorders; OCD; panic disorders; parenting issues; PTSD; postpartum depression; relationship issues; spiritual issues; stress management; trauma; women's issues
Specialized techniques: Christian counseling
(Information updated 07/2017)

Nicole Anderson, PsyD, LPC
Simply Counseling, LLC
10500 Wakeman Drive #240
Fredericksburg VA 22407
Phone: (540) 419-0229
Modality: individual, couples, family, group
Ages: child 3+, adolescent, adult to 65
Interest Areas: adjustment issues; adolescent issues; alcohol abuse; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; child development; codependency; conflict management; cutting/self-injury; depression; divorce; domestic violence; drug abuse; dual diagnosis; eating disorders; family issues; gay/lesbian/transgender; grief; impulse control; learning problems; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; physical abuse; PTSD; postpartum depression; psychotic disorders; relationship issues; **schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse;** spiritual issues; stress management; substance abuse; suicide ideation; trauma; women's issues
Specialized techniques: Christian counseling; play therapy; psychological testing
Special populations: child/adolescent; gay/lesbian/transgender; military families/veterans; rape/sexual assault **Group**: CBT; Women's Support Group; Court-ordered psychological testing; Court-order treatment (Information updated 04/2018)

Alicia Azpiri, MD – Tele-Psychiatry
Inpathy Behavioral Health – Tele-Psychiatry
Address: Inpathy.com
Mailing Address: 2740 Fort Avenue Suite B, Lynchburg VA 24501
Phone: 434-258-9620
FAX: 856-872-2524
Email: amjones@insight.net
Modality: Individuals
Ages: 18 to 80
Interest Areas: Adjustment Issues, Alcohol Abuse, Anger Management, Anxiety Disorders, ADD/ADHD, Behavior Issues, Bereavement, Bipolar Disorder, Child Abuse,

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Codependency, Conflict Management, Custody, Issues, Cutting/Self-Injury, Depression, Developmental Disorders, Disability Issues, Dissociative Identity, Divorce, Domestic Violence, Drug Abuse, Dual Diagnosis, Eating Disorders, Elderly Issues, Family Issues, Gay/Lesbian, Geriatric Issues, Grief, Head Trauma, Hoarding, Impulse Control, Learning Problems, Life Changes, Men's Issues, Mood Disorders, OCD, Pain Management, Panic Disorders, Parenting Issues, Personality Disorders, Physical Abuse, PTSD, Postpartum Depression, Psychosomatic Disorder, Psychotic Disorder, Relationship Issues, Schizoaffective Disorder, Schizophrenia, School Problems, Self-Injury,
Sexual Abuse, Sexual Dysfunction, Spiritual Issues, Stress Management, Substance Abuse, Suicidality, Trauma, Women's Issues.
Specialized Techniques: Psychological Testing, Medication Evaluation/Management, Disability Testing.
Special Populations: Gay/Lesbian/Transgender, Intellectual Disabilities, Law Enforcement Families, Military Families/Veterans, Rape and Sexual Assault.
Languages: Spanish (native language; fully proficient), Sign for the Hearing Impaired
Provides Court-Ordered Treatment
(Information updated 04/2018)

Dianne Bachman, LCSW (WAITING LIST)
804 Charles Street
Fredericksburg, VA 22401
Phone: (540) 845-7622
Cell: (540) 845-7622
Fax: (540) 322-3774
Email: dbachmanlcsw@gmail.com
Modality: individuals, couples, family, group
Ages: child 5+, adolescent, 100+
Interest Areas: adjustment issues; adolescent issues; anxiety disorders; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; cutting / self-injury; depression; dissociative identity disorder; elderly issues; family issues; gay/lesbian/ transgender; geriatric issues; grief; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; postpartum depression; psychosomatic disorder; relationship issues; school problems; self-injury; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: play therapy; Hypnosis, Expressive Arts
Special Populations: gay/lesbian/ transgender;
Accepts Medicare, Medicaid (Healthkeepers Plus only), Worker's Compensation
(Information updated 04/2018)

Nancy Bailey, PhD, LCP
Clinical Psychologist
305 Hanson Avenue, Suite 130A
Fredericksburg, VA 22401
Phone: (540) 479-1888
Fax: (540) 479-1998
Modality: individual
Ages: adult 21+, no limit
Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; codependency; cutting/self-injury; depression; dissociative identity disorder; divorce; domestic violence;

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elderly issues; gay/lesbian/transgender; geriatric issues; grief; hoarding; life changes; mood disorders; OCD; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; rape/sexual assault; relationship; issues; self-injury; sexual abuse; stress management; suicidality; trauma; women's issues
Special populations: gay/lesbian; rape/sexual assault
Accepts Medicare
(Information updated 04/2018)

Ann Bernardi, LSCW
Grief Support Services
Mary Washington Healthcare
2103 Washington Ave
Fredericksburg VA 22401
Phone: 540-741-1874
Email: ann.bernardi@mwhc.com
Modality: Individual, Couples, Family, Group (For the Grieving Population)
Ages: Youngest 3yrs. Oldest 100 yrs.
Special Populations: Child/Adolescent, Law Enforcement Families, Military Families, Rape/Sexual Assault, Bereaved, Teen Age Group, Family Group.
Bereavement Services are free and available to anyone in the community with limited grief groups in select schools (Kids Helping Kids). Participants must register/be appropriate for group.
No fees for any services.
(Information updated 07/2017)

Alexander Bory, PhD
Fredericksburg Psychological Services
1119 Caroline Street
Fredericksburg, VA 22401
FAX: (540) 371-2251
Email: alexanderbory@gmail.com
Modality: individual, couples, family, group
Ages: adolescent 12+, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; cutting/self-injury; depression; dissociative identity; dual diagnosis; eating disorders; elderly issues; family issues; gay/lesbian/transgender; grief; head trauma; impulse control; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; PTSD; postpartum depression; psychosomatic disorder; relationship issues; schizoaffective disorder; stress management; trauma; women's issues
Special Populations: military families /veterans; law enforcement families
Languages: Hungarian
Accepts Medicaid and Medicare
(Information updated 02/2017)

Valerie Boulware, MD
6330 Five Mile Center Park Suite 400
Fredericksburg, VA 22407
Phone: (540) 548-2960

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Email: boulwarepractice@gmail.com
Interest Areas: children; adolescents; children with disabilities
(Children & Adolescents ONLY)
(Information updated 04/2018)

Robert Brooks, LCSW
3516 Plank Road, Suite 5-C
Fredericksburg, VA 22407
Phone: (540) 786-3049
Fax: (540) 786-8101
Email: rjbcaf@aol.com
Modality: individual, couples, family
Ages: child 5+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; Alzheimer's; anger management; anxiety; ADD/ADHD; bereavement; bipolar; codependency; depression; divorce; elderly issues; family issues; geriatric issues; grief; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; PTSD; relationship issues; spiritual issues; stress management, trauma
Specialized Techniques: systems, cognitive behavior therapy
Special Populations: child/adolescent
Accepts Medicare
(Information updated 05/2017)

Denise M. Bumgarner, LPC
Providence Counseling
2217 Princess Anne St, Suite 327-1
Fredericksburg, VA 22401
Phone: (540) 737-8120
Fax: (540) 322-2002
Modality: individual, couples, family
Ages: adolescent 13+, adult to 99
Interest Areas: adjustment issues; anger management; anxiety; bereavement; bipolar disorder; codependency; depression; divorce; eating disorders; family issues; grief; impulse control; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; relationship issues; sexual abuse; spiritual issues; trauma; women's issues
Specialized Techniques: Christian counseling
Special populations: adolescent; eating disorders
Accepts: Anthem BC/BS, Cigna & Tricare; sliding scale/ client's individual basis
(Information updated 02/2017)

Thomas Capshew, LCSW, PhD
Center for Family Counseling
307 Lafayette Blvd. Suite 202
Fredericksburg, VA 22401
Phone: 540 361-1556 Ext.713
Modality: Individual, Couples, Family
Ages: adolescent adult, older adult
Interest Areas: adjustment issues; addiction; adolescent issues; anger management; coping skills; custody issues; depression; divorce; family issues; gay/lesbian/transgender;

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grief; impulse control; marital and premarital; men's issues; mood disorders; panic disorders; parenting issues; relationship issues; school problems; sexual abuse; spiritual issues; stress management; substance abuse; suicide ideation; trauma.
Specialized Techniques: Religious and Spiritual Counseling; Energy Therapies
Special Populations: Adolescent; LGBT
Accepts: Sliding scale; court-ordered treatment
(Information updates 04/2018)

Wendy Carannante, Director and Licensed School Psychologist
Mindful Health
Phone: (540) 845-6940
Fax: (484) 842-6053
Fredericksburg Location
4528 A1 Plank Road
Fredericksburg VA 22407
Email: info@mindfulhealth.com
Website: www.mindfulhealthva.com
https://www.facebook.com/mindfulhealthva
Modality: individual, couples, family
Ages: child 4+, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum' behavior issues; bereavement; bipolar; child abuse; child development; codependency'; conflict management, custody issues; cutting/self-injury; depression; developmental disorders; disability; issues; divorce; domestic violence; dual diagnosis; grief; head trauma; learning problems; life changes; panic disorders; parenting issues; PTSD; postpartum depression; relationship issues; school problems; self-injury; stress management; trauma; women's issues
Specialized Techniques: psychological testing; disability testing
Special populations: autism spectrum disorders; brain injury; child/adolescent; intellectual disabilities. Custody evaluations
Mission: To provide compassionate and high quality care. Providing mental health (counseling and testing) and educational services
(Information updated 02/2017)

Christi Carver, CNS
2217 Princess Anne Street, Suite 322-1
Fredericksburg, VA 22401
Phone: (540) 370-4344
Email: ccarver@fxbg.net
Modality: individual
Ages: adult 21+, older adult
Interest Areas: adjustment issues; anxiety; depression; eating disorders; gay/lesbian/transgender; geriatric issues; grief; mood disorders; OCD; panic disorders; postpartum depression; stress management; women's issues
Accepts Medicare
(Information updated 01/2017)

Don Chiappinelli, LCSW
2217 Princess Anne Street, Suite 322-1

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Fredericksburg, VA 22401
Phone: (540) 370-4344
Email: dclcsw@dclcsw.com
Modality: Individual, couples
Ages: Adult 18 - 99
Interest Areas: adjustment issues; anxiety; bereavement; depression; gay / lesbian/ transgender; grief; relationship issues
Special Populations: gay /lesbian; transgender
Accepts: sliding scale/case-by-case
(Information updated 02/2017)

Bernard Chirico, PhD
(NOT ACCEPTING NEW PATIENTS)
2217 Princess Anne St 105-2
Fredericksburg, VA 22401
Phone: (540) 371-1660
Modality: individual
Ages: adult 18+
Interest Areas: anxiety; bereavement; depression; grief; men's issues; mood disorders; OCD; pain management; panic disorders; PTSD; psychosomatic disorder; relationship issues; stress management; trauma
Specialized Techniques: hypnosis
Accepts Medicare
Accepts worker's compensation
(Information Updated 08/2017)

Terry J. Cockrell, LPC, CSAC
Transformations Counseling Services, LLC
150 Olde Greenwich Drive Suite 203
Fredericksburg, VA 22408
Phone: (540) 898-6851
Fax: (540)898-6398
Email: terryjc11@verizon.net
Modality: Individual, group
Ages: 18-70
Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; bipolar disorder; codependency; depression; domestic violence; drug abuse; dual diagnosis; impulse control; life changes; mood disorders; OCD; panic disorders; PTSD; relationship issues; stress management; substance abuse; women's issues
Group: Substance Abuse; Anger Management
Accepts: court ordered treatment
(Information updated 08/2017)

Paul Colton, NP
Gaertner Psychiatric PC
603 Jeff Davis Hwy Suite 101
Fredericksburg, VA 22401
Phone:(540) 372-2028
Fax: (540) 373-0945

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Website: www.gaertnerpsych.com
Modality: individual; couples
Ages: no children
Interest Areas: alcohol abuse; anger management; anxiety disorders; behavior issues; bereavement; bipolar disorder; depression; disability issues; drug abuse; dual diagnosis; eating disorders; geriatric issues; hoarding; mood disorders; OCD; panic disorders; personality disorders; PTSD; psychotic disorders; schizoaffective disorder; schizophrenia; stress management; substance abuse; suicidality; trauma
Special Techniques: Medication evaluation/management
Accepts Medicare
(Information updated 08/2017)

Andrea Cooper, LPC
Riverside Counseling
404 Chatham Square Office Park
Fredericksburg, VA 22405
Phone: (540) 373-1200
Email: ANDREACOOPER27@msn.com
Modality: individual
Ages: adult 21+
Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; depression; divorce; grief; life changes; mood disorders; OCD; panic disorders
(Information updated 02/2017)

Audrey Addaquay-Corey, NP Tele-Psychiatry
Inpathy Behavioral Health Tele-Psychiatry
Address: Inpathy.com
Mailing Address: 2740 Fort Avenue Suite B
Lynchburg, VA 24501
Phone: 434-258-9620
FAX: 856-822-2524
Email: amjones@insight.net
Ages: 18-80
Modality: Individual
Interest Areas: Adjustment Issues, Alcohol Abuse, Anger Management, Anxiety Disorders, ADD/ADHD, Behavior Issues, Bereavement, Bipolar Disorder, Child Abuse, Codependency, Conflict Management, Cutting/Self Injury, Depression, Disability Issues, Dissociative Identity, Divorce, Domestic Violence, Drug Abuse, Dual Diagnosis, Family Issues, Gay/Lesbian, Geriatric Issues, Grief, Impulse Control, Life Changes, Men's Issues, Mood Disorders, Pain Management, Panic Disorders, Parenting Issues, Personality Issues, Physical Abuse, PTSD, Postpartum Depression, Psychosomatic Disorder, Relationship Issues, Schizoaffective Disorder, Schizophrenia, School Problems, Self-jury, Sexual Abuse, Sexual Dysfunction, Stress Management, Suicidality, Trauma, Women's Issues.
Special Techniques: Psychological Testing, Disability Testing, Medication Evaluation, Medication Management.
Special Populations: Gay/Lesbian/Transgender, Law Enforcement Families, Military Families/Veterans, Rape/Sexual Assault.
Provides Court-Ordered Treatment (Information updated 04/2018)

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George S. Coviello, LPC
2217 Princess Anne 216-1
Fredericksburg VA 22401
Mailing address:
2208 Traies Court. Alexandria, VA 22306
Phone: (703) 780-3543
Fax: (703) 780-3543
Answering service no. 540-372-1807
Email: gcoviellolpc@cox.net
Modality: individual, couples, family
Ages: child 4+, adolescent, adult to 90
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; conflict management; depression; divorce; family issues; gay/lesbian/transgender; grief; men's issues; mood disorders; OCD; panic disorders; parenting issues; PTSD; relationship issues; school problems; stress management;
Specialized Techniques: CBT; Family Systems
Special Populations: child/adolescent; gay/lesbian; military families/veterans
Provides: Court-ordered treatment
Accepts Medicaid; sliding scale will be negotiated fee schedule with client
(Information updated 04/2018)

Kathryn F. Cray, LCSW
1406 Princess Anne Street
Fredericksburg, VA 22401
Phone: (540) 310-4070
Fax: (540) 310-4011
Modality: individual, couples, family
Ages: adult 21 – 80
Interest Areas: adjustment issues; anxiety; bereavement; dementia; divorce; grief; life changes; physical abuse; PTSD; relationship issues; sexual abuse; stress management; trauma; women's issues **Special Populations**: military families / veteransAccepts Medicare
(Information updated 07/2017)

Anne Devine, MS
Catholic Charities
1101 Stafford Ave
Fredericksburg, VA 22401
Phone: (540) 371-1124
Fax: (540) 371-9038
Email: adevine@ccda.net
Modality: Individual, Parent, Child, Family Group
Ages: +2, adolescent, Adult
Interest Areas: Adjustment issues; adolescent issues; anger management; anxiety disorders; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child development; conflict management; cutting/self-injury; depression; domestic violence; family issues; grief; impulse control; life changes; mood disorders; panic disorders; parenting issues; physical abuse; postpartum depression; relationship issues; school problems; self-injury;

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sexual abuse; spiritual issues; stress management; suicidality; trauma; women's issues
Specialized Techniques: Christian counseling; play therapy; filial family therapy
Special Populations: child/adolescent
Accepts: sliding scale clients based on income + dependents
(Information updated 04/2018)

Delise Dickard, LPC
Camellia Cottage
207 Amelia Street
Fredericksburg, VA 22401
Phone: 540-371-4000
Email: delisebd@msn.com
Website: www.camelliacottage.org
Modality: individual, couples; family, group
Ages: Adolescent; adult; geriatric.
Interest Areas: depression; mood & anxiety; EMDR; bereavement, parenting
(Information updated 04/2018)

Terry Diebold, LPC, LMFT
Center for Family Counseling
307 Lafayette Blvd Suite 200
Fredericksburg, VA 22401
Phone: (540) 361-1556
Fax: (540) 361-1557
Email: terrydiebold@gmail.com
Modality: Individual, couples, family
Ages: adolescent 12+, adult
Interest Areas: adjustment issues; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; depression, divorce; dual diagnosis; family issues; gay/lesbian/transgender; grief; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD – EMDR; postpartum depression; relationship issues; school problems; sexual abuse; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: Christian counseling; EMDR
Special Populations: Gay/lesbian; military families/veterans; rape/sexual assault; transgender
Accepts court-ordered treatment
(Information updated 04/2018)

Rachel H. Edmunds, LCSW
Avenues to Wellness
10712 Ballantraye Drive #304
Fredericksburg, VA 22407
Phone: (540) 986-4673
Fax: (540) 710-9299
Email: Rachel.edmunds@avewell.com
Modality: individual
Ages: 18+
Interest Areas: adjustment issues: anxiety disorders; bereavement; bipolar disorder; codependency; dementia; depression; elderly issues; geriatric issues; grief; life changes;

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men's issues; mood disorders; PTSD; spiritual issues; trauma
Specialized Techniques: EMDR
Accepts: Medicare
(Information updated 04/2018)

Sally Edwards, RN, LPC
307 Lafayette Blvd, Ste 202
Fredericksburg VA 22401
Phone: (540) 361-1556
Cell: (540) 226-2054
Modality: individual, couples
Ages: adult 25 +
Hours: No evenings (To 6:00PM only: no weekends)
Interest Areas: Alzheimer's; Anxiety Disorders; Bereavement; Dementia: Elderly Issues; Geriatric Issues; Grief; Life Changes; Relationship Issues; Women's Issues
Specialized Techniques: Spiritual, Support with Medical Issues
Accepts Medicaid and Medicare with sliding scale payment (per initial call)
(Information updated 09/2017)

Sarah Etu, PhD, LCP
WellSpring Child & Family Psychology
510 Princess Anne Street, Suite 101
Fredericksburg VA 22401
Phone: (540) 693-0096
Email: sarahetuphd@gmail.com
Website: www.wellspringchildandfamily.com
Modality: individual, family – limited base for eating disorders
Ages: adolescent 14+, adult, older adult
Interest Areas: adjustment issues; anxiety; depression; eating disorders; OCD; panic disorders; parenting issues; stress management; women's issues
(Information updated 05/2017)

Meredith Fox, LCSW
307 Lafayette Blvd Ste 300
Fredericksburg VA 22401
Phone: (540) 656-2122
Fax: (540) 656-2140
Email: meredithfox@vacoxmail.com
Modality: Individual, couples
Ages: adult 18+, older adult
Interest Areas: adjustment issues; anxiety; bereavement; codependency; conflict management; depression; divorce; grief; life changes; mood disorders; parenting issues; relationship issues; stress management; women's issues
Accepts Medicare
(Information updated 08/2017)

Mike Fray, PhD
2636 Caroline Street
Fredericksburg, VA 22401 or

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P.O. Box 7242
Fredericksburg, VA 22404
Phone: (540) 899-7762
Fax: (540) 899-3733
Email: mikefrayphd@vacoxmail.com
Hours: 9 am – 5 pm
Modality: individual
Ages: child 6+/adolescent, adult, older children for evaluations only
Interest Areas: anger management; anxiety; ADD/ADHD; depression; forensic issues; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; PTSD; relationship issues; self-injury; stress management; suicide ideation
Specialized Techniques: forensic evaluation; psychological testing
Special Populations: intellectual disabilities; law enforcement families; military families/veterans
Accepts Medicare; Court ordered treatment
(Information updated 03/2017)

Kristin Gartner, LPC, NCC
Bright Horizons Counseling Services, LLC
556 Garrisonville Rd, Suite 212
Stafford VA 22554
Phone: (540) 602-7615
Fax: (540) 628-0446
Email: support@bhcounseling.net
Modality: individual, family, group
Ages: child 4+, adolescent, adult to 60
Interest Areas: adjustment issues, adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; child development; custody issues; cutting/self-injury; cutting/self-injury; depression; developmental disorders; divorce; family issues; impulse control; learning problems; parenting issues; relationship issues; school problems; self-injury; stress management; suicidality
Specialized Techniques: play therapy; CBT; DBT; Group therapy
Special Populations: autism spectrum disorders; child/adolescent;
Group: Elementary School girls & boys' groups; substance abuse
Accepts: Court-ordered treatment; sliding scale on a case by case basis
(Information updated 04/2018)

Willis (Bill) Gay, LPC, LMFT
Aquia Counseling & Therapy
305 Hanson Ave Suite 170
Fredericksburg VA 22401
Phone: (540) 361-4330
Fax: (540) 361-4331
Email: whgay@cox.net
Modality: individual, couples, family
Ages: adolescent 13+, adult to 80
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; behavior issues; bereavement; conflict management; divorce; family issues; grief; men's issues; mood disorders; relationship issues; spiritual issues; stress management

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Specialized Techniques: Christian counseling
Special Populations: military families / veterans
(Information updated 04/2018)

Tammy M. George, LPC
c/o Aquia Counseling & Therapy
385 Garrisonville Road – Suite 113
Stafford VA 22554
TEL: (540) 657-1228
FAX: (540) 657-1999
Modality: Individual
Ages: Youngest 16 to oldest 99
Interest Areas: Anxiety Disorders, Bereavement, Bipolar, Depression, Divorce, Grief, Life Changes, Mood Disorders, Panic Disorders, Postpartum Depression, Relationship Issues, Spiritual Issues, Stress Management, Women's Issues.
Specialized Techniques: Christian Counseling
(Information updated 04/2018)

Carmen E. Greiner, LPC, LSATP, MAC
Lighthouse Counseling
420 Hudgins Road Suite 201
Fredericksburg, VA 22408
Phone: (540) 907-0121
Fax: (866) 832-7890
Email: cgreiner@lighthousefredericksburg.com
Modality: Individual, group
Ages: adult 18 - 200
Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; bipolar; codependency; cutting/self-injury; depression; drug abuse; dual diagnosis; gay/lesbian/transgender; grief; men's issues; mood disorders; panic disorders; personality disorders; psychotic, schizoaffective, schizophrenia, self-injury; stress management; substance abuse; suicidality; women's issues
Specialized Techniques: Dialectical Behavior Therapy (DBT)
Special Populations: gay/lesbian/transgender; transgender
Group: DBT; Substance Abuse
Accepts: Court-ordered treatment
(Information updated 04/2018)

Kevin Handley, PhD
Commonwealth Psychology & Ed. Consulting
4701 Spotsylvania Parkway Ste 101
Fredericksburg VA 22407
Phone: (877) 832-7833
Modality: individual, group
Ages: adolescent 13+, adult to 65
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; depression; forensic issues; hoarding issues; impulse control; life changes; men's issues; OCD; panic disorders; personality disorders; PTSD; postpartum depression; psychosomatic disorder; spiritual issues; stress management; trauma

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Specialized Techniques: Christian counseling; forensic evaluation; psychological testing; disability testing; cognitive-behavioral therapies, mindfulness & acceptance based therapies
Special Populations: military families/veterans; law enforcement families
Other: students with test-taking anxiety; computerized working-memory training for clients (all ages) with ADHD
Groups: sleep skills; anger management; anxiety management
Custody evaluations
Court-ordered psychological testing / Court-ordered treatment
(Information updated 08/2017)

Kimberly Harris Kennedy, PhD, LPC
2217 Princess Anne Suite 315-1
Fredericksburg, VA 22401
Phone: (540) 273-6859
Email: Kimberly Harris Kennedy LPC@gmail.com
Modality: individual, couples
Ages: children 5+, adolescent, adult, older adult
Interest Areas: alcohol use; anxiety; bereavement; depression; divorce; family issues; grief; mood disorders; parenting issues; relationship; issues; spiritual issues; stress management; substance use; trauma; women's issues
Special Populations: child/adolescent; law enforcement families; military families/ veterans
Court-ordered treatment
(Information Updated 08/2017)

Mike Hawkins, BA, CSAC, NCAC II, SAP
Substance Abuse Counselor
New Genesis Recovery Center, PLLC
3516 Plank Road, 6C
Fredericksburg, VA 22407
Mike.hawkins@newgenesisrecovery.com
Phone: (540) 412-8330
FAX: (540) 469-5112
newgenesismh@gmail.com
Modality: individual, family, group
Ages: adolescent 13+, adult, older adult
Interest Areas: alcohol abuse, anger management, behavior issues, codependency, drug abuse, parenting issues, substance abuse
Specialized Techniques: Christian counseling, motivational interviewing
Special Populations: Court ordered treatment
Group: Substance Abuse
(Information updated 04/2018)

Jannan Holmes, LCSW
613 Caroline Street, Suite 101
Fredericksburg VA 22401
Phone: (540) 287-0557
Modality: individual, family

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Ages: child 3, adolescent to 22
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; child development; conflict management; depression; developmental disorders; divorce; dual diagnosis; family issues; gay/lesbian/transgender; grief; impulse control; learning problems; life changes; mood disorders; OCD; panic disorders; parenting issues; relationship issues; school problems; stress management
Specialized Techniques: play therapy
Special Populations: autism spectrum disorders; child/adolescent; gay/lesbian/ transgender in children and adolescents
(Information updated 02/2017)

Judy Jacobs, PHD
Certified
Christian Family Counseling
1601 B Olde William Street
Fredericksburg VA 22401
Phone: (540) 371-9900
Email: drjb55@aol.com
Modality: individual, couples, family, group
Ages: child 5+, adolescent, adult, older adult
Interest Areas: adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum; bereavement; child abuse; child development; codependency; conflict management; custody issues; cutting/self-injury; depression; divorce; domestic violence; eating disorders; family issues; grief; hoarding; impulse control; life changes; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; substance abuse; suicidality; women's issues
Special Techniques: Christian counseling
Special Populations: child/adolescent; law enforcement families; military families/ veterans; rape/sexual assault
Group: Family – Women's support Groups
Provides Custody evaluations
Accepts: court-ordered treatment
Accepts Medicaid and sliding scale based on individual needs
(Information updated 04/2018)

Roy Jarnecke, PhD
Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
Phone: (540) 310-0797
Fax: (540) 310-0791
Email: bhfredericksburg@gmail.com
Modality: Individual, family
Ages: child 6+, adolescent, adult, older adult
Interest Areas: adjustment issues; Alzheimer's; anxiety; ADD/ADHD; bereavement; bipolar disorder; depression; disability issues; divorce; forensic issues; geriatric issues;

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grief; head trauma; mood disorders; OCD; pain management; panic disorders; parenting issues; PTSD; school problems; trauma
Specialized Techniques: forensic evaluation; psychological testing; disability testing
Special Populations: brain injury; child/adolescent
Court-ordered psychological testing
Accepts Medicaid & Medicare
Accepts worker's compensation
(Information updated 04/2018)

Mohammad Javed, MD – Tele-Psychiatry
Inpathy Behavioral Health – Tele-Psychiatry
Address: Inpathy.com
Mailing Address: 2740 Fort Avenue Suite B, Lynchburg VA 24501
Phone: 434-258-9620
FAX: 856-872-2524
Email: amjones@in-sight.net
Modality: Individuals
Ages: 18-80
Interest Areas: Alcohol Abuse, Anxiety, Depression, Disorders, Bipolar Disorder, Drug Abuse, Dual Diagnosis, Family Issues, Geriatric Issues, Impulse Control, Men's Issues, Mood Disorders, Panic Disorders, PTSD, Psychosomatic Disorder, Psychotic Disorders, Schizoaffective Disorder, Schizophrenia, Substance Abuse, Suicidality, Trauma.
Specialized Techniques: Medication Evaluation/Management
Special Populations: Military Families/Veterans.
Provides Court-Ordered Treatment
(Information updated 12/2017)

Dave Jenkins, DMin, LMFT
Fredericksburg Relationship Center, LLC
150 Olde Greenwich Drive, Suite 204
Fredericksburg VA 22408
Phone: 888-317-7795
Email: helpme@fredericksburgrelationships.com
Modality: Couples Counseling/Marriage Counseling
Ages: 17 +
Interest Areas: Divorce; Men's Issues; Relationship Issues; Sexual Dysfunction
Special Populations: Law Enforcement Families, Military Families/Veterans
(Information updated 04/2018)

Deborah Jockin, LCSW
Behavioral Healthcare of Fredericksburg
312 Progress Street, Suite 200
Fredericksburg, VA 22401
Phone: (540) 310-0797
Fax: (540) 310-0791
Email: bhfredericksburg@gmail.com
Modality: Individual, couples, family
Ages: Child 6+, adolescent, adult to 65
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety;

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ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; codependency; conflict management; cutting/ self-injury; divorce; depression; family issues; grief; impulse control; mood disorders; OCD; panic disorders; parenting issues; PTSD; postpartum depression; relationship issues; school problems; self-injury; sexual abuse; sex trafficking; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: Christian counseling**;** cognitive-behavioral therapy
Special Populations: child/adolescent; military families/veterans; rape/sexual assault; Christian counseling; victims of sex trafficking teens and adults.
Accepts Medicaid, Medicare, sliding scale clients (Information updated 04/2018)

Joe T. Johnson, LCSW
404 Chatham Square
Fredericksburg, VA 22405
Phone: (540) 373-1200
Modality: individual, couples
Ages: adolescent 13+, adult, older adult
Interest areas: adolescent issues; anger management; anxiety; bereavement; bipolar disorder; depression; dual diagnosis; grief; men's issues; mood disorders; PTSD
Special Populations: adolescent; military families/veterans
Court-ordered treatment
Accepts Medicaid (Anthem HealthKeepers Plus)
Accepts worker's compensation
(Information updated 05/2017)

Crystal Jones, LCSW
Life Source Counseling, PLLC
2217 Princess Anne St Suite 305-1
Fredericksburg VA 22401 or
PO Box 691,
Fredericksburg VA 22404
Phone: (540) 455-5057
Fax: (540) 301-2305
Email: crystalrjoneslcsw@gmail.com
Modality: individual
Ages: 17 to adult of 65
Interest areas: anger management; anxiety disorders; depression; life changes; mood disorders; spiritual issues; stress management; women's issues
Special Techniques: mindfulness meditation
Special Populations: women
Accepts Medicaid and sliding scale clients but must inquire in office
(Information updated 02/2017)

Beatrice Kerr, LCSW
Center for Family Counseling
307 Lafayette Blvd Suite 202
Fredericksburg, VA 22401
Phone: (540) 361-1556
Fax: (540) 361-1557
Email: elviskerr@gmail.com

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Modality: individual, couples
Ages: 17 - 100
Interest Areas: anger management; anxiety; bereavement; codependency; dissociative identity disorder; domestic violence; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; panic disorders; PTSD; relationship issues; sexual abuse; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: EMDR
Special Populations: rape/sexual assault
(Information updated 08/2017)

Arezoo Khanzadeh, LCP/PsyD
North Star Therapy PLLC
3516 Plank Road, Suite 6C
Fredericksburg, VA 22407
Phone: (540) 388-2891
Fax: (540) 412-8330
Email: info@northstartherapy.org
Modality: individuals, group
Ages: adults, adolescent (13+)
Interest Areas: anxiety disorders; child abuse; cutting/self-injury; depression; dissociative identity disorder; gay/lesbian/transgender; head trauma; mood disorders; panic disorders; PTSD; stress management; trauma
Specialized Techniques: Psychological testing; parent competency evaluation
Special Populations: brain injury; gay/lesbian; rape/sexual assault
Provides parent competency
Provides court-ordered psychology testing
(Information updated 02/2017)

Michele Kozlowski, LPC, LMFT
Aquia Counseling & Therapy
305 Hanson Avenue, Suite 170
Fredericksburg, VA 22401
Phone: (540) 361-4330
Fax: (540) 361-4331
Modality: individual, family
Ages: child 5+, adolescent, - 99
Interest Areas: adjustment issues: adolescent issues; anger management; anxiety disorders; behavior issues; bereavement; child abuse; conflict management; depression; divorce; domestic violence; family issues; OCD; Panic disorders; parenting issues; relationship issues; sexual abuse; trauma; women's issues
Special Populations: child/adolescent; autism spectrum disorders; gay/lesbian/law enforcement families; rape/sexual assault
Languages: German
(Information updated 04/2018)

Meredith Krause, PhD, LCP
Aquia Counseling & Therapy
385 Garrisonville Rd Suite 113
Stafford VA 22554

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Phone: (540) 657-1228
Fax: (540) 657-1999
Modality: individual, couples
Ages: adult 18+, 90 +
Interest Areas: Adjustment issues; anxiety; ADD/ADHD; bereavement; codependency; conflict management; depression; divorce; elderly issues; gay/lesbian/ transgender; geriatric issues; grief; life changes; men's issues; mood disorders; OCD; panic disorders; PTSD; postpartum depression; relationship issues; stress management; trauma; women's issues
Special Populations: gay/lesbian/ transgender; law enforcement families; military families/veterans
Accepts Medicare
(Information updated 04/2018)

Linda LaFave, LPC, LMFT
2217 Princess Anne Street, Suite 202-1
Fredericksburg, VA 22401
Phone: (540) 373-9574
Email: lmlafave@verizon.net
Modality: individual, couples, family
Ages: adolescent 16+, adult, older adult
Interest Areas: adjustment issues; alcohol abuse (adult); anxiety; bereavement; codependency; depression; divorce; domestic violence; drug abuse (adult); family issues; gay/lesbian/transgender; grief; life changes; men's issues; mood disorders; postpartum depression; relationship issues; sexual abuse; stress management; substance abuse (adult); trauma; women's issues
Special Populations: gay/ lesbian; rape/sexual assault
(Information updated 10/2017)

Sylisa Lambert-Woodard, **LCSW**
Executive Director Alliance Therapy Center, LLC
406 Chatham Square, Suite 101
Fredericksburg VA 22405
Phone: (540) 373-9577 Ext. 7
Interest Areas: chemical dependency; depression/affective disorders; dual diagnosis; marital/couple's therapy; minority issues
(Information updated 08/2017)

Lisa LaPier, LCSW
Aquia Counseling & Therapy
305 Hanson Avenue, Suite 170
Fredericksburg, VA 22401
Phone: (540) 361-4330
Modality: individual, family
Ages: child 8+, adolescent; adult, older adult
Interest Areas: Adjustment issues; adolescent issues; anger management; anxiety; behavior issues; bereavement; bipolar disorder; cutting/self-injury; depression; family issues; grief; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; school problems; self-injury; stress management; substance abuse; suicide ideation;

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trauma
Specialized Techniques: CBIT for Tic disorders
Special Populations: child/adolescent
(Information updated 04/2018)

Jennifer A. Lemich, LPC
Sea of Serenity Therapy LLC
305 Hanson Avenue, Ste 170
Fredericksburg VA 22401
Phone: (540) 361-4330
Fax: (540) 361-4331
Email: Seaofserenitytherapy@icloud.com
Modality: individual
Ages: child 5+ and adult
Interest Areas: adjustment issues, adolescent issue, alcohol abuse, anger management, anxiety disorders, behavior issues, bereavement, bipolar disorder, codependency, conflict management, cutting/self-injury, depression, domestic violence, drug abuse, family issues, grief, impulse control, life changes, mood disorders, OCD, panic disorders, parenting issues, personality disorders, physical abuse, PTSD, postpartum depression, relationship issues, school problems, self-injury, sexual abuse, stress management, substance abuse, trauma, women's issues
Specialized Techniques: substance abuse evaluation
(Information updated 02/2017)

Frank J. Leonardi, PsyD
Peak Mental Health Services
1103 Heatherstone Drive Suite 102
Fredericksburg, VA 22407
Phone: (540) 548-2430
Fax: (540) 548-3816
Modality: individual, couples
Ages: adult 18 - 90
Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; codependency; cutting/self-injury; depression; divorce; domestic violence, drug abuse, dual diagnosis; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; hoarding; impulse control; life changes; men's issues; mood disorders; OCD; panic disorders; pain management; panic disorders; personality disorders; PTSD; postpartum; relationship issues; self-injury; sexual abuse; spiritual issues; stress management; substance abuse; suicidality, trauma; women's issues
Special Populations: military families/ veterans
Accepts Medicare
(Information updated 08/2017)

Gary Lupton, LPC, LMFT, LSATP
Aquia Counseling & Therapy
385 Garrisonville Road, Suite 113
Stafford, VA 22554
Phone: (540) 657-1228

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Modality: individual, couples & family
Ages: adolescents 12+, adult, older adult
Interest Areas: adjustment issues; adolescent issues; alcohol abuse; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bipolar disorder; child abuse; codependency; cutting/self-injury; dementia; depression; developmental disorders; divorce; domestic violence; drug abuse; dual diagnosis; family issues; forensic issues; gay/lesbian/transgender; grief; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; sexual dysfunction; substance abuse; suicide ideation; trauma
Special Populations; autism spectrum disorders; brain injury; child/adolescent; gay/lesbian; law enforcement families; military families'/veterans; rape/sexual assault; sex offenders
Court-ordered treatment
Accepts Worker's Compensation
(Information updated 4/2018)

Nadine Lupton, LCSW
Aquia Counseling & Therapy
385 Garrisonville Road, Suite 113
Stafford, VA 22554
Phone: (540) 657-1228
Modality: individual, couples, family
Ages: child 3+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; adoption; anger management; anxiety; behavior issues; bereavement; bipolar disorder; child abuse; child development; codependency; conflict management; depression; divorce; domestic violence; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; life changes; men's issues; mood disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; school problems; sexual abuse; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: play therapy; cognitive-behavioral; family therapy; trauma therapies; attachment treatment
Special Populations: child/adolescent; military families/veterans; law enforcement families; rape/sexual assault
Court-ordered treatment
Accepts Medicare
(Information updated 04/2018)

Lucy Lutterbie, LCSW
Phone: (540) 371-1727 by appointment only
Modality: individual, couples
Ages: adolescent, adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; codependency; conflict management; custody issues; depression; divorce; mood disorders; OCD; parenting issues; personality disorder; PTSD; relationship issues; school problems
Special Populations: adolescent
Accepts: Court-ordered treatment (co-parenting); sliding scale clients during initial phone

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call (Information updated 08/2017)

William E. Lynch, PsyD, LCP
Child & Adolescent Psychological Services
4607 Harrison Road
Fredericksburg VA 22408
Phone: (540) 898-7995
Modality: individual
Ages: child 4+; adolescent to 18
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; depression; drug abuse; family issues; grief; impulse control; learning problems; mood disorders; school problems; self-injury; suicide ideation
Specialized Techniques: play therapy; psychological testing
Special Populations: child/adolescent
Court-ordered treatment
(Information updated 02/2017)

Mary Mannhardt, M. Ed
Grace Counseling Center
1141 Heatherstone Drive
Fredericksburg VA 22407
Phone: (540) 548-4114
Email: mannhardtmary@yahoo.com
Website: www.marymannhardt.com
Modality: individual, couples, family
Ages: adult 20 to 70
Interest Areas: adjustment issues; relationships in crisis; anger management; anxiety; bipolar disorder; codependency; cutting/self-injury; depression; disability issues; dual diagnosis; eating disorders; family issues; grief; life changes; pain management; postpartum depression; PTSD; spiritual issues; suicide ideation; women's issues; OCD; borderline personality
Specialized Techniques: Christian counseling with Biblical insights; cognitive behavior with mood and eating disorders
(Information updated 03/2017)

Renee Martin, LCSW
1320 Central Park Blvd Suite 220
Fredericksburg, VA 22401
Phone: (540) 548-4824
Email: reneemartinlcsw@hotmail.com
Modality: individual, couples, family
Ages: adolescent 12+, adult, older adult – no limit
Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; codependency; depression; divorce; family issues; grief; life changes; men's issues; mood disorders; parenting issues; relationship issues; stress management; women's issues
Specialized Techniques: CBT
Accepts Medicare with secondary ins., Anthem, Anthem Healthkeepers, Tricare (all levels), United Healthcare, Aetna (Information updated 02/2017)

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Teresa McCrossin, LCSW
1320 Central Park Blvd Suite 231
Fredericksburg VA 22401
Phone: (540) 785-1660
Fax: (540) 736-3274
Email: teresamccrossinlcsw@gmail.com
Modality: individual, couples, family
Ages: adolescent 15+, adult, older adult
Interest Areas: adjustment issues; adoption; anxiety; bereavement; codependency; depression; divorce; domestic violence; dual diagnosis; family issues; grief; life changes; OCD; pain management; panic disorders; parenting issues; PTSD; postpartum depression; psychosomatic disorder; relationship issues; sexual abuse; stress management; suicide ideation; trauma; women's issues
Special Populations: infertility, family building, postpartum depression, relief related to miscarriage/child loss
Accepts Medicaid and Medicare / Accepts sliding scale clients on an individualized basis.
(Information updated 08/2017)

Courtney McKane, M.A. LPC
Licensed Professional Counselor
1101 Stafford Avenue
Fredericksburg, VA 22401
Phone: (540) 371-1124 x 107
Fax: (540) 371-9038
Email: cmckane@ccda.net
Modality: Individual, couples
Ages: 18 and up
Interest Areas: Adjustment issues; adolescent issues; alcohol abuse; Alzheimer's; anxiety disorders; behavior issues; bereavement; bipolar disorder; codependency; conflict management; dementia; depression; dual diagnosis elderly issues; grief; mood disorders; parenting issues; relationship issues; spiritual issues; stress management; women's issues
Accepts: sliding scale clients
(Information updated 02/2017)

Margaret (Meg) McSherry, LCSW
Courage Health & Wellness
4820 Southpoint Drive, Suite 105
Fredericksburg, VA 22407
Telephone: 540-645-1655
FAX: 540-376-7938
Email: megmcsherry@couragehw.com
Website: www.couragehw.com
Modality: Individuals, Couples, Families
Ages: Children, Adolescent, Teenagers, Adults, Senior Adults
Interest Areas: ADHD, Anger Management, Anxiety, Behavioral Issues, Career Counseling, Chronic Illness, Codependency, Coping Skills, Depression, Divorce, Emotional Disturbance, Grief, Life Coaching, Life Transitions, Obesity, Obsessive-Compulsive, Oppositional Defiance, Parenting, Pregnancy (Prenatal, Postpartum), Relationship Issues, School Issues, Self-esteem, Self-Harming, Adult Sexual Abuse, Sleep

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or Insomnia, Spirituality, Sports Performance, Stress, Suicidal Ideation, Teen Violence, Transgender, Trauma and PTSD, Traumatic Brain Injury, Weight Loss, Women's Issues.
Special Populations: Military, Veteran
(Information Updated 1//2018)

Elena Monti, LCSW
Bright Horizons Counseling
556 Garrisonville Rd, Suite 212
Stafford VA 22554
Phone: 540-602-7615
Modality: individual, family, group
Ages: child 2+, adolescent, adult <40
Interest Areas: adjustment issues; adolescent issues; adoption; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; child development; depression; developmental issues; divorce; family issues; grief; impulse control; mood disorders; OCD; parenting issues; PTSD; postpartum depression; school problems; stress management; trauma
Special Populations: autism spectrum disorder; child/adolescent; military families/ veterans
Court-ordered treatment
(Information updated 04/2018)

Ann Marie Mullins, LPC – Tele-Psychiatry
Inpathy Behavioral Health – Tele-Psychiatry
Address: Inpathy.com
Mailing Address: 2740 Fort Avenue Suite B Lynchburg VA 24501
Phone: 434-258-9620
FAX: 856-872-2524
Email: amjones@in-sight.net
Modality: Individuals
Ages: 18 – 80
Interest Areas: Adjustment Issues, Alcohol Abuse, Anger Management, Anxiety Disorders, ADD/ADHD, Behavior Issues, Bereavement, Bipolar Disorder, Child Abuse, Codependency, Conflict Management, Cutting/Self-Injury, Depression, Disability Issues, Dissociative Identity, Divorce, Domestic Violence, Drug Abuse, Dual Diagnosis, Family Issues, Gay Lesbian, Geriatric Issues, Grief, Impulse Control, Life Changes, Men's Issues, Pain Management, Panic Disorders, Parenting Issues, Personality Disorders, Physical Abuse, PTSD, Postpartum Depression, Psychosomatic Disorder, Relationship Issues, Self-Injury, Sexual Abuse, Sexual Dysfunction, Stress Management, Substance Abuse, Suicidality, Trauma, Women's Issues.
Specialized Techniques: Psychological Testing, Disability Testing
Special Populations: Gay/Lesbian/Transgender, Law Enforcement Families, Military Families/Veterans, Rape/Sexual Assault.
PROVIDES COURT-ORDERED TREATMENT (Information updated 04/2018)

Sudhir Nagaraja, DO
Virginia Integrated Psychiatry
4900 Hood Drive – Suite 100
Fredericksburg VA 22408

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Phone: (540) 479-1319
Modality: individual
Ages: adolescent 13, adult
Interest Areas: alcohol abuse; Alzheimer's; anxiety; ADD/ADHD; autism spectrum; behavior issues; bipolar disorder; codependency; cutting/self-injury; dementia; depression; divorce; drug abuse; dual diagnosis; grief; head trauma; hoarding; impulse control; learning problems; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; schizophrenia; school problems; self-injury; sexual dysfunction; spiritual issues; stress management; substance abuse; suicide ideation; trauma; Transcranial Magnetic Stimulation (TMS) noninvasive procedure FDA-approved for Major Depressive Disorder
Specialized Techniques: medication evaluation/management; acupuncture; suboxone
Special Populations: brain injury; military families/ veterans / Court-ordered treatment
(Information updated 04/2018)

Daniel P. Nelson, LPC
1406 Princess Anne Street
Fredericksburg VA 22401
Phone: (540) 369-3549
Modality: Individual, couples, EMDR
Ages: child 10+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anxiety; behavior issues; bereavement; bipolar disorder; child abuse; codependency; conflict management; cutting/self-injury; depression; disability issues; domestic violence; drug abuse; family issues; gay/lesbian/transgender; grief; men's issues; mood disorders; OCD; panic disorders; parenting issues; PTSD; relationship issues; self-injury; stress management substance abuse; suicide ideation; trauma
Special Populations: child/adolescent; gay/lesbian; law enforcement families; military families/veterans
(Information updated 02/2017)

Denis Nissim-Sabat, PhD, LCP
2217 Princess Anne Suite 201-1
Fredericksburg, VA 22401
Phone: (540) 371-6875
Modality: individual, couples, family, group
Ages: adolescent 16+, adult to 80
Interest Areas: depression; divorce; family issues; gay/lesbian; mood disorders; OCD: panic disorders; psychotic disorders; stress management
Special Populations: gay/lesbian
Group: Separation and Divorce
Accepts Medicaid & Medicare
Accepts Worker's Compensation
(Information updated 02/2017)

Roger Pasternak, PhD, LCP
Mental Health Resources
412 Chatham Square Office Park

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Fredericksburg, VA 22405
Phone: (540) 899-9826
Email: mhr412@verizon.net
Modality: Psychological evaluations only
Ages: child 4+, adolescent, adult
Accepts Medicaid & Medicare
Accepts Worker's Compensation
(Information updated 02/2017)

Nicole Pernod, PsyD.
CVHS (Central Virginia Health Services)
1965 Jefferson Davis Hwy.
Fredericksburg, VA 22401
Phone: (540) 735-0560
Fax: (540) 735-0567
Email: nicolepernod@cvhs.org
Website: www.cvhsinc.org
Modality: individual, couples, family, group
Ages: child 5+, adolescent and adult
Interest Areas: adjustment issues; adolescent issues; alcohol abuse; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; child development; conflict management; custody issues; cutting/self-injury; depression; developmental disorders; dissociative identity; divorce; domestic violence; drug abuse; dual diagnosis; eating disorders; elderly issues; family issues; forensic issues; gay/lesbian/transgender; geriatric issues; grief; learning problems; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; sexual abuse; spiritual issues; stress management; substance abuse; suicidality; trauma; women's issues
Special Populations: child/adolescent; gay/lesbian; intellectual disabilities; law enforcement families; rape/sexual assault; transgender
Languages: Spanish
Accepts: sliding scale to contact clinician by phone
Accepts Medicaid & Medicare
(Information updated 04/2017)

Tracy Perl, LPC, NCC, BCPCC
Embrace Life, LLC
238 Toluca Road
Stafford VA 22556
Phone: (917) 515-7884
Fax: (540) 602-7937
Email: tracycperl@yahoo.com
Modality: individual, couples, family
Ages: child, adolescent, adult
Interest Areas: adjustment issues; anxiety; behavior issues; bipolar disorder; child abuse; child development; codependency; conflict management; custody issues; cutting/self-injury; depression; domestic violence; dual diagnosis; family issues; mood disorders; OCD;

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panic disorder; parenting issues; personality disorders; physical abuse; PTSD; psychosomatic; psychotic disorders; relationship issues; self-injury; sexual abuse; spiritual issues; stress management, suicide ideation
Specialized Techniques: Christian counseling upon request
Special Populations: child/adolescent; law enforcement families; military families/veterans
Accepts: Insurance; Cash Pay; Custody evaluation; Court-ordered treatment
(Information updated 02/2017)

Jeanne Piette, PhD, LPC
WellSpring Child and Family Psychology, PC
510 Princess Anne Street, Suite 101
Fredericksburg VA 22401
Phone: 540-693-0096
Modality: Individuals, Couples
Ages: 18+
Interest Areas: Adjustment Issues, Anxiety Disorders, Bereavement, Depression, Grief, PTSD, Relationship Issues, Sexual Abuse, Trauma, Women's Issues
Special Populations: Military Families/Veterans, Rape/Sexual Assault
Accepts: Medicare
(Information updated 10/2017)

Rajalla Prewitt, MD
Gaertner Psychiatric Adolescent & Adult Services
603 Jefferson Davis Hwy Suite 101
Fredericksburg VA 22401
Phone: (540) 372-2028
Fax: (540) 373-0945
Website: www.gaertnerpsych.com
Modality: individual
Ages: child 8+, adolescent and adult
Interest Areas: adolescent issues: ADD/ADHD; autism spectrum; child abuse; child development; depression; developmental disorders; dissociative identity disorder; family issues; impulse control; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; psychosomatic disorder; psychotic disorders; schizophrenia; school problems; self-injury; suicidality; trauma; women's issues
Specialized Techniques: medication evaluation/management
Special Populations: child/adolescent
Accepts Medicare and Medicaid
(Information updated 08/2017)

Anna Rae, LPC, CSAC
Mental Health Resources
412 Chatham Square Office Park
Fredericksburg VA 22405
Phone: (540) 899-9826
Fax: (540) 373-3913
Modality: Individual, couples, family, group
Ages: Adolescent 13+, adult to 70

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Interest Areas: adjustment issues; adolescent issues; adoption; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; child abuse; codependency; conflict management; cutting/self-injury; depression; divorce; domestic violence; dual diagnosis; family issues; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; school problems; sexual abuse; stress management; substance abuse; suicidality; trauma; women's issues
Specialized Techniques: neurofeedback
Special Populations: brain injury; child/adolescent; law enforcement families; military families/veterans; rape/sexual assault
Group: pelvic pain group
Accepts court-ordered treatment; Medicaid; Worker's Compensation; sliding scale
(Information updated 08/2017)

Mark Reeves, LCSW
406 Chatham Square, Suite 102
Fredericksburg VA 22405
Phone: (540) 840-5808
Fax: (540) 373-6266
Email: mreeveslcsw@gmail.com
Modality: individual, couples
Ages: adolescent 13+, adult, older adult
Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety; codependency; depression; divorce; drug abuse; family issues; men's issues; relationship issues; stress management; substance abuse
Special Populations: law enforcement families; military families/veterans
(Information updated 08/2017)

Lavonne (Kondi) Rodgers, LPC
Lavonne M. Rodgers
385 Garrisonville Road – Suite 113
Stafford VA 22554
Phone: 540-657-1228
Fax: 540-657-1999
Modality: Individuals, Couples
Ages: children 7+ – Oldest 80s
Interest Areas: Adjustment Issues, Adolescent Issues, Anger Management, Anxiety Disorders, Behavior Issues, Bereavement Issues, Child Abuse, Conflict Management, Cutting/Self-Injury, Depression, Divorce, Domestic Violence, Elderly Issues, Family Issues, Gay/Lesbian, Geriatric Issues, Grief, Men's Issues, Mood Disorders, Parenting Issues, PTSD, Relationship Issues, Self-Injury, Stress Management, Trauma, Women's Issues.
Specialized Populations: Child/Adolescent, Military Families/Veterans, Rape/Sexual Assault
(Information updated 06/2017)

Faye Romano, PsyD
Heatherstone Center & Comprehensive Psychological Services
1133 Heatherstone Drive Ste 102
Fredericksburg VA 22407

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Phone: (540) 548-4222
Modality: Individual, couples, group
Ages: children 10+, adult, older adults
Interest Areas: adjustment issues; adolescent issues; Alzheimer's; anxiety; ADD/ADHD; bereavement; dementia; depression; disability issues; elderly issues; grief; head trauma; impulse control; learning problems; life changes; mood disorders; relationship issues; stress management; trauma; women's issues
Specialized Techniques: psychological testing; neuropsychological testing; disability testing
Special Populations: brain injury; intellectual disabilities; military families/veterans
(Information updated 08/2017)

Michelle Rooker, LCSW
(NOT ACCEPTING NEW PATIENTS)
1406 Princess Anne Street
Fredericksburg VA 22401
Phone: (540) 845-0763
Modality: individual, couples
Ages: adolescent 13+, adult, older adult
Interest Areas: adjustment issues; adolescent issues; alcohol abuse; anger management; anxiety; bereavement; bipolar disorder; codependency; cutting/self-injury; depression; divorce; domestic violence; drug abuse; dual diagnosis; eating disorders; elderly issues; family issues; grief; hoarding; life changes; mood disorders; OCD; pain management; panic disorders; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; self-injury; sexual abuse; spiritual issues; stress management ; substance abuse; trauma; women's issues
Specialized Techniques: Christian counseling
Special Populations: adolescent; brain injury; law enforcement families; military families/veterans; rape/sexual assault
Accepts Medicaid and Medicare
(Information updated 08/2017)

Janine Rumberger, LCSW
Mariposa Counseling
420 Hudgins Road Suite 201
Fredericksburg, VA 22408
Phone: (540) 419-4842
Modality: individual
Ages: adult 18+
Interest Areas: adjustment issues; alcohol abuse; anxiety; bereavement; bipolar disorder; codependency; depression; drug abuse; dual diagnosis; grief; life changes; mood disorders; OCD; panic disorders; physical abuse; PTSD; sexual abuse;
stress management; substance abuse; trauma; women's issues
Specialized Techniques: EMDR
Special Populations: rape/sexual assault
(Information updated 08/2017)

Robin Rutsky, LCSW, ACSW
Meridian Therapy Services
2601 Princess Anne Suite 101

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Fredericksburg, VA 22401
Phone: (540) 368-3011
Fax: (301) 368-1000
Email: rrsky@aol.com
Modality: individual, couples
Ages: adult 18+, - 110
Interest Areas: adjustment issues; anger management; anxiety disorders; ADD/ADHD; bereavement; bipolar disorder; conflict management; depression; divorce; elderly issues; family issues; geriatric issues; grief; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; PTSD; postpartum depression; psychotic disorders; relationship issues; stress management; trauma; women's issues
Special Populations: military families / veterans
Provides court ordered treatment
Accepts Medicaid (secondary only) and Medicare
(Information updated 08/2017)

Larissa Ruuskanen, PsyD, LLC, LCP
2217 Princess Anne Suite 325
Fredericksburg VA 22401
Phone: (540) 412-8275
Fax: (888) 972-2289
Email: docruuskanen@gmail.com
Modality: individual, group
Ages: adult 18+
Interest Areas: adjustment issues; anxiety; bereavement; bipolar disorder; cutting/self-injury; depression; divorce; family issues; gay/lesbian/ transgender; life changes; mood disorders; postpartum depression; relationship issues; self-injury; sexual abuse; stress management; trauma
Specialized Techniques: Group Therapy: Volunteer with Central Virginia Trauma Recovery Weblink
Special Populations: gay/lesbian /transgender
Accepts Medicare
(Information updated 06/2017)

Audra Sacher, LCP
Mental Health Resources
412 Chatham Square Office Park
Fredericksburg VA 22405
Phone: (540) 899-9826
Fax: (540) 373-3913
Modality: Individual, couples, family, group
Ages: adult 21 to 70
Interest Areas: adjustment issues; adoption; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; child abuse; codependency; conflict management; depression; divorce; domestic violence; dual diagnosis; family issues; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; sexual abuse; stress management; substance abuse; suicidality; trauma; women's issues
Special Populations:

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Accepts court-ordered treatment; Medicaid; Worker's Compensation; sliding scale
(Information updated 08/2017)

Mike Schell-Smith LCSW
Psychological and Life Skills Associates
601 Jefferson Davis Hwy Suite 101
Fredericksburg, VA 22401
Phone: (703) 490-0336 Ext.6
Modality: individual, couples, family, group
Ages: child 4+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; adoption; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bereavement; bipolar disorder; child abuse; child development; codependency; conflict management; cutting/self-injury; depression; dissociative identity disorder; divorce; domestic violence; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; impulse control; life changes; men's issues; mood disorders; OCD; pain management; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; suicide ideation; trauma; women's issues
Special Populations: Asperger's syndrome; autism spectrum disorders; child/adolescent; military families/veterans; law enforcement families; rape/sexual assault
Court-ordered treatment
Accepts Medicare
(Information updated 08/2017)

Margo Sills, LPC
Lotus of Life Counseling, LLC
713 Westwood Office Park
Fredericksburg, VA 22401
Phone: (540) 693-0466
Fax: 1-888-974-0205
Text: 540-693-0466
Modality: individual, couples, family, group
Ages: adolescent 14+, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anger management; bereavement; conflict management; cutting/self-injury; depression; divorce; family issues; grief; life changes; parenting issues; relationship issues; self-injury; stress management
Special Populations: gay/lesbian; military families/veterans
GROUP: self-esteem
(Information updated 08/2017)

Michelle Sjolinder, PsyD CSOTP
(NOT ACCEPTING NEW PATIENTS)
4020 Plank Road Unit A
Fredericksburg, VA 22407
Phone: (703) 732-3411
Fax: (540) 266-3875
Modality: individual

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Ages: adult 18+, older adult
Interest Areas: adjustment issues; anger management; anxiety; bereavement; codependency; conflict management; depression; divorce; domestic violence; forensic issues; grief; life changes; parenting issues; physical abuse; PTSD; postpartum depression; relationship issues; sexual abuse; stress management; trauma; women's issues
Specialized Techniques: forensic evaluation (some); psychological testing (some); risk assessments for violence & sex offenders
Special Populations: law enforcement families; military families / veterans; rape/sexual assault; sex offenders
Court-ordered psychological testing
Court-ordered treatment (Information updated 08/2017)

Aracoma Smith, LCSW
3715 Latimers Knoll Court Ste 106
Fredericksburg, VA 22408
Phone: (540) 361-1844
Email: asmithlcsw@verizon.net
Website: www.aracomasmith.com
Modality: individual
Ages: child 5+, adolescent, adult, older adult (no limit)
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues bereavement; bipolar disorder; cutting/self-injury; depression; divorce; family issues; grief; impulse control; mood disorders; parenting issues; relationship issues; school problems
Special Populations: child/adolescent
Accepts Medicare (Information updated 02/2017)

Nadia Speziale, LPC
Bright Horizons Counseling Services, LLC
556 Garrisonville Rd., Suite 212
Stafford VA 22554
Phone: (540) 602-7615
Fax: (540) 628-0446
Email: nspeziale@bhcounseling.net
Modality: individual, family, group
Ages: child 7+, adolescent, adult -60
Interest Areas: adjustment issues; adolescent issues; adoption; anger management; anxiety; ADD/ADHD; behavior issues; child development; conflict management; cutting/self-injury; depression; divorce; dual diagnosis; family issues; gay/lesbian/transgender; grief; impulse control; life changes; mood disorders; OCD; panic disorders; parenting issues; PTSD; psychotic disorders; relationship issues; schizoaffective disorder; schizophrenia; school problems; self-injury; stress management; suicidality; trauma
Special Techniques; CBT working with sexual identity issues
Special Populations: autism spectrum disorders; child/adolescent; gay/lesbian; transgender
Accepts Court-ordered treatment
(Information updated 04/2018)

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Sonia Stevens, LCSW
Mindful Health
4528 Plank Road
Fredericksburg, VA 22407
Mailing Address:
92 Olde Concord Road
Stafford, VA 22554
Phone: 540-845-6940 Ext. 116
Fax: (484) 842-6053
Email: brkthrinc@aol.com
Modality: individual, couples
Ages: 20-75
Interest Areas: adjustment issues; anger management; anxiety; bereavement; codependency; depression; divorce; gay/lesbian/ transgender; grief; life changes; panic disorders; PTSD; postpartum depression; relationship issues; sexual abuse; spiritual issues; trauma; women's issues
Specialized Techniques: EMDR; **Special Populations**: gay/lesbian/ transgender
(Information updated 08/2017)

Joanne Strawder, LCSW
Revelations Counseling & Consulting
2217 Princess Anne St. Suite 313-1
Fredericksburg, VA 22401
(540) 361-4330 To Make Appointment
Modality: individual, couples, family
Ages: child 10+, adolescent, adults, older adult
Interest Areas: adjustment issues; adolescent issues; anxiety; ADD/ADHD; behavior issues; bereavement; child development; depression; divorce; elderly issues; family issues; grief; life changes; mood disorders; parenting issues; relationship issues; school problems; spiritual issues; stress management
Specialized Techniques: Christian counseling
Special Populations: child/adolescent; military families/veterans
Accepts Medicare
(Information updated 08/2017)

Janet Suffel, LPC
Healing Hand Christian Counseling
1406 Princess Anne Street
Fredericksburg VA 22401
Phone: (540) 642-8926
Fax: (800) 730-1227
Email: JanetSuffelLPC@outlook.com
Modality: individual, family
Ages: children 4+, adolescent, adult-100
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; child abuse; depression; divorce; family issues; impulse control; mood disorders; parenting issues; spiritual issues; suicidality; trauma; women's issues
Specialized Techniques: Christian counseling; play therapy

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Special Populations: child/adolescent;
Accepts Medicaid, court-ordered treatment, sliding scale clients – discuss individually
(Information updated 08/2017)

Alison Sullivan, LCSW
307 Lafayette Blvd Suite 300
Fredericksburg, VA 22401
Phone: (540) 907-0991
Fax: (540) 899-3711
Modality: individual, couples, family
Ages: adult 18 -64
Interest Areas: adjustment issues;
anxiety; bereavement; codependency; depression; divorce; grief; life changes; parenting issues; PTSD; relationship issues; spiritual issues; stress management; women's issues
(Information updated 08/2017)

Jeff Sumpolec, LPC
Victory Christian Counseling
1406 Princess Anne Street
Fredericksburg, VA 22401
Phone: (540) 371-8488
Fax: (540) 371-8428
Email: jsvictorycounseling@gmail.com
Modality: individual, couples, family
Ages: adolescent 12+, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; bereavement; bipolar disorder; conflict management; depression; divorce; grief; men's issues; mood disorders; OCD; panic disorders; psychotic disorders; relationship disorders; schizoaffective disorder; schizophrenia; sexual dysfunction; spiritual issues; stress management
Specialized Techniques: Christian counseling
(Information updated 02/2017)

Eric Swift, PhD
Fredericksburg Psychological Services
1119 Caroline Street
Fredericksburg, VA 22401
Phone: (540) 371-2251
Fax: (540) 371-2930
Modality: individual, group
Ages: child 11+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child development; cutting/self-injury; depression; developmental disorders; dissociative identity; elderly issues; gay/lesbian/transgender, geriatric issues, grief, life changes; men's issues; mood disorders; OCD, panic disorders; parenting issues; PTSD; relationship issues; school problems; self-injury; sexual abuse; stress management; trauma
Specialized Techniques: group
Special Populations: adolescent

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Groups: men's issues; general therapy
Accepts Medicaid and Medicare
(Information updated 02/2017)

Terry Tackett, LCSW
Fredericksburg Christian Counseling Center
2300 Fall Hill Ave Suite 213
Fredericksburg VA 22401
Phone: (540) 371-2610
Modality: individual, couples, family
Ages: adolescent, adult
Interest Areas: adolescent/young adult problems; anxiety/panic disorders; depression/affective disorders; family therapy; marital/couple's therapy
(Information updated 08/2017)

Cordelia Nieketien-Tawari, NP Tele-Psychiatry
Inpathy Behavioral Health Tele-Psychiatry
Address: Inpathy.com
Mailing Address: 2740 Fort Avenue Suite B
Lynchburg VA 24501
Phone: 434-258-9620
FAX: 856-872-2524
Email: amjones@insight.net
Ages: 18-80
Modality: Individual
Interest Areas: Alcohol Abuse, Anxiety Disorders, ADD/ADHD, Behavior Issues, Bipolar Disorder, Conflict Management, Depression, Disability Issues, Divorce, Domestic Violence, Drug Abuse, Dual Diagnosis, Family Issues, Geriatric Issues, Grief, Impulse Control, Men's Issues, Mood Disorders, Pain Management, Panic Disorders, Personality Disorders, Physical Abuse, PTSD, Psychosomatic Disorder, Psychotic Disorders, Schizoaffective Disorder, Schizophrenia, Self-Injury, Stress Management, Substance Abuse, Suicidality, Trauma, Women's Issues.
Specialized Techniques: Medication Evaluation, Medication Management
Specialized Populations: Gay/Lesbian/Transgender, Military Families/Veterans, Rape/Sexual Assault
Court Ordered Treatment Provided
(Information updated 01/2018

Ruby Thomas, MD
Centre Pointe Health Specialties
3920 Plank Road, Suite 120
Fredericksburg VA 22407
Sees Patients also at:
10 Leeland Road – Suite 104
Fredericksburg VA 22405
Phone: (540) 242-4141
Fax: (540) 786-2396
Email: ruby.thomas@centrepointehealth.com
Ages: 5 – 17
Interest Areas: Anxiety disorders; ADD/ADHD, Bipolar disorder, depression,

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developmental disorders, impulse control, mood disorders, OCD, panic disorders, PTSD
Specialized Techniques: Medication evaluation/management
(Information updated 08/2017)

Teri Thompson, LCSW
2217 Princess Anne St Suite 105-4
Fredericksburg, VA 22401
Phone: (540) 841-4065
Email: teri4scr@yahoo.com
Modality: individual, couples, family
Ages: child 4+, adolescent, adult to 80
Interest Areas: adjustment issues; alcohol abuse; anxiety; bereavement; bipolar disorder; child development; codependency; cutting/self-injury' depression; dissociative identity; divorce; drug abuse; dual diagnosis; family issues; grief; life changes; mood disorders; panic disorders; parenting issues; personality disorders; PTSD; relationship issues; school problems; self-injury; stress management; substance abuse; trauma; women's issues
Specialized Techniques: EMDR, motivational interviewing
Special Populations: child/adolescent; gay/lesbian; law enforcement families; military families/veterans; rape/sexual assault
Court-ordered treatment
Accepts Medicare
Accepts Worker's Compensation
(Information updated 08/2017)

Brian Towers, MA, LMFT
Center for Family Counseling
307 Lafayette Blvd Suite 202
Fredericksburg, VA 22401
Phone: (540) 361-1556 x703
Modality: individual, couples, family
Ages: child 8+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child abuse; conflict management; custody issues; cutting/self-injury; depression; divorce; family issues; gay/lesbian/transgender; grief; impulse control; men's issues; mood disorders; OCD; panic disorders; parenting issues; relationship issues; school problems; self-injury; sexual abuse; spiritual issues; stress management; suicide ideation
Specialized Techniques: Christian counseling
Special Populations: child/adolescent; gay/lesbian,
Accepts: Medicare, Worker's Compensation, sliding scale
(Information updated 08/2017)

Robert T. Turner, LPC
Lighthouse Counseling
420 Hudgins Road Suite 201
Fredericksburg, VA 22408
Phone: (540) 907-9903
Fax: (866) 832-7890
Modality: individual, group

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Ages: 18 + adult, older adult
Interest Areas: adjustment issues; adolescent issues; bipolar disorder; depression; divorce: drug abuse; dual diagnosis; elderly issues; family issues; forensic issues; grief; men's issues; mood disorders; PTSD; relationship issues; spiritual issues; stress management; substance abuse; trauma
Specialized Techniques: Substance Abuse Group Therapy Adult Coed
Group: Substance Abuse & Recovery
Court-ordered treatment
(Information updated 08/2017)

Robyn Van Brunt, PhD
Wellspring Child and Family Psychology
510 Princess Anne Street, Suite 101
Fredericksburg VA 22401
Phone: 540-693-0096
Website:www.wellspringchildandfamily.com
Modality: individual
Ages: adult 18 to 99
Interest Areas: adjustment issues; anxiety; bipolar disorder; depression; gay/lesbian/transgender; life changes; mood disorders; panic disorders; PTSD; self-injury; sexual abuse; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: EMDR
Special Populations: gay/lesbian/ transgender
Accepts Medicare
(Information updated 02/2017)

Kelly Carter Vandivert, LPC
Alliance Therapy
406 Chatham Square #102
Fredericksburg VA 22405
Phone: (703) 819-7538
Modality: individual, couples, family
Ages: child 5+, adolescent, adult, older adult
Interest Areas: adolescent issues; anxiety; ADD/ADHD; behavior issues; bipolar disorder; cutting/self-injury; depression; family issues; mood disorders; panic disorders; PTSD; postpartum depression; relationship issues; school problems; self-injury; spiritual issues; suicide ideation; trauma; women's issues
Specialized Techniques: Christian/ spiritual counseling; play therapy; CBT; DBT
Special Populations: child/adolescent; military families/veterans
Court-ordered treatment
Accepts Medicaid, Worker's Compensation
(Information updated 08/2017)

Brian Vaughan, LPC
SOULutions LLC
150 Olde Greenwich Drive Ste. 210
Fredericksburg, VA 22408
Phone: (540) 847-2876
Fax: (540) 371-4333
Modality: individual, couples, family, group
Ages: 8, adolescent, adult -75+

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Interest Areas: adolescent issues, alcohol abuse, anger management, anxiety disorders; ADD/ADHD; autism spectrum, behavior issues; bereavement; child abuse; codependency; conflict management; custody issues; depression; divorce; domestic violence; drug abuse; gay/lesbian/transgender; grief, impulse control; life changes; men's issues; mood disorders; parenting issues; physical abuse; PTSD; relationship issues; school problems; sexual abuse; spiritual issues; stress management; substance abuse; suicidality; trauma
Specialized Techniques: Christian counseling, sexual addiction Certified Sex Offender Treatment.
Special Populations: Autism spectrum disorders, child/adolescent, rape/sexual assault, sex offenders, transgender
Court-order treatment
Accepts sliding scale clients (upon calling)
(Information updated 04/2018)

Catherine Ward, PsyD
Neuropsychology & Complementary Medicine
90 Chatham Heights Rd
Fredericksburg VA 22405
Phone: (540) 999-6221 or 540-771-2557
Modality: Individual
Testing Ages: child 3+, adolescent, adult, older adult
Therapy Ages: Adult and Older Adult
Therapy Interest Areas: Alzheimer's; ADD/ADHD; autism spectrum; dementia; developmental disorders; forensic issues; head trauma; learning problems; PTSD; psychosomatic disorder
Techniques: Biofeedback; CBT
Specialized Techniques: forensic evaluation; medication evaluation; psychological testing; disability testing
Other: neuropsychological evaluations; ADHD; Neurofeedback; cognitive Rehabilitation; Pre-surgical Psychological Evaluations (Bariatric and Spinal Cord Stimulator); ADHD & TBI rehabilitation; Court-ordered psychological testing
Special Populations: Asperger's syndrome; autism spectrum disorders; brain injury; military families/veterans; law enforcement families; intellectual disabilities; rape/sexual assault; sex offenders; medical & neurological disorder
Court-ordered psychological testing; Custody evaluations;
Accepts: sliding scale on a case-by-case basis; Workers compensation;
Accepts Medicare
(Information updated 02/2017)

Theresa Weedon, LCSW
Weedon's Counseling
7851 Dolley's Court
King George, VA 22485
Phone: (540) 840-1756
Fax: (540) 301-6326
Email: tweedonlcsw@yahoo.com
Modality: Individual, couples, family
Ages: child 4+, adolescent; adult, older adult

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Interest areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; autism spectrum; behavior issues; bipolar disorder; codependency; conflict management; depression; divorce; domestic violence; dual diagnosis; family issues; grief; impulse control; learning problems; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorder; relationship issues; schizoaffective disorder; school problems; self-injury; sexual abuse; sexual dysfunction; spiritual issues; stress management; suicidality; trauma; women's issues
Specialized Techniques: Christian counseling; play therapy
Special Populations: autism spectrum disorders**;** child/adolescent
Court-ordered treatment Accepts: sliding scale on a case-by-case basis
(Information updated 02/2017)

Dawn Weisenberger, LCSW
2217 Princess Anne Street, Suite 308-1
Fredericksburg, VA 22401
Phone: (540) 497-1606
Email: dawn@dawnweisenberger.com
Modality: Individual, group
Ages: adult, adolescent, older adult.
Interest areas: adjustment issues; alcohol abuse; anxiety; behavior issues; depression; drug abuse; dual diagnosis; grief; life changes; mood disorders; personality disorders; stress management; substance abuse; trauma.
Specialized Techniques: Harm Reduction
Group: Substance Use Treatment
(Information updated 07/2017)

Elaine K. Wescoat, LPC, LSATP
SOULutions
150 Olde Greenwich Dr, Suite 210
Fredericksburg, VA 22408
Phone: (540) 847-2876
Fax: (540) 371-4333
Modality: Individual, couples, family, group
Ages: adolescent 12+, adult 70+
Interest Areas: adjustment issues; alcohol abuse; anger management; anxiety disorders; codependency; depression; dissociative identity disorder; divorce; domestic violence - victim; drug abuse; dual diagnosis; family issues; grief; mood disorders; physical abuse - victim; PTSD; relationship issues; sexual abuse - victim; stress management; substance abuse; trauma
Specialized Techniques: EMDR; experiential, directive
Special Populations: rape/sexual assault
Group: Maintaining Recovery / Addictions
Accepts Court-ordered treatment
(Information updated 02/2017)

Carol Westphal, LCSW
3516 Plank Road Suite 5-C
Fredericksburg, VA 22407

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Phone: (540) 786-3049
Fax: (540) 898-9436
Email: carmar864@comcast.net
Modality: individual, couples, family
Ages: adult 18 – 65
Interest Areas: adjustment issues; anxiety; codependency; depression; family issues; life changes; men's issues;
mood disorders; panic disorders; parenting issues; PTSD; relationship issues; spiritual issues; stress management; trauma; women's issues
Specialized Techniques: Mindfulness-based Integrative; Client-Centered, CBT, MBCT, Insight-oriented, interpersonal therapy
Special Populations: military families/ veterans
(Information updated 02/2017)

Elizabeth Wheatley, NP
Nurse Practitioner
Gaertner Psychiatric Adolescent & Adult Services
603 Jefferson Davis Hwy Suite 101
Fredericksburg VA 22401
Phone: (540) 372-2028
Modality: individual
Ages: 15+, adolescent and adult
Interest Areas: adjustment issues; adolescent; anxiety disorders; ADD/ADHD; behavior issues; bereavement; bipolar disorder; conflict management; custody issues; cutting/self-injury; depression; disability issues; dissociative identity; drug abuse; dual diagnosis; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; hoarding; impulse control; learning problems; life changes; mood disorders; OCD; panic disorders; parenting issues; personality disorders; PTSD; psychosomatic disorder; psychotic disorders; schizoaffective disorder; schizophrenia; school problems; sexual abuse; sexual dysfunction; substance abuse; suicidality; trauma; women's issues
Specialized Techniques: medication evaluation/management
Accepts Medicare and Medicaid
(Information updated 08/2017)

Sheryl Winkler, LCSW
Chancellorsville Counseling
2217 Princess Anne Suite 222-1
Fredericksburg, VA 22401
Phone: 540-940-8933
Modality: individual, couples; family
Ages: child 10+, Adolescent; adult to 65
Interest Areas: adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; codependency; conflict management; depression; developmental disorders; divorce; eating disorders; family issues; grief; life changes; mood disorders; parenting issues; PTSD; relationship issues; school problems; stress management
Special Populations: adolescent; law enforcement families; military families/ veterans
(Information updated 02/2017)

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Gayle Wolfe, PHD, LPC
3100 Fall Hill Avenue
Fredericksburg, VA 22401-3045
Phone: (540) 371-8946
Email: wolfarrington@aol.com
Modality: Individual, couples
Ages: Adult 18+, older adult, 100+
Interest Areas: adjustment issues; anger management; anxiety; bereavement; codependency; conflict management; depression; divorce; eating disorders; elderly issues; family issues; gay/lesbian/transgender; geriatric issues; grief; life changes; men's issues; mood disorders; panic disorders; physical abuse; PTSD; relationship issues; spiritual issues; stress management; women's issues
Specialized Techniques: guided imagery and music
(Information updated 06/2017)

June C. Wright-Good, PsyD, LPC
Psychological Assessment Services
2601 Princess Anne Street Suite 101
Fredericksburg, VA 22401
Phone: (540) 368-3030
Modality: individual, couples, family
Ages: child 4+, adolescent, adult, older adult
Interest Areas: adjustment issues; adolescent issues; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; child development; custody issues; cutting/self-injury; depression; disability issues; divorce; domestic violence; dual diagnosis; eating disorders; family issues; grief; head trauma; impulse control; learning problems; mood disorders; OCD; panic disorders; parenting issues; physical abuse; PTSD; relationship issues; school problems; self-injury; stress management; women's issues
Specialized Techniques: play therapy; psychological testing; disability testing
Special Populations: autism spectrum disorders; child/adolescent; military families/veterans
Custody evaluations
Court-ordered psychological testing
Court-ordered treatment
Accepts Medicare
(Information Updated 08/2017)

Mustafa Zaidi, MD – Tele-Psychiatry
Inpathy Behavioral Health – Tele-Psychiatry
Address: Inpathy.com
Mailing Address: 2740 Fort Avenue Suite B, Lynchburg, VA 24501
Phone: 434-258-9620
FAX: 856-872-2624
Email: amjones@in-sight.net
Modality: Individual
Ages: 18-80
Interest Areas:
Adjustment Issues, Alcohol Abuse, Anger Management, Anxiety Disorders, ADD/ADHD, Behavior Issues, Bereavement, Bipolar Disorder, Child Abuse, Codependency, Conflict

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Management, Cutting/Self-Injury, Depression, Disability Issues, Dissociative Identity, Divorce, Domestic Violence, Drug Abuse, Family Issues, Gay/Lesbian, Geriatric Issues, Grief, Life Changes, Men's Issues, Mood Disorders, Pain Management, Panic Disorders, Parenting Issues, Personality Disorders, Physical Abuse, PTSD, Postpartum Depression, Psychosomatic Disorder, Psychotic Disorders, Relationship Issues, Schizoaffective Disorder, Schizophrenia, Self-Injury, Sexual Abuse, Sexual Dysfunction, Stress Management, Substance Abuse, Suicidality, Trauma, Women's Issues.
Specialized Technique: Medication Evaluation/Management
Special Populations: Gay/Lesbian/Transgender, Military Families/Veterans
Provides Court-Ordered Treatment
(Information updated 12/2017)

Mental Health and Substance Use Services in the private, public and nonprofit sectors in the greater Fredericksburg area

Alcoholics Anonymous
VAC District 30
PO Box 3202
Fredericksburg VA 22402
Fredericksburg Hotline 540-752-2228
En Espanol 540-656-2882
www.aadistrict30va.org
www.aa.org

Bright Horizons Counseling Services
556 Garrisonville Rd Suite 212
Stafford VA 22556
Phone: 540-602-7615
FAX: 540-628-0446
EMAIL: support@bhcounseling.net
WEBSITE: www.bhcounseling.net
Service Area: Stafford, Fredericksburg, PWC, Spotsylvania
HOURS: Mon-Sat 8am – 8 pm
AGES: 4-60
FEES: most insurances, sliding scale if necessary
PURPOSE: to provide excellent outpatient mental health services, to be an advocate for our clients
SERVICES: child and adolescent, individual, couples, family, group counseling. art therapy, meditation, specialty groups
LANGUAGES: English, Spanish
(Information updated 04/2018)

Catholic Charities-Fredericksburg Office
1101 Stafford Avenue
Fredericksburg VA 22401
Phone: 540-371-1124
FAX: 540-371-9038
Email: lpompeii@ccda.net
WEBSITE: www.ccda.net

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SERVICE AREA: City of Fredericksburg and surrounding counties
HOURS: M-F 9am-5pm
AGES: 3+
ELIGIBILITY: all
FEES: sliding scale based on income/ household size, near future insurance
PURPOSE: provide counseling services to community and those in need
SERVICES: outpatient counseling – individuals, couples, child, adolescent, parent, group and family
LANGUAGES: English and Spanish (Friday only)
(Information updated 01/2016)

Catholic Charities - Colonial Beach Satellite Office
2 Irving Avenue (corner of Irving and Boundary, next to St. Elizabeth of Hungary Catholic Church)
Colonial Beach VA 22443
Wednesdays and Fridays
Individual, Child, Adolescent, Marital, Family, Group, Psych Assessments available
Sliding scale available, many insurances taken
Can call 540.371.1124 to schedule

Central Virginia Health Services
1965 Jefferson Davis Hwy.
Fredericksburg, VA 22401
Phone: (540) 735-0560
FAX: (540) 735-0567
WEBSITE: www:cvhsinc.org
SERVICE AREA: City of Fredericksburg and surrounding counties
HOURS:
AGES: 5+
ELIGIBILITY: all
FEES: sliding scale based on income
PURPOSE: offers coordination of care between behavioral health, medical, and dental providers in order to improve overall functioning, health status and sense of well-being.
SERVICES: child and adolescent, individual, couples, family, group counseling. The team at CVHS can help with depression; anxiety; eating disorders; substance abuse; attachment problems; ADHD; trauma; adjustment issues; stress and the interacting effects of psychological factors and medical conditions of obesity, quitting smoking; coping with chronic illness; pain management
LANGUAGES: English, Spanish
(Information updated 09/2016)

Compass Counseling Services of NOVA
10707 Spotsylvania Ave Suite 102
Fredericksburg VA 22408
540-760-5708
Fax: 540-301-3608
WEBSITE: compassnova.com
SERVICE AREA: City of Fredericksburg and surrounding counties
HOURS:

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AGES:
ELIGIBILITY:
FEES: Medicaid accepted
PURPOSE: services are family focused, utilizing solution-based strategies and focus on the strengths of the individual or family being served. Services are intended to stabilize, strengthen and support children, families and adults in the community.
SERVICES: intensive in-home services for children and families; mental health support for adults and adolescents; autism services; outpatient services; play therapy; psychological testing
LANGUAGES: Spanish speaking counselors available

Community Health Center of the Rappahannock Region
1965 Jefferson Davis Hwy
Fredericksburg VA 22401
PHONE: (540) 735-0560
FAX: (540) 735-0567
EMAIL: N/A
WEBSITE: http://cvhsinc.org
SERVICE AREA: City of Fredericksburg, Spotsylvania, Stafford and surrounding areas
HOURS: M/W/TR/FR 8:30-5:00; Tuesdays 10:30-7
AGES: children, adolescents, adults
ELIGIBILITY: Behavioral Health services not available for court-involved cases
FEES: Insurance (Medicare and Medicaid accepted); clinic operates on a sliding scale for uninsured
PURPOSE: CHCRR provided coordinated medical, dental and behavioral health services to the community
SERVICES: outpatient therapy for children, adolescents, and adults. Family and couple's therapy. Treatment of anxiety disorders, mood disorders, ADHD and behavioral disorders, trauma, and psychological factors affecting medical conditions (eg, pain management). Multidisciplinary consultation and coordination; Psychiatric evaluations.
LANGUAGES: Interpretation service available for Spanish-speaking patients.

Dominion Day Services
2302 Jefferson Davis Hwy
Fredericksburg VA 22401
PHONE: (540) 371-8750
FAX: (540) 371-8751
EMAIL: no
WEBSITE: www.dominionyouthservices.com
SERVICE AREA: Caroline, Spotsylvania, Stafford and Fredericksburg
HOURS: office hours 9:00am-5:00pm; staff available 24 hours
AGES: all ages
ELIGIBILITY: varies per service, see website
FEES: Medicaid, FAPT
PURPOSE: provide mental health services for adults, children and families which prevent placement in a higher level of care
SERVICES: Intensive in-home services, mental health support services, mentoring, therapeutic day treatment, and Milepost 18 (transitional living program)
LANGUAGES: English and Spanish

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Dominion Hospital
2960 Sleepy Hollow Road
Falls Church, VA 22044
(703) 538-2872
AGES**:** age 5+
PURPOSE: Dominion Hospital, located in Northern Virginia, provides behavioral health care through inpatient and outpatient services for children, adolescents and adults. We provide services to children as young as 5 years old through geriatric ages for psychiatric treatment. We offer 24/7 admissions to our acute psychiatric hospital as well as level of care assessments and admissions for our partial hospitalization programs and intensive outpatient treatment programs. We have specialized programming for self-injurious behavior, dual diagnosis treatment, and the only disease specific accredited programming for eating disorders on the east coast. We have a partnership with The Jason Foundation to offer free suicide prevention and awareness resources and trainings to the community. We are in network with most insurance companies to provide quality behavioral health care.

Endless Hope Discoveries, LLC
Eydie Guerrero, LCSW, Clinical Services Director
2020 Lafayette Blvd., Suite E
Fredericksburg, VA 22401
Phone: 540-369-8183
FAX: 540-369-8183
E-Mail: info@endlesshopediscoveries.com
Website: EndlessHopeDiscoveries.com
Service Area: Mental Health, Substance Use Treatment (Fredericksburg, Stafford, Spotsylvania)
Hours: Tuesday, Saturday & Sunday.
Monday, Wednesday, Thursday & Friday (By Appointment)
Ages: 13+
Eligibility: N/A
Fees: Vary – Based on individual, Group & Couples Services
Services: We at EHD are here or you. We have experienced Therapists/Counselors who are here to help you address and overcome personal barriers and get "unstuck." Counseling Services, Education, Medical Care/Mental Health, Mentors, Substance Abuse, Youth Services, Other (Coaching services for Youth & Young Adults)
Languages Spoken: English and Haitian Creole
(Information dated 8/2017)

Family Counseling Centers for Recovery
11720 Main Street, Suite 108
Fredericksburg VA 22408
PHONE: 540-735-9350
FAX: 540-735-9356
EMAIL: cadcock@fccr-va.com
WEBSITE: www.fccr-va.com
SERVICE AREA:
HOURS: 6:00am – 9:00pm Mon-Thurs; 6:00am-2:00pm Friday

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AGES: 13-18 adolescents; 19-80 adults
ELIGIBILITY: clients with substance abuse or dependency issues
FEES: self-pay or insurance-based
PURPOSE: treatment of chemical dependency - outpatient
SERVICES: Outpatient educational groups for substance abuse; outpatient intensive treatment groups for dependency; outpatient methadone & Buprenorphine treatment for prescription drug or heroin dependency

Family Preservation Services, Inc.
10304 Spotsylvania Ave., Ste 410
Fredericksburg, Virginia 22408
PHONE: 540-710-5810
FAX: 540-710-0203
E-MAIL: Pamela.garrett@pathways.com
WEBSITE: N/A
SERVICE AREA: City of Fredericksburg, Caroline, Culpeper, Fauquier, King George, Spotsylvania, and Stafford Counties.
HOURS: Office hours: 8:00am-5:00pm,
Monday-Friday; Staff available 24 hrs a day.
AGES: All
ELIGIBILITY: Referrals come through local Family Assessment and Planning Teams and Court Services Unit and public schools
FEES: Paid by FAPT/CPMT/Medicaid – Fees based on service.
PURPOSE: To help prevent out of home placement and reunite families.
SERVICES: Intensive in-home counseling; case management; mentoring services, mental health support, supervised visitation, therapeutic day treatments (school based), Autism services, adolescent sex offender program, teen substance abuse program**.**
(information updated 02/2017)

Family Solutions
5610 Southpoint Center Blvd., Suite 103
Fredericksburg VA 22407
PHONE: 877-582-6363
FAX: 540-710-5523
EMAIL: info@familysolution.net
WEBSITE: www.familysolution.net
SERVICE AREA: City of Fredericksburg, Caroline, King George, Spotsylvania, Stafford
HOURS: 8:30-5:00; staff on call 24 hours
AGES: all
ELIGIBILITY: referrals are made by individuals, parents, health care providers, DSS, schools, FAPT, Court Service Units and various community agencies
FEES: Varies based on services provided
PURPOSE: Provide quality, innovative mental health services which maintain the integrity of relationships and empower individuals to access resources to promote health, wellness, and independence.
SERVICES: Crisis intervention services, intensive in-home services, mental health support, therapeutic visitation for foster care, customized services and Co-parenting classes
(Information updated 02/2017)

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Fredericksburg Counseling Services
305 Hanson Street, Suite 140
Fredericksburg, Virginia 22401
PHONE: (540) 373-2320
FAX: (540) 373-2320 (call first)
E-MAIL: FCSAgency@aol.com
SERVICE AREA: City of Fredericksburg,
Caroline, King George, Spotsylvania, Stafford, Eastern Orange and Westmoreland
HOURS: 9:00am-7:00pm, Monday and
Wednesday; 1:00pm-9:00pm, Tuesday and
Thursday. Closed Friday
AGES: 6 and older
ELIGIBILITY: No insurance; 200% or below
national poverty level; not part of court case.
FEES: No charge
PURPOSE: Provides counseling and other
related services to help people work toward
freedom from mental and emotional problems, family and marital conflicts, as well as other situations that affect quality of life.
SERVICES: Counseling; support groups;depression and anxiety screening; education; training, mental health screening, information and referral. Produces INFO (Information Needed For Others) monthly that lists support
groups in the region.

Good Neighbor Community Services
709 Westwood Office Park
Fredericksburg, VA 22401
PHONE: (804) 520-4555 or (540) 388-1124
Karl G. Memmer, LPC, NCC
CELL: (540) 388-1124
FAX: (804) 520-4545
EMAIL: kmemmer@goodneighborcs.com
WEBSITE: http://www.goodneighbor.care
SERVICE AREA: Fredericksburg City/Stafford/Spotsylvania/King George/Caroline/Prince William
HOURS: 9:00am – 4:30pm
AGES: 3 to 18 for Intensive In-Home Services/18+ for Community Support Services
ELIGIBILITY: Risk of out-of-home placement, mental health diagnosis
FEES: Most services covered by Medicaid or Anthem Insurance.
PURPOSE: We strive to provide high quality community based mental health services to youth, families. Our programs aim to reduce the risk of out-of-home placement, stabilize individuals and families.
SERVICES: Intensive In-Home Counseling Services (Medicaid and Anthem Commercial Insurance).
LANGUAGES: English/ Spanish
(Information updated 02/2017)

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Inpathy – Tele-Psychiatry
WEBSITE:www.Inpathy.com
Anne Marie Jones (Practice Liaison)
434-258-9620
amjones@in-sight.net
SERVICES: Psychiatric Assessments; Medication Management; Talk Therapy
WHAT IS TELE-PSYCHIATRY? Online psychiatry is the delivery of mental and behavioral health care services over the internet through secure video calls. It is also, sometimes called, tele-mental health care, tele-psychiatry, distance therapy, e-therapy, tele-behavioral health or simply telehealth.
Mental health services through convenient, online live video sessions with licensed therapy and psychiatry providers from your computer, smartphone or tablet.
Behavioral health providers who offer online sessions include counselors, therapists, social workers, psychiatrists and nurse practitioners with special training in psychiatry.
(Information updated 08/2017)

Insight Psychological Services
2126 Jefferson Davis Hwy – Suite 103
Stafford VA 22554
PHONE: 540-658-0888
FAX: 540-658-0855
EMAIL: staffordtherapist@gmail.com
WEBSITE: ipsstafford.com
SERVICE AREAS: All (Fredericksburg, Stafford, Spotsylvania, King George, Caroline)
HOURS: Varies by clinician; generally M-F 8:30am - 6:00 pm
AGES: 4 +
FEES: We accept many insurance plans, Self-Pay. Rates vary by service
SERVICES: Diagnostic Assessment, individual therapy, couple's therapy, family therapy, Counseling Services, Mental Health Care, Substance Abuse
LANGUAGES: Spanish (Office Manager), Urdu (Clinician)
(Information updated 06/2017)

Intercept
101 Shenandoah Lane
Stafford VA 22554
PHONE: 540-318-4740 office
CRISIS: 804-980-5373
FAX: 540-318-6858
EMAIL: info@interceptyouth.com
WEBSITE: www.interceptyouth.com
SERVICE AREA: Fredericksburg, Caroline, Stafford, northern Virginia
HOURS: depends on program; some 24/7
AGES: depends on program; some are all ages; others for youth or adults
ELIGIBILITY: each program has its own eligibility criteria; cal office for info
FEES: Medicaid; FAPT; 294; depends on program
PURPOSE: to make a lasting positive impact on those we serve – children, youth, adults and families and the agencies that support them
SERVICES: Crisis stabilization (non-residential); intensive in-home; mental health skill building; therapeutic day treatment; treatment foster care LANGUAGES: English

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Intuitive Journeys, PLC
2217 Princess Anne St. Suite 211
Fredericksburg, VA 22401
8140 Ashton Ave., Suite 100
Manassas, VA 20109
PHONE: (540) 300-1564
FAX: (540) 300-1564
EMAIL: brouse@intuitivejourneysplc.com
WEBSITE: www.intuitivejourneysplc.com
SERVICE AREA: From Richmond to Fairfax
HOURS: Monday – Friday 9:00 am – 9:00 pm
Saturday/Sundays (By appointment)
9:00 am – 5:00 pm
AGES: ALL
ELIGIBILITY: Insurance and out of pocket
FEES: OOP; Accepts many insurance providers
PURPOSE: Mental Health.
SERVICES: counseling; crisis intervention; medical care/mental health

Lighthouse Counseling of Fredericksburg
420 Hudgins Rd, Suite 201
Fredericksburg, VA 22408
PHONE: 540-907-0121
FAX: 866-832-7890
EMAIL: cgreiner@lighthousefredericksburg.com
WEBSITE: lighthousefredericksburg.com
SERVICE AREAS: All (Fredericksburg, Stafford, Spotsylvania, King George, Caroline)
HOURS: Varies by clinician; generally M-F 8:30am - 9:00 pm
AGES: adult
FEES: We accept most insurance plans, Self-Pay.
PURPOSE: to bring hope and healing to those persons in the Fredericksburg area suffering from mental health or substance abuse issues.
SERVICES: Assessment, individual therapy, group therapy, Specializing in working with those with co-occurring mental health and substance use issues, group therapy from once per week to three times per week (Intensive outpatient), gender therapy, anger management, dialectical behavior therapy
GROUPS: Dialectical Behavior Therapy, substance abuse, women's group
LANGUAGES: Spanish and English

Lucy's – A Bilingual Life Skills Center
PO Box 42178
Fredericksburg, VA 22404
PHONE: (540) 372-7211
FAX: (540) 372-7223
E-MAIL: lucys1@verizon.net
WEBSITE: http://lucys1.com
SERVICE AREA: Culpeper, Fredericksburg, Spotsylvania, Stafford, Warrenton and surrounding areas
HOURS: 10:00AM – 6:00PM, Mon – Friday

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AGES: All
FEES: Varies based on service provided
PURPOSE: Life skills education in Spanish and English
SERVICES: anger management; stress management; driver improvement courses; notary public; translation of documents; basic financial (budget set-up); life coaching / mentoring; substance use/abuse education; alcohol and drug testing

National Counseling Group, Inc.
10712 Ballantrye Drive, #312
Fredericksburg. VA 22407
PHONE: 540-446-0007
FAX: 540-710-9299
EMAIL: Andrew.owens@ncgcommunity.com
WEBSITE: ncgcommunity.com
SERVICE AREA: City of Fredericksburg, counties of Caroline, King George, Spotsylvania, Stafford
HOURS: **Walk-in Clinic 9 am – 5 pm ONLY AT FREDERICKSBURG LOCATION**
AGES: Child, adolescent & adults
ELIGIBILITY:
FEES: some Medicare & Medicaid; FAMIS, FAMIS Plus, FAPT
PURPOSE: SERVICES: Substance abuse; intensive in-home (Medicaid); mentoring; supervised visitation; groups; Court-ordered evaluations (Update 03/2018)

New Directions Community Outreach
500 Lafayette Blvd Suite 205
Fredericksburg VA 22401
PHONE: 540-940-8921
FAX: 540-940-8922
EMAIL: ndcosnotes@yahoo.com
WEBSITE: www.ndcos.com
SERVICE AREA: all of planning district 16
HOURS: 8 AM – 5 PM
AGES: 4+ - 100
ELIGIBILITY: Medicaid and mental health diagnosis
PURPOSE: provide counseling services for children experiencing behavioral/emotional challenges. Provide services for adults to achieve and maintain community stability and independence
SERVICES: intensive in-home services; Mental Health skill building; mentoring
LANGUAGES: English

Pediatric Partners for Attention and Learning
2128 Jefferson Davis Highway #201
Stafford, VA 22554
Phone: 540-628-4145
FAX: 540-628-4192
Email: info@pp4al.com
Website: www.PP4AL.com

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Service Area: Medical, Behavioral Health and Cognitive/Educational Testing
Hours: Mon. 11AM-8 PM, Tues: 4PM-8PM, Wed: 11AM-PM, Th: 11AM-8PM Fri Closed Sat. By Appointment only
Ages: 1 – 99 yrs.
(Information updated 08/2017)

Rappahannock Area Community Services Board
WEBSITE: rappahannockareacsb.org
Fredericksburg Clinic
600 Jackson Street
Fredericksburg, VA 22401
Phone: 540-373-3223
Fax: 540-371-3753
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Friday 8:00 a.m. – 5:00 p.m.; 24-hour emergency services 540-373-6876
Spotsylvania County Clinic
7424 Brock Road
Spotsylvania, VA 22553
Phone: 540-582-3980
Fax: 540-582-6825
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876
Stafford County Clinic
15 Hope Road
Stafford, VA 22554
Phone: 540-659-2725
Fax: 540-659-0736
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876
Caroline County Clinic
19254 Rogers Clark Boulevard
Ruther Glen, VA 22546
Phone: 804-633-9997
Fax: 804-633-7031
Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876 or 804-633-4148
King George County Clinic
8470 St. Anthony's Road
King George, VA 22485
Phone: 540-775-9879
Fax: 540-755-3887
Hours: Hours: Monday-Thursday 8:00 a.m. – 7:00 p.m.; Closed Friday; 24-hour emergency services 540-373-6876 or 540-775-5064
AGES: Infant/child, adolescent, and adult ELIGIBILTY: Services are provided to everyone regardless of insurance or ability to pay.
FEES: Medicaid & Medicare; Most Insurance; Sliding Scale based on ability to pay
PURPOSE: The Rappahannock Area Community Services Board is committed to improving the quality of life for people residing in Planning District 16 with mental health, developmental disability, and substance abuse problems, and to preventing the

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occurrence of these conditions. We do this through an integrated community-based system of care that is responsive to individual needs and choices. We respect and promote the dignity, rights, and full participation of individuals and their families.
SERVICES: Mental Health and Substance Abuse Services include: outpatient services (individual and group therapy/counseling; therapist specializing in working with deaf / hard of hearing; medication management; **psychiatry services;** linkage to community resources; placements to residential treatment for substance abuse services); case management services; crisis stabilization and detoxification at The Sunshine Lady House for Mental Health Wellness & Recovery; Day Support Services at Kenmore Club;Program of Assertive Community Treatment (PACT). Medicated Assisted Treatment Mental Health Residential Services (supervised apartments and supported living arrangements); specialized substance abuse services for women; access to Substance Abuse Residential Services; Drug Treatment Court; Jail-based and juvenile detention center-based services; Therapeutic Foster Care/Intensive in-home services; Virginia Veteran and Family Support Services; Virginia Independent Clinical Assessment Program (VICAP) for children with Medicaid; Parent Education – Infant Development Program. Prevention Services include: DARE To Be You – Rappahannock Area; Healthy Families Rappahannock Area; Media Detective / Media Ready; Program for Teen Parents (Spotsylvania County); Project LINK; Rappahannock Area Kids on the Block; Second Step; and Too Good for Drugs™.
Mental Health First Aid (adult and youth)

Rappahannock Council against Sexual Assault
3331 Shannon Airport Circle
Fredericksburg, VA 22408
PHONE: Admin 540-371-6771
Counseling 540-371-5502
24-hour hotline 540-371-1666
FAX: 540-371-9803
Ages: 3 +
PURPOSE: Counseling for sexual assault/child sexual abuse, dating violence and stalking.
SERVICES: Free 24-hour hotline and medical accompaniment, legal advocacy, support groups, educational groups and parent groups. We offer longer-term trauma-informed counseling (art/play therapy, ITR, CBT) with licensed and certified therapists.
FEES: Medicaid, Criminal Injuries Compensation Funds, and other insurance

Safe Harbor Child Advocacy Center
P O Box 56
Fredericksburg VA 22404
PHONE: (540) 891-6280
FAX: (540) 891-6282
WEBSITE: www.safeharborva.org
SERVICE AREA: City of Fredericksburg, counties of Spotsylvania, King George, and Caroline
HOURS: Office hours: 8:30am–5:00pm,
Monday-Friday
AGES: Infancy through age 17
ELIGIBILITY: child victims who have been brought to Safe Harbor
FEES: None
PURPOSE: Therapy is provided to child victims of abuse who have been brought to Safe

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Harbor due to child abuse
SERVICES: Forensic interviews, medical examination, specialized trauma therapy, victim/caregiver support, case management
LANGUAGES: English, will accommodate for Spanish-speaking families/children

Snowden at Fredericksburg
1200 Sam Perry Blvd
Fredericksburg, VA 22401
PHONE: (540) 741-3900
Admissions: 800-362-5005
Free assessments & referrals; intensive outpatient treatment for adults with substance use: Mental Health day treatment for adolescents and adults; inpatient services
(Information updated 04/2018)

Spotsylvania Regional Medical Center
4600 Spotsylvania Pkwy
Fredericksburg, VA 22408
PHONE: (540) 498.4540
Free assessments & referrals; inpatient services; partial hospitalization program

Today's Youth Services
10035 Sliding Hill Road
Ashland VA 23005
PHONE: (804) 368-8783
FAX: (804) 368-8784
E-MAIL: mmelvin@tysinc.org
WEBSITE: www.tysinc.org
SERVICE AREA: Petersburg, Richmond, Ashland, Fredericksburg
HOURS: 9-5
AGES: 3-18
ELIGIBILITY: at risk of out of home placement, requires repeated interventions
FEES: Medicaid, FAPT
PURPOSE: to sustain the placement of at risk youth in the home and/or school and eliminate the need for repeated interventions by professionals
SERVICES: intensive in home and day treat
LANGUAGES: English

Vibrant Life Nutrition
1107 Heatherstone Drive
Fredericksburg VA 22407
PHONE: (540) 847-7706
EMAIL: Kelley@VLNutrition.com
WEBSITE: www.VLNutrition.com
SERVICE AREA: City of Fredericksburg, and surrounding area
HOURS: by appointment
AGES: 12 and older
FEES: $165 initial consultation; $85 follow-up sessions
PURPOSE: assist individuals in healing their relationship with food, body and exercise. Individual counseling in nutrition for those overcoming eating disorders

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SERVICES: Individual Nutrition counseling, Weight management workshops; public speaking.
LANGUAGES: English

Virginia Home Based Counseling, PC
10401 Courthouse Road, Suite C
Spotsylvania, VA 22553
PHONE: (540) 270-0610
Allyson Smith, Regional Coordinator
EMAIL: Allyson.
WEBSITE: www.chooseyourprovider.org
SERVICE AREA: City of Fredericksburg, Counties of Caroline, King George, Spotsylvania, and Stafford
HOURS: 8:00am – 10:00pm
AGES: 4-21 intensive in-home and mentoring
ELIGIBILITY: Services are for children and adolescents, ages 4-21, who are at risk of being removed from their home or community due to a mental health concern.
FEES: All of our services are paid through Medicaid with no out-of-pocket expenses for client and family. Services paid through FAPT/CPMT may have co-payment on sliding scale established by the FAPT on or before date of services being approved.
PURPOSE: VHBC is an intensive in-home, family-focuses outreach program providing unconditional support through direct, intensive in-home services to individuals are at risk of an out-of-home placement due to mental or substance abuse issues. The goal of intensive in home services is to prevent out-of-home placement and reunite families. We provide services in the home between 5 to 10 hours per week.
SERVICES: VHBC provides assessments, crisis intervention and treatment, individual and family counseling, life skills training, therapeutic parenting techniques, communication and relationship enhancement, individualized case management, 24-hour emergency response. VHBC assist families dealing with children with mental and behavioral issues such as ADHD, PTSD, depression, autism, suicidal ideations, panic disorders, oppositional defiance disorder, anxiety, etc.
LANGUAGES: English, Spanish, Hindi, Farsi, Urdu, Punjabi, Japanese, Thai and Amharic.

Virginia Support Services, PC
10401 Courthouse Road, Suite C
Spotsylvania, VA 22553
PHONE: (540) 270-0610
Allyson Smith, Regional Coordinator
FAX: (703) 368-8454
EMAIL: Allyson.Smith@chooseyourprovider.org
WEBSITE: www.chooseyourprovider.org
SERVICE AREA: City of Fredericksburg, Counties of Caroline, King George, Spotsylvania, and Stafford
HOURS: 8:00am – 10:00pm
AGES: 17 and older
ELIGIBILITY: older adolescents and adults with mental, behavioral or emotional impairments.
FEES: All of our services are paid through Medicaid with no out-of-pocket expenses for client and family.

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PURPOSE: VSS provides behavioral and mental health training and supportive services to individuals with impairments in major life activities that have mental, behavioral or emotional disorders. This program focuses on facilitating the individual's functioning and prompting his/her autonomy.
SERVICES: VSS assists with activities of daily living, securing housing, addressing interpersonal issues, assisting with medication management, managing finances, developing self-help skills, coordination and transporting for medical or psychiatric appointments and increasing appropriate social skills. We support clients that are having issues with autism, depression, anxiety, isolation, bipolar, ADHD, PTSD, co-occurring issues, and others.
LANGUAGES: English, Spanish, Hindi, Farsi, Urdu, Punjabi, Japanese, Thai Amharic.

Virginia Veteran and Family Support Services for Northwestern Health Planning Region I
Rappahannock Area Community Services Board, Fredericksburg Clinic
600 Jackson Street
Fredericksburg, VA 22401
PHONE: 540-373-3223, ext. 3085
FAX: 540-371-3753
HOURS: Monday-Friday 8 am – 5 pm or by appointment; 24-hour emergency services 540-373-6876
AGES: all ages
SERVICES: Assistant for combat veterans and their family members through support groups, referrals for services, and linkage to community resources
FEES: none

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