

## 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 **September 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.

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

**Provider's Note:** Please contact MHAF at 540-371-2704 or email [mhafred@mhafred.org](mailto: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



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

## MENTAL HEALTH PROVIDERS

(Revised October 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 21

**Interest Areas:** adjustment issues; anger management; anxiety; bipolar disorder; conflict management; depression; divorce, domestic violence; dual 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](#), Worker's Compensation, TriCare, Sliding scale clients  
(Information updated 09/2018)

### **Ann Ahearn, LCSW**

2217 Princess Anne Suite 201-1  
Fredericksburg, VA 22401

**Phone:** (540) 656-6766

**Fax:** (540) 479-6003

**Email:** ahearnlcsw@gmail.com

**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 issues; women's issues

[Accepts Medicare](#)

(Information updated 09/2018)

### **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/Medicare](#)

(Information updated 07/2018)

**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

Accepts TriCare

(Information updated 09/2018)

**Ali Altahir, MD**

**Altahir Behavioral Health**

239 Garrisonville Rd Suite 201  
Stafford VA 22554

**Phone:** 703-879-1542

**Fax:** 703-468-1381

**Ages:** child & adolescents 3-15 only

**Interest Areas:** Attention-Deficit/Hyperactivity Disorder (ADHD), intellectual disabilities, Autism spectrum disorders, mood disorders, anxiety, and psychosis; child and adolescent psychiatry

(Information Updated 9/2018)

**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 06/2018)

**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, 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 09/2018)

**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](#), Worker's Compensation

(Information updated 04/2018)

**Ann Bernardi, LSCW**

**Harbor House**

Grief Support Services

Mary Washington Healthcare

2103 Washington Ave

Fredericksburg VA 22401

**Phone:** 540-741-1874

**Email:** [ann.bernardi@mwhc.com](mailto: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 06/2018)

**Alexander Bory, PhD**

Fredericksburg Psychological Services

1119 Caroline Street

Fredericksburg, VA 22401

**Phone:** 540-371-2251

**FAX:** (540) 371-2930

**Email:** alexanderbory@gmail.com

**Modality:** individual, couples, family, group

**Ages:** 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/Medicare**

(Information updated 06/2018)

**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 06/2018)

**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:** Sliding scale clients

(Information updated 06/2018)

**Sarah Burlar, LCSW**

**Confidential Counseling, LLC**

1406 Princess Anne Street

Fredericksburg, VA 22401

**Phone:** (540) 834-8296

**Fax:** (540) 898-1046

**E-mail:** [admin@confidentialcounseling.care](mailto:admin@confidentialcounseling.care)

**Modality:** Individual and Group (Women's Substance Abuse, Psycho-Ed groups 5 max)

**Ages:** **11+ adolescent**, adults to 75 years old

**Interest Areas:** Adjustment issues, Adolescent issues, Alcohol Abuse, Anxiety disorders, Custody issues, Depression, Divorce, Drug abuse, Dual Diagnoses, Gay/Lesbian/Transgender, Life Changes, Mood Disorders, Postpartum Depression, Relationship Issues, School Problems, Stress Management, Substance Abuse, Trauma, Women's Issues

**Specialized Techniques:** Gay/Lesbian (NO MARRIAGE OR FAMILY COUNSELING)

Court-ordered Treatment

**Accepts Medicare/Medicaid**

(Information updated (06/2018))

**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:** **adolescents**, adult, older adult

**Interest Areas:** adjustment issues; addiction; adolescent issues; anger management; coping skills; custody issues; depression; divorce; family issues; gay/lesbian/transgender; 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, Hypnosis, and EMI (Eye Movement Integration)

**Special Populations:** Adolescent; LGBTQ

**Accepts:** Sliding scale; court-ordered treatment

(Information updates 09/2018)



**Wendy Carannante, MS, Ed.S, NCSP**

**Licensed School Psychologist**

4444 Germanna Hwy., Suite 190

Locust Grove, VA 22508

**Phone:** (540) 693-8365

**Fax:** (540) 369-8847

**Website:** www.wendycarannante.com

**Modality:** Individual

**Ages:** children 6+, school-aged children/adolescent, college students

**Interest Areas:** Adjustment issues; adolescent issues; anger management; anxiety; ADD/ADHD; behavior issues; bereavement; child development; conflict management; depression; developmental disorders; disability; divorce; grief; learning problems; life changes; panic disorders; parenting support; PTSD; school problems; self-injury; stress management; trauma

**Specialized Techniques:** Psychoeducational testing/evaluation; learning disability testing; dyslexia testing; counseling for school-related issues; working towards Registered Play Therapist Credential

**Special populations:** school-aged children 6+ and college students with learning disabilities and educational challenges

(Information updated 08/2018)

**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 06/2018)

**Don Chiappinelli, LCSW**

2217 Princess Anne Street, Suite 322-1

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 06/2018)

**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 06/2018)

**Paul Colton, NP**

Gaertner Psychiatric PC  
603 Jeff Davis Hwy Suite 101  
Fredericksburg, VA 22401

**Phone:**(540) 372-2028

**Fax:** (540) 373-0945

**Website:** www.gaertnerpsych.com

**Modality:** individual; couples

**Ages:** ADULTS ONLY

**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 06/2018)

**Andrea Cooper, LPC**

Riverside Counseling  
404 Chatham Square Office Park  
Fredericksburg, VA 22405

**Phone:** (540) 373-1200

**Email:** ANDREA\_COOPER27@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 06/2018)

**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@in-sight.net](mailto:amjones@in-sight.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-harm, 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 09/2018)

**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:** [gcoviello@cox.net](mailto:gcoviello@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 06/2018)

**Johnathan Crawford, LPC**  
**Thriveworks of Fredericksburg**

701 Kenmore Avenue, Suite 105  
Fredericksburg, VA 22401

**Phone:** 540-322-5424

**Fax:**

**Hours:** Mon – Fri 8 am – 9 pm, Sat and Sun 8 am - 5 pm

**Modality:** Individual, Couples, Family and Group (anger management/substance use)

**Ages:** children age 8 – adults

**Interest Areas:** adjustment issues; adolescent issues; adoption, 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 disorder; domestic violence; drug abuse; divorce; dual diagnosis; family issues; gay/lesbian/transgender; grief; impulse control; life changes; men's issues; mood disorders; OCD; panic disorders; parenting issues; personality disorders; physical abuse; PTSD; postpartum depression; psychosomatic disorders; psychotic disorders; relationship issues; schizophrenia; school problems; sexual abuse; sexual dysfunction; stress management; substance abuse; suicidality; trauma

**Specialized Techniques:** Christian Counseling; forensic evaluation; medication evaluation/management; play therapy; psychological testing; disability testing; DBT; trauma-based CBT

**Court-ordered treatment available/Worker's Compensation Cases**

[Accepts Medicaid](#)

(Information updated 07/2018)

**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/ veterans

[Accepts Medicare](#), TriCare

(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](mailto:adevine@ccda.net)

**Modality:** Individual, Parent, Child, Family Group

**Ages:** children +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; 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 6/2018)

### **Delise Dickard, LPC**

Camellia Cottage

207 Amelia Street

Fredericksburg, VA 22401

**Phone:** 540-371-4000

**Email:** [delisebd@msn.com](mailto:delisebd@msn.com)

**Website:** [www.cameliacottage.org](http://www.cameliacottage.org)

**Modality:** individual, couples; family, group

**Ages:** **Adolescent**; adult; geriatric.

**Interest Areas:** depression; mood & anxiety; EMDR; bereavement, parenting

(Information updated 09/2018)

### **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](mailto: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**

National Counseling Group

10712 Ballantraye Drive #312

Fredericksburg, VA 22407

**Phone:** (540) 446-0007

**Fax:** (540) 710-9299

**Email:** [Rachel.edmunds@avewell.com](mailto: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; men's issues; mood disorders; PTSD; spiritual issues; trauma

**Specialized Techniques:** EMDR

[Accepts Medicaid](#)

(Information updated 04/2018)

**Sally Edwards, RN, LPC**

**Center for Family Counseling**

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](#)

(Information updated 06/2018)

**Sarah Etu, PhD, LCP**

WellSpring Child & Family Psychology

510 Princess Anne Street, Suite 101

Fredericksburg VA 22401

**Phone:** (540) 693-0096

**Email:** [dretu@wellspringva.com](mailto:dretu@wellspringva.com)

**Website:** [www.wellspringchildandfamily.com](http://www.wellspringchildandfamily.com)

**Modality:** individual

**Ages:** **adolescent 14+**, adult, older adult

**Interest Areas:** adjustment issues; anxiety; depression; eating disorder; panic disorders; parenting issues; stress management; women's issues

(Information updated 07/2018)

**Meredith Fox, LCSW**

307 Lafayette Blvd Ste 300

Fredericksburg VA 22401

**Phone:** (540) 656-2122

**Fax:** (540) 656-2140

**Email:** [meredithfox@vacoxmail.com](mailto: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 06/2018)

**Mike Fray, PhD**

2636 Caroline Street  
Fredericksburg, VA 22401 or  
P.O. Box 7242

Fredericksburg, VA 22404

**Phone:** (540) 899-7762

**Fax:** (540) 899-3733

**Email:** mikefrayphd@vacoxmail.com

**Hours: Tues and Wednesdays 8 am – 12 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; court-ordered treatment

**Accepts Medicare;** TriCare

(Information updated 06/2018)

**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@bhccounseling.net

**Modality:** individual, family, group

**Ages:** **child 4+, adolescent**, adults

**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

Court-ordered treatment

(Information updated 09/2018)

**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

**Specialized Techniques:** **Christian counseling**

**Special Populations:** military families / veterans

Accepts TriCare

(Information updated 04/2018)

**Tammy M. George, LPC**

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+

**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  
**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; 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 06/2018)

**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+**, **adolescents**, 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  
Accepts TriCare  
(Information Updated 06/2018)

**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

**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, cognitive behavioral therapy, behavior modification

**Special Populations:** autism spectrum disorders; child/adolescent; gay/lesbian/transgender in children and adolescents  
(Information updated 06/2018)

**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

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:** children 6+, adolescents, adult, older adults

**Interest Areas:** adjustment issues; Alzheimer's; anxiety; ADD/ADHD; bereavement; bipolar disorder; depression; disability issues; divorce; forensic issues; geriatric issues; 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/adolescents, Court-ordered psychological testing

**Accepts Medicaid/Medicare;** worker's compensation

(Information updated 09/2018)

**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](mailto: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

Accepts TriCare, Sliding-scale

(Information updated 09/2018)

**Dave Jenkins, DMin, LMFT**

Fredericksburg Relationship Center, LLC

150 Olde Greenwich Drive, Suite 204

Fredericksburg VA 22408

**Phone:** (540) 431-4358

**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

**Interest Areas:** adjustment issues; **adolescent issues**; anger management; anxiety; 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 problem; 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 09/2018)

**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 06/2018)

**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, sliding scale

(Information updated 06/2018)

**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

**Modality:** individual, couples

**Ages:** 17 - 100

**Interest Areas:** 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 06/2018)

**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 06/2018)

**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:** children/adolescents 12+, Adults

**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)

**Sylisa Lambert-Woodard, LCSW**

Executive Director Alliance Therapy Center, LLC

406 Chatham Square, Suite 102

Fredericksburg VA 22405

**Phone:** (540) 373-9577 Ext. 7

**Ages:** 18+

**Interest Areas:** chemical dependency; depression/affective disorders; dual diagnosis; marital/couple's therapy; minority issues

Sliding-scale

(Information updated 06/2018)

**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; 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, family

**Ages:** **adolescent 12** 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, sexual abuse, stress management, substance abuse, trauma, women's issues

**Specialized Techniques:** substance abuse evaluation  
(Information updated 06/2018)

**Frank J. Leonardi, PsyD**

Peak Mental Health Services  
1103 Heatherstone Drive Suite 102  
Fredericksburg, VA 22407

**Phone:** (540) 548-2430

**Fax:** (540) 548-0008

**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](#), [TriCare](#)

(Information updated 06/2018)

**Gary Lupton, LPC, LMFT, LSATP**

Aquia Counseling & Therapy  
385 Garrisonville Road, Suite 113  
Stafford, VA 22554

**Phone:** (540) 657-1228

**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

(Information updated 06/2018)

**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

**Special Populations:** **child/adolescent**

Court-ordered treatment

(Information updated 06/2018)



**Mary Mannhardt, M. Ed**

Grace Counseling Center  
1125 Heatherstone Drive  
Fredericksburg VA 22407

**Phone:** (540) 548-4114

**Email:** mannhardtmary@yahoo.com

**Website:** www.marymannhardt.com

**Modality:** individual, couples, family

**Ages:** adults 18 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 06/2018)

**Renee Martin, LCSW**

2553 Cowan Boulevard  
Fredericksburg, VA 22401

**Phone:** (540) 684-9230

**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, TriCare**

(Information updated 06/2018)

**Teresa McCrossin, LCSW**

2553 Cowan Boulevard  
Fredericksburg, VA 22407

**Phone:** (540) 785-1660

**Fax:** (540) 736-3274

**Email:** teresamccrossinlcsw@gmail.com

**Modality:** individual, couples

**Ages:** adult 18+, 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, IVF evaluations

**Accepts Medicare/Medicaid**, sliding scale clients

(Information updated 06/2018)

**Margaret (Meg) McSherry, LCSW**

Courage Health & Wellness  
4820 Southpoint Drive, Suite 105  
Fredericksburg, VA 22407

**Telephone:** 540-645-1655

**FAX:** 540-376-7938

**Email:** megmcsberry@couragehw.com

**Website:** www.couragehw.com

**Modality:** Individuals, 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 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 6/2018)

**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](mailto: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 09/2018)

### **Sudhir Nagaraja, DO**

Virginia Integrated Psychiatry

4900 Hood Drive – Suite 100

Fredericksburg VA 22408

**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;

**Specialized Techniques:** medication evaluation/management; acupuncture; suboxone; Transcranial Magnetic Stimulation (TMS) noninvasive procedure FDA- approved for Major Depressive Disorder

**Special Populations:** brain injury; military families/ veterans / Court-ordered treatment  
(Information updated 09/2018)

### **Daniel P. Nelson, LPC (Waiting List)**

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 06/2018)

**Roger Pasternak, PhD, LCP**

Mental Health Resources  
412 Chatham Square Office Park  
Fredericksburg, VA 22405  
**Phone:** (540) 899-9826  
**Email:** mhr412@verizon.net  
**Modality:** Psychological evaluations only  
**Ages:** child 4+, adolescent, adult  
Accepts Medicare, Worker's Compensation  
(Information updated 04/2018)

**Tracy Perl, LPC, NCC, BCPCC**

Embrace Life Counseling Services, LLC  
238 Toluca Road  
Stafford VA 22556  
**Phone:** (917) 515-7884  
**Fax:** (540) 602-7937  
**Email:** tracyperl@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; 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: Self Pay; Custody evaluation; Court-ordered treatment  
(Information updated 06/2018)

**Nicole Pernod, Psy.D, LCP**

Psychological and Life Skills Associates  
601 Jefferson Davis Highway, Suite 101  
Fredericksburg, VA 22401  
**Website:**  
**Modality:** Individuals, couples and groups  
**Ages:** children 6+/adolescents, young adults, adults 65+  
**Phone:** 703-490-0336 ext. 4  
**Interest Areas:** Anger Management; anxiety; bipolar disorder; child or adolescent; chronic illness; chronic pain; coping skills; depression; dual diagnosis; grief; life transitions; obesity; pregnancy, prenatal, postpartum; relationship issues; self-harming; stress substance abuse; suicidal ideation; testing/evaluation; transgender; weight loss; women's issues

**Specialized Techniques:** Cognitive behavioral therapy (CBT); culturally sensitive; Mindfulness Based (MBCT); Strength-based; Trauma-based  
**Special Populations:** Mood disorders; LGBT; Trauma; PTSD; addiction  
**Language:** Spanish  
[Accepts Medicare](#) and TriCare  
(Information updated 10/2018)

### **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](http://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 Medicaid/Medicare](#)

(Information updated 09/2018)

### **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

**Ages:** **Adolescent 13+**, adult to 70

**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

Accepts court-ordered treatment; [Medicaid](#); Worker's Compensation; Sliding scale  
(Information updated 06/2018)

**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

Accepts TriCare

(Information updated 09/2018)

**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+, Adults, Older adults to age 80

**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, Stress Management, Trauma, Women's Issues.

**Specialized Populations:** Child/Adolescent, Military Families/Veterans, Rape/Sexual Assault

(Information updated 06/2018)

**Faye Romano, PsyD**

Heatherstone Center & Comprehensive Psychological Services  
1133 Heatherstone Drive Ste 102  
Fredericksburg VA 22407

**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)

**Janine Rumberger, LCSW, MAC**

Lighthouse Counseling  
420 Hudgins Road Suite 201  
Fredericksburg, VA 22408

**Phone:** (540) 419-4842

**Modality:** individual, groups

**Ages:** adults 18+, elders 65+

**Interest Areas:** adjustment issues; anxiety; bereavement; bipolar disorder; chronic relapse; codependency; depression; divorce; drug abuse; dual diagnosis; family conflict; grief; life changes; mood disorders; OCD; panic disorders; physical abuse; pregnancy/prenatal/postpartum; PTSD; sexual abuse; spirituality; stress management; substance abuse; trauma; women's issues

**Specialized Techniques:** EMDR, Cognitive Behavioral Therapy, Mindfulness Based Therapy, Family Systems

**Special Populations:** LGBT; HIV/AIDS; Addiction; Mood Disorders; Self-Esteem  
(Information updated 10/2018)

**Robin Rutsky, LCSW, ACSW**

Meridian Therapy Services  
2601 Princess Anne Suite 101  
Fredericksburg, VA 22401

**Phone:** (540) 368-3011

**Fax:** (540) 368-1000

**Email:** rrsky@aol.com

**Modality:** individual, couples

**Ages:** adult 18-100

**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

[Accepts Medicare/Medicaid](#), TriCare

(Information updated 06/2018)

**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 Network, EMDR

**Special Populations:** gay/lesbian /transgender  
[Accepts Medicare](#), TriCare (Certified Out of Network), BC/BS  
(Information updated 09/2018)

**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:** Accepts court-ordered treatment  
[Accepts Medicaid](#); Worker's Compensation; sliding scale  
(Information updated 09/2018)

**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; stress management

**Specialized Techniques:** Group therapy (Self-esteem group)

**Special Populations:** gay/lesbian; military families/veterans

Accepts TriCare

(Information updated 09/2018)

**Aracoma Smith, LCSW**

3715 Latimers Knoll Court Ste 103  
Fredericksburg, VA 22408

**Phone:** (540) 361-1844

**Email:** [asmithlcsw@outlook.com](mailto:asmithlcsw@outlook.com)

**Website:** [www.aracomasmith.com](http://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 09/2018)

**Mitchell J. Sojack, Ph.D., LCSW**

Adolescent Wellness  
1715 Sunken Road  
Fredericksburg, VA 22401

**Phone:** (540) 845-7683

**Fax:** (540) 370-0110

**Email:** [DrSojack@gmail.com](mailto:DrSojack@gmail.com)

**Modality:** Individual, couples, family, group

**Ages:** **Adolescents**, Adults

**Interest Areas:** Adolescent issues, adjustment issues, adoption, alcohol abuse, anger management, anxiety disorders, ADD/ADHD, autism spectrum, behavior issues, bereavement, bipolar disorder, child abuse, child development, codependency, conflict management, custody issues, cutting/self-injury, depression, development disorders, disability issues, dissociative identity disorder, divorce, domestic violence, drug abuse, dual diagnosis, eating disorders, family issues, forensic issues, LGBT, grief, head trauma, hoarding, 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, psychotic disorders, relationship issues, schizoaffective disorder, schizophrenia, school problems, sexual abuse, sexual dysfunction, spiritual issues, stress management, substance abuse, suicidality, trauma, women's issues, tele-therapy.

**Specialized Techniques:** Christian counseling, forensic evaluation, medication evaluation/management, play therapy.

**Special Population and/or unique services:** Autism spectrum disorders, brain injury, **child/adolescent**, gay/lesbian, intellectual disabilities, law enforcement families, military families/veterans, rape/sexual assault, transgender – **Specializes in adolescents** (Middle school and High school age).

Accepts **Medicaid/Medicare**, Worker's compensation cases, custody evaluations, court-ordered treatment, sliding-scale clients, self-pay  
(Updated 09/2018)

### **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, court-order treatment

(Information updated 04/2018)

### **Joanne Strawder, LCSW**

Revelations Counseling & Consulting

2217 Princess Anne St. Suite 313-1

Fredericksburg, VA 22401

(540) 446-8229 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 8+, 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

**Special Populations:** child/adolescent; court-ordered treatment

Accepts Medicaid, sliding scale clients

(Information updated 09/2018)

**Alison Sullivan, LCSW**

307 Lafayette Blvd Suite 300

Fredericksburg, VA 22401

**Phone:** (540) 907-0991

**Fax:** (540) 899-3711

**Modality:** individual, couples, family, groups

**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

**Specialized Techniques:** Integrative Psychotherapy; Certified in hypnosis

(Information updated 06/2018)

**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 06/2018)

**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**

**Groups:** men's issues; general therapy

**Accepts Medicaid and Medicare**

(Information updated 06/2018)

**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 Niekietien-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 09/2018)

### **Joanne Thomas, LPC**

Resilience Counseling & Social Skills Center

1320 Central Park Boulevard, Suite 200

Fredericksburg, VA 22401

**Phone:** 540-699-0226 ext 108

**Fax:** 540-699-0224

**Email:** info@resiliencecounseling.care

**Ages:** Children and adolescents 5+ to Adults 70+

**Modalities:** Individual, group, family

**Interest Areas:** Adjustment issues; adolescent issues; anger management; anxiety disorders, ADD/ADHD; behavior issues; bipolar disorder; child abuse; child development; codependency; conflict management; cutting/self-injury; depression; domestic violence; family issues; impulse control; life changes; mood disorders; parenting issues; physical abuse; relationship issues; schizophrenia; school problems; sexual abuse; spiritual issues; stress management; suicidality; women's issues

**Specialized Techniques:** EMDR Therapy; Play Therapy

**Special Populations:** Children/adolescents; Intellectual disabilities

Accepts Medicaid; Court-ordered treatment; Sliding scale (contact)

(Updated 10/2018)

### **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:** (703)3493063

**Email:** ruby.thomas@centrepointhealth.com

**Ages:** child 5+, adolescent to age 18

**Interest Areas:** Anxiety disorders; ADD/ADHD, Bipolar disorder, depression, developmental disorders, impulse control, mood disorders, OCD, panic disorders, PTSD

**Specialized Techniques:** Medication evaluation/management

Aetna; Self-Pay

(Information updated 09/2018)

**Teri Thompson, LCSW**

2217 Princess Anne St Suite 105-4

Fredericksburg, VA 22401

**Phone:** (540) 841-4065

**Email:** Terithompsonlcsw@gmail.com

**Modality:** individual, couples, family

**Ages:** child 4+, adolescent, adults 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

(Information updated 08/2018)

**Brian Towers, MA, LMFT**

Center for Family Counseling

307 Lafayette Blvd Suite 202

Fredericksburg, VA 22401

**Phone:** (540) 361-1556 x 703

**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/ co-parenting issues; relationship issues; school problems; self-injury; spiritual issues; stress management; suicide ideation

**Specialized Techniques:** Christian counseling

**Special Populations:** child/adolescent; gay/lesbian,

**Accepts:** Tri-Care, Worker's Compensation, sliding scale

(Information updated 06/2018)

**Robert T. Turner, LPC**

2217 Princess Anne Street, Suite 323

Fredericksburg, VA 22401

**Phone:** (540) 907-9903

**Fax:** (866) 832-7890

**Email:** rturner5123@gmail.com

**Modality:** individual, group

**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](http://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 06/2018)

**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**

Riverside Counseling  
404 Chatham Square Office Park  
Fredericksburg, Virginia 22405

**Phone:** [\(540\) 390-1632](tel:5403901632)

**Modality:** individual, couples, family, group

**Ages:** **Adolescent/Teens age 14-19**, Adults, Elders

**Interest Areas:** Addiction, anger management, anxiety disorders; ADD/ADHD; behavior issues; child abuse; codependency; conflict management; custody issues; depression; divorce; domestic violence; drug abuse; grief; infidelity; impulse control; life changes; men's issues; mood disorders; parenting issues; physical abuse; PTSD; relationship issues; school problems; sexual abuse; sexual addiction/pornography, **spiritual issues**; stress management; substance abuse; suicidality; trauma; video game addiction

**Specialized Techniques:** **Christian counseling**, Sexual addiction, Certified Sex Offender

Treatment, CBT (cognitive behavioral therapy), Codependency, Marital/Premarital  
**Special Populations:** Child/adolescent, rape/sexual assault, sex addiction, sex offenders,  
Court-order treatment  
Accepts TriCare sliding scale clients  
(Information updated 09/2018)

**Katherine Wallace, MSW, LCSW**

WellSpring Child and Family Psychology, PC  
510 Princess Anne St, Suite 101  
Fredericksburg, VA 22401  
**Phone:** (540) 693-0096 x5

**Website:** www.wellspringchildandfamily.com

**Modality:** Individual

**Ages:** Adolescents/Teens 13+, Young Adults, Adults

**Interest Areas:** Anxiety; depression; adjustment concerns; family/relationship issues;  
post-traumatic reactions, problematic substance abuse; adolescent substance abuse; co-  
occurring disorders

**Specialized Techniques:** Integrative approach; Trauma Focused Cognitive Behavioral  
Therapy

Accepts Anthem Blue Cross/Blue Shield, TriCare  
(Information updated 09/2018)

**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

**Interest areas:** adjustment issues; adolescent issues; anger management; anxiety;  
ADD/ADHD; 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:** child/adolescent

Court-ordered treatment

**Insurance:** Accepts sliding scale on a case-by-case basis  
Do not accept Medicare/Medicaid  
(Information updated 10/2018)



**Dawn Weisenberger, LCSW**

2217 Princess Anne Street, Suite 308-1  
Fredericksburg, VA 22401

**Phone:** (540) 497-1606

**Email:** [dawn@dawnweisenberger.com](mailto:dawn@dawnweisenberger.com)

**Modality:** Individual

**Ages:** adult, **adolescent**, older adult.

**Interest areas:** adjustment issues; anxiety; behavior issues; depression; dual diagnosis; grief; life changes; mood disorders; personality disorders; stress management; substance abuse; trauma

**Specialized Techniques:** Harm Reduction

(Information updated 10/2018)

**Elaine K. Wescoat, LPC, LSATP**

SOULutions, LLC

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 09/2018)

**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/Medicaid](#)

(Information updated 06/2018)

**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 6/2018)

**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 09/2018)

**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**, adults

**Interest Areas:** adjustment issues; **adolescent issues**; anxiety; ADD/ADHD; behavior issues; bereavement; bipolar disorder; **child development**; 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; stress management; women's issues

**Specialized Techniques:** play therapy; psychological testing; disability testing

**Special Populations:** autism spectrum disorders; child/adolescent; military families/veterans

Accepts Medicare, TriCare

(Information Updated 09/2018)

**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](mailto: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 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 09/2018)

## **Mental Health Agencies and Substance Abuse 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](http://www.aadistrict30va.org)

[www.aa.org](http://www.aa.org)

### **Alzheimer's Association**

Fredericksburg Branch

2217 Princess Anne Street, Suite 106-F

540-370-0835

### **Behavioral Health and Wellness Center**

2217 Princess Anne Street, Suite

Fredericksburg, VA 22401

Phone: 540-370-1888

AGES: **Children & Adolescents** under 21

SERVICES: Mental Health Skill Building and Intensive In-Home Services for those with Major depressive disorder, bipolar disorder and psychotic disorder diagnoses

### **Be Well Rappahannock Council**

Addiction Services and Recovery Resource Information

[www.bewellrappahannock.org](http://www.bewellrappahannock.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](mailto:support@bhcounseling.net)

WEBSITE: [www.bhcounseling.net](http://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**

### **Catholic Charities-Fredericksburg Office**

1101 Stafford Avenue

Fredericksburg VA 22401

Phone: 540-371-1124

FAX: 540-371-9038

Email: [lpompeii@ccda.net](mailto:lpompeii@ccda.net)

WEBSITE: [www.ccda.net](http://www.ccda.net)

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)**

### **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](http://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**

### **Compass Counseling Services of NOVA**

10715 Spotsylvania Ave

Fredericksburg VA 22408

540-399-3640

Fax: 540-898-1040

WEBSITE: [compassnova.com](http://compassnova.com)

SERVICE AREA: City of Fredericksburg and surrounding counties

HOURS: Administrative hours 9am – 5pm

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

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](http://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**

## **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](mailto:info@endlesshopediscoveries.com)

Website: [EndlessHopeDiscoveries.com](http://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 for 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**

### **Family Counseling Centers for Recovery**

11720 Main Street, Suite 108

Fredericksburg VA 22408

PHONE: 540-735-9350

FAX: 540-735-9356

EMAIL: [jschmidt@fccr-va.com](mailto:jschmidt@fccr-va.com) (Director)

WEBSITE: [www.fccr-va.com](http://www.fccr-va.com)

SERVICE AREA:

HOURS: 6:00am – 9:00pm Mon-Thurs; 6:00am-2:00pm Friday

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.**

615 Jefferson Davis Hwy 101  
Fredericksburg, Virginia 22401  
PHONE: 540-710-5810

FAX: 540-710-0203

E-MAIL: schicks@fpscorp.com

WEBSITE: www.pathways.com

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.

### **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

### **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: Mon Closed, Tues 1-5 pm, Wed 1-5 pm, Thurs 1-9 pm, Fri Closed

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**

7001 Jahnke Road

Richmond, VA 23225

PHONE: (804) 520-4600 (Psychiatry & Therapy Office)

FAX: (804) 520-8007

CELL: (540) 388-1124

FAX: (804) 520-4545

EMAIL:

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

### **Inpathy – Tele-Psychiatry**

WEBSITE: [www.inpathy.com](http://www.inpathy.com)

Anne Marie Jones (Practice Liaison)

434-258-9620

[amjones@in-sight.net](mailto: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.

### **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)

### **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; call 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

### **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](mailto:cgreiner@lighthousefredericksburg.com)

WEBSITE: [lighthousefredericksburg.com](http://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, men's group

LANGUAGES: **Spanish** and English

### **Lloyd Moss Free Clinic**

301 Sam Perry Boulevard Suite 100, Fredericksburg, VA 22401

(540) 741.1061 Phone

(540) 741.1096 Fax

MON - FRI

Daytime & Evening Hours

Closed Holidays

- Mental health counseling and treatment
- Psychiatric evaluation and medication
- Integrated care groups
- Wellness services (meditation, psycho-educational, support & other groups)

### **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](mailto:lucys1@verizon.net)

WEBSITE: <http://lucys1.com>

SERVICE AREA: Culpeper, Fredericksburg, Spotsylvania, Stafford, Warrenton and surrounding areas

HOURS: 10:00AM – 6:00PM, Mon – Friday

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

**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

**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 10/2018)

**Phoenix House Mid-Atlantic**

Dan Cronin, Physician & Provider Relations

200 N. Glebe Road

Arlington, VA 22203

**Phone:** 703-841-0703

**Fax:** 703-243-1058

**Email:** [dcronin@phoenixhouse.org](mailto:dcronin@phoenixhouse.org)

**Website:** [www.phoenixhouse.org](http://www.phoenixhouse.org)

AGES: Adults and **Adolescents** (ages 13+)

FEES: In-Network Provider to all insurances, **Medicaid**, No Medicare,/No Tricare, No Sliding Scale

PURPOSE: Substance Abuse/Addiction Services and Residential Treatment (MUST HAVE UNDERGONE DETOX FOR ALCOHOL BEFORE ADMISSION)

Services: Alcohol abuse, codependency, drug abuse, dual diagnosis, substance abuse Court-ordered psychological testing, court-ordered treatment, no custody evaluations

Specialized Techniques: Group/Individual Counseling

Modalities Served: Individual and Group (Inpatient/Outpatient Therapies)

Languages: Spanish

(Updated 09/2018)

**Rappahannock Area Community Services Board**

WEBSITE: [rappahannockareacsb.org](http://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: 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 ELIGIBILITY: 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 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

### **Resilience Counseling & Social Skills Center**

1320 Central Park Boulevard, Suite 200

Fredericksburg, VA 22401

**CONTACT:** Karl G. Memmer, LPC, NCC

**PHONE:** 540-699-0226 ext 102

**EMAIL:** info@resiliencecounseling.care

**HOURS:** Monday – Friday 9 am - 5 pm

**Website:** www.resiliencecounseling.care

**SERVICES:** We provide high quality counseling and mental health services to children, teens and adults in Richmond, Virginia and the surrounding areas. We were founded on the principle that all individuals will face challenges in life, and we all possess the ability to overcome them. However, sometimes circumstances can feel overwhelming and we struggle to manage the realities of everyday life. This is when feelings of depression, anxiety and hopelessness can begin to dominate our daily reality. The good news is, by combining scientifically proven methods; you can build the resilience skills necessary to thrive, no matter what circumstances you face.

(Information updated 09/2018)

### **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 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**

(Information updated 05/2018)

**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 mental health 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

**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](http://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](mailto:Allyson.Smith@chooseyourprovider.org)

**WEBSITE:** [www.chooseyourprovider.org](http://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.

**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