FREDERICKSBURG IMMIGRATION JUSTICE FUND

Removing Financial Barriers. Restoring Dignity. Renewing Hope.

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Local Assistance: Health, Safety & Family Support

Call ahead to confirm eligibility, cost, appointment requirements, and current services. For immediate danger, call 911.

LIVING WATER	GUADALUPE	CHOICES	DOMESTIC VIOLENCE

Medical & Dental Care

CVHS Fredericksburg Health Center

Primary medical, dental and behavioral health care; ask about sliding-fee options.
540-735-0560 | 1965 Emancipation Hwy., Suite 100, Fredericksburg

Fredericksburg Christian Health Center

Faith-based community health center providing primary care and behavioral-health services.
540-785-8500 | 1129 Heatherstone Dr., Fredericksburg

Mary Washington Family Medicine Residency Clinic

Primary care for all ages, including pediatrics, women's health and pregnancy/prenatal care. New patients accepted.
540-741-9300 | 12101 Carol Ln., Suite 101, Fredericksburg

Living Water Community Clinic

Free medical, dental, counseling and medication support for eligible uninsured/underinsured adults who live in Orange, Spotsylvania or Culpeper counties.
Medical 540-854-5922 | Dental 540-920-9956 | 32345 Constitution Hwy., Suite P, Locust Grove

Guadalupe Free Clinic

Free care for eligible uninsured residents of Colonial Beach, Westmoreland County or King George County who meet income requirements.
804-224-0571 | 700 McKinney Blvd., Suite 1100, Colonial Beach

Mary Washington Healthcare Community Help Line

Helps community members identify healthcare options and local resources.
540-741-1141

Prescription Assistance

Living Water Community Clinic
Eligible clinic patients may receive help accessing free or low-cost medications.
540-854-5922

211 Virginia
Can identify current prescription-payment, pharmacy and medication-assistance programs.
Dial 2-1-1

Mental Health & Emotional Support

Rappahannock Area Community Services Board (RACSB)
Public community behavioral-health provider offering outpatient counseling, medication services, case management, child and adolescent services, peer support, and 24/7 crisis response.
Main 540-373-3223 | Emergency Services 540-373-6876 (24/7) | 600 Jackson St., Fredericksburg

Sunshine Lady House for Mental Health Wellness & Recovery
Short-term residential crisis stabilization for adults experiencing an acute mental-health crisis. Provides 24-hour support, counseling, medication support and therapeutic services; may be an alternative to hospitalization or a step-down from inpatient care. Admission begins with RACSB Emergency Services screening.
Emergency/Referral 540-373-6876 (24/7) | Sunshine Lady House 540-374-3386

Mental Health America of Fredericksburg (MHAfred)
HELPLINE and provider directory for finding local counselors, therapists, psychiatrists, treatment programs and other mental-health services. Staff can help identify providers based on needs and payment options.
540-371-2704 | 150 Olde Greenwich Dr., Suite 102, Fredericksburg

Catholic Charities – Family Services
Outpatient counseling for individuals, couples, parents/children and families, including support for anxiety, depression, grief, parenting concerns and healing after abuse or injustice. Services are available to anyone in need; intake line is bilingual English/Spanish.
540-371-1124 | 1101 Stafford Ave., Fredericksburg

CVHS Fredericksburg Health Center
Integrated behavioral-health services alongside primary medical and dental care; ask about payment and sliding-fee options.
540-735-0560 | 1965 Emancipation Hwy., Suite 100, Fredericksburg

988 Suicide & Crisis Lifeline
Free, confidential crisis support available 24/7. Call or text 988. For immediate danger, call 911.
Call or text 988

Domestic Violence, Safety & Family Shelter

Empowerhouse
24-hour domestic violence hotline, confidential emergency shelter, advocacy, children's services and survivor support.
540-373-9373 (24/7 hotline) | 150 Olde Greenwich Dr., Suite 101, Fredericksburg

National Domestic Violence Hotline
24/7 confidential support and safety planning.
800-799-7233

Mary's Shelter
Residential maternity home for expectant mothers age 18+ and their children. Intake required.
Intake 540-376-2108 | Main 540-374-3407 | 1601 Princess Anne St., Fredericksburg

Loisann's Hope House
Family emergency shelter and housing-stability services. For housing crisis or shelter, begin with the regional Homelessness Helpline.
Helpline 540-358-5801 | Main 540-371-0831 | 902 Lafayette Blvd., Fredericksburg

Pregnancy & Family Resources

Fredericksburg WIC
Nutrition assistance, breastfeeding support and healthy-food benefits for eligible pregnant/postpartum women, infants and children under 5.
540-899-4142 | 608 Jackson St., Fredericksburg

Choices Women's Center
Free, confidential pregnancy support including pregnancy testing, limited obstetrical ultrasound, options information and practical support. Does not provide or refer for abortion.
540-370-1800 | Text 540-693-0255 | 10008 Southpoint Pkwy., Suite 105, Fredericksburg

Birthright of Fredericksburg
Pregnancy support, maternity/baby clothing, layettes and referrals. Call to confirm current services.
540-898-8558 | 2006 Lafayette Blvd., Suite 202, Fredericksburg

211 Virginia
24/7 referrals for healthcare, childcare/family support, food, housing, transportation and other needs.
Dial 2-1-1

FIJF provides this directory for general resource information. Programs change frequently; contact each organization directly to confirm eligibility, hours, cost and availability.