

Fredericksburg City Public Schools

Local Resources to Know

FOOD RESOURCES

FredFood App

This app shows local food banks, pantries and meal locations in Fredericksburg, King George, & other local areas. *Available for iPhone and Android in App Store*

- Local food pantries and distributions listed on the last page of this document.
- Check out the app for most recent information.

www.fredfood.org



SNAP at the Farmers Market

Farmers markets featuring fresh locally grown food

SNAP card holders can use their SNAP card at the market. See market manager to exchange SNAP for tokens and receive up to \$10 for fruits and vegetables for free.

- Hurkamp Park – 500 William Street - Saturdays - 7:00 – 2:00
- Mary Washington Hospital - 1001 Sam Perry Blvd - 2nd & 4th Fridays - 11:30 – 5:00
- VDOT Parking Lot – 12150 Gordon Rd – Saturdays - 8:00 – 1:00
- Spotsylvania Medical Center – 4600 Spotsylvania Pkwy Wednesdays - 2:00 – 6:00
- King George Market – 10381 Ridge Road - Saturdays - 8:00 – 12:00

Fredericksburg – fxbgfarmersmarket.com

Spotsylvania - www.spotsylvaniafarmersmarket.com

King George – facebook.com/KingGeorgeFarmersMarket

Apply for SNAP at Department of Social Services at www.commonhelp.virginia.gov

HOUSING RESOURCES

Housing Hotline

Current or imminent risk of homelessness, assists with resources for families facing eviction or needing emergency housing.

(540) 358-5801

Virginia Housing Coalition

Assists with housing vouchers, rental assistance, security deposits and mortgage payments.

2300 Charles Street, Fredericksburg, VA.

(540) 604-9943

www.centralvahousing.org

Check out our program resource page for more helpful information for your family
www.fxbschools.us/community/community-resources

Micah Ministries

Assistance for people experiencing homelessness including housing assistance, income assistance, cold weather shelter, and support.

1013 Princess Anne St. Fredericksburg, VA 22401

(540) 358-5801

www.micahfredericksburg.org

EMPLOYMENT/ADULT EDUCATION RESOURCES

Virginia Employment Commission

Assists with job search, resume building, employment training, GED and ESL programming.

10304 Spotsylvania Ave Ste. 100, Fredericksburg, VA 22408

(540) 322-5768

www.vec.virginia.gov

RARAE

Adult education for GED and ESL

(540) 898-8165

www.rarae.org

Start-Anytime ESOL Classes

Mondays, 6:30-8pm Free! Includes childcare (540) 786-4848 Spotsylvania New Life in Christ Church 11925 Burgess Lane Fredericksburg, VA 22407	Mondays, 7-8:30pm Free! No childcare (540) 993-3687 South Stafford Cornerstone Church 56 McWhirt Loop Fredericksburg, VA 22406	Tuesdays, 1-2pm, online Thurs, 1-2pm, in-person Free! No childcare (540) 372-1144 Downtown Rappahannock Library 1201 Caroline Street Fredericksburg, VA 22401	Wed's., 8:30-9:30pm Free! No childcare Pastor Phan: (703) 459-8047 Spotsylvania Grace Vietnamese Church For address, call in English or Vietnamese
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Germanna College

Associate's Degree programs, adult career center, job training programs, financial aid.

(855) 874 6681

www.germanna.edu

Goodwill Industries

Job training, employment and job search assistance, literacy assistance, computer skills, resume building, interview assistance.

4701 Market Street, Suite A Fredericksburg, VA 22408

(800) 789-2816

www.fredgoodwill.org

CHILD CARE RESOURCES

Child Care Assistance through DSS

Apply online at www.commonhelp.virginia.gov

or at the Fredericksburg Department of Social Services at 608 Jackson Street, Fredericksburg, VA 22401

Childcare Network

Assistance with locating and acquiring childcare.

2117 Lafayette Blvd., Fredericksburg, VA 22401

(540) 940-6286

Toll-free hotline – 1 (866) 543-7852

www.thechildcarenetwork.org

GENERAL RESOURCES

United Way

Rent and utility assistance programs, financial resources, budgeting & credit repair workshops, prescription assistance, free tax prep.

3310 Shannon Park Drive, Fredericksburg, VA

(540) 373-0041

rappahannockunitedway.org

Fredericksburg Department of Social Services

Energy and emergency cash assistance, Medicaid, SNAP, TANF/VIEW, Childcare Assistance.

Fredericksburg - 608 Jackson Street Suite 100, Fredericksburg, VA 22401 (540) 372-1032

King George – 10459 Courthouse Drive, King George, VA 22485 (540) 775-9181

Virginia 211

Database of resources for housing, food, childcare, employment, transportation, utility assistance, healthcare and more.

Call 211 or visit www.211virginia.org

Aunt Bertha

Database of resources for housing, food, childcare, employment, transportation, utility assistance, healthcare and more.

(540) 373-3275

www.findhelp.org

Legal Aid Works

Legal assistance on financial matters, immigration, housing problems, domestic violence/protective orders, custody.

4701Market Street Suite D, Fredericksburg, VA 22401

(540) 778-6800

www.legalworks.org

Empowerhouse

Domestic Violence Services and resources.

(540) 373-9373

www.empowerhouseva.org

THRIVE Virginia

Partnering with programs to assist with housing counseling, homelessness prevention, food resources, emergency financial assistance, and Project Discovery - assisting teens moving toward college.

7911 Courthouse Way, Suite 300 New Kent, VA 23124

(804) 362-6835

www.thriveva.org

Salvation Army

Emergency assistance, food assistance, job training, youth music programs, Energy Share (help with heating and air conditioning), holiday assistance.

2014-C Lafayette Blvd., Fredericksburg, VA 22401

(540) 373-3431

fredericksburg.salvationarmypotomac.org

St. Faustina Assistance Line

Assistance and resources for food, housing, clothing, family resources.

(540) 834-5555 - Call during normal business hours for service

www.svdpstfaustina.org/navassistance

HEALTH RESOURCES

Lloyd Moss Free Clinic

Primary & chronic care, specialty care, diagnostics, dental care, behavioral health, pharmacy.

1301 Sam Perry Blvd., Fredericksburg, VA 22401

(540) 741-1061

mossfreeclinic.org

Health Department

Immunization clinics, health information.

Patients are welcome to visit any clinic in the Rappahannock area, not just the one for their specific city or county.

- **Fredericksburg** – 608 Jackson Street, Fredericksburg, VA - (540) 899-4142
www.vdh.virginia.gov/rappahannock/city-of-fredericksburg
- **King George** – 8097 Kings Highway, King George, VA 22485 – (540) 775-3111
www.vdh.virginia.gov/rappahannock/king-george-county-health-department-and-environmental-services/

RASCB

Mental health services, disability services, substance abuse services, early intervention Fredericksburg -

600 Jackson Street, Fredericksburg, VA 22401

(540)373-3223

Emergency services – (540)373-6876

www.rappahannockareacsb.org

Mental Health America

Mental health services, support services, community activities.

4701 Market Street Suite D, Fredericksburg, VA 22401

(540) 373-3275

www.mhafred.org

Healthy Families

Support for parents with children from birth to age 5. Assistance with car seats, health resources, Village Fathers program.

4815 Carr Drive, Fredericksburg, VA 22408

(540) 374-3366

www.healthyfamiliesrappahannock.org

Women, Infants, and Children (WIC)

Nutrition education, breastfeeding support, food resources, community referrals.

Apply at the health department. Contact information listed above.

WIC Help Desk: 888-942-3663

www.vdh.virginia.gov/wic-participants/new-participants/

FAMILY/COMMUNITY RESOURCES

Parks and Recreation

Offers sports, art, movement, summer camps, children's & family activities for all ages Individuals receiving SNAP, TANF, or Medicaid may qualify for assistance of \$40 per child per season for activities. Contact Parks and Rec to determine eligibility.

408 Canal Street, Fredericksburg, VA 22401
(540) 372-1086

FXBGparks.com

Recs2U – Summer mobile activity program - fredericksburgva.gov/1815/Mobile-Recreation-Program

Summer Camps – ages 3 to teens - fredericksburgva.gov/989/Summer-Camps

Fredericksburg Library

Children's & family activities, computer classes & special interest workshops, GED & English language group, Maker Lab, 3D printer, story time, summer reading program.

1201 Caroline Street, Fredericksburg, VA 22401
(540) 372-1144

www.librarypoint.org

Museums for All

Database of museums that families with SNAP can visit for free or reduced rate.

www.museums4all.org

YMCA

Sports, swim lessons, fitness activities, other activities.

Sliding scale may be available for membership fees. Contact the YMCA to determine eligibility.

Massad Family YMCA – 212 Butler Rd, 22405 (540) 371-9622

Ron Rosner YMCA – 5700 Smith Station Rd, 22407 (540) 735-9622

Home - Rappahannock Area YMCA Rappahannock Area YMCA family-ymca.org

Macaroni Kids

Website sharing family & children's activities in the local area.

www.fredericksburg.macaronikid.com

Doris Buffet Pool at Dixon Park

Free for families who live in 22401 zipcode 1300 Dixon St, Fredericksburg, VA 22401

Phone: (540) 310-0665 (during pool hours ONLY)

Admin Office Phone: 540-372-1086

fredericksburgva.gov/373/Bufgett-Pool

Motts Run Nature Center

Nature hikes, fishing, canoeing, nature center, outdoor activities.

6600 River Rd, Fredericksburg, VA 22407

(540) 372-1086

fredericksburgva.gov/1154/Motts-Run

COMMUNITY PANTRIES

Sundays

- **Agape Fellowship Ministries Pantry** – 26 Perchwood Dr.– 12:30 – 1:30
- **Real Life Community Church Pantry** - 11 Smokehouse Rd Ste 103 – 11:00 – 12:00

Mondays

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Mobile Pantry at Strong Tower Church** – 234 Ferry Rd. – 11:00 – 12:00
- **UMC Food Pantry** – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00
- **Massaponax Baptist Church** – 5101 Massaponax Church Rd – 3rd Mondays 6:00-8:00

Tuesdays

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Salvation Army** – 2012 Lafayette Blvd – 9 12 and 1:00 – 4:00
- **Spotswood Baptist Church Pantry** – 4107 Lafayette Blvd – 2nd & 4th Tuesdays - 9:30 – 11:00
- **The Table at St. George's Pantry** – 905 Princess Anne St. – 9:30 – 11:00 & 5:00 - 6:30
- **UMC Food Pantry** – 308 Hanover St (Charlotte St. Parking lot) – 2:00 – 4:00
- **Arm of the Lord Drive Thru Meal** - 2100 Airport Dr. – 4:30 – 5:30
- **Trinity Episcopal Pantry** - 825 College Ave – 1st and 3rd Tuesdays 5:00 – 6:00
- **Community Ministry Center Pantry** – 918 Bragg Rd – 6:00 – 8:00 Mobile Pantry at Hazel Hill – 3rd Tuesdays – 11:00-12:00 Mobile Pantry at Heritage Park – 1st Tuesdays 1:30 – 2:30

Wednesdays

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **UMC Food Pantry** – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00

Thursdays

- **Community Ministry Center Pantry** – 918 Bragg Rd – 9:00 –11:00
- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Peace United Methodist Church Pantry** – 801 Maple Grove Dr. – 9:30 – 12:00 Mobile Pantry at Moss Clinic - 1301 Sam Perry Blvd – 3rd Thursdays 1:00 -2:00 UMC Food Pantry – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00 Islamic Center Pantry - 7020 Harrison Rd – last Thursday 5:00-7:00

Fridays

- **St. Mary's Food Boxes** – 1003 Stafford Ave – 9:00 -4:00
- **Shiloh Baptist Church (Old Site)** – 801 Sophia St. – 2nd and 4th Fridays

Saturdays

- **Community Ministry Center Pantry** – 918 Bragg Rd – 9:00 –11:00
- **Lambert & Withers Food Pantry** – 900 Charlotte Street – 2nd & 4th Saturdays 9:30 -11:00
- **UMC Food Pantry** – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00

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