

# **Public Assistance Programs**

## ***Resources for Women and Families in NOVA***

This resource list was prepared by Divine Mercy Care in Fairfax, VA, for the benefit of and use by organizations and individuals in Northern Virginia who support any person or family experiencing an unplanned pregnancy. **Use CONTROL F to search through the document.**

Northern Virginia, for purposes of this resource list, encompasses the following 7 Regions and their components:

**REGION-WIDE/OUTSIDE REGION: Organizations outside the 7 regions or without a geographic headquarters**

**REGION 1: Alexandria, City of Fairfax, Fairfax County, and Falls Church**

**REGION 2: Arlington County**

**REGION 3: Loudoun County**

**REGION 4: Prince William County, Manassas, and Manassas Park**

**REGION 5: Culpeper, Fauquier County**

**REGION 6: Clarke County, Frederick County, Warren County**

**REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

A “+” indicates the organization is not expected to refer for or perform abortions, but notes may include notes of caution for some pro-life groups if, for example, a medical practice performs sterilization procedures or prescribes contraception to avoid pregnancy.

An “\*” indicates the organization is not reliably pro-life. This mark will appear for all Government facilities, e.g., health departments, even though there may be some pro-life staff there.

In the absence of a “+” or “\*”, the organization’s position on life and abortion is not known.

Resources are organized consistent with Divine Mercy Care’s Pro Women’s Healthcare Centers (PWHC) Services and Standards Checklist.

If you are aware of an inaccuracy in this document or would like to share a resource for Divine Mercy Care to add to the list, please contact [info@divinemercycare.org](mailto:info@divinemercycare.org).

This is intended to be a list of local resources. But there is more support available for women, children, and families nationally. Please visit [www.divinemercycare.org/resourcesandlinks/](http://www.divinemercycare.org/resourcesandlinks/) for national groups that will be able to help.

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**FORMAT:**

**Name**

Website

City Phone

Contact Person (if applicable); Email (if applicable)

Line 2 for Phone/Contact/Email (if applicable)

City 2 (if applicable)

Phone 2; Contact Person 2 (if applicable); Email 2(if applicable)

Line 2 for Phone/Contact/Email 2 (if applicable)

*Short Description (no dates and times except for food pantries)*

# **MEDICAL NEEDS**

Alternatives to traditional health insurance include Medicaid and the Affordable Care Act (Obamacare). Further information on these programs can be found at [www.dmas.virginia.gov](http://www.dmas.virginia.gov) and [www.hhs.gov/healthcare](http://www.hhs.gov/healthcare), respectively.

Health care sharing programs provide another option to traditional health insurance, and work on the premise of like-minded individuals coming together and help each other pay their medical expenses. Many of these groups are Christian. Some of the major health care sharing ministries are: CMF Curo, [cmfcuro.com](http://cmfcuro.com); Liberty Healthshare, [libertyhealthshare.org](http://libertyhealthshare.org); Medi-Share, [mychristiancare.org/medi-share/](http://mychristiancare.org/medi-share/) and; Solidarity, [solidarityhealthshare.org](http://solidarityhealthshare.org).

## **Well-Woman and GYN Care**

### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

#### **+Birth Care and Women's Health**

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

Alexandria 703-549-5070

Marsha Jackson; [midwives@birthcare.org](mailto:midwives@birthcare.org)

*BirthCare's philosophy is based on the belief that health care for women takes place within the context of a partnership in which the provider and consumer of care have joint responsibility. Every woman brings to her pregnancy and birth her own unique gifts, which the BirthCare midwives encourage. We respect and enjoy working with the wide cultural diversity of mothers and families that have used our services. All care is designed to meet each client's specific needs and preferences.*

*Attend home births within a 40-mile radius of Washington, DC. For women and families who prefer a birth center experience, they may come from as far away as Winchester, Warrenton or Fredericksburg. In addition to birth services, also work with women seeking personalized gynecologic care, and family planning. Do not refer or perform abortions, sterilizations or sterilization reversals. Caution: They do prescribe contraception for purposes of avoiding pregnancy.*

**Canter, Maria, MD**

**Urogynecology Center of Northern Virginia**

[www.urogyncenternova.com](http://www.urogyncenternova.com)

Reston 703-293-5239

*At the Urogynecology Center of Northern Virginia, Dr. Maria Canter and her staff offer a safe and supportive environment for treating women's intimate health. Dr. Canter provides surgical and nonsurgical solutions to treat urinary incontinence, vaginal prolapse, fecal incontinence and sexual dysfunction in women.*

**+Hersh, Camilla C., MD, FACOG**

**Virginia Women's Health**

vawomenshealth.com/about-us/our-physicians/camilla-c-hersh-m-d/

Annandale and Reston 703-435-2555

sdeberry@imgdoctors.com

*Dr. Hersh has diverse expertise, from routine care to advanced surgical procedures. She has delivered over 4,000 babies. Dr. Hersh is particularly committed to bringing minimally invasive treatment options, including DaVinci robotic surgery for women with problems such as abnormal bleeding, fibroids, pelvic pain, and pelvic organ prolapse. Dr. Hersh has been honored and recognized every year since 2002 in the Washingtonian Magazine as one of the TOP DOCTORS.*

**Mid-Atlantic Urogynecology & Pelvic Surgery**

**Drs. Nicolette Horbach & Jeffrey Welgross**

urogyndocs.com

Annandale 571-389-7140

*They are board-certified professionals in Female Pelvic Medicine & Reconstructive Surgery.*

**Scott, Lauren A., MD**

**INOVA Urogynecology**

www.inova.org/locations/inova-urogynecology

Falls Church 571-419-5645

*Urogynecologist specializing in pelvic floor disorders (PFDs).*

**+Tepeyac OB/GYN**

www.tepeyacobgyn.com

Fairfax 703-273-9440

*We are a pro-life faith-based obstetrics and gynecology medical practice treating our patients as individuals wholly in body, mind, and spirit. Our services include: Obstetrics & Midwifery; Gynecology; Natural Family Planning; Ultrasound; Cancer Screening; Infertility Treatments; Hormone Management; Patient Education; Adolescent Gynecology; The Kristen Anderson Perinatal Hospice Program (see EMOTIONAL NEEDS - Perinatal Hospice and Infant Loss Support); and Abortion Pill Reversal.*

**Virginia Cancer Specialists**

**+Vargas, Hernen, MD**

www.virginiacancerspecialists.com/physician/hernan-vargas-m-d/  
Fairfax 703-208-3155

*Breast surgery.*

**REGION 2: Arlington County**

**Arlington Free Clinic**

www.arlingtonfreeclinic.org  
Arlington 703-979-1400 and 703-979-1400

*Free comprehensive medical care for adults (18 above male/female), including OB GYN, dental service, derma, cardio, optometry (only with diabetes), pulmonary & other specialities for low income uninsured residents of Arlington County. Also includes mental health services. There is a nutritionist and pharmacy inside the building. Walk for the lottery on 2nd Tuesday of the month (can only take 20 - 30 patient/month).*

**REGION 4: Prince William County, Manassas, and Manassas Park**

**+Dr. Z's Total Women's Care; Zerline Chambers-Kersey, MD**

www.drzchambers.com  
Dumfries 703-441-3555  
drzchambers@me.com

*Zerline Chambers-Kersey, MD is a state-of-the-art women's health and aesthetic medicine practice located in Dumfries, Virginia. Owned and operated by Dr. Zerline Chambers-Kersey, a gynecologist, obstetrician, and cosmetic expert with more than 30 years of experience, the practice serves the needs of patients in and around the greater Prince William County area.*

*Does not take Medicaid. Does not perform or refer abortions; will prescribe birth control (no morning after pill); does not perform sterilizations; does not offer discounts for low income families. Closed Wednesdays and Fridays.*

**+Mother of Mercy Free Clinic**

www.cdda.net/programs\_freemedicalclinic.php  
Manassas 703-335-2779  
Alexandra Luevano, Director

*Our mission is to engage the community to provide free, quality healthcare to low income individuals who are uninsured or under-insured in Western Prince William County, Manassas City and Manassas Park.*

*Performs sterilization procedures & reversals. Prescribes contraception to avoid pregnancy. Does not refer or perform abortions.*

**Prince William Area Free Clinic**

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

Woodbridge 703-499-9034

*Primary medical and adult dental care to indigent and uninsured residents of Manassas City, Manassas Park, and Prince William County. Services are free of charge and include diagnostic studies, specialty care and referrals, case management, patient education, medication access and preventive care. Proof of residence is required. NO PRENATAL CARE. County residency is NOT required. Accepts Medicaid, Medicare and most insurance plans. Patient may qualify for discounts on a sliding scale.*

**Sentara Potomac Hospital OB Clinic**

[www.sentara.com/woodbridge-virginia](http://www.sentara.com/woodbridge-virginia)

Woodbridge 703-523-1464

Judy Chamberlain, Intake Coordinator/Screeener

*For women without health insurance. Offers sliding scale fee. Covers prenatal, delivery and postnatal care.*

**Region 6: Clarke County, Frederick County, Warren County**

**+Dennehy, Francis X., MD**

**Front Royal Family Practice**

[www.frontroyalfamilypractice.com/services/obstetrical-care/](http://www.frontroyalfamilypractice.com/services/obstetrical-care/)

Front Royal 540-631-3700

*In 1978, Dr. William Kerns opened his medical practice in a small office on Shenandoah Avenue. Since then, Front Royal Family Practice has consistently focused on the medical needs of our community and has grown to eight Board Certified Attending Family Practice physicians and two Board Certified Family Nurse Practitioners. In 1998, we joined with Virginia Commonwealth University and Valley Health Systems to open the Shenandoah Valley Family Practice Residency, where 15 licensed physicians-in-training prepare for board certification in Family Medicine under the instruction of our Attending Physicians. A family practice providing a wide range of services, including obstetrics, maternity, pediatrics. Do prescribe contraception and perform sterilizations. Don't take a position on abortion.*

**REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

**Hazel Hill Apartments Health Care Project**  
www.facebook.com/HazelHillHealthcareProject  
Fredericksburg 540-372-9980  
Kathy Bramlett, RN

## **MEDICAL NEEDS**

### **Maternity Care**

#### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

##### **Greater Washington Maternal Fetal Medicine and Genetics**

**Dr. Thomas Pinkert**

www.gwmfm.com  
Fairfax 571-730-4587

*High risk and complicated pregnancies.*

##### **Inova Brock Family Antenatal Testing Center at Inova Alexandria Hospital Birthing Center**

www.inova.org/healthcare-services/womens-health/locations/inova-alexandria-hospital/perinatal-diagnostic-center/index.jsp  
Alexandria 703-504-7868

*High risk pregnancies.*

##### **Maternal Fetal Associates of the Mid-Atlantic**

www.mfama.com  
Fairfax 703-584-7701  
Reston 703-435-1454

*High risk pregnancies.*

##### **Metropolitan Maternal-Fetal Medicine**

**Rodney McLaren, MD**

www.facebook.com/MetropolitanMaternalFetalMedicine/  
Fairfax 703-277-9510

*High risk pregnancies. Office in Arlington as well.*

##### **Perinatal Associates of Northern Virginia**



www.panova90.com  
Fairfax 703-698-5350

*High risk pregnancies.*

**+Tepeyac OB/GYN**

See MEDICAL NEEDS - Well-Woman and GYN Care

**REGION 3: Loudoun County**

**Maternal Fetal Associates of the Mid-Atlantic**

www.mfama.com  
Leesburg 703-724-4250

*High risk pregnancies.*

**REGION 4: Prince William County, Manassas, and Manassas Park**

**Maternal Fetal Associates of the Mid-Atlantic**

www.mfama.com  
Gainesville 703-743-9211

**REGION 6: Clarke County, Frederick County, Warren County**

**+Dennehy, Francis X., MD**

**Front Royal Family Practice**

See MEDICAL NEEDS - Well-Woman and GYN Care

**REGION 7: Fredericksburg, King George County, Stafford County,  
Spotsylvania County**

**FAMIS Moms**

www.coverva.org  
855-242-8282

*Virginia state program that assists pregnant women with Medicaid and health insurance applications to cover maternity and childbirth services through the 60-day period following the end of the pregnancy.*

# **MEDICAL NEEDS**

## **Fertility Education and Infertility Consultation**

### **REGION-WIDE/OUTSIDE REGION**

#### **+Caritas FertilityCare**

www.dcfertilitycare.com

734-649-3061

Beth Berard, Certified FertilityCare Practitioner; dcfertilitycare@gmail.com

Annapolis, MD 410-852-2089

Cathy Reilly; cathy.healthed@gmail.com

Baltimore, MD 410-692-0789

Julie Tomko; jtomkonfp@aol.com

Charlottesville, VA 434-806-5097

LaDean Barnes; ladeancrms@gmail.com

Emmitsburg, MD 732-877-6905

fertilitycarefrederick@gmail.com

Gaithersburg, MD 301-963-8633

Therese Rodriguez; 8rodriguez@gmail.com

Southeastern VA 757-354-3008

Jamie Hobor; jamiecrms@gmal.com

*Teaches women how to track natural bio-markers to understand their reproductive and gynecological health for the entirety of her reproductive life, including pre-menopause and breastfeeding. It is an effective system of family planning; medically safe; helps with PCOS, irregular cycles, PMS, and infertility through the assistance of NaProTechnology. To find out more about the Creighton Model System, women and couples are encouraged to attend an introductory session. Website indicates upcoming introductory sessions.*

#### **+Couple to Couple League**

www.ccli.org

703-222-5121

Len Rice; lrice31@cox.net

*Natural Family Planning (NFP) instruction. To inspire, educate and support couples in family planning that is natural, effective, healthy and consistent with God's plan for life, love and marriage. Class Search: register.ccli.org. \$135 for course.*

**Floro, Megan, MSN, CRNP at Tepeyac OB/GYN**

www.tepeyacobgyn.com/services/natural-family-planning/  
Fairfax 740-424-9512; Tepeyac 703-273-9440

*NFP instruction. The Marquette Model (MM) system of NFP brings 21st century technology to NFP by using the ClearBlue Easy Fertility Monitor, a device used at home which measures hormone levels in urine to estimate the beginning and end of the time of fertility in a woman's menstrual cycle. The information from the monitor can be used in conjunction with observations of cervical mucus, basal body temperature, or other biological indicators of fertility. The MM was developed by professional nurses and physicians at Marquette University in the late 1990s. A recent (2007) study published in the Journal of Obstetric, Gynecologic, and Neonatal Nursing demonstrated a 97-98% efficacy of the MM in avoiding pregnancy when taught by a qualified teacher and correctly applied.*

**Holy Family FertilityCare**

www.HolyFamilyFertilityCare.com

402-261-0841

Erin Welsh, CFCP, Director; holyfamilyfertilityeducation@gmail.com

*FertilityCare is a program of integrated health education in the area of fertility, using the Creighton Model FertilityCare System. FertilityCare increases a couple's awareness of and appreciation for their fertility, enabling them to be active participants in caring for their particular fertility situation or women's health issue. Virtual consultations only (All sessions are done via Skype.). Charge per session.*

**Metro DC FertilityCare RN**

www.metroDCfertilitycareRN.com

Montgomery Village, MD 301-512-7451

Therese Rodriguez, Founder and Director; metrodcfertilitycarern@gmail.com

*Using the FertilityCare system and NaProTECHNOLOGY medical and surgical management, you are offered natural, safe and effective family planning, increased chance of conception, and ideal timing for medical evaluation.*

**\*Shady Grove Fertility - Reproductive Urologists**

**Dr. Paul R. Shin and Dr. Cori Tanrikut**

www.shadygrovefertility.com

Multiple locations in VA, DC, and MD 888-348-5599

*Reproductive endocrinologists. Caution: Practice performs a wide variety of fertility procedures. Drs. Shin and Tanrikut are specifically recommended by Tepeyac OB/GYN.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

### **Choe, Eric JW, MD**

urologyoffice.com  
Fairfax 703-273-9393  
*Adult and pediatric urology.*

### **Family Medicine Associates of Alexandria**

#### **+Dr. Vivian Lugo-Eschenwald**

www.fmaa.com/provider/vivian-l-lugo-eschenwald-md  
Alexandria 571-222-5845  
fmaa@imgdoctors.com

*Washingtonian Magazine Top Docs March 2014, Creighton Model and NaproTechnology. Family Medicine Associates of Alexandria's principle goal is to provide accessible, one-stop primary health care to both families and individuals of all ages in Alexandria, Virginia and the surrounding area. The health care professionals at FMAA have a mission to offer superior medical services with empathy and respect for every patient's dignity. Serving a range of culturally diverse families in the Washington, D.C., metro area, FMAA strives to foster good health, while promoting prevention and education among its patients*

### **Hardy, Michael, MD**

Fairfax 703-698-1856

*Urology.*

### **Shin, Paul R., MD**

#### **Shady Grove Fertility**

www.shadygrovefertility.com/doctors/shin  
Fairfax 888-761-1967

*Reproductive urology. Caution: Practice performs a wide variety of fertility procedures. Dr. Shin is specifically recommended by Tepeyac OB/GYN.*

### **Starks, Christopher, MD**

The Urology Group  
www.urologygroupvirginia.com/providers/christopher-starks  
Reston 703-480-0220

*His clinical interests are male infertility, male sexual health, and erectile function and dysfunction, with surgical specialty in vasectomy reversal, varicoceles and Peyronie's Disease. He additionally*

*sees referrals for general urology conditions. Caution: He performs vasectomies and sperm harvest procedures.*

**Suatengco, Domingo, MD**

Fairfax 703-476-0901

*Urology.*

**+Tepeyac OB/GYN**

See MEDICAL NEEDS - Well-Woman and GYN Care

NOTE: Tepeyac OB/GYN can also help you arrange a test for male/men's fertility that is in line with the ethical requirements of the Catholic Church.

**REGION 3: Loudoun County**

**Starks, Christopher, MD**

The Urology Group

[www.urologygroupvirginia.com/providers/christopher-starks](http://www.urologygroupvirginia.com/providers/christopher-starks)

Leesburg 703-443-6733

*His clinical interests are male infertility, male sexual health, and erectile function and dysfunction, with surgical specialty in vasectomy reversal, varicoceles and Peyronie's Disease. He additionally sees referrals for general urology conditions. Caution: He performs vasectomies and sperm harvest procedures.*

**Region 4: Prince William County, Manassas, and Manassas Park**

**Prince William Family Medicine**

**+Chi Young, MD**

[www.princewilliamfamilymedicine.com/doctors/dr-chi-young/](http://www.princewilliamfamilymedicine.com/doctors/dr-chi-young/)

Manassas 703-257-8090

Gainesville 703-753-4999

*Our practice is a proud member of Privia Medical Group - a physician-led, multi-specialty, national medical group. The nation's top primary care physicians and specialists came together to form Privia Medical Group and share in the mission of providing better, more coordinated care to patients. Our group focuses on taking accountability for the health and wellness of the patients we serve. We use some of the latest advances in medicine to help our patients remain healthy and better manage disease by offering our patients access to innovative health management technologies, proactive team-based care, and an evidenced-based, patient-centered approach. Website includes NFP under "Areas of Expertise."*

## **Region 6: Clarke County, Frederick County, Warren County**

### **+Saint Teresa's Fertility Care Center**

www.facebook.com/fertilitycarecavanaugh/

Front Royal 540-431-1992

Susannah Cavanaugh; sracavanaugh@gmail.com

*Saint Teresa's works towards educating couples, single women, and teenage girls on the beauty of fertility. Through our instruction we teach women to learn the "fifth vital sign" of their reproductive cycle so that they can appreciate and take care of their bodies. The Creighton Model Fertilitycare System teaches a couple how to use the natural method to space pregnancies, achieve pregnancy, as well as understand the underlying issues of infertility.*

## **MEDICAL NEEDS**

### **Pediatrics**

#### **REGION-WIDE/OUTSIDE REGION**

##### **Formed Families Forward**

www.FormedFamiliesForward.org

Fairfax 703 539-2904

Kelly Henderson; info@FormedFamiliesForward.org

*A non-profit supporting families formed through foster care, adoption and kinship care in Northern Virginia. Offers consultation and support to families and agencies to assist in meeting its mission. Provides a thorough Formed Families Resource Directory that can be accessed via its website.*

#### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

##### **Adams Compassionate Healthcare Network**

See MEDICAL NEEDS - Well-Woman and GYN Care

**Burke Pediatric Association**

[www.burkepediatricsllc.com/about-us.html](http://www.burkepediatricsllc.com/about-us.html)  
[pediatricsinburke.com](http://pediatricsinburke.com)  
Burke 703-978-6061

*Accepts Medicaid assignment for newborns.*

**Dulles Family Medicine**

[www.dullesfamilymedicine.com](http://www.dullesfamilymedicine.com)  
Herndon 703-471-0800

*Accepts Medicaid assignment for newborns.*

**Dulles Pediatrics**

[www.dullespediatrics.com](http://www.dullespediatrics.com)  
Chantilly 703-263-9323  
Herndon 703-263-9323

*Accepts Medicaid assignment for newborns.*

**Franconia Pediatrics**

[www.facebook.com/fpanavalkar2](http://www.facebook.com/fpanavalkar2)  
Alexandria 703-921-0256

*Accept Medicaid assignment for newborns.*

**Grace Community Center**

[www.gcchealthsystem.org](http://www.gcchealthsystem.org)  
Centreville 703-650-9099

*Pediatric care to those with low income and no medical insurance.*

**Herndon Medical Care**

[www.hillendalemedicalcare.com](http://www.hillendalemedicalcare.com)  
Herndon 703-589-0111

*Accepts Medicaid assignment for newborns.*

**McLean Pediatric Associates**

[www.doctor.webmd.com](http://www.doctor.webmd.com)  
McLean 703-356-5722

*Accepts Medicaid assignment for newborns.*

**Potomac Medical Center**

www.doctor.webmd.com/practice/potomac-medical-center-pc-732a29c9-4703-e211-a42b-001f29e3eb44-overview  
Falls Church 703-237-2488

*Accepts Medicaid assignment for newborns.*

**Ramaswamy, Isabel, MD**

www.metropolitanpdes.com  
Annandale 703-522-4780

*Accepts Medicaid assignment for newborns.*

**Stevenson Pediatrics**

www.uvahealth.com/findadoctor/profile/richard-d-stevenson  
Alexandria 703-823-2400

*Accepts Medicaid assignment for newborns.*

**The Pediatric Group**

www.tpg-pc.com  
Alexandria 703-971-6900  
Chantilly 703-481-8600  
Fairfax 703-425-3300

*Accepts Medicaid assignment for newborns.*

**REGION 2: Arlington County**

**Wijetilleke, Padma, MD**

www.inova.org/Physician\_Directory/Padma-Wijetilleke-MD/729525  
Arlington 703-379-0704

*Accepts Medicaid assignment for newborns.*

**REGION 3: Loudoun County**

**Ashburn Children's Dentistry**

kidzsmile.com  
Ashburn 703-723-8440  
info@kidzsmile.com



*Provides a full range of dental services including laser dentistry for infants, children and teens, including patients with special needs.*

**Leesburg Sterling Family Practice**

www.yourfamilymed.com  
Broadlands 571-252-7353  
Leesburg 703-724-7530  
Lovettsville 540-579-0500  
Purcellville 540-338-9896

*Accepts Medicaid assignment for newborns.*

**REGION 4: Prince William County, Manassas, and Manassas Park**

**Crestwood Pediatric Associates**

www.crestwoodpediatric.com  
Manassas 703-361-7131

*Call office for accepted insurance plans.*

**Hillendale Medical Care-Millennium Medical Care**

www.millenniummedicalcorp.com  
Woodbridge 703-730-2000

*Accepts Medicaid assignment for newborns.*

**Hoadly Medical Care**

www.hillendalemedicalcare.com  
Manassas 703-590-5999

*Accepts Medicaid assignment for newborns.*

**Kumar, Krishnan, MD**

www.sentara.com/woodbridge-virginia/.../kumar-krishnan-5556.aspx  
Woodbridge 703-494-0912

*Accepts Medicaid assignment for newborns.*

**Prince William Pediatrics**

Manassas 703-257-9878

*Accepts Medicaid assignment for newborns.*

**The Pediatric Group**

www.tpg-pc.com  
Woodbridge 703-494-4811

*Accepts Medicaid assignment for newborns.*

**REGION 6: Clarke County, Frederick County, Warren County**

**+Dennehy, Francis X., MD**  
**Front Royal Family Practice**  
See MEDICAL NEEDS - Well Woman and GYN Care

**REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

**Kumar, Krishnan, MD; Private Practice**  
www.sentara.com/woodbridge-virginia  
Stafford 540-659-1100

*Accepts Medicaid assignment for newborns. Adolescent medicine, pediatrics*

**MEDICAL NEEDS**

**Dental**

**REGION-WIDE/OUTSIDE REGION**

**Germanna Community College Dental Hygiene Program**  
www.germanna.edu/dental/  
Locust Grove 540-741-1061  
Misty Mesimer 540-423-9823

*Partners with the Lloyd F. Moses Free Clinic to provide preventive and restorative dental hygiene services.*

**REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

**Alexandria Neighborhood Health Services**  
www.neighborhoodhealthva.org  
703-535-5568 or 844-344-8578  
info@neighborhoodhealthva.org

*We provide primary care for the whole family. Our model of care is both comprehensive and integrated and includes not only medical care but also behavioral health, dental care, medication*

*assistance, labs, case management, and referral to community resources – all in one setting. For low-income patients with high copays or deductibles or without insurance, we offer a discounted sliding fee scale. We accept Medicaid. And we help our patients obtain low cost medications and other resources.*

**Landmark Dental Care**

www.landmarkdental.com  
Alexandria 703-370-6500

*Offers “mothers to be” free exams. All insurances welcome/Medicaid free for majority of dental work.*

**Northern Virginia Community College - Dental Hygiene Program**

www.nvcc.edu/medical/divisions/allied/dental-hygiene  
6531

703-822-

*Cleaning, fluoride, x-rays. Provide clinical, therapeutic and educational services under the direction of a dentist.*

**Northern Virginia Dental Clinic**

www.novadentalclinic.org  
Fairfax 703 820-7170

*Oral health care services for low-income residents. Appointments must be scheduled by referring agency.*

**Northern Virginia Family Service (NVFS)**

www.nvfs.org/assistance/dental-services-fairfax/  
Fairfax County 571-748-2593

*Refers to low-cost dental clinics. Hours are M, W, F, 9 am -12 pm.*

**+The Lamb Center**

www.thelambcenter.org  
Fairfax 703-691-3178

*Partnership of churches to provide limited financial aid for paying utilities, rent, transportation, medical appointments for the homeless population. Operates a dental clinic onsite.*

**REGION 2: Arlington County**

**Arlington County Dental Clinic**

www.health.arlingtonva.us/public-health/health-clinics-services/dental-clinic/  
Arlington 703-228-1200

Dental services.

### **REGION 3: Loudoun County**

#### **Ashburn Children's Dentistry**

See MEDICAL NEEDS - Pediatrics

#### **HealthWorks for Northern Virginia**

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

Leesburg 703-443-2000

*HealthWorks for Northern Virginia is a nonprofit, Federally Qualified Health Center created to provide health care in a medical home setting to those who have limited or no health insurance.*

#### **Northern Virginia Dental Clinic**

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

Loudoun County 571-323-909

*Oral health care services for low-income residents. Appointments must be scheduled by referring agency.*

### **REGION 4: Prince William County, Manassas, and Manassas Park**

#### **Affordable Dentures & Implants**

[www.affordabledentures.com/office/woodbridge/](http://www.affordabledentures.com/office/woodbridge/)

Woodbridge 703-491-0570

We strive to offer compassionate care to each one of our patients and will be happy to discuss your options for dentures, partial dentures and denture repairs.

#### **Greater Prince William Community Health Centers**

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

Dumfries 703-680-7950, Ext. 3

Manassas 703-680-7950, Ext. 2

Woodbridge 703-680-7950, Ext. 1

*Use the Patient-Centered Medical Home (PCMH) care delivery model whereby patient treatment is coordinated through their primary care physician to ensure they receive the necessary care when and where they need it, in a manner they can understand.*

#### **Northern Virginia Family Service (NVFS)**

[www.nvfs.org/assistance/dental-services-fairfax/](http://www.nvfs.org/assistance/dental-services-fairfax/)  
Prince William County 571-748-2635

*Refers to low-cost dental clinics. Hours are M - F, 9 am - 5 pm.*

**REGION 5: Culepeper, Fauquier County**

**Fauquier Free Clinic**

[www.fauquierfreeclinic.org](http://www.fauquierfreeclinic.org)  
Warrenton 540-347-0394, Ext. 2

*Serves the Fauquier and Rappahannock communities by providing comprehensive medical, dental and mental health care to eligible residents*

**REGION 6: Clarke County, Frederick County, Warren County**

**Affordable Dentures & Implants**

[www.affordabledentures.com/office/winchester/](http://www.affordabledentures.com/office/winchester/)  
Winchester 540-307-4148

We strive to offer compassionate care to each one of our patients and will be happy to discuss your options for dentures, partial dentures and denture repairs.

**Sinclair Health Clinic**

[www.sinclairhealthclinic.org](http://www.sinclairhealthclinic.org)  
Winchester 540-536-1684

*The Sinclair Health Clinic serves residents of Winchester, Frederick County, and Clarke County who have Virginia Medicaid or no health insurance and meet income requirements based on the Federal Poverty Level.*

**REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

**Community Health Center of the Rappahannock Region**

[www.cvhsinc.org/locations/chcrr](http://www.cvhsinc.org/locations/chcrr)  
Fredericksburg 540-518-5000

*Central Virginia Health Services is a community-based, non-profit organization that provides high quality primary health care to ANYONE who needs it.*

# **MEDICAL NEEDS**

## **Family Medicine**

### **REGION-WIDE/OUTSIDE REGION**

#### **Holistic Health at Home**

holistichealthathome.com

703-348-5300

Dr. Traci Jones; drtjones@holistichealthathome.com

*Osteopathic medicine that begins with a baseline office visit, with many subsequent "visits" being able to be done over email or telephone.*

#### **Virginia WIC Program**

www.wicassistance.org

Alexandria 703-746-4886

Centreville 703-246-7142

Fairfax 703-830-6100

Herndon/Reston 703-481-4099

*Special Supplemental Nutrition Program for Women, Infants and Children. Provides federal grants to states for supplemental foods, healthcare.*

### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

#### **Adams Compassionate Healthcare Network**

See MEDICAL NEEDS - Well-Woman and GYN Care

#### **Alexandria Neighborhood Health Services**

See MEDICAL NEEDS - Dental

#### **Culmore Clinic**

www.culmoreclinic.org/home/4587055588

Falls Church 571-205-7649

*Operate Tuesdays and Thursdays by appointment. Medical care, counseling and specialty referrals to low-income adults at little or no cost in the Bailey's Crossroads community.*

#### **Family Medicine of Clifton/Centreville**

+Dr. Rex Ruiz

www.inova.org/Physician\_Directory/Rex-B-Ruiz-MD/729481

Centreville 703-263-9600

*Family Medicine, with special interests in asthma, ADHD, diabetes, general medicine, and high blood pressure.*

**Family Medicine Associates of Alexandria, +Dr. Vivian Lugo-Eschenwald**

See MEDICAL NEEDS - Fertility Education and Infertility Consultation

**Grace Community Center**

See MEDICAL NEEDS - Pediatrics

**Heritage Family Practice**

[www.heritage-fp.com](http://www.heritage-fp.com)

Fairfax 703-385-6789

**Khan, Mubarak, MD**

[www.inova.org/Physician\\_Directory/Mubarik-Ahmad-Khan-MD/729007](http://www.inova.org/Physician_Directory/Mubarik-Ahmad-Khan-MD/729007)

Fairfax and Falls Church 703-620-6221

*Internal medicine with special interest in preventative disease care. Privileges at INOVA Fairfax and Fair Oaks hospitals.*

**Simplicity Health Clinics**

[www.inova.org/inova-in-the-community/access-to-care/simplicityhealth](http://www.inova.org/inova-in-the-community/access-to-care/simplicityhealth)

Alexandria 571-665-6610

Annandale 571-665-6620

Sterling 571-665-6500

*Clinics providing primary care services at affordable fees for working adults who do not qualify for Medicaid, do not get health insurance through work, or who have insurance with high copays and deductibles, making it difficult to access basic health care services. Patients pay weekly fee (\$10, four weeks at a time).*

**REGION 2: Arlington County**

**McManus, Christopher P., MD**

**CP & RP McManus MD**

[www.cprpmcmanusmd.com](http://www.cprpmcmanusmd.com)

Arlington 703-525-7040

Internal medicine with privileges at Virginia Medical Center.

**Region 4: Prince William County, Manassas, and Manassas Park**

**NOVANT Health UVA Health System Bull Run Family Medicine**

**+Dr. Scott Ross, MD**

www.nhbullrunfamilymedicine.org/meet-our-doctors/npi/1841290129/scott-alan-ross.aspx  
Manassas 703-368-3161

*From pediatrics to geriatrics and everything in between, Bull Run Family Medicine is the only primary care provider your family needs. We offer all the traditional services you would find in a pediatric or internal medicine office, with the added benefit of getting to know your entire family and looking at the family as the central unit of care. This means understanding how a cold can be passed through your household or looking for ways to help you and your loved ones lead a healthier life. Our providers want to be your partners in health, not just your annual checkup doctor.*

**Prince William Area Free Clinic**

www.pwafc.org  
Woodbridge

*Primary medical and adult dental care to indigent and uninsured residents of Manassas City, Manassas Park, and Prince William County. Services are free of charge and include diagnostic studies, specialty care and referrals, case management, patient education, medication access and preventive care. Proof of residence is required. NO PRENATAL CARE.*

**Prince William Family Medicine, Dr. Chi Young**

See MEDICAL NEEDS - Well Woman and GYN Care

**REGION 6: Clarke County, Frederick County, Warren County**

**+Dennehy, Francis X., MD**

**Front Royal Family Practice**

See MEDICAL NEEDS - Well-Woman and GYN Care

**MEDICAL NEEDS**

**Sterilization Reversal**

**REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

**Naroji, Syamala Kosuri, MD**

See MEDICAL NEEDS - Well-Woman and GYN Care

**\*Washington Fertility Center**

www.washingtonfertility.com/  
Annandale 703 658-3100  
Reston 703 658-3100



*Caution: Offer birth control, sterilization, and IVF.*

## **REGION 2: Arlington County**

### **\*Northern Virginia Physicians to Women, Obstetricians & Gynecologists**

[www.nvpwomen.com](http://www.nvpwomen.com)

Arlington 703 525-8800

Located in the Virginia Hospital Center. Offer care in obstetrics, gynecology and surgery, including robotic procedures.

## **REGION 4: Prince William County, Manassas, and Manassas Park**

### **Naroji, Syamala Kosuri, MD**

[www.inova.org/Physician\\_Directory/Syamala-Kosuri-Naroji-MD/824372](http://www.inova.org/Physician_Directory/Syamala-Kosuri-Naroji-MD/824372)

Fairfax 703-620-1770

*Performs sterilization procedures & reversals. Prescribes contraception to avoid pregnancy. Does not refer or perform abortions.*

## **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

### **\*Washington Fertility Center**

[www.washingtonfertility.com](http://www.washingtonfertility.com)

Fredericksburg 703-658-3100

*Caution: Offer birth control, sterilization, and IVF.*

### **\*Women's Health and Surgery Center**

[www.obgynvirginia.com](http://www.obgynvirginia.com)

Fredericksburg 540-368-9472

Stafford 540-720-7340

*Caution: Offer birth control, sterilization and IVF.*

# **MATERIAL NEEDS**

## **Baby Needs**

### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

#### **+Divine Mercy Care**

[www.divinemercycare.org/donate/baby-infant-gift-basket-jpg/](http://www.divinemercycare.org/donate/baby-infant-gift-basket-jpg/)

Fairfax 703-934-5552

Will Waldron, Director

*To advance pro-life healthcare through programs that serve those in need, inspire caregivers and medical professionals, and unify the pro-life movement. Infant gift baskets.*

#### **+Hope in NOVA**

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

Falls Church 703-536-2020

Ama Richardson

*Formula, baby food, clothes, diapers, car seats, bassinets, and cribs.*

#### **Mother of Light Center**

See MATERIAL NEEDS - Clothing

#### **Preemies Today**

[www.facebook.com/premiestoday/](http://www.facebook.com/premiestoday/)

Springfield 703-229-0835

*Supports families after the birth of a premature child with care kits, educational events, baby showers, and more.*

#### **Rising Hope United Methodist Church**

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

Alexandria 703-360-1976

*Baby clothing, diapers, food.*

#### **St. Stephens United Methodist Church**

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

Burke 703-978-8724

*Food, clothing, toys, diapers. Fourth Saturdays each month. (Nov & Dec, 3rd Sa) 7 - 9:30 am.*

## **REGION 2: Arlington County**

### **Grace Ministries - Mt Olivet United Methodist Church**

www.graceministriesumc.org/locations  
Arlington 703-527-3934

*Seven locations across Northern Virginia provide food, clothing, diapers and formula (when available). Third Saturdays each month at 3:30 pm.*

## **REGION 3: Loudoun County**

### **It Takes a Village Baby**

www.itavb.org  
Leesburg 571-291-4933  
Aldie 571-291-4933

*Baby gear items to low income families that help with the needs of their child's first year. Items include car seats, pack and plays, strollers, high chairs, breastfeeding supplies, diapers and other comfort items. Appointment only, low income, must fill out an application. They do not take a stance on abortion.*

## **REGION 4: Prince William County, Manassas, and Manassas Park**

### **A.C.T.S. (Action in Community Through Services) Emergency Assistance**

www.actspwc.org  
Dumfries 703-441-8606  
Ethan Vick; ea@actspwc.org

*Dumfries, serving Greater Prince William Area, including the Cities of Manassas & Manassas Park. Offers food, utility, propane, and prescription assistance to those who qualify. Also provides baby formula, diapers, and other material goods for babies and infants. Clients will need to schedule an appointment online (www.actspwc.org) for all assistance other than food. Hours of operation are: M, Th: 9 - 11:30 am/ 1 - 3 pm; T: 1 - 3:30 pm/ 5 - 6:30 pm; W: Closed; F: 9 - 11:30 am.*

## **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

### **Habitat for Humanity**

www.habitat.org  
Fredericksburg 540-891-5009  
Cindy Miller, Director of Retail

*Occasionally has cribs, high chairs, strollers, safety gates, cabinet locks. Needs documentation verifying as client. M - W, Sa 9 am - 5 pm, Th and F 9 am - 7 pm.*

### **Once Upon a Child**

onceuponachildfredericksburg.com  
Fredericksburg 540-548-1831

*Infant and children's clothing, baby accessories, children's furniture, toys, books, DVDs, strollers, booster seats. M - Sa, 9:30 am - 8 pm, Su noon - 6 pm.*

### **Re-Run Shoppe**

www.rerunshoppe.com  
Fredericksburg 540-371-7221

*Infant and children's clothing. M - Sa, 10 am - 5 pm.*

### **St. Matthew Thrift Shoppe**

www.stmatthewspotsylvania.org  
Fredericksburg 540-834-2479

*Maternity, women's, and children's clothing. M - F, 10 am - 3 pm, Sa, 9:30 am - 2:30 pm.*

### **St. Vincent DePaul Society and Thrift Store**

www.svdpstfaustina.org  
Fredericksburg 540-898-9066

*Women's and infant clothing, furniture, and more. Call ahead with client information or issue a signed paper for client verification. Vouchers M - Sa, 10 am - 4 pm.*

### **+The Baby Closet, Fredericksburg, VA (Catholic Charities)**

stmatthewspotsylvania.org/page11 or svdpstfaustina.org/navbabycloset  
Fredericksburg 703-841-3836 or 540-834-5555, Ext. 3  
Phone Hours: W 2:30 - 3:30 pm (except 5th Wed in month), F 11:30 am - 12:30 pm  
Kathy Love

*The Baby Closet's mission is to provide emergency supplemental assistance for needy families with babies ages newborn up to age 3. By reducing economic stress on families, we improve their quality of life and strengthen familial bonds thereby supporting the most vulnerable in society: babies. Our mission is a strong affirmation of our Catholic belief that we support human life from conception through natural death. The Baby Closet exists entirely on donations and support from Catholic Charities, local parishes, schools, and other civic and private organizations. We assist any family in need. A family can receive assistance once a month. Types of assistance include: diapers, wipes, formula, bottles, baby wash/ shampoo/lotion, and other baby essential*

items. Families needing assistance can visit The Baby Closet on Wednesdays from 2:30 - 3:30 pm. Fridays from 11:30 am - 12:30 pm and the 2nd and 4th Saturdays of the month from 11:15 am - 12:15 pm. No appointment is necessary. However, a photo ID (such as a driver's license or passport) along with a secondary form of identification with a home address is required.

Run by St. Matthew's Catholic Church. They also run a food pantry in the same space and a thrift store next door.

## **MATERIAL NEEDS**

### **Clothing**

**(includes thrift and consignment shops)**

Also see entries under MATERIAL NEEDS- Baby Needs

### **REGION-WIDE/OUTSIDE REGION**

#### **Car Seat Distributions**

Arlington DHS Public Health 703-228-1243

*Occurs at the Local Health Department for those eligible for medicaid of FAMIS.*

### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

#### **ALIVE! (ALexandrians Involved Ecumenically)**

www.alive-inc.org

Alexandria 703-684-1430

info@alive-inc.org

Child Development Center: 703-548-9255 or smoores@alive-inc.org

Emergency Monetary Assistance: 703-549-3692 or familyassistance@alive-inc.org

Furniture Program: 703-837-9321 or furniture@alive-inc.org

House Shelter: esciavolino@alibe-inc.org

Housewares Program: 703-837-9300, Ext. 5 or housewares@alive-inc.org

*Financial assistance for residents of Alexandria City with rent, utilities, medical needs, etc. Also provides temporary housing (for women and families), furniture, housewares, grocery distribution and home food deliveries for the elderly, disabled and single parents. Food distribution on last Saturdays January - October, and second Saturday in December. Christian interdenominational affiliation.*

*Full-day, year-round nationally accredited early education and child care program for 3- to 5-year-olds living within the City of Alexandria. Tuition assistance on a sliding-fee scale based upon family income and size. Parents and/or guardians must be working at least 30 hours per work or attending educational or job-related training or school to qualify for assistance.*

**Car Seats Distributed to Medicaid or FAMIS Families by Health Department**

Alexandria Casey Clinic 703-746-4808  
Fairfax Health Department 703-246-8850

**+Christ House Thrift Shop - Catholic Charities**

[www.cdda.net/programs\\_christhouse\\_thrift.php](http://www.cdda.net/programs_christhouse_thrift.php)  
Alexandria 703-548-4227

*Sells gently used clothing, household items, artwork and small furniture at affordable prices.*

**Clock Tower Thrift Shops**

[www.nvfs.org/support/thrift-shops/](http://www.nvfs.org/support/thrift-shops/)  
Falls Church 703-237-1910

*Supports Northern Virginia Family Service. Hours are Monday - Saturday, 9 am - 6 pm and Sunday, 10 am - 5 pm.*

**Culmore United Methodist Church**

[www.culmoreumc.com](http://www.culmoreumc.com)  
Falls Church 703-220-5907  
Ana Maria Lopez

*First Fridays 5 - 7 pm.*

**ECHO (Ecumenical Community Helping Others)**

[www.echo-inc.org](http://www.echo-inc.org)  
Springfield 703-569-9160  
[admin@echo-inc.org](mailto:admin@echo-inc.org)

*Provides food and financial help to people with short-term emergencies and provides clothes and household items to people with low incomes. Hours: M - F, 9:30 - 12:30 and T, Th 7 pm - 9 pm.*

**Fairfax Presbyterian Church**

[www.fairfaxpresbyterian.org](http://www.fairfaxpresbyterian.org)  
Fairfax 703-273-5300

*Clothing closet and food pantry. T and Th 9:30 am - 12:30 pm 1st of each month.*

**\*Flora Krause Casey Health Center**

[www.alexandriava.gov/health/fino/default.aspx?id](http://www.alexandriava.gov/health/fino/default.aspx?id)  
Alexandria 703-746-4996

*Alexandria Health Department. Most patient services are billed based on a sliding income scale.*

### **Goodwill**

[www.dcgoodwill.org](http://www.dcgoodwill.org)  
Alexandria 703-647-8402 and 571-527-4434  
Annandale 703-286-5176  
Centreville 571-281-1840  
Fairfax 703-349-1806  
Falls Church 703-533-1840 or 703-663-2762  
Herndon 571-346-1046  
Springfield 202-715-2607

*No furniture (cribs), car seats sometimes.*

### **Grace Ministries**

[www.graceministriesumc.org/locations](http://www.graceministriesumc.org/locations)  
703-793-0026

*Seven locations across Northern Virginia provide food, clothing, diapers and formula (when available). Check website for locations and schedules*

### **Grove Baptist Church**

[www.grovetonbaptistchurch.org](http://www.grovetonbaptistchurch.org)  
Alexandria 703-768-9084

*Clothes closet. Th, 7 - 9 pm and F, 1 - 2:30 pm.*

### **Habitat for Humanity of Northern Virginia Restore**

[www.habitatnova.org/restore/](http://www.habitatnova.org/restore/)  
Alexandria 703-360-6700  
Chantilly 703-953-3747  
Herndon 571-306-0908

*Furniture, artwork, appliances, cabinets, tools, building supplies. M - F, 10 am - 6 pm, Sa 9 am - 5 pm, Su 10 am - 3 pm.*

### **Immanuel Bible Church - Hope Ministry**

www.immanuelbible.church/womens-ministry/women-s-retreat/19-adults/women/420-retreat-details.html

Springfield 703-941-4124

John Williamson; john@williamsonresearch.com

*Distributes Wednesdays 7 - 9 pm.*

### **Koinonia**

www.koinoniacares.org

Alexandria 703-971-1991

*Clothing closet, food, diapers. M, Tu, W, F 9 am - 12:30 pm. 2nd Sa of month 9 am - 12:30 pm. Th 9 am - 5 pm.*

*Also, emergency financial assistance with partial payment of rent /mortgage, utilities (electric, gas, water), and prescription medications. Supported by funding from Fairfax County's Consolidated Community Funding Pool (CCFP). Serves zip codes 22150, 22303, 22310, 22312, and 22315. 501(3)(c) Christian-based.*

### **Little Lords and Ladies (LLaL)**

www.llalnova.com

Chantilly 703-488-9948

*Consignment shop stocking kids clothing, books, accessories, infant equipment. M - Sa, 10 am - 5 pm. Closed Sundays.*

### **Lorton's Attic**

www.lortonaction.org

Lorton 703-339-5161

*Thrift shop with clothing and furniture. Must be resident of Lorton area and meet financial eligibility requirements.*

### **Lorton Community Action Center**

www.lortonaction.org

Lorton 703-339-5161, Ext. 120

erin@lortonaction.org

*Helps prevent homelessness by offering emergency financial assistance for rent or mortgage as well as utilities. Serves the following zip codes in Lorton: 22060, 22199, 22079, and 22122. In order to register for services, clients need to bring a photo ID, birth certificates for all children in the home, proof of income, and current proof of address (utility or other bill that is dated). M - F 10 am - 5 pm, Sa 11 am - 4 pm, Su noon - 4 pm.*



**McLean Bible Clothing Shop**

www.mcleanbible.org/connect/clothingshop

Vienna 703-639-9126

*Registration on Thursdays at 6 pm, clothing free of charge. 1st and 3rd Saturdays at 8 am. Must present a picture ID.*

**Mother of Light Center**

www.motheroflightcenter.com

Alexandria 703-508-5289

Maltide Alvarado; alvarado.matilde@gmail.com

*Help the poor, needy and homeless men and women in surrounding area to build lives of stability, meaning, and hope for the glory of God and the salvation of souls. Assistance includes food distribution, clothing, and spiritual support, provided via home visits to those in need.*

**Present and Past Treasures**

www.facebook.com › Places › Fredericksburg, Virginia › Furniture Store

presentpasttreasures@hotmail.com

Fredericksburg 540-479-1669

*Household items and furniture. M - Sa, 10:30 am - 6 pm, Su noon - 5 pm.*

**Sterling United Methodist Church**

www.sterlingumc.org

Sterling 703-430-6455

grace.sumc@gmail.com

*Food, clothing: 2nd Saturdays, 8 - 10 am.*

**Unique Thrift Shop**

www.savers.com/unique

Falls Church 703-992-6560

*Every Monday, 25% discount.*

**United Community** (formerly United Community Ministries)

www.ucmagency.org

Alexandria 703-768-7106

*United Community empowers our neighbors in need to transform their lives. We help our community thrive by providing vital services and hope in Southeastern Fairfax County. Programs include: 1) The Early Learning Center for children between six weeks and five years old; 2) The Stepping Stones program provides families and individuals with basic needs immediate assistance throughout the year. Services include basic assessment and financial counseling, emergency food, eviction and utility cut-off prevention assistance, and prescription drug assistance; 3) The Healthy Families program*

*is an intensive home visitation program that successfully prevents child abuse and neglect in high-risk families. The program provides home-based parenting education, health information, community support and school readiness for parents from pregnancy until the child reaches age three; 4) Forward Steps, a full-scale youth development program; 5) Opportunity Neighborhood; 6) Neighborhood Centers where residents of all ages can connect with their neighbors, learn to lead and to make changes that strengthen the community in which their families live. Our centers engage adults and youth in community programming, leadership development activities and social and educational opportunities; 7) Progreso Center for Literacy and Citizenship offers English as a Second Language (ESL) classes; and 8) The Back Porch Thrift Store is open M - Sa, 10 am - 6:30 pm.*

### **REGION 3: Loudoun County**

#### **Car Seat Distributions**

Loudon Health Department 703-771-5411

*Occurs at the Local Health Department for those eligible for medicaid of FAMIS.*

#### **St. Theresa's Divine Mercy Program (outreach of St. Theresa Catholic Church)**

dmoutreach@sttheresa-ashburn.com

Ashburn 703-729-2334

*The Divine Mercy Program has food assistance programs, emergency financial assistance for rental and utility assistance, materials such such as cribs. Serves Loudoun County residents.*

#### **Women Giving Back**

www.womengivingback.org

Sterling 703-554-9386

info@womengivingback.org

*Store filled with clothing, accessories, shoes and more for clients currently in shelters or transitional programs. Open the second Saturday of each month or by appointment. Clients are qualified by their case workers.*

### **REGION 4: Prince William County, Manassas, and Manassas Park**

#### **House of Mercy**

www.houseofmercyva.org

Manassas 703-659-1636

Donation Center 703-659-1139

Sophia Crooks, Volunteer and Outreach Coordinator; scrooks@houseofmercyva.org

*Food Pantry Hours: M - F, 10 am - 4 pm (extended hours on Wednesdays until 7 pm).*

*Thrift Store & Donation Center M - Sa, 10 am - 5 pm.*

*Our mission is to provide food, clothing, education, and prayer for those in need, thus demonstrating God's unlimited love and mercy for those in our community.*

### **REGION 5: Culepeper, Fauquier County**

#### **Warrenton Community Touch**

[www.communitytouchinc.org/noahs-ark-outreach-program/](http://www.communitytouchinc.org/noahs-ark-outreach-program/)  
Bealeton 540-439-9300  
Bishop Champion Tyrone

*Free through a voucher system via Fauquier Community Action, Fauquier Family Shelter, Hand of God Ministries, Salvation Army, Vint Hill Transitional Housing, Piedmont United Way, Fauquier County Food Distribution and St. Vincent de Paul. Open Sa 10 am - 1 pm (closed 2nd and 5th Sa).*

### **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

#### **Clothes Mentor**

[www.clothesmentor.com](http://www.clothesmentor.com)  
Fredericksburg 540-548-9260

*Women's clothing, maternity clothing (no infant clothing or furniture). M - Sa, 10 am - 8 pm, Su noon - 6 pm.*

#### **Re-Tail**

[www.rikkisrefuge.org](http://www.rikkisrefuge.org)  
Fredericksburg 540-891-5300

*Clothing, household items, furniture. Charitable giving is provided only with proof of financial need. M - Sa, 10 am - 5:30 pm, Su noon - 5 pm.*

#### **Salvation Army Thrift Store**

[www.salvationarmy.org](http://www.salvationarmy.org)  
Fredericksburg 540-891-2242

*Clothing, household items, furniture. For assistance, call 540-373-3431. M - Sa, 9 - 5.*

#### **Society of St. Vincent de Paul St. Faustina Conference, Spotsylvania, VA**

[www.svdpusa.org](http://www.svdpusa.org)  
Parish Office: 540-582-5575  
SVdP Hotline: 540-834-5555

*St. Matthew Thrift Shop: 540-834-2479*

*Thrift Shop: M - F 10 am - 3 pm, Sa 9:30 am - 2:30 pm; receive around three outfits with one social services voucher. Food Pantry: Second & fifth Saturdays of every month and the first four Wednesdays & Fridays of every month.*

**+St. William of York Thrift Store**

[www.stwilliamofyorkoutreach.weebly.com](http://www.stwilliamofyorkoutreach.weebly.com)

Stafford 540-720-6652

*Call to check eligibility requirements. Maternity and infant clothing. M, W, Th, F, 9:30 am - 12:30 pm, 1st Sa 9:30 am -12:30 pm.*

**Wee-Cycle Wardrobe**

[www.weecycledwardrobe.com](http://www.weecycledwardrobe.com)

Fredericksburg and Stafford

[vickiandpenny@weecycledwardrobe.com](mailto:vickiandpenny@weecycledwardrobe.com)

*Baby and maternity clothes consignment sales conducted four times annually. Visit website for specifics.*

## **MATERIAL NEEDS**

### **Food**

#### **REGION-WIDE/OUTSIDE REGION**

**Queen of Peace – Missionaries of Charity Home for Pregnant Women**

[www.streetsensemedia.org/locations/queen-of-peace-shelter/](http://www.streetsensemedia.org/locations/queen-of-peace-shelter/)

Washington, DC

*Doctor's statement verifying pregnancy, minors must have parental/guardian permission.*

*Shelter for pregnant homeless women and their children under the age of 3. M - F, 8:30 - 11:30 am, 3:30 - 6 pm.*

**+St. Ann's Center for Children, Youth and Families: Teen Mother-Baby Program**

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

Hyattsville, MD 301-559-5500

Sister Karen

*Residential care for pregnant and young women and their babies. (Grace House has 15 rooms for teenagers without children; Hope House has 15 apartments for older women with a child. Faith House has 8 apartments for women with children but not pregnant); accredited high school, nurses on premises, transportation to doctor appointments, parenting classes, life training, daycare, counseling, small monthly fee. Residents may stay up to 2 years.*

**\*SNAP (Supplemental Nutrition Assistance Program), Nationwide**

[www.fairfaxcounty.gov/dfs/ss/foodstamps-snap.htm](http://www.fairfaxcounty.gov/dfs/ss/foodstamps-snap.htm)

703-324-3000

*SNAP, formerly known as the Food Stamp Program, is a federal program that helps make sure that low-income families have sufficient nutrients and food. The SNAP program gives individuals an EBT or debit card which will allow them to purchase eligible food items each month. Visit website for additional information, eligibility requirements, and application forms.*

**\*U.S. Department of Housing and Urban Development (HUD)**

[hud.gov/renting/index.cfm#assistance](http://hud.gov/renting/index.cfm#assistance)

800-569-4287

*HUD offers affordable housing and housing subsidiaries for families in need.*

**\*Virginia's Special Supplemental Nutrition Program for Women, Infants and Children (WIC), State-Wide**

[www.fns.usda.gov/wic/women-infants-and-children-wic](http://www.fns.usda.gov/wic/women-infants-and-children-wic)

*Special supplemental nutrition program for women, infants, and children from low-income. The WIC program gives individuals an EBT or paper checks which will allow them to purchase certain food items each month. To apply for WIC contact your nearest clinic to make an appointment.*

**REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

**ACCA (Annandale Christian Community for Action) Food Pantry**

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

703-222-0880

*Emergency food for individuals and families referred by social workers and ACCA member churches. Volunteer "food captains" receive these requests and arrange for volunteer drivers to pick up the food from the ACCA Food Pantry and deliver it to the client's home.*

**\*Alexandria City H.D. Headquarters Office**

[www.alexandriava.gov](http://www.alexandriava.gov)

703-746-4996

*Must be a Fairfax County resident and be referred by a social worker. Also distribute groceries, gift cards, and diapers.*

**ALIVE! (ALExandrians Involved Ecumenically)**

See MATERIAL NEEDS - Clothing

**Centreville United Methodist Church**

www.centreville-umc.org/serve-outreach/social-justice-ministries/  
Centreville 703-830-2684

*Has several food ministries; Food for All, Grace Ministries, Holiday Food Baskets and FACETS hot meals.*

**Christ Fellowship Church**

www.cfchurch.org  
Herndon 703-930-1218  
Walter Hamilton; pastorH@cfchurch.org

*Tu/Th, noon to 2 pm.*

**+Christ House, Arlington Diocese Saint Lucy Project Food Distribution Program**

www.cdda.net/Give-Help/Donate-Food/St-Lucy-Project-Food-Kit.pdf  
Alexandria 703-549-8644 and 703-548-4227

*Wednesdays 9 am - 1 pm – call for appointment or show up. Photo ID required. Also provides a warm nightly meal between 5 - 6 pm.*

**Christ the Servant Lutheran Church**

www.christserves.org/we-serve/food-pantry.html  
Reston 703-860-1757

*M - Th, 9 am - noon. Lunches every Tuesday at 12:30.*

**+Columbia Baptist Church**

www.columbiavabaptist.org  
Falls Church 703-534-5700

*Every Saturday, 9:30 am - 12 pm (except Christmas and New Year's Day). Photo ID required.*

**+Committee for Helping Others**

cho@cho-va.com  
Vienna 703-281-7614

*Only serves individuals who live in Vienna, Oakton, Dunn Loring, and Merrifield. Emergency service only; not for long term food service (by appointment only), clothing, financial assistance, and furniture.*

**Community of Faith United Methodist Church**

cofumc.org/event/1333105-2019-10-01-food-distribution/  
Herndon 703-620-1977

*Bring proof of address. Clients receive every Tuesday 5 - 6:30 pm.*

**Connections for Hope Partnership**

www.wicprograms.org/ci/va/herndon  
Herndon 571-267-2548  
health@fairfaxcounty.gov

*Must be breastfeeding, pregnant or have just given birth with infant less than one year old and children less than five years old. Must be financially eligible and be at nutritional risk.*

**Cornerstone Food Pantry**

www.cornerstonesva.org/services/community-resource-centers/herndon-neighborhood-resource-center/  
Herndon 703-435-6830 or 571-323-9555

*M - F, 9 am - 9 pm, Sa 9 am - noon. Photo ID required.*

**Cornerstone Food Pantry Embry Rucker Community Shelter**

www.cornerstonesva.org/services/food-financial-or-urgent-assistance/emergency-shelter/  
Reston 703-437-1975  
Colin Davis, Executive Director; colin.davis@cornerstonesva.org

*Food for unsheltered homeless.*

**+Christ House**

www.cdda.net/programs\_christhouse.php  
Alexandria 703-549-8644 and 703-548-4227

*Warm nightly meal between 5 - 6 pm. Photo ID required.*

**Dar Al Hijrah Islamic Center**

www.hijrah.org  
Falls Church 703-537-1030

*Thursdays, 8 am - 11 am, present Food Stamp card on Tuesday prior, anytime between 12 - 3 pm.*

**ECHO (Ecumenical Community Helping Others)**

See MATERIAL NEEDS - Clothing

**FACETS**

www.facetscares.org  
Fairfax 703-352-5090

*Helping people meet their emergency shelter, food, and medical needs, helping them gain safe sustainable and permanent housing and working with them to end the cycle of poverty*

**Fairfax Presbyterian Church**

www.fairfaxpresbyterian.org  
Fairfax 703-273-5300

*Clothing closet and food pantry.*

**Falls Church Presbyterian Church**

www.fallschurchpresby.org  
Falls Church 703-532-6518

*Serves hot meals to all families on 2nd and 4th Mondays of each month at 5:30 pm. 1<sup>st</sup> and 2<sup>nd</sup> Wednesdays of each month.*

**Food for Others**

www.foodforothers.org/work/neighborhood  
Fairfax 703-207-9173

*Emergency food pantry pick-up M - F, 9:30 am - 5 pm. By referral or meet USDA income eligibility requirements up to six times/year (USDA eligible once/month).*

**Foundation for Appropriate and Immediate Temporary Help (FAITH)**

www.faithus.org  
Herndon 571-323-2198  
contact@faithus.org

*Weekly on Wednesdays by appointment. To become a program, client must call and make an appointment with a case worker.*

**+Good Shepherd Catholic Church**

www.gs-cc.org  
Alexandria 703-780-4055  
Susan

*Offers a variety of services through referrals. Monday thru Friday, 9:30 am to 5:30 pm. Closed Saturdays. Open 1st and 3rd Sundays: 8 am - 4 pm.*

**+Holy Spirit Catholic Church**



www.holyspiritchurch.us  
Annandale 703-978-8074

*Must be referred by Fairfax Coordinated Services; bring \$10 to receive generous amount of groceries. Every Friday 11 am - 1 pm.*

**Kendrick Court Apartments**

www.kendrickcourt.com/kendrick-court  
Herndon 703-793-9300

*No eligibility requirements.*

**Koinonia**

See MATERIAL NEEDS - Clothing

**The Lamb Center**

See MEDICAL NEEDS - Dental

**Link, Inc.**

www.linkagainsthunger.org  
Herndon 703-437-1776  
President@LINKagainsthunger.org

*Must live in Herndon, Ashburn, or Sterling. Food is delivered to client. Can receive four times/year with at least a month in between deliveries. T - F after 4 pm, Sa 1 - 4 pm. Must leave phone number for a call back.*

**Lorton Community Action Center**

www.lortonaction.org  
Lorton 703-339-5161, Ext. 120  
erin@lortonaction.org

*Helps prevent homelessness by offering emergency financial assistance for rent or mortgage as well as utilities. Serves the following zip codes in Lorton: 22060, 22199, 22079, and 22122. In order to register for services, clients need to bring a photo ID, birth certificates for all children in the home, proof of income, and current proof of address (utility or other bill that is dated).*

**McLean Bible Shepherd's Food Pantry**

www.mcleanbible.org/connect/food-resource-pantry  
Vienna 571-422-7068  
Raquel Phillips

*M - F, 9 am - 5 pm, Su 9 am - 5 pm. Need a social worker reference.*

**Mother of Light Center**

See MATERIAL NEEDS - Clothing

**Oakbrook Church**

[www.oakbrookchurch.org/outreach/community-outreach/](http://www.oakbrookchurch.org/outreach/community-outreach/)  
Reston 703-437-4900  
[scott@oakbrookchurch.org](mailto:scott@oakbrookchurch.org)

*Check in on Tuesdays to receive food only on Sundays or on Tuesdays from 12:30 - 1:30 pm.*

**Salvation Army**

[www.virginiasalvationarmy.org](http://www.virginiasalvationarmy.org)  
Fairfax 703-385-8700

*Bring picture ID, proof of address, and proof of number of people in the family. Walk-ins accepted. Food provided once every three months. Can give diapers at times. 9 am - 12 pm; 1 - 4 pm food pantries.*

**St. Anne's Episcopal Church**

[www.stannes-reston.org](http://www.stannes-reston.org)  
Reston 703-437-6530

*Every third Thursday 1 - 2 pm for fresh/frozen food; 9 am - 3 pm on Monday through Thursday for dry goods; no clothing or baby products, only food pantry.*

**+St. Anthony's Catholic Church**

[www.stanthonyparish.org](http://www.stanthonyparish.org)  
Falls Church 703-820-7111

*M and W 11 am - 2 pm, behind the church, bring ID.*

**+St. Mary of Sorrows Catholic Church**

[www.stmaryofsorrows.org](http://www.stmaryofsorrows.org)  
Fairfax 703-978-4141, Ext. 109  
Carol Mayfield

*Client to schedule pick-up.*

**+St. James Catholic Church**

[www.stjamescatholic.org](http://www.stjamescatholic.org)  
Falls Church 703-532-8815

*1<sup>st</sup> Friday of the month at 7 - 8:30 pm in Heller Hall; no appointment needed.*

**+St. Philip the Apostle Catholic Church**

[www.stphilipparish.com/76](http://www.stphilipparish.com/76)  
Falls Church 703-573-3808

Beth Adeson; eac2427@gmail.com and Jessica Stewart; hancoc8@gmail.com

*1st and 3rd Sa, 10 - 11:30 am.*

**Society of St. Vincent de Paul Our Lady of Good Counsel Conference**

www.olgcva.org/outreach/svdp

Vienna 703-938-2828

Parish Helpline: 703-938-3210 (no pantry)

svdp@olgcva.org

*We provide: food and gas vouchers; rent assistance; utility assistance; emergency financial assistance; disaster relief & services to victims, and; friendly support & encouragement. We also provide referrals for: government assistance programs; case management; shelter for the homeless; medical care; counseling, and; help finding employment.*

**Society of St. Vincent de Paul St. Leo the Great Conference**

www.svdpusa.org

Fairfax 703-273-5369

Assistance Helpline: 703-352-2324

SVdP Office & Pantry: 703-352-3509

*Food Pantry Services: 6 - 8 pm on the third Wednesday of every month & 9 am - 12 pm on the following Saturday.*

**Society of St. Vincent de Paul St. Louis Conference**

www.svdpusa.org

Alexandria 703-765-4421

*SVdP Helpline: 703-765-0050 (no pantry).*

**Trinity Presbyterian Church**

www.trinityherndon.org

Herndon 703-437-5500

LFTSLdr@trinityherndon.org

*M - F 10 - 3; lunch from noon to 1:30 every W. For day laborers only; no food pantry on-site.*

**Western Fairfax Christian Ministries**

www.wfcmva.org

Chantilly 703-988-9656

Leah Ann Furr; lfurr@wfcmva.org

*M, W, F 9 am - 3 pm, Tu & Th 9 am - 7 pm (by appointment); food pantry available.*

## **REGION 2: Arlington County**

### **\*Arlington Dept. of Human Services**

www.departments.arlingtonva.us/dhs/  
Arlington 703-228-1260

*Tuesdays, 10 am - 12 pm; bring ID; can come every two weeks.*

### **+St. Charles Borromeo**

www.foodpantries.org/li/st.\_charles\_borromeo\_church\_10030  
Arlington 703-527-5500

*Pantry hours Saturday 8:00 am to finish.*

## **REGION 3: Loudoun County**

### **Dulles South Food Pantry**

www.dsfp.org  
Dulles 703-507-2795  
info@dsfp.org

*Arcola United Methodist Church multi-faith food pantry. Provides nutritious food, personal supplies and other services to those in need in Dulles South and the surrounding area regardless of income, faith or other criteria and strive to promote self-sufficiency. Open every Wednesday. Call or email to make an appointment.*

### **+Leesburg Regional Office Pantry, Arlington Diocese Saint Lucy Project Food Distribution Program**

www.cdda.net/Need-Help/Food/Food-Pantries/Leesburg-Food-Pantry/  
Leesburg 703-443-2481  
StLucyProject-LRO@cdda.net

*M - Th 9:30 am - 2:30 pm. Provides perishable and non-perishable foods, including fresh produce, dairy, meat and traditional staples such as cereal, canned vegetables, rice and beans. The Leesburg Regional Office is also a distribution site for USDA food. Eligible participants may sign up at the Leesburg pantry and begin to receive USDA food that same day. Clients are eligible to receive food once per month.*

### **+St. Theresa's Divine Mercy Program, (outreach of St. Theresa Catholic Church)**

dmoutreach@sttheresa-ashburn.com  
Ashburn 703-729-2334

*The Divine Mercy Program has food assistance programs, emergency financial assistance for rental and utility assistance, materials such such as cribs. Serves Loudoun County residents.*

### **REGION 4: Prince William County, Manassas, and Manassas Park**

#### **House of Mercy**

See MATERIAL NEEDS - Clothing

#### **NVFS Hunger Resource Center**

[www.nvfs.org/our-services/health-well-being/food-assistance/](http://www.nvfs.org/our-services/health-well-being/food-assistance/)

Manassas 571-748-2680

*Emergency food assistance. M 1 – 3 pm, Tu 9:30 – 11:30 am, 1 – 3 pm, W 5 – 7:30 pm, Th 9:30 – 11:30 am / 1 – 3 pm, F 9:30 – 11:30 am.*

#### **+Society of St. Vincent de Paul All Saints Conference**

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

Manassas 703 368-4500 or 703 368-2066

Parish Emergency Line: 703-368-2429

*Helpline callers will usually be directed to voicemail to leave a message with name, contact information, and a brief description of need. A member of the SVdp Conference will call back (you can call the parish office if there is no helpline). Food Pantry Hours: Tuesdays, 5 - 8 pm; Fridays 9 - 11:30 am.*

#### **Society of St. Vincent de Paul Our Lady of Angels Conference**

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

Woodbridge 703-494-2444 or 703-494-5015

*Parish Helpline: 571-377-8371; Food Pantry Registration Hours: W 9 am - 12 pm, Sa 3 - 7 pm, Su 11 am - 3 pm; Food Pantry Services: Tu & Th 3 - 5:30 pm (pickup and deliveries by appointment only).*

### **REGION 6: Clarke County, Frederick County, Warren County**

#### **+Loaves and Fishes Food Pantry, Arlington Diocese Saint Lucy Project Food Distribution Program**

[www.ccda.net/need-help/food/food-pantries/front-royal-food-pantry/](http://www.ccda.net/need-help/food/food-pantries/front-royal-food-pantry/)

Front Royal 540-252-4320

LFinfo@ccda.net

*Tu 1 - 4 pm, Th and F 9 am - 2 pm. Through USDA program to clients who satisfy eligibility requirements. Clients are eligible to receive food twice a month, every other week.*

**Salvation Army Center of Hope Homeless Shelter**

www.virginiasalvationarmy.org/winchesterva/home-2/our-location/  
Winchester 540-662-4777

*Homeless shelter kitchen, meals are served seven days a week, 52 weeks a year to everyone, not just shelter residents. Also has a food pantry.*

**+Society of St. Vincent de Paul St. John the Evangelist Conference**

www.svdpusa.org  
Warrenton 540-347-2922  
SVdP Phone: 540-270-6774

*Food Pantry Services. Available on Thursdays.*

**REGION 7: Fredericksburg, King George County, Stafford County,  
Spotsylvania County**

**Bragg Hill Family Life Center, affiliated with Kingdom Family Worship Center**

www.kingdomfamilyworshipcenter.org  
Fredericksburg 540-371-3662

*Tu and Th 9 am to noon FOOD ONLY. Coats and some clothing during the winter months.*

**Fredericksburg Area Food Bank**

www.feedingamerica.org  
Fredericksburg 540-371-7666

*M - Th, 8 am -5 pm.*

**Spotswood Baptist**

www.spotswood.org  
Fredericksburg 540-898-0757, Ext. 2

*2nd and 4th Tuesdays, 10 - 11am*

**St. George's Episcopal Church - The Table**

www.stgeorgesepiscopal.net/outreach-and-mission/the-table-at-st-georges/  
Fredericksburg 540-373-4133  
outreach@stgeorgesepiscopal.net

*Market style food pantry providing fresh fruits and vegetables as well as other foods Tu 9:30 -11 am, 5 - 7 pm.*

**+St. Matthew**

www.stmatthewspotsylvania.org  
Fredericksburg 540-582-5575

*Next to St. Matthew's Thrift Store; first four W, 4 - 6 pm; first four F, 9 - 11 am; 2nd and 4th S, 9 - 11 am; closed 5th week.*

**+Society of St. Vincent de Paul St. Mary of the Immaculate Conception Conference**

www.svdpusa.org  
Fredericksburg 540-373-6491  
SVdP Helpline 540-898-8065  
SVdP Thrift Shop 540-898-9066

*Needs Assessment: Th 6 pm (at St. Judes' – photo I.D. and a bill with address required); Thrift shop: Open six days a week from 10 am - 4 pm.*

**+Society of St. Vincent de Paul St. Faustina Conference**

www.svdpusa.org  
Spotsylvania 540-582-5575  
SVdP Hotline: 540-834-5555  
St. Matthew Thrift Shop: 540-834-2479

*Thrift shop: Call for hours of operation – receive around three outfits with one social services voucher. Food pantry: Second & fifth Saturdays of every month and the first four Wednesdays & Fridays of every month.*

**+St. Mary's Catholic Church**

www.stmaryfred.org/ministries-outreach  
Fredericksburg 540-373-6491  
Torie Baldwin; keetongirl2@yahoo.com

*Souper Bowl emergency food pantry.*

**+St. William of York**

www.stwilliamofyorkoutreach.weebly.com  
Stafford 540-720-6652

*Food pantry in addition to maternity and infant clothing. M, W, Th, F 9:30 - 12:30, 1st Sa 9:30 am - 12:30 pm.*

**The Presbyterian Church**  
www.fredericksburgpc.org  
Fredericksburg 540-373-7057

*M, W, F, 11 am - 1 pm. For residents of Fredericksburg, Stafford and Spotsylvania.*

## **MATERIAL NEEDS**

### **Housing and Shelters**

#### **REGION-WIDE/OUTSIDE REGION**

**+Catholic Worker – Dorothy Day House**  
Washington, DC 202-882-9649  
Kathy Boylan

*Must be 18 or older; no additional children allowed. Maternity home would like to have social worker or case manager contact facility, as there are certain requirements expected from the girls who stay at the home.*

**+Catholics for Housing**  
www.catholicsforhousing.org and cfhva.org  
Dumfries 703-221-4510

*Affordable housing opportunities to limited-income individuals and families throughout Northern Virginia. Life skills training, senior rental assistance in Fairfax County, down payment assistance in Prince William, Fairfax, Arlington and Loudoun Counties, security deposit assistance, rental homes in Vienna, Arlington, Fairfax and Fredericksburg and homeownership opportunities. 501(c)(3) non-profit.*

**Formed Families Forward**  
www.FormedFamiliesForward.org  
Fairfax 703-539-2904  
Kelly Henderson; info@FormedFamiliesForward.org

*A non-profit supporting families formed through foster care, adoption and kinship care in Northern Virginia. Offers consultation and support to families and agencies to assist in meeting its mission. Provides a thorough Formed Families Resource Directory that can be accessed via its website.*



## **Northwest Center Maternity Home**

Washington, DC 202-483-2857

Susan

*Women ages 18-30 in any stage of pregnancy; may bring one child, depending on space; transitional housing for pregnant women for up to 18 months; life skills training, case management services; counseling on budgeting and financial management. Also has a Pregnancy Center Program, 202-483-7008. This program gives free pregnancy test and material assistance. Call for appointment.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

**\*Alexandria Department of Community and Human Services (DCHS) – 4 programs listed below:**

### **Alexandria Redevelopment & Housing Authority**

[www.arha.us](http://www.arha.us)

Alexandria 703-549-7115

*Public housing and housing choice voucher (Section 8) rent assistance.*

### **ALIVE! (ALexandrians Involved Ecumenically)**

See MATERIAL NEEDS - Clothing

### **Beth El House**

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

Alexandria 703-360-6296

*Provides transitional housing for up to two years for formerly homeless mothers and their children so they can work toward self-sufficiency, economic stability, emotional well-being, and interpersonal relationships. Emphasis on serving victims of domestic violence. Jewish affiliation.*

### **Winter Shelter:**

[www.alexandriava.gov/dchs/economicsupport/default.aspx?id=49636](http://www.alexandriava.gov/dchs/economicsupport/default.aspx?id=49636)

Alexandria 703-548-7500

*Must be a resident of the City of Alexandria (does not serve Alexandria zip codes in Fairfax County); winter Hypothermia Shelter providing overnight shelter from November through March at the Carpenter's Shelter and local churches.*

## **+Bethany House of Northern Virginia**

www.bhmv.org  
Alexandria 703-658-9500

*Provides shelter for women and children who are victims of domestic violence for up to four months with a three step program offering housing and food, counseling, employment training, peer support, life skills training, referrals, and up to two years of follow up following graduation from the Bethany house and case management.*

### **Carpenter's Shelter**

carpentersshelter.org  
Alexandria 703-548-7500

*Must be referred by the City of Alexandria; Call 703-746-5700 to schedule an eligibility screening appointment. For residential program, must have or be seeking full-time employment and save 70% of income. Three programs: (1) Residential shelter including 80 beds where average stay is 3 months for individuals and 6 months for families; (2) Winter Shelter November through April weather dependent, 7 pm to 7 am; and (3) David's Place day shelter, offering showers, laundry and locker facilities, phone and voice mail services and a mailing address.*

### **+Christ House Transitional Housing**

www.cdda.net/programs\_christhouse\_shelter.php  
Alexandria 703-549-8644  
Robert Schon, Program Director

*Single men only.*

### **Christian Relief Services**

www.christianrelief.org  
Alexandria 703-317-9086  
Rachael

*Safe Places program that provides a home for 24 mo. transitional time. Serves homeless families fleeing domestic violence in NOVA.*

### **\*Eviction Storage Program**

www.alexandriava.gov/49636  
Alexandria 703-746-5700

*Must be a resident of the City of Alexandria (does not serve Alexandria zip codes in Fairfax County); provides furniture storage and emergency shelter referrals for eligible low-income households facing immediate eviction or foreclosure. Will cover two months.*

### **\*Fairfax County Department of Family Services Shelters**

www.fairfaxcounty.gov/dfs/

Fairfax County 703-324-7500, 703-222-0880 for families with children

*Fairfax County has seven emergency shelters for individuals and families who are homeless. These shelters are operated by community non-profit organizations under contract with the county. The county also has a safe house and a hypothermia prevention program. **For Families with children:** contact the Human Services Coordinated Services Planning at 703-222-0880 between the hours of 8 am - 4:30 pm. A representative will interview the family for eligibility or other emergency services and make necessary referrals. After hours, families with children in need of shelter should go directly to the nearest shelter.*

**Artemis House**

www.newhopehousing.org  
703-435-4940

*Offers a safe, confidential location and supportive counseling to individuals and their children who are fleeing family violence situations. Operated by New Hope Housing.*

**Eleanor U. Kennedy Shelter**

www.newhopehousing.org  
Fort Belvoir 703-799-0200

*A 50-bed shelter for 38 men and 12 women (NO CHILDREN), located in an historic building on Fort Belvoir grounds. The Shelter includes a year-round walk-in Emergency Overflow Unit providing shelter, food, showers, and laundry facilities, operating from 4 pm to 7 am daily; the Overflow Unit is located in a separate facility on the grounds of the Kennedy Shelter. The unit serves 7 men and 4 women in non-winter months, with an additional 10 beds provided in the main building in winter. Operated by New Hope Housing.*

**Embry Rucker Community Shelter**

www.cornerstonesva.org  
Reston 703-437-1975

*A 70-bed shelter for families with children and adults without children. Operated by Cornerstone.*

**Falls Church Homeless Shelter**

www.newhopehousing.org  
Falls Church 703-854-1400

*A 12-bed emergency, winter walk-in shelter serving 10 men and 2 women. The shelter provides housing, food and some case management and referrals to services in the community. The shelter is operated by New Hope Housing under contract with The Friends of Falls Church Homeless Shelter.*

**Katherine K. Hanley Family Shelter**

www.shelterhouse.org  
Fairfax 571-522-6800

*Can accommodate up to twenty families. Immediately upon entry to the shelter, families are assessed for major housing barriers. Shelter House then assists families to overcome those barriers. The family is moved as quickly as possible into appropriate housing. Shelter House's goal is that most families will spend only 45 days at the Katherine K. Hanley Shelter. Operated by Shelter House.*

### **Mondloch House**

www.newhopehousing.org

*Provides shelter for eight single adults who are chronically homeless and have significant mental health needs. MHI uses a "housing first" approach, seeking to build trust and engagement so that residents will cooperate in seeking mental health assessment and treatment. Operated by New Hope Housing.*

### **Patrick Henry Family Shelter**

www.shelterhouse.org  
Falls Church 703-536-2155

*Serves large families with five or more members. The shelter has seven apartments with individual kitchens and bathrooms and is located near Seven Corners. All families at the Patrick Henry Family Shelter benefit from an individualized service plan, which is developed jointly by the family and their case manager. This plan includes activities to help clients access mainstream services in the community as well as shelter-run support programs to help them achieve their goals. Operated by Shelter House.*

### **\*Fairfax County Department of Family Services Permanent Housing programs**

www.fairfaxcounty.gov/homeless/housing-first  
Fairfax County 703-324-7500, 703-222-0880 for families with children

*We provide people who are homeless permanent housing first, along with supportive services, instead of placing them into shelters.*

### **\*Fairfax County Department of Family Services Transitional Housing**

www.shelterhouse.org.  
Fairfax County 703-324-7500, 703-222-0880 for families with children

*This program consists of four units which are owned by Shelter House. Families are assigned to a case worker to work on personal goals designed to help them overcome their debt barriers and increase income. This program is not time-limited, and residents keep the program going through program fees that help them to adjust to rent-inclusive budgeting.*

### **\*Fairfax County Housing & Community Development**

www.fairfaxcounty.gov/housing/

Fairfax 703-246-5100

*Rental Assistance Voucher Program and (Section 8) rent assistance.*

**\*Fairfax County Hypothermia Prevention Program**

**[www.fairfaxcounty.gov/homeless/hypothermia-prevention-program](http://www.fairfaxcounty.gov/homeless/hypothermia-prevention-program)**

Fairfax County 703-691-2131

*Operates throughout the county during winter to provide additional safe, warm space for homeless individuals at night. The program is partnered with 35 different faith communities.*

**Fairfax County RISE Permanent Supportive Housing Program**

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

703-246-5100

*Supports families with disabilities and other intense housing barriers. Ives House operated by Shelter House in partnership with Falls Church Presbyterian Church.*

**FACETS**

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

Fairfax 703-352-5090

*Helping people meet their emergency shelter, food, and medical needs, helping them gain safe, sustainable, and permanent housing and working with them to end the cycle of poverty.*

**\*Falls Church Housing & Human Services**

[www.fallschurchva.gov/683/Housing-Human-Services](http://www.fallschurchva.gov/683/Housing-Human-Services)

Falls Church 703-248-5005

*Although there is no public housing in the City of Falls Church, this Department provides an array of assistance programs to make renting more affordable.*

**Homestretch, Inc.**

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

Falls Church 703-237-2035

*For homeless parents with children. Must be referred by a social service agency in Virginia.*

**Northern Virginia Family Service (NVFS)**

[www.nvfs.org/our-services/homelessness-housing/](http://www.nvfs.org/our-services/homelessness-housing/)

Fairfax County 703-222-0880

*Emergency shelter, rent, utilities and subsidies to prevent homelessness from occurring.*

**Second Story (formerly Alternative House) – 4 programs listed below**

www.second-story.org/ (this site covers all programs)  
Administrative Office: 703-506-9191

**Second Story Teens in Crisis Safe House**

Vienna 703-356-6360

*Must be 13-17 years old; three-week crisis intervention program. While there, young people receive safe shelter, food, and clothes, as well as intensive individual and group counseling and family counseling when possible. Eight spots.*

**Second Story Homeless Youth Program**

Vienna 703-206-9890

*Ages 18-24; limited number of rooms and housing options for youth to include those leaving foster care with no home to go to, youth trying to finish high school without help, or youth dealing with homelessness.*

**Second Story in the Community**

Falls Church, Springfield 703-820-8611

*Provides local youth activities and services in Falls Church and Springfield Centers*

**Second Story Young Mothers Program**

Vienna 703-280-2162

*Ages 16-22 pregnant or parenting young women. Must agree to participate in counseling services; women live independently in townhomes for up to 18 months and receive comprehensive services and support to help them on their road to independence.*

**REGION 2: Arlington County**

**A-Span**

www.a-span.org  
Arlington 703-228-7803

*Provides housing, shelter, street and support services for the homeless in Arlington County. Private non-profit.*

**Arlington DHS Economic Independence & Assistance**

www.publicassistance.arlingtonva.us/housing/  
Arlington 703-228-1450 or 703-228-1350

*Public housing & housing choice voucher (Section 8) rent assistance.*

**Borromeo Housing**

www.borromeohousing.org  
Arlington 703-841-0139

*Housing for homeless young mothers and their babies ages 16-22. Three-year education, housing, and life skills development program. Private 501(c)(3) non-profit.*

**Bridges to Independence** (formerly Arlington-Alexandria Coalition for the Homeless)

www.bridges2.org  
Arlington 703-525-7177

*Referral from Arlington County Department of Human Services. Sullivan House is an apartment-like facility with 10 units (50 beds) where clients reside for 3-5 months. While in residence, they receive counseling and referral services to address unresolved personal and family problems. Assigned case managers place special emphasis on helping clients address bad credit and becoming better money managers. Nearly 80% of Sullivan House clients secure permanent housing after leaving the program.*

**Doorways for Women and Families (3 programs):**

www.doorwaysva.org  
Arlington 703-504-9400

*Doorways creates pathways out of homelessness, domestic violence and sexual assault leading to safe, stable and empowered lives.*

**Domestic Violence Safe House (Shelter)**

Arlington 703-237-0881 (24-hour Hotline)

*Provides a spectrum of life-saving, supportive and educational services to help women and children leave behind a life of domestic violence and begin a new life of stability, dignity and self-sufficiency. The safe house is a nurturing, confidential and secure 11-bed home in which all residents—women and children—receive comprehensive services to help them heal and recover from trauma and move their lives forward.*

**Freddie Mac Foundation Family Home**

www.doorwaysva.org  
703-504-9400  
Brandy Howard

*Provides a safe, temporary home, with comprehensive services to help families get back on their feet - welcomes 21 individuals in a family-friendly and program-supportive environment. It will provide a haven for families who are homeless, 24-hours a day, 365-days a year. The average stay for families is between 3 and 5 months.*

**HomeStart Supportive Housing**

www.doorwaysva.org  
Arlington 703-504-9400  
Kathy Paal

*Offers homelessness prevention, rapid re-housing, and short- to long-term supportive housing for families who need assistance to exit shelter, as well as those who are at risk of becoming homeless in the Arlington community. The program provides not only housing location and rental assistance, but also guidance, support, and opportunities to learn and grow.*

### **REGION 3: Loudoun County**

#### **+Good Shepherd Alliance Mary's House of Hope**

www.goodshepherdalliance.org/TransitionalHousing  
Ashburn 703-724-1555, Ext. 103

Intake line for clients: Madison Hoyt, Case Management Supervisor: 703-887-5776 (do not provide to clients)

*The Good Shepherd Alliance is a Christian non-profit organization providing help and hope for the homeless and those in need through emergency and transitional housing and outreach services leading to self-sufficiency and self-worth. Loudoun County residents have priority.*

#### **Loudoun Abused Women's Shelter (LAWS)**

www.lcsj.org

Leesburg

Administration: 703-771-3398

Crisis Hotline & Shelter: 703-777-6552

*Shelter for victims of domestic violence, sexual assault, and child abuse.*

#### **\*Loudoun County DFS Housing Svcs.**

www.loudoun.gov/housing

Leesburg 703-777-0353

*Public housing & housing choice voucher (Section 8) rent assistance*

#### **Llewellyn Village**

www.affordablehousingonline.com/housing-search/Virginia/Middleburg/Llewellyn-Village/10048387

Middleburg 540-687-3402

*A variety of low income subsidized and unsubsidized types of housing in Middleburg.*

### **REGION 4: Prince William County, Manassas, and Manassas Park**

#### **A.C.T.S. (Action in Community Through Services)**



www.actspwc.org  
Dumfries 703-441-8606  
Homeless Shelter 703-221-3188

*Serving Greater Prince William Area, including the cities of Manassas & Manassas Park. A shelter for families and single women without homes, limited availability, must partake in an intake process on site in Dumfries. Pregnant women welcome. Free room and board. Shelters are open 24 hours a day. Services include intensive case management, life skills training and computer access for job and housing search.*

### **Domestic Violence Shelter**

www.ACTSpwc.org  
Dumfries 703-367-0476

*Serving Greater Prince William Area, including the cities of Manassas & Manassas Park. The shelter is a safe place for adults and children who are homeless because of domestic violence. Their location is confidential and can be contacted through the crisis line (703-221-4951). No fees charged.*

### **Manassas City Family Services**

www.manassascity.org/442/Family-Services  
Manassas 703-361-8277

*Public housing & housing choice voucher (Section 8) rent assistance.*

### **Northern Virginia Family Service (NVFS)**

www.nvfs.org/our-services/homelessness-housing/  
Shelter Intake Line Prince William County: 703-792-3366

*Emergency shelter, rent, utilities and subsidies to prevent homelessness from occurring.*

#### **NVFS SERVE Family Shelter**

www.nvfs.org/our-services/homelessness-housing/serve-campus/  
Manassas 571-748-2674  
Shelter Info: Julie Martinez

*Emergency shelter with 92 beds*

#### **NVFS Hilda Barg Homeless Prevention Center**

www.nvfs.org/our-services/homelessness-housing/hilda-barg-homeless-prevention-center/  
Woodbridge 571-492-7055

*Helps families and individuals find permanent pathways out of homelessness. 30-bed family homeless shelter.*

**\*Prince William County Housing & Community Development**

[www.pwcgov.org/government/dept/housing/Pages/Contact-Us.aspx](http://www.pwcgov.org/government/dept/housing/Pages/Contact-Us.aspx)  
Woodbridge 703-792-7530

*Public housing & housing choice voucher (Section 8) rent assistance.*

**\*Prince William County Transitional Housing Program**

[www.pwcgov.org/government/dept/housing/pages/transitional-housing-program.aspx](http://www.pwcgov.org/government/dept/housing/pages/transitional-housing-program.aspx)  
Dumfries 703-492-2303  
David Watkins; [dwatkins@pwcgov.org](mailto:dwatkins@pwcgov.org)

*Serving Greater Prince William Area including cities of Manassas & Manassas Park. A multifaceted program that assists families in gaining the tools necessary to achieve economic independence and self-sufficiency. Participants enter a two-year program of intensive case management designed to assist them in maintaining a permanent home.*

**+St. Margaret of Cortona Family Transitional Housing**

[www.cdda.net/Need-Help/Housing/Family-Housing-\(St--Margaret\)/](http://www.cdda.net/Need-Help/Housing/Family-Housing-(St--Margaret)/)  
Woodbridge 703-910-4845  
Veronica Roth, Program Director; [smc@ccds.net](mailto:smc@ccds.net)

*Part of Catholic Charities. Serves homeless families with wrap-around support to help them reestablish stability and independence. Single parents with minor dependent children and married couples with minor dependent children.*

**Transitional Housing Barn, Inc.**

[www.barncommunityhousing.org](http://www.barncommunityhousing.org)  
Bristow 703-369-1325

*At least 19 years or older, pregnant or have physical custody of at least one child, and be either homeless (such as living in a car, on a street, or other housing which has been deemed unsuitable for human habitation), living in a shelter, living in a transitional housing program approaching exit date, or facing eviction within seven days.*

**Youth for Tomorrow: Mommy and Me**

[www.youthfortomorrow.org/Mommy-and-Me](http://www.youthfortomorrow.org/Mommy-and-Me)  
Bristow 703-396-7122

*Expectant Teen Mothers & Mothers and Babies Home offers numerous services and activities aimed at equipping expectant teen mothers and mothers with the skills and knowledge required to successfully prepare and care for their unborn infant and child. They are taught how to care for themselves and their infant's physical, mental, emotional and spiritual needs.*

## **REGION 5: Culpeper, Fauquier County (Rappahannock-Rapidan)**

### **Community Touch - The Victory Transitional Housing**

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

Bealeton 540-439-9300

Dr. T. Tyrone Champion or wife, Felicia

*Regional: Serves Culpeper, Fauquier, Madison, Orange and Rappahannock Counties. Transitional and/or permanent housing. Also food pantry, thrift store, preschool/daycare.*

### **Culpeper Housing & Shelter Services**

[www.culpeperhousingandshelterservices.com](http://www.culpeperhousingandshelterservices.com)

Culpeper 540-825-7434

*Safe and affordable housing for homeless and low income Culpeper County residents.*

### **Rappahannock-Rapidan CSB (Culpeper)**

[www.rrcsb.org/housing-program/](http://www.rrcsb.org/housing-program/)

Culpeper 703-825-3100

*Regional: Includes Culpeper, Fauquier, Madison, Orange and Rappahannock Counties. Public housing & housing choice voucher (Section 8) rent assistance.*

### **SAFE Services to Abused Families**

[www.safejourneys.org/how-we-help](http://www.safejourneys.org/how-we-help)

Culpeper 540-825-8891

24-Hr Peer-to-Peer Warm Line: 800-825-8876

*Regional: Serves Culpeper, Fauquier, Madison, Orange and Rappahannock Counties. Offers emergency, temporary housing to survivors of domestic violence and sexual assault. Shelter stays are a maximum of 30 days.*

## **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

### **Apartment Finder Free Locator Service**

[www.apartmentfinder.com](http://www.apartmentfinder.com)

Fredericksburg 540-372-6697

*Apartment locator service.*

### **Beauty for Ashes Women and Children's Home**

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

Fredericksburg 540-388-2191

*A ministry of Teen Challenge North Central Virginia; a 12-18 month residential program for women who struggle with addiction. Beauty for Ashes allows women to reside with their children to get the treatment and care they need to become fully alive and whole in Jesus Christ.*

**Central Virginia Housing Coalition**

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

Fredericksburg 540-604-9943, Ext. 215

Connie Jones

*Serves Fredericksburg, Fauquier, King George, Stafford, and Spotsylvania. Helps low to moderate income families purchase a home or stay in their home. M - F, 8 am -5 pm. 501(c)(3).*

**Garrisonville, VA Low Income Housing**

[www.lowincomehousing.us/VA/garrisonville.html](http://www.lowincomehousing.us/VA/garrisonville.html)

Stafford 540-659-6078

*This is a listing of various low income, subsidized and non-subsidized housing units in the Garrisonville/Stafford area.*

**Loisann's Hope House**

[loisannshopehouse.org](http://loisannshopehouse.org)

Fredericksburg 540-371-0831

Lisa Crittenden, Executive Director; [lisacrittenden@loisannshopehouse.org](mailto:lisacrittenden@loisannshopehouse.org)

*Improves the quality of life for our families by helping them move from homelessness to permanent housing. Intensive case management, tutoring, employment or vocational training, placement and referrals, life skills and social skills courses, stress management, as well as financial management, wellness and nutrition. Provides transportation for families without an automobile. Make referrals for mental health counseling, domestic violence counseling, parenting classes, substance abuse treatment and medical/dental services.*

**Micah's Ministry**

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

Fredericksburg 540-479-4116

Respite House: 540-479-8300

*A Christ-centered community supporting people experiencing chronic homelessness and helping them in identifying pathways to sustainable housing. Two week recovery program; referrals from hospital, cold weather shelter. 501(c)(3) M - F, 10 am - 2 pm.*

**Thurman Brisben Center**

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

Fredericksburg 540-899-9853

*Provides at-risk and homeless men, women, and children of Planning District 16 (City of Fredericksburg, Counties: Caroline, King George, Spotsylvania and Stafford) with shelter and*

services such as: self esteem building, life skills, job and interviewing skills, parenting skills, personal hygiene, personal health, AA, NA, budgeting, information and referral, GED, after-care.

## **MATERIAL NEEDS**

### **Maternity Homes**

Also, see resources under Housing and Shelters above. Many are designed for young mothers and those fleeing domestic violence.

#### **REGION 4: Prince William County, Manassas, and Manassas Park**

##### **+Carried to Full Term**

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

Haymarket 571-261-2838

Frances Robin; [info@carriedtofullterm.org](mailto:info@carriedtofullterm.org)

*Carried To Full Term (CTFT) is a 501(c)(3) nonprofit organization providing long-term housing for women in crisis as a result of pregnancy. Our goal is to give pregnant and homeless women hope for a better future through long-term housing.*

#### **REGION 6: Clarke County, Frederick County, Warren County**

##### **+New Eve Maternity Home**

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

Winchester 540-450-0775

[info@newevematernityhome.org](mailto:info@newevematernityhome.org)

*New Eve Maternity Home provides a haven for pregnant women and their children who are facing homelessness. New Eve offers them the opportunity to grow in self-respect and independence while celebrating the life within them and the dignity of their motherhood. We welcome women who find themselves alone and in need of physical, spiritual, emotional and material support. At New Eve, mothers can celebrate the gift of life free from fear. For three women, may have one or two other children, interview-based. Volunteer-led organization.*

#### **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

##### **Hope House**

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

Fredericksburg 540-371-0831

*Provide homeless mothers and their children in the Rappahannock region safe housing and the opportunity to transition to successful and independent living.*

**+Mary's Shelter**

marysshelterra.org  
Fredericksburg 540-374-3407  
info@marysshelterra.org

*Acknowledging that life begins at conception and is worthy of protection, Mary's Shelter provides housing and a Christ-centered program of guidance and support for women facing a crisis during pregnancy. 18 years old or older. They take girls from all areas. M - Th, 9 am - 1 pm.*

**+Paul Stefan Home**

www.paulstefanhome.org  
Unionville, Locust Grove 540-854-2300  
Randy or Evelyn James; rjames@paulstefanhome.org or ejames@paulstefanhome.org

*The Paul Stefan Foundation provides a comforting, loving, pro-life haven for women facing crisis pregnancies; by offering hope, love, spiritual and emotional counseling, and a commitment to education. Our foundation was founded through Our Lady of Guadalupe and in memory of Paul Stefan James, whose miraculous birth and short life was the catalyst for starting this foundation. Call for interview. Helps young women 18 years and older.*

**\*Temporary Assistance for Needy Families (TANF), Nationwide**

www.dss.state.va.us/benefit/tanf/  
855-635-4370 or 800-552-3431

*TANF is a Federal program administered by the Department of Social Services in the State of Virginia. It is a program providing women and families in need with the financial assistance that can be used for food, housing, clothing and medication.*

## **MATERIAL NEEDS**

### **Financial Assistance**

#### **REGION-WIDE/OUTSIDE REGION**

**+Catholic Charities, Diocese of Arlington**

www.cdda.net/programs\_emassistance.php  
Alexandria 703-548-4227, Ext. 5

*Serves residents within the boundaries of the Diocese of Arlington; i.e. most of Northern VA. Provides help for those experiencing one-time financial crises to help or assist in the prevention of homelessness or cut-off of utilities. Provides emergency food service through network of 4 hubs*

and 45 pantries (Sr Annie). Provides some Rental and Utility Assistance. Recipients must meet certain eligibility requirements.

**+Catholics for Housing**

[www.catholicsforhousing.org](http://www.catholicsforhousing.org) and [cfhva.org](http://cfhva.org)  
Dumfries 703-221-4510

*Affordable housing opportunities to limited-income individuals and families throughout Northern Virginia. Life skills training, senior rental assistance in Fairfax County, down payment assistance in Prince William, Fairfax, Arlington and Loudoun Counties, security deposit assistance, rental homes in Vienna, Arlington, Fairfax and Fredericksburg and homeownership opportunities. 501(c)(3) non-profit.*

**First Home Alliance**

[www.firsthomealliance.org/](http://www.firsthomealliance.org/)  
Woodbridge 703-580-8838

*HUD approved 501(c)(3) non-profit housing counseling agency that promotes financial literacy and economic self-sufficiency. Assists with mortgage payments when needed. Provides financial literacy classes. Promotes home ownership throughout Northern Virginia.*

**+Gabriel Project “Gift of Life Fund”**

[www.arlingtondiocese.org/familylife/Gabriel.aspx](http://www.arlingtondiocese.org/familylife/Gabriel.aspx)  
866-444-3553 or 703-841-3810

*Serves all areas within the Catholic Diocese of Arlington (most of Northern VA). Offers financial assistance to pregnant women who need help paying their medical bills, rent, etc. See Catholic Charities Diocese of Arlington listing, also in this section.*

**HOPE for Homeowners (facing foreclosure) hotline**

[www.995hope.org/why-trust-hope-hotline/](http://www.995hope.org/why-trust-hope-hotline/)  
888-995-4673

*A national service of the Homeownership Preservation Foundation. An unbiased, trusted resource for housing counseling. Provides foreclosure prevention assistance.*

**\*Temporary Assistance for Needy Families (TANF), Nationwide**

[www.dss.state.va.us/benefit/tanf/](http://www.dss.state.va.us/benefit/tanf/)  
855-635-4370 or 800-552-3431

*TANF is a Federal program administered by the Department of Social Services in the State of Virginia. It is a program providing women and families in need with the financial assistance that can be used for food, housing, clothing and medication.*

**\*United Way of the National Capital Area**

[www.unitedwaynca.org/get-help/](http://www.unitedwaynca.org/get-help/)

For residents of Virginia, dial 2-1-1  
Outside listed areas at [www.unitedway.org](http://www.unitedway.org)

*2-1-1 is a federal program administered by the United Way in Virginia. It provides information and referrals for basic human needs, physical and mental health issues, work initiatives, support for children, youth, and families, as well as disaster support services. Serves DC, MD, Alexandria, Arlington, Fairfax County, Falls Church, Loudoun County and Prince William County. Note: Planned Parenthood is one of their partner organizations.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

### **ALIVE! Alexandria**

See MATERIAL NEEDS - Clothing

### **Britepaths**

[www.britepaths.org](http://www.britepaths.org)  
Fairfax 703-273-8829

*For residents of Fairfax County, Financial Literacy support, Financial Empowerment Center for financial coaching and workshops. One-time grants for rent, utilities, medicines, car repairs. Requires referral from Fairfax County Coordinating Services Planning (703-222-0880), 501(c)(3).*

### **+Catholic Charities, Diocese of Arlington**

[www.cdda.net/programs\\_emassistance.php](http://www.cdda.net/programs_emassistance.php)  
Alexandria 703-548-4227, Ext. 5

*Serves residents within the boundaries of the Diocese of Arlington; i.e. most of Northern VA. Provides help for those experiencing one-time financial crises to help or assist in the prevention of homelessness or cut-off of utilities. Provides emergency food service through network of 4 hubs and 45 pantries (Sister Annie). Provides some rental and utility assistance. Recipients must meet certain eligibility requirements.*

### **Cornerstones** (formerly Reston Interfaith, Inc.)

[www.cornerstonesva.org/services/food-financial-or-urgent-assistance/financial-assistance/](http://www.cornerstonesva.org/services/food-financial-or-urgent-assistance/financial-assistance/)  
Reston 571-323-1439

*In partnership with Fairfax County Neighborhood and Community Services Coordinated Services Planning (CSP), provides a bridge to help people feed themselves and their families or pay overdue rent or utilities bills so that they may remain safe and comfortable in their own homes. Serves northwestern portions of Fairfax County.*



**ECHO (Ecumenical Community Helping Others)**

See MATERIAL NEEDS - Clothing

**\*Fairfax County Department of Social Services Coordinated Services Planning (CSP)**

[www.fairfaxcounty.gov/neighborhood-community-services/coordinated-services-planning](http://www.fairfaxcounty.gov/neighborhood-community-services/coordinated-services-planning)  
703-222-0880 TTY 711

*Connects Fairfax County residents to County and community-based services and resources that promote self-sufficiency and enhance well-being. Multilingual specialists operate in a call-center environment and are ready to help residents with an assessment of needs and eligibility for resources. Many Fairfax County governmental and non-government social organizations require applicants access their organizations via this organization.*

**Koinonia**

See MATERIAL NEEDS - Clothing

**Lorton Community Action Center**

[www.lortonaction.org](http://www.lortonaction.org)  
Lorton 703-339-5161, Ext. 120  
[erin@lortonaction.org](mailto:erin@lortonaction.org)

*Helps prevent homelessness by offering emergency financial assistance for rent or mortgage as well as utilities. Serves the following zip codes in Lorton: 22060, 22199, 22079, and 22122. In order to register for services, clients need to bring a photo ID, birth certificates for all children in the home, proof of income, and current proof of address (utility or other bill that is dated).*

**Northern Virginia Family Service (NVFS)**

[www.nvfs.org/get-assistance/](http://www.nvfs.org/get-assistance/)  
Arlington, Fairfax, Loudoun and Prince William Counties 571-748-2500

*Provides grant to help prevent evictions or foreclosure. Has counseling service to help clients acquire housing. Comprehensive program designed to help meet the basic needs of families experiencing a crisis and at risk of homelessness, to include: rent and mortgage assistance, utilities assistance, food distribution, clothing/Furniture/Household items. Limited amount of emergency financial aid.*

**The Lamb Center**

See MEDICAL NEEDS - Dental

**Salvation Army**

[www.salvationarmynca.org/ways-we-help/families-in-need/](http://www.salvationarmynca.org/ways-we-help/families-in-need/)  
[www.salvationarmynca.org](http://www.salvationarmynca.org)  
Alexandria 703-836-2427

*Comprehensive program designed to help meet the basic needs of families experiencing a crisis and at risk of homelessness to include: rent and mortgage assistance, utilities assistance, food distribution, clothing/furniture/household items. Limited amount of emergency financial aid.*

**United Community** (formerly United Community Ministries)

See MATERIAL NEEDS - Clothing

**Western Fairfax Christian Ministries**

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

Chantilly 703-988-9656

Leah Ann Furr; [lfurr@wfcmva.org](mailto:lfurr@wfcmva.org)

*By appointment. Emergency financial assistance with rent, utilities, and other basic needs; budgeting assistance and financial literacy education; a women's bible study group, senior luncheons, laundry ministry and referrals to other social service providers for other needs. Mentoring program designed to help 10-12 families per year with intensive financial education, budget counseling, and financial aid. Combined with food pantry appointments.*

**REGION 2: Arlington County**

**Northern Virginia Family Service (NVFS)**

[www.nvfs.org/get-assistance/](http://www.nvfs.org/get-assistance/)

Arlington, Fairfax, Loudoun and Prince William Counties 571-748-2500

*Provides grant to help prevent evictions or foreclosure. Has counseling service to help clients acquire housing. Comprehensive program designed to help meet the basic needs of families experiencing a crisis and at risk of homelessness, to include: rent and mortgage assistance, utilities assistance, food distribution, clothing/Furniture/Household items. Limited amount of emergency financial aid.*

**REGION 3: Loudoun County**

**\*Loudoun County Department of Family Services**

[www.loudoun.gov/dfs](http://www.loudoun.gov/dfs)

Leesburg 703-777-0353

*Assists eligible families with child care, adoption services, investigates cases of abuse and neglect and conducts family counseling, offers employment and training services, oversees the county's Youth Shelter and Juvenile Detention Center, provides foster care, nutritional and financial assistance to low-income families, and helps residents in need to become self-sufficient members of their families and communities, including helping families achieve safe and affordable housing.*

**Northern Virginia Family Service (NVFS)**

[www.nvfs.org/get-assistance/](http://www.nvfs.org/get-assistance/)

Arlington, Fairfax, Loudoun and Prince William Counties 571-748-2500

*Provides grant to help prevent evictions or foreclosure. Has counseling service to help clients acquire housing. Comprehensive program designed to help meet the basic needs of families experiencing a crisis and at risk of homelessness, to include: rent and mortgage assistance, utilities assistance, food distribution, clothing/Furniture/Household items. Limited amount of emergency financial aid.*

**+St. Theresa's Divine Mercy Program**

dmoutreach@sttheresa-ashburn.com

Ashburn 703-729-2334

*The Divine Mercy Program has food assistance programs, emergency financial assistance for rental and utility assistance, materials such as cribs. Serves Loudoun County residents. An outreach of St. Theresa Catholic Church.*

**REGION 4: Prince William County, Manassas, and Manassas Park**

**Action in Community Through Service (ACTS)**

www.actspwc.org

703-441-8606 24/7

Helpline: 703-368-4141

*Relief for Prince William residents in crises due to hunger, homelessness and personal violence (abuse). Emergency assistance for utility bills and other basic needs. Does not offer rental, mortgage or loan assistance. Appointment necessary via website. Is a 501(3)(c) non-profit.*

**Dumfries United Methodist Church**

www.dumfriesumc.org

Dumfries 703-221-2880 (outreach)

*Financial Support; i.e. rent, utility cutoffs, etc. are now handled by ACTS. See ACTS listing in this Section. The Church still provides other forms of assistance, directly for residents of Dumfries, Quantico, and Triangle.*

**First Home Alliance**

www.firsthomealliance.org

Woodbridge 703-580-8838

*HUD approved 501(c)(3) non-profit housing counseling agency that promotes financial literacy and economic self-sufficiency. Assists with mortgage payments when needed. Provides financial literacy classes. Promotes home ownership throughout Northern Virginia.*

**+Holy Family Catholic Church**

www.holyfamilycatholicchurchdalecity.org/social-ministry/emergency-assistance/

Dale City 703-730-1791

*Clients must have disconnect notice and reside in zip codes 22191, 22192, 22193. When funds available, can help with electric, gas, water, and sewer bills.*

**Manassas Host Lions Club of Prince William County**

e-clubhouse.org/sites/manassashost/page-8.php  
Manassas 703-335-5400

*Assists in paying for eyeglasses, hearing aids, sight and hearing exams. Serves all Northern Virginia counties.*

**Northern Virginia Family Service (NVFS)**

www.nvfs.org/get-assistance/  
Arlington, Fairfax, Loudoun and Prince William Counties 571-748-2500

*Provides grant to help prevent evictions or foreclosure. Has counseling service to help clients acquire housing. Comprehensive program designed to help meet the basic needs of families experiencing a crisis and at risk of homelessness, to include: rent and mortgage assistance, utilities assistance, food distribution, clothing/Furniture/Household items. Limited amount of emergency financial aid.*

**Park West Lions Club**

www.parkwestlions.org  
Manassas 703-392-0077

Sight and hearing services. Educational scholarships for qualifying students in specific geographical area.

**\*Prince William County Department of Social Services**

www.pwcgov.org/government/dept/socialservices/Pages/Financial-Assistance-Programs.aspx  
Woodbridge 703-792-7500

*Temporary Assistance to Needy Families (TANF) program.*

**Salvation Army**

www.salvationarmyusa.org/usn/  
Woodbridge 703-580-8991

*Comprehensive program designed to help meet the basic needs of families experiencing a crisis and at risk of homelessness, to include: rent and mortgage assistance, utilities assistance, food distribution, clothing/Furniture/Household items. Limited amount of emergency financial aid.*

**+St. Francis of Assisi Catholic Parish**

www.stfrncis.org/st-francis-house/

Dumfries 703-221-6344

*Serves Woodbridge, Dumfries, Triangle and Quantico. Note: Financial Assistance is offered through the Parish "Francis House" Project serves Woodbridge, Dumfries, Triangle and Quantico. M - T, 9 am - 12 pm.*

**+St. Vincent de Paul Society, All Saints Conference** [www.novahss.org/housing-resources/emergency-rent/item/st-vincent-de-paul-society-all-saints-conference](http://www.novahss.org/housing-resources/emergency-rent/item/st-vincent-de-paul-society-all-saints-conference)  
Manassas 703-368-2429

*Assistance with fuel, utilities, electric bills, mortgage/rent, prescriptions (Prince William Co., zip codes 20110, 20109, 20110).*

### **REGION 5: Culpeper, Fauquier County**

**\*Fauquier County Department of Social Services**  
[www.fauquiercounty.gov/government/departments/socialservices/](http://www.fauquiercounty.gov/government/departments/socialservices/)  
Warrenton 540-422-8400

*Financial help provided: DSS Office, fuel assistance, medical assistance, Medicaid, general relief, SNAP food stamps, TANF cash assistance.*

### **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

**\*Loudoun County Department of Family Services**  
[www.loudoun.gov/dfs](http://www.loudoun.gov/dfs)  
Leesburg 703-777-0353

*Assists eligible families with child care, adoption services, investigates cases of abuse and neglect and conducts family counseling, offers employment and training services, oversees the county's Youth Shelter and Juvenile Detention Center, provides foster care, nutritional and financial assistance to low-income families, and helps residents in need to become self-sufficient members of their families and communities, including helping families achieve safe and affordable housing.*

**S.E.R.V.E. (Stafford Emergency Relief through Volunteer Efforts)**  
[www.serve-helps.org/need-help/](http://www.serve-helps.org/need-help/)  
Stafford 540-288-9603

*Food pantry, emergency prescription assistance, emergency utility assistance (540-288-8223), holiday programs. M & W 10 am - 2:30 pm, Tu & Th 1 - 4:30 pm.*

**Salvation Army Community Assessment and Assistance Program (CAAP)**  
[www.virginiasalvationarmy.org/fredericksburgva/programs/](http://www.virginiasalvationarmy.org/fredericksburgva/programs/)  
Fredericksburg 540-373-3431

*Food, clothing, utilities, rent and mortgage assistance for those in need.*

**+St. Vincent DePaul Society, St. Faustina Conference**

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

Spotsylvania 540-834-5555 (St. Matthew's Catholic Church)

*Financial assistance for rent, electric, gas, water, medications. Serves only residents of Spotsylvania County.*

**+St. Vincent DePaul Society, St. Jude's and St. Mary's Catholic Churches**

[www.stjudechurch.us/event/financial-assistance-outreach-st-vincent-de-paul/](http://www.stjudechurch.us/event/financial-assistance-outreach-st-vincent-de-paul/)

Fredericksburg 540-898-8065

*Previously the Eastland United Methodist Church. Serves residents of Fredericksburg; Counties of Spotsylvania, Stafford, King George, and Caroline. Assistance for rent, utilities, food vouchers, Applicants must meet with a Counselor to determine need. Each Thursday evening, sign-up begins at 5 pm; interviews at 6 pm. Come to parking lot in rear of the above address.*

## **EMOTIONAL NEEDS**

### **Counseling Services**

#### **REGION-WIDE/OUTSIDE REGION**

**+Catholic Charities Family Services**

[www.ccca.net/programs\\_family.php](http://www.ccca.net/programs_family.php)

North Region (Arlington, Fairfax, Loudoun Counties and Manassas) 703-425-0109

Irma Sandoval, Intake Coordinator [irma.sandoval@ccca.net](mailto:irma.sandoval@ccca.net)

South Region (Woodbridge and Spotsylvania and Westmoreland Counties) 540-371-1124

Lee Ann Pompeii, Intake Coordinator; [lpompeii@ccca.net](mailto:lpompeii@ccca.net)

*We offer transformational out-patient counseling services to individuals, couples, parent-child relationships, and families who live in Northern VA and surrounding areas. Clients often seek services for issues such as: Anxiety; Depression; Grief and Loss; Marital and Premarital Concerns, and; Parenting Concerns. Our intake process is easy and requires only that you call to initiate services. When you call, a staff member or volunteer will discuss your situation briefly on the phone.*

**Formed Families Forward**

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

Fairfax 703 539-2904

Kelly Henderson  
info@FormedFamiliesForward.org

*A non-profit supporting families formed through foster care, adoption and kinship care in Northern Virginia. Offers consultation and support to families and agencies to assist in meeting its mission. Provides a thorough Formed Families Resource Directory that can be accessed via its website.*

### **Postpartum Support Virginia**

www.postpartumva.org  
703-829-7152  
fairfax@postpartumva.org; fairoaks@postpartumva.org

*Counseling support and resources for perinatal mood and anxiety disorders (PMADs) and grief and loss.*

### **\*Postpartum Wellness**

postpartumwell.com  
Arlington and McLean 703-772-5097  
info@postpartumwell.com

*Postpartum Wellness is a group of mental health professionals, massage therapists, and newborn care specialists that are committed to helping women through their transition into motherhood. Their experts have a range of experience and training to help meet the unique needs of all women. Open 7 days a week, with early morning to late evening appointments available.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

### **ADAPT (Anger and Domestic Abuse Prevention and Treatment)**

www.fairfaxcounty.gov/familyservices/domestic-sexual-violence/anger-domestic-abuse-prevention-treatment  
Fairfax County 703-968-4052 or 703-360-7273 (24/7 hotline)

*Offers groups at different locations throughout Fairfax in Chantilly, Reston, Merrifield and South County. An 18-week, state-certified domestic violence intervention program utilizing a compassionate approach. Teaches emotional regulation skills to those who have been physically, emotionally, or sexually abusive to a spouse, partner, child, parent or other family member. Reduced fees for county residents with documented financial need.*

### **+Alpha Omega Clinic**

www.aoclinic.org  
Alexandria & Fairfax 301-767-1733  
Ann Samperio; info@aoclinic.org and annsamperio@gmail.com

*Our mission is to promote mental health and marriage & family flourishing through quality, affordable mental health services that are integrated with the fullness of the Catholic faith. We offer individual, couples and family psychotherapy, as well as psychological and psychoeducational assessments. Our clinicians are trained in the resolution of a broad range of psychological, emotional, social and educational problems, and remain faithful to the Magisterium of the Catholic Church. We seek to aid clients to overcome human barriers to living their faith, and thus offer a holistic perspective which works with their faith rather than against their faith. Our clients' relationship with their parish and their spiritual life is an important component of working with them to promote their dignity and value as a whole person.*

**Associate Counseling Center; John and Janet Raymond**

[www.associatecounselingcenter.com](http://www.associatecounselingcenter.com)

Vienna: 703-999-5568 (Janet); 703-999-5567 (John)

*Husband and wife Christian counseling team works with couples, individuals, groups and families. They do couples counseling together. Out of network with possible reimbursement is \$125/hour. Most who have insurance usually get 50% reimbursement. Trauma groups with a sliding scale (\$24-40/visit). They serve Fairfax, Vienna, McLean, Oakton, Alexandria, DC, Winchester, Front Royal.*

**Capital Caring Headquarters**

[www.capitalcaring.org/get-help/our-services/counseling/](http://www.capitalcaring.org/get-help/our-services/counseling/)

Alexandria 703-531-6090

Falls Church 703-538-2065

*Grief support services available to anyone in our community who has experienced the death of a loved one, offered at no charge. Highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.*

**+Catholic Charities of the Diocese of Arlington Pregnancy and Adoption Services (additional listings under Birth Support and Parenting Support)**

[www.cdda.net/Need-Help/Pregnancy-and-Adoption/I-m-Pregnant/](http://www.cdda.net/Need-Help/Pregnancy-and-Adoption/I-m-Pregnant/)

Fairfax 703-973-0129

Meaghan Lane; [meaghan.lane@cdda.net](mailto:meaghan.lane@cdda.net)

*Empowering Families to make well thought out and informed decisions regarding what is best for them and for their children through counseling, resources, support and encouragement. To learn more about making an adoption plan, call or text us any time at 703-973-0129 to talk with a pregnancy counselor and learn more about the options available to you when you make an adoption plan. Financial support, housing support and prenatal care may be available. No cost. No obligation. To learn more about home study services or the various adoption programs or to request community education or program materials, please email us at [adoptinfo@cdda.net](mailto:adoptinfo@cdda.net) or visit [cdda.net](http://cdda.net) to learn more.*

**Center for Family Services - Virginia Tech Northern VA Center**



[www.nvc.vt.edu/mft/cfs-about.html](http://www.nvc.vt.edu/mft/cfs-about.html)  
Falls Church 703-538-8470

*Therapy hours: M: 11 am - 2 pm; Tu, W, Th, 5 pm - 8 pm; Sa: 9 am - 12 pm. Individuals, couple, and family therapy for clients (English and Spanish) with a wide range of concerns, including pornography. Counselors are students (supervised). They do not provide evaluations or psychiatric services. Fees on sliding scale based on income, household size, ability to pay. Fees range from \$15-65 per 50-minute session. If more than one family member needs services, they are provided at no additional cost per week. No insurance is accepted.*

### **Center for Pastoral Counseling**

[www.pastoralcounseling.com](http://www.pastoralcounseling.com)  
Multiple locations 703-903-9696

*Professional approaches of traditional psychotherapy combined with the wisdom of spirituality and faith traditions.*

### **Child and Family Counseling Center**

[www.cfcc.info](http://www.cfcc.info)  
Woodbridge 703-670-5738  
Renee Burdette, MD  
Mary Hart-Johnson, Psychiatric Nurse Practitioner  
[drjcris@aol.com](mailto:drjcris@aol.com)

*Private mental health facility providing services to children, teens, and adults.  
Hours: M - Th, 8 am - 12 pm and 1 - 4:30 pm, Fri 8 am -12 pm and 1 - 4 pm.*

### **\*City of Alexandria Domestic Violence Program**

[www.alexandriava.gov/domesticviolence](http://www.alexandriava.gov/domesticviolence)  
Alexandria 703-746-4911 - 24 Hour Confidential Hotline

*They offer a 24-hour confidential hotline, Safe House, individual supportive counseling, support groups, court accompaniment and medical accompaniment. Must be a City of Alexandria resident.*

### **\*City of Alexandria Sexual Assault Center**

[www.alexandriava.gov/sexualviolence](http://www.alexandriava.gov/sexualviolence)  
Alexandria 703-683-7273 - 24-Hour Confidential Hotline

*They offer a 24-hour confidential hotline, individual supportive counseling, support groups, short-term therapy, court and medical accompaniment. Must be a City of Alexandria resident.*

### **Cornerstone Professional Center**

[www.cornerstoneprofessionalcenter.com](http://www.cornerstoneprofessionalcenter.com)  
Fairfax 703-591-2551, Ext. 210

*Group of counselors offering their services to the local community in a Christ-centered environment. Group includes clinical psychologists, licensed clinical social worker, licensed professional counselors, and licensed marriage and family therapist.*

**Crossroads Family Counseling Center**

www.crossroadsfamilycounselingcenter.com

Fairfax 703-380-9045

Sheri Mitschelen, sheri@crossroadsfamilycc.com

*Provides child, adolescent, family and adult therapy; utilizes boys, girls and middle school social skills work groups; also has several play therapy classes.*

**Curt Thompson & Associates, LLC**

www.curtthompsonassociates.com

Falls Church 703-241-2664

Jodi Witnore; jodi@beingknown.com

*Curt Thompson, MD & Associates is a psychiatric and counseling practice that offers relationally focused care in a context that is spiritually attuned and scientifically informed.*

**Dolinsky, Harriet, LCSW, Private Practice** www.psychologytoday.com/us/therapists/harriet-dolinsky-herndon-va/52945

Herndon 703-468-8805

*Clinical social work/therapist. Specialties: anxiety, grief, pregnancy, prenatal, postpartum. 30 years experience and success working with many issues.*

**\*Fairfax County Office for Women & Domestic and Sexual Violence Services**

www.fairfaxcounty.gov/dfs/women/ofw/dsvs-overview.htm

Fairfax County 703-246-4583

Hotline (24 Hours): 703-360-7273;

Domestic Violence Action Center: 703-246-4573

Office for Women & Domestic and Sexual Violence Services: 703-324-5730

*Counseling Services for anyone who has experienced domestic, sexual violence, stalking or human trafficking.*

**+Fountain of Life**

**Lisa Klewicki, Ph.D**

www.fountainoflife.us

Falls Church 703-790-5433

*Fountain of Life clinicians seek to build up individuals, couples, and families so that they can realize and use their God-given abilities to their fullest. We accomplish this through a holistic view of the person. All members of the practice integrate Catholicism or Christianity principles into their practice.*

**Haven of Northern Virginia**

www.havenofnova.org  
Annandale 703-941-7000  
havenofva@verizon.net

*Nonsectarian community organization of trained volunteers that offers emotional support and counseling services to the bereaved, the seriously ill, the dying and to their families and friends. Haven also provides education to the community about the needs of those who are grieving.*

**Hope Counseling Center**

www.joneshccva.wixsite.com/hopecounseling  
Chantilly 703-378-1011

*Clinical counseling strategies from a Christian worldview with sound biblical truth covering a variety of specialties including pornography. Specialized treatment of: abuse, anger, anxiety, career, grief, family, divorce, parenting, PTSD, self-esteem, marital, eating disorders, and many more. \$100 for a 45-50 minute session with certified counselor, \$50 for appointments with interns. A fee of \$50 will be charged for all appointments not cancelled within 24 hours of appointment time. An asterisk by the counselor's name indicates they specialize in biblically-based counseling.*

**INOVA Kellar Centers**

www.inova.org/Kellar  
Fairfax & Sterling 703-218-8500

*Behavioral health services for children and families.*

**Kerr, Eileen, LPC**

www.catholictherapists.com/eileen-kerr-lpc  
Vienna 703-281-4928, Ext. 438

*I am a Christ centered therapist and see that the first thing I can do for my clients is to pray for them and then work on their needs. I work at a secular setting, yet I am able to completely incorporate my pastoral approach to the therapy. Work with adults and couples.*

**Life Christian Counseling Network**

www.lifechristiancounseling.com  
301-292-2778 or 888-283-4220  
info@lifechristiancounseling.com

*Locations: Virginia: Alexandria, Arlington, Fairfax Station, Gainesville; also Maryland and Washington DC. Multiple professional counselors offering pre-marital counseling, marriage, substance abuse, sexual abuse, domestic violence, grief/loss counseling, etc. Also, postpartum*

*counseling and other family counseling. Fees range from \$75 to \$175 per session depending on the credentials and experience of the counselor and family income of the client. Fees and insurance reimbursement are discussed when appointment is scheduled. Daytime, evening and weekend appointments are available. Although they do not bill to insurance directly, if a client has out of network benefits, they can often get reimbursed for a percentage of the fee.*

**Christina Schultz**

www.newdirectionscounseling150.com/  
Falls Church (703) 462-8644  
Christina Schultz; newdirectionscounseling150@gmail.com

*Ms. Schultz, Resident in Counseling, Supervised by Thomas Lamp, LPC, New Directions Counseling Group, offers meaning-centered counseling for adults and couples coping with bereavement, perinatal loss, postpartum mood and anxiety disorders, birth and caregiver trauma, depression, anxiety, anger, caregiver strain, first responder issues, and marital issues. Ms. Schultz, a practicing Catholic with a Pastoral Counseling graduate degree, has experience integrating Catholic principals and tools for individual and couple clients upon request.*

**NVFS - Multicultural Center**

www.nvfs.org/multiculturalcenter  
Falls Church 571-748-2800  
Info and Intake: 571-748-2818  
Legal Direct Line: 571-748-2806

*Provides wide range of counseling and mental health services (individuals, couples, families), particularly for individuals and families new to the U.S. Languages spoken: Amharic, Arabic, English, Farsi, French and Spanish.*

**Northern Virginia Licensed Professional Counselors; Mary Tiernan Brough, LPC**

www.nvlpc.org/members/?id=24407217  
Reston 703-471-0744

*Offers help for women's issues especially postpartum depression, infertility, and miscarriage.*

**Nurture Child and Family PLLC**

nurturechildrenandfamily.com  
McLean 703-341-5995  
Mark Gardner, LCSW

*Child psychiatric counseling services.*

**Restoration One Ninety-Nine (R1:99)**

www.r199.org  
Falls Church and Washington DC  
info@R199.org

*Counseling for survivors of sexual/human trafficking. Confidential and can only be reached by email. Payment for services is on a sliding fee scale for those who qualify.*

**Sims, Benta, LPC**

www.bentasimslpc.com

Falls Church 703-244-9232

benta@bentasimslpc.com

*Counseling services.*

**The Counseling Group of Fairfax**

fairfaxcounselinggroup.com

Fairfax 703-385-7600

Terri Adams, LCSW

Karen Roessler, LPC

*Terri Adams, LCSW and Karen Roessler, LPC work together to serve their clients, each with their own specialities.*

**Time to Fly Foundation**

www.timetofly.org

Reston 877-570-9488

more info@timetofly.org

*Faith based nonprofit helping abused women and children.*

**Turning Point program, Fairfax-Falls Church Community Services Board**

www.fairfaxcounty.gov/community-services-board/services/turning-point

Fairfax-Falls Church 703-383-8500;

(24/7) Emergency: 703-502-7000

Detox: 703-573-5679

*Coordinated services for young people having or at risk of a first psychotic episode. Provides services for people of all ages who have mental illness, substance use disorders and/or developmental disabilities.*

**REGION 2: Arlington County**

**Capital Caring**

www.capitalcaring.org/get-help/our-services/counseling/

Arlington 703-351-2800 (Telestar Ct) and 703-525-7070 (N 15th St)

*Grief support services available to anyone in our community who has experienced the death of a loved one, offered at no charge. Highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.*

**McLean Christian Counseling** (formerly McLean Bible Church Counseling Center)  
www.mcleanchristiancounseling.com  
Dulles area, Fairfax, and McLean

*Biblically-centered counseling service for individuals, couples, and families. Fees may be reimbursable through insurance.*

**New Life Ministries**  
www.newlife.com/counselors  
800-NEW-LIFE or 800-639-5433  
Becky Brown, Director of Counseling

*Hotline that assists callers in connecting with a Christian counselor based on their specific emotional & geographic needs. A callback request can also be completed online.*

**NVFS - Multicultural Center**  
www.nvfs.org/multiculturalcenter  
Arlington 571-748-2978  
Info and Intake: 571-748-2818  
Legal Direct Line: 571-748-2806

*Provides wide range of counseling and mental health services (individuals, couples, families), particularly for individuals and families new to the U.S. Languages spoken: Amharic, Arabic, English, Farsi, French and Spanish.*

### **REGION 3: Loudoun County**

**Capital Caring**  
www.capitalcaring.org/get-help/our-services/counseling/  
Aldie 703-957-1800

*Grief support services available to anyone in our community who has experienced the death of a loved one, offered at no charge. Highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.*

### **Region 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

**Capital Caring**  
www.capitalcaring.org/get-help/our-services/counseling/  
Fredericksburg 540-891-1200

*Grief support services available to anyone in our community who has experienced the death of a loved one, offered at no charge. Highly personal comfort, hope, and support to every family*

*experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.*

**+Church of the Holy Spirit Healing Ministry Prayer Appointments**

www.holyspiritleesburg.org/prayer-and-healing-ministry/  
Leesburg 703-726-0777

*Prayer appointments, typically for 60 or 90 minutes (longer as needed), for those who desire or need extensive prayer. You will meet with a team of two Prayer Team ministers for an interactive prayer session that can include prayer for physical, emotional or spiritual healing. Often people come to receive inner healing from past traumas, fears or limiting beliefs, or freedom from afflicting spirits; but your needs may well be different. To schedule an appointment, if you are contacting us for the first time, visit the website. You will be asked to fill out some forms to complete and return to the church office. Once the completed forms are returned, we will contact you to schedule an appointment. All prayers are treated with the utmost confidentiality. This church partners with Mosaic.*

**Rappahannock Area Community Services Board** (formerly Kenmore Club)

rappahannockareacsb.org  
Fredericksburg 540-373-3223

*Provides services for mental health, intellectual disabilities, substance abuse problems and prevention. They serve the counties of Stafford, Spotsylvania, King George, Caroline and the City of Fredericksburg.*

**Revive Arlington - Domestic & Sexual Violence Counseling Program - connects you to: Doorways for Women & Families**

www.doorwaysva.org  
Main Office: 703-504-9400  
24-hour Hotline: 703-237-0881

*Supports survivors of domestic violence, sexual assault, dating violence and/or stalking, including adults, youth and children. Offers trauma-informed short-term counseling in multiple languages. They also refer Arlington residents to a shelter. Will not give location to anyone other than the victim.*

**Safe Harbor Christian Counseling**

www.safeharbor1.com  
800-305-2089

*Individual, couples and family therapy are included. Sliding scale payments and insurance accepted. Counselors in Alexandria, Arlington, Bristow, Manassas, McLean, Midlothian, Springfield, and Stafford.*

**Snowden of Fredericksburg**

www.mwhc.com  
Fredericksburg Main: 540-741-3900  
Direct: 540-741-3912  
Jo Ellen S. Armstrong, MSA, Operations Manager

*A private, dedicated facility on the campus of Mary Washington Hospital. Provides treatment of various disorders, comprehensive behavioral health services, emergency services, crisis intervention teams, psychiatric emergency walk-in services, inpatient, outpatient, and community care. Accepts medicaid/medicare, client/patient fees, sliding fee scales.*

### **The Sunshine Lady House for Mental Health Wellness and Recovery**

www.racsb.state.va.us  
Fredericksburg 540-374-3386

*The Mental Health Crisis Stabilization Programs offers therapeutic counseling and utilizes mental health recovery concepts and Wellness Recovery Action Plan (WRAP) principles. Services are directed toward the overall wellness of the individual to include integrated treatment activities to serve persons with co-occurring disorders. Open 24 hours.*

## **EMOTIONAL NEEDS**

### **Perinatal Hospice and Infant Loss Support**

This is intended to be a list of local resources for perinatal hospice and infant loss support. However, there is more support available for nationally. Please visit

[www.divinemercycare.org/resourcesandlinks/](http://www.divinemercycare.org/resourcesandlinks/) → Maternity Care for national groups that will be able to help.

### **REGION-WIDE/OUTSIDE REGION**

#### **Forever Angels of Virginia**

foreverangelsofvirginia.com  
Stephens City 540-664-2601

*Free burial garments created from wedding dresses.*

#### **Haven of Northern Virginia**

See EMOTIONAL NEEDS - Counseling Services

#### **Now I Lay Me Down to Sleep**

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



*National organization with information about local compassionate and sensitive photography services.*

**Postpartum Support Virginia**

www.postpartumva.org

703-829-7152

fairfax@postpartumva.org; fairoaks@postpartumva.org

*Counseling support and resources for perinatal mood and anxiety disorders (PMADs) and grief and loss.*

**Washington Regional Transplant Community**

www.beadonor.org

703-641-0100

*Organs and tissues donation option, recovery and placement, and providing care for families.*

**REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

**Cremation Society of Virginia**

virginiacremate.com/locations/chantilly-cremation

Chantilly 888-967-9194

Clarence Preston

*Cremation services, medical examiner certification: \$525.*

**Daughters of Grace Doula Service**

www.humblemissisonbeads.com

Fairfax 386-916-9748

Alison Rizzuto; alisonrizzuto@gmail.com

*We provide bereavement boxes (or miscarriage kits) for families that have learned their babies have passed away. The boxes include information about how the contents can be used to help families recover the body of their baby and care for themselves during such a challenging and difficult time.*

**Direct Cremation Services**

directcremationservicesofvirginia.com

Chantilly 703-584-4927

*Cremation services for fetal demise or live birth: \$350.*

**+Divine Mercy Care**

See MATERIAL NEEDS - Baby Needs

**+Embracing Grace**

www.embracinggraceva.org  
McLean 703-841-3810  
Sarah; embracinggracepeer@gmail.com

*Embracing Grace is a peer support and network of resources for women and families who receive a prenatal diagnosis and chose to carry their child to term. Embracing Grace is the peer support component within a perinatal model of care.*

**Fairfax Memorial Funeral Home**

www.fairfaxmemorialfuneralhome.com  
Fairfax 703-425-9702

*Funeral, cremation, and burial services. Contact Kara Palladino at A Mom's Peace, 571-781-2419.*

**Funeral Choices of Chantilly**

www.funeralchoices.com  
Chantilly 703-378-6896

*Cremations services, family receives ashes; price of \$200 negotiated to IFOH patients.*

**+Kristen Anderson Perinatal Hospice**

www.tepeyacobgyn.com/kristen-anderson-perinatal-hospice/  
Fairfax 703-273-9440  
On-Call Doctor after Hours: 888-724-3845

*Tepeyac OB/GYN's doctors provide medical, spiritual, and emotional support and care through pregnancy, labor, delivery, and postpartum in the case of a poor diagnosis for an unborn baby.*

**\*Life After Miscarriage, Perinatal Loss, and Stillbirth (LAMPS)**

www.lifeaftermps.org  
Fairfax  
Sarah Novac; LifeAfterMPS@gmail.com

*Meets 2nd Tuesdays from 7:30 - 9:30 pm at Pender United Methodist Church, Fairfax. Caution: Pro-choice leadership.*

**\*MIS Share (Miscarriage, Infant Loss and Stillbirth)**

www.misshare.org  
Falls Church 703-629-4529  
Carolyn Mara; carolynmarava@gmail.com  
703-326-9262

Maria Robles for Spanish-speaking

*Information, support, and comfort to grieving parents who have experienced the death of their baby during pregnancy, or after birth. Also has monthly support group meeting in Falls Church. Support groups include a group for Subsequent Pregnancy After Loss (SPAL). Caution: website includes links to mental health providers whose treatment includes termination due to genetic anomaly and selection reduction of multiples.*

**Money and King Funeral Home**

www.moneyandking.com  
Vienna 703-998-7440

*Funeral, cremation, and burial services. Contact Kara Palladino at A Mom's Peace, 571-781-2419.*

**Mount Comfort Cemetery**

www.dignitymemorial.com/funeral-homes/alexandria-va/mount-comfort-cemetery/0424  
Alexandria 703-765-3800

*Cemetery services.*

**The Compassionate Friends, Fairfax Chapter**

www.tcffairfax.org  
Fairfax 703-622-3639  
fairfaxtcf@gmail.com

*Meets at St. Mary's Church (Historic Hall) 1st Wednesdays at 7:30 pm.*

**REGION 2: Arlington County**

**Columbia Gardens Cemetery**

www.columbiagardenscemetery.org  
Arlington 703-527-1235  
info@columbiagardenscemetery.org

*Cemetery services.*

**The Compassionate Friends**

www.compassionatefriends.org/about/  
www.tcfarlington.org  
301-530-1115 or 301-520-0225

*Meets at Trinity Presbyterian Church 2nd Thursdays at 7:30 pm.*

### **REGION 3: Loudoun County**

#### **\*Kirra Faith Foundation**

www.kirrafaithfoundation.org  
(808) 861-5075

*Stillbirth peer support and organizers to help with free nursery disassembly after a loss.*

#### **\*Life After Miscarriage, Perinatal Loss, and Stillbirth (LAMPS)**

www.lifeaftermps.org/  
Leesburg  
Sarah Novac; LifeAfterMPS@gmail.com

*Leesburg Group - Meets 3rd Tuesdays of from 7:30 - 9:30 pm at Leesburg Junction, Leesburg.  
Caution: Pro-choice leadership.*

#### **St. John the Apostle Cemetery**

www.saintjohnleesburg.org  
Leesburg 703-777-1317

*For infants less than 20 weeks. Contact Kara Palladino at A Mom's Peace 571-781-2419 for assistance.*

### **REGION 4: Prince William County, Manassas, and Manassas Park**

#### **+A MOM'S Peace (Mothers of Miscarried & Stillborn Souls)**

www.amomspeace.com  
Nokesville 571-781-2419  
Kara Palladino; info@amomspeace.org

*A Lay Apostolate for Mothers Of Miscarried and Stillborn Souls. As a non-profit apostolate, we discreetly support families with bereavement, burial, and remembrance assistance. We serve all families, regardless of income or religious beliefs. Explore our site and see how we can assist you, from burial to remembrance to memorials. We are here for your family.*

#### **Evelyn's Treehouse**

www.evelynstreehouse.org  
Haymarket  
Hannah Sudlow; hello@evelynstreehouse.org

*Our mission at Evelyn's Treehouse is to come alongside new families in the hospital that have received a life-changing medical diagnosis for their child by offering support and resources.*

*These resources will help empower & equip families to confidently live out their new role as special needs parents.*

**The Compassionate Friends, Prince William Chapter**

www.tcfprincewilliam.org

Manassas 571-535-4490

Shane; info@tcfprincewilliam.org

*Meets at Buckhall United Methodist Church Shane 3rd Tuesdays at 7 pm.*

**REGION 6: Clarke County, Frederick County, Warren County**

**Direct Cremation Services**

directcremationservicesofvirginia.com

Stephens City 540-686-1330

*Cremation services for fetal demise or live birth: \$350.*

**Enders and Shirley Funeral Home**

www.endersandshirley.com

571-781-2419

Berryville 540-955-1062 (Clarke County)

Stephens City 540-869-1563 (Frederick County)

*They offer their services unless the location is too distant from the funeral homes. They do not charge for services involving the death of an infant/baby or miscarriage. Fees for urns for cremation, etc. apply. Contact Kara Palandeno at a Mom's Peace.*

**+FiLumena Bereavement**

www.filumenabirth.com

Winchester 540-514-1607

Laura Ricketts; filumenabirth@gmail.com

*The mission of FiLumena Bereavement is to serve, support, and inform mothers and families who experience miscarriage, later-term miscarriage, or stillbirth, and to educate and inform health care professionals, pregnancy help providers, and clergy so they may better serve families who experience the loss of a preborn child.*

**H.O.P.E. (Helping Other Parents Endure) Pregnancy and Infant Loss Support Group**

www.zannashope.com/h-o-p-e

Front Royal 703-615-3725

Robin L. Schroeder; robinlschroeder@outlook.com

*Rockland Community Church, 2nd Tuesdays at 7 pm. Support group following pregnancy and infant loss.*

**Jones Funeral Homes**

www.jonesfuneralhomes.com  
Stephens City 540-869-4072  
Winchester 540-662-2523

*Funeral, cremation, and burial services. Contact Kara Palladino at A Mom's Peace, 571-781-2419.*

## **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

### **Healing Through Support at Mary Washington Hospital**

www.marywashingtonhealthcare.com/Our-Services/Women-Children/Pregnancy-Motherhood/Perinatal-Bereavement.aspx  
Fredericksburg 540-741-3268  
Tammara Ruiz, RN; Tammara.ruiz@mwhc.com

*Perinatal bereavement support.*

### **+Miscarriage Matters**

www.mymiscarriagematters.org  
Fredericksburg 833-MM-HELPS (833-664-3577)  
Esther Stanard; miscarriagem@mymiscarriagematters.org

*Miscarriage Matters, Inc. is a 501(c)3 public charity offering global support to parents devastated by miscarriage and stillbirth through programs that educate the public, inspire healing through service to others, and empower the hurting.*

*Programs include: Live Chat: An instant connection for those in need; Miscarriage Matters 2 Men: Mentoring program provided by men to grieving fathers; Miscarriage Matters en Espanol: Mentoring (based on Women of Empowerment program) to support Spanish-speaking sisters in loss; and Women of Empowerment Program: Mentoring program using a Big Sister/Little Sister support approach.*

### **Virginia SIDS Alliance**

facebook.com/Virginia-SIDS-Alliance-91126940869/  
Fredericksburg 540-741-3268  
Tammy Ruiz

*Support group meeting 4th Thursday of every month at 7 pm at Mary Washington Hospital.*

## **EMOTIONAL NEEDS**

# **Men's Programs**

## **REGION-WIDE/OUTSIDE REGION**

### **National Fatherhood Initiative**

www.fatherhood.org  
301-948-0599

*A national organization that provides support to other organizations learn to better engage fathers. Provides free resources, statistics, skill-building resources, etc. to create a world in which every child has a 24/7 dad.*

### **Paternity Establishment Program**

www.vapaternity.org  
Richmond 866-398-4841  
vapep@csfmail.org

*For adding father's name to birth certificate.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

### **Metro Women's Care**

See MEDICAL NEEDS - Pregnancy Centers

### **NOVA Pregnancy Help Centers**

See MEDICAL NEEDS - Pregnancy Centers

## **REGION 5: Culpeper, Fauquier County**

### **Warrenton Pregnancy Center**

See PRACTICAL NEEDS - Pregnancy Centers

## **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

### **+Miscarriage Matters 2 Men**

www.mymiscarriagematters.org/miscarriage-matters-2-men.html  
Fredericksburg 833-MM-HELPS (833-664-3577)  
Andrew; mm2m@mymiscarriagematters.org

*Mentoring program provided by men to grieving fathers.*

## **PRACTICAL NEEDS**

# **Adoption Agencies and Attorneys**

## **REGION-WIDE/OUTSIDE REGION**

### **\*Adoptive Family Preservation**

[www.adopt-va.org/vdss.html](http://www.adopt-va.org/vdss.html)

Richmond 804-353-4461 or 888-821-HOPE

*The Adoptive Family Preservation (AFP) program is a post-legal adoption service delivery system funded by the Virginia Department of Social Services. AFP provides case management, crisis intervention, counseling, parent support groups, and children's support/activity groups, advocacy, assistance with the school system, and informational and referral services to adoptive families throughout the state of Virginia anytime after adoption.*

### **Formed Families Forward**

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

Fairfax 703 539-2904

Kelly Henderson; [info@FormedFamiliesForward.org](mailto:info@FormedFamiliesForward.org)

*A non-profit supporting families formed through foster care, adoption and kinship care in Northern Virginia. Offers consultation and support to families and agencies to assist in meeting its mission. Provides a thorough Formed Families Resource Directory that can be accessed via its website.*

### **+National Safe Haven Alliance**

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

623-428-1308

Hotline: 888-510-2229

*Supports states' efforts to prevent infanticide and newborn abandonment through safe-haven relinquishments. Virginia has an "Infant Abandonment Law" or "Baby Safe Haven" law which enables a person to relinquish an unwanted infant anonymously to any 24/7 emergency room and other sites.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

### **Adoptions Together**

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

Springfield 703-689-0404

*Private, non-profit 501(c)(3) agency assisting with adoptions. Also have a branch in Maryland.*

### **\*Alexandria DCHS Social Services Adoption**

[www.alexandriava.gov/dchs](http://www.alexandriava.gov/dchs)

Alexandria 703-746-5700



*Licensed public child placement agency providing counseling to pregnant women.*

**America World Adoption**

www.awaa.org

McLean 800-429-3369 or 703-356-8447 (703-346-4921)

Abby Konyndyk, on-call for women going into labor

*Building families according to God's design of adoption, while caring for vulnerable children around the world.*

**+Bethany Christian Services**

www.impregnant.org

Fredericksburg 703-385-5440; 24/7 hotline 800-238-4269 (800-BETHANY)

Kristen Schlee; kschlee@bethany.org

540-903-5479

*Fredericksburg is the physical office. They have remote workers in Fairfax. You have choices and you are not alone! Our pregnancy counseling program offers free, confidential options counseling to women and men facing unplanned pregnancies. We walk beside expectant parents as they choose a future and make a plan for their child. We encourage and facilitate open adoptions and provide free post-placement counseling and ongoing support groups for those who choose to make an adoption plan for their baby. We pour in grace, information and compassion, and trust that the time we invest in expectant parents will bring confidence and strength for the journey. Our 1-800-BETHANY "Lifeline" offers assistance by phone, text, and email 24 hours a day, 7 days a week.*

**Catholic Charities Pregnancy and Adoption Support**

www.ccca.net/Need-Help/Pregnancy-and-Adoption/I-m-Pregnant/

Fairfax

703-937-0129 (24/7 on-call number)

703-425-0100 (main office number)

adoptinfo@ccca.net

*If you are pregnant and need help, you do not need to figure this out on your own. Call or text us at any time 24/7 at 703-973-0129 to speak with a pregnancy counselor and learn more about the help and options available to you.*

**+Christian Alliance for Orphans**

www.cafo.org

202-460-8157 or 571-236-6833

Rachel Medefind; rachel.medefind@gmail.com

The Christian Alliance for Orphans (CAFO) unites 190+ respected organizations and over 650 church members. Our joint initiatives inspire and equip Christians to live out effectively the Bible's call to care for orphans and vulnerable children. CAFO members join in coordinated initiatives that grow effective adoption, foster care and global orphan care rooted in the local church. These include the annual CAFO Summit, the Orphan Sunday campaign, the Global Movements Initiative, the National Foster Care Initiative, the Applied Research & Best Practice Initiative, the National Church Ministry Initiative, and more.

**Cradle of Hope Adoption Center, Inc.**

www.cradlehope.org  
Tyson's Corner 703-352-4806  
info@cradlehope.org

*Offers caring and compassionate support services for women who are going through an unexpected pregnancy or are already parenting a young child and want to consider adoption. The staff provides support and guidance in the adoption decision, selecting an adoptive family and throughout the adoption process. Helps obtain health insurance and prenatal care, and with transportation, rent, utilities, food, maternity clothing and living expenses. Also helps with the emotional and practical parts of adoption.*

**\*Fairfax County Department of Family Services**

www.fairfaxcounty.gov  
Fairfax 703-324-7500

*Includes adoption and foster care, child and adult protective services, public assistance programs, adult and aging services and childcare/early childhood education programs.*

**Jones, Barbara C., Private Adoption Attorney**

www.joyfuladoptions.com  
Clifton 703-222-1101

*Practice Areas: domestic adoption, birth parents, adoptive parents, children, intercountry adoption, interstate (ICPC) adoption, special needs children.*

**The Barker Foundation**

www.barkeradoptionfoundation.org  
Falls Church, VA and Bethesda, MD 301-664-9664  
info@barkerfoundation.org

*A non-profit comprehensive adoption agency licensed in Maryland, Virginia and Washington, DC.*

## **REGION 2: Arlington County**

### **\*Arlington County Child and Family Services**

[www.family.arlingtonva.us](http://www.family.arlingtonva.us)

Arlington 703-228-1550

*Adoption services and counseling, birth parent support groups, maternity homes and shepherding homes.*

### **+Siena Adoption Services**

[siennaadoptionservices.com](http://siennaadoptionservices.com)

Arlington 571-215-4118

Margaret Luckey, Executive Director; [siennaadoptionservices@gmail.com](mailto:siennaadoptionservices@gmail.com)

*To provide adoption services (including home studies) at a significantly reduced rate so expense is never a prohibiting factor in finding a home for a child. No family or child should be left wanting for a home because of cost.*

## **REGION 4: Prince William County, Manassas, and Manassas Park**

### **Robert H. Klima, P.C.**

[www.rhklima.com](http://www.rhklima.com)

Manassas 703-361-5051; 703-330-2090

*Practice Areas: contested adoption, domestic adoption, grandparent representation, Interstate (ICPC) Adoption, mediation.*

## **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

### **+Bethany Christian Services**

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

Fredericksburg 703-385-5440

24/7 hotline: 800-238-4269 (800-BETHANY)

Kristen Schlee, Expectant Parent Advocate/Pregnancy Counselor; [kschlee@bethany.org](mailto:kschlee@bethany.org)

540-903-5479

*Fredericksburg is the physical office. They have remote workers in Fairfax. The nation's largest adoption and foster care agency that cares for women facing unplanned pregnancies and children without families. Faith-based, free, confidential, non-judgmental pregnancy counseling to women (and men) facing unplanned pregnancies.*

### **Children's Home Society of Virginia**

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

Fredericksburg 540-226-0583

Debra Wilson, Program Manager

*One of Virginia's oldest private adoption agencies. Independent, private, non-sectarian 501(c)(3) non-profit. Finds permanent, adoptive homes for children of all ages and provide critical support services to birth families, adoptive families and adoptees. Includes services to those who have aged out of foster care and also pregnancy counseling. Online, free. Helps expectant mothers to learn about adoption, the process, how to find an agency, and read birth mother stories. It is a project of the National Council for Adoption.*

**The DATZ Foundation**

www.datzfoundation.org

Vienna 703-324-7500

Mark Eckman, Director

*Private non-profit full serve adoption agency, 501(c)(3). No religious affiliation.*

## **PRACTICAL NEEDS**

### **Education, Job, and Legal Support**

#### **REGION-WIDE/OUTSIDE REGION**

**\*March of Dimes**

marchofdimes.org

Arlington 571-257-2330

*Various types of support and research for the support of mom's and babies; provides education to medical professionals, supports life-saving research, provides comfort and support to families in NICU's and advocates for those with the most need.*

#### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

**ACCA Child Development Center**

www.accacdc.org

Annandale 703-256-0100

*Full day, affordable early education and developmentally-appropriate care for ages 3 months to 5 years.*

**Adult Career Pathways (ACP)**

[www.nvcc.edu](http://www.nvcc.edu)

Alexandria and Fairfax 703-425-5245

*Aids women in employment searches, college enrollment.*

**Ayuda**

[www.ayuda.com](http://www.ayuda.com)

Falls Church 703-444-7009

*Multilingual (Spanish, French) legal and social services program serving battered immigrants.*

**Boat People SOS**

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

Falls Church 703-538-2190

*Immigrant integration through direct citizenship services for Vietnamese lawful permanent residents who do not otherwise have access to citizenship services.*

**Career Network Ministry (CNM) (McLean Bible Church)**

[www.mcleanbible.org/connect/career-help](http://www.mcleanbible.org/connect/career-help)

703-887-3000

Bob Korzeniewski

*CNM provides ministry and caring support to anyone in a work life transition. We offer moral and prayer support in a safe environment, and exchange information, ideas and resources. CNM also provides consultation and training for skill development, job search development, resume development, job search techniques, networking and interviewing techniques. We provide career assessment, including consultation on discovering your spiritual gifts, talents, interests, experiences and potential career options.*

**Catholic Charities' Job Ministry Christians Are Networking (CAN)  
(now known as Job Readiness Program JRP)**

[www.cdda.net/programs\\_jobs.php](http://www.cdda.net/programs_jobs.php)

703-841-3838

Alexandria 703-751-2766

St. Martin de Porres Senior Center

Falls Church 703-573-3808

St. Philip's  
Sally O'Dwyer

*Support, through faith-based ministry, people who are in career transition, providing a venue where they can prayerfully share job seeking ideas, leverage relationship capital and find opportunities to engage a broader network for employment opportunities.*

**Catholic Charities of the Diocese of Arlington Hogar Immigrant Legal Services**

www.hogarimmigrantservices.org  
Alexandria 703-534-9805  
Brooke Hammond Perez, Program Director

*Hogar Immigrant Services offers legal and immigrant services such as citizenship classes to help reunite families and help individuals obtain legal status so that they can find legal work in the U.S. Hogar also offers English for Speakers of other languages classes and support for those who want to learn English.*

**Center for Employment Training**

www.cetweb.org  
Alexandria 703-461-9767

*Job training classes and job placement assistance.*

**\*City of Alexandria online job resources**

www.alexandriava.gov/jobs  
Alexandria 703-746-HELP (4357)

*Job search support.*

**Corporate Gray**

www.corporategray.com  
Fairfax 703-690-6826

*Especially for job seekers with military experience; civilians welcome.*

**Fairfax County online job resources**

www.fairfaxcounty.gov/living/employment/  
Alexandria 703-FAIRFAX (703-324-7329)

**First Home Alliance**

www.firsthomealliance.org  
Woodbridge 703-580-8838

*HUD approved 501(c)(3) non-profit housing counseling agency that promotes financial literacy and economic self-sufficiency. Assists with mortgage payments when needed. Provides financial literacy classes. Promotes home ownership throughout Northern Virginia.*

**Just Neighbors**

www.justneighbors.org  
Annandale 703-979-1240

*Immigration legal services to low-income immigrants and refugees of all faiths and nationalities, especially those who are most vulnerable.*

**Legal Services of Northern Virginia**

www.lsnv.org  
Main Office 703-778-6800  
Fairfax 703-778-6800  
Alexandria 703-684-5566 and 571-482-2694

*Free legal assistance related to personal safety, income, housing, medical benefits, education or family stability to low-income residents.*

**NVFS - Multicultural Center Legal Services Hotline**

www.nvfs.org/multiculturalcenter  
Falls Church 571-748-2806

*Provides a wide range of mental health and case management services, particularly for individuals and families new to the U.S., with locations in Falls Church and Arlington from which clients can quickly become integrated into their new community.*

**NVFS - Training Futures Program**

www.nvfs.org/jobtraining  
Vienna 571-748-2863 (English and Spanish)

*Six-month program to train those seeking in-depth training in computer skills, office administration and business communication.*

**+Pregnant on Campus Initiative at George Mason University (sponsored by Students for Life)**

www.pregnantoncampus.studentsforlife.org/campus/gmu/  
Fairfax 571-379-7261  
Stephanie Smitstone; sstone@studentsforlife.org

*Provides services to students who are pregnant or parenting.*

**Restoration Anglican (“Restoration Immigration Legal Aid”)**

restorationarlington.org/rila/  
571-429-5410  
ila@restorationarlington.org

*Consultation and assistance filing for immigration benefits. Monthly clinics offered for those who qualify; by appointment only.*

### **ROCS Staffing**

www.rocsstaffing.com  
Herndon 703-579-6677

*Staffing and recruitment services company that helps businesses throughout the Northern Virginia and Washington, DC metropolitan areas find talent. Provides motivated recent grads for part-time and full-time jobs, temp-to-hire and direct hire placement and temporary help.*

### **Skill Source Employment Centers**

www.myskillsource.org  
Fairfax County 703-827-3782

*Multiple locations throughout Fairfax County. See website. Free job placement, training, and educational services to employers, job seekers, and incumbent workers.*

### **The Women's Center**

www.thewomenscenter.org  
Vienna 703-281-2657

*Career counseling.*

### **TIPS (Truro Internationals Programs and Services)**

Fairfax 703-273-1300, Ext. 530  
Nancy Prichard; tips@truroanglican.com

*TIPS seeks to meet and serve the practical, cultural/educational, social and spiritual needs of international students, visiting scholars, immigrants, international professional workers and diplomats, refugees and other international guests to the Northern VA/DC area.*

### **United Community** (formerly United Community Ministries)

See MATERIAL NEEDS - Clothing

### **\*Virginia Department of Social Services Division of Child Support Enforcement (DCSE)**

www.dss.virginia.gov/family/dcse/  
Fairfax 800-468-8894

*The DCSE helps custodial parents receive the proper child support. Click on the "apply" button on the above webpage to find out how to apply and for the "Child Support and You" guide which*



*provides more information on what child support is, who qualifies, what you need to apply, and what assistance you can receive.*

## **REGION 2: Arlington County**

### **Adult Career Pathways (ACP)**

www.nvcc.edu

Arlington 703-425-5245

*Aids women in employment searches, college enrollment.*

### **AHOME**

www.ahomeinc.org

Arlington 703-527-3854

*Free homeownership and financial literacy education classes and pre-purchase counseling to first time home buyers in Arlington County and surrounding communities and free foreclosure prevention counseling to homeowners in Arlington County. All classes taught in English and Spanish.*

### **+Catholic Charities of the Diocese of Arlington Office of Child Protection and Safety**

www.arlingtondiocese.org/about-us/offices/child-protection/

Arlington 703-841-3847

Deacon Marques Silva; r.silva@arlingtondiocese.org

*Outreach and support for victims of child abuse and their families.*

### **+Catholic Diocese of Arlington Office of Multicultural Ministries**

www.arlingtondiocese.org/multicultural

Arlington 703-841-3888

Corinne Monogue, Director

*Serves all ethnic communities located in the Diocese of Arlington and to serve as a resource to newcomers.*

### **Ethiopian Community Development Council**

www.ecdcus.org

Arlington 703-685-0510

*Serves African immigrants.*

### **Legal Services of Northern Virginia**

www.lsnv.org

Main Office 703-778-6800

Arlington 703-532-3733

*Free legal assistance related to personal safety, income, housing, medical benefits, education or family stability to low-income residents.*

**NVFS - Multicultural Center Legal Services Hotline**

www.nvfs.org/multiculturalcenter  
Arlington 571-748-2806

*Provides a wide range of mental health and case management services, particularly for individuals and families new to the U.S., with locations in Falls Church and Arlington from which clients can quickly become integrated into their new community.*

**Restoration Anglican (“Restoration Immigration Legal Aid”)**

restorationarlington.org/rila/  
571-429-5410  
ila@restorationarlington.org

*Consultation and assistance filing for immigration benefits. Monthly clinics offered for those who qualify; by appointment only.*

**\*Virginia Department of Social Services Division of Child Support Enforcement (DCSE)**

www.dss.virginia.gov/family/dcse/  
Arlington 800-468-8894

*The DCSE helps custodial parents receive the proper child support. Click on the “apply” button on the above webpage to find out how to apply and for the “Child Support and You” guide which provides more information on what child support is, who qualifies, what you need to apply, and what assistance you can receive.*

**REGION 3: Loudoun County**

**+Catholic Charities’ Job Ministry Christians Are Networking (CAN)  
(now known as Job Readiness Program JRP)**

www.cdda.net/programs\_jobs.php  
703-841-3838

Ashburn 703-729-2287

St. Theresa’s  
Sally O’Dwyer

*Support, through faith-based ministry, people who are in career transition, providing a venue where they can prayerfully share job seeking ideas, leverage relationship capital and find opportunities to engage a broader network for employment opportunities.*

**Legal Services of Northern Virginia**

www.lsnv.org  
Main Office 703-778-6800  
Leesburg 571-482-2688

*Free legal assistance related to personal safety, income, housing, medical benefits, education or family stability to low-income residents.*

### **Loudoun Child Advocacy Center**

www.loudouncac.org  
Leesburg 703-779-5643  
www.contact@loudouncac.org

*Public/private partnership among Loudoun County agencies and organizations dedicated to child victims of abuse and/or neglect.*

## **REGION 4: Prince William County, Manassas, and Manassas Park**

### **Action in Community Through Service (ACTS)**

www.actspwc.org  
703-441-8606  
703-221-4951 (for victims of domestic violence)  
703-368-4141 (for victims of sexual assault)

*Relief for Prince William residents in crisis due to hunger, homelessness and personal violence (abuse). Advocates appointed to serve the abused neglected and abandoned children in Prince William, Fauquier and Rappahannock counties.*

### **CASA Children's Intervention Services**

www.casacis.org  
Manassas 703-361-8145  
info@casacis.org

*Court Appointed Special Advocate (CASA) Children's Intervention Services (CIS) is a nonprofit organization advocating for child victims living in Fauquier, Prince William, Rappahannock, and Warren Counties and the cities of Manassas and Manassas Park. By advocating for abused and neglected children, our volunteers (called CASAs) give children a voice and a chance for a better life.*

### **Hogar Immigrant Educational Services**

www.hogarimmigrantservices.org/education-services  
Manassas 571-208-1572

*Offers legal and immigrant services such as citizenship classes to help reunite families and help individuals obtain legal status so that they can find legal work in the U.S. Hogar also offers English for Speakers of Other Languages classes and support for those who want to learn English.*

**Immigrants First, PLCC**

www.immigrantsfirst.com  
Manassas 703-335-2009

*Specializes in immigration and naturalization law.*

**Legal Services of Northern Virginia**

www.lsnv.org  
Main Office 703-778-6800  
Manassas 571-482-2680

*Free legal assistance related to personal safety, income, housing, medical benefits, education or family stability to low-income residents.*

**Restoration Anglican (“Restoration Immigration Legal Aid”)**

restorationarlington.org/rila/  
571-429-5410  
ila@restorationarlington.org

*Consultation and assistance filing for immigration benefits. Monthly clinics offered for those who qualify; by appointment only.*

**Virginia Department of Social Services Division of Child Support Enforcement (DCSE)**

www.dss.virginia.gov/family/dcse/  
Manassas 800-468-8894

*The DCSE helps custodial parents receive the proper child support. Click on the “apply” button on the above webpage to find out how to apply and for the “Child Support and You” guide which provides more information on what child support is, who qualifies, what you need to apply, and what assistance you can receive.*

**REGION 5: Culpeper, Fauquier County**

**Action in Community Through Service (ACTS)**

www.actspwc.org  
703-441-8606  
Hotlines: 703-221-4951 (for victims of domestic violence)  
703-368-4141 (for victims of sexual assault)

*Relief for Prince William residents in crisis due to hunger, homelessness and personal violence (abuse). Advocates appointed to serve the abused neglected and abandoned children in Prince William, Fauquier and Rappahannock counties.*

### **CASA Children's Intervention Services**

www.casacis.org

Fauquier County 703-361-8145

info@casacis.org

*Court Appointed Special Advocate (CASA) Children's Intervention Services (CIS) is a nonprofit organization advocating for child victims living in Fauquier, Prince William, Rappahannock, and Warren Counties and the cities of Manassas and Manassas Park. By advocating for abused and neglected children, our volunteers (called CASAs) give children a voice and a chance for a better life.*

### **+Catholic Charities' Job Ministry Christians Are Networking (CAN)** (now known as Job Readiness Program JRP)

www.cdda.net/programs\_jobs.php

703-841-3838

Culpeper 540-825-8945

Epiphany Catholic Church

Sally O'Dwyer

*Support, through faith-based ministry, people who are in career transition, providing a venue where they can prayerfully share job seeking ideas, leverage relationship capital and find opportunities to engage a broader network for employment opportunities.*

### **Culpeper Career Resource Center**

www.ccrcc-jobs.com

Culpeper 540-727-1055

*Community resource center serving workers looking for employment.*

### **Legal Services of Northern Virginia**

www.lsnv.org

Main Office: 703-778-6800

Culpeper

Fauquier

*Limited, free legal assistance related to personal safety, income, housing, medical benefits, education or family stability to low-income residents.*

### **Rappahannock Goodwill Industries Job Help Center**

www.fredgoodwill.org/employment/job-help-centers/

Culpeper 540-212-4570

*Provides technology tools, training to use them and training for resume development and interviewing.*

## **REGION 6: Clarke County, Frederick County, Warren County**

### **CASA Children's Intervention Services**

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

Warren County 703-361-8145

[info@casacis.org](mailto:info@casacis.org)

*Court Appointed Special Advocate (CASA) Children's Intervention Services (CIS) is a nonprofit organization advocating for child victims living in Fauquier, Prince William, Rappahannock, and Warren Counties and the cities of Manassas and Manassas Park. By advocating for abused and neglected children, our volunteers (called CASAs) give children a voice and a chance for a better life.*

### **+Legal Works Apostolate**

[www.legalworks.com](http://www.legalworks.com)

Front Royal 540-622-8070

*A nonprofit law firm providing representation and counsel to individuals, families, and institutions that must navigate the "thickets of the law" while remaining faithful to Church teaching.*

### **\*Virginia Department of Social Services Division of Child Support Enforcement (DCSE)**

[www.dss.virginia.gov/family/dcse/](http://www.dss.virginia.gov/family/dcse/)

Winchester 800-468-8894

*The DCSE helps custodial parents receive the proper child support. Click on the "apply" button on the above webpage to find out how to apply and for the "Child Support and You" guide which provides more information on what child support is, who qualifies, what you need to apply, and what assistance you can receive.*

## **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

### **Legal Services of Northern Virginia**

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

Main Office 703-778-6800

Fredericksburg and King George County

*Free legal assistance related to personal safety, income, housing, medical benefits, education or family stability to low-income residents.*

### **Rappahannock Goodwill Industries Job Help Center**

[www.fredgoodwill.org/employment/job-help-centers/](http://www.fredgoodwill.org/employment/job-help-centers/)

Fredericksburg 540-371-3070

*Provides technology tools, training to use them and training for resume development and interviewing.*

### **Virginia Workforce Connection**

[www.vawc.virginia.gov/vosnet/Default.aspx](http://www.vawc.virginia.gov/vosnet/Default.aspx)

Fredericksburg 540-322-5762

*Gateway to employment and labor market information in Virginia.*

## **PRACTICAL NEEDS**

### **Childcare**

#### **REGION-WIDE/OUTSIDE REGION**

#### **Child Care Aware of Virginia Referral Center**

[www.vachildcare.com](http://www.vachildcare.com)

800-451-1501

Automatic connection to local child care referral center.

Alexandria 703-746-5437

Arlington 703-228-1550

Fairfax City 703-385-7894

Fairfax County/Falls Church 703-449-8484

Northern Virginia Area 571-321-0997 and 877-321-0997

*Full day, affordable early education and developmentally-appropriate care for ages 3 months to 5 years.*

#### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

#### **ALIVE Alexandria Child Care**

See MATERIAL NEEDS - Clothing

#### **\*Child Care Assistance and Referral**

[www.fairfaxcounty.gov/familyservices/office-for-children/child-care-assistance-referral](http://www.fairfaxcounty.gov/familyservices/office-for-children/child-care-assistance-referral)

Fairfax County 703-449-8484

DFSccarinfo@fairfaxcounty.gov

*Financial assistance for child care to low and moderate income families in Fairfax County who are in education/training programs.*

**Kidstretch (outreach program of Homestretch)**

www.homestretchva.org/kidstretch  
Falls Church 703-300-7329

*State-licensed child care center that offers year-round, half-day and full-day preschool programs. Families must live in Fairfax County or Falls Church and must meet income guidelines to be eligible.*

**REGION 2: Arlington County**

**NVFS - Early Head Start Centers**

www.nvfs.org/our-services/early-childhood-development/early-head-start/  
Arlington 571-748-2796

*Provide tools and resources to pregnant women and parents of children ages 0-3 at home and at centers. Children receive: full-day, full-year care, with a child-centered approach to learning, daily nutritious meals, and coordinated services. In home-based program, parent educators come to participants' homes for weekly 90-minute education sessions. Families gather twice a month and are linked with a variety of resources.*

**REGION 3: Loudoun County**

**NVFS - Early Head Start Centers**

www.nvfs.org/our-services/early-childhood-development/early-head-start/  
Loudoun 571-748-2792  
Loudoun 571-748-2793 (home-based program)

*Provide tools and resources to pregnant women and parents of children ages 0-3 at home and at centers. Children receive: full-day, full-year care, with a child-centered approach to learning, daily nutritious meals, and coordinated services. In home-based program, parent educators come to participants' homes for weekly 90-minute education sessions. Families gather twice a month and are linked with a variety of resources.*

**REGION 4: Prince William County, Manassas, and Manassas Park**

**NVFS - Early Head Start Centers**

www.nvfs.org/our-services/early-childhood-development/early-head-start/  
Manassas 571-748-2772  
Prince William 571-748-2664 (Home-based Program)  
Woodbridge 571-748-2703



*Provide tools and resources to pregnant women and parents of children ages 0-3 at home and at centers. Children receive: full-day, full-year care, with a child-centered approach to learning, daily nutritious meals, and coordinated services. In home-based program, parent educators come to participants' homes for weekly 90-minute education sessions. Families gather twice a month and are linked with a variety of resources.*

## **PRACTICAL NEEDS**

### **Transportation**

#### **REGION-WIDE/OUTSIDE REGION**

##### ***St. Ann's Center for Children, Youth and Families***

See MATERIAL NEEDS - Food

#### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

##### **Car Ministry**

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

Falls Church 703-237-8479

[donate@carministry.org](mailto:donate@carministry.org)

*Helping the poor and the needy of Northern Virginia to obtain auto transportation.*

##### **The Lamb Center**

See MEDICAL NEEDS - Dental

#### **REGION 2: Arlington County**

##### **+Catholic Diocese of Arlington Car Ministry**

[www.arlingtondiocese.org/2017-world-day-of-the-poor/catholic-charities-programs-for-the-poor/#carministry](http://www.arlingtondiocese.org/2017-world-day-of-the-poor/catholic-charities-programs-for-the-poor/#carministry)

Arlington 703-841-3898

Brian O'Connor; [cars@ccda.net](mailto:cars@ccda.net)

*Catholic Charities gives working cars, along with their titles, to qualified recipients to own.*

##### **Vehicles for Change**

[www.vehiclesforchange.org/need-a-car/maryland-northern-virginia/](http://www.vehiclesforchange.org/need-a-car/maryland-northern-virginia/)

410-242-9674

info@vehiclesforchange.org

*Serves Northern Virginia (north of Fredericksburg). This is a regional 501(c)(3) non-profit that provides low cost vehicles to families that meet criteria; works with social service agencies. Applicants must meet criteria, including verifiable job, drivers license, be insurable, drug-free, pay for taxes/title fees/license plates, afford ongoing costs of owning a vehicle.*

**REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

**Mary's Shelter**

See MATERIAL NEEDS - Maternity Homes

**PRACTICAL NEEDS**

**Pregnancy Centers**

**REGION-WIDE/OUTSIDE REGION**

**+A Best Choice Mobile Ultrasound and Pregnancy Resource Center**

www.abestchoice.us

703-946-3077

Angela Clark; abestchoiceforyou@gmail.com

*To cultivate the dignity and respect for the beginning of human life, with counseling and an offer of support. We find out where the need is the greatest, and the places where other pregnancy centers are not reaching, and that is where we want to be. Some pregnancy resource centers can be hard to find, so we can bring the mobile unit anywhere: a downtown park, outside an abortion facility, universities, high schools, homeless shelters, or a mall.*

**+Capitol Hill Pregnancy Center**

www.capitolhillpregnancycenter.org

Washington DC 202-546-1018

Ms. Adamsch

*Capitol Hill Pregnancy Center is a faith-based 501(c)3 non-profit organization offering help and support to women, men and their families who are in a crisis pregnancy.*

**+Gabriel Project**

www.helpforpregnantwomen.org

Arlington 866-444-3553

Sarah LaPierre

*Serving all Northern Virginia, Gabriel Project offers: Toll free helpline: 866-444-3553 / 703-841-3810; confidential needs assessment; parish "Angel" peer support; pre-natal care assistance; financial assistance; and, additional help from parish ministries, Catholic Charities and other organizations.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

### **+A Woman's Choice**

www.awomanschoicecenter.com

Falls Church 703-538-4305

Herndon 571-599-2002

Tessy Trissell MT (ASCP); awomanschoicecenter@gmail.com

*AWC's mission is: To love women so much, that abortion becomes an unthinkable option. Free hospital-grade pregnancy testing, unplanned-pregnancy counseling, adoption information, medical referrals, prenatal and postnatal guidance, baby care class before receiving a complete baby layette, and information on community resources for maternity shelters, food, etc. In addition, maternity and baby clothes (up to the preschool years), formula, baby equipment, cribs. All services are free and confidential. Services are available in English and Spanish.*

### **+Catholic Charities of the Diocese of Arlington Pregnancy and Adoption Services**

See EMOTIONAL NEEDS - Counseling Services

### **+Birthmother Ministries, Inc**

www.birthmothers.org

Vienna 703-261-6370

Jim Wright; jwright855@aol.com

*To spread the Gospel of Jesus Christ by offering unconditional, one-on-one support and life-affirming, adoption-informing resources to any woman who faces an unplanned pregnancy.*

### **\*Bryant Center Project Opportunity**

Alexandria 703-660-2001

*Supports pregnant and parenting students to secure a high school diploma and to become nurturing, self-sufficient parents. A component of Project Opportunity is Jobs for Virginia Graduates (JVG).*

### **+HOPE of Northern Virginia (NOVA)**

www.hopeinnova.org

Falls Church 703-536-2020

Ama Richardson; hopeinnova@gmail.com

*Pregnancy counseling and assistance, formula, baby food, clothes, diapers, car seats, bassinets, and cribs.*

**+MaRiH Center**

www.marih.org

Alexandria 703-370-4774

National hotline 24 hours/day: 800-848-LOVE (5683)

Beth Whitehead

*We're MaRiH, a confidential emergency pregnancy service.*

**+Metro Women's Care**

www.metrowomensva.org

Annandale 703-352-7272

Leanna Baumer; office@metrowomensva.com

*Trusted Care for Your Health and Your Future. Thousands of women and men have turned to Metro Women's Care over the past 30 years for trusted personal support during an unexpected pregnancy. Our confidential medical and counseling care will equip you with the resources you need to confirm pregnancy (via pregnancy testing and ultrasound consultations) and make pregnancy decisions best for you. Our ongoing pregnancy and parenting mentoring programs will give you confidence to face the future. The after-abortion help we provide will allow you to heal and discover hope again. Services for men, provided by male staff, are valuable to any man who has a desire to learn more about fatherhood, parenting, and relationships. All services are provided at no-cost to you. Online appointment booking available at metrowomensva.com. Located in Annandale; serving women from Northern VA, DC, and MD.*

**+NOVA Pregnancy Help Centers/Sanctity of Life Ministries**

www.novapregnancy.org

Alexandria 703-780-4700

Fairfax 703-278-5433

Margery Williams; Margery.Williams@slmpregnancy.org

*We understand your pregnancy decision may be difficult. Do you have all the information you need to make a confident choice? We can help. Make an appointment today for confidential, compassionate help, at no cost to you. We offer: Ultrasounds; Pregnancy Testing; Prenatal and Parenting Education; Women's Post-Abortion Recovery; and Men's Post-Abortion Recovery.*

*Sanctity of Life Ministries (SLM) exists to spread the gospel of Jesus Christ and affirm life in the womb. We fulfill our mission by offering compassionate support, education and medical services to those who face challenging sexual health decisions. Our driving motivation is to present "Life in Christ..."*

**+Options DMV**

www.optionsdmv.org  
Falls Church 703-536-2020  
Maggie Morris; optionsdmv@gmail.com

*HOPE provides compassion, material resources and education to women, both during and after their pregnancies. We give HOPE so women are empowered to choose life.*

**REGION 3: Loudoun County**

**+Birthright of Loudoun**

www.birthrightofloudoun.com  
Leesburg 703-539-2575  
Dawn Dumas or Elaine Marshall; dawn@birthrightofloudon.com

*Birthright offers love, hope and support to each woman, to help her make a realistic plan for her future and the future of her unborn child.*

**+Mosaic Pregnancy Center**

www.mosaic-virginia.org  
Lansdowne/Leesburg 703-729-1123  
Ann Schultz; aschultz@mosaic-virginia.org

*With the desire to inform, empower and support our clients, Mosaic provides free pregnancy testing and viability ultrasounds, STI testing and treatment, options counseling for men and women and post-abortion counseling. Mosaic also provides sexual integrity education for individuals and groups, as well as an Earn While You Learn program, allowing individuals that wish to parent their children education and material support. All services are private, confidential and no cost.*

**REGION 4: Prince William County, Manassas, and Manassas Park**

**+Birthright of Manassas**

www.birthrightofmanassas.com  
Manassas 703-361-9769  
Kathleen Madsen; manassas@birthright.org

*Birthright offers love, hope and support to each woman, to help her make a realistic plan for her future and the future of her unborn child.*

**+First Care Women's Health/Care Net Pregnancy Resource Centers**

Patient site: [www.firstcarewomen.com](http://www.firstcarewomen.com)

Ministry site: [www.voice4life.org](http://www.voice4life.org)

Manassas 703-330-1300

Woodbridge 703-670-5322

Nydia Figueredo, Senior Director of Operations [sdo@carenetprcs.org](mailto:sdo@carenetprcs.org)

*Since 1990, First Care Women's Health/Care Net Pregnancy Resource Centers has provided help and support to thousands of women and men struggling in an unplanned pregnancy. With two pregnancy medical centers in Manassas and Woodbridge, First Care provides free FDA-approved, laboratory quality pregnancy tests, limited obstetric sonograms (ultrasounds) and referrals for a variety of needs, including prenatal care, housing and employment assistance. First Care's licensed medical professionals answer questions in a safe, professional, confidential environment. A 501 (c)(3) Christian ministry, First Care does not provide or refer out for abortions. First Care provides medical information on clinical abortion, abortion pill, pregnancy, STDs, reproductive health, healthy relationships and more. First Care offers baby materials through ongoing Ready on Arrival parenting and prenatal classes. Care Net PRCs offers safe, confidential abortion recovery Bible studies.*

**REGION 5: Culpeper, Fauquier County**

**+Thrive@ Women's Health** (formerly Pregnancy Centers of Central Virginia, Culpeper Center)

[www.virginia pregnancy.org](http://www.virginia pregnancy.org)

Culpeper 540-727-0400

Lindy Dimeo, Director

*ThriVe@ Women's Healthcare of Central Virginia (formerly The Pregnancy Centers of Central Virginia) is a Christian 501(c)(3) non-profit dedicated to women & families facing crisis pregnancy in the Charlottesville, Albemarle, Culpeper, Orange, Greene, Madison, Buckingham, Louisa, Fluvanna and Rappahannock, Virginia communities. We do not perform or refer for abortions, nor are we an adoption agency. We provide medically-accurate information on abortion, adoption & parenting, training, baby supplies, STI/STD testing and treatment, and post-abortion recovery resources.*

**+Warrenton Pregnancy Center**

[warrentonpregnancycenter.org](http://warrentonpregnancycenter.org) and [wpcpartners.org](http://wpcpartners.org)

Warrenton 540-300-7721

Katherine Adams; [director@warrentonpregnancycenter.com](mailto:director@warrentonpregnancycenter.com)

*A medical resource center located in Warrenton, VA serving the surrounding counties. All services are provided free of charge in a professional, confidential setting regardless of one's*

situation. Informed consent starts with good information. We provide pregnancy tests, ultrasound to verify pregnancy, consultation with our nurses, material support, classes and mentoring. You can be assured of medically accurate information to base your decisions on. We also provide support and counseling for men as well as post-abortion support.

### **REGION 6: Clarke County, Frederick County, Warren County**

#### **+Abbacare**

www.abbacare.org  
Winchester 540-665-9660  
Teresa Rhodes; info@abbacare.org

*AbbaCare, Inc. is a Christ-centered organization which exists to encourage sexual integrity, empower life-affirming pregnancy and parenting decisions, and strengthen relationships through its medical services, education, and resources.*

#### **+Front Royal Pregnancy Center**

www.frontroyalpregnancy.org  
Front Royal 540-635-6181  
staff@frontroyalpregnancy.org

*The Front Royal Pregnancy Center is a non-profit medical clinic which offers free and confidential services to women facing an unexpected pregnancy. We offer free pregnancy tests, ultrasound for viability and gestation, Earn While You Learn lessons and practical support in an atmosphere of compassion and respect.*

### **REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

#### **+Birthright of Fredericksburg**

www.birthrightoffredericksburg.com  
Fredericksburg 540-898-8558  
Donna G. Hart; birthrightfred@gmail.com

*Birthright offers love, hope and support to each woman, to help her make a realistic plan for her future and the future of her unborn child.*

#### **+Choices Women's Center**

www.cwcpartner.org  
Fredericksburg 540-370-1800  
Christian Johnson; director@cwcvva.org

*Our mission is to save lives by empowering those facing unplanned pregnancies with hope and life-affirming choices and partnering with our community to create a culture of life. Our pregnancy medical center provides free & confidential services that include pregnancy testing, ultrasound confirmation, a 24-hr hotline, information about community resources and referrals to adoption*

services. We educate about abortion procedures and provide abortion recovery support. We encourage healthy lifestyles through marriage, parenting and pre-natal classes.

## **PRACTICAL NEEDS**

### **Pregnancy and Birth Support**

#### **REGION-WIDE/OUTSIDE REGION**

##### **Breastfeeding Center for Greater Washington**

www.breastfeedingcenter.org  
Washington, DC 202 293-5182

*Providing free and low cost professional instruction to families throughout the DC Metro area in a supportive community space. Expert-led free and low-cost classes and private consultations with Board Certified Lactation Consultants. A variety of other services including a breastfeeding boutique, off-site classes, a nursing lounge and a milk depot for moms who cannot supply breast milk on their own can go to get donated milk from other moms*

##### **Catholic Charities Pregnancy and Adoption Support**

www.cdda.net/Need-Help/Pregnancy-and-Adoption-Services/  
703-425-0100  
adoptinfo@cdda.net

*Empowering Families to make well thought out and informed decisions regarding what is best for them and for their children through counseling, resources, support and encouragement. Programs include: professional counseling for expectant families, options education and referrals; help with making a plan that works best for you; baby closet donations; and community education on healthy pregnancies, healthy families and adoption. To learn more about home study services or the various adoption programs, or to request community education or program materials, please email us at adoptinfo@cdda.net or visit www.cdda.net to learn more.*

##### **FiLumena Birth**

www.filumenabirth.com  
Winchester 540-514-1607  
Laura Ricketts; filumenabirth@gmail.com

*The mission of FiLumena Birth is to provide life-affirming doula care to mothers and their families. Laura Ricketts, PFA Certified Doula for Birth and Bereavement believes one of the most important aspects of her job is honoring and safeguarding your dignity, your baby's dignity, and respecting your ability to birth your baby your way.*

##### **Flourish Birth Services**

flourishbirthservices.com  
540-229-6183 Strasburg



Marielle Fusaro; flourishbirthservicesva@gmail.com

*Doula & Birth Services; Serving Shenandoah, Warren, Frederick, and surrounding counties.*

**La Leche League**

www.lllvawv.org

*Visit the website to find the nearest group. Helping mothers to breastfeed through mother-to-mother support, encouragement, information, and education. Free meetings for breastfeeding mothers; informal gatherings to connect with others; lessons on breastfeeding.*

**Lamaze International, D.C. Chapter**

www.lamaze-dc.org

703-598-5213

info@lamaze-dc.org

*Childbirth for each stage of pregnancy. Other classes: Breastfeeding; infant care and infant CPR.*

*Promotes natural health childbearing and care. Classes are free for Gabriel Project moms.*

**REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

**Michelle Peterson**, ICEA, CD (DONA)

www.info@districtdoulas.com

703-350-2056

*Serves Alexandria; Travel Range: 10 miles. For full list of services, see website.*

**NOVA Birth Services**

www.novabirthservices.com

Chantilly 571-921-0771 or 571-367-9817

Andrea Proper; info@novabirthservices.com

*Natural childbirth (unmedicated)/ Cesarean birth/ VBAC/ epidural/ induction/ Bradley method/ Lamaze/ HypnoBirthing/ mindfulness birth/ high-risk/ multiples/ water birth/ hospital/ home birth/ birth center. All inclusive birth packages, experienced doulas, postpartum placenta specialists, birth education classes.*

**Silvia Dorham**

www.midwiferytoday.com

McLean 410-598-8923

sdorham@gmail.com

*Doula serving low income, minority, underserved, military spouses, teen moms. Taught Creighton NFP, but is no longer teaching. Writes and speaks on topics related to abortion, adoption and human trafficking.*

## **REGION 2: Arlington County**

### **Birth in Bloom Doulas**

Arlington 703-855-1938

Kerry Reynolds; kerry@birthinbloomdoulas.com

*A Certified Sacred Pregnancy Instructor since 2013. Birth doula services and placenta encapsulation. Serves: Northern VA at Virginia Hospital Center, INOVA Alexandria Hospital, INOVA Loudoun Birthing Inn, Natural Birth Center at Loudoun, INOVA Fairfax, INOVA Fair Oaks, Ft. Belvoir Community Hospital, Prince William Medical Center, Haymarket Medical Center*

### **Doulas of Northern Virginia**

www.doulasofnorthernva.com

Arlington 571-318-9228

*Pregnancy and Birth Doulas, Postpartum Doulas, Newborn Care Specialists, Placenta Encapsulation, Parenting, Newborn Care, Breastfeeding, Bottle Feeding, Baby Wearing, Scheduled Parenting, Multiples. Support for all birth choices, including unmedicated natural birth, induction, epidural, Cesarean, scheduled Cesarean, VBAC, Hypnobirth, Bradley Method and more.*

## **REGION 4: Prince William County, Manassas, and Manassas Park**

### **+Harris, Cathy**

#### **Birth to Blessing**

www.birthtoblessing.com

Manassas 703-868-1334

Cathy Harris, Childbirth, Pregnancy and Breastfeeding Educator; birthtoblessing@gmail.com

*I am very excited and passionate about educating my friends and community on natural and safe childbirth, breastfeeding, newborn care, and building a healthy family.*

### **Heaven and Birth Prince William Doulas**

www.heavenandbirth.com

571-335-6556

Tabitha Kaza; heavenandbirth@gmail.com

*You are unique. So are we. Together, we offer exceptional care. Attended over 1,000 births. Over 20 years of experience. Board certified massage therapist. DONA birth doulas. Trained birth assistants. Established relationships with care providers. And with twenty of our own children's births among us, we truly know and love birth! For those families that will say hello and goodbye, Heaven & Birth also offers bereavement support at all gestations. Prenatal meetings at Reston Women's Center.*

**Rosebud Doulas**

www.rosebuddoula.com  
Manassas 703-597-4742  
Amy Bookwalter

*Doula services and childbirth classes.*

## **PRACTICAL NEEDS**

### **Breastfeeding and Postpartum**

#### **REGION-WIDE/OUTSIDE REGION**

**Lactation Room**

lactationroom.com  
301-529-5433  
Nina Wilson

*Lactation Room is a full-service lactation practice which specializes in a wide variety of breastfeeding and pumping challenges with a special emphasis on tongue and lip ties. We know not every mom and baby are alike and work to customize a plan to help achieve breastfeeding goals with personalized attention and support.*

**Northern Virginia Lactation Consultants**

www.metropolitanbreastfeeding.com/nvlcbaby  
703-425-2229

*Serving Northern Virginia. Pumps are provided by consultants in home but must be returned to an office in Bethesda or Columbia, MD.*

**Lamaze International, DC Chapter**

www.lamaze-dc.org  
703-598-5213  
info@lamaze-dc.org

*Breastfeeding; infant care and infant CPR. Promotes natural health childbearing and care. Classes are free for Gabriel Project moms.*

## **Mothers of Preschoolers (MOPS)**

www.mops.org

Multiple locations in VA, MD and DC

Group locator: [www.mops.org/groupsearch/](http://www.mops.org/groupsearch/)

*Encourage, equip, and help women become the best moms that they can be. Women who are pregnant or have young children are all invited. MOPS can also be found online at: [facebook.com/mops.Int](https://facebook.com/mops.Int); [twitter.com/mops\\_Int](https://twitter.com/mops_Int); [pinterest.com/mops\\_Int](https://pinterest.com/mops_Int); [youtube.com/mopsint](https://youtube.com/mopsint).*

## **Strong Ties**

**Dr. Khurana**

strongties.co

Rockville, MD 301-260-5655

Hello@strongties.co

*Services offered: Laser Frenum Release and Revision, Lactation Consulting, Chiropractic Care, Craniosacral Therapy, Speech and Language Therapy, Feeding Therapy, Oral Myofunctional Therapy, Nutritional Counseling, Post-Partum Counseling and Emotional Support Therapy.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County, and Falls Church**

### **Birthing Basics, LLC**

www.birthingbasics.net

Fairfax 703-625-4285

Lisa-Marie Cook, RNC-OB, a “Mother Friendly” Nurse, Certified Birthing Instructor and Doula

*Offers private and group childbirth classes, including those that focus on comfort measures/second-time moms and on high-risk pregnancies or the birth of multiples.*

### **Life Enrichment Counseling Center**

www.lifeenrichmentcounseling.com/family

Alexandria 703-754-0636

*Professional counseling services and psychotherapy services including those for individuals, families, children, adolescents, groups, women’s issues, men’s issues, stress, grief, depression, Christian, spiritual, couples, marriage, substance abuse and anxiety.*

### **Wee Ones**

www.wee-ones-breastfeeding-support.business.site/#details

703-785-4018

Suzanne Holson

*Serving Northern Virginia. Lactation Consultant. Fee is \$140/home visit. Medela Symphony and Ameda Pumps and breastfeeding supplies. Pump rental is \$65/month.*

### **REGION 3: Loudoun County**

#### **Lastra, Ana, Private Practice**

www.analastra.com

Leesburg 571-528-1699

*Specializing in postpartum support. Spanish speaking.*

### **REGION 4: Prince William County, Manassas, and Manassas Park**

#### **Abzz Mom (“A busy mom”)**

www.autoyas.com/US/Nokesville/163171200388927

703-927-4406

Sharon Gough; abzzmom@aol.com

*Rental of breast pumps for breastmilk or breastfeeding. Medela Symphony Pumps delivered to your home.*

#### **Baby Cafe Support Group for Nursing Moms** [www.novanthealthuva.org/.../baby-cafe-at-jirani-coffeehouse-prince-william-2...](http://www.novanthealthuva.org/.../baby-cafe-at-jirani-coffeehouse-prince-william-2...)

Manassas 703-369-8378

Prince William 571-535-4490

info@tcfprincewilliam.org

*Meets at Jirani Coffee House, Manassas every other Tuesday, 10 am to noon. Prince William Chapter- Buckhall United Methodist Church, 3rd Tuesdays at 7:00 pm. Friendship, understanding, and hope to those going through the natural grieving process. Offers a variety of therapy services including and loss counseling after a miscarriage, stillbirth etc. Some insurance plans are accepted and clients can also pay for therapy sessions on a sliding scale based on family income and size. Therapy services are offered at a variety of locations throughout Northern Virginia.*

#### **+Harris, Cathy**

##### **Birth to Blessing**

See PRACTICAL NEEDS - Pregnancy and Birth Support

##### **Life Enrichment Counseling Center**

www.lifeenrichmentcounseling.com/family/

Gainesville 571-222-5180

Manassas 703-754-0636

*Professional counseling services and psychotherapy services including those for individuals, families, children, adolescents, groups, women’s issues, men’s issues, stress, grief, depression, Christian, spiritual, couples, marriage, substance abuse and anxiety.*

### **Premier Lactation Services**

[www.premierlactationservices.com](http://www.premierlactationservices.com)

Manassas 703-822-1690

Jennifer de Franco, RN, RLC, Founder/Owner

*Lactation Consultants serving Northern Virginia. Accept Aetna.*

### **Mommy's Milk LLC**

[www.mommymilkllc.com](http://www.mommymilkllc.com)

Manassas 703-595-8614

Hilary Moxon; [hilmoxn@gmail.com](mailto:hilmoxn@gmail.com)

*Lactation Consultant serving Northern Virginia.*

### **The Nursing Mother's Place-Novant Prince William Birthing Center**

[www.novanthealthuva.org/princewilliam](http://www.novanthealthuva.org/princewilliam)

Manassas 703-369-8378

*Outpatient lactation appointments.*

## **PRACTICAL NEEDS**

### **Family, Parenting and Life-Skills Support**

#### **REGION-WIDE/OUTSIDE REGION**

#### **Formed Families Forward**

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

Fairfax 703 539-2904

Kelly Henderson; [info@FormedFamiliesForward.org](mailto:info@FormedFamiliesForward.org)

*A non-profit supporting families formed through foster care, adoption and kinship care in Northern Virginia. Offers consultation and support to families and agencies to assist in meeting its mission. Provides a thorough Formed Families Resource Directory that can be accessed via its website.*

#### **Marriage Encounter, Worldwide**

[www.wmme.org](http://www.wmme.org) and [www.renewmarriage-vanorth.org](http://www.renewmarriage-vanorth.org)

703-646-1521

Mark and Cathy Stangler, Executive Couple

*Promotes Weekend experiences for couples who want to make their good marriage even better.*

#### **Mothers of Preschoolers (MOPS)**

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

Multiple locations in VA, MD and DC

Group locator: [www.mops.org/groupsearch/](http://www.mops.org/groupsearch/)

*Encourage, equip, and help women become the best moms that they can be. Women who are pregnant or have young children are all invited. MOPS can also be found online at: [facebook.com/mops.Int](https://facebook.com/mops.Int); [twitter.com/mops\\_Int](https://twitter.com/mops_Int); [pinterest.com/mops\\_Int](https://pinterest.com/mops_Int); [youtube.com/mopsint](https://youtube.com/mopsint).*

### **National Healthy Marriage Resource Center**

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

*This site serves as a web listing of marriage support resources offered throughout Virginia and other States. Lists various centers that offer seminars, workshops and classes on relationship skills, personality styles, emotional healing as well as individual, couples, family, stepfamily and child therapy.*

### **+Retrouvaille of Northern Virginia**

[www.helpourmarriage.com](http://www.helpourmarriage.com)

703-660-6082

Chris and Kim Kargas, Coordinators

*A marriage program to help couples heal and renew their hurting marriages.*

### **Single Mothers United**

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

[www.info@singlemothersunited.org](mailto:www.info@singlemothersunited.org)

*Spiritual, emotional, and professional support to encourage, equip, and empower single mothers in the Northern Virginia area.*

## **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

### **Britepaths (formerly Our Daily Bread, Inc.)**

See MATERIAL NEEDS - Financial Assistance

### **+Catholic Charities of the Diocese of Arlington Pregnancy and Adoption Services**

See EMOTIONAL NEEDS - Counseling Services

### **Celebrate Recovery**

[www.celebraterecovery.com](http://www.celebraterecovery.com)

Alexandria 703-922-6700

Chantilly 703-222-8836

Fairfax 703-631-2100

Dave Palmer

Herndon 703-793-0026  
Ashley Allen

Lorton 703-791-4673, Ext. 164  
Robin Delaney

*Christ-centered 12-step program, appropriate for anyone struggling with anger, anxiety, depression, stress, alcoholism, drug addiction/other chemical dependencies, sexual issues, fear, codependence, food addiction, compulsive behavior, and many other hurts, habits and hang-ups.*

**+Embrace Grace - Capital Church**

embracegrace.com/nearest-groups/001j0000013IDV7AAM  
Vienna 703-757-1200; T - F: 9 am - 5 pm  
Support Group: 571-439-6606  
Latrell Powell & Michelle Norman; latrelle@att.net

*Support group meeting Wednesdays at 7 pm. For single, young women and their families who find themselves in an unintended pregnancy. Each girl will also be given a **Baby Shower** where she will receive brand new items.*

**+Embrace Grace**

embracegrace.com  
Falls Church, Fairfax and Reston 703-582-9950  
Laurie Morriss; godssinginggirl@gmail.com  
Kendra; embracegracempc@gmail.com 703-884-1324

*To inspire and equip the church to love on single and pregnant young women and their families.*

**\*Fairfax County Department of Family Services**

www.fairfaxcounty.gov/familyservices/children-youth/father-engagement  
Fairfax County 703-324-7308

*Self-awareness, caring for self, fathering skills, parenting skills, relationship skills; dads parenting groups.*

**Lifeskills**

www.psychologytoday.com/us/therapists/anita-d-novak-fairfax-va/79058  
Fairfax 703-596-0667  
Anita Novak, LPC



*Specialities: grief, relationship issues, anxiety. When appropriate uses EMDR, testing and imagery to enhance healing and growth.*

### **NVFS - Healthy Families**

www.nvfs.org

City of Alexandria 571-748-2850

Fairfax County 703-324-9729

Ayda Vargas 571-748-2664

Glenda Salmeron 571-748-2850

*Family Resource Specialists who do the intake for pregnant women are bilingual English/Spanish. Provides tools, guidance and support to build a healthy, successful life. Free services promote healthy child development, and to prevent child abuse and neglect, for children pre-birth to age 3 or 4 (depending on jurisdiction). A staff member conducts an initial parent interview to determine eligibility and need for other community resources. A family support specialist provides regular home visits.*

### **Schultz, Christina M., MA, NCC**

See EMOTIONAL NEEDS - Counseling

### **Tepeyac OB/GYN Nutrition Classes**

www.tepeyacobgyn.com

Fairfax 703-273-9440

Elizabeth Owens, CNS, LDN

*Prenatal nutrition classes. Minimum of 5 patients required for each class. \$60/session.*

### **Truro Anglican Church Relationship Central Marriage and Parenting Classes**

www.truroanglican.com

Fairfax 703-273-1300

*Truro offers The Marriage Course, The Marriage Prep Course, The Parenting Course, and the Parenting Teenagers Course*

**United Community** (formerly United Community Ministries)

See MATERIAL NEEDS - Clothing

### **YoungLives**

www.younglife.org/Pages/default.aspx

Chapter Search: www.younglife.org/Locator/Pages/default.aspx

Alexandria 301-906-2950

Tara Woods; tara.woodsyl@gmail.com

Falls Church 540-569-0798

Anna Martinez; martinez.anna10@gmail.com

Herndon 703-927-9156

Phyllis Syme; pksyme@gmail.com

*More than 20 years ago, Young Life answered God's call to run headfirst into the chaos of teenage motherhood with the hope of Jesus ... and YoungLives was born. YoungLives has never wavered from the original vision to reach teen moms by entering their world, modeling the unconditional love of Christ, and encouraging them to become the women and mothers God created them to be. Through Young Life's time-tested methods and life-on-life mentoring, teen moms are empowered to make positive choices, set and achieve goals, and live a future rooted in Christ.*

## **REGION 2: Arlington County**

### **Mom 2 Mom Ministry ("Kindred") at Cherrydale Baptist Church**

[www.cherrydale.org/belong/adults/kindred/](http://www.cherrydale.org/belong/adults/kindred/)

Arlington 703-525-8210

kindred.arlington@gmail.com

*Kindred Ministry serves mothers of infants, toddlers, and preschoolers. Mothers of all stages are also welcome. Breakfast and loving childcare provided.*

### **NVFS - Healthy Families**

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

Arlington County 571-748-2711

Ayda Vargas 571-748-2664

Glenda Salmeron 571-748-2850

*Family Resource Specialists who do the intake for pregnant women are bilingual English/Spanish. Provides tools, guidance and support to build a healthy, successful life. Free services promote healthy child development, and to prevent child abuse and neglect, for children pre-birth to age 3 or 4 (depending on jurisdiction). A staff member conducts an initial parent interview to determine eligibility and need for other community resources. A family support specialist provides regular home visits.*

### **YoungLives**

[www.younglife.org/Pages/default.aspx](http://www.younglife.org/Pages/default.aspx)

Chapter Search: [www.younglife.org/Locator/Pages/default.aspx](http://www.younglife.org/Locator/Pages/default.aspx)

Arlington 301-906-2950

Tara Woods; tara.woodsyl@gmail.com

*More than 20 years ago, Young Life answered God's call to run headfirst into the chaos of teenage motherhood with the hope of Jesus ... and YoungLives was born. YoungLives has never wavered from the original vision to reach teen moms by entering their world, modeling the unconditional love of Christ, and encouraging them to become the women and mothers God*

created them to be. Through Young Life's time-tested methods and life-on-life mentoring, teen moms are empowered to make positive choices, set and achieve goals, and live a future rooted in Christ.

### **REGION 3: Loudoun County**

#### **Celebrate Recovery**

www.celebraterecovery.com

Purcellville 540 338-6400

Chapman Gleason

*Christ-centered 12-step program, appropriate for anyone struggling with anger, anxiety, depression, stress, alcoholism, drug addiction/other chemical dependencies, sexual issues, fear, codependence, food addiction, compulsive behavior, and many other hurts, habits and hang-ups.*

### **REGION 4: Prince William County, Manassas, and Manassas Park**

#### **Celebrate Recovery**

www.celebraterecovery.com

Haymarket 571-331-3532

Peter Groff

*Christ-centered 12-step program, appropriate for anyone struggling with anger, anxiety, depression, stress, alcoholism, drug addiction/other chemical dependencies, sexual issues, fear, codependence, food addiction, compulsive behavior, and many other hurts, habits and hang-ups.*

#### **NVFS - Healthy Families**

www.nvfs.org

Manassas Main 571-748-2500

Prince William County 571-748-2743

Ayda Vargas 571-748-2664

Glenda Salmeron 571-748-2850

*Family Resource Specialists who do the intake for pregnant women are bilingual English/Spanish. Provides tools, guidance and support to build a healthy, successful life. Free services promote healthy child development, and to prevent child abuse and neglect, for children pre-birth to age 3 or 4 (depending on jurisdiction). A staff member conducts an initial parent interview to determine eligibility and need for other community resources. A family support specialist provides regular home visits.*

#### **Virginia Cooperative Extension Parenting Program, Prince William County**

www.pwcgov.org/parenting  
Woodbridge and Manassas 703-792-6288

*Virginia Cooperative Extension parenting classes offers you an opportunity to discuss practical, realistic approaches to the challenges of parenting. In a group with parents who share similar concerns, you are supported and encouraged in your efforts to parent effectively.*

### **REGION 5: Culpeper, Fauquier County**

#### **Celebrate Recovery**

www.celebraterecovery.com  
Warrenton

Ana Peloso & Pat Smith  
540-428-5415  
Tim & Toni Evans  
434-953-7926

*Christ-centered 12-step program, appropriate for anyone struggling with anger, anxiety, depression, stress, alcoholism, drug addiction/other chemical dependencies, sexual issues, fear, codependence, food addiction, compulsive behavior, and many other hurts, habits and hang-ups.*

#### **YoungLives**

www.younglife.org/Pages/default.aspx  
Chapter Search: www.younglife.org/Locator/Pages/default.aspx  
Culpeper 540-729-9736  
Amy Lukchik; amrosa922@gmail.com

*More than 20 years ago, Young Life answered God's call to run headfirst into the chaos of teenage motherhood with the hope of Jesus ... and YoungLives was born. YoungLives has never wavered from the original vision to reach teen moms by entering their world, modeling the unconditional love of Christ, and encouraging them to become the women and mothers God created them to be. Through Young Life's time-tested methods and life-on-life mentoring, teen moms are empowered to make positive choices, set and achieve goals, and live a future rooted in Christ.*

### **REGION 6: Clarke County, Frederick County, Warren County**

#### **YoungLives**

www.younglife.org/Pages/default.aspx  
Chapter Search: www.younglife.org/Locator/Pages/default.aspx  
Warren  
Misty Bordner; mistybordner@gmail.com

*More than 20 years ago, Young Life answered God's call to run headfirst into the chaos of teenage motherhood with the hope of Jesus ... and YoungLives was born. YoungLives has never wavered from the original vision to reach teen moms by entering their world, modeling the unconditional love of Christ, and encouraging them to become the women and mothers God created them to be. Through Young Life's time-tested methods and life-on-life mentoring, teen moms are empowered to make positive choices, set and achieve goals, and live a future rooted in Christ.*

**REGION 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

**Celebrate Recovery**

[www.celebraterecovery.com](http://www.celebraterecovery.com)

Stafford 540-659-2554

Laurie Szymanski

*Christ-centered 12-step program, appropriate for anyone struggling with anger, anxiety, depression, stress, alcoholism, drug addiction/other chemical dependencies, sexual issues, fear, codependence, food addiction, compulsive behavior, and many other hurts, habits and hang-ups.*

**Healthy Families**

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

Fredericksburg 540-374-3366

*Home visitation program designed to promote healthy families and healthy children through a variety of services, including child development, access to healthcare and parent education. Serves city of Fredericksburg, Caroline, King George, Spotsylvania and Stafford counties.*

**Rappahannock Area Community Services Board** (formerly listed as Kenmore Club)

See EMOTIONAL NEEDS-Counseling

**YoungLives**

[www.younglife.org/Pages/default.aspx](http://www.younglife.org/Pages/default.aspx)

Chapter Search: [www.younglife.org/Locator/Pages/default.aspx](http://www.younglife.org/Locator/Pages/default.aspx)

Fredericksburg 757-879-2017

Cat Lehning; [Catlehning@gmail.com](mailto:Catlehning@gmail.com)

Stafford

Allison Kingston; [Almaster@vt.edu](mailto:Almaster@vt.edu)

*More than 20 years ago, Young Life answered God's call to run headfirst into the chaos of teenage motherhood with the hope of Jesus ... and YoungLives was born. YoungLives has never wavered from the original vision to reach teen moms by entering their world, modeling the unconditional love of Christ, and encouraging them to become the women and mothers God*

created them to be. Through Young Life's time-tested methods and life-on-life mentoring, teen moms are empowered to make positive choices, set and achieve goals, and live a future rooted in Christ.

## **SPIRITUAL RESOURCES**

### **Abortion Recovery**

See EMOTIONAL NEEDS - Counseling Services for additional resources that may aid with Abortion Recovery.

#### **REGION 1: Alexandria, City of Fairfax, Fairfax County and Falls Church**

##### **Forgiven and Set Free: Abortion Recovery Study at McLean Bible Church**

[www.mcleanbible.org/events/forgiven-set-free-abortion-recovery-study](http://www.mcleanbible.org/events/forgiven-set-free-abortion-recovery-study)

McLean

Abi; [women@mcleanbible.org](mailto:women@mcleanbible.org)

*9-week study to help free women from the bondage of guilt and grief that follows an abortion. Discover God's way of love and forgiveness. A private group study led by women who have journeyed the path of abortion recovery.*

##### **Harding, Katie**

Annandale

Katie Harding; [katie@northstarwomensnetwork.org](mailto:katie@northstarwomensnetwork.org)

*Abortion loss support group.*

##### **Metro Women's Care**

See MEDICAL NEEDS - Pregnancy Centers

##### **SaveOne at The Falls Church Anglican**

[saveone.org/chapters/371](http://saveone.org/chapters/371)

Falls Church 751-282-0210

Emily Giacomini; [TCFASaveOne@gmail.com](mailto:TCFASaveOne@gmail.com)

*Offers help for men, women, and family members/friends, through group study, online study, or answering questions and giving encouragement through self-study. Uses a Bible-based curriculum.*

#### **REGION 2: Arlington County**

##### **+Project Rachel**

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

Arlington 888-456-HOPE (4673) and 703-841-2504  
Sarah LaPierre; projectrachel@arlingtondiocese.org

*Project Rachel offers: a confidential phone line; referral for professional counseling to help you sort through unresolved feelings and conflicts; a priest, sensitive to your particular needs, who can prepare you to receive the Sacrament of Penance and/or provide spiritual counseling; and post-abortion healing retreats.*

### **REGION 3: Loudoun County**

#### **+Cornerstone Chapel**

#### **Surrendering the Secret: Healing the Heartbreak of Abortion**

cornerstonechapel.net/?page\_id=207

Leesburg

Cynthia; cynthia37h@gmail.com

*Surrendering The Secret is an eight-week, biblically-based study led by women who have been where you are. Our hope and prayer is to provide a compassionate and confidential environment that will bring healing and restoration through God's Word. If you have had an abortion in your past and would like to attend one of the next studies, have questions, or are in need of prayer, please email Cynthia at cynthia37h@gmail.com. This group meets at an off-site location.*

## **SPIRITUAL RESOURCES**

### **Spiritual Formation**

#### **REGION-WIDE/OUTSIDE REGION**

#### **Alpha USA**

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

Based in Naperville, Illinois

800-362-5742

*Is a series of interactive sessions that explore the basics of the Christian faith. No pressure; No follow-up; No charge. Available globally.*

#### **Christianity 101 (Knowing God in a Personal Way)**

[www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way](http://www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way)

Rockville, MD

*Classes for anyone hoping to understand who Jesus is, and how to have a relationship with God through Jesus Christ.*

**+MybodyMyworship**

[mybodymyworship.org](http://mybodymyworship.org)

571-465-6229

Cheryl Krichbaum; [cheryl.krichbaum@gmail.com](mailto:cheryl.krichbaum@gmail.com)

*It's my body and with it I will worship the Lord! Positive, Empowering, Pro-Life Sex (Re)Education Through in-person and online courses and events, MybodyMyworship teaches the sanctity of sex and of life using both biblical and scientific sources. You'll learn the neuroscience, biological, and psychological research that supports sex between one man and one woman as well as the psychological and spiritual effects of abortion on the women and men who are making life and death "choices." The curriculum is co-written by a Protestant and a Catholic for a balanced view for we are all one in Christ.*

**REGION 1: Alexandria, City of Fairfax, Fairfax County, and Falls Church**

**Christianity 101 (Knowing God in a Personal Way)**

[www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way](http://www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way)

Vienna/Tyson's

*Classes for anyone hoping to understand who Jesus is, and how to have a relationship with God through Jesus Christ.*

**Falls Church Anglican Healing Prayer Class**

[www.tfcanglican.org/care/healing-and-intercessory-prayer/](http://www.tfcanglican.org/care/healing-and-intercessory-prayer/)

Falls Church 571-282-0223

*Education about Christian Healing Prayer and an opportunity to learn by practicing it. The course material is either live or videos from well known Christian Healing Prayer ministries. Both beginners and the more experienced will benefit from this class. Register for the fall, spring, or both sessions.*

**Healing Center International**

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

*Classes to improve life skills, become more emotionally and spiritually healthy, grow in intimacy with God and build a healthy community.*

**Hospital Ministry, INOVA - Fairfax Hospital**

[www.inova.org](http://www.inova.org) › [facilities](#) › [plan-your-visit](#) › [spiritual-care](#)

Annandale 703-776-3767

Rev. Stefan Starzynski, Chaplain



*Professionally-trained chaplains are available to serve the whole person; body, mind and spirit. Chaplains focus on supporting the journey toward a deeper spiritual meaning and understanding of suffering, sickness, health and wellness through direct service, education and consultation.*

## **REGION 2: Arlington County**

### **Arlington Cursillo**

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

703-850-5879

Mike McBrady, Lay Director; [laydirector@arlingtoncursillo.org](mailto:laydirector@arlingtoncursillo.org)

*Cursillo Weekend is an opportunity to examine and celebrate yourself, your relationship with Christ, and your relationship with the Christian community.*

### **Christianity 101 (Knowing God in a Personal Way)**

[www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way](http://www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way)

Arlington

*Classes for anyone hoping to understand who Jesus is, and how to have a relationship with God through Jesus Christ.*

### **Mother of Light Center**

See MATERIAL NEEDS - Clothing

## **REGION 3: Loudoun County**

### **Christianity 101 (Knowing God in a Personal Way)**

[www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way](http://www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way)

Lansdowne 703-639-2000

*Classes for anyone hoping to understand who Jesus is, and how to have a relationship with God through Jesus Christ.*

**+Church of the Holy Spirit Healing Ministry** [www.holyspiritleesburg.org/prayer-and-healing-ministry/](http://www.holyspiritleesburg.org/prayer-and-healing-ministry/)

Leesburg 703-726-0777

*Healing Service every first Saturday at 5 pm as well as prayer appointments. Prayer appointments, typically for 60 or 90 minutes (longer as needed), for those who desire or need extensive prayer. You will meet with a team of two Prayer Team ministers for an interactive prayer session that can include prayer for physical, emotional or spiritual healing. Often people come to receive inner healing from past traumas, fears or limiting beliefs, or freedom from afflicting spirits; but your need may well be different. To schedule an appointment, if you are contacting us for the first time, visit website. You will be asked to fill out some forms to complete*

and return to the church office. Once the completed forms are returned, we will contact you to schedule an appointment. All prayers are treated with the utmost confidentiality. This church partners with Mosaic.

## **REGION 4: Prince William County, Manassas, and Manassas Park**

### **Christianity 101 (Knowing God in a Personal Way)**

[www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way](http://www.mcleanbible.org/grow-your-faith/classes/christianity-101-knowing-god-personal-way)  
Manassas

*Classes for anyone hoping to understand who Jesus is, and how to have a relationship with God through Jesus Christ.*

### **Common Recovery**

[www.commonrecovery.org](http://www.commonrecovery.org)  
Woodbridge 703-586-8911 (Desiree) and 703-398-3495 (Chuck)

*Spiritual classes pertaining to recovery from addiction and peer housing (only serving men in housing).*

### **Gospel Advocacy & Leadership Foundation (GALF)**

[www.gospeladvocacyandleadershipfoundation.org](http://www.gospeladvocacyandleadershipfoundation.org)  
Prince William County 703-623-9620  
Maddie Lupo; [lupomaddie@gmail.com](mailto:lupomaddie@gmail.com)

*GALF is a non-profit dedicated to the memory and mission of Fr. Gerry Creedon. We are dedicated to teaching people how to have a voice for the voiceless. Advocacy is giving personal witness to your faith by speaking on behalf of those who frequently are not heard at the policy-making level. Motivating advocacy is the belief that faith and action need to be linked. Through advocacy, legislators are made aware that there is a responsibility to the disadvantaged that live in our communities.*