



# Primary Network Index by Sub-Region

## Region 1: Northern Virginia

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### **Sub-Region 1: City of Fairfax, Fairfax County, Falls Church**

#### **Forming Her PLAN**

#### **Pregnancy Help and Case Management**

ABC Women's Health and Ultrasound Center 🌿

[abcwomenshealth.com](http://abcwomenshealth.com)

Free

Falls Church, VA 22040

703-946-3077

[abestchoiceforyou@gmail.com](mailto:abestchoiceforyou@gmail.com)

A Woman's Choice Baby Supplies - Falls Church, VA 🌿

[awomanschoicecenter.com](http://awomanschoicecenter.com)

Free

6201 Leesburg Pike, Suite 220 (West Entrance). Falls Church, VA, 22044

703-538-4305

[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

A Woman's Choice Baby Supplies - Herndon, VA 🌿

[awomanschoicecenter.com](http://awomanschoicecenter.com)

Free

102 Elden Street, Suite 14. Herndon, VA, 20170

571-599-2002

[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

#### **BIRTHMOTHERS®**

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

Free

133 Park St NE, Vienna, VA 22180

703- 261-6370

[mail@birthmothers.org](mailto:mail@birthmothers.org)

Catholic Charities of the Diocese of Arlington Pregnancy and Adoption Support  
Ccda.net

Free

3251 Old Lee Highway, Suite 402, Fairfax, VA 22030

703-425-0100

[adoptinfo@ccda.net](mailto:adoptinfo@ccda.net)

Gabriel Project Pregnancy Assistance - Annandale, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Annandale, VA 22003

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Fairfax, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Fairfax, VA 22031

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Falls Church, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Falls Church, VA 22046

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Herndon, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Herndon, VA 20170

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Springfield, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Springfield, VA 22153

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Vienna, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Vienna, VA 22182  
(703) 841-3810  
[info@h4pw.org](mailto:info@h4pw.org)


Metro Women's Care/ Operated by Assist Pregnancy Center – Annandale, VA  
Metrowomensva.com, assistpartners.org  
Free  
5101-D Backlick Road. Annandale, VA, 22003  
703-354-7272  
[director@metrowomensva.com](mailto:director@metrowomensva.com)

NOVA Pregnancy Help Center/Sanctity of Life Ministries - Fairfax, VA  
novapregnancy.org  
Free  
3919 Old Lee Hwy Ste. 81-B. Fairfax, VA, 22030  
703-278-5433  
[michelle.russell@slmpregnancy.org](mailto:michelle.russell@slmpregnancy.org)

Options Care Center - Operated by Hope in Northern Virginia  
hopeinnova.org  
Free  
7297 Lee Highway, Ste. L. Falls Church, VA, 22042  
703-536-2020  
[hopeinnova@gmail.com](mailto:hopeinnova@gmail.com)

PregnantSee  
3dand4d.com  
Free  
10875 Main St. #203, Fairfax, VA 22030  
703-537-0410  
[Maria@5dultra.com](mailto:Maria@5dultra.com)

**Her Health and Well-Being**  
**Women's Health Medical Services**

Fairfax Home Birth   
fairfaxhomebirth.com/  
Market  
10805 Norman Ave. Fairfax, VA, 22030  
703-534-0373  
[story@fairfaxhomebirth.com](mailto:story@fairfaxhomebirth.com)

Tepeyac OB/GYN   
tepeyacobgyn.com  
Affordable  
4001 Fair Ridge Dr #304, Fairfax, VA, 22033  
703-273-9440  
[info@tepeyacobgyn.com](mailto:info@tepeyacobgyn.com)

Dr. Jeffrey Welgoss Urogynecology & Pelvic Surgery  
urogyndocs.com  
Market  
3289 Woodburn Rd Suite 130, Annandale, VA, 22003  
571-389-7140  
jwelgoss@yahoo.com

### **Women's Health Support Services**

A Woman's Choice NFP Classes - Falls Church, VA 🌿  
awomanschoicecenter.com

Free

6201 Leesburg Pike, Suite 220 (West Entrance). Falls Church, VA, 22044  
703-538-4305  
[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

A Woman's Choice NFP Classes - Herndon, VA 🌿  
awomanschoicecenter.com

Free

102 Elden Street, Suite 14. Herndon, VA, 20170  
571-599-2002  
[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

Sylvia Dorham (Serves Large Radius) 🌿  
Affordable  
PO Box 9451, McLean, VA, 22102  
410-598-8923  
sdorham@gmail.com

The Marquette Model - NOVA Teacher - Megan Floro 🌿  
tepeyacobgyn.com/services/natural-family-planning/  
Affordable  
4001 Fair Ridge Dr, Ste 304, Fairfax, VA, 22033  
703-273-9440  
metroDCfertilitycareRN@gmail.com

Metro DC Fertilty Care RN 🌿 (Serves large radius)  
MetroDCfertilitycareRN.com  
Affordable  
4001 Fair Ridge Dr #304, Fairfax, VA, 22033  
301-512-7451  
metrodcfertilitycarern@gmail.com

### **General Health Services**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

## **Financial Assistance, Work, or Education**

### **Financial Assistance**

Financial Coaching Consultation from Therese Rodriguez (Serves Large Radius)

Free

Fairfax, VA, 22033

301-512-7451

[metrodcfertilitycarern@gmail.com](mailto:metrodcfertilitycarern@gmail.com)

St. Vincent de Paul Society, Holy Spirit Conference, Financial Assistance - Annandale, VA

[holyspurchurch.us/society-stvincentdepaul/](http://holyspurchurch.us/society-stvincentdepaul/)

Free

5121 Woodland Way, Annandale, VA, 22003

703-272-8218

[stvincent@holyspurchurch.us](mailto:stvincent@holyspurchurch.us)

St. Vincent De Paul Society, St. Timothy Conference, Financial Assistance - Chantilly, VA

[sttimothyparish.org/outreach-and-ministries/st-vincent-de-paul/](http://sttimothyparish.org/outreach-and-ministries/st-vincent-de-paul/)

Free

13807 Poplar Tree Rd., Chantilly, VA, 20151

Help Line: 1-800-873-0613, St. Timothy's Church: 703-378-7646

[amt.svdp@gmail.com](mailto:amt.svdp@gmail.com)

### **Work Opportunities**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

### **Education Opportunities**

Pregnant on Campus Initiative - George Mason

[pregnantoncampus.studentsforlife.org/campus/gmu/](http://pregnantoncampus.studentsforlife.org/campus/gmu/)

Free

4400 University Drive, Fairfax, VA, 22030

570-994-6230

[sstone@studentsforlife.org](mailto:sstone@studentsforlife.org)

### **Material or Legal Support**

#### **Transportation**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

#### **Food and Nutrition**

Columbia Baptist Church Food Pantry

[columbiabaptist.org/care-and-help/feeding-the-hungry/food-pantry/](http://columbiabaptist.org/care-and-help/feeding-the-hungry/food-pantry/)

free

3245 Glen Carlyn Rd. Falls Church, VA, 22041

703-534-5700  
[gloewer@columbiabaptist.org](mailto:gloewer@columbiabaptist.org)

McLean Bible Food Distribution – Springfield, VA, Vienna, Falls Church, Herndon, Centon, Centreville, Annle, Annandale, and Restonndale, and Reston  
<https://mcleanbible.org/tysons/local-outreach-2/>  
Free  
Springfield, VA, 22151  
703-639-2000

Mother of Light Center Food Services - Fairfax/Falls Church, VA  
motheroflightcenter.com  
Free  
421 Clifford Ave. Alexandria, VA, 22305  
703-508-5289  
[motheroflightcenter@gmail.com](mailto:motheroflightcenter@gmail.com)

St. James Catholic Church Food Services  
stjamescatholic.org  
Free  
905 Park Ave. Falls Church, VA, 22046  
703-533-2135  
vrabgpac@cox.net

St. Vincent De Paul Society, St. Timothy Conference, Food Services - Chantilly, VA  
sttimothyparish.org/outreach-and-ministries/st-vincent-de-paul/  
Free  
13807 Poplar Tree Rd., Chantilly, VA, 20151  
Help Line: 1-800-873-0613, St. Timothy's Church: 703-378-7646  
amt.svdvp@gmail.com; [info@sttimothyparish.org](mailto:info@sttimothyparish.org)

YoungLives Food Distribution - Fairfax/Falls Church, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
11240 Waples Mill Rd #406, Fairfax, VA 22030. Fairfax, VA, 22030  
804-539-6165  
Ehorner19@gmail.com

YoungLives Food Distribution - Herndon/Reston, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
12529 Dardanelle Ct. Herndon, VA, 200170  
443-597-7982  
lauraandreakane@gmail.com

### **Clothing, Household Goods, and Baby Supplies**

A Woman's Choice Baby Supplies - Falls Church, VA 🌿  
awomanschoicecenter.com  
Free  
6201 Leesburg Pike, Suite 220 (West Entrance). Falls Church, VA, 22044  
703-538-4305  
[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

A Woman's Choice Baby Supplies - Herndon, VA 🌿  
awomanschoicecenter.com  
Free  
102 Elden Street, Suite 14. Herndon, VA, 20170  
571-599-2002  
[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

Mother of Light Center Clothing Services - Fairfax/Falls Church, VA  
motheroflightcenter.com  
Free  
421 Clifford Ave. Alexandria, VA, 22305  
703-508-5289  
[motheroflightcenter@gmail.com](mailto:motheroflightcenter@gmail.com)

Restoration Organizing, LLC  
restorationorganizing.com  
Affordable  
2770 Oakton Plantation Ln. Vienna, VA, 22181  
703-405-9516  
[la@restorationorganizing.com](mailto:la@restorationorganizing.com)

YoungLives Baby Supplies- Fairfax/Falls Church, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
11240 Waples Mill Rd #406, Fairfax, VA 22030. Fairfax, VA, 22030  
804-539-6165  
Ehorner19@gmail.com

YoungLives Baby Supplies - Herndon/Reston, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
12529 Dardanelle Ct. Herndon, VA, 200170  
443-597-7982  
lauraandreakane@gmail.com

### **Housing, Shelters, and Maternity Homes**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Legal Support**

\*Updated 08/25/20

Good Samaritan Advocates at Columbia Baptist Church - Falls Church, VA  
goodsamaritanadvocates.org/help

Free

103 West Columbia Street, Falls Church, VA, 22046

[gsa@gsadvocates.org](mailto:gsa@gsadvocates.org)

Just Law International

[justlawintl.com/](http://justlawintl.com/)

9689 Main Street, Suite C, Fairfax, VA 22031

Market

703-503-0791

[justlaw@justlawintl.com](mailto:justlaw@justlawintl.com)

**Recovery and Mental Health**  
**Addiction or Suicide Intervention**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Intimate Partner Violence, Rape, Assault, or Sex Trafficking**

Vittoria Donato Grant MA LPC NCC Counseling for Victims

[vittoriagrantslpc.com/](http://vittoriagrantslpc.com/)

Market

10375 Democracy Lane, Fairfax, VA, 22030

703-383-0673

[Vittoriadonatogrant@gmail.com](mailto:Vittoriadonatogrant@gmail.com)

Restoration 1:99

[r199.org/](http://r199.org/)

Affordable

450 W. Broad St., #211, Falls Church, VA, 22046

No phone calls- contact via email only

[info@r199.org](mailto:info@r199.org)

**Counseling for Women and Families**

Alpha Omega Clinic

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

Affordable

9677 Main Street A-B, Fairfax, VA, 22031

301-767-1733

[manager@aoclinic.org](mailto:manager@aoclinic.org)

Catholic Charities Family Services - Burke, Nativity

[ccda.net/need-help/medical-and-counseling/counseling/](http://ccda.net/need-help/medical-and-counseling/counseling/)

Affordable

6400 Nativity Ln, Burke, VA, 22015

703-859-3147

[info@ccda.net](mailto:info@ccda.net)



Catholic Charities Family Services - Fairfax (Catholic Charities Fairfax Office)  
ccda.net/need-help/medical-and-counseling/counseling/  
Affordable  
3251 Old Lee Highway, Suite 402, Fairfax, VA, 22030  
703-859-3147  
[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - McLean, St. John the Beloved  
ccda.net/need-help/medical-and-counseling/counseling/  
Affordable  
6420 Linway Ter., McLean, VA, 22101  
703-859-3147  
[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Vienna, Our Lady of Good Counsel  
ccda.net/need-help/medical-and-counseling/counseling/  
Affordable  
8601 Wolftrap Rd SE, Vienna, VA, 22182  
703-859-3147  
[info@ccda.net](mailto:info@ccda.net)

Fountain of Life  
fountainoflife.us/  
Market  
7700 Leesburg Pike, Suite 101, Falls Church, VA, 22043  
703- 790-LIFE (5433)  
[info@fountainoflife.us](mailto:info@fountainoflife.us)

Vittoria Donato Grant MA LPC NCC  
vittoriagrantslpc.com/  
Market  
10375 Democracy Lane, Fairfax, VA, 22030  
703-383-0673  
[Vittoriadonatogrant@gmail.com](mailto:Vittoriadonatogrant@gmail.com)

Eileen Kerr  
catholictherapists.com/eileen-kerr-lpc  
Market  
133 Park Street NE, Vienna, VA, 22180

McLean Psychiatric Services  
mcleanpsychservices.com/  
Market  
1499 Chain Bridge Road, Suite 100, McLean, VA, 22101  
703-336-2406  
[office@mcleanpsychservices.com](mailto:office@mcleanpsychservices.com)

Safe Harbor Christian Counseling - Burke, VA  
safeharbor1.com/  
Market  
9800 Old Keene Mill Rd., Burke, VA, 22015  
800-305-2089  
info@safeharbor1.com

Safe Harbor Christian Counseling - Fairfax, VA  
safeharbor1.com/  
Market  
3901 Rugby Rd., Fairfax, VA, 22033  
800-305-2089  
info@safeharbor1.com

Safe Harbor Christian Counseling - Springfield, VA  
safeharbor1.com/  
Market  
6427 Franconia Rd., Springfield, VA, 22150  
800-305-2089  
info@safeharbor1.com

Safe Harbor Christian Counseling - West Springfield, VA  
safeharbor1.com/  
Market  
8304 Old Keene Mill Rd., West Springfield, VA, 22152  
800-305-2089  
info@safeharbor1.com

Christina M. Schultz Counseling  
christinamschultz.com/services  
Affordable  
150 S. Washington St Suite 303, Falls Church, VA, 22046  
571-882-2925  
christinaschultz.newdirections@gmail.com

St. Mary of Sorrows Counseling Center  
stmaryofsorrows.org/?page\_id=1476  
Market  
5222 Sideburn Road Fairfax, VA, 22032  
Kathleen Scheg 703-568-0525; Mary Ellen Ruff 703-303-4983  
kathys@stmaryofsorrows.org

Dawn Zimmerman, LPC Virtual Counseling  
dawnzimmermancounseling.com/index.html  
Affordable  
10500 Sager Ave. Fairfax, VA, 22030

571-237-3463  
DawnZimmermanLPC@gmail.com

**Abortion Recovery and Healing**

Forgiven and Set Free Abortion Healing Program - McLean Bible Church  
mcleanbible.org

Free

8925 Leesburg Pike, Vienna, VA, 22182

703-639-2000

women@mcleanbible.org

Metro Women's Care Abortion Recovery – Annandale, VA

metrowomensva.com/our-services

Free

5101-D Backlick Road, Annandale, VA, 22003

703-354-7272

[director@metrowomensva.com](mailto:director@metrowomensva.com)

NOVA Pregnancy Help Center Abortion Recovery - Fairfax, VA

novapregnancy.org

Free

3919 Old Lee Highway, Suite 81-B. Fairfax, VA, 22030

703-278-5433

[michelle.russell@slmpregnancy.org](mailto:michelle.russell@slmpregnancy.org)

Save One Abortion Healing Program - The Falls Church Anglican

<https://www.tfcanglican.org/classes-1/2020/zoom-save-one>

Free

6565 Arlington Blvd, Falls Church, VA, 22402

571-282-0210

[TFCASAVEONE@gmail.com](mailto:TFCASAVEONE@gmail.com)

**Prenatal or Perinatal Diagnosis**

**Disability Support Organizations**

Metro Womens Care Disability Diagnosis Support

metrowomensva.com/our-services

Free

5101-D Backlick Road, Annandale, VA, 22003

703-354-7272

[director@metrowomensva.com](mailto:director@metrowomensva.com)

**Medical Interventions for Baby**

Carmen's Miracle Makers

[carmensmiraclemakers.org/carmen](http://carmensmiraclemakers.org/carmen)

Free

3300 Gallows Rd. Falls Church, VA, 22042

[carmensmiraclemakers@gmail.com](mailto:carmensmiraclemakers@gmail.com)

Evelyn's Treehouse (Serves Large Radius)

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

Free

Falls Church, VA, 22042

703-743-4654

[hello@evelynstreehouse.org](mailto:hello@evelynstreehouse.org)

### **Perinatal Hospice Resources**

The Kristen Anderson Perinatal Hospice Program

[tepeyacobgyn.com](http://tepeyacobgyn.com)

Affordable

4001 Fair Ridge Dr #304. Fairfax, VA, 22033

[info@tepeyacobgyn.com](mailto:info@tepeyacobgyn.com)

### **Pregnancy and Infant Loss Support**

Daughter of Grace Doula - Infant Loss Services (Serves a Large Radius)

[facebook.com/DaughtersofGraceDoulaServices](https://facebook.com/DaughtersofGraceDoulaServices)

Free

Fairfax, VA, 22031

386-916-9748

[alisonrizzuto@gmail.com](mailto:alisonrizzuto@gmail.com)

Divine Mercy Care/Tepeyac OB/GYN Infant Loss Annual Memorial Service

[divinemercycare.org/serve/](http://divinemercycare.org/serve/)

Free

4001 Fair Ridge Dr. Ste. 305. Fairfax, VA, 22033

703- 934-5552, Tepeyac is 703-273-9440

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

Divine Mercy Care/Tepeyac OB/GYN Infant Loss Support Program

[divinemercycare.org/serve/](http://divinemercycare.org/serve/)

Free

4001 Fair Ridge Dr. Ste. 305. Fairfax, VA, 22033

703- 934-5552, Tepeyac is 703-273-9440

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

Sylvia Dorham (Serves Large Radius) 

Affordable

PO Box 9451, McLean, VA, 22102

410-598-8923

[sdorham@gmail.com](mailto:sdorham@gmail.com)

Healing Center International Grief Support Group and Classes (Serves Large Radius)

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

Affordable

12022 Lake Newport Rd. Reston, VA, 20194

No phone  
hci@godhealstoday.org


Christina M. Schultz Perinatal Loss Counseling  
christinamschultz.com/services  
Affordable  
150 S. Washington St Suite 303. Falls Church, VA, 22046  
571-882-2925  
[christinaschultz.newdirections@gmail.com](mailto:christinaschultz.newdirections@gmail.com)

The Falls Church Anglican Healing Services & Infant Loss Service  
Tfcanglican.org  
Free  
6565 Arlington Blvd. Suite 300, Falls Church, VA 22042  
571-282-0100  
[kchristopher@tfcanglican.org](mailto:kchristopher@tfcanglican.org)


### **Care for Children** **Childcare Help**


*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Children's Healthcare**

McLean Pediatrics Associates   
facebook.com/pages/McLean-Pediatrics/118982154863113  
Market  
6845 Elm St. McLean, VA, 22101  
703-356-5722

### **Family and Parenting Education**

A Woman's Choice Baby Care Class - Falls Church, VA   
awomanschoicecenter.com  
Free  
6201 Leesburg Pike, Suite 220 (West Entrance). Falls Church, VA, 22044  
703-538-4305  
Consultation available via text messaging to 703-304-8166  
[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

A Woman's Choice Baby Care Class - Herndon, VA   
awomanschoicecenter.com  
Free  
102 Elden Street, Suite 14. Herndon, VA, 20170  
571-599-2002  
Consultation available via text messaging to 703-304-6522  
[awomanschoicecenter@gmail.com](mailto:awomanschoicecenter@gmail.com)

Embrace Grace Support Group

embracegrace.com  
Free  
7297 Lee Highway, Ste. L. Falls Church, VA, 22042  
703-884-1324  
godssingingirl@gmail.com

Healing Center International Relationship Skills Classes (Serves Large Radius)  
godhealstoday.org  
Affordable  
12022 Lake Newport Rd. Reston, VA, 20194  
None  
hci@godhealstoday.org

Metro Women's Care PREPP (Prepared, Resourced, Equipped Parents Program) –  
Annandale, VA  
metrowomensva.com  
Free  
5101-D Backlick Road. Annandale, VA, 22003  
703-354-7272  
director@metrowomensva.com

NOVA Pregnancy Help Center Parenting Education - Fairfax, VA  
novapregnancy.org  
Free  
3919 Old Lee Hwy Ste. 81-B. Fairfax, VA, 22030  
703-278-5433  
michelle.russell@slmpregnancy.org

Options Care Center Parenting Classes  
hopeinnova.org  
Free  
7297 Lee Highway, Ste. L. Falls Church, VA, 22042  
703-536-2020  
hopeinnova@gmail.com

YoungLives - Fairfax/Falls Church, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
11240 Waples Mill Rd #406, Fairfax, VA 22030. Fairfax, VA, 22030  
804-539-6165  
Ehorner19@gmail.com

YoungLives - Herndon/Reston, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
12529 Dardanelle Ct. Herndon, VA, 200170  
443-597-7982

lauraandreakane@gmail.com

**Adoption Services**

America World Adoption for Adoptive Families (Serves Large Radius)

awaa.org

Affordable

6723 Whittier Avenue, Ste. 202. McLean, VA, 22101

800-429-3369

Virginia@awaa.org

America World Adoption for Pregnant Women and Birth Parents (Serves Large Radius)

awaa.org

Free

6723 Whittier Avenue, Ste. 202. McLean, VA, 22101

800-429-3369

Virginia@awaa.org

Catholic Charities of the Diocese of Arlington Support for Adoptive Families (Serves Large Radius)

ccda.net/need-help/pregnancy-and-adoption-services/

Affordable

3251 Old Lee Highway Suite 402, Fairfax, VA, VA, 22030

703-973-0129, 703-425-0100: 24/7 On Call Line (\*for pregnant woman seeking information about making an adoption plan or for hospital referrals)

ana.siguenza@ccda.net

Catholic Charities of the Diocese of Arlington Support for Women and Birth Parents (Serves Large Radius)

ccda.net/need-help/pregnancy-and-adoption-services/

Free

3251 Old Lee Highway Suite 402, Fairfax, VA, VA, 22030

703-973-0129, 703-425-0100: 24/7 On Call Line (\*for pregnant woman seeking information about making an adoption plan or for hospital referrals)

ana.siguenza@ccda.net

Christian Alliance for Orphans (CAFO) (Serves Large Radius)

cafo.org

Affordable

6723 Whittier Avenue, Ste. 202. McLean, VA, 22101

202-460-8157

rachel.medfind@gmail.com

The Falls Church Anglican Adoption and Foster Care

tfcanglican.org/

Free

6565 Arlington Blvd. Suite 300. Falls Church, VA, 22042

202-460-8157

rachel.medfind@gmail.com

**Foster and Short-Term Care**

Project Belong Virginia 1:27 Project Support Groups and Parents Night Out for Foster Families (Serves Large Radius)

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

Free

1020 Balls Hill Rd, McLean, VA, 22101

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

The Falls Church Anglican Adoption and Foster Care

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

Free

6565 Arlington Blvd. Suite 300. Falls Church, VA, 22042

202-460-8157

rachel.medfind@gmail.com

**Sub-Region 2: Arlington County, Alexandria**

**Forming Her PLAN**

**Pregnancy Help and Case Management**

Gabriel Project Pregnancy Assistance - Alexandria, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Alexandria, VA 22304

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Arlington, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Arlington, VA 22203

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

MaRih Center

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

Free

3230-B Duke Street, Alexandria, VA, 22314

1-800-848-5683 (text)

[marihcenter@gmail.com](mailto:marihcenter@gmail.com)

NOVA Pregnancy Help Center/Sanctity of Life Ministries - Alexandria, VA

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

Free

8800 E Pear Tree Village Ct. Alexandria, VA, 22309

703-278-5433

[michelle.russell@slmpregnancy.org](mailto:michelle.russell@slmpregnancy.org)



**Her Health and Well-Being**  
**Women's Health Medical Services**

Birth Care and Women's Health  
Birthcare.org/  
Market  
1501 King St. Alexandria, VA, 22314  
703-549-5070  
midwives@birthcare.org

Dr. Vivian Lugo-Eschenwald Fertility Services 🌿  
fmaa.com/provider/vivian-l-lugo-eschenwald-md  
Market  
1800 North Beauregard Street, Suite 250, Alexandria, VA, 22311  
703-753-4999  
fmaa@lmgdoctors.com

**Women's Health Support Services**

Caritas Fertility Care (Serves Large Radius) 🌿  
dcfertilitycare.com/  
Affordable  
Virtual Services, Headquarters in Maryland  
734-649-3061  
bethberard.cfc@gmail.com OR alison.crms@gamil.com

Holy Family Fertility Care (Serves Large Radius) 🌿  
holyfamilyfertilitycare.com  
Affordable  
Arlington, VA, 22203  
402-261-0841  
holyfamilyfertilityeducation@gmail.com

Sandra Michell, PT, CFMT, CKTP 🌿  
resiliencerestoredpt.com/  
Market  
8614 Conover Place, Alexandria, VA, 22308  
703-989-8385  
sandy@resiliencerestoredpt.com

**General Health Services**

Dr. Vivian Lugo-Eschenwald Family Medicine 🌿  
fmaa.com/provider/vivian-l-lugo-eschenwald-md  
Market  
1800 North Beauregard Street, Suite 250. Alexandria, VA, 22311  
703-753-4999  
fmaa@lmgdoctors.com

## **Financial Assistance, Work, or Education**

### **Financial Assistance**

Catholic Charities Diocese of Arlington - Emergency Assistance (Serves Large Radius)  
ccda.net/programs\_emassistance.php

Free

200 North Glebe Rd. Suite 250, Arlington, VA, 22203

St. Vincent de Paul Society, Our Lady of Good Counsel Conference, Financial Assistance  
– Vienna, VA

olgeva.org/outreach/svdp

Free

8601 Wolftrap Rd. Vienna, VA, 22182

703-938-3210

[svdp@olgeva.org](mailto:svdp@olgeva.org)

St. Vincent de Paul Society, St. Louis Conference, Financial Assistance - Alexandria, VA  
svdpalexandria.org/

Free

2907 Popkins Lane. Alexandria, VA, 22306

703-765-0050

svdpalexandria.org/contact-us

### **Work Opportunities**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Education Opportunities**

Pregnant on Campus Initiative - Marymount

pregnantoncampus.studentsforlife.org/campus/marymount-university/

Free

2807 N Glebe Rd. Arlington, VA, 22207

570-994-6232

sstone@studentsforlife.org

### **Material or Legal Support**

#### **Transportation**

Catholic Charities Car Ministry

ccda.net/need-help/other-assistance/cars-for-families/

Affordable

200 North Glebe Rd. Suite 250, Arlington, VA, 22203

#### **Food and Nutrition**

Catholic Charities Christ House Nightly Meal

ccda.net/need-help/food/christ-house-evening-meal/

Free

131 S. West St, Alexandria, VA, 22314

Catholic Charities Saint Lucy Project Food Distribution Program - Christ House Food Pantry

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

Free

131 South West St, Alexandria, VA, 22314

McLean Bible Food Distribution – Alexandria

<https://mcleanbible.org/tysons/local-outreach-2/>

Free

Alexandria, VA, 22304

703-639-2000

Mother of Light Center Food Services - Arlington/Alexandria, VA

[Motheroflightcenter.com](http://Motheroflightcenter.com)

Free

421 Clifford Ave. Alexandria, VA, 22305

703-508-5289

[motheroflightcenter@gmail.com](mailto:motheroflightcenter@gmail.com)

YoungLives Food Distribution - Alexandria, VA

[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)

Free

3682 King St #16524. Alexandria, VA, 22302

716-244-6137

[dfishercca2011@gmail.com](mailto:dfishercca2011@gmail.com)

### **Clothing, Household Goods, and Baby Supplies**

Catholic Charities Mobile Response Center

[ccda.net/give-help/donate-goods-and-transportation/help-individuals-and-families/donate-to-the-mobile-response-center/](http://ccda.net/give-help/donate-goods-and-transportation/help-individuals-and-families/donate-to-the-mobile-response-center/)

Free

Mobile; HQ is 200 North Glebe Rd Suite 250, Arlington, VA, 22203

Groveton Baptist Church Clothes Closet

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

Free

6511 Richmond Highway. Arlington, VA, 22306

703-768-9084

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

MaRih Center Baby Supplies

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

Free

3230-B Duke Street. Alexandria, VA, 22314

text 1-800-848-5683

[marihcenter@gmail.com](mailto:marihcenter@gmail.com)

Mother of Light Center Clothing Services - Arlington/Alexandria, VA  
motheroflightcenter.com  
Free  
421 Clifford Ave. Alexandria, VA, 22305  
703-508-5289  
motheroflightcenter@gmail.com

YoungLives Baby Supplies - Alexandria, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
3682 King St #16524. Alexandria, VA, 22302  
716-244-6137  
[dfishercca2011@gmail.com](mailto:dfishercca2011@gmail.com)

### **Housing, Shelters, and Maternity Homes**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Legal Support**

Catholic Charities Diocese of Arlington - Immigrant and Refugee Services  
ccda.net/need-help/immigrants-and-refugees/  
Free  
200 North Glebe Rd. Suite 250, Arlington, VA, 22203

### **Recovery and Mental Health**

#### **Addiction or Suicide Intervention**

Recover Your Life Alcohol Recovery Medicine - Help with Addiction (Serves Large Radius)  
alcoholrecoverymedicine.com/  
Affordable  
Arlington, VA, 22207  
240- 801-3636  
info@tengoodrules.com

#### **Intimate Partner Violence, Rape, Assault, or Sex Trafficking**

Recover Your Life Alcohol Recovery Medicine - Help with Intimate Partner Violence (Serves Large Radius)  
alcoholrecoverymedicine.com/  
Affordable  
Arlington, VA, 22207  
240- 801-3636  
info@tengoodrules.com

### **Counseling for Women and Families**

Bennett Psychotherapy, PLLC  
bennettpsychotherapy.com/

Market

601 King Street, Suite 302. Alexandria, VA, 22314

703- 962-6287

lianna@bennettpsychotherapy.com

Catholic Charities Family Services - Alexandria, Queen of Apostles

ccda.net/need-help/medical-and-counseling/counseling/

Affordable

4401 Sano St, Alexandria, VA, 22312

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Alexandria, Good Shepherd

ccda.net/need-help/medical-and-counseling/counseling/

Affordable

8710 Mount Vernon Hwy Alexandria, VA, 223109

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Arlington, Office of Migration and Refugee Services

ccda.net/need-help/medical-and-counseling/counseling/

Affordable

80 North Glebe Road, Arlington, VA, 22203

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Arlington, St. Agnes

ccda.net/need-help/medical-and-counseling/counseling/

Affordable

1910 N Randolph St, Arlington, VA, 22207

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Arlington, St. Charles Borromeo

ccda.net/need-help/medical-and-counseling/counseling/

Affordable

3304 Washington Blvd, Arlington, VA, 22201

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Margaret Luckey Counseling

margaretluckeycounseling.com

Affordable

205 S. Whiting St. #601. Alexandria, VA, 22304

571-989-2290

margaretluckeycounseling@gmail.com

Safe Harbor Christian Counseling - Alexandria, VA - Barclay Dr.  
safeharbor1.com/  
Market  
5875 Barclay Dr, Alexandria, VA, 22315  
703-566-9900  
info@safeharbor1.com

Safe Harbor Christian Counseling - Alexandria, VA - Fordson Rd.  
safeharbor1.com/  
Market  
7836 Fordson Rd. Alexandria, VA, 22306  
703-566-9900  
info@safeharbor1.com

Safe Harbor Christian Counseling - Alexandria, VA - Franconia Rd  
safeharbor1.com/  
Market  
5952 Franconia Rd. Alexandria, VA, 22310  
703-566-9900  
info@safeharbor1.com

Safe Harbor Christian Counseling - Alexandria, VA - Grovedale Dr.  
safeharbor1.com/  
Market  
6408 Grovedale Dr, Suite 200. Alexandria, VA, 22310  
703-566-9900  
info@safeharbor1.com

Safe Harbor Christian Counseling - Arlington, VA - N Pershing Dr.  
safeharbor1.com/  
Market  
3020 N Pershing Dr.,. Arlington, VA, 22201  
703-566-9900  
info@safeharbor1.com

Safe Harbor Christian Counseling - Arlington, VA - Taylor St.  
safeharbor1.com/  
Market  
825 S Taylor St.,. Arlington, VA, 22204  
703-566-9900  
info@safeharbor1.com

**Abortion Recovery and Healing**

NOVA Pregnancy Help Center Abortion Recovery- Alexandria, VA  
novapregnancy.org  
Free  
8800 E Pear Tree Village Ct. Alexandria, VA, 22309

703-780-4700  
michelle.russell@slmpregnancy.org

Project Rachel Post-Abortion Healing Ministry (Serves Large Radius)  
helpafterabortion.org

Free  
200 N Glebe Rd #914. Arlington, VA, 22203  
703-841-3812  
sarah.lapierre@arlingtondiocese.org

### **Prenatal or Perinatal Diagnosis** **Disability Support Organizations**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Medical Interventions for Baby**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Perinatal Hospice Resources**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Pregnancy and Infant Loss Support**


*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Care for Children**

#### **Childcare Help**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Children's Healthcare**

Dr. Vivian Lugo-Eschenwald Children's Healthcare   
[fmaa.com/provider/vivian-l-lugo-eschenwald-md](http://fmaa.com/provider/vivian-l-lugo-eschenwald-md)  
Market  
1800 North Beauregard Street, Suite 250. Alexandria, VA, 22311  
703-753-4999  
[fmaa@lmgdoctors.com](mailto:fmaa@lmgdoctors.com)

#### **Family and Parenting Education**

NOVA Pregnancy Help Center Parenting Education - Alexandria, VA  
[novapregnancy.org](http://novapregnancy.org)

Free  
8800 E Pear Tree Village Ct. Alexandria, VA, 22309  
703-780-4700  
[Margery.Williams@slmpregnancy.org](mailto:Margery.Williams@slmpregnancy.org), [michelle.russell@slmpregnancy.org](mailto:michelle.russell@slmpregnancy.org)

YoungLives - Alexandria, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
3682 King St #16524. Alexandria, VA, 22302  
716-244-6137  
dfishercca2011@gmail.com

### **Adoption Services**

Siena Adoption Services Home Studies for Adoptive Families  
sienaadoptionservices.com  
Affordable  
4141 North Henderson Road, Plaza Suite 4. Arlington, VA, 22203  
703-477-0411  
sienaadoptionservices@gmail.com

### **Foster and Short-Term Care**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

### **Sub-Region 3: Loudoun County**

#### **Forming Her PLAN**

#### **Pregnancy Help and Case Management**

Birthright International - Loudon, VA  
birthrightofloudoun.com  
Free  
823 S. King St, Suite I. Leesburg, VA, 20175  
703-777-7272  
dawn@birthrightofloudoun.com

Gabriel Project Pregnancy Assistance - Ashburn, VA  
[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)  
Free  
Ashburn, VA 20147  
(703) 841-3810  
[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Leesburg, VA  
[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)  
Free  
Leesburg, VA 20176  
(703) 841-3810  
[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Purcellville, VA  
[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)  
Free



Purcellville, VA 20132  
(703) 841-3810  
[info@h4pw.org](mailto:info@h4pw.org)

Mosaic Virginia  
mosaic-virginia.org  
Free  
19415 Deerfield Avenue, #109. Lansdowne, VA, 20176  
703-729-1123  
nmattson@mosaic-virginia.org

**Her Health and Well-Being**  
**Women's Health Medical Services**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Women's Health Support Services**

Birthright International Breastfeeding Class - Loudon, VA  
birthrightofloudoun.com  
Free  
823 S. King St, Suite I. Leesburg, VA, 20175  
703-777-7272  
[dawn@birthrightofloudoun.com](mailto:dawn@birthrightofloudoun.com)

Woodley Health and Wellness 🌿  
Woodleyhealthandwellness.com  
Affordable  
Loudoun County, VA

**General Health Services**

Tree of Life Ministries Healthcare and Health Education - Leesburg, VA  
tolministries.org/healthcare-leesburg.html  
Free  
Leesburg Junction, 215 Depot CT SE, Suite 307. Leesburg, VA, 20175  
540-441-7920  
info@tolministries.org

Tree of Life Ministries Healthcare and Health Education - Purcellville, VA  
tolministries.org/healthcare-purcellville.html  
Free  
210 N. 21st., Street, Unit D. Purcellville, VA, 20132  
540-441-7920  
info@tolministries.org

**Financial Assistance, Work, or Education**

**Financial Assistance**

St. Theresa Parish Divine Mercy Food Programs and Parish Office Pantry

<https://sainttheresaparish.com/divine-mercy/about-divine-mercy/>

Free

21371 St. Theresa Lane, Ashburn, VA, 20147

Tree of Life Ministries Relief Fund and Financial Coaching - Leesburg, VA  
[tolministries.org/relief-purcellville.html](http://tolministries.org/relief-purcellville.html)

Free

215 Depot Court SE, Suite 307, Leesburg, VA, 20175

540-441-7920

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

Tree of Life Ministries Relief Fund and Financial Coaching - Purcellville, VA  
[tolministries.org/relief-purcellville.html](http://tolministries.org/relief-purcellville.html)

Free

210 N. 21st., Street, Unit D. Purcellville, VA, 20132

540-441-7920

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

### **Work Opportunities**

Catholic Charities Diocese of Arlington - Job Readiness Program - Ashburn  
[ccda.net/need-help/education-job-prep-and-training/job-ministry/](http://ccda.net/need-help/education-job-prep-and-training/job-ministry/)

Free

21370 St. Theresa Lane, Ashburn, VA, 20147

Tree of Life Ministries Workforce Connections & English Classes - Leesburg, VA  
[tolministries.org/lifeskills-leesburg.html](http://tolministries.org/lifeskills-leesburg.html)

Free

215 Depot Court SE, Suite 307. Leesburg, VA, 20175

540-441-7920

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

Tree of Life Ministries Workforce Connections & English Classes - Purcellville, VA  
[tolministries.org/lifeskills-purcellville.html](http://tolministries.org/lifeskills-purcellville.html)

Free

210 N. 21st., Street, Unit D. Purcellville, VA, 20132

540-441-7920

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

### **Education Opportunities**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

### **Material or Legal Support**

#### **Transportation**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

## **Food and Nutrition**

Catholic Charities Saint Lucy Project Food Distribution Program Regional Office Pantry  
- Leesburg, VA

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

Free

316 E. Market St, Leesburg, VA, 20176

McLean Bible Food Distribution – Leesburg

<https://mcleanbible.org/tysons/local-outreach-2/>

Free

Leesburg, VA, 20176

703-639-2000

St. Theresa Parish Divine Mercy Food Programs and Parish Office Pantry

[sainttheresaparish.com/divine-mercy/divine-mercy-food-programs/](http://sainttheresaparish.com/divine-mercy/divine-mercy-food-programs/)

Free

21371 St. Theresa Lane, Ashburn, VA, 20147

Tree of Life Ministries Community Kitchen and Food Delivery - Leesburg, VA

[tolministries.org/food-leesburg.html](http://tolministries.org/food-leesburg.html)

Free

215 Depost Court SE, Suite 307. Leesburg, VA, 20175

540-441-7920

[Info@tolministries.org](mailto:Info@tolministries.org)

Tree of Life Ministries Community Kitchen, Food Pantry, and Community Garden -  
Purcellville, VA

[tolministries.org/food-purcellville.html](http://tolministries.org/food-purcellville.html)

Free

210 N. 21st., Street, Unit D. Purcellville, VA, 20132

540-441-7920

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

## **Clothing, Household Goods, and Baby Supplies**

Birthright International - Loudon, VA Baby Supplies

[birthrightofloudon.com](http://birthrightofloudon.com)

Free

823 S. King St, Suite I. Leesburg, VA, 20175

703-777-7272

[dawn@birthrightofloudon.com](mailto:dawn@birthrightofloudon.com)

Hope's Treasures Thrift Store – Ashburn

[goodshepherdalliance.org/thrift-stores-donation-centers](http://goodshepherdalliance.org/thrift-stores-donation-centers)

20684 Ashburn Road, Ashburn, VA, 20147

Free

703-724-1555

[ashburnht@goodshepherdalliance.org](mailto:ashburnht@goodshepherdalliance.org)

Hope's Treasures Thrift Store – Leesburg  
[goodshepherdalliance.org/thrift-stores-donation-centers](https://goodshepherdalliance.org/thrift-stores-donation-centers)  
703 East Market Street, Leesburg, VA, 20175  
Free  
703-777-5536  
[leesburght@goodshepherdalliance.org](mailto:leesburght@goodshepherdalliance.org)

Hope's Treasures Thrift Store – Sterling  
[goodshepherdalliance.org/thrift-stores-donation-centers](https://goodshepherdalliance.org/thrift-stores-donation-centers)  
20921 Davenport Drive, Sterling, VA, 20165  
Free  
703-444-5956  
[sterlinght@goodshepherdalliance.org](mailto:sterlinght@goodshepherdalliance.org)

St. Theresa Parish Bed/Furniture Ministry and Clothing and Coat Donations  
[sainttheresaparish.com/divine-mercy/divine-mercy-outreach/clothing-donations/](https://sainttheresaparish.com/divine-mercy/divine-mercy-outreach/clothing-donations/)  
Free  
20 Export Drive, Sterling, VA, 20164  
703-729-2334  
[dmoutreach@sainttheresaparish.com](mailto:dmoutreach@sainttheresaparish.com)

Tree of Life Ministries Clothing Closet and Annual Clothing and Furniture Giveaway -  
Leesburg, VA  
[tolministries.org/shelter-purcellville.html](https://tolministries.org/shelter-purcellville.html)  
Free  
215 Depost Court SE, Suite 307. Leesburg, VA, 20175  
540-441-7920  
[Info@tolministries.org](mailto:Info@tolministries.org)

Tree of Life Ministries Clothing Closet and Annual Clothing and Furniture Giveaway -  
Purcellville, VA  
[tolministries.org/shelter-purcellville.html](https://tolministries.org/shelter-purcellville.html)  
Free  
210 N. 21st., Street, Unit D. Purcellville, VA, 20132  
540-441-7920  
[Info@tolministries.org](mailto:Info@tolministries.org)

### **Housing, Shelters, and Maternity Homes**

Good Shepherd Alliance - Family Transitional Housing (Transitional Home for Families)  
[goodshepherdalliance.org](https://goodshepherdalliance.org)  
Free  
20684 Ashburn Rd.. Ashburn, VA, 20147  
703-724-1555, Ext. 103  
[mhoyt@goodshepherdalliance.org](mailto:mhoyt@goodshepherdalliance.org)

Good Shepherd Alliance - Hebron/Bethel (Emergency Shelter)  
goodshepherdalliance.org  
Free  
20684 Ashburn Rd. Ashburn, VA, 20147  
703-724-1555, Ext. 103  
[mhoyt@goodshepherdalliance.org](mailto:mhoyt@goodshepherdalliance.org)

Good Shepherd Alliance - Mary's House of Hope (Transitional Home for Single Mothers)  
goodshepherdalliance.org  
Free  
20684 Ashburn Rd.. Ashburn, VA, 20147  
703-724-1555, Ext. 103  
[mhoyt@goodshepherdalliance.org](mailto:mhoyt@goodshepherdalliance.org)

Good Shepherd Alliance - Peace House (Transitional Home for Single Women)  
goodshepherdalliance.org  
Free  
20684 Ashburn Rd.. Ashburn, VA, 20147  
703-724-1555, Ext. 103  
[mhoyt@goodshepherdalliance.org](mailto:mhoyt@goodshepherdalliance.org)

Tree of Life Ministries Housing Ministry and Working Hands- Purcellville, VA  
tolministries.org/shelter-purcellville.html  
Free  
210 N. 21st., Street, Unit D. Purcellville, VA, 20132  
540-441-7920  
Info@tolministries.org

### **Legal Support**

Good Samaritan Advocates at Cornerstone Chapel - Leesburg, VA  
goodsamaritanadvocates.org/help  
Free  
650 Battlefield Pkwy SE, Leesburg, VA, 20175  
gsa@gsadvocates.org; cornerstone@gsadvocates.org

Good Samaritan Advocates at Reston Bible Church - Sterling, VA  
goodsamaritanadvocates.org/help  
Free  
45650 Oakbrook Ct, Sterling, VA, 20166  
[gsa@gsadvocates.org](mailto:gsa@gsadvocates.org)

### **Recovery and Mental Health**

#### **Addiction or Suicide Intervention**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

## **Intimate Partner Violence, Rape, Assault, or Sex Trafficking**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Counseling for Women and Families**

Catholic Charities Family Services - Ashburn, St. Theresa  
[ccda.net/need-help/medical-and-counseling/counseling/Affordable](http://ccda.net/need-help/medical-and-counseling/counseling/Affordable)

21370 St Theresa Ln., Ashburn, VA, 20147

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Leesburg (Catholic Charities Leesburg Regional Office)

[ccda.net/need-help/medical-and-counseling/counseling/Affordable](http://ccda.net/need-help/medical-and-counseling/counseling/Affordable)

316 East Market Street, Leesburg, VA, 20176

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Purcellville, St. Francis de Sales

[ccda.net/need-help/medical-and-counseling/counseling/Affordable](http://ccda.net/need-help/medical-and-counseling/counseling/Affordable)

37730 St Francis Ct, Purcellville, VA, 20132

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Sterling, Christ the Redeemer

[ccda.net/need-help/medical-and-counseling/counseling/Affordable](http://ccda.net/need-help/medical-and-counseling/counseling/Affordable)

46833 Harry Byrd Hwy, Sterling, VA, 20164

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Safe Harbor Christian Counseling - Aldie, VA

[safeharbor1.com/](http://safeharbor1.com/)

Market

25615 Lennox Hale Dr. Aldie, VA, 20105

800-305-2089

[info@safeharbor1.com](mailto:info@safeharbor1.com)

### **Abortion Recovery and Healing**

Surrendering the Secret Abortion Healing Program - at Mosaic

[mosaic-virginia.org](http://mosaic-virginia.org)

Free

19415 Deerfield Ave. # 109. Lansdowne, VA, 20176

703-729-1123

help@mosaic-virginia.org

**Prenatal or Perinatal Diagnosis**  
**Disability Support Organizations**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Medical Interventions for Baby**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Perinatal Hospice Resources**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Pregnancy and Infant Loss Support**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Care for Children**

**Childcare Help**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Children's Healthcare**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Family and Parenting Education**

Mosaic Virginia Earn While You Learn

[mosaic-virginia.org](http://mosaic-virginia.org)

Free

19415 Deerfield Avenue, #109. Lansdowne, VA, 20176

703-729-1123

[nmattson@mosaic-virginia.org](mailto:nmattson@mosaic-virginia.org)

**Adoption Services**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Foster and Short-Term Care**

Fusion Coalition

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

Free

Purcellville, VA 20131

[jaoniwood@gmail.com](mailto:jaoniwood@gmail.com)

**Sub-Region 4: Prince William County, Manassas, Manassas Park  
Forming Her PLAN**

**Pregnancy Help and Case Management**

Birthright International - Woodbridge, VA  
birthrightofwoodbridge.org

Free

4207 Dale Boulevard. Woodbridge, VA, 22193

703-583-1178

Info@birthrightofwoodbridge.org

First Care Women's Health/ Care Net Pregnancy Resource Centers - Manassas, VA  
firstcarewomen.com

Free

8691 Stonewall Road, Suite B. Manassas, VA, 20108

703-330-4572

[sdo@carenetprcs.org](mailto:sdo@carenetprcs.org)

First Care Women's Health/ Care Net Pregnancy Resource Centers - Woodbridge, VA  
firstcarewomen.com

Free

13189 Centerpointe Way. Woodbridge, VA, 22193

703-670-5322

info@firstcarewomen.com

Gabriel Project Pregnancy Assistance - Gainesville, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Gainesville, VA 20155

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

Gabriel Project Pregnancy Assistance - Manassas, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Manassas, VA 20110

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

**Her Health and Well-Being**

**Women's Health Medical Services**

John Long, MD

mydoctor.kaiserpermanente.org/mas/provider/johnlong

Market

14139 Potomac Mills Rd. Woodbridge, VA, 22192

703-490-8400

jdlongprivate@icloud.com



Mother of Mercy Free Clinic - Women's Health Services 🌿  
ccda.net/programs\_freemedicalclinic.php  
Free  
9380 Forestwood Lane, Unit B. Manassas, VA, 20110  
703-335-2779  
alexandra.luevano@ccda.net

Dr. Chi Young Women's Fertility Services - Gainesville Office 🌿  
princewilliamfamilymedicine.com/doctors/dr-chi-young/  
Market  
8078 Crescent Park Dr. #201. Gainesville, VA, 20155  
703-753-4999  
vawomenshealth.com/appointments/

Dr. Z's Total Women's Care  
drzchambers.com/  
Market  
3775 Fetter Park Dr.. Dumfries, VA, 22025  
703-441-3555  
drzchambers@me.com

### **Women's Health Support Services**

The Blessed Birth Course  
cathyharris.org  
Affordable  
Manassas, VA, 20136  
703-868-1334  
birthtoblessing@gmail.com


Anne Geiran, Prolife Registered Dietician 🌿  
Market  
8786 Peabody St.. Manassas, VA, 20110  
703-330-3959  
[geiranfamily@gmail.com](mailto:geiranfamily@gmail.com)

Radiant Mama Doula 🌿  
facebook.com/pg/Radiant-Mama-Birth-Doula-LLC-  
106232054182089/about/?ref=page\_internal  
Affordable  
Manassas, VA 20110  
704-473-0182  
radiantmamadoula@outlook.com


Washington Birth Education 🌿  
washingtonbirtheducation.com/who-we-are  
Affordable

ECPI University, 10021 Balls Ford Rd. Manassas, VA, 20109  
703-629-0747  
sherri@washingtonbirtheeducation.com

### **General Health Services**

Mother of Mercy Free Clinic - Additional Health Services   
ccda.net/programs\_freemedicalclinic.php  
Free  
9380 Forestwood Lane, Unit B. Manassas, VA, 20110  
703-335-2779  
alexandra.luevano@ccda.net

Vitality Integrative Medicine  
vitalityintegrativemed.com  
Market  
8421 Dorsey Circle Suite 102. Manassas, VA, 20110  
703-395-9327  
office@doctorlebaron.com

Dr. Chi Young Family Medicine - Gainesville Office   
princewilliamfamilymedicine.com/doctors/dr-chi-young/  
Market  
8078 Crescent Park Dr. #201. Gainesville, VA, 20155  
703-753-4999  
vawomenshealth.com/appointments/

### **Financial Assistance, Work, or Education**

#### **Financial Assistance**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Work Opportunities**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Education Opportunities**

House of Mercy Adult Education Program  
houseofmercyva.org/programs/adult-education/  
Free  
8170 Flannery Court, Manassas, VA, 20109  
703-659-1636

### **Material or Legal Support**

#### **Transportation**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Food and Nutrition**

House of Mercy Food Pantry

houseofmercyva.org/

Free

8170 Flannery Court. Manassas, VA, 20109

703-659-1636

foodpantry@houseofmercy.org

McLean Bible Food Distribution – Manassas, VA

<https://mcleanbible.org/tysons/local-outreach-2/>

Free

Manassas, VA, 22110

703-639-2000

Mother of Mercy Free Clinic - Nutrition Classes

ccda.net/programs\_freemedicalclinic.php

Free

9380 Forestwood Lane, Unit B. Manassas, VA, 20110

703-335-2779

alexandra.luevano@ccda.net

### **Clothing, Household Goods, and Baby Supplies**

Birthright International Baby Supplies - Woodbridge, VA

birthrightofwoodbridge.org

Free

4207 Dale Boulevard. Woodbridge, VA, 22193

703-583-1178

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

House of Mercy Thrift Store

houseofmercyva.org/

Affordable

8170 Flannery Court. Manassas, VA, 20109

703-659-1636

scrooks@houseofmercyva.org

### **Housing, Shelters, and Maternity Homes**

Carried to Full Term

carriedtofullterm.org

Free

6740 Fayette St.. Haymarket, VA, 20169

571-261-2838

carriedtofullterm@gmail.com

St. Margaret of Cortona Family Transformational Housing 🌿

ccda.net/need-help/housing/family-housing-(st--margaret)/

Free

4123 G St., Unit A. Woodbridge, VA, 22191  
703-910-4845  
Veronica.Roth@ccda.net

### **Legal Support**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Recovery and Mental Health**

#### **Addiction or Suicide Intervention**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Intimate Partner Violence, Rape, Assault, or Sex Trafficking**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Counseling for Women and Families**

Catholic Charities Family Services - Dale City, Holy Family  
[ccda.net/need-help/medical-and-counseling/counseling/](http://ccda.net/need-help/medical-and-counseling/counseling/)

Affordable

14160 Ferndale Rd, Woodbridge, VA, 22193

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - St. Elizabeth Ann Seton

[ccda.net/need-help/medical-and-counseling/counseling/](http://ccda.net/need-help/medical-and-counseling/counseling/)

Affordable

12807 Valleywood Dr, Lake Ridge, VA 22192

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Manassas, All Saints

[ccda.net/need-help/medical-and-counseling/counseling/](http://ccda.net/need-help/medical-and-counseling/counseling/)

Affordable

9300 Stonewall Rd, Manassas, VA, 20110

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - St. Francis of Assisi

[ccda.net/need-help/medical-and-counseling/counseling/](http://ccda.net/need-help/medical-and-counseling/counseling/)

Affordable

18825 Fuller Heights Rd, Triangle, VA 22172

703-859-3147

[info@ccda.net](mailto:info@ccda.net)

Northern Virginia (NOVA) Christian Counseling

novachristiancounseling.com/  
Market  
10620 Crestwood Drive, Suite C. Manassas, VA, 20109  
571-408-8986  
appointments@novachristiancounseling.com

Safe Harbor Christian Counseling - Old Town Manassas, VA  
safeharbor1.com/  
Market  
11234 Balls Ford Rd., Old Town Manassas, VA, 20109  
800-305-2089  
info@safeharbor1.com

Safe Harbor Christian Counseling - Woodbridge, VA -Cardinal Dr.  
safeharbor1.com/  
Market  
15418 Cardinal Dr., Woodbridge, VA, 22193  
800-305-2089  
info@safeharbor1.com

Safe Harbor Christian Counseling - Woodbridge, VA -Dale Blvd.  
safeharbor1.com/  
Market  
4223 Dale Blvd., Woodbridge, VA, 22193  
703-566-9900  
info@safeharbor1.com

Safe Harbor Christian Counseling - Woodbridge, VA -Ps Business Center Dr.  
safeharbor1.com/  
Market  
3058 Ps Business Center Dr., Woodbridge, VA, 22192  
800-305-2089  
info@safeharbor1.com

### **Abortion Recovery and Healing**

First Care Women's Health Abortion Recovery - Manassas, VA  
firstcarewomen.com  
Free  
8691 Stonewall Road, Suite B. Manassas, VA, 20108  
703-330-4572  
[info@firstcarewomen.com](mailto:info@firstcarewomen.com)

First Care Women's Health Abortion Recovery - Woodbridge, VA  
firstcarewomen.com  
Free  
13189 Centerpointe Way. Woodbridge, VA, 22193  
703-670-5322

[info@firstcarewomen.com](mailto:info@firstcarewomen.com)

**Prenatal or Perinatal Diagnosis  
Disability Support Organizations**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

**Medical Interventions for Baby**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

**Perinatal Hospice Resources**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

**Pregnancy and Infant Loss Support**


A Mom's Peace (Serves Large Radius)  
[amomspeace.org](http://amomspeace.org)  
Affordable  
P.O. Box 534. Nokesville, VA, 20182  
571-781-2419  
[info@amomspeace.org](mailto:info@amomspeace.org)

**Care for Children**

**Childcare Help**

Greater Mt. Calvary Sunbeam Preschool & Infant Center - Manassas, VA  
[facebook.com/pages/category/Business-Service/Greater-Mount-Calvary-Christian-Preschool-and-Academy-228263667224265/](https://facebook.com/pages/category/Business-Service/Greater-Mount-Calvary-Christian-Preschool-and-Academy-228263667224265/)  
Affordable  
9514 Westmoreland Avenue. Manassas, VA, 20110  
703-368-9987  
[pamelavdavis1975@gmail.com](mailto:pamelavdavis1975@gmail.com)

**Children's Healthcare**

Mother of Mercy Free Clinic - Children's Health Services   
[ccda.net](http://ccda.net)  
Free  
9380 Forestwood Lane, Unit B. Manassas, VA, 20110  
703-335-2779  
[alexandra.luevano@ccda.net](mailto:alexandra.luevano@ccda.net)

**Dr. Chi Young Children's Healthcare - Gainesville Office** 

[princewilliamfamilymedicine.com/doctors/dr-chi-young/](http://princewilliamfamilymedicine.com/doctors/dr-chi-young/)  
Market  
8078 Crescent Park Dr. #201. Gainesville, VA, 20155  
703-753-4999  
[vawomenshealth.com/appointments/](http://vawomenshealth.com/appointments/)

### **Family and Parenting Education**

First Care Women's Health Ready on Arrival Class - Manassas, VA

firstcarewomen.com

Free

8691 Stonewall Road, Suite B. Manassas, VA, 20108

703-330-4572

sdo@carenetprcs.org

First Care Women's Health Ready on Arrival Class- Woodbridge, VA

firstcarewomen.com

Free

13189 Centerpointe Way. Woodbridge, VA, 22193

703-670-5322

info@firstcarewomen.com

### **Adoption Services**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Foster and Short-Term Care**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Sub-Region 5: Culpeper, Fauquier County, Rappahannock County**

#### **Forming Her PLAN**

#### **Pregnancy Help and Case Management**

Gabriel Project Pregnancy Assistance - Culpeper, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Culpeper, VA 22701

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

ThriVe Women's Healthcare of Central Virginia 

thrivecentralva.org

Free

18484 Crossroad Parkway. Culpeper, VA, 22701

540-727-0400

[culp@thrivecentralva.org](mailto:culp@thrivecentralva.org)

Warrenton Pregnancy Center 

warrentonpregnancycenter.org

Free

400 Holiday Court, Suite 101. Warrenton, VA, 20186

540-779-0001

director@warrentonpregnancycenter.org

## **Her Health and Well-Being**

### **Women's Health Medical Services**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Women's Health Support Services**

A Mother's Perspective Doula Services – Culpeper (Serves Large Radius)

Mothersperspective.com

Market

Fredericksburg, VA, 22402

540-907-7892

[jennifer@mothersperspective.com](mailto:jennifer@mothersperspective.com)

ThriVe Women's Healthcare of Central Virginia - Fertility Practitioner 🌱

thrivecentralva.org

Free

18484 Crossroad Parkway. Culpeper, VA, 22701

540-727-0400

[bridgett@thrivecentralva.org](mailto:bridgett@thrivecentralva.org)

Warrenton Pregnancy Center Pregnancy and Childbirth Classes 🌱

<https://warrentonpregnancycenter.org/free-services>

Free

400 Holiday Ct Ste 101. Warrenton, VA, 20186

540-779-0001

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

### **General Health Services**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

## **Financial Assistance, Work, or Education**

### **Financial Assistance**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Work Opportunities**

Catholic Charities Diocese of Arlington - Job Readiness Program - Culpeper

[ccda.net/need-help/education-job-prep-and-training/job-ministry/](http://ccda.net/need-help/education-job-prep-and-training/job-ministry/)

Free

114 E. Edmondson St., Culpepper, VA, 22701

### **Education Opportunities**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.



## **Material or Legal Support**

### **Transportation**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Food and Nutrition**

YoungLives Food Distribution - Culpeper, VA  
[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)  
Free  
PO Box 803. Culpeper, VA, 22701  
301-906-2950  
[amrosa922@gmail.com](mailto:amrosa922@gmail.com)

### **Clothing, Household Goods, and Baby Supplies**

ThriVe Women's Healthcare of Central Virginia Baby Supplies 🌿  
[thrivecentralva.org](http://thrivecentralva.org)  
Free  
18484 Crossroad Parkway. Culpeper, VA, 22701  
540-727-0400  
[culp@thrivecentralva.org](mailto:culp@thrivecentralva.org)

### Warrenton Pregnancy Center Baby Supplies 🌿

<https://warrentonpregnancycenter.org/free-services>  
Free  
400 Holiday Ct Ste 101. Warrenton, VA, 20186  
540-779-0001  
[info@warrentonpregnancycenter.org](mailto:info@warrentonpregnancycenter.org)

YoungLives Baby Supplies - Culpeper, VA  
[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)  
Free  
PO Box 803. Culpeper, VA, 22701  
301-906-2950  
[amrosa922@gmail.com](mailto:amrosa922@gmail.com)

### **Housing, Shelters, and Maternity Homes**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Legal Support**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Recovery and Mental Health**

#### **Addiction or Suicide Intervention**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Intimate Partner Violence, Rape, Assault, or Sex Trafficking**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.

### **Counseling for Women and Families**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.

### **Abortion Recovery and Healing**

ThriVe Women's Healthcare of Central Virginia Post-Abortion Healing 🌱

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

Free

18484 Crossroad Parkway. Culpeper, VA, 22701

540-727-0400

[culp@thrivecentralva.org](mailto:culp@thrivecentralva.org)

Warrenton Pregnancy Center Abortion Recovery

[warrentonpregnancycenter.org/be-informed/abortion-recovery](http://warrentonpregnancycenter.org/be-informed/abortion-recovery)

Free

400 Holiday Ct Ste 101. Warrenton, VA, 20186

540-779-0001

[director@warrentonpregnancycenter.org](mailto:director@warrentonpregnancycenter.org)

### **Prenatal or Perinatal Diagnosis**

#### **Disability Support Organizations**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.

### **Medical Interventions for Baby**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.

### **Perinatal Hospice Resources**

A Mother's Perspective Bereavement Doula Services – Culpeper (Serves Large Radius)

[Mothersperspective.com](http://Mothersperspective.com)

Market

Fredericksburg, VA, 22402

540-907-7892

[jennifer@mothersperspective.com](mailto:jennifer@mothersperspective.com)

### **Pregnancy and Infant Loss Support**

A Mother's Perspective – Bereavement Doula Services – Culpeper (Serves Large Radius)

[Mothersperspective.com](http://Mothersperspective.com)

Free

Fredericksburg, VA, 22402

540-907-7892

[jennifer@mothersperspective.com](mailto:jennifer@mothersperspective.com)

ThriVe Women's Healthcare of Central Virginia – Infant Loss Support 🌱

thrivecentralva.org

Free

18484 Crossroad Parkway. Culpeper, VA, 22701

540-727-0400

[kristie@thrivecentralva.org](mailto:kristie@thrivecentralva.org)

### **Care for Children**

#### **Childcare Help**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Children's Healthcare**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Family and Parenting Education**

Embrace Grace Support Group

[bridge4life.com/get-connected/connection-groups/](http://bridge4life.com/get-connected/connection-groups/)

Free

8774 James Madison Highway, Warrenton, VA 20186

540-341-7409

[Egwarrenton@gmail.com](mailto:Egwarrenton@gmail.com)

ThriVe Women's Healthcare of Central Virginia – Parenting Class 🌱

thrivecentralva.org

Free

18484 Crossroad Parkway. Culpeper, VA, 22701

540-727-0400

[kristie@thrivecentralva.org](mailto:kristie@thrivecentralva.org)

Warrenton Pregnancy Center Parenting Classes 🌱

warrentonpregnancycenter.org

Free

400 Holiday Court, Suite 101. Warrenton, VA, 20186

540-779-0001

[director@warrentonpregnancycenter.org](mailto:director@warrentonpregnancycenter.org)

YoungLives - Culpeper, VA

[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)

Free

PO Box 803. Culpeper, VA, 22701

301-906-2950

[amrosa922@gmail.com](mailto:amrosa922@gmail.com)

### **Adoption Services**

Family Life Services Adoption Agency for Adoptive Families (Serves Large Radius)

familylifeservices.org

Affordable

Culpeper, VA, 22701

434-592-4401

deanne.hamlette@familylifeservices.org

Family Life Services Adoption Agency for Pregnant Women and Birth Parents (Serves Large Radius)

familylifeservices.org

Free

Culpeper, VA, 22701

434-592-4401

deanne.hamlette@familylifeservices.org

### **Foster and Short-Term Care**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

### **Sub-Region 6: Clarke County, Frederick County, Winchester, Warren County**

#### **Forming Your PLAN**

#### **Pregnancy Help and Case Management**

Abbacare

abbacare.org

Free

200 Weems Lane. Winchester, VA, 22601

540-665-9660

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

Front Royal Pregnancy Center

frontroyalpregnancy.org

Free

11 South Royal Avenue. Front Royal, VA, 22630

540-635-6181

[staff@frontroyalpregnancy.org](mailto:staff@frontroyalpregnancy.org)

Gabriel Project Pregnancy Assistance - Winchester, VA

[helpforpregnantwomen.org](http://helpforpregnantwomen.org) / [ayudaparaembarazadas.org](http://ayudaparaembarazadas.org)

Free

Winchester, VA 22601

(703) 841-3810

[info@h4pw.org](mailto:info@h4pw.org)

#### **Her Health and Well Being**

#### **Women's Health Medical Services**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Women's Health Support Services**

Abbacare Childbirth & Breastfeeding Classes

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

Free

200 Weems Lane, Winchester, VA, 22601

540-665-9660

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

Becky Evans, FSP 

[cedarcreekhologistic.com](http://cedarcreekhologistic.com)

Market

Winchester, VA, 22604

434-485-1427

[becky.thehp@gmail.com](mailto:becky.thehp@gmail.com)

Saint Teresa's Fertility Care Center 

[facebook.com/fertilitycarecavanaugh](https://facebook.com/fertilitycarecavanaugh)

Affordable

Front Royal, VA, 22610

540-431-1992

[sracavanaugh@gmail.com](mailto:sracavanaugh@gmail.com)

### **General Health Services**

*Tree Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here.*

*PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Financial Assistance, Work, or Education**

#### **Financial Assistance**

Tree of Life Ministries Relief Fund - Winchester, VA

[tolministries.org/relief-winchester.html](http://tolministries.org/relief-winchester.html)

Free

Winchester, VA, 22601

540-441-7920

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

#### **Work Opportunities**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Education Opportunities**

Pregnant on Campus Initiative - Christendom College

[pregnantoncampus.studentsforlife.org/campus/christendom/](http://pregnantoncampus.studentsforlife.org/campus/christendom/)

Free

134 Christendom Dr. Front Royal, VA, 22630  
570-994-6229  
sstone@studentsforlife.org

### **Material or Legal Support**

#### **Transportation**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Food and Nutrition**

Catholic Charities Saint Lucy Project Food Distribution Program Food Pantry - Front Royal, VA

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

Free

613 N. Royal Ave, Front Royal, VA, 22630

Tree of Life Ministries Community Kitchen - Winchester, VA

[tolministries.org/relief-winchester.html](http://tolministries.org/relief-winchester.html)

Free

Salvation Army Homeless Shelter, 300 Fort Collier Rd, Winchester, VA, 22603

540-441-7920

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

#### **Clothing, Household Goods, and Baby Supplies**

Front Royal Pregnancy Center Baby Supplies

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

Free

11 South Royal Avenue. Front Royal, VA, 22630

540-635-6181

[staff@frontroyalpregnancy.org](mailto:staff@frontroyalpregnancy.org)

#### **Housing, Shelters, and Maternity Homes**

New Eve Maternity Home 

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

Free

PO Box 1518. Winchester, VA, 22604

540-450-0775

[cabell.angle@gmail.com](mailto:cabell.angle@gmail.com)

#### **Legal Support**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Recovery and Mental Health**

##### **Addiction or Suicide Intervention**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Intimate Partner Violence, Rape, Assault, or Sex Trafficking**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Counseling for Women and Families**

Fred Sabia/ Lighthouse Counseling & Coaching  
[facebook.com/LighthouseCounselingandCoaching/](https://facebook.com/LighthouseCounselingandCoaching/)  
Market  
2205 Tower Ave or 123 Amherst St.. Winchester, VA, 22601  
540- 539-0145, 540- 665-9585  
[lcac@lighthousecac.com](mailto:lcac@lighthousecac.com)

### **Abortion Recovery and Healing**

Abbacare Post Abortion Healing  
[abbacare.org](http://abbacare.org)  
Free  
200 Weems Lane, Winchester, VA, 22601  
540-665-9660  
[info@abbacare.org](mailto:info@abbacare.org)

### **Prenatal or Perinatal Diagnosis Disability Support Organizations**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Medical Interventions for Baby**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Perinatal Hospice Resources**

Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.

### **Pregnancy and Infant Loss Support**

Becky Evans - Bereavement Doula Services 🌿  
[cedarcreekhologistic.com](http://cedarcreekhologistic.com)  
Market  
Winchester, VA, 22604  
540-686-1349  
[becky.thehp@gmail.com](mailto:becky.thehp@gmail.com)

### **Care for Children**

#### **Childcare Help**

OPEN DOOR KIDZ Daycare  
[opendoorbaptistchurch.org/](http://opendoorbaptistchurch.org/)  
Market

333 Jeremiah Lane. Clear Brook, VA, 22624  
540-450-8464  
Info@opendoorbaptistchurch.org

### **Children's Healthcare**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Family and Parenting Education**

Abbacare Parenting Classes

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

Free

200 Weems Lane. Winchester, VA, 22601

540-665-9660

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

Front Royal Pregnancy Center Parenting Classes 🌱

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

Free

11 South Royal Avenue. Front Royal, VA, 22630

540-635-6181

[staff@frontroyalpregnancy.org](mailto:staff@frontroyalpregnancy.org)

### **Adoption Services**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Foster and Short-Term Care**

Foster Friends Coalition of Winchester

[Facebook.com/groups/883629338648782](https://www.facebook.com/groups/883629338648782)

Free

Winchester, VA 22601

[ffcwinchester@gmail.com](mailto:ffcwinchester@gmail.com)

### **Sub-Region 7: Fredericksburg, King George County, Stafford County, Spotsylvania County**

#### **Forming Her PLAN**

#### **Pregnancy Help and Case Management**

Birthright International - Fredericksburg, VA

[birthrightoffredericksburg.com](http://birthrightoffredericksburg.com)

Free

2006 Lafayette Blvd, Suite 202. Fredericksburg, VA, 22401

540-898-8558

[birthrightfred@gmail.com](mailto:birthrightfred@gmail.com)

Choices Women's Center - Spotsylvania, VA 🌱

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



Free  
10008 Southpoint Parkway, Suite 105, Fredericksburg, VA, 22407  
text 540-693-0255  
director@cwcvva.org

Choices Women's Center - Stafford, VA 🌿  
cwcpartner.org  
Free  
147 Garrisonville Rd., Suite 1, Stafford, VA, 22554  
text 540-693-0255  
director@cwcvva.org

### **Her Health and Well-Being**

#### **Women's Health Medical Services**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Women's Health Support Services**

A Mother's Perspective Doula Services – Fredericksburg (Serves Large Radius)

Mothersperspective.com

Market

Fredericksburg, VA, 22402

540-907-7892

[jennifer@mothersperspective.com](mailto:jennifer@mothersperspective.com)

Filumena Birth (Serves Large Radius) 🌿

filumenabirth.com

Affordable

Fredericksburg, VA, 21709

540-514-1607

filumenabirth@gmail.com

#### **General Health Services**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Financial Assistance, Work, and Education**

#### **Financial Assistance**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Work Opportunities**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Education Opportunities**

Pregnant on Campus Initiative - University of Mary Washington

pregnantoncampus.studentsforlife.org/campus/umw/  
Free  
1301 College Ave. Fredericksburg, VA, 22401  
570-994-6231  
sstone@studentsforlife.org

### **Material or Legal Assistance**

#### **Transportation**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

#### **Food and Nutrition**

Praise Temple Apostolic Faith Church of Virginia Food Pantry  
[ptafcva.org/](http://ptafcva.org/)  
Free  
13121 Woodford Road. Woodford, VA, 22580  
540-479-1499  
[admin@ptafcva.org](mailto:admin@ptafcva.org)

St. Mary of the Immaculate Conception Catholic Church Souper Bowl Emergency Food Pantry  
[stmaryfred.org/](http://stmaryfred.org/)  
Free  
1009 Stafford Ave. Fredericksburg, VA, 22401  
540-373-6491  
[keetongirl12@yahoo.com](mailto:keetongirl12@yahoo.com)

St. William of York Outreach Food Pantry  
[stwilliamofyorkoutreach.weebly.com/](http://stwilliamofyorkoutreach.weebly.com/)  
Free  
3130 Jefferson Davis Hwy. Stafford, VA, 22554  
540-659-1102, 540- 720-6652  
[swoyoutreach@verizon.net](mailto:swoyoutreach@verizon.net)

YoungLives Food Distribution - Fredericksburg, VA  
[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)  
Free  
PO Box 3545, Fredericksburg, VA, 22402  
757-879-2017  
[catlehning@gmail.com](mailto:catlehning@gmail.com)

YoungLives Food Distribution - Stafford, VA  
[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)  
Free  
161 Embrey Mill Rd. ( Ebenezer United Methodist Church). Stafford, VA, 22554  
804-677-9136  
[staffordyl@gmail.com](mailto:staffordyl@gmail.com)

YoungLives Food Distribution - Warren, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
PO Box 1964. Front Royal, VA, 22630  
540-660-0962  
mistybordner@gmail.com

**Clothing, Household Goods, and Baby Supplies**  
Birthright International Baby Supplies - Fredericksburg, VA  
birthrightoffredericksburg.com  
Free  
2006 Lafayette Blvd, Suite 202. Fredericksburg, VA, 22401  
540-898-8558  
birthrightfred@gmail.com

Choices Women's Center Baby Supplies – Spotsylvania, VA 🌿  
cwcpartner.org  
Free  
10008 Southpoint Parkway, Suite 105.. Fredericksburg, VA, 22407  
540-693-0255  
director@cwcvva.org

Choices Women's Center Baby Supplies - Stafford, VA 🌿  
cwcpartner.org  
Free  
147 Garrisonville Rd., Suite 1. Stafford, VA, 22554  
text 540-693-0255  
director@cwcvva.org

St. Vincent de Paul Society, St. Matthew Conference, The Baby Closet - Spotsylvania, VA  
svdpstfaustina.org  
Free  
8200 Robert E. Lee Drive. Spotsylvania, VA, 22551  
540-834-5555 extension #3  
stmatthewsec@comcast.net

St. William of York Outreach Thrift Store  
stwilliamofyorkoutreach.weebly.com/  
Affordable  
3130 Jefferson Davis Hwy. Stafford, VA, 22554  
540-659-1102, 540- 720-6652  
[swoyoutreach@verizon.net](mailto:swoyoutreach@verizon.net)

YoungLives Baby Supplies - Fredericksburg, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free


PO Box 3545, Fredericksburg, VA, 22402  
757-879-2017  
catlehning@gmail.com


YoungLives Baby Supplies - Stafford, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
161 Embrey Mill Rd. ( Ebenezer United Methodist Church). Stafford, VA, 22554  
804-677-9136  
staffordyl@gmail.com

YoungLives Baby Supplies - Warren, VA  
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx  
Free  
PO Box 1964. Front Royal, VA, 22630  
540-660-0962  
mistybordner@gmail.com

### **Housing, Shelters, and Maternity Homes**

Beauty for Ashes Women and Children's Home  
beautyforashesva.org/  
Market  
P.O. Box 5471. Fredericksburg, VA, 22403  
540-388-2191  
ministrybfa@gmail.com

Mary's Shelter   
marysshelterra.org  
Free  
1601 Princess Anne St.. Fredericksburg, VA, 22401  
540-374-3407  
residents@marysshelterra.org

Paul Stefan Foundation   
paulstefanhome.org  
Free  
120 Caroline St.. Orange, VA, 22960  
540-854-2300  
ejames@paulstefanhome.org

### **Legal Support**

Andrew Bodoh, Attorney with the firm of Thomas H. Roberts & Associates, P.C. (Serves Large Radius)  
robertslaw.org  
Affordable  
Fredericksburg, VA, 22401  
804-991-4260

andrew.bodoh@robertslaw.org

**Recovery and Mental Health**  
**Addiction or Suicide Intervention**

Beauty for Ashes Women and Children's Home  
beautyforashesva.org/  
Market  
P.O. Box 5471, Fredericksburg, VA, 22403  
540-388-2191  
ministrybfa@gmail.com

**Intimate Partner Violence, Rape, Assault, or Sex Trafficking**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

**Counseling for Women and Families**

Catholic Charities Family Services - Fredericksburg, St. Mary of the Immaculate Conception  
ccda.net/need-help/medical-and-counseling/counseling/  
Affordable  
1101 Stafford Ave, Fredericksburg, VA 22401  
703-859-3147  
[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Spotsylvania, St. Matthew  
ccda.net/need-help/medical-and-counseling/counseling/  
Affordable  
8200 Robert East Lee Dr, Spotsylvania Courthouse, VA, 22551  
703-859-3147  
[info@ccda.net](mailto:info@ccda.net)

Catholic Charities Family Services - Stafford, St. William of York  
ccda.net/need-help/medical-and-counseling/counseling/  
Affordable  
3130 Jefferson Davis Hwy, Stafford, VA 22554  
703-859-3147  
[info@ccda.net](mailto:info@ccda.net)

Tracy Perl LPC  
Affordable  
238 Toluca Road, Stafford, VA, 22556  
917-515-7884  
tracyperl@yahoo.com

Safe Harbor Christian Counseling - Fredericksburg, VA  
safeharbor1.com/  
Market

120 Falcon Dr, Suite 3. Fredericksburg, VA, 22408  
800-305-2089  
info@safeharbor1.com

Safe Harbor Christian Counseling - Stafford Courthouse, VA  
safeharbor1.com/  
Market  
325 Courthouse Rd., Stafford Courthouse, VA, 22554  
800-305-2089  
info@safeharbor1.com

Spotswood Biblical Counseling Center  
spotswood.org/sbcc/  
Free  
4109 Lafayette Blvd #2. Fredericksburg, VA, 22408  
540-940-2940  
counseling@spotswood.org

### **Abortion Recovery and Healing**

Choices Women's Center Abortion Recovery - Spotsylvania, VA 🌿  
fredericksburgchoices.com/about  
Free  
10008 Southpoint Pkwy. Fredericksburg, VA, 22407  
703-370-1800 - 24 hour helpline and appointment line; or text 540-963-0255  
camundson@cwcvva.org

Choices Women's Center Abortion Recovery - Stafford, VA 🌿  
fredericksburgchoices.com/abortion-recovery/  
Free  
10008 Southpoint Pkwy. Fredericksburg, VA, 22407  
703-370-1800 - 24 hour helpline and appointment line; or text 540-963-0255  
camundson@cwcvva.org

### **Prenatal or Perinatal Diagnosis Disability Support Organizations**

Special Blessings Moms at St. Mary of the Immaculate Conception Catholic Church  
stmaryfred.org/  
Free  
1009 Stafford Ave.. Fredericksburg, VA, 22401  
540-521-0588  
joycebodoh@gmail.com

### **Medical Interventions for Baby**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. [PLANva.org](http://PLANva.org) also lists National or State resources that may be able to help meet this need.*

### **Perinatal Hospice Resources**

\*Updated 08/25/20

A Mother's Perspective Bereavement Doula Services – Fredericksburg (Serves Large Radius)

Mothersperspective.com

Market

Fredericksburg, VA, 22402

540-907-7892

[jennifer@mothersperspective.com](mailto:jennifer@mothersperspective.com)

Embracing Grace (Serves Large Radius)

embracinggraceva.org

Free

9151 Elys Ford Road, Fredericksburg, VA, 22407

540-809-9901

[peer@embracinggraceva.org](mailto:peer@embracinggraceva.org)

Filumena Bereavement Perinatal Hospice Training (Serves Large Radius)

filumenabirth.com

Affordable

Fredericksburg, VA, 21709

540-514-1607

[filumenabirth@gmail.com](mailto:filumenabirth@gmail.com)

### **Pregnancy and Infant Loss Support**

Mother's Perspective – Bereavement Doula Services (Serves Large Radius)

Mothersperspective.com

Free

Fredericksburg, VA, 22402

540-907-7892

[jennifer@mothersperspective.com](mailto:jennifer@mothersperspective.com)

Brooke Flanagan - Infant Loss Photographer

Free

Stafford, VA 22554

Brookeflanagan.com

[Info@brookeflanagan.com](mailto:Info@brookeflanagan.com)

Filumena Bereavement (Serves Large Radius)

filumenabirth.com

Affordable

Fredericksburg, VA, 21709

540-514-1607

[filumenabirth@gmail.com](mailto:filumenabirth@gmail.com)

Miscarriage Matters, Inc. (Serves Large Radius)

mymiscarriagematters.org

Free

420 Spotsylvania Mall Drive #41242. Fredericksburg, VA, 22407

833-MM-HELPS 833-664-3577 Ext #705  
miscarriagem@mymiscarriagematters.org

### **Care for Children**

#### **Childcare Help**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

#### **Children's Healthcare**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*

### **Family and Parenting Education**

Choices Women's Center Parenting Classes - Spotsylvania, VA 🌿

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

Free

10008 Southpoint Parkway, Suite 105.. Fredericksburg, VA, 22407

text 540-693-0255

[director@cwcvva.org](mailto:director@cwcvva.org)

Choices Women's Center Parenting Classes - Stafford, VA 🌿

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

Free

147 Garrisonville Rd., Suite 1. Stafford, VA, 22554

text 540-693-0255

[director@cwcvva.org](mailto:director@cwcvva.org)

YoungLives - Fredericksburg, VA

[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)

Free

PO Box 3545, Fredericksburg, VA, 22402

757-879-2017

[catlehning@gmail.com](mailto:catlehning@gmail.com)

YoungLives - Stafford, VA

[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)

Free

161 Embrey Mill Rd. ( Ebenezer United Methodist Church). Stafford, VA, 22554

804-677-9136

[staffordyl@gmail.com](mailto:staffordyl@gmail.com)

YoungLives - Warren, VA

[younglife.org/ForEveryKid/YoungLives/Pages/default.aspx](http://younglife.org/ForEveryKid/YoungLives/Pages/default.aspx)

Free

PO Box 1964. Front Royal, VA, 22630

540-660-0962

[mistybordner@gmail.com](mailto:mistybordner@gmail.com)



**Adoption Services**

Bethany Christian Services for Adoptive Families (Serves Large Radius)

bethany.org

Affordable

5610 Southpoint Centre Blvd. Fredericksburg, VA, 22407

540-373-5165

kschlee@bethany.org

Bethany Christian Services for Pregnant Women and Birth Parents (Serves Large Radius)

bethany.org

Free

5610 Southpoint Centre Blvd. Fredericksburg, VA, 22407

540-373-5165

kschlee@bethany.org

**Foster and Short-Term Care**

*Contact us at [info@planva.org](mailto:info@planva.org) if you know of a program that fits here. PLANva.org also lists National or State resources that may be able to help meet this need.*