



Primary Network Index by Sub-Region

Region 1: Northern Virginia

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

Mentorship

Pregnancy Help and Case Management

ABC Women's Health and Ultrasound Center – Falls Church, VA 🌿

abcwomenshealth.com

Free

Falls Church, VA 22040

703-946-3077

abestchoiceforyou@gmail.com

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

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

BIRTHMOTHERS® - Serves a large radius

Birthmothers.org

Free

133 Park St NE, Vienna, VA 22180

703- 261-6370

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

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

Gabriel Project Pregnancy Assistance - Annandale, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org
Free
Annandale, VA 22003
(703) 841-3810
info@h4pw.org

Gabriel Project Pregnancy Assistance - Fairfax, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org
Free
Fairfax, VA 22031
(703) 841-3810
info@h4pw.org

Gabriel Project Pregnancy Assistance - Falls Church, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org
Free
Falls Church, VA 22046
(703) 841-3810
info@h4pw.org

Gabriel Project Pregnancy Assistance - Herndon, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org
Free
Herndon, VA 20170
(703) 841-3810
info@h4pw.org

Gabriel Project Pregnancy Assistance - Springfield, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org
Free
Springfield, VA 22153
(703) 841-3810

info@h4pw.org

Gabriel Project Pregnancy Assistance - Vienna, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org

Free

Vienna, VA 22182

(703) 841-3810

info@h4pw.org

Metro Women's Care/ Operated by Assist Pregnancy Center

Metrowomensva.com

Free

5101-D Backlick Road. Annandale, VA, 22003

703-354-7272

director@metrowomensva.com

NOVA Pregnancy Help Center - Fairfax, VA

novapregnancy.org

Free

3919 Old Lee Hwy Ste. 81-B. Fairfax, VA, 22030

703-278-5433

info@novapregnancy.org

Options Care Center - Operated by Hope in Northern Virginia

optionsdmv.org/

Free

7297 Lee Highway, Ste. L. Falls Church, VA, 22042

703-536-2020

optionsdmv@gmail.com

YoungLives – Eastern Fairfax, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

11240 Waples Mill Rd #406, Fairfax, VA 22030. Fairfax, VA, 22030

301-906-2950

Ehorner19@gmail.com

YoungLives – Western Fairfax, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free


12529 Dardanelle Ct, Herndon, VA, 200170

301-906-2950

lauraandreakane@gmail.com

Her Health and Well-Being

Women's Health Medical Services

Fairfax Home Birth 

*Updated 10/13/20

fairfaxhomebirth.com
Market
10805 Norman Ave. Fairfax, VA, 22030
703-534-0373
story@fairfaxhomebirth.com

Tepeyac OB/GYN 🌿
tepeyacobgyn.com
Affordable
4001 Fair Ridge Dr #304, Fairfax, VA, 22033
703-273-9440
info@tepeyacobgyn.com

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

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

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

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

St. Vincent de Paul Society, Holy Spirit Conference, Financial Assistance - Annandale, VA
holyspirtchurch.us/society-stvincentdepaul/
Free
5121 Woodland Way, Annandale, VA, 22003
703-272-8218
stvincent@holyspirtchurch.us

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

St. Vincent De Paul Society, St. Timothy Conference, Financial Assistance - 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.svd@gmail.com

Work Opportunities

Contact us at 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 - George Mason
pregnantoncampus.studentsforlife.org/campus/gmu/
Free
4400 University Drive, Fairfax, VA, 22030
570-994-6230
pregnancyresources@studentsforlife.org

Material or Legal Support

Transportation

Contact us at 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

Columbia Baptist Church Food Pantry
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

McLean Bible Food Distribution – Springfield, Vid, Viennna, Falls Church, Her, Falls Church, Herndon, Centon, Centreville, Annle, Annandale, and Restonndale, and Reston

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

Free
Springfield, VA, 22150
703-639-2000

Mother of Light Center Food Services - Fairfax/Falls Church, VA

motheroflightcenter.com

Free

Falls Church, VA, 22041

703-508-5289

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.svdp@gmail.com; info@sttimothyparish.org

YoungLives Food Distribution – Eastern Fairfax, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
11240 Waples Mill Rd #406, Fairfax, VA 22030. Fairfax, VA, 22030
[301-906-2950](tel:301-906-2950)
Ehorner19@gmail.com

YoungLives Food Distribution – Western Fairfax, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
12529 Dardanelle Ct, Herndon, VA, 200170
[301-906-2950](tel:301-906-2950)
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

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

Metro Women's Care – Baby Supplies
metrowomensva.com/our-services
Free
5101-D Backlick Road, Annandale, VA, 22003
703-354-7272
director@metrowomensva.com

Mother of Light Center Clothing Services - Fairfax/Falls Church, VA
motheroflightcenter.com
Free
Falls Church, VA, 22041
703-508-5289
motheroflightcenter@gmail.com

NOVA Pregnancy Help Center Baby Supplies - Fairfax, VA
novapregnancy.org
Free
3919 Old Lee Hwy Ste. 81-B. Fairfax, VA, 22030
703-278-5433
info@novapregnancy.org

Options Care Center Baby Supplies - Operated by Hope in Northern Virginia
optionsdmv.org/
Free
7297 Lee Highway, Ste. L. Falls Church, VA, 22042
703-536-2020
optionsdmv@gmail.com

Restoration Organizing, LLC
restorationorganizing.com
Affordable
2770 Oakton Plantation Ln. Vienna, VA, 22181
703-405-9516
la@restorationorganizing.com

YoungLives Baby Supplies - Eastern Fairfax, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
11240 Waples Mill Rd #406, Fairfax, VA 22030. Fairfax, VA, 22030
301-906-2950
Ehorner19@gmail.com

YoungLives Baby Supplies – Western Fairfax, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
12529 Dardanelle Ct, Herndon, VA, 200170
301-906-2950
lauraandreakane@gmail.com

Housing, Shelters, and Maternity Homes

Contact us at 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 10/13/20

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

Just Law International
justlawintl.com/
9689 Main Street, Suite C, Fairfax, VA 22031
Market
703-503-0791
justlaw@justlawintl.com

Recovery and Mental Health
Addiction or Suicide Intervention

Contact us at 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/
Market
10375 Democracy Lane, Fairfax, VA, 22030
703-383-0673
Vittoriadonatogrant@gmail.com

Restoration 1:99
r199.org/
Affordable
450 W. Broad St., #211, Falls Church, VA, 22046
info@r199.org

Counseling for Women and Families

Alpha Omega Clinic
aoclinic.org/
Affordable
9677 Main Street A-B, Fairfax, VA, 22031
301-767-1733
manager@aoclinic.org

Catholic Charities Family Services - Burke, Nativity
ccda.net/need-help/medical-and-counseling/counseling/
Affordable
6400 Nativity Ln, Burke, VA, 22015
703-859-3147
info@ccda.net

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

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

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

Vittoria Donato Grant MA LPC NCC
vittoriagrantspc.com/
Market
10375 Democracy Lane, Fairfax, VA, 22030
703-383-0673
Vittoriadonatogrant@gmail.com

Eileen Kerr
catholictherapists.com/eileen-kerr-lpc
Market
133 Park Street NE, Vienna, VA, 22180
703-281-4928 Ext 438
eileenkerr1@gmail.com

McLean Psychiatric Services
mcleanpsychservices.com/
Market
1499 Chain Bridge Road, Suite 100, McLean, VA, 22101
703-336-2406

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
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

Mary Ann Morgan, MA, NCC, LCPC, LPC
mcleanchristiancounseling.com/
2201 Cooperative Way,
Suite 600, Herndon, VA, 20171

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

Healing Center International – Abortion Recovery (Serves Large Radius)
godhealstoday.org

Market
12022 Lake Newport Rd. Reston, VA, 20194
hci@godhealstoday.org

Metro Women's Care - Abortion Recovery
metrowomensva.com/our-services
Free
5101-D Backlick Road, Annandale, VA, 22003
703-354-7272
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
info@novapregnancy.org

Save One Abortion Healing Program - The Falls Church Anglican
tfcanglican.org/classes-1/2020/zoom-save-one

Free
6565 Arlington Blvd, Falls Church, VA, 22402
571-282-0210
TFCASAVEONE@gmail.com

Prenatal or Perinatal Diagnosis

Disability Support Organizations

Metro Women's Care - Disability Diagnosis Encouragement

metrowomensva.com/our-services
Free
5101-D Backlick Road, Annandale, VA, 22003
703-354-7272
director@metrowomensva.com

Medical Interventions for Baby

Carmen's Miracle Makers
carmensmiraclemakers.org/carmen
Free
3300 Gallows Rd. Falls Church, VA, 22042
carmensmiraclemakers@gmail.com

Evelyn's Treehouse (Serves Large Radius)
evelynstreehouse.org
Free
Falls Church, VA, 22042
703-743-4654
hello@evelynstreehouse.org

Metro Women's Care – Medical Intervention Diagnosis Encouragement
Metrowomensva.com, assistpartners.org
Free
5101-D Backlick Road. Annandale, VA, 22003
703-354-7272
director@metrowomensva.com

Perinatal Hospice Resources

Metro Women's Care – Perinatal Hospice Diagnosis Encouragement
Metrowomensva.com
Free
5101-D Backlick Road. Annandale, VA, 22003
703-354-7272
director@metrowomensva.com

The Kristen Anderson Perinatal Hospice Program
tepeyacobgyn.com
Affordable
4001 Fair Ridge Dr #304. Fairfax, VA, 22033
info@tepeyacobgyn.com

Pregnancy and Infant Loss Support

Carmen's Miracle Makers
carmensmiraclemakers.org/carmen
Free
3300 Gallows Rd. Falls Church, VA, 22042
carmensmiraclemakers@gmail.com

Daughter of Grace Doula - Infant Loss Services (Serves a Large Radius)
facebook.com/DaughtersofGraceDoulaServices

Free

Fairfax, VA, 22031

386-916-9748

alisonrizzuto@gmail.com

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

divinemercycare.org/serve/

Free

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

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

info@divinemercycare.org

Sylvia Dorham (Serves Large Radius) 🌿

Affordable

PO Box 9451, McLean, VA, 22102

410-598-8923

sdorham@gmail.com

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

godhealstoday.org

Market

12022 Lake Newport Rd. Reston, VA, 20194

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

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.orgs

Care for Children

Childcare Help

Contact us at 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. Chau Thiede 🌿

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

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

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

ehci@godhealstoday.org

Metro Women's Care - PREPP (Prepared, Resourced, Equipped Parents Program)

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
info@novapregnancy.org

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

YoungLives – Eastern Fairfax, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
11240 Waples Mill Rd #406, Fairfax, VA 22030. Fairfax, VA, 22030
301-906-2950
Ehorner19@gmail.com

YoungLives – Western Fairfax, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
12529 Dardanelle Ct, Herndon, VA, 200170
301-906-2950
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

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.medefind@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.medefind@gmail.com

Foster and Short-Term Care

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

cafo.org

Affordable

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

202-460-8157

rachel.medefind@gmail.com

Project Belong – Fairfax, VA (Serves Large Radius)

projectbelongva.org/

Free

1020 Balls Hill Rd, McLean, VA, 22101

info@projectbelongva.org

The Falls Church Anglican Adoption and Foster Care

tfcanglican.org/

Free

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

202-460-8157

rachel.medefind@gmail.com

Sub-Region 2: Arlington County, Alexandria

Mentorship

Pregnancy Help and Case Management

ABC Women's Health and Ultrasound Center – Alexandria, VA 🌿

abcwomenshealth.com

Free

5951 Stevenson Avenue, Alexandria, VA, 22304

703-946-3077

abestchoiceforyou@gmail.com

Gabriel Project Pregnancy Assistance - Alexandria, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org

Free

Alexandria, VA 22304

(703) 841-3810

info@h4pw.org

Gabriel Project Pregnancy Assistance - Arlington, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org

Free

Arlington, VA 22203

(703) 841-3810

info@h4pw.org

MaRih Center

Marih.org

Free

3230-B Duke Street, Alexandria, VA, 22314

1-800-848-5683 (text)

marihcenter@gmail.com

Mother of Light Center St. Anne's Single Moms Support Group
motheroflightcenter.com/

Free

421 Clifford Ave, Alexandria, VA, 22305

703-508-5289

motheroflightcenter@gmail.com

NOVA Pregnancy Help Center - Alexandria, VA

novapregnancy.org

Free

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

703-278-5433

info@novapregnancy.org

YoungLives - Alexandria, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

3682 King St #16524. Alexandria, VA, 22302

301-906-2950

dfishercca2011@gmail.com

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, 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 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/
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
Free
421 Clifford Ave. Alexandria, VA, 22305
703-508-5289
motheroflightcenter@gmail.com

YoungLives Food Distribution - Alexandria, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
3682 King St #16524. Alexandria, VA, 22302
301-906-2950
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/
Free
Mobile; HQ is 200 North Glebe Rd Suite 250, Arlington, VA, 22203

Catholic Charities of the Diocese of Arlington Thrift Shop
ccda.net/need-help/other-assistance/catholic-charities-thrift-shop/
Free
125 S. West St., Alexandria, VA 22314
703-548-4881
TS-CH@ccda.net

Groveton Baptist Church Clothes Closet
grovetonbaptistchurch.org/
Free
6511 Richmond Highway. Arlington, VA, 22306
703-768-9084
info@grovetonbaptistchurch.org

MaRih Center Baby Supplies
marih.org
Free
3230-B Duke Street. Alexandria, VA, 22314
text 1-800-848-5683
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

NOVA Pregnancy Help Center Baby Supplies - Alexandria, VA
novapregnancy.org
Free
8800 E Pear Tree Village Ct. Alexandria, VA, 22309
703-278-5433
info@novapregnancy.org

YoungLives Baby Supplies - Alexandria, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
3682 King St #16524. Alexandria, VA, 22302
301-906-2950
dfishercca2011@gmail.com

Housing, Shelters, and Maternity Homes

Contact us at 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

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

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

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

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

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
info@novapregnancy.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 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 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 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 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 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
Market
1800 North Beauregard Street, Suite 250. Alexandria, VA, 22311
703-753-4999
fmaa@lmgdoctors.com

Family and Parenting Education

Mother of Light Center St. Anne's Single Moms Support Group
motheroflightcenter.com/
Free
421 Clifford Ave, Alexandria, VA, 22305

703-508-5289
motheroflightcenter@gmail.com

NOVA Pregnancy Help Center Parenting Education - Alexandria, VA
novapregnancy.org
Free
8800 E Pear Tree Village Ct. Alexandria, VA, 22309
703-780-4700
info@novapregnancy.org

YoungLives - Alexandria, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
3682 King St #16524. Alexandria, VA, 22302
301-906-2950
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

Project Belong – Arlington, VA (Serves Large Radius)
projectbelongva.org/
Free
Arlington, VA, 22211
info@projectbelongva.org

Sub-Region 3: Loudoun County

Mentorship

Pregnancy Help and Case Management

Birthright International - Loudoun, 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 / ayudaparaembarazadas.org
Free
Ashburn, VA 20147
(703) 841-3810

info@h4pw.org

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

Gabriel Project Pregnancy Assistance - Purcellville, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org
Free
Purcellville, VA 20132
(703) 841-3810
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 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 – Loudoun, VA
birthrightofloudoun.com
Free
823 S. King St, Suite I. Leesburg, VA, 20175
703-777-7272
dawn@birthrightofloudoun.com

Woodley Health and Wellness 🌿
Woodleyhealthandwellness.com
Affordable
Leesburg, VA, 20176
niki@woodleyhealthandwellness.com

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 Financial Assistance
<https://sainttheresaparish.com/divine-mercy/about-divine-mercy/>
Free
21371 St. Theresa Lane, Ashburn, VA, 20147
dmoutreach@sainttheresaparish.com

Tree of Life Ministries Relief Fund and Financial Coaching - Leesburg, VA
tolministries.org/relief-purcellville.html

Free
215 Depot Court SE, Suite 307, Leesburg, VA, 20175
540-441-7920
info@tolministries.org

Tree of Life Ministries Relief Fund and Financial Coaching - Purcellville, VA
tolministries.org/relief-purcellville.html

Free
210 N. 21st., Street, Unit D. Purcellville, VA, 20132
540-441-7920
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/
Free
21370 St. Theresa Lane, Ashburn, VA, 20147

Tree of Life Ministries Workforce Connections & English Classes - Leesburg, VA
tolministries.org/lifeskills-leesburg.html

Free
215 Depot Court SE, Suite 307. Leesburg, VA, 20175
540-441-7920
info@tolministries.org

Tree of Life Ministries Workforce Connections & English Classes - Purcellville, VA
tolministries.org/lifeskills-purcellville.html

Free
210 N. 21st., Street, Unit D. Purcellville, VA, 20132
540-441-7920
info@tolministries.org

Education Opportunities

Contact us at 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.

Material or Legal Support

Transportation

Contact us at 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 Regional Office Pantry
- Leesburg, VA
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/
Free
21371 St. Theresa Lane, Ashburn, VA, 20147
dmoutreach@sainttheresaparish.com

Tree of Life Ministries Food Services - Leesburg, VA
tolministries.org/food-leesburg.html
Free
215 Depost Court SE, Suite 307. Leesburg, VA, 20175
540-441-7920
Info@tolministries.org

Tree of Life Ministries Food Services - Purcellville, VA
tolministries.org/food-purcellville.html
Free
210 N. 21st., Street, Unit D. Purcellville, VA, 20132
540-441-7920
info@tolministries.org

Clothing, Household Goods, and Baby Supplies

Birthright International Baby Supplies - Loudoun, VA
birthrightofloudoun.com

Free

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

703-777-7272

dawn@birthrightofloudoun.com

Hope's Treasures Thrift Store – Ashburn

goodshepherdalliance.org/thrift-stores-donation-centers

20684 Ashburn Road, Ashburn, VA, 20147

Free

703-724-1555

ashburnht@goodshepherdalliance.org

Hope's Treasures Thrift Store – Leesburg

goodshepherdalliance.org/thrift-stores-donation-centers

703 East Market Street, Leesburg, VA, 20175

Free

703-777-5536

leesburght@goodshepherdalliance.org

Hope's Treasures Thrift Store – Sterling

goodshepherdalliance.org/thrift-stores-donation-centers

20921 Davenport Drive, Sterling, VA, 20165

Free

703-444-5956

sterlinght@goodshepherdalliance.org

Mosaic Virginia Baby Supplies

mosaic-virginia.org

Free

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

703-729-1123

nmattson@mosaic-virginia.org

St. Theresa Parish Bed/Furniture Ministry and Clothing and Coat Donations

sainttheresaparish.com/divine-mercy/divine-mercy-outreach/clothing-donations/

Free

20 Export Drive, Sterling, VA, 20164

703-729-2334

dmoutreach@sainttheresaparish.com

Tree of Life Ministries Clothing Closet and Annual Clothing and Furniture Giveaway -
Purcellville, VA

tolministries.org/shelter-purcellville.html

Free

210 N. 21st., Street, Unit D. Purcellville, VA, 20132
540-441-7920
Info@tolministries.org

Housing, Shelters, and Maternity Homes

Good Shepherd Alliance - Family Transitional Housing (Transitional Home for Families)

goodshepherdalliance.org

Free

20684 Ashburn Rd.. Ashburn, VA, 20147

703-724-1555, Ext. 103

community@goodshepherdalliance.org

Good Shepherd Alliance - Hebron/Bethel (Emergency Shelter)

goodshepherdalliance.org

Free

20684 Ashburn Rd. Ashburn, VA, 20147

703-724-1555, Ext. 103

community@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

community@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

community@goodshepherdalliance.org

Tree of Life Ministries Housing Ministry – Leesburg, VA

tolministries.org/shelter-leesburg.html

Affordable

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

540-441-7920

Info@tolministries.org

Tree of Life Ministries Housing Ministry and Working Hands - Purcellville, VA

tolministries.org/shelter-purcellville.html

Affordable

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

Recovery and Mental Health

Addiction or Suicide Intervention

Contact us at 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 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 - Ashburn, St. Theresa
ccda.net/need-help/medical-and-counseling/counseling/

Affordable

21370 St Theresa Ln., Ashburn, VA, 20147

703-859-3147

info@ccda.net

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

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

Affordable

316 East Market Street, Leesburg, VA, 20176

703-859-3147

info@ccda.net

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

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

Affordable

37730 St Francis Ct, Purcellville, VA, 20132

703-859-3147

info@ccda.net

Catholic Charities Family Services - Sterling, Christ the Redeemer
ccda.net/need-help/medical-and-counseling/counseling/
Affordable
46833 Harry Byrd Hwy, Sterling, VA, 20164
703-859-3147
info@ccda.net

Safe Harbor Christian Counseling - Aldie, VA
safeharbor1.com/
Market
25615 Lennox Hale Dr. Aldie, VA, 20105
800-305-2089
info@safeharbor1.com

Abortion Recovery and Healing

Surrendering the Secret Abortion Healing Program - at Mosaic
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 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 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 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 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 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 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

Free

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

703-729-1123

nmattson@mosaic-virginia.org

Adoption Services

Contact us at 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.

Project Belong – Loudoun, VA (Serves Large Radius)

projectbelongva.org/

Free

Purcellville, VA 20131

info@projectbelongva.org

Sub-Region 4: Prince William County, Manassas, Manassas Park Mentorship

Pregnancy Help and Case Management

ABC Women's Health and Ultrasound Center – Manassas, VA 🌿

abcwomenshealth.com

Free

Manassas, VA 20110

703-946-3077

abestchoiceforyou@gmail.com

ABC Women's Health and Ultrasound Center – Woodbridge, VA 🌿

abcwomenshealth.com

Free

Woodbridge, VA 20194

703-946-3077

abestchoiceforyou@gmail.com

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

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 / ayudaparaembarazadas.org

Free
Gainesville, VA 20155
(703) 841-3810
info@h4pw.org

Gabriel Project Pregnancy Assistance - Manassas, VA
helpforpregnantwomen.org / ayudaparaembarazadas.org

Free
Manassas, VA 20110
(703) 841-3810
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 Fettler 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

Radiant Mama Doula 🌿
facebook.com/pg/Radiant-Mama-Birth-Doula-LLC-106232054182089/about/
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@washingtonbirtheducation.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 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 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 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

Mother of Light Center Food Services - Woodbridge, VA
motheroflightcenter.com
Free
Woodbridge, VA, 22191
703-508-5289
motheroflightcenter@gmail.com

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

First Care Women's Health/ Care Net Pregnancy Resource Centers Baby Supplies -
Manassas, VA
firstcarewomen.com
Free
8691 Stonewall Road, Suite B. Manassas, VA, 20108
703-330-4572
sdo@carenetprcs.org

First Care Women's Health/ Care Net Pregnancy Resource Centers Baby Supplies -
Woodbridge, VA
firstcarewomen.com
Free
13189 Centerpointe Way. Woodbridge, VA, 22193
703-670-5322
info@firstcarewomen.com

House of Mercy Thrift Store
houseofmercyva.org/
Affordable
8170 Flannery Court. Manassas, VA, 20109
703-659-1636
info@houseofmercyva.org

Mother of Light Center Food Services - Woodbridge, VA
motheroflightcenter.com
Free


Woodbridge, VA, 22191
703-508-5289
motheroflightcenter@gmail.com

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-\(st--margaret\)/](http://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 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 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 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/

Affordable

14160 Ferndale Rd, Woodbridge, VA, 22193

703-859-3147

info@ccda.net

Catholic Charities Family Services - St. Elizabeth Ann Seton

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

Affordable

12807 Valleywood Dr, Lake Ridge, VA 22192

703-859-3147

info@ccda.net

Catholic Charities Family Services - Manassas, All Saints
[ccda.net/need-help/medical-and-counseling/counseling/
Affordable](http://ccda.net/need-help/medical-and-counseling/counseling/Affordable)
9300 Stonewall Rd, Manassas, VA, 20110
703-859-3147
info@ccda.net

Catholic Charities Family Services - St. Francis of Assisi
[ccda.net/need-help/medical-and-counseling/counseling/
Affordable](http://ccda.net/need-help/medical-and-counseling/counseling/Affordable)
18825 Fuller Heights Rd, Triangle, VA 22172
703-859-3147
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

First Care Women's Health Abortion Recovery - Woodbridge, VA

firstcarewomen.com

Free

13189 Centerpointe Way. Woodbridge, VA, 22193

703-670-5322

info@firstcarewomen.com

Prenatal or Perinatal Diagnosis

Disability Support Organizations

Contact us at 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 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 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

A Mom's Peace (Serves Large Radius)


amomspeace.org

Affordable

P.O. Box 534. Nokesville, VA, 20182

571-781-2419

info@amomspeace.org

Radiant Mama Doula – Infant Loss Support 

facebook.com/pg/Radiant-Mama-Birth-Doula-LLC-106232054182089/about/

Affordable

Manassas, VA 20110

704-473-0182


radiantmamadoula@outlook.com


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/
Affordable
9514 Westmoreland Avenue. Manassas, VA, 20110
703- 368-9987
pamelavdavis1975@gmail.com

Children's Healthcare

Mother of Mercy Free Clinic - Children's Health Services 
ccda.net
Free
9380 Forestwood Lane, Unit B. Manassas, VA, 20110
703-335-2779
alexandra.luevano@ccda.net

Dr. Chi Young Children's Healthcare - Gainesville Office 
[princewilliamfamilymedicine.com/doctors/dr-chi-young/
Market](http://princewilliamfamilymedicine.com/doctors/dr-chi-young/Market)
8078 Crescent Park Dr. #201. Gainesville, VA, 20155
703-753-4999
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 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 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
Mentorship**

Pregnancy Help and Case Management

Embrace Grace Support Group

bridge4life.com/get-connected/connection-groups/

Free

8774 James Madison Highway, Warrenton, VA 20186

540-341-7409

Egwarrenton@gmail.com

Gabriel Project Pregnancy Assistance - Culpeper, VA

helpforpregnantwomen.org / ayudaparaembarazadas.org

Free

Culpeper, VA 22701

(703) 841-3810

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

Warrenton Pregnancy Center 🌿

warrentonpregnancycenter.org

Free

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

540-779-0001

director@warrentonpregnancycenter.org

YoungLives - Culpeper, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 803, Culpeper, VA, 22701

301-906-2950

amrosa922@gmail.com

Her Health and Well-Being

Women's Health Medical Services

Contact us at 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 – Culpeper, VA (Serves Large Radius)

Mothersperspective.com

Market

Culpeper, VA, 22701
540-907-7892
jennifer@mothersperspective.com

ThriVe Women's Healthcare of Central Virginia – Pregnancy, fertility, and birth education and postpartum support group 🌱
thrivecentralva.org
Free
18484 Crossroad Parkway. Culpeper, VA, 22701
540-727-0400
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

General Health Services

Contact us at 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

Contact us at 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

Catholic Charities Diocese of Arlington - Job Readiness Program - Culpeper
ccda.net/need-help/education-job-prep-and-training/job-ministry/
Free
114 E. Edmondson St., Culpeper, VA, 22701

Education Opportunities

Contact us at 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.

Material or Legal Support

Transportation


Contact us at 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

YoungLives Food Distribution - Culpeper, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free

PO Box 803, Culpeper, VA, 22701
301-906-2950
amrosa922@gmail.com

Clothing, Household Goods, and Baby Supplies

ThriVe Women's Healthcare of Central Virginia - Baby Supplies 
thrivecentralva.org
Free
18484 Crossroad Parkway. Culpeper, VA, 22701
540-727-0400
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

YoungLives Baby Supplies - Culpeper, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
PO Box 803, Culpeper, VA, 22701
301-906-2950
amrosa922@gmail.com

Housing, Shelters, and Maternity Homes

Contact us at 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

Contact us at 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 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 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 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

Free

18484 Crossroad Parkway. Culpeper, VA, 22701

540-727-0400

culp@thrivecentralva.org

Warrenton Pregnancy Center Abortion Recovery

warrentonpregnancycenter.org/be-informed/abortion-recovery

Free

400 Holiday Ct Ste 101. Warrenton, VA, 20186

540-779-0001

director@warrentonpregnancycenter.org

Prenatal or Perinatal Diagnosis

Disability Support Organizations

Contact us at 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 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 Perinatal Hospice – Culpeper, VA (Serves Large Radius)

Mothersperspective.com

Market

Culpeper, VA, 22701

540-907-7892

jennifer@mothersperspective.com

Pregnancy and Infant Loss Support

A Mother's Perspective Infant Loss Support – Culpeper, VA (Serves Large Radius)

Mothersperspective.com

Free

Culpeper, VA, 22701

540-907-7892

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

Care for Children

Childcare Help

Contact us at 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 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/

Free

8774 James Madison Highway, Warrenton, VA 20186

540-341-7409

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

Warrenton Pregnancy Center Parenting Classes 🌱

warrentonpregnancycenter.org

Free

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

540-779-0001

director@warrentonpregnancycenter.org

YoungLives - Culpeper, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 803, Culpeper, VA, 22701

301-906-2950

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 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 6: Clarke County, Frederick County, Winchester, Warren County

Mentorship

Pregnancy Help and Case Management

Abbacare

abbacare.org

Free

200 Weems Lane. Winchester, VA, 22601

540-665-9660

info@abbacare.org

Front Royal Pregnancy Center

frontroyalpregnancy.org

Free

11 South Royal Avenue. Front Royal, VA, 22630

540-635-6181

staff@frontroyalpregnancy.org

Gabriel Project Pregnancy Assistance - Winchester, VA

helpforpregnantwomen.org / ayudaparaembarazadas.org

Free

Winchester, VA 22601

(703) 841-3810

info@h4pw.org

YoungLives – Front Royal, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 1964, Front Royal, VA, 22630

301-906-2950

mistybordner@gmail.com

Her Health and Well Being

Women's Health Medical Services

Contact us at 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

Abbacare Childbirth & Breastfeeding Classes

abbacare.org

Free

200 Weems Lane, Winchester, VA, 22601

540-665-9660

info@abbacare.org

Cedar Creek Holistic 🌿

cedarcreekholistic.com

Market

Winchester, VA, 22604

434-485-1427

becky@cedarcreekholistic.com

Saint Teresa's Fertility Care Center 🌿

facebook.com/fertilitycarecavanaugh

Affordable

Front Royal, VA, 22610

540-431-1992

sracavanaugh@gmail.com

General Health Services

Tre Contact us at 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

Free

Winchester, VA, 22601

540-441-7920

info@tolministries.org

Work Opportunities

Contact us at 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/

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 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/

Free

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

Tree of Life Ministries Food Services - Winchester, VA

tolministries.org/relief-winchester.html

Free

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

540-441-7920

info@tolministries.org

YoungLives Food Distribution – Front Royal, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 1964, Front Royal, VA, 22630

301-906-2950

mistybordner@gmail.com

Clothing, Household Goods, and Baby Supplies

Abbacare Baby Supplies

abbacare.org

Free

200 Weems Lane. Winchester, VA, 22601

540-665-9660

info@abbacare.org

Front Royal Pregnancy Center Baby Supplies

frontroyalpregnancy.org

Free

11 South Royal Avenue. Front Royal, VA, 22630

540-635-6181

staff@frontroyalpregnancy.org

YoungLives Baby Supplies – Front Royal, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free
PO Box 1964, Front Royal, VA, 22630
301-906-2950
mistybordner@gmail.com

Housing, Shelters, and Maternity Homes

New Eve Maternity Home 
newevematernityhome.org
Free
(540) 450-0775
PO Box 1518, Winchester, VA 22604

Tree of Life Ministries Housing Ministry - Winchester, VA
tolministries.org/shelter-winchester.html
Affordable
Winchester, VA, 22601
540-441-7920
info@tolministries.org

Legal Support

Contact us at 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 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 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

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

Abortion Recovery and Healing

Abbacare Post Abortion Healing
abbacare.org
Free
200 Weems Lane, Winchester, VA, 22601
540-665-9660
info@abbacare.org

**Prenatal or Perinatal Diagnosis
Disability Support Organizations**

Contact us at 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 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 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 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

OPEN DOOR KIDZ Daycare
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 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

Free
200 Weems Lane. Winchester, VA, 22601
540-665-9660
info@abbacare.org

Front Royal Pregnancy Center Parenting Classes 🌱

frontroyalpregnancy.org
Free

11 South Royal Avenue. Front Royal, VA, 22630
540-635-6181
staff@frontroyalpregnancy.org

YoungLives Food Distribution – Front Royal, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 1964, Front Royal, VA, 22630

301-906-2950

mistybordner@gmail.com

Adoption Services

Contact us at 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

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

Mentorship

Pregnancy Help and Case Management

Birthright International - Fredericksburg, VA

birthrightoffredericksburg.com

Free

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

540-898-8558

birthrightfred@gmail.com

Choices Women's Center - Fredericksburg, VA 🌿

cwcpartner.org

Free

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

text 540-693-0255

camundson@cwcvva.org

Choices Women's Center - Stafford, VA 🌿

cwcpartner.org

Free

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

text 540-693-0255

camundson@cwcvva.org

YoungLives - Fredericksburg, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 3545, Fredericksburg, VA, 22402

757-879-2017

younglivesfburg@gmail.com

YoungLives - 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

Her Health and Well-Being

Women's Health Medical Services

Contact us at 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

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 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 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 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 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

Praise Temple Apostolic Faith Church of Virginia Food Pantry

ptafcva.org/

Free

13121 Woodford Road. Woodford, VA, 22580

540-479-1499

admin@ptafcva.org

St. Mary of the Immaculate Conception Catholic Church Souper Bowl Emergency Food Pantry

stmaryfred.org/

Free

1009 Stafford Ave. Fredericksburg, VA, 22401

540-373-6491

keetongirl12@yahoo.com

St. William of York Outreach Food Pantry

stwilliamofyorkoutreach.weebly.com/

Free

3130 Jefferson Davis Hwy. Stafford, VA, 22554

540-659-1102, 540- 720-6652

swoyoutreach@verizon.net

YoungLives Food Distribution - Fredericksburg, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 3545, Fredericksburg, VA, 22402

757-879-2017

younglivesfburg@gmail.com

YoungLives Food Distribution - 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

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 – Fredericksburg, VA 🌿

cwcpartner.org

Free

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

540-693-0255

camundson@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

camundson@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

YoungLives Baby Supplies - Fredericksburg, VA

younglife.org/ForEveryKid/YoungLives/Pages/default.aspx

Free

PO Box 3545, Fredericksburg, VA, 22402

757-879-2017

younglivesfburg@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

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 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

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

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

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 - Fredericksburg, 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

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

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 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 Perinatal Hospice – Fredericksburg, VA (Serves Large Radius)

Mothersperspective.com

Market

Fredericksburg, VA, 22402

540-907-7892

jennifer@mothersperspective.com

Embracing Grace (Serves Large Radius)

embracinggraceva.org

Free

9151 Elys Ford Road, Fredericksburg, VA, 22407

540-809-9901

peer@embracinggraceva.org

Filumena Bereavement Perinatal Hospice Training (Serves Large Radius)

filumenabirth.com

Affordable
Fredericksburg, VA, 21709
540-514-1607
filumenabirth@gmail.com

Pregnancy and Infant Loss Support

A Mother's Perspective Infant Loss Support – Fredericksburg, VA (Serves Large Radius)
Mothersperspective.com
Free
Fredericksburg, VA, 22402
540-907-7892
jennifer@mothersperspective.com

Filumena Bereavement (Serves Large Radius)
filumenabirth.com
Affordable
Fredericksburg, VA, 21709
540-514-1607
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 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 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 - Fredericksburg, VA 🌿
cwcpartner.org
Free
10008 Southpoint Parkway, Suite 105.. Fredericksburg, VA, 22407
text 540-693-0255
camundson@cwcvva.org

Choices Women's Center Parenting Classes - Stafford, VA 🌿
cwcpartner.org
Free

147 Garrisonville Rd., Suite 1. Stafford, VA, 22554
text 540-693-0255
camundson@cwcvva.org

YoungLives - Fredericksburg, VA
younglife.org/ForEveryKid/YoungLives/Pages/default.aspx
Free
PO Box 3545, Fredericksburg, VA, 22402
757-879-2017
younglivesfburg@gmail.com

YoungLives - 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

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 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.