

VIRGINIA MILITARY FAMILY RESOURCE GUIDE

Virginia Wounded Warrior Program-Region I-The Virginia Wounded Warrior Program provides services for veterans with stress-related issues from their military service and for their families. These include resource and referral information, connecting with claims agents, individual, marriage and family counseling through a network of partners, Combat Support Groups for combat veterans, Family Support Groups, and many other services. Veteran Peer Specialists will work with veterans to determine how we can best assist the veteran and their family. **Regional Coordinator, Ben Shaw, (540) 840-3003.**

Family Support Specialist, Suzanna Erlichman, (540) 273-4733.

Disabled American Veterans General Washington Chapter 7-Provide VA Claims assistance to Veterans and their families. Can provide guidance to military members about the VA System.

Stephen Combs, MA., NCC, (540) 373-3223

FOCUS (Families OverComing Under Stress)- FOCUS, or Families OverComing Under Stress, provides resiliency training to service members and their families. FOCUS teaches practical skills to help families meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. **MCB Quantico, Little Hall, P: 703.784.0189, Quantico@focusproject.org**

Families OverComing Under Stress: Combat Injured (FOCUS-CI) study-Connection to local military and community-based resources (as well as assistance accessing these resources). Compensation for non-military partners and eligible children. Access to an extensive web site with more resources and informational fact sheets. Access to an extensive interactive gaming web site (FOCUS-CI World). Skill-building sessions (focusing on problem solving, goal setting, and family communication). **To learn more about the FOCUS-CI study please visit our web site <http://www.cifamilies.org/> or Facebook page https://www.facebook.com/familiesovercomingunderstresscombatinjured?ref=br_tf.**

Our Military Kids-Our Military Kids, Inc. is a 501(c)(3) nonprofit organization created to provide support and recognition to military children. This may include children ages 5 years through the 12th grade of deployed National Guard and Reserve service members, along with children of Wounded and Fallen Warriors from all branches of service. The grants to children pay for fees associated with athletic, fine arts, and tutoring programs. Our Military Kids' grants keep military children engaged in activities of their choosing, helping to relieve the stress of separation from a parent by providing a positive distraction, minimizing emotional destabilization, building self esteem, and enabling academic achievement.

Michelle N. Tran

Family Programs Coordinator & Event Specialist

T: 703-734-6654

F: 703-734-6503

Email: msnufable@ourmilitarykids.org

Our Military Kids

6861 Elm St. Ste 2A

McLean, VA 22101

www.ourmilitarykids.org

Team Red White and Blue-The Team RWB (Red White & Blue) mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Our Fredericksburg Community accomplishes this goal through a variety of weekly, monthly and special events in the Fredericksburg, Stafford, and Quantico area. We welcome veterans, their families, and civilians alike to join us for both physical activities such as running, walking, rucking, biking, swimming, and yoga or social activities including family & adult socials, holiday parties and community service projects. Membership is free and members are encouraged to bring family and friends to enjoy the fun. www.teamrwb.org

Military One Click-Free information on Jobs, Discounts, Education, PCS and more.

<http://militaryoneclick.com>

Military One Source- Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and child care, and much more. Visit www.militaryonesource.mil or call **1.800.342.9647**. Consultants are available by telephone 24/7.

National Resource Directory- Like the NRD on Facebook at www.facebook.com/NationalResourceDirectory The National Resource Directory provides online support and access to over 14,000 services and resources; and over 2 million jobs. Please visit: www.NRD.gov. Follow us to learn more about recovery care coordination! <http://www.warriorcare.mil/>. Email-info@NRD.gov
Facebook: www.facebook.com/WarriorCare and Twitter: www.twitter.com/WarriorCare

Fleet and Family Support Center-Transition, Relocation, Information and Referral, Personal Finance.
6027 School House Lane, Bldg 214, Dahlgren VA 22448, Ph: 540-653-1839, Fax: 540-653-7041

Rappahannock Area Kids on the Block, Inc. (RAKOB)- Prevention Education and support puppet shows including topics on military family issues (deployment return), disabilities (understanding and acceptance), health and safety education (Alcohol, Tobacco, Drug avoidance, Bully and Violence Prevention).
www.rakob.org, 540.940.2325

Rappahannock Area Community Services Board- Mental Health, Substance Abuse, Intellectual Disability, Prevention, and Early Intervention Services for the residents of the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford.

www.racsb.state.va.us, 24-hour Emergency Services available: 540-373-6876

- Fredericksburg Clinic-600 Jackson Street, Fredericksburg, VA 22401, **540-373-3223**
- Caroline County Clinic-19254 Rogers Clark Blvd., Ruther Glen, VA 22546, **804-633-9997**
- King George County Clinic-8479 St. Anthony's Rd., King George, VA 22485, **540-775-9879**
- Spotsylvania County Clinic-7424 Brock Rd., Spotsylvania, VA 22553, **540-582-3980**
- Stafford County Clinic-15 Hope Rd., Stafford, VA 22554, **540-659-2725**

Rappahannock Goodwill Industries-Job Help Centers-FREE HELP to people in our community in learning/upgrading computer skills, job preparation and job search skills for today's workplace. Resources available in the Centers include: Job Postings, Computer, Internet, Telephone, and Fax & Copier Access. Skills training to include: Basic Computer Skills, Keyboarding Skills, Application Writing Skills, Resume Design & Preparation, Cover Letter Design & Preparation, Interviewing Skills.

Fredericksburg

1411 Princess Anne Street
Fredericksburg, VA. 22401
Phone: 540-645-6227
Direct Fax: 540-656-2044

Goodwill Community Resource Center

4701 Market Street (Lee's Hill Center)
Fredericksburg, VA. 22408
Phone: 540-371-3070
Direct Fax: 540-371-9433

North Stafford

72 Doc Stone Road (beside Giant Food)
Stafford, VA. 22556
Phone: 540-658-1312

Culpeper

210 E Stevens Street
Culpeper, VA. 22701
Phone: 540-212-4570

Virginia Employment Commission-Veterans from all periods of military service are eligible for job referral, job training and job placement assistance through the Virginia Employment Commission (VEC). Veterans may access these employment services through a statewide network of VEC local offices and Veterans Services Staff (DVOP and LVER) who are assigned to most, but not all, of the VEC local offices across Virginia. Please visit your nearest VEC local office to see if a Veteran Representative is available. If you would like to know wmore about Virginia's Veteran Program or our partnerships, please contact Charlie Palumbo, Veteran Outreach Coordinator at Charlie.palumbo@vec.virginia.gov

Robert Singer-Veteran's Employment Specialist

Robert.singer@vec.virginia.gov
(540) 322-5776

Mary Ann Bowersock, M.S.-Veteran's Employment Representative

Maryann.bowersock@vec.virginia.gov
(540) 322-5778

James R. Downey, Jr.-Veteran's Employment Specialist

James.downey@vec.virginia.gov
(540) 322-5775

Brain Injury Services, The Westwood Clubhouse-Providing Case Management services to adults and children with brain injuries, as well as Clubhouse programs for adults. Serving Northern Virginia and the Fredericksburg area.
540-785-8836 (Clubhouse) 540-785-6122 (Case Management)

Family Solutions-A private behavioral healthcare coordination agency. We specialize in the assessment and acquisition of behavioral healthcare services that are innovative and integrative for individuals and families. www.familysolutions.net, (877) 582-6363

Greater Fredericksburg Habitat for Humanity-Home construction and repair for low income workforce families. Email - admin@fredhab.org, Phone - [\(540\) 891-4401](tel:5408914401)

Rappahannock Big Brothers Big Sisters-For more than 50 years, Rappahannock Big Brothers Big Sisters has operated under the belief that inherent in every child is the ability to succeed and thrive in life. Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers (“Bigs”) and children (“Littles”), ages 6 through 18, in Planning District 16 (City of Fredericksburg and the counties of Caroline, King George, Spotsylvania and Stafford). We develop positive relationships that have a direct and lasting effect on the lives of young people. Tel: **540-371-7444**, Fax: **540-371-7445**, Email: info@rbbbs.org
Web: www.rbbbs.org

Rappahannock Area Agency on Aging-Transportation services for persons with disabilities and older adults. Travel training for residents that would like to learn how to use FRED Regional Transit also available. Contact: **Don Engiles, Travel Trainer, 1-800-627-2892, Cell: 540-621-5854** email: dengiles@raaa16.org

Rappahannock Area YMCA- At the Y, strengthening our community through youth development, healthy living, and social responsibility is our cause. Every day we work with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Examples of programs we offer are; preschool, youth and adult sports, before and after school child care, swimming lessons for all ages, active older adult luncheons and classes, land and water group fitness classes, personal training with weights and cardio machines, and homeschool fitness. www.family-ymca.org

Thurman Brisben Center-Thurman Brisben Center is an 80-bed emergency homeless shelter serving men, women and children in Planning District 16 which includes the City of Fredericksburg and the counties of Caroline, King George, Spotsylvania and Stafford. Our mission is to provide at-risk and homeless men, women and children of Planning District 16 with appropriate and essential shelter and services to affect positive life changes. Contact: **540-899-9853 Ext. 119**, www.brisbencenter.org

Spotsylvania/Fredericksburg Department of Social Services-SNAP, Medicaid, TANF, energy assistance information provided. **Spotsylvania Office-(540) 507-7898, Fredericksburg Office-(540) 372-1032**

Division of Rehabilitative Services (DRS)-The Department for Aging and Rehabilitative Services (DARS), in collaboration with community partners, provides and advocates for resources and services to improve the employment, quality of life, security and independence of older Virginians, Virginians with disabilities, and their families. **Fredericksburg Office-511 Westwood Office Park, Fredericksburg, VA 22401**
Office: 540-899-4161, Fax: 540-372-3563

disAbility Resource Center (dRC)- The disAbility Resource Center assists people with disabilities to achieve the highest potential and benefit of independent living by providing them, those who support them, and the community with information, education and resources. Services include information and referral, independent living skills training, peer counseling, legislative and self advocacy, veterans’ outreach, deaf and hard of hearing outreach, Social Security Work Incentives for employment, health and wellness class, nursing home transition, Medicaid waiver personal assistance facilitation, Medicaid Waiver DD case management and durable medical equipment reuse program through the dRC’s Equipment Connection. **For more information, visit our website, www.cildrc.org, e-mail cildrc@cildrc.org, or call 540-373-2559.**

FREdericksburg Regional Transit- Fredericksburg Regional Transit (FRED) provides safe, courteous and efficient public transportation throughout the Fredericksburg Region. FRED operates year-round Monday through Friday and offers special, limited late night service Thursday and Friday and all day Saturday and Sunday during the University of Mary Washington school year. **If you have questions, call us at 540.372.1222 and touch "0" to be connected to the Dispatch Office. For Greyhound information call 540.373.2103, or visit Greyhound.com**

National University-National University is the 12th largest private, non-profit university in the United States. As a regionally accredited university it excels in helping Adults finish their education. Approved by the SOC as a service member opportunity college National University offers educational services to active duty, family members, veterans, and D.O.D. employees. National University accepts financial aid, military tuition assistance, and the GI Bill. With over 100 online undergraduate and graduate degrees ; 30 certificates and 22 credentials there is something for everyone. **If you would like to learn more stop by our booth or check us out on the web at www.nu.edu.**

American Military University-We offer flexible, accredited, online education for members of our armed forces and public service personnel as well as civilians. We offer course in 8 and 16-week format with start dates every month. **Toll Free 1-877-755-2787, Email: Info@APUS.edu**

Old Dominion University-ODU Distance Learning offers over 60 degree and certificate programs using a variety of on-site and online delivery methods. ODU has local sites in Fredericksburg, Quantico, and King George/Dahlgren. **Contact: Dr. Frances Dolloph, Site Director, Germanna-Fredericksburg, Dickinson Building, Room 206, 1000 Germanna Point Drive, Fredericksburg, VA 22408 Phone: 540-834-1046 Fax 540-891-3134**

Stratford University- Stratford University is a private educational institution dedicated to preparing students for the challenges of a rewarding career. Alumni pursue professions in high-demand fields like [information technology](#), [hospitality](#), [culinary arts](#), [business administration](#), [health sciences](#), and [nursing](#). With convenient locations in Falls Church, Woodbridge, Richmond, Newport News, and Virginia Beach, Virginia, and Baltimore, Maryland, Stratford University is the ideal place to fulfill academic and professional goals. Stratford University offers Associate, Bachelor's and Master's Degrees, as well as many non-credit workshops and courses. Our curriculum combines advanced technology, hands-on labs and traditional educational methods to create a program that produces a valuable educational service to our students and their future employers. This emphasis on individual learning methods results in student academic success without lowering required employer-based standards. Consequently, Stratford alumni enjoy a high placement rate in high-demand industries. Stratford University is exempt from requirements of oversight to grant Associate, Bachelor's and Master's Degrees by State Council of Higher Education in Virginia (SCHEV).

Contact: Manager, Military Outreach. Paulette Jordan, Ed.D., Major, United States Air Force (Retired). 14349 Gideon Drive, Woodbridge, Virginia 22192. (571) 408-2402-office. (571) 408-2499-fax

Navy Federal Credit Union-Membership, saving & budgeting resources, Identity Theft Protection & Mortgage Information. **PO Box 3000, Merrifield VA 22119, 888-842-6328 (NFCU), navyfederal.org**

Macaroni Military Family-A monthly e-newsletter connecting military families around the world with information, articles and fun activities. <http://military.macaronikid.com>

Fredericksburg Parent and Family Magazine-*The Official NETWORK for Moms and Dads around the 'Burg*
LOOK for our magazine in 500+ locations around the region

LISTEN to FredParent's MomStops Tip of the Day weekdays at 11:55 on B101.5

VISIT us on our [Facebook Page](#) and award winning <http://www.fredericksburgparent.net/> for parenting advice, tips, events, word-of-mouth references & more

SUBSCRIBE to our Free [E-Newsletters](#)

Yoga for Warriors-Learning to connect the breath and the body which releases stress that may be caused by PTSD. A gentle total body workout!

Contact: Missie Jarman- Yoga/Pilates Instructor, 540-582-8831, 703-505-2545