

Free Community-Based Mental Health Support Groups -- Weekly Calendar

The purpose of designated support groups, as contrasted with informal groups of friends, is to provide a deliberately safe and caring place to be heard, to share concerns, and to find support. Typical group guidelines are that only one person talk at a time, talk time is shared evenly, participants don't judge or offer advice (unless asked), and what's said in the group stays there. Groups below are open to new members who may self-refer. Veteran programs are for all services and eras.

Mental Health America Virginia Warm Line (Statewide): Trained staff can offer a caring listener, some resource referrals, and possible focus for problem-solving. Toll free at (866) 400-6428 from 9 a.m. -- 5 p.m., Monday -- Friday.

Northwestern Community Service Board Peer2Peer Warm Line (Serving areas surrounding Winchester, Fredericksburg, Culpeper): Trained staff can offer a caring listener, some resource referrals, and possible focus for problem-solving. Toll free at (833) 626-1490 from 9 a.m. -- 11 p.m., Monday -- Friday.

Day	What, Who for	Where	When	Contact, sponsor
3 rd Mondays	Survivors of Suicide Loss (have lost a loved one)	Harbor House, 2103 Washington Ave., Fred'burg 22401	6 -- 7:30 p.m.	Rita (540) 371-2704 Mental Health America of Fredericksburg; Ann (540) 287-7231 Mary Washington Healthcare
Tuesdays	Coping with Trauma	4701 Market St., Ste C, 22408*	11 a.m. - 1 p.m.	Tracy (540) 645-6042 Recovery in Motion
Tuesdays	General Mental Wellness Support Group	Snowden, across from Mary Washington Hospital, Rm 119	7 -- 8:45 p.m.	Rita (540) 371-2704 Mental Health America of Fredericksburg
1 st , 3 rd , 5 th Tuesdays	General Mental Health Support Group	Mary Wash Hospital*, 1 st West A Conference Rm (thru main doors, take 1 st left corridor)	7 -- 8:30 p.m.	Elaine Arnold (540) 847-6974 NAMI "Connections"
2 nd & 4 th Tuesdays	General Mental Health Support Group	Spotsylvania Hospital, 5 th Floor (immediate right from elevator)	7 -- 8:30 p.m.	Elaine Arnold (540) 847-6974 NAMI "Connections"
2 nd & 4 th Tuesdays	General Mental Health Support Group	Fred'burg Center for the Arts, garden door, 813 Sophia St 22401	1 -- 3 p.m.	Carol (540) 775-5204 Recovery in Motion
Every other Tuesday	Families of loved ones with mental illness	Mary Wash Hospital, 1 st West B Conference Rm (thru main doors, take 1 st left corridor)	7 -- 9 p.m.	Katie katiesam32@aol.com, namirapp.com/nrwp/calendar for schedule (NAMI)
Wednesdays	Women's Self-Empowerment	4701 Market St., Ste C, 22408*	12 -- 2 p.m.	Donna B (540) 645-6042 Recovery in Motion
Wednesdays	Women's General support group	4701 Market St., Ste C, 22408*	12 -- 4 p.m.	Donna B (540) 645-6042 Recovery in Motion
Thursdays	General Mental Health Support Group	4701 Market St., Ste C, 22408*	1 -- 3 p.m.	Tracy (540) 645-6042 Recovery in Motion
1 st & 3 rd Thursdays	Veteran Peer Support Group, all eras, support and referrals	Thurman Brisben, 471 Central Rd, Fredericksburg, 22401	6 -- 8 p.m.	Anthony Swann 540-840-3003, Virginia Veteran & Family Support
Fridays	Veterans Peer Support Group, all military branches and eras	Fred VFW Post, 2701 Freedom Lane, Rte 1 & Princess Anne St., near bridge	9 -- 11 a.m.	Norris (540) 786-2352
Saturdays	General Mental Health Support Group	4701 Market St., Ste. C, 22408*	3 -- 5 p.m. 1 st Sat; 1 -- 5 p.m. Remaining Saturdays	Susan (540) 645-6042 Recovery in Motion

* In Goodwill Community Resource Center near Lee's Hill Shopping Center in Spotsylvania, 2nd Floor.

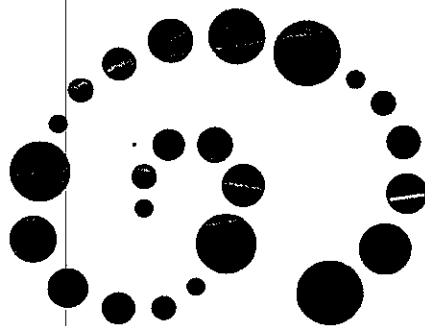
Rev. 5/17/18. Please report changes to (540) 645-6042. Find latest at www.recovery-in-motion.org

Mental Health America of Fredericksburg
Mental Wellness
Support Group

When: 1st & 3rd Tuesdays
7:00 – 8:45 pm
(starting August 21, 2018)

Where: Snowden at Fredericksburg
1200 Sam Perry Blvd
(across from Mary Washington Hospital)

Cost: Free
sponsored by



mhafva

MENTAL HEALTH AMERICA FREDERICKSBURG VA

Want more information?
Call 540-371-2704 or email mhafred@mhafred.org

Peer2Peer

Warm | Line

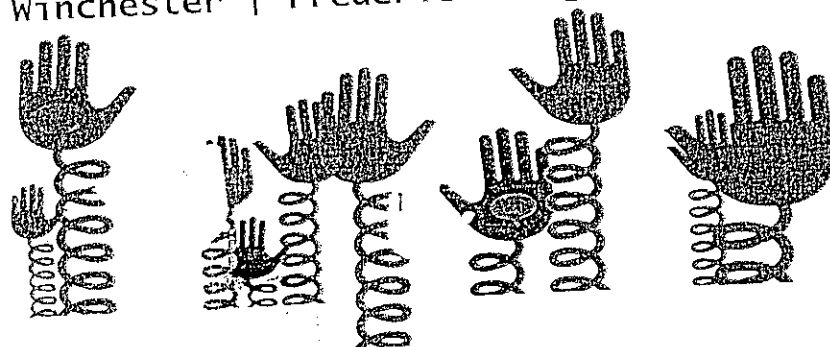
When you need to talk...

1-833-626-1490

Confidential and free

9 am to 11 pm Monday-Friday

Winchester | Fredericksburg | Culpeper



Loneliness | Anxiety or depression | Relationship issues | Suicidal thoughts
Substance Use Disorder | Gambling Disorder | Homelessness | Chronic hunger
Physical, sexual or emotional challenges | Sleep problems | Employment issues
Post-partum depression | Mental health concerns