

PSYCHIATRY

Spotsylvania RACSB

7424 Brock Rd.
Spotsylvania, VA 22553
P:540-582-3980

Fredericksburg RACSB

600 Jackson St
Fredericksburg, VA 22401
P:540-373-3223

Stafford RACSB

15 Hope Rd
Stafford, VA 22554
P:540-659-2725

Dr. Syed Ahmed

621A Jefferson Davis Hwy, Ste 101
Fredericksburg, VA 22401
P:540-891-7766
F:540-371-5285

Virginia Treatment Center for Children

1308 Sherwood Ave
Richmond, VA 23220
P:804-828-5900

Child and Family Psychiatry (UVA)

Dr. Burket & Associates
310 Olid Ivy Way
Charlottesville, VA 22903
P:434-243-6950
F:434-243-6970

Children's National Medical Center

111 Michigan Ave NW
Washington, DC 20010
P:202-476-5980

King George RACSB

8479 St. Anthony's Rd
King George, VA 22485
P:540-775-9879

Caroline RACSB

19254 Rogers Clark Rd
Ruther Glen, VA 22546
P:540-633-9997

Northern VA Location (CNMC)

3023 Hamaker Ct, Ste 300 (3rd Floor)
Fairfax, VA 22031
P:571-226-8380
F:571-405-5700

Emergencies

Snowden Hospital

540-741-3900

RACSB Emergency Services

540-373-6876

Psychology

Mental Health Resources

Dr. Pasternak & Associates
412 Chatham Square Office Park
Fredericksburg VA 22405
P: 540-899-9826
F: 540-373-3913

Behavioral Healthcare of Fredericksburg

Dr. Jarnecke & Associates
312 Progress St., Ste 200
Fredericksburg, VA 22401
P:540-310-0797
F:540-310-0791

Insight Psychological Services

Dr. Kate Shaw & Associates
2126 Jefferson Davis Hwy, Ste 103
Stafford, VA 22554
P:540-658-0888
F:540-658-0855

Insight Psychological Services (King George)

10244 Kings Hwy
King George, VA 22485
P:540-709-1427

Aquia Family Counseling and Therapy

Dr. Krause & Associates
305 Hanson Ave
Fredericksburg, VA 22405
P:540-361-4330

Aquia Family Counseling & Therapy (Stafford)

385 Garrisonville Rd., Ste 113
Stafford, VA 22554
P:540-657-1228

Developmental Peds

Children's Hospital of Richmond @ VCU

Dr. Pasquale Accardo & Associates
3600 W. Broad St.
Richmond, VA 23230
P:804-828-2467
F:804-827-2102

UVA Developmental Pediatric Dept

Dr. Richard Stevenson & Associates
1204 W. Main St.
Charlottesville, VA 22903
P:434-924-5272
F:434-924-2780

Children's National Medical Center

Dr. Gropman & Associates
111 Michigan Ave, NW
Washington DC 20010
P:202-476-2327

Children's National Medical Center (Northern VA)

3023 Hamaker Ct, Ste 300 (3rd Floor)
Fairfax, VA 22031
P:571-226-8380
F:571-405-5700

Kennedy Krieger Institute (John Hopkins) – 888-554-2080

Multiple locations in Baltimore MD

For Learning Evaluations

Learning Enhancement Center

1101-A Heatherstone Dr.
Fredericksburg, VA 22407
P:540-412-5107

*For ADHD tips and info www.additudemag.com

Anxiety Resources for Parents and Kids

For Parents:

Helping Your Anxious Child: A Step-by-Step Guide for Parents (2008), by Ronald Rapee, et al.

Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids (2016), by C. Creswell, M. Parkinson, K. Thirtwall, and L. Willetts.

Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens (2014), by Tamar E. Chansky

Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness (2008), by Tamar E. Chansky

Worrywisekids.org

<https://www.maginationpressfamily.com/stress-anxiety-in-kids/>

For Kids:

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (2005), by Dawn Huebner

What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection (2015), by Claire A.B. Freeland and Jacquelline B. Toner.

How To Get Unstuck From The Negative Muck: A Kid's Guide To Getting Rid Of Negative Thinking (2013), by L. Sullivan.

The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination (2016), by R. Alter and C. Clarke.

The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (2009), by L. Shapiro and R. Sprague.

I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder (2008), by T. Sisemore.

Child Mental Health Providers in the Fredericksburg Area

Psychology

Child and Adolescent Psychological Services
(540) 898-7995

El Rophe Psychological Solutions, LLC
(703) 348-9174

Jarnecke
Roy Jarnecke, PhD
(540) 310-0797

Psychological and Life Skills Associates, P.C.
(703) 490-0336
PsychLife.net

The Social Skills Center, P.C.
(571) 285-1403
SocialSkillsGroups.net

WellSpring Child and Family Psychology
(540) 693-0096
www.wellspringchildandfamily.com

