



KONNECT RECOVERY
STAY KONNECTED, STAY SOBER



Community Resources

SUPPORT • RECOVERY • HOPE

Priority Community Resources

Resources for Recovery, Support, and Hope

Konnnect Recovery is a DBA of Konnect Ministries and serves as the ministry's faith-based, peer-supported recovery residence. This resource guide was created to help individuals, families, and community partners connect with supportive services throughout Fredericksburg, Caroline, Spotsylvania, Stafford, King George, and the surrounding Virginia region.

For emergencies, call 911. For mental health, substance-use, or suicide crisis support, call or text 988.

Crisis, Mental Health & Substance Use Support

Resource	Best For	Contact / Notes
988 Virginia Suicide & Crisis Lifeline	24/7 mental health crisis, emotional distress, suicide concerns, substance-use crisis support	Call or text 988 for free, immediate help from trained crisis workers.
Rappahannock Area Community Services Board - RACSB	Local behavioral health, substance use, developmental disability services, emergency services	Serves Fredericksburg, Caroline, King George, Spotsylvania, and Stafford.
RACSB Emergency Services	Behavioral health crisis assessment and connection to care	Call 540-373-6876; weekday in-person emergency services are listed at 700 Kenmore Avenue, Fredericksburg.
RACSB Peer Support Services	Peer-led recovery support and support groups	RACSB uses peer specialists in substance-use, crisis, emergency, and other behavioral health programs.
RACSB REVIVE! Naloxone Training	Overdose prevention and Narcan/naloxone education	Free training on recognizing opioid overdose and using naloxone.
Mary Washington Behavioral Health	Psychiatric care, outpatient behavioral health, medication management	Provides psychiatric treatment, outpatient care, and medication management.

Recovery Meetings & Peer Recovery

Resource	Best For	Contact / Notes
Alcoholics Anonymous - AA District 30 Virginia	Alcohol recovery meetings	Covers Fredericksburg, Stafford, and Spotsylvania AA meeting information.
Rappahannock Area of Narcotics Anonymous - RANA	Narcotics Anonymous meetings	Offers a local meeting list and a 24-hour information line: 1-800-777-1515.
10-7 Farms	Peer recovery, family support, community connection, food security	A Caroline-area nonprofit providing food security, peer recovery support, and human services support.
Virginia DBHDS Recovery Support	Statewide recovery and peer support information	DBHDS describes peer support as non-clinical, person-centered support for people in recovery from mental health and/or substance use challenges.

Treatment & Outpatient Addiction Support

Resource	Best For	Contact / Notes
BrightView Fredericksburg Addiction Treatment Center	Outpatient addiction treatment, Medicaid/Medicare/private insurance options	Fredericksburg addiction treatment center; accepts Medicaid, Medicare, and many commercial plans.
SaVida Health - Fredericksburg	Outpatient opioid/alcohol addiction treatment, counseling, medication-assisted treatment	Provides outpatient recovery services including FDA-approved medications and counseling support.
Crossroads of Fredericksburg	Suboxone clinic / outpatient addiction treatment	Located at 4024 Plank Road, Fredericksburg, VA 22407; call center listed as open 24/7/365.

Website note: Konnect Recovery is not a clinical treatment provider. Individuals needing detox, medication-assisted treatment, psychiatric care, or clinical counseling should contact a licensed provider directly.

Housing, Shelter & Basic Needs

Resource	Best For	Contact / Notes
Fredericksburg Regional Continuum of Care / Homelessness Helpline	Emergency shelter navigation and homelessness support	Homelessness Helpline: 540-358-5801 for people sleeping outside, needing shelter, or at risk within 14 days.
Micah Ecumenical Ministries	Homelessness support, bridge housing, meals, showers, survival items	Neighbor Care Center: 1013 Princess Anne St., Fredericksburg; Respite House and Hased House provide 24/7 support/bridge housing resources.
Fredericksburg Regional Food Bank	Food pantry locator and regional food assistance	Provides a Food Pantry Locator Map for nearby pantries and programs.
CERVE - Caroline Emergency Relief Effort	Caroline County emergency lodging, utility, prescription, and limited emergency assistance	Caroline County resource list notes limited shelter, prescription, and utility assistance.
211 Virginia	One-stop referral source for housing, food, healthcare, utilities, and community resources	Free, confidential service available 24/7, 365 days a year.

Social Services & Public Benefits

Resource	Best For	Contact / Notes
Virginia CommonHelp	SNAP, Medicaid, TANF, childcare assistance, energy assistance	Apply online or call the Enterprise Call Center at 855-635-4370; CoverVA Medicaid help: 855-242-8282.
Caroline County Department of Social Services	Caroline County benefits and social services	804-633-5071; located at 17202 Richmond Turnpike, Milford, VA 22514.
Spotsylvania County Department of Social Services	Spotsylvania benefits and family services	540-507-7898; located at 9019 Old Battlefield Boulevard, Spotsylvania, VA 22553.
Fredericksburg Department of Social Services	City of Fredericksburg benefits and social services	540-372-1032; located at 608 Jackson Street, Suite 100, Fredericksburg, VA 22401.

Healthcare

Resource	Best For	Contact / Notes
Central Virginia Health Services - Caroline Health Center	Medical, dental, behavioral health, prenatal care, PrEP/HIV care	804-632-1030; 102 West Broadus Avenue, Suite 200, Bowling Green, VA.
Central Virginia Health Services - Fredericksburg Health Center	Medical, dental, behavioral health, prenatal care, PrEP/HIV care	540-735-0560; 1965 Emancipation Highway, Suite 100, Fredericksburg, VA.
Fredericksburg Christian Health Center	Primary care, behavioral health, nutrition, spiritual care	540-785-8500; offers whole-person care, including primary care, behavioral health, nutritional support, and spiritual care.
Rappahannock Area Health District	Public health services	Serves Caroline, King George, Spotsylvania, Stafford, and Fredericksburg.

Employment, Workforce & Transportation

Resource	Best For	Contact / Notes
Virginia Career Works - Fredericksburg Center	Job search, resumes, career counseling, basic skills, unemployment information	Located at 10304 Spotsylvania Avenue, Suite 100, Fredericksburg; local office contact listed as 540-322-5757 / 540-322-5768 depending on program page.
Rappahannock Goodwill / Virginia Career Works	Free workforce services and career support	Provides career services for youth and adults, including job search, resume writing, career counseling, labor market information, and skills assessments.
FXBGO! / Fredericksburg Regional Transit	Bus transportation in Fredericksburg-area routes	Customer service phone: 540-372-1222.
GWRideConnect	Free rideshare, carpool, vanpool, and commuter support	Serves Caroline, King George, Spotsylvania, Stafford, and Fredericksburg.
Bay Transit	Transportation support for all ages and reasons in its service area	Ride Line: 877-869-6046; call ahead to schedule.

Legal, Reentry & Justice-Involved Support

Resource	Best For	Contact / Notes
Legal Aid Works - Fredericksburg Office	Civil legal aid: housing, benefits, family law, domestic violence, consumer matters	Serves Fredericksburg, Stafford, Spotsylvania, King George, and Caroline; phone 540-371-1105.
FAILSAFE-ERA	Reentry support and services for families impacted by incarceration	Serves Planning District 16, including Fredericksburg, Caroline, King George, Spotsylvania, and Stafford.
Virginia Department of Corrections Reentry Resources	Statewide reentry guidance and family support	Offers reentry resources and a Homecoming booklet for families and friends supporting loved ones after incarceration.
Good News Global	Jail/prison chaplaincy and faith-based support for those impacted by incarceration	Equips and sends chaplains to correctional facilities to minister to those impacted by incarceration.
GracelInside	Virginia prison chaplain service	Virginia's prison chaplain service provider.

Veterans

Resource	Best For	Contact / Notes
Veterans Crisis Line	24/7 crisis support for veterans and loved ones	Dial 988 then press 1, chat online, or text 838255.
Virginia Department of Veterans Services - Fredericksburg Office	Veteran benefits, claims, resource navigation	Fredericksburg office phone listed as 540-376-7298; appointment-based services with Wednesday walk-in hours noted effective April 1, 2026.
Virginia Veteran & Family Support	Veteran peer support, resource coordination, transition support	Provides personalized care, community resource coordination, and peer recovery support for service members, veterans, families, and caregivers.
Fredericksburg VA Clinic	VA health care and mental health care	Main clinic listed at 10432 Patriot Highway, Fredericksburg, VA; mental health care phone listed as 540-707-7153.

Disclaimer: This resource list is provided for informational purposes only. Inclusion in this guide does not constitute endorsement, clinical recommendation, or guarantee of services. Program availability, eligibility, hours, and contact information may change. Please contact each organization directly to confirm current services.