

**Free Food Info. & Purchase  
Share Food Program**



**2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Manna Ministry Mon, Wed, Fri 11 AM-12:30 AM  	3 Salvation Army Food Pantry Tues, Wed, Fri 9 AM-4 PM	4 Manna Ministry Mon, Wed, Fri 11 AM- 12:30 PM  St Joseph's Table EVERY Wednesday 4 PM-6 PM	5 Culpeper Food Closet EVERY Thursday 4 PM-6 PM	6 Culpeper Senior Center Mon, Tues, Wed, Fri 11:30 AM   Manna Ministry Mon, Wed, Fri 11 AM-12:30 PM	7
8	9 Manna Ministry Mon, Wed, Fri 11 AM- 12:30 PM  Sam's Place (Food Closet Vouchers) Monday-Friday 8 AM-11:30AM  Culpeper Food Closet Monday-Friday 9 AM-12 Noon	10 Salvation Army Food Pantry Tues, Wed, Fri 9 AM-4 PM	11 Manna Ministry Mon, Wed, Fri 11 AM- 12:30 PM  St Joseph's Table EVERY Wednesday 4 PM-6 PM	12 Culpeper Food Closet EVERY Thursday 4 PM-6 PM	13 Culpeper Senior Center Mon, Tues, Wed, Fri 11:30 AM   Manna Ministry Mon, Wed, Fri 11 AM-12:30 PM	14
15 <b>Share Program</b> Place Orders by: 8/15/24 at the latest. Call Barbara Sanders (540) 937-2693 Ask where to pick up	16 Manna Ministry Mon, Wed, Fri 11 AM- 12:30 PM  Sam's Place (Food Closet Vouchers) Monday-Friday 8 AM-11:30AM  Culpeper Food Closet Monday-Friday 9 AM-12 Noon	17 Salvation Army Food Pantry Tues, Wed, Fri 9 AM-4 PM	18 Manna Ministry Mon, Wed, Fri 11 AM- 12:30 PM  St Joseph's Table EVERY Wednesday 4 PM-6 PM	19 Culpeper Food Closet EVERY Thursday 4 PM-6 PM	20 Culpeper Senior Center Mon, Tues, Wed, Fri 11:30 AM   Manna Ministry Mon, Wed, Fri 11 AM-12:30 PM	21 Empowering Culpeper at Culpeper United Methodist Church 9AM-11AM
22  	23 Manna Ministry Mon, Wed, Fri 11 AM- 12:30 PM  Sam's Place (Food Closet Vouchers) Monday-Friday 8 AM-11:30 AM  Culpeper Food Closet Monday-Friday 9 AM-12 Noon	24 Salvation Army Food Pantry Tues, Wed, Fri 9 AM-4 PM  Vet Support Rep onsite at Sam's Place. Please call Ms. Bourque (703) 630-2810 for an appt.	25 Manna Ministry Mon, Wed, Fri 11 AM-12:30 PM  St Joseph's Table EVERY Wednesday 4 PM-6 PM  Blue Ridge Food Bank Food Distribution at REVA Fire Dept 9:30 AM-11:00 AM	26 Culpeper Food Closet EVERY Thursday 4 PM-6 PM	27 Culpeper Senior Center Mon, Tues, Wed, Fri 11:30 AM   Manna Ministry Mon, Wed, Fri 11 AM-12:30 PM	28 <b>Pick Up Orders</b> <b>Share Program</b> <b>AMISSVILLE CULPEPER</b> 9:30 AM- 10:00 AM- 11:00 AM 11:00 AM Amisssville Reformation Methodist Lutheran 4657 Lee 601 Madison Hwy. Rd.
29	30 Manna Ministry Mon, Wed, Fri 11 AM-12:30 PM  Sam's Place (Food Closet Vouchers) Monday-Friday 8 AM-11:30 AM  Culpeper Food Closet Monday-Friday 9 AM-12 Noon					

**Culpeper Food Resources Quick Reference**

Sam's Place, Food Vouchers 219 East Davis St Ste 100 (540)727-1055	Culpeper Food Closet 120 N Commerce St (540)825-1177	Culpeper Health Dept – WIC 640 Laurel St (540) 317-4144	Salvation Army 133 E Culpeper St (540)317-5873
Culpeper Human Services Monday through Friday 8:00 AM - 4:30 PM (540) 727-0372 APPLY FOR SNAP	First Call for Help (540) 229-3816	Manna Ministry 215 South Main St (540)825-8616	Shiloh Church 15055 Stevensburg Rd, Brandy Station (540)718-8516
Empowering Culpeper (540) 718-4132 –Distribution at Culpeper United Methodist Church, 1233 Oaklawn Drive			

## Food Resources - Culpeper County

WHERE	WHAT / HOW
<p>Culpeper Human Services 1835 Industry Drive Phone 540-727-0372</p>	<p>Apply for SNAP - (food stamps) Emergency Food</p>
<p>Sam's Place 219 E Davis Street Phone 540-727-1055</p>	<p>Referrals to Culpeper Food Closet Monday - Friday Hours are 8:00 am – 11:30 am</p>
<p>Culpeper Food Closet St Stephen's Episcopal Church 120 N Commerce Street Phone 540-825-1177</p>	<p>Must have a referral from Sam's Place Monday - Friday 9:00 am - 12:00 pm 3-day supply of food per family. (2 x per month with <b>GREEN</b> voucher). <i>Thursday 4:00 pm – 6:00 pm (1 x per month with <b>ORANGE</b> voucher) NO referral needed.</i></p>
<p>Culpeper Senior Center Gladys Williams Phone 540-825-5778</p>	<p>Monday, Tuesday, Wednesday &amp; Friday Serves lunch to seniors @ 11:30am Spaces limited to 60 max.</p>
<p>Manna Ministry Culpeper Presbyterian Church 215 S Main Street Phone 540-825-8616</p>	<p>Monday, Wednesday &amp; Friday 11:00 am – 12:30 pm FREE lunches</p>
<p>St Joseph's Table Precious Blood Catholic Church 114 E Edmondson Street Phone 540-825-8945</p>	<p>Wednesday 4:00 pm – 6:00 pm Family can visit 1 X week Food, paper products, cleaning items and baby diapers</p>
<p>Salvation Army 133 E Culpeper Street Phone 540-317-5873</p>	<p>Tuesday, Wednesday &amp; Friday 9:00 am – 4:00 pm Provides food to families 1 x month</p>
<p>Blue Ridge Food Bank Reva Mobile Food Pantry Reva Fire Department 18230 Birmingham Road Phone 540-248-3663</p>	<p>Every 4<sup>th</sup> Wednesday (monthly) 9:30 am – 11:00 am Provides food, <u>NO</u> income guidelines</p>
<p>Share Food Program Catholic Charities Amissville Methodist Church Barbara Sanders Phone 540-937-2693</p>	<p>Order food from pre-fixed menu Middle of month Pick up food about 2 weeks later Food prices \$22.00 - \$40.00 EBT card accepted</p>
<p>Empowering Culpeper Phone 540-718-4132 Distribution at - Culpeper United Methodist Church 1233 Oaklawn Drive</p>	<p>Every 3<sup>rd</sup> Saturday (monthly) 9:00 am – 11:00 am</p>

# SHARE FOOD – September 2024

**Orders are due Sept 15**

**Distribution is Sept 28**

In Amissville 9:30-11:00 am

Amissville United Methodist Ch  
4657 Lee Hwy, Amissville, VA

In Culpeper 10:00-11:00 am

Reformation Lutheran Ch,  
601 Madison Rd, Culpeper, Va

**SHARE FOOD  
NETWORK  
PROVIDES  
AFFORDABLE  
NUTRITIOUS  
GROCERIES  
EVERY MONTH!**

**ADD \$1 DELIVERY PER PACKAGE FOR  
LOCATIONS IN SO. MARYLAND, VIRGINIA,  
FREDERICK, & BALTIMORE**

## **VALUE PACKAGE \$25**

Chicken Thighs 2 lbs.

Catfish Nuggets 2lbs.

Chicken Hotdogs 1lb.

Kielbasa 3/4lb.

Plus 10-12 pounds of fresh  
fruits and vegetables!

**SHARE  
in  
September!**

**VERY  
LIMITED  
QUANTITIES!**

### **Seafood Special \$31**

Mahi Mahi 1lb.

Tuna Medallions 2lbs.

Red Snapper Fillet 1/2lb.

Imitation Crab Meat lb.

Haddock Loins 2lbs.



### **Produce Box \$23**

*A 10-pound mix of the  
season's freshest fruits and  
vegetables!*

### **ALL GRASS-FED Mixed BEEF**

**\$30**

Chuck Roast 1.5lb.

Ground Beef 1lb.

Filet Mignon (2)

Sirloin Steak

Strip Steak (2)



## **Payment Options:**

**DEBIT/CREDIT CARDS, EBT, CASH, or MONEY ORDER**

**To order: Call Barbara Sanders by Sept 15, 2024**

**540 937-2693**

**Pick up in Amissville**

**9:30-11am, September 28**

**Amissville United Methodist Ch**

**4657 Lee Hwy, Amissville, VA**

**pick up in Culpeper**

**10-11am, September 28**

**Reformation Lutheran Ch,**

**601 Madison Rd, Culpeper, Va**

## **SHARE FOOD PROGRAM**

The Host Site Coordinator for our local area is Barbara Sanders at the telephone number (540) 937-2693. After reviewing the monthly menu, should you be interested in ordering, to do so, call this number by the date indicated **ORDERS DUE date Sunday September 15, 2024**

Your order will be picked up on the **DISTRIBUTION date (Saturday, September 28, 2024)** as indicated on the same flyer.

**ASK WHERE YOUR pick-up location is :**

<b>Amissville United Methodist Church 14760 Lee Hwy Amissville, VA</b>	<b>Reformation Lutheran Church 601 Mdison Rd Culpeper, VA</b>
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SHARE accepts credit and debit cards, EBT cards, money orders, cash and organizational checks. Ask your Host Site coordinator about their preferred payment methods.

**Want to URGE everyone** - - order early to get exactly what you want.



*At Culpeper Career Resource Center 219 East Davis St. Suite 100*

**Partnering with the community to share support for over ten years**

**Hours of services 8:00 am until 4:30 pm Call 540-727-1055 ext 464**

**Providing resource access and information for clothing, food, housing, transportation and additional community support**

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**MidDay Lions Club Referrals**

**(assistance with vision care and hearing aids for eligible local applicants)**

**Food, Clothing and Furniture Vouchers**

**(sharing community donations as available, helpful dates and locations for assistance)**

**Low income Home Repair & Improvement program applications**

**Screenings for the Firewood Share community effort**

**Food Closet Referrals: Monday – Friday 8:00 a.m. until 11:30 a.m.**

**En Culpeper Career Resource Center 219 East Davis St. Suite 100**

**Asociados con la comunidad para compartir el apoyo por más de diez años**

**Horas de servicio 8:00 am hasta 4:30 pm Tel. 540-727-1055 Ext 464**

**Proveyendo acceso a recursos e información para ropa, comida, alojamiento, transportación y soporte adicional a la comunidad**

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**Referidos de “Mid Day Lions Club”**

**(Asistencia con el cuidado de visión y prótesis auditiva para aplicantes locales elegibles)**

**Cupones de Comida, Ropa y Muebles**

**(Compartiendo donaciones de la comunidad según estén disponibles, fechas y localidades que proveen asistencias)**

**Aplicaciones de programas de Reparaciones y Mejoras al Hogar**

**para personas de bajos recursos**

**Aplicaciones para esfuerzo comunitario para la Repartición de Leña**

**Referidos del Armario de Comida: Lunes – Viernes 8:00 a.m. hasta 11:30 a.m.**



**Blue Ridge Area**  
**FOOD BANK**  
 Everyone should have enough to eat.

**Need groceries?**

If you need food assistance, we can help.

The Reva Mobile Food Pantry delivers fresh produce, dry goods, and occasionally dairy and frozen meat, free of charge.

**Will be held September 25, 2024**

Reva Volunteer Fire & Rescue  
 18230 Birmingham Road (just off 29 South)

4th Wednesday of every month  
 9:30 a.m. to 11:00 a.m. (no early birds)

All are welcome.

For more information: [www.brafb.org](http://www.brafb.org) or (540) 248-3663

If you need more food than you can get at the Mobile Food Pantry, visit our website and click "Get Help" to find a food pantry near you, or call the FoodBank.

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**¿Necesita comestibles?**

Si necesita asistencia alimentaria, estamos dispuestos a ayudarle.

El almacén de alimentos móvil en Reva ("Reva Mobile Food Pantry") ofrece verduras, productos secos, y a veces productos lácteos y carne congelada. Como siempre, gratis.

**Se llevará a cabo el 25 de septiembre de 2024**

Lugar: Reva Volunteer Fire & Rescue  
 18230 Birmingham Road (cerca de Rte. 29 South)

El cuarto miércoles de cada mes  
 Desde las 9:30-11:00 de la mañana (por favor, no arrive antes de las 9:00 de la mañana) **Todos son bienvenidos**

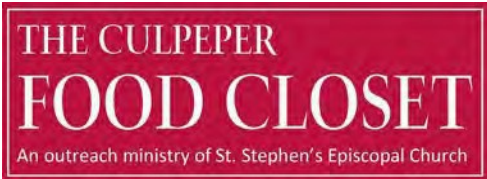
Para más información:  
[www.brafb.org](http://www.brafb.org) (540)248-3663

Si necesita más comida de lo que el almacén de alimentos móvil le ofrece, visite a nuestro sitio web y haga clic en "Get Help" para localizar otro almacén de alimentos cerca de usted, o llame al banco de alimentos.



**Blue Ridge Area**  
**FOOD BANK**  
 Everyone should have enough to eat.





120 N. Commerce Street, Culpeper VA 22701  
Mail to: P.O. Box 343 | 540.825.1177  
culpeperfoodcloset@gmail.com   
A ministry of St. Stephen's Episcopal Church  
ststephensculpeper.net | 540-825-8786

## ARE YOU IN NEED OF FOOD ASSISTANCE? WE CAN HELP.

### **WE ARE OPEN MONDAY THROUGH FRIDAY 9 AM – 12 NOON**

- First, you will need to go to “Sam’s Place” to obtain a food voucher. They will ask you a few questions and give you a **green voucher**. Their location is 219 East Davis St. (next to Natraj Indian Cuisine). They are located on the lower level.
- Once you obtain the voucher come to The Food Closet, 120 N. Commerce St. (lower level of the church). Once there, you will sign in and one of our volunteers will come out to the lobby to assist you.
- You may come TWICE a month with the **green voucher**. Please pick up the **green voucher** from “Sam’s Place” before coming to The Food Closet each time you visit.

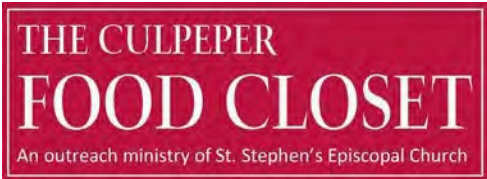
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### **WE ARE ALSO OPEN THURSDAY AFTERNOON FROM 4 PM – 6 PM**

- Come directly to The Food Closet and sign in on the clipboard. A volunteer will come out to the lobby to assist you.
- You will be asked to fill out an **orange voucher**. You will only need to fill out the voucher one time as they are kept onsite.
- You may come ONCE a month in the afternoon with the **orange voucher**. Please come directly to The Food Closet on Thursday afternoons.

*This Agency Is an Equal Opportunity Provider*

*“Sharing what God has given with glad and generous hearts”*



120 N. Commerce Street, Culpeper VA 22701  
Mail to: P.O. Box 343 | 540.825.1177  
culpeperfoodcloset@gmail.com   
A ministry of St. Stephen's Episcopal Church  
ststephensculpeper.net | 540-825-8786

## ¿NECESITA ASISTENCIA ALIMENTARIA? PODEMOS AYUDARTE.

**ESTAMOS ABIERTOS DE LUNES A VIERNES DE 9 A.M. A 12 P.M.**

- Primero, deberá ir a "Sam's Place" para obtener un cupón de comida. Le harán algunas preguntas y le darán un **cupón verde**. Su ubicación es 219 East Davis St. (al lado de Natraj Indian Cuisine). Se encuentran en el nivel inferior.
- Una vez que obtenga el cupón, vaya a The Food Closet, 120 N. Commerce St. (nivel inferior de la iglesia). Una vez allí, se registrará y uno de nuestros voluntarios saldrá al vestíbulo para ayudarlo.
- Puede venir UNA VEZ al mes con el **cupón verde**. Por favor, recoja el **cupón verde** de "Sam's Place" antes de venir a The Food Closet cada vez que visite.

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## TAMBIÉN ESTAMOS ABIERTOS LOS JUEVES POR LA TARDE DE 4 PM A 6 PM

- Ven directamente a The Food Closet e inicia sesión en el portapapeles. Un voluntario saldrá al vestíbulo para ayudarlo.
- Se le pedirá que complete un **cupón naranja**. Solo tendrá que completar el cupón una vez, ya que se mantienen en el sitio.
- Puede venir UN VEZ al mes por la tarde con el **cupón naranja**. Por favor, venga directamente a The Food Closet los jueves por la tarde.

*Esta agencia es un proveedor de igualdad de oportunidades.*

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*"Sharing what God has given with glad and generous hearts"*





*Helping our neighbors thrive with access to nutritious foods and community programs through partnerships*

## 2024 DISTRIBUTION SCHEDULE

\* The 3<sup>RD</sup> Saturday of each month, 9-11:00am

January 20  
February 17  
March 16  
April 20  
May 18  
June 15

July 20  
August 17  
September 21  
October 19  
November 16  
December 21

**LOCATION: Culpeper United Methodist Church,  
1233 Oak Lawn Drive, Culpeper**

**If you would like to volunteer:** We need volunteers to arrive by 7:00am for check-in, final set-up, and task assignments.

\*\* We also have volunteer opportunities on the Friday before distribution to assist with food deliveries and set-up, 9:00am-12:00



*Ayudar a nuestros vecinos a prosperar con acceso a alimentos nutritivos y programas comunitarios a través de asociaciones*

## CALENDARIO DE DISTRIBUCIÓN 2024

\* El 3er sábado de cada mes, de 9 a 11:00am

20 de enero	20 de julio
17 de febrero	17 de agosto
16 de marzo	21 de septiembre
20 de abril	19 de octubre
18 de mayo	16 de noviembre
15 de junio	21 de diciembre

**UBICACIÓN: Iglesia Metodista Unida de Culpeper,  
1233 Oak Lawn Drive, Culpeper**

Si desea ser voluntario: Necesitamos que los voluntarios lleguen antes de las 7:00 a.m. para el registro, la configuración final y la asignación de tareas.

\*\* También tenemos oportunidades de voluntariado el viernes antes de la distribución para ayudar con las entregas de alimentos y la instalación, de 9:00 a.m. a 12:00 a.m.

## Culpeper Presbyterian Church Manna Ministry



*Culpeper Presbyterian Church Manna Ministry seeks to share nourishment, compassion, and hope in Christ's name to all who enter.*

## About Us

Manna Ministry provides free warm and nutritious meals three days a week to anyone in need. All are welcome and there is no requirement to show proof of need. Meals are served carry-out style and there are often groceries, pastries, fruits and vegetables, or hygiene products available also.

## Where and When

**Mondays, Wednesdays, and Fridays**

**11:00-12:30**

**Culpeper Presbyterian Church  
Fellowship Hall Building**

**301 S. Main Street Culpeper**

**Meals can be picked up at the double  
doors that open on Locust Street**

Learn more at [culpeperpresbyterian.org](http://culpeperpresbyterian.org)

## Get Involved

Manna Ministry meals are provided by teams of volunteers from churches and other organizations in Culpeper. Each team has a leader who is responsible for planning and preparing the meal and volunteers who help prepare and distribute the meals. We also have volunteers who pick up donations from local businesses.

To get involved as a volunteer or to pick up donations, contact the church office at 540.825.8616 or [church@culpeperpresbyterian.org](mailto:church@culpeperpresbyterian.org).

## Make a Donation

Manna Ministry serves over 100 meals three days a week. If you want to help us continue to provide these meals, tax-deductible donations are always welcome. Checks made payable to Culpeper Presbyterian Church with Manna Ministry on the memo line can be mailed to Culpeper Presbyterian Church 215 S. Main Street Culpeper, VA 22701. Or an online donation can be made at our website [culpeperpresbyterian.org](http://culpeperpresbyterian.org).



**Shiloh Food Ministry**

**15055 Stevensburg Rd, Brandy Station**

**\*Emergency requests fulfilled as needed\***

**For more information call us at: 540-718-8516**

**Ministro de Comida Shiloh**

**15055 Stevensburg Rd, Brandy Station**

**\*Pedidos de Emergencia cumplidas según sea necesario\***

**Para más información puede llamar al: 540-718-8516**

**2-1-1 VIRGINIA**  
**Community Resource Guide**



**Culpeper (C), Fauquier (F), Madison (M), Orange (O), Rappahannock (R)**

**AIDS/HIV SERVICES**

Culpeper Health Dept. 540-829-7350  
 FAHASS (C,F,M,O,R) 800-215-8121  
 Madison Health Dept. 540-948-5481  
 Orange Health Dept. 540-672-1291  
 Rappahannock Health Dept. 540-675-3516

Rappahannock Goodwill (C,O,R) 540-212-4570  
**EX-OFFENDER REENTRY PROGRAMS**  
 Culpeper Human Services 540-727-1055  
 Friends of Guest House (C,F) 703-549-8072  
 OAR Jefferson Area (M,O) 434-296-2441  
 Virginia Cares (C,F) 540-376-9000

Patient Access Network 866-316-7263  
 Patient Advocate Foundation 800-532-5274  
 People Helping People (F) 540-349-9017  
 Salvation Army (M) 540-948-4427  
 Trinity Episcopal Church (F) 540-592-3342

**AREA AGENCIES ON AGING (AAA)**

Rappahannock Rapidan Community Svcs. 540-825-3100

**EYE CARE**

Culpeper Mid-Day Lions Club 540-825-9073  
 Madison County Lions 540-948-5701  
 Rappahannock Lions Club 540-675-3516  
 Warrenton Lions Club 540-439-8308

**CLOTHING**

Culpeper Baptist Church 540-825-8192  
 Community Touch (F) 540-439-9300  
 Rappahannock Goodwill (O) 540-829-8068  
 Salvation Army Front Royal 540-635-4020  
 ThriVe Women 540-661-5111  
 Women Giving Back (F) 703-554-9386  
 Word of Deliverance & Helps Ministries (O) 540-832-5460

**FINANCIAL AID — HOUSING**

Culpeper Housing & Shelter Services 540-825-7434  
 Fauquier Habitat for Humanity (F,R) 540-341-4952  
 Foothills Housing Corp (C,F,M,O,R) 540-341-2805  
 Madison Emergency Services Assoc 540-948-4427  
 Middleburg Fish 540-687-8771  
 People Helping People (F) 540-349-9017  
 Salvation Army (F) 540-341-7215  
 Salvation Army (M) 540-948-4427  
 Salvation Army (R) 540-635-4020  
 Trinity Episcopal Church (F) 540-592-3343  
 USDA Rural Development 276-484-9384  
 Wilderness Community Church (O) 540-972-8808

**FINANCIAL AID — UTILITY**

Culpeper Human Services 540-727-0372  
 Fauquier County Social Services 540-422-8400  
 Madison County Social Services 540-948-5521  
 Madison Emergency Services Assoc. 540-948-4429  
 Middleburg FISH (F) 540-687-8771  
 Orange County Social Services 540-672-1155  
 People Helping People (F) 540-349-9017  
 Rappahannock County Social Services 540-675-3313  
 Salvation Army (F) 540-341-3396  
 Salvation Army (M) 540-948-4427  
 Salvation Army Front Royal (R) 540-635-4020  
 Trinity Episcopal Church (F) 540-592-3343  
 Wilderness Community Church (O) 540-972-8808

**DENTAL CARE**

Children's Dental Center (C,M,O) 434-293-9300  
 Health & Wellness Center of Louisa (O) 540-967-9401  
 Piedmont Regional Dental Clinic (C,G,M,O) 540-661-0008  
 Fauquier Free Clinic 540-347-0394  
 Madison Free Clinic 540-948-3667

**FOOD**

Clara's House Food Pantry (F) 540-439-9300  
 Fauquier Community Food Bank 540-359-6053  
 Fauquier FISH 540-347-3474  
 Feed My Sheep (O) 540-832-9090  
 Gordonsville Baptist Church (O) 540-832-2075  
 Lions Wilderness Food Pantry (O) 888-508-9274  
 Loaves and Fishes (M,O) 434-996-7868  
 Loaves and Fishes (R) 540-252-4320  
 Love Outreach Food Pantry (O) 540-223-6674

**EMPLOYMENT/CAREER SERVICES**

Germanna Community College (M,O) 804-516-2404  
 Jobs Corps (C,F,M, O) 800-733-5627  
 Lord Fairfax Community College (F,R) 540-868-7021  
 Pathways (C) 540-422-0907

**FINANCIAL ASSISTANCE — MEDICAL/ DENTAL/ PRESCRIPTION**

Culpeper Human Services 540-727-1055  
 Madison Emergency Services Assoc 540-948-4427  
 Middleburg Fish (F) 540-687-8771



encompass  
— Community Supports —

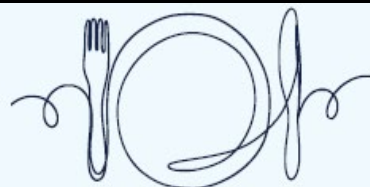
Formerly Known As –  
Rappahannock-Rapidan Community Services

PO Box 1568  
15361 Bradford Road  
Culpeper, VA 22701  
Support Coordinators of  
Community Connections for Older Adults  
Phone: (540) 825-3100  
Email: [agingservices@ecsva.org](mailto:agingservices@ecsva.org)  
[www.encompasscommunitysupports.org](http://www.encompasscommunitysupports.org)

Encompass Community Supports is an equal opportunity employer and does not discriminate on the basis of race, color, religion, sex, national origin, handicap, age or any other protected category.

## To receive meal delivery you must...

- Be homebound
- Be 60 years or older
- Remain safely in your home with meals as a support service
- Be unable to prepare or obtain adequate meals
- Complete an assessment with our Support Coordinator Staff
- Agree to be home when meals are delivered or call if you're not going to be there.



## Home Delivered Meals Program



encompass  
— Community Supports —

Formerly Known As –  
Rappahannock-Rapidan Community Services

**Offering home delivered meal services to adults 60 years of age or older.**

PO Box 1568  
15361 Bradford Road  
Culpeper, VA 22701  
Support Coordinators of  
Community Connections for Older Adults  
Phone: (540) 825-3100  
Email: [agingservices@ecsva.org](mailto:agingservices@ecsva.org)  
[www.encompasscommunitysupports.org](http://www.encompasscommunitysupports.org)

**We appreciate and accept donations for our Home Delivered Meals Programs. A donation envelope is given to individuals at time of delivery.**

**Contact Encompass Community Supports if your status changes or you no longer qualify.**

Phone: (540) 825-3100  
Email: [agingservices@ecsva.org](mailto:agingservices@ecsva.org)

A portion of our funding for the Home Delivered Meals Program is sponsored by various entities.



MEALS on WHEELS  
AMERICA

TOGETHER, WE CAN DELIVER.

The Mission for our Home Delivered Meals Program is to support the independence and well-being of our older adults in the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock.

Encompass Community Supports' Home Delivered Meals Program provides nutritious, frozen meals to older adults in our region who are unable to leave their homes due to illness or disability and have no assistance preparing meals.

Our meals are developed and based on guidelines from the Virginia Department for Rehabilitative and Aging Services (DARS). These meals are low in sugar and salt to accommodate individuals with special diets.

# Community Connections for Older Adults

## Mobile Outreach



encompass  
—Community Supports—

Formerly Known As – Rappahannock-Rapidan Community Services

*Improving the quality of life for all adults aged 60 and over in the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock*

### WHO WE ARE

Community Connections for Older Adults is a division of Encompass Community Supports - your Area Agency on Aging. Mobile Outreach is a program initiative developed to address a variety of needs of older adults (aged 60+) and to provide local resource connections and supports to meet those needs.

### WHAT WE DO

- Mobile Outreach assesses for and addresses social, nutritional and health related needs with emphasis on helping older adults who may be socially isolated or experiencing hunger/food insecurities.

### HOW WE HELP

- Once needs are determined, available resources and supports are identified, and connections are provided which can include internal Encompass Community Supports' programs/services as well as partner agencies throughout our five-county area.
- Senior Centers, Adult Day Services, Home Delivered Meals, Transportation, and Adult Support Coordination are some examples of services available within our agency.

**FOR MORE INFORMATION ABOUT  
HOW MOBILE OUTREACH CAN  
HELP YOU OR YOUR LOVED ONE,**

**PLEASE CONTACT:  
KATHLEEN WATSON  
(540) 717-3477**

**KWATSON@ECSVA.ORG**

### AT A GLANCE

#### TWO PRESSING ISSUES

Our Mobile Outreach initiative was created to address Social Determinants of Health (SDOH), also known as Health Related Social Needs (HRSN), and their effect on older adults in our area. SDOH are the conditions and situations where people are born, live and work that can affect their health and quality of life outcomes. The two SDOH of utmost concern locally are:

- **Social Isolation/Loneliness**
- **Food Insecurity/Hunger**

**Social Isolation** is the lack of social contacts and having few people to interact with regularly.

Studies have shown that social isolation puts older adults at a higher risk for multiple health issues and even premature death.

**Food Insecurity** is the condition of not having access to sufficient and/or adequate food to meet one's basic needs.

Meals on Wheels America reports that 6.2% of older adults in Virginia experience some type of food insecurity.



## FIND A RIDE 540-445-0577

[www.rtcmc.org](http://www.rtcmc.org)

*Speak with a mobility specialist trained to connect you with the best resource for your needs. The regional Mobility Center connects individuals in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties with all available volunteer transportation, gas subsidies, pilot programs, charity rides, public transit, and private provider options.*



## VOLUNTEER TO GIVE A RIDE 540-505-5900

*Help individuals get to medical appointments, run critical errands, and access the community! Volunteer on your own schedule in the locations you choose; liability insurance provided.*

[www.volunteerdifference.com](http://www.volunteerdifference.com)

### Regional Mobility Center

[www.rtcmc.org](http://www.rtcmc.org)

540 - 445 - 0577

Transportation information, referral, and coordination for all available transportation options in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties.

Mobility Specialists are available Monday - Friday, 9am-4pm to help connect individuals with available transportation resources including - volunteer rides, gas subsidies, charity rides, pilot programs, public transit, and private providers.

### HERO'S BRIDGE

[www.herosbridge.org](http://www.herosbridge.org)

540 - 341 - 5378

Free volunteer transportation and a host of other services for veterans.

### LOWLINC

[www.lowlinc.org](http://www.lowlinc.org)

855 - 569 - 5462

Volunteer transportation for older adults living in the Lake of the Woods gated community in Orange Virginia. LOWLINC village model provides a

host of services for older adults in exchange for an annual membership.

### Rapp at Home

[www.rappathome.net](http://www.rappathome.net)

540 - 937 - 4663

Free volunteer transportation and a host of additional services available for older adults living in Rappahannock County.

### RappConnect

[www.rtcmc.org](http://www.rtcmc.org)

540 - 445 - 0577

Free microtransit rides four days a week for older adults and individuals with disabilities in Rappahannock County.

### Virginia Regional Transit

[www.vatransit.org](http://www.vatransit.org)

540 - 825 - 8456

Public Transit fixed route services ~~for a nominal fee~~, serving the Towns of Culpeper, Orange, Gordonsville, and Warrenton. ADA Accessible.

On-Demand Transportation serving the county of Culpeper and Fauquier; first-come, first-serve, pre-scheduled rides.

# VolTran



VOLUNTEER TRANSPORTATION SERVICE  
(A Nonprofit Organization)

## JOIN OUR VOLUNTEER DRIVER TEAM

You can make a difference!  
Volunteer: (540) 422-2600  
voltranrides@gmail.com

Providing free transportation to older adults, persons with disabilities & others for medical appointments & critical errands

Serving Culpeper, Fauquier, Madison, Orange & Rappahannock

Helping our community, one ride at a time!

**NEED A RIDE?**

CALL (540) 829-5300

RTC MOBILITY CENTER

Monday- Friday

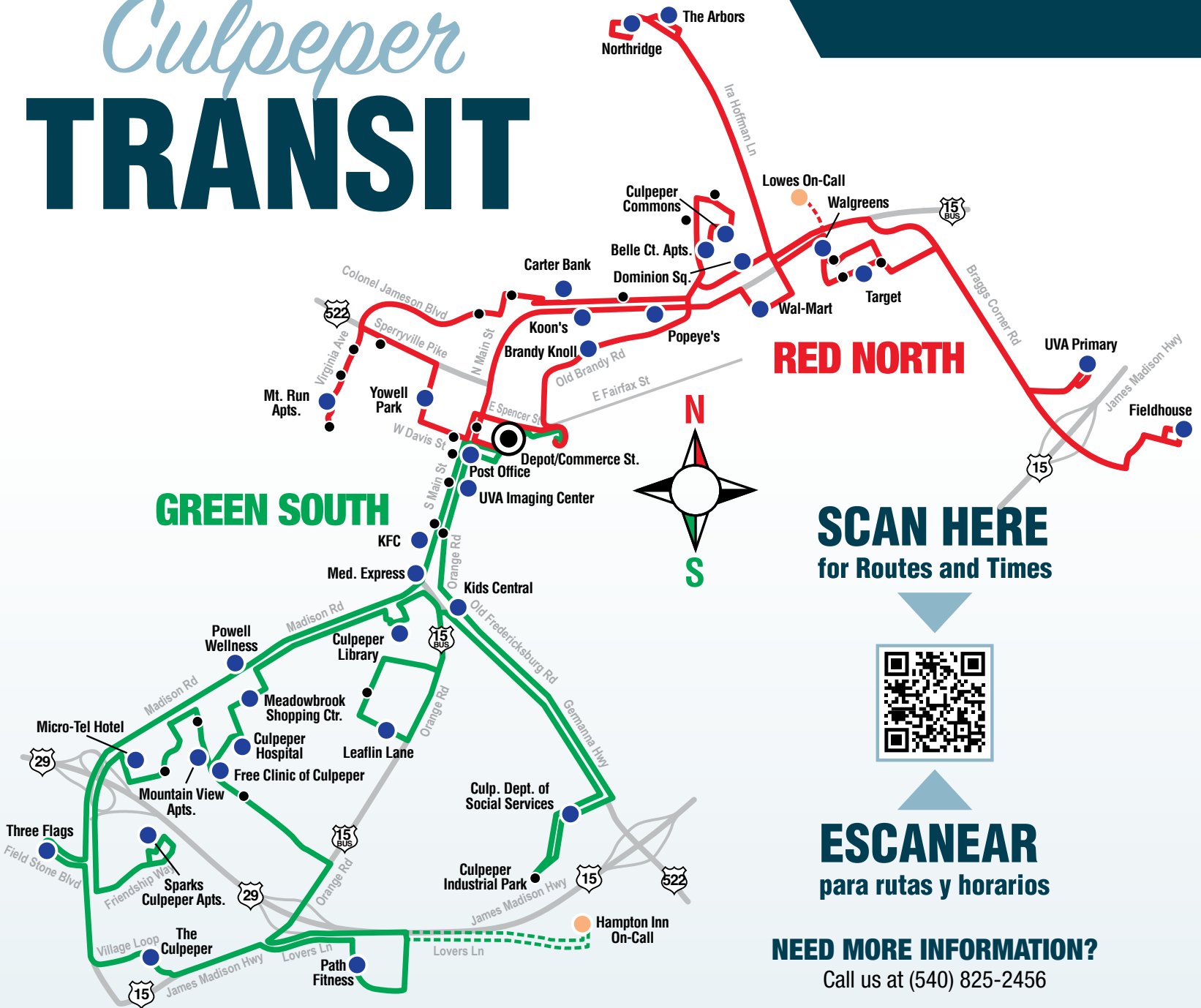
8am-4pm



[WWW.VOLTRAN.ORG](http://WWW.VOLTRAN.ORG)



# Culpeper TRANSIT



**SCAN HERE**  
for Routes and Times



**ESCANEAR**  
para rutas y horarios

**NEED MORE INFORMATION?**  
Call us at (540) 825-2456

**SCHEDULE INTERRUPTIONS**  
When inclement weather or other circumstances cause an interruption of service, Public Service announcements will be broadcast on:  
**KFTR (1450 AM)**  
**WZRV (95.3 FM)**



- Depot
- Stops on timetable
- ON-CALL ONLY
- Additional Stops along routes

## CULPEPER TRANSIT / TROLLEY SYSTEM SCHEDULE

RED NORTH													
Depot	7:00 am	7:40 am	8:30 am	9:30 am	10:30 am	11:30 am	<b>B R E A K</b>	1:00 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm
Koons	7:05 am	7:45 am	8:35 am	9:35 am	10:35 am	11:35 am		1:05 pm	2:05 pm	3:05 pm	4:05 pm	5:05 pm	6:05 pm
Popeyes	7:08 am	7:48 am	8:38 am	9:38 am	10:38 am	11:38 am		1:08 pm	2:08 pm	3:08 pm	4:08 pm	5:08 pm	6:08 pm
Wal-Mart	7:09 am	7:49 am	8:42 am	9:42 am	10:42 am	11:42 am		1:12 pm	2:12 pm	3:12 pm	4:12 pm	5:12 pm	6:12 pm
Walgreens	7:12 am	7:52 am	8:45 am	9:45 am	10:45 am	11:45 am		1:15 pm	2:15 pm	3:15 pm	4:15 pm	5:15 pm	6:15 pm
Target	7:14 am	7:54 am	8:48 am	9:48 am	10:48 am	11:48 am		1:18 pm	2:18 pm	3:18 pm	4:18 pm	5:18 pm	6:18 pm
Lowes "On-Call" Only	*	*		*		*			*		*		*
Culpeper County Field House			8:53 am		10:53 am			1:23 pm		3:23 pm		5:23 pm	
UVA Primary			8:58 am		10:58 am			1:28 pm		3:28 pm		5:28 pm	
The Arbors			9:07 am		11:07 am			1:37 pm		3:37 pm		5:37 pm	
Northridge			9:09 am		11:09 am			1:39 pm		3:39 pm		5:39 pm	
Dominion Square	7:18 am	7:58 am	9:14 am	10:00 am	11:14 am	12:00 pm		1:44 pm	2:30 pm	3:44 pm	4:30 pm	5:44 pm	6:30 pm
Belle Court	7:20 am	8:00 am	9:17 am	10:03 am	11:17 am	12:03 pm		1:47 pm	2:33 pm	3:47 pm	4:33 pm	5:47 pm	6:33 pm
Culpeper Commons	7:22 am	8:02 am	9:19 am	10:05 am	11:19 am	12:05 pm		1:49 pm	2:35 pm	3:49 pm	4:35 pm	5:49 pm	6:35 pm
Brandy Knoll			9:24 am		11:24 am			1:54 pm		3:54 pm		5:54 pm	
Carter Bank	7:25 am	8:05 am		10:09 am		12:09 pm		2:39 pm		4:39 pm		6:39 pm	
Mt. Run Apartments	7:32 am	8:12 am		10:16 am		12:16 pm		2:46 pm		4:46 pm		6:46 pm	
Yowell Meadow Park	7:36 am	8:16 am		10:20 am		12:20 pm		2:50 pm		4:50 pm		6:48 pm	
Depot	7:40 am	8:20 am	9:30 am	10:30 am	11:30 am	12:30 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm	6:50 pm	
GREEN SOUTH													
Depot	7:00 am	7:40 am	8:30 am	9:30 am	10:30 am	11:30 am	<b>B R E A K</b>	1:00 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm
KFC	7:05 am	7:45 am	8:34 am	9:34 am	10:34 am	11:34 am		1:04 pm	2:04 pm	3:04 pm	4:04 pm	5:04 pm	6:04 pm
Med. Express	7:06 am	7:46 am	8:35 am	9:35 am	10:35 am	11:35 am		1:05 pm	2:05 pm	3:05 pm	4:05 pm	5:05 pm	6:05 pm
Powell Wellness	7:10 am	7:50 am	8:38 am	9:38 am	10:38 am	11:38 am		1:08 pm	2:08 pm	3:08 pm	4:08 pm	5:08 pm	6:08 pm
Sparks Culpeper Apartments	7:14 am	7:54 am		9:45 am		11:45 am			2:15 pm		4:15 pm		6:15 pm
Micro-Tel Hotel	7:16 am	7:56 am		9:50 am		11:50 am			2:20 pm		4:20 pm		6:20 pm
Mountain View Apartments	7:19 am	7:59 am		9:54 am		11:54 am			2:24 pm		4:24 pm		6:24 pm
Three Flags			8:41 am		10:41 am			1:11 pm		3:11 pm		5:11 pm	
The Culpeper			8:44 am		10:44 am			1:14 pm		3:14 pm		5:14 pm	
Path Recreation & Fitness Center			8:49 am		10:49 am			1:19 pm		3:19 pm		5:19 pm	
Hampton Inn "On-Call" Only			*		*			*		*		*	
Free Clinic Of Culpeper			8:54 am		10:54 am			1:24 pm		3:24 pm		5:24 pm	
Culpeper Hospital	7:23 am	8:03 am	8:56 am	10:00 am	10:56 am	12:00 pm		1:26 pm	2:30 pm	3:26 pm	4:30 pm	5:26 pm	6:30 pm
Meadowbrook Shopping Center	7:25 am	8:05 am	8:59 am	10:03 am	10:59 am	12:03 pm		1:29 pm	2:33 pm	3:29 pm	4:33 pm	5:29 pm	6:33 pm
Culpeper Library	7:29 am	8:09 am	9:02 am	10:06 am	11:02 am	12:06 pm		1:32 pm	2:36 pm	3:32 pm	4:36 pm	5:32 pm	6:36 pm
Leafin Lane			9:06 am		11:06 am	12:10 pm	1:36 pm		3:36 pm	4:40 pm			
Culpeper Dept. of Social Services	7:34 am	8:14 am	9:13 am	10:13 am	11:13 am	12:17 pm	1:43 pm	2:47 pm	3:43 pm	4:47 pm	5:43 pm		
Kid Central	7:36 am	8:16 am	9:17 am	10:17 am	11:17 am	12:21 pm	1:47 pm	2:51 pm	3:47 pm	4:51 pm	5:47 pm		
UVA Imaging	7:37 am	8:17 am	9:20 am	10:20 am	11:20 am	12:24 pm	1:50 pm	2:54 pm	3:50 pm	4:54 pm	5:50 pm	6:40 pm	
Culpeper Post Office	7:39 am	8:19 am	9:23 am	10:23 am	11:23 am	12:27 pm	1:53 pm	2:57 pm	3:53 pm	4:57 pm	5:53 pm	6:43 pm	
Depot	7:40 am	8:20 am	9:30 am	10:30 am	11:30 am	12:30 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm	6:50 pm	

ON-CALL ONLY NO SERVICE AT THIS SPECIFIC TIME

## RULES OF RIDING:

- Smoking, profanity and eating and drinking are prohibited.
- A round trip is one complete circuit of the route.
- NO animals, except service animals permitted on buses.
- NO standing in front of white or yellow line or in stairwells.
- Shirts and shoes are required for all passengers
- Drivers reserve the right to refuse service to anyone not observing regulations or whose behavior is hazardous to passengers or vehicular safety.
- Carry-on items are limited to what a passenger can bring on and take off the bus by themselves in one trip.
- When using cell phones, please be considerate.
- Headphones are required for portable music and gaming devices.
- Seat belts are available and recommended for your safety.

## ADA COMPLIANT SERVICE:

Eligible certified riders are encouraged to make reservations for the ADA compliant deviated fixed route service on the prior day, and up to two weeks in advance by calling the customer service phone number, 540-825-2456.

## HOW TO RIDE THE TROLLEY:

- The Culpeper Trolley travels around town in a more or less counter-clockwise direction starting at the Depot (🕒). A round trip takes one-hour. Scheduled stops are designated numbered signs on the timetable chart. All other stops can be computed by adding a few minutes to the timed stop before yours.
- For the safety of all passengers, stand at designated bus stop locations whenever possible.
- Allow a few minutes for delays in scheduled arrival times. →

- Download the VRT Bus App for live view route location and arrival information from your mobile device's app store by searching "TransLoc / Virginia Regional Transit" or downloaded directly from the VRT website at [www.vatransit.org](http://www.vatransit.org).
- Please have EXACT fare ready when you board, drivers DO NOT carry change.
- In case of inclement weather, routes will operate if safely possible.
- Check out local radio (95.3), social media and our website for service changes. You may also contact the customer service phone number (540) 825-2456 for further information.
- Riders choosing to transport a bicycle can secure it on the rack in front of the bus before boarding.

## TITLE VI NON-DISCRIMINATION POLICY STATEMENT:

Virginia Regional Transit (VRT) operates the Culpeper Trolley Service on behalf of the town, and is committed to ensuring that no person is excluded from participation in, or denied the benefits of, or be subjected to discrimination in the receipt of its services or programs based on the basis of race, color or national origin as protected by Title VI of the Civil Rights Act of 1964, as amended. Further, under the Americans with Disability ACT (ADA) of 1990, no entity shall discriminate against an individual with physical or mental disability in connection with the provision of transportation service.

To obtain additional information on VRT's nondiscrimination obligations or submit a formal complaint or to request additional information on Title VI obligations, please contact Virginia Regional Transit's-Title VI Manager at 1099 Brandy Knoll Court Culpeper, VA 22701, Phone: (540) 825-2456, Toll Free: (877) 777-2708, Fax: (540) 825-6563.

A complaint may be filed directly with the Federal Transit Administration at: The Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, D.C. 20590.

A complaint may be filed no later than 180 days after the alleged discrimination.



Culpeper  
**TRANSIT**



**Serving Culpeper**  
Customer Service Phone Number:  
**(540) 825-2456**  
[vatransit.org](http://vatransit.org)



Culpeper  
**TRANSIT**



**SERVICE SCHEDULE**



**Serving Culpeper**  
**(540) 825-2456**  
[vatransit.org](http://vatransit.org)

# You may qualify for Free Medical Care

# Usted puede calificar para Cuidado Médico Gratuito



FREE CLINIC OF CULPEPER  
Culpeper Wellness Foundation



FREE CLINIC OF CULPEPER  
Culpeper Wellness Foundation

## Are we a good fit for you?

To be eligible for care at the Free Clinic of Culpeper, there are only 4 requirements.

- Live in Culpeper
- 18 years or older
- Have no health insurance, including Medicaid or Medicare
- Income level (New Guidelines)

Household/ Family Size	Earning less than
1	\$45   180.00
2	\$61   320.00
3	\$77   460.00
4	\$93   600.00
5	\$109   740.00
6	\$125   880.00
7	\$142   020.00
8	\$158   160.00
9	\$174   300.00
10	\$190   440.00

2024 Federal Poverty Levels - 300%

## Hours

Monday 9am–3pm  
 Tuesday 9am–3pm  
 Wednesday 9am–noon  
 Thursday 9am–3pm  
 (1st and 3rd Thursdays of the month 4pm–6pm)

## Somos una buena opción para usted?

Para poder calificar para cuidado en la Clínica Gratuita (*Free Clinic of Culpeper*) solamente hay 4 requisitos.

- Vivir en Culpeper
- 18 años o mayor
- No tener ningun tipo de cobertura médica, incluyendo *Medicaid* o *Medicare*
- Nivel de ingreso (Nueva guía de ingreso)

Tamaño de la Familia	Ganar menos de
1	\$45   180.00
2	\$61   320.00
3	\$77   460.00
4	\$93   600.00
5	\$109   740.00
6	\$125   880.00
7	\$142   020.00
8	\$158   160.00
9	\$174   300.00
10	\$190   440.00

2024 Niveles de Pobreza Federales - 300%

## Horario

Lunes 9am–3pm  
 Martes 9am–3pm  
 Miércoles 9am–12pm  
 Jueves 9am–3pm  
 (1er y 3er Jueves del mes 4pm–6pm)

610 Laurel Street, Suite 3  
Culpeper, VA 22701

(540) 829-5032

[www.freeclinicofculpeper.org](http://www.freeclinicofculpeper.org)

Application Online or Stop by the Clinic

610 Laurel Street, Suite 3  
Culpeper, VA 22701

(540) 829-5032

[www.freeclinicofculpeper.org](http://www.freeclinicofculpeper.org)

Aplicar en linea o visite la Clínica

One Afternoon.  
One Community.

Everyone is impacted by suicide.

# STAMPING OUT SUICIDE (S.O.S.) FRIDAY, SEPTEMBER 27, 2024 1PM TO 5PM

**THEME: CREATING HOPE THROUGH ACTION**

Hazel Hall of Laurel Ridge Community College, Fauquier Campus  
6480 College Street, Warrenton, VA

Keynote: Turning Pain Into Purpose by AnneMoss Rogers,  
Mental Health & Suicide Education Expert,  
Professional Speaker, Trainer & Consultant



Learn about supports for you and your loved ones.

Hear from speakers with lived experience in breakout sessions related to:

- Men's Mental Health
- Veterans
- BIPOC (Black, Indigenous, and People of Color)
- Faith Based Supports
- Parents/School Systems

Learn from over 25 community resource exhibitors

**FREE Event**  
**Open to Everyone**  
**No RSVP Needed**

Follow us on Facebook:



Questions?

Email our S.O.S. event team at  
SOSEvent@ecsva.org



encompass  
Community Supports

Formerly Known As - Rappahannock-Rapidan Community Services



Encompass Community Supports does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, sexual orientation, gender identity, or any other characteristic protected by law, in employment matters and in its programs and services.

Una Tarde.  
Una Comunidad.

Todos somos afectados por el  
suicidio.

# ERRADICANDO EL SUICIDIO (S.O.S.) VIERNES, SEPTIEMBRE 27, 2024 1PM - 5PM

**TEMA: CREAR ESPERANZA A TRAVÉS DE LA ACCIÓN**

Lugar: Hazel Hall of Laurel Ridge Community College, Fauquier Campus  
6480 College Street, Warrenton, VA

Tema principal: Convertir el dolor en propósito.

Expositora: AnneMoss Rogers, experta en salud mental y educación sobre el suicidio, oradora profesional, entrenadora y consultora.

Aprenda cómo puede ayudarse a sí mismo y a sus seres queridos.

Escuche a oradores con experiencia propia en diferentes sesiones relacionadas con:

- Salud mental de los hombres
- Veteranos
- BIPOC (Afrodescendientes, Indígenas, y Personas de color)
- Apoyo basado en la fe
- Padres/Sistemas escolares

Aprenda de más de 25 expositores de recursos comunitarios



**Evento GRATIS**  
**Todos son**  
**bienvenidos. No es**  
**necesario**  
**confirmar su**  
**asistencia.**

Síguenos en Facebook:



Preguntas?

Envíe un correo electrónico a nuestro  
equipo de evento S.O.S a:  
SOSEvent@ecsva.org



encompass

Formerly Known As - Rappahannock-Rapidan Community Services



Encompass Community Supports no discrimina por motivos de raza, color, nacionalidad, sexo, religión, edad, discapacidad, orientación sexual, identidad de género, o cualquier otra característica protegida por la ley, en materia laboral y en sus programas y servicios.

TÚ ERES  
IMPORTANTE

Textea.  
Llama.  
Chatea.

**988**  
LÍNEA DE  
PREVENCIÓN  
DEL SUICIDIO  
Y CRISIS

PEP23-05-03-005

YOU  
MATTER

TEXT.  
CALL.  
CHAT.

**988**  
SUICIDE & CRISIS  
LIFELINE



**988**  
LÍNEA DE  
PREVENCIÓN  
DEL SUICIDIO  
Y CRISIS

Si tú o alguien que conoces  
necesita apoyo ahora, llama  
o textea al 988 o conversa  
con nosotros vía chat a:  
[Linea988.org](https://Linea988.org)



PEP23-05-03-005



**988**  
SUICIDE  
& CRISIS  
LIFELINE

If you or someone you know  
needs support now,  
call or text 988  
or  
chat [988lifeline.org](https://988lifeline.org)



MDE9888-02-17-23-AE

# SAFE

Services To Abused Families, Inc.

*Providing shelter, support and advocacy to survivors of domestic violence and sexual assault*



# SAFE

Services To Abused Families, Inc.

*Proporcionando refugio y ayuda a víctimas de violencia doméstica y asalto sexual*



[WWW.SAFEJOURNEYS.ORG](http://WWW.SAFEJOURNEYS.ORG)

24 HR HOTLINE:  
800-825-8876

Mailing Address:  
P.O. Box 402  
Culpeper, VA 22701  
Phone: 540-825-8891

[WWW.SAFEJOURNEYS.ORG](http://WWW.SAFEJOURNEYS.ORG)

LÍNEA DIRECTA DE 24 HORAS:  
800-825-8876

Dirección postal:  
P.O. Box 402  
Culpeper, VA 22701  
Phone: 540-825-8891

## About Us

Mom2Mom is a non-profit based out of Culpeper, Virginia. Our mission is to empower families across Central Virginia, providing them with resources as well as diapers, wipes, and formula at no cost.

New Office Address:  
700 Southridge Pkwy  
301  
Suite B  
Culpeper, VA



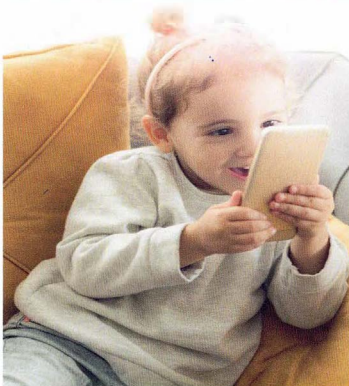
We understand that sometimes asking for help may not be easy & that's why all our services are always free of charge and confidential.

When you visit our office, please know that we will never judge you, and we will always try and help regardless of your situation.

That is why we will still host 1 event a month when we do not ask any questions because we believe there may be months where some families just need that extra "hand up" and we simply want to provide that. We can also help navigate the public assistance system because we know first hand how difficult that may be.

Si habla español

## Contact Us



**Text:** 540-360-1468

**www.Mom2MomVA.org**

**Mom2MomVA@gmail.com**

**Mailing Address:**

429 Meadowbrook  
Shopping Center  
PMB 211

Culpeper, VA 22701

**Follow us**

@Mom2MomVA



### What you'll need when you visit our office:

**These items will be required only once every 6 months.**

Photo ID

Birth Certificate/Birth letter for every child in need of items

### One of the following items

Benefit letter  
Medicaid card  
SNAP Card with Name  
Free Clinic Card  
WIC benefit letter

You may visit our office **twice** a month, including our "No questions asked events."

\*All dates/venues/times are subject to change

\*All items are first come, first serve  
Follow our social media for times & updates



**No family should have to choose between buying diapers and paying their electric bill.**



## How can you help?

Volunteer

Host a diaper drive

Ask your business to become a sponsor

Make a tax-deductible donation



501(c)(3)  
EIN 85-4010415

## Sobre nosotros

Mom2Mom es un sin fines de lucro con sede en Culpeper, Virginia. Nuestra misión es Empoderar a las familias en todo Virginia Central, proporcionándoles recursos como así como pañales, toallitas, Fórmula, y productos de higiene femenina sin costo alguno.

**Nueva dirección de la oficina:**  
700 Southridge Pkwy 301  
Suite B  
Culpeper, VA



Entendemos que a veces pedir ayuda puede no ser fácil y es por eso que todos nuestros servicios son siempre gratuitos y confidenciales. Cuando visite nuestra oficina, sepa que nunca lo juzgaremos, y siempre trataremos de ayudarlo independientemente de su situación. Es por eso que todavía organizaremos 1 evento al mes cuando no hagamos ninguna pregunta porque creemos que puede haber meses en los que algunos Las familias solo necesitan esa "mano" adicional y simplemente queremos proporcionarla. También podemos ayudar a navegar el sistema de asistencia pública porque sabemos de primera mano lo difícil que puede ser.

Si habla español

## Contáctenos



**Text:** 540-360-1468

**www.Mom2MomVA.org**

**Mom2MomVA@gmail.com**

**Mailing Address:**

429 Meadowbrook

Shopping Center

PMB 211

Culpeper, VA 22701

**Follow us**

@Mom2MomVA



**Ninguna familia debería tener que elegir entre comprar pañales y pagar su factura de electricidad.**

Lo que necesitarás cuando visites  
Nuestra oficina:

Estos artículos se requerirán solo una vez  
cada 6 meses.

Identificación con foto  
Certificado de nacimiento/carta de nacimiento  
para cada niño que necesita artículos

Uno de los siguientes elementos

Carta de beneficios  
Tarjeta de Medicaid  
Tarjeta SNAP con nombre  
Tarjeta Clínica Gratuita  
Carta de beneficios de WIC

Puede visitar nuestra oficina dos veces al mes, incluyendo nuestro "No hay preguntas sobre eventos"

\*Todas las fechas/lugares/horarios están sujetos a cambios

\* Todos los artículos se asignan por orden de llegada

Siga nuestras redes sociales para conocer los horarios y actualizaciones



## ¿Cómo puedes ayudar?

Voluntario

Organice una colecta de pañales

Pregunte a su negocio para convertirse en un patrocinador

Hacer un Donación deducible de impuestos



501(c)(3)

EIN 85-4010415



## ¿Hablas español?

### Bienvenido a Casa, Bebé es:

Una visita única con nuestro especialista en recursos familiares. Durante esta visita usted aprenderá acerca de los recursos en la comunidad que están disponibles para usted, y usted recibirá una bolsa de regalo GRATIS.

Nuestros servicios son GRATUITOS, VOLUNTARIO, PRIVADOS, y disponibles para cualquier padre o familia que viva en Culpeper.

**Póngase en contacto con nosotros si tiene alguna duda.**

**llame o envíe un mensaje de texto:**  
(540) 222-6320

**correo electrónico:**  
healthyfamiliesculpeper@gmail.com

**Facebook:**  
Families First-Healthy Families Culpeper

# Welcome Home Baby



### Healthy Families America...

Is a nationally known, voluntary, community-based, non-profit program designed to assist new families at no cost.



If you are interested in Welcome Home Baby, or would like more information;

#### **Text or Call us at:**

(540) 222-6320

#### **Email us at:**

healthyfamiliesculpeper@gmail.com

#### **Like us on Facebook:**

Families First—Healthy Families Culpeper

Connecting you to free resources in the community.



Families First—Healthy Families Culpeper

**Welcome Home Baby**

PO BOX 1355

Culpeper, VA 22701

**¡Hablamos Español!**



## Families First — Healthy Families Culpeper



### What is Welcome Home Baby?

Welcome Home Baby is a one-time service that is your connection to resources in the community for everything baby and family.

You even get a personalized free gift kit!



### Frequently Asked Questions About Welcome Home Baby

#### **How long is the Welcome Home Baby visit?**

The visit usually lasts about 1 hour. Giving you plenty of time to talk with the Family Resource Specialist (FRS) about all of your needs, and ask any questions. At the end of the visit the FRS goes over all of the items that are in the free gift bag.

#### **How much does it cost?**

**Nothing!** Welcome Home Baby is free, confidential, and voluntary. We do not charge fees for the services or items that we provide to you.

#### **What does a Family Resource Specialist do?**

A Family Resource Specialist (FRS) talks with you and gets to know all about you and the needs your family has. After talking with you the FRS will connect you to as many community resources as possible that fit your needs. They may even be able to provide additional items to you like wipes or diapers.

**Do you have lots of questions and not quite sure where to get the answers?**

#### **Welcome Home Baby can help!**

In this one-time visit with our Family Resource Specialist you will learn about programs and resources in the community that can help support you and your new baby. We will share information with you to help with any of the following needs:

- ~ Supplies, Furniture, and Clothes
- ~ Child Development and Milestones
- ~ Parenting and Childcare



# CULPEPER HUMAN SERVICES



Head Start • CHSKCEHS  
Birth to 5

TO ENROLL CONTACT US AT:  
540-829-2330

ACCESS OUR APPLICATION ONLINE AT:  
[HTTPS://CULPEPERHEADSTART.COM/](https://culpeperheadstart.com/)  
PRINT AND BRING TO:

1401 OLD FREDERICKSBURG RD.  
CULPEPER VA. 22701

OR EMAIL AT:

[RECEPTION@CULPEPERHUMANSERVICES.ORG](mailto:RECEPTION@CULPEPERHUMANSERVICES.ORG)

## ENROLL IN HEAD START TODAY

1401 OLD FREDERICKSBURG RD. CULPEPER VA. 22701

NOW ENROLLING CHILDREN AGES  
BIRTH – 5 YEARS

HEAD START  
AWARENESS  
MONTH



## HEAD START PROGRAMS

are helping children get ready  
to succeed in school and in life



Early Learning  
and Development



Family Well-being



Health and Wellness



Family  
Engagement



Office of Head Start

# CULPEPER HUMAN SERVICES



Head Start • CHSKCEHS  
Birth to 5

PARA INFORMACIÓN:  
540-829-2330

PARA NUESTRA APLICACIÓN:  
[HTTPS://CULPEPERHEADSTART.COM/](https://culpeperheadstart.com/)  
IMPRIMIR Y TRAERLA:

1401 OLD FREDERICKSBURG RD.  
CULPEPER VA. 22701

CORREO ELECTRONICO:

[RECEPTION@CULPEPERHUMANSERVICES.ORG](mailto:RECEPTION@CULPEPERHUMANSERVICES.ORG)

## Inscribase en Head Start Hoy

1401 OLD FREDERICKSBURG RD. CULPEPER VA. 22701

AHORA INSCRIBIENDO NIÑOS  
0 – 5 AÑOS

MES DE  
CONCIENCIACIÓN  
SOBRE  
HEAD START



## LOS PROGRAMAS HEAD START

Están ayudando a los niños a prepararse  
para tener éxito en la escuela y en la vida



Aprendizaje y  
desarrollo en  
la primera infancia



Bienestar familiar



Salud y bienestar



Participación familiar



Oficina de Head Start



## Virginia Department of Health Safety Seat Program

Issued 10.2022

The Statewide Safety Seat Program is a statewide child safety distribution and education program offered free of charge to eligible families. Safety restraint devices provided include a convertible safety seat with a starting weight of 5 pounds and a belt-positioning booster seat.

### General criteria for eligibility:

- A resident of Virginia, citizenship not required.
- The legal parent or guardian of the child (third trimester through seven years).
- Meets income eligibility to WIC, Medicaid, TANF, SNAP, FAMIS or LISSDEP Income Level Guidelines.
- Child must fit within the program's devices; set by manufacturer's guidelines.
- Parent or legal guardian must complete training in correct seat use and installation.
- Sign a waiver of liability release.

***Caregivers, if you are unable to afford car seats, reach out today to see if you qualify for a free seat!***

Email: [ivp@vdh.virginia.gov](mailto:ivp@vdh.virginia.gov)

Phone: 1-800-732-8333

Website: [www.safetyseatva.org](http://www.safetyseatva.org)

Supplies are limited so be sure to apply early.



Evenflo Titan65  
Convertible



Evenflo Maestro  
Booster



## Programa de Asientos de Seguridad del Departamento de Salud de Virginia

Emitido el 10.2022

El Programa Estatal de Asientos de Seguridad es un programa de educación y distribución de seguridad infantil en todo el estado que se ofrece de forma gratuita a las familias elegibles. Los dispositivos de sujeción de seguridad provistos incluyen un asiento de seguridad convertible con un peso inicial de 5 libras y un asiento elevador con posicionamiento de cinturón.

Criterios generales de elegibilidad:

- Residente de Virginia, no se requiere ciudadanía.
- El padre o tutor legal del niño (desde el tercer trimestre hasta los siete años).
- Cumple con la elegibilidad de ingresos para las pautas de nivel de ingresos de WIC, Medicaid, TANF, SNAP, FAMIS o LISSDEP.
- El niño debe caber dentro de los dispositivos del programa; establecido por las directrices del fabricante.
- El padre o tutor legal debe completar la capacitación en el uso e instalación correctos del asiento.
- Firmar una exención de responsabilidad.

***Cuidadores, si no pueden pagar los asientos para el automóvil, comuníquense hoy para ver si califican por un asiento gratis!***

Correo electrónico: [ivp@vdh.virginia.gov](mailto:ivp@vdh.virginia.gov)

Teléfono: 1-800-732-8333

Sitio web: [www.safetyseatva.org](http://www.safetyseatva.org)

Los suministros son limitados, así que asegúrese de y presentar su solicitud con anticipación.



Asientos proporcionados por el programa:



Descapotable Evenflo Titan65



Asiento elevador Evenflo Maestro

## NEED HELP WITH HEATING OR COOLING?

See if you might be eligible at <https://commonhelp.virginia.gov/access/>.

Applications for help with your heating and cooling bills or equipment needs are accepted online (at <https://commonhelp.virginia.gov/access/>), by calling the Enterprise Customer Service Center at (855) 635 – 4370, and at your local department of social services.

**Fuel assistance** helps with home heating costs; but can also be used for furnace re-starts, late charges, delivery charges, installation charges, and connection or re-connection fees. **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from the second Tuesday in October (Oct 11<sup>th</sup>) through the second Friday in November (Nov 14<sup>th</sup>).** Benefits are determined and authorizations for deliveries or service are sent to vendors in December.

**Crisis assistance** is intended to meet a household's emergency heating need, when no other resource is available.

- **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from November 1 through March 15** for the following: one time only heat security deposit and/or heating equipment repair/purchase. **Assistance is based on the availability of funds.**
- **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from the first workday in January through March 15** for the purchase of home heating fuel and the payment of heat utility bill. **Assistance is based on the availability of funds.**

**Cooling assistance** provides purchase or repair of cooling equipment and/or payment for electricity to operate cooling equipment. To be eligible, a household must contain at least one vulnerable individual who is age 60 or over, is living with a disability, or is under age 6. **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from June 15 through August 15. Assistance is based on the availability of funds.**

### Eligibility criteria for assistance include:

- Must be resident of the locality in which application is made
- Must have a heating or cooling expense responsibility
- Monthly gross income may not exceed:

Household Size	Maximum Income		Household Size	Maximum Income
1	\$1,699		11	\$7,599
2	\$2,289		12	\$8,189
3	\$2,879		13	\$8,779
4	\$3,469		14	\$9,369
5	\$4,059		15	\$9,959
6	\$4,649		16	\$10,549
7	\$5,239		17	\$11,139
8	\$5,829		18	\$11,729
9	\$6,419		19	\$12,319
10	\$7,009		20	\$12,909

**If you suspect Fraud or Abuse of any kind**, report it to your Local Department of Social Services or call 1-800-552-3431.

**The Virginia Department of Housing and Community Development (DHCD) administers the Weatherization Assistance Program (WAP).** The WAP reduces household energy use through the installation of cost-effective energy savings measures, which also improve resident health and safety. Common measures including sealing air leaks, adding insulation, and repairing heating and cooling systems. DHCD works with a network of nonprofit organizations around the state, who directly implement the program. More information is available at <https://www.dhcd.virginia.gov/wx>

## ¿NECESITA AYUDA CON LA CALEFACCIÓN O REFRIGERACIÓN?

Ver si usted podría ser elegible en el <https://commonhelp.virginia.gov/access/>

Se admiten solicitudes para ayuda con su calefacción y proyectos de ley o las necesidades de equipos de refrigeración en línea (en <https://commonhelp.virginia.gov/access/>, llamando al centro de servicio al cliente empresa en (855) 635-4370, y en su local del Departamento de servicios sociales.

**La asistencia para combustible** ayuda con los costos de calefacción en la vivienda, pero también puede usarse para reiniciar hornos, cargos en mora, gastos de envío, gastos de instalación y cargos por conexión o reconexión. **Solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales del segundo martes de octubre (octubre 11) hasta el segundo viernes de noviembre (noviembre 14).** Los beneficios son determinados y las autorizaciones para envíos o servicios son enviados a los vendedores en diciembre.

**La asistencia en crisis** busca cubrir las necesidades de emergencia en el hogar con respecto a la calefacción cuando no existe ningún otro recurso disponible.

- **Las solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales desde el 1 de noviembre hasta el 15 de marzo** para lo siguiente: una sola vez, depósito de seguridad térmico y/o compra/reparación de equipos de calefacción. **La asistencia depende de la disponibilidad de fondos.**
- **Las solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales de la primera jornada de trabajo en enero y el 15 de marzo** para la compra de combustible de calefacción para la vivienda y el pago de las facturas de servicios públicos de calefacción. **La asistencia depende de la disponibilidad de fondos.**

**La asistencia para refrigeración** facilita la compra o reparación de equipos de refrigeración y/o pago de electricidad para el funcionamiento de equipos de refrigeración. Para ser elegible, el hogar debe estar conformado por al menos un individuo vulnerable de 60 años de edad o más, vivir con una discapacidad, o un menor de 6 años. **Solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales de 15 de junio al 15 de agosto. La asistencia depende de la disponibilidad de fondos.**

El criterio de elegibilidad para la asistencia incluye:

- Debe ser residente de la localidad en la que se realiza la solicitud
- Usted debe tener una responsabilidad de gastos de calefacción/refrigeración
- El ingreso mensual bruto no debe exceder de:

Máxima Cantidad	Ingreso por Vivienda		Máxima Cantidad	Ingreso por Vivienda
1	\$1,699		11	\$7,599
2	\$2,289		12	\$8,189
3	\$2,879		13	\$8,779
4	\$3,469		14	\$9,369
5	\$4,059		15	\$9,959
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8	\$5,829		18	\$11,729
9	\$6,419		19	\$12,319
10	\$7,009		20	\$12,909

Si sospecha de fraude o abuso de cualquier índole, repórtelo a su Departamento Local de Servicios Sociales o llame al 1-800-552-3431.

**El Departamento de vivienda y desarrollo comunitario de Virginia (DHCD) administra el programa de asistencia de climatización (WAP).** El WAP reduce el uso de energía doméstica a través de la instalación de medidas rentables de ahorro energético, que también mejoran la salud y la seguridad de los residentes. Medidas comunes que incluyen el sellado de fugas de aire, la adición de aislamiento y la reparación de sistemas de calefacción y refrigeración. DHCD trabaja con una red de organizaciones sin fines de lucro en todo el estado, que implementan directamente el programa. Más información disponible en <https://www.dhcd.virginia.gov/wx>

## **FREE OR REDUCED PRICE CELL PHONES**

Lifeline is a program to assist eligible consumers with purchasing landline telephone or cellphone service at a reduced cost. The program is jointly administered by the Federal Communications Commission (FCC) and the Virginia State Corporation Commission (SCC).

If the member, aide, or attendant qualifies for the Lifeline program, the phones may be used to supply the Electronic Visit Verification (EVV) initiative. EVV is a system that electronically records when and where an aide/attendant provides certain services to a Medicaid member.

There are several telephone or wireless companies that participate in Lifeline. If you are covered by a Virginia Medicaid Managed Care Organization such as Aetna, Anthem, Magellan, OptimaHealth, United Healthcare, or Virginia Premier, contact them directly. If not, you can select your own. Companies that participate provide discounted rates, the minimum you would save is \$9.25 per month on your service. Choose wisely because they offer different plans with different numbers of minutes, different refill options, and serve different geographic areas.

Below is a list of the free Lifeline cellphones in Virginia

- **Access Wireless** (1-888-900-5899): Free cell phone, 100-750 minutes, unlimited texts, plus 50-200 MBdata
- **Assurance Wireless** (1-888-321-5880) Free smartphone, 350 free minutes, unlimited free texts and 500 MBdata
- **Safelink Wireless** (1-800-378-1684) Free cell phone, free SIM card, 1000 free minutes and 1.5 GB of data per month or 1000 free minutes and 1.0 GB permonth

**\*Applications can be done over-the-phone or online for Medicaid recipients\***

More information is available at:

<https://www.scc.virginia.gov/pur/phone/univ.aspx>

To inquire call your local telephone company or wireless company for enrollment details. For additional information contact the Universal Service Administrative Company (USAC) at

<http://www.lifelinesupport.org/1s/apply-for-lifeline/default.aspx>