

UPDATED  
8/2023



Mental Health Association of Fauquier County  
Promoting and facilitating mental wellness in Fauquier and Rappahannock counties.



# SUPPORT GROUPS

(VIRTUAL AND IN PERSON)

YOU ARE NOT ALONE.

The Mental Health Association of Fauquier County provides general information about providers and resources as a service to the community. These listings are not a recommendation, referral, or endorsement of any therapy or provider.

Are we missing a listing?  
Contact us at (540) 341-8732 or email [ccraddock@mhafcl.org](mailto:ccraddock@mhafcl.org)

Find more Resource Guides here:  
[fauquier-mha.org/resources-to-download/](https://fauquier-mha.org/resources-to-download/)



## Al-Anon & Alateen Meeting

**Type of Support/Resource: Substance Use**

[vaalanon.org](http://vaalanon.org)

Al-Anon is a fellowship of people who have been affected by the alcohol abuse of a loved one. We meet regularly in small groups to absorb the strength and hope of others who have lived with alcoholism. We learn from the experience of others who have lived in similar situations.

Alateen is restricted to people under age 20 who live, or have lived, with someone who abuses alcohol. Alateen meetings are held in Manassas, Woodbridge, and Fredericksburg - see the list here: [vaalanon.org/alateen-meetings-list](http://vaalanon.org/alateen-meetings-list)

Al-Anon meetings are in Warrenton, Haymarket, Manassas, Culpeper, and Fairfax. Search the list by zipcode here: [vaalanon.org/find-a-meeting](http://vaalanon.org/find-a-meeting)

## Celebrate Recovery

**Type of Support/Resource: Substance Use**

[locator.crgroups.info/](http://locator.crgroups.info/)

Celebrate Recovery is a biblically balanced approach to help bring sustainable recovery and healing. Some of the issues people find freedom from are anger, eating disorders, addiction, abuse, alcoholism, grief, and mental health issues.

In our area, there are meetings in Warrenton, Haymarket, and Chantilly and a group called Fauquier Celebrate Recovery that meets in Warrenton. You can contact them at [fauquiercr@gmail.com](mailto:fauquiercr@gmail.com) or on social media at: [facebook.com/CRinFauquier/](https://www.facebook.com/CRinFauquier/)

## F.E.A.S.T. Around the Dinner Table Forum

**Type of Support/Resource: Eating Disorder**

[aroundthedinnertable.org](http://aroundthedinnertable.org)

This is a free service provided for parents of those suffering from eating disorders. It is moderated by kind, experienced, parent caregivers trained to guide you in how to use the forum and how to find resources to help you support your family member. This forum is for parents of patients with all eating disorder diagnoses, all ages, around the world.

**Location:** Online

## Living the Dream Foundation

**Type of Support/Resource: Mental Health, Substance Use**

[facebook.com/livingthedreamculpeper](https://www.facebook.com/livingthedreamculpeper)

Living the Dream Foundation was created in the memory of Ben Long and for support of individuals and families affected by substance abuse, depression, and suicide.

540-718-5701

**Location:** Culpeper

## Morningside Chats in the Living Room

**Type of Support/Resource: Eating Disorder**

[chatsinthelivingroom.com](http://chatsinthelivingroom.com)

Experts in the field of eating disorders have come together weekly to offer free learning and support to both clients and professionals.

Morningside Chats in the Living Room is a safe space for anyone to join, listen, comment, be present and as anonymous, as you choose. Each week a different expert in the eating disorder field will engage in casual dialogue and offer tips and support.

**Location:** Saturday mornings at 11 am on Zoom

## NAMI Piedmont

**Type of Support/Resource: Mental Health**

[namipiedmontva.org](http://namipiedmontva.org)

NAMI Piedmont offers in-person and online family support groups.

The Family Support Group is a free, confidential and safe group, consisting of family members helping families who live with individuals who have mental health challenges. Families join in a caring group helping one another through their learned wisdom. People often find they are no longer alone, and that they have a renewed sense of hope for their loved one living with mental health challenges.

If you or someone you know would like to attend a NAMI Family Support Group, please contact Kathy Weigel, [weigelww@yahoo.com](mailto:weigelww@yahoo.com)  
540-347-9104

**Location:** Warrenton

## National Alliance for Eating Disorders

**Type of Support/Resource: Eating Disorder**  
[allianceforeatingdisorders.com/groups/](http://allianceforeatingdisorders.com/groups/)

Provides education, referrals, and support for all individuals experiencing eating disorders, as well as their loved ones.

Free, therapist-led support groups include: Pro-Recovery, For Loved Ones, and LGBTQ+ Pro-Recovery.

**Location:** Online  
866-662-1235

## National Association of Anorexia Nervosa & Associated Disorders, Inc.

**Type of Support/Resource: Eating Disorder**  
[anad.org/get-help/about-our-support-groups/](http://anad.org/get-help/about-our-support-groups/)

ANAD pioneered the eating disorder peer support group more than 45 years ago, and today we are the largest peer support resource for eating disorders in the country. ANAD's eating disorder support groups provide a free, virtual space where people can come together and find community in recovery.

Led by trained volunteers with lived experience of eating disorder recover, the groups meet weekly for 75 on Zoom. Support groups focuses include: LGBTQ+, Siblings 15+, BIPOC, Teens and young adults, People in larger bodies, Men, and Caregivers.

**Location:** Online  
888-375-7767

## National Eating Disorders Association

**Type of Support/Resource: Eating Disorder**  
[nationaleatingdisorders.org/help-support/support-groups-research-studies](http://nationaleatingdisorders.org/help-support/support-groups-research-studies)

NEDA is a nonprofit that supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care.

You can search for local and online support groups. Each listing has a link to find out details for meeting times and how to join.

**Location:** Online and local

## Overeaters Anonymous NOVA

**Type of Support/Resource: Eating Disorder**  
[oanova.org/meetings/](http://oanova.org/meetings/)

Overeaters Anonymous is a fellowship of men and women from all walks of life who meet in order to help solve a common problem – compulsive overeating, which includes obesity, anorexia and bulimia The only requirement for membership is a desire to stop eating compulsively.

OA is a non-profit international organization with approximately 8,500 meeting groups in over 50 countries throughout the world. Patterned after the Twelve-Step Alcoholics Anonymous program, the OA recovery program addresses physical, emotional and spiritual recovery aspects of compulsive overeating.

**Location:** Warrenton and online  
703-823-6682

## Rock Recovery

**Type of Support/Resource: Eating Disorder**  
[rockrecoveryed.org](http://rockrecoveryed.org)

Rock Recovery is an eating disorder therapy nonprofit that was founded in 2009 to make life-saving outpatient eating disorder therapy and support more accessible and affordable for all.

They provide affordable recovery resources, sliding scale therapy groups, and community support services and educational workshops to those who are stepping down from a higher level of eating disorder care.

In-person groups include therapy for teens age 14 to 18, body image, and meal support and therapy. Virtual support groups include meal support and therapy for adults 18+, body image groups, binge eating support, and peer connection.

571-255-9906

**Location:** In-person in Arlington and Virtual for DC, Maryland, and Virginia

## Spiritual Care Support Ministries

**Type of Support/Resource: Grief, Personal Loss, Suicide, Divorce**  
[scsm.tv/support-groups/](http://scsm.tv/support-groups/)

Spiritual Care Support Ministries offers a wide variety of support including one-on-one counseling and specialized groups. Our support groups provide a welcoming and compassionate environment for all to safely share with others. While our gatherings utilize themes of faith and strength through God, our ministry is non-denominational.

540-349-5814

**Location:** Warrenton

## SpiritWorks Foundation

**Type of Support/Resource: Substance Use**

[spiritworksfoundation.org](http://spiritworksfoundation.org)

**Services:** SpiritWorks Foundation Center for the Soul is a Recovery Community Organization (RCO) with recovery centers in Warrenton & Williamsburg, VA. Founded in 2005, we are pioneers in a growing field of peer led addiction recovery and wellness organizations.

We deliver peer to peer programs and services for children, youth, and adults living in recovery from the disease of addiction. Our programs and services build resilience in children, inspire youth to live drug free, and support, educate and empower adults who live in recovery.

540-428-5415

**Location:** Warrenton

## The S.E.E. Recovery Center from Encompass Community Supports (formerly Rappahannock Rapidan Community Services)

**Type of Support/Resource: Mental Health, Peer, Substance Use**

[rrcsb.org](http://rrcsb.org)

The S.E.E. Recovery Center offers an array of recovery-oriented groups, meetings, and the opportunity to speak with someone about mental health or substance use recovery. A staff member will be available from 8 am to 9 pm Monday through Friday to assist with attending appropriate groups or other services.

Groups include Coffee & Conversation, Celebrate Recovery, Substance Use Education, Healing from Trauma, and so much more.

A calendar of all support group offerings is published on their website monthly.

540-825-3366 or email [SEERecovery@ecsva.org](mailto:SEERecovery@ecsva.org)

**Location:** Culpeper

## Services to Abused Families (SAFE)

**Type of Support/Resource: Domestic Violence**

[safejourneys.org](http://safejourneys.org)

SAFE provides free and confidential services around the clock to survivors of domestic violence and sexual assault. We are an accredited agency through the statewide Action Alliance and currently operating in the 5 – county service area.

If you are a victim or survivor of domestic violence, mental abuse or sexual assault, join us for a time of empowerment! "Empower Hour" group sessions are offered each week!

800-825-8876

**Location:** Culpeper

## Survivors For Life

**Type of Support/Resource: Suicide**

[rrcsb.org/event/survivors-for-life-suicide-support-meeting/](http://rrcsb.org/event/survivors-for-life-suicide-support-meeting/)

Survivors for Life is a support group for those affected by the unique grief associated with the loss of a loved one to suicide. Meetings are held on the third Mondays of each month, at 7:00 PM, at the main offices of Encompass Community Services. The meetings provide a safe place for grieving, and a place to talk and get support.

434-825-8913 or [arasmussen@rrcsb.org](mailto:arasmussen@rrcsb.org)

**Location:** Culpeper

## The Trevor Project

**Type of Support/Resource: LBGQT Support**

[thetrevorproject.org](http://thetrevorproject.org)

For LBGQT community to reach out to a counselor or peer support if struggling, find answers and information, and get the tools to help someone else. Available 24/7.

866-488-7386, Text 678-678

**Location:** Online

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



To talk with someone for hope and encouragement, call the Virginia Peer Warm Line:  
866-400-6428  
(non-crisis support)