

## **Individual and Group Counseling**

Age Requirements

No Age Requirement

Intake Process

Visit the website for information; call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Riverside Counseling, Fredericksburg

<https://riversidecounseling.org>

<https://riversidecounseling.org/services/>

Main

(540) 373-1200

404 Chatham Square Office Park

22405 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

,

Private Insurance

Languages Spoken

English

Riverside Counseling offers the following types of counseling:

- Individuals Counseling
- Marriage and Family Counseling
- Couples Counseling
- Addictions Counseling
- Group Counseling
- Premarital Counseling
- Child and Adolescent Counseling
- Mindfulness and Relaxation

Areas of focus include

- Sex/Pornography Addiction
- Drug & Alcohol Addiction
- Trauma
- Stress and Anxiety
- Depression
- Obsessive/Compulsive Disorders
- ADHD
- PTSD
- Bi-Polar Disorder
- Mood Disorder

Service Area(s)

Fredericksburg City

,

Spotsylvania County

,

Stafford County