



Rappahannock Rapidan Community Services

Mental Health Skill Building Services Provided In Your Own Home and In The Community

Training to enable individuals with a serious mental illness to achieve and maintain community stability and independence. The hours and types of support provided are based on the individual's assessed needs.

What areas can we help you improve....?

- * Social Skills
- * Household Skills
- * Hygiene
- * Medication Management
- * Independent Living Skills
- * Healthy Relationships



For more information please contact: Debbie Watson at (540) 937-0951 or ~~Michelle Williams at (540) 937-0951~~

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