



Pastoral Care

at St. Stephen's Episcopal Church

**Church and Community
Resources**

2025-26

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STAFF CONTACTS

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804.288.2867

Additional staff contact information is at ststephensRVA.org/staff.

Pastoral Care at St. Stephen's Church

Pastoral care at St. Stephen's Church is a ministry carried out both by clergy and lay people. As a parish, we strive to be there for folks at every stage of their lives, providing pastoral care in a variety of ways.

In this booklet you will find a list of the current pastoral care ministries and services that St. Stephen's Church offers. In addition, we have included a variety of mental health and community support resources offered throughout the Greater Richmond area.

Not sure where to begin? Do you have additional questions? Please reach out to one of the staff contacts on the facing page.



Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.—HEBREWS 4:16

Crisis Care & Hotlines

National Suicide Prevention Lifeline: available 24/7, call 988

Adult Protective Services: to report suspected abuse/neglect/exploitation of a vulnerable adult, available 24/7; 888.832.3858

Child Protective Services: to report suspected abuse/neglect of a child, available 24/7; 800.552.7096

Community Service Boards & Behavioral Health Authority

Hotlines: respond to psychiatric emergencies, available 24/7;
Richmond BHA: 804.819.4000, Chesterfield CSB: 804.748.6356,
Henrico CSB: 804.727.8484

Crisis Text Line: available 24/7 for any type of crisis, text HOME to 741741

Richmond Area Homeless Connection Line: 804.972.0813 (anyone unhoused or who will lose housing within 3 days)

Richmond Area Domestic Violence Hotline: live trauma specialists, available 24/7; 804.612.6126

The Trevor Project: available 24/7 to support young LGBTQ+ persons in crisis; 866.488.7386, text START to 678678, online chat at thetrevorproject.org/get-help

Trans Lifeline: phone support run by the transgender community for the transgender community, available every day 1:00-9:00 p.m. EST; 877.565.8860, translifeline.org/resources

St. Stephen's Resources

Clergy calls and visits: St. Stephen's clergy regularly call on those who wish to receive a visit during a hospitalization, following the death of a loved one, following the birth of a child, or some other circumstance. Simply call the parish office at 804.288.2867 to make a request for a pastoral visit for yourself or a loved one.

Food pantry: open Mondays 1 to 3 p.m. year-round for drop-in distribution at the church, no appointment or I.D. needed; contact Anna Jones for more information, ajones@ststephensRVA.org.

Gracious Gourmet meals: free, fresh meals are delivered to members of the parish who recently welcomed a child or lost a loved one; contact Mary Feldman for more information.

Healing prayer & anointing: offered by trained lay volunteers through the Celtic service on Sundays at 5:30 p.m., or by any member of the clergy as requested

Lay Eucharistic Visitors: trained lay volunteers share Communion with fellow parishioners who, for various reasons, cannot be in church; contact Mary Feldman to request a visit.

Lay Pastoral Visitors: trained lay volunteers who connect monthly with fellow parishioners with pastoral needs either in-person or over the phone; contact Mary Feldman to request a visit.

Pastoral emergencies: If you or a loved one experiences a pastoral emergency when the parish office is closed, be assured that one of our priests is always "on call." Simply call the parish office (804.288.2867) and the recorded greeting will provide a telephone number to reach the priest on call.





Prayer shawls and quilts: lay volunteers regularly hand-make prayer shawls and small (lap-sized) quilts to distribute to the wider parish; call the office to request one or email Mary Feldman.

Recovery groups meeting at St. Stephen's Church

Alcoholics Anonymous (AA)

Sundays – 7:30 p.m., undercroft (Slip Away group)

Thursdays – 7 p.m., Room 14

Every weekday – 5:30 p.m., undercroft

Al Anon

Mondays – 5:30 p.m., small fellowship hall

Adult Children of Alcoholics (ACA)

Mondays – 7 p.m., Room 14

Co-Dependents Anonymous (CODA/CAYA)

Thursdays – 7 p.m., Room 3

Debtors Anonymous (DA)

Mondays – 7 p.m., small fellowship hall

Gamblers Anonymous (GA)

Wednesdays – 7 p.m., undercroft

Overeaters Anonymous (OA)

Wednesdays – 5:30 p.m., library

Please note: recovery groups do not meet when the church is closed (holiday, inclement weather, emergency, etc.). The only exception is the 5:30 p.m. weeknight AA group that meets in the undercroft. Other changes to the schedules of individual groups may occur without the knowledge of the church office.

Directions: The most direct way to reach the undercroft (basement) for AA and GA is from the Three Chopt Road side of the campus. Using the steps in the courtyard just beyond the café, walk down to the undercroft. Recovery groups meeting in numbered classrooms, the library, or the small fellowship hall can be reached from the large parking lot at Somerset and Grove. Enter by the glass double doors.

VIP Care

The Virginia Institute of Pastoral Care offers pastoral counseling at a variety of locations, including St. Stephen's. Trained counselors work with children, families, couples, and individuals. Call 804.282.8332.

Community Resources

Addiction & Recovery Support

Atlantic Outreach Group: case management and peer support for folks with substance use disorder/addiction, sober living residences; aog4u.org/fresh-start-recovery-program, 804.308.2648

CARITAS Recovery Residences: week-to-week housing in a sober living community for men and women; caritasva.org/live-with-us, 804.801.5082

Coleman Institute for Addiction Medicine: various outpatient substance detoxification programs; thecolemaninstitute.com, 703.991.0330

LightHouse RVA: provide essential supplies and other resources for women in recovery; thelighthouseva.org, send an email to info@thelighthouseva.org

Master Center: comprehensive outpatient treatment available in multiple locations as well as telehealth for recovery at home. Confidential, same day appointments are available. mastercenter.com; 888.879.6226

Pinnacle Treatment Centers: multiple locations in Richmond area providing detoxification and rehabilitation treatments; pinnacletreatment.com/locations/state/virginia, 856.439.6111

Substance Abuse and Addiction Recovery of Virginia (SAARA): in person and virtual recovery groups for individuals and families; 804.762.4445, saara.org/support

Williamsville Wellness: addiction treatment center in Hanover offering both residential and outpatient programs; williamsvillewellness.com, 804.655.0094

Aging/Senior Services

Alzheimer's Association – Greater Richmond Chapter: education trainings and support groups for folks with Alzheimer's/dementia and their caregivers; alz.org/grva, 804.967.2580

InnovAge PACE: an all-inclusive care program and resource center for the elderly that supports an alternative living situation to nursing facilities; 804.464.0593, innovage.com/locations/virginia/richmond

Jewish Family Services CARE programs: provide a network of in-home services for older adults from trained nurses, case managers, and social workers; jfsrichmond.org/care, 804.282.5644

Naborforce: area subscription service (\$35/mo plus service fees) for seniors that provides socialization and assistance with home tasks and running errands; naborforce.com/our-services

SeniorHousingNet: online resource for seniors to find housing, including homes as well as continuing care and assisted living facilities; 800.304.7152, seniorhousingnet.com

SeniorNavigator: online resource directory for finding local, regional, and nationwide aging/senior services; seniornavigator.org

The Shepherd's Center of Richmond: offers rides for folks 60 and older to medical appointments and grocery stores (by appointment); 804.355.7282

Sheltering Arms Institute: inpatient and outpatient physical and occupational rehabilitation services; 804.877.4000

The SPAN Center: provides information, advocacy, and services to older adults, individuals with disabilities, and caregivers in Central Virginia; 804.343.3000; spancenter.org

Children & Families Support

Challenge Discovery Projects: social/emotional learning, behavioral health counseling, and substance use counseling for youth in Richmond; challengediscoveryprojects.org, 804.643.0002

ChildSavers: immediate response (24/7) and outpatient therapy for children; 804.644.9590, childsavers.org

City of Richmond Department of Social Services: provides assistance to families in need of emergency and supportive services, provides in home services to prenatal and new parents; rva.gov/social-services/social-services-children-families-and-adults, 3-1-1 or 804.646.7212

First Baptist Divorce Recovery Program: fbcrichmond.org/outreach/support-groups/divorce-recovery, 804.358.5458, x 118

Greater Richmond SCAN: provides resources to children and their families who have suffered from abuse or neglect; 804.257.7226, grscan.com/programs

Lighthouse Behavioral Health Center: in-home therapy support services for ages 4-20 as well as parent coaching and support; lbhc.org/services, 804.447.6382

YWCA Richmond: provides emergency housing and support services for women and children experiencing domestic violence; ywcarichmond.org, 804.643.6761

Grief & Loss

Compassionate Friends Grief Meeting (for loss of a child): St. Matthias' Episcopal Church, 11300 W. Huguenot Rd (Midlothian); Last Tuesdays, 7:00-8:00 p.m.

Compassionate Friends RVA—grief support for loss of a child (in-person group and online resources); compassionatefriendsrva.org

Full Circle Grief Center— group support, individual counseling, online resources, special training sessions; fullcirclegc.org/about-us

Grief and Loss Support Group: Emmanuel Church at Brook Hill, 1214 Wilmer Ave; 1st & 3rd Tuesdays, 3:00-4:00 p.m.

Jill Fitzgerald/Grief Resource Center—individual, family, and couples counseling; jfitzgeraldgrc.com

LGBTQ+ Support

Health Brigade: health services for transgender, gender queer, gender variant, non-binary and gender non-conforming individuals (Medicaid and uninsured clients only); 804.358.6343, healthbrigade.org/patients-and-clients/trans-health

He She Ze and We: support for adult caregivers of transgender and non-binary folks; heshezewe.org, contact@heshezewe.org

Side by Side: support services for ages 11-25, education and advocacy for the community; 804.644.4800, sidebysideva.org

Therapy/Counseling Providers

Balance Behavioral Health: 804.823.5475, balancebehavioral.com

Discovery Counseling & Consulting of Virginia: vadcc.com, 804.591.0002

Healing Circle Counseling and Services: healingcirclecounseling.com, 804.924.7600

Launchpad Counseling: launchpadcounseling.com, 804.665.4681

Richmond Creative Counseling: richmondcreativecounseling.com, 804.592.6311

Summit Emotional Health: summit-eh.com, 804.562.6557

Yellow Bird Counseling and Wellness (for moms and moms-to-be): yellowbirdwellness.com, kara@yellowbirdwellness.com

ZoeVA Health: zoerva.com/mental-health, 804.669.5414

Housing & Food Assistance

ACTS RVA: homelessness prevention services; call the church (804.288.2867) and ask for Jennifer (x 353) or Anna (x 305) to discuss referral options.

FeedMore: connect clients with local food pantries for immediate food assistance and offer longer-term support around food insecurity; feedmore.org, 804.521.2500

Richmond Housing Resource Line: rent and utilities support; 804.422.5061

Shalom Farms Mobile Markets: weekly mobile markets around Richmond selling fresh produce at affordable prices; shalomfarms.org/find-fresh-food, 804.220.0025

Urban Hope: affordable housing options and free financial education programs; urbanhoperva.org, 804.396.2198



Healthcare/Illness

CrossOver Healthcare Ministry: various free health care services for adults and children who are uninsured or enrolled in Medicaid; [cross-overministry.org/programs-services](https://crossoverministry.org/programs-services), 804.655.2794

Daily Planet: primary care, dental, and mental health services for low-income and uninsured residents, fees are determined based on a sliding scale; dailyplanetva.org, 804.783.2505

Health Brigade: free medical and mental health services for low-income and uninsured residents; healthbrigade.org, 804.358.6343

IANACARE App: web and mobile application for organizing care around a patient/loved one among a group of caregivers; ianacare.com/download

Pink Chair Project RVA: provides comfortable remote control recliners for breast cancer patients recovering from surgery; pinkchairprojectrva.com, info@pinkchairprojectrva.com

VCU Massey Cancer Center Support Groups: cancer support group offerings for men and women; masseycancercenter.org/patients-and-families/patient-resources-and-support-services/support-groups

Information researched and compiled by Paige Trivett, 2025



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