



OUR MISSION

To promote positive parenting and to prevent child abuse and neglect in the Rappahannock Area Community, which includes: Caroline County, City of Fredericksburg, King George County, Orange County, Spotsylvania County, and Stafford County.

Child Abuse Prevention Month

April, 2009, Issue 1

During the month of April approximately 30 local organizations and businesses have joined together to sponsor the April Blue Ribbon Child Abuse Prevention Campaign. The Coalition will be distributing the blue pinwheels which have become the new symbol for child abuse prevention reflecting childhood hope, health and happiness. A children's garden will be planted at the Rappahannock United Way in Fredericksburg.



[More Details](#)

Pinwheel Garden

Relieving Stress Together

Caring for your family and home, juggling finances and a busy schedule, and working hard or hunting for employment can leave you weary. Yelling, becoming easily angered or physically lashing out at your children could be happening more often than you'd like. Or maybe instead of venting, you've become depressed, withdrawn or emotionally detached. If either of these scenarios describes you, stress may be taking a toll. Surprisingly, it can affect your children, too. While everyone's needs may differ, families can practice some common strategies to reduce anxiety, and in the process, grow closer.

[More Details](#)

Up Coming Events

- ◆ 4/5 Pinwheel Garden Planting Ceremony Rappahannock United Way
- ◆ 4/26 Family Fun Day M c Duff Green Park
- ◆ 4/29 Parent of the Year Salem Fields Community Church

Together We Are Making A Difference

PARENTING PROGRAMS

Find a location near you

[Circle of Parents](#)

[Parenting Classes](#)

Cherish the Children

Click to Give



In these economically challenging times, families are encountering greater levels of poverty, stress, and family struggles which can put them at higher risk for child abuse and neglect. [The encouraging news is that RACCAP is reaching out to help families](#) where they need help. RACCAP offers parent education classes and parent support groups that equip parents with the necessary skills to effectively cope with parenting challenges.



[Together, we are making a difference in our community](#) but we need your generous support to continue the work we are doing on behalf of children, teens, and parents in our local area.

For More Information about RACCAP Please visit our [web site](#).

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at raccap@raccap.org or 540-785-6217