

The Human Services Alliance
of Greater Prince William

2025
Annual Meeting
Rescheduled >>>

<<< Due to the technical issues
we've experienced over the last
few weeks, we have decided to
move the Annual Meeting to
September 2025. We will notify
you of the new date as soon as
possible.

Thank you for your support.

The Alliance Team



SAVE
THE DATE

211 VIRGINIA EDUSERIES

Lunch & Learn

SAVE
THE DATE

REGISTER HERE:
[HTTPS://211VIRGINIA.ORG/EVENTS-
TRAINING/](https://211virginia.org/events-training/)

Back to
basics

Wednesday 12:00-1:00pm



*Discover the Essentials:
411 on 211*

Learn the basics of 211Virginia services and what resources are available for our community.

July
09
2025



Wednesday 12:00-1:00pm



*Benefits of 211 &
Navigating the Directory*

Discover how to effectively use the 211 Virginia directory to access important services and support.

July
16
2025



Wednesday 12:00-1:00pm



*Data Insights &
Registration Support*

Review the latest data on 211 Virginia services in Prince William Area and Virginia to enhance service delivery.

July
23
2025

PLEASE VISIT [211VIRGINIA.ORG](https://211virginia.org)

PRINCE
WILLIAM
COUNTY

211

Virginia

5TH ANNUAL
**BACK To
SCHOOL**

COMMUNITY
EVENT

AUG 2
11AM-2PM

GAR-FIELD HIGH SCHOOL
WOODBIDGE, VA





College of Humanities and Social Sciences
**CENTER FOR COMMUNITY
MENTAL HEALTH**
George Mason University

Group Therapy at CCMH

Call or email us today!

Sliding scale available

Year Round Groups:

Dialectical Behavioral Therapy (DBT) for managing strong emotions
(Adults 18+)

- This group runs year-round and accepts “rolling admissions” as spaces become available.

Groups On A Semester Basis; Fall & Spring:

- Managing General Anxiety (Adult 18+)
- DBT Skills for managing Binge Eating (Adults 18+)
- Addressing Social Anxiety for Teens (Adolescent 13-17)
- Parenting skills for parents of Elementary and Middle School Age Children *

**CONTACT US for
MORE INFO:**

Scan the QR Code
For More Info:



CCMH@GMU.EDU



703-993-1370

**George Mason's
Center for Community Mental Health**

Emotional Support Line

**Are you living with stress,
anxiety or grief?**

You can access free, anonymous and confidential support from the comfort of your home. Trained providers are available 7 days/week to offer help, teach evidence based skills and to listen.

Low-cost therapy sessions are also available upon request.
ccmh.gmu.edu/services

**Daily hours
8:30AM-8:30PM**



703-215-1898



Wondering if therapy is right for you?

Try our 3-session skills based intervention!

This program offers a low cost telehealth treatment option for those who are currently looking for short term services. Additional therapy sessions available with a CCMH provider if requested

Session #1

**Set goals and start
learning coping skills**

Session #2

More skills!

Session #3

**Review skills & discuss
any other needs**



Available in English and Spanish



College of Humanities and Social Sciences
**CENTER FOR COMMUNITY
MENTAL HEALTH**
George Mason University®

ccmh.gmu.edu

The Human Services Alliance of Greater Prince William | 7542 Diplomat Drive, #102 (IBEW) |
Manassas, VA 20109 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!