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Special Observances & Resources

- **DECEMBER 7** – NATIONAL PEARL HARBOR REMEMBRANCE DAY
- **DECEMBER 13** – NATIONAL GUARD BIRTHDAY
- **DECEMBER 16** – WREATHS ACROSS AMERICA DAY
- **DECEMBER 20** – SPACE FORCE BIRTHDAY

HOLIDAY RESOURCES FOR MILITARY FAMILIES: [Read more](#)



**SMVF
WEBSITE &
RESOURCES**

The holidays can be a tough time of year for those in the SMVF community.

It is imperative that we check in on those individuals and offer any support to help them throughout the holiday season and beyond. During the month of December, we celebrate the holidays, honor those who are no longer with us, and utilize this time to celebrate family near and far.



Celebrate the season with the Navy Band's performance of the holiday classic 'Please Come Home,' paired with touching moments of service members reuniting with their families!

Reference: Navy Band. (2021, December 21). Please come home - Navy Band holiday performance [Video]. YouTube. <https://youtu.be/N0bx5zclktY>



**CITY OF ALEXANDRIA
DEPARTMENT OF COMMUNITY
AND HUMAN SERVICES**

Community Events

- ✓ **Tues. December 10, 11 a.m. – 12:30 p.m.** – Supporting Military Youth with Disabilities in Transition to Adult Life (1.5 CEs). [Register Here](#)
- ✓ **Fri. December 13, 12:30 p.m. – 5:30 p.m.** – The Warrior Class Army Navy Conference 2024, Georgetown University (Free for Active Duty, Veterans and Students) [Register Here](#)
- ✓ **Thurs. December 19, 5 p.m.** – 9 p.m., Holiday Veterans and Military Spouses. Veterans Connect [Register Here](#)
- ✓ **Sat. December 21, 1 p.m.** – America's Adopt a Soldier Toy Drive for Hospitalized Military Children at Walter Reed [Register Here](#)
- ✓ **Wed. December 25, 1 p.m.** – 5 p.m. 14th ANNUAL AMERICAS ADOPT A SOLDIER CHRISTMAS DAY CARE PACKING [Register Here](#)

When Distance Separates, Creativity Connects...

SPENDING THE HOLIDAYS WITH FLAT STANLEY, BY ATHENA CAMPBELL, M.A., CSOTP

Starting in 1964, an author named Jeff Brown wrote the Flat Stanley book for children, until 1995, when Dale Hubert used Jeff's original idea and went even further and found a way to bring Flat Stanley to life! The plot of Stanley's story is, "Stanley wanted to visit his friend in California, so his parents folded him up, put him in an envelope, and mailed him there," which is what motivated Dale to create the Flat Stanley activity we so frequently see today.

The holiday season is a wonderful time of gratitude, festivities, and being among your community. Though true, we are not unaware of the sacrifices our service members and their families make. It is an emotional time for all; however, it is especially difficult for our younger individuals, who may not immediately understand what deployment entails and may not always express signs of missing their family until a significant amount of time has already passed.

With Flat Stanley, supportive caregivers can use this activity to best prepare them for the absence while keeping them engaged and supported throughout! Encourage your children to construct their own Flat Stanley (with help, of course) and gift it to their person. Explain that they can request updates, exchange letters, and learn all about the new experiences their person and Flat Stanley get to have together.

Flat Stanley can be a unique educational tool that encourages younger individuals to practice their writing skills, learn about new places, and increase their overall creativity. Along the process, it can teach them patience (mail wait times), how to express their emotions in a healthy way (journaling/writing letters) and staying committed to long-term projects (depending on how long deployment is).

So, during this holiday season, check out the Flat Stanley website and add a new member to the crew! Last but certainly not least, begin to look forward to following Flat Stanley through his fascinating journey!



Reference: Hubert, D. (n.d.). Flat Stanley Project. Flat Stanley Project. <https://flatstanleyproject.com/>

Athena Campbell, M.A., CSOTP
SDA Senior Therapist

From Flat Stanley to Deployment Realities: Understanding the Journey Behind the Letters That Shape the Lives of Military Families

LETTERS CONNECT US AND BRING THE MILES CLOSER DURING DEPLOYMENT, AND UNDERSTANDING THE CYCLE CONNECTS US EVEN MORE.....



Deployment cycles are a fundamental part of military life, affecting not only service members but also their families and loved ones. These cycles consist of distinct phases, each bringing unique challenges and opportunities for growth. Understanding these phases can help communities, service providers, and families provide the best support possible.

Kim Ragin, DSW, LCSW

The Hidden Framework of the Deployment Cycle Phases

Deployment Phase	What It Means	Challenges	Support Strategies
Training, Preparation, & Mobilization (Pre-Deployment) Emotional Cycle: Anxiety, denial, distance, anticipation, desire to maximize time together.	A service member is training to prepare for the field, receives warning orders for potential deployment and continues until their departure.	Preparing for separation, addressing practical matters (financial arrangements, advanced medical directives in place, last will and testament, trusts, power of attorney designated, childcare), and coping with emotional stress.	Open communication about expectations, creating a support network for the family, and accessing pre-deployment resources like counseling or financial planning services.
Deployment (Separation) Emotional Cycle: Loneliness, pride, missing the service member, burdened, consumed with increased responsibilities and worrying.	Starts when the service member departs, usually overseas and often in combat zone, and can last several months to a year or more. Families adjust to new routines.	Maintaining connection despite physical distance, managing household responsibilities alone, and coping with concerns about the service member's safety.	Encouraging regular communication through letters, emails, or video calls; engaging in community support groups; staying future-focused, and utilizing military family readiness programs. Care packages help service members feel connected to home.
Sustainment Emotional Cycle: Adjustment to new routines, confidence, independence, loneliness may persist.	Occurs midway through the deployment, when families begin to establish new routines and gain confidence in managing daily life without the service member.	Unexpected issues can arise that require problem-solving.	Maintaining consistent communication with the service member, celebrating milestones, and accessing ongoing community or military support. Sending care packages.
Redeployment (Pre-Reunion): Emotional Cycle: Apprehension, anxiety, excitement, anticipation of the reunion and homecoming.	Begins as the service member prepares to return home, and weeks before homecoming.	Managing expectations for the reunion, addressing last-minute preparations, and coping with mixed emotions.	Attending reintegration workshops, discussing expectations openly, and accessing resources to prepare for the service member's return.
Post-Deployment (Reunion): Emotional Cycle: Honeymoon period, joy, reintegration of family roles. Young children may feel negative feelings, such as anger towards their parent, for being away for a long time.	Service member returns and includes reintegration into family life. While joyful, it can also bring unexpected challenges as everyone adjusts to changes that occurred during the deployment.	Re-establishing roles within the family, managing emotional reintegration, & addressing potential mental health concerns like post-traumatic stress or depression.	Accessing counseling services for individuals or families, allowing time for gradual adjustment, and celebrating milestones together.

Each phase of the deployment cycle can evoke a wide range of emotions for both service members and their families. Anticipation, pride, anxiety, and relief are common, but prolonged stress or unresolved conflicts can lead to mental health challenges. Recognizing these emotional responses and seeking support early on can make a significant difference in resilience and overall well-being.

Resources & Supports for the Deployment Cycle:

- Veterans Crisis Line: Dial 988, Press 1
- [Veterans Crisis Line](#) to chat online, or Text 838-255
- [City of Alexandria DCHS 24/7 Emergency Services](#) : 703.746.3401
- [City of Alexandria DCHS SMVF](#)
- [Military One Source](#) ,1-800-342-9647
- [Alexandria VA VET Center](#) offers confidential counseling services for SMVF communities, at no cost, in a non-medical setting.
- [Virginia Department of Veteran Services](#) or Mobile App "Virginia Veterans"
- [Wounded Warrior Project Peer Support Groups](#)
- [Blue Star Families Peer Support Circles](#)
- [Virginia Veterans Network](#)



PHOTO REFERENCE:
[EMOTIONAL CYCLE OF DEPLOYMENT](#)

Reference: Deployment & Reintegration. (n.d.). U.S Army Morale, Welfare & Recreation (MWR) Ft. Carson. <https://carson.armymwr.com/programs/mobilization-deployment-readiness-stability-support-operations-mdrso>

Small Boxes, Packed with Big Love: The Heartfelt Art and Magic of Care Packages

A CARE PACKAGE IS MORE THAN A BOX– IT’S A PIECE OF HOME DELIVERED WITH LOVE....

When a loved one is deployed, care packages become more than just a box of goodies—they’re a lifeline of love, comfort, and connection. Whether your service member is in the Deployment Phase or the Sustainment Phase, sending the right care package can make all the difference. Here are some tips to ensure your package delivers smiles, comfort, and practical support.

What to Include in Your Care Package:

1. **Snacks to Savor:** Think long-lasting and travel-friendly: trail mix, jerky, protein bars, rice crackers, candy, and dried fruit are always a hit. Add a taste of home like their favorite local snacks or baked goods (sealed for freshness) or other regional specialties.
2. **Everyday Comforts:** Travel-size toiletries like deodorant, shampoo, cosmetics, or hand sanitizer. Items like lip balm, herbal medicines, socks, unique clothing items, or a small pillow can bring much-needed comfort.
3. **Entertainment and Downtime:** Paperback books, puzzle games, or playing cards. Downloaded music playlists or USB drives with movies for a digital pick-me-up.
4. **Personal Touches:** Handwritten letters, family photos, or kids’ drawings bring warmth and love. A small keepsake, like a charm or bracelet, a small statue or amulet, can offer a sense of connection.
5. **Seasonal and Holiday Surprises:** Holiday-themed items that align with the service member’s cultural background and personal beliefs. Include seasonal treats or decorations for their bunk or desk.
6. **Cultural References:** Some military kiddos and families in the U.S. from the Philippines know all about care packages in the form of “balikbayan boxes” or “pasalubong” to share their love, care and generosity, and send huge boxes or gifts to their families abroad, often during special occasions. (If you know, you know 😊) Other similar cultural traditions include “paquetes familiares” from Mexican & Central American families, & “barrels” from Caribbean families. If you are familiar with these traditions, similar items are great care package ideas for your service member!



What to Avoid:

1. Perishable Items: Avoid food that could spoil during transit.
2. Restricted Items: Check military regulations—no alcohol, tobacco, or anything flammable.
3. Overloading: Keep it simple. Too much can be hard for them to store or carry.

Pro Tips for the Perfect Package:

1. Think Practical: Include useful items like multi-tools, batteries, or sewing kits.
2. Get Creative: Decorate the inside of the box with stickers, drawings, or colorful paper for an extra surprise.
3. Ask for Input: If possible, find out what your loved one really needs or misses—they'll appreciate the thoughtfulness.



Resources for Sending Care Packages:

- ✓ [Operation Gratitude](#) : Helps you send personalized packages to service members.
- ✓ [Support Our Troops](#) : Offers pre-packed care boxes for easy sending.
- ✓ [USPS Military Mail](#) : Use flat-rate boxes designed for shipping to APO/FPO addresses.



During the Deployment Phase, a care package is a comforting reminder of home as your loved one adjusts to life away. In the Sustainment Phase, it's a morale booster that helps them get through the long haul. Whether it's a favorite snack, a heartfelt letter, or a practical gadget, every item you include shows them they're remembered, loved, and supported.

So, grab a box, get creative, and start filling it with care and love! Your thoughtful package could be the highlight of their day!!!

Kim Ragin, DSW, LCSW

Spreading Acts of Kindness & Generosity Across Borders: Give 2 Cuba

There is an incredible U.S. based non-profit organization that dedicates their time to delivering care “paquetes” to those who are in need in Cuba during the holiday season, and all year round. They assist families in need by distributing donations of food and/or medications. Give2Cuba will pick up your donations at the Havana airport or your hotel, provide coordination in the United States as well. Those who give will be provided with a federal tax receipt. Email nicolas@give2cuba.com to learn more. Give2Cuba was established in Seattle in 2010 when a group of Cuban Americans joined together to start a new project focused on direct help for people in need, and to help companies and foundations engage in philanthropy for Cuba.



Since 2010, they have distributed food, medicine, and other essentials to thousands of Cuban families and individuals in need and have helped companies such as Expedia implement philanthropic projects in Cuba. Give2Cuba, along with Cuba’s Military Civil Defense System and the Armed Revolutionary Forces, were actively involved in rescue and relief operations and continued to help Cubans in October 2024 during tropical storm Oscar. Blackouts were a result even weeks after storms hitting. They are fully operated by volunteers (no paid staff), and don’t engage on any policy issues or political debates. Join them today – [make a gift](#), volunteer your time & talents, or travel with us to Cuba.

Reference: Give2Cuba. (n.d.). <https://www.give2cuba.com/>

-Nerina Cella, Intake Coordinator

Behind Every Mission is a Team You Can Count On. Dedicated to Access, Committed to Care.

In this edition of the SMVF Newsletter, our Same Day Access team is proud to feature insights and perspectives from our talented staff who not only provide exceptional care, but who are also driven to supporting service members, veterans, and their families. As contributing writers to future editions, they bring their unique expertise and firsthand experiences in military and veteran care to highlight important topics, resources, and initiatives. Their dedication to bridging the gap in behavioral health services for the SMVF population shines through every article. We hope you find their insights as valuable as we do!

Introducing Alexandria CSB's First Line of Support: The Same Day Access Team! The first step towards better health starts here.....

Nicol Jackson

Nicol works in the Same Day Access program, serving Service Member, Veterans and their Family (SMVF) Behavioral Health Specialist. Nicol assists in the SDA admissions process beginning with initial contact/screenings, and triages those seeking additional services as needed. Nicol also specifically works with the SMVF community providing assistance in care, resource navigation, and connections to medical, legal, behavioral health, veterans' benefits, educational financial management, housing and employment. Nicol also provides clinical referrals for support in crises, military trauma, deployment/ transition, conflict resolution, physical health, substance use and mental health concerns. Nicol has a master's degree in counseling psychology from Bowie State University, and has worked with several non-profit organizations in the Washington DC metro area, with veterans and civilians, overcoming homelessness.

Nerina Cella

Nerina is a Same Day Access Intake Case Manager and Coordinator, who plans the SDA admissions process beginning from initial contact until the Clinical assessment is completed. As the first point of contact for clients, including service members, veterans, and their families, Nerina plays a crucial role in identifying military status during the Intake process. She grew up with her father, who was an U.S. Army Service Member for six years. Nerina triages those seeking various benefits applications, by accompanying and guiding them to different programs, and facilitates transitions to outside resources as needed. She assesses during the initial contact if mental health and substance use services are most appropriate for all potential clients seeking care. Nerina determines who is eligible for a Clinical assessment and for participation in the services offered.

Nerina has previously worked as a Registered Behavioral Technician, where she developed a deep understanding for serving children in their early development phases with autism spectrum disorder in addition to working with their respective families. She worked in the childcare industry from 2010-2020, working with ages ranging from newborns to adolescents, aged 16. Nerina additionally brings a deep understanding of Hispanic culture and traditions and can use her Spanish speaking abilities to cater to this direct population. Being from Argentina originally, Nerina is aware of the many barriers Hispanic individuals face in the United States. With a strong commitment to client care and her fluency in Spanish, Nerina enjoys helping those who walk in the "front door" and ensure that all clients feel welcomed and supported from the beginning. Her dedication to understanding the unique needs of the SMVF population drives her impactful contributions to this newsletter.



Naisha Chinnery

Naisha Chinnery is a Same Day Access Intake Coordinator who is deeply committed to supporting individuals in their journey toward mental well-being by providing compassionate, comprehensive care. She works collaboratively with clients, their families, and healthcare teams to develop and implement personalized care plans that address both immediate and long-term mental health and substance abuse needs. Her role involves initial assessments, connecting clients to appropriate resources, and advocating for their rights within the mental health system. She is very passionate about breaking down barriers to access and improving overall quality of life for individuals living with these challenges.

Additionally, as a mother of a dependent child whose father is a Veteran of the U.S. Air Force Branch, she understands the importance of how these services aim to strengthen the well-being of military families by offering support through family programs, financial assistance, and advocacy. Recognizing the sacrifices made by service members and their families, SMVF services play a crucial role in promoting overall health, stability, and successful reintegration into civilian life.

Athena Campbell, M.A., CSOTP

Athena is a Senior Therapist with the Same Day Access program who provides holistic comprehensive evaluations and risk assessments for individuals seeking mental health and/or substance use services. Though not having served herself, she is surrounded by family members and friends who have served in the U.S. Army, U.S. Navy, and the U.S. Air Force, which has allowed her to hold space to discuss anything from the crucial reality of what serving this country genuinely looks like to speaking on post-deployment anxieties. Outside of her role as a senior therapist, she holds a special affection for providing services and resources for individuals who live with mental health and/or substance use disorders that are currently or have been previously incarcerated.



Athena is vigilant in ending the bias around behavioral health services to those in the community and providing non-biased rehabilitative counseling that increases reintegration into our society.

Athena earned her undergraduate degree from the University of Memphis and went on to continue to earn her Masters Degree in Forensic Psychology from The Chicago School of Professional Psychology. Her career has provided her the opportunity to work with female adolescents 12-18 in a residential setting, older adults focused on psychiatric rehabilitation, private practice, as well as two local county adult detention centers. Here she worked closely with clients diagnosed with Serious Mental Illness (SMI) and Substance Use Disorder (SUD). Athena continues to prioritize providing trauma-informed and person-centered care while being trained in Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), and Internal Family Systems (IFS).

Claudia Irigoyen, LCSW

Claudia is a Same Day Access Senior Therapist, who conducts biopsychosocial assessments for those facing mental health and/or substance use disorders. She holds certifications in several therapeutic modalities to treat acute stress, anxiety, and Post Traumatic Stress Disorder (PTSD), conditions prevalent among veterans and military service members, including Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Hypnotherapy, and Family-Centered Treatment.



She has also received training in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing (MI), Trauma-Informed Care, and American Society of Addiction Medicine (ASAM) criteria. By incorporating these various modalities and skills, Claudia can provide comprehensive and empathic care tailored to the unique experiences of military service members, veterans, and their families. She has been approved by the Virginia Board of Social Workers to provide clinical supervision and is looking forward to guiding and mentoring the next generation of mental health professionals. One of Claudia's core values is expanding her knowledge in culturally sensitive approaches. Recognizing the importance of understanding and respecting cultural differences in assessment and treatment, she actively seeks out training and resources to better serve the diverse needs of individuals and communities.

Paola Navarro, LPC

Ms. Navarro immigrated to the United States in 2000 to pursue a master's degree in dance/movement therapy and counseling psychology. She has worked with adults and at-risk youth, and families, providing trauma informed therapy for over 20 years. She is a Trauma Focused Cognitive Behavioral Therapist (TF-CBT) and an Eye Movement Desensitization and Reprocessing Therapist (EMDR), evidenced-based modalities shown to support the mental health and well-being of veterans and individuals impacted by trauma. Ms. Navarro has worked in integrated community behavioral health services for over 20 years with community health centers, public schools, health department and courts, developing programs and services that value access, efficiency, accountability, and client satisfaction. She is a leader that brings a culture of care, collaboration, and integration with all the teams she has had the honor to be part of.



Her career in Virginia started in 2009 when she moved from Massachusetts to join Neighborhood Health as one of the few therapists at our Federally Qualified Health Center. In 2014 she joined our Department of Community and Human Services as one of the earliest school-based therapists with children and family behavioral health services, providing services to students at George Washington Middle School and Alexandria City High School and representing CFBHS at the Alexandria Truancy Panel for 4 years. Consequently, Ms. Navarro moved to Alexandria Court Service Unit to continue the work with at risk youth and families who are court involved providing access to quality trauma informed behavioral health services, and our vulnerable members of our community experiencing legal challenges. Ms. Navarro is a License Professional Counselor (LPC) in Virginia and a License Mental Health Counselor in Massachusetts. She also develops and creates therapeutic interventions to use via telehealth with the purpose of creating access to behavioral health services for individuals who otherwise would have not access to mental health services. Ms. Navarro is an approved clinical supervisor by Virginia Board of Counseling.

Kim Ragin, DSW, LCSW

Kim is a Same Day Access Therapist Supervisor, who oversees a dynamic team providing immediate support and comprehensive assessments for individuals seeking mental health and substance use services. She is also a certified ASAM (American Society of Addiction Medicine) Criteria Implementation Leader. Drawing on her personal connection as a military daughter of both U.S. Army and U.S. Air Force Veterans, Kim brings a deep understanding of the complex realities, distinct needs, and unique challenges faced by service members, veterans, and their families. She has 16 years of professional experience which includes providing trauma-informed, Functional Family Therapy (FFT), and Parent-Child Interaction Therapy (PCIT) to children and families. Additionally, as the lead Program Therapist, she has utilized the Transition to Independent Process (TIP) model in a Young Adult Transitional program, in Fort Lauderdale, FL, serving some youth of active military members on her caseload. She also has extensive experience in a 15-month High-Fidelity Wraparound intensive training program, supporting and advocating for at-risk children and families with accessing Children's Services Act (CSA) funding for intensive home-based and residential services. She led multi-disciplinary teams with an ethos of "It takes a village", and military referral connections to Blue Star Families, Wounded Warrior Project, and "The Mission Continues." In addition to her supervisory role, she serves as an on-call Mobile Crisis Response Provider, with specialized training to serve veterans in crisis, offering evening and weekend support to youth, military families, and adults navigating mental health and substance use crises. Her commitment to professional development extends to her role as an MSW Program Intern Field Instructor, where she teaches and mentors aspiring Social Workers in their journey to becoming impactful practitioners. Kim is dedicated to empowering individuals and communities through accessible, high-quality behavioral health care.

Claire Wills, LCSW, LICSW

Claire earned an undergraduate degree from the College of William and Mary in 1988 and a Masters Degree in Social Work from Virginia Commonwealth University in 2000. She qualified as a licensed clinical social worker in November 2003. Her career in human services started in 1990, when she trained as a volunteer for the City of Alexandria Domestic Violence Program and, in the late 1990's, served as a graduate intern for Alexandria Child Welfare services, working with young adults aging out of foster care. Claire worked as a residential counselor/case manager for MH/SUD residential services for Fairfax County from 1997 until 2004, when she was hired with the City of Alexandria as a Therapist Supervisor with the newly structured MH/SUD residential case management team. Also in 2004 she started working part-time in the Emergency Room at Children's National Medical Center providing urgent mental health assessments on children and youth up to age 17, a position she held for seven years. In 2010 she transitioned to working at the newly opened Safe Haven program, a housing first residence many years in the planning for people with a history of homelessness and severe mental illness. In addition to providing Safe Haven clinical services, in 2015 Claire was also assigned to the MH Skill Building program to oversee and operate. In March 2023 Claire was assigned to work with the Same Day Access team, seeing clients seeking services, providing clinical intake assessments and making level of care recommendations for those who are ready to engage in treatment. Claire enjoys her work tremendously, particularly the cohesion of the SDA team, the clarity of our purpose and mission and the consistent professionalism of all team members. In May 2024 Claire celebrated 20 years with the Alexandria CSB and is delighted to be spending the twilight years of her social work career in a supportive, caring and purpose-driven environment.

Claire brings a deep understanding of trauma, crisis intervention, and the complexities of behavioral health care systems. Her prior work with homeless clients and individuals navigating significant life transitions provides valuable insight into the challenges often faced by service members, veterans and their families. Her contributions to the SMVF newsletter reflect her commitment to address mental health with empathy and expertise, offering resources and strategies informed by years of front-line experience.

Final Thoughts.....

As the first point of contact for Alexandria CSB, we are aware and understand that not all veterans choose to identify as such for various personal reasons. For some, it may be tied to traumatic experiences during their active duty and services, while others may grapple with challenges related to race, gender, or other aspects of identity that shaped their military experience. Whatever their choice, their experiences matter. We are here to support them in ways that honor their journey and individuality. It is important that we let them know that they don't have to carry the weight of their experiences alone....

From the Same Day Access Team, we wish you a Cheerful Holiday Season filled with hope, healing, and opportunities for growth. Together, let's continue building a supportive community for all who serve and have served!



CONTACT US!

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