



STRENGTH IN PEERS



SHENANDOAH COUNTY Resource Guide

FREE help accessing community-based services -- CALL Strength In Peers at 540-217-0869!

New Market Community Resource Center - 9560 S. Congress St, New Market, VA 22844 – Walk-ins Welcome Thursdays, 9am-4pm!

To provide updated information for this guide, please email Services@StrengthInPeers.org. (Updated: 10/10/2025)

Emergency & Crisis Support

EMERGENCY: 911 | Non-Emergency: 540-843-0911

Mental Health or Substance Use Crisis: 988

Concern Hotline - Shenandoah County: 540-459-4792; concernhotline.org. Provides compassionate listening, community resources, and referrals.

Northwestern Community Services Board: 24/7 Mental Health Crisis Line: Shenandoah County 540-459-4742.

Poison Control Hotline: Assistance in case of exposure to poisonous or hazardous substances. 800-222-1222.

Shenandoah County Sheriff's Department: (Non-Emergency) (540) 459-6100. 109 W. Court St., Woodstock, VA

Woodstock Police Department – (540) 459-2141, 134 N. Muhlenberg St., Woodstock, VA

Strasburg Police Department – (540) 465-5230, 174 E. King St., Strasburg, VA

New Market Police Department – (540) 740-3776, 9418 John Sevier Rd., New Market, VA

Mount Jackson Police Department – (540) 477-2242, 75 Main St., Mount Jackson, VA 22842

Shenandoah County Department of Social Services: (540-459-6226), 494 N. Main Street, Suite 200 Woodstock, VA (Adult Protective Services, Adult Services, SNAP, Medicaid, and heating/cooling program.)

Child Protective Services: 800-552-7096. Adult Protective Services: 888-832-3858.

Virginia Department of Health Informational Call Center: 1-855-949-8378, Mon-Fri 8AM- 6PM. www.vdh.virginia.gov

Centers for Disease Control and Prevention: www.CDC.gov

Shenandoah County Health Department: 494 N Main St. Suite 100, Woodstock Virginia 22664. 540-459-3733. By appointment only, please call.

Public Meals, Soup Kitchens & Food Pantries

St. Paul Lutheran Church: (540) 465-3232 (Strasburg residents only), 1st & 3rd Wednesdays 5:30-7:30pm, 156 West Washington Street Strasburg, VA

Reformation Lutheran Church: (540) 740-3239, Every Thursday 11am, 9823 Congress Street New Market, VA

Woodstock Presbyterian Church: (540)-459-2646, Every Tuesday 4:30-5:30pm, 142 East Court Street Woodstock, VA

Bread of Life (Woodstock UMC) 156S Muhlenberg St., Woodstock – 540-459-4144 3rd Tuesday and Thursday afternoon.

Keep The Chance @ My Church: 23749 Old Valley Pike, Woodstock – 888-294-9673

Compassion Cupboard: 533 Burgess Street, Strasburg – 540-465-9476

First Baptist Church: (540)-459-3000, Every Monday 5:30-6:30pm (except the 1st Monday of the month), 116 Lakeview Drive Woodstock, VA

Strasburg United Methodist Church: (540) 465-8788, 2nd & 4th Wednesdays 5:30-7pm, 114 West Washington Street Strasburg, VA

Windhaven Church: (540) 477-2765 – <https://windhavenchurch.com/>, 2nd Wednesday 6pm, 3606 Turkey Knob Road Mt. Jackson, VA

St. Andrew's Episcopal Church: (540) 477-3335, 2nd Thursday 11:30am - 1pm, 5890 Main Street Mt. Jackson, VA

St. John Bosco Catholic Church: (540) 331-7178, 315 N. Main Street Woodstock, VA

Woodstock UMC: (540) 459-4144, 156 S. Muhlenberg St. Woodstock, VA, Bread of Life Pantry, 3rd Tuesday and Thursday.

Blue Ridge Area Food Bank: (540) 248-3663

Emmanuel's Table Food Pantry: (540) 477-3335, 122 E Court St., Woodstock, VA 22664; Emmanuel Lower Church Level.

Emergency Shelter

Centralized Housing Intake (CHI) 540-271-1701. Provides temporary financial assistance to individuals who are homeless so they can obtain rental housing. CHI is operating under normal business hours. All intakes are done by phone. Homeless certification for those without access to a computer or internet are

done by drop-box located at the CHI offices: 305 N. High Street Harrisonburg, VA 22802. www.continuumofcare513.com/centralized-housing-intake

Shenandoah Alliance for Shelter: 135 S. Main Street, 2nd Floor, Woodstock, VA (540) 459-3212 or (540) 459-8395

RESPONSE (Domestic Violence Shelter): (540) 459-5161, PO Box 287 Woodstock, VA.

Family Promise of Shenandoah County: (540) 459-4599, 781 Spring Parkway Woodstock, VA.

CHOICES Council on Domestic Violence for Page County (Domestic Violence): 540-743-4414. 230 W Main Street Luray, Va 22835

First Step: Emergency shelter for victims of domestic violence and their children. 129 Franklin St., Harrisonburg VA, 22801, firststepva.com. 540-434-0295 or 1-866-223-9169.

Affordable Housing

Valley Vista Apartments (Woodstock, VA) 540-459-2119.

New Market North Apartments 540-740-3989.

Clothing and Furniture

Goodwill Industries: 1011 S Main St, Woodstock, VA 22664. 540-459-8194. Mon.-Sat., 10am-8pm., Sun., 12-5pm.

Search Gift Shop: 5982 Main St. Mt. Jackson, VA. 540-477-2600. Wed-Sat., 10am-4pm. Must wear masks.

Mental Health & Substance Use

Shenandoah Memorial Hospital: 759 South Main Street, Woodstock, VA 22664, 540-459-1100. We are offering virtual visits for patients. To make either an in-person or virtual appointment, please call Inpatient or Outpatient care.

Valley Health Medical Center, Inpatient Behavioral Health (Winchester): 540-536-4881

Valley Health Medical Center, Outpatient Behavioral Health (Winchester): 540-536-4881.

Valley Health Medical Center, Outpatient Behavioral Health (Woodstock): 540-459-1505. You may be referred to a program based on your symptoms,



lifestyle, and needs. Services include Intake and Assessment, general adult inpatient care, senior adult inpatient care, outpatient care.

Northwestern Community Services Board (NWCSB): Mental health, substance abuse and developmental services. Crisis Service: 540-635-4804.

NWCSB Winchester Clinic (Winchester) 158 Front Royal Pike, Suite 200. 540-667-8888.

NWCSB Warren County Clinic (Front Royal) 209 W. Criser Rd., Suite 100. 540-636-2931.

NWCSB Shenandoah County Clinic (Woodstock) 494 N. Main St., Suite 300. 540-459-5180.

NWCSB Page County Clinic (Luray) 136 General Dr., Suite 300, 540-743-4548.

NWCSB Peer Line for Substance Use 833-626-1490

SaVida Health: Medication Assisted Treatment. Woodstock- 540-281-3094; Luray- 540-742-7330; Winchester 540-450-0334; Front Royal 540-456-2460

Winchester Community Mental Health Center: 36 Ricketts Dr. Winchester VA 22601, 540-535-1112. High-quality, individualized, compassionate mental health services, substance abuse and early childhood services. We respect developmental, behavioral and cultural differences by recognizing the dignity inherent in all and fostering healing, hope, strength and self-determination. Accepts Medicare, Medicaid, Private Insurance and Self Pay.

SMART Recovery Online Meetings: <https://www.smartrecovery.org/community/>

National Alliance on Mental Illness (NAMI), 800-273-8255, NAMI of Northern Shenandoah Valley: www.naminsv.org.

Substance Abuse and Mental Health Service Administration (SAMSHA) National Helpline: 24/7 referrals to substance use and mental health treatment. 800-662-HELP (4357).

Dept. of Veterans Services: To speak confidentially with Veteran Center Counselors any time around the clock call: 877-WAR-VETS (927-8387) visit the website for services and more information: www.dvs.virginia.gov/

Blue Ridge Hospice Grief and Loss Support: 333 West Cork Street # 405 Winchester, VA 22601; 540-313-9200

Strength In Peers, NEW MARKET: Recovery programs, peer support groups and community resource centers led by peers in recovery! **Walk-in hours Thursdays, 9am-4pm.** 9560 S. Congress St., New Market VA 22844, or call **540-217-0869** to schedule an appointment. StrengthInPeers.org.

Strength In Peers, HARRISONBURG: 917 N. Main St. Unit 1 Harrisonburg VA, 22802. Walk in hours Mon-Fri, 9am-2pm, or call, 540-217-0869.

Sentara RMH Behavioral Health: 644 University Blvd. Individual counseling, group therapy, and partial hospitalization program: 540- 564-5100. Psychiatry services/medication management: 564-7007.

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Support Groups

Strength In Peers: In-person and online peer support groups. See our schedule at **StrengthInPeers.org/support-groups** or call **540-217-0869** for more information. Recovery programs and services led by peers in recovery!

Narcotics Anonymous (NA) 800-777-1515. www.brana.org. Meetings at 23 W. Main St. Luray, VA, Tue at 7:30pm, Thur. 8pm, & Sat. at noon.

Blue Ridge Narcotics Anonymous: Meeting list at: www.brana.org. Regional helpline: 1-800-777-1515. In-person and online groups.

Northwestern Community Services Board Peer Line: 833-626-1490

Alcoholics Anonymous: Meeting list at: www.aavirginia.org; www.blueridgeintergroup.org

Celebrate Recovery - Woodstock, VA: <https://www.celebraterecovery.com/>; 253-797-5451 - call for details. 766 S. Main St., Woodstock, VA; 540-746-0482

Celebrate Recovery - Front Royal, VA: 1600 John Marshall Hwy, Front Royal, call 540-636-9595.

Winchester/Blue Ridge Area AA intergroup 540-667-0322 www.blueridgeintergroup.org.

Family Life Resource Center (Individual and family counseling) 273 Newman Ave, Harrisonburg, flrc.org. 540-434-8450. Hours: Mon-Thu 8:30am-4:30pm

McNulty Center for Children & Family 463 E. Washington St., Harrisonburg, hrsb.org. 540-433-3100. Hours: Mon-Fri 8am-5pm

National Treatment Referral Routing Service: 24/7 referrals to substance abuse treatment. 800-662-HELP (4357).

National Alliance on Mental Illness (NAMI), 800-273-8255, NAMI of Northern Shenandoah Valley: www.naminsv.org.

Free Indeed Life Recovery: 540-560-5338, 540-652-8029 408 Newport Road, Shenandoah, Va 22849

Sadie Rose Foundation: Support for pregnancy, infant & child loss. 195 Main St., Dayton. sadierosefoundation.org, 810-4351. Support line: 540-810-0307.

Summit House: Psychosocial rehabilitation program for people with mental illness. 1888 Pear St. Harrisonburg hrsb.org. 540- 434-1816

SMART Recovery Online Meetings: <https://www.smartrecovery.org/community/>

CHOICES- 540-743-4414. (Domestic Violence).

Edgehill, A Recovery Retreat: 540-662-8865 315 E Cork St. Winchester, Va 22601

Shenandoah Valley Teen Challenge: 540-213-0571 280 Sky Chalet Ln, Mt Jackson, Va 22842

Health Care & Medical Needs

Shenandoah County Health Department: 600 North Main St., Suite 106 Woodstock, VA 22664 (540) 459-3733. STD and HIV/AIDS screening, family planning/birth control, immunizations, WIC. Please call for an appointment and more information.

Shenandoah Community Health Clinic: 124 Valley Vista Drive Woodstock, VA **Dental Clinic:** (540) 459-9333 **Medical Clinic:** (540) 459-1700. Please call for an appointment and details.

Valley Health Shenandoah Memorial Hospital: (540) 459-1100, 759 S. Main St. Woodstock, VA; Visiting hours suspended at all Valley Health hospitals and long-term care facilities.

Sentara Mount Jackson Health Center: (540) 477-3185, 20 Medical Dr, Mt Jackson, VA; Call for appointment and details.

New Market Family Practice Center: (540) 740-3044, 179 E Lee Hwy, New Market, VA; Call for appointment and details.

Shenandoah County Pregnancy Center: (540) 984-4673, 28 Cedar Wood Lane, Edinburg, VA

Strength In Peers, NEW MARKET: FREE HIV & Hepatitis C Testing and Harm Reduction services. 9560 S. Congress St., 22844. Walk-In hours: Thurs., 9am-4pm, **540-217-0869**.

Strength In Peers, HARRISONBURG: FREE HIV & Hepatitis C Testing and Harm Reduction services. 917 N. Main St., 22802. Walk-In hours: Mon-Fri, 9am-4pm, **540-217-0869**.

Employment, Education & Financial Assistance

Shenandoah County Department of Social Services (Woodstock, VA): Food stamps, Medicaid & other public benefits. 494 N Main St #200. By appointment only. Call 540-459-6226.

Virginia Cooperative Extension: Provides research-based education through programs in Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, Family Nutrition Program, and Community Viability. Local offices are in each county/city in VA. <https://ext.vt.edu/>; 600 North Main St., Suite 100, Woodstock, VA 22664 Phone: (540)-459-6140 Hours: Monday – Friday 8:30am-5:00pm.

Telamon Corporation: Assists farm workers & their dependents with education, training, & more. 250 E. Market St. Suite C-1 Harrisonburg, VA; telamon.org. 540-208-5757 x7231

Virginia Employment Commission Winchester: 419 N. Cameron St., Valley Workforce Center Second Floor Winchester, VA 22601 Phone: (540) 722-3415, Fax: (540) 722-3418. Service areas: Clarke County, Frederick County, Shenandoah County, Warren County, Winchester City. Please call for more information and schedule an onsite appointment.

Shenandoah County Public Schools and Shenandoah County Preschool Center: (540) 459-6222, 600 N. Main St., Woodstock, VA

KidsRec: 600 North Main St. Suite 108, Woodstock, VA, Phone- 540-459-6777. Please call or visit the website for registration information. www.scpr.info.

Parenting Support

A Small Hand: Provides diapers & basic needs essential to children and families in Shen. Co. Thurs. 9-11am or 5-7pm. Email: shenvalleylm@gmail.com.

Hope Program/ Shenandoah County Pregnancy Center: Designed to equip parents, assist families, and give children the best start possible. 28 Cedar Wood Lane Edinburg, VA 22824; 540-984-4673.

Connected Community Inc.: 44 S. Cameron St. Suite 2 A and B Winchester, VA 22601; 540-404-5985. Variety of services including parent mentoring, supervised visitation, and out-patient counseling to the Shenandoah Valley and Northern Virginia. Serves Shenandoah & Page Counties.

Healthy Families: Dedicated to developing, supporting, and empowering new parents through systematic identification of families' needs for parenting support. Serve Shenandoah & Page Counties. 759 South Main St. Woodstock, VA 22664, 540- 459-8558.

Infant and Toddler Connection of Shenandoah Valley: Provides early intervention support and services to children ages birth-to-3 yrs. old, and their families. A coaching approach is used by licensed providers to engage parents and caregivers in helping their child. Services are provided in the home or another natural setting. 621 S. Royal Avenue, Front Royal, VA 22630, 540- 635- 2452.

Reading, Rhyming and Readiness: (540) 459-6750, P.O. Box 303, Woodstock, VA.

Blue Ridge CASA for Children: Dedicated to advocating for the best interests of children who have experienced abuse or neglect. 215 Mill Rd., Suite 207, Woodstock, VA 22664; (540) 213-2272

Response: Teen Services. Office 540-459-5599; Hotline 540-459-5161.

Older Adults & Individuals with Disabilities

Access Independence: 324 Hope Dr, Winchester, VA 22601, 540-662-4452.

Valley Health Behavioral Health Senior Outpatient Program: www.valleyhealthlink.com/our-services; 540-536-4881

Senior Center -116 Lakeview Drive Woodstock, VA, 540-984-8811.

Seniors First, The Shenandoah Area Agency on Aging (SF) 207 Mosby Lane Front Royal, VA 22630, 540-635-7141. www.seniorsfirst.info. In-home services, Meals on Wheels, Senior Centers, Long-Term Care Ombudsman, Transportation, VICAP Medicare Insurance Counseling and more. SF operates the WellTran transportation program, which provides non-emergency medical transportation for seniors 60 and older and for adults aged 18 and older with a disability. For information or to schedule a ride call 540-551-5706 or 540-551-5617.

Other Services

Department of Motor Vehicles: 1-804-497-7100, 714 N. Main St., Woodstock, VA, <https://www.dmv.virginia.gov>,

Plan First/Cover Virginia: 1-855-242-8282; Virginia Medicaid and FAMIS: www.coverva.org. No co-pays during COVID-19.

ShenGo -540-715-5706 www.vatransit.org

Crew Community Center: 6044 Main Street. Mt Jackson VA 540-331-1825

Utility Information

Dominion Energy: 1-866-366-4357

Shenandoah Valley Electric Cooperative: 540-434-2200

Holtzman Oil Company: 540-477-3131 (Oil), 540-465-9200 (Propane)

Emmart Oil: 540-662-3835 or 1-800-421-3835

H.N. Funkhouser: 540-459-3794

Washington Gas: 703-750-1000

Amerigas: 540-477-9355