



Free help accessing services: **Walk-in Mon-Wed-Fri 9:00 am – 2:00 pm**
733 E. Market St., Suite A, Harrisonburg, VA 22801 | 540-208-2941 | StrengthInPeers.org |
Updated: 10/2019 | To update information, please email center@strengthinpeers.org
 Area Code is 540 and locations are in Harrisonburg, VA unless otherwise noted.



***Emergency/Crisis Support**

Medical or Mental Health EMERGENCY: 911

H/R Community Services Board: 24/7 Mental Health Crisis Line: 434-1766.

Suicide Hotline: For ANY mental health or substance abuse concern. suicidepreventionlifeline.org. 800-273-8255.

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

Harrisonburg Police Department: (Non-Emergency) 434-4436.

Rockingham County Sheriff's Department: (Non-Emergency) 564-3800.

Child Protective Services: 800-552-7096.

Adult Protective Services: 888-832-3858.

Public Meals-Soup Kitchens

Monday: *Our Community Place:* Lunch served from 12-12:30pm. 17 E. Johnson St. Office: 442-7727, Community center: 208-7552.

Otterbein United Methodist Church: Dinner served 4:30-5pm. Corner of W. Market and High St. 434-7747

Tuesday: *Our Community Place:* Lunch served to anyone who participates in volunteer work day – must sign in by 10am.

First Presbyterian Church: Meal served at 4:30pm. 17 Court Square. 434-6551.

Wednesday: *Our Community Place:* Lunch served from 12-12:30pm.

Blessed Sacrament Catholic Church: Meal served at 4:30pm. 154 N. Main St. 434-4341.

Thursday: *Friendship House at Blessed Sacrament:* Meal served at 11am. 154 N. Main St. 434-4341.

Our Community Place: Dinner served from 5-5:30pm.

Friday: *Asbury United Methodist Church:* Meal served at 11:30am on LAST Friday of the month. Bagged lunches are available on other Fridays.
 205 S. Main St. 434-2836.

Saturday: *Harrisonburg Baptist Church:* Hot meal and bag of food to take home, 10:30-11:30am. Main St. & S. Liberty St. 433-2456.

Food Pantries

Blessed Sacrament Catholic Church: Tues-Fri 9am-2:30pm, 154 N Main St. 434-4341.

Bridgewater Inter-Church Food Pantry: 1st & 3rd Tues at 7pm. 420 College View Dr, Bridgewater, VA 22812. 828-3711.

Broadway Presbyterian Church: 1st & 3rd Thurs 5:30-7pm. 107 E. Lee Street, Broadway, VA 22815. 896-3903.

Cooks Creek Presbyterian Church: West Rockingham Food Pantry. 4th Thurs 4-6pm. 4222 Mt. Clinton Pike. 867-5117.

Cornerstone Church of Broadway: 3rd Sun 11:45am-1:00pm. 265 W. Springbrook Rd., Broadway, VA 22812. 908-4665.

Elkton Area United Services (EAUS): 3rd Fri 10am-2pm. 412 Gibbons Ave, Elkton, VA 22827. 298-8685.

Elkton Seventh Day Adventist Church: 2nd Fri 12-3pm. 20995 Blue and Gold Dr., Elkton, VA 22827. 298-1801.

Emmanuel Episcopal Church: Mon & Tues 10am-12pm. 660 S. Main St. 434-2357.

ERMA Food Pantry: Mon 6:30pm (closed on fifth Mon). 300 4th Ave, Grottoes, VA 24441. 249-5893.

Harrisonburg Seventh Day Adventist Church: 3rd Thurs 2-3pm. 609 W Market St. 434-0121.

Hope Distributed (Harrisonburg First Church of Nazarene): Thurs 4-5:30pm & 1st, 2nd, & 3rd Sat 9-11am. 1871 Boyers Rd. 578-3510.

Lacey Spring (Grace Mennonite Fellowship Church): Mon 5-6pm. 209 Lacey Spring Rd., Rockingham, VA 22802.

Massanutten Presbyterian Church: 2nd Mon 10-11am & 4th Thurs 7-8 pm. 50 Indian Trail, Penn Laird, VA 22846. 434-6194.

Patchwork Pantry (Community Mennonite Church): Wed 7-8pm. 70 South High St. 433-2148.

Plains District Community Center Mobile Food Pantry: 2nd Thurs. 10am-12pm. 233 McCauley Ave., Timberville, VA 22853. 896-2824.

Salvation Army Food Pantry: Mon, Tues, Thurs, & Fri 9-11am. 185 Ashby Ave. 434-4854.

Singers Glen United Methodist Charge: Free food on 2nd Wed, 6-7pm. 9788 Singers Glen Rd, Singers Glen, VA 22850.

Emergency Shelter

Centralized Housing Intake: Access services for household experiencing homelessness or at-risk of homelessness. 271-1701.

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

Mercy House: Emergency shelter and other services for families. 305 North High St. themercyhouse.org. 432-1812.

Open Doors: Emergency shelter open Nov-March for adults over the age of 18. Held at various sites through local faith communities. valleyopendoors.org.

Office: Mon-Fri 9am-5pm, 705-1908. Shelter: 6:30pm-7am, 578-3869.

The Salvation Army: Emergency shelter for individuals and families, registration at 4pm daily. Shelter: 895 Jefferson St, 433-2785. Corps office: open

Mon-Fri 8:30am-4:30pm (closed 12-1pm), 185 Ashby Ave, 434-4854.

Valley Mission: Emergency shelter for individuals and families. 1513 W. Beverly St, Staunton, VA 24401. valleymission.net. 886-4673.

Affordable Housing and Home Repair

Harrisonburg Redevelopment & Housing Authority: Subsidized housing. 286 Kelley St. harrisonburgrha.com. 434-7386.

Build United: Repair services for low-income homeowners to make homes more accessible and safe. PO Box 326, Harrisonburg. buildunitedhr.org. 434-7947.

Central Shenandoah Valley Housing Counseling Agency: A HUD-approved counseling agency. 965 Pleasant Valley Rd. rockingham.ext.vt.edu. 564-3080.

Central Valley Habitat for Humanity: Builds homes for low-income families. Bridgewater. centralvalleyhabitat.org. 828-6288.

Harris Gardens: Subsidized housing. 215 Vine St. 434-6569.

Hope Community Builders: Builds affordable single-family homes. 289 Jericho Rd. hopecommunitybuilders.org. 433-0152.

Clothing and Furniture

Elkton Area United Services Thrift Store: Mon-Thurs 10am-5pm, Fri 10am-7pm, Sat 10am-2pm. 149 W. Spotswood Ave. 298-8685.

Gift & Thrift: Mon-Thurs & Sat 9:30am-5pm, Fri 9:30am-8pm. 731 Mt. Clinton Pike. 433-8844.

Goodwill Industries: Mon-Sat 8am-8pm & Sun 12-6pm. 2475 S. Main St: 434-6050. 2025 E. Market St: 432-9600.

H'burg First Church of Nazarene: Clothing: 1st & 2nd Sat 9am-12pm. Furniture: ("Home to Home") Mon-Fri 9am-5pm. 1871 Boyers Rd. 578-3510.

Mercy House Thrift Store: Mon-Fri 9am-5:30pm & Sat 9am-5pm. 1005 S High St. 433-3272.

Mercy House Boutique: Mon-Sat 9am-6pm. 463 University Blvd. 433-4097.

Mission Central: (Cedar Grove UMC) Free Children's Clothing. 2nd & 4th Wed 10am-1pm, 2nd & 4th Thurs 5-7pm. 1712 Smithland Rd.

Otterbein UMC: Free Clothing. Mon 5-6pm. 176 W. Market St. 434-7747.

Singers Glen United Methodist Charge: Free Children's Clothing. 2nd Wed, 6-7pm. 9788 Singers Glen Rd, Singers Glen, VA 22850.

Trinity Clothes Closet: Free Clothing. Wed 6:30-7:30pm & 1st Sat 10-11am. 725 S. High St. 434-9556.

Mental Health and Substance Abuse Treatment

H/R Community Services Board: Mental health, substance abuse and developmental services. 1241 N Main St. hrcsb.org. 434-1941

Al-Anon: Support group for families of people with addiction challenges. Meetings at Muhlenberg Lutheran Church basement, room 112. vaalanon.org.

Alcoholics Anonymous: Meeting list at: harrisonburgaa.org. Harrisonburg 24-hour answering service (Eng & Span): 434-8870.

Blue Ridge Narcotics Anonymous: Meeting list at: brana.org. Regional helpline: 1-800-777-1515.

Collins Center: Services for victims of sexual assault and abuse. 217 S. Liberty Street, Suite 205. thecollinscenter.org. 432-6430.

Community Counseling Center: Counseling for individuals, couples, and families, including anger management, substance abuse groups, and supervised visitation. Insurance and sliding fee scale. 96 Campbell St. cmfc.org. 433-1546.

Family Life Resource Center: Individual and family counseling. 273 Newman Ave. flrc.org. 434-8450.

McNulty Center for Children & Family: Services to children and their families. 463 E. Washington St. hrcsb.org. 433-3100.

NAMI: Families support groups. Meetings 2nd Thurs at 7:30pm at Muhlenberg Lutheran Church basement, room 108. nami.org.

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

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

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

Strength in Peers: Peer support services by trained individuals who are in recovery. 733 E. Market St. strengtheninpeers.org. 217-0869.

Summit House: Psychosocial rehabilitation program for people with mental illness. 1888 Pear St. hrcsb.org. 434-1941.

Health

H/R Health Department: STD and HIV/AIDS screening, family planning/birth control, immunizations, WIC, and child dental clinic. Mon-Fri 8am-4:30pm. 110 N. Mason St. vdh.virginia.gov. 574-5101.

AVA Care of Harrisonburg: Free pregnancy testing and confirmation, so you know for sure. 833 MLK Jr. Way. avacareforyou.org. 434-7528.

Equipment for Caring: Free adult diapers and medical equipment loans. Mondays 9am-12pm and Thursdays 5-7pm. 1704 Smithland Rd. 433-2382.

Harrisonburg Community Health Center (HCHC): Primary care and dental care for children and adults regardless of insurance. Prenatal care offered. Onsite interpreter services. 1380 Little Sorrell Dr., Suite 100. hburgchc.org. Primary Care: 433-4913. Dental Services: 236-3688.

HCHC-Care Management: Testing for HIV and support to individuals affected by HIV/AIDS. 124 Newman Ave. hburgchc.org. 432-3308

Harrisonburg/Rockingham Free Clinic: Free medical services for uninsured. 25 W. Water St. hrfreeclinic.org. 433-5431.

Interpreter Service: Interpreter services for medical appointments. brahec.jmu.edu/interpreterservices. 568-3011.

Sentara RMH Medical Center: Medical care. 2010 Health Campus Dr. sentara.com. 689-1000. **Call Center:** 800-SENTARA.

Strength in Peers: Free rapid HIV/HCV (HepC) testing. Walk-ins Wednesday 9am-12pm. For appt: testing@strengtheninpeers.org. 733 E. Market St. 217-0869

Suitcase Clinic: Medical care for the homeless at various times/locations in Harrisonburg. Call Nurse Terri: 908-1789.

Veterans Outpatient Primary Care Clinic: 1755 S. High St. martinsburg.va.gov/locations/Harrisonburg. 282-6035.

Employment, Education and Financial Assistance

H/R Dept. of Social Services: Food stamps, Medicaid & other public benefits. Mon-Fri 8am-5pm. 110 N. Mason St. commonhelp.virginia.gov. 574-5100.

Division of Rehabilitative Services: Helping people with disabilities get ready for, find & keep employment. 351 N. Mason St, Ste 109. vadars.org. 434-5981.

Virginia Employment Commission: 160 N. Mason St. vec.virginia.gov. 830-4993.

Elkton Area United Services (EAUS): 187 W. Spotswood Ave, Elkton. helpeaus.org. 298-8685.

Massanutten Technical Center: Career and Technical Education and Continuing and Adult Education Center. 325 Pleasant Valley Rd. mtcva.com. 434-5962.

People Helping People: Mon-Thurs 9-11am. 281 E. Market St. phpharrisonburg.org. 433-7286.

Salvation Army: 185 Ashby Ave. virginiasalvationarmy.org/harrisonburgvacorps. 434-4854.

Skyline Literacy: Help with English literacy skills. 160 N. Mason St. skylineliteracy.org. 433-0505.

Telamon Corporation: Assists farmworkers & their dependents with education, training, & more. 250 East Market St Suite C-1. telamon.org. 208-5757 x7231

Valley Workforce Center: Free services for career seekers. 160 N. Mason St. valleyworkforce.com. 433-4864.

Way 2 Go: Help for low-income families to purchase/maintain a vehicle. w2ginc.org. 705-6201.

Seniors and Individuals with Disabilities

Valley Associates for Independent Living (VAIL): Helps with disability law and access to community services for people with disabilities. 3201 Peoples Drive, Suite 220. govail.org. 433-6513.

Valley Program for Aging Services (VPAS): Adult day care, senior centers, case management, meal programs, personal care, Medicare counseling, and education about aging services. Serving individuals 60+years. 975 South High St. vpas.info. 615-5341.

Parenting Support

Childcare Aware of Piedmont Virginia: Childcare referrals. 2000 Beery Rd. sentara.com. 433-4531.

Hand-in-Hand Resource Mothers: Mentor Program for pregnant teens and teen mothers. 2000 Berry Rd. sentara.com. 564-7151.

Healthy Families of the Blue Ridge: Assistance for first-time parents. 2000 Beery Rd. sentara.com. 564-5982.

Infant and Toddler Connection: Free developmental screening for children age birth to 36 months. 463 E. Washington St. hrcsb.org/infant-and-toddler-services. 433-3100.

Parenting Education and Support (PEAS): Parenting education classes. Visit sentara.com for class list. 564-7006.

Second Home: Before and after school care program for qualifying children in Harrisonburg City schools. 281 East Market St. secondhomeva.com. 432-7989.

Transportation Services

Harrisonburg Public Transportation: 432-0492

Rockingham Transportation Program: 432-8646

BRCC Shuttle: 800-305-0077

Cabs: ABC Cab: 564-1214. Checkered Cab: 908-2838. Green Taxi: 810-2074. Royal Cab: 438-7777. Valley Cab: 564-1214. Yellow Cab: 434-2515.

Other Services

FREE showers and laundry: Our Community Place-call community center for scheduling: 208-7552. 17 E. Johnson St.

Asbury United Methodist Church- Tuesdays & Thursdays 11am-4pm. 205 S. Main St., 434-2836.

Blue Ridge Legal Services: Legal assistance for low-income clients. 204 N. High St. brls.org. 433-1830.

Kingsway Prison & Family Outreach: Support for inmates, ex-offenders, and their families. 2217 S. Main St. kingswayprisonfamilyoutreach.com. 433-5658.

NewBridges Immigrant Resource Center: Immigrant services and legal immigration counsel. 64 W. Water St. newbridgesirc.org. 438-8295.

Refugee Resettlement Office: Services to refugees and legal immigration services to the community. 250 E. Elizabeth St. cwsharrisonburg.org. 433-7942.