

Free help accessing services: **CALL 540-208-2941 to schedule an appointment.**  
**917 N. Main St, Suite 1, Harrisonburg, VA 22802 | 540-208-2941 | StrengthInPeers.org**  
**Updated: 7/2020 | To update information, email center@strengthinpeers.org**  
Area Code is **540** and locations are in **Harrisonburg, VA** unless otherwise noted.



## Coronavirus Information

**What is COVID-19 and virus symptoms:** Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer, are more likely to develop serious illness.

**SYMPTOMS may appear 2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough or sore throat
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Vomiting and Diarrhea

### When to Seek Emergency Medical Attention:

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately by calling 911 or going to your local emergency room.

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

There is currently no vaccine to prevent or antiviral medication to treat COVID-19. The best way to avoid illness is preventing exposure. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.

**To lower the risk of respiratory germ spread, including COVID-19, the Virginia Department of Health encourages the following effective behaviors:**

- Stay at home when possible, especially if you are vulnerable to effects of COVID-19
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid contact with sick people.
- Avoid non-essential travel.

### As Virginia enters Phase 3 of re-opening on 7/01/20, continue to follow these guidelines:

- Wear face coverings as they are still required in public settings
- Maintain 6-foot social distancing (All retail establishments and restaurants can now open but physical distancing will still be required if at all possible for every form of business.)
- Avoid mass gatherings and crowded places. (Note: Phase 3 allows social gatherings of 250 people.)

### Important websites for factual information on the coronavirus:

Virginia Department of Health: [vdh.virginia.gov](http://vdh.virginia.gov) | Centers for Disease Control: [cdc.gov](http://cdc.gov)

### Important phone numbers for more information:

Virginia Department of Health COVID-19 Informational Call Center: 1-855-949-8378, Mon-Fri 8AM- 6PM.

Harrisonburg/Rockingham Health Department - (540) 574-5101, Mon-Fri 8AM-4:30PM

Sources: [cdc.gov](http://cdc.gov), [who.int](http://who.int), [vdh.virginia.gov](http://vdh.virginia.gov)

## LOCAL Resource Information

### 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](http://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.

Child Protective Services: 800-552-7096.

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

Adult Protective Services: 888-832-3858.

### **Public Meals-Soup Kitchens**

**Monday-Friday: Our Community Place:** Serving breakfast and lunch and volunteering during their Friday box lunch restaurant. M-F 7:45-10am & 11:30am-1:30pm. 17 E. Johnson St. Office: 442-7727, Community center: 208-7552

**Wednesday: Blessed Sacrament Catholic Church:** Provide prepackaged dinners at 4:30pm. (at doors on N. Federal St.) 434-4341.

**Saturday: Harrisonburg Baptist Church:** Provide bagged lunches to take home, 10:30-11:30am. Main St. & S. Liberty St. 433-2456.

### **Food Pantries**

**Blessed Sacrament Catholic Church:** Tues-Fri 10am-2pm, prepackaged groceries for pick-up. 154 N Main St. 434-4341.

**Elkton Area United Services (EAUS):** Tuesdays 12-2pm, Fridays 11am-1pm. Stay in car, volunteers will bring food box. (Closed June 29-July 6) 412 Gibbons Ave, Elkton, VA 22827. 298-8685.

**Hope Distributed (Harrisonburg First Church of Nazarene):** Thurs 4-5:30pm & 1st, 2nd, & 3rd Sat 9-11am. Drive-thru model and are distributing bags of food. 1871 Boyers Rd. 578-3510.

**Plains District Community Center Mobile Food Pantry:** 2<sup>nd</sup> 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.

### **Emergency Shelter**

**Centralized Housing Intake:** Access services for household experiencing homelessness or at-risk of homelessness. 271-1701. Services still provided and all eligibility screenings will be conducted over the phone. (Their main office is closed.)

**First Step:** Emergency shelter for victims of domestic violence and their children. 129 Franklin St. [firststepva.com](http://firststepva.com). 434-0295 or 1-866-223-9169.

**Mercy House:** Emergency shelter and other services for families. 305 North High St. [themercuryhouse.org](http://themercuryhouse.org). 432-1812. They will continue to provide these services to families. All eligibility screenings will be conducted over the phone. (Their main office is closed.)

**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](http://valleymission.net). 886-4673. Closed to new admissions. Contact the Homeless Hotline @ 540-213-7347 (may take 24-48 hours for a response)

### **Affordable Housing**

**Harrisonburg Redevelopment & Housing Authority:** Subsidized housing. 286 Kelley St. Harrisonburg. Please visit website for updates [www.harrisonburgrha.com](http://www.harrisonburgrha.com). Phone: (540) 434-7386 **1.** All interim and re-certifications will be conducted through an online form or over the phone until further notice. Income changes can now be submitted via an online form: <https://harrisonburgrha.com/change-in-income-form/>. Changes in household can be submitted via an online form: <https://harrisonburgrha.com/change-in-household-form/>. Annual certification paperwork will be mailed, with instructions for completing. **2.** The main office will not be open to the public. Documents can be signed/dropped off, but in person meetings will not be held. **3.** JR Polly Lineweaver and Lineweaver Annex buildings are closed to visitors. Only family and health care personnel may enter. All entrances except for the front entrance will be locked. Family and health care personnel must sign in. Entrance will be open 9:00am to 4:30pm. **4.** Work orders will only be completed if life or safety issue. **5.** Rent statements will be mailed, NOT picked up in office. **6.** New applications for housing assistance, and move ins will be temporarily suspended. We will provide notice when new applications and move ins will resume. **7.** HRHA is working diligently to prevent delays in housing assistance payments to HCV landlords. Thank you for being patient during this time.

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

### **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. Drive-thru model and distributing pre-packaged bags.

**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.

### **Mental Health and Substance Abuse Treatment**

**H/R Community Services Board:** Mental health, substance abuse and developmental services. 1241 N Main St. [hrccb.org](http://hrccb.org). 434-1941 Call for appointment.

**Al-Anon:** Support group for families of people with addiction challenges. Meetings at Muhlenberg Lutheran Church basement, room 112. [vaalanon.org](http://vaalanon.org).

**Alcoholics Anonymous:** Meeting list at: [harrisonburgaa.org](http://harrisonburgaa.org). Harrisonburg 24-hour answering service (Eng & Span): 434-8870. In-person and online groups.

**Blue Ridge Narcotics Anonymous:** Meeting list at: [brana.org](http://brana.org). Regional helpline: 1-800-777-1515. In-person and online groups.

**Collins Center:** Services for victims of sexual assault and abuse. 217 S. Liberty Street, Suite 205. [thecollinscenter.org](http://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](http://cmfc.org). 433-1546.

**Family Life Resource Center:** Individual and family counseling. 273 Newman Ave. [flrc.org](http://flrc.org). 434-8450.

**McNulty Center for Children & Family:** Services to children and their families. 463 E. Washington St. [hrccb.org](http://hrccb.org). 433-3100.

**NAMI:** Families support groups. Meetings 2nd Thurs at 7:30pm at Muhlenberg Lutheran Church basement, room 108. [nami.org](http://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](http://sadierosefoundation.org). 810-4351. No in-person appointments but services available by phone. Support line: (540) 810-0307.

**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. 917 N. Main St., Ste.1. [strengthenpeers.org](http://strengthenpeers.org). 217-0869. Services offered by appt. If you are struggling with mental health, substance use and/or trauma, call and a Peer Support Specialist will be in touch.

**Summit House:** Psychosocial rehabilitation program for people with mental illness. 1888 Pear St. [hrccb.org](http://hrccb.org). 434-1941. Currently closed

## **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](http://vdh.virginia.gov). 574-5101. [Call for appt.](#)

**AVA Care of Harrisonburg:** Free pregnancy testing and confirmation, so you know for sure. 833 MLK Jr. Way. [avacareforyou.org](http://avacareforyou.org). 434-7528. [By appt.](#)

**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](http://hburgchc.org). Primary Care: 433-4913. Dental Services: 236-3688. [Call for appt.](#)

**HCHC-Care Management:** Testing for HIV and support to individuals affected by HIV/AIDS. 124 Newman Ave. [hburgchc.org](http://hburgchc.org). 432-3308. [Call for appt.](#)

**Harrisonburg/Rockingham Free Clinic:** Free medical services for uninsured. 25 W. Water St. [hrfreeclinic.org](http://hrfreeclinic.org). 433-5431. [Offering limited clinic hours on Wednesday and tele-health on Mon/Tu/Wed. Call for appt.](#)

**Interpreter Service:** Interpreter services for medical appointments. [brahec.jmu.edu/interpreterservices](http://brahec.jmu.edu/interpreterservices). 568-3011.

**Sentara RMH Medical Center:** Medical care. 2010 Health Campus Dr. [sentara.com](http://sentara.com). 689-1000. **Call Center:** 800-SENTARA. [Sentara is currently using video visits and in-person visits for certain needs.](#)

**Strength in Peers:** HIV home test kits available. Call 217-0869 or email [services@strengthinpeers.org](mailto:services@strengthinpeers.org). 917 N. Main St, Ste.1. 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](http://martinsburg.va.gov/locations/Harrisonburg). 282-6035. [Call for appt.](#)

## **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](http://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](http://vadars.org). 434-5981. [Offices are closed so call for services.](#)

**Elkton Area United Services (EAUS):** 187 W. Spotswood Ave, Elkton. [helpeaus.org](http://helpeaus.org). 298-8685.

**Family Engagement Services, DCSE:** Services for non-custodial parents with a DCSE case. 57 Beam Ln, Ste 302, Fishersville, VA 22939. 332-9320

**Massanutten Technical Center:** Career and Technical Education and Continuing and Adult Education Center. 325 Pleasant Valley Rd. [mtcva.com](http://mtcva.com). 434-5962. Valley Rd. [mtcva.com](http://mtcva.com). 434-5962.

**People Helping People:** Mon-Thurs 9-11am. 281 E. Market St. [phpharrisonburg.org](http://phpharrisonburg.org). 433-7286. [By appt only on Mondays and Wednesdays.](#)

**Salvation Army:** 185 Ashby Ave. [virginiasalvationarmy.org/harrisonburgvacorps](http://virginiasalvationarmy.org/harrisonburgvacorps). 434-4854. [By appt.](#)

**Skyline Literacy:** Help with English literacy skills. 160 N. Mason St. [skylineliteracy.org](http://skylineliteracy.org). 433-0505. [By appt only Mon-Th, 9am-4pm.](#)

**Telamon Corporation:** Assists farmworkers & their dependents with education, training, & more. 250 East Market St Suite C-1. [telamon.org](http://telamon.org). 208-5757 x7231

**Valley Workforce Center:** Free services for career seekers. 160 N. Mason St. [valleyworkforce.com](http://valleyworkforce.com). 433-4864. [Office closed, use their website for services.](#)

**Virginia Employment Commission:** 160 N. Mason St. [vec.virginia.gov](http://vec.virginia.gov). 830-4993. [Call Customer Contact Center: 866-832-2363](#)

**Way 2 Go:** Help for low-income families to purchase/maintain a vehicle. [w2ginc.org](http://w2ginc.org). 705-6201. [Call for services.](#)

## **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](http://govail.org). 433-6513. [Office is closed, call for services.](#)

**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](http://vpas.info). 615-5341. [Offices and Senior Centers are closed. Call for services.](#)

## **Parenting Support**

**Childcare Aware of Piedmont Virginia:** Childcare referrals. 2000 Beery Rd. [sentara.com](http://sentara.com). 433-4531.

**Hand-in-Hand Resource Mothers:** Mentor Program for pregnant teens and teen mothers. 2000 Berry Rd. [sentara.com](http://sentara.com). 564-7151.

**Healthy Families of the Blue Ridge:** Assistance for first-time parents. 2000 Beery Rd. [sentara.com](http://sentara.com). 564-5982.

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

**Parenting Education and Support (PEAS):** Parenting education classes. Visit [sentara.com](http://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](http://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**

**Our Community Place - FREE showers and laundry:** [Call for scheduling and special procedures due to the pandemic.](#) 208-7552. 17 E. Johnson St. [ourcommunityplace.org](http://ourcommunityplace.org)

**Blue Ridge Legal Services:** Legal assistance for low-income clients. 204 N. High St. [brls.org](http://brls.org). 433-1830. [Office closed, call or go on-line.](#)

**Kingsway Prison & Family Outreach:** Support for inmates, ex-offenders, and their families. 2217 S. Main St. [kingswayprisonfamilyoutreach.com](http://kingswayprisonfamilyoutreach.com). 433-5658. [Call for appt.](#)

**NewBridges Immigrant Resource Center:** Immigrant services and legal immigration counsel. 64 W. Water St. [newbridgesirc.org](http://newbridgesirc.org). 438-8295. [Call for appt.](#)

**Refugee Resettlement Office:** Services for refugees and legal immigration for the community. 250 E. Elizabeth St. [cwsharrisonburg.org](http://cwsharrisonburg.org). 433-7942. [Call for appt.](#)