



STRENGTH IN PEERS

Free help accessing services: **CALL 540-742-7800 to schedule an appointment.**
35 N. Bank St. Luray, VA 228835 | StrengthInPeers.org | Updated: 7/2020 | To update information,
please email services@strengthinpeers.org | Area Code is 540, unless otherwise listed.

Coronavirus Information



COMMUNITY
RESOURCE CENTER

What is COVID-19 and what are the 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-to-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough and/or sore throat
- Shortness of breath or difficulty breathing
- Fatigue and/or muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea, vomiting, and/or 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
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

There is currently no vaccine to prevent, or an 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 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 people who are sick.
- 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. (Retail establishments and restaurants can now open but, physical distancing is still required at business.)
- Avoid mass gatherings and crowded places. (Phase 3 allows gatherings of 250 people as long as people are social distancing.)

Important websites for factual information on the coronavirus:

Virginia Department of Health: vdh.virginia.gov
Centers for Disease Control: 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.
Page County Health Department - (540) 743-6528, Mon-Fri 8AM-4:30PM

Sources: cdc.gov, who.int, vdh.virginia.gov

LOCAL Resource Information

Emergency/Crisis Support

EMERGENCY: 911

North Western Community Services Board: 24/7 Mental Health Crisis Line: 540-743-3733.

Suicide Hotline: suicidepreventionlifeline.org. 800-273-8255.

Poison Control Hotline: 800-222-1222.

Page County Sheriff's Department: 540-743-6571.

Town of Stanley Police Department: 540-778-2615.

Child Protective Services: 800-552-7096.

Town of Luray Police Department: (Non-Emergency) 540-743-6571.

Town of Shenandoah Police Department: 540-652-8193.

Adult Protective Services: 888-832-3858.

Food Assistance

Page One Food Bank & Thrift Store, Luray, VA 540-743-4357, vapageone.org

Luray Food Pantry Hours: Mon, Tue & Thur 8:30 am-11:30 am. 35 North Bank Street | Luray, VA 22835 540.743.4863

Page One Food Bank, Shenandoah, VA 540-652-8780, vapageone.org. **Consumers need to use the Luray Food Pantry hours until further notice.**

SNAP Benefits, (Food Assistance) Page County Department of Social Services 540-778-1053.

WIC, Page County Health Department, 540-743-6528. 75 Court Ln, Luray, VA 22835

Emergency Shelter/Housing

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

Arise of Page County 540-860-5069. (Homeless Day Shelter Open Tues., Thurs., Sat., 9 a.m. 3 p.m., (1207 E. Main St. Luray, VA) **opening on Aug. 3rd. Tuesday and Thursday for a couple of weeks. Please call. Meals and bathroom available, no people inside the building. Mask and gloves and temps upon arrival.**

Open Doors, Seasonal Shelter (Nov.-April) Harrisonburg, VA 540-578-3868.

Salvation Army of Front Royal, VA 540-635-4020.

Habitat for Humanity- 800-422-4828.

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. 434-0295 or 1-866-223-9169.

Mercy House: Emergency shelter and other services for families. 305 North High St. themercyhouse.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, Harrisonburg. 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.

Page County Department of Social Services: 540-778-1053. New Hours: Office 1 pm- 3:30 p.m. 215 W Main St, Stanley, VA 22851

Clothing and Furniture

Page One - Page One Thrift Boutique: 1 Cave Street | Luray, VA 22835 540.743.4357. Hours: Mon - Fri 8 am-4 pm and Saturday 8 am-2 pm

Page One Treasures Thrift Store 42 West Main Street | Luray, VA 22835-540.743.4357, Hours: TUE - FRI -8 am-4 pm Saturday 8 am-2 pm

Shenandoah Thrift Store, Food Pantry & Family Assistance 600 Comer Lane | Shenandoah, VA 22849 540.652.8780 **Family Assistance is closed.**

Thrift Store Hours: Mon - Fri 10-4 ~ Sat 10-12. Food Pantry Hours: **Please attend Luray Page One.**

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

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

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

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

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

Money Management & Legal Services

Virginia Cooperative Extension Page Co. 540-778-5794.

Clear Point Credit Counseling- 540-564-5794.

Blue Ridge Legal Services: Legal assistance for low-income clients. 204 N. High St. Harrisonburg. brls.org. 433-1830. **Offices are closed but can apply for their services online 24/7 or by phone during business hours.**

Fairfield Center(Mediation Services): Harrisonburg, VA 540-434-0059.

Commonwealth Attorney Page County: 540-743-4517 Please call for details.

Circuit Court Clerk: 540-743-4064. Please call for details.

Juvenile & Domestic Court: 540-743-4152. Please call for details.

Health/Medical

Page Memorial Hospital 540-743-4561. Open as usual.

Page Memorial Free Clinic 540-743-1054. Please call for hours and services.

Rockingham Memorial Hospital 540-689-1000. Open as usual.

Shenandoah Memorial Hospital 540-459-1100. Open as usual.

Page County Health Department 540-743-6528.- 75 Court Ln, Luray, VA 22835. Please call for more details.

Page Rural Health Center 540-778-4259. 235 Medical Dr, Stanley, VA 2285. Please call for more details.

Shenandoah Community Health Clinic: Woodstock, VA 540-459-1700. Please call for more details.

Shenandoah Community Dental Clinic: Woodstock, VA 540-459-9333. Please call for more details.

Lord Fairfax Community College Dental Clinic: 540-868-7062. Please call for more details.

Shenandoah Womans Care: Woodstock, VA 540-459-1270. Call for appointments.

Shenandoah Valley OB/GYN, Front Royal, VA 540-635-0760. Operating as normal.

Page County Health Department: STD/HIV/AIDS screening, family planning, immunizations, WIC, and child dental clinic. 540-743-6528. [Call for appt.](#)

Strength in Peers: Free rapid HIV/HCV (HepC) testing. Call or email for appt: testing@strengthinpeers.org. 917 N. Main St, Ste. 1. Harrisonburg, 217-0869. No in-person testing currently, but we can provide HIV home test kits. Call for details.

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

Life Center of Page County, Luray, VA 540-743-1464.

Healthy Families of Page and Shenandoah 540-778-4061.

Mental Health and Substance Abuse Treatment

Northwestern Community Services Board 540-743-4548. 23 W Main St, Luray, VA 22835

Northwestern CSB Peer Line (substance use) 833-626-1490.

JMU Counseling & Psychological Services 540-568-6552. Counseling and Psychological Services. 755 Martin Luther King Jr. Way, Room 1128, Harrisonburg, VA 22801

Crossroads Counseling: 540-843-2509. 221 W Main St, Luray, VA 22835

National Alliance on Mental Illness (NAMI) 540-533-1832. naminsv.org HELPLINE: 1-800-273-8255.

Strength In Peers, Peer Recovery Specialists/Peer Support 9560 S. Congress, New Market, VA 22844. Mailing address: P.O. Box 892, New Market, VA 22844. 540-217-0869. Peer recovery for those struggling with mental health, substance use and/or trauma related challenges.

Page County Counseling 540- 843-0505. Accepting new clients and meeting with them one-on-one. Provide tele-health services for those with insurance or Medicaid.

Support Groups

Narcotics Anonymous (NA) 800-777-1515. www.brana.org

Alcoholics Anonymous: Meeting list at: www.aavirginia.org 540-743-6881/540-743-7459.

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

Celebrate Recovery- Woodstock, VA, No meetings at the moment. Please call for details. 540-746-0482.

Celebrate Recovery-Front Royal, VA 540-636-9595.

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

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. hrccb.org. 433-3100.

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. 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. strengthinpeers.org. In-person and Zoom peer support groups. Call 540-217-0869 for more information!

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

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

Employment, Education and Financial Assistance

Page Workforce Center, 540-520-6597.

Lord Fairfax Community College, Luray Campus 540-843-0722. Online learning available. Please visit website or call for more information. lfcc.edu

Virginia Cooperative Extension Page Co. Office-540-778-5794.

Strength In Peers Community Resource Center @ Page One- 35 N. Bank St., Luray, VA 22835. 540-742-7800.

Shen-Paco Industries (for adults with disabilities), Luray, VA 540-743-4761. Please call for more information. 34 Stoney Brook Ln, Luray, VA 22835

Shenandoah Initiative for Adult Education, 540-271-1873. Located at Lord Fairfax Community College. Please call or visit website lfcc.edu.

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. 434-5962. Valley Rd. mtcva.com. 540-434-5962.

Virginia Career Works - 540-520-6597 -- Visit online <https://virginiacareerworks.com/> or call for information. No in-person meetings currently. Website contains job search by City/County. Live chat is available for Page and Shenandoah county at <https://vcwvalley.com/>. Click the "text" icon to the right of the screen.

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. 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. 615-5341. Offices and Senior Centers are closed. Call for services.

Resources for Families & Children

Page County Public Schools 540-743-6533. <https://www.pagecounty.k12.va.us/>

Child Support Enforcement 800-468-8894.

Healthy Families of Page County 540-778-4061. he Health Place, 294 East Main Street. Stanley, VA 22851 540-778-4061.

Child Care Connection of Page County 540-743-1273.

Children's Services Act (CSA) 540-743-1003.

Childcare Aware of Piedmont Virginia: Childcare referrals. 2000 Beery Rd. sentara.com. 540-433-4531.

Hand-in-Hand Resource Mothers: Mentor Program for pregnant teens and teen mothers. 2000 Berry Rd. sentara.com. 540-564-7151.

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. hrccb.org/infant-and-toddler-services. 433-3100.

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

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

Libraries

Page Public Library, Luray VA 540-434-4475. Please call for current hours and procedures.

Kibler Memorial Library, Stanley, VA 540-778-1605. Please call for current hours and procedures.

Shenandoah Community Library, Shenandoah, VA 540-652-2665. Please call for current hours and procedures.

Recreation/Activities

Page County Recreation Department- 540-743-1180.

Lake Arrowhead Recreation Park, Luray, VA 540-743-6475.

Hawksbill Recreation Park, Stanley, VA 540-743-6475.

Page County 4-H 540-778-5794.

Boy Scouts, Shenandoah Area Council serving Page Co. 540-662-2551.

Girl Scouts, Page County 540-843-3846.

Luray Zoo (Rescue Zoo)- 540-743-4113.

Luray Caverns 540-743-6551.

Luray Caverns Rope Adventure Park- 540-843-0319.

Yogi Bear's Jellystone Park, Luray, VA 540-743-4002.

Luray Valley Museum 540-742-9574.

Page Theatres, Luray, VA 540-743-4444.

Warehouse Art Center 540- 843-0200.

Transportation Services

Harrisonburg Public Transportation: 432-0492

Rockingham Transportation Program: 432-8646

Cabs/Taxi 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

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



STRENGTH IN PEERS

If you are seeking recovery from mental health, substance use, and/or trauma-related experiences, please give us a call.

540-217-0869 (Main Office Number)

540-208-2941 (Harrisonburg Community Resource Center)

540-742-7800 (Page County Community Resource Center)

Our Office Locations: (Call for hours or to make an appointment.)

917 N. Main St., Suite 1, Harrisonburg, VA 22802

9560 S. Congress St. New Market, VA 22844

35 N. Bank St. Luray, VA 22835