



Free help accessing services: **Walk-in Monday-Friday 9am-2pm**  
 917 N. Main St., Unit 1, Harrisonburg, VA 22802 | 540-208-2941 | [StrengthInPeers.org](http://StrengthInPeers.org) |  
 Updated: 4/2024 | To update information, please email [center@strengthinpeers.org](mailto: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: 988** (Call/Text/Chat). For ANY mental health or substance abuse concern. [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org).

**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**

**Our Community Place:** Serving breakfast: **Monday-Friday: 9-10am.** 17 E. Johnson St. Office: 442-7727, Community Center: 208-7552.

Serving lunch: **Monday & Wednesday 12-1pm.** Volunteer opportunities with Hot Lunch provided: **Tues 10am-12:30pm and Friday 10am-1:30pm.**

**Monday: Otterbein United Methodist Church:** Bagged meal served at 4:30pm. Corner of W. Market and High St. 434-7747.

**Tuesday: Asbury United Methodist Church:** Bagged meal offered 10:00am-3:00pm. 205 S. Main St. 434-2836.

**Wednesday: Blessed Sacrament Catholic Church:** Hot meal served at 4:30pm. (at doors on N. Federal St.)

**Thursday: Asbury United Methodist Church:** Bagged meal offered 10:00am-3:00pm. 205 S. Main St. 434-2836.

**Blessed Sacrament Catholic Church:** Hot meal served at 11am. (at doors on N. Federal St.)

**Friday: First Presbyterian Church:** Bagged meal served at 11:30am. 17 Court Square. 434-6551.

**Saturday: Harrisonburg Baptist Church:** Hot sandwich and bagged meal served 10:00-11:00am. Main St. & S. Liberty St. 433-2456.

**Food Pantries**

**Blessed Sacrament Catholic Church:** Tues-Fri 10am-2pm. 2 E Wolfe St. (behind building)

**Bridgewater Inter-Church Food Pantry:** 1st & 3rd Tues 6-7pm. 420 College View Dr, Bridgewater, VA 22812. 828-3711.

**Broadway Presbyterian Church:** 3rd Thurs 5-6:30pm. 107 E. Lee Street, Broadway, VA 22815. 896-6144.

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

**Cornerstone Church of Broadway:** 3rd Sun 11:30am-12:30pm. 265 W. Springbrook Rd., Broadway, VA 22812. 908-4665.

**Elkton Area United Services (EAUS):** Tues & Fri 12-2pm. 412 Gibbons Ave, Elkton, VA 22827. 298-8685.

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

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

**Harrisonburg Seventh Day Adventist Church:** 1st Wed 2-4pm. 609 W Market St. 434-0121.

**Hope Distributed (Harrisonburg First Church of Nazarene):** Thurs 4-6pm, 1st, 2nd & 3rd Saturdays 9-11am. 1869 Boyers Rd. 578-3510.

**Lacey Spring (Grace Mennonite Fellowship Church):** Mon 4-6pm. 209 Lacey Spring Rd., Rockingham, VA 22802.

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

**Patchwork Pantry (Community Mennonite Church):** Wed 6:30-7:30pm. 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, Wed, & Fri 9-11:45am. 185 Ashby Ave. 434-4854.

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

**Emergency Shelter**

**Centralized Housing Intake:** Access services for households 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](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.

**Open Doors:** Emergency shelter for adults only. [valleyopendoors.org](http://valleyopendoors.org). Office: Mon-Fri 9am-5pm, 705-1908. Location changes. Check-in 6-6:30pm.

**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.

**Affordable Housing and Home Repair**

**Harrisonburg Redevelopment & Housing Authority:** Subsidized housing. 286 Kelley St. [harrisonburgrha.com](http://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](http://buildunitedhr.org). 434-7947.

**Central Shenandoah Valley Housing Counseling Agency:** A HUD-approved counseling agency. 965 Pleasant Valley Rd. [rockingham.ext.vt.edu](http://rockingham.ext.vt.edu). 564-3080.

**Central Valley Habitat for Humanity:** Builds homes for low-income families. Bridgewater. [centralvalleyhabitat.org](http://centralvalleyhabitat.org). 828-6288.

**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-Sat 11am-5pm. 731 Mt. Clinton Pike. 433-8844.

**Goodwill Industries:** Mon-Sat 10am-6pm & Sun 12-6pm. 2475 S. Main St: 434-6050. | 2025 E. Market St: 432-9600.

**H'burg First Church of Nazarene:** **Free Clothing:** 1st, 2nd, & 3rd Sat 9am-12pm, 4th Thurs 5-7pm. **Furniture:** ("Homes to Homes") Please call for assistance:

578-3510. 1869 Boyers Rd. **Baby Hope:** Provides eligible parents with baby care essentials. Apply at [www.hopedistributed.org/baby-hope/](http://www.hopedistributed.org/baby-hope/)

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

**Mercy House Timberville Thrift Store:** Mon-Sat 9am-5pm. 148 N Main St, Timberville, VA 22853. 896-2412.

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

**Trinity Clothes Closet:** Free Clothing. Wed 6:30-7:30pm. 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](http://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](http://vaalanon.org).

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

**Blue Ridge Narcotics Anonymous:** Meeting list at: [brana.org](http://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](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.

**JMU Counseling and Psychological Services (CAPS):** Counseling for individuals, couples, and families, as well as psychological assessment. Medicaid flat fee or sliding fee scale. 755 Martin Luther King Jr. Way. [iihhs.jmu.edu/caps](http://iihhs.jmu.edu/caps). 568-1735.

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

**NAMI:** Family support groups. Meetings 2<sup>nd</sup> 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).

**Overeaters Anonymous:** Support for persons struggling with compulsive eating behaviors. Meeting list at [sites.google.com/view/harrisonburgoa](http://sites.google.com/view/harrisonburgoa)

**Sadie Rose Foundation:** Support for pregnancy, infant and child loss. 195 Main St., Dayton. [sadierosefoundation.org](http://sadierosefoundation.org). 810-4351.

**Sentara RMH Behavioral Health:** Individual counseling, group therapy, and partial hospitalization program: 136 W Elizabeth St, Suite 102. 564-5100. Psychiatry services/medication management: 644 University Blvd. 564-7007.

**Strength in Peers:** Peer support services by trained individuals who are in recovery. 917 N. Main St, Suite 1. [strengthinpeers.org](http://strengthinpeers.org). 217-0869.

**Summit House:** Psychosocial rehabilitation program for people with mental illness. 1888 Pear St. [hrcsb.org](http://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](http://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](http://avacareforyou.org). 434-7528.

**Blue Ridge Free Clinic:** Medical services for the uninsured. 831 MLK Jr. Way. Mon/Tues/Thurs by appointment. [blueridgefreeclinic.org](http://blueridgefreeclinic.org). 705-0337.

**Equipment for Caring:** Free adult diapers and medical equipment loans. Mon 5-7pm and Thurs 9-11am. 8335 North Valley Pike. 404-1159.

**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.

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

**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.

**Strength in Peers:** Free rapid HIV/HCV (HepC) testing. Call for an appt. 917 N. Main St., Suite 1. [strengthinpeers.org](http://strengthinpeers.org). 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.

## **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.

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

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

**People Helping People:** Financial assistance. Call for an appointment. 65 Ott St. [phpharrisonburg.org](http://phpharrisonburg.org). 433-7286.

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

**Skyline Literacy:** Help with English literacy skills. 100 S. Mason St. [skylineliteracy.org](http://skylineliteracy.org). 433-0505.

**Telamon Corporation:** Assists farmworkers & their dependents with education, training, & more. 39 Southgate Ct, Suite 102. [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.

**Virginia Employment Commission:** 160 N. Mason St. [vec.virginia.gov](http://vec.virginia.gov). 830-4993.

**Way 2 Go:** Help for low-income families to purchase/maintain a vehicle. [w2ginc.org](http://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](http://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](http://vpas.info). 615-5341.

## **Parenting Support**

**Boys and Girls Club:** Before & After-school childcare and summer camps for ages 5-12/ 13-18 in the city and county. [bgchr.org](http://bgchr.org). 434-6060.

**Family Engagement Services, DCSE:** Services for non-custodial parents with a DCSE case. 1550 Commerce Rd, Staunton, VA 24401. 332-9320

**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 to 36 months. 463 E. Washington St. [hrcsb.org/infant-and-toddler-services](http://hrcsb.org/infant-and-toddler-services). 433-3100.

**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.

**Valley Family Support Services:** Parenting education, foster care prevention & support, and supervised visitation. [valleyfamilysupport.com](http://valleyfamilysupport.com). 328-0242.

## **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 10am-3pm. 205 S. Main St., 434-2836.

**Blue Ridge Legal Services:** Legal assistance for low-income clients. 204 N. High St. [brls.org](http://brls.org). 433-1830.

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

**NewBridges Immigrant Resource Center:** Immigrant services and legal immigration counsel. 41 Court Square, Suite B. [newbridgesirc.org](http://newbridgesirc.org). 438-8295.

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