COMMUNITY RESOURCE GUIDE

City of Harrisonburg & Rockingham County

Free help accessing services: Walk-in Monday-through-Friday, 9:00 AM – 2:00 PM
917 N. Main St., Unit 1, Harrisonburg, VA 22802 | 540-217-0869 | StrengthInPeers.org
Updated: 9/2026 | To update information, please email Services@StrengthInPeers.org
Area Code is **540** and locations are in **Harrisonburg, VA** unless otherwise noted.

AKA "The Street Sheet"

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. 988lifeline.org
Poison Control Hotline: Assistance in case of exposure to poisonous or hazardous substances. 800-222-1222.
Sexual Assault Nurse/Forensic Exam at Valley Urgent Care: Mon-Fri 8am-8pm, Sat-Sun 8am-4pm. 1921 Medical Ave Ste A. 434-5709.
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: ***Asbury United Methodist Church*****:** Bagged lunches served 8am-3pm. 205 S. Main St.
Otterbein United Methodist Church: Meal served at 4:30pm. Corner of W. Market and High St. 434-7747.
Tuesday: ***Asbury United Methodist Church*****:** Bagged lunches served 8am-10:30am and 12:00pm-3:00pm. 205 S.Main St.
First Presbyterian Church: Meal served at 5:30pm. 17 Court Square. 434-6551.
Wednesday: ***Asbury United Methodist Church*****:** Bagged lunches served 8am-3pm. 205 S. Main St.
Blessed Sacrament Catholic Church: Hot meal served at 4:30pm. (at doors on N. Federal St.)
Thursday: ***Asbury United Methodist Church*****:** Bagged lunches served 8am-3pm. 205 S. Main St.
Blessed Sacrament Catholic Church: Hot meal served at 11am. (at doors on N. Federal St.)
Friday: ***Asbury United Methodist Church*****:** Bagged lunches served 8am-11am. 205 S. Main St.
Saturday: ***Harrisonburg Baptist Church:*** Hot meal with a bagged lunch to go served 10:30-11:30am. 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. Serves Bridgewater area only.
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. 901-2569
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 1-5:30pm. 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. 466-4173
Plains District Community Center Mobile Food Pantry: 2nd Thurs 10am-11am. 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. 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: Low-barrier shelter for adults only. Check-in at 6pm daily. 1111 N. Main St. valleyopendoors.org. Office: Mon-Fri 9am-5pm, 705-1908.
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.
Central Valley Habitat for Humanity: Builds homes for low-income families. 205 Dry River Rd, Bridgewater. centralvalleyhabitat.org. 828-6288.
Harris Gardens: Subsidized housing. 219 Vine St. 434-6569.

Clothing and Furniture
Central Valley Habitat for Humanity ReStore: Wed-Sat 9am-5pm. 2261 S. Main St: 490-0330.
Elkton Area United Services Thrift Store: Mon-Thurs 10am-5pm, Fri 10am-6pm, 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-7pm & 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/

Mercy House 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.

Mental Health and Substance Use

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. Meeting information at: 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. Insurance and sliding fee scale. 96 Campbell St. hbccc.org. 433-1546.
Family Life Resource Center: Individual and family counseling. 273 Newman Ave. 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. jmu.edu/iihhs/caps/caps.shtml. 568-1735.
NAMI: Family support groups. Meeting list at: 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 and oa.org
Sadie Rose Foundation: Support for pregnancy, infant and child loss. 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. 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, and STI testing. 847 MLK Jr. Way. avacareforyou.org. 434-7528.
Blue Ridge Free Clinic: Medical services for the uninsured. 831 MLK Jr. Way. Mon/Tues/Thurs by appointment. 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.
F.R.E.E.: Free mobility equipment for the uninsured/underinsured. Tues & Thurs 9am-3pm or by appt. 2000 Berry Rd. free-foundation.org. 564-5632.
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.
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 (Hep C) testing. Call for an appt. 917 N. Main St., Suite 1. 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. va.gov. 800-817-3807.

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 find & keep employment. 351 N. Mason St, Ste 109. dars.virginia.gov. 434-5981.
Elkton Area United Services (EAUS): Financial assistance for Elkton residents. 218 W Spotswood Trail, Elkton. elktonatheart.org. 298-8685.
Massanutten Technical Center: Career and Technical Education & Continuing and Adult Education Center. 325 Pleasant Valley Rd. mtcva.com. 434-5962.
Network 2 Work: Matches job-seekers with local employers. Available by appointment only. n2work.org. 433-4864.
People Helping People: Financial assistance. Call for an appointment. 65 Ott St. phpharrisonburg.org. 433-7286.
Salvation Army: Financial assistance.185 Ashby Ave. harrisonburg.salvationarmypotomac.org. 434-4854.
Skyline Literacy: Help with English literacy skills. 100 S. Mason St. Suite B. skylineliteracy.org. 433-0505.
Telamon Corporation: Assists farm workers & their dependents with education, training, & more. 39 Southgate Ct, Suite 102. telamon.org. 208-5757 x7231
Valley Workforce Center: Free services for career seekers. Available by appointment only. vcwvalley.com. 830-4993 or 660-9592.
Virginia Employment Commission: 160 N. Mason St. vec.virginia.gov. 830-4993.
Way 2 Go: Support 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

Boys and Girls Club: Before & After-school childcare and summer camps for ages 5-12/ 13-18 in the city and county. bgchr.org. 434-6060.
Family Engagement Services, DCSE: Services for non-custodial parents with a DCSE case. 1550 Commerce Rd, Staunton, VA 24401. 332-9915.
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. 564-5661.
Infant and Toddler Connection: Free developmental screening for children ages birth-36 months. 1241 N Main St. hrcsb.org. 433-7144.
Second Home: Before and after school care program for qualifying children in Harrisonburg City schools. 281 East Market St. secondhomelc.org. 432-7989.
Valley Family Support Services: Parenting education, foster care prevention & support, and supervised visitation. valleyfamilysupport.com. 328-0242.

Transportation Services

Harrisonburg Public Transportation: 432-0492
Rockingham Transportation Program: 432-8646
BRCC Shuttle: 943-9302
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.
Open Doors: Navigation Center-Mon-Fri 8am-5pm, 705-1908. 1111 N. Main St. Also has free wi-fi and public computers.
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. kingswayoutreach.org. 433-5658.
NewBridges Immigrant Resource Center: Immigrant services and legal immigration counsel. 41 Court Square, Suite B. 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.