



Free help accessing services: **Walk-in Mon-Wed-Fri 9:00 am – 2:00 pm**  
**733 E. Market St., Harrisonburg, VA 22801 | 540-208-2941 | [www.HarrisonburgResourceCenter.org](http://www.HarrisonburgResourceCenter.org) |**  
**Updated: 05/2018 | To update information, please email [center@strengthenpeers.org](mailto:center@strengthenpeers.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](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. **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 5-6pm.

**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.

**Shen Valley Justice "The Potters House":** Serves lunch at Roses at 11 am.

**Saturday: Harrisonburg Baptist Church:** Hot meal and bag of food to take home, 11am-12pm. Main St. & S. Liberty St. 433-2456.

**Food Pantries**

**Blessed Sacrament Catholic Church:** Tues-Fri 9am-3pm, 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:** 3<sup>rd</sup> Sun 11:45am-1:00pm. 265 W. Springbrook Rd., Broadway, VA 22812. 908-4665.

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

**Elkton Seventh Day Adventist Church:** 2<sup>nd</sup> 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:** 3<sup>rd</sup> 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.

**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:** 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.

**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. If space is available, there also are beds for females who are homeless.  
 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. [themercyhouse.org](http://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](http://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](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.

**Hope Community Builders:** Builds affordable single-family homes. 289 Jericho Rd. [hopecommunitybuilders.org](http://hopecommunitybuilders.org). 433-0152.

**Clothing and Furniture**

**Elkton Area United Services Thrift Store:** Mon-Thurs 10am-5pm, Fri 10am-7pm, Sat 10am-2pm. 218 Spotswood Trail. 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.

**Salvation Army Thrift Stores:** Mon-Sat 9am-6pm, 245 E. Washington St, 433-8770. Corps office may offer vouchers. 185 Ashby Ave. 434-4854.

**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. N Main St. [hrccb.org](http://hrccb.org). 434-1941

**Al-Anon:** Support group meetings for families of people with addiction challenges. Meetings Mon 12pm, Tues 7pm, Wed 12pm at Muhlenberg Lutheran Church basement, room 112. [vaalanon.org](http://vaalanon.org).

**Alcoholics Anonymous:** Meeting list at: [12thstepintergroup.com](http://12thstepintergroup.com). 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.

**Center for Marriage and Family Counseling:** 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.

**Collins Center:** Services for victims of sexual assault and abuse. 217 S. Liberty Street, Suite 205. [thecollinscenter.org](http://thecollinscenter.org). 432-6430.

**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.

**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. [strengthenpeers.org](http://strengthenpeers.org). 217-0869.

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

### **Health**

**Harrisonburg/Rockingham 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.

**Harrisonburg Community Health Center (HCHC):** Primary care and dental care for children and families 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 HCV (HepC). Support to individuals affected by HIV/AIDS. 963 Reservoir St. [hburgchc.org](http://hburgchc.org). 432-3308

**Harrisonburg/Rockingham Free Clinic:** Free medical services and dental extractions for uninsured. 25 W. Water St. [hrfreeclinic.org](http://hrfreeclinic.org). 433-5431.

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

**Sentara RMH Call Center:** For questions about local health services and providers. 800-SENTARA.

**Sentara RMH Medical Center:** Medical care. 2010 Health Campus Dr. [sentara.com](http://sentara.com). 689-1000.

**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**

**Department 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.

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

**Elkton Area United Services (EAUS):** 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. [mteva.com](http://mteva.com). 434-5962.

**People Helping People:** Mon-Thurs 9-11:30am. 281 E. Market St. [phpharrisonburg.org](http://phpharrisonburg.org). 433-7286.

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

**Skyline Literacy:** Help with English literacy skills. 160 N. Mason St. [skylineliteracy.org](http://skylineliteracy.org). 433-0505.

**Valley Workforce Center:** Free services for career seekers. 160 N. Mason St. [valleyworkforce.com](http://valleyworkforce.com). 433-4864.

**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**

**Department for Aging and Rehab Services (DARS):** 351 N. Mason St, Suite 109. [vadars.org](http://vadars.org). 434-5981.

**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**

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

**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](http://brls.org). 433-1830.

**Gemeinschaft House:** Therapeutic transitional home. 1423 Mt. Clinton Pike. [gemeinschafthome.org](http://gemeinschafthome.org). 434-1690.

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

**New Bridges Immigrant Resource Center:** Support for new immigrants. 64 W. Water St. [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.