



Harrisonburg/Rockingham CSA Community Resource Handbook



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Child Care Resources

Sliding Scale/Income Based Centers

Harrisonburg Rockingham Child Daycare Center, Inc. (540) 434-5268
281 East Market Street
Harrisonburg, VA 22801

Plains Area Daycare Center (540) 896-4622
12059 Daphna Road
Broadway, VA 22815

Roberta Webb Child Daycare (540) 434-8699
400 Kelley Street
Harrisonburg, VA 22801

Westover Preschool-Harrisonburg Recreation (540) 433-9168
305 South Dogwood Drive
Harrisonburg, VA 22801

Clothing

Winter Gifts Program

501 S. Main Street
Harrisonburg, VA 22801

(540) 433-2456

website: <http://www.hbcalive.org/Ministries/Missions/tabid/867/Default.aspx>

Providing a winter coat and one warm winter outfit to children of Cub Run Elementary at Christmas. Located at Harrisonburg Baptist Church

New Found Shop

website: http://www.transformtheburg.org/?page_id=16

New Found Shop is a place to find gently used clothing and baby gear. Free. We currently are operated by community volunteers, and are located at Hi & Dry Storage on Route 11. To visit the New Found Shop call the Grace Covenant Church office for more information and access to the closet at 540.433.9244.

Clothes Closet

Otterbein United Methodist Church
176 West Market Street,
Harrisonburg VA 22801

(540) 434-7747

Open Monday's at 5pm.

Once upon a Child

1790 E. Market Street,
Harrisonburg, VA 22801

(540) 438-5607

They purchase gently used kids clothing and toys from individuals for cash.

Community Support

American Red Cross

Blue Ridge Branch Office
18 Government Center Lane
Augusta County Government Center
PO Box 590
Verona, VA 24482

(540) 886-9151
Website: www.redcross.org

Shenandoah County Chapter

103 S. Main Street
Woodstock, VA 22664

(540) 459-2913
Website: www.shenandoahredcross.org

The American Red Cross provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies through our five lines of service. In the community, the American Red Cross provides:

- **Armed Forces Emergency Services**: emergency communications to men and women in the military
- **Blood Services**: collecting lifesaving units of blood for our area, state and nation during times of large disasters
- **Disaster Services**: food, clothing, shelter, hotel, prescription replacement, and first month's rent to those affected by natural disaster
- **Health & Safety Services**: CPR, First Aid, and AED (Automatic External Defibrillator) training
- **International Services**: providing tracing services and local projects to serve others from around the world.
- Spanish interpreter can be arranged; advanced notice is needed.

Community Resource Center

Call/Walk-in Center
Muhlenberg Lutheran Activity Center
281 E. Market Street
Harrisonburg, VA 22801

(540) 433-3888
Website: www.hrcrc.org
Email: volunteer@hrcrc.org

Mailing Address
PO Box 1753
Harrisonburg, VA, 22803

- Serves all ages and income levels; Non-English Services available upon request.
- **Information, Resource, and Referral Services** for the Harrisonburg-Rockingham (and surrounding) areas: Through the utilization of a comprehensive database listing local services/agencies, search tools, and contacts, CRC can provide a link to these services through the call center, agency website with links, and through personal contact with area resources. Trained volunteer responders provide personal links to those needing and requesting information and connections.
- **Homeless Management Information Systems Services**: Providing a venue to connect homeless or potentially homeless clients to possible services as well as a means to track homeless needs within our area. Participate in advocating homeless issues within the community and partner with agencies serving this need.
- **Agency Support and Partnership**: CRC strives to be a central venue to assist in identifying gaps and needs in services, collaborate to assist in funding, and strengthen community initiatives.

Community Mediation Center

165 South Main Street, Suite A
Harrisonburg, VA 22801

(540) 434-0059

Website: www.weworkitout.org
Email: cmcmmediation@comcast.net

Community Mediation Center (CMC) is a full service dispute resolution center providing family, general, criminal, and multi-party mediation services. CMC is committed to providing mediation, facilitation, and other conflict resolution and restorative justice services and trainings to individuals, families, businesses, organizations, and communities. Mediation is a constructive process and is used for cases involving: child custody, support and visitation issues, parent/child conflicts, landlord/tenant disputes, consumer/merchant disputes, adult sibling conflicts, school and church conflicts, organizational issues, and community and governmental issues

Department of Social Services

Harrisonburg/Rockingham County
110 N. Mason Street
PO Box 809
Harrisonburg, VA 22803

(540) 574-5100

Email: www.rockinghamcountyva

The Department of Social Services provides both financial and social work services that are administered according to State and Federal regulations. The mission of the agency is to promote self-reliance and protection for Virginians through community based services. Please check with your local office to see what programs and services are available in your location.

Financial Services include:

- Temporary Assistance for Needy Families (TANF)
- Food Stamps
- Medicaid
- Auxiliary Grants for the Aged, Disabled, and Blind
- General Relief
- Energy/Fuel Assistance
- State-Local Hospitalization

All of these programs have differing eligibility guidelines and require application and verification of information. They are designed to assist low-income families or individuals through cash grants or in-kind payments for financial needs.

The Social work programs are as follows:

- Protective Services for Children and Adults
- Foster Care Services
- Adoption Services (limited - usually referral to private or public agencies)
- Nursing Home screenings and placement
- Adult Home placements
- Adult stabilization and support
- Family stabilization and support
- Day Care Services for Children
- Employment Services under the Federal and State Welfare Reform initiatives--VIEW (The Virginia Initiative for Employment, not Welfare)

Some of the service's programs are provided based solely on need and not on income eligibility. The focus of the services is to strengthen the families or individual's ability for self-sufficiency or independence, avoid inappropriate institutional placements, and provide protection to those who are unable to protect themselves.

Our Community Place

17 E. Johnson St.
Harrisonburg, VA 22802

(540) 442-7727

Website: www.ourcommunityplace.org

Our Community Place seeks:

- To accommodate, foster and provide activities and programs related to personal growth and community well being.
- To be a resource in the community for individuals seeking information or services already provided by other organizations.
- To educate and empower individuals toward self-sufficiency, thus creating social capital for the community at large.
- To nurture a community that appreciates diversity and sees differences and conflict as opportunities for spiritual growth.

We are dedicated to breaking down barriers that tend to separate humans from the joys to be experienced in a loving community. We are particularly dedicated to including in our activities those struggling with poverty and difficult life circumstances. We have found over the years that incredible healing potential, for all parties, exists in the simple act of sitting down and socializing together across social barriers.

People Helping People

(540) 433-7286

281 East Market Street
C/O Muhlenburg Lutheran Church
Harrisonburg, VA 2202

People Helping People is a group of volunteers whose purpose is to coordinate helping services for persons in need in Harrisonburg and Rockingham County. Please call to inquire about hours of operation.

United Way

Harrisonburg & Rockingham County
420 Chesapeake Ave
P.O. Box 326
Harrisonburg, VA 22803

(540) 434-6639

Website: <http://national.unitedway.org>
Email: <http://uwhr.org/>

United Way's goal is to create long-lasting changes by addressing the underlying causes of these problems. Living united means being a part of the change. It takes everyone in the community working together to create a brighter future. Give. Advocate. Volunteer. LIVE UNITED.

Disability Services

ADHD/ADD Advocacy

(215) 688-8707

Arc – Support Group for Mentally Handicapped Individuals

(540) 434-2469

Intellectual Disability/ Mental Illness Support

(540) 437-9214

The Arc Op Shop

620 Simms Avenue
Harrisonburg, VA 22802

(540) 437-9214 ext. 134
Email: opshop@hrarc.org

The Arc Op Shop is a day support program for adults with developmental disabilities. Located in the Lucy F. Simms Center, the Monday through Friday program provides training in social skills, life skills, communication skills, and pre-vocational skills while giving participants opportunities to earn a small paycheck. Serves adults.

Pleasant View, Inc.

PO Box 426
Broadway, VA 22815

Main Office: (540) 896-8255
Social Services Department: 433-8960
Website: www.pleasantviewinc.org

Pleasant View, Inc., a not-for-profit agency, serves adults with developmental disabilities in residential and day support services. Over 90 adults with disabilities, including mild to profound mental retardation, autism, cerebral palsy, as well as other disabilities, are served in nine group homes, supervised apartments, an intermediate care facility, and independent apartments. One hundred twenty-five people are provided day support through two developmental day programs, Community Connections and Supported Employment. Locations are in Harrisonburg, Broadway, and Dayton. Providing people with disabilities the opportunity and training necessary to achieve their highest level of independence is an important part of our programming. For more information, contact Social Services at the number above or visit the website at pleasantviewinc.org. Serves adults.

Shenandoah Valley Autism Partnership

Website: www.Valleyautism.org

Valley Associates for Independent Living, Inc (VAIL)

3210 Peoples Drive Suite 220
Harrisonburg VA, 22801
Fax: 433-6313

(540) 433-6513
Toll Free: 1-888-242-VAIL
Website: www.govail.org

VAIL offers expertise in disability laws and accessing community based services and funding. Most importantly, CILs provide a cross-disability, consumer-directed perspective that promotes choice and self-advocacy. At least 51% of the staff and board of directors are people with disabilities to ensure that people with disabilities play an integral role in shaping the services that impact their lives.

Virginia Board for People with Disabilities

804-786-0016

Woodrow Wilson Rehabilitation Center

243 Woodrow Wilson Avenue
Fishersville, VA 22939

(800) 345-9972
332-7000
TTY 800-811-7893
Website: www.wwrc.net

The Woodrow Wilson Rehabilitation Center is the first state-owned and operated comprehensive rehabilitation center in the country. Staff at WWRC provides training and therapy to people with disabilities to enable them to re-enter the workforce and live more independently.

Employment Services

Benchmark Employment Services

322 Marr St
Staunton, VA 24401

(540) 688-7016

Friendship Industries, Inc.

801 Friendship Drive
Harrisonburg, VA 22802

(540) 434-9586

Website: www.friendship-industries.com
Email: PatriciaCraft@Friendship-Industries.com

Friendship Industries provides training and employment services to adult persons with mental, emotional, or physical disabilities in a light manufacturing work environment in which individuals are not subjected to competitive production pressures. Friendship provides transportation for many clients and offers job coaching and supported employment services, which enable clients to work competitively with the community. The cost of most services provided is paid by other agencies. Please call for more information about hours of operation and to make an appointment.

Goodwill Industries, Inc.

Local Offices
Harrisonburg Workforce Center
1909 A East Market St.
Harrisonburg, VA 22801

(540) 434-2513

Email: www.horizongoodwill.org
Website: www.goodwill.org

The Arc Op Shop

620 Simms Avenue
Harrisonburg, VA 22802

(540) 437-9214 ext. 134
Email: opshop@hrarc.org

The Arc Op Shop is a day support program for adults with developmental disabilities. Located in the Lucy F. Simms Center, the Monday through Friday program provides training in social skills, life skills, communication skills, and pre-vocational skills while giving participants opportunities to earn a small paycheck.

REACH Employee Assistance Program & Workplace Solutions

320 South Main Street
Harrisonburg, VA 22801
Certified Employee Assistance Professional

(540) 421-4008
800-950-3434
Fax: 866-672-9873
Website: www.reach-eap.com

REACH Employee Assistance Programs specialize in offering comprehensive EAP workplace services, with a focus on providing a high quality, cost effective program that is responsive to the particular needs of each employer. The REACH program is founded on the belief that healthy, happy employees, who enjoy stable and satisfying home and work life environments, will be more productive and a greater asset to their employers.

Shenandoah Valley Workforce Investment Board

160 N. Mason Street
Harrisonburg, VA 22801

(540) 442-7134

Food Resources

Patchwork Pantry

(540) 433-2148

Community Mennonite Church
70 S. High Street
Harrisonburg, VA 22801

Patchwork Pantry provides free staple foods and some non-food items. Clients are eligible to receive food one time per month. Call for more information.

Valley Mission Inc.

(540) 886-4673

1513 W. Beverley Street
Staunton, VA 24401

Website: <http://valleymission.net>
Email: davidreed@valleymission.net

Valley Mission Inc. provides temporary shelter for the homeless, serving single men, women, and families, and limited assistance to low-income community members. We provide 3 meals a day Monday – Friday, and 2 meals a day on Saturday and Sunday. All meals are open to the community. Shelter residents receive help with items needed as well as case management services and spiritual counseling. Community members who qualify for help may receive utility and prescription assistance, Thrift Store vouchers, and food boxes. GED classes are available to everyone. Chapel services, offered twice each week, are open to the public.

Bag Lunch

(540) 433-2456

Harrisonburg Baptist Church
501 South Main Street
Harrisonburg, VA 22801

Providing hunger relief on Saturday mornings to individuals and families with a hot lunch and a sack lunch to go

Feed the Families

(540) 433- 2456

Harrisonburg Baptist Church
501 South Main Street
Harrisonburg, VA 22801

Providing local families with Thanksgiving and Christmas dinners.

Soup Kitchen

Otterbein United Methodist Church
176 West Market Street,
Harrisonburg VA 22801

Monday's at 4:30.

Broadway Presbyterian Church

(540) 896-3903

107 E Lee St,
Broadway, VA 22815

Runs a food pantry, with a focus on meeting emergency needs. Donations are always accepted, and items go right to the less fortunate. Dial (540) 896-3903 to learn about the food pantry for those in need of support during a difficult time.

Blessed Sacrament Church, Food Pantry

(540) 434-4341

154 N Main St.
Harrisonburg, VA 22802

This center offers emergency outreach services for area residents who are low income and who need assistance. The center also offers a food pantry and groceries, sandwiches and a soup kitchen for those in need of food. Many volunteers work at the location.

Harrisonburg Salvation Army

185 Ashby Ave
Harrisonburg, VA 22802

A number of social services are offered. The location also provides emergency food, for free or low cost, to those who qualify. Other aid includes clothing, Thanksgiving and Christmas meals, and more. For Emergency Shelter after 4:30 PM please call: (540) 433-2785

Patchwork Pantry

(540) 433-2148

Community Mennonite Church
70 S High Street
Harrisonburg, VA 22801

This is a food bank program of Community Mennonite Church. Offers indigent persons of Rockingham County and the Harrisonburg area a food pantry for meals, fruits, vegetables, and government surplus commodities.

Emmanuel Episcopal Church

(540)434-2357

660 S Main St.
Harrisonburg, VA 2280

While the church will serve families from anywhere, the Food Pantry will prioritize aid for needy families mainly in the Harrisonburg area.

First Church of the Nazarene

(540) 434-1092

1871 Boyers Rd
Harrisonburg, VA 22801

Helps in many ways, including offering a food pantry to persons in need. Holiday meals, gifts, and other support is offered for families.

Massanutten Presbyterian Church

(540)434-6194

50 Indian Trail Rd
Penn Laird, VA 22846

Local hungry families living in community can get up to a three day supply of food. The charity programs run can distribute food, groceries, toiletries, diapers, and certain household supplies to needy families in the local area. Since the food bank started years ago, it has distributed tons of free or low cost food and served hundreds of people. The dedicated members of the Massanutten Presbyterian Church Food Pantry consists of kitchen staff, greeters, interviewers, runners, and a coordinator. Call for hours and information.

ERMA Food Pantry

(540) 249-5893

300 4th Avenue
Grottoes, VA 24441

Located at Grottoes United Methodist Church. Open every Monday at 6:30 pm, except for the 5th Mondays of the month.

Elkton Area United Services

(540) 298-0931

218 Spotswood Trail
Elkton, Virginia 22827

The non-profit helps to meet basic needs of the Elkton Virginia community. Program services offered to the low income and working poor include a Food Pantry and Holiday Cheer, Thanksgiving and holiday meals, and a Christmas holiday assistance and gift program. Persons and families with children needing help may sign up for church, company, and individual gifts. Families are matched with community residents and generous members of the Rockingham area who provide gifts and help to fill holiday needs. The food pantry also helps to supplement holiday needs by offering meals and support.

Open Door Gospel Church

(540) 433-0554

34 Freelance Lane
Mt Crawford, VA 22841

3rd Saturday each month 9-10:30am

Elkton Seventh Day Adventist

(540) 298-1801

20995 Blue and Gold Drive
Elkton, VA 22827

2nd Wednesday each month 12noon - 5pm

Healthcare

Alzheimer's Association, Central & Western Virginia Chapter

2040 Deyerle Ave., Suite 102
Harrisonburg, VA 22801

(540) 437-7444
800-272-3900

Website: www.alzc.org/cwva

When Alzheimer's disease touches your life the Alzheimer's Association, Central and Western Virginia Chapter, is here to help. We can provide a warm, knowledgeable voice on the phone, face-to-face consultation and support, accurate information, support groups, the safe return of a loved one who has wandered, respite financial support, and/or professional education.

American Cancer Society

420 Neff Avenue #210
Harrisonburg, VA 22801

800-416-8847

(540) 434-3360

Fax (540) 432-1621

Website: www.cancer.org

The American Cancer Society is a non-profit organization that provides education and patient services to individuals in our community. Wigs and prosthetics are available. Programs such as Look Good Feel Better, Man To Man, Reach to Recovery, and Road to Recovery are offered through this office. Please call to obtain additional information or to speak to someone about becoming a volunteer. Contact the Community Manager for information about Health Fairs. All services are provided free of charge to cancer patients and their families

Harrisonburg Pregnancy Center

833 Cantrell Avenue
Harrisonburg, VA 22801

Client: (540) 434-7528

Business: 434-0685

Website: www.hburgpc.org

Email: morechoices@harrisonburgpregnancy.org

Daily appointment and walk-in hours are available. All services are free and confidential. Services include free pregnancy testing, counseling and accurate information on all options, limited ultrasound services, community referrals, material services, information on healthy relationships and abstinence, and after-abortion care. Please call to make an appointment

Cooks Creek Clinic-Dr. Andrew Blay

2323 Grace Chapel Road
Harrisonburg, VA 22801

(540) 433-3889

Cooks Creek Clinic is a private, urgent care style clinic that offers both appointments and walk-ins for minor health concerns by a licensed physician. The clinic does not accept or require health insurance. The cost to be seen is a flat fee of \$50, payable at the time of service. If there is a prescription needed, Dr. Blay will make every effort to both request and locate the cheapest option for the patient. Follow ups are provided as well if needed. Dr. Blay also provides yearly physicals. The clinic is open Monday - Friday from 8:00 am to 5:00 pm.

Harrisonburg-Rockingham Free Clinic

25 West Water Street
Harrisonburg, VA 22801

(540) 433-5431

Fax: 574-0207

Website: www.hrfreeclinic.org

Email: kgnagey@hrfreeclinic.org

The Harrisonburg-Rockingham Free Clinic provides free health care to individuals in the city of Harrisonburg and Rockingham County who have no health insurance and are under 200% of the federal poverty level. Sixty percent of our clients are at or below 100% of the federal poverty level. Over 70% of our clients have one or more chronic diseases. About 70% of our clients are between the ages of 35 and 64.

Health Department

110 North Mason Street
PO Box 26
Harrisonburg VA, 22801

(540) 574-5100

Website: www.vdh.state.va.us

Health Departments provide the following services to the communities they serve:

- Sexually Transmitted Disease Clinics: Testing and counseling is available for syphilis, gonorrhea, herpes, and AIDS (anonymous AIDS testing is available).
- Maternity Clinic: Prenatal care, assessment, and education by nurses, nutritionists, and physicians.
- Well Child Clinic: Routine well child care, developmental screening, immunizations, and education.
- Family Planning Clinic: Examination, education, and counseling regarding the different types of birth control.

Infant & Toddler Connection of Harrisonburg/Rockingham

McNulty Center for Children and Families
463 E. Washington St.
Harrisonburg, VA 22802

(540) 433-3100

1-800-234-1448

The Infant & Toddler Connection of Harrisonburg-Rockingham is a service of the Harrisonburg-Rockingham Community Services Board. We provide early intervention supports and services to infants and toddlers from birth through age two who are not developing as expected or who have a medical condition that can delay normal development. Early intervention supports and services focus on increasing the child's participation in family and community activities that are important to the family. In addition, supports and services focus on helping parents and other caregivers know how to find ways to help the child learn during everyday activities. These supports and services are available for all eligible children and their families regardless of the family's ability to pay.

Office on Children and Youth

JMU, MSC 9008
601 University Blvd.
Harrisonburg, VA 22807

(540) 568-7083

Website: <http://www.theocy.org/>
Email: hartzlkm@jmu.edu

The Office on Children and Youth, a partnership program at the Institute for Innovation in Health and Human Services at JMU, promotes positive youth development through working with all youth-serving organizations in Harrisonburg and Rockingham County to support, coordinate, and examine the needs of our youth. The Office gathers and evaluates data related to the needs of youth, works to coordinate services for efficient delivery, advocates for needed services, and is a resource center for information concerning youth.

Office of Children and Youth : Teen Pregnancy Prevention (TPP)

JMU, MSC 9008
IIHHS
601 University Blvd.
Harrisonburg, VA 22807

(540) 568-6007

Fax: 568-6409
Website: www.theocy.org

The mission of Teen Pregnancy Prevention is to provide information and skills to help teenagers and young adults make healthy choices and avoid risky behaviors, such as sexual activity and drug and alcohol use, by presenting quality school- and community-based prevention services. This mission is being addressed through various educational programs and public awareness campaigns established through collaborative efforts between TPP, youth-serving community agencies, public and private school systems, faith communities, colleges and universities, and corporations within the community. Serves clients age 10-29. TPP provides the following interventions:

- Baby Think It Over: an eight-pound lifelike infant simulator distributed to youth for a 67 hour "parenting" experience.
- Vision of You: a ten-session program to help teens improve decision-making skills, make healthy choices, and make competent decisions about their futures. Available to any interested group.

- Healthy Choice Presentations: focus on life's choices concerning sexual behavior, and how the consequences of some choices can stay with you forever. Available to any interested group.
- Partners in Prevention: programs for young adults aged 20-29, availability varies.
- TPP also provides presentations dealing with teen pregnancy issues, the local situation, and how to talk to teenagers about sex to educators, providers, youth leaders, and parents

RMH Healthcare Hand-in-Hand Resource Mothers Program

(540) 433-4340

Mailing Address:
2010 Health Campus Dr.
Harrisonburg, VA 22801

Website: www.rmhonline.com/Main/HandinHandResourceMothersProgram.aspx

Email: dbullis@rhcc.com

Physical Address:
RMH Atrium, 2000 Beery Rd.
Harrisonburg, VA 22801

Age of Clients Served: Teenagers, age 19 years and younger. Language Services for Non-English speakers: We have a bilingual staff of Resource Mothers. Mentoring and Case Management program for pregnant and parenting teens. The Hand-in-Hand Resource Mothers Program's mission is to have healthy outcomes for teen mothers and their babies. Hand-in-Hand is a home visitation program with services beginning at the first confirmation of pregnancy until the baby's first birthday, approximately 18 months of service.

Hand-in-Hand Resource Mothers goals:

- 1) Reduce the number of low birth weight and preterm babies born to teens.
- 2) Provide encouragement and support to remain in school or on the job to become self sufficient.
- 3) Increase parenting skills.
- 4) Delay any repeat pregnancies until adulthood.
- 5) Reduce the incidence of poverty.

RMH Hospice

(540) 433-4429

2010 Health Campus Drive
Harrisonburg, VA 22801

Website: www.rmhonline.com

At RMH Hospice, we believe that all patients and their loved ones and families are unique and deserve care that is personal to their needs. People facing a terminal illness have the right to peace, dignity and comfort. Their care should involve the entire family. Based on this philosophy, RMH Hospice provides a variety of services to patients and families in their own homes, with the goal of helping families avoid the emotional, spiritual, social, and financial stresses caused by frequent hospital stays. If you have a family member or loved one confronting the challenge of a terminal illness, rest assured that you don't have to face it alone. At RMH Hospice, we are here for you.

Valley AIDS Network

(540) 568-8838

Mailing address:
MSC 9018
Harrisonburg, VA 22801

Toll free: 800-648-5302
VAN en Espanol: 568-8832
Fax: 568-8835

Physical Address:
601 University Blvd
3rd floor - suites 322/323/324
Harrisonburg, VA 22807

Website: www.valleyaidsnetwork.org
Email: contact@valleyaidsnetwork.org

The Valley AIDS Network, in collaboration with community partners, strives to compassionately meet the needs of Valley residents diagnosed with HIV/AIDS, raise awareness and prevent the spread of the HIV virus through education, and serve as an advocate for both those infected and affected by the AIDS epidemic. Services include: medical management, case management, HIV-related medications, and emergency food/ housing assistance

❖ Chronic Illness

AWAKE

(540) 433-4580

Website: <http://www.rmhonline.com/SupportGroups/tabid/57/Default.aspx>

For individuals or family members of individuals with sleeping disorders (excessive snoring, sleep apnea, etc.). Meetings have both educational and emotional support components. Meets quarterly at 7 PM. at the Rockingham Memorial Hospital Outpatient Center (4th floor). There is no charge. Call for specific dates. For more information about the program please contact Brian Flock. To register, please call 437-8241

Cancer Support Groups

(540) 433-4249

Various support groups are held throughout the week including topics ranging from cancer patient support for various illnesses and family support.

Diabetes Support Groups

(540) 433-4269

Diabetes support groups are held throughout the week in various locations.

Journeys Support Group (dealing with mental illness)

(540) 434-5981

Mended Hearts

This is a support group for heart patients and families. Please check the RMH website for information regarding meeting dates, times, and information.

NAMI Rockingham Alliance for the Mentally Ill

(540) 434-1816

Information regarding support groups for the mentally ill

National Alliance for the Mentally Ill (NAMI)

(540) 434-8761

Website: www.nami.org

Families Helping Families Cope with Mental Illness

Parkinson's Support Group

(540) 879-9743

Pulmonary Achievers Live Successfully (P.A.L.S.)

(540) 433-4580

Contact for current meeting times and locations. Open to people with breathing problems, or chronic lung disease, including asthma, and their family members/significant others. Co-sponsored by Pulmonary Rehab and the Shenandoah Region of the American Lung Association.

Community Health

Registration:(540) 433-4580

Support on various health related topics are located at Rockingham Memorial Hospital. Support groups and special topics include: Breast Cancer, Diabetes, Relationships, Grief and Loss, and Mindfulness. For a complete list of topics, dates, and times please check the website listed above. Refer to the online RMH calendar for current or future meetings.

❖ Family Support

Caregiver Chat Support Group (meet at RMH)

(540) 434-1604

For family caregivers who are caring for an aging family member or loved one

Caregivers Community Network

(540) 568-6682

Offers support groups for caregivers and respite care

CHADD of the Shenandoah Valley

(540) 241-4754

Offers support group information for caregivers of persons with ADD

Rockingham Memorial Hospital

(540) 689-1000

Toll-free Health Source: 800-433-4580

Offers information on caregiver of aging relatives support groups in the Harrisonburg area. You can also call 574-3800 for information about Generations Crossings

Housing/Pest Control

Affordable Pest Control

3047 Shen Lake Dr
Harrisonburg, VA 22801

(540) 432-9500

First Step: A Response to Domestic Violence

129 Franklin Street
Harrisonburg, VA 22801

(540) 434-0295

Website: www.firststepva.com

Email: firststepva@gmail.com

First Step is a private, non-profit agency providing shelter and support services for survivors of domestic violence and their dependent children. The services offered include: 24-hour, 7 day/week access to shelter and crisis intervention services, support/education groups for survivors and their children, housing/employment counseling, court advocacy, case management and information, and referrals. All services are provided free of charge.

Gemeinschaft Home for Ex-Offenders

1423 Mount Clinton Pike
Harrisonburg, VA 22802

(540) 434-1690

Website: www.gemeinschafthome.org

Email: info@gemeinschafthome.com

Transitional therapeutic community for the non-violent ex-offender. Ex-offenders are referred by the Department of Corrections.

Harrisonburg Redevelopment and Housing Authority

P.O. Box 1071
Harrisonburg, VA 22803

(540) 434-7386

Fax: 432-1113

Website: www.harrisonburgrha.com

To provide safe, decent, affordable housing for low-income families. Also involved in housing rehabilitation programs, reutilization programs, tax exemptions and financing, and homeownership development programs.

Mercy House

P.O. Box 1478
247 N. High Street
Harrisonburg, VA 22802

(540) 432-1812

Fax: 564-0325

Website: <http://themercuryhouse.org>

Email: twilamercy@ntelos.net

Mercy House is a transitional housing shelter for homeless families, both single parent and 2 parents, with children. Families can stay up to 6 months provided they are following the program requirements designed to assist their family with obtaining housing and reaching self-sufficiency. Families are provided shelter, food, clothing, and case management free of charge during their stay. Families must have the ability to work, save money and become self-sufficient.

Open Doors

176 West Market Street
Harrisonburg, VA 22801

(540) 578-3868

Open Doors is an organization designed to help those most in need in our community. Our main focus is to provide a place of last resort for those who have nowhere else to go in our community. The shelter is open from November to April and is hosted by a different faith community in the Harrisonburg/Rockingham County area each week.

Salvation Army
Ashby Ave
Harrisonburg, VA

(540) 434-4854
Website: www.salvationarmyusa.org

The Salvation Army is a non-profit organization that provides programs and services that help build community and fellowship, rebuild lives and provide comfort and support to those in need.

Valley Mission Inc.
1513 W. Beverley Street
Staunton, VA 24401

(540) 886-4673
Website: <http://valleymission.net>
Email: davidreed@valleymission.net

Valley Mission Inc. provides temporary shelter for the homeless, serving single men, women, and families, and limited assistance to low-income community members. We provide 3 meals a day Monday – Friday, and 2 meals a day on Saturday and Sunday. All meals are open to the community. Shelter residents receive help with items needed as well as case management services and spiritual counseling. Community members who qualify for help may receive utility and prescription assistance, Thrift Store vouchers, and food boxes. GED classes are available to everyone. Chapel services, offered twice each week, are open to the public.

❖ Housing/Repair Services

Bridge of Hope Harrisonburg-Rockingham

(540) 478-2356

PO Box 535
110 Old South High
Harrisonburg , VA 22803

Homeless mothers and their children are among the most vulnerable persons in our communities today. Their loneliness and despair stirs the desire of many to give these families a chance at a stable and secure life. But caring people often admit to feeling ill-equipped to reach out in helpful ways to those who are homeless, many of whom also struggle with problems of abuse, joblessness, or addiction.

To provide a way for those caring individuals to reach out and help fight this despair on a local level, Bridge of Hope Harrisonburg-Rockingham (BOHHR) was founded. We are a faith based non-profit organization started locally by a multi-denominational group of Christians and a Bridge of Hope National affiliate—one of 16 in eight states and the only one in Virginia. Our unique model is built on a three-way partnership matching individuals in need with those wishing to help. Read more about us, and browse the other information we've made available here, including an overview of our services, announcements, and a listing of our fundraisers and other friend-building efforts.

Care Force One

(540) 249-5239

300 4th Avenue
Grottoes VA

A ministry of Grottoes United Methodist Church. Provides help with yard work, snow shoveling, moving, or other simple household tasks.

Transformers-Harrisonburg Baptist Church

(540) 433-2456

510 S. Main Street
Harrisonburg, VA 22801

website:<http://www.hbcalive.org/Ministries/Missions/tabid/867/Default.aspx>

Program based on Harrisonburg Baptist Church that helps needy families with house repairs.

Immigrant Services

New Bridges Immigrant Resource Center

70 S. High Street
Harrisonburg, VA 22801

(540) 438-8295

Website: <http://newbridgesirc.org>

Email: info@newbridgesirc.org

New Bridges is a non-profit organization based in Harrisonburg, Virginia, that strives to build connections between immigrant and native-born communities. Our mission is to address the needs of immigrants in the Shenandoah Valley, empowering them to become interactive participants in the community. New Bridges helps non-English speaking clients with the following tasks:

- Medical bill management
- Referrals to community resources
- Immigration paperwork
- US Passports
- Diversity Workshops
- Mexican Consulate
- Honduran Consulate
- Tax help
- Immigrants Academy

We host an annual Mexican Consulate and various outside groups that provide specific resources to this community through one-day events including topics such as tax preparation and vision care. Our staff is bilingual (English/Spanish) and we feel comfortable providing services to all non-English speakers by accessing interpreters for languages other than Spanish. We provide diversity training and educational workshops through our Immigrant Learning Events to church groups, schools, and other community groups.

Shenandoah Valley Migrant Education Program

JMU MSC 9007, Blue Ridge Hall room 344
Harrisonburg, VA 22807

(540) 568-3666

Website: www.svmep.jmu.edu

SVMEP provides year-round, supplemental educational services to the children ages 3 – 21 of migrant and highly mobile agricultural workers who have moved within the last 3 years seeking employment. These services are free to eligible clients. We assist with school registration, interpretation, parent involvement, and tutoring. Language services for non-English speakers: all staff is bilingual (English/Spanish).

Children's Activities

A Bowl of Good

(540) 437-9020

831 Mt. Clinton Pike
Harrisonburg, VA 22802

More fun story time can be had at A Bowl of Good on Wednesday mornings at 9:30 AM! These stories highlight cultures from around the world. They also serve snacks from the culture of the story. Children and big kids at heart are all welcome.

A Dream Come True Playground

1050 Neff Ave.
Harrisonburg, VA 22802

A free accessible Harrisonburg city playground with a wheelchair accessible swing called "Liberty Swing." The playground has separate equipment for 2-5 year olds and 5-12 year olds, with features including a rock, rainbow arches, shade structures, roadway, hammock swing, draw wall, pavilion and family comfort stations that are fully accessible.

Back Home on the Farm

(540) 442-6493

2915 Willow Run Rd.
Harrisonburg, VA 22802

Beautiful 240 acres of farmland in Rockingham County with many attractions for all ages. The farm activities include pig races, carousel rides, a cow train, hayrides, a corn maze and much more.

Barnes & Noble

(540) 432-3801

289 Burgess Road
Harrisonburg, VA 22801

Every Friday morning at 11:00 AM, the Harrisonburg Barnes & Noble offers a wonderful story time on the stage in the children's section.

Bella Luna Wood-Fired Pizza Family Fun

(540) 433-1366

80 W Water St,
Harrisonburg, VA 22801

Kids watch as Neapolitan-inspired, thin crust pizza is baked at 900 degrees in a traditional wood-fired oven, just as it was 200 years ago in Naples, Italy. Groups call ahead to find out how you can "Create your own pizza!"

Big Brothers/Big Sisters

(540) 433-8886

225 North High St.
Harrisonburg, VA 22802

Fax: 433-6081

Website: www.bbbsshr.org

Email: info@bbbsshr.org

Big Brothers/Big Sisters of Harrisonburg-Rockingham County is a non-profit organization serving children between the ages of 6-14. Children matched in the program have been identified as needing the additional support of an adult mentor. Children are paired with carefully screened volunteers and spend a minimum of one hour per week together, either in the community or a school setting. BBBS offers an Hispanic mentoring program, as well. There are no fees that prevent families from applying for services. Our services are offered free of charge to children living in Harrisonburg or Rockingham County. **Parental consent and cooperation are required.**

Boys & Girls Club

(540) 434-6060

620 Simms Ave
Harrisonburg, VA 22802

Brian Maves Karate

(540) 432-8400

3 locations: Harrisonburg on 33E, Elkton, and Harrisonburg on Rt. 42 North. Provides After school programs and summer camps.

Chick-Fil-A Come & Play

(540) 574-2232

Market Square East Shopping Center
1691 E. Market Street
Harrisonburg, VA 22801

Chick-Fil-A not only serves up delicious food in a kid-friendly environment, but they also provide a Come & Play time on Thursday mornings from 10:00 – 11:00 AM. (Bonus: if you arrive before 10, you can get a free small cup of coffee!)

Dance & Company

(540) 433-7127

115 S. Main Street,
Harrisonburg, VA 22801

Offers ballet, modern, tap, jazz, musical stage, hip-hop, and irish dance.

Dancing with Karen

(540) 432-1003

77 E. Market Street,
Harrisonburg, VA 22801

Offers student discount, \$5.00 per lesson. Specializes in Social group dancing

Explore More Discovery Museum

(540) 442-8900

Harrisonburg Children's Museum
150 S. Main St.
Harrisonburg, VA 22801

Open Tues-Sat from 9:30am-5pm | Open with free admission on the first Friday of the month from 4-7pm
Experience the Explore More Discovery Museum and the new exhibits of Harrisonburg's community-inspired museum designed to engage young minds through interactive, multi-sensory learning experiences that promote greater understanding of themselves and their world. Exhibits include the Discovery Tree, Art Smart, Construction Zone, Friendly City Medical Center , TV Studio and the Science Lab. Learn about the world around us through exploration and the many workshops throughout the year.

First Tee of Harrisonburg

(540) 442-6502

690 Garbers Church Rd.
Harrisonburg, VA 22801

The First Tee provides young people the skills to be successful on and off the golf course. Classes range from beginner to advanced. Clinics, open play, movie nights, and other events are also offered.

Funky's Skate Center

(540) 433-1834

100 Miller Cir.
Harrisonburg, VA

Open skating, party or rentals, roller derby, and speed skating.

Gap View Kennel

(540) 896-7327

13445 Cooley Spring Lane,
Broadway, VA 22815

Open to the public for 'visiting' puppies. By appointment only. Please call to schedule a time to visit.

Generations Park

(540) 828-3390

410 N. Main Street
Bridgewater, VA 22812

Generations Park, located in Bridgewater, VA, will have an ice rink for the winter, farmers market for the summer, and restaurant operating year round.

Go Kart & More at Massanutten Recreation Center

(540) 289-9134

3980 Massanutten Drive
Mcgaheysville, VA

We are open all year weather permitting with a 36 hole miniature golf course, go karts, bungee dome and coming in the spring, spin zone bumper cars.

Halterman Karate

(540) 434-8824

16 Pleasant Hill Road,
Harrisonburg, VA 22801

Offers traditional kids karate classes, as well as a special needs class that are designed specifically for students with physical and/or mental challenges called Moshi K.I.C.K. Special Needs. Offers a free trial class.

Harrisonburg Fire Department Museum

(540) 432-7703

3rd Floor, Public Safety Building
101 N. Main St.
Harrisonburg, VA 22801

Open Mon-Fri 9am-4pm. The Fire Museum is an in-depth look at one of the city's most exciting departments- the Harrisonburg Fire Department. In addition to old fire memorabilia such as uniforms, medals, an old fire alarm, photographs and equipment, the museum provides a behind-the-scenes look at some of our nation's heroes. Free admission.

Harrisonburg Parks and Recreation

Visit this site for activities and classes, pool information, map of city parks, activity and education centers, athletics, and a seasonal activity guide.

Ice Skating at Massanutten Resort

(540) 289-4987

Le Club Recreation Center at Massanutten

Lace up your skates and take on the ice skating rink with the family! The outdoor rink is a 4,250 square-foot facility open from mid-November to mid-March.

In Motion School of Dance

(540) 438-0166

1037 S. High Street,
Harrisonburg, VA 22801

John C. Wells Planetarium

James Madison University
91 East Grace Street
Harrisonburg, VA 22807

Visitors may park in the M-lot next to Miller Hall. The John C. Wells Planetarium at James Madison University is a state-of-the-art hybrid facility, the only one of its kind in the world. It hosts both an Evans & Sutherland Digistar 5, a ultra-high resolution digital projection system, and a Goto Chronos opto-mechanical star projector that provides visitors with a superior and realistic night sky. Our digital system allows us to present unique full dome movies as well as project the multi-wavelength universe on the dome. Our Goto Chronos starball allows us to project an authentic night sky for any location on the Earth's surface.

Kinetic Kids

(540) 433-5437

4753 Spotswood Trail,
Harrisonburg, VA 22802

Offers after school care for students of Cub Run and Peak View elementary schools.

Macaroni Kid

website: <http://harrisonburg.macaronikid.com/>

This site has a list of weekly kids activities around the Harrisonburg area

Mt Crawford Creamery

(540) 828-3590

795 Old Bridgewater Road
Mt. Crawford, VA 22841

A local Dairy farm that offers farm tours and some hands on experiences for children and families for free. Visit with calves, watch the milking and bottling process, and try samples of the products. Milking is at 4 pm daily.

Mulligan's Golf Center & Miniature Golf

(540) 432-9040

141 Carpenter Ln.
Harrisonburg, VA 22801

Mulligan's Golf Center is a practice facility and pro shop that is dedicated to providing an inviting and fun environment for golfers of all ages. Hit a bucket of balls, or check out MGC's miniature 18-hole golf course, features challenging holes and detailed landscapes.

Pink Ambition Dance & Fitness

(540) 214-8917

31 E. Market Street,
Harrisonburg, VA 22801

Peak Paintball**(540) 289-9900**55 Mcgahey Lane,
Massanutten, VA

It's fun, it's fast, it's family friendly. Their fully netted 4,000 square foot arena is ready for action. Tee Withrow is the owner of Peak Paintball and the arena is set up for team play so entire families, or groups, can square off against each other. It doesn't get much more fun than splattering mom, dad, big brother or sister with paint. If you don't have a large group, that doesn't matter. A referee is on site to not only help pick teams, but to regulate the team play and keep the fast paced game going with various "scenarios" to keep everyone involved. Typical games will last between 20 to 30 minutes, depending on how many pellets are purchased. This field can accommodate up to eight players at a time.

Pump It Up**(540) 434-7867**255 Cecil Wampler Rd.,
Mt. Crawford, VA

Plan a party or join free play in the facility's indoor arena of gigantic inflatables.

Putter-A-Round Mini Golf**(540) 442-7888**103 S. Carlton St.
Harrisonburg, VA 22801

Indoor miniature golf featuring 18 holes. Open year round.

Regal Cinemas-Summer Movie Express**(844) 462-7342**381 University Blvd
Harrisonburg, VA 22801

Every Tuesday and Wednesday through the summer, two kids movies are shown each week at 10:00am. Cost is only \$1.00 per person for a ticket.

Rockingham/Harrisonburg SPCA Volunteers.**(540) 434-5270**2170 Old Furnace Rd,
Harrisonburg, VA 22803**Kids Club**

Kids 6-12 may apply for this program with their parents/guardians. Kids will meet at the shelter once a month during the school year for a brief educational program before working with pets with their parents. Due to the overwhelming popularity of this program, there is a waiting list. Orientation for kids and parents is required. Once a family has come through the year of kids club, graduates can come with their parents to work with pets at anytime. At no time is it permissible to drop kids off at the shelter. We do not have the staff to monitor them to keep them safe.

Adult Volunteer Program

People 16+ can apply for this program. A basic orientation is required to go over safety protocols and training regimens that we implement here with our animals. Click [orientation](#) to see the dates when classes are offered. You can email the volunteer coordinator at humane[at]rhspca.org to find out more or to sign up for a class.

Teen Volunteer Program

Teens 13-15 may apply for this program with the permission of their parents/guardians. Teens will come with a parent/guardian who is over 18 to an orientation covering safety and pet training along with what our expectations of them are and what they can expect from us. Since we do not require parents to accompany this age group, they are

restricted to how much they can interact with pets. Our teens' main responsibility is to teach our dogs manners through their kennel doors. They will not be permitted to walk dogs or work with any other pets at this time, so this program may not be for everyone. Orientations are held on an as-needed basis.

Shenandoah Living Magazine/Family Talk Magazine

This free magazine includes lists of free/low cost activities around the area for families. Found in stands at businesses throughout the area.

The Saddle Doctor, Breaking Free Equine Therapy

(540) 896-8505

15150 Strooptown Road
Timberville, VA

Breaking Free begins by involving people with horses on the ground. When clients request, Breaking Free will continue services through riding, facilitating discussion and reflection with every session. The goal is to assist clients to discover solutions for challenges in their lives and reach personal goals. Sometimes that involves working with horses on the ground, and sometimes it involves riding. Clients do not need to be knowledgeable about horses in order to benefit from equine assisted mental health experiences. Breaking Free does not discriminate, nor does it collaborate with any organization that discriminates against persons because of race, religion, disability, gender, gender identity or sexual orientation.

Turks Baseball

Veterans Memorial Park, JMU Complex
395 S. High Street
Harrisonburg, VA 22801

Valley Lanes

(540) 434-8721

3106 S. Main St.
Harrisonburg, VA

A 32 lanes center that has been family owned and operated since 1960.

Valley Turnpike Museum

(540) 432-8935

212 South Main Street
Harrisonburg, VA 22801

Open 7 days a week from 9am to 5pm live the history of settlement in the Shenandoah Valley by visiting the Valley Turnpike Museum. The museum explores the history of the road known by many names, now known as US Rout 11. Along this historic route, many small towns grew and prospered.

Westover Skate Park

(540) 433-9168

305 S. Dogwood Dr.
Harrisonburg, VA 22801

Free City of Harrisonburg skate park with attendant during hours of operation.

You Made It Pottery

(540) 434-4500

163 S. Main St.
Harrisonburg, VA

Design your own pottery and fused glass studio in downtown Harrisonburg.

Legal Services

Blue Ridge Legal Services

204 North High Street
P. O. Box 551
Harrisonburg, VA 22803

(540) 433-1830

800-237-0141

Fax: 433-2202

Website: www.brls.org

Email: info@brls.org

Blue Ridge Legal Services is a private non-profit legal aid society licensed by the Virginia State Bar to provide free legal assistance in civil matters to residents of the Shenandoah Valley who otherwise could not obtain such services due to their poverty. These services are provided free to households below the federal poverty guidelines. Types of cases typically handled include debtor protection, consumer protection, family disputes, access to health care, public benefits, housing problems, and the legal needs of the elderly. Please call for more information regarding services and hours of operation.

Mental Health/Counseling Services

❖ Anger Management/ Batterer's Intervention

Central Shenandoah Valley Office On Youth

250 S Wayne Ave # 101
Waynesboro, VA 22980

(540) 942-6757

Offers information regarding support groups for Anger Management for Staunton and the Central Shenandoah Valley

Charis Institute for Psychological and Family Services/Center for Behavioral Health

36 Southgate Court, Suite 102
Harrisonburg, VA 22801

(540) 568-1876

Offers individual, marital, family, and group therapy for children, teens, and adults. Psychological testing is also available.

Langston, Tara, CSAC, LPC, ADS

356 S. Main Street
Harrisonburg, VA 22801

(540) 437-0212

Email: TDL716@aol.com

I provide individual, couples, group, and family therapy for those 12 years old and above. I specialize in substance abuse and have been trained to provide auricular acupuncture. I work with people on personal growth issues, mental health disorders, parenting concerns, and anger management. I am a Certified Substance Abuse Counselor, Licensed Professional Counselor, and an Auricular Detox Specialist. Will file insurance pending authorization from the insurance carrier. I work hard to accommodate work, family, and school schedules.

Weaver, Judith G., Ed.S. LPC

320 S. Main Street
Harrisonburg VA 22801

(540) 433-1291

Email: jwalpc@aol.com

My practice includes work with adolescents and adults, individuals, couples, families and groups. Special areas of interest and expertise: survivors of childhood trauma, adult children of alcoholics, codependency, gender issues, domestic violence, and relationship concerns. Available to complete chemical dependency evaluations under the SAP/DOT guidelines and to supervise LPC candidates and graduate student interns. Batterer Intervention Program. Insurance filed; participating in most major insurance plans and managed care networks.

❖ Attachment Therapy

Family Educational Services

336 Neff Ave
Harrisonburg, VA 22801

(540) 432-8660

Harrisonburg Center for Relational Health

481 East Market Street
Harrisonburg, VA 22802

(540) 246-7592

Innerwork Counseling

1820 Country Club Rd
Harrisonburg, VA 22802

(540) 435-3781

Virginia Child and Family Attachment- William Whelan

1030 Bedford Hills Drive
Earlysville, VA 22936

(434) 984-0543

❖ Family/Marriage Counseling

Aporia Counseling & Psychotherapy, PLLC

273 Newman Avenue, 2nd Floor
Harrisonburg, VA 22801
Nate Koser, PhD, LPC, Founding Member
Psychoanalyst/Psychotherapist
Kristy Koser, LPC
Certified EFT Couples Therapist/Psychotherapist

(540) 908-0808

Email: aporiacounseling@gmail.com
Website: www.aporiacounseling.com

Aporia Counseling & Psychotherapy, PLLC is a privately owned agency. We work primarily with adolescents and adults. We do not accept insurance, but reduced fees are available on a limited basis. While embracing an uncommon concern for the unique intricacies of a person's experience, we are dedicated to providing counseling and psychotherapeutic services of the highest quality. We strive to create a professional, ethical, and facilitative atmosphere that is adapted to our clients. Having received advanced education and training in their respective clinical orientations, and through a commitment to the continual growth and development of their work, our staff endeavors to assist clients to the best of their ability. Day and evening appointments are available.

Bridgewater Counseling Services

100 N. Main Street
Bridgewater, VA 22812

(540) 828-3663

Website: www.bridgewatercounseling.com
Email: BCS456@verizon.net

Individual therapy for children, adolescents, and adults, and couples therapy. Typical areas of focus include depression, anxiety, grief, trauma, sexual addictions, sexual abuse, and personal growth. Eclectic theoretical orientation.

Cedric Moore- Spectrum Transformation Group

370 Neff Avenue Suite F
Harrisonburg, VA 22801

(804) 378-6141

Center for Marriage and Family Counseling

96 Campbell Street
Harrisonburg, VA 22801

(540) 433-1546

Fax: 433-9231
Email: office@cmfc.org

The Center for Marriage and Family Counseling is a private, non-profit agency supported in part by the United Way. We provide high quality, professional counseling in a relaxed and welcoming environment. Our experienced counselors see individuals, couples, and families on a sliding fee scale (ability to pay). Most insurance types are accepted as well. Ongoing domestic violence/anger management groups and parent/child visitation services are also provided.

Clifford, Fred, Ph.D.

Family Counseling Ministries
3523 Spotswood Trail
Penn Laird, VA 22846

(540) 434-6554

Website: www.family-cm.org
Email: Fredirene@cliffords.us

I am a Licensed Clinical Christian Counselor and provide counseling for families, couples, and individuals of all ages. Counseling focuses on the spiritual, forgiveness, parental guidance, loss and grief, rejection, anger, and depression. I have a special interest in premarital counseling, divorce issues, and am also a Certified Temperament Counselor. Fee is \$50.00. No insurance accepted.

Counseling and Psychological Services(CAPS)

(540) 568-1735

601 University Blvd. MSC 9012
Harrisonburg, VA 22807

CAPS provides affordable services to children, adolescents, adults, and families to meet a variety of mental health needs. Flexible payment plans are available. Services include individual, family, couple, and group counseling; psychological assessment and testing; and consultation services. Day and evening appointments available. All counseling services provided on a sliding scale. Medicare/Medicaid not accepted.

Family Life Resource Center (FLRC)

(540) 434-8450

273 Newman Avenue
Harrisonburg, VA 22801

Toll Free: 800-655-2055
Fax 433-3805

Family Life Resource Center is a counseling agency meeting the behavioral health needs of individuals, couples, and families, as well as providing programs and other resources to churches, businesses, and community groups. Working from a Christian faith perspective, clinicians at FLRC are committed to helping people pursue health and wholeness as individuals and in their relationships. FLRC is counseling for hope, health, and healing- for all of life! Most insurance accepted.

Greater Hope Ministry, Inc.

(540) 574-4189

578 East Market Street, Suite 101
Harrisonburg, VA 22801

Greater Hope Ministry has been offering Christian ministry and discipleship through support groups since 1998. The focus of our support groups is to offer hope and healing to men and women desiring freedom from unwanted same-sex attractions, sexual addiction, and the effects of sexual abuse. We also offer individual, marital, and family counseling for adolescents, teens and adults who desire a Christian context to address their sexual and relational conflicts.

Grey, Cynthia W., Ed.S., LPC

(540) 564-0444

356 South Main Street
Harrisonburg, VA 22801

My practice includes work with individuals and couples. Special areas of interest include: relationship issues, women's issues, anxiety and stress management, alcohol education and recovery issues, gay and lesbian lifestyle issues, codependency issues, depression, communication skills training, abuse and sexual trauma, and personal growth. Cognitive-behavioral-affective approach. Day and evening hours are available. Free initial consultation available upon request. Filing to insurance companies provided.

Henderson, Joann H., LPC

(540) 491-4089

Physical address:
1820 Country Club Road

Website: www.joannhendersontherapy.com
Email: joannhenderson@gmail.com

Mailing address:
P. O. Box 103
Broadway, VA 22815

Professionally integrating psychotherapy and spirituality for individuals of all ages, couples, families, and groups. Philosophy of practice integrates body, mind, and spirit on a journey toward wholeness.

Horizons Counseling and Consultation

107 S Main St

Harrisonburg, VA 22801

Pam Reese Comer, LPC, Director

(540) 209-1676

Website: www.horizonscenterva.com

Email: horizonscenterva@yahoo.com

Serving individuals, couples, families, and groups. In a comfortable, safe and supportive atmosphere, we offer a highly personalized approach tailored to each of our client's individual needs to help them move toward personal growth or healing. Resident Counselors have been trained in the provision of Emotion Focused Therapy for couples and Horizons offers couples sessions as well as marital enrichment groups based on EFT. We do not take insurance. We work with you to adjust our fees in considering your needs.

Hudson, Helen T., M.S.W., LCSW

150 Franklin Street

Harrisonburg, VA 22801

(540) 434-4057

I have practiced psychotherapy for 29 years. I work primarily with adolescents and their families, and adults in individual and marital therapy. I have particular interest and expertise in adult survivors of incest, rape, and violence. I also work with people doing Emotional Freedom Technique (EFT), in combination with psychotherapy. Philosophy: to focus not only on the symptoms, but on the emotional, intellectual, physical, social, and spiritual strengths of the individual or family. Evening appointments and free parking are available. I accept Medicare and Medicaid and most insurance.

Innerwork Counseling

1820 Country Club Rd

Harrisonburg, VA 22802

(540) 435-3781

Journey Counseling Ministries

1171 South High Street, Suite 110

Harrisonburg, VA 22801

(540) 908-3464

Website: www.journeycounselingministries.org

Journey Counseling is a not-for-profit counseling center made up of Biblically-based, clinically-trained counselors and therapists. We have a desire to come along side hurting and struggling people of all backgrounds and provide counseling that is rooted in scripture and reflecting contemporary psychological research. Journey works with individuals, couples, families, and children focusing on a range of relational and individual issues guiding hurting people towards greater health and understanding. We have a client assistance program that can help with the cost of counseling for those who qualify. Each counselor's bio and contact information can be found on our website.

Martin, Anne L., LCSW

1820 Country Club Road

Harrisonburg, VA 22802

(540) 433-1663

I counsel adults, adolescents, children, and families. My areas of interest and expertise include: treating depression and anxiety; facilitating recovery from trauma; eating disorders, family difficulties and assisting women focusing on personal growth. I blend family systems and object relations perspectives, utilize cognitive-behavioral techniques, and believe being thoroughly heard is central to healing, change, and growth. Day and evening appointments are available. Most insurance plans are accepted.

McNulty Center for Children and Families

463 E. Washington Street
Harrisonburg, VA 22802

(540) 433-3100

24-hour emergency: (540) 434-1766
Website: www.hrscsb.org

Provides mental health and substance abuse services to children and families as a part of the Harrisonburg-Rockingham Community Services Board. Services include individual and family therapy, group therapy, and case management for children with serious emotional disturbance (SED) and intellectual disabilities (ID). In addition, the PACE early intervention program for infants and toddlers provides developmental assessments, infant education, physical therapy, speech therapy, occupational therapy, and service coordination for children from birth to three years of age.

Mosaic Counseling Center

346 Monticello Ave.
Harrisonburg, VA 22802

(540) 908-8206

Email: yoderej@gmail.com

Most people yearn for inner peace. The goal in therapy is to identify the negative patterns and cycles for each individual (child/adult), couples, or families that keep you stuck and to find more appropriate and effective coping skills to move you toward your life goal of emotional, physical, and spiritual well-being.

Newman Avenue Associates

110 Newman Avenue
Harrisonburg, Virginia 22801

(540) 434-2800

Fax: 434-2883

Newman Avenue Associates is comprised of a group of experienced clinicians with diverse and specialized training. We offer a range of mental health services including individual, couples, and family counseling, and play therapy. We also offer EMDR, biofeedback, and coaching as well as consultations and training to professionals, schools, churches, and businesses. We enjoy working with people of all ages. Please feel free to contact any of the NAA clinicians to discuss which person would best meet your or your client's clinical needs.

Norton, Janis, LCSW

356 S. Main Street
Harrisonburg, VA 22801

(540) 435-1315

Website: www.janisnorton.com
Email: janisnorton@gmail.com

Individual, couples, and family therapy. Neuro feedback.

Pellegrino, Joseph F., Ph.D.

481 E. Market Street
Harrisonburg, VA 22801

(540) 574-2210

I am a clinical psychologist who provides individual, play, and family therapy for children, adolescents, and adults as well as couple/marital counseling. I conduct comprehensive psychological evaluations with children, adolescents, and adults. Consultation with schools and daycares and workshop presentations are available. Areas of expertise: depression, anxiety, ADHD, anger management, divorce, adoption and blended family issues, and chronic illness. Daytime and evening hours available. Insurance accepted.

RMH Behavioral Health, Outpatient Services

644 University Boulevard
Harrisonburg, VA 22801

(540) 564-5960
877- 294-5731
Fax: 433-4338

Offering care, treatment, and support for individuals, families, and groups in a warm, healing environment. The Center for Behavioral Health offers a unique and comprehensive approach to traditional mental health services, including the following:

- Individual, couple, and family therapy for adolescents and adults.
- Partial Hospitalization/Day Treatment Program – intensive outpatient support for those in crisis (see below).
- LIFE Recovery Program – specializing in addiction services (see below).
- Grief and loss services (see below).
- Eating disorders services.
- *Smart Marriages* program.
- Biofeedback and stress management.
- Employee Assistance Program – tailored to the business community.
- 24-hour psychiatric emergency services.

Most insurance plans accepted. Hours of operation vary with service.

RMH Grief and Loss Services

644 University Blvd.
Ext: 4427
Harrisonburg, VA 22801

(540) 433-4427
877-294-5731

Email: nshomo@rhcc.com

RMH Grief and Loss Services provide individual and family consultations with no charge for the first two visits. Modest charges for subsequent visits. Referral services are provided. Educational workshops and seminars are offered to schools, universities, businesses, churches, and civic organizations. Support groups are offered on various loss issues. Bereavement training in pregnancy loss (RTS) is also available to facilities within a 100 mile radius of Harrisonburg.

Shenk, Daniel R., M.S.W.

1820 Country Club Road
Harrisonburg, VA 22801

(540) 434-0531
Email: shenk1820@yahoo.com

I offer individual, marital, and group psychotherapy with a particular interest in the mind-body-spirit connection. I work mostly with people who are experiencing anxiety, depression, relationship problems, and issues around loss, death, and separation.

Wettstone, Richard P., Ed. D.

356 South Main St.
Harrisonburg, VA 22801

(540) 434-9430
Email: LPCR PW@verizon.net

Thirty-five years of experience as a full-time counselor has prepared me to deal with a broad range of people and concerns. In addition to being licensed as a Professional Counselor, I am also licensed as a Marriage and Family Therapist, Substance Abuse Treatment Provider and as a Certified Family Mediator. Specialty areas include: marital and family issues, addictions of all types, stress management and depression, and adolescent substance abuse and behavioral problems. I am trained in hypnosis, which is useful for those interested in stopping smoking, weight control, and with many concrete behavior changes. Evening hours are available and most insurance plans are accepted, except for Medicare and Medicaid.

Wing-Richards, Hillary, M.A., Ed.S., LPC

(540) 434-8281

370 Neff Avenue, Bldg. J
Harrisonburg, VA 22801

Marriage, family, and individual counseling. Adolescence through adulthood. Relationship issues, depression, anxiety, eating disorders, and anger management. Self esteem, crisis intervention for domestic violence and sexual assault victims, male and female survivors of childhood and adolescent sexual and physical abuse, and divorce and stepfamily issues. Consultation and presentations to businesses and organizations on topics including conflict resolution, sexual harassment, surviving childhood abuse and communication in the workplace. Most major insurances accepted. Evening hours by appointment.

Woodbrook Counseling Services, LLC

(540) 437-0055

31 Southgate Ct
Harrisonburg, VA 22801
Stephen L. Flora, LPC

Email: woodbrookcounseling@hotmail.com

I provide individual and family counseling. My practice focuses on child and adolescent issues, Autism Spectrum disorders, and sexual and physical abuse victims.

❖ Individual Counseling

ADHD & Clinical Counseling Center

57 South Main Street, Suite 616
Harrisonburg, VA 22801

(540) 564-0373

Email: adhdcenter@aol.com

Offers full range of diagnostic, psycho-educational, and psychological testing, and treatment services for ADHD, ODD, CD, pediatric bipolar disease, learning disabilities, anxiety, panic disorder, PTSD, and depression. Also, conducts evaluations for dementia and ADHD workshops for educators. Accepts most insurance plans.

Anderson, Lofton, LPC

133 W. Springbook Rd.
Broadway, VA 22815

(540) 896-7687

Email: flashola313@gmail.com

I am a Licensed Professional Counselor and provide counseling services to adults. My specialties include working with depression, anxiety, personal growth and couples' issues. I practice in Broadway, Virginia and have been providing therapy for over 20 years.

Aporia Counseling & Psychotherapy, PLLC

273 Newman Avenue, 2nd Floor
Harrisonburg, VA 22801

(540) 908-0808

Email: aporiacounseling@gmail.com

Website: www.aporiacounseling.com

Aporia Counseling & Psychotherapy, PLLC is a privately owned agency. We work primarily with adolescents and adults. We do not accept insurance, but reduced fees are available on a limited basis. While embracing an uncommon concern for the unique intricacies of a person's experience, we are dedicated to providing counseling and psychotherapeutic services of the highest quality. We strive to create a professional, ethical, and facilitative atmosphere that is adapted to our clients. Having received advanced education and training in their respective clinical orientations, and through a commitment to the continual growth and development of their work, our staff endeavors to assist clients to the best of their ability. Day and evening appointments are available.

Bickford, Kimberly, LPC

1820 Country Club Rd
Harrisonburg, VA 22802

(540) 434-3456

Email: KPBickford@hotmail.com

I provide individual therapy to adults and adolescents, age 13 and older, as well as couples therapy. I work with individuals needing help with depression, anxiety, relationship issues, sexual abuse, loss, self-esteem, and personal growth. I have a special interest in working with women and issues related to postpartum adjustment. Insurance filing is provided.

Bridgewater Counseling Services

100 N. Main Street
Bridgewater, VA 22812

(540) 828-3663

Website: www.bridgewatercounseling.com

Email: BCS456@verizon.net

Individual therapy for children, adolescents, and adults, and couples therapy. Typical areas of focus include depression, anxiety, grief, trauma, sexual addictions, sexual abuse, and personal growth. Eclectic theoretical orientation.

Cedric Moore- Spectrum Transformation Group

370 Neff Avenue Suite F
Harrisonburg, VA 22801

(804) 378-6141

Center for Marriage and Family Counseling

96 Campbell Street
Harrisonburg, VA 22801

(540) 433-1546

Fax: 433-9231

Email: office@cmfc.org

The Center for Marriage and Family Counseling is a private, non-profit agency supported in part by the United Way. We provide high quality, professional counseling in a relaxed and welcoming environment. Our experienced counselors see individuals, couples, and families on a sliding fee scale (ability to pay). Most insurance types are accepted as well. Ongoing domestic violence/anger management groups and parent/child visitation services are also provided.

Charis Institute for Psychological and Family Services/Center for Behavioral Health

36 Southgate Court, Suite 102
Harrisonburg, VA 22801

(540) 568-1876

Offers individual, marital, family, and group therapy for children, teens, and adults. Psychological testing is also available.

Clifford, Fred, Ph.D.

Family Counseling Ministries
3523 Spotswood Trail
Penn Laird, VA 22846

(540) 434-6554

Website: www.family-cm.org

Email: Fredirene@cliffords.us

I am a Licensed Clinical Christian Counselor and provide counseling for families, couples, and individuals of all ages. Counseling focuses on the spiritual, forgiveness, parental guidance, loss and grief, rejection, anger, and depression. I have a special interest in premarital counseling, divorce issues, and am also a Certified Temperament Counselor. Fee is \$50.00. No insurance accepted.

Collins Center

165 S. Main Street, Suite D
Harrisonburg, VA 22801

(540) 432-6430

Fax: 432-6293

Website: www.thecollinscenter.org

Email: info@thecollinscenter.org

The core of the Collins Center's mission is to provide services to victims and survivors of sexual assault. If you have recently been assaulted, or if the assault occurred a while ago, you have a number of options. Whatever you decide to do, the Collins Center is here to help. We recognize that sexual assault affects everyone in the community, and we have a variety of services for women, men, and children, many of which are free, confidential, and available in Spanish. The Collins Center treatment team is staffed by three licensed therapists who have a variety of experience and specialties. These therapists work together to provide comprehensive services for all mental health issues.

Compass Youth and Family Services

2322 Blue Stone Hills Dr # 280
Harrisonburg, VA 22801

(540) 437-1605

Counseling and Psychological Services(CAPS)

601 University Blvd. MSC 9012
Harrisonburg, VA 22807

(540) 568-1735

CAPS provides affordable services to children, adolescents, adults, and families to meet a variety of mental health needs. Flexible payment plans are available. Services include individual, family, couple, and group counseling; psychological assessment and testing; and consultation services. Day and evening appointments available. All counseling services provided on a sliding scale. Medicare/Medicaid not accepted.

Family Life Resource Center (FLRC)

273 Newman Avenue
Harrisonburg, VA 22801

(540) 434-8450
Toll Free: 800-655-2055
Fax 433-3805

Family Life Resource Center is a counseling agency meeting the behavioral health needs of individuals, couples, and families, as well as providing programs and other resources to churches, businesses, and community groups. Working from a Christian faith perspective, clinicians at FLRC are committed to helping people pursue health and wholeness as individuals and in their relationships. FLRC is counseling for hope, health, and healing- for all of life! Most insurance accepted.

Fisher, Anne W., LPC

1820 Country Club Road
Harrisonburg, VA 22802

(540) 434-7025

Licensed Professional Counselor, primarily treating adolescents and adults in individual or group settings that are struggling with anxiety, depression, eating disorders, and relationship issues.

Greater Hope Ministry, Inc.

578 East Market Street, Suite 101
Harrisonburg, VA 22801

(540) 574-4189

Greater Hope Ministry has been offering Christian ministry and discipleship through support groups since 1998. The focus of our support groups is to offer hope and healing to men and women desiring freedom from unwanted same-sex attractions, sexual addiction, and the effects of sexual abuse. We also offer individual, marital, and family counseling for adolescents, teens and adults who desire a Christian context to address their sexual and relational conflicts.

Grey, Cynthia W., Ed.S., LPC

356 South Main Street
Harrisonburg, VA 22801

(540) 564-0444

My practice includes work with individuals and couples. Special areas of interest include: relationship issues, women's issues, anxiety and stress management, alcohol education and recovery issues, gay and lesbian lifestyle issues, codependency issues, depression, communication skills training, abuse and sexual trauma, and personal growth. Cognitive-behavioral-affective approach. Day and evening hours are available. Free initial consultation available upon request. Filing to insurance companies provided.

Harrisonburg Center for Relational Health

481 East Market Street
Harrisonburg, VA 22802

(540) 246-7592

Harrisonburg Rockingham Community Services Board

1241 North Main Street
Harrisonburg, VA 22802

(540) 434-1941
Website: www.hrcsb.org

The HRCSB provides therapy, case management, mental health support, residential day support, and emergency services to individuals whose lives have been affected by mental illness, intellectual disabilities, or substance abuse. Fees are based on a person's ability to pay. Insurance, Medicaid, and Medicare are accepted. The McNulty Center for Children and Families, listed in this section, and Summit House, listed in the Basic Needs/Crisis/Non-Profit Service section, are affiliated with HRCSB.

Henderson, Joann H., LPC

1820 Country Club Road
Harrisonburg, VA 22802

(540) 491-4089

Website: www.joannhendersontherapy.com
Email: joannhenderson@gmail.com

Professionally integrating psychotherapy and spirituality for individuals of all ages, couples, families, and groups. Philosophy of practice integrates body, mind, and spirit on a journey toward wholeness.

Horizons Counseling and Consultation

107 S Main St
Harrisonburg, VA 22801

(540) 209-1676

Website: www.horizonscenterva.com
Email: horizonscenterva@yahoo.com

Serving individuals, couples, families, and groups. In a comfortable, safe and supportive atmosphere, we offer a highly personalized approach tailored to each of our client's individual needs to help them move toward personal growth or healing. Resident Counselors have been trained in the provision of Emotion Focused Therapy for couples and Horizons offers couples sessions as well as marital enrichment groups based on EFT. We do not take insurance. We work with you to adjust our fees in considering your needs.

Hudson, Helen T., M.S.W., LCSW

150 Franklin Street
Harrisonburg, VA 22801

(540) 434-4057

I have practiced psychotherapy for 29 years. I work primarily with adolescents and their families, and adults in individual and marital therapy. I have particular interest and expertise in adult survivors of incest, rape, and violence. I also work with people doing Emotional Freedom Technique (EFT), in combination with psychotherapy. Philosophy: to focus not only on the symptoms, but on the emotional, intellectual, physical, social, and spiritual strengths of the individual or family. Evening appointments and free parking are available. I accept Medicare and Medicaid and most insurance.

Innerwork Counseling

1820 Country Club Rd
Harrisonburg, VA 22802

(540) 435-3781

Journey Counseling Ministries

1171 South High Street, Suite 110
Harrisonburg, VA 22801

(540) 908-3464

Website: www.journeycounselingministries.org

Journey Counseling is a not-for-profit counseling center made up of Biblically-based, clinically-trained counselors and therapists. We have a desire to come along side hurting and struggling people of all backgrounds and provide counseling that is rooted in scripture and reflecting contemporary psychological research. Journey works with individuals, couples, families, and children focusing on a range of relational and individual issues guiding hurting people towards greater health and understanding. We have a client assistance program that can help with the cost of counseling for those who qualify. Each counselor's bio and contact information can be found on our website.

Langston, Tara, CSAC, LPC, ADS

356 S. Main Street
Harrisonburg, VA 22801

(540) 437-0212

Email: TDL716@aol.com

I provide individual, couples, group, and family therapy for those 12 years old and above. I specialize in substance abuse and have been trained to provide auricular acupuncture. I work with people on personal growth issues, mental health disorders, parenting concerns, and anger management. I am a Certified Substance Abuse Counselor, Licensed Professional Counselor, and an Auricular Detox Specialist. Will file insurance pending authorization from the insurance carrier. I work hard to accommodate work, family, and school schedules.

Martin, Anne L., LCSW
1820 Country Club Road
Harrisonburg, VA 22802

(540) 433-1663

I counsel adults, adolescents, children, and families. My areas of interest and expertise include: treating depression and anxiety; facilitating recovery from trauma; eating disorders, family difficulties and assisting women focusing on personal growth. I blend family systems and object relations perspectives, utilize cognitive-behavioral techniques, and believe being thoroughly heard is central to healing, change, and growth. Day and evening appointments are available. Most insurance plans are accepted.

McNulty Center for Children and Families
463 E. Washington Street
Harrisonburg, VA 22802

(540) 433-3100
24-hour emergency: 434-1766
Website: www.hrscsb.org

Provides mental health and substance abuse services to children and families as a part of the Harrisonburg-Rockingham Community Services Board. Services include individual and family therapy, group therapy, and case management for children with serious emotional disturbance (SED) and intellectual disabilities (ID). In addition, the PACE early intervention program for infants and toddlers provides developmental assessments, infant education, physical therapy, speech therapy, occupational therapy, and service coordination for children from birth to three years of age.

Mosaic Counseling Center
346 Monticello Ave.
Harrisonburg, VA 22802

(540) 908-8206
Email: yoderej@gmail.com

Most people yearn for inner peace. The goal in therapy is to identify the negative patterns and cycles for each individual (child/adult), couples, or families that keep you stuck and to find more appropriate and effective coping skills to move you toward your life goal of emotional, physical, and spiritual well-being.

Newman Avenue Associates
110 Newman Avenue
Harrisonburg, Virginia 22801

(540) 434-2800
Fax: 434-2883

Newman Avenue Associates is comprised of a group of experienced clinicians with diverse and specialized training. We offer a range of mental health services including individual, couples, and family counseling, and play therapy. We also offer EMDR, biofeedback, and coaching as well as consultations and training to professionals, schools, churches, and businesses. We enjoy working with people of all ages. Please feel free to contact any of the NAA clinicians to discuss which person would best meet your or your client's clinical needs.

Norton, Janis, LCSW
356 S. Main Street
Harrisonburg, VA 22801

(540) 435-1315
Website: www.janisnorton.com
Email: janisnorton@gmail.com

Individual, couples, and family therapy. Neuro feedback.

Pellegrino, Joseph F., Ph.D.
481 E. Market Street
Harrisonburg, VA 22801

(540) 574-2210

I am a clinical psychologist who provides individual, play, and family therapy for children, adolescents, and adults as well as couple/marital counseling. I conduct comprehensive psychological evaluations with children, adolescents, and adults. Consultation with schools and daycares and workshop presentations are available. Areas of expertise: depression, anxiety, ADHD, anger management, divorce, adoption and blended family issues, and chronic illness. Daytime and evening hours available. Insurance accepted.

Richardson, Connie Y., LPC

1164 S. High Street
Harrisonburg, VA 22801

(540) 434-9700

Fax: 434-0291

My orientation is cognitive-behavioral. I work with adults, couples, and adolescents (14 years and older). Specialization includes treatment of anxiety disorders (e.g., panic disorder, post traumatic stress disorder, obsessive compulsive disorder), adjustment disorders (e.g., loss/grief, life transitions), and mood disorders.

RMH Behavioral Health, Outpatient Services

644 University Boulevard
Harrisonburg, VA 22801

(540) 564-5960

877- 294-5731

Fax: 433-4338

Offering care, treatment, and support for individuals, families, and groups in a warm, healing environment. The Center for Behavioral Health offers a unique and comprehensive approach to traditional mental health services, including the following:

- Individual, couple, and family therapy for adolescents and adults.
- Partial Hospitalization/Day Treatment Program – intensive outpatient support for those in crisis (see below).
- LIFE Recovery Program – specializing in addiction services (see below).
- Grief and loss services (see below).
- Eating disorders services.
- *Smart Marriages* program.
- Biofeedback and stress management.
- Employee Assistance Program – tailored to the business community.
- 24-hour psychiatric emergency services.

Most insurance plans accepted. Hours of operation vary with service.

RMH Grief and Loss Services

644 University Blvd.
Ext: 4427
Harrisonburg, VA 22801

(540) 433-4427

877-294-5731

Email: nshomo@rhcc.com

RMH Grief and Loss Services provide individual and family consultations with no charge for the first two visits. Modest charges for subsequent visits. Referral services are provided. Educational workshops and seminars are offered to schools, universities, businesses, churches, and civic organizations. Support groups are offered on various loss issues. Bereavement training in pregnancy loss (RTS) is also available to facilities within a 100 mile radius of Harrisonburg.

RMH LIFE Recovery Program

644 University Boulevard
Harrisonburg, VA 22801

(540) 564-5629

Toll free: 877- 294-5731

Fax: 564-5823

Staffed by licensed professionals who provide outpatient substance abuse treatment for persons, 13 years and older, who are suffering from problems due to drug and/or alcohol use. Services include individual therapy, motivational group therapy, adolescent individual and group therapy, family education, intensive outpatient programs, continuing care groups, residential treatment referral, and smoking cessation. Treatment costs vary depending upon the services provided. Most insurance plans accepted.

Shenk, Daniel R., M.S.W.
1820 Country Club Road
Harrisonburg, VA 22801

(540) 434-0531
Email: shenk1820@yahoo.com

I offer individual, marital, and group psychotherapy with a particular interest in the mind-body-spirit connection. I work mostly with people who are experiencing anxiety, depression, relationship problems, and issues around loss, death, and separation.

Wing-Richards, Hillary, M.A., Ed.S., LPC
370 Neff Avenue, Bldg. J
Harrisonburg, VA 22801

(540) 434-8281

Marriage, family, and individual counseling. Adolescence through adulthood. Relationship issues, depression, anxiety, eating disorders, and anger management. Self esteem, crisis intervention for domestic violence and sexual assault victims, male and female survivors of childhood and adolescent sexual and physical abuse, and divorce and stepfamily issues. Consultation and presentations to businesses and organizations on topics including conflict resolution, sexual harassment, surviving childhood abuse and communication in the workplace. Most major insurances accepted. Evening hours by appointment.

Woodbrook Counseling Services, LLC
31 Southgate Ct
Harrisonburg, VA 22801
Stephen L. Flora, LPC

(540) 437-0055
Email: woodbrookcounseling@hotmail.com

I provide individual and family counseling. My practice focuses on child and adolescent issues, Autism Spectrum disorders, and sexual and physical abuse victims.

❖ In-Home Services

Caregivers Community Network

Blue Ridge Hall – MSC 9014
Harrisonburg, VA 22807
Fax: 568-6409

(540) 568-6682
877-568-6682

Website: www.socwork.jmu.edu/Caregivers

Caregiver's Community Network (CCN) provides support and resources to caregivers including one-on-one companionship and respite care for their loved one at home. The program serves Harrisonburg/Rockingham County.

- Weekly personalized in-home companion care
- Educational workshops and support groups
- Partnership with community service and faith based organizations to provide a well-coordinated referral system
- Telephone consultations to supply caregivers with support, tips and resources
- Errand running
- Time off for the caregivers

Cedric Moore- Spectrum Transformation Group

370 Neff Avenue Suite F
Harrisonburg, VA 22801

(804) 378-6141

Compass Youth and Family Services

2322 Blue Stone Hills Dr # 280
Harrisonburg, VA 22801

(540) 437-1605

Child and Family Guidance

A Program of Specialized Youth Services of Virginia
1000 Chicago Ave.
Harrisonburg, VA 22802

(540)433-1376
Fax: 437-1214

CFG offers a unique array of programs designed specifically for families. These programs provide focused support for children and adolescents with serious emotional and behavioral problems that result in difficulties in school or community interaction. Services include: Intensive in-home counseling, therapeutic day treatment, after-school and summer programs, and school-based therapeutic day treatment.

National Counseling Group, Inc.

1951 Evelyn Byrd Avenue, Suite B
Harrisonburg, VA 22801

(540) 437-0403 & (540) 437-0405

Fax: 437--0421

Website: www.nationalcounselinggroup.com

Email: Lauren.boyd@nationalcounselinggroup.com

Intensive in-home counseling services for youth and their families. Out-patient therapy. Mental health support services provider. Therapeutic day treatment for at-risk youth in public school systems. Accept Medicaid, FAPT, and self-pay.

❖ Mentoring

ATOMS Mentoring Services

(540) 560-9870

Breaking Free/ The Saddle Doctor

(540) 896-8505

15150 Strooptown Road
Timberville, VA 22853

Breaking Free begins by involving people with horses on the ground. When clients request, Breaking Free will continue services through riding, facilitating discussion and reflection with every session. The goal is to assist clients to discover solutions for challenges in their lives and reach personal goals. Sometimes that involves working with horses on the ground, and sometimes it involves riding. Clients do not need to be knowledgeable about horses in order to benefit from equine assisted mental health experiences. Breaking Free does not discriminate, nor does it collaborate with any organization that discriminates against persons because of race, religion, disability, gender, gender identity or sexual orientation.

Crossroads Counseling Center

(540) 801-0885

250 E. Elizabeth Street, Suite 102
Harrisonburg, VA 22802

Fax: 801-8221

Email: crossroads1@csv-inc.com

Crossroads provides outpatient, intensive in-home, mentoring, therapeutic day treatment (school-based), and mental health support for children, adolescents, adults, and families. Other programs to assist children and adults are created based on community need. Licensure supervision offered to selected professionals. Medicaid, local FAPT funded, private insurance, and self-pay.

Elk Hill

(804) 457-4866

1975 Elk Hill Rd
Goochland, VA 23063

Endless Possibilities Therapeutic Mentoring Service

(540) 333-2991

616 N Mountain Rd
Timberville, Virginia 22853

National Counseling Group, Inc.

(540) 437-0403 & (540) 437-0405

1951 Evelyn Byrd Avenue, Suite B
Harrisonburg, VA 22801

Fax: 437-0421

Website: www.nationalcounselinggroup.com
Email: Lauren.boyd@nationalcounselinggroup.com

Intensive in-home counseling services for youth and their families. Out-patient therapy. Mental health support services provider. Therapeutic day treatment for at-risk youth in public school systems. Accept Medicaid, FAPT, and self-pay.

People Places of the Valley

(540) 885-8841

1215 North Augusta Street
Staunton, VA. 24401

Fax: 886-6379

Harrisonburg Satellite Office
737 East Market Street
Harrisonburg, VA 22801

(540) 437-1857

Fax: 437-9321

Website: www.peopleplaces.org
Email: kim.higgins@peopleplaces.org

❖ Psychological Evaluations

Commonwealth Psychological Services

420 Neff Ave #130
Harrisonburg, VA 22801

(540) 437-4820

Website: www.cwpsy.com
Email: drgaddis@cwpsy.com

We provide comprehensive therapy, neuropsychological assessments, and learning disability assessments. Through CPS Neurocare, we also provide individual and group cognitive rehabilitation and training.

Counseling and Psychological Services(CAPS)

601 University Blvd. MSC 9012
Harrisonburg, VA 22807

(540) 568-1735

CAPS provides affordable services to children, adolescents, adults, and families to meet a variety of mental health needs. Flexible payment plans are available. Services include individual, family, couple, and group counseling; psychological assessment and testing; and consultation services. Day and evening appointments available. All counseling services provided on a sliding scale. Medicare/Medicaid not accepted.

Grayson, Joann, Ph.D.

356 South Main St.
Harrisonburg, VA 22801

(540) 833-5593

Email: graysojh@jmu.edu

I am a clinical psychologist with a part-time practice that is limited, at present, to evaluations for the court, for Rockingham Memorial Hospital, and for Harrisonburg-Rockingham Social Services District.

Rittenhouse, J. Neal, Psy.D.

481 E. Market Street
Harrisonburg, VA 22801

(434) 260-0646

Website: <https://sites.google.com/site/jnriddenhouse>
Email: neal.rittenhouse@gmail.com

I am a Licensed Clinical Psychologist in the Commonwealth of Virginia and have spent a number of years providing psychotherapy and psychological assessment services in university and medical center settings. I operate from an integrative theoretical orientation, which often includes client-centered, psychodynamic, interpersonal process, family systems, behavioral, and cognitive behavioral approaches. In general, I view psychotherapy as a collaborative process where clients feel safe to explore and learn about themselves and try new skills in order to achieve their goals for change.

Showalter, Gerald R., Psy.D.

King Plaza West
1320 Ohio Street, Suite M
Waynesboro, VA 22980

(540) 447-0134

Fax: 941-1076

Licensed Clinical Psychologist and Neuropsychologist

❖ Sex Offender Treatment/ Psychosexual Evaluations

Forensic Evaluation Services-Jennifer Rasmussen

2340 Commonwealth Drive, Suite B
Charlottesville, Virginia 22901

(434) 466-3133

Shenandoah Valley Sex Offender Treatment Program

356 S. Main Street
Harrisonburg, VA 22801

(540) 434-1730

Website: www.SVSOTP.org

We are a community based outpatient treatment program for adolescent sex offenders. We take referrals from individuals or agencies but do not bill insurance. We provide group and individual cognitive/behavioral therapy for sex offenders who have a founded case and who fall within the age range of 13 to 19. We have an informational website which provides referral information and forms that can be accessed at SVSOTP.org.

❖ Substance Abuse Counseling

AA, Al-Anon, Alateen Blue Ridge Area Intergroup

Contact for information on meetings

- Al-anon: www.va-al-anon.org
- AA: www.aavirginia.org
- Answering Service (AA) (540) 434-8870
- Additional Phone AA meetings (Valley) (540) 568-2462
- Toll-free AA/Alateen Meetings (866) 281-8456

Adult and Adolescent Substance Abuse Services (AASAS)

356 South Main Street
Harrisonburg, VA 22801

(540) 434-9430
Email: lpcrpw@verizon.net

AASAS is a private outpatient treatment program for adults and adolescents 12-80, who are using or are dependent on alcohol or any mind-altering drug. Services offered include assessment, individual, family or group therapy, and aftercare for those coming from residential programs. AASAS also offers urine screening (5 minute turnaround time) and free community education. For more information contact *Dr. Richard Wettstone, Director*, at 434-9430. Most insurance plans are accepted, except Medicare and Medicaid.

Cambios

(540) 434-1941

A Spanish-speaking group for people with alcohol or drug problems in the Harrisonburg area. Please call Allison Garcia at the number listed above.

Compass Youth and Family Services

2322 Blue Stone Hills Dr # 280
Harrisonburg, VA 22801

(540) 437-1605

Family Life Resource Center (FLRC)

273 Newman Avenue
Harrisonburg, VA 22801

(540) 434-8450
Toll Free: 800-655-2055
Fax 433-3805

Family Life Resource Center is a counseling agency meeting the behavioral health needs of individuals, couples, and families, as well as providing programs and other resources to churches, businesses, and community groups. Working from a Christian faith perspective, clinicians at FLRC are committed to helping people pursue health and wholeness as individuals and in their relationships. FLRC is counseling for hope, health, and healing- for all of life! Most insurance accepted.

Harrisonburg Rockingham Community Services Board

1241 North Main Street
Harrisonburg, VA 22802

(540) 434-1941
Website: www.hrscsb.org

The HRCSB provides therapy, case management, mental health support, residential day support, and emergency services to individuals whose lives have been affected by mental illness, intellectual disabilities, or substance abuse. Fees are based on a person's ability to pay. Insurance, Medicaid, and Medicare are accepted. The McNulty Center for Children and Families, listed in this section, and Summit House, listed in the Basic Needs/Crisis/Non-Profit Service section, are affiliated with HRCSB.

McNulty Center for Children and Families

463 E. Washington Street
Harrisonburg, VA 22802

(540) 433-3100
24-hour emergency: 434-1766
Website: www.hrscsb.org

Provides mental health and substance abuse services to children and families as a part of the Harrisonburg-Rockingham Community Services Board. Services include individual and family therapy, group therapy, and case management for children with serious emotional disturbance (SED) and intellectual disabilities (ID). In addition, the PACE early intervention program for infants and toddlers provides developmental assessments, infant education, physical therapy, speech therapy, occupational therapy, and service coordination for children from birth to three years of age.

NALGAP

Website: www.nalgap.org

The National Association of Lesbian and Gay Addiction Professionals is a membership organization founded in 1979 and dedicated to the prevention and treatment of alcoholism, substance abuse, and other addictions in lesbian, gay, bisexual, transgender communities.

Narcotics Anonymous

BRNA PO BOX 623 Harrisonburg, VA 22803

Please check the following website for a complete list of meetings in the Blue Ridge Area:

1-800-777-1515 or (540) 383-2584

Website: www.na.org

www.brna.org

RMH LIFE Recovery Program

644 University Boulevard
Harrisonburg, VA 22801

(540) 564-5629

Toll free: **877- 294-5731**

Fax: 564-5823

Staffed by licensed professionals who provide outpatient substance abuse treatment for persons, 13 years and older, who are suffering from problems due to drug and/or alcohol use. Services include individual therapy, motivational group therapy, adolescent individual and group therapy, family education, intensive outpatient programs, continuing care groups, residential treatment referral, and smoking cessation. Treatment costs vary depending upon the services provided. Most insurance plans accepted.

RMH Psychiatric Emergency Team (PET)

644 University Boulevard
Harrisonburg, VA 22801

(540) 689-1000

Email: mbowser@rhcc.com

A service of the RMH Center for Behavioral Health, the Psychiatric Emergency Team is available 24 hours/day for acute psychiatric and substance abuse emergencies. A comprehensive evaluation is completed and referrals are coordinated, as appropriate.

Shenandoah Valley Teen Challenge

P.O. Box 375
Bayse, VA 22810

(540) 213-0571

Contact@Svtc.Info

Offers a comprehensive, faith-based residential and non-residential recovery programs for men, women, and teens. Residential Offers faith-based solutions to youth, adults, and families who struggle with life-controlling problems. “We endeavor to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive” Residential Program in Shenandoah County, and expanding into Harrisonburg/Rockingham county for day treatment programs. Contact Peggy Hauff, (540) 213-0571 office or (540) 325-5645 cell.

Wettstone, Richard P., Ed. D.

356 South Main St.
Harrisonburg, VA 22801

(540) 434-9430

Email: LPCRPW@verizon.net

Thirty-five years of experience as a full-time counselor has prepared me to deal with a broad range of people and concerns. In addition to being licensed as a Professional Counselor, I am also licensed as a Marriage and Family Therapist, Substance Abuse Treatment Provider and as a Certified Family Mediator. Specialty areas include: marital and family issues, addictions of all types, stress management and depression, and adolescent substance abuse and behavioral problems. I am trained in hypnosis, which is useful for those interested in stopping smoking, weight control, and with many concrete behavior changes. Evening hours are available and most insurance plans are accepted, except for Medicare and Medicaid.

❖ Supervised Visitation

Crossroads Counseling Center
250 E. Elizabeth Street Suite102
Harrisonburg, VA 22802

(540) 801-0885
Fax: 801-8221
Email: crossroads1@csv-inc.com

Crossroads provides outpatient, intensive in-home, mentoring, therapeutic day treatment (school-based), and mental health support for children, adolescents, adults, and families. Other programs to assist children and adults are created based on community need. Licensure supervision offered to selected professionals. Medicaid, local FAPT funded, private insurance, and self-pay.

Family Educational Services
336 Neff Ave
Harrisonburg, VA 22801

(540) 432-8660

National Counseling Group, Inc.
1951 Evelyn Byrd Avenue, Suite B
Harrisonburg, VA 22801

(540) 437-0403 & (540) 437-0405
Fax: 437--0421
Website: www.nationalcounselinggroup.com
Email: Lauren.boyd@nationalcounselinggroup.com

Intensive in-home counseling services for youth and their families. Out-patient therapy. Mental health support services provider. Therapeutic day treatment for at-risk youth in public school systems. Accept Medicaid, FAPT, and self-pay.

Project STAR (Family Resource & Referral Center)
1600 N. Coalter St., Suite 11
Staunton, VA 24401

(540) 245-5899
Website: <http://www.children-count.org/projectstar.html>

Project STAR is a partnership between parents and a parent educator. You are your child's first and most important teacher. A parent educator can support and encourage your efforts to be the parent you want to be. We do this with in-home visits that help empower parents to help their child reach their full potential and be prepared to enter school. We give parents child development information, demonstrate age appropriate play techniques, and make referrals to other community agencies. We are also a safe, neutral site to host supervised visits between parents and their children. Referrals primarily come from the Department of Social Services and the courts.

Residential Treatment Facilities

<u>Bridges Treatment Center (Centra Health)</u> 693 Leesville Rd Lynchburg, VA 24502	(434) 200-5700
<u>Childhelp</u> 23164 Dragoon Rd Lignum, VA 22726	(540) 399-1926
<u>Cumberland Hospital LLC</u> 9407 Cumberland Rd New Kent, VA 23124	(804) 966-2242
<u>Discovery School of VA</u> 2697 Copper Mine Rd Dillwyn, VA 23936	(434) 983-5616
<u>Elk Hill</u> 1975 Elk Hill Rd Goochland, VA 23063	(804) 457-4866
<u>Fair Winds/Ed Murphy & Associates</u> 1410 Dusty Rd Bumpass, VA 23024	(540) 872-4545
<u>Grafton School</u> PO Box 112 Berryville, VA 22611	(540) 955-2400
<u>Intercept TFC</u> 2712 Jefferson Davis Hwy #102 Stafford, VA 22554	(540) 318-4740
<u>Jackson-Feild Homes</u> 546 Walnut Grove Dr Jarratt, VA 23867	(434) 634-6237
<u>Keystone/Newport News Behavioral Health</u> 17579 Warwick Blvd Newport News, VA 23603	(757) 888-0400
<u>Leary Educational Foundation (Timber Ridge)</u> 1463 New Hope Rd Cross Junction, VA 22625	(540) 888-3456

Liberty Point Behavioral Health (800) 496-7941
1110 Montgomery Ave
Staunton, VA 24401

Phoenix House Psychiatric Solutions (North Springs Behavioral Health) (703) 777-0800
42009 Victory Ln
Leesburg, VA 20176

Poplar Springs (540) 788-4600
5025 Casanova Rd
Warrenton, VA 20187

Rescare/Braley & Thompson (804) 553-9401
1640 E Parham Rd
Richmond, VA 23228

RMH Behavioral Health, Inpatient Services (540) 689-5450
2010 Health Circle Drive
Harrisonburg, VA 22801

Comprehensive mental health services include a 20-bed inpatient adult psychiatric unit. Acute in-patient care for psychiatric disorders, including dual diagnoses. Individual, family, group, recreational, occupational, and psychopharmacological therapies are provided. For referral to this unit and for after-hours and on-weekends contact information, call the Psychiatric Emergency Team (PET) at 689-1000.

Shenandoah Valley Juvenile Center (540) 886-0729
300 Technology Dr
Staunton, VA 24401

STARS (Gloeckner/Weber LLC) (434) 970-1904
517 Park Street
Charlottesville, Va 22902

The Bair Foundation (804) 288-8210
8002 Discovery Dr
Richmond, VA 23229

The Woods Program (540) 864-6640

United Methodist Family Services (540) 438-1577
737 E Market St
Harrisonburg, 22801

VA Home for Boys & Girls (804) 270-6566
8716 W Broad St
Richmond, VA 23294

Sports/Recreation programs

Boys & Girls Club

620 Simms Ave
Harrisonburg, VA 22802

(540) 434-6060

Harrisonburg Parks and Recreation

305 S Dogwood Dr
Harrisonburg, VA 22801

(540) 433-9168

Rockingham County Parks and Recreation

20 E Gay St
Harrisonburg, VA 22802

(540) 564-3160

Therapeutic Foster Care

Children's Services of VA

250 E Elizabeth St # 105,
Harrisonburg, VA 22802

(540) 801-0900

DePaul Community Resources

36 Southgate Court, Suite 102
Harrisonburg, VA 22801

(540) 437-0033

Email: LColumbo@DePaulCR.org

DePaul Community Resources provides the following programs: Treatment Foster Care, Developmental Disabilities, Clinical Services, and Adoption. The Harrisonburg office offers Treatment Foster Care of children and adolescents who have special needs and require foster care placement and case management services.

First Home Care

5515 Cherokee Ave #400
Alexandria, VA 22312

(703) 914-0182

Inspirational Youth Services

6366 Mechanicsville Turnpike # 203
Mechanicsville, VA 23111

(804) 730-0444

Intercept TFC

2712 Jefferson Davis Hwy #102
Stafford, VA 22554

(540) 318-4740

People Places of the Valley

1215 North Augusta Street
Staunton, VA. 24401
Kim Higgins, Admissions Coordinator

(540) 885-8841

Fax: 886-6379

Website: www.peopleplaces.org

Email: kim.higgins@peopleplaces.org

Harrisonburg Satellite Office
737 East Market Street
Harrisonburg, VA 22801

(540) 437-1857

Fax: 437-9321

Rescare/Braley & Thompson

1640 E Parham Rd
Richmond, VA 23228

(804) 553-9401

United Methodist Family Services

737 E Market St
Harrisonburg, 22801

(540) 438-1577

Tutoring/Education

Spotswood Elementary Tutoring-Harrisonburg Baptist Church

(540) 433-2456

501 S. Main Street
Harrisonburg, VA 22801

Providing academic support for children at Spotswood Elementary by Harrisonburg Baptist Church:

<http://www.hbcalive.org/Ministries/Missions/tabid/867/Default.aspx>

Boys and Girls Clubs

(540) 434-6060

Elkton Club - Before and After School, and Summer Programs

302 West B St.
Elkton, VA 22827

Plains Club - Before and After School, and Summer Programs

225 American Legion Road
Timberville, VA 22853

Simms Club - After School and Summer Programs

620 Simms Ave
Harrisonburg, VA 22802

South River Club - Before and After School Programs, and Summer Program

2101 Elm Ave
Grottoes, VA 24441

Teen Center - After School and Summer Programs

620 Simms Ave
Harrisonburg, VA 22802

La Casita - After School and Summer Programs

Picked up at Valley View Trailer Park and brought to Simms Club daily

Spotswood - After School Program

Spotswood Elementary School

Stone Spring - After School Program

Stone Spring Elementary School

Second Home - Mulenburgh Church Activities Center

281 East Market Street
Harrisonburg, Virginia 22801

Serves Spotswood elementary, Smithland Elementary, Thomas Harrison Middle and Skyline Middle schools. Second home was created to meet critical needs of children from the most impoverished neighborhoods in Harrisonburg, Virginia. Teachers at Second Home provide care for 100 children in grades k-7 before and after school. Second Home's mission is to ensure that working families have access to safe, affordable, quality child care which has a firm focus on academic services for their elementary and middle school children.

A cornerstone of Second Home is reading and every child reads 30 minutes each day. Children are also required to complete all their homework before joining in structured activity time or free time. Certified teachers supervise all academic activities and provide individual tutoring with the help of community volunteers as well as university

students majoring in reading, elementary and secondary education, teaching English as a second language, social work, psychology, justice studies, and others. Art majors, as well as sports and recreation students, lead children in those activities. Second Home teachers keep in touch with the children's school teachers, guidance counselors, and reading specialists.

Young Children's Program- JMU

(540) 568-7671

Anthony-Seeger Hall
821 S. Main Street
Harrisonburg, VA 22801

Contact Dr. Reece Wilson wilson@jmu.edu

The Young Children's Program is an early learning program operated by the James Madison University College of Education. It operates daily with a morning session for three-year-olds and an afternoon session for four-year-olds. Each class is led by a master teacher and a support staff of students. The YCP is accredited by the National Association for the Education of Young Children and licensed as a child care facility by the Virginia Department of Social Services.

In addition to providing a quality educational experience for children and their families, the Young Children's Program serves as a laboratory site for JMU teacher education students. They provide assistance to the teachers and individual attention in ways that are positive and supportive to children. The YCP also serves as a setting for professional observation and research within the University community.

❖ **Alternative Day Placements**

<u>Bear Creek Academy</u> 1874 Anderson Hwy Cumberland, VA 23040	(804) 492-9940
<u>Charterhouse (UMFS)</u> 3900 W Broad St Richmond, VA 23230	(804) 353-4416
<u>Elk Hill</u> 1975 Elk Hill Rd Goochland, VA 23063	(804) 457-4866
<u>Minnick School</u> 779 Massanutten St Harrisonburg, VA 22802	(540) 437-1814
<u>Oyster Point Academy</u> 766 J Clyde Morris Blvd Newport News, VA 23601	(757) 594-1580
<u>Rivermont School (Centra Health)</u> 3024 Forest Hills Cir Lynchburg, VA 24501	(434) 947-4697
<u>Shenandoah Academy (Specialized Youth Services of VA)</u> 1000 Chicago Ave Harrisonburg, VA 22802	(540) 433-1374

❖ Parent Education

Crossroads Counseling Center

250 E. Elizabeth Street, Suite 102
Harrisonburg, VA 22802

(540) 801-0885

Fax: 801-8221

Email: crossroads1@csv-inc.com

Crossroads provides outpatient, intensive in-home, mentoring, therapeutic day treatment (school-based), and mental health support for children, adolescents, adults, and families. Other programs to assist children and adults are created based on community need. Licensure supervision offered to selected professionals. Medicaid, local FAPT funded, private insurance, and self-pay.

Family Educational Services

336 Neff Ave
Harrisonburg, VA 22801

(540) 432-8660

National Counseling Group, Inc.

1951 Evelyn Byrd Avenue, Suite B
Harrisonburg, VA 22801
Tamala K. Gilardi, LCSW, Clinical Supervisor

(540) 437-0403 & (540) 437-0405

Fax: 437--0421

Website: www.nationalcounselinggroup.com

Email: Lauren.boyd@nationalcounselinggroup.com

Intensive in-home counseling services for youth and their families. Out-patient therapy. Mental health support services provider. Therapeutic day treatment for at-risk youth in public school systems. Accept Medicaid, FAPT, and self-pay.

People Places of the Valley

1215 North Augusta Street
Staunton, VA. 24401

(540) 885-8841

Fax: 886-6379

Website: www.peopleplaces.org

Email: kim.higgins@peopleplaces.org

Harrisonburg Satellite Office
737 East Market Street
Harrisonburg, VA 22801

(540) 437-1857

Fax: 437-9321

Project STAR (Family Resource & Referral Center)

1600 N. Coalter St., Suite 11
Staunton, VA 24401

(540) 245-5899

Website: <http://www.children-count.org/projectstar.html>

Project STAR is a partnership between parents and a parent educator. You are your child's first and most important teacher. A parent educator can support and encourage your efforts to be the parent you want to be. We do this with in-home visits that help empower parents to help their child reach their full potential and be prepared to enter school. We give parents child development information, demonstrate age appropriate play techniques, and make referrals to other community agencies. We are also a safe, neutral site to host supervised visits between parents and their children. Referrals primarily come from the Department of Social Services and the courts.

❖ Specialized Education Related Services

Cedric Moore- Spectrum Transformation Group

370 Neff Avenue Suite F
Harrisonburg, VA 22801

(804) 378-6141

Educational Services Institute

31 Southgate Ct # 101
Harrisonburg, VA 22801

(540) 434-1494

Office of Children and Youth : Teen Pregnancy Prevention (TPP)

JMU, MSC 9008
IIHHS
601 University Blvd.
Harrisonburg, VA 22807

(540) 568-6007

Fax: 568-6409
Website: www.theocy.org

The mission of Teen Pregnancy Prevention is to provide information and skills to help teenagers and young adults make healthy choices and avoid risky behaviors, such as sexual activity and drug and alcohol use, by presenting quality school- and community-based prevention services. This mission is being addressed through various educational programs and public awareness campaigns established through collaborative efforts between TPP, youth-serving community agencies, public and private school systems, faith communities, colleges and universities, and corporations within the community. Serves clients age 10-29. TPP provides the following interventions:

- **Baby Think It Over:** an eight-pound lifelike infant simulator distributed to youth for a 67 hour “parenting” experience.
- **Vision of You:** a ten-session program to help teens improve decision-making skills, make healthy choices, and make competent decisions about their futures. Available to any interested group.
- **Healthy Choice Presentations:** focus on life’s choices concerning sexual behavior, and how the consequences of some choices can stay with you forever. Available to any interested group.
- **Partners in Prevention:** programs for young adults aged 20-29, availability varies.
- TPP also provides presentations dealing with teen pregnancy issues, the local situation, and how to talk to teenagers about sex to educators, providers, youth leaders, and parents

PACE (Parent and Child Education)

463 East Washington Street
Harrisonburg, VA 22802

(540) 433-3100

We serve families of infants and toddlers with developmental delay. PACE offers assessments and coordination of care, infant care education, and physical, occupational, and speech therapy. PACE helps families to obtain the most appropriate services and develop through play

Reading Road Show

JMU, MSC 9008
601 University Blvd.
Harrisonburg, VA 22807

(540) 568-5814

Fax: 568-7014
Website: www.readingroadshow.com

To take early literacy opportunities “on the road” – with the Gus Bus, a mobile literacy vehicle – to children, their parents, and their childcare providers in the city of Harrisonburg, Rockingham, and Page Counties.

Shenandoah Valley Autism Partnership (SVAP)

4181 Brown Roan Lane
Harrisonburg, VA 22801

(Need to enter password of "81" in order to gain access to contact information on website)

Website: www.vallevautism.org/

We offer support, networking, and training for families and professionals who care for individuals with Autism Spectrum Disorder in the Shenandoah Valley of Virginia.

Shenandoah Valley Gay and Lesbian Association (SVGLA)

P.O. Box 1023
Harrisonburg, VA 22803

Website: www.svgla.org

Email: SVGLAssociation@gmail.com

SVGLA provides educational, social, and recreation activities and promotes the general welfare of the community. Activities are scheduled throughout the year from "First Friday" each month, which brings the community together in the form of potluck dinners, to our annual Shenandoah Valley Pride festival in July of each year. Please visit our websites or send an email for more information.

Special Needs Children

Blue Ridge Care Connection for Children

866-596-9367

The Central Shenandoah Youth Suicide Prevention Initiative

(540) 568-8901

The Campus Suicide Prevention Center of Virginia

Fax: (540) 568-6409

The Institute for Innovation in Health and Human Services

James Madison University
MSC 9008
601 University Blvd.
Harrisonburg, VA 22801

Website: www.preventsuicidecsv.org

Email: wigginjr@jmu.edu

These programs are dedicated to reducing risk for suicide among youth (ages 10-24). We offer suicide prevention education, program planning and related resources to professionals, lay helpers, parents and young people. The Central Shenandoah Youth Suicide Prevention serves all schools and law enforcement and social service entities within the central Shenandoah region. The Campus Suicide Prevention Center of Virginia serves college and university campuses across Virginia. PLEASE NOTE- *Our office does not provide direct services to those in crisis.* Rather, "We help the people who help the people." If you are in need of immediate assistance, call 1-800-273-TALK or 911.

The Speech and Language Center

1591 Port Republic Rd
Harrisonburg, VA 22801

(540) 437-4226

VA Cooperative Extension Service - 4H programs for kids

965 Pleasant Valley Road
Website: <http://ext.vt.edu>
Harrisonburg, VA 22801

(540) 564-3080

The Rockingham County office of Virginia Cooperative Extension is your local connection to Virginia's land-grant universities, Virginia Tech, and Virginia State University. Through educational programs based on research and developed with input from local stakeholders, we help the people of Rockingham County improve their lives. We provide education through programs in Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Viability.

❖ Transitional Independent Living Skills

Crossroads Counseling Center

250 E. Elizabeth Street, Suite 102
Harrisonburg, VA 22802

(540) 801-0885

Fax: 801-8221

Email: crossroads1@csv-inc.com

Crossroads provides outpatient, intensive in-home, mentoring, therapeutic day treatment (school-based), and mental health support for children, adolescents, adults, and families. Other programs to assist children and adults are created based on community need. Licensure supervision offered to selected professionals. Medicaid, local FAPT funded, private insurance, and self-pay.

Gemeinschaft Home for Ex-Offenders

1423 Mount Clinton Pike
Harrisonburg, VA 22802

(540) 434-1690

Website: www.gemeinschafthome.org

Email: info@gemeinschafthome.com

Transitional therapeutic community for the non-violent ex-offender. Ex-offenders are referred by the Department of Corrections.

Vehicle Maintenance

People's Garage

700 E. Main Street
Waynesboro, VA 22980

(540) 942-9602

Mechanic shop that offers payments plans and/ or financing for car repairs

Valiant Virginians-Shenandoah Wheels

Contact: Greg Shields
Bridgewater, VA 22812

(540) 746-1962

They have a program called 'Shenandoah Wheels'-this is a non profit that donates cars, parts, and sometimes repairs for people in need in the community.