

Community Resource Guide

Sentara RMH Medical Center



SENTARA®

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Quick Reference Telephone Directory

Sentara RMH PCP Practices

Sentara East Market Street Health Center (family medicine practice).....	540-564-5666
Sentara East Rockingham Health Center.....	540-713-4100
Sentara Integrative Medicine Physicians	540-564-5400
Sentara Internal Medicine Physicians	540-564-7100
Sentara Luray Health Center.....	540-743-9087
Sentara Mt. Jackson Health Center.....	540-477-3185
Sentara New Market Health Center	540-740-3044
Sentara South Main Health Center	540-564-7300
Sentara Timber Way Health Center.....	540-901-0800

Sentara RMH Specialty Practices

Sentara Back & Neck Specialists.....	540-689-4500
Sentara Behavioral Health Specialists.....	540-564-5100
Sentara Breast Surgery Specialists.....	540-689-4800
Sentara Cardiothoracic Surgery Specialists.....	540-689-5555
Sentara Endocrinology Specialists	540-689-4300
Sentara Evelyn Byrd Health Center (Formerly HMA).....	540-564-5800
Sentara Hahn Cancer Center	540-689-7000
Sentara Infectious Disease Specialists	540-564-5200
Sentara Neurology Specialists	540-689-5400
Sentara Occupational Health Specialists.....	540-564-5622
Sentara Orthopedic & Sports Medicine Specialists.....	540-689-5500
Sentara Palliative Care Specialists.....	540-564-5600
Sentara Pulmonology & Critical Care Specialists	540-689-5600
Sentara Rheumatology Specialists	540-689-5700
Sentara Sleep Medicine Specialists.....	540-437-8230
Sentara Surgical Specialists.....	540-564-5800
Sentara Treatment Center	540-689-1900
Sentara Urology Specialists.....	540-689-5900
Sentara Vascular Specialists.....	540-689-5800
Sentara Voice & Swallowing Services	540-689-1900
Sentara Weight Loss Surgery	540-689-5800
Sentara Wound Healing Center.....	540-689-2100

Quick Reference Telephone Directory *CONTINUED*

Other Area PCP Practices

Mark Bradshaw, MD.....	540-433-1530
Carilion Family Medicine-Bridgewater	540-828-2634
Carilion Family Medicine-Dayton	540-879-4300
Carilion Family Medicine-Weyers Cave	540-234-9241
Harrisonburg Community Health Center	540-433-4913
Harrisonburg Family Practice	540-433-9151
Harrisonburg Internal Medicine	540-433-6967
Harrisonburg Rockingham Free Clinic.....	540-433-5431
Harrisonburg VA Clinic	540-442-1773
Maria Hernandez, MD	540-442-6144
Kathleen Kelley, MD.....	540-432-1700
Maryam Mamodian, MD	540-209-0287
Peak View Internal Medicine.....	540-574-2920
Rockingham Family Physicians.....	540-433-3344
South River Medical Clinic	540-249-5901
Frank Steller, MD	540-437-0525

Other Area Specialty Clinics

Allergy

Allergy & Asthma Associates of Virginia.....	540-442-1100
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Dermatology

Harrisonburg Dermatology	540-433-8700
Rockingham Dermatology.....	540-442-8046
Access Dermatology.....	540-434-1756

Hand Surgery

Sentara Orthopedic & Sports Medicine Specialists.....	540-689-5500
Valley Plastic Surgery.....	540-438-0600

ENT

Meadowcrest ENT and Facial Cosmetic Center	540-433-9399
Harrisonburg ENT Associates.....	540-433-6041
Alexiou Hearing and Sinus Center	540-434-2255

General Surgery

John B. Mansfield, MD.....	540-434-8101
Sentara Surgery Specialists.....	540-689-5800

Harrisonburg Medical Associates (*located in Sentara Evelyn Byrd Health Center*).....540-564-5800

- Cardiology
- Gastroenterology
- Nephrology
- Neurology

Hematology/Medical Oncology.....540-689-7000

Quick Reference Telephone Directory *CONTINUED*

OB/GYN

Blue Ridge Women’s Health Center (Gynecology only).....	540-433-6613
Harrisonburg OB/GYN Associates	540-434-3831
Shenandoah Women’s Healthcare	540-438-1314
Nina Smith, MD (Gynecology only)	540-442-9055

Ophthalmology

Retina of Virginia, PLC	540-437-5879
Rockingham Eye Physicians.....	540-433-2485

Oral & Maxillofacial

Goodwin Oral & Facial Surgery	540-705-0195
Kenneth Klamut, MD	540-432-1300
Shenandoah Oral & Facial Surgery, PLC	540-433-1751
Whitney Oral & Facial Surgery	540-437-1230

Orthopedics

Hess Orthopedics & Sports Medicine	540-434-1664
Sentara Orthopedic & Sports Medicine Specialists.....	540-689-5500

Pain Management

Balint Pain Management Center	540-234-0080
National Spine and Pain Centers.....	703-914-8000
North American Spine & Pain Centers.....	540-433-1905
Sentara Back & Neck Specialists	540-689-4500

Pediatrics

Hanon Pediatrics	540-908-3366
Bluestone Pediatrics.....	540-437-4800
Harrisonburg Community Health Center	540-433-4913
Harrisonburg Pediatrics	540-434-3004
Mountain Ridge Pediatrics	540-217-5333
Valley Children’s Clinic	540-434-0898

Plastic Surgery

Asfa Plastic Surgery	540-432-0303
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Podiatry

Harrisonburg Foot & Ankle Clinic	540-434-2949
Harrisonburg Foot Care	540-434-3668
Hess Orthopedic & Sports Medicine	540-434-1664
Podiatric Medicine & Surgery	540-568-9891
Thomas Tran, DPM.....	540-432-6211

Psychology

Ramond Alderfer, MD	540-442-9900
Lawrence Cornell, MD	540-442-9909

Radiation Oncology

Shenandoah Valley Radiation Oncology Associates.....	540-689-7036
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Assisted Living Facilities/Group Homes

Harrisonburg Rockingham Social Services District Auxiliary Grant Program.....540-574-5110

Key

- A* ACCEPTS AMBULATORY RESIDENTS ONLY
- NA* ACCEPTS NON-AMBULATORY RESIDENTS
- R* ACCEPTS RESIDENTIAL ONLY
- R & A* ACCEPTS RESIDENTIAL & ASSISTED
- MF* ACCEPTS BOTH MALES & FEMALES
- F* ACCEPTS FEMALES ONLY
- M* ACCEPTS MALES ONLY
- AGP* ACCEPTS AUXILIARY GRANT PAYMENT
- PP* PRIVATE PAY ONLY
- #* NUMBER OF BEDS
- SU* SECURE UNIT



Bellaire At Stone Port

1684 Port Hills Dr
 Harrisonburg, VA 22801
 www.bellaireatstoneport.com
 Phone: 540-246-0888 (Main Number)
 Fax: 540-615-5765 (Fax Number)
A NA R R&A MF PP 88 SU

Bridgewater Retirement Community

302 North Second St
 Bridgewater, VA 22812
 Phone: 540-828-2550 (Main Number)
 Phone: 540-828-2669 (Admissions)
 Fax: 540-828-0394 (Admissions)
NA R&A MF AGP(Limited) SU
127(Nursing) 86(Assisted)
 Wander Guard System, CCRC

Birch Gardens of Royal Care, Inc.

12 Royal Dr
 Staunton, VA 24401
 Location: Rt. 250, Fishersville, VA
 Phone: 540-886-5007
 Fax : 540-886-7997
A R&A MF PP SU 37

Brookdale Harrisonburg

2101 Deyerle Ave
 Harrisonburg, VA 22801
 Phone: 540-574-2982
 Fax: 540-574-2986
NA R&A PP MF 56 Studios SU

Brookdale Staunton

1900 Hillsmere Lane
 Staunton, VA 24401
 Phone: 540-885-9500
 Fax: 540-885-3825
NA R&A MF SU 144 Alzheimer's Unit

Cardinal House

P.O. Box 430
 1182 Eastside Hwy
 Waynesboro, VA 22980
 Phone: 540-943-1470
 Fax: 540-949-0655
A R&A MF PP AGP(Limit 2) 35 AlamSystem

Care Corner

224 Fishersville Rd
 Fishersville, VA 22939
 Phone: 540-949-8546
 Fax: 540-221-6861
A(one ADL) R MF AGP PP 31

Assisted Living Facilities/Group Homes *CONTINUED*

Dutch Haven Home for Adults

257 Tollhouse Rd
Maurertown, VA 22644
Phone: 540-436-3297 (Admissions)
Fax: 540-436-8212
NA R&A MF PP 48

Greenfield Assisted Living of Woodstock, LLC

935 Ox Rd
Woodstock, VA 22664
Phone: 540-459-2525
Fax: 540-459-9432
NA MF PP 49

Hawksbill Assisted Living

122 N. Hawksbill St
Luray, VA 22835
Phone: 540-743-6229
Fax: 540-743-4139
NA R&A MF AGP 59
Alzheimer's Patients - Wander Guard System

Hilltop & Inspirit Senior Living

111 Denny Lane
Winchester, VA 22603
Phone: 540-667-5323
Fax: 540-662-4814
NA R&A MF PP APG(5 beds) 96
Alzheimer's Patients
Wander Guard System

Journeys Crossings

102 North Stuart Ave
Elkton, VA 22827
Phone: 540-298-0054
Fax: 540-298-7049
Accepts Respite
NA R&A MF PP 40

Living Waters

379 North Main St
Timberville, VA 22853
Phone: 540-896-4558
Fax: 540-901-2763
NA R&A MF AGP 40

Manor of Natural Bridge, Inc.

5615 South Lee Highway
Natural Bridge, VA 24578
Phone: 540-291-2301
Fax: 540-291-3078
NA R&A MF AGP 60

Maple Lawn Home for the Aged

2526 Lee Jackson Highway
Staunton, VA 24401
Phone: 540-337-2109
Fax: 540-337-9514
A R&A MF AGP 16
Allows pets

Mission House

516 West Spotswood Trail
Elkton, VA 22827
Phone: 540-298-8917
Fax: 540-298-0497
A R&A MF AGP 22

Mountainside Senior Living

1220 Crozet Ave
P.O. Box 310
Crozet, VA 22932
Phone: 434-823-4307
Fax: 844-206-7267
NA R&A MF AGP PP 117

Oak Grove Manor

8 Rainbow Lane
Waynesboro, VA 22980
Phone: 540-943-5570
Fax: 540-932-3120
Mild Alzheimer's Patients Accepted
A R&A MF PP 21

Our Lady of Peace

751 Hillsdale Dr
Charlottesville, VA 22901
Phone: 434-973-1155
Fax: 434-973-3397
NA R&A MF AGP SU 150

Assisted Living Facilities/Group Homes *CONTINUED*

Pine Meadows Assisted Living Facility

218 Mill Rd
Woodstock, VA 22664
Phone: 540-459-4480
Fax: 540-459-8427
A R&A MF PP 20

Renaissance Assisted Living

118 William Mills Dr
Stanardsville, VA 22973
Phone: 434-985-4411
Fax: 434-985-4412
Mostly A R&A MF PP 23

Ritenour Rest Home

403 North Coalter St
Staunton, VA 24401
Phone: 540-885-0191
Fax: (same as main number)
NA R&A MF AGP PP 53

Royal Care Assisted Living

54 Imperial Dr
Staunton, VA 24401
Phone: 540-885-0065
Fax: 540-885-9964
NA(Cannot be bed bound) R&A MF PP 24

Royal Haven of Woodstock

1222 Ox Rd
Woodstock, VA 22664
Phone: 540-459-2902
Fax: 540-459-9426
NA R&A MF AGP PP 45

Search Group Home Incorporated

St Address: 5742 North Main St
Mailing Address: P.O. Box 1147
Mt. Jackson, VA 22842
Phone: 540-477-2808
A R MF AGP ID only PP 8

Shenandoah Place

50 Burkholder Lane
New Market, VA 22844
Phone: 540-740-4300
Fax: 540-740-4301
NA R&A MF PP 22

Stoney Creek Adult Care Residence

526 Stoney Creek Boulevard
Edinburg, VA 22824
Phone: 540-984-8606
Fax: (same as main number)
Mild Alzheimer's
NA R&A MF AGP 19

Summit Square Retirement Community

501 Oak Ave
Waynesboro, VA 22980
Phone: 540-941-3113 (SS Coordinator)
Phone: 540-941-3100 (Main Number)
Fax: 540-941-3330
Mild-Moderate Alzheimer's Accepted
NA R&A MF PP 20
Wander Guard

Sunnyside Retirement Community

3935 Sunnyside Dr
Harrisonburg, VA 22801
Phone: 540-568-8201
Fax: 540-568-8310
NA R&A MF AGP (Limited) 85

The Harbor at Renaissance

422 Williams Mills Dr
Stanardsville, VA 22973
Phone: 434-985-4481
Fax: 434-985-7498
Alzheimer's Patients
NA R&A MF PP SU 64

Timber View Crossing

351 New Market Rd
Timberville, VA 22853
Phone: 540-896-9858
Fax: 540-896-5079
Accepts Respite
NA R&A MF PP 42

Assisted Living Facilities/Group Homes *CONTINUED*

Virginia Residential and Assisted Living

1205 Moorman Rd
 Roanoke, VA 24017
 Phone: 540-343-3330
 Fax: 540-343-2281
A MF AGP PP 27

VMRC Assisted Living

Assisted Living at Crestwood
 1401 Virginia Ave
 Harrisonburg, VA 22802
 Phone: 540-564-3550
 Fax: 540-564-6550
A R&A MF PP SU 86
(Wheel-chair - w/independent transfer)

VMRC Complete Living Care

1475 Virginia Ave
 Harrisonburg, VA 22802
 Phone: 540-564-3500
 Fax: 540-564-3750

Waynesboro Manor

809 Hopeman Parkway
 Waynesboro, VA 22980
 Phone: 540-942-2250
 Fax: 540-941-1850
 Mild Alzheimer's Patients Accepted
NA R&A MF PP 40

Whispering Pines Assisted Living

200 Leakesville Rd
 Luray, VA 22835
 Phone: 540-743-2273
 Fax: 540-743-2274
NA R&A MF PP 60
(Specialized Memory Care Unit)

White Birch Estates, Inc.

847 Oakwood Dr
 Harrisonburg, VA 22801
 Phone: 540- 879-9699
 Fax: 540- 879-9683
 Mild Alzheimer's Accepted
 Independent Unit
Specialized Memory Care Unit
NA R&A MF PP 60

White Tree Village

9137 North Congress St
 P.O. Box 980
 New Market, VA 22844
 Phone: 540-740-8100
 Fax: 540-740-9380
A R&A MF AGP 43

Willow Estates Retirement

180 Titus Dr
 Penn Laird, VA 22846
 Phone: 540- 574-0059
 Fax: 540- 574-2178
 Mild Alzheimer's Accepted
NA R&A MF PP
(AGP after 2 years PP) 62



Skilled Nursing Facilities

Avante Rehab

94 South Ave, Harrisonburg, VA 22801
Phone: 540-433-2791

Bridgewater Retirement Community

302 North Second St, Bridgewater, VA 22812
Phone: 540-828-2550

Consulate Health Care of Woodstock

803 South Main St, Woodstock, VA 22664
Phone: 540-459-5676

EA Hawse

17978 WV-55, Baker, WV 26801
Phone: 304-897-5903

Grant County Nursing Home

127 Early Ave, Petersburg, WV 26847
Phone: 304-257-4233

Harrisonburg Health and Rehab

1225 Reservoir St, Harrisonburg, VA 22801
Phone: 540-433-2623

King's Daughters Rehab

1410 North Augusta St, Staunton, VA 24401
Phone: 540-886-6233

Lifecare Center

315 East Lee Highway, New Market, VA 22844
Phone: 540-740-8041

Montvue Nursing Home

30 Montvue Dr, Luray, VA 22835
Phone: 540-743-4571

Pendleton County Nursing Home

Route 33 East, Franklin, WV 26807
Phone: 304-358-2322

Sunnyside Retirement Community

3935 Sunnyside Dr, Harrisonburg, VA 22801
Phone: 540-568-8200

VMRC Complete Living Care

1475 Virginia Ave, Harrisonburg, VA 22802
Phone: 540-564-3500

Long Term Care Facilities (within 50 miles of Sentara RMH)

Avante

94 South Ave, Harrisonburg, VA 22801
Phone: 540-433-2791

Bridgewater Retirement Community

302 North Second St, Bridgewater, VA 22812
Phone: 540-828-2550

Harrisonburg Health & Rehabilitation

1225 Reservoir St, Harrisonburg, VA 22801
Phone: 540-433-2623

Sunnyside Retirement Community

3935 Sunnyside Dr, Harrisonburg, VA 22801
Phone: 540-568-8200

VMRC Complete Living Care

1501 Virginia Ave, Harrisonburg, VA 22802
Phone: 1-877-506-4952



Health

1-800-SENTARA

Sentara's call center for questions about health care providers and local health services, class registrations.
www.sentara.com.

AVA Care of Harrisonburg

Free pregnancy testing and confirmation.
833 MLK Jr. Way
Harrisonburg, VA 22801
Phone: 540-434-7528
www.avacareforyou.org

Community Health Interpreter Service

Interpreter services in many languages for medical appointments.
Call 540- 568-3011 to request an interpreter and get more information.

Hand In Hand Resource Mothers Program

Mentor program for pregnant teens.
Sentara RMH Medical Center's Atrium building
2000 Beery Rd
Harrisonburg, VA 22801
Phone: 540-433-4340

Harrisonburg-Rockingham Free Clinic

Free medical services/dental extractions for uninsured.
25 W. Water St
Harrisonburg, VA 22801
Phone: 540-433-5431

Harrisonburg Community Health Center

Provides primary health care needs and dental services for all children and families, insured and uninsured; accepts Medicare and Medicaid; sliding scale fee based on income.
1380 Little Sorrell Dr, Suite 100
Harrisonburg, VA 22801
Primary Care: 540-433-4913
Dental Services: 540-236-3688

Harrisonburg-Rockingham Health Department

Provides STD and HIV/AIDS screening, family planning/ birth control, immunization, and WIC.
110 N. Mason St
Harrisonburg, VA 22802
Phone: 574-5100.

Harrisonburg Veterans Outpatient Primary Care Clinic

1755 S. High St
Harrisonburg, VA 22801
Phone: 540-282-6035

Heartland Health Clinic

101 Heartland Ct.
Dayton, VA 22821
Phone: 540-879-9002

Sentara RMH Medical Center

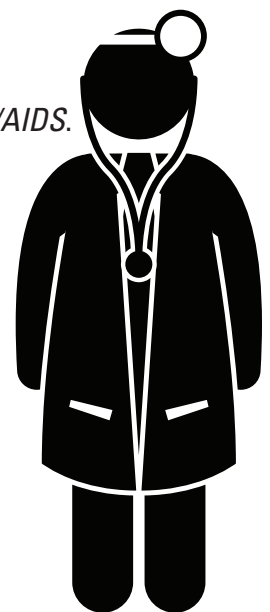
Emergency medical care and a social work department for financial assistance.
2010 Health Campus Dr
Harrisonburg, VA 22801
Phone: 540-689-1000

Suitcase Clinic

Medical care for the homeless at various times/ locations around Harrisonburg.
Phone: 540-908-1789, Nurse Terri

Valley AIDS Network

Services for people living with HIV/AIDS.
Phone: 540-568-8838 or visit
www.valleyaidsnetwork.org



Home Health Care

Amedisys Home Health Care

729 Richmond Ave, Suite B
Staunton, VA 24401
Phone: 540-886-2970

Augusta Home Care, Inc

64 Sports Medicine Dr
Fishersville, VA 22939
Phone: 540-332-4900; 800-543-4789

Care Advantage

617 Greenville Ave
Staunton, VA 24401
Phone: 540-213-7770

Care Free Home Health and Companions

2565 John Wayland HWY
Harrisonburg, VA 22801
Phone: 540-434-9898

Continuum Home Health Care

2205 Fontaine Ave., #204
Charlottesville, VA 22903
Phone: 434-984-2273

Continuing Care Home Health Services

579 East Market St
Harrisonburg, VA 22801
Phone: 540-433-7146

First Choice Home Health Services

915 Central Ave
Harrisonburg, VA 22801
Phone: 540-434-3916

Grant Memorial Homecare

10 Valley View St
Petersburg, WV 26847
Phone: 304-257-1015

Interim Healthcare

16 Ivy Ridge Lane, Suite 138
Fishersville, VA 22939
Phone: 540-885-4413

Intrepid Healthcare Services

106 Rowe Rd, Suite 103
Staunton, VA 24401
Phone: 540-886-0342

Northern West Virginia Home Health – Valley Health

PO Box 2800
Romney, WV 26757
Phone: 304-822-2177; 866-797-3787
Fax: 540-536-3284

Page Memorial Home Health Care

200 Memorial Dr
Luray VA 22835
Phone: 540-743-6033

Pendleton Home Health Services

PO Box 700 Route 33 East
Franklin WV 26807
Phone: 304-358-2322

Sentara Home Care

2000 Beery Rd
Harrisonburg, VA 22801
Phone: 540-564-5735

Valley Home Care

1589 Port Republic Rd
Harrisonburg, VA 22801
Phone: 540-434-1747
Fax: 540-434-1749
Info@valleyhomecareva.com
Valleyhomecareva.com



Hospice

Blue Ridge Hospice

333 West Cork St #405
 Winchester, VA 22601
 Phone: 540-313-9200
 Fax: 540-450-0786
<http://www.brhospice.org/>

First Choice Hospice

370 Neff Ave, Suite P
 Harrisonburg, VA 22801
 Phone: 540-217-5845
 Fax: 540-217-5843
<http://www.firstchoiceharrisonburg.com/hospice.html>

Grant Memorial Hospice

100 Hospital Dr #2
 Petersburg, WV 26847
 Phone: 304-257-2005
 Fax: 304-257-2093
<http://lhcgroupp.com/locations/grant-memorial-hospice>

Hospice of the Shenandoah

64 Sports Medicine Dr, PO Box 215
 Fishersville, VA 22939

Staunton Location:

Phone: 540-332-4909
 Fax: 540-332-4991

Waynesboro Location:

Phone: 540-932-4909
 Fax: 540-932-4991
<https://www.augustahealth.com/hospice>

Medi Home Health and Hospice

1540 Insurance Lane
 Bldg. E, Suite A
 Charlottesville, VA 22911
 Phone: 434-244-0890
 Fax: 434-244-0132
www.msa-corp.com

Mountain Hospice

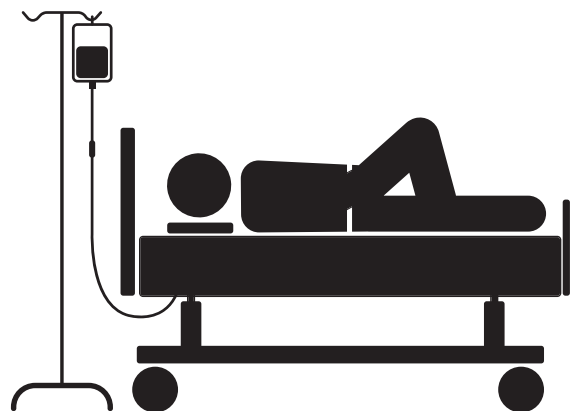
PO Box 416
 280 S. Branch St
 Franklin, WV 26807
 Phone: 304-358-3585
 Fax: 304-358-3586
www.mountainhospice.com

New Century Hospice

420 Neff Ave, Ste 110
 Harrisonburg, VA 22801
 Phone: 540-801-0406
 Fax: 540-801-0409
<http://newcentury.curohs.com/>

Sentara Hospice

2000 Beery Rd
 Harrisonburg, VA 22801
 540-564-5755
www.sentara.com



Personal Care Agencies

A Loving Hand Home Health Care

Independent group caregivers specializing in Alzheimer's and stroke.

Phone: 540-810-5166

Care Advantage

1023 N. Augusta St
Staunton, VA 24401
Phone: 540-213-7770
Fax: 540-213-7773

Care Free Home Health and Companions

460 Hidden Creek Ln
Harrisonburg, VA 22801
Phone: 540-434-9898
Fax: 540-434-9800

Continuing Care HH Services

579 E. Market St
Harrisonburg, VA 22801
Phone: 540-433-7146
Fax: 540-433-5789

Encompass Home Health

Phone: 434-202-7138
Fax: 434-202-7145

First Choice Home Health Services

370 Neff Ave, Suite P
Harrisonburg, VA 22801
Phone: 540-434-3916
Fax: 540-432-0074

Home Instead Senior Care Verona

11 Green Hills Dr, Suite 5
Verona, VA 24482
Phone: 540-213-7800
Fax: 540-213-7801

Interim Health Care

113 Mill Place Pkwy, Unit 101
Verona, VA 24482
Phone: 540-885-4413
Fax: 540-885-7410

Maxim Home Health

1410 Incarnation Dr, Suite 202
Charlottesville, VA 22901
Phone: 434-973-1749

Medi Home Health

1540 Insurance Ln
Charlottesville, VA 22911
Phone: 434-244-0890
Fax 434-244-0132

Senior Helpers

1709 Emmet St, 2nd Floor, Suite A
Charlottesville VA 22901
Phone: 540-746-7060
Fax: 866-922-2514
Toll Free: 866-584-7011

Team Nurse

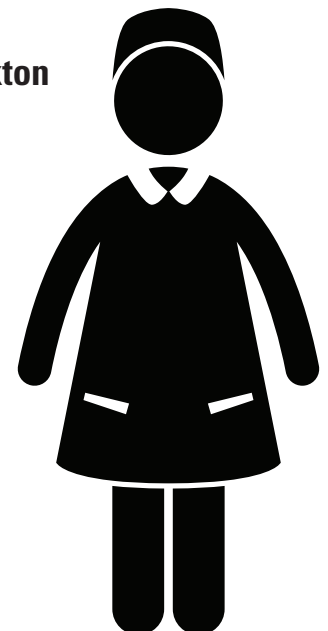
1012 Reservoir St, Suite A
Harrisonburg, VA 22801
Phone: 540-574-4321
Fax: 540-574-9951

The Mennonite Group

*A group of independent caregivers.
Contact Janice.*
Phone: 540-383-7391

Valley Home Care in Elkton

Contact Angela Miller
Phone: 540-298-2273
Fax: 540-298-2274



Parenting Support Resources

Healthy Families of the Blue Ridge

A voluntary program that helps first-time parents learn about how children develop, how to keep children healthy, and how to prepare children to do well in school.

Sentara RMH Atrium

2000 Beery Rd

Harrisonburg, VA 22801

Phone: 540-564-5982

Fax: 540-564-7054

Email: DDCABLE@sentara.com

Parenting Education and Support (PEAS)

Offered by Sentara Community Health. Classes for parents, soon-to-be-parents and grandparents. Visit Sentara.com for a full list of classes.

Phone: 540-564-7006

Hand-in-Hand Resource Mothers Program

Offered by Sentara Community Health. Support and guidance for teen moms.

ChildCare Aware of Piedmont Virginia

A childcare resource and referral service.

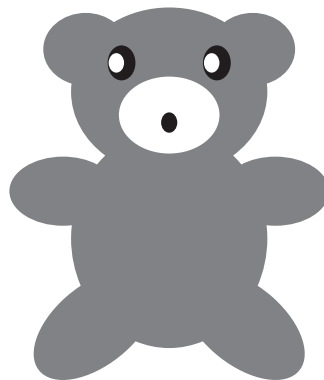
Sentara RMH Atrium

2000 Beery Rd

Harrisonburg, VA 22801

Phone: 540-433-4531

Email: RMH_CHILDCCARECONNECTION@sentara.com



Medicaid Personal Care Providers

Continuing Care Personal Services (adults and older children)

Contact: Adair Terry
579 East Market St
Harrisonburg, VA 22801
Phone: 540-433-7146
Fax: 540-433-5789

Interim Health Care (all ages)

Contact: Theresa Pitsenbarger
113 Mill Place Parkway, Suite 101
Verona, VA 24482
Phone: 540-885-4413
Fax: 540-885-7410

Pro-Careers, Inc. (all ages)

Contact: Betty Jo Wheeler
393 East 29th St, Suites 1 & 2
Buena Vista, VA 24416
Phone: 540-261-8812
Phone: 800-992-0566
Fax: 540-261-8659

Augusta Independence Associates

Contact: Betty Lawhorn
944 Augusta Farm Rd
Stuarts Draft, VA 24477
Phone: 540-941-1823
Fax: 540-949-6907

Team Nurse

Administrator: Rebecca Shifflett
1012 Reservoir St, Suite A
Harrisonburg, VA 22801
Phone: 540-574-4321
Fax: 540-574-9951

Pediatric Connections (skilled nursing only)

Contact: Leah Shifflett, RN
199 Spotnap Rd #6
Charlottesville, VA 22911
Phone: 877-481-3033 or 888-799-2120

Integrity Home Care (children and adults)

Contact: Yuliya Kvitko, RN
1098 Oakdale Ct
Harrisonburg, VA 22801
Phone: 540-929-0201
Fax: (866) 316-9982

Care Advantage (infants, children, and adults)

Contact: Kamn McCray
1023 N Augusta St
Staunton, VA 24401
Phone: 540-213-7770
Fax: 540-213-7773

Generations Crossing Adult Day Care Center

Contact: Laurie Deavers
3765 Taylor Spring Lane
Harrisonburg, VA 22801
Phone: 540-434-4901
Fax: 540-434-8222

Valley Home Care

Contact: Barbara McIntire
1589 Port Republic Rd, Suite 1
Harrisonburg, VA 22801
Phone: 540-434-1747
Fax: 540-434-1749

Maxim Healthcare Services (skilled nursing care for children and adults)

Contact: Laura Thomas, Recruiter
4502 Starkey Rd, Suite 203
Roanoke, VA 24018
Phone: 540-725-1572
Fax: 866-941-4331

Outpatient Rehab Therapy (Physical, Occupational, etc.)

Sentara RMH Therapy Services

- *Our largest facility, located in the Sentara RMH Orthopedic Center*
2509 Pleasant Run Dr
Harrisonburg, VA 22801
Phone: 540-689-4999
- *Our clinic in the Sentara East Market St Health Center (Kroger Shopping Center) offers PT, OT, SLP and industrial rehab programs.*
1790-64B East Market St
Harrisonburg, VA 22801
Phone: 540-564-5559
- *Our Bridgewater location offers the convenience of PT to individuals living or working in Bridgewater and the surrounding areas.*
400 N. Main St
Bridgewater, VA 22812
Phone: 540-828-7115
- Located in Sentara East Rockingham Health Center, we conveniently offer physical therapy services to Elkton and surrounding communities. You do not have to be a patient of the health center to receive therapy services at this location.
13737 Spotswood Trail
Elkton, VA 22827
Phone: 540-713-4300
- Located in Sentara Timber Way Health Center, we conveniently offer physical therapy services to Broadway, Timberville and the surrounding communities. You do not need to be a patient of the center to receive therapy services at this location.
13892 Timber Way
Broadway, VA 22815
Phone: 540-901-0888

Advantage Physical Therapy & Sports Performance

- 313 Neff Ave, Suite C, Harrisonburg, VA 22801
Phone: 540-434-1200
- 54 Franklin St, Weyers Cave, VA 24486
Phone: 540-234-8800
- 4165 Quarles Court, Harrisonburg, VA 22801
Phone: 540-437-7585
- 800 Shenandoah Ave., #140, Elkton, VA 22827
Phone: 540-298-4749

Appalachian Physical Therapy

171 E. Springbrook Rd
Broadway, VA 22815
Phone: 540-901-9501

Augusta Physical Therapy

424 Commerce Rd
Staunton, VA 24401
Phone: 540-887-8007

VMRC Outpatient Therapy

1481 Virginia Ave
Harrisonburg, VA 22801
Phone: 540-438-4228

Wampler and Associates Rehabilitation

220 Reservoir St
Harrisonburg, VA 22801
Phone: 540-434-9267

Woodstock Rehab & Fitness

1195 Hisey Ave
Woodstock, VA 22664
Phone: 540-459-7772





Sentara Lab Services

Sentara RMH Medical Center

2010 Health Campus Dr
Harrisonburg, VA 22801
Phone: 540-689-6600
Fax: 540-689-6001

Park in Lot G and enter the outpatient center.

Hours: Mondays-Fridays 6am–6pm;

Saturdays 7am–noon

**EKG available 8am-4:30pm, Monday-Friday.*

It is not available on Saturdays.

Sentara East Market St Health Center

1790-64B E Market St
Harrisonburg, VA 22801
Phone: 540-564-5737
Fax: 540-564-5738

Hours: Mondays-Fridays: 7:30am-4:30pm

(Closed noon to 1pm)

**EKG not available at this location.*

Sentara East Rockingham Health Center

13737 Spotswood Trail
Elkton, VA 22827

Phone: 540-713-4162

Hours: Mondays-Fridays, 8am-12:45pm, 1:45-4:30pm

**EKG not available at this location.*

Sentara Timber Way Health Center

13892 Timber Way
Broadway, VA 22815

Phone: 540-901-0899

Fax: 540-901-0801

Hours: Mondays-Fridays: 7:30am-4:30pm (closed 12–1pm)

**EKG not available at this location.*

Sentara Bridgewater

400 N. Main St
Bridgewater, VA 22812

Phone: 540-828-3052

Mondays, Tuesdays, Thursdays, 8am-2:30pm

(closed 12-12:30pm). Closed Wednesdays and Fridays

**EKG not available at this location*

Sentara Imaging Services

Outpatient Imaging Center

Located within the Sentara RMH Orthopedic Center.

Offering X-ray, Ultrasound, MRI and CT.

2509 Pleasant Run Dr
Harrisonburg, VA 22801
Phone: 540-689-4972
Hours: Mondays-Fridays: 7am-7pm

Sentara South Main Health Center

X-ray only.

1661 South Main Health Center
Harrisonburg, VA 22801
Phone: 540-564-7391
Hours: Mondays-Fridays: 8am-4:30pm, closed 12:30-1pm

Sentara Timber Way Health Center

X-ray only.

13892 Timber Way
Broadway, VA 22815
Phone: 540-901-0885

Hours: Mondays-Fridays: 7:30am-4:30pm, closed Noon-1pm

Sentara East Market St Health Center

X-ray only.

1790-64B East Market St
Harrisonburg, VA 22801
Phone: 540-564-5777

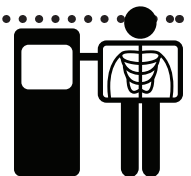
Hours: Mondays-Fridays: 7:30am-4:30pm, closed Noon-1pm

Sentara East Rockingham Health Center

X-ray only.

13737 Spotswood Trail
Elkton, VA 22827
Phone: 540-713-4163

Hours: Mondays-Fridays: 8am-5pm, closed 12:45-1:45pm





Pharmacies

- Bridgewater Pharmacy**540-828-6000
 509 North Main St, Bridgewater, VA 22812 • Monday-Friday 9am-7pm; Saturday 9am-2pm
Special Services: drive through, after hours drop off, homeopathic products, natural products, nutritional supplements, compounded prescriptions
- Broadway Drug Center**540-896-3251
 169 East Springbrook Rd, Broadway, VA 22815 • Monday-Friday 8:30-6pm; Saturday 8am-noon
Special Services: Home Delivery, medication adherence, durable medical equipment, flu shots and immunizations, med synchronization with SyncRx program, MTM services
- Costco**.....540-432-8980
 1830 Reservoir St, Harrisonburg, VA 22801 • Monday-Friday 10am-7pm, Saturday 9:30-6pm
Special Services: Home delivery, travel immunization program, auto refill prescription program, Medicare plan finder, business prescription insurance
- CVS Port Republic Rd**540-433-2437
 1151 Port Republic Rd, Harrisonburg, VA 22801
 Monday-Friday 8am-9pm; Saturday 9am-7pm; Sunday 10am-6pm
Special Services: Medication condition library, drive through pharmacy, flu shots and immunization
- CVS (Target)**.....540-432-1825
 1995 East Market St, Harrisonburg VA 22801 • Monday-Friday 9am-9pm; Saturday & Sunday 9am-6pm
Special Services: Immunizations – this pharmacy is inside the Target Store
- CVS Martin Luther King Jr. Way**.....540-434-8916
 780 Martin Luther King Jr. Highway, Harrisonburg, VA 22801
 Monday-Friday 8am-9pm; Saturday 9am-7pm; Sunday 10am-6pm
Special Services: Medication condition library, drive through pharmacy, flu shots and immunizations
- CVS South High St**.....540-433-1158
 1100 South High St, Harrisonburg, VA 22801 • Monday-Friday 8am-9pm; Saturday 9am-7pm; Sunday 10am-6pm
Special Services: Medication condition library, drive through pharmacy, flu shots and immunizations
- Elkton Family Pharmacy**540-298-9090
 111 South Stuart Ave, Elkton, VA 22827 • Monday-Friday 9am-6pm; Saturday 9am-1pm
Special Services: Home delivery, medication adherence, durable medical equipment, immunizations, med synchronization, MTM services, private consultation, travel vaccinations
- Grottoes Cardinal Pharmacy**.....540-249-5881
 402 Augusta Ave, Grottoes, VA 24441 • Monday-Friday 9am-6pm; Saturday 9am-1pm
Special Services: Local delivery, flu, pneumonia and shingles vaccines, bill Medicare B for diabetic patients
- Kroger Pharmacy**.....540-431-1131
 1790 East Market St, Harrisonburg, VA 22801
 Monday-Friday 9am-9pm; Saturday 9am-9pm; Sunday noon-6pm
Special Services: Fills prescriptions for specialty medications, Easy Fill prescription service, patient wellness services, flu shots and immunizations, travel immunizations, prescription pet medicines
- Martins Pharmacy**.....540-442-7380
 2035 East Market St, Harrisonburg, VA 22801 • Monday-Friday 9am-9pm; Saturday 9am-7pm; Sunday 9am-5pm

Pharmacies *CONTINUED*

- Medicap Pharmacy Pro Point Lane**540-433-6337
 2901 Pro Pointe Lane, Harrisonburg, VA 22801 • Monday-Friday 9am-6pm; Saturday 9am-noon
Special Services: Free delivery, Medicare health & drug plans, custom RX compounding, diabetes care, diabetic shoes, durable medical equipment, shingles, flu, pertussis and pneumonia vaccines
- Medicap Pharmacy Virginia Ave**.....540-434-7455
 1851 Virginia Ave., Harrisonburg, VA 22802 • Monday-Friday 9am-6pm; Saturday 9am-noon
Special Services: drive through Pharmacy
- Rite Aid South Main St.**.....540-434-7341
 1420 South Main St, Harrisonburg, VA 22801 • Monday-Saturday 8am-9pm; Sunday 9am-7pm
Special Services: Refills and transfers, immunizations, RediClinic for colds, coughs, flu, wellness plus with Plenti program, drive through pharmacy
- Rite Aid Mt. Clinton Pike**.....540-434-4760
 599 Mt. Clinton Pike, Harrisonburg, VA 22802 • Monday-Saturday 8am-9pm; Sunday 10am-8pm
Special Services: Refills and transfers, immunizations, RediClinic for colds, coughs, flu, wellness plus with Plenti program, drive through pharmacy
- Rite Aid Spotswood Trail**540-298-2234
 14813 Spotswood Trail, Elkton VA 22827 • Monday-Saturday 8am-8pm; Sunday 10am-8pm
Special Services: Refills and transfers, immunizations, RediClinic for colds, coughs, flu, wellness plus with Plenti program, drive through pharmacy
- Sentara to Home**.....540-689-2400
 2010 Health Campus Dr, Harrisonburg, VA 22801 • Monday-Friday 7am-11pm; Saturday & Sunday 1pm-11pm
Special Services: Open when many other local pharmacies are closed. The new pharmacy carries a variety of durable home medical equipment, over the counter products and merchandise. Bedside delivery of discharge medications, Medication Therapy Management, prescription services (new prescriptions, refills, transfers) and refill synchronization services are available for eligible Sentara patients.
- Walmart Burgess Rd**.....540-433-1106
 171 Burgess Rd, Harrisonburg, VA 22801 • Monday-Friday 9am-9pm; Saturday 9am-7pm; Sunday 10am-6pm
Special Services: \$4 prescriptions, immunizations
- Walmart Port Republic Rd**.....540-282-6950
 1942 Port Republic Rd, Rockingham, VA 22801 • Monday-Friday 9am-9pm; Saturday 9am-7pm; Sunday 10am-6pm
Special Services: \$4 prescriptions, immunizations
- Walmart Dayton**.....540-432-0552
 2160 John Wayland Highway, Dayton, VA 22821 • Monday-Friday 9am-9pm; Saturday 9am-7pm; Sunday 10am-6pm
Special Services: \$4 prescriptions, immunizations
- Williamson Hughes**540-434-2372
 1380 Little Sorrell Dr, Suite 110, Harrisonburg, VA 22801 • Monday-Friday 9am-6pm; Saturday 9am-noon
Special Services: Local delivery, Pride Lift Chair distributor, complete home medical department, Medpac Distribution System, Insurance/Medicare billing, stock of diabetic shoes, travel vaccines including yellow fever, shingles, flu, pertussis and pneumonia vaccines, health clinic 1st and 2nd Tuesdays of each month from 9am-noon for blood glucose, hemoglobin A1C and cholesterol screenings.

DME Providers

American Home Patient

1950 Evelyn Byrd Ave Suite A
Harrisonburg, VA 22801
Phone: 1-800-425-8647
Fax: 540-433-7771

Broadway Drug Store

169 East Springbrook Rd
Broadway, VA 22815
Phone: 540-896-3251
Fax: 540-896-5411

Care Home Medical (Augusta Health)

64 Sports Medicine Dr
Fishersville, VA 22939
Phone: 540-332-4995; 1-800-952-0137
Fax: 540-332-4997

Freedom Respiratory

1840 Jefferson Highway, Suite 108
Fishersville, VA 22939
Phone: 540-946-8084
Fax: 540-946-8091

Judy's Drug Store

24 N. Main St
Petersburg, WV 26847
Phone: 304-257-1044
Fax: 304-257-2681

Lincare

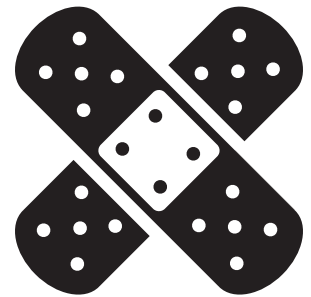
182 Neff Ave
Harrisonburg, VA 22801
Phone: 540-433-1196
Fax: 540-433-0967

Pulmonary Associates

433 Keyser Ave
Petersburg, WV 26847
Phone: 304-257-9758
Fax: 304-257-1774

Roberts Home Medical

1970 Evelyn Byrd Ave
Harrisonburg, VA 22801
Phone: 540-564-1194
Fax: 540-564-1196



Used Medical Equipment

American Legion

350 Waterman Dr
Harrisonburg, VA 22802
Phone: 540-434-1887

Equipping the Saints

Limited equipment. Call for availability.
1254 Keezletown Rd
Weyers Cave, VA 24486
Phone: 540-234-6222

Gift & Thrift Shop

731 Mt. Clinton Pike
Harrisonburg, VA 22802
Phone: 540-433-8844

HELP – Health Equipment Loan Program

3925 Churchville Ave
Churchville, VA 24421
Phone: 540-324-6186
www.MedicalCloset.org

Medical Equipment Lending Closet

Briery Branch Church of the Brethren
Phone: 540-746-6337 or 540-746-6336

Mercy House

1005 S. High St
Harrisonburg, VA 22801
Phone: 540-433-3272

Salvation Army Thrift Store

245 East Washington St
Harrisonburg, VA 22802
Phone: 540-433-8770



Mental Health Services

American Addiction Centers

Key Contact: Terrence Engles

Phone: 540-910-0524

Fax: 540-301-6322

<http://americanaddictioncenters.org/>

Center for Marriage and Family Counseling

Insurance or income based individual, couples, or family counseling, anger management and substance abuse groups, and supervised visitation.

96 Campbell St

Harrisonburg, VA 22801

Phone: 540-433-1546

Commonwealth Center for Children

24 hour services for children ages 4-17 children with mental illness. Mondays-Fridays, 8am-5pm

1355 Richmond Ave

Staunton, VA 24401

Phone: 540-332-2100

Crossroads to Brain Injury Recovery, Inc.

Blue Ridge Hall MSC 9020

Harrisonburg, VA 22801

Phone: 540-568-8923

Fax: 540-568-8864

Email: info@c2bir.org

Family Life Resource Center

Individual and family counseling, 8am-5pm

273 Newman Ave, Harrisonburg, VA 22801

Phone: 540-434-8450

Harrisonburg/Rockingham Community Services Board

Array of behavioral health and developmental services including emergency services 24/7

1241 N. Main St

Harrisonburg, VA 22802

Phone: 540-434-1941 (emergency 540-434-1766)

McNulty Center for Children & Family

463 E. Washington St.

Harrisonburg, VA 22801

Phone: 540-433-3100

NAMI

Families helping families cope with mental illness. Meets first Tuesday of month at 7 pm Friends and family meeting held second Thursday at 7:30 pm at Muhlenburg Lutheran Church Basement, Room 108.

Summit House, 1888 Pear St

Harrisonburg, VA 22801

Phone: 540-434-8761.

New Hope Support Services

Services covered by Medicaid.

729 E. Market St, Suite B

Harrisonburg, VA 22801

Phone: 540-615-5637

Fax: 540-615-5674

www.newhopesupportservices.com

Sentara Behavioral Health

644 University Blvd

Harrisonburg, VA 22801

Phone: 540-564-7007 (*psychiatry services/medication management*)

Phone: 540-564-5100 (*individual counseling, group therapy, and partial hospitalization program*)

Suicide Hotline

Phone: 1-800-784-2433

Summit House

Rehab program for long term mental illness.

Mondays-Wednesdays 8am-3pm, Thursdays 8am-7:30pm, Fridays 8am-2pm, Saturdays 9am-3pm

1888 Pear St

Harrisonburg, VA 22801

Phone: 540-434-1816

Western State Hospital

Department of Mental Health

Psychiatric care

1301 Richmond Rd

Staunton, VA 24401

Phone: 540-332-8000



Counseling Resources

Key

(ADHD)	Attention Deficit Hyperactivity Disorder
(CBT)	Cognitive Behavior Therapy Dialectical
(DBT)	Behavior Therapy
(GAD)	Generalized Anxiety Disorder
(LD)	Learning Disability
(OCD)	Obsessive Compulsive Disorder
(PTSD)	Post PostTraumatic Stress Disorder

Aporia Counseling & Psychotherapy, PLLC

Nate Koser, PhD, LPC

Kristy Koser, LPC

273 Newman Ave, 2nd Floor

Harrisonburg, VA 22801

Phone: 540-908-0808

www.aporiacounseling.com

Specialty: Tram, Anxiety and Mood-Related Concerns, Gender and Sexuality Issues, Long-term, Intensive, Individual Psychotherapy, Psychoanalytic treatment

Fee: \$70/hr (Individuals), \$100 (Couples)

Insurance: None

Other: Private parking in the rear of the building

Susan L. Beck, LCSW

1820 Country Club Rd

Harrisonburg, VA 22802

Phone: 540-383-8466

www.harrisonburgcounselors.com

Specialty: Anxiety, stress, depression and mood concerns, college students, bipolar disorder, lyme disease, couples/relationships, family, grief/loss, tram, women's issues, survivors of sexual abuse/assault, GLBT or sexuality concerns, mindfulness, cognitive behavioral therapy, mind/body healing using EFT tapping (similar to acupuncture), and biofeedback.

Fee: \$45/initial, \$80/ongoing, \$110 Assessment. (\$20 discount for college students per counseling session.)

Insurance: Will assist clients with documentation necessary to submit to their insurance for reimbursement

Other: Bus stop located in front of office (From Godwin, use Rt. 2 bus)

Kimberly Bickford, LPC

1820 Country Club Rd

Harrisonburg, VA 22802

Phone: 540-820-8377

Specialty: Anxiety, bipolar disorder, couples/family, eating disorders, grief/loss, survivors of sexual abuse/assault

Fee: \$100/initial, \$90/ongoing

Insurance: Insurance: Anthem, Coventry, Aetna, Magellan, United Healthcare, and others

Other: Bus stop located in front of office (From Godwin, use Rt. 2 bus)

Amanda Casius, LPC

40 Lambert St

Staunton, VA 24401

Phone: 540-886-3956, x102

Specialty: Anxiety, bipolar disorder, GLBT issues, grief/loss, personality, survivors of sexual abuse/assault, depression, DBT, CBT

Fee: \$125/initial, \$100/ongoing, offers discount for self-pay

Insurance: Aetna, Anthem, Cigna, Magellan, Medicaid, MHNNet, Optima, United Behavioral Health, Virginia Premier

Center for Marriage and Family

Rose Flory, Psy.D., LPC

Elroy Miller, LCSW

David Rissmeyer, LCSW

Donna Detrich, LPC

Glennys Shoey, LPC

Carrie Rogers

96 Campbell Ave

Harrisonburg, VA 22801

Phone: 540-433-1546

www.cmfc.org

Fee: \$75/session, utilizes sliding scale for self-pay

Insurance: Accepts most insurance; Anthem BCBS, Coventry Health Care, Optimum Health, Cigna, Va Premier, Magellan

Counseling Resources *CONTINUED*

Charis Institute for Psychological and Family Services:

Randy Weber, Ph.D
Ronda Weber, Ph.D
21 Southgate Court, Suite 101
Harrisonburg, VA 22801
Phone: 540-568-1876

Specialty: Randy Weber: alcohol/drug abuse, anxiety, bipolar disorder, couples, eating disorders, GLBT, grief/loss, personality, spiritual concerns, survivors of sexual abuse/assault. Ronda Weber: Fluent in Spanish. Alcohol/drug abuse, anxiety, bipolar disorder, couples, eating disorders, GLBT, grief/loss, personality, spiritual concerns, survivors of sexual abuse/assault third culture, international, Latino.

Fee: \$110/initial, \$90/ongoing

Insurance: Accepts most insurance

Other: Located near route 4 South Main St. bus stop

Collins Center

217 S. Liberty St, Suite 205
Harrisonburg, VA 22801
Phone: 540-432-6430

Providing a comprehensive, trauma-informed system of care to child victims of sexual abuse and their families, while offering community education to prevent future abuse from occurring.

Pam Reese Comer, LPC

273 Newman Ave, 2nd floor
Harrisonburg, VA 22801
Phone: 540-209-1676

Specialty: Anxiety, bipolar, depression, GLBT, grief/loss, spiritual Concerns, survivors of sexual abuse/assault

Fee: \$60/initial, \$45/ongoing

Insurance: None

Counseling and Psychological Services (CAPS)

601 University Blvd. MSC 9012, Blue Ridge Hall
Harrisonburg, VA 22807
Phone: 540-568-1735

Specialty: Assessment, individual, couple and group counseling

Fee: \$5/session for JMU students; sliding scale for non JMU students

\$450 assessment (not due at time of service, pmt plans available, credit cards accepted)

Insurance: None

Greg Czyszczon, Ed.S., LPC

481 E. Market St
Harrisonburg, VA 22801
Phone: 540-246-2284

www.innerworkcounseling.org

Specialty: GLB issues, family issues, life transitions, spiritual concerns

Fee: \$80/session

Insurance: Aetna, MH Net (Southern Health/Coventry), Anthem, BCBS, Cigna

Heather Driver, LPC

driverheather@newmanavenue.com

Specialty: Holistic approach – mind/body/sprit connection, sexual abuse and assault, eating disorders, women’s issues, and sexual orientation and gender identity and expression.

Joan Eberly, LPC

1820 Country Club Rd
Harrisonburg, VA 22802
Phone: 540-574-0950

Specialty: anxiety, bipolar disorder, depression, GLBT issues, grief/loss, women’s Issues

Fee: \$95/initial, \$80/ongoing

Insurance: Accepts: Anthem, Cigna, Value Options, Aetna, UBH, United Healthcare, MHNNet, Sentra, Magellan, Blue Cross.

Other: Bus stop located in front of office (From Godwin, use Rt. 2 bus)

Counseling Resources *CONTINUED*

Rich Eberly, LPC, LMFT

1820 Country Club Rd
Harrisonburg, VA 22802
Phone: 540-434-3456

Specialty: Anxiety, bipolar disorder, depression, GLBT issues, grief/loss, couples/family/relationships

Fee: \$80/initial, \$65/ongoing

Insurance: Anthem, Cigna, Value Options, Aetna, UBH, United Healthcare, MHNNet, Sentra, Magellan, Blue Cross.

Other: Bus stop located in front of office (From Godwin, use Rt. 2 bus)

FairField Center

111 East Market St, Suite B
Harrisonburg, VA 22801
Phone: 540-434-0059

Empowering parents in crisis to listen, talk, and make plans cooperatively in the best interest of their children and families.

Family Educational Services (FES)

Debra Clatterbuck, M.ED, LPC, Executive Director
Lora Cantwell, LCSW
Andrea Skafien, MS, MA, Ed.S
Rebecca Simmons, MSW, QMHP
3270 Albert Long Dr
Harrisonburg, VA 22802
Phone: 540-432-8660

Specialty: Anxiety, bipolar disorder, couples/family, GLBT issues, grief/loss, personality, spiritual concerns, survivors of sexual abuse/assault, trauma informed CBT

Fee: based on service(s) received

Insurance: Medicaid, Virginia Premier, Optima, Anthem Health Keepers, Anthem BC/BS

Other: Bus stop located across the street for SRMH Medical Center

Family Life Resource Center

273 Newman Ave
Harrisonburg, VA 22802
Phone: 540-434-8450

www.flrc.org

Specialty: Christian perspective; individual, marital couples

Fee: With insurance \$120/initial, \$90/ongoing; Private pay \$72

Insurance: Anthem, Aetna, Cigna, MHNNet, Medicare, Medicaid, Optima, Tri-Care, Value Auctions, United Behavioral Health, Va Premier

Anne Fisher, LPC

1820 Country Club Rd
Harrisonburg, VA 22802
Phone: 540-434-7025

Specialty: Anxiety, depression, family/relationship issues

Fee: Initial \$90/initial, \$80/ongoing

Insurance: Anthem, Aetna, Cigna, United Healthcare

Other: Bus stop located in front of office (From Godwin, use Rt. 2 bus)

Cynthia Grey, Ed.S., LPC

356 S. Main St
Harrisonburg, VA 22801
Phone: 540-564-0444

Specialty: Alcohol/drug abuse, anxiety, bipolar disorder, GLBT issues, grief/loss, depression, relationships

Group: Substance abuse programs/treatment groups

Fee: \$100/initial, \$80/ongoing, \$50 for self-pay

Insurance: Anthem/Blue Cross & Blue Shield, Aetna, Cigna, Magellan, Mamsi, MH Net, Optima/Sentara, Optima/United Behavioral Health, United Healthcare, Valley Health Plan, Value Options

Other: Bus stop directly in front of building. Also within walking distance from JMU.

Harrisonburg/Rockingham Community Services Board

1241 North Main St
Harrisonburg, VA 22802
Phone: 540-434-1941; 540-434-1766 (Emergency Services)
Walk-in's accepted Monday-Friday 8 a.m.-4 p.m. Come early to avoid waiting. Service fees based on sliding scale.

Counseling Resources *CONTINUED*

Rose S. Huyard, LPC

huyardrose@newmanavenue.com

Specialty: children and adolescents, women of all ages and families dealing with loss, depression, adjustment, and self-esteem issues.

Bonita H. Jantzi, LCSW

jantzibonita@newmanaenue.com

Specialty: cognitive behavioral therapy and biofeedback, anxiety, grief and loss, chronic illness, and older and retired adults.

Journey Counseling Ministries

1171 S High St, Suite 110

Harrisonburg, VA 22801

Phone: 540- 908-3464 (Voicemail)

www.journeycounselingministries.org

Specialty: Christian focused counseling; areas of interest vary by clinician

Fee: Licensed counselors: \$85/session. Non-licensed and license eligible counselors: \$65/session

Insurance: Will provide receipt so client can submit to insurance

Jenny Kuszyk, LPC

kuszykjenny@newmanavenue.com

Specialty: Health and wellness, and a holistic approach.

Tara Debutts Langston, MA, LPC, CSAC, ADS, CAMS-1

356 South Main St

Harrisonburg, VA 22801

Phone: 540-421-5492

Specialty: Alcohol/drug abuse, anxiety: panic D/O, GAD, OCD, PTSD, bipolar disorder, couples/family, eating disorders, grief/loss, personality, spiritual, survivors of sexual abuse/assault

Fee: Initial \$100/initial, \$80/ongoing, \$60 for self-pay

Other: Bus stop in front of building

Kristen Loflin, LPC

481 E. Market St

Harrisonburg, VA 22801

Phone: 540-381-1604

Specialty: Alcohol and drug abuse, eating disorders

Fee: \$115/ initial, \$90/45 min session ongoing

Insurance: Anthem, Cigna, Aetna, Optima

Joseph G. Lynch, LCSW

lynchj@newmanavenue.com

Specialty: PTSD, cognitive behavioral therapy, individual, couples, and family therapy.

Newman Ave. Associates

110 Newman Ave

Harrisonburg, VA 22801

Phone: 540-434-2800

www.newmanavenue.com

Janis Norton, LCSW

356 S. Main St

Harrisonburg, VA 22801

Phone: 540-435-1315

Specialty: Neurofeedback, anxiety, panic, phobias, depression, ADHD, sleep issues, alcohol/drug abuse, bipolar disorder, couples/family, grief/loss, personality, survivors of sexual abuse/assault

Fee: \$120/ initial, \$75/ongoing

Insurance: Anthem, United Health Care, Aetna

Other: Bus stop in front of building

McNulty Center

463 East Washington St

Harrisonburg, VA 22802

Phone: 540-433-3100

Joseph Pellegrino, Ph.D

481 E. Market St

Harrisonburg, VA 22801

Phone: 540-574-2210

Specialty: Alcohol/drug abuse, anxiety, OCD, LD/ADHD, bipolar disorder, couples/family, eating disorders (if monitored by physician), GLBT issues, grief/loss, survivors of sexual abuse/assault, adjustment, self-ham anger management

Fee: \$110/initial, \$90/ongoing

Insurance: Will work with on an individual basis

Other: Located near bus stop

Saranna Rankin, LCSW

rankinsarana@newmanavenue.com

Specialty: Crisis, grief, tram, substance abuse, and solution focused treatmnt.

Counseling Resources *CONTINUED*

Holly Balow Robedeau, PsyD.

Licensed Clinical Psychologist

1820 Country Club Rd

Harrisonburg, VA 22802

Office phone number: 434-987-1304

Specialty: Anxiety, couples/family, grief/Loss, personality, spiritual concerns, adjustment, PTSD, depression

Fee: \$125/initial, \$115/ongoing

Insurance: Blue Cross Blue Shield, Anthem, Value

Options, United, Optima, Magellan

Other: Bus stop located in front of office (From Godwin, use Rt. 2 bus)

As an Assistant Professor in Psychology at James Madison University, Dr. Robedeau is unable to counsel JMU students who are currently in one of her classes.

Sentara RMH Behavioral Health

644 University Blvd

Harrisonburg, VA 22801

Phone: 540-564-5960

****Must provide insurance name and policy number in order to schedule intake****

Specialty: Varies depending upon clinician.

Fee: With insurance \$153/initial, \$81/ongoing; self-pay \$84/initial, \$44/ongoing

Insurance: Accepts most insurance, including: Blue Cross Blue Shield, Coventry Health Care, United Health Care, Cigna, ValueOptions

Roland Shank, Jr., Ph.D.

370 Neff Ave, Unit L

Harrisonburg, VA 22801

Phone: 540-433-2858

Specialty: Anxiety, assessment LD/ADHD, bipolar disorder, couples/family, GLBT issues, grief/loss, personality, spiritual, athletes.

Fee: \$160 initial, \$110/ongoing

Insurance: Medicare, Tricare, Anthem, Value Options, Optima, Aetna

Other: Bus stop near Neff Ave @ Evelyn Byrd & University Blvd @ Medical Ave.

Shenandoah Psychological Services, LLC

Cassandra Kennell, Psy.D.

755 MLK Jr. Way, Suite F

Harrisonburg, VA 22801

Phone: 540-810-1655

Specialty: Anxiety, bipolar, couples/family, GLBT, grief/Loss, personality, spiritual concerns, depression, child therapy, group sessions

Fee: \$110/session

Insurance: Anthem, Aetna, Optima, Tricare, United, MHNNet, Coventry, Cigna

Mercy Souder, LPC

soudermercy@newmanavenue.com

Specialty: interpersonal relationships, life transitions, and women's issues including eating disorders, body image satisfaction, and issues related to food.

Fee: \$150/initial, \$100/ongoing

Insurance: Benchmark system to identify insurance accepted. Phone: (800) 640-9032, www.benchmark-systems.com

Christine Spilman, LPC

356 S. Main St

Harrisonburg, VA 22801

Phone: 540-246-2449

Specialty: Substance abuse

Fee: \$90/initial, \$70/ongoing

Insurance: Anthem/Blue Cross/Blue Shield, Optima Health, Cigna, Ceridian, Coventry

Other: Bus stop right outside

Springbrook Wellness and Counseling

133 West Springbrook Rd

Broadway, VA 22815

Phone: 540-896-7687

Open Mon-Thurs, 1-6 pm

Summit House

1888 Pear St

Harrisonburg, VA 22801

Phone: 540-434-1816

Counseling Resources *CONTINUED*

Transitions Counseling

Sean Slevin, LMFT, LPC
 250 East Market St, Suite D
 Harrisonburg, VA 22801
 Phone: 540-908-2045
www.transitionsmft.org
Specialty: Counseling tailored to each client's personality. A Christian perspective characterized by compassion and hope. A neurobiological understanding of Lasting Change. Covering topics such as: Depression, anxiety, anger, loneliness, grief/loss, stress, life transitions, vocational decisions, low self-esteem, eating disorders, compulsive behaviors, communication.
 Fee: Based on income; trial session \$40
 Insurance: Can provide clients with documentation to submit to their insurance for reimbursement.

Judith Weaver, EdS, LPC

320 S. Main St, Harrisonburg, VA 22801
 7 Berry Blvd
 Luray, VA 22835
 Phone: 540-433-1291
Specialty: Alcohol/drug abuse, anxiety, bipolar disorder, couples/family, depression, domestic violence, GLBT issues, grief/loss, personality, spiritual concerns, survivors of sexual abuse/assault
 Group: Men's anger management group
 Fee: \$80/session
 Insurance: Accepts most insurance
Other: Located near public library bus stop

Phil Whickline, Ph.D

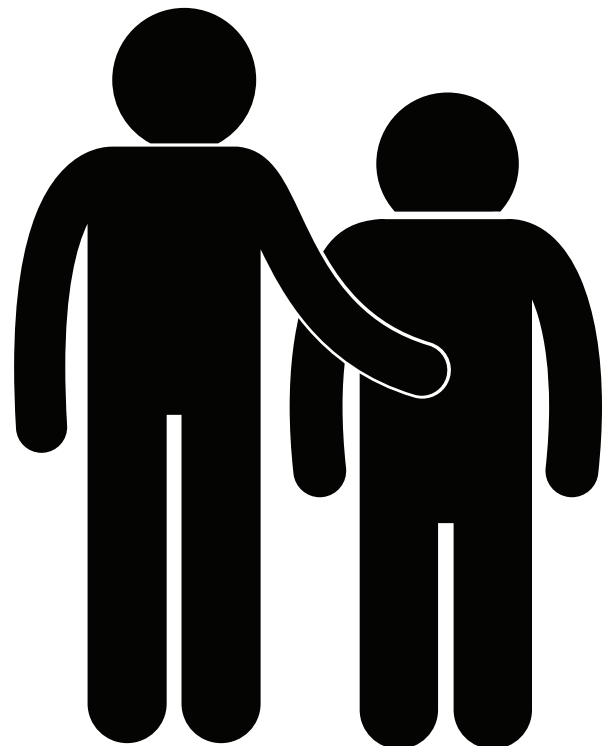
Licensed Clinical Psychologist
 250 E. Market St, Suite D
 Harrisonburg, VA 22801
 Phone: 540-307-4944
Specialty: Practice limited to assessment
 Fee: \$150/initial, \$100/ongoing
 Insurance: Will assist clients with documentation necessary to submit to their insurance for reimbursement
Other: Bus stop East Market St @ Mason St (West); East Market St @ Urban Exchange

Maria Whitmore, Ph.D.

370 Neff Ave, Unit L
 Harrisonburg, VA 22801
 Phone: 540-433-2858
Specialty: Anxiety, assessment for LD/ADHD, couples/family, spiritual, survivors of sexual abuse/assault.
 Fee: \$160/initial, \$110/ongoing
 Insurance: Medicare, Tricare, Anthem, MHNet, Optima & Aetna
Other: Near Neff Ave @ Evelyn Byrd & University Blvd @ Medical Ave.

Matthew Wikswow, LPC

356 S. Main St
 Harrisonburg, VA 22801
 Phone: 540-746-0416
www.wikswowcounseling.com
Specialty: Developmental, mood disorders, family dynamics, substance abuse and recovery, divorce and grief, athletes, general college concerns, student military, members of military families.
 Insurance: Aetna, Anthem/BCBS, MHNet, Optima, Tri care, Valley Health Plan, Value Options
Other: Office is located beside bus stop.



Substance Abuse Treatment

Harrisonburg Drug Abuse Treatment Programs

Phone: 1-877-959-5239

Alcoholics Anonymous

- **Avon Intergroup**

Phone: (434) 361-1828

- **Buena Vista Intergroup**

Phone: 540-261-3411

- **Harrisonburg Intergroup**

Phone: 540 434-8870

- **Staunton/Verona Intergroup**

Phone: 540-885-6912

- **Waynesboro Intergroup**

Phone: 540-949-7777

<http://www.aavalleyintergroup.org/home>

American Addiction Centers

Key Contact: Terrence Engles

Phone: 540-910-0524

Fax: 540-301-6322

<http://americanaddictioncenters.org/>

Bethany Hall, Inc.

Specializes in residential short and long-term, and intensive outpatient treatment for women only. Accepts pregnant women and newborns.

1109 Franklin Rd, SW

Roanoke, VA 24016

Phone: 540-343-1275

Blue Ridge Area Narcotics Anonymous

Statewide helpline phone: 1-800-777-1515

www.brana.org

brana@brana.org

Boxwood Recovery

Public rehab specializing in intensive residential treatment for adults.

15511 Guinn Lane

Culpepper, VA 22701

Phone: 540-547-2760

Harrisonburg/Rockingham Community Services Board

1241 N. Main St

Harrisonburg, VA 22801

Phone: 540-434-1941 (emergency 540-434-1766)

Life Center of Galax

112 Painter St

Galax, VA 24333

Phone: 276-522-0406

The Mohr Center

10-bed intensive residential treatment for men.

Payment provided by Virginia Dept of Rehab Services

1014 E. Market St

Charlottesville, VA 22902

Phone: 434-979-8871

Sentara LIFE Recovery Program

Group meetings offered.

644 University Blvd

Harrisonburg, VA 22801

Phone: 540-564-5100

Sentara Smoking Cessation Support Group

Phone: 540-564-7004

Public Meals

SOUP KITCHENS IN HARRISONBURG

Blessed Sacrament Church

154 N. Main St
Harrisonburg, VA 22801
Phone: 540-434-4341
Meal served Wednesdays at 4:30pm
and Thursdays at 11am

First Presbyterian Church

17 Court Square
Harrisonburg, VA 22801
Phone: 540-434-6551
Meal served Tuesdays at 4:30pm

Harrisonburg Baptist Church

501 S. Main St
Harrisonburg, VA 22801
Phone: 540-433-2456
Meal served and/or bag lunches on Saturdays
from 10:30-11:30am

Our Community Place

17 E. Johnson St
Harrisonburg, VA 22801
Office Phone: 540-442-7727
Community Center Phone: 540-638-0329
Monday and Wednesday lunch served from 12-12:30pm
Thursday dinner served from 5-6pm
Tuesday lunch at 12:30pm served to anyone who
participates in volunteer work day - must sign in by 10am

Otterbein Methodist Church

176 W. Market St
Harrisonburg, VA 22801
Phone: 540-434-7747
Meal served Mondays, 4:30-5pm

FOOD

Food Pantries

- **Blessed Sacrament Catholic Church**

154 N. Main St
Harrisonburg, VA 22801
Phone: 540-434-4341
Tuesdays-Fridays, 9am-2:30pm

- **Bridgewater Inter-Church Food Pantry**

420 College View Dr
Bridgewater, VA 22812
1st & 3rd Tuesdays at 7pm
*Serves those who live within a 5 mile radius of
Bridgewater.*

- **Broadway Presbyterian Church**

107 E. Lee St
Broadway, VA 22815
Phone: 540-896-3903
5:30-7pm, 1st & 3rd Thursdays, 5:30-7pm

- **Elkton Area United Services (EAUS)**

412 Gibbons Ave
Elkton, VA 22827
Phone: 540-298-8685
3rd Friday of the month, 10am-2pm
Tuesdays: Fresh produce noon-1pm

- **Emmanuel Episcopal Church**

660 S. Main St
Harrisonburg, VA 22801
Phone: 540-434-2357
Mondays and Tuesdays 10am-noon

- **Hope Distributed (Harrisonburg First Church
of the Nazarene)**

1871 Boyers Rd
Harrisonburg, VA 22801
Phone: 540-578-3510
Thursdays 4-5:30pm, 1st, 2nd & 3rd Saturdays, 9-11am
*Proceed past Boyers Rd, then turn left, located in
double-wide.*

Public Meals *CONTINUED*

- **Massanutten Presbyterian Church**
50 Indian Trail
Penn Laird, VA 22846
Phone: 540-434-6194
2nd Mondays 10-11am, 4th Thursdays 7-8pm
- **Patchwork Pantry**
Community Mennonite Church
For Harrisonburg residents only
70 South High St
Harrisonburg, VA 22801
Phone: 540-433-2148
Wednesdays, 7-8pm
- **Salvation Army**
185 Ashby Ave
Harrisonburg, VA 22801
Phone: 540-434-4854
Mondays, Tuesdays, Thursdays, Fridays, 9-11:30am
- **West Rockingham Food Pantry**
4222 Mt. Clinton Pike
at Cooks Creek Presbyterian Church
Harrisonburg, VA 22802
Phone: 540-867-5109
4th Thursday of each month, 4-6pm

Food Stamp Program

Department of Social Services

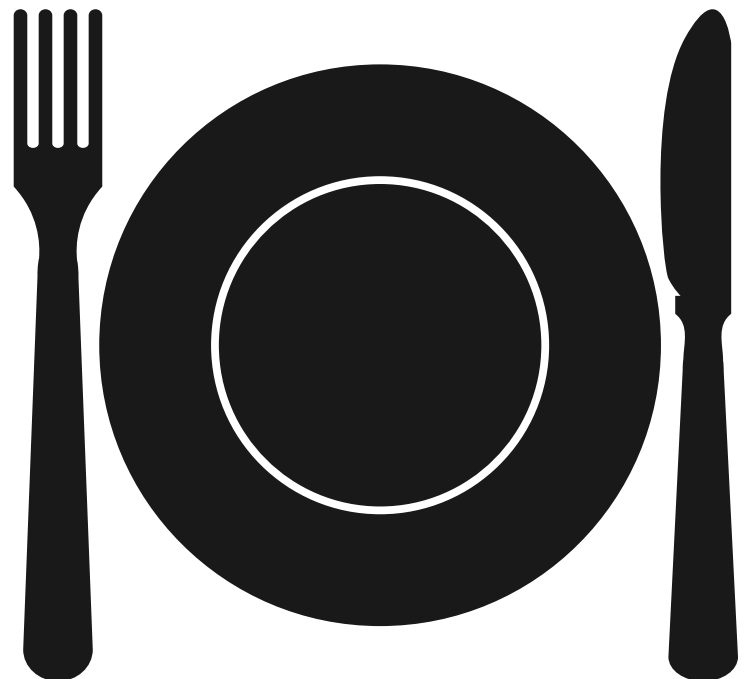
110 N Mason St
Harrisonburg, VA 22801
Phone: 540-574-5100
Mon.-Fri. 8-4:30pm

Meals on Wheels

305 South Dogwood Dr
Harrisonburg, VA 22801
Phone: 540-383-6855, contact Dawn Shull

Women, Infants, and Children (WIC) Food and Nutrition Service

Harrisonburg-Rockingham Health Dept
110 N. Mason St
Harrisonburg, VA 22801
Phone: 540-574-5100
Mon.-Fri. 8am-4:30pm



Temporary Shelter

First Step

16-bed emergency shelter for victims of domestic violence; if space is available, there are beds for homeless women as well.

129 Franklin St

Harrisonburg, VA 22801

Phone: 434-0295 or 1-866-223-9169

www.firststepva.com

Mercy House

Provides shelter and other service for families in need.

305 North High St

Harrisonburg, VA 22801

Phone: 540-432-1812

Apartments at 307 North Liberty St, Harrisonburg

Thrift store at 1005 South High St, Harrisonburg

Thrift store phone: 540- 433-3272.

Open Doors

An emergency shelter during the cold weather months (November-April) for homeless persons who have no other option. Various sites through local faith communities will provide evening meals and wamplace to sleep for anyone over the age of 18.

Office: Monday-Friday, 9 am-5 pm,

Phone: 540-578-3868

Shelter: every day during shelter season, 6:30pm-7am

www.valleyopendoors.org

The Salvation Army

72-person emergency shelter; registration at 4:30pm daily.

895 Jefferson St

Harrisonburg, VA 22801

Shelter: 540-433-2785

Phone: 540-578-3869

Corps offices: 185 Ashby Ave, Harrisonburg

Corps offices phone: 540-434-4854

Hours: Mon-Fri 8:30am-4:30pm (Closed noon-1pm)

Valley Mission

1513 W. Beverly St

Staunton, VA 24401

Phone: 540-886-4673



Housing Resources, Financial Assistance and Support Services

SUPPORTIVE AND SUBSIDIZED HOUSING

Central Valley Habitat for Humanity

205 Dry River Rd
Bridgewater, VA 22812
Phone: 540-828-6288

Hope Community Builders

289 Jericho Rd
Harrisonburg, VA 22801
Phone: 540-433-0152

Harris Gardens

215 Vine St
Harrisonburg, VA 22801
Phone: 540-434-6569

Harrisonburg Redevelopment & Housing Authority

286 Kelley St
Harrisonburg, VA 22801
Phone: 540-434-7386

Mercy House Centralized Intake

Emergency rental assistance. Must be in imminent (5 days) danger of eviction and meet other criteria.
Phone: 540-271-1701

FINANCIAL AID

People Helping People

Muhlenberg Lutheran Church Activity Center
281 E. Market St
Harrisonburg, VA 22801
Phone: 540-433-7286
Mondays-Thursdays, 9 -11:30am

Salvation Army

Limited federal and private funding
Phone: 540-434-4854

Elkton Area United Services (EAUS)

187 W Spotswood Ave
Elkton, VA 22827
Phone: 540-298-8685



Housing Resources, Financial Assistance and Support Services *CONTINUED*

SUPPORT SERVICES

Blue Ridge Legal Services

Legal assistance to low-income families in crisis.

204 N High St
Harrisonburg, VA 22802
Phone: 800-237-0141
Brls.org

Generations Crossing

*Child and adult daycare scholarships.
An intergenerational learning environment.*

3765 Taylor Spring Lane
Harrisonburg, VA 22801
Phone: 540-434-4901
www.generationscrossing.com

Kingsway Prison and Family Outreach.

*Support, counseling and programs for inmates,
ex-offenders and their families. Also provides computer
assistance. Does not have housing.*

2217 S Main St
Harrisonburg, VA 22801
Phone: 540-433-5658

NewBridges Immigrant Resource Center

Support to immigrants and non-English speaking persons

64 W Water St
Harrisonburg, VA 22801
Phone: 540-438-8295

Rebuilding Together of Harrisonburg/ Rockingham County

*Home repairs for low income, elderly, and disabled with
children.*

PO Box 2301
Harrisonburg, VA 22803
Phone: 540-830-7759

Second Home

*A community supported, affordable, and academically
focused before and after school care program supporting
some of the most marginalized families in Harrisonburg.*

281 East Market St
Harrisonburg, VA 22801
Phone: 540-432-7989

VAIL

*Center for Independent Living offers expertise in
disability law and accessing community-based services
and funding for people with disabilities.*

3210 Peoples Dr, Suite 220 (bus route #4)
Harrisonburg, VA 22801

Valley Program for Aging Services (VPAS)

*Serving individuals 60+ years – case management, meal
programs, personal care, senior centers, Medicare
counseling, and education about aging services. Respite
care program. Enabling low-income caregivers of frail,
elderly or disabled adults to have times of respite.*

975 S High St
Harrisonburg, VA 22801
Phone: 540-615-5341
vpas@vpas.info
www.vpasrockingham.org





Clothing and Furniture

Trinity Clothes Closet

Free clothing
 725 S High St
 Harrisonburg, VA 22801
 Phone: 540-434-9556
 Wednesdays, 6:30-7:30pm; first Saturday, 10-11am

Mercy House Thrift Store

1005 High St
 Harrisonburg, VA 22801
 Phone: 540-433-3272
 Mondays-Fridays, 9am-5:30pm, Saturdays, 9am-5pm

Mercy House Boutique

563 University Blvd, Suite 104
 Harrisonburg, VA 22801
 Mondays-Saturdays, 10am-6pm

Salvation Army Thrift Stores

- 245 E Washington St
 Harrisonburg, VA 22801
 Phone: 540-433-8770
 Mondays-Saturdays, 9am-6pm
- 297 Main St
 Timberville, VA 22801
 Phone: 540-896-3048
 Mondays-Fridays, 10am-6pm

Vouchers for either store may be obtained at the corps offices:

185 Ashby Ave
 Harrisonburg, VA 22801
 Phone: 434-4854
 Hours: Mon-Fri 8:30am-4:30pm (closed noon-1pm)

Gift & Thrift Store

731 Mt Clinton Pike
 Harrisonburg, VA 22801
 Phone: 540-433-8844
 Mondays-Thursdays & Saturdays 9:30 am-5 pm;
 Fridays 9:30am-8pm

Otterbein United Methodist Church

Free clothing
 176 W. Market St
 Harrisonburg, VA 22801
 Phone: 540-434-7747
 Mondays, 5-6pm

Elkton Area United Services Thrift Store

218 Spotswood Trail
 Elkton, VA 22827
 Phone: 540-298-8685
 Mondays-Thursdays, 10am-5pm, Fridays, 10am-7pm
 Saturdays, 10am-2pm

Cedar Grove United Methodist Church

Free children's clothing
 1712 Smithland Rd
 Harrisonburg, VA 22801
 Phone: 540-896-3424
 2nd & 3rd Wednesdays, 10am-1pm
 2nd & 3rd Thursdays, 5:30-7pm

Goodwill Industries

2475 S. Main St
 Harrisonburg, VA 22801
 Phone: 540-434-6050
 Mondays-Saturdays 8am-9pm; Sundays, noon-6pm

Hope Distributed (Harrisonburg First Church of the Nazarene)

Free clothing
 1871 Boyers Rd
 Harrisonburg, VA 22801
 Phone: 540-578-3510
 1st & 2nd Saturdays, 9am-noon

Homes to Homes (Harrisonburg First Church of the Nazarene)

Supplies/delivers furniture
 1871 Boyers Rd
 Harrisonburg, VA 22801
 Phone: 540-578-3510
 Mondays-Fridays, 9am-5pm

Legal Services

Blue Ridge Legal Services

Assist low income clients

204 N High St
Harrisonburg, VA 22801
Phone: 540-433-1830



Department of Social Services

The DSS offers many programs such as food stamps, fuel/heating/cooling assistance, and others.

All are eligible to apply at 110 N Mason St, PO Box 809, Harrisonburg, VA 22803.

Phone: 540-574-5100

Fax: 540-574-5127

Monday-Friday, 8am-5pm

Medical Fund Facilitator Agencies for CDPAS

December 2014

Ability Home Care (Formally Triple I)

Contact: Darlene Pine

102 Grey Hawk Dr
Winchester, VA 22602
Phone: 540-247-3275
Fax: 540-877-1326

Pro-Careers, Inc. (all ages)

Contact: Betty Jo Wheeler

393 East 29th St, Suites 1 & 2
Buena Vista, VA 22416
Phone: 800-992-0566 / 540-261-8812
Fax: 540-261-8659

Augusta Independence Associates

Contact: Betty Lawhorn

944 Augusta Farm Rd
Stuarts Draft, VA 24477
Phone: 540-941-1823
Fax: 540-949-6907

Valley Associates for Independent Living

3210 Peoples Dr, Suite 220
Harrisonburg, VA 22801
Phone: 540-433-6513 / 888-242-8245
Fax: 540-433-6313

Moms in Motion/ At Home Your Way

Director: Keri Ayres-Kominek

Attn: Brett Wills-Harrisonburg

1221 W. Johnson St
Staunton, VA 24401
Phone: 1-800-417-0908 ext. 103 / 540-430-0957 (cell)
Fax: 434-473-6599



Organizations of Interest

Big Brothers, Big Sisters of Harrisonburg and Rockingham County

Enhanced school-based mentoring program.
 Phone: 540-433-8886
www.bbshr.org

Blue Ridge Legal Services

Legal assistance to low-income families in crisis.
 204 N High St
 Harrisonburg, VA 22802
 Phone: 800-237-0141
www.brsls.org

Bridge of Hope

Mission: Together we can end and prevent homelessness...one church and one family at a time. Bridge of Hope brings together profession staff and trained volunteer church-based mentoring groups of 8-12 people to empower at-risk single mothers with children to attain permanent housing, financial self-sufficiency through employment, life-changing friendships, and increased self-esteem and growth in areas of holistic living.
 110 Old South High St, PO Box 2772
 Harrisonburg, VA 22801
 Phone: 540-478-2356
 Email: bohhrva@gmail.com
<http://hr.bridgeofhopeinc.org/>

Collins Center

Mission: Emotional pain, tram and violence are too often a part of life, yet continual suffering doesn't have to be. The Collins Center provides a space for healing, a voice for the voiceless, and a catalyst for change to inspire a safer community.
 217 S Liberty St
 Harrisonburg, VA 22801
 Phone: 540-432-6430
 Email: info@thecollinscenter.org
www.thecollinscenter.org

FairField Center

Mission: Provides regional leadership in dispute resolution and restorative justice services and training.
 111 E. Market St, Suite B
 Harrisonburg, VA 22801
 Phone: 540-434-0059
www.fairfieldcenter.org

Friendship Industries

Increasing employment success with better transportation opportunities for adults with disabilities.
 Phone: 540-434-9586
www.friendship-industries.com

Elkton Area United Services (EAUS)

Aiding families and individuals who are in crisis and facing hardship by providing financial and non-monetary need through housing, heat, electricity, medical needs, food, education and transportation.
 Phone: 540-298-8685

Habitat for Humanity

Mission: Building affordable housing for families living in inadequate housing.
 205 Dry River Rd, PO Box 245
 Bridgewater, VA 22812
 Phone: 540-828-6288
www.centralvalleyhabitat.org

National Alliance for the Mentally Ill (NAMI)

Mission: Serves as a fellowship of persons with mental health issues and their friends and families. NAMI does training for families, employs "peer specialists," and sponsors family support groups.
 Key Contacts: Pat H. Martin
 Phone: 540-434-8761
www.nami.org

NewBridges Immigrant Resource Center

Mission: Direct services for immigrants, community education via diversity workshops, and advocacy.
 70 S High St
 Harrisonburg, VA, 22801
 (basement of Community Mennonite Church)
 Phone: 540-438-8295
www.NewBridgesIRC.org

Organizations of Interest *CONTINUED*

On the Road Collaborative

A non-profit youth empowerment organization that sets middle school youth on the road to college and career.

Phone: 540-360-1123

contact@ontheroadcollaborative.com

Our Community Place

Folks coming to the community center enjoy access to computers, a washer and dryer, connections to resources in our community. It's also a safe, wamplace to interact, learn, and play while developing relationships in community.

17 E Johnson St

Harrisonburg, VA 22802

Phone: 540- 442-7727 (Main Office)

Phone: 540- 638-0329 (Community Center)

info@ourcommunityplace.org

<http://ourcommunityplace.org/>

Sentara Senior Advantage Program

Sentara Senior Advantage is a healthy aging program offering affordable, fun, educational and social events for adults age 55 and "better". A wide variety of activities are offered throughout the year. Cost is a fee of \$10 for individuals or \$15 for couples, lifetime. Call 540-564-7001 to join or for more information.

Skyline Literacy

Mission: Enhancing literacy for adult learners through customized programs.

975 S High St

Harrisonburg, VA 22801

Phone: 540-433-0505

<http://skylineliteracy.org>

Way to Go, Inc.

Helping families in our community become more self-sufficient by assisting them with urgent vehicle transportation needs.

Phone: 540-705-6201

www.w2ginc.org

ben@w2ginc.org



Notes



S E N T A R A[®]

sentara.com

Your community, not-for-profit health partner