Comprehensive Directory of Mental Health Services

Listings for the cities of Harrisonburg, Lexington, Staunton, and Waynesboro and the counties of Augusta, Bath, Highland, Page, Rockbridge, Rockingham, and Shenandoah

2018

Developed by
The Institute for Innovation in Health and Human Service at James Madison University and the James Madison University Department of Graduate Psychology

Made possible by the generosity of those listed on page 3
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Appreciation

Many thanks to Lennie Echterling and Cierra Williams from the James Madison University Department of Graduate Psychology and to Kanika Shirole and Jane Wiggins from The Campus Suicide Prevention Center of Virginia for their hard work in creating the 2018 edition. Ms. Shirole deserves special thanks for her dedication as she took on the majority of the work, including contacting all of the providers and organizations listed.

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An online version of the directory is available at (2018DirectoryMentalHealthServicesShenandoahValley)

To request copies of the directory, or if you have questions/edits regarding content please contact Jane Wiggins at (540) 568-8901 or (wigginjr@jmu.edu)

For up to date online information from 2-1-1 VIRGINIA

For further information about specialized mental health care providers or other services across the commonwealth that are not listed in the directory, please contact 2-1-1 VIRGINIA, 2-1-1 VIRGINIA is a free, confidential resource for individuals that links them to the most appropriate services for their needs. 2-1-1 gathers facts on health and human services and provides this information to individuals, families, agencies, and organizations.

2-1-1 VIRGINIA – Northwest Region
Family Resource & Referral Center
1600 N Coalter St, Suite 12B
Staunton, Virginia 24401
Local: 540-245-5899 or Dial: 2-1-1
Fax: 540-885-2185
Web Site: www.211virginia.org

2-1-1 VIRGINIA Northwest Region
Using This Directory

The 2013 edition of the Directory of Mental Health Services is the biggest yet because we have more local resources than ever before, including listings for Page and Shenandoah counties. As our community has grown, the number and variety of services available have increased dramatically. While the growth is exciting, referring someone for mental health services has become more complicated. It is our hope that this directory will make the task of providing referrals simpler for you.

A Useful Tool
The intention of this directory is to serve as a useful tool to find out what mental health services are available in the cities of Harrisonburg, Lexington, Staunton, and Waynesboro, and the counties of Augusta, Bath, Highland, Page, Rockbridge, Rockingham, and Shenandoah. If you are involved in education, health provision, human resources, social services, a religious affiliation, or any position where you are in close contact with others, you regularly meet people who need help. That person may need a support group, a professional helper, a treatment program, or a public agency. Using this directory, you can help that person to get the assistance he or she needs.

Directory Organization
The directory is organized into nine different sections:
- **White Pages** – Introductory and supplementary information.
- **Yellow Pages** – Quick Reference Telephone Directory
- **Blue Pages** – Suicide Prevention Information
- **Pink Pages** – Hotlines and Support Services
- **Green Pages** – Mental Health Care Providers
- **Gold Pages** – Basic Needs/Crisis/Non-Profit Service Providers
- **Gray Pages** – Support/Self-Help Groups
- **Purple Pages** – Schools and College Counseling Services
- **Orange Pages** – Helpful Websites
- **Ivory Pages** – Suggested Readings

A Few Tips
Here are a few suggestions to help make this directory a more useful tool:
- Become familiar with the directory before you need it.
- Keep it close by and always in its place. If you are sharing this directory with others, have a policy on where it is kept. Better yet, have extra copies on hand. You can download additional copies of the directory from the following website: [http://psyc.jmu.edu/counseling/supervision/servicesdirectory.html](http://psyc.jmu.edu/counseling/supervision/servicesdirectory.html).
- Keep the directory current by adding updated information. It is likely that there will be many additional services that become available before the next edition is published.
- Pages 6 and 7 are designed to be a handout for the person who needs help, so you may want to have plenty of copies of these pages for distribution. This handout has tips on choosing a professional helper or program, and space for writing specific information about your referrals. Each time you make a referral you can give the person a copy of pages 6 and 7.

A Disclaimer

Publication in this directory does not imply the endorsement of any providers of mental health services. This directory is to be used as a referral tool by individuals who are familiar with the range of mental health needs and the services available to address them.
The Steps of a Referral

Remember – a good referral is much more than passing along a name and telephone number. If you take the time to go through the steps of a referral, the person is more likely to follow through on getting help. Just a few extra minutes can make a big difference.

1  **Link:** The first step is to link with the person, that is, to have contact with them. Whether it is over the phone, in person, or in writing, you first have to be in contact with someone before you can make a referral.
   - **Spread the word** that you know what mental health services are available in our community.
   - **Be available.** If people know how you can help and where you are, they are likely to turn to you when they are troubled.
   - At times, you will have to **reach out** to the troubled person. Keep your eyes open to the signs of trouble, and connect with the person in need when you are concerned about what you see.

2  **Listen & Share:** You need to listen actively to understand not only the problem to be solved, but also the person who has the problem.
   - You can make the best referral when you know both the problem and the person. Even if someone asks only for the name and number of a specific referral, it is still wise to invite the person to talk more about the situation with you. You will likely be more helpful if you have some basic facts.
   - How you listen and share depends a lot on who made the initial link. If the person contacted you for a referral, he or she already recognizes that there is a problem and wants your assistance in finding the right kind of help. You can help them continue along the right track.
   - On the other hand, if you started the referral process, you may be facing some special challenges. For example, the person may be in denial, unwilling to admit that there is a problem. In such cases, you need to share, without judging or condemning, exactly what you have observed in a calm, clear, and respectful way. Through this caring process, you may bring the person face-to-face with the problem.

3  **Push for Action:** Once there is a good understanding of the person and the problem, it is time to push for them to take action.
   - Usually, all a person needs is a gentle nudge in the right direction through simply talking about the types of help that are available.
   - Discuss several referrals whenever possible to give the person a choice.
   - Be specific and let the person know the who, what, when, where, and how of any referral. The more someone knows what to expect, the easier it will be for them to take action in getting help.

4  **Check:** The most common mistake in making referrals is the failure to check if the person followed through.
   - Ask the person to let you know what happens, even if she or he is a stranger on the phone.
   - Check back whenever possible if you have not heard from the person.
   - Checking gives you another opportunity to link, and provide them with an opportunity to discuss any problems they might have with the referral.
   - Checking can serve as a powerful motivator for the person to take action.
When You Need Professional Help:  
A Referral Handout

The Next Step
At some point in our lives we all run into problems that seem too big or persistent to handle alone. Yet our pride and our fears can often get in the way of asking for help. Making the decision to find help is a sign of strength and courage. In fact, it can make the difference between feeling that things are spinning out of control and gaining new tools to turn life around in positive ways.

If you have decided that you need professional help, you have already taken that first big step towards a better life. The next step is choosing a mental health professional or program. The right provider can make a big difference as you go through the personal and sometimes painful process of change. However, most people spend more time buying a car than picking a professional helper. In fact, they often take the first name they get. While it is true that the sooner you get help the better, in many situations you can take a little time to choose the right help for you.

Some Tips to Follow

● See your primary care physician to rule out a medical cause of any problems. If your thyroid is “sluggish,” for example, symptoms such as loss of appetite or fatigue could be mistaken for depression.

● Ask people you trust for suggestions. Check with a family physician, minister, school counselor, friend, or relative.

● Therapy is a collaborative process, so finding the right match is important. It’s OK to “shop around,” so feel free to call several providers before you decide. Keep in mind that you and this person will be working as a team, and that you are the best judge of how comfortable you feel with this person.

● Find out about the therapist’s training and experience with a particular problem. You can do this by consulting the directory or asking the person’s receptionist. Since different psychotherapies are tailored to meet specific needs, the best therapists will help you create a treatment program that works for you.

● Money is one of the factors you will need to consider. If you have insurance, check your coverage. Be sure to find out which providers are in your network, about your deductibles and co-pays, and the number of visits that are covered. If you cannot afford the fees of a private provider, then call one of the public helping agencies.

● Time is another consideration. Can you arrange to meet with the helper at a convenient time? How frequently will you be meeting? How long is the treatment likely to last?

● When you call for an appointment, find out all you need to know before making your decision. Ask about office hours, fees, how payment is to be made, how insurance is dealt with, how canceled appointments are handled, or any other information important to you.

● Remember—you are buying a service and have a right to ask questions. Don’t worry—professional helpers do not resent being asked these questions. They want you to make an informed decision about their services.

● Once you have set up an appointment, be sure that you know practical details, such as how to find the office and where you can park. The more you know, the easier it will be to begin getting the help you need.

● After you find someone, keep in mind that therapy is work and sometimes it can be difficult. However, it can be rewarding and life-changing as well.
One last point—most people benefit from professional help, but even the best therapists will sometimes make a mistake. Usually when that happens, it's best to talk about it and give your provider a chance to respond to your feelings. If the mistake is serious enough, you may decide to find another helper. If you have a complaint, you may call the Virginia Department of Health Regulatory Boards at their toll-free number: **1-800-533-1560**.

**Referral Information:**

Agency/Provider Name: _________________________________ Phone Number: ________________

Website: _________________________________ Email Address: ________________________________

Important Information: ____________________________________________________________

________________________________________________________________________________

Questions: _________________________________

________________________________________________________________________________
How to Pay for Mental Health Services

The high price of health care can make treatment out of reach for many people. Those who do not have health insurance – more than 38 million Americans – often avoid treatment entirely because the costs can be staggering.

The cost of mental health services is a financial challenge for just about everyone. This section discusses ways to pay for the care that you may need.

For people experiencing mental health problems – such as anxiety or depression – brief yet effective treatment options may exist. For people with severe mental illness, treatment is also effective, although it may take longer and cost more. In either case, treatment works for most people and helps many recover and get on with their lives.

Private Insurance

The majority of working Americans are covered under employer-provided health insurance plans. There are two common types of private insurance.

- The first type of plan is a standard indemnity policy: people are free to visit health care providers of their choice and pay out of pocket for their treatment. The insurance plan reimburses members for some portion of the cost.
- The second common plan is a managed care plan. Medically necessary care is provided in the most cost effective – or least expensive – method available. Plan members must visit health care providers chosen by the managed care plan. Sometimes a co-payment is charged to the patient, but generally all care received from providers with the plan is covered. Recently, managed care companies have begun to provide services in many states for low-income Medicaid and Medicare beneficiaries.

Both types of health coverage may offer some coverage for mental health treatment. However, this treatment often is not paid for at the same rate as other health care costs, or there may be limits on the number of visits. A few states, including Virginia, have enacted “parity” laws that require insurers to pay for mental health and other health related costs at the same rate.

For the Uninsured: Community-Based Resources, Self-Help/Support Groups, and Public Programs

If you are not insured, or if your income is limited, you might try other strategies to pay for mental health care. Some providers, for example, have sliding-scale fees. Based on your income – and your spouse’s, if applicable – the provider will reduce his or her fees. Other providers, if made aware of your financial limitations, may be willing to negotiate a payment plan that you can afford or to lower their rates according to what your insurance plan pays. The latter is called a “write off.”

Community-Based Resources

The communities covered in this directory have Community Services Boards (CSB). These centers offer a range of mental health treatment and counseling services, usually at a reduced rate for low-income people.

Your local religious association of choice can put you in touch with a pastoral counseling program. Certified pastoral counselors, who are ministers in a recognized religious body, have advanced degrees in pastoral counseling, as well as professional counseling experience. Pastoral counseling is often provided on a sliding-scale fee.

Self-Help/Support Groups

Another option is to join a self-help or support group. Such groups give people a chance to learn more, talk about, and work on their common problems, such as alcoholism, substance abuse, depression, family issues, and relationships. Self-help groups are generally free and can be found in virtually every community in America.
Public Assistance
People with severe mental illness may be eligible for several forms of public assistance, both to meet basic costs of living and to pay for health care. Such programs include Social Security, Medicare, Medicaid, and disability benefits.

Parts of this section [How to Pay for Mental Health Services] were reprinted with permission from Center for Mental Health Services at www.mentalhealth.org. For more information about paying for mental health care, contact the National Mental Health Services Knowledge Exchange Network (KEN) at (800) 789-2647.

Quick Reference Telephone Directory
All area codes 540 unless otherwise noted
Mental Health Care Providers (Private & Public)

ADHD & Clinical Counseling Center
American Health and Wellness Institute (AHWI)
Arbaugh, Thomas, Ph.D., LPC
Atno-Shelton, Deborah
Associated Mental Health Professionals, Inc.

Augusta Health:
- Augusta Health Psychiatry
- Augusta Behavioral Health

Augusta Psychological Associates

Barbour, Kami, LPC
Bickford, Kimberly, LPC
Bing, Carolyn, LCSW, PBCCC
Blevins, Brett, EdD
Bridgewater Counseling Services
Byrd, Geoffrey, M.S., LPC
Center for Marriage and Family Counseling
Charis Institute for Psychological and Family Services
Clifford, Fred, LPC
Coi ner, Jordan, LPC
Collins Center
Comprehensive Behavioral Health Services
Cook, Jean M., LCSW
Counseling and Psychological Services (CAPS)
Crossroads Counseling Center - Harrisonburg

Davies, Pamela, LCSW
DeCanio, Chris, Ph.D.
Deitrich, Donna, LPC
DePaul Community Services
Driver, Heather, LPC
Dexter, Joy, CSAC
Dot as, Ellen R., LPC
Douglass, Melissa Gail, LPC

Eberly, Joan M., Ed.S., LPC
Eberly, Rich L., LPC
Echterling, Lennis G., Ph.D.
Evans, Alan D., Ph.D.

Garrett, Dorothy “Louise”, LCSW
Gray, Sandra-Joy K., Ph.D., LPC, LMFT
Grayson, Joann, Ph.D.
Greater Hope Ministry, Inc.
Grey, Cynthia W., Ed. S., LPC
Renee, Geigel, LPC
Click, Ruth, MA, EdS, LPC
Harmon, J. Phillip, LPC
Harmon, Paul, M.A., LPC, LSATP, NCC
Harmon, Teresa M., Ph.D. 942-5155
Harmon, Victoria, LPC (See Valley Behavioral Health) 459-1262
Harris, Ginny, LPC (See Valley Hope Counseling Center) 941-8933
Harris, Sandra, NP (See Valley Behavioral Health) 459-1262
Harrisonburg-Rockingham Community Services Board 434-1941 & After Hours Emergency: 434-1766
Henderson, Joann H., LPC 476-1482
Hensley, Barry, Ed.S 434-1494
Hensley, Diane L., LPC 434-1494
Here-4-You Counseling 635-3518
Hoopes, Gwendolyn, Ed.S. 665-1970
Horne, Lois B., LPC, LSATP 213-1316
Hudson, Helen T., M.S.W., LCSW 434-4057
Huyard, Rise, LPC 434-2800
Jantzi, Bonita, LCSW 434-2800
Jayne, Thomas M., M.D. (See Augusta Psychological Associates) 949-4202 & 886-5060
Jennings, Julie, Ph.D., LPC 463-7601
Johnson, Jennifer, LPC (See RMH LIFE Recovery Program) 564-5629 & 877-294-5731
Johnston, Nancy, LPC, LSATP 464-1890
Journey Counseling Ministries 908-3464
Kave, Vickie L., LCSW 464-1890
Kuley, Ryan, and Associates 886-3956 & 464-1890
Kuszyk, Jenny, LPC 434-2800
Langston, Tara, CSAC, LPC, ADS 437-0212
Lizer, Bob, M.D. 662-7555
Luke, Laura, PhD 949-4202
Lutheran Family Services of VA 383-2902
Mahmood, Aamir, M.D. (See RMH Valley Behavioral Medicine) 564-7007
Mandeville, Scott W., LCSW, CSOTP (See Bridgewater Counseling Services) 828-3663
Marion, Carolyn, LPC 949-4202
Marion, Jaime, LCSW 949-4202
Martin, Anne L., LCSW 433-1663
Massie, Kent, LPC 564-5960
McNulty Center for Children and Families 433-3100 & 24 hr emergency: 434-1766
Mental Health America of Augusta 866-7181 & 949-0169
National Counseling Group, Inc. 437-0430 & 437-0405
New Dimensions Counseling Center 942-5847
Newman Avenue Associates 434-2800
Norton, Janis, LCSW 435-1315
Nowell, Carrie R., Psy.D. 667-1389
Pelligrino, Joseph F., Ph.D. 574-2210
Porter, Patrice, LPC 949-4202
Psychological Health Associates, Ltd. 667-5431
Pumphrey, Benjamin, MD 949-4202
Rankin, Saranna, LCSW 434-2800
Reid, David, LPC 949-4202
Rockbridge Area Community Services 463-3141
Sentara Behavioral Health Community Education Program 433-4254 & 435-2492
Sentara Behavioral Health, Inpatient Services 689-5450
Sentara Behavioral Health, Outpatient Services 564-5960
Sentara Grief and Loss Services 433-4427
Sentara LIFE Recovery Program 564-5629
Sentara Partial Hospitalization/Day Treatment Program 546-5629
Sentara Valley Behavioral Medicine 564-7007
Shenandoah Psychiatric Medicine 949-0955
Shenandoah Valley Center for Integral Counseling, LLC 248-1801
Shenandoah Valley Sex Offender Treatment Program  
Shenk, Daniel R., M.S.W.  
Shepard, Charles, LPC  
Showalter, Gerald R., Psy.D.  
Simmons, Sarah G., LCSW  
Smith, Bren McGillivary, LPC, LMFT  
Souder, Mercy, LPC  
Sylvest, Sandra L., Ed.S., LPC  
Ter Poorten, Laura, LPC  
Valley Behavior Health  
Valley Community Services Board  
Valley Hope Counseling Center  
Valley Pastoral Counseling Center  
Watros, Jeff, M.A., LPC, LMFT (See Greater Hope Ministry, Inc.)  
Weaver, Judith G., Ed.S., LPC  
Weaver, Sandra, LMHC, Nurse Specialist  
Weigand, Ken, Psy.D.  
Wettstone, Richard P., Ed. D.  
Whitney, Martha, LMFT  
Wielgus, Carolyn, LPC  
Winchester Medical Center Behavioral Health Services  
Wing-Richards, Hillary, M.A., Ed.S., LPC  
Woodbrook Counseling Services, LLC  
Worth, James W., Ed.D.  
Wright, Carroll J., Ph.D.  

Basic Needs/Crisis/Non-Profit Service Providers  
Access Independence  662-4452  
Alzheimer’s Association, Central & Western Virginia Chapter  437-7444 & 800-272-3900  
American Cancer Society  800-416-8847  
American Red Cross – Central Virginia Chapter  434-979-7143  
Americans with Disabilities Act, City of Waynesboro  942-6718  
Apple Valley Mediation Network, Inc.  800-767-3898  
The Arc of Harrisonburg and Rockingham, Inc.  437-9214 ext. 130  
The Arc Op Shop  437-9214 ext. 134  
The ARC of Winchester  665-0461  
Augusta Health (AHC): Hospice of the Shenandoah – Staunton  332-4909  
Augusta Regional Free Clinic – Waynesboro  932-5606  
Augusta Regional Free Clinic – Staunton  332-5606  
Big Brothers/Big Sisters – Harrisonburg  433-8886  
Blue Ridge Hospice  536-5210  
Caregivers Community Network  568-6682 & 877-568-6682  
The Central Shenandoah Youth Suicide Prevention Initiative, and the Campus Suicide Prevention Center of Virginia  568-8901  
Choices of Page County Hotline: 743-4414  
Clean Inc. Community Connections for Youth and Family  772-3589  
Collins Center  432-6430 & Hotline: 434-2272  
ComfortCare Women’s Health – Staunton  885-6261  
Waynesboro  943-1700
Community Mediation Center 434-0059 & 800-653-0019
Community Resource Center 433-3888
Deaf & Hard of Hearing Services Center Videophone: 866-563-7784 & 569-3016 (TTY)
Department of Rehabilitative Services – Fishersville 332-7700 (Voice/TTY)
   Harrisonburg 434-5981
   Winchester 722-3453 & 535-1813 (TTY)
Department of Social Services – Bath County 839-7271
   Harrisonburg/Rockingham County 574-5100
   Highland County 468-2199
   Page County 778-1053
   Rockbridge-Buena Vista-Lexington Area 463-7143
   Shenandoah County 459-6226
   Shenandoah Valley (Staunton-Augusta Office) 245-5800
   Shenandoah Valley (Waynesboro Office) 942-6646
First Step: A Response to Domestic Violence 434-0295 & 866-223-9169
Friendship Industries, Inc. 434-9586
Gemeinschaft Home for Ex-Offenders 434-1690
Goodwill Industries, Inc. – Northern Division 886-2001
   Fishersville 332-7750
   Harrisonburg Workforce Center 434-2513
   Winchester Branch 535-1941
Harrisonburg Pregnancy Center 434-7528
Harrisonburg Redevelopment and Housing Authority 434-7386
Harrisonburg/Rockingham Free Clinic 433-5431
Harrisonburg - Rockingham Community Services Board 434-1941 & 24-Hour: 434-1766
Health Department – Augusta County 332-7830
   Bath County 839-7246
   Highland County 468-2270
   Lexington 463-7136
   Page County 743-6528
   Rockbridge County 463-3185
   Rockingham County & Harrisonburg 574-5100
   Shenandoah County 459-3733
   Staunton 332-7830
   Waynesboro 949-0137
Infant & Toddler Connection of Harrisonburg/Rockingham 433-3100
Lexington Office on Youth 463-4315
Mercy House 432-1812
New Bridges Immigrant Resource Center 438-8295
New Directions Center 885-7273 & Hotline: 800 56 HAVEN
Northwestern Community Services 636-2931 & 800-342-1462 & Crisis line: 635-4804
Office on Children and Youth 568-7083
Office on Youth – Waynesboro 942-6757
   Staunton 332-3806
Our Community Place 442-7727
PACE (Parent and Child Education) 433-3100
Page County Clinic 743-4548
Page County Rural Health Center 778-4259
Page One 743-4357
Patchwork Pantry 433-2148
People Helping People 433-7286
People Places 885-8841 & 437-1857
Pleasant View, Inc. 896-8255
Project Horizon Hotline: 463-2594
Project STAR (Family Resource & Referral Center) 245-5899 or 211
REACH Employee Assistance Program & Workplace Solutions 421-4008 & 800-950-3434
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<td>Reading Road Show</td>
<td>568-4113</td>
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<td>Response, Inc.</td>
<td>459-5599 &amp; Hotlines: 459-5161 &amp; 888-459-5161</td>
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<td>Sentara Grief and Loss Services</td>
<td>433-4427 &amp; 877-294-5731</td>
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<td>Sentara Hospice</td>
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<td>Sentara Psychiatric Emergency Team (PET)</td>
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<td>Rockbridge Area Community Services Board (RACS)</td>
<td>463-3141</td>
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<td>Rockbridge Area Free Clinic</td>
<td>464-8700</td>
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<tr>
<td>Rockbridge Area Hospice</td>
<td>463-1848</td>
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<td>Rockbridge Disability Services Board</td>
<td>463-2472</td>
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<td>Salvation Army – Harrisonburg</td>
<td>434-4854</td>
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<td>Staunton</td>
<td>885-8157</td>
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<td>Waynesboro</td>
<td>949-6426</td>
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<td>Winchester</td>
<td>662-4777</td>
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<td>Shenandoah County Free Clinic</td>
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<tr>
<td>Shenandoah Pregnancy Center</td>
<td>984-4673</td>
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<tr>
<td>Shenandoah Valley Migrant Education Program</td>
<td>568-3666</td>
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<td>Summit House</td>
<td>434-1816</td>
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<td>Teen Pregnancy Prevention (TPP)</td>
<td>568-6007</td>
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<td>United Way – Greater Augusta County</td>
<td>943-1215</td>
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<td>Harrisonburg &amp; Rockingham County</td>
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<td>Lexington &amp; Rockbridge County</td>
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<td>Page County</td>
<td>743-1662</td>
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<td>Shenandoah County</td>
<td>536-1610</td>
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<tr>
<td>VA Cooperative Extension Service</td>
<td>564-3080</td>
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<tr>
<td>Valley AIDS Network</td>
<td>568-8838 &amp; 800-648-5302</td>
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<tr>
<td>Valley Associates for Independent Living, Inc (VAIL)</td>
<td>433-6513 &amp; 888-242-VAIL</td>
</tr>
<tr>
<td>Valley Mission Inc.</td>
<td>886-4673</td>
</tr>
<tr>
<td>Virginia Dept. for the Blind &amp; Vision Impaired (DBVI)</td>
<td>322-7729 &amp; 800-622-2155</td>
</tr>
<tr>
<td>Virginia Dept. for the Deaf and Hard of Hearing (VDDHH)</td>
<td>804-662-9502 &amp; 800-552-7917 (V/TTY)</td>
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<tr>
<td>Virginia School for the Deaf and Blind</td>
<td>332-9000 &amp; 800-522-8732</td>
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<td>Waynesboro Disability Services Board</td>
<td>942-6718</td>
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<tr>
<td>Winchester Exchange Child Parent Center</td>
<td>536-1640 &amp; 800-567-7954</td>
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<tr>
<td>Woodrow Wilson Rehabilitation Center</td>
<td>332-7000 &amp; 800-345-9972 &amp; 800-811-7893 (TTY)</td>
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<tr>
<td>YMCA – Staunton</td>
<td>885-8089</td>
</tr>
<tr>
<td>Waynesboro</td>
<td>942-5107</td>
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<tr>
<td>Rockbridge Area</td>
<td>464-YMCA</td>
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Preventing Suicide: Some Basic Information

Suicide. It's a word we don't hear in polite conversation and it's a topic we don't like to discuss. The problem is, stigma and silence increase risk for suicide. AND... information and understanding HELP TO REDUCE RISK.

FIRST, GET the FACTS. Misinformation interferes with people getting the help they need.

FACT: Most people who talk about suicide are thinking about suicide, in some way. Take all threats of suicide seriously. MOST PEOPLE WANT HELP, though they may not be able to ask directly.

FACT: Most people who die by suicide told others in some way in the weeks before their death. Recognizing and responding to risk can prevent suicide attempts and deaths.

FACT: Most people who consider suicide have terribly mixed feelings about life and death. Most want a better life, even while they are stating that they want to die. MOST PEOPLE are desperate for relief and WANT HELP

FACT: Most suicidal crises are temporary. When people get the help they need, most will not seriously consider suicide again. However, if emotional distress continues without relief and help is not sought, the risk remains for further suicidal behavior. It’s important to help people connect to professional help.

FACT: Asking if someone is thinking of suicide will not make a person begin to consider suicide. Most people who think about suicide want to talk and want others to recognize their pain. If you ask someone about suicide and the answer is “yes” stay calm, take the time to listen, and help the person to find resources. To learn more about suicide “First Aid” training in our area, go to www.suicidepreventioncsv.org.

SECOND, know the risk factors and warning signs.

Risk Factors: (things that can increase, or are connected to, risk)

Depression: Untreated depression is thought to be a major contributor to suicide risk. Although most people who are depressed do not consider suicide, depression significantly increases the risk. Symptoms of depression include:

- Expressions of sadness and hopelessness, or anger and rage
- Withdrawal from friends and extracurricular activities
- A decline in enthusiasm and energy
- Overreaction to criticism
- Lowered self-esteem, or feelings of guilt
- Indecision, lack of concentration, and forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns; eating or sleeping more or less than usual
- Neglect of appearance and hygiene
- Fatigue and lack of motivation
- Decline in performance at school or work

Beginning use, increased use, or abuse of drugs or alcohol. Sometimes people "self-medicate" to reduce emotional pain. But substance abuse can greatly contribute to both depression and suicide risk.

Depression and substance abuse are serious but treatable problems. People who are depressed and/or using substances are in need of help, even if there is no thought of suicide. And, most people who get treatment improve dramatically and feel “like their old selves again.”
**Warning signs:** You may not know for sure if someone is thinking of suicide. But if you see the following, don’t wait. Get help right away.

- Talking or writing about suicide or death
- Looking for ways to kill him/herself
- Talking or writing about death, dying, or suicide
- Giving less direct verbal cues, such as "You will be better off without me," "What's the point of living?"; "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- Expressions of hopelessness
- Expressing rage or uncontrolled behavior
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Expressing feelings of being trapped like, “There’s no way out”
- Withdrawing from friends and family
- Exhibiting anxiety or agitation
- Displaying dramatic mood changes
- Increased alcohol or drug use

**THIRD,** Consider how you could help if you fear someone may be thinking of suicide.

1. **Take it seriously; do NOT dismiss the behavior as simply a “bid for attention”**

2. **Be willing to listen**
   - Let the person know you are concerned and tell why. Make it clear that you are willing to listen.
   - Listen without judgment. Consider the importance of helping someone feel heard.
   - Don’t feel as though you have to fix everything. Chances are there are no easy answers.
   - If you are worried, don't be afraid to ask whether he or she is considering suicide, or even if they have a particular plan or method in mind.
   - Do not attempt to argue anyone out of suicide. Rather, let the person know you care and understand that he or she is not alone, that suicidal feelings are temporary, that depression can be treated, and that problems can be solved. Avoid the temptation to say, "You have so much to live for," or "Your suicide will hurt your family."

3. **Get professional help**
   - Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide often don’t believe they can be helped, so you may have to do more.
   - You can make a difference by helping the person in need find a knowledgeable mental health professional or reputable treatment facility.

4. **In an emergency:**
   - Do not leave the person alone until help is available.
   - Take your friend or loved one to an emergency room or call your local Community Services Board 24-hour emergency care number. Check for numbers in your area.
   - Remove from the vicinity any firearms, drugs, or sharp objects that could be used in a suicide attempt.
   - Hospitalization may be needed at least until the crisis is over.
   - If these options are not unavailable, call 911 or the [National Suicide Prevention Hotline](tel:1-800-273-TALK) 1-800-273-TALK.
5. Follow-up on treatment

- People who are in distress are sometimes hesitant to seek help and may drop out after an initial contact unless there is support for continuing treatment.
- If medication is prescribed, take an active role in supporting medication therapy. Be sure to notify the physician about any unexpected side effects. Often, alternative medications can be prescribed.

2007 American Foundation for Suicide Prevention
### Hotlines and Support Services
*(800/877/888 are toll-free numbers)*

#### Abuse and Neglect
- **Children’s Help National Abuse Hotline**: 800-422-4453
- **Departments of Social Services**:
  - Harrisonburg/Rockingham County: 540-574-5100
  - Augusta County/Staunton/Waynesboro: 540-245-5800
  - Bath County: 540-839-7271
  - Highland County: 540-468-2199
  - Page County: 540-778-1053
  - Rockbridge County/Lexington: 540-463-7143
  - Shenandoah County: 540-459-6226
- **Family Violence and Sexual Assault Virginia Hotline**: 800-838-8238
- **National Domestic Violence Hotline**: 800-799-3224
- **National Domestic Violence Hotline (TDD)**: 800-787-3224
- **VA Adult Protective Services**: 888-832-3858
- **Child Abuse Hotline**: 800-552-7096

#### Alcohol and Drug Abuse
- **Alateen and Al-Anon Family Group Headquarters**: 800-356-9996
- **National Center for Alcohol and Drug Information**: 800-729-6686
- **Alcoholics Anonymous (Blueridge Area Intergroup)**: 540-667-0322
- **American Council on Alcoholism**: 800-527-5344
- **Alcohol and Drug Abuse HelpLine**: 206-722-3700
- **National Drug Info Treatment and Referral Hotline**: 800-662-4357
- **“Focus on Recovery” Referral Hotline**: 800-234-0420
- **Narcotics Anonymous**: 800-777-1515

#### AIDS and Other Sexually Transmitted Diseases
- **VCU HIV Services**: 804-828-2210
- **Virginia STD/HIV/AIDS Hotline**: 800-533-4148 (Spanish 800-322-7432)
- **AIDS Action Committee**: 800-235-2331
- **National HIV/AIDS Hotline (24/7 English & Spanish)**: 800-232-4636
- **CDC/AIDS Information (Spanish)**: 800-344-7432
- **Hepatitis Hotline**: 877-435-7443
- **Planned Parenthood U.S. National Sexual Health Hotline**: 800-230-7526
- **Sexual Health Hotline (High school & College students)**: 877-627-3933
- **American Sexual Health Association: STD Hotline**: 919-361-8488
- **Virginia Department of Health (AIDS/Hepatitis/HIV/STDs, M-F 8 am-5 pm)**: 800-533-4148

#### Caring for Aging Relatives
- **Augusta/Bath/Highland/Rockingham/Rockbridge Areas**: 800-868-8727
- **National Council on Aging**: 800-424-9046
- **Page and Shenandoah Area Agency on Aging**: 800-883-4122

#### Chronic Illness
- **After Breast Cancer Diagnosis (ABCD)**: 800-977-2141
- **Alzheimer’s Association 24 hour contact center**: 800-272-3900
- **American Association for the Blind**: 800-424-8666
- **American Diabetes Association**: 800-342-2383
- **American Parkinson’s Disease Association**: 800-223-2732
- **Cancer Care**: 800-813-4673
- **Center for Disease Control (CDC)**: 800-232-4636
Children’s Hospice International 800-242-4453
Juvenile Diabetes Foundation 800-223-1138
National Coalition for Cancer Survivorship 877-622-7937
National Hospice Association 800-658-8898
Virginia Dept. of Health Disease Prevention Hotline 800-533-4148

**Persons with Disabilities and their Families**
American Council for the Blind 800-424-8666
The Arc 800-433-5255
The National Down Syndrome Society 800-221-4602
The International Dyslexia Association 800-222-3123

**Runaway Youth**
Child Find of America 800-426-5678
National Hotline for Missing & Exploited Children 800-843-5678
National Runaway Switchboard for Youth in Crisis 800-786-2929

**Suicide**
American Foundation for Suicide Prevention Crisis Line 800-273-8255
Covenant House Nineline (4pm-8pm ET, 7 days a week) 800-999-9999
Military One Source (for military members & families) 800-342-9647
National Hope Line Network 800-784-2433
Regional Suicide Concern Hotlines:
  - Page County 540-743-3733
  - Shenandoah County 540-459-4742
  - Winchester City 540-667-0145

**Other**
VA Enforcement Division of Health Professions 800-533-1560
Mental Health Care Providers

All of the private and public providers listed in this Directory are licensed by appropriate boards of the Virginia Department of Health Regulatory Board to practice various aspects of mental health services.

● Psychiatrists are providers with a medical degree (M.D.) and therefore may prescribe medication.
● Other academic degrees and specialties include:
  ● Psychologists (Ph.D., M.A.)
  ● Clinical Psychologists (Ph.D.)
  ● Licensed Clinical Social Workers (LCSW or M.S.W.)
  ● School Psychologists (Ed.S., Ph.D., Ed.D.)
  ● Licensed Marriage and Family Therapist (LMFT)
  ● Substance Abuse Certifications (CSAC, NCACII, LSATP)

The training, expertise, and areas of interest of mental health professionals vary considerably. All providers can receive third-party payments, but some health insurance companies allow coverage for only certain mental health professions and place a ceiling on the total amount allowed. Check your policy or talk with your employer for specific information about coverage. Some providers have "sliding scales" based on a client's ability to pay. Every professional has an ethical responsibility to give the same quality of service to all clients regardless of ability to pay. The fee for group therapy is usually at a lower rate per hour.

You will need to make an appointment in order to receive services from a private or public provider. Many providers have evening hours if you cannot arrange a daytime appointment.

Providers are listed alphabetically. Please read "When You Need Professional Help" on pages 6 and 7 to aid you in choosing a provider.

All area codes 540 unless otherwise noted

ADHD & Clinical Counseling Center 564-0373
57 South Main Street, Suite 616
Harrisonburg, VA 22801
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.

American Health and Wellness Institute (AHWI) 248-1006
50 Professional Way, Suite 101
Verona, VA 24482
Mailing Address: P. O. Box 258
Verona, VA 24482
Gerald McKeegan, Ph.D. Stacey Eppard, Office Manager

AHWI provides the following:
● consultation for institutions/organizations that provide therapeutic services to individuals with serious and persistent mental illness and developmental disabilities.
● functional analysis, person-centered assessment, behavioral consultation, positive behavioral support, and training to individuals with challenging behaviors who have developmental disabilities and serious and persistent mental illness.
● on-going assessment of staff needs.
● training for management and supervisors in day programs, residential settings and hospitals.
● training for staff and other facilitators at day programs, residential settings, and hospitals on Positive Behavioral Support, Therapeutic Alliance, etc. and manualized training for “train the trainers”.

_____________________________________________________________________________________________
Arbaugh, Thomas, Ph.D., LPC  885-5105
217 W. Beverley Street, Suite 106  Website: www.DrArbaugh.com
Staunton, VA 24401

My small practice is designed to be unique and comfortable. I do not report to insurance companies and so they do not have a record of sessions or the client’s clinical diagnosis. I do provide a sliding fee scale in place of filing insurance. I work with couples and individuals with anxiety, depression, PTSD, and with basic personal growth issues. I also work with many sexuality issues and have considerable experience with lesbian, gay, bisexual and transgendered clients. I have had special training in Transactional Analysis and have done extensive research into the emotional survival of people who experienced sexual abuse. My dog usually attends sessions and is also intuitive about the needs of the client.

Associated Mental Health Professionals, Inc.  434-0104 & 886-3063
102 Mactanly Place, Suite E  Fax: 886-6246
Staunton, VA 24401
Dr. Michael A. Hoffman, MD
I work with children, adolescents and adults in an office setting and strive to provide state-of-the-art psychiatric, neurologic, and holistic consultation, evaluation, and treatment. I use a comprehensive approach that focuses on achieving and maintaining a patient's optimal mental, emotional, and physical well-being. Through the use of a detailed personal history, neuro-endocrine assessment and nutritional evaluation, the patient and I identify problem areas. I use a holistic "approach" to treat the whole patient with medication, nutritional supplements and other therapeutic interventions as indicated.

Augusta Health:

- **Augusta Health Psychiatry**  245-7030
  Medical Office Building (MOB)
  70 Medical Center Circle, Suite 201
  Fishersville, VA 22939

  Referrals of adult patients accepted from PCPs and counselors for the psychopharmacologic assessment and management of psychiatric illness.

- **Augusta Behavioral Health**  213-2525
  79 Medical Center Drive
  Fishersville, VA 22939
  Fax: 213-2555

  Adults, adolescents, and families seen for substance abuse and mental health assessment and treatment. Employee Assistance Program options for local employers. Most insurances accepted. Sliding fee scale.

- **Recovery Choice Substance Abuse Intensive Outpatient Program**  213-2525

  This program meets three times a week, serving adults.

- **Transitions Mental Health Intensive Outpatient Program**  213-2525

  The IOP utilizes Dialectical Behavioral Therapy (DBT) concepts. This program meets for 3 hours, 3 times a week.
Stress causes different reactions in each of us – sometimes physical, sometimes emotional and sometimes both. Overcoming the challenges of living is a very normal process. We are here to support you and give you the tools necessary to help yourself. Our staff of licensed professionals provides comprehensive mental health services that include:

- Counseling, psychotherapy, and psychiatry
- Child, adolescent, and family therapy
- Marital and couples counseling

**Bickford, Kimberly, LPC**
1820 Country Club Rd
Harrisonburg, VA 22802

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.

**Bing, Carolyn, LCSW, PBCCC**
Lamplight Counseling Ministry
1871 Boyers Road
Harrisonburg, VA 22801

**Bridgewater Counseling Services**
108 W. College Street
Bridgewater, VA 22812

Scott W. Mandeville, LCSW, CSOTP

I can help people in many areas such as depression, anxiety, sexual and chemical addictions, violent tendencies, personal growth. I see a variety of people from young children to the elderly. I do not believe there is one way to help someone, but each person requires their own special therapy.
Individual and couples counseling for adults. Certified Imago Relationship therapist, Advanced Clinician, integrative health educator for groups and seminars, and consultant to integrative medical practices.

**Center for Marriage and Family Counseling**
96 Campbell Street
Harrisonburg, VA 22801
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 101
Harrisonburg, VA 22801
Fax: 432-6293
Email: info@thecollinscenter.org

Over 35 years of experience providing individual, marital, and family therapy for children, teens, and adults needing assistance with a wide range of psychological, behavioral and relational concerns. Psychological testing is also available.

**Collins Center**
Physical address: 165 S. Main Street, Suite D
Mailing address: P. O. Box 1473
Harrisonburg, VA 22801
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.

**Comprehensive Behavioral Health Services**
25 Myers Corner Drive
Staunton, VA 22939
Fax: 941-2502
Email: hopkinslcsw@hotmail.com

Our practitioners offer a wide range of expertise in working with adolescents, adults, and older adults. Some specialty groups available. We treat mental health disorders, substance abuse and addiction, and relationship and family issues. In-network with most insurances. Evening hours are available.
Counseling and Psychological Services (CAPS)  
738 South Mason Street  
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.

Crossroads Counseling Center  
250 E. Elizabeth Street, Suite 102  
Harrisonburg, VA 22802  
Fax: 801-8221  
Email: crossroads1@csv-inc.com

174 Costello Drive  
Winchester, VA 22602  
Fax: 662-7007  
Email: crossroads@csv-inc.com

649 North Main Street  
Woodstock, VA 22664  
Fax: 459-9003  
Email: crossroads4@csv-inc.com

Website: www.childrensservicesofva.com

7547 Presidential Lane  
Manassas, VA 20109  
Fax: 703-361-1525  
Website: www.childrensservicesofva.com

221 West Main Street  
Luray, VA 22835  
Fax: 843-2509

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.

DeCanio, Chris, Ph.D.  
1445 Senseny Road  
Winchester, VA 22601  
Fax: 722-9473  
Email: network8@verizon.net

DePaul Community Resources  
36 Southgate Court, Suite 101  
Harrisonburg, VA 22801  
Email: LColombo@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.

Eberly, Joan M., Ed.S., LPC  
1820 Country Club Road  
Harrisonburg, VA 22802  
Fax: 574-0950

Individual counseling with special focus on women’s issues. Limited counseling to older children and adolescents. Infertility counseling a specialty. Participate in most insurance networks.
Eberly, Rich L., LPC
1820 Country Club Road
Harrisonburg, VA 22802

Jungian orientation with a specialty in dream work, depth psychotherapy, mid-life issues, marriage and family therapy, and men's issues. Adults and adolescents.

Echterling, Lennis G., Ph.D.
James Madison University
Harrisonburg, VA 22807

Email: echterlg@jmu.edu

I am a clinical psychologist and currently offer training in crisis intervention, brief counseling, disaster response, resilience, and post-traumatic growth. I also provide consultation services to agencies and organizations in the areas of traumatic stress and disaster intervention.

Family Life Resource Center (FLRC)
273 Newman Avenue
Harrisonburg, VA 22801

Teresa Adamson, LCSW
Hilary Bierly, LCSW
Crystal Horning, LPC
Darlene Keller, LPC
Shon Tucker, LPC
Harvey Yoder, LPC
Elroy Miller, LCSW
Nicole Cameron, Resident in Counseling

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

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

Garrett, Dorothy “Louise”, LSCW

Physical address: 720 E. Queen Street, Suite 1
Mailing address: P. O. Box 69
Strasburg, VA 22657

Fax: 465-4439
Email: lgs@shentel.net

I work with individuals, couples, and adolescents 13 years and older. Areas of interest include: grief/loss issues, adjustment to disability, women’s issues, life transitions, female sexual dysfunction, co-dependency, ACOA, PTSD, anxiety, and depression.
Gray, Sandra-Joy K., Ph. D., LPC, LMFT  
7331 Sheraton Dr.  
Manassas, VA 20112  
703-791-6466

I have been in private practice for over 20 years, specializing in outpatient psychotherapy for clergy, incest survivors, and those dealing with bereavement and grief, codependency issues, and childhood trauma. I also do marriage counseling. I have limited hours at the Bryce Mountain Resort in Shenandoah County. Please call the number listed above for more information.

Grayson, Joann, Ph.D.  
833-5593  
356 South Main St.  
Email: graysojh@jmu.edu  
Harrisonburg, VA 22801  
574-4189

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.

Greater Hope Ministry, Inc.  
574-4189  
172 South Ave  
Email: www.greaterhope.org/  
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  
564-0444  
356 South Main Street  
Email: greycynthia@gmail.com  
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.

Harmon, Teresa M., Ph.D.  
942-5155  
Fax: 941-8181  
29 Stoneridge Drive, Suite 105  
Waynesboro, VA 22980  
www.greaterhope.org/

Clinical Psychology and Clinical Neuropsychology. Ages 6 years to 85 years.

Henderson, Joann H., LPC  
476-1482  
Mailing address:  
Physical address:  
Website: www.joannhendersontherapy.com  
1820 Country Club Road  
Harrisonburg, VA 22802  
Fax: 476-1482  
P. O. Box 103  
Email: joannhenderson@gmail.com  
Harrisonburg, VA 22802  
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.
Hensley, Barry Ed.S  
31 Southgate Court, Suite 101  
Harrisonburg, VA 22801

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

Hensley, Diane L., LPC  
31 Southgate Ct, Suite 101  
Harrisonburg, VA 22801

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

Here-4-You Counseling  
109 E. 6th Street  
Front Royal, VA  22630

Jeffrey J. Rodman, LPC, MAC

Website: www.here-4-you.com
Email: Jeffrey@here-4-you.com

Individual, family, and couples counseling. Substance abuse assessment and treatment. Christian Care counseling. Accept Anthem BC/BS, Cigna, and Aetna insurance plans.

Hoopes, Gwendolyn, Ed.S.  
21 S. Kent Street, Suite B 2  
Winchester, VA  22601

I provide both treatment and diagnostic services to children, teens, and college-age adults who experience learning and/or emotional difficulties. Cognitive behavioral and solution-focused work is done primarily with individuals and family units.

Hudson, Helen T., M.S.W., LCSW  
150 Franklin Street  
Harrisonburg, VA 22801

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.

Jennings, Julie, Ph.D., LPC  
204 E. Washington Street  
Lexington, VA  24450

Johnston, Nancy L., LPC, LSATP  
108D Houston Street  
Lexington, VA  24450

Website: www.nancyljohnston.com
**Journey Counseling Ministries**

908-3464  
139 N Liberty Street, Suite 202-A  
Harrisonburg, VA 22801  
Website: [www.journeycounselingministries.org](http://www.journeycounselingministries.org)

*John Kuebler, MDiv, LPC, LMFT - Clinical Director*

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 alongside 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.

**Kave, Vickie L., LCSW**

1208 West Beverley Street  
Staunton, VA 24401  
204 E. Washington Street  
Lexington, VA 24450  
Email: bjkave@gmail.com

Life transitions and trauma recovery for children, adolescents, adults, and families. Mission is to enable people to find wholeness and healing through professional psychological counseling and education, while integrating spiritual, medical, and community resources.

**Kuley, Ryan, and Associates**

886-3956 & 464-1890  
40 Lambert Street, Suite 222  
Staunton, VA 24401  
108 Houston Street  
Lexington, VA 24450

**Langston, Tara, CSAC, LPC, ADS**

437-0212  
356 S. Main Street  
Harrisonburg, VA 22801  
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.

**Lizer, Bob, M.D.**

662-7555  
335 Westside Station Drive  
Winchester, VA 22601

Adult outpatient and psychiatric services.

**Martin, Anne L., LCSW**

433-1663  
1820 Country Club Road  
Harrisonburg, VA 22802

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 433-3100
463 E. Washington Street
Harrisonburg, VA 22802
Lynn Grigg, Director

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.

Mental Health America of Augusta 866-7181 & 949-0169
101 W. Frederick Street, Room 206
Staunton, VA 24401

Website: www.mha-augusta.org

Mental Health America of Augusta is a non-profit, non-governmental, education and advocacy, volunteer organization whose mission is: to improve the mental health of our community by providing education, advocacy, and service access. The MHA-A works closely with area legislators to promote the passage of legislation that supports the above stated mission, and serves the community as an information and referral service to include private providers, public agencies, and support groups. We also provide educational seminars for both the professional community and local citizens. The MHA-A, a United Way partner agency, also sponsors community-based, on-going programs such as: Pro Bono Counseling, YEAR One…for Newlyweds, the Bereavement Program, Pearl of Happiness, and Anxiety and Bipolar Support Group.

National Counseling Group, Inc. 437-0403 & 437-0405
1951 Evelyn Byrd Avenue, Suite B
Harrisonburg, VA 22801
Fax: 437-0421
Website: www.nationalcounselinggroup.com
Tamala K. Gilardi, LCSW, Clinical Supervisor Email: Lauren.boyd@nationalcounselinggroup.com


New Dimensions Counseling Center 942-5847
421 W. Main Street
Waynesboro, VA 22980
Kathy Anstine, LPC

Newman Avenue Associates 434-2800
110 Newman Avenue
Harrisonburg, Virginia 22801
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 435-1315
356 S. Main Street
Harrisonburg, VA 22801
Website: www.janisnorton.com
Email: janisnorton@gmail.com

Individual, couples, and family therapy. Neuro-feedback.
**Nowell, Carrie R., Psy.D.**  
481 E. Market Street  
Harrisonburg, VA 22801

I work with adolescents, young adults, and families. Empathic and dynamic, I provide a strength-based approach to help clients realize their potential. Concerned with immediate relief but also focused on deeper change, I work in short or long-term interventions in order to increase functional capacities and address personality dynamics. Additionally, I provide psychological testing for children, adolescents, and adults with an emphasis on ADHD/learning evaluations and personality assessment. Accept insurance and private pay. Day and evening hours available.

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

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.

**Psychological Health Associates, Ltd.**  
801 S. Loudoun Street  
Winchester, VA 22601

Website: [www.phawinchester.com](http://www.phawinchester.com)  
Email: info@phawinchester.com

Psychological Health Associates is a multidimensional practice designed to address a variety of mental health needs. Our practitioners are highly trained licensed professional psychologists with a diversity of expertise providing a wide range of treatment and assessment services for children, adolescents, adults, and couples.

**Rittenhouse, J. Neal, Psy.D.**  
273 Newman Avenue  
Harrisonburg, VA 22801

Website: [https://sites.google.com/site/jnrittenhouse](https://sites.google.com/site/jnrittenhouse)  
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.

**Sentara Behavioral Health Community Education Program**  
644 University Boulevard  
Harrisonburg, VA 22801

Toll free: 877-294-5731  
Email: jpirooz@rhcc.com

Providing the community with information regarding services offered by Sentara Behavioral Health and the benefits of these services. It is the goal of the program to educate healthcare professionals, family members, patients, and other interested parties about behavioral health resources that are available to them when necessary. Mental health information, educational seminars, and programming are obtainable through this program by contacting the program manager.
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.

Sentara Behavioral Health, Outpatient Services
644 University Boulevard
Harrisonburg, VA 22801
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.

Sentara Grief and Loss Services
644 University Boulevard
Harrisonburg, VA 22801
Email: nshomo@rhcc.com

Sentara 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.

Sentara LIFE Recovery Program
644 University Boulevard
Harrisonburg, VA 22801
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.
The Sentara Partial Hospitalization/Day Treatment Program offers a convenient and efficient way for people to get the help and therapy they need with the least amount of disruption to their lives. Participants come to the hospital in the morning, stay during the day for therapy and/or treatment, then go home in the evening. The goal of the program is to provide quality care in a structured but relaxed setting that acknowledges the patient’s dignity, motivation, and ability to effectively manage his or her life. The program uses a strengths-based approach to care.

Sentara Valley Behavioral Medicine
644 University Boulevard
Harrisonburg, VA 22801

SENTARA Valley Behavioral Medicine is a group psychiatric practice providing high quality evaluation and treatment for psychiatric and addictive disorders. SENTARA VBM provides psychiatric evaluation and treatment to patients 6 years of age and older from throughout the Shenandoah Valley. Outpatient care is offered through our office in Harrisonburg. Inpatient care is provided through SENTARA Behavioral Health. Inpatient Services and day treatment and intensive outpatient services are offered through SENTARA Behavioral Health outpatient services.

Shenandoah Psychiatric Medicine
19 Briar Knoll Court, Suite 3
Fishersville, VA 22939

Shenandoah Valley Center for Integral Counseling, LLC
113 Mill Place Parkway, #101
Verona, VA 24482-2662
Gary Bass, M.Ed., LPC  Mary Kay Rose, Ed.S., LPC

Offer individual, group, family, marital, relationship, and couples counseling. A general counseling practice with special interest in depression, anxiety, PTSD, grief and loss, physical and sexual abuse, anger management, stress management, women’s and men’s issues, growth counseling, Asperger’s, domestic violence, depth counseling, personal and professional development, personal and professional coaching, addiction and recovery, effective communication, the process of change, and creative, expressive and inner-directed and body-centered modalities. We serve adolescents 12 years old and up, adults, families, couples, and organizations. We focus on, acknowledge, and honor the whole person – mental, emotional, physical, and spiritual. We accept most insurance and private pay.

Shenandoah Valley Sex Offender Treatment Program
356 S. Main Street
Harrisonburg, VA 22801

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

Showalter, Gerald R., Psy.D.  
King Plaza West  
1320 Ohio Street, Suite M  
Waynesboro, VA 22980  
Fax: 941-1076  

Licensed Clinical Psychologist and Neuropsychologist

Simmons, Sarah G., LCSW  
85 Sangers Ln  
Staunton, VA 24401  

I provide individual, family, and couples therapy. My clinical experience includes work with depression, anxiety, grief and loss, divorce, ADHD, childhood onset disorders, life transitions, self-esteem, and parenting support. Accept most insurances.

Springbrook Wellness and Counseling  
133 W. Springbook Rd.  
Broadway, VA 22815  
Website: www.springbrookcounseling.com

We provide counseling services to adults, children, teens, and families. We use a variety of approaches such as play therapy, art therapy, equine assisted psychotherapy to support our community. Our specialties include working with depression, anxiety, personal growth and couples’ issues. We are a practice in Broadway, Virginia and have been providing therapy for over 20 years.

Sylvest, Sandra L., Ed.S., LPC  
Choice Directions Counseling  
6178 Scholars Rd  
Mt. Crawford, VA 22841  

I work with individuals, couples, and families in the discovery of conscious choices that create more satisfying life experiences. My practice addresses issues of depression, anxiety, stress, grief, loss, low self-esteem, and relationship issues of trust, intimacy, and communication. The therapies I employ are drawn from various theoretical bases depending on the client’s needs and available resources. Day and evening hours by appointment.

Ter Poorten, Laura, LPC  
120 W. Nelson Street  
Lexington, VA 24450  
Email: lterpoorten@gmail.com

Valley Behavioral Health  
755 S. Main Street  
Woodstock, VA 22664  
Fax: 459-1263  

Thomas Cardwell, M.D.  
Sandra Harris, NP  
Donna Van Horn, LCSW  
Victoria Harmon, LPC
Valley Hope Counseling Center
941-8933
20 Stoneridge Dr., Suite #202
Waynesboro, VA 22980
Ginny Harris, LPC, Executive Director

Sliding scale fee based on family income and number of dependents. Accept Medicaid, but not Medicare. Any age clients served. No current services for non-English speakers. Valley Hope is a United Way agency that provides quality mental health counseling services at an affordable fee. All types of mental health issues are addressed and counselors have a variety of theoretical orientations. By appointment only, evening appointments available.

Valley Pastoral Counseling Center
886-5757
300 Chestnut Avenue
Waynesboro, VA 22980

Insight oriented therapy, intensive adult psychotherapy, depression and anxiety, couples therapy, spiritual issues, and relationship difficulties.

Watros, Jeff, M.A., LPC, LMFT
885-3481
100 Mactanly pl Ste. B
Staunton, VA 24401

For over fifteen years I have been providing individual, marriage and family counseling for adolescents, teens and adults who desire a compassionate, Christ-centered context to address matters of life, faith and the heart. Furthermore, I offer help and support in the following areas: Christian leadership, spiritual disciplines, accountability, sexual addiction, sexual identity, healthy relationships, family of origin issues, forgiveness, various abuses, depression, anxiety, stress, anger, grief and loss. I am also available for speaking engagements, training and group work. My schedule is flexible with some evening hours. I am a provider with several primary insurance companies.

Weaver, Judith G., Ed.S. LPC
433-1291 & 743-7101
320 S. Main Street
Harrisonburg VA 22801

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.

Weigand, Ken, Psy.D.
667-1389
134 W. Piccadilly Street
Winchester, VA 22601

Clinical psychologist in private practice with larger group of providers. Specialty areas are young adult development problems, adolescents, family therapy, and couples therapy. Also, a general practitioner who conducts evaluations.
Wettstone, Richard P., Ed. D.        434-9430
356 South Main St. Email: LPCRPW@verizon.net
Harrisonburg, VA 22801

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.

Whitney, Martha, LMFT         631-0999
904 John Marshall Hwy Website: www.marthawhitney.com
Front Royal, VA 22630 Email: martha@marthawhitney.com

I am a compassionate and professional resource who offers psychotherapy services for individuals, couples, families, and groups. I help people cope with stress, anxiety, depression or health concerns. I guide people through major life transitions, such as divorce, career or job change, retirement, or the loss of a loved one. I coach people to enhance their relationships, including employment, marriage and couple, pre-marital, or parent-child. I work with people of all ages.

Wielgus, Carolyn, LPC       464-6949
204 E. Washington Street
Lexington, VA 24450

Winchester Medical Center Behavioral Health Services         536-8000
1840 Amherst Street Toll free: 800-786-2673
Winchester, VA 22601 Website: www.valleyhealthlink.com

Provides psychiatric services to all adult and adolescent patients who are in need of inpatient care, partial hospitalization, the Adolescent After School Program, or outpatient therapy that is not available in the community. Accepts patients who are on a Temporary Detention Order or Commitment by the Courts.

Wing-Richards, Hillary, M.A., Ed.S., LPC  434-8281
Physical address: Mailing address:
370 Neff Avenue, Bldg. J P. O. Box 1013
Harrisonburg, VA 22801 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        437-0055
185 South Liberty Street Email: woodbrookcounseling@hotmail.com
Harrisonburg, VA 22801
Stephen L. Flora, LPC

I provide individual and family counseling. My practice focuses on child and adolescent issues, Autism Spectrum disorders, and sexual and physical abuse victims.
Basic Needs/Crisis/Non-Profit Service Providers

Sometimes we all need a helping hand. The agencies in this section offer a variety of different services from crisis intervention to prevention and education. Agencies specializing in crisis intervention offer assistance in a variety of circumstances ranging from natural disaster recovery to domestic violence and abuse. Many of these agencies also provide basic needs to families such as shelter, food, and clothing.

Non-Profit Service Providers come in all shapes and sizes. They may offer assessment, emotional support, financial assistance, education, medical treatment, mentoring, or temporary shelter. Some are staffed by professionals only, while others rely on volunteers. Many of the services provided are free; however, some agencies do charge for their services. Most agencies will handle a variety of problems but regularly refer people to mental health care providers for more specific counseling needs. Many non-profit service agencies also provide prevention and education services. Please contact the agencies to find out if these services are available.

All area codes 540 unless otherwise noted

Community Services Boards

The 133 cities or counties in Virginia established the 40 Community Services Boards (CSBs) to provide publicly funded mental health, substance use disorder and developmental services throughout the state. Virginia’s CSBs are the single points of entry for those services. CSBs are supported through federal, state and local funds and offer services on a sliding scale to clients. Services include emergency and outpatient care, case management, day support, employment, residential and prevention services and access to state mental health hospitals. CSB programs are designed to enhance the quality of life for children and adults affected by emotional/behavioral disorders, mental illness, substance use disorder, and developmental disabilities.

Each CSB establishes local eligibility criteria for admission to its services. CSBs in the central Shenandoah Valley include the following:

**Harrisonburg Rockingham Community Services Board**

434-1941
1241 N Main Street
Harrisonburg, VA 22801
HRCSB strives to provide excellent services and to partner with each individual to achieve his or her best recovery. We support infants and toddlers, school-aged youth, and adults across their lifespan. Programs are licensed by the Virginia Department of Behavioral Health and Developmental Services. Services may have eligibility requirements.

**Valley Community Services Board**

887-3200 or 943-5515 Emergency Services: 885-0866 or 943 1590
85 Sangers Lane
Staunton, VA 24401
Valley Community Services Board is a publicly funded organization where citizens of Staunton, Waynesboro, and Augusta and Highland Counties can receive Behavioral Health, Substance Use and Developmental Services. We are a 'person centered' organization tailored toward meeting your individual needs. Our competent, compassionate staff are available and ready to meet you and provide support and resources for helping you to deal with your challenges successfully.
Northwestern Services Board

Page: 743-4548 Warren: 636-2931 Emergency Services: 635-4804 or 800-342-1462

Shenandoah: 459-5180 Winchester: 667-8888

209 West Criser Rd
Front Royal, VA 22630

Northwestern Community Services offers an array of outpatient, case management, day support, residential and emergency programs that are designed to enhance the quality of life for both children and adults affected by emotional/behavioral disorders, mental illness, substance use, and intellectual disabilities and developmental disabilities (ID/DD). Northwestern specializes in rehabilitative and family support services for individuals with such long-term challenges as schizophrenia, bipolar disorder, major depression, addiction, and those with significant impairments from ID/DD. New referrals are screened for appropriateness and, depending upon capacity/need for service requested, may require placement on a waiting list.

NWCS also provides 24-hour emergency evaluation, short-term treatment and hospital referral to individuals having mental health, emotional, substance use, or behavioral crises that pose a safety risk to themselves or others.

Rockbridge Area Services Board

463-3141 24-Hour Crisis Toll Free Hotline- 855-222-2046

241 Greenhouse Road
Lexington, VA 24450

It is the mission of Rockbridge Area Community Services (RACS) to help prevent and treat mental illness, developmental disabilities, and substance abuse, and to enhance the quality of life of individuals who experience these conditions in the cities of Buena Vista and Lexington and the counties of Rockbridge and Bath, Virginia by providing individualized treatments, establishing and expanding programs and support systems, and promoting integration into the community. With offices and programs all over the Rockbridge Area and qualified, dedicated staff, we are available to meet the diverse needs of our communities.

Abuse

Choices of Page County

24 Hour Hotline: 743-4414

216 W. Main Street
Luray, VA 22835

Debbie Dart, Executive Director

Website: http://choicesofpagecounty.org

Email: debbiedart@choicesofpagecounty.org

Choices of Page County is a private, non-profit, social services organization providing the following services with the hopes of improving the lives of victims of domestic violence, sexual assault, incest, and homelessness: food, supplies, emergency safe house/shelter, court/legal advocacy, 24-hour hotline, crisis intervention, peer counseling, support groups, community education, domestic violence and rape victim companionship, information and referrals, and 911 cell phones.

Collins Center

24 Hour Hotline: 434-2272

165 South Main Street, Suite D
Harrisonburg, VA 22801

Website: www.thecollinscenter.org

In addition to the sexual assault, crisis, mental health, and prevention services, the Collins Center also houses a Child Advocacy Center (CAC). The CAC is a child-friendly, community-oriented, facility-based program in which professionals from core disciplines come together to discuss and recommend appropriate comprehensive services to the victims of child abuse and neglect. The center functions as a shared project amongst these professionals with a vested interest in supporting and treating child abuse victims throughout the investigation and prosecution of their abusers. Because of this center, families in our community now have a central location and coordinated team to walk with them through this process.
**First Step: A Response to Domestic Violence**  
129 Franklin Street  
Harrisonburg, VA 22801  
Website: [www.firststepva.com](http://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.

**Mercy House**  
P.O. Box 1478  
247 N. High Street  
Harrisonburg, VA 22802  
Website: [http://themercyhouse.org](http://themercyhouse.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.

**New Directions Center**  
P.O. Box 3069  
Staunton, VA 24402  
Website: [www.newdirectionscenter.com](http://www.newdirectionscenter.com)

New Directions Center, Inc., a United Way agency, is a non-profit community organization which provides crisis intervention, emergency housing, food, clothing, and transportation to women, children, and men impacted by emotional, physical, and sexual violence in the Staunton, Waynesboro, and Augusta County areas.

**Project Horizon**  
120 Varner Lane  
Lexington, VA 24450  
Website: [http://organizations.rockbridge.net/projecthorizon](http://organizations.rockbridge.net/projecthorizon)  
Email: ph@rockbridge.net

Project Horizon is dedicated to reducing domestic, dating, and sexual violence in the Lexington, Buena Vista, and Rockbridge County areas through crisis intervention services and prevention programs. Through its direct services to clients and outreach programs, Project Horizon offers survivors a 24 hour hotline, emergency shelter, crisis intervention, counseling, applicable referrals, and court advocacy.

**Response, Inc.**  
P.O. Box 287  
Woodstock, VA 22664  
Website: [www.shenandoahcountyresponse.org](http://www.shenandoahcountyresponse.org)

Response, Inc. is a Shenandoah County community organization dedicated to preventing and helping people overcome the problems of sexual and domestic violence and other forms of abuse through outreach, advocacy, and supportive services. Response is a dual sexual assault, crisis, and domestic violence program center. Services available: confidential 24-hour hotline, emergency shelter, volunteer companion program, court advocacy and accompaniment, case management services, individual supportive services, adult, youth, and children support groups, parenting education, and school education/prevention programs. Services are confidential and free.

**Addiction/Recovery**

*Please see our listings in the Support/Self-Help Groups section of this publication.*
American Red Cross

Website: [www.redcross.org](http://www.redcross.org)

Regional/local offices

**Central Virginia**
Chapter 1105 Rose Hill Rd.
Charlottesville, VA 22903

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

**Shenandoah County Chapter**
103 S. Main Street
Woodstock, VA 22664

Website: [www.shenandoahredcross.org](http://www.shenandoahredcross.org)

**Community Resource Center**

433-3888

Email: volunteer@hrcrc.org or kohnlx@jmu.edu

Mailing Address
PO Box 1753
Harrisonburg, VA, 22803

Serves all ages and income levels; Non-English Services available upon request.

Services:

**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.

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.
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
Department of Social Services (continued)

- 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 family’s or individual's ability for self-sufficiency or independence, avoid inappropriate institutional placements, and provide protection to those who are unable to protect themselves.

**Goodwill Industries, Inc.**

*Website: [www.goodwill.org](http://www.goodwill.org)*

*Local Offices*

<table>
<thead>
<tr>
<th>Division</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>Fishersville</td>
<td>1076 Jefferson Hwy, Staunton, VA 24401</td>
<td>332-7750</td>
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<tr>
<td>Harrisonburg Workforce Center</td>
<td>1909 East Market St., Harrisonburg, VA 22801</td>
<td>434-2513</td>
<td></td>
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<tr>
<td>Winchester Branch</td>
<td>156 Cole Lane, Winchester, VA 22602</td>
<td>535-1941</td>
<td><a href="http://www.horizongoodwill.org">www.horizongoodwill.org</a></td>
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**Harrisonburg Redevelopment and Housing Authority**

*Website: [www.harrisonburgrha.com](http://www.harrisonburgrha.com)*

P.O. Box 1071, Harrisonburg, VA 22803

Fax: 432-1113

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

**Harrisonburg-Rockingham Community Services Board**

*Emergency Services 24-hours a day, 7 days a week, call (540) 434-1766*

1241 N. Main Street, Harrisonburg, VA 22802

The Harrisonburg-Rockingham Community Services Board provides services that promote dignity, choice, recovery, and the highest possible level of participation in work, relationships, and all aspects of community life for individuals and families whose lives are affected by behavioral health or developmental disorders.

CSB charges are based on a sliding scale which takes into account income and family size. Medicaid, Medicare, and many health insurance plans are accepted. All information is confidential and is not released without permission or authorization. Please call to inquire about hours and appointments.
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.

Page One
42 W. Main Street
Luray, VA 22835

Emergency situations for low income and elderly in Page County.

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

Patchwork Pantry provides free staple foods and some non-food items at Community Mennonite Church, 70 S. High Street. Clients are eligible to receive food one time per month. Call for more information.

People Helping People
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.
**Salvation Army**

Website: [www.salvationarmyusa.org](http://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.

*Local Offices*

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<thead>
<tr>
<th>Location</th>
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<th>Phone</th>
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<tr>
<td>Harrisonburg</td>
<td>184 Ashby Ave</td>
<td>434-4854</td>
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<tr>
<td>Captain Duane Burleigh</td>
<td>Harrisonburg, VA</td>
<td></td>
</tr>
<tr>
<td>Staunton</td>
<td>1700 West Beverley Street</td>
<td>885-8157</td>
</tr>
<tr>
<td>Captain David May</td>
<td>Staunton, VA</td>
<td></td>
</tr>
<tr>
<td>Waynesboro</td>
<td>246 Arch Ave.</td>
<td>949-6426</td>
</tr>
<tr>
<td>Major Linda Sloan</td>
<td>Waynesboro, VA</td>
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<tr>
<td>Winchester</td>
<td>300 Ft. Collier Rd.</td>
<td>662-4777</td>
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<tr>
<td>Alvaro Porras, Hispanic Outpost, or Major Daniel Turner</td>
<td>Winchester, VA</td>
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**United Way**

Website: [http://national.unitedway.org](http://national.unitedway.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.

*Local Offices:*

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<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
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<tr>
<td>Greater Augusta County</td>
<td>PO Box 1166</td>
<td>943-1215</td>
<td><a href="http://www.unitedwayga.org">www.unitedwayga.org</a></td>
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<tr>
<td></td>
<td>Fishersville, VA 22939</td>
<td></td>
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<tr>
<td>Harrisonburg &amp; Rockingham County</td>
<td>420 Chesapeake Ave</td>
<td>434-6639</td>
<td><a href="http://uwhr.org/">http://uwhr.org/</a></td>
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<tr>
<td></td>
<td>P.O. Box 326</td>
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<td></td>
<td>Harrisonburg, VA 22803</td>
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<td></td>
</tr>
<tr>
<td>Lexington &amp; Rockbridge County</td>
<td>218 S. Main Street</td>
<td>463-4482</td>
<td><a href="http://www.unitedwayrockbridgeva.org">www.unitedwayrockbridgeva.org</a></td>
</tr>
<tr>
<td></td>
<td>Lexington, VA 24450</td>
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<tr>
<td>Page County</td>
<td>PO Box 663</td>
<td>743-1662</td>
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<td></td>
<td>Luray, VA 22835</td>
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<tr>
<td>Shenandoah County</td>
<td>329 N. Cameron Street, Suite 201</td>
<td>536-1610</td>
<td><a href="http://www.unitedwaynsv.org">www.unitedwaynsv.org</a></td>
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<td></td>
<td>Winchester, VA 22601</td>
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**Valley Mission Inc.**

Website: [http://valleymission.net](http://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.

Page 43
Caring for Aging Adults

Caregivers Community Network
800 S Main Street
Harrisonburg, VA 22807
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

For a listing of other self-help and support groups for caregivers please see the Support/Self-Help Groups section of this directory.

Chronic Illness

Alzheimer’s Association, Central & Western Virginia Chapter
2040 Deyerle Ave., Suite 102
Harrisonburg, VA 22801
Website: www.alz.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
800-416-8847

Local Offices
Harrisonburg
420 Neff Avenue #210
Harrisonburg, VA 22801
Fax: 432-1621
Website: www.cancer.org

Winchester
2654 Valley Ave
Winchester, VA 22601
667-2315

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.
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.

Family Support and Youth Services

Abba Pregnancy Care Center
Abba Care
200 Weems Lane
Winchester, VA 22601
24 hr pregnancy decision line: 1-800-395-HELP
Website: www.abbacare.org
e-mail: info@abbacare.org

Because everyone should have access to this information, all of our services are free and confidential. We provide the following services: pregnancy testing and verification, pregnancy dating by ultrasound, accurate options information, confidential and non-judgmental peer counseling, community referrals, and educational and emotional support for those choosing to parent. We also offer abortion recovery support. After hours, if you have an immediate pregnancy related issue, visit pregnancydecisionline.org for caring and confidential help or phone the pregnancy decision line number listed above.

Big Brothers/Big Sisters
225 North High St.
Harrisonburg, VA 22802
Lindsey Douglas, Executive Director

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.

Regional Offices:
Central Valley (including Lexington, Bath & Highland Counties)
2901 Langhorne Rd
Lynchburg, VA 24501
Email: www.bigcva.org

Winchester
121 Youth Development Court
Winchester, VA 22602
Email: www.bbbs.org
Clean Inc. Community Connections for Youth and Family 722-3589 722-9155
129 Youth Development Ct. Winchester, VA 22602 Website: http://cleaninc.org

Created in 1986, Community and Law Enforcement Against Narcotics, Inc. (C.L.E.A.N, Inc.) is a private, non-profit corporation comprised of interested individuals and groups dedicated to community leadership, education, and advocacy through networking to support youth and families in the regional community of the City of Winchester, and the counties of Frederick, Clarke and Shenandoah, Virginia. The purpose of this group is to assist in the development and implementation of community-wide programs directed at reducing the demand for and availability of alcohol, tobacco, and other drugs, as well as address adolescent problem behaviors such as violence, delinquency, teen pregnancy, and school dropout. We support healthy activities and programs for families and children.

**Future Forward**
JMU 540-568-3666
Institute for Innovation in Health & Human Services Fax: 540-568-6374
755 MLK Jr. Way, MSC 9007
Harrisonburg, VA 22801
Website: http://www.jmu.edu/iihhs/future-forward.shtml
Nancy Resendiz Mejia, Program Coordinator
Email: resendnx@jmu.edu

Future Forward serves Spanish speaking 5th through 8th grade long-term limited English proficient students in Harrisonburg City Schools through year-round advocacy and supplemental educational support. The goal of the program is to support long-term LEP students in advancing one LEP level during the school year. Future Forward students are assigned to the caseload of a bilingual (English/Spanish) “Advocate” who conducts regular home visits and maintains phone contact to ensure that the students’ needs are being met. The program also offers the following services to participants: Advocacy; Student Empowerment; Interpretation, Translation, and Transportation Services; Tutoring; and Summer Enrichment.

**Infant & Toddler Connection of Harrisonburg/Rockingham**
433-3100
463 E. Washington St.
Harrisonburg, VA 22802

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.

The McNulty Center for Children & Families also offers:

**PACE (Parent and Child Education)**
433-3100
463 East Washington Street
Harrisonburg, VA 22802

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
- Grow and develop through play
Lexington Office on Youth 463-4315
300 Diamond St.
Lexington, VA
Website: www.ci.lexington.va.us/d-youth.htm

The purpose of the Office on Youth is to provide a diversity of well-supervised activities for students in an alcohol-free, drug-free, intimidation-free environment. The Office on Youth receives funding from the City of Lexington, and administers a “Summer Fun” Youth Program.

Teen Pregnancy Prevention (TPP) 568-6007
JMU Fax: 568-6409
IIHHS Website: http://www.jmutpp.org
755 MLK Way
Harrisonburg, VA 22807

The Teen Pregnancy Prevention Program works in collaboration with local schools and community organizations to equip teens, parents, and community members with education and skills that allow young people to make the healthiest decisions for themselves when it comes to sex and relationships. A number of programs are offered, including the Teen Outreach Program, Draw the Line/Respect the Line, and Safer Choices. We are continually developing and altering programs based on our youth's needs.

In addition to the programs listed, we also provide other trainings upon request. This includes, but is not limited to presentations, consultations, and trainings for parents, teachers, teens, youth groups, and other audiences. By implementing these programs and services, our goal is that the Harrisonburg and Rockingham County community will be more informed, the teen pregnancy rate will decrease, and our youth will feel supported and equipped to make healthy decisions for themselves.

Office on Youth Website: http://www.waynesboro.va.us/oooy-contact.php
Regional Offices:

Waynesboro 250 South Wayne Ave, Suite 101 942-6757
Waynesboro, VA 22980 Email: blaircl@ci.waynesboro.va.us

Staunton 900 Nelson Street, 2nd floor 332-3806
Staunton, VA 24401

The Central Shenandoah Valley Office on Youth (OOY) is a regional local government agency serving as a department of the Cities of Staunton and Waynesboro and Augusta County. The mission of the OOOY is: To develop positive connections between youth, their families and communities, and to build a strong foundation for a successful future. The OOOY has been a presence in this community since 1977 and works collaboratively with area human service organizations to provide resources and services to area youth and their parents.

Services are provided the following areas:
• Employment Training
• Teen Pregnancy Prevention
• Programs for Juvenile Offenders
• Supervision of Suspended and Expelled Youth
• Parent Education and Support
• Gang and Substance Abuse Prevention
• Positive Teen Activities
People Places of the Valley
1215 North Augusta Street
Staunton, VA. 24401
Website: www.peopleplaces.org

Harrisonburg Satellite Office
185 Neff Ave Street
Harrisonburg, VA 22801
Fax: 437-9321

People Places of Charlottesville
1002 East Jefferson Street
Charlottesville, VA 22902
Fax: 434-979-0202

People Places is a private, non-profit child welfare agency dedicated to the simple notion that all children – no matter how troubled or troubling – need families. We exist to help children and their families heal the wounds of abuse and neglect. We place children with emotional problems with trained foster and/or adoptive parents who offer them care, guidance, and the opportunity to learn responsible family living. Age of Clients Served: 0 to 21

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

REACH Employee Assistance Program & Workplace Solutions
320 South Main Street
Harrisonburg, VA 22801
Fax: 866-672-9873
Website: www.reach-eap.com

Certified Employee Assistance Professional

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.

Reading Road Show – Gus Bus
755 MLK Way
Harrisonburg, VA 22801
Website: http://www.iihhs.jmu.edu/thegusbus/

Jolynne Bartley, Program Director

The Reading Road Show, more affectionately known as the Gus Bus, is a mobile literacy program that helps to bring literacy opportunities into the neighborhoods of students. On the Gus Bus, instructors provide story time, activities, and book checkout for students. The Gus Bus also works in collaboration with the Blue Ridge Area Food Bank to give out food bags and provide complementary fresh produce markets at each neighborhood site.

The Reading Road Show-Gus Bus has two mobile literacy vehicles that serve neighborhoods in the city of Harrisonburg and Page County.
**Sentara Healthcare Hand-in-Hand Resource Mothers Program**
(Mentoring and Case Management program for pregnant and parenting teens)

Mailing Address: 433-4340
2010 Health Campus Dr.
Harrisonburg, VA 22801

Physical Address: 2010 Health Campus Dr.
SENTARA Atrium, 2000 Beery Rd.
Harrisonburg, VA 22801

Email: dbullis@rhcc.com

*Debbie Bullis, Program Director*

Office Hours: Please call for more information

Age of Clients Served: Teenagers, age 19 years and younger

Language Services for Non-English speakers: We have a bilingual staff of Resource Mothers.

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.

**Shenandoah Pregnancy Center**

28 Cedar Wood Lane
Edinburg, VA 22824

Website: [hope4future.org](http://hope4future.org)

The Shenandoah County Pregnancy Center is a non-profit community organization that is dedicated to providing accurate information, resources, and assistance to anyone facing an unexpected pregnancy. Our center can offer you the following services free of charge:

- Pregnancy tests
- Information about pregnancy options
- Information about parenting options
- Pregnancy and parenting education
- Practical assistance
- Community referrals
YMCA
The YMCA is a charitable organization that offers programs to promote the health of spirit, mind, and body for all.

Local Offices

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<th>Address</th>
<th>Phone</th>
<th>Fax</th>
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<tr>
<td>Staunton</td>
<td>708 North Coalter St.</td>
<td>885-8089</td>
<td>885-7240</td>
<td><a href="http://www.saymca.org">www.saymca.org</a></td>
</tr>
<tr>
<td>Staunton, VA 24401</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Waynesboro</td>
<td>648 S. Wayne Ave</td>
<td>942-5107</td>
<td></td>
<td><a href="http://www.waynesboroymca.com">www.waynesboroymca.com</a></td>
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<tr>
<td>Charlottesville</td>
<td>442 Westfield Rd</td>
<td>434 974-9622</td>
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<td><a href="http://www.piedmontymca.org/">http://www.piedmontymca.org/</a></td>
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<tr>
<td>Charlottesville, VA 22901</td>
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<tr>
<td>Rockbridge Area</td>
<td>790 North Lee Highway</td>
<td>464-YMCA (9622)</td>
<td></td>
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<td>Lexington, VA 24450</td>
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<td><a href="http://www.ymcarockbridge.org">www.ymcarockbridge.org</a></td>
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Grief & Loss

Augusta Health: Hospice of the Shenandoah
www.augustahealth.com/hospice

Street Address: Augusta Health Community Care Building
Mailing Address: PO Box 215
64 Sports Medicine Dr.
Fishersville, VA 22939

Staunton: 332-4909 (fax: 332-4991)
Waynesboro: 932-4909 (fax: 932-4991)

We offer excellent end-of-life care to residents of the Waynesboro, Staunton, and the Augusta County area. Our offices are in the Community Care building, which is part of the Augusta Health Campus. Life’s final stages can be a time of comfort, growing, and sharing for families. Hospice care offers mental and spiritual preparation for death through palliative care, regardless of age, gender, nationality, race, religion, or ability to pay. We provide hospice care wherever it’s needed – at home or in a nursing home – complete with training and support for family members and caregivers. Augusta Health takes a team approach to hospice services, providing qualified professionals to address medical and psychosocial needs. Physicians, nurses, certified nursing assistants, social workers, physical, occupational and speech therapists, a dietitian, pharmacist, chaplain, and specially trained volunteers, as well as Care Home Medical and prescription services are standing by to help 24/7 during this difficult time. Bereavement counseling is available for one year after a loved one’s passing.

Blue Ridge Hospice

Winchester Office   Woodstock Office
333 W. Cork St., Suite 405    232 S. Main St.
Winchester, VA 22601        Woodstock, VA 22664

Blue Ridge Hospice is a not-for-profit health care organization providing physical, emotional, social, and spiritual care for terminally ill patients and their families in the City of Winchester and the Frederick, Clarke, Warren, Shenandoah, Page, and western Loudoun counties of Virginia. Services provided by Blue Ridge Hospice are under professional medical supervision and provided to allow the dying person to live as pain-free and comfortable as possible. In most cases, hospice provides care for the terminally ill patient in the home. However, Blue Ridge Hospice's eight-bed residential center in downtown Winchester provides an alternative setting for some patients and their families.
Sentara Grief and Loss Services  433-4427  
644 University Blvd.  877-294-5731 Ext: 4427  
Harrisonburg, VA 22801  Email: nshomo@rhcc.com  

SENTARA 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.

Sentara Hospice  433-4429  
2010 Health Campus Drive  Website:  
www.Sentaraonline.com  Harrisonburg, VA 22801  

At Sentara SENTARA 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, SENTARA 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 SENTARA Hospice, we are here for you.

Rockbridge Area Hospice  463-1848  
315 Meyers St.  Website: http://rockbridgeareahospice.org  
Lexington, VA 24450  

Your Hometown Hospice—local people you know and trust providing compassionate end-of-life care for your loved ones in Rockbridge County, Lexington, Buena Vista and surrounding communities. We strive to accompany our patients and their families sensitively to the end of their life’s journey… relieving suffering, fulfilling last joys and wishes, and affirming their hope, dignity, and sense of importance until life’s end. We deliver this comforting care through a wide-range of services customized for each family. Call for a free consultation.

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ)  

PFLAG (Parents and Families of Lesbian and Gay)  686-1677  
P.O. Box 3741  
Winchester, VA 22604  

PFLAG: promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families, and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and secure equal civil rights. PFLAG provides an opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Shenandoah Valley Equality  Website: www.svgla.org  
P.O. Box 1023  
Harrisonburg, VA 22803  

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.
Medical Care/Health Issues

Augusta Regional Free Clinic
Physical address: Mailing address:
342 Mule Academy Rd. P.O. Box 153
Fishersville, VA 22939 Fishersville, VA 22939
Waynesboro: 932-5606
Staunton: 332-5606
Website: www.augustafreeclinic.org
Email: afreeclinic@ntelos.net

The clinic offers medical and pharmaceutical services to uninsured residents of Staunton, Waynesboro, and Augusta County with 200% of Federal Poverty Guidelines, or a working full-time student, or the temporarily unemployed. Individuals with insurance or on disability are not eligible for services. Please call for more information.

ComfortCare Women’s Health
Local Offices:
Mailing Address: Staunton Clinic:
P.O. Box 924 1020 N. Augusta St.
Staunton, VA 24402 Staunton, VA 24401
Waynesboro Clinic: Lexington Clinic:
13th & Magnolia St 631 Waddell St.
Waynesboro, VA 22980 Lexington, VA 24450
Staunton: 885-6261
Waynesboro: 943-1700
Website: www.ccwomenshealth.org
Email: help@ccwomenshealth.org

All services free and confidential with no restrictions on age.

Services:
ComfortCare Women’s Health is a life-affirming, non-profit medical clinic empowering women to make healthy life choices. Services are provided by trained professionals and peer counselors at no cost to the patient.

- Pregnancy confirmation
- Peer counseling on pregnancy options
- Nurse’s assessment
- STD testing

Special Programs:
- KISSN (Keep It Simple Say No) – A dynamic, abstinence program for teens and young adults.
- Peer counseling on sexuality
- HEART (Healing Emotions And Renewing the Heart) – A support group and Bible study for those recovering from the pregnancy outcome of abortion.
- Patchwork – A materials assistance program. Patients earn points that are redeemed for items such as diapers, formula and clothes.

Harrisonburg-Rockingham Free Clinic
433-5431
25 West Water Street Fax: 574-0207
Harrisonburg, VA 22801 Website: www.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

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 childcare, developmental screening, immunizations, and education.
- Family Planning Clinic: Examination, education, and counseling regarding the different types of birth control.

For a complete list of services in your area please call your local health department office listed below:

Augusta County:
1414 North Augusta Street
Staunton, VA 24401-2401
332-7830

Bath County:
85 Courthouse Hill Rd.
Warm Springs, VA 24484
839-7246

Highland County
140 Fleisher Avenue
Monterey, VA 24465
468-2270

Lexington
131 Walker Street,
Lexington
463-7136

Page County
75 Court Lane
Luray, VA 22835-1055
743-6528

Rockbridge County
300 White Street
Lexington, VA 463-3185

Rockingham County & Harrisonburg
110 North Mason Street
PO Box 26
Harrisonburg, VA 22801
574-5100

Waynesboro
211 12th Street
Waynesboro, VA 949-0137

Page County Clinic (Part of NW Community Services)
743-4548
23 W. Main Street
Luray, VA 22835

Please call for more information regarding hours and services provided.

Page County Rural Health Center
778-4259
235 Medical Dr
Stanley, VA 22851

Please call for more information regarding hours and services.

Rockbridge Area Free Clinic
464-8700
25 Northridge Lane Suite 3
Lexington, VA 24450
Fax: 464-1362
Website: www.rockbridgefreeclinic.org

The Rockbridge Area Free Clinic (RAFC) serves low-income, uninsured residents of the Rockbridge area (Lexington, Buena Vista and Rockbridge County) who cannot otherwise afford or obtain health care services. All RAFC patients have incomes below 200% of the federal poverty guideline with the majority actually below 100% of the poverty guideline. The vast majority of RAFC patients work or belong to working families. Of the people currently seeking RAFC services, 65% have one or more chronic disease such as diabetes, hypertension, heart disease, and/or asthma that require ongoing medical treatment and medication therapy.
Shenandoah County Free Clinic sees people at or below 150 percent of the federal poverty level who have no other means of acquiring health care. Most of the patients are below 100% of the poverty level. Approximately two-thirds of the patients have one or more chronic conditions requiring continuing medication.

**Suicide Prevention Education**

**The Campus Suicide Prevention Center of Virginia**
568-8901  
755 Martin Luther King Jr. Way  
Harrisonburg, VA 22807  
Email: wigginjr@jmu.edu  
www.CampusSuicidePreventionVA.org

Provides resources, training and support for suicide prevention planning to colleges and universities across the Commonwealth. All services are available at no cost to all of Virginia’s non-profit institutions of higher education.

**The Central Shenandoah Youth Suicide Prevention Initiative**
568-8901  
755 Martin Luther King Jr. Way  
Harrisonburg, VA 22807  
Email: wigginjr@jmu.edu  
www.preventsuicidecsv.org

Provides information and training on suicide/suicide prevention to youth-serving organizations within the central Shenandoah Valley.

**The Virginia Chapter of the American Foundation for Suicide Prevention**
447-0113  
PO Box 333  
Kathy Goller, Virginia Area Director  
Midlothian, VA 23113  
Email: kgoller@afsp.org

Focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

**Lock and Talk Virginia**
292-0013  
85 Sangers Lane  
Rebecca Textor, Director  
Staunton, VA 24401  
Email: rebeccatextor@gmail.com

Provides training and information on the role of “Means Safety” in preventing suicide. Suicide can often be prevented by removal or safe storage of common lethal means until after the crisis has passed. Lock and Talk Virginia also distributes trigger locks and medication lock boxes at no cost. Our Facebook Page is Lock and Talk Virginia.

*For a complete listing of regional and national suicide hotlines please see the Toll-Free 800/877/888 Listings of Hotlines and Other Services section of the directory.*
Migrant/Immigrant Services

New Bridges Immigrant Resource Center
70 S. High Street
Harrisonburg, VA 22801
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
JMU
Institute for Innovation in Health & Human Services
755 MLK Jr. Way, MSC 9007
Harrisonburg, VA 22801
568-3666
Fax: 568-6374
Website: http://www.iihhs.jmu.edu/svmep/
Kathleen Stoehr, Program Coordinator
Email: shenvalleymigrant@jmu.edu

The primary goal of the Migrant Education Program (MEP) is to ensure that all migrant students reach challenging academic standards and graduate with a high school diploma or complete a GED that prepares them for further learning, productive employment, and to be responsible community members. Migrant Education offers year-round advocacy and supplemental instructional services for preschool and school-aged eligible students as well as young adults under the age of twenty-two targeting the students who are most at risk due to their high mobility and/or limited proficiency in English.

Miscellaneous

Apple Valley Mediation Network, Inc.
242 N. Main Street, Suite 202
Woodstock, VA 22664
800-767-3898
Website: www.avmn.org
Email: avcr@shentel.net

Apple Valley Mediation Network, Inc. provides mediation services to the courts and community. Mediation services for families, neighbors, landlords, tenants, businesses, and consumers are provided as well as Restorative Justice Conferences for victims and offenders. Please call to inquire about services hours and fees.
Blue Ridge Legal Services
204 North High Street
P. O. Box 551
Harrisonburg, VA 22803
Website: www.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.

Gemeinschaft Home for Ex-Offenders
1423 Mount Clinton Pike
Harrisonburg, VA 22802
Website: www.gemeinschaft-home.org
Email: info@gemeinschaft-home.com

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

Fairfield Center (Community Mediation Center)
165 South Main Street, Suite A
Harrisonburg, VA 22801
Website: http://www.fairfieldcenter.org/
Email: cmcmediation@comcast.net

The Fairfield Center is a full service dispute resolution center providing family, general, criminal, and multi-party mediation services. We are 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

VA Cooperative Extension Service
965 Pleasant Valley Road
Harrisonburg, VA 22801
Website: http://ext.vt.edu

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.

Persons with Disabilities and Their Families

Americans with Disabilities Act, City of Waynesboro
503 W. Main St, Suite 101
P O Box 1028
Waynesboro, VA 22980
Website: http://www.waynesboro.va.us/disability-dsb.php

The office offers guidance to understand responsibilities for the Americans with Disabilities Act, free consults to businesses, churches and home owners about modifications and accommodations to remove “barriers” for those with physical and sensory disabilities, and as a referral source to handle disability-related complaints.
The Arc of Harrisonburg and Rockingham, Inc.  
620 Simms Avenue  
Harrisonburg, VA 22802  
Email: ExecDir@hrarc.org  
Website: www.hrarc.org

The Arc of Harrisonburg and Rockingham is a non-profit 501(c)(3) organization dedicated to preventing and/or minimizing the effects of intellectual and other developmental disabilities. The association provides help to parents, recreational activities for teens and adults, a respite provider registry, a lending library, and a day support program for adults. The Arc publishes a newsletter every other month and sponsors an annual art contest for children and adults with disabilities.

The Arc Op Shop  
620 Simms Avenue  
Harrisonburg, VA 22802  
Email: opshop@hrarc.org

Terri Gibbs, Program Coordinator

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.

The Arc of Northern Shenandoah Valley  
199 Youth Development Ct.  
Winchester, VA 22602  
Website: http://thearcofnsv.net  
Email: arcnsv@thearcofnsv.net

The Arc of Northern Shenandoah Valley is a membership organization made up of and for people with intellectual and developmental disabilities, their families, friends, professionals and interested citizens. We are an affiliate of both The Arc of the United States and The Arc of Virginia. It is our mission to work through advocacy, education and collaboration to improve the lives of people with intellectual and developmental disabilities in our community. We believe that if all citizens are accepted and have the supports and services needed to exercise control over their own lives, communities as a whole are deeply enriched. We strive to increase community inclusion for all.

Department of Aging and Rehabilitative Services  
Website: www.vadrs.org

Local Offices

Fishersville (on WWRC Campus)  
50 Andrew Russell Lane, Suite A  
Fishersville, VA 22939  
332-7700 (Voice/TTY)  
George Drummond  
George.drummond@dars.virginia.org

Harrisonburg  
1909 B East Market Street  
Harrisonburg, VA 22801  
434-5981  
George Drummond  
George.drummond@dars.virginia.org

Winchester  
20 Ricketts Dr.  
Winchester, VA 22601  
722-3453  
535-1813 (TTY)  
Jim Hall  
Jim.Hall@dars.virginia.org
Friendship Industries, Inc.
801 Friendship Drive
Harrisonburg, VA 22802

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.

Infant and Toddler Connection
See Family Support Section

PACE (Parent and Child Education)
See Family Support Section

Pleasant View, Inc.
PO Box 426
Broadway, VA 22815

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.

Rockbridge Disability Services Board
PO Box 774
Lexington, VA 24450

The Rockbridge Disability Service Board serves the cities of Buena Vista and Lexington and Rockbridge County. The mission of the DSB is to learn the needs of area residents who have physical and/or sensory disabilities, to raise public awareness, and to influence long-range state planning and investment. As catalysts for change, we intend to find solutions through cooperative efforts of concerned individuals, local agencies, local government, and area businesses.

Shenandoah Valley Autism Partnership (SVAP)
108 Sharon Street
Harrisonburg, VA 22801

Marybeth Clarke, SVAP President

We offer support, networking, and training for families and professionals who care for individuals with Autism Spectrum Disorder in the Shenandoah Valley of Virginia.
Valley Associates for Independent Living, Inc (VAIL)  
3210 Peoples Drive Suite 220  
Harrisonburg VA, 22801  
6313  
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 Dept. for the Blind & Vision Impaired (DBVI)  
Staunton Regional Office:  
1076 Jefferson Highway  
Staunton, VA 24401  
Fax: 332-7733  
Website: www.dbvi.org  
The mission of the Virginia Department for the Blind & Vision Impaired is to enable blind or visually impaired individuals to achieve their maximum level of employment, education, and personal independence through specialized training programs and services. Services include: orientation & mobility training, rehabilitation teaching/independent living services, vocational counseling, education services, deaf/blind services, the rehab center in Richmond, low vision services, and the Library & Resource Center. Referrals may come from any source and vision loss needs to be worse than 20/70 acuities with correction. Services/programs are available to any Virginia resident. Residents of the Shenandoah Valley are served by the Staunton Regional Office. Most services are provided through in-home visits.

Virginia Department for the Deaf and Hard of Hearing (VDDHH)  
1602 Rolling Hills Dr., Suite 203  
Henrico VA 23229  
Website: www.vddhh.org  
The Virginia Department for the Deaf and Hard of Hearing (VDDHH) works to reduce the communication barriers between persons who are deaf or hard of hearing and those who are hearing, including family members, service providers, and the general public.

Access Independence  
324 Hope Drive  
Winchester, VA 22601  
Donna Day  
Email: dday@accessindependence.com  
Access Independence, Inc. is a Center for Independent Living serving the Northern Shenandoah Valley (the counties of Clarke, Frederick, Page, Shenandoah, Warren and the City of Winchester). We provide advocacy, peer counseling, information, referrals, and skills training to all persons with disabilities in our area.

Deaf & Hard of Hearing Services Center  
Mailing Address: Woodrow Wilson Rehabilitative Center  
PO BOX 103  
Staunton, VA 24402  
TTY 569-3016  
Video phone 866-563-7784  
TTY 569-3016  
The Deaf & Hard of Hearing Services Center provides information and referral for deaf and hard of hearing people. DHHSC is a contracted VA Department for the Deaf and Hard of Hearing (VDDHH) agency that provides phones and signalers for deaf and hard of hearing people either for free or at a discount based on income for VA residents only. The Deaf & Hard of Hearing Services Center serves the counties of Albemarle, Augusta, Bath, Clarke, Fluvanna, Frederick, Greene, Highland, Louisa, Nelson, Page, Rockbridge, Rockingham, Shenandoah and Warren and the cities of Charlottesville, Harrisonburg, Lexington, Buena Vista, Staunton, Waynesboro and Winchester.
The vision of the Virginia School for the Deaf and Blind is to provide an environment which fosters self-confident students who are contributing citizens and life-long learners and to be a resource of excellence for the communities of Virginia who serve students with deafness and/or blindness.

Waynesboro Disability Services Board
W. Main St., Suite 101
Waynesboro, VA 22980
Email: wader@ci.waynesboro.va.us

Our office offers administrative support for the Waynesboro Disability Services Board, which acts as a city-appointed advisory committee for those with physical and/or sensory (auditory or visual) disabilities. The board administers a meal program for residents under age 60 who live alone and have difficulty shopping or preparing meals due to a disability. The Board maintains a used medical equipment program and issues equipment, as available, to those residents in need for as long as necessary. The office also acts as an Information and Referral Service to other agencies. Office Hours: Part-time: Call and leave a message, if necessary.

Woodrow Wilson Rehabilitation Center
243 Woodrow Wilson Avenue
Fishersville, VA 22939
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 provide training and therapy to people with disabilities to enable them to re-enter the work force and live more independently.
Support/Self-Help Groups

More than 12 million people help themselves and others in more than 500,000 support groups in the United States. We are fortunate to have a variety of these support groups here in the area. Support groups are groups of people who meet regularly to talk about their common problems. Support groups offer information, understanding, acceptance, and encouragement, and at times are led by people who are also group members themselves.

Support groups are not replacements for therapy groups. Many people benefit from both experiences. Therapy groups often deal with a wide range of mental health issues and problems. Mental health professionals lead therapy groups by encouraging self-expression and interpersonal feedback in a free-flowing format. Support groups usually focus on a specific concern, using education and problem solving in a more structured format. While most support groups are free and open to all concerned, some involve a registration fee.

If you are interested in a particular group, you can call the contact person in the listing. You can also write to the National Self-Help Clearinghouse:

1211 Chestnut Street, Suite 1207
Philadelphia, PA 19107
1-800-553-4539 or 215-751-1810
Website: www.mhselfhelp.org Email: info@mhselfhelp.org

2-1-1 VIRGINIA is a free, confidential resource for individuals that links them to the most appropriate services for their needs. 2-1-1 gathers facts on health and human services and provides this information to individuals, families, agencies, and organizations.

2-1-1 VIRGINIA – Northwest Region
Family Resource & Referral Center
1600 N Coalter St, Suite 12 B
Staunton, Virginia 24401
Local: 540-245-5899 or 2-1-1
Fax: 540-885-2185
Web Site: www.211virginia.org

2-1-1 VIRGINIA Northwest Region

Community Resource Center, Serving Harrisonburg & Rockingham County
Muhlenberg Lutheran Church
281 East Market Street
Activity Center, First Floor
Harrisonburg, VA 22801
540-433-3888
www.hrcre.org
Abuse

Anger Management Support Group 887-3200
Staunton

- 12 sessions are provided. Interested persons should call Valley Community Services Board for an initial evaluation and to be referred to the group.
- Website: http://www.myvalleycsb.org/group-therapy-options

Central Shenandoah Valley Office On Youth 332-3806
Staunton: 332-3806
Waynesboro: 942-6757

- Offers information regarding support groups for Anger Management for Staunton and the Central Shenandoah Valley
- Website: http://www.officeonyouth.com/programs/

Choices Council on Domestic Violence of Page County 743-4414
Luray: 743-4414
Shenandoah: 218-4028

- Offers information regarding domestic violence services
- Website: https://choicesofpagecounty.org/programs-services/

Clean, Inc 722-3589
Winchester

- Offers information regarding Anger Management support groups for the Winchester area
- Website: http://www.cleaninc.org/

Collins Center 434-2272 or 432-6430
24 Hour Hotline: 434-2272 or 432-6430
Harrisonburg

- Offers support groups for victims of sexual assault in the Harrisonburg area. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: https://www.thecollinscenter.org/crisis-services

First Step Support Group for Abused Women 434-0295 or 866-223-9169
24 Hour Hotline: 434-2272 or 432-6430
Harrisonburg
Website: www.firststepva.com

- Open to abused women and their children. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

New Directions Center Inc. 885-7273
24 Hour Hotline: 886-6800 or Toll Free: 800-564-2836
Staunton

- Offers support groups for victims of domestic violence (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: https://www.newdirectionscenter.org/

Project Horizons 463-7861
24 Hour Hotline: 463-2594 or Toll Free: 866-463-2594
Lexington

- Offers support groups for victims of domestic violence and sexual assault. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: http://www.projecthorizon.org/

Response, Inc. 459-5599
24 Hour Hotline: 459-5161 or Toll Free: 1-888-459-5161
Woodstock

- Offers domestic violence services for the Woodstock area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: http://www.responseva.org/
**Rockbridge Area Community Services**

*Lexington*
- Offers anger management support groups area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details) (do not offer anger management support group)
- Website: [http://www.responseva.org/](http://www.responseva.org/)

**Valley Hope Counseling Center**

*Waynesboro*
- Offers anger management support groups
- Website: [http://valleyhoec.org/](http://valleyhoec.org/)

**Addiction and Recovery**

**AA, Al-Anon, Alateen Blue Ridge Area Intergroup**
Websites for a complete list of meetings:
- AA: [www.aavirginia.org](http://www.aavirginia.org)

**Winchester**
- 24 hour Hotline (AA Meetings) 667-0322
- 24 hour hotline (Al-anon & Alateen meetings) 800-835-6130

**Harrisonburg**
- Answering Service (AA) 434-8870
- Additional Phone AA meetings (Valley) 568-2462
- Toll-free AA/Alateen Meetings 866-281-8456

**Staunton**
- Answering Service/Intake 885-6912
- Toll-Free AA/Alateen meetings 866-281-8456

**Augusta Health**

*Fishersville*
- Substance abuse services
- Website: [https://www.augustahealth.com/mental-health](https://www.augustahealth.com/mental-health)

**Choices**

*Harrisonburg*
- Alcohol and Drug Prevention program located at the Center for Behavioral Health
- Website: [https://www.sentara.com/harrisonburg-virginia/medicalservices/services/behavioral-health/services/addiction-services.aspx](https://www.sentara.com/harrisonburg-virginia/medicalservices/services/behavioral-health/services/addiction-services.aspx)

**Edgehill Recovery Retreat Center**

*Winchester*
- Offers substance abuse services
- Website: [https://edgehillrecovery.org/](https://edgehillrecovery.org/)

**Harrisonburg-Rockingham Community Services Board**

*Center for Children and Families:*
- Offers information regarding substance abuse services
- Website: [https://www.hrcsb.org/category/childrens-services/](https://www.hrcsb.org/category/childrens-services/)
Lesbian, Gay, Bisexual, and Transgender (LGBT)

NALGAP
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
1-800-777-1515 or 383-2584
BRNA PO BOX 623 Harrisonburg, VA 22803
Website: www.na.org
Please check the following website for a complete list of meetings in the Blue Ridge Area:
www.brna.org

The Hopequest Ministry Group, Inc.
678-391-5950
Woodstock
For information regarding dates and times for meetings, please call the number listed above.
Website: https://hopequestgroup.org/

Caregiver Support Groups

Adult Care Center of the Northern Shenandoah Valley
722-2273
Winchester
Offers support groups for caregivers
Website: http://www.adultcarecenter.net/index.html

Alzheimer’s Association Mid-Valley Office
Daily Living Center: 949-4151
Waynesboro
Offers Alzheimer’s support

Caregivers Community Network
568-6682
Harrisonburg
Offers support group information for caregivers and respite care
Website: http://www.socwork.jmu.edu/caregivers/

CHADD of the Shenandoah Valley
241-4754
Harrisonburg
Offers support group information for caregivers of persons with ADD

Greenfield Assisted Living of Woodstock
459-2525
Woodstock
Offers information regarding respite care
Website: http://www.greenfieldseniorliving.com/community/va/woodstock/

Mayflower Home for Adults
463-3161
Lexington
Offers respite care for families
Website: http://www.mayflowerhomes.com/
Sentara RMH Medical Center

Harrisonburg

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

Shenandoah Area Agency on Aging

Edinburg

- Offers information regarding respite care
- Website: http://www.shenandoahaaa.com/

Valley Program Aging Services

Waynesboro

- Call for details
- Website: https://www.vpas.info/

Specialized Information & Referral (I&R) for Caregiver Support Groups

Seniors
Valley Program for Aging Services
Shenandoah Area Office on Aging

Warren Memorial Hospital

636-0138
Front Royal Medical Center Community Support Groups

Chronic Illness

Alzheimer’s Family Support Groups

Central Shenandoah Valley

- Please contact Wendy DeLawder for more information. Early Stages Support Groups will begin in 2010

Cancer Support Groups

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

Woodstock

- Please call Ruth Wakeman 459-2187

Mended Hearts (support group for heart patients and families)

Harrisonburg

- Please check the SENTARA website for information regarding meeting dates, times, and information. Link: http://www.Sentaraonline.com/ClassesEvents/EventCalendar/tabid/79/Default.aspx

- Contact Ron Shelton 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 Workshops at Sentara RMH Medical Center

Community Health Registration: 433-4580
Harrisonburg Website: www.sentara.com/harrisonburg-virginia/classesevents/view-all-support-groups.aspx
- Support on various health related topics are located at Sentara 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.

Family Support

Hand in Hand (Teen Pregnancy Support Group) 433-4340
Harrisonburg
- This is located in the SENTARA Atrium building, Please call for more details.

Preemie Support Group 434-7789
Harrisonburg
- Please call for more information

Grief and Loss

AHC Hospice of the Shenandoah 332-4909 or 932-4909
Fishersville
- Hospice of the Shenandoah offers a home-based specialized health-care program associated with terminal illness which includes a physician, hospice nurse, social worker, volunteer hospice chaplains, hospice trained volunteers, certified nursing assistants, bereavement coordinator, specialized therapists, and dietitian. Service is available by special arrangements through referrals, from patients, family, physicians, friends, or other health agencies. Hospice staff help the terminally ill live as pain free and alert as possible through the remainder of their lives and provide support for the patient’s family members in many ways, without charge. Bereavement Support is provided for one year, which includes an 8-week bereavement support group.
- Website: https://www.augustahealth.com/hospice

BC Bereavement Helpline: 1877-779-2223
Harrisonburg
- Please call for more information

Compassionate Friends 1-866-995-6858
Shenandoah Valley Region Website: www.compassionatefriends.org
- We assist families in positive resolution of grief following the death of a child and provide information to help others be supportive. For a more information and to find local meetings please see the website listed above.

LGBT (Lesbian. Gay, Bisexual, Transgender)

Madison Equality Website: http://orgs.jmu.edu/madisonequality
Harrisonburg, James Madison University Email: madisonequality@gmail.com
- Madison Equality is a social and educational organization geared towards providing a place for LGBTQAIQ (lesbian, gay, bisexual, transgender, queer, intersex and questioning) as well as Ally identified students to come and hang out in an inclusive environment. We promote educational outreach by bringing 4-5 speakers/performers a semester as well as our members speaking on panels in classrooms about LGBTQAIQ issues. Please check the website for meeting times, dates, and location.
Shenandoah Valley Gay and Lesbian Association (SVGLA)  
Shenandoah Valley Region  
- 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 www.svgla.org or www.myspace.com/svgla or email at svgla@svgla.org for more information.

Mental Illness

Anxiety Support Group – Valley Hope Counseling Center  
Waynesboro  
- Please call for more information

Augusta Health  
Fishersville  
- Information regarding mental health services

Bipolar Support Group – Valley Hope Counseling Center  
Waynesboro  
- Please call for more information

Co Dependents Anonymous (CODA)  
Waynesboro  
- Please contact Elizabeth Wilkerson

Mental Health America of Augusta  
Augusta County  
- Please contact Donna Gum for more information  
- Website: http://www.mha-augusta.org/

National Alliance for the Mentally Ill (NAMI)  
(Families Helping Families Cope with Mental Illness)  
Harrisonburg  
- Please contact Rowen Zeis: zeissr@brcc.edu 434-8761  
Winchester  
- Please call 533-1832

Northwestern Community Services Board  
Page County/Luray  
- Please call 743-4548  
Winchester  
- Please call 667-8888  
Woodstock  
- Please call 459-4946  
Website: http://www.nwcsb.com/

Rockbridge Area Community Services  
Bacova (Bath County)  
- Please call 839-3162  
Lexington  
- Child & Adolescent Day Programs, please call 463-3141  
- Mental Health Services RACSB, please call 463-3141  
Website: https://www.racsb.org/
Sentara RMH Medical Center 689-1000 (Intake/Outpatient), or 877-294-5731

Harrisonburg
- Offers information regarding mental health services
- Website: https://www.sentara.com/harrisonburg-virginia/medicalservices/services/behavioral-health/conditions-we-treat.aspx

Shenandoah Memorial Hospital 459-1505
Woodstock
- Offers information regarding mental health services

Valley Community Services Board 887-3200 or 943-5515
Staunton
- Offers information regarding mental health services
- Website: http://www.myvalleycsb.org/

Winchester Medical Center 536-8140
Winchester
- Offers information regarding mental health services

Persons with Disabilities and Their Families

Arc – Support Group for Retarded Citizens 434-2469
Harrisonburg
- Please call the number listed above for more information
- Website: http://www.hrarc.org/

Intellectual Disability/ Mental Illness Support 437-9214
Harrisonburg
- Please for more details

Shenandoah Valley Autism Partnership Website: www.Valleyautism.org
Harrisonburg
- Please contact
  - Marybeth Clarke @ valleyausminfo@gmail.com

Virginia Board for People with Disabilities 804-786-0016
Website: https://www.vaboard.org/
Schools and College Counseling Services

Schools often can be the first line of help for those who are in need. Children, adolescents, and young adults attending our community’s educational systems can find themselves in developmental life stages where circumstances may become problematic. School settings from kindergarten through high school, as well as universities and colleges, are staffed with professionals serving the unique needs of their students.

K-12 schools typically have both School Counselors and School Psychologists on staff. School Counselors help students to understand and deal with social, behavioral, and personal problems. These counselors emphasize preventive and developmental counseling to provide students with the skills needed to deal with life’s challenges, and to enhance personal, social, and academic growth. School Psychologists typically provide assessment and intervention planning to address learning, behavioral, and emotional problems that may be affecting a student’s academic performance.

College and university counseling centers are staffed by counseling and clinical psychologists, counselors, clinical social workers and other professionals who provide services. Services include help for personal, educational, emotional, and interpersonal concerns.

Please contact each educational setting if you wish to inquire about specific services or service providers. In the following section counselor’s names are in italics.

All area codes 540 unless otherwise noted

This list is current as of July 1, 2018. Please see individual school websites for updates.

Augusta County Schools

**Beverley Manor Middle School**
58 Cedar Green Road 886-5806
Staunton, VA 24401 Fax: 886-4019
Website: [www.augusta.k12.va.us/beverleymanorms](http://www.augusta.k12.va.us/beverleymanorms)

**Buffalo Gap High School**
1800 Buffalo Gap Highway 337-6021
Swope, VA 24479 Fax: 337-6236
Website: [www.augusta.k12.va.us/buffalogaphs](http://www.augusta.k12.va.us/buffalogaphs)

**Cassell Elementary School**
1301 Rockfish Rd. 946-7635
Waynesboro, VA 22980 Fax: 946-7637
Website: [www.augusta.k12.va.us/hughkcasselles](http://www.augusta.k12.va.us/hughkcasselles)

**Churchville Elementary School**
3710 Churchville Avenue 337-6036
Churchville, VA 24421 Fax: 337-8803
Website: [www.augusta.k12.va.us/churchvillees](http://www.augusta.k12.va.us/churchvillees)

**Clymore Elementary School**
184 Fort Defiance Rd. 245-5043
Fort Defiance, VA 24437 Fax: 245-5095
Website: [www.augusta.k12.va.us/clymorees](http://www.augusta.k12.va.us/clymorees)

**Craigsville Elementary School**
100 East First Street 997-9184
Craigsville, VA 24430 Fax: 997-0432
Website: [www.augusta.k12.va.us/craigslisteles](http://www.augusta.k12.va.us/craigslisteles)

**Fort Defiance High School**
195 Fort Defiance Road 245-5050
Fort Defiance, VA 24437 Fax: 245-5054
Website: [www.augusta.k12.va.us/fortdefiancehs](http://www.augusta.k12.va.us/fortdefiancehs)
Guy K. Stump Elementary School
115 Draft Avenue
Stuarts Draft, Virginia 24477
337-1549
Fax: 337-1761
Website: www.augusta.k12.va.us/guykstumpes

North River Elementary School
337-2535
Fax: 337-1454
Website: www.augusta.k12.va.us/northriveres

Riverheads Elementary School
17 Howardville Road
Staunton, VA  24401
337-2192
Fax: 337-0258
Website: www.augusta.k12.va.us/riverheadses

Riverheads High School
19 Howardville Road
Staunton, VA  24401
337-1921
Fax: 337-0258
Website: www.augusta.k12.va.us/riverheadshs

Shenandoah Valley Governor’s School
49 Hornet Road
Fishersville, VA 22939
245-5088
Fax: 886-6476
Website: www.svgs.k12.va.us
Email: director@svgs.k12.va.us

Stewart Middle School
118 Fort Defiance Road
Fort Defiance, VA 24437
245-5046
Fax: 245-5049
Website: www.augusta.k12.va.us/stewartms

Stuarts Draft Elementary School
63 School Blvd.
Stuarts Draft, VA 24477
337-2951
Fax: 946-7620
Website: www.augusta.k12.va.us/stuartsdraftes

Stuarts Draft High School
1028 Augusta Farms Road
Stuarts Draft, VA 24477
946-7600
Fax: 946-7605
Website: www.augusta.k12.va.us/stuartsdrafths

Stuarts Draft Middle School
1088 Augusta Farms Road
Stuarts Draft, VA 24477
946-7611
Fax: 946-7613
Website: www.augusta.k12.va.us/stuartsdraftms

Verona Elementary School
1011 Lee Highway
Verona, VA 24482
248-0141
Fax: 248-0562
Website: www.augusta.k12.va.us/veronaes

Wilson Elementary School
127 Woodrow Wilson Avenue
Fishersville, VA 22939
245-5040
Fax: 245-5042
Website: www.augusta.k12.va.us/wilsonaes

Wilson Memorial High School
189 Hornet Road
Fishersville, VA  22939
886-4286 or 949-8643
Fax: 886-4611
Website: www.augusta.k12.va.us/Page/4703

Wilson Middle School
232 Hornet Road
Fishersville, VA 22939
245-5185
Fax: 245-5189
Website: www.augusta.k12.va.us/wilsonms
Bath County Schools

Bath County High School
839-2431
464 Charger Lane
Hot Springs, VA 24445
Fax: 839-3290
Website: http://www.bath.k12.va.us/bchs/

Millboro Elementary School
997-5452 & 839-5804
411 Church Street
Millboro, VA 24460
Fax: 997-0123

Valley Elementary School
839-5395
98 Panther Drive
Hot Springs, VA 24445
Fax: 839-5392
Website: www.bath.k12.va.us/ves

Harrisonburg City Schools

Harrisonburg City Public Schools Special Education Services
434-2752
101 N. Main Street 4th floor
Harrisonburg, VA 22802
Fax: 434-2923
Website: www.harrisonburg.k12.va.us

The School Psychologists and School Social Workers/Visiting Teachers, and Child-Find Specialists of Harrisonburg City Schools are available for referral, consultation, assessment, and other services aimed at helping students with various needs. As specialists in working with students with disabilities, these professionals are familiar with resources and services to assist children with special needs in the public schools. With their respective training in counseling, mental health, and family dynamics, they consult with families who have students enrolled in Harrisonburg city schools regarding the school-related impact of various relevant issues on all children. Office hours are 8 a.m. to 4 p.m. Monday through Friday.

Bluestone Elementary School
432-3230
750 Garbers Church Road
Harrisonburg VA 22801
Fax: 432-3231
Website: www.harrisonburg.k12.va.us/hhs

Great Oak Academy
434-1949
1211 E Market Street
Harrisonburg VA 22801
Fax: 434-1949
Website: www.harrisonburg.k12.va.us/hhs

Harrisonburg High School
433-2651
1001 Garbers Church Road
Harrisonburg VA 22801
Fax: 433-3595
Website: www.harrisonburg.k12.va.us/hhs

Keister Elementary School
434-6585
100 Maryland Avenue
Harrisonburg VA 22801
Fax: 434-4452
Website: www.harrisonburg.k12.va.us/keister

Skyline Middle School
434-6862
470 Linda Lane
Harrisonburg, VA 22802
Fax: 434-6453
Website: www.harrisonburg.k12.va.us/skms

Smithland Elementary School
434-6075
474 Linda Lane
Harrisonburg, VA 22802
Fax: 434-6059
Website: www.harrisonburg.k12.va.us/smtes

Spotswood Elementary School
434-3429
400 Mountain View Drive
Harrisonburg VA 22801
Fax: 434-4453
Website: www.harrisonburg.k12.va.us/wood
Stone Spring Elementary School  574-1199  
1575 Peach Grove Avenue  
Harrisonburg VA 22801  
Website:  www.harrisonburg.k12.va.us/sss 
Fax:  432-0053

Thomas Harrison Middle School  434-1949  
1311 West Market Street  
Harrisonburg VA 22801  
Website:  www.harrisonburg.k12.va.us/thms 
Fax:  434-4052

Waterman Elementary School  434-8352  
451 Chicago Avenue  
Harrisonburg VA 22802  
Website:  www.harrisonburg.k12.va.us/water 
Fax:  434-996

Harrisonburg City and Rockingham County Schools

Massanutten Technical Center  434-5961  
325 Pleasant Valley Road  
Harrisonburg, VA 22801  
Website:  www.rockingham.k12.va.us/mtc/MTC.html 
Fax:  434-1402

Highland County Schools

Highland Elementary School  468-6360  
252 Myers Moon Road  
P. O. Box 310  
Monterey, VA 24465  
Website:  http://www.highland.k12.va.us/education/school/school.php?sectionid=5 
Fax:  468-6399

Highland High School  468-6320  
210 Myers Moon Road  
P. O. Box 430  
Monterey, VA 24465  
Website:  www.highland.k12.va.us/education/school/school.php?sectionid=6 
Fax:  468-6332

Lexington City Schools

Waddell Elementary School  463-5353  
100 Pendleton Place  
Lexington, VA 24450  
Website:  www.lexedu.org/Waddell 
Fax:  463-6309

Lylburn Downing Middle School  463-3532  
302 Diamond Street  
Lexington, VA 24450  
Website:  www.lexedu.org/LDMS 
Fax:  463-1548

Page County Schools

Luray Elementary School  743-4078  
55 First Street  
Luray, VA 22835  
Website:  https://sites.google.com/site/lurayelem/ 

Luray High School  743-3800  
243 Bulldog Drive  
Luray, VA 22835  
Website:  http://eclipse.pagecounty.k12.va.us/lhs/index.htm 
Fax:  743-5524

Luray Middle School  843-2666  
14 Luray Avenue  
Luray, VA 22835  
Website:  http://eclipse.pagecounty.k12.va.us/lms/index.htm 
Fax:  743-1709
Page County High School
184 Panther Drive
Shenandoah, VA 22849
652-8712
Fax: 652-1966
Website: http://eclipse.pagecounty.k12.va.us/pchs2/index.htm

Page County Middle School
198 Panther Drive
Shenandoah, VA 22849
652-3400
Fax: 652-8308
Website: http://eclipse.pagecounty.k12.va.us/pcms

Page County Public Schools
735 W. Main Street
Luray, VA 22835
743-6533
Website: www.pagecounty.k12.va.us

Page County Technical Center
525 Middleburg Road
Luray, VA 22835
778-7282
Fax: 778-4272
Website: http://eclipse.pagecounty.k12.va.us/pctc/pctchome/index.htm

Shenandoah Elementary School
529 Fourth Street
Shenandoah, VA 22849
652-8621
Fax: 652-1711
Website: http://eclipse.pagecounty.k12.va.us/shen2/index.htm

Springfield Elementary School
158 Big Spring Lane
Rileyville, VA 22650
743-3750
Fax: 743-4699
Website: http://eclipse.pagecounty.k12.va.us/spfd/index.html

Stanley Elementary School
306 Aylor Grubbs Avenue
Stanley, VA 22851
778-2612
Fax: 778-1913
Website: http://eclipse.pagecounty.k12.va.us/stan/index.htm

Rockbridge County Schools

Rockbridge County High School
143 Greenhouse Road
Lexington, VA 24450
463-5555
Fax: 463-6152
Website: http://www.rockbridge.k12.va.us/SCHOOLS/RCHS/

Maury River Middle School
600 Waddell Street
Lexington, VA 24450
463-3129
Fax: 464-4838
Website: http://www.rockbridge.k12.va.us/SCHOOLS/MRMS/

Rockbridge Middle School
1200 Sterrett Road
Fairfield, VA 24435
348-5445
Fax: 348-1016
Website: www.rockbridge.k12.va.us/schools/rms

Central Elementary School
85 Central Road
Lexington, VA 24450
463-4500
Fax: 463-2225
Website: http://www.rockbridge.k12.va.us/schools/CES/

Effinger Elementary School
2893 Collierstown Road
Lexington, VA 24450
463-4459
Fax: 463-4824
Website: www.rockbridge.k12.va.us/SCHOOLS/EES

Fairfield Elementary School
20 Fairfield School Road
Fairfield, VA 24435
348-5202
Fax: 377-2601
Website: www.rockbridge.k12.va.us/schools/fes
Mountain View Elementary School
20 Burger Circle
Buena Vista, VA 24416
Fax: 261-8082
Website: www.rockbridge.k12.va.us/schools/mves

Natural Bridge Elementary School
42 Natural Bridge School Road
Natural Bridge Station, VA 24579
Fax: 291-2966
Website: www.rockbridge.k12.va.us/SCHOOLS/NBES

Rockingham County Schools

Broadway High School
269 Gobbler Drive
Broadway VA 22815
Fax: 896-2640
Website: http://blogs.rockingham.k12.va.us/bhs/

Cub Run Elementary School
1451 S. Montevideo Circle
Penn Laird, VA 22846
Fax: 289-5901
Website: http://blogs.rockingham.k12.va.us/cres/

East Rockingham High School
250 Eagle Rock Rd.
Elkton, VA 22827
Fax: 298-7462
Website: http://blogs.rockingham.k12.va.us/erhs/

Elkton Elementary School
302 B Street
Elkton VA 22827
Fax: 298-1471
Website: http://blogs.rockingham.k12.va.us/ees/

Elkton Middle School
21063 Blue and Gold Drive
Elkton VA 22827
Fax: 289-0029
Website: http://blogs.rockingham.k12.va.us/ems/

Emily Casdorph & Courtney Horne

Fulks Run Elementary School
11089 Brocks Gap Run
Fulks Run VA 22830
Fax: 896-7635
Website: http://blogs.rockingham.k12.va.us/fres/

J. Frank Hillyard Middle School
226 Hawks Hill Drive
Broadway VA 22815
Fax: 896-6641
Website: http://blogs.rockingham.k12.va.us/jfhms/

John C. Myers Elementary School
290 Raider Way
Broadway VA 22815
Fax: 896-1576
Website: http://blogs.rockingham.k12.va.us/jcmes/

John Wayland Elementary School
801 N. Main Street
Bridgewater VA 22812
Fax: 828-4439
Website: http://blogs.rockingham.k12.va.us/jwes/

Lacey Spring Elementary School
8621 N. Valley Pike
Harrisonburg VA 22802
Fax: 433-0383
Website: http://blogs.rockingham.k12.va.us/les/

Linville-Edom Elementary School
3653 Linville-Edom Road
Linville VA 22834
Fax: 833-2267
Website: http://blogs.rockingham.k12.va.us/lees/
All residents of Rockingham County from the ages of two (2) through twenty-one (21) who have a disability and are in need of special education services shall receive a free appropriate education in the least restrictive environment. Students otherwise eligible must have attained age two (2) and not have exceeded age twenty-one (21) by September 30. Programs and services are provided to persons identified as having autism, deaf-blindness, developmental delay, hearing impairment, mental retardation, multiple disabilities, orthopedic impairment, other health impairment, emotional disturbance, severe disability, specific learning disability, speech or language impairment, traumatic brain injury, or a visual impairment.
**Wilbur Pence Middle School**  
375 Bowman Road  
Dayton VA 22821  
Website: [www.rockingham.k12.va.us/WSPMS/wspms.html](http://www.rockingham.k12.va.us/WSPMS/wspms.html)

**Shenandoah County Schools**

**Ashby Lee Elementary School**  
480 Stonewall Avenue  
Quicksburg, VA 22847  
Website: [www.shenandoah.k12.va.us/ales](http://www.shenandoah.k12.va.us/ales)

**Central High School**  
1147 Susan Avenue  
Woodstock, VA 22664  
Website: [www.shenandoah.k12.va.us/chs](http://www.shenandoah.k12.va.us/chs)

**North Fork Middle School**  
1018 Caverns Road  
Quicksburg, VA 22847  
Website: [www.shenandoah.k12.va.us/nfms](http://www.shenandoah.k12.va.us/nfms)

**Peter Muhlenberg Middle School**  
1251 Susan Avenue  
Woodstock, VA 22664  
Website: [www.shenandoah.k12.va.us/pmms](http://www.shenandoah.k12.va.us/pmms)

**Sandy Hook Elementary School**  
162 Stickley Loop  
Strasburg, VA 22657  
Website: [www.shenandoah.k12.va.us/shes](http://www.shenandoah.k12.va.us/shes)

**Signal Knob Middle School**  
687 Sandy Hook Road  
Strasburg, VA 22657  
Website: [www.shenandoah.k12.va.us/skms](http://www.shenandoah.k12.va.us/skms)

**Stonewall Jackson High School**  
150 Stonewall Lane  
Quicksburg, VA 22847  
Website: [www.shenandoah.k12.va.us/sjhs](http://www.shenandoah.k12.va.us/sjhs)

**Strasburg High School**  
250 Ram Drive  
Strasburg, VA 22657  
Website: [www.shenandoah.k12.va.us/shs](http://www.shenandoah.k12.va.us/shs)

**Triplett Tech**  
6375 S. Main Street  
Mt. Jackson, VA 22842  
Website: [www.shenandoah.k12.va.us/tt](http://www.shenandoah.k12.va.us/tt)

**W. W. Robinson Elementary School**  
1231 Susan Avenue  
Woodstock, VA 22664  
Website: [www.shenandoah.k12.va.us/wwres](http://www.shenandoah.k12.va.us/wwres)

**Staunton City Schools**

**A. R. Ware Elementary School**  
330 Grubert Avenue  
Staunton, VA 24401  
Website: [http://staunton.k12.va.us/ware](http://staunton.k12.va.us/ware)

**Bessie Weller Elementary School**  
600 Greenville Avenue  
Staunton, VA 24401  
Website: [http://staunton.k12.va.us/weller](http://staunton.k12.va.us/weller)
Genesis Regional Alternative School
1751 Shutterlee Mill Road
Staunton, VA 24401
Website: http://staunton.k12.va.us/Dixon

Robert E. Lee High School
1200 N. Coalter Street
Staunton, VA 24401
Website: http://staunton.k12.va.us/lee

Shelburne Middle School
300 Grubert Avenue
Staunton, VA 24401
Website: http://staunton.k12.va.us/shelburne

Staunton City School Board Office
116 West Beverley Street
Staunton, VA 24401
Website: http://staunton.k12.va.us/staunton

Thomas C. McSwain Elementary School
1100 N. Coalter Street
Staunton, VA 24401
Website: http://staunton.k12.va.us/McSwain

Valley Vocational Technical Center
49 Hornet Road
Fishersville, VA 22939
Website: www.augusta.k12.va.us/valleyvts
E-mail: webmaster@vvtc.tec.va.us

Waynesboro City Schools

Berkeley Glenn Elementary School
1020 Jefferson Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=2

Kate Collins Middle School
1625 Ivy Street
Waynesboro, VA 22980
Website: www.waynesboro.k12.va.us/kcms/

Waynesboro High School
1200 West Main Street
Waynesboro, VA 22980
Website: www.waynesboro.k12.va.us/wboro/whs/index.htm

Waynesboro Public Schools
301 Pine Avenue
Waynesboro, Virginia 22980
Website: www.waynesboro.k12.va.us

Wenonah Elementary School
125 N. Bayard Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=5&sc_id=1186489337
Westwood Hills Elementary School
548 Rosser Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=6

William Perry Elementary School
840 King Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/components/scrapbook/default.php?sectionid=7

Private Schools
Harrisonburg

Minnick School, Harrisonburg Campus
1661 Virginia Avenue
Harrisonburg, VA 22802
Website: https://lfsva.org/educational-services-minnick-schools/

Berea Christian School
1351 Garbers Church Road
Harrisonburg, VA 22801
Website: https://www.facebook.com/pages/Berea-Christian-School/593939504045183

Eastern Mennonite School
801 Parkwood Dr.
Harrisonburg, VA 22802
Website: http://www.emhs.net/

Fishburne Military School
225 S. Wayne Ave.
Waynesboro, VA 22980
Website: http://www.fishburne.org/

Woodland Montessori School
1350 Peach Grove Avenue
Harrisonburg, VA 22801
Website: https://www.wmsh.org/
info@wmsh.org

Oak Lane School
972 Oak Grove Lane
Harrisonburg, VA 22801
Website: https://www.privateschoolreview.com/oak-lane-school-profile

Good Shepherd School and Day Care
342 Neff Avenue
Harrisonburg, VA 22801
neff_info@gsschools.com

991 Chicago Avenue
Harrisonburg, VA 22802
chicago_info@gsschools.com
Website: https://www.goodshepherdschools.com/

Cornerstone Christian School
197 Cornerstone Lane
Harrisonburg, VA 22802
Website: https://www.goodshepherdscs.com/

Eastern Mennonite University
1200 Park Road
Harrisonburg, VA 22802
Website: https://emu.edu/
Lexington

Rockbridge Christian Academy
21 Snowy Egret Lane
Lexington, VA 24450
463-5456
Fax: 540-463-3485
Website: http://www.rockbridgechristianacademy.org/
Email: info@rockbridgechristianacademy.org

Woods Creek Montessori
2 Dold Place
Lexington, VA 24450
463-6461
Fax: 540-463-0998
Website: https://woodscreekmontessori.org/

Rivermont School Rockbridge
35 Magnolia Square #7
Lexington, VA 24450
463-6312
Fax: 540.463.6476
Website: https://www.centrahealth.com/facilities/rivermont-school-rockbridge

Washington and Lee University
204 W Washington Street
Lexington, VA 24450
458-8400
Website: https://www.wlu.edu/

EarthSong Community School
227 N Lewis Street
Lexington, VA 24450
464-1346
Website: http://earthsongschool.org/

Staunton

C. F. Richards Christian School
414 Sterling Street
Staunton, VA 24401
886-4984
Fax: 540-886-7082
Website: http://anbm18.adventistschoolconnect.org/

Stuart Hall School
235 W Frederick Street
Staunton, VA 24401
885-0356
Fax: 886-2275
Website: https://www.stuarthallschool.org/

Grace Christian School
High School Campus
19 S Market Street
Staunton, VA 24401
886-9109
Fax: (540)886-5958

Elementary/Middle School
511 Thornrose Avenue
Staunton, VA 24401
886-0937
Fax: 886-2761
Website: http://www.gcswarriors.org/

Raw Learning
101 VSDB Dr Suite 5
Staunton, VA 24401
292-3002
Website: http://www.rawlearning.org/

Pygmalion School
1215 North Augusta Street
Website: https://peopleplaces.org/pygmalion-school/
Staunton, VA 24401
885-8841
Fax: 886-6379
Waynesboro

**Good Shepherd School and Day Care**
109 Community Drive
Waynesboro, VA 22980
Website: [https://www.goodshepherdschools.com/](https://www.goodshepherdschools.com/)

**Montessori School-Waynesboro**
560 Oak Avenue
Waynesboro, VA 22980

**Fishburne Military School**
225 S Wayne Avenue
Waynesboro, VA 22980
Website: [https://www.fishburne.org/](https://www.fishburne.org/)

**Prism Learning Community**
565 Pine Avenue
Waynesboro, VA 22980
Website: [http://www.prismlearningcommunity.org/](http://www.prismlearningcommunity.org/)

Augusta County

**Hunter McGuire Lower Schools of Stuart Hall (Episcopal)**

*Lower School:*
74 Quicks Mill Road
Verona, VA 24482
Fax: 540-248-5323
Website: [https://www.stuarthallschool.org/](https://www.stuarthallschool.org/)

*Upper & Middle Schools:*
P.O. Box 210
Staunton, VA 24402
Fax: 886-2275
Staunton, VA 24401
Website: [https://www.stuarthallschool.org/Physical:](https://www.stuarthallschool.org/)

**Pilgrim Christian Schools**
238 Twin Hill Road
Stuarts Draft, VA 24477
Website: [http://pilgrimchristian.org/](http://pilgrimchristian.org/)

**Ridge Christian School**
Physical 124 Ridgeview Drive
Stuarts Draft, VA 24477
Fax: 337-3718
Website: [http://www.ridgeviewchristian.com/](http://www.ridgeviewchristian.com/)
Email:info@ridgeviewchristian.com

**Staunton Montessori School**
PO Box 925 / 2076 Jefferson Hwy
Fishersville, VA 22939
Website: [https://www.stauntonmontessori.org/](https://www.stauntonmontessori.org/)

**C. F. Richards Christian School**
414 Sterling Street
Staunton, VA 24401
Website: [http://anbm18.adventistschoolconnect.org/](http://anbm18.adventistschoolconnect.org/)
Prism Learning Community
565 Pine Avenue
Waynesboro, VA 22980
Mailing: P.O. Box 522
Crimora, VA 24431.

http://www.prismlearningcommunity.org/

Page County

Stanley Seventh-Day Adventist (SDA) School
118 Church Avenue
Stanley, VA 22851

Rockbridge County

Rockbridge Christian Academy
21 Snowy Egret Lane
Lexington, VA 24450
Fax: 540-463-3485
Website: http://www.rockbridgechristianacademy.org/
Email: info@rockbridgechristianacademy.org

Rockingham County

Mountain View Mennonite School
2737 Harness Shop Road
Dayton, VA 22821

Edgewood School
5731 Crystal Ridge Road
Dayton, VA 22821

Redeemer Classical School
1688 Indian Trail Road
Keezletown, VA 22832
Fax: 888-248-2415
Website: http://www.redeemerclassical.org/

Berea Christian School
1351 Garbers Church Road
Harrisonburg, VA 22801

Riverside School
2168 Hinton Rd,
Dayton, VA 22821

Shenandoah County

Shenandoah Valley Academy (Christian)
9529, 234 W Lee Hwy,
New Market, VA 22844
Website: http://www.shenandoahvalleyacademy.org/

Rappahannock County

Hearthstone School
11576 Lee Hwy
Sperryville, VA 22740

Mailing P.O. Box 247
Sperryville, VA 22740

Website: http://www.hearthstoneschool.org/
State Schools

Virginia School for the Deaf and Blind
514 East Beverley St.
PO Box 2069
Staunton, VA 24401
332-9031
Fax: 332-9042
Website: http://vsdb.k12.va.us/

Colleges and Universities

Blue Ridge Community College
Box 80, One College Lane
Weyers Cave, VA 24486
From Harrisonburg: 540-234-9261
From Staunton: 540-213-7002
From Waynesboro: 540-943-7002
From other areas in VA: 1-(888)-750-2722
Website: www.brcc.edu

The Blue Ridge Community College Counseling Center refers personal counseling and emotional support requests to the excellent counseling and support resources available in our community. If you are enduring difficult emotional and personal problems, we strongly encourage you to take advantage of the low-cost resources in our community.

Bridgewater College
402 E. College Street
Bridgewater, VA 22812
Randy Hook, LCSW, Director
828-8000
828-5358
828-5379
Website: www.bridgewater.edu/StudentServices/CounselingServices

The Bridgewater College Counseling Center (CC) provides confidential, individual counseling services for Bridgewater College students. The CC also produces relevant and engaging outreach programming, and offers consultative and collaborative services to faculty, staff and administration on the mental health needs of students and the campus community. Support groups are also made available as needed and/or requested. There is no additional cost to students for counseling services.

Eastern Mennonite University - EMU
Counseling Center
1200 Park Road
Harrisonburg, VA 22802
432-4317
Website: www.emu.edu/studentlife/counseling

EMU Counseling Services provides a safe environment where anyone can bring forward any number of issues, including feelings of depression or anxiety, loneliness, identity issues, conflict or relationship difficulties, or even just take time to vent after a difficult day. For those enrolled EMU students seeking counseling, EMU provides a benefit individual sessions at no charge. For further information or assistance, call the Counseling Center office at 432-4317 or email at counseloringservices@emu.edu.
The Counseling and Student Development Center is open Monday through Friday 8am to 5pm. We are always available after hours through the Office of Public Safety at 568-6911 for emergencies. Appointments to meet with a counselor may be made in person at the CSDC office in Varner House, or by telephone at 568-6552. Each year, the Counseling & Student Development Center provides personal counseling to over 1000 undergraduate and graduate students at James Madison University. The Center is staffed by psychologists, counselors, and graduate students, and the services rendered to students are free, voluntary, and confidential. The Center's staff is dedicated to assisting students in their pursuit of personal and academic growth, to helping students gain a better understanding and appreciation of themselves, and to supporting students as they make important decisions about their lives.

Mary Baldwin College
P. O. Box 1500
Staunton, VA 24401

Students are provided resources in the community for psychiatric services and other mental health providers that may be indicated. Counseling and Psychological Services also offers consultation to professors, staff, and resident advisors. Educational programs are offered to students, as well as training to resident advisors. With the exception of a student in crisis, students are seen by appointment by calling the office secretary at 540-887-7281. For further information, please see our website at mbc.edu

Southern Virginia University
One University Hill Drive,
Buena Vista, VA 24416

The SVU Student Support Center provides counseling and services for students with mental or emotional struggles to include learning disabilities. We provide a safe atmosphere for students to address their needs in a confidential manner. The center is located in the second floor of Main Hall. For a confidential appointment contact Michael Gibbons at 540-261-8470 or email him at counseling@svu.edu.

Virginia Military Institute (VMI)
Center for Cadet Counseling
448 Institute Hill, 2nd Floor
Lexington, VA 24450

The Center for Cadet Counseling (CCC) offers a range of services for Cadets designed to improve awareness, insight, knowledge, and skills necessary to make healthy choices and meet future challenges. Services include educational outreach programs, individual assessment and counseling, crisis intervention, and consultation with parents, faculty, and staff. Counseling services are free and confidential and conducted by licensed mental health professionals.

Washington Lee University
Student Health & Counseling Services
204 W. Washington Street
Lexington, VA 24450

Washington and Lee University is committed to the development of the whole person, therefore a highly trained and experienced counseling staff is available to help students with a variety of difficulties that might impact not only a student's academic work, but overall sense of well-being. University Counseling provides direct psychotherapy services, assessment of academic problems, and (with student consent) collaboration with faculty, administrative personnel, or parents to provide necessary supports for struggling students. Psychiatric consultation is also available. All students enrolled at Washington and Lee University are entitled to services as needed and all costs are covered by tuition.
Helpful Websites

For more information regarding helpful websites and organizations please see the Basic Needs/Crisis/Non-Profit Service Providers & Support/Self-Help Groups sections of the directory

Abuse
- www.childhelp.org
- www.domesticviolence.org
- www.preventelderabuse.org

Addiction, Substance Abuse and Recovery
- www.al-anon-ala teen.org
- www.aa.org
- www.alcoholismhelp.com
- www.jmu.edu/healthctr/sap/DIR.shtml
- www.ncadd.org
- www.wsoinc.com
- www.teen-anon.com

AIDS & other Sexually Transmitted Diseases
- www.aac.org
- www.ashastd.org
- www.thebody.com

Caring for Aging Relatives
- www.caps4caregivers.org

Chronic Illness
Alzheimer’s Disease
- www.alz.org
- www.nia.nih.gov/alzheimers

Breast Cancer
- http://bcsupport.org/

Family Issues & Support
Anger Management
- www.angermanagementsupport.com

Divorce
- www.stepfamilyinfo.org/

Parenting
- http://familyeducation.com/home/
- www.parenthelpzone.com
- http://parenting.ivillage.com/
- www.parentingtoolbox.com/

Step Families
- www.stepfam.org

Grief & Loss
Death and Dying
- www.death-dying.com

LGBT
- http://orgs.jmu.edu/madisonequality
- www.jmu.edu/safezone/
● www.svglao.org

**Mental Illness**

Anger Management
- www.angermanagementsupport.com

Anxiety
- www.adaa.org

Bipolar Disorder
- www.nimh.nih.gov/health/publications/bipolar-disorder

Depression
- www.depression.org
- http://depression.mentalhelp.net/

Eating Disorders
- www.healthyplace.com/communities/eating_Disorders/Site/index.htm
- www.caringonline.com

Mental Illness
- www.nimh.nih.gov/index.shtml
- www.nami.org

Mental Illness in Children

Schizophrenia
- http://schizophrenia.com

**Persons with Disabilities and Their Families**

Autism
- www.autism-society.org

Association for Retarded Citizens (Arc)
- www.thearc.org

Down Syndrome
- https://www.ndss.org/

Learning Disability Association
- www.ldanatl.org
- www.ldavirginia.org

National Dissemination Center for Children with Disabilities
- www.nichcy.org

**Sexual Abuse**
- agis.com

**Suicide**
- www.save.org
- www.sprc.org

The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.

- www.suicidology.org

The American Association of Suicidology (AAS) promotes research, public awareness programs, public education, and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

- www.afsp.org

The American Association for Suicide Prevention (AFSP) is the nation’s largest not-for-profit organization exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those affected by suicide.
**Suggested Readings**

Millions of self-help books are sold each year. Obviously, some self-help books are more helpful than others. We asked local mental health professionals to tell us what books they recommend to their clients. The following is a brief compilation of the books they named. All of these suggested readings are written for the general public. More importantly, they offer accurate information, helpful insights, and practical suggestions concerning specific problems. Many of the books listed are available locally. The titles followed by an asterisk (*) are available at the Massanutten Regional Library, with branches in Harrisonburg, Bridgewater, Broadway, Elkton, Grottoes, Luray, and Shenandoah. You are also invited to browse through the excellent library at Women's Health Focus. Most of the public agencies have some literature available, so give them a call if you have a particular interest.

We offer one warning, however. Watch out for the books that sound like traveling snake oil peddlers with their outrageous promises. Just remember that if it sounds too good to be true, it probably is.

Please pass along to us any additional books you would recommend. We hope to update and expand this listing in the next edition of the directory.

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**Abusive Relationships**

- *F.I.E.R.C.E: Transform your life in the face of adversity, 5 minutes at a time!* by Carolyn Colleen, 2016.
- *Daughter Detox: Recovering From An Unloving Mother and Reclaiming Your Life*, by Peg Streep.
- *Healing Well and Living Free from an Abusive Relationship: From Victim to Survivor to Overcomer*, by Dr. Ramona Probasco, 2018.


Adult Children of Alcoholics

● Narcissistic Mothers: Healing the Effects of Abusive Parenting and Recovering From the Psychological Trauma, by Robyn Harper, 2018.


● Following the Yellow Brick Road: The Adult Child’s Personal Journey Through Oz, Joy Miller and Marianne Rippe, 1987. *


● The 12 Steps for Adult Children from Addictive and Other Dysfunctional Families, Friends in Recovery, 1989. *

● Courage to Change: One Day at a Time in Al-Anon II, Al-Anon Family Group Head Inc, 1992. *


● Dysfunctional Families, Adult Children of Alcoholics World Service Organization, 2015.


AIDS


Alcoholism


● The 30-Day Sobriety Solution: How to Cut Back or Quit Drinking in the Privacy of Your Own Home, Jack Canfield and Dave Andrews, 2016.


● This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life, by Annie Grace


Alzheimer’s Disease

● Coaching the Caregivers of the Chronically Ill: Mentally Ill, Physically Ill, and Disabled Persons, by Arthur Freeman and Richard Ney, 2019.


● HOPE for the Alzheimer’s Journey: Help, Organization, Preparation, and Education for the Road Ahead, by Carol B. Amos, 2018.

● Be With: Letter to a Caregiver, by Mike Barnes, 2018.


● The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age, by Dean Sherzai and Ayesha Sherzai, 2017.

● The Alzheimer's Solution: A revolutionary guide to how you can prevent and reverse memory loss, by Dean Sherzai and Ayesha Sherzai, 2017.


• **Alzheimer's Early Stages: First Steps in Caring and Treatment**, Daniel Kuhn, 1999. *


**Anxiety**


• **Kind of Coping: An Illustrated Look at Life with Anxiety**, by Maureen Marzi Wilson, 2019.

• **Flagging the Therapy: Pathways out of depression and anxiety**, by Harry Barry, 2017.

• **Anxiety as Symptom and Signal**, by Steven P. Roose and Robert A. Glick, 2013.

• **An Introduction to Coping with Anxiety**, 2nd Edition (An Introduction to Coping series), by Dr. Brenda Hogan and Dr. Lee Brosan, 2018.

• **Choose Calm: A Journal for Soothing Anxiety, Breathing In, and Letting Go**, by Nadia Hayes, 2018.

• **Live the Let-Go Life: Breaking Free from Stress, Worry, and Anxiety**, by Joseph Prince, 2017.


• **Self-Coaching: How to Heal Anxiety and Depression**, Dr. Joseph J. Luciani, 2001. *


**Bipolar Disorder**


• *Bipolar Disorder Survival Guide: How to Manage Your Bipolar Symptoms, Become Stable and Get Your Life Back* (Bipolar 1, Bipolar 2), 2014.

• *Bipolar Disorder Treatment - Bipolar Disorder Survival Guide For Patients And Families* (Bipolar Disorder Treatment, Bipolar Disorder Survival Guide For Patients And Families), 2014.


• *Bipolar Disorder Survival Guide: What You and Your Family Need to Know*, David J. Miklowitz, 2002*


**Codependency**

• *Codependency Recovery Guide: 41 effective techniques to break the pattern of codependency and reclaim yourself* (Self-Esteem) by Joshua Moore, 2018.

• *Codependency: A step-by-step guide learn how to let it go and love yourself again* by Jon Blake, 2017.


• *Love in the Time of Chronic Illness: How to Fight the Sickness—Not Each Other* by Barbara Kivowitz and Roanne Weisman, 2018.

• *7 Caregiver Landmines and How You Can Avoid Them*, by Mr. Peter W. Rosenberger, 2016.

• *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*, Melody Beattie, 1987. *

• *Codependent No More and Beyond Codependency*, Melody Beattie, 2009. *

Death and Dying

- Saving Talk Therapy: How Health Insurers, Big Pharma, and Slanted Science are Ruining Good Mental Health Care, by Enrico Gnaulati, 2018.
- With the End in Mind: Dying, Death, and Wisdom in an Age of Denial by Kathryn Mannix, 2018.
- Caring for the Dying: The Doula Approach to a Meaningful Death, by Henry Fersko-Weiss, 2018
- Gone From My Sight: The Dying Experience, Barbara Karnes, 1986.
- The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents, Elisabeth Kübler-Ross, 2000. *
- Don’t Take My Grief Away From Me, Doug Manning and Glenda Stansbury, 2005.

Depression

- The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time, by Alex Korb and Daniel J. Siegel, 2018.
- Depression & Other Magic Tricks by Sabrina Benaim, 2017.
- Feeling Good: The New Mood Therapy, David Burns, Revised and Updated, 1999. *
- Breaking the Patterns of Depression, Michael D. Yapko, 1997. *

Divorce

- Buddhism for Breakups, by Meshel Laurie, 2017.
- In Sickness and in Health: Love, Disability, and a Quest to Understand the Perils and Pleasures of Interabled Romance, by Ben Mattlin, 2018.
- Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two, Isolina Ricci 2006.
- The Unexpected Legacy of Divorce, Judith S. Wallerstein, 2000. *
- **Co-Parenting After Divorce: How to Raise Happy, Healthy Children in Two-Home Families**, Diana Shulman, 1996. *


**Eating Disorders**


**Loss/Grief**

- **It's OK That You’re Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand** by Megan Devine and Mark Nepo, 2017.

- **Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment** by Michael Dubi and Patrick Powell, 2018.


- **Progressing Through Grief: Guided Exercises to Understand Your Emotions and Recover from Loss**, by Stephanie Jose and Cécile Rêve, 2016.


- **Death: The Final Stage of Growth**, Elisabeth Kubler-Ross, 1997. *

- **Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow**, Judith Viorst, 1998. *


- **When Bad Things Happen to Good People**, Harold Kushner, 2004. *

**Mental Illness**


- **The Deepest Well: Healing the Long-Term Effects of Childhood Adversity** by Nadine Burke Harris, 2017.


How to live with a Mentally Ill Person: A Handbook of Day To Day Strategies, Christine Adamec, 1996.


The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris, 2018.


Never Get Angry Again: The Foolproof Way to Stay Calm and in Control in Any Conversation or Situation by Lieberman, Dr. David J., Ph.D., 2018.

The Seven Habits of Highly Effective Families, Stephen Covey, 1999. *


How to Talk to Children About Really Important Thing: Specific Questions and Answers and Useful Things to Say, Charles Shaeffer, 1994. *


Personal and Interpersonal Growth

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg, 2014.


- *Do the Right Thing, Do it All the Time: 75 Success Secrets Listed for Fast Reference* by Frank Leigh, 2018.


- *The Undercover Edge: Find Your Hidden Strengths, Learn to Adapt, and Build the Confidence to Win Life's Game* by Derrick Levasseur, 2018.


- *Guilt is the Teacher, Love is the Lesson*, Joan Borzsenko, 1990.


**Phobias**


- *Fight NOT Flight: The Key To Stopping Anxiety: Also a powerful solution for PTSD, OCD and PHOBIAS* by Boyd Brent, 2016.


• The Sky Is Falling: Understanding and Coping with Phobias, Panic, and Obsessive Compulsive Disorder, Raeann Dumont, 1996. *

• Triumph Over Fear: A Book of Help and Hope For People with Anxiety, Panic Attacks, and Phobias, Jerilyn Ross, 1994.

Schizophrenia

• The Place Between Breaths by An Na, 2018.


• Handbook on the Neuropsychology of Aging and Dementia (Clinical Handbooks in Neuropsychology) by Lisa D. Ravdin and Heather L. Katzen, 2012.

• Far from the Tree: Young Adult Edition--How Children and Their Parents Learn to Accept One Another . . . Our Differences Unite Us by Andrew Solomon, 2017.


• Living with Schizophrenia, Stuart Emmons, 2000. *


Sexual Abuse

• Intimate Deception: Healing the Wounds of Sexual Betrayal by Dr. Sheri Keffer and Barbara Steffens, 2018.

• From Fear to Freedom, My Journey: 3 Steps to Overcome Your Past and Find Freedom by Hena Husain, 2018.


• Dear Dad, Did You Know I Was a Princess? by Sundi Jo Graham, 2017.

• The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse, by Dan Allender and Karen Lee-Thorp, 2018.

• The Wounded Heart Companion Workbook: Hope for Adult Victims of Childhood Sexual Abuse, by Dan Allender and Karen Lee-Thorp, 2018.

• Voices of Hope: One Rape Survivor plus her Family and Friends share their Empowering Road to Recovery by Kristine J Irwin, 2018.


**Stepfamilies**


- **Click, Clack, Peep!** by Doreen Cronin and Betsy Lewin, 2015.

- **Nighty Night and Good Night (Nurturing Steps)** by Michael W. Smith and Mike Nawrocki, 2018.


- **Too Good to Go, Too Bad to Stay: 5 Steps to Finding Freedom from a Toxic Relationship (Freeing the Caged Heart)** by Joanne King, 2017.


- **Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family**, Margaret Newman, 1994.*

**Suicide**


- **The Cause of Death** by Cynric Temple-Camp, 2016.


- **Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope**, Albert Hsu, 2002.

- **Night Falls Fast: Understanding Suicide**, Kay Redfield Jamison, Ph.D., 2000. *
