SHENANDOAH VALLEY

Note: Albemarle County, Charlottesville, Louisa county and Culpeper are not geographically within the Shenandoah Valley, they are just east of the Blue Ridge Mountains, but are included here due to their close community and cultural connections with the Valley region.

Find a local food pantry through the Federation of Virginia Food Banks.

Augusta Health Mobile Clinics
Augusta Health
Shenandoah Valley region – Different locations (Harrisonburg, Staunton, Grottoes, Weyers Cave, Waynesboro, Craigsville, Churchville, Lyndhurst, Stuart Draft & More)
September, Different times check calendar
*See Calendar for other dates and locations for mobile clinics

¿Necesitas ayuda con tu seguro médico? Té ayudamos a inscribirte a Medicaid or ACA
Sin Barreras & LAJC
Oficina Sin Barreras, Charlottesville, VA
Llame para hacer su cita, es gratis: 434-531-0104

Healthy Spaces Meeting
Move2Health
UVA Center for Community Partnerships
201 W. Main Street, Charlottesville, Virginia
Sep 3, 9 AM

Blue Ridge Hunger Action Coalition Meeting
Move2Health
Virtual
Sep 8, 12 PM

Equity Coalition Hybrid Meeting
Move2Health
UVA Center for Community Partnerships
201 W. Main Street, Charlottesville, Virginia
Sep 9, 8:30 to 10 AM

2026 Small Business Symposium: Contracting for Success
Virginia Department of Small Business & Supplier Diversity, SBSD
Festival Conference and Student Center
1301 Carrier Drive Harrisonburg, VA 22807
Sep 11, 8:30 AM

3rd Annual Festival Bazaar at Holy Myrrhbearers Orthodox Christian Church
Holy Myrrhbearers Orthodox Christian Church
5004 Cross Keys Road Mount Crawford, VA 22841
Sep 12, 9 AM
*A family-friendly celebration of Orthodox Christian and Eastern European culture featuring food, live music, dance, and kids' activities. Traditional Russian culture.

Consultas de Imigracion/ Immigration consultations
Sin Barreras
339 Rio Road W, Charlotteville, VA 22901
Sep 14, Second Monday of each month – Call for more information, 434-531-0104

2026 CCoVA Summit: Bridging Coalitions Across Virginia
Community Coalitions of Virginia
Hotel 24 South
24 South Market Street, Staunton, VA 24401
Sep 14 & 15

2026 VAIL Community Leader's Luncheon
VAIL
First Presbyterian Church
17 Court Square, Harrisonburg, VA 22802
Sep 17, 11:45AM

Access to Healthcare Meeting
Move2Health
UVA Center for Community Partnerships
201 W. Main Street Charlottesville, Virginia
Sep 17, 9 AM- Hybrid (In-person & Virtual)
*Monthly Hybrid meeting that is hosted hybrid over zoom and in person at the UVA Center For Community Partnerships.

Sister Circle Programming
Women's Initiative
City of Promise Garden
708 Page St, Charlottesville, VA 22903
September 19, 9 AM to 12 PM
Join Women's Initiative in the garden to discover or rediscover the healing power of planting and harvesting. Make connections between gardening, our mental health, and the health of our community. Women who identify as Black, Indigenous, and People of Color (BIPOC) 18 and older are invited to attend. Led by Tianna Jordan, MS and Cultivate Charlottesville
Registration: Link here.

African-American Heritage and Multicultural Festival
Staunton city and Staunton Parks & Recreation
Gypsy Hill Park Bandstand in Staunton
Sep 19- 20 – Vendor and non-profit application here

Cville Sabroso
Sin Barreras
700 E Main St, Charlottesville, VA 22902
September 19, 2:00 PM to 9:00 PM
Purchase tickets here

Expungement Clinic
Legal Aid Justice Center
100 5st St NE, Charlotteville, 22902
Sep 21, 9:30 AM to 4 PM

Men & Women's Health event
Mount Zion First African Baptist Church & Partners
105 Lankford Ave Charlottesville, VA 22902
Sep 26, 10 AM to 2 PM

Other on-going events and services:

Neighborhood Primary Health Clinic
Augusta Health
Deerfield Community Center
64 Marble Valley rd. Deerfield, VA 24432
First Monday of each month, 10 AM to 2 PM – Registration close at 1 PM

Women Mental Health Support Group Finally Happy
Augusta County -Fishersville Library
1759 Jefferson Hwy, Fishersville, VA 22939
Every first and third Thursday of every month, 6:30 PM to 7:30 PM

Free HIV & Hepatitis C testing
Strengths in peers
917 N. Main Street, Harrisonburg, VA 22801
Mondays – Fridays 9 AM – 4 PM- Walks-in Welcome

Free HIV & Hepatitis C testing
Strengths in peers
9560 S. Congress St, New Market, VA 22844
Thursdays 9 AM – 4 PM- Walks-in Welcome

SMJH-Free-Mammograms | Martha Jefferson Hospital Foundation
Sentara Martha Jefferson Hospital is offering free screening mammograms for women who are: Uninsured, Under-insured--no insurance coverage for mammograms, 40 years of age or older
To schedule an appointment, please contact our **Breast Health Nurse Jessica Cooper, RN at 434-654-4483**. If you are experiencing any breast issues, such as a lump or unusual skin changes, please let Jessica know at the time of scheduling.

Free diapers- Family Resource Center
115 Jefferson Highway, Suite 101, Louisa VA 23093
Wednesdays 11 AM to 2 PM – For more information call 540-603-2125
*Available while supplies last.

Poderes Legales/Power of Attorney

Sin Barreras

Todos los martes de 2PM a 4 PM – Solo con Cita

Llamar 434-531-0104

* Llámanos o envíanos un mensaje para saber cómo el Poder Notarial te puede ayudar y para hacer una cita (¡también por WhatsApp!)

Massanutten Regional Library

Provides programs and events to the following communities in the Shenandoah Valley: Bridgewater, Broadway, Grottoes, Luray, Shenandoah, Elkton and Harrisonburg.
Check for Nov Calendar Events Here.

Maternal Mental Health Program

Arrow Project

Waynesboro and Staunton VA

For more information & referrals Here

Low- or no-cost mental health services in Spanish

The Blue Ridge Free Clinic

831 Martin Luther King, Jr. Way, Harrisonburg, VA 22801

*Currently offers a limited number of Spanish-language mental health sessions.
To contact Lisa Hawkins, LCSW, directly: socialwork@blueridgefreeclinic.org

Nelson County – NCCDF Family Assistance Funds

Are you in need of financial assistance with certain basic household needs and interested in applying for help? NCCDF has limited funds to assist qualified Nelson County residents with some of their emergency needs. Assistance provided for: Rent or mortgage, utilities, medications. Eligibility: Serving Nelson County residents only & available only to qualified households.
OTHER EMERGENCIES MAY BE CONSIDERED
Contact: (434) 263-8074 ask for Georgia Brown ext. 103 or email contact@nccdf.org
Applications available at The Nelson Center.

Upcoming events:

Fall 2026 Citizenship Preparation Classes
Skyline Literacy
100 S. Mason St. Suite B, Harrisonburg VA, 22801
Morning Class: 10:00 AM – 12:30 PM
Evening Class: 6:00 PM – 8:30 PM
October 6 – December 10, 2026 – Find multilingual flyers here.

Join Bilingual Professional Support Networking group Spanish-speaking human service professionals and mental health providers are invited to a casual support and networking gathering. Harrisonburg VA. The group's purpose is to connect local Spanish-speaking professionals, check in about wellbeing, and explore interest in a bilingual support network, there's no budget or sponsor, just peers supporting each other. Please invite other Spanish-speaking colleagues if you wish to grow the network **– Upcoming meeting : October 20, 12:00–1:00 PM** – If you would like to join please contact: Brooke Garcia at nbgarcia@sentara.com or Cindie Hunter cynthiaahunter@gmail.com

Medicaid Social
UVA Center for Community Partnerships
201 W. Main Street Charlottesville, Virginia 22902
Nov 19, 5: 30 PM to 7 PM
* Join us for a Medicaid Assister & Advocate social. This is a great time to get to know each other and grow our network of healthcare supporters!