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.

Free Homeownership Class
Virginia Housing
Check the calendar for available locations and dates, online or in person.

Preparación de impuestos gratuita - Charlottesville - File your taxes for free
Madison House
Appointments available until April 14
For more information visit here – Spanish flyer here

Community Mental Health & Wellness Coalition Monthly meeting
Prevention Region Ten
500 Old Lynchburg Road, Charlottesville, VA 22903
March 10, 3 PM to 4 PM
*For additional meeting details, consider signing up for our mailing list.
Questions? Email cmhwc@regionten.org

Conozca sus Derechos
Sin Barreras & LAJC & TWI & Fuerza Latina
In person- Location upon registration
March 13, 6 PM - Register

Bystander Intervention to Support the Immigrant Community
Right to Be (sponsored by Westminster Presbyterian Church in Charlottesville, VA)
March 15, 4 PM – Virtual

Community Closet
Connected Communities, Inc
2654 Valley Ave suite b Winchester, VA
March 15, 1 PM to 3 PM

Community Health station/Estación de Salud Comunitaria

Iniciativa de Salud Latina de UVA-UVA Latino Health Initiative

387 Hickory St, Charlottesville. Oficina Comunitario de Southwood

March 18, 6 PM to 8 PM - Registration – Flyers Spanish- English

Winchester / Shenandoah Valley VA-PLA Networking Luncheon

Virginia PLA

Paladin Downtown

31 East Piccadilly Street, Winchester, VA 22601

March 19, 12:30 PM

* The Virginia PLA (Professional Liaison Association) is a place to share news, events, programming updates, resources and connect with colleagues who work in Behavioral Health and Substance Use Disorders.

Virginia Works/Bowman Library Job/resource Fair

Bowman Library 871 Tasker Rd, Stephens City, 22655

March 19, 1 PM

Training: Practices of Cultivating Calm - BRHD Outreach Network's

March 19, 1 PM – 2 PM - Virtual

*Description: Join us for a training to strengthen and diversity of our self-care approaches to promote calm. We will offer interactive practices to help reduce worry and overwhelm. Through care and compassion, we can reimagine our relationship with self and with others.
Facilitator: Lo Somel, Bilingual Therapist and Access Specialist, The Women's Initiative
Pre-register: here

RAM Fishersville

Augusta Expo

277 Expo Road, Fishersville, Virginia 22939

March 21 to 22 - Clinic doors typically open at 6 AM

*Free dental, vision, and medical services are provided on a first-come, first-served basis. Due to time constraints, be prepared to choose between DENTAL and VISION services. Medical services are offered to every patient attending the clinic. No ID required. Flyer here

Youth Mental Health First Aid Training
Prevention Region Ten
500 Old Lynchburg Road, Charlottesville, VA 22903
March 26, 9 AM to 3 PM – Free training - Registration

Community Health station/Estación de Salud Comunitaria
Iniciativa de Salud Latina de UVA-UVA Latino Health Initiative
Iglesia de la Encarnacion
1465 Incarnacion Dr. Charlottesville, 22901 VA
March 29, 2:30 PM to 4 PM – See March calendar English **–** Spanish

Community Event Spring Fling 2026
Harrisonburg Public School
Skyline Middle School
470 Linda Lane, Harrisonburg, VA 22802
April 25, 11 AM to 1 PM
*The goal is to connect families with accessible summer activity opportunities in our community that help keep students engaged. Please complete this survey by **Friday, March 27, 2026** to let us know if you will be participating this year.

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.

Other on-going events and services:

Neighboorhood 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

Immigration Legal Services

Just Neighbors & Free Clinic Culpeper

610 Laurel St STE 3, Culpeper, VA 22701

Second Monday of the month from 1 PM to 3 PM

Four Wednesday of the month from 9 AM to 2 PM

See flyers English and Spanish – Questions? Call 540 829-5032

JMU IIHHS Community Health Workers Training

Scholarships available

Training schedule Mach 9 to May 13 – Virtual option available.

Spanish flyer

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

Strenghs in peers

917 N. Main Street, Harrisonburg, VA 22801

Mondays – Fridays 9 AM – 4 PM- Walks-in Welcome

Free HIV & Hepatitis C testing

Strenghs 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.

¿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: 571-288-3953 o 434-531-0104

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!)

Piedmont Parent Resource Center March 2026 Newsletter (Find more events here)

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

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:

14th Annual Tom Tom Festival | COURAGE
Tom Tom Foundation
Historic Charlottesville Downtown Mall 1, Charlottesville, VA 22902
April 22, 8 AM

4th annual Shenandoah Valley CSA Coalition Training and Resource Day
Shenandoah Valley CSA Coalition Inc.
Hotel Madison & Shenandoah Valley Conference Center
710 South Main Street, #Ste 149 Harrisonburg, VA 22801
April 23, 8:30 AM
***Free registration- Vendor opportunities.**

2026 Summit Presented by Triumph Over Trauma Norther Shenandoah Valley Resilience Initiative
Laurel Ridge Community College
173 Skirmisher Lane, Middletown VA 22645
April 30, 10 AM
More information: imjustmemovement@gmail.com

Join Bilingual Professional Support Networking group Spanish-speaking human service professionals and mental health providers are invited to a casual support and networking gathering. TBD, Harrisonburg. 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 meetings: April 14, 5:00 PM**- **June 16, 12:00–1:00 PM**- **August 18, 5:00 PM** -**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