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)
October, Different times check calendar
*See Calendar for other dates and locations for mobile clinics

Health Clinics
UVA Heart & Vascular Institute
Charlottesville – Different locations- Oct- Nov Calendar here

211 Anchor Agency Collaborative Meeting
211 resource line
October 6, 10:00 - 11:30 AM (virtual).
*Updates, networking and statewide resources

PEATC Temporada de Otoño- Talleres en Español
2026 Serie De Educación Especial - PEATC presenta esta serie de talleres virtuales para padres y profesionales que desean aprender más sobre la educación especial en Virginia.
PEATC presents this series of virtual workshops for parents and professionals who want to learn more about special education in Virginia.

English classes for adults
Albemarle County Public School
ACPS International and English Learners Program Office
Third floor of Northside Library
705 Rio Road West, Charlottesville VA
Mondays and Wednesdays, 10 a.m. to noon, starting Monday, October 5- welcome Oct 7
Questions? Call 434-296-6517 – Spanish flyer

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.

Servicios de Salud para la comunidad

Sentara

Iglesia Cristiana Enciende una luz

2564 N Valley Pike, Harrisonburg, VA 22802

Oct 7, 2 PM – 4 PM

Celebrando Nuestra Cultura. A Hispanic Heritage Month Celebration 2026

On Sunny Slope Farm

1825 Sunny Slope Lane, Harrisonburg, VA 22801

Oct 10, 11 AM

Consultas de Imigracion/ Immigration consultations

Sin Barreras

339 Rio Road W, Charlotteville, VA 22901

Oct 12, Second Monday of each month – Call for more information, 434-531-0104

Move2Health Equity Coalition Meeting (Hybrid)

Move2Health

UVA Center for Community Partnerships

201 W. Main Street, Charlottesville, Virginia

Oct 14, 8:30 AM

Access to Healthcare Meeting

Move2HealthEquity

UVA Center for Community Partnerships

201 W. Main Street Charlottesville, Virginia

Oct 15, 9 AM – Zoom Virtual – Email to register: M2Hequity@gmail.com

Driving safely in Virginia – Manejando Seguros en Virginia
Cambiando Vidas
Church of the Nazarene
1871 Boyers Rd, Harrisonburg, VA 22801
Oct 15, 7 PM- Free Event

Free Rural Healthcare Clinic
Move2HealthEquity
The Dunbar School
2524 Mountain Hill Rd Palmyra, VA
Oct 15, 2 PM

Know your Rights – Options for returning citizens Virginia
LAJC & The Humanization Project
Facebook Live
Oct 18 and 25, 7 PM - flyer

Join Bilingual Professional Support Networking group
Harrisonburg, VA
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

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:

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!