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

Consulado Mexicano sobre Ruedas
Nov 2 al 5, Charlottesville VA
Aprovecha esta oportunidad para realizar tus trámites consulares más cerca de casa. Pasaporte Mexicano, Matrícula Consular, Credencial para Votar (INE)- ¡Agenda tu cita con anticipación!

2026 Senior Health Fair
Augusta county
18 Government Center Ln, Verona, VA, 24482
Nov 4, 9 AM to 12PM

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

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.
Nov 3 and 17 -PEATC presents this series of virtual workshops for parents and professionals who want to learn more about special education in Virginia.

Healthy Spaces Meeting
Move2Health
Charlotteville VA
Nov 5, 9 AM to 10 AM- Register contact M2Hequity@gmail.com

Free Rural Healthcare Clinic
UVA & Free clinic & partners
The Dunbar School
2524 Mountain Hill Rd, Palmyra, VA
Nov 5 and Dec 3, 2 PM

Sin Barreras Dia de los Muertos celebración
Sin Barreras
Macguffey Art Center
201 2nd St NW, Charlottesville, VA 22902
Nov 6, 5:30 PM to 8 PM

Blue Ridge Hunger Action Coalition Meeting
BRHAC
Nov 10, 12 PM to 1 PM
* Bi-monthly coalition meeting that is hosted over zoom and open to all those invested in food access in Charlottesville, Albemarle, Greene, Fluvanna, Louisa, Nelson, and Buckingham counties. For registration contact: HACBlueRidge@gmail.com

Move2Health Equity Coalition Meeting (Hybrid)
Move2Health
UVA Center for Community Partnerships
201 W. Main Street, Charlottesville, Virginia
Nov 11, 8:30 AM

Shenandoah Valley Collaborative Economic Summit
JMU
James Madison University,
Festival Conference & Student Center, Harrisonburg VA
Nov 19, 8 AM to 4 PM

Free Rural Healthcare Clinic*

BRHD mobile clinic

The Dunbar School

2524 Mountain Hill Rd, Palmyra, VA

Nov 19, 2 PM to 5 PM

Medicaid Social

UVA Center for Community Partnerships

201 W. Main Street, Charlottesville, Virginia

Nov 19, 5:30 PM

*Medicaid Assister & Advocate social. This is a great time to get to know each other and grow our network of healthcare supporters! – More information contact M2Hequity@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.

Mothers, we want to hear from you!

VDH Central Shenandoah Health District is hosting a focus group this fall to learn more about mothers' experience with pregnancy and maternal healthcare in our area. This information will be used to improve maternal healthcare services in The Valley.
CRITERIA TO PARTICIPATE:
1. Must live in one of the following localities: Augusta County, Bath County, Buena Vista City, Harrisonburg City, Highland County, Lexington City, Rockbridge County, Rockingham County, Staunton City, or Waynesboro City.
2. Must either be currently pregnant and/or have had a baby in the listed locations within the last 5 years.
3. Must attend one focus group session (1.5 hours in length).
4. Must fill out eligibility survey and then register for a session.
Free childcare and snacks will be provided at each session. Those who complete a 1.5 hour session will receive a $20 gift card. You must fill out an eligibility survey to find out location and time details. Take the survey here:
https://redcap.vdh.virginia.gov/redcap/surveys/?s=LW7RMRERLLC7XM38
If you are eligible you will be contacted by a member of our staff to register for a session.
For any additional questions, please call us at 804-761-9100 or email Katherine.Douglass@vdh.virginia.gov