SHENANDOAH VALLEY

Note: Albemarle County and Charlottesville 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.

Join Bilingual Professional Support Networking group

Spanish-speaking human service professionals and mental health providers are invited to a casual support and networking gathering.

December 2, Restaurant El Sol 29 S. Carlton, Harrisonburg, with sessions at noon and at 5 pm. 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. Contact: Liliana Penalver for more info.

Sentara Breastfeeding support group

Sentara RMH Funkhouser Women's Center

2275 Health Campus Drive, Harrisonburg, VA 22801

Dec 3, 1 PM to 2 PM

BRHD Outreach Network's Monthly Meeting Event

BRHD

Kardinall Hall

722 Preston Ave, Suite 101, Charlottesville, VA 22903

Dec 5, 4:30 PM to 6 PM

Augusta Health English Language Learning program

SHINE & Augusta Health

The application deadline is December 12th. - Available English and Spanish flyer here

Women Mental Health Support Group Finally Happy

Augusta County -Fishersville Library

1759 Jefferson Hwy, Fishersville, VA 22939

Dec 4 and 18, every first and third Thursday of every month, 6:30 PM to 7:30 PM

Vietnam Adventure

Central Library Harrisonburg

Dec 20, 1 PM to 2 PM

*Enjoy a (virtual) tour of the country's culture, history, sites, and more at AdventureScapes! Whether you can't make the journey just yet or need help planning a future visit, come explore Vietnam with interactive activities and trivia

¿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!)

Winter 2026 Citizenship Preparation Classes

Skyline Literacy

Massanutten Regional Library 1st floor, Harrisonburg, VA 22801

Jan 20, March 26, 2026 - Morning Class: 10:00 AM – 12:30 PM - Evening Class: 6:00 PM – 8:30 PM- Flyer available * For more information or to register, contact at 540-433-0505 or email Kabdalrahman@skylineliteracy.org – Available flyer Kurdish, Arabic, English and Spanish

Adult Mental Health First Aid Free Course

CSB

1241 N Main St, Harrisonburg VA

January 29, 8:30 AM to 4:30 PM

* Get certified as a Mental Health First Aider in our one-day free course. Participants will learn how to recognize and respond to the early warning signs of a mental health challenge and learn how to effectively offer help.

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.

NCCDF To Open Waitlist for New Apartments at St. James Place, Roseland, VA

The online waitlist application is opening on December 4th and will allow applicants to apply at their convenience from any computer or mobile device during the time period that applications are accepted.

RAM Fishersville

Augusta Expo
277 Expo Road, Fishersville, Virginia 22939
March 20 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