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.

Sentara Breastfeeding support group
Sentara RMH Funkhouser Women's Center
2275 Health Campus Drive, Harrisonburg, VA 22801
Feb 4, 1 PM to 2 PM – Free.

Shenandoah Valley Woman's Mental Health Group
Brother Italian Restaurant and Pizza
1059 S High St, Harrisonburg, 22801
Feb 8, 4:30 PM
A safe place to gather and to discuss our day to day journey and learn from one another.

Gratis Programa Pre-Escolar para Padres e Hijos (Aprenda Ingles)
Sin Barreras
Charlottesville, VA
Febrero 10 al 21 de Mayo, Martes y Jueves de 10 AM to 12 PM
*Llame para más información 434-531-0104

ASK A NURSE Q&A SESSION
Blue Ridge Health District
Yancey Community Health Center
7625 Porters Rd., Esmont, VA 22937
February 12, 10 AM – 12 PM
*Public Health Nurses answering your questions & providing Local resource agency referrals and Educational materials.- Questions: 434-270-3216- BlueRidgeHD@vdh.virginia.gov

Trauma-Informed Training (CRI Course 1)

Prevention Region Ten

500 Old Lynchburg Road, Charlottesville, VA 22903 in the 500B training room.

Feb 12, 9 AM to 4 PM

*The Community Resilience Initiative (CRI) has developed courses to teach parents, schools, medical professionals, mental health practitioners, and any community member interested

Join Bilingual Professional Support Networking group

Bilingual Mental Health Professionals' Support Network

Restaurant El Sol 29 S. Carlton, Harrisonburg, VA 22801

February 17th, at 12:00 noon

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: Brooke Garcia at nbgarcia@sentara.com

Winchester / Shenandoah Valley VA-PLA Networking Luncheon

Virginia PLA

Paladin Downtown

31 East Piccadilly Street, Winchester, VA 22601

Feb 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.

Estacion de Salud Comunitaria

UVA Iniciativa de Salud Latina

Oficina Comunitaria de Southwood

387 Hickory St, Charlottesville, VA

Feb 18, 6 PM to 8 PM

Community Mental Health & Wellness Coalition

Full Coalition Meeting Charlottesville

TBD, 3:00 PM 4:30 PM – For additional meeting details, consider signing up for our mailing list. Questions? Email cmhwc@regionten.org

Reunión Comunitaria/ Community Kick-Off Meeting
Charlottesville Huehuetenango Construyendo nuestra hermandad: Conexión de pueblo a pueblo
1284 Sunset Avenue Ext. Charlottesville, VA
Feb 20, 6 PM to 8 PM
* Cena gratuita e interpretación español/inglés incluida / Únase a los comités de planificación
Por favor confirmar su asistencia antes del 13 de febrero. More information and Registration

Creciendo Juntos Open House
Creciendo Juntos
1740 Broadway St, Charlottesville, VA
Feb 20, 6:00 PM
Spanish Flyer

Estacion de Salud Comunitaria
UVA Iniciativa de Salud Latina
Iglesia Encarnacion – Salón de conferencias
1465 Incarnation Dr, Charlottesville, VA
Feb 22, 2:30 PM to 4 PM

Valley Health Community Wellness Festival
Valley Health & Partners
Apple Blossom Mall , Winchester, VA
Feb 28, 10 AM to 5 PM
*80+ Health, Wellness and Fitness Exhibitors, The Healthy Kid Experience: Wellness Fun for Kids
Free and Low Cost Health Screenings, Fitness Demonstrations and resources! Spanish Flyer.
More information 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.

Other on-going events and services:

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!)

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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:

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

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