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.

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. Contact: Brooke Garcia at nbgarcia@sentara.com

Sentara Breastfeeding support group

Sentara RMH Funkhouser Women's Center

2275 Health Campus Drive, Harrisonburg, VA 22801

Jan 6, 1 PM to 2 PM – Free.

2026 I'm Determined Youth and Family Summit

Virginia Department of Education and the Partnership for People with Disabilities at Virginia Commonwealth University

Festival Conference and Student Center

James Madison University in Harrisonburg, VA

June 9 to 11, 2026 (Tuesday evening - Thursday afternoon) – Register by January 11

*If you would like to be considered to attend this in-person event, please complete and submit the 2026 I'm Determined Youth and Family Summit Application.

Community Mental Health & Wellness Coalition

Full Coalition Meeting Charlottesville

Jan 13, 3:00 PM 4:30 PM – For additional meeting details, consider signing up for our mailing list. Questions? Email cmhwc@regionten.org

Opioid Overdose Reversal Training (REVIVE!)
Region Ten Community Services Board
Conference Center, 500 Old Lynchburg Rd. Charlottesville, VA
Jan 14, 12:30 PM

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

Iniciativa Latina Clínicas de Salud – Health Clinics
UVA Health Charlottesville
Jan 21 and 25, See calendar for more information, services, time and locations here

Free Adult Mental Health First Aid Training
Region Ten Community Services Board
Conference Center, 500 Old Lynchburg Rd. Charlottesville, VA
Jan 22, 9 AM to 4 PM

Adverse Childhood Experiences (ACEs) Training
Region Ten Community Services Board
Conference Center, 500 Old Lynchburg Rd. Charlottesville, VA
Jan 22, 2 PM to 4 PM – Free.

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.

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

Other on-going events and services:

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!)

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

Gratis Programa Pre-Escolar para Padres e Hijos (Aprenda Ingles)

Sin Barreras

Martes y Jueves de 10 AM to 12 PM – 10 Febrero al 21 de Mayo

*Llame para más información 434-531-0104