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.

Nutrition 101
JMU nursing students
Navigation Center
1111 N. Main Street, Harrisonburg VA
April 7, 2 PM to 5 PM
*Come by and learn about food access, healthy choices on a budget, and general nutrition knowledge

Preparación de impuestos gratuita - Charlottesville - File your taxes for free
Madison House
Appointments available until April 14
For more information visit here – Spanish flyer here

Public Awareness Committee Meeting (in person and virtual options)
Prevention Region Ten
500 Old Lynchburg Road, Charlottesville, VA 22903
April 7, 12 PM to 1 PM
* Outreach meeting. These meetings are held on the second Tuesday of every other month .

Spring 2026 Citizenship Preparation Classes
Skyline Literacy
100 S. Mason St. Suite B, Harrisonburg VA, 22801
Class Schedule: April 14 – June 18, 2026, Morning Class: 10:00 AM – 12:30 PM & Evening Class: 6:00 PM – 8:30 PM
* Designed to support individuals in their journey toward U.S. citizenship.

Join Bilingual Professional Support Networking group
Harrisonburg, VA 22801
April 14, 5:00 PM-
*If you would like to join please contact: Brooke Garcia at nbgarcia@sentara.com or Cindie Hunter cynthiaahunter@gmail.com

Community Health station/Estación de Salud Comunitaria
Iniciativa de Salud Latina de UVA-UVA Latino Health Initiative
387 Hickory St, Charlottesville
April 15, 6 PM to 8 PM - You can also call or text us UVA Latino Health Initiative - Phone (434) 272-5910 – Flyers Spanish- English

Winchester / Shenandoah Valley VA-PLA Networking Luncheon
Virginia PLA
Paladin Downtown
31 East Piccadilly Street, Winchester, VA 22601
April 16 , 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.

Insurance 101 - Become a Savvy Buyer of Home, Car, and Commercial Insurance
New Bridges Resource Center
9 Court Square, Harrisonburg, VA 22801
April 21, 6:30 PM - Flyer

14th Annual Tom Tom Festival | COURAGE
Tom Tom Foundation
Historic Charlottesville Downtown Mall 1, Charlottesville, VA 22902
April 22, 8 AM

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.

Training: Situational Awareness and De-escalation Strategies
Charlottesville Police Department
Charlottesville/Albemarle Health Department
1138 Rose Hill Drive, Charlottesville, VA 22903
April 23, 10 AM – 1 PM- Pre-register: here

Community Event Spring Fling 2026
Harrisonburg Public School
Skyline Middle School
470 Linda Lane, Harrisonburg, VA 22802
April 25, 11 AM to 1 PM
*The goal is to connect families with accessible summer activity opportunities in our community that help keep students engaged.

Community Health station/Estación de Salud Comunitaria
Iniciativa de Salud Latina de UVA-UVA Latino Health Initiative
Iglesia de la Encarnacion
1465 Incarnacion Dr. Charlottesville, 22901 VA
April 26, 2:30 PM to 4 PM – See March calendar English **–** Spanish

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 – register here (FREE)

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:

Neighboorhood 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

Immigration Legal Services
Just Neighbors & Free Clinic Culpeper
610 Laurel St STE 3, Culpeper, VA 22701
Second Monday of the month from 1 PM to 3 PM
Four Wednesday of the month from 9 AM to 2 PM
See flyers English and Spanish – Questions? Call 540 829-5032

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!)

Massanutten Regional Library

Provides programs and events to the following communities in the Shenandoah Valley: Bridgewater, Broadway, Grottoes, Luray, Shenandoah, Elkton and Harrisonburg.
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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:

Save the Date! ReadyKids is partnering with UVA Teddy Bear Clinic and hosting a Block Party –

May 2, 2026, 10:30 am – 1:30 pm – Charlotteville, VA - if you are interested is setting up a table for the event contact Melissa Cohen her email is below: you can find their website at www.readykidscville.org - Contact Information: mcohen@readykidscville.org

REACH FOR YOUR DREAMS IN VIRGINIA HOUSING'S FREE HOMEBUYER CLASS!

Virginia Housing

Lucy Simms Continuing Education Center

620 Simms Avenue, Harrisonburg, VA 22802

May 16, 9:30 AM

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. **Upcoming meetings: June 16, 12:00–1:00 PM -August 18, 5:00 PM -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