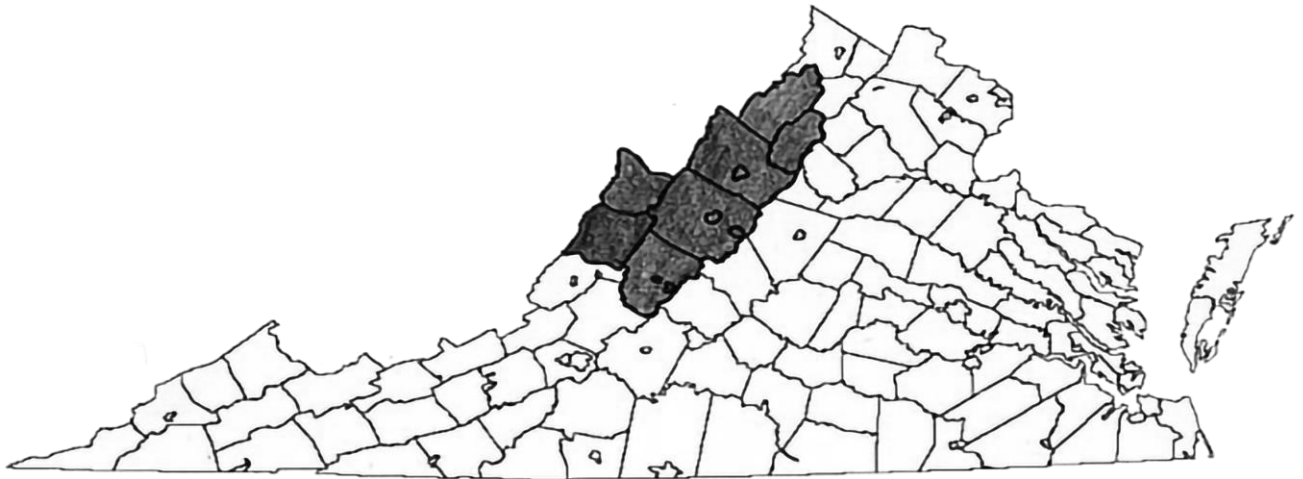


# Comprehensive Directory of Mental Health Services

Listings for the cities of Harrisonburg, Lexington, Staunton, and  
Waynesboro and the counties of Augusta, Bath, Highland, Page,  
Rockbridge, Rockingham, and Shenandoah



## 2018

*Developed by  
The Institute for Innovation in Health and Human Service at James Madison University and the  
James Madison University Department of Graduate Psychology*

*Made possible by the generosity of those listed on page 3*

# 2018 Comprehensive Mental Health Directory of Mental Health Services

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## Introduction

### Appreciation

Many thanks to Lennie Echterling and Cierra Williams from the **James Madison University Department of Graduate Psychology** and to Kanika Shirole and Jane Wiggins from **The Campus Suicide Prevention Center of Virginia** for their hard work in creating the 2018 edition. Ms. Shirole deserves special thanks for her dedication as she took on the majority of the work, including contacting all of the providers and organizations listed.

Sincere thanks to Cecille Deason and the students of the Turner Ashby High School drama club for their generosity and talents. By holding a spring 2018 talent show fund raiser, the students raised and donated a significant portion of the funds needed for printing.

Funding for printing was also provided by JMU's Department of Graduate Psychology and The Campus Suicide Prevention Center of Virginia, a program within the Institute for Innovation in Health and Human Services at JMU.

An online version of the directory is available at (2018DirectoryMentalHealthServicesShenandoahValley)

To request copies of the directory, or if you have questions/edits regarding content please contact Jane Wiggins at (540) 568-8901 or ([wigginjr@jmu.edu](mailto:wigginjr@jmu.edu))

### For up to date online information from 2-1-1 VIRGINIA

For further information about specialized mental health care providers or other services across the commonwealth that are not listed in the directory, please contact 2-1-1 VIRGINIA. 2-1-1 VIRGINIA is a free, confidential resource for individuals that links them to the most appropriate services for their needs. 2-1-1 gathers facts on health and human services and provides this information to individuals, families, agencies, and organizations.

2-1-1 VIRGINIA – Northwest Region  
Family Resource & Referral Center  
1600 N Coalter St, Suite 12B  
Staunton, Virginia 24401  
Local: 540-245-5899 or Dial: 2-1-1  
Fax: 540-885-2185  
Web Site: [www.211virginia.org](http://www.211virginia.org)



### 2-1-1 VIRGINIA Northwest Region

## Using This Directory

The 2013 edition of the *Directory of Mental Health Services* is the biggest yet because we have more local resources than ever before, including listings for Page and Shenandoah counties. As our community has grown, the number and variety of services available have increased dramatically. While the growth is exciting, referring someone for mental health services has become more complicated. It is our hope that this directory will make the task of providing referrals simpler for you.

### A Useful Tool

The intention of this directory is to serve as a useful tool to find out what mental health services are available in the cities of Harrisonburg, Lexington, Staunton, and Waynesboro, and the counties of Augusta, Bath, Highland, Page, Rockbridge, Rockingham, and Shenandoah. If you are involved in education, health provision, human resources, social services, a religious affiliation, or **any** position where you are in close contact with others, you regularly meet people who need help. That person may need a support group, a professional helper, a treatment program, or a public agency. Using this directory, you can help that person to get the assistance he or she needs.

### Directory Organization

The directory is organized into nine different sections:

- White Pages** – Introductory and supplementary information.
- Yellow Pages** – Quick Reference Telephone Directory
- Blue Pages** – Suicide Prevention Information
- Pink Pages** – Hotlines and Support Services
- Green Pages** – Mental Health Care Providers
- Gold Pages** – Basic Needs/Crisis/Non-Profit Service Providers
- Gray Pages** – Support/Self-Help Groups
- Purple Pages** – Schools and College Counseling Services
- Orange Pages** – Helpful Websites
- Ivory Pages** – Suggested Readings

### A Few Tips

Here are a few suggestions to help make this directory a more useful tool:

- Become familiar with the directory before you need it.
- Keep it close by and always in its place. If you are sharing this directory with others, have a policy on where it is kept. Better yet, have extra copies on hand. You can download additional copies of the directory from the following website: <http://psyc.jmu.edu/counseling/supervision/servicesdirectory.html>.
- Keep the directory current by adding updated information. It is likely that there will be many additional services that become available before the next edition is published.
- Pages 6 and 7 are designed to be a handout for the person who needs help, so you may want to have plenty of copies of these pages for distribution. This handout has tips on choosing a professional helper or program, and space for writing specific information about your referrals. Each time you make a referral you can give the person a copy of pages 6 and 7.

### A Disclaimer

Publication in this directory does not imply the endorsement of any providers of mental health services. This directory is to be used as a referral tool by individuals who are familiar with the range of mental health needs and the services available to address them.

## The Steps of a Referral

Remember – a good referral is much more than passing along a name and telephone number. If you take the time to go through the steps of a referral, the person is more likely to follow through on getting help. Just a few extra minutes can make a big difference.

- 1 **Link:** The first step is to link with the person, that is, to have contact with them. Whether it is over the phone, in person, or in writing, you first have to be in contact with someone before you can make a referral.
  - **Spread the word** that you know what mental health services are available in our community.
  - **Be available.** If people know how you can help and where you are, they are likely to turn to you when they are troubled.
  - At times, you will have to **reach out** to the troubled person. Keep your eyes open to the signs of trouble, and connect with the person in need when you are concerned about what you see.
- 2 **Listen & Share:** You need to listen actively to understand not only the problem to be solved, but also the person who has the problem.
  - You can make the best referral when you know both the problem *and* the person. Even if someone asks only for the name and number of a specific referral, it is still wise to invite the person to talk more about the situation with you. You will likely be more helpful if you have some basic facts.
  - How you listen and share depends a lot on who made the initial link. *If the person contacted you for a referral*, he or she already recognizes that there is a problem and wants your assistance in finding the right kind of help. You can help them continue along the right track.
  - On the other hand, *if you started the referral process*, you may be facing some special challenges. For example, the person may be in denial, unwilling to admit that there is a problem. In such cases, you need to share, without judging or condemning, exactly what you have observed in a calm, clear, and respectful way. Through this caring process, you may bring the person face-to-face with the problem.
- 3 **Push for Action:** Once there is a good understanding of the person and the problem, it is time to push for them to take action.
  - Usually, all a person needs is a gentle nudge in the right direction through simply talking about the types of help that are available.
  - Discuss several referrals whenever possible to give the person a choice.
  - Be specific and let the person know the who, what, when, where, and how of any referral. The more someone knows what to expect, the easier it will be for them to take action in getting help.
- 4 **Check:** The most common mistake in making referrals is the failure to check if the person followed through.
  - Ask the person to let you know what happens, even if she or he is a stranger on the phone.
  - Check back whenever possible if you have not heard from the person.
  - Checking gives you another opportunity to link, and provide them with an opportunity to discuss any problems they might have with the referral.
  - Checking can serve as a powerful motivator for the person to take action.

## When You Need Professional Help:

### A Referral Handout

#### The Next Step

At some point in our lives we all run into problems that seem too big or persistent to handle alone. Yet our pride and our fears can often get in the way of asking for help. Making the decision to find help is a sign of strength and courage. In fact, it can make the difference between feeling that things are spinning out of control and gaining new tools to turn life around in positive ways.

If you have decided that you need professional help, you have already taken that first big step towards a better life. The next step is choosing a mental health professional or program. The right provider can make a big difference as you go through the personal and sometimes painful process of change. However, most people spend more time buying a car than picking a professional helper. In fact, they often take the first name they get. While it is true that the sooner you get help the better, in many situations you can take a little time to choose the right help for you.

#### Some Tips to Follow

- See your primary care physician to rule out a medical cause of any problems. If your thyroid is “sluggish,” for example, symptoms such as loss of appetite or fatigue could be mistaken for depression.
- Ask people you trust for suggestions. Check with a family physician, minister, school counselor, friend, or relative.
- Therapy is a collaborative process, so finding the right match is important. It’s OK to “shop around,” so feel free to call several providers before you decide. Keep in mind that you and this person will be working as a team, and that you are the best judge of how comfortable you feel with this person.
- Find out about the therapist’s training and experience with a particular problem. You can do this by consulting the directory or asking the person’s receptionist. Since different psychotherapies are tailored to meet specific needs, the best therapists will help you create a treatment program that works for you.
- Money is one of the factors you will need to consider. If you have insurance, check your coverage. Be sure to find out which providers are in your network, about your deductibles and co-pays, and the number of visits that are covered. If you cannot afford the fees of a private provider, then call one of the public helping agencies.
- Time is another consideration. Can you arrange to meet with the helper at a convenient time? How frequently will you be meeting? How long is the treatment likely to last?
- When you call for an appointment, find out all you need to know before making your decision. Ask about office hours, fees, how payment is to be made, how insurance is dealt with, how canceled appointments are handled, or any other information important to you.
- **Remember**—you are buying a service and have a right to ask questions. Don’t worry—professional helpers do not resent being asked these questions. They want you to make an informed decision about their services.
- Once you have set up an appointment, be sure that you know practical details, such as how to find the office and where you can park. The more you know, the easier it will be to begin getting the help you need.
- After you find someone, keep in mind that therapy is work and sometimes it can be difficult. However, it can be rewarding and life-changing as well.



- One last point—most people benefit from professional help, but even the best therapists will sometimes make a mistake. Usually when that happens, it's best to talk about it and give your provider a chance to respond to your feelings. If the mistake is serious enough, you may decide to find another helper. If you have a complaint, you may call the Virginia Department of Health Regulatory Boards at their toll-free number: **1-800-533-1560**.

**Referral Information:**

Agency/Provider Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Website: \_\_\_\_\_ Email Address: \_\_\_\_\_

Important Information: \_\_\_\_\_

\_\_\_\_\_

Questions: \_\_\_\_\_

\_\_\_\_\_

**Referral Information:**

Agency/Provider Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Website: \_\_\_\_\_ Email Address: \_\_\_\_\_

Important Information: \_\_\_\_\_

\_\_\_\_\_

Questions: \_\_\_\_\_

\_\_\_\_\_

## **How to Pay for Mental Health Services**

The high price of health care can make treatment out of reach for many people. Those who do not have health insurance – more than 38 million Americans – often avoid treatment entirely because the costs can be staggering.

The cost of mental health services is a financial challenge for just about everyone. This section discusses ways to pay for the care that you may need.

For people experiencing mental health problems – such as anxiety or depression – brief yet effective treatment options may exist. For people with severe mental illness, treatment is also effective, although it may take longer and cost more. In either case, treatment works for most people and helps many recover and get on with their lives.

### **Private Insurance**

The majority of working Americans are covered under employer-provided health insurance plans. There are two common types of private insurance.

- The first type of plan is a standard indemnity policy: people are free to visit health care providers of their choice and pay out of pocket for their treatment. The insurance plan reimburses members for some portion of the cost.
- The second common plan is a managed care plan. Medically necessary care is provided in the most cost effective – or least expensive – method available. Plan members must visit health care providers chosen by the managed care plan. Sometimes a co-payment is charged to the patient, but generally all care received from providers with the plan is covered. Recently, managed care companies have begun to provide services in many states for low-income Medicaid and Medicare beneficiaries.

Both types of health coverage may offer some coverage for mental health treatment. However, this treatment often is not paid for at the same rate as other health care costs, or there may be limits on the number of visits. A few states, including Virginia, have enacted “parity” laws that require insurers to pay for mental health and other health related costs at the same rate.

### **For the Uninsured: Community-Based Resources, Self-Help/Support Groups, and Public Programs**

If you are not insured, or if your income is limited, you might try other strategies to pay for mental health care. Some providers, for example, have sliding-scale fees. Based on your income – and your spouse’s, if applicable – the provider will reduce his or her fees. Other providers, if made aware of your financial limitations, may be willing to negotiate a payment plan that you can afford or to lower their rates according to what your insurance plan pays. The latter is called a “write off.”

#### ***Community-Based Resources***

The communities covered in this directory have Community Services Boards (CSB). These centers offer a range of mental health treatment and counseling services, usually at a reduced rate for low-income people.

Your local religious association of choice can put you in touch with a pastoral counseling program. Certified pastoral counselors, who are ministers in a recognized religious body, have advanced degrees in pastoral counseling, as well as professional counseling experience. Pastoral counseling is often provided on a sliding-scale fee.

#### ***Self-Help/ Support Groups***

Another option is to join a self-help or support group. Such groups give people a chance to learn more, talk about, and work on their common problems, such as alcoholism, substance abuse, depression, family issues, and relationships. Self-help groups are generally free and can be found in virtually every community in America.

***Public Assistance***

People with severe mental illness may be eligible for several forms of public assistance, both to meet basic costs of living and to pay for health care. Such programs include Social Security, Medicare, Medicaid, and disability benefits.

Parts of this section [How to Pay for Mental Health Services] were reprinted with permission from Center for Mental Health Services at [www.mentalhealth.org](http://www.mentalhealth.org). For more information about paying for mental health care, contact the National Mental Health Services Knowledge Exchange Network (KEN) at **(800) 789-2647**.



## Quick Reference Telephone Directory

All area codes 540 unless otherwise noted

### Mental Health Care Providers (Private & Public)

ADHD & Clinical Counseling Center	564-0373
American Health and Wellness Institute (AHWI)	248-1006
Arbaugh, Thomas, Ph.D., LPC	885-5105
Atno-Shelton, Deborah	949-4202
Associated Mental Health Professionals, Inc.	434-0104 & 886-3063
Augusta Health:	
Augusta Health Psychiatry	245-7030
Augusta Behavioral Health	213-2525
Augusta Psychological Associates	949-4202 & 886-5060
Barbour, Kami, LPC	949-4202
Bickford, Kimberly, LPC	820-8377
Bing, Carolyn, LCSW, PBCCC	434-1092, Ext. 892
Blevins, Brett, EdD	949-4202
Bridgewater Counseling Services	828-3663
Byrd, Geoffrey, M.S., LPC	665-1848
Center for Marriage and Family Counseling	433-1546
Charis Institute for Psychological and Family Services	568-1876
Clifford, Fred, LPC	434-6554
Coiner, Jordan, LPC	949-4202
Collins Center	432-6430
Comprehensive Behavioral Health Services	941-2500 & 213-2500
Cook, Jean M., LCSW	463-4554
Counseling and Psychological Services (CAPS)	568-1735
Crossroads Counseling Center - Harrisonburg	801-0885
Winchester	662-7007
Woodstock	459-9003
Davidson, Kristen, Ed.D., LPC (See Valley Pastoral Counseling Center)	886-5757
Davies, Pamela, LCSW (See Augusta Behavioral Health)	213-2525
DeCanio, Chris, Ph.D.	722-9472
Deitrich, Donna, LPC	433-1546
DePaul Community Services	437-0033
Driver, Heather, LPC	434-2800
Dexter, Joy, CSAC (See Augusta Behavioral Health)	213-2525
Dotas, Ellen R., LPC (See RMH Behavioral Health)	564-5960
Douglass, Melissa Gail, LPC	949-4202
Eberly, Joan M., Ed.S., LPC	574-0950
Eberly, Rich L., LPC	434-3456
Echterling, Lennis G., Ph.D.	568-6522
Evans, Alan D., Ph.D. (See Augusta Psychological Associates)	949-4202 & 886-5060
Family Life Resource Center (FLRC)	434-8450
Fisher, Anne W., LPC	434-7025
Fitzsimmons, James A., LCSW, SOTP	459-8436 & 335-6899
Flora, Stephen L., LPC (See Woodbrook Counseling Serv. & Augusta Psychological Assoc.)	437-0055 & 949-4202
Flory, Rose, Psy.D., LPC (See Center for Marriage & Family Counseling)	433-1546

Friedland, Emilie S., M.A., LMFT (See Valley Pastoral Counseling Center)	886-5757
Gaddis, Audie, Ph.D. (See Commonwealth Psychological Services)	437-4820
Garrett, Dorothy "Louise", LCSW	465-4441
Gray, Sandra-Joy K., Ph.D., LPC, LMFT	703-791-6466
Grayson, Joann, Ph.D.	833-5593
Greater Hope Ministry, Inc.	574-4189
Grey, Cynthia W., Ed. S., LPC	564-0444
Renee, Geigel, LPC	949-4202
Click, Ruth, MA, EdS, LPC	949-4202
Harmon, J. Phillip, LPC (See Augusta Behavioral Health)	213-2525
Harmon, Paul, M.A., LPC, LSATP, NCC (See New Dimensions Counseling Center)	942-5847
Harmon, Teresa M., Ph.D.	942-5155
Harmon, Victoria, LPC (See Valley Behavioral Health)	459-1262
Harris, Ginny, LPC (See Valley Hope Counseling Center)	941-8933
Harris, Sandra, NP (See Valley Behavioral Health)	459-1262
Harrisonburg-Rockingham Community Services Board	434-1941 & After Hours Emergency: 434-1766
Henderson, Joann H., LPC	476-1482
Hensley, Barry, Ed.S	434-1494
Hensley, Diane L., LPC	434-1494
Here-4-You Counseling	635-3518
Hoopes, Gwendolyn, Ed.S.	665-1970
Horne, Lois B., LPC, LSATP	213-1316
Hudson, Helen T., M.S.W., LCSW	434-4057
Huyard, Rise, LPC	434-2800
Jantzi, Bonita, LCSW	434-2800
Jayne, Thomas M., M.D. (See Augusta Psychological Associates)	949-4202 & 886-5060
Jennings, Julie, Ph.D., LPC	463-7601
Johnson, Jennifer, LPC (See RMH LIFE Recovery Program)	564-5629 & 877-294-5731
Johnston, Nancy, LPC, LSATP	464-1890
Journey Counseling Ministries	908-3464
Kave, Vickie L., LCSW	213-1316
Kuley, Ryan, and Associates	886-3956 & 464-1890
Kuszyk, Jenny, LPC	434-2800
Langston, Tara, CSAC, LPC, ADS	437-0212
Lizer, Bob, M.D.	662-7555
Luke, Laura, PhD	949-4202
Lutheran Family Services of VA	383-2902
Mahmood, Aamir, M.D. (See RMH Valley Behavioral Medicine)	564-7007
Mandeville, Scott W., LCSW, CSOTP (See Bridgewater Counseling Services)	828-3663
Marion, Carolyn, LPC	949-4202
Marion, Jaime, LCSW	949-4202
Martin, Anne L., LCSW	433-1663
Massie, Kent, LPC	564-5960
McNulty Center for Children and Families	433-3100 & 24 hr emergency: 434-1766
Mental Health America of Augusta	866-7181 & 949-0169
National Counseling Group, Inc.	437-0403 & 437-0405
New Dimensions Counseling Center	942-5847
Newman Avenue Associates	434-2800
Norton, Janis, LCSW	435-1315
Nowell, Carrie R., Psy.D.	667-1389
Pelligrino, Joseph F., Ph.D.	574-2210
Porter, Patrice, LPC	949-4202
Psychological Health Associates, Ltd.	667-5431
Pumphrey, Benjamin, MD	949-4202
Rankin, Saranna, LCSW	434-2800
Reid, David, LPC	949-4202
Rittenhouse, J. Neal, Psy.D.	434-260-0646
Rockbridge Area Community Services	463-3141

Sentara Behavioral Health Community Education Program	433-4254 & 435-2492
Sentara Behavioral Health, Inpatient Services	689-5450
Sentara Behavioral Health, Outpatient Services	564-5960
Sentara Grief and Loss Services	433-4427
Sentara LIFE Recovery Program	564-5629
Sentara Partial Hospitalization/Day Treatment Program	546-5629
Sentara Valley Behavioral Medicine	564-7007
Shenandoah Psychiatric Medicine	949-0955
Shenandoah Valley Center for Integral Counseling, LLC	248-1801
Shenandoah Valley Sex Offender Treatment Program	434-1730
Shenk, Daniel R., M.S.W.	434-0531
Shepard, Charles, LPC	949-4202
Showalter, Gerald R., Psy.D.	447-0134
Simmons, Sarah G., LCSW	887-3200
Smith, Bren McGillivray, LPC, LMFT	901-9000
Souder, Mercy, LPC	434-2800
Sylvest, Sandra L., Ed.S., LPC	433-8590
Ter Poorten, Laura, LPC	464-1004
Valley Behavioral Health	459-1262
Valley Community Services Board	886-7100
Valley Hope Counseling Center	941-8933
Valley Pastoral Counseling Center	886-5757
Watros, Jeff, M.A., LPC, LMFT (See Greater Hope Ministry, Inc.)	574-4189
Weaver, Judith G., Ed.S., LPC	433-1291 & 743-7101
Weaver, Sandra, LMHC, Nurse Specialist	434-2800
Weigand, Ken, Psy.D.	667-1389
Wettstone, Richard P., Ed. D.	434-9430
Whitney, Martha, LMFT	631-0999
Wielgus, Carolyn, LPC	464-6949
Winchester Medical Center Behavioral Health Services	536-8000
Wing-Richards, Hillary, M.A., Ed.S., LPC	434-8281
Woodbrook Counseling Services, LLC	437-0055
Worth, James W., Ed.D.	463-4000
Wright, Carroll J., Ph.D.	276-565-8998

#### **Basic Needs/Crisis/Non-Profit Service Providers**

Access Independence	662-4452
Alzheimer's Association, Central & Western Virginia Chapter	437-7444 & 800-272-3900
American Cancer Society	800-416- 8847
Harrisonburg	434-3360
Winchester	667-2315
American Red Cross – Central Virginia Chapter	434-979-7143
Blue Ridge Branch Office	886-9151
Shenandoah County Chapter	459-2913
Americans with Disabilities Act, City of Waynesboro	942-6718
Apple Valley Mediation Network, Inc.	800-767-3898
The Arc of Harrisonburg and Rockingham, Inc.	437-9214 ext. 130
The Arc Op Shop	437-9214 ext. 134
The ARC of Winchester	665-0461
Augusta Health (AHC): Hospice of the Shenandoah – Staunton	332-4909
Waynesboro	932-4909
Augusta Regional Free Clinic – Waynesboro	932-5606
Staunton	332-5606
Big Brothers/Big Sisters – Harrisonburg	433-8886
Central Valley	434-528-0400
Winchester	662-1043

Blue Ridge Hospice	536-5210
Caregivers Community Network	568-6682 & 877-568-6682
The Central Shenandoah Youth Suicide Prevention Initiative, and the Campus Suicide Prevention Center of Virginia	568-8901
Choices of Page County	Hotline: 743-4414
Clean Inc. Community Connections for Youth and Family	772-3589
Collins Center	432-6430 & Hotline: 434-2272
ComfortCare Women's Health – Staunton	885-6261
Waynesboro	943-1700
Community Mediation Center	434-0059 & 800-653-0019
Community Resource Center	433-3888
Deaf & Hard of Hearing Services Center	Videophone: 866-563-7784 & 569-3016 (TTY)
Department of Rehabilitative Services – Fishersville	332-7700 (Voice/TTY)
Harrisonburg	434-5981
Winchester	722-3453 & 535-1813 (TTY)
Department of Social Services – Bath County	839-7271
Harrisonburg/Rockingham County	574-5100
Highland County	468-2199
Page County	778-1053
Rockbridge-Buena Vista-Lexington Area	463-7143
Shenandoah County	459-6226
Shenandoah Valley (Staunton-Augusta Office)	245-5800
Shenandoah Valley (Waynesboro Office)	942-6646
First Step: A Response to Domestic Violence	434-0295 & 866-223-9169
Friendship Industries, Inc.	434-9586
Gemeinschaft Home for Ex-Offenders	434-1690
Goodwill Industries, Inc. – Northern Division	886-2001
Fishersville	332-7750
Harrisonburg Workforce Center	434-2513
Winchester Branch	535-1941
Harrisonburg Pregnancy Center	434-7528
Harrisonburg Redevelopment and Housing Authority	434-7386
Harrisonburg/Rockingham Free Clinic	433-5431
Harrisonburg - Rockingham Community Services Board	434-1941 & 24-Hour: 434-1766
Health Department – Augusta County	332-7830
Bath County	839-7246
Highland County	468-2270
Lexington	463-7136
Page County	743-6528
Rockbridge County	463-3185
Rockingham County & Harrisonburg	574-5100
Shenandoah County	459-3733
Staunton	332-7830
Waynesboro	949-0137
Infant & Toddler Connection of Harrisonburg/Rockingham	433-3100
Lexington Office on Youth	463-4315
Mercy House	432-1812
New Bridges Immigrant Resource Center	438-8295
New Directions Center	885-7273 & Hotline: 800 56 HAVEN
Northwestern Community Services	636-2931 & 800-342-1462 & Crisis line: 635-4804
Office on Children and Youth	568-7083
Office on Youth – Waynesboro	942-6757
Staunton	332-3806
Our Community Place	442-7727
PACE (Parent and Child Education)	433-3100
Page County Clinic	743-4548
Page County Rural Health Center	778-4259
Page One	743-4357

Patchwork Pantry	433-2148
People Helping People	433-7286
People Places	885-8841 & 437-1857
Pleasant View, Inc.	896-8255
Project Horizon	Hotline: 463-2594
Project STAR (Family Resource & Referral Center)	245-5899 or 211
REACH Employee Assistance Program & Workplace Solutions	421-4008 & 800-950-3434
Reading Road Show	568-4113
Response, Inc.	459-5599 & Hotlines: 459-5161 & 888-459-5161
Sentara Grief and Loss Services	433-4427 & 877-294-5731
Sentara Healthcare Hand-in-Hand Resource Mothers Program	433-4340
Sentara Hospice	433-4429
Sentara Psychiatric Emergency Team (PET)	689-1000
Rockbridge Area Community Services Board (RACS)	463-3141
Rockbridge Area Free Clinic	464-8700
Rockbridge Area Hospice	463-1848
Rockbridge Disability Services Board	463-2472
Salvation Army – Harrisonburg	434-4854
Staunton	885-8157
Waynesboro	949-6426
Winchester	662-4777
Shenandoah County Free Clinic	459-1700
Shenandoah Pregnancy Center	984-4673
Shenandoah Valley Migrant Education Program	568-3666
Summit House	434-1816
Teen Pregnancy Prevention (TPP)	568-6007
United Way – Greater Augusta County	943-1215
Harrisonburg & Rockingham County	434-6639
Lexington & Rockbridge County	463-4482
Page County	743-1662
Shenandoah County	536-1610
VA Cooperative Extension Service	564-3080
Valley AIDS Network	568-8838 & 800-648-5302
Valley Associates for Independent Living, Inc (VAIL)	433-6513 & 888-242-VAIL
Valley Mission Inc.	886-4673
Virginia Dept. for the Blind & Vision Impaired (DBVI)	322-7729 & 800-622-2155
Virginia Dept. for the Deaf and Hard of Hearing (VDDHH)	804-662-9502 & 800-552-7917 (V/TTY)
Virginia School for the Deaf and Blind	332-9000 & 800-522-8732
Waynesboro Disability Services Board	942-6718
Winchester Exchange Child Parent Center	536-1640 & 800-567-7954
Woodrow Wilson Rehabilitation Center	332-7000 & 800-345-9972 & 800-811-7893 (TTY)
YMCA – Staunton	885-8089
Waynesboro	942-5107
Rockbridge Area	464-YMCA



## Preventing Suicide: Some Basic Information

### Preventing Suicide article

***Suicide. It's a word we don't hear in polite conversation and it's a topic we don't like to discuss. The problem is, stigma and silence increase risk for suicide. AND... information and understanding HELP TO REDUCE RISK.***

***FIRST, GET the FACTS. Misinformation interferes with people getting the help they need.***

***FACT:*** Most people who talk about suicide are thinking about suicide, in some way. Take all threats of suicide seriously. **MOST PEOPLE WANT HELP**, though they may not be able to ask directly.

***FACT:*** *Most people who die by suicide told others in some way in the weeks before their death. Recognizing and responding to risk can prevent suicide attempts and deaths.*

***FACT:*** Most people who consider suicide have terribly mixed feelings about life and death. Most want a better life, even while they are stating that they want to die. **MOST PEOPLE are desperate for relief and WANT HELP**

***FACT:*** Most suicidal crises are temporary. When people get the help they need, most will not seriously consider suicide again. However, if emotional distress continues without relief and help is not sought, the risk remains for further suicidal behavior. **It's important to help people connect to professional help.**

***FACT:*** Asking if someone is thinking of suicide will not make a person begin to consider suicide. Most people who think about suicide want to talk and want others to recognize their pain. If you ask someone about suicide and the answer is "yes" stay calm, take the time to listen, and help the person to find resources. To learn more about suicide "First Aid" training in our area, go to [www.suicidepreventioncsv.org](http://www.suicidepreventioncsv.org).

***SECOND, know the risk factors and warning signs.***

***Risk Factors:*** (things that can increase, or are connected to, risk)

***Depression:*** Untreated depression is thought to be a major contributor to suicide risk. Although most people who are depressed do not consider suicide, depression significantly increases the risk. Symptoms of depression include:

- Expressions of sadness and hopelessness, or anger and rage
- Withdrawal from friends and extracurricular activities
- A decline in enthusiasm and energy
- Overreaction to criticism
- Lowered self-esteem, or feelings of guilt
- Indecision, lack of concentration, and forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns; eating or sleeping more or less than usual
- Neglect of appearance and hygiene
- Fatigue and lack of motivation
- Decline in performance at school or work

***Beginning use, increased use, or abuse of drugs or alcohol.*** Sometimes people "self-medicate" to reduce emotional pain. But substance abuse can greatly contribute to both depression and suicide risk.

***Depression and substance abuse are serious but treatable problems.*** People who are depressed and/or using substances are in need of help, even if there is no thought of suicide. And, most people who get treatment improve dramatically and feel "like their old selves again."

**Warning signs: You may not know for sure if someone is thinking of suicide. But if you see the following, don't wait. Get help right away.**

- Talking or writing about suicide or death
- Looking for ways to kill him/herself
- Talking or writing about death, dying, or suicide
- Giving less direct verbal cues, such as "You will be better off without me," "What's the point of living?"; "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- Expressions of hopelessness
- Expressing rage or uncontrolled behavior
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Expressing feelings of being trapped like, "There's no way out"
- Withdrawing from friends and family
- Exhibiting anxiety or agitation
- Displaying dramatic mood changes
- Increased alcohol or drug use

**THIRD, Consider how you could help if you fear someone may be thinking of suicide.**

**1. Take it seriously; do NOT dismiss the behavior as simply a "bid for attention"**

**2. Be willing to listen**

- Let the person know you are concerned and tell why. Make it clear that you are willing to listen.
- Listen without judgment. Consider the importance of helping someone feel heard.
- Don't feel as though you have to fix everything. Chances are there are no easy answers.
- If you are worried, don't be afraid to ask whether he or she is considering suicide, or even if they have a particular plan or method in mind.
- Do not attempt to argue anyone out of suicide. Rather, let the person know you care and understand that he or she is not alone, that suicidal feelings are temporary, that depression can be treated, and that problems can be solved. Avoid the temptation to say, "You have so much to live for," or "Your suicide will hurt your family."

**3. Get professional help**

- Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide often don't believe they can be helped, so you may have to do more.
- You can make a difference by helping the person in need find a knowledgeable mental health professional or reputable treatment facility.

**4. In an emergency:**

- Do not leave the person alone until help is available.
- Take your friend or loved one to an emergency room or call your local Community Services Board 24-hour emergency care number. Check for numbers in your area.
- Remove from the vicinity any firearms, drugs, or sharp objects that could be used in a suicide attempt.
- Hospitalization may be needed at least until the crisis is over.
- If these options are not unavailable, call 911 or the **National Suicide Prevention Hotline** 1-800-273-TALK.

## **5. Follow-up on treatment**

- People who are in distress are sometimes hesitant to seek help and may drop out after an initial contact unless there is support for continuing treatment.
- If medication is prescribed, take an active role in supporting medication therapy. Be sure to notify the physician about any unexpected side effects. Often, alternative medications can be prescribed.

2007 American Foundation for Suicide Prevention



## Hotlines and Support Services

### Hotline directory

*(800/877/888 are toll-free numbers)*

#### Abuse and Neglect

Children's Help National Abuse Hotline	800-422-4453
Departments of Social Services:	
Harrisonburg/Rockingham County	540-574-5100
Augusta County/Staunton/Waynesboro	540-245-5800
Bath County	540-839-7271
Highland County	540-468-2199
Page County	540-778-1053
Rockbridge County/Lexington	540-463-7143
Shenandoah County	540-459-6226
Family Violence and Sexual Assault Virginia Hotline	800-838-8238
National Domestic Violence Hotline	800-799-3224
National Domestic Violence Hotline (TDD)	800-787-3224
VA Adult Protective Services	888-832-3858
Child Abuse Hotline	800-552-7096

#### Alcohol and Drug Abuse

Alateen and Al-Anon Family Group Headquarters	800-356-9996
National Center for Alcohol and Drug Information	800-729-6686
Alcoholics Anonymous (Blueridge Area Intergroup)	540-667-0322
American Council on Alcoholism ( <a href="http://www.aca-usa.com">www.aca-usa.com</a> )	800-527-5344
Alcohol and Drug Abuse HelpLine	206-722-3700
National Drug Info Treatment and Referral Hotline	800-662-4357
"Focus on Recovery" Referral Hotline	800-234-0420
Narcotics Anonymous	800-777-1515

#### AIDS and Other Sexually Transmitted Diseases

VCU HIV Services	804-828-2210
Virginia STD/HIV/AIDS Hotline	800-533-4148 (Spanish 800-322-7432)
AIDS Action Committee	800-235-2331
National HIV/AIDS Hotline (24/7 English & Spanish)	800-232-4636
CDC/AIDS Information (Spanish)	800-344-7432
Hepatitis Hotline	877-435-7443
Planned Parenthood U.S. National Sexual Health Hotline	800-230-7526
Sexual Health Hotline (High school & College students)	877-627-3933
American Sexual Health Association: STD Hotline	919-361-8488
Virginia Department of Health (AIDS/Hepatitis/HIV/STDs, M-F 8 am-5 pm)	800-533-4148

#### Caring for Aging Relatives

Augusta/Bath/Highland/Rockingham/Rockbridge Areas	800-868-8727
National Council on Aging	800-424-9046
Page and Shenandoah Area Agency on Aging	800-883-4122

#### Chronic Illness

After Breast Cancer Diagnosis (ABCD)	800-977-2141
Alzheimer's Association 24 hour contact center	800-272-3900
American Association for the Blind	800-424-8666
American Diabetes Association	800-342-2383
American Parkinson's Disease Association	800-223-2732
Cancer Care	800-813-4673

Center for Disease Control (CDC)	800-232-4636
Children's Hospice International	800-242-4453
Juvenile Diabetes Foundation	800-223-1138
National Coalition for Cancer Survivorship	877-622-7937
National Hospice Association	800-658-8898
Virginia Dept. of Health Disease Prevention Hotline	800-533-4148

**Persons with Disabilities and their Families**

American Council for the Blind	800-424-8666
The Arc	800-433-5255
The National Down Syndrome Society	800-221-4602
The International Dyslexia Association	800-222-3123

**Runaway Youth**

Child Find of America	800-426-5678
National Hotline for Missing & Exploited Children	800-843-5678
National Runaway Switchboard for Youth in Crisis	800-786-2929

**Suicide**

American Foundation for Suicide Prevention Crisis Line	800-273-8255
Covenant House Nineline (4pm-8pm ET, 7 days a week)	800-999-9999
Military One Source (for military members & families)	800-342-9647
National Hope Line Network	800-784-2433
Regional Suicide Concern Hotlines:	
Page County	540-743-3733
Shenandoah County	540-459-4742
Winchester City	540-667-0145

**Other**

VA Enforcement Division of Health Professions	800-533-1560
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## Mental Health Care Providers

### Introduction

All of the private and public providers listed in this Directory are licensed by appropriate boards of the Virginia Department of Health Regulatory Board to practice various aspects of mental health services.

- Psychiatrists are providers with a medical degree (M.D.) and therefore may prescribe medication.
- Other academic degrees and specialties include:
  - Psychologists (Ph.D., M.A.)
  - Clinical Psychologists (Ph.D.)
  - Licensed Clinical Social Workers (LCSW or M.S.W.)
  - School Psychologists (Ed.S., Ph.D., Ed.D.)
  - Licensed Professional Counselors (LPC, M.Ed., M.A., Ed.S., Ed.D.)
  - Licensed Marriage and Family Therapist (LMFT)
  - Substance Abuse Certifications (CSAC, NCACII, LSATP)

The training, expertise, and areas of interest of mental health professionals vary considerably. All providers listed can receive third-party payments, but some health insurance companies allow coverage for only certain mental health professions and place a ceiling on the total amount allowed. Check your policy or talk with your employer for specific information about coverage. Some providers have "sliding scales" based on a client's ability to pay. Every professional has an ethical responsibility to give the same quality of service to all clients regardless of ability to pay. The fee for group therapy is usually at a lower rate per hour.

You will need to make an appointment in order to receive services from a private or public provider. Many providers have evening hours if you cannot arrange a daytime appointment.

Providers are listed alphabetically. Please read "When You Need Professional Help" on pages 6 and 7 to aid you in choosing a provider.

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### Listings

All area codes 540 unless otherwise noted

#### **ADHD & Clinical Counseling Center**

57 South Main Street, Suite 616  
Harrisonburg, VA 22801

**564-0373**

Email: [adhdcenter@aol.com](mailto:adhdcenter@aol.com)

Offers full range of diagnostic, psycho-educational, and psychological testing, and treatment services for ADHD, ODD, CD, pediatric bipolar disease, learning disabilities, anxiety, panic disorder, PTSD, and depression. Also, conducts evaluations for dementia and ADHD workshops for educators. Accepts most insurance plans.

#### **American Health and Wellness Institute (AHWI)**

Physical Address:  
25 Professional Way, Suite 101  
Verona, VA 24482

Mailing Address:  
P. O. Box 258  
Verona, VA 24482

*Gerald McKeegan, Ph.D.*

*Stacey Eppard, Office Manager*

**248-1006**

Website: [www.ahwinstitute.com](http://www.ahwinstitute.com)

AHWI provides the following:

- consultation for institutions/organizations that provide therapeutic services to individuals with serious and persistent mental illness and developmental disabilities.

- functional analysis, person-centered assessment, behavioral consultation, positive behavioral support, and training to individuals with challenging behaviors who have developmental disabilities and serious and persistent mental illness.
- on-going assessment of staff needs.
- training for management and supervisors in day programs, residential settings and hospitals.
- training for staff and other facilitators at day programs, residential settings, and hospitals on Positive Behavioral Support, Therapeutic Alliance, etc. and manualized training for “train the trainers”.

**Arbaugh, Thomas, Ph.D., LPC**

**885-5105**

217 W. Beverley Street, Suite 106  
Staunton, VA 24401

Website: [www.DrArbaugh.com](http://www.DrArbaugh.com)

My small practice is designed to be unique and comfortable. I do not report to insurance companies and so they do not have a record of sessions or the client's clinical diagnosis. I do provide a sliding fee scale in place of filing insurance. I work with couples and individuals with anxiety, depression, PTSD, and with basic personal growth issues. I also work with many sexuality issues and have considerable experience with lesbian, gay, bisexual and transgendered clients. I have had special training in Transactional Analysis and have done extensive research into the emotional survival of people who experienced sexual abuse. My dog usually attends sessions and is also intuitive about the needs of the client.

**Associated Mental Health Professionals, Inc.**

**434-0104 & 886-3063**

102 Mactanly Place, Suite E  
Staunton, VA 24401

Fax: 886-6246

Dr. Michael A. Hoffman, MD

I work with children, adolescents and adults in an office setting and strive to provide state-of-the-art psychiatric, neurologic, and holistic consultation, evaluation, and treatment. I use a comprehensive approach that focuses on achieving and maintaining a patient's optimal mental, emotional, and physical well-being. Through the use of a detailed personal history, neuro-endocrine assessment and nutritional evaluation, the patient and I identify problem areas. I use a holistic "approach" to treat the whole patient with medication, nutritional supplements and other therapeutic interventions as indicated.

**Augusta Health:**

- **Augusta Health Psychiatry** **245-7030**  
Medical Office Building (MOB)  
70 Medical Center Circle, Suite 201  
Fishersville, VA 22939

Referrals of adult patients accepted from PCPs and counselors for the psychopharmacologic assessment and management of psychiatric illness.

- **Augusta Behavioral Health** **213-2525**  
79 Medical Center Drive  
Fishersville, VA 22939

Fax: 213-2555

Adults, adolescents, and families seen for substance abuse and mental health assessment and treatment. Employee Assistance Program options for local employers. Most insurances accepted. Sliding fee scale.

- **Recovery Choice Substance Abuse Intensive Outpatient Program** **213-2525**  
This program meets three times a week, serving adults.
- **Transitions Mental Health Intensive Outpatient Program** **213-2525**

The IOP utilizes Dialectical Behavioral Therapy (DBT) concepts. This program meets for 3 hours, 3 times a week.

**Augusta Psychological Associates**

71 Wilson Blvd., Suite A-1  
Fishersville, VA 22939

**949-4202**

Website: [www.augustapsychological.com](http://www.augustapsychological.com)

Deborah Atno-Shelton LCSW  
Kami Barbour LPC  
Brett Blevins EdD  
Jordan Coiner, LPC  
Melissa Gail Douglass MEd LPC  
Alan Evans PhD  
Renee Geigel LPC  
Ruth Glick MA EdS LPC  
Thomas Jayne MD  
Laura L. Luke, Ph.D  
Carolyn Marion MA EdS LPC  
Jaime Marion LCSW  
Patrice Porter MEd NCC LPC LSATP MAC  
Benjamin Pumphrey MD  
David Reid PsyD  
Charles Shepard, LPC

Stress causes different reactions in each of us – sometimes physical, sometimes emotional and sometimes both. Overcoming the challenges of living is a very normal process. We are here to support you and give you the tools necessary to help yourself. Our staff of licensed professionals provides comprehensive mental health services that include:

- Counseling, psychotherapy, and psychiatry
- Child, adolescent, and family therapy
- Marital and couples counseling

**Bickford, Kimberly, LPC**

1820 Country Club Rd  
Harrisonburg, VA 22802

**820-8377**

Email: [KPBickford@hotmail.com](mailto:KPBickford@hotmail.com)

I provide individual therapy to adults and adolescents, age 13 and older, as well as couples therapy. I work with individuals needing help with depression, anxiety, relationship issues, sexual abuse, loss, self-esteem, and personal growth. I have a special interest in working with women and issues related to postpartum adjustment. Insurance filing is provided.

**Bing, Carolyn, LCSW, PBCCC**

Lamplight Counseling Ministry  
1871 Boyers Road  
Harrisonburg, VA 22801

**434-1092 Ext. 892**

**Bridgewater Counseling Services**

108 W. College Street  
Bridgewater, VA 22812  
*Scott W. Mandeville, LCSW, CSOTP*

**828-3663**

Website: [www.bridgewatercounseling.com](http://www.bridgewatercounseling.com)

Email: [BCS456@verizon.net](mailto:BCS456@verizon.net)

I can help people in many areas such as depression, anxiety, sexual and chemical addictions, violent tendencies, personal growth. I see a variety of people from young children to the elderly. I do not believe there is one way to help someone, but each person requires their own special therapy.



**Byrd, Geoffrey, M.S., LPC**

Counseling Associates, PC  
108 West Clifford Street  
Winchester, VA 22601

**665-1848**Website: [www.CounselingAssociatesHome.com](http://www.CounselingAssociatesHome.com)Email: [geoffbyrd@aol.com](mailto:geoffbyrd@aol.com)

Individual and couples counseling for adults. Certified Imago Relationship therapist, Advanced Clinician, integrative health educator for groups and seminars, and consultant to integrative medical practices.

**Center for Marriage and Family Counseling****433-1546**

96 Campbell Street  
Harrisonburg, VA 22801

Fax: 433-9231

Email: [office@cmfc.org](mailto:office@cmfc.org)

The Center for Marriage and Family Counseling is a private, non-profit agency supported in part by the United Way. We provide high quality, professional counseling in a relaxed and welcoming environment. Our experienced counselors see individuals, couples, and families on a sliding fee scale (ability to pay). Most insurance types are accepted as well. Ongoing domestic violence/anger management groups and parent/child visitation services are also provided.

**Charis Institute for Psychological and Family Services/Center for Behavioral Health****568-1876**

36 Southgate Court, Suite 101  
Harrisonburg, VA 22801

*Randy Weber, Ph.D. Clinical Psychologist Ronda Weber, Ph.D., LCSW, Clinical Psychologist and Social Worker*

Over 35 years of experience providing individual, marital, and family therapy for children, teens, and adults needing assistance with a wide range of psychological, behavioral and relational concerns. Psychological testing is also available.

**Collins Center****432-6430**

Physical address:  
165 S. Main Street, Suite D  
Harrisonburg, VA 22801

Mailing address:  
P. O. Box 1473  
Harrisonburg, VA 22803

**24-hour crisis hotline: 434-2272**

Fax: 432-6293

Website: [www.thecollinscenter.org](http://www.thecollinscenter.org)Email: [info@thecollinscenter.org](mailto:info@thecollinscenter.org)

The core of the Collins Center's mission is to provide services to victims and survivors of sexual assault. If you have recently been assaulted, or if the assault occurred a while ago, you have a number of options. Whatever you decide to do, the Collins Center is here to help. We recognize that sexual assault affects everyone in the community, and we have a variety of services for women, men, and children, many of which are free, confidential, and available in Spanish. The Collins Center treatment team is staffed by three licensed therapists who have a variety of experience and specialties. These therapists work together to provide comprehensive services for all mental health issues.

**Comprehensive Behavioral Health Services****941-2500 & 213-2500**

25 Myers Corner Drive  
Staunton, VA 22939

800-932-0262 Ext. 2500

Fax: 941-2502

*Timothy J. Kane, M.D.*

*Tina Judge, FNP*

Our practitioners offer a wide range of expertise in working with adolescents, adults, and older adults. Some specialty groups available. We treat mental health disorders, substance abuse and addiction, and relationship and family issues. In-network with most insurances. Evening hours are available.

**Cook, Jean M., LCSW****463-4554**

120 W. Nelson Street  
Lexington, VA 24450

Email: [hopkinslcs@hotmai.com](mailto:hopkinslcs@hotmai.com)

**Counseling and Psychological Services (CAPS)**

568-6555

738 South Mason Street  
Harrisonburg, VA 22807

CAPS provides affordable services to children, adolescents, adults, and families to meet a variety of mental health needs. Flexible payment plans are available. Services include individual, family, couple, and group counseling; psychological assessment and testing; and consultation services. Day and evening appointments available. All counseling services provided on a sliding scale. Medicare/Medicaid not accepted.

**Crossroads Counseling Center**

250 E. Elizabeth Street, Suite 102  
Harrisonburg, VA 22802

**801-0885**

Fax: 801-8221

Email: [crossroads1@csv-inc.com](mailto:crossroads1@csv-inc.com)

174 Costello Drive  
Winchester, VA 22602

**662-7007**

Fax: 662-7899

Email: [crossroads@csv-inc.com](mailto:crossroads@csv-inc.com)

649 North Main Street  
Woodstock, VA 22664

**459-9003**

Fax: 237-6476

Email: [crossroads4@csv-inc.com](mailto:crossroads4@csv-inc.com)

Website: [www.childrensservicesofva.com](http://www.childrensservicesofva.com)

Website: [www.childrensservicesofva.com](http://www.childrensservicesofva.com)

7547 Presidential Lane  
Manassas, VA 20109

**703-361-1525**

Fax: 703-361-3395

Website: [www.childrensservicesofva.com](http://www.childrensservicesofva.com)

221 West Main Street  
Luray, VA 22835

**843-2509**

Fax: 843-2512

Crossroads provides outpatient, intensive in-home, mentoring, therapeutic day treatment (school-based), and mental health support for children, adolescents, adults, and families. Other programs to assist children and adults are created based on community need. Licensure supervision offered to selected professionals. Medicaid, local FAPT funded, private insurance, and self-pay.

**DeCanio, Chris, Ph.D.**

1445 Senseny Road  
Winchester, VA 22601

**722-9472**

Fax: 722-9473

Email: [network8@verizon.net](mailto:network8@verizon.net)

**DePaul Community Resources**

36 Southgate Court, Suite 101  
Harrisonburg, VA 22801

**437-0033**

Email: [LColumbo@DePaulCR.org](mailto:LColumbo@DePaulCR.org)

DePaul Community Resources provides the following programs: Treatment Foster Care, Developmental Disabilities, Clinical Services, and Adoption. The Harrisonburg office offers Treatment Foster Care of children and adolescents who have special needs and require foster care placement and case management services.

**Eberly, Joan M., Ed.S., LPC**

1820 Country Club Road  
Harrisonburg, VA 22802

**574-0950**

Individual counseling with special focus on women's issues. Limited counseling to older children and adolescents. Infertility counseling a specialty. Participate in most insurance networks.

**Eberly, Rich L., LPC**  
1820 Country Club Road  
Harrisonburg, VA 22802

**434-3456**

Jungian orientation with a specialty in dream work, depth psychotherapy, mid-life issues, marriage and family therapy, and men's issues. Adults and adolescents.

**Echterling, Lennis G., Ph.D.**  
James Madison University  
Harrisonburg, VA 22807

**568-6522**  
Email: [echterlg@jmu.edu](mailto:echterlg@jmu.edu)

I am a clinical psychologist and currently offer training in crisis intervention, brief counseling, disaster response, resilience, and post-traumatic growth. I also provide consultation services to agencies and organizations in the areas of traumatic stress and disaster intervention.

**Family Life Resource Center (FLRC)**  
273 Newman Avenue  
Harrisonburg, VA 22801

**434-8450**  
**Toll Free: 800-655-2055**  
Fax 433-3805

*Teresa Adamson, LCSW*  
*Hilary Bierly, LCSW*  
*Crystal Horning, LPC*  
*Darlene Keller, LPC*  
*Shon Tucker, LPC*  
*Harvey Yoder, LPC*  
*Elroy Miller, LCSW*  
*Nicole Cameron, Resident in Counseling*

Family Life Resource Center is a counseling agency meeting the behavioral health needs of individuals, couples, and families, as well as providing programs and other resources to churches, businesses, and community groups. Working from a Christian faith perspective, clinicians at FLRC are committed to helping people pursue health and wholeness as individuals and in their relationships. FLRC is counseling for hope, health, and healing- for all of life! Most insurance accepted.

**Fisher, Anne W., LPC**  
1820 Country Club Road  
Harrisonburg, VA 22802

**434-7025**

Licensed Professional Counselor, primarily treating adolescents and adults in individual or group settings that are struggling with anxiety, depression, eating disorders, and relationship issues.

**Garrett, Dorothy "Louise", LSCW**  
Physical address:  
720 E. Queen Street, Suite 1  
Strasburg, VA 22657

Mailing address:  
P. O. Box 69  
Strasburg, VA 22657

**465-4441**  
Fax: 465-4439  
Email: [lgs@shentel.net](mailto:lgs@shentel.net)

I work with individuals, couples, and adolescents 13 years and older. Areas of interest include: grief/loss issues, adjustment to disability, women's issues, life transitions, female sexual dysfunction, co-dependency, ACOA, PTSD, anxiety, and depression.

**Gray, Sandra-Joy K., Ph. D., LPC, LMFT**

**703-791-6466**

7331 Sheraton Dr.  
Manassas, VA 20112

I have been in private practice for over 20 years, specializing in outpatient psychotherapy for clergy, incest survivors, and those dealing with bereavement and grief, codependency issues, and childhood trauma. I also do marriage counseling. I have limited hours at the Bryce Mountain Resort in Shenandoah County. Please call the number listed above for more information.

**Grayson, Joann, Ph.D.**

**833-5593**

356 South Main St.  
Harrisonburg, VA 22801

Email: [graysojh@jmu.edu](mailto:graysojh@jmu.edu)

I am a clinical psychologist with a part-time practice that is limited, at present, to evaluations for the court, for Rockingham Memorial Hospital, and for Harrisonburg-Rockingham Social Services District.

**Greater Hope Ministry, Inc.**

**574-4189**

172 South Ave  
Harrisonburg, VA 22801

[www.greaterhope.org/](http://www.greaterhope.org/)

Greater Hope Ministry has been offering Christian ministry and discipleship through support groups since 1998. The focus of our support groups is to offer hope and healing to men and women desiring freedom from unwanted same-sex attractions, sexual addiction, and the effects of sexual abuse. We also offer individual, marital, and family counseling for adolescents, teens and adults who desire a Christian context to address their sexual and relational conflicts.

**Grey, Cynthia W., Ed.S., LPC**

**564-0444**

356 South Main Street  
Harrisonburg, VA 22801

My practice includes work with individuals and couples. Special areas of interest include: relationship issues, women's issues, anxiety and stress management, alcohol education and recovery issues, gay and lesbian lifestyle issues, codependency issues, depression, communication skills training, abuse and sexual trauma, and personal growth. Cognitive-behavioral-affective approach. Day and evening hours are available. Free initial consultation available upon request. Filing to insurance companies provided.

**Harmon, Teresa M., Ph.D.**

**942-5155**

29 Stoneridge Drive, Suite 105  
Waynesboro, VA 22980

Fax: 941-8181

Clinical Psychology and Clinical Neuropsychology. Ages 6 years to 85 years.

**Henderson, Joann H., LPC**

**476-1482**

Physical address:  
1820 Country Club Road  
Harrisonburg, VA 22802

Mailing address:  
P. O. Box 103  
Broadway, VA 22815

Website: [www.joannhhendersontherapy.com](http://www.joannhhendersontherapy.com)  
Email: [joannhhenderson@gmail.com](mailto:joannhhenderson@gmail.com)

Professionally integrating psychotherapy and spirituality for individuals of all ages, couples, families, and groups. Philosophy of practice integrates body, mind, and spirit on a journey toward wholeness.

**Henslev, Barry Ed.S**

**434-1494**

31 Southgate Court, Suite 101  
Harrisonburg, VA 22801

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

**Hensley, Diane L., LPC**  
31 Southgate Ct, Suite 101  
Harrisonburg, VA 22801

**434-1494**

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

**Here-4-You Counseling**  
109 E. 6<sup>th</sup> Street  
Front Royal, VA 22630  
*Jeffrey J. Rodman, LPC, MAC*

**635-3518**  
Website: [www.here-4-you.com](http://www.here-4-you.com)  
Email: [Jeffrey@here-4-you.com](mailto:Jeffrey@here-4-you.com)

Individual, family, and couples counseling. Substance abuse assessment and treatment. Christian Care counseling. Accept Anthem BC/BS, Cigna, and Aetna insurance plans.

**Hoopes, Gwendolyn, Ed.S.**  
Amherst Center  
21 S. Kent Street, Suite B 2  
Winchester, VA 22601

**665-1970**

I provide both treatment and diagnostic services to children, teens, and college-age adults who experience learning and/or emotional difficulties. Cognitive behavioral and solution-focused work is done primarily with individuals and family units.

**Hudson, Helen T., M.S.W., LCSW**  
150 Franklin Street  
Harrisonburg, VA 22801

**434-4057**

I have practiced psychotherapy for 29 years. I work primarily with adolescents and their families, and adults in individual and marital therapy. I have particular interest and expertise in adult survivors of incest, rape, and violence. I also work with people doing Emotional Freedom Technique (EFT), in combination with psychotherapy. Philosophy: to focus not only on the symptoms, but on the emotional, intellectual, physical, social, and spiritual strengths of the individual or family. Evening appointments and free parking are available. I accept Medicare and Medicaid and most insurance.

**Jennings, Julie, Ph.D., LPC**  
204 E. Washington Street  
Lexington, VA 24450

**463-7601**

**Johnston, Nancy L., LPC, LSATP**  
108D Houston Street  
Lexington, VA 24450

**464-1890**  
Website: [www.nancyljohnston.com](http://www.nancyljohnston.com)

**Journey Counseling Ministries**  
139 N Liberty Street, Suite 202-A  
Harrisonburg, VA 22801

**908-3464**  
Website: [www.journeycounselingministries.org](http://www.journeycounselingministries.org)

*John Kuebler, MDiv, LPC, LMFT- Clinical Director*

Journey Counseling is a not-for-profit counseling center made up of Biblically-based, clinically-trained counselors and therapists. We have a desire to come along side hurting and struggling people of all backgrounds and provide counseling that is rooted in scripture and reflecting contemporary psychological research. Journey works with individuals, couples, families, and children focusing on a range of relational and individual issues guiding hurting people towards greater health and understanding. We have a client assistance program that can help with the cost of counseling for those who qualify. Each counselor's bio and contact information can be found on our website.

**Kave, Vickie L., LCSW**

1208 West Beverley Street  
Staunton, VA 24401

204 E. Washington Street  
Lexington, VA 24450

**213-1316**Email: [bjkave@gmail.com](mailto:bjkave@gmail.com)

Life transitions and trauma recovery for children, adolescents, adults, and families. Mission is to enable people to find wholeness and healing through professional psychological counseling and education, while integrating spiritual, medical, and community resources.

**Kuley, Ryan, and Associates**

40 Lambert Street, Suite 222  
Staunton, VA 24401

108 Houston Street  
Lexington, VA 24450

**886-3956 & 464-1890****Langston, Tara, CSAC, LPC, ADS**

356 S. Main Street  
Harrisonburg, VA 22801

**437-0212**Email: [TDL716@aol.com](mailto:TDL716@aol.com)

I provide individual, couples, group, and family therapy for those 12 years old and above. I specialize in substance abuse and have been trained to provide auricular acupuncture. I work with people on personal growth issues, mental health disorders, parenting concerns, and anger management. I am a Certified Substance Abuse Counselor, Licensed Professional Counselor, and an Auricular Detox Specialist. Will file insurance pending authorization from the insurance carrier. I work hard to accommodate work, family, and school schedules.

**Lizer, Bob, M.D.**

335 Westside Station Drive  
Winchester, VA 22601

**662-7555**

Adult outpatient and psychiatric services.

**Martin, Anne L., LCSW**

1820 Country Club Road  
Harrisonburg, VA 22802

**433-1663**

I counsel adults, adolescents, children, and families. My areas of interest and expertise include: treating depression and anxiety; facilitating recovery from trauma; eating disorders, family difficulties and assisting women focusing on personal growth. I blend family systems and object relations perspectives, utilize cognitive-behavioral techniques, and believe being thoroughly heard is central to healing, change, and growth. Day and evening appointments are available. Most insurance plans are accepted.

**McNulty Center for Children and Families****433-3100**

463 E. Washington Street  
Harrisonburg, VA 22802  
*Lynn Grigg, Director*

**24-hour emergency: 434-1766**Website: [www.hrcsb.org](http://www.hrcsb.org)

Provides mental health and substance abuse services to children and families as a part of the Harrisonburg-Rockingham Community Services Board. Services include individual and family therapy, group therapy, and case management for children with serious emotional disturbance (SED) and intellectual disabilities (ID). In addition, the PACE early intervention program for infants and toddlers provides developmental assessments, infant education, physical therapy, speech therapy, occupational therapy, and service coordination for children from birth to three years of age.

**Mental Health America of Augusta**

101 W. Frederick Street, Room 206  
Staunton, VA 24401

**866-7181 & 949-0169**Website: [www.mha-augusta.org](http://www.mha-augusta.org)

Mental Health America of Augusta is a non-profit, non-governmental, education and advocacy, volunteer organization whose mission is: to improve the mental health of our community by providing education, advocacy, and service access. The MHA-A works closely with area legislators to promote the passage of legislation that supports the above stated mission, and serves the community as an information and referral service to include private providers, public agencies, and support groups. We also provide educational seminars for both the professional community and local citizens. The MHA-A, a United Way partner agency, also sponsors community-based, on-going programs such as: Pro Bono Counseling, YEAR One...for Newlyweds, the Bereavement Program, Pearl of Happiness, and Anxiety and Bipolar Support Group.

**National Counseling Group, Inc.**

1951 Evelyn Byrd Avenue, Suite B  
Harrisonburg, VA 22801

*Tamala K. Gilardi, LCSW, Clinical Supervisor*

**437-0403 & 437-0405**

Fax: 437--0421

Website: [www.nationalcounselinggroup.com](http://www.nationalcounselinggroup.com)Email: [Lauren.boyd@nationalcounselinggroup.com](mailto:Lauren.boyd@nationalcounselinggroup.com)

Intensive in-home counseling services for youth and their families. Out-patient therapy. Mental health support services provider. Therapeutic day treatment for at-risk youth in public school systems. Accept Medicaid, FAPT, and self-pay.

**New Dimensions Counseling Center**

421 W. Main Street  
Waynesboro, VA 22980  
*Kathy Anstine, LPC*

**942-5847****Newman Avenue Associates**

110 Newman Avenue  
Harrisonburg, Virginia 22801

**434-2800**

Fax: 434-2883

Newman Avenue Associates is comprised of a group of experienced clinicians with diverse and specialized training. We offer a range of mental health services including individual, couples, and family counseling, and play therapy. We also offer EMDR, biofeedback, and coaching as well as consultations and training to professionals, schools, churches, and businesses. We enjoy working with people of all ages. Please feel free to contact any of the NAA clinicians to discuss which person would best meet your or your client's clinical needs.

**Norton, Janis, LCSW**

356 S. Main Street  
Harrisonburg, VA 22801

**435-1315**Website: [www.janisnorton.com](http://www.janisnorton.com)Email: [janisnorton@gmail.com](mailto:janisnorton@gmail.com)

Individual, couples, and family therapy. Neuro-feedback.

**Nowell, Carrie R., Psy.D.**

481 E. Market Street  
Harrisonburg, VA 22801

**574-2210**

I work with adolescents, young adults, and families. Empathic and dynamic, I provide a strength-based approach to help clients realize their potential. Concerned with immediate relief but also focused on deeper change, I work in short or long-term interventions in order to increase functional capacities and address personality dynamics. Additionally, I provide psychological testing for children, adolescents, and adults with an emphasis on ADHD/learning evaluations and personality assessment. Accept insurance and private pay. Day and evening hours available.

**Pellegrino, Joseph F., Ph.D.****574-2210**

481 E. Market Street  
Harrisonburg, VA 22801

I am a clinical psychologist who provides individual, play, and family therapy for children, adolescents, and adults as well as couple/marital counseling. I conduct comprehensive psychological evaluations with children, adolescents, and adults. Consultation with schools and daycares and workshop presentations are available. Areas of expertise: depression, anxiety, ADHD, anger management, divorce, adoption and blended family issues, and chronic illness. Daytime and evening hours available. Insurance accepted.

**Psychological Health Associates, Ltd.****667-5431**

801 S. Loudoun Street  
Winchester, VA 22601

Website: [www.phawinchester.com](http://www.phawinchester.com)  
Email: [info@phawinchester.com](mailto:info@phawinchester.com)

Psychological Health Associates is a multidimensional practice designed to address a variety of mental health needs. Our practitioners are highly trained licensed professional psychologists with a diversity of expertise providing a wide range of treatment and assessment services for children, adolescents, adults, and couples.

**Rittenhouse, J. Neal, Psy.D.****434-260-0646**

273 Newman Avenue  
Harrisonburg, VA 22801

Website: <https://sites.google.com/site/jnrittenhouse>  
Email: [neal.rittenhouse@gmail.com](mailto:neal.rittenhouse@gmail.com)

I am a Licensed Clinical Psychologist in the Commonwealth of Virginia and have spent a number of years providing psychotherapy and psychological assessment services in university and medical center settings. I operate from an integrative theoretical orientation, which often includes client-centered, psychodynamic, interpersonal process, family systems, behavioral, and cognitive behavioral approaches. In general, I view psychotherapy as a collaborative process where clients feel safe to explore and learn about themselves and try new skills in order to achieve their goals for change.

**Sentara Behavioral Health Community Education Program****433-4254 & 435-2492**

644 University Boulevard  
Harrisonburg, VA 22801

Toll free: 877- 294-5731  
Email: [jpirooz@rhcc.com](mailto:jpirooz@rhcc.com)

Providing the community with information regarding services offered by Sentara Behavioral Health and the benefits of these services. It is the goal of the program to educate healthcare professionals, family members, patients, and other interested parties about behavioral health resources that are available to them when necessary. Mental health information, educational seminars, and programming are obtainable through this program by contacting the program manager.

**Sentara Behavioral Health, Inpatient Services****689-5450**

2010 Health Circle Drive  
Harrisonburg, VA 22801

Comprehensive mental health services include a 20-bed inpatient adult psychiatric unit. Acute in-patient care for psychiatric disorders, including dual diagnoses. Individual, family, group, recreational, occupational, and psychopharmacological therapies are provided. For referral to this unit and for after-hours and on-weekends contact information, call the Psychiatric Emergency Team (PET) at 689-1000.

**Sentara Behavioral Health, Outpatient Services****564-5960**

644 University Boulevard  
Harrisonburg, VA 22801

877- 294-5731  
Fax: 433-4338



Offering care, treatment, and support for individuals, families, and groups in a warm, healing environment. The Center for Behavioral Health offers a unique and comprehensive approach to traditional mental health services, including the following:

- Individual, couple, and family therapy for adolescents and adults.
- Partial Hospitalization/Day Treatment Program – intensive outpatient support for those in crisis
- LIFE Recovery Program – specializing in addiction services (see below).
- Grief and loss services (see below).
- Eating disorders services.
- *Smart Marriages* program.
- Biofeedback and stress management.
- Employee Assistance Program – tailored to the business community.
- 24-hour psychiatric emergency services.

Most insurance plans accepted. Hours of operation vary with service.

### **Sentara Grief and Loss Services**

**433-4427**

644 University Boulevard  
Harrisonburg, VA 22801  
*Nancy Shomo, Program Coordinator*

877-294-5731 Ext: 4427  
Email: [nshomo@rhcc.com](mailto:nshomo@rhcc.com)

Sentara Grief and Loss Services provide individual and family consultations with no charge for the first two visits. Modest charges for subsequent visits. Referral services are provided. Educational workshops and seminars are offered to schools, universities, businesses, churches, and civic organizations. Support groups are offered on various loss issues. Bereavement training in pregnancy loss (RTS) is also available to facilities within a 100 mile radius of Harrisonburg.

### **Sentara LIFE Recovery Program**

**564-5629**

644 University Boulevard  
Harrisonburg, VA 22801  
*Jennifer Johnson, LPC, Program Coordinator*

Toll free: **877- 294-5731**  
Fax: 564-5823

Staffed by licensed professionals who provide outpatient substance abuse treatment for persons, 13 years and older, who are suffering from problems due to drug and/or alcohol use. Services include individual therapy, motivational group therapy, adolescent individual and group therapy, family education, intensive outpatient programs, continuing care groups, residential treatment referral, and smoking cessation. Treatment costs vary depending upon the services provided. Most insurance plans accepted.

### **Sentara Partial Hospitalization/ Day Treatment Program**

**546-5629**

644 University Boulevard  
Harrisonburg, VA 22801  
*Jennifer Johnson, LPC, Program Coordinator*

Toll free: 877- 294-5731  
Fax: 564-5823

The Sentara Partial Hospitalization/Day Treatment Program offers a convenient and efficient way for people to get the help and therapy they need with the least amount of disruption to their lives. Participants come to the hospital in the morning, stay during the day for therapy and/or treatment, then go home in the evening. The goal of the program is to provide quality care in a structured but relaxed setting that acknowledges the patient's dignity, motivation, and ability to effectively manage his or her life. The program uses a strengths-based approach to care.

**Sentara Valley Behavioral Medicine****564-7007**

644 University Boulevard  
Harrisonburg, VA 22801

SENTARA Valley Behavioral Medicine is a group psychiatric practice providing high quality evaluation and treatment for psychiatric and addictive disorders. SENTARA VBM provides psychiatric evaluation and treatment to patients 6 years of age and older from throughout the Shenandoah Valley. Outpatient care is offered through our office in Harrisonburg. Inpatient care is provided through SENTARA Behavioral Health, Inpatient Services and day treatment and intensive outpatient services are offered through SENTARA Behavioral Health outpatient services.

**Shenandoah Psychiatric Medicine****949-0955**

19 Briar Knoll Court, Suite 3  
Fishersville, VA 22939  
*Darin L. Christensen, M.D.*

**Shenandoah Valley Center for Integral Counseling, LLC****248-1801**

113 Mill Place Parkway, #101  
Verona, VA 24482-2662  
*Gary Bass, M.Ed., LPC*

Fax: 248-1802

*Mary Kay Rose, Ed.S., LPC*

Offer individual, group, family, marital, relationship, and couples counseling. A general counseling practice with special interest in depression, anxiety, PTSD, grief and loss, physical and sexual abuse, anger management, stress management, women's and men's issues, growth counseling, Asperger's, domestic violence, depth counseling, personal and professional development, personal and professional coaching, addiction and recovery, effective communication, the process of change, and creative, expressive and inner-directed and body-centered modalities. We serve adolescents 12 years old and up, adults, families, couples, and organizations. We focus on, acknowledge, and honor the whole person – mental, emotional, physical, and spiritual. We accept most insurance and private pay.

**Shenandoah Valley Sex Offender Treatment Program****434-1730**

356 S. Main Street  
Harrisonburg, VA 22801

Website: [www.SVSOTP.org](http://www.SVSOTP.org)

We are a community based outpatient treatment program for adolescent sex offenders. We take referrals from individuals or agencies but do not bill insurance. We provide group and individual cognitive/behavioral therapy for sex offenders who have a founded case and who fall within the age range of 13 to 19. We have an informational website which provides referral information and forms that can be accessed at SVSOTP.org.

**Shenk, Daniel R., M.S.W.****434-0531**

1820 Country Club Road  
Harrisonburg, VA 22801

Email: [shenk1820@yahoo.com](mailto:shenk1820@yahoo.com)

I offer individual, marital, and group psychotherapy with a particular interest in the mind-body-spirit connection. I work mostly with people who are experiencing anxiety, depression, relationship problems, and issues around loss, death, and separation.

**Showalter, Gerald R., Psy.D.****447-0134**

King Plaza West  
1320 Ohio Street, Suite M  
Waynesboro, VA 22980

Fax: 941-1076

Licensed Clinical Psychologist and Neuropsychologist

**Simmons, Sarah G., LCSW**

85 Sangers Ln  
Staunton, VA 24401

**887-3200**

I provide individual, family, and couples therapy. My clinical experience includes work with depression, anxiety, grief and loss, divorce, ADHD, childhood onset disorders, life transitions, self-esteem, and parenting support. Accept most insurances.

**Springbrook Wellness and Counseling**

133 W. Springbrook Rd.  
Broadway, VA 22815

**896-7687**

Website: [www.springbrookcounseling.com](http://www.springbrookcounseling.com)

We provide counseling services to adults, children, teens, and families . We use a variety of approaches such as play therapy, art therapy, equine assisted psychotherapy to support our community. Our specialties include working with depression, anxiety, personal growth and couples' issues. We are a practice in Broadway, Virginia and have been providing therapy for over 20 years.

**Sylvest, Sandra L., Ed.S., LPC**

Choice Directions Counseling  
6178 Scholars Rd  
Mt. Crawford, VA 22841

**433-8590**

I work with individuals, couples, and families in the discovery of conscious choices that create more satisfying life experiences. My practice addresses issues of depression, anxiety, stress, grief, loss, low self-esteem, and relationship issues of trust, intimacy, and communication. The therapies I employ are drawn from various theoretical bases depending on the client's needs and available resources. Day and evening hours by appointment.

**Ter Poorten, Laura, LPC**

120 W. Nelson Street  
Lexington, VA 24450

**464-1004**

Email: [Lterpoorten@gmail.com](mailto:Lterpoorten@gmail.com)

**Valley Behavioral Health**

755 S. Main Street  
Woodstock, VA 22664

**459-1262**

Fax: 459-1263

*Thomas Cardwell, M.D.*  
*Sandra Harris, NP*

*Donna Van Horn, LCSW*  
*Victoria Harmon, LPC*

**Valley Hope Counseling Center**

20 Stoneridge Dr., Suite #202  
Waynesboro, VA 22980  
*Ginny Harris, LPC, Executive Director*

**941-8933**

Email: [valleyhope@ntelos.net](mailto:valleyhope@ntelos.net)

Sliding scale fee based on family income and number of dependents. Accept Medicaid, but not Medicare. Any age clients served. No current services for non-English speakers. Valley Hope is a United Way agency that provides quality mental health counseling services at an affordable fee. All types of mental health issues are addressed and counselors have a variety of theoretical orientations. By appointment only, evening appointments available.

**Valley Pastoral Counseling Center**

300 Chestnut Avenue  
Waynesboro, VA 22980

**886-5757**

Website: [www.valleypastoral.org](http://www.valleypastoral.org)

Insight oriented therapy, intensive adult psychotherapy, depression and anxiety, couples therapy, spiritual issues, and relationship difficulties.

**Watros, Jeff, M.A., LPC, LMFT**

Physical address:  
100 Mactanly pl Ste. B  
Staunton, VA 24401

Mailing address:  
P. O. Box 1822  
Harrisonburg, VA 22801

885-3481  
Email: [jeffwatrosipc@gmail.com](mailto:jeffwatrosipc@gmail.com)

For over fifteen years I has been providing individual, marriage and family counseling for adolescents, teens and adults who desire a compassionate, *Christ-centered context to address matters of life, faith and the heart* □ Furthermore, I offer help and support in the following areas: Christian leadership, spiritual disciplines, accountability, sexual addiction, sexual identity, healthy relationships, family of origin issues, forgiveness, various abuses, depression, anxiety, stress, anger, grief and loss. I am also available for speaking engagements, training and group work. My schedule is flexible with some evening hours. I am a provider with several primary insurance companies.

**Weaver, Judith G., Ed.S. LPC**

320 S. Main Street  
Harrisonburg VA 22801

7 Berry Boulevard  
P.O. Box 604  
Luray, VA 22835

433-1291 & 743-7101  
Email: [jwalpc@aol.com](mailto:jwalpc@aol.com)

My practice includes work with adolescents and adults, individuals, couples, families and groups. Special areas of interest and expertise: survivors of childhood trauma, adult children of alcoholics, codependency, gender issues, domestic violence, and relationship concerns. Available to complete chemical dependency evaluations under the SAP/DOT guidelines and to supervise LPC candidates and graduate student interns. Batterer Intervention Program. Insurance filed; participating in most major insurance plans and managed care networks.

**Weigand, Ken, Psy.D.**

134 W. Piccadilly Street  
Winchester, VA 22601

667-1389

Clinical psychologist in private practice with larger group of providers. Specialty areas are young adult development problems, adolescents, family therapy, and couples therapy. Also, a general practitioner who conducts evaluations.

**Wettstone, Richard P., Ed. D.**

356 South Main St.  
Harrisonburg, VA 22801

434-9430  
Email: [LPCRWP@verizon.net](mailto:LPCRWP@verizon.net)

Thirty-five years of experience as a full-time counselor has prepared me to deal with a broad range of people and concerns. In addition to being licensed as a Professional Counselor, I am also licensed as a Marriage and Family Therapist, Substance Abuse Treatment Provider and as a Certified Family Mediator. Specialty areas include: marital and family issues, addictions of all types, stress management and depression, and adolescent substance abuse and behavioral problems. I am trained in hypnosis, which is useful for those interested in stopping smoking, weight control, and with many concrete behavior changes. Evening hours are available and most insurance plans are accepted, except for Medicare and Medicaid.

**Whitney, Martha, LMFT**

904 John Marshall Hwy  
Front Royal, VA 22630

631-0999  
Website: [www.marthawhitney.com](http://www.marthawhitney.com)  
Email: [martha@marthawhitney.com](mailto:martha@marthawhitney.com)

I am a compassionate and professional resource who offers psychotherapy services for individuals, couples, families, and groups. I help people cope with stress, anxiety, depression or health concerns. I guide people through major life transitions, such as divorce, career or job change, retirement, or the loss of a loved one. I coach people to enhance their relationships, including employment, marriage and couple, pre-marital, or parent-child. I work with people of all ages.

**Wielgus, Carolyn, LPC**  
204 E. Washington Street  
Lexington, VA 24450

**464-6949**

**Winchester Medical Center Behavioral Health Services**  
1840 Amherst Street  
Winchester, VA 22601

**536-8000**

Toll free: 800-786-2673

Website: [www.valleyhealthlink.com](http://www.valleyhealthlink.com)

Provides psychiatric services to all adult and adolescent patients who are in need of inpatient care, partial hospitalization, the Adolescent After School Program, or outpatient therapy that is not available in the community. Accepts patients who are on a Temporary Detention Order or Commitment by the Courts.

**Wing-Richards, Hillary, M.A., Ed.S., LPC**

**434-8281**

Physical address:  
370 Neff Avenue, Bldg. J  
Harrisonburg, VA 22801

Mailing address:  
P. O. Box 1013  
Harrisonburg, VA 22801

Marriage, family, and individual counseling. Adolescence through adulthood. Relationship issues, depression, anxiety, eating disorders, and anger management. Self esteem, crisis intervention for domestic violence and sexual assault victims, male and female survivors of childhood and adolescent sexual and physical abuse, and divorce and stepfamily issues. Consultation and presentations to businesses and organizations on topics including conflict resolution, sexual harassment, surviving childhood abuse and communication in the workplace. Most major insurances accepted. Evening hours by appointment.

**Woodbrook Counseling Services, LLC**

**437-0055**

185 South Liberty Street  
Harrisonburg, VA 22801  
*Stephen L. Flora, LPC*

Email: [woodbrookcounseling@hotmail.com](mailto:woodbrookcounseling@hotmail.com)

I provide individual and family counseling. My practice focuses on child and adolescent issues, Autism Spectrum disorders, and sexual and physical abuse victims.

## Basic Needs/Crisis/Non-Profit Service Providers

### Introduction

Sometimes we all need a helping hand. The agencies in this section offer a variety of different services from crisis intervention to prevention and education. Agencies specializing in crisis intervention offer assistance in a variety of circumstances ranging from natural disaster recovery to domestic violence and abuse. Many of these agencies also provide basic needs to families such as shelter, food, and clothing.

Non-Profit Service Providers come in all shapes and sizes. They may offer assessment, emotional support, financial assistance, education, medical treatment, mentoring, or temporary shelter. Some are staffed by professionals only, while others rely on volunteers. Many of the services provided are free; however, some agencies do charge for their services. Most agencies will handle a variety of problems but regularly refer people to mental health care providers for more specific counseling needs. Many non-profit service agencies also provide prevention and education services. Please contact the agencies to find out if these services are available.

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All area codes 540 unless otherwise noted

### Community Services Boards

The 133 cities or counties in Virginia established the 40 Community Services Boards (CSBs) to provide publicly funded mental health, substance use disorder and developmental services throughout the state. Virginia's CSBs are the single points of entry for those services. CSBs are supported through federal, state and local funds and offer services on a sliding scale to clients. Services include emergency and outpatient care, case management, day support, employment, residential and prevention services and access to state mental health hospitals. CSB programs are designed to enhance the quality of life for children and adults affected by emotional/behavioral disorders, mental illness, substance use disorder, and developmental disabilities.

Each CSB establishes local eligibility criteria for admission to its services. CSBs in the central Shenandoah Valley include the following:

#### **Harrisonburg Rockingham Community Services Board**

**434-1941**

1241 N Main Street  
Harrisonburg, VA 22801

HRCSB strives to provide excellent services and to partner with each individual to achieve his or her best recovery. We support infants and toddlers, school-aged youth, and adults across their lifespan. Programs are licensed by the Virginia Department of Behavioral Health and Developmental Services. Services may have eligibility requirements.

Emergency Services: **434-1766**

Website: <https://www.hrcsb.org/>

#### **Valley Community Services Board**

**887-3200 or 943-5515 Emergency Services: 885-0866 or 943 1590**

85 Sangers Lane  
Staunton, VA 24401

Valley Community Services Board is a publicly funded organization where citizens of Staunton, Waynesboro, and Augusta and Highland Counties can receive Behavioral Health, Substance Use and Developmental Services. We are a 'person centered' organization tailored toward meeting your individual needs. Our competent, compassionate staff are available and ready to meet you and provide support and resources for helping you to deal with your challenges successfully.

**Toll Free: 866-274-7475**

Website: <http://www.myvalleycsb.org/>

**Northwestern Services Board****Page: 743-4548****Warren: 636-2931****Emergency Services: 635-4804 or 800-342-1462****Shenandoah: 459-5180****Winchester: 667-8888**

209 West Criser Rd

Website: <http://www.nwcsb.com/>

Front Royal, VA 22630

Northwestern Community Services offers an array of outpatient, case management, day support, residential and emergency programs that are designed to enhance the quality of life for both children and adults affected by emotional/behavioral disorders, mental illness, substance use, and intellectual disabilities and developmental disabilities (ID/DD). Northwestern specializes in rehabilitative and family support services for individuals with such long-term challenges as schizophrenia, bipolar disorder, major depression, addiction, and those with significant impairments from ID/DD. New referrals are screened for appropriateness and, depending upon capacity/need for service requested, may require placement on a waiting list.

NWCS also provides 24-hour emergency evaluation, short-term treatment and hospital referral to individuals having mental health, emotional, substance use, or behavioral crises that pose a safety risk to themselves or others.

**Rockbridge Area Services Board****463-3141****24-Hour Crisis Toll Free Hotline- 855-222-2046**

241 Greenhouse Road

Website: <https://www.racsb.org/>

Lexington, VA 24450

It is the mission of Rockbridge Area Community Services (RACS) to help prevent and treat mental illness, developmental disabilities, and substance abuse, and to enhance the quality of life of individuals who experience these conditions in the cities of Buena Vista and Lexington and the counties of Rockbridge and Bath, Virginia by providing individualized treatments, establishing and expanding programs and support systems, and promoting integration into the community. With offices and programs all over the Rockbridge Area and qualified, dedicated staff, we are available to meet the diverse needs of our communities.

**Abuse****Choices of Page County****24 Hour Hotline: 743-4414**

216 W. Main Street

Website: <http://choicesofpagecounty.org>

Luray, VA 22835

Email: [debbiedart@choicesofpagecounty.org](mailto:debbiedart@choicesofpagecounty.org)*Debbie Dart, Executive Director*

Choices of Page County is a private, non-profit, social services organization providing the following services with the hopes of improving the lives of victims of domestic violence, sexual assault, incest, and homelessness: food, supplies, emergency safe house/shelter, court/legal advocacy, 24-hour hotline, crisis intervention, peer counseling, support groups, community education, domestic violence and rape victim companionship, information and referrals, and 911 cell phones.

**Collins Center****24 Hour Hotline: 434-2272**

Physical Address:

Mailing Address:

**432-6430**

165 South Main Street, Suite D

PO Box 1473

Fax: 432-6293

Harrisonburg, VA 22801

Harrisonburg, VA 22801

Website: [www.thecollinscenter.org](http://www.thecollinscenter.org)

In addition to the sexual assault, crisis, mental health, and prevention services, the Collins Center also houses a Child Advocacy Center (CAC). The CAC is a child-friendly, community-oriented, facility-based program in which professionals from core disciplines come together to discuss and recommend appropriate comprehensive services to the victims of child abuse and neglect. The center functions as a shared project amongst these professionals with a vested interest in supporting and treating child abuse victims throughout the investigation and prosecution of their abusers. Because of this center, families in our community now have a central location and coordinated team to walk with them through this process.

**First Step: A Response to Domestic Violence**

129 Franklin Street  
Harrisonburg, VA 22801

First Step is a private, non-profit agency providing shelter and support services for survivors of domestic violence and their dependent children. The services offered include: 24-hour, 7 day/week access to shelter and crisis intervention services, support/education groups for survivors and their children, housing/employment counseling, court advocacy, case management and information, and referrals. All services are provided free of charge.

**434-0295 or 866-223-9169**

Website: [www.firststepva.com](http://www.firststepva.com)

Email: [firststepva@gmail.com](mailto:firststepva@gmail.com)

**Mercy House**

P.O. Box 1478  
247 N. High Street  
Harrisonburg, VA 22802

432-1812

Fax: 564-0325

Website: <http://themercuryhouse.org>

Email: [twilamercy@ntelos.net](mailto:twilamercy@ntelos.net)

Mercy House is a transitional housing shelter for homeless families, both single parent and 2 parents, with children. Families can stay up to 6 months provided they are following the program requirements designed to assist their family with obtaining housing and reaching self-sufficiency. Families are provided shelter, food, clothing, and case management free of charge during their stay. Families must have the ability to work, save money and become self-sufficient.

**New Directions Center**

P.O. Box 3069  
Staunton, VA 24402

**Hotlines: 800 56 HAVEN or 886-6800**

**885-7273**

Website: [www.newdirectionscenter.com](http://www.newdirectionscenter.com)

New Directions Center, Inc., a United Way agency, is a non-profit community organization which provides crisis intervention, emergency housing, food, clothing, and transportation to women, children, and men impacted by emotional, physical, and sexual violence in the Staunton, Waynesboro, and Augusta County areas.

**Project Horizon**

120 Varner Lane  
Lexington, VA 24450

**24 Hour Hotline: 463-2594**

Website: <http://organizations.rockbridge.net/projecthorizon>

Email: [ph@rockbridge.net](mailto:ph@rockbridge.net)

Project Horizon is dedicated to reducing domestic, dating, and sexual violence in the Lexington, Buena Vista, and Rockbridge County areas through crisis intervention services and prevention programs. Through its direct services to clients and outreach programs, Project Horizon offers survivors a 24 hour hotline, emergency shelter, crisis intervention, counseling, applicable referrals, and court advocacy.

**Response, Inc.**

P.O. Box 287  
Woodstock, VA 22664

**24 Hour Hotline: 459-5161**

**Toll Free Hotline: 1-888-459-5161**

Office: 459-5599

Website: [www.shenandoahcountyresponse.org](http://www.shenandoahcountyresponse.org)

Response, Inc. is a Shenandoah County community organization dedicated to preventing and helping people overcome the problems of sexual and domestic violence and other forms of abuse through outreach, advocacy, and supportive services. Response is a dual sexual assault, crisis, and domestic violence program center. Services available: confidential 24-hour hotline, emergency shelter, volunteer companion program, court advocacy and accompaniment, case management services, individual supportive services, adult, youth, and children support groups, parenting education, and school education/prevention programs. Services are confidential and free.

**Addiction/Recovery**

*Please see our listings in the Support/Self-Help Groups section of this publication.*



## Basic Needs/Crisis

### **American Red Cross** *Regional/local offices*

Website: [www.redcross.org](http://www.redcross.org)

Central Virginia Chapter 1105 Rose Hill Rd. 434-979-7143  
Charlottesville, VA 22903

Blue Ridge Branch Office 18 Government Center Lane 886-9151  
Augusta County Government Center  
PO Box 590  
Verona, VA 24482

Shenandoah County Chapter 103 S. Main Street 459-2913  
Woodstock, VA 22664 Website: [www.shenandoahredcross.org](http://www.shenandoahredcross.org)

The American Red Cross provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies through our five lines of service. In the community, the American Red Cross provides:

Armed Forces Emergency Services: emergency communications to men and women in the military

Blood Services: collecting lifesaving units of blood for our area, state and nation during times of large disasters

Disaster Services: food, clothing, shelter, hotel, prescription replacement, and first month's rent to those affected by natural disaster

Health & Safety Services: CPR, First Aid, and AED (Automatic External Defibrillator) training

International Services: providing tracing services and local projects to serve others from around the world.

Spanish interpreter can be arranged; advanced notice is needed.

### **Community Resource Center**

433-3888

Call/Walk-in Center

Muhlenberg Lutheran Activity Center

281 E. Market Street

Harrisonburg, VA 22801

Website: [www.hrcrc.org](http://www.hrcrc.org)

Email: [volunteer@hrcrc.org](mailto:volunteer@hrcrc.org) or [kohnlx@jmu.edu](mailto:kohnlx@jmu.edu)

Mailing Address

PO Box 1753

Harrisonburg, VA, 22803

Serves all ages and income levels; Non-English Services available upon request.

### **Services:**

Information, Resource, and Referral Services for the Harrisonburg-Rockingham (and surrounding) areas: Through the utilization of a comprehensive database listing local services/agencies, search tools, and contacts, CRC can provide a link to these services through the call center, agency website with links, and through personal contact with area resources. Trained volunteer responders provide personal links to those needing and requesting information and connections.

Homeless Management Information Systems Services: Providing a venue to connect homeless or potentially homeless clients to possible services as well as a means to track homeless needs within our area. Participate in advocating homeless issues within the community and partner with agencies serving this need.

Agency Support and Partnership: CRC strives to be a central venue to assist in identifying gaps and needs in services, collaborate to assist in funding, and strengthen community initiatives.

## **Department of Social Services**

### *Local Offices*

Bath County <i>Jason Miller, Director</i>	65 Courthouse Hill Road P.O. Box Warm Springs, VA 24484	<b>839-7271</b> Email: <a href="http://www.bathcountyva.org">www.bathcountyva.org</a>
Harrisonburg/Rockingham County <i>Celest D. Williams, Director</i>	110 N. Mason Street PO Box 809 Harrisonburg, VA 22803	<b>574-5100</b> Email: <a href="http://www.rockinghamcountyva.org">www.rockinghamcountyva.org</a>
Highland County <i>Sarah Rexrode, Director</i>	P.O. Box 247 Monterey, VA 24465	<b>468-2199</b>
Page County <i>Patricia Koontz, Director</i>	215 W. Main St., Suite A P.O. Box 47 Stanley, VA 22851	<b>778-1053</b>
Rockbridge-Buena Vista-Lexington Area <i>Meredith Downey, Director</i>	20 E. Preston St. Lexington, VA 24450	<b>463-7143</b>
Shenandoah County <i>Carla Taylor, Director</i>	Shenandoah County Government Center 600 N. Main St., Suite 108 Woodstock, VA 22664	<b>459-6226</b> Email: <a href="http://www.shenandoahcountyva.us/">http://www.shenandoahcountyva.us/</a>
Shenandoah Valley (Staunton-Augusta Office) <i>Elizabeth Middleton, Director</i>	68 Dick Huff Lane P.O. Box 7 Verona, VA 24482	<b>245-5800</b> Email: <a href="http://www.co.augusta.va.us">www.co.augusta.va.us</a>
Shenandoah Valley (Waynesboro Office) <i>Elizabeth Middleton, Director</i>	1200 Shenandoah Ave. Waynesboro, VA 22980	<b>942-6646</b> Email: <a href="http://waynesboro.va.us/ss.php">http://waynesboro.va.us/ss.php</a>

The Department of Social Services provides both financial and social work services that are administered according to State and Federal regulations. The mission of the agency is to promote self-reliance and protection for Virginians through community based services. Please check with your local office to see what programs and services are available in your location.

#### **Financial Services include:**

- Temporary Assistance for Needy Families (TANF)
- Food Stamps
- Medicaid
- Auxiliary Grants for the Aged, Disabled, and Blind
- General Relief
- Energy/Fuel Assistance
- State-Local Hospitalization

All of these programs have differing eligibility guidelines and require application and verification of information. They are designed to assist low-income families or individuals through cash grants or in-kind payments for financial needs.

#### **The Social Work programs are as follows:**

- Protective Services for Children and Adults
- Foster Care Services
- Adoption Services (limited - usually referral to private or public agencies)
- Nursing Home screenings and placement
- Adult Home placements
- Adult stabilization and support

**Department of Social Services (continued)**

- Family stabilization and support
- Day Care Services for Children
- Employment Services under the Federal and State Welfare Reform initiatives--VIEW (The Virginia Initiative for Employment, not Welfare)

Some of the service's programs are provided based solely on need and not on income eligibility. The focus of the services is to strengthen the family's or individual's ability for self-sufficiency or independence, avoid inappropriate institutional placements, and provide protection to those who are unable to protect themselves.

**Goodwill Industries, Inc.**Website: [www.goodwill.org](http://www.goodwill.org)*Local Offices*

Northern Division (Staunton/Waynesboro)	1600 N. Coalter St. Suite 16 Staunton, VA 24401	886-2001 Email: <a href="http://www.goodwillvalleys.com/">www.goodwillvalleys.com/</a>
Fishersville	1076 Jefferson Hwy Staunton, VA 24401	332-7750
Harrisonburg Workforce Center	1909 East Market St. Harrisonburg, VA 22801	434-2513
Winchester Branch (Page & Shenandoah County)	156 Cole Lane Winchester, VA 22602	535-1941 Email: <a href="http://www.horizongoodwill.org">www.horizongoodwill.org</a>

**Harrisonburg Redevelopment and Housing Authority**

434-7386

P.O. Box 1071  
Harrisonburg, VA 22803

Fax: 432-1113

Website: [www.harrisonburgrha.com](http://www.harrisonburgrha.com)

To provide safe, decent, affordable housing for low-income families. Also involved in housing rehabilitation programs, reutilization programs, tax exemptions and financing, and home ownership development programs.

**Harrisonburg-Rockingham Community Services Board**

434-1941

1241 N. Main Street  
Harrisonburg, VA 22802**Emergency Services 24-hours a day, 7 days a week, call (540) 434-1766**

The Harrisonburg-Rockingham Community Services Board provides services that promote dignity, choice, recovery, and the highest possible level of participation in work, relationships, and all aspects of community life for individuals and families whose lives are affected by behavioral health or developmental disorders.

CSB charges are based on a sliding scale which takes into account income and family size. Medicaid, Medicare, and many health insurance plans are accepted. All information is confidential and is not released without permission or authorization. Please call to inquire about hours and appointments.

**Our Community Place**

17 E. Johnson St.  
Harrisonburg, VA 22802

**442-7727**Website: [www.ourcommunityplace.org](http://www.ourcommunityplace.org)

Our Community Place seeks:

- To accommodate, foster and provide activities and programs related to personal growth and community well being.
- To be a resource in the community for individuals seeking information or services already provided by other organizations.
- To educate and empower individuals toward self-sufficiency, thus creating social capital for the community at large.
- To nurture a community that appreciates diversity and sees differences and conflict as opportunities for spiritual growth.

We are dedicated to breaking down barriers that tend to separate humans from the joys to be experienced in a loving community. We are particularly dedicated to including in our activities those struggling with poverty and difficult life circumstances. We have found over the years that incredible healing potential, for all parties, exists in the simple act of sitting down and socializing together across social barriers.

**Page One**

42 W. Main Street  
Luray, VA 22835

**743-4357**

Emergency situations for low income and elderly in Page County.

**Patchwork Pantry**

Community Mennonite Church  
70 S. High Street  
Harrisonburg, VA 22801

**433-2148**

Patchwork Pantry provides free staple foods and some non-food items at Community Mennonite Church, 70 S. High Street. Clients are eligible to receive food one time per month. Call for more information.

**People Helping People**

281 East Market Street  
C/O Muhlenburg Lutheran Church  
Harrisonburg, VA 2202

**433-7286**

People Helping People is a group of volunteers whose purpose is to coordinate helping services for persons in need in Harrisonburg and Rockingham County. Please call to inquire about hours of operation.

**Salvation Army****Website:** [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

The Salvation Army is a non-profit organization that provides programs and services that help build community and fellowship, rebuild lives and provide comfort and support to those in need.

***Local Offices***

Harrisonburg <i>Captain Duane Burleigh</i>	184 Ashby Ave Harrisonburg, VA	<b>434-4854</b>
Staunton <i>Captain David May</i>	1700 West Beverley Street Staunton, VA	<b>885-8157</b>
Waynesboro <i>Major Linda Sloan</i>	246 Arch Ave. Waynesboro, VA	<b>949-6426</b>
Winchester <i>Alvaro Porras, Hispanic Outpost, or Major Daniel Turner</i>	300 Ft. Collier Rd. Winchester, VA	<b>662-4777</b>

**United Way****Website:** <http://national.unitedway.org>

United Way's goal is to create long-lasting changes by addressing the underlying causes of these problems. Living united means being a part of the change. It takes everyone in the community working together to create a brighter future. Give. Advocate. Volunteer. LIVE UNITED.

***Local Offices:***

Greater Augusta County	PO Box 1166 Fishersville, VA 22939	<b>943-1215</b> Email: <a href="http://www.unitedwayga.org">www.unitedwayga.org</a>
Harrisonburg & Rockingham County	420 Chesapeake Ave P.O. Box 326 Harrisonburg, VA 22803	<b>434-6639</b> Email: <a href="http://uwhr.org/">http://uwhr.org/</a>
Lexington & Rockbridge County	218 S. Main Street Lexington, VA 24450	<b>463-4482</b> Email: <a href="http://www.unitedwayrockbridgeva.org">www.unitedwayrockbridgeva.org</a>
Page County	PO Box 663 Luray, VA 22835	<b>743-1662</b>
Shenandoah County	329 N. Cameron Street, Suite 201 Winchester, VA 22601	<b>536-1610</b> Email: <a href="http://www.unitedwaynsv.org">www.unitedwaynsv.org</a>

**Valley Mission Inc.**

1513 W. Beverley Street  
Staunton, VA 24401

**886-4673**

Website: <http://valleymission.net>  
Email: [davidreed@valleymission.net](mailto:davidreed@valleymission.net)

Valley Mission Inc. provides temporary shelter for the homeless, serving single men, women, and families, and limited assistance to low-income community members. We provide 3 meals a day Monday – Friday, and 2 meals a day on Saturday and Sunday. All meals are open to the community. Shelter residents receive help with items needed as well as case management services and spiritual counseling. Community members who qualify for help may receive utility and prescription assistance, Thrift Store vouchers, and food boxes. GED classes are available to everyone. Chapel services, offered twice each week, are open to the public.

## Caring for Aging Adults

### **Caregivers Community Network**

800 S Main Street  
Harrisonburg, VA 22807

**830-8445**

Website: [www.socwork.jmu.edu/Caregivers](http://www.socwork.jmu.edu/Caregivers)

Caregiver's Community Network (CCN) provides support and resources to caregivers including one-on-one companionship and respite care for their loved one at home. The program serves Harrisonburg/Rockingham County.

- Weekly personalized in-home companion care
- Educational workshops and support groups
- Partnership with community service and faith based organizations to provide a well-coordinated referral system
- Telephone consultations to supply caregivers with support, tips and resources
- Errand running
- Time off for the caregivers

*For a listing of other self-help and support groups for caregivers please see the Support/Self-Help Groups section of this directory.*

## Chronic Illness

### **Alzheimer's Association, Central & Western Virginia Chapter**

2040 Deyerle Ave., Suite 102  
Harrisonburg, VA 22801

**437-7444**

800-272-3900

Website: [www.alzc.org/cwva](http://www.alzc.org/cwva)

When Alzheimer's disease touches your life the Alzheimer's Association, Central and Western Virginia Chapter, is here to help. We can provide a warm, knowledgeable voice on the phone, face-to-face consultation and support, accurate information, support groups, the safe return of a loved one who has wandered, respite financial support, and/or professional education.

American Cancer Society  
Local Offices

800-416-8847

Harrisonburg

420 Neff Avenue #210  
Harrisonburg, VA 22801

**434-3360**

Fax: 432-1621

Website: [www.cancer.org](http://www.cancer.org)

Winchester

2654 Valley Ave  
Winchester, VA 22601

**667-2315**

The American Cancer Society is a non-profit organization that provides education and patient services to individuals in our community. Wigs and prosthetics are available. Programs such as Look Good Feel Better, Man To Man, Reach to Recovery, and Road to Recovery are offered through this office. Please call to obtain additional information or to speak to someone about becoming a volunteer. Contact the Community Manager for information about Health Fairs. All services are provided free of charge to cancer patients and their families.

**Valley AIDS Network**

Mailing address:  
MSC 9018  
Harrisonburg, VA 22801

Physical Address:  
601 University Blvd  
3rd floor - suites 322/323/324  
Harrisonburg, VA 22807

**568-8838**  
Toll free: 800-648-5302  
VAN en Espanol: 568-8832  
Fax: 568-8835  
Website: [www.valleyaidsnetwork.org](http://www.valleyaidsnetwork.org)  
Email: [contact@valleyaidsnetwork.org](mailto:contact@valleyaidsnetwork.org)

The Valley AIDS Network, in collaboration with community partners, strives to compassionately meet the needs of Valley residents diagnosed with HIV/AIDS, raise awareness and prevent the spread of the HIV virus through education, and serve as an advocate for both those infected and affected by the AIDS epidemic. Services include: medical management, case management, HIV-related medications, and emergency food/ housing assistance.

**Family Support and Youth Services****Abba Pregnancy Care Center**

Abba Care  
200 Weems Lane  
Winchester, VA 22601

**665-9660**  
24 hr pregnancy decision line: 1-800-395-HELP  
Website: [www.abbacare.org](http://www.abbacare.org)  
email: [info@abbacare.org](mailto:info@abbacare.org)

Because everyone should have access to this information, all of our services are free and confidential. We provide the following services: pregnancy testing and verification, pregnancy dating by ultrasound, accurate options information, confidential and non-judgmental peer counseling, community referrals, and educational and emotional support for those choosing to parent. We also offer abortion recovery support. After hours, if you have an immediate pregnancy related issue, visit [pregnancydecisionline.org](http://pregnancydecisionline.org) for caring and confidential help or phone the pregnancy decision line number listed above.

**Big Brothers/Big Sisters**

225 North High St.  
Harrisonburg, VA 22802  
*Lindsey Douglas, Executive Director*

**433-8886**  
Fax: 433-6081  
Website: [www.bbbsshr.org](http://www.bbbsshr.org)  
Email: [info@bbbsshr.org](mailto:info@bbbsshr.org)

Big Brothers/Big Sisters of Harrisonburg-Rockingham County is a non-profit organization serving children between the ages of 6-14. Children matched in the program have been identified as needing the additional support of an adult mentor. Children are paired with carefully screened volunteers and spend a minimum of one hour per week together, either in the community or a school setting. BBBS offers an Hispanic mentoring program, as well. There are no fees that prevent families from applying for services. Our services are offered free of charge to children living in Harrisonburg or Rockingham County. **Parental consent and cooperation are required.**

***Regional Offices:***

Central Valley  
(including Lexington, Bath & Highland Counties)

2901 Langhorne Rd  
Lynchburg, VA 24501

**434-528-0400**  
Email: [www.bigcva.org](http://www.bigcva.org)

Winchester

121 Youth Development Court  
Winchester, VA 22602

**662-1043**  
Email: [www.bbbs.org](http://www.bbbs.org)

**Clean Inc. Community Connections for Youth and Family**

129 Youth Development Ct.  
Winchester, VA 22602

**722-3589**

Fax: 722-9155

Website: <http://cleaninc.org>

Created in 1986, Community and Law Enforcement Against Narcotics, Inc. (C.L.E.A.N, Inc.) is a private, non-profit corporation comprised of interested individuals and groups dedicated to community leadership, education, and advocacy through networking to support youth and families in the regional community of the City of Winchester, and the counties of Frederick, Clarke and Shenandoah, Virginia. The purpose of this group is to assist in the development and implementation of community-wide programs directed at reducing the demand for and availability of alcohol, tobacco, and other drugs, as well as address adolescent problem behaviors such as violence, delinquency, teen pregnancy, and school dropout. We support healthy activities and programs for families and children.

**Future Forward**

JMU

Institute for Innovation in Health & Human Services  
755 MLK Jr. Way, MSC 9007  
Harrisonburg, VA 22801

Website: <http://www.jmu.edu/iihhs/future-forward.shtml>*Nancy Resendiz Mejia, Program Coordinator*Email: [resendnx@jmu.edu](mailto:resendnx@jmu.edu)**540-568-3666**

Fax: 540-568-6374

Future Forward serves Spanish speaking 5<sup>th</sup> through 8<sup>th</sup> grade long-term limited English proficient students in Harrisonburg City Schools through year-round advocacy and supplemental educational support. The goal of the program is to support long-term LEP students in advancing one LEP level during the school year. Future Forward students are assigned to the caseload of a bilingual (English/Spanish) "Advocate" who conducts regular home visits and maintains phone contact to ensure that the students' needs are being met. The program also offers the following services to participants: Advocacy; Student Empowerment; Interpretation, Translation, and Transportation Services; Tutoring; and Summer Enrichment.

**Infant & Toddler Connection of Harrisonburg/Rockingham**

McNulty Center for Children and Families  
463 E. Washington St.  
Harrisonburg, VA 22802

**433-3100****1-800-234-1448**

The Infant & Toddler Connection of Harrisonburg-Rockingham is a service of the Harrisonburg-Rockingham Community Services Board. We provide early intervention supports and services to infants and toddlers from birth through age two who are not developing as expected or who have a medical condition that can delay normal development. Early intervention supports and services focus on increasing the child's participation in family and community activities that are important to the family. In addition, supports and services focus on helping parents and other caregivers know how to find ways to help the child learn during everyday activities. These supports and services are available for all eligible children and their families regardless of the family's ability to pay.

The McNulty Center for Children & Families also offers:

**PACE (Parent and Child Education)**

463 East Washington Street  
Harrisonburg, VA 22802

**433-3100**

We serve families of infants and toddlers with developmental delay. PACE offers assessments and coordination of care, infant care education, and physical, occupational, and speech therapy.

PACE helps families to:

- Obtain the most appropriate services
- Grow and develop through play



**Lexington Office on Youth**

300 Diamond St.  
Lexington, VA

**463-4315**Website: [www.ci.lexington.va.us/d-youth.htm](http://www.ci.lexington.va.us/d-youth.htm)

The purpose of the Office on Youth is to provide a diversity of well-supervised activities for students in an alcohol-free, drug-free, intimidation-free environment. The Office on Youth receives funding from the City of Lexington, and administers a "Summer Fun" Youth Program.

**Teen Pregnancy Prevention (TPP)**

JMU  
IIHHS  
755 MLK Way  
Harrisonburg, VA 22807

**568-6007**

Fax: 568-6409

Website: <http://www.jmutpp.org>

The Teen Pregnancy Prevention Program works in collaboration with local schools and community organizations to equip teens, parents, and community members with education and skills that allow young people to make the healthiest decisions for themselves when it comes to sex and relationships. A number of programs are offered, including the Teen Outreach Program, Draw the Line/Respect the Line, and Safer Choices. We are continually developing and altering programs based on our youth's needs.

In addition to the programs listed, we also provide other trainings upon request. This includes, but is not limited to presentations, consultations, and trainings for parents, teachers, teens, youth groups, and other audiences. By implementing these programs and services, our goal is that the Harrisonburg and Rockingham County community will be more informed, the teen pregnancy rate will decrease, and our youth will feel supported and equipped to make healthy decisions for themselves.

**Office on Youth***Regional Offices:*Website: <http://www.waynesboro.va.us/ooy-contact.php>

Waynesboro

250 South Wayne Ave, Suite 101  
Waynesboro, VA 22980

**942-6757**Email: [blaircl@ci.waynesboro.va.us](mailto:blaircl@ci.waynesboro.va.us)

Staunton

900 Nelson Street, 2nd floor  
Staunton, VA 24401

**332-3806**

The Central Shenandoah Valley Office on Youth (OOY) is a regional local government agency serving as a department of the Cities of Staunton and Waynesboro and Augusta County. The mission of the OOOY is: To develop positive connections between youth, their families and communities, and to build a strong foundation for a successful future. The OOOY has been a presence in this community since 1977 and works collaboratively with area human service organizations to provide resources and services to area youth and their parents.

Services are provided the following areas:

- Employment Training
- Teen Pregnancy Prevention
- Programs for Juvenile Offenders
- Supervision of Suspended and Expelled Youth
- Parent Education and Support
- Gang and Substance Abuse Prevention
- Positive Teen Activities

**People Places of the Valley**

1215 North Augusta Street  
Staunton, VA. 24401

**885-8841**

Fax: 886-6379

Website: [www.peopleplaces.org](http://www.peopleplaces.org)**Harrisonburg Satellite Office**

185 Neff Ave Street  
Harrisonburg, VA 22801

**437-1857**

Fax: 437-9321

**People Places of Charlottesville**

1002 East Jefferson Street  
Charlottesville, VA 22902

**434-979-0335**

Fax: 434 979-0202

People Places is a private, non-profit child welfare agency dedicated to the simple notion that all children – no matter how troubled or troubling – need families. We exist to help children and their families heal the wounds of abuse and neglect. We place children with emotional problems with trained foster and/or adoptive parents who offer them care, guidance, and the opportunity to learn responsible family living. Age of Clients Served: 0 to 21

**Project STAR (Family Resource & Referral Center)**

1600 N. Coalter St., Suite 11  
Staunton, VA 24401

**245-5899**Website: <http://www.children-count.org/projectstar.html>

Project STAR is a partnership between parents and a parent educator. You are your child's first and most important teacher. A parent educator can support and encourage your efforts to be the parent you want to be. We do this with in-home visits that help empower parents to help their child reach their full potential and be prepared to enter school. We give parents child development information, demonstrate age appropriate play techniques, and make referrals to other community agencies. We are also a safe, neutral site to host supervised visits between parents and their children. Referrals primarily come from the Department of Social Services and the courts.

**REACH Employee Assistance Program & Workplace Solutions**

320 South Main Street

Harrisonburg, VA 22801

Certified Employee Assistance Professional

**421-4008****800-950-3434**Fax: **866-672-9873**Website: [www.reach-eap.com](http://www.reach-eap.com)

REACH Employee Assistance Programs specialize in offering comprehensive EAP workplace services, with a focus on providing a high quality, cost effective program that is responsive to the particular needs of each employer. The REACH program is founded on the belief that healthy, happy employees, who enjoy stable and satisfying home and work life environments, will be more productive and a greater asset to their employers.

**Reading Road Show – Gus Bus**

JMU

755 MLK Way

Harrisonburg, VA 22801

*Jolynne Bartley, Program Director*

**568-4113**

Fax: 568-6374

Website: <http://www.iihhs.jmu.edu/thegusbus/>Email: [bartl2jx@jmu.edu](mailto:bartl2jx@jmu.edu)

The Reading Road Show, more affectionately known as the Gus Bus, is a mobile literacy program that helps to bring literacy opportunities into the neighborhoods of students. On the Gus Bus, instructors provide story time, activities, and book checkout for students. The Gus Bus also works in collaboration with the Blue Ridge Area Food Bank to give out food bags and provide complementary fresh produce markets at each neighborhood site.

The Reading Road Show-Gus Bus has two mobile literacy vehicles that serve neighborhoods in the city of Harrisonburg and Page County.

**Sentara Healthcare Hand-in-Hand Resource Mothers Program****433-4340**

(Mentoring and Case Management program for pregnant and parenting teens)

Mailing Address:

2010 Health Campus Dr.  
Harrisonburg, VA 22801

Physical Address:

SENTARA Atrium, 2000 Beery Rd.  
Harrisonburg, VA 22801Website: <http://www.Sentaraonline.com/Main/HandinHandResourceMothersProgram.aspx>Email: [dbullis@rhcc.com](mailto:dbullis@rhcc.com)*Debbie Bullis, Program Director*

Office Hours: Please call for more information

Age of Clients Served: Teenagers, age 19 years and younger

Language Services for Non-English speakers: We have a bilingual staff of Resource Mothers.

The Hand-in-Hand Resource Mothers Program's mission is to have healthy outcomes for teen mothers and their babies. Hand-in-Hand is a home visitation program with services beginning at the first confirmation of pregnancy until the baby's first birthday, approximately 18 months of service.

Hand-in-Hand Resource Mothers goals:

- 1) Reduce the number of low birth weight and preterm babies born to teens.
- 2) Provide encouragement and support to remain in school or on the job to become self sufficient.
- 3) Increase parenting skills.
- 4) Delay any repeat pregnancies until adulthood.
- 5) Reduce the incidence of poverty.

**Shenandoah Pregnancy Center**28 Cedar Wood Lane  
Edinburg, VA 22824**984-4673**Website: [hope4future.org](http://hope4future.org)

The Shenandoah County Pregnancy Center is a non-profit community organization that is dedicated to providing accurate information, resources, and assistance to anyone facing an unexpected pregnancy. Our center can offer you the following services free of charge:

- Pregnancy tests
- Information about pregnancy options
- Information about parenting options
- Pregnancy and parenting education
- Practical assistance
- Community referrals

**YMCA**Website: [www.ymca.net](http://www.ymca.net)

The YMCA is a charitable organization that offers programs to promote the health of spirit, mind, and body for all.

*Local Offices*

Staunton

708 North Coalter St.  
Staunton, VA. 24401**885-8089**

Fax: 885-7240

Email: [www.sayymca.org](http://www.sayymca.org)

Waynesboro

648 S. Wayne Ave  
Waynesboro, VA 22980**942-5107**Email: [www.waynesboroyymca.com](http://www.waynesboroyymca.com)

Charlottesville

442 Westfield Rd  
Charlottesville, VA 22901**434 974-9622**Email: <http://www.piedmontymca.org/>

Rockbridge Area

790 North Lee Highway  
Lexington, VA 24450

464-YMCA (9622)  
Email: [www.ymcarockbridge.org](http://www.ymcarockbridge.org)

## **Grief & Loss**

### **Augusta Health: Hospice of the Shenandoah**

Street Address:  
Augusta Health Community Care Building  
64 Sports Medicine Dr.  
Fishersville, VA 22939

Mailing Address:  
PO Box 215  
Fishersville, VA 22939

[www.augustahealth.com/hospice](http://www.augustahealth.com/hospice)  
Email: [hospice@augustahealth.com](mailto:hospice@augustahealth.com)

Staunton: 332-4909 (fax: 332-4991)  
Waynesboro: 932-4909 (fax: 932-4991)

We offer excellent end-of-life care to residents of the Waynesboro, Staunton, and the Augusta County area. Our offices are in the Community Care building, which is part of the Augusta Health Campus. Life's final stages can be a time of comfort, growing, and sharing for families. Hospice care offers mental and spiritual preparation for death through palliative care, regardless of age, gender, nationality, race, religion, or ability to pay. We provide hospice care wherever it's needed – at home or in a nursing home – complete with training and support for family members and caregivers. Augusta Health takes a team approach to hospice services, providing qualified professionals to address medical and psychosocial needs. Physicians, nurses, certified nursing assistants, social workers, physical, occupational and speech therapists, a dietitian, pharmacist, chaplain, and specially trained volunteers, as well as Care Home Medical and prescription services are standing by to help 24/7 during this difficult time. Bereavement counseling is available for one year after a loved one's passing.

### **Blue Ridge Hospice**

Winchester Office  
333 W. Cork St., Suite 405  
Winchester, VA 22601

Woodstock Office  
232 S. Main St.  
Woodstock, VA 22664

536-5210  
Website: [www.blueridgehospice.org](http://www.blueridgehospice.org)

Blue Ridge Hospice is a not-for-profit health care organization providing physical, emotional, social, and spiritual care for terminally ill patients and their families in the City of Winchester and the Frederick, Clarke, Warren, Shenandoah, Page, and western Loudoun counties of Virginia. Services provided by Blue Ridge Hospice are under professional medical supervision and provided to allow the dying person to live as pain-free and comfortable as possible. In most cases, hospice provides care for the terminally ill patient in the home. However, Blue Ridge Hospice's eight-bed residential center in downtown Winchester provides an alternative setting for some patients and their families.

### **Sentara Grief and Loss Services**

433-4427

644 University Blvd.  
Harrisonburg, VA 22801

877-294-5731 Ext: 4427  
Email: [nshomo@rhcc.com](mailto:nshomo@rhcc.com)

SENTARA Grief and Loss Services provide individual and family consultations with no charge for the first two visits. Modest charges for subsequent visits. Referral services are provided. Educational workshops and seminars are offered to schools, universities, businesses, churches, and civic organizations. Support groups are offered on various loss issues. Bereavement training in pregnancy loss (RTS) is also available to facilities within a 100 mile radius of Harrisonburg.

**Sentara Hospice**  
2010 Health Campus Drive  
Harrisonburg, VA 22801

**433-4429**  
Website: [www.Sentaraonline.com](http://www.Sentaraonline.com)

At Sentara SENTARA Hospice, we believe that all patients and their loved ones and families are unique and deserve care that is personal to their needs. People facing a terminal illness have the right to peace, dignity and comfort. Their care should involve the entire family. Based on this philosophy, SENTARA Hospice provides a variety of services to patients and families in their own homes, with the goal of helping families avoid the emotional, spiritual, social, and financial stresses caused by frequent hospital stays. If you have a family member or loved one confronting the challenge of a terminal illness, rest assured that you don't have to face it alone. At SENTARA Hospice, we are here for you.

**Rockbridge Area Hospice**  
315 Meyers St.  
Lexington, VA 24450

**463-1848**  
Website: <http://rockbridgeareahospice.org>

Your Hometown Hospice—local people you know and trust providing compassionate end-of-life care for your loved ones in Rockbridge County, Lexington, Buena Vista and surrounding communities. We strive to accompany our patients and their families sensitively to the end of their life's journey... relieving suffering, fulfilling last joys and wishes, and affirming their hope, dignity, and sense of importance until life's end. We deliver this comforting care through a wide-range of services customized for each family. Call for a free consultation.

### **Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ)**

#### **PFLAG (Parents and Families of Lesbian and Gay)**

**686-1677**

P.O. Box 3741  
Winchester, VA 22604

**PFLAG:** promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families, and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and secure equal civil rights. PFLAG provides an opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

**Shenandoah Valley Equality**  
P.O. Box 1023  
Harrisonburg, VA 22803

**Website:** [www.svgla.org](http://www.svgla.org)

SVGLA provides educational, social, and recreation activities and promotes the general welfare of the community. Activities are scheduled throughout the year from "First Friday" each month, which brings the community together in the form of potluck dinners, to our annual Shenandoah Valley Pride festival in July of each year. Please visit our websites or send an email for more information.

*For more resources please see the Support/Self-Help Groups section of this directory.*

## Medical Care/Health Issues

### **Augusta Regional Free Clinic**

Physical address:  
342 Mule Academy Rd.  
Fishersville, VA 22939

Mailing address:  
P.O. Box 153  
Fishersville, VA 22939

Waynesboro: 932-5606

Staunton: 332-5606

Website: [www.augustafreeclinic.org](http://www.augustafreeclinic.org)

Email: [afreeclinic@ntelos.net](mailto:afreeclinic@ntelos.net)

The clinic offers medical and pharmaceutical services to uninsured residents of Staunton, Waynesboro, and Augusta County with 200% of Federal Poverty Guidelines, or a working full-time student, or the temporarily unemployed. Individuals with insurance or on disability are not eligible for services. Please call for more information.

### **ComfortCare Women's Health**

#### *Local Offices:*

Mailing Address:  
P.O. Box 924  
Staunton, VA 24402

Staunton Clinic:  
1020 N. Augusta St.  
Staunton, VA 24401

Staunton: 885-6261

Waynesboro: 943-1700

Website: [www.ccwomenshealth.org](http://www.ccwomenshealth.org)

Email: [help@ccwomenshealth.org](mailto:help@ccwomenshealth.org)

Waynesboro Clinic:  
13<sup>th</sup> & Magnolia St  
Waynesboro, VA 22980

Lexington Clinic:  
631 Waddell St.  
Lexington, VA 24450

All services free and confidential with no restrictions on age.

#### Services:

ComfortCare Women's Health is a life-affirming, non-profit medical clinic empowering women to make healthy life choices. Services are provided by trained professionals and peer counselors at no cost to the patient.

- Pregnancy confirmation
- Peer counseling on pregnancy options
- Nurse's assessment
- STD testing

#### Special Programs:

- KISSN (Keep It Simple Say No) – A dynamic, abstinence program for teens and young adults.
- Peer counseling on sexuality
- HEART (Healing Emotions And Renewing the Heart) – A support group and Bible study for those recovering from the pregnancy outcome of abortion.
- Patchwork – A materials assistance program. Patients earn points that are redeemed for items such as diapers, formula and clothes.

### **Harrisonburg-Rockingham Free Clinic**

25 West Water Street  
Harrisonburg, VA 22801

433-5431

Fax: 574-0207

Website: [www.hrfreeclinic.org](http://www.hrfreeclinic.org)

The Harrisonburg-Rockingham Free Clinic provides free health care to individuals in the city of Harrisonburg and Rockingham County who have no health insurance and are under 200% of the federal poverty level. Sixty percent of our clients are at or below 100% of the federal poverty level. Over 70% of our clients have one or more chronic diseases. About 70% of our clients are between the ages of 35 and 64.

### **Health Department**

Website: [www.vdh.state.va.us](http://www.vdh.state.va.us)

Health Departments provide the following services to the communities they serve:

- Sexually Transmitted Disease Clinics: Testing and counseling is available for syphilis, gonorrhea, herpes, and AIDS (anonymous AIDS testing is available).
- Maternity Clinic: Prenatal care, assessment, and education by nurses, nutritionists, and physicians.
- Well Child Clinic: Routine well childcare, developmental screening, immunizations, and education.
- Family Planning Clinic: Examination, education, and counseling regarding the different types of birth control.

*For a complete list of services in your area please call your local health department office listed below:*

Augusta County:  
1414 North Augusta  
Street  
Staunton, VA 24401-  
2401  
**332-7830**

Bath County:  
85 Courthouse Hill Rd.  
Warm Springs, VA  
24484  
**839-7246**

Highland County  
140 Fleisher Avenue  
Monterey, VA  
**468-2270**

Lexington  
131 Walker Street,  
Lexington  
**463-7136**

Page County  
75 Court Lane  
Luray, VA 22835-1055  
**743-6528**

Rockbridge County  
300 White Street  
Lexington, VA  
**463-3185**

Rockingham County &  
Harrisonburg  
110 North Mason Street  
PO Box 26  
Harrisonburg, VA 22801  
**574-5100**

Shenandoah County  
494 North Main Street, Suite 100  
Woodstock, VA 22664  
**459-3733**

Waynesboro  
211 12<sup>th</sup> Street  
Waynesboro,  
VA  
**949-0137**

**Page County Clinic (Part of NW Community Services)**

**743-4548**

23 W. Main Street  
Luray, VA 22835

Please call for more information regarding hours and services provided.

**Page County Rural Health Center**

**778-4259**

235 Medical Dr  
Stanley, VA 22851

Please call for more information regarding hours and services.

**Rockbridge Area Free Clinic**

**464-8700**

25 Northridge Lane Suite 3  
Lexington, VA 24450

Fax: 464-1362

Website: [www.rockbridgefreeclinic.org](http://www.rockbridgefreeclinic.org)

The Rockbridge Area Free Clinic (RAFC) serves low-income, uninsured residents of the Rockbridge area (Lexington, Buena Vista and Rockbridge County) who cannot otherwise afford or obtain health care services. All RAFC patients have incomes below 200% of the federal poverty guideline with the majority actually below 100% of the poverty guideline. The vast majority of RAFC patients work or belong to working families. Of the people currently seeking RAFC services, 65% have one or more chronic disease such as diabetes, hypertension, heart disease, and/or asthma that require ongoing medical treatment and medication therapy.

**Shenandoah County Free Clinic**

**459-1700**

Fax: 459-1809

Mailing Address:  
PO Box 759  
Woodstock, VA 22664

Clinic Location:  
761 Spring Parkway  
Woodstock, VA 22664

Email: [pam@shencofreeclinic.org](mailto:pam@shencofreeclinic.org)

Shenandoah County Free Clinic sees people at or below 150 percent of the federal poverty level who have no other means of acquiring health care. Most of the patients are below 100% of the poverty level. Approximately two-thirds of the patients have one or more chronic conditions requiring continuing medication.

### **Suicide Prevention Education**

#### **The Campus Suicide Prevention Center of Virginia**

755 Martin Luther King Jr. Way  
Harrisonburg, VA 22807

**568-8901**

Email: [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)  
[www.CampusSuicidePreventionVA.org](http://www.CampusSuicidePreventionVA.org)

Provides resources, training and support for suicide prevention planning to colleges and universities across the Commonwealth. All services are available at no cost to all of Virginia's non-profit institutions of higher education. The Institute for Innovation in Health and Human Services at James Madison University

#### **The Central Shenandoah Youth Suicide Prevention Initiative**

755 Martin Luther King Jr. Way  
Harrisonburg, VA 22807

**568-8901**

Email: [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)  
[www.preventsuicidecsv.org](http://www.preventsuicidecsv.org)

Provides information and training on suicide/suicide prevention to youth-serving organizations within the central Shenandoah Valley.

#### **The Virginia Chapter of the American Foundation for Suicide Prevention**

PO Box 333  
Midlothian, VA 23113

**447-0113**

Kathy Goller, Virginia Area Director  
Email: [kgoller@afsp.org](mailto:kgoller@afsp.org)

Focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

#### **Lock and Talk Virginia**

85 Sangers Lane  
Staunton, VA 24401

**292-0013**

Rebecca Textor, Director  
Email: [rebeccatextor@gmail.com](mailto:rebeccatextor@gmail.com)

Provides training and information on the role of "Means Safety" in preventing suicide. Suicide can often be prevented by removal or safe storage of common lethal means until after the crisis has passed. Lock and Talk Virginia also distributes trigger locks and medication lock boxes at no cost. Our Facebook Page is Lock and Talk Virginia.

*For a complete listing of regional and national suicide hotlines please see the Toll-Free 800/877/888 Listings of Hotlines and Other Services section of the directory.*

### **Migrant/Immigrant Services**

#### **New Bridges Immigrant Resource Center**

70 S. High Street  
Harrisonburg, VA 22801

**438-8295**

Website: <http://newbridgesirc.org>  
Email: [info@newbridgesirc.org](mailto:info@newbridgesirc.org)



New Bridges is a non-profit organization based in Harrisonburg, Virginia, that strives to build connections between immigrant and native-born communities. Our mission is to address the needs of immigrants in the Shenandoah Valley, empowering them to become interactive participants in the community. New Bridges helps non-English speaking clients with the following tasks:

- Medical bill management
- Referrals to community resources
- Immigration paperwork
- US Passports
- Diversity Workshops
- Mexican Consulate
- Honduran Consulate
- Tax help
- Immigrants Academy
- 

We host an annual Mexican Consulate and various outside groups that provide specific resources to this community through one-day events including topics such as tax preparation and vision care. Our staff is bilingual (English/Spanish) and we feel comfortable providing services to all non-English speakers by accessing interpreters for languages other than Spanish. We provide diversity training and educational workshops through our Immigrant Learning Events to church groups, schools, and other community groups.

### **Shenandoah Valley Migrant Education**

JMU

Institute for Innovation in Health & Human Services

755 MLK Jr. Way, MSC 9007

Harrisonburg, VA 22801

Website: <http://www.iihhs.jmu.edu/svmep/>

*Kathleen Stoehr, Program Coordinator*

*Email: shenvalleymigrated@jmu.edu*

**568-3666**

Fax: 568-6374

The primary goal of the Migrant Education Program (MEP) is to ensure that all migrant students reach challenging academic standards and graduate with a high school diploma or complete a GED that prepares them for further learning, productive employment, and to be responsible community members. Migrant Education offers year-round advocacy and supplemental instructional services for preschool and school-aged eligible students as well as young adults under the age of twenty-two targeting the students who are most at risk due to their high mobility and/or limited proficiency in English.

### **Miscellaneous**

#### **Apple Valley Mediation Network, Inc.**

242 N. Main Street, Suite 202

Woodstock, VA 22664

**800-767-3898**

Website: [www.avmn.org](http://www.avmn.org)

Email: [avcr@shentel.net](mailto:avcr@shentel.net)

Apple Valley Mediation Network, Inc. provides mediation services to the courts and community. Mediation services for families, neighbors, landlords, tenants, businesses, and consumers are provided as well as Restorative Justice Conferences for victims and offenders. Please call to inquire about services hours and fees.

#### **Blue Ridge Legal Services**

204 North High Street

P. O. Box 551

Harrisonburg, VA 22803

**433-1830**

800-237-0141

Fax: 433-2202

Website: [www.brls.org](http://www.brls.org)

Blue Ridge Legal Services is a private non-profit legal aid society licensed by the Virginia State Bar to provide free legal assistance in civil matters to residents of the Shenandoah Valley who otherwise could not obtain such services due to their poverty. These services are provided free to households below the federal poverty guidelines. Types of cases typically handled include debtor protection, consumer protection, family disputes, access to health care, public benefits, housing problems, and the legal needs of the elderly. Please call for more information regarding services and hours of operation.

**Gemeinschaft Home for Ex-Offenders**

1423 Mount Clinton Pike  
Harrisonburg, VA 22802

**434-1690**

Website: [www.gemeinschafthome.org](http://www.gemeinschafthome.org)  
Email: [info@gemeinschafthome.com](mailto:info@gemeinschafthome.com)

Transitional therapeutic community for the non-violent ex-offender. Ex-offenders are referred by the Department of Corrections.

**Fairfield Center (Community Mediation Center)**

165 South Main Street, Suite A  
Harrisonburg, VA 22801  
*Timothy Ruebke, Executive Director*

**434-0059**

800-653-0019

Website: <http://www.fairfieldcenter.org/>  
Email: [cmcmmediation@comcast.net](mailto:cmcmmediation@comcast.net)

The Fairfield Center is a full service dispute resolution center providing family, general, criminal, and multi-party mediation services. We are committed to providing mediation, facilitation, and other conflict resolution and restorative justice services and trainings to individuals, families, businesses, organizations, and communities. Mediation is a constructive process and is used for cases involving: child custody, support and visitation issues, parent/child conflicts, landlord/tenant disputes, consumer/merchant disputes, adult sibling conflicts, school and church conflicts, organizational issues, and community and governmental issues

**VA Cooperative Extension Service**

965 Pleasant Valley Road  
Harrisonburg, VA 22801

**564-3080**

Website: <http://ext.vt.edu>

The Rockingham County office of Virginia Cooperative Extension is your local connection to Virginia's land-grant universities, Virginia Tech, and Virginia State University. Through educational programs based on research and developed with input from local stakeholders, we help the people of Rockingham County improve their lives. We provide education through programs in Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Viability.

**Persons with Disabilities and Their Families**

**Americans with Disabilities Act, City of Waynesboro**

503 W. Main St, Suite 101  
[P O Box 1028](#)  
Waynesboro, VA 22980  
*Robert Wade, Coordinator*

**942-6718**

Website: <http://www.waynesboro.va.us/disability-dsb.php>

The office offers guidance to understand responsibilities for the Americans with Disabilities Act, free consults to businesses, churches and home owners about modifications and accommodations to remove “barriers” for those with physical and sensory disabilities, and as a referral source to handle disability-related complaints.

**The Arc of Harrisonburg and Rockingham, Inc.**

620 Simms Avenue  
Harrisonburg, VA 22802

**437-9214 ext. 130**

Email: [ExecDir@hrarc.org](mailto:ExecDir@hrarc.org)  
Website: [www.hrarc.org](http://www.hrarc.org)

The Arc of Harrisonburg and Rockingham is a non-profit 501(c)(3) organization dedicated to preventing and/or minimizing the effects of intellectual and other developmental disabilities. The association provides help to parents, recreational activities for teens and adults, a respite provider registry, a lending library, and a day support program for adults. The Arc publishes a newsletter every other month and sponsors an annual art contest for children and adults with disabilities.

**The Arc Op Shop**

620 Simms Avenue  
Harrisonburg, VA 22802  
*Terri Gibbs, Program Coordinator*

**437-9214 ext. 134**  
Email: [opshop@hrarc.org](mailto:opshop@hrarc.org)

The Arc Op Shop is a day support program for adults with developmental disabilities. Located in the Lucy F. Simms Center, the Monday through Friday program provides training in social skills, life skills, communication skills, and pre-vocational skills while giving participants opportunities to earn a small paycheck.

**The Arc of Northern Shenandoah Valley**

199 Youth Development Ct.  
Winchester, VA 22602

**665-0461**  
Website: <http://thearcofnsv.net>  
Email: [arcnsv@thearcofnsv.net](mailto:arcnsv@thearcofnsv.net)

The Arc of Northern Shenandoah Valley is a membership organization made up of and for people with intellectual and developmental disabilities, their families, friends, professionals and interested citizens. We are an affiliate of both The Arc of the United States and The Arc of Virginia. It is our mission to work through advocacy, education and collaboration to improve the lives of people with intellectual and developmental disabilities in our community. We believe that if all citizens are accepted and have the supports and services needed to exercise control over their own lives, communities as a whole are deeply enriched. We strive to increase community inclusion for all.

**Department of Aging and Rehabilitative Services**

*Local Offices*

Website: [www.vadrs.org](http://www.vadrs.org)

Fishersville (on WWRC Campus)	50 Andrew Russell Lane, Suite A Fishersville, VA 22939	<b>332-7700</b> <b>(Voice/TTY)</b>	<i>George Drummond</i> <a href="mailto:George.drummond@dars.virginia.org">George.drummond@dars.virginia.org</a>
Harrisonburg	1909 B East Market Street Harrisonburg, VA 22801	<b>434-5981</b>	<i>George Drummond</i> <a href="mailto:George.drummond@dars.virginia.org">George.drummond@dars.virginia.org</a>
Winchester	20 Ricketts Dr. Winchester, VA 22601	<b>722-3453</b> <b>535-1813 (TTY)</b>	<i>Jim Hall</i> <a href="mailto:Jim.Hall@dars.virginia.org">Jim.Hall@dars.virginia.org</a>

**Friendship Industries, Inc.**

801 Friendship Drive  
Harrisonburg, VA 22802

**434-9586**

Website: [www.friendship-industries.com](http://www.friendship-industries.com)  
Email: [PatriciaCraft@Friendship-Industries.com](mailto:PatriciaCraft@Friendship-Industries.com)

Friendship Industries provides training and employment services to adult persons with mental, emotional, or physical disabilities in a light manufacturing work environment in which individuals are not subjected to competitive production pressures. Friendship provides transportation for many clients and offers job coaching and supported employment services, which enable clients to work competitively with the community. The cost of most services provided is paid by other agencies. Please call for more information about hours of operation and to make an appointment.

**Infant and Toddler Connection**

*See Family Support Section*

**PACE (Parent and Child Education)**

*See Family Support Section*

**433-3100****Pleasant View, Inc.**

PO Box 426  
Broadway, VA 22815

**Main Office: 896-8255**

Social Services Dept: 433-8960  
Website: [www.pleasantviewinc.org](http://www.pleasantviewinc.org)

Pleasant View, Inc., a not-for-profit agency, serves adults with developmental disabilities in residential and day support services. Over 90 adults with disabilities, including mild to profound mental retardation, autism, cerebral palsy, as well as other disabilities, are served in nine group homes, supervised apartments, an intermediate care facility, and independent apartments. One hundred twenty-five people are provided day support through two developmental day programs, Community Connections and Supported Employment. Locations are in Harrisonburg, Broadway, and Dayton. Providing people with disabilities the opportunity and training necessary to achieve their highest level of independence is an important part of our programming. For more information, contact Social Services at the number above or visit the website at [pleasantviewinc.org](http://pleasantviewinc.org).

**Rockbridge Disability Services Board**

PO Box 774  
Lexington, VA 24450

**463-2472**

Website: [www.rockbridgedsb.org](http://www.rockbridgedsb.org)  
Email: [info@rockbridgedsb.org](mailto:info@rockbridgedsb.org)

The Rockbridge Disability Service Board serves the cities of Buena Vista and Lexington and Rockbridge County. The mission of the DSB is to learn the needs of area residents who have physical and/or sensory disabilities, to raise public awareness, and to influence long-range state planning and investment. As catalysts for change, we intend to find solutions through cooperative efforts of concerned individuals, local agencies, local government, and area businesses

**Shenandoah Valley Autism Partnership (SVAP)**

108 Sharon Street  
Harrisonburg, VA 22801

Website: [www.valleyautism.org/](http://www.valleyautism.org/)

*Marybeth Clarke, SVAPS President*

Email: [ValleyAutismInfo@gmail.com](mailto:ValleyAutismInfo@gmail.com)

We offer support, networking, and training for families and professionals who care for individuals with Autism Spectrum Disorder in the Shenandoah Valley of Virginia.

**Valley Associates for Independent Living, Inc (VAIL)**

3210 Peoples Drive Suite 220  
Harrisonburg VA, 22801  
6313

**433-6513**  
**Toll Free: 1-888-242-VAIL**  
Fax: 433-

VAIL offers expertise in disability laws and accessing community based services and funding. Most importantly, CILs provide a cross-disability, consumer-directed perspective that promotes choice and self advocacy. At least 51% of the staff and board of directors are people with disabilities to ensure that people with disabilities play an integral role in shaping the services that impact their lives.

**Virginia Dept. for the Blind & Vision Impaired (DBVI)**

Staunton Regional Office:  
1076 Jefferson Highway  
Staunton, VA 24401

**332-7729 or 800-622-2155**  
Alternate: 332-7715  
Fax: 332-7733  
Website: [www.dbvi.org](http://www.dbvi.org)

The mission of the Virginia Department for the Blind & Vision Impaired is to enable blind or visually impaired individuals to achieve their maximum level of employment, education, and personal independence through specialized training programs and services. Services include: orientation & mobility training, rehabilitation teaching/independent living services, vocational counseling, education services, deaf/blind services, the rehab center in Richmond, low vision services, and the Library & Resource Center. Referrals may come from any source and vision loss needs to be worse than 20/70 acuities with correction. Services/programs are available to any Virginia resident. Residents of the Shenandoah Valley are served by the Staunton Regional Office. Most services are provided through in-home visits.

**Virginia Department for the Deaf and Hard of Hearing (VDDHH)**

1602 Rolling Hills Dr., Suite 203  
Henrico VA 23229

**804-662-9502**  
V/TTY 800-552-7917  
Website: [www.vddhh.org](http://www.vddhh.org)

The Virginia Department for the Deaf and Hard of Hearing (VDDHH) works to reduce the communication barriers between persons who are deaf or hard of hearing and those who are hearing, including family members, service providers, and the general public.

**Access Independence**

324 Hope Drive  
Winchester, VA 22601  
*Donna Day*

**662-4452**  
Video Phone: 866-272-2634  
Website: [www.accessindependence.org](http://www.accessindependence.org)  
Email: [dday@accessindependence.com](mailto:dday@accessindependence.com)

Access Independence, Inc. is a Center for Independent Living serving the Northern Shenandoah Valley (the counties of Clarke, Frederick, Page, Shenandoah, Warren and the City of Winchester). We provide advocacy, peer counseling, information, referrals, and skills training to all persons with disabilities in our area.

**Deaf & Hard of Hearing Services Center**

**Video phone 866-563-7784**

Mailing Address	Woodrow Wilson Rehabilitative Center
PO BOX 103	243 Woodrow Wilson Avenue
Staunton, VA 24402	Fishersville, VA 22939

TTY 569-3016

The Deaf & Hard of Hearing Services Center provides information and referral for deaf and hard of hearing people. DHHSC is a contracted VA Department for the Deaf and Hard of Hearing (VDDHH) agency that provides phones and signalers for deaf and hard of hearing people either for free or at a discount based on income for VA residents only. The Deaf & Hard of Hearing Services Center serves the counties of Albemarle, Augusta, Bath, Clarke, Fluvanna, Frederick, Greene, Highland, Louisa, Nelson, Page, Rockbridge, Rockingham, Shenandoah and Warren and the cities of Charlottesville, Harrisonburg, Lexington, Buena Vista, Staunton, Waynesboro and Winchester.

**Virginia School for the Deaf and Blind****800-522-8732**

332-9000

514 East Beverley Street    Delivery/Courier Address:  
P.O. Box 2069                100 New Hope Road  
Staunton, Virginia 24402    Staunton, Virginia 24402

Website: [www.vsdb.state.va.us](http://www.vsdb.state.va.us)

The vision of the Virginia School for the Deaf and Blind is to provide an environment which fosters self-confident students who are contributing citizens and life-long learners and to be a resource of excellence for the communities of Virginia who serve students with deafness and/or blindness.

**Waynesboro Disability Services Board****942- 6718**

W. Main St., Suite 101  
Waynesboro, VA 22980  
*Robert Wade*

Website: [www.waynesboro.va.us/disability-dsb.php](http://www.waynesboro.va.us/disability-dsb.php)Email: [wader@ci.waynesboro.va.us](mailto:wader@ci.waynesboro.va.us)

Our office offers administrative support for the Waynesboro Disability Services Board, which acts as a city-appointed advisory committee for those with physical and/or sensory (auditory or visual) disabilities. The board administers a meal program for residents under age 60 who live alone and have difficulty shopping or preparing meals due to a disability. The Board maintains a used medical equipment program and issues equipment, as available, to those residents in need for as long as necessary. The office also acts as an Information and Referral Service to other agencies. Office Hours: Part-time: Call and leave a message, if necessary.

**Woodrow Wilson Rehabilitation Center****800-345-9972**

243 Woodrow Wilson Avenue  
Fishersville, VA 22939

332-7000

TTY 800-811-7893

Website: [www.wwrc.net](http://www.wwrc.net)

The Woodrow Wilson Rehabilitation Center is the first state-owned and operated comprehensive rehabilitation center in the country. Staff at WWRC provide training and therapy to people with disabilities to enable them to re-enter the work force and live more independently.

## Support/Self-Help Groups

### Introduction

More than 12 million people help themselves and others in more than 500,000 support groups in the United States. We are fortunate to have a variety of these support groups here in the area. Support groups are groups of people who meet regularly to talk about their common problems. Support groups offer information, understanding, acceptance, and encouragement, and at times are led by people who are also group members themselves.

Support groups are not replacements for therapy groups. Many people benefit from both experiences. Therapy groups often deal with a wide range of mental health issues and problems. Mental health professionals lead therapy groups by encouraging self-expression and interpersonal feedback in a free-flowing format. Support groups usually focus on a specific concern, using education and problem solving in a more structured format. While most support groups are free and open to all concerned, some involve a registration fee.

If you are interested in a particular group, you can call the contact person in the listing. You can also write to the National Self-Help Clearinghouse:

1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107  
1-800-553-4539 or 215-751-1810

Website: [www.mhselfhelp.org](http://www.mhselfhelp.org) Email: [info@mhselfhelp.org](mailto:info@mhselfhelp.org)

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2-1-1 VIRGINIA is a free, confidential resource for individuals that links them to the most appropriate services for their needs. 2-1-1 gathers facts on health and human services and provides this information to individuals, families, agencies, and organizations.

2-1-1 VIRGINIA – Northwest Region  
Family Resource & Referral Center  
1600 N Coalter St, Suite 12 B  
Staunton, Virginia 24401  
Local: 540-245-5899 or 2-1-1  
Fax: 540-885-2185  
Web Site: [www.211virginia.org](http://www.211virginia.org)



### 2-1-1 VIRGINIA Northwest Region

#### Community Resource Center, Serving Harrisonburg & Rockingham County

Muhlenberg Lutheran Church  
281 East Market Street  
Activity Center, First Floor  
Harrisonburg, VA 22801

540-433-3888

[www.hrcrc.org](http://www.hrcrc.org)

## Abuse

### **Anger Management Support Group**

**887-3200**

*Staunton*

- 12 sessions are provided. Interested persons should call Valley Community Services Board for an initial evaluation and to be referred to the group.
- Website: <http://www.myvalleycsb.org/group-therapy-options>

### **Central Shenandoah Valley Office On Youth**

**Staunton: 332-3806**

*Central Shenandoah Valley*

**Waynesboro: 942-6757**

- Offers information regarding support groups for Anger Management for Staunton and the Central Shenandoah Valley
- Website: <http://www.officeonyouth.com/programs/>

### **Choices Council on Domestic Violence of Page County**

**Luray: 743-4414**

**Shenandoah: 218-4028**

- Offers information regarding domestic violence services
- Website: <https://choicesofpagecounty.org/programs-services/>

### **Clean, Inc**

**722-3589**

*Winchester*

- Offers information regarding Anger Management support groups for the Winchester area
- Website: <http://www.cleaninc.org/>

### **Collins Center**

**24 Hour Hotline: 434-2272 or 432-6430**

*Harrisonburg*

- Offers support groups for victims of sexual assault in the Harrisonburg area. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: <https://www.thecollinscenter.org/crisis-services>

### **First Step Support Group for Abused Women**

**434-0295 or 866-223-9169**

*Harrisonburg*

Website: [www.firststepva.com](http://www.firststepva.com)

- Open to abused women and their children. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

### **New Directions Center Inc.**

**24 Hour Hotline: 886-6800 or Toll Free: 800-564-2836**

*Staunton*

**885-7273**

- Offers support groups for victims of domestic violence (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: <https://www.newdirectionscenter.org/>

### **Project Horizons**

**24 Hour Hotline: 463-2594 or Toll Free: 866-463-2594**

*Lexington*

**463-7861**

- Offers support groups for victims of domestic violence and sexual assault. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: <http://www.projecthorizon.org/>

### **Response, Inc.**

**24 Hour Hotline: 459-5161 or Toll Free: 1-888-459-5161**

*Woodstock*

**459-5599**

- Offers domestic violence services for the Woodstock area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
- Website: <http://www.responseva.org/>



**Rockbridge Area Community Services****463-3141***Lexington*

- Offers anger management support groups area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details) (do not offer anger management support group)
- Website: <http://www.responseva.org/>

**Valley Hope Counseling Center****941-8933***Waynesboro*

- Offers anger management support groups
- Website: <http://valleyhopecc.org/>

**Addiction and Recovery****AA, Al-Anon, Alateen Blue Ridge Area Intergroup***Websites for a complete list of meetings:*

- AA: [www.aavirginia.org](http://www.aavirginia.org)

*Winchester*

- 24 hour Hotline (AA Meetings) **667-0322**
- 24 hour hotline (Al-anon & Alateen meetings) **800-835-6130**

*Harrisonburg*

- Answering Service (AA) **434-8870**
- Additional Phone AA meetings (Valley) **568-2462**
- Toll-free AA/Alateen Meetings **866-281-8456**

*Staunton*

- Answering Service/Intake **885-6912**
- Toll-Free AA/Alateen meetings **866-281-8456**

**Augusta Health****332-4000***Fishersville*

- Substance abuse services
- Website: <https://www.augustahealth.com/mental-health>

**Choices****564-5629***Harrisonburg*

- Alcohol and Drug Prevention program located at the Center for Behavioral Health
- Website: <https://www.sentara.com/harrisonburg-virginia/medicalservices/services/behavioral-health/services/addiction-services.aspx>

**Edgehill Recovery Retreat Center****24 Hours: 662-8865***Winchester*

- Offers substance abuse services
- Website: <https://edgehillrecovery.org/>

**Harrisonburg-Rockingham Community Services Board  
Center for Children and Families:****433-3100 or 434-1941***Harrisonburg*

- Offers information regarding substance abuse services
- Website: <https://www.hrcsb.org/category/childrens-services/>

## **Lesbian, Gay, Bisexual, and Transgender (LGBT)**

### **NALGAP**

Website: [www.nalgap.org](http://www.nalgap.org)

The National Association of Lesbian and Gay Addiction Professionals is a membership organization founded in 1979 and dedicated to the prevention and treatment of alcoholism, substance abuse, and other addictions in lesbian, gay, bisexual, transgender communities.

### **Narcotics Anonymous**

1-800-777-1515 or 383-2584

BRNA PO BOX 623 Harrisonburg, VA 22803

Website: [www.na.org](http://www.na.org)

Please check the following website for a complete list of meetings in the Blue Ridge Area:

[www.brna.org](http://www.brna.org)

### **The Hopequest Ministry Group, Inc.**

678-391-5950

Woodstock

- For information regarding dates and times for meetings, please call the number listed above.
- Website: <https://hopequestgroup.org/>

## **Caregiver Support Groups**

### **Adult Care Center of the Northern Shenandoah Valley**

722-2273

Winchester

- Offers support groups for caregivers
- Website: <http://www.adultcarecenter.net/index.html>

### **Alzheimer's Association Mid-Valley Office**

Daily Living Center: 949-4151

Waynesboro

- Offers Alzheimer's support

### **Caregivers Community Network**

568-6682

Harrisonburg

- Offers support groups for caregivers and respite care
- Website: <http://www.socwork.jmu.edu/caregivers/>

### **CHADD of the Shenandoah Valley**

241-4754

Harrisonburg

- Offers support group information for caregivers of persons with ADD

### **Greenfield Assisted Living of Woodstock**

459-2525

Woodstock

- Offers information regarding respite care
- Website: <http://www.greenfieldseniorliving.com/community/va/woodstock/>

### **Mayflower Home for Adults**

463-3161

Lexington

- Offers respite care for families
- Website: <http://www.mayflowerhomes.com/>

**Sentara RMH Medical Center**

*Harrisonburg*

**689-1000**

**Toll-free Health Source: 800-433-4580**

- Offers information on caregiver of aging relatives support groups in the Harrisonburg area. You can also call 574-3800 for information about Generations Crossings

**Shenandoah Area Agency on Aging**

*Edinburg*

**635-7141**

**800-883-4122**

- Offers information regarding respite care
- Website: <http://www.shenandoahaaa.com/>

**Valley Program Aging Services**

*Waynesboro*

**949-7141**

- Call for details
- Website: <https://www.vpas.info/>

**Specialized Information & Referral (I&R) for Caregiver Support Groups**

**Seniors**

Valley Program for Aging Services  
Shenandoah Area Office on Aging

**800-868-8727 or 949-7141**

**800-883-4122 or 635-7141**

**Warren Memorial Hospital**

636-0138

Front Royal Medical Center Community Support Groups

## Chronic Illness

### **Alzheimer's Family Support Groups**

Central Shenandoah Valley

800-272-3900

Website: [www.alz.org/cwva](http://www.alz.org/cwva)

- Please contact *Wendy DeLawder* for more information. Early Stages Support Groups will begin in 2010

### **Cancer Support Groups**

Various support groups are held throughout the week including topics ranging from cancer patient support for various illnesses and family support.

Woodstock

- Please call *Ruth Wakeman* 459-2187

### **Mended Hearts (support group for heart patients and families)**

Harrisonburg

- Please check the SENTARA website for information regarding meeting dates, times, and information. Link: <http://www.Sentaraonline.com/ClassesEvents/EventCalendar/tabid/79/Default.aspx>
- Contact *Ron Shelton* for current meeting times and locations. Open to people with breathing problems, or chronic lung disease, including asthma, and their family members/significant others. Co-sponsored by Pulmonary Rehab and the Shenandoah Region of the American Lung Association.

## Community Health Workshops at Sentara RMH Medical Center

### **Community Health**

Harrisonburg

Registration: 433-4580

Website: [www.sentara.com/harrisonburg-virginia/classesevents/view-all-support-groups.aspx](http://www.sentara.com/harrisonburg-virginia/classesevents/view-all-support-groups.aspx)

- Support on various health related topics are located at Sentara Rockingham Memorial Hospital. Support groups and special topics include: Breast Cancer, Diabetes, Relationships, Grief and Loss, and Mindfulness. For a complete list of topics, dates, and times please check the website listed above.

## Family Support

### **Hand in Hand (Teen Pregnancy Support Group)**

Harrisonburg

433-4340

- This is located in the SENTARA Atrium building, Please call for more details.

### **Preemie Support Group**

Harrisonburg

434-7789

- Please call for more information

## Grief and Loss

### **AHC Hospice of the Shenandoah**

Fishersville

332-4909 or 932-4909

- Hospice of the Shenandoah offers a home-based specialized health-care program associated with terminal illness which includes a physician, hospice nurse, social worker, volunteer hospice chaplains, hospice trained volunteers, certified nursing assistants, bereavement coordinator, specialized therapists, and dietitian. Service is available by special arrangements through referrals, from patients, family, physicians, friends, or other health agencies. Hospice staff help the terminally ill live as pain free and alert as possible

through the remainder of their lives and provide support for the patient's family members in many ways, without charge. Bereavement Support is provided for one year, which includes an 8-week bereavement support group.

- Website: <https://www.augustahealth.com/hospice>

### **BC Bereavement**

**Helpline: 1877-779-2223**

*Harrisonburg*

- Please call for more information

### **Compassionate Friends**

**1-866-995-6858**

*Shenandoah Valley Region*

Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

- We assist families in positive resolution of grief following the death of a child and provide information to help others be supportive. For a more information and to find local meetings please see the website listed above.

## **LGBT (Lesbian, Gay, Bisexual, Transgender)**

### **Madison Equality**

Website: <http://orgs.jmu.edu/madisonequality>

*Harrisonburg, James Madison University*

Email: [madisonequality@gmail.com](mailto:madisonequality@gmail.com)

- Madison Equality is a social and educational organization geared towards providing a place for LGBTAQIQ (lesbian, gay, bisexual, transgender, queer, intersex and questioning) as well as Ally identified students to come and hang out in an inclusive environment. We promote educational outreach by bringing 4-5 speakers/performers a semester as well as our members speaking on panels in classrooms about LGBTAQIQ issues. Please check the website for meeting times, dates, and location.

### **Shenandoah Valley Gay and Lesbian Association (SVGLA)**

Website: [www.svgla.org](http://www.svgla.org)

*Shenandoah Valley Region*

Email: [svgla@svgla.org](mailto:svgla@svgla.org)

- SVGLA provides educational, social, and recreation activities and promotes the general welfare of the community. Activities are scheduled throughout the year from "First Friday" each month, which brings the community together in the form of potluck dinners, to our annual Shenandoah Valley Pride festival in July of each year. Please visit [www.svgla.org](http://www.svgla.org) or [www.myspace.com/svgla](http://www.myspace.com/svgla) or email at [svgla@svgla.org](mailto:svgla@svgla.org) for more information.

## Mental Illness

### **Anxiety Support Group – Valley Hope Counseling Center**

**941-8933**

*Waynesboro*

- Please call for more information

### **Augusta Health**

**332-4000**

*Fishersville*

- Information regarding mental health services

### **Bipolar Support Group – Valley Hope Counseling Center**

**941-8933**

*Waynesboro*

- Please call for more information

### **Co Dependents Anonymous CODA) \**

**943-6006**

*Waynesboro*

- Please contact *Elizabeth Wilkerson*

### **Mental Health America of Augusta**

**886-7181 or 949-0169**

*Augusta County*

- Please contact *Donna Gum* for more information
- Website: <http://www.mha-augusta.org/>

### **National Alliance for the Mentally Ill (NAMI)**

Website: [www.nami.org](http://www.nami.org)

(Families Helping Families Cope with Mental Illness)

*Harrisonburg*

- Please contact *Rowen Zeis*: [zeissr@brcc.edu](mailto:zeissr@brcc.edu) **434-8761**

*Winchester*

- Please call **533-1832**

### **Northwestern Community Services Board**

*Page County/Luray*

- Please call **743-4548**

*Winchester*

- Please call 667-8888

*Woodstock*

- Please call **459-4946**

Website: <http://www.nwcsb.com/>

### **Rockbridge Area Community Services**

*Bacova (Bath County)*

- Please call 839-3162

*Lexington*

- Child & Adolescent Day Programs, please call 463-3141
- Mental Health Services RACSB, please call 463-3141

Website: <https://www.racsb.org/>

### **Sentara RMH Medical Center**

**689-1000 (Intake/Outpatient), or 877-294-5731**

*Harrisonburg*

- Offers information regarding mental health services
- Website: <https://www.sentara.com/harrisonburg-virginia/medicalservices/services/behavioral-health/conditions-we-treat.aspx>

**Shenandoah Memorial Hospital**

**459-1505**

*Woodstock*

- Offers information regarding mental health services
- Website: <https://www.valleyhealthlink.com/Our-Services/Behavioral-Health-Services.aspx?furl=behavioralhealth>

**Valley Community Services Board**

**887-3200 or 943-5515**

*Staunton*

- Offers information regarding mental health services
- Website: <http://www.myvalleycsb.org/>

**Winchester Medical Center**

**536-8140**

*Winchester*

- Offers information regarding mental health services
- Website: <https://www.valleyhealthlink.com/Our-Services/Behavioral-Health-Services.aspx?furl=behavioralhealth>

**Persons with Disabilities and Their Families**

**Arc – Support Group for Retarded Citizens**

**434-2469**

*Harrisonburg*

- Please call the number listed above for more information
- Website: <http://www.hrarc.org/>

**Intellectual Disability/ Mental Illness Support**

**437-9214**

*Harrisonburg*

- Please for more details

**Shenandoah Valley Autism Partnership**

*Harrisonburg*

Please contact

- Marybeth Clarke @ [valleyautisminfo@gmail.com](mailto:valleyautisminfo@gmail.com)

Website: [www.Valleyautism.org](http://www.Valleyautism.org)

**Virginia Board for People with Disabilities**

**804-786-0016**

Website: <https://www.vaboard.org/>

## Schools and College Counseling Services

### Introduction

Schools often can be the first line of help for those who are in need. Children, adolescents, and young adults attending our community's educational systems can find themselves in developmental life stages where circumstances may become problematic. School settings from kindergarten through high school, as well as universities and colleges, are staffed with professionals serving the unique needs of their students.

K-12 schools typically have both *School Counselors* and *School Psychologists* on staff. School Counselors help students to understand and deal with social, behavioral, and personal problems. These counselors emphasize preventive and developmental counseling to provide students with the skills needed to deal with life's challenges, and to enhance personal, social, and academic growth. School Psychologists typically provide assessment and intervention planning to address learning, behavioral, and emotional problems that may be affecting a student's academic performance.

College and university counseling centers are staffed by counseling and clinical psychologists, counselors, clinical social workers and other professionals who provide services. Services include help for personal, educational, emotional, and interpersonal concerns.

Please contact each educational setting if you wish to inquire about specific services or service providers. In the following section counselor's names are in italics.

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All area codes 540 unless otherwise noted

*This list is current as of July 1, 2018. Please see individual school websites for updates.*

### Augusta County Schools

#### **Beverley Manor Middle School**

58 Cedar Green Road  
Staunton, VA 24401

**886-5806**

Fax: 886-4019

Website: [www.augusta.k12.va.us/beverleymanorms](http://www.augusta.k12.va.us/beverleymanorms)

#### **Buffalo Gap High School**

1800 Buffalo Gap Highway  
Swope, VA 24479

**337-6021**

Fax: 337-6236

Website: [www.augusta.k12.va.us/buffalogaphs](http://www.augusta.k12.va.us/buffalogaphs)

#### **Cassell Elementary School**

1301 Rockfish Rd.  
Waynesboro, VA 22980

**946-7635**

Fax: 946-7637

Website: [www.augusta.k12.va.us/hughkcasselles](http://www.augusta.k12.va.us/hughkcasselles)

#### **Churchville Elementary School**

3710 Churchville Avenue  
Churchville, VA 24421

**337-6036**

Fax: 337-8803

Website: [www.augusta.k12.va.us/churchvillees](http://www.augusta.k12.va.us/churchvillees)

#### **Clymore Elementary School**

184 Fort Defiance Rd.  
Fort Defiance, VA 24437

**245-5043**

Fax: 245-5095

Website: [www.augusta.k12.va.us/clymorees](http://www.augusta.k12.va.us/clymorees)

#### **Craigsville Elementary School**

100 East First Street  
Craigsville, VA 24430

**997-9184**

Fax: 997-0432

Website: [www.augusta.k12.va.us/craigsvillees](http://www.augusta.k12.va.us/craigsvillees)

#### **Fort Defiance High School**

**245-5050**



195 Fort Defiance Road  
Fort Defiance, VA 24437

Fax: 245-5054  
Website: [www.augusta.k12.va.us/fortdefiancehs](http://www.augusta.k12.va.us/fortdefiancehs)

**Guy K. Stump Elementary School**

115 Draft Avenue  
Stuarts Draft, Virginia 24477

**337-1549**  
Fax: 337-1761  
Website: [www.augusta.k12.va.us/guykstumpes](http://www.augusta.k12.va.us/guykstumpes)

**North River Elementary School**

3395 Scenic Highway  
Mt. Solon, VA 22843

**350-2463**  
Fax: 885-3884  
Website: [www.augusta.k12.va.us/northriveres](http://www.augusta.k12.va.us/northriveres)

**Riverheads Elementary School**

17 Howardsville Road  
Staunton, VA 24401

**337-2535**  
Fax: 337-1454  
Website: [www.augusta.k12.va.us/riverheadses](http://www.augusta.k12.va.us/riverheadses)

**Riverheads High School**

19 Howardsville Road  
Staunton, VA 24401

**337-1921**  
Fax: 337-0258  
Website: [www.augusta.k12.va.us/riverheadshs](http://www.augusta.k12.va.us/riverheadshs)

**Shenandoah Valley Governor's School**

49 Hornet Road  
Fishersville, VA 22939

**245-5088**  
Fax: 886-6476  
Website: [www.svg.k12.va.us](http://www.svg.k12.va.us)  
Email: [director@svg.k12.va.us](mailto:director@svg.k12.va.us)

**Stewart Middle School**

118 Fort Defiance Road  
Fort Defiance, VA 24437

245-5046  
Fax: 245-5049  
Website: [www.augusta.k12.va.us/stewartms](http://www.augusta.k12.va.us/stewartms)

**Stuarts Draft Elementary School**

63 School Blvd.  
Stuarts Draft, VA 24477

**337-2951**  
Fax: 946-7620  
Website: [www.augusta.k12.va.us/stuartsdraftes](http://www.augusta.k12.va.us/stuartsdraftes)

**Stuarts Draft High School**

1028 Augusta Farms Road  
Stuarts Draft, VA 24477

**946-7600**  
Fax: 946-7605  
Website: [www.augusta.k12.va.us/stuartsdrafths](http://www.augusta.k12.va.us/stuartsdrafths)

**Stuarts Draft Middle School**

1088 Augusta Farms Road  
Stuarts Draft, VA 24477

**946-7611**  
Fax: 946-7613  
Website: [www.augusta.k12.va.us/stuartsdraftms](http://www.augusta.k12.va.us/stuartsdraftms)

**Verona Elementary School**

1011 Lee Highway  
Verona, VA 24482

**248-0141**  
Fax: 248-0562  
Website: [www.augusta.k12.va.us/veronaes](http://www.augusta.k12.va.us/veronaes)

**Wilson Elementary School**

127 Woodrow Wilson Avenue  
Fishersville, VA 22939

**245-5040**  
Fax: 245-5042  
Website: [www.augusta.k12.va.us/wilsones](http://www.augusta.k12.va.us/wilsones)

**Wilson Memorial High School**

189 Hornet Road  
Fishersville, VA 22939

**886-4286 or 949-8643**  
Fax: 886-4611  
Website: [www.augusta.k12.va.us/Page/4703](http://www.augusta.k12.va.us/Page/4703)

**Wilson Middle School**

232 Hornet Road  
Fishersville, VA 22939

**245-5185**  
Fax: 245-5189  
Website: [www.augusta.k12.va.us/wilsonms](http://www.augusta.k12.va.us/wilsonms)

## **Bath County Schools**

### **Bath County High School**

**839-2431**

464 Charger Lane  
Hot Springs, VA 24445

Fax: 839-3290

Website: <http://www.bath.k12.va.us/bchs/>

### **Millboro Elementary School**

411 Church Street  
Millboro, VA 24460

**997-5452 & 839-5804**

Fax: 997-0123

### **Valley Elementary School**

98 Panther Drive  
Hot Springs, VA 24445

**839-5395**

Fax: 839-5392

Website: [www.bath.k12.va.us/ves](http://www.bath.k12.va.us/ves)

## **Harrisonburg City Schools**

### **Harrisonburg City Public Schools Special Education Services**

101 N. Main Street 4<sup>th</sup> floor  
Harrisonburg, VA 22802

**434-2752**

Fax: 434-2923

Website: [www.harrisonburg.k12.va.us](http://www.harrisonburg.k12.va.us)

The School Psychologists and School Social Workers/Visiting Teachers, and Child-Find Specialists of Harrisonburg City Schools are available for referral, consultation, assessment, and other services aimed at helping students with various needs. As specialists in working with students with disabilities, these professionals are familiar with resources and services to assist children with special needs in the public schools. With their respective training in counseling, mental health, and family dynamics, they consult with families who have students enrolled in Harrisonburg city schools regarding the school-related impact of various relevant issues on all children. Office hours are 8 a.m. to 4 p.m. Monday through Friday.

### **Bluestone Elementary School**

750 Garbers Church Road  
Harrisonburg VA 22801

**432-3230**

Fax: 432-3231

Website: [www.harrisonburg.k12.va.us/hhs](http://www.harrisonburg.k12.va.us/hhs)

### **Great Oak Academy**

1211 E Market Street  
Harrisonburg VA 22801

**434-1949**

Fax: 434-1949

Website: [www.harrisonburg.k12.va.us/hhs](http://www.harrisonburg.k12.va.us/hhs)

### **Harrisonburg High School**

1001 Garbers Church Road  
Harrisonburg VA 22801

**433-2651**

Fax: 433-3595

Website: [www.harrisonburg.k12.va.us/hhs](http://www.harrisonburg.k12.va.us/hhs)

### **Keister Elementary School**

100 Maryland Avenue  
Harrisonburg VA 22801

**434-6585**

Fax: 434-4452

Website: [www.harrisonburg.k12.va.us/keister](http://www.harrisonburg.k12.va.us/keister)

### **Skyline Middle School**

470 Linda Lane  
Harrisonburg, VA 22802

**434-6862**

Fax: 434-6453

Website: [www.harrisonburg.k12.va.us/skms](http://www.harrisonburg.k12.va.us/skms)

### **Smithland Elementary School**

474 Linda Lane  
Harrisonburg, VA 22802

**434-6075**

Fax: 434-6059

Website: [www.harrisonburg.k12.va.us/smes](http://www.harrisonburg.k12.va.us/smes)

### **Spotswood Elementary School**

400 Mountain View Drive

**434-3429**

Fax: 434-4453

Harrisonburg VA 22801

Website: [www.harrisonburg.k12.va.us/swood](http://www.harrisonburg.k12.va.us/swood)

**Stone Spring Elementary School**

1575 Peach Grove Avenue  
Harrisonburg VA 22801

**574-1199**

Fax: 432-0053

Website: [www.harrisonburg.k12.va.us/sses](http://www.harrisonburg.k12.va.us/sses)

**Thomas Harrison Middle School**

1311 West Market Street  
Harrisonburg VA 22801

**434-1949**

Fax: 434-4052

Website: [www.harrisonburg.k12.va.us/thms](http://www.harrisonburg.k12.va.us/thms)

**Waterman Elementary School**

451 Chicago Avenue  
Harrisonburg VA 22802

**434-8352**

Fax: 434-9996

Website: [www.harrisonburg.k12.va.us/water](http://www.harrisonburg.k12.va.us/water)

**Harrisonburg City and Rockingham County Schools**

**Massanutten Technical Center**

325 Pleasant Valley Road  
Harrisonburg, VA 22801

**434-5961**

Fax: 434-1402

Website: [www.rockingham.k12.va.us/mtc/MTC.html](http://www.rockingham.k12.va.us/mtc/MTC.html)

**Highland County Schools**

**Highland Elementary School**

252 Myers Moon Road  
P. O. Box 310  
Monterey, VA 24465

**468-6360**

Fax: 468-6399

Website: <http://www.highland.k12.va.us/education/school/school.php?sectionid=5>

**Highland High School**

210 Myers Moon Road  
P. O. Box 430  
Monterey, VA 24465

**468-6320**

Fax: 468-6332

Website: [www.highland.k12.va.us/education/school/school.php?sectionid=6](http://www.highland.k12.va.us/education/school/school.php?sectionid=6)

**Lexington City Schools**

**Waddell Elementary School**

100 Pendleton Place  
Lexington, VA 24450

**463-5353**

Fax: 463-6309

Website: [www.lexedu.org/Waddell](http://www.lexedu.org/Waddell)

**Lylburn Downing Middle School**

**463-3532**  
302 Diamond Street  
Lexington, VA 24450

Fax: 463-1548

Website: [www.lexedu.org/LDMS](http://www.lexedu.org/LDMS)

**Page County Schools**

**Luray Elementary School**

55 First Street  
Luray, VA 22835

**743-4078**

Website: <https://sites.google.com/site/lurayelem/>

**Luray High School**

243 Bulldog Drive  
Luray, VA 22835

**743-3800**

Fax: 743-5524

Website: <http://eclipse.pagecounty.k12.va.us/lhs/index.htm>

**Luray Middle School**

14 Luray Avenue  
Luray, VA 22835

**843-2666**

Fax: 743-1709

Website: <http://eclipse.pagecounty.k12.va.us/lms/index.htm>**Page County High School**

184 Panther Drive  
Shenandoah, VA 22849

**652-8712**

Fax: 652-1966

Website: <http://eclipse.pagecounty.k12.va.us/pchs2/index.htm>**Page County Middle School**

198 Panther Drive  
Shenandoah, VA 22849

**652-3400**

Fax: 652-8308

Website: <http://eclipse.pagecounty.k12.va.us/pcms>**Page County Public Schools**

735 W. Main Street  
Luray, VA 22835

**743-6533**Website: [www.pagecounty.k12.va.us](http://www.pagecounty.k12.va.us)**Page County Technical Center**

525 Middleburg Road  
Luray, VA 22835

**778-7282**

Fax: 778-4272

Website: <http://eclipse.pagecounty.k12.va.us/pctc/pctchome/index.htm>**Shenandoah Elementary School**

529 Fourth Street  
Shenandoah, VA 22849

**652-8621**

Fax: 652-1711

Website: <http://eclipse.pagecounty.k12.va.us/shen2/index.htm>**Springfield Elementary School**

158 Big Spring Lane  
Rileyville, VA 22650

**743-3750**

Fax: 743-4699

Website: <http://eclipse.pagecounty.k12.va.us/spfd/index.html>**Stanley Elementary School**

306 Aylor Grubbs Avenue  
Stanley, VA 22851

**778-2612**

Fax: 778-1913

Website: <http://eclipse.pagecounty.k12.va.us/stan/index.htm>**Rockbridge County Schools****Rockbridge County High School**

143 Greenhouse Road  
Lexington, VA 24450

**463-5555**

Fax: 463-6152

Website: <http://www.rockbridge.k12.va.us/SCHOOLS/RCHS/>**Maury River Middle School**

600 Waddell Street  
Lexington, VA 24450

**463-3129**

Fax: 464-4838

Website: <http://www.rockbridge.k12.va.us/SCHOOLS/MRMS/>**Rockbridge Middle School**

1200 Sterrett Road  
Fairfield, VA 24435

**348-5445**

Fax: 348-1016

Website: [www.rockbridge.k12.va.us/schools/rms](http://www.rockbridge.k12.va.us/schools/rms)**Central Elementary School**

85 Central Road  
Lexington, VA 24450

**463-4500**

Fax: 463-2225

Website: <http://www.rockbridge.k12.va.us/schools/CES/>**Effinger Elementary School****463-4459**

2893 Collierstown Road  
Lexington, VA 24450

Fax: 463-4824  
Website: [www.rockbridge.k12.va.us/SCHOOLS/EES](http://www.rockbridge.k12.va.us/SCHOOLS/EES)

**Fairfield Elementary School**

20 Fairfield School Road  
Fairfield, VA 24435

**348-5202**  
Fax: 377-2601  
Website: [www.rockbridge.k12.va.us/schools/fes](http://www.rockbridge.k12.va.us/schools/fes)

**Mountain View Elementary School**

20 Burger Circle  
Buena Vista, VA 24416

**261-2418**  
Fax: 261-8082  
Website: [www.rockbridge.k12.va.us/schools/mves](http://www.rockbridge.k12.va.us/schools/mves)

**Natural Bridge Elementary School**

42 Natural Bridge School Road  
Natural Bridge Station, VA 24579

**291-2292**  
Fax: 291-2966  
Website: [www.rockbridge.k12.va.us/SCHOOLS/NBES](http://www.rockbridge.k12.va.us/SCHOOLS/NBES)

**Rockingham County Schools**

**Broadway High School**

269 Gobbler Drive  
Broadway VA 22815

**896-7081**  
Fax: 896-2640  
Website: <http://blogs.rockingham.k12.va.us/bhs/>

**Cub Run Elementary School**

1451 S. Montevideo Circle  
Penn Laird, VA 22846

**289-5854**  
Fax: 289-5901  
Website: <http://blogs.rockingham.k12.va.us/cres/>

**East Rockingham High School**

250 Eagle Rock Rd.  
Elkton, VA 22827

**298-7450**  
Fax: 298-7462  
Website: <http://blogs.rockingham.k12.va.us/erhs/>

**Elkton Elementary School**

302 B Street  
Elkton VA 22827

**298-1511**  
Fax: 298-1471  
Website: <http://blogs.rockingham.k12.va.us/ees/>

**Elkton Middle School**

21063 Blue and Gold Drive  
Elkton VA 22827  
*Emily Casdorph & Courtney Horne*

**289-1228**  
Fax: 289-0029  
Website: <http://blogs.rockingham.k12.va.us/ems/>

**Fulks Run Elementary School**

11089 Brocks Gap Run  
Fulks Run VA 22830

**896-7635**  
Website: <http://blogs.rockingham.k12.va.us/fres/>

**J. Frank Hillyard Middle School**

226 Hawks Hill Drive  
Broadway VA 22815

**896-8962**  
Fax: 896-6641  
Website: <http://blogs.rockingham.k12.va.us/jfhms/>

**John C. Myers Elementary School**

290 Raider Way  
Broadway VA 22815

**896-2297**  
Fax: 896-1576  
Website: <http://blogs.rockingham.k12.va.us/jcmes/>

**John Wayland Elementary School**

801 N. Main Street  
Bridgewater VA 22812

**828-6081**  
Fax: 828-4439  
Website: <http://blogs.rockingham.k12.va.us/jwes/>

**Lacey Spring Elementary School**

8621 N. Valley Pike  
Harrisonburg VA 22802

**433-7819**

Fax: 433-0383

Website: <http://blogs.rockingham.k12.va.us/lse/>**Linville-Edom Elementary School**

3653 Linville-Edom Road  
Linville VA 22834

**833-6916**

Fax: 833-2267

Website: <http://blogs.rockingham.k12.va.us/lees/>**McGaheysville Elementary School**

9508 Spotswood Trail  
McGaheysville VA 22840

**289-3004**

Fax: 289-6832

Website: <http://blogs.rockingham.k12.va.us/mes/>**Montevideo Middle School**

7648 McGaheysville Road  
Penn Laird VA 22846

**289-3401**

Fax: 289-3601

Website: <http://blogs.rockingham.k12.va.us/mms>**Mountain View Elementary School**

2800 Rawley Pike  
Harrisonburg VA 22801  
)

**438-1965**

Fax: 438-0455

Website: <http://blogs.rockingham.k12.va.us/mves/>**Ottobine Elementary School**

8646 Waggys Creek Road  
Dayton VA 22821

**879-2091**

Fax: 879-2556

Website: <http://blogs.rockingham.k12.va.us/oes/>**Peak View Elementary School**

641 Lawyer Road  
Penn Laird VA 22846

**289-7510**

Fax: 289-7439

Website: <http://blogs.rockingham.k12.va.us/pkves/>**Plains Elementary School**

225 American Legion Drive  
Timberville VA 22853

**896-8956**

Fax: 896-8908

Website: <http://blogs.rockingham.k12.va.us/pes/>**Pleasant Valley Elementary School**

215 Pleasant Valley Road  
Harrisonburg VA 22801

**434-4557**

Fax: 433-3528

Website: <http://blogs.rockingham.k12.va.us/pves/>**River Bend Elementary School**

14556 Rockingham Pike  
Elkton, VA 22827

**298-5301**

Fax: 298-5305

Website: <http://blogs.rockingham.k12.va.us/rbes>**Rockingham County Public Schools**

100 Mount Clinton Pike  
Harrisonburg, VA 22802

**564-3200**Website: [www.rockingham.k12.va.us](http://www.rockingham.k12.va.us)

All residents of Rockingham County from the ages of two (2) through twenty-one (21) who have a disability and are in need of special education services shall receive a free appropriate education in the least restrictive environment. Students otherwise eligible must have attained age two (2) and not have exceeded age twenty-one (21) by September

30. Programs and services are provided to persons identified as having autism, deaf-blindness, developmental delay, hearing impairment, mental retardation, multiple disabilities, orthopedic impairment, other health impairment, emotional disturbance, severe disability, specific learning disability, speech or language impairment, traumatic brain injury, or a visual impairment.

**South River Elementary School**

2101 Elm Avenue  
Grottoes VA 24441

**249-4001**

Fax: 249-3110

Website: [www.rockingham.k12.va.us/sres/sresmain.htm](http://www.rockingham.k12.va.us/sres/sresmain.htm)

**Spotswood High School**

368 Blazer Drive  
Penn Laird VA 22846

**289-3100**

Fax: 289-3301

Website: <http://blogs.rockingham.k12.va.us/shs/>

**Turner Ashby High School**

800 N. Main Street  
Bridgewater VA 22812

**828-2008**

Fax: 828-4764

Website: [www.rockingham.k12.va.us/TAHS/tahs.html](http://www.rockingham.k12.va.us/TAHS/tahs.html)

**Wilbur Pence Middle School**

375 Bowman Road  
Dayton VA 22821

**879-2535**

Fax: 879-2179

Website: [www.rockingham.k12.va.us/WSPMS/wspms.html](http://www.rockingham.k12.va.us/WSPMS/wspms.html)

**Shenandoah County Schools**

**Ashby Lee Elementary School**

480 Stonewall Avenue  
Quicksburg, VA 22847

**477-2927**

Fax: 477-2844

Website: [www.shenandoah.k12.va.us/ales](http://www.shenandoah.k12.va.us/ales)

**Central High School**

1147 Susan Avenue  
Woodstock, VA 22664

**459-2161**

Fax: 459-5932

Website: [www.shenandoah.k12.va.us/chs](http://www.shenandoah.k12.va.us/chs)

**North Fork Middle School**

1018 Caverns Road  
Quicksburg, VA 22847

**477-2953**

Fax: 477-2562

Website: [www.shenandoah.k12.va.us/nfms](http://www.shenandoah.k12.va.us/nfms)

**Peter Muhlenberg Middle School**

1251 Susan Avenue  
Woodstock, VA 22664

**459-2941**

Fax: 459-5965

Website: [www.shenandoah.k12.va.us/pmms](http://www.shenandoah.k12.va.us/pmms)

**Sandy Hook Elementary School**

162 Stickley Loop  
Strasburg, VA 22657

**465-8281**

Website: [www.shenandoah.k12.va.us/shes](http://www.shenandoah.k12.va.us/shes)

**Signal Knob Middle School**

687 Sandy Hook Road  
Strasburg, VA 22657

**465-3422**

Fax: 465-5412

Website: [www.shenandoah.k12.va.us/skms](http://www.shenandoah.k12.va.us/skms)

**Stonewall Jackson High School**

150 Stonewall Lane  
Quicksburg, VA 22847

**477-2732**

Fax: 477-2098

Website: [www.shenandoah.k12.va.us/sjhs](http://www.shenandoah.k12.va.us/sjhs)

**Strasburg High School**

250 Ram Drive  
Strasburg, VA 22657

**465-5195**

Website: [www.shenandoah.k12.va.us/shs](http://www.shenandoah.k12.va.us/shs)

**Triplett Tech**  
6375 S. Main Street  
Mt. Jackson, VA 22842

**477-3161**  
Fax: 477-2402  
Website: [www.shenandoah.k12.va.us/tt](http://www.shenandoah.k12.va.us/tt)

**W. W. Robinson Elementary School**  
1231 Susan Avenue  
Woodstock, VA 22664

**459-5155**  
Fax: 459-5992  
Website: [www.shenandoah.k12.va.us/wwres](http://www.shenandoah.k12.va.us/wwres)

### **Staunton City Schools**

**A. R. Ware Elementary School**  
330 Grubert Avenue  
Staunton, VA 24401

**332-3938**  
Fax: 332-3957  
Website: <http://staunton.k12.va.us/ware>

**Bessie Weller Elementary School**  
600 Greenville Avenue  
Staunton, VA 24401

**332-3940**  
Fax: 332-3959  
Website: <http://staunton.k12.va.us/weller>

**Genesis Regional Alternative School**  
1751 Shutterlee Mill Road  
Staunton, VA 24401

**213-6507**  
Fax: 213-8870  
Website: <http://staunton.k12.va.us/Dixon>

**Robert E. Lee High School**  
1200 N. Coalter Street  
Staunton, VA 24401

**332-3926**  
Fax: 332-3994  
Website: <http://staunton.k12.va.us/lee>

**Shelburne Middle School**  
300 Grubert Avenue  
Staunton, VA 24401

**332-3930**  
Fax: 332-3933  
Website: <http://staunton.k12.va.us/shelburne>

**Staunton City School Board Office**  
116 West Beverley Street  
Staunton, VA 24401

**332-3920**  
Fax: 332-3924  
Website: <http://staunton.k12.va.us/staunton>

**Thomas C. McSwain Elementary School**  
1100 N. Coalter Street  
Staunton, VA 24401

**332-3936**  
Fax: 332-3955  
Website: <http://staunton.k12.va.us/McSwain>

### **Staunton City and Augusta County Schools**

**Valley Vocational Technical Center**  
49 Hornet Road  
Fishersville, VA 22939

**943-5511 or 245-5002**  
Fax: 885-0407  
Website: [www.augusta.k12.va.us/valleyvts](http://www.augusta.k12.va.us/valleyvts)  
E-mail: [webmaster@vvtc.tec.va.us](mailto:webmaster@vvtc.tec.va.us)



## Waynesboro City Schools

### **Berkeley Glenn Elementary School**

1020 Jefferson Avenue

Waynesboro, VA 22980

Website: <http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=2>

**946-4680**

Fax: 946-4684

### **Kate Collins Middle School**

1625 Ivy Street

Waynesboro, VA 22980

946-4635  
Fax: 946-4642  
Website: [www.waynesboro.k12.va.us/kcms/](http://www.waynesboro.k12.va.us/kcms/)

### **Waynesboro High School**

1200 West Main Street

Waynesboro, VA 22980

**946-4616**  
Fax: 946-4621  
Website: [www.waynesboro.k12.va.us/wboro/whs/index.htm](http://www.waynesboro.k12.va.us/wboro/whs/index.htm)

### **Waynesboro Public Schools**

301 Pine Avenue

Waynesboro, Virginia 22980

**946-4600**  
Fax: 946-4608  
Website: [www.waynesboro.k12.va.us](http://www.waynesboro.k12.va.us)

### **Wenonah Elementary School**

125 N. Bayard Avenue

Waynesboro, VA 22980

Website: [http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=5&sc\\_id=1186489337](http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=5&sc_id=1186489337)

**946-4660**

Fax: 946-4663

### **Westwood Hills Elementary School**

548 Rosser Avenue

Waynesboro, VA 22980

Website: <http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=6>

**946-4670**

Fax: 946-4673

### **William Perry Elementary School**

840 King Avenue

Waynesboro, VA 22980

Website: <http://waynesboro.va.schoolwebpages.com/education/components/scrapbook/default.php?sectionid=7>

**946-4650**

Fax: 946-4656

## Private Schools

### Harrisonburg

### **Minnick School, Harrisonburg Campus**

1661 Virginia Avenue

Harrisonburg, VA 22802

**437-1814**  
Website: <https://lfsva.org/educational-services-minnick-schools/>

### **Berea Christian School**

1351 Garbers Church Road

Harrisonburg, VA 22801

**432-0007**  
Website: <https://www.facebook.com/pages/Berea-Christian-School/593939504045183>

### **Eastern Mennonite School**

801 Parkwood Dr.

Harrisonburg, VA 22802

**236-6004**  
Fax: 236-6028  
Website: <http://www.emhs.net/>

### **Fishburne Military School**

225 S. Wayne Ave.

**946-7715**  
Fax: 946-7738

Waynesboro, VA 22980

Website: <http://www.fishburne.org/>

**Woodland Montessori School**

1350 Peach Grove Avenue  
Harrisonburg, VA 22801

**432-6111**

Fax: 540-432-6111

Website: [https://www.wmsh.org/](https://www.wmsh.org/info@wmsh.org)  
[info@wmsh.org](mailto:info@wmsh.org)

**Oak Lane School**

972 Oak Grove Lane  
Harrisonburg, VA 22801

**879-2716**

Website: <https://www.privateschoolreview.com/oak-lane-school-profile>

**Good Shepherd School and Day Care**

342 Neff Avenue  
Harrisonburg, VA 22801

**564-1744**

[neff\\_info@gsschools.com](mailto:neff_info@gsschools.com)

991 Chicago Avenue  
Harrisonburg, VA 22802

**564-2929**

[chicago\\_info@gsschools.com](mailto:chicago_info@gsschools.com)

Website: <https://www.goodshepherdschools.com/>

**Cornerstone Christian School**

197 Cornerstone Lane  
Harrisonburg, VA 22802

**432-9816**

Fax: 438-0106

Website: <http://www.ccsconnection.org/>

**Eastern Mennonite University**

1200 Park Road  
Harrisonburg, VA 22802

**432-4000**

Fax: 540-432-4444

Website: <https://emu.edu/>

**Lexington**

Rockbridge Christian Academy  
21 Snowy Egret Lane  
Lexington, VA 24450

**463-5456**

Fax: 540-463-3485

Website: <http://www.rockbridgechristianacademy.org/>

Email: [info@rockbridgechristianacademy.org](mailto:info@rockbridgechristianacademy.org)

**Woods Creek Montessori**

2 Dold Place  
Lexington, VA 24450

**463-6461**

Fax: 540-463-0998

Website: <https://woodscreekmontessori.org/>

**Rivermont School Rockbridge**

35 Magnolia Square #7  
Lexington, VA 24450

**463-6312**

Fax: 540.463.6476

Website: <https://www.centrahealth.com/facilities/rivermont-school-rockbridge>

**Washington and Lee University**

204 W Washington Street  
Lexington, VA 24450

**458-8400**

Website: <https://www.wlu.edu/>

**EarthSong Community School**

227 N Lewis Street  
Lexington, VA 24450

**464-1346**

Website: <http://earthsongschool.org/>

## Staunton

### **C. F. Richards Christian School**

414 Sterling Street  
Staunton, VA 24401

**886-4984**

Fax: 540-886-7082

Website: <http://anbm18.adventistschoolconnect.org/>

### **Stuart Hall School**

235 W Frederick Street  
Staunton, VA 24401

**885-0356**

Fax: 886-2275

Website: <https://www.stuarthallschool.org/>

### **Grace Christian School**

High School Campus  
19 S Market Street  
Staunton, VA 24401

**886-9109**

Fax: (540)886-5958

### **Elementary/Middle School**

511 Thornrose Avenue  
Staunton, VA 24401

**886-0937**

Fax: 886-2761

Website: <http://www.gcswarriors.org/>

### **Raw Learning**

101 VSDB Dr Suite 5  
Staunton, VA 24401

**292-3002**

Website: <http://www.rawlearning.org/>

### **Pygmalion School**

1215 North Augusta Street  
Website: <https://peopleplaces.org/pygmalion-school/>

**885-8841**

Fax: 886-6379

## Waynesboro

### **Good Shepherd School and Day Care**

109 Community Drive  
Waynesboro, VA 22980

**932-2060**

Website: <https://www.goodshepherdschools.com/>

### **Montessori School-Waynesboro**

560 Oak Avenue  
Waynesboro, VA 22980

**949-0899**

### **Fishburne Military School**

225 S Wayne Avenue  
Waynesboro, VA 22980

**946-7773**

Website: <https://www.fishburne.org/>

### **Prism Learning Community**

565 Pine Avenue  
Waynesboro, VA 22980

**200-8374**

Website: <http://www.prismlearningcommunity.org/>

## Augusta County

**Hunter McGuire Lower Schools of Stuart Hall (Episcopal)**

**Lower School:**

74 Quicks Mill Road  
Verona, VA 24482

**248-2404**

Fax: 540-248-5323

**Upper & Middle Schools:**

P.O. Box 210  
Staunton, VA 24402  
235 W. Frederick Street  
Staunton, VA 24401

**885-0356**

Fax: 886-2275

Website: <https://www.stuarthallschool.org/Physical:>

**Pilgrim Christian Schools**

238 Twin Hill Road  
Stuarts Draft, VA 24477

**337-4532**

<http://pilgrimchristian.org/>

**Ridge Christian School**

Physical 124 Ridgeview Drive  
Stuarts Draft, VA 24477  
Mailing PO Box 477  
Stuarts Draft, VA 24477

**337-1025**

Fax: 337-3718

Website: <http://www.ridgeviewchristian.com/>

Email: [info@ridgeviewchristian.com](mailto:info@ridgeviewchristian.com)

**Staunton Montessori School**

PO Box 925 / 2076 Jefferson Hwy  
Fishersville , VA22939

**949-5020**

Fax: 943-5795

<https://www.stauntonmontessori.org/>

**C. F. Richards Christian School**

414 Sterling Street  
Staunton, VA 24401

**886-4984**

<http://anbm18.adventistschoolconnect.org/>

**Prism Learning Community**

565 Pine Avenue  
Waynesboro, VA 22980  
Mailing: P.O. Box 522  
Crimora, VA 24431.

<http://www.prismlearningcommunity.org/>

**Page County**

**Stanley Seventh-Day Adventist (SDA) School**

118 Church Avenue  
Stanley, VA 22851

**778-3377**

**Rockbridge County**

**Rockbridge Christian Academy**

21 Snowy Egret Lane  
Lexington, VA 24450

**463-5456**

Fax: 540-463-3485

Website: <http://www.rockbridgechristianacademy.org/>

Email: [info@rockbridgechristianacademy.org](mailto:info@rockbridgechristianacademy.org)

## Rockingham County

### **Mountain View Mennonite School**

2737 Harness Shop Road  
Dayton, VA 22821

**879-2460**

### **Edgewood School**

5731 Crystal Ridge Road  
Dayton, VA 2821

**879-2002**

### **Redeemer Classical School**

1688 Indian Trail Road  
Keezletown, VA 22832

**437-0880**

Fax: 888-248-2415

Website: <http://www.redeemerclassical.org/>

Mailing P.O. Box 737  
Harrisonburg, VA 22803

### **Berea Christian School**

1351 Garbers Church Road  
Harrisonburg, VA 22801

**432-0007**

### **Riverside School**

2168 Hinton Rd,  
Dayton, VA 22821

**867-9494**

## Shenandoah County

### **Shenandoah Valley Academy (Christian)**

9529, 234 W Lee Hwy,  
New Market, VA 22844

**740-3161**

Website: <http://www.shenandoahvalleyacademy.org/>

## Rappahannock County

### **Hearthstone School**

11576 Lee Hwy  
Sperryville, VA 22740

**987-9212**

Website: <http://www.hearthstoneschool.org/>

Mailing P.O. Box 247  
Sperryville, VA 22740

## State Schools

### **Virginia School for the Deaf and Blind**

514 East Beverley St.  
PO Box 2069  
Staunton, VA 24401

**332-9031**

Fax: 332-9042

Website: <http://vsdb.k12.va.us/>

## Colleges and Universities

### **Blue Ridge Community College**

Box 80, One College Lane  
Weyers Cave, VA 24486

**From Harrisonburg: 540-234-9261**

From Staunton: 540-213-7002

From Waynesboro: 540-943-7002

From other areas in VA: 1-(888)-750-2722

Website: [www.brcc.edu](http://www.brcc.edu)

The Blue Ridge Community College Counseling Center refers personal counseling and emotional support requests to the excellent counseling and support resources available in our community. If you are enduring difficult emotional and personal problems, we strongly encourage you to take advantage of the low-cost resources in our community.

**Bridgewater College**

402 E. College Street  
Bridgewater, VA 22812

*Randy Hook, LCSW, Director*

**828-8000**

Website: [www.bridgewater.edu/StudentServices/CounselingServices](http://www.bridgewater.edu/StudentServices/CounselingServices)

828-5358

828-5379

The Bridgewater College Counseling Center (CC) provides confidential, individual counseling services for Bridgewater College students. The CC also produces relevant and engaging outreach programming, and offers consultative and collaborative services to faculty, staff and administration on the mental health needs of students and the campus community. Support groups are also made available as needed and/or requested. There is no additional cost to students for counseling services.

**Eastern Mennonite University - EMU**

Counseling Center  
1200 Park Road  
Harrisonburg, VA 22802

**432-4317**

Website: [www.emu.edu/studentlife/counseling](http://www.emu.edu/studentlife/counseling)

EMU Counseling Services provides a safe environment where anyone can bring forward any number of issues, including feelings of depression or anxiety, loneliness, identity issues, conflict or relationship difficulties, or even just take time to vent after a difficult day. For those enrolled EMU students seeking counseling, EMU provides a benefit individual sessions at no charge. For further information or assistance, call the Counseling Center office at 432-4317 or email at [counselingservices@emu.edu](mailto:counselingservices@emu.edu).

**James Madison University – JMU**

Counseling and Student Development Center  
800 South Main Street  
Harrisonburg, VA 22807

**568-6552**

Website: [www.jmu.edu/counselingctr](http://www.jmu.edu/counselingctr)

The Counseling and Student Development Center is open Monday through Friday 8am to 5pm. We are always available after hours through the Office of Public Safety at 568-6911 for emergencies. Appointments to meet with a counselor may be made in person at the CSDC office in Varner House, or by telephone at 568-6552. Each year, the Counseling & Student Development Center provides personal counseling to over 1000 undergraduate and graduate students at James Madison University. The Center is staffed by psychologists, counselors, and graduate students, and the services rendered to students are free, voluntary, and confidential. The Center's staff is dedicated to assisting students in their pursuit of personal and academic growth, to helping students gain a better understanding and appreciation of themselves, and to supporting students as they make important decisions about their lives.

**Mary Baldwin College**

P. O. Box 1500  
Staunton, VA 24401

**887-7281**

Website: [www.mbc.edu](http://www.mbc.edu)

Students are provided resources in the community for psychiatric services and other mental health providers that may be indicated. Counseling and Psychological Services also offers consultation to professors, staff, and resident advisors. Educational programs are offered to students, as well as training to resident advisors. With the exception of a student in crisis, students are seen by appointment by calling the office secretary at 540-887-7281. For further information, please see our website at [mbc.edu](http://mbc.edu)

**Southern Virginia University**

One University Hill Drive,  
Buena Vista, VA 24416

Website: <http://svu.edu>

The SVU Student Support Center provides counseling and services for students with mental or emotional struggles to include learning disabilities. We provide a safe atmosphere for students to address their needs in a confidential manner. The center is located in the second floor of Main Hall. For a confidential appointment contact Michael Gibbons at 540-261-8470 or email him at [counseling@svu.edu](mailto:counseling@svu.edu).

**Virginia Military Institute (VMI)**

Center for Cadet Counseling  
448 Institute Hill, 2nd Floor  
Lexington, VA 24450

**540-464-7667**

Website: [www.vmi.edu/counseling](http://www.vmi.edu/counseling)

The Center for Cadet Counseling (CCC) offers a range of services for Cadets designed to improve awareness, insight, knowledge, and skills necessary to make healthy choices and meet future challenges. Services include educational outreach programs, individual assessment and counseling, crisis intervention, and consultation with parents, faculty, and staff. Counseling services are free and confidential and conducted by licensed mental health professionals.

**Washington Lee University**

Student Health & Counseling Services  
204 W. Washington Street  
Lexington, VA 24450

**540-458-8590**

Website: [www.wlu.edu](http://www.wlu.edu)

Washington and Lee University is committed to the development of the whole person, therefore a highly trained and experienced counseling staff is available to help students with a variety of difficulties that might impact not only a student's academic work, but overall sense of well-being. University Counseling provides direct psychotherapy services, assessment of academic problems, and (with student consent) collaboration with faculty, administrative personnel, or parents to provide necessary supports for struggling students. Psychiatric consultation is also available. All students enrolled at Washington and Lee University are entitled to services as needed and all costs are covered by tuition.

**Helpful Websites**

*For more information regarding helpful websites and organizations please see the Basic Needs/Crisis/Non-Profit Service Providers & Support/Self-Help Groups sections of the directory*

**Listings****Abuse**

- [www.childhelp.org](http://www.childhelp.org)
- [www.domesticviolence.org](http://www.domesticviolence.org)
- [www.preventelderabuse.org](http://www.preventelderabuse.org)

**Addiction, Substance Abuse and Recovery**

- [www.al-anon-alateen.org](http://www.al-anon-alateen.org)
- [www.aa.org](http://www.aa.org)
- [www.alcoholismhelp.com](http://www.alcoholismhelp.com)
- [www.jmu.edu/healthctr/sap/DIR.shtml](http://www.jmu.edu/healthctr/sap/DIR.shtml)
- [www.ncadd.org](http://www.ncadd.org)
- [www.wsoinc.com](http://www.wsoinc.com)
- [www.teen-anon.com](http://www.teen-anon.com)

## **AIDS & other Sexually Transmitted Diseases**

- [www.aac.org](http://www.aac.org)
- [www.ashstd.org](http://www.ashstd.org)
- [www.thebody.com](http://www.thebody.com)

## **Caring for Aging Relatives**

- [www.caps4caregivers.org](http://www.caps4caregivers.org)

## **Chronic Illness**

### **Alzheimer's Disease**

- [www.alz.org](http://www.alz.org)
- [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

### **Breast Cancer**

- <http://bcsupport.org/>

## **Family Issues & Support**

### **Anger Management**

- [www.angermanagementsupport.com](http://www.angermanagementsupport.com)

### **Divorce**

- [www.stepfamilyinfo.org/](http://www.stepfamilyinfo.org/)

### **Parenting**

- <http://familyeducation.com/home/>
- [www.parenthelpzone.com](http://www.parenthelpzone.com)
- <http://parenting.ivillage.com/>
- [www.parentingtoolbox.com/](http://www.parentingtoolbox.com/)

### **Step Families**

- [www.stepfam.org](http://www.stepfam.org)

## **Grief & Loss**

### **Death and Dying**

- [www.death-dying.com](http://www.death-dying.com)

### **LGBT**

- <http://orgs.jmu.edu/madisonequality>
- [www.jmu.edu/safezone/](http://www.jmu.edu/safezone/)
- [www.svgla.org](http://www.svgla.org)

## **Mental Illness**

### **Anger Management**

- [www.angermanagementsupport.com](http://www.angermanagementsupport.com)

### **Anxiety**

- [www.adaa.org](http://www.adaa.org)

### **Bipolar Disorder**

- [www.nimh.nih.gov/health/publications/bipolar-disorder](http://www.nimh.nih.gov/health/publications/bipolar-disorder)

### **Depression**

- [www.depression.org](http://www.depression.org)
- <http://depression.mentalhelp.net/>

### **Eating Disorders**

- [www.healthyplace.com/communities/eating\\_Disorders/Site/index.htm](http://www.healthyplace.com/communities/eating_Disorders/Site/index.htm)
- [www.caringonline.com](http://www.caringonline.com)

### **Mental Illness**

- [www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)
- [www.nami.org](http://www.nami.org)

### **Mental Illness in Children**

- [www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders](http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders)

### **Schizophrenia**



- <http://schizophrenia.com>

## **Persons with Disabilities and Their Families**

### **Autism**

- [www.autism-society.org](http://www.autism-society.org)

### **Association for Retarded Citizens (Arc)**

- [www.thearc.org](http://www.thearc.org)

### **Down Syndrome**

- <https://www.ndss.org/>

### **Learning Disability Association**

- [www.ldanatl.org](http://www.ldanatl.org)
- [www.ldavirginia.org](http://www.ldavirginia.org)

### **National Dissemination Center for Children with Disabilities**

- [www.nichcy.org](http://www.nichcy.org)

## **Sexual Abuse**

- [agis.com](http://agis.com)

## **Suicide**

- [www.save.org](http://www.save.org)

- [www.sprc.org](http://www.sprc.org)

The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.

- [www.suicidology.org](http://www.suicidology.org)

The American Association of Suicidology (AAS) promotes research, public awareness programs, public education, and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

- [www.afsp.org](http://www.afsp.org)

The American Association for Suicide Prevention (AFSP) is the nation's largest not-for-profit organization exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those affected by suicide.

## Suggested Readings

### Introduction

Millions of self-help books are sold each year. Obviously, some self-help books are more helpful than others. We asked local mental health professionals to tell us what books they recommend to their clients. The following is a brief compilation of the books they named. All of these suggested readings are written for the general public. More importantly, they offer accurate information, helpful insights, and practical suggestions concerning specific problems. Many of the books listed are available locally. The titles followed by an asterisk (\*) are available at the Massanutten Regional Library, with branches in Harrisonburg, Bridgewater, Broadway, Elkton, Grottoes, Luray, and Shenandoah. You are also invited to browse through the excellent library at Women's Health Focus. Most of the public agencies have some literature available, so give them a call if you have a particular interest.

We offer one warning, however. Watch out for the books that sound like traveling snake oil peddlers with their outrageous promises. Just remember that if it sounds too good to be true, it probably is.

Please pass along to us any additional books you would recommend. We hope to update and expand this listing in the next edition of the directory.

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### Suggested Readings

#### Abusive Relationships

- *F.I.E.R.C.E.: Transform your life in the face of adversity, 5 minutes at a time!* by Carolyn Colleen, 2016.
- *The Other Couch: Discovering Women's Wisdom in Therapy* by Patricia Peters Martin, 2015.
- *The Lost Boy: A Foster Child's Search for the Love of a Family*, by Dave Pelzer, 1997.
- *Daughter Detox: Recovering From An Unloving Mother and Reclaiming Your Life*, by Peg Streep.
- *Unashamed: Drop the Baggage, Pick up Your Freedom, Fulfill Your Destiny* by Zondervan, 2016.
- *When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse*, by Lundy Bancroft, 2005.
- *No More*, by Antoinette Foxworthy, 2017.
- *The Psychology of Abusive Relationships: How to Understand Your Abuser, Empower Yourself, and Take Your Life Back*, by Pamela Kole, 2017.
- *Healing Well and Living Free from an Abusive Relationship: From Victim to Survivor to Overcomer*, by Dr. Ramona Probasco, 2018.
- *Losers, Users, and Abusers and the Women Who Love Them: How to Break Free from Destructive Relationships and Get the Love You Want*, by Michelle Hollomon.
- *It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence* 2nd Edition, by Meg Kennedy Dugan, Roger R. Hock.
- *Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People*, by Jackson MacKenzie, 2015.

- *The Verbally Abusive Relationship: How to Recognize it and How to Respond*, by Patricia Evans, Expanded Second Edition, 2002. \*
- *Men Who Hate Women and Women Who Love Them*, Susan Forward and Joan Torres, 1987. \*
- *To Be An Anchor in the Storm: A Guide for Families and Friends of Abused Women*, by Susan Brewster, 2<sup>nd</sup> ed., 2000.\*
- *The Battered Woman's Survival Guide: Breaking the Cycle: A Resource Manual for Victims, Relatives, Friends and Professionals*, by Jan Berliner Statman, 2<sup>nd</sup> ed., 1995.
- *Man to Man: A Guide for Men in Abusive Relationships*, by Edward W. Gondolf and David M. Russell, 1987.

### **Adult Children of Alcoholics**

- *Narcissistic Mothers: Healing the Effects of Abusive Parenting and Recovering From the Psychological Trauma*, by Robyn Harper, 2018.
- *Protected by Purpose: How the Transformation from Hopelessness and Despair Can Lead to an Extraordinary Life*, by Dorinda Walker, 2018.
- *Drunks: An American History*, by Christopher M. Finan, 2017.
- *I'm Just Happy to Be Here: A Memoir of Renegade Mothering*, by Janelle Hanchett, 2018.
- *The Message in the Bottle: Finding Hope and Peace Amidst the Chaos of Living with an Alcoholic*, by Stephanie B. McAuliffe, 2017.
- *Nightcap: More than 40 Cocktails to Close Out Any Evening*, by Kara Newman and Antonis Achilleos, 2018.
- *Recovery Wellness: The Most Impactful Mind, Body and Spirit Practices to Enrich Your Sobriety*, by Meredith Swedo, 2018.
- *Following the Yellow Brick Road: The Adult Child's Personal Journey Through Oz*, Joy Miller and Marianne Rippe, 1987. \*
- *Workbook for Healing Adult Children of Alcoholics*, Patty McConnel, 1986.
- *The 12 Steps for Adult Children from Addictive and Other Dysfunctional Families*, Friends in Recovery, 1989. \*
- *Courage to Change: One Day at a Time in Al-Anon II*, Al-Anon Family Group Head Inc, 1992. \*
- *Strengthening My Recovery: Meditations for Adult Children of Alcoholics/Dysfunctional Families*, ACA WSO INC., 2016.
- *Dysfunctional Families*, Adult Children of Alcoholics World Service Organization, 2015.
- *The Kind Self-Healing Book: Raise Yourself Up with Curiosity and Compassion*, by Amy Eden Jollymore, 2015.
- *In the Realm of Hungry Ghosts: Close Encounters with Addiction* 1st Edition, by Gabor Mate, 2010.
- *Recovery: A Guide for Adult Children of Alcoholics*, by Herbert L. Gravit, , 2015.

- *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families* (Recovery Classics Edition), Charles Whitfield, 2010.

## AIDS

- *Breaking Free from Depression: Pathways to Wellness* (The Guilford Self-Help Workbook Series), by Jesse H. Wright and Laura W. McCray, 2012.
- *The Anxiety and Worry Workbook: The Cognitive Behavioral Solution*, by David A. Clark and Aaron T. Beck, 2011.
- *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms* (A New Harbinger Self-Help Workbook), by Alexander L. Chapman and Kim L. Gratz.
- *And the Band Played On: Politics, People, and the AIDS Epidemic*, 20th-Anniversary Edition., by Randy Shilts, 2007.
- *How to Survive a Plague: The Inside Story of How Citizens and Science Tamed AIDS.*, by David France, 2016.
- *The Origins of AIDS*, by Pepin, 2011.
- *American College of Physicians Home Care Guide for HIV and AIDS: For Family and Friends Giving Care at Home*, by Peter S. Houts, 1998.
- *AIDS Care at Home: A Guide for Caregivers, Loved Ones, and People with AIDS*, by Judith Greef and Beth Ann Golden, 1994.
- *The Caregiver's Journey: When You Love Someone With AIDS*, by Mel Pohl, Deniston Kay and Doug Toft, 1990.
- *The Guide to Living With HIV Infection*, by John G. Bartlett and Ann K. Finkbeiner, Developed at the John's Hopkins AIDS Clinic, 6th ed., 2006. \*

## Alcoholism

- *Alcoholics Anonymous - Big Book*, by AA Services, 2007.
- *Sober for Good: New Solutions for Drinking Problems -- Advice from Those Who Have Succeeded*, by Anne M. Fletcher, 2002.
- *Beyond the Influence: Understanding and Defeating Alcoholism*, by Katherine Ketcham, 2000. \*
- *How to Quit Drinking Without AA: A Complete Self-help Guide*, by Jerry Dorsman, 2<sup>nd</sup> ed., 1997. \*
- *Under the Influence: A Guide to the Myths & Realities of Alcoholism*, by James Milam and Kathryn Ketham, 1981.
- *Recovery Options: The Complete Guide to How You and Your Loved Ones Can Understand and Treat Alcohol and Other Drug Problems*, by Joseph Volpicelli and Maia Szalivitz, 1998.

- *Mindful Recovery: A Spiritual Path to Healing from Addiction*, Thomas Bien Ph.D. and Beverly Bien, 2002.
- *The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery*, by Chris Prentiss, 2005.
- *Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery*, by Harry Haroutunian and Steven Tyler, 2013.
- *Loving Someone in Recovery: The Answers You Need When Your Partner Is Recovering from Addiction* (The New Harbinger Loving Someone Series), by Beverly Berg and Stan Tatkin, 2014.
- *The 30-Day Sobriety Solution: How to Cut Back or Quit Drinking in the Privacy of Your Own Home*, Jack Canfield and Dave Andrews, 2016.
- *Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program*, by Harold Urschel, 2009.
- *Rewired: A Bold New Approach To Addiction and Recovery*, by Erica Spiegelman, 2015.
- *Sober as F\*\*\*: My Two Year Journey of Rediscovery & Self Love*, by Sarah Ordo, 2017.
- *50 Things To Do Before Seeing a Psychiatrist: And How To Actually Do Them*, by Joe Baldizzone, 2017.
- *The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety*, by Al J. Mooney M.D. and Catherine Dold, 2014.
- *Mastering the Addicted Brain: Building a Sane and Meaningful Life to Stay Clean*, by Walter Ling MD and Alan I. Leshner, 2017.
- *This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life*, by Annie Grace
- *12 More Stupid Things That Mess Up Recovery: Navigating Common Pitfalls on Your Sobriety Journey*, by Allen Berger, 2015.

### **Alzheimer's Disease**

- *Coaching the Caregivers of the Chronically Ill: Mentally Ill, Physically Ill, and Disabled Persons*, by Arthur Freeman and Richard Ney, 2019.
- *Meet Me Where I Am: An Alzheimer's Care Guide*, by Mary Ann Drummond, 2018.
- *HOPE for the Alzheimer's Journey: Help, Organization, Preparation, and Education for the Road Ahead*, by Carol B. Amos, 2018.
- *Be With: Letter to a Caregiver*, by Mike Barnes, 2018.
- *Making Tough Decisions about End-of-Life Care in Dementia (A 36-Hour Day Book)*, by Anne Kenny, 2018.
- *The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*, by Dean Sherzai and Ayesha Sherzai, 2017.
- *The Alzheimer's Solution: A revolutionary guide to how you can prevent and reverse memory loss*, by Dean Sherzai and Ayesha Sherzai, 2017.

- *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, by Dale Bredeesen, 2017.
- *The Alzheimer's Prevention Food Guide: A Quick Nutritional Reference to Foods That Nourish and Protect the Brain From Alzheimer's Disease*, by Sue Stillman Linja and SeAnne Safaii-Waite, 2017.
- *Somebody I Used to Know: A Memoir*, by Wendy Mitchell, 2018.
- *The Alzheimer's Sourcebook for Caregivers: A Practical Guide for Getting Through the Day*, Frena Bloomfield and Frena G. Davidson, 1993. \*
- *The 36 Hour Day*, Nancy Mace and Peter Rabins, 3<sup>rd</sup> ed., 1999. \*
- *Alzheimer's: A Caregiver's Guide and Sourcebook*, Howard Gruetznier, 2<sup>nd</sup> ed, 1992.
- *Alzheimer's Early Stages: First Steps in Caring and Treatment*, Daniel Kuhn, 1999. \*
- *Alzheimer's Activities: Hundreds of Activities for Men and Women with Alzheimer's Disease and Related Disorders*, B.J. Fitzray, 2001. \*

### **Anxiety**

- *Fearless in 21 Days: A Survivor's Guide to Overcoming Anxiety*, by Sarah E. Ball, 2018.
- *Put Your Worries Here: A Creative Journal for Teens with Anxiety* (The Instant Help Guided Journal for Teens Series), by Lisa M. Schab, 2019.
- *Kind of Coping: An Illustrated Look at Life with Anxiety*, by Maureen Marzi Wilson, 2019.
- *Flagging the Therapy: Pathways out of depression and anxiety*, by Harry Barry, 2017.
- *Anxiety as Symptom and Signal*, by Steven P. Roose and Robert A. Glick, 2013.
- *An Introduction to Coping with Anxiety*, 2nd Edition (An Introduction to Coping series), by Dr. Brenda Hogan and Dr. Lee Brosan, 2018.
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