

HARRISONBURG/ROCKINGHAM RESOURCES

During the Coronavirus (COVID-19) Pandemic

As of March 28, 2020

Coronavirus disease 2019 (COVID-19) is a highly contagious infectious disease caused by a new virus. It is spread primarily through contact with an infected person when they cough or sneeze, especially if you are within 6 feet of them. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth. The disease causes respiratory illness (like the flu) with symptoms such as cough, fever and/or shortness of breath. Symptoms may appear 2-14 days after exposure. Severe complications from the virus include pneumonia, major organ failure, and death. If you are sick, call your health care provider and they will explain the best course of action. Also, please stay home and avoid contact with other people for at least 24 hours after your fever has subsided without the help of fever reducers. Go to the hospital if you develop any of the following emergency warning signs for COVID-19: difficulty breathing, persistent pain or pressure in the chest, confusion or inability to arouse, or bluish lips or face. Call 911 if you have a medical emergency. Currently, there is no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus.

You can protect yourself by doing the following:

1. Stay home , especially if you are sick
2. Avoid large groups of 10 or more people
3. If you must be around other people, stay at least 6 feet away
4. Wash your hands frequently for at least 20 seconds with soap and water
5. If you can't wash your hands, use hand sanitizer that contains at least 60% alcohol
6. Avoid touching your face or touching others
7. Avoid sharing drinks, lip balm, cigarettes, etc. with other people
8. Clean and disinfect surfaces that you touch frequently
9. Cough or sneeze into the inside of your elbow or into a tissue and immediately throw the tissue away
10. Wear a face mask if you are sick.

Virginia's Governor Ralph Northam declared a state of emergency in response to COVID-19. He has issued the following measures to protect the health and safety of Virginians:

1. Gatherings of more than 10 people are banned statewide;
2. Virginians are urged to limit all non-essential travel outside the home and those with chronic health conditions or aged 65 or older should self-quarantine;
3. All public and private K-12 schools have closed for the remainder of the academic year;
4. Restaurants and other dining establishments must close to the public and can only offer delivery and/or takeout services;
5. Recreation and entertainment businesses must close to the public, including gyms, salons, fairs, etc.;
6. The Virginia Dept. of Corrections has canceled visitation at all facilities.

Important websites for more information on the coronavirus:

World Health Organization: https://www.who.int/health-topics/coronavirus#tab=tab_1

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-cov/prepare/prevention.html>

Important phone numbers for more information:

Virginia Department of Health, Richmond - (804) 864-7000

Harrisonburg/Rockingham Health Department - (540) 574-5101



**STRENGTH
IN PEERS**

540-217-0869

StrengthInPeers.org

Strength In Peers offers hope, support and advocacy for those seeking recovery so that we can build resilience and thrive in our lives and communities. If you are struggling with substance use, mental health or trauma related experiences, please call **540-217-0869** and leave your name and telephone number. One of our Peer Support Specialists will be in touch!

- We will continue to update this Community Resource Guide as frequently as possible.
- Updates can be found on our **FaceBook Page at Strength In Peers.**

Public Meals-Soup Kitchens

Monday-Thursday: Our Community Place - Serving breakfast AND lunch from 9am-2pm. No volunteers allowed at this time. All meals are bagged. Participants must wait outside and are allowed in the building 10 at a time, and then rotate through. While it is your turn inside, you may get your meal, receive mail, take a shower, etc. before rotating out. All participants will wash hands and sanitize upon entry. Also, Friday lunch kitchen is closed but you can purchase lunch for takeout if you order by 9:30am.

17 E. Johnson St. Harrisonburg. Phone: (540) 442-7727

Monday: Otterbein United Methodist Church - Bagged lunches served 4:30-5:00pm. Corner of W. Market and High St.

Harrisonburg. Phone: (540) 434-7747

Tuesday: First Presbyterian Church - Bagged lunches given out in the parking lot at 4:30pm. 17 Court Square Harrisonburg

Phone: (540) 434-6551.

Wednesday: Blessed Sacrament Catholic Church - Bagged lunches served at 4:30-5:30pm. 154 N. Main St. (Use the door facing the N. Federal St.) Phone: (540) 434-4341.

Thursday: Friendship House at Blessed Sacrament - Bagged lunches served at 11am-12pm. 154 N. Main St. Harrisonburg. (Use the door facing the N. Federal St.) Phone: (540) 434-4341.

Saturday: Harrisonburg Baptist Church - Bagged lunches for takeout, 10am-12pm. Main St. & S. Liberty St. Harrisonburg.

Phone: (540) 433-2456.

Sunday: Potter's House Worship Center - Bagged lunches being given out at 12:30pm at the **Our Community Place** porch for the time being.

Food Pantries

Blessed Sacrament Catholic Church Pantry: Tues.-Fri. 10am-2:30pm. Pre-packaged bags handed out at the door, 154 N Main St. Harrisonburg. Phone: (540) 434-4341.

Elkton Area United Services (EAUS): Tues. 12-2 pm and Fri. 11am-1 pm. 412 Gibbons Ave, Elkton. Bags brought to the car.

May come more than once per month. Phone: (540) 298-8685.

H'burg First Church of Nazarene - Hope Distributed: Thurs. 4-5:30pm & 1st, 2nd, & 3rd Sat. 9-11am. 1871 Boyers Rd. Phone: (540) 578-3510. Still open with regular hours as of 9:48am, 3/20 - Subject to change. New procedure: no longer allowed in the building to shop. They have switched to drive thru model and are distributing pre-packed bags. Trunks need to be clean and clear to load boxes. They'd like people to stay in their cars.

Massanutten Presbyterian: 2nd Mon. of the month, 10-11am & 2nd Thurs. of the month, 7-8 pm. 50 Indian Trail, Penn Laird.

Phone: 434-6194. (Open Monday, April 13: 10-11am, Thursday, April 16: 7-8pm.)

Patchwork Pantry Community Mennonite Church: Wed. 6-7 pm. 70 South High St. Phone: 433-2148.

Salvation Army: Mon, Tues, Thurs, & Fri 9am -11:30 am. Please follow directions posted on the double door. One person at a time to come in and bags of food will be brought out to you. 185 Ashby Ave. Phone: (540) 434-4854.

Cooks Creek Presbyterian Church - West Rockingham Food Pantry: 4th Thurs. of the month, 4-6pm. Bagged food will be brought out to your car. 4222 Mt. Clinton Pike. Phone: (540) 867-5117.

Emergency Shelter

Centralized Housing Intake: Access services for households experiencing homelessness or at-risk of homelessness. Phone: (540) 271-1701. All eligibility screenings will be conducted over the phone. (Their main office is closed.) Services will still be provided.

First Step: Emergency shelter for victims of domestic violence and their children. If space is available, there also are beds for females who are homeless. 129 Franklin St. Harrisonburg. www.firststepva.com. Phone: (540) 434-0295 or 1-866-223-9169.

Shelter is still operating. Call or check www.facebook.com/FirstStepVA for updates.

Mercy House: Emergency shelter and other services for families. 305 North High St. Harrisonburg. www.themercyhouse.org. Phone: (540) 432-1812. They will continue to provide these services to families. All eligibility screenings will be conducted over the phone. (Their main office is closed.)

Open Doors: Emergency shelter open Nov-April for adults over the age of 18. Held at various sites through local faith communities. www.valleyopendoors.org. Office: Mon-Fri 9am-5pm, Phone: (540) 578-3868. Shelter: 6:30pm-7am, (540) 578-3869. There are a lot of changes happening. It's best to call or visit www.facebook.com/OpenDoorsShenandoahValley.

Emergency Shelter Continued:

Salvation Army Shelter: Emergency shelter for individuals and families, registration at 4 pm daily. Shelter: 895 Jefferson St, Harrisonburg. Phone: (540) 433-2785. Corps Office: open Mon.-Fri., 8:30am-4:30pm (closed 12-1pm), 185 Ashby Ave Harrisonburg, Phone: (540) 434-4854. Shelter is still operating. Call or check www.facebook.com/TSAHarrisonburg for updates. Currently have male and female beds as of 3/24/20.

Valley Mission: Emergency shelter for individuals and families. 1513 W. Beverly St, Staunton. www.valleymission.net. Phone: (540) 886-4673. Shelter is still operating. Call or check www.facebook.com/ValleyMission for updates.

Affordable Housing

Harrisonburg Redevelopment & Housing Authority: Subsidized housing. 286 Kelley St. Harrisonburg. Please visit website for updates www.harrisonburgrha.com. Phone: (540) 434-7386 **1.** All interim and re-certifications will be conducted through an online form or over the phone until further notice. Income changes can now be submitted via an online form: <https://harrisonburgrha.com/change-in-income-form/>. Changes in household can be submitted via an online form: <https://harrisonburgrha.com/change-in-household-form/>. Annual certification paperwork will be mailed, with instructions for completing. **2.** The main office will not be open to the public. Documents can be signed/dropped off but in person meetings will not be held. **3.** JR Polly Lineweaver and Lineweaver Annex buildings are closed to visitors. Only family and health care personnel may enter. All entrances except for the front entrance will be locked. Family and health care personnel must sign in. Entrance will be open 9:00am to 4:30pm. **4.** Work orders will only be completed if life or safety issue. **5.** Rent statements will be mailed, NOT picked up in office. **6.** New applications for housing assistance, and move ins will be temporarily suspended. We will provide notice when new applications and move ins will resume. **7.** HRHA is working diligently to prevent delays in housing assistance payments to HCV landlords. Thank you for being patient during this time.

Harris Gardens: Subsidized housing - Monday 9 am-2:00 pm, Thursday 11 am-4:00 pm. Please call for appointment, 219 Vine St. Harrisonburg. Phone (540) 434-6569. (Normal operations)

Oxford House (Men's Home): Men's sober living home at 760 Colicello Dr. Harrisonburg VA. Phone: (540) 209-8168. Regional Director: Travis Jobe (434) 872-3558. Currently has 1 or 2 slots available.

Clothing and Furniture

Goodwill Industries: Mon.-Sat. 8am-6pm & Sun 12-6pm. 2475 S. Main St Harrisonburg. Phone: (540) 434-6050.

2025 E. Market St. Harrisonburg. Phone: (540) 432-9600. (Normal operation)

H'burg First Church of Nazarene: Clothing: 1st & 2nd Sat. of the month, 9am-12pm. Furniture: Mon.-Fri. 9am-5pm. 1871 Boyers Rd. Harrisonburg. Phone: (540) 578-3510. **New procedure: no longer allowed in the building to shop. Switched to drive thru model & distributing pre-packed bags. Trunks need to be clean and clear to load boxes. They are trying to avoid anyone getting out of cars.**

Otterbein UMC: Free Clothing. Mon. 5-6pm. 176 W. Market Harrisonburg. Phone (540) 434-7747. (Normal operations)

Mental Health and Substance Use

Harrisonburg Rockingham Community Services Board (HRC SB): Mental health, substance abuse and developmental services. 1241 N Main St. Harrisonburg. www.hrcsb.org. Phone: (540) 434-1941

Al-Anon: Support group meetings for families of people with addiction challenges. Meetings Mon. 12pm, Tues. 7pm, Wed. 12pm at Muhlenberg Lutheran Church, 281 E Market St, Harrisonburg, basement, room 112. www.vaaanlon.org. **In-person meetings have been cancelled for the time being.**

Al-Anon Phone & Online Meetings: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Alcoholics Anonymous: Meeting list at: www.harrisonburgaa.org. Harrisonburg 24-hour answering service (Eng & Span): (540) 434-8870. **All meeting cancellations will be posted on the website. Currently, all in-person meetings have been cancelled.**

AA Phone Meetings: <http://aaphonemeetings.org/>

AA Online Meetings: https://www.thetokenshop.com/Online_AA_Meetings

Narcotics Anonymous (Blue Ridge): Meeting list at: www.branan.org. Regional helpline: 1-800-777-1515. **Currently, no in-person meetings are taking place in the Harrisonburg area.**

NA Online Meetings: <https://www.na.org/meetingsearch/>

NA Online-Zoom Meetings: Many NA meetings are being hosted through the Zoom app. visit: <https://zoom.nastuff.com/>

Mental Health and Substance Use Continued

Center for Marriage and Family Counseling: Counseling for individuals, couples, and families, including anger management, substance abuse groups, and supervised visitation. Insurance and sliding fee scale. 96 Campbell St. Harrisonburg. www.cmfc.org, Phone: (540) 433-1546.

Collins Center: Services for victims of sexual assault and abuse. 217 S. Liberty Street, Suite 205, Harrisonburg. www.thecollinscenter.org, Phone: (540) 432-6430.

Family Life Resource Center: Individual & family counseling. 273 Newman Ave. H'burg. www.flrc.org. Phone: (540) 434-8450.

McNulty Center: Services to children & their families. 463 E. Washington St. www.hrcsb.org. (540) 433-3100.

National Treatment Referral Routing Service: 24/7 referrals to substance abuse treatment. 1-800-662-HELP (4357).

Sadie Rose Foundation: Support for pregnancy, infant and child loss. 195 Main St., Dayton. www.sadierosefoundation.org. Phone: (540) 810-4351. [No in-person appointments but services available by phone.](#) Support line: (540) 810-0307.

Sentara RMH Behavioral Health: 644 University Blvd. Harrisonburg. Individual counseling, group therapy, and partial hospitalization program: (540) 564-5100. Psychiatry services/medication management: (540) 564-7007. [No in-person appointments at this time. All current patients meeting over the phone. There will be no new patients until the end of July.](#)

Strength in Peers: Peer support services by trained individuals who are in recovery. 733 E. Market St. Suite 300, Harrisonburg. www.strengthinpeers.org. Phone: (540) 217-0869. [Offices are currently closed, but organization is offering peer support over the phone. If you are struggling with mental health, substance use and/or trauma, call and leave a message with name and phone number and a Peer Support Specialist will get in touch with you.](#)

Arbor House: Rehabilitation program for mental illness. 1888 Pear St. Harrisonburg. www.hrcsb.org. (540) 434-1941.

Health

Harrisonburg/Rockingham Health Department: STD and HIV/AIDS screening, family planning/birth control, immunizations, WIC, and child dental clinic. Mon.-Fri., 8am-4:30pm. 110 N. Mason St. Harrisonburg. www.vdh.virginia.gov. Phone: (540) 574-5101. [Call for an appointment. They do not offer coronavirus testing at this time.](#)

AVA Care of Harrisonburg Pregnancy Center: Free pregnancy testing. 833 MLK Jr. Way Harrisonburg. www.avacareforyou.org. Phone: (540) 434-7528. [Call for an appointment.](#)

Harrisonburg Community Health Center: Primary and dental care for children and families regardless of insurance. Onsite interpreter services. 1380 Little Sorrell Dr., Suite 100 Harrisonburg. www.hburgchc.org. Primary Care: (540) 433-4913. Dental Services: (540) 236-3688. [Triage outside of building.](#)

Harrisonburg/Rockingham Free Clinic: Free medical services and dental extractions for uninsured. 25 W. Water St. Harrisonburg. Phone: (540) 433-5431. [Call for an appointment. Not a COVID 19 testing site.](#)

Interpreter Service: Interpreter services for medical appointments. www.brahec.jmu.edu/interpreterservices. (540) 568-3011. [Call to request service.](#)

Sentara RMH Call Center: For questions about local health services and providers call 1-800-SENTARA.

Sentara RMH Medical Center: Medical care. 2010 Health Campus Dr. Harrisonburg. www.sentara.com. (540) 689-1000. [Call before appointment or visiting. Testing tents outside of the hospital.](#)

Suitcase Clinic: Medical care for the homeless at various times and locations in Harrisonburg. Call Nurse Terri: (540) 908-1789. [Call for information and leave a message.](#)

Veterans Outpatient Primary Care Clinic: 1755 S. High St. Harrisonburg. www.martinsburg.va.gov/locations/Harrisonburg. (540) 282-6035. [Call for appointment.](#)

Employment and Financial Assistance

Department of Social Services: Food stamps, Medicaid & other public benefits. Mon.-Fri. 8am-5pm. 110 N. Mason St. H'burg. www.commonhelp.virginia.gov. (540) 574-5100. [Currently, there are no face to face meetings at Social Services. They have provided applications to services in the lobby along with drop boxes in the lobby and outside. People needing to speak with someone about services directly need to do so by phone. Hours of operation remain as normal.](#)

Virginia Employment Commission: 160 N. Mason St. H'burg. Office closed. See instructions under Valley Career Works listing.

Elkton Area United Services (EAUS): 187 W. Spotswood Ave, Elkton. www.helpeaus.org. (540) 298-8685. [Call ahead and schedule appointment for now. Normal hours 10:30am-4:00pm Mon.-Fri.](#)

Employment and Financial Assistance Continued

Massanutten Technical Center: Career & technical education center. 325 Pleasant Valley Rd. mtcva.com. Currently closed.

People Helping People: 281 E. Market St. Harrisonburg www.peoplehelpingpeople-harrisonburg.org. (540) 433-7286. Open on Monday and Wednesday ONLY by appointment ONLY. Call and leave voicemail. Please do not come if you are sick.

Salvation Army: 185 Ashby Ave. www.virginiasalvationarmy.org/harrisonburgvacorps. (540) 434-4854. Call for info.

Skyline Literacy: Help with English literacy skills. 160 N. Mason St. Harrisonburg. www.skylineliteracy.org. (540) 433-0505. Currently closed. Will be exploring online classes next week at staff meeting.

Valley Career Works: Free services for career seekers. 160 N. Mason St. Harrisonburg. <https://vcwvalley.com/> (540) 433-4864. In person meetings are suspended. All contact is being done online at <https://virginiacareerworks.com/>, or over the phone. **There is a link for individuals who have lost employment due to COVID-19 and how to file for unemployment.** Website also contains job searches by city/county. Live chat is available at <https://vcwvalley.com/> (Click the "text" symbol icon.)

Way 2 Go: Help for low-income families to purchase a vehicle. www.w2inc.org. (540) 705-6201. Taking applications and operating as normal. Also, they now have funds for all services, including repairs.

Seniors and Individuals with Disabilities

Department for Aging and Rehab Services (DARS): 351 N. Mason St, Suite 109 H'burg. www.vadars.org. (540) 434-5981, Call for information regarding their current operations.

Valley Associates for Independent Living: Helps with disability law and access to community services for people with disabilities. 3201 Peoples Drive, Suite 220, Harrisonburg. www.govail.org. (540) 433-6513. Call for information.

Valley Program for Aging Services: Senior care, case management, meal programs, personal care, Medicare counseling and education about aging services. Serving individuals 60+years. 975 South High St. www.vpas.info. (540) 615-5341.

Transportation Services

Harrisonburg Department of Public Transportation: (540) 432-0492 (Currently all non-JMU routes are running and are FREE.)

Rockingham Transportation Program: (540) 432-8646

Blue Ridge Community College Shuttle: 800-305-0077

Private Cab Companies: ABC Cab: 564-1214. Checkered Cab: 908-2838. Green Taxi: 810-2074. Royal Cab: 438-7777. Valley Cab: 564-1214. Yellow Cab: 434-2515 (Has wheelchair accessible cabs).

Other Services

Blue Ridge Legal Services: Legal assistance for low-income clients. 204 N. High St. H'burg. (540) 433-1830 www.brls.org. They provide information regarding eviction policy during COVID-19.

Gemeinschaft House: Therapeutic transitional home. 1423 Mt. Clinton Pike H'burg. www.gemeinschafthome.org. 434-1690.

Kingsway Prison and Family Outreach: Support for inmates, ex-offenders, and their families. 2217 S. Main St. Harrisonburg. www.kingswayprisonfamilyoutreach.com. (540) 433-5658.

New Bridges Immigrant Resource Center: Support for immigrants. 64 W. Water St. www.newbridgesirc.org. (540) 438-8295.

Refugee Resettlement Office: 250 E. Elizabeth St. Harrisonburg. www.cwsharrisonburg.org. (540) 433-7942.

Law Enforcement - For Emergencies Call 911

Rockingham County Sheriff: 25 Liberty St. Harrisonburg, VA (540) 564-3800

Harrisonburg Police Department: 101 N Main St Harrisonburg, VA (540) 434-4436

Strength In Peers is a nonprofit, peer-run organization with offices in Harrisonburg, New Market and Luray, Virginia. Grounded in our lived experience, the team at Strength In Peers is comprised of individuals who are in active, life-long recovery from substance use, mental health, and trauma-related challenges. We envision a world where there is an abundance of recovery options and individuals are supported in their right to choose their recovery pathway.

Our offices are currently closed due to the COVID-19 pandemic. However, we are offering peer support over the phone.

If you are struggling, please call 540-217-0869. Leave a message with your name and phone number, and one of our Certified Peer Recovery Specialists will call you back.