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

October, 2013

Developed by the
JMU Counseling Programs, Department of Graduate Psychology, Institute for Innovation in Health and Human Services, Office on Children and Youth, Central Shenandoah Valley Youth Suicide Prevention Initiative, Central Valley Counselors Association, and Smart Beginnings Shenandoah Valley

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

We wish to thank all of the dedicated and talented individuals who gave their time and energy to this project. A special thanks to Kerri Tracy for her tireless efforts to reach many of our mental healthcare providers. She received additional input, information, and support from the following people: Sandy Hite, Blair Staton, Allison Stokes, Afton Cappello, Jay Hayden, Sharon Lockaby, Meredith Reed, Janice Lewis, Jaime Grove, Rachael Johnson and Hannah Trible. Lennie Echterling offered leadership and constant support.

Finally, we are grateful to the members of the JMU Counseling Programs, Department of Graduate Psychology, Office on Children and Youth, Campus Suicide Prevention Center of Virginia, Central Shenandoah Valley Youth Suicide Prevention Initiative, Central Valley Counselors Association and Institute for Innovations in Health and Human Services for their support in developing this 2013 edition.

This directory is updated approximately every two years. It is part of an ongoing project that is available for download from the internet at: http://psyc.jmu.edu/counseling/supervision/servicesdirectory.html If you have any questions about the content of the directory, please contact Lennis Echterling at (540) 568-6522 (echterlg@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

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 – Listing of hotlines and other services
- Green Pages – Mental Health Care Providers
- Peach Pages – Basic Needs/Crisis/Non-Profit Service Providers
- Gray Pages – Support/Self-Help Groups
- Purple Pages – Schools, School Counselors, and College Counseling Services
- Tan 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. 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

Adult and Adolescent Substance Abuse Services (AASAS)
434-9430

Alderfer, Raymond J., M.D. (See RMH Valley Behavioral Medicine)
564-7007

American Health and Wellness Institute (AHWI)
248-1006

Anderson, Lofton, LPC
323-2104

Anstine, Kathy, LPC (See New Dimensions Counseling Center)
942-5847

Aporia Counseling and Psychotherapy, PLLC
540-908-0808

Arbaugh, Thomas, Ph.D., LPC
885-5105

Associated Mental Health Professionals, Inc.
434-0104 & 886-3063

Attno-Shelton, Deborah, LCSW (See Augusta Psychological Associates)
949-4202 & 886-5060

Augusta Health:
  Augusta Health Psychiatry
    245-7030
  Augusta Behavioral Health
    213-2525

Augusta Psychological Associates
949-4202 & 886-5060

Bass, Gary, M.Ed., LPC (See Shenandoah Valley Center for Integral Counseling, LLC)
248-1801

Bauserman, Deborah, Ed.D.
667-2137

Bender Long, Luanne, Ph.D., LPC, LMFT (See Center for Marriage & Family Counseling)
433-1546

Bickford, Kimberly, LPC
820-8377

Bieber, Andrea J.E., LPC (See Family Life Resource Center)
434-8450

Bienen, Janet S., LPC
843-0505

Bing, Carolyn, LCSW, PBCCC
434-1092, Ext. 892

Blevins, Brett, Ed.D. (See Augusta Psychological Associates)
949-4202 & 886-5060

Blinn, Robert H., Ph.D. (See Augusta Behavioral Health)
213-2525

Bridgewater Counseling Services
828-3663

Byrd, Geoffrey, M.S., LPC
665-1848

Cardwell, Thomas, M.D. (See Valley Behavioral Health)
459-1262

Child and Family Guidance
433-1546

Charis Institute for Psychological and Family Services
568-1876

Commonwealth Psychological Services
437-4820

Conell, Lawrence G., M.D. (See RMH Valley Behavioral Med & RMH Behavioral Health)
564-7007 & 564-5960

Cook, Jean M., LCSW
463-4554

Counseling and Psychological Services (CAPS)
568-1735

Curtis, Nicole M., LPC (See RMH Behavioral Health)
564-5960

Davidson, Kristen, Ed.D., LPC (See Valley Pastoral Counseling Center)
886-5757

Collins Center
432-6430

Comer, Pam Reese, LPC (See Horizons Counseling and Consultation)
209-1676

Commonwealth Psychological Services
437-4820

Comprehensive Behavioral Health Services
941-2500 & 213-2500

Conwell, Thomas, M.D. (See RMH Valley Behavioral Medicine)
564-7007 & 564-5960

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

Curtis, Nicole M., LPC (See RMH Behavioral Health)
564-5960

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

DePaul Community Services
437-0033
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<th>Name</th>
<th>Title</th>
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<td>Dotas, Ellen R., LPC</td>
<td>(See RMH Behavioral Health)</td>
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<td>Evans, Alan D., Ph.D.</td>
<td>(See Augusta Psychological Associates)</td>
<td>949-4202 &amp; 886-5060</td>
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<td>(See Augusta Behavioral Health)</td>
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<td>Fisher, Anne W., LPC</td>
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<td>Fitzsimmons, James A., LCSW, SOTP</td>
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<td>459-8436 &amp; 335-6899</td>
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<td>Flora, Stephen L., LPC</td>
<td>(See Woodbrook Counseling Serv. &amp; Augusta Psychological Assoc.)</td>
<td>437-0055 &amp; 949-4202</td>
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<td>Flory, Rose, Psy.D., LPC</td>
<td>(See Center for Marriage &amp; Family Counseling)</td>
<td>433-1546</td>
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<tr>
<td>Friedland, Emilie S., M.A., LMFT</td>
<td>(See Valley Pastoral Counseling Center)</td>
<td>886-5757</td>
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<td>Gaddis, Audie, Ph.D.</td>
<td>(See Commonwealth Psychological Services)</td>
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<td>Garrett, Dorothy “Louise”, LCSW</td>
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<td>465-4441</td>
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<td>Geiser, Jean, LPC</td>
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<td>Gilardi, Tamala K., LCSW</td>
<td>(See National Counseling Group, Inc.)</td>
<td>437-0403</td>
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<td>Gitchell, Andréé, LCSW</td>
<td>(See RMH Behavioral Health)</td>
<td>564-5960</td>
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<td>Glanzer, Jim, MSN, Ed.S., LPC</td>
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<td>434-8450</td>
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<td>Good, Nancy, LCSW, Ph.D.</td>
<td>(See Newman Avenue Associates)</td>
<td>434-2800</td>
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<td>Gray, Sandra-Joy K., Ph.D., LPC, LMFT</td>
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<td>703-791-6466</td>
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<td>Grayson, Joann, Ph.D.</td>
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<td>833-5593</td>
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<td>Greater Hope Ministry, Inc.</td>
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<td>574-4189</td>
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<td>(See Valley Hope Counseling Center)</td>
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<td>(See RMH Valley Behavioral Medicine)</td>
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<td>Hook, Randall B., LCSW</td>
<td>(See RMH Partial Hospitalization/Day Treatment Program)</td>
<td>564-5960</td>
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Kave, Vickie L., LCSW 213-1316
Kesecker, Mary, Ed.S. 433-8830
Kizer, Amanda C., LPC 448-2827
Koser, Kristy, LPC (See Aporia Counseling and Psychotherapy, PLLC) 540-908-0808
Koser, Nate, Ph.D., LPC (See Aporia Counseling and Psychotherapy, PLLC) 540-908-0808
Kuley, Ryan, and Associates 886-3956 & 464-1890
Kuszyk, Jenny, LPC (See Newman Avenue Associates) 434-2800
Langridge, Jill R., LPC (See RMH Behavioral Health) 564-5960
Langston, Tara, CSAC, LPC, ADS 437-0212
Laurenz, Pat, LCSW (See Newman Avenue Associates) 434-2800
Lizer, Bob, M.D. 662-7555
Long, Cynthia, D.Min. (See Lutheran Family Services of VA) 383-2902
Lutheran Family Services of VA 383-2902
Lynch, Joseph G., LCSW (See Newman Avenue Associates) 434-2800
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 (See Augusta Psychological Associates) 949-4202 & 886-5060
Martin, Anne L., LCSW 433-1663
Martin, Mary, CSAC (See Augusta Behavioral Health) 213-2525
Massie, Kent B., LPC 213-8242 & 460-2053
McKeegan, Gerald F., Ph.D. (See Augusta Psychological Associates & American Health and Wellness Institute) 248-1006
McMasters, Mary, M.D. (See Comprehensive Behavioral Health Services) 941-2500 & 213-2500
McNulty Center for Children and Families 433-3100 & 24 hr emergency: 434-1766
Melton, C. Alan, D.Min., LPC (See Valley Pastoral Counseling Center) 886-5757
Mental Health America of Augusta 866-7181 & 949-0169
Michael, Dee L., LPC, NCC (See RMH Behavioral Health) 564-5960
Miller, Elroy, LCSW (See Center for Marriage and Family Counseling) 433-1546
Moats, Kathryn, Ph.D., LPC (See Family Life Resource Center) 434-8450 & 800-655-2055
Morris, Melanie, CNS (See Augusta Behavioral Health) 213-2525
Mosaic Counseling Center 908-8206
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
Packer, Cindy, NP (See Comprehensive Behavioral Health Services) 941-2500 & 213-2500
Pelligrino, Joseph F., Ph.D. 574-2210
Pirooz, Jane C., Ed.S., LPC (See RMH Behavioral Health) 564-5960 & 877-294-5731
Porter, Patrice, LPC (See Augusta Psychological Associates) 949-4202 & 886-5060
Psychological Health Associates, Ltd. 667-5431
Rask, Kristina, Ph.D. (See Augusta Psychological Associates) 949-4202 & 886-5060
Reid, David, Psy.D. (See Augusta Psychological Associates) 949-4202 & 886-5060
Reynolds, S. Eugene, LCSW (See Augusta Behavioral Health) 213-2525
Richardson, Connie Y., LPC 434-9700
Rissmeyer, David, LCSW (See Center for Marriage and Family Counseling) 433-1546
RMH Behavioral Health Community Education Program 433-4254 & 435-2492
RMH Behavioral Health, Inpatient Services 689-5450
RMH Behavioral Health, Outpatient Services 564-5960
RMH Grief and Loss Services 433-4427
RMH LIFE Recovery Program 564-5629
RMH Partial Hospitalization/Day Treatment Program 546-5629
RMH Valley Behavioral Medicine 564-7007
Robinson, Melissa R., D.O. (See Augusta Health Psychiatry) 245-7030
Rochford, Lisa, Ph.D. 430-0235
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<td>Young, Susan W., LCSW (See Augusta Psychological Associates)</td>
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**Basic Needs/Crisis/Non-Profit Service Providers**

- Abba Pregnancy Care Center                                              665-9660 & 800-395-HELP
- Access Independence                                                      662-4452
- Alzheimer’s Association, Central & Western Virginia Chapter             437-7444 & 800-272-3900
- American Cancer Society                                                  800-416-8847
Harrisonburg
Winchester
American Red Cross – Central Virginia Chapter
Blue Ridge Branch Office
Shenandoah County Chapter
Americans with Disabilities Act, City of Waynesboro
Apple Valley Mediation Network, Inc.
The Arc of Harrisonburg and Rockingham, Inc.
The Arc Op Shop
The ARC of Winchester
Augusta Health (AHC): Hospice of the Shenandoah – Staunton
Waynesboro
Augusta Regional Free Clinic – Waynesboro
Staunton
Big Brothers/Big Sisters – Harrisonburg
Central Valley
Winchester
Blue Ridge Hospice
Blue Ridge Legal Services
Caregivers Community Network
The Central Shenandoah Youth Suicide Prevention Initiative, and the Campus Suicide Prevention Center of Virginia
Choices of Page County
Hotline: 743-4414
Clean Inc. Community Connections for Youth and Family
Collins Center
ComfortCare Women’s Health – Staunton
Waynesboro
Community Mediation Center
Community Resource Center
Deaf & Hard of Hearing Services Center
Videophone: 866-563-7784 & 569-3016 (TTY)
Department of Rehabilitative Services – Fishersville
Harrisonburg
Winchester
Department of Social Services – Bath County
Harrisonburg/Rockingham County
Highland County
Page County
Rockbridge-Buena Vista-Lexington Area
Shenandoah County
Shenandoah Valley (Staunton-Augusta Office)
Shenandoah Valley (Waynesboro Office)
First Step: A Response to Domestic Violence
Friendship Industries, Inc.
Gemeinschaft Home for Ex-Offenders
Goodwill Industries, Inc. – Northern Division
Fishersville
Harrisonburg Workforce Center
Winchester Branch
Harrisonburg Pregnancy Center
Harrisonburg Redevelopment and Housing Authority
Harrisonburg/Rockingham Free Clinic
Harrisonburg - Rockingham Community Services Board
434-1941 & 24-Hour: 434-1766
Health Department – Augusta County
Bath County
Highland County
Lexington

434-3360
667-2315
434-979-7143
886-9151
459-2913
942-6718
800-767-3898
437-9214 ext. 130
437-9214 ext. 134
665-0461
332-4909
434-528-0400
536-5210
433-1830 & 800-237-0141
568-6682 & 877-568-6682
568-8901
772-3589
432-6430 & Hotline: 434-2272
885-6261
943-1700
434-0059 & 800-653-0019
433-3888
332-7700 (Voice/TTY)
434-5981
722-3453 & 535-1813 (TTY)
839-7271
574-5100
468-2199
778-1053
463-7143
459-6226
245-5800
942-6646
434-0295 & 866-223-9169
434-9586
434-1690
886-2001
332-7750
434-2513
535-1941
434-7528
434-7386
433-5431
434-1941 & 24-Hour: 434-1766
332-7830
839-7246
468-2270
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 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
  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
PFLAG – Winchester 686-1677
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 568-5814
Response, Inc. 459-5599 & Hotlines: 459-5161 & 888-459-5161
RMH Grief and Loss Services 433-4427 & 877-294-5731
RMH Hospice 433-4429
RMH 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 (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

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.

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
Listings of Hotlines and Other Services
(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 800-799-7233
National Domestic Violence Hotline (TDD) 800-787-3224
Child Abuse Hotline 888-832-3858

Alcohol and Drug Abuse
Alateen and Al-Anon Family Group Headquarters 800-356-9996
American Council on Alcoholism (www.aca-usa.com) 800-527-5344
Alcohol and Drug Abuse HelpLine 800-821-4357
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
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 888-443-4372
Sexual Health Hotline (high school & college students) 877-627-3933
American Social Health Association: STD Hotline 800-227-8922
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
Y - ME National Breast Cancer Hotline 800-221-2141
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 Organization 800-658-8898
Virginia Department of Health 800-533-4148

Persons with Disabilities and their Families
American Council for the Blind 800-424-8666
Arc 800-433-5255
Down Syndrome Society 800-221-4602
National 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 County 540-667-0145

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

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 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.

All area codes 540 unless otherwise noted

ADHD & Clinical Counseling Center
57 South Main Street, Suite 616
Harrisonburg, VA 22801

Email: 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.

Adult and Adolescent Substance Abuse Services (AASAS)
356 South Main Street
Harrisonburg, VA 22801

Email: lpcrpw@verizon.net

AASAS is a private outpatient treatment program for adults and adolescents 12-80, who are using or are dependent on alcohol or any mind-altering drug. Services offered include assessment, individual, family or group therapy, and aftercare for those coming from residential programs. AASAS also offers urine screening (5 minute turnaround time) and free community education. For more information contact Dr. Richard Wettstone, Director, at 434-9430. Most insurance plans are accepted, except Medicare and Medicaid.

American Health and Wellness Institute (AHWI)
248-1006

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

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

Website: www.ahwinstitute.com

Gerald McKeegan, Ph.D. Stacey Eppard, Office Manager
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”.

**Anderson, Lofton, LPC**

323-2104

133 W. Springbook Rd.

Broadway, VA 22815

Email: flashola313@gmail.com

I am a Licensed Professional Counselor and provide counseling services to adults. My specialties include working with depression, anxiety, personal growth and couples’ issues. I practice in Broadway, Virginia and have been providing therapy for over 20 years.

**Aporia Counseling & Psychotherapy, PLLC**

540-908-0808

273 Newman Avenue, 2nd Floor

Harrisonburg, VA 22801

Email: aporiacounseling@gmail.com

Website: www.aporiacounseling.com

**Nate Koser, Ph.D., LPC, Founding Member**

Psychoanalyst/Psychotherapist

**Kristy Koser, LPC**

Certified EFT Couples Therapist/Psychotherapist

Aporia Counseling & Psychotherapy, PLLC is a privately owned agency. We work primarily with adolescents and adults. We do not accept insurance, but reduced fees are available on a limited basis. While embracing an uncommon concern for the unique intricacies of a person’s experience, we are dedicated to providing counseling and psychotherapeutic services of the highest quality. We strive to create a professional, ethical, and facilitative atmosphere that is adapted to our clients. Having received advanced education and training in their respective clinical orientations, and through a commitment to the continual growth and development of their work, our staff endeavors to assist clients to the best of their ability. Day and evening appointments are available.

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

885-5105

217 W. Beverley Street, Suite 106

Staunton, VA 24401

Website: 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

**Michael A. Hoffman, M.D.**

Board certified in Psychiatry and Integrative Holistic Medicine – Specialist in
Psychopharmacology

Joseph J. Cianciolo, Ph.D.  Clinical Psychologist – Solution-Focused Therapy
Elizabeth P. Cianciolo, Ph.D.  Clinical Psychologist – Solution-Focused Therapy

Office hours by appointment only. Evening appointments available. We accept most types of insurance.

**Augusta Health:**

- **Augusta Health Psychiatry**
  Medical Office Building (MOB)
  70 Medical Center Circle, Suite 201
  Fishersville, VA 22939
  *Melissa R. Robinson, D.O.*

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

- **Augusta Behavioral Health**
  79 Medical Center Drive
  Fishersville, VA 22939
  Fax: 213-2555

  *Pamela J. Davies, LCSW, Director*  *Pat Clough, LCSW*
  *Robert H. Blinn, Ph.D.*  *Joy Dexter, CSAC*
  *Barbara Finn, LPC*  *Jean Geiser, LPC*
  *J. Phillip Harmon, LPC*  *Mary Martin, CSAC*
  *Melanie Morris, CNS*  *S. Eugene Reynolds, LCSW*
  *John Savides, NCACH, CSAC*  *Martha Sheridan, LPC, CSAC*
  *Michael G. Tancyus, LCSW*  *Nancy Watts, LPC*

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

  M, W, F morning and M, T, Th evening programs, serving adults.

- **Transitions Mental Health Intensive Outpatient Program**
  213-2525

  M, W, F morning program for adults using a DBT-informed model of treatment for individuals referred by mental health professionals.

**Augusta Psychological Associates**

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

*Carolyn Marion, LPC*  *Patrice Porter, LPC*
*Deborah Atno-Shelton, LCSW*  *Gerald F. McKeegan, Ph.D.*
*Brett Blevins, Ed.D.*  *David Reid, Psy.D.*
*Alan D. Evans, Ph.D.*  *Kristina Rask, Ph.D.*
*Ruth K. Glick, LPC*  *Julie Roebuck, MNP*
*Lee E. Hersch, Ph.D.*  *Stephen L. Flora, LPC*
*Thomas M. Jayne, M.D.*  *Sasan W. Young, LCSW*

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

**Bauserman, Deborah, Ed.D.**
611 S. Braddock Street
Winchester, VA 22601

Outpatient for adult individuals. Most insurance accepted.

**Bickford, Kimberly, LPC**
1820 Country Club Rd
Harrisonburg, VA 22802

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.

**Bienen, Janet S., LPC**
127 E. Main Street
Luray, VA 22835

I offer professional counseling and therapy services to children (age 6 & older), adolescents, families, and individuals in need of counseling services for substance abuse, mental health, co-occurring disorders and difficulty with handling life stress. I accept most forms of private insurance and Medicaid.

**Bing, Carolyn, LCSW, PBCCC**
Lamplight Counseling Ministry
1871 Boyers Road
Harrisonburg, VA 22801

**Bridgewater Counseling Services**
100 S. Main Street
Bridgewater, VA 22812

*Scott W. Mandeville, LCSW, CSOTP*

Individual therapy for children, adolescents, and adults, and couples therapy. Typical areas of focus include depression, anxiety, grief, trauma, sexual addictions, sexual abuse, and personal growth. Eclectic theoretical orientation.

**Byrd, Geoffrey, M.S., LPC**
Counseling Associates, PC
108 West Clifford Street
Winchester, VA 22601

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
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 102  
Harrisonburg, VA 22801  
*Randy Weber, Ph.D.*  
*Ronda Weber, Ph.D., LCSW*

Offers individual, marital, family, and group therapy for children, teens, and adults. Psychological testing is also available.

**Child and Family Guidance**  
433-1376  
Fax: 437-1214  
A Program of Specialized Youth Services of Virginia  
1000 Chicago Ave.  
Harrisonburg, VA 22802

CFG offers a unique array of programs designed specifically for families. These programs provide focused support for children and adolescents with serious emotional and behavioral problems that result in difficulties in school or community interaction. Services include: Intensive in-home counseling, therapeutic day treatment, after-school and summer programs, and school-based therapeutic day treatment.

**Claytor, Robyn Brannock, LCSW**  
662-7555  
Blue Ridge Counseling Center  
335 Westside Station Drive  
Winchester, VA 22601

Works with individuals and families, age 12 and older. Participates with Tricare, Medicare, Sentara, and Anthem.

**Clifford, Fred, Ph.D.**  
434-6554  
Fax: www.family-cm.org  
Email: Fredirene@cliffords.us  
Family Counseling Ministries  
3523 Spotswood Trail  
Penn Laird, VA 22846

I am a Licensed Clinical Christian Counselor and provide counseling for families, couples, and individuals of all ages. Counseling focuses on the spiritual, forgiveness, parental guidance, loss and grief, rejection, anger, and depression. I have a special interest in premarital counseling, divorce issues, and am also a Certified Temperament Counselor. Fee is $50.00. No insurance accepted.

**Cochran, Deirdre, LCSW, BCD**  
327-9834  
122 Peyton Place  
Email: deirdre@wildblue.net  
592 Mineback Road  
Middletown, VA 22645  
Winchester, VA 22601

Individual, couples, and adolescent therapy in English and Spanish. Specializes in remarriage, grief, loss, anxiety, and women’s issues.
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.

Commonwealth Psychological Services
2322 Blue Stone Hills Drive, Suite 280
Harrisonburg, VA  22801
Audie Gaddis, Ph.D.

We provide comprehensive therapy, neuropsychological assessments, and learning disability assessments. Through CPS Neurocare, we also provide individual and group cognitive rehabilitation and training.

Comprehensive Behavioral Health Services
57 N. Medical Park Drive
Fishersville, VA  22939
Timothy J. Kane, M.D.        Tina Judge, FNP
Mary McMasters, M.D.        Cindy Packer, NP

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
120 W. Nelson Street
Lexington, VA  24450

Email: hopkinslcsw@hotmail.com

Counseling and Psychological Services (CAPS)
601 University Blvd. MSC 9012
Harrisonburg, VA  22807
Timothy J. Schulte, Psy.D.

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
174 Costello Drive
Winchester, VA  22602

Email: crossroads1@csv-inc.com
Fax: 662-7899
Email: crossroads@csv-inc.com
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.  
214 S. Braddock Street  
Winchester, VA  22601  
Email: network8@verizon.net  
Fax: 722-9473  
Website: www.childrensservicesofva.com

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.

Eagle, John R., M.D.  
370 Neff Avenue  
Harrisonburg, VA  22801  
Fax: 433-2518  
Email: echterlg@jmu.edu

I am a Board certified psychiatrist with a practice in my office. My practice is oriented to adult and student patients 18 years or older. I provide evaluation, medication management, and psychotherapy. Office visits are on an appointment-only basis. I am a provider for Medicare.

Eberly, Joan M., Ed.S., LPC  
1820 Country Club Road  
Harrisonburg, VA  22802  
Fax: 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  
Fax: 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  
Fax: 568-6522  
Email: 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

*Mark Sensabaugh, LPC, LMFT - Executive Director*

*Jim Glanzer, MSN, Ed.S., LPC*  
*Lois Wenger, LCSW*

*Kathryn R. Moats, Ph.D., LPC*  
*Harvey Yoder, LPC, LMFT*

*Andrea J. E. Bieber, LPC*

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

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

**Fitzsimmons, James A., LCSW, SOTP**

River Spring Farm Healing Centre  
1 Hickory Lane  
Woodstock, VA 22664

Mind-Body-Spirit orientation in the framework of traditional psychodynamic therapy and counseling based on the developmental and environmental needs of the person. Treatment process utilizes imagery, relaxation and energy techniques, and mediation/yoga exercises to enhance awareness and strengthen problem solving skills.

**Garrett, Dorothy “Louise”, LSCW**

720 E. Queen Street, Suite 1  
Strasburg, VA 22657

Strasburg, VA 22657

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**

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.  
356 South Main St.  
Harrisonburg, VA 22801  
833-5593  
Email: 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.  
578 East Market Street, Suite 101  
Harrisonburg, VA 22801  
Jeff Watros, M.A., LPC, LMFT  
574-4189

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  
356 South Main Street  
Harrisonburg, VA 22801  
564-0444

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.  
29 Stoneridge Drive, Suite 105  
Waynesboro, VA 22980  
942-5155  
Fax: 941-8181

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

Harris, Saul S., LCSW  
850 Hillside Avenue  
Harrisonburg, VA 22802  
438-8227

Harrisonburg Rockingham Community Services Board  
1241 North Main Street  
Harrisonburg, VA 22802  
434-1766  
Website: www.hrcsb.org

The HRCSB provides therapy, case management, mental health support, residential day support, and emergency services to individuals whose lives have been affected by mental illness, intellectual disabilities, or substance abuse. Fees are based on a person’s ability to pay. Insurance, Medicaid, and Medicare are accepted. The McNulty Center for Children and Families, listed in this section, and Summit House, listed in the Basic Needs/Crisis/Non-Profit Service section, are affiliated with HRCSB.

Henderson, Joann H., LPC  
1820 Country Club Road  
P. O. Box 103  
Harrisonburg, VA 22802  
476-1482  
Website: www.joannhendersontherapy.com  
Email: joannhenderson@gmail.com

Henderson, Joann H., LPC  
Physical address:  
Mailing address:  
Website:  
Email:  
1820 Country Club Road  
P. O. Box 103  
www.joannhendersontherapy.com  
joannhenderson@gmail.com

Henderson, Joann H., LPC  
Broadway, VA 22815
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.

**Hensley, Barry Ed.S**  
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

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

**Here-4-You Counseling**  
109 E. 6th Street  
Front Royal, VA 22630

*Jeffrey J. Rodman, LPC, MAC*

Website: [www.here-4-you.com](http://www.here-4-you.com)  
Email: 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

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.

**Horizons Counseling and Consultation**  
273 Newman Avenue, 2nd floor  
Harrisonburg, VA 22801

*Pam Reese Comer, LPC, Director*

Serving individuals, couples, families, and groups. In a comfortable, safe and supportive atmosphere, we offer a highly personalized approach tailored to each of our client's individual needs to help them move toward personal growth or healing. Resident Counselors have been trained in the provision of Emotion Focused Therapy for couples and Horizons offers couples sessions as well as marital enrichment groups based on EFT. We do not take insurance. We work with you to adjust our fees in considering your needs.

**Horne, Lois B., LPC, LSATP**  
1208 West Beverley Street  
Staunton, VA 24401

Website: [www.horizonscenterva.com](http://www.horizonscenterva.com)  
Email: horizonscenterva@yahoo.com

209-1676
Individual, marital, family, and group psychotherapy for adolescents, 12–18 years old, and adults. Specialties in treating trauma, physical, emotional and sexual abuse, addiction, depression, and anxiety. A variety of treatment modalities are used, with therapy tailored to meet needs of each client or family. Special training in EMDR, mindfulness, relaxation, visualization, and grief therapy. Our mission is to enable people to find wholeness and healing through professional psychological counseling and education, while integrating spiritual, medical, and community resources. Most insurance plans accepted.

**Hudson, Helen T., M.S.W., LCSW**

150 Franklin Street  
Harrisonburg, VA 22801

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

**Johnston, Nancy L., LPC, LSATP**

108D Houston Street  
Website: [www.nancyljohnston.com](http://www.nancyljohnston.com)  
Lexington, VA 24450

**Journey Counseling Ministries**

1171 South High Street, Suite 110  
Website: [www.journeycounselingministries.org](http://www.journeycounselingministries.org)  
Harrisonburg, VA 22801

*John Kuebler, MDiv, LPC, LMFT- Clinical Director*  
*Sarah DeBoer, LPC, MFT*  
*Leigh Michelle Thomas, LPC- Bilingual (Spanish)*  
*Jonelle Frost, MA, Ed.S*  
*Karen Montgomery, MSW*  
*Lisa Strickler, BSW*

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  
Email: bjkave@gmail.com

**Kesecker, Mary, Ed.S.**

525 E Market St  
Harrisonburg, VA 22801

**Kizer, Amanda C., LPC**

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.
I am holistic in my work with others, looking at spiritual, relational, emotional, and physical aspects of healing. I provide individual, couples, and family counseling with those seeking help with family communication, depression, anxiety, sexual and physical abuse, grief and loss, and self-esteem. Although I provide general counseling and psychotherapy, I have received specialized training in play therapy and attachment-related issues with children. Most insurances accepted.

**Kuley, Ryan, and Associates**

886-3956 & 464-1890

40 Lambert Street, Suite 222

108 Houston Street

Staunton, VA  24401

Lexington, VA  24450

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.

**Langston, Tara, CSAC, LPC, ADS**

437-0212

Email:  TDL716@aol.com

356 S. Main Street

Harrisonburg, VA  22801

Most insurances accepted.

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

662-7555

335 Westside Station Drive

Winchester, VA  22601

Adult outpatient and psychiatric services.

**Lutheran Family Services of VA (LFSVA)**

383-2902

Website:  www.griefvirginia.org

Email:  clong@lfsva.org

500 S. Wayne Avenue

Waynesboro, VA  22980

_Cynthia Long, D.Min., Grief Support Specialist_

The Shenandoah Valley Grief Services program of LFSVA provides a supportive and safe environment for grieving individuals to share and validate their feelings of grief and loss. Support is available for losses, including the following: suicide, death, job loss, aging losses, pet loss, and traumatic events.

**Martin, Anne L., LCSW**

433-1663

1820 Country Club Road

Harrisonburg, VA  22802

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.
I provide mental health counseling services to adults, with a particular interest in anxiety disorders and habit re-formations. I am an Approved Consultant in Clinical Hypnosis, certified by the American Society of Clinical Hypnosis.

**McNulty Center for Children and Families**  
463 E. Washington Street  
Harrisonburg, VA 22802  
*Lynn Grigg, Director*

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  
*Donna H. Gum, Executive Director*

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.

**Mosaic Counseling Center**  
2 S. Main Street  
Harrisonburg, VA 22802  
*Email: yoderej@gmail.com*

Most people yearn for inner peace. The goal in therapy is to identify the negative patterns and cycles for each individual (child/adult), couples, or families that keep you stuck and to find more appropriate and effective coping skills to move you toward your life goal of emotional, physical, and spiritual well-being.

**National Counseling Group, Inc.**  
1951 Evelyn Byrd Avenue, Suite B  
Harrisonburg, VA 22801  
*Tamala K. Gilardi, LCSW, Clinical Supervisor*


**New Dimensions Counseling Center**  
421 W. Main Street  
Waynesboro, VA 22980  
*Kathy Anstine, LPC*  
*Paul Harmon, M.A., LPC, LSATP, NCC*

**Newman Avenue Associates**  
*Email: Lauren.boyd@nationalcounselinggroup.com*
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
Website: www.janisnorton.com
Email: janisnorton@gmail.com
Individual, couples, and family therapy. Neuro feedback.

Nowell, Carrie R., Psy.D.
134 W. Piccadilly Street
Winchester, VA 22602

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.
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.
801 S. Loudoun Street
Winchester, VA 22601
Website: www.phawinchester.com
Email: 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.

Richardson, Connie Y., LPC
1164 S. High Street
Fax: 434-0291
Harrisonburg, VA 22801

My orientation is cognitive-behavioral. I work with adults, couples, and adolescents (14 years and older). Specialization includes treatment of anxiety disorders (e.g., panic disorder, post traumatic stress disorder, obsessive compulsive disorder), adjustment disorders (e.g., loss/grief, life transitions), and mood disorders.

481 E. Market Street Website: https://sites.google.com/site/jnrittenhouse
Harrisonburg, VA 22801 Email: 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.

RMH Behavioral Health, Inpatient Services  689-5450
2010 Health Circle Drive
Harrisonburg, VA  22801
James C. Styron, IV, MD, JD, Medical Director

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.

RMH Behavioral Health, Outpatient Services  564-5960
644 University Boulevard  877-294-5731
Harrisonburg, VA  22801  Fax: 433-4338

M. Andrée Gitchell, LCSW, Director
Lawerence G. Conell, M.D., Medical Director

Nicole M. Curtis, LPC  Dee Michael, LPC, NCC
Ellen R. Dotas, LPC  Kelly Sharpes, LPC
Donielle Janow, Psy.D.  Ron Shelton, LCSW
Sandra Weaver, MSN, LCNS  Jill R. Langridge, LPC, EAP Lead Therapist

Jane C. Pirooz, Ed.S., LPC, Coordinator, RMH Behavioral Health Community Education Manager
Randall B. Hook, LCSW, Coordinator, RMH Partial Hospitalization/Day Treatment Program
Jennifer Johnson, LPC, Coordinator, RMH LIFE Recovery Program
Nancy Shomo, BSW, GC-C, Coordinator, Grief and Loss Services

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 (see below).
- 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.

**RMH Behavioral Health Community Education Program**  
644 University Boulevard  
Harrisonburg, VA 22801  
[jpirooz@rhcc.com](mailto:jpirooz@rhcc.com)  
**Jane C. Pirooz, Ed.S., LPC, Program Manager**

Providing the community with information regarding services offered by RMH 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.

**RMH Grief and Loss Services**  
644 University Boulevard  
Harrisonburg, VA 22801  
[nshomo@rhcc.com](mailto:nshomo@rhcc.com)  
**Nancy Shomo, Program Coordinator**

RMH 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.

**RMH LIFE Recovery Program**  
644 University Boulevard  
Harrisonburg, VA 22801  
Fax: 564-5823  
**Jennifer Johnson, LPC, Program Coordinator**

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.

**RMH Partial Hospitalization/Day Treatment Program**  
644 University Boulevard  
Harrisonburg, VA 22801  
Fax: 564-5823  
**Jennifer Johnson, LPC, Program Coordinator**

The RMH 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.

**RMH Valley Behavioral Medicine**  
564-7007
RMH Valley Behavioral Medicine is a group psychiatric practice providing high quality evaluation and treatment for psychiatric and addictive disorders. RMH 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 RMH Behavioral Health, Inpatient Services and day treatment and intensive outpatient services are offered through RMH Behavioral Health outpatient services.

**Rochford, Lisa, Ph.D.**
Connected Child Counseling and Psychological Services
119-C W. Frederick Street
Staunton, VA 24401

I am a child and adolescent licensed clinical psychologist who provides evaluation and therapy services forindividuals and families. I provide evaluations for any psychological disorder or difficulty at any age (infant to adult,) including parental capacity and attachment, autism, ADHD, learning disabilities, and intellectual disability evaluations. I provide play therapy, EMDR for trauma, cognitive-behavioral interventions, and supportive therapy. I am available to present on a host of topics pertaining to parenting, child development, trauma, childhood and teen disorders, and positive coping strategies. I also sometimes facilitate free book club meetings for both mental health professionals and parents on topics including attachment and learning.

**Rockbridge Area Community Services**
241 Greenhouse Road
Lexington, VA 24450

**Shenandoah Psychiatric Medicine**
19 Briar Knoll Court, Suite 3
Fishersville, VA  22939
_Darin L. Christensen, M.D._

**Shenandoah Valley Center for Integral Counseling, LLC**
113 Mill Place Parkway, #101
Verona, VA  24482-2662

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**
356 S. Main Street
Harrisonburg, VA 22801

Email: [lisa@connectedchild.info](mailto:lisa@connectedchild.info)
Website: [www.connectedchild.info](http://www.connectedchild.info)

Email: [lisa@connectedchild.info](mailto:lisa@connectedchild.info)
Website: [www.connectedchild.info](http://www.connectedchild.info)

Email: [lisa@connectedchild.info](mailto:lisa@connectedchild.info)
Website: [www.connectedchild.info](http://www.connectedchild.info)

Email: [lisa@connectedchild.info](mailto:lisa@connectedchild.info)
Website: [www.connectedchild.info](http://www.connectedchild.info)

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

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

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

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

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 887-3200
85 Sangers Ln
Staunton, VA 24401

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.

Smith, Bren McGillivray, LPC, LMFT 901-9000
250 Old Mill Lane
Broadway, VA 22815

Email: brenmcgs@aol.com

Individual and relationship counseling and behavior-communication therapy for pervasive developmental disorder and autism.

Sylvest, Sandra L., Ed.S., LPC 433-8590
Choice Directions Counseling
6178 Scholars Rd
Mt. Crawford, VA 22841

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 464-1004
120 W. Nelson Street
Lexington, VA 24450

Email: lterpoorten@gmail.com

Valley Behavioral Health 459-1262
755 S. Main Street
Woodstock, VA 22664

Fax: 459-1263
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.

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

For over fifteen years I have 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 fairly flexible with some evening hours. I am a provider with several primary insurance companies.

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.

Thomas Cardwell, M.D.  
Donna Van Horn, LCSW  
Sandra Harris, NP  
Victoria Harmon, LPC

Valley Community Services Board  
85 Sangers Lane  
Staunton, VA 24401

Valley Hope Counseling Center  
20 Stoneridge Dr., Suite #202  
Waynesboro, VA 22980  
Ginny Harris, LPC, Executive Director

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  
Emilie S. Friedland, M.A., LMFT - Executive Director  
Bill Huffman, M. Div., M.A.  
C. Alan Melton, D.Min., LPC  
Stephanie Sterling, M.A., LPC

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

Watros, Jeff, M.A., LPC, LMFT  
885-3481  
Physical address:  
Mailing address:  
Email:
100 MacTanly pl Ste. B  
P. O. Box 1822  
jeffwatros8@gmail.com  
Staunton, VA 24401  
Harrisonburg, VA 22801

Weaver, Judith G., Ed.S., LPC  
433-1291 & 743-7101  
320 S. Main Street  
7 Berry Boulevard  
Email: jwalpc@aol.com  
Harrisonburg VA 22801  
P. O. Box 604  
Luray, VA 22835

Weigand, Ken, Psy.D.  
667-1389  
134 W. Piccadilly Street
Winchester, VA 22601

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. 434-9430
356 South Main St.
Harrisonburg, VA 22801

Email: LPCRPW@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 631-0999
904 John Marshall Hwy
Front Royal, VA 22630
Website: www.marthawhitney.com
Email: 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 464-6949
204 E. Washington Street
Lexington, VA 24450

Winchester Medical Center Behavioral Health Services 536-8000
1840 Amherst Street
Winchester, VA 22601
Website: 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: Mailing address:
370 Neff Avenue, Bldg. J P. O. Box 1013
Harrisonburg, VA 22801 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.
Wittersgreen, Ruth, Ph.D.
828 Augusta Street
Staunton, VA 24401
Phone: 202-407-3042
Website: www.wittersgreentherapy.com
Email: ruth@wittersgreentherapy.com

Woodbrook Counseling Services, LLC
185 South Liberty Street
Harrisonburg, VA 22801
Phone: 437-0055
Website: www.woodbrookcounseling.com
Email: 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.

Worth, James W., Ed.D.
308 Jackson Avenue
Lexington, VA 24450
Phone: 463-4000
Email: jworth@wlu.edu

Wright, Carroll J., Ph.D.
64 West Water st
Harrisonburg, VA 22801
Phone: 276-565-8998
Email: drjoe@shentel.net

Areas of specialization: depression, anxiety and mid-life crisis. Theoretical orientation: spiritual psychotherapy, for people who are tired of trying to fix the ego. Every symptom has a hidden positive meaning. Misdiagnosis is the main problem in psychotherapy. I only take patients who are willing to invest a year in serious work on self. I am willing to correspond with you by email and to conduct an initial interview before I would make such a commitment to you.
Basic Needs/Crisis/Non-Profit Service Providers

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

Abuse

**Choices of Page County**
216 W. Main Street
http://choicesofpagecounty.org
Luray, VA 22835
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**
Physical Address: Mailing Address:
165 South Main Street, Suite D PO Box 1473
Harrisonburg, VA 22801 Harrisonburg, VA 22801
Fax: 432-6293

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
firststepva@gmail.com

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.
Mercy House
P.O. Box 1478
247 N. High Street
Harrisonburg, VA 22802
Twila Lee, Executive Director

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

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

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

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
Website: www.redcross.org
Regional/local offices

Central Virginia
Chapter 1105 Rose Hill Rd.
Charlottesville, VA 22903

432-1812
Fax: 564-0325
Website: http://themercyhouse.org
Email: twilamercy@ntelos.net

New Directions Center
Hotlines: 800 56 HAVEN or 886-6800
885-7273
Website: www.newdirectionscenter.com

Project Horizon
24 Hour Hotline: 463-2594

Response, Inc.
24 Hour Hotline: 459-5161
Toll Free Hotline: 1-888-459-5161
Office: 459-5599
Website: www.shenandoahcountyresponse.org

American Red Cross
Chapter 1105 Rose Hill Rd.
Charlottesville, VA 22903

434-979-7143
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

**Call/Walk-in Center**

Muhlenberg Lutheran Activity Center

281 E. Market Street

Harrisonburg, VA 22801

Mailing Address

PO Box 1753

Harrisonburg, VA, 22803

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

Email: volunteer@hrcrc.org or kohnlx@jmu.edu

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**

Deborah Michael, Director

65 Courthouse Hill Road

PO Box 1753

Warm Springs, VA 24484

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

**Harrisonburg/Rockingham County**

Donald D. Drive, Director

110 N. Mason Street

PO Box 809

Harrisonburg, VA 22803

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

**Highland County**

Sharon Sponaugle, Director

P.O. Box 247

Monterey, VA 24465

839-7271

574-5100

468-2199
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
- 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.

Local Offices

Northern Division
(Staunton/Waynesboro)  
1600 N. Coalter St. Suite 16  
Staunton, VA 24401  
886-2001  
Email: www.goodwillvalleys.com/

Fishersville  
1076 Jefferson Hwy  
Staunton, VA 24401  
332-7750

Harrisonburg Workforce Center  
1909 A East Market St.  
Harrisonburg, VA 22801  
434-2513

Winchester Branch
(Page & Shenandoah County)  
156 Cole Lane  
Winchester, VA 22602  
535-1941  
Email: www.horizongoodwill.org

Harrisonburg Redevelopment and Housing Authority  
434-7386  
P.O. Box 1071  
Harrisonburg, VA 22803  
Fax: 432-1113  
Website: www.harrisonburgrha.com

Michael Wong, Executive Director

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  
Emergency Services 24-hours a day, 7 days a week, call (540) 434-1766  
Harrisonburg, VA 22802

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  
442-7727  
17 E. Johnson St.  
Harrisonburg, VA 22802  
Website: 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.
Emergency situations for low income and elderly in Page County.

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

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  
Joan Wallenbeck, Director

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  
184 Ashby Ave  
Harrisonburg, VA  
Captain Duane Burleigh

Staunton  
1700 West Beverley Street  
Staunton, VA  
Captain David May

Waynesboro  
246 Arch Ave.  
Waynesboro, VA  
Major Linda Sloan

Winchester  
300 Ft. Collier Rd.  
Winchester, VA  
Alvaro Porras, Hispanic Outpost, or Major Daniel Turner

**United Way**
Website: [http://national.unitedway.org](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  
Email: [www.unitedwayga.org](http://www.unitedwayga.org)

Harrisonburg & Rockingham County  
420 Chesapeake Ave  
P.O. Box 326  
Email: [http://uwhr.org/](http://uwhr.org/)
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**
Blue Ridge Hall – MSC 9014
Harrisonburg, VA 22807
877-568-6682
Fax: 568-6409
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
800-272-3900
Website: [www.alz.org/cwva](http://www.alz.org/cwva)

Wendy DeLawder, Program Outreach Director

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

Harrisonburg
420 Neff Avenue #210
Harrisonburg, VA 22801
434-3360
Fax: 432-1621
Website: 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
Fax: 568-8835
Website: www.valleyaidsnetwork.org
Email: 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

Abba Pregnancy Care Center

Abba Care
200 Weems Lane
Winchester, VA 22601
665-9660
Website: www.abbacare.org
Email: info@abbacare.org

24 hr pregnancy decision line: 1-800-395-HELP

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 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
433-8886
Fax: 433-6081
Website: www.bbbshr.org
Email: info@bbbshr.org

Sue Totty, Executive Director

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
Email: www.bigcva.org
434-528-0400

Winchester
121 Youth Development Court
Winchester, VA 22602
Email: www.bbbs.org
662-1043

Clean Inc. Community Connections for Youth and Family
722-3589
129 Youth Development Ct.
Winchester, VA 22602
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.

Harrisonburg Pregnancy Center
833 Cantrell Avenue
Harrisonburg, VA 22801
Website: www.hburgpc.org
Email: morechoices@harrisonburgpregnancy.org
Client: 434-7528
Business: 434-0685

Daily appointment and walk-in hours are available. All services are free and confidential. Services include free pregnancy testing, counseling and accurate information on all options, limited ultrasound services, community referrals, material services, information on healthy relationships and abstinence, and after-abortion care. Please call to make an appointment.

Infant & Toddler Connection of Harrisonburg/Rockingham
433-3100
McNulty Center for Children and Families
463 E. Washington St.
Harrisonburg, VA 22802
Email: cgrego@hrcsb.org
To make a referral contact: Leigh Anne Ross, Central Point of Entry 433-7144
Email: laross@hrcsb.org

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)
433-3100
463 East Washington Street
Harrisonburg, VA 22802

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

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Lexington Office on Youth  
300 Diamond St.  
Lexington, VA  
Tammy Dunn, Youth Service Director  
Shawheim Merchant, Youth Program Assistant

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.

Office on Children and Youth  
JMU, MSC 9008  
601 University Blvd.  
Harrisonburg, VA 22807  
Kim Hartzler-Weakley, Executive Director of The Office of Children and Youth

The Office on Children and Youth, a partnership program at the Institute for Innovation in Health and Human Services at JMU, promotes positive youth development through working with all youth-serving organizations in Harrisonburg and Rockingham County to support, coordinate, and examine the needs of our youth. The Office gathers and evaluates data related to the needs of youth, works to coordinate services for efficient delivery, advocates for needed services, and is a resource center for information concerning youth.

Office of Children and Youth: Teen Pregnancy Prevention (TPP)  
JMU, MSC 9008  
IIHHS  
601 University Blvd.  
Harrisonburg, VA 22807  
Contact person: Michael Maurice, student administrator, mauricma@jmu.edu  
Age of Clients Served: 10-29

The mission of Teen Pregnancy Prevention is to provide information and skills to help teenagers and young adults make healthy choices and avoid risky behaviors, such as sexual activity and drug and alcohol use, by presenting quality school- and community-based prevention services. This mission is being addressed through various educational programs and public awareness campaigns established through collaborative efforts between TPP, youth-serving community agencies, public and private school systems, faith communities, colleges and universities, and corporations within the community. TPP provides the following interventions:

- Baby Think It Over: an eight-pound lifelike infant simulator distributed to youth for a 67 hour “parenting” experience.
- Vision of You: a ten-session program to help teens improve decision-making skills, make healthy choices, and make competent decisions about their futures. Available to any interested group.
- Healthy Choice Presentations: focus on life’s choices concerning sexual behavior, and how the consequences of some choices can stay with you forever. Available to any interested group.
- Partners in Prevention: programs for young adults aged 20-29, availability varies.

* TPP also provides presentations dealing with teen pregnancy issues, the local situation, and how to talk to teenagers about sex to educators, providers, youth leaders, and parents.

Office on Youth  
Regional Offices:

Waynesboro  
250 South Wayne Ave, Suite 101  
Waynesboro, VA 22980  
Email: blaircl@ci.waynesboro.va.us  
Website: http://www.waynesboro.va.us/ozy-contact.php  
Regional Offices:
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
Website: www.peopleplaces.org
Email: kim.higgins@peopleplaces.org

People Places of Charlottesville
1002 East Jefferson Street
Charlottesville, VA 22902

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
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.
To take early literacy opportunities “on the road” – with the Gus Bus, a mobile literacy vehicle – to children, their parents, and their childcare providers in the city of Harrisonburg, Rockingham, and Page Counties.

**RMH Healthcare Hand-in-Hand Resource Mothers Program**
(Mentoring and Case Management program for pregnant and parenting teens)
Mailing Address: 2010 Health Campus Dr.
Physical Address: RMH Atrium, 2000 Beery Rd.
Harrisonburg, VA 22801

Website: [http://www.rmholine.com/Main/HandinHandResourceMothersProgram.aspx](http://www.rmholine.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.

**Rockbridge Area Community Services Board (RACS)**
Website: [www.racsb.org/pages/services-c.asp](http://www.racsb.org/pages/services-c.asp)
Email: [dcropper@racsb.org](mailto:dcropper@racsb.org)

**Dennis Cropper, Ph.D., Director of Rockbridge Area Community Services**

**RACS Provides** - **Mental Health & Substance Abuse Services**, Including: Access and Emergency Services (Emergency, Assessment Treatment), Adult Clinical Services (Substance Abuse, Mental Health, Anger Management, Dialectical Behavior Therapy, Adult Clinical Services Specialized Programs), Psychiatric Services, Family and Youth Services (Individual, Family, and Group Counseling, Case Management, psychiatric services, Intensive In-home services, child and adolescent day program), Case Management Services, Eagle’s Nest Clubhouse, and Mental Health Support Services

**Shenandoah Pregnancy Center**
Website: [www.shenandoahcountypregnancycenter.org](http://www.shenandoahcountypregnancycenter.org)
Email: [pregnant@shentel.net](mailto:pregnant@shentel.net)

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

**Winchester Exchange Child Parent Center**  
800-567-7954  
301 N. Cameron St., Suite 200  
Winchester, VA 22601  
Website: [www.childparentcenter.org](http://www.childparentcenter.org)

Serving the areas of: Clarke, Frederick, Page, Shenandoah, and Warren counties, and Winchester City, the Winchester Exchange Child Parent Center provides parenting skills programs, family counseling, and in-home intervention to reduce child neglect and abuse in the community. We also offer parenting classes. Please contact the center for workshop and class information. No fees for in-home services based on residency in areas served. Fees applicable for educational workshops and classes, open to the general public. Call office for current schedule and information.

**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.saymca.org](http://www.saymca.org)

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

- **Charlottesville**  
  442 Westfield Rd  
  Charlottesville, VA 22901  
  434 974-9622  
  Email: [http://www.piedmontymca.org/](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**  
[www.augustahealth.com/hospice](http://www.augustahealth.com/hospice)

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

- Mailing Address: PO Box 215  
  Fishersville, VA 22939

- Email: 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
Website: www.blueridgehospice.org

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

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.

RMH Grief and Loss Services
644 University Blvd.
Harrisonburg, VA 22801
Website: www.rmhonline.com

Email: nshomo@rhcc.com

Nancy Shomo, Program Coordinator

RMH 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.

RMH Hospice
2010 Health Campus Drive
Harrisonburg, VA 22801
Website: www.rmhonline.com

At RMH 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, RMH 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 RMH Hospice, we are here for you.

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

LGBT

PFLAG – Winchester
P.O. Box 3741
Winchester, VA 22604
Website: www.pflagwinchester.org
Email: info@pflagwinchester.com

686-1677
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 Gay and Lesbian Association (SVGLA)

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: Mailing address:
342 Mule Academy Rd. P.O. Box 153
Fishersville, VA 22939 Fishersville, VA 22939

Waynesboro: 932-5606
Staunton: 332-5606
Staunton: 885-6261
Waynesboro: 943-1700

Staunton Clinic: Website: www.augustafreeclinic.org
P.O. Box 153 Email: afreeclinic@ntelos.net
Staunton, VA 24401

Staunton Clinic: Website: www.ccwomenshealth.org
P.O. Box 924 Email: help@ccwomenshealth.org
Staunton Clinic: 13th & Magnolia St
Lexington Clinic: 631 Waddell St.
Waynesboro, VA 22980 Lexington, VA 24450

Sommer Hansen, President & CEO

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
Keith Gnagey, Executive Director

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**

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:

<table>
<thead>
<tr>
<th>County</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Augusta County</td>
<td>1414 North Augusta Street</td>
<td>332-7830</td>
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<tr>
<td>Staunton, VA 24401-2401</td>
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<tr>
<td>Bath County</td>
<td>85 Courthouse Hill Rd.</td>
<td>839-7246</td>
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<tr>
<td>Warm Springs, VA</td>
<td>24484</td>
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<tr>
<td>Highland County</td>
<td>140 Fleisher Avenue</td>
<td>468-2270</td>
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<td>Monterey, VA</td>
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<tr>
<td>Lexington</td>
<td>131 Walker Street,</td>
<td>463-7136</td>
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<td>Lexington</td>
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<tr>
<td>Rockingham County &amp; Harrisonburg</td>
<td>110 North Mason Street</td>
<td>574-5100</td>
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<tr>
<td>Harrisonburg, VA 22801</td>
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<tr>
<td>Shenandoah County</td>
<td>494 North Main Street, Suite 100</td>
<td>459-3733</td>
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<tr>
<td>Woodstock, VA 22664</td>
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**Page County Clinic (Part of NW Community Services)**

23 W. Main Street
Luray, VA 22835

Please call for more information regarding hours and services provided.

**Page County Rural Health Center**

235 Medical Dr
Stanley, VA 22851
Please call for more information regarding hours and services.

**Rockbridge Area Free Clinic**
25 Northridge Lane Suite 3
Lexington, VA 24450
Suzanne Sheridan, Executive Director
Fax: 464-1362
Website: www.rockbridgefreeclinic.org
Email: ssheridan@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**
PO Box 759
Woodstock, VA 22664
Pam Murphy, Executive Director
Fax: 459-1809
Email: 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.

**Mental Health/Suicide**

**The Central Shenandoah Youth Suicide Prevention Initiative, and The Campus Suicide Prevention Center of Virginia**
The Institute for Innovation in Health and Human Services
James Madison University
MSC 9008
601 University Blvd.
Harrisonburg, VA 22801
Dr. Jane Wiggins, Director
Fax: 568-6409
Website: www.preventsuicidecsv.org
Email: wigginsjr@jmu.edu

These programs are dedicated to reducing risk for suicide among youth (ages 10-24). We offer suicide prevention education, program planning and related resources to professionals, lay helpers, parents and young people. The Central Shenandoah Youth Suicide Prevention serves all schools and law enforcement and social service entities within the central Shenandoah region. The Campus Suicide Prevention Center of Virginia serves college and university campuses across Virginia. PLEASE NOTE- Our office does not provide direct services to those in crisis. Rather, “We help the people who help the people.” If you are in need of immediate assistance, call 1-800-273-TALK or 911.

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.

**Northwestern Community Services**
Administrative Office
209 West Criser Rd.
Front Royal, VA 22630
Crisis Line: 635-4804
800-342-1462
635-2931
Website: www.nwcsb.com

Serving the city of Winchester, and counties of Clarke, Frederick, Page, Shenandoah, and Warren. 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 mental retardation and developmental disabilities (MR/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 MR/DD. New referrals are screened for appropriateness and, depending upon capacity/need for the 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. After regular office hours, access to our professional emergency staff is available through Concern Hotline.

REACH Employee Assistance Program & Workplace Solutions
320 South Main Street
Harrisonburg, VA 22801
Certified Employee Assistance Professional
Mr. Bill Gamble, Regional Manager
421-4008
800-950-3434
Fax: 866-672-9873
Website: www.reach-eap.com
Email: bgamble@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.

Rockbridge Area Community Services Board (RACS)
Administrative Office
241 Greenhouse Rd.
Lexington, VA 24450
Dennis Cropper, Ph.D., Director
463-3141
http://racsb.org
dcropper@racsb.org

It is the mission of Rockbridge Area Community Services 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.

Summit House
1888 Pear Street
Harrisonburg, VA 22801
Karla Souder
434-1816
www.hrcsb.org/services/summit-house
ksoude@hrcsb.org

Summit House is a self-help rehabilitation clubhouse program operated by the Harrisonburg-Rockingham Community Services Board. It is designed to meet the needs of individuals dealing with a serious, persistent mental illness. Emphasis is placed on opportunities to contribute to the daily work of the house, social support, and vocational services. Numerous workshops are offered to support recovery and wellness. Fees are based upon a sliding scale established by the Harrisonburg-Rockingham Community Services Board.

RMH Psychiatric Emergency Team (PET)
644 University Boulevard
Harrisonburg, VA 22801
Mark Bowser, LCSW, Program Coordinator
689-1000
mbowser@rhcc.com

A service of the RMH Center for Behavioral Health, the Psychiatric Emergency Team is available 24 hours/day for acute psychiatric and substance abuse emergencies. A comprehensive evaluation is completed and referrals are coordinated, as appropriate.

Migrant/Immigrant Services

New Bridges Immigrant Resource Center
438-8295
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 Program
JMU MSC 9007, Blue Ridge Hall room 344
Harrisonburg, VA 22807
Kim Hartzler-Weakley, Migrant Coordinator
Email: hartzlkm@jmu.edu phone: 568-7083

SVMEP provides year-round, supplemental educational services to the children ages 3 – 21 of migrant and highly mobile agricultural workers who have moved within the last 3 years seeking employment. These services are free to eligible clients. We assist with school registration, interpretation, parent involvement, and tutoring. Language services for non-English speakers: all staff is bilingual (English/Spanish).

Miscellaneous

Apple Valley Mediation Network, Inc.
242 N. Main Street, Suite 202
Woodstock, VA 22664
Email: 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
Courtney Sinnett, Intake Paralegal
Email: info@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
Website: www.gemeinschafthome.org
Email: info@gemeinschafthome.com

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

**Community Mediation Center**
165 South Main Street, Suite A
Harrisonburg, VA 22801
Timothy Ruebke, Executive Director
Website: www.weworkitout.org
Email: cmcmediation@comcast.net

Community Mediation Center (CMC) is a full service dispute resolution center providing family, general, criminal, and multi-party mediation services. CMC is 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
Stephanie Diehl
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
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
Mrs. Mary Ellen Chewning, Executive Director
Email: ExecDir@hrarc.org
Website: 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

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

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
Website: www.vadrs.org

Local Offices

Fishersville 50 Andrew Russell Lane, Suite A 332-7700 (Voice/TTY)
(on WWRC Campus) Fishersville, VA 22939 George Drummond
George.drummond@dars.virginia.org

Harrisonburg 1909 B East Market Street 434-5981
Harrisonburg, VA 22801 George Drummond
George.drummond@dars.virginia.org

Winchester 20 Ricketts Dr. 722-3453
Winchester, VA 22601 535-1813 (TTY) Jim Hall
Jim.Hall@dars.virginia.org

Friendship Industries, Inc.
801 Friendship Drive
Harrisonburg, VA 22802

434-9586
Website: www.friendship-industries.com
Email: 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., 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.

Rockbridge Disability Services Board
PO Box 774
Lexington, VA 24450
Website: www.rockbridgedsb.org
Email: 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)
4181 Brown Roan Lane
Harrisonburg, VA 22801
Website: www.valleyautism.org/

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
Gayl Brunk, Executive Director
Toll Free: 1-888-242-VAIL
Fax: 433-6313
Website: www.govail.org

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: 332-7729 or 800-622-2155
1076 Jefferson Highway
Staunton, VA 24401
Debby Austin, Staunton Regional Office Manager
Alternate: 332-7715
Fax: 332-7733
Website: www.dbvi.org
Email: Debby.Austin@dbvi.virginia.gov

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  
Ronald L. Lanier, Director  
804-662-9502  
V/TTY 800-552-7917  
Website: [www.vddhh.org](http://www.vddhh.org)  
Email: ronald.lanier@vddhh.virginia.gov

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

Mailing Address  
Woodrow Wilson Rehabilitative Center  
PO BOX 103  
Staunton, VA 24402  
Feta Fernsler  
662-4452  
Video Phone 866-563-7784  
TTY 569-3016  
Email: dhhsc.feta@gmail.com

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**

514 East Beverley Street  
P.O. Box 2069  
Staunton, Virginia 24402  
580-522-8732  
332-9000  
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**

W. Main St., Suite 101  
Waynesboro, VA 22980  
942-6718  
Email: wader@ci.waynesboro.va.us

Robert Wade
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.

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

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 Email: info@mhselfhelp.org

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

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
Abuse

**Anger Management Support Group**

*Staunton*
- 12 sessions are provided. Interested persons should call Valley Community Services Board for an initial evaluation and to be referred to the group.

**Central Shenandoah Valley Office On Youth**

*Staunton: 332-3806*

*Waynesboro: 942-6757*
- Offers information regarding support groups for Anger Management for Staunton and the Central Shenandoah Valley

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

*Luray*
- Offers information regarding domestic violence services

**Clean, Inc**

*Winchester*
- Offers information regarding Anger Management support groups for the Winchester area

**Collins Center**

*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)

**First Step Support Group for Abused Women**

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

**Laurel Center**

*Winchester*
- Offers information regarding domestic violence services in the Winchester Area

**New Directions Center Inc.**

*Staunton*
- Offers support groups for victims of domestic violence (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

**Project Horizons**

*Lexington*
- Offers support groups for victims of domestic violence and sexual assault. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

**Response, Inc.**

*Woodstock*
- Offers domestic violence services for the Woodstock area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

**Rockbridge Area Community Services**

*Lexington*
- Offers anger management support groups area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
Valley Hope Counseling Center 941-8933
Waynesboro
• Offers anger management support groups

Women of Sexual Abuse – HOPE For spouses: 678-569-1776
Woodstock For men: 678-569-1784
• First Baptist Church, 11905 Highway 92, please call Bonnie for more details: 678-569-1776 or bonnie.palma@fbcw.net

Addiction and Recovery

AA, Al-Anon, Alateen Blue Ridge Area Intergroup
Websites for a complete list of meetings:
• Al-anon: www.va-al-anon.org
• AA: 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

Cambios 434-1941
Harrisonburg
• A Spanish-speaking group for people with alcohol or drug problems in the Harrisonburg area. Please call Allison Garcia at the number listed above.

Choices 564-5629
Harrisonburg
• Alcohol and Drug Prevention program located at the Center for Behavioral Health

Dukes in Recovery Website: www.jmu.edu/healthctr/sap/DIR.shtml
Harrisonburg, James Madison University Email: DukesinRecovery@gmail.com
• This is a student led support group for students at James Madison University who are in recovery from alcoholism or substance addiction. This group is not affiliated with any religious, AA, NA, or other addiction treatment program. For more information please see the website listed above or send an email to: DukesinRecovery@gmail.com

Edgehill Recovery Retreat Center 24 Hours: 662-8865
Winchester
• Offers substance abuse services
Harrisonburg-Rockingham Community Services Board  
Center for children and families: Harrisonburg  
- Offers information regarding substance abuse services  

Life Recovery Family Program (Chemical Dependency of Loved Ones)  
Harrisonburg  
- Please call the number listed above for more information  

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  
BRNA PO BOX 623 Harrisonburg, VA 22803  
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.  
Woodstock  
- For information regarding dates and times for meetings, please call the number listed above.  

**Caregiver Support Groups**  

Adult Care Center of the Northern Shenandoah Valley  
Winchester  
- Offers support groups for caregivers  

Alzheimer’s Association Mid-Valley Office  
Waynesboro  
- Offers Alzheimer’s support  

Caregiver Chat Support Group (meet at RMH)  
Harrisonburg  
- For family caregivers who are caring for an aging family member or loved one  

Caregivers Community Network  
568-6682  
Harrisonburg  
- Offers support groups for caregivers and respite care  

CHADD of the Shenandoah Valley  
Harrisonburg  
- Offers support group information for caregivers of persons with ADD  

Greenfield Assisted Living of Woodstock  
Woodstock  
- Offers information regarding respite care  

Mary’s Family  
Shenandoah  
- Offers information regarding respite care for Marshall, Shenandoah and Winchester areas
Mayflower Home for Adults  
*Lexington*  
- Offers respite care for families

Rockingham Memorial Hospital  
*Harrisonburg*  
- 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*  
- Offers information regarding respite care

Valley Program Aging Services  
*Waynesboro*  
- Call for details

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

**Special Needs Children**  
Blue Ridge Care Connection for Children  
866-596-9367

**Seniors**  
Valley Program for Aging Services  
Shenandoah Area Office on Aging  
Alzheimer’s Association Mid-Valley Office  
800-868-8727 or 949-7141  
800-883-4122 or 635-7141  
800-272-3900 or 437-7444

**Warren Memorial Hospital**  
636-0138  
Front Royal Medical Center Community Support Groups

**Chronic Illness**

**Alzheimer’s Family Support Groups**  
Central Shenandoah Valley  
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

**AWAKE**  
*Harrisonburg*  
- For individuals or family members of individuals with sleeping disorders (excessive snoring, sleep apnea, etc.). Meetings have both educational and emotional support components. Meets quarterly at 7 PM at the Rockingham Memorial Hospital Outpatient Center (4th floor). There is no charge. Call for specific dates. For more information about the program please contact Brian Flock. To register, please call 437-8241

**Cancer Support Groups**  
Various support groups are held throughout the week including topics ranging from cancer patient support for various illnesses and family support.  
*Harrisonburg*  
- Please call Elaine Dunaway for more information or to register 433-4249  
*Woodstock*  
- Please call Ruth Wakeman 459-2187
**Diabetes Support Groups**

Diabetes support groups are held throughout the week in various locations.

*Harrisonburg*
- Please contact Roy or Jane 433 – 4269

*Woodstock*
- Please contact Tracy Mitchell 459-1110

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

*Harrisonburg*

**Parkinson’s Support Group**

*Harrisonburg*
- For more information, please contact Eve Showalter

**Pulmonary Achievers Live Successfully (P.A.L.S.)**

*Harrisonburg*
- 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 Rockingham Memorial**

**Community Health**  
*Harrisonburg*  
- Support on various health related topics are located at 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**

**Divorce Care**

*Harrisonburg*
- Please call for more information

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

*Harrisonburg*
- This is located in the RMH Atrium building, Please call for more details.

**Jail Visitation**

*Woodstock*
- Please call for more information

**Mothers of Multiples (Augusta/Rockingham Counties)**

*Augusta County*
- Please call 908-7513

*Rockingham County*
- Please call 886-0675

*Email: info@ARCmom.org*
Mothers Out (Meeting and Sharing)  
*Harrisonburg*  
- Please contact Heidi Bunn at the number listed above

Preemie Support Group  
*Harrisonburg*  
- Please call for more information

Grief and Loss

AHC Hospice of the Shenandoah  
*Fishersville*  
- 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.

BC Bereavement  
*Harrisonburg*  
- Please call for more information

Compassionate Friends  
*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.

Grief and Loss Support Services  
*Harrisonburg*  
- Please contact Nancy Shomo

Lutheran Family Services  
*Waynesboro*  
- This group offers grief programs for adults coping with the death of a loved one, school support groups for children dealing with death and separation due to divorce, as well as support groups for those dealing with losses related to aging. The support groups are free of charge. Please contact Cynthia Long at the number above for more information.

Pregnancy and Infant Loss Support Group  
*Harrisonburg*  
- Please call for more information

Survivors of Suicide (SOS)  
*Staunton*  
- Website: [www.suicide.org/support-groups/virginia-suicide-support-groups.html](http://www.suicide.org/support-groups/virginia-suicide-support-groups.html)  
A group for anyone who has experienced the death of a loved one to suicide. Since group meeting facilitators, dates, and times change frequently, please call the number listed above for information regarding meetings in your area. For more information and a complete list of meetings in your community, please check the website listed above. For information in the Staunton area please contact Dr. Cynthia Long at 383-2902 or clong@lfsva.org.
LGBT

**Madison Equality**  
*Harrisonburg, James Madison University*  
Website: [http://orgs.jmu.edu/madisonequality](http://orgs.jmu.edu/madisonequality)  
Email: madisonequality@gmail.com

- Madison Equality is a social and educational organization geared towards providing a place for LGBTQAIQ (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 LGBTQAIQ issues. Please check the website for meeting times, dates, and location.

**Shenandoah Valley Gay and Lesbian Association (SVGLA)**  
*Shenandoah Valley Region*  
Website: [www.svgla.org](http://www.svgla.org)  
Email: 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 for more information.

**Washington & Lee University Gay-Straight Alliance**  
*Lexington*  
Website: [http://gsa.wlu.edu/public_html/Home.html](http://gsa.wlu.edu/public_html/Home.html)

- The Alliance strives to promote tolerance and equality for all members of the Washington & Lee community regardless of sexual orientation or gender identity.

### Mental Illness

**Anxiety Support Group – Valley Hope Counseling Center**  
*Waynesboro*  
- Please call for more information

**Augusta Health**  
*Fishersville*  
- Information regarding mental health services

**Bipolar Support Group – Valley Hope Counseling Center**  
*Waynesboro*  
- Please call for more information

**Co Dependents Anonymous CODA)**  
*Waynesboro*  
- Please contact Elizabeth Wilkerson

**Happy Time Club**  
*Augusta County and Waynesboro*  
The After Care Social Club is for community residents who have been discharged from mental institutions. The purpose is to help individuals get back into the community. The club is the ecumenical effort of churches in Waynesboro, and Augusta County. There is a monthly dinner meeting on the 2nd Monday at St. John’s Episcopal Church, Waynesboro.

**Harrisonburg-Rockingham Community Services Board**  
*Harrisonburg*  
- For more information regarding the Journeys program, please contact David Rissmeyer at 434-1816

**Journeys Support Group (dealing with mental illness)**  
*Harrisonburg*  
- 434-5981
Harrisonburg
- Please call for more information

Mental Health America of Augusta
Augusta County
- Please contact Donna Gum for more information

NAMI Rockingham Alliance for the Mentally Ill
Harrisonburg
- Information regarding support groups for the mentally ill

National Alliance for the Mentally Ill (NAMI)
(Families Helping Families Cope with Mental Illness)
Harrisonburg
- Please contact Rowen Zeis: zeissr@brcc.edu 434-8761
Staunton
- Please contact Donna Gum: 886-7181

Northwestern Community Services Board
Page County/Luray
- Please call 743-4548
Winchester
- Please call 542-0937
Woodstock
- Please call 459-5180

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

Rockingham Memorial Hospital
Harrisonburg
- Offers information regarding mental health services

Shenandoah Memorial Hospital
Woodstock
- Offers information regarding mental health services

Valley Community Services Board
Staunton
- Offers information regarding mental health services

Winchester Medical Center
Winchester
- Offers information regarding mental health services

Persons with Disabilities and Their Families
ADHD/ADD Advocacy
Harrisonburg
● Please call for more information

Arc – Support Group for Retarded Citizens
Harrisonburg
● Please call the number listed above for more information

Intellectual Disability/ Mental Illness Support
Harrisonburg
● Please for more details

Shenandoah Valley Autism Partnership
Harrisonburg
● Please contact Karen McCormack at 432-9159 or Sally Chappell at 568-8095

Virginia Board for People with Disabilities
804-786-0016
Schools, School Counselors, and College Counseling Services

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.

____________________________________________________________________________________________
All area codes 540 unless otherwise noted
This list is current as of August, 2013. Please see individual school websites for updates.

Augusta County Schools

**Beverley Manor Elementary School**
116 Cedar Green Road
Staunton, VA 24401
*Sarah Loret*

**Beverley Manor Middle School**
58 Cedar Green Road
Staunton, VA 24401
*Jeannie Knotts, Coordinator, & Katie Baird*

**Buffalo Gap High School**
1800 Buffalo Gap Highway
Swope, VA 24479
*Kelly Schuhmann, Coordinator, & Charlene Reed*

**Cassell Elementary School**
1301 Rockfish Rd.
Waynesboro, VA 22980
*Lois Curry*

**Churchville Elementary School**
3710 Churchville Avenue
Churchville, VA 24421
*Brenda Law*

**Clymore Elementary School**
184 Fort Defiance Rd.
Fort Defiance, VA 24437
*Stephanie Spire & Dorianne Manzo*
<table>
<thead>
<tr>
<th>School</th>
<th>Phone</th>
<th>Fax</th>
<th>Website</th>
<th>Contact persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Craigsville Elementary School</td>
<td>997-9184</td>
<td>997-0432</td>
<td><a href="http://www.augusta.k12.va.us/craigsvillees">www.augusta.k12.va.us/craigsvillees</a></td>
<td>Leah Johnson</td>
</tr>
<tr>
<td>Fort Defiance High School</td>
<td>245-5050</td>
<td>245-5054</td>
<td><a href="http://www.augusta.k12.va.us/fortdefiancehs">www.augusta.k12.va.us/fortdefiancehs</a></td>
<td>Ann McMillan, Coordinator, Josh Lovell, &amp; Hope Stevens</td>
</tr>
<tr>
<td>Guy K. Stump Elementary School</td>
<td>337-1549</td>
<td>337-1761</td>
<td><a href="http://www.augusta.k12.va.us/guykstumpes">www.augusta.k12.va.us/guykstumpes</a></td>
<td>Ry Wilson</td>
</tr>
<tr>
<td>Riverheads Elementary School</td>
<td>337-2535</td>
<td>337-1454</td>
<td><a href="http://www.augusta.k12.va.us/riverheadses">www.augusta.k12.va.us/riverheadses</a></td>
<td>Ashley Bartley &amp; Jenn Kurbel</td>
</tr>
<tr>
<td>Riverheads High School</td>
<td>337-1921</td>
<td>337-0258</td>
<td><a href="http://www.augusta.k12.va.us/riverheadshs">www.augusta.k12.va.us/riverheadshs</a></td>
<td>Katie Crabtree, Coordinator, &amp; Bruce Hill</td>
</tr>
<tr>
<td>Shenandoah Valley Governor’s School</td>
<td>245-5088</td>
<td>886-6476</td>
<td><a href="mailto:director@svgs.k12.va.us">Email: director@svgs.k12.va.us</a></td>
<td></td>
</tr>
<tr>
<td>Stewart Middle School</td>
<td>245-5046</td>
<td>245-5049</td>
<td><a href="http://www.augusta.k12.va.us/stewartms">www.augusta.k12.va.us/stewartms</a></td>
<td>Allison Zeiner &amp; Tracy Fitzgerald</td>
</tr>
<tr>
<td>Stuarts Draft Elementary School</td>
<td>337-2951</td>
<td>946-7620</td>
<td><a href="http://www.augusta.k12.va.us/stuartsdraftes">www.augusta.k12.va.us/stuartsdraftes</a></td>
<td></td>
</tr>
<tr>
<td>Stuarts Draft High School</td>
<td>946-7600</td>
<td>946-7605</td>
<td><a href="http://www.augusta.k12.va.us/stuartsdrafths">www.augusta.k12.va.us/stuartsdrafths</a></td>
<td>Pat Donovan, Coordinator, Kathryn Higgins,</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Gretchen Schindler, &amp; Jenny Gardner, Career Coach</td>
</tr>
<tr>
<td>Stuarts Draft Middle School</td>
<td>946-7611</td>
<td>946-7613</td>
<td><a href="http://www.augusta.k12.va.us/stuartsdraftms">www.augusta.k12.va.us/stuartsdraftms</a></td>
<td>Debbie O’Neil, Coordinator, &amp; Lou Ann Lynch</td>
</tr>
</tbody>
</table>
Verona Elementary School 248-0141
1011 Lee Highway
Verona, VA 24482
Kendall Driver

Fax: 248-0562
Website: www.augusta.k12.va.us/veronaes

Wilson Elementary School 245-5040
127 Woodrow Wilson Avenue
Fishersville, VA 22939
Gary Hartwell & Sarah Shoemaker

Fax: 245-5042
Website: www.augusta.k12.va.us/wilsones

Wilson Memorial High School 886-4286 or 949-8643
189 Hornet Road
Fishersville, VA 22939
Shaun Sparks, Coordinator, Jan Lovell, & Jody Myers

Fax: 886-4611
Website: www.augusta.k12.va.us/Page/4703

Wilson Middle School 245-5185
232 Hornet Road
Fishersville, VA 22939
Kelly Brady, Coordinator, & Evelyn Steege

Fax: 245-5189
Website: www.augusta.k12.va.us/wilsonms

Bath County Schools

Bath County High School 839-2431
464 Charger Lane
Hot Springs, VA 24445
Heather DeBoe & Stephanie Hiner

Fax: 839-3290
Website: http://www.bath.k12.va.us/bchs/

Millboro Elementary School 997-5452 & 839-5804
411 Church Street
Millboro, VA 24460
Heather DeBoe

Fax: 997-0123
Website: www.bath.k12.va.us/mes

Valley Elementary School 839-5395
98 Panther Drive
Hot Springs, VA 24445
Sandra Stinnett

Fax: 839-5392
Website: www.bath.k12.va.us/ves

Harrisonburg City Schools

Harrisonburg City Public Schools Special Education Services 434-2752
101 N. Main Street 4th floor
Harrisonburg, VA 22802

Fax: 434-2923
Website: 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 also 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.

Harrisonburg High School 433-2651
1001 Garbers Church Road
Harrisonburg VA 22801

Fax: 433-395
Website: www.harrisonburg.k12.va.us/hhs
Keister Elementary School
100 Maryland Avenue
Harrisonburg VA 22801
Lois Miller
Fax: 434-4452
Website: www.harrisonburg.k12.va.us/keister

Skyline Middle School
470 Linda Lane
Harrisonburg, VA 22802
Gwen Baugh & Amy Powers
Fax: 434-6453
Website: www.harrisonburg.k12.va.us/skms

Smithland Elementary School
474 Linda Lane
Harrisonburg, VA 22802
Terry Cary
Fax: 434-6059
Website: www.harrisonburg.k12.va.us/smes

Spotswood Elementary School
400 Mountain View Drive
Harrisonburg VA 22801
Angela Adamek
Fax: 434-4453
Website: www.harrisonburg.k12.va.us/swood

Stone Spring Elementary School
1575 Peach Grove Avenue
Harrisonburg VA 22801
Dan Long
Fax: 432-0053
Website: www.harrisonburg.k12.va.us/kses

Thomas Harrison Middle School
1311 West Market Street
Harrisonburg VA 22801
Susan Rebhun, Vanessa Olson Redmond, & Corinne Makarewich
Fax: 434-4052
Website: www.harrisonburg.k12.va.us/thms

Waterman Elementary School
451 Chicago Avenue
Harrisonburg VA 22802
Julie King
Fax: 434-9996
Website: www.harrisonburg.k12.va.us/water

Harrisonburg City and Rockingham County Schools

Massanutten Technical Center
325 Pleasant Valley Road
Harrisonburg, VA 22801
Mikhal Salzberg
Fax: 434-1402
Website: 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
Caroline Sponaugle
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
Fax: 468-6332
Website: www.highland.k12.va.us/education/school/school.php?sectionid=6
Melissa Douglas

Waddell Elementary School
100 Pendleton Place
Lexington, VA 24450
Kristin Tomlin

463-5353
Fax: 463-6309
Website: www.lexedu.org/Waddell

Lylburn Downing Middle School
463-3532
302 Diamond Street
Lexington, VA 24450
Sarah Blackburn

Page County Schools

Luray Elementary School
55 First Street
Luray, VA 22835
Jessica Markowitz

743-4078
Website: https://sites.google.com/site/lurayelem/

Luray High School
243 Bulldog Drive
Luray, VA 22835
Saundra Warren & Sherry Grogg-Matthews

743-3800
Fax: 743-5524
Website: http://eclipse.pagecounty.k12.va.us/lhs/index.htm

Luray Middle School
14 Luray Avenue
Luray, VA 22835
Stephanie McLeod

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
Margaret Farmer & Robin Windsor

652-8712
Fax: 652-1966
Website: http://eclipse.pagecounty.k12.va.us/pchs/index.htm

Page County Middle School
198 Panther Drive
Shenandoah, VA 22849
Mike Stockwell

652-3400
Fax: 652-8308
Website: http://eclipse.pagecounty.k12.va.us/pcms

Page County Public Schools
735 W. Main Street
Luray, VA 22835

Page County Technical Center
525 Middleburg Road
Luray, VA 22835
George Dupuy

Shenandoah Elementary School
529 Fourth Street
Shenandoah, VA 22849
Kay Baker

652-8621
Fax: 652-1711
Website: http://eclipse.pagecounty.k12.va.us/shen/index.htm

Springfield Elementary School
158 Big Spring Lane

743-3750
Fax: 743-4699
Rileyville, VA 22650
Bobbi Wells

Stanley Elementary School
306 Aylor Grubbs Avenue
Stanley, VA 22851
Scott Richardson
Website: http://eclipse.pagecounty.k12.va.us/spfd/index.html

Stanley Elementary School
778-2612
306 Aylor Grubbs Avenue
Fax: 778-1913
Stanley, VA 22851
Website: http://eclipse.pagecounty.k12.va.us/stan/index.htm

Rockbridge County Schools

Rockbridge County High School
143 Greenhouse Road
Lexington, VA 24450
Website: http://www.rockbridge.k12.va.us/SCHOOLS/RCHS/
Lindsey Bateman, Allison Mock, Mat Rapoza, Joan Coffey, & Lisa van Ravenswaay

Maury River Middle School
600 Waddell Street
Lexington, VA 24450
Website: http://www.rockbridge.k12.va.us/SCHOOLS/MRMS/
Deborah Pruett & Carol Chemister

Rockbridge Middle School
1200 Sterrett Road
Fairfield, VA 24435
Website: www.rockbridge.k12.va.us/schools/rms
Rita Biggs

Central Elementary School
85 Central Road
Lexington, VA 24450
Website: http://www.rockbridge.k12.va.us/schools/CES/
Monique Toman

Effinger Elementary School
2893 Collierstown Road
Lexington, VA 24450
Website: www.rockbridge.k12.va.us/SCHOOLS/EES
Joann Toner

Fairfield Elementary School
20 Fairfield School Road
Fairfield, VA 24435
Website: www.rockbridge.k12.va.us/schools/fes
Susan Friski

Mountain View Elementary School
20 Burger Circle
Buena Vista, VA 24416
Website: www.rockbridge.k12.va.us/schools/mves
Anita McGugan

Natural Bridge Elementary School
42 Natural Bridge School Road
Natural Bridge Station, VA 24579
Website: www.rockbridge.k12.va.us/SCHOOLS/NBES
Linda White

Lindsey Bateman, Allison Mock, Mat Rapoza, Joan Coffey, & Lisa van Ravenswaay

Deborah Pruett & Carol Chemister

Rockingham County Schools

Broadway High School
269 Gobbler Drive
Broadway VA 22815
Website: http://blogs.rockingham.k12.va.us/bhs/
Annette Paxton, Director, Matt Kinman, Jeri Denton, & Carrie Urso

Rita Biggs

261-2418
Fax: 261-8082
Buena Vista, VA 24416
Website: www.rockbridge.k12.va.us/schools/mves
Anita McGugan

Joann Toner

Website: www.rockbridge.k12.va.us/SCHOOLS/FES
Susan Friski

Mountain View Elementary School
20 Burger Circle
Buena Vista, VA 24416
Website: www.rockbridge.k12.va.us/SCHOOLS/MVES
Anita McGugan

Natural Bridge Elementary School
42 Natural Bridge School Road
Natural Bridge Station, VA 24579
Website: www.rockbridge.k12.va.us/SCHOOLS/NBES
Linda White

896-7081
Fax: 896-2640
Broadway VA 22815
Website: http://blogs.rockingham.k12.va.us/bhs/
Annette Paxton, Director, Matt Kinman, Jeri Denton, & Carrie Urso
Cub Run Elementary School
1451 S. Montevideo Circle
Penn Laird, VA 22846
Liz Shoop & Tamara Kratz (M-W)

East Rockingham High School
250 Eagle Rock Rd.
Elkton, VA 22827
Helen Harmon, Director, Jimmy Miller, & Sarah Brown, Career Coach

Elkton Elementary School
302 B Street
Elkton VA 22827
Cynthia Hepner

Elkton Middle School
21063 Blue and Gold Drive
Elkton VA 22827
Emily Casdorph & Courtney Horne

Fulks Run Elementary School
11089 Brocks Gap Run
Fulks Run VA 22830
Jeanette Hess

J. Frank Hillyard Middle School
226 Hawks Hill Drive
Broadway VA 22815
Holli Janzen & Garold Shull

John C. Myers Elementary School
290 Raider Way
Broadway VA 22815
JuliAnn Branson

John Wayland Elementary School
801 N. Main Street
Bridgewater VA 22812
Cindy Phillips & Maria Rodriguez

Lacey Spring Elementary School
8621 N. Valley Pike
Harrisonburg VA 22802
Brenda Robey

Linville-Edom Elementary School
3653 Linville-Edom Road
Linville VA 22834
Dena Hollar

McGaheysville Elementary School
9508 Spotswood Trail
McGaheysville VA 22840
Elizabeth Ridley

Fulks Run Elementary School
289-5854
Website: http://blogs.rockingham.k12.va.us/fres/

East Rockingham High School
298-7450
Website: http://blogs.rockingham.k12.va.us/erhs/

Elkton Elementary School
298-1511
Website: http://blogs.rockingham.k12.va.us/ees/

Elkton Middle School
289-1228
Website: http://blogs.rockingham.k12.va.us/ems/

Fulks Run Elementary School
896-7635
Website: http://blogs.rockingham.k12.va.us/fres/

J. Frank Hillyard Middle School
896-8962
Website: http://blogs.rockingham.k12.va.us/jfhms/

John C. Myers Elementary School
896-2297
Website: http://blogs.rockingham.k12.va.us/jcmes/

John Wayland Elementary School
828-6081
Website: http://blogs.rockingham.k12.va.us/jwes/

Lacey Spring Elementary School
433-7819
Website: http://blogs.rockingham.k12.va.us/les/

Linville-Edom Elementary School
833-6916
Website: http://blogs.rockingham.k12.va.us/lees/

McGaheysville Elementary School
289-3004
Website: http://blogs.rockingham.k12.va.us/mes/
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.
Turner Ashby High School
800 N. Main Street
Bridgewater VA 22812
Candace Martin, Sharon Cunningham, Sandy King & Liz Whiston-Dean, Career Coach
Website: www.rockingham.k12.va.us/TAHS/tahs.html

Wilbur Pence Middle School
375 Bowman Road
Dayton VA 22821
Sharon Sprinkel & Lisa Holsinger-Thomas
Website: www.rockingham.k12.va.us/WSPMS/wspms.html

Shenandoah County Schools

Ashby Lee Elementary School
480 Stonewall Avenue
Quicksburg, VA 22847
Mary DesMarais
Website: www.shenandoah.k12.va.us/ales

Central High School
1147 Susan Avenue
Woodstock, VA 22664
Michelle Papa, Shanna McComb, & Anita Adjetey
Website: www.shenandoah.k12.va.us/chs

North Fork Middle School
1018 Caverns Road
Quicksburg, VA 22847
Andrea Zimmon
Website: www.shenandoah.k12.va.us/nfms

Peter Muhlenberg Middle School
1251 Susan Avenue
Woodstock, VA 22664
Tim Luikart & Anita Adjetey
Website: www.shenandoah.k12.va.us/pmms

Sandy Hook Elementary School
162 Stickley Loop
Strasburg, VA 22657
Jessica Yancey & Randall Lucas
Website: www.shenandoah.k12.va.us/shes

Signal Knob Middle School
687 Sandy Hook Road
Strasburg, VA 22657
Bill Wheat & Ashley Clarke
Website: www.shenandoah.k12.va.us/skms

Stonewall Jackson High School
150 Stonewall Lane
Quicksburg, VA 22847
Aimee Miller & Susan Schuckman
Website: www.shenandoah.k12.va.us/sjhs

Strasburg High School
250 Ram Drive
Strasburg, VA 22657
Dawn Green & Amy Zimmerman
Website: www.shenandoah.k12.va.us/shs

Triplett Tech
6375 S. Main Street
Mt. Jackson, VA 22842
Website: www.shenandoah.k12.va.us/tt
Connie Pangle

**W. W. Robinson Elementary School**
1231 Susan Avenue  
Woodstock, VA 22664  
Fax: 459-5992  
Website: [www.shenandoah.k12.va.us/wwres](http://www.shenandoah.k12.va.us/wwres)

Lynn McKee & Lori Kizner

Staunton City Schools

**A. R. Ware Elementary School**
330 Grubert Avenue  
Staunton, VA 24401  
Fax: 332-3957  
Website: [http://staunton.k12.va.us/ware](http://staunton.k12.va.us/ware)

Susan Phend

**Bessie Weller Elementary School**
600 Greenville Avenue  
Staunton, VA 24401  
Fax: 332-3959  
Website: [http://staunton.k12.va.us/weller](http://staunton.k12.va.us/weller)

Candi Kincaid

**Genesis Regional Alternative School**
1751 Shutterlee Mill Road  
Staunton, VA 24401  
Fax: 213-8870  
Website: [http://staunton.k12.va.us/Dixon](http://staunton.k12.va.us/Dixon)

Carol Marvin

**Robert E. Lee High School**
1200 N. Coalter Street  
Staunton, VA 24401  
Fax: 332-3994  
Website: [http://staunton.k12.va.us/lee](http://staunton.k12.va.us/lee)

Mark Rexrode, Lawrence Chiles, Valerie Payne, & Brett Peters, Career Coach

**Shelburne Middle School**
300 Grubert Avenue  
Staunton, VA 24401  
Fax: 332-3933  
Website: [http://staunton.k12.va.us/shelburne](http://staunton.k12.va.us/shelburne)

Katherine Funkhouser & Leslie Trissel

**Staunton City School Board Office**
116 West Beverley Street  
Staunton, VA 24401  
Fax: 332-3924  
Website: [http://staunton.k12.va.us/staunton](http://staunton.k12.va.us/staunton)

Jelisa Wolfe, Counselor Supervisor

**Thomas C. McSwain Elementary School**
1100 N. Coalter Street  
Staunton, VA 24401  
Fax: 332-3955  
Website: [http://staunton.k12.va.us/McSwain](http://staunton.k12.va.us/McSwain)

Kathy Botkin

Staunton City and Augusta County Schools

**Valley Vocational Technical Center**
49 Hornet Road  
Fishersville, VA 22939  
Fax: 885-0407  
Website: [www.augusta.k12.va.us/valleyvts](http://www.augusta.k12.va.us/valleyvts)

Jennifer Rexrode, Assistant Principal & Pupil Services  
E-mail: webmaster@vvtc.tec.va.us

Waynesboro City Schools

**Berkeley Glenn Elementary School**
1020 Jefferson Avenue  
Waynesboro, VA 22980  
Fax: 946-4684
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=2

Kevin Wingfield

Kate Collins Middle School 946-4635
1625 Ivy Street
Waynesboro, VA 22980
Website: www.waynesboro.k12.va.us/kcms/

Mandy Chambers & Mary Adams

Waynesboro High School 946-4616
1200 West Main Street
Waynesboro, VA 22980
Website: www.waynesboro.k12.va.us/wboro/whs/index.htm

Kelly Shaw, Director, Matthew Bailey, Deborah Watson, & Kim Wood, Career Coach

Waynesboro Public Schools 946-4600
301 Pine Avenue
Waynesboro, Virginia 22980
Website: www.waynesboro.k12.va.us

Wendy Mitchell

Wenonah Elementary School 946-4660
125 N. Bayard Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=5&sc_id=1186489337

Erika Morris

Westwood Hills Elementary School 946-4670
548 Rosser Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=6

Sara F. Loker

William Perry Elementary School 946-4650
840 King Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/components/scrapbook/default.php?sectionid=7

Sara F. Loker

Private Schools

Eastern Mennonite School 236-6004
801 Parkwood Dr.
Harrisonburg, VA 22802
Website: http://www.emhs.net/

Marjorie Nafziger

Fishburne Military School 946-7715
225 S. Wayne Ave.
Waynesboro, VA 22980
Website: http://www.fishburne.org/

Maj. Dan Baranik

State Schools

Virginia School for the Deaf and Blind 332-9031
514 East Beverley St.
PO Box 2069
Staunton, VA 24401
Website: http://vsdb.k12.va.us/

Jennifer Lawhorne & Kimberly Gray

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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
828-8000
402 E. College Street
Bridgewater, VA 22812
Randy Hook, LCSW, Director
828-5358
Amy Ghaemmaghami, LPC, College Counselor
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
432-4317
Counseling Center
1200 Park Road
Harrisonburg, VA 22802

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 of one initial evaluation and up to seven sessions at no charge. Additional sessions are evaluated between the counselor and student at a charge of no more than $15 per session. For further information or assistance, call the Counseling Center office at 432-4317.

James Madison University – JMU
568-6552
Counseling and Student Development Center
Varner House, MSC 0801
Harrisonburg, VA 22807
David Onestak, Director

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
887-7281
Website: www.mbc.edu
P. O. Box 1500
Staunton, VA 24401
Nadia Kuley, Ph.D., Licensed Clinical Psychologist, is the Director of Counseling and Psychological Services on the campus of Mary Baldwin College, located in Blakely House. Short term psychotherapy is offered by Dr. Kuley and graduate level interns. Students are provided crisis intervention and treatment for a wide variety of emotional disorders [i.e., mood disorders, eating disorders and anxiety disorders], in addition to homesickness, academic stressors, stress management and motivational issues. Students are also provided resources in the community for psychiatric services and other mental health providers that may be indicated.

In addition to direct services to MBC students, 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

**Virginia Military Institute (VMI)**
540-464-7667
448 Institute Hill, 2nd Floor
Lexington, VA 24450
Karen Kirkpatrick

Cadet Development and Counseling provides short-term counseling that focuses on addressing personal concerns that may impede current and future learning and personal development. Some cadets seek counseling to address specific problems, such as coping with stressful situations, substance abuse, losing important relationships, decreased self confidence, and feelings of loneliness, depression, and anxiety. Cadets also seek counseling to further their personal growth. For example, cadets come to counseling to learn more effective social skills, improve the quality of their interpersonal relationships, and learn more about their personality. All counseling is confidential.

**Washington Lee University**
540-458-8590
Student Health & Counseling Services
Website: www.wlu.edu
204 W. Washington Street
Lexington, VA  24450

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.

Abuse
- www.childhelp.org
- www.domesticviolence.org
- www.preventelderabuse.org

Addiction, Substance Abuse and Recovery
- www.al-anon-alateen.org
- www.aa.org
- www.alcoholismhelp.com
- www.codependents.org
- www.jmu.edu/healthctr/sap/DIR.shtml
- www.ola-is.org/index.htm
- www.ncadd.org
- www.wsoinc.com
- www.teen-anon.com

AIDS & other Sexually Transmitted Diseases
- www.aac.org
- www.ashastd.org
- www.thebody.com

Caring for Aging Relatives
- www.caps4caregivers.org

Chronic Illness
Alzheimer’s Disease
- www.alz.org
- www.nia.nih.gov/alzheimers
Breast Cancer
- www.networkofstrength.org

Family Issues & Support
Anger Management
- www.angermanagementsupport.com
Divorce
- www.stepfamilyinfo.org/
Parenting
- http://familyeducation.com/home/
- www.parenthelpzone.com
- http://parenting.ivillage.com/
- www.parentingtoolbox.com/
Step Families
- www.stepfam.org

Grief & Loss
Death and Dying
- www.death-dying.com
LGBT
- http://orgs.jmu.edu/madisonequality
- www.jmu.edu/safezone/
- www.svglaw.org

Mental Illness
Anger Management
- www.angermanagementsupport.com
Anxiety
- www.adaa.org
Bipolar Disorder
- www.nimh.nih.gov/health/publications/bipolar-disorder
Depression
- www.depression.org
- http://depression.mentalhelp.net/
Eating Disorders
- www.healthyplace.com/communities/eating_Disorders/Site/index.htm
- www.caringonline.com
Mental Illness
- www.nimh.nih.gov/index.shtml
- www.nami.org
Mental Illness in Children
Schizophrenia
- http://schizophrenia.com

Persons with Disabilities and Their Families
Autism
- www.autism-society.org
Association for Retarded Citizens (Arc)
- www.thearc.org
Down Syndrome
- http://downsyndrome.com
Learning Disability Association
- www.ldanatl.org
- www.ldavirginia.org
National Dissemination Center for Children with Disabilities
- www.nichcy.org

Sexual Abuse
- www.preventelderabuse.org/elderabuse/s_abuse.html

Suicide
- www.save.org
- 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
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
The American Association for Suicide Prevention (AFSP) is the only national 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

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.

Abusive Relationships


Adult Children of Alcoholics

Adult Children of Alcoholics, by Janet Geringer Woititz, 1990. *

Following the Yellow Brick Road: The Adult Child's Personal Journey Through Oz, by Joy Miller and Marianne Rippe, 1987. *


The 12 Steps for Adult Children from Addictive and Other Dysfunctional Families, by Friends in Recovery, 1989. *

AIDS


Alcoholism


Alzheimer's Disease


Anxiety


Self-Coaching: How to Heal Anxiety and Depression, by Dr. Joseph J. Luciani, 2001. *


Bipolar Disorder


Codependency

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself, by Melody Beattie, 1987. *

Codependent No More and Beyond Codependency, by Melody Beattie, 2009. *


Death and Dying


Gone From My Sight: The Dying Experience, by Barbara Karnes, 1986.

The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents, by Elisabeth Kübler-Ross, 2000. *

Don’t Take My Grief Away From Me, by Doug Manning and Glenda Stansbury, 2005.

**Depression**


Feeling Good: The New Mood Therapy, by David Burns, Revised and Updated, 1999. *


**Divorce**


Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two, by Isolina Ricci 2006.


The Unexpected Legacy of Divorce, by Judith S. Wallerstein, 2000. *


Co-Parenting After Divorce: How to Raise Happy, Healthy Children in Two-Home Families, by Diana Shulman, 1996. *


**Eating Disorders**


Loss/Grief


When Bad Things Happen to Good People, by Harold Kushner, 2004.

Mental Illness


How to live with a Mentally Ill Person: A Handbook of Day To Day Strategies, Christine Adamec, 1996.


Parenting

The Seven Habits of Highly Effective Families, by Stephen Covey, 1999.


Personal and Interpersonal Growth


Guilt is the Teacher, Love is the Lesson, by Joan Borzsenko, 1990. *

The Tao of Pooh, by Benjamin Hoff, 1994. *

Hold Me Tight: Seven Conversations for a Lifetime of Love, by Dr. John Laughlin, 2008. *


The Five Things We Cannot Change: And the Happiness We Find by Embracing Them, by David Richo, 2006.


The Road Less Traveled, by M. Scott Peck, 2003. *

When I Say No, I Feel Guilty, by Manuel J. Smith, 1985. *

Phobias


Schizophrenia


Living with Schizophrenia, by Stuart Emmons, 2000. *


Sexual Abuse


Stepfamilies


*Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family*, by Margaret Newman, 1994*

Suicide


*Grieving a Suicide: A Loved One’s Search for Comfort, Answers and Hope*, by Albert Hsu, 2002.

*Night Falls Fast: Understanding Suicide*, by Kay Redfield Jamison, Ph.D., 2000. *

*Touched by Suicide: Hope and Healing After Loss*, by Michael F. Myers and Carla Fine, 2006