

RESOURCE GUIDEBOOK

Counseling Services

Valley Mission Shelter in Staunton

Private homeless shelter with comprehensive case management, counseling services, and afterschool programs. Visit [HOME - Valley Mission Inc.](#) for more information.

1513 West Beverley Street, Staunton, Virginia 24401

Call (540) 886-4673

Hours: Monday-Friday 8:00 am to 4:30 pm

Shenandoah Psychiatric Medicine

Comprehensive outpatient therapy in Augusta County, VA. Accepts medicaid, be sure to bring insurance card and ID to appointment. Visit [Home | Psychiatrist Augusta County, VA \(shenpsymedicine.com\)](#) for more information.

19 Briar Knoll Ct, Suite 1, Fishersville, VA 22939

Call (540) 416-0798

Hours: Monday, Wednesday, & Thursday 8:00 am to 4:30 pm; Tuesday 8:00 am to 3:30 pm

Western State Hospital

State psychiatric hospital with in-patient services. Accepts Medicaid.

[Western State Hospital \(virginia.gov\)](#)

103 Valley Center Drive, Staunton, VA, 24401

Call (540) 332-8000

Compass (Rockbridge)

Offers in-home Medicaid funded Applied Behavioral Analysis (ABA) Therapy in the Rockbridge Area for children and families. Also sees patients in the Charlottesville office for testing services (3040 Avemore Square Place Charlottesville, VA 22911). Follow this link to fill out a patient intake form: [Rockbridge | Compass \(compassva.com\)](#)

General Website: [Applied Behavior Analysis Rockbridge VA | Psychological Testing Service \(compassva.com\)](#)

2424 Magnolia Avenue, Buena Vista, VA 22416

Call (540) 462-2914

Strategic Therapy and Associates (Lexington)

Offers Intensive in home services, crisis intervention, day treatment, mental health skill building, outpatient, therapeutic mentoring, parent education. Accepts medicaid, make sure to have an insurance card and ID.

15 S. Main St, Lexington, VA 24450

Call (540) 523-1673

[Strategic Therapy Associates - Home](#)

Richard W Capron

Uses sliding scale, offering discounted services for those who cannot pay full price. Specializes in trauma, PTSD, anxiety and depression in adults.

116 North Main Street, Lexington, VA 24450

Call (540) 319-4927

[Dr. Richard Capron, PhD, LCSW, Clinical Social Work/Therapist, Lexington, VA, 24450 | Psychology Today](#)

Vickie L Kave

Specializes in trauma and PTSD, emotional disturbance, and relationship issues in adults and elderly populations. Accepts medicaid, not currently (March 2021) accepting new clients but may open up later.

204 E Washington St, Lexington, VA 24450

Call (540) 235-5804

[Vickie L Kave LCSW, Clinical Social Work/Therapist, Lexington, VA, 24450 | Psychology Today](#)

Substance Abuse Counseling/Treatment

Rockbridge Area Prevention Coalition/Rockbridge Area Community Services

Mental Health Services: Available to individuals age 3 and up. Accepts Medicaid and most insurances. Psychiatric services available as well.

Substance Abuse Services/Programs: Gender specific treatments and programs available. Contact the office to get involved.

[Home | *racsb](#)

241 Greenhouse Road, Lexington, VA 24450

Crisis Hotline (855)-222-2046

Call 540-463-3141

Hours: Monday–Friday 8:30 am to 5:00 pm

Domestic Abuse/Violence

Project Horizon

Works with victims of domestic violence and abuse, provides Counseling Services, Child Advocacy Center, emergency shelter for people experiencing domestic violence and abuse (Lisa's House).

[Survivor & Victim Support – Project Horizon](#)

120 Varner Lane, Lexington, VA 24450

Call (540) 463-2594, 24 hour hotline

Parenting Education

Psychological Evaluations for Parents

Comprehensive Evaluations for Children

Treatment (Therapeutic) Foster Care Agencies

Juvenile Detention Center/Secure Shelter & Assessment Center

Children's Programs and Services

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[HOME - Valley Mission Inc.](#)

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(540) 886-4673

Hours: Monday-Friday 8:00 am to 4:30 pm

Boxerwood Nature Center and Woodland Garden

Community based non-profit nature center in Lexington, VA. Free play trail open to families with kids ages 8 and under. Trails to explore in park, parking for free with a recommended \$5 donation. Music in the Garden Friday during the summer. Follow facebook page for updates on programming ([\(1\) Boxerwood Nature Center & Woodland Garden | Facebook](#)).

[Boxerwood | Education Association](#)

963 Ross Rd, Lexington, Virginia 24450

Call (540) 463-2697

Head Start/ Early Head Start

Head start program headquartered in Roanoke but also serves Buena Vista, Lexington, and Rockbridge County. Each family applying will have to provide the following income documents as proof of eligibility:

- If employed: Check stub; W-2 Form; Letter on official letterhead from your employer stating the days, hours, and wages per hour that you earn
- Proof of other forms of income, such as: TANF letter from DSS; SSI letter from the Department of Social Services
- Verification of child's birth: Birth certificate; Birth letter from a hospital

[Head Start & Early Head Start | Roanoke Valley, Alleghany Highlands, NRV \(tapintohope.org\)](#)

Call (540) 283-2785

Hoofbeats TRC

Therapeutic horseback riding services for adults and children in the area. Perspective clients are encouraged to contact the Program Director and Head Instructor, Carol Branscome, at the Hoofbeats office (540-464-3337) to arrange an interview, and a tour of the facilities. Hoofbeats cannot guarantee the availability of scholarship assistance, but does periodically receive donations for scholarship use. The office maintains a scholarship waiting list, and recipients will be notified as soon as there are scholarship funds to award.

[Hoofbeats Therapeutic Riding Center | Horses Helping People \(hoof-beats.com\)](#)

P.O. Box 979 Lexington, VA 24450

Call (540) 464-3337

info@hoof-beats.com

Lexington Office on Youth: Community Center

8 week long summer program and weekly after school program, currently limited spots open. City of Lexington students have priority, but Rockbridge County students can also register. Some scholarships available as needed.

300 E. Washington St., Lexington, VA 24450

Call (540) 463-4315

tdunn@lexedu.org

Rockbridge Area Recreation Organization

Offers different recreational activities/sports teams. Out of pocket cost.

[Home \(rarorec.org\)](http://Home.rarorec.org)

300A White Street, Lexington, VA 24450

Call (540) 463-9525

Yellow Brick Road Early Learning Center

Educational programs available for infants - pre K. Partners with early headstart and accept social services. There are some scholarships available for those who do not qualify for social services.

[Yellow Brick Road ELC - home \(weebly.com\)](http://YellowBrickRoadELC-home.weebly.com)

410 Yellow Brick Road, Lexington, VA 24450

Call (540) 463-7344

Hours: Monday-Friday 8:00 am to 4:00 pm

YMCA

After school enrichment programs. Currently, due to school closures, the Rockbridge Area YMCA is offering full day care at Grace Episcopal Church. Please contact Annie LePere alepere@ymcavbr.org for availability.

To apply for financial assistance:

Contact the nearest YMCA branch and request a Financial Assistance Application.

Complete application and then submit it with the required documents. In order to process your application, you must attach copies of the items below to your completed application. This application will be processed only if the application is complete and the required items are attached: [Financial_Assistance_9.19.19.pdf \(ymcavbr.org\)](#)

A copy of your most recent tax return (1040 or 1040EZ) for everyone living in the household, or verification of non-filing (phone number for IRS is 1-800-876-1715) The last 2 paycheck stubs of everyone in the household who is working

Proof of Social Security or Social Security Disability Income, if applicable

[Rockbridge County Schools - YMCA of Virginia's Blue Ridge \(ymcavbr.org\)](http://RockbridgeCountySchools-YMCAofVirginiasBlueRidge.ymcavbr.org)

790 North Lee Highway, Lexington, VA 24450

Call 540-464-9622

Hours: Monday-Thursday 5:00 am to 8:00 pm, Friday 5:00 am to 7:00 pm, Saturday: 8:00 am to 5:00 pm, Sunday 1:00 pm to 5:00 pm

Halestone

Non-profit dance studio that believes in dance education for everyone, offers scholarships as needed. Halestone Dance Studio is committed to ensuring that *anybody* and *everybody* can dance.

Contact Halestone to inquire about scholarship opportunities. To apply for scholarships:

[Halestone-scholarship-application_2021.pdf](#).

General Website: [Halestone Dance Studio](#)

PO Box 1583, Lexington, VA 24450

Call (540) 463-7444

Rockbridge Regional Library

Services: Free internet connected computers and wifi, charging stations, preschool education materials, library supplies (books, films, etc). Also printing, faxing, and copying available at a low cost.

[Welcome to the Rockbridge Regional Library System \(rrlib.net\)](#)

Youth Literacy Program offers reading tutors for children

Youth Literacy Program Rockbridge Regional Library 138 South Main Street Lexington, VA 24450 (540) 463-4324, ext. 105

Becky McKenzie: bmckenzie@rrlib.net

Lexington

138 South Main Street, Lexington, VA 24450

Call (540) 463-4324

Hours: Monday - Thursday 10:00 am to 7:00 pm, Friday 1:00 pm to 5 pm, Saturday 10:00 am to 2:00 pm, Sunday: CLOSED

Buena Vista

2110 Magnolia Avenue, Buena Vista, VA 24416

Call (540) 261-2715

Hours: Monday, Tuesday, & Thursday 10:00 am to 6:00 pm, Wednesday & Friday: CLOSED, Saturday 10:00 am to 2:00 pm, Sunday: CLOSED

Goshen

1124 Virginia Avenue, P.O. Box 129, Goshen, VA 24439

Call (540) 997-0351

Hours: Monday 10:00 am to 6:00 pm, Tuesday - Thursday 10:00 am to 5:00 pm, Friday CLOSED, Saturday 10:00 am to 2:00 pm, Sunday CLOSED

Glasgow

1108 Blue Ridge Road, Glasgow, VA 24555

Call (540) 258-2509

Hours: Monday 10:00 am - 6:00 pm, Tuesday-Thursday 10:00 am - 5:00 pm, Friday CLOSED, Saturday 10:00 am - 2:00 pm, Sunday CLOSED

Bath County

96 Courthouse Hill Road, P.O. Box 250, Warm Springs, VA 24484

Call (540) 839-7286

Hours: Monday, Wednesday & Thursday 10:00 am - 5:00 pm, Tuesday 10:00 am - 6:00 pm, Friday: CLOSED, Saturday: 10 AM - 2 PM, Sunday: CLOSED

Bookmobile

See website for information on bookmobile pop-up sites and times.
138 South Main Street, Lexington, VA 24450
Call (540) 463-4322 ext 104

YAS Program (Maury River Middle School)

After school tutoring and enrichment program for students at Maury River Middle School
600 Waddell Street, Lexington, VA 24450
Contact Mary Lupsha: mary_lupsha@rockbridge.k12.va.us

Glen Maury Park

Free park and recreational space with campgrounds and a pool. There is a fee for camp and pool usage.

[Glen Maury Park | City of Buena Vista, VA](#)

101 Maury River Rd, Buena Vista, VA 24416
Call (540) 261-7321

Natural Bridge State Park

State park with 7 miles of hiking trails, open 9-dusk. Admission per person is \$6 for ages 6-12 and \$8 for those 13 and older. Children's Discovery Area and Nature Explore Outdoor Classroom.

[General information \(virginia.gov\)](#)

6477 South Lee Highway, Natural Bridge, VA 24578
Call (540) 291-1326
Email NaturalBridge@dcr.virginia.gov

Lake Robertson

Park with lake, fishing, boats. A swimming pool, tennis court, softball field, a playground, hiking trails, and a group picnic shelter are conveniently located next to the lake. The cost for the Daily Access Permit is \$4 per person. The cost for the Annual Access Permit is \$23 per person.

[Lake Robertson | Virginia DWR](#)

Lake Robertson, 106 Lake Robertson Drive, Lexington, VA 24450
Call (540) 463-4164

Rockbridge 4H

Community Clubs, Project Clubs, In school and afterschool clubs, school enrichment clubs, and special interest groups available. Open to children ages 5-19.

[Rockbridge County, VA 4-H | Facebook](#)

Call (540) 463-4734
Email meganeb1@vt.edu

Emergency/Crisis Support

Medical or Mental Health Emergency
Call 911 Immediately

Suicide Hotline – For ANY mental health or substance abuse concern.

Call (800) 273-8255 or visit suicidepreventionlieline.org

Poison Control Hotline – For assistance in case of exposure to poisonous or hazardous substances

Call (800) 222-1222

Disabilities Crisis Hotline

Call (855) 917-8278

Rockbridge Sheriff

Call (540) 463-7329

Lexington Police

Call (540) 462-3705

Buena Vista Police

Call (540) 261-6174

State Police

Call (800) 542-5959

Lexington/Rockbridge/Buena Vista Social Services/Child Protective Services

Call (540) 463-7143

Virginia Adult Protective Services Hotline

Call (888) 832-3858

Virginia Child Protective Services Hotline

Call (800) 552-7096

Rockbridge Area Relief Association Helpline

Can assist with emergency bill/utility payments

Call (540) 463-6642

Hours: Monday – Thursday from 9:30am – 12pm

Public Meals-Soup Kitchen

Food Pantries

Emergency Shelter

Affordable Housing & Home Repair

Clothing & Furniture

Health

Augusta Health (Fishersville, VA)

Accepts Medicaid, make sure to bring your insurance card and ID. To apply for financial assistance: [financial_assistance_application_06-22-2020.pdf \(augustahealth.com\)](#)

[Health Services | Augusta Health](#)

78 Medical Center Dr, Fishersville, VA 22939

Call (540) 332-4000

August Health Primary Care Office (Lexington, VA)

Accepts medicaid. Call to make an appointment.

55 Comfort Way, Suite 1, Lexington, VA 24450

Call (540) 463-3381

Hours: Monday - Friday 8:00 am - 4:30 pm

Buena Vista Health Department

Call for more information or to make an appointment. Will take you through some instructions when you call on which extensions to use, or you can continue on to talk to someone

Directly. If you need to apply to the WIC program: [Buena Vista City Health Department WIC 2270 Magnolia Avenue Buena Vista Virginia 24416 \(womeninfantschildrenoffice.com\)](#)

2270 Magnolia Ave, Buena Vista, VA 24416

Call (540) 261-2149

Hours: Monday - Friday 8:00 am to 4:30 pm

Lexington Health Department

Does shots/immunizations. Call for more information or to make an appointment.

131 Walker Street, Lexington, VA 24450

Call (540)-463-7136

Carilion Lexington Hospital

Accepts Medicaid, Medicare, and other private insurances. You must bring a copy of your insurance and your ID to your appointment. Also bring the referral from your primary doctor if applicable.

[Carilion Stonewall Jackson Hospital | Carilion Clinic](#)

1 Health Circle, Lexington, VA 24450

Call (540) 458-3488

Rockbridge Area Health Center

Accepts Medicaid and other insurances. Also offers a sliding scale application that helps reduce the cost of medical fees, dependent on family size and annual income ([Fin-Assist.pdf \(rockahc.org\)](#)). After Hours Advice Line (540) 319-5181.

[Rockbridge Area Health Center \(rockahc.org\)](#)

25 Northridge Lane, Lexington, VA 24450

Call (540) 464-8700, Press 1 for medical/behavioral health, press 2 for dental
Hours: Monday-Wednesday 8:00 am to 6:00 pm, Thursday 9:00 am to 6:00 pm, Friday 8:00 am to 5:00 pm

Employment, Education, & Financial Assistance

Seniors & Individuals with Disabilities

Mayflower Home for Adults

Assisted living service for seniors.

[American Retirement Homes - THE MAYFLOWER.](#)

409 South Main Street, Lexington, VA 24450

Call (540) 463-3161

virginia@americanretirementhomes.net

VPAS/Maury River Senior Center/The Magnolia Center

Support in successful aging, lots of programs available including Medicare counseling.

[Maury River Senior Center | Valley Program for Aging Services \(vpas.info\)](#)

2137 Magnolia Ave., Buena Vista, VA 24416

Call (540) 261-7474

Hours: Monday-Thursday 9:00 am to 4:00 pm, Friday 10:00 am to 2:00 pm

Rockbridge Area Hospice

End of life treatment/care. Funding via Medicare/Medicaid, also Good Neighbors Group funding available.

[Rockbridge Area Hospice - Rockbridge Area Hospice | End of Life Care](#)

315 Myers Street, Lexington, VA 24450

Call (540) 463-1848

Hours: Monday-Friday 8:30 am to 5:00 pm

Heritage Hall

Senior care, available as extended or short term (rehab). Accepts medicaid and medicare.

[Home | Heritage Hall \(heritage-hall.org\)](#)

205 Houston Street, Lexington, VA 24450

Call (540) 464-8181

Kendal at Lexington

Continuing care and retirement community. Non-profit life plan community that offers wellness programs for independent living. Memory support, assisted, and nursing care offered as needed. Out of pocket cost.

[Home - Kendal at Lexington](#)

160 Kendal Drive, Lexington, VA 24450

Call (540) 463-1910

Lexington Presbyterian Group Home (HumanKind)

Group homes and supervised living for adults with developmental disabilities.

[Lexington Group Home - HumanKind](#)

Call (540) 464-8260

estilwell@humankind.org

The Arc Rockbridge

Provides social support, advocacy, scholarships, and other services for individuals with intellectual and developmental disabilities. Currently doing zoom activities because of COVID.

[The Arc Rockbridge – Serving Individuals with Intellectual and Developmental Disabilities and their Families \(arcrockbridge.dreamhosters.com\)](#)

Call (540)-461-0074

Transportation Services

Rockbridge Area Transportation Services

Provide safe and affordable transportation for anyone in need; wheelchair accessible Vans. Medicaid riders need to call the number on the back of their Medicaid card. We accept rides from multiple Medicaid companies. Please call us if you have questions about setting up your Medicaid Transportation.

[Home \(rockbridgetransportation.org\)](http://rockbridgetransportation.org)

712 N. Main Street, Lexington, VA 24450

Call (540) 463-3346

E'SY Rider Transportation

Non-emergency medical transportation company. Medicare, medicaid, and private paid transportation available.

[Transportation Company, Lexington, VA \(esyridetransport.com\)](http://esyridetransport.com)

Lexington, VA 24450

Call (540) 461-2467

Maury Express

Public transportation around Rockbridge County, 50 cent bus fare. Can also request rides off of the route if you have disabilities.

[Maury Express – RADAR – Paratransit and Senior Transportation Services, Roanoke VA \(radartransit.org\)](http://radartransit.org)

Buena Vista, Lexington, and Rockbridge County

Call (800) 964-5707 Ext. 3 or 4

Hours: Monday-Friday 8:00 a.m. to 6:00 p.m., Saturday 10:00 a.m. to 4:00 p.m., excluding holidays

Other Services

United Way

P.O. Box 1094, 218 South Main Street, Lexington, VA 24450

Call (540) 463-4482

Fax (540) 463-4414

director@uwrockbridge.org