

Student and Family Counseling Supports

Adagio House Harrisonburg, VA

Details: free sessions, trauma-informed; attachment-based; some EMDR sessions may be available

Contact: info@adagiohouse.org; 540-746-0345

ARROW Project Staunton, Va

Details: free sessions, free group processing, trauma-informed play-based narrative therapy

Contact: 540-255-0972 or hello@arrow-project.org

Aurora Counseling & Well-Being Harrisonburg, VA

Details: free sessions and free group processing. Specialists in trauma IFS Parts work therapy, Somatic, and EMDR.

Contact: lauracopley@aurora-counseling.com (540) 466-3446

Bloom & Belong Therapy LLC Waynesboro, VA

Details: free sessions, Play therapy; Trauma-informed

Contact: Bloomandbelongtherapy@gmail.com or 540-324-8787

Compass Behavioral Group Waynesboro, VA

Details: Sessions at no-cost Various, trauma-informed, play-based, parent support

Contact: Cynthia Leon, Psy.D., LCP- 434-269-0302, compassva.com

Cross Keys Equine Therapy Port Republic, VA

Details: free sessions, free group processing, Trauma- Focused Equine Assisted Psychotherapy, Nature-Based Therapy, EMDR

Contact: austin@crosskeysequinetherapy.org (540) 255-0903

Peaceable Life Therapeutic Services Stuarts Draft, VA

Details: Free Sessions, trauma informed. Please leave a message and let us know you are calling from Westwood. Sessions will be offered at no charge through December.

Contact: 540-490-4440. <https://peaceablelife.org/>

Rockbridge Wellness Group, LLC Lexington, VA

Details: <https://rockbridgewellness.org/> free services for all impacted

Contact: Erica Wilson, LPC 540-572-0667

Rocktown Counseling, LLC - Harrisonburg, VA

Details: Free sessions, Spanish speaking clinicians, accepts all major insurances including Medicaid. Offers trauma-informed, play-based and attachment based therapies.

Contact: 540-296-4756 or intake@rocktowncounseling.com

Rooted Counseling Group - Waynesboro, VA

Details: Free sessions, Offers trauma-informed therapy, parent support, first responder counseling, EMDR

Contact: 540-447-5207 or info@rootedcounselinggroup.com

Riverside Family Support Harrisonburg, VA

Details: EMDR, trauma focused therapies

<https://www.riversidefamilysupport.com/>

Contact: Carrie Landis, LCSW 540-217-2311

**Shenandoah Creative Counseling for Children and Adolescents, LLC
Waynesboro, VA**

Details: free sessions

Contact: 540-471-9022

Spiral Roots LLC - Melissa Daton Cook, LPC - Dayton, Virginia

Details: bilingual (Spanish/English) child and teen (ages 5-18) trauma therapist. Offers play therapy & expressive arts. Willing to provide expressive arts/drum circle processing for groups.

Contact: 540-416-1628

Transcendia Healing Services Ashley Hallman, LPC, CCTP-II Staunton, VA

Details: Free Sessions, Group Processing, First Responders, Trauma Informed, Attachment Based, Vicarious Trauma, Crisis Intervention, Acu-Wellness for collective crisis response to reduce acute stress emotional trauma and agitation following disasters

Contact: Transcendiahealingservices@gmail.com or (540)416-1884

Valley Community Services Board Staunton, VA

Details: services in schools, EMDR and trauma focused therapy, groups and individual support.

Contact: To schedule an assessment, call 540-887-3200. For more information about services, call Sarah Neilson, LPC 540-213-7377

Wildly Rooted Counseling Harrisonburg, VA

Details: Openings Monday/Tuesday/Wednesday with interns at no charge.
Trauma-informed

Contact: admin@wildlyrootedcounseling.com or call 540-578-3691 and press 6 and leave a message.

Providers with Spanish Speaking Clinicians

Charis Institute - Ronda Weber - Harrisonburg, VA

Details: Accepts Medicaid. Spanish speaking clinician

Contact: 540- 426-3297

Ivy and Sage Therapy, LLC - Erica Clymer - Harrisonburg, VA

Details: Spanish speaking clinician

Contact: 540-282-8442

Mental Health Wellness Now - Nancy Pinzon - Harrisonburg, VA

Details: Accepts Medicaid. Spanish speaking clinician. Offers reduced rate for low-income families.

Contact: 540- 699-0110

National Counseling Group, Inc - Carolyn Alvarado - Harrisonburg, VA

Details: Accepts Medicaid. Spanish speaking clinician. Offers reduced rate for low-income families.

Contact: 540- 426-3817

Passion Youth Center - Harrisonburg, VA

Details: Spanish speaking clinician. Works with adults. Offers reduced rate for low-income families.

Contact: 434-218-0718 or email anita@pycca.com

Rocktown Counseling, LLC - Harrisonburg, VA

Details: Free sessions, Spanish speaking clinicians, accepts all major insurances including Medicaid. Offers trauma-informed, play-based and attachment based therapies.

Contact: 540-296-4756 or intake@rocktowncounseling.com

Spiral Roots LLC - Melissa Daton Cook, LPC - Dayton, Virginia

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