

Live Well Alleghany Highlands

RESOURCE GUIDE



LIVE WELL ALLEGHANY HIGHLANDS

Our community, our health, our future

HOTLINES

Alleghany Highlands Community Services Crisis Number

800.446.0128

Child and Adult Abuse

800.552.7096

Disaster Distress

800.985.5990

Domestic Violence Hotline

540.965.3237

Family Violence & Sexual Assault

800.838.8238

Human Trafficking

888.373.7888

LGBTQ Partner Abuse and Sexual Assault Hotline

800.356.6998

National Mental Health & Substance Abuse

800.662.4357

RAINN: Rape, Abuse, Incest National Network

800.856.4673

Red Cross

800.733.2767

Sexual Assault

800.656.4673

Suicide

800.273.8255

Teen Dating Abuse

800.331.9474

HEALTHCARE



COMMUNITY SERVICES BOARD

Alleghany Highlands Community Services

311 S. Monroe Avenue
Covington, VA 24426
540.965.2100

Alleghany Highlands Community Services

534 Church Street
Clifton Forge, VA 24422
540.863.1620

The Alleghany Highlands Community Services Board

offers the following development services:

early intervention/infant and toddler program, support coordination, in-home residential support, personal assistance, respite services, skilled nursing service, day support services, ICF/IID, residential services, and

public guardian partnership. The following mental health services: individual/group counseling, psychiatric evaluations, medication management, case management, transitional housing, family counseling, intensive in-home services, psychosocial rehabilitation, support services, respite care and crisis intervention. The following substance use services: individual/group counseling, education, intensive outpatient, transition and intensive case management, family counseling, adolescent services, alcohol/drug testing, prevention services, and referral services.



MENTAL HEALTH

Family Preservation Services

221 N. Monroe Avenue
Covington, VA 24426
540.962.5049

Counseling Associates of the Highlands

245 W. Main Street
Covington, VA 24426
540.965.1373

Hope Counseling and Consultation

273 W. Main Street
Covington, VA 24426
540.965.6468

LewisGale – Alleghany

1 ARH Lane
Low Moor, Va 24457
540.862.6011

Rockbridge Area Health Center

25 Northridge Lane
Lexington, VA 24450
540.464.8700

PTSD Support Group

Alleghany Highlands YMCA
101 YMCA Way
Covington, VA 24426
540.962.9622
First and Third Tuesdays 6:30pm



SUBSTANCE ABUSE SERVICES

Alcoholics Anonymous
540.962.0137

The Guinan Center
311 South Monroe Avenue
Covington, VA 24426
540.965.2100

Narcotics Anonymous
<https://www.narcotics.com/na-meetings/virginia/>

Loving Life Community Outreach
420 E. Ridgeway Street
Clifton Forge VA 24422
540.691.7857

Alleghany County / Covington Health Department
321 Beech Street
Covington, VA 24426
540.962.2173

Clifton Forge Health Department
322 Jefferson Avenue
Clifton Forge, VA 24422
540.862.4131 (open Thursdays only)

Total Action for Progress (TAP)
118 S. Lexington Avenue
Covington, VA 24426
540.962.6328

ARCH: Bethany Hall
1109 Franklin Road SW
Roanoke, VA 24016
540.343.4261

Total Action for Progress (TAP)
118 S. Lexington Avenue
Covington, VA 24426
540.962.6328

Wheeler, David L.
201 N. Maple Avenue
Covington, VA 24426
540.965.1160



HOSPITAL

Augusta Health
78 Medical Center Drive
Fishersville, VA 22939
540.332.4000 or 800.932.0262

Bath Community Hospital
106 Park Drive
Hot Springs, VA 24445
540.839.7000

Carilion Roanoke Memorial Hospital
1906 Belleview Avenue, SE
Roanoke, VA 24014
540.981.7000

Carilion Stonewall Jackson Hospital
1 Health Circle
Lexington, VA 24450
540.458.3300

Greenbrier Valley Medical Center
1320 Maplewood Avenue
Ronceverte, WV 24970
304.647.4411

LewisGale Hospital Alleghany
1 ARH Lane
Low Moor, VA 24457
540.862.6011

LewisGale Hospital Salem
1900 Electric Road
Salem, VA 24153
540.776.4000



DENTAL

Affordable Dentures
819 Ole Turnpike Drive
Bedford, VA 24523
540.298.6653

Carilion Pediatric Dental Care
101 Elm Avenue, First Floor
Roanoke, VA 24013
540.224.4318

Commonwealth Dental Clinic
1121 S. Jefferson Street
Roanoke, VA 24016
540.685.0028

Rockbridge Area Health Center
25 Northridge Lane
Lexington, VA 24450
540.464.8700

Hull, Robert C.
650 N. Lee Highway
Lexington, VA 24450
540.463.3826

Slaughter & Slaughter
1401 Main Street
Clifton Forge, VA 24422
540.862.4495

Small Smiles of Roanoke
5002 Airport Road, NW
Roanoke, VA 24012
540.562.5437



FAMILY DOCTOR

Alliance Xpress Urgent Care
919 Craig Avenue, Suite A
Covington, VA 24426
540.960.2231

Augusta Family Practice
3881 Churchville Avenue #2501
Churchville, VA 24421
540.213.9260

Augusta Health Primary Care
53 S. Medical Park Drive
Fishersville, VA 22939
540.332.5687

Augusta Health Family Practice
1 Green Hills Drive
Verona, VA 24482
540.245.7425

Bath Community Physicians Group
322 W Riverside Street
Covington, VA 24426

713 S. Monroe Avenue
Covington, VA 24426
(Opening Spring 2020)

106 Park Drive
Hot Springs, VA 24445
(540) 839-7197

432 Church Street
Millboro, VA 24460
540.997.1447

**Carilion Clinic Family
Medicine**

609 Church Street
Clifton Forge, VA 24422
540.862.8860

**Carilion Clinic Family
Medicine**

108 Houston Street, Suite C
Lexington, VA 24450
540.463.7628

**Carilion Clinic Family
Medicine**

146 S. Main Street
Lexington, VA 24450
540.463.9158

**Carilion Clinic
Orthopedic Surgery**

25 Crossing Lane, Suite 2
Lexington, VA 24450
540.510.6200

Greenbrier Physicians

1322 Maplewood Avenue
Ronceverte, WV 24970
800.677.5161

Jackson River Pediatrics

2501 Valley Ridge Road
Covington, VA 24426
540.862.4146

**Jackson River Family
Practice**

Emmett Medical & Surgical Clinic,
Suite 800
Low Moor, VA 24457
540.862.6750

**Jackson River
Orthopedics**

200 ARH Lane, Suite 102
Low Moor, Va 24457
540.862.6777

Med Express

1560 Jefferson Street North
Lewisburg, WV 24901
304.645.2164

**Rockbridge Area Health
Center**

25 Northridge Lane
Lexington, VA 24450
540.464.8700

Robert C. Byrd Clinic

1464 N. Jefferson Street
Lewisburg, WV 24901
304.645.3220 / 800.870.5822

8706 Seneca Trail
Ronceverte, WV 24970
304.645.1890

Kroger Pharmacy

1618 Main St.
Clifton Forge, VA 24422
540.863.0071

178 Red Oaks Shopping Center
Ronceverte, WV 24970
304.645.0310

422 Nelson St Dr.
Lexington, VA 24450
540.464.1600

**Lexington Prescription
Center**

800 S. Main St.
Lexington, VA 24450
540.463.9166

Walmart Pharmacy

313 Thacker Ave.
Covington, VA 24426
540.962.6675



**NURSING HOME/ASSISTED
LIVING/REHABILITATION**

Adult Care Center

550 Pine Street
Clifton Forge, VA 24422
540.862.2972

**Alleghany Health &
Rehab**

1725 Main Street
Clifton Forge, VA 24422
540.862.5791

**Alleghany Highlands
Community Service
Board**

311 S. Monroe Avenue
Covington, VA 24426
540.965.2100

**Alleghany Highlands
Community Service
Board**

534 Church Street
Clifton Forge, VA 24422
540.863.1620

AmeriCare Plus

416 E. Ridgeway Street
Clifton Forge, VA 24422
540.862.3350

AmediSys Hospice

5221 Valley Park Drive, #2
Roanoke, VA 24019
540.265.8509

**Brian Center – Kissito
Healthcare**

100 ARH Lane
Low Moor, VA 24457
540.862.3610

Highland House

3501 Longdale Furnace Road
Clifton Forge, VA 24422
540.862.4271

**Sentara Home Care
Services**

103 Old Church Street
Low Moor, VA 24457
540.863.2140

**Mountain Regional
Hospice**

537 Main Street
Clifton Forge, VA 24422
540.862.8820

**The Springs – Kissito
Healthcare**

167 Spring Street
Hot Springs, VA 24445
540.839.2299

**Woodlands Health &
Rehab**

1000 Fairview Avenue
Clifton Forge, VA 24422
540.862.4096



PHARMACIES

**Alleghany Family
Pharmacy**

1117 S. Craig Ave
Covington, VA 24426
540.965.2160

CVS Pharmacy

1610 Main St.
Clifton Forge, VA 24422
540.862.4223

1017 S. Craig Ave.
Covington, VA 24426
540.962.3951

506 E. Nelson St.
Lexington, VA 24450
540.463.7126

**Greenbrier Medical Arts
Pharmacy**

3558 N. Jefferson St.
Lewisburg, WV 24901
304.647.1377

Fritz's Pharmacy

1318 N. Jefferson St.
Lewisburg, WV 24901
304.645.7447

YMCA (Medical Membership)

101 YMCA Way
Covington, VA 24426
540.962.9622



MEDICAL SUPPLIES

Foundation for Rehabilitation Equipment Endowment (F.R.E.E.) (Medical Supplies)

1489 East Main Street
Salem, VA 24153
540.777.4929

Regional Home Care (Medical Supplies)

537 Main Street
Clifton Forge, VA 24422
540.862.8810



OTHER SERVICES FOR OLDER ADULTS

Virginia Department of Aging and Rehabilitative Services

411 Riverside Street, Suite 3
Covington, VA 24426
540.204.9740

Local Office of Aging (Inside Wells Fargo Bank)

246 W. Main Street
Covington, VA 24426
540.962.0465



DISABILITY SERVICES

Alleghany Highlands Community Services Board

205 E. Hawthorne Street
Covington, VA 24426
(540) 965-2135

Blue Ridge Independent Living Center

1502 B Williamson Road; NE
Roanoke, VA 24012
540.342.1231

Brain Injury Services

3904 Franklin Road SW
Roanoke, VA 24014
540.344.1200

Career Support Systems

411 Riverside Street
Covington, VA 24426
540.241.4701

Deaf and Hard of Hearing

540.344.0031

Commonwealth Lifespan Services

529 Main Street
Clifton Forge, VA 24422
540.862.5221

Disability Services of the Highlands

519 E Ridgeway Street
Clifton Forge, VA 24422
540.862.3339

Jackson River Enterprises

825 West Edgemont Drive
Covington, VA 24426
540.962.3441

PTSD Support Group

Alleghany Highlands YMCA
101 YMCA Way
Covington, VA 24426
540.962.9622

Social Security Administration

1010 S Craig Avenue
Covington, VA 24426
888.527.9334



PUBLIC HEALTH

Alleghany County / Covington Health Department

321 Beech Street
Covington, VA 24426
540.962.2173

Clifton Forge Health Department

322 Jefferson Avenue
Clifton Forge, VA 24422
540.862.4131

Virginia Department of Aging and Rehabilitative Services

411 Riverside Street, Suite 3
Covington, VA 24426
540.204.9740

Virginia School for the Deaf and Blind

104 VSDB Drive
Staunton, VA 24401
540.332.9000 or 800.522.8732

Wilson Workforce and Rehabilitation Center

243 Woodrow Wilson Avenue
Fishersville, VA 22939
540.332.7000 or 800.345.9972

The Alleghany County / Covington and Clifton Forge Health Departments provide the following services:

home visiting for new moms and babies, car seat safety, WIC nutrition program, family planning, TB testing, environmental health, lead safety, immunizations/vaccines, emergency preparedness and response, long term care pre-admission screenings, oral health, naloxone distribution, laboratory, sexually transmitted infections, parenthood support, population health, and vital records.



AUDIOLOGY/ HEARING

Beltone Audiology & Hearing Aid Center

201 Interstate Drive
Covington, VA 24426
540.343.5567

Better Hearing Center

271 W. Main Street
Covington, VA 24426
540.965.4327

Hearing Healthcare of Virginia

911 Valley Ridge Road
Covington, VA 24426
540.960-2027



HEALTH AND WELLNESS

YMCA

101 YMCA Way
Covington, VA 24426
540.962.9622

The YMCA provides preschool and afterschool programs, day camps, swim lessons, diabetes prevention, PTSD support group, youth and family programs, fitness, health, and wellness programs.

Weight Watchers

(800) 651-6000
Monday 5:30pm - JRTC;
Covington, VA
Thursdays 5:30pm - YMCA; Low
Moor, VA

Weight Loss Program

508 East Main Street
White Sulphur Springs, WV 24986
304.536.3665



OPTICIANS

Alleghany Opticians

201 Interstate Drive
Covington, VA 24426
540.962.4710

Mays, Gregory MD PLC

1802 Midland Trail
Covington, VA 24426
540.962.2020

Partain, Carl S. OD

313 W. Thacker Avenue
Covington, VA 24426
540.962.8494

FOOD/CLOTHING/ SHELTER



HOUSING AND HOME REPAIR

Blue Ridge Independent Living Center - Handicap ramps, housing modifications

1502 Williamson Road NE, #B
Roanoke, VA 24012
540.342-1231

Cedar Forest Apartments

306 Dairy Street
Covington, VA 24426
540.962.5144

Dolly Ann Apartments

826 Long Avenue
Covington, VA 24426
540.962.4545

Mountain View Apartments

1700 Main Street
Clifton Forge, VA 24422
540.862.4866

Scott Hill Apartments

800 W. Ridgeway Street
Clifton Forge, VA 24422
540.862.5741

Total Action for Progress (TAP)

118 S. Lexington Avenue
Covington, VA 24426
540.962.6328

Housing Assistance/ Home Repair/Indoor Plumbing

9212 Winterberry Ave
Covington, VA 24426
540.863.6600
<http://www.co.alleghany.va.us/housing-assistance/>

Housing Authority

333 W. Locust St
Covington, VA 24426
800.788.9742



CHRISTMAS MOTHER

Alleghany Highlands Christmas Mother

Sacred Heart Catholic Church
214 W. Locust Street
Covington, VA 24426
540.962.9077



CLOTHING CLOSET

Clifton Forge Presbyterian Church

544 Church Street
Clifton Forge, VA 24422
540.958.8014

Mondays/Fridays 9:00am - 10:30am

Lone Star Baptist Church

6100 Potts Creek Road
Covington, VA 24426
540.747.2778

3rd Friday of the month from 10am to 2pm

Cubby Closet/DSLCC

1000 Dabney Drive/Armory
Clifton Forge, VA 24422
540-863-2824

Salvation Army

115 S. Lexington Avenue
Covington, VA 24426
540.962.6206



HOMELESS RESOURCES

Central Intake

339 Salem Ave, SW
Roanoke, VA 24016
540.853.1163

Community Housing Resource Center

339 Salem Ave, SW
Roanoke, VA 24016
540.266.7551

Family Promise of Greater Roanoke

37 East Clay Street
Salem, VA 24153
540.444.0220

Trust House

404 Elm Ave SW
Roanoke, VA 24016
540.344.8060

Roanoke Rescue Mission

402 4th Street SE
Roanoke, VA 24013
540.343.7227

Valley Mission

1513 W. Beverly Street
Staunton, VA 24401
(540) 886-4673



FOOD PANTRIES

Clifton Forge Food Pantry

909 Church Street
Clifton Forge, VA 24422
540.958.8014

Mondays/Fridays 9 am to 11am, Wednesdays 10am - 11am

First Assembly of God

1610 Oak Hill Avenue
Clifton Forge, VA 24422
540.862.5984

3rd Tuesday of the month at 6pm

McAllister Memorial Presbyterian Church

900 N. Alleghany Avenue
Covington, VA 24426
540.962.2675

Thursdays 9 am to 12 noon

Salvation Army

115 S. Lexington Avenue
Covington, VA 24426
540.962.6206

By Appointment Only

South Covington United Methodist Church

1911 S. Kadel Avenue
Covington, VA 24426
540.962.6377

Tuesdays 9:30am - 12:30pm



FINANCIAL ASSISTANCE

Eastern Alleghany Christian Ministerial Association

544 Church Street
Clifton Forge, VA 24422
540.862.5775
(CF Residents only)

Money Management International

Roanoke, VA 24012
540.563.1581 or 800.254.4100

Salvation Army

115 S. Lexington Avenue
Covington, VA 24426
540.962.6206
Open Daily

Total Action for Progress (TAP)

118 S. Lexington Avenue
Covington, VA 24426
540.962.6328

EDUCATION



COLLEGE/UNIVERSITIES/ ADULT BASIC EDUCATION/GED

Roanoke Valley/ Alleghany Region 5

www.regionfiveadulted.com
888.622.7256



VOCATIONAL/ALTERNATIVE EDUCATION

Boys Home of Virginia

414 Boys Home Road
Covington, VA 24426
540.965.7700

Jackson River Technical Center

105 E. Country Club Lane
Covington, VA 24426
540.862.1308

Jackson River Governor's School

1000 Dabney Drive
Clifton Forge, VA 24422
540.863.2872

Rivermont School

331 W. Main Street
Covington, VA 24426
540.965.6388

Shenandoah Autism Center

2419 Valley Ridge Road
Covington, VA 24426
540.862.2327

Virginia School for the Deaf and Blind

104 VSDB Drive
Staunton, VA 24401
540.332.9000 or 800.522.8732



ELEMENTARY SCHOOL

Callaghan Elementary School

4050 Midland Trail
Covington, VA 24426
540.965.1810

Edgemont Elementary School

574 W. Indian Valley Road
Covington, VA 24426
540.965.1420

Mountain View Elementary

100 Gleason Drive
Covington, VA 24426
540.863.1737

Sharon Elementary School

100 Sharon School Circle
Clifton Forge, VA 24422
540.863.1712



CHILD CARE/PRESCHOOL

YMCA

101 YMCA Way
Low Moor, VA 24457
540.962.9622

First Presbyterian Church Preschool

185 N. Maple Ave
Covington, VA 24426
540.962.2195

Edgemont Nursery School

2306 S. Church Ave
Covington, VA 24426
540.965.5437



PUBLIC SCHOOL

Alleghany School Board

100 Central Circle
Low Moor, VA 24457
(540) 863-1800

Covington School Board

340 East Walnut Street
Covington, VA 24426
(540) 965-1400



HIGH SCHOOL

Alleghany High School

210 Mountaineer Drive
Covington, VA 24426
540.863.1700

Covington High School

606 S. Lexington Avenue
Covington, VA 24426
540.965.1410



EARLY CHILDHOOD

Dolly Parton Imagination Library

540.968.2257

Alleghany Highlands Community Service Board

311 S. Monroe Avenue
Covington, VA 24426
540.965.2100

Alleghany Highlands Community Service Board

543 Church Street
Clifton Forge, VA 24422
540.863.1620

Alleghany County / Covington Health Department

321 Beech Street
Covington, VA 24426
540.962.2173

Clifton Forge Health Department

322 Jefferson Avenue
Clifton Forge, VA 24422
540.862.4131 (Open Thursdays only)



MIDDLE SCHOOL

Clifton Middle School

1000 Riverview Farm Road
Covington, VA 24426
540.863.1726

Jeter Watson Intermediate School

560 W. Indian Valley Road
Covington, VA 24426
540.965.1430



COLLEGE

Dabney S Lancaster Community College

1000 Dabney Drive
Clifton Forge, VA 24422
540.863.2800



PARENTING SUPPORT

Alleghany County / Covington Health Department

321 Beech Street
Covington, VA 24426
540.962.2173

Clifton Forge Health Department

322 Jefferson Avenue
Clifton Forge, VA 24422
540.862.4131

Total Action for Progress (TAP)

118 S. Lexington Avenue
Covington, VA 24426
540.962.6328



SOCIAL SERVICES

Alleghany County/ Covington Department of Social Services

110 Rosedale Avenue
Covington, VA 24426
540.965.1780
<https://commonhelp.virginia.gov/access/>

Social services provides: Adult Protective Services and Adult Services such as companion services, screening for Long Term Care Medicaid services and assisted living services. Child Protective Services, Foster Care

Prevention Services, Foster Care and Adoption Services. Benefits such as Medicaid, Auxiliary Grant, SNAP(Supplemental Nutrition Assistance Program), TANF(Temporary Assistance to Needy Families), VIEW(Virginia Initiative for Education and Work), Fuel Assistance, Cooling Assistance, Crisis components for the Energy and Cooling assistance programs and Child Care subsidies.

BUSINESS DEVELOPMENT/ EMPLOYMENT/CAREER



BUSINESS DEVELOPMENT

Total Action for Progress (TAP)

118 S. Lexington Avenue
Covington, VA 24426
540.962.6328

Alleghany Highlands Economic Development Corporation

1000 Dabney Drive, Suite 658
Clifton Forge, VA 24422
540.862.0936

Alleghany Highlands Chamber of Commerce & Tourism

110 Mall Road
Covington, VA 24426
540.962.2178



EMPLOYMENT AND CAREER SERVICES

Manpower

431 W. Main Street
Covington, VA 24426
540.962.5855

Total Action for Progress (TAP)

118 S. Lexington Avenue
Covington, VA 24426
540.962.6328

Virginia Career Works – Blue Ridge Region

106 N. Maple Avenue
Covington, VA 24426
540.962.1151

WIOA Adult/Dislocated Worker Program

106 N. Maple Avenue
Covington, VA 24426
540.686.6083

Career Support Systems

411 Riverside Street
Covington, VA 24426
540.241.4701



TUITION ASSISTANCE

Dabney S. Lancaster Community College

1000 Dabney Drive
Clifton Forge, VA 24426

Credit class tuition assistance

Dabney Foundation
540.863.2837

www.dslcc.edu/scholarships

Noncredit tuition assistance

Fast Forward
540.863.2848

<https://www.dslcc.edu/financial-aid-short-term-training>

WIOA Adult/Dislocated Worker Program

106 N. Maple Avenue
Covington, VA 24426
540.686.6083

Alleghany County

9212 Winterberry Avenue
Covington, VA 24425
540.863.6600

City of Covington

333 W. Locust Street
Covington, VA 24426
540.965.6300

Town of Clifton Forge

547 Main Street
Clifton Forge, VA 24422
540.863.2501

Town of Iron Gate

401 Commerce Street
Iron Gate, VA 24448
540.862.0770



POLICE/SHERIFF

Alleghany County Sheriff's Department

540.965.1770

Clifton Forge Police Department

540.863.2513

Covington Police Department

540.965.6333

Virginia State Police

800.552.0962



OTHER

Alleghany Highlands Regional Library

406 W. Riverside Street
Covington, VA 24426
540.962.3321

Clifton Forge Library

535 Church Street
Clifton Forge, VA 24422
540.863.2519

Covington Delivery Service

540.958.6020
Department of Motor Vehicles

121 Mall Road

Covington, VA 24426
804.497.7100

Registrar's Office/ Director of Elections

540.965.1690

Social Security Administration

1010 S Craig Avenue
Covington, VA 24426
888.527.9334

LOCAL GOVERNMENT AGENCIES



COURT SERVICES

Commonwealth Attorney

540.965.1740

Circuit Court Clerk

540.965.1730

General District/ Juvenile & Domestic Relations

540.965.1720

Juvenile Court

540.965.1710

Magistrate's Office

540.965.1778

VICTIM SERVICES/ DOMESTIC ABUSE



DOMESTIC VIOLENCE

Alleghany Highlands Victim/Witness Assistance

266 W. Main Street
Covington, VA 24426
540.965.6366

Project Horizon

120 Varner Lane
Lexington, VA 24450
540.463.2594

Safehome Systems, Inc.
102 E. Hawthorne Street
Covington, VA 24426
540.965.3237

Salvation Army Turning Point
724 Dale Ave
Roanoke, VA 24010
540.345.0400

Virginia Career Works – Blue Ridge Region
106 N. Maple Avenue
Covington, VA 24426
540.206.3567 (Office)/
540.988.3936 (Cell)

Virginia Cooperative Extension
450 W. Main Street, Suite 200
Covington, VA 24426
540.862.0376

YMCA
101 YMCA Way
Covington, VA 24426
540.962.9622



LEGAL SERVICES

Blue Ridge Legal Services

215 South Main Street
Lexington, VA 24450
540.463.7334

Legal Aid

540.344.2080 /
866.534.5243

TRANSPORTATION

Amtrak

307 E. Ridgeway Street
Clifton Forge, VA 24422
800.USA.RAIL

Lugar Taxi

210 Chapel Drive
Covington, VA 24426
540.962.8294

Lloyd Lewis Inc.

225 East Holly Street
Covington, VA 24426
540.965.4741

Rockbridge Area Transportation System

712 N. Main Street
Lexington, VA
540.463.3346

The Mountain Express/RADAR

1.800.964.5707 ext. 3 or 4
540.266.7198

YOUTH PROGRAMS

Boys Home of Virginia

414 Boys Home Road
Covington, VA 24426
540.965.7700

Alleghany County Parks and Recreation

540.962.7275

Alleghany Highlands Healthy Youth Coalition

205 E. Hawthorne Street
Covington, VA 24426
540.965.2100, Ext. 133

Covington Parks and Recreation

(540) 965-6300

Total Action for Progress (TAP)

118 S. Lexington Avenue
Covington, VA 24426
540.962.6328



VETERAN SUPPORT

Beckley VA Medical Center

200 Veterans Avenue
Beckley, WV 25801
304.255.2121

Hunter Holmes McGuire VA Medical Center

1201 Broad rock Blvd.
Richmond, VA 23249
804.675.5000

Salem VA Medical Center

1970 Roanoke Blvd.
Salem, VA 24153
540.982.2463

Staunton Community Based Outpatient Clinic

102 Lacy King Way
Staunton, VA 24401
540.886.5777

Total Action for Progress (TAP)

118 S. Lexington Avenue
Covington, VA 24426
540.962.6328

VA Medical Center (Greenbrier CBOC)

228 Shamrock Lane
Ronceverte, WV 24970
304.497.3900

Virginia Veterans and Family Support

311 South Monroe Avenue
Covington, VA 24426
540.965.2100

Virginia Department of Veterans Services

210 Franklin Road
Roanoke, VA 24011
540.597.1730

Virginia Navigator Family of Websites

(866) 393-0957 (toll free)
info@virginiannavigator.org
Can't find what you need DIAL 2-1-1. 2-1-1 Virginia providers have referrals for utilities, food, housing, clothing, legal aid, emergency shelter, disability services, senior services, medical and dental care, consumer counseling, literacy, child care, mental health services, parenting services, employment services, veteran services, volunteer opportunities and more!!

Background:

Live Well Alleghany Highlands works to enhance the health and wellbeing of all who live, work, and play in Alleghany and Covington. We are a partnership convened by the Virginia Department of Health, comprised of individuals representing local governments, non-profits, healthcare providers, colleges, school districts, faith-based groups, community organizations, businesses, and community members. Live Well Alleghany Highlands' top three focus areas for 2019-2022 are: (1) Reduce substance use in youth and adults (2) Increase kindergarten readiness and early literacy and (3) Increase knowledge of and access to community resources. The Knowledge of Resources Action Team, working on the third focus area, identified the need for a community resource guide to support community members who are seeking information and referrals to the many organizations who can provide assistance. Thank you to the following Knowledge of Resources Action Team members for their dedication to this effort:

- Jeremy Brookman, *Carilion Clinic*
- Melinda Clifton, *Alleghany Health and Rehab*
- Terri McClung, *Alleghany Highlands Economic Development Corporation*
- Jenny Wright, *Dabney S. Lancaster Community College*

Mission statement:

Live Well Alleghany Highlands works to enhance the health and wellbeing of all who live, work, and play in our community.

Disclaimer:

While Live Well Alleghany Highlands has endeavored to provide accurate information, we cannot and do not guarantee the accuracy of the information, and we accept no responsibility, and shall have no liability for any loss or damage which may arise from using or relying on the information.

If you would like to edit or propose an entry in the Live Well Alleghany Highlands Community Resource Guide, please call 540-962-2173 or visit our website: <http://www.vdh.virginia.gov/alleghany/live-well-alleghany-highlands/>.

Special Thanks to our Sponsors:

- Alleghany Health and Rehab
- Darlene Burcham
- Highlands Community Bank
- Lewis Gale Hospital - Alleghany
- Lone Star Baptist Church

Additional Special Thanks:

- Nicole Gray - Marketing Class at JRTC for our Logo Design
- Alleghany Highlands Chamber of Commerce



LIVE WELL ALLEGHANY HIGHLANDS
Our community, our health, our future