

<b>MEALS</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Monday	Food shelf 6:30 – 9:30 (Anyone)	Daystation, 12:30-1:00 (homeless) Spectrum (youth) 12 - 1	Salv. Army, 5-6 PM (Anyone) Pathways VT Community Center 5:30 PM 1 <sup>st</sup> Monday of the month Spectrum (youth) 5-6
Tuesday	Food shelf 6:30 – 9:30 (Anyone)	Daystation, 12:30-1:00 (homeless) Spectrum (youth) 12 - 1	Salv. Army, 5-6 PM (Anyone) Spectrum (youth)
Wednesday	Food shelf 6:30 – 9:30 (Anyone)	Daystation, 12:30-1:00 (homeless) Spectrum (youth) 12 - 1	Salv. Army, 5-6 PM (Anyone) Pathways Community Room 5 - 6 (Anyone) Spectrum (youth)
Thursday	Food shelf 6:30 – 9:30 (Anyone)	Daystation, 12:30-1:00 (homeless) Spectrum (youth) 12 - 1 Pathways VT Community Center 1 - 2	Salv. Army, 5-6 PM (Anyone) Spectrum (youth)
Friday	Food shelf 6:30 – 9:30 (Anyone)	Daystation, 12:30-1:00 (homeless) Spectrum (youth) 12 - 1	Salv. Army, 5-6 PM (Anyone) Spectrum (youth)
Saturday	1 <sup>st</sup> Congregational, 8:00 – 9:00 “small potatoes” (Anyone)	Daystation, 12:30-1:00 (homeless)	Salv. Army, 5-6 PM (Anyone)
Sunday	Food shelf 10-11 (Anyone)	Daystation, 12:30-1:00 (homeless)	Red Door, 5 – 6. ;

And this monthly offering: **3<sup>rd</sup> Saturday at 6:00, New Moon Café, Cherry Street**, watch for dates, they sometimes change, depending on holidays.

This reference is a work in progress. Please help by reporting missing or incorrect information to [Vermont.Homeless@activist.com](mailto:Vermont.Homeless@activist.com)

LAUNDRY	COTS Daystation	With intake; Seven days, 10 am - 3 pm; Sat & Sun 10 - 2
	Spectrum	Check in with staff; Monday - Friday
DAY SLEEPING	COTS Daystation	Intended to assist transition to self-sufficiency, not for unlimited use. Ask Daystation staff.
SERVICES	Here to Help Clinic;	every fourth Saturday, 11 – 1; meal, clothes, haircuts, social services providers. Red Door church (Methodist)

Food Shelf: 228 N. Winooski Ave. (intersection with N. Union)

Daystation: 95 North Ave, 862-5418

Salvation Army: 64 Main St. (corner of S. Champlain)

First Congregational: 38 S. Winooski Ave

Safe Harbor: 184 S. Winooski Ave. (corner of King)

Spectrum Drop-in Center, 177 Pearl St, Burlington Youth 14-24 ONLY

Pathways Community Room, 279 North Winooski Ave.

<b>SHOWERS</b> Scheduled	Pathways Community Room, 279 N. Winooski Ave.	Daystation, 95 North Ave	Safe Harbor S. Winooski Ave	Spectrum 177 Pearl St. Burl.
Paperwork	sign-in required.	Signin required;	Check in with receptionist, provide name.	Check in with staff
For use of	Any one in need.	Homeless/ Marginally housed, only	Homeless Only;	Youth, 14-24
Seasonality	Year-round hot shower	Year-round hot shower	Year Round, Hot shower.	Year round, hot shower
Amenities	Bring your own towel and soap, 20 minute limit.	Towel and soap, 15 minute limit	Towel, soap, Shampoo & Conditioner; 20 minute limit; Handicapped accessible.	Towel, soap and hygiene products. 15 Minute limit
Monday	12:00 – 3:30	10:00 – 3:00	Standard hours of operation	10:00 – 1:00, 4:00 - 6:00
Tuesday				
Wednesday	12:00 – <b>5:30</b>	10:00 – 3:00	Standard hours of operation	11:00 – 1:00, 4:00 - 6:00
Thursday	12:00 – 3:30	10:00 – 3:00	Standard hours of operation	10:00 – 1:00, 4:00 - 6:00
Friday				
Saturday		10:00 – 3:00		
Sunday				

<b>SHOWERS</b>	Daily, all day, seasonal*	Bring your own towel and soap		
Oakledge		May 15 through October 15	Cold	Free
North Beach campground		May 15 through October 15	Hot	\$0.50 6 min
Boat House, look for the “boater bathroom”.		May 15 through October 15	Hot	\$0.50 5 min
Davis Center, UVM		While students are on campus	Hot	Free

***\*Please always be respectful, and if you are asked to leave, comply. These showers are courtesies we receive based on good will and generosity. Your respect ensures that others may follow you.***

This reference is a work in progress. Please help by reporting missing or incorrect information to [Vermont.Homeless@activist.com](mailto:Vermont.Homeless@activist.com)