

# Need Assistance?

DIAL

2.1.1



Utility



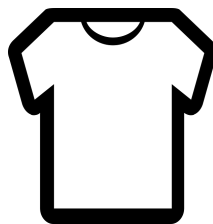
Food



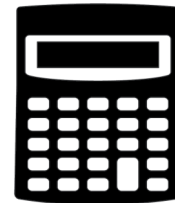
Rent



Transportation



Clothing



Tax Preparation



Job Finding  
Assistance



Medical



Legal Services



United Way of  
McMinn and Meigs Counties

## 2-1-1 (Resource Hotline)

**Crisis Services & Suicide Prevention,**  
**(855) CRISIS 1 or text TN to 741-741**

## 9-8-8 National Suicide and Crisis Lifeline

**Street Grace, (833) FREE 2 BE or (833) 373-3223,**  
**Exploitation, Runaway**

**Love is Respect (866) 331-9474**

**Report Child Abuse, (877) 237-0004**

**Adult Protective Services, 1-888-APS-TENN**

## Addiction-

**10<sup>th</sup> Judicial District Recovery Court-**  
170 North Ocoee St., Suite 301, Cleveland  
(423) 339-0480

**AA- Cooke Ministry Center-** 714 Walter St., Athens,  
Monday @ 5:30pm, (423) 506-0736

**AA- Christ Community Church-** 14 Congress Pkwy  
S., Athens, (866) 641-9190  
Monday @ 7:00pm and Friday @ 7:00pm

**AA- Keith Memorial United Methodist Church-**  
600 W. Madison Ave., Athens

**Al-Anon (Family Group)** - Keith Memorial United  
Methodist Church, 600 W. Madison Ave., Athens  
(423) 745-2612

**Celebrate Recovery** - Englewood Church of God, 9  
Church St., Englewood- Meets on Sunday @ 6pm  
(423) 887-5901

**Celebrate Recovery-** Jones Chapel UMC, 590 C.R.  
778, Athens- Meets on Sunday @7:30pm  
(423) 887-5901

**Clean Living Athens-** Women's Sober Living House.  
405 Cleveland Ave., Athens. (305) 842-1805.

[www.cleanlivingathens.org](http://www.cleanlivingathens.org)

**DreamLife-** Faith-based, residential, recovery and  
discipleship program for young men ages 18-25.  
317 Decatur Pike, Athens, (910) 387-3479

**Freedom from Smoking, Smoking Cessation-**  
Starr Regional Medical Center, 1114 W. Madison  
Ave., Athens (423) 745-7431

## **Journey Pure-**

Connect people to treatment for substance misuse,  
mental health, and peer support. Services: detox,  
residential, outpatient and MAT services.  
(865) 228-0321

**"Journey" Support Group** – Hillcrest Church, 581  
Hillcrest Cir., Etowah, (423) 781-5033

**Health Connect America** – Teen & Adult programs,  
808 S. White St., Athens, (423) 252-0871

**Lifeline Peer Project,** connect people to treatment  
for mental health and substance misuse, faith-  
based support, peer support and mentoring  
support. (423) 933-6772

**Miracle Lake Christian Training Center-** Biblical  
approach to recovery, residential and transitional  
living.  
182 Co. Rd. 498, Etowah  
(423) 263-2583

**NA (Narcotics Anonymous)** - St. Paul's Episcopal,  
123 S. Jackson St., Athens (423) 745-2224

**Planted in Christ Outreach Fellowship-** Thursdays  
at 7pm, 317 Maple St., Athens (423) 435-8986

[www.recoverywithinreach.org](http://www.recoverywithinreach.org) - Tennessee  
resource for help with recovery: housing, peer  
support, legal, living with systems involved and  
healing from trauma



## Healthy Relationship Resources

**Rick Ingram Ministry-** Faith-based, transitional living facility for men releasing from jail or prison, 2371 Hwy. 411 N., Etowah, (423) 781-8165

### **STEPTN- Harm Reduction Program**

Syringe trade in and education program testing site for HIV, HEPC and other blood born infections. Bus located at the Better Living Center Tuesdays 10:00am-3:00pm  
(423) 834-7374

**Straightway Ministry-** Faith-based, transitional living facility for men, 1303 Frye St., Athens (423) 371-0269

**Transformation Project-** Non-Residential faith-based recovery 12-month program, Athens Christian Church, 802 S. Matlock Ave., Athens Meets Mon. & Wed. at 6pm. (423) 333-5085

**Women at the Well-** Residential, faith-based discipleship and recovery program, 881 Co. Rd. 655, Athens, (423) 745-0010

### **Difficult Feelings/ Behavioral Health-**

**Agile Mind Counseling-** 506 Maple St., Athens (423) 746-2441

**Alzheimer's Support Group -** Starr Regional Medical Center, 1114 W. Madison Ave., Athens, 2<sup>nd</sup> Tuesday @ 7pm, (423) 746-5212

**Cherokee Health Systems, Medical Therapy-** 3360 Hwy 411 N., Englewood, (423) 887-5131

**Christian Counseling Services-** (423) 507-4557

**Evolve Counseling Services-** 744 Tell St., Athens, (423) 507-8826

**Grief Support Group** – Mars Hill Presbyterian Church, 205 N. Jackson St., Athens, (423) 745-1403

**Health Connect America-** 808 S. White St., Athens, (423) 252-0871

**Helen Ross McNabb Center-** 584 Congress Pkwy. S., Athens, (423) 507- 0887

**Hiwassee Mental Health Center-** 1701 Ingleside Ave., Athens, (423) 745-8802

**Omni Community Health-** 404, S. White St., Athens, (877) 258-8795

**PTSD Support Group-** Athens Lutheran Church, 710 Forrest Ave., Athens, 1<sup>st</sup> Tuesday @ 6:30pm  
(423) 745-9419

**RELAX, Anger Management** –UT Extension, McMinn Higher Education Center, 2345 Denso Dr., Suite 167 Athens, (423) 745-2852

**Stephen Ministry-** (care for hurting people) – Keith Memorial United Methodist Church, 600 W. Madison Ave., Athens, (423) 745-2612

**Volunteer Behavioral Health-** 1805 Ingleside Ave., Athens, (423) 745-8802

### **Couples Relationships-**

**5 Love Languages, P.I.C.K. a Partner (How to Avoid Falling in a Love with Jerk(ette)) and Marriage L.I.N.K.S.-** UT Extension, 2345 Denso Dr., Suite 167 Athens, (423) 745-2852

**A Step Ahead Chattanooga-** Couple relationship education, free contraception and well check exams – (423) 265-7838



**HRM**

Healthy Relationships McMinn

## Healthy Relationship Resources

### **Pre-Marital Counseling**

- Athens Nazarene Church, 423-453-2041
- Athens Christin Church 423-333-5085
- Keith United Methodist Church 423-745-2612

**OneLife** - Full Circle, 510 Old Riceville Rd., Athens, (423) 744-3005

### **Divorced-**

**Co-Parenting, Parenting Apart** - UT Extension, 2345 Denso Dr., Suite 167 Athens, (423) 745-2852

**Divorce Education**- Cleveland State Community College, (423) 473-2270

**Divorce Recovery Group** - Allen Memorial United Methodist Church, 800 Decatur Pike, Athens (423) 745-1560

**Health Connect America** – Outpatient Therapy 808 S. White St., Athens (423) 252-0871

**Legal Aid of East Tennessee**- 535 Chestnut St. #360, Chattanooga, (423) 756-4013

### **Parenting/ Parents-**

**A Step Ahead Chattanooga** - Parenting classes (423) 265-7838

**Athens City Schools, Family Engagement-** 943 Crestway Dr., Athens (423) 745-2863

### **Full Circle Medical Center for Women**

Parent Education, Post-Abortion Care and Materials Support for Expectant Mothers  
510 Old Riceville Rd., Athens  
(423) 744-3005

### **Health Connect America, Parent Education**

808 S. White St., Athens, (423) 252-0871

**Hope Center, Inc.**- 704 W. Madison Ave., Athens, (423) 745-5289

**Nurture the Next**, Healthy Families and Nurturing Parenting- 5709 Uptain Rd., Chattanooga (423) 333-6999

**Relative Caregiver**- Provides services for relatives raising non-birth children. (866) 735-8752

### **Tennessee Department of Human Services, Smart Steps**

Childcare assistance, application online:  
<https://www.tn.gov/humanservices/families/child-care-services/child-care-payment-assistance.html>  
(833) 740-1440

### **UT Extension, Parent Piece by Piece**

UT Extension, 2345 Denso Dr., Suite 167 Athens (423) 745-2852

### **Seniors-**

**Etowah Senior Center** – 435 Cooper St., Etowah, (423) 781-7632

**Home Helpers**- Non-medical in-home care. (423) 339-5593

### **McMinn County Senior Activity Center –**

205 McMinn Ave., Athens, (423) 745-6830



**HRM**

Healthy Relationships McMinn

## *Healthy Relationship Resources*

---

**MyRide**, Rides for adults (60yr. and older) in McMinn County, (423) 680-0023

### **Youth-**

**Afterschool Care-YMCA and YCAP** – 205 Knoxville Ave., Athens, (423) 745-4904

**Athens City Schools Kids Connection, Before and After School Care-** (423) 745-1796

**Child Advocacy Center** – 704 W. Madison Ave., Athens, (423) 744-0599

### **Church Youth Groups**

#### **Health Connect America**

808 S. White St., Athens, (423) 252-0871

**Helen Ross McNabb Center** – (800) 255-9711

#### **Hiwassee Mental Health, Positive Actions**

1701 Ingleside Ave., Athens, (423) 745-8802

**Isaiah 117 House-** Provides physical and emotional support in a safe and loving home for children awaiting foster care placement.  
(423) 519-3393

**McMinn Co. Juvenile Services**, Child and Family Services, (423) 745-8782

**System of Care Across Tennessee**, serves children, youth and families experiencing emotional or behavioral concerns that affect their daily life.  
(615) 981-0074 or

<https://socacrosstn.org/make-a-referral/>

**TN. Voices for Children** – (615) 269-7751



**HRM**

Healthy Relationships McMinn

# *Healthy Relationship Resources*

---

Updated, 7/31/23

Healthy Relationships McMinn (HRM), [smull1@utk.edu](mailto:smull1@utk.edu)

(Business Hours May Change, Contact First)



**HRM**

.....  
Healthy Relationships McMinn

# Financial Difficulty Resources

## 2-1-1 (Resource Hotline)

**Crisis Services & Suicide Prevention, (855) CRISIS 1  
or text TN to 741-741**

## 9-8-8 National Suicide and Crisis Lifeline

### **SNAP (Supplemental Nutrition Assistance Program)**

Apply online: <https://faonlineapp.dhs.tn.gov/>  
McMinn County Office, 1008 Knight Rd., Suite B,  
Athens, TN. 423-744-2800  
M-F, 8:00am – 4:30pm

### **WIC**

#### **McMinn County Health Dept.**

393 County Road 554, Athens TN 37303.  
423-745-7431  
M-F, 8:00am-4:30pm (MUST set up an appointment)

### **Budgeting/ Debt Reduction-**

#### **Athens Church of the Nazarene**

1908 W. Madison Ave., Athens, TN.  
As needed 423-453-2041  
Free budgeting and debt reduction counseling

### **Educational/Employment-**

#### **Adult Education**

199 Clark St., Athens  
423-745-5111  
Day Classes: Tues, Wed, Thurs., 9am-noon  
Night Classes: Mon-Thurs., 5pm-8pm

#### **American Job Center**

410 Congress Pkwy. N., Athens, TN  
423-745-2028  
M-F, 8:00-4:30pm

#### **Cleveland State Community College**

McMinn Higher Education Center  
2345 Denso Dr., Athens  
(423) 745-8486

#### **Manpower**

313 Decatur Pike, Athens, TN  
423-381-8810  
M-F, 8:00-6:00pm

#### **McMinn Higher Education Center**

(Cleveland State Community College, Tennessee  
College of Applied Technology and UT Extension)  
2345 Denso Drive, Athens TN  
423-745-8486

#### **Randstand**

614 Decatur Pike, Athens, TN  
423-745-0082  
M-F, 8:00-5:00pm  
More jobs? 423-420-0645

#### **Tennessee College of Applied Technology (TCAT)**

1635 Vo-Tech Dr., Athens  
423-744-2814

#### **Tennessee Promise Scholarship,**

[www.tn.gov/tnpromise](http://www.tn.gov/tnpromise)

#### **Tennessee Wesleyan University**

204 E. College St., Athens  
423-745-7504

#### **Tri- County Center**

School to Work Transitional Program  
Ages 17 years and older  
3030 Lee Hwy., Athens TN.  
423-745-8902

#### **Skill Up Tennessee (SNAP Employment & Training)**

##### **UT Extension- McMinn**

2345 Denso Drive, Suite 167, Athens, TN.  
423-745-2852  
Support for job skills, training, school, & employment.  
Helps with school expenses, gas cards, uniform/  
supply needs, etc.



**HRM**

Healthy Relationships McMinn

# Financial Difficulty Resources

---

## ***Vocational Rehabilitation Department***

3069 Overlook Dr. NE #A, Cleveland, TN  
423-478-0330  
Employment-focus for individuals with disabilities

## **Free Meals-**

### ***Englewood Church of God***

18 West Athens Street, Englewood, TN  
423-887-5901  
Every Wednesday at 6:00 pm

### ***Etowah Senior Center***

435 Cooper St., Etowah, TN.  
423-781-7632  
Lunch 11:30 Monday – Friday  
Food Boxes on Thursdays between 10-12p.m.

### ***Grace and Mercy Ministries***

714 Walter Street Athens, TN  
Monday and Friday 12:00p.m.

### ***McMinn Co. Veteran Services***

Veterans, spouses, and widows  
5 E. Madison Avenue, Athens TN  
Call to register for the Food Voucher Program  
423-744-1605

### ***Seventh Day Adventist Church***

230 New Englewood Road Athens, TN  
2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month  
12:00 meal after service

### ***Table Graces***

5 South White Street, Athens, TN.  
423-745-2224  
Wednesday 9:00a.m.-12:00p.m.

## **Free Cooking School-**

### ***UT Extension- TNCEP***

2345 Denso Drive, Suite 167 Athens, TN.  
423-745-2852  
Series of classes: sampling, low-cost healthy recipes

## **Food Pantry-**

### ***Better Living Center***

407 New Englewood Road, Athens, TN  
423-744-7325  
*Food Bags:* Apply in person (Every Tuesday  
10:00a.m.-4:00p.m. food pantry closed for lunch 12-  
1pm  
*Thrift Store:* (Every Thursday 9:00am–1:00pm)

### ***Calhoun United Methodist Church***

820 Highway 163 Calhoun TN, 37309  
423-336-2484  
Food pantry open the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the  
month. Call for more info.

### ***Coordinated Charities***

109 Rocky Mount Road, Athens, TN  
*Assistance Center-* 423-745-9625,  
(Monday-Thursday) 9:30am – 1:30pm  
*Thrift Store-* 423-745-0860, (M-F, 9:00am–5:00pm/  
Sat. 10:00am–3:00pm)

### ***Etowah Food Pantry (Wesley Memorial Church)***

923 Ohio Avenue, Etowah, TN  
423-263-2087  
Must be in Etowah Utility District  
Tuesday and Thursday 9:00-11:45a.m

### ***Love Thy Neighbor Project Campus and Mobile Food Bank. Must Register!***

202 Green Street, Athens, TN  
423-745-5232  
New Registration begins the 1<sup>st</sup> Monday of every  
month. Must register.  
Food pick up (2pm-4pm) on Tuesday's and Thursday's

### ***SETHRA (Commodities, Transportation, Energy Bills, Upward Bound)***

Apply in person at the SETHRA Office,  
814 S. White St., Athens, TN  
423-745-8095



# Financial Difficulty Resources

---

## **St. Mark AME Zion Church Food Pantry Ministry**

707 North Jackson Street, Athens  
Food Pantry every 3<sup>rd</sup> Saturday 1:30p.m. until gone if  
need help throughout the week contact: 423-368-  
8434 or 423-745-9193.

## **Youth Feeding Program-**

### **YMCA**

(18 years and younger)  
423-745-4904

### **Sites:**

YMCA (Breakfast and Lunch) M-F  
Circle Drive-Etowah (Lunch)M-F  
EG Fisher Library (Lunch)M-F  
Etowah Community Center (Breakfast and Lunch) M-F  
Etowah Library (Lunch) M-F  
Heritage Park (Lunch) M-F  
Lee Manor Apartments (Lunch) M-F  
Niota Elementary School (Breakfast, Lunch, Snack)  
North Etowah Baptist Church (Lunch)

## **Athens City Schools Summer Feeding Program**

Call for sites, dates and times  
423-745-2863

## **Athens City School- Kids Care Closet**

423-745-1796

## **Nourish One Child**

Weekend Food Bags/ Backpacks, Athens City Schools,  
423- 745-2863  
Keith United Methodist Church 600 W. Madison Ave.,  
Athens, 423-745-2612

## **School-Aged Children**

Contact your school/ school system for children  
needs

## **Other:**

**Helping Hands Ministry**, Assistance with small home  
repair for widows, shut-ins, or veterans.  
412 S. White St., Athens, TN.  
423-920-4179

## **Shower Bus**

Grace and Mercy Ministries  
714 Walter Street Athens  
Monday and Friday 11:00am

## **Unconditional Love Ministry**

Provides emergency shelter depending on funds  
865-335-1870

## **Zion Hill Baptist Church Clothing Ministry-**

Free clothes and household items for those in need  
Located beside Library on Ohio Avenue Etowah TN.  
Open Wednesdays 4:00pm-7:00pm

Updated 7/31/23

Healthy Relationships McMinn (HRM), [smull1@utk.edu](mailto:smull1@utk.edu)  
(Business Hours May Change, Contact First)

# Health & Nutrition Resources

## 2-1-1 (Resource Hotline)

**Crisis Services & Suicide Prevention,**  
**(855) CRISIS 1 or text TN to 741-741**

## 9-8-8 National Suicide and Crisis Lifeline

**Findhelp.org**

## Alzheimer's-

**24/7 Helpline,** 800-272-3900, Alz.org

**Support Group,** 2<sup>nd</sup> Tuesday @ 7pm, Meets  
at Starr Regional Medical Center, 1114 W.  
Madison Ave., Athens, (423) 745-1411

## Arthritis-

**Arthritis Exercise, Walk w/Ease, Tai Chi,**  
McMinn Higher Education Center (MHEC)-  
UT Extension, 2345 Denso Dr., Suite 167,  
Athens, (423) 745-2852

**Go Fit, Water Fitness and Chair Yoga,**  
YMCA, 205 Knoxville Ave., Athens, (423)  
745-4904

## Cancer-

**Live Strong,** YMCA, 205 Knoxville Ave.,  
Athens, (423) 745-4904

**Cancer, Thriving & Surviving Workshop,**  
MHEC-UT Extension, 2345 Denso Dr., Suite  
167 Athens, (423) 745-2852

## Diabetes-

**Cooking Classes,** MHEC-UT Extension, 2345  
Denso Dr., Suite 167 Athens, (423) 745-  
2852

**Diabetes Prevention Program (DPP),** Starr  
Regional Medical Center and UT Extension.  
To register (423) 744-3249

**Diabetes Self-Management Education,  
Meal Planning,** Starr Regional Medical  
Center, 1114 W. Madison Ave., Athens,  
(423) 745-3249

**Diabetes Support Group,** 3<sup>rd</sup> Thursday @  
7pm at Starr Regional Medical Center, 1114  
W. Madison Ave., Athens, (423) 744-3249

## General Health-

**Cherokee Health Systems-** Primary care,  
behavioral health, dental and pharmacy.  
Insurance: private, TennCare, CoverKids and  
no insurance. (423) 887-5131  
3360 US-411, Englewood

## **Good Faith Clinic (medical services only)**

For Residents of McMinn and Meigs County  
18 S Congress Parkway Athens, TN  
First come first serve basis.

Doors open at 2:30 pm every 2<sup>nd</sup>, 4<sup>th</sup>, and  
5<sup>th</sup> Tuesday.

\*Bring Proof of Residency with you a State  
Issued Id will work or a Utility Bill with Your  
Name on it.

## **Living Well with Chronic Conditions,**

McMinn County Health Department,  
(423) 745-7431

UT Extension, 2345 Denso Dr., Suite 167,  
Athens, (423) 745-2852

## **Matter of Balance, (Fall Prevention),**

UT Extension, 2345 Denso Dr., Suite 167,  
Athens, (423) 745-2852

**Silver & Fit, Renew Active,** YMCA, 205  
Knoxville Ave., Athens, (423) 745-4904

**Silver Sneakers,** Etowah Community Center,  
155 Robinson St., Etowah, (423) 263-6575



# Health & Nutrition Resources

---

**St. Mary's Mobile Clinic, "Healthcare on Wheels"** (For those without insurance),  
3<sup>rd</sup> Thursday, 10am – 2pm  
Register: (865) 212-5570  
1291 E. Madison Ave., Athens

**TOPS**, Keith Memorial United Methodist Church, 600 W. Madison Ave., Athens  
(423) 745-2612

**Walk Across TN.**, MHEC-UT Extension, 2345 Denso Dr., Suite 167 Athens  
(423) 745-2852

**Weight Watchers**, First Baptist Church, 305 Ingleside Ave., Athens, (423) 745-5441

## **Worksite Wellness-**

**eWellness**, MHEC-UT Extension, 2345 Denso Dr., Suite 167 Athens  
(423) 745-2852

**HealthierTN.com**

Updated 7/31/23  
Healthy Relationships McMinn (HRM), [smull1@utk.edu](mailto:smull1@utk.edu)  
(Business information may change, contact first)