

MONDAY

Street 2 Feet Outreach Center-

- ❖ **Day Center**—from 10:00am-2:00pm. **Shower Day: first come, first serve.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.

Food Pantry(s) -

- ❖ **P.U.M.P.**—located at 100 Division Street Portland, PA 18351 from 10:00am-11:30am & 6:00pm-7:30pm. 570-897-5847.
- ❖ **C.A.M.E.**—located at Route 447 High Acres Park Canadensis, PA 18325 from 8:30am-12:00pm (other hours by appointment only). 570-595-9141. *(For residents of Barrett, Price & Northeastern Paradise - Bring ID & proof of residence, income guidelines apply.)*
- ❖ **Top of the Mountain Ecumenical Network at Five Loaf House**—located at 138 Firehouse Road, Pocono Pines, PA 18350. **2nd Monday** of the month from 8:30am-11:00am & 12:00pm-2:00pm (afternoons preferred for new clients). Also from 4:00pm - 5:00pm (By appointment only). **Call before to confirm dates.** 570-646-7456. *Proof of residency in Monroe County, proof of income, and birth certificates for your children required.*

Community Meal(s) -

- ❖ **Salvation Army**—located at 226 Washington Street, East Stroudsburg, PA 18301 from 7:00am-9:00am & 11:00-12:00pm 570-421-3050
- ❖ **East Stroudsburg United Methodist Church**—located at 83 South Courtland Street, East Stroudsburg, PA 18301 meal begins at 4:30-6:00pm. 570-421-3280
- ❖ **Pleasant Valley Assembly of God**—located at 1086 Weir Lake Road, Brodheadsville, PA 18322. 4:30pm -6:00pm. (Except if schools are closed)

Clothing Closet(s) -

- ❖ **Stroudsburg Wesleyan Church**—located at 915 5th Street Stroudsburg, PA 18360 from 10:00am-12:00pm. 570-421-0750
- ❖ **Pleasant Valley Assembly of God**—located at 1086 Weir Lake Road, Brodheadsville, PA 18322. 3:00pm -5:00pm. (Except if schools are closed)

DMV -

- ❖ CLOSED

TUESDAY

Street 2 Feet Outreach Center-

- ❖ **Day Center**—from 10:00am-2:00pm. **Laundry Day: first come, first serve.—limit 1 load per client.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.

Food Pantry(s) -

- ❖ **Pleasant Valley Ecumenical Network**—located at Greenview/McIlhane Roads, Brodheadsville (Turn right after the Chestnut Hill Diner), from 9:20am-11:20am. 570-992-3136. *(West End residents only, must call at least 1 day ahead and be registered with them, willing to other day by appointment)*
- ❖ **Top of the Mountain Ecumenical Network at Five Loaf House**—located at 133 Firehouse Road, Pocono Pines, PA 18350. **2nd Tuesday** of the month from 8:30-11:00am. **Call before to confirm dates.** 570-646-7456. *ID/Proof of residency, proof of income, and birth certificates for your children required.*
- ❖ **St Paul's Lutheran Church**—located at 158 Fish Hill Road Tannersville, PA 19372 11:00am - 2:00pm. Call for details. 570-629-1992. *(Once per month; Monroe County residents only.)*
- ❖ **Lighthouse Full Gospel Church of God**—located at 700 Hammond, Lane Stroudsburg, PA, 18360. **1st & 3rd Tuesday** of the month from 4:00pm-7:00pm ***(Emergency Food also available by appointment)***. 570-420-8196. *(PA ID required)*
- ❖ **Greater Shiloh Church**—located at 831 B Ann Street, Stroudsburg, PA 18360. **2nd Tuesday** of the month from 10:00am-11:30am. *(No ID Required)*. 570-872-9577.

Community Meal(s) -

- ❖ **Salvation Army**—located at 226 Washington Street East Stroudsburg, PA 18301 from 7:00am-9:00am & 11:00am-12:00pm 570-421-3050.
- ❖ **New Life Christ** - located at 21 North Courtland Street East Stroudsburg, PA 18301 from 5:00pm-6:00pm 570-424-8486.
- ❖ **Community Church**—located at 1050 Memorial Blvd Tobyhanna, PA 18466. **1st Tuesday** of the month from 5:30-6:30pm. 570-839-3459

Clothing Closet(s) -

- ❖ **Stroudsburg Wesleyan Church**—located at 915 5th Street Stroudsburg, PA 18360 10:00am-12:00pm 570-421-0750.
- ❖ **Greater Shiloh Church**—located at 831 B Ann Street, Stroudsburg, PA 18360. **2nd Tuesday** of the month from 10:00am-11:30am. *(No ID Required)*. 570-872-9577.

DMV -

- ❖ 8:30am-4:15pm

Support Group(s) -

- ❖ **Lymphoma/Leukemia/Blood Related Cancer Patient & Family**—located at the Dale and Hughes Cancer Center the **3rd Tuesday** of each month beginning at 6:00pm If you are interested please contact Lynne Steele 570-422-1860
- ❖ **Energize with Exercise**—located at the Dale & Francis Hughes Cancer Center, every Tuesday beginning at 10:00am. *(For Heart and Cancer Patients)* 570-422-1860

WEDNESDAY

Street 2 Feet Outreach Center-

- ❖ **Day Center**—from 10:00am-2:00pm. **2nd Wednesday = Toiletry Distribution. 3rd Wednesday = Outreach Supply Distribution.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.

Food Pantry(s) -

- ❖ **New Life in Christ**—located at 21 North Courtland Street East Stroudsburg, PA 18301 from 3:00pm-4:30pm (*Line Starts at 2:00pm*). 570-424-8486. (*Income Guidelines Apply, Emergency Food available by Appointment*)
- ❖ **Pocono Mountain Ecumenical Hunger Ministry**—located in Coolbaugh Municipal Building Complex basement at 1447 Sterling Road Tobyhanna, PA 18466. **1st Wednesday** of the month from 9:00am-12:00pm. 570-894-2072. (*Residents of Pocono Township, Borough of Mt. Pocono, Coolbaugh Township, and parts of Paradise and Tobyhanna Townships. Income Guidelines Apply-ID/Proof of Residency Required*)
- ❖ **Innovation Church**—located at 6048 Paradise Valley Road Route 940 Cresco, PA 18326 on the **2nd Wednesday** from 10:00-12:00pm. (By Appointment Only). 570-595-2000 ext. 116. (*Proof of Residency & Income Required*)
- ❖ **Christ Episcopal Church**—located at 205 North 7th Street. **3rd Wednesday** of the month from 5:00pm-7:00pm. 570-421-7481. (*Individuals and Families in need of Food*)
- ❖ **Seventh Day Adventist Community Wellness Center**—located at 2023 West Main Street Stroudsburg, PA 18360. **2nd & 4th Wednesday** of the month from 4:00pm-6:00pm. 570-476-0039. (*Residents of Monroe County in need*)

Community Meal(s) -

- ❖ **Salvation Army**—located at 226 Washington Street East Stroudsburg, PA 18301 from 7:00am-9:00am & 11:00am-12:00pm. 570-421-3050
- ❖ **Christian Missionary Alliance Church**—located at 36 North 3rd Street Stroudsburg, PA 18360 from 4:30pm-5:30pm 570-424-8722
- ❖ **Nehemiah Center (Christian Life Assembly)**—located at 2209 West Main Street, Stroudsburg, PA 18360. Family meal and celebrate recovery night (Open to all), begins at 6:30pm. 570-424-1179.
- ❖ **Mountain Home United Methodist Church**—located at Route 390 Mountain Home, PA 18342 from 12:00pm-1:00pm. 570-595-2077.
- ❖ **Shawnee Inn**—located at 1 River Road Shawnee on the Delaware **every other week from November-March** from 5:00pm-6:30pm (*bus will pick up at 4:45 on Ann Street*) 570-424-4000

- ❖ **Our Lady Queen of Peace Church**—located at 1402 Route 209 Gilbert, PA 18331. 3rd Wednesday of every month 12:30pm - 2:00pm. *(Dates Vary Call)*. 610-681-6137.
- ❖ **St. Paul's Lutheran Church**—located at 158 Fish Hill Road, Tannersville, PA 78372. 3rd Wednesday of every month from 4:00pm - 7:00pm. 570-629-1992.

Clothing Closet(s) -

- ❖ **Seventh Day Adventist Community Wellness Center**—located at 2023 West Main Street Stroudsburg, PA 18360 from 9:00am-12:00pm 570-476-0039
- ❖ **Nehemiah Center (Christian Life Assembly)**—located at 2209 West Main Street, Stroudsburg, PA 18360. From 9:15am-11:35 am. (By Appointment Only) Please call 570-424-1179.

DMV -

- ❖ 8:30am-4:15pm

Support Groups-

- ❖ **Creative Expressions Support Group** every Wednesday 10:15am, at the Dale & Francis Hughes Cancer Center call 570-422-1860 & ask for Lynn Steele

THURSDAY

Street 2 Feet Outreach Center-

- ❖ **Day Center**—from 10:00am-2:00pm. **Shower Day: first come, first serve.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.

Food Pantry(s) -

- ❖ **Innovation Church**—located at 6048 Paradise Valley Road Route 940 Cresco, PA 18326 on the 1st Thursday from 10:00-12:00pm. (By Appointment Only). 570-595-2000 ext. 116. *(Proof of Residency & Income Required)*
- ❖ **Loaves and Fishes-The Walk Church of God**—located at 332 McCole Rd., East Stroudsburg, PA 18302. *(Across from the Pocono Indian Museum).* 1st & 3rd Thursday from 1:00pm-6:00pm. 570-588-7164. *(All Welcome. No Appointment.)*
- ❖ **Salvation Army**—located at 226 Washington Street. 4th Thursday of the month from 9:30am-11:30am. *(You MUST be registered two weeks prior)* 570-421-3050. *(Residents of Smithfield & Stroud Townships, Boroughs of East Stroudsburg, Stroudsburg, Delaware Water Gap and parts of Pocono Township. Income Guidelines Apply-ID/Proof of Residence Required).*
- ❖ **Feeding Families Ministry**—located at 354 Route 611, Tobyhanna, PA. From 1:00pm-3:00pm. 570-977-3702. *(PA ID or Letter from Street 2 Feet Required. Some Income Guidelines Apply)*
- ❖ **St. Paul's Lutheran Church of Smithfield**—located at 139 Craig's Meadow Road East Stroudsburg. **Every other Thursday** from 9:30am-12:00pm. *(BY APPOINTMENT ONLY)* 570-223-6773.

Community Meal(s) -

- ❖ **Salvation Army**—located at 226 Washington Street East Stroudsburg, PA 18301 from 7:00-9:00am & 11:00am-12:00pm 570-421-3050
- ❖ **New Life Christ** - located at 21 North Courtland Street East Stroudsburg, PA 18301 from 5:00pm-6:00pm 570-424-8486
- ❖ **A Place of Grace Church**—located at 31 N 9th Street, Stroudsburg, PA 18360 6:00pm-8:00pm. 570-982-9215.
- ❖ **Reform Church of Bushkill**—located at 5969 Milford Road from 5:00-7:00pm 570-588-6773.
- ❖ **St. Paul's Lutheran Church of Smithfield**—located at 139 Craig's Meadow Road 3rd Thursday of the month 4:30-7:00pm 570-223-9422.
- ❖ **West End Missions**—(at Queen of the Peace Church). 1402 Route 209 Gilbert, PA 18331 from 4:30pm-5:45pm. 610-681-7735.

Community Closet(s)

- ❖ **Top of the Mountain Ecumenical Network at Five Loaf House**—located at 138 Firehouse Road, Pocono Pines, PA 18350. **2nd Thursday** of the month from 8:00am-12:00pm. **Call before to confirm dates.** 570-646-7456. *Proof of residency in Monroe County, proof of income, and birth certificates for your children required.*

DMV -

- ❖ 8:30-4:15pm (*PHOTO CENTER ONLY*)

Support Group(s) -

- ❖ **Breast Cancer Support Group**—located at the American Cancer Society, on West Main Street, Stroudsburg, PA. **2nd Thursday** of every month beginning at 7pm 570-620-9315.
- ❖ **US Too Prostate Support Group**—located at the Dale & Francis Hughes Cancer Center on the **3rd Thursday** of the month at 7:00pm 570-422-1700

FRIDAY

Street 2 Feet Outreach Center-

- ❖ **Day Center**—from 10:00am-2:00pm. **Laundry Day: first come, first serve.—limit 1 load per client.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.

Food Pantry(s) -

- ❖ **Stroudsburg Wesleyan Church**—located at 915 5th Street on **1st & 3rd Fridays** from 5:00pm-6:00pm. 570-421-0750. (*No Income Guidelines & No Appointment Needed*)
- ❖ **Innovation Church**—located at 6048 Paradise Valley Road Route 940 Cresco, PA 18326. From 10:00-12:00pm. (By Appointment Only). 570-595-2000 ext. 116. (*Proof of Residency & Income Required*)
- ❖ **Feeding Families Ministry**—located at 354 Route 611, Tobyhanna, PA. **From 1:00pm-3:00pm.** 570-977-3702. (*PA-ID Required. Some Income Guidelines Apply*)

Community Meal(s) -

- ❖ **Salvation Army**—located at 226 Washington Street East Stroudsburg, PA 18301 from 7:00am-9:00am & 11:00am-12:00pm. 570-421-3050.
- ❖ **Stroudsburg Wesleyan Church**—located at 915 5th Street on the **1st & 3rd Friday** of the month from 5:00pm-6:00pm. 570-421-0750.
- ❖ **New Life Christ** - located at 21 North Courtland Street East Stroudsburg, PA 18301 from 5:00pm-6:00pm 570-424-8486
- ❖ **Holy Trinity Orthodox**—located at 1501 Trinity Circle on the **2nd Friday** of the month at 5:00pm. (*Transportation available from Hughes Library at 4:45pm.*) 570-421-4455
- ❖ **Holy Cross Greek Orthodox Church**—located at 135 Stokes Ave on the **4th & 5th Friday** of the month from 5:00pm-6:00pm. 570-421-5734.

Clothing Closet(s) -

- ❖ **Stroudsburg Wesleyan Church**—located at 915 5th Street **1st and 3rd Friday** of the month 4:00pm-6:00pm. 570-421-0750 (reopening soon—call to confirm)
- ❖ **Pleasant Valley Ecumenical Network**—located at Greenview/McIlhaney Roads, Brodheadsville (Turn right after Chestnut Hill Diner) from 9:00am -11:00am. (*West End Residents only—must call ahead and be registered with them*) 570-992-3136.

DMV -

- ❖ 8:30am-4:15pm

SATURDAY

Street 2 Feet Outreach Center-

- ❖ CLOSED (July & August)
- ❖ 9am-12pm September-July

- ❖ **St. Matthews Church Warming Center** - located at 200 Brodhead Ave, East Stroudsburg PA 18301 from 12:30pm until the Emergency Cold Weather Shelter Opens 570-421-2342

Food Pantry(s) -

- ❖ **Swiftwater Food Pantry**—located at 129 Lower Swiftwater Road (off Route 611) Swiftwater, PA. From 9:00am-12:00pm. 570-895-2344. (*Proof of Residency Required*)
- ❖ **Pocono Mountain Ecumenical Hunger Ministry**—located in Coolbaugh Municipal Building Complex basement at 1447 Sterling Road Tobyhanna, PA 18466. **1st Saturday** from 9:00am-12:00pm 570-894-2072. (*Residents of Pocono Township, Borough of Mt. Pocono, Coolbaugh Township, and parts of Paradise and Tobyhanna Townships. Income Guidelines Apply-ID/Proof of Residency Required*)
- ❖ **Effort United Methodist Church**—located at 178 Merwinsburg Road, Effort, PA on the **2nd & 4th Saturdays** from 10:00am-12:00pm. 570-629-1890. (*For West End residents only- Proof of residency Required*).
- ❖ **Christ Episcopal Church**—located at 205 North 7th Street on the **1st Saturday** of the month from 10:00am-12:00pm. 570-421-7481. (*Individuals & Families in need of food*)
- ❖ **West End Food Pantry - Eldred Community Center**—located at 516 Kunkletown Rd. Kunkletown, PA, 18058. **1st and 3rd Saturday** of the month from 9:00am - 12:00pm. 570-992-3136. (*West End residents only. Bring your own bags.*)

Community Meal(s) -

- ❖ **Holy Trinity Orthodox Church**—located at 1501 Trinity Circle Stroudsburg, PA on the **last Saturday** of the month at 10:00 am. (*Transportation available from Hughes Library. Call to confirm.*) 570-421-4455
- ❖ **St. Luke Roman Catholic Church**—located 818 Main Street Stroudsburg PA 18360 from 1:00pm-2:00pm (*the doors will close at 1:05*) 570-421-9097
- ❖ **Reeders United Methodist Church**—located at 2167 Route 715 & Church Rd., Reeders, PA, 18352. **2nd Saturday** from 4:00pm-6:00pm. 570-629-1712.

DMV -

- ❖ 8:30am-4:15pm

SUNDAY

Street 2 Feet Outreach Center-

- ❖ CLOSED

Food Pantry(s) -

- ❖ **Common Ground Ministries**—located 2054 Route 611, Swiftwater, PA 18370 (Desaki Restaurant) on the **4th Sunday** of the month from 1:00pm-2:00pm. (No Appointment Needed) 570-801-2699. (*Emergency Food Available by Appointment. Monroe County Residents valid PA ID*)

Community Meal(s) -

- ❖ **Our Lady Queen of Peace**—located at 402 Route 209 on the 2nd and 4th week of the month from 3:00pm-4:00pm 570-629-9443 (*Dates vary—call*)
- ❖ **Innovation Church**—located at 6048 Paradise Valley Road Route 940 Cresco PA 18326 on the **3rd Sunday** of the month seating at 1:00pm (*Pick-up at the Mt. Pocono Walmart at 12:30*) Call 570-595-2000 (3/26/17, 4/9/17, 5/21/17—will be the last community meals until September 2017)
- ❖ **Mady's Kitchen at St. John's Catholic Church**—located at 5171 Milford Road on the **last Sunday** of the month from 4:00pm-6:00pm. 570-223-9144.
- ❖ **Seventh Day Adventist**—located at 2023 West Main Street, Stroudsburg. **4th Sunday** from 1:00pm-3:00pm. 570-476-0039.

Miscellaneous

Food Assistance:

- ❖ East Stroudsburg United Methodist Church will pick up all meals when the Salvation Army is closed even on a Holiday. Breakfast at 10:00am; Lunch from 12:00pm-1:00pm; & Dinner beginning at 4:30pm. Call 570-421-3280
- ❖ Oasis of Love Inc.—Emergency Food Assistance—located at 814 Monroe Street- Suite201, Stroudsburg, PA 18360 (***By appointment only - ID Required***) call 570-972-0838
- ❖ Supplemental Nutrition Assistance Program (SNAP)—Food Stamps—located at 1972 -West Main Street, Stroudsburg, PA 18360. 570-424-3030 or toll free 1-877-905-1495. (*Apply Online at www.compass.state.pa.us*)
- ❖ Women, Infants, & Children (WIC)—East Stroudsburg: 570-424-8784—Mt. Pocono: 570-839-5901 or Toll Free: 1-800-942-9467

Clothing Assistance:

- ❖ Careerlink of Monroe County—located at 2937 Route 611, Merchants Plaza, Tannersville, PA 18372. Monday thru Friday, from 8:00am-4:30pm. (*Interview/Career Attire, limited to 2 outfits—Must be registered with Careerlink*) 570-620-2850.

Support Groups:

- ❖ Look Good/Feel Better for Women at the **Dale & Francis Hughes** Cancer Center or at the American Cancer Society call 570-422-1700 for details
- ❖ Bereavement Support Meetings at the VNA Hospice call 570-421-5390 for details
- ❖ Stress Reduction through Guided Imagery at the Dale & Francis Cancer call 570-422-1700 & ask for Lynn Steele
- ❖ American Cancer Society of Monroe County *by appointment only* 1-888-227-5445