**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.** 570-645-7456. *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/McIlhaney 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)*. *(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. *(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

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❖ 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

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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. (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. 570-421-3734.

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

Revised July 2017


\textbf{SATURDAY}

\textbf{Street 2 Feet Outreach Center –}\n
- CLOSED (July & August)
- 9am-12pm September-July

- \textbf{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

\textbf{Food Pantry(s) –}\n
- \textbf{Swiftwater Food Pantry}—located at 129 Lower Swiftwater Road (off Route 611) Swiftwater, PA. From 9:00am-12:00pm. 570-895-2344. \textit{(Proof of Residency Required)}

- \textbf{Pocono Mountain Ecumenical Hunger Ministry}—located in Coolbaugh Municipal Building Complex basement at 1447 Sterling Road Tobyhanna, PA 18466. \textit{1\textsuperscript{st} Saturday} from 9:00am-12:00pm 570-894-2072. \textit{(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)}

- \textbf{Effort United Methodist Church}—located at 178 Merwinsburg Road, Effort, PA on the \textit{2\textsuperscript{nd} & 4\textsuperscript{th} Saturdays} from 10:00am-12:00pm. 570-629-1890. \textit{(For West End residents only-Proof of residency Required)}

- \textbf{Christ Episcopal Church}—located at 205 North 7\textsuperscript{th} Street on the \textit{1\textsuperscript{st} Saturday} of the month from 10:00am-12:00pm. 570-421-7481. \textit{(Individuals & Families in need of food)}

- \textbf{West End Food Pantry – Eldred Community Center}—located at 516 Kunkletown Rd. Kunkletown, PA, 18058. \textit{1\textsuperscript{st} and 3\textsuperscript{rd} Saturday} of the month from 9:00am – 12:00pm. 570-992-3136. \textit{(West End residents only. Bring your own bags.)}

\textbf{Community Meal(s) –}\n
- \textbf{Holy Trinity Orthodox Church}—located at 1501 Trinity Circle Stroudsburg, PA on the \textit{last Saturday} of the month at 10:00 am. \textit{(Transportation available from Hughes Library. Call to confirm.)} 570-421-4455

- \textbf{St. Luke Roman Catholic Church}—located 818 Main Street Stroudsburg PA 18360 from 1:00pm-2:00pm \textit{(the doors will close at 1:05)} 570-421-9097

- \textbf{Reeders United Methodist Church}—located at 2167 Route 715 & Church Rd., Reeders, PA, 18352. \textit{2\textsuperscript{nd} Saturday} from 4:00pm-6:00pm. 570-629-1712.

\textbf{DMV –}\n
- 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)

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