***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.
* **The Mountain Center** - CLOSED

 **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 133 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 6:30am-9:00am Mon- Fri &11:00-12:00pm **(Closed on Major Holidays)** 570-421-3050
* **East Stroudsburg United Methodist Church**—located at 83 South Courtland Street, East Stroudsburg, PA 18301 meal begins at 4:30pm-6:00pm Every Mondays. 570-421-3280
* **Pleasant Valley Assembly of God**—located at 1086 Weir Lake Road, Brodheadsville, PA 18322. 4:00pm –5:30pm. 570-992-6799 **(Except if schools are closed)**

**Clothing Closet(s)** -

* **Pleasant Valley Assembly of God**—located at 1086 Weir Lake Road, Brodheadsville, PA 18322. 4:00pm –5:30pm. **(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.
* **The Mountain Center** - CLOSED

**Food Pantry(s)** –

* **Pleasant Valley Ecumenical Network**—2334 Route 209, Sciota PA 18354, from 9:00am-11:00am. 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 – 1:00pm. Call for details. 570-629-1992. *(Once per month; Will Serve all in Need.)*
* **Lighthouse Full Gospel Church of God**—located at 700 Hammond, Lane Stroudsburg, PA, 18360**. 1st & 3rd Tuesday of the month** from 4:00pm-6:00pm **(Excluding Holidays)** ***(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 and 4:00pm-6pm. *(No ID Required).* 570-872-9577.

**Community Meal(s)** –

* **Salvation Army—**located at 226 Washington Street East Stroudsburg, PA 18301 from 6:30am-9:00am & 11:00am-12:00pm Mon-Fri **(Closed on Major Holidays)** 570-421-3050.

**DMV** –

* 8:30am-4:15pm

4218 Manor Dr. Stroudsburg, PA 18360

(800) 932-4600

**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 5:30pmIf you are interested please contact Lynne Steele 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.
* **The Mountain Center** - CLOSED

**Food Pantry(s) –**

* **Pocono Mountain Ecumenical Hunger Ministry—**located in Coolbaugh Municipal Building Complex basement at 1447 Sterling Road Tobyhanna, PA 18466. **1st Wednesday & 1st Saturday 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 of the month** from 10:00-12:00 pm. *(Dates vary—call)* (By Appointment Only). 570-595-2000 ext. 116. *(Proof of Residency & Income Required)*
* **Christ Episcopal Church**—located at 205 North 7th Street. 1st Saturday 10:00 am-12:pm **3rd Wednesday of the month** from 5:00pm-7:00pm. 570-421-7481. *(Must present Valid ID. 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 6:30am-9:00am & 11:00am-12:00pm Mon-Fri **(Closed on Major Holidays)** 570-421-3050
* **Christian Missionary Alliance Church**—located at 36 North 3rd Street Stroudsburg, PA 18360 from 4:30pm-5:30pm Every Wednesday 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), 6:15pm-6:45pm **(Except some Holidays)**. 570-424-1179.
* **Mountain Home United Methodist Church**—located at Route 390 Mountain Home, PA 18342 from 12:00pm-1:00pm every Wednesday. 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 4:30 on Ann Street)* 570-424-4000 *(****Dates vary Call****).*
* **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.

**Clothing Closet(s)** –

* **Seventh Day Adventist Community Wellness Center**—located at 2023 West Main Street Stroudsburg, PA 18360 from 1st, 3rd, and 5th Wednesday 9:00am-12:00pm 570-476-0039
* **Nehemiah Center (Christian Life Assembly)**—located at 2209 West Main Street, Stroudsburg, PA 18360. From 9:00am-12:00 pm. **(By Appointment Only)** and 5:00pm-6:00pm **(Walk-In)** Please call 570-424-1179.
* **Stroudsburg Wesleyan Church**—located at 915 5th Street Stroudsburg, PA 18360 from 4:00-6:00pm. 570-421-0750.

**DMV** –

* 8:30am-4:15pm

4218 Manor Dr. Stroudsburg, PA 18360

(800) 932-4600

***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.
* **The Mountain Center –** from 11:00-3:30pm. Case Management, mail, application assistance. Located at 534 Rt. 611, Room 14, Tobyhanna Pa 18466. (570) 894-3272 x 133

**Food Pantry(s)** –

* **Innovation Church**—located at 6048 Paradise Valley Road Route 940 Cresco, PA 18326 on the **1st Thursday of the month** from 10:00-12:00pm. *(Dates vary—call)* **(By Appointment Only).** 570-595-2000 ext. 116. *(Proof of Residency & Income Required)*
* **Salvation Army**—located at 226 Washington Street. **4th Thursday of the month** from9:30am-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 and 4:00pm-6:00pm. 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 6:30-9:00am & 11:00am-12:00pm Mon- Fri **(Closed on Major Holidays)** 570-421-3050
* **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 on **2nd and 4th Thursday of the month** from 4:30pm-5:45pm. 610-681-7735.

**DMV** –

* 8:30-4:15pm **(*PHOTO CENTER ONLY)***

4218 Manor Dr. Stroudsburg, PA 18360

(800) 932-4600

**Support Group(s)** –

* **US Too Prostate Support Group**—located at the Dale & Francis Hughes Cancer Center on the **3rd Thursday of the month** at 7:00pm570-422-1700

***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.
* **The Mountain Center –** from 11:00-3:30pm. Case Management, mail, application assistance. Located at 534 Rt. 611, Room 14, Tobyhanna Pa 18466. (570) 894-3272 x 133

**Food Pantry(s)** –

* **Innovation Church—**located at 6048 Paradise Valley Road Route 940 Cresco, PA 18326. From 10:00-12:00pm. *(Dates vary—call)* **(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 and 4:00pm-6:00pm.** 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 6:30am-9:00am & 11:00am-12:00pm. Mon-Fri **(Closed on Major Holidays)** 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.
* **Greek Orthodox Church** --- located at 135 Stokes Avenue Stroudsburg, PA on **4th and 5th Friday of the month** at 5pm (570) 421-5734.

**Clothing Closet –**

* **Greater Shiloh Church**—located at 831 B Ann Street, Stroudsburg, PA 18360. **2nd Friday of the month** begins at 1:30pm. *(No ID Required).* 570-872-9577.

***SATURDAY***

**Street 2 Feet Outreach Center-**

* **Stroudsburg Day Center** - 9am-12pm **Shower Day: first come, first serve.**
* **The Mountain Center**- **CLOSED**
* **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 & 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)*
* **Effort United Methodist Church**—located at 178 Merwinsburg Road, Effort, PA on the **2nd & 4th Saturdays of the month** 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. *(Dates vary—call)*  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 **2nd Friday of the month**  at 5:00pm and **last Saturday of the month** at 10:00 am.*(Dates vary—call)* ***(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) (Restroom Unavailable)***570-421-9097
* **Reeders United Methodist Church**—located at 2167 Route 715 & Church Rd., Reeders, PA, 18352. **2nd Saturday of the month** from 4:00pm-6:00pm**.** 570-629-1712.

**DMV** –

* 8:30am-4:15pm

4218 Manor Dr. Stroudsburg, PA 18360

(800) 932-4600

***SUNDAY***

**Street 2 Feet Outreach Center-**

* **Stroudsburg Day Center** – **CLOSED**
* **The Mountain 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)*
* **Stroudsburg Wesleyan Church**—located at 915 5th Street on the **1st and 3rd Sunday of the month** from 2:00pm-3:00pm. (570)-421-0750.

**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 **2rd Sunday of the month** seating at 1:00pm *(Dates vary—call) (Pick-up at the Mt. Pocono Walmart at 12:30)* Call 570-595-2000 to Confirm.
* **Mady’s Kitchen at St. John’s Catholic Church**—located at 5171 Milford Road on the **last Sunday of the month** from 4:00pm-7:00pm. 570-223-9144.
* **Seventh Day Adventist**—located at 2023 West Main Street, Stroudsburg. **4th Sunday of the month** from 1:00pm-3:00pm.*(Dates vary—call)* 570-476-0039.
* **Stroudsburg United Methodist Church** – located at 547 Main Street Stroudsburg 4:00pm-5:00pm 570-421-6020

***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*](http://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