

## KITCHEN

### Community Meals

The Pathways Vermont Community Center offers regular meals to the public, free of charge! Our current meals are:

*Wednesdays at 5:00 PM*

&

*Thursdays at 1:00 PM*

Our kitchen is open to use by the public! To use, you must complete a one hour training and participate in community meal prep on a regular basis.



## EMPLOYMENT SUPPORT

The Pathways Vermont Community Center offer employment services which are free and individualized. Our services require no paperwork or prerequisites just an interest in working.

We offer support along all stages of the employment process. From resume & cover letter assistance to interview skills to business networking and ongoing moral support.



## VOLUNTEERS

We rely on the support of community volunteers to keep the Pathways Vermont Community Center running. We are always seeking volunteers to help out in the space and assist with meal prepping. Come on by to see how you can help!

## PEER SUPPORT

### One-on-One Support

Come connect with one of our peer support specialists. One-on-one support is available by drop in or by appointment.

### Activities

Our staff offers a robust schedule of activities involving mutual support, creative expression and fun! Regular events include:

*Hearing Voices*

*Open Ears, Open Minds (Peer Support)*

*Mindfulness Meditation*

*Writing Circle*

*Open Jam*

