

DAILY MEALS

MEN: Breakfast - 6:00 a.m. | Lunch - 11:45 a.m. | Dinner - 5:30 p.m.

WOMEN: Breakfast - 6:30 a.m. | Lunch - 11:00 a.m. | Dinner - 4:45 p.m.

BEDS

- New guests may check in at any time.

(Men Only: Must meet with Case Manager for weekly bed ticket.)

- Existing guests must be present for nightly roll call at 7:00 p.m. or forfeit weekly bed ticket.

- Late Workers Dorm available. *(Must meet with Case Manager.)*

SHOWERS

MEN & WOMEN: Mon–Sun: 23 hours a day *(Closed from 7:00 p.m. to 8:00 p.m.)*

CLOTHING & PERSONAL HYGIENE

MEN:

Fri–Wed from 3:00 p.m. to 4:30 p.m.

(Items given to new intakes upon arrival)

WOMEN:

Singles: Mon–Tues 12:30 p.m. to 2:00 p.m.

Families: Thursday from 12:30 p.m. to 1:30 p.m.

MEDICAL & DENTAL ACCESS

Partnership with Neighborhood Health (clinic within walking distance for men). Services include wellness screenings, emergency psych evaluations, full-service health exams, prescription support and referral services. Free of charge to address immediate health needs for anyone experiencing homelessness. Additional access to dental practitioners who work on sliding scale.

LOCKERS

MEN:

- Temporary locks available for day services

(Locks provided)

- Long-term lockers available for guests

(Locks not provided)

WOMEN:

- Long-term lockers available for guests

(Locks provided)

CASE MANAGEMENT

MEN: Mon–Fri 8:00 a.m. to 10:00 p.m. | Sat 8:00 a.m. to 10:00 p.m. | Sun 2:00 p.m. to 10:00 p.m.

WOMEN: Mon–Fri 8:00 a.m. to 8:30 p.m.

Can assist with finding employment; getting documentation (social security card, birth certificate, driver's license); helping apply for SSI, disability, or VA benefits; offering referrals to mental health providers; providing transportation support; or applying for housing.

RECOVERY PROGRAMS

Pathways to Work Program

90-day residential diversion program helps individuals in crisis due to an economic setback.

Life Recovery Program

7-24 month individualized recovery program for people whose life has become unmanageable (addiction, mental instability, housing crisis, destructive patterns of behavior, or other life-altering challenges).

MEN'S CENTER

639 Lafayette Street, Nashville, TN 37203

615-255-2475

WOMEN'S CENTER

1716 Rosa L. Parks Blvd., Nashville, TN 37208

615-255-2475