

Community Resources

Young Adult Resources (18-24 years old)

Centerstone (Career Connect)

2410 White Avenue, Nashville, TN; Hours 8 a.m.-5 p.m.

Services offered:

- Job Placement
- Job Readiness Training
- Peer Support
- Individualized Career Plans
- Mentoring
- Job Search Assistance
- Assistance Seeking Degree or Vocational Programs

Services FREE of charge to Davidson County individuals between the ages of 18-24 who meet the requirements of the program.

Contact (615)815-9236 for more information.

Park Center North (Emerging Adult Program)

4501 Gallatin Pike, Nashville, TN; Hours 9 a.m.-3 p.m.

Services offered:

- Tutoring
- Art Therapy
- Occupational Therapy
- Recreational Therapy
- Supported Living (women)
- Therapeutic Community Living
- Psychiatric Rehabilitation Day Program
- o Skill Building
- o Continuing Education classes
- o Recovery Workshops
- o Social Integration classes

Referrals can be made online by individual requesting services or someone else. Housing operates on a waitlist. Rent for Independent houses or apartments is \$300-\$400 per month. Rent for Supported housing is \$500 per month (includes food & utilities).

Contact number for ALL Park Center locations: (615)242-3576.

Monroe Harding

1120 Glendale Ln, Nashville, TN

Services offered:

- Independent Living
- Employment Assistance
- Financial Education
- Counseling
- GED Classes
- Yoga Classes
- Housing Application Assistance

Contact (615)298-5573 for more information.

Oasis

1704 Charlotte Ave, Nashville, TN; Outreach Center

Services offered:

- Counseling
- Job Search Assistance
- Vocational/College Enrollment Assistance
- Leadership Skill Development
- Resume Building
- Clothing
- Meals
- Hygiene Supplies
- Incentivized Training

Contact (615)327-4445 for more information OR for 24-Hour Crisis Line.

Winter Shelter Information (Nov. 1-March 31)

Launch Pad (18-24 years)

Location varies

Use website www.nashvillelaunchpad.com to reserve bed.

Oasis Winter Shelter (18-24 years old)

1704 Charlotte Ave. Ste. 200, Nashville, TN 37202; 9 p.m.-8 a.m.)

Contact (615) 327-4455.

Room in The Inn (Women/Men)

705 Drexel St., Nashville, TN 37203

- o Shelter for Men- arrive daily by 5:15 p.m.
- o Shelter for Women- arrive daily by 2:30 p.m.

Contact (615) 251-7019 for more information.

Nashville Rescue Mission (Women)

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

- o New guests may arrive at any time; otherwise check-in is from 3:00-6:30 p.m.

Contact (615) 312-1574 for more information.