



opportunity
now

**COMMUNITY
RESOURCE
GUIDE**

2017-2018 EDITION

ABOUT THIS RESOURCE GUIDE

THIS RESOURCE GUIDE WAS DEVELOPED THROUGH A PARTNERSHIP BETWEEN THE NASHVILLE CAREER ADVANCEMENT CENTER (NCAC) AND ALIGNMENT NASHVILLE TO SUPPORT THE MAYOR'S OPPORTUNITY NOW YOUTH EMPLOYMENT INITIATIVE BY CONNECTING OPPORTUNITY NOW EMPLOYMENT COACHES WITH RESOURCES TO HELP YOUTH SUCCEED IN THEIR WORKFORCE EXPERIENCE AND BEYOND.

THIS GUIDE IS DIVIDED INTO SECTIONS OUTLINED BELOW WITH LISTINGS FOR LOCAL AND REGIONAL ORGANIZATIONS THAT PROVIDE SERVICES THAT MAY BE HELPFUL TO YOUNG PEOPLE ENROLLED IN OPPORTUNITY NOW PROGRAMMING. WHILE SOME SERVICES AND RESOURCES WILL ALIGN DIRECTLY TO COLLEGE & CAREER READINESS BENCHMARKS THAT STUDENTS WILL ACHIEVE WITH THEIR COACHES THROUGHOUT THEIR WORK EXPERIENCE, OTHERS ARE INCLUDED TO HELP YOU AND YOUR YOUNG PEOPLE ADDRESS BOTH ONGOING AND UNEXPECTED CHALLENGES.

TABLE OF CONTENTS

BEHAVIORAL HEALTH RESOURCES	PAGE 2
CAREER PLANNING RESOURCES	PAGE 5
CHILD CARE RESOURCES	PAGE 7
EDUCATION RESOURCES	PAGE 8
FINANCIAL & LEGAL RESOURCES	PAGE 11
FOOD & HOUSING RESOURCES	PAGE 12
HEALTHCARE RESOURCES	PAGE 14
PERSONAL DEVELOPMENT RESOURCES	PAGE 18
REFUGEE & IMMIGRANT RESOURCES	PAGE 20
TRANSPORTATION RESOURCES	PAGE 22
PROGRAM BENCHMARK RESOURCE INDEX ...	PAGE 23

BEHAVIORAL HEALTH

Centerstone – Counseling

ADDRESS: Multiple

HELPLINE: 888.291.4357 | **WWW:** www.centerstone.org

SERVICES: Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance abuse treatment, education and support to the communities we serve in Tennessee and other states. Additionally, Centerstone offers life skills development, employment and housing services. Nationally, we have specialized services for service members, veterans and their loved ones. Centerstone is a one-stop-shop for integrated physical and mental health care, offering mental health, primary care and pharmacy services together at convenient area locations. Services are provided for all ages and also available in the home, in schools and elsewhere in the community.

Centerstone – Crisis

ADDRESS: Multiple

24-HOUR CRISIS HOTLINE: 615-327-9400 | **WWW:** www.centerstone.org

SERVICES: Centerstone offers help 24 hours a day, 7 days a week, 365 days a year. All calls are completely confidential. Our toll-free number can assist a large number of callers at the same time, ensuring prompt attention to your situation. You will also be given information and access to services or programs you may need. If you are in crisis, please call our 24-Hour Crisis Hotline – 800-681-7444. Centerstone can also provide help after a crisis with quality follow-up care. To make a routine appointment or for more information, call our information and appointments line - 888-291-4357 (HELP)

Metro Public Health Department – Behavioral Health Services

ADDRESS: 2500 Charlotte Avenue, Nashville

EMAIL: kpotts@nashvillecares.org | **PHONE:** 615-340-2172 | **WWW:**

<http://www.nashville.gov/Health-Department/Clinical-Health-Services>

SERVICES: Full time professional counselors are available Monday through Friday, at Lentz Public Health Center, 2500 Charlotte Avenue to conduct assessments and make referrals to local counseling agencies for persons age 18 and older needing Substance Abuse or Mental Health services. There is no charge for these services.

Oasis Center – Clinical Counseling

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |

WWW: www.oasiscenter.org

SERVICES: Our highly-experienced clinical counseling staff address a variety of issues affecting youth and family mental health and wellbeing. Our services include outpatient individual and family therapy, counseling to youth and families in our Emergency Shelter, and counseling to homeless youth in our Street Outreach Programs. More and more, we aim to integrate/strengthen counseling services within Oasis programs working with particularly vulnerable youth, including those involved in the juvenile justice system and those who identify along the LGBTQ spectrum.

Park Center

ADDRESS: 801 12th Avenue South, Nashville

EMAIL: info@parkcenternashville.org | **PHONE:** 615-242-3576 | **WWW:**

www.parkcenternashville.org

SERVICES: Park Center’s Emerging Adults day program offers skill building, social integration and recovery workshops, Monday through Friday from 9am-3pm. Classes are offered daily, focusing on either continuing education or pursuing employment. Program participants must be at least 18 years of age and have a primary diagnosis of mental illness or serious emotional disturbance; have a history of foster care placement, psychiatric hospitalizations or homelessness.

Sexual Assault Center

CONTACT: Amanda Markham

ADDRESS: 101 French Landing Drive, Nashville TN 37228

EMAIL: amarkham@sacenter.org | **PHONE:** 615-259-9055 | **WWW:** www.sacenter.org

SERVICES: The Sexual Assault Center (S.A.C.) is the only agency in Middle Tennessee that exclusively provides treatment for survivors of sexual assault. S.A.C. has provided compassionate care and healing for more than 21,000 children and adults and reach approximately 170,000 students across the state through our prevention education programs. Programs offered by S.A.C. include the following:

- Evidence based and evidence informed treatment options including Individual and Group Counseling for Adult Survivors of Childhood Sexual Abuse, Rape Survivors, Sexually Abused Children, Non-offending Caregivers of Sexually Abused Children, and other secondary victims.
- 24-Hour Crisis Support Line available to victims/survivors, family/friends of victims/survivors, and the greater community.
- Advocacy Services for survivors of sexual assault and their family members.

- Hospital Accompaniment Program to provide crisis support, advocacy and connection to resources for rape victims who present at Nashville Metro General Hospital for a medical legal rape exam.

STARS Nashville - Student Assistance Program (SAP)

CONTACT: Sandy Schmahl, 1704 Charlotte Avenue, Suite 200, Nashville, TN 37203, sschmahl@starsnashville.org

ADDRESS: 1704 Charlotte Avenue, Suite 200, Nashville, TN 37203

EMAIL: sschmahl@starsnashville.org | **PHONE:** 615-983-6808 | **WWW:** www.stars-sap.org

SERVICES: STARS Student Assistance Program (SAP) is an award-winning, evidence-based program that addresses social and emotional barriers for youth, such as substance abuse, violence and bullying. SAP assists students in achieving academic and social success by promoting healthy development, reducing barriers to learning and building upon strengths.

STARS Nashville - Services for Students who are Deaf and Hard of Hearing Program

CONTACT: Laura Ballard

ADDRESS: 1704 Charlotte Avenue, Suite 200, Nashville, TN 37203

EMAIL: llekowicz@starsnashville.org | **PHONE:** 615-279-0058 |

WWW: www.stars.dhh.org

SERVICES: Services for Students Who are Deaf or Hard of Hearing (DHH) is a program of STARS designed to prevent the use of alcohol, tobacco and other drugs among deaf and hard-of-hearing individuals from kindergarten through early adulthood. These students are naturally at a higher risk for drug and alcohol abuse because of their increased difficulties with communication, isolation, depression, learning and family connections.

STARS Nashville - Youth Overcoming Drug Abuse (YODA) Program

CONTACT: James Bush

ADDRESS: 1704 Charlotte Avenue, Suite 200, Nashville, TN 37203

EMAIL: jbush@starsnashville.org | **PHONE:** 615-983-6803 | **WWW:** www.stars-yoda.org

SERVICES: Youth Overcoming Drug Abuse (YODA) is an intensive outpatient program of STARS for adolescents with substance use disorder and co-occurring disorders.

STARS Nashville - Kids of the Block (KOB) Program

CONTACT: Sandy Schmahl

ADDRESS: 1704 Charlotte Avenue, Suite 200, Nashville, TN 37203

EMAIL: sschmahl@starsnashville.org | **PHONE:** 615-983-6808 | **WWW:** www.stars-kob.org

SERVICES: Kids on the Block (KOB), a program of STARS, educates students in grades K-4 about health and social concerns that affect their lives. Using puppets and other teaching tools, KOB promotes understanding and acceptance of all children and adults, regardless of their differences.

CAREER PLANNING

Centerstone Career Connect

ADDRESS: Multiple

EMAIL: careerconnect.tn@centerstone.org | **PHONE:** 615-714-9240 |

WWW: www.centerstone.org/careerconnect

SERVICES: Centerstone Career Connect is a set of free evidence-based, employment-focused services and wraparound supports designed specifically for young adults, ages 18 to 24, who have had any form of involvement with the criminal justice system. Utilizing a Career Pathways approach, participants will learn new work skills, obtain certifications or degrees and develop opportunities for lifelong careers. Services include job readiness skills development and training, individualized career planning, rapid job search and placement, linkage to appropriate certification or degree programs, case management and peer support and mentoring.

Nashville Public Library

CONTACT: Megan Godbey, Adult Literacy Coordinator

ADDRESS: 615 Church St. Nashville, TN 37219

EMAIL: megan.godbey@nashville.gov | **PHONE:** 615-862-5804 ext 6850 |

WWW: <http://www.library.nashville.org>

SERVICES: We offer a variety of services for all ages. All our services are free of charge, and available to anyone who resides in Davidson County. Many of our services do not require a library card to utilize.

Oasis Center – Oasis Transitions

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |

WWW: www.oasiscenter.org

SERVICES: Oasis Transitions provides workforce development and job preparedness training for low-income and at-risk youth, ages 14-21. Each youth creates an Individualized Career Development Plan with our staff, guiding them through a three-phase career development process – from self-exploration to career exploration to career planning. Our staff helps youth develop their strengths, learn about specific careers, engage in informational interviews and job shadowing, complete soft skills training, obtain hands-on work experience through internships, summer jobs, employment, and service-learning, and further their educational/career goals and potential.

Oasis Center – Oasis Venture

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |

WWW: www.oasiscenter.org

SERVICES: Oasis Venture is a unique extension of our workforce development and service-learning initiatives, Venture engages teens in learning business skills, exploring social needs, and actually working to create viable social enterprises. Over the 15-week program, youth engage into an entrepreneurship “crash course” and are immersed in Nashville thriving entrepreneurial community, including 1-on-1 support from local entrepreneurs who serve as mentors.

Youth CAN

CONTACT: Kelly Adler

EMAIL: kadler@mchra.com | **WWW:** www.mchra.com/youth-can

SERVICES: Youth CAN assists youth ages 16–24 with educational, training, and career opportunities through various resources and support services. Our mission is to help young people achieve academic and occupational goals and attain a healthy work ethic.

CHILD CARE

Fannie Battle Day Home for Children, Inc

CONTACT: Melanie Shinbaum

ADDRESS: 108 Chapel Avenue, Nashville

EMAIL: mshinbaum@fanniebattle.org | **PHONE:** 615-228-6745 | **WWW:** www.fanniebattle.org

SERVICES: The mission of Fannie Battle is to provide affordable, high-quality child care for at-risk children in a nurturing environment, while empowering families to reach their potential. For 125 years, we have served families facing economic and educational hardships. 90% of our children are from poverty level or low-income families; 31% live in public housing; 79% are from single-parent homes; 94% qualify for free/reduced meals; and 86% are minorities. Families are required to be working and/or in school. Currently, 75% of our families are working; 4% are attending school; and 21% are working and in school. Our Program offers full-time, year-round, high-quality early childhood education, Monday-Friday, 6:30 a.m.-5:30 p.m., with Infant, Toddler, Two's, Preschool, Pre-K, and School-Age Programs for 130 children ages 6 weeks to 12 years. Fees are based on a sliding scale, and families are required to be working or attending school.

Mid-Cumberland Child Care Resource & Referral

CONTACT: Ellen McCollum

EMAIL: emccollum@dcdc.org | **PHONE:** 931-648-3695 ext 101 | **WWW:** tnccrr.org

SERVICES: MCCR&R provides training to child care providers in our 11 county area and maintains a comprehensive list of registered child care centers to which they can refer families. Additionally, MCCR&R provides community resources to parents.

EDUCATION

Global Education Center

ADDRESS: 4822 Charlotte Ave. Nashville, TN 37211

EMAIL: morgan@globaleducationcenter.org | **PHONE:** 615.292.3023 | **WWW:** www.globaleducationcenter.org

SERVICES: Dance, music, drumming and arts classes of diverse art forms from around the World; several classes taught by bilingual teachers; Spanish classes; free concerts and community performances from World musicians.

Homework Hotline

ADDRESS: 4805 Park Ave Nashville, TN 37209

EMAIL: adrienne@homeworkhotline.info | **PHONE:** 615-298-6636 | **WWW:** homeworkhotline.info

SERVICES: Free tutoring for K-12 students in grades K-12 and their parents.

Martha O'Bryan Center

ADDRESS: 711 South 7th Street

PHONE: (615) 254-1791 | **WWW:** www.marthaobryan.org

SERVICES: We provide services year-round, Monday - Friday, 8:30 - 12:30, for adults seeking to improve skills and/or earn a Tennessee High School Equivalency Diploma. Instruction is provided in reading, mathematics, and writing with technology integration. We administer the Official Practice Test for the High School Equivalency Exam HiSET and are a testing center for the Official HiSET Paper-based exam. We work with the Post-Secondary Success Program to insure that graduates have a smooth transition to further training and education. The full range of Martha O'Bryan Center's programs and services are available to support student success.

Mentoring in Motion

CONTACT: Jill Jones

ADDRESS: 469 10th Circle North, Nashville, TN

EMAIL: rpmtutors@gmail.com | **PHONE:** 404-723-5384 | **WWW:** www.mentoringinmotion.com

SERVICES: Mentoring in motion provides Provide after school tutoring services and homework help for K-12 in addition to social skills, interview and resume writing curriculum.

Nashville Adult Literacy Council

ADDRESS: 4805 Park Avenue, Nashville, TN 37209

EMAIL: kkaresh@nashvilleliteracy.org | **PHONE:** 615-298-8060 | **WWW:**
www.nashvilleliteracy.org

SERVICES: Nashville Adult Literacy Council teaches reading, writing and English skills.

Nashville Public Library

CONTACT: Megan Godbey, Adult Literacy Coordinator

ADDRESS: 615 Church St. Nashville, TN 37219

EMAIL: megan.godbey@nashville.gov | **PHONE:** 615-862-5804 ext 6850 | **WWW:**
<http://www.library.nashville.org/>

SERVICES: We offer a variety of services for all ages. All our services are free of charge, and available to anyone who resides in Davidson County. Many of our services do not require a library card to utilize.

Oasis Center – College Access

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |
WWW: www.oasiscenter.org

SERVICES: College Access Mentors work in 10 public high schools targeted for high dropout rates, high poverty, low educational attainment, and low college-going rates. Each year, our mentors facilitate the college-going process for approximately 1,500 young people, providing individualized assistance with college and career exploration, ACT/SAT preparation, college applications, financial aid, and enrollment.

Oasis Center – College Retention & Success

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |
WWW: www.oasiscenter.org

SERVICES: College Retention and Success goes beyond helping young people simply get to college, we provide retention support to help them stay in college. Our Resource Center housed on the campus of Nashville State Community College serves nearly 100 first-generation college students annually, providing tutoring, counseling, mentoring, and individualized assistance to help youth navigate the complexities of higher education.

Tennessee Electronic Library

CONTACT: Kathryn Bennett
EMAIL: Kathryn.bennett@tn.gov
WWW: [http:// tntel.tnsos.org](http://tntel.tnsos.org)

SERVICES: TEL provides access to over 400,000 electronic resources, including magazines, scholarly journals, podcasts, videos, e-books, test preparation materials, federal census records, Tennessee primary source materials, and more! There is a wide range of information TEL databases offer, including homework help to new readers, consumer health information, business resources, leisure reading suggestions, current event essays, academic and civil service test preparation help, and genealogy and family history sources.

Tennessee Student Assistance Corporation

WWW: <http://tn.gov/collegepays>

SERVICES: Provides information on the different types of financial aid available for college, links to applications, requirements, and for students preparing for college and parents interested in learning about financing their child's education.

Urban League of Middle Tennessee

CONTACT: Clifton Harris
LOCATIONS: 50 Vantage Way, Suite 201, Nashville, TN
EMAIL: charris@urbanleagueofmidtn.org | **PHONE:** 615-254-0525 | **WWW:** <https://ul-mdtn.iamempowered.com/>

SERVICES: Project Ready - Youth Empowerment ensures the education of all children by providing access to early childhood literacy, after-care programs and college preparation and scholarships. Project Ready is a signature program of the National Urban League (NUL) designed to provide enhanced academic and social support to 9-12th grade high school students as they prepare for post-secondary success.

Workforce Essentials

CONTACT: Jennifer Kleinschmit
LOCATIONS: Antioch, Rivergate, West Nashville
EMAIL: jkleinschmit@workforceessentials.com | **PHONE:** 615-761-6073 | **WWW:** www.workforceessentials.com

SERVICES: Workforce Essentials Adult Education program is ideal for today's busy adult. We offer HiSET prep classes and ESL classes to adults ages 17 and up. We have rolling enrollment so that when you are ready to start you do not have to wait for a new term to start. We offer a variety of schedule options with both on campus classes during mornings and evenings, as well as online courses for our higher levels. To help our students prepare, we use individualized, whole group, and small group instruction. We provide study materials and resources to help prepare for testing.

FINANCIAL & LEGAL

Legal Aid Society

ADDRESS: 300 Deaderick St, Nashville, TN 37201

EMAIL: jword@las.org | **PHONE:** 1.800.238.1443 | **WWW:** www.las.org

SERVICES: Legal Aid Society is a private, non-profit organization that provides free legal services to people with low income. LAS only does civil cases.

Metro Human Relations Commission

ADDRESS: 404 James Robertson Parkway, Suite 130, Nashville TN 37219

PHONE: 615-880-3370 | **WWW:** <http://www.nashville.gov/Human-Relations-Commission.aspx>

SERVICES: Metro Human Relations Commission protects the dignity, peace, safety, security, health, and general welfare of all people in Nashville and Davidson County. MHRC receives and resolves inquiries and complaints of discrimination and perceived discrimination in the areas of employment, housing, financial services, commercial transactions, public accommodations, and the provision of city activities and services.

Metro Social Services

CONTACT: Lonnie Wade

ADDRESS: 800 2nd Avenue N. Ste. 100

EMAIL: Lonnie.wade@nashville.gov | **PHONE:** 615-862-6414 |

WWW: www.nashville.gov/Social-Services

SERVICES: Metropolitan Social Services (MSS) provides a range of services to help Davidson County residents who are in need. These services promote positive change for individuals and families in times of crisis and economic hardship. Our services include case management to address social and economic hardships, life management skills classes and homeless prevention, diversion and intervention assistance.

Nashville Financial Empowerment Center

CONTACT: LeAnne Nowlin

ADDRESS: 298 Foster St, Nashville, TN, 37207

EMAIL: leanne.nowlin@uwmn.org | **PHONE:** 615-748-3620 | **WWW:** fec.nashville.gov

SERVICES: Financial Coaching is provided one on one with the client at one of several locations. Each client has different goals but most all will create a budget, complete a Financial Health Assessment, and review their credit report for free. We can assist with negotiating debt, establishing safe bank accounts and working towards overall financial stability.

FOOD & HOUSING

Metro Public Health Department – WIC

ADDRESSES:

Lentz Public Health Center
2500 Charlotte Avenue
Nashville, TN 37209
(615) 340-5616

East Public Health Center
1015 East Trinity Lane
Nashville, TN 37216
(615) 862-7916

South Nashville WIC Nutrition Center
3718 Nolensville Pike
Nashville, TN 37211
615-880-3210 FAX 615-880-3211

Woodbine Public Health Center
224 Oriel Avenue
Nashville, TN 37210
615-862-7940
FAX 615-880-2194

PHONE: 615-340-5616

WIC is a supplemental nutrition program that provides nutrition education, breastfeeding promotion and support and healthy food vouchers to participants of the program. This program is available to pregnant and postpartum women, infants, and children up to the age of five who meet the income requirements.

Oasis Center – Crisis & Residential Services

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |

WWW: www.oasiscenter.org

SERVICES: A two-week residential program (with extensive aftercare counseling) serving teens, ages 13-17, who have run away or are experiencing familial stressors that inhibit their ability to live safely at home. Our Shelter offers a holistic model of support, helping these young people and their families stabilize their situation, reunite safely, and long-term strategies solutions to mitigate future crisis situations.

Oasis Center – Street Outreach Program

CONTACT: Judy Freudenthal
ADDRESS: 1704 Charlotte Avenue, Nashville
EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |
WWW: www.oasiscenter.org

SERVICES: Street Outreach Program (SOP) provides outreach to homeless youth, ages 18-24, offering street-based case management, safety planning, connections to additional resources and supports, backpacks with survival supplies, and emergency overnight beds. As an extension of SOP, our Drop-In Center is open each weekday for unhoused youth to eat a hot meal, take a shower, do laundry, and connect with a caring adult.

Park Center

ADDRESS: 801 12th Avenue South, Nashville
EMAIL: info@parkcenternashville.org | **PHONE:** 615-242-3576 | **WWW:**
www.parkcenternashville.org

SERVICES: Park Center's Emerging Adults housing program offers two types of housing: Supported Living with 24-hour staff for females and therapeutic community living with staff supervision provided for four hours each evening for both females and males. There are no insurance or income requirements for either type of housing. Residents must be at least 18 years of age and have a primary diagnosis of mental illness or serious emotional disturbance; have a history of foster care placement, psychiatric hospitalizations or homelessness.

Safe Haven Family Shelter

CONTACT: Judy Lewis
ADDRESS: 1234 3rd Avenue South Nashville, TN 37210
EMAIL: jlewis@safehaven.org | **PHONE:** 615-256-8195 | **WWW:** <http://safehaven.org/>

SERVICES: Safe Haven helps families experiencing homelessness by providing for their immediate needs of shelter and stability, financial literacy, job training and placement, and intensive case management throughout all of our programs. We integrate services that are evidence-based (e.g. trauma-informed care, motivational interviewing, critical time intervention, Parent Child Interaction Therapy) and work with a Housing First Strategy

Second Harvest Food Bank

CONTACT: Tracey Alderdice
ADDRESS: 331 Great Circle Road, Nashville, TN 37228
EMAIL: tracey.alderdice@secondharvestmidtn.org | **PHONE:** 615-329-3491 | **WWW:**
secondharvestmidtn.org

SERVICES: Food assistance; SNAP application assistance.

HEALTHCARE

Centerstone – Primary Care

ADDRESS: Multiple

HELPLINE: 888.291.4357 | **WWW:** www.centerstone.org

SERVICES: Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people’s lives. We provide mental health and substance abuse treatment, education and support to the communities we serve in Tennessee and other states. Additionally, Centerstone offers life skills development, employment and housing services. Nationally, we have specialized services for service members, veterans and their loved ones. Centerstone is a one-stop-shop for integrated physical and mental health care, offering mental health, primary care and pharmacy services together at convenient area locations. Services are provided for all ages and also available in the home, in schools and elsewhere in the community.

Faith Family Medical Center

ADDRESS: 326 21st Ave North

EMAIL: lhobson@faithmedical.org | **PHONE:** 615-341-0808 | **WWW:** www.faimedical.org

SERVICES: Faith Family Medical Center provides primary care onsite but we can often arrange for affordable specialty care. We provide chronic disease management and wellness services.

Hope Clinic for Women

ADDRESS: 1810 Hayes Street, Nashville

PHONE: 615-321-0005 | **WWW:** <https://www.hopeclinicforwomen.org/>

SERVICES: Hope Clinic offers you a confidential pregnancy test, limited obstetrical ultrasound services*, STD/STI testing, a consultation with medical staff to confirm pregnancy and discuss options, and counseling services to provide emotional support as you deal with this unplanned life event. Most services are at no cost or on a sliding scale based on income (services are at no cost with a household income of less than \$50,000)

Interfaith Dental Clinic

ADDRESS: 1721 Patterson Street, Nashville, TN 37204

EMAIL: gabe@interfaithdentalclinic.com | **PHONE:** 615-329-4790 | **WWW:** www.interfaithdentalclinic.com

SERVICES: Dental care for low-income, working, families in greater Nashville area.

Matthew Walker Comprehensive Health Center

CONTACT: Tracye Henderson

ADDRESS: 1035 14th Avenue North

EMAIL: tracye.henderson@mwchc.org | **PHONE:** 615-327-9400|

WWW: www.mwchc.org

SERVICES: Matthew Walker Comprehensive Health Center, we have a comprehensive and integrated structure that allows our team of providers to work together in a coordinated fashion for the benefit of the patient.

- **Dental:** MWCHC offers a full range of preventative, restorative and rehabilitative dental care services. We recognize that in order to provide comprehensive healthcare, dentistry must play an integral role in the primary care services that we offer to our patients. Dental exams and cleanings, oral cancer screenings, dentures, partials, tooth colored fillings, crowns, tooth extractions, root canal, and a wide range of cosmetic services are only a few of the dental care services we provide.
- **Obstetrics and Gynecology:** An OBGYN, Women's Health Nurse (APN), and Perinatal Social Worker provide gynecological, prenatal, family planning and teen health services. Deliveries are arranged at area hospitals (Baptist, Centennial, and Nashville Metropolitan General).
- **Primary Care:** Primary health care is provided to person's 18 years and older in the Adult Medicine Suites. An Internal Medicine or Family Medicine physician and a Nurse Practitioner team work together to provide patients with a personal health care plan. Services of the adult medicine group include routine physicals, health maintenance, and sick visits.
- **Laboratory:** Our on-site multi-complex lab, is JCAHO and CLIA certified.
- **Pediatrics:** Pediatric Care is provided to children from the time of delivery until they reach their eighteenth birthday. A certified Pediatrician with the assistance of nursing support staff work together to provide the children with a personal health care plan. Services of the Pediatrics Department include well-baby checks, immunizations, school physicals, and sick visits.
- **Pharmacy:** Our onsite pharmacy offers prescriptions at 45-50% less than traditional retail settings. We carry a wide variety of medications and accept most major prescription insurance plans.

Metro Public Health Department Clinics

ADDRESSES:

Lentz Public Health Center
2500 Charlotte Avenue
Nashville, TN 37209
(615) 340-5616

East Public Health Center
1015 East Trinity Lane
Nashville, TN 37216
(615) 862-7916

PHONE: 615-340-5616 | **WWW:** <http://www.nashville.gov/Health-Department>

SERVICES: Metro Health Department operates three public health care preventative centers provide a variety of preventive health services to citizens of Davidson County on a sliding fee scale basis.

Family Planning Services program is to prevent unintended pregnancy and improve pregnancy planning and spacing. We provide confidential counseling, pregnancy testing, and birth control services. Services are available at Lentz Public Health Center, East Public Health Center, and Woodbine Public Health Center.

The Health Department Pharmacy is located on the first floor near the main entrance of the Lentz Public Health Center, 2500 Charlotte Avenue.

The Immunizations program provides immunizations for both children and adults. We provide routine immunizations to those children or adults who qualify for free federal vaccine. We also provide vaccine to those who are privately insured for a charge. For more information, please call 615-340-5607.

Nashville CARES

ADDRESS: 633 Thompson Lane, Nashville, TN 37204

EMAIL: kpotts@nashvillecares.org | **PHONE:** 1-800-845-4266 | **WWW:** www.nashvillecares.org

SERVICES: Nashville CARES offers people living with HIV/AIDS and their families a unique combination of services, resources and referrals to help with the challenges of the disease. Services include HIV testing and education, insurance assistance, Early Intervention Services, Case Management, Counseling, support groups, financial help, nutritional services, and housing services.

Neighborhood Health

ADDRESS: 2711 Foster St. Nashville, TN 37210 (Business, not clinic)

EMAIL: mbufwack@neighborhoodhealthtn.org | **PHONE:** 615-227-3000 | **WWW:** www.neighborhoodhealthtn.org

SERVICES: Primary care health services including medical, prenatal, dental and counseling at 8 convenient clinic locations.

Siloam Health

CONTACT: Amy Richardson

ADDRESS: 820 Gale Lane, Nashville, TN 37204

EMAIL: amy.richardson@siloamhealth.org | **PHONE:** 625-298-5406 | **WWW:** www.siloamhealth.org

SERVICES: We provide primary and specialty health care for individuals without insurance. We are proud to provide culturally-sensitive, whole person care.

St. Thomas Medical Partners The Holy Family Health Center

CONTACT: Cindy Smith

ADDRESS: 4928 Edmondson Pike Suite 205 Nashville, TN 37211

EMAIL: Cindy.T.Smith@sth.org | **PHONE:** 615.222.1400 | **WWW:** www.saintthomasdoctors.com

SERVICES: Family Practice, prenatal care.

University Community Health Services

ADDRESS: 601 Benton Avenue, Nashville

EMAIL: caroline.portis@uchshealth.org | **PHONE:** 615-292-9770 | **WWW:** www.uchshealth.org

SERVICES: Primary care, pediatrics, women's health, midwifery.

PERSONAL DEVELOPMENT

4:13 Strong

CONTACT: Time Queener

EMAIL: tim@413strong.org | **WWW:** www.413strong.org

SERVICES: 4:13 Strong (formerly Y-Build) is a 6 month life skills and career development program focused predominately on the young urban men of Davidson and surrounding counties.

Kids' Yoga Nashville

CONTACT: Ayah Freed

EMAIL: kidsyoganashville@gmail.com | **PHONE:** 615-578-8873 | **WWW:** www.facebook.com/kidsyoganashville

SERVICES: Kids' Yoga Nashville provides yoga and mindfulness instruction for children, youth and young adults. Programs are designed to confer a range of physical, emotional, and social benefits including stress-management and self-regulation tools, relaxation techniques, and physical coordination, strength, and flexibility. Services are provided on site.

Oasis Center – Just Us

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |

WWW: www.oasiscenter.org

SERVICES: Just Us is dedicated to helping lesbian, gay, bisexual, transgender, and questioning youth to achieve their full potential. As the only full service program model intentionally focusing on the needs of LGBTQ youth in the state of Tennessee, Just Us is paving the way in creating a more safe, open, and affirming environment for marginalized youth in our community. Just Us provides relentless outreach to young people and their families, offering regular support meetings for youth and families and an organized youth action team, called Students of Stonewall, focused on creating systemic change. We support LGBTQ allies through programming, training, and consultation with systems that impact youth including schools, child welfare agencies, and juvenile court.

Oasis Center – Wyman's Teen Outreach Program

CONTACT: Judy Freudenthal

ADDRESS: 1704 Charlotte Avenue, Nashville

EMAIL: jfreudenthal@oasiscenter.org | **PHONE:** 615-327-4455 |

WWW: www.oasiscenter.org

SERVICES: The Wyman's Teen Outreach Program (TOP)® is a yearlong, evidence-based program combining in-school activities with out-of-school community service. TOP helps youth discover their strengths and cultivate life skills, healthy behaviors, and a sense of purpose. We offer TOP in 5 Metro Nashville Public Schools and a modified version designed for international youth called ITOP. Summer TOP programs help expose youth to career opportunities through field trips to businesses and colleges and enrichment and recreational activities.

Salahadeen Center of Nashville

ADDRESS: 364 Elysian Fields Ct. Nashville, TN. 37211

EMAIL: scn@scntn.org | **PHONE:** 615-333-0530 | **WWW:** www.scntn.org

SERVICES: Provides religious (Islam), educational, social and cultural services, as well as community activities, Friday Eid Services, and comprehensive programs for the younger generation.

YMCA of Middle Tennessee – Achievers Program

CONTACT: Adrianna Flax

LOCATIONS: Various

EMAIL: aflax@ymcamidtn.org | **PHONE:** 615-259-9622 | **WWW:** www.ymcamidtn.org

SERVICES: The YMCA provides many services for youth. At our 15 membership centers, youth can find community, health and wellness, with their families or on their own. The Y offers membership subsidies, through our Open Doors program, so that no one is turned away. Our YMCA Achievers program, operating in 10 MNPS schools, provides ACT prep, career counseling, career exposure, job-readiness skills, and college prep to 650+ youth. While many young people participate within their school setting, both Y Latino Achievers and Y Black Achievers programs provide weekend programming where students visit colleges and universities, meet working professionals and participate in cultural events, all surrounded by positive, engaged adult.

Youth Villages – YVLifeSet Program

CONTACT: Tawanda Johnson-McDonald

ADDRESS: 420 Main St. Nashville, Tn 37206

EMAIL: tawanda.johnson-mcdonald@youthvillages.org | **PHONE:** 615-250-7200 |

WWW: www.youthvillages.org/what-we-do/yvlifaset

SERVICES: Participation in the YVLifeSet program is voluntary. YVLifeSet specialists meet with participants ages 17-22 at least once a week in a place that is most convenient for them. Young people typically participate in the program for six to 12 months, based on individual needs. Specialists will assist the young people in identifying and reaching in goals in areas such as employment, completing their education or obtaining post-secondary education, finding and maintaining stable housing, accessing mental and physical health care, building and maintain healthy relationships, developing money management skills, parenting skills, and accessing community resources.

REFUGEE & IMMIGRANT

Catholic Charities of Tennessee

ADDRESS: 2806 McGavock Pike, Nashville 37214

EMAIL: jescue@cctenn.org | **PHONE:** 615-259-3567 | **WWW:** www.cctenn.org

SERVICES: Resettlement Services, Case Management, Employment Services, Immigration Services, Afterschool & Summer Programing, School Case Management, Mentor Programming, Cultural Adjustment & Trauma Services.

Conexion Americas

CONTACT: Tara Lentz

ADDRESS: 2195 Nolensville Pike, Nashville, TN 37211

EMAIL: Tara@conamericas.com | **PHONE:** 615-320-5152 |

WWW: www.conexionamericas.org

SERVICES: Our mission is to build a welcoming community and create opportunities where Latino families can belong, contribute and succeed. Our local programs help Latino families start small businesses, become homeowners, learn English, support their children in school, pay taxes, and prepare for and succeed in college.

Nashville International Center for Empowerment

CONTACT: Allison Cantway

ADDRESS: 417 Welshwood Drive, Suite 100, Nashville, TN 37211

EMAIL: allison@empowernashville.org | **PHONE:** 615-315-9681 | **WWW:**

www.empowernashville.org

SERVICES: We offer seven levels of ESL classes for adults in Nashville. Our classes are offered at four locations, all in the Nolensville Rd. area, during both the morning and the evening (child care is also provided at our sites). We also offer pre-GED prep services, to prepare ELs to take a GED preparation course. Since GED classes are generally not targeted toward ELs, we find that our clients struggle, so our pre-GED curriculum includes math, reading, and ESL training. For refugees who have lived in the US for fewer than five years, we offer driver's permit training, entrepreneurship class, workforce readiness training, leadership training, child care classes, and recertification.

Nashville Public Library

CONTACT: Megan Godbey, Adult Literacy Coordinator

ADDRESS: 615 Church St. Nashville, TN 37219

EMAIL: megan.godbey@nashville.gov | **PHONE:** 615-862-5804 ext 6850 | **WWW:**

<http://www.library.nashville.org/>

SERVICES: We offer a variety of services for all ages. All our services are free of charge, and available to anyone who resides in Davidson County. Many of our services do not require a library card to utilize.

Progreso Community Center – Centro Comunitario Progreso

ADDRESS: 5666 Nolensville Pike, Nashville TN 37211

EMAIL: info@progresocommunitycenter.org | **PHONE:** 615-365-9002 | **WWW:** www.progresocommunitycenter.org

SERVICES: We offer ESL courses in Basic, Intermediate, and Conversation. Each class is six weeks long. Our classes are mostly taught in Spanish.

Tennessee Foreign Language Institute

ADDRESS: 220 French Landing Dr., Suite 1-B, Nashville, TN 37243

EMAIL: info@tfli.org | **PHONE:** 615-741-7579 | **WWW:** <http://tfli.org/>

SERVICES: On-site and In-Person Interpretation for over 70 languages; Over-the-Phone Interpretation; Written Document Translation; English As A Second Language (ESL) adult group classes & custom classes; ESL To Go Classes; Foreign Language adult group classes & custom classes.

Tennessee Immigrant & Refugee Rights Coalition

ADDRESS: 2195 Nolensville Pike Nashville TN 37211

EMAIL: camila@tnimmigrant.org | **PHONE:** 615-833-0384 | **WWW:** www.tnimmigrant.org

SERVICES: Legal assistance: citizenship, Family defense workshops: legal screening, family plan assistance and power of attorneys, Resource referrals, English classes, Community Education: Know your rights, Citizenship, Deportation defense, Family plan, Workers' rights, Policies, Leadership development training for community members.

Tennessee Justice for Our Neighbors

CONTACT: Wade Munday

ADDRESS: 2195 Nolensville Pike

EMAIL: wade@tnjfon.org | **PHONE:** (615) 454-6185 | **WWW:** www.tnjfon.org

SERVICES: Tennessee Justice for Our Neighbors provides affordable, high-quality immigration legal services to immigrants, educates the public and faith-based communities about issues related to immigration, and advocates for immigrant rights.

TRANSPORTATION

Metro Transit

CONTACT: Bryan Williams

EMAIL: bryan.williams@nashville.gov | **PHONE:** (615) 862-5950 | **WWW:**
<http://www.nashvillemta.org/>

SERVICES: Nashville MTA offers StriDe, an innovative program that provides opportunities for students to travel to and from school and other extracurricular activities via an MTA bus. High school students' MNPS ID cards serve as their school ID card, library card and MTA bus pass. The cards are programmed to work on the fare boxes on all MTA buses. Students should place their ID above the bulls-eye located on the fare box and wait for the box to beep. This sound indicates the card has been recognized, and the student will be allowed to board

Oasis Bike Workshop

CONTACT: Carlee Smith

ADDRESS: 1704 Charlotte Avenue, Nashville

CONNECT: csmith@oasiscenter.org | 615-327-4455 | www.oasiscenter.org

SERVICES: Oasis Bike Workshop is a year round earn-a-bike program that empowers Nashville's young people with alternative transportation. Since it's inception, over 1200 young people have rolled out the door on bikes that THEY rebuilt and customized.

PROGRAM BENCHMARK RESOURCE INDEX

OVERVIEW

Use this index to quickly locate resources that align with the college-readiness benchmarks that Opportunity NOW youth are expected to achieve with their coaching cohort while in the program.

WEEK ONE: COLLEGE ACCESS SUPPORT	WEEK TWO: IMMUNIZATIONS
<p>Suggested Resources:</p> <ul style="list-style-type: none"> • Oasis Center (page 5, 9) • Martha O’Bryan Center (page 8) • Tennessee Student Assistance Corporation (page 10) 	<p>Suggested Resources:</p> <ul style="list-style-type: none"> • Matthew Walker Comprehensive Health Center (page 15) • Metro Public Health Dept (page 16) • Neighborhood Health (page 17)
WEEK THREE: UPDATING INFORMATION FOR FAFSA	WEEK FOUR: BUDGETING & STUDENT LOAN COUNSELING
<p>Suggested Resources:</p> <ul style="list-style-type: none"> • Martha O’Bryan (page 8) • Oasis Center (page 9) • Tennessee Student Assistance Corporation (page 10) 	<p>Suggested Resources:</p> <ul style="list-style-type: none"> • Tennessee Student Assistance Corporation (page 10) • Nashville Financial Empowerment Center (page 11)
WEEK FIVE: TRANSPORTATION	WEEK SIX: TUTORING & TEST PREP
<p>Suggested Resources:</p> <ul style="list-style-type: none"> • Nashville Metro Transit (page 22) • Oasis Bike Workshop (page 22) 	<p>Suggested Resources:</p> <ul style="list-style-type: none"> • Homework Hotline (page 8) • Mentoring in Motion (page 8) • Oasis Center (page 9)