

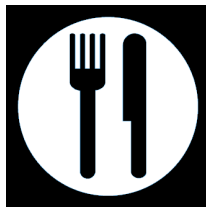
Need Assistance?

DIAL

2.1.1



Utility



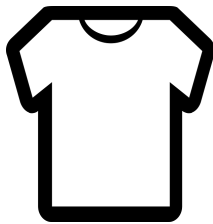
Food



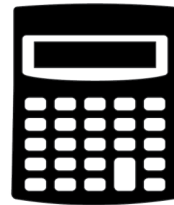
Rent



Transportation



Clothing



Tax Preparation



Job Finding
Assistance



Medical



Legal Services



United Way of
McMinn and Meigs Counties

9-8-8 National Suicide and Crisis Lifeline

Report Child Abuse, (877) 237-0004

Adult Protective Services, 1-888-APS-TENN

Street Grace, (833) FREE 2 BE or (833) 373-3223,
Exploitation, Runaway

National Domestic Violence Hotline, 800-799-7233

Statewide Crisis Line, Help in Mental Health Crisis
(855) CRISIS 1 or Text 'TN' to 741741

Love is Respect, 24/7 Relationship Help, Safety Plans, (866) 331-9474 or Text 'LOVEIS' to 22522

Community Compass: Search for free or reduced cost services like medical care, food, job training, and more. <https://communitycompass.tn.gov/>

Substance Use-

10th Judicial District Recovery Court-

170 North Ocoee St., Suite 301, Cleveland
(423) 339-0480

AA- Cooke Ministry Center- 714 Walter St., Athens,
Monday @ 5:30pm, (423) 506-0736

AA- Christ Community Church- 14 Congress Pkwy
S., Athens, (866) 641-9190
Monday @ 7:00pm and Friday @ 7:00pm

AA- Keith Memorial United Methodist Church-
600 W. Madison Ave., Athens

Al-Anon (Family Group) - Keith Memorial United
Methodist Church, 600 W. Madison Ave., Athens
(423) 745-2612

Celebrate Recovery -

-Englewood Church of God, 9 Church St.,
Englewood- Meets on Sunday @ 6pm
(423) 887-5901

- Jones Chapel UMC, 590 C.R. 778, Athens-
Meets on Sunday @ 7:30pm, (423) 887-5901

-Woodward Ave. Church of God, 507 Woodward
Ave., Athens- Meets on Tuesday @ 6pm,
(423) 435-1722

Clean Living Athens- Women's Sober Living House.
405 Cleveland Ave., Athens. (305) 842-1805.
www.cleanlivingathens.org

Foundation House- A Maternity home that walks
with women trapped in a crisis lifestyle on their journey
towards faith and stability. We provide job training,
classes of all types, family and court advocacy, case
management, supervised visits, and non-residential
services. Serves mothers in crisis. Non-Residential as
well as Residential services. (423) 464-5351

Freedom from Smoking, Smoking Cessation-
Starr Regional Medical Center, 1114 W. Madison
Ave., Athens (423) 745-7431

"Journey" Support Group – Hillcrest Church, 581
Hillcrest Cir., Etowah, (423) 781-5033

Health Connect America – Teen & Adult programs,
808 S. White St., Athens, (423) 252-0871

Lifeline Peer Project, connect people to treatment
for mental health and substance misuse, faith-
based support, peer support and mentoring
support. (423) 933-6772

Miracle Lake Christian Training Center- Biblical
approach to recovery, residential and transitional
living.
182 Co. Rd. 498, Etowah
(423) 263-2583



Healthy Relationship Resources

NA (Narcotics Anonymous) - St. Paul's Episcopal, 123 S. Jackson St., Athens (423) 745-2224

Planted in Christ Outreach Fellowship- Thursdays at 7pm, 317 Maple St., Athens (423) 435-8986

Remnant House Ministries- 12-month Christ-centered program for men (18-45yrs.) who have life struggles. 3230 Hwy. 411, Englewood (423) 370-6015

www.recoverywithinreach.org - Tennessee resource for help with recovery: housing, peer support, legal, living with systems involved and healing from trauma

Rick Ingram Ministry- Faith-based, transitional living facility for men releasing from jail or prison, 2371 Hwy. 411 N., Etowah, (423) 781-8165

RISE Navigator (Recovery, Information, Support and Engagement)- McMinn County Health Dept., navigate and linkage to recovery resources, counseling, detox and treatment for substance use. (423) 362-6252 (call or text).

Straightway Ministry- Faith-based, transitional living facility for men, 1303 Frye St., Athens (423) 371-0269

Women at the Well- Residential, faith-based discipleship and recovery program, 881 Co. Rd. 655, Athens, (423) 745-0010

Difficult Feelings/ Behavioral Health-

Agile Mind Counseling- 506 Maple St., Athens (423) 746-2441

Alzheimer's Support Group - Starr Regional Medical Center, 1114 W. Madison Ave., Athens, 2nd Tuesday @ 7pm, (423) 746-5212

Area Widows Group, Athens Church of Christ, 1016 North Ave., Athens, (423) 618-0439

Cherokee Health Systems, Medical Therapy- 3360 Hwy 411 N., Englewood, (423) 887-5131

Christian Counseling Services- (423) 507-4557

Evolve Counseling Services- 744 Tell St., Athens, (423) 507-8826

Grief Support Groups – GRIEFSHARE

- Clearwater Baptist Church, 964 CR 180, Athens, (423) 744-7147

-Athens Church of Christ, 1016 North Ave., Athens, (423) 745-0554 or (865) 603-8313

Health Connect America- 808 S. White St., Athens, (423) 252-0871

Helen Ross McNabb Center- 584 Congress Pkwy. S., Athens, (423) 507- 0887

Hiwassee Mental Health Center- 1701 Ingleside Ave., Athens, (423) 745-8802

Love Without Walls Mental Health Center- 111 Park St., Athens, (423) 252-0075

Omni Community Health- 404 S. White St., Athens, (877) 258-8795

PTSD Support Group- Athens Lutheran Church, 710 Forrest Ave., Athens, 1st Tuesday @ 6:30pm (423) 745-9419



HRM

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Healthy Relationships McMinn

Healthy Relationship Resources

RELAX, Anger Management –UT Extension,
McMinn Higher Education Center, 2345 Denso Dr.,
Suite 167 Athens, (423) 745-2852

Stephen Ministry- (care for hurting people) – Keith
Memorial United Methodist Church, 600 W.
Madison Ave., Athens, (423) 745-2612

Volunteer Behavioral Health- 1805 Ingleside Ave.,
Athens, (423) 745-8802

Couples Relationships-

5 Love Languages Workshop for couples or
parents, UT Extension, 2345 Denso Dr., Suite 167
Athens, (423) 745-2852

A Step Ahead Chattanooga- Couple relationship
education, free contraception and well check exams –
(423) 265-7838

Hope Center, Inc.- Domestic Violence Program,
Sexual Assault Center, Athens, 423-744-0599
24/7 Hotline & Crisis Line, (423) 745-5289

Marriage L.I.N.K.S. Workshop - UT Extension, 2345
Denso Dr., Suite 167 Athens, (423) 745-2852

**P.I.C.K. a Partner (How to Avoid Falling in a Love
with Jerk(ette))** - UT Extension, 2345 Denso Dr.,
Suite 167 Athens, (423) 745-2852

Pre-Marital Counseling:

- Athens Christin Church 423-333-5085
- Keith United Methodist Church 423-745-2612

OneLife - Full Circle, 510 Old Riceville Rd., Athens,
(423) 744-3005

Serve and Sow Ministries

Premarital Counseling & Marriage Enrichment
Counseling

Website: serveandsow.org

Phone: 423-453-2041

Divorced-

Co-Parenting, Parenting Apart - UT Extension,
2345 Denso Dr., Suite 167 Athens, (423) 745-2852

Divorce Education- Cleveland State Community
College, (423) 473-2270

Divorce Recovery Group - Allen Memorial United
Methodist Church, 800 Decatur Pike, Athens
(423) 745-1560

Health Connect America – Outpatient Therapy
808 S. White St., Athens (423) 252-0871

Legal Aid of East Tennessee- 535 Chestnut St.
#360, Chattanooga, (423) 756-4013

Parenting/ Parents-

A Step Ahead Chattanooga - Parenting classes
(423) 265-7838

Athens City Schools, Family Engagement-
943 Crestway Dr., Athens
(423) 745-2863

Department of Children Services (DCS)- 1008
Knight Rd., Athens, (423) 744-2804

-Child Support Hotline (24/7), (800) 838-6911



HRM

Healthy Relationships McMinn

Healthy Relationship Resources

Full Circle Medical Center for Women

Parent Education, Post-Abortion Care and
Materials Support for Expectant Mothers
510 Old Riceville Rd., Athens
(423) 744-3005

Health Connect America, Parent Education

808 S. White St., Athens, (423) 252-0871

McMinn County Health Department- 393 CR 554,
Athens, TN., (423) 745-7431

McMinn County Schools - Family Engagement and
Parent Liaison, 423-745-1612 ext 1318

Nurture the Next, Healthy Families and Nurturing
Parenting- 5709 Uptain Rd., Chattanooga
(423) 333-6999

Relative Caregiver- Provides services for relatives
raising non-birth children. (866) 735-8752

**Tennessee Department of Human Services, Smart
Steps**, Childcare assistance, application online:

<https://www.tn.gov/humanservices/for-families/child-care-services/child-care-payment-assistance.html>

(833) 740-1440

tnstep, we help caregivers with children birth to 26
years with a diagnosed or suspected disability or
special healthcare/ mental health need.
(423) 638-5819

UT Extension, Parent Piece by Piece

UT Extension, 2345 Denso Dr., Suite 167 Athens
(423) 745-2852

Senior Citizens-

Etowah Senior Center – 435 Cooper St., Etowah,
(423) 781-7632

Home Helpers- Non-medical in-home care. (423)
339-5593

McMinn County Senior Activity Center –
205 McMinn Ave., Athens, (423) 745-6830

TN Adult Protective Services-To report abuse,
neglect or exploitation of vulnerable adults.
1008 Knight Road, Athens, TN 37303
Intake hotline: 888-277-8366 or web referral
<https://reportadultabuse.dhs.tn.gov>

Youth-

Afterschool Care-YMCA and YCAP – 205 Knoxville
Ave., Athens, (423) 745-4904

Before and After School Care-

-Athens City Schools Kids Connection, (423) 745-
6295

-McMinn County Schools, MPP Program, (423) 745-
1612 ext. 1318

**CASA (Court Appointed Special Advocates) For
Children-** 112 E. Washington Ave., Athens, (423)
746-9037

Church Youth Groups

Foster Village East TN., Support for foster families.
2911 Congress Pkwy., Athens. (423) 405-3503

Health Connect America

808 S. White St., Athens, (423) 252-0871



HRM

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Healthy Relationships McMinn

Healthy Relationship Resources

Headstart- School readiness of children ages 0-5 from eligible families through education, health, social and other support services.

- Athens, (423) 479-9339
- Calhoun, (423) 336-1049
- EK Baker, (423) 745-8274
- Mtn. View (423) 479-9339
- Niota (423) 479-9339

Helen Ross McNabb Center – Outpatient mental health services. 584 S. Congress Pkwy., Athens, (800) 255-9711

Hiwassee Mental Health, Positive Actions
1701 Ingleside Ave., Athens, (423) 745-8802

Homeless/Foster Care Liaison- McMinn County Schools - 423-745-1612 ext 1318

Hope Center, Inc.- Child Advocacy Center, 704 W. Madison Ave., Athens, (423) 744-0599

Isaiah 117 House- Provides physical and emotional support in a safe and loving home for children awaiting foster care placement.
(423) 519-3393

McMinn Co. Juvenile Services, Child and Family Services, (423) 745-8782

System of Care Across Tennessee (SOCAT) serves children, youth and families experiencing emotional or behavioral concerns that affect their daily life. (615) 981-0074 or
<https://socacrosstn.org/make-a-referral/>

Updated, 8/25/25
Healthy Relationships McMinn (HRM), skite@utk.edu
(Information may change, please contact the agency first).



HRM

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Healthy Relationships McMinn

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Statewide Crisis Line, Help in Mental Health Crisis
(855) CRISIS 1 or Text 'TN' to 741741

Love is Respect, 24/7 Relationship Help, Safety Plans, (866) 331-9474 or Text 'LOVEIS' to 22522

Community Compass: Search for free or reduced cost services like medical care, food, job training, and more. <https://communitycompass.tn.gov/>

SNAP (Supplemental Nutrition Assistance Program)

Apply online: <https://faonlineapp.dhs.tn.gov/>

McMinn County Office, 1008 Knight Rd., Athens, TN.
423-744-2800

M-F, 8:00am – 4:30pm

WIC

McMinn County Health Dept.

393 County Road 554, Athens TN 37303.
423-745-7431

M-F, 8:00am-4:30pm (MUST set up an appointment)

Budgeting/ Debt Reduction-

Serve and Sow Ministries

Debt Elimination & Budgeting Coaching

Website: serveandsow.org

Phone: 423-453-2041

Educational/Employment-

Adult Education

202 Hicks St., Athens

423-745-5111

Day Classes: Tues, Wed. Thurs., 9am-noon

Night Classes: Mon-Thurs., 5pm-8pm

American Job Center @ TCAT

1635 Technology Way, Athens

(423) 745-2028

Cleveland State Community College

McMinn Higher Education Center

2345 Denso Dr., Suite 132, Athens

(423) 745-8486

Manpower

313 Decatur Pike, Athens, TN

423-381-8810

M-F, 8:00-6:00pm

McMinn Higher Education Center

(Cleveland State Community College, Tennessee
College of Applied Technology and UT Extension)

2345 Denso Drive, Athens TN

423-745-8158

Randstand

614 Decatur Pike, Athens, TN

423-745-0082

M-F, 8:00-5:00pm

More jobs? 423-420-0645

Tennessee College of Applied Technology (TCAT)

1635 Vo-Tech Dr., Athens

423-744-2814

Tennessee Promise Scholarship,

www.tn.gov/tnpromise

Financial Difficulty Resources

Tennessee Wesleyan University

204 E. College St., Athens
423-745-7504

Tri- County Center

School to Work Transitional Program
Ages 17 years and older
3030 Lee Hwy., Athens TN.
423-745-8902

Skill Up Tennessee (SNAP Employment & Training)

UT Extension- McMinn

2345 Denso Drive, Suite 167, Athens, TN.
423-745-2852
Support for job skills, training, school, & employment.
Helps with school expenses, gas cards, uniform,
supply needs, etc.

Vocational Rehabilitation Department

3069 Overlook Dr. NE #A, Cleveland, TN
423-478-0330
Employment-focus for individuals with disabilities

Free Meals-

Englewood Church of God

18 West Athens Street, Englewood, TN
423-887-5901
Every Wednesday at 6:00 pm

Etowah Senior Center

435 Cooper St., Etowah, TN.
423-781-7632
Lunch 11:30 Monday – Friday
Food Boxes on Thursdays between 10-12p.m.

Grace and Mercy Ministries

714 Walter Street Athens, TN
Monday and Friday 12:00p.m.

McMinn Co. Veteran Services

Veterans, spouses, and widows
5 E. Madison Avenue, Athens TN
Call to register for the Food Voucher Program
423-744-1605

Seventh Day Adventist Church

230 New Englewood Road Athens, TN
2nd and 4th Saturday of the month
12:00 meal after service

Food Pantry/ Distribution-

Better Living Center

407 New Englewood Road, Athens, TN
423-744-7325
Food Bags: Apply in person (Every Tuesday
10:00a.m.-4:00p.m. food pantry closed for lunch 12-
1pm
Thrift Store: (Every Thursday 9:00am–1:00pm)

Calhoun United Methodist Church

820 Highway 163 Calhoun TN, 37309
423-336-2484
Food pantry open the 1st & 3rd Thursday of the
month. Call for more info.

Coordinated Charities

109 Rocky Mount Road, Athens, TN
Assistance Center (food, utilities, rent, etc.)- 423-745-
9625,
(Monday-Thursday) 9:30am – 1:30pm
Thrift Store- 423-745-0860, (M-F, 9:00am–5:00pm/
Sat. 10:00am–3:00pm)

Etowah Food Pantry (Wesley Memorial Church)

923 Ohio Avenue, Etowah, TN
423-263-2087
Must be in Etowah Utility District
Tuesday and Thursday 9:00-11:45a.m

Financial Difficulty Resources

Love Thy Neighbor Project Campus and Mobile Food Bank. Must Register

202 Green Street, Athens, TN
423-746-5215

New Registration begins the 1st Monday of every month. Must register.

Food pick up (2pm-4pm) on Tuesday's and Thursday's

SETHRA (Commodities, Transportation, Energy Bills, Upward Bound)

Apply in person at the SETHRA Office,
814 S. White St., Athens, TN
423-745-8095

Table Graces

Market Park Pavilion, Downtown Athens, TN.
423-745-2224

Wednesday 9:00a.m.-12:00p.m.

Pick-up details:

Last name begins with A-K pick up on 1st and 3rd Wed.

Last name begins with L-Z pick up on 2nd and 4th Wed.

Youth Feeding Program-

YMCA

(18 years and younger)

423-745-4904

Sites:

YMCA (Breakfast and Lunch) M-F

Circle Drive-Etowah (Lunch)M-F

EG Fisher Library (Lunch)M-F

Etowah Community Center (Breakfast and Lunch) M-F

Etowah Library (Lunch) M-F

Heritage Park (Lunch) M-F

Lee Manor Apartments (Lunch) M-F

Niota Elementary School (Breakfast, Lunch, Snack)

North Etowah Baptist Church (Lunch)

Athens City Schools Summer Feeding Program

Call for sites, dates and times

423-745-2863

Athens City School- Kids Care Closet

423-745-1796

Nourish One Child

Weekend Food Bags/ Backpacks, Athens City Schools,
423- 745-2863

Keith United Methodist Church 600 W. Madison Ave.,
Athens, 423-745-2612

School-Aged Children

Contact your school/ school system for children needs

Other:

Findhelp.org (Find free or reduced-cost resources like food, housing, financial assistance, health care, legal)

Helping Hands Ministry, Assistance with small home repair for widows, shut-ins, or veterans.

412 S. White St., Athens, TN.

423-920-4179

Shower Bus

Grace and Mercy Ministries

714 Walter Street Athens

Monday and Friday 11:00am

Unconditional Love Ministry

Provides emergency shelter depending on funds

865-335-1870

Zion Hill Baptist Church Clothing Ministry-

Free clothes and household items for those in need

Located beside Library on Ohio Avenue Etowah TN.

Open Wednesdays 4:00pm-7:00pm

8/15/25

Healthy Relationships McMinn (HRM), skite@utk.edu

(Information may change, please contact the agency first).



HRM

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Healthy Relationships McMinn

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Community Compass: Search for free or reduced cost services like medical care, food, job training, and more.

<https://communitycompass.tn.gov/>

Cancer-

Live Strong, YMCA, 205 Knoxville Ave., Athens, (423) 745-4904

Cancer, Thriving & Surviving Workshop, MHEC-UT Extension, 2345 Denso Dr., Suite 167 Athens, (423) 745-2852

Diabetes-

Diabetes Prevention Program (DPP), Starr Regional Medical Center and UT Extension. To register (423) 744-3249

Diabetes Self-Management Education, Meal Planning, Starr Regional Medical Center, 1114 W. Madison Ave., Athens, (423) 745-3249

Diabetes Support Group, 3rd Thursday @ 7pm at Starr Regional Medical Center, 1114 W. Madison Ave., Athens, (423) 744-3249

Alzheimer's-

24/7 Helpline, 800-272-3900, Alz.org

Support Group, 2nd Tuesday @ 7pm, Meets at Starr Regional Medical Center, 1114 W. Madison Ave., Athens, (423) 745-1411

Arthritis-

Arthritis Exercise, Walk with Ease, Tai Chi, McMinn Higher Education Center (MHEC)-UT Extension, 2345 Denso Dr., Suite 167, Athens, (423) 745-2852

Go Fit, Water Fitness and Chair Yoga, YMCA, 205 Knoxville Ave., Athens, (423) 745-4904

General Health-

Cherokee Health Systems- Primary care, behavioral health, dental and pharmacy. Insurance: private, TennCare, CoverKids and no insurance. (423) 887-5131
3360 US-411, Englewood

Good Faith Clinic (medical services only)
For Residents of McMinn and Meigs County
18 S Congress Parkway Athens, TN
First come first serve basis.
Doors open at 2:30 pm every 2nd, 4th, and 5th Thursday.
*Bring Proof of Residency with you a State Issued Id will work or a Utility Bill with Your Name on it.



Health & Nutrition Resources

Living Well with Chronic Conditions,
McMinn County Health Department,
(423) 745-7431

Matter of Balance, (Fall Prevention),
UT Extension, 2345 Denso Dr., Suite 167,
Athens, (423) 745-2852

McMinn County Health Department-
(423) 745-7431

Silver & Fit, Renew Active, YMCA, 205
Knoxville Ave., Athens, (423) 745-4904

Silver Sneakers, Etowah Community Center,
155 Robinson St., Etowah, (423) 263-6575

**St. Mary's Legacy Clinic, "Healthcare on
Wheels"** (For those without insurance),
3rd Thursday, 10am – 2pm
Register: (865) 212-5570
1291 E. Madison Ave., Athens

Starr Regional Medical Center-
(423) 374-6571 main operator

-Advanced Wound Care Center-
(423) 263-3680
-Breast Center- (423) 744-3244
-Cardiac & Pulmonary Rehab- (423) 744-3321
-Infusion Services- (423) 744-3469
-Labor & Delivery- (423) 744-3280
-Outpatient Rehabilitation Services-
(423) 744-0002 or (423) 263-3679
-Senior Care- (423) 236-3867

Stay Strong, Stay Healthy, Eight-week
strength training program that helps you to
live independently longer. UT Extension,
2345 Denso Dr., Suite 167 Athens (423)
745-2852

TOPS, Keith Memorial United Methodist
Church, 600 W. Madison Ave., Athens
(423) 745-2612

Walk Across TN., Fun fitness challenge for
any activity level. Prizes for being active;
occurs every September. UT Extension,
2345 Denso Dr., Suite 167 Athens,
(423) 745-2852

Weight Watchers, First Baptist Church, 305
Ingleside Ave., Athens, (423) 745-5441

Worksite Wellness-

eWellness, MHEC-UT Extension, 2345
Denso Dr., Suite 167 Athens
(423) 745-2852

Other-

Findhelp.org (Find free or reduced-cost
resources like food, housing, financial
assistance, health care, legal)

8/15/25
Healthy Relationships McMinn (HRM), skite@utk.edu
(Information may change, please contact the agency first).



Healthy Relationships McMinn

HRM