



UNITED WAY
McMinn and
Meigs Counties



Get Connected. Get Help.™



Utilities



Food



Rent



Transportation



Clothing



Tax Preparation



Job Assistance



Medical



Public Services



HRM

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Healthy Relationships McMinn



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

- Spirit City Church, 231 Pennsylvania Ave., Etowah-
Meets Thursdays 6:30pm

-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

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 IOP
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

Mental Health Association of East TN.- Peer
Recovery Call Center, (865) 584-9125
Rural Treatment Access Bank, www.mhaet.com
info@mhaet.com Free screenings.

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

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



Healthy Relationship Resources

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).

Volunteer Behavioral Health- Substance use treatment & recovery services referral line, 1805 Ingleside Ave., Athens, (931) 266-0646

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

Mental Health-

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

Alzheimer's Support Group – Life Care Center of Athens, 1234 Frye St., Athens, 2nd Tuesday @ 7pm, (423) 745-8181

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

River Valley Health- 3360 Hwy 411 N., Englewood, (423) 887-5131

Christian Counseling Services- (423) 507-4557

Grief Support Groups –

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

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

-Grief Support Group- *St. Paul's Episcopal Church*, 123 S. Jackson St., Athens, (423) 745-2224, 1st Saturday at 10am

-Grief Counseling- *Serve & Sow Ministry*, call or text, (423) 920-5312

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

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

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

Mental Health Association of East TN.-Peer Recovery Call Center, (865) 584-9125

Rural Treatment Access Bank - Reduced cost access to therapy funded by state grants. 15 sessions with reduced cost copay

Mental Health 101 - Educational mental health curriculum for 4th-12th grade



HRM
Healthy Relationships McMinn

Healthy Relationship Resources

Free mental health screenings-

www.mhaet.com

Email Info@mhaet.com with questions.

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

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
- Serve & Sow Ministries (423) 920-5312

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

Serve and Sow Ministries

Marriage Enrichment Counseling

Website: serveandsow.org

Phone: (423) 920-5312

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

TN. Child Support Employment & Parenting Program (TCSEPP)- Resources for those ordered to pay Child Support. For eligibility information call (865) 946-2020.



HRM

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Healthy Relationships McMinn

Healthy Relationship Resources

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

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

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

**Tennessee Department of Human Services, Smart
Steps,** Childcare assistance, application online:
<https://www.tn.gov/humanservices/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



Healthy Relationship Resources

Boys & Girls Club, 824 Washington Ave., Etowah,
(423) 604-8143

**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 and
kinship families. 2911 Congress Pkwy., Athens.
(423) 405-3503

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

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

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

Homeless/Foster Care Liaison-

- Athens City Schools, (423) 745-2863
- 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, 8/14/26
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/>

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

Classes are free when students qualify.

Transportation can be arranged. Childcare is being offered free at YMCA for students (T)AM & (R)PM- must pre-register.

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

and

2345 Denso Dr., Athens

Financial Difficulty Resources

Tennessee Promise Scholarship

Last-dollar scholarship to cover tuition and mandatory fees not paid for by federal or state aid.

www.tn.gov/tnpromise

Tennessee Reconnect

Last-dollar grant that pays the remaining balance of tuition and mandatory fees after state and federal financial aid have been applied. Available to eligible adults pursuing an associate degree, technical degree or technical diploma at a TN. community college or technical college.

www.tnreconnect.gov

Tennessee Wesleyan University

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

Tri- County Center

Providing a variety of services to individuals with developmental and intellectual disabilities.

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, uniforms, supply needs, etc.

Vocational Rehabilitation Department

Employment-focus for individuals with disabilities.
423-478-0330

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.

Financial Difficulty Resources

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

Five Loaves Food Ministry

First Baptist Church of Niota
6 E. Main St., Niota, TN
Community Food Distribution and Service
5pm last Sunday of every month. (First Come, First Served).

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.

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
Call for sites, dates & times.

Athens City Schools Summer Feeding Program

Call for sites, dates and times
423-745-2863

McMinn Co. Schools Summer Feeding Program

Call for sites, dates and times
423-745-1612

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

Financial Difficulty Resources

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

8/7/26

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

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

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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-

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



Health & Nutrition Resources

Good Faith Clinic (medical services only)

For Residents of McMinn and Meigs County
18 S Congress Parkway Athens, TN
(423) 745-4541

First come first serve basis.

Doors open at 3:00 pm every 2nd, 4th, and 5th Thursday.

*Bring Proof of Residency- State Issued ID, Utility Bill with your name on it or bank statement. Follow us on Facebook for clinic updates and annual RAM clinic held in February.

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

MobileMocs- Free community clinic, providing no-cost primary care, occupational therapy, social work, fall screenings, nutrition screenings, memory screenings and more for adults 18+. Patients can be seen regardless of insurance status or payment. 2nd Wed. (10am-2pm) at Etowah Sr. Center. (423) 425-1657
Calendar with locations & times:

www.utc.edu/mobilemoc

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, McMinn Sr. Activity Center, 205 McMinn Ave., Athens, (423) 213-2770

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

Other-

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

8/14/26

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