



The Ashland Community Resource Center (ACRC) offers food and companionship, access to telephones and on-line computers as well as a mail drop, message center services, clothing and toiletries. More in-depth services, such as aid in completing applications for low income housing, help with replacements of personal Identification documents and case management are also available but generally require more than one day.

**There are additional services offered on a weekly schedule;**

**Monday**

At this time only the general services noted above are available on Monday.

**Tuesday**

- Listening Post - Volunteers are available to listen without judgment, providing no feedback, no recommendations and not advice.
- Career Assistance
  - Resume Building – 9am – 1pm. Services are offered to create a new resume or update an existing resume.
  - Dress for Success – 9am – 12nn. Job interview clothing and advice is available for the people in the process of finding employment.
- Veteran Services – 9am – 1pm
  - Christopher Readus deals with housing homeless and at-risk veterans.
- Showers and Laundry (at the United Methodist Church) – 1pm – 4pm. Showers and laundry services are provided, with pre-signup Available on the Monday before at the ACRC.
- Also available at the United Methodist Church from 1pm – 4pm is the La Clinica mobile medical van.
- Uncle Foods provides a meal at the Methodist Church starting at 4:30pm.

**Wednesday**

-Legal Services – 10am – 12pm. Dennis Goldstein, a volunteer attorney, assists with legal issues. It is necessary to make an appointment in advance.

**Thursday**

- Listening Post - 11am – 1pm. Volunteers are available to listen without judgment, providing no feedback, no recommendations and not advice.
- Showers and Laundry (outside the Food Bank, by the ACRC) – 1pm – 4pm. Showers and laundry services are provided, with pre-signup available on the Wednesday before at the ACRC.
- Frederic Berger, a clinical social worker, advocates for vets seeking benefits, identifies vets seeking employment through Easter Seals, handles hardship cases for St. Vincent de Paul. Offers assistance for Social Security applications and questions. Call to set up a meeting time with Frederic.

**Friday**

At this time only the general services noted above are available on Friday.