**COMMUNITY SERVICES**

**[](http://www.portlandtn.com/images/UnitedWayLogo1.JPG)  
United Way of Sumner County**  
 1531 Hunt Club Blvd., Suite 110  
 Gallatin, TN 37066  
 Phone: (615) 461-8371  
 Fax: (615) 461-8711   
Website: [www.unitedwaysumner.org](http://www.unitedwaysumner.org/)  
The United Way of Sumner County provides a wealth of services which you or someone you know might need.

For a list of the current programs, please visit their web site at: [www.unitedwaysumner.org](http://www.unitedwaysumner.org/) and click on "Agencies".

**Helping Hands**  
639 North Broadway  
Portland, TN 37148  
(615) 325-9090 or (615) 289-3597  
Helping Hands is a non-profit 501(c)3 organization.  All contributions are tax deductible.  **Hot Meal Delivery Program**  A Helping Hands volunteer delivers warm and nutritious meals to the homes of eligible participants.  While the meal is important to the participant, the daily contact by the volunteer is equally important.  Currently, Helping Hands is delivering 150 meals per week with a staff of six volunteers.

**Special Riders of Sumner**  
P.O. Box 131  
Cottontown, TN 37048  
Christi Carter, Executive Director  
(615) 452-4960 (Voice)  
Provides free horseback riding sessions to Sumner County youth and adults with physical, mental and emotional disabilities.  SRS was founded in Portland by Ed Troxler and the SRS program operated from Ed's farm in Portland for many years.  After Ed's death in 2001, the SRS riding program moved to Hendersonville.  
[Click Here for More Information](http://www.portlandtn.com/special_riders_of_sumner.htm)

**Sumner County Foste**

**r Care Association**  
President: Tina Brown  
(615) 325-4251 (Voice)  
Email:  [brown1904@bellsouth.net](mailto:brown1904@bellsouth.net)   
A quote from a foster parent: "My husband and I are among a growing population of foster parents in Portland.  We have been foster parents for two years now.  We have seen a lot of kids come and go in our home.   The main goal is to have children reunited with their families.  Sometimes this is possible.  In cases where it is not, the State of Tennessee works to find the children an adoptive home.  While children are in our home, we want them to know that they are safe and loved."

Our organization meets every third Tuesday of each month at 6:00 p.m. at the First Methodist Church on Main Street in Gallatin.  We provide training and a support group for our foster parents, and we all work together to help meet the needs of all the children.  Please call or e-mail Tina for more information.  Thank you.

**Portland Unity Group**  
Alcoholics Anonymous  
[Click Here for More Information](http://www.portlandtn.com/portland_unity_group.htm)

**Journeys of Hope, Inc.**  
Journeys of Hope Inc. is a non-profit faith-based organization serving the Middle Tennessee rural Counties, We serve individuals and families who suffer from substance addiction as well as offer wide spectrum of services for the adult and adolescent population. Fees are on a sliding scale according to income, to better serve those below median income or who do not have insurance. Services are provided free for those who do not have income.  
http://www.portlandtn.com/images/reddot.gif Individual Counseling Services http://www.portlandtn.com/images/reddot.gif Group Therapy sessions/relapse prevention program  
http://www.portlandtn.com/images/reddot.gif Mental Health services/referrals http://www.portlandtn.com/images/reddot.gif Co-occurring Disorders http://www.portlandtn.com/images/reddot.gif Adolescent Counseling

http://www.portlandtn.com/images/reddot.gif Anger Management http://www.portlandtn.com/images/reddot.gifCrisis Intervention http://www.portlandtn.com/images/reddot.gif Marital Counseling  
http://www.portlandtn.com/images/reddot.gif Drug testing with laboratory confirmation http://www.portlandtn.com/images/reddot.gif Referrals for In Patient Treatment  
http://www.portlandtn.com/images/reddot.gif Placement/homeless individuals/families http://www.portlandtn.com/images/reddot.gif A&D clinical assessments  
http://www.portlandtn.com/images/reddot.gif Psychological evaluations http://www.portlandtn.com/images/reddot.gif Probation/Parole compliance-non compliance reports  
http://www.portlandtn.com/images/reddot.gif Workshops/Retreat http://www.portlandtn.com/images/reddot.gif Consultant Service  
  
All drug test are also followed up with a laboratory confirmation by a toxicologist.  
Call for an appointment or information at 615-218-7094  
  
Cynthia Malone MS, MA.  
Executive Director  
Journeys of Hope  
615-218-7094  
[journeysofhope1@aol.com](mailto:journeysofhope1@aol.com)

**Portland Senior Citizens, Inc.**  
114 Main Street  
Portland, TN 37148  
(615) 325-0922 (Voice)  
Provides recreational activities and health screenings to senior citizens in the area.  
[Click Here for More Information](http://www.portlandtn.com/portland_senior_citizens.htm)

**Portland Housing Authority**107 Potts Avenue  
P.O. Box 37  
Portland, TN 37148-0037  
(615) 325-4559 (Voice)  
Provides low-income subsidized housing.    
[Click Here for More Information.](http://www.portlandtn.com/portland_housing_authority.htm)

**C.A.R.E.S.**  
617 Highway 52 East  
Portland, TN 37148  
(615) 325-7805 (Voice)  
(615) 325-0562 (Fax)  
Director: Penny Martin  
Provides emergency assistance including food, clothing, prescriptions, utilities and rent to people in need within available resources.  
[Click Here for More Information](http://www.portlandtn.com/portland_c_a_r_e_s_.htm)

**Legal Aid Society of Middle Tennessee**  
650 North Water Avenue  
Gallatin, TN 37066  
(615) 451-1880 (Voice, Sumner County)  
(615) 444-5221 (Voice, Wilson County)  
(615) 451-1880 (Voice, Trousdale County ... Call Collect)  
[Click Here for More Information](http://www.sumnertn.com/legal_aid_society.htm)

http://www.portlandtn.com/images/habitatlogo.jpg **Habitat for Humanity of Sumner County**  
Habitat for Humanity is not a charity or give-away program. Habitat For Humanity builds houses with Sumner County families in need. Volunteer labor is used to build houses to keep building costs low for Habitat families. Families make a small down payment on their homes and pay a monthly no-interest mortgage payment. In addition, families contribute up to 500 hours of "sweat equity" in building their home. Please see [http://www.habitatsumnercounty.org](http://www.habitatsumnercounty.org/) for more information

**HomeSafe**  
HomeSafe-Inc. is a domestic violence program serving Sumner, Wilson, Robertson and Trousdale Counties. Our services are free and confidential. We offer  the following services:  
http://www.portlandtn.com/images/reddot.gif 24-hour emergency help line.  
http://www.portlandtn.com/images/reddot.gif Safety planning.  
http://www.portlandtn.com/images/reddot.gif Advocacy with law enforcement and other social service agencies.  
http://www.portlandtn.com/images/reddot.gif Emergency shelter.  
http://www.portlandtn.com/images/reddot.gif Peer counseling (in person and over the phone).  
http://www.portlandtn.com/images/reddot.gif Children's programs and peer counseling.  
http://www.portlandtn.com/images/reddot.gif Legal advocacy (including assistance filing Orders of Protection and court accompaniment).  
http://www.portlandtn.com/images/reddot.gif Referrals to other community agencies.  
http://www.portlandtn.com/images/reddot.gif Advocacy for immigrants, refugees, and survivors with disabilities.  
http://www.portlandtn.com/images/reddot.gif Community education for church groups and civic clubs.  
http://www.portlandtn.com/images/reddot.gif Safety planning for businesses.  
http://www.portlandtn.com/images/reddot.gif Teen dating violence prevention programs in Sumner County middle and high schools.  
http://www.portlandtn.com/images/reddot.gif Safe dating programs for youth groups, Girl Scouts/Boy Scouts, and other youth organizations.  
  
If you or someone you know is in an unsafe or violent relationship, please call our 24-hour emergency help line (615-452-4315). En Espanol or other languages please call 615-969-3260.  
  
Love shouldn't hurt. HomeSafe can help.  
  
HomeSafe of Sumner, Wilson and Robertson Counties-Inc.  
P.O. Box 607  
Gallatin, TN 37066  
Office: 615-452-5439  
Fax: 615-451-4453  
Sumner County Helpline: 615-452-4315  
Wilson County Helpline: 615-444-8955  
Robertson County Helpline: 615-382-0829  
Embrace (for immigrants and refugees): 615-969-3260  
[www.homesafetn.org](http://www.homesafetn.org/)   
[www.myspace.com/homesafetn](http://www.myspace.com/homesafetn)   
Hope. Healing. HomeSafe

**Reach for Recovery**Every Tuesday night.  
6:30 p.m., snacks and information  
7:00 p.m., meeting begins  
Location: The Oasis, 703 South Broadway in front of Meadow Brook Park   
Reach for Recovery is a God-centered organization that provides a safe haven for people recovering from addictions and hang-ups.  This includes drug addiction, food addiction, sexual abuse, depression, and many more.  All are welcome to come and explore how Reach for Recovery can help.

**Department of Human Services**

**(sometimes called "Welfare Office")**  
State of Tennessee  
Department of Human Services  
Dist. 3, Cty. #83  
393 Maple Street, Suite 200  
Gallatin, TN 37066-6342  
DIRECTIONS  
Phone: (615) 451-5814  
FAX: (615) 451-6394  
FIELD MANAGEMENT DIRECTOR 1 - Yvette Garrett  
- Services: Food Stamp; Families First; Medicaid; and TennCare  
DHS Website: <http://www.state.tn.us/humanserv/>   
  
Food Stamp Information Online:  
<http://www.state.tn.us/humanserv/adfam/afs_fsp.html> 

**Housing Resources**  
 Sponsored by the Tennessee Housing Development Agency, this web site is a free search-and-listing service for housing resources such as foreclosure, prevention, grant administrators, homeless shelters, barrier-free living, emergency repair, transitional housing, homebuyer education, homeowner rehabilitation, opportunities for home ownership, and more.  
 <http://www.tnhousingresource.org/>

  
Want to do a bit for world peace? Or, just help one child?   
**Share Your Life ...**

**Host an AFS Exchange Student!**  
AFS Intercultural Programs is a non-profit organization that places exchange students into homes all around the world, including in Middle Tennessee.   Host families basically accept an exchange student from another country into their home for 11 months.  The student attends your local high school and learns about life in the United States firsthand.  This is a truly amazing experience for both the exchange student and the host family. Please click here for more information on the local-area AFS chapter: <http://www.misstennky.org/?synapsecmd=view.hosting>   If you have questions or want to volunteer, please feel free to call Brian at the AFS Eastern Region Service Center in Baltimore, Maryland, 1-800-876-2377, ext 124.  You may also e-mail [AFShostcommittee@misstennky.org](mailto:AFShostcommittee@misstennky.org).   For more information on AFS, please go to:<http://en.wikipedia.org/wiki/AFS_Intercultural_Programs>

**Cumberland Valley Arc**  
Cumberland Valley Arc, Inc. is a non-profit organization listed with the State of Tennessee. The organization serves individuals with disabilities in Sumner, Wilson, Trousdale and Macon Counties. Please visit their web site:[www.cumberlandvalleyarc.org](http://www.cumberlandvalleyarc.org/),

**A Simple Gesture**  
*Sharing Food in Our Community*  
Serving Sumner and Simpson Counties  
A Simple Gesture  
P.O. Box 553  
Portland, TN 37148-0553  
Phone: (615) 323-1741

**Dial 211**  
You may dial 2-1-1 from any phone in Tennessee, and a trained operator will help you find the assistance you need.  You may also click on the link below and search by Zip code:  
<http://www.resourcehouse.com/en/tn/cgi-bin/location.asp>