

For those that do not know me, my name is Marisa, Founder of Unity Delivered. I have recently experienced homelessness & great difficulty rehousing my family in Ulster County NY, even as a union employee. That experience urged me to reach out to my community to bring awareness to the health, safety, & housing crises in the Hudson Valley. There are voices being ignored. There are resources & information available that are missing those in need. There is ignorance around the urgency of these crises due to stigmas.

We hope this mini guide helps you get some of what you need. The full guide can be found at www.celebrate845.com/friends



A Resource Guide for Housing Insecure folks trying to survive in NY's Hudson Valley

Created in collaboration by Unity Delivered & Celebrate845
 First edition: April 2024



Free & Affordable Food
 free food across 23 counties www.regionalfoodbank.net or call 518-786-3691
Food Bank of the Hudson Valley: free food distributions & multiple free fridges www.fareground.org/events or text 845-375-7194
Fareground, Beacon: free food are 3 within the city of Kingston NY www.instagram.com/kingstonCommunityFridges: there are 3 within the city of Kingston NY
Kingston Community Fridges: there are 3 within the city of Kingston NY www.instagram.com/kingstonCommunityFridges
Newburgh Community Fridge: open 24/7 @ the corner of South & Grand St www.instagram.com/fareground
More at celebrate845.com/friends or email Celebrate845@gmail.com

Housing is a human right.

"One of the most vital ways we sustain ourselves is by building communities of resistance, places where we know we are not alone." — bell hooks

Full online Resource Guide: www.celebrate845.com/friends
Follow or DM: @Unity_Delivered @Celebrate.845

SCAN ME

Free & Low Cost Wellness
Daydream Collaborative Clinic, free ear seeds & acupuncture www.daydreamclinic.com/upcoming events
Beacon: free ear seeds & acupuncture events at Mount St. Mary College www.facebook.com/DesmondCenterForCommunityEngagementandWellness
Holistic Health Community: free monthly wellness sessions, virtually or in Marlinton www.holistichealthcommunity.org
People's Place, Kingston: free workshops, classes, food & more www.peoplespace.org/wellness-assess-empowerment-center

Free & Affordable Clothes & Wares
Family of New Paltz 51 North Chestnut St. New Paltz NY
Free to Thrift 104 Smith Ave, Kingston NY
Phoenix Web Collective 7947 Main Street, Hunter NY
Red Hook Free Clothes Closet 59 Fisk Street, Red Hook NY
The Country Store 2 FatherTierney Circle, Washingtonville
The Well Thrift Store 257 Main Street, Saugerties NY
Thrift 2 Fight 48 Broadway, Tivoli NY
Trans Closet 766 Main Street, Poughkeepsie NY
Try looking up "Buy Nothing [Your Town]" for free items you can use!

Legal Services
Family of Woodstock: mostly free & fully confidential services www.familyofwoodstockinc.org
Hudson Valley Justice Center: free counsel for any immigration status www.hvjc.org or call 914-308-3490
Legal Services of the Hudson Valley: free legal services covering child support, DV, housing, & more www.nyclu.org/resources/know-your-rights
NYCLU Know Your Rights toolkit www.nyclu.org/resources/know-your-rights
If you are homeless, you have the same right to use public space as anyone else! If approached, say "I have the right to use this public space."

Warming & Cooling Centers
2nda Iglesia La Mision Church 80 Elmendorf Street, Kingston NY
Adriance Memorial Library 93 Market Street, Poughkeepsie NY
East Fishkill Community Center 890 Route 82, Hopewell Junction NY
Howland Public Library 313 Main Street, Beacon NY
Newburgh Ministry 13 Bridge Street, Newburgh NY
Middletown Warming Station 8-10 Mulberry Street, Middletown NY
Red Hook Town Hall 7430 South Broadway, Red Hook NY
Wappingers Town Hall 20 Middlebush Rd, Wappingers Falls
More at celebrate845.com/friends or email Celebrate845@gmail.com