

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
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Free & Affordable Food
New Paltz Free Fridges: open 24/7 at 25 Plattekill Ave. New Paltz, NY 12561
www.millionsofbuttefridges.org/free-food-fridge
or text 845-375-7194
www.fareground.org/events
distributions & multiple free fridges or text 845-375-7194

Faraground, Beacon: free food distributions & multiple free fridges

Kingston Community Fridges: there are 3 within the city of Kingston NY
www.instagram.com/kingstoncommunityfridges
free monthly wellness sessions, virtually or in Marlinton
People's Place, Kingston: free workshops, classes, food & more
www.peoplespace.org/wellness-empowerment-center

Newburgh Food Not Bombs: free meals & groceries every week.
www.instagram.com/foodnotbombs-newburgh

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



SCAN ME

Full online Resource Guide:
www.celebrate845.com/friends
Follow or DM:
[@Unity_Delivered](https://twitter.com/Unity_Delivered)
[@Celebrate.845](https://twitter.com/Celebrate.845)

Free & Low Cost Wellness
Daydream Collaborative Clinic, free ear seeds & acupuncture
www.daydreamclinic.com/upcoming-events

Desmond Center for Community Wellness, Newburgh: free wellness events at Mount St. Mary College
www.facebook.com/DesmondCenterForCommunityEngagementandWellness

Holistic Health Community: free monthly wellness sessions, virtually or in Marlinton
www.holistichealthcommunity.org

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**

- Free & Affordable Clothes & Wares**
- Family of New Paltz**
51 North Chestnut St. New Paltz NY
 - Free to Thrift**
1050 Morton Blvd Street 2, 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**
80 Partition 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!**