

# The Amherst Survival Center

Everyone is welcome at the  
Amherst Survival Center—  
no one is turned away.

For 40 years, we have connected  
people to food, clothing,  
health & wellness services,  
support and companionship.

We are a nonprofit organization and  
operate on contributions from  
individuals, grocery stores, farms,  
bakeries and businesses who donate food,  
goods, services and financial support.

Community organizations, faith  
communities, foundations, the United  
Way, and the Town of Amherst also  
provide funding for our services.

Community members donate hours of  
their time as volunteers to help our  
staff offer programs.

## HOURS

### Open Hours (for the Public)

Monday, Tuesday, Friday: 11 am - 3 pm

Thursday: 11 am - 7 pm

(6:45pm Pantry & Store)

3rd Saturday of the Month:

Food Pantry & Store

9:30 am - 11:30 am

## Our Programs – All Free ALL ARE WELCOME

### Breakfast Bar

Mon/Tues/Thurs/Fri 11am - 12pm

### Hot Lunch

Mon/Tues/Thurs/Fri 12pm - 1pm

### Fresh Produce & Baked Goods

Mon/Tues/Thurs/Fri 11am - 12pm, 12:30-closing

### Food Pantry:

 Nutritious staples for eligible families

& individuals from 13 towns, monthly

Mon/Tues/Fri 11am - 2:45pm

Thursday 11am - 6:45pm

3rd Saturday/month 9:30am-11:30am

### Free Medical Clinic:

 Basic medical services for all

Monday 12:30pm - 1:30pm

Thursday 4:30pm - 5:30pm

### Community Store:

 Clothing, household items  
During our open hours –15 mins before closing

### Drop-In Center for All

During our open hours

### Community Activities

Monthly field trips, live music performances,  
healthy cooking classes, special events

### Thursday Extended Day Activities

Movies 3pm, 5pm; Light meal served 5 - 6 pm

### Information & Referral

Mondays 11:30am-12:30pm

### SNAP/Food Stamps Assistance

Tuesdays 11:30am-12:30pm

Thursdays 5:30pm-6:30pm

### Help with Getting Health Insurance

Thursdays 1:00pm-3:00pm



# Job Search Assistance Program

## Thursdays 11:30am - 1:00pm

### Amherst Survival Center

138 Sunderland Road

North Amherst

on the #33 Bus Route

413.549.3968

Contact: Tracey Levy

by phone: 549-3968 ext. 102

or email:

jobassistanceservice@amherstsurvival.org

# Amherst Survival Center's Job Search Assistance Program

## What is it?

Our Job Search Assistance Program helps you find a job.

We provide personalized job search coaching and group workshops on how to apply for work and job interviewing skills.

In partnership with local agencies and employers, we host job fairs and recruitment events.

**The service is free and open to everyone**

**Individual support on Thursdays from 11:30am-1pm**

**No appointment needed**

**Spanish-speaking staff**

## Weekly One-On-One Assistance:

Are you a job seeker? We can help you with your job search, your resume, review interview skills, complete job applications, find apprenticeships and other support you may need to get a job.



## Job Fairs and Recruitment Events:

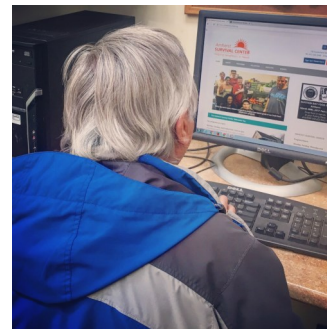
Come and meet local employers who are hiring! We host events that give you a chance to meet different employers or offer you a

time to meet with a placement agency for positions in various industries.

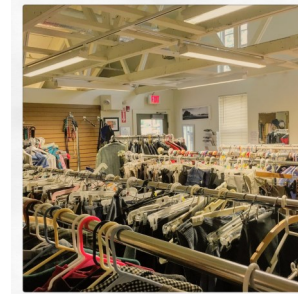
**Youth Job Panel:** Are you a teenager looking to work in the summer? We host a panel discussion every spring to help teens with their summer job search, and give tips on how to find a job in the area.

## Public Computers and Technology:

Come and use the Center's computers, copy machine, and fax to help your job search.



**Group Workshops:** We run group workshops to help with resume writing, networking, interviewing, social media, navigating the online application process, and following-up after an interview.



## Interview and Work Clothing:

Everyone is always welcome to shop in the Center's Community Store, which includes clothes, linens and household items.

Interview, work clothing and shoes are often available.

**Everything in the Store is free.**

**For Businesses Interested in Participating in Job Fairs and Recruitment Efforts:**

Please email the program at: [jobassistanceservice@amherstsurvival.org](mailto:jobassistanceservice@amherstsurvival.org)

**Would You Like More Information on How This Program Can Support You?**

Contact Tracey Levy

by phone at: 549-3968 ext. 102 or email: [jobassistanceservice@amherstsurvival.org](mailto:jobassistanceservice@amherstsurvival.org)