

MTSU Students with Dependents Resource Guide



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INSURANCE

TennCare Kids Website: https://www.tn.gov/tenncare/tenncare-kids.html Application: https://tenncareconnect.tn.gov	Provides a full program of checkups and health care services for children from birth through age 20.
CoverKids Website: https://www.tn.gov/coverkids.html Application: https://tenncareconnect.tn.gov	Offers free health coverage for pregnant women and children who don't have insurance and who don't qualify for TennCare.
CoverRx Website: https://www.tn.gov/tenncare/coverrx.html Online application: https://www.optumrx.com/coverrx	Prescription drug program designed to assist those who have no pharmacy coverage but have a need for medication. Only individuals, age 18-64, with incomes at or below 138% of the federal poverty level.

PUBLIC ASSISTANCE

Child Care Certificate Program Website: https://www.tn.gov/humanservices/for-families/child-care-services/child-care-certificate-program.html Online application: https://cconlineapp.dhs.tn.gov/Home/Login	Subsidized childcare program for Families First participants, parents transitioning off Families First, parents working or enrolled in post-secondary programs, teen parents, and children in foster care.
Families First Temporary Assistance for Needy Families (TANF) Website: https://www.tn.gov/humanservices/for-families/families-first-tanf.html Online application: https://www.tn.gov/humanservices/for-families/families-first-tanf.html	Emphasizes work, training, and personal responsibility. Provides temporary cash assistance, transportation, childcare assistance, educational supports, job training, employment activities, and other support services.

<p>Supplemental Nutrition Assistance Program (SNAP)</p> <p>Website: https://www.tn.gov/humanservices/for-families/supplemental-nutrition-assistance-program-snap.html</p> <p>Online application: https://faonlineapp.dhs.tn.gov/</p>	<p>Following federal guidelines, SNAP functions by providing qualifying households with a grocery stipend for a set length of time called a certification period.</p>
<p>Tennessee WIC</p> <p>Website: https://www.tn.gov/health/health-program-areas/fhw/wic.html</p>	<p>Provides healthy supplemental foods, nutrition education, breastfeeding support, and referrals to other health, welfare, and community-based services for low-income pregnant, postpartum, and breastfeeding women, infants, and children until age 5.</p>

HEALTH CARE SERVICES

<p>MTSU Student Health Services</p> <p>Located at Campus Rec Center (615) 898-2988 (615) 904-8402 (women's health) (615) 494-7745 (nurse) Website: https://www.mtsu.edu/healthservices/</p>	<p>On-campus student health services.</p>
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Rutherford County Health Department

100 West Burton Street

Murfreesboro, TN 37130

Phone: (615) 898-7880

Website: <https://health.rutherfordcountyttn.gov/>

Breastfeeding promotion, Children's Special Services, child health, dental services, diabetic education, epidemiology, family planning, health education, immunizations, men's health, paternity acknowledgement, HUGS, sexually transmitted infection control, TENNder CARE, tuberculosis control, vital records, women's health, and WIC.

<p>Primary Care & Hope Clinic 1435 Hope Way Murfreesboro, TN 37129 Phone: (615) 893-9390 OR Hope II 608 S. Hancock Street Murfreesboro, TN 37130 Phone: (615) 893-9390 Website: www.hopeclinc.org</p>	<p>Serves uninsured and underserved patients in Middle Tennessee, regardless of their ability to pay. Offers preventative, acute, chronic, and behavioral health services.</p>
<p>Ascension Medical Group Saint Thomas Saint Louise Family Medicine Center 1029 North Highland Avenue, Suite A Murfreesboro, TN 37130 Phone: (615) 396-6620 Website: https://healthcare.ascension.org/locations/tennessee/tnnas/murfreesboro-ascension-medical-group-saint-thomas-saint-louise-family-medicine-center?utm_campaign=gmb&utm_medium=organic&utm_source=local</p>	<p>Provides financial assistance and resources for those who are uninsured, low-income and most vulnerable.</p>
<p>Interfaith Dental Clinic 210 Robert Rose Drive Murfreesboro, TN 37129 Phone: (615) 225-4141 Website: www.interfaithdentalclinic.com</p>	<p>Provides comprehensive and emergency dental services for low-income, uninsured individuals suffering from devastating dental disease on a sliding fee scale based on income and family size.</p>

Mobile Health Unit https://www.rcschools.net/apps/pages/index.jsp?uREC_ID=525945&type=d&pREC_ID=1041181	Offers physicals and immunizations for those without an established medical provider. Accepts insurance from AmeriChoice, AmeriGroup, Blue Cross/BlueShield, TennCare Select, CoverKids, Humana, TriCare, CIGNA, and United Healthcare (UHC). Fees are determined on a sliding scale basis for uninsured patients. Every effort will be made to serve children regardless of their ability to pay.
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<p>Murfreesboro Lions Club 407 Hickerson Drive Murfreesboro, TN 37130 Phone: (615) 893-2582 Website: http://www.murfreesborolionsclub.org/</p>	<p>Middle Tennessee Lions Sight Service, affordable eye glasses, recycle eyeglasses, hearing aid program, vision screening.</p>
<p>Tennessee Poison Center Phone: 1-800-222-1222 (Toll-free Poison Help Hotline) Text: POISON to 797979 to save the Poison Help Hotline number in your phone Website: https://www.vumc.org/poison-control/home</p>	<p>Provides toll-free and confidential poison information and treatment recommendations to the public and healthcare professionals.</p>
<p>Tennessee Tobacco Quitline Phone: 1-800-QUIT-Now (1-800-784-8669) Text “QUIT” to 615-795-0600 Website: http://tnquitline.com/</p>	<p>Free to all Tennessee residents. Telephone coaching, online coaching, nicotine replacement.</p>

MENTAL HEALTH SERVICES

<p>MTSU Counseling Services Keathly University Center (KUC) 326-S Phone: (615) 898-2670 Website: https://www.mtsu.edu/counseling/index.php</p>	<p>Group cognitive-behavioral workshops, Let's Talk, short-term counseling, crisis services, referral services, short-term psychiatric services, outreach and programming services, and consultation services.</p>
<p>MTSU Center for Counseling and Psychological Services MTSU Miller Education Center 503 East Bell Street Building B, Suite 1800 Murfreesboro, TN 37130 Phone: (615) 898-2271 Website: https://www.mtsu.edu/ccps/index.php</p>	<p>Provides individual counseling, family counseling, group counseling, and parent education.</p>
<p>TAO Therapy Assistance Online Website: https://www.mtsu.edu/ccps/TAO-Connect.php</p>	<p>Includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. Includes interactive sessions, mindfulness exercises, and practice tools all aimed at helping you achieve your goals.</p>
<p>Mental Health Cooperative 1203 Memorial Boulevard Murfreesboro, TN 37129 Phone: (615) 904-6490 Website: https://www.mhc-tn.org/</p>	<p>Sole focuses are people with serious mental illness and children with serious emotional disorders who also struggle to survive at or below the poverty level. All TennCare plans accepted. Programs available for those without TennCare who meet financial guidelines.</p>

Our Place Peer Support Center

2106 East Main Street

Murfreesboro, TN 37130

Phone: (615) 867-3538

Website: <https://www.tn.gov/behavioral-health/mental-health-services/peers/peer-support-centers.html>;
<https://murfreesboronet.com/our-place-peer-support-center>

Provides mental health education, advocacy, and support. Free transportation is available if needed.

The Guidance Center

1504 Williams Drive

Murfreesboro, TN 37129

Phone: (615) 898-0771

Website:

<https://www.vbhcs.org/locations/murfreesboro>

Available programs include addiction recovery, case management (adult and child), Community Treatment Collaborative, crime prevention (Board of Probation and Parole treatment contract), DUI school, federal probation mental health and addiction treatment services, Genao Pharmacy, Intensive Outpatient for Women with Co-Occurring disorders (CHOICES), jail re-entry program, mobile crisis response, mobile health unit, outpatient therapy (individual, family, and group), PATH program, peer support center, Positive Action Prevention Program, psychiatric medication management, sexual offender treatment, specialty contracts for VA and military evaluations, supervised probation offender treatment, teen driver safety class, and tele-health.

System of Care Across Tennessee

Website: <https://socacrosstn.org/>

Email: SPC.TACenter@tn.gov

Phone: (615) 981-0074

Offers help to children, youth, or young adults that are:

- (1) between the ages of 0-21.
- (2) are experiencing emotional or behavioral concerns that affect their daily life (i.e. having trouble in school, with their family, with peers or adults, with law enforcement, or children's services)
- (3) are having difficulty or are at risk of psychiatric hospitalization, residential placement, or DCS custody
- (4) are willing and interested in participating (if under age 16, includes family)

PREGNANCY & POST-PARTUM RESOURCES

Planned Parenthood – Nashville Health Center

412 Drive DB Todd Jr Boulevard

Nashville, TN 37203

Phone: (866) 711-1717

Website:

https://www.plannedparenthood.org/health-center/tennessee/nashville/37203/nashville-health-center-2716-91550?utm_campaign=nashville-health-center&utm_medium=organic&utm_source=local-listing

Abortion; birth control; morning-after pill (emergency contraception); STD testing, treatment, and vaccines; pregnancy testing and services; LGBTQ services; HIV services; men's health care; and women's health care.

<p>PORTICO Pregnancy Support Center 745 South Church Street Murfreesboro, TN 37130 Phone: (615) 893-0228 Website: https://porticostory.org</p>	<p>Offers crisis intervention, free pregnancy tests, ultrasounds, education on abortion and alternatives, adoption referrals, community referrals and networking, medical referrals, Fatherhood Initiative, and Earn While You Learn program.</p>
<p>Nurses for Newborns https://www.nursesfornewborns.org</p>	<p>Must reside in one of the eight counties served by NFN (Cheatham, Davidson, Maury, Montgomery, Robertson, Rutherford, Sumner, or Williamson). Must meet one of three criteria: (1) teen mothers (19 years old or younger) (2) babies that are medically fragile (babies born prematurely or spent time in a neonatal intensive care unit, babies who have health concerns like heart issues, Down's Syndrome, or are diagnosed as having failure to thrive) (3) mothers who have intellectual or medical/mental health challenges * Self-referrals not accepted in Tennessee. Referrals must be made by a health care worker, social worker, case manager, or other social services provider. Utilize NFN agency to submit a referral. Download a form from website and email to Program Coordinator or call (615) 313-9989.</p>
<p>Help Us Grow Successfully (HUGS) Mid-Cumberland Regional Office 710 Hart Lane Nashville, TN 37247 (615) 650-7000 Website: https://www.tn.gov/health/health-program-areas/fhw/early-childhood-program/hugs.html</p>	<p>Provides home-based prevention and intervention services to pregnant/postpartum women, children through the age of five years and their primary caregivers.</p>

Tennessee Breastfeeding Hotline 855-423-6667	Staffed by International Board-Certified Lactation Consultants (IBCLC). Available to nursing mothers and partners, their families, expectant mothers, and health care providers seeking breastfeeding support and information. Interpretative services available directly include: Spanish, French, Arabic, and Mandarin.
Nurture the Next 600 Hill Avenue Suite 202 Nashville, TN 37210 (serving Davidson, Rutherford, and Wilson counties) (615) 383-0994 Website: https://www.nurturethenext.org/in-home-support-for-parents	Offers education and support to parents in their homes. Free and confidential.

CAMPUS SUPPORT

June Anderson Center for Women and Nontraditional Students Student Union Building (STU) 330 Website: https://www.mtsu.edu/jac/index.php Phone: (615) 898-5812	Provides student support services conducive to learning and personal development for all students on female-centered topics. Also serves adult students who generally work full-time, are married, have children, or have other adult responsibilities beyond their college experiences.
MT One Stop Student Services and Admission Center (SSAC) 210 Website: https://www.mtsu.edu/one-stop/index.php Phone: (615) 898-2111	Provides integrated services in the areas of financial aid, registration, tuition, billing, and transcripts.
Disability and Access Center Keathley University Center (KUC) 107 Website: https://www.mtsu.edu/dac/index.php Phone: (615) 898-2783	Serves as an initial part of contact, conduit of information, and provisioner in matters related to disability accommodation, access, and awareness.

Office of Institutional Equity and Compliance Cope Administration Building (CAB) 116 Website: https://www.mtsu.edu/iec/index.php Phone: (615) 898-2185	Ensures an institutional focus on access, diversity, equity, and inclusion.
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CHILDCARE

JAC Childcare Grant Student Union Building (STU) 330 Website: https://www.mtsu.edu/pcsw/childcare.php Phone: (615) 898-2289	Low-income Middle Tennessee State University students needing help with childcare costs can apply for about 40 grants of around \$1,000 each semester beginning Fall 2022. Grants will be available to students who are Pell-eligible; have a child or children in childcare; have a FAFSA on file with the MTSU Financial Aid and Scholarship Office; and complete a grant application for consideration for funding.
Ann Campbell Early Learning Center (ACE) 206 North Baird Lane Murfreesboro, TN 37132 Phone: (615) 898-2458 Website: https://www.mtsu.edu/acelearningcenter/index.php	The Ann Campbell Early Learning Center is an inclusive preschool for children ages 12 months through kindergarten age. Classes provide a developmentally appropriate learning environment where children who are typically developing and children with developmental delays or disabilities play together and learn from each other.
MTSU Child Development Center 820 Fairview Building Suites 113-117 Murfreesboro, TN 37132 Phone: (615) 898-2198 Website: https://www.mtsu.edu/cdc/index.php	The MTSU Child Development Center consists of two programs. The infant-toddler program serves children ages 12 to 36 months. The preschool program serves children ages 3-4 years.

Kids Park

215 Robert Rose Dr

Murfreesboro, TN 37129

Phone: (615) 900-3340

Website: <https://www.kidspark.com/murfreesboro>

Monday-Wednesday 8am-8pm;
Thursday-Saturday 8am-10pm

Ages 2-12

7 hours per visit limit, 20 hours per week limit

Rates

First Child	\$10.25 per hour
Each Sibling	\$5.00 per hour
Family Registration Fee	\$30.00

Lunch and Dinner Meals available for extra \$6.00 each.

*Drop-In Preschool option
Monday-Friday 9:00am-Noon
Create your own schedule; choose your days.
Pay only when you attend.
Care Available before and after class.*

MeTime Drop-In Child Care

1638 Memorial Boulevard

Murfreesboro, TN 37129

Phone: (615) 603-7144

Website: www.metimechildcare.com

Monday-Thursday 8am-10pm;
Friday and Saturday 8am-midnight;
Sunday noon-9pm

Ages 6 weeks-12 years

Rates

First Child 6 weeks-23 months old	\$12.00 per hour
First Child 2-12 years old	\$10.00 per hour
Additional Siblings	\$4.00 per hour
Registration Fee	\$10.00

All meals are \$5.00 each and include a side and drink.

Meal options: Pizza (cheese or pepperoni), macaroni and cheese, or chicken tenders

Snack options for \$1.00 each:
Animal crackers, fruit snacks, fruit cups, chips, pretzel sticks, goldfish, or cheez-it's

Drink options for \$1.00 each when not chosen with a meal: Milk, juice pouches, or water bottles

Playhouse Daycare Drop-In Center (home)

641 Twin View Drive
Murfreesboro, TN 37128

(615) 559-5393

playhouse.daycare.dropin@gmail.com

Website: <https://www.playhousedaycaredropin.org>

Date-Night Sitter	\$25.00 per hour
Overnight Caregiver	Prices vary per hour
I'll Be Back	3 hours, pay only when all done
2 Hour Get Away	\$50.00 per 2 hours
Hi and Bye 1 Hour Service	\$25.00 per hour
2 x 2 (2 hours of care for 2 siblings)	\$90.00 per 2 hours
Siblings Package (\$25 per hour for 1 st child and \$20.00 per hour for 2 nd child)	\$45.00 per hour
Full time daily service Monday-Friday	8 hours, prices vary by age
Part-Time Care Monday-Friday 6:30am-5:30pm (pick 3 days of your choice)	8 hours, prices vary by age

Meal, snack, dessert, and drink options for additional purchase.

Jazmyn's Babysitting Services 250 Joe B Jackson Parkway Murfreesboro, TN 37127 (615) 869-8721 Website: https://jazmyn-s-babysitting-services.ueniweb.com/	Monday-Friday 9:00am-10:00pm; Saturday-Sunday CLOSED <table border="1" data-bbox="938 302 1414 821"> <tr> <td>Newborn-toddlers (housekeeping, food prep, transportation is all included)</td><td>\$12.00 per hour</td></tr> <tr> <td>Teenagers (housekeeping, food prep, transportation is all included)</td><td>\$10.00 per hour</td></tr> <tr> <td>Pets (housekeeping, food prep, transportation is all included)</td><td>\$18.00 per hour</td></tr> </table>	Newborn-toddlers (housekeeping, food prep, transportation is all included)	\$12.00 per hour	Teenagers (housekeeping, food prep, transportation is all included)	\$10.00 per hour	Pets (housekeeping, food prep, transportation is all included)	\$18.00 per hour
Newborn-toddlers (housekeeping, food prep, transportation is all included)	\$12.00 per hour						
Teenagers (housekeeping, food prep, transportation is all included)	\$10.00 per hour						
Pets (housekeeping, food prep, transportation is all included)	\$18.00 per hour						
Leah's Babysitting Service Website: https://www.facebook.com/Leahthebabysitter Email: leahafd4@gmail.com	Local Murfreesboro babysitter with online booking site.						
Urban Sitter (background checked, CPR-trained) https://www.urbansitter.com/find-babysitters/tn/murfreesboro	1-month access pass for \$34.95 (Does not auto-renew) 3-month access pass for 59.95 (Does not auto-renew) Quarterly plan for \$64.95 (Billed now and then every 3 months at \$64.95)						
Sittercity (can request background check) Website: https://www.sittercity.com/babysitters/tn/murfreesboro	Monthly membership for \$39/month Quarterly membership for \$25/month Annual membership for \$13/month						
Care Website: https://www.care.com/babysitters/murfreesboro-tn	Basic membership is free. Premium membership (allows background checks): Monthly for \$38.95/month Quarterly for \$24.95/month Annual for \$12.95/month						

FAMILY AND PARENTING RESOURCES

JAC Lactation Space Student Union Building (STU) 332	The June Anderson Center hosts a lactation space on the 3rd Floor of the Student Union Building. It is located in Room 332, around the corner from the restrooms. <i>Please slide the marker located outside the door so that others know that a chair is in use.</i> We have three chairs, each with a curtain for your privacy. There is also a sink located in the room. Should you have any questions or concerns regarding our lactation space, please feel free to stop into the Center for Student Involvement and Leadership (STU 330) or email us at jacwns@mtsu.edu .
JAC Toy Lending Library Student Union Building (STU) 330 (615) 898-2289	Toys, games, puzzles, and books for rent to MTSU parenting students. More information soon to come.
MT Free Little Libraries 206 North Baird Lane Murfreesboro, TN 37132 AND 820 Fairview Building Suites 113-117 Murfreesboro, TN 37132	Located outside the Ann Campbell Early Learning Center and inside the Child Development Center.
James E. Walker Library Curriculum Collection 1611 Alumni Drive Murfreesboro, TN 37132 Phone: (615) 898-2817 Website: https://library.mtsu.edu/curriculum	Located on the 3 rd floor of the James E. Walker Library. Quiet study area. Students, faculty, and staff can use their MT ID card to borrow items. Offers children's books, big books, activity guides, games, posters, learning kits, and manipulative materials.
The Parent Helpline 1-800-356-6767	Offers supportive listening, information, and referrals for families experiencing problems, or if parents just need to talk to someone.
Family Center 115 Heritage Park Drive Murfreesboro, TN 37129 Phone: (615) 890-4673 Website: www.familycentertn.org	Parenting seminars, parenting groups, family coaching (all options currently virtual)

Kymari House 308 N Spring Street Murfreesboro, TN 37130 Phone: (615) 956-6106 Website: https://kymarihouse.org	Offers supervised visitation that provides a safe environment and a healthy connection for children separated from one or both of their parents due to safety risks within the home.
Books From Birth: Dolly Parton's Imagination Library Website: https://governorsfoundation.org/enroll/	Available to Tennessee children from birth to age five. Monthly free book delivered right to family's mailbox at no cost. Braille and audio options available for young children who are blind and visually impaired. https://sites.aph.org/dolly-partons-imagination-library/
Read to Succeed 415 North Maple Street (located in Murfreesboro Housing Authority) Murfreesboro, TN 37129 Phone: (615) 738-7323 Website: https://www.readtosucceed.org/	Adult one-on-one tutoring, English as a Second Language classes, family literacy nights, imagination stations.
Regional Intervention Program (RIP) 434 East Bell Street Murfreesboro, TN 37130 Phone: (615) 890-4622 Website: www.ripnetwork.org/expansion_%20sites/mbor.htm	Parent-implemented, professionally-supported program free of charge for young children (up to age 6) and their families who are experiencing challenging behaviors.

SPECIAL NEEDS

<p>MTSU Speech-Language-Hearing Clinic</p> <p>Contact: Tammy Walker Tammy.Walker@mtsu.edu or Phone: (615) 898-2661 Website: https://www.mtsu.edu/programs/communication-disorders/index.shtml</p>	<p>The Middle Tennessee State University Speech-Language-Hearing Clinic serves children and adults who have hearing, articulation, language, voice, stuttering, and other communication problems.</p>
<p>Tennessee Early Intervention System (TEIS)</p> <p>South Central TEIS 745 South Church Street Suite 703 Murfreesboro, TN 37130 Phone: (615) 904-3636 Website: https://www.tn.gov/didd/for-consumers/tennessee-early-intervention-system-teis/information-for-parents.html</p>	<p>TEIS helps families with children with disabilities or developmental delays to connect to the support and services they need (no cost). TEIS Online Referral Form: https://stateoftennessee.formstack.com/forms/teis_referral</p>
<p>The Katie Beckett Program</p> <p>Website: https://www.tn.gov/content/dam/tn/tenncare/documents/HowToApplyForKatieBeckettFAQ.pdf</p>	<p>Program for TN residents, under the age of 18, with disabilities and/or complex medical needs who would not usually qualify for TennCare.</p>
<p>Special Kids Therapy & Nursing Center</p> <p>2132 E Main Street Murfreesboro, TN 37130 Phone: (615) 809-2632 Website: https://www.specialkidstn.com</p>	<p>Offers physical therapy, speech therapy, feeding therapy, group therapy, nursing services, summer camp (Camp Ability), patient relations, and equipment modeling.</p>

<p>Autism Tennessee 955 Woodland Street Nashville, TN 37206 Phone: (615) 270-2077 Website: https://www.autismtn.org/</p>	<p>Offers parent to parent support, monthly educational workshops, monthly Autism orientations, resource referral, community building for adults on the spectrum, annual conference, family events, sibling support groups, and lending library.</p>
<p>Emergency Alert Decal Emergency Alert Decal: https://www.tn.gov/content/dam/tn/health/program-areas/cyshcn/CHANT-graphic-handprints-circle-words%20EMERG-ALERT.pdf Emergency alert fill in card: https://www.tn.gov/content/dam/tn/health/program-areas/cyshcn/CSS-Emergency-Alert-Fill-In-Card-02-19-2020-WM.pdf Emergency alert parents card: https://www.tn.gov/content/dam/tn/health/program-areas/cyshcn/CSS-Emergency-Alert-Parents-Card%20-02-19-2020-WM.pdf</p>	<p>Designed to alert first responders that there is a youth with a special healthcare need in the vehicle or home.</p>
<p>Children's Special Services Website: https://health.rutherfordcountyttn.gov/children-special-services</p>	<p>May provide coverage for comprehensive medical care and other non-medical resources for children with physical disabilities and special health care needs from birth to 21 years.</p>

Project AFFIRM Planned Respite

Website: <https://www.vbhcs.org/services/childrens-services/#:~:text=Project%20AFFIRM%20is%20a%20planned%20respite%20program%20for,development%20of%20behavioral%20management%20skills%20with%20the%20children.>

Program for families with children who have serious emotional disturbances. Provides families with break time and support and helps develop behavioral management skills with children.

FOOD AND HOUSING SECURITY

MTSU Student Food Pantry

Student Services and Admissions Center (SSAC) in MT One Stop

Phone: (615) 898-2111

Website: <https://www.mtsu.edu/foodpantry/index.php>

In conjunction with the food pantry, the MTSU Student Food Pantry is able to assist students that may have more long-term needs through its relationships with community partners.

Nourish Food Bank

Murfreesboro Distribution Site

1809 Memorial Boulevard

Murfreesboro, TN 37129

Phone: (615) 203-3963

Website: <https://www.nourishfoodbanks.org>

If individual meets income guidelines and provides required documentation, he or she is eligible for services once per month. He or she will receive a grocery cart of food sufficient to feed his or her size family for one week.

Greenhouse Ministries

309 South Spring Street
Murfreesboro, TN 37130

(615) 494-0499

Website: <http://www.greenhousemin.org/>

Classes (anger management, coping skills, sewing, cooking, computer basics, budgeting, etc.), counseling, clothing, basic necessities along with personal hygiene products, mobile food pantries, help attaining important documents (birth certificates, driver's license, social security applications, health clinic, SNAP registration, resume, and job assistance.

<p>Last Call 4 Grace Ministries 1013 Memorial Boulevard Murfreesboro, TN 37129 Phone: (615) 900-1786 Website: http://lastcall4grace.org/</p>	<p>Weekly meals (Wednesday and Friday), provides basic needs (toilet paper, paper towels, dry good, diapers and wipes, etc.), offers gently used clothes (when available).</p>
<p>Trinity United Methodist Church 2303 Jones Boulevard Murfreesboro, TN 37129 Phone: (615) 896-0413 Website: https://trinityumcmurfreesboro.org/</p>	<p>Food bags are left outside the main entrance Monday through Friday 8:30AM until 3:30PM. Blessing Box with non-perishable items.</p>
<p>Salvation Army of Murfreesboro 1137 West Main Street Murfreesboro, TN 37129 Phone: (615) 895-7071 Website: https://www.salvationarmymurfreesboro.org/</p>	<p>Community meals, learning pods and resource hubs, supportive housing, summer camp, Angel tree.</p>

<p>Mid-Cumberland Community Action Agency 412 East Vine Street Murfreesboro, TN 37130 (615) 742-1113 Website: https://midcumberland.org/</p>	<p>Community connections, elderly, disabled, and veterans' services, emergency services, housing assistance, Head Start, nutrition services, utility assistance, and weatherization.</p>
<p>Community Helpers of Rutherford County 1809 Memorial Boulevard (in Nourish Food Bank Building) Murfreesboro, TN 37129 Phone: (615) 898-0617 Website: http://www.chorctn.org/home.html</p>	<p>Assists Rutherford County residents in meeting their emergency rent, utility, and medicinal needs while also making referrals and connecting clients to local resources.</p>

<p>Murfreesboro Housing Authority 415 North Maple Street Murfreesboro, TN 37130 Phone: (615) 893-9414 Website: https://www.mha-tn.org/AboutUs.aspx</p>	<p>Shelter Plus Care program provides rental assistance to homeless individuals/families with disabilities (disabilities primarily include mental illness, chronic problems with alcohol and/or drugs, and HIV/AIDS or related diseases.</p>
<p>Projects for Assistance in Transition from Homelessness (PATH) 2126 North Thompson Lane Murfreesboro, TN 37129 Phone: (615) 898-0771 Website: https://www.tn.gov/behavioral-health/housing/path.html</p>	<p>Assists individuals experiencing homelessness who have mental illness or co-occurring disorders.</p>

National Center for Homeless Education

Website: <https://nche.ed.gov>

Local contact:

Vanessa Waters, McKinney-Vento State Coordinator

Phone: (615) 917-3750

Email: Vanessa.Waters@tn.gov

ATLAS Program – Services for families in transition

Rutherford County Schools

2240 Southpark Drive

Murfreesboro, TN 37128

Website:

https://www.rcschools.net/apps/pages/index.jsp?uREC_ID=525925&type=d&pREC_ID=1041109

NCHE

operates the
U.S.

Department of
Education's
technical
assistance and
information
center for the
federal
Education for
Homeless
Children and
Youth (EHCY)
Program.

All ATLAS
services are
school based.

<p>The Journey Home 308 West Castle Street PO Box 331025 Murfreesboro, TN 37133 Phone: (615) 809-2644 Website: https://lovegodservepeople.org/</p>	<p>Serves the homeless and disadvantaged of Rutherford County. Employment assistance, counseling referrals, hygiene (showers and toiletries), laundry facilities, clothes closet, mailbox services, internet and computer access, community café, wellness clinic, coldest nights, and housing.</p>
<p>Stepping Stone Safe Haven 720 Old Salem Road Murfreesboro, TN 37129 Phone: (615) 900-4427 Website: https://steppingstonestn.org/</p>	<p>Assists single women and women with children struggling with homelessness. Clean showers and restrooms, kitchen area, washers and dryers, computers and internet access, emergency night shelter.</p>

Murfreesboro Rescue Mission

P.O. Box 11368

Murfreesboro, TN 37129

Phone: (615) 933-8263

Website: <https://murfreesboroescuemission.org>

Offers homeless prevention services.

TRANSPORTATION

Raider Xpress

Website: <https://mtsu.edu/parking/transportation.php>

Phone: (615) 898-2850

Raider Xpress Map: <https://mtsu.edu/parking/documents/raider-express-map.pdf>

Transports faculty, staff, students, and visitors throughout the campus and to help alleviate congestion at the campus core. Service is available only when classes are in session. All shuttles are accessible to persons with disabilities.

Shuttle Services available:

MTWR (Red and Blue Routes)	7:00am to 10:00pm
MTWR (Green Route)	7:00am to 6:00pm
Friday (Red, Blue, and Green Routes)	7:00am to 6:00pm
MWF (Silver Route)	10:00am to 4:00pm (lunch 12:45pm to 1:45pm)
TR (Silver Route)	11:00am to 3:00pm (lunch 1:00pm to 2:00pm)

Murfreesboro Transit System (The Rover)

Website: <http://www.murfreesborotn.gov/248/Murfreesboro-Public-Transit>

Ride Guide: <http://tn-murfreesboro2.civicplus.com/DocumentCenter/View/19555/Ride-Guide-Effective-September-2021>

All routes originate and transfer at the Murfreesboro Transit Center at the northeast corner of Walnut and Burton

Murfreesboro Transit currently offers seven routes in the City of Murfreesboro (see [map](#) for route details)

Murfreesboro Transit buses run Monday through Friday, from 6 a.m. until 6 p.m. and Saturday from 9 a.m. until 4 p.m.

Wait for the bus at the bus stop or anywhere along the route and flag down the driver as we make "courtesy stops"

VETERAN'S ASSISTANCE

MTSU Charlie and Hazel Daniels Veterans and Military Family Center

Keathley University Center (KUC), rooms 124 and 316

Phone: (615) 904-8347

Website: <https://www.mtsu.edu/military/index.php>

On-campus transition services for veterans and their families as they return to civilian life after service.

U.S. Department of Veteran Affairs

Website: <https://www.va.gov/>

Online site to access and manage VA benefits and health care.

Rutherford County Veterans Service Office 1 S Public Square Room 104 Murfreesboro, TN 37130 Phone: (615) 849-5711 Website: https://rutherfordcountyttn.gov/vso	Assists veterans, their spouses and surviving family members to secure benefits.
Operation Stand Down Tennessee Website: https://www.osdtn.org	Offers a wide range of services, including employment assistance, VA benefits assistance, networking, housing, and more.
Centerstone Supportive Services for Veterans Families Phone: (615) 460-4385 Website: https://centerstone.org/supportive-services-for-veterans-families/#contact-us	Prevents homelessness by helping qualifying veterans and their families gain access to the resources they need in order to successfully transition to or maintain permanent housing.
Alvin C. York Veterans' Administration Medical Center 3400 Lebanon Pike Murfreesboro, TN 37129 Main phone: (615) 867-6000 Mental health clinic: (615) 225-3720 Website: https://www.va.gov/tennessee-valley-health-care/locations/alvin-c-york-veterans-administration-medical-center	Provides medical services to veterans and their families.

LEGAL

Legal Aid Society of Middle Tennessee 526 North Walnut Street Murfreesboro, TN 37310 Phone: (615) 890-0905 or 1-800-238-1443 Website: https://www.las.org	Enforces, advances, and defends the legal rights of low income and vulnerable people in order to obtain for them the basic necessities of life. Legal Aid Society is committed to the principle that all citizens are due equal representation under the law.
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Tennessee Bar Association Middle Tennessee (615) 242-6546 Website: https://www.tba.org/index.cfm?pg=find-an-attorney	Lawyer referral service. Contact this service to get in touch with a pre-screened lawyer whom you may schedule a ½ hour appointment for a small fee (instead of the lawyer's normal hourly fee).
United States Department of Justice and Civil Rights Division Website: https://www.ada.gov	Information and Technical Assistance on the Americans with Disabilities Act.

PERSONAL SAFETY

University Police Department 1412 East Main Street Murfreesboro, TN 37130 Phone: (615) 898-2424 Text: (615) 636-3158 or (615) 636-3137 Website: https://www.mtsu.edu/police/contact.php	Emergencies, escort services, self-defense classes, jump-start cars, unlock door with keys locked in, and vehicle mechanical problems.
Raider Patrol Website: https://www.mtsu.edu/police/raider-escort.php Phone: (615) 898-2424 (dial 2424 from campus phones)	Offers safety escorts for the MTSU campus community upon request.
RAVE Website: https://mtsu.edu/alert4u/faqs.php	Sign up for emergency text warnings.
Murfreesboro Police Department 1004 North Highland Avenue Murfreesboro, TN 37130 (615) 849-2673 Website: https://www.murfreesborotn.gov/1781/Police	Murfreesboro city police.

Tennessee Highway Patrol Call *847 for roadside assistance.	Assistance from a trooper while traveling anywhere in Tennessee.
Tennessee Statewide Domestic Violence Helpline 1-800-356-6767	Offers 24/7 domestic violence helpline serving all of Tennessee.
Domestic Violence and Sexual Assault Center 1423 Kensington Square Court Murfreesboro, TN 37130 (615) 896-2012 Website: https://dvsacenter.org/ Domestic Violence Hotline: (615) 896-2012 Sexual Assault Hotline: (615) 494-9262	Shelter, court advocacy, counseling, sexual assault services, 24/7 crisis support.
Department of Children's Services Report Child Abuse https://www.tn.gov/dcs/program-areas/child-safety/reporting/child-abuse.html Phone: 877-237-0004 Or online at https://apps.tn.gov/carat/	Call the Child Abuse Hotline to report child abuse or neglect in the State of Tennessee.
Child Advocacy Center of Rutherford County 1040 Samsonite Boulevard Murfreesboro, TN 37129 Phone: (615) 867-9000 Website: https://cacrutherford.org/	Serves child abuse victims, child sexual abuse victims, and drug endangered children.

PROFESSIONAL DEVELOPMENT

MTSU Career Development Center Keathley University Center (KUC) 328 Phone: (615) 898-2500 Website: https://www.mtsu.edu/career/	On-campus career center
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Raiders' Career Closet Career Development Center KUC 328 Phone: (615) 898-5467 Website: https://www.mtsu.edu/career/raiders_closet.php	Students may acquire one full outfit each school year. Student workers and/or Career Center staff are available to assist you in finding professional attire.
Tennessee Career Center 1313 Old Fort Parkway Murfreesboro, TN 37129 Phone: (615) 898-8081 Website: https://www.tn.gov/careers.html	Murfreesboro city career center
Amelia's Closet – a clothier of hope 810 NW Broad Street, Suite 10 Murfreesboro, TN 37129 Phone: (615) 584-9029 Website: https://ameliascloset.org/	Clients must be seeking employment and be referred to Amelia's Closet by an approved partner agency. Personal shopper or assistant will help clients select the best interview outfits and accessories. Interview tips.

FAMILY FUN AND RECREATION

<p style="text-align: center;">Discovery Center and Murfreesboro Spring Wetlands</p> 502 SE Broad Street Murfreesboro, TN 37130 (615) 890-2300 Website: https://www.explorethcdc.org <p>Children's museum, nature center, and wetlands boardwalk.</p>
<p style="text-align: center;">Barfield Crescent Park and Wilderness Station</p> 697 Veterans Parkway Murfreesboro, TN 37128 (615) 890-5333 Website: www.murfreesborotn.gov/181/Barfield-Crescent-Park <p>Playgrounds, hiking trails, picnic shelters, disc golf course, sports fields, campsites, and wilderness station.</p>

Patterson Park Community Center and Myrtle Glanton Lord Public Library

521 Dr. Martin Luther King Jr. Boulevard

Murfreesboro, TN 37130

(615) 893-7439

Website: www.murfreesborotn.gov/168/Patterson-Park-Community-Center

1/8 mile indoor track, 305 seat theatre, two exercise studios, fitness equipment, game room, indoor pool, two gymnasiums, and two racquetball courts. Myrtle Glanton Lord (MGL) Library is located inside Patterson Park Community Center.

Sports*Com, Boro Beach, and McKnight Park

2310 Memorial Boulevard

Murfreesboro, TN 37129

(615) 895-5040

Website: www.murfreesborotn.gov/174/SportsCom

6-goal gymnasium, 1/6 mile track, aerobics studio, weight room and cardiovascular equipment, 4 outdoor sand volleyball courts, indoor pool. Outdoor pool (Boro Beach) includes zero-depth entry toddler play area, splash pad, 50-meter lap lanes, 3 slides, play feature, rock wall, floating bridge, and diving board. McKnight Park includes four youth softball fields and concessions stands, Star*Plex, multipurpose fields, sheltered picnic area, and The David Price Miracle Field (special needs baseball and playground facility designed for inclusive play for all ages and capabilities).

McFadden Community Center

211 Bridge Avenue

Murfreesboro, TN 37133

(615) 893-1802

Website: www.murfreesborotn.gov/166/McFadden-Community-Center

Community room, game room, gymnasium, outdoor playground, and home of the Murfreesboro Athletics Division.

Cannonsburgh Village

312 South Front Street

Murfreesboro, TN 37129

(615) 890-0355

Website: www.murfreesborotn.gov/164/Cannonsburgh-Village

Historic Cannonsburgh Village represents approximately 100 years of early Tennessee life from the 1830s to the 1930s. Within the village is a gristmill, schoolhouse, a telephone operator's house, the University House, the Leeman House, a museum, a caboose, the Wedding Chapel, a doctor's office, a general store, a blacksmith's shop, and the World's Largest Cedar Bucket.

Gateway Island

1875 West College Street

Murfreesboro, TN 37129

(615) 893-7439, ext 6130

Website: www.murfreesborotn.gov/184/Gateway-Island

Well-lit route for walkers and runners, reception center with catering kitchen and multipurpose room, picturesque gazebo, cascading waterfalls, lake overlook, and restrooms.

Old Fort Park and Kids' Castle Playground

1025 Old Fort Parkway

Murfreesboro, TN 37130

Website: www.murfreesborotn.gov/190/Old-Fort-Park

Kids' Castle Playground, large picnic pavilion, and Adams Tennis Complex.

Murfreesboro Stones River Greenway System

Website: www.murfreesborotn.gov/185/Murfreesboro-Greenway-System

15 miles of trails, bridges, and boardwalks. Sixteen [trailheads](#) along the seven greenway [sections](#) provide access for hiking, walking, running, wading, bicycling, skating, picnicking, and fishing. Three [small watercraft launch points](#) – two on the West Fork Stones River and one on the East Fork Stones River, and two [bark parks](#) allow off-leash access for canines.

Stones River National Battlefield

3501 Old Nashville Highway

Murfreesboro, TN 37129

(615) 893-9501

Website: <https://www.nps.gov/stri/index.htm>

570-acre park along the Stones River. Includes visitor center (museum, bookstore, and orientation film) and nearly 7 miles of trails for hiking, walking, and jogging.

Richard Siegel Park and the Siegel Park Natural Area

515 Cherry Lane Drive

Murfreesboro, TN 37129

(615) 890-5333

Website: www.murfreesborotn.gov/194/Siegel-Soccer-Complex-Community-Park

One lighted stadium field, six unlit fields, pavilions, restroom facilities, playgrounds, sand volleyball courts, basketball courts, horseshoe pits, and walking trails. The Siegel Park Natural Area is located behind the Siegel Parks soccer fields. It is a 20-acre natural area including a creek, a small limestone cedar glade, a patch of prairie, thickets, and wooded areas. It features an unpaved walking/hiking trail.

Linebaugh Public Library

105 W Vine Street
 Murfreesboro, TN 37130
 (615) 893-4131
 Website: <https://relstn.org>

Earth Experience – Middle Tennessee Museum of Natural History

816 Old Salem Road
 Murfreesboro, TN 37129
 (615) 900-8358
 Website: <https://www.earthexperience.org>

Hands-on natural museum displaying international and local archeological finds and fossils.

GO USA Fun Park

2270 Armory Drive
 Murfreesboro, TN 37129
 (615) 895-7888
 Website: <https://www.gousafunpark.com>

Amusement park with go karts, batting cages, arcades, and mini golf.

Lanes, Trains, and Automobiles

450 Butler Drive
 Murfreesboro, TN 37127
 (615) 890-3999
 Website: <https://ltadepot.com>

Arcade, bowling, dark ops tactical laser tag, and concessions.

Murfreesboro Strike and Spare

1720 Old Fort Parkway #2002
 Murfreesboro, TN 37129
 (615) 896-0945
 Website: www.strikeandspare.com/murfreesboro

Bumper cars, laser tag, roller skating, lazer frenzy, time freak (3D maze), and virtual reality roller coaster.

Phazer Kraze Laser Tag

252 River Rock Boulevard
 Murfreesboro, TN 37128
 (615) 895-6950
 Website: <https://www.phazerkrazelasertag.com>

SkyZone Trampoline Park

1220 NW Broad Street
 Murfreesboro, TN 37129
 (615) 987-0102
 Website: <https://www.skyzone.com/murfreesboro>

THRIFT AND CONSIGNMENT STORES

All Things Possible Bargain

1645 Middle Tennessee Boulevard
 Murfreesboro, TN 37130
 (615) 617-3621
 Website: https://all-things-possible-bargain.business.site/?utm_source=gmb&utm_medium=referral

Angie's Attic

220 Veterans Parkway STE G
 Murfreesboro, TN 37128
 (615) 504-4506
 Website: <https://www.facebook.com/angiesatticupscalewomens>

Goodwill @ Memorial Boulevard

710 Memorial Boulevard
 Murfreesboro, TN 37129
 (615) 898-0998
 Website: <https://giveit2goodwill.org/onlinegoodwill>

Goodwill @ Church Street

2955 S Church Street
 Murfreesboro, TN 37127
 (615) 346-1812
 Website: <https://giveit2goodwill.org/onlinegoodwill>

Outreach Thrift Store

1715 S Rutherford Boulevard
 Murfreesboro, TN 37130
 (615) 849-8278
 Website: <https://facebook.com/outreachthriftstore>

Garden Patch Thrift Shop

309 South Spring Street
 Murfreesboro, TN 37130
 (615) 494-0499
 Website: <https://www.greenhousemin.org/garden-patch>

Steered Straight Too! Furniture & Thrift

903 A Dr. Martin Luther King Jr. Boulevard

Murfreesboro, TN 37130

(629) 772-0011

Website: <https://steeredstraightthriftstore.org>

Once Upon a Child Murfreesboro

1734 W Northfield Boulevard

Murfreesboro, TN 37129

(615) 907-0500

Website: <https://www.onceuponachild.com/locations/murfreesboro-tn>

Kid to Kid - Murfreesboro

155 Mall Circle Drive

Murfreesboro, TN 37129

(615) 396-0401

Website: <https://www.facebook.com/KidtoKidMurfreesboro>