



The Pathways Community Center aims to cultivate a community that supports resilience through the mutuality of peer support. We hold a space in which we advocate for a non-judgmental and anti-oppressive environment, with a focus on mental and emotional health.

Pathways Vermont Community Center



COMMUNITY

Located in the heart of the Old North End, we are a great place to meet your neighbors and get to know your community.

PEER SUPPORT

Facing hardships in your life? Our staff have been there too, and would be happy to talk with you. You can request a 1-on-1 peer support session at drop-in or via email: pvcc@pathwaysvermont.org.

JOB SUPPORT

We can help you apply to jobs, explore education options, and work toward your career goals.

YOU ARE
WELCOME
HERE



WE ARE OPEN
TO EVERYONE 18+

279 North Winooski Avenue
Burlington, Vermont 05401
pvcc@pathwaysvermont.org
(888) 492-8218

Drop-in Hours
10am-1pm
Monday-Friday

WEEKLY GROUPS

LAUGHTER YOGA

HYBRID - IN-PERSON & ONLINE

Anyone can do laughter yoga! No yoga mat or special clothing required. Come as you are for a gentle, fun, restorative practice.

MONDAYS
FROM
1:15-2:15

HEARING VOICES

IN-PERSON AT THE CENTER

Hearing Voices group seeks to find understanding of voice hearing experiences as real lived experiences which may happen to anyone at anytime.

TUESDAYS
FROM
2:30-4

WRITING CIRCLE

HYBRID - IN-PERSON & ONLINE

The Writing Circle is a facilitated space to write creatively in community with one another. Facilitators choose monthly themes, and folks get time to write and share during each meeting.

TUESDAYS
FROM
4-5:30



OUR VALUES

- Individual choice and self determination
- Harm reduction
- Trauma informed
- Respect, warmth, and compassion
- Anti-oppression



WE ARE DEDICATED TO CREATING A WELCOMING SPACE FOR EVERYONE, REGARDLESS OF RACE, GENDER, RELIGION, SEXUAL ORIENTATION, HOUSING STATUS, SOCIOECONOMIC STATUS, OR ABILITY.

WEEKLY GROUPS

ANXIETY RELIEF

HYBRID - IN-PERSON & ONLINE

WEDNESDAYS
FROM
4-5:30

Anxiety Relief Group is a safe setting for relaxing and exploring your feelings with others through gentle socialization and self expression. Together, we can build up what makes you centered & strong.

CONVERSATIONS ABOUT SUICIDE

IN-PERSON AT THE CENTER

THURSDAYS
FROM
4-5

This is a judgement-free space to talk about suicidality with facilitators who have lived experience of suicidal ideation.

OPEN ARTS STUDIO

IN-PERSON AT THE CENTER

FRIDAYS
FROM
11-1

Sketching, pastels, paints, coloring books, stamping, collaging, and more! People of all skill levels and experiences are welcome. Demonstrations, instructions, and conversations are always available.

MINDFULNESS MEDITATION

IN-PERSON AT THE CENTER

FRIDAYS
FROM
1:15-2:15

Come with a poem, song, story, quote, or just yourselves, to an informal session combining stimulating discussions, free sharing, and silent sitting.