



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, grab a free lunch, and get to know your community.

PEER SUPPORT

Facing hardships in your life? Our staff have been there too, and can lend a listening ear. You can request a 1-on-1 peer support session at drop-in or via email.

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
pvcce@pathwaysvermont.org
(888) 492-8218

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

WEEKLY GROUPS

DISABILITY PEER SUPPORT GROUP

HYBRID - IN-PERSON & ONLINE

MONDAYS
FROM
1:15-2:15

The Disability Peer Support Group is a space for mutual support open to anybody who identifies as disabled, differently abled, or has a disability.

HEARING VOICES GROUP

IN-PERSON AT THE CENTER

TUESDAYS
FROM
2:30-4

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

WRITING CIRCLE

HYBRID - IN-PERSON & ONLINE

TUESDAYS
FROM
4-5:30

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.

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.



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

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.

TRAUMA SUPPORT GROUP

HYBRID - IN-PERSON & ONLINE

FRIDAYS
FROM
2:15-3:15

The trauma peer support group is an open space for folks to talk about trauma and its lasting impacts with peers who share lived experiences.

LAUGHTER YOGA

IN-PERSON AT THE CENTER

1ST & 3RD
FRIDAY OF THE
MONTH
1:15-2:15

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

MINDFULNESS MEDITATION

IN-PERSON AT THE CENTER

2ND & 4TH
FRIDAY OF THE
MONTH
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.