



"Maybe when I am established I can come back and volunteer here. Seriously, you guys are keeping me alive and the food is delicious! I am just so grateful."

Who We Are

Founded in 1970, Spectrum is a nationally recognized leader in helping youth ages 14-26 and their families turn their lives around. Each year, we serve 1,500 teenagers, young adults, and their family members.

What We Do

Basic Needs and Supportive Housing: At our Drop-In Center, we provide necessities like a warm place to get a meal or do laundry. At the Landing (our emergency shelter) and in our supportive housing residences, youth who are facing homelessness can stay for months or years and get the help they need to build a life for themselves.

Skills Programs: We offer coaching and mentoring for young people on basic life and survival skills, such as getting an education, finding and keeping a job, finding a place to live, or getting a driver's license so that they can transition successfully to adulthood. We also work with refugees or the young adult children of refugees to help them connect to services.

Prevention and Intervention: We help young people address substance abuse and mental health issues, and other critical issues that stand in the way of a happy, thriving adulthood through counseling and mentoring.

What's New

We recently launched a car detailing business called **Detail Works** to train our youth in the soft skills required to get and keep a job, such as how to work with a boss or talk to customers so that they will be successful and thriving when they go out on their own.

Last winter, we had to turn youth away who were seeking shelter and carried a waitlist all year. All other local shelters were full. In response, we are launching a **Warming Shelter** with ten beds in the winter of 2018 to house young people who need a place to sleep out of the cold.

Where We Work

Our programs are centered in Burlington and St. Albans and draw youth from across Chittenden, Franklin, and Grand Isle Counties.

Your Gifts Make a Difference

Donations from generous people like you make up 52% of our budget each year and make sure our doors are open for the next youth who needs help.

THANK YOU for helping teens, young adults, and their families turn their lives around!
www.spectrumvt.org