

It's Not Just a Bed...

You can make sure young people have a place to live, learn, and grow.

Spectrum is a nationally recognized leader in helping youth ages 14 to 26 and their families turn their lives around.

Each year we serve around 1,500 teenagers and young adults in Burlington and St. Albans.

Spectrum provides:

- Emergency and temporary shelter
- Hot meals
- Laundry, clothing, and showers
- Mental health and substance use counseling
- Help getting and keeping a job
- Pairing with a mentor
- Support with finishing high school and getting into college
- Homework and tutoring support



“
I cried when they told me I was going to a shelter.
But then I got here and realized this was home.
”



SPECTRUM
YOUTH & FAMILY SERVICES

Your Gift Makes a Difference

Over half of Spectrum's budget is funded through the generosity of people like you.

Your support makes sure that every young person has a place to go when the world gets too hard. It gives youth a safe place to live, learn, and grow.

www.spectrumvt.org