

For emergency assistance call 911.
Give your exact name, location, street & type of emergency.
Please stay on the line.

Vermont Municipal and Public Safety Numbers

Town	Clerk	Fire	Garage	Police
Barnard	802-234-9211	802-234-5253	802-234-6961	802-234-9933
Bethel	802-234-9722	802-234-9812	802-234-9440	802-234-9933
Bridgewater	802-672-3334	9-1-1	802-672-5379	802-234-9333
Hartford	802-295-2785	802-295-3232	802-295-2580	802-295-9425
Hartland	802-436-2444	802-674-2113		802-436-2600
Pomfret	802-457-3861		802-457-2767	802-234-5253
Reading	802-484-7250		802-484-5122	802-457-1416
Royalton	802-763-7207	802-763-8133	802-763-7667	802-763-8133
Sharon	802-763-8268	802-295-9496	802-763-7194	802-234-9933
Springfield	802-885-2104	802-885-4546	802-886-2208	802-885-2112
Stockbridge	802-746-8400	802-234-9371	802-234-9371	802-234-9933
WRJ		802-295-3232	802-295-2580	802-295-9425
Windsor	802-674-5610	802-674-9043	802-674-6000	802-674-9042
Woodstock	802-457-3611	802-457-2337	802-457-2233	802-457-1420

OTTAUQUECHEE RESOURCE MANUAL

A Directory of Non-Profits

Produced by Mt. Ascutney Hospital &
Health Center with funding provided by the
Ottauquechee Health Foundation

Printed October, 2011

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If you can't find a resource listed in this manual, please contact **211** by phone or search the online database of community services.

211 provides information about critical health and human services available in your community at no charge to you.

Dial 2-1-1

www.vermont211.org/ OR www.211nh.org/

This is our first year compiling these resources for the Ottauquechee Resource Manual. We would like feedback about this guide, so that we can improve future editions. If you would like to add content, correct content, or give comments on the guide, please contact **Jill Lord**:

Jill.Lord@mahhc.org

802-674-7224

289 County Road, Windsor, VT 05089

This guide can also be found on the web:

www.mtascutneyhospital.org/community-health-information/

ABUSE PREVENTION & PROTECTION

Have Justice Will Travel

802-685-7809 877-496-8100

9580 Vermont Route 113, Vershire, VT 05079

Provides in-home consultations, transportation to and from court hearings and free legal representation for low-income Vermonters who are victims of domestic and sexual violence.

www.havejusticewilltravel.org/

New Beginnings

802-885-2368 Information and services

800-228-7395 24-hr domestic or sexual violence hotline

802-674-6700 or 802-885-2050 24-hr hotline

23 Pleasant Street, Springfield, VT 05156

Providing 24-hr crisis and post-crisis services to survivors of domestic and sexual violence in Southern Windsor County.

VT Department of Health - Adult Protective Services

802-241-2345 Information and services

800-564-1612 Abuse and complaint hotline

800-649-5285 Call the Emergency Services Program after business hours, on weekends, or holidays

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

To report abuse, neglect, or exploitation of a vulnerable adult, or to enter a complaint against a facility or agency that provides health care.

www.dlp.vermont.gov/protection

VT Department of Health - Child Protection

802-295-8840 Information & services

800-649-5285 24-hr child abuse hotline

802-241-3110 Child care consumer line

800-649-2642 Child care consumer line

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Information on childcare and child protection. If you have questions or concerns about a child care provider in Vermont, call the child care consumer line.

http://dcf.vermont.gov/child_care or <http://dcf.vermont.gov/protectkids>

WISE

866-348-9473

38 Bank Street, Lebanon, NH 36766

Provides advocacy, crisis intervention, support services, and community education to those affected by domestic and sexual violence and stalking in the Upper Valley region. Advances social justice through community education, training, and public policy.

www.wisefoftheuppervalley.org/

ALCOHOL & DRUG PREVENTION, EARLY INTERVENTION

Alanon & Alateen

603-645-9518 Answering service of NH

866-972-5266

888-425-2666 Call about local meetings

Al-anon is a mutual support group for friends and family of problem drinkers.

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

www.al-anon.alateen.org, www.nhal-anon.org,

www.vermontalanonalateen.org

Second Growth

802-295-9800

205 Billings Farm Road, Bldg 1, WRJ, VT 05001

Provides prevention, early intervention, and crisis-response services that address issues of substance abuse, interpersonal violence, and suicide among adolescents and young adults. Counsels youth on drug, alcohol, and recovery issues, and violence prevention. Curriculum development, training, and consultation for schools and communities in the Upper Valley.

www.secondgrowth.org

VT Department of Health – Alcohol & Drug Abuse Programs

802-651-1550 Information and services

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Helping Vermonters prevent and eliminate the problems caused by alcohol and other drug use.

<http://healthvermont.gov/adap/adap.aspx>

ALCOHOL & DRUG TREATMENT

Alcoholics Anonymous

802-775-0402 Answering service in Rutland, VT
802-885-8281 Answering service in Springfield, VT
802-295-7611 Answering service in WRJ, VT

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call about local meetings.

www.aa.org

Alcohol Treatment & Referral Hotline

800-ALCOHOL (800-252-6465)

Nationwide 24-hour alcohol and drug information hotline to connect you with alcohol and drug abuse resources in your community.

www.800alcohol.com/

Brattleboro Retreat

802 258-3700 Admissions counselor
800-738-7328

Anna Marsh Lane, Brattleboro, VT 05301

Provides specialized diagnosis and treatment services for a wide variety of mental health and addiction problems for children, adolescents and adults.

Residential, inpatient, and outpatient care settings.

www.brattlebororetreat.org/

Clara Martin

800-639-6360 Emergency

• Randolph Service Location 802-728-4466
11 Main Street, Randolph, VT 05060

• Wilder Service Location 802-295-1311
39 Fogg Farm Road, Wilder, VT 05088

Comprehensive mental health and substance abuse services within these major categories: adult, child and family, school, corrections, and substance abuse.

www.claramartin.org/

HEADREST

603-448-4872 Information and services

603-448-4400 24-hr crisis hotline

800-273-8255 National Suicide Prevention Lifeline

800-639-6095 24-hr teen line

14 Church Street, Lebanon, NH 03766

Addiction and crisis support services, focusing on those who can not otherwise afford these services. Services include in-patient and out-patient services to support addiction recovery (28-day treatment programs, detoxification programs, AA and NA meetings).

www.headrest.org

Health Care & Rehabilitation Services (HCRS)

888-888-5144 Information and services

800-622-4235 Crisis line

- Hartford Office 802-295-3031
49 School Street, Hartford, VT 05047
- Springfield Office (Headquarters) 802-886-4500
390 River Street, Springfield, VT 05156
- Windsor Office
802-674-2539
14 River Street, Windsor, VT 05089

Comprehensive mental health and substance abuse services for community members across Windsor and Windham counties. The 5 major service areas are: adult outpatient, children's division, community rehabilitation and treatment, developmental services, and Windham/Windsor recovery assistance program.
www.hcrs.org

Maple Leaf Farm

802-899-2911 800-254-5659

10 Maple Leaf Road, Underhill, VT 05489

Adult residential treatment center for substance abuse. Continuum of care includes medically monitored detoxification, assessment and stabilization, inpatient treatment and continuing outpatient support.
www.mapleleaf.org

Narcotics Anonymous

802-773-5575 Green Mountain Area NA

10 Maple Leaf Road, Underhill, VT 05489

A fellowship of men and women for whom drugs is a major problem. Recovering addicts who help each other stay clean. Call about local meetings.
www.na.org/, www.gmana.org/

Recovery House, Inc. (Serenity House)

802-446-2640

98 Church Street, Wallingford, VT 05773

Adult residential substance abuse treatment center offering a full spectrum of services, including: medically assisted social detoxification, medical consultation, individual counseling, group therapy, educational groups, self-help groups, and assistance in vocational and housing issues.
www.recoveryhousevt.org/

Second Growth

802-295-9800

205 Billings Farm Road, Bldg 1, WRJ, VT 05001

Provides prevention, early intervention, and crisis-response services that address issues of substance abuse, interpersonal violence, and suicide among adolescents and young adults. Counsels youth on drug, alcohol, and recovery issues, and violence prevention. Curriculum development, training, and consultation for schools and communities in the Upper Valley.

www.secondgrowth.org

Second Wind Foundation - Upper Valley Turning Point

802-295-5206

200 Olcott Drive, White River Junction, VT 05001

Community center for people in recovery from addiction and addictive behavior. Provides a safe, substance-free environment and peer support 7 days a week at no cost. Recovery groups holding meetings at the center include: AA, Anon family groups, NA, overeaters anonymous, dual recovery anonymous, Dartmouth Hitchcock intensive outpatient program alumni. **Wit's End** is a program for family members challenged by the substance abuse, addiction or addictive behavior of an adolescent or young adult. **Making Change** is a facilitated support group for high school-aged young people who are considering, or are committed to, recovery from alcohol or other drug dependency.

<http://turningpointclub.com/>

VT Department of Health – Alcohol & Drug Abuse Programs

802-651-1550 Information and services

802-651-1574 Call on Tuesdays & Thursdays between 11am and noon to register for **CRASH**

800-464-4343 Ask to be transferred to register for **CRASH**, call on days and times listed above

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Helping Vermonters prevent and eliminate the problems caused by alcohol and other drug use. When an individual's privilege to drive is suspended due to an alcohol related offense, they are required to complete the **CRASH** Program.

<http://healthvermont.gov/adap/treatment/crash.aspx>

VT Department of Health - VT Quit Network

800-QUIT-NOW (800-784-8669)

Tobacco cessation resources. Quit by phone, in-person, or online. Offers free tools, tips, and information to help you quit for good. Free nicotine gum, lozenges, or patches (while supplies last).

www.vtquitnetwork.org

CHILD / PARENTING SERVICES & EDUCATION

Casey Family Services

802-296-8900 800-607-1400

35 Railroad Row, Suite 400, WRJ, VT 05001

Services include: family advocacy and support, family economic success, foster care and adoption, National Tax Assistance for Working Families Campaign, and post-permanency services.

www.caseyfamilyservices.org/ourdivisions/vermont/

Child Upstream Services (CUPS)

802-886-4500 Health Care and Rehabilitation Services

390 River Street, Springfield, VT 05156

Early intervention program for families of young children who are experiencing or are at risk for behavioral and emotional problems. Provides mental health services to families with young children ages 0 to 6 years and for pregnant women or mothers who have a mental health diagnosis and are younger than age 23. Services include psychosocial assessment, parent counseling, individual and family play therapy, service coordination, advocacy, and referrals.

www.hcrs.org

Head Start

- Main Office

802-885-6669 877-535-3497

107 Park Street, Suite 1, Springfield, VT 05156

- Pine Street Preschool 802-885-6664

15 Pine Street, Springfield, VT 05156

- Northwoods Center 802-295-1122

95 Templeton Avenue, WRJ, VT 05001

- Children's Place Preschool 802-674-5690

147 Main Street, Windsor, VT 05089

A federally funded preschool program that offers comprehensive developmental services for children and families with an emphasis on health, nutrition, education and parental involvement.

www.sevca.org/head-start

Lund Family Center

802-864-7467 800-639-1741

76 Glen Road, Burlington, VT 05401

A residential and community treatment program for pregnant and parenting teens. Services include: teen pregnancy prevention programs, comprehensive adoption programs, substance abuse treatment, transitional services, parent education and early childhood programs.

www.lundfamilycenter.org

Springfield Area Parent Child Center

802-886-5242

2 Main Street, North Springfield, VT 05150

Offers services for all pregnant women and families with young children, including: home visits, parent education and support, child care support, on-site adult education and job training, playgroups, early care, education, early intervention, outreach, information and referral.

www.sapcc2.com

The Family Place

802-649-3268

800-639-0039

319 US Route 5 South, Norwich, VT 05055

Provides services to families with young children, including home visits and on-site programs. Programs and services include parenting education and support groups, child developmental services, resource library, child advocacy center, infant-toddler playgroups, and assistance with child care costs.

<http://the-family-place.org/>

VT Department of Health - Child Development

802-241-3110 Child care consumer line

800-649-2642 Child care consumer line

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Information on child care and child development. If you have questions or concerns about a child care provider in Vermont, call the child care consumer line.

<http://dcf.vermont.gov/cdd>

VT Department of Health - Children & Families

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

For information on child safety, hearing health, immunization, mental health, nutrition and physical activity, dental health, pregnancy and parenting, school health, special health concerns, tobacco and alcohol, and WIC.

www.healthvermont.gov/family/index.aspx

Ottauquechee Community Partnership (OCP) - Buddy & Mentoring Programs

802-457-2679

32 Pleasant Street, Woodstock, VT 05091

- The Shining Light Mentoring Program is run jointly through the OCP and the Windsor Central Supervisory Union. Serves youth from Barnard, Bridgewater, Killington, Pomfret, Reading, Woodstock.

Mentors are paired with students at Woodstock Union MS & HS.

- The OCP's Buddy Program matches community adults with elementary students at Bridgewater Village and Reading Elementary. Time is spent together at school during the day.

<http://ocpvt.squarespace.com/mentoring-youth/>

Windsor County Partners

802-674-5101

54 Main Street, Windsor, VT 05089

A mentoring program throughout Windsor County linking caring adult volunteers with boys and girls between the ages of 5 and 18.

www.windsorcountypartners.org

CHILDCARE / PRESCHOOL

To search the regulated child care database:

- **VT Department of Health – Children & Families**

Go to http://dcf.vermont.gov/child_care

Click on “Find Child Care – Online”

To search for accredited child care programs:

- **National Association for the Education of Young Children**

Go to www.naeyc.org

Click on “Accreditation” and “Accredited Program Search”

To search for accredited providers:

- **National Association for Family Child Care**

Go to <http://nafcc.org>

Click on “Search for Accredited Providers”

Hartland After School Program

802-436-2790 Hartland Recreational Center

19 Route 12, Hartland, VT 05048

A safe, social, and recreational place for children grades K-5, and only runs when school is in session.

www.hartlandrecreation.com

Head Start

- Main Office

802-885-6669

877-535-3497

107 Park Street, Suite 1, Springfield, VT 05156

- Pine Street Preschool

802-885-6664

15 Pine Street, Springfield, VT 05156

- Northwoods Center

802-295-1122

95 Templeton Avenue, WRJ, VT 05001

- Children’s Place Preschool

802-674-5690

147 Main Street, Windsor, VT 05089

A federally funded preschool program that offers comprehensive developmental services for children and families with an emphasis on health, nutrition, education and parental involvement.

www.sevca.org/head-start

Hartland Cooperative Nursery School

802-436-2580

19 Route 12, Hartland, VT 05048

A nurturing and developmentally focused early childhood education program for children ages 3 to 5. As a cooperative, the member families share all organizational and administrative responsibilities.

<http://www.hcnsvt.org/>

Springfield Area Parent Child Center

802-886-5242

2 Main Street, North Springfield, VT 05150

Offers services for all pregnant women and families with young children including: home visits, parent education and support, child care support, on-site adult education and job training, playgroups, early care, education, early intervention, outreach, information and referral.

www.sapcc2.com

VT Department of Health - Child Development

802-241-3110 Child care consumer line

800-649-2642 Child care consumer line

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

For information about child care providers, referral services, child care financial assistance, or to make a complaint about child care providers. Find child care providers online.

<http://dcf.vermont.gov/cdd>

Woodstock Nursery School

802-457-2445

9 Church Street, Woodstock, VT 05091

Early childhood education program for children ages 3 to 5 that builds whole-child development through active age-appropriate exploration of the world around them.

<http://woodstocknurseryschool.org/>

CLOTHING

Bridgewater Mill Thrift Shop

802-672-1990

101 Mill Road, Bridgewater, VT 05034

Glad Rags

The Masonic Lodge

30 Pleasant Street, Woodstock, VT 05091

Sells quality new and used clothing and small household items. Sales are always the 4th Saturday of April and the 4th Saturday of October.

www.gladrags.org/

Listen Community Services - Listen Thrift Stores

- White River Junction Store

802-295-9217

802-295-9259

42 Maple Street (Route 4, next to the VT/NH bridge)

White River Junction, VT 05001

- Lebanon Store

603-448-4553

60 Hanover Street, Lebanon, NH 03766

www.listencs.org/

Southeastern VT Community Action (SEVCA) - Good Buy Thrift Stores

- White River Junction Store 802-295-6373

2590 North Hartland Road, Route 5 South

White River Junction, VT 05001

- White River Junction Store 802-359-4183

676 Hartford Ave, White River Junction, VT 05001

www.sevca.org/thrift-stores

Upper Valley Haven

802-295-6500

713 Hartford Avenue, White River Junction, VT 05001

Has a clothing room with a variety of clothing and shoes for women, men and children with the selection changing to meet the current season.

www.uppervalleyhaven.org

COMPLEMENTARY & ALTERNATIVE HEALTH SERVICES

The Upper Valley Guide to Complementary and Alternative Health Services can be found online at www.thealternativehealthguides.com/index.html or by picking up a copy at several local retailers and health practitioners' offices.

Good Neighbor Health Clinic

802-295-1868

70 North Main Street, White River Junction, VT 05001

Free health care facility whose mission is to offer accessible, primary medical and dental care to all of those in the Upper Valley who are in need, but who are without the means to pay. Offers acupuncture, acu-detox, and massage therapy.

www.goodneighborhealthclinic.org/

Senior Helpline

800-642-5119

Provides information on a wide range of programs and services for people age 60 and older.

WISE

866-348-9473

38 Bank Street, Lebanon, NH 36766

Provides advocacy, crisis intervention, support services, and community education to those affected by domestic and sexual violence and stalking in the Upper Valley region. Advances social justice through community education, training, and public policy.

www.wisefoftheuppervalley.org/

DENTAL SERVICES - FREE

Red Logan Dental Clinic

802-295-7573

70 North Main Street, White River Junction, VT 05001

Free health care facility that offers dental care to all of those in the Upper Valley who are in need, but who are without the means to pay.

www.goodneighborhealthclinic.org/

VT Department of Health - Economic Services

800-479-6151 Benefits service center

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Helps Vermonters meet their basic needs through programs such as 3SquaresVT, emergency assistance, essential person, fuel assistance, health insurance, long-term care, phone assistance and ReachUp. These programs provide a safety net for individuals and families who are facing unemployment, single parenthood, aging, disability, or other life-changing event.

Contact for an application.

<http://dcf.vermont.gov/esd/> or www.mybenefits.vt.gov

DISABILITY SERVICES

Child Upstream Services (CUPS)

802-886-4500 Health Care and Rehabilitation Services

390 River Street, Springfield, VT 05156

Early intervention program for families of young children who are experiencing or are at risk for behavioral and emotional problems. Provides mental health services to families with young children ages 0 to 6 years and for pregnant women or mothers who have a mental health diagnosis and are younger than age 23. Services include psychosocial assessment, parent counseling, individual and family play therapy, service coordination, advocacy, and referrals.

www.hcrs.org

Mt. Ascutney Hospital & Health Center

802-674-6711

289 County Road, Windsor, VT 05089

Offering aquatic, occupational, physical, recreational, and speech therapy.

www.mtascutneyhospital.org/

Springfield Area Parent Child Center

802-886-5242

2 Main Street, North Springfield, VT 05150

Offers services for all pregnant women and families with young children, including: home visits, parent education and support, child care support, on-site adult education and job training, playgroups, early care, education, early intervention, outreach, information and referral.

www.sapcc2.com

The Family Place

802-649-3268

800-639-0039

319 US Route 5 South, Norwich, VT 05055

Provides services to families with young children, including home visits and on-site programs. Programs and services include parenting education and support groups, child developmental services, resource library, child advocacy center, infant-toddler playgroups, and assistance with child care costs.

<http://the-family-place.org/>

Woodstock Learning Trust, Inc.

802-457-1105

PO Box 28, Woodstock, VT 05091

Provides essential support and funding through grant awards, collaboration, and programs and projects that either individually or collectively improve and enrich the lives of special needs children and/or adults in the Upper Valley region.

VT Association for the Blind & Visually Impaired

802-775-6452

877-350-8839

80 West Street, Suite 202, Rutland, VT 05701

Free training, services and support to visually impaired Vermonters of all ages. Services for adults and children include: rehabilitation, orientation and mobility, assistive technology, social networking, transportation to medical appointments and grocery shopping, readers, shopping assistants and companions.

www.vabvi.org

VT Center for the Deaf & Hard of Hearing

802-258-9500 V/TTY

866-947-7409 VP

209 Austine Drive, Brattleboro, VT 05301

Community services include: American Sign Language classes, audiology center, VT telecommunications distribution program; advocacy, independent living, interpreter referral, family and consultant services, and mental health counseling. The Austine School for the Deaf provides education from pre-K through 12th grade.

www.vcdhh.org/

VT Department of Health - Children with Special Health Needs

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Serving Vermont children (birth to 21) who have complex health conditions.

Provides information, care coordination, medical services, limited financial help, and resources to help families support their children's well being, growth and development.

www.healthvermont.gov/family/cshn/cshn.aspx

VT Department of Health - Disabilities, Aging & Independent Living

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

- The Division for the Blind and Visually Impaired provides vocational rehabilitation and independent living services to eligible Vermonters.
- The Division of Disability and Aging Services is responsible for all community-based long-term care services for older Vermonters, people with traumatic brain injuries, developmental and physical disabilities.
- The Division of Vocational Rehabilitation offers free services to any Vermonter or employer dealing with a disability that affects employment. Partners with human service providers and employers across Vermont to help people with disabilities realize their full potential.

<http://dail.vermont.gov/>

Windsor Southeast Supervisory Union - Early Childhood Education Program

802-674-2144

105 Main Street, Suite 200, Windsor, VT 05089

A school based program for children ages 3-5 years, serving an equal number of special education students and non special education students.

<http://wssu52.org/>

Zack's Place

802-457-5868

73 Central Street, Suite A, Woodstock, VT 05091

A community enrichment center for people with special needs. Daily programming includes exercise, reading, social activities, dancing, music, theater and art. Free.

www.zacksplacevermont.com/

EDUCATION / SCHOOLS

Go to www.vermont.gov/portal/education/ for an updated listing of K-12 schools, colleges and universities, continuing education and training opportunities, financial aid, and education organizations.

Barnard Academy

802-234-9763
5979 Route 12, Barnard, VT 05031
www.bcsvt.org/

Bridgewater Village School

802-672-3464
7313 Route 4, Bridgewater, VT 05034
www.bvsvt.org/

The Pomfret School

802-457-2067
1071 Pomfret Road, South Pomfret, VT 05067
www.tpsvt.org/

Reading Elementary

802-484-7230
632 VT Route 106, Reading, VT 05062
www.resvt.org/

Sherburne Elementary School

802-422-3366
686 School House Road, Killington, VT 05751
www.sesvt.org/

Woodstock Elementary School

802-457-2522
15 South Street, Woodstock, VT 05091
www.wesvt.org/

Woodstock Union Middle & High School

802-457-1317
496-1 Woodstock Road, Woodstock, VT 05091
www.wuhsms.org/

The Gateway Program - Springfield School District

802-885-5141 District office
199 Summer Street, Springfield, VT 05156
A therapeutic and academic program designed to meet the needs of students in grades K-12 who are socially, emotionally and academically challenged.
http://old.ssdvt.org/Pages/SpringVT_DistGateway/index

Hartland Elementary School

802-436-2255

97 Martinsville Road, Hartland, VT 05048

www.hartland.k12.vt.us

VT Adult Learning

- Rutland County Learning Center 802-775-0617

Scale Avenue, Suite 93

Building 3, 3rd Floor, Rutland, VT 05701

- Springfield Learning Center 802-886-5502

363 River Road, North Springfield, VT 05150

- WRJ Learning Center 802-299-2469

212 Holiday Drive - Suite 1, WRJ, VT 05001

Available to all out-of-school Vermonters, ages 16 and above. Provides essential skills to further your educational, employment and personal goals to help expand options and capabilities in the family, workplace and community. Offers work readiness programs to prepare adults for entry, re-entry or promotion in the workplace. Offers 3 pathways to achieve a high school credential: High School Completion Program (16-21), VT Adult Diploma Program (ages 21+, 18-20 with waiver), General Education Diploma (GED) (16+).

www.vtadulthoodlearning.org

Windsor Central Supervisory Union

802-457-1213

496-2 Woodstock Road, Woodstock, VT 05091

Serving the towns of Barnard, Bridgewater, Killington, Pomfret, Reading, and Woodstock.

www.wcsu.net/

EMPLOYMENT

VT Department of Health - Economic Services

800-479-6151 Benefits service center

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Reach Up helps families with children by providing cash assistance for basic needs and services that support work and self-sufficiency. We will look at skills and abilities, job interests, and training or education. We'll also look at any challenges that make it difficult for you to work, such as child care, transportation, health needs, or personal issues. You and your case manager will create a family development plan that maps out your work goals.

http://dcf.vermont.gov/esd/reach_up or www.mybenefits.vt.gov

VT Department of Health - Vocational Rehabilitation

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

- The Division of Vocational Rehabilitation offers free services to any Vermonter or employer dealing with a disability that affects employment. Partners with human service providers and employers across Vermont to help people with disabilities realize their full potential.

<http://vocrehab.vermont.gov/>

VT Department of Labor

802-828-4000 Voice

802-828-4203 TDD

Provides services that assist businesses, workers, and job seekers. Look for a job or apprenticeship, file an unemployment claim, explore career options, and find your way through the workers compensation system.

www.labor.vermont.gov

Woodstock Area Job Bank

802-457-3835

Woodstock Town Hall, 2nd floor

31 The Green, Woodstock, VT 05091

www.woodstockjobbank.org/

FAMILY SUPPORT & OPPORTUNITIES

Alanon & Alateen

603-645-9518 Answering service of NH

866-972-5266

888-425-2666 Call about local meetings

Al-anon is a mutual support group for friends and family of problem drinkers.

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

www.al-anon.alateen.org, www.nhal-anon.org

www.vermontalanonalateen.org

Killington Teen Center

802-422-3241

2929 River Road, Killington, VT 05751

A safe, enjoyable, drug-free environment for teens of Killington and those that attend Woodstock Union Middle & High School. Provides a variety of activities on a regular basis. Open most Friday nights. Snacks are provided during activities at no charge. Most events are free of charge.

www.killingtontown.com/

Second Wind Foundation - Upper Valley Turning Point

802-295-5206

200 Olcott Drive, White River Junction, VT 05001

Community center for people in recovery from addiction and addictive behavior. Provides a safe, substance-free environment and peer support 7 days a week at no cost. Recovery groups holding meetings at the center include:

AA, Anon family groups, NA, overeaters anonymous, dual recovery anonymous, Dartmouth Hitchcock intensive outpatient program alumni. **Wit's End**

is a program for family members challenged by the substance abuse, addiction or addictive behavior of an adolescent or young adult. **Making Change** is a facilitated support group for high school-aged young people who are considering, or are committed to, recovery from alcohol or other drug dependency.

<http://turningpointclub.com/>

Spectrum Teen Center

802-457-1317 Woodstock High School

802-457-4585 Woodstock Recreation Center

54 River Street, Woodstock, VT 05091

Located at Woodstock Recreation Center

A program for students in grades 9-12 where young people can have fun with their peers. Open during the school year on Friday and Saturday nights from 7:00-11:00pm. Offers 2 special events per month, either on-site or off-site.

Activities are free or at low cost. On-site space offers a teen lounge, wide screen TV, computer access. An alcohol, tobacco, & drug free environment.

Southeastern VT Community Action (SEVCA)

- Springfield Outreach Office
802-885-6153 802-885-1019
107 Park Street Suite 2, Springfield, VT 05156
- WRJ Outreach Office 802-295-5215
220 Holiday Inn Drive, Suite 30, WRJ, VT 05001
- Windsor Outreach Office 802-674-2900
Windsor Connection Resource Center
1 Railroad Plaza, Windsor, VT 05089

For low-income residents of Windsor and Windham counties. Provides support for developing self-sufficiency, including crisis intervention, and help with setting goals, budgeting, and referrals to other community programs. Support includes advocacy, case management, nutrition counseling, Farm to Family coupons, vouchers for clothing or household items, help with housing issues, help in applying for a car loan, financial literacy training, and a matched savings account.
www.sevca.org

Springfield Area Parent Child Center

802-886-5242
2 Main Street, North Springfield, VT 05150
Help with child care costs.
www.sapcc2.com

The Family Place

802-649-3268 800-639-0039
319 US Route 5 South, Norwich, VT 05055
Help with child care costs.
<http://the-family-place.org/>

VT Department of Health - Economic Services

800-479-6151 Benefits service center
Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.
Helps Vermonters meet their basic needs through programs such as 3SquaresVT, emergency assistance, essential person, fuel assistance, health insurance, long-term care, phone assistance and ReachUp. These programs provide a safety net for individuals and families who are facing unemployment, single parenthood, aging, disability, or other life-changing event. Contact for an application.
<http://dcf.vermont.gov/esd/> or www.mybenefits.vt.gov

Windsor Community Health Clinic at Mt. Ascutney Hospital & Health Center

802-674-7213
289 County Road, Windsor, VT 05089
Serves members of our community who are not covered by Medicaid, VHAP, and private insurance, and who do not have the financial resources to pay for healthcare services. Services covered include: treatment for illness or injury, routine checkups with a primary care physician, annual exam, prostate exam, mammograms, lab tests, x-rays, immunizations, health education classes,

help applying for insurance.

www.mtascutneyhospital.org/windsor-area-community-health-clinic/

FOOD / NUTRITION

Bugbee Senior Center

802-295-9068

262 North Main Street, White River Junction, VT 05001

Nutritious hot meals are served 5 days a week in the dining room, and delivered to community members in their homes 5 days a week. Frozen meals for the weekend are available on request.

www.bugbeecenter.org/

Community Dinners

- Listen Community Services 603-448-4553

Go to www.listencs.org for a list of updated dinners.

- North Universalist Chapel Society 802-457-2557

7 Church Street, Woodstock, VT 05091

Hand in Hand community supper every Thursday from 5:00-7:00pm in the church social hall.

www.nucs.org/

Senior Solutions (formerly Council on Aging for Southeast VT)

802-885-2655 Administrative office

800-642-5119 Senior help-line

56 Main Street, Suite 202, Springfield, VT 05156

Helps make healthy meals available to elders in Windham & Windsor counties. Meal options include community meal sites and Meals on Wheels.

www.seniorsolutionsvt.org

Food Shelf

For a list of updated Vermont Foodbanks, call

800-585-2265 or go to www.vtfoodbank.org

- First Universalist Society of Hartland 802-436-2592

8 Brownsville Rd, Hartland Four Corners, VT 05049

In the church hall every Friday from 8:00-10:00 am

<http://hartlanduu.org/j/>

- Friends of Veterans 802-296-8368

222 Holiday Drive, Suite 5, WRJ, VT 05001

www.friendsofveteransvtnh.org/

- Hartland Food Shelf 802-436-2323

8 Brownsville Rd, Hartland Four Corners, VT 05049

- Listen Community Services 603-448-4553

60 Hanover Street, Lebanon, NH 03766

www.listencs.org

- Oak Chapel Christian Fellowship 802-672-5188

35 Oak Chapel Road, Bridgewater, VT 05034

- Praise Chapel Christian Church 802-296-8400

1625 Maple Street, Hartford, VT 05047

- Reading Food Shelf 802-484-9792
3456 Tyson Road, West Windsor, VT 05149
- The Upper Valley Haven 802-295-6500
713 Hartford Avenue, WRJ, VT 05001
<http://uppervalleyhaven.org/>
- Woodstock Community Food Shelf 802-457-1185
2176 Maxham Meadow Way, Woodstock, VT 05091

Meals on Wheels

800-642-5119 Senior help-line

Meals on Wheels is a service designed to help eligible seniors and home bound individuals meet their nutritional needs. Find a meal near you.

www.mowaa.org/

Southeastern VT Community Action (SEVCA)

- Springfield Outreach Office
802-885-6153 802-885-1019
107 Park Street Suite 2, Springfield, VT 05156
- WRJ Outreach Office 802-295-5215
220 Holiday Inn Drive, Suite 30, WRJ, VT 05001
- Windsor Outreach Office 802-674-2900
Windsor Connection Resource Center
1 Railroad Plaza, Windsor, VT 05089
- 3SquaresVT and Vermont Farm to Family programs can help you put food on your table and supplement your nutritional needs. Staff can help you in understand and complete your application. Use your 3SquaresVT benefits (EBT) at local farmers markets throughout VT.
www.sevca.org or www.vermontfoodhelp.org

Southwestern VT Council on Aging

802-786-5990 Administrative office

800-642-5119 Senior help-line

1085 US Route 4 East, Unit 2B, Rutland, VT 05701

Helps make healthy meals available to elders in Rutland & Bennington counties. Meal options include community meal sites and Meals on Wheels.

www.svcoa.org/

The Thompson at the Center for Seniors & Community

802-457-3277

99 Senior Lane, Woodstock, VT 05091

Serves healthy and delicious meals 5 days a week in the dining room, and delivers meals to community members in their homes 7 days a week.

www.thompsonseniorcenter.org/

Upper Valley Farm to School Network

802-478-0129

A group of farmers, teachers, parents, students and community members working to use local food in the cafeteria, grow school gardens, and add food

and farm themes into the classroom.

www.uvfts.org/

VT Department of Health - Economic Services

800-479-6151 Benefits service center

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

3SquaresVT and Vermont Farm to Family programs can help you put food on your table and supplement your nutritional needs. Staff can help you in understand and complete your application. Use your 3SquaresVT benefits (EBT) at local farmers markets throughout VT.

www.vermontfoodhelp.com/ or <http://dcf.vermont.gov/esd/3SquaresVT>

VT Department of Health - Women, Infants & Children (WIC)

800-649-4357

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Serves income-eligible pregnant women, women who are breastfeeding or who have a new baby, infants and children up to age 5 who are nutritionally or medically at risk. Provides healthy foods, nutrition counseling, breastfeeding support, health education, and links to other community resources.

www.healthvermont.gov/wic/

FUEL ASSISTANCE

Listen Community Services

603-448-4553 800-263-1166

60 Hanover Street, Lebanon, NH 03766

Provides services and support to meet the critical needs of Upper Valley individuals and families, including: benefits assistance, budget counseling, clothing, community dinners, emergency food, food pantry, heating helpers, holiday baskets, life skills, rental assistance, summer camp scholarships, utilities, and youth mentoring.

www.listencs.org/

Southeastern VT Community Action (SEVCA)

- Springfield Outreach Office

802-885-6153 802-885-1019

107 Park Street Suite 2, Springfield, VT 05156

- WRJ Outreach Office 802-295-5215

220 Holiday Inn Drive, Suite 30, WRJ, VT 05001

- Windsor Outreach Office 802-674-2900

Windsor Connection Resource Center

1 Railroad Plaza, Windsor, VT 05089

Crisis fuel and utility assistance for individuals and families in Windham & Windsor counties. Can help you with a heating crisis during the winter months. If you are behind in paying your electric bill, staff can help negotiate a payment plan with the electric companies to prevent disconnection. Weatherization services to reduce fuel cost.

www.sevca.org

VT Department of Health - Economic Services

800-479-6151 Benefits service center

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Can help pay part of your home heating bills whether you own your home or rent. Crisis fuel assistance can help you with a heating crisis during the winter months. Can also help you to negotiate payment plans and will work with your electric or natural gas company to prevent disconnection. You must fill out an application.

http://dcf.vermont.gov/esd/fuel_assistance

GAY, LESBIAN, BISEXUAL, TRANSGENDER, QUESTIONING RESOURCES

Human Immunodeficiency Virus / Hepatitis C Virus (HIV/HCV) Resource Center

603-448-8887

800-816-2220

2 Blacksmith Street, Lebanon, NH 03766

We offer case management, support groups, assistance with transportation to medical appointments, and emergency financial help for housing, food, clothing and medical needs. We also offer HIV and Hepatitis C prevention education and testing.

www.acornvtnh.org

Outright VT

802-865-9677

866-488-7386 LGBTQ youth crisis hotline

McClure Multigenerational Building

241 North Winooski Ave, Burlington, VT 05401

Helping to build safe, healthy, and supportive environments for gay, lesbian, bisexual, transgender, queer, and questioning youth ages 13-22. Advocacy, education, free and anonymous HIV testing, support groups, and youth programs.

<http://outrightvt.org/wordpress/>

HEALTHCARE - FREE

Alice Peck Day Memorial Hospital

603-448-3121 Main hospital line

125 Mascoma Street #10, Lebanon, NH 03766

Delivers affordable care to uninsured and underinsured patients through financial assistance programs. To get an application: visit the Patient Access Department, call and ask for forms to be mailed to you, or download them online.

www.alicepeckday.org/

Dartmouth-Hitchcock Medical Center

603-650-5000 Main hospital line

603-650-6222 Financial assistance

1 Medical Center Drive, Lebanon, NH 03545

Offers free or discounted care to patients who may be unable to pay their bills. In order to be considered for financial assistance, the patient (or their family representative) must complete an application and provide information that supports their financial need.

www.dhmc.org/

Gifford Medical Center

802-728-7000 Main hospital line

802-728-2323 Financial assistance

44 South Main Street, Randolph, VT 05060

Provide health care to all, regardless of insurance status. Works with patients to find financial assistance through its Affordable Care Program, state and federal resources, and no-interest payment plans. Fill out an application.

www.giffordmed.org/

Good Neighbor Health & Red Logan Dental Clinic

802-295-1868 Medical clinic

802-295-7573 Dental clinic

70 North Main Street, White River Junction, VT 05001

Free health care facility whose mission is to offer accessible, primary medical and dental care to all of those in the Upper Valley who are in need, but who are without the means to pay.

www.goodneighborhealthclinic.org/

Ladies First

800-508-2222

800-319-3141 TDD

A health-screening program for Vermont women that takes away financial barriers that keep many women from being screened for breast and cervical cancer, and heart disease. Pays for annual mammograms, clinical breast exams, pelvic exams, cervical Pap tests; cholesterol, blood pressure, and diabetes screenings.

www.ladiesfirstvt.org

Ottauquechee Health Center

802-457-3030

32 Pleasant Street, Woodstock, VT 05091

A service of Mt. Ascutney Hospital and Health Center, providing high quality medical care to anyone in need. Offering both male and female primary care providers for patients of all ages. Additional and specialty services include: nursing visits (allergy, coumadin, flu), routine lab tests, Dermatology, & Ophthalmology.

www.mtascutneyhospital.org/ottauquechee-health-center/

Rutland Regional Medical Center

802-775-7111 Main hospital line

802-747-1751 Financial assistance

160 Allen Street, Rutland, VT 05701

A financial assistance program assists eligible residents of the area with hospital expenses because of illness or accident. Eligibility is based on family size and gross income. Fill out an application.

www.rrmc.org/

**United States Department of Veterans Affairs (VA) -
White River Junction VA Medical Center**

802-295-9363 Main hospital line

866-687-8387

802-295-9363, ext 5038 or 5746 Billing and insurance

800-829-4833 TDD

215 North Main Street, White River Junction, VT 05009

Information on Veterans healthcare & other benefits.

www.whiteriver.va.gov/

Visiting Nurse and Hospice of VT & NH

888-300-8853 Business office

800-575-5162 Patient referrals

800-735-2964 TDD

66 Benning Street, Suite 6, West Lebanon, NH 03784

Offers a full array of traditional and high-tech home health and hospice services. Available to all in medical need, regardless of the patient's ability to pay.

www.vnavnh.org

Windsor Community Health Clinic at Mt. Ascutney Hospital & Health Center

802-674-7213

289 County Road, Windsor, VT 05089

Serves members of our community who are not covered by Medicaid, VHAP, and private insurance, and who do not have the financial resources to pay for healthcare services. Services covered include: treatment for illness or injury, routine checkups with a primary care physician, annual exam, prostate exam, mammograms, lab tests, x-rays, immunizations, health education classes, help applying for insurance.

HEALTH EDUCATION

Child Upstream Services (CUPS)

802-886-4500 Health Care and Rehabilitation Services

390 River Street, Springfield, VT 05156

Early intervention program for families of young children who are experiencing or are at risk for behavioral and emotional problems. Provides mental health services to families with young children ages 0 to 6 years and for pregnant women or mothers who have a mental health diagnosis and are younger than age 23. Services include psychosocial assessment, parent counseling, individual and family play therapy, service coordination, advocacy, and referrals.

www.hcrs.org

Community Health Outreach at Mt. Ascutney Hospital & Health Center

802-674-7089

289 County Road, Windsor, VT 05089

Working with individuals, healthcare providers and community organizations to reduce chronic disease. The promotion of healthy lifestyle choices includes alcohol, tobacco & other drug abuse prevention efforts, and creating healthy environments where physical activity and healthy eating are the norm. Skill building workshops offered include: Guiding Good Choices (parenting for prevention), Healthier Living Workshops (for physical health) and Wellness Recovery Action Plan Workshops (for mental health). Tobacco cessation coaching and other health education services provided.

www.mtascutneyhospital.org/

CPR Courses at Mt. Ascutney Hospital & Health Center

802-674-7205

289 County Road, Windsor, VT 05089

www.mtascutneyhospital.org/

Dartmouth-Hitchcock Aging Resource Center

802-653-3460

46 Centerra Parkway, 2nd Floor, Lebanon, NH 03766

Offers older adults, families, and community members in NH & VT FREE programs and services to help them live healthier, more informed lives. Services include: advance care planning, community classes & events, lending library, support groups, and information about health concerns of older adults.

http://patients.dartmouth-hitchcock.org/aging_resource_center.html

Diabetes Educator at Mt. Ascutney Hospital & Health Center

802-674-7135

289 County Road, Windsor, VT 05089

Medical professionals who specialize in the care and education of people with diabetes.

www.mtascutneyhospital.org/

Good Neighbor Health Clinic

802-295-1868

70 North Main Street, White River Junction, VT 05001

Health promotion and chronic disease management programs include: tobacco cessation; heart disease, colon cancer, and hunger screenings; immunization program; blood pressure and body mass index checks; diabetes group visits and educational events; and regular weight checks.

www.goodneighborhealthclinic.org/

Hunger Free VT

802-865-0255

38 Eastwood Drive, Suite 100

South Burlington, VT 05403

An education and advocacy organization with the mission to end the injustice of hunger and malnutrition for all Vermonters. Programs include: school meal expansion, 3SquaresVT outreach, the learning kitchen, out-of-school time nutrition, and early childhood nutrition outreach.

www.hungerfreevt.org/

Planned Parenthood

• Claremont Health Center 603-542-4568

136 Pleasant Street, Claremont, NH 03743

• Rutland Health Center 802-775-2333

6 Roberts North, Rutland, VT 05701

• West Lebanon Health Center 603-298-7766

89 South Main Street, West Lebanon, NH 03784

Sexual and reproductive health care, education, and information for men, women, and teens.

www.plannedparenthood.org/

Ottawaquechee Community Partnership

802-457-2679

32 Pleasant Street, Woodstock, VT 05091

Engages individuals and organizations in developing healthy environments and positive intergenerational relationships in the VT towns of Barnard, Bridgewater, Killington, Pomfret, Reading and Woodstock.

www.ocpvt.org/

VT Department of Health

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Public health topics: Children and families, diseases and prevention, alcohol and drug abuse programs, emergencies and public health preparedness, community public health, a healthy environment; health research, data, and records.

<http://healthvermont.gov/>

HOME HEALTH NURSING CARE & HOSPICE SERVICE

Bayada Nurses

- Bayada Hospice 802-526-2380
309 Main Street, Office 1, PO Box 1590
Norwich, VT 05055

- Bayada Nurses 802-775-7272
2 South Main Street, Suite 2, Rutland, VT 05701

Bayada Hospice provides interdisciplinary Hospice Care at home, in assisted living and nursing facilities. Bayada Nurses provide nursing, rehabilitative, therapeutic, and personal home health care services to children, adults, and seniors in the comfort of their own homes 24 hours, 7 days a week.
www.bayada.com/

Visiting Nurse and Hospice of VT & NH

888-300-8853 Business office
800-575-5162 Patient referrals
800-735-2964 TDD

66 Benning Street, Suite 6, West Lebanon, NH 03784

Offers a full array of traditional and high-tech home health and hospice services. Available to all in medical need, regardless of the patient's ability to pay.
www.vnavnh.org

HOUSING & SHELTER

Hannah House

603-448-5339

10 Abbott Street, Lebanon, NH 03766

Residential support services and local outreach to pregnant and parenting teens in NH & VT.

<http://hannahhouseinc.org/>

Mountainside House Teen Shelter

802-228-7783

6 Mill Street, Ludlow, VT 05149

Shelter for homeless & runaway youth.

Mellishwood

802-457-1322

34, 36 & 38 Pleasant Street, Woodstock, VT 05091

Section 8 elderly housing.

Windsor Village

802-674-2867

65 State Street, Windsor, VT 05089

Section 8 independent living for the elderly and persons with a disability. 10 townhouse style family units.

www.stewartproperty.net/

Upper Valley Haven

802-295-6500

713 Hartford Avenue, White River Junction, VT 05001

Byrne House family shelter & Hixon House adult shelter

www.uppervalleyhaven.org

Union Square Apartments

802-674-9455

7 Union Street, Windsor, VT 05089

Low-income housing tax credit property for families. Income restrictions apply.

www.stewartproperty.net/

Upper Valley Habitat for Humanity

802-295-1854

Office located at Hotel Coolidge

39 South Main Street, WRJ, VT 05001

Simple, decent, affordable home ownership for deserving families in the community who could not otherwise afford to buy a home. Houses are built by community volunteers, with many local vendors providing free or deeply discounted materials and services. The family agrees to contribute at least 500 hours of work in the building of their house.

www.hotelcoolidge.com/

VT State Housing Authority

802-828-3295 Voice line 800-798-3118 TDD

800-820-5119 Message line

1 Prospect Street, Montpelier, VT 05602

To provide and make housing more accessible and affordable for Vermonters.
Rental assistance program, managed housing program, Section 8 home ownership; elderly, family, and mobile home housing lists.

www.vsha.org

2-1-1

- New Hampshire 211
Just dial 2-1-1 Local call from anywhere in NH
866-444-4211 Dial from outside of NH
www.211nh.org
- Vermont 211
Just dial 2-1-1 Local call from anywhere in VT
802-652-4636 Dial from outside of VT
866-652-4636 Toll-free in VT
www.vermont211.org

Provides information about critical health and human services available in your community at no charge to you. Available 24 hours a day, 7 days a week.

Community Care Coordinator at the Ottauquechee Health Center

802-457-3030, ext 203
32 Pleasant Street, Woodstock, VT 05091
Links patients to community and healthcare resources to improve their quality of life with the goal of maintaining independence for as long as possible. Provides referral to private caregivers.
www.mtascutneyhospital.org/ottauquechee-health-center/

Ottauquechee Community Partnership

802-457-2679
32 Pleasant Street, Woodstock, VT 05091
Engages individuals and organizations in developing healthy environments and positive intergenerational relationships in the VT towns of Barnard, Bridgewater, Killington, Pomfret, Reading and Woodstock.
www.ocpvt.org/

Senior Solutions (formerly Council on Aging for Southeast VT)

802-885-2655 Administrative office
800-642-5119 Senior help-line
56 Main Street, Suite 202, Springfield, VT 05156
Area Agency on Aging providing social services to people 60 years & older. Connects seniors and their caregivers to the information and services they need in Windsor & Windham counties.
www.seniorsolutionsvt.org

Southwestern VT Council on Aging

802-786-5990 Administrative office
800-642-5119 Senior help-line
1085 US Route 4 East, Unit 2B, Rutland, VT 05701
Area Agency on Aging providing social services to people 60 years and older. Connects seniors and their caregivers to the information and services they need in Rutland & Bennington counties.

www.svcoa.org/

VT Department of Health

The VT Department of Health operates 12 District Offices located throughout the state. Contact the office near you to find health information, disease prevention and emergency response services.

- Rutland District Office

802-786-5811 888-253-8802
300 Asa Bloomer Building, Rutland, VT 05701

- Springfield District Office

802-885-5778 888-296-8151
100 Mineral Street, Suite 104, Springfield, VT 05156

- White River Junction District Office

802-295-8820 888-253-8799
226 Holiday Drive, Suite 22, WRJ, VT 05001

<http://healthvermont.gov/>

LEGAL ASSISTANCE

Disability Rights VT

800-834-7890

- Main office 802-229-1355
141 Main Street, Suite 7, Montpelier, VT 05602
- Rutland office 802-773-3944
1 Scale Avenue, Suite 23, Howe Center, Bldg. 14, Rutland, VT 05701
- St. Johnsbury office 802-748-1154
108 Cherry Street, St Johnsbury, VT 05819

Statewide agency dedicated to advancing the rights of people with disabilities & mental health issues. Support human and civil rights by investigating complaints of abuse and neglect & violations of individual rights.

www.disabilityrightsvt.org/

Have Justice Will Travel

802-685-7809 877-496-8100

9580 Vermont Route 113, Vershire, VT 05079

Provides in-home consultations, transportation to and from court hearings and free legal representation for low-income Vermonters who are victims of domestic and sexual violence.

www.havejusticewilltravel.org/

Office of the Defender General

- Rutland office 802-786-5823
145 State Street, Rutland, VT 05701
- Windsor county 802-296-6200
128 Gates Street, WRJ, VT 05001

Provides representation to needy persons charged with serious crimes.

Provides counsel to children who are the subject of juvenile hearings as alleged delinquents; to children in need of care and supervision; to children in custody of the Dept for Children and Families; to persons in custody of the Commissioner of Corrections; to needy persons in extradition, probation or parole revocation hearings. Resources for legal research and practice and links to other law-related web sites.

<http://defgen.vermont.gov/>

South Royalton Legal Clinic at VT Law School

800-831-1500

164 Chelsea Street, South Royalton, VT 05068

serves residents from several Vermont counties who are unable to afford counsel and who need assistance with issues such as children's rights, immigration, family law, housing, welfare and unemployment, health care, Social Security, consumer protection, bankruptcy, contracts, wills, and statutory civil rights.

www.vermontlaw.edu

Valley Court Diversion Programs

802-295-5078

211 North Main Street, White River Junction, VT 05001

Provides alternatives to the traditional criminal justice system for those who have committed minor infractions of the law. Programs hold both youth and adult offenders accountable for their behavior and work to restore a sense of safety to the community through monetary restitution, community service, repair of damaged property, letters of apology, research papers, special projects, and other restorative activities.

www.vcdp.org/

VT Legal Aid

800-889-2047

- Rutland Office

57 North Main Street, Rutland VT, 05701

- Springfield Office

56 Main Street, Suite 301, Springfield VT, 05156

Free civil legal services to Vermonters who are low-income, elderly and those with disabilities. Serves the community by providing information, advice and representation in the areas of health care, housing, education, family law, benefits, and consumer law.

www.vtlegalaid.org

LIBRARIES

For an updated list of public libraries in Vermont, visit
www.publiclibraries.com/vermont.htm

Abbott Memorial Library

802-457-2236
15 Library Street, South Pomfret, VT 05067

Charles B. Danforth Public Library

802-234-9408
Route 12, Barnard, VT 05031

Hartford Library

802-296-2568
1587 Maple Street, Hartford, VT 05047

Hartland Public Library

802-436-2473
153 Route 5, Hartland, VT 05048
www.hartlandlibraryvt.org/

Norman Williams Public Library

802-457-2295
10 South Park Street, Woodstock, VT 05091
<http://normanwilliams.lib.vt.us/index2.html>

Quechee & Wilder Libraries

- Quechee 802-295-1232
1957 Quechee Main Street, Quechee, VT 05059
- Wilder 802-295-6341
78 Norwich Avenue, Wilder, VT 05088
www.youseemore.com/quecheelibrary/default.asp

Reading Public Library

802-484-5588
717 Route 106, Reading, VT 05062
www.readinglibrary.org/

Sherburne Memorial Library

802-422-9765 802-422-4251
2998 River Road, Killington, VT 05751
<http://sherlib.wordpress.com/>

MENTAL HEALTH

Clara Martin

800-639-6360 Emergency

- Randolph Service Location 802-728-4466

11 Main Street, Randolph, VT 05060

- Wilder Service Location 802-295-1311

39 Fogg Farm Road, Wilder, VT 05088

Comprehensive mental health and substance abuse services within these major categories: adult, child and family, school, corrections, and substance abuse.

www.claramartin.org/

Health Care & Rehabilitation Services (HCRS)

888-888-5144 Information and services

800-622-4235 Crisis line

- Hartford Office 802-295-3031

49 School Street, Hartford, VT 05047

- Springfield Office (Headquarters) 802-886-4500

390 River Street, Springfield, VT 05156

- Windsor Office 802-674-2539

14 River Street, Windsor, VT 05089

Comprehensive mental health and substance abuse services for community members across Windsor and Windham counties. The 5 major service areas are: adult outpatient, children's division, community rehabilitation and treatment, developmental services, and Windham/Windsor recovery assistance program.

www.hcrs.org

National Suicide Prevention Lifeline

800-273-TALK (800-273-8255)

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline, a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the crisis center closest to you.

www.suicidepreventionlifeline.org/

VT Catholic Charities

802-773-3379

800-851-8379

2 1/2 Center Street, Suite 5, Rutland, VT 05701

Offers individual, family, and couples counseling on issues including: pre-marriage evaluation and education, marriage issues, family conflicts, post-abortion counseling, depression, spiritual issues, post-adoption services, prison ministries, adjustment and transition to assisted living facilities, grief and loss.

www.vermontcatholic.org/

VT Department of Health - Mental Health

- VT Dept Mental Health 802-241-2601
103 South Main Street, Wasson Hall
Waterbury, VT 05671

Information about child, adolescent, adult, and family mental health services and resources.

- VT State Hospital 802-241-1000 802-241-3199 TDD
103 South Main Street, Brooks Building
Waterbury, VT 05671

Serves adults with serious and persistent mental illness as part of a comprehensive continuum of care.

<http://mentalhealth.vermont.gov/>

VT Vet-To-Vet

877-485-4534

Offers peer-to-peer support to veterans of all ages. Able to talk safely and confidentially about issues such as: PTSD, depression, anxiety, substance use, family, bi-polar and borderline personalities disorders. Peers offer each other an understanding that comes from having experienced a similar situation or problem.

<http://vtvettovet.org/>

NURSING HOMES, RESIDENTIAL CARE HOMES & ASSISTED LIVING FACILITIES

Cedar Hill Continuing Care Community

- Cedar Hill Continuing Care Community
Victorian House, Health Care Center & Teddy's Place
802-674-6609
49 Cedar Hill Drive, Windsor, VT 05089
- The Village at Cedar Hill
Independent and assisted living
802-674-2254
92 Cedar Hill Drive, Windsor, VT 05089

Offers a continuum of care from independent and assisted living to skilled nursing and rehabilitative care.

www.cedarhillccc.com

Gilbert F. Davis Home for the Aged

802-674-5300
45 State Street, Windsor, VT 05089
A home like atmosphere for residential care.

Historic Homes of Runnemedede - Cox, Evarts, and Stoughton House

802-674-6733
40 Maxwell Perkins Lane, Windsor, VT 05089
Residential care facility in a home-like atmosphere with services including nursing care, senior meals, and transportation. Offers private rooms with a handicapped accessible bathroom.
www.hhronline.org

Mertens House

802-457-4411
73 River Street, Woodstock, VT 05091
A 14 bed intermediate, level II nursing facility. All rooms are private.
www.mertenshouse.com

Nursing Home Facility at Mt. Ascutney Hospital & Health Center

802-674-7202 Referral coordinator
289 County Road, Windsor, VT 05089
A Medicaid/Medicare certified nursing home facility offering short and long-term care. Services include personal care and social activities.
www.mtascutneyhospital.org/

The Homestead

802-457-1310

73 River Street, Woodstock, VT 05091

A level III, residential care facility with private rooms.

Applicants that have lived in the Woodstock, Hartland, Barnard, Reading, Pomfret and Bridgewater area for the preceding 5 years or more are eligible for a sliding scale subsidy through the Faulkner Trust.

Woodstock Terrace

802-457-2228

456 Woodstock Road, Woodstock, VT 05091

Assisted living, respite care, Alzheimer's & dementia memory care.

www.terracecommunities.net/senior_care_vt/

woodstock.php

PET SERVICE

Lucy Mackenzie Humane Society

802-484-5829

4832 Route 44, West Windsor, VT 05037

Services include: pet adoption, dog training and education (obedience, agility) and an animal shelter.

www.lucymac.org/

Potter's Angels Rescue

802-728-3550

3890 North Randolph Rd, Randolph Center, VT 05061

Rescue group dedicated to placing unwanted or neglected dogs in loving and everlasting homes.

VT Spay Neuter Incentive Program (VSNIP)

802-672-5302

PO Box 100, Bridgewater, VT 05034

Enables income eligible caretakers of cats and dogs to receive financial assistance to have their animals spayed, neutered, and vaccinated.

www.vvsahs.org

PLACES OF WORSHIP

Bethany Mennonite Church

802-672-3488

169 Route 100A, Bridgewater Corners, VT

Bridgewater Congregational Church

802-672-5211

Route 4, Bridgewater, VT 05034

Brownsville Community United Methodist Church

802-484-5944

66 Brownsville-Hartland Road, Brownsville, VT 05037

Church of Our Savior Episcopal Church

802-422-9064

316 Mission Farm Road, Killington, VT 05751

www.dioceseofvermont.org/Churches/Killington.html

East Barnard Church

802-763-2294

25 Allen Hill Road, Barnard, VT 05068

Open mid-June through late August & Christmas Eve.

Faith Assembly of God

802-234-6727

Route 107, exit 3 on 89, Bethel, VT 05032

www.faithassemblybethelvt.org/

First Congregational Church

802-436-2224

10 Station Road, Hartland, VT 05048

www.hartlandbrickchurch.org/

First Congregational Church of Woodstock, VT

802-457-9818

36 Elm Street, Woodstock, VT 05091

www.fccw.net/

First Universalist Society of Hartland, VT

802-436-2592

8 Brownsville Road, Hartland Four Corners, VT 05049

<http://hartlanduu.org/j/>

North Hartland Community Church

802-296-2418

605 Route 5, North Hartland, VT 05048

North Pomfret Congregational Church

802-457-3259

7767 Pomfret Road, North Pomfret, VT 05053

www.uccwebsites.net/northpomfretconguccvt.html

North Universalist Chapel Society

802-457-2557

7 Church Street, Woodstock, VT 05091

www.nucs.org/

Oak Chapel Christian Fellowship

802-672-3506

35 Oak Chapel Road, Bridgewater Center, VT 05035

www.oakchapel.org

Old Stone Church

802-228-8165

3192 Tyson Road, South Reading, VT 05153

Our Lady of the Mountain Roman Catholic Church

802-457-2322

Route 4, Killington, VT 05751

Our Lady of the Snows Rectory

802-457-2322

7 South Street, Woodstock, VT 05091

www.ourladyofthesnows.org/

Quechee Community Church

802-295-3619

1905 Quechee Main Street, Quechee, VT 05059

<http://quecheeucc.org/>

Rachel Harlow Methodist Church

802-674-5359

165 Main Street, Windsor, VT 05089

Shambala Meditation Center of White River Junction

802-296-6225

158 South Main Street, White River Junction, VT 05001

<http://whiteriver.shambhala.org/>

Sharon Congregational Church

802-763-2007

55 Route 132 South, Sharon, VT 05065

<http://sharonvtucc.org/>

St. James Episcopal Church

802-457-1727

5 Church Street, Woodstock, VT 05091

www.stjameswoodstock.org/

St. Francis of Assisi Church

802-674-2157

30 Union Street, Windsor, VT 05089

Taftsville Mennonite Chapel

802-457-5838

7505 Happy Valley Rd, Taftsville, VT 05073

<http://taftsvillechapel.org/>

Trinity Evangelical Free Church

802-674-6781

44 Main Street, Windsor, VT 05089

www.tefcwindsor.org/

Upper Valley Zen Center

603-448-4877

58 Bridge Street, White River Junction, VT 05001

www.UVZC.org

Woodstock Area Jewish Community Congregation

802-457-4840

493 Woodstock Road, Woodstock, VT 05091

www.woodstockvtjewish.org/

PREGNANCY

Good Beginnings

802-222-5787

603-298-9524

93 South Main Street, West Lebanon, NH 03784

Free, home-visitor program that relies on trained volunteers to provide support to any family with a new baby. Serves Bradford, Corinth, Fairlee, Hartford, Hartland, Newbury, Norwich, Pomfret, Quechee, Sharon, Strafford, Thetford, Topsham, Vershire, West Fairlee, Windsor & Woodstock.

www.goodbeginnings.net/uppervalley/

Hannah House

603-448-5339

10 Abbott Street, Lebanon, NH 03766

Residential support services and local outreach to pregnant and parenting teens in NH & VT.

<http://hannahhouseinc.org/>

Planned Parenthood

• Claremont Health Center 603-542-4568

136 Pleasant Street, Claremont, NH 03743

• Rutland Health Center 802-775-2333

6 Roberts North, Rutland, VT 05701

• West Lebanon Health Center 603-298-7766

89 South Main Street, West Lebanon, NH 03784

Sexual and reproductive health care, education, and information for men, women, and teens.

www.plannedparenthood.org/

Pregnancy Center of the Upper Valley

• Claremont office 603-542-4747

32 Opera House Square, Claremont, NH 03743

• Business office 603-298-6123

1 Main Street, Suite 2, West Lebanon, NH 03784

Resources & info you need when facing decisions around unexpected pregnancy and sexual activity.

www.pregnancycenteruppervalley.com/

PROBATION & PAROLE

Department of Corrections

- Hartford Probation & Parole 802-295-8810
224 Holiday Drive, Suite B, WRJ, VT 05001
 - Rutland Probation & Parole 802-786-5808
92 State Street, Rutland, VT 05702
 - Springfield Probation & Parole 802-885-3544
100 Mineral St. Suite 102, Springfield VT 05156
- www.doc.state.vt.us/custody-supervision/field

RECREATION, FITNESS & WELLNESS

Community Health Outreach at Mt. Ascutney Hospital & Health Center

802-674-7089

289 County Road, Windsor, VT 05089

Working with individuals, healthcare providers and community organizations to reduce chronic disease. The promotion of healthy lifestyle choices includes alcohol, tobacco & other drug abuse prevention efforts, and creating healthy environments where physical activity and healthy eating are the norm. Skill building workshops offered include: Guiding Good Choices (parenting for prevention), Healthier Living Workshops (for physical health) and Wellness Recovery Action Plan Workshops (for mental health). Tobacco cessation coaching and other health education services provided.

www.mtascutneyhospital.org/

Hartland Recreation Center

802-436-2790

19 Route 12, Hartland, VT 05048

Providing a wide variety of meaningful and fulfilling leisure activities for all age groups.

www.hartlandrecreation.com/info/default.aspx

Historic Homes of Runnemedede

802-674-6733

40 Maxwell Perkins Lane, Windsor, VT 05089

Exercise classes for seniors.

www.hhronline.org

Marsh-Billings-Rockefeller National Historic Park

802-457-3368

Route 12 & River Road, Woodstock, VT 05091

Park in the Billings Farm & Museum parking lot

www.nps.gov/mabi/

Miller Therapeutic Pool at Mt. Ascutney Hospital & Health Center

802-674-7287

289 County Road, Windsor, VT 05089

The weightless environment enables people to do exercises that are too painful or impossible to do on land. Water temperatures of 88-94° help relax joints and limbs, making it easier to exercise with little or no discomfort.

Aquatic therapy has been successfully used to treat many conditions including neurological disorders, orthopaedic and postoperative conditions, chronic pain, and cardiopulmonary disease. Offering inpatient and outpatient physical therapy and rehabilitation, and aquatic group exercise programs.

www.mtascutneyhospital.org/

Ottaquechee Community Partnership

802-457-2679

32 Pleasant Street, Woodstock, VT 05091

Engages individuals and organizations in developing healthy environments and positive intergenerational relationships in the VT towns of Barnard, Bridgewater, Killington, Pomfret, Reading and Woodstock.

www.ocpvt.org/

Upper Valley Aquatic Center

802-296-2850

100 Arboretum Lane, White River Junction, VT 05001

Public aquatic & wellness facility with a warm water instructional pool, competition-sized pool, splash park, fitness center, group fitness studio & KidZone daycare.

<http://uvac-swim.org/swimming/>

VT Adaptive Ski & Sports

802-786-4991

73 Alpine Drive, Pico Mountain, Killington, VT 05751

Access and instruction to sports and recreational activities throughout the year. Programs include: alpine & cross country skiing, snowboarding, snowshoeing, indoor rock climbing, sailing, canoeing & kayaking, cycling, guided Burlington bike path trips, hiking, camping, and therapeutic horseback riding.

www.vermontadaptive.org/

VT Outdoor Guide Association

802-425-6211

800-425-8747

PO Box 10, North Ferrisburg, VT 05473

Complete directory of outdoor services and adventure travel resources.

www.voga.org/

Walk Woodstock Trail Map

To get a copy of this map, call or visit the Woodstock Area Chamber of Commerce or the Welcome Center.

- Woodstock Area Chamber of Commerce

802-457-3555 888-496-6378

59 Central Street, Woodstock, VT 05091

- Woodstock Welcome Center

802-432-1100

4 Mechanic Street, Woodstock, VT 05091

www.walkwoodstock.com

Woodstock Recreation Center

802-457-1502

54 River Street, Woodstock, VT 05091

Center of many recreational and social activities for people of all ages in the Woodstock area.

www.woodstockrec.com/info/

RESTORATIVE JUSTICE

Valley Court Diversion Programs

802-295-5078

211 North Main Street, White River Junction, VT 05001

Provides alternatives to the traditional criminal justice system for those who have committed minor infractions of the law. Programs hold both youth and adult offenders accountable for their behavior and work to restore a sense of safety to the community through monetary restitution, community service, repair of damaged property, letters of apology, research papers, special projects, and other restorative activities.

www.vcdp.org/

SENIOR CENTERS & CAREGIVING SERVICES

Bugbee Senior Center

802-295-9068

262 North Main Street, White River Junction, VT 05001

Provides a variety of services and programs for individuals over 60, mostly for those living in Hartford, Hartland, Norwich and Thetford, VT. Services include: meal programs, transportation, social/paralegal services, presentations, and activities. Craft store on site. Volunteer opportunities are available.

www.bugbeecenter.org/

Senior Solutions (formerly Council on Aging for Southeast VT)

802-885-2655 Administrative office

800-642-5119 Senior help-line

56 Main Street, Suite 202, Springfield, VT 05156

Area Agency on Aging providing social services to people 60 years & older.

Connects seniors and their caregivers to the information and services they need in Windsor & Windham counties.

www.seniorsolutionsvt.org

Dartmouth-Hitchcock Aging Resource Center

802-653-3460

46 Centerra Parkway, 2nd Floor, Lebanon, NH 03766

Offers older adults, families, and community members in NH & VT FREE programs and services to help them live healthier, more informed lives. Services include: advance care planning, community classes & events, lending library, support groups, and information about health concerns of older adults.

http://patients.dartmouth-hitchcock.org/aging_resource_center.html

Eldercare Locator

800-677-1116

Connecting you to services for older adults and their families.

www.eldercare.gov

Elder Wise

802-457-1897 877-224-0980

448-B Bunker Hill Road, North Pomfret, VT 05053

Certification courses for independent caregivers. Find a certified in-home caregiver in your area.

www.elderwiseinc.com

Lifeline

800-380-3111

Medical alert service. Press the personal help button & Lifeline's emergency response service goes into action.

www.lifelinesys.com

Meals on Wheels

800-642-5119 Senior help-line

Meals on Wheels is a service designed to help eligible seniors and home bound individuals meet their nutritional needs. Find a meal near you.

www.mowaa.org/

Medicare

800-633-4227

Information about Medicare benefits & ways to manage your health. Includes a guide to local resources.

www.medicare.gov or www.mymedicare.gov/

Staffing Solutions of VT

802-457-9995

591 Church Hill Road, Woodstock, VT 05091

Customized staffing services in home healthcare.

www.staffingsolutionsofvermont.com/

Southwestern VT Council on Aging

802-786-5990 Administrative office

800-642-5119 Senior help-line

1085 US Route 4 East, Unit 2B, Rutland, VT 05701

Area Agency on Aging providing social services to people 60 years and older.

Connects seniors and their caregivers to the information and services they need in Rutland & Bennington counties.

www.svcoa.org/

The Thompson at the Center for Seniors & Community

802-457-3277

99 Senior Lane, Woodstock, VT 05091

Provides a variety of services and programs that support independent living and healthy aging including: meal programs, transportation, and instructive & entertaining programs. Volunteer opportunities are available.

www.thompsonseniorcenter.org/

Social Security

802-773-3202 TTY

800-772-1213 866-690-1944

330 ASA Bloomer Building

88 Merchants Row, Rutland, VT 05701

Apply for retirement and disability benefits, Medicare, supplemental security income, and survivor benefits.

www.ssa.gov

SUPPORT FOR CERTAIN MEDICAL CONDITIONS

Alzheimer's Association

802-316-3839 Vermont chapter

800-272-3900 Helpline 866-403-3073 TDD

Information, advice, resource center, and support groups for Alzheimer's disease and related dementias.

www.alz.org

American Cancer Society

800-227-2345 866-228-4327 TTY

Learn about cancers, healthy living information, find support and treatment, research, and events.

www.cancer.org

American Diabetes Association

800-342-2383

Information about diabetes, how to live with diabetes, food and fitness, events, news and research.

www.diabetes.org

American Heart Association

800-242-8721

Information on heart attacks, strokes, and how to keep your heart healthy.

www.heart.org

American Lung Association

800-548-8252

Saving lives by improving lung health and preventing lung disease through education, advocacy & research.

www.lungusa.org/

Arthritis Foundation

800-283-7800

Offers information and tools to help people live a better life with arthritis.

www.arthritis.org/

Autism Society

800-328-8476

Improves the lives of all affected by autism through education, advocacy, services, research and support.

www.autism-society.org/

Brain Injury Association of America

800-444-6443

A nationwide network of local chapters and support groups to provide help, hope and healing for individuals who live with brain injury, their families, and the professionals who serve them.

www.biausa.org/

Human Immunodeficiency Virus / Hepatitis C Virus (HIV/HCV) Resource Center

603-448-8887 800-816-2220

2 Blacksmith Street, Lebanon, NH 03766

We offer case management, support groups, assistance with transportation to medical appointments, and emergency financial help for housing, food, clothing and medical needs. We also offer HIV and Hepatitis C prevention education and testing.

www.acornvtnh.org

Lupus Foundation of America

800-558-0121

Dedicated to finding the causes of and cure for lupus and providing support, services, and hope to all people affected by lupus.

www.lupus.org

Muscular Dystrophy Association

800-572-1717

Information, support, advocacy, and research for muscle diseases.

www.mdausa.org/

National Alliance on Mental Illness

800-950-6264

Dedicated to improving the lives of individuals and families affected by mental illness through support, education, and advocacy efforts.

www.nami.org/

National Down Syndrome Society

800-221-4602

To support people with Down's Syndrome and their families through education, research, and advocacy.

www.ndss.org

National Multiple Sclerosis Society

800-344-4867

Helps people affected by MS by funding cutting-edge research, driving change through advocacy, facilitating professional education, and providing programs and services that help people with MS and their families move their lives forward.

www.nationalmssociety.org

Shriners Hospitals for Children

813-281-0300 International headquarters in Florida

800-237-5055 Patient referral / eligibility information

Care for children up to age 18 with orthopedic conditions, burns, spinal cord injuries, and cleft lip and palate.

www.shrinershospitalsforchildren.org/

United Cerebral Palsy

800-872-5827

Educates, advocates, and provides support services to ensure a life without limits for people with a spectrum of disabilities.

www.ucp.org/

VT Department of Health - Division for the Blind & Visually Impaired

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office.

Provides vocational rehabilitation & independent living services to eligible Vermonters.

www.dbvi.vermont.gov/

TRANSPORTATION

Bugbee Senior Center

802-295-9068

262 North Main Street, White River Junction, VT 05001

A wheelchair accessible van provides transportation to and from the Bugbee Senior Center for seniors (age 60 and over) who live in the towns of Hartford & Norwich, VT. Coordinate rides to local medical & dental appointments.

Rides are also provided by volunteer drivers. Appointments should be scheduled no earlier than 10:00 am with a return no later than 3:00 pm. Please give us at least 24 hours notice. By donation.

www.bugbeecenter.org/

Full Circle Trolley

802-295-1824

A fully-electric vehicle that takes people, for free, to and from trails to town for easy parking and accessibility throughout Woodstock on Saturdays and Sundays from July to October. Look for signs around town where you can wait for the next trolley coming at scheduled times. You can schedule ADA Complimentary Paratransit if you cannot comfortably walk to one of the stops around Woodstock by calling The Thompson at the Center for Seniors and Community at 802-457-3277. Please allow at least 24 hours to schedule a connecting service.

www.fullcircletrolley.info/

Good News Garage

802-864-3667

877-GIVE-AUTO (877-448-3288)

331 North Winooski Ave, Burlington, VT 05401

Car donation program that helps low-income individuals get good quality, affordable, and reliable transportation to gain access to employment, shopping, school and medical facilities. Call for guidelines.

www.goodnewsgarage.org

Stage Coach Transportation Services

802-728-3773

800-427-3553

Public transportation services to all persons within the central Vermont area, including commuters, elderly, and persons with disabilities.

www.stagecoach-rides.org/

The Current - Operated by Connecticut River Transit

802-460-1195 Schedule a ride, get help planning a ride

888-869-6287 Schedule a ride, get help planning a ride

802-460-RIDE (802-460-7433) Other business

706 Rockingham Road, Rockingham, VT 05101

Public transportation system. Ride the commuter buses, rural town connectors, small town shuttles,

in-town bus or dial-a-ride service in our buses or with volunteer drivers in their cars. Bike racks are mounted on the front of all buses. Each rack holds 2 bikes & supports most wheel and frame sizes.

• Dial-A-Ride Medical Appointments & Bus Service

Anyone can ride on a dial-a-ride bus. Call at least 2 days ahead to schedule your point-to-point ride.

www.crtransit.org

The Thompson at the Center for Seniors & Community

802-457-3277

99 Senior Lane, Woodstock, VT 05091

The transportation program serves the towns of Barnard, Bridgewater, Pomfret, & Woodstock. By donation. Services are primarily provided to community members over age 60 or persons with a disability for errands, shopping, or appointments. Schedule medical transportation at least 48 hrs in advance. Vans are wheelchair accessible.

www.thompsonseneiorcenter.org/

VT Department of Motor Vehicles

• Rutland Branch Office 802-786-5815

101 State Place, Rutland, VT

• Springfield Branch Office 802-885-5273

100 Mineral Street, Springfield, VT 05156

• WRJ Branch Office No phone listed

American Legion, 36 South Main Street

White River Junction, VT 05001

Change of address, forms and applications, laws, licenses and permits, publications and manuals, safety issues, trainings and programs & vehicle registration.

<http://dmv.vermont.gov/>

Volunteers in Action

802-674-5971

The Windsor House, 2nd floor

54 Main Street, Windsor, VT 05089

Rides for seniors to medical & hair appointments, the bank, and grocery shopping so that they can remain healthy and independent. Serves the communities of Ascutney, Brownsville, Cornish, Hartland, Plainfield, Reading, Weathersfield, West Windsor, and Windsor.

VETERANS

Friends of Veterans

802-296-8368

222 Holiday Drive, Suite 5, WRJ, VT 05001

Serving Veterans throughout VT & NH in the effort to end homelessness.

Apply to get help with mortgage or rent payments, heating assistance, utility payments to prevent shut-off, food, clothing, etc.

www.friendsofveteransvtnh.org/

United States Department of Veterans Affairs (VA) - White River Junction VA Medical Center

802-295-9363 Main hospital line

866-687-8387

802-295-9363, ext 5038 or 5746 Billing and insurance

800-829-4833 TDD

800-273-8255 Veterans crisis line

215 North Main Street, White River Junction, VT 05009

Information on Veterans healthcare & other benefits. Outpatient services include a mental health clinic, contracted home-based primary care, substance abuse treatment, Veterans integrated community care program, post-traumatic stress disorder clinical team, and an ambulatory surgery program.

www.whiteriver.va.gov/

VT Vet-To-Vet

877-485-4534

Offers peer-to-peer support to veterans of all ages. Able to talk safely and confidentially about issues such as: PTSD, depression, anxiety, substance use, family, bi-polar and borderline personalities disorders. Peers offer each other an understanding that comes from having experienced a similar situation or problem.

<http://vtvettovet.org/>

VOLUNTEERING & MENTORING

Please call any of the organizations in this manual for volunteer opportunities.

Green Mountain Retired & Senior Volunteer Program (RSVP)

802-885-2083

199 Union Street, Springfield, VT 05156

Matches people age 55+ with important, interesting, and meaningful volunteer opportunities in non-profit organizations, schools, libraries & hospitals.

Volunteer as often as you'd like, according to your schedule. Serves

Bennington, Windham & Windsor counties.

<http://rsvpvt.org/>

Ottawaquechee Community Partnership (OCP) - Buddy & Mentoring Programs

802-457-2679

32 Pleasant Street, Woodstock, VT 05091

The Shining Light Mentoring Program is run jointly through the OCP and the Windsor Central Supervisory Union. Serves youth from Barnard, Bridgewater, Killington, Pomfret, Reading, Woodstock. Mentors are paired with students at Woodstock Union MS & HS. The OCP's Buddy Program matches community adults with elementary students at Bridgewater Village and Reading Elementary. Time is spent together at school during the day.

<http://ocpvt.squarespace.com/mentoring-youth/>

Upper Valley Farm to School Network

802-478-0129

A group of farmers, teachers, parents, students and community members working to use local food in the cafeteria, grow school gardens, and add food and farm themes into the classroom.

www.uvfts.org/

Volunteers in Action

802-674-5971

The Windsor House, 2nd floor

54 Main Street, Windsor, VT 05089

Rides for seniors to medical & hair appointments, the bank, and grocery shopping so that they can remain healthy and independent. Serves the communities of Ascutney, Brownsville, Cornish, Hartland, Plainfield, Reading, Weathersfield, West Windsor, and Windsor.

Windsor County Partners

802-674-5101

54 Main Street, Windsor, VT 05089

A mentoring program throughout Windsor County linking caring adult volunteers with boys and girls between the ages of 5 and 18.

www.windsorcountypartners.org

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**IF YOU CAN'T FIND IT HERE, PLEASE DIAL 211.
211 IS A PRIMARY SOURCE FOR ALL LOCAL AND STATEWIDE
RESOURCES.**

