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

<table>
<thead>
<tr>
<th>Town</th>
<th>Police</th>
<th>Fire</th>
<th>Clerk</th>
<th>Garage</th>
<th>Police</th>
<th>Fire</th>
<th>Clerk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barnard</td>
<td>802-234-9211</td>
<td>802-234-7272</td>
<td>802-234-2334</td>
<td>802-234-3255</td>
<td>802-234-9211</td>
<td>802-234-7272</td>
<td>802-234-2334</td>
</tr>
<tr>
<td>Bethel</td>
<td>802-234-9211</td>
<td>802-234-9812</td>
<td>9-1-1</td>
<td>802-234-2334</td>
<td>802-234-9211</td>
<td>802-234-9812</td>
<td>9-1-1</td>
</tr>
<tr>
<td>Bridgewater</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
<td>802-234-2334</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
</tr>
<tr>
<td>Hartford</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
<td>802-234-9297</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
</tr>
<tr>
<td>Hartford</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
<td>802-234-9297</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
</tr>
<tr>
<td>Pomfret</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
<td>802-234-2334</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
</tr>
<tr>
<td>Reading</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
<td>802-234-9297</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
</tr>
<tr>
<td>Royalton</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
<td>802-234-9297</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
</tr>
<tr>
<td>Sharon</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
<td>802-234-2334</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
</tr>
<tr>
<td>Springfield</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
<td>802-234-2334</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
</tr>
<tr>
<td>Stockbridge</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
<td>802-234-2334</td>
<td>802-672-3334</td>
<td>802-234-9021</td>
<td>9-1-1</td>
</tr>
<tr>
<td>VRJ</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
<td>802-234-9297</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
</tr>
<tr>
<td>Windsor</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
<td>802-234-9297</td>
<td>802-234-9297</td>
<td>802-234-9993</td>
<td>802-234-9021</td>
</tr>
</tbody>
</table>

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

Printed October, 2011
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abuse Prevention &amp; Protection</td>
<td>3</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Prevention, Early Intervention</td>
<td>4</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Treatment</td>
<td>5</td>
</tr>
<tr>
<td>Child / Parenting Services &amp; Education</td>
<td>8</td>
</tr>
<tr>
<td>Childcare / Preschool</td>
<td>10</td>
</tr>
<tr>
<td>Clothing</td>
<td>12</td>
</tr>
<tr>
<td>Complementary &amp; Alternative Health Services</td>
<td>13</td>
</tr>
<tr>
<td>Crisis Information</td>
<td>14</td>
</tr>
<tr>
<td>Dental Services - Free</td>
<td>16</td>
</tr>
<tr>
<td>Disability Services</td>
<td>17</td>
</tr>
<tr>
<td>Education / Schools</td>
<td>20</td>
</tr>
<tr>
<td>Employment</td>
<td>22</td>
</tr>
<tr>
<td>Family Support &amp; Opportunities</td>
<td>23</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>24</td>
</tr>
<tr>
<td>Food / Nutrition</td>
<td>26</td>
</tr>
<tr>
<td>Fuel Assistance</td>
<td>29</td>
</tr>
<tr>
<td>Gay, Lesbian, Bisexual, Transgender, Questioning</td>
<td>30</td>
</tr>
<tr>
<td>Resources</td>
<td></td>
</tr>
<tr>
<td>Healthcare - Free</td>
<td>31</td>
</tr>
<tr>
<td>Health Education</td>
<td>33</td>
</tr>
<tr>
<td>Home Health Nursing Care &amp; Hospice Service</td>
<td>35</td>
</tr>
<tr>
<td>Housing &amp; Shelter</td>
<td>36</td>
</tr>
<tr>
<td>Information / Referral / Advocacy</td>
<td>38</td>
</tr>
<tr>
<td>Legal Assistance</td>
<td>40</td>
</tr>
<tr>
<td>Libraries</td>
<td>42</td>
</tr>
<tr>
<td>Mental Health</td>
<td>43</td>
</tr>
<tr>
<td>Nursing Homes, Residential Care Homes &amp; Assisted</td>
<td>45</td>
</tr>
<tr>
<td>Living Facilities</td>
<td></td>
</tr>
<tr>
<td>Pet Service</td>
<td>47</td>
</tr>
<tr>
<td>Places of Worship</td>
<td>48</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>51</td>
</tr>
<tr>
<td>Probation &amp; Parole</td>
<td>52</td>
</tr>
<tr>
<td>Recreation, Fitness &amp; Wellness</td>
<td>53</td>
</tr>
<tr>
<td>Restorative Justice</td>
<td>55</td>
</tr>
<tr>
<td>Senior Centers &amp; Caregiving Services</td>
<td>56</td>
</tr>
<tr>
<td>Support for Certain Medical Conditions</td>
<td>58</td>
</tr>
<tr>
<td>Transportation</td>
<td>61</td>
</tr>
<tr>
<td>Veterans</td>
<td>63</td>
</tr>
<tr>
<td>Volunteering &amp; Mentoring</td>
<td>64</td>
</tr>
</tbody>
</table>
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/
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.wiseoftheuppervalley.org/
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.

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
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 meet-
ings.
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 consulta-
tion, 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
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
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  
  60 Hanover Street, Lebanon, NH 03766  
  603-448-4553  
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
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/
CRISIS INFORMATION

American Red Cross
802-660-9130 800-660-9130
• Central Vermont – New Hampshire Valley Chapter
  802-773-9159 Information & services, after-hours, and 24-hr emergency
  117 Strong Avenue, Rutland, VT 05701
Services include: blood donation, disaster services, health and safety, services to armed forces; CPR, first aid, and AED training.
• The Faulkner Fund offers temporary financial aid. To be eligible, you must be a resident of Woodstock, VT for at least 1 year. Financial need must be severe and critical. Can be used for utility payments, medical or rental expenses. Preference given to the elderly, and destitute women or couples. Call for an application.
www.redcrossvtnhuv.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)
A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.
www.suicidepreventionlifeline.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.
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.wiseoftheuppervalley.org/
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.
**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 666-947-7409 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/
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.vtadultlearning.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.

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.vermontalanonaleteen.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.
American Red Cross
• Central Vermont – New Hampshire Valley Chapter
  802-773-9159 Information & services, after-hours, and 24-hr emergency
  117 Strongs Avenue, Rutland, VT 05701
• The Faulkner Fund offers temporary financial aid. To be eligible, you must be a resident of Woodstock, VT for at least 1 year. Financial need must be severe and critical. Can be used for utility payments, medical or rental expenses. Preference given to the elderly, and destitute women or couples. Call for an application.
  www.redcrossvtnhuv.org

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/

King’s Daughters
802-457-1535
PO Box 765, Woodstock, VT 05091
Temporary financial aid for those in Barnard, Reading, Bridgewater, Killington, Pomfret, and Woodstock. Provides small grants to individuals or families for a variety of emergency or unmet needs, such as: utility and heating fuel payments, eyeglasses, transportation or shelter expenses, and food or personal items. An over-the-phone application process is involved.

Ottauquechee Health Foundation
802-457-4188
PO Box 784, Woodstock, VT 05091
Serves the towns of Barnard, Bridgewater, Hartland, Killington, Pomfret, Reading, Woodstock, and the village of Quechee. Provides funding for medical, mental, and dental care for individuals who are unable to pay for their health care. Provides grants for health-related programming of local non-profit organizations.
  www.ohfvt.org/

Social Security
866-690-1944  800-772-1213
802-773-3202 TTY
330 ASA Bloomer Building, 88 Merchants Row
Rutland, VT 05701
Apply for disability, retirement, survivor benefits; Medicare, and supplemental security income.
  www.ssa.gov
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.

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  
217 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 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/
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/
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.
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/  

**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/  

**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/
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.vnnavnh.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 homeownership; elderly, family, and mobile home housing lists.
www.vsha.org
INFORMATION / REFERRAL / ADVOCACY

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.
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/
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
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 Runnemede - 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/
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/
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
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 Runnemede  
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/
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/

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/
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/
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 homebound 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/
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.fullcirtrolley.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.thompsonseniorcenter.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/
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/](http://rsvpvt.org/)

**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.  

**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/](http://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](http://www.windsorcountypartners.org)
A

Abbott Memorial Library, 42
Alanon & Alateen, 4, 23
Alcohol Treatment & Referral Hotline, 5
Alcoholics Anonymous, 5
Alice Peck Day Memorial Hospital, 31
Alzheimer’s Association, 58
American Cancer Society, 58
American Diabetes Association, 58
American Heart Association, 58
American Lung Association, 58
American Red Cross, 14, 24
Arthritis Foundation, 58
Autism Society, 58

B

Barnard Academy, 20
Bayada Nurses, 35
Bethany Mennonite Church, 48
Brain Injury Association of America, 58
Brattleboro Retreat, 5
Bridgewater Congregational Church, 48
Bridgewater Mill Thrift Shop, 12
Bridgewater Village School, 20
Brownsville Community United Methodist Church, 48
Bugbee Senior Center, 26, 56, 61

C

Casey Family Services, 8
Cedar Hill Continuing Care Community, 45
Charles B. Danforth Public Library, 42
Child Upstream Services, 8, 17, 33
Church of Our Savior Episcopal Church, 48
Clara Martin, 5, 43
Community Dinners, 26
Connecticut River Transit. See The Current
Council on Aging for Southeast VT. See Senior Solutions

D

Dartmouth-Hitchcock Aging Resource Center, 33, 56
Dartmouth-Hitchcock Medical Center, 31
Department of Corrections, 52
Disability Rights VT, 40

E

East Barnard Church, 48
Elder Wise, 56
Eldercare Locator, 56

F

Faith Assembly of God, 48
First Congregational Church, 48
First Congregational Church of Woodstock, VT, 48
First Universalist Society of Hartland, VT, 48
Food Shelf, 26
Friends of Veterans, 24, 63
Full Circle Trolley, 61

G

Gifford Medical Center, 31
Gilbert F. Davis Home for the Aged, 45
Glad Rags, 12
Good Beginnings, 51
Good Neighbor Health Clinic, 13, 31, 34
Good News Garage, 87
Green Mountain Retired & Senior Volunteer Program, 64

H

Hannah House, 36, 51
Hartford Library, 42
Hartland After School Program, 10
Hartland Cooperative Nursery School, 10
Hartland Elementary School, 21
Hartland Public Library, 42
Hartland Recreation Center, 53
Have Justice Will Travel, 3, 40
Head Start, 8, 10
HEADREST, 5
Health Care & Rehabilitation Services, 6, 14, 43
Historic Homes of Runnemede, 45, 53
HIV/HCV Resource Center, 30, 59
Hunger Free VT, 34
K

Killington Teen Center, 23
King’s Daughters, 24

L

Ladies First, 31
Lifeline, 56
Listen Community Services, 29
Listen Thrift Stores, 12
Lucy Mackenzie Humane Society, 47
Lund Family Center, 8
Lupus Foundation of America, 59

M

Maple Leaf Farm, 6
Marsh-Billings-Rockefeller National Historic Park, 53
Meals on Wheels, 27, 57
Medicare, 57
Mellishwood, 36
Mertens House, 45
Mountainside House Teen Shelter, 36
Mt. Ascutney Hospital & Health Center, 17
  Community Health Outreach, 33, 53
  CPR Courses, 33
  Diabetes Educator, 33
  Miller Therapeutic Pool, 53
  Nursing Home Facility, 45
  Windsor Community Health Clinic, 25, 32
Muscular Dystrophy Association, 59

N

Narcotics Anonymous, 6
National Alliance on Mental Illness, 59
National Down Syndrome Society, 59
National Multiple Sclerosis Society, 59
National Suicide Prevention Lifeline, 14, 43
New Beginnings, 3, 14
Norman Williams Public Library, 42
North Hartland Community Church, 48
North Pomfret Congregational Church, 49
North Universalist Chapel Society, 49
Oak Chapel Christian Fellowship, 49
Office of the Defender General, 40
Old Stone Church, 49
Ottauquechee Community Partnership, 34, 38, 54
  Buddy & Mentoring Programs, 9, 64
Ottauquechee Health Center, 32
  Community Care Coordinator, 38
Ottauquechee Health Foundation, 24
Our Lady of the Mountain Roman Catholic Church, 49
Our Lady of the Snows Rectory, 49
Outright VT, 30

Planned Parenthood, 34, 51
Potter’s Angels Rescue, 47
Pregnancy Center of the Upper Valley, 51

Quechee Community Church, 49
Quechee Library, 42

Rachel Harlow Methodist Church, 49
Reading Elementary, 20
Reading Public Library, 42
Recovery House, 6
Red Logan Dental Clinic, 16, 31
Rutland Regional Medical Center, 32

Second Growth, 4, 6
Second Wind Foundation, 7, 23
Senior Helpline, 15
Senior Solutions, 26, 38, 56
Shambala Meditation Center of White River Junction, 49
Sharon Congregational Church, 49
Sherburne Elementary School, 20
Sherburne Memorial Library, 42
Shriners Hospitals for Children, 59
Social Security, 24, 57
South Royalton Legal Clinic. See VT Law School
Southeastern VT Community Action, 25, 27, 29
  Good Buy Thrift Stores, 12
Southwestern VT Council on Aging, 27, 38, 57
Spectrum Teen Center, 23
Springfield Area Parent Child Center, 9, 11, 17, 25
St. Francis of Assisi Church, 50
St. James Episcopal Church, 50
Staffing Solutions of VT, 57
Stage Coach Transportation Services, 61

T

Taftsville Mennonite Chapel, 50
The Current, 62
The Family Place, 9, 17, 25
The Gateway Program, 20
The Homestead, 46
The Pomfret School, 20
The Thompson at the Center for Seniors & Community, 27, 57, 62
Tobacco Cessation. See VT Dept of Health, VT Quit Network
Trinity Evangelical Free Church, 50

U

Union Square Apartments, 36
United Cerebral Palsy, 60
Upper Valley Aquatic Center, 54
Upper Valley Farm to School Network, 27, 64
Upper Valley Habitat for Humanity, 36
Upper Valley Haven, 12, 36
Upper Valley Turning Point. See Second Wind Foundation
Upper Valley Zen Center, 50

V

VA Medical Center, 32, 63
Valley Court Diversion Programs, 41, 55
Visiting Nurse and Hospice of VT & NH, 32, 35
Volunteers in Action, 64
VT Adaptive Ski & Sports, 54
VT Adult Learning, 21
VT Association for the Blind & Visually Impaired, 18
VT Catholic Charities, 43
VT Center for the Deaf & Hard of Hearing, 18
VT Department of Health, 34
  Adult Protective Services, 3
  Alcohol & Drug Abuse Programs, 4, 7
  Child Development, 9, 11
Child Protection, 3
Children & Families, 9
Children with Special Health Needs, 18
Disabilities, Aging & Independent Living, 18
District Offices, 39
Division for the Blind & Visually Impaired, 60
Economic Services, 16, 22, 25, 28, 29
Mental Health, 44
Vocational Rehabilitation, 22
VT Quit Network, 7
Women, Infants & Children, 28

VT Department of Labor, 22
VT Department of Motor Vehicles, 62
VT Law School
South Royalton Legal Clinic, 40
VT Legal Aid, 41
VT Outdoor Guide Association, 54
VT Spay Neuter Incentive Program, 47
VT State Hospital. See VT Dept of Health, Mental Health
VT State Housing Authority, 37
VT Vet-To-Vet, 44, 63

W

Walk Woodstock Trail Map, 54
Wilder Library, 42
Windsor Central Supervisory Union, 21
Windsor Community Health Clinic. See Mt. Ascutney Hospital & Health Center
Windsor County Partners, 9, 64
Windsor Southeast Supervisory Union
Early Childhood Education Program, 18
Windsor Village, 36
WISE, 3, 15
Woodstock Area Jewish Community Congregation, 50
Woodstock Area Job Bank, 22
Woodstock Elementary School, 20
Woodstock Learning Trust, 17
Woodstock Nursery School, 11
Woodstock Recreation Center, 54
Woodstock Terrace, 46
Woodstock Union Middle & High School, 20

Z

Zack’s Place, 19
IF YOU CAN’T FIND IT HERE, PLEASE DIAL 211.
211 IS A PRIMARY SOURCE FOR ALL LOCAL AND STATEWIDE RESOURCES.