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If you can't find a resource listed in this manual, please contact **211** by phone or search the online database of community services. 211 provides information about critical health and human services available in your community at no charge to you. Dial 2-1-1 www.vermont211.org/ OR www.211nh.org/

This is our first year compiling these resources for the Ottauquechee Resource Manual. We would like feedback about this guide, so that we can improve future editions. If you would like to add content, correct content, or give comments on the guide, please contact **Jill Lord**: Jill.Lord@mahhc.org 802-674-7224
289 County Road, Windsor, VT 05089

This guide can also be found on the web: www.mtascutneyhospital.org/community-health-information/

Abuse Prevention & Protection

Have Justice Will Travel

802-685-7809 877-496-8100 9580 Vermont Route 113, Vershire, VT 05079 Provides in-home consultations, transportation to and from court hearings and free legal representation for low-income Vermonters who are victims of domestic and sexual violence. www.havejusticewilltravel.org/

VT Department of Health - Adult Protection 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. <https://dlp.vermont.gov/aps>

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. <https://dcf.vermont.gov/fsd>

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. <https://wiseuv.org/>

Alcohol & Drug Prevention, Early Intervention

Alanon & Alateen

603-645-9518 Answering service of NH 866-972-5266 888-425-2666 Call about local meetings Al-anon is a mutual support group for friends and family of problem drinkers. Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. www.alanon.alateen.org, www.nhal-anon.org, www.vermontalanonalateen.org

Second Growth 802-295-9800 205 Billings Farm Road, Bldg 1, WRJ, VT 05001 Provides prevention, early intervention, and crisis-response services that address issues of substance abuse, interpersonal violence, and suicide among adolescents and young adults. Counsels youth on drug, alcohol, and recovery issues, and violence prevention. Curriculum development, training, and consultation for schools and communities in the Upper Valley. www.secondgrowth.org

VT Department of Health – Alcohol & Drug Abuse Programs

802-651-1550 Information and services Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office. Helping Vermonters prevent and eliminate the problems caused by alcohol and other drug use. <http://healthvermont.gov/adap/adap.aspx>

Hartford VT is the local office-VDH.
White River Junction Office of Local Health
118 Prospect Street, Suite 300
White River Jct., VT 05001
Rudy Fedrizzi, MD, Public Health Services District Director
888-253-8799 or 802-281-4501

Alcohol & Drug Treatment

Alcoholics Anonymous

802-775-0402 Answering service in Rutland, VT 802-885-8281 Answering service in Springfield, VT 802-295-7611 Answering service in WRJ, VT A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call about local meetings. www.aa.org

Alcohol Treatment & Referral Hotline

800-ALCOHOL (800-252-6465) Nationwide 24-hour alcohol and drug information hotline to connect you with alcohol and drug abuse resources in your community. www.800alcohol.com/

Brattleboro Retreat

802 258-3700 Admissions counselor 800-738-7328 Anna Marsh Lane, Brattleboro, VT 05301 Provides specialized diagnosis and treatment services for a wide variety of mental health and addiction problems for children, adolescents and adults. Residential, inpatient, and outpatient care settings.

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

Narcotics Anonymous

802-773-5575 Green Mountain Area NA 10 Maple Leaf Road, Underhill, VT 05489 A fellowship of men and women for whom drugs is a major problem. Recovering addicts who help each other stay clean. Call about local meetings. www.na.org/, www.gmana.org/

Recovery House, Inc. (Serenity House)

802-446-2640 98 Church Street, Wallingford, VT 05773 Adult residential substance abuse treatment center offering a full spectrum of services, including: medically assisted social detoxification, medical consultation, individual counseling, group therapy, educational groups, self-help groups, and assistance in vocational and housing issues. <http://www.vtaddictionservices.org/members/recovery-house/serenity-house/>

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://secondwindfound.org/upper-valley-turning-point/welcome/>

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). <https://802quits.org/>

Child/ Parenting Services & Education

Casey Family Services

802-296-8900 800-607-1400 35 Railroad Row, Suite 400, WRJ, VT 05001 Services include: family advocacy and support, family economic success, foster care and adoption, National Tax Assistance for Working Families Campaign, and post-permanency services. <https://www.casey.org/>

HCRS Access Services

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

- Springfield Area: (855) 220-9429
- Hartford Area: (855) 220-9430

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. <https://sapcc-vt.org/>

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

Ottawaquechee Community Partnership (OCP) - Buddy & Mentoring Programs

802-457-2679 32 Pleasant Street, Woodstock, VT 05091

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

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

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

Windsor County Mentors

802-674-5101 54 Main Street, Windsor, VT 05089 A mentoring program throughout Windsor County linking caring adult volunteers with boys and girls between the ages of 5 and 18. www.windsorcountypartners.org

Childcare/ Preschool

To search the regulated child care database:

VT Department of Health – Children & Families

Go to <https://dcf.vermont.gov/childcare/parents>”

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. <https://sapcc-vt.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. 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 102 Mill Road, Bridgewater, VT 05034 <http://www.bsefv.org>

Glad Rags

The Masonic Lodge 30 Pleasant Street, Woodstock, VT 05091 Sells quality new and used clothing and small household items. Sales are always the 4th Saturday of April and the 4th Saturday of October. www.gladrags.org/

Listen Community Services - Listen Thrift Stores

- White River Junction Store 802-295-9217 802-295-9259 42 Maple Street (Route 4, next to the VT/NH bridge) White River Junction, VT 05001
- Lebanon Store 603-448-4553 60 Hanover Street, Lebanon, NH 03766 www.listencs.org/

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

- White River Junction Store 802-295-6373 2590 North Hartland Road, Route 5 South WRJ, 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

Complimentary & Alternative Health Services

The Upper Valley Guide to Complementary and Alternative Health Services can be found 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 Strongs 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. <https://www.redcross.org/local/new-hampshire-vermont.html>

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/

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. <https://wiseuv.org/>

Dental Service- Free

Red Logan Dental Clinic

802-295-7573 70 North Main Street, White River Junction, VT 05001 Free health care facility that offers dental care to all of those in the Upper Valley who are in need, but who are without the means to pay. www.goodneighborhealthclinic.org/

VT Department of Children and Families - Economic Services

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

Disability Services

HCRS Access Services

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

- Springfield Area: (855) 220-9429
- Hartford Area: (855) 220-9430

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. <https://sapcc-vt.org/>

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 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 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://www.wsesu.net/ecp-home>

Zack's Place

802-457-5868 73 Central Street, Suite A, Woodstock, VT 05091 A community enrichment center for people with special needs. Daily programming includes exercise, reading, social activities, dancing, music, theater and art. Free. www.zacksplacevermont.com/

Education / Schools

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

Barnard Academy 802-234-9763 5979 Route 12, Barnard, VT 05031
<https://barnardacademy.org/>

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

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

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

Woodstock Union Middle & High School
802-457-1317 100 Amsden Way, Woodstock, VT 05091 www.wuhsms.org/

Hartland Elementary School
802-436-2255 97 Martinsville Road, Hartland, VT 05048 <http://www.wsesu.net/hes-home>

VT Adult Learning

- Rutland County Learning Center 802-775-0617 16 Evelyn Street Rutland, VT 05701
- Springfield Learning Center 802-546-0880 100 River Street, Springfield, VT 05150
- WRJ Learning Center 802-299-2469 225 Maple Street, Suite 6 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.vtadullearning.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 Labor - Economic Services

800-479-6151 Benefits service center Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office. Reach Up helps families with children by providing cash assistance for basic needs and services that support work and self-sufficiency. We will look at skills and abilities, job interests, and training or education. We'll also look at any challenges that make it difficult for you to work, such as child care, transportation, health needs, or personal issues. You and your case manager will create a family development plan that maps out your work goals. http://dcf.vermont.gov/esd/reach_up or www.mybenefits.vt.gov

VT Department of Labor - 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

802-952-9010 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.alanon.alateen.org, www.nhal-anon.org www.vermontalanon.alateen.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. <http://intro.myrecdept.com/info/facilities/details.aspx?FacilityID=7756>

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://secondwindfound.org/upper-valley-turning-point/welcome/>

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

Financial Assistance

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. <https://www.redcross.org/local/new-hampshire-vermont.html>

Friends of Veterans

802-296-8368 28 Farmvu Dr, Suite 3, 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. <https://kingsdaughtershome.com/>

Ottawaquechee Health Foundation

802-457-4188 PO Box 784, Woodstock, VT 05091 Serves the towns of Barnard, Bridgewater, Hartland, Killington, Plymouth, 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 6 Main Street, North Springfield, VT 05150 Help with child care costs. <https://sapcc-vt.org/>

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 Children and Families - Economic Services

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

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

802-674-7213 289 County Road, Windsor, VT 05089 Serves members of our community who are not covered by Medicaid, VHAP, and private insurance, and who do not have the financial resources to pay for healthcare services. Services covered include: treatment for illness or injury, routine checkups with a primary care physician, annual exam, prostate exam, mammograms, lab tests, x-rays, immunizations, health education classes, help applying for insurance. <http://www.mtascutneyhospital.org/community-services/community-resources/windsor-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 <https://www.hartlanduu.com/>
- Friends of Veterans 802-296-8368 28 Farmvu Dr, Suite 3, WRJ, VT 05001 www.friendsofveteransvtnh.org/
- Hartland Food Shelf 802-436-2323 8 Brownsville Rd, Hartland Four Corners, VT 05049
- Listen Community Services 603-448-4553 60 Hanover Street, Lebanon, NH 03766 www.listencs.org
- Oak Chapel Christian Fellowship 802-672-5188 35 Oak Chapel Road, Bridgewater, VT 05034
- Praise Chapel Christian Church 802-296-8400 1625 Maple Street, Hartford, VT 05047
- Reading Food Shelf 802-484-9792 3456 Tyson Road, West Windsor, VT 05149
- The Upper Valley Haven 802-295-6500 713 Hartford Avenue, WRJ, VT 05001 <http://uppervalleyhaven.org/>
- Woodstock Community Food Shelf 802-457-1185 2176 Maxham Meadow Way, Woodstock, VT 05091

Meals on Wheels

800-642-5119 Senior help-line Meals on Wheels is a service designed to help eligible seniors and home bound individuals meet their nutritional needs. Find a meal near you. <https://www.mealsonwheelsamerica.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 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

800-642-5119 Senior helpline

Rutland Office: 143 Maple Street Rutland, VT 05701 802-786-5990

Bennington Office: 160 Benmont Ave Suite 90 Bennington, VT 05201 802-442-5436

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.thompsonscenter.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.

<https://vitalcommunities.org/valleyfoodfarm/uvfts/>

Veggie Van Go

2nd Tuesday of every month from 10 a.m. to 1 p.m. at Mt. Ascutney Hospital and Health Center

VT Department of Children and Families - 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 <https://dcf.vermont.gov/esd>

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

800-649-4357 Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office. Serves income-eligible pregnant women, women who are breastfeeding or who have a new baby, infants and children up to age 5 who are nutritionally or medically at risk. Provides healthy foods, nutrition counseling, breastfeeding support, health education, and links to other community resources.

www.healthvermont.gov/wic/

Fuel Assistance

Listen Community Services

603-448-4553 800-263-1166 60 Hanover Street, Lebanon, NH 03766 Provides services and support to meet the critical needs of Upper Valley individuals and families, including: benefits assistance, budget counseling, clothing, community dinners, emergency food, food pantry, heating helpers, holiday baskets, life skills, rental assistance, summer camp scholarships, utilities, and youth mentoring. www.listencs.org/

Southeastern VT Community Action (SEVCA)

- Springfield Outreach Office 802-885-6153 802-885-1019 107 Park Street Suite 2, Springfield, VT 05156

- WRJ Outreach Office 802-295-5215 220 Holiday Inn Drive, Suite 30, WRJ, VT 05001

- Windsor Outreach Office 802-674-2900 Windsor Connection Resource Center 1 Railroad Plaza, Windsor, VT 05089 Crisis fuel and utility assistance for individuals and families in Windham & Windsor counties. Can help you with a heating crisis during the winter months. If you are behind in paying your electric bill, staff can help negotiate a payment plan with the electric companies to prevent disconnection. Weatherization services to reduce fuel cost. www.sevca.org

VT Department of Children and Families - 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. <https://dcf.vermont.gov/esd>

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. <http://www.h2rc.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://www.outrightvt.org/>

Healthcare- Free

Alice Peck Day Memorial Hospital

603-448-3121 Main hospital line 10 Alice Peck Day Dr, 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

Ottawaquechee 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, coumarin, flu), routine lab tests, Dermatology, & Ophthalmology. www.mtascutneyhospital.org/ottawaquechee-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.rmmc.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 163 Veterans Drive, 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 88 Prospect Street White River Junction, 05001 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. <https://www.vnhcare.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. <http://www.mtascutneyhospital.org/>

Health Education

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 pro- grams 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
- White River Junction Health Center 802-281-6056 79 South Main Street, White River Junction, VT 05001 Sexual and reproductive health care, education, and information for men, women, and teens. www.plannedparenthood.org/

Ottawaquechee Community Partnership

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

VT Department of Health

Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office. Public health topics: Children and families, diseases and prevention, alcohol and drug abuse programs, emergencies and public health preparedness, community public health, a healthy environment; health research, data, and records. <http://healthvermont.gov/>

Home Health Nursing Care & Hospice Service

Bayada Nurses

- Bayada Hospice 802-526-2380 316 Main Street Unit EH-6 Norwich, VT 05055
- Bayada Nurses 802-775-7272 2 South Main Street, Suite 4, 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. <https://www.vnhcare.org/>

Housing & Shelter

Mountainside House Teen Shelter

802-228-7783 6 Mill Street, Ludlow, VT 05149 Shelter for homeless & runaway youth. <https://www.wcysvt.org/mountainside-house/>

Mellishwood

802-457-1322 34, 36 Pleasant Street, Woodstock, VT 05091 Section 8 elderly housing. https://www.publichousing.com/details/mellishwood_ii

Twin Pines Housing 802-291-7000 226 Holiday Drive Suite 20 White River Junction, VT 05001 Twin Pines Housing is the leading developer and provider of affordable housing in the Upper Connecticut River Valley region for individuals and families with low to moderate incomes. We offer housing in Vermont and New Hampshire located in Lebanon, Hanover, Enfield, Hartford, White River Junction, and Woodstock. tphtrust.org

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. <http://stewartproperty.net/property-item/windsor-village-windsor-vt/>

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. <http://stewartproperty.net/property-item/union-square-windsor-vt/>

Upper Valley Habitat for Humanity

802-295-1854 Office located at Gates-Briggs Building 5 South Street #307 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. <https://www.uppervalleyhabitat.org/>

VT State Housing Authority

802-828-3295 Voice line 800-798-3118 TDD 800-820-5119 Message line 1 Prospect Street, Montpelier, VT 05602 To provide and make housing more accessible and affordable for Vermonters. Rental assistance program, managed housing program, Section 8 home ownership; elderly, family, and mobile home housing lists. www.vsha.org

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

802-457-5414 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. <http://www.mtascutneyhospital.org/community-services/ottauquechee-health-center/community-care-coordination>

Ottauquechee Community Partnership

802-457-1317 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 802-885-2669 Senior help-line 38 Pleasant Street, 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

800-642-5119 Senior helpline

Rutland Office: 143 Maple Street Rutland, VT 05701 802-786-5990

Bennington Office: 160 Benmont Ave Suite 90 Bennington, VT 05201 802-442-5436

Area Agency on Aging providing social services to people 60 years and older. Connects seniors and their caregivers to information and services they need in Rutland & Bennington counties. <https://www.svcoa.org/>

VT Department of Health

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

- Rutland District Office 802-786-5811 888-253-8802 300 Asa Bloomer Building, Rutland, VT 05701
- Springfield District Office 802-885-5778 888-296-8151 100 Mineral Street, Suite 104, Springfield, VT 05156
- White River Junction District Office 802-295-8820 888-253-8799 226 18 Prospect St. Suite 300 White River Junction, VT 05001 <http://healthvermont.gov/>

Legal Assistance

Disability Rights VT

800-834-7890

- Main office 802-229-1355 141 Main Street, Suite 7, Montpelier, VT 05602
 - Rutland office 802-773-3944 1 Scale Avenue, Suite 23, Howe Center, Bldg. 14, Rutland, VT 05701
- 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

6 Baldwin Street, 4th Floor Montpelier, VT 05633 (802) 828-3168 Provides representation to needy persons charged with serious crimes. Provides counsel to children who are the subject of juvenile hearings as alleged delinquents; to children in need of care and supervision; to children in custody of the Dept for Children and Families; to persons in custody of the Commissioner of Corrections; to needy persons in extradition, probation or parole revocation hearings. Resources for legal research and practice and links to other law-related web sites. <http://defgen.vermont.gov/>

South Royalton Legal Clinic at VT Law School

800-831-1500 164 Chelsea Street, South Royalton, VT 05068 serves residents from several Vermont counties who are unable to afford counsel and who need assistance with issues such as children's rights, immigration, family law, housing, welfare and unemployment, health care, Social Security, consumer protection, bankruptcy, contracts, wills, and statutory civil rights. www.vermontlaw.edu

Valley Court Diversion Programs

802-295-5078 211 North Main Street, White River Junction, VT 05001 Provides alternatives to the traditional criminal justice system for those who have committed minor infractions of the law. Programs hold both youth and adult offenders accountable for their behavior and work to restore a sense of safety to the community through monetary restitution, community service, repair of damaged property, letters of apology, research papers, special projects, and other restorative activities. www.vcdp.org/

VT Legal Aid

800-889-2047

- Rutland Office 57 North Main Street, Rutland VT, 05701
- Springfield Office 56 Main Street, Suite 301, Springfield VT, 05156 Free civil legal services to Vermonters who are low-income, elderly and those with disabilities. Serves the community by providing information, advice and representation in the areas of health care, housing, education, family law, benefits, and consumer law. www.vtlegalaid.org

Libraries

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

Abbott Memorial Library

802-457-2236 15 Library Street, South Pomfret, VT 05067
<https://www.abbottmemoriallibrary.org/>

Charles B. Danforth Public Library

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

Hartford Library

802-296-2568 1587 Maple Street, Hartford, VT 05047
<https://www.hartfordvtlibrary.org/>

Hartland Public Library

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

Norman Williams Public Library

802-457-2295 10 The Green 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
- White River Junction Service Location 331 Olcott Drive Suite U3 White River Junction, VT 05001

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 1 Scale Ave, Howe Center Box 93, Unit 209 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 802-241-0090 280 South Drive NOB 2 North, 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

(802) 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

Davis Home

802-674-5300 45 State Street Windsor, VT 05089 A home like atmosphere for residential care <http://www.davishomevt.com>

Historic Homes of Runnemedde - 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

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

802-332-3206 456 Woodstock Road, Woodstock, VT 05091 Assisted living, respite care, Alzheimer's & dementia memory care. <http://www.woodstockterrace.com>

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 <http://bethanymennonite.org/>

Bridgewater Congregational Church

802-672-5211 6818 Route 4, Bridgewater, VT 05034

Brownsville Community United Methodist Church

802-484-5944 66 Brownsville-Hartland Road, Brownsville, VT 05037 <http://www.brownsvilleumc-vt.org/>

Church of Our Savior Episcopal Church

802-422-9064 316 Mission Farm Road, Killington, VT 05751 <https://oursaviourepiscopalvt.org/>

East Barnard Church

802-457-9000 1 Allen Hill Road, Barnard, VT 05068 Open mid-June through late August & Christmas Eve.

Faith Assembly of God

802-234-6727 25 White Oak Lane , Bethel, VT 05032 <http://www.faogbethelvt.org/?view=mobile>

First Congregational Church

802-436-2224 10 Station Road, Hartland, VT 05048 <http://www.hartlandcongregationalchurch.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 <https://www.hartlanduu.com/>

North Hartland Community Church

802-296-2418 605 Route 5, North Hartland, VT 05052 <https://northhartlandcommunitychurch.com/>

North Pomfret Congregational Church

802-457-3259 7767 Pomfret Road, North Pomfret, VT 05053
<https://aswoyer3.wixsite.com/vtnorthpomfretchurch>

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

802-484-7237 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

603-643-5588 1905 Quechee Main Street, Quechee, VT 05059 <http://www.quecheechurch.org/home/>

Rachel Harlow Methodist Church

802-674-3443 165 Main Street, Windsor, VT 05089 <https://www.neumc.org/churchdetail/556194>

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 The church is on the corner of Route 14 and Route 132 <http://www.sharonvtcongchurch.org/>

St. James Episcopal Church

802-457-1727 2 St. James Place, Woodstock, VT 05091
www.stjameswoodstock.org/

St. Francis of Assisi Church

802-674-2157 28 Union Street, Windsor, VT 05089

Taftsville Mennonite Chapel

802-457-5838 121 Happy Valley Rd, Woodstock, VT 050091 <http://taftsvillechapel.org/>

Trinity Evangelical Free Church

802-674-6781 44 Main Street, Windsor, VT 05089 <http://www.trinitywindsor.com/>

Upper Valley Zen Center

603-448-4877 58 Bridge Street, White River Junction, VT 05001 <http://www.uvzc.org/>

Woodstock Area Jewish Community Congregation

802-457-4840 1680 West Woodstock Road, Woodstock, VT 05091 <http://www.shirshalomvt.org/>

Pregnancy

Good Beginnings

603-298-9524 93 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/

Planned Parenthood

- Claremont Health Center 603-542-4568 136 Pleasant Street, Claremont, NH 03743
- Rutland Health Center 802-775-2333 11 Burnham Ave, Rutland, VT 05701
- White River Junction Health Center 802-281-6056 79 South Main Street, White River Junction, VT 05001 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 2 Main Street, 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. <https://pregnancycenteruppervalley.com/>

Probation & Parole

Department of Corrections

- Hartford Probation & Parole 802-295-8810 118 Prospect Street Suite 200, WRJ, VT 05001
- Rutland Probation & Parole 802-786-5808 92 State Street, Rutland, VT 05702
- Springfield Probation & Parole 802-289-0329 100 Mineral St. Suite 102, Springfield VT 05156 www.doc.state.vt.us/custody-supervision/field

Recreation, Fitness, and Wellness

Community Health Outreach at Mt. Ascutney Hospital & Health Center

802-674-7089 289 County Road, Windsor, VT 05089 Working with individuals, healthcare providers and community organizations to reduce chronic disease. The promotion of healthy lifestyle choices includes alcohol, tobacco & other drug abuse prevention efforts, and creating healthy environments where physical activity and healthy eating are the norm. Skill building workshops offered include: Guiding Good Choices (parenting for prevention), Healthier Living Workshops (for physical health) and Wellness Recovery Action Plan Workshops (for mental health). Tobacco cessation coaching and other health education services provided. www.mtascutneyhospital.org/

Hartland Recreation Center

802-436-2790 19 Route 12, Hartland, VT 05048 Providing a wide variety of meaningful and fulfilling leisure activities for all age groups. www.hartlandrecreation.com/info/default.aspx

Historic Homes of Runnemedede

802-674-6733 40 Maxwell Perkins Lane, Windsor, VT 05089 Exercise classes for seniors. <http://www.hhrliving.org/>

Marsh-Billings-Rockefeller National Historic Park

802-457-3368 54 Elm Street 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, orthopedic and postoperative conditions, chronic pain, and cardiopulmonary disease. Offering inpatient and outpatient physical therapy and rehabilitation, and aquatic group exercise programs. www.mtascutneyhospital.org/

Ottawaquechee Community Partnership

802-457-2679 19 Central 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.

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, snow- shoeing, indoor rock climbing, sailing, canoeing & kayaking, cycling, guided Burlington bike path trips, hiking, camping, and therapeutic horseback riding. www.vermontadaptive.org/

VT Outdoor Guide Association

802-425-6211 800-425-8747 PO Box 10, North Ferrisburg, VT 05473 Complete directory of outdoor services and adventure travel resources. www.voga.org/

Walk Woodstock Trail Map

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

- Woodstock Area Chamber of Commerce 802-457-3555 888-496-6378 59 Central Street, Woodstock, VT 05091
- Woodstock Welcome Center 802-432-1100 4 Mechanic Street, Woodstock, VT 05091 www.walkwoodstock.com

Woodstock Recreation Center

802-457-1502 54 River Street, Woodstock, VT 05091 Center of many recreational and social activities for people of all ages in the Woodstock area. www.woodstockrec.com/info/

Restorative Justice

Valley Court Diversion Programs

802-295-5078 211 North Main Street, White River Junction, VT 05001 Provides alternatives to the traditional criminal justice system for those who have committed minor infractions of the law. Programs hold both youth and adult offenders accountable for their behavior and work to restore a sense of safety to the community through monetary restitution, community service, repair of damaged property, letters of apology, research papers, special projects, and other restorative activities. www.vcdp.org/

Senior Centers & Caregiving Services

Bugbee Senior Center

802-295-9068 262 North Main Street, White River Junction, VT 05001 Provides a variety of services and programs for individuals over 60, mostly for those living in Hartford, Hartland, Norwich and Thetford, VT. Services include: meal programs, transportation, social/paralegal services, presentations, and activities. Craft store on site. Volunteer opportunities are available. www.bugbeecenter.org/

Senior Solutions (formerly Council on Aging for Southeast VT)

802-885-2655 Administrative office 800-642-5119 Senior help-line 38 Pleasant Street, 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 pro- grams 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. <https://eldercare.acl.gov/Public/Index.aspx>

Elder Wise

(541) 419-4036 Certification courses for independent caregivers. Find a certified in-home caregiver in your area. www.elderwiseinc.com

Lifeline

855-681-5351 Medical alert service. Press the personal help button & Lifeline's emergency response service goes into action. www.lifelinesys.com

Meals on Wheels

888-998-6325 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. <https://www.mealsonwheelsamerica.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 87 Main Street, Suite 2, West Lebanon, NH 03784 Customized staffing services in home healthcare. www.staffingsolutionsofvermont.com/

Southwestern VT Council on Aging

800-642-5119 Senior helpline

Rutland Office: 143 Maple Street Rutland, VT 05701 802-786-5990

Bennington Office: 160 Benmont Ave Suite 90 Bennington, VT 05201 802-442-5436

Southwestern VT Council on Aging

800-642-5119 Senior helpline

Rutland Office: 143 Maple Street Rutland, VT 05701 802-786-5990

Bennington Office: 160 Benmont Ave Suite 90 Bennington, VT 05201 802-442-5436

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

Advance Directives at The Thompson Sr. Center

Advanced Directives

2nd Monday of each month

1:00 – 3:00 pm by appointment, please schedule in advance

Would your loved ones know your about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every 2nd Monday from 1pm – 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

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 dis- ease 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

800-586-4872 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/

Caregiver Support Group

Ongoing, on the third Wednesday of each month, 12:30 – 1:30 pm
Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) and share ideas, concerns, and constructive feedback with others facing similar challenges.

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. <http://www.h2rc.org/contact-us/>

Lupus Foundation of America

202-349-1155 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

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

202-776-0406 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

802-289-0334 Go to the Index. Look under 'Vermont Department of Health' to find contact info for District Office. Provides vocational rehabilitation & independent living services to eligible Vermonters. www.dbvi.vermont.gov/

Transportation

Bugbee Senior Center

802-295-9068 262 North Main Street, White River Junction, VT 05001 A wheelchair accessible van provides transportation to and from the Bugbee Senior Center for seniors (age 60 and over) who live in the towns of Hartford & Norwich, VT. Coordinate rides to local medical & dental appointments. Rides are also provided by volunteer drivers. Appointments should be scheduled no earlier than 10:00 am with a return no later than 3:00 pm. Please give us at least 24 hours notice. By donation. www.bugbeecenter.org/

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. Designated for Reach Up participants "only" through Economic Services. Call for guidelines. www.goodnewsgarage.org

Stage Coach Transportation Services 802-728-3773 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.thompsonscenter.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 28 Farmvu Drive 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, sub-stance abuse treatment, Veterans integrated community care program, post-traumatic stress disorder clinical team, and an ambulatory surgery program. <https://www.whiteriver.va.gov/>

VT Vet-To-Vet

802-485-4534 1069E Roxbury Rd Northfield, VT 05663 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.

Volunteering & Mentoring

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

Green Mountain Retired & Senior Volunteer Program (RSVP)

802-674-4547 20 Ascutney Store Road Ascutney, VT 05030 Matches people age 55+ with important, interesting, and meaningful volunteer opportunities in non-profit organizations, schools, libraries & hospitals. Volunteer as often as you'd like, according to your schedule. Serves Bennington, Windham & Windsor counties. <http://rsvpvt.org/>

Ottawaquechee Community Partnership (OCP) - Buddy & Mentoring Programs

802-457-2679 19 Central 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

802-291-9100 195 North Main St White River Junction, VT 05001 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. <https://vitalcommunities.org/valleyfoodfarm/uvfts/>

Volunteers in Action

802-291-5971 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. <http://www.mtascutneyhospital.org/careers/volunteer-opportunities/volunteers-action>

Windsor County Mentors

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. <https://www.facebook.com/wcpartners/>

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