

Free!

The cover features a central dashed yellow circle. Inside the circle, the word "Community" is written in a white script font, and "RESOURCE DIRECTORY" is written in large, bold, white block letters with a yellow outline. Surrounding the circle are various white line-art icons: a hand holding a smartphone, a stack of money with a dollar sign, a basketball, a question mark, a smiling woman's head, a key, a piggy bank, a ribbon, a first aid kit, a house, and an apple. Small yellow squares and dots are also scattered around the circle.

Community RESOURCE DIRECTORY

LOCAL RESOURCES
for finding help you need

2020
24TH EDITION

Housing | Childcare | Food Shelves | Job Hunting | Recreation
Healthcare | Organizations | Financial Help | Recovery | & More

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Franklin-Grand Isle Community Resource Directory

“We hope that you enjoy and find useful this year's edition of the Community Resource Directory. Thank you to all of our advertising sponsors that have helped make this possible in 2020. We welcome any feedback that can help make this a more useful resource in our local communities.”
- O'Rourke Media Group Team

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For the most current resource information, dial the three digit number 2-1-1 or visit www.vermont211.org.
A PDF of the Resource Directory is available for download at www.samesseenger.com

I need food...

3SquaresVT

(Formerly Food Stamps)

27 Federal Street, Suite 400
Saint Albans, VT 05478
(800) 660-4513 (800) 479-6151
(802) 241-2830 FAX
www.dcf.vermont.gov/benefits/3SquaresVT
www.vermontfoodhelp.com

Helps Vermonters who meet certain guidelines to stretch their food budgets so they can buy more and better food and put three square meals a day on their tables.

Applicants may apply online at www.vermontfoodhelp.com, or download a physical application at the site. Applicants may also go directly to the Agency of Human Services district office at 27 Federal St. in St. Albans.

To request an application and have it mailed to you, call 1-800-479-6151.

Free and Reduced School Snacks and Meals

Applications for free and reduced school lunches may be filed with the school. Only one application is needed per family.

Children whose parents receive 3SquaresVT or Reach-Up are automatically eligible.

For more information visit the Agency of Education's website (www.education.vermont.gov).

Free Summer Meals for Children

Communities with large numbers of children receiving free and reduced lunches may qualify for a federal program offering free lunches, and sometimes breakfast, to anyone under the age of 18. The programs are operated by schools, libraries, and community groups.

St. Albans City School works with city government and Franklin-Grand Isle Community Action to serve meals at seven sites around the city each summer.

NOTCH operates summer camps in Richford and Swanton which are free and include free meals.

To find a free meal site in your area, contact Hunger Free Vermont (www.hungerfreevt.org) at 865-0255.

Martha's Community Kitchen

139 Lake Street
Saint Albans, VT, 05478
(802) 524-9749
www.marthascommunitykitchen802.org

A soup kitchen providing breakfast and lunch to residents of St. Albans and surrounding towns. Grab and go meals are also available for those needing a meal later in the day. Open Monday to Friday.

HOURS: Senior social with coffee, snacks, and companionship, 9-11 a.m., M-F
Lunch: 11 a.m. - 12:30 p.m. every day.

Meals on Wheels

Age Well
76 Pearl Street, Suite 201
Essex Junction, VT 05452
1-800-642-5119 or 802-865-0360

Nutritious meals delivered by community volunteers to the homes of seniors and those with disabilities. To sign up call the numbers above.

Special Supplemental Program for Women, Infants and Children (WIC)

Vermont Dept. of Health
27 Federal Street
St. Albans, VT 05478

WIC offers a monthly benefit to new mothers and their children with which they may purchase healthy foods. In addition, WIC offers breastfeeding support and nutrition classes.

Fathers, grandparents and foster parents may receive the benefit for children in their care.

To apply, contact the Dept. of Health office in St. Albans by calling 888-253-8801 or 802-524-7970.

SENIOR MEALS

Age Well sponsors meal sites open to all seniors over 60. There is a \$5 suggested donation for those over 60, \$6 for those under 60.

Church of the Rock

1091 Fairfax Rd., St. Albans, VT
Hours: 1st and 4th Monday of the month, 2nd and 3rd Friday of the month. Reservations 802-662-5264.

Swanton School House Lunch Bunch

59 Church Street, Swanton
Tuesday, Noon
Reservations: 802-865-0360 Ext. 1064 or 662-5264

Milton Groovy Lunch Bunch Arrowhead Senior Center

46 Middle Road, Milton
Lunches served Wednesday, Noon
Reservations: 893-1619
Dinners served 3rd Thursday of each month, 6 p.m.
Reservations: 355-6805

RESTAURANT MEALS

Must present an Age Well restaurant ticket, with suggested donation of \$5. Tickets are available at the Age Well office at 76 Pearl St, Ste. 201 in Essex Junction or you can call 802-662-5200 for more information.

The Abbey Pub and Restaurant

6212 VT-105, Enosburg Falls
Lunch and Dinner: Tuesday- Sunday,
11:30 a.m. - 5 p.m.

Mimmo's Restaurant

South Main St., St. Albans, VT
Monday - Thursday, 11 a.m. - 3 p.m.

FRANKLIN & GRAND ISLE FOOD SHELVES

NorthWest Family Foods

5 Lemnah Drive, St. Albans VT
(802) 527-7392
Hours: Monday - Friday, 1 - 4:30 p.m.
Last two Mondays of the month at Richford location: 53 Main Street, 11 a.m. - 2 p.m.

Champlain Islands Parent/Child Center, 22 Lake St., Alburgh, VT

Hours: Last 2 Tuesdays each month
10 a.m. - 12 p.m.

St. Joseph's Church,

185 U.S. Rt. 2, Grand Isle, VT
Hours: Last 2 Tuesdays each month
1 - 3 p.m.

Enosburg Food Shelf

Corner of Main and Missisquoi St.,
Enosburg, VT
(802) 933-4193
Hours: Thurs. 10 a.m. – 4 p.m.

Fairfax Community Food Shelf

United Church of Fairfax, 8 Fletcher Rd,
Fairfax, VT
(802) 849-6588
Hours: First two Wednesdays of the month
9 a.m.- noon; Fourth Saturday of the
month, 8:30-10:30 a.m.

Fairfield Community Food Shelf

Fairfield Community Center, School St.,
Fairfield, VT
(802)827-3130
Hours: Tue. 3 – 5 p.m.; Second Friday of
the month 10 a.m. – 12 p.m. Third Friday of
the month is a produce & perishables give
away beginning at 12 p.m. For emergency
appointment call and leave message.

Georgia Food Shelf

Georgia Public Library
1697 Ethan Allen Hwy., Georgia, VT
(802) 524-4643
Hours: Mondays 4-5 p.m.

Grand Isle Food Shelf

Grand Isle United Methodist Church, 8
Hyde Rd., Grand Isle, VT
(802)372-8404
Hours: Wednesdays 1-4 p.m.

Highgate Food Shelf

Highgate Methodist Church Community
Center, 3060 Rte. 78, Highgate, VT
(802) 868-4921
Hours: Last Monday & Tuesday of the
month 2 - 5:30 p.m.

BERMMA

52 Main Street, Richford
(802)-848-3616 ext 0
Hours: Monday-Friday: 9 a.m. – 12 p.m.
except last 2 Mondays of the month. Hours
may vary, contact food shelf to confirm.

Montgomery Food Shelf

Montgomery United Methodist Church,
20 Fuller Bridge Rd., Montgomery, VT
(802) 326-4651. Call for an appointment

Sheldon Food Shelf

Sheldon Methodist Church, 52 Church St.,
Sheldon, VT
(802) 933-4487
Hours: Third Tuesday of the month:
8 a.m. – 12 p.m., otherwise call for an ap-
pointment.

Swanton Food Shelf

Church of the Nativity, Parish Hall, 65
Canada St. Swanton, VT
(802) 868-4162
Hours: Tuesdays 9 a.m. - noon.

NEED ASSISTANCE?

Food, shelter, rent
assistance & more...
DIAL 2-1-1

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United Way of
Northwest Vermont

C.I.D.E.R.

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NORTH HERO
GRAND ISLE SOUTH HERO

GRAND ISLE COUNTY
VERMONT

Champlain Islanders Developing Essential Resources

Door to Door Transportation
“Neighbor Meals” Community
and Home Delivered Meals
Living Strong Strength & Balance Training
Tai Chi Classes
Wheelchair Ramps & Home Accessibility
Special Needs Equipment Lending
Health and Wellness Activities
P.O. Box 13, 324 RT 2 South Hero, VT 05486
(802)372-6425 cidervt@sover.net
www.cidervt.org



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High quality early care and education for children ages birth to 5 years.

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This institution is an equal opportunity provider.

Openings available throughout the year for children who meet eligibility and site requirements.

Also accepting applications for 2020-2021 school year.

Apply Now!

802 651-4180, ext 205 | apply@cvoeo.org
champlainvalleyheadstart.org



CHAMPLAIN VALLEY Head Start

A Program of Champlain Valley Office of Economic Opportunity



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THE FRANKLIN CARRIAGE HOUSE & FRANKLIN HOMESTEAD HOUSING OPTIONS FOR SENIORS 55 AND OVER

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FRANKLIN HOMESTEAD

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Franklin Homestead

FRANKLIN CARRIAGE HOUSE

Offers private efficiency apartments with supportive services including meals and snacks, cleaning and laundry services, emergency buzzer system, 24 hour staff to help with small tasks or emergencies.



Franklin Carriage

Call **Stacy Silloway**, Manager, 285-2944

for information or guided tour

142 Homestead Dr., Franklin, VT 05457



I need childcare...

Early Childhood Resource Team The Family Center

130 Fisher Pond Road, Saint Albans, VT
05478

(800) 834-7793 Toll Free

(802) 524-6554 (802) 527-8167 FAX

www.ncssinc.org familctr@ncssinc.org

Provides information and referrals for those seeking childcare, as well as financial assistance. Also provides support and training for childcare providers.

Champlain Valley Head Start

5 Lemnah Drive, Suite 4

St. Albans, VT 05478

802-651-4180, ext. 205

www.champlainvalleyheadstart.org

apply@cvoeo.org

Champlain Valley Head Start (CVHS) serves pregnant women, children ages birth to five years, and their families. CVHS offers preschool and childcare to eligible families, in three locations throughout Franklin and Grand Isle counties, as well as a home-visiting option. The mission of CVHS is to provide high quality services that help children and families thrive and reach their full potential. CVHS promotes the health, safety and well being of children, and maintain strong collaborative partnerships to meet the changing needs of children, families and communities.

For Classroom Locations: See CVHS's advertisement in this guide. You can also call or visit their website..

Champlain Islands Parent Child Center - South

114 South Street, Building 2

South Hero, VT 05486

(802) 372-4704 (802) 372-8622 FAX

www.cipcc.org

Building strong children, confident families and connected communities. Licensed, NAEYC accredited, 5 Star, full-time childcare for children birth to age five in South Hero, Early Head Start and Preschool Head Start programs in collaboration with Champlain Valley Head Start, Pre-Kindergarten program in collaboration with Grand Isle Supervisory Union. Playgroups, information and referral, and a site for other service providers. HOURS: Mon. - Fri.: 7:00 am - 5:30 pm

Curiosity Corners Preschool

71 Main Street, Saint Albans, VT 05478

802-527-6499

Serves as the preschool at Northwest Technical Center. Children aged 3 to 5 are welcome to participate in the preschool curriculum.

Franklin County Early Childhood Programs (FCEC)

28 Catherine Street, St. Albans

(802) 524-3613, jbarnes@maplerun.org

Provides preschool opportunities for those living in the greater St. Albans area. Referrals from families, community and other service providers. Screenings may recommend a comprehensive evaluation to determine eligibility.

Franklin Northwest Early Childhood Programs

100 Robin Hood Drive, Suite 2

Swanton, VT 05488

(802) 868-4457

Provides preschool opportunities to those in Highgate, Franklin, Sheldon and Swanton. Referrals from families, community and other service providers. Screenings may recommend a comprehensive evaluation to determine eligibility.

Y's Time Children's Center

75 Lower Welden St

St. Albans, VT 05478

(802) 527-4872 www.gbymca.org

Quality program for children ages 12 mo. - 5 yrs.; fostering social, emotional, physical, cognitive and creative development through enriching experiences and positive relationships.

Grand Isle Supervisory Union Essential Early Education

224 US Route 2, Grand Isle, VT 05458

(802) 372-6942 (802) 372-5292 FAX

www.gisu.org

Consultation and developmental screening, comprehensive evaluation and educational programs in home and community settings for children with special needs, or those at risk in Alburgh, Isle La Motte, North Hero, Grand Isle and South Hero.

Alburgh School District Preschool Program

14 North Main Street

Alburgh, VT 05440

(802)-796-3573

**For a full listing of
childcare programs
in the region contact
The Family Center
at 802-524-6554.**

2021 FRANKLIN-GRAND ISLE RESOURCE DIRECTORY

**DON'T SEE YOUR ORGANIZATION?
NEED TO UPDATE YOUR LISTING?**

Email: Michelle@samessenger.com. There's no cost to be listed.

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For more information, call
(802) 524-8911 or visit
NorthwesternUrgentCare.org

St. Albans location
133 Fairfield St.,
St. Albans, VT 05478



Georgia location
927 Ethan Allen Hwy., (Rte. 7),
Georgia, VT 05468



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(802) 527-7531 / info@fchha.org / www.fchha.org



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Home Health Agency, Inc.

3 Home Health Circle, St. Albans, VT 05478



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80 Mapleville Depot
527-7100

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287 Blair Park Road
878-5323

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Phone: **802-524-2928** or toll-free in Vt. **1-800-649-2229**

President and Funeral Director: **Jeffrey S. Levesque**



www.bradyandlevesque.com

I need a job...

VERMONT DEPT. OF LABOR

St. Albans Career Resource Center

27 Federal Street, Suite 100
St. Albans, VT 05478
802-524-6585

The career centers have computers where job seekers may access the Internet, educational resources, information on employers and more. The centers are equipped with assistive technology for individuals with disabilities. Staff are also available to provide specific resources to veterans.

Vermont Job Link

www.vermontjoblink.com

Operated by the Vermont Dept. of Labor, Vermont Job Link contains a database of jobs available throughout the state. Job seekers are also able to post their resumes online for potential employers to review. There is also information on job training opportunities, including apprenticeship programs in skilled trades such as electricians. The site also has information on how to craft a resume, identifying possible careers and other aspects of job hunting.

JOB TRAINING

Franklin-Grand Isle Workforce Investment Board

10 Precision Lane, Swanton, VT 05488
(802) 782-1924

Adult education and training for employment skills and upgrades. Classes geared toward giving adult students the education needed for improved career prospects.

Northwest Technical Center

71 South Main Street, St. Albans, VT 05478
Adult Programs
(802) 527-6513
nwtc.fcsuvt.org/careerdevelopment

The center offers 11 daytime programs and almost 100 adult evening programs.

Pathstone

86 North Main Street
Saint Albans, Vermont 05478
(877) 764-4109 Toll Free
(802) 527-4409 Fax
www.pathstone.org

Pathstone assists farmworkers by paying the cost of an occupational skills training that will lead to a higher paying job, preferably on the farm, or in a field of the worker's choice. We can also assist farm owners by paying the cost of a training for a member of their workforce.

Vermont Works For Women

32 Malletts Bay Avenue, Winooski, VT 05404
(800) 639-1472 Toll Free
(802) 655-8900
www.vtworksforwomen.org

An educational and advocacy organization that trains, educates, supports and advocates for women and girls in Vermont exploring or pursuing opportunities in the skilled trades, technical, and other non-traditional fields.

JOB PLACEMENT SERVICES

VocRehab Vermont

HC 2 South 280 State Drive
Waterbury, VT 05671-2303
(802) 241-1455 (866) 879-6757

www.vocrehab.vermont.gov
VocRehab - St. Albans District Office
State Office Building
27 Federal Street, Suite 200
St. Albans, Vermont 05478
(802) 527-4045

Part of the Agency of Human Services, VocRehab assists those with disabilities with finding a job as well as job training.

Vermont Associates for Training and Development

3 Champlain Commons, Suite 2
PO Box 107
St. Albans, VT 05478
www.a4td.org
(800) 439-3307 (802) 524-3200

Vermont Associates for Training and Develop-

No computer?

Most of the area's libraries provide free computer and internet access. For a complete list of local libraries, see page 16.

ment is a senior employment organization that provides self-assessment, skills training, and job search aid for Vermonters 55 years and older.

PRIVATE EMPLOYMENT AGENCIES

The agencies below are paid by companies to find people to work for them, often in temporary positions.

Vermont Employment Agency St. Albans Office

12 Kingman Street
St. Albans, VT 05478
(802) 782-8255

Adecco Staffing

274 North Main Street
St. Albans, VT 05478
(802) 527-0006

Westaff

30 Mapleville Depot Rd #4
St. Albans City, VT 05478
(802) 527-7226

STARTING A BUSINESS

CVOEO Financial Futures

5 Lemnah Drive, Suite 5
St. Albans, VT 05478
802-860-1417 x120
<https://www.cvoeo.org>
jgery@cvoo.org

Free help for low to moderate income Vermonters to start, run, and finance successful small businesses through counseling and workshops.

Center for Women & Enterprise

431 Pine St., Suite 101
Burlington, VT 05401
info.Vermont@cweonline.org.
802-391-4870

Funded in part by the Small Business Administration, CWE supports women who are interested in starting or expanding a small business.

Micro Business Development Program/ Individual Development Account Program

299 N. Winooski Ave. #241 B, Burlington, VT
(802) 860-1417 (802) 860-1387 FAX
www.cvoeo.org

Free help for low to moderate income Vermonters to start, run and finance successful small businesses through counsel-

ing, classes and support groups. Helps finance self-employment, first-time home buying and post-secondary education goals through financial education and by matching participant savings in individual Development Account Program.

Vermont Small Business Development Center

Franklin County office located at
Franklin County Industrial Development Corporation
P.O. Box 1099 / 2 North Main Street
St. Albans, VT 05478-1099
(802) 524-2194 www.vtsbdc.org

Advises entrepreneurs on starting or expanding a small business including such areas as hiring, marketing and funding. Some programs and classes may be free.

OTHER PROGRAMS

Vermont Youth Conservation Corps

1949 East Main Street, Richmond, VT 05477 (800) 639-8922
(802) 434-3969
www.vycc.org info@vycc.org

A non-profit service, conservation, and education organization. Each year, the Corps hires over 300 young people between the ages of 16 and 24 to build trails, restore rivers and streams, and improve community green spaces.

NEED ASSISTANCE?

**Food, shelter, rent
assistance & more...
DIAL 2-1-1**

I need housing...

Franklin-Grand Isle Community Action

5 Lemnah Dr. St. Albans, VT 05478
Phone: (802) 527-7392

Community Action can assist those in danger of losing their housing as well as provide assistance with paying utility and heating bills.

Vermont State Housing Authority

One Prospect Street, Montpelier, VT 05602
Voice: 802-828-3295 TDD: 800-798-3118
Message Line: 800-820-5119

VSHA administers Section 8 housing vouchers in Franklin County, as well as a home ownership program. VSHA also manages affordable housing itself and offers information for tenants.

Habitat for Humanity, Franklin Grand Isle Chapter

PO Box 1375, Saint Albans, VT 05478
(802) 524-3501
www.franklingrandislehabitat.org
fgihabitat@gmail.com

Volunteers build houses for those in need. For family referral, call 849-6146. Accepting donations of building materials and household items. To donate, call 524-3501.

Homeshare Vermont

412 Farrell Street, Suite 300
South Burlington, VT 05403
(802) 863-5625 (802) 651-0881
www.homesharevermont.org

A homesharing/caregiving matching program that helps make it possible for the elderly and people with disabilities to remain in their own homes by bringing them together with persons who seek affordable housing and/or caregiving opportunities. HOURS: Mon. - Fri.: 9:00 am - 5:00 pm

Champlain Housing Trust

13 Lake Street, St. Albans, VT 05478
(802) 527-2361 (802) 527-2373
www.getahome.org

Champlain Housing Trust manages several affordable housing projects in the region, while also administering programs for first time home buyers and for low-income home owners who need to make repairs to their homes, including classes on budgeting and saving.

Tim's House

20 Kingman Street, St. Albans, VT 05478
(802) 527-0847

A homeless shelter that provides temporary

emergency shelter and transitional housing for men, women and families in Franklin and Grand Isle counties.

Vermont Housing Finance Agency

164 St. Paul Street, Burlington, VT 05401
PO Box 408, Burlington, VT 05402
(802) 864-5743 (802) 864-8081 FAX
www.vhfa.org home@vhfa.org

Vermont Housing Finance Agency offers low cost homeownership mortgage products to qualified Vermont home buyers, makes loans and issues housing tax credits for nonprofit and for-profit developers to create and preserve affordable rental housing and supports a number of other initiatives that address a wide spectrum of housing needs in Vermont.

Vermont Tenants, CVOEO

294 North Winooski Avenue
Burlington, VT 05401
(802) 864-0099 (802) 651-4179 FAX
www.cvoeo.org

Provides advice, information, and advocacy to tenants statewide. Publishes "Renting in Vermont," a handbook for tenants and landlords.

I need help paying my bills...

BUDGETING AND CREDIT BUILDING

CVOEO Financial Futures

5 Lemnah Drive, Suite 5
St. Albans, VT 05478
(802) 860-1417 x119
fgardner@cvoeo.org

The Financial Futures Program helps people to learn, earn, save, and own. Their services are free of charge to low and moderate income Vermonters, and includes one-on-one financial coaching and workshops. A matched savings program is also available to those who qualify and want to save towards first time home ownership or home repair, investing in a small business or post-secondary education, and car purchase.

Several housing programs also offer assistance with budgeting, see the housing section on page 4 for more.

HELP WITH UTILITIES

LiHEAP

LiHeap is a federal program administered by the State of Vermont which assists households earning less than 185 percent of the federal poverty line with paying for heat. Both renters and homeowners are eligible, regardless of other assets. Franklin-Grand Isle Community Action is able to assist with applications. Community Action is located at 5 Lemnah Drive, St. Albans. They may also be reached at (802)527-7392.

Applications may be made directly online at dcf.vermont.gov/benefits/fuel-assistance.

To ask questions about the program, call 1-800-479-6151 or visit the St. Albans office of the Economic Services Division at 27 Federal Street, Suite 400, St. Albans, VT 05478.

Green Mountain Power's Energy Assistance

Residential customers of Green Mountain Power earning less than 150 percent of the federal poverty limit are eligible for 25 percent off their first 600 kilowatts of electricity each month. Applications must be made through the state's Economic Services Division. File online by visiting dcf.vermont.gov/

dcf.vermont.gov/benefits/eap/gmp or call 1-800-775-0516 to request a paper application.

Vermont Gas Energy Assistance

Residential customers of Vermont Gas, Inc. earning less than 185 percent of the federal poverty level may be eligible for a 20 percent discount on their monthly gas bill.

Applications must be made through the state's Economic Services Division. File online by visiting dcf.vermont.gov/benefits/eap/vt-gas or call 1-800-775-0516 to request a paper application.

Emergency and Crisis Fuel Assistance

Those facing imminent loss of heat, electricity or phone service should contact Franklin-Grand Isle Community Action which administers programs offering emergency aid with utility bills.

Community Action is located at 5 Lemnah Drive, St. Albans. They may also be reached at (802)527-7392.

HELP WITH MEDICAL BILLS

Age Well

76 Pearl Street, Suite 201
Essex Junction, VT 05452
Helpline: 1-800-642-5119
or 802-865-0360
www.agewellvt.org

Age Well's State Health Insurance Program (SHIP) provides information, assistance and support to Medicare beneficiaries who need help selecting or managing public and/or private health insurance benefits.

Green Mountain Care

(800) 250-8427 Toll Free
(888) 834-7898 TDD
www.greenmountaincare.org

Includes existing programs such as Dr. Dynasaur, Vermont Health Access Plan (VHAP), Medicaid, and Prescription Assistance, as well as the Catamount Health program.
HOURS: 8 a.m. - 8 p.m.

Health Care Advocate Project

274 North Winooski Avenue
Burlington, VT 05401
(802) 863-5620
(800) 917-7787 Toll Free
(802) 863-7152 FAX
www.vtlegaid.org

Advocates for individual Vermonters with health care and health insurance issues.

Jim Bashaw Cancer And Catastrophic Illness Fund

c/o Northwestern Medical Center
133 Fairfield Street, Saint Albans, VT 05478
(802) 524-8479

www.northwesternmedicalcenter.org

Financial assistance to residents of Franklin and Grand Isle Counties who are experiencing catastrophic illness from cancer or other causes. Items covered include but are not limited to: medications, medical equipment, transportation, private/respite care, nutritional support and prostheses.

Ladies First Program

VT Department of Health
108 Cherry Street Burlington, VT 05402
(800) 508-2222
www.ladiesfirst.vermont.gov/

Pays for mammograms, Pap tests and screening for cholesterol and blood pressure for women with limited income who are: VT residents, age 40+, or 21-39 with breast symptoms or abnormal Pap tests (women 21-39 are eligible for breast and cervical services only). Assistance with childcare, elder care and transportation to attend Ladies First appointments is available (Women with Medicare Part B, Medicaid, or VHAP are not eligible for Ladies First).

Northwestern Medical Center Patient Financial Services

133 Fairfield Street
St. Albans, VT 05478
(802) 524-1048
PFSCustomerService@nmcinc.org

Northwestern Medical Center provides financial assistance programs for patients. Financial assistance applications are available at any registration area or from our Financial Counselor located at the front of the hospital.

Contact our Financial Counselor at
(802) 524-1006.

Pharmaceutical Research and Manufacturers of America (PhRMA)

950 F. Street, NW Suite 300
Washington, DC 20004
(888) 477-2669 Toll Free
(202) 835-3535 Administrative
www.pparx.org

A trade association that provides Partnership
for Prescription Assistance, an information
and referral service linking eligible inquirers
with prescription drug discount programs.
Partnership for Prescription Assistance
serves the USA and Puerto Rico.

OTHER BILLS AND SERVICES

Swanton Methodist Church Thrift Shop

23 Grand Avenue, Swanton, VT 05488
(802) 868-2650 - Church Office

A faith community that sponsors a thrift shop
in Swanton.

Social Security Administration Office of Public Inquiries

Windsor Park Building
6401 Security Boulevard, Baltimore, MD
21235 (800) 772-1213 Toll Free
(800) 863-4122 TTY
www.ssa.gov

Office for written inquiries if more assistance
is needed than can be provided by phone
or internet. Services include Social Security
Disability Insurance (SSDI), Medicare Applica-
tions, Social Security Retirement Benefits,
Supplemental Security Income (SSI), and
Social Security Survivor Benefits.

Vermont Legal Aid

264 North Winooski Avenue, Burlington,
VT 05401
PO Box 1367, Burlington, VT 05402
(800) 889-2047 (802) 863-5620
www.vtlegalaid.org

A legal services organization that provides
legal information and services to low-income,
elderly and individuals with disabilities
throughout Vermont. Assistance is offered to
eligible Vermont residents in areas of disabil-
ity, domestic violence, health care, housing,
public assistance and individual rights.

Vermont Office of Child Support

103 South Main Street, Waterbury, VT
05671-1901
(802) 241-2319 (800) 786-3214
dcf.vermont.gov/ocs

Part of the VT Agency of Human Services,
the Office of Child Support assists custodial
parents with insuring child care payments
are made.

Vermont Student Assistance Corporation (VSAC)

10 East Allen Street, Winooski, VT 05404
PO Box 2000, Winooski, VT 05404
(800) 642-3177 (802) 655-9602
www.vsac.org

A public nonprofit agency serving Vermont
that provides Vermont's 529 College Savings
Plan; career and education planning; and
education grants, scholarships, and loans.
Assistance is available for both degree and
non-degree programs.

*Links to all of the State of Vermont's
assistance programs to those in need may
be found at dcf.vermont.gov/benefits.*

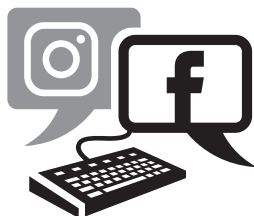


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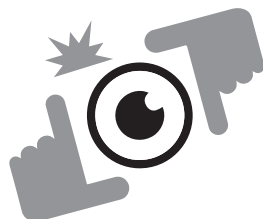
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MANAGEMENT**



**EMAIL
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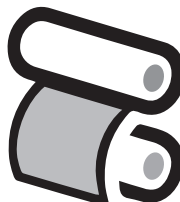
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I struggle with addiction...

Turning Point of Franklin County

182 Lake Street, Saint Albans, VT
(802) 782-8454
140 Missisquoi St., Enosburg Falls, VT
www.turningpointfranklincounty.org

Turning Point of Franklin County is a community center for people in recovery from alcohol and substance abuse, addiction and addictive behaviors. Turning Point provides a safe, substance-free environment populated by people in recovery who offer peer support at no cost. The recovery center hosts a number of support groups and provides free access to Narcan to anyone willing to receive the required training. Their website has a schedule of Narcan trainings and support group meetings.

BAART St. Albans

242 S. Main Street
St. Albans, VT 05478
802.370.3545
BAART provides addiction treatment services.

NOTCH

www.notchvt.org
The Northern Tiers Centers for Health offers outpatient addiction treatment here in Franklin County. For more, call their main number at (802) 255-5560.

Alanon /Alateen World Service

1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
(866) 972-5266 Toll Free Vermont
(802) 860-8388 Info. & Services Vermont
(888) 344-2666 Toll Free Al-Anon World Service | www.al-anon.alateen.org
www.vermontalanon.alateen.org

A worldwide fellowship of persons who have been affected by someone's drinking. The organization sponsors 12-step meetings in Vermont and worldwide.

Alcoholics Anonymous

St. Albans Answering Service:
(802)741-7100
Burlington Answering Service:
(802)864-1212
www.aavt.org

Alcoholics Anonymous (AA) is a self help organization that follows the 12-step model in support groups for people in recovery from alcohol abuse. AA provides information about AA support groups through a network of local information lines in Vermont. 24 hours, 7 days a week. AA's Vermont website also contains a listing of times and locations for all AA meetings in the state.

Centerpoint Adolescent Treatment Services

1025 Airport Drive, South Burlington, VT 05403 | (802) 488-7711
www.centerpointservices.org
Mental health, substance abuse, and special education services for teens and families.

Friends of Recovery - Vermont

C/O Vermont Association for Mental Health and Addiction Recovery
100 State Street Suite 352, Montpelier, VT 05601 | (802) 223-6263
www.friendsofrecoveryvt.org

Promotes the power of recovery from addictions to improve the quality of life and health for Vermonters. Statewide advocacy and education organization for those in recovery from substance abuse and mental health issues and their families. Our mission is to organize recovering individuals, families and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions.

Howard Center Substance Abuse Services

172 Fairfield Street, St. Albans, VT 05478
(802) 524-7265 (802) 524-5723 FAX
www.howardcenter.org

Outpatient substance abuse services for adults. Programs provide professional, confidential, and supportive therapy.

Narcotics Anonymous - Champlain Valley Area

PO Box 64714, Burlington, VT 05406-4714
(802) 862-4516 24-Hour Helpline
(866) 580-8718 Toll Free
www.cvana.org
publicinformation@cvana.org

Provides information about meeting times and places for NA meetings, a 12-step support group for men and women for whom drugs have become a major problem. The Champlain Valley Area covers an area in Vermont as far north as Newport, as far south as Middlebury, east to Morrisville and west to Plattsburgh (NY).

Northwestern Partners in Hope and Recovery

19 Catherine Street
St. Albans, VT 05478
(802) 524-8809
www.northwesternmedicalcenter.org/specialty/addiction-care/

Addiction care and counseling with individualized treatment plans.

Phoenix Houses of New England

99 Wayland Avenue, Suite 100
Providence, RI 02906
Find treatment or support:
1-888-671-9392
www.phoenixhouse.org

A non-profit drug abuse and treatment organization, serving Vermont, New Hampshire, Massachusetts, Maine, and Rhode Island. Programs for Vermont residents include residential treatment for adults and a transitional program. In collaboration with the Vermont Department of Corrections, Phoenix House provides an intensive outpatient program for ex-offenders, and in-prison residential treatment.

Brattleboro Retreat

Anna Marsh Lane, Brattleboro, VT 05301
PO Box 803, Brattleboro, VT 05302
(802)-258-3700 | brattlebororetreat.org

A not-for-profit, regional specialty psychiatric hospital and addictions treatment center that serves Vermont and surrounding region with diagnostic, therapeutic and rehabilitation services. A continuum of care is available, including inpatient, partial hospitalization, residential and outpatient treatment.

Vermont Harm Reduction Coalition

167 Main Street, Suite 304
Brattleboro, VT 05301
(800) 711-8680 Toll Free 24-Hour Helpline
(802) 251-0066 | www.harmreduction.org

A peer-run advocacy organization that provides educational and support services to reduce drug-related harm throughout Vermont. Services include peer advocacy and case management, support groups, and assistance in accessing treatment and community services. The Coalition collaborates with professionals and agencies to promote humane drug policies.



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**7 Forest Hill Dr., St. Albans, VT
villarehab.com**



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and medication management
at a reasonable price.**

For more information
please contact admissions at
(802) 524-2996

**642 Sheldon Road, St. Albans, VT
holidayhousevt.com**

I'm in need of health care...

Franklin County Home Health Agency, Inc.

3 Home Health Circle
St. Albans, VT 05478
(802) 527-7533
www.fchha.org

Franklin County Home Health provides in home assistance to those who are disabled, elderly or recovering from surgery. They also assist new and expectant mothers and provide occupational therapy.

Northern Tier Center for Health (NOTCH)

Federally Qualified Health Center

Affordable medical, dental, behavioral, and pharmaceutical care for the whole family, provided in a sliding scale.

Administration Office

44 Main Street, Suite 200
Richford, VT 05476
(802) 255-5560 (802) 255-5569 FAX
www.notchvt.org

Alburgh Health Center

64 Industrial Park Rd., Alburgh, VT 05440
(802) 796-4414 (802) 796-4415 FAX

Enosburg Health Center

382 Main Street, Enosburg Falls, VT 05450
(802) 933-5831 (802) 933-5836

Fairfax Health Center

1199 Main Street
Fairfax, Vermont 05454
(802) 849-2844

Richford Dental Clinic

44 Main Street, Suite 400
Richford, Vermont 05476
(802) 255-5520 (802) 255-5529 FAX

Richford Health Center

44 Main Street, Suite 200
Richford, VT 05476
(802) 255-5500 (802) 255-5509 FAX

Saint Albans Health Center

3 Crest Road, Saint Albans, VT 05478
(802) 524-4554 (802) 524-4501 FAX

Swanton Health Center

Medical and Dental Services
26 Canada Street, Swanton, VT 05488
(802) 868-2454 (802) 868-2461 FAX

Swanton Rexall

44 Merchants Row, Swanton, VT 05488
(802) 868-3338 (802) 868-5857 FAX

Northwestern Counseling & Support Services

107 Fisher Pond Rd, St. Albans, VT 05478
CRISIS HOTLINE:
(800) 834-7793 Toll Free - 24-Hour
(802) 524-6554 (802) 527-7801 FAX
www.ncssinc.org

A private not for profit community behavioral health center which provides comprehensive mental health and developmental services for families and individuals, including a crisis hotline. Services are provided at both the NCSS offices and in the community.
HOURS: Mon. - Fri.: 8:00 am - 5:00 pm

Northwestern Medical Center

133 Fairfield Street, Saint Albans, VT 05478
(802) 524-5911 (800) 696-0321
www.NorthwesternMedicalCenter.org

Franklin and Grand Isle counties' primary care community hospital featuring 24-hour emergency department, high-tech surgical suite, home-like Family Birth Center and full diagnostic and rehabilitative services. Call 524-1280 for more information on services and more than 70 active/ associate physicians.

Rise VT

(802) 524-8825
www.risevt.com

Pledge to lead a healthier lifestyle. Create your own account and receive a scorecard.

The Rise VT website includes a blog with articles about healthy eating and moving more, including local places to walk, bike and play with kids.

NMC Lifestyle Medicine

133 Fairfield Street
St. Albans, VT 05478
(802) 524-1227

Lifestyle Medicine has programs to help people manage chronic conditions and reduce risk factors such as smoking and obesity.

This list does not include all health care providers in the area.



How do you age well?

- Helpline
- Community Meals
- Care & Service Coordination
- Health Insurance Counseling
- Tai Chi & Wellness Activities
- Meals on Wheels
- Transportation

Age Well is a 501(c)3 non-profit. Services are free.



AGE WELL
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Helpline: 1-800-642-5119
agewellvt.org

I need an inexpensive way to entertain my family....

RECREATION DEPARTMENTS

Enosburgh Recreation Dept.

(802)326-4452

Email: recdirector@enosburghvt.org

www.enosburghvermont.org

The Town of Enosburgh recreation department offers a range of fitness classes for all ages along with a playgroup for the younger set.

Fairfax Recreation Dept.

12 Buck Hollow Road

Fairfax, VT 05454

(802) 849-6111 ex. 20

Email: recreation@fairfax-vt.gov

www.fairfaxrecreation.com

The Fairfax Recreation Department organizes fitness classes and a wide-range of family and community activities throughout the year.

Grand Isle Recreation Dept.

9 Hyde Road, Grand Isle, VT 05458

(802) 372-8830

www.facebook.com/GrandIsleVermontRecreationCommittee

The Grand Isle Recreation Dept. organizes a variety of community events throughout the year, including races, holiday activities and youth sports programs.

Highgate Recreation Commission

243 Gore Road

Highgate, VT 05459

recdirector@highgatevt.org

(802)-868-4406

www.highgaterec.com

St. Albans Recreation Dept.

BARLOW ST. COMMUNITY CENTER

39 Barlow St. 2nd floor

St. Albans, VT 05478

Office Hours: Mon-Fri, 9 a.m. – 5 p.m.

Recreation Office: 802-524-1500 X 266 or x. 268

Recreation Cell: 802-309-1810

St. Albans City Pool 802-524-6796

www.stalbansrec.com

The St. Albans Recreation Dept. operates day camp programs during the summer months and during long school breaks, as well as sports programs, afterschool programs, fitness classes and activities for all ages.

The recreation department also operates the St. Albans City Pool, including swim lessons and a swim team in the summer months.

Scholarships are available to assist those in need.

Swanton Recreation Dept.

(802) 868-2493

E-mail: swantonrecreation@gmail.com

www.swantonrec.org

The Swanton Recreation Dept. organizes youth sports and community activities year round.

Franklin Recreation Dept.

P.O. Box 82, Franklin, VT 05657

(802)285-2101

Franklinrecreation@gmail.com

www.franklinvt.myrec.org

The Franklin Recreation Dept. organizes youth sports and community activities year round.

PARKS AND OTHER LOCATIONS

Barlow Street Community Center

39 Barlow Street

St. Albans, VT 05478

The center is home to the St. Albans Recreation Dept. and is the site of many of its programs. There are also a playground, sports fields, tennis and basketball courts, all available for public use.

Brownway River Trail

Missisquoi Street

Enosburg Falls

This mile long walking path bordering the Missisquoi River.

Enosburgh's Free Kayak and Canoe Rental Program

The Flying Disc

342 Main Street

Enosburg Falls, VT 05450

Area residents may borrow a canoe or kayak for free from the Enosburgh Recreation Committee by stopping by the Flying Disc Monday – Friday 7 a.m. – 6 p.m. or Saturday 9 a.m. – 4 p.m.

Fairfax Community Park and Recreation Path

The Community Park & Recreation Path includes community ball fields and a paved 1/2 mile long recreational path that connects the natural surroundings with key community features, including stores, ball fields, and schools.

Directions to Community Park & Recreation Path

From I-89, take Exit #18 (Georgia Ctr./ Fairfax)

Turn Right on Ethan Allen Hwy. (US-7) – go 0.20.3 mi

Turn Left on Highbridge Rd. (VT-104A) – go 4.57.3 mi

Bear Right on Main St. (VT-104) – go 1.42.3 mi

Turn Right on Hunt St. – go 0.40.6 mi
Parking on the Left

Fairfield Pond Beach

Pond Road, Fairfield

Open for swimming, boating and fishing in the summer months.

Hard'Ack Recreation Area

Located at the top of Congress Street in St. Albans, Hard'Ack offers a wide range of summer and winter activities at no cost including hiking, mountain biking, cross country and downhill skiing, snowboarding, snowshoeing, sledding and an outdoor skating rink. There is no charge to use the facilities.

Hazen's Notch

Welcome Center, 1423 Hazen's Notch Road, Montgomery Center, VT 05471

There are 30 trails over 2,000 acres on Hazen's Notch, offering free hiking, cross country skiing and snowshoeing.

Highgate Arena

243 Gore Rd
Highgate Center, VT 05459
www.highgaterec.org

Managed by Town of Highgate's Recreation Commission the arena is home to several hockey leagues in the winter months, as well as public skating and learn to skate classes. There are also three softball/baseball fields at the arena and a one mile walking path. In the summer, opens the arena for summer sports and activities.

Houghton Park

Bordered by South Elm and Lower Welden Streets in St. Albans City, the park has a new playground, tennis courts and sports fields, all open to the public and free of charge.

Lake Carmi State Park

460 Marsh Farm Road (Route 236)
Enosburg Falls, VT, 05450
Phone: 802-933-8383

Open for swimming, fishing, boating and

camping in the summer months.

Marble Mill Park

Swanton, VT

Located on the banks of the Missisquoi River just a stone's throw from downtown Swanton, the park includes a playground, basketball and tennis courts and a newly opened skateboard park.

Missisquoi Valley Rail Trail

www.mvrailtrail.com

This former railroad bed turned recreation trail extends from St. Albans to Richford, in many places winding alongside the Missisquoi River. The trail is free and open for walking, biking and snowmobiling.

Missisquoi Wildlife Refuge

29 Tabor Rd., Swanton, VT 05488
802-868-4781
missisquoi@fws.gov

Directions: Vermont RT. 78 to Tabor Rd. Turn onto Tabor, proceed south 1/4 mile to refuge HQ.

The 6,700-acre refuge is open from dawn to dusk year round to hikers, bird watchers and nature lovers. The internationally recognized

wetland is home to more than 200 species of bird including bald eagles, osprey and great blue herons. The refuge is free to visit, but visitors are asked to stop in at the office before venturing out on the trails.

North Hero State Park

3803 Lakeview Drive
North Hero, VT, 05474
Phone: 802-372-8727

Swim, fish and boat here during the summer months.

Richford Free Bike Loan Program

Northern Tiers Centers for Health
44 Main Street
Richford

NOTCH has adult and youth bikes available to borrow for free. Bikes are available for loan 8 a.m. to 4 p.m. Monday to Friday, and 8 a.m. to 1 p.m. on Saturday.

St. Albans Bay Park

596 Lake Road, St. Albans, VT 05478

The Bay Park is open year round, with a playground, ball fields, fishing access, swimming in the summer and ice skating in the winter.

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St. Albans City Pool

99 Aldis Street
St. Albans, VT 05478
802-524-6796

The pool is home to a wide-range of summer activities including public swim time, swimming and lifeguard lessons, fitness classes and a swim team. The pool is managed the St. Albans Recreation Dept. Visit their site (www.stalbansrec.com) for more information.

St. Albans Historical Museum

9 Church Street, St. Albans, VT 05478
(802) 527-7933
stamuseum.history@myfairpoint.net

Displays and artifacts related to history of St. Albans.

Swanton Beach

600 Maquam Shore Rd
Swanton, VT

Located about a mile outside of the Village on Lake Street, Swanton Beach offers a picnic area, shale beach, and a public boat ramp into Lake Champlain.

There are numerous state parks in Franklin and Grand Isle counties. For a full listing of those parks, visit www.vtstateparks.com

LIBRARIES

Alburgh Public Library

128 South Main Street, Alburgh, VT 05440
(802) 796-6077
www.alburghpl.org

Arvin A. Brown Public Library

88 Main Street, Richford, VT 05476
(802) 848-3313
www.aabrown.org

HF Brigham Free Public Library

104 Main Street, Bakersfield, VT 05441
(802) 827-4414
www.hfbrighamlibrary.wordpress.com

Bent Northrup Memorial Library

164 Park Street, Fairfield, VT 05455
(802) 827-3945
www.bentnorthrup.org

Enosburgh Public Library

241 Main Street, Enosburg Falls, VT 05450
(802) 933-2328
www.enosburghlibrary.org

Fairfax Community Library

75 Hunt Street, Fairfax, VT 05454
(802) 849-2420
www.fairfaxvtlibrary.org

Franklin Grand Isle Bookmobile

802-868-5077
fgibookmobile@yahoo.com
bookmobile.fnwsu.org

The Franklin Grand Isle Bookmobile provides outreach library services to children of all ages and works collaboratively with local libraries and early childhood programs. The Bookmobile delivers information and books to those unable for any reason to access their own public library.

Franklin Library/ Haston Library

5167 Main Street, Franklin, VT 05457
(802) 285-6505
www.hastonlibrary.wordpress.com

Georgia Public Library

1697 Ethan Allen Highway, Georgia, VT 05454
(802) 524-4643
www.georgiapubliclibraryvt.org

Grand Isle Free Library

10 Hyde Road, Grand Isle, VT 05458
(802) 372-4797
www.grandislefreelibraryvt.wordpress.com

Highgate Public Library

17 Mill Hill Road, Highgate Center, VT 05459
(802) 868-3970
www.highgatelibrary.wordpress.com

Isle La Motte Free Public Library

2238 Main Street, Isle La Motte, VT 05463
(802) 928-4113
www.islelamotte.org/library

Montgomery Town Library

PO Box 448, Montgomery Center, VT 05471
(802) 326-3113 mtlibrary@pivot.net
www.mtlvermont.wordpress.com

North Hero Public Library

3195 Route 2, North Hero, VT 05474
(802) 372-5458
www.northherolibrary.org

Sheldon Public Library

1640 Main St., Sheldon, VT 05483

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(802) 933-2616
www.sheldonlibrary.wordpress.com

South Hero Community Library

75 South Street, South Hero, VT 05486-4913
(802) 372-6209
www.southherolibrary.org

St. Albans Free Library

11 Maiden Lane, St. Albans, VT 05478
(802) 524-1507
www.stalbansfreelibrary.org

Swanton Public Library

1 First Street, Swanton, VT 05488
(802) 868-7656
www.swantonlibrary.org

ORGANIZATIONS

Franklin Grand Isle 4-H

c/o UVM Extension
278 South Main Street, St. Albans, VT 05478
(802) 524-6501 ext. 219

An educational program that helps youth develop project and life skills.

Boy Scouts of America Green Mountain Council

PO Box 557

Waterbury, VT 05676
Phone Number:
(802) 244-5189 (800) 704-3089
www.scoutingvermont.org

To find a local troop, visit the web site above.

Girl Scouts of the Green And White Mountains

60 Knight Lane, Suite 30, Williston, VT 05495
(888) 474-9686 (802) 878-3943 FAX
www.girlscoutsgwm.org
info@girlscoutsgwm.org

To join a local troop, visit the web site above. Scholarships are available to cover membership dues.

Island Arts

PO Box 108, North Hero, VT 05474
(802) 372-8889 (802) 372-5363
www.islandarts.org

Island Arts offers courses in the arts for youth and adults, with scholarships available. It also brings professional artists and events to the community including a free concert for youth each year. Island Arts also operates a gallery displaying the works of local artists.

Special Olympics Vermont

368 Avenue D, Suite 30, Williston, VT 05495
(800) 639-1603 Toll Free
(802) 863-5222 (802) 863-3911 FAX
www.specialolympicsvermont.org

Special Olympics Vermont promotes the

health and well-being of children and adults in Vermont with cognitive disabilities with year-round sports training and athletic competition in a variety of Olympic-type sports.

Title VII Indian Education Programs Of Franklin County

49 Church Street, Swanton, VT 05488
(802) 868-4033

Serves children, parents, and families from the Abenaki community. Provides tutoring, home-school liaison support, cultural enrichment, parent support groups, and after school learning. Some programs also serve community members who are not Abenaki.

Watershed Mentoring

Watershed Mentoring, 27 Church Street, Suite 2, St. Albans, VT 05478
www.fcccp.org
beth.fcccp@gmail.com
info@fcccp.org

Supports mentoring throughout Franklin County, with an emphasis on adult-youth, community-based mentoring. Watershed Mentoring also partners with schools to develop and enhance school-based mentoring and peer mentoring programs.

21C Afterschool Programs

Saint Albans City School and the schools in Maple Run and Franklin Northeast Supervisory Unions offer after school and summer programming, providing academic support, physical activity, and enrichment opportunities to school-age youth. Please contact your local school for more information.

I need transportation...

Champlain Islanders Developing Essential Resources (CIDER)

324 US Route 2, PO Box 13
South Hero, VT 05486
(802) 372-6425 (802) 372-6747 FAX
www.cidervt.org

CIDER provides transportation to the elderly and those with disabilities. It has a small fleet of wheelchair accessible vans that make regular visits to locations in Franklin and Chittenden counties. CIDER also provides rides to medical appointments and other places by van or car when contacted in advance.

HOURS: Mon. - Fri.: 8:00 am - 4:00 pm

Good News Garage Vermont

331 North Winooski Avenue, Burlington, VT 05401
(877) 448-3288 Toll Free - 877-GIVE AUTO
(802) 864-3667 (802) 864-6033 FAX
www.goodnewsgarage.org
info@goodnewsgarage.org

A community garage that accepts donated vehicles, repairs them and passes them on at low cost to qualified low-income individuals in Vermont.

HOURS: Mon.-Fri.: 8:00 am - 5:00 pm

Green Mountain Transit

375 Lake Road Suite 3B
St. Albans, VT 05478-2295
(802) 527-2181 802 527-5302 FAX
www.ridegmt.com

GMT provides public transit on multiple bus routes connecting Franklin County residents to work, shopping and essential services. For a schedule visit its website. Rides to medical appointments and other locations may be arranged in advance for the elderly and those with disabilities by calling the number above.

Other Important Services

SERVICES FOR SENIORS

Franklin County Senior Center

75 Messenger Street, St. Albans, VT 05478
(802) 524-6616
www.fcscvt.org

Community based center available for all senior citizens regardless of income. Offers a wide range of activities from card games to fitness classes. Also provides free and low cost meals for seniors every Wednesday and Thursday.

Islands in the Sun Senior Center

595 Main Street Alburgh, VT 05440
(802) 796-3890

Provides activities for seniors, including fitness classes and a monthly meal.

CIDER

324 US Route 2, PO Box 13
South Hero, VT 05486
(802) 372-6425
(802) 372-6747 FAX
www.cidervt.org

Best known for their transportation services, CIDER assists seniors in a range of areas, including making homes more accessible, fitness classes and senior meals.

Foster Grandparent Program, Franklin/Grand Isle

(802) 861-7821
www.unitedwaynwvt.org
daniellew@unitedwaycc.org

Income eligible adults, age 60 and over, serve as volunteers with special needs children. Volunteers serve between 15-40 hours/week and receive tax-free stipend.

Bone Builders

Classes are free and offered in multiple locations. Find a class at www.unitedwayvt.org/bone-builders.

Age Well

76 Pearl Street Suite 201
Essex Junction, VT 05452

(Satellite offices in St. Albans and Middlebury)
(800) 642-5119 Helpline
(802) 865-0360
(802) 865-0363 FAX
www.agewellvt.org

Provides a wide range of services for seniors in the Champlain Valley, including assistance with aging at home, transitioning in or out of the hospital or other facility, Meals on Wheels and free or low cost senior meals. Their confidential help line can connect seniors to additional services.

Elder Law Project

www.vtlegalaid.org/elder-law-project
Call 1-800-889-2047 M,W,F 8:30 a.m. -1:30 p.m.; T, Th. 11:30 a.m. to 4:30 p.m.

Fill out a request for legal assistance at www.vtlawhelp.org/vlh-intake

Vermont Legal Aid's Elder Law Project focuses on the legal needs and problems of people over the age of 60. They can help with legal advice, assistance with documents such as powers of attorney and advance directives, advocacy and full representation. Legal Aid represents seniors on legal issues like public housing, health care, government benefits and guardianship. Through their Medicaid project, they can also help seniors appeal health care coverage decisions made by Medicaid.

SERVICES FOR VETERANS

Family Programs Family Assistance Specialist National Guard Armory

13 Ferris Street, Swanton VT 05488
Office: (802)868-7927
Cell: (802)338-4319

Vermont Veterans & Family Outreach Program

(888) 607-8773 Toll Free - 24-Hour

The outreach program assists combat veterans and their families. The program is staffed with veterans who assist other veterans.

Veterans Crisis Line

1-800-273-8255, Press 1, Local assis-

tance is also available 24 hours a day at (802)-524-6554.

Vermont Veteran and Family Outreach

Assistance is available 24 hours a day at 1 (888) 607 8773

Vermont Office of Veterans Affairs Women Veterans

For assistance with benefits issues call (802) 828-0382, or the call center at 1-855-VA-WOMEN

National Suicide Hotline

800-273-8255

Office of Veterans Affairs

118 State Street, Montpelier, VT 05620-4401

(802) 828-3379 Information & Services - Outside of Vermont
(888) 666-9844 Toll Free within Vermont
www.veterans.vermont.gov

Administers a variety of benefits programs for Vermont Veterans. Programs include Benefits Assistance, Military Records, Vermont Veterans Memorial Cemetery, Vermont Veterans Medal and Vermont Distinguished Service Medal, high school diplomas for World War II and Korean War era Veterans, Needy Veterans Fund, Air Forces Scholarship, and Casualty Assistance.

Veterans Administration (VA) in Vermont

866-687-8387

The VA in Vermont operates a medical center, two veterans centers and outreach clinics. Below are the closest veterans center and outreach clinic.

Vet Center

19 Gregory Drive Suite 201
South Burlington, VT 05403
(802)651-0174

A Veterans center serving northwest VT and Clinton, Franklin & Essex Counties, NY. Services for Veterans include: individual, group, marital and family, substance abuse, and sexual trauma counseling, job and benefits referrals.

Veterans Affairs Medical Center

215 North Main Street
White River Junction, VT 05009
(866) 687-8387 Toll Free Medical Center
(800) 827-1000 Toll Free Benefits Information
(802) 295-9363
www.whiteriver.va.gov

The White River Junction Veterans Administration (VA) Medical Center and Regional Office of the United States Department of Veterans Affairs, serves eligible veterans throughout Vermont with health care, research and educational services. Provides inpatient and outpatient health care, including primary care, medical, surgical, mental health, substance abuse treatment, and contracted in-home and long-term care. Outreach to Vermont Veterans, including benefits assistance, mental health treatment, and reintegration counseling is provided at Outreach Clinics.

VA Outreach Clinic

128 Lakeside Avenue, Suite 260
Burlington, VT 05401
Phone: (802) 657-7000
Fax: (802) 657-7077

VICTIMS OF VIOLENCE

Listed below are resources for people who are the victims of violence, particularly sexual and domestic violence.

Voices Against Violence/ Laurie's House

P.O. Box 72, St. Albans, VT 05478
24 Hour Crisis Number: (802) 524-6575
Email: voices@cvoeo.org
www.voicesagainstvviolence.org

Voices offers a full range of supports for victims of domestic and sexual violence or stalking in Franklin and Grand Isle counties. Voices operates a domestic violence shelter, as well as a transitional housing program. The organization provides advocates who can assist victims in their dealings with police, the courts, the Dept. of Children and Families, and accompany sexual assault victims who are undergoing rape exams. There are also support groups and counseling services.

Safe At Home Address Confidentiality Program

PO Box 1568, Montpelier, VT
(800) 439-8683 (802) 828-0586
www.sec.state.vt.us/safe-at-home.aspx
Protects survivors of domestic violence,

sexual assault and stalking after relocation to a residence unknown to their perpetrator with a substitute address in VT where they can receive mail, minimizing the amount of people who know where a victim resides.

Safespace at the Pride Center of Vermont

255 South Champlain St. Suite 12, Burlington, VT 05401
Hotline: 802-863-0003 or 866-869-7341
safespace@pridecentervt.org

A victims advocacy program providing assistance to survivors in Vermont of physical, sexual, and emotional violence who identify as being lesbian, gay, bisexual, transgender, queer or questioning (LGBTQQ). Services include information, support, referrals, and advocacy to LGBTQQ survivors of domestic violence, sexual violence and hate crimes. Hotline is staffed by advocates Mon. - Thurs.: 10 a.m. - 6 p.m. and Fri. 10 a.m. - 2 p.m.

Vermont Network Against Domestic and Sexual Violence

PO Box 405, Montpelier, VT 05601
(800) 228-7395 24-Hour Domestic Violence Hotline
(800) 489-7273 24-Hour Sexual Assault Hotline
(802) 223-1115 TTY
(802) 223-1302
www.vtnetwork.org

A feminist organization committed to eradicating domestic and sexual violence through advocacy, empowerment and social change.

Vermont Center for Crime Victim Services

58 South Main St., Suite 1
Waterbury, VT 05676
(800) 750-1213 (VT Only)
(802) 241-1250
www.ccvv.vermont.gov

The center provides services to victims of crime. The center's website contains information about restitution and compensation for crime victims.

ORGANIZATIONS YOU SHOULD KNOW

Franklin Grand Isle Restorative Justice Center

120 North Main Street, St. Albans, VT 05478
(802) 524-7006

Creative by the mergers of the restorative justice and court diversion programs, the center provides services for those getting out of prison, as well as running restorative justice and court diversion programs that provide an alternative to prison. The center also has a school truancy program and a dispute resolution program for neighbors.

Franklin County Caring Communities

27 Church St., Suite 2, St. Albans, VT 05478
(802) 527-5049 www.fcccp.org
info@fcccp.org

Caring Communities is focused on preventing substance abuse, including alcohol and tobacco. In addition to supporting efforts to prevent substance use in local schools, Caring Communities also runs mentoring programs for youth. If your child could benefit from a mentor, or if you have some time to volunteer, give them a call.

Healthy Roots Collaborative

Lifestyle Medicine, Northwestern Medical Center
Fairfield Street, St. Albans, 05478
Phone: 802-524-8947

The purpose of Healthy Roots is to connect local residents to healthy local food. To that end, they offer cooking classes, maintain lists of local food providers, and run a gleaning program that takes gathers food left on fields at the end of the season for donation to local food shelves.

Human Rights Commission

14-16 Baldwin Street
Montpelier, VT 05633-6301
(802) 828-2481
human.rights@vermont.gov (e-mail)
www.hrc.vermont.gov

The Human Rights Commission investigates complaints of discrimination in schools, businesses, government agencies, and other places providing goods and services to the general public.

Franklin County Animal Rescue

30 Sunset Meadows, St. Albans City, VT 05478
(802) 524-9650
info@fcarpets.org

The Franklin County Animal Rescue promotes health and humane treatment of animals in northwestern Vermont through outreach and temporary shelter "with the ultimate goal of finding them good, permanent homes." FCAR shelters both dogs and cats.

Did you know...

NCSS staff collaborates to provide services throughout the community of Franklin & Grand Isle Counties.



In the past year **NCSS served 4,096 people** in our offices, in local schools, in the community, in their homes, and in their places of work.

100% of Patient Centered Medical Homes (Primary Care Physician Offices) are integrated with our health team providing support in Franklin and Grand Isle counties.

Partnerships with schools throughout Franklin and Grand Isle counties which include services such as: *therapy, consultation, substance abuse treatment, behavioral supports, specialized services for children diagnosed with autism.*

**NORTHWESTERN
COUNSELING**
& SUPPORT SERVICES

we're here for you

since 1958



The Family Center

Located at 130 Fisher Pond Rd., houses services for children and families, prenatal to 21, as well as developmental services. We provided many of those services within the community:

The Parent Child Center

One part of our Family Center, consists of four core teams, operating 20 Primary Prevention Programs in Franklin and Grand Isle Counties.



Psychiatry

Of the 4,096 individuals served by NCSS last year, what percentage do you think received medication from one of our Psychiatrists or Nurse Practitioner?

Only 20%. While medication can be very effective for certain mental health conditions, most individuals do not require medication as part of their treatment plan.



The Developmental Services Division

offers Person Centered Care for individuals with intellectual disabilities including:

Academy of Learning – provides independent living skills, enhances artistic expression, expands appreciation for a holistic approach to health and wellness, and acquiring new academic talents.

Are you in crisis or do you need immediate assistance?

24 Hour Crisis Line

Call 802-524-6554 Ext. 1

107 Fisher Pond Road, St. Albans, VT 05478
www.ncssinc.org

Did you know...

NCSS staff collaborates to provide services throughout the community of Franklin & Grand Isle Counties.



The Soar Learning Center

is unique in that it is a CARF-accredited day treatment program as well as an educational facility that offers:

The primary goal is to provide students with the academic, social, and interpersonal skills necessary to be successful in a traditional school setting and in their community.

**NORTHWESTERN
COUNSELING**
& SUPPORT SERVICES

we're here for you since 1958

Are you in crisis or do you need immediate assistance?

Call 802-524-6554 Ext. 1
or visit www.ncssinc.org

Main Office: 107 Fisher Pond Road, St. Albans, VT 05478

Soar Learning Center

178 McGinn Dr.
St. Albans Bay | 527-7514

Applied Behavior Center

12 Houghton St.,
St. Albans | 393-6643

Ted Mable Family Center

130 Fisher Pond Rd.
St. Albans | 524-6554

Academy of Learning

27 Lower Newton St.
St. Albans | 782-8694

Mapleville Depot

20 Mapleville Depot
St. Albans | 524-6554

Doctors Office Commons

12 Crest Road
St. Albans | 524-6554

Satellite Location in NOTCH Building

8 Industrial Park Rd.
Alburgh | 393-6564

Satellite Location in NOTCH Building

44 Main St., Richford

Satellite Location in Vermont Adult Learning

5 Lemnah Dr., St. Albans

learn more about
our services at
www.ncssinc.org



WestRock

Generously contributing to the United Way for over 31 years.

WE HAVE BEEN PROVIDING JOBS IN FRANKLIN COUNTY SINCE 1895.

369 Mill Street, Sheldon Springs, VT 05485 • 802-933-7733

**“I always knew CHT was good,
I just didn’t know how good
they would be until I applied.”**



David Barber, homeowner

RENT

BUY

REPAIR

Housing Solutions for Northwestern Vermont

13 Lake Street, St. Albans, Vermont 05478 Phone: 802.527.2361



NMLS ID #179570 & #184793 MLO NMLS #377856 #1457533

**CHAMPLAIN
HOUSING TRUST**



WWW.GETAHOME.ORG