

# Resource Manual for the Upper Valley VT/NH November 2010

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## **CRISIS HOTLINES/EMERGENCY & 24/7 NUMBERS**

**In an EMERGENCY call 9-1-1**

### **SOMEONE TO TALK TO:**

Headrest TEENLINE.....1-800-639-6095

National Youth Crisis Hotline .....1-800-448-4663

### **SUICIDE INTERVENTION/MENTAL HEALTH CONCERNS:**

Trevor Project Suicide Helpline

(aimed at gay and questioning teens).....1-800-44-TREVOR

National Hopeline Network.....1-800-784-2433 (800-SUICIDE)

Headrest TEENLINE.....1-800-639-6095

DHMC Department of Psychiatry

Access and Emergency Services.....1-800-556-6249

Health Care and Rehabilitation Services

(H.C.R.S.).....1-800-622-4235

Clara Martin Center.....1-800-639-6360

### **HOSPITAL EMERGENCY NUMBERS:**

**Alice Peck Day Memorial Hospital Emergency Services**

Emergency Services: (603) 448-7448

**Dartmouth Hitchcock Medical Center Emergency Services**

Emergency Services: (603) 650-5000

**Gifford Medical Center (Randolph)**

**Cottage Hospital (Bradford)**

**Woodsville, NH**

### **DOMESTIC VIOLENCE/SEXUAL ASSAULT:**

WISE Crisis Line.....1-603-448-5525

### **POISON CONTROL**

Northern New England Poison Center.....1-800-222-1222

### **ALCOHOL & OTHER DRUG ISSUES:**

**Local:**

Headrest TEENLINE.....1-800-639-6095

Live Free/Smoke Free Program.....1-802-295-1868

**National:**

Focus on Recovery Helpline.....1-800-234-0420

Al-Anon.....1-800-344-2666

**Narcotics Anonymous:**

VT.....(802)773-5575

NH.....(603)645-4777

National Drug and Alcohol Treatment Referral Service.....1-800-662-4357

**AIDS HOTLINES:**

New Hampshire.....1-800-752-AIDS

Vermont.....1-800-882-AIDS

**National Hotline.....1-800-227-8922**

**CALL 2-1-1 IN ANY STATE TO FIND HELPFUL SERVICES AND INFORMATION**

**OR VISIT:** <http://www.211nh.org> OR <http://www.vermont211.org/>

**EMERGENCY SHELTERS**

Windsor County, VT:

**The Upper Valley Haven – (Has two shelters listed below)**

713 Hartford Avenue, White River Junction, VT 05001

**802-295-6500**, [www.uppervalleyhaven.org](http://www.uppervalleyhaven.org)

**Byrne House Family Shelter**

The Haven Family Shelter has the capacity to house eight families. The typical stay of a family is two to three months. During this time, parents work closely with their designated Case Manager and Shelter Staff to address their family's goals and needs. Families are connected with state health agencies, other non-profits, welfare agencies and child care, and are helped with transportation to meetings.

**Hixen House at The Haven, Adult Shelter (18+)**

The new shelter has room for up to 20 guests, with two guests in each bedroom. Space includes 10 bedrooms, staff offices, counseling rooms, phone rooms, check-in, an elevator, computer room, kitchen, common areas for dining and recreation, bathrooms, laundry, and storage. Three meals a day are provided for adults residents with their participation.

**Mountainside House and The House at 20 Mile Stream**

6 Mill St Ludlow, VT

**Ph 802-228-7783/ 802-583-2280**

Windsor County Youth Services operates these two facilities. Windsor County Youth Services is designed to provide shelter for runaway teens by offering front-line emergency response for runaways and homeless youth. Mountainside house is for male residents ages 13-18 and The House at 20 Mile stream is for female residents ages 13-18.

### **Orange County, VT area:**

#### **Good Samaritan Haven**

**105N Seminary St**

**Barre,, VT 05641**

**1-802-479-2294**

#### **Northeast Kingdom Youth Services – Youth only**

**87 Elm St**

**St Johnsbury, VT 05819**

**1-802-748-8711**

### **New Hampshire:**

**Tyler Blain House, Lancaster**

**603-788-2344**

## **HOUSING/RENTAL ASSISTANCE:**

### **Windsor County VT and Grafton County NH**

#### **Tri-County Cap Homeless Programs**

57 Mechanic Street #5

Lebanon, NH 03766

**603-443-6150**

[www.tccaphomeless.org](http://www.tccaphomeless.org)

Housing WIN! Program is for those 18+ who are either homeless or at risk of losing their housing and no appropriate housing options have been identified. Must be working or have some type of income. This program helps with upfront costs such as security deposit and first month's rent. A case manager will be assigned to individuals who qualify for this program and budget counseling is available.

#### **LISTEN Community Services**

60 Hanover Street

Lebanon, NH 03766

**603-448-4553 or 800-263-1166**

[www.listencs.org](http://www.listencs.org)

LISTEN's Housing Helpers program will provide an individual 18+ or a family with a zero interest loan for a deposit or one month's rent (or mortgage). LISTEN will work with you to find solutions. LISTEN also provides budget counseling, emergency financial assistance, as well as fuel and food assistance for free to those who qualify.

**Overlook(WRJ, VT)**

36 Overlook St

White River Junction, VT 05001

**802-280-1918**

Transitional housing program for income qualifying individuals and families.

**Must be referred by one of the following agencies;** HCRS, The Upper Valley Haven, The Visiting Nurse Alliance, Hannah House, Headrest, West Central Behavioral Health, Casey Family Services, WISE, LISTEN Community Services.

**Anne's Place**

309 NH Route 4a

Enfield, NH 03748

**603- 632-9167**

Transitional housing program for income qualifying individuals and families.

**Must be referred by one of the following agencies;** HCRS, The Upper Valley Haven, The Visiting Nurse Alliance, Hannah House, Headrest, West Central Behavioral Health, Casey Family Services, WISE, LISTEN Community Services.

**Twin Pines Housing Trust**

For properties in Lebanon and Enfield, NH and Hartford, VT

**802-291-7000**

They have rental properties for low income individuals, couples and families in both VT and NH.

**Twin Pines Housing Trust Property Managers:**

Moseley Associates 802-296-2600 for Spencer Square in Lebanon

Vermont State Housing Authority 802-828-3295 for Hollow Drive in Wilder, VT

Orange County:

Housing Assistance?

## **FOOD/CLOTHING**

### **WIC- Supplemental Food Program for Women, Infants and Children**

226 Holiday Dr # 22

White River Junction Vermont 05001

**1-802-295-8820**

[http://healthvermont.gov/family/wic/wic\\_vt.aspx](http://healthvermont.gov/family/wic/wic_vt.aspx)

WIC is a food and nutritional education program for families. Eligibility is based on income.

### **The Upper Valley Haven**

713 Hartford Avenue White River Junction, VT 05001

**802-295-6500**

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

The Haven is a short term emergency housing, food shelf, free clothing, and advocacy and takes referrals in White River Junction.

### **Listen Community Services**

60 Hanover Street Lebanon, NH 03766

**603-448-4553**

[www.listencs.org](http://www.listencs.org)

Services include budget counseling, community dinners, food pantry, heating helpers, housing, youth mentoring, summer camps, holiday gift baskets, and supportive housing.

### **Upper Valley Community Dinners Schedule**

- **All dinners begin at 5:00 pm (unless noted)**

#### **Monday's**

**Canaan, NH at the Senior Center, Rt. 4**

**Hartford, VT at St. Paul's Episcopal Church, Hartford Ave**

#### **Tuesday's**

**Lebanon, NH at Sacred Heart Church, Hough Street**

#### **Wednesday's**

**Hartford, VT at St. Paul's Episcopal Church, Hartford Ave**

**Lebanon, NH at the First Baptist Church, School Street (5:30pm dinner)**

**Enfield, NH at the Enfield Methodist Church, Rt. 4**

**Thursday's**

Lebanon, NH at Sacred Heart Church, Hough St.  
 Woodstock, VT at The Social Hall at Northern Universalist Chapel, Church St. (Rt. 4)

**Friday's**

Hanover, NH at the Edgerton House, School Street

**Saturday's**

Hanover, NH at Grace Outreach, Rt. 10

**Sunday's (Only the last Sunday of each month)**

Enfield, NH at the Community Building, Rt. 4

**CVCA/SEVCA****GOOD BUY STORE**

Southeastern Vermont Community Action  
 676 Hartford Ave.  
 White River Junction, VT 05001

**1-802-359-4183**

[www.sevca.org](http://www.sevca.org)

Second hand store. DCF can call for vouchers for families.

**White River Discount Foods**

7 Sykes Ave.  
 White River Junction, VT 05001

**1-802-295-6264**

Discount food store.

**FOOD SHELVES:****Windsor County, VT :****Upper Valley Haven**

713 Hartford Avenue  
 White River Junction, VT 05001

**802-295-6500**

**Valley Bible Church**

851 Fairview Terrace  
 White River Junction, VT 05001

**Praise Chapel**

1625 Maple Street  
 Hartford, VT 05047  
**802-296-8447**

**Sharon Congregational Church**

Lighthouse Building Route 132  
 Sharon, VT 05065  
**802-763-2007**

**Orange County****Bradford Churches Food Shelf**

**172 Main St**  
**Bradford, VT**  
**802.222.5108**

M-Th (3p - 4p) F (11a - 12p) Bradford, Corinth, Topsam & Fairlee. Staples, Commodities, meat, produce (occasionally) Contact Jenny Copeland

**CVCAC**

**22 Whistlestop Way**  
**Bradford, VT**  
**802.222.5419**

**Newbury Food Shelf**

**Pine St**  
**Newbury, VT**  
**802.866.5527**

T (11a - 1:30p) 2nd & Last Sat of ea month (9a - 12p) All communities  
 Contact Frank Rothe 748-9870 / after 5p 866-5518 Dr David Lee 866-5527

**Randolph Area Food Shelf**

**30 N Main St**  
**Randolph, VT**  
**802.431.0144**

M-F (3p - 5p) Randolph, Braintree, Brookfield, E Granville 2x month  
 Contact church

**Theftord Food Shelf**

**Vt Rt 113**  
**Theftord Ctr, VT**  
**802.333.3725**

T & Th (10a - 12p) Staples, meat, produce (occasionally) contact Roberta Howard



**New Hampshire:****First Baptist Church**

11 School Street  
Lebanon, NH 03766

**603-448-5618**, [www.lebfirstbaptist.com](http://www.lebfirstbaptist.com)

**LISTEN Community Services**

60 Hanover Street  
Lebanon, NH 03766

**603-448-4553**, [www.listencs.org](http://www.listencs.org)

**Congregational Church**

18 Maple Street  
West Lebanon, NH 03784

**603-298-8096**

**Wellspring Worship Center**

407 North Main Street  
West Lebanon, NH 03784

**603-643-2700**, [www.wellspringworship.org](http://www.wellspringworship.org)

**SHOWER/HYGEINE:****The Upper Valley Haven**

713 Hartford Avenue, White River Junction, VT 05001

**802-295-6500**, [www.uppervalleyhaven.org](http://www.uppervalleyhaven.org)

Showers available from 8:30am – 4:30pm M-F

**TRANSPORTATION:****Amtrak Train Station**

White River Junction Vermont 05001

**802-295-7160**

[www.amtrak.com](http://www.amtrak.com)

**Vermont Advance Transit**

44 Sykes Mountain Avenue, White River Junction Vermont 05001

**802-295-3011**

[www.vermonttransit.com](http://www.vermonttransit.com)

**Big Yellow Taxi**

**802-296-2733, 1-603-443-2653**

**Good News Garage**

Randolph, Vermont

**802-864-6601** , <http://www.goodnewsgarage.com/>

Sells second hand vehicles.

**Stagecoach**

Depot Square Randolph Vermont 05060

**802-728-3773**

<http://www.stagecoach-rides.org/>

Rides available from all towns for: senior citizens, persons with disabilities, Medicaid, and social services. For eligible persons, Medicaid will pay the cost of transportation to necessary medical services.

**Upper Valley Rideshare**

Ph 800-685-RIDE (7433)

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

Public Transportation

**MAKING CONNECTIONS:**

**The Junction**

**Listen Community Teen Lifeskills Center**

18 North Main Street, White River Junction Vermont 05001

1-802-295-2612

[www.thejunctionwr.com](http://www.thejunctionwr.com)

A drop-in center for youths ages 15-20. The Junction Teen Life skills Center is a safe space to hang-out, participate in fun activities and just be yourself. Here you are offered support and guidance from trustworthy adults who can refer you to local services or just listen. A family-style meal is served each evening that they are open. Meet new people, make friend, grab something to eat, play pool, guitar hero, check your facebook, get some study help, join in activities, most importantly, have fun!

**Bradford Teen Center**

<http://www.facebook.com/home.php#!/group.php?gid=115960878416203>

The Bradford Teen Association(BTA) joined Bradford Parks & Rec.(BPRC) in October of 2009. Open Tuesdays, Wednesdays & Fridays from 2:30-6:00 at the Teen Lounge in room 26 at the Bradford Academy. It is a safe, positive place for

7th through 12th graders to go after school. We have ping pong, foosball, games, homework space, trivia Tuesdays...etc... . We also go to Elizabeth's Park for volleyball, fear factor events and just to have fun!

**The Boys & Girls Club of the White River Valley (BGCWRV)**

26 North Main Street Suite A P.O. Box 237

Randolph, VT 05060.

**802-728-3332**

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

**MENTAL HEALTH/SUBSTANCE ABUSE COUNSELING**

Windsor County:

**Health Care and Rehabilitation Services (HCRS)**

49 School Street

Hartford, VT 05047

**Ph 802-295-3031**

[www.hcrs.org](http://www.hcrs.org)

A major community mental health agency, providing comprehensive services for mental health and substance abuse issues to community members across Windsor and Windham counties.

\*Walk in clinic for 18+ on Tuesdays and Thursdays from 2-4pm up to 3 visits free.

**Momentum**

Elena VanZandt at Second Growth- 1-603-643-6603

Carr Robertson at DHMC- 1-603-653-1929

**Momentum is** facilitated by professional staff members from the partnership of Second Growth and DHMC. There are weekly discussions in a safe, supportive environment. Momentum provides opportunities for: building practical skills for healthy relationships, developing a community of peer support, reducing the vulnerabilities to self-destructive behaviors, strengthening the resolve to stay free from substance abuse, creating more effective problem solving strategies, and promoting a positive sense of self.

Clara Martin Center

Wilder, VT 05088

**802-295-1311**

Substance abuse counseling services as well as counseling services for sex offenders.

### Orange County:

#### **Clara Martin Center**

1483 Lower Plain Route 5, Bradford Vermont 05033

**1-802-222-4477 Hotline 1-800-639-6360**

Offers community outpatient mental health and substance abuse services; assists persons with co-occurring mental and substance abuse disorders, women, DUI/DWI offenders, criminal justice clients; sliding scale fee.

#### **NAMI-VT (National Alliance on Mental Health)**

NAMI White River Junction

**(802) 763-8030**

132 South Main Street

Waterbury, VT 05676-1519

**1-802-244-1396 Toll Free: 1-800-639-6480**

Volunteer organization of individuals and organizations who have joined together to improve services for persons who are diagnosed with mental illness; support education, research, and other efforts to reduce stigma and discrimination against consumers of mental health services and their families.

### **DRUG/ALCOHOL TREATMENT PROGRAMS & RESOURCES:**

New Hampshire:

Family Counseling

**(603) 298-8237**

Contact: Child and Family Services (substance abuse counseling for teens)

Headrest 24 Hour Teenline

**1-800-639-6095 or (603)448-4400**

Ongoing drug/alcohol education and counseling.

Windsor County, VT:

**Turning Point Club**

200 Olcott Drive White River Junction, VT 05001

**Ph 802-295-5206**

A supportive atmosphere for those and their families in or seeking recovery from addictions.

**Making Change/Second Growth Foundation**

205 Billings Farm Road, Building 1, Suite B

Wilder, VT 05088

**Ph 802-295-9800**[www.secondgrowth.org](http://www.secondgrowth.org)

Open Wednesdays 6-7 pm

Making Change is a support group for high school-aged young people who are having problems related to alcohol or other drug use

**DOMESTIC VIOLENCE****WISE of The Upper Valley**

79 Hanover Street Suite One, Lebanon NH 03766

**1-603-448-5922;**NH 24 hour DV Crisis Line – **866-644-3575**; NH 24 hour Sexual Violence Crisis line **800-277-5570** 24 hour hotline **603-448-5525** (local)VT 24 hour DV Crisis Line – **800-228-7395**; VT 24 hour Sexual Violence Crisis line **800-489-7273****www.wiseoftheuppervalley.org**

Emergency safe housing, counseling, legal advice, social services advocacy, hospital advocacy for battered women and sexual assault survivors in southern Windsor County; support for child witnesses.

**Safeline**

Chelsea, VT

800-639-7233

24 Crisis Line - 800-639-7233

[www.orgsites.com/vt.safeline1/](http://www.orgsites.com/vt.safeline1/)

Serves battered women and sexual assault survivors in Orange and Northeast Windsor counties; 24 hour hotline; offers crisis counseling, legal advice, emergency safe housing, social services advocacy, hospital advocacy support groups, support groups for child witnesses, public education.

**Batterer's Intervention Group- Wilder****The Clara Martin Center**

39 Fogg Farm Road

PO Box 816

Wilder, VT 05088

**Ph 802-295-1311**  
**24 Crisis Line – 800-639-6360**

Clara Martin Center is available to individuals, couples, families, adults, children, adolescents, businesses, and other professionals who need mental health services. Clara Martin Center provides comprehensive mental health and substance abuse care within these major categories: Adult Services; Child and Family Services; School Services; Corrections Services; Substance Abuse Services

[http://www.claramartin.org/services/specialty\\_services/criminal\\_justice\\_programss](http://www.claramartin.org/services/specialty_services/criminal_justice_programss)

## **HEALTH (MEDICAL/DENTAL)**

New Hampshire:

**Dartmouth Hitchcock Medical Center**  
One Medical Center Drive  
Lebanon, NH 03766  
**603-650-5000**

**Alice Peck Day Memorial Hospital**  
Mechanic Street  
Lebanon, NH 03766  
**603-448-3121**

**Acorn** (support for those impacted by HIV)  
2 Blacksmith Street, Lebanon NH 03766  
Ph 603-448-8887 Toll Free 1-800-816-2220 Fax 603-448-8885  
<http://acornvtnh.org/>

Professional AIDS service organization. ACORN offers case management, support groups, assistance with transportation to medical appointments, and emergency financial help for housing, food, clothing, and medical needs. They also offer non-invasive, oral HIV tests. ACORN provides its service to anyone living in Windsor and Orange Counties of Vermont and Grafton and Sullivan in New Hampshire.

**DHMC HIV/AIDS testing**  
**(603) 650-8840 or (603) 650-6060**  
One Medical Center Drive, Lebanon, Reception 5C  
**Hours:** Monday through Friday, 8:00 am to 5:00 pm

Provides medical care and counseling to people with HIV and AIDS; educates students, doctors, and support staff in the latest care.

:

Windsor County, VT

**Good Neighbor Health Clinic (Vermont Coalition of Clinics for the Uninsured)**

70 North Main Street, White River Junction Vermont 05001

**802-295-1868** Hours M-F 9-5

<http://www.vccu.net/gnhc.asp>

The Good Neighbor Health Clinic opened in White River Junction in 1992 to ensure that quality medical care is available to all those in the Upper Valley in medical need but without the means to pay.

**White River Family Practice**

Address

Phone

**The Red Logan Dental Clinic**

70 North Main Street, White River Junction Vermont 05001

1-802-295-7573 Hours M-F 9-5

<http://www.vccu.net/rldc.aspp>

Dental services for adults without insurance.

**Mt. Ascutney Hospital**

Address?

**802-674-6711**

Orange County, VT:

**Gifford Medical Center**

Address?

**802-728-4441**

**PREGNANCY/PARENTING**

New Hampshire:

**HANNAH HOUSE**

10 Abbott Street P.O. Box 591, Lebanon NH 03766

**603-448-5339**

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

The Hannah House provides residential and outreach services to pregnant and parenting teens and their babies. The Hannah House focuses first on meeting the needs of the parents without, however, losing sight of the health and well being of their babies.

**Care Net Pregnancy Center of the Upper Valley**

1 Main Street, West Lebanon NH 03784

**1-603-298-6123**

<http://www.care-net.org>

Care Net seeks to promote, prepare, and plant pregnancy centers across North America. Free pregnancy tests, ultrasounds, abortion information, parenting classes, and material assistance are just some of the many services offered that empower women to choose life.

**PLANNED PARENTHOOD**

89 South Main Street, West Lebanon NH 03784

**603-298-7766**

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

The nation's leading sexual and reproductive health care advocate and provider.

**Women's Health Resource Center @ DHMC**

**1-603-650-2600**

Educators are available to answer your questions about childbirth preparation, postpartum care, and breastfeeding issues. They can help you find resources in our lending library, our classes and support groups, and the community. Come visit us on the mall in Lebanon, or call (603) 650-2600 from Monday through Friday, 9:00 am to 5:00 pm, for more information.

**Women's Care Center @ Alice Peck Day**

141 Mascoma Street

Lebanon, NH 03766

**(603) 448-3996**

Prescription refill line: (603) 448-7470

We pride ourselves on our tradition of personalized, comprehensive care for women from puberty through the post-menopausal years. Located in a comfortable renovated home on the Alice Peck Day Memorial Hospital campus, we provide high quality care that empowers women throughout



their experience. We promote health and wellness with highly qualified, compassionate midwives and OB-GYNs who focus on health promotion and disease prevention.

Windsor County, VT:

## **PARENTING EDUCATION/SUPPORT**

### **The Family Place**

319 US Rte 5 South, Norwich, VT 05055

**802-649-3268** Toll Free: **800-639-0039**

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

The Family Place offers comprehensive resources and information in the Upper Valley on parenting children ages birth to 6. Services are available for the following:

- Families with young children seeking information on parenting.
- Vermont families of infants and toddlers with special needs or developmental delays.
- Medicaid eligible pregnant women and families with children birth to age six.
- Families with young parents making a successful transition from welfare dependency to self sufficiency.
- Families involved with child protective services needing assistance to stay together.

### **CAR SEATS - Vermont State Police**

Ph 802-222-4680 Fax 802-222-4028

The Bradford Vermont State Police sells inspected car seats for \$20.00.

### **Child Care Project**

17 ½ Lebanon Street Suite 2, Hanover NH 03755

**Ph 603-646-3233; 603-646-0375; Toll Free 1-800-323-5446**

A referral agency for child care.

### **Good Beginnings**

P.O. Box 5054 93 South Main Street

West Lebanon, New Hampshire 03784

**603-298-9524**

<http://www.goodbeginnings.net/>

**Good Beginnings**

1406 West Hill Rd.  
Northfield, VT 05663

**802-485-8430**

[www.centralvt.goodbeginnings.net](http://www.centralvt.goodbeginnings.net)

Good Beginnings is a free volunteer home visitor program that gives help to families with newborn babies. Any family with a new baby could use a helping hand. And so a Good Beginnings volunteer - like a good friend or neighbor - offers the kind of non-judgmental, flexible support that can make a family's first months with a new baby healthier and less stressful.

**Head Start/ Parent Child Center**

95 Templeton Ave. #36, White River Jct. VT 05001

Ph 802-295-1122 Fax 802-295-1122

emailto:wrjstart@sover.net

<http://www.sevca.org/headstart/>

"Head Start" is a comprehensive child development program serving pre-school aged children and their families in several locations. It is a child-focused program that has the overall goal of increasing the social competence of young children in low income families.

**Intensive Family Based Services (IFBS)/ Parent Educator/ Child and Family Services**

Child & Family Services

PO Box 5223 West Lebanon, NH 03784

**603-298-8237**

[www.cfsnh.org](http://www.cfsnh.org)

A community treatment program providing in-home, family based clinical and support services to families experiencing social/emotional, behavioral and/or mental health challenges. The Parent Education program provides parent education, service coordination and related support services to families with the goal of preventing children in Protective Services from entering state's custody and/or to support reunification or other recommended options for children in state's custody.

**Orange County Parent Child Center**

361 VT Route 110

Chelsea Vermont, 05038

**802-685-2264**

Randolph Vermont, 05060

**1-802-728-6155 or 1-800-261-6155**

Bradford Vermont, 05033  
**1-802-222-5856**

## **LEGAL AIDE**

### **Vermont Legal Aid**

Burlington - 264 North Winooski Avenue, Burlington, Vermont 05402  
 Montpelier - 7 Court Street, Montpelier, Vermont 05601  
 St. Johnsbury - 177 Western Avenue, Suite 1, St. Johnsbury, Vermont 05819  
 Rutland - 57 North Main Street, Rutland, Vermont 05701  
 Springfield - 56 Main Street, Suite 301, Springfield, Vermont 05156  
 Waterbury - Vermont State Hospital (*No client intake*)  
 1-800-889-2047  
 1-800-747-5022 or (802)863-2871  
<http://www.vtlegalaid.org/>

### **South Royalton Legal Clinic**

259 Chelsea St  
 P.O. Box 117  
 South Royalton, VT 05068  
**802-763-7718 or 1-802-831-1500**

Provides help for persons otherwise unable to afford counsel in areas such as family law, juvenile law and children's rights, Social Security, welfare, and unemployment compensation, civil rights and civil liberties, landlord-tenant relations, consumer protection, bankruptcy, contracts, wills, and federally subsidized health care, immigration law; project of the Vermont Law School

### **Have Justice Will Travel**

9580 Vermont Route 113  
 Vershire, VT 05079  
**877-496-8100**  
<http://www.havejusticewilltravel.org/>

HJWT provides in-home consultations, transportation to and from court hearings, and free legal representation for protective orders and family law issues for low income battered women and their children.

### **NH Legal Services' Legal Advice and Referral Center (LARC)**

112 Pleasant St., Concord, NH  
**1-800-639-5290 or (603)224-3333**  
[www.larcnh.org/](http://www.larcnh.org/)

Eligibility screening by LARC. Direct representation, legal advice and referrals. Free services to low income individuals.

## **RECREATION**

### **Aquatic Center**

#### **CCBA**

Witherell Center Fitness Center/Pool

1 Taylor Street, Lebanon, NH 03766

Ph 603-448-6477

Hours M-F 5:30 am-9:00 pm; Saturday 7:00 am-6:00 pm; Sunday 8:00 am-4:00 pm

[www.ccba-leb.com](http://www.ccba-leb.com)

The CCBA offers many exciting programs for youth of all ages. Adults can enjoy a workout while their younger children are being supervised in the Child Activities Room, or while their older children are playing a game of billiards, basketball or ping pong. Below is a sample of programs the CCBA offers for youth. Fees involved scholarships available.

Lebanon Parks and Recreation

Hartford Parks and Recreation

Bradford Parks and Recreation

<http://www.facebook.com/home.php#!/pages/Bradford-Parks-Rec/126805300673454>

Randolph Parks and Recreation

## **FINANCIAL & WELFARE ASSISTANCE**

### **Supplemental Security Income (SSI)**

Social Security

330 Asa Bloomer bldg.

88 Merchants Row

Rutland, Vermont 05701

**802-775-0893 Toll Free 800-772-1213**

<http://www.socialsecurity.gov/ssi/index.htm>

A Federal income supplement program funded by general tax revenues. It is designed to help aged, blind, and disabled people who have little or

no income; and it provides cash to meet basic needs for food, clothing, and shelter.

### **Reach Up Emergency Assistance**

224 Holiday Drive, Suite A

White River Junction, VT 05001-2097

802-295-8855 Toll Free: 1-800-775-0507

[http://www.dcf.state.vt.us/esd/emergency\\_general\\_assistance](http://www.dcf.state.vt.us/esd/emergency_general_assistance)

The Emergency / General Assistance Program helps individuals and families with their emergency basic needs, including housing (e.g., back rent, temporary housing, security deposit), utilities, food, and burial costs. Eligibility is based on low income.

## **VOCATIONAL:**

### **Vermont Job Corps Center**

100A MacDonough Dr. Vergennes, VT 05491

Ph 802-877-2922 Toll Free 1-800-869-2901 Fax 802-877-0394

<http://northlands.jobcorps.gov/> (VT);

Offerings: Business Clerical, Bookkeeper, Culinary Arts, Nurses Aide, Facilities Maintenance, Welder, Auto Body Repair, Auto Repair Technician, Urban Forestry.

### **Family's Learning Together- The Family Place**

319 US Rte 5 South, Norwich, VT 05055

Ph 802-649-3268 Toll Free: 1-800-639-0039

<http://www.the-family-place.org/FLT.htm>

Job training, counseling, mentoring, parenting, and academic support for young women who are committed to being good, effective, and self sufficient parents.

## **EDUCATION:**

### **Vermont Adult Learning- Vermont Adult Diploma Program**

Ph 802-299-2469

<http://www.vtadulthoodlearning.org/index.html>

VADP provides adults the opportunity to earn a high school diploma from their local school by completing a portfolio of projects demonstrating skills that meet state education standards.

### **Wilder School**

**Ledyard Charter School**

Lebanon, NH

**Community High School of Vermont**

103 South Main Street, Waterbury Vermont 05671-1001

**802-241-2773**, <http://www.chsvt.org/>

Community High School of Vermont is primarily designed to serve individuals who have not obtained a High School Diploma, are under the custody of the Vermont Department of Corrections, have a high need in the area of employment, as identified by the classification procedures of the Vermont Department of Corrections.

**Connecticut River Academy**

551 Route 5 Bradford Vermont 05033

Middle and High School **802-222-3221**

<http://www.connriveracademy.com/>

A special education day school for students with emotional, behavioral, and learning challenges.

**East Valley Academy**

579 Vt Route 14 South Randolph, VT 05060

**802-728-3896**

A special education day school for students with emotional, behavioral, and learning challenges.

**VSAC (Vermont Student Assistance Corporation)**

Champlain Mill (3<sup>rd</sup> floor), 1 Main Street., Winooski, Vermont

Ph 802-655-9602 Toll Free 800-281-334

[www.vsac.org](http://www.vsac.org)

Provides grants, scholarships, work study programs, loans, college planning, help with saving for college, and loan repayment/consolidation plans.

**FURNITURE/ HOUSEHOLD GOODS****Listen Community Services**

60 Hanover Street, Lebanon, NH 03766

Ph 603-448-4553 Toll Free 800-263-1166

[www.listencs.org](http://www.listencs.org)

Services include budget counseling, community dinners, food pantry, heating helpers, housing, youth mentoring, summer camps, holiday gift baskets, and supportive housing.

### **GOOD BUY STORE**

Southeastern Vermont Community Action

676 Hartford Ave.

White River Junction, VT 05001

**1-802-359-4183**

[www.sevca.org](http://www.sevca.org),

Second hand store. DCF can call for vouchers for families.

### **It's Classified**

<http://www.itsclassified.com/ic/home.htm>

A buyer's and seller's marketplace for the Upper Valley, the "Classified" paper is free of charge.

### **COVER Home Repair/The ReCover Store**

158 South Main Street White River Junction Vermont 05001

1-802-296-7241

Weatherization – ext 103

ReCover Store – ext 106

[www.coverhomerepair.org](http://www.coverhomerepair.org)

Cover completes more than 40 urgent home repair projects each year. They focus on repairs that improve the home's ability to provide a safe, comfortable, and healthy environment for its inhabitants. Roof repair, wheelchair ramp constructions, structural floor repair and weatherization are common projects. Projects average \$500 of materials and two crew days to complete. COVER analyzes prospective projects using guidelines which include household income, urgency of the project, willingness of homeowners to get involved, etc.