





Rutland Area Community

RESOURCE GUIDE



June 2026

Community Health Improvement

A Department of Rutland Regional Medical Center

Rutland Area Community Resource Guide

Provided to you by Community Health Improvement at Rutland Regional Medical Center

We would like to acknowledge that we utilized www.vermont211.org, as a reference source for the compilation of health and human services available in Rutland County. We encourage folks to visit their website for continued research and learning.

To request changes or updates, please contact:
Kelly Shannon, Administrative Coordinator
Rutland Regional Medical Center – Community Health Improvement
Phone: 802.747.6291 ResourceGuide@rrmc.org

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Crisis Lines

Dial 911 for Ambulance, Fire and Police

Website: https://www.vermont211.org/

Vermont 211 provides clients with programs & services for Vermonters by local community groups, social service and health-related agencies, government organizations, and others.

- **Dial 2-1-1** (a local call from anywhere in Vermont) If there is no answer, LEAVE A MESSAGE for a return call.
- **Dial 1.866.652.4636** (toll free in Vermont) OR **1.802.652.4636**
- **Text your zip code to 898211**
- **Email Address:** info@vermont211.org (Monday through Friday from 8am-8pm)

Crisis Lines – Organization Name	Phone
802 Quits (quitting tobacco)	1.800.784.8669
Adult Protective Services Reporting Line	1.800.564.1612
Child Abuse Hotline	1.800.649.5285
Child Sex Abuse Hotline	1.866.367.5444
Children's Crisis Line (Rutland Mental Health)	1.802.773.4225
Crisis Hotline	1.866.488.7386
Crisis Text Line	Text VT to 741741
DCF Family Services Centralized Intake & Emergency Services	1.800.649.5285
Disaster Distress	1.800.855.5990
Domestic Violence Hotline	1.800.228.7395
Drug Abuse and Addiction Hotline	1.800.662.HELP (4357)
Emergency Relief from Abuse Orders	1.800.540.9990
Food and Fuel Hotline	1.800.479.6151
Guardianship Services	1.800.642.3100
HIV/AIDS Hotline	1.800.882.2437
LGBTQ	1.888.843.4564
National Alliance on Mental Illness	1.800.950.6264

Crisis Lines – Organization Name	Phone
National Sexual Assault Line	1.800.656.4673
National Suicide Prevention Lifeline	988 or 1.800.273.8255
NewStory Center	802.775.3232
Parents Helpline	1.800.244.5373
Poison Control	1.800.222.1222
Report Elder Abuse	1.800.564.1612
Rutland Mental Health Crisis Line	802.775.1000
Rutland Rape Crisis Hotline	1.802.775.3232
Sexual Violence and Rape Hotline	1.800.489.7273
Teen 24 Hour Line	1.800.639.6095
Teen Dating Abuse	1.866.331.9474
Trevor Project Lifeline for Youth – LGBTQ	1.866.488.7386
Trevor Project Text	Text START to 678678
Under Aged Drinking Tip Line	1.866.833.6873
Vermont HelpLink	802.565.LINK
Vermont Refugee Resettlement Program	802.655.1963
Vermont Suicide Hotline	988 or 1.800.273.8255

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National Human Trafficking Hotline	1.888.373.7888	**Veterans Crisis Line and Veterans Suicide Help**	988 or 1.800.273.8255
National Runaway Hotline	1.800.786.2929	**Veterans**	988 or 1.800.273.8255
National Runaway Text Line	Text 66008		

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Adult Education & Employment

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Adult & Continuing Education – Stafford Technical Center	802.770.1033 Website: www.staffordonline.org	Educational opportunities for adults over age 16. Programs include CDL, plumber and electrician apprenticeships, general contractor courses, business, technology, language, and more.
Associates for Training & Development (*A4TD*)	802.282.4423 or 1-800-439-3307 Website: www.a4td.org	Provides training and employment services to low-income Vermonters ages 55 & older.
BROC Community Action	802.665.1725 Website: www.broc.org	Provides employment skills training in six areas: Housekeeping, Hotel Front Desk, Maintenance, Administrative, Supervision, and Food Safety. Assistance in creating resumes and cover letters is included in the program; but may also be obtained by individuals not in the program.
Community College of Vermont	802.786.6996 Website: www.ccv.edu	VT State College offering associate degrees, Certificate programs, and workshop and workforce training.
Community High School of Vermont	802.241.0055 Website: www.chsvt.org	Provides an accredited and personalized education and assists students in their academic, social, and vocational successes. Programs for obtaining high school diplomas are available.
Division for the Blind and Visually Impaired	Rutland Office: 802.786.5822 Website: www.dbvi.vermont.gov	Assists the efforts of Vermonters who are blind and visually impaired to achieve or maintain economic independence, self-reliance, and community integration.
Employee Assistance Programs (*EAP*)	Immediate Clinical Line: 1.866.660.9533 Members: 1.866-660-9533 Website: www.investeap.org/about-eap	Provides short-term counseling and referral, management consultation, wellness workshops, and resource information.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
HireAbility VT	802.786.5866 Website: www.hireabilityvt.com	HireAbility VT is a division within the Agency of Human Services that provides career exploration and planning services to help Vermonters with disabilities reach their highest potential.
Job Corps	802.877.2922 or 1.800.733.5627 Website: northlands.jobcorps.gov/	Provides career, skills, & academic training programs for young adults, ages 16-24.
Parent Child Center of Rutland County	802.775.9711 or 1.800.480.9711 Website: www.rcpcc.org	Center-based program that includes life skills, parenting, career readiness, and emotional wellness along with state required high school curriculum.
Reach Up	1.800.479.6151 Website: www.dcf.vermont.gov	Help families with children by providing cash assistance for basic needs and services that support work and self-sufficiency. *Reach First* and *Reach Ahead* are also available, based on needs.
Rutland Career Resource Center	802.786.5837 Website: www.labor.vermont.gov	Information on Economic and Labor Market, Workers' Compensation and Safety, Workforce Development, Workforce Development Council, and Unemployment Insurance and Wages.
University of Vermont Extension	802.773.3349 or 1.800.281.6977 Website: www.uvm.edu/extension	A family and community resource in the areas of economic development, nutrition, food safety & health, agriculture, and environment & natural resources. Offerings include webinars, one-on-one meetings, internet-based information, workshops, conferences, and youth programs.
Vermont Adult Learning	802.775.0617 TEXT VAL to 833.900.0907 Website: www.vtadultlearning.org	Credential programs that include High School Completion Program *(HSCP)*, Vermont Adult Diploma Program *(ADP)*, GED, plus higher-level skills to support students wanting to enroll in college. It also offers programs on computer instruction and adult & family literacy.
Vermont Job Link – VT Department of Labor	802.786.5837 Website: www.vermontjoblink.com	Providing job placement services to out-of-work Vermonters.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont State University ➢ Castleton ➢ Johnson ➢ Lyndon ➢ Randolph ➢ Williston	Admissions: 888.398.8878 Website: www.vermontstate.edu	Vermont State University brings together the best of Castleton University, Northern Vermont University, and Vermont Technical College offering 105+ rigorous and rewarding academic programs, in areas like applied technology, engineering, healthcare, education, business, psychology, climate change science, computer science, and the arts.
Vermont Student Assistance Corporation (*VSAC*)	800.642.3177 Website: www.vsac.org	A public, non-profit agency for Vermont students and their families; advocates, counsels, and provides financial aid for continuing education.
The Vermont Association of Business Industry and Rehabilitation (*VABIR*)	802.878.1107 or 1.800.639.2909 Website: www.vabir.org	A statewide non-profit that partners with various agencies to assist Vermonters who face barriers to employment with career planning and community connections.
Workforce Training & Education Resources	Website: www.rutlandvermont.com/	The Chamber & Economic Development of the Rutland Region was founded in 2020 following a merger of Rutland Region Chamber of Commerce and Rutland Economic Development Corporation (REDC). Their website provides a variety of resources for training and education throughout Vermont.

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Substance Use Disorder Support & Services

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
802 Quits Tobacco	802.747.3768 or 1.800.784.8669 Website: www.802quits.org/ Email: smp@rrmc.org	Tobacco-free support groups, one-on-one, group, phone, and website tobacco prevention coaching. Free or reduced cost nicotine replacement for Vermonters 18 years and older with counseling.
Addictions.com	www.addictions.com	Substance abuse resources to help guide people pursuing sobriety through every stage of the recovery journey, including self-care resources, warning signs, how to talk to a family member, definitions of treatment types and a local Rutland recovery center directory.
Al-Anon / Ala-teen	1.866.972.5266 Website: www.vermontalanonalateen.org	A fellowship of relatives & friends of alcoholics who share their experience, strength, and hope, to solve their common problems. Al-Anon's primary purpose is to help family and friends of alcoholics, whether the alcoholic is still drinking or not.
Alcoholics Anonymous	Rutland: 802.775.0402 Bennington: 802.447.1285 Manchester: 802.362.3824 Middlebury: 802.388.9284 Website: www.aavt.org	Alcoholics Anonymous assists people with their alcohol addiction, treatment, and recovery.
Bradford Psychiatric Associates	802.775.7798 Address: 199 Stratton Road, Suite 1 Rutland, VT 05701 Website: www.bradfordpsychiatric.com	BPA (Bradford Psychiatric Associates) is a complete medical office offering primary care, behavioral health and help with substance & alcohol use disorders.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Brattleboro Retreat	Main Number: 802.258.3737 Admissions: 802.258.3700 Address: 1 Anna Marsh Lane Brattleboro, VT 05301 Website: www.brattlebororetreat.org	Provides both short- and long-term mental health outpatient services, including assessments, general counseling services, emergency psychiatric care, medication-assisted therapy, and outreach services.
Center on Rural Addiction (*CORA*) – University of Vermont	802.881.1948 Website: www.uvmcora.org Email: cora@uvm.edu	Provides a broad menu of science-based solutions to support providers in treating patients with opioid use disorders, other substance use disorders, and co-occurring issues. Provides free consultation, resources, training, and evidence-based technical assistance to healthcare providers and other community stakeholders.
Division of Alcohol & Drug Abuse Programs – Vermont Department of Health	802.863.7200 or 1.800.464.4343 Website: www.healthvermont.gov/alcohol-drugs	To help Vermonters prevent and eliminate the problems caused by alcohol and other drug use, working in partnership with state & national, public & private organizations, and ADAP plans. Supports and evaluates a comprehensive system of services.
Evergreen Center Outpatient Services	Intake: 802.747.3588 Administrative: 802.775.2381 Address: 45 Union St. Rutland, VT 05701	Community Care Network's Substance Use and Recovery Services can help you identify the best course of action for treatment and recovery. We strive to provide treatment in a respectful, dignified manner, enabling the individual to acquire the skills necessary to support their ongoing recovery.
Grace House	802.446.2640 Website: www.recoveryhousevt.org/ Email: info@recoveryhousevt.org	Provides a crisis intervention and assessment program that includes telephone or face-to-face consultation and assessment for admission to local and/or statewide residential crisis programs. Also provides crisis intervention referral services and follow-up. When deemed warranted by the emergency intervention specialist, individuals may be placed in a Public Inebriate Program bed, a safe alternative to incarceration for individuals who require ongoing supervision during withdrawal from drug and/or alcohol intoxication.

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Impaired Driver Rehabilitation Program	Website: www.healthvermont.gov/ Email: AHS.VDHIDRP@vermont.gov	Formerly *Project Crash*: a two-fold process, includes screening/evaluation and a psycho-educational program. These programs are provided to anyone who has been convicted of Driving Under the Influence and wants to have their privileges to drive reinstated.
Narcotics Anonymous – Rutland	800.429.7690 802.773.5575 Website: https://www.narcotics.com Email: info@gmana.org	Narcotics.com connects people to free resources, patient-centered guidance, and verified Narcotics Anonymous meetings nationwide.
Recovery Partners of Vermont – Turning Point Recovery Center	802.773.6010 Address: 141 State Street Rutland, VT 05701 Website: www.vtrecoverynetwork.org Email: info@vtrecoverynetwork.org	A form of strength-based support for persons with addictions or in recovery from alcohol, drugs, codependency, or other addictive behaviors.
Recovery House	802.446.2640 Website: www.recoveryhousevt.org Email: info@recoveryhousevt.org	An alcohol, drug, gambling, and family rehabilitation program providing effective treatment. Open to anyone who feels they would benefit from treatment, including those currently supervised by corrections programs, pregnant women, and/or intravenous drug users.
Rehab.com	802.681.4632 https://www.rehab.com	Find the best alcohol and drug rehabs in VT. Browse nearby treatment centers and search for inpatient, outpatient, or detox treatment. Filter by payment options, amenities, specialty programs, and more to find the best treatment.
Rehabs.org	802.379.9943 Website: https://rehabs.org/	A resource to find accredited treatment rehab centers in Rutland County and beyond.

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Serenity House	802.446.2640 Website: www.recoveryhousevt.org/ Email: info@recoveryhousevt.org	Provides treatment services in a 24-hour, supervised, drug & alcohol-free, community-based residential facility. Services include medically monitored detoxification, individual counseling, group therapy, educational groups, self-help groups, family sessions, and aftercare planning.
SMART Recovery	https://smartrecovery.org/	SMART Recovery is the leading, evidence-informed approach to overcoming addictive behaviors and leading a balanced life. SMART is stigma-free and emphasizes self-empowerment.
Turning Point Center of Rutland	802.773.6010 Address: 141 State Street Rutland, VT 05701	Provides a safe, friendly, fun, and substance free environment. All people in recovery, and their family and friends, can meet here for recovery support, meetings, social activities, recovery coaching, education, and advocacy. All services are free of charge.
Valley Vista	802.222.5201 Email: info@valleyvistarecovery.com	Provides an intensive inpatient program that includes 24-hour nursing, on-site medical detoxification, individualized treatment, medication management, family & significant other programs, and management of co-occurring disorders.
Vermont Cares	802.775.5884 Address: 131Woodstock Ave, Suite 3 Rutland, VT 05701 Website: https://vtcares.org/	Hosts a free and anonymous needle/syringe support program with exchange available. Syringe Services Programs *(SSPs)* are programs that take in used syringes on a one-for-one basis and exchange them for sterile equipment. SSP also offers naloxone and overdose prevention kits, wound care kits, and fentanyl test kits. SSPs are primarily aimed at injection drug users *(IDUs)* but can be used by people using legal drugs as well.
Vermont Helplink	802.565.5465 or Dial 211 Website: www.vthelplink.org	Statewide, public resources for finding substance use treatment and recovery services in Vermont.

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West Ridge Center – A Department of Rutland Regional Medical Center	802.776.5800 Address: Howe Center, 1 Scale Ave, Bldg 10 Rutland, VT 05701 Website: www.rrmc.org/services/addiction-recovery	Provides assessment & treatment for opiate addiction. Services include screening intake, assessment, treatment planning, methadone maintenance & medically supervised withdrawal, counseling services, case management & referral, medical services, discharge planning, and follow-up.
Women's Healthy Living – Community Care Network Rutland Mental Health Substance Use Services Treatment & Recovery	802.775.4388 **Crisis & Emergency Hotline at Rutland Mental Health Services: 802.775.1000** **Crisis Text Line: 802.214.2553** Website: https://www.rmhsccn.org/healthy-womens-program	Addresses each woman's needs for stabilization in all areas of her life, in addition to substance use and mental health treatment.

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Child Development

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Be Seat Smart – Vermont Department of Health Child Passenger Safety Program	1.888.868.7328 Website: www.beseatsmart.org	Fitting Station is a free and convenient way to have your child's safety seat inspected by a Nationally Certified CPS Technician. Parents and caregivers receive personal instructions on the proper selection, harnessing, installation, and use of their car seats.
Boys and Girls Club of Rutland County	802.747.4944 Address: 71-75 Merchants Row Rutland, VT 05701 Website: www.rutlandbgclub.org Email: info@rutlandvtclub.org	Programs and services to promote and enhance the development of children by instilling a sense of competence, usefulness, belonging, and influence.
Building Bright Futures	802.775.9711 or 802.377.0119 Website: www.buildingbrightfutures.org Email: info@buildingbrightfutures.org	Early childhood public-private partnership, established by law, to monitor the state's early care, health, and education systems and to advise the Administration and Legislature on early childhood policy.
Child Care Consumer Concern Line – Department for Children and Families	802.241.3110 or 1.800.649.2642 Website: www.dcf.vermont.gov	Access information about childcare providers; voice a concern about a provider; or make a formal complaint about a childcare provider.
Child Care Support Services – Vermont Achievement Center	Child Care Financial Assistance: 802.773.4365 Child Care Referral: 802.747.0033 Address: 88 Park Street Rutland, VT 05701 Website: www.vacvt.org	Assists with matters related to finding and paying for quality childcare, specialized childcare, starting a childcare program, or education and information related to childcare.
Child Developmental Evaluation Programs	802.847.2007 Website: www.healthvermont.gov	Provides developmental evaluation services, follow-up, and referrals to community services for children *(up to age 8)* who may have a developmental delay or disability.

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Child Development Division	802.241.3110 or 1.800.649.2642 Website: www.brightfutures.dcf.state.vt.us	A partnership with families, communities, schools, providers, and state and federal agencies that increases access to high-quality, sustainable services that are developmentally beneficial for children by strengthening families and meeting their needs.
Children with Special Health Needs (*CSHN*)	802.863.7338 or 1.800.660.4427 Website: www.healthvermont.gov Email: AHS.VDHCSHNConsultation@vermont.gov	Supports Vermont children and youth with special health needs by ensuring comprehensive, culturally sensitive, community-based, and family-centered services. This is a free public health program for families.
Children's Integrated Services Intake	Rutland: 802.855.4523 or 802.770.1621 Website: www.dcf.vermont.gov	Provides referrals to quality childcare and specific supports to eligible children, and program consultation for early care and education and after school programs. CIS Coordinators assist families in accessing services appropriate to their needs. CIS teams have expertise in social work and family support, maternal/child health and nursing, child development and early intervention, early childhood and family mental health, and specialized childcare. Childcare financial assistance may be available.
Department for Children and Families (*DCF*) Office of Child Support	802.786.5060 Website: www.dcf.vermont.gov	Aids to enforce and collect child support payments, obtain a binding child support obligation, locate a non-custodial parent, and establish paternity.
Early Childhood Mental Health At Community Care Network (Rutland)	802.786.7391 Website: www.rmhsccn.org	Utilizes a holistic assessment process to assist children and families in strengthening relationships and uncovering "meanings" of challenging behavior.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Early Education and Care (*VAC*) – Vermont Achievement Center	802.775.2395, x2612 Address: 88 Park Street Rutland, VT 05701 Website: www.vacvt.org/early-education-and-licensed-care	Offers a variety of enriching and quality care programs for children 6 weeks to 12 years of age, including programs that promote independence, self-esteem, and growth in areas of motor skills, language and literacy, play skills and social competency.
Family Tree Access Center	802.775.0068 Address: 1 Scale Ave, Suite 62 Rutland, VT 05701	Provides a safe, supervised visitation and exchange space for children and their non-custodial parents in a child-friendly, secure location.
Help Me Grow VT	Dial 211, Ext. 6 or Text HMGVT to 898211 Website: www.HelpMeGrowVT.org Email: info@helpmegrowvt.org	Improves access to existing resources and services for expectant parents and families with young children through age eight. *Help Me Grow* promotes the healthy development of children by supporting families, providers, and communities to link children and families to the services and supports they need.
Rutland County Head Start	802.775.8225 Address: 78 Meadow Street Rutland, VT 05701 Website: www.rutlandcountyheadstart.org/	Prepares children for a successful school experience through comprehensive, integrated, family-centered early childhood services.
Rutland County: Parent – Child Center	802.775.8225 or 1.800.480.9711 Address: 61 Pleasant Street Rutland, VT 05701 Website: www.rcpcc.org	A community-based, private non-profit organization dedicated to supporting and meeting the needs of children, youth, and families.
Tapestry – Rutland City Schools	802.786.1967 Address: 6 Church Street Rutland, VT 05701 Website: www.grcsu.org/tapestry/	A licensed Afterschool Program for children K-6th grade that offers enrichment activities, homework assistance, outdoor activities, wholesome snacks, and bus transportation home. Schools are Northwest Primary, Northeast Primary, Rutland Intermediate School, Proctor Elementary, Rutland Town School, West Rutland, Rutland Middle School, Rutland High School.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Achievement Center (*VAC*)	802.775.2395 Address: 88 Park Street Rutland, VT 05701 Website: www.vacvt.org	Organization serving children and families by providing vital programming in special education, family social services, early education and care, and water therapy and instruction.
Vermont Family Network	802.876.5315 or 800.800.4005 Website: www.vermontfamilynetwork.org Email: info@vtfn.org	Empowers and supports all Vermont families of children with special needs by giving a strong start, Lifting Family Voices, and Advancing inclusive communities.
Voices for Vermont's Children	802.229.6377 Website: www.voicesforvtkids.org/ Email: vtkids@voicesforvtkids.org	A statewide membership organization of several hundred individuals and organizations contributing to the advocacy, outreach and community organizing on behalf of Vermont's children and youth. Voices address the full spectrum of child, youth, and family issues – from childcare and access to health care coverage for children and youth to juvenile justice and child welfare.

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Clothing & Utility Needs

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
BROC – Bennington Rutland Opportunity Council	802.775.0878 or 1.800.717.2762 Website: www.broc.org/ Email: HelloBROC@broc.org	Assists low-income Vermonters with basic needs, as well as helping them develop skills and resources for self-sufficiency through employment opportunities.
Brandon Area Toy Project	802.282.6548 Website: www.brandonareatoyproject.com	Organization dedicated to improving opportunities for kids in Brandon, Leicester, Whiting, Goshen, and Sudbury – Coat project, Backpack Giveaway, and holiday gifts.
Castleton Cares, Inc.	802.468.2444 Website: www.castletoncares.org Email: castletoncares@yahoo.com	Provides support and resources for residents of Castleton and surrounding area in times of financial difficulty. Food pantry is open Monday and Friday 1-3pm.
Xfinity	855.846.8376 Website: https://www.xfinity.com/learn/internet-service/internet-essentials	Offers home internet service and personal computer purchase at reduced rates to qualifying families with children in school. Note: internet service cannot have been subscribed to within the last 90 days, and there cannot be an outstanding debt that is less than one year old.
Department for Children and Families	• Basic Needs Assistance: 1.800.479.6151 • Energy Assistance: 1.800.775.0516 • Natural Gas Assistance: 1.800.775.0516 Website: dcf.vermont.gov/esd	• **Basic:** provides benefits that help Vermonters meet their basic needs: SquaresVT, Essential Person, Fuel Assistance and Reach Up. • **Energy:** provides discount off monthly charge for energy use *(regardless of what the electricity is used for)*; is an ongoing program with no time limit; must re-apply each year; offers ongoing arrears for forgiveness for new enrollees. • **Natural Gas:** provides a discount off the full natural gas bill, except for the line-item charge related to funding the low-income program.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Slate Valley Cares	802.265.3666 Website: https://www.slatevalleycares.org/ Email: hello@slatevalleycares.org	Helps prevent homelessness and hunger in Fair Haven, Benson, and West Haven.
Fuel Hotline	1.800.479.6151 Website: dcf.vermont.gov/benefits/fuel	Pays a portion of home heating bills for households meeting income eligibility requirements.
Goodwill Retail Store	802.772.4383 Address: 230 North Main Street Rutland, VT 05701 Website: www.goodwill-rutland.org/	Clothing, furniture, and household goods donation center.
Lifeline Telecommunications Program	1.800.234.9473 Website: www.publicservice.vermont.gov/	Helps low-income households maintain telephone or internet services through a monthly service discount.
Nifty Thrifty Thrift Shop	Address: 19 Conant Square Brandon, VT 05733	Items are donated with a selection of clothing, kitchen items, linens, shoes, toys, puzzles, books, jewelry, crafts, etc.
Open Door Mission – • Meals • Shelter • Clothing • Internet/computer access	802.775.5661 or 802) 773-3568 Email: rutmission@aol.com	Provides a 51-bed facility with emergency shelter and a long-term Veterans shelter. The Mission is a dry, no tolerance shelter. Soup kitchen is open three times a day, Monday through Friday and twice a day Saturday and Sunday.
Salvation Army	802.775.5150 Website: nne.salvationarmy.org	Seeking to help people with the basic needs of life, such as food, clothing, rental, utility assistance. Food Pantry opens Mon, Wed, & Fri 10am-1pm.

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Community Centers, Activities & Recreation

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
4-H of Rutland County/Youth Development	802.656.7586 Website: www.uvm.edu/extension/youth/4-h-clubs	Opportunities for kids, parents, and volunteers to be part of an organization that prides itself on reaching youth through life- and job-skill development programs.
Brandon Recreation Department	802.247.3635 x213 Website: www.townofbrandon.com/	Provides youth and adult recreational activities in the Brandon community.
Boy & Girls Club of Rutland County	802.747.4944 Website: www.rutlandbgclub.org Email: info@rutlandvtclub.org	Serves youth ages 6-18 and focuses on Character & Leadership Development, Education & Career Development, Health & Life Skills, the Arts, and Sports, Fitness & Recreation.
Boy Scouts – Green Mountain Council	802.244.5189 Website: www.scoutingvermont.org	Prepares young people to make ethical and moral choices over their lifetimes by instilling the values of the Scout Oath & Law and provides opportunities for achievement, adventure, and leadership skills.
Castleton Recreation Commission	802.468.5319 Website: www.castletonvermont.org/recreation Email: castletonreccomm@gmail.com	Provides youth and adult recreational activities in the Castleton community.
Come Alive Outside	1.707.867.5969 Address: PO Box 267 Rutland, VT 05702 Website: comealiveoutside.com	Community systems that create awareness, intention, and opportunity for people to live healthier lives outside.
Fair Haven Recreation Committee	802.265.3010 Website: www.fairhavenvt.org Email: fhmanager@comcast.net	We currently do not have an active Recreation Committee. Please contact Nicole Rice at the Town Office for summer programming information.
Girl Scouts of the Green and White Mountains	1.888.474.9686 Website: www.girlscoutsgwm.org Email: customercare@girlscoutsgwm.org	Girl Scouting builds girls of courage, confidence, and character who make the world a better place.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Godnick Adult Center	802.773.1853 Website: www.rutlandrec.com/godnick	Provides opportunities to get more involved in the community with activities such as dance lessons, yoga, Zumba, Bone Builders, knitting, lunches, bingo, movies, and book discussions.
Killington Recreation Department	802.422.3241, Select Option 4 Website: https://www.killingtontown.com/parksrec Email: RecDirector@KillingtonTown.com	Provides youth and adult recreational activities for residents and guests of the Killington community.
Pittsford Recreation Department	802.483.6500 x17 Website: www.pittsfordvermont.com/ Email: asstclerktreasurer@pittsfordvermont.com	Provides youth and adult recreational activities in the Pittsford community.
Poultney Recreation Commission	802.287.9751 Website: www.poultneyrecreation.com/	Provides youth and adult recreational activities in the Poultney community.
Proctor Recreation Programs	802.459.3333 Website: www.proctorvermont.com/recreation/	Provides youth and adult recreational activities in the Proctor community.
RSVP and The Volunteer Center	Rutland: 802.468.7056 Addison: 802.388.7044 Website: www.volunteersinvt.org Email: rsvpfgp@gmail.com	Program for people who want to make a difference, get involved, and enjoy the experience of volunteering. Signature programs include Bone Builders Program, One-2-One Program, Operation Dolls & more, RSVP Tax Program, Rutland County Reads, Movers & Shakers, Warm Hearts Warm Hands, and Veterans Connection.
Rutland Recreation and Parks Department	802.774.1819 or 802.773.1822 Website: www.rutlandrec.com	Provides youth and adult recreational activities in the Rutland Town community.
Tinmouth Community Center	802.446.2498 Website: https://tinmouthvt.gov/community-center/	Provides activities in the Tinmouth community, including contra dance, yoga, workouts, and community activities.
Wallingford Recreation & Elfin Lake	802.446.2336 Website: www.wallingfordvt.com/	Provides youth and adult recreational activities in the Wallingford community.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
West Rutland Recreation	802.438.2263 Website: www.westrutlandvt.org/	Provides youth and adult recreational activities in the West Rutland community.
Wonderfeet Kids' Museum	802.282.2678 Website: wonderfeetkidsmuseum.org Email: info@wkmvt.org	Fosters curiosity and exploration, inspires creativity, and ignites the imagination of every child through the power of play.

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Community Collaborative & Volunteer Opportunities

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
DCF Family Services – District Office Downtown Rutland, Vermont	802.786.5817, Select Option 3, and ask to speak to a Resource Coordinator Address: 88 Merchants Row #220 Asa Bloomer Building Rutland, VT 05701 Website: www.downtownrutland.com/	There are many opportunities to help support children and youth in our community by: • Providing foster care or respite care for a child in need. • Sponsoring a child's music lessons, art lessons, sports/activities, dance lessons, hobbies, or other extra-curricular activities. • Sharing a special skill with children/youth. • Donations of supplies, gift cards, clothing, coats, hygiene kits, holiday gifts, school supplies, etc.
Habitat for Humanity	802.747.7440 Website: https://rutlandhabitat.com/ Email: rutlandhabitat@gmail.com	Habitat works toward our vision by building strength, stability and self-reliance in partnership with families in need of decent and affordable housing.
Mentor Connector	802.775.3434 Website: www.mentorconnector.com Email: hello@mentorconnector.com	Recruits and trains adults to be mentors for kids one-on-one in education, prevention services, and life skills. Serving Rutland County.
Nutrition Coalition of Rutland County	802.786.5115 Website: www.rutlandnutritioncoalition.wordpress.com	Facilitates open exchange of ideas and information to address identified nutritional needs in the Rutland County community.
Outright Vermont	802.865.9677 Website: www.outrightvt.org Email: info@outrightvt.org	A lesbian, gay, bisexual, transgender, queer and questioning *(LGBTQ)* "queer" youth center, ages 13-22; includes programs at its Burlington office as well as workshops, summer camp programs, and additional Friday night support groups.
Project Vision	802.773.1816 Website: projectvisionrutland.com	This is a community-based collaborative on relationship building, leveraging resources, and information sharing by implementing best practices, committee work, and common engagement to improve the quality of life in Rutland.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Regional Prevention Partnership (*RPP*)	802.776.5515 https://www.rrmc.org/about/community-impact-partnerships/	A community network dedicated to sustainable substance abuse prevention efforts for Rutland County youth and young adults.
RSVP and The Volunteer Center	Rutland County: 802.468.7056 Addison County: 802.388.7044 Website: www.volunteersinvt.org Email: rsvpfgp@gmail.com	Program for people who want to make a difference, get involved, and enjoy the experience of volunteering. Signature programs include Bone Builders Program, One-2-One Program, Operation Dolls & more, RSVP Tax Program, Rutland County Reads, Movers & Shakers, Warm Hearts Warm Hands, and Veterans Connection.
The Feline Connection	Website: www.thefelineconnection.org/volunteer/ Email: thefelineconnection.vt@gmail.com	Focuses on the health and safety of the cat. An ethical approach to cat rescue operations and a great experience for cat adopters.
United Way of Rutland County	802.773.7477 Website: www.uwrutlandcounty.org Email: info@uwrutlandcounty.org	Independent, non-profit organization dedicated to advancing the common good, focusing on health, education, and financial stability.
Rutland County Restorative Justice Center	802.775.2479 Address: 50 Center Street Rutland, VT 05701 Website: rutlandrestorativejustice.org/ Email: info@rutlandrestorativejustice.org	Offers reparative panels as a form of community-sponsored probation that brings convicted offenders before a volunteer panel of citizens as part of their sentencing process. Panels work with victims and offenders to identify the harm caused by the crime and how that harm can be repaired while holding the offender responsible and accountable.
Rutland County Humane Society	802.483.9171 Website: www.rchsvt.org/	Provides shelter and adoption services for stray or surrendered pets. All cats, dogs, and rabbits at the shelter are spayed or neutered and undergo behavior modification as necessary before being adopted out. Adoption includes a voucher for one free exam with your local veterinarian. Performs euthanasia only in circumstances of highly aggressive or extremely ill animals at the shelter. Also offers a means of reporting a missing pet via a form on the website.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Southwestern Vermont Council on Aging (*SVCOA*)	1.800.642.5119 Address: 143 Maple St, Rutland VT 05701 Website: www.svcoa.org Email: infoandassistance@svcoa.net	Helps ensure older Vermonters are able to age with dignity, independence, and quality of life. SVCOA offers a confidential and toll-free Helpline, Case Management Services, Nutrition Support Services (including Meals on Wheels), Wellness Programs, Caregiver Support Services, Volunteer Opportunities, Money Management Support and Medicare, Medicaid & State Health Insurance Program (SHIP) Support.
Vermont Recovery Network	802.738.8998 Website: www.vtrecoverynetwork.org Email: info@vtrecoverynetwork.org	Supports the provision of recovery support services for people who have experienced problems resulting from drug and alcohol use.

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Court Systems, Legal & Government

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Center for Crime Victim Services	802.241.1250 or 1.800.750.1213 Website: www.ccvs.vermont.gov	Provides leadership to the state to ensure justice is delivered to all victims and survivors of crime through recognition of harm done and advocacy for their rights and needs.
Consumer Protection Unit of the Attorney General's Office	Consumer Assistance: 800.649.2424 Main office: 802.828.3171 Website: www.ago.vermont.gov/	Investigates and prosecutes violations of Vermont's consumer laws, which prohibits businesses from engaging in unfair or deceptive acts or practices.
Department of Liquor and Lottery	802.828.2345 or 1.800-642-3134 Website: www.liquorandlottery.vermont.gov	Prevents the misuse of alcohol and tobacco through controlled distribution, enforcement, and education. Provides excellent customer service by operating efficient, convenient liquor agency stores.
Disability Rights Vermont	1.800.834.7890 Website: www.disabilityrightsvt.org/ Email: info@disabilityrightsvt.org	Provides information, referral, and individual advocacy services, including legal representation when appropriate. Focus is on preventing or redressing abuse, neglect, and serious rights violations in a wide range of areas, including education, the criminal justice system, health care, mental health care, employment, housing, and transportation. Also works to increase access to assistive technology for people with disabilities.
Health Care Advocate HelpLine (*HCA*)	1.800.917.7787 Website: www.vtlawhelp.org	Helps Vermont consumers with a broad range of problems and questions related to health care services and health insurance.
NewStory Center	802.775.6788 **24 Hour Hotline: 802.775.3232** **Domestic Violence Hotline: 1.800.228.7395** **Sexual Violence Hotline: 800.489.7273** Website: www.nscvt.org	Helps in obtaining emergency relief from abuse orders, hospital emergency room support, assistance in finding emergency shelter, advocacy for legal, financial, medical, and housing issues, and community resource referrals.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Office of Child Support	1.800.786.3214 Website: www.dcf.vermont.gov Email: ocscsu@vermont.gov	Works to improve children's economic security by establishing parentage, establishing medical and child support obligations, and making sure these obligations are met.
Office of the Governor, State of Vermont	802.828.3333 Website: www.governor.vermont.gov	
Office of the Defender General	802.828.3168 Website: www.defgen.vermont.gov/	Provides representation to needy individuals charged with serious crimes, children in delinquency proceedings, and parties in juvenile proceedings, including children in need of care and supervision *(CHINS)* and termination of parental rights cases. Representation also is available to people in custody of the Commissioner of Corrections and to needy people in extradition, probation, or parole revocation proceedings.
Rutland Adult Drug Treatment Court Docket	802.786.3835 Address: 9 Merchants Row Rutland, VT 05701 Website: www.vermontjudiciary.org/programs-and-services/	A voluntary program for defendants with substance use disorders who plead guilty to certain criminal charges. It offers participants who complete the program the chance to avoid prison and have criminal charges dismissed or reduced.
Rutland County Restorative Justice Center	802.775.2479 Address: 50 Center Street Rutland, VT 05701 Website: rutlandrestorativejustice.org/ Email: info@rutlandrestorativejustice.org	Traditional diversion includes programs such as Diversion, Youth Substance Abuse & Safety Program *(YSASP)*, Driving with License Suspended *(DLS*), Tamarack, Balanced & Restorative Justice *(BARJ)*, Pretrial Services, Downstream Thinking, and Emotional Intelligence Mentoring.
State's Attorney Victim Advocates	Rutland County: 802.786.2531 Address: 400 Asa Bloomer State Office Building Rutland, VT 05701 Website: www.ccvs.vermont.gov/support-for-victims	VAP empowers crime victims by helping them access the criminal justice system through empathy, support, information, resources, and referrals to community partners.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Bar Association – Lawyer Referral Service	802.223.2020 or 1.800.639.7036 Website: www.vtbar.org/find-a-lawyer/ Email: info@vtbar.org	Provides referrals at no cost; attorneys provide an initial 30-minute office consultation for no charge, or for a reduced fee of $25.00.
Vermont Center for Crime Victims	802.241.1250 or 1.800.750.1213, Select Option 2 Website: https://www.ccvs.vermont.gov/about-us	Provides financial assistance to eligible crime victims who have experienced a financial loss as the direct result of a crime – if the loss is not reimbursable through other sources, such as insurance. When appropriate, money is available to pay for the following expenses: medical and dental care, counseling for victims and family members, funeral expenses, lost wages due to time missed from work, other expenses such as prescriptions, eyeglasses, and limited transportation costs. If death occurs because of the crime, legal dependents may receive temporary living expenses.
Vermont Department of Corrections	Vermont Automated Notification Service (VANS): 1.866.976.8267 Victim Services: 1.888.810.1847 Website: www.doc.vermont.gov	Provides current information about offenders for crime victims and the public, including offender status information such as whether the offender is being held in a facility or being supervised in the community. Once registered, interested individuals will be notified immediately of any changes to an offender's custody status.
Vermont Human Rights Commission	1.800.416.2010 Website: www.hrc.vermont.gov/ Email: human.rights@vermont.gov	Protects people from unlawful discrimination in housing, state government employment, and public accommodations.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Immigrant Assistance Project (*VIA*)	802.831.1500 Website: www.vermontlaw.edu/via	VIA has provided pro bono legal support to Vermont's growing community of immigrants, refugees, and asylum seekers since 2003, offering direct legal representation to non-citizens seeking legal status in the United States. The project provides assistance primarily in three areas: (1) help with VAWA Petitions and I-751 waivers *(domestic violence)*; (2) U-Visa applications *(victims of crime)*; and (3) asylum cases. VIA is one of only two programs that specialize in providing pro bono legal services for immigrants in Vermont. In representing asylum-seekers, VIA is also involved in a special program for survivors of torture.
Vermont Judiciary	Rutland Civil Division: 802.775.4394 Rutland Criminal Division: 802.786.5880 Rutland Family Division: 802.786.5856 Rutland Probate Division: 802.775.0114 Website: www.vermontjudiciary.org	The Vermont judicial branch of government protects the rights of all Vermonters.
Vermont Legal Aid	Rutland: 802.775.0021 Address: 1085 Route 4 East, Unit 1A Rutland, VT 05701 Website: www.vtlegalaid.org	Provides civil legal services for those living in poverty, with a disability, or over age 60. Also serves anyone who is discriminated against in housing decisions and those who face challenges related to health care insurance or services.
Vermont Refugee Resettlement Program	802.655.1963 Website: www.refugees.org/uscri-vermont Email: vrrp@uscrivt.org	New arrivals receive a comprehensive set of linguistically and culturally appropriate services, with a goal of attaining self-sufficiency.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Veterans Legal Assistance Project of Vermont (*VLAP*)	802.831.1500 Website: www.vermontlaw.edu/	This project represents Veterans with state civil law issues in Windsor and Orange counties, as well as on a statewide basis in matters concerning Veterans law-specific issues, such as appeals from the denial of VA benefits and discharge upgrades. VLAP also assists Veterans with debtor issues such as bankruptcy relief, foreclosure defense, and consumer protection.
US Bankruptcy Court	802.657.6400 or 1.844.644.7459 Website: www.vtb.uscourts.gov/	Administers cases, according to the Bankruptcy Code and Rules, for the benefit of the public. Bankruptcy is a legal procedure for dealing with debt problems of individuals and businesses; specifically, a case filed under one of the chapters of Title 7, 11, 12, or 13 of the United States Code *(the Bankruptcy Code).*
Youth Substance Abuse Safety Program (*YSASP*)	802.786.3840 Website: www.rutlandrestorativejustice.org Email: info@rutlandrestorativejustice.org	YSASP is designed to hold young people accountable for breaking the law against underage drinking and possession of marijuana *(an ounce or less)*, to educate them about the consequences and risk of substances, and to identify youth with potential substance abuse problems so they might receive treatment.

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Dental Services — Rutland Area

ORGANIZATION NAME & ADDRESS	PHONE WEBSITE EMAIL
Aspen Dental 802.775.6100	Address: 474 Holiday Drive #1 Rutland, VT 05701 Walk-Ins and emergencies. Payment options available.
Center for Dental Health 802.775.5777	Address: 240 Stratton Road Suite 2 Rutland, VT 05701
Community Dental Rutland 802.774.5050	Address: 69 Allen Street Suite 10 Rutland, VT 05701 Preventative/general dental care and extractions. By appointment only.
Community Dental Shorewell 802.897.7716	Address: 2987 VT Route 22A Shoreham, VT 05770 Preventative/general dental care and extractions. By appointment only.
Complete Health Periodontics 802.775.7440	Address: 72 Allen Street Rutland, VT 05701
Cornerstone Dentistry 802.775.6981	Address: 240 Stratton Road Rutland, VT 05701
DuBoff Dentistry 802.773.1393	Address: 198 North Main Street Rutland, VT 05701
Family Dental Associates 802.775.0819	Address: 4 General Wing Road Rutland, VT 05701

ORGANIZATION NAME & ADDRESS	PHONE WEBSITE EMAIL
Green Mountain Dental Sleep Center 802.775.2218	Address: 206 North Main Street Rutland, VT 05701
Green Mountain Oral Surgery 802.775.9700	Address: 66 North Main Street Rutland, VT 05701
Oral & Dental Implant Surgery 802.447.7073	Address: 155 Woodstock Avenue Rutland, VT 05701
Rutland Dental Care, PLC 802.770.1730	Address: 135 North Main Street Rutland, VT 05701
Rutland County Health Partners (dba Park Street Healthshare) 802.775.1360 or 802.774.5004	Address: 204 North Main Street Rutland, VT 05701 Offering medical and dental care for uninsured Vermont adults. No emergency services.
Southern Vermont Endodontics 802.773.7767	Address: 71 Allen Street #204 Rutland, VT 05701
Taconic Dental Arts 802.773.1020	Address: 174 US Route 4 Rutland, VT 05701
Total Patient Care Dentistry 802.773.1200	Address: 70 Allen Street Rutland, VT 05701

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Financial Services

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Bennington Rutland Opportunity Council (*BROC*)	802.775.0878 or 1.800.717.2762 Address: 45 Union Street Rutland, VT 05701 Website: www.broc.org Email: HelloBROC@broc.org	Assists with education, training, job creation, affordable housing, and expanding community awareness and advocacy.
Child Care Support Services of Rutland County *(CCSS)* at Vermont Achievement Center	Resource and Referral: 802.747.0033 Financial Assistance: 802.773.4365 Address: 88 Park Street Rutland, VT 05701 Website: www.vacvt.org Email: referral@vacvt.org	Assists with matters related to finding and paying for quality childcare, specialized childcare, starting a childcare program, or education and information related to childcare.
Department for Children and Families, Economic Services	800.479.6151 Website: www.dcf.vermont.gov	Helps Vermonters find programs, services, and resources for assistance (*formerly PATH*).
Vermont Office of Child Support (*OCS*) – Addison, Bennington & Rutland Counties	802.786.5060 or 1.800.786.3214 Address: 420 Asa Bloomer Building, 4th Floor 88 Merchants Row Rutland, VT 05701 Website: www.dcf.vermont.gov/ocs Email: OCSCSU@vermont.gov	Vermont state agency is responsible for establishing, collecting upon, enforcing, and modifying support orders for children who do not live with both parents.

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Food & Groceries

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
3SquaresVT – Department for Children and Families	1.800.479.6151 TEXT VFBSNAP to 85511 Website: www.dcf.vermont.gov/benefits/3SquaresVT	3SquaresVT is Vermont's name for the federal Supplemental Nutrition Assistance *Program (or SNAP)*, a program of the U.S Department of Agriculture *(USDA)*.
Brandon Emergency Food Shelf	Brandon Senior Center: 802.247.6720	Serving Brandon, Forestdale, Sudbury, and Goshen.
Bennington Rutland Opportunity Council (*BROC*)	802.775.0878 or 1.800.717.2762 Website: www.broc.org Email: HelloBROC@broc.org	Assists low-income Vermonters with basic needs, such as food, housing, fuel, conflict resolution, as well as helping them develop skills and resources for self-sufficiency through employment opportunities. Hours are Monday through Friday 10am-12noon. Please sign in by 11:30am on Friday and Seniors 60+ from 2-3pm.
Calvary Bible Church	802.775.0538 Address: 2 Meadow Lane Rutland, VT 05701 Website: www.cbcvt.org/	Services are 10am-12noon on the second and fourth Saturday of each month.
Castleton Cares, Inc.	802.468.2444 Address: Castleton Federated Church 504 Main Street Castleton, VT 05735 Website: www.castletoncares.org Email: castletoncares@yahoo.com	Serving Castleton, Bomoseen, Blissville, Hydeville, and surrounding areas in times of financial difficulty.
Commodity Supplemental Food Program (*CSFP*)	1.800.214.4648 Website: www.vtfoodbank.org/share-food/csfp Email: csfp@vtfoodbank.orgn	A USDA nutrition program that offers free monthly nutrition information and nutritious foods to income-eligible older adults (*over age 60*), children under 6 not receiving WIC, and pregnant woman not receiving WIC.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Danby Food Shelf	802.293.5136 Address: Town Office, 130 Brook Road Danby, VT 05739 Website: www.danbyvt.org/	Serving Towns of Danby and Mount Tabor Monday through Thursday, 1-4pm
Expanded Food and Nutrition Education Program (EFNEP)	1.800.281.6977 Website: www.uvm.edu/extension/efnep Website: www.uvm.edu/	UVM Extension Food and Nutrition Program helps limited resource families, their children, and pregnant women learn to shop smarter, eat healthier, and save money.
Grace Church Rutland	802.775.4301 Address: 8 Court Street Rutland, VT 05701 Website: www.gracechurchvt.org/	Hours are the fourth Sunday of every month at 5:30pm.
Hubbardton-Castleton Food Shelf	802.273.2241 Address: 1831 Monument Rd. Hubbardton, VT 05735	Food Shelf. Please call for up to date hours.
Hunger Free Vermont	802.865.0255 Website: www.hungerfreevt.org/ Email: info@hungerfreevt.org	Provides online information about 3SquaresVT *(also known as SNAP or food stamps)* and other food resources, including an anonymous calculator to determine eligibility for 3SquaresVT. Applicants may also contact Hunger Free Vermont for more information.
Manchester Community Food Cupboard	802.362.0057 Website: www.communityfoodcupboard.org Email: CommunityFoodToGo@Gmail.com	Serving residents of Manchester and surrounding communities. Hours are Wednesday 2-4pm and Thursday 10am-12:00noon & 2-4pm.
Open Door Mission	802.775.5661 Address: 31 Park Street Rutland, VT 05701	Provides a 51-bed facility with emergency shelter and a long-term Veterans shelter. The mission is a dry, no tolerance shelter. Soup kitchen serves Monday through Friday at 6am and 12noon and Saturday & Sunday at 6pm.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Pawlet Little Free Food Pantry	802.325.3022 Website: www.pawlet.vt.gov	Serving Pawlet and West Pawlet. Located on the grounds of the Pawlet Community Church
Pittsford Food Shelf	802.483.2967 Address: 4181 US Route 7 (PO Box 553) Pittsford, VT 05763 Website: www.pittsfordfoodshelf.org/ Email: director@pittsfordfoodshelf.org	Available to residents of Pittsford, Proctor, Florence or Chittenden – must present proof of residence; for example, utility bill
Poultney Food Shelf	802.287.9558 Address: Stonebridge Inn 66 Beaman Street Poultney, VT 05764	Serving Poultney, Middletown Springs, and Hampton, NY. Hours are Tuesdays from 3-5pm.
Reach Up, State of Vermont	800.479.6151 Website: www.dcf.vermont.gov	Help families with children by providing cash assistance for basic needs and services that support work and self-sufficiency.
Rutland Community Cupboard	802.747.6119 Address: 65 River St Rutland, VT 05701 Website: www.rutlandcommunitycupboard.org	Hours are Monday, Wednesday, Friday from 11am-12:30pm and Tuesday, Thursday from 4-5:30pm.
Rutland County Parent Child Center	802.779.6409 Address: 61 Pleasant Street Rutland, VT 05701 Website: www.rcpcc.org	Provides pre-bagged food staples and choice of additional items, such as diapers, feminine hygiene items, fresh fruits and vegetables.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Rutland Neighbors, Inc. @ Rutland United Methodist Church	Address: 60 Strongs Avenue Rutland, VT 05701	We are open Monday through Thursday from 9:30 AM to 12:30 PM, offering a warm and welcoming space for our community who are homeless or live in poverty. Each morning begins with a continental breakfast at 9:30, followed by a hearty brunch meal from 10:30 to 12:00. In addition to meals, we provide free clothing and maintain a small onsite food pantry available to our neighbors in need. We also offer essential supplies needed for those who are living outdoors or who need additional support in our community. We work in partnerships with local agencies such as Homeless Prevention, BROC, Community Cupboard, Turning Point, Rutland County Health Partnership and Project Vision. Additionally, we host a monthly Vaccine Clinic in collaboration with the Vermont Department of Health on the third Wednesday of each month
Salvation Army	802.775.5150 Address: 1 Scale Ave Rutland, VT 05701 Website: nne.salvationarmy.org/rutland Email: nne.rutland.rfg@use.salvationarmy.org	Seeking to help people with the basic needs of life, such as food, clothing, rental, utility assistance. Hours are Mon, Wed, Thur. & Fri, 10:30am-1pm, and Tues, 12noon-1pm. Food Pantry opens Mon, Wed, & Fri 10am-1pm.
Slate Valley Cares	802.265.3666 Address: 49 Main Street Fair Haven, VT 05743 Website: https://www.slatevalleycares.org/ Email: hello@slatevalleycares.org	Offers direct services for connecting individuals/households with agencies or organizations that can better serve their needs (housing, clothing, fuel costs). Provides help to those in need regardless of their race, creed, color, sex or sexual orientation.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Southwestern Vermont Council on Aging – Meals on Wheels	802.786.5990 Address: 143 Maple St, Rutland VT 05701 Website: https://svcoa.org/client_media/files/pdf/helpline/MOW%20Brochure.pdf Email: infoandassistance@svcoa.net	Any person 60 years of age or older and is unable to leave home without considerable difficulty and/or assistance. • AND experiences a physical or mental condition making them unable to obtain food or prepare meals on a temporary or permanent basis. • The spouse of an eligible participant (regardless of age). • People under 60 years of age with a disability are eligible if they reside with or are in the care of an individual receiving Meals on Wheels. Preference will be given to individuals who are low-income, minority, limited English proficiency, and at risk for institutional placement.
Veggie Van Go	TEXT VFBSNAP to 85511 or call 1.855.855.6181 http://www.vtfoodbank.org	Vermont Foodbank partners with schools and healthcare organizations around the state to distribute fresh produce in local communities monthly. The goal of the Veggie Van Go program is to create a dignified, welcoming, and comfortable atmosphere where free food can be easily accessed. There are no eligibility requirements, no questions asked, and participation is anonymous.
Vermont Crisis and Outreach Center	1.802.635.7807 Address: 197 West St Rutland, VT 05701 Website: https://tcnewengland.org/vermont-transitional-home/	The outreach house of Adult & Teen Challenge Vermont operates in Rutland, where we offer coffee and quality meals to the under-served multiple days a week. It is also a house for information on our programs in Johnson and Hardwick. The Rutland team is comprised of volunteers from local churches and influential members of the community in the Rutland area, giving back their time by serving meals and ministering to those that are less fortunate

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont EBT Card	1.800.914.8605 Website: www.dcf.vermont.gov/benefits/EBT	Provides direct access to Electronic Benefits Transfer (*EBT*) information (*account balance and transactions*) and allows cardholders to report lost or stolen cards. Food and cash benefits, such as 3SquaresVT, Emergency Assistance, Essential Person, and Reach Up are available via EBT cards. Website provides links to lists of participating stores, farmer's markets, and ATMs where EBT cards can be used. Purchase of food online with an EBT card is possible at Walmart.com and Amazon.com.
Vermont Farmers Food Center	Address: 251 West Street Rutland, VT 05701 Website: www.vermontfarmersfoodcenter.org Email: admin@vermontfarmersfoodcenter.org	Increases access and availability of locally produced food in the Rutland Region by expanding markets and market access, aggregation, and distribution of locally produced and value-added agricultural products.
Vermont Food Bank	1.800.585.2265 Website: www.vtfoodbank.org Email: info@vtfoodbank.org	Vermont Foodbank is the largest anti-hunger organization in Vermont that provides charitable food to more than 280 food shelves, meal sites, shelters, senior centers and after-school programs throughout Vermont.
West Rutland Food Shelf	802.282.5374 Address: 72 Marble Street West Rutland, VT 05777 Website: https://www.westrutlandvt.org/food-shelf-information/	Serving West Rutland and Ira residents on the second and fourth Saturdays from 12noon-2:30pm.
WIC (*Women, Infant, and Children*)	TEXT VTWIC to 85511 1.888.585.2265 Website: www.healthvermont.gov/family/wic Email: WIC@Vermont.gov	Special Supplemental Nutrition Program for Women, Infants and Children. WIC provides access to healthy foods, nutrition education and counseling, and breastfeeding support.

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Health Care

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
American Cancer Society	800-227-2345 Website: www.cancer.org	Offers a 24-hour Helpline staffed by Cancer Information Specialists who answer cancer-related questions. Cancer Information Specialists can also link callers to local programs and resources, such as peer support groups, patient housing, financial assistance, and medical transportation. Their website provides extensive information about all aspects of the disease, including articles on types of cancer, understanding the diagnosis, finding and paying for treatment, and caregiver support.
American Diabetes Association	800.342.2383 Website: www.diabetes.org Email: adanewengland@diabetes.org	Provides nutrition information and general education for the prevention and treatment of diabetes. Educates health professionals with the most current information in diabetes research and treatment options. Advocates for national funding for diabetes research.
At Home Senior Care	802.747.3426 or 866.747.7168 Website: www.athomeseniors.net	Offers affordable, quality in-home care for your senior family members, to give you the peace of mind that your loved one is both well and comfortable.
BAYADA Home Health Care	Home Health: 802.775.7272 Assistive Care: 802.774.5111 Website: www.bayada.com/offices/vt	Provides personal nursing, rehabilitative, therapeutic, hospice, and personal home health care services to children, adults, and seniors in the comfort of their own homes.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
The Center for Communication, Cognition and Swallowing, LLP	Phone: 802.772.0172 Website: www.VermontSLP.com	Adult SLP services are provided in person at The Center for Communication, Cognition and Swallowing or via telehealth at our therapist's discretion in Vermont, Massachusetts, Maine or Florida. Adult services provided include assessment and treatment of communication, cognition and or swallow skills. Services for children are provided in person at The Center for Communication, Cognition and Swallowing or via telehealth at our therapist's discretion in Vermont. Specialty areas include assessment and treatment in Articulation & Fluency
Community Health ➢ Medical ➢ Dental ➢ Behavioral Health	**Rutland Allen Pond:** 802.772.7992 802.774.5050 *(dental)* **Stratton Road:** 802.773.3386 **Pediatrics Rutland:** 802.773.9131 **Brandon:** 802.247.6305 802.465.0011 *(pharmacy)* **Castleton:** 802.468.5641 **Mettowee:** 802.645.0508 **Shorewell:** 802.897.7000 802.897.7716 *(dental)* Website: www.chcrr.org	Community Health Primary Care Offices offer a full range of services including: • preventative health care *(annual physicals, work physicals, school, camp, and sports physicals)*, • women's health care, • well-child care, (*including immunizations*), • management of chronic or serious illness, • minor office procedures, and • workers comp injuries. X-ray and laboratory services are available at some of the locations.
Epilepsy Foundation of Vermont	802.775.1686 or 1.800.565.0972 Website: www.epilepsy.com/local/vermont Email: epilepsy@sover.net	Dedicated to the prevention and control of epilepsy and its consequences, and to helping people with epilepsy, their families, and other concerned individuals overcome the problems and misunderstanding associated with this condition.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Medical Equipment Providers	**AdaptHealth:** 1.802.773.4574 **Lincare (Rutland):** 1.802.775.2577 **Wilcox Medical* – BioScrip:** **1.**802.775.2808 **Yankee Medical, Inc.:** 1.888.922.3227	
National Kidney Foundation	1.855.653.2273 Website: www.kidney.org/nkfcares Email: nkfcares@kidney.org	Offers information about kidney disease, organ donation, and transplantation.
Planned Parenthood	802.775.2333 Website: www.plannedparenthood.org	Provides reproductive health care, sex education, and information for females and males including birth control, general health care, HIV testing, abortion services, Emergency Contraception, Pregnancy testing and services, STD testing, treatment, and vaccines. Sliding scale fee, Medicaid and Medicare accepted.
Poison Control – **Northern New England Poison Center** (*serves Maine, New Hampshire and Vermont*)	**If the victim *is* alert, dial: 1.800.222.1222** **If the victim *is not* alert, dial: 911** Website: www.nnepc.org	Provides fast information and expert advice about if too much medicine has been taken or a chemical has been spilled on skin or if you just have a question.
Rutland Diabetes & Endocrinology Center – A Department of Rutland Regional Medical Center	802.775.7844 Website: www.rrmc.org/services/diabetes-endocrinology	Individualized program to give patients and family members a better understanding of diabetes.
Rutland Community Health Partners (formerly known as Rutland Free Clinic)	802.775.1360 Website: https://www.rchealthpartners.org/	A free health clinic for uninsured and underinsured adults living in Rutland County. Services include medical & dental care, women's clinics, nutrition, mental health counseling, insurance enrollment assistance, and access to free and discounted medications and health-related supplies. There are no emergency services. Patients are seen by appointment only.
Rutland Regional Medical Center **For medical emergencies, Dial 911**	802.775.7111 Website: www.rrmc.org	More than 30 specialized service areas to meet your healthcare needs.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Assistive Technology Program (*VATP*) – Southern Vermont Tryout Center	1.800.750.6355 Address: 88 Merchants Row, Suite 190 Rutland, VT 05701 Website: www.atp.vermont.gov/services/try-at Email: dail.atinfo@vermont.gov	Provides assistive technology *(AT)* device demonstrations, loans, and training, as well as information and assistance regarding AT devices and services, funding resources, and other disability-related topics. People can check out loans online, and have the item mailed to them. The program also offers public awareness via informational displays and equipment demonstrations at outreach events, and technical assistance regarding AT to agencies and programs.
Vermont Association for the Blind and Visually Impaired	802.775.6452 or 1.877.350.8839 Address: 1 Scale Avenue, Suite 117, Bldg 18 Rutland, VT 05701 Website: www.vabvi.org Email: general@vabvi.org	Provides advocacy and low vision services, *(including evaluation, information and referral)*, peer counseling, and volunteer services. The program also provides instruction on adaptive techniques for daily living skills such as mobility, written communications, leisure activities, personal care, transportation services, and the use of low vision aids to maximize functional vision. Limited adaptive equipment may be available depending upon donations.
Vermont CARES	Rutland: 802.775.5884 or 802.238.4855 Address: 131 Woodstock Ave, Suite 3 Rutland, VT 05701 Website: vtcares.org	Provides life-saving harm reduction services, education, and resources to Vermonters affected by HIV, Hepatitis C, and substance use by increasing access to care, reducing social stigmas and building relationships.
Vermont Chronic Care Initiative (*VCCI*)	1.866.900.5004 Website: www.dvha.vermont.gov	Free case management services for Medicaid members affected by chronic health conditions.
Vermont Department of Health	Rutland Office: 802.786.5811 State Office: 1.800.464.4343 Website: www.healthvermont.gov	The state's lead agency for public health policy and advocacy. Includes information on programs, publications, health officers and laws.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Health Connect	1.855.899.9600 Website: www.info.healthconnect.vermont.gov	Handles eligibility for individuals and families, as well as Vermont small businesses. Individuals and families who enroll though Vermont Health Connect can get financial help paying for coverage, or Medicaid, if they qualify. Note: Vermont Health Connect operates under the Department of Vermont Health Access (*DVHA*) that is part of the Vermont Agency of Human Services (*AHS*).
Visiting Nurse Association & Hospice of the Southwest Region (*VNAHSR*)	Rutland: 802.775.0568 Bennington: 802.442.5502 Dorset: 802.362.1200 Manchester: 802.362.2126 Website: www.vermontvisitingnurses.org	Provides services where in-home care is needed or preferred. Programs span a lifetime: from prenatal care to care for young families, to rehabilitation, long-term care, adult day services and end-of-life care.
You First (*formerly Ladies First*) – Vermont Department of Health	1.800.508.2222 Website: www.healthvermont.gov/wellness/you-first Email: youfirst@vermont.gov	Offers personalized support to pay for and connect eligible Vermonters to breast, cervical, and heart screenings, diagnostic tests, and heart healthy lifestyle programs.

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Health Education

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
2-1-1 Vermont	dial 2-1-1 or 1.866.652.4636 or Text your zip code to 898211 Website: www.vermont211.org	Provides all people in Vermont with free access to community resources, information and referrals. Promote the health and well-being of all people in Vermont through a statewide information and referral system for streamlined access to community resources.
AIDS Project of Southern Vermont	802.254.4444 **Hotline 1.800.882.2437** Website: www.aidsprojectsouthernvermont.org/ Email: info@apsvt.org	Provides direct services to those whose lives are affected by HIV/AIDS, to offer education and supplies to help prevent its spread, and to promote understanding within the communities served.
Alzheimer's Association	802.316.3839 **24/7 Helpline:** 1.800.272.3900 Website: www.alz.org/vermont	Helps all those facing Alzheimer's disease and other dementias by providing support groups and educational resources, while advancing crucial research and public policy initiatives.
American Heart Association	1.800.242.8721 Website: www.heart.org	The nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke.
American Red Cross – Vermont	802.464.6692 Website: www.redcross.org/local/me-nh-vt	The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.
Beginnings Childbirth – A Center for Childbirth and Parenting Education	802.658.5959 Website: www.beginningschildbirth.com Email: beginningschildbirth@gmail.com	Offers a variety of classes that help women and their families prepare for a fulfilling and meaningful birth experience as well as for the first few months following their baby's arrival.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Brain Injury Association of Vermont	802.244.6850 Website: www.biavt.org Email: support@biavt.org	Our mission is to create a better future for all Vermonters affected by brain injury through prevention, education, advocacy, and support. We offer support groups, webinars, training courses and operate an information & referral line.
Birth Journeys (Vermont Doula Company)	802.200.7200 Website: https://vermontdoulacompany.com/learn	Vermont's first and only full-spectrum prenatal and postpartum doula agency, dedicated to supporting families through every stage of the perinatal journey.
Childbirth Education – VNA & Hospice of the Southwest Region	802.775.0568 or 1.800.244.0568 Address: 7 Albert Cree Drive Rutland, VT 05751 Website: https://vermontvisitingnurses.org/maternal-child-health/	Informative childbirth education classes for parents and parents-to-be.
Diabetes Education & Support – A Department of Rutland Regional Medical Center	802.775.7844 Website: www.rrmc.org/services/diabetes-endocrinology	Learn the skills you need to manage your diabetes, reduce symptoms and avoid potential long-term effects. Our diabetes education programs are available to you provided with a physician's or nurse practitioner's referral.
Donate LIFE – New England Donor Services, Organ and Tissue Donation	1.800.446.6362 Website: www.neds.org Email: nedsonline@neds.org	Coordinates organ and tissue donation in the six New England states.
Epilepsy Foundation of Vermont	802.775.1686 or 1.800.565.0972 Website: https://www.epilepsy.com/advocacy/priorities/seizure-safe-schools/vermont	Dedicated to the prevention and control of epilepsy and its consequences, and to helping people with epilepsy, their families, and other concerned individuals overcome the problems and misunderstanding associated with this condition.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
First Step Pregnancy Clinic (*formerly CareNet*)	802.775.5611 Address: 20 Washington Street Rutland, VT 05701 Website: www.firststeprutland.com Email: hello@firststeprutland.com	Provides free pregnancy testing, including free ultrasounds, to women and men facing unexpected pregnancies and related concerns; confidential services, information and support.
HIV Treatment and Care – Vermont	802.863.7240 or 1.800.882.2437 Website: www.healthvermont.gov/disease-control	Provides AIDS education information, HIV testing, and counseling. Serving all of Vermont.
National Multiple Sclerosis Society, Greater New England Chapter	1.800.344.4867 Website: www.nationalmssociety.org/Chapters/MAM	Helps each person address the challenges of living with MS, provide services, offer education, and further advocacy efforts than any other MS organization has in the world.
Regional Ambulance Service, Inc.	802.773.1746 Address: 275 Stratton Road Rutland, VT 05701 Website: www.rasvt.com	Classes are offered for: • CPR (*Cardiopulmonary Resuscitation*) – monthly on the second Monday of each month at 6pm in our training center. • BLS (*Basic Life Support*) – monthly on the first and third Monday of each month at 6pm in our training center.
Organization Name: Southwestern Vermont Council on Aging (SVCOA)	1.800.642.5119 Address: 143 Maple St, Rutland VT 05701 Website: www.svcoa.org Email: infoandassistance@svcoa.net	Helps ensure older Vermonters can age with dignity, independence, and quality of life. SVCOA offers a confidential and toll-free Helpline, Case Management Services, Nutrition Support Services (including Meals on Wheels) and Wellness Programs, Caregiver Support Services, Volunteer Opportunities, Money Management Support and Medicare, Medicaid & State Health Insurance Program (SHIP) Support and a contracted Elder Care Clinician offering Mental health support.
Youth Substance Awareness Safety Program (*YSASP*)	802.786.3840 Website: www.rutlandrestorativejustice.org/programs/ Email: info@rutlandrestorativejustice.org	Help young people to understand the impact on themselves and others of using substances and to lower their risk of future use, while connecting those identified as using at high-risk levels to professional substance use clinicians.

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Home Health Care & Hospice

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Allied Caregivers (VT, NH, MA, ME)	603.932.6303 Website: https://alliedcaregivers.com/	Trained caregivers serve seniors, adults with disabilities, people recovering from illness or injury, and anyone who wants steady support at home.
At Home Senior Care	802.768.8565 Website: www.athomeseniors.net	Provides individualized care including companionship, respite care, personal care, home helpers, and care management.
BAYADA Assistive Care	802.774.5111 Address: 2 South Main Street, Suite 2 Rutland, VT 05701 Website: www.bayada.com	Provides non-medical assistance with activities of daily living for adults and seniors when a health issue has made it difficult to manage everyday tasks on their own.
BAYADA Hospice	802.282.4122 Address: 190 South Main Street, Suite 2 Rutland, VT 05701 Website: https://www.bayada.com/hospice-care	Supports patients and their loved ones living with a limited life-expectancy prognosis.
Cornerstone Caregiving	802.712.0550 Website: https://cornerstonecaregiving.com/senior-care/	Maintain independence with Cornerstone Caregiving. Our dedicated caregivers offer personalized support for your daily activities, promoting autonomy and well-being.
Dove Home Care Nursing Chittenden Cty.	617.500.1967 Website: https://dovehomecarenursingservices.com/	Dedicated to compassionate, personalized care that preserves independence and reliable care to seniors and individuals with disabilities in the comfort of their own homes.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
FCP Live-In	1.866.559.9492 Website: www.liveinhomecare.com	Keeps you or your loved one in the safety and comfort of home. Specializes in live-in caregiving so you get the best 1-on-1 personal live-in caregiver for all your care needs.
High Peaks Hospice	518.891.0606 Website: www.highpeakshospice.org	Providing dignity, comfort and peace at the end of life. Serving Upstate NY Counties: Warren, Essex, Washington, Franklin, St. Lawrence & Hamilton.
Preferred Care at Home of Champlain Valley (*PCAH*)	802.383.6333 Address: 138 Church Street #6 Burlington, VT 05401 Website: www.preferhome.com Email: champ@preferhome.com	Our mission at Preferred Care at Home is to alleviate loneliness and bring joy and companionship. Our caregivers can also travel with clients, providing transportation to the theater, doctor, church or coffee shop.
Seniors Helping Seniors	802.712.5700 Website: https://seniorshelpingseniors.com/	Giving the gift of independence through heartfelt companionship and daily in-home help. Through our proprietary process, we match seniors with mature, active caregivers who have a passion for serving others and building lasting friendships. These connections share a mutual interest in hobbies, activities and much more.
Visiting Nurse Association & Hospice of the Southwest Region (*VNAHSR*)	Rutland: 802.775.0568 Bennington: 802.442.5502 Dorset: 802.362.1200 Manchester: 802.362.2126 Website: www.vermontvisitingnurses.org	Provides services where in-home care is needed or preferred. Programs span a lifetime: from prenatal care to care for young families, to rehabilitation, long-term care, adult day services and end-of-life care.

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Health Insurance

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
AARP Medicare Supplement Insurance	1.888.399.4001 Website: www.aarpmedicaresupplement.com	
Blue Cross and Blue Shield of Vermont	1.800.247.2583 Website: www.bluecrossvt.org	
Cigna	1.800.997.1654 Website: www.cigna.com	
Green Mountain Health Care	1.800.250.8427 Website: www.greenmountaincare.org	
Medicare & Medicare Advantage Plans	1.800.633.4227 Medicare A = 1.800.522.8323 Medicare B = 1.800.447.1142 Website: www.medicare.gov Email: www.vermontblueadvantage.com	And Vermont Blue Advantage PPO and HMO are Vermont's new, all-in-one Medicare Advantage plans with extra benefits.
MVP Health Care	1.888.687.6277 Website: www.mvphealthcare.com	
Vermont Health Connect	1.855.899.9600 Website: healthconnect.vermont.gov	Handles eligibility for individuals and families, as well as Vermont small businesses. Individuals and families who enroll though Vermont Health Connect can get financial help paying for coverage, or Medicaid, if they qualify. Note: Vermont Health Connect operates under the Department of Vermont Health Access (*DVHA*) that is part of the Agency of Human Services, Vermont (*AHS*).

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Housing

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Dismas of Rutland, Vermont (for Men)	802.775.5539 Address: 103 Park Avenue Rutland, VT 05701 Website: www.dismasofvt.org/houses/rutland	Provides shelter and support to people making the difficult transition from incarceration to new lives.
Dismas of Rutland, Vermont (for Women)	802.855.8740 22 Royce Street Rutland VT 05701 Website: www.dismasofvt.org/houses/womens-dismas-house/overview.html	Provides shelter and support to people making the difficult transition out of incarceration to new lives.
Habitat for Humanity	802.747.7440 Website: https://rutlandhabitat.com/ Email: rutlandhabitat@gmail.com	Constructs energy efficient, affordable homes in partnership with eligible families. The houses are sold to the partner families at cost, with no profit and no interest. Costs are kept low by using donated materials and volunteer labor.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Homeless Prevention Center (*HPC*)	802.775.9286 or 2-1-1 Website: www.hpcvt.org	HPC works to prevent and eliminate homelessness in our community. Services include Coordinated Entry & Assessment, Outreach, Rapid Rehousing, Homelessness Prevention, Housing Navigation for Youth, Supporting Families, Landlord Liaison. VT 2-1-1 If you are in need of emergency housing, please do not email or text us. Please call us at 211 or 802-652-4636 or 866-652-4636. We are unable to provide intakes for motel rooms via email or text. Emergency housing call hours are 4:30pm-8:00am weekdays and 24 hours on weekends and holidays. **Please be aware, email is checked and responded to Monday-Friday between 8am-8pm only.** If you are unable to reach us, PLEASE LEAVE A MESSAGE and allow staff the opportunity to return your call. Your message should include your name and phone number. If you do not answer when we try to contact you, VT 211 staff will leave a message
Cornerstone Housing Partners	802.775.3139 or 800.545.7989 Address: 27 Wales Street, Suite 201 Rutland, VT 05701 Website: https://cornerstonehousingpartners.org/about-us/	Provides housing that is affordable to residents of Rutland County including affordable rentals *(subsidized, senior housing, reduced rents)* and mobile home lots.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
NeighborWorks of Western Vermont	802.438.2303 Address: 110 Marble Street West Rutland, VT 05777 Website: www.nwwvt.org Email: info@nwwvt.org	Helps Vermonters become educated about finances and homeownership, find homes to buy, get the loans they need to buy homes, and renovate and make their existing homes livable and cost efficient. Serving Addison, Bennington, and Rutland counties.
NewStory Center – Turning the Page on Violence	802.775.6788 **24 Hour Hotline: 802.775.3232** **Domestic Violence Hotline: 800.228.7395** **Sexual Violence Hotline: 800.489.7273** Website: www.nscvt.org	Aids in obtaining emergency relief from abuse orders, hospital emergency room support, assistance in finding emergency shelter, advocacy for legal, financial, medical, and housing issues, and community resource referrals.
Open Door Mission	802.775.5661 or 802.773.3568 Address: 31 Park Street Rutland, VT 05701 Email: rutmission@aol.com	Provides a 51-bed facility with emergency shelter and a long-term Veterans shelter. The mission is a dry, no tolerance shelter.
Rutland Housing Authority	802.775.2926 or After Hours 802.747.1291 Address: 5 Tremont St. Rutland, VT 05701 Website: www.rhavt.org	Administers both Public Housing and Section 8 Housing Choice Voucher programs, affordable housing developments, and supportive services for our residents and community at large. Serves senior citizens, low-income families, and disabled individuals in the greater Rutland community.
Vermont State Housing Authority	Website: www.vsha.org	Our Mission is to promote and expand the supply of affordable rental and homeownership opportunities on a statewide basis.
Vermont Tenants Rights and Resources/CVOEO	Hotline: 802.864.0099 Educational Services: 802.660.3455 x 205 http://www.cvoeo.org	Vermont Tenants services are provided by the Housing Advocacy team and are available to renters anywhere in Vermont.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Veterans' Assistance Office	802.775.6772	Provides shelter, clothing, food, and an individualized program to reintegrate Veterans into the community and help them to achieve self-sufficiency. The program also assists any Veteran, whether they are homeless, with VA health care applications, obtaining military records, and laundry. Dodge House invites Veterans to drop in any time they are open.

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LGBTQ+ (*Lesbian, Gay, Bisexual, Transgender, Queer*)

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Outright Vermont	802.865.9677 Website: www.outrightvt.org Email: info@outrightvt.org	A youth center and statewide advocacy organization that provides education and outreach, youth programming, and resources to youth and their parents.
The Trevor Project	Trevor Lifeline: 866.488.7386 Text "start" to: 678-678 Website: www.TrevorSpace.org Website: www.thetrevorproject.org/get-help/	Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.
Trans Lifeline	Hotline: 877.565.8860 Website: www.translifeline.org Email: contact@translifeline.org	Provides direct service, material support, advocacy, and education, to help improve the overall life of trans people.
Out in the Open	Website: www.weareoutintheopen.org Email: info@weareoutintheopen.org	Out in the Open connects rural LGBTQ people to build community, visibility, knowledge, and power.
Planned Parenthood – Rutland Health Center	802.775.2333 Address: 11 Burnham Avenue Rutland, VT 05701 Website: www.plannedparenthood.org	Provides LGBTQ services, education, hormone replacement therapy, resource, and referrals.

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Libraries

ORGANIZATION NAME & ADDRESS	PHONE WEBSITE EMAIL
Bailey Memorial Library 111 Moulton Avenue N Clarendon, VT 05759	802.747.7743 Website: baileylibraryvt.wordpress.com Email: bbaileylibrary@gmail.com
Brandon Free Public Library 4 Frankline Street Brandon, VT 05733	802.247.8230 Website: bfpl.insigniails.com/Library/Home Email: info@brandonpubliclibrary.org
Castleton Free Library 638 Main Street Castleton, VT 05732	802.468.5574 Website: www.castletonfreelibrary.org Email: castletonfreelibrary@gmail.com
Chittenden Public Library 223 Chittenden Road Chittenden, VT 05737	802.773.3531 Website: www.chittendenpubliclibrary.com Email: chittendonpl@gmail.com
Fair Haven Free Library 107 North Main Street Fair Haven, VT 05743	802.265.8011 (*leave message*) Website: fairhavenfree.org Email: fairhavenfreelibrary@gmail.com

ORGANIZATION NAME & ADDRESS	PHONE WEBSITE EMAIL
Maclure Library 840 Arch Street Pittsford, VT 05763	802.483.2972 Website: www.maclurelibrary.org Email: contact@maclurelibrary.org
Proctor Free Library 45 Main Street Proctor, VT 05765	802.459.3539 Website: proctorvermont.com/library
Rutland Free Library 10 Court Street Rutland, VT 05701	802.773.1860 Website: www.rutlandfree.org Email: rutlandfree@rutlandfree.org
West Rutland Free Library 595 Main Street W Rutland, VT 05777	802.438.2964 Website: www.westrutlandfreelibrary.com/ Email: westrutlandlibrary@yahoo.com

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Long Term Care & Community Care Homes

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Ida's House of VT	802.247.0381 Website: https://www.lyghtbulbmomentfoundation.org/ida-s-house	Ida's House is not a facility. It is a true home, built on compassion, dignity, and skilled care. We serve individuals with: Alzheimer's and other forms of dementia—at any age Behavioral health needs alongside cognitive decline Medicaid eligibility, ensuring no one is turned away due to finances
Lenny Burke's Farm	802.446.6020 Wallingford, VT Email: lennyburkesfarm@gmail.com	Assisted living facility for patients with traumatic brain injuries.
Mountain View Center	802.775.0007 Rutland, VT Website: www.genesishcc.com/mountainview	Short Stay Rehabilitation, Memory Impairment Care and Long-Term Care services; transportation services for hospital, appointments, and community outings.
Our House Residential Care Home	802.773.4285 Rutland, VT Website: www.ourhouserch.com Email: info@ourhouserch.com	Residential care homes: 3 are special care units specifically designed and focused on providing the best care for loved ones suffering from dementia, and one transitional/assisted living facility. (*Level III*)
Rutland Healthcare and Rehabilitation Center	802.775.2941 Rutland, VT Website: https://rutlandclr.com/about/	Provides physical, occupational, speech and respiratory therapy, short stay rehabilitation, long term care, and memory impairment services.
St. Joseph Kervick Home	802.775.5133 Rutland, VT Website: https://vtcatholiccharities.org/st-joseph-kervick-rutland	55 bed capacity Level III and a 2 bed Level IV residential care home.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
The Gables at East Mountain	802.770.5263 Rutland, VT Website: www.thegablesvt.com	Full-service, independent living community.
The Meadows at East Mountain	802.775.3300 Rutland, VT Website: www.themeadowsvt.com	Full-service, assisted living community.
The Pines at Rutland	802.775.2331 Rutland, VT Website: www.pinesrutland.com Email: rutland-info@nathealthcare.com	Provides a comprehensive array of specialized services and programs including clinical care, physical, occupational and speech therapies, in addition to social services and recreational therapies.
Vista Senior Living	802.772.0555 or 802.772.7118 Killington, VT Website: www.vistavermont.com	Vista Senior Living is a pet-friendly community located in Killington, Vermont offering Residential Care and Specialty/Memory Assisted Living Care.

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Low Cost and/or Free Health Clinics & Dental Clinics

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Community Dental Rutland	802.774.5050 Address: 69 Allen Street, Suite 10 Rutland, VT 05701 Website: https://www.chcrr.org/services/dental/	Provides dental services to all Vermont patients regardless of income or insurance status. Sliding fee scale. Appointment only.
Eye Care	Website: www.new-eyes.org Email: info@new-eyes.org	"New Eyes" is an organization that assists individuals in the United States, who have no other resources, to obtain a basic pair of eyeglasses free of charge. Visit our website for more information.
Rutland Community Health Partners (Formerly known as Rutland Free Clinic)	802.775.1360, Ext. 1 Address: 204 North Main Street Rutland, VT 05701 Website: https://www.rchealthpartners.org/	Services include three clinics per week for Routine/Primary health exams: medical and dental, Dental Care *(extractions and fillings only)*, chronic care management, physical exams, acute illness exams ***(no emergency care is available)***, mental Health counseling, women's health clinics, nutrition counseling, alternative health modalities, referral to medical specialists as needed, and assistance with enrollment for VT Health Connect, Medicaid, Rutland Regional Medical Center free care program, Ladies First, Quitline, and Prescription Assistance Programs.
You First (*formerly Ladies First*) Vermont Department of Health	800.508.2222 Website: www.healthvermont.gov/wellness/you-first Email: youfirst@vermont.gov	Offers personalized support to pay for and connect eligible Vermonters to breast, cervical and heart screenings, diagnostic tests, and heart healthy lifestyle programs.

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Mental Health, Counseling & Support

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Behavioral Health Services – A Department of Rutland Regional Medical Center	802.747.1857 Address: 1 Commons Street Rutland, VT 05701 Website: www.rrmc.org	Provides comprehensive outpatient behavioral health treatment for adults ages 18 and older from consultation through treatment and beyond with a multidisciplinary team.
Behavioral Health Services – Community Health	Website: www.chcrr.org	Provides a wide range of programs and services to meet the needs of our patients and their families to address mental health and substance use disorders. Our team consists of psychiatrists, psychiatric nurse practitioners, licensed social workers, licensed mental health counselors, licensed alcohol and drug counselors, behavioral health care managers and Medicated Assisted Treatment (MAT) care managers
Brattleboro Retreat	Main Number: 802.258.3737 Admissions: 802.258.3700 Address: 1 Anna Marsh Lane Brattleboro, VT 05301 Website: www.brattlebororetreat.org	Provides both short- and long-term mental health outpatient services, including assessments, general counseling services, emergency psychiatric care, medication-assisted therapy, and outreach services.
Community Care Network – Rutland Mental Health Services/ Rutland Community Programs	**Crisis Line 802.775.1000** **Crisis Text Line: 802.214.2553** Main Number: 802.775.2381 Address: 78 South Main St Rutland, VT 05701 Website: www.rmhsccn.org	Provides screening, diagnostics, and treatment planning services for acute or chronic psychiatric problems. Also offers individual, group, conjoint, and family counseling; therapy groups; medication; other mental health services for community residents, especially for acute or chronic psychiatric disorders or those having trouble resolving personal or interpersonal conflicts or making personal adjustments to stressful life situations. Provides telephone and face-to-face crisis intervention services for individuals whose emotional distress may range in severity from difficulty in coping with daily stress to the crisis of a psychotic episode.
NAMI (*National Alliance on Mental Illness*)	NAMI Vermont: 802.876.7949 x101 National NAMI HelpLine: 800.950.6264 **Crisis – Text "NAMI" *(6264)* to 741741** Website: nami.org	Dedicated to building better lives for the millions of Americans affected by mental illness.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
National Suicide Prevention Lifeline	**1.800.273.TALK *(8255)***	**24 hours a day, 7 days a week**
Pathways Vermont – Support Line	Call or Text: 833.888.2557 Main Number: 888.492.8218 Website: www.pathwaysvermont.org Email: info@pathwaysvermont.org	Provides anonymous, non-judgmental support and connection for all Vermonters by phone. Staffed by local peers who have been through tough situations themselves. Phone line is open every day from 3pm - 6am
Rutland County Peer-Run Warm Line	802.770.4248	Volunteer-run program provides telephone support and information.
Spring Lake Ranch – Therapeutic Community	Main Number: 802.492.3322 Admissions: 802.772.8350 Address: 1169 Sprint Lake Road Cuttingsville, VT 05738 Website: www.springlakeranch.org Email: info@springlakeranch.org	Supports and empowers people with mental health and substance abuse issues by providing opportunities to grow and thrive.
Southwestern Vermont Council on Aging (SVCOA)	800.642.5119 Address: 143 Maple St, Rutland VT 05701 Website: www.svcoa.org Email: infoandassistance@svcoa.net	Helps ensure older Vermonters are able to age with dignity, independence, and quality of life. SVCOA offers a confidential and toll-free Helpline, Case Management Services, Nutrition (including Meals on Wheels) and Wellness Programs including Matter of Balance and Taichi classes, Caregiver Support Services, Volunteer Opportunities, Money Management Support, Medicare, Medicaid & State Health Insurance Program (SHIP) Support and a contracted Elder Care Clinician offering Mental health support.
Vermont Catholic Charities	802.773.3379 or 877.250.4099 Address: 1 Scale Avenue Rutland, VT 05701 Website: www.vermontcatholic.org Email: info@vermontcatholic.org	Supports individuals of all ages and/or families; services include mental health counselling, emergency aid, prison ministry, residential care homes, crisis pregnancy services and denture program.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Federation of Families for Children's Mental Health	802.876.7021 or 800.639.6071 Website: www.vffcmh.org Email: vffcmh@vffcmh.org	Supports families of children and youth, ages 0-22, who are experiencing or are at risk of experiencing emotional, behavioral, or mental health challenges. Also supports youth in transition through Vermont's Youth in Transition program. Advocates for appropriate and needed services for all. Supports families within the Act 264 process, and values and encourages peer services and supports as a needed part of Vermont's system of care for mental health and addiction recovery.

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Parenting

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Child Care Consumer Line, State of Vermont	800.649.2642, Option 3 Website: www.dcf.vermont.gov Email: ahs.dcfcddchildcarelicensing@vermont.gov	Get information about: • childcare providers (*e.g., when they became licensed, if they are accredited or have a STARS rating, and if they've had any licensing violations in the past year*). • or voice a concern about a provider (*e.g., unregulated, lack of supervision, too many children, unqualified or not enough staff, inappropriate guidance and discipline, unsafe environment*); • or make a formal complaint about a childcare provider.
Child Care Resource	802.863.3367 or 800.339.3367 Website: www.childcareresource.org Email: info@childcareresource.org	Helps parents find childcare and access to help for paying for it; providers develop knowledge and skills and help them access resources all to support the children in their care; provides critical information to decision-makers such as community planners, legislators, school administrators, and human resource managers interested in addressing systemic community childcare needs and challenges.
Family Mediators	802.773.3410 Website: www.familymediatorsvermont.com	Assists with: • Conflict Between Couples: resolving persistent issues, divorce/separation, blending families, learning better negotiation skills. • Conflict Between Family Members: resolving issues between parents and child, learning how to negotiate with a teen, issues between adult siblings.
Family Tree Access Center	802.775.0068 Address: 1 Scale Avenue, Suite 62 Rutland, VT 05701	Provides safe contact between children and their non-residential parents and family members in supervised, child-focused environments.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Friends in Adoption	800.982.3678 Website: https://www.friendsinadoption.org/about/castleton-vt-adoption-agency/ Email: info@friendsinadoption.org	Friends in Adoption is a licensed, non-profit infant adoption agency with an office in Castleton, VT. They have a team of adoption experts that provide adoption information and assistance to pregnant individuals/couples considering adoption, with in-person services throughout Vermont.
Get Net Wise	Website: www.getnetwise.org	Provides information, education, and guidance for parents regarding children and the internet.
Help Me Grow Vermont	2-1-1 x 6 Dial 211 or Text "HMGVT" to 898211 Website: www.helpmegrowvt.org Email: info@helpmegrowvt.org	Provides a centralized telephone access point, via Vermont 2-1-1, for parents, caregivers, pre-schools, and healthcare providers to get information about and referrals to local services for children birth through age 8.
La Leche League Vermont	Website: https://www.lllmarivt.org/lllrutland	LLL of Burlington, VT offers breastfeeding support and information at no cost. We are not currently hosting in-person meet-ups, but we are available to answer your breastfeeding questions and concerns.
National Parent Youth Helpline	855.427.2736 Website: https://nationalparentyouthhelpline.org/	If you are struggling as a parent, caregiver or a youth, the helpline is here to provide vital support. It is a judgment-free, compassionate space for those in need of immediate emotional support 24 hours a day, 7 days a week. Whether you are amid a personal crisis or just need someone to talk to, the Helpline's trained counselors are always ready to help.
Parent Up	Website: www.parentupvt.org Email: AHS.VDHADAP@vermont.gov	Provides resources to help guide parents through challenges including alcohol, marijuana, tobacco, and other drugs.
Parents of Murdered Children (*POMC*)	513.721.5683 Website: www.pomc.org Email: natlpomc@pomc.org	Provides ongoing emotional support to help parents and other survivors of homicide facilitate the reconstruction of a "new life" and to promote a healthy resolution; also helps with the criminal justice system.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Prevent Child Abuse – Vermont (*PCAVT*)	802.229.5724 or 800.975.7147 **If you suspect abuse is happening to a child, call Department for Children & Families Central Intake Line at 1.800.649.5285** Website: www.pcavt.org	Promote and support healthy relationships within families, schools, and communities to eliminate child abuse. Programs include parent education and support programs, healthy relationships, child sexual abuse prevention trainings, safe environments for infants and toddlers, Vermont parent's home companion and parent's HelpLine.
Rutland County Parent-Child Center	802.775.9711 or 800.480.9711 Address: 61 Pleasant Street Rutland, VT 05701 Website: www.rcpcc.org Email: info@rcpcc.org	Programs include: 4 STAR Early Childhood Programs, Parenting Education and Support, Children's Integrated Services, Building Bright Futures, Reach Up, Learning Together, POISE, play groups and Strengthening Families
Strong Families Program Vermont	Call 2-1-1 x 6 or TEXT HMGVT to 898211 https://www.healthvermont.gov	We cover a variety of topics, and support the whole family with: Pregnancy, birthing, and postpartum care Lactation support and nutrition education Parenting support Caring for your baby and young child Ways to play and connect with your baby that supports child development. Connection to other services, programs, and families. This program is here to help someone expecting a new baby or taking care of a child under the age of six*. *This program is for families with Medicaid insurance, and families that meet other eligibility requirements. Our goal is to connect all interested families to home visiting or another helpful parenting resource in their community.
Vermont Achievement Center (*VAC*)	802.775.2395 Address: 88 Park Street Rutland, VT 05701 Website: www.vacvt.org	Provides vital programs in special education, family social services, early education and care, and water therapy and instruction. Determines eligibility for families to receive financial assistance for childcare. Offers professional development opportunities and support for registered and licensed childcare providers. Provides referral information and educational literature for families searching for childcare.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Agency of Education	802.828.1130 Website: www.schoolsnapshot.vermont.gov Email: aoe.edinfo@vermont.gov	Implement state and federal laws, policies, and regulations to ensure all Vermont learners have equitable access to high-quality learning opportunities.
Vermont Catholic Charities	802.773.3379 or 877.250.4099 Address: 1 Scale Avenue Rutland, VT 05701 Website: www.vermontcatholic.org Email: info@vermontcatholic.org	Supports individuals of all ages and/or families; services include mental health counselling, emergency aid, prison ministry, residential care homes, crisis pregnancy services and denture program.
Vermont Family Network	802.876.5315 or 800.800.4005 Website: www.vermontfamilynetwork.org Email: Info@vtfn.org	Empowers parents, families, children, and adults who have special needs to be effective advocates for their health, education and well-being. Provides information, support, and advocacy. Promotes family-centered policies and practices.
Vermont Kin as Parents (*VKAP*)	802.871.5104 or 802.391.8849 Website: www.vkap.org Email: secretary@vermontkinasparents.org	Supports relatives who are raising children and helps to understand and navigate the different systems in which they may be involved, including courts, Department of Children and Families, mental health and substance abuse agencies. Collaborates with state and private agencies. Offers small respite grants to families as funding is available Provides information about resources available to kinship families and makes referrals to agencies, as needed.
Vermont Parent's HelpLine	802.229.5724 or 800.244.5373 Website: www.pcavt.org/parents-helpline Email: pcavt@pcavt.org	A resource dedicated to parents, professionals, and community members for parenting support, resources, and referrals. The HelpLine is open Monday through Friday 8:30am-4:30pm.
WITS End Support Group	802.775.6608 Website: https://witsendresources.com/ Email: collcartoy@aol.com	A free, open, and confidential peer support group for families to learn about the signs and symptoms of drug use.

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People with Disabilities

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Adult Protective Services (*APS*)	802.241.0344 **Adult Protective Services** **Reporting Line: 800.564.1612** Website: www.dlp.vermont.gov	Vermont's Adult Protective Services (*APS*) program is the primary unit of state government responsible for investigating allegations of abuse, neglect, and exploitation of vulnerable adults.
Brain Injury Association of Vermont	802.244.6850 Website: www.biavt.org Email: support@biavt.org	Committed to preventing brain injury and providing help to brain injury survivors. Promotes prevention, education, and advocacy and provides support to Vermonters with brain injury and their families.
Children with Special Health Needs (*CSHN*)	802.863.7338 or 1.800.660.4427 Website: www.healthvermont.gov Email: AHS.VDHCSHNConsultation@vermont.gov	Supports Vermont children and youth with special health needs by ensuring comprehensive, culturally sensitive, community-based, and family-centered services. This is a free public health program for families.
Community Access Program *(CAP)* of Rutland Mental Health Services	Rutland Mental Health Services Rutland Community Programs: 802.775.2381 Website: www.rmhsccn.org	Assists those who are developmentally disabled and works with their families, and other service providers, to develop the supports necessary within the community to assist individuals to identify and achieve personal goals.
Disability Rights Vermont	Rutland Office: 802.773.3944 Main Office – Montpelier: 800.834.7890 or 802.229.1355 Website: www.disabilityrightsvt.org Email: info@disabilityrightsvt.org	A statewide agency dedicated to advancing the rights of people with disabilities and mental health issues

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Division of Disabilities, Aging, and Independent Living (*DAIL*)	802.241.2401 Website: www.dail.vermont.gov	Provides assistance for the following: Caregivers and Support Providers, Assistive Adaptive and Rehabilitative Devices, Information on Autism Services, Blind and Visually Impaired, Deaf and/or Hard of Hearing, Developmental Disabilities, older Vermonters, Physical Disabilities, Traumatic Brain Injuries, Employees and/or Job Seekers with Disabilities, and Youth with Disabilities and/or Significant Learning Challenges.
Division of the Blind and Visually Impaired	802.786.5822 or 1.800.708.7712 Address: 190 Asa Bloomer Building Rutland, VT 05701 Website: www.dbvi.vermont.gov	Supports the efforts of Vermonters who are blind and visually impaired to achieve or maintain economic independence, self-reliance, and community integration.
Emma's Place	802.446.3574 Address: 212 North Main Street Wallingford, VT 05773	Supervised residential apartment facility for residents with head injuries. Provides apartments for independent living with monitoring and supervision.
Head Injury/Stroke Independence Project	802.446.2302 Website: lennyburkesfarm@gmail.com	Serves survivors of traumatic brain injury age 18 & up. Provides rehabilitation efforts to move survivors from institutions to higher levels of independence with support system.
HireAbility VT	802.786.5866 Website: www.hireabilityvt.com	HireAbility VT is a division within the Agency of Human Services that provides career exploration and planning services to help Vermonters with disabilities reach their highest potential.
Kids on the Move – Pediatric Rehab (*VNA & Hospice of the Southwest Region*)	802.775.0568 Website: www.vermontvisitingnurses.org	Serves children from birth to 21 years of age, with rehabilitation needs by providing physical, occupational, and speech-language therapy services.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Maple Leaf Clinic	802.446.3577 Website: www.mapleleafclinic.com Email: mapleleafclinic@vermontel.net	Provides a variety of services to the community including neuropsychological, educational, and psychological evaluations of children, adolescents, and adults. Provides social skills development for all ages, cognitive rehabilitation for brain damage using the REHABIT program, and educational or clinical consultation.
Rutland Area Advocacy, Resources, Community (*ARC*)	802.775.1370 Website: www.arcrutlandarea.org Email: info@arcrutlandarea.org	Advocates for the right of individuals with developmental disabilities, and their families, to be regarded as valued citizens with the same entitlements as non-disabled individuals, including the right to lifelong opportunities for personal growth and full participation in the community.
Rutland Mental Health Services	**Crisis Line: 802.775.1000** **Crisis Text Line: 802.214.2553** Main Number: 802.775.2381 Address: 78 South Main St Rutland, VT 05701 Website: www.rmhsccn.org	Provides various mental health services for the community.
Vermont Achievement Center	802.775.2395 Website: www.vacvt.org	Builds positive life skills through advocacy, education, and empowerment.
Vermont Adaptive Ski & Sports	802.786.4991 Website: www.vermontadaptive.org Email: director@vermontadaptive.org	A nationally recognized organization that empowers people of all abilities through inclusive sports and recreational programming regardless of ability to pay. In addition to sports, year-round programming options integrate environmental, holistic wellness and competitive training philosophies for people of all ages with cognitive, developmental, physical, and emotional disabilities.
Vermont Assistive Technology Program (*VATP*)	1.800.750.6355 Website: www.atp.vermont.gov	Helps individuals of all ages find accessible solutions to overcome barriers at home, work, and in the community as related to disability and aging related needs.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Associates for Training & Development (*A4TD*)	802.282.4423 Address: 88 Merchants Row Rutland VT 05701 Website: https://a4td.org/	Provides training and employment services to low-income Vermonters over the age of 55 or disabled.
Vermont Center for Independent Living (*VCIL*)	Rutland: 802.779.9021 Address: 60 Center Street, Suite 1 Rutland, VT 05701 Website: www.vcil.org Email: info@vcil.org	A nonprofit organization directed and staffed by individuals with disabilities. Works to promote the dignity, independence, and civil rights of Vermonters with disabilities.
Vermont Communication Support Project *(VCSP)*	1.800.834.7890 Rutland: 802.229.1355 Website: www.disabilityrightsvt.org Email: info@disabilityrightsvt.org	Provides specialized accommodations that assist individuals who have disabilities that impact their ability to communicate. Offers communication support in court and administrative proceedings, as well as with attorneys or agency personnel meetings.
Vermont Judiciary Interpreter Referral Service	1.800.639.1519 Website: https://www.vermontjudiciary.org/programs-and-services/language-access-interpreters-and-translators	The Vermont Judiciary is committed to ensuring that people who have a limited ability to speak, read, write, or understand English as well as people who are Deaf have meaningful access to the Judiciary's programs and services.
Vermont Relay – Telecommunications Service for Persons with Hearing or Speech Disability	Dial 711 or 800-253-0191 Support Service: 1.866.931.9028 Website: https://vermontrelay.com/	Offers many ways for you to communicate with anyone over the phone. Provides a free service that enables people who are Deaf, Hard of Hearing, Deaf, Blind or those with a Speech Disability to place and receive phone calls

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Physical Activity

(Also view Community Centers and Activities)

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Bone Builders – Rutland & Addison Counties	Rutland County: 802.775.8220 Addison County: 802.388.7044 Website: www.volunteersinvt.org/service/rsvp-bone-builders-program	A free exercise program using weight training and balance exercises; all around Rutland and Addison Counties.
Boys & Girls Club of Rutland County	Main Number: 802.747.4944 Castleton Club: 802.772.5516 Fair Haven Club: 802.772.5501 Rutland City Club: 802.772.5517 Rutland Town Club: 802.772.5557 Website: www.rutlandbgclub.org	Programs and services to promote and enhance the development of children by instilling a sense of competence, usefulness, belonging and influence.
Come Alive Outside	Rutland: 1.707.867.5969 Website: www.comealiveoutside.com	Community systems that create awareness, intention, and opportunity for people to live healthier lives outside.
Godnick Adult Center	802.773.1853 Address: 1 Deer Street Rutland, VT 05701 Website: www.rutlandrec.com/godnick	Provides opportunities to get more involved in the community with activities such as dance lessons, yoga, Zumba, Bone Builders, knitting, lunches, bingo, movies, and book discussions.
Mitchell Therapy Pool at Vermont Achievement Center	802.773.7187 Website: www.vacvt.org/mitchell-therapy-pool Email: mtp@vacvt.org	Indoor, heated and specially equipped therapy pool for adults and children providing therapeutic swimming for children and adults of all abilities.
Movers and Shakers	802.468.7056 Email: rsvpfgp@gmail.com	FREE exercise program for those living with Parkinson's and other related diseases at the Godnick Adult Center.
Pine Hill Park	Website: www.pinehillpartnership.org Email: pinehillpark@gmail.com	16 miles of single-track trail spread over 325 acres of terrain offering mountain biking, trail running, hiking, walking, snowshoeing, and geocaching.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Slate Valley Trails	Website: slatevalleytrails.org/ Email: info@slatevalleytrails.org	Builds, maintains and promotes foot and bicycling trails of more than 50 miles of free, public trails in Poultney, Castleton and Wells.
Rutland Recreation and Parks Department	802-774-1819 or 802.773.1822 Website: www.rutlandrec.com	Youth and adult recreational activities in the Rutland Town community.
Killington Parks and Recreation	802.422.3030 Website: www.killingtonrec.com Email: recdirector@killingtontown.com	Youth and adult recreational activities in the Killington community.
Vermont Adaptive Ski & Sports	802.786.4991 Website: www.vermontadaptive.org Email: director@vermontadaptive.org	A nationally recognized organization that empowers people of all abilities through inclusive sports and recreational programming regardless of ability to pay. In addition to sports, year-round programming options integrate environmental, holistic wellness and competitive training philosophies for people of all ages with cognitive, developmental, physical, and emotional disabilities.
Vermont Department of Health	Rutland Office: 802.786.5811 State Office: 1.800.464.4343 Website: www.healthvermont.gov	The state's lead agency for public health policy and advocacy. Includes information on programs, publications, health officers and laws.
Vermont State Parks	1.888.409.7579 Website: vtstateparks.com/ Email: parks@vermont.gov	Provides 55 developed state parks that offer high-quality opportunities for outdoor recreation compatible with the conservation of Vermont's natural resources and aesthetics.
Vermont State University – Castleton	1.800.639.8521 Pool Information Line: 802.468.1426 Website: www.castleton.edu/community Email: info@castleton.edu	Spartan Arena Fitness Center, including pool, is open to the public. Membership registration and facility tours are available at the Spartan Arena, fees vary.

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Safe Communities

For Ambulance, Fire and Police Emergencies – Dial 911

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Boys & Girls Club of Rutland County	Main Number: 802.747.4944 Castleton Club: 802.772.5516 Fair Haven Club: 802.772.5501 Rutland City Club: 802.772.5517 Rutland Town Club: 802.772.5557 Website: www.rutlandbgclub.org	Programs and services to promote and enhance the development of children by instilling a sense of competence, usefulness, belonging and influence.
Child First Advocacy Center (*CFAC*)	**Report Abuse – If you suspect a child is being abused, please call: 1.800.649.5285** 802.747.0200 Website: www.childfirstvermont.org	Provides a safe and supportive environment to assist victims and their families in the discovery, intervention, treatment, and prevention of child sexual abuse.
Child Protection Hotline (*Vermont*)	**Report Abuse – If you suspect a child is being abused, please call: 1.800.649.5285**	24 hours a day, 7 days a week.
Community Care Network – Rutland Mental Health Services/ Rutland Community Programs	**Crisis Line 802.775.1000** **Crisis Text Line: 802.214.2553** Main Number: 802.775.2381 Address: 78 South Main St Rutland, VT 05701 Website: www.rmhsccn.org	Focused on improving the health and well-being of Rutland County residents and their families living with mental illness, developmental disabilities and substance use disorders.
Slate Valley Cares	802.265.3666 Address: 49 Main Street Fair Haven, VT 05743 Facebook: "Slate Valley Cares" Email: https://www.slatevalleycares.org/	Offers direct services for connecting individuals/households with agencies or organizations that can better serve their needs (housing, clothing, fuel costs). Provides help to those in need regardless of their race, creed, color, sex or sexual orientation.
National Human Trafficking Hotline	**24/7 Confidential: 1.888.373.7888** **Text 233733** Website: www.humantraffickinghotline.org	Connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The Trafficking Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
National Maternal Mental Health Hotline	**1.833.943.5746** **Text: Text "HELP" to 1-800-944-4773**	The National Maternal Mental Health Hotline is a free and confidential service that provides 24/7 support for moms and their families before, during, and after pregnancy 24/7 English and Spanish
National Runaway Safeline	1.800.786.2929 Website: www.1800runaway.org	24 hours a day, 7 days a week.
NewStory Center – Turning the Page on Violence	802.775.6788 **24 Hour Hotline: 802.775.3232** **Domestic Violence Hotline: 1.800.228.7395** **Sexual Violence Hotline: 800.489.7273** Website: www.nscvt.org	Aids in obtaining emergency relief from abuse orders, hospital emergency room support, assistance in finding emergency shelter, advocacy for legal, financial, medical, and housing issues, and community resource referrals.
Rutland County Community Justice Center	802.775.0878 or 1.800.717.2762 Website: https://rutlandrestorativejustice.org/	Provides Circles of Support and Accountability (*COSA*), Reparative Restorative Justice Panel Program (*RRJP*), Restorative Circles, and Victim Services. This is a Bennington Rutland Opportunity Council service.
Rutland Probation and Parole	802.786.5808	
Safer Society Foundation	802.247.3132 Website: www.safersociety.org	Provides services and resources for preventive and restorative responses to sexual and social violence.

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Senior Services

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Advance Directive	Vermont Ethics Network: 802.828.2909 VNAHSR: 802.775.0568 Community Health Team at Rutland Regional Medical Center: 802.776.5508	The Advance Directive document allows you to appoint someone to make choices on your behalf should you be unable to. These choices may include decisions regarding the type of care or treatments you would or would not want.
Age Well – Vermont	802.865.0360 or 1.800.642.5119 Website: www.agewellvt.org	Provides resources for people aged 60 and older including caregiver support, health insurance counseling, transportation, meals on wheels, adult day programs, home health services, housing alternatives and wellness programs.
Brandon Senior Citizens Center	802.247.3121 Website: www.brandon.org/business/brandon-senior-citizens-center-inc/	Provides: Meals on Wheels; a free community lunch that is made and served on Fridays; Bone Builders exercise classes held twice a week; RAVNAH Toenail Clinic; WIC clinic; dinner once a month, free community brunch, BINGO; adult coloring group.
Castleton Community Seniors	802.468.3093 Website: www.castletoncsi.org Email: homested@shoreham.net	Provides education, recreation, communication, health, and social opportunities for seniors.
Disabilities, Aging and Independent Living	802.241.2401 Website: www.dail.vermont.gov	Provides programs and services for Vermonters over age 60, people with developmental disabilities, physical disabilities, blindness and visual impairment, traumatic brain injuries, employment for people with disabilities, assistive technology, deafness, hard of hearing or late-deafened.
Godnick Adult Center	802.773.1853 Website: www.rutlandrec.com	Provides opportunities to get more involved in the community with activities such as dance lessons, yoga, Zumba, Bone Builders, knitting, lunches, bingo, movies, and book discussions.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Green Mountain Foster Grandparent Program	802.774.8711 Website: www.volunteersinvt.org Email: rsvpfgp@gmail.com	Provides opportunities for volunteers to lend their time, skills, and life experiences to assist children in reaching their potential by providing mentoring and role modeling for children of all ages. Serving Rutland, Bennington, and Addison counties.
Lifeline Program	802.747.1816 Website: www.rrmc.org	Emergency alert system, 24-hour/365 day; response center staffed with professionally trained staff to answer call and determine the level of emergency.
Poultney Young Heart Senior Center	802.287.9200	Provides meals and activities for senior citizens.
RSVP & The Volunteer Center	Rutland: 802.468.7056 Addison: 802.388.7044 Website: www.volunteersinvt.org Email: rsvpfgp@gmail.com	Program for people who want to make a difference, get involved, and enjoy the experience of volunteering.
Southwestern Vermont Council on Aging (SVCOA)	1.800.642.5119 Address: 143 Maple St, Rutland VT 05701 Website: www.svcoa.org Email: infoandassistance@svcoa.net	Helps assure older Vermonters can age with dignity, independence, & quality of life. SVCOA offers a confidential Helpline, Case Management Services, Nutrition & Wellness Programs including Matter of Balance & Taichi classes, Caregiver Support Services, Volunteer Opportunities, Money Management Support, Medicare, Medicaid & State Health Insurance Program (SHIP) Support & a contracted Elder Care Clinician offering Mental health support.

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Support Groups – Addiction & Recovery

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Al-Anon / Ala-Teen	1.866.972.5266 Website: www.vermontalanonalateen.org Email: info@vermontalanonalateen.org	A fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. Al-Anon's primary purpose is to help family and friends of alcoholics, whether the alcoholic is still drinking or not.
Alcoholics Anonymous	Rutland: 802.775.0402 Bennington: 802.447.1285 Manchester: 802.362.3824 Middlebury: 802.388.9284 Website: www.aavt.org	Alcoholics Anonymous assists people with their alcohol addiction, treatment, and recovery.
Anorexia Nervosa and Associated Disorders (*ANAD*)	HelpLine: 1.888.375.7767 Website: www.anad.org Email: hello@anad.org	The ANAD Helpline is available for treatment referrals, support and encouragement, and general questions about eating disorders.
Arthritis Support Group	802.775.8220 Website: www.healthvermont.gov	
Champlain Valley Area Narcotics Anonymous	1.866.580.8718 HelpLine, 24 hours: 802.862.4516 Website: www.cvana.org Email: publicinformation@cvana.org	Recovering addicts who meet regularly to help each other stay clean; a program of complete abstinence from all drugs. Zoom meetings, call 312.626.6799 and enter code: 739-744-832#
Community Care Network Rutland Mental Health Substance Use Services	802.775.4338 Address: 7 Court Street Rutland, VT 05701 Website: https://www.rmhsccn.org/evergreen-substance-recovery/	

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Community Prevention Programs – Alcohol and Drug Abuse Programs State of Vermont	802.786.5876 Website: www.healthvermont.gov	Oversee a network of health promotion, prevention, intervention, treatment and recovery services.
Drug Rehab Centers in Vermont	802.651.1550 or 211 Website: www.healthvermont.gov www.vthelplink.org	List of accredited treatment centers in Vermont. Find all recovery options in nearby cities and sort by detox, inpatient, outpatient, aftercare, payment type, amenities and more.
Families Anonymous	800.736.9805 Montpelier: 802.595.1126 Morrisville: 802.888.5869 or 802.730.9340 Website: www.familiesanonymous.org Email: info@familiesanonymous.org	For families dealing with alcohol and drug addiction of a family member in a 12-step process.
Gamblers Anonymous	Vermont Hotline 855.222.5542 Website: https://gamblersanonymous.org/	Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.
Narcotics Anonymous – Green Mountain Area	802.265.6414 or 211 Website: www.gmana.org Email: info@gmana.org	Fellowship of men and women for whom drugs have become a major problem. They are recovering addicts who meet regularly to help each other stay clean.
NewStory Center – Turning the Page on Violence	802.775.6788 **24 Hour Hotline: 802.775.3232** **Domestic Violence Hotline: 1.800.228.7395** **Sexual Violence Hotline: 800.489.7273** Website: www.nscvt.org	Aids in obtaining emergency relief from abuse orders, hospital emergency room support, assistance in finding emergency shelter, advocacy for legal, financial, medical, and housing issues, and community resource referrals.
Overeaters Anonymous – Green Mountain North Intergroup	802.863.2655 Website: www.oavermont.org Email: info@oavermont.org	A community of people who support each other in order to recover from compulsive eating and food behaviors.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Rocking Horse Circle of Support	802.747.3588 Address: 45 Union St. Rutland VT 05701 www.rmhsccn.org	A program designed for women of all ages including those with young children and pregnant women who are substance users or whose lives have been affected by the substance of a spouse, significant other or family member.
Tobacco Treatment Support & Websites 802 Quits = 800.784.8669, www.802quits.org Quit for Life = www.truthinitiative.org Freedom From Smoking = https://store.freedomfromsmoking.org/ Be Tobacco Free = www.smokefree.gov My Healthy Vermont Free Workshops = www.myhealthyvt.org		Rutland Regional is dedicated to helping people quit tobacco. When you are ready to quit, the right support can make all the difference.
Turning Point Recovery Center of Rutland	802.773.6010 Address: 141 State Street Rutland, VT 05701 Website: www.vtrecoverynetwork.org Email: info@vtrecoverynetwork.org	A form of strength-based support for persons with addictions or in recovery from alcohol, drugs, codependency, or other addictive behaviors.
Vermont Alcohol and Drug Information Clearinghouse (*VADIC*)	802.223.6263 Website: www.vadic.org Email: orders@vadic.org	Free addiction and recovery publications and resources for all Vermonters.
Vermont Association for Mental Health and Addiction Recovery (*VAMHAR*)	802.223.6263 Website: https://vamhar.org Email: info@recoveryvermont.org	Statewide information and advocacy organization that supports all paths to recovery from addiction and mental health conditions.
Vermont Recovery Network	802.738.8998 Website: www.vtrecoverynetwork.org Email: info@vtrecoverynetwork.org	Provides peer supports, sober recreation, and educational opportunities for Vermonters who have experienced drug and/or alcohol.
WITS End Support Group	802.775.6608 Email: collcartoy@aol.com	A free, open, and confidential peer support group for families to learn about the signs and symptoms of drug use.

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Support Groups – Behavioral Health

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Behavioral Health – A Department of Rutland Regional Medical Center	802.747.1857 Website: www.rrmc.org	Outpatient behavioral health services.
Children and Adults with Attention Deficit Hyperactivity Disorder (*CHADD*)	1.866.200.8098 Website: www.chadd.org	Provides support and services for attention deficit hyperactivity disorder.
Mental Health Hotline	1.800.789.2647 Website: www.samhsa.gov	Provides mental health information and resources. Able to refer callers to treatment facilities or federal, state and local organizations dedicated to treating and preventing mental illness.
NAMI (*National Alliance on Mental Illness*)	NAMI Vermont: 802.876.7949 x101 National NAMI HelpLine: 800.950.6264 **Crisis – Text "NAMI" *(6264)* to 741741** Website: nami.org	Dedicated to building better lives for the millions of Americans affected by mental illness.
National Suicide Prevention Lifeline	**1-800-273-8255**	**24 hours a day, 7 days a week**
The Crisis Stabilization and Inpatient Diversion Program (*CSID*)	**Crisis Hotline: 802.775.1000** 802.775.2381	A therapeutic community residence. Provides short-term stays for adults with acute psychiatric symptoms to help avoid the need for a higher level of care such as an inpatient psychiatric hospital or to serve as a step-down from inpatient psychiatric care to prepare for return to community-based support.
Veterans Crisis Line	Rutland VA: 802.772.2300 or Dial 988 and press 1 Text 838255 Website: www.veteranscrisisline.net	Connects Veterans in crisis and their families & friends with qualified, caring responders from Department of Veterans Affairs.

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Support Groups – Caregivers

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Alzheimer's Association – Caregiver Support Group	802.465.2255 24/7 Helpline: 1.800.272.3900 Website: https://www.alz.org/	Get the support you need. Meet safely with others for supportive, meaningful discussion led by a trained facilitator. Support groups are available throughout Vermont for caregivers or for people living with early memory loss.
Bayada Hospice Virtual Caregiver Support Group	802.282.4122 Website: www.bayada.com	A virtual caregiver support group.
Children with Special Health Needs (*CSHN*)	802.863.7338 or 1.800.660.4427 Website: www.healthvermont.gov Email: AHS.VDHCSHNConsultation@vermont.gov	Supports Vermont children and youth with special health needs by ensuring comprehensive, culturally sensitive, community-based, and family-centered services. This is a free public health program for families.
AIDS Project of Southern Vermont	802.254.4444 **Hotline 1.800.882.2437** Website: www.aidsprojectsouthernvermont.org/ Email: info@apsvt.org	Provides direct services to those whose lives are affected by HIV/AIDS, to offer education and supplies to help prevent its spread, and to promote understanding within the communities served.
Rutland County Caregiver Coalition	802.772.2471	Connecting caregivers with education and networking opportunities in Rutland.
Southwestern Vermont Council on Aging (SVCOA)	1.800.642.5119 Address: 143 Maple St, Rutland VT 05701 Website: www.svcoa.org Email: infoandassistance@svcoa.net	SVCOA's mission is to empower Vermonters to age with dignity, independence and quality of life.
Vermont Kin as Parents (*VKAP*)	802.871.5104 or 802.391.8849 Website: www.vkap.org Email: secretary@vermontkinasparents.org	Supports relatives who are raising children and helps to understand and navigate the different systems in which they may be involved, including courts, Department of Children and Families, mental health and substance abuse agencies. Collaborates with state and private agencies. Offers small respite grants to families as funding is available Provides information about resources and makes referrals to agencies, as needed.

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Support Groups – Grief

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
24-Hour Crisis Line Rutland Mental Health Services/ Rutland Community Programs	**Crisis Line 802.775.1000** **Crisis Text Line: 802.214.2553** Main Number: 802.775.2381 Address: 78 South Main St Rutland, VT 05701 Website: www.rmhsccn.org	Provides screening, diagnostics, and treatment planning services for acute or chronic psychiatric problems. Also offers individual, group, conjoint, and family counseling; therapy groups; medication; other mental health services for community residents, especially for acute or chronic psychiatric disorders or those having trouble resolving personal or interpersonal conflicts or making personal adjustments to stressful life situations. Provides telephone and face-to-face crisis intervention services for individuals whose emotional distress may range in severity from difficulty in coping with daily stress to the crisis of a psychotic episode.
Bereavement Group – VNA & Hospice of the Southwest Region	802.855.4225 Website: www.vermontvisitingnurses.org Email: bereavement@vnahsr.org or Jesse.Bradley@vnahsr.org	Offering support groups in form of 6-week sessions. Call for more detailed information.
Bayada Virtual Support Groups- • General Grief • Loss of Spouse • Men's Grief • Loss of Parent • Recent Loss (within 6 months)	Email: HOSbereavement@bayada.com	Bayada offers several Virtual Support Groups as listed in the first column. Please email for more information and register.
(*The*) Compassionate Friends	802.446.2278 Website: www.compassionatefriends.org Email: m2vt@aol.com Address: TCF Rutland Region Chapter 8 Court Street Rutland Vermont 05701-4024	Offers self-help support for parents who have experienced the death of a child, infant to adult.

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Empty Arms Vermont	802.232.2512 Website: www.emptyarmsvermont.org Email: info@emptyarmsvermont.org	Serving individuals and families whose babies have died through miscarriage, stillbirth, early infant death, or termination for medical reasons. Support groups are scheduled on 2nd Wednesday of the month at 7:30pm, virtually and on Zoom. Refer to website for further information. Pregnancy and Infant Loss Support Group When: 2nd Wednesday of the month Time: 7:30pm Where: Online (email for a zoom link) This group is for any bereaved parent who has experienced pregnancy loss or early infant loss at any stage (recently or years ago). This support group is facilitated by Chelsea Levis and Jen Thompson. *This group has many members who have gone through stillbirth or infant loss. While this group is certainly open to any stage of loss, if you have experienced early pregnancy loss within the first trimester, we also have a dedicated Early Pregnancy Loss group. Pregnancy After Loss Support Group When: 3rd Thursday of the month Time: 7:30pm Where: Online (email for a zoom link) This group is for parents with prior loss who are currently pregnant. This support group is facilitated by Laura and Karyn. *Please note that this group is future-focused, holding the tension of hope and fear. If you have not processed a previous loss, we recommend attending another support group first. Miscarriage Support Group

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		When: Last Wednesday of the month Time: 7:30pm Where: Online (email for a zoom link) This group is for anyone who has experienced early pregnancy loss, typically within the first trimester. The topics of this support group focus on experiences related more closely to early pregnancy loss. Please note that the pregnancy and infant loss group will remain open to anyone with loss at any stage. TRYING FOR ANOTHER BABY SUPPORT GROUP (Regional group) When: Third Monday of the Month Time: 7:30–9:00pm Where: Online (email for a zoom link) Join us for a collaborative support group from the Empty Arms organizations in Massachusetts, Maine, and Vermont. This peer-facilitated group is specifically for parents who have experienced a prior loss that are in the process of trying to become pregnant, or those exploring surrogacy or adoption. Facilitators from each Empty Arms organization share facilitation. Dads Support Group This is a support group for male-identified, non-gestational parents who have experienced the loss of a baby. Navigating the loss of a child is profoundly challenging, and men often struggle to find a safe place to express their grief. This is a dedicated space where bereaved fathers can find solace and understanding. Our support group acknowledges that fathers experience grief differently from their partners, and we provide a compassionate environment tailored to these unique needs. You don't have to walk this path alone. This group is generally held on the 3rd Tuesday of the month and is facilitated by Joe and Will.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
		*Our sister organization offers a few additional groups to Vermont residents at this time. If you are interested in any of the groups below, please email chelsea@emptyarmsvermont.org and we will get you connected. Infant and Toddler Loss: This group will cater to people who had extended time with their babies before death (early infancy to two years old). Whether you had a baby with medical complexities, or whether your baby died unexpectedly at an older age, you are welcome in this group to process the pain of loss along with the social challenges that accompany the loss. This group meets on the first Monday of each month from 7-8:30 PM EST. LGBTQ+ Pregnancy and Infant Loss: This is a free support group open to parents who identify as LGBTQ+ residing in any location. This group usually meets on the second Friday of each month from 12:00-1:30 PM EST.
Parents of Murdered Children (*POMC*)	1.888.818.7662 Website: www.pomc.com Email: natlpomc@pomc.org	To provide support and assistance to all survivors of homicide victims while working to create a world free of murder.
Share Southern Vermont	802.226.7231 Email: sharesouthernvermont@gmail.com	Share Southern Vermont (SSV) is a 501 (c) 3, not-for-profit corporation, serving families grieving the loss of a child through pregnancy loss, stillbirth, or infant death.
Southwestern Vermont Council on Aging (SVCOA)	1.800.642.5119 Address: 143 Maple St, Rutland VT 05701 Website: www.svcoa.org Email: infoandassistance@svcoa.net	Services: Helps assure older Vermonters are able to age with dignity, independence, and quality of life. SVCOA offers a confidential and toll-free Helpline, Case Management Services, Nutrition and Wellness Support and Services, Caregiver Support and Counseling Services including free online Powerful Tools for Caregivers classes, Volunteer Opportunities, Money Management Support, Medicare, Medicaid & State Health Insurance Program (SHIP) Support and a contracted Elder Care Clinician offering Mental health

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
		support.
Sudden Infant Death Syndrome (*SIDS*) Vermont Department of Health	802.786.5811 Website: www.healthvermont.gov	Provides public health nursing services for support and information to families who have experienced the loss of a child from SIDS.

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Support Groups – Health

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
AIDS Project of Southern Vermont	802.254.4444 **Hotline 1.800.882.2437** Website: www.aidsprojectsouthernvermont.org/ Email: info@apsvt.org	Provides direct services to those whose lives are affected by HIV/AIDS, to offer education and supplies to help prevent its spread, and to promote understanding within the communities served.
American Cancer Society	1.800.227.1234 Website: www.cancer.org	We are a leading cancer-fighting organization with a vision to end cancer as we know it, for everyone. We are improving the lives of people with cancer and their families as the only organization combating cancer through advocacy, research, and patient support, to ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer.
American Lung Association in Vermont	802.876.6500 or 1.800.586.4872 Website: action.lung.org Email: info@lungne.org	ALA VT supports lung health research, treatments, education, and more.
Better Breathers Club – American Lung Association	802.345.3187 or 1.800.586.4872 Website: www.lung.org	Support, education and socialization for people with COPD *(Chronic Obstructive Pulmonary Disease)* or other chronic lung diseases, such as asthma, pulmonary fibrosis or lung cancer, their caregivers or family members.
Classes, Support Groups & Events – Rutland Regional Medical Center	802.776.5508 Website: www.rrmc.org	Offers a variety of health education programs and links to resources.
Diabetes Education & Support	802.775.7844 Website: www.rrmc.org	An individualized program to give patients and their family members a better understanding of diabetes.
Insulin Pump Support Group	802.775.7844 Website: www.rrmc.org	For people who manage their diabetes with insulin pumps.
Military One Source	1.800.342.9647 Website: https://www.militaryonesource.mil/	Supports every phase of military life.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Moms In Recovery Group	Website: https://www.dartmouth-hitchcock.org/moms-recovery	Support for pregnant and parenting moms who struggle with substance use.
Outright Vermont – Virtual Friday Night Support	802.865.9677 Website: www.outrightvt.org Email: info@outrightvt.org	Friday Night Group is Outright Vermont's signature social support group for self-identified queer and questioning youth ages 13-19.

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Transportation – Vermont

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
GO Vermont!	800.685.7433 Website: www.connectingcommuters.org	Transportation assistance programs for Vermonters
Green Mountain Neighbors	Website: https://greenmountain.helpfulvillage.com/pages/3-our-service-area	Provides transport services to residents of Mt. Holly, Shrewsbury, Wallingford.
Disabled American Veterans Network	802.296.5167 Website: www.dav.org/Veterans/i-need-a-ride	Disabled American Veterans is a network of volunteer drivers nationwide that help all Veterans with transportation to and from VA Medical Centers. This service can be coordinated via the Hospital Service Coordinator at the VA Medical Center in White River Junction, or by calling the Vermont DAV directly.
Marble Valley Transit (*The Bus*)	Marble Valley O&D Program – call to request a ride 802.773.3244 Website: www.thebus.com	**Eligibility for the Marble Valley O&D program:** x Riders must be 60 years of age or older x Or live with an Americans with Disabilities Act *(ADA)* defined disability x And reside in Rutland County **Eligible Trip Types by Priority** x **Non-Medicaid Critical Care** – Kidney dialysis, cancer treatment x **Non-Medicaid Medical** – Mental health, dental and eye care, other specialists x **Meals & Meal Programs** – Regular Senior Meal sites x **Adult Day Service**s – Nursing, respite, personal care x **Shopping** – Grocery & pharmacy visits x **Vocational** – Employment, interviews, and training x **Social** – Classes, activities and events for wellness x **Wellness** – Nutrition, health and pain management programs

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Marble Valley Transit (The Bus) Subscription Service	Arrangement/Information: (802) 747-3502 TDD 711 Relay Area covered: Rutland City and Rutland Town	Marble Valley Regional Transit District offers a simple solution for those who make regularly scheduled trips throughout Rutland City and Rutland Town. Point-to-point subscription service is available for those needing the same trip at least twice per week. 48-hour notice is required to set up subscription.
Medicaid Bus (*The Bus*)	802.747.3502 Website: www.thebus.com	Free transportation to medical, Reach-up, Fair Hearing appointments for qualified recipients. Requires 48-hour notice.
Medicaid Transportation	For Rutland City Service, Call: (802) 747-3502 Out of Town Service, Call: (802) 747-3502 Long Distance Calls: (800) 339-3191 TDD 711 Relay Area Covered: Rutland County	Marble Valley Regional Transit District offers a free Medicaid Transportation program for qualified Medicaid recipients. We work with those who need the service to authorize and arrange trips to medical, Reach-up and fair hearing appointments. Trips may be provided and reimbursed through fixed routes, volunteers or taxis depending on which is least expensive. 48-hour notice is required for transportation within Rutland City and 48-hour notice for out of area transport. Also, it provides transportation to anyone of any age, free of charge going to recovery treatment (i.e.: Divided Sky, Vista, Serenity, anywhere in the state). This is funded through the Recovery and Job Access program.
Neighbor to Neighbor – Serves Bennington County	802.367.7787 Website: https://neighbortoneighborvt.org/	Offers non-medical assistance with activities such as transportation, friendly visits, running errands, food shopping, and other small tasks.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Non-Rutland City Residents with Medicaid	**Addison:** 802.388.2287 **Bennington:** 802.447.0477 **Caledonia/Essex/Orleans:** 802.748.8170 **Franklin/Grand Isle/Washington:** 802.223.7287 **Lamoille/Orange:** 802.888.6200 **Chittenden:** 802.878.1527 **Windsor/Windham:** 802.460.7433	A person does not qualify for Medicaid transport if a vehicle is registered at that person's address. Transportation is based on the county where the person lives. Advance notice required.
Southern Vermont	Wilmington MOOver!: 802.464.8487 Rockingham MOOver!: 1.888.869.6287 Website: www.moover.com Email: info@moover.com	Fare-free public transit provider, serving Windham and southern Windsor counties
Southwestern Vermont Council on Aging (SVCOA)	1.800.642.5119 Address: 143 Maple St, Rutland VT 05701 Website: www.svcoa.org Email: infoandassistance@svcoa.net	24-hour notice is preferred. Residents who are 60+ or young disabled may qualify for transportation through SVCOA. SVCOA is not a direct service.
Taxi Services	**Atwood's Transportation :** 802.558.2468 (6a-8p Mon-Sun) **Catamount Taxi:** 802.236.0282 **Cooper Cab:** 802.478.4748 **Green Mountain Taxi:** 802.282.8826	**Kemps Rideshare:** 802.733.5339 or 802-342-2677 (Mon-Fri 7a-8p, Sat/Sun by availability. Leave voicemail) **Rutland Taxi:** 802.236.3133 **Thrifty Taxi:** 802.775.2490 **Tri-State Transportation:** 802.855.3130
Transportation to White River Clinic	802.747.7838	

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Vermont Translines	844.888.7267 Website: www.vttranslines.com	Vermont Translines operates two daily long-distance bus routes – one from Burlington that travels down Route 7 and ends in Albany, NY, and the other from Rutland to White River Junction and Hanover, NH. Both routes have stops along the way.
Veterans Transportation Service	800.941.8387 or 802.296.6490 Website: http://www.va.gov/HEALTHBENEFITS/vtp/map.asp#Vermont	The Veterans Transportation Service provides safe and reliable transportation for all Veterans who are traveling to and from appointments

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Transportation – New York

RGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
L.E.A.P. Transportation (*Learning, Employment, Assistance, Partnership*)	518.746.2391 ext. 4 – Mon-Fri = 8am-4pm Website: https://www.leapservices.org/assistance/transportation-for-seniors-and-adults-with-disabilities-in-washington-county-ny/	• Transportation provided within New York State only, including Mettowee Family Health • Provides transportation services for Washington County seniors (60 years+) based on availability • Medicaid transport through Department of Social Services referral • No charge, seniors 60+ or disabled
Granville NY Senior Shuttle	518.361.7677 – Mon/Wed/Fri = 9am-2pm Website: www.nyconnects.ny.gov	• Transportation for Granville Village and Town residents, 55 years+ • Free • Transports to Mettowee Valley Family Health Center in Vermont; otherwise within town limits
RSVP of Warren & Washington Counties	518.743.9158 Website: www.tricountyunitedway.org	• Transportation for medical appointments from Washington and Warren Counties to Rutland VT • Transports to Mettowee Valley Family Health Center in Vermont; otherwise within town limits

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Veterans/Armed Services *(& Family)*

ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Blinded Veterans Association	1.800.669.7079 Website: www.bva.org Email: bva@bva.org	Provides support and resource referrals to blinded active and retired military personnel and their families.
Dodge House – For Veterans	802.775.6772 Address: 95 Crescent Street Rutland, VT 05701 Website: dodgehousevt.org Email: dodgehouse_vao@comcast.net	Provides shelter, clothing, food, and an individualized program to reintegrate Veterans into the community and help them to achieve self-sufficiency. The program also assists any Veteran, whether they are homeless, with VA health care applications, obtaining military records, and laundry. Dodge House invites Veterans to drop in any time they are open.
Financial Assistance – Friends of Veterans (*FOV*)	802.296.8368 Website: www.fovvtnh.org Email: assistance@fovvtnh.org	A non-profit organization that provides financial assistance for Veterans who reside in either Vermont or New Hampshire. FOV provides financial support for security deposits, first or last month's rent, rent that is in arrears, overdue electric or heating bills, and other support for livability of the home. Support for vehicle repair may be provided if the vehicle is required for employment or medical appointments.
Health Benefits – Veterans Administration	Main Information: 1.800.698.2411 My HealtheVet Help Desk: 1.877.327.0022 VA Benefits Hotline: 1.877.222.8387 Website: www.va.gov	Get answers to your questions about VA benefits and services.

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ORGANIZATION NAME	PHONE, WEBSITE, EMAIL, and/or ADDRESS	SERVICES
Health Care – Veteran's Administration White River Junction	802.295.9363 Address: 163 Veterans Drive White River Jct, VT 05001 Website: https://www.va.gov/white-river-junction-health-care/locations/white-river-junction-va-medical-center/	Health care teams who are deeply experienced and guided by the needs of Veterans, their families, and caregivers.
Health Care – Veteran's Administration Rutland	802.772.2300 Address: 232 West Street Rutland, VT 05701 Website: www.va.gov	Outpatient clinic providing primary care and specialty health services, including women's health services, laboratory services, prescriptions, and more
Homeless Support – VA White River Jct	802.295.9363, x6184 Homeless Vet Hotline: 1.877.424.3838 Website: www.veterans.vermont.gov	The U.S. Department of Veterans Affairs has a homeless coordinator that works out of the WRJ VA Medical Center who travels the state to assist homeless veterans and is also a great resource for shelters.
Supportive Services for Veteran Families (*SSVF*)	802.656.3232 or 1.844.820.3232 Website: www.ssvf-uvm.com Email: ssvf@ssvf-uvm.com	Supportive Services for Veteran families. Assistance for Veterans who are homeless or at risk of becoming homeless.
The PACT Act and your VA Benefits	Website: www.va.gov	This new law expands and extends eligibility for care and benefits for Veterans and survivors related to toxic exposures.
Veteran's Affairs – Vermont	802.828.3379 or 1.888.666.9844 Website: www.veterans.vermont.gov	Information to help you understand what benefits and services are available for Vermont veterans.
Veterans Crisis and Suicide Help Line	**988 and press 1** **802.295.9363, x5743**	
Veteran's Transportation Service	802.295.9363 Website: https://www.vetride.va.gov/app/home	Schedule a ride on-line

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