

parentexpress

Regional Council of Southeastern VT
 serving the towns of Athens, Brattleboro,
 Brookline, Dover, Dummerston, Guilford,
 Halifax, Jamaica, Marlboro, Newfane, Putney,
 Somers, Stratton, Townshend, Vernon,
 Wardsboro, Westminster, Whitingham, and
 Wilmington.
 This guide was made possible by financial and
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Parenting in Your Pocket
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PARENTING IN YOUR POCKET

Children don't come with instructions- here's a convenient reference guide to all things a parent might need, whether you're expecting your first child or have a teenager!

Resource categories are listed alphabetically- call 211 in Vermont or visit VT211.org for additional resources.



Child Care, Preschool & After School

BEAMS Program at Brattleboro Area Middle School (BAMS)- 451.3500, bams.k12.vt.us
 Bellows Falls Boys & Girls Club - 460.4400
 Boys & Girls Club of Brattleboro - 254.5990,
bcbrattleboro.com
 Early Education Services (EES) - 254.3742,
 1.800.427.3730 (VT Only), ees-vt.org-
 Early Head Start, Head Start, and Infant Toddler
 program at Brattleboro Union High School
 Meeting Waters WMA, ASPiRE Programs - 463.4769,
meetingwatersymca.org
 VT Bright Futures Child Care Information System -
brightfutures.vt.state.vt.us
 Windham Central Supervisory Union - 365.9510,
windhamcentral.org
 Windham Child Care Association (WCCA) - 254.5322,
windhamchildcare.org
 Windham Northeast Supervisory Union - 463-9958
wesu.org
 Windham Southeast Supervisory Union - 254.3730,
wssu.k12.vt.us/index.html
 Windham Southwest Supervisory Union - 464.1300,
windhamswk12.vt.us

Children with Special Needs
 Children's Integrated Services - 258-2874 X29
 Which includes
 Early Childhood & Family Mental Health - 254-6028

Early Intervention - 258-2414 & Specialized Child Care - 254-5332

Essential Early Education Program (EEE)/Special Education -
 Windham Central, 348.6801;
 Windham Northeast Supervisory Union, 463.1612
 Windham Southwest, 464-1300 ext. 122;
 Families First in Southern VT, Inc. -
 275.4919 (Brattleboro),
 464.9633 (Wilmington),
familiesfirstvt.com
 Groundworks Drop In Center, 257-5415,
groundworksvt.org

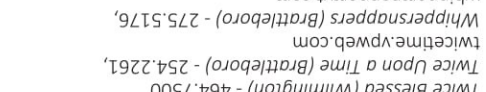


Health Care and Rehabilitation Services (HCRS) -
 Southern VT Therapeutic Riding Center - 221-4409
 Vermont Family Network.org
 Winston Family Center for Child Development -
 258.2414, winstonproouty.org

Clothing - Free or Low Cost
 Agape Church (Brattleboro) - 257.4069
 Community Bible Chapel (Brattleboro) - 254.2910
 Cream of the Crop (Brattleboro) - 254.0056
 Experienced Goods Thrift Shop (Brattleboro) -
 254-6028

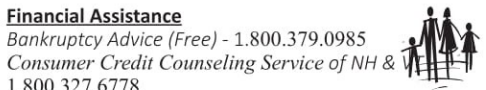
Early Intervention - 258-2414 & Specialized Child Care - 254-5332

Essential Early Education Program (EEE)/Special Education -
 Windham Central, 348.6801;
 Windham Northeast Supervisory Union, 463.1612
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 275.4919 (Brattleboro),
 464.9633 (Wilmington),
familiesfirstvt.com
 Groundworks Drop In Center, 257-5415,
groundworksvt.org

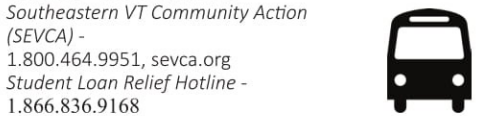


Crisis/Emergency - Helplines/Hotlines
 24/7 Youth and Family Crisis Support (Youth Services) -
 257.0361
 Child Care Helpline - 1.800.649.2642
 Child Protection Line - 1.800.649.5285
 Child Support Helpline - 1.800.786.3214
 Economic Benefits (Brattleboro Agency of Human
 Services District Office) - 1.800.479.6151
 Health Care & Rehabilitation Services Crisis Line (HCRS)
 - 1.800.622.42351
 Prevent Child Abuse Vermont Helpline - 1.800.244.5373
 Poison Center of Northern NE - 1.800.222.1222
 Suicide Prevention Lifeline - 1.800.273.8255
 VT Network Against Domestic & Sexual Violence -
 Hotline: 1-800-228-7395, 254-6954

Financial Assistance
 Bankruptcy Advice (Free) - 1.800.379.0985
 Consumer Credit Counseling Service of NH &
 1.800.327.6778
 Dept of Employment and Training - 254.4555
 Fuel Assistance - 1.800.479.6151
 Groundworks Drop In Center - 254-5415
groundworksvt.org
 Lifeline Telephone Service Credit - 1.800.479.6151
 Link-Up VT (telephone) - 1.800.479.6151
 Mortgage Payment Assistance - 1.800.750.8956
 ReachUp - 1.800.479.6151
 Southeastern VT Community Action
 (SEVCA) -
 1.800.464.9951, sevca.org
 Student Loan Relief Hotline -
 1.866.836.9168
 Tax Relief Hotline - 1.877.283.8580
 VT Adult Learning - 257.9449, vtadultlearning.org
 VT Dept for Children and Families - 257.2820,
 800-479-6151
 VT Housing Finance Agency - 1800.339.5866,
home@vhfa.org



Food
 3SquaresVT (food stamps) -
 1.800.479.6151, vermontfoodhelp.com
 Brattleboro District Agency of Human Services (AHS)
 Office- 1.888.253.8805
 Commodity Supplemental Food Program (CSFP) -
 1.800.214.4648, vtfoodbank.org
 Farmers Markets -



Food Shelves
 Agape Christian Fellowship - 257.4069
 Community Bible Chapel (Brattleboro) - 254.2910
 Deerfield Valley Food Pantry - 464.0148
 Groundworks Drop In Center- 257-5415
 Guilford Food Pantry - 257-0626
 Jamaica-Wardsboro Food Pantry - 874.7234
 Putney Community Food Shelf - 387.2120
 Townsend Community Food Shelf - 365.4321
 Free and Reduced Lunch Program*
 (inc. breakfast and summer) - 865.0255,
hungerfreevt.org
Meal Programs -
 Agape Christian Fellowship (Brattleboro) - 257.4069
 Brigid's Kitchen (Brattleboro) - 254.6800
 Grace's Kitchen (First Baptist Church, Brattleboro) -
 257.5415 or 254.9566
 Loaves & Fishes
 (Centre Congregational Church, Brattleboro) -



Brattleboro Area - 254.8885,
brattleborofarmersmarket.com
 Brattleboro Winter Market - 869.2141,
posttoilsolutions.org
 Putney Farmers Market - 387.4234,
putneyfarmersmarket.org
 Townshend Common - 869.2141,
posttoilsolutions.org
 Wilmington - 442.7371,
 find on Facebook
 Farm to Family Program - 1.800.464.4343 x7333
 Food Connects - 579-1082, foodconnects.org
Food Shelves -
 Agape Christian Fellowship - 257.4069
 Community Bible Chapel (Brattleboro) - 254.2910
 Deerfield Valley Food Pantry - 464.0148
 Groundworks Drop In Center- 257-5415
 Guilford Food Pantry - 257-0626
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 257.5415 or 254.9566
 Loaves & Fishes
 (Centre Congregational Church, Brattleboro) -

Child Care, Preschool & After School

BEAMS Program at Brattleboro Area Middle School (BAMS) - 451.3500, beams.k12.vt.us
Bellows Falls Boys & Girls Club - 460.4400
Boys & Girls Club of Brattleboro - 254.5990, bgcbrattleboro.com
Early Education Services (EES) - 254.3742, 1.800.427.3730 (VT Only), ees-vt.org
Early Head Start, Head Start, and Infant Toddler program at Brattleboro Union High School Meeting Waters YMCA, ASPIRE Programs - 463.4769, meetingwatersymca.org
VT Bright Futures Child Care Information System - brightfutures.dcf.state.vt.us
Windham Central Supervisory Union - 365.9510, windhamcentral.org
Windham Child Care Association (WCCA) - 254.5332, windhamchildcare.org
Windham Northeast Supervisory Union - 463-9958 wnesu.org
Windham Southeast Supervisory Union - 254.3730, wssu.k12.vt.us/index.html
Windham Southwest Supervisory Union - 464.1300, windhamsw.k12.vt.us



Children with Special Needs

Children's Integrated Services - 258-2874 X29
Which includes

Office - 1.888.253.8805
Commodity Supplemental Food Program (CSFP) - 1.800.214.4648, vtfoodbank.org
Farmers Markets -
Brattleboro Area - 254.8885, brattleborofarmersmarket.com
Brattleboro Winter Market - 869.2141, postailsolutions.org
Putney Farmers Market - 387.4234, putneyfarmersmarket.org
Townshend Common - 869.2141, postailsolutions.org
Wilmington - 442.7371, find on Facebook
Farm to Family Program - 1.800.464.4343 x7333
Food Connects - 579-1082, foodconnects.org
Food Shelves -
Agape Christian Fellowship - 257.4069
Community Bible Chapel (Brattleboro) - 254.2910
Deerfield Valley Food Pantry - 464.0148
Groundworks Drop In Center - 257-5415
Gulford Food Pantry - 257-0626
Jamaica-Wardsboro Food Pantry - 874.7234
Putney Community Food Shelf - 387.2120
Townsend Community Food Shelf - 365.4321
Free and Reduced Lunch Program* (inc. breakfast and summer) - 865.0255, hungerfreevt.org



Early Childhood & Family Mental Health - 254-6028
Early Intervention - 258-2414
& Specialized Child Care - 254-5332
Essential Early Education Program (EEE)/Special Education -
Windham Central, 348.6801;
Windham Northeast Supervisory Union, 463.1612
Windham Southeast, 254.3765;
Windham Southwest, 464-1300 ext. 122;
Families First in Southern VT, Inc. - 275.4919 (Brattleboro), 464.9633 (Wilmington), familiesfirstvt.com
Groundworks Drop In Center, 257-5415, groundworksvt.org
Health Care and Rehabilitation Services (HCRS) - 258-6028 (Brattleboro), hcrs.org
Southern VT Therapeutic Riding Center - 221-4409 sovtrc.org
Theatre Adventure Program (New England Youth Theatre) - 257.7024, neyt.org
VT Dept. of Health - 257.2884, healthvermont.gov
VT Family Network - 1.800.800.4005, vermontfamilynetwork.org
Winston Prouty Center for Child Development - 258.2414, winstonprouty.org

Clothing - Free or Low Cost

Agape Church (Brattleboro) - 257.4069
Clothespins (Whitingham) - 368.7999
Community Bible Chapel (Brattleboro) - 254.2910
Cream of the Crop (Brattleboro) - 254.0056

Meal Programs -

Agape Christian Fellowship (Brattleboro) - 257.4069
Brigid's Kitchen (Brattleboro) - 254.6800
Grace's Kitchen (First Baptist Church, Brattleboro) - 257.5415 or 254.9566
Loaves & Fishes (Centre Congregational Church, Brattleboro) - 254.4730
Nutrition Education/Healthy Cooking Classes -
Brattleboro Food Coop - 246.2842, brattleborofoodcoop.com
Hunger Free VT - 865.0255, hungerfreevt.org
Post Oil Solutions - 869.2141, postailsolutions.org
VT Dept. of Health (WIC) - 257.2880, healthvermont.gov
VT Foodbank - 1.800.585.2265, vtfoodbank.org
WIC in VT - 1.800.646.4357 and 257.2880, healthvermont.gov/wic



*Contact your child's school for an application.

Other Basic Needs

Baby Basics (free diapers - Deerfield Valley residents only) - 464-5311

Fun Things to Do with Kids - Free or Low Cost

Bellows Falls Fish Ladder - 843.2111
Bellows Falls Boys & Girls Club - 460.4400
Boys & Girls Club of Brattleboro - 254.5990, bgcbrattleboro.com
Brattleboro Recreation & Parks Dept* - 254.5808, brattleboro.org
Cheshire Children's Museum - 603.903.1800, cheshirechildrensmuseum.org

Experienced Goods Thrift Shop (Brattleboro) - 254.5200, brattleborohospice.org
Groundworks Drop In Center, 257-5415, groundworksvt.org
Kids in Coats,*
Love it Twice (Brattleboro) - 490.2160, loveittwice.net
Second Chance Shoppe (Townshend) - 365.7196, secondchanceshoppe.com
Swiri (Putney) - 257-4011, unitedwaywindham.org
Twice Blessed (Wilmington) - 464.7500
Twice Upon a Time (Brattleboro) - 254.2261, twicetime.vpweb.com
Whippersnappers (Brattleboro) - 275.5176, whippersnappersvt.com
*Contact your child's school for an application for free winter clothing.

Crisis/Emergency - Helplines/Hotlines

911 - Police, Fire
VT 211
24/7 Youth and Family Crisis Support (Youth Services) - 257.0361
Child Care Helpline - 1.800.649.2642
Child Protection Line - 1.800.649.5285
Child Support Helpline - 1.800.786.3214
Economic Benefits (Brattleboro Agency of Human Services District Office) - 1.800.479.6151
Health Care & Rehabilitation Services Crisis Line (HCRS) - 1.800.622.42351
Prevent Child Abuse Vermont Helpline - 1.800.244.5373
Poison Center of Northern NE - 1.800.222.1222



KidsPLAYce - 254.5212, kidsplaycevt.org
Libraries (VT Dept of Libraries) - 828.3261, libraries.vermont.gov,
Montshire Museum of Science - 1.802.649.2200, montshire.org
Museums - vtliving.com/museums/sout.shtml
Nature Museum at Grafton - 843.2111, nature-museum.org
Playgroups (Early Ed. Services) - 254.3742
Retreat Petting Farm - 490-2270 retreatfarm.org
Southern Vermont Natural History Museum - 464.0048, vermontmuseum.org
Stonewall Farm - 603.357.7278, stonewallfarm.org
Summer Camp List (Youth Services) - 257.0361
UBounce - 603-499-1779 ubounce.house
Vermont Institute of Natural Sciences- 359.5000, vinsweb.org
Vernon Dam & Fish Ladder, 603.445.6800
Vernon Recreation Dept* - 254.9251, vernonrec.com
VT State Parks - 1.888.409.7579, vtstateparks.com
*If not listed, contact your town office to inquire about recreation options.



Health & Wellness

AIDS Project of Southern Vermont - 254.4444, aidsprojectsouthernvermont.org
Biologic Healthcare - 275-4732, biologichealthcare.com
Brattleboro Free Walk-In Clinic - 251-8484, brattleborowalkinclinic.com
Brattleboro Memorial Hospital/The Birthing Center - 257.8830, bmhvt.org
Center for Homeopathy - 254.2928, centerforhomeopathy.com

Suicide Prevention Lifeline - 1.800.273.8255
VT Network Against Domestic & Sexual Violence - Hotline: 1-800-228-7395, 254-6954

Financial Assistance

Bankruptcy Advice (Free) - 1.800.379.0985
Consumer Credit Counseling Service of NH & VT - 1.800.327.6778
Dept of Employment and Training - 254.4555
Fuel Assistance - 1.800.479.6151
Groundworks Drop In Center - 254-5415 groundworksvt.org
Lifeline Telephone Service Credit - 1.800.479.6151
Link-Up VT (telephone) - 1.800.479.6151
Mortgage Payment Assistance - 1.800.750.8956
ReachUp - 1.800.479.6151
Southeastern VT Community Action (SEVCA) - 1.800.464.9951, sevca.org
Student Loan Relief Hotline - 1.866.836.9168
Tax Relief Hotline - 1.877.283.8580
VT Adult Learning - 257.9449, vtdadullearning.org
VT Dept for Children and Families - 257.2820, 800-479-6151
VT Housing Finance Agency - 1800.339.5866, home@vthfa.org



Food

35quaresVT (food stamps) - 1.800.479.6151, vermontfoodhelp.com
Brattleboro District Agency of Human Services (AHS)

Grace Cottage Hospital - 365.7357, gracecottage.org
Medicaid & Dr.Dynasaur - 1.800.250.8427, greenmountaincare.org
Planned Parenthood (Brattleboro Health Center) - 257.0334, plannedparenthood.org/ppnne
Putney Community Health Connections, 387-2120, putneyfamilyservices.net
Sojourns Community Health Clinic - 722.4023, sojourns.org
VT Department of Health - 1.800.649.4357 and 257.2880, healthvermont.gov
Vermont Health Connect - 1.855.899.9600, vermonthhealthconnect.gov



*The Family Guide to Area Healthcare Services- Free copies available at BMH

Mental Health - Children and/or Adult

Brattleboro Pastoral Counseling Center - 254.9071, bpccvt.com
Brattleboro Retreat - 1.800.738.7328, brattlebororetreat.org
Early Childhood and Family Mental Health - 254.6028
Health Care and Rehabilitation Services (HCRS) - 1.888.888.5144, hcrs.org
Northeastern Family Institute (NFI) - 254.2558, nafi.com
*Contact your child's school for a school counselor

Substance Abuse Prevention, Treatment & Recovery

Brattleboro Area Prevention Coalition - 257.2175,