

# 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!

## Parenting in Your Pocket brought to you by:



The first door to open all others.  
Parent Child Center  
Early Head Start & Head Start

Early Education SERVICES

This guide was made possible by financial and in-kind support from:



BUILDING BRIGHT FUTURES

parent express

- Notes:
- This guide includes services available to the residents of the 19 towns in the Brattleboro Agency of Human Services (AHS) District. The Brattleboro AHS district covers most of Windham County, Vermont.
  - This information is provided as a resource only and Early Education Services is not responsible for errors contained herein.
  - All phone numbers are area code 802 unless otherwise noted.
  - Many listings also have Facebook pages that can be accessed for current information.

• call 211 or visit VT211.org for additional resources.

Resource categories are listed alphabetically.



**Child Care, Preschool, School & After School**

BEAMS Program at Brattleboro Area Middle School (BEAMS)- 451.3500, beams.wsesu.org

Boys & Girls Club of Brattleboro - 254.5990,

bgcbrattleboro.com

Early Education Services (EES) - 254.3742,

1.800.427.3730 (VT Only), earlyeducation@wsesu.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 -

brighthouse.vt.gov

Windham Central Supervisory Union - 365.9510,

windhamcentral.org

Windham Southeast Supervisory Union - 254.3730,

wsesu.org

Children's Integrated Services - 257-2101 X314

Children with Special Needs

Young Mom's Group - 380-5598 youthservicesinc.org



### Transportation - Public

The Current/Connecticut River Transit

(Windham Co.) - 1.888.869.5165,

crtransit.org

The Moover/Deerfield Valley Transit Assoc.

- 464-8487, moover.com

Go! Vermont - carpooling info. - 685-7433,

connectingcommuters.org

### Other Resources

Southeastern VT Building Bright Futures

buildingbrightfutures.org

Parent Express of Windham and Cheshire Counties -

Free monthly publication of ideas, resources and

activities for parents, caregivers, and children, available

at hundreds of locations. - 1.603.352.1234 ext. 1826

parentexpress.net

The VT Parents' Home Companion & Resource Directory

- Published annually by Prevent Child Abuse VT. Contact

PCAVT at 1.800.244.5373 to request a copy.

Windham County Parent Resource Calendar -

rockinghamlibrary.org/parent

### NOTES

Swirl (Putney) - 387-4347

swirl-secondhandshop.business.site

Twice Blessed (Dover) - 464.7500

twiceblessedinc.org

Twice Upon a Time (Brattleboro) - 254-2261,

twicetime.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 (for information and referrals)

(Youth Services) - 257.0361 ext. 7

Child Care Helpline - 1.800.649.2642

Child Protection Line - 1.800.649.5285

Child Support Helpline - 1.800.786.3214

VT Dept. for Children and Families:

Economic Services Division - 1.800-479-6151, dcf.vt.gov

Health Care & Rehabilitation Services Crisis Line (HCRL) - 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

Domestic Violence Helpline: 1.800.228.7395

Sexual Violence Hotline: 1.800.489.7273

Call 211 in Vermont or visit VT211.org for additional resources.

### Financial Assistance

Second Chance Shoppe (Townshend) - 365.7196

Love it Twice (Brattleboro) - 490.2160, loveittwice.net

Kids in Coats, \*unitedwaywindham.org

254-5200, brattleborohospice.org

Experienced Goods Thrift Shop (Brattleboro) -

254-0056

Cream of the Crop (Brattleboro) - 257-4069

Agape Church (Brattleboro) - 257-4069

### Clothing - Free or Low Cost

vermontfamilynetwork.org

VT Family Network - 1.800.800.4005,

VT Dept. of Health - 257.2884, healthvermont.gov

(New England Youth Theatre) - 246-6398, neyt.org

Theatre Adventure Program

sovtc.org

Southern VT Therapeutic Riding Center - 221-4409

886-4500 (Brattleboro), hcrcs.org

Health Care and Rehabilitation Services (HCRC) -

464.9633 (Williamington),

275.4919 (Brattleboro),

Families First in Southern VT, Inc. -

Windham Southwest, 464-1300 ext. 122

Windham Southeast, 254-3765

Windham Northeast Supervisory Union, 463-1612 ext.116

Windham Central, 365-7506 ext. 121

Early Childhood Special Education Program - (Ages 3-5)

Early Childhood Mental Health

Specialized Child Care

Early Intervention

Which includes

winstonprouty.org



- 257.7679, rescueinc.org

VT Dept. for Children and Families (DCF) Family Services

Division - (800) 479-6151

dcf.vermont.gov

VT Dept. of Health, 800-464-4343,

healthvermont.gov

Women's Freedom Center - 254-6954,

womensfreedomcenter.net

Windham County Sheriff's Office - 365.4941,

windhamsheriff.com

\*Contact your local police or fire department about special safety trainings

they might offer.

### Support Groups

Early Education Services (includes Dedicated Dads

group) - 254-3742, earlyeducation@wsesu.org

Facebook parent groups:

Brattleboro New Moms Network

Brattleboro Area Parents Network

Deerfield Valley Kids

Putney Vermont USA Area Parents Network

Kinship Connections - 451-6445,

Mothers' Circle/Moon Time - 258-8723,

brattleborovillage.com

New Moms Network (BMH) - 251-9965, bmhvt.org

Prevent Child Abuse VT - 1.800.244.5373, pcavt.org

Stepfamily Services - (802) 258-1052

Turning Point of Windham County (Recovery Center)

- 257-5600

Vermont Adoption Consortium - 258-0308,

lundfamilycenter.org

Winston Prouty - 257-2101 ext. 314

winstonprouty.org



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 - 1.800.234.9473  
lifelinesupport.org

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, vtadulthoodlearning.org  
VT Dept for Children and Families: Economic Services

Division - 1.800.479.6151,  
dcf.vermont.gov

VT Housing Finance Agency - 1800.339.5866,  
home@vhfa.org

## Food

3SquaresVT (food stamps) - 1.800.479.6151,  
vermontfoodhelp.com

Office- 1.888.253.8805

Commodity Supplemental Food Program (CSFP) - 1.800.214.4648,  
vtfoodbank.org

Vermont Food Bank- 1-800-585-2265

Brattleboro Memorial Hospital/The Birthing Center - 257.8830, bmhvt.org

Center for Homeopathy - 254.2928,  
centerforhomeopathy.com

Grace Cottage Hospital - 365.7357, gracecottage.org  
Medicaid & Dr.Dynasaur- 1.800.250.8427,  
greenmountaincare.org

New England Wellness Group, 275-4732,  
newenglandwellnessgroup.com

Planned Parenthood  
(Brattleboro Health Center) - 257-0534  
plannedparenthood.org/ppnne

Putney Community Cares, Inc. - 387-5593,  
putneycommunitycares.org

Putney Family Health Care (part of BMH) - 387-5581

Sojourns Community Health Clinic - 722.4023,  
sojourns.org

SVMC Deerfield Valley Campus (Wilmington) - 464-5311  
VT Department of Health - 1.800.649.4357 and  
257.2880, healthvermont.gov

Vermont Health Connect - 1.855.899.9600,  
vermonthealthconnect.gov

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

## Mental Health - Children and/or Adult

Brattleboro Retreat - 1.800.738.7328,  
brattlebororetreat.org

Early Childhood and Family Mental Health - 254.6028  
257.7852

Health Care and Rehabilitation Services (HCRS) - 1.888.888.5144, hcrs.org

Northeastern Family Institute (NFI) - 254.2558,



vtfoodbank.org  
Hunger Free Vermont- 865-0255

hungerfreevt.org  
Farmers Markets -

Brattleboro - 254.8885,  
brattleborofarmersmarket.com

Brattleboro Winter Market - 869.2141,  
postailsolutions.org

Edible Brattleboro,  
find on Facebook

Putney  
putneyfarmersmarket.org

Townshend - 874-4800,  
find on Facebook

Wilmington - 442.7371,  
find on Facebook

Farm to Family Program - 1.800.464.4343 x7333  
Food Connects - 451-0538, 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 - 579-1350  
Jamaica-Wardsboro Food Pantry - 874-7234

Putney Community Food Shelf - 387-8551  
Townshend Community Food Shelf - 365-4348

## Meal Programs -

Agape Christian Fellowship (Brattleboro) - 257-4069  
Brigid's Kitchen (Brattleboro) - 558-6072

Loaves & Fishes (Centre Congregational Church, Brattleboro) -

nafi.com

\*Contact your child's school for a school counselor

## Substance Abuse Prevention, Treatment & Recovery

Brattleboro Area  
Prevention Coalition - 257.2175,  
BrattleboroAreaPreventionCoalition.org

Brattleboro Comprehensive Treatment Center  
(for opioid addiction) 855-444-5013,  
brattleboroctc.com

Brattleboro Retreat - 1.800.738.7328,  
brattlebororetreat.org

Deerfield Valley Community Partnership - 464.1698,  
dvcp.org

Greater Falls Connections - 463.9927,  
greaterfallsconnections.org

PEAR- People, Education, Advocacy, Recovery VT - 223-6263, pear-vt.org

Turning Point of Windham County Recovery Center - 257.5600

VT Department of Health - 257.2880,  
healthvermont.gov

West River Valley Thrives - 365.4700, wrvthrives.com

\*Contact your child's middle or high school for the Student Assistance  
Program counselor

## Housing/Shelter

Brattleboro Housing Authority - 254-6071,  
brattleborohousingauthority.com

Family Supportive Housing - 257-2101 ext. 314  
winstonprouty.org

Groundworks Collaborative



254-4730

Boys & Girls Club of Brattleboro (for youth and their families)- 254-5990

bgcbrattleboro.com

Free and Reduced Lunch Program\*

\*Contact your child's school for an application.

(inc. breakfast and summer) - 865-0255,  
hungerfreevt.org

## Nutrition Education/Healthy Cooking Classes -

Brattleboro Food Coop - 246-2842,  
brattleborofoodcoop.com

Hunger Free VT - 865-0255, hungerfreevt.org  
VT Foodbank - 1.800.585.2265, vtfoodbank.org

WIC in VT - 1.800.646.4357 and 257-2880,  
healthvermont.gov/wic

## Fun Things to Do with Kids - Free or Low Cost

Adams Family Farm - 464-3762,  
adamsfamilyfarm.com

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

Brattleboro Museum & Art Center - 257-0124,  
brattleboromuseum.org

Cheshire Children's Museum - 603.903.1800,  
cheshirechildrensmuseum.org

Friendly Farm, 563-8444  
friendlyfarm.com



Drop-in center: 257-5415

Shelter: 257-0066  
groundworksvt.org

Windham & Windsor Housing Trust - 254.4604,  
w-wht.org

Winter Overflow Shelter (Bratt.) - 257-5415

Youth Services (housing for youth) - 257.0361,  
youthservicesinc.org

## Parent Education and Support

prenatal to 8:

- Brattleboro Memorial Hospital birthing center (BMH) - 257-0341, bmhvt.org/events

- Branches Pregnancy Resource Center - 254-6734,  
branchesprc.com

- Early Education Services (EES), (Welcome Baby, homevisiting, and parent classes/support groups) - 254-3742, earlyeducationservices.org

- Help Me Grow - Developmental and Behavioral info., dial 2-1-1 x6 TEXT: HMGVT to 898211

- It Takes a Village, brattleborovillage.com

- Strong Families Vermont, prenatal and postpartum visiting nurse support, - 888-300-8853, vnhcare.org

- Vermont Dept. of Health WIC, program 257-2880,  
healthvermont.gov

- Winston Prouty, Children's Integrated Services and parent classes/support groups - pre-natal and postpartum supports (including breastfeeding support) - 257-2101 ext. 314, winstonprouty.org

8 and up:

- Brattleboro Area Prevention Coalition, 257-2175,  
brattleboroareapreventioncoalition.org

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 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

Town forests for hiking/exploring  
vtcommunityforestry.org

Winston Prouty campus trails

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.org

- Deerfield Valley Community Partnership (DVCP) - 464-1698, dvcp.org

- Greater Falls Connections - 463-9927,  
greaterfallsconnections.org

- West River Valley Thrives - 365-4700  
wrvthrives.com

All ages of children:

- Health Care and Rehabilitation Services, (HCRS) 1.888.888.5144, hcrs.org

- Prevent Child Abuse Vermont, - 1.800.244.5373,  
pcavt.org

- VT Dept. for Children & Families (DCF)  
Family Services Division - 257-2888,  
(800) 479-6151, dcf.vermont.gov

- Youth Services, 257-0361,  
youthservicesinc.org



## Safety Information/Classes

American Red Cross (Babysitter course, Infant and Child CPR) - redcrossvtnhuv.org

Be Seat Smart Program (car seat safety & inspection) - 1.888.VMT.SEAT, besaatsmart.org

Brattleboro Memorial Hospital - 257-0341, bmhvt.org

Lead Safe VT - leadsafevermont.org

Just So Pediatrics, car seat checks - 215-8626  
NetSmartz (internet/technology) - netsmartz.org

Northern New England Poison Center - 1.800.222.1222  
nnepc.org

Prevent Child Abuse VT (PCAVT) - 1.800.244.5373,  
pcavt.org  
Rescue, Inc. (CPR training and first aid training)