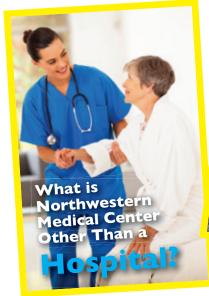
2018 RESOURCE DIRECTORY

Local Resources For Finding Help You Need



Here's Where









We're Redefining Community!

VISIT THE

St. Albans Branch

Branch Services

- · Mortgage Officer
- · Member Service Representatives
- · Loan Officers
- · Business Loan Officer
- Investment Services*

BRANCH & DRIVE-UP HOURS

Mon-Thu8:00 am - 5:00 pm Fri.....8:00 am - 6:00 pm Sat9:00 am - 12:30 pm

Please also visit our ATM located at 27 Fisher Pond Road. Open 24/7!





Federally insured by NCUA NEFCU NMLS #446767



800-400-8790 • nefcu.com

Local, affordable, and on your side. $^{ imes}$

*Non-deposit investment products and services are offered through CUSO Financial Services, L.P. ("CFS"), a registered broker-dealer (Member FINRA/SIPC) and SEC Registered Investment Advisor. Products offered through CFS: are not NCUA/NCUSIF or otherwise federally insured, are NCUA/NCUSIF of ortherwise feedrally insured, are not guarantees or obligations of the credit union, and may involve investment risk including possible loss of principal. Investment Representatives are registered through CFS. The credit union has contracted with CFS to make non-deposit investment products and services available. to credit union members. CFS and its Registered Representatives do not provide tax or legal advice. For such advice, please consult with a

Franklin-Grand Isle

Community Resource Directory

ne of the most successful partnerships in Franklin County has been the collaboration behind the Franklin-Grand Isle Resource Directory. This is our twenty-second year and our twenty-second edition of a directory that unites the community in a manner that is both professional and helpful. We offer our thanks to all those who have put in countless hours compiling this essential information.

Thank you to all of our readers who have offered suggestions over the years and have helped us create this valuable, easy to use, community resource." -Emerson Lynn

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Ences of your

I need food...

3SquaresVT

(Formerly Food Stamps)

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

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

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

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

Free and Reduced School Lunches

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

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

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

Free Summer Meals for Children

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

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

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

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

Martha's Kitchen

86 North Main Street Saint Albans, VT 05478 (802) 524-9749

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

HOURS: Hot Breakfast: 8-8:45 a.m. Lunch: 11 a.m. – 12:30 p.m. Senior Social with coffee, snacks, and companionship, 9-11 a.m.

Meals on Wheels

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

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

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

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

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

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

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

SENIOR MEALS

Age Well sponsors meal sites open to all seniors over 60.

There is a \$5 suggested donation for those over 60, \$6 for those under 60.

The Dairy Center Restaurant

2445 Samsonville Road, Enosburg Falls Monday – Friday, 11 a.m – 1 p.m. Reservations 933-2030

Franklin County Senior Center

75 Messenger Street, St Albans Monday, Wednesday, Thursday, Noon Reservations: 524-6616

Fairfax Friendly Neighbors Fairfax Fire House

15 Goodall Street, Fairfax 1st & 3rd Tuesday of each month, Noon. Reservations: 849-6820

The Crossing Restaurant

4 Province Street. Richford Monday – Friday, 11 a.m. – 4 p.m. Reservations: 848-3393

Swanton School House Lunch Bunch

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

South Hero Neighbors Reader Hall Congregational Church

South Street, South Hero Monday, Wednesday, Friday, Noon Reservations: 372-6425

Milton Groovy Lunch Bunch Arrowhead Senior Center

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

FRANKLIN & GRAND ISLE FOOD SHELVES

NorthWest Family Foods

5 Lemnah Drive, St. Albans VT (802) 527-7392 Hours: Monday to Friday, 1-4 p.m.

Hours: Monday to Friday, 1-4 p.m.

Old Health Center, 52 Main St., Richford, VT Last 2 Mondays each month Opens at noon

(CONTINUED ON PAGE 4)

Islands in the Sun Community Center, 57 S. Main St., Alburgh, VT Last 2 Tuesdays each month Opens at noon

Enosburg Food Shelf

Corner of Main and Missisquoi St., Enosburg, VT (802) 933-4193

Hours: Thurs. 10 a.m. - 4 p.m.

Fairfax Community Food Shelf

United Church of Fairfax, 8 Fletcher Rd, Fairfax, VT (802) 849-6588

Hours: First two Wednesdays of the month 9 a.m.- noon; Fourth Saturday of the month, 8:30-10:30 a.m.

Fairfield Community Food Shelf

Fairfield Community Center, School St., Fairfield, VT (802)827-3130

Hours: Tue. 1-1:30 p.m., 3 - 5 p.m.; Second Friday of the month 10 a.m. - 2 p.m.

Georgia Food Shelf

Georgia Market 962 Ethan Allen Hwy., Fairfax, VT (802) 524-3240 Hours: Last two Wednesdays of the month, 4-5 p.m.

Grand Isle Food Shelf

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

Highgate Food Shelf

Highgate Methodist Church Community Center, 3060 Rte. 78, Highgate, VT (802) 868-4921 Hours: Mon.-Tues., 2-5:30 p.m.

Montgomery Food Shelf

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

Sheldon Food Shelf

Sheldon Methodist Church, 52 Church St., (802) 933-4487 Call for an appointment

Swanton Food Shelf

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

I need housing...

Franklin-Grand Isle **Community Action**

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

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

Vermont State Housing Authority

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

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

Habitat for Humanity, Franklin Grand Isle Chapter

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

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

Homeshare Vermont

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

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

Champlain Housing Trust

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

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

Tim's House

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

A homeless shelter that provides temporary

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

Vermont Housing Finance Agency

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

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

Vermont Tenants, CVOEO

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

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

I need transportation...

Champlain Islanders Developing Essential Resources (CIDER)

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

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

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

Good News Garage Vermont

331 North Winooski Avenue, Burlington, VT 05401

(877) 448-3288 Toll Free - 877-GIVE AUTO

(802) 864-3667 (802) 864-6033 FAX www.goodnewsgarage.org info@goodnewsgarage.org

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

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

Green Mountain Transit

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

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

More Than Wheels

250 Commercial Street, Suite 4021, Manchester, NH 03101 89 South Street, Boston, MA 02111 1-866-455-2522

Apply online at: www2.uniteus.com/ groups/more-than-wheels

An award-winning nonprofit organization that helps people get the best deal on a reliable and fuel-efficient car. More Than Wheels negotiates with dealers to secure the lowest price and providing the lowest interest rate available. Serves clients in NH, VT, ME and MA.

NEED ASSISTANCE?

Food, shelter, rent assistance & more...

DIAL 2-1-1



Generously contributing to the United Way for over 30 years.

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

Aspire Together

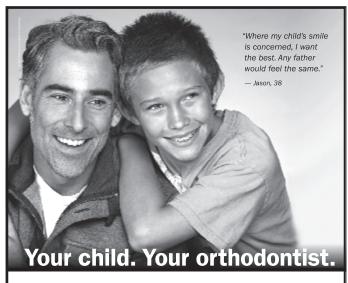
Free of charge services to support you on your pregnancy, parenting or relationship journey.

Pregnancy Centers Of Burlington & St. Albans

56 Colchester Ave. Burlington, VT 05401 (802) 658-2184 5 Lemnah Dr., St. Albans, VT 05478 (802) 527-2005



www.aspire-together.org



Whether you're considering clear aligners, retainers or today's braces, an orthodontist is the smart choice. Orthodontists are specialists in straightening teeth and aligning your bite. They have two to three years of education beyond dental school. So they're experts at helping you get a great smile – that feels great, too.





Braces for Children and Adults

Williston St. Albans 878-5323 527-7100

www.champlainortho.net





Preschool & Child Care for Your Family

St. Albans Early Learning CenterMon-Fri | 8:30am-2:30pm | Ages 3-4

Swanton Early Learning CenterMon-Fri | 8:30am-2:30pm | Ages 3-4

YMCA Early Childhood Programs Mon-Fri | 7am-5:30pm | Ages 1-3

Champlain Islands Parent Child Center Mon–Fri | 7am–5:30pm | Ages 0–3 & 3–5

Home-Visiting Option: Ages 0-3

All sites include free meals and snacks. This institution is an equal opportunity provider.

Openings available throughout the year for children who meet eligibility and site requirements. Also accepting applications for 2018-2019 school year.

Apply Now!

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



A Program of Champlain Valley Office of Economic Opportunity

I need childcare...

Early Childhood Resource Team The Family Center

130 Fisher Pond Road, Saint Albans, VT 05478

(800) 834-7793 Toll Free (802) 524-6554 (802) 527-8167 FAX www.ncssinc.org familctr@ncssinc.org

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

Champlain Valley Head Start CVOEO

431 Pine Street, Burlington, VT 05401 (800) 854-9648 or (802) 651-4180 www.champlainvalleyheadstart.org

Full and part-time programs are available for both Early Head Start serving ages 0-3 and Head Start, serving ages 3-5. There is also a home-based program providing 90 minutes per week with a Home Visitor and playgroup activities twice per month. The program serves multiple communities in Franklin and Grand Isle counties.

Champlain Islands Parent Child Center - South

114 South Street, Building 2 South Hero, VT 05486 (802) 372-4704 (802) 372-8622 FAX www.cipcc.org

Building strong children, confident families and connected communities. Licensed,

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

Curiosity Corners Preschool

71 Main Street, Saint Albans, VT 05478 (802) 527-0614

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

Franklin County Early Childhood Programs (FCECP)

Franklin Northwest Supervisory Union 100 Robin Hood Drive, Suite 2 Swanton, VT 05488 Franklin Central Supervisory Union 2 North Main Street, Suite 301 St. Albans, VT 05478 (802) 524-3613 (802) 868-4457 mmspence@yahoo.com

Provides preschool opportunities. Referrals from families, community and other service providers. Screenings may recommend a comprehensive evaluation to determine eligibility for programs administered by FCECP.

8

Y's Time Children's Center

Houghton Street, PO Box 1273 St. Albans, VT 05478 (802) 527-4872 www.gbymca.org

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

Grand Isle Supervisory Union Essential Early Education

224 US Route 2, Grand Isle, VT 05458 (802) 372-6942 (802) 372-5292 FAX www.gisu.org

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

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

Union Bank

Stay Local. Go Far.

Purchase, Refinance & Construction Loans | Competitive Rates Local Decisions | Rural Development Lender of the Year Judy Smith, NMLS #627445 15 Mapleville Depot St. St. Albans, VT 05478 802.524.9000 jsmith@unionbankvt.com www.unionbankvt.com

Member FDIC 😑 Equal Housing Lender

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

Both sites are located on extensive, beautiful grounds in a small, vibrant community. Walk to the Library, Post Office, stores and churches crossing an accessible and charming covered foot bridge. Radiant Floor Heat, Electricity, Basic Cable, Parking and comfortable shared living spaces are included in the rent.

Franklin Homestead

Offers 23 one and two bedroom affordable apartments, elevator access, free laundry facilities on each floor, an active Resident's Association and a large community room.

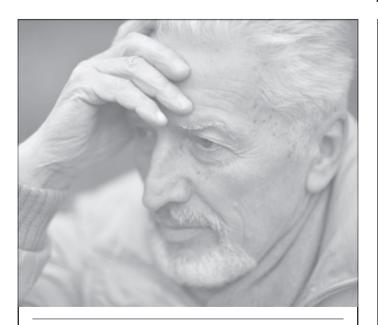
Franklin Carriage House

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



Call **Stacy Silloway,** Manager, **285-2944** for information or guided tour **142 Homestead Dr., Franklin, VT 05457**







LET US BE YOUR PARTNER.

COME CHECK US OUT

TODAY!

DOES DAD SEEM A LITTLE MORE CONFUSED?

For 25 years our team of skilled professionals has been committed to enhancing the quality of life of older adults.

34 FRANKLIN PARK WEST, ST. ALBANS, VT • (802) 527-0548 • WWW.CAREPARTNERSVT.ORG



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Recover from illness in the comfort of home

We can help you or your loved one remain in the place you feel most comfortable - home. Our local nurses, therapists and trained staff bring the care and support right to your home to provide:

- ·Assistance with daily routines and personal care
- •Recovery from surgery or short-term illness
- Management of chronic illness and diseases
- •Support and specialized care for people at the end of life

CONTACT US TODAY:

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



3 Home Health Cirlce, St. Albans, VT 05478



Champlain Islanders Developing Essential Resources

- Wheelchair Accessable Transportation
- "The Neighbors" Community Meals and "Meals on Wheels"
- Living Strong Strength&balance Training
- Tai Chi Classes
- Wheelchair Ramps &Home Accessibility Special Needs Equipment Lending

P.O. Box 13, 324 RT 2 South Hero, VT 05486 (802)372-6425 Cidervt@sover.net www.cidervt.org

I need a job...

VERMONT DEPT. OF LABOR

St. Albans Career Resource Center

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

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

Vermont Job Link

www.vermontjoblink.com

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

JOB TRAINING

Franklin-Grand Isle Workforce Investment Board

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

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

Northwest Technical Center

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

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

Pathstone

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

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

Vermont Works For Women

32 Malletts Bay Avenue, Winooski, VT 05404

(800) 639-1472 Toll Free (802) 655-8900

www.vtworksforwomen.org

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

JOB PLACEMENT SERVICES

VocRehab Vermont

103 South Main Street, Weeks 1A Building Waterbury, VT 05671-2303
(802) 241-1455 (866) 879-6757
www.vocrehab.vermont.gov
VocRehab - St. AlbansDistrict Office
State Office Building
27 Federal Street, Suite 200
St. Albans, Vermont 05478
(802) 527-4045

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

Vermont Associates for Training and Development

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

Vermont Associates for Training and Develop-

No computer?

Most of the area's libraries provide free computer and internet access. For a complete list of local libraries, see page 18.

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

PRIVATE EMPLOYMENT AGENCIES

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

Vermont Employment Agency St. Albans Office

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

Adecco Staffing

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

Westaff

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

STARTING A BUSINESS

Micro Business Development Program/ Individual Development Account Program

431 Pine Street, Suite 2, Burlington, VT 05401 (802) 860-1417 (802) 860-1387 FAX www.vtmicroenterprise.org jwhite@cvoeo.org

(CONTINUED ON PAGE 10)

Free help for low to moderate income Vermonters to start, run and finance successful small businesses through counseling, classes and support groups. Helps finance self-employment, first-time home buying and postsecondary education goals through financial education and by matching participant savings in individual Development Account Program.

Center for Women & Enterprise

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

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

Vermont Small Business Development Center

Franklin County office located at Franklin County Industrial Development Corporation

P.O. Box 1099 / 2 North Main Street

St. Albans, VT 05478-1099 (802) 524-2194

www.vtsbdc.org

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

OTHER PROGRAMS

Vermont Youth Conservation Corps

1949 East Main Street, Richmond, VT 05477

(800) 639-8922

(802) 434-3969

www.vycc.org info@vycc.org

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

2019 FRANKLIN-GRAND ISLE RESOURCE DIRECTORY

DON'T SEE YOUR ORGANIZATION LISTED?

CONTACT US TO HAVE YOUR ORGANIZATION ADDED TO THE 2019 RESOURCE DIRECTORY.

There's no cost to be listed.

Email: Michelle@samessenger.com

M MESSENGER



I need help paying my bills...

BUDGETING AND SAVING

CVOEO Financial Futures

802-860-1417 X 114 growingmoney@cvoeo.org

The Financial Futures program can help Vermonters craft spending plans, reduce debt and build their savings. They can also assist with savings and business development. Assistance is available in both Burlington and St. Albans. To learn more contact the above number or call Franklin-Grand Isle Community Action at (802)527-7392.

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

HELP WITH UTILITIES

LiHEAP

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

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

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

Green Mountain Power's Energy Assistance

Residential customers of Green Mountain Power earning less than 150 percent of the federal poverty limit are eligible for 25 percent off their first 600 kilowatts of electricity each month.

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

Vermont Gas Energy Assistance

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

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

Emergency and Crisis Fuel Assistance

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

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

HELP WITH MEDICAL BILLS

Age Well

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

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

Green Mountain Care

(800) 250-8427 Toll Free (888) 834-7898 TDD

www.greenmountaincare.org

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

Health Care Advocate Project

PO Box 1367, Burlington, VT 05402 (802) 863-2316 (800) 917-7787 Toll Free (802) 863-7152 FAX www.vtlegalaid.org

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

Jim Bashaw Cancer And Catastrophic Illness Fund

c/o Northwestern Medical Center 133 Fairfield Street, Saint Albans, VT 05478

(802) 524-8479

www.northwesternmedicalcenter.org

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

Ladies First Program

VT Department of Health 108 Cherry Street Burlington, VT 05402 (800) 508-2222

www.ladiesfirst.vermont.gov/

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

Lifeline Foundation of Vermont

579 Washington Highway, Suite 314 Morrisville, VT 05661 (800) 286-5463 (802) 654-1212 (802) 888-4797

Offers assistance to individuals who wish to continue living independently. A response center is contacted by pushing a button on a wristband or pendant.

(CONTINUED ON PAGE 12)

Pharmaceutical Research and Manufacturers of America (PhRMA)

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

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

OTHER BILLS AND SERVICES

Memorial United Methodist Church Thrift Shop

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

A faith community that sponsors a thrift shop in Swanton.

Social Security Administration Office of Public Inquiries

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

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

Vermont Legal Aid

264 North Winooski Avenue, Burlington, VT 05401

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

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

Vermont Office of Child Support

103 South Main Street, Waterbury, VT 05671-1901 (802) 241-2319 (800) 786-3214

(802) 241-2319 (800) 786-3214 dcf.vermont.gov/ocs

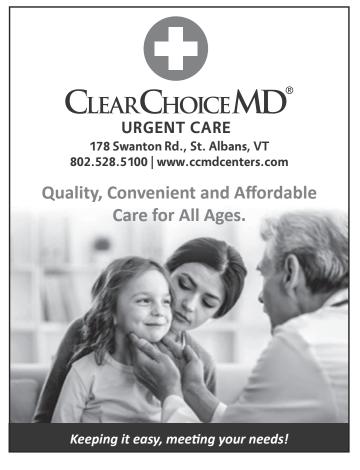
Part of the VT Agency of Human Services, the Office of Child Support assists custodial parents with insuring child care payments are made.

Vermont Student Assistance Corporation (VSAC)

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

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

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





Get involved. Make a difference. Feel great.

VOLUNTEER.

Get started at unitedwaynwvt.org/volunteer or write to us at volctr@unitedwaynwvt.org.



United Way of Northwest Vermont

I struggle with addiction...

Turning Point of Franklin County

182 Lake Street, Saint Albans, VT 05478 (802) 782-8454 turningpointfranklincounty.org

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

BAART St. Albans

242 S. Main Street St. Albans, VT 05478 802.370.3545

BAART provides addiction treatment services.

NOTCH

www.notchvt.org

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

Alanon /Alateen World Service

1600 Corporate Landing Parkway Virginia Beach, VA 23454-5617 (866) 972-5266 Toll Free Vermont (802) 860-8388 Info. & Services Vermont (800) 344-2666 Toll Free Al-Anon World Service

www.al-anon.alateen.org www.vermontalanonalateen.org

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

Alcoholics Anonymous

PO Box 1212, Burlington, VT 05402

(802) 860-8382 Information Only www.aavt.org

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

Centerpoint Adolescent Treatment Services

1025 Airport Drive, South Burlington, VT 05403 (802) 488-7711 www.cetnerpointservices.org

Mental health, substance abuse, and special education services for teens and families.

Friends of Recovery - Vermont

C/O Vermont Association for Mental Health and Addiction Recovery 100 State Street Suite 352, Montpelier, VT 05601

(800) 769-2798 (802) 229-6103 www.friendsofrecoveryvt.org

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

Howard Center Substance Abuse Services

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

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

Narcotics Anonymous -Champlain Valley Area

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

publicinformation@cvana.org

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

Phoenix Houses of New England

99 Wayland Avenue, Suite 100 Providence, RI 02906 (401) 331-4250 Administrative www.phoenixhouse.org

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

Brattleboro Retreat

Anna Marsh Lane, Brattleboro, VT 05301 PO Box 803, Brattleboro, VT 05302 (800)758-7328 www.brattlebororetreat.org

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

Vermont Harm Reduction Coalition

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

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



We are excited to provide services in the new space, which also includes Northwestern Primary Care as well as the Northwestern Orthopaedic and Rehabilitation Center and our Outpatient Laboratory.



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

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

Georgia location

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



Offering a caring and loving home when life becomes lonely, difficult or unsafe.

- Home-like Environment
- Memory Care
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avemariacare.com • 802-848-7106 • 1 Pinnacle Meadows, Rt.105, Richford, VT Offering quality care for over 28 years



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86 South Main Street, St. Albans, Vt. 05478

phone: 802-524-2928 or toll-free in Vt. 1-800-649-2229 fax: 802-524-1997 website: www.bradyandlevesque.com founders: G. Thomas Brady & Raymond J. Levesque directors: Jeffrey S. Levesque, Allen H. Choiniere & Alyssa Gagne





{Timely referrals}

At Northwestern Medical Center we make it easy to connect with a physician or advanced practice provider. Call or go online to learn more about services we offer and the providers available to vou.



Call us at 524-1280 or view our directory at: Northwestern.org

Conveniently located at 133 Fairfield Street, St. Albans. Vermont 05478

I'm in need of health care...

Franklin County Home Health Agency, Inc.

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

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

Northern Tier Center for Health (NOTCH)

Federally Qualified Health Center

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

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

Alburgh Health Center

8 Industrial Park Road, Alburgh, VT 05440 (802) 796-4414 (802) 796-4415 FAX

Enosburg Health Center

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

Fairfax Health Center

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

Fairfield Street Health Center

77 Fairfield Street St. Albans, Vermont 05478 (802) 527-4151

NOTCH Nifty Thrifty

53 Main Street, Richford, VT 05476 (802) 848-3815, ext. 15

NOTCH Pharmacy

44 Main Street, Suite 201 Richford, Vermont 05476 (802) 255-5530 (802) 255-5539 FAX

Richford Dental Clinic

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

Richford Health Center

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

Saint Albans Health Center

48 Lower Newton Road Saint Albans , VT 05478 (802) 524-4554 (802) 524-4501 FAX

Swanton Health Center

Medical and Dental Services 45 Church Street, Swanton, VT 05488 (802) 868-2454 (802) 868-2461 FAX

Northwestern Counseling & Support Services

107 Fisher Pond Road, Saint Albans, VT 05478

CRISIS HOTLINE: (800) 834-7793 Toll Free - 24-Hour

(802) 524-6554 (802) 527-7801 FAX www.ncssinc.org

A private not for profit community behavioral health center which provides comprehensive mental health and developmental serves for families and individuals, including a crisis hotline. Services are provided at both the NCSS

offices and in the community.

HOURS: Mon. - Fri.: 9:00 am - 5:00 pm

Northwestern Medical Center

133 Fairfield Street, Saint Albans, VT 05478

(802) 524-5911 (800) 696-0321 www.NorthwesternMedicalCenter.org

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

Rise VT

(802)524-8825 www.risevt.com

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

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

NMC Lifestyle Medicine

260 Crest Road St. Albans, VT 05478 (802)524-1227

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

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

NEED ASSISTANCE?

With food, shelter, rent assistance, clothing, childcare, and more...

DIAL 2-1-1



United Way of Northwest Vermont

Caring for our community is the number one priority at our residential care centers.

We are dedicated to making our residents feel at home in every way possible, treating each individual with the honor and respect he/she deserves. We foster an environment of enrichment and fun where residents have an amazing quality of life.

Whether the stay is short term or long term, our beautiful facilities, located in the heart of Franklin county offer the variety of care to compliment each inividual.



The Villa Rehab Center

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MANAGED BY Suncrest Health Care Communities



AFFILIATED WITH

Franklin County Rehab Center and Holiday House

For more information call Jade Desroches, Admissions/Social Services (802) 524-3498

7 Forest Hill Dr., St. Albans, VT 05478 | villarehab.com



Franklin County Rehab Center, LLC

The Franklin County Rehab and Adult Care Center is a state-of-the-art facility offering the finest skilled comprehensive medical & rehabilitation care available.

Our areas of expertise for successful recovery are:

- Accommodating varied health care needs
- Medicare certified offering subacute rehabilitation
- Long term care services

110 Fairfax Road • St. Albans, VT
For more information call
Lindsey Larivee, RN, Admissions Coordinator (802) 752-1600





Newly Renovated Residential Care Home providing 24 hour care with nursing oversight and medication management at a reasonable price.

Featuring:

- Large private and semi-private rooms
- Vermont country setting overlooking Lake Champlain

Accepts all Medicaid Programs including ACCS and ERC Program.



Speak with Sykie Leach, Admissions for more information at (802) 524-2996 642 Sheldon Road, St. Albans, Vermont 05478

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

RECREATION DEPARTMENTS

Enosburgh Recreation Dept.

(802)326-4452

Email: recdirector@enosburghvt.org www.enosburghvermont.org

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

Fairfax Recreation Dept.

12 Buck Hollow Road Fairfax, VT 05454 (802) 849-6111 ex. 20 Email: recreation@fairfax-vt.gov www. fairfaxrecreation.com

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

Grand Isle Recreation Dept.

9 Hyde Road, Grand Isle, VT 05458 (802) 372-9149

www.facebook.com/GrandIsleVermontRecreationCommittee

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

St. Albans Recreation Dept.

BARLOW ST. COMMUNITY CENTER
39 Barlow St. 2nd floor
St. Albans, VT 05478
Office Hours: Mon-Fri, 9 a.m. – 5 p.m.
Recreation Office: 802-524-1500 X 266 or x. 268

Recreation Cell: 802-309-1810 St. Albans City Pool 802-524-6796 www.stalbansrec.com

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

The recreation department also operates the St. Albans City Pool, including swim lessons

and a swim team in the summer months.

Scholarships are available to assist those in

Swanton Recreation Dept.

(802) 868-2493

E-mail: swantonrecreation@gmail.com www.swantonrec.org

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

PARKS AND OTHER LOCATIONS

Barlow Street Community Center

39 Barlow Street St. Albans, VT 05478

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

Fairfax Community Park and Recreation Path

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

Directions to Community Park & Recreation Path

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

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

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

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

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

Hard'Ack Recreation Area

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

Highgate Arena

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

Managed by the Missisquoi Amateur Hockey Association (MAHA) the arena is home to several hockey leagues in the winter months, as well as public skating and learn to skate classes. In the summer, MAHA opens the arena for summer sports and activities.

Houghton Park

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

Marble Mill Park

Swanton, VT

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

Missisquoi Valley Rail Trail

www.mvrailtrail.com

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

Missisquoi Wildlife Refuge

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

(CONTINUED ON PAGE 18)

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

The 6,700-acre refuge is open from dawn to dusk year round to hikers, bird watchers and nature lovers. The internationally recognized wetland is home to more than 200 species of bird including bald eagles, osprey and great blue herons. The refuge is free to visit, but visitors are asked to stop in at the office before venturing out on the trails.

Swanton Beach

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

St. Albans Bay Park

596 Lake Road, St. Albans, VT 05478

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

St. Albans City Pool

99 Aldis Street St. Albans, VT 05478 802-524-6796 The pool is home to a wide-range of summer activities including public swim time, swimming and lifeguard lessons, fitness classes and a swim team. The pool is managed the St. Albans Recreation Dept. Visit their site (www. stalbansrec.com) for more information.

St. Albans Historical Museum

9 Church Street, St. Albans, VT 05478 (802) 527-7933

stamuseum.history@myfairpoint.net

Displays and artifacts related to history of St. Albans.

LIBRARIES

Alburgh Public Library

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

Arvin A. Brown Public Library

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

HF Brigham Free Public Library

PO Box 5, Bakersfield, VT 05441 (802) 827-4414 www.hfbrighamlibrary.wordpress.com

Bent Northrup Memorial Library

57 Park Street, Fairfield, VT 05455 (802) 827-3945 www.bentnorthrop.org

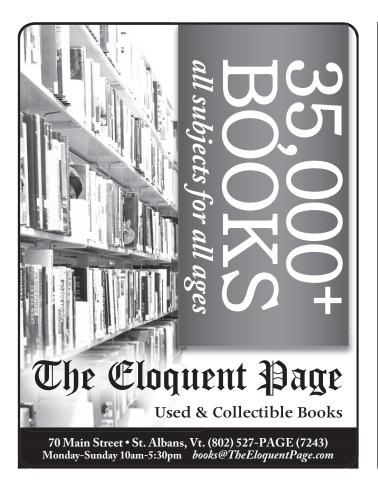
Enosburgh Public Library

PO Box 206, Enosburg Falls, VT 05450 (802) 933-2328 www.enosburghlibrary.org

Fairfax Community Library

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

Franklin Library/ Haston Library





PO Box 83, Franklin, VT 05457 (802) 285-6505 www.hastonlibrary.wordpress.com

Georgia Public Library

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

Grand Isle Free Library

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

Highgate Public Library

PO Box 76, Highgate Center, VT 05459 (802) 868-3970 www.highgatelibrary.wordpress.com

Isle La Motte Free Public Library

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

Montgomery Town Library

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

North Hero Public Library

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

Sheldon Public Library

PO Box 12 Sheldon, VT 05483 (802) 933-2616 www. sheldonlibrary.wordpress.com

South Hero Community Library

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

St. Albans Free Library

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

Swanton Public Library

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

ORGANIZATIONS

Franklin Grand Isle 4-H

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

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

Boy Scouts of America Green Mountain Council

PO Box 557 Waterbury, VT 05676 Phone Number: (802) 244-5189 (800) 704-3089 www.scoutingvermont.org

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

Girl Scouts of the Green And White Mountains

60 Knight Lane, Suite 30, Williston, VT 05495

(888) 474-9686 (802) 878-3943 FAX www.girlscoutsgwm.org info@girlscoutsgwm.org

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

Island Arts

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

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

Special Olympics Vermont

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

(802) 863-5222 (802) 863-3911 FAX www.specialolympicsvermont.org

Special Olympics Vermont promotes the health and well-being of children and adults

in Vermont with cognitive disabilities with year-round sports training and athletic competition in a variety of Olympic-type sports.

Title VII Indian Education Programs Of Franklin County

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

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

Watershed Mentoring

67 Fairfield Street, St. Albans, VT 05478 www.fcccp.org

beth@daybell.netinfo@fcccp.org

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

WEB DESIGN

Breathtaking design in a responsive format that will look amazing on all devices and follows best website security practices.



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NORTHWESTERN COUNSELING

& SUPPORT SERVICES

we're here for you

107 Fisher Pond Road, St. Albans, VT 05478 (802) 524-6554 | www.ncssinc.org



Did you know...

NCSS staff collaborates to provide services throughout the community:

In the past year **NCSS served 4,100 people** in our offices, in local schools, in the community, in their homes, and in their places of work.



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

Partnerships with 92% of schools which include services such as: therapy, consultation, substance abuse treatment, behavioral supports, specialized services for children diagnosed with autism.



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

The **Parent Child Center, one part of our Family Center**, consists of four core teams, operating 20 Primary Prevention Programs in Franklin and Grand Isle Counties.



Psychiatry

✓ Of the over 4,000 individuals served by NCSS last year, what percentage do you think received medication from one of our Psychiatrists or Nurse Practitioner?

Only 19%. While medication can be very effective for certain mental health conditions, most individuals do not require medication as part of their treatment plan.



The Developmental Services division offers Person Centered Care for individuals with intellectual disabilities including:

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

Serving Franklin & Grand Isle Counties

NORTHWESTERN COUNSELING

& SUPPORT SERVICES

we're here for you

107 Fisher Pond Road, St. Albans, VT 05478 (802) 524-6554 | www.ncssinc.org



Did you know...

NCSS staff collaborates to provide services throughout the community:

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

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

Serving Franklin & Grand Isle Counties

Main Office

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

Soar Learning Center

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

Applied Behavior Center

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

Ted Mable Family Center

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

Academy of Learning

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

Mapleville Depot

20 Mapleville Depot St. Albans | 524-6554

Satellite Location in NOTCH Building

8 Industrial Park Rd. Alburgh | | 393-6564

Satellite Location in NOTCH Building

44 Main St. Richford learn more about our services at www.ncssinc.org



OUR CREATIVE TEAM + YOUR PROJECT= **

Branding • Marketing Strategy • Social Media Management
Web Design • Graphic Design • Photography • Illustration • Print & Binding



Ready to get started? Give us a shout!

Kim Conner, Marketing Maestro 802.524.9771 x 107 kconner@samessenger.com

MessengerMarketingVT.com

Other Important Services

SERVICES FOR SENIORS

Franklin County Senior Center

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

(802) 524-6616 www.fcscvt.org

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

Islands in the Sun Senior Center

Main St, Alburgh, VT 05440 (802) 796-3890

Provides activities for seniors.

CIDER

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

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

Foster Grandparent Program, Franklin/Grand Isle

48 Lower Newton Street, St. Albans, VT 05478

(802) 524-6337

www.unitedwaynwvt.org/Foster-Grandparents

maryp@unitedwaycc.org

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

Age Well (formerly Champlain Valley Agency on Aging)

76 Pearl Street Suite 201 Essex Junction, VT 05452 (Satellite offices in St. Albans and Middlebury) (800) 642-5119 Helpline (802) 865-0360 (802) 865-0363 FAX www.agewellvt.org

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

Vermont Senior Citizen's Law Project

PO Box 1367, Burlington, VT 05401 (800) 642-5119

High priority legal assistance to seniors 60 and older with limited resources. Can refer low-income seniors to private attorneys at reduced rates for certain legal issues.

SERVICES FOR VETERANS

Family Programs Family Assistance Specialist National Guard Armory

13 Ferris Street, Swanton VT 05488 Office: (802)338-4319 Cell: (802)338-0547

Vermont Veterans & Family Outreach Program

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

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

National Suicide Hotline

800-273-8255

Office of Veterans Affairs

118 State Street, Montpelier, VT 05620-

(802) 828-3379 Information & Services - Outside of Vermont

(888) 666-9844 Toll Free within Vermont www.veterans.vermont.gov

Administers a variety of benefits programs

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

Veterans Administration (VA) in Vermont

866-687-8387

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

Vet Center

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

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

Veterans Affairs Medical Center

215 North Main Street White River Junction, VT 05009 (866) 687-8387 Toll Free Medical Center (800) 827-1000 Toll Free Benefits Information

(802) 295-9363 www.whiteriver.va.gov

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

VA Outreach Clinic

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

VICTIMS OF VIOLENCE

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

Voices Against Violence/ Laurie's House

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

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

Safe At Home Address Confidentiality Program

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

Protects survivors of domestic violence, sexual assault and stalking after relocation to a residence unknown to their perpetrator with a substitute address in VT where they can receive mail, minimizing the amount of people who know where a victim resides. A service of the VT Secretary of State's Office.

Safespace at the Pride Center of Vermont

255 South Champlain St. Suite 12, Burlington, VT 05401

Hotline: 802-863-0003 or 866-869-7341

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

Vermont Network Against Domestic and Sexual Violence

PO Box 405, Montpelier, VT 05601 (800) 228-7395 24-Hour Domestic Violence Hotline

(800) 489-7273 24-Hour Sexual Assault Hotline

(802) 223-1115 TTY (802) 223-1302

www.vtnetwork.org

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

Vermont Center for Crime Victim Services

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

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

ORGANIZATIONS YOU SHOULD KNOW

Franklin Grand Isle Restorative Justice Center

120 North Main Street, St. Albans, VT 05478

(802) 524-7006

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

Franklin County Caring Communities

67 Fairfield Street, St. Albans, VT 05478 (802) 527-5049 (802) 524-3952 FAX www.fcccp.org beth@daybell.net info@fcccp.org

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

Human Rights Commission

14-16 Baldwin Street
Montpelier, VT 05633-6301
800-416-2010 (Toll Free VT)
802-828-1625 (voice)
human.rights@vermont.gov (e-mail)
www.hrc.vermont.gov

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

2019 FRANKLIN-GRAND ISLE RESOURCE DIRECTORY

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

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

MESSENGER





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- HomeMeds

agewellvt.org

Helpline: 1-800-642-5119

Age Well is a 501(c)(3) nonprofit.

Timothy G. Hurlbut, P.C.

d/b/a Hurlbut, Glitman & Associates Law Offices

Servicing Franklin, Grand Isle and North Chittenden Counties - Vermont

stablished in 1984, Timothy G. Hurlbut, P.C., d/b/a Hurlbut, Glitman & Associates is a Franklin County, Vermont General Practice Law Firm, employing three attorneys, with over 50 years of experience, a registered law clerk, and four paraprofessionals with a total of 60 years of experience in their respective fields. The attorneys practice diverse general practice of law and litigate in all Vermont State and Federal Courts.

AREAS of Law Practiced

- Residential & Commercial Real Estate*
- Estate Administration & Probate
- Landlord/Tenant
- Purchase and Sales of Business
- Business Law, Formations of Corp., LLC & LLP Mediation
- Environmental, Zoning & Development Law
- Contracts

- · Wills & Trusts
- Pre & Post Death Estate Planning
- Foreclosure and Collections
- Personal Injury
- · Litigation in all Courts

*d/b/a Northwestern Vermont Closing, Escrow & Title Purchase and Sale of Residential Real Estate

In order to better serve clients, the Real Estate Department has 3 lawyers, one registered law clerk, and 3 para-professionals and is fondly known as the "Hurlbut Team". By the use of para-professionals with the participation and overview of attorneys, the client receives professional representation at a competitive price.



L. to R. - Heather Laing, Secretary & Intake Coordinator; Stephen A. McDonald, Registered Law Clerk; Mindy S. Gagne, Real Estate Manager; Timothy G. Hurlbut, Attorney at Law: Matthew Glitman, Attorney at Law: Jackie Ovitt, Legal Assistant: Suzanne M. Mashteare, Assist. Real Estate Manager; Kathy Butler, Bookkeeper

Owner: Timothy G. Hurlbut

Location: 375 Lake Road, Suite 2A, St. Albans Vt. 05478

Phone: 802-527-7200 Website: www.vtlaw.us - Visit us!

Email:

Tim@vtlaw.us Hours: 8AM to 5PM, Monday-Friday

