



Free!

Franklin & Grand Isle Community

# RESOURCE DIRECTORY

2024

HOUSING | CHILDCARE | FOOD SHELVES | JOB HUNTING | RECREATION  
HEALTHCARE | ORGANIZATIONS | FINANCIAL HELP | RECOVERY | & MORE

A PUBLICATION OF THE

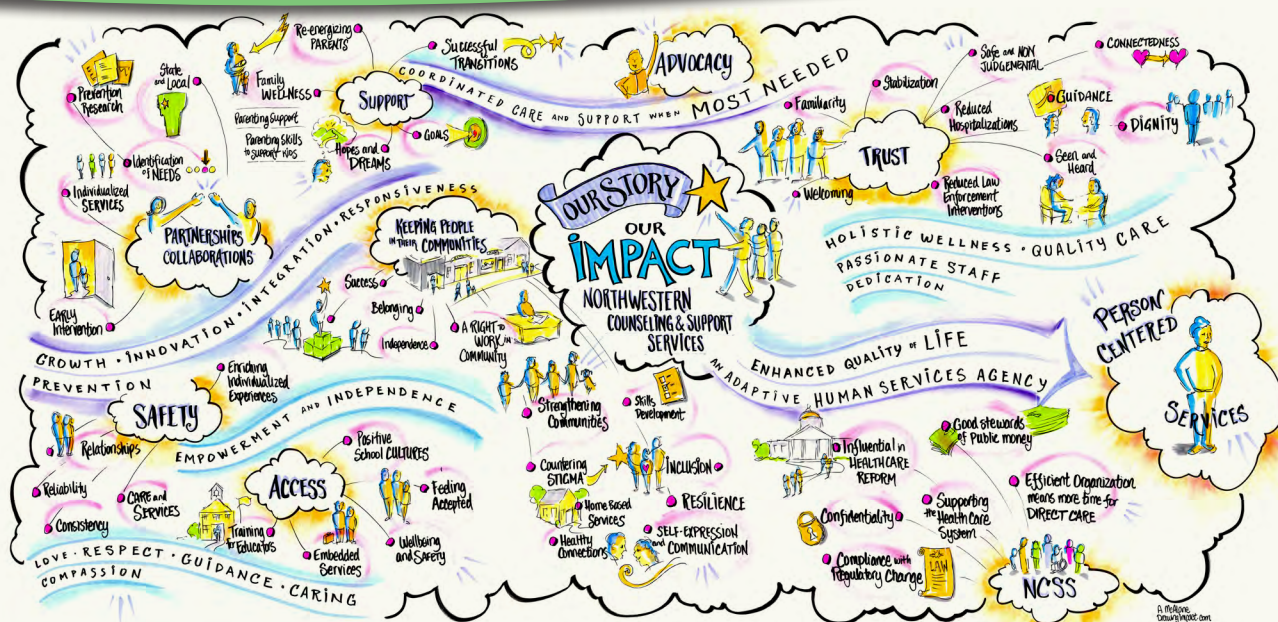


**O'ROURKE**  
MEDIA GROUP



# "NCSS is the tapestry of the community."

- Anjanette D Watson M.D. Ph.D., a board member and client of NCSS



## WHO WE ARE

Northwestern Counseling & Support Services (NCSS) is a healthcare leader in Franklin and Grand Isle Counties. Since our origination in 1958, we have adapted and evolved to continually meet the ever-changing needs of our community. NCSS provides intervention and support to children, adolescents, and adults with emotional and behavioral challenges; a mental health diagnosis; adolescent substance use; and an intellectual disability or developmental delay.

It is our mission to ensure that the residents of Franklin and Grand Isle Counties have access to high quality services, which promote healthy living and emotional well-being.

## DID YOU KNOW?

We offer well over 50 programs designed to meet the unique needs of the 4,000+ people we serve annually.

learn more about  
our services at  
[www.ncssinc.org](http://www.ncssinc.org)



## AN ENTIRE LIFESPAN OF SERVICES

Each team within NCSS demonstrates its own unique skillset in adhering to the overarching mission and vision of the agency. Through collaboration and teamwork, we can offer supports that are person centered and creative, allowing for the best possible outcomes for those we serve. Because life gets hectic and is ever changing, we have built our services around the total lifespan offering a holistic approach to the care we provide.

## COLLABORATION

Effective collaboration with community partners is vital to the care we provide, and we are strongly engaged with local schools, primary care offices, law enforcement agencies, and other human service providers throughout Franklin and Grand Isle Counties.

Through assessment, collaboration, and timely intervention, we strive to provide support to those we serve, right when they need it.



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& SUPPORT SERVICES**

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Call 802-524-6554 Ext. 1

107 Fisher Pond Road  
St. Albans, VT 05478  
[www.ncssinc.org](http://www.ncssinc.org)

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COUNSELING  
& SUPPORT SERVICES**







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Working towards economic, social, racial, and environmental justice in the Champlain Valley and beyond. **All of us at CVOEO** are bound by a vision of a more just society in which everyone can flourish, and nobody is left behind.

## Programs and Services available in Franklin and Grand Isle Counties:

- Champlain Valley Head Start | 802 651 4180
- Champlain Valley Weatherization | 802 891 9697
- Financial Futures Programs | 802 860 1417 X121
- Franklin & Grand Isle Community Action | 802 527 7392
- NorthWest Family Foods | 802 527 7392
- Office of Racial Equity & Community Inclusion | 802 862 2771 X726
- Samaritan House/Tim's House | 802 527 0847
- Statewide Housing Advocacy Programs | 802 660 3455
- Voice's Against Violence/Laurie's House | 802 524 6575

Join us



Learn more



**Bridging Gaps, Building Futures**

[www.cvoeo.org](http://www.cvoeo.org) | 802 862 2771



# Franklin-Grand Isle Community Resource Directory

*“We* hope that you enjoy the 28th edition of the Community Resource Directory! Thank you to all of our advertisers that have helped make this possible in 2024. We look forward to continuing to bring you accurate information on the numerous resources in our area. We welcome any feedback that will assist in continuing to make the Community Resource Directory a valuable tool in our local communities.”

– O'Rourke Media Group Team

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OROURKEMEDIAGROUP.COM

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**For the most current resource information, dial the three digit number 2-1-1 or visit [www.vermont211.org](http://www.vermont211.org).  
A PDF of the Resource Directory is available for download at [www.samessender.com](http://www.samessender.com)**



# 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](http://www.dcf.vermont.gov/benefits/3SquaresVT)  
[www.vermontfoodhelp.com](http://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](http://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 Snacks and Meals**

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

For more information visit the Agency of Education's website  
[www.education.vermont.gov](http://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 at 865-0255.  
[www.hungerfreevt.org](http://www.hungerfreevt.org)

## **Martha's Community Kitchen**

139 Lake Street  
Saint Albans, VT, 05478  
(802) 524-9749  
[www.marthascommunitykitchen802.org](http://www.marthascommunitykitchen802.org)

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.

"Grab and Go" meals are available between 11 a.m. to 1 p.m. every day.

## **Meals on Wheels**

Age Well  
875 Roosevelt Hwy, Ste. 210, Colchester  
1-800-642-5119 or 802-865-0360

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.

## **Spectrum Youth & Family Services**

223 Lake Street, Saint Albans, VT  
802-777-8749  
[stadropin@spectrumvt.org](mailto:stadropin@spectrumvt.org)  
Hours: Monday – Friday, 10 a.m. – 6 p.m.  
Lunch is served from 12 – 1 p.m. and dinner is served from 5 – 6 p.m.

A place for young people ages 14-24 to eat a free meal, use a computer or phone, do laundry, get clothing, take a shower, and get other needs met. Stop by during open hours, or call or email us for help.

## **RESTAURANT MEALS**

Must present an Age Well restaurant ticket, with suggested donation of \$5. Tickets are available at the Age Well office at 875 Roosevelt Hwy, Ste. 210 in Colchester or you can call Laura Need 802-662-5264 for more information.

## **FRANKLIN & GRAND ISLE FOOD SHELVES**

---

### **NorthWest Family Foods**

5 Lemnah Drive, St. Albans VT  
(802) 527-7392  
Hours: Monday – Friday, 12-2 p.m.

Located in St. Albans with satellites in Isle La Motte, NorthWest Family Foods serves thousands of people each year and is a key component of the Community Action office. In addition, the organization is aiming to increase food access to more people by offering deliveries.

**St. Joseph's Church**  
60 Cemetery Rd, Isle La Motte, VT  
Last 2 Tuesdays each month, 10:30 a.m.

### **Enosburg Food Shelf**

Corner of Main and Missisquoi St.,  
Enosburg, VT  
(802) 933-4193  
Hours: Thurs. 10 a.m. – 4 p.m.

### **Fairfield Community Food Shelf**

Fairfield Community Center, School St.,  
Fairfield, VT (802)827-3130  
Hours: Tuesdays 1:30 – 5 p.m.; Second Friday of the month 10 a.m. – 12 p.m.  
For emergency appointment call and leave message.

### **Georgia Food Shelf**

Georgia Public Library  
1697 Ethan Allen Hwy., Georgia, VT  
(802) 524-2364  
Hours: Mondays 4-5 p.m. food pickup.

### **Champlain Islands Food Shelf**

St. Josephs' Church,



185 Route 2, Grand Isle, VT 05458  
(802) 372-8404  
Hours: Wednesdays 2-5:30 p.m.

**Richford Food Shelf**  
NOTCH Partnering Project  
53 Main St., Richford, VT  
(802) 255-5515  
Hours: Monday 5 p.m. – 7 p.m.  
Friday 9 a.m. – noon.

**Montgomery Food Shelf**  
Montgomery United Methodist Church,  
20 Fuller Bridge Rd., Montgomery, VT  
(802) 326-4651.  
Call for an appointment.

**Sheldon Food Shelf**  
Sheldon Methodist Church, 52 Church St.,  
Sheldon, VT  
(802) 933-4487  
Hours: Third Tuesday of the month:  
8 a.m. – 12 p.m., otherwise call for an ap-  
pointment.

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

**Abenaki Food Pantry**  
100 Grand Avenue, Swanton, VT  
(802) 868-6255 ext.1  
Hours: 9 a.m. – 2 p.m. Mondays, Wednes-  
days, Fridays.

**Highgate Food Shelf**  
3060 Route 78, Highgate, VT  
(802) 868-4921  
Hours: Monday and Tuesday 2-5:30 p.m.

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

Email: [bhigdon@orourkemediagroup.com](mailto:bhigdon@orourkemediagroup.com) or call: 802-524-9771.

***There's no cost to be listed in the 2025 Franklin-Grand Isle Resource Directory!***



## C.i.D.E.R.

ALBURGH • ISLE LA MOTTE  
NORTH HERO • GRAND ISLE • SOUTH HERO

**Champlain Islanders**  
**Developing Essential Resources**  
*Serving seniors & persons with disabilities*

- Door to Door Transportation
- "Neighbor Meals" Home Delivered Meals
- Living Strong Strength & Balance Training
- Tai Chi Classes
- Wheelchair Ramps & Home Accessibility
- Special Needs Equipment Lending
- Health and Wellness Activities



P.O. Box 13, 12 Carter Lane  
South Hero, VT 05486  
(802)372-6425 • [info@cidervt.org](mailto:info@cidervt.org) • [www.cidervt.org](http://www.cidervt.org)

## FREE WORKSHOPS

**Diabetes Prevention**  
**Diabetes Management**  
**High Blood Pressure Control**  
**Quit Smoking**  
**Chronic Disease Management**  
**Chronic Pain Management**

We offer free workshops in communities throughout Vermont, designed to help you overcome common health challenges. Our workshops are led by health experts who understand your needs because many have faced similar challenges.

If you'd like to learn more about attending or hosting a workshop in Franklin County, contact your Regional Coordinator at [ncunningham@nmcinc.org](mailto:ncunningham@nmcinc.org) or call **802-752-1985**.

**MY HEALTHY  
VERMONT**

To take the first step, visit:  
**MYHEALTHYVT.ORG**

 VERMONT  
DEPARTMENT OF HEALTH

VERMONT  
**Blueprint for Health**  
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# 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

[www.ncssinc.org](http://www.ncssinc.org) [familctr@ncssinc.org](mailto: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

255 South Champlain St., Suite 10,  
Burlington, VT 05401  
802-752-9397

[apply-cvhs@cvoeo.org](mailto:apply-cvhs@cvoeo.org)  
[champlainvalleyheadstart.org](http://champlainvalleyheadstart.org)

High-quality preschool and early education programs for eligible families, for children ages birth up to five years in Classroom centers or our Home Visiting program. Pregnancy Services are also available for pregnant parents. Upon birth, babies will automatically be enrolled in the Home Visiting program. The mission of CVHS is to help children and families thrive and reach their full potential. Our programs promote the health, safety and well-being of children, and aim to meet the changing needs of families and communities.

Ages for classrooms vary by site. Applications for all programs are accepted throughout the year. Call, email, or visit our website for more information.

## Champlain Islands Parent Child Center

114 South Street,  
South Hero, VT 05486  
(802) 372-4704

[www.cipcc.org](http://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.

## Curiosity Corners Preschool

71 Main Street, Saint Albans, VT 05478

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

## Maple Run Early Childhood Programs

28 Catherine Street, St. Albans  
(802) 524-3613, [jbarnes@maplerun.org](mailto:jbarnes@maplerun.org)

Provides preschool opportunities for those living in the greater St. Albans area. Referrals from families, community and other service providers. Screenings may recommend a comprehensive evaluation to determine eligibility.

## Missisquoi Valley Early Childhood Programs

100 Robin Hood Drive, Suite 2  
Swanton, VT 05488  
(802) 868-4457

Provides preschool opportunities to those in Highgate, Franklin, Sheldon and Swanton. Referrals from families, community and other service providers. Screenings may recommend a comprehensive evaluation to determine eligibility.

## 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](http://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.

## Alburgh School District Preschool Program

14 North Main Street  
Alburgh, VT 05440  
(802)-796-3573

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

Need Assistance with...  
**FOOD, SHELTER,  
RENT ASSISTANCE,  
CLOTHING,  
CHILDCARE, & MORE....  
DIAL 2-1-1**



## Preschool & Early Education for Your Family

**FREE programs in FRANKLIN & GRAND ISLE COUNTIES**

High quality early care and education for children ages birth to 5 years

**St. Albans Early Learning Center:** Early care for children ages 1-5 years

**Home Visiting Program:** Weekly home visits with a trained educator for parents with children ages birth to 5 years. Pregnancy services available.

### Apply now!

Openings available throughout the year.  
Income eligibility may apply.



**CHAMPLAIN VALLEY  
Head Start**

802 752 9397  
[apply-cvhs@cvoeo.org](mailto:apply-cvhs@cvoeo.org)  
[champlainvalleyheadstart.org](http://champlainvalleyheadstart.org)





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Recruiters:

Erin LaRocque | [elarocque@nmcinc.org](mailto:elarocque@nmcinc.org)

Sarah Sterling | [ssterling@nmcinc.org](mailto:ssterling@nmcinc.org)

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# 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](http://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

### Northwest Technical Center

71 South Main Street, St. Albans, VT 05478  
(802) 527-0614  
[www.maplerun.org/o/nwtc](http://www.maplerun.org/o/nwtc)

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

### Pathstone

86 North Main Street  
Saint Albans, Vermont 05478  
(800) 888-6770  
[www.pathstone.org](http://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

32A Malletts Bay Avenue, Winooski, VT 05404  
(800) 639-1472 Toll Free  
(802) 655-8900  
[www.vtworksforwomen.org](http://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

### Hire Ability

[www.vocrehab.vermont.gov](http://www.vocrehab.vermont.gov)  
27 Federal Street, Suite 200  
St. Albans, Vermont 05478  
(802) 527-4045

Hire Ability assists those with disabilities with finding a job as well as job training.

### Vermont Associates for Training and Development

3 Champlain Commons, Suite 2  
St. Albans, VT 05478  
[www.a4td.org](http://www.a4td.org)  
(802) 370-6161

Vermont Associates for Training and Development is a senior employment organization that provides self-assessment, skills training, and job search aid for Vermonters 55 years and older.

## 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

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

## No computer?

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

### Adecco Staffing

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

### Westaff

544 Highgate Commons Road Suite 102,  
St Albans City, VT 05478  
(802) 527-7226

## STARTING A BUSINESS

### CVOEO Financial Futures

5 Lemnah Drive, Suite 5, St. Albans, VT  
(802) 860-1417 x 12  
[cvoeo.org](http://cvoeo.org)

The Financial Futures Program supports Vermonters to reach their personal financial goals with four distinct programs: Financial Empowerment for New Americans, Micro Business Development, Personal Finance and Vermont Matched Savings. Services are available at no cost to adults earning low-to-moderate incomes. (802) 860-1417 x 121

### Center for Women & Enterprise

431 Pine St., Suite 101  
Burlington, VT 05401  
[info.Vermont@cweonline.org](mailto: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](http://www.vtsbdc.org)

Advises entrepreneurs on starting or expand-





# WestRock

## Generously contributing to the United Way for over 36 years.

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

### Safety Tips from **VGS**

#### How to Detect a Gas Leak

**Smell:** Natural gas is normally odorless. VGS adds an odorant similar to the smell of rotten eggs, so it can be easily recognized.

**Sight:** You may see a white cloud, mist, fog, bubbles in standing water, or blowing dust. You may also see vegetation that appears to be dead or dying.

**Sound:** You may hear an unusual noise like a roaring, hissing, or whistling.

#### If you suspect a leak:

Move immediately to a safe location. Call VGS at 800-639-8081 or call 911 with the exact location. Do not smoke or operate electrical switches or appliances. These items may produce a spark that might result in a dangerous condition. Do not assume someone else will report the condition.

More safety  
information here:



### The Franklin Homestead & Franklin Carriage House

*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 and a large community room.



#### Franklin Carriage House

Offers private efficiency apartments with supportive services including meals and snacks, cleaning, laundry services and emergency buzzer system.

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





ing 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

(802) 434-3969

[www.vycc.org](http://www.vycc.org) [info@vycc.org](mailto: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

# 988 SUICIDE & CRISIS LIFELINE

*Links to all of the State of Vermont's assistance programs to those in need may be found at [dcf.vermont.gov/benefits](http://dcf.vermont.gov/benefits)*

# 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](http://www.franklingrandislehabitat.org)  
[info@franklingrandislehabitat.org](mailto:info@franklingrandislehabitat.org)

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 FAX  
[www.homesharevermont.org](http://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 FAX  
[www.getahome.org](http://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 #1, St. Albans, VT 05478  
(802) 527-0847

A homeless shelter that provides temporary shelter and transitional housing for single adults 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](http://www.vhfa.org) [home@vhfa.org](mailto: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.

### Housing Advocacy Programs

255 South Champlain St. Burlington, VT  
Vermont Tenants Hotline:  
(802) 864-0099

Mobile Home Hotline:

(802) 660-3455 ext.204; [cvoeo.org](http://cvoeo.org)

CVOEO's Housing Advocacy Programs (HAP) provide workshops, support, advocacy, technical assistance and referrals for people and organizations all over Vermont. The HAP team serves renters, mobile home residents, and people experiencing housing discrimination, and also partners with housing and service providers, municipal officials, and other organizations to promote inclusive, affordable housing for all.



# I need help paying my bills...

## BUDGETING AND CREDIT BUILDING

### CVOEO Financial Futures

5 Lemnah Drive, Suite 5  
St. Albans, VT 05478  
(802) 860-1417 x 121  
cvoeo.org

The Financial Futures Program supports Vermonters to reach their personal financial goals with four distinct programs: Financial Empowerment for New Americans Micro Business Development, Personal Finance, and Vermont Matched Savings. Services are available at no cost to adults earning low-to-moderate incomes.

## 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](http://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](http://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](http://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, Suite 5, St. Albans. They may also be reached at (802)527-7392.

## HELP WITH MEDICAL BILLS

### Age Well

875 Roosevelt Hwy, Ste. 210, Colchester  
Helpline: 1-800-642-5119  
[www.agewellvt.org](http://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/TTY  
[dvha.vermont.gov/members](http://dvha.vermont.gov/members)

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

274 North Winooski Avenue  
Burlington, VT 05401  
(800) 917-7787 Toll Free

*Links to all of the State of Vermont's assistance programs to those in need may be found at [dcf.vermont.gov/benefits](http://dcf.vermont.gov/benefits).*

[www.vtlegalaid.org](http://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](http://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.

### You First Program

VT Department of Health  
Dial 711 first for TTY/TDD  
(800) 508-2222

[www.healthvermont.gov/wellness/you-first](http://www.healthvermont.gov/wellness/you-first)

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 You First).

### Northwestern Medical Center Patient Financial Services

133 Fairfield Street  
St. Albans, VT 05478  
(802) 524-5911  
[PFSCustomerService@nmcinc.org](mailto:PFSCustomerService@nmcinc.org)



Northwestern Medical Center provides financial assistance programs for patients. Financial assistance applications are available at any registration area or from our Financial Counselor located at the front of the hospital. Contact our Financial Counselor at (802) 524-1006.

## OTHER BILLS AND SERVICES

### Swanton 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](http://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.vtlegalaids.org](http://www.vtlegalaids.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  
[dcf.vermont.gov/ocs](http://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](http://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.



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**(802) 859-3384**  
[www.buildingenergyvt.com](http://www.buildingenergyvt.com)

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## NORTHERN VERMONT OUTPATIENT AND SPOKE SERVICES

Northern Vermont Outpatient and Spoke Services serves residents of Grand Isle and Franklin County.

The program provides assessment and comprehensive outpatient substance use treatment, co-occurring mental health counseling, and medication for opioid use disorder and alcohol use disorder.

**FOR MORE INFORMATION**  
**802-524-7265**  
172 Fairfield Street  
St. Albans City, VT 05478

**OFFICE HOURS**  
8am–5pm Mon.–Thurs.  
9am–3pm Fri.

**WALK-IN**  
**MONDAY-FRIDAY**  
8:15–8:45am

**HOWARD CENTER**  
Help is here.

United Way of Northern Vermont

For general Howard Center information, call 802-488-6000.





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CONTACT US

800-244.0568

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Serving Bennington, Franklin, & Rutland Counties



# I struggle with addiction...

## Turning Point of Franklin County

182 Lake Street, Saint Albans, VT  
(802) 782-8454

331 Main St., Enosburg Falls, VT  
[www.turningpointfranklincounty.org](http://www.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](http://www.notchvt.org)

The Northern Tiers Centers for Health offers outpatient addiction treatment here in Franklin County.

## 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  
(888) 344-2666 Toll Free Al-Anon World Service | [www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
[www.vermontalanon.alateen.org](http://www.vermontalanon.alateen.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

St. Albans Answering Service:  
(802)741-7100  
Burlington Answering Service:  
(802)864-1212  
[www.aavt.org](http://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.centerpointservices.org](http://www.centerpointservices.org)

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

## Recovery Vermont

100 State Street Suite 352, Montpelier, VT  
05601 | (802) 223-6263  
[www.recoveryvt.org](http://www.recoveryvt.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](http://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](http://www.cvana.org)  
[cvanavt@gmail.com](mailto:cvanavt@gmail.com)

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

Find treatment or support:  
1-888-392-7867  
[www.phoenixhouse.org](http://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

1 Anna Marsh Lane, Brattleboro,  
VT 05301  
PO Box 803, Brattleboro, VT 05302  
(802)-258-3700 | [brattlebororetreat.org](http://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

187 St. Paul Street, Burlington, VT 05401  
(800) 649-2437 Toll Free 24-Hour Helpline  
(802) 863-2437 | [vtcares.org](http://vtcares.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.

## SaVida Health

17 Catherine St, St Albans City, VT 05478  
(802) 210-1992

An outpatient opioid addiction treatment center, where Suboxone doctors provide FDA-approved medication-assisted treatment.





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# I'm in need of health care...

## **Alburgh Health Center**

64 Industrial Park Rd., Alburgh, VT 05440  
(802) 796-4414

## **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

## **Fairfax Pharmacy**

997 Main St, Fairfax, VT 05454  
(802) 849-2101

## **Fiddlehead Dental**

39 Congress street  
St. Albans, VT 05478  
802-524-9774  
fiddleheaddental.com

We are welcoming new patients of all ages and look forward to becoming your new dental home.

## **Georgia Health Center**

4178 Highbridge Rd, Fairfax, VT 05454  
(802) 528-2600

## **Northwestern Counseling & Support Services**

107 Fisher Pond Rd, St. Albans, VT 05478  
24-Hour Emergency Services HOTLINE:  
(802) 524-6554 Ext. 1  
(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 services for families and individuals, including an emergency services hotline.

Services are provided at both the NCSS offices and in the community.  
HOURS: Mon. - Fri.: 8:00 am - 5:00 pm

## **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 www.notchvt.org

## **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.

## **Richford Dental Clinic**

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

## **Richford Health Center & Pharmacy**

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

## **Saint Albans Health Center**

Doctors Office Commons  
3 Crest Road, Saint Albans, VT 05478

(802) 524-4554

## **St. Albans Pharmacy**

3 Crest Road St. Albans, VT 05478  
(802) 527-6700

## **Swanton Health Center**

Medical and Dental Services  
26 Canada Street, Swanton, VT 05488  
(802) 868-2454

## **Swanton Rexall**

13 York St., Swanton, VT 05488  
(802) 868-3338

## **Vermont Department of Health**

108 Cherry St., Burlington, VT 05402  
(802) 863-7200 800-464-4343  
www.healthvermont.gov

COVID-19 questions? Check the Frequently Asked Questions. For vaccine registration, call 855-722-7878. For testing or other COVID-19 questions, call 833-722-0860.

## **VNA & Hospice of the Southwest Region**

3 Home Health Circle #1  
St. Albans, VT 05478  
NEW LOCATION Spring '24:  
8 Main St., St. Albans, VT 05478  
(802) 527-7531  
www.vermontvisitingnurses.org

VNAHSR provides advanced medical care with skill, compassion, and expertise to Vermont residents where they're most comfortable and can heal the fastest — in their home. Our staff is made up of local clinicians you know and trust, providing clinically excellent care through programs that span a lifetime: from prenatal care, to care for young families, to post-surgery rehabilitation, to long-term care, to end-of-life care.

## **POISONING**

[www.poison.org/contact-us](http://www.poison.org/contact-us)

*Call or text 911 right away if the person has collapsed or stopped breathing.  
Northern New England Poison Center:  
1-800-222-1222  
Childhood Lead Poisoning Prevention  
Information: 1-800-439-8550*

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



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

## RECREATION DEPARTMENTS

### Enosburgh Recreation Dept.

Email: [recdirector@enosburghvt.org](mailto:recdirector@enosburghvt.org)  
[www.enosburghvermont.org](http://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](mailto:recreation@fairfax-vt.gov)  
[www.fairfaxrecreation.com](http://www.fairfaxrecreation.com)

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

### Highgate Recreation Commission

243 Gore Road  
Highgate, VT 05459  
[recdirector@highgatevt.org](mailto:recdirector@highgatevt.org)  
(802)-868-4406  
[www.highgatevt.myrec.com](http://www.highgatevt.myrec.com)

### St. Albans Recreation Dept.

264 Hardack Dr.  
St. Albans, VT 05478  
(802)524-1971 or (802)524-1559  
[www.stalbansvt.myrec.com](http://www.stalbansvt.myrec.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 need.

### Swanton Recreation Dept.

[www.swantonvt.myrec.com](http://www.swantonvt.myrec.com)  
(802) 868-2493

E-mail: [swantonrecreation@gmail.com](mailto:swantonrecreation@gmail.com)

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

### Franklin Recreation Dept.

P.O. Box 82, Franklin, VT 05657  
(802)285-2101  
[Franklinvtrecreation@gmail.com](mailto:Franklinvtrecreation@gmail.com)  
[www.franklinvt.myrec.org](http://www.franklinvt.myrec.org)

The Franklin 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.

### Brownway River Trail

Missisquoi Street  
Enosburg Falls

This mile long walking path bordering the Missisquoi River.

### Enosburgh's Free Kayak and Canoe Rental Program

The Flying Disc  
342 Main Street  
Enosburg Falls, VT 05450

Area residents may borrow a canoe or kayak for free from the Enosburgh Recreation Committee by stopping by the Flying Disc Monday – Friday 7 a.m. - 6 p.m. or Saturday 9 a.m. - 4 p.m.

### Fairfax Community Park and Recreation Path

*There are numerous state parks in Franklin and Grand Isle counties. For a full listing of those parks, visit [www.vtstateparks.com](http://www.vtstateparks.com)*

The Community Park & Recreation Path includes 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

### Fairfield Pond Beach

Pond Road, Fairfield

Open for swimming, boating and fishing in the summer months.

### 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.

### Hazen's Notch

Welcome Center, 1423 VT-58,  
Montgomery Center, VT 05471

There are 30 trails over 2,000 acres on Hazen's Notch, offering free hiking, cross country skiing and snowshoeing.



## Highgate Arena

243 Gore Rd  
Highgate Center, VT 05459  
[www.highgatevt.myrec.com](http://www.highgatevt.myrec.com)

Managed by Town of Highgate's Recreation Commission the arena is home to several hockey leagues in the winter months, as well as public skating and learn to skate classes. There are also three softball/baseball fields at the arena and a one mile walking path. In the summer, 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.

## Lake Carmi State Park

460 Marsh Farm Road (Route 236)  
Enosburg Falls, VT, 05450  
Phone: 802-933-8383

Open for swimming, fishing, boating and camping in the summer months.

## Lamoille Valley Rail Trail

<https://railtrails.vermont.gov>

At 93 miles long, the LVRT runs from Swanton to St. Johnsbury and is the longest rail trail in New England.

## 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](http://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](mailto:missisquoi@fws.gov)

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

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.

## North Hero State Park

3803 Lakeview Drive  
North Hero, VT, 05474  
Phone: 802-372-8727

Swim, fish and boat here during the summer months.

## Richford Free Bike and Stroller Loan Program

Northern Tiers Centers for Health  
44 Main Street, Richford

NOTCH has adult and youth bikes available to borrow for free. Bikes are available for loan 8 a.m. to 4 p.m. Monday to Friday, and 9 a.m. to 1 p.m. on Saturday.

## 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



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for event info

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in the summer and ice skating in the winter.

### **St. Albans City Pool**

99 Aldis Street  
St. Albans, VT 05478  
(802)524-1559 or (802)524-1971

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](http://www.stalbansrec.com)) for more information.

### **St. Albans Museum**

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

Displays and artifacts related to history of St. Albans.

### **Swanton Beach**

17 Moreau Drive,  
Swanton, VT 05488

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.

## **LIBRARIES**

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### **Alburgh Public Library**

128 South Main Street, Alburgh, VT 05440  
(802) 796-6077  
[www.alburghpl.org](http://www.alburghpl.org)

### **Arvin A. Brown Public Library**

88 Main Street, Richford, VT 05476  
(802) 848-3313  
[www.aabrown.org](http://www.aabrown.org)

### **HF Brigham Free Public Library**

104 Main Street, Bakersfield, VT 05441  
(802) 827-4414  
[www.hfbrighamlibrary.wordpress.com](http://www.hfbrighamlibrary.wordpress.com)

### **Bent Northrup Memorial Library**

164 Park Street, Fairfield, VT 05455  
(802) 827-3945  
[www.bentnorthrup.org](http://www.bentnorthrup.org)

### **Enosburgh Public Library**

241 Main Street, Enosburg Falls, VT 05450  
(802) 933-2328

[www.enosburghlibrary.net](http://www.enosburghlibrary.net)

### **Fairfax Community Library**

75 Hunt Street, Fairfax, VT 05454  
(802) 849-2420  
[www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org)

### **Franklin Grand Isle Bookmobile**

(802) 232-2554  
[fgibookmobile@yahoo.com](mailto:fgibookmobile@yahoo.com)  
[fgimobile.org](http://fgimobile.org)

The Franklin Grand Isle Bookmobile provides outreach library services to children of all ages and works collaboratively with local libraries and early childhood programs. The Bookmobile delivers information and books to those unable for any reason to access their own public library.

### **Franklin Library/Haston Library**

5167 Main Street, Franklin, VT 05457  
(802) 285-6505  
[www.franklinhastonlibraryvt.org](http://www.franklinhastonlibraryvt.org)

### **Georgia Public Library**

1697 Ethan Allen Highway, Georgia, VT  
(802) 524-4643  
[www.georgiapubliclibraryvt.org](http://www.georgiapubliclibraryvt.org)

### **Grand Isle Free Library**

10 Hyde Road, Grand Isle, VT 05458  
(802) 372-4797  
[www.grandislefreelibrary.org](http://www.grandislefreelibrary.org)

### **Highgate Public Library and Community Center**

17 Mill Hill Road, Highgate Center, VT 05459  
(802) 868-3970  
[www.hlccvt.org](http://www.hlccvt.org)

### **Isle La Motte Free Public Library**

2238 Main Street, Isle La Motte, VT 05463  
(802) 928-4113  
[www.islelamotte.us/services/library](http://www.islelamotte.us/services/library)

### **Montgomery Town Library**

86 Mountain Rd., Montgomery Center, VT 05471  
(802) 326-3113 [mtlibrary@pivot.net](mailto:mtlibrary@pivot.net)  
[www.montgomerytownlibrary.com](http://www.montgomerytownlibrary.com)

### **North Hero Public Library**

3195 Route 2, North Hero, VT 05474  
(802) 372-5458  
[www.northherolibrary.org](http://www.northherolibrary.org)

### **Sheldon Municipal Library**

1640 Main St., Sheldon, VT 05483  
(802) 933-2524 ext. 206  
[www.facebook.com/sheldonmunicipal-library](http://www.facebook.com/sheldonmunicipal-library)

### **Worthen Library**

28 Community Lane, South Hero, VT  
(802) 372-6209  
[www.southherolibrary.org](http://www.southherolibrary.org)

### **St. Albans Free Library**

11 Maiden Lane, St. Albans, VT 05478  
(802) 524-1507  
[www.stalbansfreelibrary.org](http://www.stalbansfreelibrary.org)

### **Swanton Public Library**

1 First Street, Swanton, VT 05488  
(802) 868-7656  
[www.swantonlibrary.org](http://www.swantonlibrary.org)

## **ORGANIZATIONS**

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### **Franklin Grand Isle 4-H**

c/o UVM Extension  
[martha.manning@uvm.edu](mailto:martha.manning@uvm.edu)  
(802) 656-7621

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  
[www.scoutingvermont.org](http://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](http://www.girlscoutsgwm.org)  
[info@girlscoutsgwm.org](mailto: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  
[www.islandarts.org](http://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

16 Gregory Dr., Suite 2, South Burlington, VT 05403  
(800) 639-1603 Toll Free  
(802) 863-5222 (802) 863-3911 FAX  
[www.specialolympicsvermont.org](http://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.

## Maquam Bay of Missisquoi

100 Grand Ave., Swanton, VT 05488  
(802)-868-6255

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

27 Church Street, Suite 2, St. Albans, VT 05478  
[www.fcccp.org](http://www.fcccp.org)  
[info@fcccp.org](mailto:info@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.

## 21C Afterschool Programs

Saint Albans City School and the schools in Maple Run and Franklin Northeast Supervisory Unions offer after school and summer programming, providing academic support, physical activity, and enrichment opportunities to school-age youth. Please contact your local school for more information.

## Welden Theatre

104 N Main St, St Albans City, VT 05478  
[www.weldentheatre.com](http://www.weldentheatre.com)

Open weeknights Wed., Thur., Friday as well as matinee and evenings shows on Sat & Sun.

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Vermont's assistance programs to  
those in need may be found at  
[dcf.vermont.gov/benefits](http://dcf.vermont.gov/benefits)*

# BONE BUILDERS

## Strength For Healthy Aging

Bone Builders is a **FREE**, low-impact weight training program designed to prevent and reverse the effects of osteoporosis in older adults.

### GET INVOLVED!

Contact Danielle Schwer  
RSVP Program Manager, AmeriCorps Seniors  
802-861-7821

Or Go To [UnitedWayNWVT.org/bone-builders](http://UnitedWayNWVT.org/bone-builders)



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AmeriCorps  
Seniors



United Way of  
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**802.527.3203**

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- Meals on Wheels
- Wellness Programs
- Medicare Counseling
- Care Coordination
- Falls Prevention
- Caregiver Support
- Volunteer Opportunities

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Age Well is a non-profit. Services are free.



[agewellvt.org](http://agewellvt.org)

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*"If I could give Fiddlehead Family Dentistry more than 5 stars, I would!"*

*I have had the pleasure of receiving extensive cosmetic and functional dental work from the Fiddlehead folks. Yeah, people rarely describe dental work as pleasurable, but that was my experience both visits, pleasurable and very effective. These procedures included whitening, bite correction, tooth reshaping, several crowns both front and back including an implant supported crown, detailed dental health diagnostics, a deep cleaning, a few filling replacements, and other stuff. Every single person I encountered at their office was professional, conscientious, and highly if not uniquely knowledgeable. I always felt I was in the hands of a master of their craft. Aftercare and follow-up has also been above and beyond...*

*I can't recommend Fiddlehead Family Dentistry highly enough!"*

-Daniel K



We are warmly accepting new patients, with or without insurance! Please call or text our friendly appointment coordinators for more information! (802) 524-9774

39 Congress St., St. Albans, VT 05478 | [www.FiddleheadDental.com](http://www.FiddleheadDental.com)



# I need transportation...

## Champlain Islanders Developing Essential Resources (CIDER)

12 Carter Ln, South Hero, VT 05486  
(802) 372-6425 (802) 372-6747 FAX  
[www.cidervt.org](http://www.cidervt.org); [ciderorgvt@gmail.com](mailto:ciderorgvt@gmail.com)

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](http://www.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](http://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.

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

Email: [bhigdon@orourkemediagroup.com](mailto:bhigdon@orourkemediagroup.com) or call: 802-524-9771.

*There's no cost to be listed in the 2025 Franklin-Grand Isle Resource Directory!*



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# Other Important Services

## SERVICES FOR OLDER ADULTS

### Franklin County Senior Center

75 Messenger St., St. Albans, VT 05478  
(802) 524-6616  
[www.fcseniorcenter.org](http://www.fcseniorcenter.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.

### CIDER

12 Carter Ln, South Hero, VT 05486  
(802) 372-6425 (802) 372-6747 FAX  
[www.cidervt.org](http://www.cidervt.org); [ciderorgvt@gmail.com](mailto:ciderorgvt@gmail.com)

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

### Northwest Vermont Foster Grandparent Program

(802) 861-7823

A unique opportunity for individuals 55 and older to remain engaged in the community while helping children with critical needs. Volunteers may qualify for a modest stipend. Apply today at [UnitedWayNWVT.org/foster-grandparents](http://UnitedWayNWVT.org/foster-grandparents) or contact Trezanra Robertson at [trezanra@unitedwaynwvt.org](mailto:trezanra@unitedwaynwvt.org), or at (802) 861-7823 for more information.

### Bone Builders

FREE, low-impact exercise classes designed to prevent and reverse the effects of osteoporosis in older adults. Find a class at [United-WayNWVT.org/bone-builders](http://United-WayNWVT.org/bone-builders) or contact Danielle Schwer at [danielle@unitedwaynwvt.org](mailto:danielle@unitedwaynwvt.org) or (802) 861-7821 for more information.

### Age Well

875 Roosevelt Hwy, Ste. 210,  
Colchester, VT

(Satellite offices in St. Albans and Middlebury)

(800) 642-5119 Helpline

(802) 865-0363 FAX

[www.agewellvt.org](http://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.

### Elder Law Project

[www.vtlegalaid.org/elder-law-project](http://www.vtlegalaid.org/elder-law-project)  
Fill out a request for legal assistance at  
[www.vtlawhelp.org/vlh-intake](http://www.vtlawhelp.org/vlh-intake)

Vermont Legal Aid's Elder Law Project focuses on the legal needs and problems of people over the age of 60. They can help with legal advice, assistance with documents such as powers of attorney and advance directives, advocacy and full representation. Legal Aid represents seniors on legal issues like public



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housing, health care, government benefits and guardianship. Through their Medicaid project, they can also help seniors appeal health care coverage decisions made by Medicaid.

## SERVICES FOR VETERANS

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### 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.

### Veterans Crisis Line

988, Press 1

### Vermont Office of Veterans Affairs Women Veterans

For assistance with benefits issues call (802) 828-3616, or the call center at 1-855-VA-WOMEN

### Josh's House

162 Hegeman Ave, Colchester, VT 05446  
(802) 495-5915  
[info@joshpallottafund.org](mailto:info@joshpallottafund.org)

Josh's House is a wellness and recreational center open for daily meals, coaching and fitness.

### National Suicide Hotline

988

### Office of Veterans Affairs

118 State Street, Montpelier, VT 05620-4401  
(802) 828-3379 Information & Services - Outside of Vermont  
(888) 666-9844 Toll Free within Vermont  
[www.veterans.vermont.gov](http://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) 862-1806

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

163 Veterans Drive,  
White River Junction, VT 05009  
(802) 295-9363  
[www.whiteriver.va.gov](http://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.

### VA Outreach Clinic

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

## VICTIMS OF VIOLENCE

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

### Voices Against Violence/ Laurie's House

23 Catherine Street, St. Albans, VT 05478  
24 Hour Crisis Number: (802) 524-6575  
[voicesagainstvviolence.org](http://voicesagainstvviolence.org)

Voices offers a full range of supports and resources for victims/survivors of domestic and sexual violence and stalking in Franklin and Grand Isle Counties which are available through the 24 hour hotline at 802 524-6575. Services include emotional support and safety planning, emergency shelter and transitional housing, assistance with protection orders and criminal justice support, children's services, community education, prevention and training, system's advocacy and supervised visitation through All About Kids.

### Safe At Home Address Confidentiality Program

(800) 439-8683 (802) 828-0586  
[sos.vermont.gov/secretary-of-state-services/safe-at-home/](http://sos.vermont.gov/secretary-of-state-services/safe-at-home/)

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.

### Safespace at the Pride Center of Vermont

255 South Champlain St. Suite 12, Burlington, VT 05401  
Hotline: 802-863-0003

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. 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  
[www.vtnetwork.org](http://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.ccvvs.vermont.gov](http://www.ccvvs.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

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### Champlain Valley Weatherization



(800) 545-1084

[cvoeo.org](mailto:cvoeo.org) / [cvws@cvoeo.org](mailto:cvws@cvoeo.org)

Champlain Valley Weatherization helps low-income Vermonters make improvements to their homes to promote energy efficiency, comfort and savings on their energy bills. In addition, the program supports safety, efficiency and effectiveness of home heating systems, and lighting and appliance upgrades (where applicable) through a partnership with Efficiency Vermont. The program also connects people with renovation construction services.

### Franklin Grand Isle Restorative Justice Center

120 North Main Street, St. Albans, VT  
(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 Grand Isle Tobacco Prevention Coalition

133 Fairfield St., St. Albans, VT

(802) 524-1296

[abrewer@nmcinc.org](mailto:abrewer@nmcinc.org)

Franklin Grand Isle Tobacco Prevention Coalition is a collaborative, comprehensive effort to inform, support, prevent, and protect the FGI community from the harms of tobacco use and nicotine addiction. We work to connect anyone who uses nicotine to effective quit resources, protect all from harms of secondhand smoke and cigarette butt litter, and work to prevent young people from ever becoming addicted.

### Franklin County Caring Communities

27 Church St., Suite 2, St. Albans, VT  
(802) 527-5049 [www.fcccp.org](http://www.fcccp.org)  
[info@fcccp.org](mailto: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.

### Healthy Roots Collaborative

[www.healthyroostsvt.org](http://www.healthyroostsvt.org)  
(802) 524-2194

The purpose of Healthy Roots is to connect local residents to healthy local food. To that end, they offer cooking classes, maintain lists of local food providers, and run a gleaning program that takes gathers food left on fields at the end of the season for donation to local food shelves.

### Human Rights Commission

14-16 Baldwin Street  
Montpelier, VT 05633-6301  
(802) 828-2480  
[human.rights@vermont.gov](mailto:human.rights@vermont.gov) (e-mail)  
[www.hrc.vermont.gov](http://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.

### Franklin County Animal Rescue

30 Sunset Meadows, St. Albans City, VT  
(802) 524-9650 [info@fcarpets.org](mailto:info@fcarpets.org)

The Franklin County Animal Rescue promotes health and humane treatment of animals in northwestern Vermont through outreach and temporary shelter "with the ultimate goal of finding them good, permanent homes." FCAR shelters both dogs and cats.

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Chat with our Recruiter! 802-393-6497 or [careers@ncssinc.org](mailto:careers@ncssinc.org)



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Matt L. - NCSS Employee



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our services at  
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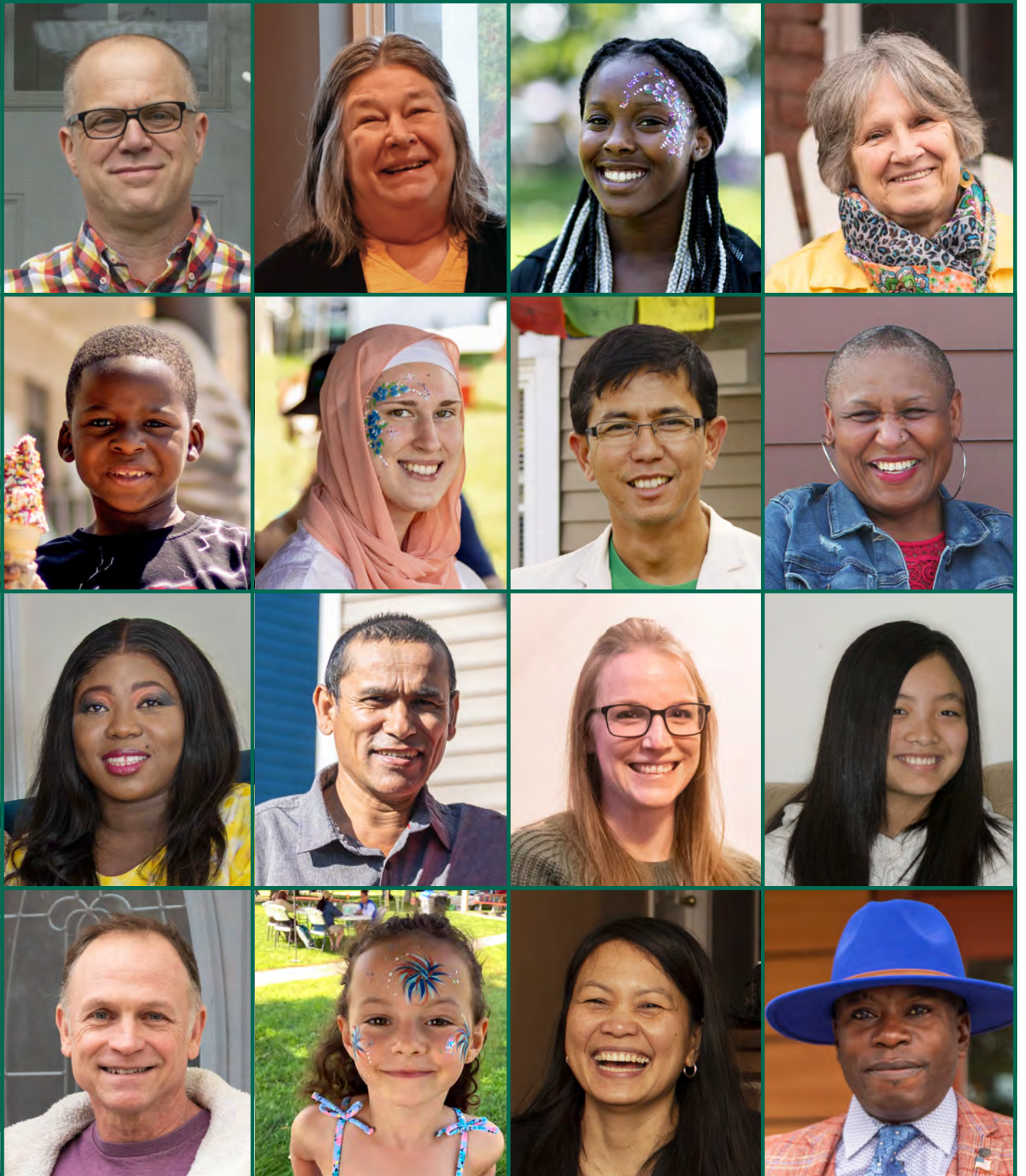
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