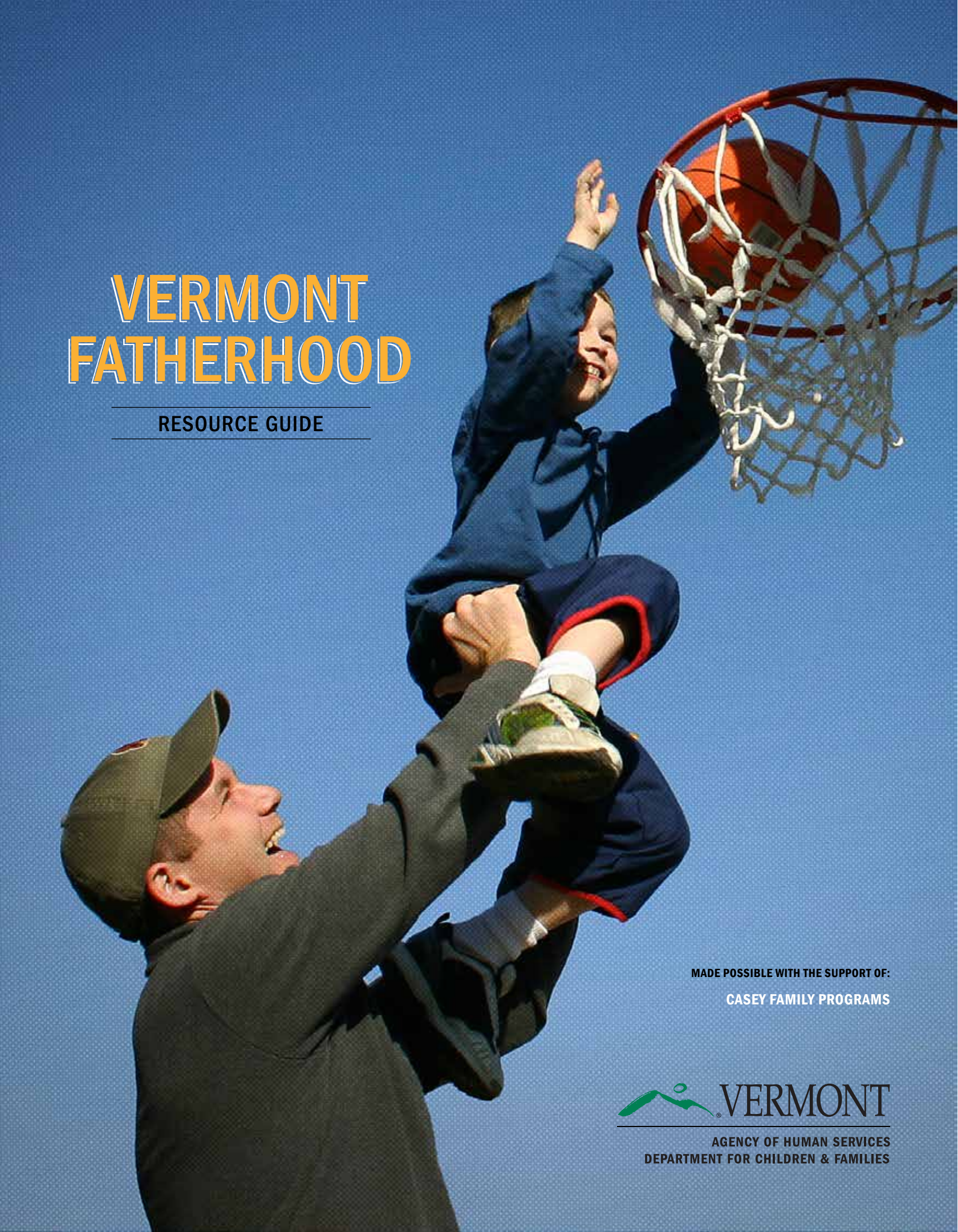
VERMONT FATHERHOOD

RESOURCE GUIDE



MADE POSSIBLE WITH THE SUPPORT OF:

CASEY FAMILY PROGRAMS

VERMONT

AGENCY OF HUMAN SERVICES
DEPARTMENT FOR CHILDREN & FAMILIES

Message from the Commissioner

As the father of two sons and a former foster parent, I know the critical role fathers play in the lives of their children. We are an important source of love, nurturing, and guidance as well as emotional and financial support. But we are more than just wallets!

Research shows that children with involved, caring, and respectful fathers have better outcomes. They do better at school. They are more likely to be confident and emotionally secure, have stronger self-esteem, and achieve better both academically and professionally. Boys learn how to treat women from their fathers and girls learn how they should be treated.

The fact is that all fathers have the opportunity to influence their children's lives in powerful, positive, and healthy ways. It is within all of us.

I am pleased to provide you with this first edition of the Vermont Fatherhood Resource Guide. It lists national, statewide, and community-based resources that can help you in your role as father. Whether you need help to meet your family's needs, care for your children, or deal with your own issues, there is likely a resource out there that can help.

I would like to thank everyone who made this guide happen, with a special thanks to Casey Family Programs for their generous support of Vermont's Fatherhood Initiative.

All the best,

Dave Yacovone, Commissioner
Vermont Department for Children and Families

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Acknowledgments

This guide was made possible with the help of Casey Family Programs whose mission it is to improve and ultimately prevent the need for foster care. To learn more, visit *www.casey.org*

Introduction

This guide was produced to connect you to national, statewide, and community-based resources that can support you in your role as father, parent, and provider. Having access to these supports and services can make a critical difference in your family's life.

The guide can help you find:

- Child care for your child;
- Early childhood services for a child with developmental delays or special health needs;
- Health, mental health, and substance abuse treatment services;
- Information about parenting issues;
- Local parent support groups and parent education classes;
- Playgroups and other fun activities to do with your child;
- Programs that can help you meet your family's basic needs (e.g., for food, energy, fuel, housing, and transportation); and
- Resources that can help you further your education and find a job.

Using this Guide

The guide is organized into five sections:

1. National organizations;
2. State government;
3. Statewide organizations;
4. Community-based organizations; and
5. Resources and literature.

If you need resources not found in this guide,

- Try the resource directories listed in Section 5 (*page 30*); or
- Dial 2-1-1 toll free from anywhere in Vermont. A call specialist will help you find resources in your area.

★ Organizations that offer programs and services specifically for fathers are highlighted in green.

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National Organizations

AMERICAN COALITION FOR FATHERS & CHILDREN

WEBSITE: www.acfc.org
TELEPHONE: 1-800-978-3237

AMERICAN HUMANE ASSOCIATION'S FATHERHOOD INITIATIVE

WEBSITE: www.americanhumane.org/children/programs/fatherhood-initiative
TELEPHONE: 1-800-227-4645

► AMERICAN HUMANE ASSOCIATION - GUIDE FOR FATHERS IN CHILD PROTECTION CASES

WEBSITE: site.americanhumane.org/fatherhooddocs/father_guide.pdf

CENTER FOR FAMILY POLICY & PRACTICE

WEBSITE: www.cffpp.org
TELEPHONE: (608) 257-3148

CHILDREN'S RIGHTS COUNCIL

WEBSITE: www.crckids.org
TELEPHONE: (301) 459-1220

MEN'S HEALTH NETWORK

WEBSITE: www.menshealthnetwork.org
TELEPHONE: (202) 543-6461, Extension 101

NATIONAL CENTER FOR CHILDREN IN POVERTY

WEBSITE: www.nccp.org
TELEPHONE: (646) 284-9600

NATIONAL CENTER FOR FATHERING

WEBSITE: www.fathers.com
TELEPHONE: 1-800-593-DADS (3237)

NATIONAL CENTER ON FATHERS AND FAMILIES

WEBSITE: www.ncoff.gse.upenn.edu
TELEPHONE: (215) 573-5500

NATIONAL FATHERHOOD INITIATIVE

WEBSITE: www.fatherhood.org
TELEPHONE: (301) 948-0599

NATIONAL HEALTHY MARRIAGE RESOURCE CENTER

WEBSITE: www.healthymarriageinfo.org
TELEPHONE: (405) 848-2171 ext. 249

NATIONAL INSTITUTE ON DRUG ABUSE

WEBSITE: www.easyread.drugabuse.gov
TELEPHONE: (301) 443-1124, 1-800-662-4357

NATIONAL MILITARY FAMILY ASSOCIATION

WEBSITE: www.militaryfamily.org
TELEPHONE: (703) 931-6632

NATIONAL PARTNERSHIP FOR COMMUNITY LEADERSHIP

WEBSITE: www.npclstrongfamilies.com
TELEPHONE: (202) 234-6725

NATIONAL RESPONSIBLE FATHERHOOD CLEARINGHOUSE

WEBSITE: www.fatherhood.gov
TELEPHONE: 1-877-432-3411

US DEPARTMENT OF HEALTH & HUMAN SERVICES PROMOTING RESPONSIBLE FATHERHOOD

WEBSITE: www.fatherhood.hhs.gov
TELEPHONE: 1-877-696-6775

"It is a wise father that knows his own child."

–WILLIAM SHAKESPEARE

State Government

VERMONT DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)

WEBSITE: www.dcf.vermont.gov
DESCRIPTION: DCF provides a wide array of programs and services to foster the healthy development, safety, well-being, and self-sufficiency of Vermonters. This includes child care, child development, child protection, child support, disability determination, and economic benefits.

► DCF'S CHILD DEVELOPMENT DIVISION (CDD) – CHILD CARE SERVICES

WEBSITE: dcf.vermont.gov/cdd/cccsa
TELEPHONE: 1-800-649-2642
DESCRIPTION: CDD administers two programs that can help parents find and pay for child care.

1. The *Child Care Referral Service* can help you find a registered/licensed child care provider.
2. The *Child Care Financial Assistance Program* can help cover part of the cost of child care if you have an accepted reason for child care and meet current income guidelines.

Both programs are delivered through 12 Community Child Care Support Agencies located throughout the state. You can find contact information for these agencies by calling the phone number or visiting the website listed above. Listings for these agencies can also be found in the listings by county starting on page 15.

► DCF'S CHILD DEVELOPMENT DIVISION (CDD) – CHILD DEVELOPMENT SERVICES

WEBSITE: dcf.vermont.gov/cdd/cis
TELEPHONE: 1-800-649-2642
DESCRIPTION: CDD also administers Children's Integrated Services (CIS) – a resource for families who have questions or concerns about their children's development. CIS can help:

- Families who need help providing stable, healthy environments for children (e.g., family counseling and parenting classes); and
- Families with children age 6 or younger who may have developmental delays or conditions.

To find out more about CIS services:

1. Dial 2-1-1 toll free from anywhere in Vermont. Ask the operator for the name and phone number of your local CIS Coordinator.
2. The Coordinator will discuss your concerns, the help you are seeking, and possible next steps. If CIS services seem right for your family, your local team will help you develop an action plan; provide resources and services and/or referrals; and help you access other programs and community services. *CIS teams have expertise in social work, family support, maternal and child health, nursing, child development and early intervention, early childhood and family mental health, child care, and other specialties such as nutrition and speech therapy.*

► DCF'S ECONOMIC SERVICES DIVISION (ESD)

WEBSITE: dcf.vermont.gov/esd, www.mybenefits.vt.gov
TELEPHONE: 1-800-479-6151
DESCRIPTION: ESD administers several benefit programs that can help families meet their basic needs (e.g., for food, energy, fuel, and housing). These programs include 3SquaresVT, Emergency/General Assistance, Energy Assistance, Essential Person, Fuel Assistance, Phone Assistance, and Reach Up. These programs provide a safety net for individuals and families who may be experiencing unemployment, single parenthood, aging, disability, or other life-changing event.

Eligibility for most programs is based on family or household income and additional criteria in some cases. To find out more and to apply for benefits:

1. Visit the *www.mybenefits.vt.gov* website;
2. Call the Benefits Service Center at 1-800-479-6151; or
3. Visit an ESD District Office during regular business hours:
   - BARRE – 5 Perry Street, Suite 150, Barre, VT
   - BENNINGTON – 200 Veteran's Memorial Drive, Suite 6, Bennington, VT
   - BRATTLEBORO – 178 Linden Sreet, Brattleboro (until mid to late 2013)
   - BURLINGTON – 119 Pearl Street, John Zampieri Building, Burlington, VT
   - HARTFORD – 224 Holiday Drive, Suite A, White River Junction, VT
   - MIDDLEBURY – 156 South Village Green, Suite 201, Middlebury, VT
   - MORRISVILLE–63 Professional Drive, Suite 4, Morrisville, VT
   - NEWPORT – 100 Main Street, Suite 240, Newport, VT
   - RUTLAND – 320 Asa Bloomer Building, 88 Merchants Row, Rutland, VT
   - SPRINGFIELD – 100 Mineral Street, Suite 201, Springfield, VT
   - ST. ALBANS – 20 Houghton Street, Room 313, St. Albans, VT
   - ST. JOHNSBURY – 67 Eastern Avenue, Suite 7, St. Johnsbury, VT

> "Fathers, like mothers, are not born. Men grow into fathers – and fathering is a very important stage in their development."
>
> –DAVID M. GOTTESMAN

► DCF'S FAMILY SERVICES DIVISION (FSD)

WEBSITE: dcf.vermont.gov/fsd
TELEPHONE: (802) 241-2131 (general enquiries); 1-800-649-5285 (report child abuse)
DESCRIPTION: FSD is Vermont's child welfare and juvenile justice agency. Every year they work with thousands of Vermont families to make sure children and youth are safe, their basic needs are met, and families are supported. This includes responding to reports of suspected child abuse and neglect; evaluating children's safety through investigations and assessments; working with parents and extended family members to plan for children's safety; placing children in safe, temporary out-of-home care when needed; working with youth who have committed delinquent acts; and supporting and strengthening families.

- BARRE: (802) 479-4260
- BENNINGTON: (802) 442-8138
- BRATTLEBORO: (802) 257-2888
- BURLINGTON: (802) 863-7370
- HARTFORD: (802) 295-8840
- MIDDLEBURY: (802) 388-4660
- MORRISVILLE: (802) 888-4576
- NEWPORT: (802) 334-6723
- RUTLAND: (802) 786-5817
- SPRINGFIELD: (802) 885-8900
- ST. ALBANS: (802) 527-7741
- ST. JOHNSBURY: (802) 748-8374

► DCF'S OFFICE OF CHILD SUPPORT (OCS)

WEBSITE: dcf.vermont.gov/ocs
TELEPHONE: 1-800-786-3214
DESCRIPTION: OCS is the state agency responsible for establishing, collecting upon, enforcing, and modifying support orders for children who do not live with both parents. They can help establish parentage, establish an order for child and medical support, modify or enforce an existing order for child and medical support, make support payments to the custodial parent, and locate a missing non-custodial parent. Services are available to custodial and non-custodial parents (and guardians) of children who are under 18 or still in high school.

- CENTRAL REGION (Orange and Washington counties) – (802) 479-4204
- NORTHEAST REGION (Caledonia, Lamoille, Orleans, and Essex counties) – (802) 751-2650
- NORTHWEST REGION (Chittenden, Franklin, Grand Isle counties) – (802) 863-7444
- SOUTHEAST REGION (Windham and Windsor counties) – (802) 885-6212
- SOUTHWEST REGION (Addison, Bennington and Rutland counties) – (802) 786-5060

VERMONT DEPARTMENT OF HEALTH (VDH)

WEBSITE: www.healthvermont.gov
TELEPHONE: 1-800-464-4343
DESCRIPTION: The Health Department's many programs and initiatives help Vermonters live fuller, healthier lives – from birth through old age.

► VDH'S DIVISION OF ALCOHOL AND DRUG ABUSE PROGRAMS

WEBSITE: www.healthvermont.gov/adap/adap.aspx
TELEPHONE: (802) 651-1550
DESCRIPTION: This site includes a list of approved Vermont substance abuse treatment programs as well as links to treatment, prevention, recovery and education resources.

► VDH'S OFFICE OF CHILDREN WITH SPECIAL HEALTH NEEDS

WEBSITE: www.healthvermont.gov/family/cshn/cshn.aspx
TELEPHONE: (802) 863-7338, 1-800-660-4427
DESCRIPTION: Provides services and resources to Vermont children and youth – from birth to age 21 – who have complex health conditions and their families. This includes information, medical services, care coordination and other resources. A child's eligibility for a specific program may depend upon a number of factors.

► VDH'S NUTRITION PROGRAM FOR WOMEN, INFANTS, & CHILDREN (WIC)

WEBSITE: www.healthvermont.gov/wic/index.aspx
TELEPHONE: 1-800-649-4357
DESCRIPTION: WIC helps ensure young children eat well and stay healthy. Children up to age 5 may be eligible if they live in Vermont and meet income as well as health and nutrition guidelines. Children who get Medicaid or Reach Up are eligible.

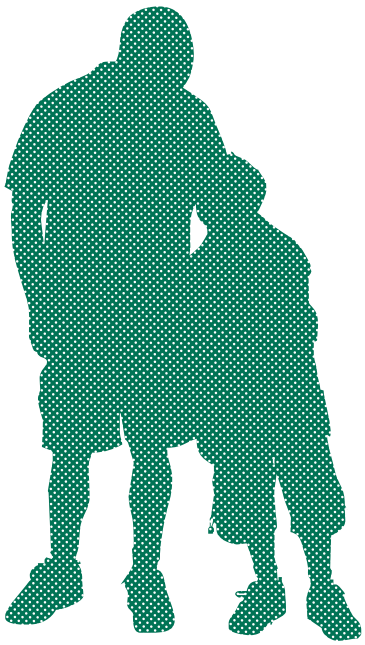
Fathers may apply for the children in their care.

- BARRE: (802) 479-4200, 1-888-253-8786
- BENNINGTON: (802) 447-3531, 1-800-637-7347
- BRATTLEBORO: (802) 257-2880, 1-888-253-8805
- BURLINGTON: (802) 863-7323, 1-888-253-8803
- MIDDLEBURY: (802) 388-4644, 1-888-253-8804
- MORRISVILLE: (802) 888-7447, 1-888-253-8798
- NEWPORT: (802) 334-6707, 1-800-952-2945
- RUTLAND: (802) 786-5811, 1-888-253-8802
- ST. ALBANS: (802) 524-7970, 1-888-253-8801
- ST. JOHNSBURY: (802) 748-5151, 1-800-952-2936
- SPRINGFIELD: (802) 885-5778, 1-888-296-8151
- WHITE RIVER JUNCTION: (802) 295-8820, 1-888-253-8799

VERMONT DEPARTMENT OF LABOR

WEBSITE: www.labor.vermont.gov, www.vermontjoblink.com
TELEPHONE: (802) 828-4000
DESCRIPTION: The Department of Labor offers a full array of services to people who are unemployed and seeking work. For help finding a job, go to *www.vermontjoblink.com* or visit one of their Resource Centers. The Resource Centers offer job seekers a Resource Room with access to personal computers, the internet, educational resources, information on employers and more. The centers also are equipped with assistive technology for individuals with disabilities and have staff available to provide specific resources to veterans.

- BARRE – (802) 476-2600
- BENNINGTON – (802) 442-6376
- BRATTLEBORO – (802) 254-4555
- BURLINGTON – (802) 863-7676
- MIDDLEBURY – (802) 388-4921
- MORRISVILLE – (802) 888-4545
- NEWPORT – (802) 334-6545
- RANDOLPH – (802) 476-2600 (by appointment only)
- RUTLAND – (802) 786-5837
- SPRINGFIELD – (802) 885-2167
- ST. ALBANS – (802) 524-6585
- ST. JOHNSBURY – (802) 748-3177
- WHITE RIVER JUNCTION – (802) 295-8805



VERMONT DEPARTMENT OF MENTAL HEALTH

WEBSITE: www.mentalhealth.vermont.gov
TELEPHONE: (802) 828-3824, 1-888-212-4677
DESCRIPTION: The Department of Mental Health provides services to adults, children, adolescents, and families, including help for people in crisis, family support, outreach treatment, and prevention and referral services. Direct services are provided by private, non-profit service providers, called *Designated Agencies,* which are located throughout the state. The website includes a comprehensive list of local mental health agencies, a list of local resources and statewide organizations, and links to helpful publications.

> "SOMETIMES THE POOREST MAN LEAVES HIS CHILDREN THE RICHEST INHERITANCE."
>
> **- RUTH E. RENKEL**

VERMONT HEALTH CONNECT

WEBSITE: www.healthconnect.vt.gov
TELEPHONE: 1-800-250-8427
DESCRIPTION: In 2010, the federal health care law was passed, giving each state the opportunity to build a health insurance marketplace called an exchange. Vermont Health Connect is Vermont's exchange. Starting October 1, 2013, Vermont Health Connect will be a marketplace for individuals, families and small businesses in Vermont to compare health plans and select the one that best fits their needs and budget. It will include both public healthcare plans such as Dr. Dynasaur and Medicaid as well as private healthcare plans. Every plan offered through the exchange must offer basic services that include checkups, emergency care, mental health services and prescriptions.

VERMONT JUDICIARY

WEBSITE: www.vermontjudiciary.org
TELEPHONE: (802) 828-3278
DESCRIPTION: The Vermont Judiciary encompasses the state government legal system, including the Vermont Supreme Court, as well as local criminal, civil, probate and family courts. Visit their website for a list of all the courts, with addresses, phone numbers and contact information as well as links to forms, publications, frequently-asked questions and other resources.

VERMONT STATE HOUSING AUTHORITY

WEBSITE: www.vsha.org
DESCRIPTION: Provides critical housing assistance to Vermonters in need. Their affordable housing initiatives reach many Vermonters, from senior citizens, young families, those who are homeless and those with special needs to residents of mobile home parks. Visit their website to see the housing opportunities and services they provide.

VOC REHAB VERMONT

WEBSITE: vocrehab.vermont.gov
TELEPHONE: 1-866-879-6757
DESCRIPTION: VocRehab helps Vermonters with significant disabilities to become or stay employed. You don't have to be unemployed to receive VocRehab services. They can also help if you are under employed or want to change or advance your career. This may include retraining or support advancing with your current employer or training and support finding a new career.

> "I cannot think of any need in childhood as strong as the need for a father's protection."
>
> –SIGMUND FREUD

Statewide Organizations

Advocacy Services

DISABILITY RIGHTS VERMONT

WEBSITE: www.disabilityrightsvt.org
TELEPHONE: (802) 229-1355, 1-800-834-7890
DESCRIPTION: Provides information, referral, and advocacy services, including legal representation when appropriate to individuals with disabilities throughout Vermont.

Basic Needs

AFFORDABLE INTERNET SERVICE THROUGH COMCAST

WEBSITE: www.internetessentials.com
TELEPHONE: 1-855-846-8376
DESCRIPTION: You may qualify for affordable Internet service, a low-cost computer and free internet training if you are located where Comcast offers Internet service; have at least one child eligible to participate in the National School Lunch Program; have not subscribed to Comcast internet service within the last 90 days; and do not have an overdue Comcast bill or unreturned equipment.

VERMONT 2-1-1

WEBSITE: www.vermont211.org
TELEPHONE: 2-1-1
DESCRIPTION: Dial 2-1-1 toll free from anywhere in Vermont to find out about hundreds of community resources, such as emergency food and shelter, disability services, counseling, senior services, healthcare, child care, drug and alcohol programs, legal assistance, transportation needs, educational and volunteer opportunities, and much more. The full 2-1-1 database can also be accessed on their website.

VERMONT FOODBANK

WEBSITE: www.vtfoodbank.org
TELEPHONE: 1-800-585-2265
DESCRIPTION: There are hundreds of food shelves and meal sites around Vermont, serving as many as 86,000 Vermonters in need. Visit the website listed above or call the toll free number to find a food shelf or meal site in your area.

Legal Help

SOUTH ROYALTON LEGAL CLINIC

TELEPHONE: (802) 831-1500
DESCRIPTION: Helps residents from several Vermont counties who are unable to afford counsel with issues such as child support, children's rights, divorce, family law, guardianships, housing, welfare and more. The Prisoner Child Support Project helps prisoners modify their child support orders so they don't leave prison owing thousands of dollars in support payments.

VERMONT BAR ASSOCIATION'S ONLINE LAWYER REFERRAL SERVICE

WEBSITE: www.vtbar.org/lrs
TELEPHONE: 1-800-639-7036
DESCRIPTION: Provides free referrals to Vermonters. Attorneys provide an initial 30-minute office consultation for no more than $25. Simply provide information about you and your legal needs and you'll be matched with a qualified attorney.

VERMONT LAW HELP

WEBSITE: www.vtlawhelp.org
DESCRIPTION: Easy-to-read legal information on topics such as public benefits, education, and free legal services.

VERMONT LEGAL AID

WEBSITE: www.vtlegalaid.org
TELEPHONE: 1-800-889-2047
DESCRIPTION: Vermont Legal Aid provides free civil legal services to Vermonters throughout the state who are low-income, elderly or have disabilities. VLA provides information, advice and representation in the areas of health care, housing, education, family law, benefits, and consumer law.

Mental Health Resources

NATIONAL ALLIANCE ON MENTAL ILLNESS OF VERMONT

WEBSITE: www.namivt.org
TELEPHONE: (802) 244-1396, 1-800-639-6480
DESCRIPTION: NAMI Vermont is a grassroots volunteer organization of individuals who have joined together to accomplish the following goals: Provide support to families and individuals coping with the problems presented by mental illness; educate the public and our members about severe mental illness so that perceptions change and stigma is eliminated, and advocate for a system of adequate care in every community.

Military-Related Resources

FRIENDS OF VETERANS

WEBSITE: www.friendsofveteransvtnh.org
TELEPHONE: (802) 296-8368
DESCRIPTION: Provides crisis funding, particularly to avoid homelessness, as well as advocacy and clearinghouse services in collaboration with other service providers. Both active and veteran members of all branches of military service and their families are eligible.

VERMONT EMPLOYER SUPPORT OF THE GUARD AND RESERVE

WEBSITE: www.vtesgr.org
TELEPHONE: (802) 338-4187
DESCRIPTION: This website has information to help with your employment or reemployment needs.

VERMONT MILITARY, FAMILY, COMMUNITY NETWORK

WEBSITE: www.vtmfcn.org
DESCRIPTION: A multi-group network of community, military, government and private sector organizations that identifies resources for, and provides services to, service members and their families throughout the deployment cycle.

VERMONT VETERAN SERVICES

WEBSITE: www.vermontveteranservices.org
TELEPHONE: (802) 656-2417, (802) 656-3232
DESCRIPTION: Provides services for Vermont veterans and their families including homelessness prevention, peer services, jail diversion, linkage to treatment options, and V.A. benefits counseling and assistance.

Other Resources

ASSOCIATION OF AFRICANS LIVING IN VERMONT

WEBSITE: www.africansinvermont.org
TELEPHONE: (802) 985-3106
DESCRIPTION: Helps Africans living in Vermont connect with services including housing, employment, health, child services, interpreters, advocacy, and help integrating into Vermont communities.

VERMONT ALCOHOL AND DRUG INFORMATION CLEARINGHOUSE (VADIC)

WEBSITE: www.vadic.org
TELEPHONE: (802) 299-6103, 1-800-769-2798
DESCRIPTION: The purpose of the Vermont Alcohol and Drug Information Clearinghouse (VADIC) is to provide communities with informational resources pertaining to substance abuse and at-risk issues. VADIC is a grant-funded program, and its services are free for Vermonters.

VERMONT REFUGEE RESETTLEMENT PROGRAM

WEBSITE: www.refugees.org/about-us/where-we-work/vrrp
TELEPHONE: (802) 655-1963
DESCRIPTION: Provides refugee/asylee-specific employment preparation, training, development, attainment and support services, as well as career enhancement counseling.

Parenting/Child Development

KIDS VT

WEBSITE: www.kidsvt.com
DESCRIPTION: A free monthly magazine and website all about Vermont kids and their families. It is a great resource for parents, with county-by-county information on local events, playgroups, classes, summer camps and activities for children and families. It contains information on everything from family programs and services to entertainment and products.

PARENT CHILD CENTERS

WEBSITE: www.dcf.vermont.gov/cdd/contact_us/pcc
DESCRIPTION: A network of 15 centers located throughout Vermont that help families make sure children get off to a healthy start. Services include early childhood services, home visits to families with young children, playgroups, parent education, parent support, and information and referral. Visit the website listed above, dial 2-1-1, or see the listings by county starting on page 15 to find your local parent child center.

Many parent child centers currently offer programs specifically for fathers; other will do so if there is sufficient interest.

PREVENT CHILD ABUSE VERMONT (PCAV)

WEBSITE: www.pcavt.org
TELEPHONE: (802) 229-5724, 1-800-244-5373 (Parent's Stress Line)
DESCRIPTION: Offers statewide education programs to Vermont children, teens, and parents. These programs include the *Nurturing Parent's Program*, the *Nurturing Fathers Program*, and *Nurturing Program for Military Families*. PCAV also hosts parent support groups and publishes the *Annual Vermont Parent's Home Companion and Resource Directory.*

VERMONT FAMILY NETWORK (VFN)

WEBSITE: www.vermontfamilynetwork.org
TELEPHONE: 1-800-800-4005
DESCRIPTION: Provides families of children and young adults with special needs and learning difficulties, information and support regarding their children's disabilities, education, health, and mental health.

VERMONT FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH

WEBSITE: www.vffcmh.org
TELEPHONE: (802) 876-7021, 1-800-639-6071
DESCRIPTION: Supports families who have children experiencing emotional, behavioral, or mental health challenges. Get peer support, information to help you make informed decisions and navigate your way through service and support systems.

VERMONT HEAD START ASSOCIATION

WEBSITE: www.vermontheadstart.org
DESCRIPTION: Head Start and Early Head Start provide a range of comprehensive early education, health, nutrition, parental involvement/ engagement, and family support services to primarily at-risk children from birth to age 5 and their families. Visit the website listed above to find your local provider or dial 2-1-1.

VERMONT'S FIND AND GO SEEK

WEBSITE: www.findandgoseek.net
DESCRIPTION: There is so much to do and see in Vermont all year long – from camps to museums, harvest festivals to parades, the best sledding hills, holiday events, after-school programs and more. Find & Go Seek is a fun and easy way to search, discover and talk about fun things to do in your neck of the woods. It also offers tips from other parents and caregivers that can help you save time, money and make the experience more enjoyable.

> "Your children need your presence more than your presents."
>
> –JESSE JACKSON

Work Supports

RESOURCE – YOUTHBUILD VERMONT

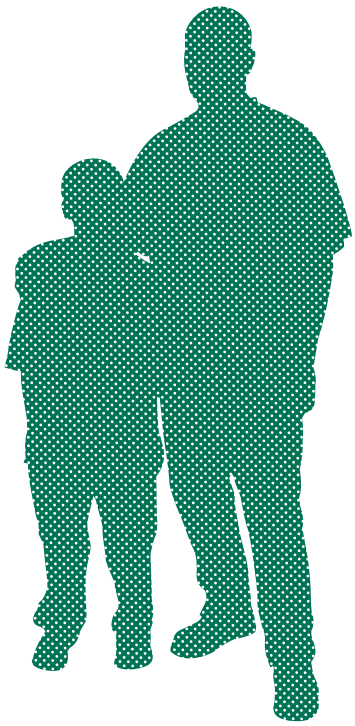
WEBSITE: www.resourcevt.org/retrain/youthbuild
TELEPHONE: (802) 658-4143, extension 27
DESCRIPTION: A 10-month program serving 16-to-24 year old men and women in Chittenden and Washington counties who have dropped out of high school and need comprehensive development and job training. Youth are trained in construction skills while building affordable housing, learning energy efficiency skills, and working alongside ReSOURCE's Deconstruction Service.

VERMONT ADULT LEARNING

WEBSITE: www.vtadultlearning.org
TELEPHONE: (802) 244-0634, 1-800-322-4004
DESCRIPTION: Provides adults with essential skills to further their educational, employment, and personal goals. Services are available to all out-of-school Vermonters age 16 and above. VAL offers 3 different pathways to achieve a high school credential: High School Completion Program (ages 16-21), Vermont Adult Diploma Program (ages 21+, 18-20 with waiver), and General Education Development (GED – ages 16+). VAL offers work readiness programming to prepare adults for entry, reentry to or promotion in the workplace.

VERMONT WORKERS' CENTER

WEBSITE: www.workerscenter.org
TELEPHONE: (802) 861-4892
DESCRIPTION: Staff can answer questions about labor practices in Vermont. Topics include cuts in hours and benefits, favoritism, harassment, unfair scheduling, lack of affordable health insurance, health and safety, migrant workers' rights, discrimination, unpaid wages, wrongful firing, workers' right to organize, workers' compensation, and family and medical leave.



> "There isn't any formula...
> You learn to love by loving."
>
> –ALDOUS HUXLEY

Community-Based Organizations

Addison County

ADDISON COMMUNITY ACTION – (CHAMPLAIN VALLEY OFFICE OF ECONOMIC OPPORTUNITY)

WEBSITE: www.cvoeo.org/htm/Community_Action/Addison.html
TELEPHONE: (802) 388-2285, 1-800-639-2318 (Middlebury)
DESCRIPTION: One of five Community Action Agencies in Vermont, ACA helps lower-income Vermonters meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

ADDISON COUNTY CHILD CARE SERVICES AT MARY JOHNSON CHILDREN'S CENTER

WEBSITE: www.mjccvt.org
TELEPHONE: (802) 388-2853 (Middlebury)
DESCRIPTION: Helps families learn about the child care options available in their area and programs that can help them afford quality care, makes referrals to registered home child care providers and licensed child care centers, and helps families apply to programs for which they may be eligible.

ADDISON COUNTY PARENT CHILD CENTER (ACPCC)

WEBSITE: www.addisoncountypcc.org
TELEPHONE: (802) 388-3171 (Middlebury)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to children and families in Addison county. This includes early childhood services, child care, home visits, playgroups, parent support and education, professional support and consultation, and information and referral. They also offer fathers' support groups based on interest.

COUNSELING SERVICE OF ADDISON COUNTY

WEBSITE: www.csac-vt.org
TELEPHONE: (802) 388-6751 (Middlebury)
DESCRIPTION: Offers a wide range of professional mental health and developmental services, including substance abuse treatment, psychiatry, psychology, mental health counseling, social work, family therapy, and child therapy.

HOPE (HELPING OVERCOME POVERTY'S EFFECTS)

WEBSITE: www.hope-vt.org
TELEPHONE: (802) 388-3608 (John V. Craven Community Services Center in Middlebury)
DESCRIPTION: Helps people obtain food, clothing, housing, heat, medicine, work-related needs, and much more.

JOHN W. GRAHAM EMERGENCY SHELTER SERVICES

WEBSITE: www.johngrahamshelter.org
TELEPHONE: (802) 877-2677 (Vergennes), (802) 877-2048 (After hours)
DESCRIPTION: Provides up to 21 days of emergency shelter for individuals and families. Extensions are available. Individuals from 15 to 18 unaccompanied by parents will not be turned away because of their age. Services include a food shelf, laundry vouchers, transportation, counseling, and medical care.

OPEN DOOR CLINIC

WEBSITE: www.opendoormidd.org
TELEPHONE: (802) 388-0137 (Middlebury and Vergennes)
DESCRIPTION: Provides free health care services for adults who are uninsured and underinsured and meet financial eligibility guidelines (up to 300% Federal Poverty Level) – until they become enrolled in private or public insurance programs. Appointments needed.

Bennington County

BENNINGTON COUNTY CHILD CARE ASSOCIATION

WEBSITE: www.bccca.net
TELEPHONE: (802) 447-3778 (Bennington)
DESCRIPTION: Helps families learn about the child care options available in their area and the programs that can help them afford quality care, makes referrals to registered home child care providers and licensed child care centers, and helps families apply to programs for which they may be eligible.

BENNINGTON FREE CLINIC

WEBSITE: www.benningtonfreeclinic.org
TELEPHONE: (802) 447-3700 (Bennington)
DESCRIPTION: A not-for-profit medical clinic that provides free primary medical care, care coordination, and referral to uninsured adult residents of Bennington County and the surrounding area.

BROC – COMMUNITY ACTION IN SOUTHWESTERN VERMONT

WEBSITE: www.broc.org
TELEPHONE: (802) 447-7515 (Bennington), 1-800-717-2762 (Rutland County)
DESCRIPTION: One of five Community Action Agencies in Vermont, BROC helps lower-income Vermonters meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

SUNRISE FAMILY RESOURCE CENTER

WEBSITE: www.sunrisefamilyresourcecenter.com
TELEPHONE: (802) 442-6934 (Bennington)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to children and families in Bennington County and surrounding areas. This includes early childhood services, child care, home visits, playgroups, parent support and education, and information and referral.

UNITED COUNSELING SERVICE, INC.

WEBSITE: www.ucsvt.org
TELEPHONE: (802) 442-5491 (Bennington), (802) 362-3950 (Manchester – 24 hour emergency)
DESCRIPTION: Offers comprehensive mental health services for children, adults, and families. This includes emergency services, early intervention, psychiatric services, community rehabilitation and treatment for adults with long-term mental illness, specialized children's services, substance abuse treatment, and developmental services.

Caledonia, Essex, & Orleans Counties

CALEDONIA COUNTY LEGAL CLINIC

TELEPHONE: (802) 748-6600 (St. Johnsbury)
DESCRIPTION: Sponsored by the County Bar Association, provides free legal advice to anyone in the county.

H.O.P.E. (HELPING OTHER PEOPLE EVERYDAY)

WEBSITE: www.hopevermont.com
TELEPHONE: (802) 626-3228 (Lydonville)
DESCRIPTION: Provides services to people in need, including free hot soup during the winter, clothes for children and youth in need, an emergency food pantry, and food backpacks to help feed school children on weekends. Also helps people find local resources and agencies and fill out applications.

KINGDOM CHILD CARE CONNECTION AT UMBRELLA

WEBSITE: www.umbrellanek.org/kccc.htm
TELEPHONE: (802) 748-1992, 1-800-916-8645 (St. Johnsbury)
DESCRIPTION: Helps families learn about the child care options available in their area and the programs that can help them afford quality care, makes referrals to registered home child care providers and licensed child care centers, and helps families apply to programs for which they may be eligible.

NEKCA (NORTHEAST KINGDOM COMMUNITY ACTION)

WEBSITE: www.nekcavt.org
TELEPHONE: (802) 334-7316 (Newport); (802) 748-6040 (St. Johnsbury); (802) 266-7134 (Canaan); (802)-723-6425 (Island Pond)
DESCRIPTION: One of five Community Action Agencies in Vermont, NEKCA helps lower-income Vermonters meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

► NEKCA PARENT CHILD CENTERS

WEBSITE: www.nekcavt.org
TELEPHONE: (802) 334-4072 (Newport)
(802) 748-6040 (St. Johnsbury)
DESCRIPTION: Vermont Parent Child Centers offering a broad range of educational and support services to children and families in the Northeast Kingdom. This includes early childhood services, child care, home visits, playgroups, parent support and education, and information and referral. The center in Newport also helps families to find and pay for child care.

NORTHEAST KINGDOM HUMAN SERVICES (NKHS)

WEBSITE: www.nkhs.net
TELEPHONE: (802) 334-6744, 1-800-696-4979 (24-hour emergency) – (Newport)
(802) 748-3181, 1-800-649-0118 (24 hour emergency) – (St. Johnsbury)
DESCRIPTION: Provides mental health, substance abuse, and developmental services to the residents of the Northeast Kingdom.

NORTHEASTERN VERMONT REGIONAL HOSPITAL – COMMUNITY CONNECTIONS

WEBSITE: www.nvrh.org
TELEPHONE: (802) 748-7526 (St. Johnsbury)
DESCRIPTION: Helps people find healthcare providers and connect to needed social and community services and support groups. All services are free. Community Health Workers are familiar with the many agencies, organizations, and individuals in the area.

ST. JOHNSBURY COMMUNITY JUSTICE CENTER

WEBSITE: www.stjcjc.org
TELEPHONE: (802) 748-2977 (St. Johnsbury)
DESCRIPTION: Provides one-time advice about legal rights and responsibilities, options for dealing with legal issues, and information about how the legal system works and what to expect in court. Also provides referrals for those needing ongoing legal assistance and offers an Offender Reentry Program with services such as case management, mediation, and mentoring.

Chittenden County

BURLINGTON HOUSING AUTHORITY

WEBSITE: www.burlingtonhousing.org
TELEPHONE: (802) 864-0538 (Burlington)
DESCRIPTION: Manages over 600 affordable apartments, provides rental assistance to families in the greater Burlington area, and helps families maintain their housing and work toward homeownership.

CHAMPLAIN HOUSING TRUST

WEBSITE: www.champlainhousingtrust.org
TELEPHONE: (802) 862-6244 (Burlington)
DESCRIPTION: Provides homebuyer education and counseling, foreclosure prevention, affordable homeownership, low-interest rehab loans, and affordable rentals.

CHAMPLAIN VALLEY OFFICE OF ECONOMIC OPPORTUNITY (CVOEO)

WEBSITE: www.cvoeo.org/index.html
TELEPHONE: (802) 862-2771, 1-800-287-7971 (Burlington)
DESCRIPTION: One of five Community Action Agencies in Vermont, CVOEO helps lower-income Vermonters meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

CHILD CARE RESOURCE

WEBSITE: www.childcareresource.org
TELEPHONE: (802) 863-3367, 1-800-339-3367 (Burlington)
DESCRIPTION: Helps families learn about the child care options available in their area and the programs that can help them afford quality care, makes referrals to registered home child care providers and licensed child care centers, and helps families apply to programs for which they may be eligible.

COMMITTEE ON TEMPORARY SHELTER (COTS)

WEBSITE: www.cotsonline.org
TELEPHONE: (802) 864-7402 (Burlington)
DESCRIPTION: Provides emergency way stations for men and women with nowhere else to sleep, as well as shelters designated for families. Their day station, open everyday, offers an array of services and medical care, including a noon meal everyday. Their Housing Resource Center provides assistance to families at risk of losing their homes.

COMMUNITY HEALTH CENTERS OF BURLINGTON

WEBSITE: www.chcb.org
TELEPHONE: Riverside Health Center – (802) 864-6309 (Riverside Avenue, Burlington)
Safe Harbor Health Center – (802) 860-4310 (Winooski Avenue, Burlington)
Pearl Street Youth Health Center – (802) 652-1080 (Pearl Street, Burlington)
Keeler Bay Health Center – (802) 372-4687 (South Hero, VT)

DESCRIPTION: Provides primary and preventive health care, dental services, mental health and substance abuse treatment for residents regardless of age, background, income, and insurance. The Pearl Street Youth Center is a drop-in clinic for young adults up to age 25 who are homeless, marginally housed, or at risk of being homeless. The Safe Harbor Health Center helps adults and families who are homeless.

FLETCHER ALLEN HEALTH CARE – COMMUNITY HEALTH RESOURCES

WEBSITE: www.fletcherallen.org/community_resources
TELEPHONE: (802) 847-0000, 1-800-358-1144 (Burlington)
DESCRIPTION: Provides a variety of community health resources, including classes and events, educational outreach, support groups, community screenings, parenting programs, and the Health Assistance Program, which can help you find ongoing health care at reduced cost or for free.

THE HOWARD CENTER

WEBSITE: www.howardcenter.org
TELEPHONE: (802) 488-6000 (Burlington)
DESCRIPTION: Provides an extensive arrary of mental health, developmental disabilities, substance abuse, and child and family treatment services to individuals and families in Chittenden County and beyond.

KING STREET CENTER

WEBSITE: www.kingstreetcenter.org
TELEPHONE: (802) 862-6736 (Burlington)
DESCRIPTION: Provides a variety of resources and programs for children and families, including preschool, afterschool, summer programs, and mentoring. For adults, the center offers free English as a Second Language (ESL) and computer skills classes to immigrants and refugees.

LUND – CHILD & FAMILY SERVICES

WEBSITE: www.lundvt.org
TELEPHONE: (802) 864-7467, 1-800-639-1741 (Burlington)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to children and families. This includes early childhood services, child care, home visits, playgroups, parent support and education, information and referral, supervised visitation services for parents whose children are in foster care, and a program that supports children and families with an incarcerated parent.

MILTON FAMILY COMMUNITY CENTER

WEBSITE: www.miltonfamilycenter.org
TELEPHONE: (802) 893-1457 (Milton)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of services to families, including educational and support groups, family outreach, community child care support services, and a range of services for young parents and adults.

SPECTRUM YOUTH AND FAMILY SERVICES

WEBSITE: www.spectrumvt.org
TELEPHONE: (802) 864-7423 (Burlington)
DESCRIPTION: Helps adolescents and their families with a host of issues, including homelessness, domestic violence, mental health, and substance abuse. Services include counseling, a drop-in center (*safe place to eat a meal, use the phone, do laundry, and take a shower*), a health clinic, jobs program, mentoring, emergency shelter, and transitional housing. Spectrum also offers several violence intervention & prevention programs that support victim safety, hold offenders accountable, and help men who want to change. Programs include *DV Solutions*, *Intensive Domestic Abuse Program*, and *Thinking for a Change*.

VISITING NURSE ASSOCIATION OF CHITTENDEN AND GRAND ISLES COUNTIES

WEBSITE: www.vnacares.org/health-care-services/family-childrens-services/programs-fathers
TELEPHONE: (802) 860-4420 (Colchester)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to children and families.This includes early childhood services, child care, home visits, playgroups, parent support and education, and information and referral.

The VNA also offers two programs specific to fathers:

1. *Dads as Parents, Partners, Providers* is a comprehensive initiative targeted at helping dads to be involved, responsible, and committed fathers; to improve their relationship with their children's mother; and to develop an individualized work readiness plan.
2. *VNA Fathers and Children Together (F.A.C.T.)* offers an opportunity for dads to meet other dads and their children, birth to 5 years old. The program consists of fun activities, parent education and support, the opportunity to enjoy a family meal, and experienced child care staff who support children in their play.

WINOOSKI HOUSING AUTHORITY

WEBSITE: www.winooskihousing.org
TELEPHONE: (802) 655-2360 (Winooski)
DESCRIPTION: Provides safe and affordable housing opportunities for seniors and people experiencing barriers to housing because of income, disability, or special needs.

Franklin & Grand Isles Counties

CHAMPLAIN HOUSING TRUST

WEBSITE: www.champlainhousingtrust.org
TELEPHONE: (802) 527-2361 (St. Albans)
DESCRIPTION: Provides homebuyer education and counseling, foreclosure prevention, affordable homeownership, low-interest rehab loans, and affordable rentals.

FAIRFIELD COMMUNITY CENTER

WEBSITE: www.fairfieldcommunitycenter.blogspot.com
TELEPHONE: (802) 827-3130 (East Fairfield)
DESCRIPTION: Provides a food shelf, holiday assistance, and commodity delivery to Fairfield, East Fairfield, Bakersfield, Sheldon, and Fletcher.

FAMILY CENTER OF NORTHWESTERN VERMONT

WEBSITE: www.ncssinc.org/about-us/family-center
TELEPHONE: (802) 524-6554 (St. Albans)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to children and families including early childhood services, child care, home visits, playgroups, parent support and education, and information and referral. The center also helps families to find and pay for child care.

FRANKLIN GRAND ISLE COMMUNITY ACTION – (CHAMPLAIN VALLEY OFFICE OF ECONOMIC OPPORTUNITY)

WEBSITE: www.cvoeo.org/htm/Community_Action/franklin-grand-isle.html
TELEPHONE: (802) 527-7392, 1-800-300-7392 (St. Albans)
DESCRIPTION: One of five Community Action Agencies in Vermont, CVOEO helps lower-income residents to meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

NORTHWESTERN COUNSELING AND SUPPORT SERVICES

WEBSITE: www.ncssinc.org
TELEPHONE: (802) 527-7801 (St. Albans)
DESCRIPTION: Northwestern Counseling is a private, non-profit, human services agency serving Franklin and Grand Isle Counties. NCSS provides intervention and support to children, adolescents and adults with emotional and behavioral problems, mental illness and developmental disabilities.

Lamoille County

CENTRAL VERMONT COMMUNITY ACTION COUNCIL (CVCAC)

WEBSITE: www.cvcac.org
TELEPHONE: (802) 888-7993, 1-800-639-8710 (Morrisville)
DESCRIPTION: One of five Community Action Agencies in Vermont, CVCAC helps lower-income residents to meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

LAMOILLE COUNTY MENTAL HEALTH SERVICES

WEBSITE: www.lamoille.org
TELEPHONE: (802) 888-5026 (Morrisville)
DESCRIPTION: Provides comprehensive community mental health, developmental and related services to the citizens of the Lamoille Valley. Services include individual, family and group therapy; medication therapy and support; emergency and crisis support; day treatment, housing, and developmental, vocational, and outreach services to individuals, families and schools.

LAMOILLE FAMILY CENTER

WEBSITE: www. lamoillefamilycenter.org
TELEPHONE: (802) 888-5229 (Morrisville)
DESCRIPTION: A Vermont Parent Child Center that offers offers a broad range of educational and support services to families throughout Lamoille County, including parent education, parenting support groups, playgroups, family outreach programs, child care support services, a supervised visitation program, and a range of services for young parents. Services are delivered in the home, onsite at the Family Center, and in the community to families with children of all ages. The Center also helps families learn about the child care options available in the area and programs that can help them afford quality care.

LAMOILLE HOUSING PARTNERSHIP

WEBSITE: www.lamoillehousing.org/home.html
TELEPHONE: (802) 888-5714 (Morrisville)
DESCRIPTION: The Lamoille Housing Partnership was created in 1991 to provide and maintain safe, decent and affordable housing through rental, home ownership, or other means to low and moderate income persons and families living within Lamoille County and the Town of Hardwick and to provide such assistance without discrimination or prejudice.

Orange County

CENTRAL VERMONT COMMUNITY ACTION COUNCIL (CVCAC)

WEBSITE: www.cvcac.org
TELEPHONE: (802) 222-5419 (Bradford); (802) 728-9506, 1-800-846-9506 (Randolph)
DESCRIPTION: One of five Community Action Agencies in Vermont, CVCAC helps lower-income residents to meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

CHILD CARE PROJECT

WEBSITE: www.dartmouth.edu/~ccp
TELEPHONE: (603) 646-3233, 1-800-323-5446 (Hanover, NH)
DESCRIPTION: Helps families learn about the child care options available in their area and makes referrals to registered home child care providers and licensed child care centers. To learn about Child Care Financial Assistance, call The Family Place at (802) 649-3268 or 1-800-639-0039.

CLARA MARTIN CENTER

WEBSITE: www.claramartin.org
TELEPHONE: (802) 728-4466 (Randolph), (802) 222-4477 (Bradford)
DESCRIPTION: Provides mental health services and substance abuse care to individuals, couples, families, adults, children, and adolescents; links individuals and families with the resources that best match their needs; and helps with any barriers such as payment or insurance restrictions.

HEALTH CONNECTIONS AT GIFFORD MEDICAL CENTER

WEBSITE: www.vccu.net/gmc.htm
TELEPHONE: (802) 728-2323 (Randolph)
DESCRIPTION: Health Connections links men, women, and children to health care and community services and provides a wide range of health care services both at Gifford and in the community through resources and referrals.

ORANGE COUNTY PARENT CHILD CENTER

WEBSITE: www.orangecountypcc.org
TELEPHONE: (802) 685-2264, 1-888-685-2264 (Chelsea)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to families, including parent education, support groups, playgroups, family outreach, child care support services, a supervised visitation program, and a range of services for young parents.

Rutland County

BROC – COMMUNITY ACTION IN SOUTHWESTERN VERMONT

WEBSITE: www.broc.org
TELEPHONE: (802) 775-0878, 1-800-717-2762 (Rutland)
DESCRIPTION: One of five Community Action Agencies in Vermont, BROC helps lower-income Vermonters meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

RUTLAND COUNTY HOUSING COALITION

WEBSITE: www.rchcvt.org/index.html
TELEPHONE: (802) 775-9286 (Rutland)
DESCRIPTION: Works with homeless individuals and families to address their housing needs.

RUTLAND COUNTY PARENT CHILD CENTER

WEBSITE: www.rcpcc.org
TELEPHONE: (802) 775-9711, 1-800-480-9711 (Rutland)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to families, including parent education, support groups, playgroups, family outreach, child care support services, a supervised visitation program, and a range of services for young parents.

RUTLAND FREE CLINIC

WEBSITE: www.vccu.net/rfc.htm
TELEPHONE: (802) 775-1360 (Rutland)
DESCRIPTION: Provides healthcare, alternative health care, dental services, nutrition counseling, physical therapy, mental health counseling, and help applying for public health care and prescription assistance to eligible residents.

RUTLAND HOUSING AUTHORITY

WEBSITE: www.rhavt.org
TELEPHONE: (802) 775-2926 (Rutland)
DESCRIPTION: Provides quality housing for low and moderate income families and individuals.

RUTLAND MENTAL HEALTH SERVICES

WEBSITE: www.rmhsccn.org
TELEPHONE: (802) 775-2381 (Rutland)
DESCRIPTION: Provides community mental health and developmental disabilities services for children, families, and individuals.

VERMONT ACHIEVEMENT CENTER

WEBSITE: www.vacvt.org
TELEPHONE: (802) 747-0033, 1-800-775-2390 (Rutland)
DESCRIPTION: Helps families learn about the child care options available in their area and the programs that can help them afford quality care, makes referrals to registered home child care providers and licensed child care centers, and helps families apply to programs for which they may be eligible.

Washington County

BARRE HOUSING AUTHORITY

WEBSITE: www.barrehousingauthority.com
TELEPHONE: (802) 476-3185, 476-3186 (Barre)
DESCRIPTION: Provides safe, affordable housing to low-income families, elders, and adults with disabilities.

CENTRAL VERMONT COMMUNITY ACTION COUNCIL (CVCAC)

WEBSITE: www.cvcac.org
TELEPHONE: (802) 479-1053, 1-800-639-1053 (Berlin)
DESCRIPTION: One of five Community Action Agencies in Vermont, CVCAC helps lower-income residents to meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

CENTRAL VERMONT COMMUNITY LAND TRUST

WEBSITE: www.cvclt.org
TELEPHONE: (802) 476-4493 (Barre)
DESCRIPTION: Creates and preserves safe, decent and affordable housing for low and moderate income residents through rental properties and homes for sale.

FAMILY CENTER OF WASHINGTON COUNTY

WEBSITE: www.fcwcvt.org
TELEPHONE: (802) 262-3292 (Montpelier)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to children and families, including parent education, support groups, playgroups, early childhood education and intervention, and child care support services.

They also offer a *Dads and Kids Playgroup* for children up to age five and a *Boot Camp for New Dads* to equip men to become engaged with their infants, support their mates and navigate their journey into fatherhood.

GOOD BEGINNINGS OF CENTRAL VERMONT

WEBSITE: www.goodbeginningscentralvt.org
TELEPHONE: (802) 595-7953 (Montpelier)
DESCRIPTION: Provides free support to families in Central Vermont who are preparing to have children and have newborn children through the first 3 months of life. All families qualify for these free services, including home visits, infant carriers, parent education, early literacy awareness, baby clothes, equipment and supplies, and links to community resources. They also offer a Fatherhood Support Program that provides mentorship, education and resources to fathers.

GOOD SAMARITAN HAVEN

WEBSITE: www.goodsamaritanhaven.org
TELEPHONE: (802) 479-2294 (Barre)
DESCRIPTION: An emergency homeless shelter that serves individuals and families. They offer home-cooked meals, showers, a secure night's sleep, access to a phone, and a social worker to help address immediate issues.

MONTPELIER HOUSING AUTHORITY

WEBSITE: www.montpelier-vt.org/department/74.html
TELEPHONE: (802) 229-9232 (Montpelier)
DESCRIPTION: Provides safe, affordable housing to low-income families, seniors, and individuals.

PEOPLE'S HEALTH AND WELLNESS CLINIC

WEBSITE: www. phwcvt.org
TELEPHONE: (802) 479-1229 (Barre)
DESCRIPTION: Provides primary health care and wellness education to uninsured and underinsured central Vermont residents who could not otherwise afford these services. Services include screening all patients for eligibility in a variety of health insurance and assistance programs and helping patients navigate the application process.

WASHINGTON COUNTY MENTAL HEALTH SERVICES, INC. (WCMHS)

WEBSITE: wcmhs.org
TELEPHONE: (802) 229-0591 (Montpelier)
DESCRIPTION: Offers a comprehensive range of services to adults with mental illnesses, children and adolescents with serious emotional disturbances and people with developmental disabilities. It also provides outpatient and outreach services for adults and children with less severe mental health needs.

> "Good fathers make good sons."
>
> –UNKNOWN AUTHOR

Windham & Windsor Counties

BRATTLEBORO HOUSING AUTHORITY

WEBSITE: www.brattleborohousingauthority.com
TELEPHONE: (802) 254-6071 (Brattleboro)
DESCRIPTION: Ensures quality, affordable housing options for lower-income households.

CHILD CARE PROJECT

WEBSITE: www.dartmouth.edu/~ccp
TELEPHONE: (603) 646-3233, 1-800-323-5446 (Hanover, NH)
DESCRIPTION: Helps families learn about the child care options available in their area and makes referrals to registered home child care providers and licensed child care centers.

EARLY EDUCATION SERVICES OF WINDHAM COUNTY

WEBSITE: www.ees-vt.org
TELEPHONE: (802) 254-3742, 1-800-427-3730 (Brattleboro)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to families in Windham County, including parent education, support groups, playgroups, early childhood education and intervention, and child care support services.

Also offers three father-specific programs: the *Dedicated Dads* support group, the *24/7 Dad* parenting course, and a four-hour workshop called *Training Camp for New Dads.*

FAMILY PLACE

WEBSITE: www.the-family-place.org
TELEPHONE: (802) 649-3268, 1-800-639-0039 (Norwich)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to families in Windham County, including parent education, support groups, playgroups, early childhood education and intervention, and child care support services.

GOOD NEIGHBOR HEALTH CLINIC

WEBSITE: www.goodneighborhealthclinic.org
TELEPHONE: (802) 295-1868 (White River Junction)
DESCRIPTION: Offers free primary medical and dental care to the people of the Upper Connecticut River Valley who are in need and lack the resources to obtain adequate care.

"From great oaks, little acorns grow."

–LATIN PROVERB

HEALTH CARE AND REHABILITATION SERVICES OF SOUTHEASTERN VERMONT

WEBSITE: www.hcrs.org
TELEPHONE: 1-888-888-5144
DESCRIPTION: Provides comprehensive mental health, substance abuse treatment, and developmental services to adults, children, and youth across Windsor and Windham counties.

SOUTHEASTERN VERMONT COMMUNITY ACTION (SEVCA)

WEBSITE: www.sevca.org
TELEPHONE: (802) 722-4575, 1-800-464-9951 (Westminster); (802) 254-2795 (Brattleboro); (802) 885-6153, 885-1019 (Springfield); (802) 295-5215 (White River Junction)
DESCRIPTION: One of five Community Action Agencies in Vermont, helps lower-income residents to meet their basic needs and become self-sufficient through employment or self employment. Services include advocacy, emergency food assistance, housing assistance, fuel and utility assistance, income tax assistance, information and referral, and education and training.

SPRINGFIELD AREA PARENT CHILD CENTER

WEBSITE: www.sapcc-vt.org
TELEPHONE: (802) 886-5242 (Springfield)
DESCRIPTION: A Vermont Parent Child Center that offers a broad range of educational and support services to families, including home visits, parent education and support, child care support services, onsite adult education and job training, playgroups, early education and intervention, outreach, information and referral.

WINDHAM CHILD CARE ASSOCIATION

WEBSITE: www.windhamchildcare.org
TELEPHONE: (802) 254-5332, 1-866-254-5332 (Brattleboro)
DESCRIPTION: Helps families learn about the child care options available in their area and the programs that can help them afford quality care, makes referrals to registered home child care providers and licensed child care centers, and helps families apply to programs for which they may be eligible.

WINDSOR COMMUNITY HEALTH CLINIC

WEBSITE: www.mtascutneyhospital.org/community/windsor-community-health-clinic
TELEPHONE: (802) 674-7213 (Windsor)
DESCRIPTION: Serves members of the community who are not covered by public or private insurance and do not have the financial resources to pay for healthcare services. Services covered include treatment for illness or injury, routine check-ups with a primary care physician, annual exam, prostate exam, mammograms, lab tests, x-rays, immunizations, health education classes, and help applying for insurance coverage.

Resources and Literature

NEW ENGLAND FATHERING CONFERENCE

WEBSITE: www.nefatheringconference.org
DESCRIPTION: An annual conference, held in March of each year, for professionals and parents.

PREVENT CHILD ABUSE VERMONT – PARENT'S HOME COMPANION & RESOURCE DIRECTORY

WEBSITE: www.pcavt.org/index.php?id=323
TELEPHONE: 1-800-CHILDREN
DESCRIPTION: This comprehensive guide includes parenting advice on a vast scope of everyday parenting issues as well as statewide and county-by-county resources.

RESPONSIBLE FATHERHOOD INITIATIVE BLOG

WEBSITE: rfi.endingviolence.com/blog
DESCRIPTION: Written by Mark Larson, this blog provides valuable insight into "the intersection of fatherhood, domestic violence and family safety."

UNITED WAY – COMMUNITY RESOURCE DIRECTORIES

- **Green Mountain United Way**
  WEBSITE: www.gmunitedway.org/content/pdf/CommunityResources.pdf
  Go to the link above to download and print the Central Vermont Resource Guide.
- **Franklin-Grand Isle United Way**
  WEBSITE: www.fgiunitedway.org
  Call (802) 527-7418 to request a copy of their Resource Directory or go to their website to see the online version.
- **Rutland County United Way**
  WEBSITE: www.uwrutlandcounty.org/UWbro_2012.pdf
  Download their brochure, which lists many community resources.
- **Windham County United Way**
  WEBSITE: www.unitedwaywindham.org/get_help.shtml
  Visit their website to download and print two helpful resource guides: 2012 Survivor's Guide to Brattleboro and Windham County Food Resources.

VISITING NURSE ASSOCIATION OF CHITTENDEN AND GRAND ISLE COUNTIES TIP SHEETS

WEBSITE: www.vnacares.org/health-care-services/family-childrens-services/programs-fathers
DESCRIPTION: The VNA has a series of tip sheets for dads, including Dad's, Kids, and Reading; Discipline and Dads; Money Sense; Kids and Chores; Kids and Holiday Stress; Kids and Screen Time; and Balanced Work and Being a Dad. The tipsheets can be found on their website or by calling (802) 862-2121.

VERMONT

AGENCY OF HUMAN SERVICES
DEPARTMENT FOR CHILDREN & FAMILIES