The Rutland Area Community Resource Guide is a collection of health and human services available to the Rutland Area. This collective guide has been created and provided by the Rutland Regional’s Blueprint Community Health Team.

The goal of the Community Health Team is to provide our community with reliable and well-coordinated access to a broad range of health and human services.

For a copy of the Rutland Community Resource Guide please go online to www.rrmc.org or to request changes or updates, please contact:

Rutland Regional Medical Center
Community Health Team
160 Allen Street, Rutland, VT 05701
CHT@rrmc.org
# TABLE OF CONTENTS

**Vermont 2-1-1**  
For information and referrals to any health and human service need in Vermont, dial 2-1-1, a local call from anywhere in the state. The Vermont 2-1-1 contact call center is available 24/7 and 2-1-1 **texting** is available Monday through Friday from 8am – 8pm (Text your zip code to 898211)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis Lines</td>
<td>1</td>
</tr>
<tr>
<td>Adult Education and Employment</td>
<td>2-4</td>
</tr>
<tr>
<td>Alcohol/Drug/Tobacco/Addiction (Includes Peer Support)</td>
<td>5-7</td>
</tr>
<tr>
<td>Child Development</td>
<td>8-11</td>
</tr>
<tr>
<td>Clothing/Fuel Needs</td>
<td>12-13</td>
</tr>
<tr>
<td>Community Centers and Activities</td>
<td>14-16</td>
</tr>
<tr>
<td>Community Collaborative and Volunteer Opportunities</td>
<td>17-18</td>
</tr>
<tr>
<td>Court/Legal/Government</td>
<td>19-20</td>
</tr>
<tr>
<td>Disabilities</td>
<td>21-24</td>
</tr>
<tr>
<td>Financial Services</td>
<td>25</td>
</tr>
<tr>
<td>Food and Groceries</td>
<td>26-28</td>
</tr>
<tr>
<td>Health Care</td>
<td>29-30</td>
</tr>
<tr>
<td>Health Education</td>
<td>31-33</td>
</tr>
<tr>
<td>Home Health Care/Hospice</td>
<td>34</td>
</tr>
<tr>
<td>Housing</td>
<td>35</td>
</tr>
<tr>
<td>Insurance</td>
<td>36</td>
</tr>
<tr>
<td>Long Term Care/Community Care Homes</td>
<td>37-38</td>
</tr>
<tr>
<td>Low Cost/Free Health Clinics and Dental Clinics</td>
<td>39</td>
</tr>
<tr>
<td>Mental Health/Counseling/Support (Includes Peer Support)</td>
<td>40-42</td>
</tr>
<tr>
<td>Parenting</td>
<td>43-44</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>45-46</td>
</tr>
<tr>
<td>Safe Communities</td>
<td>47-48</td>
</tr>
<tr>
<td>Senior Services</td>
<td>49-50</td>
</tr>
<tr>
<td>Supervisory Unions and Schools</td>
<td>51</td>
</tr>
<tr>
<td>Support Groups</td>
<td>52-55</td>
</tr>
<tr>
<td>Transportation</td>
<td>56</td>
</tr>
<tr>
<td>Veterans/ Armed Services (+Family)</td>
<td>57-58</td>
</tr>
<tr>
<td>Service</td>
<td>Contact Information</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Adult Protective Services to report abuse</td>
<td>1.800.564.1612</td>
</tr>
<tr>
<td>Child First Advocacy Center to report suspected abuse</td>
<td>1.800.649.5285</td>
</tr>
<tr>
<td>Child First Advocacy Center to report suspected sexual abuse</td>
<td>1.800.649.5285</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>1.800.799.7233</td>
</tr>
<tr>
<td>Emergency (Ambulance, Fire &amp; Police)</td>
<td>9-1-1</td>
</tr>
<tr>
<td>Food and Fuel Hotline</td>
<td>1.800.479.6151</td>
</tr>
<tr>
<td>Human Trafficking Hotline</td>
<td>1.888.373.7888</td>
</tr>
<tr>
<td>LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) Crisis Hotline</td>
<td>1.866.488.7386</td>
</tr>
<tr>
<td>National Runaway Hotline</td>
<td>1.800.786.2929</td>
</tr>
<tr>
<td>Poison Control</td>
<td>1.800.222.1222</td>
</tr>
<tr>
<td>Smoking Cessation, VT Quit Now</td>
<td>1.800.784.8669</td>
</tr>
<tr>
<td>Rutland Mental Health Call First</td>
<td>802.775.1000</td>
</tr>
<tr>
<td>(Crisis line for adults and children):</td>
<td></td>
</tr>
<tr>
<td>Rutland Rape Crisis</td>
<td>802.775.3232</td>
</tr>
<tr>
<td>Sexual Violence</td>
<td>1.800.489.7273</td>
</tr>
<tr>
<td>Suicide Hotline</td>
<td>1.800.273.8255</td>
</tr>
<tr>
<td>24 Hour Teen Line</td>
<td>1.800.639.6095</td>
</tr>
<tr>
<td>Under Age Drinking Tip Line</td>
<td>1.866.833.6873</td>
</tr>
<tr>
<td>Veterans Crisis Line</td>
<td>1.800.273.8255</td>
</tr>
<tr>
<td>AIDS Hotline</td>
<td>1.800.882.2437</td>
</tr>
<tr>
<td>Crisis Text Line</td>
<td>Text VT to 741741</td>
</tr>
</tbody>
</table>
Adult Education and Employment

Adult and Continuing Education
802.770.1178
www.staffordonline.org
Contact: Glenn Olson
Stafford Technical Center
8 Stratton Road, Rutland, VT 05701

Provides educational opportunities for adults over age 16. Courses are typically non-credit. Programs include CDL, plumber and electrician apprenticeships, general contractor courses, business, technology, cosmetology, allied health, and more.

Community College of Vermont
802.786.6996
www.ccv.edu
60 West Street, Rutland, VT 05701

CCV is a VT State college offering Associate’s degrees, Certificate programs, and workshop and workforce training. Offers classes with Castleton University.

Community High School of Vermont
802.241.0055
www.chsvt.org
NOB 2 South, 280 State Drive
Waterbury, VT 05671-2000
Contact: Cynthia Seckler
Cynthia.seckler@vermont.gov

The Mission of the Community High School of Vermont is to provide an accredited coordinated and personalized education that assist students in their academic, social, and vocational successes. Programs for high school diplomas are available.

Castleton University
802.468.1213 1.800.639.8521
www.castleton.edu
86 Seminary Street, Castleton, VT 05735
info@castleton.edu

CU is a VT State college offering two and four year undergraduate degree and graduate programs.

College of St Joseph
802.773.5900 802.776.5205
www.csj.edu
71 Clement Road, Rutland, VT 05701
admissions@csj.edu

CSJ offers two and four year undergraduate degree and graduate programs. It also offers accelerated programs, alternative credits, and certificate programs.

Department of Labor
802.786.5837
200 Asa Bloomer Bldg. Rutland, VT 05701
www.labor.vermont.gov
Contact: Jessica Tetreault
Jessica.tetreault@vermont.gov

The Department's primary focus is to help support efforts to make Vermont a more competitive place to do business and create good jobs. DOL consists of Economic and Labor Market Information, Workers' Compensation and Safety, Workforce Development, Workforce Development Council, and Unemployment Insurance and Wages.

Green Mountain College
802.287.8000 800.776.6675
www.greenmtn.edu
1 Brennan Circle, Poultney, VT 05764
admissions@greenmtn.edu

GMC offers undergraduate degree and online graduate programs. It also offers certificate programs.

Job Corps
802.877.2922
www.northlands.jobcorps.gov
100 A- MacDonough Drive
Vergennes, VT 05491
Contact: Stacie Tetreault
Tetreault.stacie@jobcorps.org

Provides career skills and academic training programs for young adults, ages 16-24.

**Learning Together Program**
802.775.9711
Rutland County Parent Child Center
www.rcpcc.org
162 N Main St, Rutland VT 05701
Contact: Tammy Cabezola

The program is certified by the Vermont Agency of Education. It is a center based program that includes life skills, parenting, career readiness and emotional wellness along with the state required high school curriculum.

**Reach Up**
1.800.479.6151
320 Asa Bloomer Building,
Rutland, VT 05701
www.dcfvermont.org

Reach Up helps families with children by providing cash assistance for basic needs and services that support work and self-sufficiency. *Reach First and Reach Ahead also available based on needs*

**Rutland Regional Workforce Investment Board**
802.786.5866
www.rrwib.org
190 Asa Bloomer Building
Rutland, VT 05701

Links many Rutland County business and education communities to bridge the gap between workforce of today and the one needed for the future. Fostering relationships among employers, educators, and service providers to enable people to get the skills they need to find productive and rewarding work. Offering an Adult Workforce Council and a Council on Youth.

**Stafford Technical Center**
802.770.1033
www.staffordonline.org
Stratton Road, Rutland, VT 05701
Contact: Judi Delpha
Judith.delpha@rcpsvt.org

Stafford technical Center provides technical education to area high school students and adults.

**University of Vermont Extension**
802.773.3349, toll free: 1.800.281.6977
271 N. Main St., Suite 110, Rutland, VT 05701
www.uvm.edu/extension

UVM Extension is a family and community resource in the areas of economic development, nutrition, food safety and health, agriculture, and environment and natural resources. Offerings include webinars and Internet-based information, one-on-one meetings, workshops, conferences and youth programs.

**Vermont Adult Learning**
802.775.0617
www.vadultlearning.org
16 Evelyn Street Suite 101
Rutland, VT 05701
rutlandinfo@adultlearning.org

Provides adults with essential skills for their education. Credential programs include: High School Completion Program (HSCP), Vermont Adult Diploma Program (ADP), GED, plus higher level skills to support students wanting to get into college. Also offers programs on computer instruction and adult and family literacy.

**Vermont Associates**
802.282.4423
www.vermontassociates.org
88 Merchants Row Rutland, VT 05701
Contact: Matt Keith

Provides training and employment services to low income Vermonters over age 55 or disabled.

Vermont Job Link
802.786.5837
www.vermontjoblink.com
200 ASA Bloomer Building Rutland VT 05701
Labor.vilRutland@vermont.gov

Vermont Job Link is a free, self-service job matching system for jobseekers provided by the Vermont Department of Labor.

The Vermont Association of Business Industry and Rehabilitation
802.786.5866
www.vocrehab.vermont.gov
Contact: Will Pendlebury
william.pendlebury@vermont.gov
190 Asa Bloomer Bldg., First floor, Rutland, VT 05701

Vocational Rehabilitation offers free, flexible services to any Vermonter or employer dealing with a disability that affects employment.

Vermont Student Assistance Corporation (VSAC)
800.642.3177
info@vsac.org
www.vsac.org

A public non-profit agency for Vermont students and their families that advocates, counsels, and provides financial aid for continuing education.
Alcohol/Drug/Tobacco/Addiction

**802 Quits Tobacco**
1.800.784.8669 // www.802quits.org
Rutland Regional Medical Center 802.747.3768
Contact: Sarah Cosgrove - scosgrove@rrmc.org
Tobacco free support group

Free one on one, group, phone, & website tobacco cessation coaching. Free or reduced cost nicotine replacement for Vermonters 18 years and older with counseling.

**Al-Anon**
1.866.972.5266
www.vermontalanonateen.org
info@vermontalanonateen.org
PO Box 4593 Burlington VT, 05406

A fellowship of relatives and friends of alcoholics who share their experience, strength and hope, in order to solve their common problems. Al-Anon's primary purpose is to help family and friends of alcoholics, whether the alcoholic is still drinking or not.

**Alcoholics Anonymous**
www.aavt.org
802.775.0402
160 Allen St, Rutland VT 05701
Meetings - Rutland: 802.775.0402
Meetings - Bennington: 802.447.1285
Meetings - Manchester: 802.362.3824
Meetings - Middlebury: 802.388.9284

Alcoholics Anonymous assists people finding local help with their alcohol addiction and treatment. Meetings take place in various locations in each of the above-listed regions.

**Black River Area Community Coalition**
802.228.7878
37 N Depot St, Ludlow VT, 05149
Bracc7878@yahoo.com
Provides substance abuse treatment for individuals with addiction problems, provides outpatient services for individuals experiencing problems with alcohol and drugs, including assessment, referral and individual and group therapy (See Community Collaborative for further details)

**Brattleboro Retreat**
802.258.3700 802.257.7328
www.brattlebororetreat.org
1 Anna Marsh Ln., Brattleboro, VT 05301

Provides help for mental health and addictive disorders, alcohol or other drug use. Provides specialized diagnosis and treatment services for children, adolescents and adults suffering from a wide range of psychiatric and addiction challenges.

**CRASH Program (Division of Evergreen Center)**
802.747.3588
www.rmhsccn.org
135 Granger Street, Rutland, VT 05701
Contact: Chris Chadwick
ccchadwick@rmhsccn.org

Project Crash is a state sponsored drinking driver rehabilitation program that provides mandatory educational courses for people whose motor vehicle privileges have been suspended due to driving violations that involve the use of alcohol.

**Evergreen Services**
802.747.3588
www.rmhsccn.org
Contact: Clay Gilbert
CGilbert@rmhsccn.org
135 Granger Street, Rutland, VT 05701

Provides counseling and psychosocial support in Rutland, Vermont. Programs for those struggling with alcohol, drugs, and mental health disabilities.

**HIV/HCV Resource Center**
603.448.8887
www.H2RC.org
2 Blacksmith St. Lebanon, NH 03766
Contact: Ryan Richards
ryan@h2rc.org

Provides services for those living with HIV/AIDS in Vermont and New Hampshire.

Making Recovery Easier - Workshop
802.773.6010
www.turningpointrutlandvt.org
141 State Street, Rutland, VT 05701
Contact: Tracie Hauck
turningpointcenterrutland@yahoo.com

Making Recovery Easier prepares you for a transition into the culture of the 12 step programs. This program explains all of the components of Alcoholics, Narcotics, and Cocaine Anonymous groups. It helps a person understand what is going on at the meetings, explains the format and defines phrases and terms. You can voice your concerns, questions, and share your experiences (positive and negative) about 12-step programs. Preregistration is not required.

Narcotics Anonymous
802.265.6414
www.gmana.org
info@gmana.org

NA is a nonprofit fellowship of men and women for whom drugs have become a major problem. They are recovering addicts who meet regularly to help each other stay clean.

Recovery Coaching
802.773.6010
www.vtrecoverynetwork.org/rutland_coaches.php
141 State Street, Rutland, VT 05701
Contact: Tracie Hauck
turningpointcenterrutland@yahoo.com

Recovery Coaching is a form of strengths-based support for persons with addictions or in recovery from alcohol, drugs, codependency, or other addictive behaviors. These coaches are helpful for making choices in patient’s lives and to find the role ones addiction or recovery plays in it. Recovery coaches have personal experience, training, knowledge and an understanding of the recovery process.

Recovery Houses
802.446.2640
www.recoveryhousevt.org
98 Church Street, Wallingford, VT 05773
Contact: Dale Rob
info@recoveryhousevt.org

An alcohol, drug, gambling and family rehabilitation program providing effective treatment with practical goals and a reasonable cost for services. Open to anyone who they feel would benefit from treatment, including those currently supervised by corrections programs, pregnant women, and to intravenous drug users.

Rocking Horse Circle of Support
Evergreen Center
802.747.3588
www.rmhscn.org
135 Granger Street, Rutland, VT 05701
mrand@rmhscn.org

A program designed for women of all ages including those with young children and pregnant women who are substance users or whose lives are affected by the substance abuse of a spouse, significant other or family member. The curriculum offers education about substance abuse, parenting and coping skills in a supportive environment.

NewStory Center
802.775.6788  802.775.3232 (hotline)
www.nscvt.org
101 Grove St, Rutland VT, 05701
jellis@nscvt.org
(See Safe Communities for further details)

Rutland Recovery Collaborative
802.775.6834 Ext. 205
www.vermontpsychiatricsurvivors.org/outreach-services/
(See Mental Health section for further details)

Turning Point Center of Rutland
802.773.6010
141 State St, Rutland Vermont 05701
Contact: Tracie Hauck
802.773.6010
141 State St, Rutland Vermont 05701
Contact: Tracie Hauck
turningpointcenterrutland@yahoo.com

Turning Point is a place for people to go for help with recovery. A drop-in recovery center with many programs and facilitated groups to assist in the struggles of recovery.

Valley Vista
802.222.5201 - Same number for Vergennes
www.vvista.net
23 Upper Plain, Bradford, VT 05033
hello@vvista.net

Valley Vista Women’s Center – 1 Alden Place,
Vergennes, VT 05491

99 bed Inpatient Alcohol and Chemical Dependency Treatment Center, offering comprehensive services for Adults (male and female), adolescents and their families. Provides a safe structured environment for treatment of patients with addictive & co-occurring disorders.

Vermont Department of Health, Division of Alcohol & Drug Abuse Programs
802.651.1550
www.healthvermont.gov/alcohol-drugs
300 Asa Bloomer Bldg., Rutland, VT Contact: Sarah Roy
AHS.VDHADAP@vermont.gov

Our mission is to help Vermonters prevent and eliminate the problems caused by alcohol and other drug use. Working in partnership with state and national public and private organizations, ADAP plans, supports, and evaluates a comprehensive system of services.

West Ridge Center - Rutland Regional Medical Center
T: 802.776.5800 // F: 802.776.4140
Howe Center
1 Scale Ave., Bldg. 10
Rutland, VT 05701

WITS End Support Group
802.775.6608
108 Wales Street, Rutland VT. Police Department
2nd Floor
Contact: Pat or Kathy Martin
collcartoy@aol.com
(See Parenting for further details)

The Dream Center
(See Safe Communities)

Grace House
802.775.3476
35 Washington St Rutland VT 05701
Contact: Dale Robb
info@recoveryhousevt.org

Serenity House
802.446.2640
98 Church St, PO Box 207, Wallingford VT 05773
Contact: Dale Robb
info@recoveryhousevt.org

Women’s Healthy Living Program
(Evergreen Services)
45 Union St, Rutland, VT 05701
802.747.3588 Crisis: 802.775.1000
Contact: Maggie Theys
mtheys@rmhscen.org

The Healthy Women’s Treatment Program addresses each woman’s needs for stabilization in all areas of life, along with substance use treatment. 17 Session addiction, trauma, and women’s psychological development series. Presentations include financial budgeting, meal/shopping planning, healthy boundaries, education, employment, and more.

802 Quits Tobacco
1.800.784.8669
www.802quits.org
Tobacco free support group: Sarah Cosgrove
Child Development

Boys and Girls Club
802.747.4944
71 Merchants Row Rutland VT 05701
Contact Larry Bayle
info@rutlandvtclub.org
www.rutlandbgclub.org
(See Safe Communities for further details)

Bright Futures Child Care Info System
www.brightfutures.dcf.state.vt.us
Provides up to date information about local Vermont child care options using a searchable database.

Building Bright Futures
802.775.9711
279 Dorr Drive, Rutland VT 05701
www.buildingbrightfutures.org
Contact: Darla Senecal
dsenecal@buildingbrightfutures.org

Building Bright Futures (BBF) is a statewide nonprofit, public-private partnership, and the designated Vermont Early Childhood Advisory Council to the Governor, Administration, and Legislature in Vermont. BBF is focused on improving the well-being of young children and families by improving the system that serves them. BBF does this through three program areas: Community, Data, and Policy.

Children with Special Health Needs
802.786.5852, 1.800.724.5077, Patti Lewis
Rutland Office – VT Department of Health
www.healthvermont.gov/family/cshn/cshn.aspx

Children with Special Health Needs provides a range of services to Vermont children - birth to age 21 - who have complex health conditions, and to their families. CSHN provides information, referral, medical services, care coordination, and resources to help families support their children’s wellbeing, growth, and development. CSHN services begin with Newborn Screening and continue throughout childhood. CSHN also oversees the Children's Personal Care and Hi-Tech Nursing Programs and collaborates to oversee the Children's Palliative Care Program. At the community level, CSHN partners with Children's Integrated Services Early Intervention (CIS-EI) and the Community Health Teams of the Vermont Blueprint for Health.

Child Care Consumer Concern Line
802.241.2110 1.800.649.2642
www.dcf.vermont.gov/cdd/consumer_line
Provides a place for parents to receive information about Vermont Child Care Providers as well as an avenue for anyone to voice concerns about child care providers in Vermont.

Child Car Seats
802.773.1746
mikeatras@aol.com
Contact: Mike Tarbell

Offers clinics on child car seats and safety, check that car seat is in working order, instruction on how to properly use and install the car seats, any questions regarding car seats and safety. Call for an appointment

(Rutland County) Child Care Provider's Network
Rutland:  Liz King  802.775.3906
          Kathy Allen  802.773.3523
Castleton: Teresa Fowler  802.468.3230
          Kathy Mongeur  802.468.5141

This is a group of state registered childcare providers who support and promote quality care by providing professional development opportunities and peer support to Rutland County Providers, both registered home and licensed centers. They also support and advocate for children and their families about current issues relating to childcare.
Child Care Support Services at VAC
Resource Referral  802.747.0033
Financial Assistance  802.773.4365
www.vacvt.org
88 Park Street, Rutland, VT 05701
referral@vacvt.org

Determines eligibility for families to receive financial assistance for childcare, offers professional development opportunities and support for registered and licensed child care providers, provides referral information and educational literature for families searching for child care. Call or email for information about local child care openings/waitlists.

Child Development Clinic
802.863.7338
108 Cherry St # 102, Burlington, VT 05401
www.healthvermont.gov/family/cshn/clinic.asp
X
For Referrals: 1.800.660.4427

For children (generally under age 8) who may have a developmental delay or disability. They provide developmental evaluation services, follow-up and referral to community services.

Child Development Division (CDD)
1.800.649.2642  802.241.3110
Department of DCF 280 State Drive
Waterbury, VT 05671-1040
www.dcf.vermont.gov

Increases access to high quality childcare and child development services

Children’s Integrated Services
802.770.1621  802.786.7391
78 South Main Street, Rutland, VT 05701
Contact: Theresa Marrone at 802.770.1621
theresamarrone@vnahsr.org

A statewide program to help identify and coordinate early childhood prevention as well as early intervention resources and services for families with children birth to six and pregnant women.

Early Childhood Mental Health/CUPS
802.786.7386
www.rmhscn.org/childfamilyservices.php
10 Engrem Ave., Rutland, VT 05701
Patty Searles/Lauren Norford

The Early Childhood team utilizes a holistic assessment process to assist children and families in mobilizing their strengths. They support parents, teachers and other caregivers in strengthening relationships and uncovering meanings of challenging behavior. They provide consultation to families, child care programs and others to improve community and family outcomes.

Help me grow VT
802.863.7333
www.helpmegrowvt.org
Contact: Janet Kilburn
info@helpmegrowvt.org

Help Me Grow VT provides a centralized telephone access point, via Vermont 2-1-1, for parents, caregivers, pre-schools, and healthcare providers to get information about and referrals to local services for children birth through age 8. Help Me Grow Child Development Specialists answer questions about children’s behavior and development and help identify children who are at risk for delays so that services can begin as early as possible.

Prevent Child Abuse Vermont
802.229.5724  1.800.CHILDREN (VT)
www.pcavt.org
PO Box 829, Montpelier, VT 05601
Local: Rutland Office 1 Scale Avenue, Box 21, Howe Center, Rutland, VT 05701
Contact: Suzanne Marshall
smarshall@pcavt.org
PCAVT works to effectively prevent child abuse and neglect through parent education, support, and public awareness. Courses include those specialized for families in recovery from drug and alcohol abuse, military families and reunification and foster and adoptive families as well as a program for nurturing fathers.

**Rutland County Head Start**  
802.775.8225  
[www.rchscen.org](http://www.rchscen.org)  
PO Box 222, 78 Meadow Street, Rutland, VT 05701  
Contact: Kelley Todriff

Head Start promotes school readiness for low-income children by working on their social and emotional development through early education, mental health support, social services, and parent involvement.

**Rutland County Parent-Child Center**  
802.775.9711  
[www.rcpcc.org](http://www.rcpcc.org)  
18 Chaplin Ave., Rutland, VT 05701  
34 Faivre Circle, Brandon, VT 05733

Community-based private nonprofit organization dedicated to supporting and meeting the needs of parents, children, and families. They strive to nurture children and families through positive educational experiences that enhance their success in the community.

**NewStory Center**  
802.775.6788  802.775.3232  
[www.nscvt.org](http://www.nscvt.org)  
[jellis@nscvt.org](mailto:jellis@nscvt.org)  
(See Safe Communities for further details)

**Tapestry- Rutland City Schools**  
802.786.1935  
Northwest Primary, Northeast Primary, Rutland Intermediate School, Proctor Elementary, Rutland Town School, West Rutland, Rutland Middle School, Rutland High School

A licensed Afterschool Program for children in Kindergarten through 6th grade. Offers enrichment activities, homework assistance, outdoor activities, wholesome snack and bus transportation home. Epic Program at middle and high school as afterschool program.

**Vermont Achievement Center**  
802.775.2395  
[www.vacvt.org](http://www.vacvt.org)  
88 Park St, Rutland, VT 05701  
Contact: Mitch Golub  
[mgolub@vacvt.org](mailto:mgolub@vacvt.org)

Organization serving children and families, providing vital programs in special education, family social services, early education and care, and water therapy and instruction.

**VAC Early Education and Care**  
802.775.2395 x2202  
[www.vacvt.org](http://www.vacvt.org)  
Contact: Bess Mcgee  
[bmckee@vacvt.org](mailto:bmckee@vacvt.org)

Serving children 6-12 years of age. Before and after-school program on-site. After-School program at Castleton Elementary School.

**Vermont Family Network**  
1.800.800.4005  
[www.vermontfamilynetwork.org](http://www.vermontfamilynetwork.org)  
600 Blair Park Williston, VT 05495  
79 Merchants Row, Suite 204  
Rutland, VT 05701  
Contact: Nancy Richards  
[info@vtfn.org](mailto:info@vtfn.org)

Empowers parents, families, and children and adults who have special needs to be effective advocates for their health, education and well-being; provides information, support, and
advocacy; and promotes family-centered policies and practices.

give you the tools you need to make change happen for our children.

Voices for Vermont’s Children
802.229.6377
www.voicesforvtkids.org
149 State Street, Montpelier, VT 05601
Contact: Amy Brady

This is a member organization that makes it easy for people to support kids and their needs. There are many ways to help our community and they provide sound research and analysis to
Clothing/Fuel Needs

**BROC** (Bennington Rutland Opportunity Council)
802.775.0878  
45 Union St Rutland VT 05701  
[www.broc.org](http://www.broc.org)  
(See Financial Services for further details)

**Brandon Area Toy Project**
802.282.6548  
opfarge@earthlink.net  
Contact: Colleen Wright

Throughout the year the Toy Project puts on events serving a five town area. They provide coats to students in need, toys to families for Christmas, and dinner nights with a movie four times a year to the public. (See also Community Collaborative and Volunteer Opportunities)

**Operation Bundle Up**
802.770.4280  
United Way  
Contact: Lisa Clifford  
LPClifford44@gmail.com

An annual event to provide winter outerwear for families in need. Please call for additional information or to donate items.

**Castleton Cares Inc.**
802.468.2444  
[www.castletoncares.org](http://www.castletoncares.org)  
504 Main Street, PO Box 475,  
Castleton, VT 05735  
castletoncares@yahoo.com

Providing assistance support and resources for residents of Castleton and surrounding area in times of financial difficulty. Food pantry open Monday and Friday 1-3 P.M. Donations accepted in person and online

**DCF Economic Services** (formerly PATH)
1.800.479.6151  
280 State Drive  
Waterbury, VT 05671-1500  
[www.dcf.vermont.gov](http://www.dcf.vermont.gov)  
(See Financial Services for further details)

**Fair Haven Concerned**
802.265.3666  Ashley McBride  
73 Main St. Fair Haven VT  
fhmanager@comcast.net

Serves Fair Haven, Benson, and West Haven.

**Food and Fuel Hot Line**
1.800.479.6151

**Goodwill**
230 North Main St, Rutland VT 05701  
802.772.4383

Clothing donation center

**Nifty Thrifty Thrift Store**
laura@redmudboots.com  
[https://sites.google.com/site/niftythriftyvt/](https://sites.google.com/site/niftythriftyvt/)  
4 Union Street, Brandon VT

**Open Door Mission – Thrift Store**
802.775.5661  
31 Park St Rutland VT 05701  
Contact: Tammy Duclose & Sharon Russell  
rutmission@aol.com  
(See Food and Groceries for further details)

**Salvation Army**
802.775.5150  
[www.nne.salvationarmy.org/rutland](http://www.nne.salvationarmy.org/rutland)
1 Scale Avenue, Bldg. 12B, Rutland, VT
Located in the Howe Center
The Salvation Army seeks to help people with
the basic needs of life such as food, shelter, and
warmth.

Southwestern Vermont Council on
Aging
802.786.5991
www.svcoa.org
143 Maple Street
Rutland, Vermont 05701

The goal of SVCOA is to support elders in
keeping their maximum independence. A
community based organization offering support
and assistance to community members in need.
Community Centers and Activities

Brandon Recreation Department
802.247.3635 ext. 213
www.townofbrandon.com/departments/recreation-department/
49 Center Street, Brandon, VT 05733
bmoore@townofbrandon.com

Coordinating recreational activities in the Brandon community.

Boy Scouts Green Mountain Council
(Ethan Allen District)
Contact: Russell Baker
rusbaker@gmavt.net

Castleton Recreation Commission
802.468.2212
Contact: Amy Clapp
castletonrecomm@gmail.com
1655 Main Street, Castleton, VT 05735
www.castletonvermont.org/recreation/

Coordinates recreational activities for all ages in the Castleton community.

Clarendon Recreation Committee
802.747.4074
279 Middle Road PO Box 30
N. Clarendon, VT 05759
Contact: John McKenna
johncmck@comcast.net
www.clarendonvt.org

Sponsors recreational activities in the Clarendon community.

Come Alive Outside
440.525.6076
www.comealiveoutside.com
PO Box 267
Rutland, VT 05702

Andy Paluch, Program Director
andy@comealiveoutside.com

The mission of Come Alive Outside is “to inspire collaborative community systems that create the awareness, intention and opportunity for people to live healthier lives outside.

Fair Haven Recreation Committee
802.265.3010
www.fairhavenvt.org
3 North Park Place, Fair Haven, VT 05743

Coordinating recreational activities in the Fair Haven community.

Girl Scouts of the Green and White Mountains
888.474.9686
customercare@girlscoutsgwm.org
www.girlscoutsgwm.org

Godnick Adult Center
802.773.1853
www.rutlandrec.com/facilities/godnick
1 Deer Street, Rutland VT 05701
Contact: Lori Hickey
lorih@rutlandrec.com

This center provides many opportunities to get more involved with the community with activities such as dance lessons, yoga, Zumba, Bone Builders, knitting, lunches, bingo, movies, and book discussions.

Killington Recreation Department
802.422.3932
www.KillingtonRec.com
Contact: Cathy Fouth
reccdirector@killingtontown.com
2706 River Road, Killington, VT 05751
Providing activities for all ages in the Killington community.

**Pittsford Recreation Department**  
802.483.6500 x17  
223 Recreation Area Road  
Pittsford, VT 05733  
Contact: Randy Adams  
Recreation@pittsfordvermont.com

Providing activities for all ages in the Pittsford community.

**Poultney Recreation Commission**  
802.287.9751  
[www.poultneyvt.com](http://www.poultneyvt.com)  
9 Main St, Poultney, VT 05764  
poultneyvt@yahoo.com

Sponsors recreation programs for the Poultney community.

**Proctor Recreation Programs**  
802.459.3333  
proctor_tc@comcast.net  
[www.proctorvermont.com/recreation.htm](http://www.proctorvermont.com/recreation.htm)  
45 Main Street, Proctor, VT 05765

Coordinates recreation programs for the Proctor community.

**Rutland Recreation and Parks Department**  
802.773.1822  
[www.rutlandrec.com/home](http://www.rutlandrec.com/home)  
16 North Street, Rutland, VT 05701  
Contact: Cindy Wight  
info@rutlandrec.com

Providing activities for the all ages in the Rutland County. Activities include team sports, individualized sports, creative arts programs, hunter safety programs, day camps, special events, rock climbing, and more.

**The Center**  
802.747.4944  
44 Evelyn Street, Rutland, VT 05701

A program for individuals 16-21 years old. Open Monday through Friday 11:00am – 2:00pm, with a free lunch at 12:00. Provides support and resources for young adults in the community.

**Rutland Town Recreation Commission**  
802.770.5072  
[www.rutlandtown.com/town_depts/internalrec.htm](http://www.rutlandtown.com/town_depts/internalrec.htm)  
181 Business Route 4, Center Rutland, VT 05736

Coordinating recreational activities in the Rutland Town community.

**Tinmouth Community Center**  
[www.tinmouthvt.org/MainPages/Events/CommunityCenter.php](http://www.tinmouthvt.org/MainPages/Events/CommunityCenter.php)  
tinmouthcommunitycenter@gmail.com

This center provides activities in the Tinmouth community including contra dance, yoga, workouts and community activities.

**Wallingford Recreation Committee**  
802.446.2336  
[www.wallingfordvt.com/recreation](http://www.wallingfordvt.com/recreation)  
75 School Street, Wallingford, VT 05773  
nashneaddr@yahoo.com

Coordinates recreational activities in the Wallingford community.

**West Rutland Recreation**  
802.438.2263  
35 Marble Street,
4-H of Rutland County
802.773.3349 x276
271 N. Main St, Suite 110, Rutland VT
Contact: Kimberly Griffin
Kimberly.griffin@uvm.edu

Through 4-H, youth complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from mentors and are encouraged to take on proactive leadership roles. Youth experience 4-H through in-school and after-school programs, community clubs, independent study, special interest groups, and 4-H camps

Libraries

Bailey Memorial Library
802.747.7743
bbailylibrary@gmail.com
https://baileylibraryvt.wordpress.com/
111 Moulton Avenue, North Clarendon, VT 05759

Brandon Free Public Library
802.247.8230
info@brandongpubliclibrary.org
4 Franklin St., Brandon VT 05733
www.brandongpubliclibrary.org

Castleton Free Library
802.468.5574
castletonfreelibrary@gmail.com
www.castletonfreelibrary.org
638 Main St., Castleton, VT

Chittenden Public Library
802.773.3531
chittendenpl@gmail.com
www.chittendenpubliclibrary.com
223 Chittenden Rd., Chittenden VT

Fair Haven Free Library
802.265.8011
107 N. Main St, Fair Haven, Vermont 05743
www.fairhavenfree.org

Maclure Library
802.483.2972
www.maclurelibrary.org
contact@maclurelibrary.org
840 Arch St. Pittsford, VT

Pawlet Public Library
802.325.3123
141 School St, Pawlet, VT 07761
www.pawletpubliclibrary.wordpress.com

Poultney Public Library
802.287.5556
205 Main St, STE 1, Poultney VT 05764

Proctor Free Library
802.459.3539
www.proctorfreelibrary.wordpress.com
4 Main Street, Proctor, VT

Rutland Free Library
802.773.1860
rutlandfree@rutlandfree.org
10 Court St., Rutland, VT 05701

Sherburne Memorial Library
802.442.9765
2999 River Rd, Killington, VT 05701
www.sherburnelibrary.org

West Rutland Free Library
802.438.2964
www.westrutlandfreelibrary.com
595 Main Street, Rutland, VT
Community Collaborative and Volunteer Opportunities

Black River Area Community Coalition 802.228.7878
P.O. Box 197 Ludlow, VT 05149
Contact: Anna McGee Hanson
Anna.mcgee@braccvt.org

BRAC is a prevention coalition focused on providing the community with drug, alcohol, and tobacco prevention education and activities for children, young adults and their families. Serves Mt. Holly, Ludlow, and Plymouth.

Brandon Area Toy Project 802.282.6548
opfarge@earthlink.net
Contact: Colleen Wright

The Toy Project works with Brandon Rec. Dept. throughout the year for volunteer support services to provide a dinner and movie night to a five town area. They also have an annual free June carnival, Safe Halloween Trunk or Treat, and Christmas events. Call to donate or for information about receiving. (See also Clothing/Fuel Needs)

Habitat for Humanity 802.747.7440
Contact: Alicia Ayles
rutlandhabitat@gmail.com
http://rutlandhabitat.weebly.com/
6 Court Street, Rutland, Vermont 05701

Mentor Connector 802.775.3434 // www.mentorconnector.com
88 Park Street, Rutland, VT 05701
Chris Hultquist,
chris@mentorconnector.com

Mentor Connector recruits and trains adults to be mentors for kids in Rutland County.

Nutrition Coalition of Rutland County 802.786.5115
www.rutlandnutritioncoalition.wordpress.com
300 Asa Bloomer Building, Rutland, VT 05701
Contact: Bethany Yon, PhD

Outright Vermont 802.865.9677 // www.outrightvt.org
241 North Winooski Ave, McClure Multigenerational Bldg., Burl., VT 05401
info@outrightvt.org

Outright is a lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) 'queer' youth center and statewide advocacy organization. Their Mission is to build safe, healthy, and supportive environments for gay, lesbian, bisexual, transgender, queer, and questioning youth (ages 13-22). Outright includes programs at its Burlington office as well as workshops, summer camp programs and additional Friday night support groups in Rutland, Burlington, and Montpelier.

Project Vision 802.773.1816 www.projectvisionrutland.com
Rutland City Police, Vision Center 2nd Floor, 108 Wales Street, Rutland, VT 05701
kandrade@juno.com

This is a collaborative community based on relationship building, leveraging resources, and information sharing by implementing best practices, committee work, and common engagement to improve the quality of life in Rutland.
Regional Prevention Partnership
Community Health Improvement
Department
802.776.5515 // www.rrmc.org
Contact: Rachel Newton
CHT@rrmc.org

The Regional Prevention Partnerships (RPP) of Rutland is a community network dedicated to sustainable substance abuse prevention efforts for Rutland County youth and young adults. Together, we determine what prevention looks like for the Rutland Region. Stay connected!

RSVP/Volunteer Center
802.775.8220
www.volunteersinvt.org
Contact: Nan Hart
rsvprutland@aol.com
6 Court St Rutland, VT 05701
rsvp@volunteersinvt.org
This program is for all individuals who wish to help, serve, and support our community by volunteering. Programs include Telecare, Green Mountain Foster Grandparent Program, and The Volunteer Center.

United Way of Rutland County
802.773.7477
www.uwrutlandcounty.org
88 Park Street Rutland, VT
info@uwrutlandcounty.org

This organization collaborates with community organizations, partners with businesses, teams with service delivery organizations and joins forces with dedicated leaders and volunteers. UWRC is a funding source for local services. Together they work to solve community needs that affect families and children and assure community-wide services infrastructure.
Court/Legal/Government

Emergency Only: 9-1-1

Consumer Protection Div.
Attorney General
1.800.649.2424

Department of Liquor Control
1.800.832.2339  802.828.2339
www.liquorcontrol.vermont.gov/home/contacts.html
Vermont Department of Liquor Control
13 Green Mountain Drive
Montpelier VT 05620-4501

Office of the Governor
802.828.3333
TTY: 1.800.649.6825

Health Care Administration
Consumer Assistance
1.800.631.7788
www.bishca.state.vt.us

Regulates health insurance and monitors insurance complaints.

Human Rights Commission
800.416.2010
Human.rights@state.vt.us

The Human Rights Commission promotes human rights and helps people in housing, state government employment, and public accommodations.

Lawyer Referral Service
1.800.639.7036

Public Defender
145 State St, Rutland, VT 05701
802.786.5823

Rutland City Police Department
108 Wales St Rutland VT 05701
David.lachance@vermont.gov
802.773.1820

Rutland County Court Divisions:
9 Merchants Row Rutland VT 05701
Rutland Criminal Division 802.786.5880
Rutland Family Division 802.786.5856
Rutland Probate Division 802.775.0114
Rutland Civil Division 802.775.4394

Rutland County Diversion Program
802.775.2479
Carbine Building, 50 Center St. Rutland, Vermont 05701
rbcourtdiversion@comcast.net
www.rutlandcountycourtdiversion.org

Rutland County Sheriff’s Department
80 Grove Street Rutland VT 05701
Contact: Penelope Garofano
penny.garofano@VERMONT.GOV
802.775.8002

Rutland County Treatment Program
802.786.3835
151 West Street, Room 204
Rutland, VT 05701

Youth Substance Abuse Safety Program
www.rutlandcountycourtdiversion.org
50 Center St, Rutland VT 05701
Executive Dir. Richard Bjorn 802.775.2479
Coordinator for Court Diversion/Case Mgr.
Sarah Aines 802.786.3840
alcoholsafety@comcast.net
Makes kids aware of consequences of buying, consuming, and possessing alcohol under the legal age.

**Vermont Legal Aid**

1.800.889.2047  
802.775.0021  
www.vtlegalaid.org  
57 N Main St #2 Rutland, VT 05701

Vermont Legal Aid provides free civil legal service to people throughout our community who are poor, elderly, or have disabilities

**Vermont Refugee Resettlement Program**

462 Hegeman Avenue, Suite 101  
Colchester, VT 05446  
802.655.1963  
rrp@uscivrvt.org  
http://refugees.org/vermont-rutland/

1 Scale Ave., Suite 105, Rutland, VT 05701  
802.231.1014 – Morgan Denehy  
(F) 888.259.6298

**Vermont State Police**

124 State Pl Rutland VT 05701  
802.773.9101  
802.468.5355

**Victims’ Advocate**

88 Merchants Row #400, Rutland, VT 05701  
(State’s Attorney’s office)  
802.786.2531
Disabilities

**Adult Protective Services**

1.800.564.1612 (reporting line)
802.241.0345
103 S Main St, Waterbury VT 05676
www.dlp.vermont.gov/aps

The mission of this program is to protect vulnerable adults whose health and welfare may be adversely affected by abuse, neglect or exploitation, raise public awareness of adult abuse issues, and educate mandatory reporters about their reporting responsibilities.

**ARC – Rutland Area, Serving Citizens with Developmental Disabilities**

802.775.1370
Arcrutlandarea.org
128 Merchants Row, Suite 302
Rutland, VT 05701
info@arcrutlandarea.org

The ARC advocates for the rights of people with developmental disabilities and their families to have opportunities to participate in their communities as valued citizens.

**Blind and Visually Impaired Division**

802.786.5822 1.800.708.7712
www.dbvi.vermont.gov
190 Asa Bloomer Building, Room 14, Rutland, VT 05701
Division of the Dept. of Disabilities, Aging & Independent Living
This division supports the efforts of Vermonters who are blind and visually impaired to achieve or maintain economic independence, self-reliance, and community integration.

**Children with Special Health Needs**

802.786.5007 1.800.724.5077
88 Merchants Row 310 Asa Bloomer building

http://healthvermont.gov/family/cshn/cshn.aspx
Contact: Patti Lewis
(See Child Development for further details)

**Community Access Program (CAP)**

802.775.0828
www.rmhsccn.org
CAP assists those who are developmentally disabled and their family members or guardian. They work with families and other service providers to develop the supports necessary within the community to assist individuals with developmental disabilities to identify and achieve personal goals.

**Disability Rights Vermont**

802.773.3944 1.800.834.7890
www.disabilityrightsvt.org
1 Scale Ave, Ste. 23, Howe Ctr., Bldg. 14, Rutland, VT 05701
A statewide agency dedicated to advancing the rights of people with disabilities and mental health issues. It is separate and independent from all state agencies, hospitals, and community mental health centers.

**Division of Disabilities, Aging, and Independent Living**

802.871.3065
103 S Main St, Waterbury, VT 0567
www.dail.vermont.gov
This division provides assistance in obtaining services and supports for older Vermonters, people with developmental or physical disabilities, and people with traumatic brain injuries, and their family members and/or caregivers.
Emma's Place  
802.446.3574  
Eburke7773@aol.com  
Contact: Emma Burke  
Main Street, Wallingford, VT 05773  

Supervised residential apartment facility for residents with head injuries, providing three apartments for independent living with monitoring and supervision of the residents provided by the staff of Lenny Burke Farm.

Head Injury /Stroke Independence Project  
802.446.2302  
Main Street Wallingford, VT 05773  
lennyburkesfarm@gmail.com  

Serves survivors of traumatic brain injury age 18 & up. Rehabilitation in effort to move survivors from institution to higher levels of independence with support system.

Kids on the Move VNAHSR  
802.775.0568  
https://www.vermontvisitingnurses.org/childrens-home-health-services/pediatric-home-therapy/  
Jamie.belchak@vnahsr.org  
7 Albert Cree Drive, Rutland, VT 05701  

Kids on the Move is dedicated to serving children of all ages with rehabilitation needs, providing physical, occupational and speech-language therapy services to children from birth to 21 years of age.

Lenny Burke’s Farm  
802.446.6020  
1409 US Route 7, Wallingford, VT 05773  
(See Long Term Care section for further details)

Maple Leaf Center  
802.446.3601  
www.mapleleafcenter.com  
270 Old Pine Lane  
Wallingford VT 05773  
Contact: Linda Hudson  
linda@mapleleafcenter.com  

Resource Center for books, tapes, toys, learning aids and conferences for Nonverbal Learning Disabilities, Asperger’s Syndrome, Turner Syndrome, and Social Skills training.

Maple Leaf Clinic  
802.446.3577  
www.mapleleafclinic.com  
167 North Main Street,  
Wallingford, VT 05773  
info@mapleleafclinic.com  

Assessments of children, adolescents, and adults (educational, psychological, and neuropsychological), therapy over the lifespan, consultation (clinical and educational), supervision, and professional development, counseling & behavior intervention support. The clinic also hosts Camp Maple Leaf, a summer day camp that caters to the social needs and relaxation skills of children and adolescents with Nonverbal Learning Disabilities, Asperger’s Syndrome, and High Functioning Autism.

National Multiple Sclerosis Society, Greater New England Chapter  
802.871.5696  
www.nationalmssociety.org/chapters/MAM/Index.aspx  
75 Talcott Road, Suite 40,  
Williston, VT 05495  

Helps each person address the challenges of living with MS

Rutland Mental Health  
802.775.2381  
www.rmhscnc.org
78 S. Main St, Rutland, VT 05701

Their mission is to improve the overall quality of life of residents in the greater Rutland Region by offering high quality health, human services, education, employment, and rehabilitative programs for individuals, families, and communities.

**Vermont Achievement Center**
802.775.2395
88 Park Street Rutland VT 05701
www.vacvt.org
(See Child Development for further details)

**Vermont Assistive Technology Program**
800.750.6355 Centralized Referral System
www.atp.vt.gov
Rutland Tryout Center
88 Merchants Row, 190 Asa Bloomer Building
Rutland, VT 05701
Contact: dail.atinfo@vermont.gov

This program is committed to enabling Vermonters with disabilities to have greater independence, productivity, and confidence, and to provide Vermonters a clear and direct avenue toward integration and inclusion in school, the work force and the community.

**Vermont Communication Support Project**
1.888.686.VCSP (686.8277)
www.disabilityrightsvt.org
141 Main Street, Montpelier, VT 05602
Contact: Lynne Cardozo, Director
info@disabilityrightsvt.org

The VCSP provides specialized communication accommodations for people with disabilities to assure equal access to the Vermont system of justice and state services. VCSP serves people with disabilities whose disabilities affect their ability to communicate and supports them with their participation in Court and Agency proceedings.

**Vermont Interpreter Referral Service**
802.254.3920/ 800.639.1519 VP
www.virs.org
virs@sover.net

Serves all Vermonters in need of a sign language interpreter.

**Vocational Rehabilitation**
802.786.8844
88 Merchants Row Rutland VT 05701
www.vocrehab.vermont.gov
Francine.faucher@vermont.gov
(See Adult Education and Employment for further details)

**VT Adaptive Ski and Sports**
802.786.4991
www.vermontadaptive.org
P.O. Box 139, Killington, VT 05751
Contact: Erin Fernandez
director@vermontadaptive.org

VT Adaptive is a place where youth and adults with disabilities gain a measure of self-confidence and independence by participating in adaptive sports programs and activities. It offers diverse winter and summer programs for youth, adults, and veterans.

**VT Association for the Blind and Visually Impaired**
802.775.6452  1.800.639.5861
www.vabvi.org
80 West Street, Suite 202, Rutland, VT 05701

This program serves Vermonters who are visually impaired. The main objective of this organization is to help clients achieve and maintain independence. Programs include rehabilitation, orientation and mobility,
assistive technology, social networking, and other services such as transportation, readers, and companions.

**VT Center for Independent Living**

802.779.9021  1.800.639.1522
www.vcil.org
60 Center St., Suite 1, Rutland, VT 05701

VCIL believes that individuals with disabilities have the right to live with dignity and with appropriate support in their own homes, fully participate in their communities, and to control and make decisions about their lives.

**Vermont Relay**

860.899.1097 (videophone)
860.986.7234
www.vermontrelay.com
34 Jerome Ave Suite 220,
Bloomfield, CT 06002
Michelle.Viciono@sprint.com

A free service for all Vermonters connecting deaf, hard of hearing, and speech disabled individuals with users of regular phones. To use: either party can dial 7-1-1 to reach a trained operator.

**VT Deaf and Hard of Hearing Program**

802.229.0100
9 West St., Montpelier VT 05602
Contact: Ileene Therrien
itherrien@9east.net

They value collaboration with families and educators to help children develop linguistic, educational, and social skills in order to achieve their full potential. They encourage the use of the most current technologies and evidence based methods to best meet the diverse needs of this community.
Financial Services

BROC (Bennington Rutland Opportunity Council)
802.775.0878
www.broc.org
45 Union Street Rutland, VT

BROC is committed to empower, support, and educate individuals and families to be self-sufficient in their employment, homes and communities through family stabilization and development. It helps assist with education, training, job creation, affordable housing, and expanding community awareness and advocacy.

DCF Economic Services (formerly PATH)
1.800.479.6151
www.dcf.vermont.gov
329 Asa Bloomer Building
Rutland, VT 05701

Helping Vermonters in finding programs, services, and resources for assistance. The divisions of the DCF are Child Development, Disability Determination, Economic Services, Family Services, Office of Child Support, and Office of Economic Opportunity.

Child Support Services at VAC:
Resource and Referral 802.747.0033
Subsidy 802.773.4365
www.vacvt.org
referral@vac-rutland.com
(See Child Development for further details)

Vermont Office of Child Support
802.786.5060, 1.800.786.3214
420 ASA Bloomer Building
Rutland VT
www.dcf.vermont.gov/ocs

OCS is the state agency responsible for establishing, collecting upon, enforcing, and modifying support orders for children who do not live with both parents.
Food and Groceries

3 Squares Vermont
1.800.479.6151
141 Main St, Vergennes VT 05491
www.vermontfoodhelp.com

A federal USDA program administered in Vermont putting healthy food within reach.

BROC
802.775.0878
spomainville@broc.org
www.broc.org
(See Financial Services for further details)

Brandon Emergency Food Shelf
802.247.6720
Brandon Congregational Church,
Union Street, Brandon, VT 05733
Contact: Kathy Mathis
Serves Brandon, Forestdale, and Goshen.

Calvary Bible Church
802.775.0358
2 Meadow Ln Rutland VT 05701
Contact: Office Administrator
cboffice@cbcvt.org
www.cbcvt.org

Church services 9:30am Sunday, Children's Church, Awana and Youth group offered during the school year, Men's, Women's, outreach ministries available. Second Sunday of each month free breakfast is offered to all. Life Center building offers marriage counseling, life counseling, etc.

Castleton Cares Inc.
802.468.2444
504 Main St, Castleton VT 05735
www.castletoncares.org
castletoncares@yahoo.com

(See Clothing/Fuel Needs for further details)

Commodity Supplemental Food Program
802.747.7984
The Vermont Food Bank
www.vtfoodbank.org
info@vtfoodbank.org

A VT resident food program for those 60 or older and children under six not receiving WIC, and pregnant women not receiving WIC.

Danby Food Shelf
802.293.5136
130 Brook Road, Danby VT 05739
Contact: Danby Town Clerk

Serves Danby and some of Mt. Tabor.

UVM Extension Food and Nutrition Education Program
802.773.3349 // 800.281.6977
Kate.bilinski@uvm.edu
271 N. Main St., Suite 110, Rutland, VT 05701

The Nutrition Program helps limited resource families, their children, and pregnant women learn to shop smarter, eat healthier, and save money.

Fair Haven Concerned
802.265.3666
(See Clothing/Fuel Needs for further details)

Grace Congregational Church
802.775.4301
www.gracechurch vt.org
8 Court St Rutland VT 05701
Contact: Kit Wallace
kit@gracechurchvt.org
Monthly (4th Sunday of each month) FREE community supper: 5:30 pm in Fellowship Hall. Space available to rent for community group meetings.

Hubbardton-Castleton Food Dist. Ctr.
540.691.0405
Contact: Chris Polukis

Serves Hubbardton and some parts of Castleton.

Manchester Community Food Cupboard
802.362.0057
Manchester Town Hall, Manchester Center, VT 05255
Contact: Martha Carey
www.communityfoodcupboard.org

Serves Danby, Dorset, East Dorset, Londonderry, Manchester, Manchester Center, Middletown Springs, Mt Tabor, Pawlet, Peru, Rupert, Sandgate, South Dorset, Sunderland, Wells and Winhall.

Meals on Wheels
802.775.0133
80 Belden Rd, Rutland, VT 05701
Contact: Doug Jones

MOW delivers meals to disabled persons or others, 60 or older. Noon meals are delivered Mon-Fri throughout Rutland County.

Open Door Mission
802.775.5661
31 Park St, Rutland, Vermont 05701
Rutmission@aol.com

A 51 bed facility with Emergency Shelter and a Long Term Veterans Shelter. A soup kitchen is held for the public at noon Monday-Friday, with breakfast and dinner meals for in house only.

Public meals also served at 6 pm Saturday-Sunday. The mission is a dry, no tolerance shelter. It also offers a thrift store, of which the proceeds assist in supporting the mission.

Pawlet Community Food Pantry
802.325.3022, 802.325.3814
Pawlet Comm. Church, Pawlet, VT 05761

Serves Pawlet, West Pawlet.

Pittsford Food Shelf
802.483.2967
Keith’s Country Store, Route 7 Pittsford, VT 05763
pittsfordfoodshelf@yahoo.com
Serves Pittsford, Proctor and Florence.

Poultney Food Shelf
802.287.9558
66 Beaman Street, the Stonebridge Inn, Poultney, VT 05764

Serves Poultney, Middletown Springs, and Hampton, NY. Regular office hours every Tuesday 3-5 P.M.

Reach Up
1.800.479.6151
www.dcf.vermont.gov
(See Adult Education and Employment for further details)

Rutland Community Cupboard
802.747.6119
65 River St Rutland VT 05701
Rutland, VT 05701
Contact: Kelly Giancola


Hours: M, W, F 11-3 Tu, Thr 4-6
Emergency food kits. Only accept requests for financial aid from non-church members if they are accompanied by a referral received from another local non-profit organization, such as BROC, Community Cupboard, NewStory Center, etc. Please contact the office for more information.

**Salvation Army**
802.775.5150
1 Field Ave, Rutland VT 05701
(See Clothing/Fuel Needs for details)

**The Dream Center Free Café**
197 West St., Rutland, VT 05701
802.236.0407
www.dreamcenterrutland.org

A soup kitchen for those in need open daily from Jan. 1st-March 31st 1-3 pm and Monday, Wednesday, Saturday April- Dec. 12:30-2 p.m.
Those interested in preparing/donating a meal can contact The Dream Center to volunteer.

**Trinity Church**
802.775.4368
85 West St. Rutland VT 05701
Contact: Office Administrator

Community lunch 4th Saturday of every month

**Vermont Food Bank**
1.800.585.2265
92 Park Street, Rutland, VT 05701
www.vtfoodbank.org
info@vtfoodbank.org

Offers links to resources with a network of food shelves that run programs that feed Vermonters.

**Youth Programs**
Contact Jen Hutchinson – 802.477.4126
jhutchinson@vtfoodbank.org

**Agricultural Programs**
Contact Chris Meehan 802.477.4130
cmeehan@vtfoodbank.org

**West Rutland Food Shelf**
802.282.5374
72 Marble St, West Rutland, VT
Contact: Tony Morgan
Tonymorgan.wroc@hotmail.com

Food Shelf for West Rutland/Ira residents. Second and Fourth Saturdays 12-2:30 P.M. Emergencies considered

**WIC (Women, Infant, and Children)**
802.786.5811 888.253.8802
1.800.649.4357
www.healthvermont.gov/wic
300 Asa Bloomer Building, Rutland, VT 05701
wic@vermont.gov

Supplementary food and nutrition program for pregnant women and children through age 5.
Health Care

Bayada Home Health Care
802.775.7272
celias@bayada.com
www.Bayada.com
(See Home health care and hospice for further details)

Bayada Hospice
802.282.4122
celias@bayada.com
www.Bayada.com
(See Home health care and hospice for further details)

Community Health Centers of the Rutland Region (CHCRR)
www.chcrr.org
Administrative Offices
71 Allen Street, Suite 101
Rutland, VT 05701

CHCRR provides access to quality primary care and coordination of extended services regardless of income or insurance status. Discounts for essential services provided by CHCRR are offered on a sliding fee scale basis adjusted for family size and income. Evening and weekend hours are available at some sites. Behavioral health services are available at all sites for CHCRR patients. Hours for Behavioral Health vary by site.

CHCRR Primary Care Clinic Sites:

Brandon Medical Center
Brandon, VT 05733
802.247.6305
Hours: M, W, Th 8-6:30; T&F 8-5

Castleton Family Health Center
Bomoseen, VT 05732

802.468.5641 – Urgent Care staff on call 24/7
Hours: M, T, Th 8-5; W,F 8-7; Sat 8-4; Sun 9-3

CHCRR Pediatrics
Rutland, VT 05701
802.773.9131
Hours: M-F 8-7, Sat-Sun 8-12

Mettowee Valley Health Center
West Pawlet, VT 05775
802.645.0580
Hours: M-Th 7-8, F 7-7

Rutland Community Health Center
Rutland, VT 05701
802.773.3386
Hours: M-F 8-6, Sat 9-3

Shorewell Community Health Center
802-897-7000
Call for appointment

CHCRR Community Dental
802.774.5050
www.chcrr.org
69 Allen St., Suite 10, Rutland VT 05701
 Hours: Monday – Friday, 7:30-5:00
By Appointment Only

Diabetes Center
802.775.7844
Rutland Regional Diabetes and Endocrinology Center
www.rrmc.org
8 Albert Cree Drive Rutland, VT 05701
Contact: Donna Hunt

Personalized care to patients living with conditions such as diabetes, thyroid disorders, metabolism and obesity, polycystic ovary
syndrome, osteoporosis and bone disorders, cholesterol and lipid problems, glandular cancers, hormone imbalances, and pituitary gland concerns. Specialized adult, gestational and pediatric diabetes care. Diabetes education and self-management programs provided

**Ladies First**  
(Mammograms and Pap tests)  
1.800.508.2222  
www.LadiesFirstvt.org

Removing financial barriers that prevent many women from being screened for breast and cervical cancer and heart disease such as transportation, finding a health care provider, and lifestyle programs.

**Planned Parenthood**  
802.775.2333  
www.plannedparenthood.org  
11 Burnham Avenue, Rutland, VT 05701

Services offered include: birth control, general health care, HIV testing, abortion services, Emergency Contraception, Pregnancy testing and services, STD testing, treatment and vaccines; provides health care for men and women; Sliding scale fee, Medicaid and Medicare accepted.

**Poison Control**  
1.800.222.1222 (call if the victim is alert)  
If not alert: call 911  

**VNAHSR Travel Health Clinic**  
802.770.1536  
7 Albert Cree Drive, Rutland VT 05701  
www.vermontvisitingnurses.org  
gohealth@ravnah.org

Resource for comprehensive and safe travel health services including vaccines and individualized disease prevention plans to international travelers.

**VNA and Hospice of the Southwest Region (VNAHSR)**  
802.775.0568  
www.vermontvisitingnurses.org  
(See Home healthcare and hospice for further details) (Formerly RAVNAH)

**Rutland Regional Medical Center**  
802.775.7111  
For medical emergencies, dial 9-1-1  
www.rrmc.org  
160 Allen Street, Rutland, VT 05701

More than 30 specialized service areas to meet your health care needs.

**Rutland Free Clinic**  
802.775.1360  
145 State St. Rutland VT 05701  
www.vtccu.org/rutland-free-clinic  
rutfreeclinic@gmail.com  
Contact: Tony Morgan  
(See Low Cost/Free Health Clinics for further details)

**Vermont Department of Health**  
802.786.5811  
www.healthvermont.gov  
300 Asa Bloomer Building, Rutland, VT 05701

Provides essential health promotion and disease prevention service
Health Education

2-1-1 Vermont
1.866.652.4636 or dial 2-1-1
www.vermont211.org

Dial 2-1-1 for information about health and human services and organizations in your community. A local call anywhere in Vermont. A free, confidential service available 24 hours/7 days. For everyday needs and difficult times, 2-1-1 is a connection to thousands of resources across Vermont.

AIDS Hotline
1.800.882.2437

Serves all of Vermont. Provides AIDS education information, HIV testing, and counseling.

Alcohol Safety Program
802.786.3840
www.rutlandcountycourtdiversion.org
50 Center St, Rutland VT 05701

Makes kids aware of the consequences of buying, consuming, and possessing alcohol under the legal age.

Alzheimer’s Association
802.316.3839
300 Cornerstone Drive, Suite 130
Williston, VT 05495
Mrichardson1@alz.org
24-hour helpline: 1.800.272.3900

American Heart Association
1.800.639.6024
www.heart.org

American Red Cross
802.773.9159
117 Strong’s Ave, Rutland VT 05701
www.redcross.org

Community classes include CPR, First Aid, AED, and babysitter training.

Brain Injury Association of VT
1.877.856.1772
802.244.6850
www.biavt.org
support1@biavt.org
92 South Main Street, Waterbury, VT 05676

Advocacy for brain injury survivors.

Breast Feeding Support
802.747.3695
Rutland Regional Medical Center

Free classes and information to help in the days after birth and the time that follows.

First Step Pregnancy Center
802.775.5611
www.firststeprutland.com
138 West Street Rutland, VT 05701
Rutland.firststep@gmail.com

Care Net gives free pregnancy testing, confidential services, information and support

Childbirth Education Classes
802.770.1502
7 Albert Cree Dr.
https://www.vermontvisitingnurses.org/childrens-home-health-services/childbirth-education-class/
Educates parents and parents-to-be for childbirth.

Community Health Team – Blueprint for Health
802.776.5501
Community Health Improvement
Rutland Regional Medical Center
https://www.rrmc.org/classes-events/community-health-team/
CHT@rrmc.org

The CHT is a multi-disciplinary team that coordinates care of patients who have chronic health conditions. The goal of the CHT and Blueprint is to improve the health of individuals by engaging patients in self-management and working with primary care providers and community health resources to provide proactive care. They help to coordinate care across multiple health related organizations to help patients at home, in the doctor’s office, and during transition between care sites.

Diabetes Education
802.775.7844
Rutland Regional Diabetes & Endocrinology
https://www.rrmc.org/services/diabetes-endocrinology/

An individualized program to give patients and their family members a better understanding of diabetes. Call for more information.

Diabetes Prevention Program
802.776.5507
Community Health Team at Rutland Regional
Contact: Krista Neary
CHT@rrmc.org

Donate LIFE New England
1.800.446.6362
www.donatelifew newengland.org
neobonline@neob.org
60 First Ave., Waltham, MA 02451

Register to be an organ, eye, and tissue donor.

HCV Advocate
1.800.891.0707
www.hcvadvocate.org

Organization that provides unbiased information, support, and advocacy to communities affected by HCV and HIV/HCV.

Epilepsy Foundation of Vermont
802.775.1686  1.800.565.0972
www.epilepsyvt.org/
PO Box 6292, Rutland, VT 05702
epilepsy@sover.net

Program provides information, referral, and advocacy for treatment, driver’s licenses, employment, and education for persons with epilepsy and their families. The foundation is working to stop seizures, find a cure, and overcome the challenges created by epilepsy. Also provides information on support programs in the area for individuals, families, and friends.

Health Information Library
802.747.3777
Community Provider and Relations
Rutland Regional Medical Center
www.rrmc.org

A medical librarian is available Monday through Thursday and allows you to call to request assistance or for the information to be mailed to you.

Healthier Living Workshops
Community Health Improvement - Rutland Regional Medical Center
802.776.5507
Community Health Team at Rutland Regional
Contact: Krista Neary
CHT@rrmc.org

Provides 6 week programs to help participants improve their self-care skills, learn to better manage chronic diseases, and work closer with their medical providers.
National MS Society
1.800.344.4867
75 Talcott Rd, Williston VT 05495
www.mssociety.org

Helps each person address the challenges of living with MS, provides services, offers education and furthers more advocacy efforts than any other MS organization has in the world.

Pregnancy Helpline
1.800.395.4357

Prevent Child Abuse VT
94 Main St #3, Montpelier VT, 05602
802.498.0608  1.800.244.5373
www.pcavt.org
(See Child Development for further details)

Regional Ambulance Service
(CPR classes information)
275 Stratton Rd, Rutland VT 05701
802.773.1746

Safe Sitter Babysitting Course
802.772.2400
Community Education and Wellness
Rutland Regional Medical Center
www.rrmc.org/health_resources/community_education/

Two day babysitting course designed for 11 to 13 year old girls and boys.

Vermont CARES (Committee for AIDS Resources, Education, and Services)
802.775.5884
www.vtcare.org
1 Scale Ave. #310 Rutland VT, 05701

Vermont CARES works for and with Vermonters affected by HIV/AIDS to promote wellbeing through a continuum of prevention, support, and advocacy services

VT Association for the Blind and Visually Impaired
802.775.6452  1.800.639.5861
60 Kimball Ave, South Burlington VT, 05403
www.vabvi.org
general@vabvi.org
(See Disabilities for further detail)

Vermont Chronic Care Initiative
1.866.900.5004
www.dvha.vermont.gov/for-providers/vermont-chronic-care-initiative-vcci
207 Asa Bloomer Bldg.
Rutland, VT 05701
Rutland: 802.786.0303 802.786.2524

Free case management services for Medicaid members affected by chronic health conditions.

WIC (Women, Infant and Children)
802.786.5811 1.888.253.8802
www.healthvermont.gov/wic
WIC@vermont.gov
300 Asa Bloomer Building,
Rutland, VT 05701

Offers peer counselors and educational information on breastfeeding. Also offers nutrition information and support for pregnant women and children and their families.
Home Health Care/ Hospice

At Home Senior Care
802.747.3426
14 South Main Street, Rutland VT

At Home Senior Care provides dependable, responsive non-medical care while ensuring that seniors maintain their quality of life, with dignity and independence, while aging at home.

Bayada Hospice
802.775.7272
www.Bayada.com
Gryphon Bldg., Suite 310
56 1/2 Merchants Row
Rutland, VT 05701

Bayada Hospice provides hospice to children, adults, and seniors in the comfort of their own homes.

Bayada Home Health Care
802.775.7272
www.bayada.com
2 South Main Street, Rutland VT 05701

Bayada Nurses provides personal nursing, rehabilitative, therapeutic, hospice, and personal home health care services to children, adults, and seniors in the comfort of their own homes.

VNA and Hospice of the Southwest Region
802.775.0568
www.vermontvisitingnurses.org
7 Albert Cree Dr., Rutland VT 05701

VNAHRS is a local non-profit, Medicare-certified home health agency that provides the high quality skilled nursing and rehabilitation services, hospice care, private duty and community health services to people of all ages.
Housing

DISMAS of Vermont
802.775.5539
www.dismasofvt.org
103 Park Avenue Rutland, VT 05701
teres@dismasofvt.org

Their mission is to reconcile prisoners with society and society with prisoners. They are working locally to serve former prisoners in their difficult transition from prison to the community, assuring harmony in their lives and greater public safety.

Dodge House
802.775.6772
95 Crescent St. Rutland VT 05701
http://www.gmvevac.com/dodge-house.html
(See Veterans/Armed Services for further details)

Open Door Mission
31 Park St, Rutland VT, 05701
802.775.5661
(See Food and Groceries for further details)

Housing Trust of Rutland County
802.775.3139
www.housingrutland.org
13 Center St, Rutland, VT 05701
info@housingrutland.org

Develops new housing opportunities, manages rental housing, and more.

Homeless Prevention Center
802.775.9286
www.hpcvt.org
56 Howe Street, Rutland, VT 05701

Provides services to prevent homelessness or re-house those experiencing homelessness by offering hope. Assist families and individuals in addressing barriers in maintaining and sustaining their housing, coordination of services, assist with housing search, advocacy, appeals and tenancy education, facilitate the underestating of terms and conditions of your lease, can provide financial assistance with back rent or a new lease for qualifying households.

NeighborWorks of Western Vermont
802.438.2303
www.nwwvt.org
110 Marble Street
West Rutland, VT 05777
info@nwwvt.org

Provides Vermonsters in Addison, Bennington, and Rutland Counties with education, counseling, and access to affordable loans needed to purchase, improve, and help keep their homes. They promote safe and affordable housing, focusing on sustainable home ownership. They offer information and assistance for many home improvement programs including weatherization, accessibility, lead removal, and structural issues.

NewStory Center
802.775.6788  802.775.3232
101 Grove St Rutland VT 05701
www.nscvt.org
jellis@nscvt.org
(See Safe Communities for further details)

Rutland Housing Authority
802.775.2926
www.rhavt.org
5 Tremont St Rutland, Vermont 05701
info@rhavt.org

Works to create diverse housing opportunities by building partnerships that support healthy, vibrant, sustainable neighborhoods. RHA assists with information, administration, and applications for subsidized and fair market housing.
Insurance

AARP Medicare Supplement
Insurance
1.888.399.4001
www.aarpmedicaresupplement.com

Blue Cross and Blue Shield of VT
1.800.247.2583
445 Industrial Ln. Berlin VT, 05602
www.bcbsvt.com

Cigna
1.800.531.4584
www.cigna.com

Green Mountain Health Care
1.800.250.8427
www.greenmountaincare.org

Healthcare for eligible Vermont residents.

MVP
802.264.6500
66 Knight Ln. #10 Williston VT 05495
www.mvphealthcare.com

Medicare
1.800.633.4227
www.medicare.gov
Medicare A  1.800.522.8323
Medicare B  1.800.447.1142
Long Term Care/Community Care Homes

Harvey House, Ltd
802.468.5357
1997 Main Street, Castleton, VT 05735
Contact: Kathy Rooney
Level III

Lakewood Adult Family Home
802.468.3010
69 Rainbows End, Bomoseen, VT 05732
Contact: Richard Church
lakesrc@comcast.net
Level III

Lenny Burke’s Farm
802.446.6020
1409 US Route 7, Wallingford, VT 05773
Mailing: P.O. Box 1837A
Rutland VT 05701
lennyburkesfarm@gmail.com

7-acre residential health care facility for individuals with head/brain injuries.
Level IV

Loretto Home
802.773.8840
59 Meadow Street, Rutland, VT 05701

Level III with a 9 bed Special Care Dementia Unit: 802.773.8840

Misty Heather Morn Community Care Home
802.265.3300
174 Blissville Rd, PO Box 176,
Hydeville, VT 05750
Level III

Mountain View Center
802.775.0007
9 Haywood Ave, Rutland, VT 05701

Nursing Home, OT/PT/ST, Short Stay Rehab,
Long Term Care, Transitional Care, and Memory Impairment services

Our House Residential Care Home
802.773.4294
Office: 196 Mussey St Rutland, VT 05701
Paula@ourhouserch.com
Level III

Owen House
802.468.5357
3 Union Street, Fair Haven, VT 05743
Level III

Rutland Healthcare and Rehabilitation Center
802.775.2941
www.genesishcc.com
46 Nichols St Rutland, VT 05701

Nursing Home, OT/PT/ST, Short Stay Rehab,
Long Term Care and Memory Impairment services

Rutland Manor
802.775.4939
www.genesishcc.com
48 Nichols Street, Rutland, VT 05701
Level III

St. Josephs Kervick Residence
802.775.5133
131 Convent Avenue, Rutland, VT 05701
Level III and IV

Saltis Home
802.468.5185
1141 Main Street, Castleton, VT 05735
Level III
The Gables at East Mountain
802.770.5263
www.thegablesvt.com
1 Gables Place, Rutland, VT 05701
Level III

The Meadows at East Mountain
802.775.3300
www.themeadowsvt.com
157 Heritage Hill Place
Rutland, VT 05701
Assisted Living Residence

The Pines
802.775.2331
www.pinesrutland.com
99 Allen Street Rutland, VT 05701
Nursing Home, OT/PT/ST, Short Stay Rehab,
Long Term Care and Rehab.

Wintergreen Residential Care
802.465.4101
3 Union St Brandon, VT 05733
Level III
Low Cost/Free Health Clinics and Dental Clinics

CHCRR Community Dental
802.774.5050
www.chcrr.org
69 Allen St., Suite 10, Rutland VT 05701
Hours: Monday – Friday, 7:30-5:00
By Appointment Only

Community Health Centers of the Rutland Region serves all patients regardless of income or insurance status. Discounts for essential services provided by CHCRR are offered on a sliding fee scale basis adjusted for family size and income.

Ladies First
1.800.508.2222
www.LadiesFirstvt.org

(Mammograms and Pap tests)
Removing financial barriers that prevent many women from being screened for breast and cervical cancer and heart disease.

Rutland Free Clinic
802.775.1360
www.vtccu.net
145 State St., Rutland, VT 05701
Medical and Dental Clinic

A free health clinic for uninsured and underinsured Adult Vermonters. Medical and Dental Care. No emergency services available.
Mental Health/Counseling/Support

Adult Outpatient Department
802.775.2381
Rutland Mental Health
www.rmhsccn.org/adultservices.php
78 South Main Street, Rutland, VT 05701

Offers a variety of programs and services designed to assist people in improving the quality of their lives. These programs include group therapy and medication evaluation and treatment to meet the needs of people with mental health and substance abuse problems. Current groups include Stabilization, Weekly Therapy Group, and Seeking Safety Group.

Rutland Regional Medical Center
Behavioral Health
802.747.1857
Rutland Regional Medical Center

Outpatient behavioral health services. May require physician referral.

Community Health Centers of the Rutland Region (CHCRR)
Behavioral health services are available at all sites for CHCRR patients. Hours for Behavioral Health vary by site.

(See health care tab for sites)

Early Childhood Mental Health/CUPS
802.786.7391 or through CIS 770-1621
Rutland Mental Health Services
www.rmhsccn.org/childfamilyservices.php
(See Child Development for further details)

Mental Health Hotline
1.800.789.2647
www.mentalhealth.gov

Provides mental health information and resources. Able to refer callers to treatment facilities or federal, state and local organizations dedicated to treating and preventing mental illness.

Making Recovery Easier
802.773.6010
www.vtrecoverynetwork.org/rutland_coaches.php
(See Alcohol/Drug section for further details)

NAMI
(National Alliance on Mental Illness)
1.800.950.6264
www.nami.org

The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

Rutland County Peer-Run Warm Line
802.770.4248
1 Scale Ave Rutland VT 05701
warmline2012@yahoo.com

Volunteer-run program provides telephone support and information.

Recovery Coaching
802.773.6010
www.vtrecoverynetwork.org/rutland_coaches.php
(See Alcohol/Drug section for further details)
Rutland Mental Health Crisis Line
802.775.1000
www.rmhsccn.org
78 South Main Street Rutland, VT 05701

The Health Crisis line has a 24 hour availability that can be used for any mental health crisis.

Rutland Mental Health
802.775.2381
www.rmhsccn.org
78 South Main Street, PO Box 222, Rutland, VT 05701

RMHS is organized to maintain and operate a community mental health and developmental disabilities system providing medical, clinical and supportive services, to promote health, and to further other benevolent, scientific and educational activities. RMHS provides services and education for adults, children, and families. Services include programs for developmental disabilities, seniors and volunteers, substance abuse, and the community.

Rutland Recovery Collaborative
802.775.6834 Ext. 205
128 Merchants Row, Suite 606, Rutland, VT
info@vermontpsychiatricsurvivors.org
www.vermontpsychiatricsurvivors.org/oustr each-services/

Rutland Recovery Collaborative is a partnership between Turning Point and Vermont Psychiatric survivors (VPS). It brings resources for people in our community who are seeking hope, recovery, health, and wellness. The information line is a non-crisis number to link individuals to the free mental health and addiction community based programs and supports.

Spring Lake Ranch Therapeutic Community
802.492.3322
www.springlakeranch.org
1169 Spring Lake Road

Cuttingsville, VT 05738
info@springlakeranch.org

A private non-profit corporation, provides licensed residential treatment on a working farm and a variety of transitional options in Killington/Rutland areas. Offering a healing community for people with mental illness, or mental illness with an associated addiction disorder.

Suicide Prevention Lifeline
1.800.273.8255 Hotline
www.suicidepreventionlifeline.org
Suicide Prevention Lifeline is a 24 Hour confidential help line for any type of suicide thoughts.

Vermont Catholic Charities
800.851.8379  802.658.6110x 1312
24 ½ Center St, Rutland, VT 05701
vccrutland@aol.com

Services include: counseling, including pre-marriage counseling, and assessment and referral. Limited financial assistance available. VCC serves on a nondiscriminatory basis.

Vermont Federation for Families
802.876.7021  1.800.639.6071
www.vffcmh.org
P.O. Box 1577, Williston VT 05495
vvcmh@vffcmh.org

Provides information and an open ear to talk about what you are going through with your child and their mental health. This allows individuals to talk and get advice about how to help and treat their child. It provides emotional support, help with locating services, referrals, peer navigation, family resource library, and trainings.

Vermont Psychiatric Survivors
802.775.6834  1.800.564.2106
www.vermontpsychiatricsurvivors.org
128 Merchants Row #606, Rutland VT
05701

An independent, statewide, survivor-run organization for mental health workers and psychiatric consumers/survivors/ex-patients. The primary focus of VPS is to empower individuals, assist in recovery and employment.

Vermont Support Line
1.888.492.8218
supportline@pathwaysvermont.org
https://www.pathwaysvermont.org/what-we-do/our-programs/vermont-support-line/

The Vermont Support Line is a peer-run call center that will be available 7 days a week from 3-7 P.M. The staff consists of peers who are identified as individuals who acknowledge that they have experienced a broad range of struggles in their past and are willing to share them. The staff is there to listen openly, be supportive & provide a safe space to share
Parenting

Black River Area Community Coalition
802.228.7878
37 N Depot St, Ludlow, VT 05149
bracc7878@yahoo.com
(See Community Collaborative for further details)

Family Mediators
802.773.3410
www.familymediatorsvermont.com
27 West St Rutland, VT 05701

Mediation is used to help people reach agreements with one another. A trained mediator works with families in order to come to a settlement.

Family Tree Access Center
802.775.0068
www.safevisitsvt.org
Howe Center 1 Scale Ave Ste. 62 Rutland, VT 05701
lcaseyftac@aol.com

Provides safe contact between children and their non-residential parents and family members in supervised, child-focused environments.

Get Net Wise
www.getnetwise.org

Provides information, education, and guidance for parents in regards to children and the internet.

Kin Conversations in Rutland
802.747.0490
Vermont Kin as Parents
www.vermontkinaspARENTS.org

Monthly support for group caregivers who are relatives of the children, any child 0-18

Parents’ Assistance Line
1.800.727.3687
103 S. Main St, Waterbury, VT 05676

Helps parents find the answers they need in order to give their child the best care possible.

Parents of Murdered Children (POMC)
888.818.7662
www.pomc.com

Provides support and assistance to all survivors of homicide victims.

Parents Together
802.775.1548
Contact: Debbie

Parent support group healing on various issues

Parent Up Vermont
www.parentupvt.org/

Help stop underage drinking and substance abuse in young adults.

Prevent Child Abuse VT
802.498.0608 1.800.244.5373
94 Main St #3, Montpelier VT, 05602
www.pcavt.org
(See Child Development for further details)

Rutland County Parent-Child Center
802.775.9711
61 Pleasant ST, Rutland VT 05701
www.rcpcc.org
(See Child Development for further details)
NewStory Center
802.775.6788  802.775.3232
101 Grove Street. Rutland VT 05701
www.nscvt.org
jellis@nscvt.org
(See Safe Communities for further details)

Vermont Catholic Charities
802.773.3379
1 Scale Avenue Howe Center, Box 93,
Building 3, Suite 209, Rutland, VT 05701
(See Mental Health/Counseling/Support for further details)

Vermont Association of Child Care Resource and Referral Agencies
https://www.childcareresource.org/for-everyone/vermont-resource-referral-agencies/

Helps parents find the answers they need in order to give their child the best child care possible.

Vermont Department of Education Parent Representative
802.479.1030
Aoe.edinfo@vermont.gov
www.education.vermont.gov
219 North Main Street, Suite 402
Barre, VT 05641

This department provides information about the education system in Vermont and what services your child should be receiving.

Vermont Family Network
1.800.800.4005
www.vermontfamilynetwork.org

Vermont Kin as Parents (VKAP)
802.871.5104
Rutland Support: 802.747.0490
www.vermontkinaspirentas.org
46 Main St Winooski VT 05404

VKAP supports relatives who are raising children. VKAP offers information about resources to kinship families; assists in the development of support groups; organizes an annual kinship care conference, and publishes a quarterly newsletter.

WITS End Support Group
802.775.6608
57 Cramton Ave, Rutland, VT 05701
Contact: Kathy or Patrick Martin
collcartoy@aol.com

WIT’s end is a support group for parents and friends of young people addicted to drugs or alcohol.
Physical Activity
(Also view Community Centers and Activities, pages 14-16)

Bone Builders
802.775.8220
6 Court St Rutland VT 05701
www.volunteersinvvt.org

A free exercise program hosted through RSVP throughout the Rutland Area.

Castleton University Gym and Pool
802.468.1252, pool info line 468.1426
www.castleton.edu/community/fitness-center/

Open to students and SHAPE members

Come Alive Outside
802.870.6722
67 Merchants Row, Rutland VT, 05701
www.comealiveoutside.com
(See Community Centers and Activities for further details)

Godnick Adult Center
802.773.1853
1 Deer St Rutland VT 05701
www.rutlandrec.com/godnick-center
(See Community Centers and Activities for further details)

Green Mountain College Gym and Pool
802.287.8378
1 Brennan Cir Poultney VT, 05764
www.athletics.greenmtn.edu/insideAthletics/Facilities/FitnessCenter

Mitchell Therapy Pool
802.775.2395 ext. 2303
www.vacvt.org
88 Park Street Rutland, VT 05701

Contact: Rob Marsden
rmarsden@vacvt.org

This is an Indoor, heated pool for adults and children. Swim lessons and exercise classes are available, as well as open swim times.

Movers and Shakers
802.775.8220
Godnick Center
www.volunteersinvvt.org

A free exercise program for those living with Parkinson’s and other related diseases and their loved ones. RSVP/Volunteer Center and Godnick Center

Pine Hill Park
2 Oak St Ext, Rutland, VT 05701
www.pinehillpark.org

Includes trail information for biking, hiking, snowshoeing, and running.

Recreation and Parks Departments
16 N St Ext, Rutland, VT 05701
info@rutlandrec.com
(See Community Centers and Activities for further details)

RSVP Fitness Opportunities
802.775.8220
www.volunteersinvvt.org

Vermont Adaptive Ski & Sports
802.786.4991
www.vermontadaptive.org
PO Box 139, Killington, VT 05751
Contact: Erin Fernandez
director@vermontadaptive.org
(See Disabilities for further details)

Vermont Department of Health
88 Merchants Row # 300,
Rutland, VT 05701
www.healthvermont.gov

Interactive website that provides tracking of activity, weight, nutrition, stress, and more.
Safe Communities

Emergency: 9-1-1

Black River Area Community Coalition
802.228.7878
anna mcgee@braccvt.org
P.O. Box 197 Ludlow, VT 05149
www.braccvt.org/about_us
(See Community Collaborative for further details)

Boys and Girls Club of Rutland County
802.747.4944
www.rutlandbgclub.org
71 Merchants Row Rutland, VT 05701
lbbgcrd@comcast.net

The Club’s programs and services promote and enhance the development of children by instilling a sense of competence, usefulness, belonging and influence. Boys & Girls Clubs are a safe place to learn and grow – all while having fun.

Child First Advocacy Center
802.747.0200
www.childfirstvermont.org
80 West Street Rutland, VT 05701
info@childfirstadvocacycenter.org
advocate@childfirstadvocacycenter.org

The CAC focuses on child abuse and prevention and assisting victims and non-offending family members. Education, information, and referrals are available.

Child Protection Hotline (to report child abuse and neglect)
1.800.649.5285
www.dcf.vermont.gov/hsd

Fair Haven Concerned
802.265.3666
19 Washington St, Fair Haven, VT 05743
(See Clothing/Fuel Needs for further details)

Human Trafficking Hotline
1.888.373.7888
www.humantraffickinghotline.org

National Runaway Switchboard
1.800.786.2929
www.1800runaway.org
3080 N. Lincoln Ave
Rutland, VT 05701

24-hour hotline providing crisis intervention, information and referral, message delivery, and conferencing services. Free bus rides home for qualified runaways via the “Home Free Program”.

Prevent Child Abuse Vermont
802.498.0608 1.800.244.5373
www.pcavt.org
(See Child Development for further details)

Probation and Parole - Rutland Office
802.786.5808
www.doc.state.vt.us/custody-supervision/field/rutland
P.O. Box 175 92 State Street
Rutland, VT 05702

Rutland City Fire Department
802.773.1812
www.rutlandcity.org
104 Center Street, Rutland, VT 05701

Rutland City Police
802.773.1816
Rutland County Sheriff’s Department  
802.775.8002  
www.rutlandsheriff.net  
Contact: Stephen Bernard, sheriff  
88 Grove St Rutland VT 05701  
Anonymous Crime Tip 802.775.8002  

NewStory Center  
802.775.6788  
www.nscvrt.org  
jellis@nscvrt.org  
101 Grove Street, Rutland, VT 05701  
24-hour hotline: 802.775.3232  
Sexual Violence Hotline: 1.800.489.7273  

The NewStory Center is dedicated to assisting survivors of domestic and sexual violence. This includes prevention, education and outreach to the communities with the goal of preventing and decreasing incidences of further abuse. Services are confidential and free of charge. Offers assistance in establishing new residence, alcohol and substance abuse referrals, short term support, community referrals, legal advocacy, monthly support groups and community education.

Rutland Mental Health  
Emergency Services  
802.775.1000  

Rutland County Community Justice Center  
802.665.1731  
45 Union St., Rutland, VT 05701  
Contact: Lisa Ryan  
https://www.broc.org/community-justice-center

Opportunities include Circles of Support and Accountability (COSA) for individuals coming out of incarceration, Restorative Circles, and other programs.

Safer Society Program and Press  
802.247.3132  
www.saferociety.org/safer-society-press  
P.O. Box 340 Brandon, Vermont 05733  

Safer Society Press is a nonprofit organization dedicated to providing resources for the prevention and treatment of sexual abuse.

Stop It Now  
1.888.PREVENT 413.587.3500  
www.stopitnow.org  

Stop It Now seeks to prevent the sexual abuse of children by mobilizing adults, families, and communities to take action that protect children before they are harmed.

Under Age Drinking Tip Line  
1.866. TEENUSE (1.866.833.6873)

Vermont State Police: Rutland Barracks  
802.773.9101 802.468.5355  
www.vsp.vermont.gov  
124 State Place, Rutland, VT 05701

The Dream Center  
802.236.0407  
197 West St, Rutland, VT  
ljustin8@gmail.com  
Contact: Linda Justin  
www.dreamcenterrutland.org  

The Dream Center reaches out to all people in need. The Dream Center Free Café is open daily January 1st to March 31st 1-3 pm and Monday, Wednesday, Saturday April through December from 12:30-2:00 pm. Other services include Project Jabez- to get people off the government system and to help in crisis situations, Troll House- point of entry to local programs, NA, and Just Do It Squad- a children's program that meets Thursday at 4 p.m. weekly.
Senior Services

Advance Directives:
Vermont Ethics Network 802.828.2909
Social Work Department 802.747.3713
VNAHSR 802.775.0568
Rutland Regional Medical Center Community Health Team 802.776.5501

At Home Senior Care
802.747.3426
14 South Main Street, Rutland VT

At Home Senior Care is to provide dependable, responsive non-medical care while ensuring that seniors maintain their quality of life, with dignity and independence, while aging at home.

Brandon Senior Center
802.247.3121
1591 Forest Dale Road
Brandon, VT 05733

A Senior Center servicing Brandon with free or donation lunches every other Friday. The second Tuesday of every month at 6 p.m. there is an $8 dinner. Knitting and Card Club for interested individuals.

Bridges and Beyond
802.747.3710
Rutland Regional Medical Center
www.rrmc.org
(See Transportation for further details)

Castleton Community Center
802.468.3093
2108 Main Street Castleton, VT 05735
homested@shoreham.net

The CCC strives to enrich the lives of their residents, particularly seniors, by providing education, recreation, communication, health and social opportunities.

Division of Disability and Aging Services (Vermont)
802.871.3065
www.ddas.vermont.gov

This division provides assistance in obtaining services and supports for older Vermonters, people with developmental or physical disabilities, and people with traumatic brain injuries, and their family members and/or caregivers.

Godnick Adult Center
802.773.1853
1 Deer St Rutland VT 05701

www.rutlandrec.com/godnick-center
(See Community Centers and Activities for further details)

Green Mountain Foster Grandparents
802.773.4719
6 Court St, Rutland, VT 05701
www.volunteersinvt.org

Opportunity for senior citizens to give their wisdom, experience, and know how to the children within our community. By being a volunteer grandparent you are able to reach out to schools, recreation departments, health care facilities, and libraries that are in need of your services.

InterAge Adult Day Program
802.773.2011
230 N Main St Rutland VT 05701
LHam802@aol.com

Age Adult Day Program is a full service, medical program serving Rutland County adults 18 and older who may have dementia or other cognitive impairments, medical issues or
physical challenges and elders who may be socially isolated. It also provides much needed respite to families and caregivers.

**Lifeline Program**

**802.747.1816**

Rutland Regional Medical Center
https://www.rrmc.org/patient-visitors/social-work/lifeline/
This program is a personal response system that allows subscribers to remain in their homes with the security of someone available at the touch of a button, 7 days a week, 24 hours a day.

**One 2 One (Transportation)**

**802.775.4318**

6 Court Street Rutland, VT 05701
one2one@volunteersinvnt.org

Volunteers of all ages provide transportation assistance to adults over age 60 and/or physically challenged adults funded by Medicaid. They are RSVP registered volunteers.

**Poultney Young At Heart Senior Center**

**802.287.9200**
https://poultneyyahsc.com/
35 Furnace Street
Poultney, VT 05764-1119

This club provides meals and activities for senior citizens.

**RSVP & the Volunteer Center**

**802.775.8220**
www.volunteersinvnt.org
6 Court Street Rutland, VT 05701

RSVP gives opportunities for citizens of all ages to serve within their community. It offers a full range of volunteer opportunities with many locations in Rutland County.

**Senior Helpline**

**1.800.642.5119**
Program of SVCOA
143 Maple Street, Rutland, Vermont 05701
www.svcoa.org

Enables Seniors to age in place safely and comfortably by providing transportation services, telephone relationships, information and referrals; and offers opportunities for seniors and others who care about issues related to aging to get involved in advocacy and change in order to make our communities good places to age. Includes Senior Meal Program.

**Southwestern Vermont Council on Aging**

**802.786.5990**
www.svcoa.org
infoandassistance@svcoa.net
143 Maple Street Rutland, Vermont 05701

The goal of SVCOA is to support elders in keeping their maximum independence through programs and advocacy.

**TeleCare, RSVP**

**802.775.8220**
6 Court Street Rutland, Vermont 05701
https://www.volunteersinvnt.org/service/rsvp-telecare-program/
rsvp@volunteersinvnt.org

Provides free telephone check-in to area seniors on a scheduled basis.

**Vermont Associates for Training and Development**

**802.282.4423, 802.524.3200**
ASA Bloomer Building
88 Merchants Row
www.vermontassociates.org
(See Adult Education and Employment for further details)
Supervisory Unions and Schools

Addison-Rutland 802.265.4905
(Benson, Castleton, Hubbardton, Fair Haven, Orwell)
https://www.arisu.org/

Allen Street Campus 802.773.1906
101 Allen St, Rutland, VT 05701
(Rutland City School)
http://allenstreet.rutlandcitypublicschools.org/

Rutland Central 802.775.4342
16 Evelyn St, Rutland, VT 05701
(Proctor, Rutland Town, West Rutland)
http://www.rcsu.org/

Rutland City School District 802.773.1900
http://www.rutlandcitypublicschools.org/

Rutland Northeast 802.247.5757
49 Court Dr., Brandon, VT 05733
(Barstow, Leicester, Lothrop, Neshobe, Otter Valley, Sudbury, Whiting)
http://www.rnesu.org/

Mill River Schools 802.775.3264
(Clarendon, Mill River, Shrewsbury, Wallingford, Tinmouth Elementary)
http://millriverschools.org/

Rutland Southwest 802.287.5286
96 School Cir, Poultney, VT 05764
(Middleton Springs, Poultney, Wells)
http://www.rswsu.org/

Rutland-Windsor 802.228.2541
(Mt. Holly, Ludlow, Plymouth)

Stafford Technical Center 802.770.1033
8 Stratton Rd, Rutland, VT 05701
https://staffordonline.org/
Support Groups
Online Support Group: www.supportgroups.com

Addiction
Alcohol Drug Abuse Div.
802.786.5876
88 Merchants Row #300, Rutland VT

Alcoholics Anonymous
802.775.0402

Anorexia
800.931.2237

ANAD (Anorexia Nervosa and Associated Disorders)
630.577.1330

Family Anonymous
1.800.736.9805

For families dealing with alcohol and drug addiction of a family member in a 12 step process.

Gamblers Anonymous
802.773.8305 1.800.522.8800

Narcotics Anonymous
802.773.5575

Overeaters Anonymous
1.505.891.2664
www.oa.org

Rocking Horse Circle of Support
802.558.3477
45 Union Street, Rutland, VT 05701

Program helps pregnant and parenting women to reduce the risks of substance use in their lives and promote parenting skills.

NewStory Center

802.775.6788  802.775.3232
101 Grove Street Rutland, VT 05701
www.nscvt.org
jellis@nscvt.org

Services include emergency shelter for women/families affected by domestic violence, referrals to resources, advocacy, and more.

Rutland Recovery Collaborative
802.775.6834
www.vermontpsychiatricsurvivors.org/outreach-services/

WITS End Support Group
802.775.6608
collcartoy@aol.com
http://projectvisionrutland.com/wits-end-support-group/

Support group for those dealing with a loved one’s addiction problem.

802 Quits Tobacco
1.800.784.8669  802.747.3768
www.802quits.org
Contact: Sarah Cosgrove
scosgrove@rrmc.org

Behavioral Health

CHADD (Children and Adults with Attention Deficit Disorder)
www.chadd.org
1.800.233.4050

Mental Health Hotline
1.800.789.2647
www.mentalhealth.org

NAMI, the National Alliance on Mental Illness
1.800.950.6264
Rutland County Peer-Run Warm Line
802.770.4248
1 Scale Ave Rutland VT 05701
http://warmline.org/#vermont

Run Friday through Sunday 6 p.m.-9 p.m.

Care Givers

Care Giver Support Group
802.776.2900
Contact Brenda Shortal

Meets the last Wednesday of each month for any interested care giver.

InterAge Caregiver Support Group
802.747.3587

Helps caregivers cope with the challenges of caring for someone with cancer.

Rutland County Caregiver Coalition
802.786.5990
802.772.2471 (education and resources)

Helps caregivers cope with practical and emotional challenges of caring for someone with cancer.

Rutland Mental Health Crisis Line
802.775.1000

Suicide Prevention Line
1.800.273.8255

Tea for the Soul
802.747.1693
Contact: Jessica Greco

A caregiver’s support group for anyone who cares for someone with cancer

Vermont Psychiatric Survivors
802.775.6834  1.800.564.2106

Cancer

Cancer Helpline
1.800.615.3055
www.cancercenter.com

Cancermount
802.747.1828

Support system for patients with cancer who want help in dealing with life changes and emotional support

Man-to-Man Cancer Support Group
802.483.6220

Northshire Women’s Cancer Support Group
802.384.5505
324 Equinox Terrace, Manchester Center, VT

Meetings are on the first Wednesday of each month, 5:30-7:30 p.m. regarding treatment, recovery, diagnosis, etc.

Vermont Young Cancer Survivors Support Group
802.747.1693

Designed for young adult cancer survivors and issues unique to them.

Woman to Woman Support Group
802.747.1693
CVPS/Leahy Community Health Education Center

Support group for cancer patients and survivors.
Disabilities

ARC (Advocacy, Resources, Community)
128 Merchants Row, Rutland VT 05701
802.775.1370
www.arcrutlandarea.org

Autism Support Daily
802.985.8773
mjustlaurie@aol.com

Offers a parent-only message board for parents and professionals, and additional support opportunities for families

Community Access Program
802.775.0828
Rutland Mental Health

Down Syndrome Network of Vermont
802.223.0113

National Multiple Sclerosis Society
Greater New England Chapter
802.871.5696

Disorders

Anorexia
802.931.2237

Family

Children Crisis Services
802.773.4225

Family and Children Support Services
802.773.4365
www.rmhsccn.org.childfamilyservices.php
88 Park Street Rutland VT

Family and Children support services help with questions and struggles regarding the family and the children within the family

Friends of Adoption
802.235.2373

Kin Conversations
802.747.0490

Monthly support for group caregivers who are relatives of children, 0-18

Outright VT Friday Night Group
802.865.9677
youth@outrightvt.org
http://www.outrightvt.org/home/fng/

Meets two Fridays a month for a peer to peer social and support group for queer and questioning youth across the state of Vermont. FNG is open to queer and questioning youth between the ages 13-22.

Parents Together
802.775.1548

Parent support group healing on various issues

WITS End Support Group
802.775.6608
67 Cramton Ave Rutland VT

Grief

Compassionate Friends
802.446.2278
www.compassionatefriends.org
Contact: Michael Mackey
M2VT@aol.com
Compassionate friends are a support group to assist families who have suffered the loss of a child any age

Heartbeat Vermont
802.446.3577
MapleLeafClinic@vermontel.net
Heartbeat is a group for mutual support of those who have lost a loved one through suicide.

**Parents of Murdered Children (POMC)**
888.818.7662  513.721.5683
www.pomc.com

**Share Southern Vermont**
802.226.7231
www.sharesouthernvermont.org
sharesouthernvermont@gmail.com

Free support group for those who have lost a pregnancy, infant death, or stillbirth with trained professionals. Meets second Wednesday of the month at 6 p.m. in Leahy Education Center at Rutland Regional Medical Center.

**SIDS: VT Department of Health**
802.786.5811

Provides public health nursing services for support and information to families who have experienced the loss of a child from SIDS.

**Health**

**AIDS Hotline**
1.800.882.2437

**Arthritis Support Group**
802.775.8220

**Better Breathers Support Group**
802.345.3187
Contact Sarah Cosgrove

An American Lung Association support group for people with breathing issues and their loved ones or caregivers.

**HIV/AIDS Support Group**
802.775.5884

For those whose lives have been affected by HIV/AIDS

**Diabetes Education and Support**
802.775.7844

A program to give patients and their loved ones a better understanding of diabetes.

**Insulin Pump Support Group**
Rutland Regional Medical Center
802.7757844

**Multiple Sclerosis Assoc. of America**
1.800.532.7667
www.mysmaa.org

**Rheumatoid Arthritis Support Group**
802.775.8220

**Veterans Crisis Line**
1.800.273.8255 Press 1 (or a text message to 838255)
www.veteranscrisisline.net/

Provides suicide hotline, online chat, and support for veterans, Active Duty, Reserve, and Guard, Family and Friends.

**Vermont Lung Association**
1.800. LUNG.USA
www.lung.org

**Women Veterans Call Center**
1.855.VA.WOMEN
Transportation

Bridges and Beyond
802.747.3710
Rutland Regional Medical Center
http://www.rrmc.org/services/foley-cancer-center/support-services/community-resources/

Offers transportation assistance to Rutland Area residents of any age to support independent living and improve quality of life.

Disabled American Veterans Transportation Network
866.687.8387 x5394

Marble Valley Transit (The Bus)
1.800.339.3191 802.773.3244
www.thebus.com

All buses are equipped with wheelchair accessible lifts.

Medicaid Bus (The Bus)
802.747.3502
Out of town: 802.747.3502
www.thebus.com/paratransit
158 Spruce St
Rutland, Vermont 05701

Medicaid Transportation comes from the same company as “The Bus”. It offers free transportation to medical/Reach-up/Fair Hearing appointments for qualified recipients. Requires 48 hour notice.

One 2 One (transportation)
802.775.4318
(See Senior Services for further details)

Thrifty Shuttle Service
802.775.2490

Specializes in senior transport, but accepts all. Call in order for the rates to your destination.

Transportation to White River Clinic
802.747.7838

VA Hospital Transportation
802.295.9363, x5394
www.dav.gov

Transportation for disabled American Veterans to VA medical facilities with scheduled appointment one week in advance.

Vermont Rideshare
1.800.685. RIDE (7433)
www.connectingcommuters.org

Carpool, bike, bus, and veterans services for Vermonters.

Taxis:

All Occasion Transportation
802.236.1966
allocctaxi@yahoo.com

Phil’s Taxi Service
802.747.8907

Roy’s Taxi
802.772.7080

Rutland Taxi Transportation Service
802.236.3133

Thrifty Shuttle Service
802.775.2490

Web’s Transportation Service
802.855.8210
Veterans/ Armed Services (+Family)

Armed Forces Reserve Center
2143 Post Road
Rutland, VT 05701
802.747.0009

Blinded Veterans Association
800.669.7079
www.bva.org

Through national and regional offices, provides support and resource referrals to blinded active and retired military personnel and their families. Regional Group in White River Junction, VT

Dodge House
802.775.6772
95 Crescent St. Rutland VT 05701
dodgehouseva@comcast.net
www.dodgehousevt.org

Provides shelter, clothing, food, and an individualized program to reintegrate veterans back into the community and help them to achieve self-sufficiency. They collect and distribute donations.

Health Benefits Information
1.866.687.8387
https://www.va.gov/healthbenefits/

Military One Source
1.800.342.9647
http://www.militaryonesource.mil/
Supports every phase of military life including education, financials, deployment, and other information.

Open Door Mission
802.775.5661
31 Park St, Rutland VT, 05701
Rutmission@aol.com
(See Food and Groceries for further details)

Rutland Community Based Outpatient Clinic
802.772-2300
www.whiteriver.va.gov/locations/rutland.asp
232 West Street
Rutland, Vermont 05701

Serves primary health care needs of eligible veterans in the Rutland Area.

Veterans Affairs
1.800.827.1000
www.va.gov

VA Hospital Transportation
802.295.9363, ext. 5394
www.dav.gov
Transportation for disabled American Veterans

Veterans Crisis Line
1.800.273.8255 press 1
24 hours a day

Veterans Center
802.862.1806
359 Dorset Street, South
Burlington, VT 05403

Military Family Support Groups, Veteran Support Groups

Veterans of Foreign Wars (VFW)
802.775.6892
15 Wales Street, Rutland, VT 05701

Veterans Suicide Help
1.800.273.8255
(Or text a message to 838255)
www.veteranscrisisline.net/

This hotline connects Veterans in crisis and their families and friends with qualified, caring responders from Department of Veterans Affairs
through a confidential toll-free hotline, online chat, or text. This line is for veterans and the veterans loved ones.

Vermont National Guard
National Guard Family Assistance Center
Armed Forces Reserve Center
1.802.338.4322  1.802.338.0613
24 hour: 1.888.607.8773
2143 Post Rd
Rutland, VT 05701

Family Assistance Centers (FAC) provide resource referral and support assistance to Service Members and their Families, of all military branches, throughout all cycle of deployment and levels of contingency mobilizations. FACs are a "One Stop Shop" of Local, State, and Federal resources to provide outreach, coordination and support.

Vermont Office of Veterans Affairs
802.828.3379
www.veterans.vermont.gov/ova
118 State Street

Veterans Outreach Center
1.802.338.4323  1.886.906.8387
24 hour: 1.888.607.8773
www.veteransoutreachcenter.org

Vermont Veterans Outreach Program provides ongoing assistance primarily to combat Veterans. Support is provided by identifying any potential needs and facilitating the process of accessing all available services. Partnering with our Family Assistance Specialists and other local, state, and federal agencies in order to address the concerns of Veterans by responding in a prompt and confidential manner.

Vermont Veterans and Family Outreach
1.888.607.8773
www.veterans.vermont.gov