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Barre Area Senior Center

Barre Area Senior Center provides access to programs and resources that help older adults live independently and remain active. BASC serves people age 50 and over in central Vermont. There is no residency restriction and a modest annual membership of \$25 is requested. www.barreseniors.org www.facebook.com/barreseniors

131 S. Main St. #4, Barre, VT 05641 **479-9512**

Berlin Volunteer Fire Department

The Berlin Volunteer Fire Department is an organization that proudly protects the residents of Berlin and it's neighboring communities. Since 1957 BVFD has grown to two stations and seven pieces of apparatus. The department currently provides fire protection, rescue services, EMS first response, Haz-Mat spill containment and decontamination, forestry fire protection, and support services to the residents of Berlin and mutual aid to neighboring towns. BVFD protects about 36 square miles of Washington County with 30 active firefighters and EMTs along with two engines, one heavy rescue, one tower truck, one three thousand gallon tanker, one utility truck, and a Haz-Mat decon trailer.

338 Paine Turnpike N, Berlin, VT 05602 **223-5531**

Capstone Community Action (formerly Central VT Community Action Council - CVCAC)

Helping people build better communities through weatherization, business development, food shelves, Head Start, emergency heating, housing counseling, job training, and financial education www.cvcac.org

20 Gable Place, Barre, VT 05641 **479-1053**

Central Vermont Adult Basic Education (CVABE)

A community-based nonprofit organization serving basic education and literacy needs with free, individualized academic tutoring for individuals ages 16 – 90+. Basic reading, writing, and math literacy; English language skills for immigrants and refugees; college and employment readiness skills; and GED (General Equivalency Diploma) and high school diploma preparation and assessment. www.cvabe.org

CVABE's Montpelier Learning Center – 100 State Street, Suite 3, Montpelier, VT 05602 223-3403

CVABE's Barre Learning Center – 46 Washington Street, Suite 100, Barre, VT 05641 476-4588

Central Vermont Council on Aging (CVCOA)

Calling the Senior Helpline at 1-800-642-5119 can connect an older central Vermonter or a concerned family member with essential services that support an elder in remaining independent. Among the services provided directly by or under contract with CVCOA are information and assistance; community and home delivered meals; health insurance counseling; transportation to essential destinations; family caregiver support and respite grants; mental health services; legal services; companionship; food stamp and fuel assistance outreach; and help with household tasks. CVCOA sponsors the Senior Companion program. www.cvcoa.org

59 N. Main Street, Suite 200, Barre, VT 05641 **479-0531** cvcoa@cvcoa.org

Central Vermont Home Health and Hospice

CVHHH is a full service, non-profit Visiting Nurse Association committed to providing high quality, medically-necessary home health and hospice care to all Central Vermonters, regardless of their ability to pay. In addition, the agency promotes the general welfare of the citizens of Central Vermont with health promotion and long term care services.

www.cvhhh.org

600 Granger Road, Berlin, VT 05641-5369 **223-1878**

Central Vermont Memorial Civic Center

The Civic Center is a premier venue for indoor soccer and its indoor ice has been available for youth and adult hockey, broomball, public skating, and learn to skate programs. The upstairs meeting room has provided a good venue for birthday parties and other celebrations held in conjunction with recreation. www.cvmcc.org

268 Gallison Hill Road, Montpelier, VT 05602 **229-5900**

Central Vermont Solid Waste Management District (CVSWMD)

Check out the CVSWMD website at www.cvswwd.org for useful information about what can be recycled, how to dispose of hazardous waste, and about a goal of moving toward Zero Waste, including the “A to Z Guide,” dates and times of special collections, and strategies for achieving a Zero Waste household.

137 Barre, Street, Montpelier, VT 05602 **229-9383**

CIRCLE

Emergency Shelter for women and their children fleeing from domestic violence; court advocacy; support groups, prevention education for schools, and educational presentations and trainings for civic organizations and businesses. Information about domestic violence and community resources, as well as individualized advocacy and referral to social service, legal, employment, counseling, and housing options.

1-877-543-9498 - toll free confidential 24-hour hot line.

Family Center of Washington County

The Family Center of Washington County fosters the positive growth and development of young children and their families. The Family Center’s array of services includes; infant, toddler and preschool child care, playgroups for children from birth to five, parent education and outreach activities – for mothers and fathers, training for child care providers, assistance to parents in finding and paying for child care, and planning and coordinator the Central Vermont Building Bright Futures Council’s region-wide programs for parents as first teachers of their children. www.fcwcv.org

383 Sherwood Drive, Montpelier, VT 05602 **262-3292**

Good Beginnings

Good Beginnings of Central VT provides free resources and support for expectant parents and families with new babies throughout Central Vermont. We match families with community volunteers who provide respite, companionship, and community connections during the postpartum period. Our other services include free early parenting workshops, a parent drop-in space with peer support groups, reduced-price baby carriers, and babywearing support for new parents, our emergency financial assistance fund for families in crisis, and our In Loving Arms cuddling program for vulnerable newborns at the UVM Health Network -CVMC Campus.

802-595-7953 info@goodbeginningscentralvt.org

Good Samaritan Haven

The Good Samaritan Haven is the only shelter for homeless people in central Vermont. Good Samaritan Haven serves individuals and families in Washington, Orange, and Lamoille counties through emergency shelter and transitional housing programs, as well as providing clients with case management, basic needs, and food. Good Samaritan Haven is open every night of the year and guests must be clean and sober to stay. www.GoodSamaritanHaven.org

105 North Seminary Street, Barre, VT **479-2294**

Green Mountain Transit (GMT)

GMT offers a variety of services including, commuter, deviated fixed routes, demand response shuttles, and individual services for shopping, health care shuttles, and daily needs. GMT provides traditional general public transportation service which directly supports the need for affordable commuter, environmentally efficient and essential daily need transportation solutions. GMTA also provides medical and non-medical transportation service to those who qualify for either Medicaid or Elderly and Disabled funds, or both. Rides for individuals receiving critical care such as radiation and dialysis treatments are offered. Individual services include trips to: Medical appointments; meal site programs, senior center and adult day care, prescriptions and shopping, social and daily services, and radiation and dialysis treatment.

www.ridegmt.org

6088 VT Route 12, Berlin, Vermont 05602 **223-7287**

Green Up Vermont

Green Up Day is always the first Saturday in May. Green Up Vermont is Vermont’s unique annual tradition of taking care of our beautiful landscape and promoting civic pride so our children grow up with Green Up. Green Up Vermont focuses on education for grades K-12. The success of Green Up Day depends on the combined efforts of individuals and civic groups volunteering to make it all possible and the financial support given by the public and private sectors throughout

Vermont. The State appropriates funds that cover about 12 percent of the budget while appropriations from cities and towns covers about 18 percent. These funds pay for supplies including over 46,000 Green Up trash bags, promotion, education and services of two part-time employees.

Home Share Now

Home Share Now brings together older adults with a spare bedroom to share with people in need of housing. Instead of market rent, services (household tasks, protective presence, meals, etc.) are exchanged to keep housing affordable.

Home Share Now is the only organization providing this service to Berlin. www.homesharenow.org

105 North Main Street, Suite 103, Barre, VT 05641 **479-8549**

Just Basics

Just Basics is the parent organization of both the Montpelier Food Pantry and Feast (formerly the Montpelier Home Delivery Program). Just Basics, Inc. brings together and structures programs that work with members of the greater Montpelier area to address their basic needs and confront cycles of injustice. www.justbasicsvt.org

c/o Trinity Church, 137 Main St., Montpelier, VT 05602 **802-375-5369** director@justbasics.com

Kellogg-Hubbard Library

The Kellogg-Hubbard Library is an independent nonprofit organization that provides public library services to Berlin and five other communities. It is the second largest public library in Vermont, circulating over 250,000 items each year—including books, DVDs, CDs and e-books. Attendance at adult and children's programs—including summer camps for children—averages over 10,000 per year. Although the library is located in Montpelier, it is not a municipal library or part of city government. info@kellogghubbard.org

135 Main St., Montpelier, VT 05602 223-3338

Montpelier Senior Activity Center

A Gathering Place for Healthy Aging, Lifelong Learning & Delicious Meals! Open to All, Ages 50 and Up.

Check the website for information regarding participating in programs, activities, meals and services that promote healthy aging and lifelong learning, help prevent and address physical and mental health issues, maintain socialization, reduce isolation, enhance nutrition, and expand access to various aging resources. Class fees are very modest and financial aid is available. www.montpelier-vt.org/msac

58 Barre Street, Montpelier, VT 05602 **223-2518** msac@montpelier-vt.org

O.U.R. House

O.U.R. House is the designated Special Investigations Unit and Children's Advocacy Center for all of Washington County. We work directly with DCF, Law Enforcement and other community partners on all cases of children's sexual and serious physical abuse cases as well as adult sexual assault cases. Through this service all victims receive forensic interviews from trained professionals who specialize in these type of crimes. In addition all victims and non-offending support systems receive case management, advocacy and referrals for other services as needed.

To learn more about OUR House - <http://www.vtchildrensalliance.org/in-the-spotlight>

To report child abuse or neglect: 1-800-649-5285

38 Summer St, Barre VT 05641 **476-8825**

People's Health & Wellness Clinic

Providing primary health care and wellness education to uninsured and underinsured central Vermont residents who could not otherwise afford these services. Free clinic charging nothing for services but donations are asked for. A small paid staff supports over 100 volunteers who give freely of their services. Doctors, Nurses and Nurse Practitioners, Mental Health providers, body workers, and other specialist and complementary practitioners offer a wide array of treatment options. A new oral health program provides dental hygiene consultation and a network of volunteer dentists are available for referrals. In addition to services on site, People's Health & Wellness arranges for prescriptions, specialist referrals, lab work, and other diagnostic testing. Often patients qualify for financial assistance for all or part of these services and the staff and administrative volunteers help guide people through the paperwork. By appointment only 479-1229 www.phwcv.org

553 North Main Street, Barre, VT 05641 **479-1229**

Prevent Child Abuse Vermont

Prevent Child Abuse Vermont promotes and supports healthy relationships within families, schools, and communities to eliminate child abuse. Their goals are to end the generational cycle of abuse; train all who interact with children on proven methods to prevent child abuse and neglect; and empower children to be heard. www.pcavt.org

PO Box 829, Montpelier, VT 05601 **229-5274**

Sexual Assault Crisis Team

The Sexual Assault Crisis Team (SACT) is a private, non-profit organization that offers free of charge advocacy for male and female victims of sexual violence. This advocacy includes emotional support both one-on-one and groups, 24/7 emergency hotline, legal support, medical and hospital support, emergency overnight shelter support and shelter use for victims/survivors, their non-offending family members during the legal process including court, depositions, rape exam recovery, time before or after individual counseling sessions through private therapist, other times when victims/survivors need a private space or bed for an hour or a day. SACT also provides education around all sexual violence issues for Washington County Schools K-12 and colleges, service groups and other public organizations.

24 Hour Hotline 802-479-5577

4 Cottage Street, Barre, VT 05641 **476-1388** sactwc@aol.com

Vermont Association for the Blind and Visually Impaired

Enabling Vermonters with vision problems, whether blindness or impairment, to achieve and maintain independence. Offering a complete range of services to visually impaired residents at no cost to the client. www.vabvi.org

10 Main Street, Montpelier, VT 05602 **800-639-5861** general@vabvi.org

Vermont Center for Independent Living

Teaching people with significant disabilities and the deaf how to gain more control over their lives and how to access tools and services to live more independently. VCIL employees conduct public education, outreach, individual advocacy and systems change advocacy to help promote the full inclusion of people with disabilities into community life.

www.vcil.org

11 East State Street, Montpelier, VT 05602 **229-0501** (voice/TTY) info@vcil.org

Washington County Diversion Program

The Washington County Diversion Program is a local non-profit program that addresses unlawful behavior, supports victims of crime and promotes a healthy community. The mission of Vermont's Court Diversion Programs is to engage community members in responding to the needs of crime victims, the community, and those who violated the law, holding the latter accountable in a manner that promotes responsible behavior. Our philosophy is that ordinary citizens who volunteer their time and energy are more effective in addressing those who have committed crimes than our court system can be, especially for low-level offenders charged with an illegal act. www.wcdp-vt.org

322 North Main Street, Suite 5, Barre, VT 05641 **479-1900**

Washington County Youth Service Bureau

Providing a wide range of innovative and effective programs that empower and enrich the lives of youth and families in Washington County and providing leadership and support to other youth programs throughout Vermont. Prevention programs include Basement Teen Center, Street Outreach Program and CityScape Consortium. Counseling Programs include Country Roads and Healthy Youth Program – Substance Abuse Program. Support includes Teen Parent Program, Transitional Living Program, and Return House. A Community Thanksgiving Dinner held at the Bethany Church has been hosted by WCYSB since 1974. Most services are free. For those requiring payment, some private insurances and Medicaid are accepted and a sliding fee scale is offered. No one is turned away because they can not pay. WCYSB work is a private, non-profit organization and their work is supported by private, local, state, and federal grants, Medicaid and other insurance, donations, and fundraising. www.wcysb.org

PO Box 627 / 38 Elm Street, Montpelier VT 05601 **229-9151** wcysb@wcysb.org