

parentexpress



Early Head Start & Head Start
Parent Child Center
The first door to open all others.

**Parenting in Your Pocket
brought to you by:**

PARENTING IN YOUR POCKET

Children don't come with instructions- here's a convenient reference guide to all things a parent might need, whether you're expecting your first child or have a teenager!

Resource categories are listed alphabetically- call 211 in Vermont or visit VT211.org for additional resources.



Child Care, Preschool & After School
BEAMS Program at Brattleboro Area Middle School (BAMS) - 451.3500, bams.wsesu.org

Boys & Girls Club of Brattleboro - 254.5990, bgcbrattleboro.com

Early Education Services (EES) - 254.3742, 1.800.427.3730 (VT Only), earlyeducation@services.org

Early Head Start, Head Start, and Infant Toddler program at Brattleboro Union High School

Meeting Waters YMCA, ASPIRE Programs - 463.4769, meetingwaters@ymca.org

VT Bright Futures Child Care Information System - brightfutures.dcf.state.vt.us

Windham Central Supervisory Union - 365.9510, windhamcentral.org

Winston Prouty Center for Child and Family Development - Child Care Support Services & Early Learning Center - 257-7852

Windsong NorthEast Supervisory Union - 463-9958 wnesu.org

Windham SouthEast Supervisory Union - 254.3730, wssu.k12.vt.us/index.html

Windham SouthWest Supervisory Union - 464.1300, windhamsw.k12.vt.us

Children with Special Needs
Children's Integrated Services - 257-2101 X314

Notes:
• This guide includes services available to the residents of 19 towns in the Brattleboro Agency of Human Services (AHS) District. The Brattleboro AHS district covers most of Windham County, Vermont.
• This information is provided as a resource only and Early Education Services is not responsible for errors contained herein.
• All phone numbers are area code 802 unless otherwise noted.



Winstonprouty.org
Which includes
Early Intervention
Specialized Child Care
Early Childhood Mental Health
Essential Early Education Program (EEE)/Special Education -
Windham Central, 365-7506 ext. 121;
Windham NorthEast Supervisory Union, 463-1612 ext.116
Windham SouthWest, 254-3765;
Windham SouthWest, 464-1300 ext. 122;
Families First in Southern VT, Inc. -
464.9633 (Williamington),
familyfirstvt.org
Health Care and Rehabilitation Services (HCRS) -
886-4500 (Brattleboro), hcrs.org
Southern VT Therapeutic Riding Center - 221-4409
sovtc.org
Theatre Adventure Program
(New England Youth Theatre) - 246-6398, neyt.org
VT Dept. of Health - 257.2884, health@vermont.gov
VT Family Network - 1.800.800.4005,
vermontfamilynetwork.org

Other Resources
Southeastern VT Building Bright Futures
buildingbrightfutures.org
Parent Express of Windham and Cheshire Counties -
Free monthly publication of ideas, resources and activities for parents, caregivers, and children, available at hundreds of locations. - 1.603.352.1234 ext. 1826
parentexpress.net
The VT Parents' Home Companion & Resource Directory
- Published annually by Prevent Child Abuse VT. Contact PCAVT at 1.800.244.5373 to request a copy.
Windham County Parent Resource Calendar -
rockinghamlibrary.org/parent

NOTES

Clothing - Free or Low Cost
Agape Church (Brattleboro) - 257-4069
Cream of the Crop (Brattleboro) - 254-0056
Experienced Goods Thrift Shop (Brattleboro) -
254-5200, brattleborohospice.org
Groundworks Drop In Center, 257-5415,
groundworksvt.org
Call 211 in Vermont or visit VT211.org for additional resources.
Sexual Violence Hotline: 1.800.489.7273
Domestic Violence Hotline: 1.800.228.7395
Suicide Prevention Lifeline - 1.800.273.8255
Poison Center of Northern NE - 1.800.222.1222
Prevent Child Abuse Vermont Helpline - 1.800.244.5373
- 1.800.622.42351
Health Care & Rehabilitation Services Crisis Line (HCRLS)
Division - 1.800-479-6151, dct.vermont.gov
VT Dept. for Children and Families: Economic Services
Child Support Helpline - 1.800.786.3214
Child Protection Line - 1.800.649.5285
Child Care Helpline - 1.800.649.2642
(Youth Services) - 257.0361 ext. 7
24/7 Youth and Family Crisis Support
VT 211 (for information and referrals)
911 - Police, Fire
Crisis/Emergency - Helplines/Hotlines
*Contact your child's school for an application for free winter clothing.
whippersnappersvt.com
Whippersnappers (Brattleboro) - 275-5176,
twicetime.com
Twice Upon a Time (Brattleboro) - 254-2261,
twiceblessedinc.org
Twice Blessed (Dover) - 464.7500
swift-secondhandshop.business.site
Swirl (Putney) - 387-4347
Second Chance Shoppe (Townshend) - 365.7196
Love It Twice (Brattleboro) - 490.2160, loveittwice.net
Kids in Coats,* unitedwaywindham.org



Women's Freedom Center - 254-6954,
womensfreedomcenter.net
Windham County Sheriff's Office - 365.4941,
windhamsheriff.com
*Contact your local police or fire department about special safety trainings they might offer.

Support Groups
Early Education Services (includes Dedicated Dads group) - 254-3742, earlyeducationservices.org
Kinship Connections - 451-6445,
Mothers' Circle/Moon Time - 258-8723,
brattleborovillage.com
New Moms Network (BMH) - 251-9965, bmhvt.org
Prevent Child Abuse VT - 1.800.244.5373, pcavt.org
Stepfamily Services - (802) 258-1052
Turning Point of Windham County (Recovery Center)
- 257-5600
Vermont Adoption Consortium - 258-0308,
lundfamilycenter.org
Winston Prouty - 257-2101 ext. 314
winstonprouty.org
Young Mom's Group - 380-5598 youthservicesinc.org



Transportation - Public
The Current/Connecticut River Transit (Windham Co.) - 1.888.869.5165,
crtransit.org
The Moover/Deerfield Valley Transit Assoc. - 464-8487,
moover.com
Go! Vermont - carpooling info. - 685-7433,
connectingcommuters.org



Financial Assistance

Bankruptcy Advice (Free) - 1.800.379.0985
Consumer Credit Counseling Service of NH & VT - 1.800.327.6778
Dept of Employment and Training - 254.4555
Fuel Assistance - 1.800.479.6151
Groundworks Drop In Center - 254-5415
groundworksvt.org
Lifeline Telephone Service Credit - 1.800.234.9473
lifelinesupport.org
Link-Up VT (telephone) - 1.800.479.6151
Mortgage Payment Assistance - 1.800.750.8956
ReachUp - 1.800.479.6151
Southeastern VT Community Action (SEVCA) - 1.800.464.9951, sevca.org
Student Loan Relief Hotline - 1.866.836.9168
Tax Relief Hotline - 1.877.283.8580
VT Adult Learning - 257.9449, vtadultlearning.org
VT Dept for Children and Families: Economic Services Division - 1.800.479.6151, dcf.vermont.gov
VT Housing Finance Agency - 1800.339.5866, home@vhfa.org



Food

3SquaresVT (food stamps) - 1.800.479.6151, vermontfoodhelp.com
Office - 1.888.253.8805
Commodity Supplemental Food Program (CSFP) - 1.800.214.4648, vtfoodbank.org



centerforhomeopathy.com
Grace Cottage Hospital - 365.7357, gracecottage.org
Medicaid & Dr.Dynasaur - 1.800.250.8427, greenmountaincare.org
New England Wellness Group, 275-4732, newenglandwellnessgroup.com
Planned Parenthood (Brattleboro Health Center) - 257-0534
plannedparenthood.org/ppnne
Putney Community Cares, Inc. - 387-5593, putneycommunitycares.org
Putney Family Health Care (part of BMH) - 387-5581
Sojourns Community Health Clinic - 722.4023, sojourns.org
SVMC Deerfield Valley Campus (Wilmington) - 464-5311
VT Department of Health - 1.800.649.4357 and 257.2880, healthvermont.gov
Vermont Health Connect - 1.855.899.9600, vermonthealthconnect.gov

*The Family Guide to Area Healthcare Services- Free copies available at BMH

Mental Health - Children and/or Adult

Brattleboro Retreat - 1.800.738.7328, brattlebororetreat.org
Early Childhood and Family Mental Health - 254.6028
Health Care and Rehabilitation Services (HCRS) - 1.888.888.5144, hcrs.org
Northeastern Family Institute (NFI) - 254.2558, nafi.com



*Contact your child's school for a school counselor

Vermont Food Bank - 1-800-585-2265
vtfoodbank.org
Hunger Free Vermont - 865-0255
hungerfreevt.org
Farmers Markets -
Brattleboro - 254.8885, brattleborofarmersmarket.com
Brattleboro Winter Market - 869.2141, postailsolutions.org
Putney
putneyfarmersmarket.org
Townshend - 874-4800, find on Facebook
Wilmington - 442.7371, find on Facebook
Farm to Family Program - 1.800.464.4343 x7333
Food Connects - 451-0538, foodconnects.org
Food Shelves -
Agape Christian Fellowship - 257-4069
Community Bible Chapel (Brattleboro) - 254-2910
Deerfield Valley Food Pantry - 464-0148
Groundworks Drop In Center - 257-5415
Guilford Food Pantry - 579-1350
Jamaica-Wardsboro Food Pantry - 874-7234
Putney Community Food Shelf - 387-8551
Townshend Community Food Shelf - 365-4348
Meal Programs -
Agape Christian Fellowship (Brattleboro) - 257-4069
Brigid's Kitchen (Brattleboro) - 558-6072
Loaves & Fishes (Centre Congregational Church, Brattleboro) - 254-4730

Substance Abuse Prevention, Treatment & Recovery

Brattleboro Area Prevention Coalition - 257.2175, BrattleboroAreaPreventionCoalition.org
Brattleboro Comprehensive Treatment Center (for opioid addiction) 855-444-5013, brattleborooctc.com
Brattleboro Retreat - 1.800.738.7328, brattlebororetreat.org
Deerfield Valley Community Partnership - 464.1698, dvcp.org
Greater Falls Connections - 463.9927, greaterfallsconnections.org
PEAR- People, Education, Advocacy, Recovery VT - 223-6263, pear-vt.org
Turning Point of Windham County Recovery Center - 257.5600
VT Department of Health - 257.2880, healthvermont.gov
West River Valley Thrives - 365.4700, wrvthrives.com
*Contact your child's middle or high school for the Student Assistance Program counselor



Housing/Shelter

Brattleboro Housing Authority - 254-6071, brattleborohousingauthority.com
Family Supportive Housing - 257-2101 ext. 314
winstonprouty.org
Groundworks Collaborative
Drop-in center: 257-5415
Shelter: 257-0066



Boys & Girls Club of Brattleboro (for youth and their families) - 254-5990
bgcbrattleboro.com
Free and Reduced Lunch Program*
*Contact your child's school for an application.
(inc. breakfast and summer) - 865-0255, hungerfreevt.org
Nutrition Education/Healthy Cooking Classes -
Brattleboro Food Coop - 246-2842, brattleborofoodcoop.com
Hunger Free VT - 865-0255, hungerfreevt.org
VT Foodbank - 1.800.585.2265, vtfoodbank.org
WIC in VT - 1.800.646.4357 and 257-2880, healthvermont.gov/wic

Fun Things to Do with Kids - Free or Low Cost

Adams Family Farm - 464-3762, adamsfamilyfarm.com
Bellows Falls Fish Ladder - 843-2111
Bellows Falls Boys & Girls Club - 460-4400
Boys & Girls Club of Brattleboro - 254-5990, bgcbrattleboro.com
*Brattleboro Recreation & Parks Dept** - 254-5808, brattleboro.org
Brattleboro Museum & Art Center - 257-0124, brattleboromuseum.org
Cheshire Children's Museum - 603.903.1800, cheshirechildrensmuseum.org
Friendly Farm, 563-8444
friendlyfarm.com
KidsPLAYce - 254-5212, kidsplaycevt.org



groundworksvt.org
Windham & Windsor Housing Trust - 254.4604, w-wht.org
Vermont Overflow Shelter (Bratt.) - 257-5415
Youth Services (housing for youth) - 257.0361, youthservicesinc.org

Parent Education and Support prenatal to 8:

- *Brattleboro Memorial Hospital birthing center (BMH)* - 257-0341, bmvht.org/events
- *Branches Pregnancy Resource Center* - 254-6734, branchesprc.com
- *Early Education Services (EES), (Welcome Baby, homevisiting, and parent classes/support groups)* - 254-3742, earlyeducationclasses.org
- *Help Me Grow - Developmental and Behavioral info.*, dial 2-1-1
- *It Takes a Village*, brattleborovillage.com
- *Vermont Dept. of Health WIC, program* 257-2880, healthvermont.gov
- *Winston Prouty, Children's Integrated Services and parent classes/support groups* - 257-2101 ext. 314, winstonprouty.org



8 and up:

- *Brattleboro Area Prevention Coalition*, 257-2175, brattleboroareapreventioncoalition.org
- *Deerfield Valley Community Partnership (DVCP)* - 464-1698, dvcp.org
- *Greater Falls Connections* - 463-9927, greaterfallsconnections.org
- *West River Valley Thrives* - 365-4700

Libraries (VT Dept of Libraries) - 828-3261, libraries.vermont.gov,
Montshire Museum of Science - 1.802.649.2200, montshire.org
Museums - vtliving.com/museums/sout.shtml
Nature Museum at Grafton - 843-2111, nature-museum.org
Playgroups (Early Ed. Services) - 254-3742
Retreat Farm - 490-2270 retreatfarm.org
Southern Vermont Natural History Museum - 464-0048, vermontmuseum.org
Stonewall Farm - 603.357.7278, stonewallfarm.org
Summer Camp List (Youth Services) - 257-0361
Town forests for hiking/exploring
vtcommunityforestry.org
Vermont Institute of Natural Sciences- 359-5000, vinsweb.org
Vernon Dam & Fish Ladder, 603.445.6800
*Vernon Recreation Dept** - 254-9251, vernonrec.com
VT State Parks - 1.888.409.7579, vtstateparks.com
*If not listed, contact your town office to inquire about recreation options.



Health & Wellness

AIDS Project of Southern Vermont - 254.4444, aidsprojectsouthernvermont.org
Biologic Healthcare - 275-4732, biologichealthcare.com
Brattleboro Free Walk-In Clinic - 251-8484, brattleborowalkinclinic.org
Brattleboro Memorial Hospital/The Birthing Center - 257.8830, bmvht.org
Center for Homeopathy - 254.2928,

wrvthrives.com
All ages of children:
- *Health Care and Rehabilitation Services, (HCRS)* 1.888.888.5144, hcrs.org
- *Prevent Child Abuse Vermont*, - 1.800.244.5373, pcavt.org
- *VT Dept. for Children & Families (DCF) Family Services Division* - 257-2888, (800) 479-6151, dcf.vermont.gov
- *Youth Services*, 257-0361, youthservicesinc.org

Safety Information/Classes

American Red Cross (Babysitter course, Infant and Child CPR) - redcrossvthuv.org
Be Seat Smart Program (car seat safety & inspection) - 1.888.VMT.SEAT, beseatsmart.org
Brattleboro Memorial Hospital - 257-0341, bmvht.org
Lead Safe VT - leadsafevermont.org
NetSmartz (internet/technology) - netsmartz.org
Northern New England Poison Center - 1.800.222.1222
nnepc.org
Prevent Child Abuse VT (PCAVT) - 1.800.244.5373, pcavt.org
Rescue, Inc. (CPR training and first aid training) - 257.7679, rescueinc.org
Safe Kids Windham County - 251-2183, safekids.org
VT Dept. for Children and Families (DCF) Family Services Division - (800) 479-6151
dcf.vermont.gov
VT Dept. of Health, 800-464-4343, healthvermont.gov

