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Breastfeeding & Nutrition Resources

Addison County Home, Health and Hospice
254 Ethan Allen Hwy. New Haven, VT
9802) 388-7259 or (800) 639-1521
www.achhh.org

Tricia Cass, BSS, ICCE, IBCLC
(802) 453-6655

Vicki Kirby, RN, IBCLC
(802) 236-4136

La Leche League
Breast feeding support, monthly meetings & phone help
Meetings at Junebug Resale Shop
5 Park St. Middlebury, VT
Contacts:
Samantha 382-1589 Kathy: 453-3087
Emily 388-0363 Tricia 453-6655

Lactation Resources of Vermont
(802) 878-6181

Porter Medical Center-Newborn Nursery
(802) 388-4701

WIC
Nutrition program that helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy
(802) 388-4644
http://healthvermont.gov/wic/index.aspx
Car Seats
Installations/Checks/Discounts

Bristol Police Dept. Fitting Station
45 Monkton Rd.
Bristol, VT
(802) 453-2410
• 1st Saturday of month
  10:00am-2:00pm
• 3rd Tuesday of month
  3:00pm-6:00pm

Middlebury Volunteer Ambulance
55 Collins Dr.
Middlebury, VT
(802) 388-3286
• 1st Saturday of month
  9:00am-12:00pm

Vergennes Area Rescue
106 Panton Rd.
Vergennes, VT
(802) 877-3683
• 3rd Saturday of month
  9:00am-1:00pm

CPS Techs

Shannon Babbie
Fletcher Allen
Shannon.babbie@vtmednet.org
(802) 847-3676

Beth Bearor
Vergennes Ambulance
Bethmorgan1985@hotmail.com
(802) 758-2331

Elizabeth Eddy
Middlebury Pediatrics
Elizbetheddy84@hotmail.com
(802) 388-7959

Kevin Emilio
Middlebury Police
kemilio@middleburypolice.org
(802) 388-3191

Maria Farnsworth
Middlebury Ambulance
mfarnswo@middlebury.edu
(802) 443-5473

Brian Fox
Brian.fox@state.vt.us
(802) 453-2533

Kevin Gibbs
Kevin.gibbs@state.vt.us
(802) 453-2533

Nancy Klopfenstein
Tapestry Midwife
nklopfenstein@comcast.net
(802) 877-0022

Charles Welch
Vergennes Ambulance
Vars110@gmail.com
(802) 877-3683

Lauren Young
Rainbow Pediatrics
Lauren.young79@gmail.com
(802) 388-1338
Chiropractic Services

Chiropractic Health & Wellness
14 School St. Suite 105
Bristol, VT
(802) 453-5588

Clear Connection Chiropractic
www.transformyourlifechoiro.com
152 Maple St #302
Middlebury, VT
(802) 398-2001

Kelly Winfield, DC
25 Main St. Suite C
Bristol, VT
(802) 453-6010

McDaniel Chiropractic Center
www.mcdanielchiro.com
1330 Exchange Street #105
Middlebury, VT
(802) 388-0970

Middlebury Chiropractic
Accepts Medicaid
www.middleburychiropractic.com
103 Court Street
Middlebury, VT
(802) 388-6376

Nicholas Cannon, DC
Accepts Medicaid
1641 Rte 7 South
Middlebury, VT
(802) 458-0488
www.integratedmed.org

Vermont Spine Works & Rehabilitation
Accepts Medicaid
www.vermontspineworks.com
99 Court Street
Middlebury, VT
(802) 388-3400
**Court & Legal Services**

**Office of Child Support**
State agency responsible for establishing, collecting upon, enforcing and modifying support orders for children who do not live with both parents
Addison County (802) 786-5060
http://DCF.Vermont.gov/ocs/contacts_ocs/offices

**Supervised Visitation Program**
(802) 388-6783
www.safevisitsvt.org

**Vermont Legal Aid**
Burlington, VT
(802) 863-5620 or (800) 889-2047
Crisis Services

Counseling Service of Addison County (CSAC)
For emergency services 24 hours a day
(802) 388-7641
www.csac-vt.org

Womensafe
Works toward elimination of physical, sexual and emotional violence against women & their children through direct service, education and social change
Within Addison County (802) 388-4205
Community Education (802) 388-9180
www.womensafe.net

1-800-PPD-MOMS
Postpartum depression
(800) 773-6667
www.1800ppdmoms.org

Crisis Chat
Online emotional support
www.crisischat.org

IMALIVE.ORG
Online suicide prevention
www.imalive.org

National Hope Network
Will connect caller to closest volunteer
(800) 784-2433

National Suicide Prevention Hotline
(800) 273-8255

R.U.1.2.? Queer Community Center/Safespace
Website has dozens of links to resources
Information & services
(802) 863-0003
(866) 869-7341
www.re12.org

The Trevor Project
The leading national organization providing crisis intervention and suicide prevention services to gay, lesbian, bisexual, transgender and questioning youth
(866) 488-7386
www.thetrevorproject.org

Youth America Hotline
Counseling for teens by teens
(877) 968-8454

Prevent Child Abuse Vermont
Education in increasing family cohesion, empathy, self-esteem and decreasing family conflict
(800) 244-5373 or (802) 229-5724
www.pcavt.org

SCOPE (Shelter, Counseling, Outreach, Prevention and Education)
Works to prevent placement of adolescents in foster care. Helps teens who are homeless, runaway or high risk. Also has activities open to general teen population.
(802) 388-6751
**Day Care & Play Groups**

Addison County Parent Child Ctr.  
(802) 388-3171

Champlain Troubadour, Lake Champlain Maritime Museum  
Vergennes, VT  
(802) 475-2022

**Child Care & Daycare Information**  
List of licensed & registered day care providers  
(802) 388-4304

Rutland County Parent Child Ctr.  
(802) 775-9711

Storytime at Vergennes Library  
Vergennes, VT  
(802) 877-2211
Dental Care

**Berlin**
Northern VT oral & Facial Surgery
310 Fisher Rd.
(802) 223-2364

**Brandon**
Thomas Coleman, DDS
Benjamin Lawton, DDS
5 Carver St.
(802) 247-3336

**Middlebury**
Associates in Orthodontics
98 Court St.
(802) 388-2222

Middlebury Dental Group
1330 Exchange St.
(802) 388-3553
www.middleburydentalvt.com

James Daly, DDS
152 Maple St.
Suite 201
(802) 388-4432

Harvey Green, DDS
57 Court St.
(802) 388-2727

Erik Koskinen, DDS
9 Court St.
(802) 388-6404

Larrow Family Dentistry
80 Court St.
(802) 388-7251

Maple View Oral & Maxillofacial Surgery
58 Court St.
(802) 388-6344
www.mapleviewoms.com

Saltzman Dental Group
Accepts Medicaid
11 Court St.
Offers discounted care for low income/uninsured patients
$58 exam fee, $23 one x-ray fee, $125 simple extractions, $195 surgical extraction
(802) 388-7045

**Rutland**
Community Health Center of Rutland Regional
Accepts Medicaid
215 Stratton Rd.
(802) 774-5050

Oral Surgery Associates
Accepts Medicaid
155 Woodstock Ave.
(802) 747-9100

**Vergennes**
Addison County Dental Care
Frank Robert, DDS
23 South Water St.
(802) 877-6710

Gregory Maurer, DDS
46 New Haven Rd.
(802) 877-2110

**Waitsfield**
Valley Dental Associates
138 Fiddlers Green
(802) 496-2524

**Williston**
VT Technical College
201 Lawrence Pl.
$20 dental hygiene, $10-$25 x-rays
Some restorative work for ½ price
(802) 879-5643
Disability Services

Hearing and Speech Impaired
(800) 799-4889

The Independence Fund
State of Vermont affordable financing for home & vehicle modifications, wheelchairs, scooters, computers, assistive equipment, hearing aids and dentures
(800) 865-8328
www.oppsvt.org/independence-fund-loans/

Lion’s Club
Vision & hearing needs
(888) 885-4667 x298

Office of Disability Determination Services (DDS)
Determines eligibility of Vermonters who apply for Medicaid, SSDI & SSI
(800) 734-2463
http://dcf.vermont.gov/dds

Vermont Center for the Deaf and Hard of Hearing
(802) 879-4787
http://vedhh.org

Vermont Interpreter Referral Service
Provides statewide interpreter and CART referral services for American Sign Language (ASL)/Spoken English/oral interpreting assignments in settings such as medical, legal, mental health, employment, educational, civil and recreational activities
(800) 639-1519
www.virs.org

Vermont Association for the Blind & Visually Impaired
(802) 863-1358
www.vabvi.org

VT Federation of Families
Children’s mental health. Support families & children where child age 0-22 is experiencing or at risk for emotional, behavioral or mental health challenges
(802) 876-7021 or (800) 639-6071
www.vffcmh.org
Eating Disorders

Elena Ramirez
sees teens & adults
595 Dorset St. #2
S. Burlington
(802) 651-8999

Christina Allen
sees kids
595 Dorset St. #2
S. Burlington
(802)651-8999

The Adams Center for Mind & Body
1233 Shelburne Rd.
Pierson House, S. Burlington
(802) 859-1577

VT Center for Integrative Therapy
sees kids & adults & group counseling
364 Dorset St. #204
S. Burlington
(802)658-9440

Martha Coulter
1 Commons St.
Rutland
(802)775-6400

Jane Garbose
36 Main St.
Middlebury
(802)281-4144

Pam Carter
54 Main St.
Middlebury
(802)431-0331

Anie Sklar
sees kids & families
47 Court St.
Middlebury
(802)377-9448

Charlie Rossi
sees kids & families
133 Elm St.
Montpelier
(802)223-1625

Peggy Sax
sees kids & families
228 Maple St.
Middlebury
(802)388-1032

Beth Keathley
sees kids & families
64 Main St.
Middlebury
(802)388-3090
Education/Development Assistance

Champlain Valley Head Start
A program of CVOEO
Children ages 3-5
(800) 854-9648 or (802) 651-4180
www.champlainvalleyheadstart.org

Family, Infant & Toddler Project of VT
Families of children birth to 3 years
108 Cherry St. Burlington, VT
(800) 870-6758

Child Care & Daycare Information
List of licensed & registered day care providers
(802) 388-4304

March of Dimes- VT Chapter
Information & Services
(802) 560-4822
www.marchofdimes.com/vermont

Essential Early Education
Pre-school screening, evaluation and education programs. School readiness
(802) 388-2971 or (802) 453-3674

Voices for VT’s Children
Promotes public policy that enhances the lives of VT children
(802) 229-6377
www.voicesforvtkids.org
## In Case of an Emergency

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>911</td>
<td></td>
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<tr>
<td>Poison Control</td>
<td>(800) 222-1222</td>
</tr>
<tr>
<td>Middlebury Police</td>
<td>(802) 388-3191</td>
</tr>
<tr>
<td>Middlebury Fire Dept.</td>
<td>(802) 388-4462</td>
</tr>
</tbody>
</table>
Eye Care

Berlin
Optical Expressions
Accepts Medicaid
282 Berlin Mall Rd.
(802) 223-2090

Middlebury
Dr. Lisa Alexander
Accepts Medicaid
Ophthalmologist for low income patients
76 Court Street, Suite 2
(802) 388-3937

Eye Care Associates
Accepts Medicaid
1330 Exchange St.
(802) 388-6565

Middlebury Eye Associates
91 Main St.
(802) 388-2811

Shelburne
Hayes Sogoloff, OD
5138 Shelburne Rd.
Suite 22A
(802) 985-2210

Shelburne Eyeworks
2989 Shelburne Rd.
(802) 985-8333

Vergennes
Peak View Eye Care
27 Main St.
(802) 877-2422

Williston
Walmart
Taft Corners
$77 eye exam
(802) 878-5233 (ask for vision ctr.)
Family Services

Addison County Kid Swap  
Group on Facebook that people list children/baby items for sale or that are needed.  
• Log into Facebook and type the Addison County Kid Swap into the search bar at the top.  
• Join group to get updates.  
www.facebook.com

Addison County Parent Child Center  
Services to young parents & children  
(802) 388-3171  
www.addisoncountypcc.org

Counseling Service of Addison County (CSAC)  
For emergency services 24 hours a day  
(802) 388-7641  
www.csac-vt.org

Department of Children & Families (DCF)  
Addison County- child services, counseling, physical & sexual abuse complaints  
(802) 388-4660

Family Focus  
Parent resource line  
(800) 639-1577

Family, Infant & Toddler Project of VT  
Families of children birth to 3 years  
108 Cherry St. Burlington, VT  
(800) 870-6758

Lund Family Center  
Comprehensive treatment center and family support agency, offering an array of integrated services in response to the needs of pregnant or parenting teens and women, adoptive families and children.  
www.lundvt.org  
Referral line (802) 879-3000  
www.llli.org
Financial Services

Champlain Valley Office of Economic Opportunity (CVOEO)
Assistance with fuel & utility bills, income taxes, rebates, housing, food shelf, food stamp outreach, farmer’s market coupons, nutrition education, head start, emergency food and summer food service program.
(802) 388-2285
(800) 639-2318
www.cvoeo.org

Economic Services Division of DCF
Helps Vermonters meet their basic needs through programs such as 3SquaresVT, Essential Person, Fuel Assistance and Reach Up.
(800) 479-6151
http://dcf.vermont.gov/esd

Green Mountain Care
Catamount Health
VHAP
Dr. Dynasaur
Medicaid
(800) 250-8427
www.greenmountaincare.org

Helping Overcome Poverty’s Effects (HOPE)
Food, shelter, utilities, gas money, self-help, health needs, housing, clothing vouchers, advocacy and referrals
(802) 388-3608
John V. Craven Community Services Center
www.hope-vt.org

Middlebury Community Care Coalition
Volunteer-based organization dedicated to providing basic food and housing needs
(802) 388-5499
www.mcce-vt.org

Neat Repeats
Help with cost of dental work, rent, car repair, education and family assistance
3 Bakery Lane Middlebury, VT
(802) 388-4488

Porter Hospital & Porter Practice Mgmt. Financial Assistance Program
Reduced fees or free care for income eligible
Discounts 20% - 100%
PPM Billing Office (802) 388-5673
Hospital Billing Office (802) 388-4729

Vermont Student Assistance Corp (VSAC)
Helps Vermonters who want to go to college or other training after high school. Provides grants, loans, scholarships, career and education planning.
(800) 642-3177
www.services.vsac.org
Medical Services

Addison County Home, Health and Hospice
254 Ethan Allen Hwy.  New Haven, VT
9802) 388-7259 or (800) 639-1521
www.achhh.org

Hearing Outreach Program (HOP)
Provides onsite hearing testing to a child of any age including young infants or those with developmental delay
HOP is “completely mobile”
Contact:
Joanna (501) 364-4319

Open Door Clinic
100 Porter Dr.  Middlebury, VT
(802) 388-0137

VT Association for Mental Health & Addiction Recovery
VT Department of Health
Alcohol and drug abuse program
Screening, intervention and referrals for individuals and families
Middlebury, VT
(802) 388-0127
Montpelier, VT
(802) 223-6263
www.healthvermont.gov

VT Department of Health
Child and maternal health
(802) 388-4644
Pregnancy Resource

1-800-PPD-MOMS
Postpartum depression
(800) 773-6667
www.1800ppdmoms.org

Addison County Kid Swap
Group on Facebook that people list children/baby items for sale or that are needed.
  • Log into Facebook and type the Addison County Kid Swap into the search bar at the top.
  • Join group to get updates.
  www.facebook.com

Care Net Pregnancy Center of Addison County
Information & Services
Marbleworks
Middlebury, VT 05753
(802) 388-7272

Lund Family Center
Comprehensive treatment center and family support agency, offering an array of integrated services in response to the needs of pregnant or parenting teens and women, adoptive families and children.
www.lundvt.org
Referral line (802) 879-3000
www.llli.org

March of Dimes- VT Chapter
Information & Services
(802) 560-4822
www.marchofdimes.com/vermont

Planned Parenthood
(802) 388-2765

WIC
Nutrition program that helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy
(802) 388-4644
http://healthvermont.gov/wic/index.aspx

www.1800ppdmoms.org
www.facebook.com
www.facebook.com
www.marchofdimes.com/vermont
www.lundvt.org
www.llli.org
Prescription Assistance  
Local Pharmacy Discounts & Programs

**Hannaford Saver Plus**
- Select oral antibiotics at no cost
- Savings on over 450 generic Rx medications in a 30-day supply for $4 each
- Savings on over 450 generic Rx medications in a 90-day supply for $9.99 each
- Savings on most Rx purchases & savings on both name-brand and generic medications
- Costs $7/year to enroll
- Need to go to the nearest Hannaford to sign up
- One enrollment covers entire family (and pets)
- Additional savings for vision, hearing aids and diabetic supplies

[www.hannaford.com](http://www.hannaford.com)

**KinneyCare Discount Rx Plan**
- More than 350 generic Rx available
- Offers 90-day supply of your Rx for $11.99
- Costs $10/year to enroll
- Need to go to the nearest Kinney Drugs to apply

[www.kinneydrugs.com](http://www.kinneydrugs.com)

**Marbleworks Pharmacy**
- $12 for 90-day supply of drug from drug list
- Free and do not need to enroll

[www.marbleworkspharmacy.com](http://www.marbleworkspharmacy.com)

**NeedyMeds**
[www.needymeds.org](http://www.needymeds.org)

**NY State Rx Saver Program**
- Discount card for participating pharmacies for disabled, low-income or not receiving Medicaid
- (800) 788-6917
[https://nyprescriptionsaver.fhsc.com](https://nyprescriptionsaver.fhsc.com)

**Partnership of Rx assistance**
[www.pparx.org](http://www.pparx.org)

**Rite-Aid Savings Program**
- $9.99 for a 30-day supply of select generic drugs
- $15.99 for a 90-day supply of select generic drugs
- Savings of 15% or more on thousands of generic and brand name Rxs
- Up to a 28-day-cycle pack of select generic oral contraceptives for $19.99
- 50 count of Rite Aid TRUEtest diabetic test strips for $29.99
- Sign up at local Rite-Aid

[www.riteaid.com](http://www.riteaid.com)

**Together Rx Access**
Protective Services

AWARE
Services for you or a friend that is experiencing sexual abuse
(802) 472-6463
www.awarevt.org

Child Abuse Reporting to DCF
(800) 649-5285
http://dcf.vermont.gov/fsd/reporting_child_abuse

Circle
Shelter and services for battered women
(877) 543-9498
www.circlevt.org

Clarina Howard Nichols Center
(802) 888-5256
www.chnc@clarina.org

Domestic Violence Hotline
(800) 228-7395
www.vtnetwork.org

Project Against Violent Encounters (PAVE)
(802) 442-2111
www.pavebennington.com

Prevent Child Abuse Vermont
Education in increasing family cohesion, empathy, self-esteem and decreasing family conflict
(800) 244-5373 or (802) 229-5724
www.pcavt.org

R.U.1.2.? Queer Community Center/Safespace
Website has dozens of links to resources
Information & services
(802) 863-0003
(866) 869-7341
www.re12.org

Safe At Home
Helps victims that have moved to escape their abusers. New address that is confidential and mail forwarding
(800)439-8683 (VT Only)
or (802) 828-0586
www.sec.state.vt.us

Sexual Assaulty Crisis Team (SACT)
(802) 479-5577
www.sexualassaultcrisisteam.org

Sexual Assault Hotline
(800) 489-7273

The Trevor Project
The leading national organization providing crisis intervention and suicide prevention services to gay, lesbian, bisexual, transgender and questioning youth
(866) 488-7386
www.thetrevorproject.org

VT Center for Crime Victim Services
Middlebury, VT
(802) 388-7931

Womensafe
Works toward elimination of physical, sexual and emotional violence against women & their children through direct service, education and social change
Within Addison County (802) 388-4205
Community Education (802) 388-9180
www.womensafe.net

-18-
Substance Abuse

Alcoholics Anonymous
(802) 388-9284
www.aavt.org

Narcotics Anonymous
(802) 773-5575
www.GMANA.org

Teen Challenge
For men ages 18+. Faith-based solution to drug, alcohol & other life-controlling problems. 15 month residential program. Johnson, VT
(802) 635-7807
www.tcnewengland.org

Turning Point Center of Addison County
Peer-to-peer recovery resource
Middlebury, VT
(802) 388-4249

VT Association for Mental Health & Addiction Recovery
VT Department of Health
Alcohol and drug abuse program
Screening, intervention and referrals for individuals and families
Middlebury, VT
(802) 388-0127
Montpelier, VT
(802) 223-6263
www.healthvermont.gov
## Teen Centers

<table>
<thead>
<tr>
<th>Center</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Girls Club of Vergennes</td>
<td>(802) 877-6344</td>
<td><a href="http://bgca.org">http://bgca.org</a></td>
</tr>
<tr>
<td>The Hub-Bristol Teen Center</td>
<td>(802) 453-3678</td>
<td><a href="http://bristolskatepark.com">http://bristolskatepark.com</a></td>
</tr>
<tr>
<td>Middlebury Teen Center</td>
<td>(802) 388-3910</td>
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</tr>
</tbody>
</table>

**SCOPE (Shelter, Counseling, Outreach, Prevention and Education)**

Works to prevent placement of adolescents in foster care. Helps teens who are homeless, runaway or high risk. Also has activities open to general teen population.

(802) 388-6751
**Transportation**

**ACTR**
Services for persons with disabilities are free. Eligibility must be approved by one of ACTR’s partner agencies.

[www.actr-vt.org](http://www.actr-vt.org)

- **Ride Match Program**
  Fee-based service available for people that are not eligible for any other services. Rides are provided by volunteer drivers and there is no limitation on the type of activity for which the service may be provided. Cost includes an admin fee that is charges for each one-way trip plus the amount reimbursed to volunteer drivers for their mileage.

**Medicaid**
Free service for all Medicaid-eligible residents of Addison County.

**Reach-Up**
Free program provided in partnership with the VT DCF. Specific services include transportation for employment-related activities, child care and other self-improvement activities.