Burlington VT - Resources

*** work in progress! for edits / feedback please email **april.fisher997@gmail.com**

Are you homeless?

- Call Economic Services
    - Emergency Housing: **1-800-775-0506**
        - A. Priority is given to households with a member who:
            - i. Is a child 19 years of age or under
            - ii. Is pregnant
            - iii. Is experiencing domestic violence, dating violence, sexual assault, stalking, human trafficking, hate violence, or other dangerous or life-threating conditions
            - iv. Is 65 years of age or older
            - v. includes a member who is 50 years of age or older
        - Priority also given to folks with a disability or health condition
            - Need doctor's note or proof of Social Security income
- Call 211
- Places that are open 24/7
    - south burlington
        - the airport
        - mcdonald's
- Go to the Community Resource Center at the Feeding Champlain Valley Food Shelf (228 N. Winooski Ave, Burlington)
    - ask to be added to the Coordinated Entry List
- If you're on probation / parole:
    - ask your P.O. to refer you to the Pathways DOC Housing First program

Food

- Food Not Cops
    - Free lunch every day (7 days a week):
        - 1-2pm City Hall Park by College St.
    - 24/7 free fridge and bread box
        - At 32 Hungerford Terrace
    - Volunteer cooking:
        - Saturdays and Sundays from 11:30am-1pm at 32 Hungerford Terrace, Wednesdays from 6-8pm at 279 N. Winooski Ave
- Community Resource Center (228 N. Winooski Ave)
    - 9am-2:30pm, Monday-Friday
    - Free breakfast + lunch
    - Feeding Chittenden Food Shelf
- COTS Daystation (95 North Ave)

    - Hot lunch served daily at 12:30pm
    - Showers (1 shower available at a time)
    - Laundry (1 machine available at a time)
    - Every day including weekends, 9am-5pm
- Salvation Army (64 Main St)
    - Free Dinner at 5pm (Mondays, Wednesdays, Thursdays, Fridays, Saturdays)
        - Closed Tuesdays and Sundays
    - The Food Pantry is open for walk in service Mon, Wed, Thurs 10am-2pm and Fridays 11am-2pm
- 3SquaresVT - Food Stamps - Vermont SNAP
    - Questions / Help with application:
        - 1-855-855-6181
        - 2SVT@vtfoodbank.org
        - 802-863-6248 X756
        - sbolz@cvoeo.org

- WIC (128 Lakeside Avenue)
- Children under age 5 and or pregnant or breastfeeding person
    - Call 802-863-7323 or apply online WIC Application
    - Children with Medicaid automatically eligible

- Red Door Church (21 Buell St)
    - Sunday Dinner 4:30pm - every sunday (best to get there at 4)
- Free Monthly Banquet @ Vivid Coffee (150 Cherry Street)
    - 3rd Saturday of the month
    - 5:30-7:30pm
- Free Food Map
    - 32 Hungerford Terrace: free fridge and bread pantry
    - https://www.google.com/maps/d/u/0/viewer?ll=44.48312171967264%2C-73.208559986816&z=14&mid=1zOwpWO4J1IlBpe8rd895-VBDUe2l-on-
- North End Food Pantry - 1416 North Ave, Burlington, VT
    - Every Saturday and Sunday at 8am-11am - Heineberg Community Center
- The Peoples' Kitchen
    - Free food Fridays 7pm at 40 Baird Street in the South End
- The Peoples' Farmstand
    - April through September at Pomeroy Park
- Intervale Fair Share: Free produce
    - July 8 - October 28th
    - Every Monday from 3:30-6:30
    - Must be signed up before you go
    - hannah@intervale.org or 802-660-0440, ext. 120
- Old north end community dinner
    - 2nd thursday of the month
- wildflower outreach through knight church

    - 2nd saturday of month at battery park and last saturday of the e month at elmwood pods, 11:30am-1:30pm
    - winter: switch between battery park and city hall park
- First Congregational Church UCC (38 S. Winooski Breakfast)
    - saturday breakfast at 8am
- First Unitarian Universalist Society of Burlington
    - free breakfast every sunday around 8am

COTS Resource List:
https://cotsonline.org/get-help?fbclid=IwZXh0bgNhZW0CMTEAAR0Cl-Mp797Bmi5e7LaTUjz_8mPj5aBs8iCOOylY-rsArVPx_jHI-RkatfA_aem_IAIRcTcNEtXtRL8bUf7Utw#resources

Housing

- Daytime Shelters
    - COTS Daystation
        - 95 North Ave
        - M-F from 9am to 5pm
        - (802) 864-7402
    - Firehouse Family Shelter
        - 120 N Champlain St
        - (802) 862-6567
- Overnight Shelters / Temporary Housing
    - ANEW Place - need to pass a drug test
        - 89 North St
        - 802.862.9879
    - COTS Overnight Shelter (COTS Waystation)
        - 187 Church Street
        - Open from 6pm-8am.
        - Intake over the phone: (802) 862-2651
    - COTS Family Shelter
        - (802) 864-2651
        - 24 hour Emergency overnight shelter for families
        - 78 Main St
    - Economic Services
        - Emergency Housing: 1-800-775-0506
    - Champlain Place (165 Shelburne Rd, Burlington)
        - (802) 540-1239
        - Application: PDF
        - Permanent rooms at Champlain Place are either doubles or quads.
        - Single rooms are reserved for guests with medical needs as specified by their physician.
    - Charter House Middlebury (27 N. Pleasant St, Middlebury)

        - (802) 989-8621
- Housing Navigation Assistance
    - COTS Housing Resource Center – affordable transitional and permanent housing options
        - 95 North Ave
    - CVOEO Coordinated Statewide Housing Services – Offers housing-related financial assistance
        - 255 South Champlain Street
    - Howard Center: 802-488-6000
- Subsidized Housing
    - Burlington Housing Authority (BHA) – Can provide application-based housing subsidies
        - 802-864-0538
        - 65 Main Street, Suite 101, Burlington, VT
    - Champlain Housing Trust (CHT) – assistance with affordable housing
        - 88 King Street Burlington, VT 05401
        - (802) 862-6244
        - info@getahome.org
    - Winooski Housing Authority (WHA) – Provides affordable housing options
        - 83 Barlow Street Winooski, VT 05404
        - 802-655-2360
        - webmail@winooskihousing.org

      Finding roommates / housing
        - Homeshare VT - reduced rent situations for folks who need roommates, like elderly people who need help shoveling driveway and stuff
        - Roomies.com
        - Facebook - Sensi Babeington

Spectrum Youth - Housing & Resources for Youths

- Contact info
    - Sara Brooks: (802) 864-7423 x325
    - housingreferrals@spectrumvt.org
- Spectrum has 3 shelter programs for homeless people (generally 18-24 year old)
    - 1 is a nightly shelter (shelter availability changes on a daily basis) [roommates]
        - 18-24
    - 2 is the “landing shelter” – waitlisted, not night-by-night [roommates]
        - (need to be 18-23 – no longer eligible the day you turn 24]
    - 3rd – rental unit – eligibility through Vermont State Housing Authority: for people who are homeless
        - (need to be 24 or younger for full duration of stay)

        - Social security number, Copy of Social security card, and photo ID needed
    - Eligibility
        - Sleeping on the streets
        - Sleeping in the car
        - No ID required for nightly shelter or drop-in center (self-identify your age)
- Spectrum Drop-In (177 Pearl Street – 9am-1pm, 3-5:45pm - 7 days a week)
    - Drop-in: free meals, clothes, shoes, showers, laundry, camping gear: sleeping bags and tents, winter gear, etc
    - Ages 14-25
- Case Management (Youth Development Program)
    - Helps with citizenship processes

Pathways Vermont Community Center (279 N. Winooski Ave, Burlington)

- Drop-In 10am-1pm Monday-Friday
- Mental health peer support (group or one-on-one)
- Warm space to hang out
- Free coffee, hot meals
- Computer/printer

Here To Help Clinic

- 11:30am on the 3rd saturday of the month at red door church (21 Buell St)
    - Free clothing
    - Breakfast
    - Free Haircuts

Community Health Centers Safe Harbor (184 S Winooski Ave) – (802) 860-4310

- Free healthcare
    - Walk-in hours
        - Monday: 8am-2:45pm
        - Tuesday: 8am-10am
        - Wednesday: 8am-10am
        - Thursday: closed
        - Friday: 8am-10am
- shoes, glasses and sunglasses

Glasses

- Lions Club [Application PDF]
- Community health centers Safe harbor
    - Need prescription and CHCB can help with the glasses
- Optometrists who take Medicaid [PDF]

Computer Access

- Fletcher Free Library (235 College St)

    - Monday 10 AM–6 PM
    - Tuesday 10 AM–8 PM
    - Wednesday 10 AM–8 PM
    - Thursday 10 AM–6 PM
    - Friday 10 AM–6 PM
    - Saturday 10 AM–6 PM
    - Sunday 12–6 PM

Medication Costs

- Health Assistance Program (UVM)
    - 802-847-6984
    - Call Monday-Friday 8am-4:30pm
    - 128 Lakeside Avenue, Suite 106, Burlington
    - **Strictly for medications (so not surgeries). Patients need to have insurance. The program can only cover co-pays.**
        - Can't supplement costs that are not covered by insurance
    - Need to pick up from UVM pharmacy
        - Hospital, UHC, fanny allen
    - Application / Intake process?
        - Just call! Do intake over the phone
        - Need proof of income, unless someone is on Medicaid (in which case Medicaid is sufficient proof)
- UVMMC - patient financial assistance for medical bills
    - Paper application
- Community Health Centers
    - Sliding scale
- Planned Parenthood
    - Sliding scale
- GoodRx - discount codes that you can show to the pharmacist

Mental Health Support

Phone Lines

- Pathways Vermont Support Line: **833-888-2557**
    - 24/7 phone line: you can call for any reason (loneliness, depression, etc)
    - The Pathways Vermont Support Line provides confidential, non-judgmental support and connection for all Vermonters over the age of 18 by phone. It's staffed by local peers who've been through tough situations themselves. They listen, talk with you, provide insight, and help you face life's challenges.
- Howard Center First Call: **802-488-7777**

    - First Call is a 24/7 emergency service for anyone in Chittenden County experiencing a crisis.
    - There is no wrong reason to call. Your reason for calling may be as simple as requesting an appointment with a mental health specialist or more urgent, such as getting help for a loved one who is experiencing serious emotional distress.
- THRIVE Lifeline: text “THRIVE” to +1.313.662.8209 from anywhere, 24/7
    - 24/7 text-based support for mental health and/or identity, by and for multiply marginalized individuals

Drop-In Mental Health Support

- Mental Health Urgent Care (Howard Center, Pathways, UVM)
    - The new Mental Health Urgent Care (MHUC) provides a therapeutic alternative to emergency department visits for adults experiencing a self-defined mental health crisis.
    - **Location**: 1 South Prospect Street, Burlington, VT
    - **Hours**: Monday – Friday, 9:00 a.m. – 5:00 p.m.
    - **Access**: No appointment needed; walk-ins are welcome. Free parking and easy access by public transportation.
- Pathways Vermont Community Center (888-492-8218)
    - Drop-in hours: 10am-1pm, Monday-Friday
    - 279 N. Winooski Ave
    - email pvcc@pathwaysvermont.org
    - Drop-in peer support in a group setting. One-on-one peer support can be scheduled via email, or on a drop-in basis, pending staff availability.
    - Description:
        - The Pathways Community Center aims to cultivate a community that supports resilience through the mutuality of peer support. We hold a space in which we advocate for a non-judgmental and anti-oppressive environment, with a focus on mental and emotional health.

Pathways Community Center Peer Support Groups

- Pathways Vermont Community Center (279 N. Winooski Ave)
    - Email: pvcc@pathwaysvermont.org
    - Mondays
        - 1:15-2:15pm Disability Peer Support Group: in-person and over Zoom
    - Tuesdays
        - 2:30-4pm: Hearing Voices Group (in-person)
        - 4-5:30pm: Writing Circle (in-person and over Zoom)
    - Wednesdays
        - 4-5:30pm: Anxiety Relief (in-person and over Zoom)
        - 6-8pm: Community Cooking (in-person)
    - Thursdays
        - 4-5pm: Conversations About Suicide (in-person)
    - Fridays

    - 11am-1pm: Open Art Studio (in-person)
    - 1:15-2:15pm: Mindfulness Meditation (in-person)
    - 2-3pm: Trauma Support Group (in-person and over Zoom)

Overnight Mental Health Support

- Alyssum
    - +1 (802) 767-6000
    - information@alyssum.org
    - Alyssum's two bed home is a residential crisis respite and hospital diversion service funded by the Vermont Department of Mental Health. The program is free to all eligible Vermont residents. It is peer run and designed for people who need short term support while working on recovery and discovery.
    - Five day stay in Rochester VT
- Howard Center Assist
    - 851 Pine Street
    - Burlington, VT
    - 802-488-6411
    - ASSIST is a six-bed crisis stabilization and hospital diversion program for any Chittenden County resident who is experiencing a psychiatric crisis. We provide crisis respite to help people with psychiatric disabilities remain in the community and divert admissions to inpatient care. We also assist clients who are leaving an inpatient setting to transition back to the community.
- Pathways Soteria House
    - Soteria House is a Therapeutic Community Residence for the prevention of hospitalization for individuals experiencing a distressing extreme state, commonly referred to as psychosis.
    - (888) 492-8218
    - info@pathwaysvermont.org

Employment Resources: Labor / Jobs / Work

- Pathways Vermont Community Center
    - Free employment support! Help with resumes, job applications, etc
    - Email to schedule an appointment: pvcc@pathwaysvermont.org
    - Walk-ins: 10am-1pm Monday-Friday at 279 N. Winooski Ave
- HireAbility Vermont
    - Job counseling for adults and youths with disabilities
    - 128 Lakeside Ave. Suite 301
    - 802-863-7500
- VABIR: 802-878-1107
    - Helps people with disabilities get on Social Security Disability Income (SSDI) or get a job

- Working Fields
    - (888) 847-8595
    - Helps connect employment seekers with jobs
- PeopleReady (138 N. Winooski Ave), 5:30am-6pm, Monday-Saturday
    - (802) 864-9262
    - Temporary (Temp) Work

Mail

- COTS: 45 North Ave
- Howard Center Safe Recovery: 45 Clarke St

Community Resource Center (CRC) (228 N. Winooski Ave, 9am-2:30pm, Monday-Friday)

- regularly has toiletries: toothbrush, toothpaste; deodorant razors, body wash, bathing wipes, shampoo, bug spray
- Breakfast offered every day until 11:00am
- Sometimes offers to-go sandwiches up until 2:30pm
- no clothing, but they do offer shalom shuk vouchers
- bus passes - 4 per person
    - bus passes are only for homeless people working with CRC on housing. The passes can only be used to get to doctors appointments or appointments for housing
- case management - coordinated entry, food stamps, etc

JUMP (38 South Winooski Ave) - 802 862-4501

- The JUMP Drop-In Center is open every Thursday and Friday morning at 9am. Direct assistance (utility grants, bus passes, food assistance, toiletries laundromat services, thrift shop vouchers, etc.) is available for 15 households/individuals each Thursday and each Friday; hospitality and referrals open to all until approximately 11:30am on Thursday and Friday mornings.
- JUMP can assist up to 20 households/individuals on Thursday and on Friday mornings.
- You are eligible for assistance if this is your first visit to JUMP - or - if it is has been 3 months since you received JUMP assistance. Please bring your ID. If you need utility assistance, please bring a copy of your bill.

Financial Assistance

Joseph's House Financial Assistance

Laundry & clothing vouchers, photo IDs, bus passes, utility & food assistance, hygiene & baby items.

- (802) 951-4290
  113 Elmwood Ave
  josephshousevt.org
- Hours: T, W, Th, 10-11:30 am & 1-4 pm

CVOEO Community Action (255 South Champlain Street - Burlington, VT 05402)

Phone: 802-863-6248

Hours: 8:30 am to 4 pm, Mon – Fri, except holidays

- 3SquaresVT outreach, information, and application assistance.
- Distribution of *Farm to Family Coupons*, provided annually between July 1st - September 30th or until supplies run out.
- Financial assistance and housing case management
  - Financial assistance may take the form of back rent; first months rent; security deposits; or short term rental subsidies.
- Tax preparation
- Home heating and utility assistance

Mail

- howard center safe recovery - 45 clarke st
- COTS - PO Box 1485 North Ave

Showers

- COTS Daystation (95 N. Winooski Ave)
  - (Mon - Sun from 9am-3pm)
- Safe Harbor (184 South Winooski Avenue)
  - (Mon 9-11am, Tues 12:30-3pm, Fri 12:30-3pm)

Laundry

- COTS Daystation (95 North Ave)
    - (With intake; 7 days a week, from 9am to 3 pm)
- King Street Laundry (72 King Street)
    - (Free laundry every Wednesday from 1-3pm)
    - Ask the staff for vouchers!

Clothing

- Howard Center Safe Recovery
    - COMPLETELY FREE
- 1st Congregational Church - Possibility Shop
    - takes donations Wednesday, Thursday, Friday 10am-3pm
- Battery Street Jeans
- Shalom Shuk - need $$
- Salvation Army - need $$
- Possibility Shop - cheap
- STEPS - has some clothes for survivors

Free Condoms

- **Community Health Centers of Burlington**, 617 Riverside Ave.
- **HIV/AIDS Comprehensive Care Clinic**, University of Vermont Medical Center - Infectious Disease and Travel Clinic
  111 Colchester Ave., East Pavilion, Level 5
- **Howard Center Safe Recovery**, 45 Clarke St.
- **Outright Vermont**, 241 North Winooski Ave.
- **Planned Parenthood** - Burlington, 173 St. Paul St.
- **Pride Center of Vermon**t, 225 South Champlain St., Suite 12
- **Vermont CARES**, 187 St. Paul St.
- **Pathways Community Center,** 279 N. Winooski Ave

Domestic Violence (DV) / Sexual Violence

- STEPS To End Domestic Violence
    - Hotline: (802) 658-1996
    - Emergency shelter
- HopeWorks
- Vermont Network
    - Justice for Victims Legal Clinic at the Vermont Network
- Charter House Middlebury (27 N. Pleasant St, Middlebury)

    - (802) 989-8621
    - Emergency Shelter
- **Vermont Domestic Violence Hotline – (800) 228-7395**
- **Vermont Sexual Violence Hotline – (800) 489-7273**
- **Vermont Human Trafficking Hotline – (888) 984-7888**
- Pride Center of Vermont's SafeSpace Program
    - Advocates provide free and confidential emotional support, advocacy, and resources for LGBTQ+ survivors of violence and discrimination. Support and Relationship Skills Groups offered periodically.
    - (802) 863-0003
    - safespace@pridecentervt.org

- Vermont Network Against Domestic & Sexual Violence – Links to county-specific organizations as well as statewide hotlines and legal assistance.
- Vermont Center for Crime Victim Services – Compensation programs for victims of various crimes.

- Deaf Vermonters Advocacy Services – Advocacy agency culturally and linguistically designed to meet specific needs of Deaf, Deaf/Blind and Hard of Hearing victims of domestic violence and sexual assault.
- CircleVT (Barre)

Addiction Recovery / Alcohol / Substance Use

- Howard Center Safe Recovery
    - 45 Clarke St, Burlington
        - 9am-12pm, 1-5pm (Monday-Friday)
    - (802) 488-6067
- Turning Point
    - Open 9:00am-5:00pm, 7 days a week, 365 days a year
    - Weekly Schedule: here
    - (802) 861-3150
- SaVida
- Pride Center Recovery Group
    - Fridays 6-7pm at 255 South Champlain St, Suite 12
- Alcoholics Anonymous
    - Call the Vermont state-wide anonymous hotline:
        - 802-802-2288
    - Alcoholics Anonymous holds daily meetings all over Vermont, both in-person and online.
    - See https://www.burlingtonaa.org/ for meetings, news & events in Chittenden and Grand Isle Counties.
    - For meeting and events throughout Vermont, see https://aavt.org/
- NARCOTICS ANONYMOUS
    - is a group of recovering addicts who live w/out the use of drugs
    - Info, 802-862-4516 or cvana.org

    - Held in Burlington, Barre & St. Johnsbury.
- RECOVERY DHARMA
    - Recovery Dharma uses Buddhist practices and principles to help people recover from all kinds of addictions and addictive behaviors.
    - We meet every Wednesday from 6:30 to 7:30 at the First United Methodist Church in Burlington (the "Red Door Church, 21 Buell Street).
        - Enter through the administrative office door (at far left when viewed from Buell St.)
    - Email rd.burlington.vt@gmail.com for more information.

Transportation

- Good News Garage (802-864-3667)
    - If you are at risk of losing your job due to lack of transportation — The Ready To Go program covers the entire state of Vermont and provides rides to and from employment and to and from childcare so that you may continue to work.
    - Provides vehicles to participants of DCF's Reach Up program
- SSTA (Special Services Transportation Agency)
    - 802-878-1527
    - Transportation for folks with specialized mobility needs
    - All rides must be booked 24 to 48 hours in advance
- Old Spokes Home (331 N Winooski Ave)
    - free bicycle programs and discounted bike parts and labor for low income and unhoused folks
- Green Mountain Transit (GMT) [(802) 864-2282 / 101 Queen City Park Road]
    - Non-Emergency Medical Transportation Program
        - GMT offers direct non-emergency critical care transportation for those who qualify.
    - Elders & Persons with Disabilities Transportation Program
        - The E&D Program provides transportation for non-Medicaid medical appointments, meal sites, senior centers, shopping and pharmacy trips, radiation and dialysis treatment, and general daily needs.
    - Medicaid Transportation Program
        - coordinates transportation services to eligible individuals for medically necessary and approved trips.
    - Recovery and Job Access Program
        - GMT provides the following services to those struggling with substance use disorders
            - Group Meetings and Therapy sessions
            - Access to Recovery Centers
            - Access to Drug Testing sites
            - Medical Appointments
            - Job Access (training, interviews, and initial commutes)
            - Group Meetings and Therapy sessions

                - Access to Recovery Centers
                - Access to Drug Testing sites
                - Medical Appointments
                - Job Access (training, interviews, and initial commutes)
        - Go! Vermont Program
            - free carpool matching service for commuters
            - ConnectingCommuters.org
            - 800-685-7433
- 50% off bus pass
    - if you're over 65 / on medicaid —> go to transit center

Legal Assistance / Legal Resources

- Vermont Legal Aid
- FreeHerVT
    - Vermont@thecouncil.us
    - Provides court support if you have a court date
- AALV Legal Services
- Office of the Attorney General, Civil Rights Unit
    - services for unlawful employment discrimination/practices
- Human Rights Commission
    - protects people from unlawful discrimination in housing, state government, employment, and public accommodations
- American Civil Liberties Union of Vermont (ACLU-VT)
    - Request legal assistance for violations of civil liberties and civil rights.

Labor Unions

- IWW
- AFL-CIO
- AFT
- AFCSME

Support for Refugees / Migrants

- AALV
    - AALV, Inc. – AALV helps new Americans from all parts of the world gain independence in their new communities through a range of integration services, including bridging case management, workforce development, behavioral health awareness, and interpreter services programming.
    - Youth Development Program

    - New Farms for New Americans
    - Workforce Development
    - Free Legal Services
        - Adjustment of status to lawful permanent residence
        - Asylum
        - Citizenship
        - Family Reunification
        - Temporary Protected Status
        - Victims' Visas
        - Violence Against Women Act Petitions
        - Work and Travel Authorization
- USCRI
    - U.S. Committee for Refugees & Immigrants, Vermont Field Office – Comprehensive services including housing placement, cultural orientation, school enrollment, coordination of initial health appointments, employment preparation and placement, and transitional short-term cash assistance for newly arrived refugees.
    - 802-655-1963
    - Vermont@Refugees.org
- Justicia Migrante/Migrant Justice
    - Organizing for economic justice and human rights!
    - 802-540-8370
    - info@migrantjustice.net

Tenant Resources

- CVOEO Vermont Tenants

Parents / Families / Childcare / Child care

- Janet S Munt Family Room
    - 20 Allen St, Burlington, VT
    - (802) 862-2121
    - info@thefamilyroomvt.org

    - Calendar
- AALV's O.N.E. Youth Center
    - 20 Allen St, Burlington, VT
    - The O.N.E. Youth Center is open to all youth in the larger Burlington area, ages 14-24. We have a small library and a caring staff team.
    - 20 Allen St, Burlington, VT
    - In addition to mentoring, the Center offers:
        - games and fun activities
        - homework assistance
        - field trips
        - employment application assistance
        - leadership opportunities
        - workshops and social services
    - Fall hours are:
        - Mondays 3 -10 PM, Wednesdays 3 - 6 PM and Fridays 3 -10 PM.
        - Open gym is available Mondays 6 - 10 PM and Fridays 3 - 10 PM.
    - For more information, contact the Program Coordinator:
        - Samuel Dingba
        - sdingba@aalv-vt.org
        - 860-480-6827
- King Street Center
    - 87 King Street, Burlington, VT
    - (802) 862-6736
    - kids 18 months to 18 years
- Dad Guild
    - Free programming for Dads, kids, and families
    - DadGuild.org
    - 802-318-4231
- Turning Point
    - Parents in Recovery program
- Child Care Financial Assistance
    - https://dcf.vermont.gov/benefits/ccfap
- Child Support
    - https://dcf.vermont.gov/services/child-support
    - 1-800-786-3214
    - OCSCSU@vermont.gov

Activism / Volunteer

- SEE: TinyURL.com/OrganizeBTV
- Migrant Justice VT
- Vermont Workers' Center
    - workerscenter.org

    - info@workerscenter.org
- The People's Kitchen
- Food Not Cops
    - join.foodnotcops@gmail.com
- FreeHerVT
- Neighborhood Planning Assemblies
    - https://www.burlingtonvt.gov/CEDO/Neighborhood-Services/Neighborhood-Planning-Assemblies

Resources for Black, Indigenous, People of Color (BIPOC)

- Richard Kemp Center
    - 372 N Winooski Ave
    - info@richardkempcenter.org
    - Phone: (802)-391-4335
- Black Artist Showcase
    - Every first Friday of the month at Democracy Creative in the Soda Plant
    - 266 Pine St #207
    - 6:30-8:30pm
- THRIVE Program: events/community for Black, Indigenous, People of Color who identify as LGBTQ+
    - richard@pridecentervt.oeg
    - thrive@pridecentervt.org
- BIPOC Yoga
    - Sangha Studio
        - Saturdays 1-2pm @ 237 North Winooski Avenue
        - Pay-what-you-can (by donation)
    - Laughing River Yoga @ Chace Mill
        - 1 Mill St
        - Tuesdays, 5:45-7pm
        - Free

Disability

- Vermont Center for Independent Living (VCIL) – People with disabilities working together for dignity, independence and civil rights.
    - (800) 639-1522
- Vermont Association for the Blind and Visually Impaired – Training, services, and support to visually impaired Vermonters.

    - 1-800-639-5861
- Disability Rights Vermont – DRVT provides information, referral and advocacy services, including legal representation when appropriate, to individuals with disabilities throughout Vermont.
    - 802-229-1355
- Deaf Vermonters Advocacy Services – Advocacy agency culturally and linguistically designed to meet specific needs of Deaf, Deaf/Blind and Hard of Hearing victims of domestic violence and sexual assault.
    - (802) 461–4707

Senior Citizens

- VT's Senior Helpline: 1-800-642-5119

LGBTQ+

- Planned parenthood
    - fund for trans people who can't afford care
- Pride Center VT
    - Resource List
- Outright Vermont – Services, Support, & Social Programs for LGBTQ+ youth age 22 and under, and their families
- Out in the Open – Out in the Open connects rural LGBTQ people to build community, visibility, knowledge and power.
- The Prism Center at UVM – serves the diverse queer and trans communities at the University of Vermont.
- HIV/AIDS
    - Vermont Cares – Vermont CARES works for and with Vermonters affected by HIV/AIDS
    - Pride Center - Rapid and free HIV testing, support for LGBTQ+ people living with HIV, & social programming through GLAM

Veterans

- Josh's House
- VA - veterans association - housing

Repairs / Technology

- Repair Cafe
  - Every third Saturday of the month from 11am-3pm at Laboratory B (12 North St)
- Laboratory B (12 North St)
  - (802) 540-2524
  - Provide low cost laptops to community members

Pet Care

- street dog coalition
  - Free vet clinic for pets of people experiencing homelessness. Happens four times a year
- Good Neighbor Program, Chittenden Humane Society – Provides temporary shelter, free of charge, for beloved pets during times of crisis and transition in the lives of their owners.
  - (802) 862-0135
- Humane Society of Chittenden County's Rainy Day Fund – Offers financial assistance for Chittenden and Grand Isle County residents who are unable to pay for their pet's unanticipated emergency medical treatment.
  - (802) 862-0135
  - bestfriends@hsccvt.org

Wellness

- Free Yoga @ Spiral House
  - 19 church street, saturdays at 10am
- Mindfulness Meditation @ Pathways Community Center
  - 2nd and 4th Fridays from 1:15-2:15pm at 279 N. Winooski Ave
- Laughter Yoga @ Pathways Community Center
  - 1st and 3rd Fridays from 1:15-2:15pm at 279 N. Winooski Ave

For musicians

- free recording studio at south burlington public library

Free Music

- Monday nights - Despacito
    - 294 N Winooski Ave
    - 7-10pm
- Wednesday Nights - Jazz at 126
    - 126 College Street
- Thursday nights - open mic at Orlando's
    - 1 Lawson Ln
- Friday nights - Rap night at Drink
    - 135 St. Paul St
- Sunday nights - karaoke at the soda lounge
    - 266 Pine St

Writing Groups

- Rajnii Eddins Poetry Experience
    - every 2nd and 4th sunday of the month at the fletcher free library - 1-3pm
    - Description:
        - Looking for a fun space to be creative and share poetry?
        - Check out this local writing/sharing circle (held every 2nd and 4th Saturday). The Poetry Experience is hosted by Rajnii Eddins!
        - Please spread the word and feel free to invite poets, writers, teachers, MC's, creative people and arts enthusiasts of all ages!!!
- writers bloc
    - writing group who meets up Monday nights 7pm at democracy creative (in the soda plant at 266 pine street).
- Writing Circle at the Pathways Vermont Community Center
    - Tuesdays from 4-5:30pm at 279 N. Winooski Ave or on Zoom

Movies / Filmmaking

- main street landing (60 Lake St)
    - free movies every tuesday at 7pm
- the media factory (208 Flynn Ave)
    - free video equipment rentals
- Mothership Monthly Film Festival
    - First Saturday of every month, 7-9 p.m @ 19 Church Street

Free Ebooks

Fletcher Free Library card