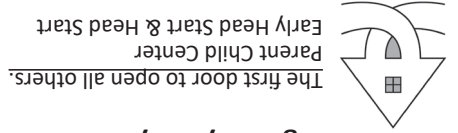


PARENTING IN YOUR POCKET

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!

Parenting in Your Pocket brought to you by:



Early Education
SERVICES

This guide was made possible by
financial support from:



Notes:

- This guide includes services available to the residents of the 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.
- Many listings also have Facebook pages that can be accessed for current information.

- Call 211 or visit VT211.org for resource information.

Resource categories are listed alphabetically.



Child Care, Preschool, School & After School
BEAMS Program at Brattleboro Area Middle School (BAMS)- 451.3500, bams.wsesu.org
Bellows Falls Boys & Girls Club - 460.4400
Boys & Girls Club of Brattleboro - 254.5990,
bgcbrattleboro.com
Early Education Services (EES) - 254.3742,
1.800.427.3730 (VT Only), earlyeducationservices.org-
program at Brattleboro Union High School
Meeting Waters YMCA, ASPIRE Programs - 463.4769,
meetingwatersymca.org
VT Bright Futures Child Care Information System -
brightfutures.dcf.state.vt.us
Windham Central Supervisory Union - 365.9510,
windhamcentral.org
Windham Northeast Supervisory Union - 463-9958
wnesu.org
Windham Southeast Supervisory Union - 254.3730,
wsesu.org
Windham Central Supervisory Union - 254.3730,
facebook.com/plaj.date.brattleboro/
windhamsw.k12.vt.us
Winston Prouty Center for Child and Family
Development - Child Care Resource & Referral and
Child Care Financial Assistance Program, - 257-7852
winstonprouty.org

Child Development
Centers for Disease Control and Prevention (CDC)

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.

NOTES

Winston Prouty (including Positive Solutions and a New Moms Network- 257-2101 ext. 314 or 257-7852,
winstonprouty.org
Young Mom's Group - 380-5598 youthservicesinc.org

****Online support and socialization**

- Brattleboro New Moms Network
- Brattleboro Area Parents Network
- Brattleboro Area Single Parents
- CourageMama Community
- Deerfield Valley Kids
- Infertility support- Brattleboro Area
- Miscarriage and Pregnancy Loss Support- Brattleboro Area
- Parents of Neurodiverse Kids- Brattleboro Area
- Pregnancy and parenting After Infertility and Loss Brattleboro Area

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



Other Resources

Southeastern VT Building Bright Futures
buildingbrightfutures.org
Parent Express of Windham and Cheshire Counties -



ccdc.gov/milestones
Children's Integrated Services - 257-2101 X314,
or 257-7852, winstonprouty.org
Which includes
Early Intervention
Specialized Child Care
Early Childhood Mental Health
Special Education Programs
Windham Central, 365-9510 ext. 105
Windham Northeast, 463-9958
Windham Southeast, 254-3730
Windham Southwest, 464-1300 ext. 113
275.4919
familyfirstvt.org
Health Care and Rehabilitation Services (HCRS) -
886-4500 (Brattleboro), hcrs.org
Southern VT Therapeutic Riding Center - 221-4409
sovtrc.org
Theatre Adventure Program
387-0765, theatreadventure.org
VT Dept. of Health - 257.2884, healthvermont.gov



VT 211 (for information and referrals)
24/7 Youth and Family Crisis Support
(Youth Services) - 257.0361 ext. 7
Child Care Helpline - 1.800.649.2642
Child Protection Line - 1.800.649.5285
Child Support Helpline - 1.800.786.3214
VT Dept. for Children and Families: Economic Services
Division - 1-800-479-6151, dcf.vermont.gov
Health Care & Rehabilitation Services Crisis Line (HCRS)
- 1.800.622.42351
Prevent Child Abuse Vermont Helpline - 1.800.244.5373
Poison Center of Northern NE - 1.800.222.1222
Suicide Prevention Lifeline - 1.800.273.8255
Domestic Violence Hotline: 1.800.799.7233
Paths Vermont Support Line (General Support),
1.833.888.2557
Local Domestic Violence Hotline (Women's Freedom
Center): 1.802.254.6954

Crisis/Emergency - Helplines/Hotlines

VT Family Network - 1.800.800.4005,
vermontfamilynetwork.org
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
Kids in Coats, * uniteawaywindham.org
Love it Twice (Brattleboro) - 490.2160, lovetwice.net
Second Chance Shoppe (Townshend) - 365.7196
Swirl (Putney) - 387-4347
swirl-secondhandshop.business.site

1.888.VMT.SEAT, besesmart.org
Brattleboro Memorial Hospital - 257-0341, bmhvt.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
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
Women's Freedom Center - 254-6954,
womensfreedomcenter.net
Windham County Sheriff's Office - 365.4942,
windhamsheriff.com
*Contact your local police or fire department about special safety trainings they
might offer.

Support Groups

Early Education Services (includes Dedicated
Dads & Foster Parent group) - 254-3742,
earlyeducationservices.org
Prevent Child Abuse VT - 1.800.244.5373,
pcavt.org
Turning Point of Windham County (Recovery Center)
(Recovery Mamas) - 257-5600
Vermont Adoption Consortium & Guardianship to
Vermont Consortium for Adoption - 258-0308,
vtadoption.org



Sexual Violence Hotline: 1.800.656.4673
Call 211 in Vermont or visit VT211.org for additional resources.

Financial Assistance

Bankruptcy Advice (Free) - 1.888.734.2585
Consumer Credit Counseling Service of NH & VT -
1.800.327.6778
Debt Relief Helpline - 888.790.1337
Dept. of Labor (Career Resource Center,
unemployment, etc.) - 254.4555
Fuel Assistance - 1.800.479.6151
Groundworks Drop In Center - 254-5415
Groundworks Shelter - 257-0066
groundworksvt.org



Lifeline Telephone Service Credit - 1.800.234.9473
lifelinesupport.org
Mortgage Relief Helpline - 1.888.770.7312
ReachUp - 1.800.479.6151
Southeastern VT Community Action (SEVCA) -
1.800.464.9951, sevca.org
Student Loan Relief Helpline - 1.888.856.2668
Tax Relief Helpline - 1.888.452.7841
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

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 - 257.8226, bmhvt.org
Grace Cottage Hospital - 365.7357, gracecottage.org
Medicaid & Dr.Dynasaur- 1.800.250.8427,
greenmountaincare.org
New England Wellness Group, 267-4838,
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 - 1.800.464.4343 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



Commodity Supplemental Food Program (CSFP) -
1.800.214.4648, vtfoodbank.org
Vermont Food Bank- 1-800-585-2265
vtfoodbank.org
Hunger Free Vermont- 865-0255
hungerfreevt.org
Farmers Markets -



Brattleboro - 254.8885,
brattleboroareafarmersmarket.com
Brattleboro Winter Market - 869.2141,
postoilutions.org
brattleborowinterfarmersmarket.org
Edible Brattleboro, 254.9121
ediblebrattleboro@gmail.com
NOFA of VT, 434.4122,
nofavt.org
Putney
putneyfarmersmarket.org
Townshend - 631.807-1515,
find on Facebook
Wilmington - 442.7371,
find on Facebook
Farm to Family Program - 1.800.464.4343 x7333
dcf.vermont.gov/benefits/f2f
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 - 257-0626

257.7852
Health Care and Rehabilitation Services (HCRS) -
Intake- 1.888.888.5144 or 1-855-220-9428
Emergency- 1-800-622-4235, hcrcs.org
Northeastern Family Institute (NFI) - 254.2558,
nfvvermont.org
*Contact your child's school for a school counselor

Substance Abuse Prevention, Treatment & Recovery

Building a Positive Community - 257.2175,
BrattleboroAreaPreventionCoalition.org
Brattleboro Comprehensive Treatment
Center (for opioid addiction)
866-733-0226, brattleborocctc.com
Brattleboro Retreat - 1.800.738.7328,
brattlebororetreat.org
Deerfield Valley Community
Partnership - 464.2202,
dvcp.org
Greater Falls Connections - 463.9927,
greaterfallsconnections.org
Vermont Association for Mental Health
and Addiction Recovery - 223-6263, vamhar.org
Turning Point of Windham County Recovery Center -
257.5600 - find on Facebook
VT Department of Health (Brattleboro office) -
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 Partnerships - 254-6071,

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
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 - 1.800.649.4357 and 257-2880,
healthvermont.gov/family/wic

Fun Things to Do with Kids - Free or Low Cost

Bellows Falls Fish Ladder -
460-4664, 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,



brattleborohousing.org
Family Supportive Housing - 257-2101 ext. 314
winstonprouty.org
Groundworks Collaborative
Drop-in center: 257-5415
Shelter: 257-0066
groundworksvt.org
Pathways Vermont: Housing First Program -
Pathways Vermont: Housing First Program -
888-492-8218
pathwaysvermont.org
Windham & Windsor Housing Trust - 254.4604,
w-wht.org
Youth Services (housing for youth) - 257.0361,
youthservicesinc.org



Parent Education and Support

prenatal to 8:
Brattleboro Memorial Hospital birthing center
(classes and doula program), 257-0341, bmhvt.org
Branches Pregnancy Resource Center - 254-6734,
branchesprc.com
Early Education Services (EES), (Welcome
Baby, home visiting (0-3), and parent
classes/support groups) - 254-3742
ext. 171, earlyeducationservices.org
Help Me Grow - Developmental and Behavioral info.,
dial 2-1-1 x6 TEXT: HMGVT to 898211
Strong Families Vermont, prenatal and postpartum
visiting nurse support, - 800-575-5162 and 257-2101
ext 314, or 257-7852, vnhcare.org/strong-families-
vermont/



brattleboromuseum.org
Cheshire Children's Museum - 603.903.1800,
cheshirechildrensmuseum.org
Friendly Farm, 563-8444
friendlyfarm.com
kidsPLAYce - 254-5212, kidsplaycevt.org
VT Library Directory,
libraries.vermont.gov/find/directory
Montshire Museum of Science- 1.802.649.2200,
montshire.org
Museums - vermont.com/activities/museums.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
Winston Prouty campus trails
Vermont Institute of Natural Sciences- 359-5000,
vinsweb.org
Vernon Dam & Fish Ladder, 413-548-9138
Vernon Recreation Dept* - 254-9251,
vernonvermont.org
VT State Parks - 1.888.409.7579,
vtstateparks.com
*If not listed, contact your town office to inquire about recreation options.

Turning Point (Postpartum Recovery Doulas) 257-5600
Vermont Dept. of Health WIC, program 257-2880,
healthvermont.gov
Winston Prouty - Parenting classes/support groups,
Children's Integrated Services (including prenatal/
postpartum supports, e.g. breastfeeding)
257-2101 ext. 314 or 257-7852, winstonprouty.org
8 and up:
Building A Positive Community, 257-2175,
brattleboroareapreventioncoalition.org
Deerfield Valley Community Partnership (DVCP) -
464-2202, dvcp.org
Greater Falls Connections - 463-9927,
greaterfallsconnections.org
West River Valley Thrives - 365-4700
wrvthrives.com
All ages of children:
Vermont Consortium for Adoption and
Guardianship -
242-0901, vtadoption.org
Health Care and Rehabilitation Services, (HCRS)
1.888.888.5144, hcrcs.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) - redcross.org
Be Seat Smart Program (car seat safety & inspection) -