RESOURCES FOR FAMILIES WITH YOUNG CHILDREN IN CHITTENDEN COUNTY
Expectant parents, children birth to six & their families

GENERAL INFORMATION

• 211 (just call it!) or www.vermont211.org Find services and supports for Chittenden County and Vermont

• www.screendoor.vermont.gov The VT Agency of Human Services Screening Tool, designed to help Vermonters find out about the services that might be available to help them

• www.healthvermont.gov click on Children and Families or 863-7323 VT Department of Health provides health & nutrition services for expectant parents, babies, children, & parents - includes lead safety, VT immunizations, pregnancy and parenting information and much more

• www.portal.healthconnect.vermont.gov/VTHBELand/welcome.action Learn about health insurance and how to use your coverage to improve your health. Find out what you qualify for.

• Chittenden Building Bright Futures (BBF): http://buildingbrightfutures.org/chittenden/about/ Connects regional programs and services, communicates local gaps in services to the BBF State Council and develops and monitors a regional plan. Holds open Council meetings the first Thursday of the month. Contact Beth Truzansky: 802-373-8937

• Children’s Integrated Services (CIS): 860-4426 Helps families with questions and concerns about healthy child development, pregnancy or postpartum, social and behavioral health of children under 6, specialized child care, and links to community resources. Provides program consultation for early care and education providers www.dcf.vermont.gov/cdd/cis

• Vermont Early Childhood Alliance: http://www.vermontearlychildhoodalliance.org Lend your voice to this statewide coalition working to improve public policies in health, safety and prevention, food, economic security, and early care and education. Contact Kelly Ault: 802-272-0795

CRISIS or EMERGENCY (24 hours/day, 7 days a week)

• Child Protection Hotline: call 1-800-649-5285 to report suspected child abuse & neglect - staffed by trained intake social workers

• First Call for Children & Families: 488-7777 Call day or night for phone or face to face response for children and families in crisis. The definition of crisis is determined by the caller.

• Poison Control Center: 1-800-222-1222 Call with questions, poison emergencies and poison prevention tips

• Women Helping Battered Women: Hotline: 658-1996 General number: 1-800-228-7395 for counseling, support groups, referrals, temporary shelter, housing services & legal advocacy

• Hope Works: 24 hour Hotline: 863-1236 General number: 1-800-489-7273 for services for survivors of rape and child sexual abuse
**PARENTING INFORMATION AND RESOURCES**

- **Call for help:** Prevent Child Abuse VT 1-800-CHILDREN (1-800-244-5373)  "Who ever said being a parent is easy?" Monday – Friday, 9:00 to 5:00

- **Playgroups, Welcome Baby Events, and more:** Parent Child Centers & local Building Bright Futures programs offer gatherings for all families, resource and referral, parenting education and family events. **All towns in Chittenden County:** 652-5138 Chittenden Building Bright Futures Direct Services [www.buildingbrightfutures.org](http://www.buildingbrightfutures.org); Facebook: [https://www.facebook.com/pages/Building-Bright-Futures-of-Chittenden-County-Direct-Services/204378069694478](https://www.facebook.com/pages/Building-Bright-Futures-of-Chittenden-County-Direct-Services/204378069694478)

  **YMCA Early Learning Readiness Program:** Jen Severance 862-8993 x149. Program is free and open to caregivers of children ages birth-5. Offers an opportunity for caregivers to learn more about how children develop and how they can encourage learning and skill building at home. Mondays/Fridays 9-11:00 at VNA Family Room in Burlington and Tuesday/Thursday 9-11:00 at Y Early Childhood Program in Winooski.

- **Classes for Parents:**
  - **Beginnings** 658-5959 childbirth preparation, parenting, infant massage, infant CPR and breastfeeding
  - **Child Birth Education:** (fee) Birth Journeys 802-324-8809; Labor of Love 603-682-0896; Vermont Birth Haven 802-578-2458; Prenatal Method 802-829-0211; Evolution Yoga 802-864-9642; Midwives at UVM-MC - patients only
  - **Healthsource** 847-2278 FAHC community calendar - Parenting & other workshops (may be a fee).
  - **Nurturing Parenting Programs**, including **Nurturing Father:** 1-800-CHILDREN (1-800-244-5373)
  - **VNA Family Room:** 862-2121 Drop in groups: FACT, Dad’s group, Early Months, Crawlers-Waddlers-Toddlers, Early Learning Readiness, MotherWoman Enrolled groups: Strong Families, Preschool, VT Dads, Parents as Teachers. [http://www.vnacares.org/health-care-services/family-childrens-services/family-room](http://www.vnacares.org/health-care-services/family-childrens-services/family-room)

- **Parenting support at home:**
  - **Children’s Integrated Services (CIS):** 860-4426 home visits for eligible families

- **Support Groups:**
  - **Fathers & Children Together** (FACT) On-going support group, dinner and child care. Contact Josh Miller, VNA Fatherhood Coordinator, at 860-4420 or 802 380-4752 for more information.
  - **Dad’s as Parents, Partners, Providers** a collaboration between VNA, Howard Center and VAL to support parenting fathers. Contact Victoria Priganc, Grant Manager, at 860-4499 x5141
  - **Rocking Horse Circle of Support:** Contact Sheryl Bellman at 488-6401 for support groups for mothers with young children. Caring for yourself; the impact of substance abuse on children and families. Child care and transportation help for support group meetings
  - **Grandparents as Parents** Contact Charlotte Parott at 893-3726 or 893-1457 Support group through Milton Family Community Center for grandparents raising their grandchildren
  - **Burlington K.I.N.** Support group for families raising the children of relatives. Meets on Wednesdays. Contact Linda at 864-5114 or linda@deliduka.com

- **Family Advocacy & Support:**
  - **Vermont Family Network** 876-5315 [www.vermontfamilynetwork.org](http://www.vermontfamilynetwork.org) Promotes better health, education and well-being for all children and families, with a focus on children and young adults with special needs
  - **Vermont Federation of Families for Children’s Mental Health** 876-7021 [www.vffcmh.org](http://www.vffcmh.org) Referral information, parent support and advocacy for families with a child or youth, age 0-22, is experiencing emotional, behavioral, or mental health challenges
  - **Vermont Kin as Parents** 338-4725 provides resources and support to kin who are raising relatives’ children [www.vermontkinasparents.org](http://www.vermontkinasparents.org)

See Vermont’s Early Childhood Alliance under General Information
PARENTING INFORMATION AND RESOURCES (CONT.)

- **Military Families:**
  - **Family Assistance Center** Contact Lindsay Jarvis at 310-0634 or [Lindsay.jarvis@us.army.mil](mailto:Lindsay.jarvis@us.army.mil)
  - **Military One Source** 1-800-342-9647 or [www.militaryonesource.com](http://www.militaryonesource.com), click on Parenting and Child Care for information on adoption, becoming a parent, child care, parenting skills, and stages of development

- **Parent Child Centers:** Activities for parents and children, community information, family advocacy and support, playgroups, parenting education, and more!
  - **Lund** 864-7467 [www.lundvt.org](http://www.lundvt.org)
  - **Milton Family Community Center** 893-1457 [www.miltonfamilycenter.org](http://www.miltonfamilycenter.org)
  - **VNA Family Room** 860-4420 [www.vnacares.org](http://www.vnacares.org)

- **Pregnancy, Breastfeeding and Postpartum Support** (see HEALTH & SAFETY RESOURCES below)

- **Vermont's Baby Safe Haven Law** Offers safe places where you can give up your baby, anonymously & legally. Not sure what to do & want help? Call 1-800-649-4357 during business hours

- **Parenting Children with Special Needs**
  - **Child Development Clinic/Children with Special Health Needs** 863-7315 Specialty clinic, care and coordination for children who have special health needs and their families; evaluation and diagnosis for children with developmental and behavioral concerns.
  - **CIS Early Intervention** 876-5315 [www.vermontfamilynetwork.org](http://www.vermontfamilynetwork.org) Help for families of children birth to 3 years who are concerned about how their child is learning and growing. [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)
  - **Essential Early Education (EEE)** Call your local school district. Developmental screening for all children 3-5 years old. Evaluations & Special Education for those with significant developmental delays.
  - **Visiting Nurse Association** 860-4420 Home visits by nurses for children with medical needs
  - **Vermont Center for Children, Youth, and Families/Autism Assessment Clinic** 847-4563 [www.med.uvm.edu/vccyf](http://www.med.uvm.edu/vccyf) Family Based Approach to patient care through FAHC’s Pediatric Psychiatry Clinic, information for primary care givers, research, and diagnostic services

EARLY LEARNING RESOURCES

- **Child Care Resource** 863-3367 [www.childcareresource.org](http://www.childcareresource.org) Assists families in searching and paying for early care and education, offers consultation and education for child care providers

- **Bright Futures Child Care Information System** [www.brightfutures.dcf.state.vt.us](http://www.brightfutures.dcf.state.vt.us) Web-based information for families, early care and education providers - finding a child care provider, paying for child care, how to be a licensed/registered child care provider, professional development & finding courses

- **Child Care Consumer Concern Line** 1-800-649-2642 [www.brightfutures.dcf.state.vt.us](http://www.brightfutures.dcf.state.vt.us) File a complaint or find out if a child care program has had a substantiated complaint

- **Head Start and Early Head Start (Champlain Valley Head Start):** 651-4180 [www.cvoeo.org](http://www.cvoeo.org) Education, health, child care and social services for low income families with children ages birth-5 years

- **Local School Districts and Supervisory Unions**
HEALTH & SAFETY RESOURCES
(Including Pregnancy and Postpartum)

• Bright Futures for Families [www.brightfuturesforfamilies.org] Resources for families based on Bright Futures guidelines, the “gold standard in child health.”

• Breastfeeding Support:
  Laws Supporting Breastfeeding visit U.S. Department of Labor, Wage and Hour Division at [www.dol.gov/whd/nursingmothers/]
  La Leche League 879-3000 [http://www.llleus.org/state/Vermont.html] Mother to mother information and support, for pregnant and breastfeeding mothers. Phone help, lending library, monthly meetings
  Lactation Resources of VT 878-6181 In-home IBCLC Lactation Consultants, breastfeeding pump rental (Medicaid and private insurance payment) and sales, free lactation classes
  Breastfeeding Warm Line, Peer Counselors, Pump information 863-7323 option #2, then option #2 certified lactation help, peers counselors and pumps available to WIC eligible families, at no cost, for exclusively breastfeeding women returning to work or school.
  Lintilac Nurse-Midwifery Services 847-2237 breastfeeding clinic, education, counseling, consultation with midwives, not limited to their patients, accepts all insurances including Medicaid
  VNA Family and Children Services 860-4420 Nurses and certified lactation consultant available for home visits for families with insurance, including Medicaid
  For more information, see [www.healthvermont.gov] Children & Families, Pregnancy & Parenting

• Car Seats- See Transportation

• Dental Services:
  Dental Providers who accept Medicaid [www.vtmedicaid.com], list changes frequently
  Resources for those without dental insurance:
  VT Technical College 879-5643 Low cost cleaning/x-rays/fluoride/sealants for adults & children over 3
  Community Health Center 652-1050 All dental services are available on a sliding fee scale; Medicaid and private insurance welcome. General assistance vouchers accepted for low income, uninsured community residents with dental emergencies
  UVM MC Health Care Dental Group 847-1777 sliding scale fee
  Vermont Dental Care 655-2385 Low cost dental care for families receiving WIC
  Dental Health Education Coordinator (Pari Motia) 951-0079 pari.motia@state.vt.us

• Doula Services: 951-0066 Call VDH for a list of women who provide labor support and after birth care
  Birth Journeys: 324-8809 childbirth education classes as well as birth & postpartum doula services

• Health and wellness information 847-8821 [www.fletcherallen.org/chrc] Frymoyer Community Health Resource Center at FAHC hospital: Research & locate reliable health information and support groups

• Healthy Homes:
  Burlington Lead Program 865-LEAD (5323) Working to reduce lead poisoning in Burlington
  VT Department of Health, Environmental Health 865-7786 or 1-800-439-8550 Information & help with lead paint, problems with drinking water & other unsafe housing conditions in Chittenden County

• Health Care Ombudsman 863-2316 or 1-800-917-7787 Health insurance problem/care access help
HEALTH & SAFETY RESOURCES (CONT.)  
(Including Pregnancy and Postpartum)

**• Hearing Screening:**  
Vermont Universal Newborn Hearing Screening Program All Vermont birthing hospitals offer hearing screenings for newborns admitted to their facility. Families can also request a referral for a hearing screening from their child’s primary care provider. Referrals can be made to:  
Fanny Allen Audiology Center 847-3970 790 College Pkwy, Colchester  
Adirondack Audiology 922-9545 112 Lake St., #230, Burlington  
Fletcher Allen’s Otolaryngology Clinic (Dr. Hubbell): 847-4535 111 Colchester Ave., Burlington

**• Mental Health:**  
Howard Center 488-6600 www.howardcenter.org Mental health services & supports  
Students First Project http://studentsfirstproject.org/ An online mental health resources for parents, guardians, schools, and other child-serving professionals  
Postpartum Support 860-4420 Visiting Nurse Association  
MotherWoman 847-2785 Free postpartum support group, facilitated by Sandra Wood, CNM

**• Personal Safety:** (See also Crisis or Emergency)  
Chittenden Unit of Special Investigations (CUSI) 652-6800 Investigates crimes of a sexual nature, with children or adults as victims.  
Child Protection and Family Support Team - KidSafe 863-9626 Works with families and service providers to respond to concerns regarding child abuse and neglect and promote child/family safety  
Supervised Visitation and Exchange: Lund Playlab 863-7370

**• Pregnancy - testing, planning and support:**  
Care Net Pregnancy Center 658-2184 free pregnancy tests, support through pregnancy & early parenting; starter layettes  
Planned Parenthood 863-6326 pregnancy tests, birth control, confidential options counseling  
Birthright 865-0056 confidential support in unplanned pregnancy decisions, free pregnancy tests  
Lund 864-7467 pregnancy counseling, assistance, adoption services  
Visiting Nurse Association 860-4420 Specialized home visits by nurses for pregnant women  
Text4Baby.org – free messages on your cell phone through pregnancy and your baby’s first year

**• Tobacco-Alcohol-Drugs: Substance Abuse Prevention and Treatment**  
The Chittenden Center 656-3700 Methadone Clinic  
HowardCenter 488-6600 Mental Health and Substance Abuse Services  
Lund 864-7467 Residential and Community Treatment Program for pregnant and parenting teens and young adults  
Rocking Horse Circle of Support: Cheryl Bellman 488-6401 Support groups for mothers with young children. Child care and transportation help for support group meetings  
Smoking Cessation Programs: VT Quit Line: 1-800-QUIT-NOW (1-800-784-8669) free phone counseling, referral to support groups and information Quit Online: 802quits.org  
www.healthvermont.gov Children and Families, Tobacco and Alcohol
FOOD, HEAT, TRANSPORTATION, and HOUSING

• Chittenden Community Action (part of Champlain Valley Office of Economic Opportunity)  
  1-800-287-7971 or 863-6248 Supports low income community members, help with housing, fuel costs, 
  prescriptions, Emergency Food Shelf & more, Mon - Fri, 9 am - 4:30 pm, 24 hr message  
  http://www.cvoeo.org, click Services, Community Action

• Joint Urban Ministry Project (JUMP) http://www.jumpvt.org Provides hospitality to all and financial 
  assistance on a first come, first served basis. First Congregational Church, Burlington, 38 South 
  Winooski Ave. Open Tues - Fri mornings, 9 to noon.

• Food:  
  3SquaresVT: VT’s Supplemental Nutrition Assistance Program (formerly Food Stamps)  
  www.vermontfoodhelp.com - find out if you are eligible for benefits, print an application  
  Expanded Food & Nutrition Education Program (EFNEP) 656-5433 Educators come to your home or 
  group, learn to choose and prepare good foods (UVM Extension - low income eligible)  
  Chittenden Emergency Food Shelf 658-7939  
  Economic Service Division 1-800-479-6151 www.mybenefits.vt.gov Helps Vermonters meet their 
  basic needs through programs such as 3SquaresVT, Essential Person, Fuel Assistance, and Reach Up 
  WIC (Women, Infants and Children) 863-7323 US Dept. of Agriculture food program at the VT Dept of 
  Health, for income eligible pregnant, postpartum & breastfeeding women, infants & children to age 5, 
  nutrition, breastfeeding support & breast pumps, community resource info, Farm to Family coupons  
  For a complete food discount list, contact your local WIC office 863-7323

• Housing  
  Burlington Housing Authority (BHA) 864-0538 www.burlingtonhousing.org Promotes, provides, and 
  preserves affordable housing in the City of Burlington and surrounding communities  
  Champlain Housing Trust 862-6244 www.champlainhousingtrust.org Homebuyer education and 
  counseling, foreclosure prevention, permanently affordable homeownership, low-interest rehab loans, 
  affordable rentals and property management  
  Committee on Temporary Shelter (COTS) 864-7402 www.cotsonline.org Provides emergency shelter, 
  services, and housing for people who are homeless or marginally housed in Vermont. Advocates for 
  long-term solutions to end homelessness.  
  VT Housing Finance Agency (VHFA) 864-5743 www.vhfa.org Finance and promote affordable 
  housing opportunities for low- and moderate- income Vermonters  
  VT Tenants 864-0099 www.cvoeo.org/htm/housing/tenants Free direct services to tenants including 
  advice advocacy and referrals; workshops on residential rental housing laws, codes, and more  
  Winooski Housing Authority (WHA) 655-2360 www.winooskihousing.org Provide safe and affordable 
  housing opportunities in the city of Winooski

• Transportation:  
  CCTA 864-0211 www.CCTARide.org Bus service; bike racks & lockers; special routes; discount fares; 
  transport services for those with disabilities & Medicaid medical needs; VT Rideshare; LINK (St. 
  Albans, Middlebury, Montpelier); downtown Burlington park & ride; bus passes, includes SSTA (special 
  transportation).  
  Good News Garage: 864-3667 refurbished, donated vehicles awarded to qualifying individuals  
  Car Seats: 1-888-VMT-SEAT (868-7328) to locate a car seat fitting and inspection station in your area  
  Income eligible families receive a free car seat with a voucher from the Vermont Department of 
  Health, Burlington District Office, 888-253-8803 or 802-863-7323  
  Hinesburg Rides 482-2278 www.hinesburgrides.org Volunteer Driver Program, Rideshare Program, 
  Local Employer Transportation Program