

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 \(1-800-244-5373\)](tel:1-800-CHILDREN) "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](tel:652-5138) Chittenden Building Bright Futures Direct Services www.buildingbrightfutures.org; Facebook: <https://www.facebook.com/pages/Building-Bright-Futures-of-Chittenden-County-Direct-Services/204378069694478>
YMCA Early Learning Readiness Program: Jen Severance [862-8993](tel: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](tel:658-5959) childbirth preparation, parenting, infant massage, infant CPR and breastfeeding
Child Birth Education: (fee) Birth Journeys [802-324-8809](tel:802-324-8809); Labor of Love [603-682-0896](tel:603-682-0896); Vermont Birth Haven [802-578-2458](tel:802-578-2458); Prenatal Method [802-829-0211](tel:802-829-0211); Evolution Yoga [802-864-9642](tel:802-864-9642); Midwives at UVM-MC - patients only
Healthsource [847-2278](tel: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](tel: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>
- **Parenting support at home:**
Children's Integrated Services (CIS): [860-4426](tel: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](tel:860-4420) or [802 380-4752](tel: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](tel:860-4499) x5141
Rocking Horse Circle of Support: Contact Sheryl Bellman at [488-6401](tel: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](tel:893-3726) or [893-1457](tel: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](tel:864-5114) or linda@deliduka.com
- **Family Advocacy & Support:**
Vermont Family Network [876-5315](tel:876-5315) 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](tel:876-7021) 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](tel:338-4725) provides resources and support to kin who are raising relatives' children 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
Military One Source 1-800-342-9647 or 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
Milton Family Community Center 893-1457 www.miltonfamilycenter.org
VNA Family Room 860-4420 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 Help for families of children birth to 3 years who are concerned about how their child is learning and growing. 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.
Vermont Family Network 876-5315 www.vermontfamilynetwork.org Connecting families who have children with special needs. A network of advocacy, education and support. For Autism Support: www.vermontfamilynetwork.org/i-need-help-with/developmental-disabilities/autism/
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 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 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 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/ 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
 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:**
 - Consumer Product Safety Commission:** 1-800-638-2772 www.cpsc.gov Obtain product safety information, other agency information & report unsafe products. Find what products are recalled
 - 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](tel:847-3970) 790 College Pkwy, Colchester

Adirondack Audiology [922-9545](tel:922-9545) 112 Lake St., #230, Burlington

Fletcher Allen's Otolaryngology Clinic (Dr. Hubbell): [847-4535](tel:847-4535) 111 Colchester Ave., Burlington

- **Mental Health:**

Howard Center [488-6600](tel: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](tel:860-4420) Visiting Nurse Association

MotherWoman [847-2785](tel: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](tel:652-6800) Investigates crimes of a sexual nature, with children or adults as victims.

Child Protection and Family Support Team - KidSafe [863-9626](tel: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](tel:863-7370)

- **Pregnancy - testing, planning and support:**

Care Net Pregnancy Center [658-2184](tel:658-2184) free pregnancy tests, support through pregnancy & early parenting; starter layettes

Planned Parenthood [863-6326](tel:863-6326) pregnancy tests, birth control, confidential options counseling

Birthingright [865-0056](tel:865-0056) confidential support in unplanned pregnancy decisions, free pregnancy tests

Lund [864-7467](tel:864-7467) pregnancy counseling, assistance, adoption services

Visiting Nurse Association [860-4420](tel: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](tel:656-3700) Methadone Clinic

HowardCenter [488-6600](tel:488-6600) Mental Health and Substance Abuse Services

Lund [864-7467](tel:864-7467) Residential and Community Treatment Program for pregnant and parenting teens and young adults

Rocking Horse Circle of Support: Cheryl Bellman [488-6401](tel: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 \(1-800-784-8669\)](tel:1-800-QUIT-NOW) 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](tel:1-800-287-7971) or [863-6248](tel: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](tel: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](tel:658-7939)
Economic Service Division [1-800-479-6151](tel: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](tel: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](tel:863-7323)
- **Housing**
Burlington Housing Authority (BHA) [864-0538](tel:864-0538) www.burlingtonhousing.org Promotes, provides, and preserves affordable housing in the City of Burlington and surrounding communities
Champlain Housing Trust [862-6244](tel: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](tel: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](tel:864-5743) www.vhfa.org Finance and promote affordable housing opportunities for low- and moderate- income Vermonters
VT Tenants [864-0099](tel: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](tel:655-2360) www.winooskihousing.org Provide safe and affordable housing opportunities in the city of Winooski
- **Transportation:**
CCTA [864-0211](tel: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. Alban's, Middlebury, Montpelier); downtown Burlington park & ride; bus passes, includes SSTA (special transportation).
Good News Garage: [864-3667](tel:864-3667) refurbished, donated vehicles awarded to qualifying individuals
Car Seats: [1-888-VMT-SEAT](tel: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](tel:888-253-8803) or [802-863-7323](tel:802-863-7323)
Hinesburg Rides [482-2278](tel:482-2278) www.hinesburgrides.org Volunteer Driver Program, Rideshare Program, Local Employer Transportation Program