

# ***PARENTING IN YOUR POCKET***

**Children don't come with instructions-here's a convenient reference guide to resources a parent might need, whether you're expecting your first child or have a teenager.**

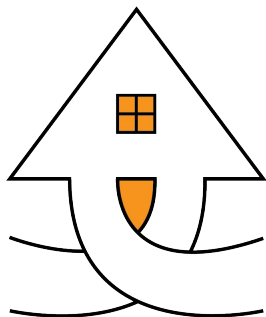
\*For additional copies or to share updates contact Sandy Stark at:  
**[sstark@wsesdvt.org](mailto:sstark@wsesdvt.org)**

Please feel free to make copies (preferably on the same color paper if available).

**Published August 2025**

# Parenting in Your Pocket

brought to you by:



**Early Education**  
SERVICES

The first door to open all others.  
Parent Child Center,  
Early Head Start & Head Start

- This guide includes resources available to residents in 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.

**You can also call 211 or visit [VT211.org](http://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](http://bams.wsesu.org)*

*Boys & Girls Club of Brattleboro - 254.5990, [bgcbrattleboro.org](http://bgcbrattleboro.org)*

*Early Education Services (EES) Early Head Start & Head Start classrooms (6wks - 5) - 254.3742,*

*1.800.427.3730 (VT only), [earlyeducationservices.org](http://earlyeducationservices.org)*

*Meeting Waters YMCA, Y-ASPIRE Programs 463.4769, [meetingwatersymca.org](http://meetingwatersymca.org)*

*VT Bright Futures Child Care Information System - [brightfutures.dcf.state.vt.us](http://brightfutures.dcf.state.vt.us)*

*Windham Central Supervisory Union - 365.9510, [windhamcentral.org](http://windhamcentral.org)*

*Windham Northeast Supervisory Union - 463.9958 [wnesu.org](http://wnesu.org)*

*Windham Southeast Supervisory Union - 254.3730, [wsesu.org](http://wsesu.org)*

*Windham Southwest Supervisory Union - 464.1300, [windhamsw.k12.vt.us](http://windhamsw.k12.vt.us)*

*Winston Prouty Center for Child and Family Development - Early Learning Center, Child Care*

*Resource & Referral and Child Care Financial Assistance Program, 257.7852, [winstonprouty.org](http://winstonprouty.org)*

## **Child Development**

*The Basics (0-3) - [thebasics.org](http://thebasics.org)*

*Centers for Disease Control and Prevention [cdc.gov/milestones](http://cdc.gov/milestones)*

*Children's Integrated Services:*

*Help Me Grow - dial 2-1-1 or [helpmegrowvt.org](http://helpmegrowvt.org)*

*Special Education - refer to supervisory union info. in Children with Special Needs section*

*Springfield Area Parent Child Center- 886.5242, [sapcc-vt.org](http://sapcc-vt.org)*

*Winston Prouty (Brattleboro Area) 257.7852, [winstonprouty.org](http://winstonprouty.org)*

***Your child's pediatrician would also be a resource for developmental questions/concerns.***

## **Children with Special Needs**

*Children's Integrated Services (CIS) which includes:*

*Early Intervention (0-3)*

*Specialized Child Care (0-6)*

*Early Childhood Family Mental Health (0-6)*

**CIS at Winston Prouty (Brattleboro Area):**

257.7852, [winstonprouty.org](http://winstonprouty.org)

**CIS at Springfield Area Parent Child Center:**

886.5242, [sapcc-vt.org](http://sapcc-vt.org)

*Disability Rights Vermont- 800.834.7890,*

[disabilityrightsvt.org](http://disabilityrightsvt.org)

*Families First in Southern VT, Inc. -251.6306,*

[familiesfirstvt.org](http://familiesfirstvt.org)

*Health Care and Rehabilitation Services (HCRS)-*

886.4500, [hcrs.org](http://hcrs.org)

*Special Education Programs (starts at age 3)*

*Windham Central, 365.9510*

*Windham Northeast, 463.9958*

*Windham Southeast, 254.3730*

*Windham Southwest, 464.1300*

*Theater Adventure Program- 387.0765,*

[theatreadventure.org](http://theatreadventure.org)

*VT Dept. of Health - 257.2880, [healthvermont.gov](http://healthvermont.gov)*

*VT Family Network - 876.5315,*

[vermontfamilynetwork.org](http://vermontfamilynetwork.org)

*VT Federation of Families for Children's Mental Health-*

876.7021 or 800.639.6071, [vffcmh.org](http://vffcmh.org)

## **Clothing - Free or Low Cost**

*Busy Bees (B. Falls)- 591.7353*

*Community Closet (B.Falls) - 463.3100,*

[Immanuelepiscopal.net/community-closet](http://Immanuelepiscopal.net/community-closet)

*Cream of the Crop (Brattleboro) - 254.0056*

*Experienced Goods Thrift Shop (Brattleboro)-*

254.5200, [brattleborohospice.org](http://brattleborohospice.org)

*Good Buy Store (Bellows Falls) - 463.9084*

*Kids in Coats- [unitedwaywindham.org/kic\\_fund](http://unitedwaywindham.org/kic_fund)*

*Second Chance Shoppe (Townshend) - 365.7196*

*Thrifting New England (Brattleboro)- (603)359.0220*

*Thrifty Attic (Londonderry)- 824.6453*  
*Tienna's Closet-886-5242(Springfield),sapcc-vt.org*  
*Twice Blessed (Dover) - 464.7500*  
*Village Closet - 289.8778,villageclosetvt.com*  
*West River Community Project (Townshend)- -874-4800,*  
*westtownshend.org*

## **Crisis/Emergency - Helplines/Hotlines**

*911 - Police, Fire*  
*VT 211 (for info. and referrals)*  
*24/7 Youth and Family Crisis Support*  
*(YouthServices)-257-0361*  
*Child Care Helpline-1.800.649.2642*  
*Child Protection Line- 1.800.649.5285*  
*Child Support Helpline -1.800.786.3214*  
*Domestic Violence Hotline: 1.800.799.7233*  
*Health Care & Rehabilitation Services Crisis Line (HCRS)-*  
*1.800.622.4235*  
*Pathways Vermont Support Line (General Support),*  
*1.833.888.2557*  
*Poison Center of Northern NE - 1.800.222.1222*  
*Prevent Child Abuse Vermont Helpline - 1.800.244.5373*  
*Sexual Violence Hotline: 1.800.656.4673*  
*Suicide Prevention Lifeline - 988 or 1.800.273.8255*  
*VT Dept. for Children and Families: Economic Services Division -*  
*1-800-479-6151, dcf.vermont.gov*  
*Women's Freedom Center (local domestic violence assistance):*  
*1.802.254.6954*  
***Call 211 in Vermont or visit VT211.org for more resources.***

## **Financial Assistance**

*Dept. of Labor (Career Resource Center,unemployment, etc.)-*  
*254.4555*  
*Early Education Services (Family Assistance Fund)-*  
*(For families with children 6 and under)- 246.2060*

*Fuel Assistance - 1.800.479.6151*  
*Groundworks Drop In Center - 254-5415,*  
*groundworksvt.org*  
*Lifeline Telephone Service Credit - 1.800.234.9473*  
*lifelinesupport.org*  
*Mortgage Relief Helpline - 1.888.770.7312*  
*Our Place- 463.2217, ourplacevermont.org*  
*Parks Place Community Resource Center- 463.9927,*  
*parksplacevermont.com*  
*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, vhfa.org*

## **Food**

*3SquaresVT (food stamps) -*  
*1.800.479.6151, vermontfoodhelp.com*  
*Farmers Markets:*  
*Brattleboro - 490.4371,*  
*brattleboroareafarmersmarket.com*  
*Brattleboro Winter Market -*  
*brattleborowinterfarmersmarket.org*  
*Putney-putneyfarmersmarketvt.org*  
*Townshend - 874.4800,*  
*find on Facebook or westtownshend.org*  
*Edible Brattleboro- 254.9121*  
*ediblebrattleboro.org*  
*Farm to Family Program -*  
*800.464.4343 x7333, dcf.vermont.gov/benefits/f2f*

*Food Connects* - 451.0538, [foodconnects.org](http://foodconnects.org)

*Hunger Free Vermont*- 865.0255

[hungerfree.org](http://hungerfree.org)

*NOFA of VT* - 434.4122, [nofavt.org](http://nofavt.org)

*VeggieVanGo*- many regional pickup sites,

1.800.585.2265, [vtfoodbank.org](http://vtfoodbank.org)

*Vermont Food Bank* - 1.800.585.2265

[vtfoodbank.org](http://vtfoodbank.org)

## **Food Shelves (FS) & Meal Programs (M)**

*Brattleboro:*

*Agape Christian Fellowship (FS&M)*-257.4069

*Boys & Girls Club (M)*-254.5990,

[bgcbrattleboro.org](http://bgcbrattleboro.org)

*Brigid's Kitchen (M)*-558.6072

*Community Bible Chapel (FS)*- 254.2910

*Foodworks (FS)*- 490.2412,

[foodworks@groundworks.org](mailto:foodworks@groundworks.org)

*Loaves & Fishes (M)*- 254.4730

*Other:*

*Deerfield Valley Food Pantry*

*(FS) (Wilmington)* - 464.0148

*Guilford Cares Food Pantry (FS)*-

257.0626

*Jamaica-Wardsboro Food Pantry (FS)* -

874.4847

*Londonderry Neighbor's Pantry (FS)*- 824.6453

*Our Place Drop-in Center (B. Falls) (FS&M),*

463.2217, [ourplacevermont.org](http://ourplacevermont.org)

*Putney Community Food Shelf (FS)* -

387.8551

*Townshend Community Food Shelf (FS)*-

365.4348

## **Nutrition Education**

*Brattleboro Food Coop-* 246.2842,

brattleborofoodcoop.com

*Hunger Free VT-* 865.0255,

hungerfreevt.org VT

*VT Foodbank-* 800.585.2265, vtfoodbank.org

*WIC in VT-* 800.464.4343 and 257.2880,

[healthvermont.gov/family/wic](http://healthvermont.gov/family/wic)

## **Fun Things to Do with Kids - Free or Low Cost**

*Bellows Falls Fish Ladder-*

460.4664, 843.2111,

nature-museum.org/bellows-falls-visitor-center/

*Boys & Girls Club of Brattleboro-*254.5990,

bgcbrattleboro.org

*Brattleboro Museum & Art Center -* 257.0124,

brattleboromuseum.org

*Brattleboro Recreation & Parks Dept\* -* 254.5808,

brattleboro.org

*Cheshire Children's Museum* 603.903.1800,

cheshirechildrensmuseum.org

*Friendly Farm*

603.563.8444, friendlyfarm.com

*Montshire Museum of Science-*

1.802.649.2200, montshire.org

*Nature Museum at Grafton -* 843.2111,

nature-museum.org

*Playgroups:*

*Early Ed. Services-* 254.3742,

earlyeducationservices.org

*Springfield Area Parent Child Center -* 886.5242,

sapcc-vt.org

*Winston Prouty -* 257.7852, winstonprouty.org

*Retreat Farm* - 490.2270, [retreatfarm.org](http://retreatfarm.org)

*Vermont Museum of Natural History*- 464.0048,  
[vermontmuseum.org](http://vermontmuseum.org)

*Stonewall Farm*- 603.357.7278, [stonewallfarm.org](http://stonewallfarm.org)

*Summer Camp List (Interaction)* - 257.0361

*Trails for hiking/exploring*- [trailfinder.info](http://trailfinder.info),  
[vtstateparks.com/hiking.html](http://vtstateparks.com/hiking.html)

*Winston Prouty campus trails*-  
[winstonprouty.org/trail-map/](http://winstonprouty.org/trail-map/)

*Vermont Institute of Natural Sciences* - 359.5000,  
[vinsweb.org](http://vinsweb.org)

*VT Library Directory*-[libraries.vermont.gov/find/directory](http://libraries.vermont.gov/find/directory)

*VT State Parks* - 1.888.409.7579, [vtstateparks.com](http://vtstateparks.com)

*Vernon Dam & Fish Ladder* - 413.548.9138

\*If not listed, contact your town office to inquire about recreation options

## **Health & Wellness**

*AIDS Project of Southern Vermont* 254.4444,  
[aidsprojectsouthernvermont.org](http://aidsprojectsouthernvermont.org)

*Biologic Healthcare* - 275.4732, [biologichealthcare.com](http://biologichealthcare.com)

*Brattleboro Memorial Hospital/Birthing Center* -  
257.0341, [bmhvt.org](http://bmhvt.org)

*Grace Cottage Hospital*- 365.7357, [gracecottage.org](http://gracecottage.org)

*Medicaid & Dr. Dynasaur*- 1.800.250.8427,  
[greenmountaincare.org](http://greenmountaincare.org)

*New England Wellness Group* - 267.4838  
[newenglandwellnessgroup.com](http://newenglandwellnessgroup.com)

*Planned Parenthood(Brattleboro Health Center)* -  
257-0534, [plannedparenthood.org](http://plannedparenthood.org)

*Putney Community Cares, Inc.* - 387.5593,  
[putneycommunitycares.org](http://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  
*Windhorse Naturopathic Clinic*- 246.4282  
[windhorsenaturopathic.com](http://windhorsenaturopathic.com)

## **Housing/Shelter**

*Brattleboro Housing Partnerships* -  
254-6071, brattleborohousing.org  
*Family Supportive Housing* - 257.2101 ext. 314  
winstonprouty.org  
*Groundworks Collaborative*  
Drop-in center: 257.5415  
groundworksvt.org  
*Interaction(housing for youth)* - 257.0361,  
interactionvt.org  
*Pathways Vermont: Housing First Program*-  
888-492-8218, pathwaysvermont.org  
*Vermont Emergency Housing*- 800.775.0506  
dcf.vermont.gov/benefits/crisis-housing  
*Windham & Windsor Housing Trust* -  
254.4604, homemattershere.org  
69A Elliot St. (Brattleboro), community  
gathering space, (413)418.8227

## **Information and Referral**

*Early Education Services* - 246.2062,  
earlyeducationservices.org

*Help Me Grow* - dial 2-1-1, x6

*Neighborhood Connections* - 824.4343,  
neighborhoodconnectionsvt.org

*Our Place Community Food Center* - 463.2217,  
ourplacevermont.org

*Parks Place Community Resource Center*-  
463.9927, parksplacevermont.com

*Springfield Area Parent Child Center*-  
886-5242, sapcc-vt.org

*Vermont 2-1-1* - dial 2-1-1

*Winston Prouty* - 257.7852, [winstonprouty.org](http://winstonprouty.org)

## **Mental Health - Children and/or Adult**

*Brattleboro Retreat* - 1.800.738.7328,  
brattlebororetreat.org

*Early Childhood and Family Mental Health (CIS)* -  
257.7852, winstonprouty.org

*Health Care and Rehabilitation Services (HCRS)* -  
Intake- 1.888.888.5144 or 1.855.220.9428

Emergency- 1.800.622.4235, hcrs.org

*Northeastern Family Institute (NFI)*  
254.2558, nfivermont.org

**\*Contact your child's school for a school counselor**

## **Parent Education and Support**

prenatal to 8:

*Branches Pregnancy Resource Center* - 254.6734,  
branchesprc.com

*Brattleboro Memorial Hospital birthing center*

(classes), 257.0341, [bmhvt.org](http://bmhvt.org)

*Early Education Services (EES)- Welcome Baby, home visiting (0-3), diaper bank, playgroups & parent classes/support groups -254.3742, [earlyeducationservices.org](http://earlyeducationservices.org)*

*Help Me Grow - Developmental and Behavioral Info., dial 2-1-1 x6 TEXT: HMGVT to 898211*

*Learning on the Move - 257.8641, [lornicochran.com](http://lornicochran.com)*

*Postpartum Support International- 1.800.944.4773, [postpartum.net](http://postpartum.net)*

*Rise in Bloom- perinatal support (e.g.lactation & doula)- [melissa@riseinbloom.com](mailto:melissa@riseinbloom.com), [riseinbloom.com](http://riseinbloom.com)*

*Springfield Area Parent Child Center- Children's Integrated Services, playgroups, parent classes/support groups, 886.5242, [sappc-vt.org](http://sappc-vt.org)*

*Strong Families Vermont, prenatal and postpartum visiting nurse support - 257.7852, [vnhcare.org/strong-families-vermont/WinstonProuty](http://vnhcare.org/strong-families-vermont/WinstonProuty)*

*Turning Point Recovery Center-- 257.5600*

*Vermont Dept. of Health WIC program- 257.2880, [healthvermont.gov](http://healthvermont.gov)*

*Winston Prouty - Parent classes/support groups, playgroups, Parents as Teachers, Children's Integrated Services- 257.7852, [winstonprouty.org](http://winstonprouty.org)*

## **8 and up:**

*Building A Positive Community, 257-2175, [bapc802.org](http://bapc802.org)*

*Deerfield Valley Community Partnership - 464-2202, [dvcp.org](http://dvcp.org)*

*Greater Falls Connections- 463.9927,  
greaterfallsconnections.org*  
*Interaction- 257.0361, interactionvt.org*  
*West River Valley Thrives- 365.4700,  
wrvthrives.com*

**Notes:**

---

---

---

---

---

---

## **All ages of children:**

*Health Care and Rehabilitation Services (HCRS)- , 886.4500 , [hcrs.org](http://hcrs.org)*

*Prevent Child Abuse Vermont - 1.800.244.5373, [pcavt.org](http://pcavt.org)*

*VT Dept. for Children & Families Family Services Division -*

*257.8888 or 1.800.479.6151, [dcf.vermont.gov](http://dcf.vermont.gov)*

*VT Consortium for Adoption*

*and Guardianship -242.0901, [vtadoption.org](http://vtadoption.org)*

## **Substance Abuse Prevention, Treatment & Recovery**

*Building a Positive Community -257.2175, [bapc802.org](http://bapc802.org)*

*Brattleboro Comprehensive Treatment Center (for opioid addiction) - 833.953.3492, [brattleboroctc.com](http://brattleboroctc.com)*

*Brattleboro Retreat - 1.800.738.7328, [brattlebororetreat.org](http://brattlebororetreat.org)*

*Deerfield Valley Community Partnership- 464.2202, [dvcp.org](http://dvcp.org)*

*Greater Falls Connections- 463- 9927, [greaterfallsconnections.org](http://greaterfallsconnections.org)*

*Health Care and Rehabilitation Services (HCRS) - 886.4500, [hcrs.org](http://hcrs.org)*

*Turning Point of Windham County Recovery Center- 257.5600 - [turningpointwc.org](http://turningpointwc.org)*

*Vermont Association for Mental Health and Addiction Recovery - 223.6263, [vamhar.org](http://vamhar.org)*

*VT Dept. of Health (Brattleboro office)-257.2880, [healthvermont.gov](http://healthvermont.gov)*

*West River Valley Thrives- 365.4700, [wrvthrives.org](http://wrvthrives.org)*

## **Safety Information/Classes**

*American Red Cross(babysitter course, Infant & child, CPR-online)- redcross.org*

*Be Seat Smart Program(car seat safety & inspection)-1.888.VMT.SEAT, beseatsmart.org*

*Brattleboro Memorial Hospital- 257.0341, bmhvt.org*

*Lead Safe VT- leadsafevermont.org,  
1.800.290.0527*

*NetSmartz (internet/technology) - netsmartz.org,  
1.800.843.5678*

*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, first aid, car seat checks)-  
257.7679, rescueinc.org*

*VT Dept. for Children & Families (DCF), Family  
Services Division- (800)479.6151, dcf.vermont.gov*

*VT Dept. of Health- 800.464.4343,  
healthvermont.gov*

*VT State Police (Westminster Barracks)- 722.4600,  
vsp.vermont.gov*

*Women's Freedom Center- 254-6954,  
womensfreedomcenter.net*

*Windham County Sheriff's Office-  
365.4942, windhamcountylvt.gov*

*\*Contact your local police or fire  
department about special safety trainings they  
might offer.*

## **Parenting Support Groups/Connection**

*Branches Pregnancy Resource Center- 254.6734,  
branchesprc.com*

*Early Education Services - 254.3742,  
earlyeducationservices.org*

*Empty Arms Vermont- 232.2512,  
emptyarmsvermont.org*

*Facebook groups (online support/socialization):  
Brattlebabies Network, Brattleboro Area Parents*

Network, Brattleboro Area Single Parents,  
Early Education Services, 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, Putney Vermont USA Area Parents Network,  
Springfield Area Parent Child Center, Winston Prouty  
Center for Child and Family Development  
*Health Care & Rehabilitation Services*-254.6028, hcrs.org  
*Postpartum Support International*- 800.944.4773,  
groups@postpartum.net  
*Prevent Child Abuse VT*- 1.800.244.5373, pcavt.org  
*Springfield Area Parent Child Center*, 886-5242,  
sapcc-vt.org  
*Turning Point of Windham Co. (recovery center)*-  
257.5600, turningpointwc.org  
*Vermont Consortium for Adoption* - 258.0308,  
vtadoption.org  
*Winston Prouty* - 257.7852, winstonprouty.org  
*Youth Services, now Interaction* - 257.0361,  
interactionvt.org

## **Transportation**

*Adventure Taxi* - 254.8400  
*Go Vermont (carpooling)* - 800.685.7433,  
connectingcommuters.org  
*Moover (bus)*, moover.com  
Wilmington - 464.8487  
Rockingham - 460.7433

## **Other Resources**

*Building Bright Futures*, buildingbrightfutures.org  
*Parent Express of Windham & Cheshire Counties*-  
1.603.352.1234, ext. 1826, parentexpress.net  
*The VT Parents' Home Companion & Resource  
Directory*, 1.800.244.5373, pcavt.org