

**Vermont 211 provides all people in Vermont with free access to community resources information and referral. This access includes personal assistance by telephone by dialing 211, by text, and through an online, searchable database of services located at [www.vermont211.org](http://www.vermont211.org).**

### **Housing Supports:**

- Champlain Housing Trust: <https://www.getahome.org/>
- Burlington Housing Authority: <https://burlingtonhousing.org/>
- COTS: <https://cotsonline.org/>
- CVOEO (St. Albans): <https://www.cvoeo.org/community-action/>

**Need a safe place to sleep tonight? Call 2-1-1**

### **Emergency shelters:**

- <https://www.cvoeo.org/champlain-place-emergency-shelter>
- <https://www.cvoeo.org/samaritan-house> (Franklin and Grand Isle Count)

### **Food:**

- 3SquaresVT: <https://dcf.vermont.gov/benefits/3SquaresVT>
- Local Food Shelf:
  - Addison County: <https://www.cvoeo.org/get-help/addison-food-shelf>
  - Burlington: <https://www.feedingchamplainvalley.org/>
  - Charlotte: <https://www.charlotteucc.org/charlotte-food-shelf>
  - Colchester: <https://colchesterfoodshelf.org/>
  - Essex: <https://www.auntdotsplace.com/>
  - Milton: <https://miltonfamilycenter.org/food-access/>
  - Richmond: <https://www.richmondfoodshelfvt.org/>
  - Shelburne: <https://www.shelburnefoodshelf.org/>
  - South Burlington: <https://www.southburlingtonfoodshelf.org/>
  - Winooski: <https://www.winooskifoodshelf.org/>
  - Franklin & Grand Isle Counties: <https://www.cvoeo.org/get-help/northwest-family-foods>
- Free Meals near Me:
  - Feeding Champlain Valley: Monday: Friday 8:30AM–2:30PM To-Go Breakfast  
228 North Winooski Ave, Burlington VT 05401
  - First Congregational Church of Burl: Saturday 8:00AM-9:00AM Breakfast  
38 South Winooski Ave, Burlington VT 05401

Spectrum Drop - In Center: Monday - Friday 12:00PM - 1:00PM To-Go Lunch  
177 Pearl St, Burlington VT05401

COTS Daystation: Monday - Sunday 12:00PM - 1:00PM Lunch  
95 North Ave, Burlington VT 05401

CVOEO's Comm Resource Center: Mon-Fri 9:00AM - 2:30PM Meals/Snacks  
228 North Winooski Ave, Burlington VT 05401

Salvation Army: Monday - Saturday 5:00PM - 6:00PM To-Go Dinner  
64 Main St, Burlington VT 05401

Intervale Community Barn - Everybody Eats: Monday 4:00PM - 6:00PM Dinner  
180 Intervale Rd, Burlington VT 5401

## **Transportation**

- <https://sstarides.org/> (Transportation supports to drs appointments)
- <https://vpta.net/> (Non-emergency transportation supports)
- <https://ridegmt.com/> (Bus transport system)

## **Utilities**

- **Heating supports:**
  - <https://www.cvoeo.org/> (Financial supports to pay utilities)
  - <https://dcf.vermont.gov/benefits/eap> (Energy Assistance)
- **Fuel Assistance Program State of VT:**
  - <https://dcf.vermont.gov/benefits/fuel>
- **Utility Assistance**
  - <https://www.cvoeo.org/> (Support in paying bills that are behind)

## **Safety-abuse/domestic violence**

- Domestic Violence Hotline: 1-800-228-7395
- Sexual Violence: 1-800-489-7273
- Teen Dating Abuse: 1-866-331-9474
- HOPE WORKS (Support for Domestic Violence)  
Hotline: (802) 863-1236  
TTY: (802) 846-2544

## **Financial hardship:**

- Child Care Assistance: <https://www.childcareresource.org/>
- Reach Up (temporary financial assistance: <https://dcf.vermont.gov/benefits/reachup>)

- WIC <https://www.healthvermont.gov/family/wic/wic-basics>

## **Employment**

- Staffing support agencies
  - Adecco: [https://www.adecco.com/en-us/locations/vermont/south-burlington/adecco-staffing-in-burlington-vtadus\\_020950](https://www.adecco.com/en-us/locations/vermont/south-burlington/adecco-staffing-in-burlington-vtadus_020950)
  - Spherion: [https://www.spherion.com/our-offices/south-burlington\\_1181/](https://www.spherion.com/our-offices/south-burlington_1181/)
  - Luttrell: <https://www.luttrellstaffing.com/staffing-agency-south-burlington/>
- Job training opportunities
  - Resource: <https://resourcevt.org/training-programs-overview/>
  - Vermont Job Link: <https://www.vermontjoblink.com/training>
  - Vermont Works for Women: <https://vtworksforwomen.org/programs-services/>

## **Family/Community Support**

- LGBTQ+ supports: <https://www.pridecentervt.org/safespace/>
- Deaf Supports VT: <https://www.dvas.org/about-us/>
- Parent/Child Interactive Therapy: <https://howardcenter.org/parent-child-interaction-therapy-pcit/>
- Play therapy/play groups:
  - <https://www.playtherapyvt.org/home.html>
  - <https://www.growfamilyvt.com/playgroups>
  - <https://miltonfamilycenter.org/childcare/play-group/>
  - <https://champlainvalleyheadstart.org/birth-to-three/head-start-program-options/>
- Early Intervention: <https://dcf.vermont.gov/services/cis/IDEA>
- Teen Supports:
  - Vermont Fam Network:  
[https://www.med.uvm.edu/vccyf/aboutvccyf/resources\\_group/resources](https://www.med.uvm.edu/vccyf/aboutvccyf/resources_group/resources)

## **Education-ESL, GED, etc..**

- State of Vermont Supports: <https://education.vermont.gov/student-learning/adult-education/students>
- Center to Tech Training programs:
  - <https://www.ewsd.org/o/cte> (Essex)
  - <https://www.maplerun.org/o/nwtc> (St. Albans)
  - <https://btc.bsdtvt.org/> (Burlington)