

# Vermont 2-1-1

**Get Connected. Get Answers.**

A partnership between United Ways of Vermont and the Agency of Human Services.

Your link to resources.  
**Get Help, Give Help, Discover Options.**

*2-1-1 is the number to dial for information about health and human services and organizations in your community.*

2-1-1 is:

- A local call from anywhere in Vermont.
- A free and confidential service
- Person-to-person assistance
- Available 24 hours/7 days a week
- Language translation available

*For everyday needs and difficult times, 2-1-1 is your connection to thousands of resources across Vermont.*

- Child Care Resource & Referral
- Clothing and Thrift Shops
- Crisis Services
- Discrimination Assistance
- Domestic and Sexual Violence Services
- Education—GED Instruction, Computer Classes
- Employment Services
- Food Shelves and Nutrition Programs
- Health Care Services
- Alcohol and Drug Programs
- Housing—Homeless Prevention, Shelter, Tenants' Rights
- Independent Living Services
- Legal Assistance
- Mental Health Care/Counseling
- Mentoring
- Military, Family, & Community Network
- Parenting Programs
- Senior Information & Assistance
- Stop Smoking Programs
- Support Groups
- Transportation
- Utility Assistance
- Youth and Family Services
- Veteran Services
- Volunteering
- Wellness Programs
- And More...

**Just dial 2-1-1.**

[www.vermont211.org](http://www.vermont211.org)

Toll free in Vermont: 1-866-652-4636; From outside Vermont: 1-802-652-4636



## 2009 Resource Guide

### **What is Montpelier Capital Area Neighborhoods?**

Montpelier Capital Area Neighborhoods (CAN!) is an organized network of support for city residents.

### **What does CAN! do?**

CAN! provides a range of support to neighbors in order to ease emergency management, build community, and promote civic engagement.

#### *Emergency Management*

For the second year in a row, CAN! volunteers distributed resource guides to Montpelier residents in order to connect neighbors with community resources. CAN! also strives to connect neighbors, so that they can serve as resources for each other.

#### *Community Building*

Many CAN! groups organize activities, such as potlucks and yard sales, in order to build community within their neighborhoods. Some groups have established means of communication to facilitate resource-sharing and collaboration among neighbors.

#### *Civic Engagement*

Montpelier CAN! is presently examining its potential to promote civic engagement and increase access to local government. In the future, CAN! may serve as an avenue for people to learn about what's going on in the city and express neighborhood-wide concerns.

### **Interested in CAN?**

If you are interested in CAN!, contact your neighborhood leader or the Montpelier City Planning Department.

**Neighbor:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Montpelier City Planning Department: 223-9506**

## Food Shelves

### Montpelier Food Pantry

Where: Trinity United Methodist  
137 Main Street, Montpelier  
Contact: Victoria King, 223-7725  
Hours: Tues. 10am-12pm;  
Wed. 10-11am; 4-6pm;  
Thurs. and Fri. 10-11am

*First time users register at  
Bethany Church: 223-2424*

### Barre Food Shelf

Where: Hedding United Methodist  
41 Washington Street, Barre  
Contact: Rev Renny Azotea, 476-8156  
Hours: Wed. and Thurs. 3-5pm

### Central VT Community Action

Where: Barre-Montpelier Road, Boulevard Gardens  
Contact: Jen Evans, 479-1053 or  
800-639-1053  
Hours: M-W-F 9am-12pm; 1-3pm

## Community Meals

### Monday

*Stone Soup Kitchen*

Where: Unitarian Church, Montpelier  
Corner of Main and School Streets  
10am-2pm  
Info: 223-7861

### Tuesday

*Bethany Bowl*

Where: Bethany United Church  
115 Main Street, Montpelier  
11:30am-1:30pm  
Info: Phyllis Rowell, 223-2424

### Wednesday

*The Full Ladle*

Where: Christ Church  
64 State Street, Montpelier  
11:00am-12:30pm  
Info: Sharon Wilson, 223-3631 or  
244-8037

### Thursday

*Trinity United Methodist*

Where: 137 Main Street, Montpelier  
11:30am-1:00pm  
Info: 229-9158

### Friday

*St. Augustine's Catholic Church*

Where: 16 Barre Street, Montpelier  
11:00am-12:30pm  
Info: 223-5285

### Friday Dinner

*Hedding United Methodist Church*  
Where: 41 Washington Street, Barre  
5:30-6:30 PM  
Info: Rev. Renny Azotea, 476-8156

### LAST Sunday/month

*Beth Jacob Synagogue*  
Where: Bethany United Church  
115 Main Street, Montpelier  
4:30pm-6:00pm  
Info: 229-9429

## Home Meals

Meals are available through Meals on Wheels and other programs. Call 229-9232 for more information.

## City of Montpelier

The City of Montpelier website offers a wide range of information about the Montpelier community and its resources. Please visit the website at <http://www.montpelier-vt.org/>.

If you're interested in getting involved with CAN! efforts in your neighborhood, contact the City Planning Department at 223-9506.

## Flu Clinics

For a complete list of public flu clinics statewide, please call the Vermont Department of Health at 802-863-7200 or visit their website <http://healthvermont.gov/>.

## Fuel Assistance & Weatherization

Central Vermont Community Action Council (CVCAC) offers a weatherization program known as EnergySmart of Vermont. Call 1-877-919-2299 or visit [www.energysmartvt.org](http://www.energysmartvt.org) to see if you qualify for no-cost weatherization services.

WARMTH funds are available for emergencies from October through May. Contact the local Community Action Agency at 1-800-639-1053 for more information.

Seasonal Fuel Assistance is available for low income Vermonters who meet eligibility guidelines. Crisis Fuel Assistance helps Vermonters who experience a crisis during the winter months. Call 1-800-479-6151 or go to [http://dcf.vermont.gov/esd/fuel\\_assistance](http://dcf.vermont.gov/esd/fuel_assistance) for more information about these assistance programs.

The Montpelier Emergency Fund is an emergency fuel fund administered by the Faith Community in Montpelier. Donations can be made to Christ Episcopal Church, 64 State St. Montpelier. For more info, call the church office at 223-3631.

The Montpelier Service Officer offers assistance for urgent needs. Contact through the Montpelier Police Dept, 223-3445.

## Onion River Exchange

The Onion River Exchange is a system for exchanging goods and services without the exchange of money. For more information, call 226-6038, go to [orexchange.org](http://orexchange.org), or e-mail [onionriverexchange@gmail.com](mailto:onionriverexchange@gmail.com).