Housing & Drop In Services A

Charter House Coalition: 27 N. Pleasant St. 989-8621. Housing shelter, community meals (11:45-12:15 daily + 5:45-6:15 daily except Friday), social support services



HOPE: 282 Boardman St. Shower, Food Shelf (M-F: 9-3:30), 388-3608; Thrift store, support, assistance.



CVOEO: 54 Creek Rd. Food shelf, services and support

(M-F 8-4 closed 12-12:30). 388-2285 Agency of Human Services: 156 S Village.

800-479-6151 M-F: 7:45-4:30 shower on 2nd floor, no towels/soap I

John Graham Housing & Services: 69 N. Main, Vergennes. 877-2677 (call 24/7) M-F: 8:30-4:30

Addison Housing Works: 877-2626. Affordable

housing in Addison County

HomeShareVermont.org: 863-5625. Need reference + background check + car

Public Restrooms

Town Office: 77 *Main* (side entrance facing library)

M-F: 8-5; 388-8100

Town Library (Ilsley): 75 Main St M-Th: 8-6; F: 8-4, Sat: 9-4. 388-4095 🔲 🤝 📇 🕍 📐 🔃

Town Police Station: 1 Lucius Shaw Lane

M-Sat: 6AM-10PM, Free phone available (after hours as well), 388-3191

Midd Recreation Center: 154 Creek Rd. M-F: 8-4

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Rec Park: 77 Mary Hogan Dr, at the Teen center

facing the fields; season/variable

Portalettes: (24/7) Illsley Library rear lot, Midd Rec Park by courts, Village GreenTriangle Park

Tech Help

Tech Medic: 12 Main St, Middlebury. 377-9930; T & Th, & F 9-5 (cell/computer repairs & sales

Clothing 1

Buy Again Alley: 60 Main St 11-5 M-Sat; Sun 12-4. 9 Junebug (children/mothers): 211 Maple St

(Marbleworks) M-F: 9-5; Sat: 10-4

Marion's Place (HOPE): 334 Boardman 9-4:30 (closed Sun/Mon) 388-3608; hope-vt.org

Neat Repeats: 1428 US Rte 7, M-Sat: 12-4. Round Robin: 211 Maple St #28 (Marbleworks),

9:30-5 (closed Sun/Mon)

Transportation \triangle



Tri-Valley Transit: Bus stop on Academy St.

.www.trivalleutransit.org

Dial-a-Ride: 388-2287 Available at low-cost. Call

48h in advance to schedule. 👆

Frog Hollow Bikes: 74 Main St. M-Sa: 10-5. Bike

rentals & used bikes for sale. 388-6666

Amtrak: 30 Middle Seymour St. Train connects

NYC-Burlington amtrak.com

Food

Community Supper: 2 Main St. Congregational & Church of Middlebury. 5-5:30 on Fridays. 388-7634

The Giving Fridge: 51 Main St. Contact meals@givingfridge.com to reserve

3SquaresVT: 54 Creek Road, M-F: 8-4 (closed 12-12:30) 388-2285. Food stamp benefit program

See Housing & Services section for more options

Safety / Medical (1)

Atria Collective (formerly WomenSafe): 388-4205. 24/7 confidential hotline for victims/survivors of domestic and sexual violence

Turning Point: 54A Creek Rd. 388-4249. MWF: 9-7; T/Th: 9-5. Available by phone 24/7. Recovery help. OpenDoorClinic: 100 Porter. By appt. 388-0137 Porter Medical Express Care: 115 Porter Dr. M-F: 9-6:30; Sat: 9-4:30; Sun: 9-2:30. Walk-in for minor iniuries. 388-5678

Parent-Child Center: 126 Monroe St. 388-3171. Childcare, home-visits, playgroups, counseling

Laundry 🗒

Desabrais: 1232 Exchange St. Open 24/7. Washers: \$2.25-\$7.50/load. Dryers:~\$5.388-9079 🤝 📛 See Housing & Drop In Services section for

more options/Churches (ask)

Cool Off, Chill Out



Middlebury Town Pool: 298 Buttolph Dr. 12:15-6:30 daily. Entry fee \$4-\$7

American Legion Post 27: 49 Wilson Rd EMERGENCY

COOLING FACILITY 388-9311

Health Clubs (daily passes)/Churches (ask)

Gather: 48 Merchants Row, W-F: 11-4:30, Sat: 11-1:30, Sun: 9-11. Community living room. (Shower, laundry,

food, support)

Parks (day use)

Cannon Park: next door to 72 Main St

College Park: 94 S Main St

Recreation Park: 77 Mary Hogan Dr **Happy Trail** (down Mill St and along river) Ilsley Public Library Garden: 75 Main St

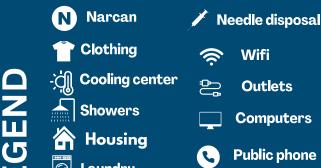
Otter View Park: Intersection of Weybridge St and

Pulp Mill Bridge Rd

Village Green/Triangle Park: Merchant Row and

Main St 🤶

CSAC Emergency & Crisis Team: 802-388-7641





Food





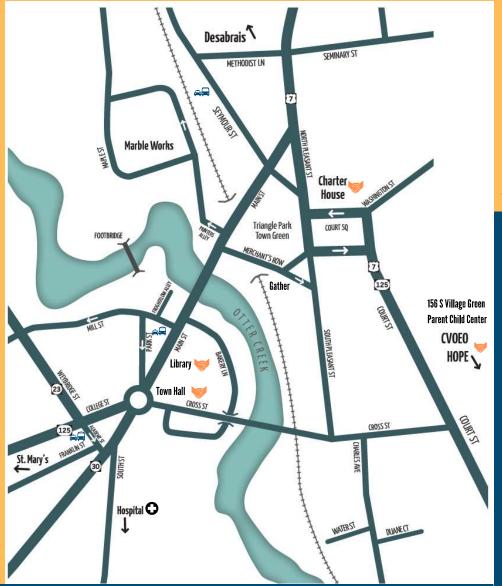
Near bus stop

Orient yourself: Map of Middlebury's Key Resource Centers



Scan to see Tri-Valley Transit Bus & Ride Options





SIGNS OF HEAT STROKE & SEEKING HELP

HEAT EXHAUSTION:

- Faint or dizzy
- Excessive sweating
- Nausea or vomiting
- Muscle cramps
- Rapid, weak pulse
- Cool, pale, clammy skin

HEAT STROKE:

- Red, hot, dry skin
- Throbbing headache
- Rapid, strong pulse
- Nausea or vomiting
- Loss of consciousness
- Body temperature of 103°F (39°C)
- No sweating

CALL 911 and cool the person until help arrives

TICK + MOSQUITO AWARENESS

- Check yourself often for tick bites
- Use tick + insect repellent
- Avoid exposed skin: wear long socks and pants when possible, tuck pants into socks
- Avoid areas with high grass or wooded areas
- Walk in the middle of trails
- For pets/animals search in warm places such as between toes, in ears, armpits
- If bitten by a tick, use tweezers to remove it from as close to the skin as possible. Wash area thoroughly with soap and water. Stay aware if a red rash forms around the area

LOOKING FOR...



MIDDLEBURY

Community Resources and Services

In case of emergency, CALL or TEXT 911

The Vermont 211 contact center is available 24/7:
Dial 2-1-1 (local call from anywhere in VT);
1-802-652-4636 (outside of VT)
Text your zip code to 898211 (only M-F from 8-10 AM)

Mental Health 24/7 Crisis Line	802-388-7641
Middlebury Police	802-388-3191
Child Abuse and Neglect	800-649-5285
Child Sexual Abuse	
Children's Crisis Line Services	802-773-4225
24-Hour Teen Line	800-639-6095
Adult/Elder Protective Services	
Domestic Violence Hotline	
VT Sexual Violence Hotline	800-489-7273
Human Trafficking Hotline	888-373-7888
National Suicide Prevention	
LGBTQ Hotline	866-488-7386
Runaway Hotline800-786-2	2929, Text 66008
802 Quits (quitting tobacco)	800-QUIT-NOW
Drug Abuse and Addiction	800-662-HELP
Poison Control	800-222-1222
Food and Fuel Hotline	800-479-6151
VT Refugee Resettlement Progra	m802-655-1963
Veterans Crisis Line988	or 800-273-8255
Disaster Distress	800-855-5990
Public Defender's Office	802-786-5823
Victim's Advocate	
Vermont Legal Aid	800-889-2047
Restorative Justice Services	