

## Housing & Drop In Services 🏠

**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 🚿 🗣️

**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: 8-4 458-8015 🚿 🏠

**Rec Park:** 77 Mary Hogan Dr, at the Teen center facing the fields; season/variable

**Portalettes:** (24/7) Ilsley 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 🧥

**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 🚗 🚌

**Tri-Valley Transit:** Bus stop on Academy St. www.trivalleytransit.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](mailto: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 🇺🇸

**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 injuries. 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 🚗

**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

**LEGEND**

 <b>Narcans</b>	 <b>Needle disposal</b>
 <b>Clothing</b>	 <b>Wifi</b>
 <b>Cooling center</b>	 <b>Outlets</b>
 <b>Showers</b>	 <b>Computers</b>
 <b>Housing</b>	 <b>Public phone</b>
 <b>Laundry</b>	 <b>Near bus stop</b>
 <b>Food</b>	

# Orient yourself: Map of Middlebury's Key Resource Centers



# 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.....866-367-5444
- Children's Crisis Line Services.....802-773-4225
- 24-Hour Teen Line.....800-639-6095
- Adult/Elder Protective Services.....800-564-1612
- Domestic Violence Hotline.....800-228-7395
- VT Sexual Violence Hotline.....800-489-7273
- Human Trafficking Hotline.....888-373-7888
- National Suicide Prevention.....988
- LGBTQ Hotline.....866-488-7386
- Runaway Hotline.....800-786-2929, 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 Program..802-655-1963
- Veterans Crisis Line.....988 or 800-273-8255
- Disaster Distress.....800-855-5990
- Public Defender's Office.....802-786-5823
- Victim's Advocate.....802-786-2531
- Vermont Legal Aid.....800-889-2047
- Restorative Justice Services.....802 388-3888

### 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

### 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



Drink water if conscious  
Get to a cool place  
Take a cool shower or use cold compresses

**CALL 911 and cool the person until help arrives**