

**PARKS (day use)** 

- Cannon Park:** across from 72 Main St
- College Park:** 94 S Main St
- Recreation Park:** 77 Mary Hogan
- Happy Trail** (down Mill St, along river)
- Otter View Park:** Intersection of Weybridge St & Pulp Mill Bridge
- Village Green/Triangle Park:** Merchants Row and Main St



**Orient Yourself:**  
Map of Middlebury's  
Key Resource Centers

**LOOKING FOR...**  
**MIDDLEBURY**



**Community Resources and Services**

**See inside & back to find:**

- Housing & Social Service Resource Centers
- Where to Cool Off
- Food/ Clothing/ Showers/ Laundry
- Safety/ Medical/ Mental Health
- Tech Help/ Phone/ Computer Access
- Transportation Options
- Finance/ Legal/ Tax Prep

**Public Restrooms**



- **Town Office:** 77 Main (front entrance) M-F: 8-5; 388-8100
- **Town Library (Ilseley):** 30 Main St M-Th: 9-4; F: 9-5, Sat: 9-4. 388-4095
- **Town Police Station:** 70 Lucius Shaw Lane M-Sat: 6AM-10PM, 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; seasonally/variable
- **Portalettes:** (24/7) Midd Rec Park by courts, Village Green Triangle Park, Mill St. parking lot

**Not sure where to start for help?**

Try [findhelp.org](http://findhelp.org) or call 211 (24/7) or text your zip code to 898211 (M-F 8-10) or visit [vermont211.org](http://vermont211.org) for extensive database  
In case of emergency CALL or TEXT 911

**Scan to see Tri-Valley Transit Bus & Door to Door Ride Options**



**SIGNS OF HEAT STROKE & SEEKING HELP**

- |  |  |
|--|--|
| <p><b>HEAT EXHAUSTION:</b></p> <ul style="list-style-type: none"> <li>• Faint or dizzy</li> <li>• Excessive sweating</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Rapid, weak pulse</li> <li>• Cool, pale, clammy skin</li> </ul> | <p><b>HEAT STROKE:</b></p> <ul style="list-style-type: none"> <li>• Red, hot, dry skin</li> <li>• Throbbing headache</li> <li>• Rapid, strong pulse</li> <li>• Nausea or vomiting</li> <li>• Loss of consciousness</li> <li>• Body temperature of 103°F (39°C)</li> <li>• No sweating</li> </ul> |
|--|--|

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**



**Scan for brochure online.**

## Resource Centers

- **2-1-1 (general assistance):** Call or visit [vermont211.org](http://vermont211.org)
- **Agency of Economic Services** (general assistance):  
• *156 S Village.* 800-479-6151 M-F: 7:45-4:30 Application help for food, child care, fuel, housing, & jobs..
- **CVOEO** (general assistance): *50 Industrial Ave.* (off Exchange St.) 388-2285 (M-F 8-4 closed 12-12:30).  
Tenant, heat/utility, weatherization support services, budgeting & tax prep help.
- **HOPE** (general assistance): *282 Boardman St.* 388-3608, M-F: 9-3:30, Food Shelf, Shower, \$5 Laundry Token, Thrift Store, assistance.
- **Charter House** (emergency shelter & transitional housing for individuals): *27 N. Pleasant St.* 989-8621, 24/7.
- **John Graham Housing & Services** (emergency shelter help for families w/ children & affordable housing provider): *69 N. Main, Vergennes.* M-F: 8:30-4:30 877-2677 (call 24/7).
- **Addison Housing Works** (affordable housing provider): *272 Main St, Vergennes,* 877-2626
- **HomeShareVermont.org:** 863-5625.  
Need reference + background check + car (usually).

## Laundry/Shower

- **Desabrais:** *1232 Exchange St.* Open 24/7. Washers: ~\$2.25-\$7.50/load. Dryers: ~\$5. 388-9079

## Legal Help

- **AC Restorative Justice** *282 Boardman St 2nd Fl;* 388-3888 record expunging/license restoring legal help
- **Public Defenders Office** 802-786-5823
- **VT Legal Aid** 800-889-2027
- **Children's Crisis Line Services** 802-773-4225
- **Adult/Elder Protective Services** 800-564-1612

## Tech Help

- **Tech Medic:** *12 Main St.* 377-9930; T & Th, & F 9-5 (cell/computer repairs & sales)
- **Ilisley Library:** *30 Main St,* 388-4095. computer & cell phone navigation help/application completion
- **Ask Age Well , Atria Collective, Charter House, John Graham** if you qualify for a free cell phone

## Town Notices

Opt in for text notifications & to be added to town email list @ [townofmiddlebury.org](mailto:townofmiddlebury.org) (road closures, etc)

## Clothing

- **Buy Again Alley:** *10 Washington St. (next to Retro Realm Arcade)* 11-5 M-Sat; Sun 12-4.
- **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](http://hope-vt.org)
- **Neat Repeats:** *1428 US Rte 7,* M-Sat: 12-4. Financial assistance available (mini-grants)
- **Round Robin:** *211 Maple St #28 (Marbleworks),* 9:30 - 5 (closed Sun/Mon)

## Food

- **Addison County Food Resource Guide** 
- **Community Supper:** *2 Main St.* Congregational Church of Middlebury. *388-7634;* 5-6 pm on Fridays.
- **3SquaresVT:** Food stamp benefit program.
- **Charter House:** *27 N. Pleasant St.,* 989-8621. Take-out daily lunch 11:30 AM and dinner Sat-Th 5 - 5:45 PM
- **Age Well (Meals on Wheels)** 39 Court, M/W/F 9-1, 800-642-5119
- **Feeding Champlain Valley (CVOEO):** *616 Exchange St,* 377-3741, M-F 10-3:30, visits 1 per month
- **HOPE Food Shelf** (see Resource Centers)
- **Charles Ave Community Cupboard** Wed/ Thur/ F/Sun 9-5 & as requested calling 388-8080

## Safety/Medical

- **Atria Collective:** 388-4205. 24/7 confidential hotline for victims/survivors of domestic and sexual violence
- **CARE Registry** ([e911.vermont.gov/care](http://e911.vermont.gov/care))
- **Mt Health Community Health:** *50 Industrial Ave* (@CVOEO) walk-in inquiries Tu 8-2:30, call 453-3911 for primary/dental care no-wait intake & 453-6841 (Kelly) for addiction help
- **Open Door Clinic:** *100 Porter Dr.* 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
- **Turning Point:** *79 Court St,* 24/7 by phone 388-4249, drop-in M-F. Addiction/ trauma help & meetings.
- **VT Helplink** ([vthelplink.org](http://vthelplink.org), **565-5465**) connects you & loved ones rapidly with substance use help.

## Cool Off, Chill Out

### Daytime

- **Gather** 76 Court St; 10-2 Tue/Th/Fri/Sat, drop-in community living room w/ lunch, showers, laundering.
- **Town Buildings** (see listings on front)
- **Midd Town Pool** 298 Buttolph ~12-6 Entry fee \$4-\$7
- **Health Clubs** (daily passes)
- **Churches** (ask) daytime, Sunday mornings
- **College Library** (hours posted online)

### Overnight Shelter Help (see Resource Centers)

- **Charter House** (individuals) &
- **John Graham** (families with children)

### Showers/wifi/calls/charging at many locations above

## Mental Health Support

- **Counseling Service of Addison County (CSAC)** main line 8AM - 4PM; 802-388-6751
- **CSAC Crisis Line** 802-388-7641. (24/7)
- **National Suicide & Crisis Hotline** 988
- **Interlude** (peer-led urgent care) *99 Maple St Suite 16* (Marbleworks), call 458-8219 M-F 10-6 for help.
- **LGBTQ Hotline** 866-488-7386
- **Veterans Crisis Line** - 988 OR 800-273-8255

## Transportation

- **Tri-Valley Transit:** Bus stop on *Academy St.* Bus Routes & Door to Door Rides, [trivalleytransit.org](http://trivalleytransit.org)
- **Dial-a-Ride:** 388-2287 Usually free. Call 48h in advance to schedule.
- **Frog Hollow Bikes:** *74 Main St.* M-Sa: 10-5. 388-6666 Bike rentals & used bikes for sale & free bikes loans.
- **Amtrak:** *30 Middle Seymour St.* Train connects NYC - Burlington [amtrak.com](http://amtrak.com)

## LEGEND



Clothing



Near bus stop



Computers



Needle disposal



Cooling center



Outlets



Food



Public phone



Housing



Resource Centers



Laundry



Showers



Narcan



Wifi