

THE SURVIVOR'S GUIDE TO BURLINGTON

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SHELTERS

- COTS Daystation, 179 South Winooski Avenue, (802) 862-5418 (9 a.m. to 5 p.m.)
- COTS Waystation, 187 Church St. 862-7776 (6 p.m. to 8 a.m.)
- COTS Family Shelters, 864-2651 (24 hours)
- Women Helping Battered Women, 658-1996 (24 hours)
- Spectrum One Stop (youth under 21), 177 Pearl St. 862-5396
- Burlington Emergency Shelter, 89 North Street, (802) 862-9879 (7 p.m. - 12 noon)

FOOD

- Chittenden Emergency Food Shelf, 228 North Winooski Avenue, 658-7939
- Hot meals: Monday through Friday, 7 to 10:30 a.m.; Sunday, 10 a.m. to 12 noon
- Groceries: Distributed Monday through Friday, 9 a.m. to 4 p.m.
- Sunday Dinner: 5:15pm to 6:30pm
- Imani (once a month free food drops) (802) 864-2631
- Salvation Army, 64 Main Street, 864-6991: Mon-Sat, 5:30 to 6:30 p.m.
- King Street Youth Center, 87 King Street, (802) 862-6736: Sunday, 6 p.m.

CRISIS SERVICES

- Crisis Hotline, (802) 863-2400
- Women Helping Battered Women, (802) 658-1996 (24 hours)
- Women's Rape Crisis Center, (802) 863-1236
- Relief-from-abuse orders, (800) 540-9990
- Champlain Drug and Alcohol Services, (802) 654-1067
- Spectrum (ages 21 and younger), 864-7423
- Howard Center Substance Abuse 488-6100
- First Call (24 hour, 7 day/week emergency service for children and families experiencing crisis) (802) 488-7777

COMMUNITY SERVICES

- • If you need help finding help, dial 211.
- • Police: (802) 658-2704
- • Burlington Housing Authority, (802) 864-0538
- • Recycle North* (802) 658-4143
- • Champlain Housing Trust-Homeownership Center (802) 862-6244
- • Chittenden Community Action, 191 North St., (802) 863-6248
- • Vocational Rehabilitation, 108 Cherry St., 863-7500
- • Community Action, 191 North Street, 863-6248
- • Vermont Refugee Resettlement Program, 655-1963
- • JUMP, 38 S. Winooski Ave., 862-4501 (Mon-Fri, 9 a.m.-noon)
- • Joseph's House, 113 Elmwood Ave., 951-4290
- • Howard Center, (802) 658-0400
- • Legal Aid, 863-2871
- • DCF Economic Services Division (ESD), (802) 863-7365
- • DCF Family Services Division (FSD), (802) 863-7370
- • Area Agency on Aging, (802) 865-0360
- • Vermont Tenants Inc., (802) 864-0099
- • Association of Africans Living in Vermont, (802) 985-3106
- • RU12? (802) 860-7812
- • Vermont Refugee Resettlement, (802) 655-1963
- • Dept. of Employment & Training, 59 Pearl St., (802) 658-1120
- • Social Rehabilitation Services (SRS), (802) 863-7370
- • Social Security Administration, 58 Pearl Street, (802) 951-6753
- • Vocational Rehab Services, 108 Cherry St., (802) 863-7500
- • Local Bus (CCTA), (802) 864-2282
- • Long-Distance Bus (Vermont Transit), (802) 864-6811

LEGAL SERVICES

- • Vermont Law Help / Legal Services Law Line: (802) 863-7153
- • Vermont Legal Aid: (802) 863-2871

COUNSELING

- • Howard Center for Human Services Outreach, (802) 658-2278 or (802) 864-2619
- • Champlain Drug and Alcohol Outreach, (802) 864-2626
- • Women Helping Battered Women, (802) 658-1996
- • Vet Center, (802) 862-1806
- • Runaway Hotline, (800) 231-6946
- • Spectrum Youth and Family Services, (802) 864-7423
- • Pine Street Counseling, (802) 658-0404
- • Act 1/Bridge Program, (802) 654-1067
- • Outright Vermont/GBLT (22 and Under), (802) 865-9677

MEDICAL HELP

- • Safe Harbor Clinic, (802) 860-4310
- • VNA Family Services, (802) 658-1900
- • Poison Center, (802) 222-1222
- • Community Health Center, 617 Riverside Avenue, (802) 864-6309
- • Planned Parenthood, 23 Mansfield Avenue, (802) 863-6326
- • Fletcher Allen Health Care Emergency, (802) 847-2434
- • Vermont Cares, (802) 863-2437
- • FAHC Colchester Walk In Care Center, (802) 847-1170

OTHER RESOURCES

- • COTS Daystation (Monday through Sunday, 9 a.m. to 5 p.m.) (802) 862-5418
- • COTS Streetwork Program (Monday through Friday, 9 a.m. to 5 p.m.) (802) 862-5418
- • Housing Resource Center (Monday through Thursday, 10 a.m. to 4 p.m) (802) 861-0110
- • Community Health Center Drop-In Clinic (Monday & Friday, 9 a.m. to 5 p.m.) (802) 862-5418
- • Howard Center for Human Services Outreach, (802) 658-2278, (802) 864-2619
- • Champlain Drug and Alcohol Outreach (Monday through Friday, 9 a.m. to 5 p.m.) (802) 864-2626