



HAVE A CHILL SUMMER!

YOU are so LOVED! Please stay safe, connected and make healthy choices over the summer!

Safety and Food Assistance:

211: Call for information about food, housing or legal assistance.

988: Call or text if you or a loved one are experiencing a mental health or other crisis.

Free LISTEN Community Meals

Monday-Friday 11:30-12:30, 4:30-5:30

Food Shelves:

Thetford: T&Th, 10am-12pm
@ Thetford Town Hall
(Thetford, Fairlee, W. Fairlee, Vershire, Strafford)

West Topsham: M, 10am-12pm
@Riverside Grange
(Corinth, West Topsham)

Bradford: M,T,Th 3-4pm, W 5-6pm,
F 11am-12pm @Bradford Academy

Community Resources:

Bradford Teen Center (The Hub):
Open M-F, afternoons/evenings
(Tri-Valley Transit has a stop directly
across from the center)

Your library has free passes to
museums, Treasure Island
(Thetford), and state parks, plus free
wifi and BOOKS!

Free help to try to quit smoking,
vaping, or oral nicotine pouches,
that is personalized for you and
your situation. Text START to 36072
or enroll online to connect with the
quit support you want.

Fun, Free Things to Do!

Weekly Events: Lake Morey Summer Concert Series on Thursday evenings; Fairlee Flea Market on Sat mornings; Hartford Teen Pool Parties Thursdays 6-8pm, free with registration on the Hartford Parks & Recreation website; TA Schoolhouse Rocks Concert Series.

Farmer's Markets: Norwich Farmers Market every Saturday morning and Lebanon Farmers Market: Th, 4-7, and Front Porch Concert series 6:30-8:30.

Fairs and Parades: Fairlee July 4th parade, Thetford Hill Fair on July 25, and North Haverhill Fair on July 22-26

Hartford Annual Block Party at Lyman Point Park on June 17th (free dinner!)



LOOKING FOR A JOB?

Hotels & Inns – dishwashing, housekeeping, line cook

Restaurants – taking orders, cleaning, cooking/food preparation

Grocery Stores – bagger, cashier, shopping cart attendant

Babysitting – post ad on the Thetford Listserv, Nextdoor app, Front Porch Forum, and/or social media

Dog Walking – post ad on Thetford Listserv, Nextdoor app, Front Porch Forum, and/or social media

Shoveling or mowing for neighbors – post on social media/listserv

INTERESTED IN VOLUNTEERING?

Willing Hands

Local humane societies/animal rescues/shelters

WATER SAFETY

Make sure you are following the news to ensure safe water levels and avoid flooding. Sign up for VT-Alert to get timely warnings about heavy rain and flooding.



FUN ACTIVITIES



Try a free Valley Quest—many available treasure hunts throughout the Upper Valley

State of Vermont Parks (Free parks access program)

Library - free and/or discounted passes to VINS, Treasure Island (Thetford), and more!

If you need help or support, please feel free to reach out to Kara Toms.

hccvt.org also has regional resources around substance use and mental health.