

# Together, we succeed.

We believe everyone has potential. At Capstone Community Action, we work to strengthen families and individuals, and we help them take action to achieve their dreams.

If you're struggling with financial insecurity, we're here to help. Contact us and take your first step toward a brighter future of hope and opportunity.



## We improve the lives of Vermonters in need

by providing opportunities, education, and vital assistance. By breaking down the barriers that prevent people from thriving, we offer the hope people need, the dignity everyone deserves, and a better community for all.

### Our locations

#### WASHINGTON COUNTY

20 Gable Place, Barre, VT 05641-4128

PHONE: (802) 479-1053 | TOLL FREE: 1-800-639-1053

FAX: (802) 479-5353

#### LAMOILLE COUNTY

##### Integrated Services Center

250 Industrial Park Drive, Morrisville, VT 05661-4491

PHONE: (802) 888-7993 | TOLL FREE: 1-800-639-8710

FAX: (802) 888-7531

#### ORANGE COUNTY

12 Prince Street, Suite A

PO Box 284, Randolph, VT 05060-0284

PHONE: (802) 728-9506 | TOLL FREE: 1-800-846-9506

FAX: (802) 728-4962

22 Whistle Stop Way, PO Box 500, Bradford, VT 05033-0500

(By appointment only)

PHONE: (802) 222-5419

### Hours of operation

Our offices are open from **8:00 am to 4:30 pm**, Monday through Friday. Calling ahead is strongly encouraged.

Capstone Community Action is an equal opportunity provider and employer.



CALL US

**1-800-639-1053**

VISIT US ONLINE

**www.capstonevt.org**



## Programs & Services



**A brighter future is  
within reach.**

# Making ends meet

## Food and Nutrition Programs

We help keep nutritious food on Vermonters' tables by helping people connect with 3SquaresVT, Farm to Family Coupons, and Capstone's Food Shelf, located at our office in Barre.

## Home Heating and Utility Assistance

For those in danger of running out of home heating fuel, please call. We may be able to provide emergency assistance for fuel and utility disconnection based on your eligibility.

## Housing Counseling and Homelessness Prevention

We offer counseling for people facing eviction and homelessness, and provide help for anyone seeking stable housing.

# Building stronger families

## Head Start & Early Head Start

Our programs for pregnant women and eligible families with children ages 0-5 include high-quality early childcare, parent education, home visiting, and center based care.

## Child Care Food Program

For children in day care, we provide access to this government program that provides nutritious meals and snacks that meet the minimum daily meal requirements for children.

## Family Literacy Center

As part of the Head Start program, we serve pregnant and parenting high school students under the age of 26 with academic supports to earn their diploma, as well as individual and group support.

## Physical, Oral, and Emotional Wellness

Through our Head Start program, we help families access wellness visits, dental care, and mental health support.

# Creating warm and healthy homes

## Weatherization and Energy Efficiency Services

We provide a variety of energy services for Vermonters of all incomes to ensure their homes are operating at their best, including no-cost weatherization for income-eligible Vermonters. We also offer weatherization for building owners and landlords.

## Energy Efficiency Education

We empower homeowners, renters and the community to improve their homes' energy performance with educational trainings, workshops, and weatherization skillshops.

# Opening doors to economic opportunity

## Community Kitchen Academy

Our Barre location hosts an intensive workforce development & training program where participants gain skills and a path to a good job in the food service industry.

## Micro Business Development

We support new and established entrepreneurs to start or expand their business with workshops, counseling, and financial education.

## Savings & Credit Programs

We provide coaching and assistance with budgeting, debt reduction, credit building, and saving. We also offer programs to help people start saving earned income to build assets for their future.

## Tax Preparation Program

Vermonters receive help with filing Federal and State income tax returns, as well as renters forms.

## Workforce Development

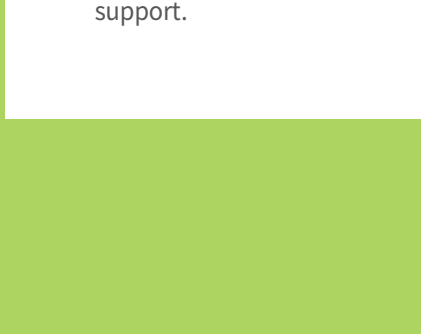
We develop partnerships, advocate for policies that support job creation, and implement innovative programs to get Vermonters to work.

## Transportation

We help people access affordable, reliable, and energy-efficient vehicles.



“They believed in me, so I had to believe in myself.”  
– Capstone program participant



“Capstone helped me to gain some of the confidence I had lost through trauma. It has helped to further and strengthen my vision for my future endeavors.”  
– Capstone program participant

