



Vermont Reads 2021

We Contain Multitudes

Community Resources



We Contain Multitudes is a book that definitely contains multitudes. It is about love, friendship, survival, loss, grief, bullying, family/domestic violence, a veteran's PTSD, and a growing relationship between two boys.

For some participants, these multitudes may be challenging. Vermont Humanities has partnered with these organizations that can help you navigate the themes of the book in your community:

Outright Vermont

(802) 865- 9677

www.outrightvt.org

Outright Vermont is building a Vermont where all LGBTQ+ youth have hope, equity, and power.

The Vermont Network Against Domestic and Sexual Violence

(802) 223-1302

www.vtnetwork.org

The Vermont Network works to uproot the causes of violence and to build a world free of oppression where actions, beliefs and systems support all people to thrive.

The Howard Center

(802) 488-6000

www.howardcenter.org

The Howard Center helps people and communities thrive by providing supports and services to address mental health, substance use, and developmental needs.

Recovery Vermont

(802) 223-6263

www.recoveryvermont.org

Recovery Vermont celebrates substance use disorder recovery in Vermont through trainings, advocacy, and leadership programs.

Want to dig even deeper?

We Contain Multitudes is a book that can challenge our impressions of people who are different from us and situations that we may only know through the news and social media.

On the other hand, you are also likely to be only too familiar with some themes in the book, including addiction and domestic violence. We recognize that this presents challenges to notions of ourselves in a diverse world, and we strongly encourage you to learn more!

Our partner organizations and the resources listed on the flip side can help you dig deeper on the following themes:

- LGBTQ+ youth and resilience
- Building college aspirations for marginalized youth
- Healthy relationship skills for teens and adults
- Suicide prevention
- Supporting youth, adults, and families dealing with substance use disorder
- Supporting veterans returning from war
- Services for survivors of domestic violence

***Turn to the flip side
for a list of
other important resources***



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Other Important Resources



ADAP - Recovery Centers

(802) 651-1550

AHS.VDHADAP@vermont.gov

The Vermont Department of Health provides resources for those struggling with substance use disorder, including twelve Recovery Centers located throughout the state.

GLSEN

(212) 727-0135

www.glsen.org

GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment.

Pride Center of Vermont and SafeSpace

(802) 860-7812

www.pridecentervt.org

SafeSpace, a program of the Pride Center of Vermont, works to end physical, sexual, and emotional violence in the lives of lesbian, gay, bisexual, transgender, queer (LGBTQ+), and HIV-affected people.

The Trevor Project

(866) 488-7386 (available 24/7)

www.thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people under 25.

Vermont Office of Veterans Affairs

(802) 828-3379

www.veterans.vermont.gov

The office provides information to help Vermonters understand what benefits and services are available for Vermont veterans. The site consolidates information from federal, state, and private organizations.

VT Helplink

(802) 565-LINK

www.vthelplink.org

VT Helplink is a free resource for Vermonters, providing confidential, non-judgmental support and referrals to treatment, recovery, and other services.

Wounded Warriors Project

(877) TEAMWWP (877-832-6997)

www.woundedwarriorproject.org

The WWP works to honor and empower Wounded Warriors who incurred a physical or mental injury, illnesses, or wound co-incident to military service on or after September 11, 2001.

Have other questions or need additional resources? Contact us at community@vermonthumanities.org and we will help you arrange a facilitated discussion or connect you with the right resource organizations for your needs.