



Upper Valley Haven Food Programs

Because in the Upper Valley, Approximately 1 in 7 Adults and Children Face Food Insecurity



Overview

The Upper Valley Haven's Community Food Market offers reliable, choice-based grocery access, including fresh produce, dairy, meat, non-perishables, and personal care items to anyone who needs it, regardless of income.

How it Works

- Monthly full grocery orders (multi-family visits allowed)
- Daily walk-in food access for essentials like bread, produce, and prepared meals
- Community outreach partnerships, including Dartmouth Health's Moms in Recovery, LISTEN's Community Dinners, Turning Point, local churches, and more

Program Features

- Open Monday–Thursday, 10:00 AM – 4:30 PM ; Friday 10:00 AM – 3:00 PM
- Curbside pickup & in-person shopping options
- Welcomes individuals across Vermont and New Hampshire

“Being able to receive this food helps my family stay afloat”

– John, who no longer has to choose between groceries and rent



3,297 Households Served Last Year



18,572 Total Market Visits Last Year



Annual Program Budget: \$800,480





Upper Valley Haven Family & Adult Shelters

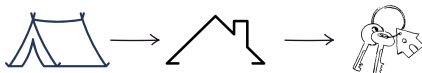
Because Everyone Deserves Safety,
Support, and a Place to Begin Again



46 Beds



**14 Families
Sheltered Last Year**
(24 Children & 18 Adults)



Byrne Family Shelter

The Byrne House Family Shelter offers a safe, temporary home for families experiencing homelessness. During their stay, parents work one-on-one with Service Coordinators to pursue goals related to housing, employment, education, child development, and stability.

Children in the shelter are welcomed into the Haven's After-School and Summer Programs, providing joyful, enriching experiences while parents focus on next steps. Families enjoy the privacy of their own unit, along with shared spaces that encourage support, connection, and a sense of belonging.



20 Beds



**46 Individuals
Sheltered Last Year**

Hixon Adult Shelter

Hixon House serves adults and couples without minor children who are experiencing homelessness. Guests have access to a stable, safe environment where they receive three daily meals, case management, and support to pursue personal goals — including housing, employment, and health care.

The shelter includes communal spaces and shared resources that foster dignity and connection. Many guests use Hixon as a springboard toward lasting independence and self-sufficiency.



Annual Program Budget:
\$933,710



**33 Households Moved into
Permanent Housing Last Year**



Upper Valley Haven Community Service Coordination

**Because Real Progress Takes Time,
Trust, and Someone in Your Corner**



Overview

Haven Service Coordinators offer personalized, relationship-driven support to individuals and families navigating poverty, housing instability, or other crises. From housing applications to budgeting and referrals, our team guides people through real steps toward stability—with dignity and care at the center.

What We Do

- Assess individual/family needs and identify strengths
- Design service plans tailored to each person's goals
- Support guests in securing housing, childcare, transportation, and employment
- Offer budgeting help, housing counseling, and resource navigation
- Build trusted relationships with landlords and employers
- Collaborate with local agencies to provide coordinated care
- Provide transportation via bus passes or rides, when needed



**500+ Households
Supported Last Year**
(Not including shelter guests)



**72 Households Helped
into Permanent Housing
Last Year**



**Annual Program
Budget: \$759,745**

**"She made me feel like I wasn't
doing this alone."**

— Former shelter guest,
who now lives in her own apartment

Why it Matters

This work—often called the “quiet signature” of the Haven—builds lasting stability through trusted relationships and ongoing, compassionate support.

Crisis → Connection → Planning → Accessing Resources → Housing/Employment → Stability



Upper Valley Haven Children's Program

Because Stability After School and Throughout the Summer Builds a Foundation that Lasts a Lifetime



Overview

The Haven's Children's Program offers after-school care during the school year and full-day summer programming for children who currently live or have lived in our shelters. In a safe, structured environment, kids build confidence, develop life skills, and experience joy through hands-on learning and enrichment.

These consistent experiences help children regain a sense of normalcy, build trusting relationships, and imagine new possibilities for their future. At the same time, parents have space to focus on stability and next steps.



**21 Children Served
Last Year**



**Annual Program
Budget: \$220,197**

"My kids love this program—it's better than any other they've been to. Thank you to everyone who makes it possible"

— Parent of children in the program

After-School Program Includes:

Homework Help

Creative Programs

Life Skills

Active Play

Sample After-School Week

Kids start each day with a healthy, filling snack or light meal.

Monday

Clay Workshop at Artistree

Hands-on clay creations with the instructors.

Tuesday

UVAC Swim

After snack, kids attend their weekly swim lessons.

Wednesday

Nature Hike

An invigorating hike up to the pond at nearby Boston Lot, taking in the fall colors.

Thursday

Fun at Bev's House

On Thursdays, the kids enjoy quiet reading time followed by outdoor games on the Haven's campus.

Friday

Baking at King Arthur

A sweet end to the week. Kids learn to knead, measure, and bake their own creations.