

Resources and Activities for Children and Families in the Lower Naugatuck Valley



Local Resources

Valley Council for Health and Human Services Youth Resource Guide - Categories include arts, sports, volunteering, community health, education, faith-based, summer, youth-based organizations/groups.

<http://valleycouncil.org/youth-committee/naugatuck-valley-youth-resources/>

Griffin Health Active Valley CT - Valley area resources and safety tips. Categories include: walk, run & hike, paved or off-road biking, open play, ball sports, water activities, winter sports and activities and other resources. <https://nvcog.maps.arcgis.com/apps/MapSeries/index.html?appid=59bedc716bbd496d8e7d064fecacddf4>

Ansonia Public Library

<https://www.ansonialibrary.org/>

Derby Neck Library

<https://derbynecklibrary.org/>

Derby Public Library

<https://derbypubliclibrary.org/>

Oxford Public Library

<http://www.oxfordlib.org/>

Shelton: Plumb Memorial, Huntington

<https://sheltonlibrarysystem.org/>

Seymour Public Library

<https://www.seymourpubliclibrary.org/>

CT United Way 2-1-1 - Connects callers, at no cost, to critical health and human services in their community. If you're unable to find a service, please dial 2-1-1 for assistance. www.211ct.org

Emergency Mobile Psychiatric Services (EMPS) - Deliver a range of crisis response and crisis stabilization services to children, youth, their families and caregivers including children residing in relative, adoptive and foster care homes. Telephone Number: 2-1-1

Coronavirus Specific Information

Naugatuck Valley Health District - <http://www.nvhd.org>

The National Center for Disease Control - <https://www.cdc.gov/>

Managing Stress and Anxiety When Navigating a Health Crisis, Centers for Disease Control - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Resources for Parents, Educators & School Communities Related to COVID-19, Inside SEL - <https://insidesel.com/2020/03/12/covid-19/>

Parent/Caregiver Guide to Help Families Cope with the Corona Virus Disease 2019 -

The National Child Traumatic Stress Network. <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Parenting Tips

U.S. Department of Health and Human Services, Resources for Families with Teens - <https://www.hhs.gov/ash/oah/resources-and-training/for-families/index.html>

Learn how to handle common parenting challenges for all ages through interactive activities, videos and more from the Center for Disease Control
<https://www.cdc.gov/parents/>

Parent Toolkit - Provides parents with a comprehensive guide to helping their children succeed in school and life, whether they're just starting out in pre-school or preparing their college applications. It is produced by NBC News Learn and supported by Pearson.
www.parenttoolkit.com

National Education Association - Resource provided to parents to help ensure their child receives the best possible education. <http://parents.nea.org/>

On-line Information and Activities for Kids and Families

NASA Stem Resources - Activities and resources for students and teachers. All grade levels.
<https://www.nasa.gov/stem/forstudents/9-12/index.html>

National Geographic Website for Kids - Games, Videos, Animals, Explore, ages 6-14.
<https://kids.nationalgeographic.com/>

Google virtual tours of museums and places. <https://artsandculture.google.com/?hl=en>

Reviews of Movies, TV, Apps & Games, What Parents Need to Know, Research -
Much free information, some subscription costs. <https://www.common SenseMedia.org/>

TED-Ed is TED's Youth and Education Initiative - TED-Ed's mission is to spark and celebrate the ideas of teachers and students around the world. <https://ed.ted.com/>

The Child Mind Institute - An independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Includes resources for parents coping during COVID-19. <https://childmind.org/>

Khan Academy - A non-profit organization, offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. <https://www.khanacademy.org/>

Brought to you by BHcare

BHcare is a regional nonprofit organization that provides a comprehensive and integrated system of care for adults, children and families who are struggling with mental health issues, substance use issues, or domestic violence.

BHcare Ansonia: **(203) 800-7177**

BHcare Branford: **(203) 800-7177**

Parent Child Resource Center: **(203) 954-0543**

The Umbrella Center for Domestic Violence Services **(203) 736-9944**

HOPE Family Justice Center **(203) 800-7204**

Alliance for Prevention and Wellness **(203) 736-8566**



BHcare.org

Facebook.com/CTBHcare

Facebook.com/parentchildresourcecenter

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