



# Norwich Public Schools

## Family Resource

### Guide 2022



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# 2-1-1 Statewide Resource

## 2-1-1 or [www.211ct.org](http://www.211ct.org)

2-1-1 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone. Ability to communicate in 150 languages on the phone.

## Crisis Help Lines

### Housing Emergency

CALL 211 INFO LINE and press #3 and #1 if you are homeless or in a housing emergency. **You must call 211 first for any housing emergency.**

### Child in Crisis: 2-1-1

[www.empsct.org](http://www.empsct.org)

### DCF Child Abuse and Neglect 24-hour Careline:

1-800-842-2288  
[www.ct.gov/dcf](http://www.ct.gov/dcf)

### DMHAS Addiction Treatment 24-hour Hotline:

1-800-563-4086  
[www.ct.gov/dmhas](http://www.ct.gov/dmhas)

### Domestic Violence/Sexual Assault 24-hour Helpline:

1-888-774-2900  
[www.ctcadv.org](http://www.ctcadv.org)

### National Domestic Violence 24-hour Hotline:

1-800-799-7233  
[www.thehotline.org](http://www.thehotline.org)

### Emergency Mobile Psychiatric Services (adults):

(860) 886-9302  
[www.ct.gov/dmhas](http://www.ct.gov/dmhas)

### National Human Trafficking Hotline:

1-888-373-7888  
<https://humantraffickinghotline.org>

### National Runaway 24-hour Safeline:

1-800-786-2929  
[www.1800runaway.org](http://www.1800runaway.org)

### National Substance Abuse/Mental Health 24-hour Helpline:

1-800-662-4357  
[www.samhsa.gov](http://www.samhsa.gov)

### National Suicide Prevention 24-hour Lifeline:

1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Police/Fire Emergencies:

9-1-1

**This Community Resource is not a complete list of all area providers, nor does it imply recommendation or responsibility on the part of the Norwich Public Schools. This information is provided as a courtesy to families who are looking to get help or support at their own expense. For additional information regarding any provider, please contact the provider of service(s) directly.**



# Food Assistance

## **Catholic Charities**

331 E. Main Street Norwich, CT 06360

Phone: (860) 889-8346

[www.ccfsn.org](http://www.ccfsn.org)

Family service agency provides family and individual support services, including one on one crisis intervention, pregnancy support, parenting education, job readiness assistance, intensive case management, emergency food, emergency basic needs, rental/utility assistance, financial and budgeting education, SNAP food stamps application assistance, and referrals to other social service agencies.

## **Norwich Human Services**

100 Broadway Room 212 Norwich, CT 06360

Adult and Family Services (860) 823-3778 Fax: (860) 823-3793

Rose City Senior Center (860) 889-5960 Fax: (860) 885-1160

[www.norwichct.org/212/Human-Services](http://www.norwichct.org/212/Human-Services)

Programs and services include case management assistance, child care assistance, emergency rent/mortgage assistance, food resources, heat/utility assistance, and relocation assistance.

**\*One of the best resources for finding providers in the area.\***

## **Rosalyn Allen Food Pantry at UCFS Healthcare**

47 Town Street Norwich, CT 06360

Drive-Thru food distribution, every Wednesday 2-3pm

Information collected: Last name, total number of people in the household.

<https://www.ucfs.org/pop-up-drive-thru-food-pantry-distribution-dates/>

See UCFS Facebook for more dates. <https://www.facebook.com/UCFS1877>

## **Feed the Sheep Food Pantry at Eglise Evangelique Psaumes 23 Church**

134 Boswell Avenue, Norwich CT 06360

Phone: 860-574-0682

**Food Pantry** Hours Every Friday 3-5pm (Weather permitting)

## **Community Outreach Center at Lee Memorial United Methodist Church**

294 Washington Street Norwich, CT 06360

Phone: 860-822-6595

**Food Pantry** Hours: Every Friday 1-2pm

<https://www.leememorialumc.org/coomunity-oureach-center>



# Food Assistance Continued

## **St. Vincent De Paul Place**

120 Cliff Street Norwich, CT 06360

Phone: (860) 889-7374

[www.svdpp.org](http://www.svdpp.org)

### **Hot Meals:**

Breakfast Monday to Saturday 8:00 a.m. – 10:00 a.m.

Lunch 11:30 a.m. – 1:00 p.m.

### **Food Pantry Hours:**

Monday & Wednesday 9:30-12:00 & 1:00 p.m.–3:00p.m., Saturday, 9:00 a.m. – 12:00p.m.

**Shower** available Monday – Saturday, 7:30 a.m. - 12:00 noon. No laundry at this time.

## **WIC Norwich Office**

401 Thames River Pl #201 Norwich, CT 06360

860-425-6562

Provides access to supplemental foods, health care referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

## **SNAP- Supplemental Nutrition Assistance Program**

Norwich Field Office

401 West Thames Street Norwich, CT 06360

(855) 626-6632

**Apply online**, visit [www.connect.ct.gov](http://www.connect.ct.gov) under “Apply for Benefits.”

**Apply over the phone** with End Hunger CT: (866) 974-SNAP (7627)

(Night and Weekend Hours available, English and Spanish speaking)

Federally funded debit card that can be used for food at supermarkets, grocery stores and farmers' markets. Funding is based on income and household size. SNAP cards can also be used ONLINE at Wal-Mart, Stop and Shop, BJs Wholesale Club, Aldi, Price Chopper, Amazon, ShopRite.



# Housing

## Housing Emergency

CALL 211 INFO LINE and press #3 and #1 if you are homeless or in a housing emergency

### Section 8- Housing Voucher Program

Section 8 or the Housing Choice Voucher Program, provides families and individuals with a housing subsidy to provide safe, affordable housing. The rent paid by participants is determined by a formula that examines the households income, how many people are in the house and the cost of housing. Participants pay roughly 40% of their gross income toward rent.

Section 8 - Housing Voucher Program Waitlist <http://www.cthcvp.org/>

CT Section 8 Housing Choice Voucher Program Website

<https://portal.ct.gov/DOH/DOH/Programs/Section-8-Housing-Choice-Voucher-Program>

# Domestic Violence

### Safe Futures (Norwich Counseling)

Norwich Counseling

241 Main Street 2nd Floor, #102 Norwich, CT 06360

Phone: (860) 447-0366 x265

Provides assistance for anyone involved in domestic violence or who was sexually assaulted.

### Safe Futures (Main Office)

16 Jay Street New London, CT 06320

Phone: (860) 447-0366 Fax: (860) 440-3327

[www.safefuturesct.org](http://www.safefuturesct.org)

**24-Hour Hotlines: Domestic Violence (860) 701-6000; Sexual Assault (860) 701-6001**

**24/7 Crisis Helpline: 1-888-774-2900**



# Utility Assistance

## **Norwich Human Services**

100 Broadway Norwich, CT 06360  
860-823-3778

Our mission is to provide immediate services to residents in crisis and to develop and administer services that help people become self-sufficient and reach their maximum potential.

## **CEAP- CT Energy Assistance Program**

<https://www.tvcca.org/energy-assistance/>

860-425-6681

Administered by Thames Valley Council for Community Action (TVCCA)  
Energy Assistance including heat, water, and sewer bills.

## **Catholic Charities**

See food for detailed information. (Page 4)

## **Project Warm-Up**

Applications taken through the United Way of Southeastern Connecticut  
283 Stoddards Wharf Rd Gales Ferry, CT 06335  
860-464-3325

<https://www.uwsect.org/project-warm>

Project Warm-Up is a heating assistance program of United Way of Southeastern Connecticut which collaborates with other local service providers to meet the home heating needs of families in southeastern Connecticut who are experiencing a short-term crisis.

# Healthcare

## **United Community & Family Services**

Community Health Center

47 Town Street Norwich, CT 06360

Phone: (860) 892-7042 [www.ucfs.org](http://www.ucfs.org)

Adult & Pediatric primary care, Women's Health Services, Geriatrics, Foster Care Clinic, Healthy Start, Access to Care Specialist, Dental Services, Medical Home Initiative, and Outpatient Behavioral Health.

## **Generations Family Health Center**

W. W. Backus Medical Office Building

330 Washington St. Suite 510 Norwich, CT 06360

[www.genhealth.org/](http://www.genhealth.org/)

860-885-1308

Affordable health care, sliding scale based on income.



# Health Insurance

## **Access Health CT**

<https://www.accesshealthct.com/> or call (855) 805-4325.

Access Health CT is Connecticut's official health insurance marketplace, where you can shop, compare and enroll in **healthcare** plans. It is the only place where you can qualify for financial help to lower your costs, or be eligible for free or low-cost coverage through Medicaid/HUSKY.

## **CHOICES Program**

Rose City Senior Center  
8 Mahan Drive Norwich, CT 06360  
860-889-5960

CHOICES (Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening) helps Connecticut's older adults and persons with disabilities understand their Medicare coverage and healthcare options. Certified CHOICES counselors across the State provide free, objective, person-centered assistance so Medicare beneficiaries can make informed choices about their Medicare options and related benefits. CHOICES provides counseling on all types of Medicare and related insurances, including Medicare Part A, Part B, Part D, and Medicare Advantage.

# Mental Health

## **Community Health Resources**

55 Main Street, Suite 410 Norwich, CT 06360  
Phone: (860) 885-6054  
[www.chrhealth.org](http://www.chrhealth.org)

Comprehensive, non-profit behavioral healthcare provider of services for children, families, and adults dealing with mental illness, addiction, or trauma. Specialize in PPP, great parenting program from 0-17 with a focus on a circle of security. No wait list.

## **The Connection Center for Behavioral Health**

101 Water Street Norwich, CT 06360  
Phone: (860) 425-5258  
<https://www.theconnectioninc.org/behavioral-health-services/>

Substance use and mental health treatment services.





# Mental Health Continued

## **Reliance Health, Inc.**

40 Broadway Norwich, CT 06360

Phone: (860) 887-6536

[www.reliancehealthinc.org](http://www.reliancehealthinc.org)

Partners with adults experiencing mental health, addiction, and developmental disabilities to enhance their quality of life. Programs include community rehabilitative services, social rehabilitative services, residential services, outreach services, and continuum of care.

*Excels at dual diagnosis of parent and child.*

## **Norwich Youth and Family Services**

75 Mohegan Road Norwich, CT 06360

[www.norwichct.org](http://www.norwichct.org)

Programs include youth development, juvenile justice, family involvement, mental health services, child welfare, teen pregnancy prevention, and community outreach.

## **Norwich Psychiatric Center**

108 New London Turnpike, Suite 1 Norwich, CT 06360

Phone: (860) 889-3052

Psychiatry, medication management, depressive disorders, post-traumatic stress.

## **National Alliance on Mental Illness (NAMI)**

1030 New Britain Ave, Suite 201 West Hartford, CT 06110

Phone: (860) 882-0236 Email: [admin@namict.org](mailto:admin@namict.org)

[www.namict.org](http://www.namict.org)

Provides support, education, and advocacy to people living with mental illness, their family members, friends, professionals, and the public at large.

*Support group based service.*

## **Family Care Connections**

<https://www.connectingtocarect.org/support-services/>

Website with information on locations for mental health support for children.



# Counseling

## **Artworks**

49 Church Street Norwich, CT 06360

Phone: (860) 889-2413

Individual, group, and family expressive art therapy using visual arts, movement, music, drama, and creative writing.

## **Christian Counseling Center of Southeastern, CT**

214A Thames Street Groton, CT 06340

Phone: (860) 287-0962

[www.christiancounselingcentersect.org](http://www.christiancounselingcentersect.org)

Couples and marriage consulting, pre-marital consulting, pre-remarriage consulting, family therapy, children's therapy – 9 years old and up.

## **Comprehensive Psychiatric Care**

200 West Town Street Norwich, CT 06360

Phone: (860) 886-1508

[www.cpccare.com](http://www.cpccare.com)

Services include Individual Therapy, Medication Management/Psychopharmacology, Diagnostic Assessment, Couples Counseling, Family Therapy, Child Therapy, Substance Abuse Treatment, Parent Consultation, and Group Therapy.

## **Connecticut Behavioral Health Associates, P.C.**

22 Case Street Norwich, CT 06360

Phone: (860) 823-1399

[www.ctbehavioralhealthassociates.com](http://www.ctbehavioralhealthassociates.com)

Services include individual and family therapy, and medication evaluation and management. Will provide medications and uses medicated treatment programs.

## **Schaperow Psychology Center & Associates**

567 Vauxhall St Ext, Suite 207 Waterford, CT 06385

Phone: (860) 447-2047

They offer psychotherapy and counseling to individuals, families, couples, and children ages two and up. They also offer psychological and educational testing.

## **Select Behavioral Health, LLC.**

72 New London Turnpike Norwich, CT 06360

Phone: (860) 886-8122

Services include psychiatric evaluation, medication management, and psychotherapy and counseling.



**Susan K. Ford-Macduff, LMFT**

215 West Town Street Norwich, CT 06360

Phone: (860) 892-4099

Individual practitioner offering individual, couples, and family therapy to all age groups.

**The Cove Center for Grieving Children**

250 Pomeroy Ave Suite #107 Meriden, CT 06450

Phone: (203) 634-0500 or Toll Free: 1-800-750-2683

[www.covect.org](http://www.covect.org)

They provide family and school-based programs utilizing the peer support group concept for helping children, teens, and families work with their unresolved grief due to the death of someone significant in their lives and other traumatic losses.

## Addiction

**Alcoholics Anonymous**

AA Answering Service 1-866-783-7712 or 1-855-377-2628 (Spanish)

To find a local meeting, <https://ct-aa.org/meetings/?tsml-day=any&tsml-region=norwich>

**Al-Anon/Alateen Family Groups of Connecticut**

277 Main St Hartford, CT 06106

Toll Free: 1-888-825-2666

[www.ctalanon.org](http://www.ctalanon.org)

Referral services to meetings and support groups for those with a drinking problem, or help and mutual support for families and friends of someone with a drinking problem.

Meeting locations by town: <https://www.ctalanon.org/meetings/meetings-by-town>

**Community Speaks Out, INC.**

214B Thames Street Groton, CT 06340

Phones: (860) 823-8771 or (860) 271-1835

[www.communityspeaksout.org](http://www.communityspeaksout.org)

Support for families facing addiction and substance abuse, by helping them navigate through the process of getting addicted family members into treatment through financial and logistical assistance.

**\*Great resource. Youth groups are impacted by substance use with adult groups too. They help with recovery supports, detox, and support for loved ones.\***



**Connecticut Addiction Medication, LLC.**

4 Broadway Norwich, CT 06360 (Parking at 67 Church St.)

General: (860) 462-6400 - Norwich Office: (860) 222-9559

[www.ctaddictionmedicine.com](http://www.ctaddictionmedicine.com)

Provides high-quality care for persons seeking to recover from substance abuse/addictive disorders.  
*Provides medications to help with addictions.*

**Project Courage**

251 Main Street, Suite 101 Old Saybrook, CT 06457

Phone: (860)-388-9656

<http://projectcourageworks.com>

Substance abuse recovery center offering a wide range of services for adolescents and young adults.  
*Expanding into the Colchester area.*

**Southeastern Council on Alcoholism and Drug Dependence, INC. (SCADD)**

Administrative Offices: 37 Camp Mooween Road Lebanon, CT 06249

Phone: (860) 447-1717

[www.scadd.org](http://www.scadd.org)

An organization dedicated to helping people and their families with alcohol and substance abuse problems. For all adults with substance abuse concerns.

**The Connection, INC.**

100 Roscommon Drive, Suite 203 Middletown, CT 06457

Phone: (860) 343-5500 or Toll Free Helpline: 1-855-435-7955

[www.theconnectioninc.org](http://www.theconnectioninc.org)

Provides family support services, behavioral health services, and community justice services.

## Family Support Providers

**Thames Valley Council for Community Action, INC. (TVCCA)**

1 Sylvandale Road Jewett City, CT 06351

Phone: (860) 889-1365

401 West Thames Street, Unit 201

Norwich, CT 06360

Phone: (860) 889-1365

[www.tvcca.org](http://www.tvcca.org)



Provides a broad spectrum of comprehensive services to individuals and families. These services include energy assistance, education, employment, food & nutrition, including the meals on wheels program, housing, financial, and case management services.

**Child and Family Agency of Southeastern Connecticut**

255 Hempstead Street New London, CT 06320

Phone: (860) 437-4550

[www.childandfamilyagency.org](http://www.childandfamilyagency.org)

Their programs deal with the prevention of child abuse, the treatment of family violence, teen pregnancy, children's health care, childcare, parent education, and children's mental health. They operate School Based Health Centers in many schools.

***\*Strong program that excels in the services they provide.\****

**Community Based Behavioral Health Services UCFS**

77 East Town Street Norwich, CT 06360

Phone: (860) 892-7042 - Care Coordination Referral: (860) 822-4176

Programs: Caregiver Support Team, Intensive Family Preservation, Triple P-Positive Parenting, Multidimensional Family Therapy, EMPS-Crisis Intervention, Family Based Recovery, Child First, Early Childhood Consultation Partnership, and Care Coordination.

***Strong PPP program.***

**Lawrence and Memorial Hospital - Behavioral Medicine**

365 Montauk Ave New London, CT 06320

Phone: (860) 442-0711

[www.lmhospital.org](http://www.lmhospital.org)

The Ambulatory Psychiatric Services unit, out-patient behavioral health, offers three treatment programs. The Intensive Out-Patient Program provides group psychotherapy services to adults. Dialectical Behavioral Therapy is a cognitive behavioral treatment approach offered to adolescents and adults through a group therapy model. Outpatient counseling is offered through several primary care providers in New London County.

**Waterford Country School**

78 Hunts Brook Road Quaker Hill, CT 06375

(860) 442-9454

Outpatient Clinic: 2 Clinic Drive, Norwich, CT 06360

(860) 886-7500

The Norwich office treats trauma, as well as the behavioral, emotional, and mental health issues of children ages 3-18. They also offer individual, family, and group therapy. Psychiatric consultation can be arranged for psychotropic medication needs too.



### **Natchaug Hospital/Joshua Center Thames Valley**

11A Stott Ave Norwich, CT 06360

Phone: (860) 823-5320

[www.natchaug.org](http://www.natchaug.org)

Partial Hospitalization Program, Intensive Outpatient Services, Extended Day Treatment and Clinical Day Treatment programs. Treats children 6 to 17 years old who are struggling with psychiatric or substance abuse issues, but do not require inpatient care.

### **Natchaug Hospital/ Inpatient Treatment**

189 Storrs Road Mansfield, CT 06250

Phone: (860) 456-1311 or Toll Free: 1-800-426-7792

[www.natchaug.org](http://www.natchaug.org)

Provides a wide range of Inpatient and Outpatient psychiatric, psychological, and substance abuse treatment for children, adolescents, and adults.

## **Home and Apartment Purchase/Rental Assistance**

### **Thames Valley Council for Community Action, INC. (TVCCA)**

1 Sylvandale Road Jewett City, CT 06351

Phone: (860) 889-1365 Fax: (860) 885-2738

401 West Thames Street, Unit 201 Norwich, CT 06360

[www.tvcca.org](http://www.tvcca.org)

Provides a broad spectrum of comprehensive services to individuals and families. These services include energy assistance, education, employment, food & nutrition, including the meals on wheels program, housing, financial, and case management services.

## **Clothing**

### **Goodwill Store and Donation Center**

201 Salem Turnpike Norwich, CT 06360

Phone: (860) 204-0018

[www.goodwillsne.org](http://www.goodwillsne.org)

### **Madonna Place**

240 Main Street Norwich, CT 06360

Phone: (860) 886-6600

[www.madonnaplace.org](http://www.madonnaplace.org)

Clothing and household items available to program participants. See more information under Parenting Classes.



# Assistance for Spanish Speakers

## **Centro De La Comunidad, INC.**

109 Blinman Street New London, CT 06320

Phone: (860) 442-4463

[www.centro-sect.org](http://www.centro-sect.org)

The agency offers translation services, job assistance, GED, computer, English and Spanish enrichment courses, and social services to ensure access to food, housing, and health care. Also offers adult and youth enrichment programs.

## **English for Speakers of Other Languages (ESOL)**

<https://www.norwichpublicschools.org/adult-ed/programs/english-for-speakers-of-other-languages-esol>

English for Speakers of Other Languages classes are offered mornings, afternoons, and evenings. Distance learning options are also available. Levels include pre-literacy, literacy, beginning, high beginning, intermediate, high intermediate and advanced. Class content includes reading, writing, speaking, and listening in the context of: employment, communication, technology, civics, American culture and citizenship, community and family. Burlington English, an online learning program, is also used with all ESL students. Students must register and be pre-tested and post tested during each semester. Regular attendance, in-person or remote, is required. Transition to high school is part of the program for those in need of a high school diploma.

## **FAMILIES LEARNING ENGLISH (FLE)**

191 Hickory Street, Norwich CT

860-823-4299

<https://www.norwichpublicschools.org/adult-ed/programs/english-for-speakers-of-other-languages-esol>

Free program for families with children in the Norwich Public Schools. Parents will work to improve their English speaking, understanding, and writing while children (aged 2-8 years) take part in engaging activities and receive homework help. The program integrates English Language Learning with real life applications. Special family activities take place each week! Childcare is provided. These literacy classes are held at Uncas School, Wequonnoc School, and Madonna Place in Norwich. Distance learning options are also available. For information, call our main office at 860.823.4299.

## **Literacy Volunteers of Eastern Connecticut (LVEC) at Otis Library**

261 Main Street, Norwich, CT

(860) 886-9096

<https://www.englishhelpect.com/>

LVEC provides tutoring, computer-assisted learning opportunities, and conversation groups to support New American adults to speak and understand English. Registration required for the conversation groups.



# Intellectual and Developmental Disabilities

## **The Arc New London County**

125 Sachem Street Norwich, CT 06360

Phone: (860) 889-4435

Email: [info@thearcct.org](mailto:info@thearcct.org)

[www.thearcnlc.org](http://www.thearcnlc.org)

For people with intellectual and developmental disabilities. Family advocacy, employment services, life skills training, recreation, residential services, respite program.

*The Arc excels at advocating for people with disabilities.*

## **Disabilities Network of Eastern Connecticut, INC.**

19 Ohio Ave Norwich, CT 06360

Phone: (860) 823-1898

[www.dnec.org](http://www.dnec.org)

Provide advocacy, peer mentoring, independent living skills training, ramp & stair lift help, and employment, deaf, and vision impaired services for individuals with disabilities and their families.

*Provides a case management system to assist individuals with disabilities.*

## **FAVOR, INC.**

185 Silas Deane Highway Wethersfield, CT 06109

Phone: (860) 563-3232

[www.favor-ct.org](http://www.favor-ct.org)

FAVOR offers a single place for families with children who have medical, mental, emotional, and behavioral health challenges to find information, assistance and training.

*Great for a family that needs help navigating the educational system, untangling the SPED process, and provides a parent support network.*

# Reproduction

## **Planned Parenthood**

12 Case Street Norwich, CT 06360

Phone: (860) 889-5211 (Interpreter available, and they can provide an interpreter for your visit)

<https://www.plannedparenthood.org/health-center/connecticut/norwich/06360/norwich-center-2217-90220>

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.





# Transportation

## **Transportation To Work/ Rides for Jobs + Car- Based Solutions**

Agency Eastern Connecticut Transportation Consortium

601 Norwich-New London Turnpike Suite 1 Uncasville, CT 06382

Phone: (860) 848-5910

[www.ectcinc.org](http://www.ectcinc.org)

Offers transportation for low-income individuals for employment related activities including job search, training, education, jobs, child care, and interviews. The most cost effective means of transportation is utilized for each individual.

The Car Based Solutions component of the program assists individuals whose vehicle is used for employment with repairs or vehicle related incidentals (such as licenses, emissions, and registrations). The program covers 90% of repair or incidental costs up to a maximum limit.

# Child Care

## **211 Childcare**

<https://search.211childcare.org/>

2-1-1 Child Care helps families find child care to best meet their needs and maintains current listings of licensed and license exempt child care programs in Connecticut. Search for a childcare center, family child care, and summer programs in your area.

## **Care 4 Kids**

1344 Silas Deane Highway 3rd Floor, Rocky Hill, CT 06067

Phone: 1-888-214-KIDS (5437)

To apply online visit: <https://www.ctcare4kids.com/>

Care 4 Kids helps low to moderate income families in Connecticut pay for **child care** costs. This program is sponsored by the Connecticut Office of Early Childhood. The website includes an eligibility screening tool and also allows you to apply online.

Norwich Readiness Council- Contact Linda Allen.

## **Thames Valley Council for Community Action Head Start and Early Head Start**

860-889-1365

<https://www.tvcca.org/education-services/>

Federally funded program for parents and preschool children 3 – 5 years old. A comprehensive school readiness program that welcomes children with documented disabilities, providing services accordingly. Eligibility is based on the child's age, household income, and family needs. All fees are based on a sliding fee scale determined by your income (Head Start part-day and Early Head Start programs are offered at no fee).



## **American Red Cross Babysitting Course**

<https://www.redcross.org/local/connecticut/take-a-class/babysitting>

Classes available online or in-person.

# **Parenting Classes**

## **LEARN**

44 Hattetts Hill Rd Old Lyme, CT 06371

Early Care & Education: (860) 434-4800 x125

Birth to Three: (860) 434-4800 x138 Fax: (860) 434-4837

[www.learn.k12.ct.us](http://www.learn.k12.ct.us)

Learn's Young Children and Families initiates, supports, and provides services for families and young children. The Early Care and Education Department provides early childhood services. The Birth to Three program provides services to families of infants and toddlers with developmental delays or disabilities in compliance with the Individuals with Disabilities Act.

## **Catholic Charities**

See food entry. (Page 4)

## **Madonna Place**

240 Main Street Norwich, CT 06360

Phone: (860) 886-6600 Fax: (860) 892-5411

[www.madonnaplace.org](http://www.madonnaplace.org)

Family/Parenting Support Center

Center based services include: a place for families to receive informal counseling, and education from staff, receive information and referrals, utilize a client telephone, prepare meals for their families, and receive basic needs or emergency assistance. The Center also provides baby equipment, formula, diapers, clothing and household items as well as parenting classes, cooking/nutrition classes, adult education/English as a second language programming, socialization activities, and other self-improvement programs.

*Great for parent support for little kids, including a new teen/young parent program.*

## **Norwich Family Resource Center**

Located at John B. Stanton Elementary School

386 New London Turnpike, Norwich, CT 06360

Phone: (860) 823-4207

The Family Resource Center has parenting classes and playgroups for parents in the Norwich area.



# Interventions

## Comprehensive Early Intervention Supports

### **Connecticut Parent Advocacy Center (CPAC)**

5 Shaws Cove, Suite 102 New London, CT

[www.cpacinc.org](http://www.cpacinc.org)

Statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth through 26.

### **Beacon Services of Connecticut**

162 West Street, Building 2, Suite F Cromwell, CT 06416

[www.beaconct.org](http://www.beaconct.org)

Beacon Services of Connecticut (Beacon) is a private group practice of behavior analysts and multidisciplinary early intervention professionals organized to provide therapeutic services to individuals with developmental disabilities. The practice specializes in providing evidence-based treatment interventions to support children and families in reaching their highest potential. Beacon works extensively with individuals who exhibit a variety of developmental needs and challenging behaviors by building adaptive skills in homes, schools, and community settings. Beacon actively contributes to the fields of Applied Behavior Analysis (ABA) and Early Intervention (EI).

### **Creative Interventions**

835 Bloomfield Ave Windsor, CT 06065

Phone: (860) 413-9538

[www.creativeinterventions.net](http://www.creativeinterventions.net)

Creative Interventions offers home based and school based programming, Birth to Three, developmental assessments, skills assessments, ABA consultation and therapy, professional development workshops, and social skills.

### **SARAH, INC - KIDSTEPS**

1620 Boston Post Road Westbrook, CT 06498

Phone: (203) 453-7592

<https://sarah-inc.org/>

SARAH Inc.'s mission is to enrich the lives of all individuals with differing abilities. SARAH Inc. services and supports include: Birth to Three Early Intervention, Enrichment Activities, Customized Employment, Individual and Family Supports, School to Work Transition Services, Advocacy, and more!



# Interventions: Specialties in Autism

## **Creative Interactions**

(see above under Interventions- comprehensive early intervention supports)

## **SARAH, INC - KIDSTEPS**

(see above under Interventions- comprehensive early intervention supports)

## **Ocean Avenue LEARNing Academy**

660 Ocean Avenue New London, CT  
(860) 400-0840

[sss@learn.k12.ct.us](mailto:sss@learn.k12.ct.us)

<https://www.learnstudentsupportservices.org/cms/One.aspx?portalId=107596&pageId=24667278>

Ocean Avenue LEARNing Academy supports students with developmental disabilities such as autism, emotional and behavioral challenges, and complex medical needs.

## **LEARN's Transition Academy**

Boston Post Road, East Lyme, CT  
(860) 400-0840

[https://learnstudentsupportservices.org/about\\_sss/learn\\_transition\\_academy\\_18-21\\_program](https://learnstudentsupportservices.org/about_sss/learn_transition_academy_18-21_program)

This program is designed for young adults that have completed high school requirements for graduation, but need additional programming to prepare for transition into adult life. The community based program provides a curriculum tailored to these moderately to severely disabled students and seeks to engage the participants by meaningful and hands-on activities that are consistent with their ability level. Individuals will develop skills in the areas of career and life management.

## Specializes in Deaf/HoH

### **American School for the Deaf**

139 North Main St West Hartford, CT 06107  
[www.asd-1817.org](http://www.asd-1817.org)

An elementary, middle, and high school that also offers a behavioral residential program.

### **CREC Soundbridge**

123 Progress Drive Wethersfield, CT 06109  
Phone: (860) 529-4260  
[www.crec.org/soundbridge/](http://www.crec.org/soundbridge/)

Soundbridge is a regional program that provides specialized expertise and technology to promote listening and speaking in children with hearing loss. Soundbridge provides a full continuum of services designed to meet the varied needs of children with hearing loss from birth to 22.



# Physical and Medical Disability Services

## Department of Aging and Disability Services

<https://portal.ct.gov/AgingAndDisability>

The Department of Aging and Disability Services' Bureau of Rehabilitation Services (BRS) provides two essential programs: Disability Determination Services (DDS) - Persons with severe disabilities who are unable to work due to their impairments may apply for benefits under the Social Security Administration (SSA). Vocational Rehabilitation Program (VR) - Eligible individuals with significant physical or mental disabilities can apply for help to prepare for, find, or keep a job.

## Bureau of Rehabilitation Services

601 Norwich New London Turnpike Suite 1 Uncasville, CT

<https://portal.ct.gov/AgingandDisability/Content-Pages/Bureaus/Bureau-of-Rehabilitation-Services>

The Bureau of Rehabilitation Services strives to create opportunities that enable individuals with significant disabilities to work competitively and live independently

## Assistance Filing Taxes

### VITA- Volunteer Income Tax Assistance

Tax assistance is for people with annual incomes at or below \$58,000, regardless of household size. Anyone, regardless of age, can use a VITA site for assistance. VITA volunteers help taxpayers prepare basic federal and Connecticut state tax forms, but do not assist with out-of-state tax forms.

<https://www.tvcca.org/financial-services/vita/#>

### MyFreeTaxes

<https://myfreetaxes.com/>

MyFreeTaxes helps people file their federal and state taxes for free by the United Way.



# Recreation and Youth Programs

## **Norwich Youth and Family Services**

75 Mohegan Road Norwich, CT 06360

Phone: (860) 823-3782 Fax: (860) 823-6031

[www.norwichct.org](http://www.norwichct.org)

Programs include youth development, juvenile justice, family involvement, mental health services, child welfare, teen pregnancy prevention, and community outreach.

## **Norwich Recreation Department**

75 Mohegan Road Norwich, CT 06360

Phone: (860) 823-3791 Fax: (860) 823-3830

[www.norwichct.org/287/Recreation](http://www.norwichct.org/287/Recreation)

The recreation department offers a full range of recreational activities for children and adults.

## **Boys & Girls Club of Southeastern Connecticut**

Administrative Office: 59 Federal Street New London, CT 06320

Phone: (860) 574-9040

Email: [info@bgcsect.org](mailto:info@bgcsect.org)

[www.bgcsect.org](http://www.bgcsect.org)

Core areas of programming include: Education and career development, sports, fitness, recreation, character building, leadership, the arts, and health & life skills.

## **Otis Library**

Free museum passes:

- Children's Museum of Southeastern Connecticut - 4 free passes
- Connecticut's Old State House - 4 free passes
- Custom House Maritime Museum - 2 free adult passes
- Denison Pequotsepos Nature Center - 5 free passes
- Florence Griswold Museum - Free passes for 2 adults and 2 children
- Old Sturbridge Village (MA) 50% off Standard Daytime Admission for one party up to 4 individuals with pass.
- The Roger Williams Park Zoo (RI) \$3.00 discount with Pass
- The Slater Memorial Museum - Free admission with pass

## **Global City Norwich**

66 Franklin Street Norwich, CT

(860) 304-8505

<https://globalcitynorwichct.com/about-global-city-norwich/>

Global City Norwich brings culture, community and excitement to Downtown Norwich supporting a multi-year revitalization plan through hosting and supporting festivals and a multitude of local events.



# Employment Services, Job Training, and College

## **Three Rivers Community College**

574 New London Turnpike Norwich, CT 06360

Phone: (860) 215-9000

Three Rivers offers 21 CSCU pathway transfer degrees, 11 certificate and 47 degree programs. All degrees are at the associate level. Questions about paying for the program or help with financial aid, call the cashier's office at 860.215.9026.

## **CTHires**

<https://www.cthires.com/vosnet/Default.aspx>

A state program that helps job seekers find workshops, find careers, job fairs, and finding jobs in general. This program is run through the CT Department of Labor.

## **Montville American Job Center**

601 Norwich New London Turnpike, Suite 1, Uncasville, CT 06382

Monday through Friday 8am- 4:15pm.

Phone: (860) 848-5200

The American Job Center is open for virtual and in-person assistance. Employment services include career centers, recruitments, workshops and employment services for veterans. They can also assist with unemployment insurance questions.

# Hospice

## **Center for Hospice Care Southeast Connecticut**

227 Dunham Street Norwich, CT 06360

Phone: (860) 848-5699

[www.hospicesect.org](http://www.hospicesect.org)

Provide clinical care and counseling services to terminally ill patients and their families, regardless of age, financial status, or the particular illness involved.

Well run grief groups that use expressive art. They use animals to assist with coping. Their groups are their strongest asset.



# Legal Services and Citizenship

## Lawyer Referral Services

P.O. Box 1052 Groton, CT 06340

Phone: (860) 889-9384

[www.nlcba.org](http://www.nlcba.org)

Lawyer referral service for New London County matches callers with attorneys who are qualified to handle the callers' legal questions. Clients receive a 30 minute consultation for a small fee. Consultations are conducted in the attorney's office unless alternative arrangements can be set up with the attorney. Pro bono (free) services are not available through the lawyer referral service. A directory of New London County Bar Association attorneys is available at the website.

## Otis Library

261 Main St. Norwich, CT 06360

Otis Library, in partnership with the Connecticut Bar Association, is now working with local attorneys to offer the program "Lawyers in Libraries." If you have questions or a case that involves immigration law, family law, consumer rights, personal injury, or a landlord/tenant conflict, you can sign up to meet with an attorney for free for 20 minutes regarding your case. Attorneys will be on-site at the Library on the 4th Wednesday of each month from 4-6pm. To book an in-person appointment, please register one week in advance; call Otis Library at 860-889-2365, ext. 128. Bring any case-related materials you have to the meeting so that the attorney can provide their best assistance. Please note that masks are required in the Library.

**CONTACT: Julie Menders 860-889-2365 x128 [jmenders@otislibrarynorwich.org](mailto:jmenders@otislibrarynorwich.org)**

## Immigration Advocacy & Support Center (IASC)

8 Washington Street New London, CT

860-629-7758

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

Provides quality low-cost immigration related legal services to under-served communities in Southeast, CT. IASC focuses on "family immigration law" filing new permanent legal residency applications to reunite parents, children and spouses; renewing and replacing legal permanent residency cards; and applying for citizenship. IASC refers asylum and deportation cases to larger firms.

## NPS Adult Education - Citizenship Preparation

<https://www.norwichpublicschools.org/adult-ed/programs/citizenship-preparation>

Citizenship preparation classes are offered afternoons and evenings. Class content includes American history and government, practice with the 100 naturalization questions, civic participation, coaching for the USCIS interview and review of the N-400 application. Students must register and be pre-tested to determine instructional level. All citizenship classes are available remotely.

## Statewide Legal Services of Connecticut

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

Civil Cases Only Advocates can help with legal questions about family, public benefits, housing, unemployment and other problems.





# CT State Agencies & Services

## **Connecticut Office of Early Childhood**

450 Columbus Blvd. Hartford, CT 06103  
Phone: (860) 500-4412  
[www.ct.gov/oec](http://www.ct.gov/oec)

Oversees a coordinated system of early childhood care, education, and support.

## **Connecticut Birth to Three System**

450 Columbus Blvd. Hartford, CT 06103  
Questions: 1-800-505-7000  
Enrolled: 866.888.4188  
[www.birth23.org](http://www.birth23.org)

Assists and strengthens the capacity of families to meet the developmental and health-related needs of infants and toddlers who have delays or disabilities.

## **Department of Children & Families**

2 Courthouse Square Norwich, CT 06360  
Phone: (860) 886-2641  
Provides child-centered, family focused, community based services throughout Connecticut.

## **DCF Central Office**

505 Hudson Street Hartford, CT 06106  
Phone: (860) 550-6300  
[www.ct.gov/dcf](http://www.ct.gov/dcf)

## **Child Abuse and Neglect 24-hour Careline: 1-800-842-2288**

## **Superior Court for Juvenile Matters**

978 Hartford Turnpike Waterford, CT 06385  
Deputy Chief Clerk (860) 440-5880  
Probation Supervisors (860) 440-5890  
Fax: (860) 440-5865  
[www.jud.ct.gov](http://www.jud.ct.gov)

## **State of Connecticut**

### **Network of Care for Behavioral Health**

[www.connecticut.networkofcare.org](http://www.connecticut.networkofcare.org)

A website resource for individuals, families, and agencies concerned with mental/Behavioral health.

### **Department of Mental Health & Addiction Services**

Southeastern Mental Health Authority  
401 West Thames St, Building 301  
Norwich, CT 06360  
Phone: (860) 859-4500

### **Emergency Mobile Psychiatric Services**

**Crisis Line (adults): (860) 886-9302**

**DMHAS addiction Treatment 24 hour  
hotline: (800)563-4086**

[www.ct.gov/dmhas](http://www.ct.gov/dmhas)

Promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance abuse prevention and treatment.

### **Department of Social Services**

401 West Thames St, Unit 102  
Norwich, CT 06360  
Toll Free: 1-855-626-6632  
[www.ct.gov/dss](http://www.ct.gov/dss)

Persons with speech or hearing difficulties:  
1-800-842-4524

Provide services to children, families, adults, people with disabilities and the elderly. Services include health care coverage, child care, child support, long-term care & supports, energy assistance, food & nutrition aid, and program grants.

