

# Northeast Early Childhood Council



## Resources For Families In Northeast Connecticut



# TABLE OF CONTENTS

This resource is just a guide. We encourage you to reach out to each organization and visit their websites for detailed, current information on services and programs.

NORTHEAST EARLY CHILDHOOD COUNCIL (NECC) .....	1
FAMILY ASSISTANCE .....	2-4
COMMUNITY PROGRAMS AND RESOURCES .....	5
HOUSING ASSISTANCE .....	5,6
FOOD PANTRIES .....	7
ENERGY ASSISTANCE .....	7
FAMILY HEALTH NUMBERS.....	7
MENTAL HEALTH.....	8-10
ADDICTION RECOVERY / SUBSTANCE USE PROGRAM & DETOX TREATMENT .....	11
DID YOU KNOW ABOUT?.....	12
HOSPITAL AND EMERGENCY NUMBERS .....	13
POLICE AND FIRE NUMBERS .....	13
BASIC BEHAVIORAL & DEVELOPMENTAL SCREENINGS, SPARKLER .....	14, 15
EARLY CARE & EDUCATION OPTIONS .....	16-20
AREA SCHOOLS .....	21, 22
PARENTING SUPPORT & CLASSES .....	22, 23
PLAYGROUNDS - FAMILY FRIENDLY .....	23
PUBLIC LIBRARIES .....	24
PARKS & RECREATION DEPARTMENTS .....	24
EMPLOYMENT .....	25
JOB TRAINING .....	25
ADULT EDUCATION .....	25
TRANSIT .....	25
TOWN HALLS .....	26
LEGAL & PROTECTION SERVICES .....	26
YOUTH SERVICE BUREAUS .....	27
UNITED STATES CONGRESS .....	28
CT GENERAL ASSEMBLY .....	28
SUPPORT THE NECC.....	29
THANK YOU TO OUR PARTNERS .....	BACK PAGE

# Northeast Early Childhood Council

**Communities working together to ensure all children, birth through age eight, in Brooklyn, Canterbury, Killingly, Plainfield, Putnam, Sterling, & Thompson are healthy, safe, and successful learners.**

The Northeast Early Childhood Council (NECC) is a local early childhood group made up of various community members. Our towns receive School Readiness (SR) grant funding to provide affordable, high-quality early care and education services that help young children prepare for kindergarten.

We build strong relationships with community partners to determine needs, coordinate efforts, share resources, skills, and ideas. We collect data, develop strategies and take action to support early care & education, social, emotional & physical health, and family support and engagement.

Visit our website for more information and resources for families with young children.



**To contact the NECC:**  
**[necouncil.org/contact-us](https://necouncil.org/contact-us)**



Like Us on **[facebook.com/nechildhoodcouncil](https://facebook.com/nechildhoodcouncil)**



Visit our website:  
**[necouncil.org](https://necouncil.org)**



# FAMILY ASSISTANCE

**CT Infoline** ..... **211**  
211ct.org

2-1-1 is a free, confidential information and referral service that connects people to statewide resources 24 hours a day, 7 days a week, online or over the phone.

**ACCESS Community Action Agency** ..... **(860) 412-1600**  
accessagency.org

Serves low-income individuals & families from Windham & Tolland Counties. Access helps clients with fuel assistance, food, housing, employment, & case management.

**Brooklyn Cares Community Center** ..... **(860) 412-0060**  
31 Tiffany Street, Brooklyn. Access to food pantry, clothing closet, and more.

**CT Birth to Three Program** ..... **(800) 505-7000**  
birth23.org

Concerned about your child's development? Early intervention programs are available to support eligible families with children, ages birth to 3, who have delays or disabilities.

**CT Care 4 Kids – Child Care Assistance** ..... **(888) 214-5437**  
ctcare4kids.com

Care 4 Kids helps low to moderate income families in Connecticut pay for child care costs.

**CT Family Support Network – Northeast** ..... **(860) 774-4074**  
ctfsn.org

Provides support to individuals and families raising children & adult family members with intellectual, developmental disabilities or special healthcare needs.

**Catholic Charities & Family Services** ..... **(860) 889-8346**  
ccfsn.org

Offers case management & support for emergency basic needs: food, transportation, rental, utility, fuel, prescription assistance, budgeting and financial skills education, job readiness to obtain and maintain employment, pregnancy and parenting support groups, toddler needs, and adoption services.

**Connecticut Parent Advocacy Center, Inc. (CPAC)** ..... **(860) 739-3089**  
cpacinc.org

CPAC is a statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, ages birth through 26 years.

# FAMILY ASSISTANCE

**DKH Nurturing Families Network - NFN** ..... (860) 928-6541 ext. 7109  
daykimball.org/resources/family-advocacy-programs/nurturing-families-network  
Enhances family strengths while supporting parents with their child's growth & development. Provides in-home support, fathering programs & playgroups for expectant families and caregivers of children under 6 years old.

**Domestic Violence Services (CALL OR TEXT 24/7)**..... (888) 774-2900  
ctsafeconnect.com  
Provides critical support to victims including counseling, support groups, emergency shelter, court advocacy, safety planning, and lethality assessment, among other services.

**EASTCONN Headstart Programs** .....(860) 455-0707  
eastconn.org/head-start-early-head-start  
Offers home and center-based programs to eligible families. Options include an Early Head Start Program that provides support and resources to pregnant women, children ages birth to 3, and their families. Center-based Programs are available in Killingly, Putnam, and Plainfield.

**FAVOR - DCF Region 3 (Eastern)**.....(860) 563-3232 ext. 106  
favor-ct.org  
FAVOR, Inc. is a statewide, family-led organization committed to supporting families as advocates and partners in education and health outcomes for children who have medical, mental, emotional, and behavioral health challenges to find information, assistance & training.

**Interfaith Human Services of Putnam -(IHSP)**..... (860) 928-0169  
ihspputnam.org  
Programs include Daily Bread Food Pantry, Diaper Bank of NECT, NU 2 U Clothing Closet, Fuel Assistance, Homeless Support and Prevention, Pathways 2 Success, Other Resources.

**Killingly Free Community Store** ..... (860) 779-6773  
killinglyschools.org/community/community-store  
Open to all communities. All items are FREE including clothing, small household items, books, toys, and more. Certain donations accepted

**Mainly Clothes Free Clothing Closet** ..... (860) 564-7023  
Located at the Moosup United Methodist Church, 13 South Main Street in Moosup, CT.

**Northeast Opportunities for Wellness, Inc. (NOW)**..... (888) 940-4669  
nowinmotion.org  
Provides access to social, emotional and physical wellness, regardless of access to financial resources (Fitness, nutrition, sports classes and scholarships).

# FAMILY ASSISTANCE

## **Read To Grow CT** ..... (860) 923-3458

readtogrow.org

Provides FREE books, literacy resources and workshops to families, child-care providers, teachers, doctors, healthcare groups, library programs, and many nonprofits. Books can be requested online or by visiting your local book place (see website.)

## **Senior Resources - Agency on Aging** ..... (860) 887-3561

<https://seniorresourcesec.org/grandparent-support/>

Resources for grandparents and other relative caregivers 55+ stepping in to raise their kin children.

## **Thompson Ecumenical Empowerment Group (TEEG)** ..... (860) 923-3458

teegonline.org

For families in Thompson, Pomfret, Putnam & Woodstock. Some services for other Northeast CT towns are offered on a program by program basis. Services for eligible families include clothing vouchers, diaper bank, fuel & energy assistance, food programs, back to school, Hand in Hand parent mentoring program, homeless support and more.

## **United Community & Family Services (UCFS) Child First Program** ..... (860) 822-4905

childfirst.org/affiliate/united-community-family-services-0

For children under 6 years of age, who have emotional or behavioral problems, developmental or learning problems, or come from environments in which there is considerable risk to their health and development. Families receive in-home visits by Clinicians and Care Coordinators.

## **United Services, Inc.**

unitedservicesct.org

Services include: Mental Health Care, Addiction Recovery, Parenting / Grandparenting Support & Education, Domestic Violence Program, Senior Programs, Youth Programs, Business & Community Programs.

## **Dayville** ..... (860) 774-2020

## **Plainfield (Wauregan)** ..... (860) 564-6100

## **Women, Infant & Children (W.I.C) Food Assistance Program:** ..... (860) 928-3660

portal.ct.gov/DPH/WIC/WIC

Provides supplemental foods, healthcare referrals, nutrition education & breastfeeding support to low-income pregnant & postpartum women and children up to age 5.



## COMMUNITY PROGRAMS AND RESOURCES

Infoline.....	211
211ct.org	
Big Brother/Big Sister.....	(860) 525-5437
Boy Scouts of America – CT Rivers Council.....	(800) 913-2733
University of CT (UConn) Extension .....	(860) 428-9228
Girl Scouts of CT –Lebanon Service Center .....	(800) 423-5502
Hale YMCA Youth and Family Center – Putnam .....	(860) 315-9622
Help Me Grow/Child Development Infoline .....	(800) 505-7000
Killingly Family Resource Center .....	(860) 779-6770
Northeast Opportunities for Wellness, Inc (NOW) .....	(888)-940-4669
Plainfield Family Resource Center.....	(860) 564-6411
Putnam Family Resource Center .....	(860) 963-6940
Thompson Ecumenical Empowerment Group (TEEG).....	(860) 923-3458

Visit your Town Hall website for more information on resources/programs.

## HOUSING ASSISTANCE

Infoline.....	211
211ct.org	
Brooklyn Housing Authority .....	(860) 779-3339
Killingly Housing Authority .....	(860) 774-6067
Killingly Section 8.....	(860) 774-3905
Plainfield Housing Authority .....	(860) 230-3022
Plainfield Section 8.....	(860) 230-3022
Putnam Housing Authority.....	(860) 963-6829
Thompson Housing Authority.....	(860) 923-9997
ACCESS Community Action Agency Emergency Shelter.....	(860) 774-4977
CT Housing Finance Authority.....	(860) 721-9501
Connecticut Legal Services .....	(860) 344-0447
Covenant Shelter of New London.....	(860) 443-0537
Habitat for Humanity Northeast CT .....	(860) 442-7890
Holy Family Home & Shelter for Women & Children - Willimantic.....	(860) 423-7719
Plainfield Housing – Elderly/Disabled.....	(860) 779-3339
Thompson Ecumenical Empowerment Group (TEEG).....	(860) 923-3458
United Services .....	(860) 774-2020
The Village at Killingly/Caleb Group.....	(860) 779-0876

# Is Your Family Living In Any Of These Situations?

In a shelter?

In a motel or campground due to the lack of an alternative adequate accommodation?

In a car, park, abandoned building, or bus or train station?

Doubled up with other people due to loss of housing or economic hardship?

*Then your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act.*

## Your Eligible Children Have The Right To:

Receive a free, appropriate public education.	Receive transportation to and from the school of origin, if requested.
Enroll in school and attend classes while the school gathers needed documents.	Receive educational services comparable to those provided to other students, according to your children's needs.
Enroll in school immediately, even if lacking documents normally required for enrollment.	Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference.
If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.	

*If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available.*

## Contact Your Town's Homeless liaison:

Brooklyn: .....860-774-7577  
 Canterbury..... 860-546-6950  
 Killingly.....860-779-6773  
 Plainfield.....860-564-6415  
 Putnam .....860-963-6900  
 Sterling: .....860-564-2728  
 Thompson.....860-923-9142



## For a town-by-town list, visit:

[portal.ct.gov/SDE/Homeless/Homeless-Education/How-To](http://portal.ct.gov/SDE/Homeless/Homeless-Education/How-To)



## FOOD PANTRIES

ACCESS Community Action Agency Food Pantry .....	(860) 412-1600
Brooklyn Cares Community Center.....	(860) 412-0060
Canterbury Cares Food Pantry.....	(860) 546-9007
Community Kitchens of Northeast CT.....	(860) 779-2645
Daily Bread Food Pantry – Putnam .....	(860) 928-0169
Friends of Assisi Food Pantry – Killingly.....	(860) 774-2310
Project Pin Food Pantry – Plainfield.....	(860) 564-5591
St. Vincent de Paul – Norwich .....	(860) 889-7374
TEEG Food Programs.....	(860) 923-3458

## ENERGY ASSISTANCE

Infoline.....	211
211ct.org .....	
ACCESS Community Action Agency Fuel Assistance.....	(860) 412-1600
EverSource Assistance.....	(800) 592-2000
Operation Fuel United Methodist Fuel Bank.....	(860) 774-0106
Thompson Ecumencial Empowerment Group (TEEG).....	(860) 923-3458

## FAMILY HEALTH NUMBERS

Across the Smiles Generations Dental Van.....	(860) 963-0010
American Red Cross .....	(800) 448-3543
Backus Hospital Plainfield Emergency Care Center.....	(860) 230-2830
Community Providers Association of Mental Health Clinics for Children.....	(860) 257-7909
CT Department of Social Services – Willimantic Office.....	(866) 327-7700
Day Kimball Medical Pediatrics Group .....	(860) 457-9190
Day Kimball Medical Group Internal Medicine .....	(860) 457-9190
Day Kimball Medical Group OBGYN.....	(860) 457-9200
DCF Child Abuse Hotline.....	(800) 842-2288
FAVOR – Family Advocacy for Children’s Mental Health.....	(860) 563-3232
Generations Family Health Center – Danielson.....	(860) 774-7501
Generations Family Health Center – Putnam .....	(860) 963-7917
Generations School Based Health Center .....	(860) 928-4698
Husky Health Care Plan Information .....	(877) 284-8759
Maternal/Child Health Infoline.....	(800) 505-2000
New England Family Medical & Walk-in Center .....	(860) 928-6044
Northeast District Department of Health .....	(860) 774-7350
Plainfield Walk-in Medical Center .....	(860) 564-4054
United Community and Family Services – Child First Program.....	(860) 822-4905
United Services .....	(860) 774-2020

# MENTAL HEALTH

Every person, child or adult, needs to be emotionally and mentally well in order to live a happy life. Living with mental and emotional issues, including addiction, takes a hard toll on the entire family. When families get help for these issues, the lives of everyone in the family can be transformed.

Attitudes change from despair to hope.

The brief directory below has been put together so that families can get help by just making a call or two. Many of the agencies listed provide emergency evening and weekend numbers.

Please refer to the Transit section for help with transportation.

Husky users may use the phone number on the back of their card.

If you think that you or someone you love might need help, call these experts.

Their agencies exist to serve our needs.



## MENTAL HEALTH & BEHAVIORAL / SUBSTANCE ABUSE



CT Infoline ..... **211**

211ct.org

2-1-1 is a free, confidential information and referral service that connects people to statewide resources 24 hours a day, 7 days a week, online or over the phone.

Catholic Charities

ccfsn.org

Norwich Office..... **(860) 889-8346**

Willimantic Office..... **(860) 423-7065**

Behavioral Health Assessments (assessments, counseling, medication management, crisis intervention, adolescent substance abuse, emergency services, parenting education)

### Community Health Resources (CHR)

**(877) 884-3571** | [chrhealth.org/child-family](http://chrhealth.org/child-family)

Assessment and care coordination for children 0-17 with emotional/behavioral difficulties. Care coordinators develop family-centered treatment plans and coordination of services. CHR offers a full range of treatment options from office-based intervention to in home programs.

### Day Kimball Hospital Behavioral Health Services

**(860) 963-6385** | [daykimball.org/patient-services/behavioral-health](http://daykimball.org/patient-services/behavioral-health)

Behavioral health services help people of all ages to address a wide range of behavioral and psychiatric conditions through a caring and comprehensive approach that's integrated with the rest of your medical care.



Postpartum depression can affect any new parent. Postpartum depression feelings last longer than those of the “baby blues,” which typically resolve on their own in a few days. Postpartum depression is common and treatable. If you think you have postpartum depression, seek treatment from your health care provider as soon as possible.

[uwc.211ct.org/perinatal-depression-postpartum-depression](http://uwc.211ct.org/perinatal-depression-postpartum-depression)

# MENTAL HEALTH CONTINUED

## Dept. of Children & Families Voluntary Services Program

**(800) 842-2288**

[portal.ct.gov/DCF/Behavioral-Health-Partnership/Voluntary-Services-Program](http://portal.ct.gov/DCF/Behavioral-Health-Partnership/Voluntary-Services-Program)

The Voluntary Services program is for children and youth with serious emotional disturbances, mental illnesses and/or substance dependency. This program is only for families who are not abusive or neglectful. Parents and families are critical participants in this program and are required to participate in the planning and delivery of services for their child or youth. The Voluntary Services Program promotes positive development and reduces reliance on restrictive forms of treatment and out-of-home placement.

## The Early Childhood Consultation Partnership (ECCP®)

**(860) 704-6378**

[eccpct.com](http://eccpct.com)

The Early Childhood Consultation Partnership (ECCP®) is a strengths-based, mental health consultation program, developed to meet the social/emotional needs of children birth to five. ECCP® is designed to build the capacity of caregivers by offering support, education, and consultation, which promotes the most enduring and optimal outcomes for young children.

## Emergency Mobile Psychiatric Services (EMPS)

**211**

[portal.ct.gov/DCF/Behavioral-Health-Partnership/Mobile-Crisis-Intervention-Services](http://portal.ct.gov/DCF/Behavioral-Health-Partnership/Mobile-Crisis-Intervention-Services)

This service provides emergency services including mobile response, psychiatric assessment, medication consultation, assessment, and short-term medication management, behavioral management services, substance abuse screening and referral to traditional and non-traditional services for any family with a child in crisis. The centralized number is accessible 24 hours per day, 7 days per week, 365 days per year.

## Generations Family Health Center – Behavioral Health

[genhealth.org/programs-a-services/behavioral](http://genhealth.org/programs-a-services/behavioral)

Putnam ..... **(860) 963-7917**

Putnam Middle School..... **(860) 928-4698**

Willimantic..... **(860) 450-0585**

Generations Family Health Center provides a full range of behavioral health services for all ages, including: Diagnostic and Assessment Services, Individual Counseling, Group Therapy, Family and Marital Counseling, Psychiatric Evaluations, Medication Therapy.

## GIZMO'S Pawesome Guide To Mental Health

[gizmo4mentalhealth.org](http://gizmo4mentalhealth.org)

Gizmo's Pawesome Guide to Mental Health takes an upstream approach to supporting youth's mental health and wellness. The Guide seeks to introduce mental health and wellness and how to care for one's mental health in a non-threatening way that encourages the self-identification of warning signs and when to apply the use of internal and external healthy coping strategies to help reduce risk.

# MENTAL HEALTH CONTINUED

## National Alliance for Mental Illness (NAMI)

**(860) 882-0236**

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

Outreach programs, mental health support and education.

## Parent Guidance

[parentguidance.org](http://parentguidance.org)

FREE library of online courses, developed by leading mental health experts, offers hope, answers, and compassionate help. They make it easier to tackle the tough stuff. Their therapists answer the difficult questions you have about your child.

## Perception Programs

**(860) 420-2450**

[perceptionprograms.org](http://perceptionprograms.org)

Perception Programs provide hope and recovery to people affected by substance use and mental health problems. If you're feeling depressed, confused, or angry or if you have a friend or family member facing difficulties, we can help. Our highly trained staff can provide you with quality substance use and mental health treatment services.

## SERAC - Supporting & Engaging Resources for Action

**(860) 848-2800**

[seracct.org](http://seracct.org)

Supporting & Engaging Resources for Action, SERAC unites the communities of Eastern CT to reduce the impact of substance abuse, problem gambling, and mental health challenges.

## Suicide & Crisis Hotline in CT

**988 (Call or Text)**

[preventsuicidect.org/get-help/ct-988](http://preventsuicidect.org/get-help/ct-988)

Services include rapid 24/7 access to trained crisis contact center staff who can help people experiencing suicidal, substance use and other mental health crises, provide referrals to resources, and perform warm transfers to mobile crisis services or emergency services.

To reach the 988 Suicide and Crisis Lifeline, people can call or text 988 or chat at [www.988lifeline.org](http://www.988lifeline.org).

## United Community & Family Services (UCFS)

**(860) 892-7042**

[ucfs.org](http://ucfs.org)

Comprehensive medical, dental, women's health and behavioral health services for adults, children and families. Outpatient and community-based behavioral health evaluation and treatment services including individual and family therapy.

## United Services

**(860) 774-2020**

[unitedservicesct.org](http://unitedservicesct.org)

Comprehensive behavioral health, mental and substance abuse evaluation and treatment for adults, children and families. Child guidance clinic, family services, emergency and psychiatric consultation under medical oversight. Medication evaluation and management Spanish speaking services available.

# ADDICTION RECOVERY / SUBSTANCE USE PROGRAM & DETOX TREATMENT

## ALCOHOL & DRUG RECOVERY CENTERS

CT Infoline .....	<b>211</b>
211ct.org	
2-1-1 is a free, confidential information and referral service that connects people to statewide resources 24 hours a day, 7 days a week, online or over the phone.	
Alcohol & Drug Recovery Centers (ADRC) – Hartford .....	<b>(860) 714-3700</b>
Alliance Treatment Center .....	<b>(800) 229-4840</b>
Blue Hills Hospital – Hartford .....	<b>(860) 293-6400</b>
Community Health Resources.....	<b>(877) 884-3571</b>
Natchaug Hospital.....	<b>(860) 456-1311</b>
Pathways – Putnam.....	<b>(860) 963-4971</b>
Perceptions Programs, Inc. ....	<b>860) 450-0151</b>
Southeast Council on Alcohol & Drug Dependence (SCADD).....	<b>(860) 447-0381</b>
United Services .....	<b>(860) 774-2020</b>

## SUICIDE PREVENTION & HELP

CT Suicide & Crisis Hotline (24/7).....	<b>988 (Call or Text)</b>
Southeastern Mental Health Authority .....	<b>(860) 886-9302</b> <b>(866) 859-4500</b>

## LEGAL ASSISTANCE

Protection & Advocacy for Individuals with Mental Illness.....	<b>(877) 726-4727</b>
--	-----------------------

## GENERAL / ADDITIONAL INFORMATION RESOURCES

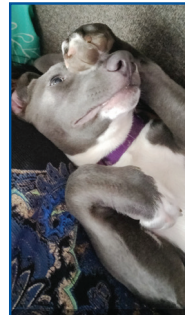
General information on mental health issues, including informational brochures, can be found at the National Institute of Mental Health website: [nimh.nih.gov](http://nimh.nih.gov)

*Information on addiction services is available at the CT Mental Health and Addiction Services website: [ct.gov/dmhas](http://ct.gov/dmhas)*

## HEALTH BENEFITS OF HUMAN-ANIMAL INTERACTIONS



It's ruff  
without my  
humans.



# Did You Know About ...?



## Safe Haven Hospitals:

CT has the Safe Havens Act for Newborns: The Act is a program that allows a parent to voluntarily give up custody of an infant age 30 days or younger, to the nursing staff of an emergency room. The parent will not be subject to arrest for abandonment.

[portal.ct.gov/DCF/1-DCF/SAFE-Havens-Act-for-Newborns](http://portal.ct.gov/DCF/1-DCF/SAFE-Havens-Act-for-Newborns) to learn more information and find out which hospitals in our area are designated as "Safe Haven" hospitals.

## Blue Envelope Program:



The "Blue Envelope" was created to enhance communication between a police officer and a driver with autism spectrum disorder.

The purpose of the envelope is to have the driver place their insurance card, registration and driver license in it, so they can hand it to the officer during a traffic stop.

On the outside of the envelope is helpful tips and instructions for both the officer and driver on how to successfully communicate with each other.

### Where do I get the envelope?

The envelopes are available at all DMV locations, police stations, driving schools and through autism advocacy groups.

[business.ct.gov/dmv/resources/dmv-about-us/dmv-equity-inclusion/The-Blue-Envelope?language=en\\_US](http://business.ct.gov/dmv/resources/dmv-about-us/dmv-equity-inclusion/The-Blue-Envelope?language=en_US)

## Prescription Drop Boxes:

The prescription drug drop box program provides a convenient location for residents to safely discard unused medications from their homes in an effort to decrease the possibility of prescription drug misuse, water contamination or getting into the hands of young children.



Local Drug Collection Boxes:

State Police Troop D – Danielson CT

CVS – Brooklyn CT

Plainfield Police Department

Putnam Police Department

## What CAN be discarded in local medication drop-boxes:

Over-the-counter medications, Prescription medications

Medication samples, Medications for household pets

Medicated lotions or ointments

[portal.ct.gov/DCP/Drug-Control-Division/Drug-Control/Local-Drug-Collection-Boxes](http://portal.ct.gov/DCP/Drug-Control-Division/Drug-Control/Local-Drug-Collection-Boxes)



## HOSPITAL AND EMERGENCY NUMBERS

Medical Emergency .....	<b>911</b>
CT Safe Connect Domestic Violence Hotline (24/7) CALL OR TEXT .....	<b>(888) 774-2900</b>
ctsafecconnect.com	
Poison Control .....	<b>(800) 222-1222</b>
Suicide/Crisis Lifeline.....	<b>CALL/TEXT 24/7 .....</b>
	<b>988</b>
<b>Day Kimball Hospital:</b>	
Main Number .....	<b>(860) 928-6541</b>
Emergency Department .....	<b>(860) 928-7503</b>
<b>William Backus Hospital:</b>	
Main Number, Norwich.....	<b>(860) 889-8331</b>
Emergency Department, Norwich .....	<b>(860) 823-6389</b>
Backus 24 Hour Urgent Care Center, Plainfield .....	<b>(860) 230-2830</b>
<b>Windham Hospital:</b>	
Main Number.....	<b>(860) 456-9116</b>
Emergency Department .....	<b>(860) 456-6715</b>



## POLICE AND FIRE NUMBERS


Police, Fire, Emergency .....	<b>911</b>
<b>Local Department Numbers:</b>	
Brooklyn Fire Marshall .....	<b>(860) 779-0472</b>
Canterbury Police Department.....	<b>(860) 779-4900</b>
Canterbury Fire Marshall.....	<b>(860) 230-3013</b>
Killingly Fire Marshall .....	<b>(860) 779-5315</b>
Killingly Police Department .....	<b>(860) 779-3900</b>
Plainfield Fire Marshall .....	<b>(860) 230-3013</b>
Plainfield Police.....	<b>(860) 564-0804</b>
Putnam Fire Marshall.....	<b>(860) 963-6800</b>
Putnam Police (city limits only).....	<b>(860) 928-6565</b>
State Police Troop D.....	<b>(860) 779-4900</b>
Sterling Fire Marshall .....	<b>(860) 564-2074</b>
Thompson Fire Marshall .....	<b>(860) 931-6299</b>

# Basic Behavioral & Developmental Screenings for Ages 0-5 using the Ages & Stages Questionnaire

Killingly Family Resource Center .....	(860) 779-6770
Plainfield Family Resource Center .....	(860) 564-6411
Putnam Family Resource Center .....	(860) 963-6940
TEEG .....	(860) 923-3458

➔

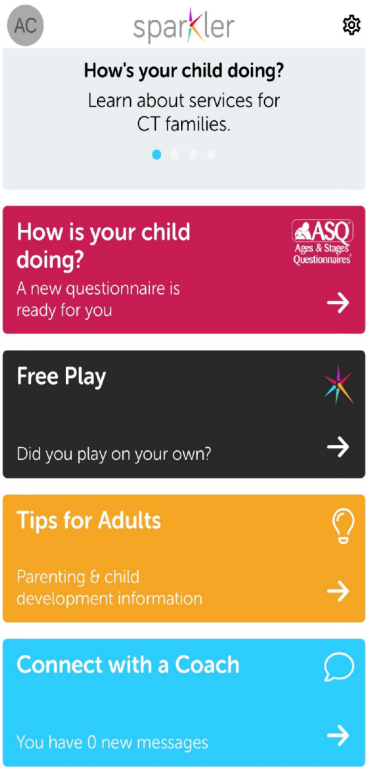
**FREE  
Mobile App**



for CT families with children, birth-5

---

## What is the Sparkler Mobile App?




**Be in the know:**


**Developmental & Social-Emotional Screenings:**  
ASQ & ASQ-SE (Ages & Stages Questionnaires®). Track your child's development, from your own home, on your own mobile device. Answer a few questions on the Sparkler app, to keep track of your child's development from 2 months to 5 years.


**Connect:** The results of the screenings will be shared with you. If the ASQ's indicate your child may need some support, 211 or your local early childhood resource will reach out to help you.


**Play and Learn:** Access thousands of fun, developmentally appropriate, off-screen activities to help your child learn through play.


|
Add another caregiver to your

  
Home

  
Know

  
Play

  
Grow

  
Connect

14





## Download Sparkler:

1. Visit Google Play Store, Apple App Store or Scan the QR Code with mobile device's camera.
2. When prompted, enter **Your Sparkler Access Code:**

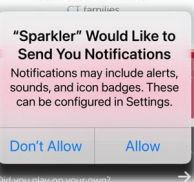


Brooklyn: BrooklynPS	Putnam: PUT
Canterbury: CanterburyES	Sterling: SterlingCSD
Killingly: KillinglyPS	Thompson: MRFisher or TEEG
Plainfield: PFL	All Other Towns: CT

3. Choose **"Allow Notifications"**: to receive helpful reminders for screenings & play activity suggestions that are specific for your child's age



**Play to Learn:** Children learn through play, with YOU! Sparkler has over 1,000+ playful activities to help you and your child learn together.



**Coaching:** Get tips and advice from people at your school/program and experts in early childhood development.



## EARLY CARE & EDUCATION OPTIONS

211 Child Care Referral Line.....	(800) 505-1000
For a full list of childcare providers (home & center based) visit: <a href="http://search.211childcare.org">search.211childcare.org</a>	
CT Care 4 Kids.....	(888) 214-5437
<a href="http://ctcare4kids.com">ctcare4kids.com</a>	
Connecticut Birth to Three.....	(866) 888-4188
<a href="http://Birth23.org">Birth23.org</a>	
Regional EASTCONN Head Start Information .....	(866) 763-6481
<a href="http://eastconn.org/head-start">eastconn.org/head-start</a>	
<b>Brooklyn</b>	
Brooklyn Public Schools Preschool Program .....	(860) 774-7577
Village Green Pre-School.....	(860) 774-3439
Brooklyn Recreation Before & After School Program.....	(860) 779-3911
Carelot Children's Center-Brooklyn .....	(860) 779-0400
<b>Canterbury</b>	
Canterbury Children's Academy.....	(860) 546-1222
Canterbury Public Schools Preschool Program .....	(860) 546-6744
<b>Killingly</b>	
Carelot Children's Center – Killingly.....	(860) 779-0611
EASTCONN Killingly Head Start & Early Head Start .....	(860) 779-0410
EASTCONN Head Start at Killingly High School .....	(860) 779-6793
Killingly Family Resource Center .....	(860) 779-6770
St. James Preschool .....	(860) 774-3281
The Owl's Nest Day School, Inc .....	(860) 774-4375
Westview Childcare Center .....	(860) 428-0066
<b>Plainfield</b>	
EASTCONN Head Start .....	(860) 564-7199
Kid and Kaboodle .....	(860) 564-5581
Plainfield Family Resource Center .....	(860) 564-6411
Plainfield Readiness Program.....	(860) 230-0827
<b>Putnam</b>	
Country Kids Day Care .....	(860) 928-2588
EASTCONN Putnam Head Start .....	(860) 928-0004
Imagination Station .....	(860) 963-7655
Putnam Preschool & Childcare, LLC. ....	(860) 963-2587
Putnam Family Resource Center.....	(860) 963-6940
<b>Sterling</b>	
Jordan Preschool & Daycare .....	(860) 774-1881
Sterling Public Schools Preschool.....	(860) 564-2728
<b>Thompson</b>	
Building Blocks Child Care & Preschool .....	(860) 923-2162
Linda's House: Pediatric Day Care & Preschool.....	(860) 315-5600
Little Foot Day Care and Preschool Child Care Center .....	(860) 923-2261
The White Barn Children's Centre .....	(860) 315-7619
Thompson Public Schools Preschool Program.....	(860) 923-9142



Photo: Day Kimball Healthcare-Nurturing Families Network

## **PARENTS** are their children's **FIRST** and **MOST IMPORTANT** teacher

### **BRING OUT THE BEST IN YOUR CHILDREN BY NOTICING POSITIVE BEHAVIOR:**

- ✓ Comment on your child's positive behavior.
  - ✓ Notice effort and improvement.
- ✓ Appreciate your child's contributions even if small.
  - ✓ Express confidence in your child.
  - ✓ Express delight in your child often.

### **Did You Know These Important Facts?**

<p>The brain develops 90% of its capacity in the first five years of life.</p>	<p>Oral and dental health from birth impacts overall health and learning.</p>
<p>What an infant or toddler does during the course of a day influences lifelong learning patterns.</p>	<p>The number and variety of spoken words that a child has by age 5 influences their ability to be a successful reader.</p>
<p>Sharing books and reading aloud with your child from birth allows for special time together while supporting the joy of reading, increasing vocabulary, and language development.</p>	<p>High quality preschool or childcare is positively related to children's success in school. Poor quality can have negative effects.</p>

*Enrolling children in a preschool, Head Start, or similar community program provides an opportunity to be with other kids and make new friends. Children can also learn academic basics as well as important social skills.*

## What to Look for in an Early Childhood Program: Teachers who:

Use a gentle tone of voice.	Talk in a warm and friendly way.
Laugh WITH the children.	Show affection to the children.
Respond to children's needs.	Bend down to speak to children at eye level.
Provide individual attention to children.	Help children learn to get along with others.
Refrain from using a harsh tone of voice or using put-downs.	Understand child growth and development.
Provide exciting and engaging learning activities.	In preschool programs, use the CT Preschool Curriculum Framework to plan learning experiences.

**To learn other signs of quality early childcare programs, visit:  
[learningpolicyinstitute.org](http://learningpolicyinstitute.org)**

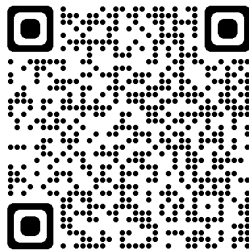


*Choosing a child care program is one of the most difficult and important decisions you will ever make for your child. The following are tips on what to consider when choosing a child care program. The Connecticut Office of Early Childhood (OEC) is responsible for licensing and regulating child care programs in Connecticut.*

## **Need help finding or paying for child care?**

**Do you have questions about child development or  
developmental delays?**

**We can help, please visit or scan the below QR Code:  
[ctoec.org](http://ctoec.org)**



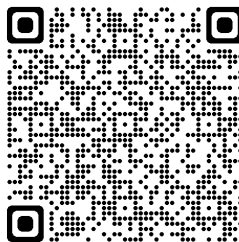


## **Steps To Finding A Good Childcare or Preschool**

- ✓ **Determine if the program is licensed**
- ✓ **Visit the program**
- ✓ **Observe staff interaction**
- ✓ **Consider health and safety**
- ✓ **Ask Questions**
- ✓ **Ask for references**

**For more detailed information and for a list of questions you should ask the Childcare or Preschool, scan QR Code.**

[ctoec.org/wp-content/uploads/2022/04/Parent-Brochure-How-to-choose-a-provider\\_2022.pdf](https://ctoec.org/wp-content/uploads/2022/04/Parent-Brochure-How-to-choose-a-provider_2022.pdf)



# AREA SCHOOLS

## Brooklyn ([brooklynschools.org](http://brooklynschools.org))

Brooklyn Elementary School .....	(860) 774-7577
Brooklyn Middle School .....	(860) 774-9153
Superintendent's Office .....	(860) 774-9732

## Canterbury ([canterburypublicschools.org](http://canterburypublicschools.org))

Canterbury Elementary School .....	(860) 546-6744
Baldwin Middle School .....	(860) 546-9421
Superintendent's Office .....	(860) 546-6950 ext. 1176

## Killingly ([killinglyschools.org](http://killinglyschools.org))

Family Resource Center/Goodyear Early Childhood Center .....	(860) 779-6770
Killingly Central School .....	(860) 779-6750
Killingly Memorial School .....	(860) 779-6680
Killingly Intermediate School .....	(860) 779-6700
Killingly High School .....	(860) 779-6620
Pupil Services .....	(860) 779-6740
Superintendent's Office .....	(860) 779-6600

## Plainfield ([plainfieldschools.org](http://plainfieldschools.org))

Family Resource Center .....	(860) 564-6411
School Readiness Program .....	(860) 230-0827
Early Childhood Center .....	(860) 564-6400
Shepard Hill Elementary School .....	(860) 564-6432
Moosup Elementary School .....	(860) 564-6430
Plainfield Memorial School .....	(860) 564-6440
Plainfield Central School .....	(860) 564-6437
Plainfield High School .....	(860) 564-6422
Pupil Services / Special Education .....	(860) 564-6401
Superintendent's Office .....	(860) 564-6404

## Putnam ([putnam.k12.ct.us](http://putnam.k12.ct.us))

Family Resource Center .....	(860) 963-6940
School Readiness Program .....	(860) 963-6940
Putnam Elementary School .....	(860) 963-6925
Putnam Middle School .....	(860) 963-6920
Putnam High School .....	(860) 963-6905
Student Services .....	(860) 963-6926
Superintendent's Office .....	(860) 963-6900

## Sterling ([sterlingschool.org](http://sterlingschool.org))

Sterling Community School .....	(860) 564-2728
Sterling Special Services .....	(860) 564-2720
Superintendent's Office .....	(860) 564-4219

## Thompson ([thompsonk12.org](http://thompsonk12.org))

Mary R. Fisher Elementary School .....	(860) 923-9142
Thompson Middle School .....	(860) 923-9380
Tourtellotte Memorial High School .....	(860) 923-9303
Superintendent's Office .....	(860) 923-9581

# School Success Goes Hand In Hand With Good Attendance! Early Years Matter! Build Good Attendance Habits Early!

## Did You Know Missing 1 or 2 Days Every Few Weeks Can?

Make a child fall behind.

Develop poor attendance habits that are hard to break.

Make it harder to develop early reading skills.

Affect the whole classroom as learning has to slow down to help children catch up.

## What Can You Do?

Set regular bed times and morning routines.

Avoid medical appointments and extended trips when school is in session.

Don't let your child stay home unless they are truly sick.

Talk to your child's teacher or social worker if your child seems anxious about going to school.

Develop back-up plans for getting to school if something comes up.

Teach your child that attending school is non-negotiable - children CAN'T learn if they aren't in school.

## PARENTING SUPPORT & CLASSES

Day Kimball Hospital Nurturing Families Network.....	(860) 928-6541 ext. 7109
FAVOR (Parents Supporting Each Other).....	(860) 563-3232 ext. 106
Killingly Family Resource Center .....	(860) 779-6770
Plainfield Family Resource Center .....	(860) 564-6411
Putnam Family Resource Center.....	(860) 963-6940
Thompson Ecumencial Empowerment Group (TEEG).....	(860) 923-3458
UConn Cooperative Extension Center .....	(860) 486-9228
United Services Parent Support Services .....	(860) 774-2020
United Services Kinship Care Social Group.....	(860) 564-6100





# PARENTING SUPPORT & CLASSES CONTINUED

## HAVING A CHILD CHANGES OUR LIVES DRAMATICALLY.

Kids do not come with instructions. Sometimes as parents we feel isolated and frustrated about our abilities and we want to talk with someone who understands.

## PARENTING IS THE MOST IMPORTANT, CHALLENGING, AND REWARDING JOB WE WILL EVER HAVE.

All parents can learn positive skills and better ways to be with children.

## JOINING A PARENT GROUP, CLASS OR MEETING WITH A HOME VISITOR CAN BE HELPFUL.

Many parents who receive help say that it improves life with their children.

Many parents who get support would recommend that others do the same.

# PLAYGROUNDS - FAMILY FRIENDLY

### Brooklyn:

Prince Hill Park ..... **95 Prince Hill Road**

### Canterbury:

Robert Manship Park ..... **50 Lovell Lane**

### Killingly:

\*Owen Bell ..... **580 Hartford Pike**

### Plainfield:

\*Lions Park ..... **8 Community Drive**

\*Wauregan ..... **Chestnut Street**

\*Moosup ..... **Lions Drive**

### Putnam:

Roger Sarette Memorial Playground ..... **Keech Street**

Putnam Library/Municipal Complex ..... **200 School St.**

### Sterling:

Sterling Recreational Field ..... **Sterling Road (across from Sterling Post Office)**

### Thompson:

Wilsonville Playground ..... **Wilsonville/Wagher Rds.**

Community Playground ..... **Rivermill Village, Central Street**

Mechanicsville Park ..... **Old Route 12**

### Woodstock:

Roseland Park ..... **205 Roseland Park Rd**

\*These are Adaptive Playgrounds: include adaptive swings and/or accessible playscape for toddlers to age 5. Most elementary schools have child friendly playgrounds that can be used after 5:00 p.m. or on weekends.



## PUBLIC LIBRARIES

Brooklyn Public Library .....	<b>(860) 774-0649</b>
<a href="http://brooklyntownlibrary.org">brooklyntownlibrary.org</a>	
Canterbury Public Library .....	<b>(860) 546-9022</b>
<a href="http://canterburylibrary.org">canterburylibrary.org</a>	
Killingly Public Library .....	<b>(860) 779-5383</b>
<a href="http://killinglypl.org">killinglypl.org</a>	
Plainfield Public Library .....	<b>(860) 564-8760</b>
<a href="http://aldrichlibrary.org">aldrichlibrary.org</a>	
Putnam Public Library .....	<b>(860) 963-6826</b>
<a href="http://putnamct.us/visit-us/putnam-public-library">putnamct.us/visit-us/putnam-public-library</a>	
Sterling Public Library .....	<b>(860) 564-2692</b>
<a href="http://sterlingct.us/departments/library">sterlingct.us/departments/library</a>	
Thompson Public Library .....	<b>(860) 923-9779</b>
<a href="http://thompsonpubliclibrary.org">thompsonpubliclibrary.org</a>	

Libraries provide families a welcoming environment in which to learn, to connect with other parents, and to find other community resources that can help them thrive. Many offer story hours, events and family activities.

## PARKS & RECREATION DEPARTMENTS

Brooklyn Parks & Recreation Department .....	<b>(860) 779-3411</b>
Canterbury Parks & Recreation Department .....	<b>(860) 546-9377</b>
Killingly Parks & Recreation Department .....	<b>(860) 779-5390</b>
Plainfield Recreation Department .....	<b>(860) 564-1819</b>
Putnam Parks & Recreation .....	<b>(860) 963-6811</b>
Thompson Recreation Department .....	<b>(860) 923-9440</b>
Sterling Parks & Recreation .....	<b>(860) 564-2136</b>

Parks and recreation departments ensure that citizens have spaces to exercise, play, and do other activities to improve their quality of life. Many host family friendly events and programs, run camps and more.

## EMPLOYMENT

Infoline.....	211
211ct.org	
ACCESS Agency Job Source Community Services .....	(860) 412-1600
Employment Services – Danielson.....	(860) 774-4077
Department of Labor.....	(860) 263-6000
Unemployment Compensation Claims - Danielson.....	(860) 423-2521

## JOB TRAINING

Infoline.....	211
211ct.org	
The ARC of Eastern Connecticut .....	(860) 774-2827
Danielson American Job Center.....	(860) 774-4077
EASTCONN Northeast Adult Education .....	(860) 779-3770
United Services .....	(860) 774-2020

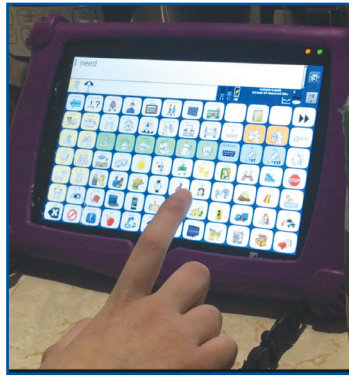
## ADULT EDUCATION

Infoline.....	211
211ct.org	
EASTCONN Community Learning Center-Windham .....	(860) 423-2591
EASTCONN Northeast Learning Center .....	(860) 779-3770
Eastern Connecticut State University.....	(860) 465-5000
Education & Employment Information Center .....	(800) 842-0229
Quinebaug Valley Community College .....	(860) 932-4000
Three Rivers Community College.....	(860) 886-0177

## TRANSIT

Infoline.....	211
211ct.org	
Medical Cab Services .....	(855) 478-7350
Northeast Connecticut Transit District – (NECTD).....	(860) 774-3899
Plainfield Recreation Transit Department .....	(860) 564-1819





**Augmentative and Alternative Communication (AAC) Devices  
can help children with speech or communication delays and challenges.**  
[asha.org/public/speech/disorders/AAC](http://asha.org/public/speech/disorders/AAC)

## TOWN HALLS

Brooklyn Town Hall .....	<b>(860) 779-3411</b>
Canterbury Town Hall .....	<b>(860) 546-6857</b>
Killingly Town Hall.....	<b>(860) 779-5300</b>
Plainfield Town Hall .....	<b>(860) 230-3000</b>
Putnam Town Hall.....	<b>(860) 963-6800</b>
Thompson Town Hall.....	<b>(860) 923-9900</b>
Sterling Town Hall.....	<b>(860) 564-2904</b>

## LEGAL & PROTECTION SERVICES

Infoline.....	<b>211</b>
<a href="http://www.211ct.org">www.211ct.org</a>	
Children's Law Center .....	<b>(860) 232-9993</b>
Child Support Enforcement Call Center .....	<b>(800) 228-5437</b>
CT DCF Willimantic Regional Office.....	<b>(860) 450-2000</b>
CT DCF Careline-Report Child Abuse & Neglect .....	<b>(800) 842-2288</b>
CT DCF Ombudsman-Community Relations.....	<b>(866) 637-4737</b>
CT Legal Services – Willimantic.....	<b>(860) 456-1761</b>
CT Women's Education and Legal Fund.....	<b>(800) 479-2949</b>
CT Family Support Network.....	<b>(860) 546-9289</b>
Day Kimball Hospital Nurturing Families Network.....	<b>(860) 928-6541 ext. 7109</b>
National Runaway Switchboard.....	<b>(800) 621-4000</b>
CT Safe Connect Domestic Violence Hotline (24/7) CALL OR TEXT .....	<b>(888) 774-2900</b>
<a href="http://ctsafecconnect.com">ctsafecconnect.com</a>	
Women's Center of NE CT Sexual Assault Crisis Services.....	<b>(860) 456-2789</b>

# YOUTH SERVICE BUREAUS

## What is a Youth Service Bureau (YSB)?

A YSB is an agency that is responsible for providing services and programs for all youth to develop positively and to function as responsible members of their communities. Additionally, YSBs assess needs of youth, identify gaps in service and coordinate services to fill those gaps. The services YSBs provide may involve programs related to youth development, juvenile justice, truancy prevention, and connection to community resources.

A YSB may recommend or provide for any school-aged child:	
Academic supports which could include credit recovery and/or college prep programs	Referral or access to individual or family mental health services and/or medical care
Parenting classes	Educational advocacy
Mediation	Mentoring
Referral to other community-based intervention programs (including in-home services) targeting truancy and other behavioral concerns	Positive social activities such as art, enrichment, and sports: Referral for clean clothes, healthy food, stable housing, and/or transportation needs

## Youth Service Bureaus

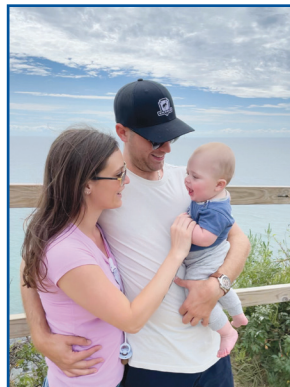
### United Services, Inc.

Brooklyn, Canterbury, Eastford, Killingly, Plainfield and Sterling  
[unitedservicesct.org](http://unitedservicesct.org) • **860-564-6100**

### TEEG

Thompson, Woodstock, Pomfret and Putnam  
[teegonline.org](http://teegonline.org) • **860-923-3458**

\* Parent referrals are accepted. Contact your local YSB directly.





**It is important that families have the opportunity for their voices to be heard to improve services, systems, and policies.**

Advocacy can start at the local level with your Board of Education or Town Council. Parents can also contact their State Representatives, State Senators and Congressman.

To contact your local Town or Board of Education Members, look at your Town and/or Schools websites.

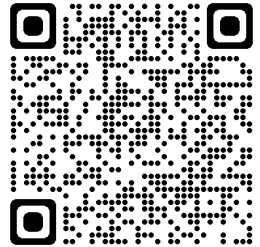
## UNITED STATES CONGRESS

**Find Your US Senator or Congressperson:**

Not sure of your congressional district or who your member is?

This service will assist you by matching your ZIP code to your congressional district, with links to your member's website and contact page:

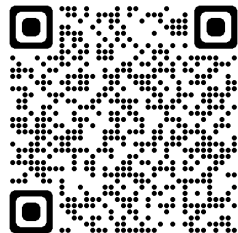
[congress.gov/members/find-your-member](https://congress.gov/members/find-your-member)



## CT GENERAL ASSEMBLY

Find your State Senator or State Representatives by Town:

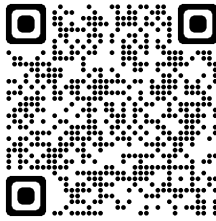
[cga.ct.gov/asp/menu/](https://cga.ct.gov/asp/menu/)



Funding for the printing of this Guide was provided by the CT Office of Early Childhood, CT Council on Philanthropy, Sparkler Learning Grant, The CT Project, and the CT towns of Brooklyn, Canterbury, Killingly, Plainfield, Putnam, Sterling, and Thompson



To support the printing of this Guide,  
a tax deductible donation can be made.  
For more information visit:  
[necouncil.org/support-the-necc](https://necouncil.org/support-the-necc)





# Thank You to our Partners!

