

Updated: 11/10/2025

Burlington/Harwinton Community Supports

Regional School District #10 does not endorse or represent any of the following resources. This non-comprehensive list is provided to families who may need support.

[Food and Nutrition Resources](#) | [Housing Resources](#) | [Financial Resources](#)
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Food and Nutrition Resources

Harwinton Food Pantry

[FOOD PANTRY Latest updates | Harwinton CT](#)

Address: 100 Bentley Dr, Harwinton, CT

Contact: (860) 485-9051

Community Kitchen

[The Community Kitchen of Torrington | Torrington CT area soup kitchen](#)

Address: 220 Prospect St, Torrington, CT

Contact: (860) 482-0130

FISH of NWCT Food Pantry

[FISH Food Pantry - FISHNWCT](#)

Address: 332 South Main St, Torrington, CT

Contact: (860) 482-7300

Friendly Hands Food Bank

[Friendly Hands Food Bank – Where Community Comes First](#)

Address: 50 King St, Torrington, CT

Contact: (860) 482-3338

Salvation Army Torrington Corps

[Salvation Army Southern New England Division](#)

Address: 234 Oak Ave, Torrington, CT

Contact: (860) 482-3569

CT Foodshare

[Connecticut Foodshare](#)

Mobile food pantry locator

Contact: (203) 469-5000

Housing Resources

FISH NWCT Emergency Shelter

[FISHNWCT - Home](#)

Address: 332 South Main St, Torrington, CT

Services: 35-bed emergency shelter; call for intake

Contact: (860) 482-7300

Salvation Army Torrington Corps

[Salvation Army Southern New England Division](#)

Address: 234 Oak Ave, Torrington, CT

Services: Emergency assistance & referrals

Contact: (860) 482-3569

Financial Resources

Gifts of Love

Gifts of Love provides assistance to working individuals and families experiencing a temporary financial crisis so they can achieve or maintain self-sufficiency. Gifts of Love accomplishes this by providing basic needs - food, clothing, furniture, household items, heating assistance - and offering life-skill education programs.

www.giftsoflovet.org

860-676-2323

DSS Field Office – Torrington

[CT.GOV-Connecticut's Official State Website](#)

Address: 62 Commercial Blvd, Suite 1, Torrington, CT

Services: SNAP, cash assistance, Medicaid

Contact: Mon–Fri 8am–4:30pm

The Health Collective

Hope and Health for the LGBTQIA+ Community (medical, dental)

[LGBTQ+ Health and Wellness Services | Hartford, CT | HC](#)

860-278-4163

Domestic Violence & Abuse Support

Project Sage

[Project SAGE](#)

Services: DV advocacy, support, referrals

Contact: (860) 364-1900

Susan B. Anthony Project

[Susan B. Anthony Project](#)

Address: 179 Water St, Torrington, CT

Services: Shelter, counseling, DV/SA support

Contact: (860) 482-7133

CT Coalition Against DV (Statewide Hotline)

www.ctcadv.org

Services: 24/7 Hotline

Contact: 1-888-774-2900

Connecticut Legal Services

Services: Legal aid for low-income residents

[CT's Largest Legal Aid Agency | Transforming Lives - Connecticut Legal Services](#)

Mental Health Supports

Emergency Mental Health Services

[Mental Health | United Way 211](#)

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, afterschool programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need.

For crisis or emergency mobile response services related to mental health call **211**. At the prompt, **press "1" for "crisis"**.

Suicide Prevention (Lifeline Chat and Text)

Lifeline Chat and Text is a service of the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), connecting individuals with crisis counselors for emotional support and other services via web chat or texting **988**.

To support suicide prevention please visit the National Suicide Prevention Lifeline at <https://suicidepreventionlifeline.org/>: **1-800-273-8255 (TALK)**. You can use their online chat at <https://suicidepreventionlifeline.org/chat/>. The Lifeline also offers hearing impaired services at **1-800-799-4889**.

Talk-It Out

www.talkitoutct.com.

Parents and guardians in need of help with the stress and increased needs resulting from caring for their children during the COVID-19 crisis are invited to call Connecticut's new "Talk It Out" hotline at **1-833-258-5011**

Village Urgent Crisis Center

thevillage.org/UCC

Urgent response for your child's mental health crisis

1680 Albany Avenue, Hartford, CT

(860) 297-0520

Wheeler Clinic Helpline

[For Patients :: Wheeler Health](#)

860-747-3434

The Bridge Family Center

www.bridgefamilycenter.org

Avon: 860-404-5322

West Hartford: 860-521-8035

Village of Families and Children

<https://thevillage.org/>

888-793-3500

The Cove- Grief Counseling

[Contact | The Cove Center For Grieving Children](#)

203-634-0500

*If you are looking for individual therapy, please reach out to your child's school counselor or support staff.

Resources for Autism and Other Disabilities

PRISM

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

860-495-0126

160 Farmington Avenue Farmington, CT 06032

Creative Interventions

<https://www.creativeinterventions.net/>

860-413-9538

The Center for Children with Special Needs (CCSN)

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

860-430-1762

2300 Main Street Glastonbury, CT 06033

CCSN (second location):

860-430-1762

270 Farmington Ave. Farmington, CT 06032

Synct Collaborative Therapy (Formerly known as "A Piece of the Puzzle")

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

860-233-3033

705 North Mountain Rd. Suite A-101

Newington, CT 06111

Autism Care Partners

[Home - Basic - Autism Care Partners](#)

860-406-8238

30 Avon Meadow Lane

Avon, CT 06001

In Bloom Autism Services

[ABA Therapy in Connecticut | InBloom Autism Services](#)

1-888-754-0398
125 Whiting St.
New Britain, CT 06051

Center for Autism Therapy

centerforautismtherapy.com

805 West Queen St.
Southington, CT

Kaleidoscope

ABA Therapy Services

<https://www.kfsaba.org/aba-therapy/>

1-877-ABA-0399
66 Cedar Street
Suite 101
Newington, CT 06111

Personal Growth Services

<https://personalgrowthservices.com/>

1-860-404-6360
17 Talcott Notch Rd.
Farmington, CT 06032

Sallyz Center for Autism

sallyzaba.com

491 Buckland Rd.
South Windsor, CT 06074
860-788-5515

Miracle League of Connecticut

Offers enrichment programs, such as adapted swim lessons, baseball, dance, etc

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

860-461-1501
68 South Main St. Bsmt 100
West Hartford, CT 06107

Hospital for Special Care- Autism Center

[Hospital for Special Care | We rebuild lives.](#)

860-612-6386
2150 Corbin Avenue
New Britain, CT 06053

Favarh–The ARC of Farmington Valley

<https://favarh.org/>

Offers: Respite care; Workplace training
225 Commerce Drive, Canton, CT 06019

Phone: 860-693-6662 x.107

A Brand New Day

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

Offers: ABA services for children diagnosed with Autism, ages 18 months to 21 years old. In clinic and at home supports

Southington location: 1842 Meriden-Waterbury Turnpike

Phone: 203-313-5537

Quantum Behavioral Consulting

<https://www.quantumbehavior.org/index.html>

- Accepts private insurance
- In-Home services
- Intensive Toilet Training and feeding therapy:
- <https://www.quantumbehavior.org/toilet-training.html>
- <https://www.quantumbehavior.org/feeding.html>

Beacon Services of Connecticut

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

Located in Cromwell

- In-Home ABA: Only seeing children under age 3

Adaptive Camp for Special Needs- Meriden YMCA

<https://www.meridenymca.org/programs/camp/camp-offerings/adaptive-camp/>

203-235-6386

110 W. Main Street

Meriden, CT 06451

Contact Carolyn Daniels via email at cdaniels@meridenymca.org

LGBTQIA+ Supports

PFLAG

<https://pflaghartford.org/>

Providing support, education, and advocacy in the city of Hartford for over 50 years, PFLAG Hartford helps to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ+ people, their families, and their loved ones.

Q Plus

<https://www.qplusct.org/groups>

Providing safe and supportive spaces for LGBTQ+ youth to feel empowered and uplifted.

PRIDE

West Hartford Pride - <https://westhartfordpride.org/>

Southington Pride - <https://southingtonpride.org/>

Middletown Pride - <https://www.middletownpride.org/>

Supporting, enhancing, protecting, honoring, celebrating, and uplifting the wellbeing of the LGBTQAI+ Community by providing resources, events, education, and social justice initiatives.

Trevor Project

thetrevorproject.org

The Trevor Project - call 1-866-488-7386 or text "START" to 678-678

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support to LGBTQ+ young people 24/7, all year round.