



Northeast Connecticut

**Regional Family   
Resource Guide**

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**Northeast Early Childhood Council**

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***Communities working together to ensure all children, birth through age eight, in Brooklyn, Killingly, Plainfield, Putnam, Sterling & Thompson are Healthy, Safe   
and Successful Learners***

The Northeast Early Childhood Council (NECC) is a local early childhood council made up of a group of community members from Brooklyn, Killingly, Plainfield, Putnam, Sterling & Thompson. The Council was established in 2001 as the governing council for those towns who receive school readiness grant funding for preschool and has also been part of a long standing regional effort to support the potential for all children and families. We continually build strong relationships with key partners in our communities to assess needs, coordinate efforts and share resources, skills and ideas. We collect data, develop strategies and implement actions in the areas of early care & education, social, emotional & physical health and family support and engagement.

The NECC meet several times per year and is open to all community members who wish to participate on any level.

###### For more information, contact:

Kristine Cicchetti, Regional Director

860-779-6770, 401-323-4317 (cell)

[mrscicch95@sbcglobal.net](mailto:mrscicch95@sbcglobal.net)



**Like Us on Facebook @nechildhoodcouncil**

**Visit our website: [www.neccouncil.org](http://www.neccouncil.org)**

**Revised: June 2020**

**Resource Web Sites**

[**www.cyfernet.org**](http://www.cyfernet.org) high quality, research based information for parents and professionals.

[**www.zerotothree.org**](http://www.zerotothree.org) national non-profit organization dedicated to advancing healthy development of infants and toddlers.

[**www.aboutourkids.org**](http://www.aboutourkids.org) New York University web site offers scientifically based mental health and parenting information.

[**www.naeyc.org**](http://www.naeyc.org) National Association for the Education of Young Children contains information about child development for families.

[**www.bornlearning.org**](http://www.bornlearning.org) Web site for the Born Learning Campaign- an initiative of “Success by 6,” United Way of America.

[**www.ct.gov/oec/site/default.asp**](http://www.ct.gov/oec/site/default.asp) CT Office of Early Childhood, improving outcomes for children, birth- 5

[**www.parentsasteachers.org**](http://www.parentsasteachers.org) parenting/child development resource.

[**http://eclkc.ohs.acf.hhs.gov/hslc**](http://eclkc.ohs.acf.hhs.gov/hslc) Early Childhood Knowledge and Learning Network web site from Federal Offices of Head Start /up-to-date information and resources for parents and professionals.

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

[**www.ct.gov/dmhas**](http://www.ct.gov/dmhas) CT Mental Health and Addiction Services website.

[**www.pathct.org**](http://www.pathct.org) PATH Parent to Parent/Family Voices of Connecticut is a network of families providing informational and emotional support to others who have a child with developmental or health related needs. PATH/FVCT reaches out to help strengthen families coping with similar situations in Connecticut, and the organizations that serve them to reduce isolation, empower families as advocates for their children and reaffirm their values as parents and caregivers.

[www.ct.gov/triplep/site/default.asp](http://www.ct.gov/triplep/site/default.asp) A place where you can get help with parenting. Maybe you are seeking parenting advice or just some tips on parenting.

**FAMILY ASSISTANCE**

Infoline………………………………………………………………………………………………………..... 211 or www.211ct.org

ACCESS Agency…………………………………………………………………………………….. ……… (860) 412-1600

Canterbury Cares Food Pantry……………………………………………………………………... (860) 546-9007

Catholic Charities & Family Services……………………………………………………………… (860) 889-8346

Community Kitchens of Northeast CT…………………………………………………………… (860) 779-2645

CT Care 4 Kids – Child Care Assistance………………………………………………………….. (888) 214-5437

Daily Bread Soup Kitchen – Putnam………………………………………………………………. (860) 928-0169

DKH Nurturing Families Network……………………………………………………….............. (860) 928-6541 ext. 2077

DSS Food Stamp Program…………………………………………………………………….. ………. (800) 842-1508

Friends of Assisi Food Pantry – Killingly...........………………………………………………. (860) 774-2310

Interfaith Human Services of Putnam……………………………………………………………. (860) 928-0169

Killingly Free Community Store……………………………………………………………..………. (860) 779-6773

Project Northeast Food Pantry/Support – Putnam………………………………………… (860) 928-4078

Project Pin Food Pantry – Plainfield……………………………………………………… ………. (860) 527-8106

Salvation Army Thrift Store – Killingly…………………………………………………… ………. (860) 527-8106

Salvation Army Satellite Site – Putnam………………………………………………............. (860) 963-7602

St. Vincent de Paul – Norwich……………………………………………………………………….. (860) 889-7374

Thompson Ecumenical Empowerment Group (TEEG)……………………………………. (860) 963-3458

Women, Infant & Children (W.I.C) Food Assistance:

Program……………………………………………………………………………………. ………. (860) 928-3660

Diaper Bank…………………………………………………..………………………………….. (860) 928-0169

**HOSPITAL AND EMERGENCY NUMBERS**

Medical Emergency……………………………………………………………………………………….. 911

Poison Control………………………………………………………………………………………………. (800) 222-1222

Day Kimball Hospital:

Main Number…………………………………………………………………………………….. (860) 928-6541

Emergency Department…………………………………………………………………….. (860) 774-3366

William Backus Hospital:

Main Number……………………………………………………………………………………. (860) 889-8331

Emergency Department……………………………………………………………………. (860) 823-6389

Backus 24 Hour Urgent Care Center………………………………………………….. (860) 230-2830

Windham Hospital:

Main Number……………………………………………………………………………………. (860) 456-9116

Emergency Department……………………………………………………………………. (860) 456-6715

**DID YOU KNOW….?**

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



**POLICE AND FIRE NUMBERS**

Police, Fire, Emergency………………………………………………………………………………….. 911

**Local Department Numbers:**Brooklyn Fire Marshall…………………………………………………………………………………. (860) 779-0472

Killingly Fire Marshall……………………………………………………………………………………. (860) 779-5315

Killingly Police Department…………………………………………………………………………… (860) 779-3900

Plainfield Fire Marshall…………………………………………………………………………………. (860) 230-3013

Plainfield Police……………………………………………………………………………………………. (860) 564-0804

Putnam Fire Marshall…………………………………………………………………………………… (860) 963-6800

Putnam Police (city limits only)……………………………………………………………………… (860) 928-6565

State Police Troop D………………………………………………………………………………………. (860) 779-4900

Sterling Fire Departments…………………………………………………………………………….. (860) 564-7435

Thompson Fire Departments (served by 5 departments)……………………………… 911

**COMMUNITY PROGRAMS AND RESOURCES**

Infoline……………………..…………………………………………………………………………………. or www.211ct.org

Big Brother/Big Sister…………………………………………………………………………………… (860) 525-5437

Boy Scouts of America – CT Rivers Council…………………………………………………… (800) 414-2433

Brooklyn Cooperative Extension Center………………………………………………………. (860) 774-9600

Brooklyn Parks & Recreation Department…………………………………………………… (860) 779-3411

Brooklyn Town Hall…………………………………………………………………………………….. (860) 779-3411

CT Family Support Network – Northeast…………………………………………………….. (860) 546-9289

Girl Scouts of CT –Lebanon Service Center………………………………………………….. (860) 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

Killingly Parks & Recreation Department…………………………………………………….. (860) 779-5390

Killingly Town Hall………………………………………………………………………………………. (860) 779-5300

Plainfield Family Resource Center………………………………………………………………. (860) 564-6411

Plainfield Senior Center………..…………………………………………………………………….. (860) 564-1455

Plainfield Town Hall……………………………………………………………………………………. (860) 230-3000

Plainfield Senior Center……………………………………………………………………………… (860) 564-1819

Putnam Family Resource Center………………………………………………………………… (860) 963-6940

Putnam Parks & Recreation ………………………………………………………………………. (860) 963-6811

Putnam Town Clerk……………………………………………………………………………......... (860) 963-6800

Quinebaug Regional Senior Center……………………………………………………………. (860) 774-1243

Thompson Ecumencial Empowerment Group (TEEG)………………………………… (860) 923-3458

Thompson Recreation Department……………………………………………………………. (860) 923-9440

Thompson Town Clerk ………………………………………………………………………………. (860) 923-9900

Sterling Town Hall……………………………………………………………………………………… (860) 564-2904

Sterling Parks & Recreation……………………………………………………………………….. (860) 564-2136

**TRANSIT**

Infoline……………………..………………………………………………………………………………… 211 or www.211ct.org

Medical Cab Services………………………………………………………………………………….. (855) 478-7350

Northeast Connecticut Transit District – Dayville………………………………………… (860) 774-3899

Plainfield Recreation Transit Department……………………………………………………. (860) 564-1819

**EMPLOYMENT**

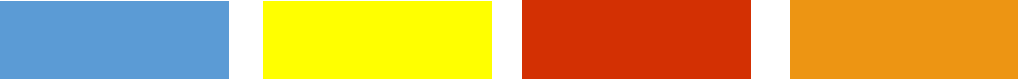
Infoline……………………..………………………………………………………………………………… 211 or www.211ct.org

ACCESS Agency Job Source Community Services………………………………………... (860) 774-0418

Employment Services – Danielson………………..…………………………………………….. (860) 566-5790

Department of Labor…………………………………………………………………………………… (860) 263-6000

Unemployment Compensation Claims - Danielson………………………………………. (860) 423-2521



**JOB TRAINING**

Infoline……………………..………………………………………………………………………………… 211 or www.211ct.org

ARC of Quinebaug Valley…………………………………………………………………………….. (860) 774-2827

EASTCONN Learning Center……………….……………………………………………………….. (860) 779-3770

United Services…………………………………………………………………………………………… (860) 774-2020

**HOUSING ASSISTANCE**

Infoline……………………..………………………………………………………………………………… 211 or www.211ct.org

**Housing Authorities Section 8 (HUD)**

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 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 Ecumencial Empowerment Group (TEEG)………………………………… (860) 923-3458

**ENERGY ASSISTANCE**

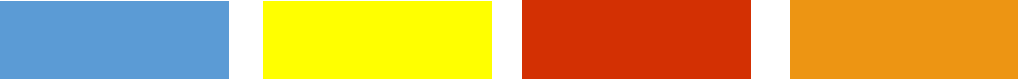
Infoline……………………..………………………………………………………………………………… 211 or www.211ct.org

ACCESS Fuel Assistance and Winterization…………………………………………….……. (860) 774-0418

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

Center for Healthy Aging……………………………………………………………………………… (800) 273-0078

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 Group – Plainfield……………………………………………………….. (860) 564-6200

Day Kimball Medical Group – Putnam…………………………………………………………. (860) 963-6390

Day Kimball Medical Group – Thompson…………………………………………………….. (860) 923-1141

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

Northeast District Department of Health……………………………………………………. (860) 774-7350

Plainfield Walk-in Center…………………………………………………………………………….. (860) 564-4054

United Community and Family Services – Child First Program…………………….. (860) 822-4905

United Services Child Guidance Clinic…………………………………………………………. (860) 774-2020

Or…………………………………………………………………………………………………………. (860) 228-4480

**JOB TRAINING**

Infoline………………………………………………………………………………………………………… 211 or www.211ct.org

ARC of Quinebaug Valley……………………………………………………………………………… (860) 774-2827

Danielson America Job Center………..…………………………………………………………… (860) 774-4077

EASTCONN Northeast Adult Education………………………………………………………… (860) 779-3770

United Services……………………………………………………………………………………………. (860) 774-2020

**ADULT EDUCATION**

Infoline………………………………………………………………………………………………………… 211 or [www.211ct.org](http://www.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

***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.

**WHY DO PEOPLE NEED HELP WITH PARENTING? DOESN’T IT COME NATURALLY?**

**HAVING A CHILD CHANGES OUR LIVES DRAMATICALLY.** Most parents want to do a good job yet most of us are not always sure how. We don’t all have the support we need. Sometimes as parents we feel isolated and frustrated about our abilities. Sometimes we want to talk about our daily lives 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.

**MOST PARENTS FIND IT VERY HELPFUL TO JOIN A GROUP OR CLASS OR MEET WITH HOME VISITORS.** Most parents who receive help say that it improves life with their children. Most parents who get support would recommend that others do the same. Contact a Family Resource Center to find out what it offers to support you and your child.

**PARENTING CLASSES**

Day Kimball Hospital Nurturing Families Network………………………………………. (860) 928-6541 x 2077

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 Education Program………………………………………………… (860) 564-6100

**INFORMATION & REFERRAL**

Infoline………………………………………………………………………………………………………… 211 or [www.211ct.org](http://www.211ct.org)

Children’s Law Center…………………………………………………………………………………. (860) 232-9993

Child Support Enforcement Call Center………………………………………………………. (800) 228-5437

CT DCF Willimantic Regional Office…………………………………………………………….. (860) 450-2000

CT DCF Careline-Report Child Abuse & Neglect…………………………………………… (800) 842-2288

CT DCF Ombudsman-Community Relations………………………………………………… (866) 637-4737

CT Legal Services – Willimantic……………………………………………………………………. (860) 456-1761

CT Women’s Education and Legal Fund……………………………………………………….. (800) 479-2949

CT Family Support Network…………………………………………………………………………. (860) 546-9289

Day Kimball Hospital Nurturing Families……………………………………………………… (860) 928-6541 Ext. 2077

Killingly Family Resource Center…………………………………………………………………… (860) 779-6770

National Runaway Switchboard…………………………………………………………………… (800) 621-4000

Northeast Communities Against Substance Abuse………………………………………. (860) 779-9253

Plainfield Family Resource Center…….…………………………………………………………. (860) 564-6411

Putnam Family Resource Center………………………………………………………………….. (860) 963-6940

Thompson Ecumencial Empowerment Group (TEEG)………………………………….. (860) 923-3458

United Services Domestic Violence Program Hotline…………………………………… (860) 774-8648

Women’s Center of NE CT Sexual Assault Crisis Services……………………………… (860) 456-2789

**School Success Goes Hand In Hand With Good Attendance!**

***Early Years Matter! Build good attendance habits early!***

**Did You Know?**

Missing one or two 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.
* Don’t let your child stay home unless he or she is truly sick.
* Develop back-up plans for getting to school if something comes up.
* Avoid medical appointments and extended trips when school is in session.
* Talk to your child’s teacher or social worker if your child seems anxious about going to school.
* Teach your child that attending school is non-negotiable - children CAN’T learn if they aren’t in school.

**AREA SCHOOLS**

**Brooklyn (**[**www.brooklynschools.org**](http://www.brooklynschools.org)**)**

Brooklyn Elementary School……………………………………………………………… (860) 774-7577

Brooklyn Middle School……………………………………………………………………. (860) 774-9153

Superintendent’s Office……………………………………………………………………. (860) 774-9153

**Killingly (**[**www.killinglyschools.org**](http://www.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 (**[**www.plainfieldschools.org**](http://www.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) 564-6403

**Putnam (**[**www.putnam.k12.ct.us**](http://www.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 (**[**www.sterlingschool.org**](http://www.sterlingschool.org)**)**

Sterling Community School………………………………………………………………… (860) 564-2728

Superintendent’s Office…………………………………………………………………….. (860) 564-4219

**Thompson (**[**www.district.thompsonk12.org**](http://www.district.thompsonk12.org)**)**

Mary R. Fisher Elementary School………………………………………………………. (860) 923-9142

Thompson Middle School…………………………………………………………………… (860) 923-9380

Tourtellote Memorial High School…………………………………………………….. (860) 923-9303

Superintendent’s Office…………………………………………………………………….. (860) 923-9581

**What to look for and ask when observing an early childhood program**

**Choose an early childhood program where the teachers consistently:**

###### 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.**
* **Talk with parents about their children.**
* **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**

**www.learningpolicyinstitute.org**

*Enroll children in a preschool, Head Start, or similar community program, which will provide an opportunity to be with other kids and make new friends. Children can also learn academic basics as well as how to make decisions and cope with problems*

**EARLY CARE & EDUCATION OPTIONS**

Infoline………………………………………………………………………………………………. 211 or [211childcare.org](http://www.211childcare.org)

CT Care 4 Kids……………………………………………………………………………………. 888-214-5437 [ctcare4kids.com](http://www.ctcare4kids.com)

Connecticut Birth to Three………………………………………………………………… 866-888-4188

211 Child Care Referral Line………………………………………………………………. 800-505-1000

Regional EASTCONN Head Start Information…………………………………….. 860-455-0707 www.eastconn.org/head-start

**Brooklyn**

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

**Killingly**

Carelot Children’s Center – Killingly…………………………………………………… (860) 779-0611

Castle Kids…………………………………………………………………………………………. (860) 779-9002

EASTCONN Killingly Head Start & Early Head Start…………………………….. (860) 779-0410

EASTCONN Head Start at Killingly High School…………………………………… (860) 779-0410

Killingly Family Resource Center………………………………………………………… (860) 779-6770

St. James Preschool……………………………………………………………………………. (860) 774-3281

The Owl’s Nest Day School, Inc………………………………………………………….. (860) 774-4375

**Plainfield**

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

**Putnam**

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

**Sterling**

Jordan Pre-School & Daycare……………………………………………………………… (860) 774-1881

Sterling Public Schools Preschool……………………………………………………….. (860) 564-2728

**Thompson**

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

St. Joseph’s Child Care Center……………………………………………………………. (860) 923-2090

Thompson Public Schools Pre-School Program………………………………….. (860) 923-9142

The Country Garden Child Care Center……………………………………………… (860) 923-0440



**5 STEPS TO FINDING A GOOD CHILDCARE OR PRESCHOOL**

1. START EARLY: Finding the right childcare option can take some time.
2. MAKE A CALL: Call your Family Resource Center or call 211 Infoline and ask:

* What are the licensing requirements in my area? Remember that licensed programs meet basic regulations required by law.
* What types of programs are available?
* How can I get information about complaints and licensing violations?
* Is there any childcare financial assistance?

3. VISIT, ASK QUESTIONS & TAKE THE TIME TO OBSERVE.

* How many children are there for each adult? One adult to 3 or 4 infants and toddlers; one adult to 7 or 8 preschool aged is best.
* How many children are in a group? In a center, group size is 8 or less for infants and toddlers, or 17 in a preschool program.
* Ask about caregivers’ training and education.
* Ask how long the caregivers have been at that center or providing care in their homes.
* Find out if the provider is accredited by a national organization (such as NAEYC). Accredited programs meet higher standards of quality.

1. MAKE A CHOICE. Think about what you saw at each visit and make the best choice for your child and your family.
2. STAY INVOLVED. Meet with caregivers regularly, visit your child at childcare and join in special events.

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





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 problems, including addictions, takes a hard toll on entire families. When families get help for behavioral and mental health 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 with the goal that families can get help by just making a call or two. Many of the agencies listed provide emergency evening and weekend numbers. If you think that you or someone you love might need help, call these experts. Their agencies exist to serve our needs.

Please refer to the Transit section for help with transportation. Husky users may use the phone number on the back of their card.

**MENTAL HEALTH & BEHAVIORAL / SUBSTANCE ABUSE**

**Basic Behavioral 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

**Catholic Charities** [**http://www.ccfsn.org**](http://www.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)*

***COST: Accepts most insurances, sliding scale***

**Community Health Resources (CHR)**………………………………………………….. (877) 884-3571

[**http://www.chrhealth.org/child-family**](http://www.chrhealth.org/child-family/support)

*Assessment and care coordination for children 0-17 with emotional/behavioral difficulties, care coordinators develop family-centered treatment plans and provide linkage to and coordination of services.*

***COST: No charge for care coordination***

**Day Kimball Hospital Behavioral Health Services**….…………………………… (860) 963-6385

[**https://www.daykimball.org/patient-services/behavioral-health**](https://www.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.*

***COST: Accepts Insurances including Husky, Medicare, Medicaid, self-pay***

**Dept. of Children & Families Voluntary Services Program**………………… (800) 842-2288

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

***COST: FREE***

**Dept. of Children & Families Voluntary Services Program**…………………. (860) 704-6378

[**http://www.eccpct.com**](http://www.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.*

***COST: FREE***

**Emergency Mobile Psychiatric Services (EMPS)…………….**………………….. 211

[**http://www.portal.ct.gov/DCF/Behavioral-Health-Partnership/Emergency-Mobile-Psychiatric-Services**](http://www.portal.ct.gov/DCF/Behavioral-Health-Partnership/Emergency-Mobile-Psychiatric-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.*

***COST: FREE***

**Generations Family Health Center – Behavioral Health**

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

***COST: Accepts Medicaid, HUSKY, private insurance or those who are uninsured***

**National Alliance for Mental Illness (NAMI**)……………………………………… (860) 882-0236

[**https://www.namict.org**](https://www.namict.org)

*Outreach programs, mental health support and education.*

***COST: FREE***

**Perception Programs**…………………………………………..……………………………… (860) 420-2450

[**https://www.perceptionprograms.org**](https://www.perceptionprograms.org)

*Perception Programs provides 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.*

***COST: Accepts insurance***

**United Community & Family Services (UCFS)**…. ………………………………… (860) 892-7042

[**https://www.ucfs.org**](https://www.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.*

***COST: Accepts insurance, sliding scale for uninsured - visit website for detailed information***

**United Services………………………………………………….**……………………………… (860) 774-2020

[**http://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. Spanish speaking services available.*

***COST: Accepts insurance, sliding scale for uninsured - visit website for detailed information***

**ADDICTION RECOVERY / SUBSTANCE USE PROGRAM & DETOX TREATMENT**

Alcohol & Drug Recovery Centers (ADRC) – Hartford…………………………. (860) 714-3700

Alliance Treatment Center…………………………………………………………………. (800) 229-4840

Blue Hills Hospital – Hartford…………………………………………………………….. (860) 293-6400

Community Health Resources……………………………………………………………. (877) 884-3571

Natchaug Hospital……………………………………………………………………………… (860) 456-1311

Pathways – Putnam…………………………………………………………………………… (860) 963-4971

Southeast Council on Alcohol & Drug Dependence (SCADD)……………… (860) 447-0381

**SUICIDE**

National Suicide Prevention Line……………………………………………………….. (800) 273-8255

Southeastern Mental Health Authority……………………………………………… (860) 886-9302

(866) 859-4500

Suicide Infoline……………………………………………………………………………………………………….211

**LEGAL ASSISTANCE**

Protection & Advocacy for Individuals with Mental Illness…………………… (877) 726-4727

**GENERAL / ADDITIONAL INFORMATION RESOUCES**

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

Information on addition services is available at the CT Mental Health and Addiction Services website:

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



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.
* Enroll in school immediately, even if lacking documents normally required for enrollment.
* Enroll in school and attend classes while the school gathers needed documents.
* 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.
* Receive transportation to and from the school of origin, if you request this.
* Receive educational services comparable to those provided to other students, according to your children’s needs.

***If you believe your children may be eligible, contact the local liaison to find out what services and*** ***supports may be available. There also may be supports available for your preschool-age children.***

To find your Town’s liaison, visit: <https://portal.ct.gov/SDE/Homeless/Homeless-Education/How-To>

State Coordinator

Louis Tallarita, 860-807-2058





Youth Service Bureau’s

**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. **United Services, Inc. Youth Service Bureau** serves Brooklyn, Canterbury, Eastford, Killingly, Plainfield and Sterling. **TEEG’s Youth Service Bureau** serves Thompson, Woodstock, Pomfret and Putnam.

**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
* Referral to other community-based intervention programs (including in-home services) targeting truancy and other behavioral concerns
* Educational advocacy
* Mediation
* Mentoring
* Parenting classes
* Positive social activities such as art, enrichment, and sports
* Referral for clean clothes, healthy food, stable housing, and/or transportation needs

**What will happen when a referral is made to a YSB\*?**

* Once the YSB has received a complete and signed referral, they will reach out to the family via phone or send a letter to the family’s home.
* YSB staff will explain the process to the family and ensure consent to move forward.
* If the family agrees to participate, the YSB will arrange a time to meet with the student and the family and gather information (including demographics, family & school information and needs and strengths of the student & family).
* The YSB will work with the school to address the individual needs of the student, such as assisting families with school meetings to support the student.
* The YSB will identify available and appropriate community supports for the student and review them with the student and their family.
* Based on family input, YSB staff may provide programming within the YSB and/or make appropriate community referrals.

\*This process may be different based on the needs of the family and/or the resources available in your community.





YOUTH SERVICE BUREAU’S – CONTINUED

**Tips to maximize school success:**

**Partner with the school:** Develop and strengthen relationships with your child’s teachers and administration.

**Be involved:** Know what’s going on in your child’s school and classroom. Monitor your child’s school progress - read school newsletters, contact teachers when you have questions, attend parent/teacher conferences, monitor progress through online grading systems, etc.

**Pass on high educational aspirations:** Encourage positive discussions around school. Talk to your child about the importance of an education and the benefits of school attendance from an early age.

**Regularly monitor your child’s electronic devices and social media:** Talk with your child about what’s appropriate and boundaries on social media. Open a line of communication without judgement or consequences. If your child is under 18, it’s your responsibility to know phone passwords, spot check social media / texts and be aware of the “apps” they are using.

**Prioritize schoolwork:** Stress that school and homework come before friends, sports and social media. Engage with your child around homework and follow through with consequences if they don’t meet expectations.

**Support your child’s school activity participation:** Encourage your child to be involved in extracurricular actives and programs. Kids who feel connected to their school are more likely to have better grades and school attendance.

**Get help so your child succeeds:** If your child is struggling, **don’t be afraid to ask for help – it takes a village**! Contact your child’s school to discuss supports.

**Youth Service Bureaus**

United Services, Inc.

**Brooklyn, Canterbury, Eastford, Killingly, Plainfield and Sterling**

[www.unitedservicesct.org](http://www.unitedservicesct.org/) \* 860-564-6100

TEEG

**Thompson, Woodstock, Pomfret and Putnam**

[www.teegonline.org](http://www.teegonline.org/) \* 860-923-3458

**Parent referrals are accepted, just contact your local YSB directly**





UNITED STATES CONGRESS

Find Your Representative: 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.

**<https://www.house.gov/representatives/find-your-representative>**

CT GENERAL ASSEMBLY

**Find Your Representative, Senator and Congressperson by Town**

[**https://cga.ct.gov/asp/menu/cgafindleg.asp**](https://cga.ct.gov/asp/menu/cgafindleg.asp%20)

