



**CITY OF MERIDEN
DEPARTMENT OF HEALTH AND
HUMAN SERVICES**

Teen and Youth Services Community Directory 2013



Catalog of Resources

- Community Organizations
- Resources for Substance Abuse, Crisis Services, Mental Health and other Health and Wellness Services

Welcome!

The City of Meriden, Department of Health and Human Services, Youth Services Division, is pleased to provide you with this Teen and Youth Services Directory.

The Meriden Youth Services Division provides community assessment and planning, implementation, and evaluation of a coordinated network of resources and positive opportunities for all children, youth, and their families.

This Directory, updated annually, is part of the mission of the Meriden Youth Services Division to provide information and referrals regarding the services available to youth, parents and professionals.

Every effort is made to include resources for a variety of health, wellness, and social support needs in this guide; however if you do not see a resource in this Directory that can help you please call the Youth Services office at 203-630-4225 or Infoline by dialing 2-1-1.

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Lisa Pippa, MPH
Director of Health and Human Services

Denise Keating

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Alternative Therapy LLC

Providing individual, couples and family counseling. Treatment is client centered and culturally insightful. It is based on understanding the client's history and personal characteristics. We believe in utilizing creative approaches to treatment and working diligently to engage with clients who may feel uncomfortable with mental health and social services providers. Our professional counselors are supported by a trained administrative staff prepared to support our clients, their case managers, and associated professionals through the entire clinical assessment and counseling process. All therapeutic work is enhanced by our agency's weekly clinical supervision peer review process that assures the most relevant treatment method for each client. Please call 203-281-0300 for more information or visit www.TherapyandProfessionalCounseling.com.

Beat the Street Community Center

Address: 121 South Colony Street, Meriden, CT 06450

Telephone: (203) 686-1639

Fax: (203) 686-1639



Agency Description: Help us keep kids off the street! We offer amateur boxing, hip hop dancing, music fitness and community service programs.

Board of Education, City of Meriden

Administrative Office Address: 22 Liberty Street, Meriden, CT 06450

Web site:www.meridenk12.org

Agency Description: The mission of the Board of Education is to provide all students with educational opportunities to acquire the knowledge, skills and attitudes that will enable them to lead productive and self-sustaining lives in a democratic, multicultural society. Meriden has 8 elementary schools, 2 middle schools, and 2 high schools. Parents, family members, students, staff and the public are encouraged to use the website as an informative online resource for information on each of the schools, specific departments of the Board of Education, and other valuable resources.



Boys and Girls Club of Meriden

Address: 15 Lincoln Street, Meriden, CT 06451

Phone: (203) 235-8185

Fax: (203) 686-1029

Executive Director: Larry McGoldrick, lmcgoldrick@bcgmeriden.org

Web site: www.bgcmeriden.org

Activity Days/Hours: Monday-Friday, 2:30pm-8:00pm, Saturday 9:00-2:00pm (Saturday hours change throughout the year; please call to confirm). Members must be 11 years of age or older to attend the club after 6:00pm.

Agency Description: The mission of the Boys and Girls Club is to inspire and enable all young people, especially those whom need us the most, to realize their fullest potential as productive, caring, and responsible citizens. The Club offers age-appropriate programs in recreation, arts, character and leadership, education and career development and healthy living. They also offer drop-in programs such as gym classes, game room tournaments, and arts and crafts. Call for fees.



Catholic Charities

Address: 61 Colony Street, Meriden, CT 06451

Phone: (203) 235-2507

Fax: (203) 639-6509

Contact Person: Danielle Ruszczyk, Office Manager

Email: meriden@ccaoh.org

Web site: www.ccaoh.org

Agency Description: Catholic Charities exists to promote the dignity, self-sufficiency and human potential of those in need. Individuals, families and communities will become healthy, self-sufficient and productive- thriving in a just and compassionate society. Catholic Charities provides counseling, adoption, support, advocacy, childcare, parent education, basic needs and housing services to all clients regardless of race, religion, or ethnic background. Program offerings include adoption and birthparent/pregnancy counseling, child development services, family and mental health counseling, parent education. Please call for a complete list of current program offerings.

Services are available in English, Spanish, and other languages. Fees may be charged; call for details.



Center for Children's Advocacy Medical –Legal Partnership Project

Address: University of Connecticut School of Law, 65 Elizabeth Street, Hartford, CT 06105

Phone: (860) 570-5327

Executive Director: Martha Stone, JD

Website: www.kidscounsel.org



Agency Description: Center for Children's Advocacy

The Center for Children's Advocacy, Inc. is a non-profit organization affiliated with the University of Connecticut School of Law in Hartford, CT. Our mission is to promote and protect the legal rights and interests of poor children who are dependent upon the judicial, child welfare, health and mental health, education, and juvenile justice systems for their care.

The Center employs a number of methods to achieve its purposes including:

- Systemic and individual representation
- Training for attorneys and child advocates
- Administrative and legislative advocacy consultation

Programs and projects include the Child Abuse Project, Girls Juvenile Justice Project, Medical-Legal Partnership Project, and Teen Legal Advocacy Clinic. You can learn more about these and other programs by visiting www.kidscounsel.org.

Child Guidance Clinic For Central Connecticut, Inc.

Address: 384 Pratt Street, Meriden, CT 06451

Phone: (203) 235-5767

Executive Director: Tom Czarkowsky, LMFT

Email: Please visit the website to send staff an email

Web site: www.cgccentralct.org

Activity Days/Hours: Monday-Friday, 9:00am - 7:00pm.

Agency Description: The Child Guidance Clinic For Central Connecticut, Inc. is an established community leader providing a continuum of comprehensive behavioral health services to children, adolescents and their families.

Specialized services include behavioral health evaluation and treatment, substance abuse treatment, outreach services and prevention programs. Child Guidance also provides consultation and educational services to a variety of community agencies and organizations.

Spanish language services are available in all our programs. Fees may be charged, please call the office for further information.



Chrysalis

Address: 14 West Main Street, Meriden, CT 06451

24 Hour Hotline: (203) 238-1501 or toll-free statewide 1-888-774-2900

Phone: (203) 630-1638 **Fax:** (203) 237-1097

Executive Director: Sharlene Kerelejza, MSW

Email: sharlene@mwchrysalis.org

Web site: www.mwchrysalis.org



Agency Description: Meriden-Wallingford Chrysalis offers services at no cost regardless of when the abuse occurred, or whether or not the individual plans to leave. We know that those affected by domestic violence need to make the choices that are best for them.

Community-based services include:

- Individual in person and/or phone support
- Advocacy through medical, legal, police or social services systems
- An educational support group for women mandated by Department of Children and Families
- Support group on Tuesday evenings for women and their children
- Safety planning for adults and children.
- Short Term Emergency Shelter
- Transitional Living Program

City of Meriden Police Department: School Resource Officers (SRO)

Supervisor: Sgt. John Mennone

Officers: Please visit www.cityofmeriden.org to send an email to the officers below.

School	Officer
O.H. Platt High School	Officer Chris Blake
F. T. Maloney High School	Officer Brendan Connolly
Lincoln Middle School	Officer Glen Felton
Washington Middle School	Officer Kathyria Maldonado
Wilcox Technical School	Officer Mark Gibbs



Program Description: The School Resource Officer (SRO) program was started as both an enhanced security measure for the public schools and a community relations tool to bring police officers closer to the people we serve. The SRO program has a positive impact on both staff and students. SRO hours of work vary by the needs of the school.

DARE/GREAT/TRIAD/CRIMEPREVENTION Programs are run by Officer Alan Ganter
aganter@meridenct.gov

City of Meriden Parks & Recreation

Address: 460 Liberty Street, Meriden, CT 06450

Phone: (203) 630-4259 **Activity Line:** (203) 630-4279

Fax: (203) 634-7500

Web site: www.cityofmeriden.org



Agency Description: The Parks and Recreation Department is committed to providing quality recreational opportunities, celebrating cultural events, and maintaining and improving the parks system and its facilities for the enjoyment of all people in Meriden.

The Department provides:

- A variety of seasonal and year-round programs
- Cultural, recreational, and special events, such as the Meriden Daffodil Festival
- Recreational leagues
- Swim tags and fishing permits
- Serves as a “central office” for all recreational, leisure, and special activities in Meriden.

Programs are for Meriden residents; in some instances a nominal fee may be charged. Please call the Activity Line or visit the website for a complete list of programs offered.

City of Meriden School Readiness Program

Main Office Address: 121 Gravel Street, Meriden, CT 06450

Phone: (203) 238-2334 ext. 189

Facilitator: Jessica Stewart

Email: jstewart@meridenct.gov

Web site: www.meridenhealth.com



Agency Description: The City of Meriden School Readiness program provides affordable, quality child care slots to three and four year olds who reside in Meriden. Children are provided a School Readiness experience, which assures they will enter kindergarten ready to learn. Fees are based on a sliding fee scale. Full and part day programs are available. All programs are NAEYC (National Association for the Education of Young Children) accredited. Child care locations in Meriden include:

Catholic Charities	203-235-0392
YMCA Head Start	203-238-9166
Center Preschool	203-238-2579
Easter Seals All Kids Child Care	203-686-1438
First Congregational Pre-School	203-634-8886
St. Andrew's Nursery School	203-630-2526
St. Stanislaus School Readiness	203-238-0845
Women and Families Center	203-235-9297
YMCA Meriden Child Care Center	203-235-8906
YMCA Little Spartans	203-238-8058
YMCA Little Panthers	203-238-8059

City of Meriden Department of Human Services **Youth Services Division**



Address: 165 Miller Street, Meriden, CT 06450

Phone: (203) 630-4225 **Fax:** (203) 639-0039

Contact Person: Denise Keating, Manager, Youth Services

Email: dkeating@meridenct.gov

Web site: www.cityofmeriden.org

Agency Description: The Meriden Youth Services Division is designated by the City of Meriden to provide for the planning, coordination, implementation, and evaluation of a network of resources and positive opportunities for all Meriden youth up to the age of 18. The office is open weekdays from 8:00am- 4:30pm.

Programs include:

- F.E.A.R Program (Fire Educational Alternative Response)
- Campership and Project Graduation
- Crisis Intervention
- TOP program (health education/teen pregnancy prevention program)
- Educational programming for youth
- Community service opportunities for youth
- Juvenile Assistance and Diversion Board for Juvenile Offenders

Community Health Center Nurturing Family Network

Address: 134 State Street, Meriden, CT 06450

Phone: (203) 237-2229 ext. 6035 (Nurturing Families)
(203) 237-2229 ext. 6038 (Home Visitation)

Contact Person: Jennifer Smith

Email: smithje@chc1.com

Web site: www.chc1.com

Hours: Monday-Friday, 8:30am - 5:00pm.

Program Description: Nurturing Families Network provides support to first time families at no cost. Nurturing Families Network works in partnership with first time families facing the challenges of parenthood by enhancing their strengths, providing education and creating community connections. Nurturing Families Network is composed of three primary components: intensive home visiting, nurturing connections and a prenatal parenting group program. Nurturing Families Network accepts referrals from anyone. All of our services are at no cost and services also provided for Spanish speaking families. Call for more information.



Community Health Center, Inc. - Clinic

Address: 134 State Street, Meriden, CT 06450

Phone: (203) 237-2229

Contact Person: Zoraida Saladini

Web site: www.chc1.com

Program Description: Established in 1991, the Community Health Center of Meriden serves residents of the city of Meriden, as well as the surrounding communities of Wallingford, Cheshire, and Southington. The CHC of Meriden serves as the hub for many CHC services, including its behavioral health services in all city schools, mobile dentistry programs, and health care for the homeless services in the city's homeless and domestic violence shelters.

Services:

- Comprehensive primary medical care for adults and children
- Behavioral health services for adults and children
- Comprehensive dentistry for adults and children
- On-site pharmacy and clinical pharmacist counseling service
- Assistance with application for public insurance and other support programs
- Breast/Cervical Cancer Early Detection Program
- Nutrition Counseling
- Prenatal, obstetrical, and comprehensive women's health care
- Podiatry
- Comprehensive HIV treatment and support services



Community Health Center, Inc. - School-Based Health Centers

Administrative Office Address: 134 State Street, Meriden, CT 06450

Administrative Office Phone: (203) 237-2229

Web site: www.chc1.com/Locations/SchoolBased.html

Program Description: CHC is pleased to offer school-based health services in school during the school day. Licensed healthcare providers are available to provide behavioral health (individual, group, and family therapy) and dental hygiene services. School-based health services work with the care provided by the child's pediatrician and/or dentist and is not intended to replace regular care by the child's primary health-care provider.

Visit the website to download an enrollment form (available in English, Spanish, and Polish) and to view a list of schools participating in the program.



Community Mental Health Affiliates – Child and Family Outpatient Services

Address: 25 Russell Street, New Britain, CT 06052

Phone: (860) 223-2778

Web site: www.cmhacc.org



Program Description: Dedicated to improving the quality of life for Connecticut's residents, CHMA operates an extensive mental health and addiction services delivery system throughout the state. Both outpatient and intensive programs are available. Children's services include:

- Family Counseling Centers
- Child Guidance Clinics
- Post Traumatic Stress Disorder Program (PTSD)
- Child Witness to Violence Program

Please visit the website for a complete list of family-based and other programs.

Connecticut Junior Republic Family Support Center

Local Program: 1 Colony Street, Meriden, CT 06451

Contact Person: Amelia Shannon

Email: ashannon@cjryouth.org

Phone: (203) 440-4622

Fax: (203) 440-4625

Web site: www.ctjuniorrepublic.org



Agency Description: The Family Support Center is a multi-service "one-stop" program for Family With Services Need (FWSN) referred adolescents. Services are provided for children and families to address truancy, running away from home, and at risk behavior in the home or school. Services include educational advocacy, family mediation and stabilization, resiliency skill building, and individual, group, and family based programs.

Day Credit Diploma Program, Meriden Board of Education

Address: 169 Colony Street, Meriden, CT 06451

Phone: (203) 237-0789

Contact Person: Anne Buczak

Web site: www.meriden.k12.ct.us

MERIDEN Board of Education

Agency Description: The Day Credit Diploma Program is an educational option offered by the Meriden Public School system. Students must be a Meriden resident in order to apply for entry into the program. The program runs during the school year, Monday - Friday from 12:30pm-4:00pm.

Students have the opportunity of earning credits for graduation while at the program. In addition, they may receive parenting instruction and work with a nurse educator and medical social worker on a weekly basis. Referrals are made to community social service agencies as needed. A certified counselor is on site.

For more information, please contact Ms. Buczak at the phone number listed above. Her office hours are Monday - Friday, 9:15am - 4:00pm.

OVERVIEW OF SERVICES

Delta-T Group specializes in matching facilities with high quality professionals in the fields of Behavioral Health, Social Service, Addictions, Psychiatry and related services on an interim, short and long-term basis. Our registry of independent contractors enables you to access a strong network of professionals possessing a wide variety of experience and training, *wherever and whenever needed.*



The "Right Fit" Solution

Our long-term commitment to this area has allowed us to become the premier nationwide provider of specialized referral services. Our focus on providing the "Right Fit" for both our clients and the professionals is what makes our service so unique and successful.

Quality: Flexible, caring professionals, will be referred to you, who are ready to work in your setting immediately, who are appropriately degreed, certified and experienced as per your requirements. Delta-T is your specialized referral source of professionals to help you meet the needs of your clients.

Service On-Demand: Your needs are often hard to predict. You need a reliable partner that is ready to jump into action when your needs arise. Delta-T Group is always planning ahead for you.

Caring Staff: As a family owned and oriented organization, Delta-T Group prides itself on our high quality internal staff who are always ready to service your recruitment and staffing needs from the moment you call.

24 Hour On-Call: Healthcare is needed 24 hours a day. Delta-T Group is ready for your call any time - days, evenings and weekends. Our coordinators are standing by.

Please Contact:

George Brown Phone: 860-529-2554/ Fax: 860-529-2250

www.deltatgroup.com

Department of Children and Families (DCF)

Address: 1 West Main Street, Meriden, CT 06451

Phone: To Report Child Abuse and/or Neglect call: 1-800-842-2288

Voluntary Service 1-800-842-2288

Office Number (203) 238-8400



Web site: www.ct.gov/dcf

Agency Description: Working together with families and communities to improve child safety, ensure that more children have permanent families, and advance the overall well-being of children is the central focus of the Department of Children and Families (DCF). DCF protects children who are being abused or neglected, strengthens families through support and advocacy, and builds on existing family and community strengths to help children who are facing emotional and behavioral challenges, including those committed to the Department by the juvenile justice system.

DCF can provide, on a voluntary basis, casework, community referrals, and treatment services for children and youth that show a need for emotional and/or behavioral support services. Voluntary services are designated for children and youth who do not require protective service intervention.

Please visit the website for a complete list of programs.

FAVOR Family Advocacy

Address: 2138 Silas Deane
Highway, Rocky Hill, CT 06067

Phone: (860) 563-3232

Contact Person: Llonia Gordon, MSW (ext. 104), Director of Program Services

Web site: www.favor-ct.org

Agency Description: FAVOR is a non-profit Statewide Family Advocacy Organization serving families, children and youth dealing with a broad spectrum of behavioral and mental health needs, by providing policy and family advocacy.

FAVOR is committed to improving the quality of life for children, youth and families in Connecticut by increasing accessibility to effective, culturally competent and high quality family-driven mental and behavioral health services and supports. Through member organizations, FAVOR encourages family participation in policy development and the legislative process. FAVOR offers training, technical assistance and support to parents and caregivers in local communities to assist them in becoming active and equal partners in the System of Care.



Franciscan Life Center

Address: 271 Finch Avenue, Meriden, CT 06451

Phone: (203) 237-8084

Fax: (203) 639-1333

Contact Person: Sister Mary Elizabeth Endee, LMFT

Email: flc@flcenter.org

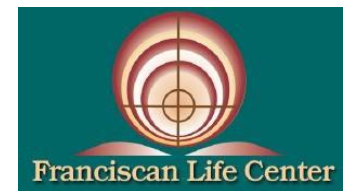
Web site: www.flcenter.org

Agency Description: The Franciscan Life Center is a non-profit counseling center dedicated to the dignity and sacredness of the human person from conception to natural death and the potential growth in each one.

Services available include:

- Counseling (individual, marital, family and group)
- Psychiatric Evaluations
- Psychological Assessments
- Workshops in team building
- Educational programs for children and adolescents
- Adoption (including birth-parent counseling)

Please call for a list of program fees and hours. Most insurance is accepted.



Girl's Incorporated

Address: 130 Lincoln Street, Meriden, CT 06451

Phone: (203) 235-7146

Fax: (203) 238-4466

Executive Director: Michelle Bourdeau

Email: mab_girlsinc@snet.net

Web site: www.girlsincmeriden.org

Agency Description: Girl's Incorporated is a national non-profit organization that inspires all girls to be strong, smart, and bold! Programming is available for girls ages 3 to 18; preschool activities are open to girls and boys ages 2 to 5.

Program offerings include after-school classes, gymnastics and recreational programs, dance, teen leadership, Friday Fun Nights, birthday party packages, and summer camps

A yearly membership fee is charged; additional fees may be charged for camps and other events. Please call for details.



Greater Meriden Chamber of Commerce

Office Address: 3 Colony Street, Suite 301, Meriden, CT 06451

Phone: (203) 235-7901

Fax: (203) 686-0172

Web site: www.meridenchamber.com



Agency Description: The Greater Meriden Chamber of Commerce is an independent not-for-profit 501(c)(6) organization serving the greater Meriden area. We are a growing member organization dedicated to supporting and improving the business climate in the region.

The Greater Meriden Chamber of Commerce exists to deliver on four solid cornerstones of development and they are:

- Promotion
- Education
- Networking
- Leadership

The Chamber maintains a list of Youth Activities on its website. The Chamber is also very active in many community activities and programs that support youth.

Infinity Music Therapy Services:

Providing music Therapy Services in South Central Connecticut;

- Client centered music therapy services
- Individual, group, and family sessions
- Assessments and consultation services
- Typical and adaptive music lessons: guitar, flute, piano, percussion

Jona Jeffcoat, MT-BC 860-518-5557

www.infinitymusictherapy.com jona@infinitymusictherapy.com

Infoline 2-1-1

Administrative Office Address:

United Way of Connecticut
1344 Silas Deane Highway, Rocky Hill, CT 06067



Administrative Phone: (860) 571-7500 **Fax:** (860) 571-7500

Public Phone: 2-1-1

Web site: www.infoline.org

Agency Description: 2-1-1 is Connecticut's free information and referral service. Simply by dialing 2-1-1, a toll-free number throughout Connecticut, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. TDD access is available.

Program Phone Numbers

- 2-1-1 Child Care: 1-800-505-1000
- 2-1-1 Health and Human Services: 2-1-1
- Care 4 Kids: 1-877-868-0871
- Child Development Infoline: 1-800-505-7000
- HUSKY: 1-877-284-8759

Meriden Adult Education, Board of Education

Address: 169 Colony Street, Meriden, CT 06451
220 Coe Avenue, Meriden, CT 06451

Phone: (203) 237-0602 Adult Learning Center
(203) 238-2887 Platt Evening School

MERIDEN Board of Education

Contact People: Richard Tanasi (ALC), Anne Buczak (ALC), Mark Lorenze (Platt)

Website: www.meriden.k12.ct.us

Agency Description: Meriden Adult Education offers classes at the Adult Learning Center for adults (ages 17 and up) in Adult Basic Education Skills, English As A Second Language, Citizenship Preparation, GED (General Education Diploma) as well as High School Credit Diploma Program. Classes are held in the fall and in the spring. All classes are free. Registration and testing for all classes is required. Call 203 237-0602 or check our current catalog for registration dates.

The Adult Learning Center is located on the second floor of 169 Colony Street in Meriden. Hours are Monday through Friday, 8:30am—4:00pm.

High School Credit Diploma Program classes are also offered at Platt High School in the evening, Monday through Thursday. Please call 203 238-2887.

Meriden Children First Initiative

Office Address:

165 Miller Street, Meriden, CT 06450

Contact: David Radcliffe, Director

Phone: 203-630-3566

Fax: 203-630-2423

Web site: www.meridenhchildrenfirst.org



Agency Description: Meriden Children First Initiative is a community centered not-for-profit organization that redirects human and financial resources to bettering the social, educational and health outcomes of Meriden children age birth to eight.

Programs:

- Parent Leadership Training Institute (PTLI)
- Parents Seeking Education Excellence (Parents SEE)
- How Schools Work leadership training
- Meriden Children Zone/Blueprint for Early Childhood
- Senior Buddy Readers
- Health Care outreach

Meriden Family YMCA

Address: 110 West Main Street, Meriden, CT 06451

Phone: (203) 235-6386

Fax: (203) 634-6517

Executive Director: John Benigni

Email: jbenigni@meridenymca.org

Web site: www.meridenymca.org



Agency Description: The Meriden YMCA provides Meriden families opportunities for daily physical, recreational, educational and enrichment activities.

Programs for youth include children's dance, Friday Night at the Y, gymnastics, karate, youth theatre, strength programs, and a Y Upgrade after school program for middle school students. The YMCA also offers babysitting and lifeguard certification classes.

Please visit the website or call the number listed above for membership and program fees.

Meriden Public Library

Address: 105 Miller Street, Meriden, CT 06450

Phone: 203-238-2344

Web site: www.cityofmeriden.org



The Meriden Public Library is the informational, educational, cultural, and recreational resource of the City. In order to meet individual and community needs, the library's goal is to provide access to print and non-print resources.

The Meriden Public Library is organized as a city department whose charge is to meet the informational needs of the community. The Library is supported through the municipal budget. Generous donations are received from local community and civic groups. These donations make special services available such as the Job Center, the Learning Differences Center and the Computer Learning Center. The Library is also home to Literacy Volunteers of Greater New Haven and Children First Initiative.

The library offers use of computers, free/reduced admission passes to local museums and Connecticut attractions, and a Bookmobile that travels throughout the city bringing library services to schools, daycare centers, and neighborhoods. Please visit the web site for hours, online catalog, and list of upcoming events.

Middlesex Community College – Meriden Center

Address: 55 West Main Street, Meriden, CT 06451

Phone: (203) 238-6202

Fax: (203) 238-6203

Contact Person: Tami Christopher, Director

Web site: www.mxcc.commnet.edu

Email: TChristopher@mxcc.commnet.edu



Agency Description: The Meriden Center of Middlesex Community College offers both credit and non-credit programs. The Meriden Center offers small classes and a great deal of individual assistance. We have just over 600 students, most of whom come from Meriden. The Meriden Center also provides youth outreach workshops to middle and high school students and their families. Topics range from academic planning in the high school years, discussions of financial aid, and classroom visits and tours. Local community organizations can request a free workshop at the Meriden Center or on-site at their location.

Certificate and degree programs include: General studies, Human Services, Criminal Justice, Business Administration and more. Workforce Development programs include: Certified Nursing Assistant (CNA), Veterinary Assistant, Phlebotomy, EKG, and Patient Care Technician (PCT). Financial Aid is available to those who qualify.

My City Kitchen

Address: 384 Pratt Street, PO Box 176, Meriden, CT 06450

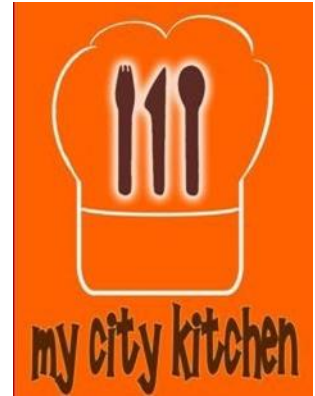
Phone: (203) 630-2870

Fax: (203) 630-2873

Contact Person: Chef Kashia Cave

Web site: www.mycitykitchen.org

Email: kashia@mycitykitchen.org



Agency Description: The mission of My City Kitchen, Inc. (MCK) is to instill healthy eating habits, build self-esteem, foster a sense of belonging, and establish basic life skills in our children so that they may grow into healthy adults. To teach kids about food, and food products. We hope to encourage kids to take a keen interest in what they eat, where the food comes from, and especially how to prepare it.

NAMI Of Connecticut

Connecticut's Voice on Mental Illness

Address: Support Group - Child Guidance Center, 384 Pratt Street, Meriden

Phone: 1-800-215-3021 (Hartford)

Contact Person: Marta Persia, (203) 535-4804

Email: mpersia@cox.net

Web site: www.nami.org



Agency Description: NAMI is the nation's leading grassroots family and consumer organization dedicated to improving the lives of people with serious mental illnesses and their families.

A NAMI Support Group is held at Rushford is held the 3rd Friday of every month from 10:00am - 12:00pm. Lunch is provided.

New Opportunities, Inc.

Address: 191 Pratt Street, Meriden, CT 06450

Phone: (203) 235-0278 (Call Center)

Fax: (203) 237-8442

Executive Director: Larry Elliot

Email: info@newopportunities.org

Web site: www.newopportunitiesinc.org



NEW OPPORTUNITIES, INC

Agency Description: The families and individuals we serve are looking for help to secure basic needs – housing, food, clothing and employment; children are looking for pre-school education or after-school opportunities, and seniors are looking for nutritious meals, companionship and opportunities to serve.

Programs at New Opportunities include:

- Elder Services
- Energy Assistance
- Child Care
- Housing
- Children and Family programming, such as the Fatherhood Initiative
- Health and nutrition programs
- Support services

For more information, please call the number above or visit the website.

Nutmeg Big Brothers, Big Sisters

Serving 111 towns and cities in Connecticut

Address: 30 Laurel Street, Suite 3, Hartford, CT 06450

Phone: (860) 525-5437 or 1-800-237-KIDS (5437)

Contact Person: Gloria Talbot

Email: gtalbot@bbbsnutmeg.org

Web site: www.nutmegbigbrothersbigsisters.com



Agency Description: Nutmeg Big Brothers Big Sisters improves the lives of young people and enables them to become productive, responsible adults by creating one-to-one mentoring relationships between those at-risk young people and qualified adult volunteers. The organization has a tradition of fostering the highest quality mentoring relationships between children from single-parent homes and professionally-screened and supervised adult volunteers.

Please visit the website to learn how you can volunteer and improve the life of a child. The website also provides a full list of programs.

Planned Parenthood

Address: 26 Women's Way, Meriden, CT 06451

Phone: (203) 238-0542 or 1-800-230-PLAN (7526)

Fax: (203) 639-5085

Contact Person: Jody Clark

Web site: www.ppct.org



Hours of operation:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Open	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	--
Close	7:00pm	4:00pm	7:00pm	4:00pm	4:00pm	12:30pm	--

Agency Description: Meriden's Planned Parenthood office offers the following services:

- Pregnancy testing, options, and services
- HIV and STD testing and counseling
- LGBT services
- Birth control and emergency contraception
- HPV and Hepatitis vaccines
- Women's and men's health services
- Patient education
- General health care

Bilingual staff available. Fees are charged; most insurance are accepted. Please call for further details.

Rushford Center

Address: 883 Paddock Avenue, Meriden, CT 06450

Phone: (203) 630-5280

Access Center: (203) 630-5220

Crisis Hotline: 1-800-567-0902

Fax: (203) 634-2799

Contact Person: Sheryl Sprague, Prevention Manager

Web site: www.rushford.org



Agency Description: Rushford, a member of the Hartford HealthCare system, is one of the region's leading providers of substance abuse and mental health treatment. Each year, we provide inpatient and outpatient treatment services to thousands of children, adolescents, adults and families coping with substance abuse and mental health issues. Rushford also provides prevention and wellness services that are focused on positive youth development. Our prevention professionals work with schools, youth service bureaus, law enforcement, community leaders, parents and others throughout Connecticut to educate about the risk factors facing today's youth, including the harmful effects of drug and alcohol use. Our programs are designed to build strong connections between youth, their families and their communities, and include in-school, after-school and summer programming.

The Salvation Army

Address: 23 St. Casimir Drive, Meriden, CT 06450

Phone: (203) 235-6532 **Fax:** (203) 639-0422

Contact Person: Lt. Gonzalez

Web site: www.mychurch.org/salvationarmymeridenc



Agency Description: The Salvation Army in Meriden is open weekdays from 9:00am-4:00pm. All are welcome to programs and services. The Salvation Army offers the following programs:

- Women's Ministries
- Children Good News Club
- Food Pantry and Soup Kitchen
- Volunteer Opportunities
- Women's Spanish Bible Study
- Adult Bible Study/Prayer Meetings
- Emergency Disaster Services referrals

Please call the number above for hours and times of the programs listed above.

Shelter NOW Emergency Housing

Address: 43 St. Casimir Drive, Meriden, CT 06450

Phone: (203) 634-1734

Web site: www.newopportunitiesinc.org (Click on Housing)



NEW OPPORTUNITIES, INC

Agency Description: Shelter NOW provides Emergency Shelter services, a Transitional Living Program and a Supportive Service program for those infected with AIDS. Emergency shelter services are provided to men, women, and women and children. Seventy beds have been allocated for the Emergency Shelter Services.

The transitional living program provides housing to up to 8 men at one time. Services provided for both include: housing, coordination of community service, employment assistance, vocational training, medical referrals, counseling, substance abuse treatment/referral and recreational activities. Residency will be based on the individual achieving specific outcome measures. The case management services are provided by case-managers and referred to collateral services for supplemental services. An evening meal is provided. Workshops, counseling sessions and AA/NA/CA meetings are held on-site at the shelter.

Supportive case management and support services are provided to 6 shelter residents who have AIDS/HIV. Specialized services include outreach to the community, support groups, comprehensive case management services and linkages with other supportive program providers.

Soul Friends

Address: 300 Church Street, Suite 105, Wallingford, CT 06492

Phone: (203) 679-0849

Web site: www.soul-friends.org



Soul Friends, Inc is a nonprofit established in 2003 with a mission to provide innovative clinical and educational programs that promote the healing benefits of the human-animal bond and nature therapy for at-risk children. In the last year alone, Soul Friends has served over 3500 children across the state. Services include individual, family and group psychotherapy for children impacted by grief, trauma, loss and/or social-emotional challenges.

SERVICES:

- Short-term individual psychotherapy
- Child and adolescent psychotherapy done independently or in collaboration with traditional therapy
- **Healing Hearts Program** - an 8 session group therapy program for at-risk children shown to improve empathy, hopefulness and peer relationships
- **Come, Follow Me!** is a program of social skills development and dog training for special needs children; Shown to improve eye contact and attention
- **Horses Inspire!** is an equine assisted psychotherapy for children
- **We Love Animals!** is a humane education for children shown to improve empathic responses in children to animals

South Central Substance Abuse Council

Address: PO Box 307, 5 Brookside Drive, Wallingford, CT 06492

Phone: (203) 303-3391 **Fax:** (203) 303-3393

Contact Person: Marlene F. McGann, Executive Director;
Christelle Aubé, Prevention Coordinator

Email: mawsac@aol.com **Web site:** www.mawsac.org



Agency Description: MAWSAC's mission is to identify local needs related to substance abuse prevention, intervention, and treatment and to increase local awareness and collaborative solutions. MAWSAC serves Meriden, Wallingford, Branford, East Haven, Guilford, Hamden, North Branford, North Haven and Madison.

MAWSAC Prevention programs are offered to schools, businesses, civic, and other organizations interested in learning prevention, education, and other strategies to combat substance abuse in their community. Programs include:

- TIPS training (alcohol intervention program for liquor permittees and servers)
- Classroom health awareness programs such as B.A.B.E.S. (Beginning Awareness Basic Education Studies) and Samantha the Skunk.
- Leadership on emerging issues including inhalant abuse and prescription drug use

Participation in community events, such as Soy Unica! Soy Latina! and Parranda

True Colors, Inc. of Connecticut

Address: 576 Farmington Avenue, Hartford, CT 06105

Phone: (860) 232-0050

Fax: (860) 232-0049

Executive Director: Robin Passariello McHaelen, MSW

Email: truecolors@ourtruecolors.org

Web site: www.ourtruecolors.org



Agency Description: True Colors works to create a world where youth, adults and families of all sexual orientations and gender identities are valued and affirmed. We challenge all forms of oppression through education, training, advocacy, youth leadership development, mentoring and direct services to youth and those responsible for their well-being. View their online resource guide at <http://www.ourtruecolors.org/pdf/TC-16-resource-guide-final.pdf>

Programs include:

- Safe Harbor Project - mentoring and foster and respite care for LGBT and questioning youth
 - True Colors Annual Conference, LGBT Youth Mentoring Program
 - Family Program - support, resources, services and activities for LGBT parents and their children
-

Visiting Nurse Association of Wallingford

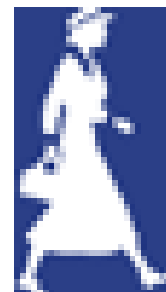
Address: 135 North Plains Industrial Road, PO BOX 657, Wallingford, CT 06492

Phone: (203) 269-1475

Fax: (203) 265-5357

General Email: correspondence@vnawallingford.org

Web site: www.vnawallingford.org



Agency Description: Visiting Nurse Association of Wallingford, Inc. is a non-profit agency providing community health and home care services to the residents of Wallingford and surrounding areas. The agency is Medicare and Medicaid certified. In addition to general community and senior services, the agency provides maternal and child health services including a child health clinic, counseling, dental clinic, a Hispanic mother's group, screening services, and WIC certification screenings. Please call for more information.

Wheeler Clinic – Emergency Mobil Psychiatric Services for Children

Address: 91 Northwest Drive, Plainville, CT 06062

Phone: Infoline 2-1-1—Option 1

Fax: 1-860-632-3235

Contact Person: Kim Abrams or Kim Holyst

Web site: www.wheelerclinic.org



Agency Description: Our team of children’s behavioral health experts provides a multidisciplinary community response to mental health emergencies in the home, school, and hospital emergency room. Our goal is to provide services that will assist families and children during times of crisis.

Program services include:

- Resolution of the crisis in the child’s home, school, or community
- Brief in-home follow-up services
- Home visits (when requested by the family)
- Encourage active participation in the treatment process from family members and other concerned adults
- Linkage to a broad range of community supports and advocacy groups. Please call for fees and additional information.

The Wheeler Clinic actively participates in the Meriden/Wallingford Community Collaborative. Meetings are held from 12 pm -1pm on the first Thursday of every month at the Meriden Health Department, 165 Miller Street. Call Rita Kowalchik at 203-630-4222 for more info.

Women and Families Center

Address: 169 Colony Street, Meriden, CT 06451
(additional offices are in New Haven and Middletown)

Phone: (203) 235-9297

Fax: (203) 237-7571

Director of Prevention and Intervention Services: Kristen Gonzales, MFCRC

Email: Please visit the website for an on-line email form

Web site: www.womenfamilies.org

Agency Description: Women and Families Center is committed to eliminating injustice and to improving the quality of life for women and families through services that foster empowerment and independence.

Project R.E.A.C.H.

Reaching Every Adolescent to Create Hope is dedicated to providing services that empower youth, ages 12 through 21, to make choices in the best interest of their safety, well-being and future selves through supportive intervention, education, case management and service linkages. This program provides safe, supported recreational activities for at-risk youth at no charge to participants. A drop-in center is available. Call for details.

Sexual Assault Crisis Services

Sexual Assault is NEVER the victim's fault, NO MATTER what the circumstances. Women and Families offers support services to victims of sexual violence and their loved ones. Do not feel that you are alone and know your rights. The Women and Families Center offers support services and support groups for survivors of sexual violence and their loved ones. We will also provide accompaniment and advocacy through medical, police, and legal systems.

A 24-hour toll-free confidential hotline is available:

1-888-999-5545 (English)

1-888-565-8332 (Spanish)

Open D.O.H.R.

Developing Opportunities in Human Resources is an employment and training program that provides services to low-income men, women and youth.

Occupational Skills Training is available for Certified Nurses Aide (CNA), Customer Service, and Medical Receptionist. Additional Services include job readiness workshops, GED Completion classes, Case Management Services, job placement assistance and Career counseling. For more information on Open D.O.H.R please call (203) 235-9297 ext. 130.



Workforce Alliance

Address: 85 West Main Street, Meriden, CT 06451

Phone: (203) 238-3688

Web site: www.workforcealliance.biz

Office Hours: Monday and Thursday, 8:30am - 7:00pm

Tuesday, Wednesday and Friday 8:30am - 4:30pm

Agency Description: Workforce Alliance is a policy and oversight organization responsible for creating a comprehensive, community-wide response to the challenges of building a highly skilled workforce. Through the coordination and administration of a variety of employment and training initiatives, we have prepared thousands of individuals for jobs and have assisted numerous employer with training and employee transition.

Programs include:

- Computer labs
- Resource libraries
- Workshops and trainings
- Resume and job search assistance



COURTS

Central Connecticut Regional Children Probate Court

Address: 1501 East Main Street, Suite 203 Meriden, CT 06450

Phone: (203) 235-1014

Fax: (203) 235-1075

Agency Description: Assists with children's legal matters including applications for temporary custody and removal of guardianship, immediate temporary custody, termination of parental rights, adoption, paternity, and reinstatement of guardianship.

Superior Court for Juvenile Matters at Middletown

Address: Middletown, CT 06457

Phone: (860) 343-7185

Agency Description: Types of cases:

- Termination of parental rights
- Emancipation of a minor
- Delinquency (crimes committed by children under 18 years of age)
- Neglected or uncared for children and youth
- Families with service needs (FWSN cases); a family with a child under 18 years of age who has negative home or community behaviors

SUPPORT AND EDUCATIONAL GROUPS

Please call before attending any support group.

Al-Anon

For people who have been affected by the drinking of a relative or friend. For meeting locations in this area, please call toll-free 1-888-825-2666 or visit www.ct-al-anon.org. Meetings are free.

Alateen Support Group

Alateen is an Al-Anon support group for younger persons between the 12 and 20 years old. Please visit www.al-anon.alateen.org for meeting locations. Meetings are free.

Caregivers Support/Education Group (age 21 and over)

Meets every other Tuesday from 10:30am-11:45am at the Visiting Nurse Association of Wallingford. This group is for individuals who serve as the primary caregiver of a homebound and/or disabled individual. Workshops, discussions, and peer support are provided. The program is free but pre-registration is required - call (203) 269-1475 for more information.

Celebrate Recovery

Held on Mondays from 7:00-9:00pm at New Life Church, 262 Bee Street. Dinner is served at 6:00pm. The purpose of New Life Church's Celebrate Recovery ministry is to fellowship and celebrate God's healing power in our lives through the "8 Recovery Principles." By working and applying these Biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors.

COPE

A free general mental health self-help support group. Held on Thursdays from 7:00-8:30pm at All Saints Parish Parlor, 201 West Main Street, Meriden. Please call the Mental Health Association of CT at 1-800-842-1501 ext. 13 for more information.

The Cove - Center for Grieving Children

Located at 250 Pomeroy Avenue, The Cove provides family and school-based programs utilizing the peer support group concept for helping children, teens and families work with their unresolved grief due to the death of someone significant in their lives and other traumatic losses. The Cove also provides professional development and training for adults working with children and teens. Please call (203) 634-0500 or visit www.covect.org for more information.

Depression and Bipolar Disorder Support Group

Held on Saturdays from 7:00-8:30pm at First United Methodist Church, located at 941 Old Rock Hill Road, Wallingford. Call the Mental Health Association of CT at 1-800-842-1501 ext. 15 for more information.



MENTAL HEALTH SERVICES

Psychologists

Dr. Richard Krall and Dr. Joan Krall
205 Cheshire Road
Wallingford, CT 06492
Ph: (203) 265-1304

Judith S. Finely, PhD
908 South Meriden Road
Cheshire, CT 06410
Ph: (203) 272-6722

Rhoda L. Kreisman, PhD (HMO only)
393 Center Street
Wallingford, CT 06492
Ph: (203) 265-4036

Dr. Gloria Losada-Paisey
95 East Main Street
Meriden, CT 06450
Ph: (203) 686-0097

Peter J. McGreen, PhD
Terry Galinstren, PhD
Donna Rougeot, S.W.
1973 Highland Avenue
Cheshire, CT 06410
Ph: (203) 699-9939

Lynn Marlow, PhD
423 West Main Street
Cheshire, CT 06410
Ph: (203) 272-3307

Child & Family Psychotherapy Center
393 Center Street
Wallingford, CT 06492
Ph: (203) 265-4036

Agencies

The Franciscan Life Center
271 Finch Avenue
P.O. Box 417
Meriden, CT 06450
Ph: (203) 237-8084
www.flcenter.org

Adolescent & Family Counseling Center
350 South Main Street
Cheshire, CT 06410
Ph: (203) 271-1234
www.afccenter.org

Rushford Behavioral Health System
883 Paddock Avenue
Meriden, CT 06450
Ph: 630-5280

Child Guidance Clinic for Central CT, Inc.
384 Pratt Street, Meriden
(Clinical and Outreach Services)
Meriden, CT 06450
Ph: (203) 235-2815

Child Guidance Clinic for Central CT, Inc.
John Barry School
(Family Resource Center)
124 Columbia Street
Meriden, CT 06451
Ph: (203) 237-4743

Catholic Charities
Families Together Program
61 Colony Street
Meriden, CT 06451
Ph: (203) 235-2507
www.catholiccharities.org

Licensed Clinical Social Workers

Irwin Krieger, LCSW
357 Whitney Avenue
New Haven, CT
Ph: (203) 776-1966

Judy Kopman-Fried
950 Yale Avenue
Wallingford, CT 06492
Ph: (203) 269-3488

Kate Nicoll, MSW, LCSW
Executive Director
Soul Friends
80 South Main Street
Wallingford, CT 06492
Ph: (203) 679-0849

Alternative Paths LCSW
Counseling & Psychotherapy
300 Church Street, Rt. 68
Yalesville, CT 06492
Ph: (203) 265-7770

Crisis/Counseling

Meriden/Wallingford Chrysalis
14 West Main Street
Meriden, CT 06451
Ph: (203) 630-1638
Fax: (203) 237-1097
Hotline: (203) 238-1501

Women and Families Center Sexual Assault
Crisis Services
169 Colony Street
Meriden, CT 06451
Ph: (203) 235-9297
Fax: (203) 237-7571
Sexual Assault Crisis Hotline:
1-888-999-5545 (English)
1-888-568-8332 (Spanish)

Medical Services

Pediatric & Adolescent Medicine
1062 Barnes Road
Wallingford, CT 06492
Ph: (203) 294-6328

Cheshire Office
288 Highland Avenue
Cheshire, CT 06410
Ph: (203) 271-3610

Community Health Center
134 State Street
Meriden, CT 06450
Ph: (203) 237-2229

FOOD AND MEAL RESOURCES IN MERIDEN

(Updated 3/23/2013)

****Always call first before going to a food pantry.**

This list was last updated in March 2013 and days/hours of operation may have changed. **

Food Pantries	Location	Phone	Days/Hours of Operation	How often?
New Opportunities of Greater Meriden	74 Cambridge St.	(203) 235-0278	Mon, Wed, Fri 9:00am – 12:00 pm	A person can go every 30 days
Meriden Salvation Army	23 St. Casimir Dr.	(203) 235-6532	Tues, Thurs 9:00-12:00 pm	Once per month
St. Andrew's Episcopal Church	20 Catlin St.	(203) 237-7451	3rd Sat. each month 10am-12 noon	Once per month
Master's Manna	46 N. Plains Rd. Wallingford	(203) 678-3042	Tues, Thurs 9:00am - 1 :00 pm Friday 3:00-7:00pm <i>Appointments only</i>	Twice a month - can use only after using local resources
Iglesia Cristiana Palabra De Vida-Libres (Word of Life)	82 Camp St.	(203) 520-3495	Saturday 10:00am - 12:00 noon	Every Saturday. Call first.
New Gethsemane Deliverance Church	220 Colony St.	(203) 237-3946	2nd and 4th Sat 10:00am - 12:00 noon or call in an emergency	2 times per month

Soup Kitchens	Location	Phone	Days/Hours of Operation	How often?
Meriden Soup Kitchen	460 Broad St. (First Baptist Church)	(203) 980-3372	Mon-Fri 11:00am-12:30pm	Daily Mon-Fri
Meriden Salvation Army	23 St. Casimir Dr.	(203) 235-6532	Sat. at 12:00 noon Sun. at 2:00pm	Every weekend

Most food pantries require you to bring some form of I.D. and documentation for each family member in the family (birth certificates or medical cards) and some require you to bring proof of income and/or residency.

Call pantries before going to make sure you have all the documentation you need and that the hours and days of operation are still valid.





**City of Meriden Department of
Health and Human Services**
Services for Youth



Clinic Services - 203-630-4234

Including:

- Immunizations
- Health counseling and education
- Back-to-school physicals
- Hearing and vision screenings for children ages 3 to 5 years
- Lead poisoning screenings and education
- Women, Infant, Children (WIC) certification screenings for infants up to 5 years of age.
- Bike helmets for sale - low cost; many sizes, styles and colors to choose from

HIV Counseling and Testing - 203-630-4176

Confidential and anonymous testing is available. An appointment can be made with the bilingual counselor by calling the number above. Program staff can also provide educational programs tailored to different groups. Educational materials are available.

School Health Services - 203-630-4237

Registered nurses, licensed by the State of Connecticut, provide comprehensive school health services to students enrolled in Meriden's public and non-public schools. Services include state mandated screenings, emergency care and first aid, special medical procedures (such as G-tube feeding, diabetes care), school sports physical exams and much more.

Women, Infants, and Children (WIC) Program - 203-630-4245

Provides education and healthy foods to eligible participants who include mothers, children under 5 years old, and those having an income that falls within the USDA financial guidelines. Call for more information.

**For more information on all of our programs and services,
please visit our website:**

www.meridenhealth.com

Meriden Health Department * 165 Miller Street * 203-630-4226

Meriden Family Resource Centers

Address: Benjamin Franklin Elementary School, 426 West Main Street, Meriden, CT 06451

John Barry Elementary School, 124 Columbia Street, Meriden, CT 06451

Roger Sherman Elementary School, 64 North Pearl Street, Meriden, CT

Phone: (203) 238-2316

Contact: Cathy Battista, Director of Meriden Family Resource Centers

Email: cathy.battista@meriden.k12.ct.us

Web site: <http://www.meridenk12.org/> (Click on Departments, then Research and Evaluation)

Agency Description: Meriden Family Resource Centers have been funded by the CT State Department of Education since 1993. We are located at John Barry, Benjamin Franklin, and Roger Sherman schools and belong to an alliance of 60 other state funded centers in Connecticut. We promote comprehensive, integrated, community-based systems of family support and child development services located in the public school buildings for families of newborns through the highest grade level in the schools in which we are located.



Family Resource Centers represent a unique opportunity to assist the 'whole' family and foster a strong link between the school and the family which increases the educational outcomes and successful lifelong learning for the children. This philosophical foundation is designed to provide the best possible start for children and families of all racial, ethnic, and socio-economic groups. Meriden Family Resource Centers are truly the 'hub of help' for all families with young children.

We provide direct services as well as access to over 30 local agencies that offer a broad continuum of early childhood and family support services in order to foster the optimal development of children and families. These agencies include referrals to local School Readiness programs, assistance with needed Health services and access to Connecticut's Birth to Three System.