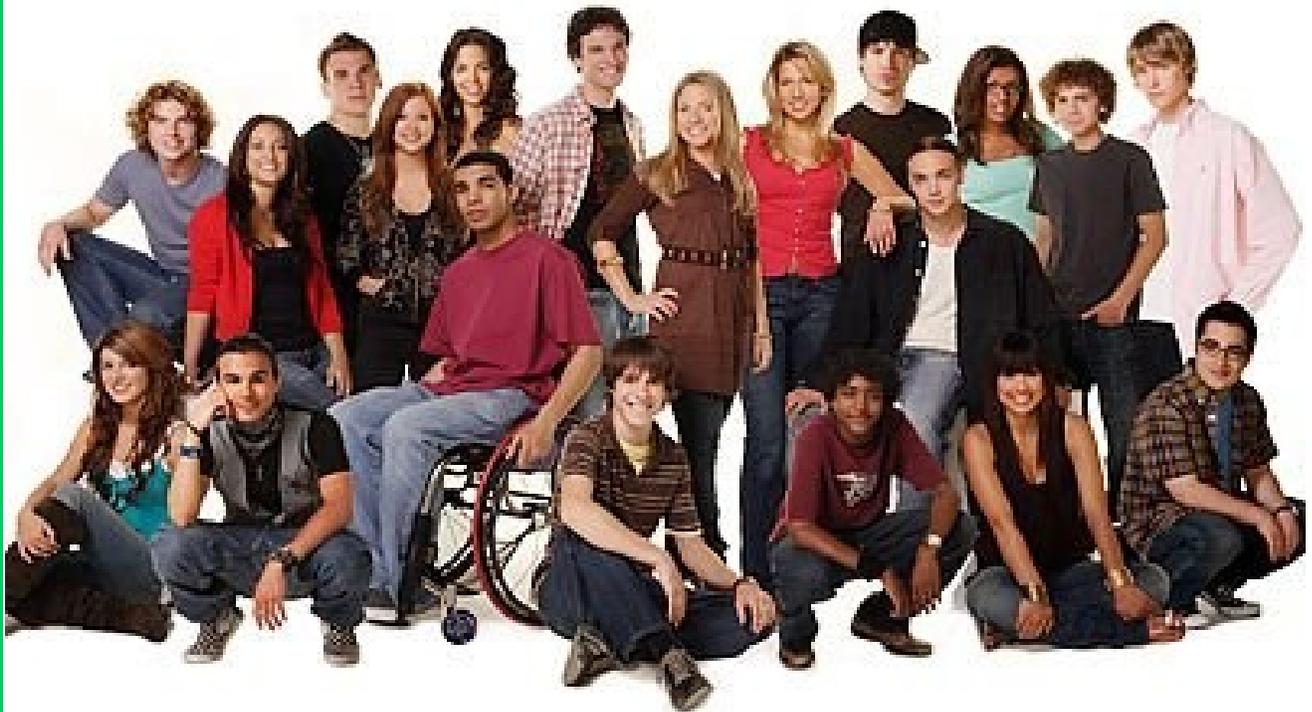




**CITY OF MERIDEN  
DEPARTMENT OF HEALTH AND  
HUMAN SERVICES**

# **Teen and Youth Services Community Directory 2016**



## **Catalog of Resources**

- Community Organizations
- Resources for Substance Abuse, Crisis Services, Mental Health and other Health and Wellness Services
- “Just for Youth” Programs 

# 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 serves as the first place to call to learn about the many programs and services available to help youth in Meriden develop meaningful connections to their community and assist in providing support during difficult times.

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.

## *Lea Crown*

Lea Crown MPH, CHES  
Director of Health and Human Services

## *Denise Keating*

Denise Keating, BS, M.Ed.  
Manager, Youth Services Division



**Thank you to  
Danielle Annibalini, Youth Services Worker,  
for updating this guide for 2016!**

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## **Alternative Paths Counseling Center**

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.

**Telephone:** (203) 265-7770

**Address:** 5 Colony St., Suite 302 Meriden, CT 06450

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## **Beat the Street Community Center**

Just for Youth!

**Program Director:** Larry Pelletier (203) 213-2136

**Address:** 121 South Colony Street, Meriden, CT 06450

**Telephone:** (203) 686-1639

**Email:** beattscinc@snet.net

**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](http://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.



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## **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](mailto:lmcgoldrick@bcgmeriden.org)

**Web site:** [www.bcgmeriden.org](http://www.bcgmeriden.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:** Nadine Behmke, 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.

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## **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

**Web site:** 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](http://www.kidscounsel.org).

## **Child Guidance Clinic For Central Connecticut, Inc.**

**Address:** 384 Pratt Street, Meriden, CT 06451

**Phone:** (203) 235-5767

**Executive Director:** James Maffuid, 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.



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## **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

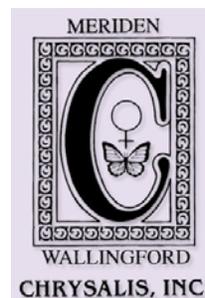
**Email:** sharlene@mwchrysalis.org

**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](http://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	
Washington Middle School	Officer Kathyria Pabon
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.

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## 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](http://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:** 165 Miller Street, Meriden, CT 06450

Contact: Jennifer Baglin, M.Ed., School Readiness Coordinator  
203-630-4222



**Web site:** [www.meridenhealth.com](http://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. Stanislaus School Readiness	203-238-0845
Women and Families Center	203-235-9297
YMCA Meriden Child Care Center	203-235-8906
YMCA Little Spartans	203-238-9166
YMCA Little Panthers	203-235-8906
New Program: YMCA Little Hounds	203-379-0651

## **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, M.Ed., Manager, Youth Services Division

**Email:** [dkeating@meridenct.gov](mailto:dkeating@meridenct.gov)

**Web site:** [www.cityofmeriden.org](http://www.cityofmeriden.org); [www.meridenhealth.com](http://www.meridenhealth.com)

**Agency Description:** The Meriden Youth Services Division serves as the first place to call to learn about the many programs and services available to help youth in Meriden develop meaningful connections to their community and assist in providing support during difficult times. There are many opportunities for Meriden youth of all ages. Please call to learn more. The office is open weekdays from 8:00am- 4:30pm.

Programs include:

- Summer and Year Round Youth Employment
- Campership
- TOP program (health education/teen pregnancy prevention program)
- Educational information for youth; Teen Services Directory of Community Information
- Community service opportunities for youth
- Juvenile Assistance and Diversion Board to divert youth from expulsion or juvenile court

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## **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:** Susan Brule **Email:** [brules@chc1.com](mailto:brules@chc1.com)

**Web site:** [www.chc1.com](http://www.chc1.com) **Hours:** Monday-Friday, 8:30am - 5:00pm.

**Program Description:** Nurturing Families Network provides support to second 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. The Home Visitation Program is open to second time parents. 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

**Web site:** [www.chc1.com](http://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



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## **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](http://www.chc1.com/Locations/SchoolBased.html)

**Enroll in services online at:** [www.sbhc1.com](http://www.sbhc1.com)

**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](http://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.

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## **Connecticut Junior Republic Family Support Center**

**Local Program:** 1 Colony Street, Meriden, CT 06451

**Contact Person:** Noemi Rivera

**Email:** [nrivera@cjryouth.org](mailto:nrivera@cjryouth.org)

**Phone:** (203) 440-4622

**Fax:** (203) 440-4625

**Web site:** [www.ctjuniorrepublic.org](http://www.ctjuniorrepublic.org)



**Agency Description:** The Family Support Center is a multi-service “one-stop” program for Family With Services Need (FWSN) referred adolescents. The FSC diverts youth who engage in statuintervene in the lives of these youth and families by providing appropriate and effective services before behaviors escalate.

## High School Credit Diploma Program, Meriden Board of Education

**Address:** 191 Pratt Street, Meriden, CT 06451  
**College and Career Readiness Center Building**

**Phone:** (203) 237-0602

**Contact Person:** Holly Ludemann

**Web site:** meridenk12.org

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 17 years old and withdrawn from their high school in order to apply for entry into the program. The program runs during the school year, Monday – Thursday 8:00am-8:00pm and Fridays 8:00am-4:00pm.

Students have the opportunity of earning credits for graduation while at the program. Referrals are made to community social service agencies as needed. A certified counselor is on site.

For more information, please contact Ms. Ludemann at the phone number listed above. Her office hours are Monday - Friday, 830am - 4:00pm.

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## 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

## **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](http://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:** 185 Silas Deane  
Highway, Rocky Hill, CT 06067

**Phone:** (860) 563-3232

**Web site:** [www.favor-ct.org](http://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.



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## **Franciscan Life Center**

**Address:** 271 Finch Avenue, Meriden, CT 06451

**Phone:** (203) 237-8084

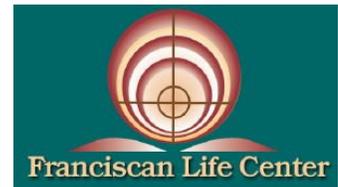
**Fax:** (203) 639-1333

**Contact Person:** Sister Mary Elizabeth Endee, LMFT

**Email:** [flc@flcenter.org](mailto:flc@flcenter.org)

**Web site:** [www.flcenter.org](http://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.

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## **Midstate Chamber of Commerce**

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

**Phone:** (203) 235-7901

**Fax:** (203) 686-0172

**Web site:** [www.midstatechamber.com](http://www.midstatechamber.com)



**Agency Description:** The Midstate Chamber of Commerce is an independent not-for-profit 501(c)(6) organization which supports promotes and serves our member businesses in Berlin, Cheshire, Meriden, Southington, Wallingford for and throughout Central CT and 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

## Country

122 Windsor Ave 2nd Floor Meriden, CT 06451

860 518 5557

**Contact Name:** Jona Jeffcoat, MT-BC

We provide individual, group, and family music therapy sessions, workshops and consultation services, program planning, event services (such as therapeutic birthday party events), adaptive and typical music lessons, and other services. We also provide music therapy services as part of the Individualized Education Plan (IEP) and offer a program titled Innovative Approaches to the IEP. We offer competitive pricing and referral bonus programs to earn free and discounted music therapy services.

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## **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](http://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 Public Schools-College and Career Readiness Center**

**Address:** 191 Pratt Street, Meriden, CT 06451  
220 Coe Avenue, Meriden, CT 06451

**Phone:** (203) 237-0602 Adult Learning Center

**MERIDEN** Board of Education

**Contact People:** Richard Tanasi (CCRC), Holly Ludemann (CCRC)

**Website:** [www.meridenk12.org](http://www.meridenk12.org)

**Agency Description:** Classes are held at the 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.

College and Career Readiness Center Hours are  
Monday through Thursday 8am-8pm and Fridays 8am-4pm.

## **Meriden Children First Initiative**

**Office Address:**

165 Miller Street, Meriden, CT 06450

**Contact:** Director, Paul Vivian

**Phone:** 203-630-3566

**Fax:** 203-630-2423

**Web site:** [www.meridenchildrenfirst.org](http://www.meridenchildrenfirst.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)
- Meriden Children Zone/Blueprint for Early Childhood
- Community outreach



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## **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](mailto:jbenigni@meridenymca.org)

**Web site:** [www.meridenymca.org](http://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](http://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.

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## **Middlesex Community College – Meriden Center**

**Address:** 55 West Main Street, Meriden, CT 06451

**Phone:** (203) 608-3000 **Fax:** (203) 238-6203

**Contact Person:** Tami Christopher, Director

**Web site:** [www.mxcc.commnet.edu](http://www.mxcc.commnet.edu)

**Email:** [TChristopher@mxcc.commnet.edu](mailto:TChristopher@mxcc.commnet.edu)



*Education That Works For a Lifetime*

**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.

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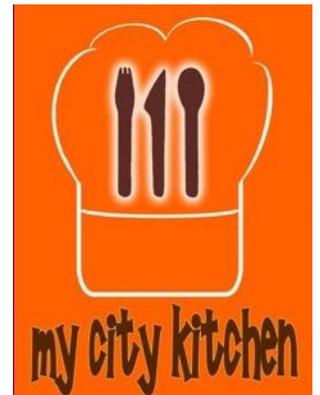
## **My City Kitchen**

**Contact Person:** Chef Kashia Cave

**Location:** TBD

**Web site:** [www.mycitykitchen.org](http://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:** (860) 281-8592 (Hartford)

**Contact Person:** Iris Nazario, (860) 281-8592

**Email:** [membership@namict.org](mailto:membership@namict.org)

**Web site:** [www.nami.org](http://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 last Wednesday of every month from 6:30-8:00pm. The group facilitator is Barbara, (203) 599-5205.

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## **New Opportunities, Inc.**

**Address:** 74 Cambridge St. Meriden, CT 06450

**Phone:** (203) 639-5060 (Call Center)

**Hours:** Mondays and Fridays 9am-4pm  
Tuesdays, Wednesdays, and Thursdays 9am-6pm



**NEW OPPORTUNITIES, INC**

**Email:** [info@newopportunities.org](mailto:info@newopportunities.org)

**Web site:** [www.newoppinc.org](http://www.newoppinc.org)

**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 Hartford, CT 06450

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

**Contact Person:** Ryan Matthews (860) 525-4609

**Email:** [rmatthews@bbbsnutmeg.org](mailto:rmatthews@bbbsnutmeg.org)

**Web site:** [www.nutmegbigbrothersbigsisters.com](http://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:** (844) 560-1140

**Web site:** [www.ppct.org](http://www.ppct.org)

**Hours of operation:**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Open</b>	8:30am	11:00am	9:30am	8:30am	8:30am	8:30am	--
<b>Close</b>	4:15pm	6:45 pm	4:15pm	6:45pm	4:15pm	12:15pm	--



**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](http://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.

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## **The Salvation Army**

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

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

**Contact Person:** Lt. L. LeNissa Rivera

**Web site:** [www.ctri.salvationarmy.org/SNE/Meriden](http://www.ctri.salvationarmy.org/SNE/Meriden)



**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.newoppinc.org](http://www.newoppinc.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.

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## **Soul Friends**

**Contact Person:** Kate Nicoll, LCSW

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

**Phone:** (203) 679-0849

**Web site:** [www.soul-friends.org](http://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:** 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:** info@sccsac.org     **Web site:** www.sccsac.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 Parranda

CI

## **True Colors, Inc. of Connecticut**

**Address:** 30 Arbor Street, Suite 201A, Hartford, CT 06106

**Phone:** (860) 232-0050

**Fax:** (860) 232-0049

**Executive Director:** Robin Passariello McHaelen, MSW

**Email:** [director@ourtruecolors.org](mailto:director@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 [www.ourtruecolors.org](http://www.ourtruecolors.org).

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/children



## Overview of The Village for Families and Children

Imagine a day when all children are living in safe and stable homes.

Unfortunately, this is not the reality for thousands of children currently in need of our help.

The Village, founded in 1809, was one of the first agencies in the country to provide homes for neglected children. Over 200 years later, The Village continues to help vulnerable children and at-risk families throughout the Greater Hartford region – over 8,000 each year.

Our mission is “to build a community of strong, healthy families who protect and nurture children.”

We achieve our mission when we help children succeed academically and socially, place children in safe and permanent homes, help parents succeed with effective parenting skills, and help families prevent and manage crises.

To accomplish this, we provide a full range of behavioral health treatment for children and youth, foster care and adoption, and community support services for children and their families in the Greater Hartford region.

Our 400 professional staff members include child psychologists, clinicians, social workers and parent educators. We operate out of our beautiful original campus at 1680 Albany Ave. in Hartford, the former Trolley Barn building at 331 Wethersfield Ave., the former Shelter for Women at Gray Lodge at 105 Spring Street, our programs in several schools in the City of Hartford, and offices in other towns throughout Greater Hartford, including Manchester, Meriden and Bloomfield.

**If your child is suffering from behavioral or emotional challenges that are affecting his or her success in school and at home, the Meriden Extended Day Treatment program can help. Activities include Individual and family therapy, peer group and multi-family group therapy, art and physical activities and therapeutic play groups. Typical hours are Monday-Friday 3 pm-6 pm.**

**Please contact Melissa Lambert, Program Coordinator at (860) 236-4511 x3669 to learn more about the Meriden EDT –Extended Day Treatment Program available:**

The Village for Families & Children

117 Lincoln Street Meriden, CT 06451

Office: [\(860\) 236-4511 x3469](tel:(860)236-4511x3469)

Fax: [\(860\) 297-0574](tel:(860)297-0574)

<http://www.villageforchildren.org/>

## **Wheeler Clinic – Emergency Mobile Psychiatric Services for Children**

**Address:** 91 Northwest Drive, Plainville, CT 06062

**Phone:** Infoline 2-1-1—Option 1

**Office:** (860) 793-3500

**Fax** 860-632-3230



**Web site:** [www.wheelerclinic.org](http://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.

### **Meriden Location:**

**Address:** 130 Research Pwky Meriden, CT 06450

**Phone Number:** (203) 235-1654

**Program Offerings:**

- *Alternative in the Community:* a community-based program for adults with legal involvement
- *EXPLORE*-program focused on domestic violence prevention (860) 224-6396

## **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:** Carissa Conway

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

**Web site:** [www.womenfamilies.org](http://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.

**Star Before and After School Program is available and the School Readiness Preschool Program**



## **Workforce Alliance Career Centers**

**Address:** 87 West Main Street 2<sup>nd</sup> Floor, Meriden, CT 06451

**Phone:** (203) 238-3688

**Web site:** www.workforcealliance.biz

**Office Hours:** Monday-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



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## **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:** 1 Court St. Middletown, CT 06457

**Phone:** (860) 344-2986

**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.ctalanon.org](http://www.ctalanon.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.alanon.alateen.org](http://www.alanon.alateen.org) for meeting locations. Meetings are free.

### **Celebrate Recovery**

Held on Mondays from 7:00-9:30pm at New Life Church, 350 High Hill Road Wallingford, CT.

**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**

Free general mental health information is available. Please call the Mental Health Association of CT at 1-800-842-1501 ext. 10 for more information.

### **The Cove - Center for Grieving Children**

Located at 250 Pomeroy Avenue #107 Meriden, CT 06450, 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](http://www.covect.org) for more information. There is a free summer camp program for grieving children called Camp Erin Connecticut.

### **Depression and Bipolar Disorder Support Group**

Call the Mental Health Association of CT at 1-800-842-1501 ext. 10 for more information.

## **MENTAL HEALTH SERVICES**

### **Psychologists**

- Judith S. Finely, PhD  
908 South Meriden Road  
Cheshire, CT 06410  
Ph: (203) 272-6722
- Child & Family Psychotherapy Center  
393 Center Street  
Wallingford, CT 06492  
Ph: (203) 265-4036
- Judy Kopman-Fried, LCSW  
300 Church St., #104  
Wallingford, CT 06492  
Ph: (203) 269-3488
- Kate Nicoll, LCSW  
Executive Director  
Soul Friends  
80 South Main Street  
Wallingford, CT 06492  
Ph: (203) 679-0849

### **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

### **Licensed Clinicians**

- Julie Mazzone, LMFT  
235 Center St.  
Wallingford, CT 06492  
(203) 265-0798
- Irwin Krieger, LCSW  
357 Whitney Avenue  
New Haven, CT  
Ph: (203) 776-1966

### **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  
24 hour / Toll Free  
Sexual Assault Crisis Hotline:  
1-888-999-5545 (English)  
1-888-568-8332 (Spanish)
- Emergency Mobile Psychiatric  
Services (EMPS)  
Phone #: 211  
For any youth ages 3-18 in crisis
- The Trevor Project  
Phone#: 866-488-7386  
Suicide Prevention Hotline for LGBTQQI  
youth, ages 13-24

## Food and Meal Resources in Meriden

**\*\*Always call prior to going to a food/meal pantry as days/hours may have changed.\*\***

Food Pantries	Location	Phone	Days/Hours of Operation	How often?
<b>New Opportunities of Greater Meriden</b>	74 Cambridge St.	(203) 639-5060 x16	Mon, Wed, Fri 9:00am – 12:00 pm	A person can go every 30 days
<b>Meriden Salvation Army</b>	23 St.Casimir Dr.	(203) 235-6532	Tues, Thurs 9:00-12:00 pm  Soup Kitchen: Saturday at 12pm Sunday at 12:30pm	Once per month
<b>St. Andrew's Episcopal Church</b>	20 Catlin St.	(203) 237-7451	3rd Sat. each month 10-11am	Once per month
<b>Master's Manna</b>	46 N. Plains Rd. Wallingford	(203) 678-3042	Tues, Thurs 9:00am - 1 :00 pm Wed. 3-6pm Friday 3:00-7pm <i>Appointments only</i>	Twice a month - can use only after using local resources
<b>Iglesia Cristiana Palabra De Vida-Libres (Word of Life)</b>	82 Camp St.	(203) 520-3495	Fridays 6-7pm	Every Saturday.  Walk ins welcome
<b>New Gethsemane Deliverance Church</b>	220 Colony St.	(203) 237-3946	2nd and 4th Sat 10:00am - 12:00pm	2 times per month  Walk in

Soup Kitchens	Location	Phone	Days/Hours of Operation	How often?
<b>Meriden Soup Kitchen</b>	460 Broad St. (First Baptist Church)	(203) 980-3372	Mon-Fri 11:00am-12:30pm	Daily Mon-Fri

**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 (end of August only)
- 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

#### **School Health Services - 203-630-4233**

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](http://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@meridenk12.org](mailto:cathy.battista@meridenk12.org)

**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.

## Meriden Counseling Agencies

<i>Agency</i>	<i>Contact Information</i>	<i>Website</i>	<i>Accepted Insurances</i>
<p><b>Alternative Paths</b></p> <p>For: Individuals, Families, Couples, and Children</p>	<p>(203) 265-7770</p> <p>5 Colony St., Suite 302 Meriden, CT 06451</p>	<p><a href="http://www.alternative-paths.net/">http://www.alternative-paths.net/</a></p>	<p>Most private insurances</p> <p>Husky A, B, C, &amp; D</p>
<p><b>Catholic Charities</b></p> <p>Offers: Behavioral Health Services, Children's Behavioral Health (Bilingual clinicians available)</p>	<p>(203) 235-2507</p> <p>61 Colony St. Meriden, CT 06451</p>	<p><a href="http://www.ccaoh.org">www.ccaoh.org</a></p>	<p>Most private insurances</p> <p>Husky A, B, C, &amp; D</p> <p>Medicare</p>
<p><b>Child Guidance Clinic</b></p> <p>For: Children, Adolescents, and Families (Bilingual clinicians available)</p>	<p>(203) 235-5767</p> <p>384 Pratt St. Meriden, CT 06451</p>	<p><a href="http://www.cgcentralct.org">www.cgcentralct.org</a></p> <p><a href="mailto:JmAffuid@cgcentralct.org">JmAffuid@cgcentralct.org</a></p>	<p>Husky A, B, C, &amp; D</p> <p>Most Commercial Insurance Plans based on Benefits</p>
<p><b>Community Health Center</b></p> <p>For: Children, Adolescents, Adults, and Families (Bilingual Clinicians available)</p>	<p>(203) 237-2229</p> <p>134 State St. Meriden, CT 06450</p> <p>**CHC also offers in-school behavioral health services.**</p>	<p>For Regular Enrollment:</p> <p><a href="http://www.chc1.com">www.chc1.com</a></p> <p>For School-Based Services:</p> <p><a href="http://111.sbhc1.com">111.sbhc1.com</a></p>	<p>Private insurance</p> <p>Husky A, B, C, &amp; D</p> <p>Individuals without insurance may receive services.</p>
<p><b>Franciscan Life Center</b></p> <p>For: Children, Adolescents, Marriage, Family, and Groups</p>	<p>(203) 237-8084</p> <p>271 Finch Ave. Meriden, CT 06451</p>	<p><a href="http://www.flcenter.org">www.flcenter.org</a></p>	<p>Most insurance plans are accepted.</p>
<p><b>Infinity Music Therapy Services</b></p> <p>For: Children and Adults</p>	<p>(860) 518-5557</p>	<p><a href="http://www.infinitymusictherapy.com">www.infinitymusictherapy.com</a></p> <p><a href="mailto:info@infinitymusictherapy.com">info@infinitymusictherapy.com</a></p>	<p>Most insurance plans are accepted.</p>

<p><b>Perspectives Counseling Center</b></p> <p>For: Individuals, Groups, Families, and Couples</p>	<p>(203) 630-2488 816 Broad St., Suite 23 Meriden, CT 06450</p>	<p><a href="http://www.pcc4me.com/">http://www.pcc4me.com/</a></p>	<p>Private insurance Husky A, B, C, &amp; D</p>
<p><b>Rushford Center</b></p> <p>For: Children, Adolescents, Adults, and Families with Mental Health and/or Substance Use Conditions</p>	<p>(203) 630-5280 1-(877) 577-3233 for Assessments 883 Paddock Ave. Meriden, CT 06450</p>	<p><a href="http://www.rushford.org">www.rushford.org</a></p>	<p>All insurance plans accepted. Individuals without insurance will use a payment plan.</p>
<p><b>Soul Friends</b></p> <p>For: Children and Adolescents</p> <p>Utilizes Animal-Assisted Therapy</p>	<p>(203) 679-0849 300 Church St., Suite 105 Wallingford, CT 06492</p>	<p><a href="http://www.soul-friends.org">www.soul-friends.org</a></p>	<p>Most insurance plans are accepted.</p>
<p><b>The Village for Families and Children</b></p> <p>For: Children (ages 5-14) and Families</p>	<p>(860) 236-4511 x3469 117 Lincoln St. Meriden, CT 06451</p>	<p><a href="http://www.villageforchildren.org/">www.villageforchildren.org/</a></p>	<p>Most insurance plans are accepted.</p>
<p><b>Wheeler Clinic</b></p> <p>Offers: Crisis Intervention, Behavioral Health Services, In-home Services</p>	<p>For Crisis: 211 All other calls: 1-860-632-3235 x2 91 Northwest Drive Plainville, CT 06062</p>	<p><a href="http://www.wheelerclinic.org">www.wheelerclinic.org</a></p>	<p>Most insurance plans accepted. Fees dependent on family income.</p>

**The following programs may require a referral:**

1. **A-CRA (Adolescent- Community Reinforcement Approach):** Offers individual substance use counseling for youth through Connecticut Junior Republic
2. **Multi-Disciplinary Family Therapy (MDFT):** Offers in-home therapy for families through Wheeler Clinic
3. **Triple P Program:** Provides parenting education and support in-home through Child Guidance Clinic (Interested caregivers may contact Melinda Moore @ (203) 235-5767 x3306)



