

# Community Resource Guide

Vernon Regional Adult Based Education

4/8/19

Compiled by: Michelle Airne-Vacharakupt, School Counselor

## TABLE OF CONTENTS

Abuse Services (domestic abuse / violence)	<u>2</u>
Alcohol / Substance Abuse	<u>2</u>
Child Care	<u>3</u>
Community Service Opportunities	<u>3</u>
Counseling Services (child psychologists / marriage & family therapists)	<u>4</u>
Crime Victim Services	<u>5</u>
Disability Services / Elder Care Resources	<u>5</u>
Employment / Job Training	<u>7</u>
Family Planning Services (maternity care, pregnancy options)	<u>8</u>
Family Resources	<u>8</u>
Financial Assistance (housing/rent subsidies, food resources, household goods)	<u>9</u>
Health Information	<u>11</u>
Legal Services	<u>12</u>
Parks and Recreation	<u>13</u>
Police Services	<u>13</u>
Shelters	<u>14</u>
Support Groups	<u>14</u>
Transportation	<u>15</u>
Veteran Services	<u>15</u>
Youth Services	<u>15</u>
Hotlines	<u>17</u>

## **Abuse Services (domestic abuse / violence)**

### ***Kidsafe CT***

19 Elm Street, Rockville, CT 06066

(860) 872-1918

Provides individuals and families who are at risk of neglecting or abusing their children with parenting skills, self-help, support groups, advocacy, referrals, stress management group, and a supervised visitation program.

## **Alcohol / Substance Abuse**

### ***Alcoholics Anonymous***

[www.ct-aa.org](http://www.ct-aa.org)

1-866-783-7712

AA is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

### ***Hockanum Valley Counseling***

27 Naek Rd., Suite 4, Vernon, CT 06066

(860) 872-9825

Mental health, substance abuse services, counseling. Sliding fee scale.

### ***Narcotics Anonymous***

(800) 627-3543

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

### ***New Hope Manor***

48 Hartford Road, Manchester, CT 06040

(860) 643-2701

24 hours, 7 days a week

## **Child Care**

### ***Greater Hartford YWCA – Indian Valley Branch***

375 Hartford Turnpike, Vernon, CT 06066

(860) 872-7329

Provides recreational, social educational, and supportive services to the community, including physical fitness programs, daycare, nursery school. Before-and-after school care, and preschool programs.

### ***CT Care 4 Kids***

1344 Silas Deane Highway, 3rd Floor, Rocky Hill, CT 06067

1-888-214-5437

The goal of the Care 4 Kids program is to make child care affordable for low to moderate income families in Connecticut. The program is a partnership between the State of Connecticut, the families in the program and the providers who take care of the children.

## **Community Service Opportunities**

### ***Good Cents***

(860) 871-1959

Training volunteers interested in developing skills and gaining work experience, as well as those who want to give back to their community.

### ***Hockanum Valley Community Council***

155 West Main Street, Vernon, CT 06066

(860) 872-9825

Multi-service agency that provides such services as counseling, clothing & food for the needy, crime victim advocacy and support services, fuel banks, housing search assistance, and medical transportation for the elderly.

### ***Rockville Community Alliance***

Email: [info@rockvillecommunityalliance.org](mailto:info@rockvillecommunityalliance.org)

This group works to improve and preserve the greater Rockville area of Vernon by various groups working together for events such as National Night Out, Rockville Fest, and Maple Street School Spring Fling.

## **Counseling Services (child psychologists / marriage & family therapists)**

### ***Hockanum Valley Community Council***

155 West Main Street, Vernon, CT 06066

(860) 872-9825

Multi-service agency that provides such services as counseling, clothing & food for the needy, crime victim advocacy and support services, fuel banks, housing search assistance, and medical transportation for the elderly.

### ***Hockanum Valley Counseling***

27 Naek Rd., Suite 4, Vernon, CT 06066

(860) 872-9825

Mental health, substance abuse services, counseling. Sliding fee scale.

### ***Community Health Resources***

877-884-3571

Multi-service agency that offer counseling, case management, and respite services to individuals and families dealing with mental health issues. Several locations throughout the North Eastern area of CT.

### ***First Choice Health Centers***

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

(860) 528-1359

Located at Rockville High School, Maple Street School, and 94 Union Street. Services are available to Vernon Public Schools students and their immediate families. Primary care doctors, dental services, and counseling/behavioral health services.

### ***Kidsafe CT***

19 Elm Street, Rockville, CT 06066

(860) 872-1918

Counseling for Families, Individuals, Youth, Adult, Couples and Divorce Mediation, and Parent Coaching.

## **Crime Victim Services**

### ***Hockanum Valley Community Council***

155 West Main Street, Vernon, CT 06066

(860) 872-9825

Multi-service agency that provides such services as counseling, clothing & food for the needy, crime victim advocacy and support services, fuel banks, housing search assistance, and medical transportation for the elderly.

### ***State of CT Office of Victim Services***

website: <https://www.jud.ct.gov/crimevictim/>

phone number: 1-800-822-8428 (M-F 8:00am - 4:30pm)

email: OVS@jud.ct.gov.

## **Disability Services / Elder Care Resources**

### ***Community Choices - State of Connecticut Aging & Disability Resource Centers***

<https://www.ct.gov/agingservices/cwp/view.asp?a=2510&q=385896>

1-800-994-9422

- Options Counseling
- Short Term Care Management
- Care Transitions
- Application Assistance
- Decision Support
- Follow-up
- Long Term Care Planning
- Benefits Screening
- Information & Assistance

### ***CT Department of Social Services***

55 Farmington Avenue, Hartford, CT06105

(800) 842-1508

Information line and benefits center: 1-855-626-6632

### ***Eastern CT Assistive Technology Center***

<http://accessibilitymap.blueprintimpact.com/>

Health care, housing, nursing home, social services and transportation information for the disabled.

### ***Alzheimer's Association***

(800) 272-3900

[www.alz.org/ct](http://www.alz.org/ct)

Various programs and supports.

### ***Alzheimer's Caregiver Respite***

Department of Social Services

CT Chapter of Alzheimer's Association --- (800)356-5502

North Central Area Agency on Aging --- (860) 724-6443

Respite care provides a break from the constant physical and emotional stress of caring for a person with Alzheimer's disease or a related disorder / dementia.

### ***Hockanum Valley Home***

(860) 870-9450

Elder care services. No fee.

### ***Vernon Senior Center***

26 Park Place, Vernon, CT 06066

(860) 870-3680

[www.vernon-ct.gov](http://www.vernon-ct.gov)

Various activities such as MahJongg, Pinochle, stroller-walking group, zumba, and crocheting are offered daily throughout the month.

## ***Vernon Tax Relief Programs for Elderly / Disabled***

Assessor's Office, 8 Park Place, Vernon, CT 06066

(860) 870-3265

Various programs for eligible individuals that may provide tax credit, or freeze real estate tax bill.

## ***Community Choices - State of Connecticut Aging & Disability Resource Centers***

<https://www.ct.gov/agingservices/cwp/view.asp?a=2510&q=385896>

1-800-994-9422

## **Employment / Job Training**

### ***Manchester American Job Center***

[893 Main St. Manchester, CT 06040](http://893MainSt.Manchester,CT06040)

**Phone:** 860-643-2222

**Fax:** 860-643-0006

**Hours:** Monday–Friday, 8:30 am – 4:30 pm

Employment workshops, résumé assistance for job seekers, recruitment services, tax credit programs for employers. Centers also provide Labor Market Information, an electronic job bank and specialized veterans' services. Whether a person is unemployed, looking for a different job, or interested in getting back into the labor market, American Job Centers services are available to anyone, regardless of employment status.

### ***Good Cents (HVCC Thrift Shop)***

(860) 871-1959

Training volunteers interested in developing skills and gaining work experience, as well as those who want to give back to their community.



## **Family Planning Services (maternity care, pregnancy options)**

### ***Planned Parenthood***

319B Main Street, Manchester, CT 06040

(860) 643-1607

Clinic offering reproductive health services to men and women, community education, counseling, gynecological exams, pregnancy and STD testing, and pre-marital bloodwork.

## **Family Resources**

### ***KidSafe CT***

19 Elm Street, Rockville, CT 06066

(860) 872-1918

Home based intervention and prevention services, supervised visitation, workshops to prevent child abuse and neglect, child/couple/individual counseling, and programs for at-risk youth.

### ***Rockville Public Library***

52 Union Street, Vernon, CT 06066

(860) 875-5892

This is a regular public library that offers a variety of educational resources. A junior library is also available for younger individuals.

### ***University of Connecticut Cooperative Extension Office***

24 Hyde Avenue, Vernon, CT 06066

(860) 875-3331

Offers various services such as overnight camps, environmental information and education, pesticide control, , radon and lead education program, and the Family and Community Leadership Program.

### ***Vernon Town Hall***

14 Park Place, Vernon, CT 06066

(860) 872-8591

Provides various public services to the community such as tax collection, Justice of the Peace, road maintenance, and recycling services.

## **Financial Assistance (housing, rent subsidies, food resources, household goods)**

### ***The Cornerstone Foundation***

15 Prospect Street, PO Box 2036 Vernon, CT 06066

(860) 871-1823

This center provides services such as a soup kitchen, shelter, clothing bank, and a walk-in center for those in need of assistance to access specific essential services.

### ***Energize CT – Home Energy Solutions – Income Eligible Program (HES – IE)***

<https://www.energizect.com/home-energy-solutions%E2%84%A2-income-eligible-program-offers-free-services-those-fixed-or-limited-income>

1-877-WISE-USE

You may receive energy saving compact fluorescent light bulbs, caulking, weather stripping, and more.

### ***Energy Assistance Programs – CT Department of Social Services***

<https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating>

ACCESS - 860-450-7400 (Use the Willimantic office for Vernon)

Helps households pay for primary heating bills. If the household's heating costs are included in your rent, you may also apply for assistance.

Also: Private Fuel Banks: 2-1-1 can find the nearest fuel bank if a person doesn't qualify for CEAP.

Utility Arrangement Forgiveness Programs: Assistance programs to help pay utility back bills. Contact local utility company.

Winter Protection Program: 11/1 – 5/1, "hardship cases" will not have utilities shut off. Contact local utility company.

### ***Hockanum Valley Basic Needs***

(860) 872-7727

Emergency food, children's snack program, energy assistance.

***Meals on Wheels***

8 Keynote Drive, Vernon, CT 06066

(860) 872-9163

One hot and one cold meal delivered daily.

***Salvation Army Thrift Shop***

166 Union Street, Vernon, CT 06066

(860) 872-1434

Provides clothing, furniture, and household items for free or low cost. Also accepts donations of these items.

***Supplemental Nutrition Assistance Program (SNAP)***

ctsnap.org

(866) 974-7627

Federally funded aid to buying groceries.

***Vernon Department of Social Services***

14 Park Place, Vernon, CT 06066

(860) 872-8591

Provides general assistance to those with specific income restrictions, paying bills for eligible clients. The financial assistance will be for food, clothing, shelter, utilities, medical aid, ect. for a limited time.

***Housing Rehabilitation Program***

14 Park Place, Vernon, CT 06066

(860) 870-3661

[www.vernon-ct.gov/social-services](http://www.vernon-ct.gov/social-services)

Provides financial assistance to income-eligible households to perform eligible repairs such as roofing, siding, door/window replacement, weatherization, plumbing, heating, electrical upgrades, and well & septic repairs.

## ***Vernon Housing Authority***

114 Franklin Park West, PO Box 963, Vernon, CT 06066

(860) 871-0886

Provides housing assistance to low income families, elderly, and disabled individuals. Services offered are public housing and subsidized rent programs.

## ***Supportive Services for Veteran Families (SSVF) – A Community Renewal Team Program***

395 Wethersfield Ave, Hartford, CT 06114

Hartford County: 860-560-5398

A program to stabilize housing and prevent homelessness among veterans. Eviction prevention and rapid rehousing, coordination and linkage to VA benefits and temporary financial assistance.

## ***WIC – Women, Infants, Children Program***

(860) 875-0602

11 Park Street, Vernon, CT 06066

Provides supplemental food and nutrition information, such as food vouchers and Healthy Start, to eligible women, infants and children.

## **Health Information**

### ***Rockville General Hospital***

31 Union Street, Vernon, CT 06066

(860) 872-5100

Hospital providing Inpatient and Outpatient Medical and Surgical Services, [Ambulatory](#) (one-day) Surgery, 24-hour [Emergency Department](#), [Medical Imaging Services](#) (MRI, CT, Ultrasound, etc.), [Rehabilitation Services](#) (physical, occupational, speech therapy), [Laboratory Services](#) (blood draws, urinalysis), [Maternity Care Center](#), [Hospice Care](#), and [Cardiac and Pulmonary Rehabilitation](#).

## ***First Choice Health Centers***

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

(860) 528-1359

Located at Rockville High School, Maple Street School, and 94 Union Street. Services are available to Vernon Public Schools students and their immediate families. Primary care doctors, dental services, and counseling/behavioral health services.

## ***Vernon Walk-In Medical Center***

224 Hartford Turnpike, Vernon, CT 06066

(860) 871-6939

Providing walk-in urgent care for non-life threatening illnesses or injuries.

## ***Visiting Nurse and Community Care***

8 Keynote Drive, Vernon, CT 06066

(860) 872-9163

Provides home health care, hospice, and other health related services to the community.

## ***Planned Parenthood***

319B Main Street, Manchester, CT 06040

(860) 643-1607

Clinic offering reproductive health services to men and women, community education, counseling, gynecological exams, pregnancy and STD testing, and pre-marital bloodwork.

## **Legal Services**

### ***Connecticut Legal Services – Hockanum Valley Community Council***

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

29 Naek Road, Suite 5A, Vernon, CT 06066

(860) 872-9825

Offers civil legal services to low income individuals on issues such as housing, domestic violence, health, and disability.

## ***Connecticut Women's Legal and Educational Fund / Cooperating Attorney Network***

(860) 247-6090

Email: [cwealf@cwealf.org](mailto:cwealf@cwealf.org)

Helping women with questions about divorce, custody, moving with children, alimony, sexual harassment, FMLA, age discrimination, LGBT rights, etc.

## ***Statewide Legal Services***

(800) 453-3320

Free advice for low-income people with legal problems in CT.

## **Parks and Recreation**

### ***Greater Hartford YWCA – Indian Valley Branch***

375 Hartford Turnpike, Vernon, CT 06066

(860) 872-7329

Provides recreational, social educational, and supportive services to the community, including physical fitness programs, daycare, nursery school. Before-and-after school care, and preschool programs.

### ***Vernon Department of Parks and Recreation***

120 South Street, Vernon, CT 06066

(860) 872-6118

Offers community recreation and educational activities for all ages.

## **Police Services**

### ***Vernon Police Station***

725 Hartford Turnpike, Vernon, CT 06066

(860) 872-9126

***Emergencies: Dial 911***

## **Shelters**

### ***The Cornerstone Foundation***

15 Prospect Street, PO Box 2036 Vernon, CT 06066

(860) 871-1823

This center provides services such as a soup kitchen, shelter, clothing bank, and a walk-in center for those in need of assistance to access specific essential services.

### ***Vernon Department of Social Services***

14 Park Place, Vernon, CT 06066

(860) 872-8591

Provides general assistance to those with specific income restrictions, paying bills for eligible clients. The financial assistance will be for food, clothing, shelter, utilities, medical aid, ect. for a limited time.

### ***Tri-Town Shelter Services***

93 East main Street, Vernon, CT 06066

(860) 875-9702

Provides emergency shelter to homeless individuals and families. Goal plans are made with each resident. The length of stay is usually two weeks, but extensions may be made if necessary. Fifteen beds available. Serves all towns.

## **Support Groups**

### ***Hockanum Valley Community Council***

155 West Main Street, Vernon, CT 06066

(860) 872-9825

Multi-service agency that provides such services as counseling, clothing & food for the needy, crime victim advocacy and support services, fuel banks, housing search assistance, and medical transportation for the elderly.

### ***Community Health Resources***

877-884-3571

Multi-service agency that offer counseling, case management, and respite services to individuals and families dealing with mental health issues. Several locations throughout the North Eastern area of CT.

## **Transportation**

### ***Way To Go Website (CT public transportation information)***

<http://waytogoct.org/vernon/>

### ***CT Transit***

[www.cttransit.com](http://www.cttransit.com)

Customer Service: (860) 525-9181

### ***CT Fastrack***

Customer Service (860) 525-9181

Cost - <http://ctfastrak.com/how-to-ride/fares>

### ***Hockanum Valley Community Council Dial-a-Ride***

155 West main Street, Vernon, CT 06066

(860)870-7940

## **Veteran Services**

### ***CT Department of Veteran's Affairs – Office of Advocacy and Assistance***

Veterans' Service Officer

City Hall, 100 Broadway, Room 305, Norwich, CT 06360

(860) 887-9162

Veteran's Service Officers can assist in preparing data for benefits, educational training, health/medical/rehab.

## **Youth Services**

### ***Children in Placement - Superior Court – Juvenile Matters***

25 School Street, Vernon, CT 06066

(860) 872-7143

Provides services for children involved in neglect proceedings. Such services are: community issues advocacy, child protective services, and volunteer recruitment and placement.

### ***Vernon Youth Services Bureau***



9 Elm Street, Vernon, CT 06066

(860) 870-3555

Various programs, including Peer Advocate Program, Students Seeking New Achievements Positively (SSNAP), truancy intervention, and an after-school program. Also provides a number of services to youth in the community, such as counseling, job assistance, pre-trial intervention, mentor program for children and teens, after school programs, etc.

## **Hotlines**

AIDS National Hotline	1-800-342-2437
Al-Anon / Alateen	1-860-282-4700
Child Abuse Care Line	1-800-842-2288
Child Support Line	1-800-228-KIDS
Children's Health Info Line	1-800-434-7869
Cocaine Hotline	1-800-262-2463
Commission on Victim's Services	1-800-822-8428
CT Board on Education and Services for the Blind	1-800-842-4510
CT Commission on the Deaf and Hearing Impaired	1-800-708-6796
CT Council on Compulsive Gambling	1-800-346-6238
CT Department of Children and Families	1-800-842-2288
CT Department of Protection and Advocacy for persons with Disabilities	1-800-842-7303
CT Department of Social Services	1-860-566-5900
CT Legal Services	1-800-413-7796
Crime Tip Hotline	1-860-939-4819
Supplemental Nutrition Assistance Program	1-800-842-1508
Foster Care Line	1-800-817-5554
Infoline	1-800-203-1234
Legal Aid of Hartford County	1-860-541-5000
Mental Health Association of CT	1-800-842-1501
Missing Children's CT Hotline	1-800-367-5678
Mobile Crisis Team	1-860-297-0999
Narcotics Anonymous	1-800-627-3543
National Sexually Transmitted Disease Hotline	1-800-227-8922
Parent Stress Line	1-800-632-8188
Runaway Hotline	1-800-621-4000
Sexual Assault Crisis Services Hotline	1-860-522-6666