

ONLINE RESOURCE
GUIDE FOR
ADOLESCENTS &
FAMILIES

Norwalk High School

Principal

Mr. Reginald Roberts

Norwalk, Connecticut

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24-HOUR CRISIS HOTLINE

Emergency Mobile Crisis Services Phone: 211

Abuse, Domestic Violence and Child Protection Services

DCF Hotline 1-800-842-2288

Domestic Violence: advocates, emergency, shelter, counseling, and other services

Norwalk 203-852-1980

CT Department of Children and Families

The Department of Children and Families shall, within available appropriations, provide an array of services to the adolescents in its care and the young adults who have been chosen to remain with DCF. DCF shall provide youth with the tools necessary to achieve self-sufficiency by providing instruction in life skills education and training, transitional living programs, and community housing assistance program.

761 Main Avenue
Norwalk, CT 06854
203-899-1400

Monday – Friday 8:00am – 5:00pm

www.ct.gov/DCF

Domestic Violence Crisis Center (DVCC)

Domestic Violence Service, 24/7

Through crisis intervention, counseling, safety planning, support and advocacy, education and public awareness, DVCC works to prevent and break the cycle of violence that plaques so many individuals and families. Provides emergency shelter for victims who need a safe location.

5 Eversley Avenue, Suite 303
Norwalk, CT 06851
203-853-0418
Hotline 888-774-2900

24 Hour Hotline

www.dvccct.org

Adolescent Pregnancy Prevention/Young Parents Programs

Greater Bridgeport Area Prevention Program

GBAPP focuses primarily on adolescents who are pregnant or parenting. Teens are linked with appropriate health, educational, employment, case management, pregnancy, parenting and social services through grants to community-based providers. Teen moms and teen fathers are given an environment to have a second chance at achieving their dreams. Young teens, parents, and school faculty learn about comprehensive sexuality education and their vital role in promoting healthy and responsible decision-making in order for students to achieve academic success.

Central Administration Office

1470 Barnum Avenue
Bridgeport, CT 06610
203-366-8255
Fax: 203-338-8453

After School Program/Education

The Boys Scouts of America

The Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations, providing programs for young people that build character, trains them in the responsibilities of participating citizenship, and develops personal fitness. For more than 100 years, Boy Scouts of America has helped build future leaders by combining educational activities and lifelong values with fun.

Greenwich Council, Boy Scouts of America

Greenwich, CT

(203) 869-8424

Closed · Opens 10AM

Milford, CT

(203) 876-6868

Open · Closes 6PM

<https://www.scouting.org>

The Girls Scouts of Connecticut

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

(800) 922-2770

<https://www.gsofct.org>

[Girl Scouts of Connecticut | GSOFACT](#)

Carver Foundation of Norwalk

Educational and Recreational facility for students K through 12. Ages 5-18

Call for information about Before and After-School Programs and Day Camp.

7 Academy Street

Norwalk CT 06851

Phone: (203) 838-4305

Days/Hours

Monday – Friday 8:30- 7:00pm

Family & Children's Agency

ASPIRE after-school program, located in Norwalk's old Benjamin Franklin School building, works with local middle and high school youth to motivate and educate students through academic engagement, parent education and social and business exposure. Middle School component's mission is to improve the lives of Norwalk's middle school youth by enabling their successful transition into high school and increasing their ability to be productive, independent young adults. This program meets five days a week during the school year from 3:00-5:30pm. High School component's mission is to provide a continuum of services to Norwalk's high school youth which focus on academic success, building developmental assets and strengthening supports, which will empower youth to graduate high school and be enrolled in post-secondary education or vocational training. The program runs 12 months a year and is open to those children who completed our middle school component.

9 Mott Avenue

Norwalk, CT 06850

203-855-8765

Fax: 203-838-3325

www.familyandchildrensagency.org

Norwalk Public Library

SoNo Branch Library

10 Washington Street
Norwalk CT, 06854
Phone: [203-899-2790](tel:203-899-2790)

Monday, Wednesday-Saturday - 9:00 am - 5:00 pm

Tuesday - 12:00 pm - 8:30 pm

Sunday - 1:00 pm - 5:00 pm

Main Library

1 Belden Avenue
Norwalk, CT 06850
Phone: [203-899-2780](tel:203-899-2780)

Monday, Wednesday-Thursday - 9:00 am - 8:30 pm

Tuesday, Friday, Saturday - 9:00 am - 5:00 pm

Sunday – 1:00pm – 5:00pm

Norwalk YMCA

Choices for Success Program – After School program for middle and high school age kids; employment opportunities for high school age kids, homework assistance and computer access.

404 Danbury Road

Wilton, CT 06897

203-505-3164

203-762-8384

AIDS/HIV & STD Services

AIDS & STD Hotline

1-800-232-4636

www.cdc.gov/nchhstp

24 Hours a day

Norwalk Health Department

AIDS/HIV Counseling & Testing, including referrals as needed.

HIV/AIDS prevention education. Ages 14 and up.

137 East Avenue

Norwalk, CT 06851

203-854-7776

www.norwalkct.org

Monday & Friday 9:00am – 11:30am

Wednesday - 3:00pm – 5:30pm

AIDS Legal Network for Connecticut

The AIDS Legal Network for Connecticut (ALN) is a collaborative project of the legal services agencies in Connecticut. It is the first place a client should call with an HIV related legal issue.

This network will provide a legal information, advice, brief service, representation and referral to people living with HIV/AIDS in Connecticut. Free services.

999 Asylum Avenue, 3rd floor

Hartford, CT 06105

1-860-541-5027

www.ghla.org

Monday – Friday 8:30am – 4:30pm

1-860-541-5050 fax

Mid-Fairfield AIDS Project

It was established in 1986 as a non-profit organization to help those infected and affected with HIV/AIDS serving town of Norwalk, Westport, Weston and Wilton. All ages. They connect people with services they need. These service include medical, mental health and housing referrals, as well as support groups, alternative therapy and transportation.

618 West Avenue, 2nd floor
Norwalk, CT 06850
203-855-9535
www.MFAP.com

Monday – Friday 9:00am – 5:00pm

Basic Needs: Emergency needs for Food, Clothing and Shelter

The Open Door

The mission is to effectively address the causes and complexities of the homeless and working poor by providing shelter, food, clothing, case management services, treatment services, transitional planning for short and long term goals, subsidized housing, education, employment, and a path towards independence and success.

4 Merritt Street
Norwalk, CT 06854
203-866-1057

Open 7 days a week, 365 days a year

Husky Health SafeLink Phone Service

Wireless service for member of Husky Health Insurance. Provides a smartphone with 350 monthly minutes, unlimited text messages, free calls to Husky Health Member Engagement Services that will not count towards the 350 minutes.

Call to apply for SafeLink at 1-877-631-2550
Online visit SafeLink.com

Community Based Life Skills (CBLS)

Greater Bridgeport Area Prevention Program (GBAPP)

Program conducted for young people ages 15 – 21 with DCF involvement. The program is designed to provide educational and experiential opportunities that have a positive impact on their growing independence and transition to adulthood, assist them in establishing a workable knowledge of community resources and supports available to them and instill the positive values of confidence, competence, and self-sufficiency.

Central Administration Office
1470 Barnum Avenue, Suite 301
Bridgeport, CT 06610
203-366-8255
Fax: 203-367-9588
www.gbappinc.org

Greater Bridgeport Area Prevention Program (GBAPP) Housing Services

148 Mill Hill Avenue
Bridgeport, CT 06610
203-333-2335
Fax: 203-3332248

Dialectical Behavioral Therapy (DBT)

The Dialectical and Cognitive Behavioral Therapy Center

Psychotherapy or “talk therapy” program is designed to improve an individual’s capacity to effectively manage his/her emotions, anger outbursts and eliminate self-injurious/suicidal behavior.

15 Powers Court
Westport, CT 06880
203-454-3070
www.behaviortherapyct.com

Family Support Teams (FST)

Boys & Girls Village

Program offers intensive clinical services and support to children and youth returning from out-of-home care or who are at risk of requiring out-of-home care due to psychiatric, emotional, or behavioral difficulties. FST services are also provided to children and youth entering Therapeutic Foster Care. FST services are currently available only to children and families with DCF-involvement. Referrals to FST are made by the DCF Area Offices.

Bridgeport Office
170 Bennett Street
Bridgeport, CT 06605
203-330-6790

Functional Family Therapy (FFT)

Child and Family Guidance Center

This short-term, intensive program is designed for families with 11 to 18 year old youth who have been referred for behavioral or emotional problems by the juvenile justice, mental health, school, or child welfare systems. Treatment incorporates an average of 12 to 14 sessions over three to five months. Services are conducted in both the clinic, home and the community settings. Functional Family Therapy is a strength-based model built on a foundation of acceptance and respect.

Bridgeport Clinic and Administrative Offices
180 Fairfield Avenue
Bridgeport, CT 06604
203-394-6529
Norwalk Clinic
1 Park Street
Norwalk, CT 06851
203-394-6529

Gang Prevention Program

DOMUS Project Hope

Domus Project Hope - Outreach program works to reduce youth violence by helping connect disenfranchised or disengaged youth and young adults ages 15 through 24 to positive activities.

83 Lockwood Avenue
Stamford, CT 06902
203-324-4277
Fax: 203-324-2990
www.domuskids.org

Intensive Family Preservation Program

Child and Family Guidance Center

This concentrated, in-home program is designed to quickly support families in crisis and reduce safety risks in order to prevent unnecessary out-of-home placement of children, due to abuse. Staff is available 24/7, and the overall goal is to improve family functioning and keep families together when possible. Connecticut Department of Children and Families referral only.

Bridgeport Clinic and Administrative Offices
180 Fairfield Avenue
Bridgeport, CT 06604
203-394-6529
Norwalk Clinic
1 Park Street
Norwalk, CT 06851
203-394-6529
www.cfgc.org

Kids in Crisis

Kids in Crisis provides free, round-the-clock help for Connecticut children, teens and parents of all socio-economic levels dealing with any type of crisis, including abuse, neglect, family conflict and more. Confidential professional services for parents and children (newborn to 17). Service provides a safe environment to overcome a family conflict, provides temporary shelter.

1 Salem Street
Cos Cob, CT 06807
203-838-9483
203-661-1911

24 hour free help

Intensive In-Home Child and Adolescent Psychiatric Services (IICAPS)

Boys & Girls Village

Intensive In-home Child and Adolescent Psychiatric Services (IICAPS) is a program for children and adolescents ages 6 to 18 with serious emotional disorders and their families. IICAPS offers intensive clinical services and support to children and youth returning from out-of-home care or who are at risk of requiring out-of-home care due to psychiatric, emotional or behavioral difficulties. Services take place in the child's home and involve the family and community. Our goal is to provide clinical intervention and supports necessary to help each client maintain their place in his or her home and community.

170 Bennett Street
Bridgeport, CT 06605
203-330-6790
www.bgvillage.org

Mentoring Program

Human Services Council

The Norwalk Mentor Program coordinates a structured one-on-one relationship between a student and adult volunteer. This unique approach provides participants in grades K-12 with an adult who can meet them for approximately one hour per week during the school year and engage in academic and/or social activities conducive to the school setting. By sharing fun activities and exposing youth to new experiences, a mentor encourages positive choices, promotes high self-esteem, supports academic achievement and introduces the mentee to new ideas. Mentors act as friends and role models and spend each week having fun with their mentees playing catch, reading a book, shooting hoops, creating an arts and crafts project, or just talking.

One Park Street
Norwalk, CT 06851
203-849-1111
www.hscct.org

Multi-dimensional Family Therapy (MDFT)

Boys & Girls Village

MDFT is for children and adolescents ages 9 to 18 who are at risk for substance abuse and are exhibiting emotional and behavioral difficulties, including aggressive behavior, disrespect or disobedience at home or school, legal problems, low self-esteem, trauma issues.

Bridgeport Clinic
170 Bennett Street
Bridgeport, CT 06605
203-330-6790
www.bgvillage.org

Connecticut Renaissance

MDFT treatment is divided into two phases. In the first phase, the MDFT model provides in-home family-based treatment of adolescent substance abuse and associated mental health and behavioral problems. In the second phase, the intensity of treatment is decreased and the focus is on relapse prevention and assisting families in sustaining the gains made during treatment. In the event the caretaker is also experiencing a substance abuse problem, the treatment team will provide integrated, coordinated substance abuse treatment for the adolescent and the caretaker. This program is funded by the State of Connecticut Department of Children & Families.

Norwalk Outpatient Clinic

4 Byinton Place
Norwalk, CT 06852
203-866-2541

www.ctrenaissance.com

Headquarters

One Waterview Drive, Suite 202
Shelton, CT 06484
203-336-5225

Multi-Systemic Therapy (MST)

Connecticut Renaissance

The MST (Multi-Systemic Therapy) Program is offered in Bridgeport to adolescents and their families who are court involved and are referred by the Bridgeport Probation Office. The MST model utilizes home-based treatment to engage the entire family system and community while working with the youth and their immediate families.

Norwalk Outpatient Clinic

4 Byinton Place
Norwalk, CT 06852
203-866-2541

www.ctrenaissance.com

Boys & Girls Village

Multisystemic Therapy for Problem Sexual Behavior (MST-PSB) is a comprehensive treatment program delivered in the client's natural environment (home, school and community) to improve outcomes. The program has been adapted to meet the unique needs of clients with problem sexual behaviors. The program includes: intensive safety planning, structural and strategic family therapy, social skills training and specialized approaches.

Bridgeport Clinic
170 Bennett Street
Bridgeport, CT 06605
203-330-6790

www.bgvillage.org

OUTPATIENT CLINICS

Norwalk Community Health Center

In a state-of-the-art medical facility on Connecticut Avenue in Norwalk, and aboard our traveling Mobile Medical Unit, patients have access to comprehensive adult medicine, pediatric medicine, women's health (OB/GYN), behavioral health, and pediatric and adult dental services and wellness programs.

120 Connecticut Avenue
Norwalk, CT 06854
203-899-1770

Mon: 8:00am to 8:00pm
Tues: 8:00am to 8:00pm
Wed: 8:00am to 8:00pm
Thur: 8:00am to 8:00pm
Fri: 8:00am to 5:00pm
Sat: 8:00am to 12 noon

Not all services are available after 5:00pm.

<http://www.norwalkchc.org>

Norwalk Hospital

Bauer Emergency Care Center

Norwalk Hospital, a Level II Trauma Center, is accredited as a Stroke Center and certified to provide Emergency Angioplasty for heart attack. If you are facing a life-threatening medical emergency, call 9-1-1 immediately to get the fastest, most effective care. Norwalk Hospital's new Bauer Emergency Care Center is located on Maple Street, next to the main Entrance

**34 Maple Street
Norwalk, CT 06856
866-642-9355**

Mid Fairfield Child Guidance Center

Outpatient Children's Clinic Age 5-19. The Clinic offers individual, family, and group therapies, as well as parent guidance. Our experienced team of board certified child and adolescent psychiatrists, psychologists, and clinical social workers utilize evidence-based practices to treat a wide variety of emotional and behavioral disorders, including depression, anxiety, bi-polar disorders, OCD, and ADHD.

100 East Avenue
Norwalk, CT 06851
203-299-1315
Fax: 203-299-0015

Monday – Wednesday – 9:00am -8:30pm
Thursday – 9:00am- 6:00pm
Friday – 9:00am – 5:00pm

www.childguidancemfct.org

Boys & Girls Village

Boys & Girls Village provides outpatient therapies for children up to age of 18 years old that address emotional and psychological issues such as anxiety, depression and other mood disorders; stress and adjustment issues; interpersonal relationships; school problems of adjustment and performance; attachment difficulties, working through trauma and loss. Our services include comprehensive assessments, psychiatric evaluations, medication management, and individual, family, and group therapies.

Main Campus

528 Wheelers Farms Road
Milford, CT 06464
203-877-0300

Community Office

120 East Avenue, 2nd Floor
Norwalk, CT 06855
203-877-0300

www.bgvillage.org

REACH Adolescent Service @ Bridgeport Hospital

The Youth program focuses on meeting the emotional, behavioral and psychiatric health needs of children and adolescents between the ages of 5-17 and their families. Held in the afternoon, the IOP provides three hours of group-based treatment Monday-Thursday with multi-family group sessions on Thursday. It is essential that parents/guardians actively participate in their youth's treatment by attending the multi-family group sessions every Thursday. Youth with the following symptoms may benefit from treatment: depression or social isolation, suicidal thoughts, extreme mood swings, aggressive behavior, school avoidance, oppositional behavior and thoughts of harming themselves.

1558 Barnum Avenue
Bridgeport, CT 06610
203-384-3377
Fax 203-378-8578

SPORTS PROGRAMS

BASKETBALL PROGRAMS:

The Sound of Connecticut

Recreational Basketball Program

Girls Basketball Association – Grades 2-12

Contact Jeff Iannazzo at 203-831-0841

Junior Basketball – Recreational High School Basketball - Grades 9-12

Contact Gerald Anastasia at 203-854-7921

Games are held at: Ben Franklin Middle School

382 Flax Hill Road

Norwalk, CT 06853

SOCCER PROGRAMS:

Norwalk Community Soccer Club

Recreational Soccer Program

George Caceres

Office 203-854-9926

Cell 203-856-9515

BASEBALL PROGRAMS:

Norwalk Babe Ruth Baseball League.

2018 season, **Spring Training** for **all Jr Babe Ruth 15U players aged 13, 14 & 15.**

Spring Training will run throughout April and will be the **primary evaluation** period for all 15U players (except those playing high school baseball). Spring Training will consist of three **MANDATORY** practices weekly for all players as this is the primary means of evaluation for the team draft, it's imperative that all players participate in all seven sessions.

Tuesdays: 5:45 - 7:45PM @ Brien McMahon High School - 4/17 & 4/24

Thursdays: 5:45 - 7:45PM @ Brien McMahon High School - 4/19 & 4/26

Saturdays: 10 - 12:30PM @ Nathan Hale Middle School - 4/14; 4/21 & 4/28

www.facebook.com/norwalkbaberuth/

Norwalk Cal Ripken Baseball

Norwalk Cal Ripken is a youth baseball league for players ages 4-12. We offer 5 divisions. Our season runs from April 1 thru June 1.

PLEASE VISIT OUR NEW WEBSITE AT WWW.WNCR.SIPLAY.COM

SUBSTANCE ABUSE TREATMENT

CT Counseling Center

Connecticut Counseling Centers, Inc., recognizes the need for a variety of treatment services for patients experiencing problems with substances of abuse and/or mental illnesses. We provide a full continuum of quality outpatient, substance abuse and mental health services, from least intensive to most intensive.

20 North Main Street, 3rd floor
Norwalk, CT 06854
203-838-6508, ext. 238
www.ctcounseling.org

Connecticut Renaissance

Services to adolescents and their families struggling with substance use and mental health conditions, including anger management. There are weekly sessions, or if indicated, an intensive outpatient track which consists of 9 hours of therapy over the course of 3 days per week. There is a psychiatrist on staff, in addition to the highly trained and credentialed therapists.

Norwalk Outpatient Clinic

4 Byinton Place
Norwalk, CT 06852
203-866-2541

Monday – Friday 10:00am – 6:00pm

www.ctrenaissance.com

Norwalk Adolescent Outpatient
17 High Street
Norwalk, CT 06851
203-854-2915

WORK PLACEMENT

Mayor's Summer Youth Employment Program (SYEP)

The Mayor's Summer Youth Employment Program prepares youth ages 14-18 for job via pre-employment workshops and matches them with employment opportunities where they can explore a profession, learn a skill, learn to navigate in a business environment, contribute to the community, and earn money. The program operates for six weeks in July and August. Youth workers work 25 hours per week and earn minimum wage. Before youth are assigned to a worksite, they spend one week in intensive workshops learning appropriate business behavior, business dress and employer expectations. They also participate in financial literacy workshops so that they learn to manage the money they earn. *Must be a Norwalk resident and between the ages of 14-18 when submitting an application.*

Online applications are available from **March 3rd - 31st, 2017**

at <https://www.governmentjobs.com/careers/Norwalk>

Program Coordinator: Darlene Young [Email](#) Admin Assistant: Maritza Alvarado [Email](#)

Physical Address

125 East Ave.
P.O. Box 5125
Norwalk, CT 06856-5125

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

Phone: (203) 854-7701 / Fax: (203) 854-7939

[Directory](#)

Youth Works

All participants receive comprehensive counseling and guidance, as well as follow-up for at least 12 months by Youth Workforce Specialists of the Work Place, Inc. Low income youth, 14 to 21 years of age and facing barriers to economic self-sufficiency are eligible. Services include occupational training, GED preparation, career coaching, and job search assistance.

350 Fairfield Avenue
Bridgeport, CT 06604
203-610-8500

Youth Employment

Trafigura Work & Learn Business Center - Domus Community Center

83 Lockwood Avenue
Stamford, CT 06902
203-324-4277

www.info@domuskids.org

Youth and Family Support Center

Connecticut Renaissance

Programs are offered in Norwalk, Stamford and Bridgeport. These programs are offered to adolescents and their families who are court involved and are struggling with substance use, anger management and/or family challenges. To address these concerns, the program implements Motivational Enhancement Therapy/Cognitive Behavioral Therapy 12, Family Support Network, Brief Strategic Family Therapy (BFST), Anger Replacement Training (ART) and VOICES. The CYFSC programs utilize a variety of treatment modalities such as home based treatment, but is primarily center-based.

Headquarters

One Waterview Drive, Suite 202
Shelton, CT 06484
203-336-5225

Norwalk Outpatient Clinic

4 Byinton Place
Norwalk, CT 06852
203-866-2541

www.ctrenaissance.com

South Norwalk Community Center Inc.

The mission of the South Norwalk Community Center is to improve the economic, educational, social, and physical well-being of low-income individuals and families in South Norwalk and surrounding communities.

98 South Main Street, 1st Floor
South Norwalk, CT 06854
(203) 295-3380

<http://www.sonocc.org>

Malta House

Malta House is the only home for pregnant women above the age of 18 in Fairfield County, and one of a limited number of programs for young homeless mothers and their babies.

5 Prowitt Street
East Norwalk, CT 06855
Telephone: 203 857-0088
Fax: 203 857-0018

<https://www.maltahouse.org>

Alcohol/Drug Abuse Hotline: 1-800-662-HELP

Eating Disorders Hotline 1-888-236-1188

Gay, Lesbian, Bisexual and Transgender Youth Hotline: 1-800-850-8078

National Child Abuse Hotline: 1-800-422-4453

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Runaway Switchboard: 1-800-621-4000

National Youth Crisis Hotline: 1-800-448-4663

Nine Line (Teens in Crisis): 1-800-999-9999

Planned Parenthood: 1-800-230-PLAN

Teen AIDS Hotline: 1-800-440-TEEN 24