

# Resources for Parents and Children

<https://www.mccallcenterct.org/resources>

## GENERAL RESOURCE LISTS

### School Closures Kit

[www.connecticutchildrens.org/coronavirus/school-closure-kit/](http://www.connecticutchildrens.org/coronavirus/school-closure-kit/)

### 211 Resource List

[uwc.211ct.org/covid19resources/#COVID-19](http://uwc.211ct.org/covid19resources/#COVID-19)

### United Way COVID-19 Resource List

[www.uwwesternct.org/covid19resources](http://www.uwwesternct.org/covid19resources)

### Susan B. Anthony Resource List

[shaproject.org/wp-content/uploads/2020/04/COVID-19-Resources-final.pdf](http://shaproject.org/wp-content/uploads/2020/04/COVID-19-Resources-final.pdf)

### Greenwoods Counseling Crisis Resource List

[greenwoodsreferrals.org/crisis-resources/](http://greenwoodsreferrals.org/crisis-resources/)

## HOME SCHOOL SUCCESS

### Children's book to help understand social distancing

[www.youtube.com/watch?v=fdwaUCEbhBk](http://www.youtube.com/watch?v=fdwaUCEbhBk)

**Resources for Children** (entertainment/education) curated by CT.gov  
[portal.ct.gov/dcf/children/home](http://portal.ct.gov/dcf/children/home)

### Financial literacy course for young adults (14-19)

through Torrington Library (860)489-6684

**Freedom Homeschooling:** *Virtual Field Trips of places around the world*  
[freedomhomeschooling.com/virtual-field-trips/](http://freedomhomeschooling.com/virtual-field-trips/)

**Go Noodle:** *a fun resource to get kids moving.*  
[family.gonoodle.com/](http://family.gonoodle.com/)

### Educators Technology:

*A list of Apps to help support children with Special Needs*  
[www.educatorstechnology.com/2016/01/a-handy-chart-features-over-30-ipad.html](http://www.educatorstechnology.com/2016/01/a-handy-chart-features-over-30-ipad.html)

### School Closures Kit

[www.connecticutchildrens.org/coronavirus/school-closure-kit/](http://www.connecticutchildrens.org/coronavirus/school-closure-kit/)

## INFORMATION ABOUT COVID-19

**Resources and tips for coping with COVID-19**  
[rememberingjordan.org/check-in-at-home/](http://rememberingjordan.org/check-in-at-home/)

**Resources and information for parents about COVID-19**

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

## MENTAL HEALTH SUPPORT FOR KIDS AND FAMILIES

**McCall Center for Behavioral Health** – (860) 496-2100  
[www.mccallcenterct.org](http://www.mccallcenterct.org)

**Family and Children's Aid COVID-19 Response**  
[www.fcaweb.org/news/covid-19/](http://www.fcaweb.org/news/covid-19/)

**CT Suicide Prevention & Mental Wellness Resources**  
[Preventsuicidect.org](http://Preventsuicidect.org)

**CT Clearing House Behavioral Health Resource List**  
[www.ctclearinghouse.org/Custom-Content/www/topics/2442-Resource-Guide-For-Behavioral-Health.pdf](http://www.ctclearinghouse.org/Custom-Content/www/topics/2442-Resource-Guide-For-Behavioral-Health.pdf)

**Mental Health & Recovery General List**  
[nwcares.org/mental-health-counseling.html](http://nwcares.org/mental-health-counseling.html)

**Infant & Early Childhood Mental Health**  
[www.kidsmentalhealthinfo.com/topics/infantearly-childhood-mental-health/](http://www.kidsmentalhealthinfo.com/topics/infantearly-childhood-mental-health/)

**Center for Youth and Families** – (860) 489-3391  
[charlottehungerford.org/locations/center-for-youth-families](http://charlottehungerford.org/locations/center-for-youth-families)

**CMHA Child and Family Services** – (860) 482-8561  
[cmhacc.org/en/](http://cmhacc.org/en/)

**Greenwoods Counseling** – (860) 567-4437  
[greenwoodsreferrals.org/](http://greenwoodsreferrals.org/)

**2-1-1** – \*Dial 211  
[211ct.org](http://211ct.org)

**McCall Center Parenting Support Services Support Group**  
*with Alyssa Gibbs, Parent Educator* - Tuesdays 10am-11am  
[zoom.us/j/2727507094](https://zoom.us/j/2727507094)

**McCall Center Parenting Support Services Support Group**  
*with Karen Luks, Parent Educator* - Thursdays 6pm-7pm  
[us04web.zoom.us/j/2459665876](https://us04web.zoom.us/j/2459665876)

**McCall Center Recovering Together support group for friends and family of those struggling with addiction**  
*Group held by Leann Mitchell* - Wednesdays 6pm-7pm  
contact Leann at 860-496-2139 for log in information  
[www.gotomeet.me/LeannMitchell](http://www.gotomeet.me/LeannMitchell)

**McCall Prevention's SMART Recovery for Teens**  
Tuesdays and Thursdays 4:30-5:30pm  
[us04web.zoom.us/j/5939803338](https://us04web.zoom.us/j/5939803338)

## FINANCIAL RESOURCES

**New Opportunities** – (860) 482-9749  
[newoppinc.org](http://newoppinc.org)

**CCEH Emergency Assistance Programs**  
[www.cceh.org/provider-resources/emergency-assistance/](http://www.cceh.org/provider-resources/emergency-assistance/)

**Legal information line** - Free legal assistance to low-income residents of greater Hartford – (860) 541-5070  
[www.ctlawhelp.org](http://www.ctlawhelp.org)

## INTERNET SERVICE ASSISTANCE RESOURCES

**Spectrum Internet Service Assistance**  
[www.spectrum.net/support/internet/coronavirus-covid-19-information-spectrum-customers/?cid=dotnetr-dscx-alt-covid-19-0320](http://www.spectrum.net/support/internet/coronavirus-covid-19-information-spectrum-customers/?cid=dotnetr-dscx-alt-covid-19-0320)

**Xfinity Internet Service Assistance**  
[www.xfinity.com/support/articles/open-xfinity-wifi-hotspots](http://www.xfinity.com/support/articles/open-xfinity-wifi-hotspots)

**Internet Essentials**  
[www.internetessentials.com/covid19](http://www.internetessentials.com/covid19)

**Optimum Internet Service Assistance**  
[www.optimum.com/coronavirus](http://www.optimum.com/coronavirus)

## CELLPHONE ASSISTANCE RESOURCES

**Assurance Wireless – (Virgin Mobiles version of Safelink)**  
is giving all of their customers unlimited minutes and texts from now through 5/20 as well as 6 GB of data for free.

**TrakFone/Straighttalk** – (Walmart's minute plan): Partnering with Safelink Wireless to enroll people in free minutes, assistance with bill pay, waiving reactivation fees: visit [safelinkwireless.com/enrollment](http://safelinkwireless.com/enrollment) or contact 1-800-723-3546 for details.

**Verizon** – suspending late fees/re-connection fees, bill assistance, and getting extra minutes with proof of poverty, unemployment due to COVID-19. Best way is to apply online through the account.

**AT&T** – free/reduced cost wifi/hotspots through your phone, unlimited data for all existing clients, and providing services at \$10 per month for families with no income, low income, or financial strain due to COVID-19. Call or apply online <https://about.att.com/pages/COVID-19.html>

**Cricket** – dial 611 to enroll in any COVID-19 relief programs. Waiving re-connection fees, and all service fees on payments. To call 611 you must call off of the Cricket issued phone.

## GENERALIZED RESOURCES

**McCall Center for Behavioral Health** – (860) 496-2100 [www.mccallcenterct.org](http://www.mccallcenterct.org)

**Webinar series** in support of school communities (specific to teachers)  
<https://www.teachercoach.com/speaker-series>

**Social Stories Library** (Special Education / Autism)  
<https://www.phisworld.com/tier-2/social-stories/>

**Legal information line** - Free legal assistance to low-income residents of Greater Hartford (860) 541-5070  
[www.ctlawhelp.org](http://www.ctlawhelp.org)

## BASIC NEEDS INFORMATION

**FISH** – (860)496-7300  
332 South Main St. Torrington, CT 06790

*Hours:* Monday, Tuesday, Thursday 10-3pm and Friday 10-2

*Corona protocol:* All clients should stand behind the caution tape. No one is allowed in the building.

*New Clients:* Bring EITHER food stamp paperwork and photo identification, OR, if not on food stamps, bring photo identification, proof of address such as a lease, utility bill, etc. and proof of income such as a paystub. You will be asked to fill out paperwork and you will be able to take a bag of food with you that same day."

**Friendly Hands Food Bank** – (860)482-3338  
50 King St. Torrington, CT 06790

To become a client, call Monday -Thursday 9-3 to apply over the phone. Clients will have an appointment time every two weeks to come and get food. No walk-ins.

*Also: Saturdays 10-12: Weekend supplemental food given. Drive up. No questions asked*

**Kevin's Place** – (860)482-4433  
St. Peter's Church 107 East Main St. Torrington, CT 06790

Will be serving 1 meal to go on the second and fourth Sunday each month from 11:00-1 pm.

**Salvation Army** – (860)482-3569  
234 Oak Ave., Torrington, CT 06790

**SNAP- Supplemental Nutrition Assistance Program**  
DSS Benefits Center – (855)626-6632

*Access benefit and application information, 24/7 at [www.connect.ct.gov](http://www.connect.ct.gov) and [www.ct.gov/dss/apply](http://www.ct.gov/dss/apply)*

## BREAKFAST/LUNCH PROGRAM FOR CHILDREN

**Vogel-Wetmore School**  
68 Church St. Torrington, CT 06790  
Monday -Friday 11:30-1:00 Drive up in bus loop.

**Pearson Middle School**  
2 Wetmore Ave, Winsted, CT 06098  
Monday-Friday 11:30-1pm Drive-thru pick up

## NUTRITION AND EXERCISE

**Physical Activity Information**  
<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

**Ed Advance Food Resources**  
[https://edadvance.org/uploads/files/Food%20Service%202016\(1\).pdf](https://edadvance.org/uploads/files/Food%20Service%202016(1).pdf)

**Adolescent Nutritional Needs**  
<https://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/A-Teenagers-Nutritional-Needs.aspx>

**Indoor Cardio for Kids at Home**  
[https://www.youtube.com/watch?v=sHd2s\\_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)

## NUTRITION AND EXERCISE Continued

### Kids Yoga at Home

<https://www.youtube.com/user/CosmiKidsYoga>

### Yoga at Home (All Levels)

<https://www.youtube.com/user/yogawithadriene>

## ONLINE RECOVERY SUPPORT

### On-line Intergroup of AA

<http://aa-intergroup.org/directory.php>

### In The Rooms

<https://www.intherooms.com/home/>

### Virtual NA

<https://virtual-na.org/>

### SMART Recovery

<http://www.smartrecovery.org/srol-2/>

### Refuge Recovery

<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

### Al-Anon

<https://al-anon.org/al-anon-meetings/electronic-meetings/>

### List of Alternatives to AA

<https://www.thetemper.com/sober-communities-beyond-traditional-aa/>

### Digital All Recovery Meetings - 7 days a week / 9AM, 12PM, 3PM, 9PM EST

[unityrecovery.zoom.us/my/allrecovery](http://unityrecovery.zoom.us/my/allrecovery)

### Mountainside Virtual Support (For those in recovery & friends/family)

<https://mountainside.com/about-us/events/virtual-support-groups>

### Highwatch On-Line Meetings

<https://highwatchrecovery.org/aa-online/>

### Online NA

<https://www.12step-online.com/meetings/online-na-meetings/>

### Advocacy Unlimited Virtual Peer Support

"MONDAY - FRIDAY Peer Support Group on Zoom | 3-4:30pm

Online: [zoom.us/j/466017514](https://zoom.us/j/466017514)

Dial In: (646) 876-9923 | Meeting ID: 466 017 514"

### Holistic Stress Management

<https://files.constantcontact.com/59ec9f09501/39256697-a4ae-412c-837b-b7c46a0344cc.pdf>

### PSI Support International

[https://www.postpartum.net/get-help/psi-online-support-meetings/?mc\\_cid=8c59a19ced&mc\\_eid=d38b5aed92](https://www.postpartum.net/get-help/psi-online-support-meetings/?mc_cid=8c59a19ced&mc_eid=d38b5aed92)

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