

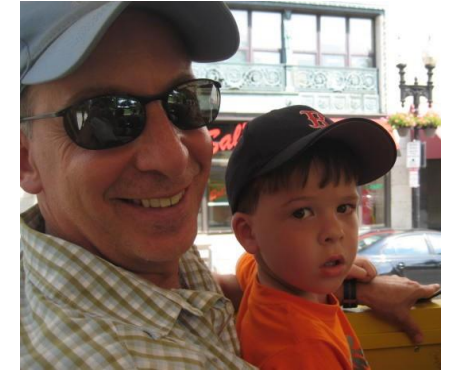
Child Growth and Development/Parenting Web Sites

- www.cyfernet.org - high quality, research based information for parents and professionals.
- www.zerotothree.org - national non-profit organization dedicated to advancing healthy development of infants and toddlers.
- www.aboutourkids.org - New York University web site offers scientifically based mental health and parenting information.
- www.cfw.tufts.edu - child and family web guide links to trust-worthy sites about infants, children and teens.
- www.naeyc.org - National Association for the Education of Young Children contains information about child development for families.
- www.MVParents.com - research-based resource for tips, ideas, and strategies for raising smart, strong, responsible kids.
- www.bornlearning.org - Web site for the Born Learning Campaign- an initiative of "Success by 6," United Way of America.
- www.rightchoiceforkids.org - quality standards for child care programs.
- www.ct.gov/oec/site/default.asp - CT Office of Early Childhood, improving outcomes for children, birth-age 5
- www.growinghealthykids.com - what families, schools, communities, workplaces and government can do to promote healthy child development.
- www.parentsasteachers.org - parenting/child development resource.
- <http://eclkc.ohs.acf.hhs.gov/hslc> - Early Childhood Knowledge and Learning Network web site from Federal Offices of Head Start /up-to-date information and resources for parents and professionals.

FUNDING PROVIDED BY:

Killingly Public Schools
Plainfield Public Schools
Putnam Public Schools
Sterling Public Schools

EASTCONN Head Start
Northeast Early Childhood Council
William Caspar Graustein Memorial Fund



Northeast Connecticut Regional Family Resource Guide



Northeast Early Childhood Council

The Northeast Early Childhood Council (NECC) is a local, regional group of community members from Killingly, Plainfield, Putnam, and Sterling. We are an independent, open group working together to ensure that all children, birth through age eight, in Killingly, Plainfield, Putnam & Sterling are healthy safe and successful learners.

The NECC takes into account all areas that could affect young children. As a result, the following Workgroups have been formed.

- ✓ Early Care & Education
- ✓ School Readiness
- ✓ Mental Health
- ✓ Physical Health
- ✓ Safety



The NECC meet several times per year and is open to all community members who wish to participate on any level.

For more information, our contact information is listed below:

Regional Director

Kristine Cicchetti
860-779-6770
mrsccich95@sbcglobal.net

Community Coordinator

Mae Flexer
860-208-0429
maeflexer@gmail.com

FAMILY ASSISTANCE

Infoline.....	211
ACCESS Agency	(860) 412-1600
ALPS Free Community Store.....	(860) 779-6660
Food Program- Danielson.....	1-800-965-2237
Canterbury Cares Food Pantry.....	(860) 546-9007
Catholic Charities & Family Services.....	(860) 889-8346
Community Kitchens of Northeast Conn.....	(860) 779-2645
CT Care 4 Kids- Child Care Assistance.....	1-888-214-5437
Daily Bread Soup Kitchen- Putnam.....	(860) 928-0189
DKH Nurturing Families Network.....	(860) 928-6541 ext. 2077
DSS Food Stamp Program.....	1-800842 1508
Friends of Assisi Food Pantry.....	(860) 774-2310
Interfaith Human Services of Putnam.....	(860) 928-0169
Project Northeast Food Pantry/Support- Putnam.....	(860) 928-4078
Project Pin Food Pantry- Plainfield.....	(860) 564-5591
Salvation Army Thrift Store- Brooklyn.....	(860) 779-1970
Salvation Army Satellite Site- Putnam.....	(860) 963-7602
St. Vincent de Paul-Norwich.....	(860) 889-7374
Thompson Ecumenical Empowerment Group.....	(860) 963-3458
Women Infant & Children (W.I.C.) Food Assistance Program.....	(860) 928-3660
Diaper Bank.....	(860) 928-0169

HOSPITAL AND EMERGENCY NUMBERS

Medical Emergency.....	911
Poison Control.....	1-800-222-1222
Day Kimball Hospital	
Main Number.....	(860) 928-6541
Emergency Department.....	(860) 774-3366
William Backus Hospital	
Main Number.....	(860) 889-8331
Emergency Department.....	(860) 823-6389
Backus 24 Hour Urgent Care Center.....	(860) 230-2830
Windham Hospital	
Main Number.....	(860) 456-9116
Emergency Department.....	(860) 456-6715

POLICE AND FIRE NUMBERS

Police, Fire Emergency..... 911

Local Department Numbers

Killingly Fire Marshall..... (860) 779-5315
Plainfield Fire Marshall..... (860) 230-3013
Plainfield Police Department..... (860) 564-0804
State Police Troop D..... (860) 779-4900
Putnam Police (city limits only)..... (860) 928-6565
Putnam Fire Department..... (860) 928-2919

COMMUNITY PROGRAMS AND RESOURCES

Infoline..... 211
Big Brother/Big Sister..... (860) 525-5437
Boy Scouts of America- CT Rivers Council..... 1-800-414-2433
Brooklyn Cooperative Extension Center..... (860) 774-9600
CT Family Support Network- Northeast..... (860) 546-9289
Girl Scouts of CT- Lebanon Service Center..... (860) 423-5502
Help Me Grow/Child Development Infoline..... 1-800-505-7000
Killingly Family Resource Center..... (860) 779-6770
Killingly Parks & Recreation..... (860) 779-5390
Plainfield Family Resource Center..... (860) 564-6411
Plainfield Parks & Recreation Center..... (860) 564-1819
Plainfield Senior Center..... (860) 564-1819
Putnam Family Resource Center..... (860) 963-6940
Putnam Parks & Recreation..... (860) 963-6811
Quinebaug Regional Senior Center..... (860) 774-1243
Thompson Ecumenical Empowerment Group..... (860) 923-3458
Sterling Town Hall..... (860) 564-2904
Sterling Parks & Recreation..... (860) 564-2136

TRANSIT

Infoline..... 211
Medical Cab Services..... 1-800-357-2935
Northeast Connecticut Transit District-Dayville..... (860) 774-3899
Plainfield Recreation Transit Department..... (860) 564-1819

DID YOU KNOW...?

- ❖ The brain develops 90% of its capacity in the first five years of life.
- ❖ What an infant or toddler does during the course of a day influences lifelong learning patterns.
- ❖ Oral and dental health from birth impacts overall health and learning.
- ❖ The number and variety of spoken words that a child has by age 5 influences his/her ability to be a successful reader.
- ❖ Sharing books and reading aloud with your child from birth allows for special quiet time together and supports the joy of reading.
- ❖ High quality preschool or childcare is positively related to children's success in school. Poor quality can have negative effects.





FAMILY HEALTH NUMBERS

- Across the Smiles Generations Dental Van..... (860) 963-0010
- American Red Cross..... 1-800- 448-3543
- Americares Free Clinic..... 1-800-486-4357
- Backus Hospital Plainfield Emergency Care Center..... (860) 230-2830
- Care Net Pregnancy Services..... (860) 779-0218
- Center for Healthy Aging..... 1-800-273-0078
- Community Providers Association of Mental Health
- Clinics for Children..... (860) 257-7909
- CT Department of Social Services..... (860) 257-7909
OR 1-866-327-7700 (toll free)
- Day Kimball Medical Group- Plainfield..... (860) 564-6200
- Day Kimball Medical Group- Putnam..... (860) 963-6390
- Day Kimball Medical Group- Thompson..... (860) 923-1141
- DCF Child Abuse Hotline.....1-800-842-2288
- Day Kimball Hospital-Healthy Start..... (860) 928-6541
- FAVOR-Family Advocacy for Children’s Mental Health.... (860) 563-3232
- Generations Family Health Center-Danielson..... (860) 774-7501
- Generations Family Health Center- Putnam..... (860) 963-7917
- Generations School-Based Health Center..... (860) 928-4698
- Husky Health Care Plan Information..... (860) 450-7471
- Maternal/Child Health Infoline..... 1-800-505-2000
- Northeast District Department of Health..... (860) 774-7350
- Plainfield Walk-In Center..... (860) 564-4054
- Planned Parenthood of CT..... (860) 774-0533
- United Community and Family Services
- Child First Program..... (860) 822-4900
- United Services Child Guidance Clinic.....(860) 774-2020/(860)228-4480

JOB TRAINING

- Infoline..... 211
- ARC of Quinebaug Valley..... (860) 774-2827
- Career Transition Center- Danielson..... (860) 774- 2620
- EASTCONN Northeast Adult Education..... (860) 779-3770
- United Services..... (860) 774-2020

HOUSING ASSISTANCE

- Infoline..... 211
- Housing Authorities Section 8 (HUD)**
- Killingly Housing Authority..... (860) 774-6067
- Killingly Section 8..... (860) 774-3905
- Plainfield Housing Authority..... (860) 230-3022
- Plainfield Section 8..... (860) 230-3022
- Putnam..... (860) 963-6829
- ACCESS Agency Emergency Shelter..... (860) 774-4977
- Connecticut Housing Finance Authority..... (860) 721-9501
- Connecticut Legal Services..... (860) 456-1761
- Covenant Shelter of New London..... (860) 443-0573
- Habitat for Humanity Northeast CT..... (860) 442-7890
- Holy Family Home and Shelter for Women & Children-Willimantic
..... (860) 423-7719
- Plainfield Housing- Elderly/Disabled..... (860) 564-3760

ENERGY ASSISTANCE

- Infoline..... 211
- ACCESS Fuel Assistance and Winterization..... (860) 774-0418
- Northeast Utilities..... 1-800-286-2000
- Operation Fuel United Methodist Fuel Bank..... (860) 774-0106
- Yankee Gas..... 1-800-989-0900

EMPLOYMENT

- Infoline..... 211
- ACCESS Agency Jobsource Community Services..... (860) 774-0418
- CT Works- Employment Services- Danielson..... (860) 412-7000
- Department of Labor..... (860) 263-6000
- Unemployment Compensation Claims-Danielson..... (860) 423-2521



5 STEPS TO FINDING A GOOD CHILDCARE OR PRESCHOOL

1. **START EARLY:** Finding the right childcare option can take some time.
2. **MAKE A CALL:** Call your Family Resource Center or call 211 Infoline and ask:
 - ✓ What are the licensing requirements in my area? Remember that licensed programs meet basic regulations required by law.
 - ✓ What types of programs are available?
 - ✓ How can I get information about complaints and licensing violations?
 - ✓ Is there any childcare financial assistance?
3. **VISIT, ASK QUESTIONS & TAKE THE TIME TO OBSERVE.**
 - ✓ How many children are there for each adult? One adult to 3 or 4 infants and toddlers; one adult to 7 or 8 preschool aged is best.
 - ✓ How many children are in a group? In a center, group size is 8 or less for infants and toddlers, or 17 in a preschool program.
 - ✓ Ask about caregivers' training and education.
 - ✓ Ask how long the caregivers have been at that center or providing care in their homes.
 - ✓ Find out if the provider is accredited by a national organization (such as NAEYC). Accredited programs meet higher standards of quality.
4. **MAKE A CHOICE.** Think about what you saw at each visit and make the best choice for your child and your family.
5. **STAY INVOLVED.** Meet with caregivers regularly, visit your child at childcare and join in special events. www.ChildCareAware.org



ADULT EDUCATION

Infoline.....	211
EASTCONN Community Learning Center- Windham.....	(860) 423-2591
EASTCONN Northeast Learning Center (Adult Basic Skills, High School Equivalency).....	(860) 779-3770
Eastern Connecticut State University.....	(860) 465-5000
Education & Employment Information Center.....	1-800-842-0229
Quinebaug Valley Community College.....	(860) 774-1130
Three Rivers Community College.....	(860) 886-0177

PARENTING CLASSES

Day Kimball Hospital Nurturing Families.....	(860) 928-6541 ext. 2077
Killingly Family Resource Center.....	(860) 779-6770
Plainfield Family Resource Center.....	(860) 564-6411
Putnam Family Resource Center.....	(860) 963-6940
TEEG Parent Aide Program.....	(860) 923-3458
UConn Cooperative Extension Center.....	1-888-311-8842
United Services.....	(860) 774-2020

INFORMATION & REFERRAL

Infoline.....	211
Children in Placement.....	(860) 456-5700 ext. 4041
Children's Law Center.....	1-888-529-3667
Child Support Enforcement Call Center.....	1-800-228-KIDS (5437)
CT Department of Children and Families	
CT DCF Willimantic Regional Office.....	(860) 450-2000
CT DCF Careline-Report Child Abuse/Neglect.....	1-800-842-2288
CT DCF Ombudsman-Problem Resolution.....	1-866-637-4737
CT Legal Services-Willimantic.....	(860) 456-1761
CT Women's Education and Legal Fund.....	1-800-479-2949
CT Family Support Network.....	(860) 657-8180
Day Kimball Hospital Nurturing Families.....	(860) 928-6541 ext. 2077
Killingly Family Resource Center.....	(860) 779-6770
National Runaway Switchboard.....	1-800-621-4000
Northeast Communities Against Substance Abuse.....	(860) 779-9253
Plainfield Family Resource Center.....	(860) 564-6411
Putnam Family Resource Center.....	(860) 963-6940
United Services Domestic Violence Program <i>Hotline</i>	(860) 774-8648
Women's Center of NE CT Sexual Assault Crisis Services....	(860) 456-2789



What to look for and ask when observing an early childhood program

Choose an early childhood program where the teachers consistently:

- ❖ Use a gentle tone of voice.
- ❖ Talk in a warm and friendly way.
- ❖ Laugh with the children.
- ❖ Show affection to the children.
- ❖ Respond to children's needs.
- ❖ Bend down to speak to children at eye level.
- ❖ Provide individual attention to children.
- ❖ Help children learn to get along with others.
- ❖ Talk with parents about their children.
- ❖ Refrain from using a harsh tone of voice or using put-downs.
- ❖ Understand child growth and development.
- ❖ Provide exciting and engaging learning activities.
- ❖ In preschool programs, use the CT Preschool Curriculum Framework to plan learning experiences.

To learn other signs of quality early childcare programs, visit www.rightchoiceforkids.org

Enroll children in a preschool, Head Start, or similar community program, which will provide an opportunity to be with other kids and make new friends. Children can also learn academic basics as well as how to make decisions and cope with problems.

AREA SCHOOLS

Killingly (www.killinglyschools.org)

Family Resource Center.....	(860) 779-6770
Goodyear Early Childhood Center.....	(860) 779-6770
Killingly Central School.....	(860) 779-6750
Killingly Memorial School.....	(860) 779-6680
Killingly Intermediate School.....	(860) 779-6700
Killingly High School.....	(860) 779-6620
Superintendent's Office.....	(860) 779-6600

Plainfield (www.plainfieldschools.org)

Family Resource Center.....	(860) 564-6411
Readiness Preschool.....	(860) 230-0827
Plainfield Early Childhood Center.....	(860) 564-6400
Shepard Hill Elementary School.....	(860) 564-6432
Moosup Elementary School.....	(860) 564-6430
Plainfield Memorial School.....	(860) 564-6440
Plainfield Central School.....	(860) 564-6437
Plainfield High School.....	(860) 564-6422
Pupil Personnel/Special Education.....	(860) 564-6401
Superintendent's Office.....	(860) 564-6403

Putnam (www.putnam.k12.ct.us)

Family Resource Center.....	(860) 963-6940
Putnam School Readiness.....	(860) 963-6940
Putnam Elementary School.....	(860) 963-6925
Putnam Middle School.....	(860) 963-6920
Putnam High School.....	(860) 963-6905
Student Services.....	(860) 963-6926
Superintendent's Office.....	(860) 963-6900

Sterling (www.sterlingct.us/education.htm)

Sterling Community School.....	(860) 564- 2728
Superintendent's Office.....	(860) 564-4219

EARLY CARE & EDUCATION OPTIONS

Infoline.....	211
Child Care Assistance Program.....	1-800-226-8400
Connecticut Birth to Three System.....	1-800-505-1000

EARLY CARE & EDUCATION

Regional EASTCONN Head Start Info..... (860) 455-0707
(www.eastconn.org/index.php/early-childhood-initiatives)

Killingly

Carelot Children's Center..... (860) 779-0611
Castle Kids..... (860) 779-9002
EASTCONN Killingly Head Start & Early Head Start..... (860) 779-0410
EASTCONN Head Start at Killingly High School..... (860) 779-6709
Killingly Family Resource Center..... (860) 779-6770
Stepping Stones Early Learning Center..... (860) 774-2548
St. James Preschool..... (860) 774-3281
TVCCA Brooklyn/Killingly Early Childcare Center..... (860) 774-9494

Plainfield

EASTCONN Head Start..... (860) 564-7199
Kid and Kaboodle..... (860) 564-5581
Plainfield Family Resource Center..... (860) 564-6411
Plainfield Readiness Program..... (860) 230-0827
Plainfield Recreation Day Care Center..... (860) 564-1819

Putnam

Putnam Preschool & Childcare..... (860) 963-2587
Country Kids Day Care..... (860) 928-2588
EASTCONN Putnam Head Start..... (860) 928-0004
Imagination Station..... (860) 963-7655
Putnam Family Resource Center..... (860) 963-6940

Sterling

Country Playmates..... (860) 779-1772
Growing Minds Daycare..... (860) 564-5909
Jordan Preschool/Daycare..... (860) 774-1881
Precious Playmates..... (860) 564-6833

PUBLIC LIBRARIES

Aldrich Free Public Library..... (860) 564- 8760
Killingly Public Library..... (860) 779-5383
Putnam Public Library..... (860) 963-6826
Sterling Public Library..... (860) 564-2692

Parents are their children's first and most important teacher

BRING OUT THE BEST IN YOUR CHILDREN BY NOTICING POSITIVE BEHAVIOR:

- ✓ Comment on your child's positive behavior.
- ✓ Notice effort and improvement.
- ✓ Appreciate your child's contributions even if small.
- ✓ Express confidence in your child.
- ✓ Express delight in your child often.

WHY DO PEOPLE NEED HELP WITH PARENTING? DOESN'T IT COME NATURALLY?

HAVING A CHILD CHANGES OUR LIVES

DRAMATICALLY. Most parents want to do a good job yet most of us are not always sure how. We don't all have the support we need. Sometimes as parents we feel isolated and frustrated about our abilities. Sometimes we want to talk about our daily lives with someone who understands.

PARENTING IS THE MOST IMPORTANT, CHALLENGING, AND REWARDING JOB WE WILL EVER HAVE. All parents can learn positive skills and better ways to be with children.

MOST PARENTS FIND IT VERY HELPFUL TO JOIN A GROUP OR CLASS OR MEET WITH HOME VISITORS.

Most parents who receive help say that it improves life with their children. Most parents who get support would recommend that others do the same. Contact a Family Resource Center to find out what it offers to support you and your child.

MENTAL HEALTH

Every person, child or adult, needs to be emotionally and mentally well in order to live a happy life. Living with mental and emotional problems, including addictions, takes a hard toll on entire families. When families get help for behavioral and mental health issues, the lives of everyone in the family can be transformed. Attitudes change from despair to hope.

The brief directory below has been put together with the goal that families can get help by just making a call or two. Many of the agencies listed provide emergency evening and weekend numbers. If you think that you or someone you love might need help, call these experts. Their agencies exist to serve our needs.

Please refer to the Transit section for help with transportation. Husky users may use the phone number on the back of their card.

MENTAL HEALTH & BEHAVIORAL/SUBSTANCE ABUSE

Basic Behavioral Screening for Ages 0-5 Using the Ages & Stages Questionnaire

- Killingly Family Resource Center..... (860)779-6770
- Plainfield Family Resource Center..... (860)564-6411
- Putnam Family Resource Center..... (860)963-6940

Catholic Charities

- Norwich Office..... (860)889-8346
- Willimantic Office..... (860)423-7065

Behavioral Health Assessments (assessments, counseling, medication management, crisis intervention, adolescent substance abuse, emergency services, parenting education).

COST: Accepts most insurances, sliding scale

Community Health Resources (CHR).....1-877-884-3571

Assessment and care coordination for children 0-17 with emotional/behavioral difficulties, care coordinators develop family-centered treatment plans and provide linkage to and coordination of services.

COST: No charge for care coordination

Day Kimball Hospital Mental Health Clinic..... (860)963-6385

Children's psychiatric and clinical outpatient services. Individual, family and group therapy and medication management (ages 18 and up).

COST: Accepts Husky, Medicare, Medicaid, self-pay

Dept. of Children & Families Voluntary Services Program.....1-800-842-2288

This is a program for children and youth under the age of 18 with serious emotional disturbances, mental illness and/or substance dependence. The program is for families who are not abusive or neglectful. More information may be obtained at www.ct.gov/dcf/site/default.asp. Select the "About DCF" tab then scroll down and select the Voluntary Services bullet.

COST: FREE

Early Childhood Consultation Partnership (ECCP)..... (860)704-6378

ECCP is a statewide program that offers Early Childhood Providers and Families consultation services to help support healthy social and emotional development of children birth to age 5.

Cost: FREE

Emergency Mobile Psychiatric Services

(EMPS).....211

Emergency services including mobile response, psychiatric assessment, medication consultation, assessment and short-term medication management, behavioral management services, substance abuse screening and referral to traditional and non-traditional services for any family with a child in crisis. Accessible 24 hours per day/7 days per week/365 days per year.

Generations Family Health Center..... Willimantic (860)450-0585

Putnam (860) 963-7917..... Putnam Middle School (860) 928-4698

Outpatient therapy, medication evaluation, medication management, psychological and intelligence testing, psychiatric evaluations.

Cost: Accepts Husky, Medicare, Medicaid, sliding scale

National Alliance for Mental Illness (NAMI).....1-800-215-3021

Outreach Programs, mental health support and education.

Cost: FREE

New Perception (860)450-0151

Outpatient mental health and addiction services for adults. Spanish speaking staff.

Cost: Accepts SAGA, Medicaid, Charter Oak, Aetna

United Community & Family Services (UCFS)..... (860)892-7042

Behavioral Health Intake..... (860)822-4237

Comprehensive medical, dental, women's health and behavioral health services for adults, children and families. Outpatient and community-based behavioral health evaluation and treatment services including individual and family therapy.

Cost: Accepts most insurance plans including Husky, Medicare, Medicaid, slide scale for uninsured

United Services..... (860)774-2020 / 860-450-1357

Comprehensive mental health and substance abuse evaluation and treatment for adults, children and families, child guidance clinic, family services, emergency and psychiatric consultation under medical oversight. Spanish speaking services available.

Cost: Accepts most insurance plans including Husky, Medicare, Medicaid, sliding scale for uninsured

ADDICTION RECOVERY / SUBSTANCE USE PROGRAM / DETOX TREATMENT

Alcohol & Drug Recovery Centers (ADRC)- Hartford..... (860)714-3700
Alliance Treatment Center- New Britain..... (860)673-6115
Blue Hills Hospital-Hartford..... (860)293-6400
Community Health Resources..... 1-877-844-3571
Natchaug Hospital..... (860)456-1311
Pathways-Putnam.....(860)787-1277
Southeast Council on Alcohol & Drug Dependence (SCADD) 860-447-1717
Substance Abuse Treatment & Enhancement Project (SATEP) 1-800-563-4086

SUICIDE

National Suicide Prevention Line..... 800-273-8255
Southeastern Mental Health Authority..... (860)886-9302/
866-964-8123
Suicide Infoline.....211

LEGAL ASSISTANCE

Protection & Advocacy for Individuals with Mental Illness.....(860)453-3320

GENERAL / ADDITIONAL INFORMATION RESOURCES

Windham County Provider Directory-
<http://www.unitedservicesct.org/about/documents/providerdirectoryfinalcopy-1.11.pdf>
General information on mental health issues, including informational brochures, can be found at the National Institute of Mental Health website- www.nimh.nih.gov
Information on addiction services is available at the CT Mental Health and Addiction Services website- www.ct.gov/dmhas



United States Congress

Congressman Joe Courtney
(860) 886-0139

Senator Richard Blumenthal
(860) 258-6940

Senator Chris Murphy
(860) 549-8463

CT General Assembly

State Senators:
Senator Andy Maynard
(860) 240-0591

Senator Mae Flexer
(860) 208-0429

Toll-free 1-800-842-1420

State Representatives:
Christine Rosati
(860) 774-4699

Paul Brycki
(860) 591-9488

Danny Rovero
(860) 774-3792

Toll-free 1-800-842-8267

