

Resources for Parents and Children

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

GENERAL RESOURCE LISTS

School Closures Kit

www.connecticutchildrens.org/coronavirus/school-closure-kit/

211 Resource List

uwc.211ct.org/covid19resources/#COVID-19

United Way COVID-19 Resource List

www.uwwesternct.org/covid19resources

Susan B. Anthony Resource List

shaproject.org/wp-content/uploads/2020/04/COVID-19-Resources-final.pdf

Greenwoods Counseling Crisis Resource List

greenwoodsreferrals.org/crisis-resources/

HOME SCHOOL SUCCESS

Children's book to help understand social distancing

www.youtube.com/watch?v=fdwaUCEbhBk

Resources for Children (entertainment/education) curated by CT.gov
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/

Go Noodle: *a fun resource to get kids moving.*
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

School Closures Kit

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/

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

Family and Children's Aid COVID-19 Response
www.fcaweb.org/news/covid-19/

CT Suicide Prevention & Mental Wellness Resources
Preventsuicidect.org

CT Clearing House Behavioral Health Resource List
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

Infant & Early Childhood Mental Health
www.kidsmentalhealthinfo.com/topics/infantearly-childhood-mental-health/

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

CMHA Child and Family Services – (860) 482-8561
cmhacc.org/en/

Greenwoods Counseling – (860) 567-4437
greenwoodsreferrals.org/

2-1-1 – *Dial 211
211ct.org

McCall Center Parenting Support Services Support Group
with Alyssa Gibbs, Parent Educator - Tuesdays 10am-11am
zoom.us/j/2727507094

McCall Center Parenting Support Services Support Group
with Karen Luks, Parent Educator - Thursdays 6pm-7pm
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

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

FINANCIAL RESOURCES

New Opportunities – (860) 482-9749
newoppinc.org

CCEH Emergency Assistance Programs
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

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

Xfinity Internet Service Assistance
www.xfinity.com/support/articles/open-xfinity-wifi-hotspots

Internet Essentials
www.internetessentials.com/covid19

Optimum Internet Service Assistance
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 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

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

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 and 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

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

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

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

McCall Prevention's SMART Recovery for Teens - Tuesdays and Thursdays 4:30-5:30pm

<https://us04web.zoom.us/j/5939803338>