

Caring  Community

# Winsted Community Resource Guide

Updated February 2020

If you have any additions or changes to this Guide, please call  
Jennifer Kelley at Winsted Senior Center, 860-379-4252 or [jkelly@townofwinchester.org](mailto:jkelly@townofwinchester.org)

**Please note if you are experiencing a medical emergency call 911**

**If you are experience an emergency of any other sort call 211**

## C4RC Resource Guide

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### CHILDREN/YOUTH SERVICES

<p><b>Town of Winchester Recreation</b> 338 Main Street Winsted, CT 06098 860-738-6964 winstedrec.com or townofwinchester.org</p>	<p>Youth and adult recreation activities and program year-round</p>	<p>Call for more information</p>
<p><b>Diaper Bank</b> Second Congregational Church 800 Main Street Winsted, CT 06098 860-379-4766</p>	<p>Infant and toddler diapers supplied in a limited quantity at no cost.</p>	<p>Hours: 1st &amp; 3rd W 5:00pm-6:30pm</p>
<p><b>CHAMPS</b> Bacheller School 201 Pratt Street Winsted, CT. 06098 860-379-5423 x5266</p>	<p>Academically enriching programs during out of school hours to help children achieve higher academic performance during the school day.</p>	<p>Call to register</p>
<p><b>HEAD START</b> Bacheller School 201 Pratt Street Winsted, CT 06098 860-626-3296</p>	<p>Services provided for children prenatal to age 5 including home visitation program for ages prenatal to 3 years &amp; center based program for ages 3-5 years.</p>	<p>Call for more information</p>
<p><b>Winchester Youth Service Bureau</b> 480 Main Street Winsted, CT 06098 860-379-0708 x111</p>	<p>Juvenile Review Board (JRB) and court diversionary reviews.</p>	<p>Call for more information</p>
<p><b>Winsted Area Child Care Center, Inc.</b> Early Childhood Education and Child Care 185 Prospect Street &amp; 1 Lake Street Winsted, CT 06098 860-379-0006, infant, toddler &amp; preschool 860-379-2779, school age</p>	<p>Provide the highest quality care for our smallest community members in a safe, nurturing and educational environment. Services for children ages 6 weeks to 12 years old. State licensed and NAEYC accredited. Sliding scale grant slots available for qualifying families.</p>	<p>Hours: M-F 6:30am-6:00pm year-round</p>
<p><b>Winsted Family Resource Center/Batchellor Early Education Center</b> 201 Pratt Street Winsted, CT 06098 860-379-5423 x5262</p>	<p>Parent education and support for Winsted families, family child care, free of charge, monthly preschool screenings, resources and referrals.</p>	<p>Call for more information</p>

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<p><b>Care 4 Kids</b> 1344 Silas Deane Hwy, Rocky Hill, CT 06067 (888) 214-5437 www.ctcare4kids.com/</p>	<p>Care 4 Kids is an agency that helps low to moderate income families in Connecticut pay for child costs</p>	<p>Hours: M, T, W, F 8am-5pm Th 8am-6pm</p>
<p><b>Connecticut WIC Nutrition Program for Women, Infants &amp; Children (WIC)</b> Torrington Area Health District 350 Main Street, Suite C, Torrington, CT 06790</p>	<p>Provides supplemental foods, health care referrals, nutrition education and breastfeeding promotion and support to low-income pregnant, breastfeeding and non-breastfeeding postpartum women and infants and children up to age five who are at nutritional risk.</p>	<p>Hours: M 8:30am-4:30pm T 9:00am-6:00pm W 8:30am-4:30pm Th 8:30am-4:30pm F 8:00am-12:00pm</p>
<p><b>Family Strides, Inc.</b> 350 Main Street Suite D Torrington, CT 06790 860-482-3236 www.familystrides.org</p>	<p>Community based program providing services to enhance opportunities for families to grow and develop through ongoing education and support</p>	<p>Call for hours</p>
<p><b>Brooker Memorial</b> 157 Litchfield Street, Torrington CT 06790 860-489-1328 www.brookermemorial.org</p>	<p>Provides services for children including pediatric dentistry, children’s therapy, and an early learning &amp; child care</p>	<p>Hours: M-F 6am- 6:30pm</p>
<p><b>EdAdvance</b> 355 Goshen Road Litchfield, CT 06759 (860) 567-0863 www.edadvance.org</p>	<p>Provides educational services for children</p>	<p>Call for hours</p>
<p><b>The Children’s Law Center of Connecticut</b> 30 Arbor Street Hartford, CT 06106 (860) 232-9993 www.clcct.org <b>Children Law Line</b> 860-232-9993</p>	<p>Provides legal services to children in family court cases. An easily accessible legal help line that can assist callers on issues involving children and family law in Connecticut.</p>	<p>Call for hours</p>

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### CHILDREN/YOUTH SUMMER CAMPS

<p><b>Town of Winchester Recreation</b>          338 Main Street          Winsted, CT 06098          860-738-6964          winstedrec.com or          townofwinchester.org</p>	<p>Youth camps</p>	<p>Summer M-F</p>
<p><b>Camp Rising Sun Charitable Foundation</b>          6 Prock Hill Road          Colebrook, CT 06021          (203) 481-7277          www.camprisingsun.com</p>	<p>Children age 5-17 years who are in treatment, in remission, or anywhere in between. No cost.</p>	<p>Summer M-F</p>
<p><b>The Salvation Army Camp CONNRI</b>          716 Main Street          Winsted, CT 06098          860-379-8444</p>	<p>Faith-based summer camp. Children age 8-12 years. Five day overnight camp. Located in Ashford, CT. Scholarships available. Transportation provided.</p>	<p>Summer M-F</p>
<p><b>Camp Jewell</b>          6 Prock Hill Road          PO Box 8          Colebrook, CT 06021          (860) 379-2782          camp.jewell@ghymca.org</p>	<p>Open to youth, ages of 7-16 years. Financial scholarships are available.</p>	<p>Summer M-F</p>
<p><b>Winchester Youth Service Bureau          Rising Stars Summer Camp</b>          480 Main Street          Winsted, CT 06098          860-379-0708 x111</p>	<p>Children age 6-14 years learn skills for building self- esteem and conflict resolution. Scholarships available. Transportation options.</p>	<p>Summer M-F</p>

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### CLOTHING and HOUSEHOLD

<p><b>Auxiliary Thrift Shop</b> 120 Willow Street Winsted, CT 06098 860-379-1997</p>	<p>Clothing and household items for sale.</p>	<p>Hours: M-F 10:00am-4:00pm S 9:30am-12:00pm</p>
<p><b>Valley Thrift Shop</b> 714 Main Street Winsted, CT 06098 860-739-2390</p>	<p>Clothing and household items for sale.</p>	<p>Hours: M-F 10:00am-4:00pm S 11:00am-2:00pm</p>
<p><b>Winsted United Methodist Church</b> 630 Main Street Winsted, CT 06098 860-738-6386</p>	<p>Used clothing bank.</p>	<p>Hours: Th, S 9:00am-12:00pm</p>
<p><b>Winchester Youth Service Bureau</b> 480 Main Street Winsted, CT 06098 860-379-0708 x111</p>	<p>Critical clothing needs for youth.</p>	<p>M-F 9am-9pm</p>
<p><b>Hands of Grace</b> St Paul's Lutheran Church 8 Wickett Street Pine Meadow New Hartford, CT 06061 860-738-0299</p>	<p>Food, clothing, household items at no charge, by appointment.</p>	<p>Hours: M, T, W 10:00am-4:00pm Th 9:00am-12:00pm</p>
<p><b>Josephs House</b> 116 Water Street Torrington CT 06790 <a href="http://www.josephshousetorrington.org">www.josephshousetorrington.org</a> Jim Wilson for pick-up and delivery 860-693-4607</p>	<p>Household items, furniture and clothing. Call and leave specific information as to what you need or wish to donate.</p>	<p>Hours: M-F 9:00am-5:00pm S 6pm-9pm</p>

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### CRISIS SERVICES

<b>Hungerford Emergency and Medical Care at the Winsted Health Center</b> 115 Spencer Street Winsted, CT, 06098 860-738-6650	Health care center, rehab and emergency department	Hours: 7 days a week 9:00am-9:00 pm
<b>Susan B Anthony</b> 179 Water St. Torrington CT 06790 860-489-3798	Domestic violence, crisis support, counseling and sheltering	Hours: M-F 8:30am-4:30pm
<b>National Suicide Prevention Lifeline</b> 860-273-8255 <b>Kids In Crisis 24-hour Helpline</b> Under 18 years, 203-661-1911	National suicide prevention network of 161 crisis centers that provide a 24/7, toll-free hotline for anyone in suicidal crisis or emotional distress.	Hours: 24/7
<b>Beacon Pharmacy</b> 294 Main Street Winsted, CT 06098 860-738-2506 www.beaconrx.com	Narcan available	Hours: M-F 9:00am-6pm S 9:00am-3pm

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### DISABILITY SERVICES

<p><b>Bureau of Rehabilitation Services (BRS)</b>                      55 Farmington Avenue                      Hartford, CT 06105-3730                      Toll-Free: 800-537-2549  <a href="http://www.ct.gov/brs">www.ct.gov/brs</a></p>	<p>Assists people with disabilities to prepare for, find or keep a job.</p>	<p>Hours:                      M-F 8:00am-4:00pm</p>
<p><b>Social Security Administration (SSA)</b>                      147 Litchfield Street                      Torrington, CT 06790                      1-877-405-0486 or                      TTY: 1-860-626-9568  <a href="http://www.ssa.gov">www.ssa.gov</a></p>	<p>Provides Social Security which is a social insurance program that includes retirement, disability or survivor's benefits.</p>	<p>Hours:                      M-F 9:00am-4:00pm</p>
<p><b>State of Connecticut Department of Developmental Services (DDS) Torrington Center</b>                      Alvord Park Road                      Torrington, CT 06790                      860-496-3000</p>	<p>The Department of Developmental Services is an agency that provides services to individuals who suffer from developmental disabilities and their families.</p>	<p>Hours:                      M-F 8:00am-4:00pm</p>
<p><b>The Arc of Litchfield County (LARC)</b>                      314 Main Street                      Torrington, CT 06098                      860-482-9364</p>	<p>Provides services for people with developmental disabilities including residential group homes and day support services</p>	<p>Hours:                      M-F 8:00am-4:00pm</p>
<p><b>Community Systems Inc. (CSI)</b>                      Community Systems, Inc.                      295 Alvord Park Road                      Torrington, CT 06790                      Phone: 860-482-2887  <a href="mailto:info@csi-ct.org">info@csi-ct.org</a></p>	<p>Provides services for individuals with disabilities. The Services including residential group homes and day support services</p>	<p>Hours:                      M-F 8:00am-4:00pm</p>



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### EDUCATION

<p><b>Northwestern CT Community College (NCCC)</b>  <b>Academic Success Center</b>          Park Place East,          Winsted, CT 06098          860-738-6300  <a href="http://www.nwcc.org">www.nwcc.org</a></p>	<p>Credit and non-credit education and training programs. Free tutoring, academic support and career counseling to NCCC students</p>	<p>Hours:          M-F 8:00am-4:00pm          Call for an appointment</p>
<p><b>Northwestern CT Community College (NCCC), Center for Workforce Development</b>          56 Park Place East          Winsted, CT 06098          860-738-6300  <a href="http://www.nwcc.org">www.nwcc.org</a></p>	<p>Education and training scholarships for SNAP recipients</p>	<p>Hours:          M-Th 8:00am-1:00pm          Call for an appointment</p>
<p><b>EdAdvance/          Foothills Adult Education          Northwestern Regional High School</b>          100 Battistoni Drive          Winsted, CT 06098          (860) 379-8525 ext.2630 or  <b>NCCC, Center for Workforce Development</b>          56 Park Place East          Winsted, CT 06098          860-567-0863</p>	<p>Earn your GED high school equivalency. Free classes. Call for more information about other high school completion options</p>	<p>Hours:          T &amp; Th 6-8pm          Open enrollment           T 1:00-3:00pm          W 1:30-3:30pm</p>
<p><b>EdAdvance/          Foothills Adult Education          Northwestern Regional High School</b>          100 Battistoni Drive          Winsted, CT 06098          (860) 379-8525 ext.2630 or  <b>NCCC, Center for Workforce Development</b>          56 Park Place East          Winsted, CT 06098          860-567-0863</p>	<p>Free English as a second language           Citizenship classes</p>	<p>Hours:          T &amp; Th 6:00-8:00pm          Open enrollment          Th 6:00-8:00pm           M 1:30-3:00pm</p>
<p><b>YMCA Literacy Volunteers for Adults</b>          Winsted YMCA          480 Main Street          Winsted, CT 06098          860-379-0708  <a href="mailto:literacy@nwcty.org">email literacy@nwcty.org</a></p>	<p>Free tutoring, one-on-one or small group and provide help to improve English and public speaking skills</p>	<p>Hours:          Call or email for an appointment</p>

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### ELDERLY SERVICES

<p><b>Winsted Senior Center</b> 80 Holabird Ave Winsted, CT 06098 860-379-4252 www.townofwinchester.org</p>	<p>Free fitness classes, services and programs for members age 55+ and daily lunch, reservation required, \$4 donation. Stop by and pick up a newsletter for more information</p>	<p>Hours: M-F 8:00am-4:00pm</p>
<p><b>Helping Hands Chore Services</b> 115 Spencer Street Winsted, CT 06098 860-379-4900 www.helpinghandschoreservice.org</p>	<p>Quality home care for persons age 60+. Assist with daily activities, grocery shopping, personal care, medical transportation, companionship, respite for family caregivers</p>	<p>Hours: M-F 9:00am-5:00pm</p>
<p><b>Foothills VNA &amp; Hospice</b> 32 Union Street Winsted CT, 06098 860-379-8561 www.foothillsvna.org</p>	<p>Home health, hospice and preventive care for all ages. Services include skilled nursing, physical, occupational, speech therapy, medical social work, home health aides</p>	<p>Hours: M-Su 8:00am-5:00pm</p>
<p><b>WCAAA Western Connecticut Area Agency on Aging</b> 84 Progress Lane Waterbury, CT 06705 203-757-5449 or 1-800-994-9422 www.wcaaa.org</p>	<p>Develops, manages and provides services for persons age 60+, caregivers and people with disabilities to maintain their independence and quality of life</p>	<p>Hours: M-F 8:00am-4:30pm</p>
<p><b>Protective Services for the Elderly (PSE)</b> 1-888-385-4225 Emergency after hours call 211</p>	<p>DSS program to keeps older adults safe from abuse and neglect</p>	<p>Hours: M-F 8:00am-4:00pm</p>
<p><b>Consumer Law Project for Elders</b> 85 Central Avenue Waterbury, CT 06702 1-800-296-1467 www.ctlawhelp.org</p>	<p>Legal assistance for older persons</p>	<p>Hours: M-F 8:00am-4:00pm</p>
<p><b>CT Home Care Program for Elders, CHCPE</b> Department of Social Services 55 Farmington Avenue Hartford, CT 06105 1-800-445-5394 www.portal.ct.gov/DSS</p>	<p>Income based program to provide home and community-based services for older adults who require assistance with activities</p>	<p>Hours: M-F 8:00am-4:30pm</p>

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### EMPLOYMENT ASSISTANCE

<p><b>Beardsley &amp; Memorial Library</b> Munro Place Winsted, CT 06098 860 379 6043 www.beardsleylibrary.org</p>	<p>Computer access and one-on-one help with job searches, resume writing, interviewing skills by appointment</p>	<p>Hours: T &amp; Th 10:00am-8:00pm W &amp; F 10:00am-6:00pm S 10:00am-2:00pm Call for an appointment</p>
<p><b>Goodwill Career Center</b> 1849 East Main Street Torrington, CT 06790 860-489-8670</p>	<p>One-on-one coaching, resume, interview, internet, email skills training, access on-line job openings</p>	<p>Hours: M-F 10:00am-2:00pm &amp; 2:30pm-6:00pm</p>
<p><b>CT Department of Labor</b> American Job Center 58 East Park Place Winsted, CT 06098 860-738-7688 www.ctdol.state.ct.us</p>	<p>CT Works and Job Center offices provide assistance to individuals seeking employment and to employers seeking workers</p>	<p>Hours: Th 8:30am-4:40pm Call for an appointment</p>
<p><b>Northwestern CT Community College (NCCC)</b> Greenwoods Hall 4 Park Place East 2nd Floor Bulletin Board www.nwcc.org</p>	<p>Posting of job opportunities in the area</p>	<p>Hours: M-F 8:00am-4:00pm</p>
<p><b>Prime Time House</b> 836 Main Street Torrington CT 06790 860-618-2479 www.primetimehouse.org/career-services</p>	<p>Supports people with mental illness to find integrated and competitive employment</p>	<p>Hours: M, T, Th, F 8:30am-4:30pm W 8:30am- 7:00pm</p>
<p><b>Bureau of Rehabilitation Services (BRS)</b> 55 Farmington Avenue Hartford, CT 06105-3730 800-537-2549 www.ct.gov/brs</p>	<p>Assists people with disabilities to prepare for, find or keep a job</p>	<p>Hours: M-F 8:00am-4:00pm</p>
<p><b>Senior Employment Program (Title V)</b> <b>A4TD - Associates for Training &amp; Development</b> 59 Field Street Torrington, CT 203-833-1422 www.a4td.org</p>	<p>Employment and training opportunities to assist older adults who wish to remain in the work force</p>	<p>Hours: M-F, call for an appointment</p>

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### FOOD AND NUTRITION

<p><b>The Salvation Army Food Pantry</b> 716 Main Street Winsted, CT 06098 860-379-8444 <a href="http://ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter">ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter</a></p>	<p>Food pantry and help applying for Supplemental Nutrition Assistance Program (SNAP)</p>	<p>Hours: T 2:00pm-6:00pm W 2:00pm-5:00pm F 10:00am-12:00pm</p>
<p><b>Open Door Soup Kitchen</b> St. James Place (parish house rear entrance) 160 Main Street Winsted, CT 06098 860-738-2449</p>	<p>Hot meals and warming center, food and personal care items and help applying for Supplemental Nutrition Assistance Program (SNAP)</p>	<p>Hours: M-F 9:00am-12:30pm &amp; 2nd, 3rd &amp; 4th S 9:00am-12:30pm</p>
<p><b>CT Mobile Food Pantry Winsted</b> NCCC Holabird Avenue/North Main Street college parking lot. <b>Torrington</b> First Congregational Church 835 Riverside Avenue</p>	<p>Distribution of perishable food items that may include dairy, fruit, vegetables. Bring your own bags</p>	<p><b>Winsted</b> 3rd Th each month 12:00pm  <b>Torrington</b> 2nd T each month 9:30am</p>
<p><b>Winsted United Methodist Church</b> 630 Main Street Winsted, CT 06098 860-379-6386</p>	<p>Patrons may come once a week to the food pantry. Thrift Shop.</p>	<p>Hours: Th &amp; S 9:00am-12:00pm</p>
<p><b>Supplemental Nutrition Assistance Program (SNAP)</b> Dept. of Social Services 62 Commercial Boulevard Torrington, CT 06790 1-855-6-CONNECT <a href="http://www.snap4ct.org/torrington-dss-office.html">www.snap4ct.org/torrington-dss-office.html</a></p>	<p>SNAP Benefits provides a monthly supplement for purchasing nutritious foods for individuals and families</p>	<p>Hours: M-F 8:00am-4:00pm</p>
<p><b>Meals on Wheels</b> 860-482-4151</p>	<p>Meal delivery for home bound adults 60+. Doctor confirmation required</p>	<p>Hours: M-F 8:00am-4:00pm</p>
<p><b>Winsted Senior Center</b> 80 Holabird Avenue Winsted, CT 06098 860-379-4252 <a href="http://www.townofwinchester.org">www.townofwinchester.org</a></p>	<p>Daily lunch, reservation required, \$4 donation</p>	<p>Hours: M-F 8:00am-4:00pm</p>

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<p><b>End Hunger CT</b>  <b>Gaylord - Tiffany Building</b>          75 Rowley Street  <b>Litchfield Heights</b>          15 Mountain View Terrace          Call 2 1 1  <a href="http://www.endhungerct.org/summer-meals">www.endhungerct.org/summer-meals</a></p>	<p>Neighborhood summer free meal program for children to age 18, July &amp; August</p>	<p>Hours:          M-F 11:00am-noon           M-F noon-1:00pm</p>
<p><b>NCCC Food for Thought (Student Pantry)</b>          Founders Annex Room 317          Park Place East          Winsted, CT 06098          860-738-6300</p>	<p>Founded and operated by NCCC's chapter of Phi Theta Kappa. A student ID or current class schedule with photo ID is required</p>	<p>Hours:          Call for hours</p>

## FUEL/ENERGY ASSISTANCE

<p><b>New Opportunities, Inc.</b>          Co-located with          The Salvation Army          716 Main Street          Winsted, CT 06098          860-738-9138  <a href="http://ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter">ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter</a></p>	<p>Application help for energy assistance and weatherization programs which eligibility depends on certain income and other requirements</p>	<p>Hours:          M-F 8:30am-4:30pm          Evening hours TBD</p>
<p><b>The Salvation Army</b>          716 Main Street          Winsted, CT 06098          860-379-8444  <a href="http://ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter">ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter</a></p>	<p>Energy and utility assistance</p>	<p>Hours:          M-F 8:30am-4:30pm</p>

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### HOUSING - ELDERLY, DISABLED VETERANS & SHELTERS

<b>Chestnut Grove Apartments</b> 80 Chestnut Street Winsted, CT 06098 860-379-4573	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
<b>Greenwoods Gardens Apartments</b> Gay Street Winsted, CT 06098 860-379-1752	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
<b>Laurel Commons Apartments</b> 75-81 Gay Street Winsted, CT 06098 860-379-7001	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
<b>Carriage Maker Place Apartments</b> 19 Gay Street Winsted, CT 06098 860-379-7001	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
<b>Susan M.B. Perry Apartments</b> 117 Spencer Street Winsted, CT 06098 860-738-1115	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
<b>The Glen Apartments</b> 130 Willow Street Winsted, CT 06098 860-529-1111	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
<b>McCall's Center for Behavioral Health</b> 231 N Main Street Winsted CT, 06098 860-485-8605	Transitional housing for homeless veterans or risk of homelessness	Hours: By appointment
<b>Winsted YMCA</b> 480 Main Street Winsted, CT 06098 Call 2.1.1	Homeless shelter and warming center	Access Shelter by calling 2-1-1
<b>Torrington FISH</b> 332 South Main Street Torrington, CT 06790 860-496-1648 Call 2 1 1	Homeless shelter	Access Shelter by calling 2-1-1
<b>The Gathering Place</b> 21 Prospect Street Torrington, CT 06790 860-618-3455	Services for the homeless: Showers & laundry facilities	Hours: M-F 9:00am-4:00pm

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### MEDICAL, HEALTH CARE and HOME CARE

<p><b>Alzheimer’s Association</b>          115 Spencer Street          Winsted, CT 06098          860-308-3458  <a href="http://www.alz.org/ct">www.alz.org/ct</a></p>	<p>Resource for caregivers of people with Alzheimer’s and dementia including support groups</p>	<p>Hours:          M-F 8:00am-4:00pm</p>
<p><b>Community Health &amp; Wellness Center (CHWC)</b>          10 Center Street          Winsted, CT 06098          860-238-4211  <a href="http://www.chwctorr.org">www.chwctorr.org</a></p>	<p>Non-emergency medical, dental, behavioral health, case management and HIV testing services. Accepts HUSKY and other insurances. Financial assistance and Spanish speaking available</p>	<p>Hours:          By appointment          M-F 8:00am-5:00pm</p>
<p><b>Community Health &amp; Wellness Center (CHWC)          Open Door Soup Kitchen</b>          160 Main Street          Winsted, CT 06098          860-238-4211  <a href="http://www.chwctorr.org">www.chwctorr.org</a></p>	<p>Case management and HIV testing</p>	<p>Hours:          W 10:00am-12:30pm</p>
<p><b>Foothills VNA &amp; Hospice</b>          32 Union Street          Winsted CT, 06098          860-379-8561  <a href="http://www.foothillsvna.org">www.foothillsvna.org</a></p>	<p>Home health, hospice and preventive care for all ages. Services include skilled nursing, physical, occupational, speech therapy, medical social work, home health aides</p>	<p>Hours:          M-Su 8:00am-5:00pm</p>
<p><b>Helping Hands Chore Services</b>          115 Spencer Street          Winsted, CT 06098          860-379-4900  <a href="http://www.helpinghandschoreservice.org">www.helpinghandschoreservice.org</a></p>	<p>Affordable home care for persons age 60+. Housekeeping, grocery shopping, meal prep, personal care, fall prevention, medical transportation, companionship, respite for family caregivers.</p>	<p>Hours:          M-F 9:00am-5:00pm</p>
<p><b>CHH Hartford Health Care          Emergency &amp; Medical Care</b>          115 Spencer Street          Winsted CT 06098          860-738-6650</p>	<p>Urgent and emergency medical care</p>	<p>Hours:          7 days/week          9:00am-9:00pm</p>
<p><b>Veterans Primary Care Clinic</b>          115 Spencer Street          Winsted CT 06098          860-738-6985  <a href="http://www.connecticut.va.gov/locations/Winsted_Outpatient_Clinic.asp">www.connecticut.va.gov/locations/Winsted_Outpatient_Clinic.asp</a></p>	<p>Immediate and chronic health care, preventive medical care, physical exams, diagnostic laboratory testing, general X-rays, limited immediate pharmacy</p>	<p>Hours:          by appointment          For Veterans only</p>
<p><b>The Salvation Army</b>          716 Main Street          Winsted, CT 06098          860-379-8444</p>	<p>Prescription assistance, restrictions apply so call for information</p>	<p>Hours:          M-F 8:30am-4:30pm</p>

## C4RC Resource Guide

### MEDICAL EQUIPMENT GENTLY USED

<b>Foothills VNA</b> 32 Union Street Winsted, CT 06098 860-738-7479	Used equipment available and will take donations of smaller items	Call for an appointment
<b>Winsted Knights of Columbus</b> 122 Marshall Street Winsted, CT 06098 860-379-6956	Used equipment available and will take donations. Will pick up large items	Call for an appointment
<b>Winsted VFW</b> 114 Colebrook River Road Winsted, CT 06098 860-379-3489	Used equipment available and will take donations. Will pick up large items	Call for an appointment

### MENTAL & BEHAVIORAL HEALTH/ SUBSTANCE ABUSE

<b>Hotline</b> Call 2 1 1 <a href="http://www.ct.gov/dmhas">www.ct.gov/dmhas</a>	Children and adults, includes substance abuse crises and referrals	Call 2-1-1
<b>Community Health &amp; Wellness Center (CHWC)</b> 10 Center Street Winsted, CT 06098 860-238-4211 <a href="http://www.chwctorr.org">www.chwctorr.org</a>	Behavioral health and case management services. Accepts HUSKY and other insurances. Financial assistance and Spanish speaking available	Hours: By appointment M-F 8:00am-5:00pm
<b>McCall Center for Behavioral Health</b> 231 N Main St Winsted CT, 06098 860-485-8605 <a href="http://www.mccallcenterct.org">www.mccallcenterct.org</a>	Outpatient behavioral health services	Hours: M-Th. 8am-9pm F 8am-5pm
<b>Winchester Youth Service Bureau</b> 480 Main Street Winsted, CT 06098 860-379-0708 x111	Free youth & family short-term behavioral health counseling and case management. Therapeutic in school program for at risk youths.	Call for an appointment. Requires school referral.

continued



## C4RC Resource Guide

### MENTAL & BEHAVIORAL HEALTH/SUBSTANCE ABUSE continued

<p><b>Western CT Mental Health Network Torrington Area</b>                  249 Winsted Road                  Torrington, CT 06790                  Office &amp; Hotline                  860-496-3700  <a href="http://www.CT.gov/dmhas">www.CT.gov/dmhas</a></p>	<p>Assessment and support for individual's services for potential crisis situations</p>	<p>Hours:                  Office M-F 8:00am-4:30pm                  Hotline 24/7</p>
<p><b>Community Health Center, Inc</b>                  School Based Health Center                  Batcheller Elementary School                  Pearson Middle School                  Gibert High School                  860-253-9024                  Melissa Thibealt</p>	<p>Counseling services available by appointment</p>	<p>Hours:                  During regular school hours</p>
<p><b>Prime Time House</b>                  836 Main Street                  Torrington, CT                  860-618-2479  <a href="http://www.primetimehouse.org">www.primetimehouse.org</a></p>	<p>Provides opportunities for adults living with mental illness to lead productive, independent, and fulfilling lives</p>	<p>Hours:                  M-F 8:30am to 4:30pm</p>
<p><b>CHH Hartford Healthcare</b>                  54 Litchfield Street                  Torrington                  860 459-9726  <a href="http://hartfordhealthcare.org">hartfordhealthcare.org</a></p>	<p>Intensive outpatient program                  Substance abuse treatment and counseling to connect those seeking treatment</p>	<p>Hours:                  24/7</p>
<p><b>NW CT Abuse and Mental Health Resource Guide</b>  <a href="http://www.authenticrecovery.org/resources">www.authenticrecovery.org/resources</a></p>	<p>Guide is updated monthly online</p>	
<p><b>Substance Abuse Walk-in Assessment Center</b>                  Watkins Network                  21 Prospect St                  Torrington, CT 06790                  860-482-7242                  1-800-563-4086  <a href="http://cnvhelp.org/watkins-network">cnvhelp.org/watkins-network</a></p>	<p>Outpatient drug and alcohol programs features Intensive Outpatient groups, gender-specific substance abuse groups also psychiatric evaluations and medication assisted treatments including Suboxone, Vivitrol and Naltrexone</p>	<p>Hours:                  M, W, Th 1:00-9:00pm                  T 11:00am-7:00pm                  F 9:00am-5:00pm</p>
<p><b>Opioid Crisis Line</b>                  1-800-563-4086</p>	<p>Also provides transportation to treatment within state</p>	

continued

## C4RC Resource Guide

### MENTAL & BEHAVIORAL HEALTH/SUBSTANCE ABUSE continued

<p><b>Narcotics Anonymous Second Congregational Church (NA)</b> 800 Main Street Winsted, CT 06098 <b>Winchester Center Congregational Church</b> 1 West Road Winchester Center, CT 06098 <a href="http://ctna.org/find-a-meeting">ctna.org/find-a-meeting</a></p>	<p>Facilitated support group</p>	<p>Meetings: <b>Second Congregational Church</b> F 7:00 <b>Winchester Center Congregational Church</b> T 7:00</p>
<p><b>Alcoholics Anonymous United Methodist Church (AA)</b> 630 Main St. Winsted, CT 06098 <b>Winchester Center Congregational Church</b> 1 West Road Winchester Center, CT 06098</p>	<p>Facilitated support group</p>	<p>Meetings: <b>United Methodist Church</b> M 7:00pm T, Th 8:00pm W 7pm (Woman's) S 8:00pm Su 7pm <b>Winchester Center Congregational Church</b> F 7:00pm</p>
<p><b>Al Anon Family Groups First Church of Winsted</b> 95 North Main Street Winsted, CT 06098</p>	<p>Facilitated support group if someone else's drinking is troubling</p>	<p>Meetings: W 7:30pm</p>

## PET SERVICES

<p><b>"For the Love of Jack"</b> 860-689-3632</p>	<p>Animal and pet supplies for low income pet owners.</p>	<p>Call for information</p>
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## C4RC Resource Guide

### SOCIAL MEDIA

Town of Winchester <a href="http://townofwinchester.org/">townofwinchester.org/</a>	The Town of Winchester/City of Winsted is nestled in the mountains of Litchfield County and is noted as the Gateway to the Berkshire Mountains. Winchester, with 32 square miles and a population of 11,500, claims a wonderful quality of life with beautiful lakes, fishing, boating, fresh water springs and more	<a href="https://facebook.com/WinchesterConnecticut/">facebook.com/WinchesterConnecticut/</a>
Neighbors Helping Neighbors	Winsted residents dedicated to helping neighbors through community projects and outreach	<a href="https://facebook.com/groups/1671972889754787/">facebook.com/groups/1671972889754787/</a>
Winsted Recreation <a href="http://winstedct.myrec.com">winstedct.myrec.com</a>	Youth and adult recreation activities and program year-round	<a href="https://facebook.com/winstedrecreation">facebook.com/winstedrecreation</a>
Friends of Main Street <a href="http://www.fomswinsted.org">www.fomswinsted.org</a>	Organization dedicated to supporting the historic preservation, beautification, and economic growth of Winsted	<a href="https://facebook.com/FOMS Winsted/">facebook.com/FOMS Winsted/</a>
Fit Together NWCT <a href="http://www.how2fitkids.org">www.how2fitkids.org</a>	Mission is to build the healthiest kids, families, and communities through sustainable strategies that foster healthy eating and active living.	<a href="https://facebook.com/how2fitkids">facebook.com/how2fitkids</a>

## C4RC Resource Guide

### STATE PROGRAMS (MEDICARE, MEDICAID, HUSKY, SNAP, etc.)

<p><b>2 1 1 Helpline</b>  <a href="https://www.211ct.org/">https://www.211ct.org/</a></p>	<p>2-1-1 provides information and referral services about basic needs (food, clothing, and shelter)</p>	<p>Call 2-1-1</p>
<p><b>CT Department of Social Security</b>            1-800-772-1213  <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a></p>	<p>For any questions regarding Social Security and to request Letter of Benefits</p>	<p>Call information</p>
<p><b>CT Department of Social Services (DSS)</b>            1-855-626-6632  <a href="http://www.connect.ct.gov">www.connect.ct.gov</a>  <b>EBT Helpdesk</b>            1-888-328-2666</p>	<p>Benefits information</p>	<p>Call information</p>
<p><b>Access Health CT</b>            1-855-805-4325</p>	<p>Health Insurance Marketplace for Connecticut. Access Health allows individuals to get buy health insurance at subsidized rates</p>	<p>Call information</p>
<p><b>Choices Program (WCAAA)</b>            1 800 994-9422</p>	<p>Assist everyone with Medicare, to understand their Medicare coverage and healthcare options</p>	<p>Hours:            M-F 8:00am-4:00pm</p>
<p><b>Medicare</b>            1-855-268-0403  <a href="http://www.medicare.gov">www.medicare.gov</a></p>	<p>National health insurance program that covers individuals who are 65 or older, or young people with disabilities</p>	<p>Call information</p>
<p><b>Supplemental Nutrition Assistance Program (SNAP)</b>            Dept. of Social Services            62 Commercial Boulevard            Torrington, CT 06790            1-855-6-CONNECT  <a href="http://www.snap4ct.org/torrington-dss-office.html">www.snap4ct.org/torrington-dss-office.html</a></p>	<p>SNAP Benefits provides a monthly supplement for purchasing nutritious foods for individuals and families</p>	<p>Hours:            M-F 8:00am-4:00pm</p>
<p><b>Connecticut Legal Services, Inc.</b>            85 Central Ave            Waterbury, CT 06702            1-800-453-3320  <a href="http://CTLawhelp.org">CTLawhelp.org</a></p>	<p>To talk with someone about a problem or think you may need the services of an attorney</p>	<p>Call information</p>

## C4RC Resource Guide

### TRANSPORTATION

<p><b>Dial-A-Ride Bus</b>          NW CT Transit District  <a href="http://www.nwcttransit.com">www.nwcttransit.com</a>          860-489-2535          1-866-906-7433</p>	<p>Curb to curb transportation to Torrington          One-way fare: adults: \$1.25, students \$.90, Disabled \$.65          Children under 5 - Free          Out of town medical M-T-Th 9:00am-3:00pm</p>	<p>Hours:          M-F 9:00am-3:00pm          S 9:00am-noon          Evening and Sundays, TBD          Must call 24 hours in advance for reservation</p>
<p><b>Winsted Senior Center Van</b>          80 Holabird Avenue          Winsted, CT 06098          860-379-4252</p>	<p>Curb to curb transportation within Winsted/Winchester for residents age 55+ &amp; people with disabilities. Suggested donation \$1. Caregiver rides free with a passenger with a disability</p>	<p>Hours:          M-F, 8:45am-2:30pm          Must call 24 hours in advance for reservation</p>
<p><b>Candystriper Bus</b>          203-753-2538, Ext.1          All vehicles are wheelchair accessible</p>	<p>Local fixed bus route available for trips in Torrington, Winsted and Litchfield. Bus will travel up to ¾ mile off its route if there is a barrier, upon request 24 hours in advance</p>	<p>Hours:          M-F, 7:30am-5:00pm          See bus routes and schedules at <a href="http://www.nwcttransit.com">www.nwcttransit.com</a></p>
<p><b>NW Regional Mobility Manager and Ombudsman</b>          The Kennedy Center, Inc.          April Chaplin          475-298-3103  <a href="mailto:achaplin@kennedyctr.org">achaplin@kennedyctr.org</a></p>	<p>Provides information about public transportation options available in the NW Corner</p>	<p>Call or email</p>
<p><b>RITS Program (Rural Independent Transportation Program)</b>          Northwest Transit District          860-489-2535</p>	<p>Non-emergency medical trips for older adults and people with disabilities who are residents of the northwest hills to destination outside of the region. Donations are welcome</p>	<p>Call to schedule ride as soon as you make your appointment, limited availability</p>
<p><b>The Salvation Army</b>          716 Main Street          Winsted, CT 06098          860-379-8444</p>	<p>Assistance with gasoline and automotive repairs. Must present current DL, registration and insurance</p>	<p>Hours:          M-F 8:30am-4:30pm          Evening hours TBD</p>
<p><b>Transportation Reaching Every Direction (TRED)</b>          364 Main Street          Unit 6          Torrington, CT 06790          860-482-1852</p>	<p>Transportation for individuals with a mental health diagnosis or addiction.</p>	<p>Call for appointment. Must call 24 hours in advance</p>

## C4RC Resource Guide

### VETERANS SERVICES

<p><b>Veterans Primary Care Clinic</b>          115 Spencer Street          Winsted CT 06098          860-738-6985  <a href="http://www.connecticut.va.gov/locations/Winsted_Outpatient_Clinic.asp">www.connecticut.va.gov/locations/Winsted_Outpatient_Clinic.asp</a></p>	<p>Immediate and chronic health care, preventive medical care, physical exams, diagnostic laboratory testing, general X-rays, limited immediate pharmacy</p>	<p>Hours:          by appointment          For Veterans only</p>
<p><b>McCall's Center for Behavioral Health</b>          231 N Main St          Winsted CT, 06098          860-485-8605</p>	<p>Transitional housing for homeless veterans or risk of homelessness</p>	<p>Hours:          By appointment</p>
<p><b>Veteran's Services Town of Winchester</b>          Art Melcher          860-307-5103</p>	<p>Resource to assist veterans. <a href="http://www.ebenefits.va.gov">www.ebenefits.va.gov</a> and register to obtain DD214 form</p>	
<p><b>Veterans Coffee Talk</b>          Winsted Health Center          Conference Room          115 Spencer Street, lower level          Winsted, CT 06098          860-379-4252</p>	<p>Veteran's liaison leads a discussion about updates, benefits, military culture and events. Open for veterans and spouses</p>	<p>2<sup>nd</sup> W of month, 8:30am</p>
<p><b>VA Crisis Line</b>          1-800-273-8255, Ext.1</p>	<p>Prevention and crisis services for veterans</p>	
<p><b>VA Benefits</b>          1-800-827-1000</p>	<p>The Veterans Benefits Administration is an agency of the US Department of Veterans Affairs that provides services for Veterans</p>	
<p><b>Health Care</b>          1-877-222-8387</p> <p><b>Choice Program</b>          1-866-606-8198</p>	<p><a href="http://www.va.gov/healthbenefits">www.va.gov/healthbenefits</a></p> <p><a href="http://www.va.gov/opa/choiceact">www.va.gov/opa/choiceact</a></p>	
<p><b>Department of Labor Veteran Representative</b>          Torrington, CT          203-437-3297</p>		

## C4RC Resource Guide

### WARMING CENTERS

<p><b>Winsted YMCA</b> 480 Main Street Winsted, CT 06098 860-379-0708 860-379-0708</p>	<p>Homeless shelter and warming center</p>	<p>Call 2-1-1</p>
<p><b>Open Door Soup Kitchen</b> 160 Main Street Winsted, CT, 06098 860-738-2449</p>	<p>Warming center</p>	<p>Hours: Call for hours</p>
<p><b>Winsted Town Hall</b> 338 Main Street Winsted, CT 06098 860-738-6963</p>	<p>Warming center</p>	<p>Hours: Call for hours</p>
<p><b>Winsted Senior Center</b> 80 Holabird Avenue Winsted, CT 06098 860-379-4252</p>	<p>Warming center</p>	<p>Hours: Call for hours</p>
<p><b>Beardsley &amp; Memorial Library</b> Munro Place Winsted, CT 06098 860-379-6043</p>	<p>Warming center</p>	<p>Normal Business Hours T &amp; Th. 10:00am-8:00pm W &amp; F 10:00am-6:00pm S 10:00am-2:00pm Additional hours as TBD</p>
<p><b>Winchester Center Fire Department</b> 10 Newfield Road Winchester Center, CT 06094 860- 379-1750</p>	<p>Warming center</p>	<p>Hours: Call for hours</p>
<p><b>Hungerford Emergency and Medical Care Facility Winsted Health Center</b> 115 Spencer Street Winsted, CT 06098</p>	<p>Warming center</p>	<p>Hours: M-Su. 9:00 am- 9:00pm</p>