

SUMMER 2022: RESOURCES FOR FAMILIES

The long anticipated summer vacation has finally arrived! We know that while summer vacation has always been celebrated as a time of fun and relaxation, there may be some situations that come about that can be less than ideal. Without school staff members to reach out to as a resource, accessing the resources within the community can be our next option. Listed below are some agencies that can offer assistance to any family.

Town/Community Resources:

- Lebanon Town Social Worker, Shelly Ashcom
 - o Energy appointments starting second week of summer.
 - o **Back-to-School** forms for existing clients need to be into Shelly by August 9th. New families can be added at the beginning of the school year. Reach out to your school social worker on August 25th for more information (LMHS- Sabena Escott, LES/LMS- Amanda Mansfield)
 - o Food Pantry will be open by appointment -Call Shelly for information.
- Sandy Tremblay-Rec Director for any camps/swim lessons/town pool passes
 - o (860) 642-4085
- Jonathan Trumbull Public Library
 - o (860) 642-7763. There are some wonderful programs!
mgaier@lebanonctlibrary.org
- Lebanon Children's Clothing Wardrobe-(kids and maternity clothes)
 - o Rosemarie Bessette by appointment only email; lebanonccw@gmail.com
- Resident State Trooper
 - o (860) 642-7730 rolls over to Troop K Colchester, CT
- Access Health CT:
 - o For any changes to Husky health insurance or to purchase private insurance
 - o Call: 1-855-805-4325

- DSS/SNAP
 - Questions: 1-855-626-6632
- Animal Control/Regional Animal Services-NECCOG
 - (860)-774-1253
- TVCCA:
 - TVCCA is a private, non-profit Community Action Agency, incorporated in 1965. We are well recognized as a community leader – and partner – in advocating for and meeting the needs of the region’s economically and otherwise disadvantaged citizens.
 - Many programs to assist with food, housing, family supports, etc. **Begins mid-August**, call to make an appointment.
 - Norwich (860) 889-1365, New London (860) 444-0006
- Operation Fuel:
 - provides emergency energy and utility assistance to households in Connecticut that are facing a financial crisis.
 - operationfuel.org
- Income Based Assistance Program:
 - Eversource.com/BillHelp or call 800-286-2828.
- Mobile Foodshare:
 - Mobile Foodshare is our pantry-on-wheels that brings fresh produce and other food to our neighbors throughout the region.
 - Foodshare.org

Mental Health:

- 211: 2-1-1 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone. You can connect with 211 by:
 - Visiting 211ct.org
 - Dialing 2-1-1 connects you to a trained contact specialist 24/7
 - Relay services can be accessed by calling 7-1-1. Anyone who is out-of-state or using Relay can connect to Connecticut 2-1-1 toll free by dialing 1-800-203-1234.
 - Chat: Available Tuesday-Friday, 8-2. Link located on top right of website.
 - Text for resources: CTWARM, CTFOOD, CTRECOVERY to 8898211

- National Suicide Prevention Lifeline:
 - o The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.
 - o Call, text: 1-800-273-8255 or dial 988 (after July 16th, 2022)
 - o Visit, chat: <https://suicidepreventionlifeline.org/>

Wellness Services (mental health & physical health):

- United Children and Family Services (UCFS)
 - o Norwich: (860) 892-7042
 - o Colchester: (860) 537-7676
- Community Health Resources (CHR)
 - o Willimantic: (860) 456-7200

Healthy Relationship Supports:

National Domestic Violence Hotline: Call/text: 1-800-799-7233

- o Visit: <https://ncadv.org/>

Teen Dating Abuse Helpline: 1-866-331-9474

National Sexual Assault Hotline: 1-800-656-4673

Trevor Lifeline (for LGBTQ+ youth): 1-866-488-7386

National Runaway Safeline: 1-800-786-2929

National Hotline for Crime Victims: 1-855-484-2846

National Street Harassment Hotline: 1-855-897-5910

Parent Tools/Resources

- Department of Children and Families (DCF)
 - o Reporting Abuse or Neglect: 1-800-842-2288
 - o Other assistance:
<https://portal.ct.gov/DCF/Families/Information-that-Families-Will-Find-Useful>
- This summer, Connecticut children and youth have access to hundreds of summer programs, camps, childcare centers, and other opportunities for learning and fun. There's something for everyone! This site gives families information about various summer enrichment programs, supported by federal COVID-19 relief dollars, in Connecticut that are offered through

municipalities; school districts; and community partners such as non-profits, childcare centers, private and independent schools, and faith-based organizations.

- Summerct.org
- KidsHealth: Tools for families when it comes to physical, emotional and behavioral topics
kidshealth.org
- Talk It Out Line: Being a Parent isn't always easy! This 24hour Helpline allows you access to emotional support and empowerment from trained staff. Resources for child care, education, food, income, housing, domestic violence, substance abuse and mental health.
 - 1-833-258-5011
 - talkitoutct.com
- Internet Safety Concepts: Tools to help your child make safe choices on the Internet and on social media.
 - Internetsafetyconcepts.com

Have a wonderful summer and please don't hesitate to reach out to us in the fall!

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