

## TPS Counseling & Community Resource List

<u>Thomaston Public Schools</u>		
<b>Superintendent</b>  Francine Coss	<b>Director of Pupil Services</b>  Andrea Peters	<b>Director of Curriculum &amp; Instruction</b>  Jennifer Preuss
<b>Black Rock School</b> 57 Branch Rd. Thomaston, CT 06787 (860) 283-3040  <b>Principal</b>  Jonathan Kozlak	<b>Thomaston Center School</b> 1 Thomas Ave. Thomaston, CT 06787 (860) 283-3036  <b>Principal</b>  Kristin Bernier	<b>Thomaston High School</b> 185 Branch Rd. Thomaston, CT 06787 (860) 283-3030  <b>Principal</b> Cristina Kingsbury  <b>Assistant Principal</b> David Vecca

TPS District School Counseling Department		
<b>Black Rock School</b> Grades: PreK-3	<b>Thomaston Center School</b> Grades: 4-6	<b>Thomaston High School</b> Grades: 7-12
Shana Marques, MSW, LCSW School Social Worker <a href="mailto:smarques@thomastonschools.org">smarques@thomastonschools.org</a> (860) 283-3040 x 21197  Rachel Pelletier, MS School Counselor <a href="mailto:rpelletier@thomastonschools.org">rpelletier@thomastonschools.org</a> (860) 283-3040 x 21186	Michael Diaz, MSW, LMSW School Social Worker <a href="mailto:mdiaz@thomastonschools.org">mdiaz@thomastonschools.org</a> (860) 283-3036 x 22123  Jaimee Hustek, LPC School Counselor <a href="mailto:jhustek@thomastonschools.org">jhustek@thomastonschools.org</a> (860) 283-3036 x 12312	Christine Golino, MSW School Social Worker <a href="mailto:cgolino@thomastonschools.org">cgolino@thomastonschools.org</a> (860) 283-3030 x 14316  Steve Malo, MSCE School Counselor Last Names: A-K <a href="mailto:smalo@thomastonschools.org">smalo@thomastonschools.org</a> (860) 283-3030 x 14313  Breanna Riollano, MA, LPC-NCC School Counselor Last Names: L-Z <a href="mailto:briollano@thomastonschools.org">briollano@thomastonschools.org</a> (860) 283-3030 x 14315

### Things to Note:

- This sheet is not a referral. This sheet is solely to provide parents with various options for a number of services that are available for children and adults.
- This sheet is periodically updated when additional providers and services come to the District's School Counseling Department.
- Please check with your insurance carrier to make sure the counseling or service agency you choose is included in their network of services.

### Emergency & Urgent Care:

- ★ Emergency Assistance  
P: 911 IMMEDIATELY
- ★ Thomaston Police Non-Emergency/Information Line  
P: (860) 283-4343
- ★ CT 211 Infoline - Connecticut's First Call for Help - 24 Hours a Day -  
P: 211
  - Information, Resources, Crisis Information, Includes Emergency Mobile Psychiatric Services (EMPS)
- ★ Susan B Anthony 24-hour Crisis Hotline for Domestic Violence  
P: (860) 482-7133
- ★ Safe Haven of Greater Waterbury  
P: (203) 575-0388  
Services: Domestic Violence/Sexual Assault
- ★ Suicide and Crisis Lifeline  
P: 988
- ★ Urgent Crisis Center (UCC) - Wellmore Behavioral Health  
P: (203) 580-4298

### Nearby Hospitals

### In-School Programs

## Thomaston's School-Based Wellness Centers through CJR

- ★ Please contact your child's School Social Worker or School Counselor for more information. Limited spaces are available at each school and change throughout the school year.

### Basic Needs Programming

- ★ Thomaston Social Services Office

P: (860) 283-0756

- Thomaston Crisis Fund, New Beginnings school clothing program; seasonal donation programs; Christmas program; Rotary Fuel Fund; Salvation Army assistance
- Renter's Rebate Program  
P: (860) 283-0305
- Energy Assistance Program  
Contact: Joan Neumann  
P: (860) 283-2282

- ★ Thomaston Food Pantry

P: (860) 880-2426

E: [ThomastonCommunityPantry@gmail.com](mailto:ThomastonCommunityPantry@gmail.com)

- ★ Connecticut Partnership for Children, Inc.

P: (203) 819-5281

W: [www.ctpfc.org](http://www.ctpfc.org)

### Agency & Private Practice Outpatient Counseling/Marriage & Family Therapy Services

- ★ Tides of Mind Counseling

P: 860-819-0789

Locations:

- 344 Watertown Rd, Thomaston, CT 06787
- 900 Straits Turnpike Suite 203A, Middlebury, CT 06762
- 230 Frost Road, Unit 1B, Waterbury, CT 06705
- 990 Migeon Avenue, Torrington, CT 06790

★ The Hive Counseling

P: (475) 557-1927

Locations:

- 71 Oxford Road, Unit L, Oxford, CT 06478
- 555 Heritage Rd #104, Southbury, CT 06488

★ Rebecca A. Sakl, LMFT

E: [rebeccasakl.lmft@gmail.com](mailto:rebeccasakl.lmft@gmail.com)

Locations:

- 27 Siemon Company Dr, Suite 120W, Watertown, CT 06795

★ Maggie Lucian, LMFT

P: (203) 241-8333

E: [maggie@mluciantherapy.com](mailto:maggie@mluciantherapy.com)

★ Challenging Minds - Andrew Matusiak, LCSW

P: (860) 361-6204

Locations:

- 30 Peck Rd Suite 2105 Torrington, CT 06790
- 896 Bantam Road Bantam, CT 06750

★ Calm & Centered Counseling, Torrington, CT

P: (860) 558-3975

E: [calmcenteredcounseling@gmail.com](mailto:calmcenteredcounseling@gmail.com)

★ Care Family Counseling Services, Thomaston CT

- Rene Drozdziel, M.A. LMFT

P: (860) 385-2931

★ Stokes Counseling

- FAM Program (in home)
- <https://stokescounseling.com/fam-program/>

P: (203) 729-0341

E: [stokescounseling@live.com](mailto:stokescounseling@live.com)

Locations:

- 16 Hillside Ave, Naugatuck, CT, 06770

★ Counseling Services of Litchfield County, LLC

- Regina Wayne, LPC, LADC

P: 860-309-7262

Locations: 913 New Harwinton Rd Rt 4, Torrington, CT 06790

★ Lisa O'Neil, LMFT

P: (860) 307-5361 or (860) 481-6035

E: [licioneil@sbcglobal.net](mailto:licioneil@sbcglobal.net)

Locations:

- Torrington & Canaan, CT

★ Thomaston Counseling Center

- Tabitha Hermis - Individual, marital, child, and adolescent counseling

P: (860)880-0667

E: [office@thomastoncounselingcenter.com](mailto:office@thomastoncounselingcenter.com)

Locations:

- 258 Main St., Thomaston, CT 06787

★ Kiefer Counseling

P: (203) 232-5971

E: [intake@kiefercounseling.com](mailto:intake@kiefercounseling.com)

Locations:

- 14 Maple Street, Suite 3, Terryville, CT 06786

★ The Resource Center

- Herb Hall & Randi Hall

P: (203) 206-3305

Locations:

- 14 South Main St, Thomaston, CT 06787

★ Amy Hunter Ed.D, LPC (DBT)

P: (413) 519-7987

Locations:

- 805 Farmington Ave 1<sup>st</sup> Floor, West Hartford, CT 06119

★ Betsy Edwards, LCSW

P: 860-415-4517

Locations:

- 43 Sherman Hill Rd Suite 202 Woodbury, CT 06798

★ Collaborative Counseling LLC

P: (203) 879-4424

Locations:

- 1495 Wolcott Rd, Wolcott, CT 06716

★ Healing Hoofbeats of CT

P: (203) 244-8411

Locations:

- 41 Judge Lane, Bethlehem CT 06751

★ Infinity Music Therapy

P: 860-518-5557

Locations:

- 1618 Meriden-Waterbury Turnpike, Southington, CT 06489

★ ARTlighten Creative Counseling

P: 860-269-5991

Locations:

- 27 Siemon Company Drive, Watertown, CT 06795

★ Kym Crown, LCSW

- Neurofeedback/Psychotherapy

P: 860-567-4869

Locations:

- 162 Richards Rd Litchfield CT 06759

★ Move 2B Well CT

- Samantha Bassett, LPC

P: (203) 906-7388

Locations:

- 555 Heritage Rd #104, Southbury, CT 06488

★ NMG Counseling

- Nicole Mayo-Gowell, LCSW

P: (203) 525-1914

E: <https://www.nmgcounseling.com/>

Locations:

- 27 Siemon Company Drive, Suite 231 West, Watertown, CT 06795

★ May You Find Peace Counseling

P: 203-558-1143

E: [appointments@mayyoufindpeace.com](mailto:appointments@mayyoufindpeace.com)

- individual, family, and couples therapy, medication management

Locations:

Middlebury Office:

- 390 Middlebury Rd, Suite 2 Middlebury, CT 06762

Southbury Office:

- One Pomperaug Office Park Rd Building One, Suite 103 Southbury, CT 06488
- Two Pomperaug Office Park Rd Building Two, Suite 206 Southbury, CT 06488

## Grief Counseling/Grief Support

### ★ The Cove

- Comprehensive Grief Services

P: (203) 634-0500

Locations:

- 250 Pomeroy Ave., Suite 107, Meriden, CT 06450

### ★ Adam's House

- Grief support for children and families, not counseling

Locations:

- 241 Coram Avenue, Shelton, CT 06484

E: <https://www.adamshousect.org/>

### ★ Healing Hearts Program for Grief and Loss (through Hospice)

P: (203) 702-7400

Locations:

- 30 Milestone Road, Danbury CT 06810

## Larger Mental Health Agencies

### ★ Family & Children's Aid Inc.

- Child Guidance Clinic, Extended Day, Mentoring, IICAPS

Locations:

- 30 Holmes Ave., Waterbury, CT 06702  
P: (203)755-2868
- 387 Litchfield St., Torrington, CT 06790  
P: (860)482-6085

★ **CT Junior Republic (CJR) - The Wellness Center**

- (Katie Pelletier/Diane Sisson)

P: (860) 567- 9423

Locations:

- 550 Goshen Road, P.O. Box 161, Litchfield, CT 06759

★ **Catholic Family Services**

- Child Guidance Clinic (Outpatient Mental Health Services)

Locations:

- 132 Grove Street, Torrington, CT 06790  
P: (860) 482-5558
- 56 Church Street, Waterbury, CT 06710  
P: (203) 755-1196

★ **Charlotte Hungerford Hospital Center for Youth and Families**

- Outpatient Mental Health Services

P: (860)-489-3391

Locations:

- 50 Litchfield St., Torrington, CT 06790

★ **Charlotte Hungerford Hospital Center for Youth and Families**

- Bridges Extended Day Program Intensive Outpatient Service (3 hours per day) for children ages 6-12

P: (860) 496-0542

Locations:

- 50 Litchfield St., Torrington, CT 06790

★ **Charlotte Hungerford Hospital**

- Adolescent Partial Hospitalization Program (ages 13+)

P: (860)4906-6380

Locations:

- 540 Litchfield St. Torrington, CT 06790

★ **Wellmore Behavioral Health - Child and Adolescent Outpatient Mental Health Services**

★ **Waterbury Hospital Child & Adolescent Behavioral Health**

- Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP)

P: (203) 573-7121 (ages 13-18)



P: (203) 573-6193 (ages 10-12)

P: (203) 573-6500 (Crisis/ER)

Locations:

- 88 Grandview Ave., Waterbury, CT 06708

★ **CMHA (Community Mental Health Affiliates)**

- Outpatient Child and Family Counseling/Child Guidance Clinic

P: (860) 482-8561

Locations:

- 100 Commercial Blvd., Torrington, CT 06790

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★ **CMHA (Community Mental Health Affiliates)**

- PTSD program for adolescent girls ages 13-17 who have witnessed or suffered traumas such as violence, rape, physical abuse, or sexual abuse

P: (203) 596-9724

Locations:

- 36 Sheffield St., Waterbury, CT 06704

★ **Susan B. Anthony**

- Counseling and Advocacy Center for survivors of domestic violence and sexual abuse

P: (860)489-3798

Crisis Line: (860)482-7133

Locations:

- 179 Water St., Torrington, CT 06790

★ **Torrington Youth Service Bureau**

- Youth mentoring Services

P: (860)496-0356

Locations:

- 8 Church St., Torrington, CT 06790

★ **Wellspring Foundation**

- Outpatient Mental Health Counseling Services

P: (203)758-2296

Locations:

- 21 Arch Bridge Road, Bethlehem, CT 06751

★ **Wheeler Clinic**

- Outpatient Mental Health Counseling Services

P: (860) 585-4300

Locations:

- 225 North Main St., Bristol, CT 06010

★ Behavioral Health Center for Counseling and Learning

P: 203-758-2400

Locations: Middlebury, CT

## Autism Resources for Families

★ Community Health & Wellness -Dr. Buccino, MD, FAAP

- Developmental Behavioral Pediatrician – evaluates and treats children for autism, ADHD, anxiety, depression, and other learning and behavior concerns. (Autism diagnosis currently through age 10 yrs old.)

P: 860-362-5101

F: 860-489-3325

W: [www.chwctorr.org](http://www.chwctorr.org)

Locations:

- 6-8 E. Main St, North Canaan, CT 06018

★ A Behavioral Approach

- Provides center based and home based Board Certified Behavior Analyst (BCBA) support, Applied Behavioral Analysis (ABA) services & social skills groups. Clinic located in Watertown
- [A Behavioral Approach](#)

★ Sun, Moon & Stars

- Provides families with children on the Autism Spectrum opportunities to participate in activities, events and programs while building a strong community within Greater Watertown and surrounding areas. Provides parent support groups. Based out of Watertown
- [Sun, Moon & Stars](#)

★ Behavioral Consulting Associates Inc

- Home, school, community and clinic based Applied Behavior Analysis and social skills groups. Clinic based in Watertown
- [Behavioral Consulting Associates](#)

★ Autism Families CONNECTicut

- To provide recreational and social activities for families affected by autism that promote growth and meaningful social connections. Based out of Newington.
- [Autism Families Connecticut](#)

★ Autism Services & Resources Connecticut

- Provides lifelong access to opportunities for persons on the autism spectrum with the goal of being fully-included and participating members of their communities. Offers activities and online support groups
- [About ASRC](#)

★ The Social Learning Center Counseling Associates

- Provides individual counseling and accepts Husky, Cigna and Anthem. Based in Cheshire currently has a wait list. Their sister center, The Social Learning Center, offers social skills groups and camps and does not accept any insurances.
- [Individual Counseling Services — The Social Learning Center](#)

★ Autism Center at Hospital for Special Care

- Outpatient clinic, inpatient program, & partial hospitalization program.
- [Center for Autism and Related Disorders | Hospital for Special Care](#)

★ Connecticut Autism Insurance Law

- [CONNECTICUT: Frequently Asked Questions About the Autism Insurance Reform Law](#)

★ The ARC Litchfield County

- The mission of LARC is to work cooperatively with others in developing opportunities for individuals with Intellectual/Developmental disabilities, including Autism, to reach their maximum level of independence; experience

presence and participation; make decisions about their lives and their futures; and live with respect and dignity.

- <https://www.litchfieldarc.org/>

## Substance Use & Prevention Programs

★ Alcoholics Anonymous (AA)  
(866) 783-7712

★ Alanon, Alateen  
(888) 825-2666

★ Family Intervention Center  
P: (203)753-2153  
Location: 22 Chase River Rd., Waterbury, CT 06704

★ McCall Foundation, Inc.  
P: (860) 496-2100  
Location: 58 High St., Torrington, CT 06790

★ Morris Foundation  
P: (203) 574-3986  
Location: 27 North Elm St., Waterbury, CT 06702

★ Wellmore Behavioral Health - Substance Use Outpatient and IOP  
P: (203)755-1143  
Location: 141 East Main Street, Waterbury, CT 06702

★ Waterbury Hospital - Substance Use Outpatient and IOP  
P: (203) 573-7500  
W: [Waterbury Hospital](#)  
Location:  
64 Robbins St.  
Waterbury, Connecticut 06708  
**Services:** Substance Use Outpatient, IOP, Medication Management, Suboxone Maintenance, Outpatient Relapse Prevention Groups, Trauma Based Groups