

## Counseling Resource List

<u>Thomaston Public Schools</u>		
<b>Black Rock School</b> 57 Branch Rd. Thomaston, CT 06787 (860) 283-3040	<b>Thomaston Center School</b> 1 Thomas Ave. Thomaston, CT 06787 (860) 283-3036	<b>Thomaston High School</b> 185 Branch Rd. Thomaston, CT 06787 (860) 283-3030

Thomaston Public Schools 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, School Social Worker <a href="mailto:smarques@thomastonschools.org">smarques@thomastonschools.org</a> (860) 283-3040 x 21197  Rachel Pelletier, School Counselor <a href="mailto:rpelletier@thomastonschools.org">rpelletier@thomastonschools.org</a> (860) 283-3040 x 21186	Michael Diaz, School Social Worker <a href="mailto:mdiaz@thomastonschools.org">mdiaz@thomastonschools.org</a> (860) 283-3036 x 22123  Jaimee Hustek, School Counselor <a href="mailto:jhustek@thomastonschools.org">jhustek@thomastonschools.org</a> (860) 283-3036 x 12312	Christine Golino, School Social Worker <a href="mailto:cgolino@thomastonschools.org">cgolino@thomastonschools.org</a> (860) 283-3030 x 14316  Steve Malo, School Counselor Last Names: A-K <a href="mailto:smalo@thomastonschools.org">smalo@thomastonschools.org</a> (860) 283-3030 x 14313  Breanna Riollano, School Counselor Last Names: L-Z <a href="mailto:briollano@thomastonschools.org">briollano@thomastonschools.org</a> (860) 283-3030 x 14315

**\*Note: Please check with your insurance carrier to make sure the counseling agency you choose is included in their network of services**

### **Emergency Numbers:**

- ★ Emergency Assistance - Dial 911 IMMEDIATELY
- ★ Thomaston Police Non-emergency/Information line - (860) 283-4343
- ★ CT 211 Infoline - Connecticut's First Call for Help - 24 Hours a Day - Dial 211
  - Information, referrals, Crisis Information - Includes Emergency Mobile Psychiatric Services (EMPS)
- ★ Susan B Anthony 24-hour Crisis Hotline for Domestic Violence - (860) 482-7133
- ★ Safe Haven of Greater Waterbury - Domestic Violence/Sexual Assault - (203) 575-0388
- ★ Suicide and Crisis Lifeline - Dial 988

### **Thomaston School-Based Wellness Centers through CT Junior Republic:**

- ★ Please contact your child's School Social Worker or School Counselor to be placed on a waiting list for CJR school-based wellness, outpatient services within their school building.

### **Basic Needs Programming**

- ★ Thomaston Social Services Office - (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 - (860) 283-0305
  - Energy Assistance Program (Contact: Joan Neumann) - (860) 283-2282
- ★ Thomaston Food Pantry - (860) 880-2426
  - [ThomastonCommunityPantry@gmail.com](mailto:ThomastonCommunityPantry@gmail.com)
- ★ Connecticut Partnership for Children, Inc. - (203) 819-5281
  - Website: [www.ctpfc.org](http://www.ctpfc.org)

## Private Outpatient Counseling Services Marriage and Family Therapy

### ★ 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

### ★ 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: [icioneil@sbcglobal.net](mailto:icioneil@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

## 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- 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
  -
  
- ★ **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

### ★ 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 and Prevention Programs**

- ★ **Alcoholics Anonymous (AA)**  
(866) 783-7712
- ★ **Alanon, Alateen**  
(888 )825-2666
- ★ **Family Intervention Center**  
22 Chase River Rd., Waterbury, CT 06704 @ (203)753-2153
- ★ **McCall Foundation, Inc.**  
58 High St., Torrington, CT 06790 @ (860)496-2100
- ★ **Morris Foundation**  
27 North Elm St., Waterbury, CT 06702 (203)574-3986
- ★ **Wellmore Behavioral Health - Substance Use Outpatient and IOP**  
141 East Main Street, Waterbury, CT 06702 (203)755-1143