



The  
Community Fund  
of Darien

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*we're about people*

# ***Creating Connections***

***A Directory of Mental Health and Support Services for the Darien Community***

**The Community Fund of Darien  
P.O. Box 926, 701 Post Road, 203-655-8775  
[www.communityfunddarien.org](http://www.communityfunddarien.org)**

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## ***Creating Connections***

### **A Directory of Mental Health and Support Services for the Darien Community**

***This directory has been compiled by social services professionals to help people in Darien access mental health and support services. Most of these services are either free or on a sliding scale. Due to the nature of these programs, changes are typical. Prior to attending any session, please contact the appropriate agency to verify information. The only groups for which this is not required are: Alcoholics Anonymous, Al-Anon, Gamblers Anonymous, Narcotics Anonymous and Overeaters Anonymous.***

***You may contact the Darien Department of Social Services at 203-656-7328 or dial 211 for additional information. Dialing 211 connects you to Infoline, a single source for information about community services, referrals to human services, even crisis intervention. 211 is toll-free anywhere in Connecticut, 24 hours a day. Professional, compassionate caseworkers help callers with questions. Or visit the 211 website at [www.infoline.org](http://www.infoline.org)***

# EMERGENCY NUMBERS

Concern	Support	Location	Phone Number	Address
<b>Domestic Violence</b>				
	Domestic Violence Crisis Center	Stamford	203-357-8162	
	Domestic Violence Crisis Center	Norwalk	203-852-1980	
	Police	Darien	911	
	Infoline	Connecticut	211	
<b>Gay &amp; Lesbian National Hotline</b>				
		California	888-843-4564	<a href="http://www.glbnationalhelpcenter.org">www.glbnationalhelpcenter.org</a>
<b>Mental Health Emergency</b>				
	Child Guidance Center <b>Hotline</b>	Darien	888-825-6777	972 Post Road, Darien
	Dubois Center	Stamford	203-358-8500	780 Summer Street, Stamford
	Infoline	Connecticut	211	
	Family Centers Darien <b>Hotline</b>	Darien	877-349-4689	590 Post Road, Darien
	Norwalk Hospital	Norwalk	203 852-2000	24 Stevens Road, Norwalk
	Stamford Hospital Emergency Room	Stamford	203-325-7777	30 Shelbourne Road, Stamford
<b>Pregnancy Hotline</b>				
	Planned Parenthood	Norwalk	203-853-2605	50 Washington Street, Norwalk
	Planned Parenthood	Stamford	203-327-2722	1039 East Main Street, Stamford
	Birthright - Prolife	Norwalk	203-853-4872	669 West Street, Norwalk
	Birthright - Prolife	Stamford	203-348-4355	20 Second Street, Stamford
<b>Sexual Assault</b>				
	The Center for Sexual Assault Crisis Counseling & Ed.	Stamford	203-329-2929	700 Canal Street, Stamford
	Stamford Hospital Emergency Room	Stamford	203-325-7777	30 Shelbourne Road, Stamford
<b>Substance Abuse</b>				
	Liberation Programs	Stamford	203-356-1980	Multiple Addresses
	Norwalk Hospital	Norwalk	203-852-2000	24 Stevens Road, Norwalk
	Silver Hill Hospital	New Canaan	800-899-4455	208 Valley Road, New Canaan
	Stamford Hospital Emergency Room	Stamford	203-325-7777	30 Shelbourne Road, Stamford
<b>Suicide Hotline</b>				
	Suicide Prevention <b>Hotline</b>		800-SUICIDE	
	Child Guidance Center <b>Hotline</b>	Darien	888-825-6777	972 Post Road, Darien
	Family Centers Darien <b>Hotline</b>	Darien	877-358-8500	590 Post Road, Darien
	Kids in Crisis	Greenwich	203-327-5437	One Salem Street, Cos Cob

## ADDICTION, RECOVERY AND SUBSTANCE USE

Description	Service	Gender/Ages	Contact/Host	Date	Time
Active Treatment Group	Group	Adults	Dubois Center	Thursdays	10:00 AM-11:00 AM
Addiction Support	Group	All ages	Calvary Baptist Church	Tuesdays	7:30 PM - 9:00 PM
Addiction Counseling	Individual	Adults	Dubois Center	Client Service	
Adolescents with Addictions	Individual	Under 18	Darien Family & Youth Options	As scheduled	
Al-Anon	Group	All ages	Noroton Presbyterian Church	Mondays	8:00 PM
Al-Anon	Group	All ages	St. Thomas More - annex	Tuesdays	8:00 PM
Al-Anon - Beginners	Group	All ages	Silver Hill Hospital	Wednesdays	7:00 PM - 8:00 PM
Al-Anon - Parents	Group	Adults	Silver Hill Hospital	Wednesdays	8:00 PM - 9:00 PM
Al-Anon	Group	All ages	Silver Hill Hospital	Sundays	10:30 AM - NOON
Al-Anon	Group	All ages	St. Luke's Episcopal Church	Tuesdays	8:00 PM
Alateen	Group		First Congregational Church -	Tuesdays	7:30 PM
Alateen	Group	Ages 9-12 and 13-20	Trinity Episcopal Church 1734 Huntington Tpk., Trumbull, CT	Thursdays	8:00 PM
Alateen	Group		Greenwich Hospital	Thursdays	8:15 PM
Alcoholics Anonymous	Group	All ages	First Congregational Church	Mondays	12:15 PM
Alcoholics Anonymous	Group	All ages	First Congregational Church	Tues and Thurs	8:00 PM
Alcoholics Anonymous	Group	All ages	First Congregational Church	Saturdays	5:00 PM
Alcoholics Anonymous	Group	All ages	First Congregational Church	Sundays	6:15 PM
Alcoholics Anonymous	Group	All ages	First Congregational Church	Mon - Fri	7:30 AM
Alcoholics Anonymous	Group	All ages, female only	First Congregational Church	Fridays	7:30 AM
Alcoholics Anonymous	Group	All ages	First Congregational Church	Fridays	7:30 PM
Alcoholics Anonymous	Group	All ages	First Congregational Church	Saturdays	8:00 AM
Alcoholics Anonymous	Group	Teens & Young Adults	Greenwich Family & Youth	Tuesdays	4:30 PM - 5:30 PM
Alcoholics Anonymous	Group	All ages, female only	Noroton Presbyterian Church	Wednesdays	12:15 PM
Alcoholics Anonymous - Beginners	Group	All ages	Noroton Presbyterian Church	Fridays	7:30 PM
Alcoholics Anonymous	Group	All ages	Silver Hill Hospital	Fridays	8:30 PM - 9:30 PM
Alcoholics Anonymous	Group	All ages	St. John's R.C.Church	Fridays	5:30 PM
Alcoholics Anonymous	Group	All ages	St. Luke's Episcopal Parish Terrace Room	Tuesdays	5:30 PM
Alcoholics Anonymous	Group	All ages	St. Luke's Episcopal Parish	Thursdays	5:30 PM
Alcoholics Anonymous	Group	All ages	St. Thomas More - annex	Mondays	8:00 PM
Cadeucus AA - for MDs, DDSs	Group	All ages	Silver Hill Hospital	Tuesdays	7:00 PM - 8:30 PM
Counseling - For families with children/adolescents with addictions	Family	Families	Liberation Programs	As scheduled	

## ADDICTION, RECOVERY AND SUBSTANCE USE cont'd

Description	Service	Gender/Ages	Contact/Host	Date	Time
Crisis Intervention	Emergency	Under 18	Darien Family & Youth Options	Please call	
Eating Disorders	Group	Teens & Adults	Wilkins Center	As scheduled	
Eating Disorders - Medical and Behavioral Counseling	Individual	Teens thru Adults	Wilkins Center	As scheduled	
Eating Disorder - Psychiatric Counseling	Individual	Teens thru Adults	Wilkins Center	As scheduled	
Gamblers Anonymous	Group	All ages	First Congregational Church	Wednesdays	8:00 PM
Intro into 12 Step	Group	Adult	Dubois Center	Wednesdays	10:00 AM-11:00 AM
Narcotics Anonymous	Group	All ages	Silver Hill Hospital	Thursdays	7:30 PM - 8:30 PM
New Beginnings	Group	Adults	Dubois Center	Tuesdays	10:00 AM-11:00 AM
Older Individuals in Recovery	Individual	Over 50	Liberation Programs	As scheduled	
Overeaters Anonymous	Group	Over 18	YWCA	Saturdays	9:00 AM -10:30 AM
Overeaters Anonymous	Group	Over 18	YWCA	Sundays	9:00 AM -10:30 AM
Overeaters Anonymous	Group	Over 18	YWCA	Tuesdays	6:30 PM - 7:30 PM
Overeaters Anonymous	Group	Over 18	YWCA	Wednesdays	7:00 PM - 8:00 PM
Pathway to Recovery	Class	Adult	Dubois Center	Client Service	
Project REWARD	Group	Women over 18	FCA	Mon, Wed, Fri	10:30 AM- 1:30 PM
Relationship Recovery	Group	Adults	Silver Hill Hospital	Mon, Wed, Fri	9:00 AM - 11:45 AM
Seniors in Recovery	Group	Over 50	Liberation Programs	As scheduled	
Substance Abuse Counseling - For adolescents and families	Indiv/Family	Age 18 and under	Darien Family & Youth Options	As scheduled	
Teen Support - For teens who have a loved one with an addiction	Group	Teens	Greenwich Family & Youth Options	As scheduled	
Weight Management	Group	Teens and Adults	Wilkins Center	As scheduled	

## ASSAULT, CRISIS AND DOMESTIC VIOLENCE

Description	Service	Gender/Ages	Contact/Host	Date	Time
Counseling/Therapy	Individual	Age 14+	"The Center"	As scheduled	
Court Advocacy	Individual	All ages	"The Center"	As scheduled	24/7
Crime Victims Assistance	Individual	Ages 2 - 18	Child Guidance Center	As scheduled	
Crisis Intervention	Individual	Ages 3 - 18	Child Guidance Center	Please call	24/7
Domestic Violence Counseling	Group	Over 18, female only	DVCC - Norwalk	Tuesdays	5:30 PM - 7:00 PM
Domestic Violence Counseling	Individual	All ages	DVCC - Norwalk	As scheduled	
Emergency Assistance	Indiv/Family	All ages	Person-to-Person	As scheduled	

## ASSAULT, CRISIS AND DOMESTIC VIOLENCE cont'd

Description	Service	Gender/Ages	Contact/Host	Date	Time
Female Rape Survivors	Group	Over 18, female only	"The Center"	Mondays	7:45 PM - 9:15 PM
Female Survivors of Incest/Sexual Abuse	Group	Over 18, female only	"The Center"	Mondays	6:00 PM - 7:30 PM
Hospital Accompaniment	Emergency	All ages	"The Center"	As scheduled	24/7
Male Survivors of Sexual Assault	Group	Over 18, male only	"The Center"	Mondays	7:00 PM - 8:30 PM
Personal Safety	Education	All ages	"The Center"	As scheduled	
Police Accompaniment	Emergency	All ages	"The Center"	As scheduled	24/7
Recognizing Child Sexual Abuse	Education	Over 18	"The Center"	As scheduled	
Sexual Abuse Response Team	Individual	Ages 3-18	Child Guidance Center	As scheduled	
Spanish Speaking Domestic Violence Group	Group	Over 18, female only	DVCC - Norwalk	Tuesdays or Thursdays	10:00 AM - NOON
Teen Survivors of Sexual Abuse	Group	Ages 14-18	"The Center"	As scheduled	

## BEREAVEMENT

Description	Service	Gender/Ages	Contact/Host	Date	Time
Young Adult Bereavement Group	Group	Over 18	Center for Hope	Please call	
Art as Therapy	Group	All ages	Center for Hope	Please call	
Caregivers Support	Group	Over 18	Center for Hope	Please call	
General Bereavement	Group	All ages	Center for Hope	Please call	
Illness and Bereavement Counseling	Individual	All ages	Center for Hope	As scheduled	
Loss of a Child	Group	Over 18	Center for Hope	Please call	
Meditation	Group	Over 18	Center for Hope	Please call	
Senior Bereavement	Group	Over 50	Center for Hope	Please call	
Suicide Survivors	Group	All ages	Center for Hope	Please call	
Tea and Empathy	Group	Over 18	Center for Hope	Please call	
Young Widow/Widowers	Group	Over 18	Center for Hope	Please call	
Den Family Night	Group	All Ages	Center for Hope	Please call	
Support Meetings	Group	All Ages	Center for Hope	Please call	

## CHILDREN AND ADOLESCENTS

Description	Service	Gender/Ages	Contact/Host	Date	Time
Art Therapy	Group	Ages 9-11	FCA	As scheduled	
Behavior Assessment	Assessment	All ages	STAR - home based service	As scheduled	
Care Coordination	Individual	Ages 2-18	System of Care	As scheduled	
Children of Divorce	Group	Varies	Family Centers	As scheduled	
Counseling	Individual	Ages 14-19	Darien High School - Social Worker	As scheduled	
Counseling - For adolescents involved w/ substance abuse	Indiv/Family	All ages	Darien Family & Youth Options	As scheduled	
Counseling	Individual	Ages 5 - Adult	FCA	As scheduled	
Counseling/Therapy	Individual	Ages 3-18	Family Centers	As scheduled	
Counseling/Therapy	Individual	Ages 2-18	Child Guidance Center	As scheduled	
Crime Victims Assistance	Individual	Ages 2-18	Child Guidance Center	As scheduled	
Developmental Evaluations	Individual	Ages 3 - 18	Child Guidance Center	As scheduled	
Eating Disorder	Indiv/Group	All ages, female only	The Renfrew Center of Wilton	As scheduled	
Eating Disorder	Indiv/Group	All ages	The Wilkins Center	As scheduled	
Family Therapy	Family	All ages	Family Centers	As scheduled	
Family Therapy	Family	All ages	Child Guidance Center	As scheduled	
Family Therapy	Family	All ages	Kids in Crisis	As scheduled	
Funbusters - For children with disabilities	Group	Age 19+	YWCA/Noroton Presbyterian	Thursdays	6:30 PM
Gay/Lesbian/Transgender	Indiv/Group	All ages	Triangle Community Center	As scheduled	
ICAPS - Intensive In-Home Child & Adolescent Psychiatric Service	Family	Ages 5-17	FCA	As scheduled	
Intensive Home Based Services	Individual	Ages 11-18	Child Guidance Center	As scheduled	
Kids in Crisis	Emergency	Ages 0-18	Kids in Crisis	As scheduled	
Language Based Play-Special Needs	Group	Ages 0-3	STAR/Rubino Family Center	Tuesdays	10:00 AM - 11:15 AM
MDFT - Intensive Home Based Therapy	Family	Ages 12-18	Child Guidance Center	As scheduled	
Mobile Crisis Services	Emergency	Ages 2-18	"The Center"	As scheduled	
Mobile Crisis Services	Emergency	All ages	Child Guidance Center	As scheduled	
Parent Education	Individual	Adults	Family Centers	As scheduled	
Parent Guidance	Individual	Adults	Child Guidance Center	As scheduled	
Premature Babies Support	Indiv/Group	All ages	The Tiny Miracles Foundation	As scheduled	
Pregnancy Counseling	Individual	All ages	Planned Parenthood/Stamford	As scheduled	
Pregnancy Counseling	Individual	All ages	Planned Parenthood/Norwalk	As scheduled	

## CHILDREN AND ADOLESCENTS cont'd

Description	Service	Gender/Ages	Contact/Host	Date	Time
Pro-life Pregnancy Support	Individual	All ages	Birthright of Greater Stamford	As scheduled	
Pro-life Pregnancy Support	Individual	All ages	Birthright of Greater Norwalk	As scheduled	
Psychiatric Services	Individual	Ages 3 - 18	Child Guidance Center	As scheduled	
Psychological Services	Individual	Ages 3 - 18	FCA	As scheduled	In home
Psychological Testing	Individual	Ages 3 - 18	Child Guidance Center	As scheduled	
Psychiatric Services	Individual	Ages 2-18	Family Centers	As scheduled	
Respite Program	Individual	Ages 0-18	Kids in Crisis	As scheduled	
Safe Place (The)	Individual	Ages 0-18	Kids in Crisis	As scheduled	
Self Harm Counseling	Individual	All ages	Child Guidance Center	As scheduled	
Self Harm Counseling	Individual	All ages	Family Centers	As scheduled	
Self Harm Counseling	Individual	All ages	Silver Hill Hospital	As scheduled	
Self Harm/Suicide	Indiv/Group	All ages	Silver Hill Hospital	As scheduled	
Students Against Destructive Decisions SADD	Group	Teens	The Depot	As scheduled	
Suicide Support	Individual	All ages	Suicide Prevention Hotline	Daily	24 Hours a day
Teen Issues	Group	Ages 14-18, male only	Greenwich Family Centers	Tuesdays	6:30 PM - 7:45 PM
Transition to High School	Group	Freshmen	Darien High School	As scheduled	

## COUPLES, MARITAL AND DIVORCE ISSUES

Description	Service	Gender/Ages	Contact/Host	Date	Time
Children of Divorce	Group	Varies	Family Centers	As scheduled	
Counseling	Couples	All ages, couples	Calvary Baptist Church	As scheduled	
Counseling	Couples	Over 18	FCA	As scheduled	
Counseling	Individual	Over 18	Family Centers	As scheduled	
Counseling	Individual	All ages	Calvary Baptist Church	As scheduled	
Divorce Care	Group	Adults	Noroton Presbyterian Church	Monday	7:15 PM - 9:15 PM
Divorce Support	Group	Over 18	Family Centers	Wednesdays	6:00 PM - 7:30 PM
Domestic Violence	Group	Over 18, female only	DVCC	Tuesdays	5:30 PM - 7:00 PM
Domestic Violence	Individual	All ages	DVCC	As scheduled	
DV Emergency Shelter	Emergency	All ages, women & kids	Call 24-hour Hotline: 852-1980		
Engaged Workshop	Workshop	Over 18, couples	Noroton Presbyterian Church	Two times a yr.	
Focus on K.I.D.S.	Couples	Over 18, parents	FCA	As scheduled	
Parenting Education (PEP)	Divorcing Couples	Over 18	Family Centers	As scheduled	
Parenting Education (PEP)	Divorcing Couples	Over 18	FCA	As scheduled	

**COUPLES, MARITAL AND DIVORCE ISSUES cont'd**

Description	Service	Gender/Ages	Contact/Host	Date	Time
Focus on Kids - for parents in high conflict divorce situations	Couples	Over 18	Family Centers	As scheduled	
Rebuilding after Divorce	Group	Over 18	St. Luke's Episcopal Church	As scheduled	6 weeks
Spanish-Speaking Domestic Violence Group	Group	Over 18, female only	DVCC	Tuesdays or Thursdays	10:00 AM - NOON

**DISABILITIES AND SPECIAL NEEDS**

Description	Service	Gender/Ages	Contact/Host	Date	Time
Art Group	Group	Over 18	Laurel House - Member only	Thursdays	6:30 PM
Behavior Assessment	Assessment	All ages	STAR - in home services	As scheduled	
Computer Class	Class	Over 18	Laurel House - Member only	Tuesday	2:00 PM
Counseling/Support - Spanish and english speaking groups	Group	Mothers	STAR - Rubino Family Center	Quarterly, on Wed	
Counseling/Therapy	Family	Over 18	STAR - in home services	As scheduled	
Counseling/Therapy	Individual	Over 18	STAR - in home services	As scheduled	
Developmental Evaluations	Individual	Ages 2-18	Child Guidance Center	As scheduled	
Education Support	Individual	Over 18	Laurel House - Member only	Ongoing	
Employment Support	Individual	Over 18	Laurel House - Member only	Ongoing	
Funbusters	Group	Over 19	YWCA/Noroton Presbyterian	Thursdays	6:30 PM
Housing Support	Individual	Over 18	Laurel House - Member only	Ongoing	
Language-Based Play-Special Needs	Group	Ages 0-3	STAR - Rubino Family Center	Tuesdays	10:00 AM - 11:15 AM
Smoking Cessation	Group	Over 18	Laurel House - Member only	Tues. & Thurs.	4:15 PM
STEPS - Advocacy and support for parents with special needs kids	Group	Over 18	YWCA	As scheduled	

**EMPLOYMENT AND JOB LOSS**

Description	Service	Gender/Ages	Contact/Host	Date	Time
Career Counseling	Individual	Over 18	Urban League of Southern CT	Please call	
Computer Skills	Class setting	Over 18	Norwalk Community College	As scheduled	
Computer Skills	Group	Over 18	YWCA	As scheduled	
Counseling	Indiv/Group	Over 18	YWCA	As scheduled	
Finance Workshops	Indiv/Group	Over 18	Fairfield County Women's Center	Please call	
Job Training	Individual	All ages	CT Works	As scheduled	
Job Training/Computer Class	Class	Over 18	Urban League of Southern CT	Day & Evening classes offered	
Financial Support Services	Indiv/Family	All ages	Person-to-Person	As scheduled	

## GAY, LESBIAN, BISEXUAL AND TRANSGENDER

Description	Service	Gender/Ages	Contact/Host	Date	Time
Clearinghouse	Individuals	All ages	True Colors	M-F	9:00 AM - 6:00 PM
Hotline	Individual	All ages	Gay & Lesbian National Hotline	M-F	4:00 PM - 12:00 AM
Hotline	Individual	All ages	Gay & Lesbian National Hotline	Saturday	12:00 PM - 5:00 PM
Listing of gay-straight alliances in high schools for students	Individuals	All ages	Gay, Lesbian Straight Education Network	M-F	9:00 AM - 4:30 PM
Support Group	Group	Ages 16-22	Triangle Community Center	Sundays	4:00 PM
Support Group	Group	All ages, women	Triangle Community Center	Once a month	Call for hours
Group	Support Group	All ages, men	Triangle Community Center	3rd Sun each mo.	7:30 PM - 9:00 PM
Family/Friends	Support Group	All ages	PFLAG/Triangle Comm Center	1st Wed each mo.	7:30 PM

## ILLNESS, PHYSICAL AND MENTAL HEALTH

Description	Service	Gender/Ages	Contact/Host	Date	Time
Art Group	Group	Over 18	Laurel House - Member only	Thursdays	6:30 PM
Art as Therapy	Group	All ages	Center for Hope	As scheduled	
Cancer Sewing Group	Group	All ages, female only	St.John's R.C.Church	Tuesdays	10:00 AM
Caregivers Support	Group	Over 18	Center for Hope	As scheduled	
Caregivers Support	Group	Over 18	Host: Elderhouse; Location: First Congregational Church	Third Wednesday	6:30 PM - 7:30 PM
Counseling - HIV affected	Individual	Ages 2-18	Child Guidance Center	As scheduled	
Counseling/Therapy	Individual	All ages	Family Centers	As scheduled	
Counseling	Group	Over 18, female only	FCA	Tuesdays	10:00 AM - 11:00 AM
Counseling	Group	Ages 5-18	Child Guidance Center	As scheduled	
Crisis Intervention	Individual	Ages 3-18	Child Guidance Center	Please call	
DBT Program	Group	Adults	Silver Hill Hospital Campus	Mon, Wed, Fri	9:00 AM - 11:45 AM
Dual Disorder	Group	Adults	Silver Hill Hospital Campus	Mon, Wed, Thur	5:45 PM - 8:30 PM
Eating Disorder	Indiv/Group	All ages, female only	The Renfrew Center of Wilton	As scheduled	
Eating Disorder	Indiv/Group	All ages	The Wilkins Center	As scheduled	
Eating Disorder			Silver Hill Hospital		
Eating Disorder			Stamford Health System		
Education Support	Individual	Over 18	Laurel House - Member only	Ongoing	
Employment Support	Individual	Over 18	Laurel House - Member only	Ongoing	
Hearts of Hope - Cardiac Rehabilitation	Group	All ages	Center for Hope	As scheduled	
Housing Support	Individual	Over 18	Laurel House - Member only	Ongoing	
Illness and Bereavement Counseling	Individual	All ages	Center for Hope	As scheduled	

## ILLNESS, PHYSICAL AND MENTAL HEALTH cont'd

Description	Service	Gender/Ages	Contact/Host	Date	Time
Illness support	Individual	All ages	Center for Hope	As scheduled	
Leukemia and Lymphoma - For children with cancer	Group	Children	Center for Hope	As scheduled	6:15 PM - 7:15 PM
Leukemia and Lymphoma - For parents with a child who has cancer	Group	Parents	Center for Hope	As scheduled	6:15 PM - 7:15 PM
Living with Cancer	Class	Over 18, female only	St. Birgitta	As scheduled	
Meditation Hour	Group	Over 18	Center for Hope	As scheduled	
Smoking Cessation	Group	Over 18	Laurel House - Member only	Tues. & Thurs.	4:15 PM
Suicide Survivors	Group	All ages	Center for Hope	As scheduled	
Yoga for the Ill or Bereaved	Individual	Over 18	Center for Hope	Fridays	11:15 AM

## PARENTING

Description	Service	Gender/Ages	Contact/Host	Date	Time
Counseling	Family	All ages	Child Guidance Center	As scheduled	
Counseling	Family	All ages	Family Centers	As scheduled	
Counseling	Individual	All ages	Family Centers	As scheduled	
Counseling/support - Spanish and English speaking groups	Group	Mothers of disabled children	STAR - Rubino Family Center	Quarterly, on Wed	
Counseling/Therapy	Family	Over 18 - w/ disabilities	STAR - in home services	As scheduled	
Counseling/Therapy	Family	Coed	FCA	As scheduled	
Counseling/Therapy	Individual	Over 18 - w/ disabilities	STAR - in home services	As scheduled	
Focus on K.I.D.S.	Couples	Over 18	FCA	As scheduled	
Focus on Kids - For parents in high conflict divorce situations	Couples	Over 18	Family Centers	As scheduled	
Moms Support Group - For moms with children suffering from addictive behaviors	Group	Over 18, female only	Darien Family & Youth Options	As scheduled	
Mom to Mom	Group	Over 18, female only	Noroton Presbyterian Church	Thursdays	9:30 AM - 11:00 AM
Mothers Support Group	Group	Over 18, female only	St. Luke's Episcopal Parish	Fridays	12:00 PM
Parent Education	Couples	All ages	Family Centers	As scheduled	
Parent Education	Individual	All ages	Family Centers	As scheduled	
Parent Guidance	Couples	Over 18	Child Guidance Center	As scheduled	
Parent Guidance	Individual	All ages	Child Guidance Center	As scheduled	
Parents of Teens Book Group	Group	Over 18	Noroton Presbyterian Church	Wednesdays	9:30 AM - 10:45 AM
Parents w/ Adopted Kids	Group	Over 18	YWCA	Monthly	
STEP - Advocacy and support for parents of special needs children	Group	Over 18	YWCA	As scheduled	

## SENIORS

Description	Service	Gender/Ages	Contact/Host	Date	Time
Adult Day Care	Indiv/Group	Over 50	ElderHouse	As scheduled	
Caregiver Support	Indiv/Family	Any ages	FCA	As scheduled	
Caregiver Support	Group	Adults	Elderhouse	As scheduled	
Caregiver Support	Group	Adults	Darien Senior Center	3rd Tues.	1:00 PM - 2:30 PM
Current Events/Discussion	Group	Over 50	Darien Senior Center	Wednesdays	11:00 AM
Discussion & Study Group	Group	Over 50	Noroton Presbyterian Church	3rd Thurs./mnth	2:00 PM - 4:00 PM
Discussion Group	Group	Over 50	Darien Senior Center	Wednesdays	12:30 PM - 1:30 PM
Family and Geriatric Council	Individual	Seniors & Family's	Elderhouse	As scheduled	
Friendly Connections	Group	Over 50	Family Centers	As scheduled	
Healthy Aging Center	Indiv/Group	Over 50	Greenwich Hospital	As scheduled	
Information and Referral	Individual	Over 50	Darien Social Services	As scheduled	
Senior Health Insurance	Individual	Over 50	Family Centers	As scheduled	
Senior Nutrition Program	Indiv/Group	Over 50	Catholic Charities		
Seniors in Recovery	Group	Over 50	Liberation Programs	As scheduled	
Seniors in Recovery	Individual	Over 50	Liberation Programs	As scheduled	
Support Services	Indiv/Family	Over 50	Person-to-Person	Please call	

## SUPPORT GROUPS FOR ...

Adoption/Foster Care	Elder Abuse	Postpartum Depression/Anxiety
Alcohol Dependency	Families/Friends of Alcoholics	Post Traumatic Stress Disorder
Aging/Older Adult	Families/Friends of Drug Abusers	Pregnancy/Childbirth
Anxiety Disorders	Families of Inmates	Premature Babies
Artistic/Creativity	Gambling	Prostitution Related
Bereavement	Gay/Lesbian/Bisexual/Transgender	Religion/Spirituality
Caregiver/Care Receiver	General Addiction/Dependencies	Schizophrenia
Child Abuse	Health Related	Separation/Divorce
Chronic Illness	Homicide Survivors	Shoplifting/Kleptomania
Clutter/Hoarder	Kinship Caregiver	Sexual/Love Addiction
Codependents Anonymous	Infertility	Sexual Assault/Incest
Computer/Video Game Addiction	Men	Smoking Addiction
Crime Victim	Mental Health	Stepfamily/Blended Family
Cross Dresser Support Groups	Military Family	Suicide Survivors
Cult	Obsessive Compulsive Disorder	Terminal Illness
Debt/Overspending	Offender/Ex-Offender	Weight Related
Depression/Bipolar	Parents	Widow/Widower
Disability Related	Pet Loss	Women
Domestic Violence	Postabortion	Youth/Student
Drug Dependency		

**TO FIND A SUPPORT GROUP IN YOUR AREA, PLEASE CONTACT 2-1-1  
OR CALL CT SELF- HELP NETWORK M-F 203-624-6982 (FOR HEALTH RELATED ISSUES)**

**AGENCY DIRECTORY**

<b>Name</b>	<b>Type of Agency</b>	<b>Location</b>	<b>Contact</b>	<b>Phone Number</b>	<b>Website</b>
<b>211</b>	Toll-free Confidential Statewide Information and Referral and Crisis Intervention			211	www.211infoline.org
<b>Abilis</b>	To build a responsive, accessible system of support for people with special needs	50 Glenville Street Greenwich, CT 06831	Laurel Ross, Director	203-531-1880	www.abilis.us
<b>Alcoholics Anonymous</b>					www.ct-aa.org
<b>ARI of CT</b>	Enriches the lives of people with disabilities	174 Richmond Hill Ave. Stamford, CT 06902	Matthew Reyher President & CEO	203-324-9258	www.ARICT.org
<b>Catholic Charities</b>	Senior nutrition	30 Myano Lane, Suite 12 Stamford, CT 06902	Cindy Phelps	203-324-6175 x30	www.bridgeportdiocese.com
<b>Catholic Charities</b>	Mental health & family support services	One Park Street Norwalk, CT 06851	Terry Guillan Clinical Director	203-750-9711 x22	www.bridgeportdiocese.com
<b>Center for Hope/Family Centers</b>	Bereavement and health counseling	590 Post Road Darien, CT 06820	Deirdre Lewin, Director	203-655-4693	www.familycenters.org
<b>Child Guidance Center of Southern CT</b>	Child and family counseling	972 Post Road Darien, CT 06820	Lauren Pote, Psy.D	203-324-6127	www.childguidancect.org
<b>Child Guidance Center of Mid-Fairfield County</b>	Behavioral health services for children and their families	100 East Avenue Norwalk, CT 06851	Stuart Greenbaum, Executive Director	203-299-1315	www.mfcgc.org
<b>CT Works</b>	Employment services	c/o Ben Franklin Ctr, 165 Flax Hill Rd., Norwalk,	Carmen Delgado	203-831-8272	www.ctdol.state.ct.us
<b>Darien Family &amp; Youth Options/ Liberation Programs</b>	Addiction services for children, adolescents and families	2 Renshaw Road Darien, CT 06820	Sara Mathews Dixon, LMFT, Director, DFYO	203-655-8973	www.liberationprograms.org
<b>Darien Senior Center</b>	Senior services	30 Edgerton Street Darien, CT 06820	Beth Paris, Director	203-655-1705	dsac.darien.org
<b>Darien Social Services</b>	Social services for Darien residents	2 Renshaw Rd. Darien, CT 06820	Olive Hauser, Director	203-656-7328	darienct.gov
<b>Depot</b>	Youth services	45 Heights Road Darien, CT 06820	Catherine McGrath	203-655-0812	www.dariendepot.org
<b>Domestic Violence Crisis Center (DVCC)</b>	Domestic violence services	777 Summer Street Stamford, CT 06901	Rachelle Kucera Mehra, Ex. Dir.	203-588-9100	www.dvccct.org
<b>Dubois Center</b>	Mental health agency	780 Summer Street Stamford, CT 06901	Sandy Wilson, Clinical Director	203-388-1600 Crisis: 203-358-8500	www.ct.gov/dmhas
<b>ElderHouse</b>	Adult day care	7 Lewis Street Norwalk, CT 06851	Denise Cesareo, Executive Director	203-847-1998	www.elderhouse.org
<b>Family and Children's Agency (FCA)</b>	Family, child and adult counseling	9 Mott Avenue Norwalk, CT 06850	Ingrid Kurensky, Intake Coordinator	203-855-8765	www.familyandchildrensagency.org

**AGENCY DIRECTORY**

<b>Name</b>	<b>Type of Agency</b>	<b>Location</b>	<b>Contact</b>	<b>Phone Number</b>	<b>Website</b>
<b>Family Centers/Center for Hope - Darien</b>	Family, child and adult counseling	590 Post Road Darien, CT 06820	Stephanie Haen, Director of Behavioral Health	203-655-0547	www.familycenters.org
<b>Family Centers/ Greenwich</b>	Family, child and adult counseling	40 Arch Street Greenwich, CT 06836	Bob Arnold, President	203-869-7764	www.familycenters.org
<b>Fairfield County Women's Center</b>	Promote the advancement of women.	NCC, West Campus #116 188 Richards Ave. Norwalk,	Dr. Bernice Marie-Daly, Director	203-857-6943	www.ncc.commnet.edu
<b>Gay, Lesbian, Straight Education Network</b>	Gay, lesbian, bi-sexual and transgender	P.O. Box 2405 Stamford, CT 06906	Leif Mitchell	203-288-2399	www.glsen.org/connecticut
<b>Kids in Crisis</b>	Housing/Shelter for children and adolescents	1 Salem Street Cos Cob, CT 06807	Emily Goldschmid, Outreach	203 327-5437	www.kidsincrisis.org
<b>Laurel House</b>	Provides resources and opportunities for people with mental illness	1616 Washington Blvd. Stamford, CT 06902	Stephen Dougherty President/CEO	203-324-1816	www.laurelhouse.net
<b>Liberation Programs/Family and Youth Options (Greenwich)</b>	Addiction services for children, adolescents and families	55 Old Field Point Rd. Greenwich, CT 06830	Alan Mathis, Executive Director	203-869-1349	www.liberationprograms.org
<b>Norwalk Community College</b>		188 Richards Ave. Norwalk, CT 06854	Debbie Allen, Director of Counseling	203 857-7000	www.ncc.commnet.edu
<b>Parents, Families, Friends of Lesbians and Gays (PFLAG)</b>	Gay, lesbian, bi-sexual and transgender	16 River Street Norwalk CT 06855		203 226-0257	www.pflag.org
<b>Person-to-Person</b>	Emergency assistance	1864 Post Rd. Darien CT 06820	Marina Thomas, Director of Social Services	203 655-0048	www.p2pdarien.org
<b>Renfrew Center of CT</b>	Eating disorders	436 Danbury Road Wilton, CT 06897	Joseph Vanella, Site Director	203-834-5020 or 1 800 RENFREW	www.renfrew.org
<b>"The Center" for Sexual Assault Crisis Counseling and Education</b>	Sexual assault services	700 Canal Street, Ste. 22B	Nicole Madonna, Clinical Director	203 348-9346 hotline: 203 329-2929	www.thecenter-ct.org
<b>Southwest Regional Mental Health Board</b>	A watchdog and advocacy organization that provides community information.	One Park Street Norwalk, CT 06851	Kim O'Reilly	203-840-1187	www.swrmhb.org
<b>System of Care</b>	Services for children & adolescents with behavioral health needs.	103 W. Broad Street Stamford, CT 06902	Lolli Ross & Angela Crandon, Co-Chairs of Collaboration	203-324-6127	www.childguidancect.org
<b>The Tiny Miracles Foundation</b>	Support and services for parents of premature babies	25-13 Old Kings Hwy N. Darien, CT 06820	Leelee Klein	203-921-7427	www.ttmf.org
<b>Triangle Community Center</b>	Gay, lesbian, bi-sexual and transgender	16 River Street (Mechanic Street entrance)		203-853-0600 crisis: 203-222-8294	www.ctgay.org
<b>True Colors</b>	Gay, lesbian, bi-sexual and transgender	945 Main St., Suite 211 Manchester CT 06040	Robin McHaelen	888-565-5551	www.ourtricolors.org e-mail: TCCenter@aol.com

AGENCY DIRECTORY					
Name	Type of Agency	Location	Contact	Phone Number	Website
<b>Urban League of Southern CT</b>	Self sufficiency	46 Atlantic St. Stamford, CT 06901	Valarie Shultz- Wilson, Ex. Dir.	203-327-5810	www.ulsc.org
<b>Wilkins Center for Eating Disorders</b>	Eating disorders	7 Riversville Road Greenwich, CT 06831	Peggy Paulo	203-531-1909	www.wilkinscenter.com
<b>Women's Business Development Center</b>	Promote the advancement of woman.	888 Washington Blvd. Stamford, CT 06904	Fran Pastore President	203-857-7300	www.ctwbdc.org
<b>YWCA</b>	Women's services	49 Old King's Highway Darien, CT 06820	Nancy Coughlin Executive Director	203-655-2535	www.ywcadariennorwalk.org
CHURCHES					
<b>Calvary Baptist Church</b>		988 Post Road Darien, CT 06820	Rev. Tony Gibson	203-655-0318	calvarybaptist.darien.org
<b>First Congregational Church</b>		14 Brookside Road Darien, CT 06820	Rev. Don Longbottom	203-655-0491	www.uccdarien.org
<b>Noroton Presbyterian Church/NPC</b>		2011 Post Road Darien, CT 06820	Rev. Gregory Doll	203-655-1451	www.norotonchurch.org
<b>Convent of St. Birgitta</b>		4 Runkenhage Rd. Darien, CT 06820		203-655-1068	convent@birgittines-us.com
<b>St. John's Roman Catholic Church</b>		1986 Post Road Darien, CT 06880	Rev. Frank McGrath	203-655-1145	www.stjohndarien.com
<b>St. Luke's Episcopal Church</b>		1864 Post Road Darien, CT 06880	Rev. David Anderson, Rev. Paul Carling	203-655-1456	www.saintlukesdarien.org
<b>St. Paul's Episcopal Church</b>		471 Mansfield Avenue Darien, CT 06820	Rev. Christopher Leighton	203-655-8773	www.stpaulsdarien.org
<b>St. Thomas More</b>		384 Middlesex Road Darien, CT 06820	Rev. Barry Furey, Sr. Madeline McAdam	203-655-3303	www.stmdarienct.org
<b>United Methodist Church</b>		345 Middlesex Road Darien, CT 06820	Rev. James Hoffman	203-655-1469	www.umcdarien.org
HOSPITALS					
<b>Greenwich Hospital</b>		5 Perryridge Road Greenwich, CT 06830		203-863-3000 (800) 657-8355	www.greenhosp.org
<b>Norwalk Hospital</b>		34 Maple Street Norwalk, CT 06856		203-852-2000	www.norwalkhosp.org
<b>Stamford Hospital</b>		30 Shelburne Road Stamford, CT 06902		203-325-7000	www.stamfordhospital.org
OTHER					
<b>Hall-Brooke Behavioral Health Services</b>	Behavioral health services.	47 Long Lots Rd Box 31 Westport, CT 06880		203-341-4539	www.hallbrooke.org
<b>Silver Hill Hospital</b>	Mental health services; suicide, self harm, eating disorder, substance abuse	208 Valley Road New Canaan, CT 06840	Rista Luna, Director of Admissions	(800) 899-4455	www.silverhillhospital.org

**"Creating Connections" is a service of the Darien Human Services Planning Council (HSPC).**

The HSPC was founded in 2005 under the auspices of The Community Fund of Darien. The mission of the HSPC is to identify human service needs in Darien and the services that exist to meet those needs, educate the community about these, and work collaboratively to address gaps in services. The HSPC includes representation from town government and departments, nonprofit agencies and organizations, schools, clergy, parent organizations, and community volunteers. The Mental Health Committee of the HSPC is working to educate both professionals and the public about mental health and support services and thus, this publication was born. It was first published in June 2007 and updated in March 2008 and again in September 2010. If you have any questions about the HSPC or The Community Fund, please contact Executive Director Kiki Karpen at 203-655-8775.

