

# Naugatuck Valley Maternal and Infant Health Resource Guide

## Community Resources

See additional detail in Naugatuck Valley Maternal & Reproductive Health Resource Directory  
<https://www.nvhd.org/wp-content/uploads/2018/11/nvmrhd-revised-01.2018-final.pdf>

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## Community Resource Guide

Resource & Address	Description, Program Costs & Insurance Information
<b>Stress Reduction</b>	
<b>Stress Reduction Program at the Yale Stress Center</b>  333 Cedar Street New Haven, CT 06510 203 – 737 – 3398	Program focuses on developing healthy lifestyle habits and decreasing stress through mindfulness and gentle yoga, lifestyle coaching, good nutrition and exercise. Individuals wanting to decrease food cravings, lose weight or change smoking or drinking habits would benefit from the program. Individuals will be paid to participate in the research study.  <b>Program Costs &amp; Insurance Information:</b> Free
<b>10% Happier</b>	An app with guided meditations that can help lower stress levels that can lead you to be a happier you. <a href="https://www.tenpercent.com/">https://www.tenpercent.com/</a>  <b>Program Costs &amp; Insurance Information:</b> Free. Option of yearly membership at \$99 that unlocks additional features
<b>Headspace</b>	An app that is a guide to everyday mindfulness in just a few minutes a day. You can choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep. Productivity, exercise and physical health. <a href="https://headspace.com/">https://headspace.com/</a>  <b>Program Costs &amp; Insurance Information:</b> Free trial and then option for yearly membership at \$69.99 or monthly at \$12.99. Free for unemployed.
<b>Brightmind</b>	An app that helps you apply mindfulness to stress and sleep through various techniques so you can find one that works for you. <a href="https://www.brightmind.com/">https://www.brightmind.com/</a>  <b>Program Costs &amp; Insurance Information:</b> Try for free. Yearly subscription at \$94.99 or \$7.92 a month.
<b>Mental Health and Substance Abuse</b>	
<b>BHcare</b>  435 East Main Street Ansonia, CT 06401 203 – 800 – 7177	This location provides outpatient clinical services, community support services, and specialty services. Also offers outpatient substance abuse counseling and relapse prevention to people with substance use disorders including alcohol and drugs. <a href="https://www.bhcare.org/">https://www.bhcare.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Accepts state insurance (HUSKY) and most private insurance Does not accept Medicare for Intensive Outpatient Care.
<b>General Counseling/ Psychiatric Disorder Counseling/ Mental Health Evaluation – Griffin Hospital</b>  130 Division Street Derby, CT 06418 203 – 732 – 7541	Psychiatric Outpatient Center offers clinical assessments and a full range of on-going treatments for individuals, couples, and families. <a href="https://www.griffinhealth.org/behavioral-health-addiction-services/outpatient-psychiatry">https://www.griffinhealth.org/behavioral-health-addiction-services/outpatient-psychiatry</a>  <b>Program Costs &amp; Insurance Information:</b> Accepts most insurance plans
<b>Counseling Services at Cornell Hill Health Center</b>  121 Wakelee Avenue Ansonia, CT 06401 203 – 503 – 3570	Offers individual group, couples and family therapy, anger management classes, psychiatric/substance abuse consultation services, substance abuse counseling, medication management/ evaluation, and substance abuse relapse prevention. <a href="https://cornellscott.org/">https://cornellscott.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Accepts Medicaid, Medicare, HUSKY, Charter Oak & most commercial insurance plans. Sliding fee scale
<b>Therapeutic Pathways</b>  175 Church Street	Licensed mental health professionals that help address a broad range of mental health issues such as substance abuse, anger management, anxiety, depression, marriage counseling and family therapy. <a href="https://therapycct.net/">https://therapycct.net/</a>

Naugatuck, CT 06770 203 – 732 – 8546	<b>Program Costs &amp; Insurance Information:</b> Accepts Medicaid and most insurance plans
<b>Midwestern Connecticut Council on Alcoholism (MCCA) Derby Satellite Office</b>  100 Elizabeth Street Derby, CT 06418 203 – 446 – 2252	Provides individual, family and group substance abuse counseling. <a href="https://mccaonlin.com">https://mccaonlin.com</a>  <b>Program Costs &amp; Insurance Information:</b> Accepts most insurances, cash, checks and most major credit cards
<b>Catholic Charities – Archdiocese of Hartford</b>  205 Wakelee Avenue Ansonia, CT 06401 203 – 735 – 7481	Addresses problems associated with substance abuse and other mental health issues <a href="https://www.ccaoh.org/">https://www.ccaoh.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Accepts most insurance
<b>Wellmore Behavioral Health Waterbury Outpatient Behavioral Health</b>  402 East Main Street Waterbury, CT 06702 203 – 755 – 1143	Offers outpatient counseling for adults; service includes individual and family counseling <a href="http://www.wellmore.org">www.wellmore.org</a>  <b>Program Costs &amp; Insurance Information:</b> Accepts Medicaid and most insurance plans
<b>Physical Fitness</b>	
<b>Active Valley CT</b>	Online resource listing free opportunities for physical activity such as walking, running, hiking, biking, open play, ball sports, water activities and winter sports <a href="https://www.nvhd.org/active-valley-ct/">https://www.nvhd.org/active-valley-ct/</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>YMCA</b>  284 Church Street Naugatuck, CT 06770 203 – 729 – 9622	Offers small group personal trainings, spin class, yoga and various other group exercise classes and activities through a paid membership <a href="https://www.naugatuckymca.org/">https://www.naugatuckymca.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Membership free based on household income. Financial assistance is available
<b>Smoking Cessation</b>	
<b>Free Smoking Cessation Program</b>  130 Division Street Derby, CT 06418 203 – 732 – 7106	That's It, Learn to Quit! Griffin Hospital offers free education, advice and support to help individuals prepare to quit smoking with its four – week smoking cessation program <a href="https://www.griffinhealth.org/">https://www.griffinhealth.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>Commit To Quit</b>	Provides tools online to help individuals quit smoking when they are ready and on their own terms. Connect with an online community, get one – on – one assistance from a coach and various other resources. <a href="https://www.committoquitct.com/">https://www.committoquitct.com/</a>  <b>Program Costs &amp; Insurance Information:</b> Accepts various insurance. The Tobacco and Health Trust Fund will cover the cost for those with no insurance
<b>Nutrition</b>	
<b>Food Stamps/ Supplemental Nutrition Assistance Program (SNAP)</b>	For more information: <a href="https://www.connect.ct.gov/access/jsp/access/Home.jsp">https://www.connect.ct.gov/access/jsp/access/Home.jsp</a>  <b>Program Costs &amp; Insurance Information:</b> Eligibility is based on household income
<b>Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</b>  98 Bank Street Seymour, CT 06483 203 – 888 – 1271	Provides healthcare and nutrition for low-income pregnancy women, breastfeeding women, and children under the age of five. <a href="https://www.nvhd.org/women-infants-and-children-wic-program/">https://www.nvhd.org/women-infants-and-children-wic-program/</a>  <b>Program Costs &amp; Insurance Information:</b> Eligibility is based on household income
<b>Wellness for Life Program</b>  130 Division Street Derby, CT 06418 203 – 732 – 7106	A 12 week lifestyle change program that increases vitality by giving individuals the tool and support than can help prevent and treat many chronic diseases and lead to a healthier, happier life. <a href="https://www.griffinhealth.org/prevention-lifestyle/wellness-programs-classes/wellness0for-life">https://www.griffinhealth.org/prevention-lifestyle/wellness-programs-classes/wellness0for-life</a>  <b>Program Costs &amp; insurance Information:</b> Currently is just self-pay. Cost is \$350
<b>The Center for Prevention and Lifestyle Management at Griffin Hospital</b>	A list of programs that offer education, guidance and assistance in preventing and managing chronic disease and helping you take care of your health in various areas <a href="https://www.griffinhealth.org/prevention-lifestyle">https://www.griffinhealth.org/prevention-lifestyle</a>

130 Division Street Derby, CT 06418 203 – 732 – 7106	<b>Program Costs &amp; Insurance Information:</b> Some programs are free. Costs varies by program.
<b>St. Vincent de Paul Thrift Shop and Food Bank</b>  237 Roosevelt Drive Derby, CT 06418 203 – 734 – 7577	For information visit: <a href="http://stvincentdepauloferby.com/">http://stvincentdepauloferby.com/</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>Master's Table Community Meals, Inc.</b>  56 South Cliff Street Ansonia, T 06401 203 – 732 – 7792	For information visit: <a href="http://masterstablemeals.org/">http://masterstablemeals.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>Christ Episcopal Church Kathleen Samela Memorial Food Bank</b>  56 South Cliff Street Ansonia, CT 06401 203 – 734 – 2715	For information visit: <a href="https://www.christchurchansoniam.org/">https://www.christchurchansoniam.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>Salvation Army – Greater Valley Corps Community Center</b>  26 Lester Street Ansonia, CT 06401 203 – 736 - 0707	For more information visit: <a href="https://ctri.salvationarmy.org/SNE/GreaterValley">https://ctri.salvationarmy.org/SNE/GreaterValley</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>Seymour Oxford Food Bank</b>  20 Pine Street Seymour, CT 06483 203 – 888-7826	For more information visit: <a href="https://seymouroxfordfoodbank.com/">https://seymouroxfordfoodbank.com/</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>Spooner House</b>  30 Todd Road Shelton, CT 06484 203 – 225 – 0453	Provides 10 days' worth groceries once per calendar month for each client in need. Also provides shelter and support services to people in need. <a href="http://www.actspooner.org/">http://www.actspooner.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Free
<b>General Resources</b>	
<b>211</b>  <b>Call 2-1-1</b>	Connects callers, at no costs, to health and human services resources in their community. Provides referrals for housing, food, financial assistance, healthcare, mental health, crisis, daycare// child care, recreational programs and legal assistance <a href="https://www.211ct.org/">https://www.211ct.org/</a>  <b>Program Costs &amp; Insurance Information:</b> Free

