



Winsted Community Resource Guide

Updated September 2019

If you have any additions or changes to this Guide, please call
Jennifer Kelley at Winsted Senior Center, 860-379-4252 or jkelly@townofwinsted.org

Please note if you are experiencing a medical emergency call 911

If you are experience an emergency of any other sort call 211

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C4RC Resource Guide

CHILDREN/YOUTH SERVICES

Call for more information	Youth and adult recreation activities and program year-round	Town of Winchester Recreation 338 Main Street Winsted, CT 06098 860-738-6964 winstedrec.com or townofwinchester.org
Hours: 1st & 3rd Wed. 5:00pm-6:30pm	Infant and toddler diapers supplied in a limited quantity at no cost.	Diaper Bank Second Congregational Church 800 Main Street Winsted, CT 06098 860-379-4766
Call to register	Academically enriching programs during out of school hours to help children achieve higher academic performance during the school day.	CHAMPS Bacheller School 201 Pratt Street Winsted, CT. 06098 860-379-5423 x5266
Call for more information	Services provided for children prenatal to age 5 including home visitation program for ages prenatal to 3 years & center based program for ages 3-5 years.	HEAD START Bacheller School 201 Pratt Street Winsted, CT 06098 860-626-3296
Call for more information	Juvenile Review Board (JRB) and court diversionial reviews.	Winchester Youth Service Bureau 480 Main Street Winsted, CT 06098 860-379-0708 x111
Hours: M-F 6:30am-6:00pm year-round	Provide the highest quality care for our smallest community members in a safe, nurturing and educational environment. Services for children ages 6 weeks to 12 years old. State licensed and NAEYC accredited. Sliding scale grant slots available for qualifying families.	Winsted Area Child Care Center, Inc. Early Childhood Education and Child Care 185 Prospect Street & 1 Lake Street Winsted, CT 06098 860-379-0006, infant, toddler & preschool 860-379-2779, school age
Call for more information	Parent education and support for Winsted families, family child care, free of charge, monthly preschool screenings, resources and referrals.	Winsted Family Resource Center/Bachelor Early Education Center 201 Pratt Street Winsted, CT 06098 860-379-5423 x5262

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Care 4 Kids 1344 Silas Deane Hwy, Rocky Hill, CT 06067 (888) 214-5437 www.ctcare4kids.com/	Care 4 Kids is an agency that helps low to moderate income families in Connecticut pay for child costs Hours: M, T, W, F 8am-5pm Th 8am-6pm	Provides supplemental foods, health care referrals, nutrition education and breastfeeding promotion and support to low-income pregnant, breastfeeding and non-breastfeeding postpartum women and infants and children up to age five who are at nutritional risk.	Community based program providing services to enhance opportunities for families to grow and develop through ongoing education and support	Provides services for children including pediatric dentistry, children's therapy, and an early learning & child care	Provides educational services for children Call for hours	EdAdvance 355 Goshen Road Litchfield, CT 06759 (860) 567-0863 www.edadvance.org	The Children's Law Center of Connecticut 30 Arbor Street Hartford, CT 06106 (860) 232-9993 www.clcct.org 860-232-9993 Children Law Line	Provides legal services to children in family court cases. An easily accessible legal help line that can assist callers on issues involving children and family law in Connecticut. Call for hours
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CHILDREN/YOUTH SUMMER CAMPS

Summer M-F	Youth camps	Town of Winchester Recreation 338 Main Street Winsted, CT 06098 860-738-6964 winstedrec.com or townofwinchester.org
Summer M-F	Children age 5-17 years who are in treatment, in remission, or anywhere in between. No cost.	Camp Rising Sun Charitable Foundation 6 Prock Hill Road Colebrook, CT 06021 (203) 481-7277 www.camprisingsun.com
Summer M-F	Faith-based summer camp. Children age 8-12 years. Five day overnight camp. Located in Ashford, CT. Scholarships available. Transportation provided.	The Salvation Army Camp CONNRI 716 Main Street Winsted, CT 06098 860-379-8444
Summer M-F	Open to youth, ages of 7-16 years. Financial scholarships are available.	Camp Jewell 6 Prock Hill Road PO Box 8 Colebrook, CT 06021 (860) 379-2782 camp.jewell@ghymca.org
Summer M-F	Children age 6-14 years learn skills for building self-esteem and conflict resolution. Scholarships available. Transportation options.	Winchester Youth Service Bureau Rising Stars Summer Camp 480 Main Street Winsted, CT 06098 860-379-0708 x111

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CLOTHING and HOUSEHOLD

Auxiliary Thrift Shop 120 Willow Street Winsted, CT 06098 860-379-1997	Clothing and household items for sale.	Hours: M-F 10:00am-4:00pm S 9:30am-12:00pm
Valley Thrift Shop 714 Main Street Winsted, CT 06098 860-739-2390	Clothing and household items for sale.	Hours: M-F 10:00am-4:00pm S 11:00am-2:00pm
Winsted United Methodist Church 630 Main Street Winsted, CT 06098 860-738-6386	Used clothing bank.	Hours: Th., S 9:00am-12:00pm
Winchester Youth Service Bureau 480 Main Street Winsted, CT 06098 860-379-0708 x111	Critical clothing needs for youth.	M-F 9am-9pm
Hands of Grace St Paul's Lutheran Church 8 Wickett Street Pine Meadow New Hartford, CT 06061 860-738-0299	Food, clothing, household items at no charge, by appointment.	Hours: M-T-W 10:00am-4:00pm Th 9:00am-12:00pm
Josephs House 116 Water Street Torrington CT 06790 www.josephshousetorrington.org Jim Wilson for pick-up and delivery 860-693-4607	Household items, furniture and clothing. Call and leave specific information as to what you need or wish to donate.	Hours: M-Fri. 9:00am-5:00pm S 6pm-9pm

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CRISIS SERVICES

Hungerford Emergency and Medical Care at the Winsted Health Center 115 Spencer Street Winsted, CT, 06098 860-738-6650	Health care center, rehab and emergency department	Hours: 7 days a week 9:00am-9:00 pm
Susan B Anthony 179 Water St. Torrington CT 06790 860-489-3798	Domestic violence, crisis support, counseling and sheltering	Hours: M-F 8:30am-4:30pm
National Suicide Prevention Lifeline 860-273-8255 Kids in Crisis 24-hour Helpline Under 18 years, 203-661-1911	National suicide prevention network of 161 crisis centers that provide a 24/7, toll-free hotline for anyone in suicidal crisis or emotional distress.	Hours: 24/7
Beacon Pharmacy 294 Main Street Winsted, CT 06098 860-738-2506 www.beaconrx.com	Narcan available	Hours: M-F 9:00am-6pm S 9:00am-3pm

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DISABILITY SERVICES

Bureau of Rehabilitation Services (BRS) 55 Farmington Avenue Hartford, CT 06105-3730 Toll-Free: 800-537-2549 www.ct.gov/brs	Assists people with disabilities to prepare for, find or keep a job.	Hours: M-F 8:00am-4:00pm
Social Security Administration (SSA) 147 Litchfield Street Torrington, CT 06790 1-877-405-0486 or TTY: 1-860-626-9568 www.ssa.gov	Provides Social Security which is a social insurance program that includes retirement, disability or survivor's benefits.	Hours: M-F 9:00am-4:00pm
State of Connecticut Department of Developmental Services (DDS) Torrington Center Alvord Park Road Torrington, CT 06790 860-496-3000	The Department of Developmental Services is an agency that provides services to individuals who suffer from developmental disabilities and their families.	Hours: M-F 8:00am-4:00pm
The Arc of Litchfield County (LARC) 314 Main Street Torrington, CT 06098 860-482-9364	Provides services for people with developmental disabilities including residential group homes and day support services	Hours: M-F 8:00am-4:00pm
Community Systems Inc. (CSI) Community Systems, Inc. 295 Alvord Park Road Torrington, CT 06790 Phone: 860-482-2887 info@csi-ct.org	Provides services for individuals with disabilities. The Services including residential group homes and day support services	Hours: M-F 8:00am-4:00pm

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EDUCATION

Northwestern CT Community College (NCCC) Park Place East, Winsted, CT 06098 860-738-6300 www.nwcc.org	Credit and non-credit education and training programs. NCCC's Academic Success Center provides free tutoring, academic support and career counseling to NCCC students	Hours: M-F 8:00am-4:00pm Call for an appointment
Northwestern CT Community College (NCCC), Center for Workforce Development 56 Park Place East Winsted, CT 06098 860-738-6300 www.nwcc.org	Education and training scholarships for SNAP recipients	Hours: M-Th 8:00am-1:00pm Call for an appointment
GED Opportunities Northwestern Regional High School 100 Battistoni Drive Winsted, CT 06098 (860) 379-8525 Northwestern Connecticut Community College Park Place East Winsted, CT 06098 860-738-6300	Earn your high school equivalency	Hours: Call for an appointment
YMCA Literacy Volunteers for Adults Winsted YMCA 480 Main Street Winsted, CT 06098 860-379-0708 email literacy@nwcty.org	Free tutoring, one-on-one or small group and provide help to improve English and public speaking skills	Hours: Call or email for an appointment

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ELDERLY SERVICES

Winsted Senior Center 80 Holabird Ave Winsted, CT 06098 860-379-4252 www.townofwinchester.org	Free fitness classes, services and programs for members age 55+ and daily lunch, reservation required, \$4 donation. Stop by and pick up a newsletter for more information	Hours: M-F 8:00am-4:00pm
Helping Hands Chore Services 115 Spencer Hill Winsted, CT 06098 860-379-4900 www.helpinghandschoresevice.org	Provides services to assist persons age 60+ with housework, laundry, grocery shopping	Hours: M-F 8:30am-3:30pm
Foothills VNA & Hospice 32 Union Street Winsted CT, 06098 860-379-8561 www.foothillsvna.org	Home health, hospice and preventive care for all ages. Services include skilled nursing, physical, occupational, speech therapy, medical social work, home health aides	Hours: M-Su 8:00am-5:00pm
WCASA Western Connecticut Area Agency on Aging 84 Progress Lane Waterbury, CT 06705 203-757-5449 or 1-800-994-9422 www.wcasa.org	Develops, manages and provides services for older adults age 60+, caregivers and people with disabilities to maintain their independence and quality of life	Hours: M-F 8:00am-4:30pm
Protective Services for the Elderly (PSE) 1-888-385-4225 Emergency after hours call 211	DSS program to keeps older adults safe from abuse and neglect	Hours: M-F 8:00am-4:00pm
Consumer Law Project for Elders 85 Central Avenue Waterbury, CT 06702 1-800-296-1467 www.ctlawhelp.org	Legal assistance for older persons	Hours: M-F 8:00am-4:00pm
CT Home Care Program for Elders, CHCPE Department of Social Services 55 Farmington Avenue Hartford, CT 06105 1-800-445-5394 www.portal.ct.gov/DSS	Income based program to provide home and community-based services for older adults who require assistance with activities	Hours: M-F 8:00am-4:30pm

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EMPLOYMENT ASSISTANCE

Beardsley & Memorial Library Munro Place Winsted, CT 06098 860 379 6043 www.beardsleylibrary.org	Computer access and one-on-one help with job searches, resume writing, interviewing skills by appointment	Hours: T & Th 10:00am-8:00pm W & F 10:00am-6:00pm S 10:00am-2:00pm Call for an appointment
Goodwill Career Center 1849 East Main Street Torrington, CT 06790 860-489-8670	One-on-one coaching, resume, interview, internet, email skills training, access on-line job openings and earn a GED	Hours: M-F 10:00am-2:00pm & 2:30pm-6:00pm
CT Department of Labor American Job Center 59 Field Street Torrington, CT 06790 860-496-3500 www.ctdol.state.ct.us	CT Works and Job Center offices provide assistance to individuals seeking employment and to employers seeking workers	Hours: M-F 8:30am-4:30pm
Northwestern CT Community College (NCCC) Greenwoods Hall 4 Park Place East 2nd Floor Bulletin Board www.nwcc.org	Posting of job opportunities in the area	Hours: M-F 8:00am-4:00pm
Prime Time House 836 Main Street Torrington CT 06790 860-618-2479 www.primetimehouse.org/career-services	Supports people with mental illness to find integrated and competitive employment	Hours: M, T, Th, F 8:30am-4:30pm W 8:30am-7:00pm
Bureau of Rehabilitation Services (BRS) 55 Farmington Avenue Hartford, CT 06105-3730 800-537-2549 www.ct.gov/brs	Assists people with disabilities to prepare for, find or keep a job	
Senior Employment Program (Title V) EdAdvance 355 Goshen Road Litchfield, CT 06759 860-567-0863 www.edadvance.org	Employment and training opportunities to assist older adults who wish to remain in the work force	Hours: M-F 8:00am-4:00pm

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FOOD AND NUTRITION

The Salvation Army Food Pantry 716 Main Street Winsted, CT 06098 860-379-8444 ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter	Food pantry and help applying for Supplemental Nutrition Assistance Program (SNAP)	Hours: T 2:00pm-6:00pm W 2:00pm-5:00pm F 10:00am-12:00pm	
Open Door Soup Kitchen St. James Place (parish house rear entrance) 160 Main Street Winsted, CT 06098 860-738-2449	Hot meals and warming center, food and personal care items and help applying for Supplemental Nutrition Assistance Program (SNAP)	Hours: M-F 9:00am-12:30pm & 2nd, 3rd & 4th S 9:00am-12:30pm	
CT Mobile Food Pantry Winsted NCCC Holabird Avenue/North Main Street college parking lot. Torrington First Congregational Church 835 Riverside Avenue	Distribution of perishable food items that may include dairy, fruit, vegetables. Bring your own bags	Winsted 3rd Thurs each month 12:00pm Torrington 2nd Tues each month 9:30am	
Winsted United Methodist Church 630 Main Street Winsted, CT 06098 860-379-6386	Patrons may come once a week to the food pantry. Thrift Shop.	Hours: Th & S 9:00am-12:00pm	
Supplemental Nutrition Assistance Program (SNAP) Dept. of Social Services 62 Commercial Boulevard Torrington, CT 06790 1-855-6-CONNECT www.snap4ct.org/torrington-dss-office.html	SNAP Benefits provides a monthly supplement for purchasing nutritious foods for individuals and families	Hours: M-F 8:00am-4:00pm	
Meals on Wheels 860-482-4151	Meal delivery for home bound adults 60+. Doctor confirmation required	Hours: M-F 8:00am-4:00pm	
Winsted Senior Center 80 Holabird Avenue Winsted, CT 06098 860-379-4252 www.townofwinsted.org	Daily lunch, reservation required, \$4 donation	Hours: M-F 8:00am-4:00pm	

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End Hunger CT Gaylor- Tiffany Building Litchfield Heights 15 Mountain View Terrace Call 2 1 1 www.endhungerct.org/ summer-meals	Neighborhood summer free meal program for children to age 18, July & August Hours: Mon thru Fri Gaylor-Tiffany 11am-noon Litchfield Heights noon-1pm	Founded and operated by NCCC's chapter of Phi Theta Kappa. A student ID or current class schedule with photo ID is required Hours: Call for hours
NCCC Food For Thought (Student Pantry) Founders Annex Room 317 Park Place East Winsted, CT 06098 860-738-6300		

FUEL/ENERGY ASSISTANCE

New Opportunities, Inc. Co-located with The Salvation Army 716 Main Street Winsted, CT 06098 860-738-9138 ctrl.salvationarmy.org/SNE/WinstedRegionalServiceCenter	Application help for energy assistance and weatherization programs which eligibility depends on certain income and other requirements Hours: M-F 8:30am-4:30pm Evening hours TBD	The Salvation Army 716 Main Street Winsted, CT 06098 860-379-8444 ctrl.salvationarmy.org/SNE/WinstedRegionalServiceCenter
The Salvation Army 716 Main Street Winsted, CT 06098 860-379-8444 ctrl.salvationarmy.org/SNE/WinstedRegionalServiceCenter	Energy and utility assistance Hours: M-F 8:30am-4:30pm	

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HOUSING - ELDERLY, DISABLED VETERANS & SHELTERS

Chestnut Grove Apartments 80 Chestnut Street Winsted, CT 06098 860-379-4573	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
Greenwoods Gardens Apartments Gay Street Winsted, CT 06098 860-379-1752	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
Laurel Commons Apartments 75-81 Gay Street Winsted, CT 06098 860-379-7001	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
Carriage Maker Place Apartments 19 Gay Street Winsted, CT 06098 860-379-7001	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
Susan M.B. Perry Apartments 117 Spencer Street Winsted, CT 06098 860-738-1115	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
The Glen Apartments 130 Willow Street Winsted, CT 06098 860-529-1111	Housing for older adults and people with disabilities	Age, income requirements and services vary, call for details
McCall's Center for Behavioral Health 231 N Main Street Winsted CT, 06098 860-485-8605	Transitional housing for homeless veterans or risk of homelessness	Hours: By appointment
Winsted YMCA 480 Main Street Winsted, CT 06098 Call 2.1.1	Homeless shelter and warming center	Access Shelter by calling 2-1-1
Torrington FISH 332 South Main Street Torrington, CT 06790 860-496-1648 Call 2 1 1	Homeless shelter	Access Shelter by calling 2-1-1
The Gathering Place 21 Prospect Street Torrington, CT 06790 860-618-3455	Services for the homeless: Showers & laundry facilities	Hours: M-F 9:00am-4:00pm

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MEDICAL, HEALTH CARE and HOME CARE

Alzheimer's Association 115 Spencer Street Winsted, CT 06098 860-3083458 www.alz.org/ct	Resource for caregivers of people with Alzheimer's and dementia including support groups	Hours: M-F 8:00am-4:00pm
Community Health & Wellness Center (CHWC) 10 Center Street Winsted, CT 06098 860-238-4211 www.chwctorr.org	Non-emergency medical, dental, behavioral health, case management and HIV testing services. Accepts HUSKY and other insurances. Financial assistance and Spanish speaking available	Hours: M-F 8:00am-5:00pm By appointment
Community Health & Wellness Center (CHWC) Open Door Soup Kitchen 160 Main Street Winsted, CT 06098 860-238-4211 www.chwctorr.org	Case management and HIV testing	Hours: W 10:00am-12:30pm
Foothills VNA & Hospice 32 Union Street Winsted CT, 06098 860-379-8561 www.foothillsvna.org	Home health, hospice and preventive care for all ages. Services include skilled nursing, physical, occupational, speech therapy, medical social work, home health aides	Hours: M-Su 8:00am-5:00pm
Helping Hands Chore Services 115 Spencer Hill Winsted, CT 06098 860-379-4900 www.helpinghandschoreservice.org	Provides services to assist persons age 60+ with housework, laundry, grocery shopping	Hours: M-F 8:30am-3:30pm
CHH Hartford Health Care Emergency & Medical Care 115 Spencer Street Winsted CT 06098 860-738-6650	Urgent and emergency medical care	Hours: 7 days/week 9:00am-9:00pm
Veterans Primary Care Clinic 115 Spencer Street Winsted CT 06098 860-738-6985 www.connecticut.va.gov/locations/Winsted_Outpatient_Clinic.asp	Immediate and chronic health care, preventive medical care, physical exams, diagnostic laboratory testing, general X-rays, limited immediate pharmacy	Hours: by appointment For Veterans only
The Salvation Army 716 Main Street Winsted, CT 860-379-8444	Prescription assistance, restrictions apply so call for information	Hours: M-F 8:30am-4:30pm

MEDICAL EQUIPMENT GENTLY USED

Footills VNA 32 Union Street Winsted, CT 06098 860-738-7479	Used equipment available and will take donations of smaller items	Call for an appointment
Winsted Knights of Columbus 122 Marshall Street Winsted, CT 06098 860-379-6956	Used equipment available and will take donations. Will pick up large items	Call for an appointment
Winsted VFW 114 Colebrook River Road Winsted, CT 06098 860-379 - 3489	Used equipment available and will take donations. Will pick up large items	Call for an appointment

MENTAL & BEHAVIORAL HEALTH/ SUBSTANCE ABUSE

Hotline Call 2 1 1 www.ct.gov/dmhas	Children and adults, includes substance abuse crises and referrals	Call 2-1-1
Community Health & Wellness Center (CHWC) 10 Center Street Winsted, CT 06098 860-238-4211 www.chwctorr.org	Behavioral health and case management services. Accepts HUSKY and other insurances. Financial assistance and Spanish speaking available	Hours: By appointment M-F 8:00am-5:00pm
McCall Center for Behavioral Health 231 N Main St Winsted CT, 06098 860-485-8605 www.mccallcenterct.org	Outpatient behavioral health services	Hours: M-Th. 8am-9pm F 8am-5pm
Winchester Youth Service Bureau 480 Main Street Winsted, CT 06098 860-379-0708 x111	Free youth & family short- term behavioral health counseling and case management. Therapeutic in school program for at risk youths.	Call for an appointment. Requires school referral.

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MENTAL & BEHAVIORAL HEALTH/SUBSTANCE ABUSE continued

Western CT Mental Health Network Torrington Area 249 Winsted Road Torrington, CT 06790 Office & Hotline 860-496-3700 www.CT.gov/dmhas	Assessment and support for individual's services for potential crisis situations Hours: Office M-F 8:00am-4:30pm Hotline 24/7	
Community Health Center, Inc School Based Health Center Batcheller Elementary School Pearson Middle School Gilbert High School 860-253-9024 Melissa Thibeault	Counseling services available by appointment Hours: During regular school hours	
Prime Time House 836 Main Street Torrington, CT 860-618-2479 www.primetimehouse.org	Provides opportunities for adults living with mental illness to lead productive, independent, and fulfilling lives	Hours: M-F 8:30am to 4:30pm
CHH Hartford Healthcare 54 Litchfield Street Torrington 860 459-9726 hartfordhealthcare.org	Intensive outpatient program Substance abuse treatment and counseling to connect those seeking treatment	Hours: 24/7
NW CT Abuse and Mental Health Resource Guide www.authenticrecovery.org/resources	Guide is updated monthly online	
Substance Abuse Walk-in Assessment Center Watkins Network 21 Prospect St Torrington, CT 06790 860-482-7242 1-800-563-4086 cnvhelp.org/watkins-network	Outpatient drug and alcohol programs features intensive outpatient groups, gender-specific substance abuse groups also psychiatric evaluations and medication assisted treatments including Suboxone, Vivitrol and Naltrexone	Hours: M, W, Th 1:00-9:00pm T 11:00am-7:00pm F 9:00am-5:00pm
Opioid Crisis Line 1-800-563-4086	Also provides transportation to treatment within state	

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Narcotics Anonymous Second Congregational Church (NA) 800 Main Street Winsted, CT 06098 Winchester Center Congregational Church 1 West Road Winchester Center, CT 06098 ctna.org/find-a-meeting	Alcoholics Anonymous United Methodist Church (AA) 630 Main St. Winsted, CT 06098 Winchester Center Congregational Church 1 West Road Winchester Center, CT 06098	Al Anon Family Groups First Church of Winsted 95 North Main Street Winsted, CT 06098
Facilitated support group	Facilitated support group	Facilitated support group if someone else's drinking is troubling
Meetings: Second Congregational Church F 7:00 Winchester Center Congregational Church T 7:00	Meetings: United Methodist Church M 7:00pm T, Th 8:00pm W 7pm (Woman's) S 8:00pm Su 7pm Winchester Center Congregational Church F 7:00pm	Meetings: W 7:30pm

PET SERVICES

"For the Love of Jack" 860-689-3632	Animal and pet supplies for low income pet owners.	Call for information
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Social Media

The Town of Winchester/City of Winsted is nestled in the mountains of Litchfield County and is noted as the Gateway to the Berkshire Mountains. Winchester, with 32 square miles and a population of 11,500, claims a wonderful quality of life with beautiful lakes, fishing, boating, fresh water springs and more	Neighbors Helping Neighbors Winsted residents dedicated to helping neighbors through community projects and outreach facebook.com/group/ps/1671972889754787/ facebook.com/winstedrecreation	Winsted Recreation winstedct.myrec.com	Friends of Main Street www.fomswinsted.org	Fit Together NWCT fomswinsted.org
The Town of Winchester/City of Winsted is nestled in the mountains of Litchfield County and is noted as the Gateway to the Berkshire Mountains. Winchester, with 32 square miles and a population of 11,500, claims a wonderful quality of life with beautiful lakes, fishing, boating, fresh water springs and more	Winsted Recreation winstedct.myrec.com	Friends of Main Street www.fomswinsted.org	Fit Together NWCT fomswinsted.org	Mission is to build the healthiest kids, families, and communities through sustainable strategies that foster healthy eating and active living. facebook.com/how2fitkids

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STATE PROGRAMS (MEDICARE, MEDICAID, HUSKY, SNAP, etc.)

2-1 Helpline https://www.211ct.org/	CT Department of Social Security 1-800-772-1213 www.socialsecurity.gov	Benefits information For any questions regarding Social Security and to request Letter of Benefits	Call 2-1-1
CT Department of Social Services (DSS) 1-855-626-6632 www.connect.ct.gov EBT Helpdesk 1-888-328-2666	Benefits information	Call information	
Access Health CT 1-855-805-4325	Health Insurance Marketplace for Connecticut. Access Health allows individuals to get buy health insurance at subsidized rates	Call information	
Choices Program (WCAA) 1 800 994-9422	Assist everyone with Medicare, to understand their Medicare coverage and healthcare options	Hours: M-F 8:00am-4:00pm	Call information
Medicare 1-855-268-0403 www.medicare.gov	National health insurance program that covers individuals who are 65 or older, or young people with disabilities	Call information	
Supplemental Nutrition Assistance Program (SNAP) Dept. of Social Services 62 Commercial Boulevard Torrington, CT 06790 1-855-6-CONNECT www.snap4ct.org/torrington-dss-office.html	SNAP Benefits provides a monthly supplement for purchasing nutritious foods for individuals and families	Hours: M-F 8:00am-4:00pm	
Connecticut Legal Services, Inc. 85 Central Ave Waterbury, CT 06702 1-800-453-3320 CTLawhelp.org	To talk with someone about a problem or think you may need the services of an attorney	Call information	

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TRANSPORTATION

Dial-A-Ride Bus NW CT Transit District www.nwcttransit.com 860-489-2535 1-866-906-7433	Winsted Senior Center Van 80 Holabird Avenue Winsted, CT 06098 860-379-4252	Local fixed bus route available for trips in Torrington, Winsted and Litchfield. Bus will travel up to ¾ mile off its route upon request	NW Regional Mobility Manager and Ombudsman The Kennedy Center, Inc. April Chaplin 475-298-3103 achaplin@kennedyctr.org	RITS Program (Rural Independent Transportation Program) Northwest Transit District 860-489-2535	The Salvation Army 716 Main Street Winsted, CT 06098 860-379-8444	Transportation Reaching Every Direction (TRED) 364 Main Street Unit 6 Torrington, CT 06790 860-482-1852
Hours: M-F 9:00am-3:00pm S 9:00am-noon Evening and Sundays, TBD Must call 24 hours in advance for reservation	Hours: M-F, 8:45am-2:30pm Must call 24 hours in advance for reservation	Curb to curb transportation within Winsted/Winchester for residents age 55+ & people with disabilities. Suggested donation \$1. Caregiver rides free with a passenger with a disability	Provides information about public transportation options available in the NW Corner	Non-emergency medical trips for older adults and people with disabilities who are residents of the northwest hills to destination outside of the region. Donations are welcome	Hours: M-F 8:30am-4:30pm Evening hours TBD	Assistance with gasoline and automotive repairs. Must present current DL, registration and insurance
Hours: M-F 9:00am-3:00pm Out of town medical M-T-Th 9:00am-3:00pm Children under 5 - Free Students \$.90, Disabled \$.65 One-way fare: adults: \$1.25, Torington	Curb to curb transportation to Torrington	Curb to curb transportation for individuals with a mental health diagnosis or addiction.	Call for appointment. Must call 24 hours in advance	Call to schedule ride as soon as you make your appointment, limited availability	Call or email	Call to schedule ride as soon as you make your appointment, limited availability

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VETERANS SERVICES

Veterans Primary Care Clinic 115 Spencer Street Winsted CT 06098 860-738-6985 www.connecticut.va.gov/locations/ /Winsted_Outpatient_Clinic.asp	McCall's Center for Behavioral Health 231 N Main St Winsted CT, 06098 860-485-8605	Veteran's Services Town of Winchester Art Melcher 860-307-5103	Veterans Coffee Talk Winsted Health Center Conference Room 115 Spencer Street, lower level Winsted, CT 06098 860-379-4252	VA Crisis Line 1-800-273-8255 Press 1 Prevention and crisis services for veterans	VA Benefits 1-800-827-1000 The Veterans Benefits Administration is an agency of the US Department of Veterans Affairs that provides services for Veterans	Health Care 1-877-222-8387 www.va.gov/healthbenefits www.va.gov/opa/choiceact	Choice Program 1-866-606-8198	Department of Labor Veteran Representative Torrington, CT 203-437-3297
Immediate and chronic health care, preventive medical care, physical exams, diagnostic laboratory testing, general X-rays, limited immediate pharmacy	Transitional housing for homeless veterans or risk of homelessness	Resource to assist veterans. www.ebenefits.va.gov and register to obtain DD214 form	Veteran's liaison leads a discussion about updates, benefits, military culture and events. Open for veterans and spouses	2nd W of month, 8:30am				
Hours: by appointment For Veterans only	Hours: By appointment							

CARC Resource Guide

WARMING CENTERS

Winsted YMCA 480 Main Street Winsted, CT 06098 860-379-0708 860-379-0708	Homeless shelter and warming center	Call 2-1-1
Open Door Soup Kitchen 160 Main St. Winsted, CT 860-738-2449	Warming center	Hours: Call for hours
Winsted Town Hall 338 Main Street Winsted, CT 06098 860-738-6963	Warming center	Hours: Call for hours
Winsted Senior Center 80 Holabird Avenue Winsted, CT 06098 860-379-4252	Warming center	Hours: Call for hours
Beardsley & Memorial Library Munro Place Winsted, CT 06098 860-379-6043	Warming center	Normal Business Hours T & Th. 10:00am-8:00pm W & F 10:00am-6:00pm S 10:00am-2:00pm Additional hours as TBD
Winchester Center Fire Department 10 Newfield Road Winchester Center, CT 06094 860-379-1750	Warming center	Hours: Call for hours
Hungerford Emergency and Medical Care Facility Winsted Health Center 115 Spencer Street Winsted CT, 06098	Warming center	Hours: M-Su. 9:00 am- 9:00pm

