

# Community Services for Patient Referral

New Canaan, CT Region

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## Social Work/Financial Services

### **Person to Person**

**Description:** A nonprofit organization that provides services to people in lower Fairfield County including the towns of Darien, New Canaan, Norwalk, Stamford, Weston, Westport, and Wilton. They provide a variety of social services including food assistance and casework assistance.

**Address:** Several locations including Norwalk.

76 South Main Street, Norwalk, CT 06854

**Phone:** 203-655-0048

**Website:** <https://p2phelps.org/>

### **The Community Action Agency of Western Connecticut**

**Description:** A nonprofit that provides social services and programs for low-income people and families. Services range from case management to energy assistance. Their service area includes Danbury and New Canaan, with limited services in Norwalk.

**Address:** 78 Triangle Street, Danbury, CT 06810

**Phone:** 203-744-4700

**Website:** <https://caawc.org/service-area/>

### **Access Health CT**

**Description:** Connecticut's official healthcare marketplace where people can explore health insurance plans for which they are eligible including HUSKY Health.

**Phone:** 855-805-4325

**Website:** <https://www.accesshealthct.com/>

## COVID-19 Pandemic Support

### **VOICES Center for Resilience - Coronavirus Response Program**

**Description:** VOICES Coronavirus Response program provides information and support for families in the aftermath of the COVID-19 pandemic. Their services include information sheets, webinars, community discussion groups, and support groups. VOICES was originally created after the 9/11 attack on NYC and has since provided support for communities recovering from traumatic events.

**Address:** 80 Main Street New Canaan, CT 06840

**Phone:** 203-966-3911

**Website:** <https://voicescenter.org/coronavirus>

### **Talk It Out Line – Connecticut Government**

**Description:** Phone support line in English and Spanish for parents and caregivers who need someone to listen and talk to about their feelings. Call line is open Mon-Fri from 8am-8pm and Sat-Sun from 1pm-8pm.

**Phone (support line number):** 833-258-5011

**Website:** <http://www.talkitoutct.com/>

### **Healing Hearts Program at Regional Hospice**

**Description:** A program run by a nonprofit hospice organization that provides bereavement support groups for adults and children who are grieving the loss of a loved one.

**Address:** Regional Hospice, 30 Milestone Road Danbury, CT 06810

**Phone:** 203-702-7400

**Website:** <https://regionalhospicect.org/healing-hearts-center-for-grief-loss/#>

## Elderly Support

### **Elder Buddies Program of New Canaan CARES**

**Description:** CARES is a nonprofit organization that offers a variety of programs for the New Canaan community. They have an elder buddies program where they pair senior citizens and youth to foster socialization, mentoring, and youth leadership.

**Address:** 91 Elm Street, New Canaan, CT 06840

**Phone:** 203-966-7862

**Website:** <https://newcanaancares.org/community-programs/>

### **Meals on Wheels of New Canaan**

**Description:** A nonprofit that delivers meals to eligible people in New Canaan who are unable to shop on their own due to health or injury. These meals are provided on weekdays and for a low cost.

**Address:** 3 Farm Rd, New Canaan, CT 06840

**Phone:** 203-594-5318

**Website:** [www.mowofnc.org](http://www.mowofnc.org)

### **GetAbout**

**Description:** A nonprofit that provides New Canaan residents with rides. Eligible people include both seniors and other adults who are unable to drive temporarily or over the long-term. This organization provides transport services Monday-Friday between 9am and 4pm.

**Phone:** 203-972-7433

**Website:** <https://getaboutnc.org/>

### **Staying Put in New Canaan**

**Description:** A nonprofit that provides a variety of services to help seniors continue to live independently in New Canaan, services range from companionship visits to help with errands.

**Address:** 58 Pine Street, New Canaan, CT 06840

**Phone:** 203-966-7762

**Website:** <http://www.stayingputnc.org/>

### **Lapham Community Center**

**Description:** A New Canaan town organization open during workdays that offers many programs, such as art classes and lectures, for adults with a focus on seniors. The organization serves the New Canaan area.

**Address:** Lapham Community Center in Waveny Park, New Canaan, CT 06840

**Phone:** 203-594-3620

**Website:** [https://www.newcanaan.info/community/lapham\\_community\\_center/index.php](https://www.newcanaan.info/community/lapham_community_center/index.php)

### **Norwalk Senior Center and Norwalk Senior Center South**

**Description:** A nonprofit organization open during weekdays that offers many programs, such as classes and lectures, for seniors. Membership is \$25 per year. The organization serves the Norwalk area and has 2 locations.

**Address:**

Norwalk Senior Center, 11 Allen Road, Norwalk, CT 06851

Norwalk Senior Center South, 92 Cedar Street, Norwalk, CT 06854

**Phone:** Norwalk Senior Center: 203-847-3115, Norwalk Senior Center South: 203-299-1500

**Website:** <https://norwalkseniors.org/>

### **Elmwood Hall Senior Center**

**Description:** A nonprofit organization open during weekdays that offers many programs for people 60 years or older. Membership is free. They also have information for people who are aging and care givers of aging people. This organization serves the Danbury area.

**Address:** Elmwood Hall, 10 Elmwood Place, Danbury, CT 06810

**Phone:** 203-797-4686

**Website:** <https://www.danburyseniors.org/about-us/elmwood-hall-senior-center/>

### **Southwestern Connecticut Agency on Aging (SWCAA)**

**Description:** A nonprofit that offers a wide range of support, health, and financial services and coordination for senior citizens and persons with disabilities. This organization covers New Canaan and Norwalk.

**Address:** 1000 Lafayette Blvd., 9th Floor, Bridgeport, CT 06604

**Phone:** 203-333-9288

**Website:** <https://www.swcaa.org/>

### **Western Connecticut Area Agency on Aging**

**Description:** A nonprofit that offers a wide range of support, health, and financial services and coordination for senior citizens and persons with disabilities. This organization covers Danbury.

**Address:** 4 Progress Lane, Waterbury, CT 06705

**Phone:** 203-757-5449

**Website:** <https://wcaaa.org/>

## LGBTQ Services

### **Circle Care Center**

**Description:** A primary care practice that specializes in LGBTQ health that has an on-site pharmacy. Their services include specialized sexual health care, hormone replacement therapy, mental health services, social services navigation, referral for gender affirming surgeries, and STI screening/treatment services including PrEP and HIV testing.

**Address:** 618 West Avenue, Norwalk, CT 06850

**Phone:** 203-852-9525

**Website:** [www.circlecarecenter.org](http://www.circlecarecenter.org)

### **Anchor Health Initiative**

**Description:** A primary care practice that specializes in transgender medicine, hepatitis C, and HIV/AIDs and has its own pharmacy service. They also provide case management and STI screening/treatment services including PrEP and HIV testing.

**Address:** Locations in Hamden and Stamford. Stamford: 30 Myano Lane, Suite 16., Stamford, CT 06902

**Phone:** 203-674-1102

**Website:** <http://www.anchorhealthinitiative.org/>

### **Triangle Community Center**

**Description:** A nonprofit that provides LGBTQ support groups, counseling, social services navigation, and drop-services. The organization also provides community education and professional development trainings on LGBTQ+ cultural competency.

**Address:** 650 West Avenue Norwalk, CT 06850

**Phone:** 203-853-0600

**Website:** <https://ctpridecenter.org/>

### **The Trevor Project**

**Description:** A suicide prevention and crisis intervention organization that provides 24/7 online chat, texting, and call counseling for LGBTQ young people.

**Text:** text "START" to 678-678

**Call:** 866-488-7386

**Chat:** accessed via website: <https://www.thetrevorproject.org/get-help/>

**Website:** <https://www.thetrevorproject.org/>

## Intimate Partner Violence Support

### **Domestic Violence Crisis Center (DVCC)**

**Description:** A nonprofit that provides a variety of services to victims of domestic violence and their child with services ranging from emergency housing to counseling. Serves Norwalk, Stamford, New Canaan, Darien, Westport, Weston, and Wilton.

**Address:** Norwalk Office: 16 River Street (48 Wall Street for GPS) Norwalk, CT 06850

**Phone:** 203-588-9100

**Website:** <https://www.dvccct.org/>

### **The Center for Empowerment and Education**

**Description:** A nonprofit that provides a variety of services to victims of domestic violence, victims of sexual assault, and people undergoing other major life transitions. Serves Bethel, Bridgewater, Brookfield, Danbury, Kent, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman, and Washington.

**Address:** The Center for Empowerment and Education, 2 West Street, Danbury, CT 06810

**Phone:** 203-731-5200

**Website:** <https://thecenterct.org/>

### **Safe Connect Hotline**

**Description:** Connecticut’s central hotline that provides confidential support, information, and assistance to victims of domestic violence.

**Call or text hotline:** 888-774-2900

**Email hotline:** safeconnect@ctcadv.org

**Online chat hotline:** <https://app.purechat.com/w/CTSafeConnect>

**Website:** <https://ctsafecconnect.com/>

### **Td411 Mobile App**

**Description:** Free mobile app designed for teens to provide information about healthy relationships and dating violence. The app was developed by the Connecticut Coalition Against Domestic Violence. Has content in English and Spanish.

**Website with directions to download the app:** <http://www.ctcadv.org/projects-initiatives/td411/>

### **National Domestic Violence Hotline**

**Description:** 24/7 national hotline that provides tools and support to help survivors of domestic violence. Can be accessed via call, text, or online chat. Has confidential information and support in over 200 languages.

**Call:** 800-799-7233

**Text:** text “START” to 88788

**Website (with access to online chat):** <https://www.thehotline.org/>

## Mental Health Support and Substance Use Treatment

### **2-1-1**

**Description:** Connecticut’s 24/7 free and confidential referral service for health and human services including mental health services, food, housing, and substance use. Operators are also certified in crisis intervention. The service is available in more than 150 languages.

**Phone:** In CT dial 211. Out of state to access the call line: 800-203-1234

**Website:** <https://www.211ct.org/>

### **Community Health Center**

**Description:** A primary care provider that offers many services including suboxone treatment, behavior health support groups, hepatitis C treatment, and HIV testing/treatment.

**Address:** Many locations including in Norwalk and Danbury.

**Main address:** Norwalk: 49 Day Street, Norwalk, CT 06854; Danbury: 8 Delay Street  
Danbury, CT 06810

**Phone:** Norwalk: 203-854-9292, Danbury: 203-797-8330

**Website:** <https://www.chc1.com/what-we-do/speciality-services/substance-use/>

### **Connecticut Counseling Center, Inc**

**Description:** A nonprofit that provides outpatient substance use disorder and mental health prevention, education, and treatment services. They offer methadone treatment at their Danbury and Norwalk clinics. At their Waterbury, Meriden, and Stamford clinics they offer buprenorphine treatment.

**Address:** Multiple locations including in Danbury and Norwalk.

Danbury: 60 Beaver Brook Road, Danbury CT 06810

Norwalk: 20 North Main Street, Norwalk, CT 06854

**Phone:** Danbury: 203-743-7574, Norwalk: 203-838-6508

**Website:** <http://www.ctcounseling.org/index.html>

### **Connecticut Renaissance**

**Description:** A nonprofit that provides outpatient and inpatient behavior health services for mental health and substance use disorders. They take Medicaid, private insurance, and have a sliding scale option. They offer MAT (medical assisted treatment) including suboxone at their Norwalk, Stamford, and Bridgeport locations.

**Address:** Multiple including in Stamford and Norwalk.

Stamford: 141 Franklin Street, Stamford CT

Norwalk: 4 Byington Place, Norwalk, CT

**Phone:** Stamford: 203-602-4441, Norwalk: 203-866-2541

**Website:** <https://ctrenaissance.org/>

### **Positive Directions**

**Description:** A nonprofit that provides mental health and substance use disorder prevention, counseling, and recovery supports.

**Address:** 90 Post Road West Westport, CT 06880

**Phone:** 203-227-7644

**Website:** <https://www.positivedirections.org/>

### **Sober Solutions of Norwalk**

**Description:** Dr. Robert E. Sterling, MD, DABAM who specializes in substance use disorders and includes MAT (medical assisted treatment) among his services.

**Address:** 107 Chestnut Hill RD, Norwalk, CT 06851

**Phone:** 203-357-5777

**Website:** <https://www.sobersolutionsofnorwalk.com/>

### **TurningPoint.CT.org**

**Description:** Website and call/text line developed to help young people in Connecticut access peer support for mental health and substance use issues as well as get information about treatment options and how to navigate the healthcare.

**Phone (call line):** 800-273-8255

**Text line:** text "CTL" to 741741 for help

**Website:** <https://turningpointct.org/>

### **National Suicide Prevention Lifeline**

**Description:** A national 24/7 free and confidential call line for people in emotional distress or considering suicide. There is a voice call line and an online chat line.

**Call line:** 800-273-8255

**Chat line:** <https://suicidepreventionlifeline.org/chat/>

**Website:** <https://suicidepreventionlifeline.org/>

### **SAMHSA Behavioral Health Treatment Service Locator**

**Description:** A government website that provides a hotline and web search database for finding mental health and substance use treatment. Patients can search by type of service and location.

**National helpline:** 800-662-4357

**Website:** <https://findtreatment.samhsa.gov/>

## Functional Medicine

### **Center for Integrative Medicine and Wellness**

**Description:** This center is part of the Stamford Health Medical Group. The center's practitioners include three family physicians (MDs) who also specialize in integrative medicine. Their areas of expertise include chronic pain, women's health, integrative health for athletes, and long-term complications of COVID-19.

**Address:** Center for Integrative Medicine and Wellness, Stamford Health Tully Health Center, 32 Strawberry Hill Court, Stamford, CT 06902

**Phone:** 203-276-4777

**Website:** <https://www.stamfordhealth.org/care-treatment/integrative/>

### **Naturopathic Wellness Solutions**

**Description:** Kerri Stasiak is a Doctor of Naturopathic Medicine who studied at the University of Bridgeport. She is a general practitioner with a special interest in women's health and infertility.

**Address:** 83 East Avenue, Suite 108, Norwalk, CT 06851

**Phone:** 203-642-3799

**Website:** <https://drkerristasiak.com/>

### **The Center for Natura Health**

**Description:** Salvatore Fiorentino is a Doctor of Naturopathic Medicine who studied at the University of Bridgeport. He is a general practitioner with a special interest in autoimmune conditions and chronic diseases treatment.

**Address:** 163 Main Street, Westport, CT 06880

**Phone:** 203-864-5762

**Website:** <https://www.thecenterfornaturalhealth.com/>

### **Good News Naturopathic Clinic**

**Description:** Jamie Ahn is a Doctor of Naturopathic Medicine who studied at the University of Bridgeport. She is a general practitioner with a special interest in mental health.

**Address:** 83 East Ave, Suite 209, Norwalk CT 06851

**Phone:** 203-450-6463

**Website:** <https://www.drjamieahn.com/>

### **Institute for Ayurvedic and Naturopathic Therapies**



**Description:** This institute is run by Neeru Kaushik who is a Doctor of Naturopathic Medicine who studied at the University of Bridgeport. Somesh Kaushik is a Ayurvedic specialist at the institute. The institute offers a range of therapies including Ayurvedic medicine, acupuncture, and naturopathic medicine.

**Address:** 805 Kings Highway, East Fairfield, CT 06825

**Phone:** 203-331-9111

**Website:** <http://www.ayurvedicinstitutect.com/Welcome.html>

#### **Santé Naturopathic and Acupuncture**

**Description:** Maren Cornish is a Doctor of Naturopathic Medicine who studied at the University of Bridgeport. She is also a licensed acupuncturist. Her areas of focus are women's health, hormone balancing, and chronic disease management.

**Address:** 83 East Ave, Suite 309, Norwalk CT 06851

**Phone:** 203-354-9849

**Website:** <http://www.sante-living.com/>

#### **Be Balanced Naturopathic Care Center**

**Description:** Shyron Alston is a Doctor of Naturopathic Medicine and a nutritionist who studied at the University of Bridgeport. She specializes in behavioral health, child development, and weight management.

**Address:** 149 East Ave, Suite 6, Norwalk, CT 06851

**Phone:** 203-587-8799

**Website:** <https://www.bebalancednaturopathic.com/>

#### **Healing Duo Integrative Family Medical Practice**

**Description:** A family practice with two Doctors of Naturopathic Medicine who studied at the University of Bridgeport, Dr. Pamela Santapaola and Dr. Giovanni Nelson. Dr. Santapaola specializes in intestinal disorders, women's health, anxiety, fatigue, and pediatric care. Dr. Nelson specializes in autoimmune diseases and treats a wide range of chronic and acute diseases.

**Address:** 9 Mott Avenue, Suite 203, Norwalk, CT 06850

**Phone:** 203-409-2657

**Website:** <https://www.thehealingduo.com/>