

## Therapy Resources / Education

CATEGORY		WEBSITE / Links
<b>Addiction</b>		
	CT Addiction Services	<a href="https://www.ctaddictionservices.com/">https://www.ctaddictionservices.com/</a>
	CCAR	<a href="https://ccar.us/">https://ccar.us/</a>
	211- Addiction Services	<a href="https://uwc.211ct.org/substance-abuse-resources-and-information-for-connecticut-residents/">https://uwc.211ct.org/substance-abuse-resources-and-information-for-connecticut-residents/</a>
	CHR	<a href="https://www.chrhealth.org/locations/">https://www.chrhealth.org/locations/</a>
	Alcoholics Anonymous	<a href="https://www.aa.org/">https://www.aa.org/</a>
	Sober (find meetings near you)	<a href="https://alcoholicsanonymous.com/aa-meetings/connecticut/">https://alcoholicsanonymous.com/aa-meetings/connecticut/</a>
<b>Autism</b>	Spark for Autism	<a href="https://sparkforautism.org/?utm_source=google&amp;utm_medium=cpc&amp;utm_term=&amp;utm_campaign=&amp;utm_content=&amp;gad_source=1&amp;gclid=Cj0KCQjwjLGyBhCYARIsAPqTz19xD8Geq-10Ob_DnEfXIYSFdG5YdoMfiqlyNSg47n2lZl67Jy96FrUaAtxQEALw_wcB">https://sparkforautism.org/?utm_source=google&amp;utm_medium=cpc&amp;utm_term=&amp;utm_campaign=&amp;utm_content=&amp;gad_source=1&amp;gclid=Cj0KCQjwjLGyBhCYARIsAPqTz19xD8Geq-10Ob_DnEfXIYSFdG5YdoMfiqlyNSg47n2lZl67Jy96FrUaAtxQEALw_wcB</a>
	The VOGL Method for Autism	<a href="https://voglautismmethod.com/new-york-city-office/">https://voglautismmethod.com/new-york-city-office/</a>
	Global and Regional Autism Spectrum Partnership	<a href="https://grasp.org/contact/">https://grasp.org/contact/</a>
	FAVOR inc.	<a href="https://www.favor-ct.org/resources/supportive-organizations/autism-spectrum-disorder/">https://www.favor-ct.org/resources/supportive-organizations/autism-spectrum-disorder/</a>
	Best Buddies Program	<a href="https://www.bestbuddies.org/what-we-do/ebuddies/">https://www.bestbuddies.org/what-we-do/ebuddies/</a>
	CT Autism Support Networks	<a href="https://portal.ct.gov/-/media/departments-and-agencies/dss/health-and-home-care/autism-spectrum-disorder/categories/support-networks-for-adults.pdf">https://portal.ct.gov/-/media/departments-and-agencies/dss/health-and-home-care/autism-spectrum-disorder/categories/support-networks-for-adults.pdf</a>
<b>Domestic Violence</b>	Search for shelters near you	<a href="https://www.domesticshelters.org/help/ct">https://www.domesticshelters.org/help/ct</a>
	Shelter- Waterbury	<a href="https://safehavengw.org/">https://safehavengw.org/</a>
	Shelter- Guilford	<a href="https://womenandfamilylife.org/">https://womenandfamilylife.org/</a>
	CT DV resources by region	<a href="https://portal.ct.gov/-/media/AG/CurrentIssues/DomesticViolenceResourcespdf.pdf?la=en">https://portal.ct.gov/-/media/AG/CurrentIssues/DomesticViolenceResourcespdf.pdf?la=en</a>

<b>Eating Disorders</b>	Families Empowered And Supporting Treatment for Eating Disorders (FEAST)	<a href="https://www.feast-ed.org/">https://www.feast-ed.org/</a>
	National Eating Disorder Association	<a href="https://www.nationaleatingdisorders.org/get-help/">https://www.nationaleatingdisorders.org/get-help/</a>
	Treatment centers	<a href="https://recovery.com/connecticut/eating-disorders/">https://recovery.com/connecticut/eating-disorders/</a>
	Walden	<a href="https://www.waldeneatingdisorders.com/locations/connecticut-locations/">https://www.waldeneatingdisorders.com/locations/connecticut-locations/</a>
	Eating Recovery Center (in-person and virtual)	<a href="https://www.eatingrecoverycenter.com/support-groups">https://www.eatingrecoverycenter.com/support-groups</a>
<b>Homelessness</b>	Durham, CT	<a href="https://www.townofdurhamct.org/subpages/community-support-and-services">https://www.townofdurhamct.org/subpages/community-support-and-services</a>
	The Connection (housing service)	<a href="https://www.theconnectioninc.org/housing/">https://www.theconnectioninc.org/housing/</a>
	U.S. Department of Housing and Urban Development (HUD)	<a href="https://www.hud.gov/states/connecticut/homeless">https://www.hud.gov/states/connecticut/homeless</a>
	211- Families and CHildren	<a href="https://uwc.211ct.org/resources-for-connecticut-families-with-children-experiencing-or-at-risk-for-homelessness/">https://uwc.211ct.org/resources-for-connecticut-families-with-children-experiencing-or-at-risk-for-homelessness/</a>
	211- Emergency Housing	<a href="https://www.211ct.org/search?terms=Emergency%20Housing&amp;page=1&amp;location=Connecticut&amp;service_area=connecticut">https://www.211ct.org/search?terms=Emergency%20Housing&amp;page=1&amp;location=Connecticut&amp;service_area=connecticut</a>
	Columbus House	<a href="https://www.columbushouse.org/">https://www.columbushouse.org/</a>
<b>LGBTQ+</b>	National Council on Family Relations (NCFR)	<a href="https://www.ncfr.org/resources/resource-collections/support-resources-lgbtq-individuals-and-families">https://www.ncfr.org/resources/resource-collections/support-resources-lgbtq-individuals-and-families</a>
	GLAAD	<a href="https://glaad.org/resourcelist/">https://glaad.org/resourcelist/</a>
	Parents, Families, and Friends of Lesbians and Gays (PFLAG)	<a href="https://pflag.org/">https://pflag.org/</a>
	Phone Support and Services for LGBTQIA Youth	<a href="https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth">https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth</a>
<b>Parenting</b>	“15 Coping Skills for kids to know”	<a href="https://www.verywellfamily.com/coping-skills-for-kids-4586871#toc-emotion-focused-coping-skills">https://www.verywellfamily.com/coping-skills-for-kids-4586871#toc-emotion-focused-coping-skills</a>
	“Preventing Parent Burnout”	<a href="https://childmind.org/article/preventing-parent-burnout/">https://childmind.org/article/preventing-parent-burnout/</a>

	Raising Children.net	<a href="https://raisingchildren.net.au/school-age/connecting-communicating">https://raisingchildren.net.au/school-age/connecting-communicating</a>
	“How to Improve your child’s Mental Health”	<a href="https://www.verywellfamily.com/improve-childrens-mental-health-4154379">https://www.verywellfamily.com/improve-childrens-mental-health-4154379</a>
	Family Support worker	<a href="https://ctfsn.org/northeastregion/">https://ctfsn.org/northeastregion/</a>
	Publications by Category for child and adolescent Mental health	<a href="https://www.nimh.nih.gov/health/publications/children-and-adolescents-listing">https://www.nimh.nih.gov/health/publications/children-and-adolescents-listing</a>
	Family and Children's Services (resource page)	<a href="https://www.fcsok.org/resources/brochures/">https://www.fcsok.org/resources/brochures/</a>
	“10 Social issues and problems that face today’s Teens”	<a href="https://www.parents.com/problems-for-teens-today-8575462">https://www.parents.com/problems-for-teens-today-8575462</a>
	“Top 10 Parenting Tips” Psychology Today	<a href="https://www.psychologytoday.com/us/blog/emotional-fitness/201509/top-10-parenting-tips">https://www.psychologytoday.com/us/blog/emotional-fitness/201509/top-10-parenting-tips</a> <a href="https://www.apa.org/monitor/2018/04/parenting-resources">https://www.apa.org/monitor/2018/04/parenting-resources</a>
	Lives In the Balance (Parenting Education)	<a href="https://livesinthebalance.org/parents-and-families-tour/">https://livesinthebalance.org/parents-and-families-tour/</a>
<b>Suicide and Self Harm</b>	Prevention	<a href="https://www.preventsuicidect.org/">https://www.preventsuicidect.org/</a>
	The American Foundation for Suicide Prevention	<a href="https://afsp.org/suicide-prevention-resources/">https://afsp.org/suicide-prevention-resources/</a>
	Suicide Education	<a href="https://www.nimh.nih.gov/health/topics/suicide-prevention">https://www.nimh.nih.gov/health/topics/suicide-prevention</a>
	Self Injury Education and Resources (To Write Love on Her Arms)	<a href="https://twloha.com/find-help/help-by-topic/self-injury/">https://twloha.com/find-help/help-by-topic/self-injury/</a>
	“What is Self- Harm?”	<a href="https://www.samhsa.gov/mental-health/self-harm">https://www.samhsa.gov/mental-health/self-harm</a>
	Understanding Self Harm/ Cutting and Getting Help	<a href="https://kidshealth.org/en/teens/cutting.html">https://kidshealth.org/en/teens/cutting.html</a>
<b>Trauma</b>	Learning Materials and Resources (SAMHSA)	<a href="https://www.samhsa.gov/child-trauma/learning-materials-resources">https://www.samhsa.gov/child-trauma/learning-materials-resources</a>
	Racial Trauma	<a href="https://www.complexttrauma.org/complex-trauma/the-complexity-of-racial-trauma/">https://www.complexttrauma.org/complex-trauma/the-complexity-of-racial-trauma/</a>
	Trauma Resources for Children and Families	<a href="https://www.aap.org/en/patient-care/trauma-informed-care/resources-for-families/">https://www.aap.org/en/patient-care/trauma-informed-care/resources-for-families/</a>
