

A DIRECTORY OF COMMUNITY RESOURCES FOR
HIGH SCHOOL TEENS IN THE GREATER BRIDGEPORT AREA

2011-2012
**TEEN
YELLOW
PAGES**



24-HOUR CRISIS INTERVENTION CONTACT INFORMATION

Police	9-1-1
2-1-1 www.211ct.org	2-1-1
Child Abuse and Neglect Hotline (DCF)	800.842.2288
.....	www.ct.gov/dcf
Child and Adolescent Mobile Psychiatric Emergency Service	
www.cliffordbeers.org	888.979.6884
Council on Problem Gambling(CT) www.ccpog.org	800.346.6238
Domestic Violence Hotline	203.333.2233 or 888.774.2900
.....	www.cwfefc.org
National Runaway Switchboard	800.621.4000
Poison Control Center	800.222.1222
.....	www.poisoncontrol.uchc.edu
Problem Gambling HelpLine (National)	800.522.4700
Spanish Sexual Assault Crisis Hotline	888.999.5545
Youth in Crisis (Council of Churches of Greater Bpt.)	203.374.9473

The **TEEN YELLOW PAGES** is designed to help young people locate professional resources. The people and organizations involved in putting this booklet together have tried to provide accurate information on each subject matter. This information is not meant to take the place of professional advice. If medical or other assistance is required, services of competent professionals should be sought.

The **TEEN YELLOW PAGES** is a resource directory for teens in the Greater Bridgeport region. It contains information and contact numbers that will help you become more aware of the services in this area and help you think about your choices before you make important decisions.

TEEN YELLOW PAGES is available to remind you that you are not alone. There are people who care about the issues you are dealing with and want to help. **REMEMBER, THERE IS NO SUCH THING AS A DUMB QUESTION!** If you have questions about any of the topics in this directory, call one of the numbers listed for information or help. If a number in this directory is wrong, or you can't find help, dial **2-1-1**, a 24-hour telephone information, referral and crisis line in Connecticut. It is free and confidential.

When calling for information or making an appointment you might say something like this:

- Good afternoon. I'm calling to find out about the (event). What days and times is it being shown? How much are the tickets? I would like to purchase 2 tickets, please."
- Hello, I am calling to schedule an appointment for (me, my mother, sister, etc.) Can you schedule the appointment in the afternoon?"
- "I am (or my friend is) abusing drugs or alcohol. What can I do?"
- "Hello, I had a test and I am calling to find out the results."
- "My name is _____ and I would like to apply for the free or low income medical insurance for youth under 19 years of age (HUSKY). Can you tell me what I need to do?"
- "Good morning, I am calling on behalf of (family member) who would like to apply for (food stamps, energy assistance, WIC). What does she need to do?"

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INPUT REQUEST CARD



Please take a moment to fill out the questionnaire. We thank you for answering the questions listed below as they help us to better serve youth like you. You can either mail, fax or e-mail us your response.

Name (optional) _____

School: _____

Town: _____

Has the information provided been useful to you or your friend?

Yes _____ No _____

Have you used the Teen Yellow Pages to help you or a friend with a problem?

Yes _____ No _____

Would you recommend this booklet to friends?

Yes _____ No _____

What information /topic was most valuable to you? Please explain.

Is there another topic this book did not address but teens should know about? If yes, please list. _____

Mail or Fax form to:

Jan Laster 203.579.2727 ext. 310

c/o RYASAP, 2470 Fairfield Avenue, Bridgeport, CT 06605

E-mail form to: janlaster@aol.com

ADDICTIONS: ALCOHOL AND DRUGS

ALCOHOL, TOBACCO, AND OTHER DRUGS

Lots of youth are tempted to try alcohol or other drugs. Some people experiment to satisfy a curiosity, because of peer pressure, to escape problems, or to have a good time. Even small amounts of alcohol/ drugs change the way a person acts, thinks and feels, interfering with both physical and mental development.

Ads on TV, in magazines and newspapers feature big name sports figures and Hollywood stars talking about the dangers of using drugs and alcohol. It is important for you to know the risks and make healthy decisions for yourself.

DANGERS OF USING ALCOHOL AND DRUGS:

- Overdose and possible death
- Memory loss
- Addiction
- Consequences of what one says or does while drunk or high
- Physical illness
- AIDS (if needles are shared)
- Accidents
- Problems with family and friends
- Poor school grades
- Risky sexual behavior

WARNING SIGNS:

YOU, OR SOMEONE YOU KNOW, ARE IN TROUBLE WHEN YOU:

- Drink/do drugs because of problems
- Think of hurting yourself
- Drink/do drugs all by yourself
- Can't think clearly or concentrate
- Try to cut back on use and fail

ADDICTION INTERVENTION NUMBERS

AA (24 hour answering service) www.ct-aa.org	888.624.6063
Al-Anon (24 hour answering service) www.al-anon.alateen.org	888.825.2666
Alateen (24 hour answering service) www.al-anon.alateen.org	888.825.2666
Center (The) at Hall Brooke www.hallbrooke.org Bridgeport	203.365.8400
Center for Child and Adolescent Treatment Services	203.830.6082
..... www.danburyhospital.org	
Child Guidance Center of Greater Bridgeport (up to 17 years old)	203.394.6529
..... www.cgcb.org	
City of Bridgeport School Based Health Centers	203.576.7052
..... www.infoline.org/Search/Browseschoolhealth.asp	
Bassick SBHC www.ci.bridgeport.ct.us	203.576.7995
Central SBHC www.ci.bridgeport.ct.us	203.332.7240
Harding SBHC www.ci.bridgeport.ct.us	203.576.7021
Community Health Centers (See Health care section in this resource directory.)	
Community Health Services of St. Vincent Medical Center	203.576.5131
CT Communities for Drug-Free Youth, Inc. www.ccdfy.org	800.422.3234
CT Council for Problem Gambling www.ccpog.org	800.346.6238
Fairfield Counseling Services www.fcsinc.org	203.255.5777
FSW www.fswinc.org	203.368.4291
Governor's Partnership—Stop Underage Drinking	860.523.8042
..... www.preventionworksct.org	

ADDICTION INTERVENTION NUMBERS

(CONT'D.)

Monroe Builds Communication (MBC).....	203.452.5823 x 2066
Narcotics Anonymous www.na.org	800.627.3543
Regional Network of Programs (Adolescent Program)	203.335.2171
.....	www.regionalnetwork.org
RYASAP www.ryasap.org	203.579.2727
Southwest Community Health Center	203.330.6000
www.swhealthcenter.org	203.576.8368
Trumbull Counseling Center (Trumbull Residents Only)	203.261.5110
CT Clearinghouse www.ctclearinghouse.org	800.232.4424

For information about SADD (Student's Against Destructive Decisions) talk with a guidance counselor in your school to see if there is a local chapter.

For information about developing a chapter of SADD:

877.723.3462

..... www.saddonline.com



Dial 2-1-1 in Connecticut for information on: AA, AlAnon, Alateen, NA and NarAnon meeting locations and times; referrals for alcohol and drug treatment; and, referrals to agencies that offer long and short term counseling to youth.

ADDICTIONS: TOBACCO

TOBACCO

Teens often start to smoke to look "cool", independent, or grown-up. Many believe that they can stop smoking at any time. Since the nicotine in tobacco is one of the most addictive substances known, stopping smoking is not an easy process. Using tobacco products causes many illnesses like asthma, bronchitis, pneumonia, emphysema, cancer, heart and vascular disease. Tobacco is the leading cause of preventable death in the United States. Those who do not smoke are urged not to start.

Bridgeport Hospital www.bridgeporthospital.com888.357.2396

CT Quitline www.teenquit.com.....866.363.4224

Teen "Smokestoppers" (St.Vincent's Medical Center) ..203.576.5500
www.stvincents.org/supportresources/teensmoking.cfm

Southwest Community Health Center203-330-6000
www.swhealthcenter.org



ADDICTIONS: PROBLEM GAMBLING

PROBLEM GAMBLING

Recent research with Connecticut youth suggests that youth have significant rates of gambling and problem gambling. It is also likely that many youth are impacted by the gambling problems of a parent. Answering 'yes' to any of the following questions indicates a problem may exist. Each additional 'yes' increases the likelihood of a gambling problem:

- Have you borrowed money in order to gamble or cover lost money?
- Have you thought you might have a gambling problem, or been told that you might?
- Have you been untruthful about the extent of your gambling, or hid it from others?
- Have you tried to stop or cut back on how much or how often you gamble?

G.A.M.E.S. (Gambling Awareness of Monroe through Educating our Students)	
.....	www.gamesawareness.org
Mid Western Conn. Council on Alcoholism (Danbury)203.792.4515
Problem Gambling HelpLine www.dmhas.state.ct.us800.346.6238
Problem Gambling Services (DMHAS)866.440.4375
www.gamhope.com www.youthpoker.org
Positive Directions (Westport)203.227.7644
.....	www.PositiveDirections.org
The CT Council on Problem Gambling www.ccpog.org203.453.0138
The National Council on Problem Gambling202.547.9204
.....	www.ncpgambling.org

ADDICTIONS: LOCAL PREVENTION COUNCILS

LOCAL COMMUNITY PREVENTION COUNCILS

Each municipality in Connecticut has a local prevention council that works to provide information and awareness regarding substance abuse and use. Their action plans include things like training opportunities for students, parents and community members; student scholarship opportunities; community forums; funding for Post Proms; mini-grant opportunities; and other resources for the community. Student participation and input is always welcome. Contact the prevention council in your municipality by calling:

Bridgeport

Bridgeport United Coalition203.576.7110
Lighthouse Program.....203.576.7252

Easton/Redding ERCC

(Easton/Redding Community Coalition)203.938.9450
.....www.eastonreddingcc.org

Fairfield ACT (Adults and Children Together)203.256.3030

Monroe A.D.A.M. (Alcohol & Drug Awareness of Monroe)203.452.5455

Stratford: Stratford Youth and Family Advisory Board203.385.4095

Trumbull Trumbull CARES: The First Selectman's Prevention Council
.....203.377.1474

Dial 2-1-1 in Connecticut for information on: AA, AlAnon, Alateen, NA and NarAnon meeting locations and times; referrals for alcohol and drug treatment; and, referrals to agencies that offer long and short term counseling to youth. 2-1-1 is a 24 hour telephone information, referral and crisis line in Connecticut. It is free and confidential.

CAR ACCIDENTS: WHAT TO DO?

CAR ACCIDENTS: What to do?

Because you can't be sure how much damage has been done to the vehicles, the extent of injury to drivers or passengers, or whether the other person has insurance, call the police and make a report.

Police are mandated to file a State Accident Report with the Department of Motor Vehicles within five days for all car accidents resulting in bodily injury or damages over \$1,000.

WARNING: Never run away from the scene of an accident.

What to do:

- stay calm
- make sure other people are all right
- check for witnesses
- do not move your car until the police arrive, unless it is causing a safety hazard
- always exchange names, addresses and phone numbers
- always exchange names of insurance companies and driver license numbers

For more information call:

Department of Motor Vehicles

(closed Mondays) www.ct.gov/dmv (24 hour service)800.842.8222

Tell Police Department where the accident took place.

(See Crime Prevention & Reporting section next section.)

CRIME PREVENTION AND REPORTING

CRIME PREVENTION AND REPORTING

When someone or something looks suspicious, contact the local police department or the school resource officer.

Juvenile Review Board

The purpose of the Juvenile Review Board is to divert youth who are 10-16 years of age and residents of the City of Bridgeport from going into the Juvenile Justice System. Instead, the J.R.B. offers a community-based alternative to deal with at risk behaviors at school, at home, and minor criminal problems by providing community-based services (in order to prevent youth from committing repeat offenses).

.....**203.579.2727 ext 321**

The City of Stratford also has a Juvenile Review Board to divert youth 10-16 years of age and residents of the City of Stratford from going into the Juvenile Justice System.**203.579.2727 ext 321**

Emergency Number for all communities: 9 – 1 – 1

Local Police Departments:

Bridgeport www.ci.bridgeport.ct.us**203.576.5100**
Easton www.eastonctpolice.com**203.268.4111**
Fairfield www.fpdct.com**203.254.4800**
Monroe www.monroepolicedept.com**203.261.3622**
Redding www.townofreddingct.org**203.938.3400**
Stratford www.townofstratford.com**203.384.4120**
Trumbull www.trumbullct.com**203.261.3665**

Safe Asleep Program**203.335.8835**

Free Smoke Alarm : *Call to schedule a free smoke alarm installation*
(Bridgeport residents only)**203.335.8835**

EATING DISORDERS

EATING DISORDERS, WEIGHT CONTROL

To grow and develop normally, good nutrition and exercise are essential. Our culture is overly concerned with dieting and being thin. While it is important to watch your weight, for some people dieting can get out of hand. Eating or not eating to feel better about yourself, or to avoid feelings, is not healthy. This misuse of food is called an eating disorder and it can be life threatening.

Anorexia Nervosa is an eating disorder. Because of emotional, environmental or physical factors, a person ignores the signs of hunger and refuses to eat. People with anorexia may already be thin but do not see themselves as thin. Anorexia is a very serious, even deadly, eating disorder.

Bulimia: People with bulimia eat enormous amounts of food in very short periods of time and then throw up and/or take laxatives to avoid gaining weight. The sufferer is often trapped within the destructive binge/purge cycle and can't stop.

Overeating and Compulsive Eating are also unhealthy habits and may be signs of emotional or physical problems.

If you are concerned about eating behaviors/weight, talk with your doctor or call:

City of Bridgeport School Based Health Centers
www.ci.bridgeport.ct.us203.576.7052

CT Self-Help Network, (ask about Eating Disorder Support Groups)
www.theconsultationcenter.org203.789.7645

Fairfield Community Services www.fcsinc.org203.255.5777

EATING DISORDERS (CONT'D.)

If you are concerned about eating behaviors/weight, talk with your doctor or call:

Four Winds Psychiatric Hospital (NY)
www.fourwindshospital.com800.528.6624

Institute of Living—Eating Disorders Program
www.instituteofliving.org.....800.545.7000

National Association of Anorexia and Associated Disorders
www.anad.org630.577.1330

Renfrew (Stamford) (for ages 14 and up)
www.renfrewcenter.com.....203.834.5020

Silver Hill Hospital www.silverhillhospital.com203.966.3561

Yale New Haven Hospital Nutrition Clinic203.688.2422
Yale Center for Eating Disorders and
Weight Disorders203.432.4610

Dial 2-1-1 in Connecticut for a list of support groups in your area, or to get help for a friend who has an eating disorder. 2-1-1 is toll free and confidential.



EDUCATION / G.E.D. / CAREER COUNSELING

Completing your education is one of the most important things you can do for yourself. Problems with friends, family, money, health or work may interfere with school, but don't give up. You have a legal right to stay in school, even if you are pregnant, have special needs or are ill. There are alternative ways to complete your education. Talk to a teacher or guidance counselor.

BOARDS OF EDUCATION

Bridgeport www.bridgeportedu.net	203.576.7301
Easton www.er9.org	203.261.2513
Fairfield www.fairfield.k12.ct.us	203.255.8309
Monroe www.monroeps.org	203.452.5817
Redding www.er9.org	203.261.2513
Stratford www.stratford.k12.ct.us	203.385.4210
Trumbull www.trumbullct.com	203.452.4301

For ESL (English as a Second Language) information, call your local Board of Education.



EDUCATION: STATE VOCATIONAL SCHOOLS

STATE VOCATIONAL SCHOOLS

Bullard Havens Regional Vocational Technical School www.cttech.org/bullard-havens	203.579.6333
Henry Abbott Technical High School (Danbury) www.cttech.org/ABBOTT/	203.797.4460
Platt Regional Vocational Technical High School (Milford) www.cttech.org/platt/	203.783.5300
W.F Kaynor Technical High School (Waterbury) www.cttech.org/KAYNOR/	203.596.4302

GENERAL EDUCATION DEVELOPMENT (GED)

The GED is a program for students who have left high school. Getting a GED can open doors to jobs, colleges, and job training programs. You are eligible to take the test if you are 16 or older and have officially withdrawn from high school.

ADULT EDUCATION	www.findyouronlineschool.com
Bureau of Career and Adult Education	www.nhjobcorps.org877.CTADULTED

ADULT EDUCATION (GED Prep Course Plus Test)

Bridgeport	203.576.1508
Easton (at Joel Barlow High School)	203.938.2500
Fairfield	203.255.8376
Monroe (at Masuk High School)	203.452.5823
Redding (at Joel Barlow High School)	203.938.2500
Stratford	203.385.4270
Trumbull	203.452.4554
Western Connecticut Regional Adult and Continuing Education (WERACE)	203.797.4731

OTHER HIGH SCHOOL COMPLETION PROGRAMS

Newtown Adult High School Diploma Program
www.newtown.k12.ct.us203.426.1787

ARMED FORCES RECRUITING OFFICE

www.usmilitary.com or www.military.com203.372.6970

COLLEGE INFORMATION

College Netwww.collegenet.com
CT Distance Learning Consortiumwww.ctdlc.org
College Viewwww.collegeview.com
Charter Oak Distance Learning Programswww.charteroak.edu
Princeton Review (college information)www.princetonreview.com

COMMUNITY COLLEGES

Statewide Community College Networkwww.commnet.edu
Housatonic Community College www.hcc.commnet.edu...203.332.5000
Norwalk Community College www.nctc.commnet.edu.....203.857.7060
Naugatuck Valley Community College (Waterbury)203.575.8089
.....www.nvcc.commnet.edu

CT STATE UNIVERSITY SYSTEM

Western, Eastern, Southern, Centralwww.ctstateu.edu

COLLEGE FINANCIAL AID/SCHOLARSHIPS:

CT Education and Employment Center www.ctdhe.org800.842.0229
Provides college financial education information.
Student Guide to Financial Aid.....<http://studentaid.ed.gov>
Coca Cola Scholarship Program.... www.coca-colascholars.org

EDUCATION: SCHOLARSHIPS

COLLEGE FINANCIAL AID/SCHOLARSHIPS:

College Financial Aid.....	www.fafsa.ed.gov
CT Talent Search Assistance-Educational Opportunity Center.....	http://conntacinc.org/ 203.634.7669 x 10
Charter Oak.....	860.832.3800
CT Association of Latinos in Higher Education	http://www.calahe.org/
CT Regional Education Applicant Placement Programs... ..	www.ctreap.net/
Education Aid.....	www.educaid.com/
Fairfield County Community Foundation	www.fccfoundation.org 203.750.3200
Federal Financial Aid Information and Application	www.fafsa.ed.gov 800.4-FED-AID
Financial Aid.....	www.finaid.com
Fast Web	http://fastweb.com
Hispanic Scholarship Fund.....	www.hsf.net
Hope Scholarships and Lifetime Credits	www.ed.gov/offices/OPE/PPI/HOPE/index.html
Lifetime Learning Credit	www.irs.gov/individuals
Student Guide to Financial Aid	http://studentaid.ed.gov

Occupational Skill Training Approved School List:

Scholarship America.....	www.scholarshipamerica.org
Smart Force...(approved by Career Resources, Inc.	203.334.5627
WIA (Workforce Investment Act).....	www.ctdol.state.ct.us/wia/wia.htm

For information on tutoring programs dial 2-1-1 in Connecticut. It is a free, confidential 24-hour telephone information, referral and crisis line.

EMPLOYMENT

To start working, you need a Social Security number. Call Social Security at 1.800.772.1213 or go to the office at 3885 Main Street, 3rd Floor, Bridgeport, CT, 203.365.8452. You must bring a birth certificate for ID and complete an application that will be processed on site. www.ssa.gov

If you are 14 – 17 you need a work permit that you can get from your local Board of Education or municipality. You need a "Promise of Employment Letter", which is a letter from your prospective employer, along with your birth certificate and proof of residency. The Board of Education or designated municipal office will stamp the letter with their seal.

Some questions you might want to ask yourself are:

- What do I like to do and what am I good at doing?
- What skills do I have (i.e., typing, computer skills, good with people) and what hobbies or extra-curricular school activities do I participate in that might help me in a job?
- How will I get to and from work?
- How many hours and days of the week can I work?

Below is a list of job training and placement services. They can provide:

- Training for a specific job
- Assessment of your current skills
- Job interview techniques
- Applications for actual jobs and/or
- List of employers who are hiring

Other places to get leads on jobs are: the classified section of the newspaper; school and community center bulletin boards; and contacts through family and friends.

When you call the places below, ask what ages they serve. If one place can't help, don't give up! Finding a job means hearing many "no's" before you hear "yes"!

JOB SEARCH WEBSITES

Americas Job Bank	www.ajb.org/ct
Career Path/Career Builder	www.careerbuilder.com
CT Department of Labor	www.ctdol.state.ct.us/
CT Department of Labor—Job Fair Schedule	www.ctdol.state.ct.us/jobfairs/schedule.htm
CT Department of Labor—On Site Recruitment Schedule	www.ctdol.state.ct.us/ctworks/pos-recruit.html
Department of Administrative Service	www.das.state.ct.us/ (State of CT Personnel Jobs)
Federal/Government Jobs	www.usajobs.opm.gov/
Health Care Recruitment	www.healthcarerecruitment.com/

JOB TRAINING

JOB TRAINING

America's Career Info Net	www.acinet.org
America's Job Bank	www.ajb.org
Bridgeport Area Youth Ministry—Industrial Youth Center Project www.baym.org	203.336.9333
Career Key	www.careerkey.org
Career Resources	www.careerresources.org203.334.5627
City of Bridgeport—Teen Training and Employment	203.576.7252 www.ci.bridgeport.ct.us www.thelighthouseprogram.org
Community Action Committee of Danbury.....	203.744.4700
CT Works (CT Department of Labor)	www.ctworkssw.org
Bridgeport.....	203.455.2700
Stamford	203.353.1702
Derby	203.734.3443

JOB TRAINING (CONT'D.)

Job Corps CT, Department of Labor,	www.jobcorps.dol.gov
Job Corps Center of New Haven	203.397.3775
Job Search Tools	www.monstertrak.com
Marrakech (eligibility 18+)	www.marrakechinc.org
.....	203.389.2970
Occupational Outlook Handbook (US Dept. Of Labor)	www.bls.gov/oco
Opportunities Industrialization Center of Greater Bpt. (eligibility 18+)	203.335.0577
Southwestern CT Agency on Aging	800.994.9422
(Eligibility 18+) (Senior Home Companion Training)	
The Workplace, Inc. (Bridgeport) www.workplace.org	203.610.8500
Workforce Investment Act	www.ctdol.state.ct.us/wia/wia.htm

EMPLOYMENT ASSISTANCE

CT Employment and Educational Center www.ctdhe.org	860.947.1800
CT International Institute, Inc.	203.336.0141
Summer Translator and Interpreter Training with employment opportunities.	
Monroe Youth Job Bank - ages 13–18	www.monroect.org
.....	203.452.5455

Summer Youth Employment: Contact your local city or town hall, Board of Education, and/or high school career center.

RESUME & JOB PREPARATION RESOURCES

Department of Labor	www.ctdol.state.ct.us/youth/main.htm
Job Corps	www.jobcorps.org
Ten Minute Resume Builder	www.10minuteresume.com



ENTERTAINMENT

ENTERTAINMENT, RECREATION, AND POSITIVE YOUTH DEVELOPMENT

No matter how busy you are, take time to have some fun. Below are activities or places of interest you can call for more information. In addition, The CT Post and other local papers have weekly information on specific activities occurring in the Greater Bridgeport region.

AMUSEMENT PLACES/ANNUAL EVENTS

Barnum Festival	203.367.8495 or 866.867.8495
.....	www.barnumfestival.org
Bridgeport & Port Jefferson Steamboat Co.	888.44.FERRY
.....	www.bpiferry.com
Bridgeport PAL Christmas Village	203.576.7604
.....	http://bridgeportpal.org/Seasonal-Attractions.html
Lake Compounce www.lakecompounce.com	860.583.3631
Lake Quassy www.quassy.com	203.758.2913
SMILES Amusement Center	www.smilesentertainment.com
.....	203.877.3229

CONCERTS/THEATER

XL Center (Hartford) www.XLcenter.com	860.249.6333
Downtown (BPT) Cabaret Theater www.dtcab.com	203.576.1636
Greater Bridgeport Symphony	www.bridgeportsymphony.org
.....	203.576.0263
Klein Memorial Auditorium	203.319.1404 or 203.259.1036
.....	www.theklein.org
Long Wharf Theater www.longwharf.org	203.787.4282
Comcast Theatre (Hartford) www.livenation.com	860.548.7370
Playhouse On the Green	www.playhouseonthegreen.org ..866.811.4111
Stamford Theater for the Arts	www.stamfordcenterforthearts.org
.....	203.325.4466
Shubert Theatre for the Arts www.capa.com	203.562.5666

ENTERTAINMENT (CONT'D.)

CONCERTS/THEATER (cont'd.)

Toyota Presents the Oakdale Theatre	www.livenation.com	
.....		203.265.1501
Ticket Affair		800.331.9822
Yale Repertory Theatre	www.yalerep.org	
.....		203.432.1234

MUSEUMS/CULTURE

Barnum Museum www.barnum-museum.org		203.331.1104
Beardsley Zoo www.beardsleyzoo.org		203.394.6565
Captain's Cove Seaport www.captainscoveseaport.com ..		203.335.1433
CT Audubon Birdcraft Museum www.ctaudobon.org		203.259.0416
Discovery Museum www.discoverymuseum.org		203.372.3521
Eli Whitney Museum www.eliwhitney.org		203.777.1833
Housatonic Museum of Art	www.hctc.commnet.edu/artmuseum/	
.....		203.332.5052
Peabody Museum of Natural History	www.peabody.yale.edu	
.....		203.432.5050
Trolley Museum (East Haven) www.bera.org		203.467.6927
Yale Art Gallery http://artgallery.yale.edu/		203.432.0600
Yale Center for British Art http://ycba.yale.edu/index.asp ..		203.432.2800

SPORTS, RECREATION and EXTENDED LEARNING

Bridgeport Bluefish Baseball www.bridgeportbluefish.com		203.345.4800
Bridgeport Parks & Recreation ..	www.bridgeportct.gov/ParksRecreation	
.....		203.576.7233
Bridgeport Youth Program Manager www.ci.bridgeport.ct.us		203.576.3992
Lighthouse Extended Day Program	www.thelighthouseprogram.org	
.....		203.576.7252
CT State Park Camp Grounds	www.ct.gov/dep (search state parks)	
.....		860.424.3200

SPORTS, RECREATION & EXTENDED LEARNING (CONT'D.)

Easton Parks and Recreation	www.eastonparksandrec	203.268.7200
Fairfield Recreation	www.fairfieldrecreation.com	203.256.3191
Beanery (night club for Fairfield high schoolers)		203.256.3144 (press #2)
Fairfield YMCA Skateboard Park		203.255.2834
Long Beach Skateland Roller Rink (Stratford)		203.378.9033
Monroe Parks and Recreation	www.monroerec.org	203.452.2806
Redding Parks and Recreation	www.townofreddingct.org	203.938.2551
Sound Tiger Hockey Team	www.soundtigers.com	203.334.GOAL
Stratford Parks	www.townofstratford.com/Recreation	203.385.4084
Stratford Recreation	www.townofstratford.com/Recreation	203.385.4052
Stratford Youth Service Bureau		203.385.4095
Trumbull Parks	www.trumbull-ct.gov	203.452.5075
Trumbull Recreation	www.trumbull-ct.gov	203.452.5060
Trumbull Teen Center (Trumbull Teens Only)	www.trumbull-ct.gov	203.452.5060
Trumbull Youth Department	www.trumbull-ct.gov	203.452.5057
Wonderland of Ice (Bridgeport)	www.wonderlandofice.com	203.576.8118
The Y (previously named YMCA) -- Lakewood Trumbull Family Program Center	www.cccymca.org	203.445.9633



YOUTH GROUP ACTIVITIES

YOUTH GROUP ACTIVITIES

ASPIRA of CT (Bridgeport) www.CT-aspira.org	203.336.5762
Bridgeport Community Centers	
Burroughs www.burroughsccc.org	203.334.0293
McGivney www.mcgivney.org	203.333.2789
Ralphola Taylor www.cccymca.org	203.576.7430
South End www.cccymca.org	203.331.0200
Boys and Girls Club of America www.bgca.org	203.368.4644
Cardinal Shehan Center www.shehancenter.org	203.336.4468
CT Yankee Council www.ctyankee.org	203.876.6868
Girl Scouts of Housatonic Council www.gshousatonic.org	203.334.3145
Jewish Community Center www.jccs.org	203.372.6567
PAL (Police Athletic League)	
Bridgeport www.bridgeportpal.com	203.576.7604
Fairfield www.fpdct.com	203.254.4800
Stratford www.townofstratford.com	203.385.4100
Stratford Community Services www.townofstratford.com	203.385.4095
Sterling House www.sterlinghousecc.org	203.378.2606
Wakeman Boys and Girls Club www.wakemanclub.com	203.259.4805
The Y (Previously named YMCA) Bridgeport www.cccymca.org	203.334.5551
The Y (Previously named YMCA) Lakewood Trumbull	www.cccymca.org
Camp & Outdoor Center	203.261.2566
The Y (Previously named YMCA) Lakewood Trumbull	www.cccymca.org
Family Program Center	203.445.9633
The Y (Previously named YMCA) Fairfield www.cccymca.org	203.255.2834
The Y (Previously named YMCA) Ralphola Taylor	www.cccymca.org
.....	203.576.7430
YouthSPEAK, RYASAP	www.ryasap.org 203.579.2727 ext. 309

GAY, LESBIAN AND BI-SEXUAL YOUTH

GAY, LESBIAN and BI-SEXUAL YOUTH

Estimates are that 10% of the population is attracted to people of their own sex. During adolescence many teenagers question their sexuality. Some people try to deny or hide their feelings and others are concerned about what friends and family will think. Many people are confused or feel lost as they develop their sexuality. It may be helpful for gay and bisexual teens to meet other young people for support and friendship.

2-1-1 (24 hours).....	2-1-1
AIDS Project of New Haven www.apnh.org	203.624.2437 ext. 233
Be Glad for Youth Hotline ..(a telephone hotline for gay, lesbian and bisexual youth) MF, 6-9 p.m	203.624.0947 ext. 237
Blood Root Restaurant and Bookstore (Women)	203.576.9168
Bread and Roses	203.388.0147
City of Bridgeport, School Based Health Centers	203.576.7052
Bassick SBHC	203.576.8352
Central SBHC	203.576.7240
Harding SBHC	203.576.7021
Gay and Lesbian National Hotline (Helpline Counseling)	www.glnh.org
.....	888.843.4564
GLSEN (Gay Lesbian Straight Education Network CT Chapter).....	www.glsen.org
.....	203.288.2399
Peer Youth Listening Line (5 to 10 p.m.)	800.399.7337
Triangle Community Center (ages 18 - 22)	www.ctgay.org ...203.853.0600
Trevor Helpline (Crisis and Suicide Prevention)	www.thetrevorproject.org
.....	866.488.7386
True Colors.....	www.ourtruecolors.org860.232.0050

For other support groups on sexuality and youth, call Connecticut Self-Help Network 203.624.6982 or dial 2-1-1, a 24-hour telephone information, referral and crisis line. It is free and confidential.

HEALTH CARE/HUSKY

Taking care of your body is really important. You can get health care services free or at a reduced cost (called “a sliding fee scale”). In most cases services are confidential. Parental consent is not always required for health care, treatment and testing.

Before going to the places listed in this section, call and ask: What services are offered? Who can receive services? How are charges handled? Do I need an appointment? Do I need parental permission? Most clinics are open during regular working hours on weekdays.

Optimus Health Care (formerly Bridgeport Community Health Center)

.....	www.optimushealthcare.org	
471 Barnum Avenue.....		203.333.6864
790 Central Avenue		202.332.4567
982 East Main Street		202.696.3260
82 George Street (Hollow Community Health Center) ..		203.576.3881
Ralphola Taylor Center.....		203.332.4567
64 Blackrock Ave., Park City Primary Care Center		203.579.5000
727 Honeyspot Rd., Stratford		203.380.5283

Bridgeport Health Department www.ci.bridgeport.ct.us203.576.7680
(STD/HIV tests for H.S. age youth)

Danbury Health Department www.ci.danbury.ct.us203.797.4625

Southwest Community Health Center www.swchc.org203.330.6000

Many of Connecticut’s middle schools and high schools have health clinics. A parental consent form is required before you can use the clinic.

Services include: school physicals; immunizations; treatment of minor illnesses/injuries; asthma, anemia, acne and other health problems; nutrition and weight counseling; referral for specialty care; mental health counseling; education and support groups; reproductive health care and education; HIV/AIDS/STD counseling and testing; HIV/STD prevention; pregnancy testing and substance abuse education/counseling.

SCHOOL BASED HEALTH CLINICS

SCHOOL BASED HEALTH CLINICS:

Bassick High School www.ci.bridgeport.ct.us	203.576.7995
Central High School www.ci.bridgeport.ct.us	203.332.5546
Harding High School www.ci.bridgeport.ct.us	203.576.8213

LOCAL HOSPITALS

Bridgeport Hospital www.bridgeporthospital.com	203.384.3000
Danbury Hospital www.danhosp.org	800.284.3262
Milford Hospital www.milfordhospital.org	203.876.4000
Norwalk Hospital www.norwalkhosp.org	203.852.2000
St. Vincent's Medical Center www.stvincents.org	203.576.6000
Yale New Haven Hospital www.ynhh.org	203.688.4242

HUSKY

HUSKY stands for Healthcare for Uninsured Kids and Youth. It provides free or low cost health insurance for those up to age 19 who are U.S. citizens living in Connecticut. Eligibility for HUSKY coverage is based on income. Emancipated minors and 18 year olds can apply for themselves.

For more information call: HUSKY Infoline toll-free at

1.877.CT-HUSKY

Calls are confidential.



FREE EMAIL

AOL	www.webmail.aol.com
Gmail.....	www.gmail.com
Hotmail	www.hotmail.com
Mi Gente	www.migente.com
Yahoo	www.mail.yahoo.com

SEARCH SITES

Ask Jeeves	www.askjeeves.com
Google	www.google.com
Lycos	www.lycos.com
Search the entire web at once	www.alltheweb.com
Wikipedia	www.wikipedia.org
Yahoo.....	www.yahoo.com



THE LAW AND YOU / ALCOHOL LAWS

THE LAW AND YOU

A young person under the age of 17 is considered a juvenile. A person under the age of 18 is a minor. Below is some information on legal issues affecting youth. Where applicable, consult with an attorney.

ALCOHOL LAWS

It is against the law for persons under 21 years of age to:

- have any alcoholic beverage (opened or unopened) in a public place or car at any time
- enter a liquor store or restaurant to buy or be served alcohol
- drink, buy or attempt to buy alcohol or have someone else buy it for you.

It is illegal for people of any age to:

- use a forged or deceptive driver's license to obtain alcoholic beverages
- drink any alcoholic beverage while operating a motor vehicle
- drive a vehicle while under the influence of liquor or drugs.
- purchase alcoholic beverage for someone under 21

Public Act 06-112, effective October 1, 2006, reads that no person may host a party where alcohol is consumed by persons under the age of 21. And, no minor may possess alcohol on either public or private property.



THE LAW AND YOU: ALCOHOL, DRUGS & DRIVING

ALCOHOL, DRUGS AND DRIVING

More than half of all fatal car accidents involve alcohol or drugs. You can't tell beforehand how you will be affected by alcohol, prescription or non-prescription drugs, or street drugs. Driving ability is greatly reduced with only a small amount of alcohol or drugs. Ask your doctor about side effects of any prescription or medicine. Even allergy remedies and cold pills purchased without a prescription, can also affect a person's driving.

Anyone under the influence must not attempt to drive. It is also very dangerous to get into a car driven by someone else who has been drinking or doing drugs.

If you drink or use drugs and drive you can be convicted, fined, receive jail time, lose driving privileges, and be required to participate in a drug or alcohol treatment program.

If a minor without a license is convicted of DUI (Driving While Under the Influence), the Department of Motor Vehicles will suspend their right to obtain a driver's license for a set period of time, possibly until the age of eighteen. Minors with a license, just as with adults who are convicted of DUI, have their license suspended or they may be required to attend DUI classes.

Insurance rates of the convicted driver will likely be higher. Also, your parents may be responsible for any penalties, fines or damages.



THE LAW AND YOU: TOBACCO & ARRESTS

TOBACCO

New Youth Tobacco Possession Law

As of October 1, 2008, anyone under the age of 18 who is in possession of tobacco products in a public place will be fined up to \$50.00 for the first offense and between \$50.00 and \$100.00 for each subsequent offense.

ARRESTS

If you or someone with you is stopped or picked up by the police, here are some things you need to know:

Do not resist arrest. Be respectful to the police and provide basic information, your name, address, phone number and date of birth. You have the right to remain silent. It is okay to tell the police you do not want to talk with them until you first talk with your parent or a lawyer. You do not need to sign anything without advice from your parent or lawyer.

You have the right to a lawyer. Talk with your parent or guardian and your lawyer before speaking to the police or giving permission to perform a search. If you do permit a search, the police can use anything they find as evidence against you.

EMANCIPATION

Gives a 16 or 17 year old most of the legal rights and responsibilities of an 18 year old. The emancipated youth becomes responsible for supporting himself/herself. Emancipation does not mean the youth gets financial support from the state or the court. It does not help a teen parent receive welfare benefits. To get emancipated a youth must go to court and prove to the judge that he or she can take care of him/herself.

THE LAW AND YOU: ARRESTS (CONT'D.)

FAMILY WITH SERVICE NEEDS

A juvenile who has run away, been truant or broken school rules, or is beyond the control of his/her parents can be brought to juvenile court. The judge can order the juvenile to stay home, go to school and/or follow parents' rules. If the juvenile does not follow the judge's orders, he/she can be arrested and placed in juvenile detention.

JUVENILE vs. ADULT COURT

All 17 year olds charged with crimes go to adult court and can be sentenced to adult prison. Children under 17 go to juvenile court. Fourteen and 15 year olds who commit serious crimes (robbery, larceny, assault, kidnapping and arson) will be transferred to adult court where they can receive the same punishment for a crime as an adult, except in murder cases where persons under 18 years of age may not be sentenced to death, or sentenced to life without the possibility of parole.

POLICE HARASSMENT

If you feel the police are targeting you or your friends for no reason, here are some options: consult an attorney; make a complaint to the internal affairs division of the police department; or call your local council person or state representative. It is important to cooperate with the police at the time of the incident and make a complaint at a later date.

SEARCH WARRANTS

A search warrant is a paper signed by a judge giving permission to search a house, car, locker or other property. Usually the police cannot search you or your house unless they have a search warrant. If you are searched, do not interfere. If you think you are being wrongfully searched or items are wrongfully taken, pay attention and remember the details so you can tell your lawyer what happened. Request a receipt for anything taken and a copy of the warrant if there is one.

THE LAW AND YOU (CONT'D.) & LIBRARIES

TRUANCY

Skipping school is no longer a criminal charge. However, a juvenile may be referred to juvenile court under "Family with Service Needs" for truancy.

For help or referral for a legal problem, call your family attorney or:

Center for Children's Advocacy www.kidscounsel.org860.570.5327

Connecticut Legal Services www.connlegalservices.org ..203.336.3851

Superior Court, Family Division www.jud.ct.gov203.579.6513

Superior Court Juvenile Matters www.jud.ct.gov203.579.6544

If you see someone involved in an illegal act call your local police department. Your call will be kept confidential.

LIBRARIES

Public libraries are a great source for all kinds of information. In addition to books and magazines, many have videos to borrow and computers for public use, providing access to the Internet. Reference librarians are trained professionals who help people find information and resources on any topic.

Bridgeport www.bridgeportpubliclibrary.org

Burroughs203.576.7403

Black Rock203.337.9676

Newfield203.576.7828

North Branch203.576.7003

Old Mill Green203.576.7634

Easton www.eastonlibrary.org.....203.261.0134

Fairfield www.fairfieldpubliclibrary.org203.256.3155

Fairfield Woods Branch Library203.255.7307

Monroe www.ewml.org203.452.2850

Redding www.marktwainlibrary.org.....203.938.2545

Stratford www.stratford.lib.ct.us203.385.4164

Trumbull www.trumbullct-library.org203.452.5197

Fairchild Nichols www.trumbullct-library.org203.452.5196

MENTAL HEALTH - COUNSELING

MENTAL HEALTH — COUNSELING

Being mentally healthy means feeling good about yourself. It does not mean feeling good all the time. No one does. Everyone has some uncomfortable or angry feelings. However, when feelings interfere with your normal activities, it is important to seek help.

Some warning signs are:

- sudden changes in mood or behavior
- depression, prolonged unhappiness, lack of interest in activities once found enjoyable
- anxiety, strong feelings of uneasiness, fear, or imagined danger
- losing temper over small things
- physical aches and pains that have no physical cause
- not working up to potential in school or sports
- alcohol and drug use

YOUR OPTIONS

Talk to a friend or relative who is a good listener and makes you feel comfortable. Get professional help if it's too difficult or personal to talk to a friend or relative. Professional counselors, therapists, social workers, psychologists, and psychiatrists are all trained to listen in a non-judgmental way and to help people talk out and better understand their problems. Mental health centers, family service agencies and other organizations offer counseling. Your school counselor can help find the right professional for you.

Some agencies will see teens without parental permission. Call first to find out their policies, fees and appointment times.

REMEMBER, don't let anything keep you from getting the help you deserve. If the first person you ask doesn't help you, ASK SOMEONE ELSE!

MENTAL HEALTH - COUNSELING (CONT'D.)

Bridgeport Hospital www.bridgeporthospital.com	203.384.3000
24 Hour Line	888.357.2396
Bridgeport Community Health Centers and Bridgeport School Based Health Centers (See Health Care section for listings and numbers.)	
Catholic Family Services www.bridgeportdiocese.org	203.372.4301
(offices in Bridgeport, Shelton, Stratford, Danbury)	
Center for Child and Adolescent Treatment Services	203.207.5480
.....	www.danburyhospital.org
Child Guidance Center of Greater Bridgeport	203.367.5361
.....	www.cgccb.org
Bridgeport Office	203.394.6529
Fairfield Office	203.255.2631
Stratford Office.....	203.378.1654
Children and Families, CT, SW Regional Office	203.384.5300
.....	www.state.ct.us/dcf
Danbury Hospital www.danburyhospital.org	888.447.3339
Danbury Youth Services www.danburyyouthservices.org	203.748.2936
Fairfield Community Services www.fcsinc.org	203.255.5777
Family Centers (Greenwich) www.centerforhope.org	203.869.4848
(Darien/New Canaan)	203.655.0547
FSW	www.fswinc.org
Bridgeport	203.368.4291
FSW Behavioral Health Services	203.368.5601
Four Winds Psychiatric Hospital (Katona, NY) www.fourwindshospital.com	
.....	800.528.6624



MENTAL HEALTH - COUNSELING (CONT'D.)

Janus Center for Youth in Crisis	www.ccgb.org/janushouse.htm	203.333.6091
24 Hour Hotline.....		203.374.9473
GBAPP (Greater Bridgeport Adolescent Pregnancy Program)	www.gbapp.org	203.368.0780
Hall-Brooke Hospital www.hallbrooke.org		203.227.1251
Jewish Family Services www.jfsct.org		203.366.5438
Kids in Crisis-Outreach Services Hotline		203.327.KIDS
.....	www.kidsincrisis.org	
Norwalk Hospital www.norwalkhosp.org		203.852.2988
Optimus Health Care (formerly Bridgeport Community Health Center) (See Health Care section for listings and numbers)		
Silver Hill Hospital	http://www.silverhillhospital.org/adolescent-programs.htm	866.542.4455
.....		
Southwest Community Health Center	www.swchc.org	203.330.6000
.....		
Stratford Community Services www.townofstratford.com		203.385.4095
Trumbull Counseling Center (Trumbull teens only)	www.trumbull-ct.gov	203.261.5110
.....		

Dial 2-1-1 in Connecticut for more information about, and referrals to, area counseling services. 2-1-1, a 24-hour telephone information, referral and crisis line in Connecticut. It is free and confidential.



NEGLECT

NEGLECT

Neglect is the failure to provide necessary food, shelter, clothing, medical care, education or supervision. It is also the failure to protect a young person from harm. If someone younger than 18 is abused, neglected or homeless, the Department of Children and Families (DCF) must help them. In the event of abuse, neglect, or homelessness, a young person will be placed in either a group home, foster home or have someone (relative or adult friend) appointed as their guardian. However, most are not placed, but are supervised by DCF while remaining with their family. Family counseling often is mandated to help the family find long-term solutions to problems and/or conflict. If you or someone you are concerned about is being neglected, call:

Department of Children and Families (DCF) 24 hr Careline800.842.2288
Bridgeport203.384.5300
Police.....911
Safe Havensall fire department houses



PHYSICALLY AND MENTALLY CHALLENGED YOUTH

PHYSICALLY AND MENTALLY CHALLENGED YOUTH

The needs of youth with physical and mental disabilities are very similar to those of any youth: educational opportunities; career and vocational guidance; job placement; and recreation. Many services are offered by agencies to help handicapped or disabled youth. **Here are a few that can help:**

Board of Education, Services for the Blind	www.ct.gov/besb	800.842.4510
Student Support Services		203.332.2712
Bureau of Rehabilitation Services		800.537.2549
City of Bridgeport Office for Persons with Disabilities	www.ci.bridgeport.ct.us	203.576.7574
Commission on the Deaf and Hearing-Impaired		800.708.6796
CT Association for Children and Adults with Learning Disabilities ..	www.cacl.org	203.838.5010
CT Department of Developmental Services	www.ct.gov/dds	860.418.6000
CT Parent Advocacy Center	www.cpacinc.org	203.776.3211
Disability Resource Center of Fairfield County	www.drccf.org	203.378.6977
Kennedy Center	www.thekennedycenterinc.org	203.332.4535
Learning Disabilities of Connecticut	www.ldactr.org	860.560.1711
Music and Arts Center for Humanity	www.musicandartscenter.org	203.366.3300
Protection and Advocacy for Persons with Disabilities	www.ct.gov/opapd	800.842.7303
Special Education Resource Center Child Find		800.842.8678
Special Olympics www.soct.org		800.443.6105

Volunteering your time to work with those who face physical and mental challenges can be a valuable learning and growing experience. The agencies listed above can offer some suggestions, such as teaching a mentally disabled child to swim, serving as a "hugger" at the Special Olympics, or reading to the blind.

PREGNANCY / FATHERHOOD

PREGNANCY/PARENTING/FATHERHOOD

Pregnancy and parenthood are major life decisions requiring emotional and financial commitments. Unplanned and/or unwanted pregnancies often bring medical problems, stress, and an abrupt change of lifestyle that many teens are not ready to handle.

If you or someone you know thinks that she might be pregnant and is uncertain about what to do, resources are available. Pregnancy isn't apparent in the early stages and therefore it is important to determine whether someone is actually pregnant. Go to a health care facility for a pregnancy test and talk to a trusted adult about the situation.

For women under 21, free and confidential pregnancy tests as well as counseling are available at:

The Women's Center - Yale New Haven Hospital203.688.4101
Cornell Scott Hill Health Center-Perinatal Social Services.....203.503.3250

Confidential pregnancy tests and counseling on a sliding fee basis are offered at:

Birthright of Greater Danbury www.birthright.org203.744.3737
Bridgeport Hospital www.bridgeporthospital.com203.384.3000
City of Bridgeport, School Based Health Centers203.576.7052
Hopeline Pregnancy Center in Stratford, Monroe and Danbury
www.hopelineprc.org800.203.4673
Optimus Health Care www.optimushealthcare.org 203.696.3260
Planned Parenthood of CT Call Center www.ppct.org800.230.PLAN
Planned Parenthood - Bridgeport203.366.0664
Planned Parenthood of Danbury203.743.2446
Planned Parenthood of Shelton203.924.7756
Planned Parenthood Stamford203.327.2722
Planned Parenthood Facts of Life Line888.337.FACT
Southwest Community Health Center203.330.6000
.....www.swchc.org
Summit Women's Center in Bridgeport ..800.972.4073 or 203.365.2660
.....www.summitcenters.com/summit-bridgeport

PREGNANCY / FATHERHOOD (CONT'D.)

Dealing with an unplanned and/or unwanted pregnancy is difficult. After pregnancy is confirmed, sites listed above have counselors on staff who can discuss all the options available to you - becoming a parent, putting the baby up for adoption or terminating the pregnancy. If you have a good relationship with the baby's father, he should be involved in decisions that are made about this pregnancy.

Safe Havens Act for Newborns: Under the Connecticut Safe Havens Act for Newborns, infants younger than 30 days can be left at Safe Havens (hospital emergency departments). No questions will be asked. You don't have to give your name. The police will not be called. Your baby will get medical care, be adopted and be given a new beginning. Call 2-1-1 for more information.

If you choose to continue the pregnancy it is important to begin prenatal care and prepare for having a baby in your life. The following health care facilities offer prenatal care:

Bridgeport Hospital Clinic www.bridgeporthospital.com ..	203.384.3232
Danbury Hospital—Women's Health Center.....	203.797.7186
.....	www.danhosp.org
.....GBAPP (Greater Bridgeport Adolescent Pregnancy Program)	
.....	203.384.3629
.....	www.gbapp.org
Optimus Health Care www.optimushealthcare.org	203.696.3260
Planned Parenthood of CT—Bridgeport www.ppct.org	203.366.0664
Seton Women's Health Center	203.579.2229
Southwest Community Health Center.....	203.330.6000
.....	www.swchc.org
Stratford Community Health Center	203.375.7242
.....	www.optimushealthcare.org
Women's Counseling Center of Greater Danbury	203.731.5200

PREGNANCY / FATHERHOOD (CONT'D.)

Financial coverage for prenatal care is available under the state's Medicaid and Healthy Start programs as well as through some commercial insurance plans. Financial counselors are available at these sites.

Resources for pregnant and parenting teens are also available within some school systems. Social workers, guidance counselors, teachers and staff at school based health clinics can talk with you about the school's resources, including information on parenting classes at the high schools. Parenting teachers are available at many of the high schools and can offer help and guidance to new parents in caring for their babies.

WIC (Woman, Infant & Children) food vouchers-income eligible ..203.576.8072

PARENTING RESOURCES/COUNSELING

Young Parents Program (GBAPP) www.gbapp.org203.384.3629

For all other parent to parent, parent/child activity groups or teen parent/pregnancy teen education programs dial 2-1-1, a 24-hour telephone information, referral and crisis line in Connecticut. It is free and confidential.



PREGNANCY / FATHERHOOD (CONT'D.)

FATHERHOOD

Fathers are an important part of their child's life and that is why the Department of Social Services has initiated a new program called the Fatherhood Initiative that is a comprehensive statewide effort to promote positive involvement and interaction of fathers with their children. Through a grant from the Department of Social Services, the Connecticut Clearinghouse in Plainville has resources available for and about fathers. For more information, contact Clearinghouse at 800.232.4424, or: www.ctclearinghouse.org

Career Resources –Fatherhood Initiative Programwww.careerresources.org
.....203.334.5627

For information about fatherhood programs in your local areas2-1-1

GBAPP (Greater Bridgeport Adolescent Pregnancy Program)
www.gbapp.org203.384.3629

Another resource for pregnant and parenting teens is
Birthright www.birthright.org.....800.550.4900

Birthright has health and adoption information, referrals to agencies, maternity clothes, baby clothes, layettes, and host homes for pregnant teens in need of housing.

Maternity Home program provides shelter, care and support services which include counseling regarding future plans and instructions in child care and development for pregnant women who are unable to remain in their own home.

Good Counsel Malt Home in Norwalk (17+)www.goodcounselhomes.org

Women's Services914.588.5249

Emergency Services800.723.8331

Mi Casa in Bridgeport—GBAPP (13-17 years old)www.GBAPP.org
.....203.579.4263

PREGNANCY / FATHERHOOD (CONT'D.)

If a decision is made to terminate the pregnancy, an early abortion is the safest. Although parental consent is not required at any age, a session with a counselor or social worker prior to having the procedure is required at all sites. At some sites, if you are under the age of sixteen, the counselor will ask if you can involve your parent(s) or another family member in your decision.

First trimester abortion procedures are done at:

Danbury Hospital-Women's Health Center	203.797.7186
(M,T & TH only from 9:00 a.m. -3:30 p.m.)	
Medical Options (Danbury) www.abortion-connecticut.com	203.743.5024
Planned Parenthood (up to 12 weeks) in Bridgeport	www.ppct.org
.....	203.387.3131
Summit Women's Center (up to 18 weeks) in Bridgeport	203.365.2660
.....	800.972.4073
.....	www.summitcenters.com/summit-bridgeport

Abortions performed **after** the first trimester are more involved and expensive than those done in the first three months of pregnancy.

Late term abortions (from 16 to 20 weeks) are done at:

Summit Women's Center (up to 18 weeks) in Bridgeport.....	203.333.1822
www.summitcenters.com/summit-bridgeport	

Medicaid and Healthy Start programs, as well as some commercial insurance plans cover abortions. Call the facilities directly for more information on fees and financial assistance.

For more information on pregnancy testing, prenatal care resources and counseling, dial 2-1-1, a 24-hour telephone information, referral and crisis line in Connecticut. It is free and confidential.

SEXUAL ACTIVITY

Someone you care about wants to have sex and you don't know:

- How it may affect your feelings about the relationship
- How to prevent pregnancy
- How to prevent AIDS and other sexually transmitted diseases (STD's)
- How to say "NO" without losing your partner

**The most important thing to remember is
YOU HAVE THE RIGHT TO CHOOSE!**

Talk about how you feel with your partner and be specific about what seems right to you. When someone is not ready for sex, it is wrong to pressure him or her. The answer to the statement, "If you love me, you will" is "If you love me, you won't pressure me."

ABSTINENCE

Abstinence means doing without something.

People choose not to have sex for many reasons:

- don't feel ready
- moral and/or religious values
- parents would be upset if they knew
- want to wait until marriage
- avoid getting STD's or HIV/AIDS
- had sex already but felt it was a mistake
- fear of getting pregnant

When you feel pressured to have sex, consider these tips:

- set your personal limits--what you will and will not do
- discuss your feelings with your partner
- learn to say NO and mean it
- **don't use alcohol or other drugs that make it hard to say NO or stay in control.**

SEXUAL ACTIVITY (CONT'D.)

CONTRACEPTION

There are many ways to express feelings without having sex. But if you are going to have sexual intercourse, contraception is the safest way to prevent pregnancy and diseases. Both partners are responsible for contraception. Abstinence is the only method that is 100% effective. Other methods include condoms, birth control pills, vaginal rings and diaphragms.

Contraception must be used properly. No one should borrow something prescribed for a friend. Many services are free to teens or offer reduced fees and are confidential.

GBAPP (Greater Bridgeport Adolescent Pregnancy Program)	203.384.3629
.....	www.gbapp.org
Optimus Health Care www.optimushealthcare.org	203.696.3260
Planned Parenthood - Bridgeport	203.366.0664
.....	www.ppct.org/medical/centers/bridgeport.htm
Planned Parenthood - Danbury	203.743.2446
.....	www.ppct.org/medical/centers/danbury.shtml
Southwest Community Health Center in Bpt.	203.330.6000
.....	www.swchc.org
Summit Women's Center	203.365.2660
.....	www.summitcenters.com/summit-bridgeport

Also see list of school based health clinics under "Health Care" section of directory.

SEXUALLY TRANSMITTED DISEASES (STD) AND SEXUALLY TRANSMITTED INFECTIONS (STI)

Anyone who is sexually active can get a sexually transmitted disease or STD. STD's include genital warts, chlamydia, gonorrhea, herpes, syphilis, HIV/AIDS, and other diseases transmitted through close bodily contact, sexual intercourse or other intimate contact with someone who has a STD.

Don't let shame or embarrassment keep you from getting medical treatment.

ALL STD SERVICES ARE CONFIDENTIAL. YOUR PRIVACY IS RESPECTED. TEENAGERS DO NOT NEED PARENTAL CONSENT FOR TESTING AND TREATMENT OF STD's.

See a doctor if you have any of the following symptoms.

DO NOT IGNORE THEM.

- pain in the genital area
- painful burning sensation while urinating
- painless sores, bumps or blisters on or around the mouth or sex organs
- itching or swelling in the groin area
- unusual discharge or odors from vagina or penis
- patchy hair loss from the scalp

Also remember that you may not have any symptoms and can still have STD.

WARNING: If not treated, STD can cause permanent damage including: sterility, heart disease, paralysis, blindness, deafness, damage to an unborn baby, non-healing ulcers, and even death.

STD and STI FACTS:

- You do not catch STD from toilet seats.
- You can get STD at any age, and get it again and again.
- No vaccine can prevent STD, however, most STDs can be treated.
- Anyone can get STD.
- It is possible to have STD without noticing any symptoms

STD'S & STI'S (CONT'D.)

To get more information about preventing, identifying and treating STDs, please call:

Bridgeport Health Department, Communicable Disease Clinic	203.576.7468
Danbury Health Department www.ci.danbury.ct.us203.797.4622
Fairfield Health Department www.fairfieldct.org/health.htm203.256.3020
GBAPP (Greater Bridgeport Adolescent Pregnancy Program) 203.384.4800
..... www.gbapp.org	
Hopeline Pregnancy Center of Monroe, Stratford and Danbury	...800.203.4673
..... www.hopelineprc.org	
Optimus Health Care www.optimushealthcare.org203.696.3260
Planned Parenthood of Stamford www.ppct.org203.327.2722
Planned Parenthood of Bridgeport www.ppct.org203.366.0664
Planned Parenthood of Danbury www.ppct.org203.743.2446
Planned Parenthood of Shelton www.ppct.org203.924.7756
Redding Health Department www.townofreddingct.org203.938.2559
Southwest Community Health Center www.swchc.org203.330.6000
Stratford Health Department203.385.4056
..... www.townofstratford.com/health/index.shtm	
Summit Women's Center203.365.2660
..... www.summitcenters.com/summit-bridgeport	
Teen2Teen (Warm Line), Monday & Wednesday, 3-6pm	
Trumbull/Monroe Health District203.452.5195
..... www.trumbullct.com/healthdistrict.htm	
Westport Health Department www.wwhd.org203.227.9571

Also see school based health clinics under "Health Care" section of this directory.

HIV/AIDS (Acquired Immune Deficiency Syndrome) is a sexually transmitted disease that leads to death. There is treatment but no cure for HIV/AIDS at this time.

HIV/AIDS is spread by sexual contact or sharing needles with intravenous drug users. HIV/AIDS is transmitted through contact with blood, semen or vaginal fluid infected with the HIV virus.

Your best protection against HIV/AIDS is to not use intravenous drugs and to abstain from sex. If you do have sex, use condoms that are available at the Bridgeport Health Department, AIDS Division.

If you have questions about HIV/AIDS and want confidential information call:

National AIDS Hotline (English)	800.342.2437
National AIDS Hotline (Spanish)	800.344.7432
National AIDS Hotline (Hearing Impaired).....	800.243.7889
Teen AIDS Hotline	203.624.0114 (6-9pm W&Th)

For free, confidential testing and counseling contact:

Bridgeport Health Department, HIV/AIDS Division (includes condom availability)	203.576.7679
Danbury HIV clinic www.danhosp.org	203.791.5065
GBAPP (Greater Bridgeport Adolescent Program)	www.gbapp.org 203.366.8255
Optimus Health Care www.optimushealthcare.org	203.696.3260
Planned Parenthood of Stamford www.ppct.org	203.327.2722
Planned Parenthood of Bridgeport www.ppct.org	203.366.0664
Planned Parenthood of Danbury www.ppct.org	203.743.2446
Planned Parenthood of Shelton www.ppct.org	203.924.7756
Southwest Community Health Center www.swchc.org	203.330.6000
Westport/Weston Health District www.wwhd.org	203.227.9571

HIV: AIDS (CONT'D.)

Also see school based health clinics under “Health Care” section of this directory.

If your parent, loved one or friend has HIV/AIDS and you need to talk with someone, counseling and links to other services are available to HIV/AIDS affected youth through:

Child Guidance Center of Greater Bridgeport.....203.367.5361
.....www.cgcb.org
Clifford Beers Guidance Clinic www.cliffordbeers.org ..203.772.1270
Evergreen Network, Inc.203.576.0677



SHELTER / RUNAWAY

Many teens think about running away from home at some time. You may feel depressed about your life and want to change the way things are going. Talking to someone may help you understand yourself and the situation better, think more clearly, and make intelligent decisions based on realistic choices.

Who can you talk to? Teachers, school counselors, your parents or other family members, reliable friends, or a religious leader are some suggestions. Try talking it out with someone you trust.

If you or a friend are determined to run away and talking about it doesn't help, make sure you go to a safe place. Even the most street-wise teens can get ripped off, harassed or seriously hurt trying to make it on their own.

Also, if you don't go to a shelter, the police may pick you up if your parent or guardian files a runaway petition, or if you are caught breaking curfew.

Here are some numbers to call if you or a friend has run away – telephone lines open 24 hours.

Covenant House www.covenanthouseny.org	800.999.9999
Kids in Crisis www.kidsincrisis.org	203.327.KIDS
National Runaway Switchboard 800.786.2929	800.RUNAWAY
..... www.1800runaway.org	
Janus Center for Youth in Crisis	203.374.9473
..... www.ccgb.org/janushouse.htm	

SUICIDE PREVENTION

SUICIDE PREVENTION

Often people try to hide their problems and feelings from the world, their families and friends. Occasionally, these feelings can lead to serious depression and even thoughts of suicide. If you feel seriously depressed or suicidal, please reach out for help. Talk to a friend, parent, teacher, counselor or religious leader. Or, dial 2-1-1, a 24-hour telephone information, referral and crisis line in Connecticut. It is free and confidential.

If a friend talks to you about feeling suicidal, take it seriously. Even if he/she asks you to keep it a secret, being a good friend means you need to tell someone you can trust. Suicide threats are cries for help from people who don't realize they have other choices.

If you think someone may be suicidal don't be afraid to ask. Mentioning suicide will not give the person the idea or push them over the edge. Talking can actually help prevent it from happening.

WARNING SIGNS OF SUICIDE INCLUDE:

- previous suicide attempts or gestures
- talking or writing about the desire to end one's life
- a recent loss of a loved one, or anniversary of a significant loss
- giving away personal possessions
- changes in behavior, such as shutting off friendships
- change in eating and sleeping patterns, e.g., insomnia,
- increased sleeping, loss of appetite, or overeating
- declining school performance
- family disruptions, such as divorce or other changes
- a sudden lifting of sadness, depression or withdrawal which may indicate a decision to commit suicide has been made
- isolating oneself from others
- hopelessness
- helplessness

SUICIDE PREVENTION (CONT'D.)

HOW CAN YOU HELP:

- be willing to listen
- don't make the person feel guilty about his or her feelings
- tell someone whom they are close to and whom they trust
- get help by encouraging the person to call a 24-hour crisis intervention line or get professional counseling.
- take them seriously
- don't leave the person alone
- be direct – ask the person if he/she is thinking about suicide
- stress that suicide is final and irreversible

Remember it is better to risk a friend's anger and tell someone who can help than to do nothing. Care enough to get help. Telephone lines open 24 hours a day.

2-1-1 www.211ct.org	2-1-1	
Child Guidance Center of Greater Bridgeport www.cgcgb.org ..	203.394.6529	
Crisis Programs: 24 Hours	203.551.7507	
Fairfield Counseling Services www.fcsinc.org	203.255.5777	
Kids in Crisis www.kidsincrisis.org	203.327.KIDS	
Southwest CT Mental Health System (Bridgeport)	203.551.7400	
Trevor Helpline (Crisis and Suicide Prevention) www.thetrevorproject.org	866.488.7386	
Wheeler Clinic (service Central CT)	www.wheelerclinic.org	800.793.3500

***IN AN EMERGENCY,
CONTACT AN AMBULANCE OR POLICE BY DIALING 9-1-1***

SUPPORT GROUPS

SUPPORT GROUPS

If you are struggling with a difficult problem, talking with others who have the same or similar problems can help. People in the group can give each other support and encouragement.

A support group can help you or someone you care about with such concerns as the death of a friend or family member, suicide, drug or alcohol problems, dealing with physical or sexual abuse, or coping with a disease. Sometimes the problem is affecting you directly. Sometimes a person you care about is going through a hard time and you need support to better help them.

Don't be embarrassed to call a support group because nothing you say will seem strange or out of the ordinary to people who share the same experiences as you.

There are support groups for almost any issue you can think of.

For assistance in finding a support group that meets your needs, call:

Connecticut Self-Help Network203.789.7645

.....www.theconsultationcenter.org

2-1-1 www.211ct.org2-1-1

(24-hour telephone information, referral and crisis line in CT—free & confidential)



VIOLENCE

Violence rears its ugly head in many ways--parents slapping kids, kids beating up other kids, jealous boyfriends threatening their girlfriends. Rape or sexual assault is another kind of violence. Whatever the form, it is wrong and it can be stopped.

Some people get very angry and lose control. They may throw things, punch the wall or hit somebody. They may be sorry afterward. If you, a family member, or a friend has been beaten up or your own behavior is violent, it is time to seek help. There are acceptable ways to deal with stress, tension and anger. Violence is never an acceptable answer.

NO ONE DESERVES TO BE HURT. If you or someone you're with is hurt or in danger, get to a safe place and get help from a friend, neighbor or one of the agencies listed below.

For immediate help, please call your local POLICE by dialing9-1-1



DATE VIOLENCE

DATE VIOLENCE

One in ten teens is involved in a date battering relationship. Violence in dating relationships is real, and almost 95% of domestic violence victims are women.

If your boyfriend:

- is jealous
- puts you down
- intimidates you
- tells you what to do
- restrains you
- follows you
- checks up on you
- demands you account for your time
- destroys your property on purpose
- threatens to hurt you
- or has punched, shoved, slapped or hurt you
- **IT IS ABUSE!**

***If any of this sounds familiar, you can contact these services
24 HOURS A DAY:***

Center for Women and Families Domestic Violence Services	www.cwfefc.org
.....	203.384.9559
Center for Women and Families -Sexual Assault	www.cwfefc.org
.....	203.333.2233
Toll free in English	888.999.5545
Toll free in Spanish	888.568.8332
Yours Mine Ours, RYASAP	www.myospace.org
.....	203.260.8434 (Text) or 203.579.2727

DOMESTIC VIOLENCE

DOMESTIC VIOLENCE

Tension, anger and out of control adults are more common in families than most of us would like to believe. Look around you in your next class. More people are affected by domestic violence than we realize. When adults deal with conflict by threatening, verbally or physically abusing another in the household, it is domestic violence. Living with this kind of tension can affect your grades, your relationships with other people and the way you think about yourself. If this sounds familiar, talk to someone about what is going on. Let them help you decide the best way to deal with it. Help is available from:

Center for Women and Families	203.334.6154 or 203.384.9555
.....	www.cwfefc.org
Child Abuse/Neglect Careline (DCF) 24 hrs	800.842.2288
.....	www.ct.gov/dcf
Coordinating Council for Children in Crisis	203.624.2600
.....	www.ccccnh.org
Domestic Violence Services (24 hours).....	888.774.2900
.....	www.cwfefc.org
Police	9-1-1

GANG VIOLENCE

Young people join gangs for many reasons: pressure from others, excitement, boredom, money, feelings of insecurity, need to be a part of a group, or lack of attention at home. Joining a gang does not solve your problems. It could make things worse. If a gang troubles you, or someone you know, seek advice and help from a trusted adult or call:

Your Local Police Department at..... 9-1-1

SEXUAL HARASSMENT

SEXUAL HARASSMENT

Sexual Harassment is unwanted and unwelcomed behavior of a sexual nature which interferes with an individual's rights to exist in a comfortable and supportive environment, be it school, work, home, social or camp settings. Under federal law sexual harassment is illegal and prohibited. Whether it is happening now or happened in the past, talking to someone will help you sort out your feelings and find ways to heal the hurt. So, talk to someone you trust. It may be difficult at first to find someone who will listen and support you but keep trying.

What are the differences between flirting and harassment?

Flirting

Welcome
Wanted
Two-sided
Feels good
Enjoyable
Equal participation

Harassment

Unwelcome
Unwanted
One-sided
Feels uncomfortable
Embarrassing or humiliating
Use of power

What are some examples of behaviors that might be considered sexual harassment?

- Staring or leering at parts of someone else's body
- Comments, gestures or jokes of a sexual nature
- Displaying of sexual pictures or objects
- Spreading rumors or commenting about sexual behavior
- Repeated pressuring for dates or unwanted sexual activities
- Touching, grabbing, pinching
- Asking for sexual favors in exchange for grades, promotions or participation in school activities
- Physical sexual assault
- Putting people down because of their sexual orientation

SEXUAL HARASSMENT (CONT.)

REMEMBER, it is never your fault when someone is sexually harassing or abusing you. Don't blame yourself. You are not alone. There are trained counselors available to help you 24 hours a day--for free.

Department of Children and Families, (24 hour Careline)	www.ct.gov/dcf
.....	800.842.2288
Sexual Assault Crisis Services, (24 hour)	www.cwfefc.org
.....	203.333.2233
Sexual Assault Crisis Services, En Espanol, (24 hour) ..	www.cwfefc.org
.....	888.568-8332
Women's Center of Greater Danbury www.womenscenterofgreaterdanbury.org	
.....	203.731.5200

For additional information or assistance:

CT Women's Education and Legal Fund	www.cwealf.org
.....	860.247.6090
Information/Referral Services	860.524.0601
Gender Equity Consultant, CT State Dept. of Education	
.....	www.state.ct.us/sde
.....	860.713.6737
Permanent Commission on the Status of Women www.cga.ct.gov/pcs	
.....	860.240.8300
The Commission on Human Rights & Opportunities	www.ct.gov/chro
.....	860.541.3400



SEXUAL ABUSE, ASSAULT OR RAPE

SEXUAL ABUSE, ASSAULT OR RAPE

Sexual assault is any sexual act that is forced on you against your will. It can be anything from unwanted touching to forcible rape. The abuser can be a neighbor, a date, an acquaintance, a relative, or someone you don't know. Sexual assault is an act of VIOLENCE--love and sexual attraction have nothing to do with it. You have the right to say "no" to ANYONE who tries to touch you in a way that makes you uncomfortable. No one ever deserves or "asks" to be sexually assaulted.

Here are some tips:

- Don't walk anywhere alone at night.
- Walk briskly and confidently.
- Be alert, paying attention to your surroundings
- Don't trust people you have just met
- Avoid using alcohol or other drugs which can make you more vulnerable
- If your date says "no", listen and stop what you're doing

TRUST YOUR INSTINCTS. If you are in a situation that makes you uneasy, get away. Your safety is more important than someone's hurt feelings. If you are in a dangerous situation, do whatever you must to survive. Don't be embarrassed to yell for help if you feel threatened.

IF YOU ARE SEXUALLY ASSAULTED, follow your instincts and do whatever you need to get out alive. When you get to a safe place, call a sexual assault crisis counselor, a hospital emergency room and/or the police. Victims should seek medical attention right away. Sexual assault crisis counselors are available 24 hours a day and can help you talk with medical personnel and police and provide you with the support you need.

SEXUAL ABUSE, ASSAULT OR RAPE

(CONT.)

Medical staff do not have to report rapes or say anything to police, unless the victim is a minor. You do not have to talk to police about the assault, but making a statement increases protection of your legal rights.

DON'T BLAME YOURSELF. Seek help from trained counselors.

No matter who assaulted you, how long ago, or whatever the circumstances.

For help call:

Police.....	9-1-1
Sexual Assault Crisis Services, 24 hours	www.cwfefc.org 203.333.2233
Sexual Assault Crisis Services, En Español, 24 hrs	www.cwfefc.org888.568.8332
Women's Center of Greater Danbury-Sexual Assault Service.....	203.731.5204 www.womenscenterofgreaterdanbury.org

SEXUAL OFFENDERS

If your own behavior is sexually offensive to someone, there are support groups and counselors you can talk to about this:

Juveniles Opting for Treatment: Learning Appropriate Behaviors (JOT:LAB)	888.97.YOUTH (888.979.6884)
Clifford Beers Guidance Clinic www.cliffordbeers.org	203.772.1270

ANGER MANAGEMENT

Association of Religious Communities (Danbury)	203.792.9450
Fairfield Community Services (18+) www.fcsinc.org	203.255.5777
Family and Children's Agency (Norwalk) (18+)	203.855.8765 www.familyandchildrensagency.org
Opportunities Industrialization Center of Greater Bridgeport.....	203.335.0577
Optimus Health Care (formerly Bridgeport Community Health Center - by court referral only)	www.optimushealthcare.org 203.696.3260
Southwest Community Health Center www.swchc.org	203.330.6000

For additional locations, dial 2-1-1, a 24-hour telephone information, referral and crisis line in Connecticut. It is free and confidential.

VOLUNTEERING / WELFARE

VOLUNTEERING/COMMUNITY SERVICES/MENTORING

Many organizations rely on volunteers. Volunteering shows that you are committed to helping your community. It also looks good on a job or college application. Some questions to ask yourself:

- How much time can I commit to?
- What age group do I want to work with?
- What do I enjoy doing that could be helpful?
- Will the organization I volunteer with train me?

Please dial 2-1-1 for information about volunteering and mentoring opportunities in your area, or 877.CTMENTOR or go to www.211ct.org

WELFARE

Recently, there have been major changes to the welfare system. The goal is to get people into jobs so they can support themselves and their families without government help.

Temporary Assistance for Needy Families (TANF) previously referred to as State Welfare or AFDC: is for people caring for children. Minor parents (under 18) must live with their parents, guardians or other responsible adult to receive TANF. Minor parents can live on their own if there is good reason to live apart from their parents and there are no other adults with whom they can live. Emancipation will not help a minor parent receive TANF on his/her own.

Connecticut Department of Social Services - www.dss.state.ct.us

Bridgeport	203.551.2700
Danbury	203.207.8900

NATIONAL 1-800 NUMBERS

AIDS HIV, Sex National Hotline	800.CDC.INFO
Center for Disease Control	800.CDC.INFO
<i>Info on sexually transmitted disease, immunizations, emergency preparedness, autism, cancer, diabetes, nutrition, TB</i>	
Child Abuse Hotline	800.422.4453
Consumer Product Safety Commission	800.638.2772
Covenant House Runaway Neline	800.999.9999
CT Child Abuse Hot Line	800.842.2288
Federal Student Aid Information Center	800.433.3243
Literacy Volunteers of SEFC	800.345.7323
National Adult and Child Attention Deficit Disorder	800.233.4050
National Clearinghouse on Alcohol and Drug Information	800.729.6686
National Drug & Alcohol Referral Service	800.821.4357
National Eating Disorders Association	800.931.2237
National Runaway Switchboard	800.786.2929
Problem Gambling HelpLine	800.346.6238
STD National Hotline/STI Resource Center	800.227.8922
Substance Abuse Info & Referrals	800.662.4357
Suicide Prevention Hopeline	800.784.2433

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Work Committee

Jan Laster, RYASAP

Eileen Lopez-Cordone, United Illuminating

Denique Weidema,
Stratford Community Services

Katie Dewese, RYASAP Intern

Renée Beitman

Debbie Deren, Fairfield Public Schools

David Gordon, Bridgeport Public Schools

Dana Johnson, ERCC, Town of Easton

Kevin Kasbarian, RNP

Lauren Lanham, Fairfield A.C.T

Gina LeVon Simpson, PLTI

Sally Lundy, Town of Monroe - A.D.A.M., Inc.

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Pam Paulmann, Fairfield University

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Bridgeport Health Department

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Tammy Trojanowski,
Stratford Community Services

Marta Waldron, Lakewood/Trumbull YMCA

Barbara Yeager, Town of Monroe-
Department of Social & Senior Services

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