



STATE OF CONNECTICUT
DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES
A Healthcare Service Agency

DANNEL P. MALLOY
GOVERNOR

PATRICIA REHMER, MSN
COMMISSIONER

The following agencies have indicated to DMHAS that individuals and families in Newtown can have immediate access to counseling services:

Children/Families

Wellmore

70 Pine Street
Waterbury
203-756-7287

Adults/Children/Families

Catholic Charities

Main St. Suite 503 Danbury 203-743-4412	13 Wolcott Street Waterbury 203-596-9359	205 Wakelee Avenue Ansonia 203-735-7481	238 Jewett Avenue Bridgeport (203) 416-1322
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Family Services of Woodfield

475 Clinton Ave
Bridgeport
203-368-5540 [Leave message with: name, from Newtown, time planning to arrive during the walk-in hours (MWF 9a-12p and TTh 2p-4p) for priority]

Wellspring

850 Straits Tpke, Suite 201
Middlebury
203-758-2296

Adults/Families

Blue Sky Behavioral Health Clinic

52 Federal Rd, Suite 2A
Danbury, CT
347-672-7198 (toll free: 888-822-7348)

Adults

BH Care

435 East Main St.
Ansonia
203-736-2601

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The Department of Children and Families (DCF) has provided the following information to DMHAS regarding available services:

TF-CBT is a clinic-based, short-term treatment (16 to 20 sessions) for children, ages 4 to 18 who have significant behavioral and emotional problems that are related to traumatic life events, even if they do not meet full diagnostic criteria for post traumatic stress disorder (PTSD). TF-CBT is an evidence-based model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. Individual sessions with the child and parent as well as joint parent-child sessions are provided. Treatment results in significant reduction in PTSD and depressive symptoms.

The clinics listed below have clinicians and supervisors who have completed the extensive training for TF-CBT through the TF-CBT Learning Collaborative, funded by the Connecticut Department of Children and Families and directed by the Connecticut Center for Effective Practice, in partnership with the National Child Traumatic Stress Network.

Family & Children's Aid

75 West Street
Danbury
(203) 748-5689

Family Services of Greater Waterbury

34 Murray Street
Waterbury
Contact Veronica Rosario, Intake Worker at (203) 756-8317 X 3039

Wellmore

70 Pine Street
Waterbury
(203) 756-7287 and Dial 0 to speak with an operator

DCF also provided the following information for area psychiatric outpatient clinics for children:

Family & Children's Aid, Inc.

75 West Street
Danbury (and New Milford by appointment)
(203) 748-5689

Wellmore

70 Pine Street
Waterbury, CT 06710-2190
(203) 756-7287

Note: This listing effective 12-21-12. This list will continue to be updated.
Please contact Rhonda Kincaid at DMHAS at 860-798-7520 with any questions or revisions.