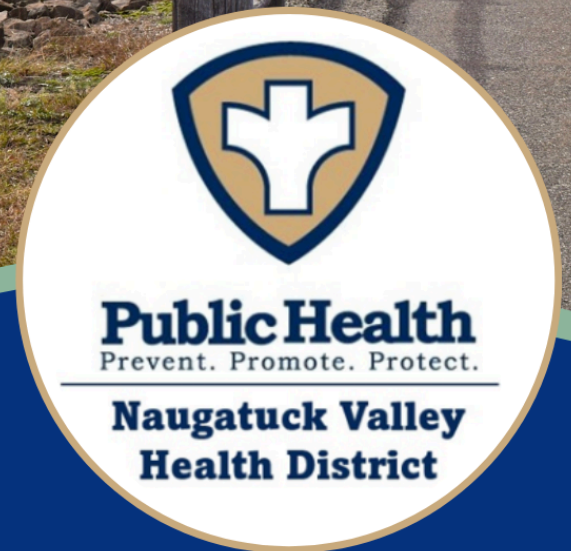


# Naugatuck Valley Health District RESOURCE DIRECTORY



## Purpose

The resource guide connects individuals to necessary services and provides details such as business hours, languages spoken, and specific site information.

## Resources

- Primary care (Pediatric & Adult)
- Dental
- Eye Care
- Specialty Care
- Substance Abuse Services
- Mental & Behavioral Health Services
- Community Health Clinic/Urgent Cares
- Long COVID Treatment
- Women's Health
- Food Banks/Pantries

## MORE INFO

Visit [www.211ct.org](http://www.211ct.org)

Call 2-1-1

[www.nvhd.org](http://www.nvhd.org)

203-881-3255



**Public Health**  
Prevent. Promote. Protect.

**Naugatuck Valley Health District**

**Community Resource Directory  
Table of Contents**

**Medical Resources.....3**

- **Adult Primary Care.....3**
- **Community Health Clinics/Urgent Cares.....6**
- **Dental.....7**
- **Eye Care.....11**
- **Pediatrics.....11**
- **Specialty Care.....12**
- **Long COVID Treatment Centers.....16**
- **Women’s Health.....17**

**Food Insecurity Assistance and Support Resources.....19**

- **Food Banks and Pantries.....19**
- **Social Support Services.....20**

**Mental Health Resources.....21**

- **Adolescent and Family Counseling Support.....21**
- **Behavioral and Mental Health Services.....22**
- **Crisis Centers.....23**
- **Therapy and Counseling Services.....24**
- **Recovery/Substance Abuse Services.....28**

**Resources for Hispanic/Latino Residents.....30**

- **Social Support Services.....30**

# Naugatuck Valley Medical Resources





Organizations	Contact Information	Key Information
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## Adult Primary Care

<p>Alliance Medical Group</p> 	<p>305 Church Street Suite 15 Naugatuck, CT 06770 203-729-6641 <a href="https://www.waterburyhospital.org/offices/ct-naugatuck-305-church-street/">https://www.waterburyhospital.org / offices/ct-naugatuck-305-church-street/</a></p> <p>Hours: Mon, Tue, Thur, and Fri: 8:30am-5:00pm Wed: 8:30am-6:00pm</p>	<p><b>Languages Spoken:</b> Spanish, English, Portuguese</p> <p>Primary Care Internal Medicine Services for patients that are 18 yrs and older focused on prevention, diagnosing and treatment of adult diseases</p>
<p>Dr. Brimal Babubhai Patel, MD</p>	<p>1177 New Haven Rd Naugatuck, CT 06770 203-729-0200 Call to make an appointment Hours: Mon, Wed and Fri 9:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English and Hindi</p> <p>Adult Primary Care Physician who services 18yrs and older. His specialties include Family Medicine, Internal Medicine, and Sleep Medicine. Dr. Patel is affiliated with Hartford Hospital.</p>
<p>Dr Goldfarb, Dr. Ranno and Associates</p> 	<p>2 Trap Falls Suite 102 Shelton, CT 06484 Suite 102 203-944-9866 <a href="https://stvincents.org/find-a-doctor/physician-detail?id=003j000000GCxFKAA1">https://stvincents.org/find-a-doctor/physician-detail?id=003j000000GCxFKAA1</a> Hours: Mon-Fri-8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>General Practitioners on site treating common cold, flu, covid, tick bites, rash, minor wounds and common illnesses.</p>
<p>Dr. Piotr Baginski</p>	<p>4 Corporate Drive Suite 185 Shelton, CT 06484 203-944-9775 Call to make an appointment Hours: Mon: 12:00pm-6:30pm Tues, Wed, and Thurs: 9:00am-4:30pm Fri: 9:00am-3:30pm</p>	<p><b>Languages Spoken:</b> English, Polish, and Spanish</p> <p>Dr. Piotr Baginski is an internal medicine specialist</p>
<p>Dr Robert Nelson Hyde III , MD</p>	<p>111 New Haven Ave. Suite 3 Derby, CT 06418 203-736-9214 Call to make an appointment Hours: Mon-Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Private Practice for 18 and up.</p>
<p>Family Health of Shelton</p> 	<p>110 Commerce Drive Shelton, CT 06484 203-929-7331 <a href="https://gfp.griffinhealth.org/primary-care/family-health-care">https://gfp.griffinhealth.org/primary-care/family-health-care</a></p> <p>Hours: Mon-Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English</p> <p>GP's, DO's, and APRN's on staff. If no availability in office for existing patients, they can be sent to other offices. Treats everything from common cold, rash, tick bites, viruses, covid, flu minor cuts and wounds etc. Availability for transportation services with Veyo for all who need it.</p>







# Naugatuck Valley Medical Resources

Organizations	Contact Information	Key Information
<b>Adult Primary Care</b>		
<p>Griffin Faculty Primary Physicians Quarry Walk</p> 	<p>300 Oxford Rd Oxford, CT 06478 (203)-888-5527 <a href="https://gfp.griffinhealth.org/primary-care/internal-medicine-of-oxford">https://gfp.griffinhealth.org/primary-care/internal-medicine-of-oxford</a></p> <p>Hours: Mon, Wed, and Fri: 8:00am- 4:30pm Tues and Thurs: 8:00 AM – 5:00 PM</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti)</p> <p>General health services, diagnostic services, etc.</p>
<p>Griffin Faculty Physicians, Dr. Marks and Dr. Bilori</p> 	<p>111 Wakelee Ave. Floor 1 Ansonia. CT 06401 203-308-2781 <a href="http://gfp.griffinhealth.org">gfp.griffinhealth.org</a></p> <p>Hours: Mon-Fri 8:00am to 4:30 pm</p>	<p><b>Language Spoken:</b> English</p> <p>Dr. Marks and Dr. Bilori provide primary care services.</p>
<p>Internal Medicine of Greater New Haven</p>	<p>831 Boston Post RD. Milford, CT 06460 203-848-1803</p> <p>Hours: Mon: 8:00am-6:00pm Tues: 8:00am-5:00pm Wed: 8:00am-6:00pm Thurs: 8:00am-5:00pm Fri: 8:00am-6:00pm</p> <p>2900 Main St Stratford CT 06614 203-848-1803 (call center will direct to location ext.)</p> <p>Hours: Mon: 10:00am-4:00pm Wed: 9:00am-5:00pm Thur:10:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, Russian, and Polish</p> <p>GP's and APRN's on site. There are several locations in CT.</p>
<p>Naugatuck Internal Medicine</p> 	<p>58 Maple Street Suite 400 Naugatuck, CT 06770 203-709-5935 <a href="https://www.trinityhealthofne.org/location/naugatuck-internal-medicine">https://www.trinityhealthofne.org/location/naugatuck-internal-medicine</a></p> <p>Hours: Mon-Fri 8:00am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services for 18yrs old and above.</p>
<p>Northeast Huntington Walk in</p> 	<p>887 Bridgeport Ave Suite A Shelton, CT 06484 203-225-6020 <a href="https://www.northeastmedicalgroup.org/locations/shelton-887-bridgeport-avenue-nemg.aspx">https://www.northeastmedicalgroup.org/locations/shelton-887-bridgeport-avenue-nemg.aspx</a></p> <p>Hours: Mon-Fri 8:00am-8:00pm Sat and Sun 8:00am-2:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Walk in services provided PA , APRN 's on staff. Treats all from fever, colds, to tick bites, viruses, flu, Covid, rashes, minor wounds etc.</p> <p>Only open 8:00am-2:00pm on major Holidays</p>






# Naugatuck Valley Medical Resources

Organizations	Contact Information	Key Information
<b>Adult Primary Care</b>		
<p>Northeast Medical Group</p> 	<p>4A Devine Street North Haven, CT 06473 203-843-9010 <a href="https://www.northeastmedicalgroup.org/locations/north-haven-4a-devine-street-internal-medicine">https://www.northeastmedicalgroup.org/locations/north-haven-4a-devine-street-internal-medicine</a> Hours: Mon-Fri 8:00am-5:00pm (some providers start earlier or stay later) Walk-in Hours: 8:00am-8:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Internal medicine and services for 18yrs and older.</p>
<p>Northeast Medical Group of Shelton</p>	<p>4 Corporate Drive Suite 394 Shelton, CT 06484 203-225-0375 Hours: Mon-Thurs 9:00am-5:00pm Fri: 9:00am-4:30pm</p>	<p><b>Languages Spoken:</b> Spanish and English</p> <p>Internal medicine.</p> <p>Not taking any new patients as of 3/15/24.</p>
<p>Primary Care of Shelton</p> 	<p>555 Bridgeport Ave, Shelton, CT 06484 203-225-0506 <a href="http://PCPshelton.com">PCPshelton.com</a> Hours: Mon: 8:00am-5:00pm Tues and Wed: 7:00am-5:00pm Thurs: 8:00am-5:00pm Fri and weekend no hours</p>	<p><b>Languages Spoken:</b> English, Spanish, and Romanian</p> <p>Private practice and Only 1 GP at this time.</p> <p>Paused taking new patients but has waiting list and will resume in Fall of 2024.</p>
<p>Staywell Health Center</p> 	<p>30 Church Street Naugatuck, CT 06770 203-756-8021 (call center for all locations) <a href="https://staywellhealth.org/locations/30-church-street-naugatuck/">https://staywellhealth.org/locations/30-church-street-naugatuck/</a> Hours: Mon-Fri: 8:00am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>No primary physician only has dentists available as of 2/28/24. For existing or sick patients, appointments available asap.</p> <p>Pediatrics, Family Dental, Internal Medicine and Behavioral Health all in one location. Right now there is no MD so this office is only doing dentist appt right now 2/28</p>
<p>Staywell Health Center</p> 	<p>80 Pheonix Ave Waterbury, CT 06702 203-756-8021 (call center for all locations) <a href="https://staywellhealth.org/locations/402-east-main-street-waterbury/">https://staywellhealth.org/locations/402-east-main-street-waterbury/</a> Hours: Mon-Fri: 8:00am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>new pts availability in June (2/28)/ subsequent and sick visits asap</p> <p>**Pediatrics, Internal Medicine, Family Dental and Behavioral Health all in one location. look below for more info about office</p>
<p>Griffin Health – White Hills of Shelton</p> 	<p>224 Leavenworth Rd Shelton CT, 06484 203-926-1206 <a href="https://gfp.griffinhealth.org/primary-care/white-hills">https://gfp.griffinhealth.org/primary-care/white-hills</a> Hours: Mon-Wed: 8:30am-4:30pm Thurs-Friday: 8:30am-5:00pm</p>	<p><b>Languages Spoken:</b> English</p> <p>GP's, DO's and APRN's on site. Treats from common cold, flu, virus, covid, tick bites, rashes, minor cuts and wounds etc. Provides transportation with Vejo if needed</p>






# Naugatuck Valley Medical Resources

Organizations	Contact Information	Key Information
<b>Community Health Clinics/Urgent Cares</b>		
<p>AFC Urgent Care of Shelton</p>	<p>389 Bridgeport Ave., Shelton, CT 06484 203-567-4171</p> <p>Hours: Mon-Fri: 8:00am-8:00pm Sat-Sun: 8:00am-5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Open 7 days a week</p>
<p>Community Health Center Inc, Waterbury</p> 	<p>51 North Elm St. Waterbury, CT 06702 203-574-4000 <a href="http://chc1.com">chc1.com</a></p> <p>Hours: Mon-Fri: 8:00am-5:00pm Sat: 8:30am-12:30pm (open second and fourth Sat. of the month)</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services include: Primary care, urgent care, GYN and family planning, Dental, Nutrition, Chiropractic, Podiatry and behavioral health for children and adults, in order to receive behavioral health services a client must be receiving primary care from this location.</p>
<p>Cornell Scott Hill Health Center – Convenient Health Center</p> 	<p>121 Wakelee Ave Ansonia, CT 06401 203-503-3030 <a href="https://www.cornellscott.org/our-locations/121-wakelee-avenue">https://www.cornellscott.org/our-locations/121-wakelee-avenue</a></p> <p>Hours: Mon- Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services include: adult medicine, dental, addiction treatments, methadone, behavioral health and women’s health</p>
<p>Hartford Healthcare Urgent Care – Go Health</p> 	<p>656 New Haven Ave. Derby, CT 06418 475-281-2502 <a href="https://www.gohealthuc.com/hartford/locations/derby">https://www.gohealthuc.com/hartford/locations/derby</a></p> <p>Hours: Mon- Fri: 8:00am-8:00pm Sat and Sun: 9:00am-5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Services include: medical services for health concerns, X-rays, blood draw, Mental health and medication management for mental health.</p>
<p>Hartford Healthcare Urgent Care of Shelton</p> 	<p>15 Armstrong Rd. Shelton, CT 06484 203-929-1109 <a href="https://hartfordhealthcare.org/services/urgent-care/service-locations/15-armstrong-rd-shelton">https://hartfordhealthcare.org/services/urgent-care/service-locations/15-armstrong-rd-shelton</a></p> <p>Hours: Mon-Fri: 8:00am-8:00pm Sat and Sun: 9:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Open 7 days a week and treats from common cold, rash, virus, covid, flu, minor cuts and wounds, tick bites etc.</p>

# Naugatuck Valley Medical-Dental Resources








Organizations	Contact Information	Key Information
<b>Community Health Clinics/Urgent Cares</b>		
<p>Sage Healthcare</p> 	<p>725 Park Avenue Bridgeport, CT 06478 203-916-0862 <a href="https://shcare.com/">https://shcare.com/</a> Hours: Mon-Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services include: Acute medical needs, Mental health, mental health substance use, foot care, wellness checks, school physicals, dental care</p>
<b>Dental</b>		
<p>All About Kids Pediatric Dentistry &amp; Orthodontics</p> 	<p>36 Division Street Derby, CT 06418 203-323-5439 <a href="https://allaboutkidspd.com">https://allaboutkidspd.com</a> Hours: Mon-Tues: 9:00am-5:00pm (typically however days change on weekly basis)</p>	<p><b>Languages Spoken:</b> Spanish, Portuguese, and English</p> <p>General Practice Dentistry for children, as well as Orthodontic, Endodontic, and Clinic services.</p>
<p>Badlani Bindu DDS</p>	<p>320 Main St Ansonia, CT 06401 (203) 734-8860 Call to make an appointment Hours: Mon, Wed and Fri: 9:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Sarsi</p> <p>General dentistry for children and adults, along with many other services.</p>
<p>Brian Perelmutter DMD</p>	<p>156 Meadow St Naugatuck, CT 06770 (203) 729-3323 Call to make an appointment Hours: Mon-Fri: 9:00am-5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>All aspects of dentistry for children and adults.</p>
<p>Cornell Scott Hill Health Center Dental</p> 	<p>121 Wakelee Ave Ansonia, CT 06401 (203)503-3000 <a href="https://cornellscott.org">https://cornellscott.org</a> Hours: Mon-Fri: 8:00am -5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>General dentistry practice with endodontic, pediatric, and clinic services.</p>
<p>Dawn M. Mikaitis DMD, LLC</p> 	<p>207 Meadow Street Naugatuck, CT 06770 (203) 729-9248 <a href="https://www.dawnmikaitis.com">https://www.dawnmikaitis.com</a> Hours: Mon, Tues, Thurs and Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>General Dentistry for Children and Adults. Services include: Digital x-rays, intraoral camera, oral cancer screening, teeth whitening, opalescence whitening, sleep apnea, snoring prevention, nightguards, bruxism, onlays and supragingival dentistry.</p>
<p>DeJesus Dental Group</p> 	<p>770 River Rd Shelton, CT 06484 203-378-9737 <a href="https://dejesusdental.com/locations/shelton">https://dejesusdental.com/locations/shelton</a> Hours: Mon: 9:00am-5:00pm Thurs: 9:00am-6:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Services include: General dentistry, cosmetic dentistry, restorative dentistry, hybrid implants, as well as pediatric services. Also there is a few specialists who can do other services such as dental surgeries and endodontics.</p>

# Naugatuck Valley Dental Resources






Organizations	Contact Information	Key Information
<b>Dental</b>		
<p>Dental Associates of Shelton</p> 	<p>190 Coram Ave Shelton, CT 06484 203-924-4115 <a href="http://sheltondentalct.com">sheltondentalct.com</a> Hours: Mon-Thurs: 9:00am-6:00pm Fri: 8:00am-3:00pm Sat: 9:00am-1:00pm (open every other Saturday)</p>	<p><b>Language Spoken:</b> English</p> <p>General dentistry for children and adults.</p>
<p>Dental Services of Huntington</p> 	<p>66 Huntington Street #1 Shelton, CT 06484 (203) 586-4669 <a href="https://www.dentalcenterofhuntington.com">https://www.dentalcenterofhuntington.com</a> Hours: Mon: 10:00am-7:00pm Tue, Wed, Thur: 8:00am-5:00pm Fri: 8:00am-4:00pm Sat: 8:00am-2:00pm (first and third Saturday)</p>	<p><b>Languages Spoken:</b> English, Spanish, Polish, and Portuguese</p> <p>Offers services of children and adults, general dentistry, cosmetic dentistry, Invisalign, emergency services.</p>
<p>Dental Associates of Connecticut</p> 	<p>680 Bridgeport Ave Shelton, CT 06484 203-380-0660 <a href="https://dentalassociates.us">https://dentalassociates.us</a> Hours: Mon-Wed: 8:00am-8:00pm Thurs and Fri: 8:00am-5:00pm Sat: 8:00am-2:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services include: General dentistry, Orthodontics, periodontics and oral surgery, cosmetic dentistry, restorative dentistry, Invisalign, dentures and bridges, sedation dentistry, TMJ and headaches, sleep apnea.</p>
<p>Dr. Deepa Sankar DDS/ Garden Dental</p>	<p>56 Garden St, Seymour, CT 06483/ or 135 Bank in Waterbury (203) 463-8192 Call to make appointment Hours: Wed: 9:00am-4:00pm Fri: 9:00am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>General dentistry for children and adults, has several doctors to offer different types of dental services.</p>
<p>Dr. Maria Smith</p> 	<p>72 Wooster St Shelton, CT 06484 203-924-1613 <a href="http://drmasmith.com">http://drmasmith.com</a> Hours: Mon, Tues, Wed: 8:30am- 5:30pm Thurs. 8:30am-6:30pm</p>	<p><b>Languages Spoken:</b> English and Albanian</p> <p>General dentistry for children and adults.</p>
<p>Family Dentistry of Derby</p>	<p>115 New Haven Avenue Derby, CT 06418 203-751-9657 Call to make appointment Hours: Mon, Tues, and Wed: 10:00am-5:00pm Some Fri: 10:00am-5:00pm Some Sat: 9:00am-2:00pm</p>	<p><b>Languages Spoken:</b> English, Russian, Polish, and Ukrainian</p> <p>General dentistry for children and adults.</p>
<p>Henry K Danziger Dentistry</p> 	<p>297 Church St Naugatuck, CT 06770 (203) 729-0563 <a href="https://www.doctordanziger.com">https://www.doctordanziger.com</a> Hours: Mon and Thurs: 8:00am-5:00pm Tues and Wed: 8:00am-7:00pm Fri: 8:00am-2:00pm Sat by appointment only if available</p>	<p><b>Languages Spoken:</b> English and Portuguese</p> <p>General dentistry for children and adults.</p>



# Naugatuck Valley Dental Resources







Organizations	Contact Information	Key Information
<b>Dental</b>		
<p>Huntington Family Dental Group</p> 	<p>534 Shelton Ave Shelton, CT 06484 (203) 916-1173 <a href="https://www.huntingtonfamilydental.com">https://www.huntingtonfamilydental.com</a> Hours: Mon: 10:00am–7:00pm, Tues–Thurs: 8:00am–5:00pm Fri: 8:00am–4:00pm Sat (open 2X month): 8:00am– 2:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services include: General Dentistry, cosmetic dentistry, children's dental care, dental implant services, emergency dentist, gum treatment, Invisalign, root canal &amp; endodontics, sedation dentistry, sleep apnea treatment, periodontics, oral surgeon.</p>
<p>Mondovi Dental</p> 	<p>76 Howe Ave Shelton, CT 06484 203-924-4488 <a href="http://mondovidental.com">mondovidental.com</a> Hours: Mon,Tue,Thurs: 8:00am–6:00pm Fri: 8:00am–5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Chinese</p> <p>Services include: General dentistry, preventive care, oral cancer screenings, cosmetic dentistry, veneers, dentures, restorative care, fillings, crowns, bridges, children's dentistry, dentistry for seniors, tooth extractions, dental emergencies, root canal treatment, essential smile plan, clear aligners.</p>
<p>Nagesh D. Shrestha DDS</p> 	<p>300 Bank Street Seymour, CT 06483 (203) 888-0700 <a href="https://shresthadds.com/">https://shresthadds.com/</a> Hours: Mon, Thurs, and Fri: 8:30am–5:30pm Tues: 10:00am–7:00pm Sat: 8:30am–12:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>General dentistry for children and adults. Patients can make appointment online.</p>
<p>Oleynik Dental</p> 	<p>74 Wooster St Shelton, CT 06484 203-924-4731 <a href="https://oleynik-dental.com">https://oleynik-dental.com</a> Hours: Mon, Tues, Thurs, and Fri: 8:30am–6:00pm Sat: 8:00am–12:00pm (open 2 times per month)</p>	<p><b>Language Spoken:</b> English</p> <p>General and pediatric dentistry for children 3 years and older.</p>
<p>Oxford Dental Group</p> 	<p>100 Oxford Rd., Oxford, CT 06478 (203) 888-6060 <a href="http://www.oxforddentalgroup.com">http://www.oxforddentalgroup.com</a> Hours: Mon: 8:00am–6:00pm Tues, Wed, and Thurs: 8:00am–5:00pm Fri: 8:30 AM–12:00PM Sat: 8:00am–12:00pm (open once a month)</p>	<p><b>Language Spoken:</b> English</p> <p>General dentistry, cosmetic dentistry, and advanced services.</p>
<p>Pine Rock Dental Care</p> 	<p>839 River Road Suite A Shelton, CT 06484 475-323-6818 <a href="https://www.pinerockdentalcare.com">https://www.pinerockdentalcare.com</a> Hours: Mon–Wed: 9:00am–6:00pm Thurs: 9:00am–5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Polish</p> <p>Accepts children and adult patients. Services include: teeth whitening, dental imaging, oral health, cosmetic dentistry, comfortable dentistry, emergency dental care, crowns, implants, dentures, braces, Invisalign, periodontal services, endodontics, oral surgery.</p>
<p>Quarry Smile</p> 	<p>276 Oxford Rd suite 2 Oxford, CT 06478 203-664-5865 <a href="https://www.quarrysmiles.com/?utm_source=gbp&amp;utm_medium=organic&amp;utm_campaign=yext_listing">https://www.quarrysmiles.com/?utm_source=gbp&amp;utm_medium=organic&amp;utm_campaign=yext_listing</a> Hours: Mon–Thurs: 8:30am–5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Chinese</p> <p>Offers services for children and adults: comfortable dentistry, cosmetic dentistry, crowns, dental imaging, dentures, emergency dental care, Invisalign, oral health, orthodontics, periodontal services, teeth whitening, endodontics, oral surgery.</p>

# Naugatuck Valley Dental Resources

Organizations	Contact Information	Key Information
<b>Dental</b>		
<p>Rabine Family Dentistry</p> 	<p>865 River Rd Shelton, CT 06484 203-693-9345 <a href="http://www.rabinefamilydentistry.com/">http://www.rabinefamilydentistry.com/</a></p> <p>Hours: Mon, Tues, and Thurs: 8:00am-6:00pm Wed: 8:00am-7:00pm Fri &amp; Sat: 8:00am-1:00pm (open two Saturdays a month except during the summer)</p>	<p><b>Language Spoken:</b> English</p> <p>Services include: gum disease treatment, TMJ treatment, general dentistry, pediatric dentistry, root canals, laser dentistry, sleep apnea, emergency dentistry.</p>
<p>Shelton Dental Group</p>	<p>169 Center Street Shelton, CT 06484 203-925-9425 Call to make appointment Hours: Mon-Fri: 9:00am-5:00pm Sat: 9:00am-1:00pm (open every other)</p>	<p><b>Languages Spoken:</b> English, Spanish, and Hindu</p> <p>Services for children and adults. The office offers cleanings, exams, dentures, crowns, implants, Invisalign, extractions, root canals, and fillings.</p>
<p>Smile Dental Center</p> 	<p>1000 Bridgeport Ave Shelton, CT 06484 203-445-6459 <a href="http://www.smiledentalcenterct.com">www.smiledentalcenterct.com</a> Hours: Mon: 7:00am-5:00pm Tues: 7:00am-7:00pm Wed and Thurs: 8:00am-7:00pm Fri: 8:00am-1:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish Serves children and adults Services include: cosmetic dentistry, general dentistry, braces, crowns, dentures, implants, Invisalign, pediatric dentistry, periodontal procedures, restorative dentistry, sleep apnea, and TMJ disorders.</p>
<p>Southern CT Dental Group</p> 	<p>497 Main St Ansonia, CT 06401 203-735-4701 <a href="https://www.southernctdental.com">https://www.southernctdental.com</a> Hours: Mon-Thurs: 8:30am-5:30pm Fri: 8:00am-4:00pm Sat: emergency and sometimes scheduled appointments</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>General dentistry, cosmetic dentistry, and specialty dentistry for children and adults.</p>
<p>StayWell Health Center Dental</p> 	<p>30 Church Street, Naugatuck, CT 06770 203-756-8021 <a href="https://staywellhealth.org/locations/30-church-street-naugatuck/">https://staywellhealth.org/locations/30-church-street-naugatuck/</a> Hours: Tue &amp; Thur: 8:00am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish Pediatrics, Family Dental, Internal Medicine and Behavioral Health all in one location. Currently the dentist office is the only department open at this location until a MD is hired.</p>
<p>Sunflower Dental Care</p> 	<p>69 Elizabeth Street Derby, CT 06418 203-736-2031 <a href="https://www.sunflowerdentalct.com">https://www.sunflowerdentalct.com</a> Hours: Mon-Wed: 9:00am-4:00pm Fri: 9:00am-2:00pm Sat: 9:00am-12:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>General, cosmetic, restorative dentistry for children and adults.</p>
<p>Tichy Michael DDS</p>	<p>435 New Haven Ave UNIT 5, Derby, Ct 06418 (203) 735-7500 Call to make appointment Hours: Mon-Tues: 9:00am-5:00pm Emergency appointments/scheduling conflicts: Wed and Fri</p>	<p><b>Language Spoken:</b> English</p> <p>General Dentistry for children and adults.</p>






# Naugatuck Valley Medical Resources

## Eye Care–Pediatrics

Organizations	Contact Information	Key Information
<b>Eye Care</b>		
<b>My Eye Dr. Ansonia</b> 	145 Wakelee Ave Ansonia, CT 06401 203-734-1686 <a href="https://www.myeyedr.com">https://www.myeyedr.com</a> Hours: Mon: 8:00 AM - 5:00 PM Tues: 10:00 AM - 7:00 PM Wed, Thurs, and Fri: 8:00 AM - 5:00 PM Sat: 8:00 AM - 2:00 PM	<b>Languages Spoken:</b> English and Spanish  Services include: Eye exams, as well as diagnose and treat several conditions
<b>Oronoque Eye Care</b> 	600 New Haven Ave Derby, CT 06418 203-732-4916 <a href="https://oronoqueeyecare.com/locations/">https://oronoqueeyecare.com/locations/</a> Hours: Mon, Tues and Thurs: 9:00am-6:00pm Fri: 8:00am-5:00pm Sat: 8:00am- 12:00pm	<b>Languages Spoken:</b> English and Spanish Services include: Comprehensive eye exams, contact lens exams, dry eye treatment, eyeglass repair, glaucoma evaluation and screening, macular degeneration screening, and other optical services.
<b>The Eye Care Group</b> 	1201 West Main Street Waterbury, CT 06708 203-597-9100 <a href="https://theeyecaregroup.com/">https://theeyecaregroup.com/</a> Hours: Mon-Fri: 8:00am-5:00pm	<b>Languages Spoken:</b> English and Spanish  Services children and adults, 15 DR's on staff, Specialty Ophthalmology and Optometry.
<b>Pediatrics</b>		
<b>Connecticut Children's Endocrinology</b> 	4 Corporate Drive Suite 282 Shelton, CT 06484 860-837-6700 <a href="https://www.connecticutchildrens.org/specialties-conditions/endocrinology-diabetes">https://www.connecticutchildrens.org/specialties-conditions/endocrinology-diabetes</a> Hours: Mon-Fri: 8:00am-4:30pm	<b>Languages Spoken:</b> English  Locations also in Danbury and Westport CT Need referral from primary pediatric MD
<b>Connecticut Children's Specialty Group</b> 	4 Corporate Drive (several suites) Shelton, CT 06484 860-837-6700 <a href="https://www.connecticutchildrens.org/locations/connecticut-childrens-specialty-care-center-shelton-4-corporate-dr">https://www.connecticutchildrens.org/locations/connecticut-childrens-specialty-care-center-shelton-4-corporate-dr</a> Hours: Mon-Fri: 8:00am - 4:30pm	<b>Languages Spoken:</b> English and Spanish  Services newborn-21yrs old The Pediatric Specialties are Cardiology, Nephrology, Gastroenterology, Infectious Disease and immunology, Neurology and Rheumatology
<b>Children Medical Associates PC</b>	20 Westfield Ave. Ansonia, CT 06401 203-734-1644 Call for an appointment Hours: Mon-Fri: 9:00am-5:00pm Sat: 9:00am-12:00pm	<b>Languages Spoken:</b> English and Spanish Services from newborn to 21 yrs old
<b>Mercy Pediatrics</b> 	577 North Church Street Naugatuck, CT 06770 203-275-9874 <a href="http://Mercypeds.com">Mercypeds.com</a> Hours: Mon-Fri: 8:00am-4:30pm	<b>Languages Spoken:</b> English, Spanish, and Portuguese  Services from newborn to 23 years old

# Naugatuck Valley Medical Resources

## Pediatrics–Specialty Care

Organizations	Contact Information	Key Information
<b>Pediatrics</b>		
<p>Pediatric and Adolescent Healthcare</p> 	<p>400 Main Street, Ansonia, CT 06401 203-735-9536 <a href="https://pediatricandadolescenthealthcare.com/">https://pediatricandadolescenthealthcare.com/</a> Hours: Mon and Tues: 8:30am–6:00pm Wed and Thurs: 8:30am–5:00pm Fri: 8:30am–4:00pm Saturday and Sunday: Telehealth Emergencies available</p>	<p><b>Languages Spoken:</b> English, Spanish, and French</p> <p>Services from newborn to 21 years old</p>
<p>Pedi-care Pediatrics</p> 	<p>25 Constitution Blvd South Shelton, CT 06484 203-924-7334 <a href="http://Pedicarepediatrician.com">Pedicarepediatrician.com</a> Hours: Mon–Fri:8:00am–5:00pm (till 6:00pm Monday) Sat and Sun: 9:00am–1:00pm</p>	<p><b>Languages Spoken:</b> English and Italian</p> <p>Currently taking new patients and Services from newborn to 21 years old</p>
<p>Shelton Pediatrics</p> 	<p>2 Trap Falls Road Suite 101 Shelton, CT 06484 203-405-2591 <a href="http://Sheltonpediatrics.com">Sheltonpediatrics.com</a> Hours: Mon–Fri: 9:00am–5:00pm Sat: 9:00am–3:00pm Sun: 11:00am–3:00pm (telehealth only)</p>	<p><b>Languages Spoken:</b> English, Spanish, and French</p> <p>Services from newborn to 21 years old</p>
<p>Yale Pediatric Cardiology</p> 	<p>5520 Park Ave., Trumbull, CT 06484 203-785-2022  <a href="https://www.yalemedicine.org/departments/pediatric-cardiology">https://www.yalemedicine.org/departments/pediatric-cardiology</a> Hours: Mon–Fri: 8:30am–4:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Services children up to age 25 MD’s and APRNs on site, Ekg and echos are done on site.</p>
<b>Speciality Care</b>		
<p>Adult &amp; Pediatric Dermatology Specialists</p> 	<p>299 Seymour Ave., Derby, CT 06418 (860) 846-3829 <a href="https://www.apdsct.com">https://www.apdsct.com</a> Hours: Wed: 8:00am–5:00pm Thurs: 1:00pm– 5:30pm Saturday: 8:00am–12:00pm Sun, Mon, Tues, Fri: Closed</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services include: Medical, pediatric, surgical, and cosmetic dermatology</p>
<p>Advanced Allergy and Asthma Family Care</p>	<p>714 Chase Pkwy Suite 2B Waterbury, CT 06708 203-755-5500 Call to make appointment Mon–Fri: 9:00am–5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Services newborn to elderly *Allergy, Immunology and Pulmonology **Skin allergy disorders</p>
<p>Allergy Associates of Waterbury</p>	<p>1209 Chase Pkwy Waterbury, CT 06708 203-755-8715 Call to make appointment Tues: 9:00am–12:00pm and 2:30pm–6:00pm Wed: 8:00am–11:00am Fri: 8:00am–11:00am and 1:30–5:00pm Sat: 8:00am–11:00am Closed: Monday, Thursday and Sunday</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Allergy specialist that serves 10yrs old to elderly</p>

# Naugatuck Valley Medical Resources



## Specialty Care

Organizations	Contact Information	Key Information
<b>Specialty Care</b>		
<p>Connecticut Orthopaedics</p> 	<p>330 Bridgeport Ave Shelton, CT 06484 203-538-0020 <a href="http://CT-ortho.com">CT-ortho.com</a> Hours: Mon-Fri: 7:00am-7:00pm (Hours range, depending on case and service)</p>	<p><b>Languages Spoken:</b> English and Spanish Services: Physical Therapy and Chiropractic services on site Urgent care hours: Mon-Fri from 1-5pm Specialties include: Spin, Ortho, Sports Medicine and Chiropractic</p>
<p>Dermatology Physicians of Connecticut</p> 	<p>4 Corporate Drive Suite 386 Shelton, CT 06484 203-538-5682 <a href="https://dermatologyofct.com/about/our-locations/shelton/">https://dermatologyofct.com/about/our-locations/shelton/</a> Hours: Mon-Fri: 8:00am- 4:00pm</p>	<p><b>Language Spoken:</b> English  Currently accepting new patients and services all ages</p>
<p>Dr. Robert P. Matusz, Podiatry</p>	<p>156 Meadow Street Naugatuck, CT 06770 203-729-4714 Hours: Mon, Tues, Wed, and Fri: 9:00am-6:00pm Thurs: 9:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish and Hungarian  Podiatry services and also specializes in Wound Care and Surgery</p>
<p>Griffin Faculty Physicians - Cardiology</p> 	<p>130 Division St Derby, CT 06418 203-732-1257 <a href="https://gfp.griffinhealth.org/specialty-care/cardiology">https://gfp.griffinhealth.org/specialty-care/cardiology</a> Hours: Mon-Fri: 8:30am-5:00pm</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti)  Diseases treated: Abnormal Heart Rhythms (AFB), Aortic Diseases, Cardiomyopathy, Coronary Artery Disease (CAD), Heart Failure, Valvular Disease Procedures Performed: Echocardiography, Electrical Cardioversion for Atrial Fibrillation, Exercise testing, and Pacemakers Insertion and Monitoring</p>
<p>Griffin Faculty Physicians- Endocrinology</p> 	<p>135 Division St Ansonia, CT 06401 203-735-3500 <a href="https://gfp.griffinhealth.org/specialty-care/endocrinology">https://gfp.griffinhealth.org/specialty-care/endocrinology</a> Hours: Mon-Fri: 8:30am-4:30pm</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti)  Conditions treated: diabetes mellitus, thyroid disorders, metabolic bone diseases and calcium metabolism, pituitary disorders, adrenal disorders, neuroendocrine tumors, cancer of endocrine glands, cholesterol or lipid abnormalities, high blood pressure due to endocrine dysfunction, male and female reproductive disorders, Obesity, osteopenia, osteoporosis and vitamin D deficiency</p>








# Naugatuck Valley Medical Resources

## Specialty Care

Organizations	Contact Information	Key Information
<p>Griffin Faculty Physicians Gastroenterology Specialists</p> 	<p>22 Westfield Ave Ansonia, CT 06401 203-736-9919 <a href="https://gfp.griffinhealth.org/specialty-care/gastroenterology">https://gfp.griffinhealth.org/specialty-care/gastroenterology</a> Hours: Mon-Fri: 8:30am-5:00pm</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti) Evaluate and treat: Colon Cancer and Polyps, Gastroesophageal Reflux and Esophagus Disorders, Ulcers and Indigestion, Abdominal Pain, Intestinal Disorders, Diarrhea, Constipation, IBD: Crohn's Disease, Ulcerative Colitis, Irritable Bowel Syndrome, Celiac Disease, Malabsorption, Lactose Intolerance, Liver Disorders, including Hepatitis and Cirrhosis, Pancreas Disorders, and GI Bleeding Procedures: Endoscopic Retrograde Cholangiopancreatography (ERCP), Upper Endoscopy, Colonoscopy (Polyp and Colorectal Cancer Screening), Bravo (Esophageal pH Monitoring), Feeding Tube Placement (PEG), Hydrogen Breath Test, Small Bowel Pill Cam (in-office testing)</p>
<p>Griffin Faculty Physicians- Pulmonology</p> 	<p>135 Division St Ansonia, CT 06401 203-308-2705 <a href="https://gfp.griffinhealth.org/specialty-care/pulmonology">https://gfp.griffinhealth.org/specialty-care/pulmonology</a> Hours: Mon-Fri: 8:30am-5:00pm</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti)  Treats many problems including asthma, COPD, emphysema, bronchitis, pneumonia, and can also help with sleep disorders, and sleep apnea</p>
<p>Griffin Faculty Physicians- Urology</p> 	<p>Medical Office Building 300 Seymour Avenue Suite 202 Derby, CT 06418-1343 (203) 732-2651 <a href="https://gfp.griffinhealth.org/specialty-care/urology">https://gfp.griffinhealth.org/specialty-care/urology</a> Hours: Mon-Fri: 8:30am-4:30pm</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti) Conditions diagnosed and treated include: Urologic cancers, kidney stone treatment and prevention, UTI's, incontinence, erectile dysfunction, low testosterone, infertility, overactive bladder, pelvic pain, pelvic organ prolapse, blood in urine, genitourinary syndrome of menopause, interstitial cystitis, kidney stones, STI's, and dysfunctional voiding</p>
<p>Griffin Hospital Digestive Disorders Center</p> 	<p>130 Division Street Derby, CT 06418 203-732-7423 (surgery center) 203-736-9919 (Office) <a href="https://www.griffinhealth.org/care/digestive-disorders-center/">https://www.griffinhealth.org/care/digestive-disorders-center/</a> Hours: Mon-Fri 8:30AM-5:00PM</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti)  Services include: Colonoscopy, ERCP, Esophageal PH Monitoring, PEG, Upper GI Endoscopy, Weight Loss &amp; Management, Digestive disorders, and specialize in treating several conditions</p>
<p>Northeast Medical Cardiology Group</p> 	<p>4 Corporate Drive Suite 100 Shelton, CT 06484 203-929-9799 <a href="https://www.northeastmedicalgroup.org/locations/shelton-4-corporate-drive-suite-100">https://www.northeastmedicalgroup.org/locations/shelton-4-corporate-drive-suite-100</a> Hours: M on-Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish  Services patients 18yrs and older Performs Ekg's and echos onsite</p>






# Naugatuck Valley Medical Resources

## Specialty Care

Organizations	Contact Information	Key Information
<b>Specialty Care</b>		
<p>OrthoFast Shelton/Orthopedic specialty</p> 	<p>760 River Rd Shelton, CT 06484 203-382-5556 <a href="http://OSGPC.com">OSGPC.com</a> Hours: Mon-Fri: 8:00am-5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Fully staffed orthopedic surgeons, MD's and PA's.</p> <p>Services all ages and has physical therapy on site/</p>
<p>Vale Foot and Ankle Surgery</p> 	<p>350 Center Rock Grn, Suite #3 Oxford, CT 06478 (203) 941-6999 <a href="https://valepodiatry.com">https://valepodiatry.com</a> Hours: Mon-Thu: 9:00am-5:00pm Fri: 9:00am-12:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Conditions treated: Ingrown toenails, bunions, corns, calluses, hammertoes, diabetic foot care, warts, heel spurs/plantar fasciitis, ankle instability, flat feet, athlete's foot, Achilles tendonitis, neuromas, ankle sprains, toenail fungus, peripheral neuropathy, grout, ankle pain and more.</p>
<p>Valley Orthopedic Specialists</p> 	<p>Quarry Walk Plaza, 220 Main Street, Suite 1F Oxford, CT 06478 203-734-7900 <a href="https://vosct.com">https://vosct.com</a>  Hours: Mon-Fri: 8:00am - 5:00 pm Sat: 9:00am - 2:00pm (walk-ins only)</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Treatments include: Sports Medicine, Total Joint Replacement, Fracture Care, Spinal Care, Foot and Ankle, Arthroscopic Surgery, Workers Compensation, Pediatric and Adolescent Care, Hand and Upper, Extremity Surgery, Interventional Pain Management, and Robotic Assisted Joint Replacement.</p>
<p>Winchester Chest Clinic</p> 	<p>6 Devine Street North Haven, CT 06473 203-495-2410 <a href="https://www.ynhh.org/services/respiratory-care/winchester-chest-clinic">https://www.ynhh.org/services/respiratory-care/winchester-chest-clinic</a> Hours: Mon-Fri: 8:00am- 5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Office has Pulmonology MDs and APRNs.</p> <p>Treatments include: asthma, interstitial diseases, lung disease, COPD.</p> <p>Patients need primary doctor referrals.</p>
<p>Yale/The Adult Congenital Heart Disease Center</p> 	<p>800 Howard Ave 2nd floor New Haven, CT 06519 203-785-2022 <a href="https://www.yalemedicine.org/departments/adult-congenital-heart-program">https://www.yalemedicine.org/departments/adult-congenital-heart-program</a> Hours: Mon-Fri: 8:00am-5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Specializes in congenital heart disease since birth in adults.</p> <p>Services adults only and EKG/Echo are done onsite.</p>

# Naugatuck Valley Medical Resources

## Long COVID Treatment Centers

Organizations	Contact Information	Key Information
<b>Speciality Care</b>		
<p>Griffin Health Long COVID-19 Recovery</p> 	<p>350 Seymour Ave, Derby, CT Phone: 203-732-1340 Fax: 203-732-7397</p> <p><a href="https://www.griffinhealth.org/treatments/long-covid-19-recovery/">https://www.griffinhealth.org/treatments/long-covid-19-recovery/</a></p>	<p><b>Referral required</b></p>
<p>Yale Long COVID Program</p> 	<p>200 Orchard St. (Scranton Bldg.) New Haven, CT Phone: 203-789-3764 Fax: 203-867-5674 <a href="https://www.ynhhs.org/patient-care/long-covid">https://www.ynhhs.org/patient-care/long-covid</a></p> <p>Open Mon-Fri: 8:30am to 4:30pm</p>	<p><b>Referral required</b></p>
<p>Yale Children’s Post-COVID Comprehensive Care Program</p> 	<p>Yale New Haven Children’s Hospital Pediatric Specialty Center 1 Park Street, 2nd Floor New Haven, CT</p> <p>Call 877-925-3637 to schedule a virtual or in person appointment.</p> <p><a href="https://www.ynhh.org/childrens-hospital/services/pulmonology/post-covid-care-program">https://www.ynhh.org/childrens-hospital/services/pulmonology/post-covid-care-program</a></p>	<p>Speak with representative about symptoms and patient will be directed to a physician for treatment</p>
<p>Hartford HealthCare COVID Recovery Center</p> 	<p>Call 860-827-3200 to schedule a virtual or in person appointment.</p> <p><a href="https://hartfordhealthcare.org/health-wellness/coronavirus/covid-recovery-center">https://hartfordhealthcare.org/health-wellness/coronavirus/covid-recovery-center</a></p>	<p>Speak with representative about symptoms and patient will be directed to a physician for treatment</p>
<p>Gaylord Long COVID Recovery and Rehab Services</p> 	<p>Location depends on doctor referral</p> <p>Physician Services: 203-284-2845</p> <p><a href="https://www.gaylord.org/covid-recovery-rehab-services">https://www.gaylord.org/covid-recovery-rehab-services</a></p>	<p>Speak with representative about symptoms and patient will be directed to a physician for treatment</p>

# Naugatuck Valley Medical Resources

## Women's Health





Organizations	Contact Information	Key Information
<b>Women's Health</b>		
<p>Dr. Daniel Lax Obstetrics and Gynecology – Griffin Faculty Physicians OB-GYN Dr. Fei</p> 	<p>2 Ivy Brook Rd. #111 Shelton, CT 06484 203-732-7415 <a href="https://gfp.griffinhealth.org/specialty-care/ob-gyn">https://gfp.griffinhealth.org/specialty-care/ob-gyn</a> Hours: Mon-Fri: 8:00am-4:30 pm</p>	<p><b>Languages Spoken:</b> English and Mandarin</p> <p>Services include: Well Woman Visits, routine preventative care, provides prenatal care, delivery and postpartum care</p>
<p>Dr Scott A. Vander Vennett, OB/GYN</p> 	<p>2 Ivy Brook Rd Suite 125 Shelton, CT 06484 203-516-5303 (suite 102) 203-736-6383 (suite 108) <a href="https://gfp.griffinhealth.org/specialty-care/ob-gyn">https://gfp.griffinhealth.org/specialty-care/ob-gyn</a> Hours: Mon-Fri: 8:00am-5:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>There are 4 OB/GYNS and 2 PA's on site.</p> <p>Currently accepting new patients. Blood draws and ultrasounds are done on site as well.</p>
<p>Griffin Faculty Physicians OB-GYN</p> <p>Griffin Faculty Physicians Quarry Walk OB-GY</p> 	<p>300 Seymour Ave Derby, CT 06418 203-516-5303 <a href="https://gfp.griffinhealth.org/specialty-care/ob-gyn">https://gfp.griffinhealth.org/specialty-care/ob-gyn</a> Hours: (typically) Mon-Fri: 8:00am-4:30pm (Varies per day, depending on the starting time of providers that day)</p> <p>300 Oxford Road, Suite 2A Oxford, CT 06478 203-735-4090 <a href="https://gfp.griffinhealth.org/specialty-care/ob-gyn">https://gfp.griffinhealth.org/specialty-care/ob-gyn</a> Hours: Mon-Fri: 8:00am-4:30pm</p>	<p><b>Languages Spoken:</b> Japanese, Chinese, Polish, Russian, Spanish, English, Portuguese (All languages via Martti)</p> <p>Services include: Prenatal care, Recurrent pregnancy loss, Molar pregnancy and ectopic pregnancy treatment, Screening Obstetrical Ultrasound, Early pregnancy assessment, High risk pregnancy assessment, Natural childbirth planning, Vaginal birth after cesarean section care, Childbirth education and lactation consultation, Birth control counseling, Sexually transmitted infection screening and treatment, Nutritional counseling and smoking cessation counseling, Gynecological ultrasound, Menopausal evaluation and treatment, Sexual dysfunction, Abnormal uterine bleeding, Fibroid uterus, Ovarian cysts, Cervical dysplasia and Endometriosis.</p>
<p>Northeast Medical Group Obstetrics and Gynecology</p> 	<p>4 Corporate Dr. Suite 286 Shelton, CT 06484 203-447-3660 <a href="https://northeastmedicalgroup.org/services/obstetrics-and-gynecology">northeastmedicalgroup.org/services/obstetrics-and-gynecology</a> Hours: Mon, Wed, Thurs, and Fri: 9:00am-5:00pm. Tues: 9:00am-7:00pm  (Office is closed for lunch daily from 12pm-1:15pm)</p>	<p><b>Language Spoken:</b> English</p> <p>Services include: Maternity care, High-risk obstetrics, pregnancy counseling, well woman exams, adolescent gynecology, infertility evaluation, urinary incontinence, ultrasound for pregnancies, menopause counseling and management.</p>




# Naugatuck Valley Medical Resources

## Women's Health

Organizations	Contact Information	Key Information
<b>Women's Health</b>		
<p>Sound Obstetrics and Gynecology</p> 	<p>2 Corporate Dr. #240 Shelton, CT 06484 203-242-0524 <a href="http://sound-obgyn.com">sound-obgyn.com</a></p> <p>Hours: Mon- Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services include: Obstetrics, Gynecology, Infertility, Menopause, Surgery, Family Planning, Urogynecology, and Well Woman Care.</p>
<p>Specialists in Women's Healthcare</p> 	<p>134 Grandview Ave Waterbury, CT 06708 203-754-2535 <a href="http://Womenshealthct.com">Womenshealthct.com</a></p> <p>Hours: Mon-Fri: 9:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, Portuguese, and Albanian</p> <p>Currently accepting new patients. OB/GYN services and Mammogram suite onsite, as well as blood drawn on site. Specializes in endometriosis.</p>
<p>The Center for Obstetrics and Gynecology in Connecticut</p> 	<p>60 Westwood Ave Suite 100 Waterbury, CT 06708 203-578-4609 <a href="http://Womenhealthct.com">Womenhealthct.com</a></p> <p>Hours: Mon- Fri: 8:00am-5:00pm</p>	<p><b>Language Spoken:</b> English (Martti is available for other languages)</p> <p>Obstetrics and gynecology services. Currently accepting new patients.</p>
<p>Westwood Women's Health</p> 	<p>60 Westwood Ave Suite 200 Waterbury, CT 06708 203-574-5501 <a href="http://Womenshealthct.com">Womenshealthct.com</a></p> <p>Hours: Mon-Thurs: 8:00am-5:00pm Fri: 8:00am-2:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Strictly Gynecology services and has a Mammo Suite. Patients can do yearly routine mammos, breast ultrasounds, bone density tests and transvaginal sonograms</p>
<p>Women's Health CT Obstetrics and Gynecology</p> 	<p>4 Corporate Dr. Suite 484 Shelton, CT 06484 203-374-0404 <a href="http://womenshealthct.com">womenshealthct.com</a></p> <p>Hours: Mon: 8:00am -5:00pm Tues-Thurs: 9:00am-5:00pm Fri: 8:00am-4:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Medical care for every stage of a woman's life</p> <p>Services include: Gynecology, Pregnancy, OBGYN, Birth Control, Bone Density, Gestational Diabetes Management, 3D mammography, LGBTQ Care, Menopausal Care, Pelvic Floor Health, Urogynecology, Urology.</p>







Organizations	Contact Information	Key Information
<b>Food Banks and Pantries</b>		
<p>St Vincent de Paul of the Valley Food Bank</p>	<p>237 Roosevelt Derby, CT 06418 203-734-7577 <a href="https://svdpvalley.com/">https://svdpvalley.com/</a></p> <p>Hours: Mon-Sat: 9:30am-2:30pm</p>	<p><b>Language Spoken:</b> English</p> <p>Serving the lower Naugatuck Valley towns of Ansonia, Derby, Seymour, Oxford and Shelton.</p> <p>Appointments are required. Hours may vary during the summer.</p>
<p>Master's Table Community Meals</p> 	<p>61 N Cliff St. Ansonia, CT 06401 203-732-7792</p> <p><a href="https://www.masterstablemeals.org/website/publish/contact/index.php">https://www.masterstablemeals.org/website/publish/contact/index.php</a></p> <p>Hours: See notes in "key information"</p>	<p><b>Language Spoken:</b> English</p> <p>2x a month they serve a community meal from 3:30-5pm Jan-October Nov and Dec 1-3pm. They have 1x only emergency offers for a family such as food, gas or under \$100 Collection site for donations for adult incontinence products.</p>
<p>Connecticut Foodshare</p> 	<p>203-469-5000</p> <p><a href="http://ctfoodshare.org">ctfoodshare.org</a> or <a href="https://www.facebook.com/CTFoodshare">facebook.com/CTFoodshare</a></p> <p>For physical pick-up sites and mobile pantry hours, refer to mobile pantry schedule on Facebook site.</p>	<p><b>Language Spoken:</b> English and Spanish.</p> <p>CT Foodshare Mobile Pantry addresses food deserts and transportation barriers that make it difficult for people who are food insecure to access the adequate nutrition they need. For hours and schedule, please see Facebook page.</p> <p>No appointment needed to attend.</p>
<p>Samela Food Bank at Christ Church</p> 	<p>55 South Cliff St Ansonia, CT 06401 203-734-2715 <a href="https://www.christchurchanson.org">https://www.christchurchanson.org</a></p> <p>Hours: Tue, Wed, Thu: 9:00am-1:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Serving the towns of Ansonia, Seymour and Derby with (referrals to local food banks given for residents of other towns) ID not required (unless needed to complete intake form due to language barrier Bags available or can be brought from home.</p>
<p>Seymour/Oxford Food Bank</p> 	<p>20 Pine St, PO Box 178, Seymour, CT 06483 203-888-7826</p> <p><a href="https://seymouroxfordfoodbank.com/">https://seymouroxfordfoodbank.com/</a></p> <p>Hours: Office: Mon, Wed, and Fri: 9:00am-11:00am Client Shopping by Appointment: Tues, Thurs, and Sat: 9:00am-11:00am Client Pickup by Appointment: 2nd and 4th Mon of month, 5:00pm-7:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Serving the towns of Oxford and Seymour. Must show proof of residency (current piece of mail).</p> <p>Appointment needed to attend.</p>

Organizations	Contact Information	Key Information
<b>Social Support Services</b>		
<p>Team Inc.</p> 	<p>30 Elizabeth St Derby, CT 06418 203-736-5420 <a href="https://teaminc.org/">https://teaminc.org/</a></p> <p>Hours: Mon-Fri: 8:30am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish. Serving the lower Valley and surrounding towns. Income tax, energy and housing assistance In Home Assistance for seniors and homes with children, Meals on wheels, Congregate meals. Diaper Bank and Daycare services. Must call for appointment</p>
<p>My Sister's Place</p> 	<p>380 Main St Ansonia, CT 06401 203-734-2960 <a href="https://supportumbrella.org/">https://supportumbrella.org/</a></p> <p>Hours: For Service: Tue-Sat: 10:00am-4:00pm For Donations: Tue-Sat: 10:00am-3:00pm</p>	<p><b>Language Spoken:</b> English and Spanish. Serving the Lower Naugatuck Valley.</p> <p>No Appointment necessary. Clients given vouchers for what they need. If accompanied by Case Worker and they are moving into an apartment they are given new items that they need with no vouchers. Clients can also receive donated items like also toiletries, towels, diapers.</p>
<p>Hispanic Coalition of Greater Waterbury</p> 	<p>135 East Liberty St. Waterbury, CT 06706 203-754-6172</p> <p><a href="https://thehispaniccoalition.org/">https://thehispaniccoalition.org/</a></p> <p>Hours: Mon-Fri: 9:00am-5:00pm</p>	<p><b>Language Spoken:</b> English and Spanish</p> <p>Serving Waterbury and the South End.</p> <p>Walk in or call for appointment. Can help with seniors with INS, SNAP benefits, and other support services, like help with bills, calls and mailings. Offers developmental services, an adult day center, case management services, youth development, immigration services, and cultural arts program. For 18yrs and above -Offer a Career Academy that helps individuals fill out job applications and create resumes. Also offer ESL classes, GED course and will be soon offering CNA classes.</p>

# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
<b>Adolescent and Family Counseling Support</b>		
<p>Eva Kaufaman (Part of BHCare Children's Division)</p> 	<p>30 Elizabeth Street Derby, CT 06418 203-954-0543 <a href="https://www.bhcare.org/">https://www.bhcare.org/</a></p> <p>Hours: Mon-Thurs: 8:30am-7:00pm Fri: 8:30am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services children from 5 to 18 years old <b>Services include:</b> Intensive transitional therapies, outpatient clinics, homebound services for children 6 and under, early childhood consultations, mental health, trauma, grief, sexual and domestic abuse, and psychiatric services. As well as prescribing medications on site.</p>
<p>Family &amp; Children's Aid</p> 	<p>30 Holmes Ave Waterbury, CT 06702 203-755-2868 <a href="http://FCAWEB.org">FCAWEB.org</a></p> <p>Hours: Mon-Fri: 8:00am-6:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services from newborn to 18 years old. Focused on Improving emotional and Behavior Help</p> <p>There is a 24hr Crisis service with IICAPS .</p>
<p>Family Intervention Center</p>	<p>51 Lakeside Blvd East 2nd Floor Waterbury, CT 06708 203-753-2153 <a href="http://familyinterventioncenterct.com">familyinterventioncenterct.com</a> Call to make appointment</p> <p>Hours: Mon-Fri: 9:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish (over the phone interpreter available for other languages).</p> <p>Services 15 years old to adult/seniors with mental health, grief, trauma and substance abuse. There is 2 APRNs on site to prescribe meds as well as collaborating Psychiatrist.</p>
<p>FAVOR</p> 	<p>185 Silas Deane Highway Wethersfield, CT 06109 860-563-3232 <a href="http://www.favor-ct.org">www.favor-ct.org</a></p> <p>Hours: Mon-Fri: 8:30am to 4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>A non profit 501-C family led organization. Offers a single place for families with children who have medical, mental, emotional and behavioral health challenges to find information and training.</p>
<p>Newtown Youth and Family Services</p> 	<p>15 Berkshire Rd Sandy Hook, CT 06482 203-270-4335 <a href="http://Newtownyouthandfamilyservices.org">Newtownyouthandfamilyservices.org</a></p> <p>Hours: Mon-Thurs: 9:00am-8:00pm Fri: 9:00am-5:00pm Sat: 8:00am-1:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services Children/Parents/Adults with Mental Health issues, Trauma, Grief, Domestic and Sexual abuse, and Individual/Family/Couple therapy.</p> <p>APRNs and Psychiatrist on site to prescribe medications.</p>
<p>Stokes Counseling (Homebound Program)</p> 	<p>16 Hillside Ave Naugatuck, CT 06770 203-729-0341 <a href="http://Stokescounseling.com">Stokescounseling.com</a></p> <p>Hours: Mon-Sat: 9:00am-9:00pm (depending on clinician and family schedule)</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Homebound service for children 0-18 years old and their parents. Services include: behavioral therapy, mental health, trauma ,provides parents with skills to enhance parenting with tools and resources</p>
<p>Stokes Counseling Services (Outpatient)</p> 	<p>16 Hillside Ave Naugatuck, CT 06770 203-729-0341 <a href="http://Stokescounseling.com">Stokescounseling.com</a></p> <p>Hours: Mon-Thurs: 8:30-7:00pm Fri: 8:30-5:00pm (depending on clinician schedule)</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Program accepts children to adults</p>




# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
<b>Adolescent and Family Counseling Support</b>		
<p>Wellmore Behavioral Health, Naugatuck</p> 	<p>333 Church Street 1st Floor Naugatuck, CT 06770 203-723-9599 Intake appointments in Waterbury office at 141 East Main St. Wellmore.org Hours: Mon-Thur: 9:00am-8:00pm Fri: 9:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Portuguese (over the phone interpreter and Martti available for other languages).</p> <p>Services children to 18yrs old. Therapists on site as well as 1 clinician that is trained in Trauma Focus and Cognition Therapy. As well as a Home based mobile crisis.</p>
<b>Behavioral and Mental Health Services</b>		
<p>BHCare Valley Social Club</p> 	<p>285 Main St. Ansonia, CT 06401 203-735-9106</p> <p><a href="http://bhcare.org">bhcare.org</a></p> <p>Hours: Mon-Fri: 8:30am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>A referral program, patients who are under the care of a therapist from BHCare or Griffin Hospital referred for social skills. Program also has a warmline clients can call after hours, that is staffed by peers. Therapeutic services such as art and informative talking group is available as well.</p>
<p>Griffin Adult – Outpatient Intensive Outpatient Program &amp; Dual Diagnosis Intensive Outpatient Program</p>  <p>Griffin Intensive Outpatient Program IOP &amp; Dual Diagnosis Outpatient Program</p> 	<p>10 Progress Drive 2nd floor Shelton, CT 06484 203-538-6244 <a href="https://www.griffinhealth.org/treatments/psychiatry-intensive-outpatient-programs/">https://www.griffinhealth.org/treatments/psychiatry-intensive-outpatient-programs/</a></p> <p>Hours: Mon-Thurs: 9:00am-7:00pm</p> <p>248 and 250 Seymour Ave. Derby, CT 06418 203-732-7580 <a href="https://www.griffinhealth.org/">https://www.griffinhealth.org/</a></p> <p>Hours: Mon, Tues, and Thurs: 8:00am-5:00pm Wed: 8:00am-8:00pm Fri: 8:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English</p> <p><b>For Adult Mental Health Intensive Outpatient Program:</b> Each program provides a highly structured, intensive, milieu- based assessment and treatment program as an alternative to inpatient hospitalization or as a transition from a brief inpatient admission. Assessments and treatment plans are individualized to address the individual’s needs. Treatment involves a variety of group and individual methods along with the use of medications as indicated. A multidisciplinary team, the patient and the family collaborate to develop and then achieve focused, relevant goals.</p> <p><b>For Dual Diagnosis Intensive Outpatient Program:</b> Designed for adults dealing with substance use disorder who require more than outpatient therapy, but not 24-hour hospitalization. This service is also available to adults with associated psychiatric diagnosis (dual diagnosis).</p>
<p>McCall Behavioral Health Network</p> 	<p>58 High St. Torrington, CT 06790 1-860-496-2100 <a href="http://mccallbhn.org">mccallbhn.org</a></p> <p>Hours: Mon, Wed, and Thurs: 8:00am- 9:00pm Tues: 8:00am-8:00pm Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Portuguese (at the Waterbury location).</p> <p>A Program that provides multiple services for Mental health and Substance Use Services. They provide outpatient and inpatient treatment. Provides support to Adolescents, Families and Seniors Services. Locations and Walk-in services available in Torrington, Waterbury, Winsted and Danbury as well.</p>



# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
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## Behavioral and Mental Health Services






<p>Waterbury Hospital: Outpatient Behavioral Health Services</p> 	<p>88 Grandview Ave. Waterbury, CT 06708 203-573-7265 <a href="https://www.waterburyhospital.org/all-services/behavioral-health/">https://www.waterburyhospital.org/all-services/behavioral-health/</a></p> <p>Hours: Mon-Fri: 8:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish (Martti available for other languages).</p> <p>Services adults only at this time with mental health issues, behavioral issues, psych and addiction. There is also an outpatient group and individual therapies.</p>
<p>Wellmore Behavioral Health Waterbury and Adult OP Program</p> 	<p>402 East Main Street Waterbury, CT 06702 203-755-1143 <b>Crisis Line:</b> 1-866-794-0021 <a href="https://www.wellmore.org/adult-programs">https://www.wellmore.org/adult-programs</a></p> <p>Hours: Mon - Thurs: 8:30 am-8:00pm Fri: 8:30am-5:00pm Walk ins: Mon-Fri: 11:00am-3:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish (Martti available for other languages).</p> <p>Services adults for Mental Health, anger management and substance abuse co-occurrence.</p> <p>There is Psychiatrist on site to prescribe medication only to those in the program.</p>
<p>Western Connecticut Mental Health Network</p> 	<p>95 Thomaston Ave Waterbury, CT 06704 203-805-5300 <a href="https://portal.ct.gov/dmhas/wcmhn/agency-files/wcmhn-waterbury">https://portal.ct.gov/dmhas/wcmhn/agency-files/wcmhn-waterbury</a></p> <p>Hours: Mon-Fri: 8:00am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish (over the phone interpreter available for other languages).</p> <p>For Adults with Mental Health Issues</p>

## Crisis Centers







<p>BHcare Shoreline</p> 	<p>14 Sycamore Way Branford, CT 06405 (203) 483-2630</p> <p><a href="https://www.bhcare.org/locations/bhcare-shoreline/">https://www.bhcare.org/locations/bhcare-shoreline/</a></p> <p>Hours for both locations: Mon and Fri: 8:30am-5:00pm Tues, Wed, and Thurs: 8:30pm-8:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Services 18 years and up for mental health, trauma, grief, and substance abuse (Outpatient only).</p> <p>Also has substance IOP program.</p>
<p>BHcare Ansonia</p> 	<p>435 E Main Street Ansonia, CT 06401 (203) 736-2601 <a href="https://bhcare.org/locations/bhcare-valley/">https://bhcare.org/locations/bhcare-valley/</a></p>	



# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
<b>Crisis Centers</b>		
<p>CHERISH-BHcare</p> 	<p><b>24-hour Crisis Line:</b> 1-888-774-2900            Business phone: 203-736-2601 x 1143            Available throughout CT</p> <p><a href="http://bhcare.org/cherish-2023">bhcare.org/cherish-2023</a></p> <p>In-person Office Hours:            Mon-Fri: 8:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>CHERISH works with the Department of Social Services and Elderly Protective Services. The Hotline provides 24 hour crisis intervention. Long term services are available; Individualized counseling, court advocacy, anonymous safe housing, Referral and advocacy for legal, medical, housing assistance. CHERISH also works with the local domestic violence services in the clients area.</p>
<p>Rape Crisis Center of Milford INC.</p> 	<p>70 West River Street            Milford, CT 06460</p> <p><b>24-hour Crisis Line:</b> 203-878-1212            CT toll free: 1-888-999-5545            En Espanol: 1-888-568-8332            Office phone: 203-874-8712  <a href="https://www.rapecrisiscenterofmilford.org/">https://www.rapecrisiscenterofmilford.org/</a></p> <p>Office hours:            Mon-Fri: 7:30am-5:00pm or by appointment</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Crisis Intervention for sexual assault, via the phone, online, virtual and in person. State certified sexual assault crisis counselors available by phone 24/7. Assistance in navigating the legal and medical systems. Short term counseling. Online support group, an intake is needed prior to joining the online support group. See website for confidential policy.</p>
<p>Umbrella Center BHcare of Shelton</p> 	<p>1000 Bridgeport Ave Suite 310            Shelton, CT 06484            203-780-2037</p> <p><b>24-hour Crisis Line:</b> 203-736-9944 (valley area)  <a href="http://www.bhcare.org/locations/the-umbrella-center-for-domestic-violence-services/">www.bhcare.org/locations/the-umbrella-center-for-domestic-violence-services/</a>            Hours: Mon - Fri: 8:00am-5:00 pm            Call for walk-in times available</p>	<p><b>Languages Spoken:</b> English and Spanish (interpretation services available for other languages).</p> <p>A certified community behavioral health clinic providing domestic violence services for victims and their children.</p>
<p>Wellmore Youth Crisis Center</p> 	<p>141 E. Main St. 3rd Floor            Waterbury, CT 06702            203-580-4298</p> <p><b>Dial 211 for Mobile Crisis</b>  <a href="http://wellmore.org/urgent-crisis-center">wellmore.org/urgent-crisis-center</a></p> <p>Hours:            Mon-Sun: open 24 hours, 7 days a week, year-round</p>	<p><b>Languages Spoken:</b> English and Spanish (CyraCom available for other languages).</p> <p>Offers crisis stabilization support for ages 4 to 18 years old, a voluntary program, requires parental/guardian consent. Comprehensive Mental Health Assessment and referrals, collaborative safety planning, collaboration with existing providers and direct linkages to community services. Short-term medication management services, no beds onsite.</p>
<b>Therapy and Counseling Services</b>		
<p>A Peaceful Mind</p> 	<p>2095 South Main Street Suite 9-B            Waterbury, CT 06706            475-281-8176  <a href="https://www.apeacefulmindcounseling.com/">https://www.apeacefulmindcounseling.com/</a>            Hours:            Mon-Tues &amp; Thurs-Fri: 9:00am-3:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Counseling for 16 years old and up to elderly. <b>Services include:</b> mental health disorders, sexual abuse, domestic violence and substance abuse (in recovery only).</p> <p>Refers out for medications.</p>

# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
<b>Therapy and Counseling Services</b>		
<p>Achieve Wellness LLC</p> 	<p>35 Old Tavern Rd. Unit 120 Orange, CT 06477 203-553-9949 <a href="https://achievewellnesscenter.com/">https://achievewellnesscenter.com/</a> Hours: Call to inquire (each clinician has different hours)</p>	<p><b>Language Spoken:</b> English</p> <p>A group of integrative, solution-focused therapists and clinicians supporting clients in the process of positive change. <b>Services include:</b> Individual Therapy, Couples Counseling, and Family Counseling</p>
<p>Aris Health and Wellness</p> 	<p>4 Research Drive Suite 402 Shelton, CT 06484 203-240-1309 <a href="http://Arishealthandwellness.com">Arishealthandwellness.com</a> Hours: Mon-Fri: 10:00am-6:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Services for 18 years and up for individuals with mental health disorders, grief, trauma, domestic violence, sexual abuse, and substance abuse (only those in recovery).</p>
<p>Beacon Falls Counseling, LLC</p> 	<p>93 South Main Street Beacon Falls, CT 06403 Office phone: 203-729-0100 Cell phone: 203-528-5018 (texting services available) <a href="https://www.jlanci.com/">https://www.jlanci.com/</a> Hours: Mon, Tues, Thurs, Fri, and Sun: 10:00am-8:00pm (Appointments are based on needs)</p>	<p><b>Language Spoken:</b> English</p> <p>Services for children to adults age 7 years old to elderly</p> <p><b>Services include:</b> counseling for mental health issues, grief, trauma, domestic violence, sexual abuse, PTSD, College Advising, ADHD testing and some learning disabilities and will see substance abuse in recovery only for therapy</p>
<p>CT Counseling Center</p> 	<p>4 Midland Road Waterbury, CT 06705 203-755-8874 <a href="https://www.ctcounseling.org/">https://www.ctcounseling.org/</a> Hours: Mon-Fri: 5:30 am-5pm, Sat: 6:00am-9:30am</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Therapy/counseling for adults only.</p>
<p>Huntington Counseling Center/ Dr. Edward Keane</p>	<p>8 Huntington Street Shelton, CT 06484 203-929-1234 Call for appointment Hours: Mon-Fri: 9:00am-8:00pm Sat: 9:00am-2:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Specializes in Trauma Treatment and Conflictual relationships.</p> <p>Also provides grief and trauma for first responders.</p>
<p>Inner Strength Counseling LLC</p> 	<p>10 Progress Drive Shelton, CT 06418 (475) 777-5905 <a href="https://innerstrengthcounselingct.com/">https://innerstrengthcounselingct.com/</a> Hours: Mon-Fri: 9:00am-8:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>For patients 8 years and up A wide range of services for Mental health, grief, trauma, sexual abuse, domestic violence and many more areas of therapeutic counseling</p>
<p>Integrative Therapies, LLC</p> 	<p>276 Bank Street Seymour, CT 06483 203-260-9800 <a href="http://Intergrativetherapiesct.com">Intergrativetherapiesct.com</a> Hours: Mon-Fri: 10:00am - roughly 7:00pm-8:00pm (Some Saturdays)</p>	<p><b>Language Spoken:</b> English</p> <p>Services for children and adults for mental health, trauma, domestic and sexual abuse</p>





# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
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## Therapy and Counseling Services

<p>Key Therapy Counseling</p> 	<p>731 Main St. Suite 122            Monroe, CT 06468            203-261-7090  <a href="https://www.keytherapycounseling.com/">https://www.keytherapycounseling.com/</a>            Hours:            Mon-Fri: 10:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English and conversational Japanese</p> <p>There is over twenty therapist who work in individual psychotherapy couples therapy, online therapy and family therapy</p>
<p>Michael Koplinski, LPC</p>	<p>30 Hazel Terrace            Woodbridge, CT 06525            203-499-9101            Call to make appointment</p> <p>Hours:            Mon-Fri: 9:30 am-6:00 pm</p>	<p><b>Language Spoken:</b> English</p> <p>Based in Woodbridge, for in person and also sees patients Virtually.            Services all with Mental health issues, OCD, Trauma , Grief, Domestic and sexual abuse victims, Individuals on the Autistic spectrum and those with substance abuse and in recovery.</p>
<p>Patrick Keenan</p>	<p>115 Main Street Suite 110            Seymour, CT 06483            203-828-8602            Call to make appointment</p> <p>Hours:            Mon-Thurs: 8:00am-7:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Services children ages 3 to 18 years old and adults.  <b>Services include:</b> mental health, trauma, grief, behavioral, Autism, Domestic violence, sexual abuse counseling.</p> <p>Specialty in trauma focus therapy and behavioral analysis.</p>
<p>Personal Growth Concepts, INC</p>	<p>35 Porter Ave, #4-A            Naugatuck, CT 06770            203-720-2252  <a href="http://personalgrowthconcepts.com">personalgrowthconcepts.com</a>            Hours:            Mon-Fri: 9:00am-9:00pm            Sat: 9:00am-4:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Services for 17 years and older.            Services individuals with mental health disorders, grief, domestic and sexual abuse, and substance abuse disorders preferably in recovery.</p>
<p>Serenita Wellness</p> 	<p>100 Bank Street Suite 104            Seymour, CT 06483            203-828-0704  <a href="http://Serenitawellness.com">Serenitawellness.com</a>            Hours:            Mon-Fri: 9:00am-3:00pm            (later hours available upon request)</p>	<p><b>Language Spoken:</b> English</p> <p>Services 13 years old and up to elderly with mental health, sexual and domestic abuse, grief, trauma, anger management, end of life support, individual/family/Couples therapy, and substance abuse in recovery.</p> <p>Specialties in CBT, EMDR Trained and a LIDC just joined their team to treat alcohol and substance abuse.</p>
<p>Shoreline Wellness &amp; Behavioral Health Clinic, LLC</p> 	<p>415 Main Street            West Haven, CT 06516            203-931-1184  <a href="http://shorelinewellnesscenter.com">shorelinewellnesscenter.com</a>            Hours: Mon-Thurs: 9:00am-8:00pm            Fri: 9:00am-6:00pm            Sat: 9:00am-4:00pm</p>	<p><b>Language Spoken:</b> English</p> <p><b>Behavioral Health services include:</b> individual therapy, marriage/couples and family therapy, group counseling, parental education, eye movement desensitization and reprocessing, selective mutism.</p>

# Naugatuck Valley Mental Health Resources




Organizations	Contact Information	Key Information
<b>Therapy and Counseling Services</b>		
<p>Solstice Behavioral Health</p> 	<p>2 Offices:            1 Enterprise Drive, Suite 110            2 Enterprise Drive, Suite 301            Shelton, CT 06484            203-900-4720  <a href="http://Solsticebhc.org">Solsticebhc.org</a>            Hours:            Mon-Thurs: 8:30am-6:00pm            Fri: 8:30am-5:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Albanian.</p> <p>Pediatric and Family Counseling with Licensed Clinical Social Worker, Licensed Clinical Social Worker and Registered Behavior Technicians.            Committed to delivering high-quality, compassionate, and individualized care to the individuals and families.</p>
<p>Therapeutic Pathways</p> 	<p>175 Church Street 3rd Floor            Naugatuck, CT 06770            203-755-0270 or 203-723-8546  <a href="http://TherapyCT.net">TherapyCT.net</a>            Hours: Mon-Thurs: 9:00am-8:00pm</p>	<p><b>Language Spoken:</b> English</p> <p>Mental health counselors that services 18 years and up and take a comprehensive approach to healing mind, body and spirit</p>
<p>Thrive Counseling Psychiatry and Counseling – Milford</p> 	<p>70 Cherry St.            Milford, CT 06460            203-442-9188 or 571-554-1147  <a href="http://thriveworks.com">thriveworks.com</a>            Hours:            Mon-Fri: 7:00am-9:30pm            Sat: 7:00am-6:00pm            Sun: 8:00am-5:00pm            Call to make appointment during this time</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Psychiatric telehealth and Therapeutic in person and telehealth services. Each therapist/psychiatrist has independent hours.</p>
<p>Twin Peaks Counseling</p> 	<p>111 New Haven Ave            Derby, CT 06418            475-439-9639  <a href="http://Twinpeaksounseling.com">Twinpeaksounseling.com</a>            Hours:            Mon-Fri: 8:30am-6:00pm            Sat: 8:30am-1:00pm (some Saturdays)</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Services children to adults            With Mental Health, grief, anxiety, depression, etc.            As well as Substance abuse and marriage counseling</p>

# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
<b>Substance Abuse Services</b>		
<p>AWARE Recovery Care</p> 	<p>Services Come to your home                      Headquarters: 34 Thorpe Ave Suite #102                      Wallingford, CT 06492                      203-779-5799 or 1-844-292-7372  <a href="https://www.awarerecoverycare.com/">https://www.awarerecoverycare.com/</a>                       Hours: Mon-Sun: 7:00am-10:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish                      In home detox/recovery program, and can be up to a year of support depending on clients needs. Client meets with RN 1x per month and meets with recovery advisor 2 x per week in person. Online support is also available. Within the program, Medication can be prescribed , and if it is for a long term mental health need a referral will be made to an outside provider. Internal psychotherapy is also provided every other week virtually for client. Family Education is another service available for the client's family.</p>
<p>Community Mental Health Associates, CMHA,</p> 	<p>225 Bank Street 4th Floor                      Waterbury, CT 06702                      860-224-8192                      203-596-9724  <a href="https://www.cmhacc.org/">https://www.cmhacc.org/</a>                      Hours: Mon-Fri: 9:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English, Spanish, and Polish                      A Certified Community Behavioral Health Clinic (CCBHC), that provides integrated health and behavioral health care support for individuals, families and children.</p>
<p>Cornell Scott Hill Center- Ansonia Behavioral Health</p> 	<p>121 Wakelee Avenue                      Ansonia, CT 06401                      203-503-3650  <a href="https://www.cornellscott.org/our-locations/121-wakelee-avenue">https://www.cornellscott.org/our-locations/121-wakelee-avenue</a>                      Outpatient Behavioral Health Clinic                      Hours: Mon-Fri: 8:30am-5:00pm                      Methadone Maintenance Walkin for admission                      Mon-Fri: 7:00am-12:00pm                      (Dosing hours) 5:30 am-12:00pm</p>	<p><b>Language Spoken:</b> English (over the phone interpreter available for other languages).                       Behavioral Health and Addiction Services, with multiple programs and available Methadone Clinic. This location also has adult medicine, dental and women's health services.</p>
<p>MCCA of Derby</p> <p>MCCA of Waterbury</p> 	<p>100 Elizabeth Street                      Derby, CT 06418                      203-446-2252  <a href="http://mccaonline.com/programs/outpatient/derby-outpatient/">mccaonline.com/programs/outpatient/derby-outpatient/</a>                      Hours:                      Mon-Thurs: 9:00am-8:30 pm                      Fri: 9:00am-1:00pm                      34 Murray Street                      Waterbury, CT 06710                      203-597-0643  <a href="http://mccaonline.com/programs/outpatient/waterbury-outpatient/">mccaonline.com/programs/outpatient/waterbury-outpatient/</a>                      Hours:                      Mon, Wed and Thurs:                      8:30am- 9:00pm                      Tues: 8:30am-5:00pm                      Fri: 9:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish.                       A program to provide HELP and instill HOPE for individuals, families and organizations working to overcome and prevent addictions                       Other locations in Bridgeport, Danbury, New Haven, New Milford, and Torrington</p>
<p>Progressive Institute</p> 	<p>2 Trap Falls Suite 120                      Shelton, CT 06484                      203-816-6424  <a href="https://progressive-institute.com/">https://progressive-institute.com/</a>                      Hours:                      Mon-Thurs: 9:30am-8:30pm                      Fri: 9:00am-5:00pm</p>	<p><b>Language Spoken:</b> English                       Services that provides compassionate treatment and support for mental health and substance abuse treatment for patients 18 years and older</p>



# Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
<b>Substance Abuse Services</b>		
<p>Rushford of Cheshire</p> 	<p>680 South Main Street Suite LL2 Cheshire, CT 06410 877-577-3233 <a href="https://rushford.org/locations/cheshire">https://rushford.org/locations/cheshire</a></p> <p>Hours: Mon &amp; Tues: 8:00am-5:30pm Wed-Fri: 8:00am-4:30pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Specialized services for Adults with mental health, grief, trauma and substance abuse.</p>
<p>Rushford of Meriden</p> 	<p>883 Paddock Avenue Meriden, CT 06450 203-630-5280 <a href="https://rushford.org/locations/meriden">https://rushford.org/locations/meriden</a></p> <p>Hours: Mon-Fri: 8:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Specialized services for children to adult/seniors with mental health, trauma, grief, behavioral issues, substance abuse and recovery.</p>
<p>Wheeler Clinic in Waterbury</p> 	<p>855 Lakewood Road Waterbury, CT 06704 860-793-3500 <a href="https://www.wheelerclinic.org/">https://www.wheelerclinic.org/</a></p> <p>Hours: Mon-Thurs: 8:00am-8:00pm Fri: 8:00am-6:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Services children to adults for mental health issues, trauma , and grief.</p> <p>There is also substance abuse in recovery programs and psychiatrist on site to prescribe medications to patients in programs or in therapy</p>

# Naugatuck Valley Resources for Hispanic/Latino Residents

Organizations	Contact Information	Key Information
<b>Social Support Services</b>		
<p>Hispanic Coalition</p>	<p>River Baldwin Recreation Center 135 East Liberty St Waterbury, CT 06706 (203) 754-6172 <a href="http://www.thehispaniccoalition.org">www.thehispaniccoalition.org</a></p> <p>Hours: Mon-Fri: 9:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Social services organization serving the Latino community of the greater Waterbury area. Services include case management, immigration proceedings, youth development, adult day center, cultural enrichment programs, advocacy, referral services, translation of vital documents, social and educational services for families. and family support.</p> <p>Some services may only be available to Waterbury residents.</p>
<p>La Casa Bienvenida Senior Center</p>	<p>River Baldwin Recreation Center 135 East Liberty St Waterbury, CT 06706 (203) 754-6172 (Ask for Program Director, Mirilyn Oliveras, for more information)</p> <p>Hours: Mon-Fri: 8:00am-2:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Adult Day Center for Hispanic senior citizens of Waterbury and the greater Waterbury area. Services include case management, interpretation services, document translation, medical appointment scheduling and phone calls, transportation, housing or benefits applications, safety/fraud awareness forums, family intervention, yoga, zumba, computer classes, dominoes &amp; bingo, gardening, and field trips. Some services may only be available to Waterbury residents.</p>
<p>RIBA Aspira Career Academy</p>	<p>1233 Mill St, 3rd Floor Waterbury, CT 06706 (203) 527-6385 <a href="http://www.ribaaspira.org">www.ribaaspira.org</a></p> <p>Hours: Mon-Thurs: 9:00am-5:00pm</p>	<p><b>Language Spoken:</b> English and Spanish</p> <p>Organization serving the greater Waterbury area working to address economic and racial/ethnic inequities by creating resident-driven civic infrastructure. Services include English as a second language (ESL) courses, GED courses, career coaching, and career training.</p>
<p>Madre Latina Organization</p>	<p>232 N Elm St, 4th Floor Waterbury, CT 06702 Call for an appointment (475) 235-2044</p> <p><a href="http://www.madre-latina.com">www.madre-latina.com</a></p> <p>Hours: Mon-Fri: 9:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Offers a sanctuary where Latinas can forge new friendships, acquire knowledge, access resources, and cultivate self-empowerment. Services include financial literacy, job application and interviews, tenants rights and responsibility, mental health awareness, control of stress, domestic violence awareness, health and nutrition, and parenting.</p>

# Naugatuck Valley Resources for Hispanic/Latino Residents

Organizations	Contact Information	Key Information
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## Social Support Services

<p>Valley Regional Adult Education</p>	<p>Richard O. Belden Cultural Center 54 Grove St Shelton, CT 06484 (203) 924-6651 <a href="http://www.vrae.org">www.vrae.org</a></p> <p>Hours: Mon-Thurs: 8:30am-8:00pm Fri: 8:30am-2:00pm Summer hours (July-August): Mon-Fri: 8:30am-2:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Adult education school offering services such as adult high school diploma, citizenship classes, English as a second language (ESL) classes, digital literacy, National External Diploma Process (NEDP), GED, online career classes, and driving classes.</p>
<p>The Dominican American Coalition of Connecticut</p>	<p>1021 Main St, 2nd Floor Bridgeport, CT 06604 (203) 212 3613 <a href="http://www.dacct.org">www.dacct.org</a></p> <p>Hours: Mon-Fri: 9:00am-4:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Organization seeking to empower the Latino community through education, civic engagement and health initiatives, fostering leadership, and support for individuals to thrive. Services include English as a second language (ESL) courses, citizenship classes, women’s empowerment programs, financial literacy, Parents for a Better Future program, Healing Hearts program for domestic violence and addiction support, and The Magical Latin Dancers children’s folkloric dance group. The organization also collaborates with Boys and Girls Scouts, Families Dreaming Together family empowerment program, and chocolate with Yola program dedicated to visiting senior centers and residential buildings to offer informative talks, activities, and social support.</p>
<p>Unidad Latina en Accion</p>	<p>37 Howe Street New Haven, CT 06511 (203) 818-2513 <a href="http://www.ulanewhaven.org">www.ulanewhaven.org</a></p>	<p><b>Language Spoken:</b> English and Spanish</p> <p>Public defender's office and advocacy group in New Haven striving to protect the rights of immigrant families and workers by assisting victims of wage theft or labor exploitation, fighting deportations and connecting members with legal support.</p>
<p>JUNTA for Progressive Action</p>	<p>169 Grand Ave New Haven, CT 06513 (203) 787-0191 <a href="http://www.juntainc.org">www.juntainc.org</a></p> <p>Hours: Mon-Fri: 9:00am-5:00pm</p>	<p><b>Languages Spoken:</b> English and Spanish.</p> <p>Offers no-cost social services, legal services, immigration services, adult education, and youth programs.</p>

# Naugatuck Valley Resources for Hispanic/Latino Residents

Organizations	Contact Information	Key Information
<b>Social Support Services</b>		
<p>Spanish Community of Wallingford</p>	<p>284 Washington St Wallingford, CT 06492</p> <p><a href="http://www.scowinc.org">www.scowinc.org</a></p> <p>Hours: Mon: 9:00am-6:00pm Tues: 9:00am-5:00pm Wed: 9:00am-6:00pm Thurs: 9:00am-5:00pm Fri: Closed</p>	<p><b>Languages Spoken:</b> English and Spanish</p> <p>Offers services such as referrals, document support (interpretation and translation), employment assistance and training, notary services, immigration assistance, community participation, cultural events, resources and support, seasonal programs, and education and music programs for all ages.</p>