

Town of Newtown 12/14 Resource Guide

TOWN OF NEWTOWN 12/14 RESOURCE GUIDE

Dear Newtown Resident,

This community resource guide is intended to provide summative information about organizations who support the Newtown community in the 12/14 recovery effort and also includes other organizations which originated in Newtown and have expanded their offerings to other communities. This resource guide was originally produced in print copy in 2014. It has been revised to include new organizations and remove information that is no longer available.

I would like to acknowledge those families who lost a loved one on December 14th. I hope you can see the process of revising this guide was approached with great sensitivity to you and your loved one. We are honored to ensure the community knows about all of your organizations or foundations. Some organization's missions have changed overtime and have asked to be excluded from this book. Please contact us at Jennifer.crane@Newtown-ct.gov if you would like your information updated in any way.

We would also would like to acknowledge those who were at or responded to the tragedy in anyway. We hope that this is a guide you find useful and you can share with others if necessary.

Thank you to all of the organizations that made contributions to this resource. Special thanks to Sharon Cohen who worked tirelessly to edit, reach out to organizations, and supported the online version of this edition.

If you are part of an organization that was created specifically from 12/14 in Newtown, originated in Newtown, or supports individuals in need as a result of the tragedy, and you are not included in this book, please feel free to send us your information. This book is online exclusively for that reason. With the large amount of resources available we want to make sure everyone is represented.

Serving the Newtown Community with honor, Jennifer Crane Director Center for Support and Wellness

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MY SANDY HOOK FAMILY

https://mysandyhookfamily.org/

December 14, 2012 forever and unalterably changed the lives of the 26 families whose loved ones were killed at Sandy Hook Elementary School. Since that day, we have been overwhelmed by the outpouring of kindness, love, prayers, and generosity re-

ceived from the entire world. To simply say thank you is not enough to express our sincere gratitude.



In the midst of our grief we have come to realize that we want our loved ones to be remembered for the lives they lived and how they touched our hearts and the hearts of others. We have been uplifted by the support of so many people and we would like to keep that spirit of unity and love alive in all we do to remember those we so dearly miss. It is with this in mind that we

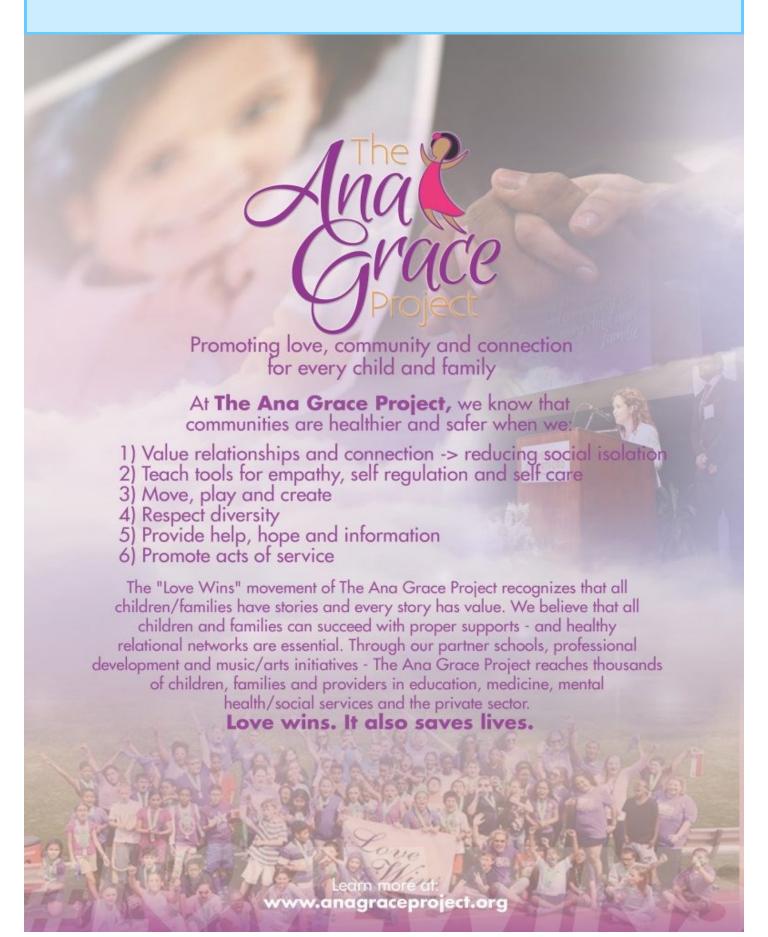
have created the https://mysandyhookfamily.org/

This website is intended to serve as a singular place to honor our loved ones in a way that feels right to each individual family - a way to learn about each child and educator whose lives were tragically taken on that tragic day.

We ask that you understand that each of us – each family – is unique in our own experiences following this tragedy and we each have our own voice and perspective. By creating this website, we hope to offer an opportunity to communicate with our families and honor our loved ones, while at the same time respecting each family's individual journey and unique experiences.

THE ANA GRACE PROJECT

WWW.ANAGRACEPROJECT.ORG



THE AVIELLE FOUNDATION

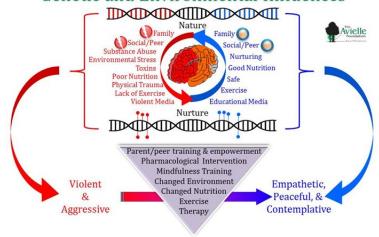
https://aviellefoundation.org/

The Avielle Foundation is working closely with world leaders in brain health research to understand why someone would engage in harmful behavior. In the field of brain health, too little is known about what drives violent behaviors. Clearly something is wrong with a person capable of such atrocities as mass murder. We hope to better understand the biological and environmental factors associated with these pathologies. We can then educate healthcare provid-



ers, teachers, and other community members about identifying and responsibly advocating for those at risk of violent behaviors. We can develop and put into practice innovative policies to facilitate counseling. education, and pharmaceutical interventions. Education and information will dispel fear and stigma associated with getting help.

A Healthy Brain is a Product of Both Genetic and Environmental Influences



Objective: Foster Communities, in Which Everyone is a Valued and Respected Member, Through Education and Understanding.

A strong community is one in which every member belongs and is valued regardless of ethnicity, beliefs, political views, lifestyle, or social Ideologies. In such communities, individuals do not feel stigmatized or alienated. Instead, they

feel their contributions to the community are valid and significant. The desire to act in desperate, destructive ways is then eliminated. We hope to educate teachers and other leaders in research-based community build-

ing strategies so everyone can become valued and valuable members of society. We aim to break down the barriers and fears associated with getting help for brain illnesses and make brain health checkups commonplace.



BEN'S LIGHTHOUSE HTTP://BENSLIGHTHOUSE.ORG/

Ben's Lighthouse, based in Newtown, Connecticut, was founded to honor six-year old Benjamin Wheeler. Ben's enthusiasm for life — and his love of lighthouses -- is the energy that is carried on through the work of the organization.

and share their own light - to stand tall and shine bright!



Our mission drives us to foster all children's potential to build a more compassionate and connected world. Ben's Lighthouse provides programs and opportunities that help kids and teens develop empathy, self-awareness and social connection. The lighthouses that Ben loved provide the perfect metaphor that guides our work. From local mentoring programs to national outreach service trips, participants are encouraged to find

Ben's Lighthouse is committed to the continued healing of our community. As our organization evolves, we will continue to tailor our programming to meet the changing needs of Newtown's children and youth.

THE CAROLINE PREVIDI FOUNDATION

WWW.CAROLINEPREVIDIFOUNDATION.ORG/

The Caroline Previdi Foundation was created to honor Caroline's memory and giving spirit. Caroline's enthusiasm for her extracurricular activities, as well as her compassion for others, were the inspiration for the foundation.



The fund's goal is to support children in the Newtown community with the financial means to participate in extracurricular activities including, but not limited to, dance, art, and music classes.

A number of scholarships have already been given to children in families who lack the financial re-

sources to pay for these activities. The foundation is striving to accomplish its mission through granting, outreach, and fundraising efforts.



CHARLOTTE HELEN BACON FOUNDATION

WWW.CHARLOTTEHELENBACONFOUNDATION.ORG



The Charlotte Helen Bacon Foundation (formerly Newtown Kindness) is a 501C3 non profit organization.



Honoring the life of Charlotte Helen Bacon, so all may know her and be boldly inspired. We establish and support programs that share Charlotte's passion, kindness and tender care for animals, children and families.

Our Programs, Scholarships, & Initiatives: Charlotte's Litter Therapy Dog Program. Supporting Therapy/Comfort dog organizations working in educational settings by providing funding through our grant program. Advocating for the use of therapy/comfort dogs through our published children's books and resource guides. This program honors Charlotte's eternal love for dogs. The Charlotte Bacon Veterinarian Scholarship. A scholarship, through North Carolina State College of Veterinary Medicine, is awarded annually to two 1st – 3rd year veterinary students. This scholarship honors Charlotte's dream of becoming a veterinarian. The Charlotte Bacon Selah Scholarship. The annual scholarship helps a bereaved couple, that is grieving a death of a child, attend a grief retreat in partnership with the MISS Foundation. This scholarship honors Charlotte's absence from our lives. The Charlotte Bacon Bereavement Care and Grief Research Initiative. Supporting organizations that care for bereaved families and grief research. This initiative honors the heartbreaking journey of all bereaved families who have suffered the death of a beloved child.

(continued)

CHARLOTTE BACON FOUNDATION

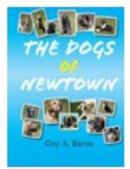
Charlotte Helen Bacon Foundation Books

Good Dogs, Great Listeners -The Story of Charlotte, Lily and the Litter.



Authored by Renata Bowers & Charlotte's parents, and illustrated by Michael Chesworth. The book illustrates the strong bond between Charlotte and her dog Lily, and shares Charlotte's joy, bold imagination, and her discovery of reading along the way.

The Dogs of Newtown



Authored by Charlotte's older brother, shares the story of the therapy dogs that visited Newtown schools after the tragedy at Sandy Hook Elementary School. Told through the voice and eyes of an eleven year old boy who was inspired by the therapy dogs that helped so many. Char-

lotte's brother pays tribute to these dedicated friends and helpers in a honest and heartfelt testimony.

Charlotte Helen Bacon Foundation, P.O. Box 681, Newtown, CT 06470

CMAK SANDY HOOK MEMORIAL FOUNDATION

http://www.cmakfoundation.org/

Chase Michael-Anthony Kowalski—Born October 31, 2005

In remembrance of Chase Kowalski, the students and educators of the Sandy Hook tragedy, CMAK strives to be a positive force to inspire community healing through family and children-focused initiatives and programs. By focusing on emotional healing and physical health & wellness, we will positively



change the lives of children and their families.

Chase was an amazing son, brother, and grandson whose heart was only filled with love for all the people he touched. He was a fun-loving, energetic boy who had a true love of life. He completed his first triathlon at the age of six and ran in many community road races. Chase had a deep love for the game of baseball and

enjoyed practicing with his father and teammates. Joining the Cub Scouts was just one of his many interests. He could often be found in the yard playing ball, riding his bike or quad. Chase's love will continue to live on and touch many more lives through the work of our foundation in his memory.

CMAK (Chase Michael- Anthony Kowalski) Sandy Hook Memorial Foundation is a 501(C)(3) organization. Contributions foundation are tax deductible. In remembrance of Chase Kowalski, the students and educators of the Sandy Hook tragedy, CMAK strives to be a positive force to inspire community healing through family and children-focused initiatives and programs. By focusing on emotional healing and physical health and wellness, we will positively change the lives of children and their families.

DYLAN'S WINGS OF CHANGE

http://www.dylanswingsofchange.org/



Dylan's Wings of Change is a foundation established to honor the memory of Dylan Hockley, one of the first grade victims of the Sandy Hook School shooting. The foundation's mission is to help children with autism and other related conditions achieve their full potential. Visit



WINGMAN

our website atwww.dylanswingsofchange.org

Our unique Wingman youth leadership program inspires **all** children to go above and beyond and create inclusive communities in their schools, sports clubs, dance studios and more. Wingman is active in 14 schools across Connecticut and New York and in dance studios across the United States, and continues to spread it's wings. Find out more at www.wingmanleague.org

Dylan's Wings of Change is a project of the Sandy Hook Promise Foundation, a 501c3 registered public charity. Attachments area

JESSE LEWIS CHOOSE LOVE MOVEMENT

HTTP://WWW.JESSELEWISCHOOSELOVE.ORG/

Jesse Lewis was a six year old victim of Sandy Hook tragedy whose brave actions saved the lives of nine classmates. He left behind a message on the kitchen chalkboard, "Nurturing Healing



Love" which are words that define compassion across all cultures and make up a powerful and profound formula for choosing love. Jesse's mother, Scarlett Lewis, used his message as the inspiration to create the Jesse Lewis Choose Love Movement, a non-profit organization teaching others to choose love. Its signature program, the Choose Love Enrichment Program (CLEP), provides educators with free social and emotional learning (SEL) tools for pre-K through grade 12. The program meets Common Core and American School Counselor Associations Mindsets and Behaviors for Student Success standards. The program also contains the five core social and emotional learning competencies: self-awareness, self-management, responsible decision-making, social awareness and relationship skills. CLEP is currently being piloted in classrooms across the country and will officially launch in the fall of 2017.

The program, developed by a team of leading educators, SEL experts and child psychologists, teaches children they have power to choose love in any situation using the Choose Love Formula of courage + gratitude + forgiveness + compassion-in-action. The program uses SEL, character values, emotional intelligence, neuroscience, positive psychology, post traumatic growth research, and mindfulness by cultivating connection, resilience and compassion. These 21st-Century life skills are proven to be even more important to a child's future success than academics alone. When children have social and emotional learning in schools, they get better grades (by at least 11%) and test scores, have less stress and anxiety and better relationships and are more likely to graduate. (continued)

JESSE LEWIS CHOOSE LOVE MOVEMENT

HTTP://WWW.JESSELEWISCHOOSELOVE.ORG/

Decades of research show the tremendous benefits of teaching children social and emotional learning skills that include improved attitudes and behaviors with a greater motivation to learn, deeper commitment to school, increased time devoted to schoolwork, and better classroom behavior; fewer negative behaviors with deceased



disruptive class behavior, noncompliance, aggression, delinquent acts, and disciplinary referrals; and reduced emotional distress with fewer reports of student depression, anxiety, stress and social withdrawal.

A report following the Sandy Hook Elementary School tragedy indicated if the perpetrator had access to social and emotional learning, the tragedy might not have happened. We spend billions of dollars treating symptomatic issues such as substance abuse, mental illness and violence in our society. The Choose Love Enrichment Program is a powerful, proactive and preventative approach that can help our children lead happier and healthier lives and cultivate a safer, more peaceful and loving world. The need and want for love is what connects us all as human beings. Many of the issues faced today come from a lack of love. The Choose Love Movement was developed to teach students how to choose love for themselves and others. Children who are connected, resilient and compassionate will grow to be happy, healthy and productive citizens and will not want to harm one another. When children realize they have the power to positively impact themselves as well as those around them, they are empowered and their positive actions and interactions perpetuated.

THE JESSICA REKOS FOUNDATION

HTTP://WWW.JESSICAREKOS.ORG/



The Jessica Rekos Foundation was formed in an effort to continue Jessica's love of horses and whale "research" and to allow people to remember our little girl through her beloved horses and whales. Our mission is to create

and fund programs and events that will allow others to experi-

ence Jessica's passions. Additionally, we will support school security efforts to protect children like Jessica and her classmates.



What have we done so far?

Realizing that our local early education centers have not been given the same financial attention for safety measures as the public schools, we have worked with several local preschools and other youth-based facilities to coordinate security assessments with the State Police and provided funding for physical security improvements.

Summers since 2013, Jessica's barn has hosted a two-week camp for children between the ages of 6 to 10 who are given riding instruction and learn proper horse care, all while making horse-related crafts, playing games, and having fun. We are providing year-long scholarships for horseback riding lessons for students who would not otherwise have the opportunity to take weekly lessons. (continued)

THE JESSICA REKOS FOUNDATION

HTTP://WWW.JESSICAREKOS.ORG/

We are continuing to sponsor the Rekos Fellowship created by the Whale and Dolphin Conservation (WDC) to focus on research and conservation initiatives for orca whales in the Pacific Northwest. The orca fellow assesses the threats faced by wild orcas in North American waters and internationally, in an effort to increase public awareness and conservation efforts.



Each year since 2013, we have supported the WDC Internship Program, allowing ten interns the opportunity to gain experience in their renowned living laboratory at WDC. WDC created a plaque to honor Jessica and commemorate our partnership. Through its relationship with various commercial whale watch companies, WDC had plaques placed on over a dozen vessels' observation decks -- each honoring Jessica's life, passion for whales, and her invincible spirit. We donated \$26,000 to Newtown Public Schools to be put towards physical security improvements in our schools.

jessicarekos.org

MARY'S FUND

https://donatenow.networkforgood.org/fccfoundation

Mary's Fund was established in 2013 following the mass shooting at Sandy Hook Elementary School. Named after Mary Sherlach, the school psychologist at Sandy Hook, Mary was one of the first educators killed that morning. Established by her family and friends, Mary's Fund is dedicated to continuing her work of providing mental health services to children and teens.

MISSION STATEMENT

The mission of Mary's Fund is to provide access to CONTINUING HER WORK mental health services for children and teens, throughout Fairfield County, Connecticut, who might otherwise find such services un-accessible. The goal of Mary's Fund is to continue Mary's work, in perpetuity, providing the highest quality of care that Mary sought to deliver each day at Sandy Hook.

Non legacy 12/14
Organizations
Inspired by Loss

HONR

www.honr.com

The HONR Network, founded by Lenny Pozner, aims to bring awareness to Internet hoaxer activity and prosecute those who wittingly and publicly defame, harass and emotionally abuse the victims of high-profile tragedies. Americans who lose loved ones have the right to grieve in peace without being harassed, exploited or subjected to online defamation. Unfortunately, the publicity surrounding most high-profile tragedies makes these vulnerable people ideal targets for this kind of persecution. Conspiracy theorists have made accusations that recent mass murders such as those at the Sandy Hook Elementary School, Boston Marathon and Orlando Pulse nightclub are actually elaborately staged government plots to deceive the public.

Whenever the HONR network finds a video or rant attacking victims of a tragedy, it alerts outlets such as YouTube or Facebook or contacts police or other authorities and publishes the complaints. The organization has successfully removed thousands of pages of abusive online content. In addition, laws exist that hold accountable those who libel, slander or otherwise defame the dead and living. Other laws levy severe penalties against those who stalk, harass and intimidate, both online and in person.

Len Pozner (646)533-1140

SAFE AND SOUND: A SANDY HOOK INITIATIVE

http://www.safeandsoundschools.org/

Safe and Sound is a a non-profit organization of Sandy Hook parents, educators, and community members — all inspired by our children and educators who perished on December 14, 2012. Alissa Parker,

mother of Emilie Parker, and Michele Gay, mother of Josephine Gay, founded the organization in April 2013. Since then, we have been joined by parents, citizens, professionals, leaders, and national and local experts who share our mission of making schools safer.



Safe and Sound is a national hub of resources, tools, and expert information for schools. Our website is a place where all school safety stakeholders — parents, teachers, administrators, law enforcement, mental health providers, volunteers, and the community — can learn and share information about making schools safer. We visit schools across the U.S. to teach best practices for safe schools. We research, compile, and present information that schools can access for free to create the safest possible learning and working environment. Through education, awareness, and training we can better protect our children and the dedicated educators and staff that serve them every day in our communities.

Mission Statement

- To empower communities to improve the security of their schools through discussion, collaboration, planning and sharing of information, tools, and resources.
- To unite our national school community through a purely nonpartisan, grassroots approach to problem solving in our communities and our country.
- To provide school communities a platform for building local and national partnerships between parents, educators, students, first responders, safety and security experts, mental health professionals, and community members in order to maintain safe and secure schools.

Commissions, Foundations & Funding Sources

NEWTOWN MEMORIAL COMMISSION

www.SandyHookPermanentMemorial.org



The Sandy Hook Permanent Memorial Commission was appointed and assembled in 2013 by the town's Board of Selectmen to gather information and make a recommendation for a memorial honoring the 26 lives lost at Sandy Hook Elemencommission's members, consisting of several par-

tary School on December 14, 2012. The

ents who lost a child as well as seven other Newtown residents, pledged to ensure they received as much input as possible from those directly and indirectly impacted by the tragedy. As a result, the commission has regularly spoken with the 26 families who want to participate in this process and held open forums for the community at large to give everyone a voice in this meaningful process. The commission also kept an inventory of possible sites throughout the town for the final memorial, taking site visits and determining which sites best fit the information collected from different groups in the community, most importantly from the 26 families.

Recognizing that such a difficult decision must be made in a thorough manner that reflects the changing needs of the 26 families, it was not until 2015 that the commission made its first recommendations. After receiving additional input that demonstrated one site was not environmentally optimal and a secondary location deemed to close to a shooting range, the members went back to their inventory. Presently the commission is seriously considering the feasibility of locating the memorial at SAC Field on Riverside Road, which is owned by the nonprofit organization Boys Social and Athletic Club of Sandy Hook. The Town of Newtown is now working with the trustees of the club, which closed in the 1970s, to have the landed contributed for a memorial site. If this site is deemed acceptable, the commission will proceed with the design component of the memorial in 2017.

NEWTOWN MEMORIAL FUND

http://newtownmemorialfund.org/

The Newtown Memorial Fund, itself, is a memorial.

It is not a plaque or a statue or even a building. It is an ongoing remembrance that provides care and



support for those directly affected today, and for the entire community, for the long term.

The Newtown Memorial Fund's Focus:

Restore: We have worked to provide for the immediate needs of the families of the 26 victims, those who were wounded but survived, the 12 children who were first-hand witnesses, and the others affected.

Remember: We will contribute toward a lasting, meaningful, physical memorial honoring the lives lost on December 14, 2012, and have established academic scholarships for future generations of Newtown students.

Renew: By restoring and remembering, we will move our community ahead, together, starting today and continuing forevermore. We have always been a united Newtown, and we will remain connected through that bond. We refuse to be defined by this tragedy. And we are committed to ensuring there are *New Days Ahead*.

NEWTOWN-SANDY HOOK COMMUNITY FOUNDATION, INC

www.nshcf.org

The mission of the Newtown-Sandy Hook Community Foundation (NSHCF) is to devote itself to furthering and supporting operations and activities that address the short and long-term un-



met needs of individuals and the Newtown community arising from the tragic events at Sandy Hook Elementary School on December 14, 2012.

The Foundation was formed in February 2013 to receive the Sandy Hook School Support Fund (SHSSF) dollars and develop a locally controlled and separate organization to determine how donations would be allocated. The fund was established to receive undesignated financial donations to support impacted families, surviving students and staff, emergency responders, and the Newtown community in both the short and long term. The Foundation is a 501(c)(3) nonprofit organization.

The Board of Directors allocates money from the SHSSF to distribution committees to make disbursement recommendations. The first distribution committee was responsible for allocating the initial \$7.7 million to the victims' families and most immediate surviving witnesses and wounded staff. That distribution took place in August 2013. A second distribution committee was named in November 2013 and is responsible for soliciting on-going input as to the unmet needs that exist, prioritizing needs, and making recommendations for on-going distributions. (Continued)

NEWTOWN-SANDY HOOK COMMUNITY FOUNDATION, INC

www.nshcf.org

The distribution committee is made up entirely of Sandy Hook/Newtown residents who represent perspectives from many different impacted groups including victims, surviving students and



families, staff, emergency responders, mental health practitioners, members of the community at large, and a representative from the faith community.

The Foundation supports individuals and the community through three distinct areas of funding;

- Support for out-of-pocket costs associated with individual grief and trauma treatment related to the event. A frequently asked question guide has been established for those seeking financial support for treatment related costs and can be found at www.nshcf.org under resources and assistance. Funding partners for mental health reimbursement have included; the Newtown Rotary Club Foundation, Newtown Lions Club, and the Newtown Memorial Fund.
- Grants to support organizations working directly with impacted populations in the community
- Opportunities for community strengthening through events, trainings, and collaborative projects.

It has always been the intention of the Foundation to be a time-limited organization. Accordingly, the Foundation will continue to spend down the resources of the Sandy Hook School Support Fund and sunset in December 2025 once the youngest children enrolled at Sandy Hook Elementary School on 12/14/12 have left the school system. Our vision is to continue to help Newtown become a strong community where people connect and support one another in their journey toward healing.

Contact: Executive Director, Jennifer Barahona at 203-460-0687 or ibarahona@nshcf.org.

NEWTOWN SCHOLARSHIP ASSOCIATION

http://www.newtownscholarship.org/

The Newtown Scholarship Association, Inc. (NSA) was established as a nonprofit organization in 1937 to promote and advance the education of secondary school graduates residing in Newtown by providing needbased financial aid to Newtown students.



In its history, NSA has helped over 1,000 students achieve a post-secondary education, and awarded over \$3 million in scholarships. Presently, the active scholarships pertaining to the December 2012 tragedy are:

- Apple Rehab Scholarship of Hope
- Angels of Sandy Hook
- Come Together for Newtown
- Newtown Memorial Fund
- Newtown Proud/Newtown Strong
- Newtown Strong
- Sacred Heart University
- Sandy Hook Elementary School
- Sandy Hook Volunteer Fire & Rescue Co.



OFFICE OF VICTIM SERVICES COMPENSATION FOR CRIME VICTIMS

https://www.jud.ct.gov/crimevictim/

The Office of Victim Services (OVS) Victim Compensation Program offers financial help to crime victims and their family members and other persons who have financial loss because of a crime.



WHO CAN RECEIVE VICTIM COMPENSATION (MONEY)?

A victim of a personal injury crime; dependent or designated decision maker of a homicide victim; relative* of a sexual assault, domestic violence, child abuse, or homicide victim; child who witnesses domestic violence and is not related to the victim; person who paid some or all of the funeral expenses or crime scene clean up; person who provided care to a personal injury victim; and a person who is blind or has a disability and owns or keeps a guide or assistance dog that was injured during a crime. *There is specific compensation for those impacted by the Sandy Hook Tragedy.*

WHAT ARE THE ELIGIBILITY REQUIREMENTS?

You were injured during a crime or while helping police during a crime; you did not cause the crime or do anything illegal; the crime was reported to the police within five days or within five days when a report could reasonably be made; you are a sexual assault victim and told certain medical and mental health providers or advocates about the sexual assault or you went to a healthcare facility to have an exam done and did not report the crime to police; you must cooperate with the police investigation; you must cooperate with the Compensation Program by providing the information requested; and the application was filed within two years of the date of personal injury or death (a waiver form is available).

Non-relative Child Witness of Domestic Violence (up to \$2,000) Counseling.

Please visit OVS website for more detailed information:

https://www.jud.ct.gov/crimevictim/

1-800-263-2760

Community Resources

A PLACE FOR HOPE AND HEALING

http://www.aplaceforhopeandhealing.org/

The mission of A Place for Hope and Healing is to encourage and care for compassionate responders. Our supportive community walks in the world of these individuals and supports



them when they feel overwhelmed and believe hope is fading away. When the possibilities of life ebb, we connect, listen, walk, guide, share and thank these responders without judgment or advice.

Hope, which means seeing the possibilities inherent in life, can be developed in people in different ways. Hope is an attitude, not a permanent state of mind, so the work is urgent. We utilize several proven methods of offering, sharing and creating an environment of hope to which compassionate responders can respond. These include demonstrating appreciation and teaching and developing hope. Unfortunately, what these responders experience, see and feel everyday does not go away. But, with hope, those who give their all may be able to get up, go out, and feel encouraged to do another day's difficult work.

Kenneth & Mary Perry

Phone: 203-304-1805

BEN'S BELLS CONNECTICUT

www.bensbells.org

The simple kindness of strangers and friends . . .

Our mission is to inspire, educate and motivate each other to realize the impact of intentional kindness and to empower individuals to act according to that awareness, thereby strengthening ourselves, our relationships and our communities.



Through the creation and distribution of Ben's Bells — beautiful — ceramic hanging works of art — and our Kindness Education programs in schools, workplaces and neighborhoods, diverse individuals are unified in a powerful network of mutual support. Every year, thousands of Ben's Bells are hung randomly in public places across the country for unsuspecting people to find and take home as an inspiration to practice intentional kindness.

Ways to help Ben's Bells:

- Volunteer during open studio hours and help create pieces for Ben's Bells. No artistic ability is necessary! Ben's Bells Connecticut is located at 32 Stony Hill Road in Bethel, Connecticut.
- Join the Generation "Kind" movement by participating in Ben's Bells Kindness Education programs in your school, workplace, and neighborhood.
- Support Ben's Bells and spread kindness by purchasing "be kind" apparel and handmade merchandise.
- Donate directly to Ben's Bells and support our mission and Kindness Education programs.
- Plan a party at our studio or rent a Ben's Bells to-go box to help promote kindness.

Practice intentional kindness every day!

COMFORT DOG MINISTRY OF CHRIST THE KING LUTHERAN CHURCH, NEWTOWN

https://www.facebook.com/MaggieComfortDog/



Following the tragic events of 12/14/12, Christ the King adopted Maggie, a highly trained Lutheran Church Charities (LCC) K-9 Comfort Dog. Maggie brings a calming influence and allows people to open up their hearts and receive help in times of need.

The all-volunteer workforce of Newtown Comfort includes several trained and certified handlers who take Maggie out on her missions, as well as Maggie's caregivers, her scheduler, and her social media "consultant." Once described as "wounded healers" since our ministry began from our own post-12/14 healing with LCC comfort dogs, we're blessed not only by serving others, but also by the support we receive from each other in our ministry through prayer and pastoral consultation.

Maggie has served Sandy Hook Elementary School since it reopened in Monroe. She continues to serve in the newly built school, greeting students as they come off their buses, making classroom visits, providing one-on-one read-to-Maggie time, and allowing for self-selected-Maggie-time during recess. Over the 2016 summer, Maggie attended the many community tours of the new school, providing relief for the various emotions of community members.

Newtown Comfort also serves Reed Intermediate School, Newtown Middle School and Newtown High School, with up to 15 hours of service a week in the Newtown school system. The various other Newtown organizations we serve include Families United in Newtown (F.U.N.), Nunnawauk Meadows Independent Living, C.H. Booth Library, Newtown Kindness, and Ben's Lighthouse. Whether to help facilitate working through trauma and grief or to be a calming presence in a stressful situation, Newtown Comfort responds when we are invited. You can meet Maggie at Christ the King Lutheran Church, 85 Mount Pleasant Rd, Newtown, on Sunday mornings during her greetings before and after the church service.

203-426-6300

CYRENIUS H. BOOTH LIBRARY BOOKS HEAL HEARTS

http://www.chboothlibrary.org/

BOOKS HEAL



Books Heal Hearts is a project set up by the Cyrenius H. Booth Library with donations — both monetary and physical books —given in response to the Sandy Hook School tragedy.

While many of the book donations will be added to the library's permanent collection, there are multiple copies of many titles freely available for community groups and members to keep or pass along to others. Books Heal Hearts is a special project for healing that makes materials available for use in the library, our schools, and throughout our community, wherever there is a need and whatever that need may be. This will be an ongoing effort by the library to meet the immediate and future needs of the community. Books can be picked up at the library and are on display on the third floor near the reference desk.

203-426-4533

HEALING HEARTS CENTER FOR GRIEVING CHILDREN & FAMILIES

https://regionalhospicect.org/



Regional Hospice and Palliative Care provides bereavement services at the Healing Hearts Center to families coping with the death of a loved one. The family-friendly cenand Palliative Care ter, the children's playground, and compassionate, profes-

sionally trained facilitators create a welcoming environment for individuals and families.

Specific Groups are available for:

- Parents Siblings
- Grandparents
- Extended family members

Healing Hearts Center for Grief & Loss: Specialized support groups for those impacted by the tragic events of 12/14. This group, which is facilitated by a professional grief counselor, is for members of the community who are struggling with grief related to the Sandy Hook tragedy. Our group meetings are free, confidential, and open to Newtown/Sandy Hook community members.

Registration is required. Please call for more information or to sign up for the group and get specific meeting dates.

Adult Program: A six-week group for adults coping with the death of a parent, sibling or other family member or friend is offered in Southbury once a week. The goal of this group is supportive in nature, providing a safe environment for sharing with others who were also touched by loss. Healing Hearts also offers on-going grief support groups for adults, including Loss of a Spouse group, Loss of a Child, General Loss, Infant Loss, Survivors of Suicide Loss.

HEALING HEARTS CENTER FOR GRIEVING CHILDREN & FAMILIES

https://regionalhospicect.org/



Children's Program: Children grieve differently than adults. To meet their unique needs, Healing Hearts offers support groups

for children ages 4 to 18 that focus on provid-

ing a safe space to express feelings about loss. While the children meet, a concurrent adult group offers support for parents and caregivers. Children who have experienced the death of a parent or sibling join ongoing bereavement support groups with others their age.

Healing Hearts "Good Grief" Summer Camp: A camp for children ages 6 to 12 years of age, grieving the death of a loved one. The camp runs from July 17 to 20, 2017. Registration is required and space is limited.

For more information about the above programs, please contact Joanna DeNicola, Program Manager, at 203-702-9152 or email jdenicola@regionalhospicect.org.

HEARTS OF HOPE

www.ourheartsofhope.org

Hearts of Hope came to Newtown after 2,500 Hearts of Hope were delivered to the town for Valentine's Day 2013. Sent from all over the country as gestures of kindness and support, the hearts were hung on doorknobs, mailboxes, and fences in town for residents to find and take home. Immediately following that initial delivery, residents contacted the executive director of the national non-profit and formed the organization's first local chapter.

The group meets the third Wednesday of each moth (January through June and September through November) from 6:30 to 8:30pm in the hall of Newtown United Methodist Church in Sandy Hook. A cause, location or organization is identified in advance by Newtown volunteers to be the recipient of the hearts painted at each event. All ages are welcome to paint hearts as gestures of kindness and support. The Newtown chapter is very proud to be a part of delivering over 70,000 of the hearts to cancer centers, veterans, children's hospitals, active military, first responders and locations like Boston, Orlando and Paris since the project began in 2001. Kits can also be ordered off the Hearts of Hope website in any quantity for classrooms, universities, corporations, scout troops and friends.

NEW ARTS

http://newarts.org/

The New Arts program of the 12.14 Foundation was formed after the tragedy of December 14, 2012, when 26 lives were violently taken at the Sandy Hook Elementary School. We developed this comprehensive program to equip children with life skills to help them rise above and go beyond even their most difficult challenges. Our programs provide an innovative combination of inspiring arts initiatives and an evidence-based character development strategy aimed at offering the "tools for tomorrow." We provide children with opportunities to build confidence, inner strength and emotional intelligence, while encouraging compassion. In doing so, these children gain essential tools to thrive while also positively influencing the lives of others.

We believe we are on the road to developing a model program that can help children in communi-

ties everywhere. As part of that mission, we seek to build a home for this multi-disciplinary program, centered on a performing arts venue, which will be based in Newtown, with its





doors open to benefit people nationwide. By changing a generation, we change the future. We are developing performing arts programs with the help of Broadway professional actors, writers, directors, producers, choreographers, costume and set designers. The performing arts are powerful avenues of self-expression and creative outlets that can be used to both harness and release emotions.

NEW ARTS

http://newarts.org/

The arts encourage many other personal strengths such as confidence, courage and perseverance, as well as teach life skills, including teamwork, work ethics and calculated risk-taking. The A.R.C. (Aspire, Reach, Confidence) Program for character development has three distinct phases:

- 1) Stretching and striving of one's self through curiosity, ambition and optimism;
- 2) Expanding of one's self through applying grit and conscientiousness in learning new technical and performance capabilities; and
- 3) Sustaining of one's self through connection with and support from others who help anchor and capitalize this learning and development. The plays thus far presented are: Seussical: The Musical, A Rockin' Midsummer Night's Dream, 101 Dalmatian's Musical, Liberty Smith, Lion King, Jr., School of Rock: Youth Production, Wizard of Oz and A Christmas Carol.

In the summer of 2016, New Arts fostered a new relationship with Walnut Hill Community Church in Bethel, opening its doors to our programs and playing an integral role in our success.



NEWTOWN ACTION ALLIANCE THE NEWTOWN FOUNDATION

http://alliance.newtownaction.org/

Newtown Action Alliance (NAA), is an action-based all-volunteer grassroots organization dedicated to reversing the escalating gun violence epidemic in this nation through the introduction of smarter, safer gun laws and broader cultural



change. Membership is open to anyone who wants to help make this nation a safer place for our families and children. NAA's focus is on legislative and cultural change by promoting and enabling therapeutic, empowering and inspirational activism.

The Newtown Foundation's (TNF) mission is "To provide comfort, education, scholarship and other support and resources to people and communities impacted by, and living or growing up among or in the aftermath, of violence in American society; and to help them lead the way toward positive cultural change over the long term." TNF is only focused on promoting and enabling cultural change via programs that educate, heal and honor. TNF builds bridges between communities impacted by mass shooting events and communities that suffer from individual, daily acts of gun violence, as well as between suburban and urban communities. The strategy for both all-volunteer organization follows two separate, yet related tracks:

Building bridges and building a coalition.

NAA focuses on helping unite the large but disparate gun violence prevention movement. TNF is committed to helping victims and communities impacted by gun violence heal by transforming their tragic losses into actions that lead to a reduction in gun violence. We know firsthand how therapeutic it can be to find and use your voice and how impactful it is to talk about what happened to you. Nobody can explain or demonstrate the impact of gun violence more authentically than survivors.

NEWTOWN ACTION ALLIANCE THE NEWTOWN FOUNDATION

http://alliance.newtownaction.org/

TNF builds bridges between communities impacted by mass shooting events and communities that suffer from individual, daily acts of gun violence, as well as between suburban and urban and rural communities. Our needs are all the same, and we shed the same tears, no matter where we live. Every year, TNF coordinates with national gun violence prevention organizations to sponsor the National Vigil for All Victims of Gun Violence in Washington, DC, timed with the anniversary date of the Sandy Hook tragedy. Events include a day of service to those in need around DC and a National Vigil for All Victims of Gun Violence at St Marks Episcopal Church on Capitol Hill, and hundreds of local vigils across the nation. TNF provides travel stipends and lodging for families directly impacted by gun violence so they can join the National Vigil. Thousands of Americans directly or indirectly impacted by gun violence nationwide participate in these acts of remembrance that are witnessed by millions.

Empowering Youth. After the shooting, we realized that future leaders — our teens — were scared. Some were angry. Many were frustrated. Few could function. Unless we could help American teens transform their emotions into positive action and find and use their inherent sense of hope and kindness to inspire and lead, our best hope for long-term cultural change could be lost. Fortunately, we partnered with the Peace Jam organization and introduced a number of students to this program. We witnessed a remarkable transformation as youths seeking inspiration, inspired peers across New England, and even Nobel Peace Laureates. They emerged more energized and focused, some organizing the Junior Newtown Action Alliance (Jr NAA) and embarking on a mission inspiring a youth-led anti-gun violence movement nationwide. The Jr NAA is now a club at Newtown High School.

203-512-1778

NEWTOWN INTERFAITH ASSOCIATION

For many years, the Newtown Interfaith Council has developed and supported numerous religious and informative community events in order to enhance understanding and tolerance and continue to build bridges across all of the town's various faith communities. Immediately following the December 14, 2012, tragedy, the association held interfaith gatherings and vigils for prayer and consolation. Since then, the council and/or individual religious member communities have sponsored a number of services, events and conferences focusing on building resiliency and uniting for compassion and care within the Newtown community. The council continues to assess the needs of the community to determine how to best support individuals and families who were most impacted. The council's work seeks to build bridges between organizations, professionals and individuals to help all people find the spiritual, emotional and physical resources that will be most helpful. The members also interact with faith leaders from communities throughout the country in order to share what has been learned and help others do their best to prepare for such traumatic events and disasters.

In the future, our faith leaders will seek to continue to discern how best to aid the community on this ongoing journey and to assist the town's different populations through care and activities that will serve those in need.



NEWTOWN INTERFAITH ASSOCIATION

Interfaith Association Membership:

The Rev. Matthew Crebbin, Senior Minister, Newtown Congregational Church, UCC, spnewcong@sbcglobal.net

The Rev. Kristen Provost Switzer, Minister of Youth and Mission, Newtown Congregational Church, UCC, revkps@gmail.com

Rabbi Robert Schectman, Congregation Adath Israel, robertschectman@comcast.net
Steven Bamberg, Congregation Adath Israel, sbambergphoto@yahoo.com

The Rev. Lori Miller, Senior Minister, Newtown United Methodist Church, lori.miller@nyac-umc.com

The Reverend Dr. Jennifer Glaze Montgomery, Trinity Episcopal Church. jmontgomery@trinitynewtownct.org

Eman Beshtawii, Chaplain and Director, Al Hedaya Islamic Center, <u>info@msgdanbury.org</u>; <u>elhags@sbcglobal.net</u>

Dr. John Woodall and Margo Woodall, Baha'i Faith Community, johnwoodalmd@gmail.com; mdeselin@gmail.com

The Rev. Leo McIlrath – Ecumenical Chaplain, Lutheran Home of Southbury, lionofjudah56@hotmail.com

The Rev. Pastor Jack Tanner, Minister, Elder, Newtown Christian Church, newtowncc@me.com

The Rev. Monsignor Robert Weiss, Pastor, St. Rose of Lima Roman Catholic Church, FrWeiss@diobpt.org

The Rev. Rob Morris, Pastor, Christ the King Lutheran Church, rcmorris727@hotmail.com

Pastor Tim Kuhn, Faith at Newtown, pt@faithatnewtown.org

Ron Nelson, Church of Latter Day Saints ronald.nelson@chubb.com



NEWTOWN PARKS & RECREATION DEPARTMENT

https://newtownrec.com/

The mission of Newtown Parks and Recreation Department is to create quality recreation and leisure opportunities, strengthening the community through people, parks and pro-

grams. To meet this mission, it provides a wide variety of annual events for all ages and interests.



After 12/14, the department instituted the Summer

Jam music series at Dickinson Memorial Park in order to bring the community together for entertainment and enrichment. This has become an annual event serving thousands of people from Newtown and the surrounding communities.

Parks and Recreation has also recognized that some of the children and young teens attending the department's summer camps may need support beyond the usual arts, crafts, sports, lessons and trips. As a result, a full-time social worker is available at each session. In addition, all camp staff attend training programs in trauma, grief and support skills, expanding camp capacity, and shareholder communication. The summer camp, held at both Dickinson and Treadwell Parks, particularly focuses on the campers' personal strengths and culminates in a talent show where they can show off their talents and creativity.

203-270-4340

NEWTOWN SOCIAL SERVICES

http://www.newtown-ct.gov/social-services

Newtown Social Services, a Town of Newtown department located at 3 Main Street, in the lower level of Town Hall South, provides a wide variety of services for residents of Newtown.

- Assist with and process applications such as the Energy Assistance Program, Rental Rebate Program, DSS and Title 19, Medigap policies, Medicare Savings Program, and Social Security.
- Provide information and referral to all resources in the area. Supportive counseling, inhome visits, assessments and crisis intervention are also available.
- Temporary assistance during times of financial difficulties.
- Salvation Army Food Pantry is open Monday and Thursday 2:00pm to 4:00pm.
- Energy Assistance Program
- Operation Fuel Program
- Holiday baskets
- Furniture, appliances, household and baby items
- Information and referral to Social Service agencies
- Home visits and in-home assessments for the elderly
- All services for the elderly
- Financial planning and budgeting
- School supplies
- Supportive counseling
- Crisis intervention
- Benefits application assistance
- Advocacy

We are open Monday through Friday, 8am to 4:30pm 203-270-4330

Mental Health

CENTER FOR SUPPORT AND WELLNESS (CSW)

www.newtowncsw.org



The mission of the Newtown Center for Support and Wellness is to be a single point of entry which connects members of the community with wellness resources through a strong referral system and dedicates staff to families and individuals in need.

We are conveniently located at 28 Trades Lanes,

Newtown, CT (Fairfield Hills Campus) or can assit you over the phone at 203-270-4612.

What we do:

- Provide mental health referrals
- Support clients until the referral connection is made
- Provide education and awareness around mental health
- Provide a dedicated staff member to those impacted by 12/14
- Support community partners and providers by providing professional development training and collaborating to fill gaps in service.

Our History:

In March 2016 a Director and Care Navigator were appointed as the first staff members and worked with community members to create the mission for the Center for Support and Wellness. In August and September of 2016 the victims families navigator and survivors care navigator, both funded by VOCA) were appointment to ensure dedicated staff to those impacted by the tragedy at Sandy Hook. The center now can be purposeful to include the needs of those most impacted by 12/14 as well as the larger community; related to or unrelated to the tragedy. Both the Director and Community Care Navigator work closely with social services, Newtown Police, Newtown Public schools, and others to help support individuals and families in the community.

EMBRACE HOPE

http://embracehopesandyhook.org/

Embrace Hope is committed to providing comprehensive mental heath treatment for children, adolescents, adults and families.

Embrace Hope offers a variety of treatment modalities suited to the unique needs of the clients:

- Equine Assisted Psychotherapy utilizes the Equine Assisted Growth and Learning Association (EAGALA) approach, incorporating a team of a licensed mental health professional, an equine specialist and horses to focus on mental health treatment goals through activities reflecting real-life issues. Sessions revolve around client experimentation, problem solving, risk taking, utilizing creativity and finding best solutions. Treatment provides insight when dealing with challenging life situations to enhance overcoming fear and developing confidence. All sessions are unmounted.
- **EAGALA approach**, which focuses on specific education and learning activities designed to meet the objectives of a specific group. All sessions are unmounted.
- Equine facilitated psychotherapy, with a team of licensed mental health professionals, an equine specialist and horses. This treatment modality harnesses the unique ability for the horse to both nurture and provide strength to clients with whom they interact. All sessions are unmounted.
- Zoar Ridge Farm Club, which provides opportunities for children to meet with peers and improve self-confidence through a variety of farm activities.

What to expect at Embrace Hope: Initial session includes registration, signed copy of HIPPA agreement, and participation consent. Weekly participation for six weeks with 45- to 50-minute sessions based on client treatment goals. We look forward to working with you.

To make an appointment or discuss treatment contact Mary Poupon 203-364-7000

Embrace Hope

FAMILY & CHILDREN'S AID

http://www.fcaweb.org/

Family & Children's Aid (FCA) in Danbury is a community-based, non-profit organization that offers high quality, innovative and responsive programs and services to heal and support children and families in crisis.

MISSION:

For every child, a home.



FCA offers outpatient programs, in-home services and a summer camp. It believes that seeking help is a sign of strength, and excellent care should be available to individuals and families in all walks of life, whenever needed and without discrimination. FCA provided counseling services in Newtown following 12/14 and continues to do so now out of its Danbury office.

<u>Child Guidance Center</u> provides mental health services to children and families by a staff of child psychiatrists and masters-level, licensed therapists who offer counseling services in adaptable therapeutic methods.

Life is Good Playmakers[™] is a program that FCA staff has learned to harness the intuitive power of playfulness in children and help them heal from psychiatric trauma. Using structured playgroups, Playmakers [™] focuses on rebuilding a sense of safety, community connection, imagination and wonder in children.

Intensive In-Home Child and Adolescent Psychiatric Services (IICAPS) is a home-based service designed by the Yale University Child Study Center to serve the needs of children with psychiatric disorders and whose families need assistance safely maintaining the child at home. IICAPS partners the child, the family, the school and treatment team through multiple home visits each week.

KEVIN'S COMMUNITY CENTER

http://www.kevinscommunitycenter.org/

Kevin's Community Center's (KCC) mission is to provide free medical services to persons 18 years of age and older, who are uninsured or underinsured and who meet certain income guidelines. KCC helps relieve the burden of the healthcare crisis, providing the uninsured the care they need before having to resort to urgent care.

KEVIN'S COMMUNITY CENTER

Free Medical Clinic

Our Vision:

To increase our capacity to see more patients to establish a comprehensive healthcare facility that includes educational programs, a library for health information, and an outreach support center to help improve and enrich the lives of all in our community.

To best meet the needs of its patients, the volunteer professional medical staff of Kevin's Community Center teamed with the Psychiatric Division of Massachusetts General University Hospital for a workshop on acute stress, post-traumatic stress disorder (PTSD) and grief counseling. Cognitive behavior therapy is utilized for the treatment of acute stress, PTSD and grief. This was a unique opportunity for Kevin's Community Center and a privilege to have a nationally recognized program sponsor and fund such an event that was specifically tailored to Newtown's needs.

203-426-0496

NEWTOWN-STRONG THERAPY DOGS

http://newtownstrongtherapydogs.com/

Newtown Strong Therapy Dogs is a Sandy Hook/Newtown-based organization originally formed by a small core of Newtown dog trainers that had its humble beginnings shortly after the Sandy Hook tragedy on 12/14/12. In these past four years, the group of trained and certified therapy dogs has grown to 34 members. The goal of Newtown-Strong is to en-



sure that we will always have therapy dogs available to help in our community and will be here for the long term. We provide the training, testing and certification of our dogs. Newtown-Strong will bring the dogs to any area event.

RESILIENCY CENTER OF NEWTOWN

www.resiliencycenterofnewtown.org

The Resiliency Center of Newtown (RCN) offers trauma-informed services focused on long-term individual and community healing for children and adults impacted by the tragedy at Sandy Hook School on December 14, 2012. We offer innovative Creative RESILIENCY CENTER OF NEWTOWN



Arts Therapies, which are effective in trauma survivors of all ages. Because much of healing comes from shared experience, RCN offers many opportunities for connection within the community. Finally, RCN actively seek grants and alternative funding sources so services can be accessed without financial burden. Community members know they can come to RCN and receive services that are not offered anywhere else in the area, all at no cost.

Brainspotting - Dr. David Grand, the founder, describes the treatment as a way of helping people identify, process, and release core neurophysiological sources of emotional/body pain, and trauma and other challenging symptoms. During Brainspotting, an individual's gaze on a spot assists the individual in accessing and resolving past traumas.

MNRI - Masgutova Neuro-Sensory-Motor and Reflex Integration was established by Sveltlana Masgutova, Ph. D. MNRI is a non-verbal, body-based therapy using specific movement and stretching techniques to integrate the body's natural primary reflex patterns that may be interrupted by trauma or stress.

Art Therapy - Within the Art Therapy relationship, individuals use the creative process to express thoughts, feelings, and experiences which resolve trauma, reconcile emotional conflicts, develop social skills, solve problems, reduce anxiety, and enhance self-esteem. Individuals need no prior skill. Art materials such as paint, collage, fabric, and clay are used to support clients' needs and facilitate the healing process.

Music Therapy - The interpersonal, creative process of Music Therapy helps children and adults who have experienced trauma develop a sense of safety as well as strategies for processing trauma, stress management, and positive coping, while improving communication, creative expression, and resilience. No musical experience is needed to benefit from Music Therapy.

RESILIENCY CENTER OF NEWTOWN

www.resiliencycenterofnewtown.org

- Play Therapy Play becomes the child's way of working out feelings of anxiety and fear while re -establishing a sense of balance and control in their lives. In the safety of play, the child "controls the story. This enables them to express, control, and ultimately release powerful feelings that improve their ability to cope outside of the playroom.
- Camp Sea Stars North RCN and CampGroup host selected Newtown children (ages 8 to 16) for a free-of-charge five day week-long sleep-away camp experience. The goal is to help the kids heal through summer camp.
- Camp Creativity Camp Creativity provides all the great activities of an old fashioned day camp with music, camp songs, hiking, sports, and arts and crafts experiences with RCN's Board-Certified therapists in a safe setting attuned to each child's unique needs.
- **Girl Empowerment Program** This program is offered to Newtown /Sandy Hook girls in grades 3 to 6 and is available for Spring and Fall sessions. This unique program places emphasis the whole girl approach by developing healthy minds and bodies. The 10 week class includes lessons on confidence, self-esteem building, and learning to deal with bullies, all combined with yoga and running. The program culminates with all running a 5k race as a team with one goal...regardless of time or ability everyone finishes!

https://resiliencycenterofnewtown.org/ 203-364-9750

NEWTOWN YOUTH & FAMILY SERVICES

www.newtownyouthandfamilyservices.org

Newtown Youth and Family Services (NYFS) is a licensed, accredited, non-profit mental health provider and youth service bureau. For more than 30 years, our dynamic agency has provided clinical mental health services and enrichment programs for individuals of all ages in the greater Newtown area. We provide outpatient mental health and substance abuse treatment, underage drinking prevention initia-



tives, after school, evening and weekend programs to promote individual and community wellness.

WHAT SERVICES WE CURRENTLY OFFER:

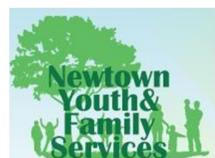
- Counseling: Outpatient individual, couples and family counseling for a variety of concerns including but not limited to: Children's behavioral problems, parenting concerns, anxiety, depression, trauma, anger, family or couples relationship problems, bereavement, stress, divorce, and substance abuse. NYFS also offers medication management as needed to clients who are seen for counseling by our therapists. We accept most major private insurance plans, HUSKY and Medicare. We also have a sliding scale for those who are uninsured, fees are set based on the household income and size of the family.
- Group Counseling: NYFS offers group counseling related to various topics/groups based on needs and interest. Current and planned groups include two Social Skills Group for Teens, a general therapy group for teen girls, substance abuse recovery and relapse prevention.
- Support Groups: NYFS offers support groups related to various topics/groups based on needs and interest. Current and planned groups include a girls empowerment group at Reed Intermediate school, a divorce support group for kids and a support group for siblings of children with special needs.
- Case Management: Current counseling clients also have access to a Case Manager who can assist people with many different types of resources within the community and the ever-changing challenges to locate them, including but not limited to: Insurance (health or disability), transportation, employment, legal assistance, shelters and housing, and budgeting.

NEWTOWN YOUTH & FAMILY SERVICES

www.newtownyouthandfamilyservices.org

- Elder Abuse Case Management: Individuals who are victims of elder abuse and/or neglect are eligible to receive case management services at a location of their choosing in order to lead safe, healthy and productive lives.
- Student Assistance Counselor (Newtown High School and Newtown Middle School): In partnership with the Newtown Board of Education since prior to 2007, NYFS has a Student Assistance

 Counselor located at Newtown High School and Newtown Middle School



- Counselor located at Newtown High School and Newtown Middle School. This Licensed Clinical Social Worker is available to talk with students on an informal, drop-in basis, and has a focus of substance use prevention.
- Community Based Clinicians: Starting in the spring of 2013 as part of the recovery response, NYFS has provided counselors to all of the Newtown Public Schools with the goal of providing emotional support, psychoeducation, wellness activities and referrals for ongoing services when needed to the faculty and staff. In addition, NYFS has provided counselors to the two Newtown Parks and Recreation day camps. In this capacity, we assist with the planning of camp activities in a trauma-informed manner, provide emotional and behavioral support to campers, camp counselors and camp staff as needed.
- Social Recreational Groups: NYFS offers social recreational programs for youth with Autism Spectrum Disorders or other social difficulties. Our programs allow children, teens and young adults the opportunity to engage in fun activities and recreational outings with guidance from NYFS trained staff. We aim to promote individual growth, confidence, independence, flexibility and patience for children, teens and young adults with social difficulties. Our groups are separated by age.
- Homework Club: An after school program, offered at Reed Intermediate and Newtown Middle Schools, that enhances students' understanding of their assignments in addition to providing a safe, quiet place for students to complete homework, receive tutoring, and enrich organizational skills.

NEWTOWN YOUTH & FAMILY SERVICES

www.newtownyouthandfamilyservices.org

Peer Mentoring Program: FUSION is a peer-to-peer mentoring program that is run in conjunction with Newtown High School which pairs pre-screened juniors with incoming freshman for one full school year. The goal of this program is to make the transition into Newtown High School, easy, fun, and exciting for incoming freshman.



- Youth Employment: The Job Bank consists of local youth aged 13

 -17 years old who have gone through the process of completing an application, interview and short training and are ready and willing to work. Examples of jobs in the past have been mother's helper/baby-sitter, help with housework, yard work, organizing, filing, moving, the list goes on and on.
- Safety Town: A one-week summer interactive safety education program developed to teach rising kindergartners important life-saving lessons on strangers, traffic, fire, pedestrian, poison, drug, playground, bus and water safety. Safety Town combines classroom instruction and the use of a miniature town designed to provide a complete hands-on experience. The miniature town has a fire house, police station, library, and even features the historic Newtown, CT flag pole.
- Youth Programs: NYFS offer an array of year-round activities, programs, and events for all ages, interests, and abilities. Our programs provide opportunities to learn new skills, stay active, and connect with the community.
- Parenting Education Program: This court mandated program for families experiencing separation or divorce. This class is designed to educate adults about the many issues children face when their family situation changes. PEP trains participants about how to help children adjust in a healthy way to divorce or living apart from a parent.

www.newtownyouthandfamilyservices.org

203-270-4335

Monday-Thursday 9:00am-8:00pm, Friday 9:00am to 5:00pm and Saturday 8:00am to 1:00pm. 15 Berkshire Rd, Sandy Hook

SANDY HOOK RESTORATION FUND

http://www.walnuthillcc.org/

The Sandy Hook Restoration Fund of Walnut Hill Community Church exists to aid in the healing and rebuilding of the Sandy Hook/Newtown community by enabling and supporting immediate and long-term counseling and school needs and initiatives. As a faith-based initiative, all monies are given in the name of Jesus with the purpose of sharing God's love. Through the ministry of the local church, the Sandy Hook Restoration Fund has provided comfort, help and healing to thousands of people in the Greater Newtown/Sandy Hook community.

<u>Counseling and Support:</u> The fund provides ongoing professional counseling and trauma support to families, first responders and the broader community via one-on-one



counseling, public seminars, the Grief Share ministry, and women's and men's programs.

Equipping and Training: The fund offers professional equipping and training in how to help others work in the areas of trauma and grief to local church leaders, ministry teams and therapists. In addition to workshops and seminars, resources have been developed and dispersed. These resources are shared with the local community as well as with several communities around the country who have experienced tragedy.

Healing, Comfort and Unity: The fund enables large-scale community events that bring together the community to heal, receive comfort and experience community. Events and gatherings have already included "Standing in the Midst of Tragedy" with author Philip Yancey; "Heaven is for Real" with author Todd Burpo; international speaker Kay Warren, Pastor Brady Boyd, and author R.T. Kendall.

<u>Crisis Support:</u> Funds go to individuals and families directly involved in the tragedy that help offset the cost of emergency needs to provide necessary space to heal.

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SANDY HOOK RESTORATION FUND

Ongoing Ministry and Services

Family Support: Through the ministry of Walnut Hill Com- WALNUT HILL munity Church, we are able to provide free support and care in the following areas:



- Grief support
- Marriage enrichment and mentoring
- Divorce care
- Parenting support
- Mother's support groups
- 12-steps with Christ recovery groups
- Cancer support groups
- Professional counseling

Community Support: The church has led several community groups in Sandy Hook/Newtown that provide the context for individuals and families to encourage and support each other through life's daily joys and challenges. These groups provide safe environments where members share with one another.

Special Needs: Rumors and wrong information have spread through social media and the news regarding those who live with special needs and/or mental health concerns. Fear, judgment and general confusion exist on these subjects, impacting the general population and also parents and families who have children or siblings with various disabilities. Our community has considerable need to love and help special individuals and support families as they care for their loved ones. Walnut Hill has a ministry that provides support to individuals and families with special needs. We feel called to further invest in this area by becoming a truthful "voice" for those who are struggling to speak for themselves, as well as to be a tangible example of the love of Christ.

203-796-7377

Substance Abuse

NEWTOWN PARENT CONNECTION

http://newtownparentconnection.org/

Our Kids Are Dying Senselessly.

They are dying from substance abuse and addiction. Some are dying a slow, insidious death. Others are taken from us suddenly, with little or no warning. We are losing the battle against substance abuse and are losing loved ones in Western Connecticut and across the nation. The goal of Newtown Parent Connection is to work with individuals and families to build resiliency and strengthen the connection among



family members. Strong families help create strong communities. We collaborate with town agencies, the schools, religious communities, and police departments to enlighten our community and prevent the use of drugs and alcohol among our youth.

Knowledge is power; by being better informed, we can begin to take the steps necessary to prevent or treat the problem. This is an issue that affects all aspects of our community. Your involvement does make a positive difference. Newtown is committed to addressing the problem of substance abuse and addiction directly, and Newtown Parent Connection is dedicated to helping increase awareness through education.

The mission of Newtown Parent Connection is to educate and empower the community in the prevention of substance abuse and embrace families in crisis.

We recognize now, more than ever, the need to embrace all families, especially those impacted by the traumatic events of December 14, 2012. The organization has expanded its vision to build and finance a permanent wellness, prevention and recovery support infrastructure for young people and families in the Newtown community. Local Meetings at Newtown Parent Connection office, 2 Washington Square, Fairfield Hills Campus, Newtown, CT 203-270-1600 Hope & Support, Every Thursday, 7 to 9pm; Fairfield Hope & Support, located at the First Congregational Church, 148 Beach Road, Fairfield; 7 to 9 pm every Wednesday; Bereavement, first Wednesday of month, 7:00 to 8:30pm.

NEWTOWN PREVENTION COUNCIL

http://www.newtownprevention.org/



Newtown Prevention Council is a diverse coalition of community members that are committed to creating a culture in Newtown that positively engages the community to empower youth and families to make healthy thoughtful decisions and to support healthy, substance free living.

WHO WE ARE:

Representatives from private, public, and non profit sectors that include:

Youth	Healthcare Professionals	Law Enforcement	Schools
Businesses	Media	Youth Serving Organiza-	Parents
Religious/Fraternal	State, Local & Tribal agencies	Other organizations in-	
Organizations	with expertise in substance abuse	volved in reducing sub- stance abuse	

WHAT WE DO:

- Engage the community in the development of a town-wide long –term strategy that is designed to keep youth safe and drug free.
- Increase public awareness of the scope and nature of substance abuse issues involving youth.
- Promote public action and policies that increase awareness of substance issues.
- Encourage the development of evidence based programs related to substance use prevention.

MEETING DATES:

All NPC meetings are held from $\#: ^{\underline{a}} - 4:3op.m$. on the *third Thursday* of the following months at the CH *Booth Library*. All meetings are open to the public!

September November January March May

For more information: contact Chelsea Preneta Telephone: (203) 426-8103

E-Mail: cpreneta@newtownyouthandfamilyservices.org

http://www.newtownprevention.org/

