

## Community Resources Available for Patients



**Thames Valley Council  
for Community Action, Inc.**

**Food & Nutrition:**

*Meals on Wheels, SNAP, SNP, etc.*

860-889-1365

**Energy Assistance:**

860-425-6681

**Housing Assistance:**

860-889-1365

**Employment Assistance:**

860-848-5920



*Senior Resources provides services to assist older individuals, individuals with disabilities, their families and their caregivers. In addition, we provide funding to community-based agencies for services such as adult daycare, homemakers, home health aides and transportation.*

**860-887-3561**

**19 Ohio Avenue, Suite 2**

**Norwich CT 06360**

Office of Paul H. Deutsch, MD  
86 New London Tpke, Norwich CT 06360



To offer recreational, educational, social, health, and human service programs that are designed to foster independence and community involvement for persons age 55 and older.

*\*Transportation services, podiatry, education, recreation, meals, etc.*

**Rose City Senior Center**

8 Mahan Drive  
Norwich CT 06360  
860-889-5960



**Suicide Prevention, Smoking Cessation, Senior Resources**

Campbell Building  
401 W. Thames Street, Suite 106  
Norwich, CT 06360  
860-823-1189



**Connecticut Behavioral Health Associates, P.C.**

22 Case Street  
Norwich, CT 06360-2215  
Phone: (860) 823-1399

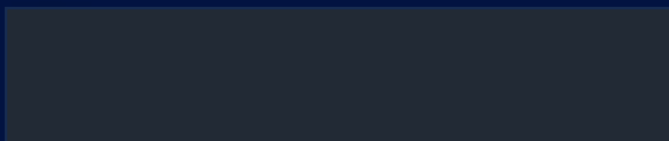
# WE ARE HERE FOR YOU

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FOOD & ESSENTIALS  
HEALTH CARE & SELF CARE  
EDUCATION & CHILD CARE  
HOUSING & FINANCIAL  
IMMIGRANT RESOURCES  
INTERNET & PHONE  
SENIOR RESOURCES  
CENSUS INFORMATION  
PREGNANT, BABY,  
& CHILD RESOURCES

## CALL 2-1-1

- ALL CALLS ARE FREE & CONFIDENTIAL
- 24 HOURS A DAY, 7 DAYS A WEEK
- MULTIPLE LANGUAGES AVAILABLE



## Want To Quit Tobacco For Good?

Join us for a FREE virtual Tobacco Cessation Program!

*Freedom From Smoking® via ZOOM!*

- Enjoy a supportive, science-based, group environment with a focus on health behavior change
- Get assistance in preparing to quit, quitting and not returning to tobacco use
- Re-prioritize other healthy behaviors like stress management, physical activity and healthy eating that support a tobacco-free lifestyle
- **FREE Nicotine Replacement Therapy** (patches, gum, lozenges) and a *Freedom From Smoking®* workbook are available to participants

This program is 8 sessions over 7 weeks. Program will be held virtually via ZOOM.

**Join us!**

**Tuesday Nights Starting March 14th 2023 at 6:30PM**

**Session Dates: March 14th, 21st, 28th**

**April 4th (Quit Day), 6th (Thursday, 48hr follow-up), 11th, 18th, 25th**

Enrollment is geographically limited. Sign-up today!

If these dates/times don't work for you, individual 1:1 coaching is also available

Pre-registration is required by March 10th

Contact Carolyn Wilson, MPH, CHES, NCTTP, CPS

Email: [carolynwilsonwellness@gmail.com](mailto:carolynwilsonwellness@gmail.com) or call/text 860 400 2072



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Supporting victims of  
domestic violence, sexual  
assault, stalking, and  
trafficking in southeastern  
Connecticut since 1976.

**NEED HELP? CALL OUR 24/7  
CONFIDENTIAL HOTLINE:  
(860) 701-6001**