



Children First Groton

Resource Guide

For

Families

*Updated March 29, 2025

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Early Childhood

Children First Groton <https://www.childrenfirstgroton.org/>

Email: office.of.cfg@gmail.com

Children First Groton (CFG) began in 1999 through the Children First Initiative and was known as Groton's Early Childhood Community Collaborative. In collaboration with the Groton community, CFG designed and is implementing a Community Plan focusing on important issues in early childhood for Groton families. CFG Leadership also serves as Groton's [School Readiness](#) Council (Early Childhood Collaborative), overseeing the State and Federally funded preschool programs in the community.

CFG is comprised of early childcare providers, parents, community members, nonprofit and for-profit service providers, librarians, health care providers, Groton Public Schools, Town and City Elected Officials and Departments, DCF, Town and City Police and Fire Departments, and other persons interested in working on early childhood issues in the Groton community. The work is guided by the CFG Leadership group and is implemented through four work groups (Physical Health, Education, Mental Health, Safe/Strong Families, and Finance & Communications) and five Neighborhood Groups; all of whom are currently working from the town-wide Community Plan.

Office of Early Childhood Parent Cabinet - Region 3 <https://www.ctoec.org/parent-cabinet/>

Phone: 773-401-5278/marinda.monfilston@ct.gov

The CT OEC Parent Cabinet is a diverse, parent-led 15 member advisory group to OEC that meets regularly to help make improvements in the lives of children and families across the state. There are 2 to 3 members representing a region of the state (according to [the Department of Children and Families \(DCF\) map](#)). When we use the term parent we mean all who care and raise children in a parenting role.

New & Expecting Parents

Birth Support, Education & Beyond <https://www.bsebct.net/>

Email: traci.mccomiskey@bsebct.org Phone: 860-867-7541

15 Crossley Court, Niantic, CT 06357

Home-Visiting Support in the prenatal, birth, postpartum and early parenting periods

Thames Valley Council for Community Action (TVCCA) <https://www.tvcca.org/> Phone: 860-889-1365

Alliance for Family Support - Home Visiting & Parenting Support - 860-425-6549

<https://www.tvcca.org/case-management/alliance-for-family-support/>

We are a collaboration of established Home Visiting Programs that have served our community for many years. Our focus is to provide the support needed by families in Eastern Connecticut. Locally and nationwide, home visiting professionals have helped parents and other caregivers cope, learn, grow, and thrive in the most important role they have ever had.

Family Home Visiting Partnership <https://www.ynhh.org/services/support-services/parenting-support>

Parenting Support Programs/Family Home Visiting Partnership of New Haven

Care coordinator Phone: 203-215-3602 or 203-215-9954

The Family Home Visiting Partnership of New Haven, formerly the Nurturing Families Network, is a collaborative partnership between Yale New Haven Hospital, Fair Haven Community Health Care and the Cornell Scott-Hill Health Center. The Partnership's programs offer free parent education, referrals to community resources and phone support to provide guidance to new parents and caregivers. Bilingual staff is available to support non-English-speaking families. The Family Home Visiting Partnership of New Haven accepts self-referrals and referrals from social workers, pediatricians or other healthcare providers and local agencies.

Child Care

Information

211 Childcare <https://search.211childcare.org/>

Phone: 2-1-1

2-1-1 Child Care helps families find child care to best meet their needs and maintains current listings of licensed and license-exempt child care programs in Connecticut. Search for a childcare center, family child care, and summer programs in your area.

Care4Kids <https://www.ctcare4kids.com/>

Phone: 1-888-214-5437

55 Capital Boulevard

Rocky Hill, CT 06067

Care 4 Kids helps low to moderate income families in Connecticut pay for child care costs. This program is sponsored by the Connecticut Office of Early Childhood.

Licensed Early Care Centers & Public School Programs

Child & Family Agency - Early Childhood Development Center (ECDC)

<https://www.childandfamilyagency.org/early-care-and-education/>

Phone: 860-437-4550

591 Poquonnock Road, Groton, CT 06340

Affordable, high-quality, year-round care to children ages 6 weeks – 5 years old.

Denison Pequotsepos Nature Center Preschool <https://dpnc.org/education-programs/preschool/>

Phone: (860) 536-1216/Email: sburns@dpnc.org

109 Pequotsepos Road, Mystic, CT 06355

Children may attend a two-day program on Tuesdays and Thursdays, a three-day program on Monday, Wednesday and Friday or a full, five-day program, Monday through Friday. Children must be three years of age by December 31 to be admitted to the program for September. They must be toilet-trained and self-sufficient.

Little Acorn Preschool <https://www.littleacornpreschool.org/our-philosophy>

Phone: 860-381-5378/Email: littleacornlearning@gmail.com

200 Hazelnut Hill Road, Groton, CT (in back of Christ United Methodist Church)

Incoming students must be 3 years old by December 31st. We're happy to teach your children through 5 years old.

Mystic Aquarium Seaschool Preschool <https://www.mysticaquarium.org/learn/children-and-families/pre-school/>

Phone: 860-572-5955/ Email: seaschool@mysticaquarium.org

55 Coogan Blvd, Mystic, CT 06355

Sea School is licensed to serve children ages 3 to 5 with a capacity of 20 children per class. Any child who has not turned 3 by the start of Sea School can still be enrolled in the program for a September start date, provided the child turns 3 on or before December 31st of that year.

Navy Child Development Center

<https://www.navymwrnewlondon.com/programs/2c3b755a-e6bd-41bf-b37a-c46271842b52>

Phone: (860) 448-6838

1-7 Highland Ave, Groton, CT 06340

Childcare for children ages 6 weeks to 6 years; NAEYC accredited. This is a facility-based program that provides child care services for infants through preschool age children from Monday through Friday during standard work hours (e.g., 6 a.m. to 6 p.m.). This program provides full-day care.

Noank Baptist Church Nursery School/Noank Village Preschool <http://www.noankpreschool.com/>

Phone: (860) 536-7129 /Email: NoankVillagePreschool@gmail.com

18 Cathedral Heights, Noank, CT 06340

Meets 5 days per week, from 8:30 am - 12:30 pm. Students may attend a 2 day per week (Tuesday, Thursday) schedule or 3 day per week (Monday, Wednesday, Friday) schedule.

Riverfront Children's Center <https://riverfrontchildren.org/>

PHONE: 860-445-8151

476 Thames Street, Groton, CT 06340

High-quality, individualized early care and education for children ages 12-weeks to 12-years-old. The center is open from 6:00 AM-5:00 PM, Monday through Friday, for 51 weeks a year (closed between Christmas and New Year's).

Sacred Heart School <https://www.sacredheartgroton.org/school/>

Phone: 860-445-0611/ Email: Admin@sacredheartgroton.org

50 Sacred Heart Drive, Groton, CT 06340

Sacred Heart School provides a Catholic education to students from pre-kindergarten 3 to eighth grade

St. Mark's Toddler Playgroup <https://mystictoddlerplaygroup.org/>

Phone: 860-574-5980/ Email: toddler-playgroup@stmarksmystic.org

15 Pearl Street, Mystic, CT 06355

St. Mark's Toddler Playgroup is an inclusive playing and learning program created to provide a nurturing and supportive environment for 2-year-old children enrolled in *Birth to Three* or Early Intervention to interact with their typically developing peers.

Toll Gate Christian Preschool <https://tgcp.school/>

Phone: 860-445-1760/tgcp@grotonbiblechapel.org

66 Toll Gate Road, Groton, CT 06340

TGCP serves children ages 3 to 5 years and is a resource and outreach of Groton Bible Chapel.

TVCCA Early Head Start/Head Start/LittleLearners <https://www.tvcca.org/education-services/>

Phone: 860-425-6586

36-40 Central Ave, Groton, CT 06340

TVCCA operates multiple childhood development programs to ensure the education and well being of families and children from birth through age 5.

First Impressions Learning Academy: <https://www.facebook.com/FirstImpressionsLearningAcademyCT/>

(860) 381-5537/fila758r@gmail.com

758R Colonel Ledyard Hwy, Ledyard, CT 06339

Children's Learning Center at Mitchell College <https://mitchell.edu/childrens-learning-center/>

Phone: 860-701-5348/fidrych_j@mitchell.edu

437 Pequot Avenue, New London, CT 06320

The Children's Learning Center at Mitchell College is accredited by the National Association for the Education of Young Children (NAEYC), the world's largest organization working on behalf of young children. The Children's Learning Center at Mitchell College has a curriculum nested in its environmentally rich surroundings. Based on principles that make children partners in the learning process, the curriculum is driven by each child's unique curiosity.

St. Luke's Grins & Giggles Preschool <https://www.facebook.com/stlukegrinsandgiggles/>

Phone: (860) 464-7897/nqnrup1926@gmail.com

Home Schooling

Classical Conversations <https://classicalconversations.com/community-search/?cid=gbnp>

Program Director Groton: Shevaun McKivigan

Classical Conversations is so much more than a homeschooling program. Everything centers around community. Working with like-minded families, parents are supported as they learn alongside their children. With engaging, hands-on learning opportunities for all ages, students broaden their minds and develop a Christian worldview with every passing year.

Child Development/Developmental Delays/Disabilities

CT Parent Advocacy Center (CPAC) <https://cpacinc.org/>

Phone: (860) 739-3089/ Email: cpac@cpacinc.org

Main Office: 5 Shaws Cove, Suite 102, New London, CT 06320

The mission of the Connecticut Parent Advocacy Center is to educate, support, and empower Connecticut's diverse families of children and youth with any disability or chronic conditions, ages birth to 26, and the professionals who serve them.

Ivy Speech & Language <https://ivyspeechandlanguage.org/>

Text/Call: (860) 800-5775/Email: esmith@ivyspeechandlanguage.org

107 Wilcox Road Suite 107C, Stonington, CT 06378

Elena Smith MA CCC-SLP - Pediatric Speech & Language - Consultation, Evaluation & Treatment

Selective Mutism Association <https://www.selectivemutism.org/>

State Coordinator: Alexandra Fortin/Email: alexandreafortin@gmail.com

Selective Mutism Support Group: Zoom meetings held on the 2nd Saturday of each month from 3-4pm Eastern.

Thriving Kids Therapy (OT/PT/Speech) <https://thrivingkidstherapy.com/about/>

Phone: (860) 245-1029/Email: info@thrivingkidstherapy.com

P.O. Box 29, Old Mystic, CT 06372

Evidence-based therapy services with the most caring approach to schools and educational facilities + private consultation and telehealth services for children birth to 18 years of age. We specialize in evidence-based, occupation-centered occupational therapy, Sensory Integration, and evaluation, developmental delays, Autism, fine motor skills, visual-motor integration, handwriting & apraxia.

Nurtured Voices: <https://www.nurturedvoices.com/>

Sarah Bruno, MS CCC-SLP is a certified speech therapist, singer, creative empath, and nature enthusiast. Her purpose and passion in life is to communicate with care while helping others.

FamilyWise Behavior Solutions: <https://www.familywisebehaviorsolutions.com/>

Phone: 860-603-2243/ stacie@familywisebehaviorsolutions.com

476C Thames St, Groton, CT 06340

FamilyWise Behavior Solutions is a high-quality, trustworthy and experienced Behavior Health Center of Excellence (BHCOE) accredited autism learning clinic and is considered one of the best in Eastern Connecticut. FamilyWise's Applied Behavior Analysis services (ABA services) are designed to increase your child's ability to learn language, social skills, and life skills while decreasing challenging behaviors. Our services are tailored to your child's unique needs, behaviors and temperament.

UCFS Autism Center <https://www.ucfs.org/services/behavioral-health/autism/>

Norwich Phone: 860-892-7042

47 Town Street, Norwich, CT 06360

The UCFS Program for Autism and Neurodevelopmental Disorders is a leader in confronting the challenges of autism and other developmental conditions through its training and service programs.

Sparkler App <https://www.ctoec.org/sparkler/> or <https://playsparkler.org/>

Sparkler is a mobile app that helps parents to check in on how their child is doing against key milestones — and provides activities to spark their early learning. It also has evidence-based and FUN do-together activities that you can play with your 0-5 year old to spark their growing heart, mind, and body!

Get started today by downloading Sparkler from the [Google Play Store](#) or [Apple App Store](#). Use the code “Groton” to register.

Connecticut Birth to Three System <https://www.birth23.org/programs/?town=groton>

Phone - Questions: 1-800-505-7000/Enrolled: 866.888.4188

450 Columbus Blvd. Hartford, CT 06103

Birth to Three supports families when they have concerns about their children's development

Child Safety

CTCHIP Connecticut Child Identification Program <https://childidkits.info/>

The Grand Lodge of Connecticut has developed the Child Identification Program in order to help families obtain the resources to record their children’s vital information. While we hope this will never be needed, it is true that everyday children are reported missing in the United States.

Groton Ambulance https://grotonambulance.org/Car_seat_check.html

Email for appointments: carseatcheck@grotonambulance.com

Groton Ambulance offers free Car Seat Checks to members of the public at events and through individual appointments. Our trained Child Passenger Safety Technicians (CPSTs) follow the National Highway Traffic Safety Administration rules to ensure car seats and boosters are correctly installed.

Family Support Services

Agencies

Thames Valley Council for Community Action (TVCCA) <https://www.tvcca.org/> Phone: 860-889-1365

- Alliance for Family Support - Home Visiting & Parenting Support - 860-425-6549
<https://www.tvcca.org/case-management/alliance-for-family-support/>
- Assistance - Case Management/Community Assistance - 860-444-0006 New London/860-889-1365 Norwich
<https://www.tvcca.org/case-management/>
- Employment - Job Assistance - 860-848-5920 <https://www.tvcca.org/job-assistance/>
- Energy Assistance - 860-425-6681 <https://www.tvcca.org/energy-assistance/>
- Financial Assistance - 860-425-6597 - <https://www.tvcca.org/energy-assistance/>
- Food & Nutrition -860-889-1365 - <https://www.tvcca.org/food-nutrition/>
- Housing - 860-889-1365-<https://www.tvcca.org/housing/>

Groton Human Services <https://www.groton-ct.gov/departments/humanservices/index.php>

Phone: 860-441-6760

Offers guidance, support, advocacy, financial assistance and emergency resources including food, personal hygiene items, baby diapers, etc., to eligible persons in the Town of Groton who are in need of short-term, temporary help to achieve and/or maintain stability and self-sufficiency.

Food

UCONN Expanded Food & Nutrition Program (EFNP) <https://efnep.uconn.edu/>

Phone 860-885-2825 (New London County)

Helps families learn about healthy eating, shopping on a budget, cooking and physical activity. EFNEP staff strive to empower participants, providing knowledge and skills to improve the health of all family members. Participants learn through doing, with cooking, physical activity and supportive discussions about nutrition and healthy habits.

Groton Community Meals: <https://www.grotonmeals.org/>

GCM is a private, non-profit organization serving free dinner meals year-round (except Federal holidays) on Mondays and Wednesdays, 6-7PM; the Monday meal is served at Thrive-55/Groton Senior Center, Rte. 117, Groton and the Wednesday meal is served at Thames River Magnet School, Brandegee Avenue, Groton. Meals are primarily served via a drive-thru/to-go set-up but a dine-in option is available at the Thrive-55 meal site.

Women, Infants & Children (WIC) <https://www.tvcca.org/food-nutrition/wic-program/>

New London: 860-425-6620/Norwich: 860-425-6562

The Special Supplemental Nutrition Program for Women, Infants and Children, better known as the WIC Program, provides supplemental foods, health care referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age

five who are found to be at nutritional risk. TVCCA is the local agency providing the service for the towns in New London County.

Supplemental Nutrition Assistance Program (SNAP)

<https://www.tvcca.org/snap-supplemental-nutrition-assistance-program/>

Phone: 860-444-0006

TVCCA can help you determine if you're eligible to receive SNAP benefits and provide assistance with completing the application. To receive SNAP benefits in Connecticut, household income and other resources have to be under certain limits and are reviewed. For some households, there is also an asset limit. The income standards for SNAP are based the federal poverty levels (FPL).

Housing

Housing Emergency: https://www.211ct.org/topic_pages/housing Phone: 211 and press #3 and #1 if you are homeless or in a housing emergency.

TVCCA Housing <https://www.tvcca.org/housing/>

Phone: 860-889-1365

TVCCA works with many partners throughout Eastern Connecticut to help end homelessness and provide affordable housing.

Malta, Inc- <https://www.maltaoutreach.org/about>

Phone: (860) 373-3975/ tori.malta.inc@gmail.com

20 Grove Ave Groton, CT 06340

Began as an effort to feed, clothe and encourage people experiencing homelessness on the streets of New London. MALTA continues to reach people living outdoors or in shelters in Southeastern Connecticut, as well as through other area charitable organizations. Volunteer-based, MALTA operates 52 weeks a year. While we address immediate needs beginning with food, clothing and love, MALTA also assists connecting people to additional resources available in the community. These connections affect the whole person and produce better outcomes.

Always Home, Inc. <https://www.alwayshome.org/>

Social Worker Marlynn Benker 860-245-0222, ext. 1/ mbenker@alwayshome.org.

A full-service, nonprofit agency focused on Preventing Family Homelessness. If you are a parent with custody of a minor child and are in a housing crisis, you may be eligible for Always Home's help. Support can include case management services, short-term rental assistance or help resolving a transportation or childcare emergency.

Employment

Thames Valley Council for Community Action (TVCCA) <https://www.tvcca.org/> Phone: 860-889-1365

Employment - Job Assistance - 860-848-5920 <https://www.tvcca.org/job-assistance/>

Whether you are a job seeker, underemployed, or switching careers, we can help you with your job search and career development. The American Job Center – Eastern CT is a partnership of agencies dedicated to supporting your search for employment. The comprehensive center in Montville is designed to combine numerous training, education and

employment programs into a single, customer-friendly system. Our staff provide free services to all job seekers and employers to meet all our region's employment needs

Transportation

Eastern Connecticut Transportation Consortium Inc. MOBILITY PROGRAM www.ectcinc.org

Phone: (860)848-5914 E-mail: ectcmobility@ectcinc.com

Contact: Barbara Currier, Eastern CT Regional Mobility Manager

The ECTC Inc. Addresses the lack of transportation services in Southeastern CT. We help senior citizens and people with disabilities navigate transportation options to stay connected to their community whether it be attending a family function, shopping, getting to a medical appointment or work. Transportation is the link to these services which allows a person to remain independent. ECTC's Mobility Program works toward maximizing resources of services such as public transit, senior transportation, volunteers, nonprofits and taxi services.

Domestic Violence, Abuse & Crisis

Safe Futures <https://safefuturesct.org/>

NEED HELP IMMEDIATELY? Call our 24/7 Support Line: (860) 701-6001

Phone: (860) 447-0366

16 Jay Street, New London, CT 06320

Safe Futures stops abuse, restores hope, and saves lives of those impacted by domestic violence, sexual assault, stalking, and trafficking in southeastern Connecticut.

Finance

Thames Valley Council for Community Action (TVCCA) <https://www.tvcca.org/> Phone: 860-889-1365

- Energy Assistance - 860-425-6681 <https://www.tvcca.org/energy-assistance/>
- Financial Assistance - 860-425-6597 - <https://www.tvcca.org/energy-assistance/>

New York Life - Financial Consultant (Jenilee Wirtz) <https://www.facebook.com/JenileeWirtzFinance>

Health

Medical

Local Hospitals and Health Centers

Yale/Lawrence & Memorial - Pequot Health Center <https://www.lmhospital.org/locations/groton-52-hazelnut-hill-road>

Phone: 860-446-8265

52 Hazelnut Hill Road, Groton

Lawrence + Memorial offers convenient access to skilled specialists and advanced healthcare treatments closer to home. Pequot Health Center features a full Emergency Department, same-day surgery, laboratory services, diagnostic imaging, outpatient rehabilitation and occupational health services.

Ledge Light Health District <https://llhd.org/>

Phone: 860-448-4882

216 Broad Street | New London, CT 06320

Local health department for East Lyme, Groton, Ledyard, Lyme, New London, North Stonington, Old Lyme, Stonington, and Waterford, Connecticut. Vaccinations & Tick Safety.

UCFS Healthcare <https://www.ucfs.org/>

Pediatrics: <https://www.ucfs.org/services/medical-services/pediatrics/>

Gynecology: <https://www.ucfs.org/services/gynecology/>

Adult primary care: <https://www.ucfs.org/services/medical-services/adult-primary-care/>

The Edward & Mary Lord Family Health Center - 47 Town Street, **Norwich** CT - 860-892-7042

New London Health Center - 351 North Frontage Road, **New London** CT - 860-442-4319

Offers a variety of services & programs including:

- Medical Services
- Gynecology (Norwich)

UCFS Healthcare <https://www.ucfs.org/>

The Edward & Mary Lord Family Health Center - 47 Town Street, **Norwich** CT - 860-892-7042

Offers a variety of services & programs including:

- Dental Health

Emergency Departments

Backus Hospital Emergency Room - 326 Washington St, Norwich, CT 06360 - 860-889-8331

Westerly Hospital - 25 Wells St, Westerly, RI 02891 - 401-596-6000

Chiropractor

Whitecap Chiropractic <https://whitecapchiropractic.com/>

Phone: 860-374-2802

159 Boston Poad Road, East Lyme, CT

Family and sports chiropractic clinic

Urgent Care

Hartford HealthCare-Go Health Urgent Care - 351 N Frontage Rd, New London, CT 06320 - 860-865-0934

Yale New Haven Health Urgent Care Groton - 220 CT-12, Groton, CT 06340 - 860-650-3848

Yale New Haven Health Urgent Care Norwich - 607 W Main St, Norwich, CT 06360 - 860-650-3848

Minute Clinics

MinuteClinic at CVS - 915 Poquonnock Rd, Groton, CT 06340 - 1-866-389-2727

Mental Health

Local Agencies & Therapists

Child & Family Agency <https://www.childandfamilyagency.org/>

Phone: 860-437-4550

591 Poquonnock Road, Groton, CT 06340

- Walk-In Hours <https://www.childandfamilyagency.org/open-access-hours/>
- **Child Guidance Clinic** <https://www.childandfamilyagency.org/outpatient/> Outpatient Behavioral Health clinic provides a wide range of services, including individual, family, and group therapy. Family Therapy is the context for much of the clinical work done at CFA and caregivers are routinely involved in their child's treatment.
- Community Based Services <https://www.childandfamilyagency.org/community-based-services/>
 - **Functional Family Therapy (FFT)** short-term, high-quality intervention program that works with adolescents and their families who have been referred for behavioral or emotional problems by the juvenile justice, mental health, school or child welfare systems. FFT primarily works with youth 11- to 18-year-olds.
 - **Multidimensional Family Therapy (MDFT)** family-centered treatment program for youth (ages 9-18) and their families. MDFT addresses a range of behaviors, including substance abuse, delinquency, high-risk behaviors, and aggressive behaviors, school and family problems, or emotional difficulties.
 - **Child First** early childhood intervention program designed to decrease serious emotional disturbance, developmental and learning problems, abuse, and neglect. Any family who is pregnant or has a child under the age of 6 experiencing emotional or behavioral problems, developmental or learning problems, or comes from environments in which there is considerable risk to their health and development is eligible.
- **Urgent Crisis Center (UCC)** <https://www.childandfamilyagency.org/urgent-crisis-center/>
Crisis line is 860-440-7182/ 255 Hempstead St, New London

Open Monday-Friday, 8 AM to 10 PM, and Saturday, 10:00 AM – 10:00 PM, to kids 18 and younger.

- Provides walk-in (no appointment necessary) care to children and teens experiencing an urgent mental health or behavioral crisis, including:
 - Thoughts of suicide or self-injury
 - Feelings of depression, anxiety, or hopelessness
 - Out-of-control behaviors
 - Substance misuse
 - Any mental health crisis
- Child Welfare <https://www.childandfamilyagency.org/child-welfare-programs/> Family must have an open case with the **Department of Children and Families**.
- **Family Resource Center (FRC)** <https://www.childandfamilyagency.org/family-resources/> Provides access to a broad continuum of early childhood and family support services designed to foster the optimal development and education of children beginning at birth.
 - Referrals to childcare centers
 - Developmental screenings
 - Support and resources for caregivers
 - Positive youth development programs and activities
 - Playgroups and community-based field trips
- **Early Childhood Mental Health Consulting (ECMHC)** <https://www.childandfamilyagency.org/early-childhood-mental-health-consultant/> Initiative to provide mental health support to children in grades Pre-K to 2nd Grade in school and/or home environments.
 - In-home care coordination and connecting families to community resources
 - Family assessment and engagement in evidence-based practices, such as Parents as Teachers (PAT) or Parent Child Interaction Therapy (PCIT)

UCFS Healthcare <https://www.ucfs.org/>

The Edward & Mary Lord Family Health Center - 47 Town Street, Norwich CT - 860-892-7042

New London Health Center - 351 North Frontage Road, New London CT - 860-442-4319

Offers a variety of services & programs including:

- Medical Services
- Gynecology
- Dental Health
- Behavioral Health
- School-Based Health Centers
- Client Support Services
- Telehealth Services
- Pharmacy
- Draw Station Services
- Eldercare

Waterford Country School - Children's Therapy <https://www.waterfordcountryschool.org/childrens-therapy/>

Phone: 860-886-7500

78 Hunts Brook Road Quaker Hill, CT 06375

The Waterford Country School Children's Mental Health Clinic treats trauma (TF-CBT therapy and 3-5-7 models) as well as the behavioral, emotional, and mental health issues of children ages 3-18. Individual and family therapy are provided. Psychiatric consult can be arranged for psychotropic medication needs. The Children's Mental Health Clinic provides compassionate, family-focused care to families in our community.

Emergency Services

Groton City Police <https://www.cityofgroton.com/161/Police-Department>

Phone: 860-445-2451/**Emergency Phone: 911**

295 Meridian Street, Groton, CT 06340

Groton Town Police <https://www.groton-ct.gov/departments/police/>

Phone: 860-441-6712/ **Emergency Phone: 911**

68 Groton Long Point Road, Groton, CT 06340

Emergency Mobile Psychiatric Services (adults) www.ct.gov/dmhas

Phone: (860) 886-9302

Emergency Mobile Psychiatric Services (Child in Crisis) www.empsct.org

Phone: 2-1-1, then 1 for Crisis

Family Fun & Recreation

Libraries

Groton Public Library <https://www.groton-ct.gov/departments/library/index.php>

Phone: 860-441-6750/jmiele@groton-ct.gov

52 Newtown Rd. Groton, CT 06340

Children's Room: <https://www.groton-ct.gov/departments/library/children.php>

Mystic & Noank Library <https://mysticnoanklibrary.org/>

Phone: 860-536-7721

40 Library Street, Mystic, CT 06355

Kids: <https://mysticnoanklibrary.org/kids>

Bill Memorial Library <https://www.billmemorial.org/>

Phone: 860-445-0392

240 Monument St, Groton, CT 06340

Parks & Playgrounds & Recreational Areas

Town of Groton Parks and Recreation

Program Website: GrotonRec.com - [Groton Parks and Recreation \(groton-ct.gov\)](http://Groton Parks and Recreation (groton-ct.gov))

Town Website: GrotonCT.MyRec.com

Phone: 860-536-6580

29 Spicer Ave, Noank, CT 06340

City of Groton Parks and Recreation <https://cityofgroton.com/578/Parks-and-Recreation>

Phone: 860-446-4128

295 Meridian Street, Groton, CT 06340

Denison Pequotsepos Nature Center <https://dpnc.org/>

Phone: (860) 536-1216/Email: info@dpnc.org

109 Pequotsepos Road, Mystic, CT 06355

CT Trail Finder <https://www.cttrailfinder.com/>

Whether you are looking for a weekend hike, an afternoon stroll, or a new place to bike, paddle, or ride, you can plan with confidence knowing that all Connecticut Trail Finder postings are reviewed and approved by the people who know them best.

GO (Get Outdoors) Groton <https://www.greatergroton.com/gogroton>

The GO Groton team is a strong partnership between the Groton Public Schools, the Town of Groton, and the Groton Open Space Association with a focus on collaboration to increase outdoor access to school-age children

Family Organizations, Sports & Activities

Boy Scouts of America Mystic Troop 76 (Mystic) <https://mystic76.mytroop.us/>

Phone: 860-501-1324/Email: mr.moodytroop76@gmail.com

Girl Scouts of CT - Lighthouse Service Unit

Phone: 860 501-8283/Email: justjudithk@gmail.com

Groton Mystic Falcons Youth Football & Cheer League <https://www.grotonmysticfalcons.com/>

Email: GrotonMysticFalcons@gmail.com

Open to children ages 5 through 14, in grades K-8, who reside in Groton and Mystic, CT. It is our mission to provide the youth in our community with the opportunities to learn the skills needed to compete in football and cheerleading in a safe, positive environment. We encourage the development of self-confidence, work ethic and teamwork. Groton-Mystic Falcons are proud to be a member of the Southern New England Youth Football Conference (SNEYFC).

Groton Soccer Club <https://clubs.bluesombrero.com/grotonsoccerclub>

Phone: 508-360-3377/Email: grotonsoccer@yahoo.com

Groton Soccer Club (GSC) delivers youth soccer programs for children ages 5-15 by offering several programs: a U5-U9 recreational program, a competitive U10-U15 travel program, and indoor winter futsal. Our mission is to create a lifelong passion for soccer through enriching opportunities for youth in our community.

Mystic Little League <https://mysticlittleleague.org/>

Email: infomysticll@gmail.com

Open to players of all ages and skill levels, from beginners to seasoned veterans.

MOMs Club of Groton/Ledyard/Mystic/Stonington <https://www.facebook.com/MOMSClubofGLMS/>

Phone: 860-910-6674/Momsclubglms@gmail.com

MOMS Club is a group of mothers who provide support for each other & their children. We welcome all!

Mystic Museum of Art <https://mysticmuseumofart.org/>

Phone: 860.536.7601

9 Water Street, Mystic CT

New England Science & Sailing Foundation (NESS) <https://nessf.org/>

Phone: 860-535-9362/adventure@nessf.org

72 Water Street, PO Box 733, Stonington, CT 06378

NESS empowers, educates, and inspires students through ocean-based experiential learning.

Municipal & Government

Groton Town Sustainability Nature Outdoor <https://www.gosaonline.org/>

Megan Granato, Sustainability and Resilience Manager for the Town of Groton - mgranato@groton-ct.gov

The Groton, CT team is a strong partnership between the Groton Public Schools, The Town of Groton, and Groton Open Space Association (GOSA) with a focus on collaboration to increase outdoor access to school-age children in Groton. The team is eager to engage in a community assessment process that addresses childhood health and well-being as well as climate resilience and environmental stewardship.

Education

Groton Public Schools <https://www.grotonschools.org/>

Phone: 860-572-2100

1300 Flanders Road, Mystic, CT 06355

Our Mission is Teaching and Learning. Groton Public Schools is a diverse educational community of teachers and learners. Our neighborhood schools, themed intra-district magnet schools, and International Baccalaureate middle school and high school campus serve over 4,400 students from across our community.

- **Early Childhood Programs:** <https://www.grotonschools.org/parent-and-students/early-childhood>

Early Childhood Contact/Groton Public Schools Pupil Personnel 860-572-2153

- Special Needs Students
- Integrated Preschool Peer Role Models
- Pre-Kindergarten Program
- Early Childhood Assessment Team: 860-235-1725/ecat@groton.k12.ct.us

Groton Education Foundation <https://www.grotonedfund.org/>

Email: Grotonedfund@gmail.com

The GEF provides financial support for innovative educational programming in the Groton, CT, community.

Groton School Readiness Council:

<https://www.grotonschools.org/parent-and-students/early-childhood/school-readiness-program>

Groton Public Schools is a competitive recipient of the School Readiness Grant administered by the Connecticut Department of Education. This grant provides full-day early childhood slots for 3 and 4-year-old children. These slots are currently in place at:

- Groton Early Childhood Development Center, 591 Poquonnock Road, Groton
 - To apply for a slot in this program, please contact the center at 860-449-8217 ext. 1124.
- Riverfront Children's Center, 476 Thames Street, Groton.
 - To apply for a slot in this program, contact Riverfront at 860-445-8151.

Both sites are State Licensed and NAEYC Accredited. For more information on School Readiness, please contact 860-572-2100.

CT Reading League <https://ct.thereadingleague.org/>

Email: info@ct.thereadingleague.org

The Reading League is a national not for profit that promotes knowledge to reimagine the future of literacy education and accelerate the global movement toward reading instruction rooted in science. The Reading League Connecticut chapter was established in 2021 to support the advancement of the Science of Reading. The Reading League Connecticut

shares the mission of the national organization of advancing the awareness, understanding, and use of evidence-based reading instruction.

Military

Naval Submarine Base New London's School Liaison Program can support your family as you transition into or out of the Stonington area. The SLP serves as the military subject matter expert for Youth Education, School Transition, Deployment Impact, and K-12 School issues. The SLP is the conduit to provide information, make referrals, and educate families. Contact the SLP to learn more about the local area and available supports.

Phone: 860-694-3772 Email: SLO.SUBASENLON.fct@navy.mil Link to webpage:

<https://www.navymwrnewlondon.com/programs/e0aad06f-959f-42aa-a1d0-77de8b0b26ce>

Exceptional Family Member Program The Navy's **Exceptional Family member Program (EFMP)** is a quality of life program. It can assist EFM families in identifying special needs services and resources by coordinating with medical, mental and behavioral health, educational, and other service providers at the current duty station. Information is also available to assist with a successful PCS move. Enrollment is mandatory for Sailors who have dependents with chronic medical, dental, mental health, developmental and/or educational conditions requiring special care and services.

WHO SHOULD ENROLL: Military dependents enrolled in DEERS with chronic medical, dental, mental health, developmental and/or educational conditions requiring special care/services who live with the sponsor should enroll in EFMP.

New enrollments are initiated online via the Navy Family Accountability and Assessment System (NFAAS).

<https://navyfamily.navy.mil>

If you have questions or would like more information, please contact the Exceptional Family Member Program Liaison. Phone: 860-694-4378 Email: NSBNL.EFMP.fct@navy.mil

Youth Sponsorship Program Military families experience frequent relocations. Moving around so much can be really tough. When youth transition to a new community, it can be scary and exciting. The Youth Sponsorship Program is a way to make the move to a new area a little less scary.

Common Questions youth may have

- Who will be my friends?
- What will my new school be like?
- What activities or sports are available?
- Will I fit in?

Military One Source Parenting: <https://www.militaryonesource.mil/parenting/>

OneSource is by your side throughout your parenting journey — to help you through the early learning years and tricky teen years as well as the unique parenting challenges that come with the military lifestyle. Military OneSource can help you find affordable, quality child care, learn about adoption and foster care, help your children excel in school and more.

Military One Source Special Needs: <https://www.militaryonesource.mil/special-needs/>

When you have a family member with special needs, you may have special considerations that require additional steps or resources to care for your family. Exceptional Family Member Program Family Support is here to help — assisting with special education, financial planning, child care and much more to help your family thrive.

Military National Military Family Association: <https://www.militaryfamily.org/>

Filling the Gaps to Strengthen and Empower Military Families

We stand up programs, like Operation Purple® to help families and children connect, learn resiliency, and find community. Our Military Spouse Scholarship Program helps create financially stable families by awarding spouses with funding to complete their education, find meaningful careers, and even expand entrepreneurial endeavors that contribute to their family's income.

Fleet and Family Support: <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/>

The Navy's Family Readiness programs have been afforded the highest visibility, advocacy, and priority. In practical terms, this has resulted in increased services to family members, increased individual assistance and consultation, more varied educational programs, and a more proactive outreach, and delivery of family support services.

Family Connection Newsletter:

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Family-Connection-Newsletter/>

Family Connection Newsletter (FCN) is a publication of the Fleet and Family Support Program. The Family Connection Newsletter (FCN) is published the first of every month and is used as a monthly information publication for Commander Navy Installations Command's (CNIC) Sailors and families to promote the self-reliance and resilience

Partners in Promise: <https://thepromiseact.org/for-families/new-special-ed-parents/>

I am a Family Member who is either new to special education or a seasoned expert, searching for resources to help me prepare for what's next.

Exceptional Families of the Military: <https://exceptionalmilitaryfam.com/>

Exceptional Families of the Military's mission is to connect military families with Disabilities, Special Healthcare Needs, or additional educational needs from all branches of the service in order to navigate within the Exceptional Family Member Programs and identify areas of improvement that affect the families we represent.

Military Childcare: <https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome>

The DoD is committed to ensuring quality child care is available and affordable for DoD and military families worldwide. The military child care system serves as a model for the nation. Programs offer the highest quality child care, with offerings designed to meet the unique needs of military members, such as care provided during non-traditional hours or over the weekends. DoD offers various types of programs, such as on-installation child development and school age centers, family child care for a more home-like setting, and MCCYN fee assistance to make community-based care more affordable for families.

