

October 2025

HEALTHY CONNECTIONS



2080 Silas Deane Highway
Suite 100
Rocky Hill, CT 06067
860-785-8380
www.ccthd.org

Welcome to the Central Connecticut Health District's Healthy Connections newsletter, aimed at helping you make healthy lifestyle choices and providing the latest community health information.

Flu Clinics with Sensory-Friendly Accommodations

CCHD Clinical Health Services
506 Cromwell Ave, Suite 202, Rocky Hill

October

- 28th 10am-3pm
- 29th 2pm-7pm

November

- 11th 10am-2pm
- 18th 10am-2pm
- 25th 10am-2pm

December

- 2nd 10am-2pm
- 9th 10am-2pm
- 16th 10am-2pm
- 17th 2pm-7pm
- 23rd 10am-2pm
- 30th 2pm-7pm

Whether you prefer a calm, quiet space or a more typical clinic setting, we've got you covered.

Sensory-Friendly Features Available:

- Low lighting and reduced noise
- Private spaces
- Extra time
- Supportive staff trained in sensory awareness

To make an appointment:

ccthd.org/flu

scan the code to the left,
or call

860-785-8380 x216

pediatric, adult and senior
high-dose available.



The Weekly Epidemiologist's Report

The CCHD Weekly Epidemiologist Report shares important health updates for our district. Each week it covers local trends in air quality, tick and mosquito activity, COVID-19 and other viruses, and food or product recalls, helping residents stay safe and informed. To read the report, please go to:

ccthd.org/the-weekly-epidemiologist-report

Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. Domestic violence affects millions each year, impacting physical health, mental well-being, families, and communities.

Abuse can take many forms—including physical, emotional, financial, and digital—and it thrives in silence. This month is a reminder that support is available and no one has to face it alone.

If you or someone you know needs help:

- **National Domestic Violence Hotline:** 1-800-799-SAFE (7233) or text START to 88788.
- **Connecticut Coalition Against Domestic Violence (CCADV)** - local shelter, advocacy, and counseling 1-888-774-2900
- **Interval House (Hartford area)** - 1-860-838-8467- 24-hour domestic violence support Hotline.

Hope After Loss

The Hope After Loss group is a support group for anyone who has lost a loved one to a substance related death.

Facilitated by two professionals, one with lived expertise, this group meets at our clinic (506 Cromwell Ave, Suite 202 in Rocky Hill) every 3 weeks, next meeting Monday, November 3rd from 7-830pm.

Please reach out to Ana@tricycle.org with any questions or to receive a virtual option. For more information: tricycle.org

**CCHD's Substance
Use Disorder (SUD)
& Recovery
Resources Website:**

