December 2026

HEALTHY CONNECTIONS

Central Connecticut Health District
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.

What is a "sensory friendly" vaccination clinic?

A sensory-friendly vaccination clinic is a clinic designed to provide a calmer, more comfortable, and supportive environment for individuals who may experience sensory sensitivities, anxiety, or difficulty with traditional vaccination settings. These clinics are especially helpful for individuals with autism, ADHD, sensory processing differences, needle anxiety, or other needs that may make vaccination challenging.

Sensory-friendly accommodations may include:

- **Reduced sensory stimulation**: Quieter spaces, dimmed lighting, and fewer distractions.
- **Additional time**: Allowing individuals to move through the vaccination process at their own pace without feeling rushed.
- **Calming and distraction tools**: Fidget toys, sensory items, ShotBlockers, and other tools to help reduce anxiety and discomfort.
- **Flexible vaccination options:** Offering alternative seating, private spaces, or vaccination in a vehicle when appropriate.
- **Trained and understanding staff:** Vaccinators who are familiar with neurodiversity and use patient-centered communication and supportive techniques.
- **Individualized support:** Working with individuals and caregivers to identify accommodations that will make the experience more comfortable.

The goal is not necessarily to eliminate all anxiety or discomfort, but to create an environment where individuals feel safe, respected, supported, and empowered throughout the vaccination process.

Free masks, condoms, educational resources and naloxone available outside our main office: 2080 Silas Deane Highway in Rocky Hill. Please stop by M-F 830am-430pm.



Upcoming sensory friendly vaccination clinic dates

Flu	Moderna COVID -19
(pediatric 3+, adult and senior high-dose)	(pediatric 3+, adult)

CCHD Clinical Health Services Location
506 Cromwell Ave, Suite 202, Rocky Hill CT 06067



December

1st — 9am–3pm
2nd — 3pm–7pm
15th — 9am–3pm
16th — 3pm–7pm
29th — 9am–3pm
30th — 3pm–7pm



Appointments available now.
ccthd.org/flu

For assistance with the online registration system, please call 860-785-8380 ext. 216
Sensory friendly accommodations available

Winter Wellness: Keep Your Body Moving and Your Spirits Bright

While winter invites us to slow down, it's also a great time to stay connected to activities that helpsus feel strong, energized, and uplifted. Whether it's walking, dancing in your kitchen, or stretching, every bit of movement supports physical and emotional well-being.

Consider one of these ideas, or create your own:

- Indoor exercise like yoga, or strength training
- Enjoying a walk outdoors when weather conditions are favorable
- Walking at a local mall or community center
- Exploring a class or hobby that keeps you active
- Taking short movement breaks throughout the day

Movement doesn't have to be perfect to be beneficial. Every step, stretch, and activity supports a healthier, more energetic you.

For additional ideas: Winter Fitness Ideas or call 860-785-8380 ext. 216 to speak with someone.