

# Meriden Resources

## Childcare

### **Multiple School Readiness Programs**

Contact: Jessica Stewart

P: (203)630-4236

### **After school programs**

Contact: Denise Keating

P: (203)630-4225

(Boys & Girls, Girls Inc., Beat the Streets)

### **Downtown YMCA Childwatch**

Contact: Director of the Meriden Center, Tami Christopher

P: (203)238-6208

## Counseling

### **Rushford Center**

Mental Health/Substance Abuse

P: (203)630-5280

Location: 883 Paddock Ave

### **Catholic Charities**

Family & Adolescent Counseling  
Support Groups

P: (203)235-2507

Location: 61 Colony St.

### **Franciscan Life Center**

P: (203)237-8084

Location: 271 Finch Ave.

### **Child Guidance**

P: (203) 235-2815

Location: 144 Pratt St.

## Employment Assistance

### **CT Works**

P: (203)238-3688

Location: 85 West Main Street

## Transportation

### **Northeast Transit**

Contact: Joe Zajac

P: (203)235-6851

## Health Care

### **Community Health Center**

P: (203)237-2229

Location: 134 State St.

### **Meriden Health Department Clinic**

Health Screening

P: (203)630-4234

Location: 165 Miller St.

### **Nurturing Families Network**

Free support to first time mothers

P: 203-237-2229 ext. 6038

Location: 134 State St.

### **Benefits Screening**

Contact: Rita Kowalchik, P: (203)630-4222

Julie Johnson, (203)630-4244

Location: 165 Miller St.

## Housing

### **Shelter NOW**

#### **Single Men, Single Women, Women & Children**

P: (203)237-4020

Location: 43 Saint Casimir Dr (Next to Salvation Army)

### **Chrysalis -Domestic Violence**

Women & Children

P: (203)238-1501 (24/7)

Transitional housing (2 yrs, common bath & kitchen)

### **Meriden Housing Authority**

P: (203)235-0157

### **Carabetta Housing**

P: (203)237-7400

### **Salvation Army**

P: (203)235-6532

Location: St. Casimir D.

## Additional Information & Referrals

### **211 Hotline (Dial 211) [www.infoline.org](http://www.infoline.org)**

2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more.

### **Literacy Volunteers**

Provide additional support with math, reading and writing.

P: (203) 235-1714

Location: 14 West Main St.

### **Basic Computer Skills assistance**

Meriden Public Library

P: (203)238-2347

Location: 105 Miller St.

CT Works

P: (203)238-3688

Location: 85 West Main St.

### **English as a Second Language Classes**

ESL classes are free for any person who wishes to improve their English language speaking, reading, and writing skills

P: (203)237-0602

Location: 169 Colony St. 2<sup>nd</sup> floor