

# WELLNESS BULLETIN *for Norwalk Parents*

April-May 2022

*Dear Parents,*

You may have seen an earlier version of this newsletter in early April, but we've extended it to cover May as well. **We are excited to invite EVERYONE to our big wellness event!** On Saturday, May 7th (raindate May 21st) we are having a big fair for everyone to check-in on their mental health, do fun family-friendly activities like art, laughter yoga, and more, get a behavioral health "check-up from the neck up," and walk for the cause of mental health. We will have about 20 activity booths provided by local organizations--and there'll be a live band (appropriately called Mental Health!). Plan to join us! Consider a family or neighborhood or school team! Info at [www.thenorwalkpartnership.org](http://www.thenorwalkpartnership.org).

Inside this month's issue:

- Resources related to alcohol, since April is Alcohol Awareness month
- New "Healing Arts Center" at Mid-Fairfield Child Guidance Center
- Featured resource of the month: High Focus Centers
- What our Norwalk Strong teen clubs have been doing
- May activities calendar

As always, please share this info, subscribe to our website and follow us on social! Find past issues of this bulletin at [thenorwalkpartnership.org/parents](http://thenorwalkpartnership.org/parents).

**Margaret**, [mwatt@positivedirections.org](mailto:mwatt@positivedirections.org) **Denique**, [dlewis@norwalkacts.org](mailto:dlewis@norwalkacts.org)



## NorWALK for Mental Health

Saturday, May 7th, 9-11:30 AM  
Norwalk Green, 8 Park Street

### Check in on your mental health!

Bring your family & friends for a FREE fun, social, outdoor morning focused on mental wellness including a 1.5 mile awareness walk (wheelchair accessible).

9 AM: "Check In" Wellness Fair Begins

10 AM: Special Guest Speakers

10:30 AM: Walk Begins

★ Wellness Screenings ★ Art ★ Music ★ Door Prizes

Learn more at [TheNorwalkPartnership.org](http://TheNorwalkPartnership.org)!

The Norwalk  
Partnership  
PREVENTING SUBSTANCE MISUSE  
AMONG YOUTH AND YOUNG ADULTS

Norwalk ACTS

check  
in

NCC

NORWALK  
HOSPITAL

## Last Year in Norwalk...

The Norwalk Partnership 2021 Youth & Community Surveys Showed:

**46%**

of high school  
students (9-12  
grade) reported  
**FEELING  
DEPRESSED.**

**32%**

of middle school  
students (7-8  
grade) reported  
**FEELING  
DEPRESSED.**

**13%**

of students  
in grades 7-12  
**CONSIDERED  
SUICIDE**  
last year and  
**7% attempted.**

**34%**

of adults scored  
positive for  
**ANXIETY** and  
**30%** scored  
positive for  
**DEPRESSION.**

## Our community needs your support!



### WALK & Bring Your Friends!

Get a team together and join us at the event to raise awareness of mental health.



### CONTRIBUTE In-Kind Gifts

Can you provide t-shirts to tie-dye, items to give away or host a wellness or fitness themed table?



### LEARN TO SAVE A LIFE

Will you host a FREE suicide prevention or naloxone training at your business or organization? Learn life-saving strategies in less than 2 hours so you can respond to a mental health crisis or opioid overdose.

For questions or if you want to host a table at the wellness fair, please email [dlewis@norwalkacts.org](mailto:dlewis@norwalkacts.org)



The Norwalk  
Partnership  
PREVENTING SUBSTANCE MISUSE  
AMONG YOUTH AND YOUNG ADULTS

Norwalk ACTS

NORWALK  
The Sound of Connecticut

NORWALK  
Public Schools



# Autism Awareness Month



In April we recognize Autism Awareness Month, which is dedicated to ensuring those affected by autism are able to succeed in all aspects of life. Each year, the city of Norwalk holds an Autism Awareness/Acceptance Event at the Norwalk Green to show its support. 1 in 54 children are diagnosed with autism each year, and the goal of this month is to help people recognize the signs as well as the opportunities for these children. Moreover, this month is directed toward educating the public to increase support and acceptance to those with autism. Visit [autismspeaks.org](https://autismspeaks.org) for resources!

## TCC CORNER



by Cadence Pentheny  
[cadence@ctpridecenter.org](mailto:cadence@ctpridecenter.org)

### *It's "just a phase"?*

**When we see someone struggling - particularly a young person - the simplest solution that slips into our brains often might be "They would have an easier time if they weren't this way".**

**Unfortunately, this kind of mindset, even though it often does come from a place of care, really just adds back on to why they are struggling in the first place. Treating anyone like an aspect of their identity or experience is "just a phase" or something that they will "overcome" implies that they are wrong or bad in doing whatever they are doing or in how they feel - but it's okay, because it's not permanent - and it will only continue to be okay if it's not permanent.**

**All of us (especially young people) are trying to be heard and seen in a world in which that's not easy for almost everyone - we don't need to add to that difficulty! Accept and affirm what they say when they say it. Embrace - don't dismiss - their evolving sense of self!**



## MID-FAIRFIELD'S HEALING ARTS CENTER

### About

Mid-Fairfield Child Guidance and Jam (Junior Art & Music Inc) are partnering to provide a creative haven for individuals to experience hands-on, process oriented art and music in a safe and nurturing environment. Our combined goal is to provide a safe space for individuals to express themselves, including those who may be struggling with stress, anxiety, depression or self-confidence and help them reach their full creative potential.

### Services Offered

- Therapeutic Music groups
- Therapeutic Art groups
- Therapeutic Song writing
- Private art and music lessons with or without therapeutic support
- Participate in a Jam Band
- Participation in Art shows

**Taking referrals for all groups -- Call (203) 299-1315; x6100**

### Therapeutic Groups Using Art: 8 Weeks | Ages 5-17

#### Day & Time TBD

Therapy groups utilizing art help to promote healing, improve coping skills, and reduce stress. The use of art encourages children to express themselves in ways that sometimes words just cannot convey. Through a variety of mediums, children will explore their feelings and reflect upon their experiences. Children are welcomed in a supportive, nonjudgmental and safe setting, where they can be creative and fully themselves. Previous artistic ability or experience is not required; only a willingness to try and an open mind is needed.

### Therapeutic Groups Using Music: 6 Weeks | Ages 6-14

Beginning 4/28; Wednesday's from 4-5pm

Students will be inspired to express their feelings, emotions, and experiences through a variety of music mediums. Students will participate in rhythm/drum circles and explore various instruments. Our goal is to find our voices both literally and figuratively, tap into our musical energy, and create a new outlet for expression. The group promotes emotional healing, improves coping skills, reduces stress, and can help ground individuals with sensory processing issues or trauma.

### Therapeutic Groups Using Song Writing: 6 Weeks | Ages 9-17

#### Day & Time TBD

Students will be inspired to express their feelings, emotions and experiences through song writing. Individuals can choose from any music genres and with the support and guidance of professional musicians create their own song. The goal is to help individuals create a new outlet for expression.

#### Payment:

Therapy services are covered by insurance. We accept Medicaid and most commercial insurance carriers. Private Payment is available. For services not covered by insurance or those individuals without insurance, scholarship/charity care applications are available.





## RESOURCE OF THE MONTH:

### High Focus Centers

*By Kelsey Ciarleglio, High Focus Centers*

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Residents of Norwalk can access mental health and substance abuse services through our outpatient facility located at 17 High Street. High Focus Centers offers two levels of structured outpatient programs: partial hospitalization (full-day program) and intensive outpatient (half-day program).

High Focus Centers supports both adolescents (ages 13-18 years old) and adults (18+ years old) by offering varying levels of structure and intensity to provide options that fit their individual needs. Clients are taught Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) skills to help improve emotional regulation, interpersonal effectiveness, impulsivity, and distress tolerance. In addition to DBT and CBT, those struggling with substance use are also taught skills around relapse prevention and receive psycho-education. Furthermore, each client receives weekly psychiatry, individual and family sessions with their assigned clinician.

Contact HFC today if you or someone you know is struggling with any of the following symptoms:

- Depression
- Anxiety Disorders
- Bipolar Disorder
- ADHD/ADD
- Obsessive-Compulsive Disorder
- Suicidal Thoughts or Actions
- Self-Harm
- Mania or Psychosis
- Substance Use



HFC is in-network with most insurance plans.

To learn more...

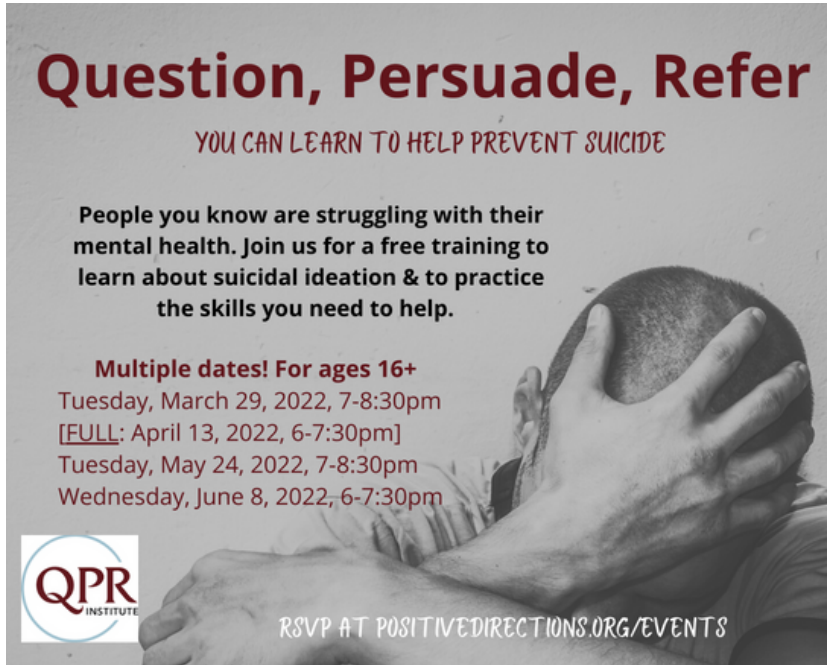
Visit: [highfocuscenters.pyramidhealthcarepa.com/locations/Norwalk](https://highfocuscenters.pyramidhealthcarepa.com/locations/Norwalk)

Call: 203-939-3085

# PREVENTION CORNER

**13% of Norwalk's middle & high school students reported contemplating suicide last year.**

**Do YOU know how to recognize signs someone could be considering suicide? Do you know what to say and do?** Take our free Question-Persuade-Refer (QPR) training & learn the skills to save a life. We're providing QPR at CGS in May and at City Hall on May 13th! See dates on flyer or contact Margaret at [mwatt@positivedirections.org](mailto:mwatt@positivedirections.org) for more options.



**Question, Persuade, Refer**  
YOU CAN LEARN TO HELP PREVENT SUICIDE

People you know are struggling with their mental health. Join us for a free training to learn about suicidal ideation & to practice the skills you need to help.

**Multiple dates! For ages 16+**  
Tuesday, March 29, 2022, 7-8:30pm  
[FULL: April 13, 2022, 6-7:30pm]  
Tuesday, May 24, 2022, 7-8:30pm  
Wednesday, June 8, 2022, 6-7:30pm

**QPR INSTITUTE**

RSVP AT [POSITIVEDIRECTIONS.ORG/EVENTS](https://www.positivedirections.org/events)

**Ask a question, save a life.**



**Connecticut's National Prevention Week Art Contest**

Connecticut Clearinghouse is inviting all students (K-12) in Connecticut to take part in creating a black-and-white coloring page of Connecticut National Prevention Week's (NPW) mascot, Starfish Stella. Entries must be completed by 5:00 PM on April 4th. Three winners will be selected. Winners will receive two tickets to the Discovery Museum in Bridgeport, Connecticut for the National Prevention Week event. All eligible submissions will be featured on Connecticut Clearinghouse's website.

Check out [www.ctclearinghouse.org/npw](http://www.ctclearinghouse.org/npw) for guidelines, official rules, submission forms, parental/guardian consent forms and sample images of Starfish Stella.

**Wheeler** **CONNECTICUT Clearinghouse**  
a program of the Connecticut Center for Prevention, Wellness and Recovery

**NPW MAY 8-14 2022**  
national prevention week

Strengthen COMMUNITY Build RESILIENCE Create HOPE

The Norwalk Partnership (TNP) is Norwalk's community coalition to prevent underage substance use. Get info, tips, and data at [www.thenorwalkpartnership.org](http://www.thenorwalkpartnership.org)

**LEARN ABOUT VAPING, OPIOIDS, AND GET TRAINED TO SAVE A LIFE WITH NARCAN! The Norwalk Partnership can provide training on all these topics. Reach out to Diamond at [dsead@hscct.org](mailto:dsead@hscct.org) or Margaret at [mwatt@positivedirections.org](mailto:mwatt@positivedirections.org) to organize a training for your group. In May we'll have a free training at City Hall!**



# START THE CONVERSATION ABOUT UNDERAGE DRINKING



**10%**  
OF 12-YEAR-OLD KIDS SAY  
THEY'VE TRIED ALCOHOL<sup>1</sup>

That number jumps to

**50%**  
BY AGE 15<sup>1</sup>



But

**80%**

OF KIDS BELIEVE THEIR PARENTS  
SHOULD HAVE A SAY IN  
WHETHER THEY DRINK ALCOHOL<sup>2,3</sup>

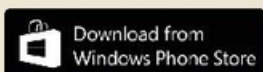
And parents have a

**SIGNIFICANT  
INFLUENCE**  
ON WHETHER THEIR KIDS DRINK<sup>3</sup>



The sooner you talk to your kids about alcohol, the greater chance you have of influencing their decisions.<sup>1</sup> Practice for one of the most important conversations you may ever have with SAMHSA's "Talk. They Hear You." Mobile Application, available for download on the App Store<sup>SM</sup>, Google Play<sup>TM</sup>, and the Windows<sup>®</sup> Store. Learn more at <http://www.underagedrinking.samhsa.gov>.

**i talk**  
they hear you



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**SAMHSA**

<sup>1</sup> U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking: A Guide to Action for Educators*. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.

<sup>2</sup> Jackson, C. (2002). Perceived legitimacy of parental authority and tobacco and alcohol use during early adolescence. *Journal of Adolescent Health*, 31(5), 425-432.

<sup>3</sup> Nash, S.G., McQueen, A., and Bray, J.H. (2005). Pathways to adolescent alcohol use: Family environment, peer influence, and parental expectations. *Journal of Adolescent Health*, 37(1), 19-28.

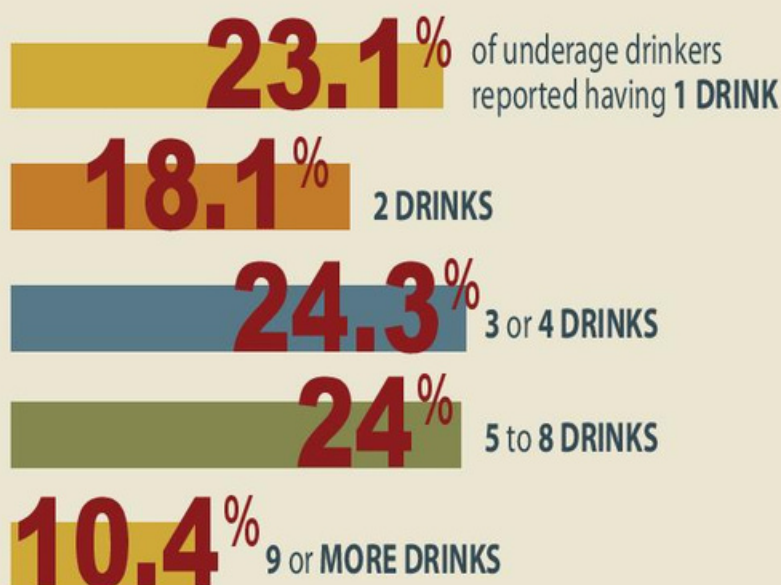
SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.



# KNOW THE FACTS ABOUT UNDERAGE BINGE DRINKING

Underage drinkers tend to drink less often than adults, but they drink more heavily when they do drink. On average, underage drinkers consume 5 drinks per occasion, 5 times a month.<sup>1</sup>

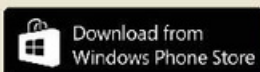
When asked about the last time they drank:<sup>2</sup>



The sooner you talk to your kids about alcohol, the greater chance you have of influencing their decisions.<sup>3</sup> Practice for one of the most important conversations you may ever have with SAMHSA's "Talk. They Hear You." Mobile Application, available for download on the App Store<sup>SM</sup>, Google Play<sup>TM</sup>, and the Windows<sup>®</sup> Store.

Learn more at <http://www.underagedrinking.samhsa.gov>.

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they hear you



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**SAMHSA**  
Substance Abuse and Mental Health Services Administration

<sup>1</sup> Substance Abuse and Mental Health Services Administration. (2013c). Results from the 2012 National Survey on Drug Use and Health: Special Data Analysis. Center for Behavioral Health and Statistics and Quality. Rockville, MD: Substance Abuse and Mental Health Services Administration.

<sup>2</sup> Substance Abuse and Mental Health Services Administration. (2013c)

<sup>3</sup> U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking: A Guide to Action for Educators*. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.

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# IT'S NEVER TOO EARLY TO START TALKING ABOUT **UNDERAGE DRINKING**



**10%**

OF 9- TO 10-YEAR-OLDS HAVE ALREADY STARTED DRINKING.<sup>1</sup>

More than  
**20%**

OF UNDERAGE DRINKERS BEGIN DRINKING BEFORE AGE 13.<sup>2</sup>



OF THE ALCOHOL CONSUMED BY 12- TO 14-YEAR-OLDS IS IN THE FORM OF **BINGE DRINKING**.<sup>3</sup>

More than  
**90%**

OF HIGH-SCHOOL SENIORS SAY THAT IT IS EASY OR VERY EASY TO GET ALCOHOL.<sup>4</sup>



Parents, you have the power to help prevent underage drinking by talking to your children early and often about the dangers of alcohol. Prepare for one of the most important conversations you may ever have with SAMHSA's "Talk. They Hear You." Mobile Application, available for download on the App Store<sup>SM</sup>, Google Play<sup>TM</sup>, and the Windows<sup>®</sup> Store. Learn more at <http://www.underagedrinking.samhsa.gov>.

**i talk**  
they hear you



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**SAMHSA**  
Substance Abuse and Mental Health Services Administration

<sup>1</sup> Donovan, J., Leech, S., Zucker, R., Loveland-Cherry, C., Jester, J., Fitzgerald, H., et al. (2004). Really underage drinkers: Alcohol use among elementary students. *Alcoholism: Clinical and Experimental Research*, 28(2), 341–349.

<sup>2</sup> Centers for Disease Control and Prevention. (2012). Youth risk behavior surveillance—United States, 2011. *Surveillance Summaries. Morbidity and Mortality Weekly Report*, 61, SS-4, 1–162.

<sup>3</sup> Pacific Institute for Research and Evaluation. (2002). *Drinking in America: Myths, realities, and prevention policy*. Washington, DC: U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention.

<sup>4</sup> Johnston, L.D., O'Malley, P.M., Bachman, J.G., & Schulenberg, J.E. (2013). *Monitoring the Future national survey results on drug use, 1975–2012. Volume I: Secondary school students*. Ann Arbor: Institute for Social Research, University of Michigan. Retrieved from [http://www.monitoringthefuture.org/pubs/monographs/mtf-vol1\\_2012.pdf](http://www.monitoringthefuture.org/pubs/monographs/mtf-vol1_2012.pdf)

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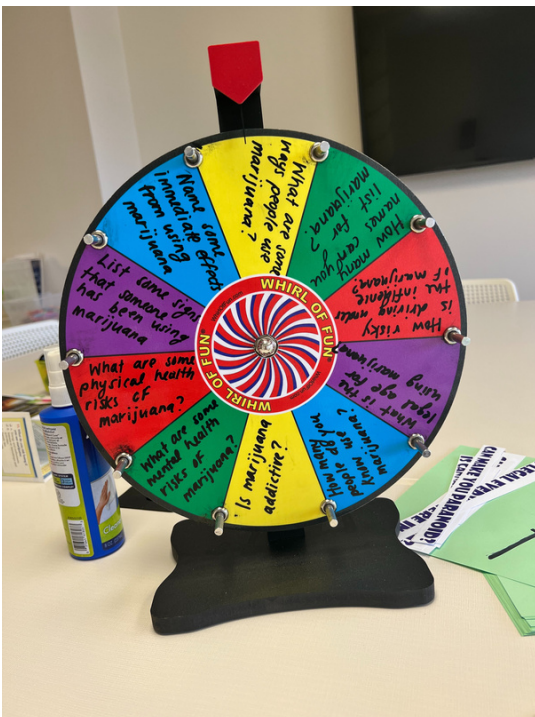


# TNP TEEN AWARENESS

## Norwalk Strong Clubs: Continuing High School Activity Tables to Educate Students on the Misconceptions of Using Marijuana *by Rebecca Oliveira, TNP coordinator*



During March, Norwalk Strong worked on Marijuana Awareness at both BMHS and NHS. The teens worked on informational posters with activities for all participants to enjoy. Our goal was to raise awareness about the facts around the negative effects of marijuana on the developing teen brain. Teens learned about the difference between CBD and THC. Some thought that marijuana can help relieve anxiety, but in reality, today's marijuana has such high levels of the psychoactive drug THC that it actually increases anxiety levels. This statistic shocked many teens!



### High schoolers: Join your Norwalk Strong club!

- **At BMHS:** Wednesdays from 2:30-3:30 PM, Room 1207. Contact Sof, the BMHS club leader, at [sramos@positivedirections.org](mailto:sramos@positivedirections.org) or text him at: 203-945-9012
- **At NHS:** Thursdays from 2:30-3:30 PM in the Public Forum Room. Contact Grace, the NHS club leader, at [ggaleano@positivedirections.org](mailto:ggaleano@positivedirections.org) or text her at 203-952-4699

**Did you see the article about us in *Nancy on Norwalk*?**

## **Group of High School Students in Norwalk are Addressing the Teen Mental Health Crisis**

In 2021 nearly half of Norwalk Public School high school students reported they were depressed and 13% considered suicide, according to the Norwalk Youth Survey conducted by Positive Directions for The Norwalk Partnership. While these numbers paint a bleak picture, there is a group of students dedicated to supporting their peers at school. These teens created Norwalk Strong, a group that promotes mental wellness and substance use prevention at both Brien McMahon and Norwalk High Schools.

"I do this because I've seen many people struggle with their mental health – friends, family and even myself – so I want to try to help people in any way that I can," said Sof Ramos, an 11th grader at Brien McMahon. "I also know people who have struggled with substance use and addiction, which is why I want to raise awareness and try to bring about change to make a positive difference in people's lives."

The group has done a variety of activities since starting in November, including hosting a holiday movie night and creating wellness boxes filled with kind notes, sensory items, and crisis hotlines for students to access around school to support their mental health. This semester they are running monthly activity tables during lunch that focus on awareness and prevention related to substance use. In February, 400 students visited the tables to learn about vaping and a similar number came to the marijuana tables in March.

"We know vaping is increasing again in our schools, and our surveys show that far too many students don't recognize the risks of vaping or marijuana," said Margaret Watt, co-chair of The Norwalk Partnership, which works closely with the students. "Our surveys also show that the students who are depressed or have considered suicide are 1.5 to three times more likely to use substances."

The efforts of Norwalk Strong have been well received by the student body. Many items were taken from the wellness boxes that were placed around the schools and hundreds of students have visited the activity tables during lunch. This month, their outreach will focus on alcohol education. They're also planning to form a team and encourage their fellow students to participate in NorWALK for Mental Health, the first annual walk sponsored by The Norwalk Partnership, Norwalk ACTS and Norwalk Community College. The walk will simultaneously kick off Mental Health Awareness Month and celebrate National Prevention Week and will take place Saturday, May 7, 2022 on the Norwalk Green. In addition to the walk, people will be able to visit a "Check In" wellness fair with fun activities, music, giveaways and mental health resources.



# Join us for mental health events during May!



Norwalk ACTS, The Norwalk Partnership, and the City of Norwalk are excited to offer free public events and activities that bring the conversation about mental health into public view. For more information on any events, please contact [dlewis@norwalkacts.org](mailto:dlewis@norwalkacts.org).



May 2022

## Mental Health Month Calendar of Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 	2.	3. <a href="#">Question, Persuade, Refer (QPR) Suicide Gatekeeper Training</a> (Virtual) 9-10:30AM	4. *CMP  <a href="#">Virtual Career Resource Fair</a> , 11:30-1:30PM	5. <a href="#">High Focus Center Open House</a>	6.	7. <a href="#">NorWALK for Mental Health+Wellness Fair</a> , Norwalk Town Green, 9:00AM-11:30AM
National Prevention Week (NPW) is a nationally recognized week (May 8-14, 2022) to raise awareness about the importance of substance use prevention and positive mental health.						
8.	9. Free Opioid education/NARCAN training, Community Room, Norwalk City Hall, 12-1PM	10.	11. *CMP  <a href="#">LGBTQ+ 101 (for OST providers)</a> , 11:30-1:30PM Community Room, Norwalk City Hall	12.	13. Question, Persuade, Refer (QPR) Suicide Gatekeeper Training, 12-1:30PM, Community Room, Norwalk City Hall	14. <a href="#">English and Spanish Readaloud of Gizmo's Awesome Guide to Mental Health</a>  Norwalk Main Library 11am-12PM South Norwalk Branch 2-3PM
15.	16. LGBTQ+ 101 (For Clinical) <a href="#">(Virtual Event)</a>	17. <a href="#">Question, Persuade, Refer (QPR) Suicide Gatekeeper Training</a> (Virtual Event) 9-10:30AM	18. *CMP  <a href="#">Youth Town Hall</a> focused on youth mental health (Virtual Event)	19. Faith, Spirituality, and Mental Wellness 5-6PM Sanctuary- Cornerstone Community Church  In Our Own Voice, 6-7PM, Norwalk Main Library	20.	21. NorWALK for Mental Health+Wellness Fair (Raindate)
22.	23.	24. <a href="#">Question, Persuade, Refer (QPR)</a> 7:00-8:30PM	25. *CMP  Mental Health First Aid Training 8-4:30PM, Norwalk Police Department	26.	27. <a href="#">Youth Mental Health First Aid Training</a> 9AM-4PM Community Room, Norwalk City Hall	28. 
29.	30.	31.				

For any additional information or event questions, please contact [dlewis@norwalkacts.org](mailto:dlewis@norwalkacts.org)

# Peer Support for Teens

## Feeling Down? Struggling to Cope? We've Got Your Back.

TurningPointCT.org: Online resources & supports,  
created by young people in CT for their peers



TurningPointCT.org was developed by young people in Connecticut who are in recovery from mental health and substance use issues.



Guiding the search  
for mental wellness

**TurningPointCT.org**  
CT's online community on mental health & substance use, developed by young people in recovery for their peers

## THE TURNINGPOINTCT PODCAST: BY & FOR YOUNG PEOPLE IN CT

Teens and young adults from CT talking about things that really matter.

Relationships, mental health, drugs & drinking, self-care, life, stress, and more!

**NEW EPISODES EVERY OTHER FRIDAY!**

Or find us @TurningPointCT on Spotify, Google Podcasts & Apple Podcasts

[TURNINGPOINTCT.ORG/PODCASTS](https://turningpointct.org/podcasts)

9/21

## FREE PEER SUPPORT WITH ALLY! For young people in their teens & 20s

Need to talk to someone who gets what you're going through?  
Want help figuring out next steps?

Connect with Ally Kernan, Peer Support Specialist at TurningPointCT!  
In-person or virtual, Tuesday & Thursday mornings... or by request.  
Call or text: 203-858-1819











Provided by TurningPointCT.org,  
the mental wellness community  
by & for young people in CT





# Norwalk Community Services News



## Vaccination Clinic

Every Thursday  
2:00 - 4:00 PM

Norwalk Health Department  
137 East Avenue, Norwalk CT 06851

### FLU SHOTS

**\*No appointments needed for flu shots, walk-ins are welcome**

Walk-ins for flu shots are welcome, no appointment required.

High-dose and standard flu shots are available.

Please bring all insurance cards with you. There is no cost to you with most insurances.


### COVID-19 MODERNA BOOSTERS

**\*Appointments are required for a Covid-19 Booster**



Moderna boosters are available for everyone **18+ years of age** who received their second dose of the Pfizer or Moderna vaccine at least **5 months ago** or their J&J vaccine at least **2 months ago**.

**Appointments are required** for the COVID-19 booster. Make your appointment in VAMS at [vams.cdc.gov](https://vams.cdc.gov) or scan the QR code.

- Log in to VAMS.
- Click "Schedule Appointment."
- Follow the prompts to make a COVID-19 booster appointment and enter your information.
- Search for zip code 06851 and look for "Norwalk Health Dept. Booster Moderna, February 2022"



For questions or help making an appointment, call (203) 854-7985.





## BUYING FOOD IS A SNAP!

**WITH SNAP:**

-  You will stretch your food dollars.
-  You will support your school and community.
-  Your kids get school meals at no cost.

**What Is SNAP?** SNAP is the Supplemental Nutrition Assistance Program; SNAP provides families and individuals with financial resources to purchase groceries.

*This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP*

**Many Families are Surprised They Qualify – It's Quick, Easy, and Confidential!**



This institution is an equal opportunity provider

TO APPLY CALL  
**(866) 974-SNAP** 7627  
For more info: [www.ctsnap.org](http://www.ctsnap.org)



**City of Norwalk**  
**FAMILY NAVIGATOR PROGRAM\***

A trusted relationship to connect individuals and families to community resources.

**OPEN TO ALL NORWALK RESIDENTS!**

*Bilingual Staff & Other Languages Available Upon Request*

Get help with identifying resources for food, housing, workforce, mental health, or other community-based services

Please click and complete the following referral form  
<https://www.surveymonkey.com/r/FAMNAVREF>

or

**Call (203) 854-7999**

Issues with link, please email: [humanservices@norwalkct.org](mailto:humanservices@norwalkct.org)

Family Navigators are knowledgeable about the Norwalk social services systems, benefits, and supports available. They assist with making connections with resources and answer any questions.

\*The FAMILY NAVIGATOR PROGRAM IS A FREE SERVICE for Norwalk Residents. Programs referred may require eligible requirements.