

WELLNESS BULLETIN *for Norwalk Families*

Volume 2: Issue 1

Dear Norwalkers,

We hope that the start of the school year has been a smooth transition for your family! **To ensure the supports everyone needs, this issue of the "Wellness Bulletin for Norwalk Families" focuses on important local resources everyone should know about.**

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- **RESOURCES FOR TEENS:** free support groups for high school and middle school students
- **TCC CORNER:** support LGBTQ+ youth.

Courage to Speak® Foundation
Saving Lives by Empowering Youth to be Drug Free

The Courage to Speak® Foundation Presentation
By Ginger Katz

Date: Friday, October 7th, 2022
Time: 9:30 AM
Place: Ponus Ridge Middle School

CEO/Founder of the Courage to Speak® Foundation and Author of *Sunny's Story*

In a riveting and thought-provoking presentation, Ginger Katz, shares the story of her son Ian's battle with drug addiction that started with cigarettes, alcohol, and marijuana use. Through her presentation, she implores parents to talk to their teens about these issues because it's OK to ask for help. Topics to be discussed include:

- The battle with drug addiction
- How young adults handle stress, anger & other emotions
- How to make good decisions
- The impact of silence and its dangers
- The impact of marijuana on families
- Marijuana's influence on Opioid Abuse and much more

dmhas
CT Department of Mental Health & Addiction Services

For more information, please contact Ginger Katz at gkatz@couragetospeak.org
www.couragetospeak.org

As always, please share this info! You can find past issues at thenorwalkpartnership.org/parents. To receive this bulletin by email, please subscribe to TheNorwalkPartnership.org!

Thank you and be well! *Margaret*, m watt@positivedirections.org *Denique*, d lewis@norwalkacts.org

About this newsletter:

The Wellness Bulletin for Norwalk Families focuses on mental health and substance misuse topics. It is put together by The Norwalk Partnership and Norwalk ACTS, which are community collaboratives involving a wide variety of residents and organizations. We partner to promote mental health and prevent substance misuse, together with the City and NPS.



Kick off the School Year Right

by Dyan Sommerville, TNP Intern & Norwalk High School junior

Dyan is TNP's Prevention Intern at NHS this year, coordinating the Norwalk Strong prevention club for NHS and PTECH. Her column in our newsletter this year provides a teen's voice directly to other teens! In her first column, she acknowledges the stress of high school and shares the best (free!) in-school resources and 24/7 hotlines. Parents, make sure your kids know about these! Get more resources at thenorwalkpartnership.org/get-help

August 31, 2022, our long-awaited normal school year was finally here. It's the time to come back to school to learn new things, meet old friends and new, and go through new experiences. I know for me and many other students here in Norwalk we looked at our schedules and reality set in. I don't lie to you when I say I'm in 11th grade and still feel like I'm in 8th. Middle school went by quicker than we thought and we are now moving on into 9th, 10th, 11th, or 12th grade.

It may be overwhelming but before you start to overthink, take a deep breath and relax. There are teachers, staff, and friends who you can confide in. Here in Norwalk, we have a plethora of programs, activities, and services that can help you along your high school journey. Most importantly you should know about the **TeenTalk counselors** at each high school building in Norwalk, the **Kids in Crisis 24-hour Helpline** (right here in Fairfield County), and the national **Crisis Text Line** (just text 741741).

It's important to handle your anxiety before it handles you. Homework may be important, but if your mind is a mess, then so are your relationships, work, and thought process. So when you are at the point where you realize you can't recognize anything on your homework and you've lost all motivation to try to understand, **here are some things you can do:**

1. Do a breathing technique to calm yourself down: smell the roses and blow out the candles!
2. Take a break from screens and get some fresh air
3. Try to avoid unhealthy coping skills like nicotine and go for a walk instead
4. Avoid the stressful situations you know you can control
5. Don't bottle up your negative feelings! If you are feeling stressed out, anxious, or depressed, open up about it. And definitely make use of the free counseling resources at school.

I wish us all luck throughout this 2022-2023 school year! Remember to stay healthy and to work hard and play hard!

Visit the **TeenTalk** crisis counselor **at school!**
It's free & confidential.

Visita al consejero **TeenTalk en la escuela.**
Es gratuito y confidencial.



• **BMHS & CGS:** Ms. Restrepo, Room 11319
203-852-9488, ext. 11319
crestrepo@kidsincrisis.org

• **NHS & PTECH:** Mr. Milton, Room 218E
203-838-4481, ext. 13279
emilton@norwalkps.org

• **24-Hour Helpline/Línea de Crisis 24 horas al día:** 203-661-1911.

TeenTalk can arrange a safe place for you to stay if you need it.
Si necesitas un alojamiento seguro, TeenTalk te puede ayudar.

Free services at the Dr. Robert E. Appleby
School-Based Health Centers:

- Mental / behavioral health visits
- Physicals
- Medical visits

Servicios gratuitos en los centros de salud
basados en la escuela:

- Salud mental y del comportamiento
- Exámenes físicos
- Visitas médicas

At BMHS & CGS: Room 1209

At NHS & PTECH: Room C301

Also at Nathan Hale, Ponus & West Rocks!

- Free therapy at both high school buildings
- Free group trauma therapy in the schools
- Latinx Integrated Care Program (LINC)
- Call Megan Iosifidis at (203) 299-1315 ext. 6175 or email miosifidis@mfcgc.org



- Servicios terapéuticos gratuitos en ambos liceos
- Terapia para trauma gratuita en las escuelas
- Programa especializado "LINC" para estudiantes latinos llegados desde 2019
- Llama a Megan Iosifidis en el (203) 299-1315 ext. 6175 o por correo: miosifidis@mfcgc.org



988 is a free national suicide & crisis hotline. Save the number in your phone!

988 es una línea de crisis y prevención del suicidio gratuita.
Introdúcela en tu teléfono.



CTL is a national text hotline for any type of crisis. Save the number in your phone!
CTL es una línea de texto nacional para cualquier tipo de crisis.

PREVENTION

The Norwalk Partnership (TNP) is Norwalk's community coalition to prevent underage substance use. We bring together stakeholders from 12+ sectors, including interested parents and teens, to develop plans and strategies to support our youth. Our work includes:

- Norwalk Youth Survey (coming up again in October!)
- NorWALK for Mental Health
- Freshman Forums (coming up this fall!)
- Training health teachers
- Training teens to be peer educators
- Legislative forum on marijuana
- Liquor Stickers at your local package store
- "Norwalk Strong" teen clubs at the high schools
- Weekly teen support groups, planning Teen Nights Out
- Postcards, awareness videos at DMV, messages on buses and in mall
- Family days and backpack drives
- Website full of resources and local data

Looking to take a training or to get a speaker for your PTO or SGC? Through our staff and coalition organizations, we can directly provide or organize free trainings on marijuana, vaping, mental health, suicide prevention, parenting, and more. List of ideas at thenorwalkpartnership.org/training-resources

We always welcome new members to join our coalition, alcohol or marijuana committees, or help plan events! Please visit thenorwalkpartnership.org and/or contact Margaret Watt at mwatt@positivedirections.org.

We're recruiting for a young adult to serve as a PreventionCorps member!
Contact preventioncorps@ryasap.org

Join The Norwalk Partnership (TNP)!

- 1st meeting of school year: Wednesday, Sept. 28, 12-1:30pm at City Hall (Community Room) - open to all
- Join alcohol or marijuana committees
- Help plan educational and community events
- Subscribe to TheNorwalkPartnership.org for 3-4 emails a month including this newsletter
- Get trained as a JOHNNY'S AMBASSADORS marijuana presenter
- Attend a Courageous Parenting 101, Question-Persuade-Refer, or other upcoming training, listed at thenorwalkpartnership.org/events
- Contact Margaret Watt at mwatt@positivedirections.org



Applications are Open for Prevention Corps Class of 2023

Prevention Corps is an AmeriCorps program dedicated to addressing the opioid crisis in CT.

The Norwalk Partnership & Westport Prevention Coalition

This position supports substance misuse prevention by working with community coalitions in Norwalk and Westport.



PreventionCorpsCT.org



Prevention Corps
Allison Wood,
Director of Recruitment
PreventionCorps@ryasap.org

The Norwalk Partnership & Westport Prevention Coalition
westporttogether.org/
thenorwalkpartnership.org/



positive directions
THE CENTER FOR PREVENTION AND COMMUNITY WELL-BEING

As a Prevention Corps Member, you will:

- Train communities to save lives with Narcan
- Become a suicide prevention educator
- Earn a modest living stipend and an education award for your tuition or student loans
- Raise awareness of local and regional support for individuals/families struggling with drug use.
- Gather, compile, and analyze data for use in presentations and community education
- Manage social media programs
- Adapt and develop social media campaigns related to prescription and counterfeit drugs
- Help adapt and implement strategies related to opioid and other substance use

2022 Norwalk Youth Survey: What It Is & Why It Matters

In early September, the Norwalk Board of Education authorized the 2022 Norwalk Youth Survey, which will be given to 7th through 12th graders during the last week of October.

Why Survey Our Youth? This will be the third time Norwalk has surveyed our middle and high school students. The survey allows students to share their beliefs and experiences on matters beyond academics that impact their learning and their lives. The information is used to guide community, municipal, and school initiatives to support our youth and address issues they experience. A few ways the survey findings have been used include:

- The 2018 survey resulted in a five-year federal grant to support The Norwalk Partnership in preventing underage substance misuse and promoting mental wellness.
- The 2021 survey, conducted during COVID, was used to identify the mental health crisis in our students as well as to target the highest-risk populations. As a result, NPS brought in new mental health resources and trainings in our schools, and The Norwalk Partnership, Norwalk ACTS and community nonprofits developed plans, sought funding, and launched support groups for the highest-risk students.

What Data Will Be Collected? The survey is intended to gather information on both risk factors and protective factors facing our youth today. Specifically, it will gather information on students' perceptions and experiences around substance use, mental health and suicide, online gaming, social media, bullying, toxic stress, sexual behaviors (high school only), extracurriculars, and connectedness to others. It will ask for demographic information (grade, race/ethnicity, gender and sexual identity, English Language Learner, IEP) in order to identify groups that may be at higher risk. You are welcome to look at the survey questionnaire at your school's administrative offices.

Is the Survey Confidential? Please be assured that the survey is fully confidential and all findings will be anonymous. No personally identifying information will be collected. There is no way to identify an individual student.

Who Will be Surveyed? The survey will be administered to all 7th through 12th graders on the selected date. Schools are sending 2 letters home to parents advising them about the survey. Parents may inform their school if they do not want their child to take the survey. Students can also choose not to participate on the date of the survey. Those who do not take the survey will be asked to work independently and quietly during the survey administration.

When and How Will the Survey Be Given? Each school will identify a period when the survey will be administered in their building. At that time, classes will watch a short video made by NPS students to explain the survey's purpose, types of data collected, and confidentiality. Students will then click a link to complete the survey online in English or Spanish. The survey takes the average student 15-17 minutes to complete.

When Will Survey Findings Be Available? The findings will be presented to the BOE and school administration in January, followed by a variety of presentations for parents and community members. Results will be posted at www.thenorwalkpartnership.org/presentations.

Who Funds the Survey? This survey is funded by Positive Directions–The Center for Prevention and Counseling, through a Drug-Free Communities grant from the Centers for Disease Control and Prevention. The Norwalk Partnerships is a coalition of community members and organizations dedicated to preventing substance misuse and promoting mental wellness in Norwalk youth and young adults. For more information, please contact Margaret Watt, Prevention Director, at mwatt@positivedirections.org

CITY RESOURCES

City of Norwalk's Community Resource Hub is Available to Help

Norwalk has a Community Resource Hub with resource specialists and family navigators who can connect residents in need to support resources – including food assistance, employment resources, and health related supports.

The Community Resource Hub is open Monday to Friday, 9am-5pm. Spanish and additional languages are available.

To connect with the Community Resource Hub:

- use the QR code on the flyer
- visit us at City Hall in room 202 (no appointment necessary)
- call our office at (203) 854-7999 (prompt 4).

We are here to help!



City of Norwalk

COMMUNITY RESOURCE HUB

RESOURCE SPECIALISTS - FAMILY NAVIGATORS

OPEN TO ALL NORWALK RESIDENTS!

We help Norwalk residents in need identify, understand, and navigate available support services and resources.

Make Referrals Here:

- Please use QR code to access referral form link →
- Norwalk City Hall
Room 202
125 East Avenue
Norwalk, CT 06851
- humanservices@norwalkct.org
- 203-854-7999 (Prompt 4)

Bilingual Staff & Other Languages Available Upon Request.



Need assistance but don't know how to get it?

you can come to the

COMMUNITY RESOURCE HUB
Family Navigators - Community Resource Specialists

We help Norwalk residents in need identify, understand, and navigate available support services and resources.

How it works

Fill out the Online Form → We meet with you → We connect you to community providers

Suicide Prevention Grant: How the Health Department Will Use it

by Kelley Meier, Health Educator - Norwalk Health Department

September is National Suicide Prevention Awareness Month. This September, the Norwalk Health Department began work on a CT Suicide Prevention (CTCSP) grant awarded by the CT Department of Public Health. Suicide is a significant public health crisis that impacts the lives of individuals, families, and entire communities. This grant will allow for the opportunity to work together with existing local, regional, and state partners to address suicide prevention, intervention, and response (SPIR) efforts in our area.

The Norwalk Health Department will use this grant opportunity to work collaboratively in identifying ways to better understand risk and protective factors to suicide, highlighting existing resources in our community, looking for additional supports for those in need, sharing available resources on how to access help, and spreading messages of hope to all members of our community.



Save these numbers in your
and your family's phones!

IN A MENTAL HEALTH OR SUICIDE CRISIS?

**FREE HOTLINES ARE
AVAILABLE 24/7!**

National:

- Crisis Text Line: Text 741741
- National Suicide Lifeline: Call or text 988
- Maternal Mental Health Hotline: 833-943-5746

LGBTQ:

- The Trevor Project: Text 678678
- Trans Lifeline: Call 877-565-8860

State Resources in CT:

- CT's Action Line (mobile crisis): Dial 2-1-1, option 1
- Kids in Crisis (ages 0-18): 203-661-1911
- Domestic Violence SafeConnect: 888-774-2900
- JoinRiseBe Young Adult Warmline: Talk to a young adult peer specialist 12pm-9pm daily: 800-6-HOPENOW

Local:

- First Responders: 911 (ask for a CIT officer)

Alternatives to Suicide:

Navigating the Darkness Together

**Free support group starting
October 4, 2022 in Westport!**

Alternatives to Suicide is a free, non-judgmental, non-clinical, peer-led, and confidential drop-in space where people can share difficult thoughts and feelings without being assumed to have an illness or experiencing involuntary intervention.

Tuesdays at 7PM starting Oct. 4, 2022
Positive Directions, 90 Post Rd West, Westport, CT



Feel free to just show up! For more info,
call 203-227-7644 or email Ally at
akernan@positivedirections.org.



*You are not alone. If you, or someone you know,
is struggling or in crisis, help is available. For
the full Norwalk Behavioral Health Resource
Guide, visit thenorwalkpartnership.org/get-help*



Positive Directions is starting a new in-person suicide support group in October. Group will meet at their office on the Norwalk/Westport border.



Norwalk ACTS is a community partnership that connects people, organizations, and systems throughout Norwalk to align efforts and work in collaboration to coordinate improvements at every stage so that children and youth are on track academically, physically, and social-emotionally from cradle to career.

Have you checked out our "Play and Learn" Out-of-School-Time Program Locator?

We believe that every Norwalk young person should be engaged in meaningful out of school experiences. Our Out of School Time (OST) Initiative works with community and school partners to develop and sustain a system that ensures our city's children and youth are provided with high-quality, affordable learning opportunities that meet academic, social-emotional, and health & wellness needs. We have created a Norwalk Out of School Time Program Locator as a resource for families to find programs that meet the needs of their children. This resource is available year-long and is available in English, Spanish, and Haitian Creole.



**Learn about the After School Programs
that exist in Norwalk**



**Search for local programs by age, price,
type, time, and day**



Working Together,
Everything Is Achievable.



Calling all parents of children 0-5! Do you know about sparkler ?

SPARKLER is a FREE mobile app for Connecticut families, helping parents support children's development from birth through 5! Check-in on your child's development and get a library of 1000+ play activities just right for your child's age.

Use the QR code to download Sparkler
in English or Spanish.

**Opportunity for Norwalk
Teens ages 14 to 18!**

YOUTH COMMUNITY ADVOCATE POSITION

ARE YOU INTERESTED IN:

- Supporting local mental wellness efforts?
- Learning about youth advocacy and leadership opportunities?
- Creating shared spaces and platforms for youth-led work?
- Participating in workshops and trainings on Norwalk's community supports and resources?



APPLY HERE

RESOURCE OF THE MONTH

"At the Corner" is a new nonprofit here in Norwalk, created by the amazing Pastor Liz Abel, formerly of Cornerstone Community Church. At The Corner is launching several **free youth initiatives**, including **Spark Groups**, **Deborah's Academy** for high school aged girls, and **Timothy's Project** for high school aged boys. They also have a **Fatherhood Initiative** and **Immigrant Support Services**! Learn more at <http://ccfatthecorner.org/services/> !



YOUTH INITIATIVE

At The Corner is committed to building a safe space where all are welcomed. Our purpose is to build a community for the youth, with the youth. Our youth programming focuses on deepening relationships with ourselves and one another to provide an environment necessary for youth to have a safe haven for learning, community, and fellowship.



Are you interested youth leadership and development that includes topic such as:

- Self-Definition, Self-Awareness, Self-Health*
- Leadership Styles, Goal Setting*
- Personal Awareness and*
- Civic Responsibility*

To learn more or sign up for any program, please contact:
Anamilena Moreno MSW- Program Coordinator
cell: 203-286-3075
a.moreno@ccfatthecorner.org



For more information, contact:
Anamilena Moreno, MSW
Program Coordinator
Email: a.moreno@ccfatthecorner.org
Call/Text: 203-286-3075
English or Spanish



Invites
dads of Norwalk
to join our

FATHERHOOD INITIATIVE

A place that serves as a safe space for fathers.

The initiative's focus is for fathers to create their own support system based on their interests, desires and needs.

Location: 718 West Ave, Norwalk, CT
Time: 6:30pm- 8:30pm

Initiative includes:

- Groups twice a month (typically on Wednesdays)
- Free dinner
- Games and activities
- Children are welcome to the group

To join groups, please contact
Anamilena Moreno
a.moreno@ccfatthecorner.org
203-286-3075

RESOURCES FOR TEENS

Free Groups for Norwalk Teens by
Positive Directions &
Youth Business Initiative

COME HANG WITH US!

Check out our **FREE** programs for
high schoolers in Norwalk!

Fall 2022 schedule:

- Support group for teen boys - Wednesdays 5-6pm for 10 weeks starting 9/28/22
- SMART Teen group - All year, every Monday 4-5:30pm
- Substance use & mental health awareness trainings
- Monthly social events

FOOD WILL BE
PROVIDED!

LEARN MORE & SIGN UP AT
[TINYURL.COM/NORWALKTEENGROUPS](https://tinyurl.com/norwalkteengroups)



Positive Directions, the Youth Business Initiative, Human Services Council and The Hub have been partnering to offer FREE supports for high schoolers in Norwalk, thanks to City & ARPA funding. The program responds to critical issues identified in our 2021 Norwalk Youth Survey: depression, relationship issues, self-management and self-awareness, particularly among girls and BIPOC youth.

Norwalk teens ages 14 to 18 can join any or all of the following:

- **SMART Teen skills group**, meeting every Monday from 4-5:30pm. SMART Teens teaches kids to use therapy-based tools to understand their motivations and urges, set goals, and make positive changes in their lives. Join at any time!
- **Clinician-led support group**, meeting every Wednesday from 5-6pm, alternating between a 10-week girls' support group (just ended) and a 10-week boys' support group (starting 9/28/22). There will be a second round of girls' and boys' groups later this year.
- During each 10-week session, the teens have a **Check-Up from the Neck Up** day where they take a behavioral health screening and are referred to additional services they may need following the end of each group.

All groups meet at YBI, 11 Day Street (2nd floor), South Norwalk, and food is provided. These groups are open to any high school-aged teen from Norwalk! Participating students also get the opportunity to join fun monthly social events. We had an amazing kayaking day at the end of August! Students also receive training around substance use prevention and suicide prevention.

To learn more or register, please visit
tinyurl.com/norwalkteengroups



SPARK YOUTH GROUPS

A space where youth can build their own community

Join At The Corner's youth SPARK groups, where youth will have the opportunity to create their own space to grow with one another in critical thinking, problem solving, and participate in healthy youth development

Groups include:

- Meetings twice a month on Thursdays
- Free Dinner
- Fun activities based on your interests!

Where: Cornerstone Community Church
718 West Ave. Norwalk, CT

Time: 4pm-6pm

To register, [click here](#), scan QR code or contact:
Anamilena Moreno MSW, Program Coordinator
Email: a.moreno@ccfatthecorner.org
Call/Text: 203-286-3075



At the Corner

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



TURNING
POINT
CT.org

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

pd
positive directions
THE CENTER FOR PREVENTION AND COUNSELING

PEER CONNECTION

Life Skills

Self-Awareness

Peer connection is more than just food, friends, and fun. The new Peer Connection Program is an interactive life skills program open and **FREE** to 6th, 7th and 8th grade students in the City of Norwalk. This unique program offers the following, Group presentations on topics of interest to teens:

Peer Relationships

Wellness

Sept 26th 2022 - Virtual Orientation for Parents & Students

Oct 3rd 2022 - Live in person program

Located in Norwalk City Hall

Every Mondays 6:30PM-8:00PM

Please call our office to sign up: 203-854-7785

pd
positive directions
THE CENTER FOR PREVENTION AND COUNSELING

HIGH SCHOOL STRESSOR SUPPORT GROUP

LED BY KARLENE BARNETT, LADC

A SAFE PLACE TO TALK WITH OTHER TEENS ABOUT
ALL THINGS HIGH SCHOOL

TUESDAYS 4-5PM (VIRTUAL)
STARTING SEPT. 6TH

IN THIS **FREE** SUPPORT GROUP, LEARN HOW TO

- Identify stressors and learn coping skills
- Deal with family and peer pressure
- Explore anxiety around school violence
- Develop strategies to maintain grades

Join this **FREE** virtual group of High School Students

RSVP for link at:
positivedirections.org/support-groups
or call 203-227-7644 to learn more

TCC CORNER

Back to School with Pride!

Cadence Pentheny, Triangle Community Center, cadence@ctpridecenter.org

Heading back to school after the summer break can bring up a lot of mixed feelings! LGBTQ+ young folks in particular may have specific concerns about heading back to student life - here's some thoughts on how to best support them.

Check on their Records

If your child is going by a different name now, or their gender identity has shifted, make sure that the school office is aware. While "legal" information has to be used on official documents such as health records and transcripts, there is no reason that your child should be referred to incorrectly in class or anywhere else in their day-to-day school life. Connecticut Safe School Coalition has published guidelines that public schools must follow, which includes respecting the gender identity of transgender, nonbinary, and gender non-conforming students.

Stand up to book/information bans


All comprehensive research shows that all students, regardless of their identities, benefit socially, emotionally, and academically from diverse curriculum. Students have the right to learn about LGBTQ+ history in school. There is no book or piece of media that will "turn" a young person gay - it will just make them feel seen, understood, and like they belong.

Join the GSA/Pride Club

Find out information about the school's Pride or GSA Club, and encourage your child to join! If the club meets as an after-school space, do your best to figure out how your child can attend. Peer support is something that all young people can really benefit from!

Stay Involved

Keep an open line of dialogue with your child. If you talk about life and catch up regularly, you are more likely to hear about if they are experiencing any issues early on. Be aware of schools' anti-discrimination and anti-bullying policies, too!



TCC YOUTH PROGRAMMING


TCC YOUTH COMMUNITY DINNER
1ST THURSDAY, 6:30 PM - 8:00 PM
CONTACT: SYDNEY HENCK SYDNEY@CTPRIDECENTER.ORG

TRANSGENDER AND GENDER QUESTIONING YOUTH FORUM
2ND & LAST SUNDAY, 3PM - 4:30PM
CONTACT: MICAELA SCULLY MICAELASCULLY@GMAIL.COM

YOUTH THERAPEUTIC ART
2ND SATURDAY, 2:15PM - 3:15PM
CONTACT: LORENA SFERLAZZA: LORENA.SFERLAZZA@GMAIL.COM

YOUTH HANGOUT
WEDNESDAYS, 4PM - 5PM
CONTACT: SYDNEY HENCK SYDNEY@CTPRIDECENTER.ORG

YOUTH EXPLORING CREATIVE WRITING
SATURDAYS 3:30 PM - 4:30 PM
CONTACT: JEN BOULETTE ZAIA2303@GMAIL.COM



YOUTH COMMUNITY FREE DINNERS

FREE FOR ALL LGBTQ+ & ALLY YOUTH (UNDER 18)

1ST THURSDAY OF EVERY MONTH
6:30 PM - 8:00 PM
650 WEST AVE, NORWALK, CT

COVID19 VACCINES ARE REQUIRED
EMAIL SYDNEY@CTPRIDECENTER.ORG TO SIGN UP!