
COMMUNITY HEALTH & WELLNESS

RESOURCE GUIDE



making the healthy choice
the easy choice

Dear Community Member,

This guide was prepared by the Greater Hartford REACH (Racial and Ethnic Approaches to Community Health) Coalition with the sole purpose of supporting and enriching the lives of the residents of the North End of Hartford, and we trust that it will serve this purpose.

The Greater Hartford REACH Coalition was established, as a collaborative effort, to make the “healthy choice the easy choice” for all Hartford residents. We aim to accomplish this by ensuring access to healthy food, safe and healthy environments, affordable healthcare, and healthy outcomes through changes in policies, systems, and environments.

This guide is part of our overall effort to improve the community’s access to health care services. Inside you will find easily accessible health-related services and programs in and around the North End of Hartford. These include primary care services, mental and behavioral health organizations, nutrition assistance, and opportunities for physical activity. We hope that the information contained here is useful as you strive to live a full, healthy, and prosperous life.

Thank you,

The Greater Hartford REACH Coalition

REACH Community Partner Coach

(860) 522-9622, Ext. 2344

REACH@ghymca.org



Most of the resources listed in this guide are public transportation accessible.

PRIMARY HEALTH CARE SERVICES

BROWNSTONE CLINIC

Hartford Hospital, 79 Retreat Ave., Hartford, CT

(860) 545-0200 | www.harthosp.org

Services Offered: Adult primary, specialty, and dental care, as well as STD testing.

BURGDORF/BANK OF AMERICA HEALTH CENTER

131 Coventry St., Hartford, CT

(860) 714-2813 | www.saintfranciscare.com

Services Offered: Adult primary care, pediatric primary care, pediatric dentistry.

CHARTER OAK HEALTH CENTER

21 Grand St., Hartford, CT

(860) 550-7500 | www.thecharteroak.org

Services Offered: Urgent care, internal medicine, women's health, school-based health, behavioral health, pediatrics, dental, podiatry, nutrition, optometry, pharmacy, patient advocacy, case management, homeless health care, mobile medical van, lab, eligibility assistance.

COMMUNITY HEALTH SERVICES

500 Albany Ave., Hartford, CT

(860) 249-9625 | www.chshartford.org

Services Offered: Adolescent, adult & women's medicine, behavioral health, dental care, optometry, pediatrics, podiatry, social services & outreach (food pantry, WIC, Medicaid/HUSKY application assistance).

CONNECTICUT CHILDREN'S MEDICAL CENTER

282 Washington St., Hartford, CT

(860) 545-9000 | www.connecticutchildrens.org

Services Offered: Connecticut Children's Medical Center specializes in pediatric health care services. Children's offers a complete range of health care services and is dedicated to improving the physical and emotional health of children through family-centered care, research, education.

FAMILY MEDICINE CENTER AT ASYLUM HILL

99 Woodland St., Hartford, CT

(860) 714-4212 | www.asylumhillfamilymedicine.org

Services Offered: Family medicine, primary care services. Accept most insurance plans including Medicare and Medicaid.

GENGRAS INTERNAL MEDICINE PRACTICE

1000 Asylum Ave., Hartford, CT

(860) 714-4455

Services Offered: Provides primary care services for adults and children.

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HARTFORD DEPARTMENT OF HEALTH AND HUMAN SERVICES

131 Coventry St., Hartford, CT

(860) 757-4830 | www.hartford.gov/hhs

Services Offered: Flu clinics, health van, health fairs, tuberculosis clinic, STD clinic, HIV testing & counseling.

HARTFORD HOSPITAL

80 Seymour St., Hartford, CT

(860) 545-5000 | www.harthosp.org

Services Offered: Hartford Hospital is a general medical and surgical hospital in Hartford, CT. It provides a complete wrap care including general medical, specialty and surgical services.

HARTFORD SCHOOL-BASED CLINICS

Debbie Chameides, Coordinator of Health Services

(860) 695-8760 | www.hartfordschools.org/family-resources/school-based-health-clinics

Services Offered: Physical exams, immunizations, health promotion & wellness, care for injuries & illness, assistance with asthma and diabetes, reproductive health care (at high school sites), mental health counseling. Open to all Hartford Public School students during regular school hours.

MALTA HOUSE OF CARE

Mobile van, locations vary based on the day of the week

(860) 725-0171 | www.maltahouseofcare.org

Services Offered: Free primary care services to the uninsured (including lab testing and medication). No appointments but registration on the day of your visit is required.

SAINT FRANCIS HOSPITAL

114 Woodland St., Hartford, CT

(860) 714-4000 | www.stfranciscare.org

Services Offered: Saint Francis Hospital offers services in general medical, specialty and surgical services. The hospital has clinical concentrations in heart disease, cancer, women's and children's services and behavioral health.

WOMEN'S AMBULATORY HEALTH CLINIC AT HARTFORD HOSPITAL

111 Park St., Hartford, CT

(860) 972-2780 | www.harthosp.org/women/RelatedServices/WomensAmbulatoryHealthServices

Services Offered: Primary care services for women including OB/GYN care, midwives, nutritionists, and social workers. Educational and support programs are also available, as well as a family planning clinic.

SPECIALTY CARE SERVICES

BREAST AND CERVICAL CANCER PROGRAM

Connecticut Department of Public Health, 410 Capitol Ave.,
MS# 11HLS, Hartford, CT
(860) 509-7804 | www.ct.gov/dph

Services Offered: Free breast cancer, cervical cancer and heart disease screenings. Contact the program for eligibility criteria.

CARDIAC REHABILITATION AND WELLNESS PROGRAM

Saint Francis Hospital, 114 Woodland St., Hartford, CT
(860) 714-4538 | www.saintfranciscare.com/Content.aspx?id=12884906001

Services Offered: Programs designed to help participants with heart disease, or risk factors for heart disease, recover faster, stay healthy and lead productive lives.

CENTER FOR DIABETES & METABOLIC CARE

Saint Francis Hospital, 114 Woodland St., Hartford, CT
(860) 714-5733 | www.saintfranciscare.com/cdmc

Services Offered: Assists individuals with diabetes to control their diabetes successfully and reduce their risk of related health complications.

CONNECTICUT COLORECTAL CANCER CONTROL PROGRAM

Hartford Hospital | (860) 545-3078
Saint Francis Hospital | (860) 714-4680
Charter Oak Health Center | (860) 550-7500
Community Health Services | (860) 249-9625

Services Offered: Provide no-cost colonoscopies and referrals to primary care physicians for follow-up services to eligible adults (call for eligibility details).

CURTIS D. ROBINSON CENTER FOR HEALTH EQUITY

Saint Francis Hospital, 140 Woodland St., Hartford, CT
(860) 714-5770 | www.sfmhi.com

Services Offered: Patient education, early diagnosis, treatment and monthly support for men at risk of prostate cancer.

DIABETES LIFECARE

Hartford Hospital, 85 Jefferson St., Suite 113, Hartford, CT
(860) 545-3526 | www.harthosp.org/diabetes

Services Offered: Classes, individual counseling sessions, monthly support and continuing education groups designed to help patients manage their diabetes more effectively.

INTEGRATIVE MEDICINE

Hartford Hospital, 80 Seymour St., Hartford, CT
(860) 545-4444 | www.harthosp.org/integrativemed

Services Offered: Provides patients and community members with complimentary services to assist with their healing & wellness. Provides services such as massage therapy, mind/body medicine, holistic nutrition and yoga to aid in risk reduction, anxiety, comfort, pain relief and stress management.

INTEGRATIVE MEDICINE

Saint Francis Hospital, 114 Woodland St., Hartford, CT
(860) 714-4450 | www.stfranciscare.org/integrative

Services Offered: Provides patients and community members with complimentary services to assist with their healing & wellness. Provide services such as massage therapy, mind/body medicine, holistic nutrition and yoga to aid in risk reduction, anxiety, comfort, pain relief and stress management.

LESBIAN, BISEXUAL, TRANSGENDER WOMEN BREAST/CERVICAL CANCER DETECTION

Hartford Gay & Lesbian Health Collective, 1841 Broad St.,
Hartford, CT

(860) 278-4163 | www.hglhc.org

Services Offered: Outreach, education and referrals to free breast and cervical cancer screenings for lesbian, bisexual & transgender women ages 40+.

TAKE THE TIME MOBILE MAMMOGRAPHY

Mobile service | (860) 545-1018

Services Offered: Offers screenings, mammograms, breast health education, and educational materials to women who would otherwise not have access to mammography services. Call to find out when and if they will be in a location near you.

WOMEN'S HEART PROGRAM AT SAINT FRANCIS

114 Woodland St., Hartford, CT

(860) 714-6389 | www.stfranciscare.com

Services Offered: Cardiac risk assessment, risk factor education, nutritional evaluation, development of nutritional goals, exercise guidelines, prescription, and program implementation.

BEHAVIORAL/MENTAL HEALTH SERVICES

ALCOHOL & DRUG RECOVERY CENTERS

500 Blue Hills Ave., Sixth Floor, Hartford, CT

(860) 714-3700 | www.adrc-ct.org

Services Offered: Detox center, outpatient programs, residential treatment, and counseling. Accessible 24 hours a day, 365 days a year.

CAPITOL REGION MENTAL HEALTH CENTER

500 Vine St., Hartford, CT

(860) 297-0800 | www.ct.gov/dmhas/crmhc

Services Offered: Clinical services (acute, forensic, outpatient, young adult), managed services, recovery and community integration for adults 18+ with serious psychiatric disabilities or co-occurring disorders of psychiatric illness & substance abuse.

CHARTER OAK HEALTH CENTER

21 Grand St., Hartford, CT

(860) 550-7500 | www.thecharteroak.org

Services Offered: Child and family treatment, psychiatric services for adolescents and adults, co-occurring disorders (substance abuse), medication management.

CHILDREN'S BEHAVIORAL HEALTH

999 Asylum Ave., Hartford, CT

(860) 548-0300 | www.ccaoh.org

Services Offered: Intensive in-home child & adolescent psychiatric services and multi-dimensional family therapy.

COMMUNITY HEALTH SERVICES

500 Albany Ave., Hartford, CT

(860) 249-9625, Ext.. 892 | www.chshartford.org

Services Offered: Biopsychosocial assessment, psychiatric evaluation, medication management, crisis intervention, psychotherapy, education on anger management, parenting & depression, drug screening, peer based support, treatment for co-occurring disorders, and relapse prevention.

HARTFORD BEHAVIORAL HEALTH

Cole Center, 2550 Main St., Hartford, CT

(860) 548-0101 | www.hbh1.org

Services Offered: Mental health services for adults & children including psychotherapy, psychiatric evaluations & medication monitoring to address issues of trauma, substance use & conduct disorders. Tobacco cessation services are also offered.

HARTFORD SCHOOL-BASED CLINICS

Debbie Chameides, Coordinator of Health Services

(860) 695-8760 | www.hartfordschools.org/family-resources/school-based-health-clinics

Services Offered: Mental health counseling. Open to all Hartford Public School students during regular school hours.

THE VILLAGE FOR CHILDREN & FAMILIES

1680 Albany Ave., Hartford, CT

(860) 236-4511 | www.thevillage.org

Services Offered: Prevention, community support, early intervention, outpatient behavioral health/trauma center, intensive community and residential treatment, therapeutic foster care, adoption and family preservation.

UNDERSTANDING HEALTH DISPARITIES IN OUR COMMUNITY:

Everyone deserves the opportunity to live a long, healthy, and productive life, yet health disparities persist. A health disparity is a difference in health outcomes across subgroups of the population, often linked to social, economic, or environmental disadvantages (e.g., less access to good jobs, unsafe neighborhoods, and lack of affordable transportation options). Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health on the basis of their racial or ethnic group, religion, socioeconomic status, gender, age, mental health, cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.

*U.S. Department of Health and Human Services,
Office of the Surgeon General, 2014.*

HIV/AIDS, STD, AND REPRODUCTIVE HEALTH SERVICES

AIDS CONNECTICUT

110 Bartholomew Ave., Hartford, CT

(860) 247-AIDS | www.aids-ct.org

Services Offered: Housing assistance, care services for people living with HIV/AIDS, support groups, meals, substance abuse counseling, mental health counseling, acupuncture, syringe exchange, HIV counseling & HIV testing.

AIDS EDUCATION AND RISK REDUCTION PROGRAM

Charter Oak Health Center, 21 Grand St., Hartford, CT

(860) 550-7500 | www.thecharteroak.org

Services Offered: Provides education, counseling and confidential HIV testing for people with HIV/AIDS or people at risk. Medical & mental health services, social services, education and outreach are provided.

CATHOLIC CHARITIES PREGNANCY COUNSELING

896 Asylum Ave., Hartford, CT

1(800) 538-4448 | www.ccaoh.org

Services Offered: Help link women who are in a crisis pregnancy with pre-natal care, housing/transportation, financial assistance, counseling, adoption services.

COMMUNITY HEALTH SERVICES

500 Albany Ave., Hartford, CT

(860) 249-9625 | www.chshartford.org

Services Offered: Comprehensive HIV/AIDS program for disease treatment and primary care for patients with HIV/AIDS. Hepatitis B & C treatment and follow-up, and a support group for patients with Hepatitis C. Treatment and follow-up of STDs.

CT AIDS DRUG ASSISTANCE PROGRAM

1-800-233-2503

Services Offered: A State program that can help pay for FDA approved HIV-related drug treatments Eligibility: No asset limit. Income limit: up to 400% of the Federal Poverty Level. Must provide physician verification of HIV/AIDS and proof of CT residency.

HARTFORD DEPARTMENT OF HEALTH AND HUMAN SERVICES

131 Coventry St., Hartford, CT

(860) 757-4830 | www.hartford.gov/hhs/disease-prevention-health-promotion

Services Offered: Confidential STD testing and treatment, Hepatitis A, B & Gardasil vaccination, free condoms, education, free and confidential rapid HIV testing and counseling.

HARTFORD GAY AND LESBIAN HEALTH COLLECTIVE

1841 Broad St., Hartford, CT

(860) 278-4163 | www.hglhc.org

Services Offered: Provides education regarding AIDS/HIV, as well as

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information on health issues related to gay, lesbian, bisexual, and transgender individuals.

HARTFORD STD CLINIC

Burgdorf Health Center, 131 Coventry St., Hartford, CT
(860) 543-8820

Services Offered: All STD/HIV testing, Hepatitis A, Hepatitis B and HPV Vaccine, & Hepatitis C Screening. No appointment necessary.

LATINO COMMUNITY SERVICES

184 Wethersfield Ave., Hartford, CT
(860) 296-6400 | www.lcs-ct.org

Services Offered: HIV/STD testing, harm reduction for active drug users, HIV & Hepatitis C counseling, food pantry, medical transportation, medical case management.

PEDIATRIC, YOUTH AND FAMILY HIV PROGRAM

CT Children’s Medical Center 282 Washington St., Dept. 2L ,
Hartford, CT
(860) 545-9490 | www.connecticutchildrens.org

Services Offered: Provides inpatient and outpatient care, counseling, education, support groups, and consultations with other specialists. Case management for both infected children and affected family members is also offered.

PLANNED PARENTHOOD

Hartford North Center, 1229 Albany Ave., Hartford, CT
(860) 728-0203 | www.plannedparenthood.org

Services Offered: Sexual/reproductive health services, women’s health services, men’s health services and LGBT services. Many insurance plans, including Medicaid, are accepted. If uninsured, fees are based on income.

SAINT FRANCIS HOSPITAL/UNIVERSITY OF CONNECTICUT PRIMARY CARE CENTER HIV/AIDS PROGRAM

131 Coventry St., 2nd Floor, Hartford, CT
(860) 714-2813

Services Offered: Primary care for people with HIV/AIDS including treatment, nursing services & nutrition counseling. Free treatment for adults who are HIV+ or have AIDS and are at or below 300% of the FPL.

ORAL HEALTH SERVICES

CHARTER OAK HEALTH CENTER

21 Grand St., Hartford, CT

(860) 550-7574 | www.thecharteroak.org

Services Offered: Clinical evaluations, x-rays, cleaning, fillings, extractions, dentures, pediatric dentistry, emergency dental care, oral cancer screenings.

COMMUNITY HEALTH SERVICES

500 Albany Ave., Hartford, CT

(860) 249-9625, Ext. 846 | www.chshartford.org

Services Offered: Fluoride treatments; sealants; cleanings; fillings; extractions; crowns; bridges; dentures and partials; dental education; referrals for oral surgery, orthodontics (braces), or other specialists are available as needed.

GENGRAS AMBULATORY CARE DENTAL CLINIC

1000 Asylum Ave., Hartford, CT

(860) 714-4529

Services Offered: Provides dental services for adults and children.

Pediatric Dental Clinic is for children/youth ages 0 through 15;

Gengras Ambulatory Care Dental Clinic is for children/adults ages 3+.

KOOL SMILES OF HARTFORD

1888 Main St., Hartford, CT

(860) 356-0389 | www.mykoolsmiles.com

Services Offered: General dental care and oral surgery. Services are focused on children but they will take care of the whole family.

Appointments can also be made online.

HARTFORD DENTAL GROUP

21 Woodland St., Hartford, CT

(860) 728-6668 | www.hartforddentalct.com

Services Offered: Provides affordable, high quality dental services including routine cleanings & exams, fillings, crowns, veneers, oral surgery, and dentures. Many insurances are accepted & payment plans are available.

HARTFORD HOSPITAL DENTAL CLINIC

79 Retreat Ave., Hartford, CT

(860) 545-2700

Services Offered: The clinic provides general dentistry, as well as orthodontics, implants and oral surgery.

WE CARE FAMILY DENTAL CENTER

1453 Albany Ave., Hartford, CT

(860)-727-8146 | www.wecarefamilydental.com

Services Offered: Provides affordable, high-quality dental services including routine cleanings & exams, filling, crowns, veneers, oral surgery, and dentures. Many insurances are accepted & payment plans are available.

HEALTH SUPPORT SERVICES

ADVANCED PROSTATE CANCER SUPPORT GROUP

Helen and Harry Gray Cancer Center, Hartford Hospital,
85 Retreat Ave., Hartford, CT
(860) 524-2715

Services Offered: Provides education and support for men in the advanced stages of prostate cancer and their families. Meets one evening a month; call to check scheduled meeting dates/times.

AIDS CONNECTICUT

110 Bartholomew Ave., Suite 3050, Hartford, CT
(860) 247-2437 | www.aids-ct.org

Services Offered: Social and support group for gay men who are living with HIV. Call for up-to-date information about meeting times and days.

ALCOHOLICS ANONYMOUS (AA)

Various locations
(860) 282-5924 | www.ct-aa.org

Services Offered: Fellowship meetings for those looking to become sober or those who are sober and looking to remain sober. Meeting times and locations vary; call to find meetings near you.

ASYLUM HILL FAMILY CENTER

60 Gillett St., Suite 101, Hartford, CT
(860) 244-9944 | www.ccaoh.org

Services Offered: Parent/child interaction, parent support & development, health & wellness, supportive housing.

BRAIN TUMOR SURVIVOR SUPPORT GROUP

Helen and Harry Gray Cancer Center, Hartford Hospital,
80 Seymour St., Hartford, CT
(860) 545-2318

Services Offered: Provides patients with brain tumors and their families with education and support. Meets on the first Thursday of the month from 5:30-7pm.

CATHOLIC CHARITIES FAMILY CENTER

Parker Memorial Community Center, 2621 Main St., Hartford, CT
(860) 757-0827 | www.ccaoh.org

Services Offered: Promoting positive parent/child interaction, parent advocacy/leadership development, basic needs/social support, health and wellness, adult education, family enrichment, connecting families to the community.

CATHOLIC CHARITIES SUBSTANCE ABUSE SUPPORT

896 Asylum Ave., Hartford, CT
(860) 522-8241 | www.ccaoh.org

Services Offered: Counseling for people recovering from or at risk of substance abuse. Must be a resident of a capital region town; ages 18+; younger persons are seen with their families.

HEALTH SUPPORT SERVICES CONTINUED

CHESS- SUPPORT FOR BREAST CANCER/PROSTATE CANCER PATIENTS

Helen and Harry Gray Cancer, Center Hartford Hospital,
85 Retreat Ave., Hartford, CT
(860) 545-6000

Services Offered: Education and support for patients with breast cancer or prostate cancer. Provides online support & information.

CITIZENS FOR QUALITY SICKLE CARE

880 Asylum Ave., 3rd Floor, Hartford, CT
(860) 724-0664

Services Offered: Support group for adult family members of people living with sickle cell disease and adults living with sickle cell disease. Meets every quarter; call for dates and times.

CONNECTIONS WELLNESS CENTER

1229 Albany Ave., 3rd Floor, Hartford, CT
(860) 547-1771

Services Offered: Support groups for women and men who are HIV+. Call for information about meeting times and days.

DIVAS LATINA CANCER SUPPORT

Hispanic Health Council, 175 Main St., Hartford, CT
(860) 527-0856 | www.hispanichealth.com

Services Offered: Provides patient education, transportation, medical interpretation, social support, and referrals to other medical services for Latinas diagnosed with cancer. Contact for more information.

DR. ISAIAH CLARK FAMILY AND YOUTH CLINIC

The Village, 1680 Albany Ave., Hartford, CT
(860) 236-4511

Services Offered: Support group for parents/caregivers who are HIV+ and who want to explore the impact of the illness on parenting. Support group using adventure and art-based techniques to help youth ages 8-21 affected by AIDS/HIV.

GARDNER'S HOUSE

1229 Albany Ave., 3rd Floor, Hartford, CT
(860) 206-7754 | www.gardnershouse.org

Services Offered: Provides help to patients and family members to relieve stress, provide advice on how to handle their situation, how to recover, and how to return to a full and normal life. Also offer referrals to local and state agencies that have resources to assist financially and socially.

GENERAL CANCER SUPPORT GROUP

Helen and Harry Gray Cancer Center, Hartford Hospital,
85 Retreat Ave., Hartford, CT
(860) 545-1888

Services Offered: Addresses issues regarding cancer diagnoses, treatment and recovery for people with cancer and their loved ones. Registration required.

HEALTHY RELATIONSHIPS

CT Area Health Education Center, 20-28 Sargeant St.,
1st Floor, Hartford, CT
(860) 920-5149

Services Offered: Meetings that bring together long-term survivors living with HIV with those recently diagnosed to share tips and insights, restore self-confidence, improve health, and negotiate safer sex with partners. Call for information about joining.

HEALTHY RELATIONSHIPS/POSITIVELY AWARE

Hartford Gay and Lesbian Health Collective, 1841 Broad St.,
Hartford, CT
(860) 278-4163

Services Offered: Meetings that bring together long term survivors living with HIV with those recently diagnosed to share tips and insights, restore self-confidence, improve health, and negotiate safer sex with partners.

IMMANUEL HOUSE CAREGIVER SUPPORT GROUP

15 Woodland St., Hartford, CT
(860) 528-4228, Ext. 20

Services Offered: A support group for caregivers, call for information on meeting times and days.

INSTITUTE OF LIVING ALZHEIMER'S SUPPORT GROUP

400 Washington St., Hartford, CT
(860) 545-7189 or 545-7219

Services Offered: Meets on the first Tuesday of the month from 5 – 6:30 pm.

LIVESTRONG® AT THE YMCA

Downtown YMCA, 241 Trumbull St., Hartford, CT
(860) 522-4183 | www.ghymca.org/downtown

Services Offered: A 12-week program designed to help cancer survivors feel alive again. The program helps survivors overcome the effects of fatigue and deconditioning from treatment and the disease through a mind & body-based wellness program. YMCA membership not required.

MOCHA HARTFORD

(MEN OF COLOR HEALTH AWARENESS)

Wilson-Gray YMCA ,444 Albany Ave., Hartford, CT
(860) 241-9622 | www.ghymca.org/wilson-gray

Services Offered: A program designed to reduce health disparities among men of color through various forms of exercises, as well as improving the psychological and mental quality of life through discussions. YMCA membership not required.

HEALTH SUPPORT SERVICES CONTINUED

NEWLY DIAGNOSED BREAST CANCER SUPPORT GROUP

Saint Francis Hospital, 114 Woodland St., Hartford, CT
(860) 714-4112

Services Offered: Support group for women diagnosed with breast cancer within the last two years. Meets on the second Wednesday of each month at 5:15pm.

NURTURING FAMILIES NETWORK

The Village's Center for Family Life, 105 Spring St., Hartford, CT
(860) 236-4511, Ext. 3438 | www.thevillage.org

Services Offered: Provides pregnant women and first-time mothers with assistance and support to help promote positive parenting skills and reduce the incidences of child abuse and neglect through weekly home visits and group meetings.

POWERFUL TOOLS FOR CAREGIVERS

Saint Francis Hospital, 114 Woodland St., Hartford, CT
(860) 714-2421

Services Offered: An educational program designed to provide caregivers the skills to take care of themselves while caring for a relative or friend. Through the program, caregivers learn to reduce stress, improve self-confidence, locate resources, communicate better, and other important skills.

PROSTATE CANCER SUPPORT GROUP

Curtis D. Robinson Men's Health Institute, 140 Woodland St., Hartford, CT
(860) 714-7292

Services Offered: Open to all prostate cancer patients at any stage in their journey. Meets every third Monday of the month from 5pm-7:30pm.

PROSTATE CANCER SUPPORT GROUP

Helen and Harry Gray Cancer Center Hartford Hospital
85 Retreat Ave., Hartford, CT | (860) 524-2715

Services Offered: Provides education, problem solving techniques and psychological support to prostate cancer patients and their family members. Call to confirm the date/time of the session(s) you would like to attend.

RAWSON ELEMENTARY ALZHEIMER'S CAREGIVER SUPPORT GROUP

260 Holcomb St., Hartford, CT
(860) 695-4840

Services Offered: : A support group for caregiver of individuals with Alzheimer disease. The group currently meets on the last Friday of the month at 10:00 am. For more information contact at Kendra Bland. Currently the group meets on the first Tuesday of the month from 5pm- 6:30pm.

SAINT FRANCIS DIABETES SUPPORT GROUP

Conference Room A ,95 Woodland St., Hartford, CT
(860) 714-4402 | www.stfrancis.org/cdmc

Services Offered: Free, quarterly support group for adults with diabetes. Second Thursday of November, February, May, August from 1:30pm – 2:30pm.

WISEWOMAN PROGRAM

Saint Francis Hospital Women’s Center, 1075 Asylum Ave.,
Hartford, CT
(860) 714-7122

Services Offered: The program teaches women ages 40-64 who are uninsured or underinsured how to eat healthy, be more active, and quit smoking.

REACH'S MISSION

The Greater Hartford REACH Coalition’s mission is to work collaboratively to make the “healthy choice the easy choice” by assuring access to healthy foods, safe and healthy environments, affordable health care, and healthy outcomes through changes in policies, systems, and environments.

FOOD/NUTRITION RESOURCES

COOKING MATTERS

Hartford Office, YWCA, 135 Broad St., Hartford CT

www.cookingmattersct.org

Cooking Matters utilizes professional chefs and nutritionists who volunteer their time and expertise to lead hands-on courses that teach adults, teens, and kids how to purchase and prepare nutritious foods in healthful, safe, and tasty ways.

GROW HARTFORD CSA

75 Laurel St., Hartford, CT

dan@hartfordfood.org | www.hartfordfood.org

Services Offered: Households can buy a share and receive 140 pounds of a variety of vegetables and fruits (about \$30 worth per week; enough food for 2 adults and 2 children). Shares cost \$75 for low-income families, \$350 at market-rate.

HARTFORD FARMERS' MARKETS

Various locations throughout Hartford, including the Homestead Ave. & North End Farmers' Markets

www.hartfordfarmersmarkets.org

Most run from June to October. The Billings Forge Farmers' Market is open year-round.

HARTFORD MOBILE MARKET

Congress St., Suite 302, Hartford, CT

(860)296-9325 | www.hartfordfood.org

Services Offered: It is a year-round mobile produce market bringing fresh fruits and vegetables into Hartford's neighborhoods at affordable cost. SNAP and debit are accepted at all stops. Please visit website or call for mobile market locations.

KNOX

75 Laurel Street St., Hartford, CT

(860) 951-7694 | www.knoxparks.org

Services Offered: Community gardening plots & gardening workshops
An annual plot rental fee depends on income.

MOBILE FOODSHARE

Many locations throughout Hartford with varying days and times

(860) 286-9999 | www.foodshare.org

Services Offered: Provides fresh fruits & vegetables for families & individuals in need. No registration is required at most sites to demonstrate need. Call Foodshare or visit their website for information.

PANA-PARTNERSHIP FOR BETTER HEALTH THROUGH NUTRITION EDUCATION

Hispanic Health Council, 175 Main St., Hartford, CT

(860) 527-0856, Ext. 260 | www.hispanichealth.com

Services Offered: Nutrition education for children and adults.

SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM)

www.ct.gov/SNAP | Call 2-1-1 for information

The Supplemental Nutrition Assistance Program (SNAP), also known as Food Stamps, helps low-income individuals and families afford the cost of food at grocery stores and farmers' markets. You can apply for these benefits by completing a state application form at your local DSS office. Income limits and eligibility criteria do apply.

WIC (SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN)

www.ct.gov/dph/wic | Call 2-1-1 for information

WIC provides healthcare referrals, nutrition education, breastfeeding promotion and support, and supplemental foods for pregnant women, breastfeeding women, non-breastfeeding postpartum women, infants and children (up to their 5th birthday).

REACH'S VISION:

The REACH Coalition's vision is to create a healthier Hartford for ALL its residents regardless of age, race, ethnicity, gender, or social economic status.

PHYSICAL ACTIVITY/ FITNESS RESOURCES

ASYLUM HILL BOYS & GIRLS CLUB OF HARTFORD

170 Sigourney St., Hartford, CT

(860) 929-7694 | www.bgchartford.org

Services Offered: A safe and positive place that encourages development and growth through after-school programs that focus on physical activity, healthy eating, education, and self-esteem. Open Monday-Friday, 2:30pm – 9pm.

BRIGHT FUTURES YOUTH CENTER INC.

180 Pleasant St. Hartford, CT

(860) 525-0360

Services Offered: Boxing, karate, self-defense instruction for city youth. For information contact: George Cruz.

DOWNTOWN YMCA

241 Trumbull St., Hartford, CT

(860) 522-4183 | www.ghymca.org/downtown

Services Offered: Fitness center, circuit training, steam/sauna, personal training, massage, aquatic programs, FootLights, Read to Succeed, and other programs.

EBONY HORSE WOMEN

337 Vine St., Hartford, CT

(860) 293-2914 | www.ebonyhorsewomen.us

Services Offered: Empower youth toward successful lives through the use of Equine assisted growth learning. The program uses Equine Assisted Therapy and Therapeutic Riding along with academic supports to build leaders, deters destructive behavior, and increase academic achievement in youth.

HARTFORD PARKS

Bellevue Square Park, Cronin Park, DeLucco Playground, Elizabeth Park, Keney Park, Sigourney Square Park, Willie Ware Park
www.hartford.gov/parks

Services Offered: Great, safe places to play, exercise, and just spend some time outdoors.

HARTFORD POLICE ATHLETIC LEAGUE

50 Williams St., Hartford, CT

(860) 757-4401 | www.hartfordpal.org

Services Offered: Organized sports, teen/youth programs, field trips, special events, camp programs. Must be actively attending school & in good standing. There is an application, but all children will be accepted unless they are engaged in criminal activity.

HARTFORD SOCCER CLUB

Coach: Brian Gallagher | BrianGallagher82@gmail.com

www.hartfordsoccerclub.com

Services Offered: Soccer program for Hartford youth including a rec program from boys & girls ages 4-12, and a travel program for boys & girls ages 9-18. Offered in the Fall and Spring, no one is turned away for financial reasons. Email Coach Gallagher for registration information.

LIVINGWELL CENTRE

The Conference of Churches, 224 Farmington Ave., Hartford, CT
(860) 247-0017 | www.conferenceofchurches.org

Services Offered: Health and wellness programs including yoga, aerial yoga and zumba classes.

NORTHWEST BOYS & GIRLS CLUB OF HARTFORD

1 Nahum Dr., Hartford, CT
(860) 242-5553 | www.bgchartford.org

Services Offered: A safe and positive place that encourages development and growth through after-school programs that focus on physical activity, healthy eating, education, and self-esteem. Open Monday-Friday, 2:30pm – 9pm.

PARKER MEMORIAL RECREATION CENTER

2612 Main St., Hartford, CT | (860) 757-0820

Services Offered: Basketball and volleyball courts, a pool, locker room, exercise equipment, community room, kitchen, and game rooms.

SATURDAY HOOPSTERS

saturdayhoopsters@gmail.com
BrianGallagher82@gmail.com

Services Offered: An affordable recreational basketball program for children ages 5-14. Meets on Saturdays starting at the end of November.

SILVER SNEAKERS- FOR THE YOUNG AT HEART

Wilson-Gray YMCA, 444 Albany Ave., Hartford, CT
(860) 241-9622 | www.ghymca.org/wilson-gray

Services Offered: A Health and fitness class for the active older adult age 55 and older focusing on muscular strength and conditioning. The classes provide a workout regimen that consists of cardiovascular conditioning, flexibility training, core strengthening, range of motion exercises, balance and coordination.

WILSON-GRAY YMCA

444 Albany Ave., Hartford, CT
(860) 241-9622 | www.ghymca.org/wilson-gray

Services Offered: Fitness center, circuit training, gymnasium, climbing wall, child watch/amazing kids, teen center, pre-teen center, computer zone, steam/sauna, locker rooms, café, before & after school programs, personal training, and early childhood development center.



SMOKING CESSATION

CONNECTICUT QUITLINE

1 (800) QUIT-NOW

Services Offered: A telephone help line that provides smoking cessation counseling, quitting information, and support. “Quit Coaches” help callers quit using tobacco by working with them to create personalized Quit Plans.

HARTFORD HOSPITAL SMOKING CESSATION

80 Seymour St., Hartford, CT
(860) 545-LUNG

Services Offered: A twelve-week program for individuals of all ages who want to quit smoking. The program includes free products, as well as individual and group counseling.

HEALTHY LIVING

Hartford Behavioral Health, Cole Treatment Center, 2550 Main St.,
Hartford, CT
(860) 548-0101, Ext. 354

Services Offered: An educational and motivational group intervention for smokers with a dual diagnosis of mental health issues and nicotine dependence. The program focuses on wellbeing, nutrition, physical activity, and stress management.

SMOKING CESSATION PROGRAM

Hartford Gay and Lesbian Health Collective, 1841 Broad St.,
Hartford, CT
(860) 278-4163

Services Offered: A six-week smoking cessation program for individuals with HIV/AIDS.

SMOKE ENDERS

Hartford Behavioral Health Cole Treatment Center, 2550 Main St.,
Hartford, CT
(860) 548-0101, Ext. 356

Services Offered: An action-based group and individual treatment program for smokers struggling with mental illness and who want to try to quit smoking. The program focuses on quitting techniques that improve success and reduce relapse risk.

ADDITIONAL COMMUNITY RESOURCES

DIAL 2-1-1

2-1-1 | www.211ct.org

ACCESS HEALTH CT

1-855-805-HEAL (1-855-805-4325) | www.accesshealthct.com

Access Health CT is Connecticut's official health insurance exchange where you can search for and enroll in insurance plans for individuals, families and businesses. Insurance can be purchased online, over the phone, or in person.

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH

410 Capitol Ave., Hartford, CT

(860) 509-8000 | www.ct.gov/dph

CONNECTICUT DEPARTMENT OF SOCIAL SERVICES

3580 Main St., Hartford, CT

1-855-6-CONNECT (1-855-626-6632)

END HUNGER CONNECTICUT!

65 Hungerford St., Hartford, CT

(860) 560-2100 | www.endhungerct.org

FREE SUMMER MEALS

www.ctsummerfood.org

On The Go? Text CTmeals to 877877 for summer meals sites near you!

HARTFORD DEPARTMENT OF FAMILIES, YOUTH CHILDREN AND RECREATION

City Hall, 550 Main St., 3rd Floor, Hartford, CT

(860) 757-9595 | www.dfcr.hartford.gov

HARTFORD DEPARTMENT OF HEALTH AND HUMAN SERVICES

131 Coventry St., Hartford, CT

(860) 757-4700 | www.hartford.gov/hhs

HARTFORD PUBLIC LIBRARY

www.hplct.org

Albany: 1250 Albany Ave., Hartford, CT (860) 695-7380

Barbour: 259 Barbour St., Hartford, CT (860) 695-7400

Blue Hills: 649 Blue Hills Ave., Hartford, CT (860) 695-7420

Downtown: 500 Main St., Hartford, CT (860) 695-6300

SAND/Ropkins: 1750 Main St., Hartford, CT (860) 695-7520

REVITALIZE

750 Main St., Suite 1208, Hartford, CT

(860) 986 - 7724 | www.revitalizehartford.com

STATE DEPARTMENT ON AGING

55 Farmington Ave., 12th Floor, Hartford, CT

(860) 424-5274 | www.ct.gov/agingservices

THE GREATER COALITION COMMUNITY PARTNERS

ACTIVE CITY • AETNA • COMMUNITY SOLUTIONS NORTHEAST
NEIGHBORHOOD PARTNERSHIP • CONNECTICUT DEPARTMENT
OF PUBLIC HEALTH • CONNECTICUT HEALTH FOUNDATION •
CONNECTICUT INSTITUTE OF CLINICAL AND TRANSLATIONAL
SCIENCE AT THE UCONN HEALTH CENTER • FAITHCARE INC. •
FOODSHARE • GREATER HARTFORD NAACP • HARTFORD FOOD
SYSTEM • HARTFORD HOSPITAL • SAINT FRANCIS HOSPITAL
CURTIS D. ROBINSON CENTER FOR HEALTH EQUITY • URBAN
LEAGUE OF GREATER HARTFORD • URBAN ALLIANCE • PUBLIC
ALLIES • YMCA OF GREATER HARTFORD

The logo for REACH features the word "REACH" in a bold, white, sans-serif font. The letters are contained within a white, stylized arch that resembles a bridge or a protective shield, with the top of the arch curving over the text.

making the healthy choice
the easy choice

*The Coalition would like to express gratitude to
all that continue support our efforts.*