

TORRINGTON AREA HEALTH DISTRICT

350 Main Street, Suite A Torrington, CT 06790

Phone (860) 489-0436 Fax (860) 496-8243

Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.

October 2026 NEWSLETTER



Breast Cancer Awareness Month, or BCAM, takes place every year from October 1 to October 31. BCAM is recognized as a time to increase awareness of breast cancer, emphasize the importance of early detection, and support those affected.

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. This year, approximately 382,640 women in the U.S. will be diagnosed with breast cancer—including 321,910 with invasive breast cancer and 60,730 with non-invasive (in situ) breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.

But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is over 99%. Advances in [early detection](#) and [treatment](#) methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.

Awareness of the facts and statistics surrounding breast cancer in the United States is key in empowering individuals to make informed decisions about their health.



Hours

Monday, Tuesday, Thursday: 8:00am to 4:00pm.
Wednesday: 8:00am to 6:00pm, Friday: 8:00am to 1:00pm.
Follow us on social media and www.tahd.org



What is Breast Cancer:

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized.

SIGNS AND SYMPTOMS OF BREAST CANCER

Different people have different symptoms of breast cancer, while some do not have any signs or symptoms at all. It is important to know how your breasts normally look and feel to be able to recognize any changes that may occur. While knowing what to look for is important, regular mammograms and clinical breast exams are crucial, as these tests can help detect breast cancer before symptoms show.

Signs of breast cancer may include:

- Lump in the breast or underarm (armpit)
- Swelling or thickening of all or part of the breast
- Dimpling or skin irritation of breast skin
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)
- Any change in the size or shape of the breast
- Pain in any area of the breast

GET SCREENED

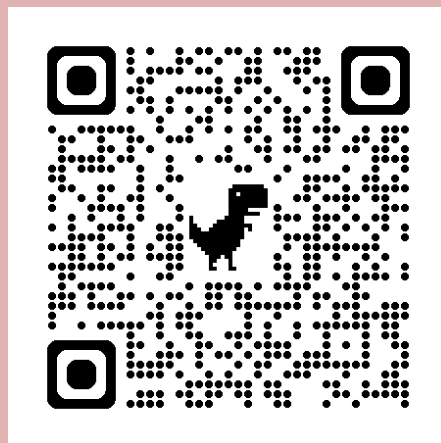
A [mammogram](#) is a low-dose x-ray picture of the breast. Early detection of breast cancer can improve a woman's chance of survival and mammograms are the best tool to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Women should ask their healthcare provider if and when a mammogram is right for them.

HOW CAN I LOWER MY RISK?

There are many factors that can influence your breast cancer risk such as family history and getting older. There is no sure way to prevent breast cancer, but lifestyle changes can help lower your risk of breast cancer such as:

- Keep a healthy weight and exercise regularly.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer, be sure to talk to your doctor about ways to lower your risk.

**For more information about
breast cancer resources**



Domestic Violence Awareness Month (DVAM) is a national campaign dedicated to raising awareness about domestic violence. Every October, organizations and individuals unite across the country for a national effort to uplift the needs, voices, and experiences of survivors. Congress declared the month of October to be Domestic Violence Awareness Month in 1989.



Last year, the Domestic Violence Awareness Project developed the theme **With Survivors, Always** for [Domestic Violence Awareness Month \(DVAM\) 2025](#). Together, we explored what it means to be in partnership with survivors toward *safety, support, and solidarity*.

For DVAM 2026, we're building on that momentum, with a deepened focus on **action**. Across the United States, we're seeing violence minimized, cuts to the services families rely upon, and increased barriers to safety for survivors and their children. **Survivors deserve action.**

This DVAM, we invite you to join us as we move from *awareness* to *action* in order to meet our current moment. Now more than ever, we must stand **with survivors, always**.

Domestic violence is a serious problem in our country. In the 12 months preceding the most recent NISVS survey, approximately 6.7 million women and 2.8 million men experienced contact sexual violence, physical violence, and/or stalking from an intimate partner in the U.S.

In just one day in 2025, the 20 Annual Domestic Violence Counts Report found that domestic violence programs served more than 84,000 victims of domestic violence across the United States.

More than 1 in 3 women and 1 in 6 men in the U.S. experience contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime.

According to the latest NISVS data, women are more likely to experience at least one IPV-related impact in their lifetime, such as being physically injured, missing work or school, being concerned for their safety, needing medical care, or filing a police report.

For more information





National LEAD POISONING PREVENTION Week



**Get the
Facts**



**Get your
Child Tested**



**Get your
Home Tested**

Each year, National Lead Poisoning Prevention Week (NLPPW) is a call to bring together individuals, organizations, industry, and state, tribal, and local governments to increase lead poisoning prevention awareness to reduce childhood exposure to lead. This year NLPPW takes place October 25-31, 2026.

National Lead Poisoning Prevention Week (NLPPW) brings together individuals, organizations, industry and state, Tribal, territorial and local governments to reduce childhood exposure to lead by increasing lead poisoning prevention awareness and education. The Centers for Disease Control and Prevention (CDC), U.S. Environmental Protection Agency (EPA), and U.S. Department of Housing and Urban Development (HUD) have collaborated to create comprehensive resources for communities.

Lead poisoning remains a serious threat to children's health. HUD estimates that 3.3 million U.S. families with a child under age 6 live in homes with conditions that could expose their children to lead-based paint hazards. Even very low levels of lead in children's blood are linked to negative effects on intellect, concentration, behavior and academic achievement. NLPPW highlights the many ways parents, caregivers and communities can reduce children's exposure to lead and prevent its harmful health effects.

The 2026 NLPPW theme is "**Keep Kids Safe from Lead,**" which focuses on three key messages:

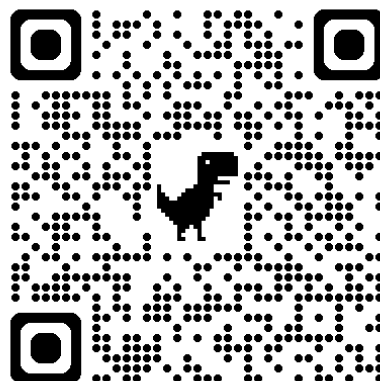
Get the Facts: Learn about lead hazards in your environment.

Get Your Child Tested: Ensure early detection through a blood lead test.

Get Your Home Tested: Identify and address potential lead sources.

This page is a starting point to help individuals, communities and Tribal, state and local governments and organizations ("partners") develop customized messaging to meet the needs of different communities. Our partners are a vital resource for spreading awareness about NLPPW and reducing childhood lead exposure.

For more information





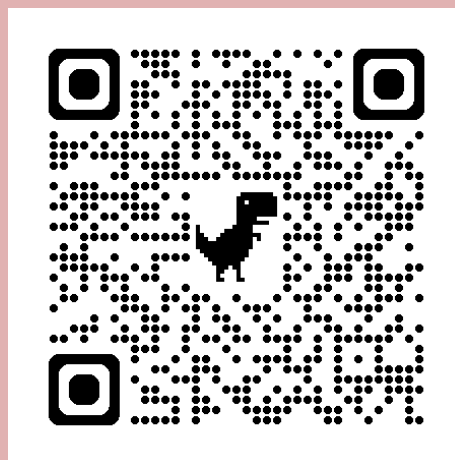
National Prescription Drug Take Back Day - October 24, 2026, 10AM to 2PM

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat. DEA's National Prescription Drug Take Back Day reflects DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

DEA is committed to making our communities safer and healthier, and we can do this by reducing overdoses and overdose deaths. While the community does its part to turn in unneeded medications and remove them from potential harm, we are doing our part to further reduce drug-related violence.

On this webpage are resources to help you dispose of unneeded medications in your home, seek treatment for a substance use disorder and learn more about the drug overdose epidemic in the United States.



COLLECTION SITE LOCATOR

All About Sea Salt



Although all salts are, well, salty, there are differences in taste among various kinds of sea salt. Wherever there is saltwater, you can find sea salt — and each region and harvesting method has its own unique attributes. Although sea salt is more expensive than table and kosher salt, some people find they use a lot less of it than table salt.

Nutritionally Speaking

While sea salt is sometimes promoted as a healthful alternative to regular table salt, the sodium content is essentially the same. Nine out of 10 Americans consume too much sodium, according to the American Heart Association. While the majority of sodium in the diet comes from processed and restaurant foods, about 11% is from salt added during cooking or at the table. Excessive sodium intake can increase risk for stroke, heart failure, high blood pressure, kidney disease, osteoporosis, gastric cancer and kidney stones. Too much sodium also can cause water retention, resulting in bloating, puffiness and weight gain.

One advantage of sea salt is that people tend to use less when cooking or finishing dishes. Sea salt is less processed than table salt and, depending on the type of sea salt, naturally offers trace amounts of minerals, although the amount isn't enough to contribute to daily needs.

Growing

Sea salt is made from seawater from the ocean or salty lakes. Typically, the seawater is either fed into a shallow pool or a saltworks (a manmade saltwater pool) where the sun evaporates the water, leaving behind salt crystals. It's then raked to break up the salt beds. Depending on the variety of salt, the harvesting process may differ somewhat. Sea salt producers tend to be in warmer climates that have little rainfall.

Availability

You can find some varieties of sea salt at grocery stores; check spice stores and online marketplaces for more options.

Purchasing

Sea salt is available in a variety of crystal sizes, ranging from flaky to coarse to fine. Some sea salt is smoked. Look at the packaging to see the salt's composition — it should list minerals (in addition to sodium chloride). Sea salts that are packaged with their moisture intact typically keep more of their trace minerals. More refined sea salts tend to be white in color, while unrefined sea salts range from beige to gray to pink, red and black. The colors are due to the mineral content from where the salt is harvested.

Storing

Storage life for salt is indefinite. Salt absorbs moisture, so keep it in a sealed container to avoid caking.

Preparing

Size and shape of the salt crystal determines how quickly it dissolves in foods, so which salt you should use depends on what you're making. Use fine grain as a finishing touch to delicate sauces and salads. Flakes make a lovely garnish and add a clean flavor and crunch to sliced heirloom tomatoes and handmade caramels. Larger coarse crystals are ideal for rubbing roasts or whole fish before cooking to seal in moisture and make a nice crust.

Most recipes that include salt refer to table salt. While it is generally accepted that sea salt can be substituted in similar quantities, always start with less than is called for and taste before adding more.

Using

French sea salts are harvested from Atlantic seawater. Arguably the most famous French sea salt is *Fleur de Sel* (flower of salt), and it's ideal for salads, cooked fresh vegetables and grilled meats, and combining with sweet flavors like chocolate. *Sel Gris* (grey salt) is a "moist" sea salt that's considered by many to be the best quality salt available. Use it in cooking, baking, on seafood or vegetables or as a garnish. Mediterranean sea salt is ideal for sprinkling over your favorite foods or using as a finishing salt or garnish over seafood or vegetables. *Alaea* sea salt is a pink Hawaiian table salt often used to season and preserve. In addition to Hawaiian dishes, *alaea* is good on prime rib and pork loin, and it looks elegant sprinkled over fish. Smoked sea salt is great when grilling or oven roasting (especially when cooking salmon) and it adds a smoke house flavor to soups, salads, pasta and sandwiches. Black salt (actually a pearly pinkish gray color) has a sulfuric flavor and is used in Indian cooking. Kosher salt, which is named for its use in meat preparation according to Jewish dietary guidelines, is not necessarily sea salt, although many recipes use the terms interchangeably.

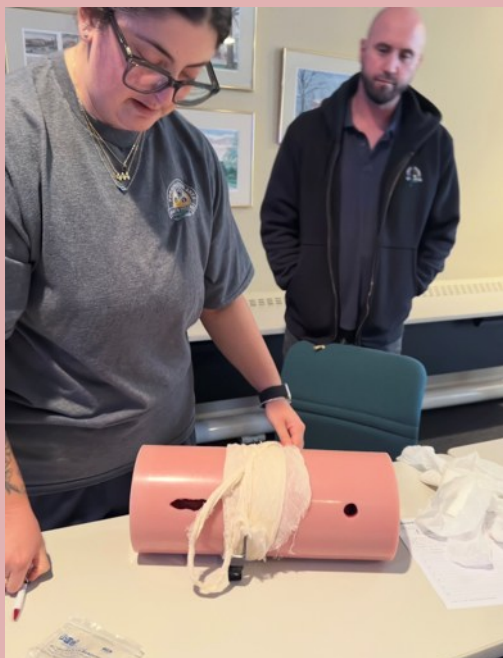
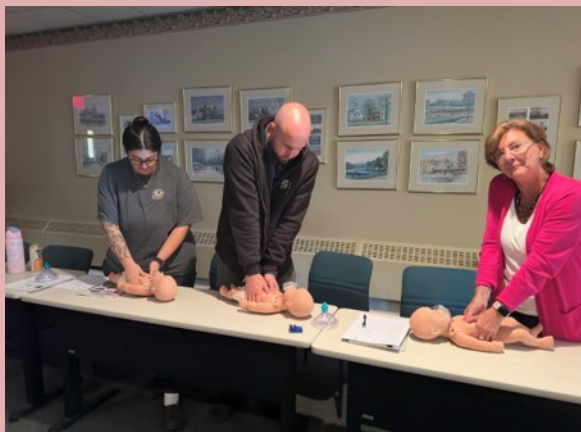
Resource: https://www.eatright.org/food/food-preparation/herbs-and-spices/all-about-sea-salt?fbclid=IwY2xjawTdhnFwZG9mAWV4dG4DYWVtAjExAHNydgMGYXBwX2lkEDlYmJAzOTE3ODgyMDA4OTIAAR5txzn1ROyHRUfFcJ6a7N9tFKehHPmcQoxnhxyArK2dZ89ecDbwNMcr4hvNNG_aem_y89wywiUyoYEgCMUjTO1AQ

TAHD IN ACTION

Preparedness Starts with Everyone

Torrington Area Health District staff recently participated in a hands-on CPR training class conducted by TAHD's Emergency Preparedness Coordinator. The session gave staff an opportunity to practice lifesaving skills, build confidence, and reinforce the importance of being prepared to respond when an emergency happens.

Emergency preparedness is not limited to first responders. Public health professionals, office staff, parents, caregivers, and community members can all play an important role during the first critical moments of an emergency. Learning CPR and other basic response skills helps create a more prepared workplace and a more resilient community.



TAHD IN ACTION



On September 9, 2026 TAHD Staff attended the Connecticut Department of Mental Health & Addiction Services (DMHAS) Prevention & Health Promotion Division, in partnership with the Connecticut Clearinghouse (a program of Wheeler Clinic), is hosting the 2nd Annual Prevention Summit.

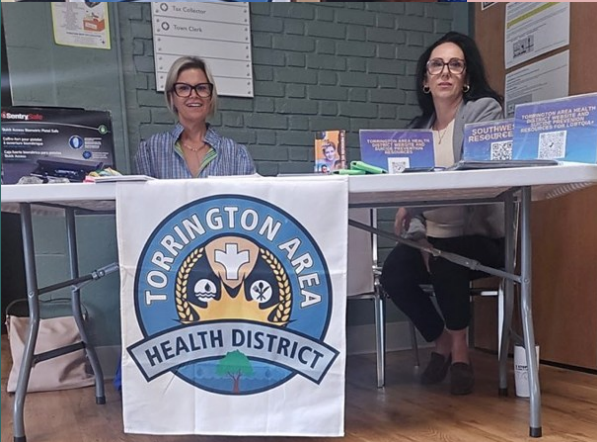
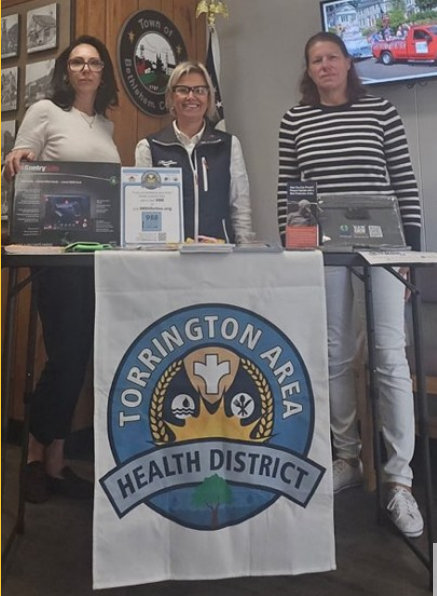
The Connecticut Clearinghouse serves as a statewide resource center for substance use, mental health, prevention & health promotion, treatment & recovery, and wellness. This summit brings together professionals, coalitions, and community leaders from across the state to advance prevention efforts.

TAHD IN ACTION



On September 17th, 2026, TAHD's Deputy Director of Health and Public Health Nurse, attended the Annual Immunizations and Respiratory Viral Disease Update conference organized by the American Lung Association and the Connecticut Immunization Coalition. This one-day annual conference is held each fall and focuses on adult vaccinations. Aimed at health professionals, health educators, and mass immunizers, the conference highlights key findings from the previous flu season, offers vaccination recommendations, discusses trending infectious disease topics, and much more.

TAHD IN ACTION



The Torrington Area Health District (TAHD) continues to promote awareness of the **988 Suicide & Crisis Lifeline** throughout our communities. The 988 Lifeline provides **free, confidential support 24 hours a day, 7 days a week** for individuals experiencing emotional distress, a mental health or substance use crisis, or thoughts of suicide.

Through community events, educational outreach, and the distribution of 988 resources, TAHD is working to ensure residents know that help is available when they need it. Increasing awareness of 988 can help reduce stigma around seeking support, encourage conversations about mental health, and connect individuals and families with lifesaving resources.

**Know the number. Share the number.
Save the number. Call or text 988.**

TAHD IN ACTION



The 64th annual Yankee conference on Environmental Health September 23-25, 2026 in Mystic CT. "Sustainable Science for Environmental Health ". One of Northeast major gatherings for local health officials , regulators, industry partners and practitioners. The President of the National Environmental Health Association (NEHA) was in attendance and gave an inspirational presentation for the environmental health workforce. NEHA supports environmental health professionals through training, education, credentialing (such as Registered Environmental Health Specialists), and advocacy. Networking and meeting new Environmental health professionals during the 3 day event was encouraged.

TAHD IN ACTION



**BEAUTIFULLY
BROKEN** | A Film by Daniel Herzog

A boy's father is his first and last hero

September 28, 2026
7:30 A.M. — 12:00 P.M. | Bristol Doubletree Hotel

We invite first responders and their families, as well as all members of the community, to join us for a screening of *Beautifully Broken*, a powerful documentary about grief, trauma, and resilience after suicide.

Through ultra-endurance athlete Jared's journey, the film brings urgent attention to mental health in law enforcement, families, and communities across the country.

Breakfast served from 7:30 A.M. — 8:30 A.M.

FREE TO ATTEND.
Scan to Reserve
Your Seat.

Presented by:

McCall Behavioral Health
BBD
Bristol-Burlington Health District

beautifullybrokendocumentary.com



On September 28, Torrington Area Health District joined McCall Behavioral Health Network and Bristol-Burlington Health District to present a free screening of *Beautifully Broken* at the Bristol DoubleTree Hotel. The documentary follows ultra-endurance athlete Jared's journey through grief, trauma, and resilience after the death by suicide of his father, Paul. The film draws attention to mental health among first responders, families, and communities. The event offered an opportunity to reflect on these experiences and the importance of supporting one another.

TAHD IN ACTION



Torrington Area Health District (TAHD) participated as a vendor at a community gathering focused on healthy aging on September 30 at Wisdom House Retreat and Conference Center in Litchfield. Hosted by Wisdom House in partnership with the Litchfield Area Business Association, the free event brought together older adults, caregivers, families, and local organizations to explore resources and build connections. TAHD joined community partners in supporting access to reliable health information and promoting healthy, meaningful aging.

COMMUNITY UPDATES



The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)



Vaccination Clinic



Torrington Area Health District

Protect yourself. Protect our community.



DATE	TIME	LOCATION	ADDRESS
October 5	1:00 PM–3:00 PM	Sullivan Senior Center	88 East Albert St., Torrington
October 6	10:00 AM–12:00 PM	Morris Senior Center	109 East St., Unit 21, Morris
October 7	3:30 PM–5:30 PM	Norfolk Town Hall	19 Maple Avenue, Norfolk
October 13	12:30 PM–2:30 PM	Church of Christ	5 Old Middle St., Goshen
October 19	1:00 PM–3:00 PM	Shepardson Community Center	1172 Whittemore Dr., Middlebury



Torrington Area Health District will be administering the **high-dose flu vaccine** as well as the **seasonal flu vaccine**.



In partnership with Beacon Pharmacy, **COVID-19 and pneumonia vaccines** will also be available for those interested.



Please bring your insurance card and photo ID.



Appointments preferred, but walk-ins accepted.



Call the Torrington Area Health District to schedule:
860-489-0436



*Stay healthy,
stay protected.*



Sponsored by the

Torrington Area Health District

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence affects millions of people every year. If you or someone you know is experiencing abuse, help is available. Susan B. Anthony Project's trained advocates are here to listen, support, and guide you toward safety.

24/7 HOTLINE: 860-482-7133

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of abusive behaviors used by one person to gain or maintain power and control over an intimate partner.

TYPES OF DOMESTIC VIOLENCE

- Physical Abuse
- Emotional Abuse
- Financial Abuse
- Isolation
- Technology Abuse

FACTS AND STATISTICS

- In Connecticut, an average of 14 people are killed each year by an intimate partner.
- Nationally, 23.2% of women and 13.9% of men have experienced severe physical violence by an intimate partner.
- One in 15 children are exposed to intimate partner violence each year.



Susan B. Anthony Project
SAFETY • HEALING • GROWTH

COMMUNITY UPDATES

Susan B. Anthony Project
SAFETY • HEALING • GROWTH



Domestic Violence Awareness Month

Candlelight



Vigil

*Come together to remember victims and
celebrate survivors of domestic violence.*

Thursday,
October 1st, 2026
Coe Memorial Park, Torrington, CT
6:00pm

COMMUNITY UPDATES

—2 CEU

CT CERTIFIED PEER SUPPORT & RECOVERY PROFESSIONALS (CPSRP) ETHICS & VALUES TRAINING

DATES AVAILABLE

-  10/26/26 9-11am
-  1/13/27 2-4pm
-  4/9/27 1-3pm
-  6/7/27 9-11am

LOCATION



Advocacy Unlimited, Inc.
2075 Silas Deane Highway
Rocky Hill, CT 06067



DESCRIPTION

As required for CPSRP recertification through the Connecticut (CT) Department of Mental Health and Addiction Services (DMHAS), this training provides a comprehensive overview of the updated Ethics and Values for CPSRPs. Participants will gain a deeper understanding and appreciation of the principles that guide ethical practice in recovery peer support work. The session is designed to build competency and confidence of peer professionals working in recovery support services and other fields of practice. This training meets the recertification requirement of 2 CEUs in the area of CPSRP Ethics and Values.



LEARNING OBJECTIVES

- Define the updated CT DMHAS Code of Ethical Conduct and core values for CPSRP.
- Identify personal values and professional biases that influence ethical decision-making in everyday peer support practice.
- Examine ethical gray areas and real-world dilemmas unique to the peer support worker.
- Apply practical, values-based problem-solving strategies to maintain healthy professional boundaries and integrity.

REGISTER

[SHORTURL.AT/2Q0LW](https://shorturl.at/2Q0LW)

(860)505-7581
INFO@ADVOCACYUNLIMITED.ORG
WWW.ADVOCACYUNLIMITED.ORG



COMMUNITY UPDATES



AI in Substance Use Disorders: Opportunities and Challenges

A HALF-DAY CONFERENCE FOR HEALTHCARE PROVIDERS
IN RURAL NORTHWEST CONNECTICUT

*Exploring how artificial intelligence can support better
screening, diagnosis, and treatment for substance use disorders
in rural communities.*



**Thursday,
November 5th, 2026**



8:00 AM – 12:00 PM
Doors Open at 7:30 AM



Torrington Country Club
250 Torrington Road
Goshen, CT

FEATURED SPEAKERS

Thomas Agresta, MD
UConn Health

Neha Jain, MD
UConn Health

Lori Bruce, DPhil
Yale Interdisciplinary
Center for Bioethics

Divya Malhotra, MHA, MBA
Data and AI Executive

Moderated by Mary McPheat
Grounded Minds AI

LEARNING OBJECTIVES

1

Describe the role and uses of AI in screening, prognostic prediction and treatment support for substance use disorders.

2

Identify some of the common AI-driven tools being used in the diagnosis and management of substance use disorders.

3

Evaluate the benefits and limitations of using AI in clinical decision-making, along with the role of the clinician.

4

Discuss strategies for integrating AI-supported Electronic Health Record screening tools into existing clinical workflows.



**CMEs
Available**



**Breakfast
Provided**

REGISTER TODAY >

Space is limited.



RURAL SOLUTIONS FOR BRIGHTER TOMORROWS

This program is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$154,249,105.53 in Budget Period 1 with 100% percentage funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

COMMUNITY UPDATES



MAPLEWOOD – TRANSITIONAL CARE

at Keystone Place at Newbury Brook

Bridging the Gap Between Assisted Living and Memory Care

A TRANSITIONAL CARE SOLUTION DESIGNED WITH COMPASSION

At Maplewood – Transitional Care, we recognize that every journey through memory loss is unique. That's why we've created a thoughtfully designed transitional care program for individuals in the early stages of dementia or memory impairment.

Maplewood offers the perfect balance between the independence of assisted living and the supportive structure of memory care. Residents benefit from a non-secured environment during the day that encourages freedom and autonomy, paired with the added safety of a secured setting at night — providing peace of mind and additional support when it's needed most.

PERSONALIZED CARE FOR MIND, BODY, AND SPIRIT

Each day at Maplewood is designed with intention, supporting the whole person through:

- **Cognitive Stimulation** – Engaging programs and activities to keep the mind active
- **Social Interaction** – Opportunities to form meaningful connections
- **Physical Wellness** – Daily routines that promote strength, movement, and vitality
- **Emotional Support** – Compassionate care for residents and reassurance for families

Our dedicated team delivers personalized attention in a warm, nurturing environment where each resident is treated with dignity, respect, and genuine compassion.

*Discover the difference of transitional care
— where independence meets support.*

Contact us today to learn more or schedule a personal tour.



Keystone Place
at Newbury Brook

A Life Fulfilling Retirement Community

Keystone Place at Newbury Brook

1058 Litchfield St. • Torrington, CT 06790

Phone: (860) 618-7370 | KeystonePlaceAtNewburyBrook.com



COMMUNITY UPDATES



Start Here for Community Health – October 2026



Urgent Care Needs

- Rashes, burns, cuts
- Infections and wound care
- Cough, runny nose, ear pain
- Sexually transmitted infection
- Back pain
- AND MORE!



Basic Health Maintenance

- Blood pressure check
- Blood sugar check
- Cholesterol check
- Cancer screening referrals
- Family planning
- Primary care, dental, mental health referrals
- AND MORE!



Vaccines

- Seasonal flu/Covid
- Pneumonia
- Shingles
- Tdap (tetanus)
- Hepatitis B
- Gardasil (HPV)
- AND MORE!



October 1	9am-2pm	Open Door Soup Kitchen (Winsted)
October 8	10am-2pm	Torrington Towers
October 15	10am-2pm	Friendly Hands Food Bank
October 22	9am-1pm	Community Soup Kitchen of Torrington

We are here for you! Walk-ins welcome. Open to all ages. Insurance accepted but not required.

For more information:

Call 860.986.3078 Email neighborhoodhealth@hhchealth.org

Visit hartfordhealthcare.org/health-wellness/neighborhood-health or scan the QR code



Hartford HealthCare's *Neighborhood Health* program brings essential health services directly into local communities through regularly scheduled mobile clinics. These clinics offer free or low-cost preventative care, basic health screenings, vaccinations, chronic disease support, and connections to community resources. Neighborhood Health is designed to meet people where they are, reducing barriers to care and supporting overall community wellness.

COMMUNITY UPDATES



RECOVERING TOGETHER

A support group for families caring for a loved one with a substance use disorder.

Substance use disorders affect the entire family—spouses, children, siblings, other relatives, and friends. This group offers support and guidance for anyone caring for a loved one, whether they're actively using or in any stage of recovery.

Every Wednesday from 5:30 p.m. – 7:00 p.m.

Attend in person or join us on Zoom.

Trained counselors will help you learn about:

- The stages of addiction, recovery, and change.
- Codependency, enabling, and their impact on recovery.
- The science of addiction and how it affects the brain.
- Understanding and preparing for return to use.
- Family roles, addiction within a family, and family rules.

For more information, contact:

Ewa Szura, LMSW, Residential Clinician

✉ ewa.szura@mccallbhn.org ☎ 860.496.2100 ext. 1143



“

“It was helpful to hear other people’s perspectives on the situation. I learned skills that I wish I knew years ago, which would have reduced my stress level.”

”

“We get support by sharing our own personal experiences with peers. We learn about ourselves and how our loved one’s disease has affected us. We develop skills to handle our issues and cope better.”

COMMUNITY UPDATES



You don't have to face grief alone...
We're here for you.

Grieving and Healing Together

A free support group for those going through a difficult loss.

Substance-related loss can be emotionally, physically, and socially difficult for the whole family. Finding compassion and support is an important step in navigating this often misunderstood grief.

Led by a Licensed Therapist and a trained Family Recovery Coach, this group provides opportunities to share your story at your own pace, learn coping strategies, participate in guided discussions and exercises, and access resources for ongoing support.

You will receive support with:

- Navigating grief after a substance-related loss
- Managing complex emotions like guilt, anger, or shame
- Reducing isolation and finding community
- Handling triggers, anniversaries, and difficult moments
- Honoring your loved one while moving toward healing

**Join us every Wednesday
4:00 p.m. - 5:00 p.m.**

Attend virtually or in person
at 58 High Street, Torrington

Adults only (18+).

This program is offered at no cost
thanks to the support from the
Union Savings Bank Foundation.

For more information, contact:

Paul Ryan, LPC, NCC, Outpatient Clinician

✉ paul.ryan@mccallbhn.org

☎ 860.496.2100

COMMUNITY UPDATES



McCall Behavioral Health
NETWORK

mccallbhn.org

QPR Gatekeeper Training

The First Thursday of Every Month

10:00 a.m. - 11:00 a.m.

CCAR Torrington, 59 Field Street, Torrington

[Click here to register.](#)
Registration is required.



Question. Persuade. Refer.

*Three steps anyone can learn
to help prevent suicide.*

Key Components Covered:

- How to **Q**uestion, **P**ersuade, and **R**efers someone who may be suicidal.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for yourself and others in crisis.

For more information, email Donna Bielefield, Prevention Facilitator
at donna.bielefield@mccallbhn.org.

COMMUNITY UPDATES



VIRTUAL QPR GATEKEEPER TRAINING

1st Tuesday of Every Month

7:00 P.M. – 8:00 P.M.

Free for all participants!

Registration Required.



2026 Dates

April 7
May 5
June 2
July 7
August 4
September 8
October 6
November 3
December 1

✓ **QPR Certification**
valid for 3 years.

COMMUNITY UPDATES

Your team can **BE A LIFELINE**



Schedule a Mental Health Awareness Training Today!

McCall offers two evidence-based trainings designed to help your staff recognize suicide warning signs, respond effectively, and connect people with the help they need.

- ✓ **MENTAL HEALTH FIRST AID**
- ✓ **QPR GATEKEEPER TRAINING**



Scan this QR code to connect with us about hosting a training for your staff or organization.



Mental Health
FIRST AID



A network that heals. A community who cares.

mccallbhn.org

COMMUNITY UPDATES

RECOVERY COMMUNITY CONVERSATION

OPEN FORUMS

ARE RESUMING AUGUST 12TH, 2026

BE CONNECTED- BE INFORMED

**DMHAS OFFICE OF RECOVERY &
THE
RECOVERY COMMUNITY**

**2nd Wednesday of the month at 12pm & 6pm
on Zoom**

12-1 PM

**[HTTPS://CT-GOV-MHAS.ZOOM.US/J/82680079077?](https://CT-GOV-MHAS.ZOOM.US/J/82680079077?PWD=UEG40X3AZIORXH8YA3ZCS3SKBUTNBB.1)
[PWD=UEG40X3AZIORXH8YA3ZCS3SKBUTNBB.1](https://CT-GOV-MHAS.ZOOM.US/J/82680079077?PWD=UEG40X3AZIORXH8YA3ZCS3SKBUTNBB.1)**



6-7 PM

**[HTTPS://CT-GOV-DMHAS.ZOOM.US/J/87290611055?](https://CT-GOV-DMHAS.ZOOM.US/J/87290611055?PWD=SFO7Y8LGRCBGAPBPUUCNILBMLYBWJF.1)
[PWD=SFO7Y8LGRCBGAPBPUUCNILBMLYBWJF.1](https://CT-GOV-DMHAS.ZOOM.US/J/87290611055?PWD=SFO7Y8LGRCBGAPBPUUCNILBMLYBWJF.1)**

FOR INFORMATION CONTACT: ELSA.WARD@CT.GOV

COMMUNITY UPDATES



YOUNG PEOPLE AND
FAMILY SERVICES

Hope. Support. Recovery.

YOUNG PEOPLE AND FAMILIES IN RECOVERY

FRIENDS, FAMILY, AND ALLIES MEETING

*You Don't Have to
Navigate This Alone!*



A welcoming and supportive space for family members, friends, and allies of individuals in recovery.



Join others who understand the challenges, victories, and emotions that come with **supporting a loved one through recovery.**



TUESDAYS



5:00 PM – 6:00 PM



**VIRTUAL MEETING
ON ZOOM**



**ZOOM ID:
884 418 310 21**



ALL ARE WELCOME.



CCAR is a centralized resource in CT for all things recovery. Whether you are contemplating a life in recovery, are new to recovery or are in long-term recovery, CCAR is here to help you to navigate the recovery community, by connecting you with others in recovery and providing access to area support services.
More information at ccar.us

COMMUNITY UPDATES

YOUNG PEOPLE AND FAMILY SERVICES HOURS

CCAR

YOUNG PEOPLE AND FAMILY SERVICES

Available At 4 Locations

CCAR
BRIDGEPORT

CCAR
HARTFORD

CCAR
NEW HAVEN

CCAR
TORRINGTON

Hours of Operation

Monday, Wednesday & Friday
8:30 AM - 4:30 PM

Tuesday & Thursday
10:00 AM - 6:00 PM

Saturday
10:00 AM - 2:00 PM



Visit your local Young People and Family Services program for support, connection, and recovery resources.

COMMUNITY UPDATES



NATIONAL DIABETES PREVENTION PROGRAM

PREVENT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



The PreventT2 curriculum is based on the original 2002 Diabetes Prevention Program (DPP) trial and follow-up studies. It promotes modest weight loss (5%–7%) and increased physical activity through a 12-month lifestyle change program. It also reflects new literature on self-efficacy, physical activity, and diet.

The main goals of this program are for the participants to:

- Lose 5-7% of their starting body weight
- Work up to 150 minutes of physical activity per week
- Learn how to eat healthy by tracking daily caloric and fat intake
- Cut their risk for developing type 2 diabetes in half

How is the program set up?

- Participants will attend 1-hour sessions once per week for 16 sessions and then 1-2 times per month over the course of one year
- Group sessions will include discussions about:
 - Stress management
 - Coping with food triggers
 - Social pressure
 - Eating away from home
 - Managing negative thoughts

**Informational Session will be held on October 26
at 11:00 AM**

Winsted Senior Center 80 Holabird Avenue Winsted, CT 06098

For questions contact Joanna at 860-489-0436 Ext. 306 or jkeyes@tahd.org

**Winsted Active Aging Senior Center, 80 Holabird Avenue, Winsted
Please register by calling 860-379-4252 x1**

COMMUNITY UPDATES

CONNECT. LEARN. REIMAGINE *Senior Care*

Breakfast and Learn for Professionals



DATE & TIME

**THURSDAY,
OCTOBER 22ND
8:00 AM–9:00 AM**

Breakfast will be served

LOCATION

Keystone Place at Newbury Brook
1058 Litchfield Street
Torrington, CT

FEATURED SPEAKER:



Dr. Joan Roche
PhD, RN, BSN, GCNS
Gerontological Clinical
Nurse Specialist

Topics to be covered:

- ✓ What is Transitional Care, and who can benefit from it?
- ✓ How aging affects the body, mind & emotions
- ✓ Why moving sooner improves health & quality of life
- ✓ Home care vs. senior living: the real cost comparison
- ✓ Open Discussion: Questions, Ideas, and Professional Perspectives



Keystone Place
at Newbury Brook

A Life Fulfilling Retirement Community

SPACE IS LIMITED | RSVP REQUIRED | REGISTER FOR YOURSELF AND A GUEST TODAY



Info.KeystoneSenior.com/NB-Breakfast



(860) 404-6254

**SCAN TO
REGISTER
ONLINE**



INDEPENDENT LIVING • ASSISTED LIVING • TRANSITIONAL CARE • MEMORY CARE

