

Community Support Resources			
Agency Name	Program (s)/ Focus Areas	Phone	Email / Website
100 Black Men	Mission is to provide programs, activities, and opportunities that inspire and empower our youth to make positive societal contributions. Resources available: Mentorship, Health & Wellness, Education,, Economic Development	(203) 918-7780	<a href="https://100bmos.com/contact/">https://100bmos.com/contact/</a>
All Our Kin	Toolkit Licensing Program for childcare providers, Family Child Care Network, Training and Technical Assistance	(475) 619-9641 or (203) 690-9726	<a href="mailto:info@allourkin.org">info@allourkin.org</a>
Boys and Girls Club of Stamford	<b>Core Program Areas include:</b> Character/Leadership Development Education/Career Development Sports, Fitness & Recreation The Arts Health/Life Skills	(203) 324-0594 or (203) 323-3547	<a href="https://www.bgcastamford.org/">https://www.bgcastamford.org/</a>
Building One Community	<b>Individual and Family Services</b> <b>Workforce Development</b> <b>"Thinking Well Program"</b> : Cognitive Remediation – uses individualized drills and group bridging sessions to improve functioning in targeted areas of cognition, such as attention, memory and problem solving. Assessments are used before the program to determine which areas require focus and again at the conclusion of the program to show specific improvement.	(203) 674-8585 or (203) 324-1816	<a href="mailto:info@b1c.org">info@b1c.org</a>

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<p style="text-align: center;"><b>Child Guidance Center of Southern Connecticut</b></p>	<p><b>Crisis:</b> Services that target children at the highest risk for injury, abuse, or trauma:  <b>Mobile Crisis Intervention Services</b> are provided 365 days a year to stabilize critical situations and prevent suicide, violence, and dangerous behaviors. Mobile Crisis Intervention Hotline: 211  <b>Child Advocacy Center</b> provides a child-friendly environment in which children who have experienced physical abuse, sexual abuse, and neglect are interviewed for forensic purposes and connected with mental health, advocacy, and medical services.  <b>Community Emergency Response</b> offers on-site counseling for emergencies that impact large groups in the community, including natural disasters and school violence.</p> <p><b>Transgender and Gender Expansive Youth:</b>  <b>Gender Diversity &amp; Resilience Program</b> provides psychosocial and medical support for youth ages 12-18 who are transgender, nonbinary, or questioning the gender they were assigned at birth.</p> <p><b>Specialized Treatment: Services</b> that target children of certain age groups and diagnostic categories to foster healthy development:  <b>Child and Family Therapy</b> provides a range of clinic-based assessment and treatment services for children ages 3-18.  <b>Child First</b> offers intensive, in-home parent/child therapy and care coordination focused on decreasing the harmful effects of trauma and deprivation on early development (ages prenatal-6).  <b>System of Care</b> helps families with complex needs access integrated services.</p>	<p>(203) 324-6127</p>	<p><a href="https://childguidancect.org">https://childguidancect.org</a></p>
	<p><b>Group Psychotherapy:</b> There are many benefits to participating in psychotherapy groups. Several group offerings such as Social Skills Group, Middle School Process Group, Art Therapy Group, Parent Support Groups, and Teen Talk are available and help kids and parents feel supported and connected. Groups are available in Spanish, in person and through telehealth.</p> <p><b>Testing and Assessment:</b> Services that help identify and design a plan to address developmental, learning, and neuropsychological concerns:  <b>Developmental Evaluations:</b> assess the cognitive, social and emotional functioning of children ages 3-6, identify strengths and challenges in early development and outline ways to address them.  <b>Psychological and Neuropsychological Assessments:</b> assess the cognitive, educational, and emotional functioning of children and adolescents and provide recommendations to address any challenges that arise.  <b>Prevention:</b> Services such as community education workshops and consultation services to schools and child-serving agencies, advance best practices in the field of children’s mental health.  <b>Y.E.S. (Youth, Empowerment &amp; Support):</b> The YES Program provides youth ages 6-18, who struggle with emotional and/or behavioral difficulties the chance to interact and participate in fun, age-appropriate activities, with a positive role model. A referral to System of Care, an intensive care coordination home-based program, is required in order to be referred to the YES Mentoring program.</p>		

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City of Stamford	Mental Health & Community Support Resources		<a href="https://www.stamfordct.gov/government/public-safety-health-welfare/department-of-health/resources/mental-health-resources">https://www.stamfordct.gov/government/public-safety-health-welfare/department-of-health/resources/mental-health-resources</a>
Connecticut Parent Advocacy Center (St. Joseph Parenting Center)	<p><b>Parent Training and Information (PTI) Center:</b> PTIs serve families of children with any disability or chronic illness, ages birth to 26. Parent Centers provide a variety of services including one-on-one support and assistance, workshops, publications, and websites.</p> <p><b>Family Connections:</b> for parents in Connecticut who have a child with a disability, ages birth to three years old who are receiving services through Connecticut's Birth to Three System. Parent mentors also provided</p>	(203) 273-4634	<p>lmclaughlin@sjpcenter.org  <a href="https://www.sjpcenter.org/contact-us/">https://www.sjpcenter.org/contact-us/</a></p>
Domestic Violence Crisis Center	<b>PeaceWorks:</b> PeaceWorks, the preventive education project of the Domestic Violence Crisis Center, believes the prevention of relationship violence in our society begins with education of youth. Our team of experienced educators provides tools for youth to help them learn how to maintain healthy relationships and solve conflicts peacefully.	(203) 588-9100 or (203) 588-9097	<a href="https://www.dvccct.org/">https://www.dvccct.org/</a>
DOMUS	One-to-One Mentoring, Group Mentoring, Team Mentoring, School Based Mentoring, Community Based mentoring, Workforce Development, School Engagement, The Lion's Den	(203) 324-4277	<p><a href="mailto:INFO@DOMUSKIDS.ORG">INFO@DOMUSKIDS.ORG</a>  <a href="https://www.domuskids.org/">https://www.domuskids.org/</a></p>

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The Exchange Club/ Help for Kids	<p><b>Healthy Families America (HFA):</b> A home visiting program that can help you: Have a Healthy Pregnancy, Have a Healthy Baby, Have a Strong Relationship with your Children, Learn and practice Positive Parenting.</p>	(203) 327-9419	<a href="https://helpforkidsct.org/">https://helpforkidsct.org/</a>
	<p><b>Hope, Educate, Love, Protect (HELP) Program:</b> Home based program using the evidenced-based National Exchange Club home visitation model that is family centered. Parent Educators conduct an assessment that captures the basic needs of the family such as: child safety, medical, dental, mental health, education and safe housing. HELP program teaches positive parenting skills that ensure the safety and well-being of children and their families and reduce the need for out-of-home placements due to neglect, abuse, and domestic depute. It also teaches family to navigate into their community to access resources that will ensure continuum support when they complete the program.</p>		
	<p><b>Community Support for Families:</b> A DCF program in collaboration with The Bridgeport Child and Family Guidance Center. The program focuses on wraparound services that connect families to an array of community support and resources to promote the safety and well-being of children and their families and reduce the need for out-of-home placements of children and youth. The Community Support for Families program help families identify goals, eliminate barriers, and tap into resources for their child. Families are guided by their team of supports to empower the family and get closer to a 'better life'. Participation in Community Support for Families is only by referral from the Department of Children &amp; Families.</p>		
	<p><b>The Parent Project:</b> A curriculum based parent training program designed specifically for parents of strong-willed or out-of-control adolescent children. It teaches concrete identification, prevention, and intervention strategies for the most destructive of adolescent behaviors (e.g. poor school attendance and performance, alcohol and drug use, gangs and violence).</p>		
	<p><b>Parent Support Groups:</b> General parenting support groups are currently held in collaboration with other community organizations. These groups provide a variety of tools to help parents and children increase empathy for each other, build family morals and values, and praise desirable behavior. Parents learn alternative methods of discipline without violence. They learn the relationship between choices and consequences, and how to encourage positive family learning experiences.</p>		

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Family Centers	<p><b>BOOST:</b> Bettering Outcomes and Opportunities for Stamford (BOOST) provides children living in Charter Oak Communities neighborhoods with free, convenient quality after-school and summer programming. BOOST offers students year-round academic enrichment, including a robust summer program to address the growing “summer slide.”</p>	203-869-4848	<p><a href="mailto:dhanna@familycenters.org">dhanna@familycenters.org</a></p>
	<p><b>GPAT:</b> The Greenwich Parents as Teachers (GPAT) program providea ongoing education and support services. GPAT helps parents manage the challenges and uncertainty associated with bringing a new baby into the world. Home visitations are included and provide parents the skills needed to foster their children’s social-emotional and physical development.</p>		<p><a href="https://www.familycenters.org/GPAT">https://www.familycenters.org/GPAT</a></p>
	<p><b>Here to Help:</b> Family Centers is working in collaboration with the Stamford Public Education Foundation (SPEF) and Domus on a new parent engagement program serving Stamford families. This program helps families access the community resources and information needed to ensure that students succeed during the current distance learning environment. With support from Stamford Public Schools, the program works to overcome educational barriers associated with technology, transportation, translation, childcare and health services.</p>		<p><a href="https://www.familycenters.org/Here-to-Help">https://www.familycenters.org/Here-to-Help</a></p>
	<p><b>Parents as Teachers:</b> The Parents as Teachers (PAT) program helps first and second-time parents manage the myriad of challenges that come with bringing a new baby into the world. Telephone Calls, Parenting Education Groups; Intensive Home Visiting for Qualifying Families</p>		<p><a href="https://www.familycenters.org/PAT">https://www.familycenters.org/PAT</a></p>
	<p><b>School Based Health Centers (SBHC)</b> are free-standing medical centers located in seven high and middle schools in Stamford. Staffed by licensed nurse practitioners, clinical social workers, dental professionals, a nutritionist and a health educator, SBHC provide on-site confidential physical, dental and mental health services to students enrolled in Stamford Public Schools, regardless of income or health care coverage. Services include:</p> <ul style="list-style-type: none"> <li>- Diagnosis and treatment of illnesses</li> <li>- Crisis Intervention</li> <li>- Individual and group therapy and counseling</li> <li>- Psychiatric services</li> <li>- Routine check-ups and physical examinations, including school, sports and camp physicals</li> <li>- Immunizations</li> </ul>		<p><a href="https://www.familycenters.org/School-Based">https://www.familycenters.org/School-Based</a></p>
	<p><b>The Den for Grieving Kids</b> support groups for children and adolescents experiencing loss of a loved one</p>		<p><a href="https://www.familycenters.org/the-den">https://www.familycenters.org/the-den</a></p>
	<p><b>Trauma Response:</b> Our team of trauma response specialists will provide on-site counseling and crisis debriefing services to schools, organizations or businesses to assist with traumatic or crisis situations, for example, suicide, homicide, employee or student deaths/accidents or workplace violence or terrorism.</p>		<p><a href="https://www.familycenters.org/Trauma-Response">https://www.familycenters.org/Trauma-Response</a></p>

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Healing Hearts	<p><b>Fitness and recreation facility for children and young adults with a vareity of neuro-developmental disabilities:</b> provides social and recreational programs for children, teens, and young adults with special needs to foster friendships, promote fitness, and support independence.</p>	(203) 708-0076	<p><a href="mailto:healingheartsrecreational@gmail.com">healingheartsrecreational@gmail.com</a>  <a href="http://healingheartsrecreational.org/contact-us/">http://healingheartsrecreational.org/contact-us/</a></p>
	<p><b>After School Program:</b> Our after school program offers individualized support for those who may have difficulty getting started and staying focused on homework. Once homework is complete, kids are encouraged to participate in the recreational activity of the day. Each activity emphasizes the important of peer interaction and building strong friendships. Social Skills are addressed in a natural and supportive way.</p>		
	<p><b>Friday Night Club Night:</b> Great for developing social skills! Fitness, games, music, dancing and just “hanging out”. Club Nighters can choose their own kind of activity from quieter structured fun to more energetic activities. Kids can also chose to simply hang out with friends and chit chat.</p>		
	<p><b>Healthy Choices:</b> Have a young chef in the house or perhaps a baker in the making? Encourage their passion by signing up for a fun cooking class. Your child will learn new skills and perhaps share them with you during the next meal time. Cooking time is interspersed wit periods of games, play and fitness activities.</p>		
	<p><b>Sports Skills Express:</b> Help develop motor skills and hand/eye coordination through play and exercise.</p>		
	<p><b>Zumba &amp; Lunch Bunch:</b> “Lunch Bunch” begins at 12:30pm with games, movies, play, chat and general socialization. The kids decide the activities themselves. “Zumba” begins at 1:15pm and it’s dance, dance, dance with instructor, Andrea Dempson! The kids choose the music.</p>		
	<p><b>Practical Self Defense:</b> Through the use of drills and games, children learn life skills, self-reliance and self-defense along with discipline, focus, common sense and respect for others. This program will enhance their strength, flexibility and confidence levels. Classes end with Stranger Danger Awareness Drills where flash cards are used to develop instinctive responses to dangerous situations.</p>		
	<p><b>Group Fitness:</b> Certified professional trainer, Kimberly Colletto, leads a fitness training session consisting of a small group of up to 4 people. Activities include cardio, strength training, core training and balance training.</p>		

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<p><b>Jewish Family Service of Fairfield County A41 Schoke Jewish Family Service</b></p>	<p><b>Case Management Department:</b> Provides comprehensive assistance to families and individuals needing supportive aid. These services include socialization programs, finding housing options, and accessing benefits.</p> <p><b>The Japha Family Emergency Assistance Program:</b> Provides emergency financial support for basic necessities such as food, rent and utilities. Case Management Department, including the Japha Family Emergency Assistance Program, is fully integrated with the other services available through Schoke Jewish Family Service.</p> <p><b>Parenting Education Programs:</b> The Parenting Education Program (PEP) is a class designed to educate adults about the many issues children face when their family situation changes. The program trains participants about how to help children adjust in a healthy way to divorce or living apart from a parent. The program includes information about children’s developmental stages, helping children adjust to parent separation, cooperative parenting, conflict management and dispute resolution techniques, guidelines for scheduling parent access, and stress reduction for children.</p> <p><b>Focus on Kids:</b> A statewide program for separated, divorced or divorcing parents who experience high conflict around parenting decisions. Program works with both parents, teaching them strategies that help them communicate in a non-hostile manner, so that they can make joint parenting decisions that are in the best interests of their children. Focus on Kids is not therapy, it is a highly structured parent counseling with a large emphasis on communication.</p>	<p>(203) 921-4161</p>	<p><a href="mailto:info@ctjfs.org">info@ctjfs.org</a> <a href="mailto:erikag@ctjfs.org">erikag@ctjfs.org</a></p>
<p><b>Kids Helping Kids</b></p>	<p><b>Youth Led Outreach:</b> Provides meaningful and enriching experiences for middle and high school students to serve their community. Helps promote youth to use their voice, make connections, believe in themselves and the impact they can have.</p>	<p>203-859-9483</p>	<p><a href="https://kidshelpingkidsct.org/contact/">https://kidshelpingkidsct.org/contact/</a></p>
<p><b>Laurel House</b></p>	<p><b>Supported and Independent Employment:</b> Providing people with services to help them look for, find, keep jobs in a career of their choosing in an integrated work settings, at fair-market wages.</p> <p><b>Supported Education:</b> Community-based placement assistance, identifying appropriate course selection for university/college or vocational certification, applying for and securing financial assistance; tutoring and educational counseling to help people enroll and succeed in college or other post-secondary education.</p> <p><b>Thinking Well:</b> Confronts the long-term cognitive impairment that interferes with daily functioning of people living with mental illness. Evidence-based program, developed by thought leaders in Neuroscience and Psychiatric Rehabilitation, results in improvement in thinking skills such as: attention; working memory, processing speed, visual and verbal learning; problem solving and reasoning.</p> <p><b>Life Skills:</b> Transfer of specific life skills and training in: activities of daily living such as personal finance, computer literacy and related technology applications; transportation; entitlements; shopping and food preparation; self care; social skills.</p> <p><b>Residential Services and Housing:</b> Quality supportive housing program to end chronic homelessness by helping people locate and maintain safe, affordable, stable housing and to achieve greater independence.</p> <p><b>Outreach and Social Activities:</b> Promoting community integration through assertive outreach, the enhancement of natural support networks, and linking people with mental illness to social and recreational opportunities.</p> <p><b>Artists and Writers:</b> Workshops and opportunities to participate in public showings/sales of artwork and publishing of poetry or prose; promoting the self-expression, social integration and employment of people with mental illness in the field of visual arts and creative writing.</p>	<p>(203) 324-1816</p>	<p><a href="mailto:contact@laurelhouse.net">contact@laurelhouse.net</a> <a href="https://www.laurelhouse.net/about/communities-we-serve/stamford-ct/">https://www.laurelhouse.net/about/communities-we-serve/stamford-ct/</a></p>

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Optimus Health Care	<p><b>Parental Social Work</b> : Stress management, time management, pregnancy therapy and domestic violence counseling</p> <p><b>Empowering Children and Families at Risk (ECAR):</b> Individual counseling and substance abuse relapse prevention services.</p> <p><b>Maternal, Infant, and Early Childhood Home Visiting:</b> Support for young and high-risk future mothers</p> <p><b>Emme Coalition:</b> Empowerment, Mindfulness, Motivation &amp; Education (emme) connects girls and women with the tools they need to succeed in life. Includes coaching sessions and health education, in-person consultations with experts; Support for overcoming barriers including: Childcare, transportation, housing, food, technology, and language. Access to emme partner organizations</p>	(203) 327-5111	<a href="https://optimushealthcare.org/opthc/locations-2/">https://optimushealthcare.org/opthc/locations-2/</a>
Person-to-Person	<p>Provides individuals and families with assistance for basic needs to overcome daily challenges and access to resources to improve their lives. Programs include: Food Assistance, Clothing &amp; Care, Financial Opportunity, Emergency Assistance, Scholarships &amp; Mentorships, Camperships and others.</p>	203-655-0048	<a href="https://p2phelps.org/">https://p2phelps.org/</a>
Rogers School Community Center Organization (ROSCCO) Stamford Community School Organization Inc.	<p>Works in collaboration and partnerships with the Stamford Public Schools and community agencies to provide school-based direct service, recreational, educational, enrichment and cultural activities for families of the City of Stamford.</p> <p><b>School Age Care Programs:</b> After school extended day programs at the Adademy of Information Technology, Julia Stark, The International School at Rogers Magnet, Scofield Magnet Middle and Westover Magnet Schools.</p> <p><b>Student Support Programs:</b> Positive youth development, teen pregnancy prevention program at Cloonan Middle Schools, 21st Centrury Community Learning Centers at Hart Magnet Elementary and Dolan Middle Schools.</p> <p><b>Family Support Programs:</b> The Family Resource Center at The International School at Rogers Marnet and the Westover Magnet School.</p> <p><b>The Family Resource Center Program Components:</b> Full-time Preschool Child Care; School-Age Child Care; Families in Training; Adult Education; Support and Training for Family Day Care Providers; Positive Youth Development and Resource and Referral Services.</p>	(203) 609-9027	(203) 977-4633

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<p align="center"><b>Saint Joseph Parenting Center (SJPC)</b></p>	<p>Strengthens families at risk of child abuse and neglect by providing parent education, case management, and community resource support</p>	<p align="center">(203) 588-1934</p>	<p align="center"><a href="mailto:sjpcinfo@sjpccenter.org">sjpcinfo@sjpccenter.org</a></p>
	<p><b>General Parenting Program:</b> The goal of the General Parenting Program is to provide parents with the space to learn and share parenting knowledge and skills in a group setting. The program consists of 28 different parenting topics ranging from healthy discipline strategies and encouraging your child's self-esteem to managing your family's nutrition and household budget.</p>		
	<p><b>Dads are the Difference:</b> The Dads Are the Difference Program aims to connect fathers in a safe space to share their experiences and learn about their crucial role as a father. The program consists of 21 parenting classes with topics ranging from learning healthy communications, co-parenting strategies, child development, discipline strategies, budgeting and employment readiness skills.</p>		
	<p><b>Women's Support Circle :</b> The Women's Circle Support Group is an additional offering for mothers that allows them to connect with other women on a deeper level and build their support network. The group focuses on women's empowerment and covers topics such as self-love, stereotypes, the role of women in society, and healthy relationships.</p>		
<p align="center"><b>Stamford Counseling Center</b></p>	<p><b>Adolescent Counseling:</b> The goal in adolescent counseling is to assist teenagers in developing a strong sense of identity rooted in honesty, compassion, self-responsibility, and respect. We accomplish this by working together with the adolescent teaching them how to express emotions, communicate needs, increase self-confidence, define values, establish personal boundaries, and gain other life skills to set the adolescent up for success academically, emotionally, and socially. Parents play a vital role in counseling services.</p>	<p align="center">(203) 323-8560</p>	<p align="center"><a href="mailto:stamcc@optonline.net">stamcc@optonline.net</a></p>
	<p><b>Individual therapy (sometimes called "psychotherapy" or "counseling"):</b> Process through which clients work one-on-one with a trained therapist—in a safe, caring, and confidential environment—to explore their feelings, beliefs, or behaviors, work through challenging or influential memories, identify aspects of their lives that they would like to change, better understand themselves and others, set personal goals, and work toward desired change. People seek therapy for a wide variety of reasons, from coping with major life challenges or childhood trauma, to dealing with depression or anxiety, to simply desiring personal growth and greater self-knowledge.</p>		
	<p><b>HELP 24/7 Dads:</b> not locating. When searching goes to SJPC</p>		
	<p><b>Parent Support Groups (general)</b> - Added the City of Stamford, which is what is given when googled</p>		
	<p><b>The School Based Parent Leadership Training</b> - links to SPEF Parent Leadership Program</p>		

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Stamford Public Education Foundation (SPEF)	<p><b>Parent Leadership Training Institute (PLTI):</b> in-depth leadership training will be offered to 20-25 participants that include parents, grandparents, guardians or other adults wishing to improve the lives of children, families, and communities</p> <p><b>People Empowering People (UConn PEP):</b> program for adults that emphasizes the connection between individuals and community action. The curriculum focuses on values, communication, life skills, problem-solving, parenting, and developing leadership skills</p> <p><b>Parents Supporting Educational Excellence (PSEE):</b> provides participants with strategies and tools in order to partner with schools and improve education for all children. The curriculum focuses on the topics of leadership, change, educational policies and partnering.</p>	(203) 965-7733	<a href="mailto:ltusa@spefct.org">ltusa@spefct.org</a>
Stamford Youth Mental Health Alliance	Focused on prevention, early intervention, and access to care and resources to promote mental wellness throughout our community. Our goal is to engage young people, their families, and organizations in Stamford to build resiliency and better care for our young people.	(203) 391-7681	<a href="https://www.stamfordyouthmentalhealthalliance.org/">https://www.stamfordyouthmentalhealthalliance.org/</a>
Temple Beth El	<p><b>Family Programming: ShaBaBimBam:</b> Shabbat-themed music and movement program is geared to children ages 5 and under, with siblings welcome</p> <p><b>BabyBimBam:</b> created exclusively for babies 2 and under and their parents. Meet other families, play in a safe space, and all with a Jewish twist.</p> <p><b>K'tanim:</b> A monthly Sunday drop-off program of TBE's Religious School for 3 and 4-year-olds for 10 sessions during the school year. Utilizes STEAM Education (Science, Technology, Engineering, Arts, and Mathematics) with Jewish holidays, stories, blessings, values, and rituals.</p> <p><b>Family Shabbat Experiences:</b> This Kabbalat Shabbat program is perfect for families of all ages. We meet earlier than our traditional Friday night service several times throughout the year to welcome Shabbat with dinner, songs, and fun. BYO Shabbat dinner before services begin and spend time with friends.</p> <p><b>High Holidays Children's Programs:</b> Children's programs on Rosh Hashanah and Yom Kippur; Students up to age 12 enjoy age-appropriate activities including stories, prayer, music, holiday-themed crafts, snacks, and games as they celebrate the High Holidays with peers. There are holiday services for families with young children and services for older children as well.</p> <p><b>Holiday Celebrations:</b> We host thriving holiday parties and programs throughout the year.</p> <p><b>Parent Activities:</b> We have social activities such as Parents Night Out, happy hours, planning get-togethers, and more.</p>	(203) 322-6901	<a href="mailto:office@tbe.org">office@tbe.org</a>

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Women's Mentoring Network	<b>The First Generation Achievement Program:</b> Provides support, services, programs and workshops to students and their parents in order to assist them while they are in school and plan for the future.	(203) 348-3828 or (203) 357-1561	lgifas@wmninc.org or tgreenwatson@wmninc.org
Youth Services Bureau	<b>Mayor's Youth Leadership Council, the Mayor's Youth Employment Program, Pathfinders Adventure Learning, and the Restorative Justice Project;</b> Programs focus on developing leadership skills, self-confidence, and life skills in our young people. Additionally, we provide opportunities for adults, parents, youth workers, teachers and mentors experiences and opportunities that encourage personal growth, teamwork, and improved communication skills.	(203) 977- 5674	lgraziano@stamfordct.gov or tdrew@stamfordct.gov
YMCA	<b>LEAD Academy:</b> engage with peers from other schools and have many opportunities to develop social skills and character. The program offers children academic enrichment, math and reading skill development, and homework assistance. After homework completion and review, children eat a healthy snack and participate in a broad range of activities including Swim Lessons & safety around water, Arts&Crafts, Ferguson Library visits, Group Fitness, Dance and KIDSFANS nutrition classes offered by Stamford Hospital.	(203) 357-7000	<a href="https://stamfordymca.org/">https://stamfordymca.org/</a>