



Wheeler

**SOUTHINGTON
COMMUNITY HEALTH
Outreach Project**



Fourth
Resource
Directory

WORKING TOGETHER FOR A HEALTHIER SOUTHLINGTON



The Southington Community Health Outreach Project helps Southington residents access information, services, and resources related to behavioral health—including mental health, substance use concerns, and overall well-being—by providing comprehensive support.

EDUCATION



Knowledge and resources to support your behavioral health.

NAVIGATION



Identification of local behavioral health services that fit your needs.

CONNECTION



Personalized referrals to services and community resources.

NEED BEHAVIORAL HEALTH SUPPORT?

Contact us today for resources, information, and service referrals.

Magdalin Odoi | Senior Community Health Outreach Coordinator

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Funded by the Barnes Memorial Trust at Main Street Community Foundation



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Join us during outreach hours to learn about behavioral health resources, education, and service referrals available to Southington residents.

MONTHLY IN-PERSON OUTREACH DATES AND LOCATIONS

Southington Public Library

1st Thursday: 2:30pm– 4:30pm
2nd Monday: 11:00am – 12:00pm
3rd Tuesday: 5:00pm – 6:30pm
Last Friday: 11:00am – 12:00pm

Calendar House Senior Center

1st Tuesday: 2:30pm-4:30pm
3rd Thursday: 11:15am-1:15pm

Bread For Life

2nd Tuesday and last Thursday
11:30am-12:30pm

Southington YMCA Main Building Lobby

1st Monday: 3:30pm-4:30pm
2nd Tuesday: 10:00am-11:00am

Southington YMCA Spirit, Mind, & Body Center

3rd Thursday: 8:30am-10:00am
3rd Friday: 9:00am-10:00am

Fancy Bagel

Last Wednesday
9:30am-10:30am