

Get Healthy CT
November 2020 Newsletter



Covid-19

Covid-19 Resources for Connecticut Families: Click [here](#) for access to the full document.

United Way 2-1-1: You can visit the [2-1-1 website](#) or call to be connected to resources including local Covid-19 testing sites.

Mental Health

The Hub: The HUB has created a thorough listing of behavioral health resources within the Greater Bridgeport Region, [The Hub's Resource Guide](#), which lists non-profit & public-sector services for crisis, mental health and substance use disorders, and support programs, including a listing of free peer support groups. Click [here](#) to subscribe to their weekly newsletter.

Clifford Beers: Clifford Beers provides over 16 programs and services to help meet a variety of mental and emotional needs for children and families. Click [here](#) to view all of their online resources and click [here](#) to see their Covid-19 related resources.

Addiction & Recovery (The C.A.R.E.S. Group): The C.A.R.E.S. Group provides education, support, resources and hope for communities, families, and individuals who are affected by substance abuse and its devastating consequences. Click [here](#) for more information about weekly support groups and more.

Diet & Nutrition (Impact on Mental Health): The quality of the food you eat can impact your overall physical and mental health. Learn more about the importance of eating nutritious foods by clicking [here](#).

Healthy Living

The Hispanic Health Council has launched a new [Facebook page](#) and [YouTube Channel](#) that include nutrition and physical activity education videos in both English and Spanish.

SNAP-Ed Resources: Our friends at the University of St. Joseph/SNAP-Ed continue to create new resource videos. Check out their [Facebook page](#) for more details and share them with others!

Get Healthy CT: Click [here](#) to read the latest monthly newsletter and follow Get Healthy CT on [Facebook](#) and [Twitter](#) for health and wellness information.

Stay Safe, Stay Healthy at Home: The US Department of Agriculture, SNAP-Ed, has an online library of resources to help you and your family stay safe at home during this pandemic, including how to plan your weekly menu, when and how to consider food safety, receipts and more. Click [here](#) to view the resources that are available.

Dental Care Resource: Have you been delaying dental treatment due to Covid-19 fears? Click [here](#) for a helpful list of questions you can ask your dental provider to learn more about their Covid-19 safety procedures. Click [here](#) for the Spanish version.

Food Resources

St. Vincent's Medical Center Farm Stand Extended through 11/24: This farm stand has been extended through November 24 and will take place on Tuesdays between 11:30 AM–4:00 PM. Cash, Credit/Debit, Checks, Venmo, PayPal, SNAP/EBT (dollars doubled) and SNAP tokens from other markets in Bridgeport.

City Seed: CitySeed is a non-profit organization that seeks to provide all New Haven residents with access to fresh, local food. We also work to build economic opportunity in the food system. We believe a just food system is foundational to a thriving community. Click [here](#) to visit their website to learn more about their ongoing farmer's markets in the area.

New Haven Food Assistance Resources: Click [here](#) for a list of food resources in the New Haven area.

Hamden Food Assistance Resource Guide: Click [here](#) for a list of the available food resources in the Hamden area.

Stratford Health Department Food Distribution: Tuesday, November 10 from 3:00 PM-4:00 PM at Holy Name of Jesus Church, 1950 Barnum Avenue in Stratford. This is a drive thru food pantry. Click [here](#) for more information. To stay up-to-date on the latest news from the Stratford Health Department, like their [Facebook](#) page.

Bridgeport Hospital Food Distribution: Every 3rd Tuesday from 5:30 PM-6:30 PM at 200 Mill Hill Avenue. The October distribution will take place on Tuesday, October 20. Click [here](#) for more information.

St. Vincent's Medical Center Food Distribution: Next monthly distribution will place on Friday, November 20 from 1:30 PM-3:00 PM at 2800 Main Street in Bridgeport. Click [here](#) for more information and remaining 2020 dates.

The CT Food Bank hosts several local mobile food pantry and milk/dairy distributions each month. The best way to get the most up-to-date information on the locations is to visit their [webpage](#). The CT Food Bank Mobile Pantry and NEW Dairy Express Distribution Schedules can change often so sharing the actual website link is helpful:
<https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/>.

United Way 2-1-1: You can visit the [2-1-1 website](#) or call to be connected to resources including local food pantries, Covid testing, transportation, housing and much more.