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**24-HOUR CRISIS INTERVENTION NUMBERS**

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Police/Fire/Medical Emergencies	9-1-1	
Child Abuse and Neglect Hotline (DCF)	800.842.2288	
Child and Adolescent Mobile Psychiatric Emergency Service	888.977.YOUTH	
Child Guidance Center	203.323.9797	
Domestic Violence Hotline	888.774.2900	
INFOLINE	2-1-1	
Kids In Crisis	203.327.KIDS	
National Runaway Switchboard	800.621.4000	
Poison Control Center	800.343.2722	
Problem Gambling Help Line	800.346.6238	
Sexual Assault Crisis and Education Center Hotline (Greater Stamford Area)	203.329.2929	
Spanish Sexual Assault Crisis Hotline	888.568.8332	
YWCA Domestic Abuse Hotline	203.622.0003	

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**NATIONAL 1-800 NUMBERS**

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AIDS National Hotline	800.CDC.INFO
Adolescents Hotline	800.400.0900
Drug and Alcohol Referral Service	800.821.4357
Adult and Child Attention Deficit Disorder	800.233.4050
Child Abuse Hotline	800.422.4453
Consumer Product Safety Commission	800.638.2772
Covenant House Runaway Line	800.999.9999
America Counsel for Drug Education	800.262.2463
Eating Disorder – Rader Institute	800.841.1515
Federal Student Aid Information Center	800.433.3243
Literacy Volunteers	800.345.7323
National Clearinghouse on Alcohol and Drug Information	800.729.6686
National Eating Disorders Association (NEDA)	800.931.2237
National Institute of Mental Health Information	800.647.2442
STD National Hotline	800.227.8922
National Drug and Alcohol Treatment Referrals	800.622.HELP
Suicide Prevention Hopeline	800.784.2433

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**GREENWICH TEEN CONNECTIONS 2**

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## LOCAL EMERGENCY SERVICES

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Access Ambulance	203.863.3637
Greenwich Emergency Medical Services (GEMS)	203.637.7505
Greenwich Hospital	203.863.3000
Fire Department	203.622.3951
Fire Stations	
Central	203.622.3959
Cos Cob	203.622.3972
Byram	203.622.3973
Glenville	203.622.3974
North Street	203.661.2452
Sound Beach	203.622.3975
Police Department	203.622.8005
Hearing-impaired	203.622.8050
Animal Control Division	203.622.8299

Safe Place: The Fire stations, local Police department, EMS and other like resources marked by a yellow "Safe Place" sticker are taking part in the Safe Place program. If a youth, family, or individual is in crisis (whatever it may be) they can go into the establishment and say they need a Safe Place. The facilities will then take some limited information from the individual and immediately contact the Kids In Crisis hotline. A member of our Crisis Team will meet the individual at the Safe Place and provide assistance.

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## EDUCATION

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You have a legal right to stay in school, even if you are pregnant, have special needs, or are ill. There are alternative ways to complete your education. Talk to a teacher or guidance counselor for help.

### HIGH SCHOOLS IN GREENWICH:

Brunswick School	203.625.5800
<a href="http://www.brunswickschool.org">www.brunswickschool.org</a>	
Convent of the Sacred Heart	203.531.6500
<a href="http://www.cshgreenwich.org">www.cshgreenwich.org</a>	
Eagle Hill School	203.622.9240
<a href="http://www.eaglehillsschool.org">www.eaglehillsschool.org</a>	
Greenwich Academy	203.625.8990
<a href="http://www.greenwichacademy.org">www.greenwichacademy.org</a>	
Greenwich High School	203.625.8000
<a href="http://www.greenwichschools.org/ghs">www.greenwichschools.org/ghs</a>	
Greenwich Japanese School	203.629.9039
<a href="http://www.gwjs.org">www.gwjs.org</a>	
The Greenwich Country Day School	203.863.5600
<a href="http://www.gcds.net">www.gcds.net</a> OR <a href="http://www.greenwichcds.org">www.greenwichcds.org</a>	
The Stanwich School	203.542.0000
<a href="http://www.stanwichschool.org">www.stanwichschool.org</a>	

### STATE VOCATIONAL SCHOOLS:

Academy of Information Technology in Stamford	203.977.4336
<a href="http://www.geocities.com/aitweb2000">www.geocities.com/aitweb2000</a>	
Center for Global Studies (CGS) located at Brien McMahon H.S. in Norwalk	203.852.9488
<a href="http://www.centerglobalstudies.org/index_new.html">www.centerglobalstudies.org/index_new.html</a>	
Job Corps	800.733.5627
<a href="http://www.jobcorps.doleta.gov">www.jobcorps.doleta.gov</a>	

### ESL (English as a Second Language):

Board of Education	203.625.7400
<a href="http://www.greenwichschools.org">www.greenwichschools.org</a>	
Literacy Volunteers of America – Stamford/Greenwich	203.324.5214
E-mail: <a href="mailto:literacyvolunteers@lvsg.org">literacyvolunteers@lvsg.org</a>	
Town of Greenwich- Department of Social Services	203.622.3835
<a href="http://www.greenwichct.org/SocialServices/SocialServices.asp">www.greenwichct.org/SocialServices/SocialServices.asp</a>	

### GENERAL EDUCATION DEVELOPMENT (GED):

Board of Education-Adult Education	203.625.7400
<a href="http://www.greenwichace.org/Content/GED.asp">www.greenwichace.org/Content/GED.asp</a>	

### ARMED FORCES RECRUITING OFFICE

Air Force	203.372.6970
<a href="http://www.airforce.com">www.airforce.com</a>	
Army	203.975.1114
<a href="http://www.goarmy.com">www.goarmy.com</a>	
Marines	203.372.1713
<a href="http://www.marines.com">www.marines.com</a>	
Navy	203.365.8423
<a href="http://www.navy.com">www.navy.com</a>	

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**COLLEGE INFORMATION:**

College Board  
[www.collegeboard.com](http://www.collegeboard.com)  
 College Source  
[www.collegesource.org](http://www.collegesource.org)  
 CT Distance Learning Consortium  
[www.ctdlc.org](http://www.ctdlc.org)  
 The Princeton Review  
[www.theprincetonreview.com](http://www.theprincetonreview.com)

**COMMUNITY COLLEGES:**

Norwalk Community College 203.857.7060  
[www.nctc.commnet.edu](http://www.nctc.commnet.edu)

**COLLEGE FINANCIAL AID/SCHOLARSHIPS:**

College Financial Aid  
[www.fafsa.ed.gov](http://www.fafsa.ed.gov)  
 CONNTAC –EOC Office 203.634.7669  
[www.commnet.edu](http://www.commnet.edu)  
 Connecticut Association of Latin-Americans in Higher Education 860.906.5234  
[www.calahe.org](http://www.calahe.org)  
 CT Employment and Education Center 800.842.0229  
[www.ctdhe.org/eeic/default.htm](http://www.ctdhe.org/eeic/default.htm)  
 Fast Web 800.FASTWEB or 800.327.8932  
[fastweb.monster.com](http://fastweb.monster.com)  
 Financial Aid 724.538.4500 or 800.4.FED.AID (800.433.3243)  
[www.finaid.com](http://www.finaid.com)  
 Greenwich Scholarship Association 203.661.9799  
[www.greenwickscholarship.org/](http://www.greenwickscholarship.org/)  
 Hispanic Scholarship Program 877.HSF.INFO (877.473.4636)  
[www.hsf.net](http://www.hsf.net)  
 Hope Scholarships and Lifetime Credit 203.840.4195  
[www.ed.gov/offices/OPE/PPI/HOPE/index.html](http://www.ed.gov/offices/OPE/PPI/HOPE/index.html)  
 Scholarship America 800.279.2083 or 800.537.4180  
[www.scholarshipamerica.org](http://www.scholarshipamerica.org)  
 Student Guide to Financial Aid 800.4.FED.AID (800.433.3243)  
[www.studentaid.ed.gov/students/publications/student\\_guide/index.html](http://www.studentaid.ed.gov/students/publications/student_guide/index.html)

**OCCUPATIONAL SKILLS TRAINING:**

WIA, Workforce Investment Act 860.263.6000  
[www.ctdol.state.ct.us/gendocs/training.html](http://www.ctdol.state.ct.us/gendocs/training.html)  
 Youth Options Occupational Skills Training Program 203.334.5627  
[www.careerresources.org/main/programs/youth2.htm](http://www.careerresources.org/main/programs/youth2.htm)

**AFTER-SCHOOL PROGRAMS**

After-school programs are offered at most youth serving agencies throughout the town of Greenwich. Both independent and public schools also provide clubs and activities. Contact your school office directly or visit one of the websites listed below to learn what programs are available.

**Where to go:**

Arch Street Teen Center 203.629.5744  
[www.archstreet.org](http://www.archstreet.org)  
 Boys and Girls Club Greenwich 203.869.3224  
[www.bgcg.org](http://www.bgcg.org)  
 Brunswick School 203.625.5800  
[www.brunwickschool.org/upper](http://www.brunwickschool.org/upper) (click on Extra Curricular)  
 Community Centers Inc. 203.869.1276  
[www.ccigreenwich.org](http://www.ccigreenwich.org)  
 Covenant of the Sacred Heart 203.531.6500  
[www.cshgreenwich.org](http://www.cshgreenwich.org) (Enter site and click on Student Life)  
 Greenwich Academy 203.625.8900  
[www.greenwichacademy.org](http://www.greenwichacademy.org) (click on Students)  
 Greenwich Country Day School 203.863.5600  
[www.gcds.net](http://www.gcds.net) (click on Programs)  
 Greenwich Family YMCA 203.869.1630  
[www.gwymca.org/prog\\_teen.html](http://www.gwymca.org/prog_teen.html)  
 Greenwich High School – Student Activities Office 203.625.8000  
[www.greenwickschools.org/ghs](http://www.greenwickschools.org/ghs) (click on Student Activities → Clubs)  
 Stanwich School 203.542.0000  
[www.stanwickschool.org](http://www.stanwickschool.org) (place cursor over Mind and then Extra-Curricular and Special Events)  
 YWCA Kaleidoscope Program 203.869.6501  
[www.ywcagreenwich.org](http://www.ywcagreenwich.org)

**Who to call:**

Big Y Homework Helpline (Monday-Thursday, 4-7 pm) 800.866.BIGY  
 The Big Y Homework Helpline offers free one-on-one homework assistance for students in kindergarten through grade 12 during the academic year.

**GREENWICH TEEN CONNECTIONS 4**

## EMPLOYMENT

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You can get a job if you are 16 years of age or older. If you are 14 or 15 you need a work permit, which you can get from your high school. You need a "Promise of Employment Card," which is a letter from your prospective employer. To find a job, Good places to look for a job include newspapers, school and community center bulletin boards, and contacts through family and friends. Greenwich High School offers a Student Employment Service during the school year that is also available online.

To decide what type of job would best suit you, here are some questions to ask yourself:

- What do I like to do and what am I good at doing?
- What skills do I have (i.e., typing, computer skills, good with people) and what hobbies or extra-curricular school activities do I participate in that might help me excel at a job?
- How will I get to and from work?
- How many hours and days of the week can I work?

Below is a list of job training and placement services. They can provide:

- training for a specific job
- assessment of your current skills
- job interview techniques
- applications for actual jobs
- lists of employers who are hiring

### Who to call:

Career Launch Program, Rite Program (Family Centers)	203.869.2221
Governor on Employment Opportunities for Youth with Disabilities	860.263.6067
<a href="http://www.ctdol.state.ct.us">www.ctdol.state.ct.us</a>	
Greenwich Youth Conservation Project (town social services)	203.622.7793
<a href="http://www.greenwichct.org">www.greenwichct.org</a> (search: youth conservation)	
Greenwich Youth Services Coordinator	203.869.2221
<a href="http://www.unitedway-greenwich.com">www.unitedway-greenwich.com</a>	
Student Employment Service (11:30am-2pm M-F)	203.625.8008
<a href="http://www.ghs-ses.org">www.ghs-ses.org</a>	
Urban League of SW Connecticut	203.327.5810
<a href="http://www.ulswc.org">www.ulswc.org</a>	

## LIBRARIES

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Byram Shubert Library (branch)	203.531.0426
Cos Cob Library (branch)	203.622.6883
Greenwich Library	203.622.7900
<a href="http://www.greenwichlibrary.org/default.asp">www.greenwichlibrary.org/default.asp</a>	
Perrot Memorial Library	203.637.1066
<a href="http://www.perrotlibrary.org/">www.perrotlibrary.org/</a>	

## ENTERTAINMENT & RECREATIONAL ARTS:

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Greenwich Arts Council	203.622.3998
<a href="http://www.greenwicharts.org">www.greenwicharts.org</a>	
Greenwich Youth Stage Summer Theater Workshop	914.484.2605
Hand Painted	203.326.7991
<a href="http://www.handpainted.us">www.handpainted.us</a>	
Kids Events	877.472.4583
<a href="http://www.kidsevents.com">www.kidsevents.com</a> (Go to: Teenager Resources)	
Lakeside Pottery	203.323.2222
<a href="http://www.lakesidepottery.com">www.lakesidepottery.com</a>	
Society of Young Magicians, Stamford	203.357.7862
The Acting Company of Greenwich	203.629.2094

### BASEBALL:

American Legion Baseball	
<a href="http://www.greenwichcannons.org/">www.greenwichcannons.org/</a>	
The American Legion Program provides Junior and Senior programs for ages 13-18.)	
Boys and Girls Club of Greenwich Spring Baseball League	203.869.3224
<a href="http://www.bgcg.org/index.php?PID=17&amp;cid=3">www.bgcg.org/index.php?PID=17&amp;cid=3</a>	
Cal Ripken League Baseball	203.531.7594
Greenwich Babe Ruth Senior Division (ages 16-19)	203.698.0542
Greenwich Babe Ruth Junior Division (ages 13-15)	203.698.0542

### BASKETBALL:

Boys and Girls Club of Greenwich Spring Basketball League	203.869.3224
<a href="http://www.bgcg.org/">www.bgcg.org/</a>	
Greenwich Basketball Association	203.637.4449

### BOWLING:

Lower Fairfield County Junior Bowling Association	203.531.9080
Rip Van Winkle Bowling	203.838.7501
<a href="http://www.amf.com/ripvanwinklelanes">www.amf.com/ripvanwinklelanes</a>	

**CHEERLEADING:**

Cheer Fitness 203.531.6183  
[www.cheerfitness.blogspot.com](http://www.cheerfitness.blogspot.com)

Greenwich Tumble & Cheer 203.532.1223  
[www.greenwichtumbleandcheer.com/](http://www.greenwichtumbleandcheer.com/)

**CLUBS AND OTHER ACTIVITIES:**

Arch Street Teen Center 203.629.5744  
[www.archstreet.org](http://www.archstreet.org)

Boys and Girls Club of Greenwich 203.869.3224  
[www.bgcg.org](http://www.bgcg.org)

Boy Scouts 203.869.8424  
[www.greenwichbsa.com](http://www.greenwichbsa.com)

Girl Scouts (Karen Hasterock) 203.344.1504  
 Greenwich Safe Rides 203.869.8445

[www.greenwichredcross.org/](http://www.greenwichredcross.org/)  
 Greenwich YWCA Y-NET 203.869.6501

Junior United Way 203.869.2221  
[www.jrunitedway.org/](http://www.jrunitedway.org/)

Keystone Club 203.869.3224  
[www.bgcg.org/](http://www.bgcg.org/)

Kids In Crisis Youth Corps 203.327.KIDS  
[www.kidsincrisis-website.org/content/publish/youthcorps.shtml](http://www.kidsincrisis-website.org/content/publish/youthcorps.shtml)

Red Cross Youth Council 800.733.2767  
[www.greenwichredcross.org](http://www.greenwichredcross.org)

**CYCLING CLUBS:**

Greenwich Bicycles – Races 203.869.4141  
 Sound Cyclists

[www.soundcyclist.com](http://www.soundcyclist.com)  
 The Tokeneke Road Club

(Greg) 203.973.2055  
 (Charles) 212.916.5615

**DANCE:**

Allegra Dance Studio 203.629.9162  
[www.allegradancestudio.com](http://www.allegradancestudio.com)

Arthur Murray Dance Studio 203.983.5546  
[www.arthurmurrayofstamford.com](http://www.arthurmurrayofstamford.com)

Dance Adventure 203.625.0930  
[www.danceadventure.com](http://www.danceadventure.com)

Greenwich Ballet Academy (at Greenwich Arts Center) 203.856.7953  
[www.greenwichballetacademy.org](http://www.greenwichballetacademy.org)

Greenwich YWCA 203.869.1630  
[www.ywcagreenwich.org](http://www.ywcagreenwich.org) (ask about the Dance programs)

Magic Dance on the Water 203.622.0744  
 St. Saviour's School of Dance 203.637.8555

**FOOTBALL/RUGBY:**

Gateway Youth Football League 203.637.0766  
 Old Greenwich/Riverside Community Center 203.637.3659

[www.ogrc.com](http://www.ogrc.com)

The Connecticut Yankee Rugby Football Team  
[www.ctyankeesrugby.org](http://www.ctyankeesrugby.org)

**ICE SKATING/HOCKEY:**

Dorothy Hamill Skating Rink 203.531.8560  
 Greenwich Blues Youth Hockey Association 203.698.1080

[www.greenwichblues.com](http://www.greenwichblues.com) 203.531.8560  
 Mite Development Hockey League (BGCG (contact Melissa Hawkins) 203.869.3224

Windy Hill Figure Skating Club 203.531.7774

**KARATE:**

Devita Karate 203.629.2467  
[www.devitakarate.com](http://www.devitakarate.com)

Kang Tae Kwon DO and Hopkido 203.637.7867  
 Old Greenwich Karate 203.637.2685

[www.oldgreenwichkarate.com](http://www.oldgreenwichkarate.com)

**LACROSSE:**

Greenwich Youth Lacrosse 203.352.3933  
[www.greenwichyouthlacrosse.org](http://www.greenwichyouthlacrosse.org)

**MISCELLANEOUS:**

Greenwich Kids Triathlon (contact Bill Bogardus at GHS) 203.861.6835  
[www.eteamz.com/greenwichkidstri/](http://www.eteamz.com/greenwichkidstri/)

Greenwich Pony Club 203.661.8951  
 Roger Sherman Baldwin Park/Skate Park 203.622.7830

Slot Car Racing – Stamford Raceway 203.326.8630  
[www.flatoutfun.com/stamfordraceway.htm](http://www.flatoutfun.com/stamfordraceway.htm)

**OUTDOOR PROGRAMS:**

Purchase College Great Potential Program www.purchase.edu	914.251.6890
Purchase College Upward Bound Program www.purchase.edu	914.251.6691

**RUNNING CLUBS:**

Threads and Treads	203.661.0142
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**SOCCER:**

Eastern F.C. (year-round programs) www.soccerpatch.com/CT/P_EasternFCCT.html	914.864.2608
Greenwich Soccer Association	203.352.5864
The Old Greenwich-Riverside Community Center www.ogrec.com (offers regular and travel soccer teams)	203.637.3659

**WATER SPORTS:**

Boys and Girls Club of Greenwich Swim Team	203.869.3224, ext.133
Dolphins Swim Team (YWCA)	203.869.6501
Greenwich Water Polo www.greenwichwaterpolo.com/	203.352.3405
Lifeguard Training and Employment Opportunities (YWCA) www.ywcagreenwich.org	203.869.6501
USS Marlins Youth Swim Team (at the YMCA) www.gwymca.org/prog_aqua_marlins.html	203.869.1630

**Please Note:** Your school may also provide after-school programs for its students, so make sure to contact your school to learn about any clubs or activities. For more information, see the After-School Programs section on page four.

**MOVIE THEATERS:**

AMC Loews Port Chester 14 (40 Westchester Ave., Port Chester, NY)	914.510.1000
Avon Theater Film Center (272 Bedford St., Stamford)	203.976.3660
Bow Tie Cinema Landmark 9 (5 Landmark Sq., Stamford)	203.324.3100
Bow Tie Cinema Majestic 6 (118 Summer St., Stamford)	203.323.1690
Bow Tie Cinemas Plaza 3 (2 Railroad Ave., Greenwich)	203.869.4030
City Center 15: Cinema de Lux (19 Mamaroneck Ave., White Plains, NY)	914.747.6000
State Cinema (990 State St., Stamford)	203.325.0250

**Please Note:** Visit [www.moviefone.com](http://www.moviefone.com) or [www.fandango.com](http://www.fandango.com) and enter your zip code to find movie listings near you.

**DINERS & COFFEE SHOPS:**

Arcadia Coffee House www.arcadiacoffee.com (Hosts many art exhibits, band nights, and other activities. Check website for calendar.)	203.637.8766
Bull's Head Diner, Stamford (24-Hour)	203.961.1400
Glory Days Diner Restaurant (24-Hour)	203.661.9067
Johnny Cakes (24-Hour)	203.531.1910
Port Chester Coach Diner (24-Hour)	914.937.0008

**TOWN OF GREENWICH PARKS AND RECREATION:**

Ferry Information (for Island Beach and Great Captain's Island)	203.661.5957
Greenwich Tennis Headquarters (The town runs junior and adult clinics for all levels and provides private lessons.)	203.661.0182
Greenwich Beaches (Office Hotline)	203.622.7817
Roger Sherman Baldwin Park/Skate Park	203.622.7830
Town of Greenwich Parks and Recreation Office www.greenwichct.org/ParksAndRec/prFacilitiesIndex.asp (The website provides information on local beaches, parks, tennis courts, municipal golf courses, and marinas.)	203.622.7830

**COMMUNITY CENTERS:**

Arch Street Teen Center www.archstreet.org	203.629.5744
Audubon Center www.greenwich.audubon.org/	203.869.5272
Byram Archibald Neighborhood Center	203.531.1522
Greenwich Civic Center	203.637.4583
Old Greenwich Riverside Community Center www.ogrec.com	203.637.3659
The Pemberwick and Cos Cob Community Centers	203.622.7830
Western Greenwich Civic Center	203.531.6273

To find more activities and resources, visit the Community Answers website at [www.communityanswers.org](http://www.communityanswers.org) or call them at (203) 622-7979 for more information.

## COMMUNITY SERVICE & VOLUNTEERING

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Many organizations rely on volunteers. Volunteering shows that you are committed to helping your community. Some questions to ask yourself when deciding to volunteer:

- What age group do I want to work with?
- How much time can I commit?
- What do I enjoy doing that could be helpful?
- Will the organization I volunteer with train me?

### Places to call:

Adopt-A-Dog www.adoptadog.org	203.629.9494
Call-A-Ride	203.637.0116
Explorer Programs (14-18yrs) Volunteer Recruitment Coordinator: Brian M. Kelly	203.618.8877
Greenwich Green and Clean Email: grgrenclean@aol.com	203.531.0006
Greenwich Hospital Auxiliary – Volunteer Office www.greenhosp.org	203.863.3222
Greenwich Red Cross (Safe Rides-3 recruitments per year) www.greenwichredcross.org	203.869.8444
Greenwich Youth Services www.unitedway-greenwich.com	203.869.2221
Junior United Way www.unitedway-greenwich.com	203.869.2221
Keystone Club www.bgeg.org	203.869.3224
Meals-on-Wheels www.mealsonwheelsofgreenwich.org	203.869.1312
Neighbor to Neighbor Safe Rides www.greenwichredcross.org	203.622.9208 203.869.8444
Town of Greenwich – Volunteer Services www.greenwichct.org	203.622.6459
Volunteer Center of Southwestern Fairfield County www.ucanhelp.org	203.348.7714
Volunteer Match opportunities www.volunteermatch.com (visit site to find listings of available volunteer opportunities)	
Volunteers on Call Email: volunteersoncal@optonline.net	203.550.2222
Voluntary Services for the Blind of Fairfield County-Stamford	203.324.6611
YWCA Domestic Abuse Hotline Training	203.869.6501

**Please Note:** Your school may have clubs that are dedicated to volunteer work within the community, so make sure to check with your school at the numbers and websites found on page seven. Please call INFOLINE for information about volunteering and mentoring opportunities in your area or anywhere in Connecticut by visiting [www.211infoline.org](http://www.211infoline.org) or dialing 2-1-1 or 877.CTMENTOR.

## DRIVING

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Driving a car is a very serious responsibility that is given to teens starting at the age of 16. To receive a driver's license, one must follow several steps, which are explained below. Also included is the protocol to follow when engaged in or witnessing a car accident and a list of local gas stations open 24 hours.

### LEARNER'S PERMIT:

You must wait until your 16th birthday before applying for a Learner's Permit. You must pass a vision test and a twenty-five questions knowledge test, only five of which you can get wrong, in order to obtain a permit. To prepare for the test, you should study the Connecticut Driver's Manual, which can be downloaded at [www.dmv.org](http://www.dmv.org) or picked up at your local DMV. The permit test is offered at both Tom's Driving School and the full-service DMV Branch Offices. If you do not pass the test, you must wait seven days to retake it. Tests are not given at satellite offices, mobile units, photo license centers, or AAA offices. When you go to a driving school or the DMV to take your permit test, be sure to bring all of the following:

1. A non-laminated birth certificate (hospital issued certificates not acceptable) **or** a valid passport
2. An additional form of acceptable identification (i.e. social security card, CT non-driver ID, certified school transcript, baptismal papers, etc.)
3. Proof of residence address (any piece of mail that is postmarked and mailed to your home in your name) **CANNOT BE A COPY!**
4. A passport-sized photograph of yourself (without headwear or sunglasses) which will not be returned
5. Parental consent. A parent or guardian must come with you to provide a notarized 2D Certificate of Parental Consent and show a driver's license or acceptable form of identification. You cannot take the permit test without consent.

**PHOTOCOPIES OF ANY DOCUMENTS ARE NOT ACCEPTABLE! ALSO CHECK YOUR TEST LOCATION FOR THE APPLICABLE FEE.**

**NEW LAWS:**

**All Learner's Permit holders who obtain a permit during or after August 2008:** If you are attending driving school, in addition to classroom work, you must complete at least 40 hours of behind-the-wheel training, including eight hours of driving with an instructor, before applying for a driver's license. If you aren't attending driving school, you must also complete the 40 hours of behind-the-wheel training, but additionally complete an eight-hour safe driving course. Also, parents or legal guardians are required to complete a two-hour class concerning teen driving laws.

**Curfew with a Learner's Permit:** There is no curfew, however permit holders must be accompanied by a licensed instructor, parent(s), legal guardian or qualifying adult at all times.

**Passenger Restrictions:**

**All permit holders, regardless of when they received their permits, may NOT have ANY passengers, EXCEPT FOR:**

1. A licensed driving instructor providing instruction OR
2. Parent(s) or legal guardian, at least one of whom holds a valid driver's license OR
3. One person who is providing instruction and is at least 20 years old, has held a driver's license for four or more consecutive years, and has not been suspended during the four years prior to training.

**DRIVER'S LICENSE:**

You must schedule an appointment to take your driver's license test. At the time of your appointment, you must show the following:

1. Home Training Statement and evidence of completion of a 5-hour course on safe driving practices, including a minimum of 2 hours on the nature and effects of alcohol and drugs.
2. Commercial Driving School Certificate
3. Secondary Driving School Certificate
4. Learner's Permit (issued at least 180 days prior or 120 days if you completed a driver training course)
5. Verification of CT residence address (any piece of mail that is postmarked and mailed to your home in your name) CANNOT BE A COPY!
6. 2 forms of identification
7. Properly registered and insured vehicle appropriate for your driving test
8. CT insurance card

The fee for your license, which can vary from \$66 to \$77, depends on the number of years the license will be valid (6 or 7) often determined by your birthdate. Since you have already passed your vision and written tests in order to obtain your learner's permit, the only test you need to take on the day you take your license test is the road test.

**Where to go:**

High Ridge Driving School (Stamford, CT) 203.325.9676  
Tom's Driving School (Riverside, CT) 203.869.7240

The above driving schools are certified for all state courses and they offer Learner's Permit tests, classes for both automatic and standard shift vehicles, and on-site testing at the location of your choice. Completing driving school qualifies you for insurance discounts.

**For more information call:**

Department of Motor Vehicles (closed Mondays) 24 hour service 800.842.8222  
[www.ct.gov/dmv](http://www.ct.gov/dmv)

**NEW LAWS: All newly licensed 16-17 year old drivers who receive a driver's license on or after August 1, 2008:**

**Curfew:** 11p.m. to 5a.m. – unless teen is traveling for employment, school, religious activities, medical necessity, or as an assigned driver of the Safe Rides Program.

**Passenger Restrictions:**

**During the first 6 months: the newly licensed driver may have NO passengers, EXCEPT FOR:**

1. A licensed driving instructor giving instruction OR
2. His/Her parent(s) or legal guardian, at least one of whom holds a valid drivers license OR
3. One person who is providing instruction and is at least 20 years old, has held a drivers license for 4 or more consecutive years and have not been suspended during the 4 years prior to training.

**During the second 6 months (7-12) the only additional passengers allowed in the vehicle are members of the driver's immediate family.**

\*16-17 year old drivers may NOT use a cell phone (even if its hands free) or any mobile electronic device while driving.

**SPEEDING:** After committing a speeding violation, the second violation occurring any time within the next four years, will result in a 4 hour operations retraining program.

**CAR ACCIDENTS:**

Always call the police and have a report made, because you can't be sure how much damage has been done to the vehicles, the extent of injury to drivers or passengers, or whether the other person has insurance. Police are mandated to file a State Accident Report with the Department of Motor Vehicles within five days for all car accidents resulting in bodily injury or damages over \$1,000.

**WARNING: NEVER LEAVE THE SCENE OF AN ACCIDENT.**

**What to do:**

- Stay calm
- Make sure the other people are all right
- Check for witnesses

- Do not move your car until the police arrive, unless it is causing a safety hazard
  - Always exchange names, addresses and phone numbers
  - Always exchange names of insurance companies and driver's license numbers
  - Remember to write down the license plate number of the other car involved in the accident

**GAS STATIONS:**

There are a few gas stations in town opened later for late night emergencies:

**Where to go:**

Mobil Station on the Merritt Parkway near the NY state line (24 hours) 203.531.5092  
 Greenwich Mobil, 142 Railroad Avenue (until midnight) 203.422.0188  
 Putnam Shell, 401 West Putnam Avenue (24 hours) 203.661.2485

**TRANSPORTATION**

**TRAIN STATIONS:**

- Cos Cob 1 Cos Cob Avenue, Cos Cob, CT 06807
- Greenwich 1 Railroad Avenue, Greenwich, CT 06830
- Old Greenwich 1 Sound Beach Avenue, Old Greenwich, CT 06870
- Riverside 1 Riverside Avenue, Riverside, CT 06878

**TAXI:**

- Greenwich Taxi 203.869.6000

**BUSES:**

- Connecticut Transit www.cttransit.com
- Easy Access 203.299.5180
- Norwalk Transit 1.800.982.8420

**Safe Rides**

“If you're stuck and need a ride, call 869-8445!”

- Safe Rides is a volunteer service run by teens for teens at the Greenwich Chapter of the American Red Cross. The program runs on Friday and Saturday nights from 10 pm until 2am. Teenage volunteers provide rides home for local teens who find themselves in uncomfortable or dangerous situations involving drugs and/or alcohol. The mission of the program is to reduce teenage drinking and driving in Greenwich. All calls are considered confidential and all rides are free of charge.

**THE LAW AND YOU (TEENS AND THE LAW?)**

A person under the age of 18 is considered a juvenile and a minor. Below is some information on legal issues affecting youth. **This is intended for informational use only. If you find yourself in one of the situations below, seek professional help from an attorney.**

**Alcohol, drugs and driving:** More than half of all fatal car accidents involve alcohol or drugs. You can't tell beforehand how you will be affected by alcohol, prescription or non-prescription drugs, or street drugs. Driving ability is greatly reduced with only a small amount of alcohol or drugs. Ask your doctor about side effects of any prescription or medicine. Even allergy remedies and cold pills purchased without a prescription can affect a person's driving. Anyone under the influence of drugs or alcohol must not attempt to drive. It is also very dangerous to get into a car driven by someone who has been drinking or using drugs. If you are driving under the influence, you can be convicted, fined, receive jail time, lose driving privileges, and be required to participate in a drug or alcohol treatment program. If a minor without a license is convicted of DUI (Driving Under the Influence), the Department of Motor Vehicles will suspend their right to obtain a driver's license for a set period of time, possibly until the age of 18. Minors with a license, just like adults who are convicted of DUI, have their license suspended or may be required to attend DUI classes. Insurance rates of the convicted driver will likely be higher and the driver's parents may be responsible for any penalties, fines, or damages.

**Alcohol Laws:**

It is against the law for a person under the age of 21 to:

- have any alcoholic beverage (opened or unopened) in a public place or car at any time
- enter a liquor store or restaurant to buy or be served alcohol
- drink, buy, or attempt to buy alcohol or have someone else buy it for him/her

It is illegal for people of any age to:

- use a forged or deceptive driver's license to obtain alcoholic beverages
- drink any alcoholic beverage while operating a motor vehicle
- drive a vehicle while under the influence of liquor or drugs
- purchase alcoholic beverage for someone under 21

**Effective October 1, 2006:** It is illegal for a property owner to permit anyone under 21 to possess alcohol on the property, or for the owner to fail to make reasonable efforts to stop a minor from possessing alcohol on the property. The act makes a first offense an infraction and subsequent offenses subject to up to one year in prison, a fine of up to \$500, or both. Exceptions exist if a minor is accompanied by a parent, guardian or spouse; or for alcohol use in religious ceremonies.

**Arrests:**

If you are stopped or picked up by the police, here are some things you need to know:

- Do not resist arrest. Be respectful to the officer(s) and provide basic information such as your name, address, phone number, and date of birth. You have the right to remain silent. It is okay to tell the officer(s) that you do not want to talk until you first speak with your parents or a lawyer. You do not need to sign anything without advice from your parents or lawyer.
- You have the right to a lawyer. Talk with your parents or guardians and your lawyer before speaking to the police or giving them permission to perform a search. If you do permit a search, the police can use anything they find as evidence against you.

**Families with Service Needs:** A juvenile who has run away, been skipping school, broken school rules, or is beyond the control of his/her parents can be brought to juvenile court. The judge can order the juvenile to stay home, go to school and/or follow parents' rules.

**Juvenile vs. Adult Court:** All 16-year-olds charged with crimes go to adult court and can be sentenced to adult prison. Children under 16 go to juvenile court. Youth, 14-year-olds, and 15-year-olds who commit serious crimes (robbery, larceny, assault, kidnapping, and arson) may be transferred to adult court where they can receive the same punishment for a crime as an adult (except in murder cases as persons under 18 years of age may not be sentenced to death).

**Police Harassment:** If you feel the police are targeting you or your friends for no reason, you can consult an attorney, submit a complaint to the internal affairs division of the police department, or call your local councilperson or state representative. It is important to cooperate with the police at the time of the incident and make a complaint at a later date.

**Search Warrants:** A search warrant is a paper signed by a judge giving the police permission to search a house, car, locker, or other property. Usually, the police cannot search you or your home unless they have a search warrant. If you are searched, do not interfere. If you think you are being wrongfully searched or items of yours are being wrongfully taken, pay attention and remember the details so you can tell your lawyer what happened. Request a receipt for anything taken and a copy of the warrant if there is one.

**Truancy:** Skipping school is no longer a criminal charge. However, a juvenile may be referred to juvenile court under "Family with Service Needs" for truancy.

**For help regarding a legal problem, call your family attorney or:**

Center for Children's Advocacy www.kidscounsel.org	860.570.5327
Statewide Legal Services www.slsct.org	800.453.3320
Superior Court, Family Division www.jud.state.ct.us	203.965.5208
Superior Court Juvenile Matters www.jud.state.ct.us	203.866.9276

#### **YOUTH IN CRISIS (YIC) PROGRAM**

Parents, school or local officials, or the police can file a petition for a 16- or 17-year-old who frequently misses school or runs away from home. A juvenile probation officer determines if the YIC law applies, whether the parents want to go ahead with the process, and if the youth accepts responsibility for his/her conduct. If all of these conditions are met, the officer and family then decide what course of action to take.

Currently, there are several measures available to a judge or a judicial probation officer handling a YIC case, including:

1. ordering the child to attend school
2. ordering the child not to run away again
3. directing the Motor Vehicles commissioner to suspend the driver's license of the YIC for a period of time (up to a year)
4. requiring work or community service
5. mandating that the YIC attend an educational program in the community approved by the court
6. requiring mental health services
7. referring the YIC to a youth service bureau, provided one exists in the local community
8. emancipation of the YIC or the parent or guardian of the YIC

If you see someone involved in an illegal act, call your local police department.

Your call will be kept confidential.

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#### **ALCOHOL/DRUGS/GAMBLING**

Many teens are tempted to try alcohol or other drugs. Teens may experiment to satisfy their curiosity, have a good time, or escape from their problems. Often teens face peer pressure to consume alcohol and/or drugs. Even small amounts of alcohol/drugs change the way a person acts, thinks, and feels and can interfere with physical and mental development. It is important for youth to learn about the risks of drug and alcohol use. It is also important to be aware of the many warning signs of substance abuse and addiction within their social circles, families, and themselves.

#### **WARNING SIGNS:**

- Drink/use drugs because of problems
- Think of hurting yourself
- Drink/do drugs by yourself
- Can't think clearly or concentrate
- Try to cut back on use and fail

If you or a friend are ever in trouble or need of someone to talk to about a substance abuse issue, the numbers below can help.

#### **Who to call:**

AA (24-hour answering service) www.ct-aa.org	888.783.7712
Al-Anon (24-hour answering service) www.al-anon.org	888.425.2666
Alateen (24-hour answering service) www.al-anon.alateen.org	888.825.2666

Cocaine Anonymous www.caofct.org	800.347.8998
CT Clearinghouse-Wheeler Clinic www.ctclearinghouse.org	800.232.4424
CT Communities for Drug-Free Youth, Inc	203.838.3224
CT Renaissance www.ctrenaissance.com	203.325.4193
Family Centers www.familycenters.org	203.629.2822
Governor's Partnership—Stop Underage Drinking www.preventionworksct.org	860.523.8042
Greenwich Hospital Addiction Recovery Services www.greenhosp.org/medicalservices_addiction.asp	203.863.4673
Greenwich Youth Options www.liberationprograms.org	203.869.1349
Narcotics Anonymous www.ctna.org	800.627.3543
Re-al Club (Stamford)	203.348.7325
SADD www.saddonline.com	877.723.3462
Stamford Counseling Center www.sccweb.org	203.323.8560

**LOCAL PREVENTION COUNCILS:**

Greenwich: Youth Services Council, United Way of Greenwich 203.869.2221  
 Parents Together email: Parentstogetherct@gmail.com  
 www.parentstogetherct.org

Call INFOLINE by dialing 2-1-1 for additional information on: AA, Al-Anon, Alateen, and Narcotics-Anonymous meeting locations and times; referrals for alcohol and drug treatment; and referrals to agencies that offer long- and short-term counseling to youth.

**TOBACCO:**

As nicotine in tobacco is one of the most addictive substances known, quitting smoking is not an easy process. Using tobacco products causes many illnesses like asthma, bronchitis, pneumonia, emphysema, cancer, and heart and vascular disease. For these reasons, many believe tobacco use to be the number one public health issue in the USA and urge those who do not smoke not to start.

**Who to call:**

CT Quitline	(bilingual) 866.363.4224
National Quitline www.matchcoalition.com	800.784.8669

**PROBLEM GAMBLING:**

The CT Council on Problem Gambling's studies of adolescent gambling suggests significant problems with gambling among youth. Answering 'yes' to any of the following questions indicates that a problem may exist. Each additional 'yes' increases the likelihood of a gambling problem:

- Have you borrowed money in order to gamble or cover lost money?
- Have you thought you might have a gambling problem or been told that you might?
- Have you been untruthful about the extent of your gambling or hid it from others?
- Have you tried to stop or cut back on how much or how often you gamble?

**Who to call:**

Connecticut Renaissance www.ctrenaissance.com	203.866.2541
Department of Mental Health and Addiction Services www.ct.gov/DMHAS/site/default.asp	860.344.2244
Problem Gambling Helpline www.dmhas.state.ct.us	800.346.6238
The CT Council on Problem Gambling www.ccp.org	800.346.6238

**ANGER MANAGEMENT**

Excessive and uncontrollable anger can be harmful both to you and those around you. Anger Management is a term used to describe therapeutic techniques and exercises someone can use to reduce triggers and effects of a highly intense emotional state. To find information on Anger Management programs or classes, contact the resources below.

**Who to call:**

Child Guidance Center www.childguidancect.org	203.324.6127
Connecticut Renaissance (ages 11-18) www.ctrenaissance.com	203.325.4193
Family Centers (ages 13-17) www.familycenters.org	203.629.2822
Kids in Crisis www.kidsin crisis.org	203.327.5437

## DOMESTIC VIOLENCE/ABUSE/NEGLECT

### NEGLECT:

Neglect is a pattern of a guardian failing to provide for a young person's basic needs such as: food, shelter, clothing, medical care, education, or supervision. It is also defined as a guardian's failure to protect a young person from harm.

#### Warning Signs of Neglect - Not providing the following:

- Food
- Weather-appropriate clothing
- Supervision
- A home that is hygienic and safe
- Medical care
- Affection
- Attention to child's emotional needs
- Psychological care

If someone younger than 18 is abused, neglected, or homeless, the Department of Children and Families (DCF) must help them. In the event of abuse, neglect, or homelessness, a young person will be placed in either a group home or a foster home or will have someone (a relative or adult friend) appointed as his/her guardian. However, most are not placed, but are supervised by DCF while remaining with their family. Family counseling often is mandated to help the family find long-term solutions to problems and/or conflict.

#### Who to call:

Child Abuse and Neglect Hotline www.state.ct.us/dcf	800.842.2288
Childhelp National Child Abuse Hotline www.childhelp.org	800.4.A.CHILD
Greenwich Police Bureau of Youth Services www.greenwichct.org	203.622.8030
INFOLINE www.211infoline.org	2-1-1
Kids in Crisis www.kidsin crisis.org	203.327.KIDS
National Teen Dating Abuse Helpline www.loveisrespect.org	866.331.9474 866.331.8453 (TTY)
Police www.greenwichct.org	9-1-1
Safe Havens (all fire department houses)	203.622-8030
YWCA Domestic Abuse Service www.ywcagreenwich.org	203.622.0003

### VIOLENCE:

Violence rears its ugly head in many ways—parents slapping kids, kids beating up other kids, jealous boyfriends threatening their girlfriends. Rape or sexual assault is another kind of violence. Other people get very angry and lose control. They may throw things, punch the wall, or hit somebody and later seem very apologetic, but it often is not the last time this behavior will occur. Whatever the form, violence is wrong and should be stopped. If you, a family member, or a friend has been confronted violently or your own behavior is violent, it is time to seek help. There are acceptable ways to deal with stress, tension, and anger; violence is never an acceptable answer. NO ONE DESERVES TO BE HURT. If you or someone you're with is hurt or in danger, get to a safe place and seek help from a friend, neighbor, or one of the agencies listed below.

#### Who to call in an emergency:

CT Domestic Abuse Hotline	888.774.2900
Department of Children and Families (DCF) Hotline	800.842.2288
Emergency - Greenwich Police Department	9-1-1
Sexual Assault Crisis and Education Center Hotline	203.329.2929
Sexual Assault Crisis Services, En Espanol, 24 hour	888.568-8332
YWCA Domestic Abuse/Violence Hotline	203-622-0003

### DATING ABUSE:

One in ten teenagers is involved in an abusive relationship. Violence in dating relationships is real, and almost 95% of domestic violence victims are women.

If your boyfriend/girlfriend:

- is jealous
- puts you down
- intimidates you
- tells you what to do
- restrains you
- follows you
- checks up on you
- demands you account for your time
- destroys your property on purpose
- threatens to hurt you
- or has punched, shoved, slapped, or hurt you - **IT IS ABUSE!**

#### Who to call: (24 hours a day)

Greenwich Police Department www.greenwichct.org	9-1-1
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Kids in Crisis www.kidsincrisis.org	203.622.6556
Sexual Assault Crisis and Education Center Hotline www.sacec-ct.org	203.329.2929
Sexual Assault Crisis Services, En Español, 24 hours www.cwfefc.org	888.568-8332
YWCA – Domestic Abuse Crisis Hotline www.ywcagreenwich.org	203.622.0003

#### **DOMESTIC VIOLENCE:**

Tension, anger, and out-of-control adults are more common in families than most of us would like to believe. When adults deal with conflict by threatening or verbally or physically abusing another in the household, it is domestic violence. Living with this kind of tension can affect your grades, your relationships with other people, and the way you think about yourself. If this description applies to your life, talk to someone about what is going on. Let him/her help you decide the best way to deal with the domestic violence in your home.

#### **Who to call:**

Child Abuse/Neglect Careline, 24 hours www.ct.gov/def	800.842.2288
Domestic Violence Crisis Center (Stamford), 24 hours www.dvcct.org	203.357.8162 or 888.774.2900
Kids in Crisis www.kidsincrisis.org	203.622.6556
National Domestic Violence Hotline www.ndvh.org	800.799.7233
Police	9-1-1
www.greenwichct.org	
YWCA of Greenwich 24-hour Domestic Abuse Service www.ywcagreenwich.org	203.622.0003

#### **Additional Resources:**

Coordinating Council for Children in Crisis www.ccccnh.org	203.624.2600
National Youth Violence Prevention Resource Center www.safeyouth.org	866.723.3968

#### **GANG/GROUP VIOLENCE:**

Young people join gangs for many reasons: pressure from others, excitement, boredom, money, feelings of insecurity, the need to be part of a group, or lack of attention at home. Joining a gang does not solve your problems; rather, it can make things worse. If a gang troubles you, or someone you know, you can seek advice and help from a trusted adult.

#### **Who to call:**

Department of Public Safety – Crime Tip Hotline 24/7 www.state.ct.us/dps	800.367.5678
Greenwich Police Department www.greenwichct.org	9-1-1

#### **SUICIDE PREVENTION**

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Teens often try to hide their problems and feelings from everyone, including their families and friends. Occasionally, these feelings can lead to serious depression and even thoughts of suicide. If you feel seriously depressed or suicidal, please reach out for help. Talk to a friend, parent, teacher, counselor, or religious leader. You can call INFOLINE at any time of the day or night by dialing 2-1-1; it's free and confidential.

If a friend talks to you about feeling suicidal, take it seriously. Even if he/she asks you to keep it a secret, being a good friend means that you need to tell someone you can trust. Suicide threats are cries for help from people who don't realize they have other choices. If you think someone may be suicidal, don't be afraid to ask. Mentioning suicide will not give the person the idea or push them over the edge. Talking can actually help prevent suicides from happening.

#### **WARNING SIGNS:**

- Previous suicide attempts or gestures
- Talking or writing about the desire to end one's life
- A recent loss of a loved one, or anniversary of a significant loss
- Giving away personal possessions
- Changes in behavior, such as shutting off friendships
- Changes in eating and sleeping patterns, e.g., insomnia, increased sleeping, loss of appetite, or overeating
- Declining school performance
- Family disruptions, such as divorce or other changes
- A sudden lifting of sadness, depression, or withdrawal, which may indicate a decision to commit suicide has been made
- Isolating oneself from others
- Hopelessness
- Helplessness

#### **HOW YOU CAN HELP:**

- Be willing to listen.
- Don't make the person feel guilty about his/her feelings.
- Tell someone the person is close to and trusts.

- Get help by encouraging the person to call a 24-hour crisis intervention line or get professional counseling.
- Take them seriously.
- Don't leave the person alone.
- Be direct – ask the person if he/she is thinking about suicide.
- Stress that suicide is final and irreversible.

**Remember:** It is better to risk a friend's anger and tell someone who can help him/her than do nothing. Care enough to get help. Telephone lines are open 24 hours a day.

**Who to call:**

American Association of Suicidology (ASS) www.suicidology.org	800.273.8255
Child Guidance Center of Southern CT (emergency mobile crisis hotline) www.childguidancect.org/	203.323.9797
Four Winds Hospital www.fourwindshospital.com	914.763.8151
Girls and Boys Town National Hotline www.girlsandboystown.org/hotline/index.asp	800.448.3000
Greenwich Hospital www.greenhosp.org	203.863.3000
Hall Brooke Hospital www.hallbrooke.org	203.227.1251
INFOLINE www.211infoline.org	2-1-1
Kids in Crisis www.kidsincrisis.org	203.327.5437
National Suicide Prevention Hotline www.hopeline.com	800.784.2433

**IN AN EMERGENCY, CONTACT AN AMBULANCE OR POLICE BY DIALING 9-1-1.**

**MENTAL HEALTH AND COUNSELING**

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Having good mental health means feeling good about yourself. It does not mean feeling good all the time; no one does. Everybody has some uncomfortable or angry feelings. However, when these feelings interfere with your normal activities, it is important to seek help.

**WARNING SIGNS:**

- Sudden changes in mood or behavior
- Depression, prolonged unhappiness, lack of interest in activities once considered enjoyable
- Anxiety, strong feelings of uneasiness, fear, or imagined danger
- Losing one's temper over small things
- Physical aches and pains that have no physical cause
- Not working to one's potential in school or sports
- Alcohol and drug use

**Your options:**

Talk to a friend or relative who is a good listener and makes you feel comfortable. Get professional help if it's too difficult or personal to talk to a friend or relative. Professional counselors, therapists, social workers, psychologists, and psychiatrists are all trained to listen in a non-judgmental way and help people talk out and better understand their problems. Mental health centers, family service agencies, and other organizations offer counseling. Your school counselor or another trusted adult can help find the right professional for you.

**Who to call:**

Center for Hope www.centerforhope.org	203.655.4693
Child Guidance Center www.childguidancect.org/	203.324.6127
CT Renaissance www.ctrenaissance.com/	203.325.4193
Depression and Bipolar Support Alliance	203.661.8282
Family Centers of Greenwich – MEND Program www.familycenters.org (parent-teen & teen-teen mediation)	203.629.2822
Four Winds Psychiatric Hospital (NY) www.fourwindshospital.com	800.528.6624
Greenwich Department of Social Services www.greenwichct.org	203.622.3800
Greenwich Hospital www.greenhosp.org	203.863.3000
Jewish Family Services – Greenwich www.jfsgreenwich.org/	203.622.1881
Jewish Family Services – Stamford www.ctjfs.org	203.921.4161
Kids in Crisis www.kidsincrisis.org	203.327.5437
Liberation Programs - Youth Options www.liberationprograms.org	203.325.1511
Mental Health Association of CT www.mhact.org	203.323.0124

Mid-West Center of Anxiety www.nimh.nih.gov	800.ANXIETY
Silver Hill Hospital www.silverhillhospital.com	203.966.3561
Stamford Counseling Center www.sccweb.org	203.323.8560
Tully Center www.stamfordhospital.org	203.276.5900

Call INFOLINE by dialing 2-1-1 for more information about and referrals to area counseling services.

## **SUPPORT GROUPS**

If you are struggling with a difficult problem, talking with others who have the same or similar problems can help. People in the group can give each other support and encouragement. A support group can help you or someone you care about with troubles such as the death of a friend or family member, suicide, drug or alcohol problems, dealing with physical or sexual abuse, or coping with a disease. Sometimes the problem is affecting you directly. Sometimes a person you care about is going through a hard time and you need support to better help him/her. Don't be embarrassed to call a support group, because nothing you say will seem strange or out of the ordinary to people who share your experiences.

There are support groups for almost any type of issue. For assistance in finding a support group that meets your needs, call:

Community Answers www.communityanswers.org/	203.622.7979
Connecticut Self-Help Network www.theconsultationcenter.org/selfhelp.htm	203.624.6982
Department of Social Services www.greenwichct.org/SocialServices/SocialServices.asp	203.622.7786
Family Centers – Greenwich www.familycenters.org	203.629.2822
Group Loop (cancer support for teens) www.grouploop.org	888.793.WELL
INFOLINE www.211infoline.org	2-1-1
Boys and Girls Club of Greenwich www.bgcg.org	203.869.3224
Greenwich YWCA www.ywcagreenwich.org	203.869.6501
YMCA of Greenwich www.gwymca.org	203.869.1630

Student Membership (14-21 years) includes the use of Fitness Center and Free Weight Center with staff approval during specified hours. Student must provide proof of age or current high school or college enrollment. For your convenience, use our automatic monthly payment plan.

*Please Note: Your school may have a gym available for student use before or after school; see page seven to contact your student activities office.*

## **EATING DISORDERS**

Eating or not eating to feel better about yourself or avoid feelings is not healthy. This misuse of food is classified as an eating disorder and can be life-threatening.

**Anorexia Nervosa:** Due to emotional, environmental, or physical factors, a person with anorexia ignores the signs of hunger and refuses to eat. People with anorexia may already be thin but do not see themselves as thin. Anorexia is a very serious and potentially deadly eating disorder.

**Bulimia:** Bulimics eat large amounts of food in very short periods of time and then do something to keep from gaining weight such as throwing up, taking laxatives, fasting, or exercising excessively. The sufferer is often trapped within this destructive binge/purge cycle.

**Overeating and Compulsive Eating:** Unhealthy eating habits that may be signs of emotional or physical problems.

### **Who To Call:**

Child Guidance Center www.childguidancect.org	203.324.6127
CT Self-Help Network, (ask about Eating Disorder Support Groups) www.theconsultationcenter.org	203.624.6982
Eating Disorders (Website only) www.something-fishy.org	
Family Centers www.familycenters.org	203.869.4848
Four Winds Psychiatric Hospital (NY) www.fourwindshospital.com	800.528.6624

Greenwich Adolescent Medicine	203.532-1919
<a href="http://www.greenhosp.org/physicians/index.asp?action=detail&amp;phyid=222482&amp;alphalist=1">www.greenhosp.org/physicians/index.asp?action=detail&amp;phyid=222482&amp;alphalist=1</a>	
Institute of Living—Eating Disorders Program	860.545.7200
<a href="http://www.harthosp.org">www.harthosp.org</a>	
National Association of Anorexia Nervosa and Associated Disorders	847.831.3438
<a href="http://www.anad.org">www.anad.org</a>	
National Eating Disorders Association (NEDA)	800.931.2237
<a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>	
Rader Programs Eating Disorders Support	800.841.1515
<a href="http://www.raderprograms.com">www.raderprograms.com</a>	
Renfrew-Wilton (for ages 14 and up)	203.834.5020
<a href="http://www.renfrewcenter.com">www.renfrewcenter.com</a>	
Silver Hill Hospital	203.966.3561
<a href="http://www.silverhillhospital.com">www.silverhillhospital.com</a>	
The Wilkins Center	203.531.1909
<a href="http://www.wilkinscenter.com">www.wilkinscenter.com</a>	

## SEXUAL HARASSMENT

Sexual harassment is unwanted and unwelcome behavior of a sexual nature which interferes with an individual's right to exist in a comfortable and supportive environment, be it in school, work, home, social, or camp settings. Under federal law, sexual harassment is illegal and prohibited. Whether it is happening to you now or has happened in the past, talking to someone about being sexually harassed will help you sort out your feelings and find ways to heal the hurt. So talk to someone you trust. It may be difficult at first to find someone who will listen to and support you but keep trying until you find someone you can trust.

### What are the differences between flirting and harassment?

FLIRTING	HARASSMENT
Welcome	Unwelcome
Wanted	Unwanted
Two-sided	One-sided
Feels good	Feels uncomfortable
Enjoyable	Embarrassing or humiliating
Equal participation	Use of power

### What are some examples of behaviors that might be considered sexual harassment?

- Staring or leering at parts of someone else's body
- Comments, gestures, or jokes of a sexual nature
- Displaying sexual pictures or objects
- Spreading rumors or commenting about sexual behavior
- Repeated pressuring for dates or unwanted sexual activities
- Touching, grabbing, pinching
- Asking for sexual favors in exchange for grades, promotions, or participation in school activities
- Physical sexual assault
- Putting people down because of their sexual orientation

### REMEMBER, it is never your fault when someone is sexually harassing or abusing you.

Don't blame yourself. You are not alone. There are trained counselors available to help you 24 hours a day--for free.

### SEXUAL ABUSE, ASSAULT, OR RAPE:

Sexual assault is any sexual act that is forced on you against your will. It can be anything from unwanted touching to forcible rape. The abuser can be a neighbor, a date, an acquaintance, a relative, or someone you don't know. Sexual assault is an act of VIOLENCE; love and sexual attraction have nothing to do with it. You have the right to say "no" to ANYONE who tries to touch you in a way that makes you uncomfortable. No one ever deserves or "asks" to be sexually assaulted.

Here are some tips to avoid sexual assault:

- Don't walk anywhere alone at night.
- Walk briskly and confidently.
- Be alert, paying attention to your surroundings.
- Don't trust people you have just met.
- Avoid using alcohol or other drugs that can make you more vulnerable.
- If your date says "no," listen and stop what you're doing.

**TRUST YOUR INSTINCTS.** If you are in a situation that makes you uneasy, get away. Your safety is more important than someone's hurt feelings. If you are in a dangerous situation, do whatever you must to survive. Don't be embarrassed to yell for help if you feel threatened. **IF YOU ARE SEXUALLY ASSAULTED,** follow your instincts and do whatever you need to get out alive. When you get to a safe place, call a sexual assault crisis counselor, a hospital emergency room, and/or the police. Victims should seek medical attention right away. Sexual assault crisis counselors are available 24 hours a day and can help you talk with medical personnel and police and provide you with the support you need. Medical staff do not have to report rapes or say anything to police unless the victim is a minor. You do not have to talk to police about the assault, but making a statement increases protection of your legal rights.

If you are sexually assaulted, DON'T BLAME YOURSELF. Seek help from trained counselors, no matter who assaulted you, how long ago, or whatever the circumstances.

**Who to call:**

**LOCAL:**

CT Women's Education and Legal Fund 800.479.2949  
www.cwealf.org  
Department of Children and Families (DCF), 24 hour Careline 800.842.2288  
www.state.ct.us/dcf  
Gender Equity Consultant, CT State Dept. of Education 860.713.6737  
www.state.ct.us/sde  
Sexual Assault Crisis and Education Center (both bilingual) 888.999.5545 (statewide)  
www.sacec-ct.org or 203.329.2929  
The Commission on Human Rights and Opportunities 800.477.5737  
www.state.ct.us/  
YWCA Domestic Abuse Services 203.622.0003 (24-hr hotline)

**NATIONAL:**

Greenwich Police Department 9-1-1  
National Sexual Assault Hotline 203.656.4673  
www.rainn.org  
Permanent Commission on the Status of Women 860.240.8300  
www.cga.ct.gov/PCSW/  
Rape, Abuse, Incest National Network 800.656.4673  
www.rainn.org  
Sexual Assault Crisis Services, En Espanol, 24 hour 888.568-8332  
www.cwfefc.org  
Stop it now! 888.773.8368  
www.stopitnow.org  
Womenhealth.gov 800.994.9662  
www.4woman.gov

**Where to go:**

Greenwich Hospital (Emergency Room) 203.863.3637  
Stamford Hospital (Emergency Room) 203.325.7777  
Women's Center of Greater Danbury-Sexual Assault Service 203.731.5204  
www.danbury.org/womenctr

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**SEXUAL ACTIVITY**

Someone you care about wants to have sex and you're not sure:

- how may it affect your feelings about the relationship
- how to prevent pregnancy
- how to prevent AIDS and other sexually transmitted diseases (STDs) or infections (STIs)
- how to say "NO" without losing your partner

**The most important thing to remember is YOU HAVE THE RIGHT TO CHOOSE!**

Talk about how you feel with your partner and be specific about what seems right to you. When someone is not ready for sex, it is wrong to pressure him/her. The answer to the statement, "If you love me, you will" is "If you love me, you won't pressure me."

**Abstinence:** Abstinence means doing without something.

People choose not to have sex for many reasons:

- Don't feel ready
- Moral and/or religious values
- Parents would be upset if they knew
- Want to wait until marriage
- Avoid getting STIs, STDs or AIDS
- Had sex already but felt it was a mistake
- Fear of getting pregnant

When you feel pressured, consider these tips:

- Set your personal limits--what you will and will not do
- Discuss your feelings with your partner
- Learn to say "NO" and mean it
- Don't use alcohol or other drugs that make it hard to say "NO" or stay in control

**Contraception:** There are many ways to express feelings without having sex, but if you are going to have sexual intercourse, contraception is the safest way to prevent pregnancy. Both partners are responsible for contraception. Abstinence is the only method that is 100% effective. Other methods include condoms, birth control pills, and diaphragms. Contraception must be used properly. No one should borrow something prescribed for a friend. Many services are free to teenagers or offer reduced fees and are confidential.

Emergency Contraception Hotline 888.668.2528  
www.ec.princeton.edu  
Planned Parenthood 800.230.7526  
www.plannedparenthood.org  
Venus Clinic at Greenwich Town Hall 203.622.6496  
www.greenwichct.org/HealthDept/hdSpecialClinicalServices.asp

**SEXUALLY TRANSMITTED INFECTIONS (STIs) AND DISEASES (STDs):**

Anyone who is sexually active can get an STI or STD. STIs/STDs include genital warts, chlamydia, gonorrhea, herpes, syphilis, HIV, and other diseases transmitted through sexual intercourse or other intimate contact with someone who has an STI/STD.

Don't let shame or embarrassment keep you from getting medical treatment. All STD/STI services are confidential. Your privacy is respected. Teenagers do not need parental consent for testing and treatment of an STI/STD.

See a doctor if you have any of the following symptoms. Do not ignore them.

- Pain in the genital area
- Painful burning sensation while urinating
- Painless sores, bumps or blisters on or around the mouth or sex organs
- Itching or swelling in the groin area
- Unusual discharge or odors from vagina or penis
- Patchy hair loss from the scalp

Also know that you may not have any symptoms and can still have an STI/STD. For some diseases, symptoms may take up to a year before they show themselves.

**WARNING:** If you have had intimate contact with someone who may have an STI/STD, it is a good idea to get tested or see a doctor. If not treated, an STI/STD can cause permanent intercourse or other intimate contact with someone who has an STI/STD.

Don't let shame or embarrassment keep you from getting medical treatment. All STD/STI services are confidential. Your privacy is respected. Teenagers do not need parental consent for testing and treatment of an STI/STD.

See a doctor if you have any of the following symptoms. Do not ignore them.

- Pain in the genital area
- Painful burning sensation while urinating
- Painless sores, bumps or blisters on or around the mouth or sex organs
- Itching or swelling in the groin area
- Unusual discharge or odors from vagina or penis
- Patchy hair loss from the scalp

Also know that you may not have any symptoms and can still have an STI/STD. For some diseases, symptoms may take up to a year before they show themselves.

**WARNING:** If you have had intimate contact with someone who may have an STI/STD, it is a good idea to get tested or see a doctor. If not treated, an STI/STD can cause permanent damage including sterility, heart disease, paralysis, blindness, deafness, damage to an unborn baby, non-healing ulcers, and even death.

**STI/STD facts:**

- You can not catch an STI/STD from toilet seats.
- You can get an STI/STD at any age, and you can get it again and again.
- No vaccine can prevent an STI/STD, but most STIs/STDs can be treated.
- Anyone can get an STI/STD.
- It is possible to notice an STI/STD without noticing any symptoms.

**Who to call:** (preventing, identifying, and treating an STI/STD)

- Center for Disease Control National STD Hotline 800.232.4636  
www.cdc.gov/std
- Greenwich Department of Health - Venus Clinic 203.622.6496  
www.greenwichct.org/HealthDept/hdSpecialClinicalServices.asp
- Herpes Resource Center (9:00am – 3:30pm) 800.230.6039  
www.herpesresourcecenter.com
- National Sexually Transmitted Disease Hotline (CDC) 24 hours 800.227.8922  
www.cdc.gov
- National Sexually Transmitted Disease Hotline (Spanish) 800.334.7432  
www.cdc.gov
- Optimus Health Care 203.327.5111 (Henry St.) or 203.359.6990 (Selleck St.)  
www.optimushealthcare.org
- Planned Parenthood of Connecticut 203.327.2722 or 800.820.2488  
www.ppct.org
- STI Resource Center Hotline 800.227.8922  
www.ashastd.org

## **PREGNANCY/PARENTING**

If you or someone you know thinks she might be pregnant and is uncertain about what to do, resources are available. Pregnancy isn't apparent in the early stages and therefore it is important to determine whether someone is actually pregnant. Go to a health care facility for a pregnancy test and talk to a trusted adult about the situation.

**CONFIDENTIAL PREGNANCY TESTS AND COUNSELING:** (For women under 21, offered on a sliding fee basis)

Birthright of Greater Stamford 203.348.4355  
www.birthright.org  
Greenwich Health Department - Venus Clinic 203.622.6496  
www.greenwichct.org/HealthDept/hdSpecialClinicalServices.asp  
Optimus Health Care 203.327.5111 (Henry St.) or 203.359.6990 (Selleck St.)  
www.optimushealthcare.org  
Planned Parenthood of Connecticut 203.327.2722  
www.ppct.org

Dealing with an unplanned and/or unwanted pregnancy is difficult. After pregnancy is confirmed, the sites listed above have counselors on staff who can discuss all the options available to you. Call the facilities directly for more information on fees and financial assistance.

### **PRENATAL CARE:**

Greenwich Hospital-Outpatient Center 203.863.3409  
www.greenhosp.org  
Optimus Health Care 203.327.5111 (Henry St.) or 203.359.6990 (Selleck St.)  
www.optimushealthcare.org

### **PARENTING RESOURCES/COUNSELING:**

Birthright of Greater Stamford 800.550.4900  
www.birthright.org  
Birthright has health and adoption information, referrals to agencies, maternity clothes, baby clothes, layettes, and host homes for pregnant teenagers in need of housing.  
Family Centers-Nurturing Families 203.622.7700  
Fathers Forum  
www.fathersforumgreenwich.com  
Good Counsel Malta Home in Norwalk (age 17+) 203.857.0088  
www.goodcounselhomes.org  
Parents Together email: Parentstogetherct@gmail.com  
www.parentstogetherct.org  
WIC (Woman, Infant, and Children) nutritious food vouchers – income eligible 203.977.4385

### **FATHERHOOD:**

The Department of Social Services has initiated a new program called The Fatherhood Initiative that is a comprehensive statewide effort to promote positive involvement and interaction of fathers with their children. Through a grant from the Department of Social Services, the Connecticut Clearinghouse in Plainville has resources available for and about fathers. For more information, contact Clearinghouse.

CT Clearinghouse 800.232.4424  
www.ctclearinghouse.org  
Fathers Forum  
www.fathersforumgreenwich.com  
Stamford Counseling Center –Fatherhood Initiative Program 203.323.8560  
www.sccweb.org

For information on pregnancy testing, prenatal care resources, and counseling OR about fatherhood programs in your local area call INFOLINE by dialing 2-1-1.

## **GAY, LESBIAN AND BISEXUAL SUPPORT**

2-1-1 (24-hour information line in Connecticut to locate services) 2-1-1  
www.211.org

Be Glad for Youth Hotline 203.624.0947  
(Telephone hotline for gay, lesbian, and bisexual youth, M-F, 6-9 p.m) ext. 237

Coalition for Lesbian, Gay, Bisexual, Transgender Civil Rights 860.521.4710

CT Self Help Network 203.789.7645  
www.theconsultationcenter.org

Gay and Lesbian National Hotline (Helpline Counseling) 888.THE.GLNH  
www.glnh.org

GLSEN (Gay, Lesbian, and Straight Education Network CT Chapter) 203.288.2399  
www.glsen.org

Liberation Programs 203.325.1511  
www.liberationprograms.org

Parents, Friends of Lesbians and Gay (PFLAG) 203.886.6784  
www.PFLAG.org

Peer Youth Listening Line 800.399.7337

Trevor Helpline (National Hotline for gay and questioning youth) 800.850.8078  
www.thetrevorproject.org

Triangle Community Center-Norwalk (ages 18-22) www.ctgay.org	203.853.0600
True Colors www.ourtruecolors.org	888.565.5551

### **HIV and AIDS**

HIV (human immunodeficiency virus) is a sexually transmitted disease that can lead to AIDS (acquired immune deficiency syndrome). HIV/AIDS can be treated, but there is no cure for it at this time. Treatment is expensive and can cause side effects such as nausea, fatigue, and weight loss/gain. HIV can be transmitted from one person to another during unprotected sexual activity and/or by sharing intravenous needles. The body fluids that contain the virus include blood, semen, and vaginal fluids.

Your best protection against HIV is to not use intravenous drugs and to abstain from sex. If you do have sex, use condoms, which are available at the Greenwich Health Department-Venus Clinic on the third floor of Town Hall.

Who to call: (confidential information, testing, and counseling)

AIDS Project Hartford (24 hours)	860.247.2437
American Red Cross, Greenwich, Open Eyes Program www.greenwichredcross.org	203.869.8444
Connecticut Department of Public Health www.dph.state.ct.us/BCH/AIDS/county_list.htm	860.509.7801
Greenwich Health Department - Venus Clinic www.greenwichct.org/HealthDept/HealthDept.asp	203.622.6496
Optimus Health Care www.optimushealthcare.org	203.327.5111
Planned Parenthood of Connecticut www.ppct.org	203.327.2272
St. Luke's Lifeworks Bread & Roses - Stamford www.stlukeslikeworks.org	203.855.1485

If your parent, loved one, or friend has HIV or AIDS and you need to talk to someone, counseling and links to other services are available to HIV/AIDS-affected youth.

Who to call:

Clifford Beers Guidance Clinic www.cliffordbeers.org	203.772.1270
Greenwich Health Department - Venus Clinic www.greenwichct.org/HealthDept/HealthDept.asp	203.622.6496

### **YOUTH WITH PHYSICAL AND INTELLECTUAL CHALLENGES**

The needs of youth with physical and intellectual disabilities are very similar to those of any youth and include educational opportunities, career and vocational guidance, job placement, and recreation. Many services are offered by agencies to help youth with disabilities.

Who to call:

ABILIS Greenwich www.arcgreenwich.org	203.531.1880
ARI of Connecticut, Inc. www.arict.org	203.595.0594
Board of Education, Services for the Blind www.besb.state.ct.us	800.842.4510
Bureau of Rehabilitation Services www.brs.state.ct.us	800.537.2549
Cerebral Palsy of Westchester www.cpwestchester.org	914.937.3800
Commission on the Deaf and Hearing-Impaired www.state.ct.us/cdhi	800.708.6796
CT Association for Children & Adults with Learning Disabilities www.cacl.org	203.838.5010
CT Department of Mental Retardation www.dmr.state.ct.us	800.708.6796
CT Family Voices www.familyvoices.org	203.776.3211
CT Parent Advocacy Center www.cpacinc.org	800.263.4445
Disability Resource Center of Fairfield County www.drcfc.org	203.378.6977
Eagle Hill School www.eaglehillsschool.org	203.622.9240
Easter Seals-Camp Hemlock www.ct.easterseals.com	800.874.7687

Greenwich Special Olympics 877.783.4888 (national) or 203.531.7183  
[www.greenwichso.org](http://www.greenwichso.org)  
[www.ldact.org](http://www.ldact.org)  
 Music and Arts Center for Humanity 203.366.3300  
 Kennedy Center-Trumbull 203.365.8522 or 800.626.6764  
[www.thekennedycenterinc.org](http://www.thekennedycenterinc.org)  
 Learning Disabilities of Connecticut 860.560.1711  
 Pegasus Therapeutic Riding 845.669.8235  
[www.pegasustr.org](http://www.pegasustr.org)  
 Protection and Advocacy for Persons with Disabilities 800.842.7303  
[www.state.ct.us/opapd](http://www.state.ct.us/opapd)  
 Special Education Resource Center Child Find State: 800.842.8678  
 Local: 860.632.1485  
 Governor's Committee on Employment  
 of People with Disabilities 860.263.6067  
[www.ctdol.state.ct.us](http://www.ctdol.state.ct.us)  
 YMCA Greenwich Family Challenger Program 203-869-1630  
[www.gwmca.org](http://www.gwmca.org)  
 Volunteer Services for the Blind of Fairfield County-Stamford 203.324.6611

Volunteering your time to work with those who face physical and intellectual challenges can be a valuable learning and growing experience. The agencies listed above can offer some suggestions on ways you might be able to use your talents and be of service to another individual.



































