

Community Resources

Parents & Families

Mental health and substance use support groups for parents and families

- **The CARES group:** Education, support and resources for families struggling with a loved one's substance use. Local support groups, including one at 103 Mill Plain Rd., Danbury on Monday nights 7-9 PM: www.thecaresgroup.org (855) 406-0246
- **Parent support group in New Canaan** for parents of teens or young adults struggling with substance use issues of varying degrees, started by a parent who lost a child to drug overdose. Every **Thursday** 7-8:30 PM @ St. Marks Church New Canaan. Contact: Paul preinhar99@gmail.com
- **Ala-Non Family Groups:** support and information for families concerned about a loved one's substance use. 1-888-8AL-ANON (1-888-825-2666)
- **NAMI CT has family support groups for families living with mental illness.** Ridgefield has a NAMI family group every **second Thursday** 6-8 PM @ Jesse Lee Memorial United Methodist Church. Contact Marc (203) 940-2516 marcrabinowitz1@gmail.com, or Sheryl (203) 470-1488 sherylsheehan@gmail.com
- **Newtown Parent Connection** has a free parent bereavement group for parents the **first Wednesday** of each month, with a focus on parents who have lost children to substance use issues. 7-8:30 PM @ their office in Fairfield Hills, Newtown. Call for more info. [\(203\) 270-1600](tel:2032701600).
- **Partnership for Drug Free Kids free Parent Helpline:** Free support and information for parents: 1-855-DRUGFREE/ Ask.drugfree.org
- **The 20 Minute guide:** Online resource for families to help them understand, and better communicate with a child or other loved one with substance use issues. Free online resource and also available as a book you can purchase. www.20minuteguide.com



