

Mission Statement

Perspectives Center for Care, Inc. is a non-profit agency dedicated to the well being of individuals, children and families. We strive to provide the most effective forms of therapy through research and state of the art programs. We believe in proactively maintaining mental health to help strengthen positive connections so that people and



Research

The organization promotes research that will aid in the development of therapeutic programs designed to increase healthy functioning, strengthen family connections, support effective parenting, and collaboratively build safe and supportive communities.



Perspectives Center for Care, Inc. is an Affirmative Action/Equal Employment agency and does not discriminate against any person or group of persons on the grounds of race, color, religious creed, age, marital status, national origin, ancestry, gender, sexual orientation, or mental/physical disability.

Southington

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Plantsville, CT 06479
Phone: (860) 276-3000
Fax: (860) 276-3002

Waterbury

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Waterbury, CT 06708
Phone: (203) 759-7155
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Meriden

816 Broad Street ~ Suite 23A
Meriden, CT 06450
Phone: (203) 630-2488
Fax: (203) 630-2499

Newtown

5 Riverside Road ~ Suite 1A
Sandy Hook, CT 06482
Phone: (203) 270-0004
Fax: (203) 270-0008



Change your perspective and you change your

Perspectives Center for Care, Inc.

Programs and Services



www.pcc4me.com



SAFE Program

The Safety Assessment For Education (SAFE) program is designed to identify students at risk for emotional or behavioral issues and to provide early intervention to those students. Early intervention will decrease the probability of depression, anxiety and violence, and increase the likelihood of confidence, high self esteem and successful educational experiences.



Groups/Classes

The following is a sample list of groups offered at this agency. Not all groups listed run recurrently. We seek to fulfill the needs of the communities we serve; if you are looking for a group that is not listed, we will do our best to accommodate that request. For more detailed information about groups and classes, please visit our website at www.pcc4me.com.

Anger Management

Grief Group

Stress Management

Coping Skills

Support for the Supporters

Trauma Focused CBT

Symptom Prevention and Management

Girls Circle

Boys Council

Men's/Women's Divorce Group

In Step

CUBS: Children Unite to Be Successful

PTSD for Veterans

Domestic Violence

Intimate Partner Violence



Substance Use Services / Suboxone Treatment

Services offered include individual and group psycho-educational and therapeutic outpatient treatment for substance use. Evaluations are available with a certified Department of Transportation Substance Abuse Professional. Family sessions available. Suboxone treatment available in conjunction with weekly individual and group sessions.

Substance Use Disorder Groups

Relapse Prevention

Co-Occurring Disorders

Insight & Motivation to Change

Family Support Group



Reunification

Services offered for individuals and families involved in the reunification process. Supervised visitations and reunification sessions are offered with the guidance of the *Visit Coaching* principles. *Visit Coaching* builds on family's strengths, supports families in meeting the unique needs of their children, helps families manage conflicts, and helps families learn how the child's behavior is affected by family interactions.



Developmental

Services offered for individuals with developmental and intellectual disabilities and their family members.

These services include individual and family counseling, groups on self care and developing social skills, psychiatric evaluations and medication management, and community outreach assistance.



Services for Victims of Human Trafficking

Services for victims of human trafficking include housing, medical treatment, psychiatric treatment, education, legal assistance and recreational therapy.



Parenting Classes/Groups

Parent Education Program Court approved 6 hour Parenting Education classes for parents involved in divorce, separation, custody or visitation.

Triple P (Positive Parenting Program) Assistance for parents with children at any age or developmental stage. Enhance knowledge, skills and confidence in parenting. Create a protective and nurturing environment to promote development in children and reduce behavioral problems. Strengthening emotional bonds can help you to set appropriate limits and raise a healthy and responsible child. Triple P (Positive Parenting Program) curriculum utilized.



Medical Services

Medical services for adults, adolescents and children with a Family Practitioner or APRN include physicals, preventative treatment and ongoing care.



Medication Management

Psychiatric evaluations and medication management with a child/adolescent or adult Psychiatrist or Psychiatric APRN.



Counseling Services

Individual, couples, and family counseling for relationship issues, parenting, family reunification, developmental and intellectual disabilities, ADHD, depression, anxiety, self-esteem, trauma, grief/loss, transitions, divorce, co-parenting, blended family issues, anger, stress, emotion regulation, bipolar, mood disorders, personality disorders, co-occurring disorders and substance use.

Most insurances accepted, including Husky; options offered for those without insurance coverage. Services offered in Spanish.