



***HEALTH AND WELLNESS PROGRAMS***  
*"PROMOTING HEALTH AND WELLNESS IN THE COMMUNITY  
THROUGH A VARIETY OF FREE CONFIDENTIAL CLIENT CEN-  
TERED SERVICES"*

**Office Open 8:30 AM - 4:00 PM Monday through Friday**

**Breakfast: Monday and Friday 8:30 AM to 10:00 AM**

**Psycho-social Support Groups  
Tuesday and Thursday 11:00 AM to 12:00 noon**

**Lunch: Tuesday, Wednesday & Thursday 12:00 to 1:00 PM**

**Movie/Activity Night  
Every 2nd and 4th Friday 5:30 PM to 8:00 PM**

83 Whiting Street  
New Britain, CT 06051  
860-826-4741

## **A Little Bit of History**

*“Someplace Special”*

Opened its doors in 1995 in response to the HIV/AIDS crisis. One of the main goals of the center was to help individuals and families that experienced the isolation of living with HIV/AIDS. The stigma that HIV positive individuals and their families faced was prevalent at that time and still exists today. There have been many advancements in medicine and new treatments have evolved. With improved treatments and education people are living longer, healthier lives. Since its inception the program has grown and evolved. The program was renamed in 2005 to better encompass its function and is now known as the

*“Wellness Resource Center”*

## *Programs and Services*

### **Medical Case Management**

- a. Assessment with Person Centered Service Plans
- b. Referrals
- c. Help with Re-certifications

### **Supportive Housing**

- a. HOPWA
- b. HOME

### **Psycho-social Support**

- a. Spanish and English & Women's Support Group
- b. Movie/Activity Night 2nd and 4th Friday  
5:30-8:00 pm Movies, Food, Games & Raffles

### **Food Services**

- a. Hot Breakfast Monday & Friday 8:30-10:00 am
- b. Lunch Tuesday, Wednesday & Thursday

**For more information  
Please contact:**

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