



## Connecticut Meetings List

### **Standard meetings:**

#### **Mondays 7:00 – 8:00 PM in West Haven**

American Legion  
337 Main Street  
Contact: Loreen Lawrence  
[chaz2421@gmail.com](mailto:chaz2421@gmail.com), 203-508-4407  
(please call day of meeting to check if cancelled)

#### **Tuesdays 1:30 – 2:30 PM in Hartford**

(discussion meeting)  
St. Elizabeth Friendship Center  
118 Main Street  
Contact: Susan Wilk  
[suzywilk@gmail.com](mailto:suzywilk@gmail.com), 860-716-7458

#### **Tuesdays 4:00 – 5:00 PM in Torrington**

Help Inc. – Watkins Network  
21 Prospect Street, Unit C  
Contact: Maria Martin  
[mmartin@cnvhelp.org](mailto:mmartin@cnvhelp.org), 203-754-0322

#### **Tuesdays 5:00 – 6:00 PM in Torrington**

Community Mental Health Affiliates  
100 Commercial Boulevard  
Contact: Chuck Bascetta  
[charlesbascettasr@gmail.com](mailto:charlesbascettasr@gmail.com), 860-689-3389

#### **Tuesdays 6:45 – 8:00 PM in Meriden**

Rushford  
883 Paddock Avenue  
Contact: Robert Koenemund  
[robert.koenemund@hhchealth.org](mailto:robert.koenemund@hhchealth.org), (203) 630-5243

#### **Tuesdays 7:00 – 8:00 PM in West Haven**

VA Hospital, 7<sup>th</sup> floor of building 1  
950 Campbell Avenue  
Contact: Lorri Brown-Ominski  
[lorriominsky@gmail.com](mailto:lorriominsky@gmail.com), 203-494-6255

#### **Wednesdays 6:00 – 7:00 PM in New Haven**

City Hall Annex, Rm 288  
165 Church Street  
Contact: Gaboury Benoit  
[gabouryb@gmail.com](mailto:gabouryb@gmail.com), 203-401-1556

#### **Thursdays 6:00 – 7:00 PM in Hamden**

Whitneyville Cultural Commons  
1253 Whitney Avenue  
Contact: Gaboury Benoit  
[gabouryb@gmail.com](mailto:gabouryb@gmail.com), 203-401-1556

#### **Thursdays 7:30 – 8:30 PM in Danbury**

Help Inc. – Travisano Network  
14 Shelter Rock Road  
Contact: Maria Martin  
[mmartin@cnvhelp.org](mailto:mmartin@cnvhelp.org), 203-754-0322

#### **Fridays 1:00 – 2:00 PM in West Haven**

VA Errera Community Care Center  
2nd Floor, Left hand side (SADP) Program Room B  
114 Boston Post Road  
Contact: Loreen Lawrence  
[chaz2421@gmail.com](mailto:chaz2421@gmail.com), 203-508-4407  
(please call day of meeting to check if cancelled)

#### **Fridays 6:00 – 7:00 PM in Waterbury**

Help Inc. – Renato Network  
969 West Main Street, Suite 2A  
Contact: Maria Martin  
[mmartin@cnvhelp.org](mailto:mmartin@cnvhelp.org), 203-754-0322

#### **Fridays 7:00 – 8:30 PM in Southbury**

UCC Southbury  
283 Main Street North  
Contact: Richard or Carol Siddall  
[richards@smartrecoveryct.org](mailto:richards@smartrecoveryct.org) or  
[carols@smartrecoveryct.org](mailto:carols@smartrecoveryct.org), 475-209-8100

#### **Saturdays 10:15 – 11:45 AM in New Haven**

Wilson Branch of the New Haven Free Public Library  
303 Washington Avenue  
Contact: Richard or Carol Siddall  
[richards@smartrecoveryct.org](mailto:richards@smartrecoveryct.org) or  
[carols@smartrecoveryct.org](mailto:carols@smartrecoveryct.org), 475-209-8100

#### **Sundays 6:15 – 7:15 PM in New Haven**

Southern Connecticut State University  
Engleman Hall Room A113  
501 Crescent Street  
Contact: Richard or Carol Siddall  
[richards@smartrecoveryct.org](mailto:richards@smartrecoveryct.org) or  
[carols@smartrecoveryct.org](mailto:carols@smartrecoveryct.org), 475-209-8100

For more info about SMART Recovery visit:

**[www.smartrecovery.org](http://www.smartrecovery.org)**

## ***Family and Friends meetings:***

### **Mondays 6:30 – 7:30 PM in Hamden**

The Children's Center of Hamden, Wakeman Hall  
1400 Whitney Avenue  
*Contact:* Gaboury Benoit  
[gabouryb@gmail.com](mailto:gabouryb@gmail.com), 203-401-1556

### **Mondays 6:45 – 8:00 PM in Milford**

RM4  
570 Boston Post Road  
*Contact:* Tonya Blyth  
[tblyth@bridgesmilford.org](mailto:tblyth@bridgesmilford.org), 203-464-1079

### **Tuesdays 6:45 – 8:00 PM in Meriden**

Rushford  
883 Paddock Avenue  
*Contact:* Megan Fitzsimons  
[megan.fitzsimons@hhhealth.org](mailto:megan.fitzsimons@hhhealth.org), 203-630-5357

### **Wednesdays 4:30 – 6:00 in Bridgeport**

Child and Family Guidance Center  
180 Fairfield Avenue  
*Contact:* Rai Crear  
[rcrear@thehubct.org](mailto:rcrear@thehubct.org), 203-349-6529

### **Wednesdays 6:00 – 7:30 PM in Glastonbury**

Rushford  
110 National Drive  
*Contact:* Pamela Mulready  
[pamela.mulready@trincoll.edu](mailto:pamela.mulready@trincoll.edu)

### **Thursdays 6:30 – 8:00 PM in Hebron**

AHM Youth & Family Services  
25 Pendleton Drive  
*Contact:* Megan Aldridge  
[megana@ahmyouth.org](mailto:megana@ahmyouth.org), 860-228-9488 x17

### **Thursdays 6:30 – 8:00 PM in Fairfield**

Sullivan Independence Hall 1<sup>st</sup> Floor Meeting Room  
725 Old Post Road  
*Contact:* Kate Venison  
[info@thehubct.org](mailto:info@thehubct.org), 203-840-1187

## ***Teen meetings:***

### **Thursdays 4:30 – 5:30 PM in Torrington**

McCall Center for Behavioral Health  
58 High Street  
*Contact:* Sara Osborn  
[sara.osborne@mccallcenterct.org](mailto:sara.osborne@mccallcenterct.org), 860-496-2139

### **Thursdays 5:00 – 6:15 PM in Hamden**

The Children's Center of Hamden, Wakeman Hall  
1400 Whitney Avenue  
*Contact:* Shayn Ember  
[seember@tccoh.org](mailto:seember@tccoh.org), 475-227-5834

### **Wednesdays 4:00 – 5:30 PM in Norwalk**

Norwalk Public Library  
1 Park Street  
*Contact:* Eliza McNamara  
[emcnamara@thehubct.org](mailto:emcnamara@thehubct.org), 203-840-1187

### **Thursdays (rotating time) in Hebron**

RHAM High School  
85 Wall Street  
*Contact:* Megan Aldridge  
[megana@ahmyouth.org](mailto:megana@ahmyouth.org), 860-228-9488 x17  
*(call before attending)*

### **Fridays 3:30 – 5:00 PM in Fairfield**

Wakeman Hall, First Congregational Church  
148 Beach Road  
*Contact:* Ally Kernan  
[akernan@healthymindsct.org](mailto:akernan@healthymindsct.org), 203-840-1187

## ***Young adult meetings (ages 18-24):***

### **Wednesdays 7:30 – 8:30 PM in Glastonbury**

Rushford  
110 National Drive  
*Contact:* Pamela Mulready  
[pamela.mulready@trincoll.edu](mailto:pamela.mulready@trincoll.edu)

There are many online meetings,  
a forum, and 24 hour chat at:  
**[www.smartrecovery.org](http://www.smartrecovery.org)**

**SMART Recovery meetings are free of charge. For most meetings there is no need to call ahead.**

This list is maintained by Shayn Ember (SMART Volunteer), if you have any updates to this list please contact:  
[shayn@smartrecoveryct.org](mailto:shayn@smartrecoveryct.org)