



GO-TO GUIDE FOR MENTAL HEALTH

Connecticut

Pediatric Behavioral Health and Psychology Resources

- Dr. Aspasia Hotzoglou PhD
 - Attended *Scoliosis Training for Mental Health Providers*
 - A: Telehealth, Licensed in NY for in person sessions
 - P: 212-308-2440, 646-420-8741
 - <https://www.cognitivetherapynyc.com/staff/aspasia-hotzoglou/>
- Dr. Caryn Bienstock
 - Attended *Scoliosis Training for Mental Health Providers*
 - Licensed in CT – in person and virtual sessions, Licensed in New York – virtual sessions
 - A: 95 Rowayton Avenue Rowayton, CT 06853
 - P: 203-829-7400
 - E: drcaryn.bienstock@gmail.com
- Rebecca Zarella MA, LPC – Private Practice
 - Licensed in CT and NY – in person and virtual sessions
 - A: 58 Pine Street New Canaan, CT 06840
 - P: (203)-633-7129
 - E: zarrellarebecca@gmail.com
- UCONN Health Child and Adolescent Psychiatry Outpatient Clinic
 - A: 65 Kane Street West Hartford, CT 06119
 - P: (860)523-3745
 - <https://health.uconn.edu/psychiatry/areas-of-care/child-and-adolescent/child-and-adolescent-psychiatry-outpatient-clinic/>
- Yale Child Study Center – Autism Support and Outpatient and Home-Based Behavioral Health Services
 - A: 230 South Frontage Road New Haven, CT 06520
 - P: 844-362-9272
 - <https://medicine.yale.edu/childstudy/services/>
- Greenwich Psychology Group
 - A: 15 Valley Drive, 1st Floor, Greenwich CT 06831
 - P: 203-900-1666
 - <https://www.greenwichpsychology.com/>
- Hartford HealthCare Institute of Living-Child & Adolescent Outpatient Care
 - A: 200 Retreat Avenue Hartford, CT 06106
 - P: (860) 545-7657
 - <https://instituteofliving.org/programs-services/child-adolescent-services/departments-services/outpatient-care>

- Connecticut Children's Medical Coping Clinic
 - A: 85 Seymour Street Hartford, CT 06106
 - P: (860)545-9000
 - <https://www.connecticutchildrens.org/specialties-conditions/psychology>
- Sasco River Center
 - A: 330 Post Road East Darien, CT 06820
 - P: (203) 202-7654
 - E: hello@sascoriver.com
 - <https://sascoriver.com/>
- The Village for Families and Children – Outpatient Behavioral Therapy
 - A: 1680 Albany Avenue, Hartford CT
 - P: 860-236-4511
 - <https://thevillage.org/>
- Anxiety Treatment Center of Greenwich
 - A: 399 E Putnam Ave Cos Cob, CT 06807
 - P: (203) 769-1365
 - <https://www.atcgreenwich.com>
- Eden Noni, PhD– Psychotherapy Private Practice
 - Licensed in Connecticut – virtual and in person sessions
 - A: 1071 Post Road East #203 Westport, CT 06880
 - P: (203) 761-8774
- Michele Gargan, PsyD – Private Practice Clinical Psychologist
 - Licensed in Connecticut – virtual and in person sessions (available on BetterHelp)
 - A: 51 Locust Ave #305 New Canaan, CT 06840
 - P: (203) 966-6467
- Family and Children's Agency
 - A: 9 Mott Ave Norwalk, CT 06851
 - P: (203) 855-8765
 - <https://www.familyandchildrensagency.org/>
- Dylan Kollman, PhD – Private Practice Clinical Psychologist
 - Licensed in Connecticut – in person sessions
 - A: 260 Riverside Ave Westport, CT 06880
 - P: (203) 939-8021
- Day Street Community Health Center
 - A: 49 Day Street Norwalk, CT 06854
 - P: (203) 854-9292
 - <https://www.chc1.com/Locations/Norwalk/>
- The Child Guidance Center of Southern Connecticut
 - A: 103 West Broad Street Stamford, CT 06905
 - P: (203)-324-6127
 - <https://childguidancect.org/>
- The Life Solution Center
 - A: 500 Post Road East Suite 259, Westport CT 06880
 - P: (203)-636-0080
 - <https://www.thelifesolutioncenter.net/>
- Darien Wellness
 - A: 30 Old Kings Highway south, Darien, CT 06820
 - P: (203)-883-0464
 - <https://darienwellness.com/>
- Fairfield Counseling Services
 - 125 Penfield Road, Fairfield, CT 06824

- P: (203)-255-5777
- <https://lifebridgect.org/contact/>
- Jill Edgar, PhD – Private Clinical Psychologist
 - A: 63 Sweet Briar Road, Stamford CT 06905
 - P: (203)-329-3398
 - <https://www.jillredgarphd.com/>
- Pamela Tinoco, LMFT – Private Practice
 - Licensed in Connecticut – in person sessions, Certified Mother–Daughter Couch
 - A: 6 Thorndal Circle Darien, CT 06820
 - A: (203)-613-4903
 - <https://www.pamelatinoco.com/>
- Beth O'Donnell, PhD – Private Practice
 - Licensed in Connecticut – in person and virtual sessions, Certificate in New York
 - A: 2001 West Main Street suite 106G, Stamford CT 06902
 - P: (917)-992-8943
- Southwest Community Health Center
 - A: 46 Albion Street Bridgeport, CT 06605
 - P: (203)-330-6000
 - <https://www.swchc.org/>
- Family Centers
 - A: 40 Arch Street Greenwich, CT 06830
 - P: (203)-869-4848
 - <https://www.familycenters.org/>
- Jewish Family Services of Greenwich
 - A: 1 Holly Hill Lane Greenwich, CT 06830
 - P: (203)-622-1881
 - E: info@jfsgreenwich.org
 - <https://jfsgreenwich.org/>
- Norwalk Community Health Center
 - A: 120 Connecticut Avenue, Norwalk CT 06854
 - P: (203)-851-1000
 - <https://norwalkchc.org/>

For questions or more information, contact: mentalhealth4kids@cumc.columbia.edu