

Medical Legal Partnership Project

The Medical-Legal Partnership Project MLPP provides interdisciplinary legal intervention on behalf of children and families at risk served by Saint Francis Hospital's Pediatrics and Family Medicine Departments to improve health outcomes. The MLPP attorney works with clinicians to identify legal issues that are affecting children's health, and provide information, advice, support and legal intervention on-site.

860-714-1412

Nurturing Families Network

Nurturing Families Program is a free, voluntary intensive support program for prenatal and first time parents residing in Hartford, Windsor and Bloomfield. The program helps parents develop and enhance parenting skills and reduce stress factors in their lives. Home visitors provide social support, teach parents about child development and child-rearing practices, and assist parents in identifying resources in the community.

860-714-6967

Powerful Tools for Caregivers

Powerful Tools is an educational program designed to provide caregivers the skills to take care of themselves while caring for a relative or friend. Through six, 2 ½ hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, locate resources, better communicate and other important skills for self-care. Pre-registration is required.

860-714-2421 • pmccullo@stfranciscare.org

Saint Francis Pastoral Counseling Training Program

Our programs reflect the spiritual dimension of healing found in everyday ministry. Classes are open to anyone whose work or ministry would benefit from pastoral counseling skills. Lay people and clergy of all faith orientations are welcome to attend. Participants are encouraged to thoughtfully bring their spiritual and religious orientation and beliefs into the class to consider how they care for the soul within their traditions. (In partnership with the Connecticut Department of Mental Health and Addiction Services. Approved Training Program for the American Association of Pastoral Counselors)

860-714-4183 • mmckinne@stfranciscare.org

The Auxiliary – Repetitions Thrift Shop

The Repetitions Thrift Shop is open to the public two days a week (Wed. –Thurs. 10-3pm) It is staffed fully by volunteers and offers pre-owned clothing and household materials for purchase. The Shop is also used by social work staff to assist patients who are transitioning from hospital care to home with clothing and other needed support.

860-714-4125

Triple P Positive Parenting Program

Saint Francis Hospital Triple P Program is an in-home program providing an evidenced-based parenting curriculum. The intervention involves a thorough assessment of parent-child interaction based on parent(s) input, assistance with applying parenting skills to a broad range of target behaviors chosen by the parent, incorporation of strategies to promote parental autonomy and strengthen bonds with children and opportunities to develop advanced assessment and intervention skills that promote healthy child development and good decision making. Triple P is a 16 week intervention with 1-2hr sessions per week. Appropriate for parents/caretakers of children 0-17years old.

860-714-4765

Women's Heart Program – Hoffman Heart

The Women's Heart Program is a free program for women 18 years and older that addresses risk factors for heart disease. Participants attend a two hour session led by health professionals including a cardiologist, registered nurse, dietitian, and exercise physiologist. During the session blood pressure, body mass index, waist measurement and diet assessments are offered.

860-714-6389

saintfranciscare.com/womensheart

Community Outreach Programs at Saint Francis

saintfranciscare.com/communityoutreach

Programs for Adults and Families	Programs for Children and Parents
Cardiac Rehabilitation and Wellness Program, Hoffman Heart Floor 2 Building 9 • 860-714-4538	Greater Hartford Children's Advocacy Center Gengras 1020 • 860-714-5052
Center for Diabetes and Metabolic Care 1-5. 860-714-4402	Hartford (Federal) Healthy Start Program Women's Center • 1075 Asylum Ave • 860-714-7520
Center for Integrative Medicine 2-9 Gengras Connector • 860-714-4450	Kids In Safety Seats Program English: 860-714-5477 • Spanish: 860-714-7077
Cervical Breast and Colon Cancer Screening Program Women's Center • 1075 Asylum Ave • 860-714-7151	Let's Not Meet By Accident Program 860-714-5525
Comprehensive Women's Health Center 114 Woodland St • 860-714-1333	Medical Legal Partnership Project Pediatrics Primary Care Clinic • Gengras 1025 860-714-1412
Connecticut Adaptive Rowing Program MSC/North Campus Mount Sinai Rehabilitation Hospital • 860-714-2421	Nurturing Families Network Gengras 1011 • 860-714-6967
Curtis D. Robinson Center for Health Equity 140 Woodland St • 860-714-5770	Powerful Tools for Caregivers 860-714-2421
Elder Fall Prevention Program 860-714-5525	Triple P Positive Parenting Program Gengras 1011 • 860-714-4765
Golfers In Motion Mount Sinai Rehabilitation Hospital • 860-714-2421	
Health Promotion Classes 860-714-7035	
Joan C. Dauber Emergency Food Bank 860-714-2845	
Mandel Center for Multiple Sclerosis 860-714-2149	
Saint Francis Pastoral Counseling Training Program 860-714-4183	
The Auxiliary-Repetitions Thrift Shop 114 Woodland St • 860-714-4125	
Women's Heart Program Hoffman Heart Hoffman Heart 2-9 and 5-2 860-714-6389	



Cardiac Rehabilitation and Wellness Program

The Cardiac Rehabilitation and Wellness Programs are designed to help participants with heart disease or risk factors for heart disease recover faster, stay healthy and lead productive lives. The program includes monitored exercise, individualized education and counseling to modify lifestyle behaviors and reduce the risk of heart disease.

860-714-4538

saintfranciscare.com/cardiarehab

Center for Diabetes and Metabolic Care

The mission of the Center is to assist individuals with diabetes to achieve success in achieving diabetes control and to reduce their risk of diabetes related health complications. This program strives to be a resource to the community by providing a monthly **free** diabetes support group for adults with diabetes. In addition, our certified diabetes educators include RNs and RDs who provide periodic public education lectures that are offered through the Saint Francis system.

860-714-4402

Center for Integrative Medicine

The Center for Integrative Medicine provides patients and community members with complementary services to assist with their healing and wellness. Integrative Medicine techniques and programs such as mind/ body medicine, massage therapy, yoga, and holistic nutrition which aid conventional medicine in health risk reduction, decreased anxiety, comfort, pain, relief and stress management are provided.

860-714-4450 • stfranciscare.org/Integrative

Cervical Breast & Colon Cancer Screening Program

This program provides women ages 19 to 64 who meet the income guidelines with free screenings and diagnostic services to reduce and prevent breast and cervical cancer. Services include: routine gynecologic office visits, clinical breast exams, mammograms, surgical consultations, breast biopsies, breast ultrasounds, Pap tests, and other diagnostic procedures. Women ages 40-60 years old can also receive free cholesterol screening, blood glucose testing, information on lifestyle changes to promote cardiovascular health and free colon cancer screening.

860-714-7151

Comprehensive Women's Health Center

Screenings, physician appointments, risk reduction assessments, education and spa-like treatments all available under one roof! This beautiful center brings together excellent healthcare providers specializing in women's health with targeted services such as mammography, bone density, surgical consults, infusion services, breast feeding support, genetic counseling, diabetes care, massage therapy, holistic nutrition, lifestyle and/or pain consultations, wellness education, and more. Special programs available on-site for church and community groups.

860-714 -1333

www.stfranciscare.org/WomensHealth

Connecticut Adaptive Rowing Program

This program provides an opportunity for people with a physical disability or visual impairment to participate in the sport of rowing. The program is based on the Connecticut River at the Greater Hartford Jaycees Community Boathouse in Hartford's Riverside Park and led by therapeutic recreation specialists and physical therapists from Mount Sinai Rehabilitation Hospital. The program's two-person rowing shells are stable and modified with fixed seats to provide support and added security for people with limited or no use of their legs.

860-714-2421 • pmccullu@stfranciscare.org

Curtis D. Robinson Center for Health Equity

The Curtis D. Robinson Center for Health Equity provides community based programs designed to achieve optimal health by engaging the community in partnerships for education, health advocacy and research. Staff at the Center bridge the divide between health care providers and patients; assist with navigation to appropriate healthcare services; and support the community in addressing health disparities.

860-714-5770

Elder Fall Prevention Program

The Elder Fall Prevention Program focuses on preventing falls among the elderly by holding workshops at Senior Centers, Community Centers, and Saint Francis Access Centers. Participants learn about home hazards, home modifications, medication safety, tips on how to prevent a fall and warning signs that you may be at risk of falling. Free lunch and Tai Chi lessons are included.

860-714-5525 • connecticutprevention.com

Golfers In Motion

Golfers In Motion encourages participation in the rewarding leisure activity of golf for those in the community with disabilities. Individuals who have an interest in learning (or relearning) the great game of golf is offered a safe and supportive environment to do so.

860-714-2421 • pmccullo@stfranciscare.org

Greater Hartford Children's Advocacy Center

The Greater Hartford Children's Advocacy Center at Saint Francis is a safe place where children who are suspected victims of sexual abuse can get the support and treatment they need at the same time evidence is gathered to bring their abusers to justice. The Center serves parents, caregivers, and children from birth to age 17. In addition, various municipal police departments and Connecticut State Police troops collaborate with the Center's services.

860-714-5052

Hartford (Federal) Healthy Start Program

The Hartford Healthy Start Program is a free program for low-income Hartford women before, during, and after their pregnancy; and their babies until they reach the age of two. Care Coordinators work with women to develop care plans and personal goals for her and the baby; and answer questions and concerns about pregnancy, postpartum, well women care and parenting including developmental milestones. Services include health education, maternity preparation, depression screenings, advocacy and referrals to Husky, WIC and other community resources.

860-714-7520 • www.stfranciscare.org

Health Promotion Classes

The Department of Health Promotion provides community education programs and screenings to improve overall health. Our healthcare professionals are available to speak to your group or organization on a wide range of health care topics. We also offer programs at the workplace. A listing of classes that could be brought to your organization is available on our website (click on Classes and Events to review listing).

860-714-7035

Joan C. Dauber Emergency Food Bank

The Food Bank provides food assistance, nutritional counseling, and case management to patients and individuals referred by Hartford area healthcare agencies. The goal of the Food Bank is to help families become more self-sufficient during hard times, as they work to meet their everyday needs.

860-714-2845

Kids In Safety Seats Program

The KISS-CT hosts car seat check-up events and classes throughout the year to provide education to the community on how to correctly restrain and protect their children in the car. At these events, Certified Child Passenger Safety Technicians provide free car seat safety education to caregivers, show them how to install the car seat, and ensure that they know how to correctly restrain their children in the seat. If for some reason a caregiver cannot afford a car seat and meets our program's guidelines, one is provided to them.

English: 860-714-5477

Spanish: 860-714-7077

connecticutprevention.com

Let's Not Meet By Accident Program

The LNMB is a comprehensive Community Outreach educational program that encourages adolescents to make "healthy choices in risky situations." This is an interactive, hands-on program which starts at the Saint Francis Hospital and Medical Center helipad. The participants move into the Emergency Department Trauma Resuscitation Room to observe a "mock" trauma. The participants move into the Emergency Department Trauma Resuscitation Room to observe a "mock" trauma lead by a trauma surgeon or trauma nurse. The program is concluded with a question and answer period with hands on exercises so that all are able to reflect on their experience.

860-714-5525 • connecticutprevention.com

Mandel Center for Multiple Sclerosis

The Mandel Center for Multiple Sclerosis clinical trials, support groups, and educational programs are offered to support patients and families impacted by Multiple Sclerosis.

860-714-2149