



# **Neighborhoods & Families Community Resource Guide**

**June 2020**

The following resource list is an annotated guide of activities and resource providers based in Manchester. If you have any questions or would like to make an addition, please contact Neighborhoods & Families at (860)647-3103.



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Neighborhoods and Families Division

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**Various:**

Better Manchester

Modified Summer Program Guide

UR Community Cares

**Directory**

**A.C. Moore**

**Category:** Arts & Culture

**Description:** A.C. Moore offers a variety of DIY craft projects for the whole family through a series of online videos. They also provide a “Maker’s Spotlight” for those who are utilizing reclaimed or recycled materials for at-home craft projects.

**Link to resource:** <https://www.michaels.com/projects/projects-and-videos/hub>

**Academy of Martial Arts & Personal Development**

**Category:** Health & Wellness

**Description:** The Academy is focused on providing marital arts & cardio exercises for all, from early childhood to adults. The Academy is offering online virtual classes that can be done from the safety and comfort of your own home.

**Link to resource:** [www.TheAcademy.us](http://www.TheAcademy.us)

**Atwater Martial Arts**

**Category:** Health & Wellness

**Description:** Atwater Marital Arts aims to provide students with the basic skills of martial arts, including teamwork, discipline, focus and fitness. Virtual classes for both the Little Dragons and Karate Kids age groups are available.

**Link to resource:** [www.atwatermartialarts.com](http://www.atwatermartialarts.com)

**Beth Sholom B’nai Israel**

**Category:** Faith-based

**Description:** Beth Sholom B’nai Israel is a progressive synagogue based in



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Manchester. They offer a variety of virtual programming, including daily lessons, Hebrew classes & virtual comedy nights.

**Link to resource:** [myshul.org](http://myshul.org)

### **Better Manchester**

**Category:** Various

**Description:** Better Manchester provides updates from the town's Recreation, Youth Service and Neighborhoods and Families divisions. In addition, Better Manchester provides the public with stories, uplifting ideas and community updates focused around physical health, mental health and creative activities for all.

**Link to resource:** [bettermanchester.com](http://bettermanchester.com)

### **Boy Scouts of America**

**Category:** Positive Youth Development

**Description:** The Connecticut Rivers Council of the Boy Scouts of America is offering a variety of virtual programming, including "At-Home" adventures for all ages and virtual scout meetings.

**Link to resource:** [ct.scouting.org/at-home-scouting/](http://ct.scouting.org/at-home-scouting/)

### **CAST Children's Theatre**

**Category:** Arts & Culture

**Description:** CAST aims to preserve the arts in the greater Manchester area and beyond. They are offering a CAST teen and trivia virtual hang out, with signup available on their Facebook page.

**Link to resource:** [facebook.com/castchildrenstheatre](https://facebook.com/castchildrenstheatre)

### **Connecticut Concert Ballet**

**Category:** Arts & Culture

**Description:** The Connecticut Concert Ballet is offering a full program of online classes for all enrolled CCB students. Class information can be found at the CCB Family Portal.



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**Link to resource:** [ctconcertballet.org](http://ctconcertballet.org)

### **Emmanuel Lutheran Church**

**Category:** Faith-based

**Description:** Weekly sermons and lessons are available to stream on Emmanuel Lutheran's Facebook page.

**Link to resource:** [facebook.com/EmmanuelLutheranManchester/](https://facebook.com/EmmanuelLutheranManchester/)

### **Faith Tabernacle**

**Category:** Faith-based

**Description:** Weekly lessons and study sessions are available on Faith Tabernacle's Facebook page.

**Link to resource:** [facebook.com/pg/faithtabernacle.ct/](https://facebook.com/pg/faithtabernacle.ct/)

### **Family Resource Centers at Manchester Public Schools**

**Category:** Positive Youth Development

**Description:** MPS's Family Resource Centers aim to connect Manchester's families with their local schools through family engagement, outreach and positive youth development. A variety of family resources are available on the center's website.

**Link to resource:** [mpspride.org/Page/644](http://mpspride.org/Page/644)

### **Firm Foundation Leadership Coalition, Inc.**

**Category:** Positive Youth Development

**Description:** The Firm Foundation Leadership Coalition provides Latino community leadership development and economic independence in order to achieve a thriving Latino community. The FFLC offers a variety of resources & philanthropic programs.

**Link to resource:** [firmfoundationcoalition.org](http://firmfoundationcoalition.org)



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## Forever Young Childcare Learning Center

**Category:** Childcare

**Description:** Forever Young provides quality early care and education, all within the updated OEC guidelines for learning centers.

**Link to resource:** (860)533-1888      [foreveryoungchildcarelearningcenter.com](http://foreveryoungchildcarelearningcenter.com)

## Full Gospel Interdenominational Church

**Category:** Faith-based

**Description:** Weekly sermons and lessons are available to stream on the FGIG Facebook page.

**Link to resource:** [facebook.com/FGICinc/](https://facebook.com/FGICinc/)

## Girl Scouts of Connecticut

**Category:** Positive Youth Development

**Description:** Keep the Girl Scout experience going and stay connected while earning badges through online activities with the new “Girl Scouts at Home.”

**Link to resource:** [gsocft.org](http://gsocft.org)

## Home Depot Kids Workshop

**Category:** Arts & Culture

**Description:** Keep your kids engaged with projects and activities that can be done at home, including kids gardening, summer projects and DIY slime.

**Link to resource:** [homedepot.com/c/kids](http://homedepot.com/c/kids)

## Little Debbie’s Preschool

**Category:** Positive Youth Development

**Description:** Little Debbie’s Preschool offers a variety of resources, including kid’s activities and state child care updates.



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**Link to resource:** [facebook.com/Little-Debbie's-Preschool/](https://facebook.com/Little-Debbie's-Preschool/)

### **Lowes**

**Category:** Arts & Culture

**Description:** Manchester's Lowes offers a variety of DIY home projects, including home office tips and children's activities.

**Link to resource:** [lowes.com/diy-projects-and-ideas](https://lowes.com/diy-projects-and-ideas)

### **Lutz Children's Museum**

**Category:** Arts & Culture

**Description:** Follow along at the Lutz Children's Museum's Facebook page as they share free online resources and community updates.

**Link to resource:** [facebook.com/Lutz Museum](https://facebook.com/Lutz Museum)

### **Malee's School of Tai Chi & Kung Fu**

**Category:** Health & Wellness

**Description:** Malee's School is offering virtual classes that aim to enrich the community and provide a form of exercise and self-improvement.

**Link to resource:** [maleeschool.com/online-instruction/](https://maleeschool.com/online-instruction/)

### **Manchester Church of Christ**

**Category:** Faith-based

**Description:** Weekly sermons and group studies are available at the Manchester Church of Christ's website.

**Link to resource:** [manchestercofc.org](https://manchestercofc.org)

### **Manchester Church of the Nazarene**

**Category:** Faith-based

**Description:** Weekly sermons and group studies are available at the Manchester



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Church of the Nazarene's website.

**Link to resource:** [mcnaz.com](http://mcnaz.com)

### **Manchester Continuing Education**

**Category:** College & Career Readiness

**Description:** Manchester's Adult and Continuing Education offers a variety of ways that adults can work on their high school and college goals, including virtual learning and financial resources.

**Link to resource:** [manchesteradulted.org](http://manchesteradulted.org)

### **Manchester Country Club**

**Category:** Health & Wellness

**Description:** Manchester Country Club's golf course remains open for play, and carts are available for rent.

**Link to resource:** [mancc.com](http://mancc.com)

### **Manchester Early Learning Center**

**Category:** Positive Youth Development

**Description:** MELC offers parents safe and enriching programs and resources for children aged 5-12. Virtual resources and additional contact information is available on the MELC website.

**Link to resource:** [melearning.org](http://melearning.org)

### **Manchester High School**

**Category:** Positive Youth Development

**Description:** Manchester High School offers a variety of online resources, including world language learning tools, practice math topics and free writing contents.

**Link to resource:** [mpspride.org/mhs](http://mpspride.org/mhs)



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## **Manchester Historical Society**

**Category:** Arts & Culture

**Description:** The MHS educates the public about the history of Manchester and advocates for the preservation of significant historical resources. Historical information about Manchester as well as a network of linked sites can be found at their website.

**Link to resource:** [manchesterhistory.org](http://manchesterhistory.org)

## **Manchester Public Library**

**Category:** Academics

**Description:** Manchester residents can use their library cards to download ebooks, audiobooks, magazines, or a small set of movies and TV shows from a handful of different free services.

**Link to resource:** [library.townofmanchester.org](http://library.townofmanchester.org)

## **Manchester's Summer Pools**

**Category:** Health & Wellness

**Description:** Summer pools are **tentatively scheduled for a July 6<sup>th</sup> opening**. Daily schedule for all pools is Monday-Friday, 12 PM-6 Pm and Saturday-Sunday, 1 PM-6 PM.

**Link to resource:** <http://recreation1.townofmanchester.org/index.cfm/aquatic-facilities/>

## **MARCH Inc. of Manchester**

**Category:** Health & Wellness

**Description:** MARCH Inc. is committed to supporting the lives of those with developmental disabilities and their families. Their website has a variety of contacts and support information for individualized support.

**Link to resource:** [marchinc.org](http://marchinc.org)

## **Manchester Youth Services Division**

**Category:** Positive Youth Development

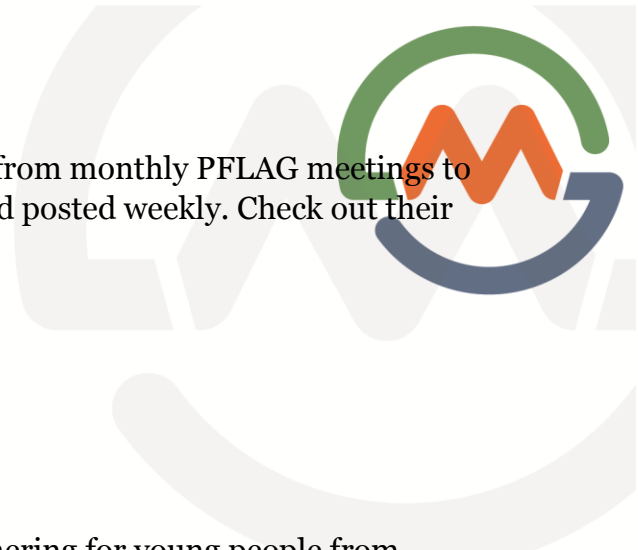


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**Description:** The YSB offers a variety of programs, from monthly PFLAG meetings to guided meditation & mindfulness demos recorded and posted weekly. Check out their Facebook page for additional information.

**Link to resource:** [facebook.com/YouthSvc/](https://facebook.com/YouthSvc/)

### **Merge Ahead at Church of the Living God**

**Category:** Faith-based

**Description:** Merge Ahead is a Christian-based gathering for young people from grades 6-12. Merge Ahead puts out weekly virtual lessons as well as a podcast series.

**Link to resource:** [mergeahead.net](https://mergeahead.net)

### **Department of Leisure, Family & Recreations' Summer Program Guide**

**Category:** Various

**Description:** The Town of Manchester's Department of Leisure, Family & Recreation has published a guide of their modified summer program series. Follow the link below for a digital copy of the guide.

**Link to resource:** <https://bettermanchester.com/2020/06/modified-program-guide/>

### **Movement**

**Category:** Health & Wellness

**Description:** Movement is a fitness and wellness program that offers a wide range of fitness and nutrition activity. Following along on their Facebook page for some short daily exercises.

**Link to resource:** [facebook.com/Movement](https://facebook.com/Movement)

### **NorthStar Dance Academy**

**Category:** Health & Wellness

**Description:** NorthStar offers classical and contemporary dance lessons, now done through the comfort of your own home.

**Link to resource:** [northstardance.com](https://northstardance.com)



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## **Odiyana Meditation Center**

**Category:** Health & Wellness

**Description:** Odiyana is open to all with the goal of teaching others how to cultivate and maintain positive, peaceful states of mind. Livestreamed classes and meditations are available at their website.

**Link to resource:** [meditationinconnecticut.org](http://meditationinconnecticut.org)

## **Outdoor Park Openings**

**Category:** Health & Wellness

**Description:** Tennis courts, pickleball courts and the Manchester dog park is now open to the public, effective June 1.

**Link to resource:**

<https://www.townofmanchester.org/allsites/recreation/recprograms.cfm>

## **Rec on the Run**

**Category:** Arts & Culture

**Description:** Rec on the Run will be on the move again this summer, Monday through Thursday, at several of Manchester's parks. The park schedule is as follows: NorthWest Park (**Monday**), West Side Oval-Marcy McDonald Pool (**Tuesday**), Charter Oak Park (**Wednesday**), and Center Memorial Park (**Thursday**).

**Link to resource:** <https://www.facebook.com/ManchesterRecreation/>

## **Salters Pond**

**Category:** Health & Wellness:

**Description:** Salters Pond has been stocked with nearly 400 Rainbow, Brown and Brook Trout. Community members of all ages are encouraged to participate. All state licensing regulations apply, and catch and release practices are strongly encouraged.

**Link to resource:** <https://portal.ct.gov/DEEP/Fishing/General-Information/Fisheries-Licenses-and-Permits>



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## **Spruce Street Community Garden**

**Category:** Health & Wellness

**Description:** Come learn about a variety of garden-related topics at a series of free community workshops. To register, please call the Office of Neighborhoods and Families at (860)647-3089.

**Link to resource:** [naf1.townofmanchester.org/index.cfm/events](http://naf1.townofmanchester.org/index.cfm/events)

## **Spruce Street Market**

**Category:** Health & Wellness

**Description:** The Spruce Street Market is one of Manchester's alternative sources of local, healthy foods. The market runs every Wednesday, July 1 through August 19, at 153 Spruce Street.

**Link to resource:** [naf1.townofmanchester.org/index.cfm/spruce-street-market/](http://naf1.townofmanchester.org/index.cfm/spruce-street-market/)

## **Trail & Urban Hike Guide**

**Category:** Health & Wellness

**Description:** The hiking and walking trails throughout our community allow for passive recreation (walking, hiking, biking on permitted trails or other activities) are still open to the public. Check out the Trail Guide on the Better Manchester website.

**Link to resource:** <https://bettermanchester.com/2020/04/skip-the-park-take-a-hike/>

## **UR Community Cares**

**Category:** Various

**Description:** Based in Manchester, UR Community Cares is a non-profit with the goal of helping the community, whether it be through a free yard clean-up, grocery delivery, or a friendly phone call to help combat the loneliness of isolation. Check out their website for additional information.

**Link to resource:** [URCommunityCares.org](http://URCommunityCares.org)



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## **Young @ Art**

**Category:** Arts & Culture

**Description:** Young @ Art provides an opportunity for young artists to develop life skills, creative thinking and respect. Daily virtual art lessons are available on their website.

**Link to resource:** [youngartusa.co](http://youngartusa.co)



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