

NATIONAL HUMAN TRAFFICKING HOTLINE



CALL

1-888-373-7888



TEXT

"BeFree" (233733)



LIVE CHAT

humantraffickinghotline.org

Human trafficking is a heinous crime that affects millions of people worldwide, exploiting their vulnerability and stripping away their basic human rights. It is a grave violation of human dignity and a crime that often goes unnoticed or unreported. To raise awareness here is some helpful information.

Understanding Human Trafficking:

Human trafficking involves the recruitment, transportation, transfer, harboring, or receipt of persons through force, coercion, or deception, with the aim of exploiting them for forced labor or commercial sexual exploitation. It is a multi-billion dollar industry that preys on the most vulnerable members of our society, including women, children, and migrants.

Statistics and Scope:

The scale of human trafficking is staggering. According to the International Labour Organization, an estimated 40.3 million people were victims of human trafficking in 2016. This includes 24.9 million in forced labor and 15.4 million in forced marriage.

How You Can Make a Difference:

- **Stay Informed:** **Educate** yourself and others about the signs of human trafficking. Knowledge is a powerful tool in preventing and combating this crime.
- **Support Anti-Trafficking Organizations:** Contribute to organizations that are actively engaged in the fight against human trafficking. Your support can fund rescue operations, victim rehabilitation, and advocacy efforts.

- **Advocate for Change:** Raise your voice against human trafficking. Advocate for stronger laws and policies, and support initiatives that address the root causes of this crime.
- **Be a Responsible Consumer:** Be mindful of the products you purchase and the companies you support. Choose ethically produced goods and services to help reduce demand for products linked to human trafficking.

Sources:

[International Labour Organization \(ILO\)](#)

[United Nations Office on Drugs and Crime \(UNODC\)](#)

[Polaris Project](#)

[Learn more about Human Trafficking prevention efforts and educational resources in Connecticut.](#) Find additional national resources [here](#).

Click image below to download powerpoint with red flags.

SEX TRAFFICKING
RED FLAGS



This Photo by Unknown Author is licensed under CC BY-ND

- **Behaviors:**
 - Frequent missing episodes or unaccounted time
 - Fear, anxiety, depression, submissive, tense, and/or nervous
 - Defensive, rude, evasive, and/or aggressive
 - Self harm
 - Suicide/suicide ideation
- **Material Flags**
 - Unexplained gifts or items of value
 - Hotel business cards, escort service business cards, hotel key cards
 - Number of condoms, sex paraphernalia excess amounts of cash, or multiple cell phones
 - Knives or some kind of weapon



10 Winter Wellness Tips

Taking care of your mental health during the winter months is important. The cold weather and reduced sunlight can impact mood and well-being. Some people even develop [Seasonal Affective Disorder](#), a form of depression. To keep feeling good, here are 10 mental wellness tips for winter:

1. **Stay Active:** Exercise is a natural mood lifter. Even if it's too cold to go outside, consider indoor activities like yoga, home workouts, or even dancing.
2. **Get Sunlight Exposure:** Lack of sunlight can contribute to seasonal affective disorder (SAD). Spend time outdoors during daylight hours, open curtains to let in natural light, or consider using a light therapy lamp.
3. **Maintain a Healthy Diet:** Eating a balanced diet with plenty of fruits, vegetables, and whole grains can positively impact your mood and energy levels.
4. **Stay Connected:** Socialize with friends and family, even if it's through virtual means. Loneliness can exacerbate feelings of sadness during the winter months.
5. **Practice Mindfulness:** Incorporate mindfulness or meditation into your routine to help manage stress and stay grounded.
6. **Establish a Routine:** Having a daily routine can provide a sense of structure and stability, which is beneficial for mental well-being.
7. **Hydrate:** Drinking enough water is important for overall health, including mental health. Dehydration can contribute to feelings of fatigue and low energy.
8. **Set Realistic Goals:** Break down tasks into smaller, manageable goals to avoid feeling overwhelmed. Celebrate small achievements to boost your mood.
9. **Create Cozy Spaces:** Make your living space warm and inviting. Surround yourself with things that bring you comfort and joy.
10. **Seek Professional Support:** If you find that your winter blues are turning into more serious feelings of depression or anxiety, consider seeking help from a mental health professional.

Remember that everyone's experience is unique, and it's essential to listen to your own needs and seek support when necessary.

Sources:

[National Institute of Mental Health - Seasonal Affective Disorder](#)

[Mayo Clinic - Seasonal Affective Disorder](#)

[Psychology Today - Understanding Seasonal Affective Disorder](#)

[Harvard Health Publishing - Seasonal Affective Disorder](#)

GET THE FACTS ABOUT DRUGS

JUST THINK TWICE

Marijuana Vaping Spikes by Double Digits for 12th Graders



Marijuana vape use surged by 10.1 percent for 12th grade students, between 2017 and 2023. The rate also increased for 10th and 8th grade students during the same time period.

[Read More](#)

The Regional Suicide Advisory Board (RSAB) will meet on *February 14th, 2024 from 1pm-2pm.*

We will meet in person for a presentation on problem gambling from David Ruela, the Problem Gambling Coordinator here at Amplify. Following this informative session we will discuss resources, trends, and ways to support members of our region who are experiencing problems with gambling.



youth VOICES count

A SURVEY PRODUCT OF
B. WEYLAND SMITH
CONSULTING

Are you from Connecticut and looking for
a reduced cost on Survey Services ?

WHO IS ELIGIBLE?

Connecticut Schools, Non-Profit Organizations
and Towns/City Governments that:

1. have never had youth substance use prevention funds outside of Local Prevention Council DMHAS Block Grant funds or
2. have had youth substance use prevention funds (ie. Drug Free Communities, Partnerships for Success, or Prevention in Connecticut Communities) that concluded three or more years from the time of application.

WHAT IS THE COST?

"Core Survey" for \$2,250, add-on sections for \$130 each, and analysis by subgroup for \$90 each. The survey is available in English and Spanish. For other languages, the recipient would be responsible for the cost of translation.

For More Information and
to Apply for this Savings
CLICK HERE!

B. Weyland Smith Consulting (BWSC) offers the Youth Voices Count Survey for youth in grades 6-12 on their attitudes, perceptions, and behaviors around substance use, mental health, school environment, social media, and other related behaviors. It takes 20 minutes or less. Knowing that cost is often a barrier to communities obtaining these data, BWSC is offering a limited number of reduced cost survey services. Applications will be reviewed twice per calendar year and will be scored by a committee of prevention specialists and evaluators. Recipients would receive support in planning and preparing for implementation, a full survey report, a PowerPoint of Key Findings and an Information Brief.



www.bwsmithconsulting.com

Events



We Provide the Tools to Build Strong Futures

HOPE AFTER LOSS GROUPS

This is a group for the parents, guardians, and loved ones who have had the ultimate impact on their families after a loved one(s) has died from a drug-related passing in relation to the disease of addiction. You are welcome to join the support groups, so that together we provide a safe and supportive environment while breaking the stigma, and isolation that this disease has created. We provide a confidential place to talk, share your challenges, and ask questions. Please join us, you are not alone. TriCircle has two trained facilitators to lead each group and answer any possible questions.

To see the complete list of Hope After Loss Groups go to: [TriCircle.org](https://www.tricircle.org).

For more information or a virtual link option, please email: info@tricircle.org.



We Provide the Tools to Build Strong Futures



Hope After Loss Groups - Mondays

Region 2 - Meriden
7:00pm - 8:30pm
169 Colony St. Rm 28
(Inside Women and Family Care)

Region 3 - Colchester
6:00pm - 7:30pm
51 Hayward Ave.
(Brick building, left door)

Region 4 - Rocky Hill
7:00pm - 8:30pm
761 Old Main St.
(Rocky Hill Human, Youth, &
Senior Services Department)

Park and enter in rear of building

Plenty of on-street parking

January

8th - Meriden (2) 7:00pm - 8:30pm
15th - Colchester (3) 6:00pm - 7:30pm
22nd - Rocky Hill (4) 7:00pm - 8:30pm
29th - Meriden (2) 7:00pm - 8:30pm

February

5th - Colchester (3) 6:00pm - 7:30pm
12th - Rocky Hill (4) 7:00pm - 8:30pm
19th - Meriden (2) 7:00pm - 8:30pm
26th - Colchester (3) 6:00pm - 7:30pm

March

4th - Rocky Hill (4) 7:00pm - 8:30pm
11th - Meriden (2) 7:00pm - 8:30pm
18th - Colchester (3) 6:00pm - 7:30pm
25th - Rocky Hill (4) 7:00pm - 8:30pm

April

1st - Meriden (2) 7:00pm - 8:30pm
8th - Colchester (3) 6:00pm - 7:30pm
15th - Rocky Hill (4) 7:00pm - 8:30pm
22nd - Meriden (2) 7:00pm - 8:30pm
29th - Colchester (3) 6:00pm - 7:30pm

May

6th - Rocky Hill (4) 7:00pm - 8:30pm
13th - Meriden (2) 7:00pm - 8:30pm
20th - Colchester (3) 6:00pm - 7:30pm
27th - Rocky Hill (4) **Canceled - Memorial Day**

June

3rd - Meriden (2) 7:00pm - 8:30pm
10th - Colchester (3) 6:00pm - 7:30pm
17th - Rocky Hill (4) 7:00pm - 8:30pm
24th - Meriden (2) 7:00pm - 8:30pm

July

1st - Colchester (3) 6:00pm - 7:30pm
8th - Rocky Hill (4) 7:00pm - 8:30pm
15th - Meriden (2) 7:00pm - 8:30pm
22nd - Colchester (3) 6:00pm - 7:30pm
29th - Rocky Hill (4) 7:00pm - 8:30pm

August

5th - Meriden (2) 7:00pm - 8:30pm
12th - Colchester (3) 6:00pm - 7:30pm
19th - Rocky Hill (4) 7:00pm - 8:30pm
26th - Meriden (2) 7:00pm - 8:30pm

September

2nd - Colchester (3) **Canceled - Labor Day**
9th - Rocky Hill (4) 7:00pm - 8:30pm
16th - Meriden (2) 7:00pm - 8:30pm
23rd - Colchester (3) 6:00pm - 7:30pm
30th - Rocky Hill (4) 7:00pm - 8:30pm

October

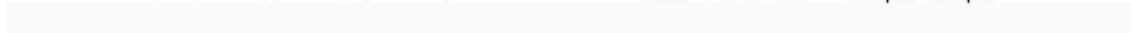
7th - Meriden (2) 7:00pm - 8:30pm
14th - Colchester (3) 6:00pm - 7:30pm
21st - Rocky Hill (4) 7:00pm - 8:30pm
28th - Meriden (2) 7:00pm - 8:30pm

November

4th - Colchester (3) 6:00pm - 7:30pm
11th - Rocky Hill (4) 7:00pm - 8:30pm
18th - Meriden (2) 7:00pm - 8:30pm
25th - Colchester (3) 6:00pm - 7:30pm

December

2nd - Rocky Hill (4) 7:00pm - 8:30pm
9th - Meriden (2) 7:00pm - 8:30pm
16th - Colchester (3) 6:00pm - 7:30pm
23rd - Rocky Hill (4) 7:00pm - 8:30pm
30th - Meriden (2) 7:00pm - 8:30pm



Comfort Zone Camp, 501(c)3 nonprofit, is dedicated to transforming the lives of children ages 7-17 who have experienced the death of a parent, sibling, or guardian. All our programming is **free-of-charge**, and we are excited to announce our programs:



GRIEF CAMP

in New York & New Jersey

***Free of Charge**

Comfort Zone Camp serves children who have experienced the death of a parent, sibling, primary caregiver, or friend. All programs are offered at no cost to families. CZC provides a safe, nurturing environment where kids can have traditional camp fun, while at the same time acquiring tools to help them cope with their loss.

Since 1999, CZC has helped 21,000+ children.



CAMP ACTIVITIES

Activities include games, swimming, arts and crafts, and Healing Circles led by mental health professionals.

THE IMPACT

Campers leave the camp "bubble" transformed with a community, coping skills and new friends who "get it".



Learn More



Nick G. Camper Dad

“ Every time they have attended Comfort Zone Camp, they have come home having gained a new level of healing and with new lifelong friends. ”

UPCOMING PROGRAMS

Starting February 5

- VIRTUAL SUPPORT GROUPS
- Weekday from 7:00pm-8:15pm EST
- 4 week session
- Ages 10-17
- Separate parent/guardian group

April 19-21

- WEEKEND CAMP IN HARDWICK, NJ
- Sleepover camp
- Ages 7-17
- Separate parent/guardian program

May 17-19 for Suicide Loss

- WEEKEND CAMP IN JOHNSONBURG, NJ
- Sleepover camp
- Ages 7-17
- Young adult program ages 18-25
- Separate parent/guardian program

May 31-June 2

- WEEKEND CAMP IN SANDWICH, MA
- Sleepover camp
- Ages 7-17
- Separate parent/guardian program

August 2-4

- WEEKEND CAMP IN WADING RIVER, NY
- Sleepover camp
- Ages 7-17
- Young adult program ages 18-25

September 13-15

for Overdose Loss

- WEEKEND CAMP IN FISHKILL, NY
- Sleepover camp
- Ages 7-17
- Separate parent/guardian program

September 27-29

- WEEKEND CAMP IN PALMER, MA
- Sleepover camp
- Ages 7-17

October 25-27

- WEEKEND CAMP IN HARDWICK, NJ
- Sleepover camp
- Ages 7-17

(804) 377-3430

[T](#) [I](#) [G](#) [F](#) @comfortzonecamp

www.comfortzonecamp.org

**WORRIED ABOUT A LOVED ONE'S
SUBSTANCE USE ?**

**(LOVED ONE= PARENT, SIBLING,
SIGNIFICANT OTHER, FRIEND)**

ARE YOU BETWEEN AGE 18 AND 30?



SMART RECOVERY FAMILY AND FRIENDS MEETING

**For Young Adults
(Ages 18-30)**

Questions?
Contact: Laura at
lczeppieri@wheelerclinic.org

On Zoom Tuesdays 7pm to 8:30pm

[Click Here For The Meeting Listing
and Zoom Link](#)
[Or Use the QR Code](#) →



Sponsored by **YouthRecoveryCT**

**WORRIED ABOUT ALCOHOL OR DRUG USE
OR ANY OTHER BEHAVIOR THAT MAKES
YOU FEEL UNHAPPY OR EXHAUSTED?**

ARE YOU BETWEEN AGE 18 AND 30?

**SMART RECOVERY YOUNG ADULT
MEETINGS CAN HELP!**



SMART RECOVERY YOUNG ADULT MEETINGS



**SMART RECOVERY
HAS PRACTICAL
TOOLS BASED ON
COGNITIVE
SCIENCE!**

**Join an All Ages Meeting Or
A Young Adult Meeting Exclusively
For Ages 18-30**

*Questions?
Contact: Laura at
lczeppieri@wheelerclinic.org*

[Click Here For The SMART
Recovery Meeting Schedule](#)

[OR Use the QR Code](#) →



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Alternatives to Suicide Connecticut Groups

Alternatives to Suicide (or Alt2Su) is a network of support groups where people can talk openly about suicidal thoughts, experiences and attempts without fear of being judged or hospitalized. Facilitators of these groups know what it's like and promote a culture of mutual support.

In-Person:

New London

Mondays at 2PM, Recovery 12 Solutions

Middletown

Tuesdays at 6:30PM, Free Center Middletown

Hartford

Wednesdays at 5PM, Toivo Center

Danbury

Wednesdays at 6PM, UU Congregation of Danbury

Waterbury

Thursdays at 1:15PM, Center for Human Development

Zoom:

Mondays at 3:30PM

Thursdays at 6:30PM

Scan to view
CT's new Alt2Su
webpage!



toivocenter.org/alternatives-to-suicide/

For more info about CT's emerging Alt2Su Network contact:
Jennifer Tirado, Alt2Su Statewide Coordinator
jtirado@toivocenter.org / (860) 549 2058