



Mission  
Statement

*The staff at Tolland Middle School is dedicated to creating an environment that will foster student learning, responsibility, and personal attributes both within school and in the community.*

Learning

- *To acquire life skills and literacy in the core and unified arts curricula*

Responsibility

- *To foster a sense of self-discipline and direction whereby students are accountable for their own performance and behavior*

Attributes

- *To nurture the qualities of honesty, creativity, perseverance, and self-worth*
- *To motivate and support students in their quest for personal excellence*



Tolland Middle School

1 Falcon Way  
Tolland, Connecticut 06084

Phone: 860-870-6864

Fax: 860-870-5737

Web: [www.tms.tolland.k12.ct.us](http://www.tms.tolland.k12.ct.us)

Tolland Middle School

Therapeutic  
Referral Options

Counseling  
Department

860-870-6864



## Counseling Resources

### Child, Adolescent, & Family Counseling

**West Meadow Counseling, PC 454-0520**  
100 West RD, Suite 3, Ellington, CT 06029

**Enhancing Behavioral Choices 289-4404**  
1169 Ellington Rd, South Windsor, CT 06074

**Maple Ridge Clinical Services 429-2928**  
1066 Storrs RD (Rt.195), Storrs, CT 06268

**Kimberly Barton, Ph.D. 231-2226**

**Carolyn D. Frye, LCSW, LLC 259-2247**  
867 Main St., Manchester, CT 06040

**Igor Espittia, LCSW 208-8386**  
134A Conantville Rd, Mansfield Center, CT 06250

**McLean Wellness Group 578-4808**  
112 Spencer St. Suite 3B, Manchester, Ct 06040

**Psychotherapy Services of CT 647-8995**  
45 Hartford Tnpk., Ste. 2, Vernon 06066

**Schroeder Associates 875-0292**  
60 Elm St., Vernon 06066

**Tolland Human Services** 21 Tolland Green, Tolland,  
Beverly Bellody 871-3611  
Nancy Dunn 871-3612



### Grief Counseling

Mary's Place 688-9621  
[www.marysplacect.com](http://www.marysplacect.com)  
6 Poquonock Ave., Windsor 06095

The Cove Center 800-750-COVE  
[www.covect.org](http://www.covect.org)

### Other Agencies

CT Rehabilitation 800-537-2549  
Dept. of Child & Families 800-842-2288  
Hockanum Valley Council 872-9825  
Planned Parenthood 800-230-7526  
Resident Trooper, Tolland 875-8911  
UCONN Psych.Svcs.Clinic 860-486-2642  
Walden Behavioral Care 888-305-2997  
YWCA, Hartford Region 525-1163

### Help-Line Services

Alateen / Al-Anon 888-4AL-ANON  
Crisis Hotline 800-273-TALK  
Parents Anonymous 800-842-2288  
Sexual Assault Crisis 888-999-5545  
STD Hotline 800-227-8922  
Suicide Hotline 800-SUICIDE  
Emergency Mobil Crisis 2-1-1

### Hospital Programs

CT Children's Hospital 545-9000  
Eastern CT Health Network 647-6800  
Elmcrest Institute 342-0480  
Institute of Living 545-7200  
Johnson Memorial Hospital 684-4251  
Manchester Memorial Hospital 646-1222  
Mount Sinai Rehab. Hospital 714-3500  
Natchaug Hospital 456-1311

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### Middle School Resources

#### School Counselors 870-6860

Antonia Kapolas ext. 20910  
Alicia Miller ext. 20909

#### School Psychologist

Brenda Waterhouse ext. 20913

#### School Nurses

Laura Dolcelli 870-6868  
Janet Sullivan 870-6868