

Sunflower Opportunities & Support

Short-term support for navigating stress, transitions, and daily functioning



Sunflower Opportunities & Support (SOS)

Named after the sunflower, which symbolizes growth and new beginnings, this program provides short-term, solution-focused therapy to support individuals through periods of stress or change. Services focus on building coping skills, improving daily functioning, strengthening advocacy skills, and connecting individuals with community supports and resources.

What You Can Expect:

- Structured, short-term support
- Practical, real-life skill building
- Individualized goals and support plan
- Connection to community resources as needed

Client Qualifications

- Open to individuals of all ages
- Experiencing stress, life transitions, or daily functioning challenges
- Willing to engage in short-term, goal-focused support
- Parent/guardian involvement is required for children



Program Details

- Expanded availability for new clients June-August 2026.
- Regular meetings with a supportive clinician throughout the summer
- Location: Virtual or In Person (100 Deerfield Rd, Windsor, CT 06095)
- Get started today!
 - Call (860)270-0600, ext. 100
 - or email clinicalservices@escrec.org