



***Programs that Help People in Connecticut*** has been connecting Connecticut residents to federal, state, and local agencies for more than 25 years. Need information? Need help? Need services? **LOOK INSIDE!**

The Connecticut Association for Human Services (CAHS) updates the program entries and Eversource publishes this booklet. We are grateful to everyone who supplied information for the new edition.

**THIS BOOKLET IS A GUIDE**, containing brief descriptions of complex programs. Eligibility criteria, services offered, and funding are subject to change. **PLEASE CHECK WITH THE ADMINISTERING AGENCY FOR THE MOST UP-TO-DATE INFORMATION.**

If you need a particular service but do not see it reflected in any of these pages, you may wish to begin with a call to **United Way 2-1-1**, or a visit to its website, [www.211ct.org](http://www.211ct.org), described after the Table of Contents. In addition, every Connecticut town is required to have a Municipal Agent to help senior citizens, as well as a Youth Services Bureau that can link you to groups that meet the needs of children.

Many services have income and asset eligibility guidelines. Generally, "Income" is money available to you from an ongoing source. "Assets" are other financial resources, such as a bank account, a home or a car.

**Don't assume you are not eligible!** Check with the agency that administers the program. If you do not meet the guidelines for service, ask if there is an alternative.

***A special note to individuals who are seeking social service support for the first time:***

Navigating the social service system can be confusing and time consuming, even for experienced consumers. If you are new to this process, you may not be able to find all of the resources you need for your family at a single agency. To find services to meet a variety of needs, use 2-1-1, or contact the multi-service agencies listed on page 31. These agencies can help families find and determine eligibility for multiple programs and public benefits, including: SNAP (formerly food stamps), health care, housing, cash assistance and other resources. Accessing benefits may still not be as easy as people would like, but these agencies will do their best to address new and multiple needs.

Please let us know of any services that should be added, deleted or revised in the next edition of *Programs That Help People in Connecticut*. It is updated every two years. Additional copies are available through Eversource or CAHS by request. It can also be downloaded directly from the CAHS website, [www.cahs.org](http://www.cahs.org).

## CAHS

Publications Department  
237 Hamilton Street, Suite 208  
Hartford, Connecticut 06106-2977  
(860) 951-2212 ext.225  
[www.cahs.org/publications](http://www.cahs.org/publications)

## Eversource

Customer Care Department  
P.O. Box 270  
Hartford, CT 06141-0270  
1-800-286-5000 or (860) 947-2121  
[www.eversource.com](http://www.eversource.com)

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# United Way 2-1-1

2-1-1 is Connecticut's statewide information, referral, and crisis intervention. 2-1-1 specialists are backed by community representatives and an extensive computerized database of human services. They provide up-to-date information about agencies and programs; make referrals to appropriate community resources; and intervene in crises, including suicide prevention. Extensive information is available on child care, alcohol and drug treatment, elder services, maternal and child health, problem gambling, and many more helpful services and programs. Calls are free and confidential. 2-1-1 may be accessed 24 hours a day. TTY (for people who are hearing or speech impaired) and multi-lingual operators are available. The 2-1-1 database of statewide health and human services is available online at [www.211ct.org](http://www.211ct.org). **Some phones may not connect to 2-1-1. In such cases, use the toll-free number: (800) 203-1234**

**Throughout the booklet, an asterisk (\*) after phone numbers denotes availability of a Spanish-Speaking Person.**

# Basic Needs

Windham County 139 Wolf Den Road, Brooklyn  
Phone: (860) 774-9600 Email: [windham@uconn.edu](mailto:windham@uconn.edu)

## ConneCT DSS Benefits Portal

Go to ConneCT, the Connecticut Department of Social Services benefits portal, to see if you are eligible for benefits administered by the Department of Social Services (DSS), such as food assistance, cash assistance and medical benefits for adults, children, elderly, and disabled people. At ConneCT, you can get information about your DSS benefits, manage your application and renewals for those programs, and find out about other DSS programs you may be eligible for. You can also apply for benefits. **Website:** [www.connect.ct.gov](http://www.connect.ct.gov).

## Food

### Cooperative Extension Food Services

The University of Connecticut Cooperative Extension System UConn Extension), offers group and individual nutrition education, including individual dietary analysis, nutritious meal planning and preparation, and safe food storage and handling. Contact a local UConn Extension Center for assistance.

**Fairfield County** 67 Stony Hill Road, Bethel  
**Phone:** (203) 207-8440 **Email:** [fairfield@uconn.edu](mailto:fairfield@uconn.edu)

**Hartford County** 270 Farmington Avenue  
**Phone:** (860) 409-9050 **Email:** [hartford@uconn.edu](mailto:hartford@uconn.edu)

**Litchfield County** 843 University Drive, Torrington  
**Phone:** (860) 626-6240 **Email:** [litchfield@uconn.edu](mailto:litchfield@uconn.edu)

**Middlesex County** 1066 Saybrook Road, Haddam  
**Phone:** (860) 345-4511 **Email:** [middlesex@uconn.edu](mailto:middlesex@uconn.edu)

**New Haven County**  
305 Skiff Street, North Haven  
**Phone:** (203) 407-3161 **Email:** [newhaven@uconn.edu](mailto:newhaven@uconn.edu)

**New London County** 562 New London Turnpike,  
Norwich  
**Phone:** (860) 887-1608 **Email:** [newlondon@uconn.edu](mailto:newlondon@uconn.edu)

**Tolland County** 24 Hyde Road, Vernon  
**Phone:** (860) 875-3331 **Email:** [tolland@uconn.edu](mailto:tolland@uconn.edu)

## Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WIC is a federally-funded program that serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritional assessment and education, referrals to health care, and nutritious foods to supplement diets. Information on breastfeeding and healthy eating are provided as well as Farmer's Market coupons for designated months. Eligibility is based on income, residency, certification of nutritional risk, and a physical presence requirement, which means having a WIC employee see your child. Pregnant women, breastfeeding women (up to infant's 1<sup>st</sup> birthday), nonbreastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends), infants (up to 1<sup>st</sup> birthday), and children up to their 5<sup>th</sup> birthday are eligible to receive WIC benefits. Please call any of the WIC offices listed below or contact the State WIC Office, Department of Public Health, for more information. **Address:** 410 Capitol Avenue, MS#11 WIC, Hartford 06134

**Toll-Free:** (800) 741-2142 **Phone:** (860) 509-8084

**Bridgeport** Optimus Health Care  
**Phone:** (203) 333-9200

Southwest Community Health Center  
**Phone:** (203) 332-4600

**Bristol Phone:** (860) 585-3280

**Danbury Phone:** (203) 456-1410

**East Hartford Phone:** (860) 528-1458

**Hartford**  
Coventry Street **Phone:** (860) 757-4780  
Main Street **Phone:** (860) 757-4860

**Meriden Phone:** (203) 630-4245

**Middletown Phone:** (860) 358-4070

**New Britain Phone:** (860) 225-8695

## **New Haven**

Fair Haven **Phone:** (203) 773-5007

Hill Health Center **Phone:** (203) 503-3080

Yale-New Haven Hospital, St. Raphael Campus

**Phone:** (203) 789-3563

**New London Phone:** (860) 425-6620 or (860) 425-6625

**Norwalk Phone:** (203) 854-7885

**Norwich Phone:** (860) 854-7885

**Putnam Phone:** (860) 425-6562

**Seymour Phone:** (203) 888-1271

**Stamford Phone:** (203) 977-4385

**Torrington Phone:** (860) 489-1138

**Waterbury Phone:** (203) 574-6785

**Willimantic Phone:** (860) 450-7405

## **Supplemental Nutrition Assistance Program (SNAP)**

The Connecticut Department of Social Services (DSS) administers the U.S. Department of Agriculture's Supplemental Nutrition Assistance Program (SNAP). The purpose of these programs is to help low-income individuals and families afford the cost of food at grocery stores and farmers' markets. People can apply for SNAP by mail, online and at DSS offices. Hard-copy applications can be found online through [www.ct.gov/dss/apply](http://www.ct.gov/dss/apply) and mailed to the DSS ConneCT Scanning Center, PO Box 1320, Manchester, CT 06045. Apply online at [www.connect.ct.gov](http://www.connect.ct.gov). For more information call **Toll-free:** 2-1-1

**Website:** [www.ct.gov/snap](http://www.ct.gov/snap). A complete list of local DSS offices can be found in the Multi-service Agencies section of this book or at [www.ct.gov/dss/fieldoffices](http://www.ct.gov/dss/fieldoffices).

## **End Hunger Connecticut! (EHC!)**

End Hunger Connecticut! (EHC!) is a statewide antihunger and food security organization. By focusing on advocacy, outreach, education, and research, EHC! serves as a comprehensive anti-hunger resource for community organizations, legislators, and low-income

families. The goal of EHC! is to improve the levels of food security and nutrition among Connecticut families while creating and supporting policies that move families toward self sufficiency. EHC! provides statewide SNAP (formerly Food Stamps) outreach through application assistance, and prescreening for SNAP benefits. EHC! maintains an online SNAP eligibility pre-screener at: [www.ctsnap.org](http://www.ctsnap.org)

**Toll-free:** SNAP line (866-974-SNAP[7627]\*) to help determine potential eligibility.

## **Food Pantries and Soup Kitchens**

There are many food pantries and soup kitchens available throughout the state to help individuals and families in need. To learn more about food pantries and soup kitchens throughout the state: **Toll-Free:** 2-1-1. To find a pantry that can provide free food items, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword "Food Pantries" for the zip code or town where you are seeking help. To find a location to get a free meal, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword "Soup Kitchens" for the zip code or town where you are seeking help.

## **Cash Assistance**

### **Temporary Family Assistance (TFA)**

TFA provides monthly cash and employment assistance to eligible families throughout Connecticut to support basic needs such as food, shelter, and clothing. TFA provides a 'safety net' for families with children. Applicants/recipients must live in Connecticut, have very little or no income, and be supporting a child or children. In some cases, a pregnant woman may qualify if she has no other means of support and meets other eligibility factors. The child or children in the household must live with a related adult or an adult who has filed for guardianship through probate court. Many TFA-eligible households are grandparents caring for grandchildren. Adult recipients must participate in Jobs First Employment Services activities, coordinated by the Department of Labor. Custodial parents must provide information to help in collecting child support from a parent who is not living in the home. Applications are accepted at all Department of Social Services offices listed in the Multiservice Agency section of this book or at [www.ct.gov/dss/fieldoffices](http://www.ct.gov/dss/fieldoffices). Hard copy applications can be found online at [www.ct.gov/dss/apply](http://www.ct.gov/dss/apply). Mail to the DSS ConneCT, Scanning Center, PO Box 1320,

Manchester, CT 06045. Apply online at [www.connect.ct.gov](http://www.connect.ct.gov) **Toll-free:** 1-855-CONNECT (1-855-626-6632) or **TTD/TTY:** 1-800-842-4524 for persons with speech or hearing difficulties.

### **Social Security- Old Age, Survivors, and Disability Insurance (OASDI)**

Social Security, also called OASDI, is a federal program for the retired and disabled, as well as for survivors of a deceased wage earner. People who have worked enough quarters and have paid into the program are eligible; there are no income or asset requirements. People who are at least 62 and retired, the disabled at any age, or qualified dependents or survivors of the insured are eligible for benefits. Survivors' benefits are paid to a spouse with children who are minors, a widow or widower age 60 or older, a disabled widow or widower age 50 or older, minor children, or a parent age 62 or older who was dependent on the wage earner. Disability benefits can be paid to people who are unable to engage in substantial gainful activity or whose disability will result in death. **Website:** [www.socialsecurity.gov](http://www.socialsecurity.gov)

**Ansonia** 475 Main Street **Toll-Free:** (866) 331-7096

**Bridgeport** 3885 Main Street **Toll-Free:** (866) 331-6399

**Danbury** 131 West Street **Toll-Free:** (866) 275-7821

**East Hartford** 478 Burnside Avenue

**Toll-Free:** (866) 706-6759

**Hartford** 960 Main Street, 2<sup>nd</sup> Floor

**Toll-Free** (877) 619-2851\*

**Meriden** 1 West Main Street, 4<sup>th</sup> Floor

**Toll-Free:** (877) 409-8429

**Middletown** 425 Main Street, 3<sup>rd</sup> Floor

**Toll-Free:** (877) 692-3145

### **Supplemental Security Income (SSI)**

SSI is a federal income maintenance program for the aged, blind, and disabled. Unlike Social Security, SSI has limits on the amount of money and resources a recipient can have. Recipients may receive both Social Security and SSI, if eligible for both. Flat monthly payments are issued to participants. If the participant lives in a household which provides in-kind support, e.g. food and/or lodging, the monthly payment is reduced by one-third. Eligibility is based on age, blindness, disability, income, and assets. Contact a Social Security Office listed above.

### **State Supplement for the Aged, Blind, and Disabled (State Supplement)**

The State Supplement Cash Assistance program provides cash assistance to the Aged, Blind, or Disabled to supplement their income. In order to receive benefits, individuals must have another source of income such as Social Security, Supplemental Security Income, or Veterans' benefits. To qualify, an individual must be 65 years of age or older; between the ages of 18 and 65 and meet Social Security disability criteria; or blind as defined by the Social Security Disability program or the State Board of Education & Services for the Blind.. Incentives are available to encourage recipients to become as self-supporting as their ages or abilities will allow. People eligible for State Supplement are automatically eligible for Medicaid. Liquid assets cannot exceed \$1,600 for a single person or \$2,400 for a couple. If a recipient owns a home, a lien is placed upon it. **Toll-Free:** 2-1-1 or **DSS Client Information + Benefits Center Line:** 855-626-6632

### **State Administered General Assistance (SAGA)**

The SAGA Cash Assistance program provides cash assistance to individuals who are unable to work for medical or other prescribed reasons. Employable individuals are not eligible for SAGA cash assistance. (However, employable individuals who have substance abuse problems may be eligible to receive treatment and some financial support through the Department of Mental Health and Addiction Services' (DMHAS) Basic Needs Program.) Benefits may be up to \$212 per month if qualified. Qualification must be approved by the Department of Social Services and includes some limitations on assets. To apply: [www.ct.gov/dss/apply](http://www.ct.gov/dss/apply); [www.connect.ct.gov](http://www.connect.ct.gov); or visit a local DSS office ([www.ct.gov/dss/fieldoffices](http://www.ct.gov/dss/fieldoffices).) Information: **Toll-Free:** 2-1-1 or DSS Client Information Line + Benefits Center **Phone:** 855-626-6632

## *Housing*

### **Homeless Services**

The Department of Housing administers funding for Emergency Shelters to provide shelter and case management services to homeless individuals at least 18 years old or emancipated minors and families. Households who are homeless or at risk of homelessness need to dial 2-1-1 to be connected with housing and homeless related services, which may include a referral to the State's Coordinated Access Network (CAN) for

other community based programs, such as emergency shelters, rapid rehousing, homeless permanent supportive housing, and prevention/diversion assistance.

### **Rental Assistance Payment (RAP) Program**

The Rental Assistance Payment (RAP) Program is the major state-supported program for assisting very low income families to afford decent, safe, and sanitary housing in the private market. Participants find their own housing, including apartments, townhouses, and single-family homes. The participant is free to choose any private rental housing that meets the requirements of the program, as described below. RAP certificates are funded and administered by the Department of Housing. An individual or family that is issued a RAP certificate is responsible for finding a suitable housing unit of the family's choice where the owner agrees to rent under the program. This unit may include the family's present residence. Rental units must meet minimum standards of quality and safety as defined by the State of Connecticut. A housing subsidy is paid by the State directly to the landlord on behalf of the participating family. The family pays the difference between the actual rent charged by the landlord and the amount subsidized by the program.

**Website:** [www.ct.gov](http://www.ct.gov) then Departments and Agencies, then Housing.

### **U.S. Department of Housing and Urban Development (HUD)**

HUD's mission is to create strong, sustainable, inclusive communities and quality affordable homes for all. Programs include: Grants to the State and Entitlement Communities, Rental Assistance through Housing Choice Vouchers, Project Based Section 8, Low-Income Public Housing, and Elderly and Disabled Housing. HUD also provides mortgage insurance for single family homes, multifamily rental and healthcare as well as federal fair housing policies and laws enforcement and administration. **Address:** 20 Church Street, 10<sup>th</sup> floor, Hartford.

**Phone:** (860) 240-4800 **TTY:** (800) 877-8339

**Website:** [www.hud.gov](http://www.hud.gov)

### **Section 8 Housing Choice Voucher Program**

The Section 8 Housing Choice Voucher program is the federal government's major program for assisting very low-income families to afford decent, safe, and sanitary housing in the private market. Participants are able to

find their own housing, including apartments, townhouses, and single-family homes. The participant is free to choose any private rental housing that meets the requirements of the program. Housing Choice Vouchers are funded through the federal Department of Housing and Urban Development (HUD) and are administered in Connecticut by over 40 public housing agencies (PHAs) and statewide by the Connecticut Department of Housing. A family that is issued a housing voucher is responsible for finding a suitable housing unit of the family's choice where the owner agrees to rent under the program. This unit may include the family's present residence. Rental units must meet minimum standards of quality and safety as established by HUD. A housing subsidy is paid by the PHA to the landlord directly on behalf of the participating family. The family pays the difference between the actual rent charged by the landlord and the amount subsidized by the HCV program. **Website:**

[www.ct.gov/doh/cwp/view.asp?a=4513&Q=530586&PM=1](http://www.ct.gov/doh/cwp/view.asp?a=4513&Q=530586&PM=1)

### **Security Deposit Guarantee Program**

The Security Deposit Guarantee Program provides a guarantee to landlords of up to two month's rent. The following individuals and families are eligible to apply: Chronically Homeless Households. A household is defined as chronically homeless if the household has been literally homeless, either residing in an emergency shelter, outdoors, or a place not fit for human habitation for one year straight, or who have had 4 episodes of literal homelessness in the past three years. In addition, the household must have a verified disability. Additional eligibility requirements also apply. This resource is available to the local Coordinated Access Networks. To schedule an appointment with the Coordinated Access Networks, please call 2-1-1.

### **New Reach, Inc.**

The mission of New Reach is to inspire independence for those affected by homelessness and poverty through a continuum of housing and support. The full spectrum of our services includes eviction prevention, diversion, emergency shelter, rapid rehousing, supportive housing and providing affordable housing. **Address:** 153 East Street, New Haven

**Phone:** (203) 492-4866 **Website:** [www.newreach.org](http://www.newreach.org)

## *Energy*

### **Connecticut Energy Assistance Program (CEAP)**

This federally funded program is designed to help low-income households (individuals and families) pay their winter heating bills. CEAP benefits thousands of homeowners and renters throughout the state. On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. CEAP is administered by the Department of Social Services and coordinated by regional Community Action Agencies in cooperation with municipal and other non-profit human service agencies. CEAP usually opens applications for 'early intake' on August 1<sup>st</sup> at many community action agency sites around the state. To find a location that can provide services, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword "Connecticut Energy Assistance Program" for the zip code or town where you are seeking help. **Website:** [www.ct.gov/staywarm](http://www.ct.gov/staywarm).

**Toll-Free:** 2-1-1 or DSS Energy Services Unit at 1-800-842-1132

### **Operation Fuel**

Operation Fuel partners with communities, businesses, government, and individuals to ensure people in need have access to year-round energy assistance. Operation Fuel uses a network of over 100 fuel banks that are in direct contact with local households in need. These include town social services agencies, community action agencies, nonprofit organizations, and religious organizations. These agencies voluntarily take applications for the program. In addition to providing clients with crisis funding, the network of fuel banks also provides referral for both long-term and immediate solutions. Services may include budget counseling, consumer credit counseling, help with a job search, and referrals to food pantries, day care centers, legal aid counseling, housing assistance, and treatment services. **Toll-Free:** 2-1-1.

## *Eversource Programs to Help You*

### **Matching Payment Program**

Eversource's Matching Payment Program provides year-round electric and gas service and possible elimination

of back balances, to eligible electric and gas heating customers who have past-due balances. To be a part of this program, electric and gas heating customers must apply and receive energy assistance funds by visiting [www.211ct.org](http://www.211ct.org) or calling 2-1-1 to find their local community action agency. For every dollar, you or a third party pays towards your bill, a dollar will be credited to your past-due amount. So, you pay a portion, energy assistance pays a portion, and Eversource pays a portion. **Website:** [www.eversource.com](http://www.eversource.com)  
Electric Customers: **Phone:** (800) 286-2828  
Gas customers: **Phone:** (800) 438-2278

### **New Start**

The New Start electric program can help eliminate your outstanding balance in as little as 12 months. If you make on-time monthly payments, we'll make up the difference. Here's how it works: Eversource will review your account billing history and set a monthly budget payment based on the average of your regular monthly bill. You will need to pay this amount on time each month to remain in the program and continue to receive year-round electric service. When you make your New Start monthly payment, a portion of your past due balance will be eliminated, thus reducing the amount you owe. The amount eliminated each month is calculated by taking your total past due balance and dividing it by 12.

**Phone:** 800-286-2828 **Website:** [www.eversource.com](http://www.eversource.com)

### **Winter Protection Plan**

Eligible electric and gas customers who lack the resources to pay their electric or gas bill may receive protection from service shut-off from November 1 through May 1, with no late payment charges. You should pay as much of the bill as possible during the winter, since you will still owe the full amount at the end of the protection period. Shut-off protection must be renewed annually, beginning in October. Customers may apply for the Winter Protection Plan while applying for public energy assistance through their local community action agency. Visit [www.211ct.org](http://www.211ct.org), or call 2-1-1 to find your local community action agency.

**Website:** [www.eversource.com](http://www.eversource.com)



# Self-Sufficiency

## Jobs

### American Job Centers (AJC)

American Job Centers (AJC) also known as One Stops, offer free employment services for those interested in finding a job, upgrading job skills, or starting a new career. With offices statewide, the AJC system can unite job seekers with potential employers through access to a wide variety of no-cost job and career information and services. For individuals seeking job assistance, American Job Centers offer electronic job listings through [www.cthires.com](http://www.cthires.com), job search support, education and skills training, specialized workshops, career counseling, and veterans' employment programs. Workshops include interview tips and résumé/cover letter preparation while services include the use of phones, fax, copiers, and computers to find the right job. AJC employment services are available at the Centers listed below. TTY/TDD numbers also available.

**Website:** [www.ct.gov/dol](http://www.ct.gov/dol)

- Ansonia** 4 Fourth Street **Phone:** (203) 397-6647  
**Bridgeport** 2 Lafayette Square (GPS Users: 350 Fairfield Avenue) **Phone:** (203) 455-2700  
**Danbury** 185 Main Street **Phone:** (203) 774-4077  
**Danielson** 562 Westcott Road **Phone:** (860) 774-4077  
**Derby** 101 Elizabeth Street **Phone:** (203) 734-3443  
**Enfield** 170 Elm Street **Phone:** (860) 745-8097  
**Hamden** 37 Marne Street **Phone:** (203) 859-3200  
**Hartford** 3580 Main Street **Phone:** (860) 256-3700  
**Meriden** 87 West Main Street **Phone:** (203) 238-3688  
**Middletown** 272 South Main Street  
**Phone:** (860) 347-7691  
**Montville** 601 Norwich New London Turnpike, Suite 1, Uncasville **Phone:** (860) 848-5200  
**New Britain** 260 Lafayette Street **Phone:** (860) 899-3500  
**New Haven** 560 Ella T. Grasso Boulevard  
**Phone:** (203) 624-1493  
**Stamford** 141 Franklin Street, 2<sup>nd</sup> Floor  
**Phone:** (203) 353-1702  
**Torrington** 59 Field Street **Phone:** (860) 496-3300  
**Waterbury:** 249 Thomaston Avenue  
**Phone:** (203) 437-3380  
**Willimantic:** Tyler Square, 1320 Main Street  
**Phone:** (860) 450-7603

## Dress for Success

Dress for Success empowers women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life. Clients are referred by nonprofit, state, and government agencies. All programs are free.

**Hartford Phone:** (860) 525-5015

**Website:** [www.hartford.dressforsuccess.org](http://www.hartford.dressforsuccess.org)

**Mid-Fairfield County Phone:** (203) 333-6505

**Website:** [www.midfairfieldcounty.dressforsuccess.org](http://www.midfairfieldcounty.dressforsuccess.org)

## Adult Education

Connecticut law mandates that each local and regional board of education establish and maintain a program of adult classes for its residents, free of charge, in the following program areas; Americanization and United States Citizenship; English for adults with limited English proficiency, and elementary and secondary school completion program. Secondary completions options may include: the Adult High School diploma program, the General Educational Development (GED®) equivalency or the National External Diploma Program (NEDP). Adult education program are free to Connecticut residents 17 years of age and older who are no longer enrolled in a public school. Contact the local school district adult education office for more information or contact the State Department of Education Bureau of Health/Nutrition, Family Services and Adult Education.

**Phone:** (860) 807-2050\* **Website:** [www.sde.ct.gov](http://www.sde.ct.gov)

Many local school districts also offer a variety of general interest courses; contact your local high school.

## Learn To Read

Literacy programs exist in every region of the state.

**Toll-Free:** 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword "Literacy Programs" for the zip code or town where you are seeking help.

## CONNTAC-EOC

CT Talent Assistance Cooperative Educational Opportunity Center (CONNTAC-EOC) provides no-cost assistance to Connecticut residents seeking to enter or re-enter postsecondary education. Services include

academic and financial aid counseling, college referral services, career planning, and financial literacy information. Counselors are available for presentations to groups as well as for individual assistance. Income-qualified participants receive admission application fee waivers, which are accepted by most U.S. colleges and universities. Expertise with defaulted student loans is also available.

**Phone:** (203) 634-7669\* **Website:** [www.conntacinc.org](http://www.conntacinc.org).

## **Opportunities Industrialization Centers**

Opportunities Industrialization Centers (OIC) is a nonprofit organization that serves the community with career technical training opportunities, employability skills training, and job placement. Programs include Certified Nursing Assistant, Culinary Arts, Construction & Manufacturing vocational training programs, and Employability Skills training. OIC empowers students and consumers as they develop untapped talents, advance onto new career paths, and otherwise improve their lives. Its program is open to serve individuals in need of job training and self-sufficiency supportive services. OIC's philosophy of self-help and unique approach of focusing on the whole person, supports individuals in their efforts to become self-sufficient. OIC's Community Justice Programs serve to rehabilitate ex-offenders as they transition from incarceration to productive employment. **Address:** 106 Truman Street, New London

**Phone:** (860) 447-1731. **Website:** [www.oicnlc.org](http://www.oicnlc.org).

## ***Money Management***

### **Free Tax Return Preparation (VITA and AARP Tax-Aide Program)**

Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. VITA sites are generally located at community and neighborhood centers, libraries, schools, churches, and other convenient locations. If you need assistance from VITA, see the list of sites at [www.IRS.gov](http://www.IRS.gov), and search for "Find a VITA or TCE Site Near You" or you can call **Toll-Free:** 2-1-1.

In addition to VITA, the AARP Tax-Aide Program offers free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement related issues unique to seniors. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS. If you are elderly and need assistance with your tax return, see the list of sites at [www.IRS.gov](http://www.IRS.gov), and search for: "find a VITA or AARP Site Near You" or call **Toll-Free:** 2-1-1.

## **Connecticut Money School**

Connecticut Association for Human Services (CAHS) operates the CT Money School (CMS) statewide to provide free financial education workshops for low-to-moderate income (LMI) adults and seniors. CMS includes a Youth Money School, which teaches teens and young adults between the ages of 16-24 important money management skills through workshops on budgeting, how to build good credit, and how to pay for college. CMS also offers one-on-one Financial Coaching services to help low-to-moderate income people in several areas of the state reach their self-identified financial goals, such as saving, improving credit, and reducing debt.

### **To learn about financial coaching:**

**Phone:** (860) 951-2212, ext. 224

### **To schedule a workshop:**

**Phone:** (860) 951-2212, ext. 244

**Website:** [www.cahs.org/ct\\_money\\_school](http://www.cahs.org/ct_money_school)

### **For calendar of events:**

[www.cahs.org/workshops\\_and\\_community\\_activity](http://www.cahs.org/workshops_and_community_activity)

## **New Financial Life Corporation**

This agency offers a free 10-module financial education class on a periodic basis. The class teaches how to manage money, loans, credit, and how to prepare for owning a home.

**Phone:** (203) 777-0313 **Website:** [www.newlifecorp.org](http://www.newlifecorp.org)

## **Money Management International (MMI)**

Money Management International (MMI) helps create, restore and maintain a life of financial wellness through empowered financial choices. For 60 years, its clients have achieved financial confidence through nonprofit programs that educate, encourage, and empower. MMI inspires action through expert professional guidance and

solutions that are practical, timely, and aligned with its client's goals. Programs include debt reduction, student loan management, buying a home or avoiding foreclosure and more. **Address:** 1224 Mill St., Building B, Ste. 224, East Berlin **Phone:** (866) 889-9347\* **Website:** [www.moneymanagement.org](http://www.moneymanagement.org)

### **CrissCross**

A division of Money Management Int., CrissCross offers a safe and secure representative payee service for those receiving benefits from Social Security, Veterans Affairs, pensions and other benefit plans who may have difficulty managing finances and paying bills on their own. **Website:** [www.CrissCross.org](http://www.CrissCross.org)  
**Toll-free:** (866) 380-9708\*

## ***Homeownership***

These Programs assist local residents in overcoming obstacles that prevent homeownership. Services offered at each site vary and include pre-purchase homeowner education; down payment assistance; closing cost assistance; low-interest mortgages; referrals for rental housing and landlord-tenant issues; counseling regarding mortgage delinquencies; loans for property rehabilitation; savings programs; and help in choosing loan sources and obtaining loan approvals.

### **Bridgeport**

Bridgeport Neighborhood Trust, 570 State Street  
**Phone:** (203) 290-4255 **Website:** [www.bntweb.org](http://www.bntweb.org)

### **Danbury**

Association of Religious Communities, 325 Main Street  
**Phone:** (203) 792-9450 **Website:** [www.arcforpeace.org](http://www.arcforpeace.org)

### **Hartford**

Financial Counselors of America—Connecticut Branch, 1165 Main Street **Phone:** (860) 986-7470\*  
**Website:** [www.financialcounselors.org](http://www.financialcounselors.org)

Capital For Change, 121 Tremont Street  
**Phone:** (860) 233-5165\* **Website:** [www.chif.org](http://www.chif.org)

Christian Activities Council, 47 Vine Street  
**Phone:** (860) 527-9860\*  
**Website:** [www.christianactivities.org](http://www.christianactivities.org)

Community Renewal Team, Inc., 555 Windsor Street  
**Phone:** (860) 230-4535\* **Website:** [www.crtct.org/en/](http://www.crtct.org/en/)

Mutual Housing Association, 95 Niles Street  
**Phone:** (860) 296-1797\*  
**Website:** [www.mutualhousing.org](http://www.mutualhousing.org)

Urban League of Greater Hartford, 140 Woodland Street  
**Phone:** (860) 527-0147 **Website:** [www.ulgh.org](http://www.ulgh.org)

Southside Institutions Neighborhood Alliance, 207 Washington Avenue  
**Phone:** (860) 493-1618\* **Website:** [www.sinainc.org](http://www.sinainc.org)

### **New Britain**

Neighborhood Housing Services, 223 Broad Street  
**Phone:** (860) 224-2433\* **Website:** [www.nhsnb.org](http://www.nhsnb.org)

### **New Haven**

Capital For Change, 171 Orange Street  
**Phone:** (203) 789-8690  
**Website:** [www.capitalforchange.org](http://www.capitalforchange.org)

Neighborhood Housing Services of New Haven 333 Sherman Avenue **Phone:** (203) 562-0598  
**Website:** [www.nhsfnh.org](http://www.nhsfnh.org)

### **Norwich**

Catholic Charities, 331 Main Street  
**Phone:** (860) 889-8346 x271\* **Website:** [www.ccfns.org](http://www.ccfns.org)

### **Rocky Hill**

Connecticut Housing Finance Authority, 999 West Street  
**Phone:** (860) 721-9501 ext.502 **Website:** [www.chfa.org](http://www.chfa.org)

### **Stamford**

Housing Development Fund, Inc., 100 Prospect Street  
**Phone:** (203) 969-1830\* **Website:** [www.hdf-ct.org](http://www.hdf-ct.org)

Urban League of Southern CT 2777 Summer Street, Suite 201  
**Phone:** (203) 327-5810 x109 **Website:** [www.ulsc.org](http://www.ulsc.org)

Neighborhood Housing Services of Waterbury 161 North Main Street **Phone:** (203) 753-1896\*  
**Website:** [www.nhswaterbury.org](http://www.nhswaterbury.org)

## Section 8 Homeownership Programs

Ansonia Housing Authority, 36 Main Street

Phone: (203) 736-8888\*

Website: [www.ansoniahousing.com](http://www.ansoniahousing.com)

Danbury Housing Authority, 2 Mill Ridge Road

Phone: (203) 744-2500 ext.126\*

Website: [www.hacdct.org](http://www.hacdct.org)

Meriden Housing Authority, 22 Church Street

Phone: (203) 235-0157\*

Website: [www.cityofmeriden.org](http://www.cityofmeriden.org)

New Haven Housing Authority, 360 Orange Street

Phone: (203) 498-8800\*

Website: [www.elmcitycommunities.com](http://www.elmcitycommunities.com)

## Connecticut Housing Finance Authority (CHFA)

CHFA offers low-interest rate mortgages to first-time homebuyers or those who have not owned a home in the last three years. Borrowers who have owned a home previously may also apply if they plan to purchase in a targeted area of the state. The Authority offers special mortgage programs for persons with disabilities, active duty military personnel, and veterans, teachers and police officers who meet the specific program eligibility requirements. CHFA also offers a Downpayment Assistance Program (DAP), a second mortgage loan that covers the downpayment for eligible borrowers. The DAP loan is the same interest rate as the CHFA first mortgage. Additional CHFA special programs include rehabilitation loans for purchasing and renovating properties known as the FHA 203K loans. CHFA also provides financing to developers for the construction or rehabilitation of affordable multifamily rental properties.

Phone: (860) 721-9501, ext. 502

Website: [www.chfa.org](http://www.chfa.org)

## CHFA Foreclosure Prevention Programs

Homeowners who are delinquent or in danger of becoming delinquent on their mortgages due to temporary financial hardship beyond their control, such as a medical issue or job loss, can apply for a State of Connecticut Emergency Mortgage Assistance Program (EMAP) loan. Homeowners who qualify for an EMAP mortgage loan can receive funds to bring their

mortgage(s) current and possibly receive monthly payment assistance. CHFA oversees financial fitness and foreclosure prevention counseling programs to help homeowners plan, budget, work with lenders on modification and prevent foreclosure. These programs are provided free of charge through partnering HUD approved counseling agencies throughout Connecticut.

Phone: (860) 571-3500 Toll-free: 1-877-571-2432

Website: [www.chfa.org](http://www.chfa.org)

## Capital for Change, Inc.

Capital for Change has a variety of programs and services to help people purchase homes and keep housing safe, efficient, and affordable. It offers energy efficiency loan programs, mortgage assistance and repair loan programs for home buyers/owners, and counseling and services for homeowners in danger of losing their homes. Address: 171 Orange Street, 3<sup>rd</sup> Floor, New Haven. Phone: (203) 401-3378

Website: <http://www.capitalforchange.org/homeowners>

**Energy Conservation Loan Program information:**

Website: <http://www.capitalforchange.org/energy-efficiency-programs>

## Foreclosure Prevention

Neighborhood Housing Services of New Haven provides assistance to homeowners having difficulty staying current on their mortgages. In addition, any homeowner at risk of foreclosure can receive information about the judicial foreclosure and mediation process, guidance on how to prepare and what documents to bring to court, and information about resources available to homeowners. Phone: (203) 777-6925

Website: [www.nhsfnh.org](http://www.nhsfnh.org)

Additional information at [www.ctfairhousing.org](http://www.ctfairhousing.org).

## Housing Development Fund

HDF's mission is to facilitate the development of affordable housing, both rental and homeownership, and to assist households to become and remain owners of affordable homes. With help from HDF, first time homebuyers become homeowners through free counseling and unique lending products, developers build affordable housing units with competitive financing, and homeowners are encouraged and supported through innovative programs.

Website: [www.hdfconnects.org](http://www.hdfconnects.org)

**Bridgeport** 1111 Main Street **Phone:** (203) 969-1830\*  
**Danbury** 8 West Street, Suite 202-204  
**Phone:** (203) 969-1830

## **Neighborhood Assistance Corporation of America**

NACA's primary goal is to build strong, healthy neighborhoods in urban and rural areas nationwide through affordable homeownership. NACA has made the dream of homeownership a reality for thousands of working people by counseling them honestly and effectively, enabling even those with poor credit to purchase a home or modify their predatory loan with far better terms than those provided even in the prime market. **Address:** 241 Main Street, 2<sup>nd</sup> Floor, Hartford.  
**Phone:** (203) 562-6220\* **Website:** [www.naca.org](http://www.naca.org)

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# **Health Care**

## *Insurance*

### **Access Health CT**

Access Health CT is Connecticut's official health insurance marketplace. Access Health CT was established to meet the requirements of the federal Affordable Care Act (ACA). It offers Connecticut residents and small employers a range of qualified health care coverage options from health insurance carriers and public health care programs. Individuals, families, and small businesses that qualify can get financial help with their health care coverage costs. Access Health CT is open to all legal residents of Connecticut (you must live in Connecticut, be a U.S. citizen or lawfully present, and cannot currently be incarcerated). You can see if you are eligible for a Qualified Health Plan (QHP) or HUSKY A, HUSKY D or HUSKY B-CHIP. There is an open enrollment period each year. To get health care coverage for January 1, you can enroll anytime during the open enrollment period of November 1– December 15 of the prior year. You are eligible to enroll at other times if you have had a qualifying life event such as a loss of job, divorce, or adoption or birth of a child. Most applicants can also use Access Health CT's call center or website to enroll for Medicaid. If you qualify for Medicaid or CHIP (Children's Health Insurance Program)/HUSKY, you can enroll at any time for only those programs. The

Access Health CT website also has links to find a qualified in-person counselor or broker to assist you.  
**Toll-free:** (855) 909-2428\*  
**Website:** [www.accesshealthct.com](http://www.accesshealthct.com).

## **Husky Health (Medicaid and Children's Health Insurance Program)**

HUSKY Health is the State of Connecticut's public health coverage program for eligible children, parents, relative caregivers, pregnant women, adults without dependent children, elders, and individuals with disabilities. Income eligibility levels apply. The HUSKY Health program offers a full health benefits package. HUSKY Health pays for doctor visits, prescriptions, vision and dental care, and more.

For general HUSKY information:

**Phone:** (877) CT-HUSKY (860-284-8759)

**Website:** [www.ct.gov/hh](http://www.ct.gov/hh)

HUSKY A: Depending on family income, Connecticut children and their parents or relative caregivers; and pregnant women may be eligible for this Medicaid coverage.

HUSKY B (also known as the Children's Health Insurance Program): Uninsured children under age 19 in higher income households may be eligible; depending on specific income level, family cost-sharing applies.

HUSKY C (Medicaid for the Aged/Blind/Disabled, Long Term Care Medicaid, or Medicaid for Employees with Disabilities, MED-Connect): Connecticut residents aged 65 or older, or who are aged 18 up to 65th birthday and who are blind, or who have another disability, may qualify for coverage. MED-Connect is available to working persons with disabilities with incomes up to \$75,000 annually. **Website:** [www.ct.gov/med](http://www.ct.gov/med)

HUSKY D (Medicaid for the Lowest-Income Populations): Connecticut residents aged 19 up to 65th birthday, without dependent children and who do not receive Medicare can be eligible for this coverage. HUSKY D has an income limit of 138% of the Federal Poverty Level, FPL (\$1,366.20 for 1 person).

Application information: [www.ct.gov/dss/apply](http://www.ct.gov/dss/apply)

**To apply for HUSKY A, B, or D:**

**Website:** [www.accesshealthct.com](http://www.accesshealthct.com)

**Phone:** (855) 805-4325 **TTY:** (855) 789-2428

**To apply for HUSKY C:**

**Website:** [www.Ct.gov/dss/apply](http://www.Ct.gov/dss/apply) or [www.connect.ct.gov](http://www.connect.ct.gov)

**Phone:** (877) 874-1612

Or visit a DSS Field Office. Locations can be found at:

[www.ct.gov/dss/fieldoffices](http://www.ct.gov/dss/fieldoffices)

### **Medicare Savings Programs (MSP)**

There are three Medicare Savings Programs (MSP) that help eligible individuals pay for Medicare Part B premiums. They are the qualified Medicare Beneficiary program (QMB), the Special Low Income Medicare Beneficiary program (SLMB), and the Additional Low Income Medicare Beneficiary program (ALMB). Household Income determines for which an individual or couple may qualify. All three programs pay Medicare Part B premiums. Only QMB pays Medicare co-pays and deductibles for Medicare-covered services. If eligible, there are no costs for applying or receiving benefits under these programs. Program information can be found at: **Website:** [www.medicare.gov](http://www.medicare.gov)

To determine eligibility and apply, see CHOICES, below.

### **Medicare Assignment Program (ConnMAP)**

The Connecticut Medicare Assignment Program (ConnMAP) is a state program administered by the Connecticut State Department on Aging (DOA). ConnMAP ensures that physicians and other Part B providers will not charge ConnMAP enrollees more than the reasonable and necessary rate established by Medicare. Medicare beneficiaries who meet the program's eligibility guidelines may obtain a ConnMAP card by submitting an application to DSS. The card is then presented to health care providers prior to treatment. If the service is covered by Medicare, the provider may charge no more than the Medicare approved rate.

To determine eligibility and apply, see CHOICES, below.

### **CHOICES**

The Connecticut Health Insurance Assistance, Outreach, Information, Counseling, and Eligibility Screening Program (CHOICES) offers free, unbiased information, referrals, and assistance to Medicare beneficiaries (Including persons with disabilities), caregivers, and persons 60 years of age or older, through the Area Agencies on Aging. Trained staff and volunteer

counselors assist with health insurance options including Traditional Medicare, Medicare Advantage plans, Medicare Part D, Extra Help/Low-Income Subsidy (LIS), Medicare Supplemental Insurance (Medigap), and Medicare Savings Programs. CHOICES Team Members may also conduct a Benefits Checkup eligibility screening and provide referrals to the appropriate federal, state or local agencies for additional assistance. CHOICES Team Members are located at CT's five Area Agencies on Aging as well as many volunteer host organization sites throughout the state. **Toll-Free:** (800) 994-9422.

To attend a presentation or connect with a certified CHOICES Counselor in your area, please contact the CHOICES Regional Coordinator:

#### **Eastern, Middlesex, Shoreline**

Senior Resources Agency on Aging

19 Ohio Avenue, Norwich

**Phone:** (860) 887-3561

#### **North Central areas**

North Central Area Agency on Aging

151 New Park Avenue, Hartford

**Phone:** (860) 724-6443

#### **South Central areas**

Agency on Aging of South Central CT

One Long Wharf Drive, New Haven

**Phone:** (203) 785-8533

#### **Southwestern areas**

Southwestern CT Agency on Aging

1000 Lafayette Boulevard, Bridgeport

**Phone:** (203) 814-3698

#### **Western areas**

Western CT Area Agency on Aging

84 Progress Lane, Waterbury

**Phone:** (203) 757-5449

## *Clinics*

### **Community Health Centers**

Offer a wide variety of primary medical, dental and behavioral health care and other services for all age groups at an affordable cost. Improved health is achieved through provision of early detection, preventative care,

and treatment. Services may include: adult and child wellness visits, diagnostic, laboratory and radiological services; family planning; prenatal, maternal and child health care; pharmaceutical services; mental health services; dental care; insurance enrollment; and health promotion programs. Bilingual services are often available.

**Ansonia**

CSHHC of Ansonia, 121 Wakelee Avenue  
**Phone:** (203) 503-3570 **Website:** [www.cornellscott.org](http://www.cornellscott.org)

**Bridgeport**

Optimus Health Care: **Phone:** (203) 696-3260  
**Website:** [www.optimushealthcare.org](http://www.optimushealthcare.org)  
JP Morgan Chase Wellness Center,  
1071 East Main Street  
Hollow Community Health Center,  
82-88 George Street  
Optimus Health Care, 982 East Main Street  
Optimus @ Barnum Avenue, 471 Barnum Avenue  
Park City Primary Care Center, 64 Black Rock  
Avenue  
Main Street Pediatrics, 3715 Main Street, Suite 200  
Ralphola Taylor Community Center, 790 Central  
Avenue  
WIC Program, 1450 Barnum Avenue  
The Transitions Clinic, 48 Bond Street

Southwest Community Health Centers  
**Phone:** (203) 330-6000 **Website:** [www.swchc.org](http://www.swchc.org)  
968 Fairfield Avenue  
46 Albion Street  
510 Clinton Avenue  
1046 Fairfield Avenue  
743 South Avenue  
762 Lindley Street  
WIC Program, 1020 Fairfield Avenue

**Bristol**

Community Health Center, Inc., 395 North Main Street  
**Phone:** (860) 585-5000\* **Website:** [www.chc1.com](http://www.chc1.com)  
Wheeler Clinic, 10 North Main Street  
**Phone:** 860-793-3500 **Website:** [www.wheelerclinic.org](http://www.wheelerclinic.org)

**Clinton**

Community Health Center, Inc., 114 E. Main Street  
**Phone:** (860) 664-0787\* **Website:** [www.chc1.com](http://www.chc1.com)

**Colchester**

United Community & Family Services, 212 Upton Road  
**Phone:** (860) 537-7676 **Website:** [www.ucfs.org](http://www.ucfs.org)

**Danbury**

CIFC Greater Danbury Community Health Centers  
**Phone:** (203) 743-0100 **Website:** [www.ct-institute.org](http://www.ct-institute.org)  
57 North Street  
120 Main Street  
70 Main Street  
152 West Street

Community Health Center, Inc., 8 Delay Street  
**Phone:** (203) 797-8330\* **Website:** [www.chc1.com](http://www.chc1.com)

**Danielson**

Generations Family Health Center of Danielson,  
42 Reynolds Street  
**Phone:** (860) 774-7501 **Website:** [www.genhealth.org](http://www.genhealth.org)

**Derby**

Cornell Scott-Hill Health Center, 31 Elizabeth Street  
**Phone:** (203) 736-5460 **Website:** [www.cornellscott.org](http://www.cornellscott.org)

**East Haven**

Fair Haven Community Health Care, 370 Hemingway  
Avenue  
**Phone:** 203-285-1133 **Website:** [www.fhchc.org](http://www.fhchc.org)

**Enfield**

Community Health Center, Inc., 5 North Main Street  
**Phone:** (860) 253-9024\* **Website:** [www.chc1.com](http://www.chc1.com)

**East Hartford**

First Choice Health Centers  
**Phone:** (860) 528-1359 **Website:** [www.firstchc.org](http://www.firstchc.org)  
94 Connecticut Boulevard  
92 Connecticut Boulevard  
110 Connecticut Boulevard  
265 Ellington Road  
809 Main Street

InterCommunity, Inc., 281 East Main Street  
**Phone:** (860) 569-5900

**Website:** [www.intercommunityct.org](http://www.intercommunityct.org)

### **Greenwich**

Family Centers, 111 Wilbur Peck Court

**Phone:** (203) 717-1760

**Website:** [www.familycenters.org](http://www.familycenters.org)

### **Griswold**

United Community & Family Services, 226 East Main Street

**Phone:** (860) 376-7040 **Website:** [www.ucfs.org](http://www.ucfs.org)

### **Groton**

Community Health Center, Inc., 481 Gold Star Highway #101

**Phone:** (860) 446-8858\* **Website:** [www.chc1.com](http://www.chc1.com)

### **Hartford**

Charter Oak Health Center **Phone:** (860) 550-7500

**Website:** [www.thecharteroak.org](http://www.thecharteroak.org)

21 Grand Street

401 New Britain Avenue

Community Health Services, 500 Albany Ave.

**Phone:** (860) 249-9625 **Website:** [www.chshartford.org](http://www.chshartford.org)

InterCommunity, Inc., 16 Coventry Street

**Phone:** (860) 569-5900

**Website:** [www.intercommunityct.org](http://www.intercommunityct.org)

Wheeler Clinic, 43 Woodland Street

**Phone:** (860) 793-3500

**Website:** [www.wheelerclinic.org](http://www.wheelerclinic.org)

CHC, Inc. at CCMS, 76 New Britain Avenue

**Phone:** (860) 547-0970

**Website:** [www.chc1.com](http://www.chc1.com)

### **Manchester**

First Choice Health Center

**Phone:** (860) 528-8117 **Website:** [www.firstchc.org](http://www.firstchc.org)

444 Center Street

150 North Main Street

### **Meriden**

Community Health Center, Inc., 134 State Street

**Phone:** (203) 237-2229 **Website:** [www.chc1.com](http://www.chc1.com)

### **Middletown**

Community Health Center, Inc., 675 Main Street

**Phone:** (860) 347-6971 **Website:** [www.chc1.com](http://www.chc1.com)

### **Milford**

Optimus at Bridges, 949 Bridgeport Avenue

**Phone:** (203) 878-6365

**Website:** [www.optimushealth.org](http://www.optimushealth.org)

### **Naugatuck**

StayWell Health, 30 Church Street

**Phone:** (203) 805-4929

**Website:** [www.staywellhealth.org](http://www.staywellhealth.org)

### **New Britain**

Community Health Center, Inc., 85 Lafayette Street

**Phone:** (860) 224-3642 **Website:** [www.chc1.com](http://www.chc1.com)

Wheeler Clinic, 75 North Mountain Road

**Phone:** 860-793-3500 **Website:** [www.wheelerclinic.org](http://www.wheelerclinic.org)

### **New Haven**

Cornell Scott-Hill Health Corporation.

**Phone:** (203) 503-3000

**Website:** <http://cornellscott.org/>

400 Columbus Avenue

226 Dixwell Avenue

911 State Street

122 Wilmot Road

428 Columbus Avenue

62 Grant Street

Fair Haven Community Health Care

**Phone:** (203) 777-7411 **Website:** [www.fhchc.org](http://www.fhchc.org)

374 Grand Avenue

50 Grand Street

Fair Haven Medical Group at Bella Vista,

339 Eastern Street

Fair Haven @ MAAS, 426 East Street

**Phone:** (203) 495-7710

### **New London**

United Community & Family Services, New London

Behavioral Health, 351 Frontage Road

**Phone:** (860) 442-4319 **Website:** [www.ucfs.org](http://www.ucfs.org)

Community Health Center, Inc., 1 Shaw's Cove

**Phone:** (860) 447-8304\* **Website:** [www.chc1.com](http://www.chc1.com)



**Norwalk**

Norwalk Community Health Center, 120 Connecticut Avenue

**Phone:** (475) 208-3244 **Website:** [www.norwalkchc.org](http://www.norwalkchc.org)

Community Health Center, Inc., 49 Day Street

**Phone:** (203) 854-9292\* **Website:** [www.chc1.com](http://www.chc1.com)

**Norwich**

Generations Family Health Center of Norwich, 330 Washington Street, Suite 510

**Phone:** (860) 885-1308 **Website:** [www.genhealth.org](http://www.genhealth.org)

United Community and Family Services, 47 Town Street

**Phone:** (860) 892-7042 **Website:** [www.ucfs.org](http://www.ucfs.org)

**Old Saybrook**

Community Health Center, Inc., 263 Main Street # 202

**Phone:** (860) 388-4433\* **Website:** [www.chc1.com](http://www.chc1.com)

**Putnam**

Generations Family Health Center, 202 Pomfret Street

**Phone:** (860) 973-7917 **Website:** [www.genhealth.org](http://www.genhealth.org)

**Plainfield**

United Community & Family Services, 120-122 Plainfield Road

**Phone:** (860) 822-4938 **Website:** [www.ucfs.org](http://www.ucfs.org)

**Stamford**

Optimus Health Care **Phone:** (203) 696-3260

**Website:** [www.optimushealthcare.org](http://www.optimushealthcare.org)

Optimus Harbor Point, 805 Atlantic Street

Optimus at Inspirica, 8 Woodland Place

Optimus Fairgate, 138 Stillwater Street

Optimus on the Boulevard, 1351 Washington Boulevard

Optimus at Pacific House, 597 Pacific Street

Community Health Center, Inc., 141 Franklin Street

**Phone:** (203) 969-0802\* **Website:** [www.chc1.com](http://www.chc1.com)

**Stratford**

Optimus Health Care/Stratford Community Health Center, 727 Honeyspot Road **Phone:** (203) 375-7242

**Website:** [www.optimushealthcare.org](http://www.optimushealthcare.org)

**Torrington**

Community Health & Wellness Center of Greater Torrington, 469 Migeon Avenue

**Phone:** (860) 489-0931\* **Website:** [www.chwctorr.org](http://www.chwctorr.org)

**Vernon**

First Choice Health Center of Vernon

**Phone:** (860) 896-1616 **Website:** [www.firstchc.org](http://www.firstchc.org)

94 Union Street

3 Prospect Street

**Waterbury**

StayWell Health Care **Phone:** (203) 756-8021

**Website:** [www.staywellhealth.org](http://www.staywellhealth.org)

80 Phoenix Avenue

South End, 1302 South Main Street

**Phone:** (203) 597-9044

1309 South Main Street **Phone:** (203) 597-9044

Community Health Center, Inc., 51 North Elm Street

**Phone:** (203) 574-4000\* **Website:** [www.chc1.com](http://www.chc1.com)

**West Haven**

Cornell Scott Hill Health Center, 285 Main Street

**Phone:** (203) 503-3000 **Website:** [www.cornellscott.org](http://www.cornellscott.org)

**Willimantic**

Generations Family Health Center, 40 Mansfield Avenue

**Phone:** (860) 450-7471 **Website:** [www.genhealth.org](http://www.genhealth.org)

Child First: United Community & Family Services, 322 Main Street

**Phone:** (860) 822-4907 **Website:** [www.ucfs.org](http://www.ucfs.org)

**Winsted**

Community Health & Wellness Center of Greater Torrington, 115 Spencer Street

**Phone:** (860) 238-4211\* **Website:** [www.chwctorr.org](http://www.chwctorr.org)

**Windsor**

Community Health Services, 503 Windsor Avenue

**Phone:** (860) 249-9625 **Website:** [www.chshartford.org](http://www.chshartford.org)

## **School-Based Health Centers (SBHCs)**

SBHCs are located within or on the grounds of schools. SBHCs are licensed out-patient facilities or hospital satellite clinics that offer primary preventive health and mental health and in some cases oral health services and health promotion/education/risk reduction activities for students in grades pre-K through 12. Services Include but are not limited to: routine checkups and health counseling; physical examinations; immunizations; treatment of acute injuries or illnesses; crisis intervention; individual, group and family counseling; and health promotion/education/risk reduction activities. Services are aimed at, but not limited to, students who do not have access to a family doctor, or whose families have little or no health insurance. All students enrolled at the school serviced by the SBHC are eligible; however, parental consent is required. Contact numbers for Department of Public Health (DPH)-funded SBHCs are listed below.

**Ansonia** Ansonia High **Phone:** (203) 736-5060

### **Bloomfield**

Metropolitan Learning Center **Phone:** (860) 242-7834

### **Branford**

Murphy Elementary **Phone:** (203) 488-4151

Walsh Intermediate **Phone:** (203) 315-3533

Branford High **Phone:** (203) 315-6727

### **Bridgeport**

Blackham **Phone:** (203) 576-7815

Columbus **Phone:** (203) 275-1901

Dunbar **Phone:** (203) 576-7194

JFK **Phone:** (203) 576-7534

Read **Phone:** (203) 576-8087

Roosevelt **Phone:** (203) 275-2102

Marin **Phone:** (203) 576-8202

Bassick High **Phone:** (203) 275-3081

Central High **Phone:** (203) 275-1502

Harding High **Phone:** (203) 275-2751

### **Danbury**

Broadview Middle **Phone:** (203) 731-8274

Rogers Park Middle **Phone:** (203) 778-7479

Danbury High **Phone:** (203) 790-2886

### **East Hartford**

East Hartford High **Phone:** (860) 622-5340

East Hartford Middle **Phone:** (860) 622-5340

Silver Lane Elementary **Phone:** (860) 622-5340

Mayberry Elementary **Phone:** (860) 622-5340

Hockanum Elementary **Phone:** (860) 622-5340

**East Haven** Momauguin School **Phone:** (203) 468-3321

**East Windsor** East Windsor High **Phone:** (860) 623-3361

### **Groton**

Chester Elementary **Phone:** (860) 445-0313

Kolnaski Magnet **Phone:** (860) 445-2191

West Side Middle **Phone:** (860) 446-1779

Fitch High **Phone:** (860) 449-7253

Cutler Middle **Phone:** (860) 572-4448

### **Hamden**

Hamden High **Phone:** (203) 248-4528

Church Street School **Phone:** (203) 785-5165

### **Hartford**

Hartford Public High **Phone:** (860) 695-8760

Weaver High **Phone:** (860) 695-8760

Sánchez Elementary **Phone:** (860) 695-8760

M.D. Fox **Phone:** (860) 695-7725

Asian Studies at Belizzi School **Phone:** (860) 695-2400

Clark Elementary & Middle **Phone:** (860) 695-3240

Bulkeley High **Phone:** (860) 695-8760

**Meriden** Lincoln Middle **Phone:** (203) 238-2381

### **Middletown**

Macdonough Elementary **Phone:** (860) 347-8533

Keigwin Middle **Phone:** (860) 632-2433

Wilson Middle **Phone:** (860) 347-8594

### **New Britain**

Roosevelt Middle **Phone:** (860) 826-8845

New Britain High **Phone:** (860) 225-6300

### **New Haven**

Barnard Environmental Studies **Phone:** (475) 220-3584

Clinton Avenue **Phone:** (475) 220-3318

Clemente Leadership Academy **Phone:** (475) 220-7617

King-Robinson Magnet **Phone:** (475) 220-2791

Mauro-Sheridan Magnet **Phone:** (475) 220-2815  
Lincoln-Bassett **Phone:** (475) 220-8516  
Troup **Phone:** (475) 220-3076  
Truman **Phone:** (475) 220-2122  
Fair Haven **Phone:** (475) 220-2643  
Hillhouse High **Phone:** (475) 220-7555  
Wilbur Cross High **Phone:** (475) 220-7444

#### **New London**

Bennie Dover Jackson Middle **Phone:** (860) 701-3772  
New London High **Phone:** (860) 437-6400  
Nathan Hale Arts Magnet **Phone:** (860) 447-6060  
Winthrop Magnet Elementary **Phone:** (860) 447-6070  
Jennings Elementary **Phone:** (860) 447-6050  
Regional Magnet School **Phone:** (860) 437-7775  
School for Arts and Communication (ISSAC)  
**Phone:** (860) 447-1003

#### **Norwalk**

Pathways Academy **Phone:** (203) 846-6385  
McMahon High **Phone:** (203) 854-0524  
Norwalk High **Phone:** (203) 838-4481

#### **Norwich**

Kelly Middle **Phone:** (860) 934-1101  
Norwich Free Academy **Phone:** (860) 425-5557  
Teachers Memorial Middle **Phone:** (860) 934-1150  
Stanton Network Elementary **Phone:** (860) 934-1107

**Putnam Putnam Middle School Phone:** (860) 928-4698

#### **Stamford**

Dolan Middle **Phone:** (203) 977-4698  
Rippowam Academy **Phone:** (203) 977-5801  
Stamford High **Phone:** (203) 977-5511  
Westhill High **Phone:** (203) 977-4937  
Cloonan Middle **Phone:** (203) 977-4544

**Stratford Wooster Middle Phone:** (203) 381-6922

**Stonington Pawcatuck Middle Phone:** (860) 599-1603

#### **Waterbury**

Driggs Elementary **Phone:** (203) 596-9503  
Crosby-Wallace **Phone:** (203) 805-4916

**Waterford Friendship School Phone:** (860) 447-4049

#### **Windham**

Windham High **Phone:** (860) 465-2465  
Windham Middle **Phone:** (860) 465-2465  
Barrows STEM Academy **Phone:** (860) 465-2465

## ***Children and Pregnancy***

### **Connecticut Birth to Three System**

This is a statewide system of supports for families with children under three years of age who have disabilities or significant delays in their development. Families of eligible children learn to enhance their child's development and connect to services in their communities. All early intervention supports are provided primarily in the family's home, child care or other natural settings. Evaluation, assessment, service coordination, planning, and procedural safeguards are available at no cost. Statewide coverage is provided by comprehensive programs, some of which specialize in hearing or autism. Programs bill Medicaid and commercial insurance and families with adjusted gross incomes over \$45,000 contribute to the cost of services monthly based on a sliding fee scale. **Toll-Free:** 1-800-505-7000 **Website:** [www.birth23.org](http://www.birth23.org).

### **Healthy Start**

The goal of the Healthy Start program is to support and promote positive maternal and neonatal health outcomes through Medicaid enrollment, referrals to health care, mental health providers, and other services. The services also help undocumented pregnant immigrants, not eligible for HUSKY, to find resources in their communities to help cover the cost of prenatal care, including medical tests. Eligible mothers have incomes of roughly \$30,000 or less for a family of one to \$58,000 or less for a family of four. Services are located in a number of venues that include health departments, hospital clinics, and federally qualified health centers. To find a location that can provide services, dial **Toll-Free** 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword "Healthy Start" for the zip code or town where you are seeking help.

### **Connecticut Medical Home Initiative (CMHI)**

CMHI promotes family-centered, community-based, culturally competent, coordinated care for children with, or at risk for, chronic and disabling conditions. Care

Coordinators work with primary care providers (medical homes) to identify children and provide their families access to comprehensive coordinated care. Limited funding is available for approved medical goods and services, including but not limited to: hearing aids, wheelchairs, prescription medicines, and special nutritional formulas for those who meet family income and insurance eligibility guidelines. For more information, contact the nearest CMHI or **Toll-Free:** (800) 505-7000\*

## **Birthright**

Birthright is a pregnancy support service providing assistance to any woman of any age, race, religious, marital, or economic status, who is pregnant or thinks she may be pregnant. Birthright offers non-judgmental, confidential, free assistance to any woman in need. Birthright aims to help a woman make a realistic plan for her future and the future of her child. Birthright services include one-on-one support, counseling, pregnancy tests, community resource information, referrals, practical support, and general information. For more information, call the free, 24/7 Birthright Helpline **Phone:** 1-800-550-4900, or call the nearest Birthright center.

**Clinton Phone:** (860) 664-9466

**Danbury Phone:** (203) 744-3736

**East Hartford Phone:** (860) 290-8800

**Meriden Phone:** (203) 237-9887

**Newington Phone:** (860) 665-0234

**New London Phone:** (860) 443-6205

**Norwalk Phone:** (203) 853-4872

**Stamford Phone:** (203) 348-4355

**Willimantic Phone:** (860) 456-9495

## **Hopeline Pregnancy Resource Center**

Hopeline offers free, confidential pregnancy tests and ultrasounds, whether a woman chooses to keep her child, chooses adoption, or chooses abortion. Hopeline provides decision-making counseling for those in unplanned pregnancies; emotional and spiritual support during and after pregnancy; assistance with resources; baby supplies; referrals; and information to make an informed choice. Help is also offered in post-abortion support groups, relationship counseling, and presentations in schools regarding relationship education

called "Your Choice". Offices are located in Bridgeport, Danbury, and Stamford. **Toll-Free:** (800) 203-4673\*

**Website:** [www.hopelineprc.org](http://www.hopelineprc.org)

## **Planned Parenthood of Southern New England (PPSNE)**

Planned Parenthood is a trusted, local resource for convenient and confidential services for all people. Services include all FDA approved birth control methods (including emergency contraception); Pap tests and breast exams; testing and treatment for STIs; HIV counseling and testing; pregnancy testing and counseling; work and school physical exams; vaccinations, including HPV and Hepatitis B; and medication and surgical abortion services. Most centers provide colposcopy, cryosurgery, and LEEP. PPSNE offers medical interpretation services for nonEnglish speaking patients, has a sliding fee scale based on one's income, and participates in many insurance plans. To make an appointment or for more information: Administrative Office **Address:** 345 Whitney Avenue, New Haven. **Toll-Free:** (800) 230-PLAN (7526) Book appointments at **Website:** [www.ppsne.org](http://www.ppsne.org)

**Bridgeport** 4697 Main Street

**Danbury** 44 Main Street

**Danielson** 87 Westcott Road

**Enfield** 111 Hazard Avenue

**Hartford** 1229 Albany Avenue

**Manchester** 319 Main Street

**Meriden** 26 Women's Way

**New Britain** 100 Grand Street

**New Haven** 345 Whitney Avenue

**New London** 45 Franklin Street

**Norwich** 12 Case Street

**Old Saybrook** 263 Main Street

**Stamford** 35 Sixth Street

**Torrington** 249 Winsted Road

**Waterbury** 969 West Main Street

**West Hartford** 1030 New Britain Avenue

**Willimantic** 1548 West Main Street

## ***Mental Health and Addiction***

### **Department of Mental Health and Addiction Services (DMHAS) Problem Gambling Services**

Problem Gambling Services seeks to protect vulnerable groups from gambling-related harm and works to foster and promote personal and social responsibility in all populations. It also provides community awareness initiatives. In addition to prevention and education, DMHAS Problem Gambling Services provides counseling for adults 18 and older who exhibit problem or disordered gambling and persons affected by gambling (i.e., spouse, family member, and significant other). The full range of services are available at “Better Choice” sites throughout the state. Problem Gambling Helpline is available 24/7 and is confidential. Interpreter services available for non-English speaking clients. **Toll-Free: (888) 789-7777\* Text: (847) 973-5685 Website: [www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs).**

### **Mobile Crisis Intervention**

Mobile Crisis serves children and adolescents under 19 years of age who are experiencing a behavioral or mental health crisis. Anyone in contact with the child can call for the service. Crisis services are available at no cost to all Connecticut residents and can be accessed 24 hours a day by dialing 2-1-1 and, at the prompt, pressing “1” for “crisis.” Mobile Crisis clinicians are available to be dispatched to support the child at their home, at school or in other community settings with a face-to-face evaluation, within 45 minutes of the referral, from 6 am to 10 pm Monday through Friday, and 1 pm to 10 pm on weekends and holidays. Children and families are served for up to 45 days and are offered crisis stabilization, brief treatment, psychiatric evaluation (as needed), and linkage to ongoing care. The following link provides additional information on Mobile Crisis: <http://www.empsct.org/>. To find a location that can provide services, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword “Mobile Crisis Intervention” for the zip code or town where you are seeking help.

### **Alcohol and Drug Treatment**

24/7 information and referral to drug and alcohol treatment and supportive recovery services can be accessed. To find a location, dial **Toll-free: 2-1-1** or visit

the 2-1-1 Substance Use Disorder Category at <http://uwc.211ct.org/categorysearch/substance-abuse/> to see the range of service options.

### **Alcoholics Anonymous (AA)**

AA is a fellowship of men and women who have found a solution to their drinking problem. The only requirement for membership is a desire to stop drinking. There are no dues or fees; AA is supported by voluntary contributions of its members, neither seeking nor accepting outside funding. Members observe personal anonymity outside of the fellowship group. There are approximately 3,000 AA meetings held each week in Connecticut.

**Toll-Free: (866) 783-7712 Spanish: (855) 377-2628\***

**Website: [www.ct-aa.org](http://www.ct-aa.org)**

### **APT Foundation Inc.**

APT Foundation Inc. provides outpatient and residential substance-use disorder treatment, primary healthcare, outpatient mental health treatment services, medication assisted treatment, family counseling services, and adult education. All vocational services are open to all, including women with children and those living with HIV/AIDS. Its dedicated and compassionate multi-disciplinary treatment team works hard to assure that every person’s recovery experience is handled with safety, dignity, and empowerment. It is committed to providing respectful, individualized, and confidential care to all of its clients and their loved ones. **Address: 1 Long Wharf Drive, Suite 10, New Haven.**

**Phone: (203) 781-4600\***

**Website: [www.aptfoundation.org](http://www.aptfoundation.org).**

### **Connecticut Counseling Centers**

The Connecticut Counseling Centers operate three sites that provide a full range of licensed outpatient substance abuse and mental health prevention, education, and treatment services to assist adults in becoming productive members of society. Centers are accredited and provide methadone maintenance, ambulatory opioid taper, outpatient mental health and addiction services, and intensive outpatient treatment programs. Integrated co-occurring treatment services are available for all levels of care. Centers also provide HIV, Tuberculosis, and Hepatitis A-C testing and counseling. **Phone: (203) 743-4698 Website: [www.ctcounseling.org](http://www.ctcounseling.org)**

**Danbury 60 Beaver Brook Road Phone: (203) 743-7574**

**Norwalk** 20 North Main Street **Phone:** (203)838-6508

**Waterbury** 4 Midland Road **Phone:** (203)755-8874\*

## **Community Substance Abuse Centers (CSAC)**

Community Substance Abuse Centers (CSAC) is a private outpatient program that provides treatment for those who abuse drugs and alcohol. CSAC specializes in addiction to narcotics and provides outpatient medically assisted treatment (methadone) for opioid users in a caring and compassionate setting. Patients who are pregnant or have medical complications such as AIDS are given priority admission. State insurance accepted.

**Address:** 55 Fishfry Street, Hartford

**Phone:** (860) 247-8300\* **Website:** [www.hcrcenters.com](http://www.hcrcenters.com)

## **The Consultation Center**

The Consultation Center is a university-based, community organization that offers a range of services including prevention, intervention, research, evaluation, and training in New Haven, throughout Connecticut, nationally, and internationally. Its work with adults, adolescents, and elders includes program and professional development, consultation, education, technical assistance, and psychotherapy to individuals, families, groups, schools, community-based organizations, and corporations. **Phone:** (203) 789-7645\* **Website:** [www.theconsultationcenter.org](http://www.theconsultationcenter.org).

## **Mental Health Connecticut (MHC)**

Mental Health Connecticut (MHC) is a statewide, nonprofit organization whose mission is to improve mental health for all Connecticut residents. For more than 100 years, MHC has worked to improve mental health services, promote recovery for people with mental health conditions, educate the community about the importance of mental wellness, and combat discrimination resulting from a mental health diagnosis. Through advocacy, education, and service, MHC empowers people to promote mental wellness, instigate meaningful systems change, and engage in mental health recovery.

**Phone:** (800) 842-1501 **Website:** [www.mhconn.org](http://www.mhconn.org).

## **Narcotics Anonymous**

Narcotics Anonymous is a 12-step self-help program for recovering addicts, based on the belief of one addict helping another. For meeting schedules or information: **Toll-Free:** (800) 627-3543\* **Website:** [www.ctna.org](http://www.ctna.org).

## **Keep the Promise**

The Keep the Promise Coalition is a statewide mental health advocacy coalition that involves and empowers all voices in Connecticut to influence public policy, with the goal of expanding opportunities for full community integration, so that Connecticut is a state in which people with mental health conditions are able to live successfully in the community. KTP is not a service-based organization. KTP offers two trainings each fall: *The Essentials of Legislative Advocacy* and *Legislative Leadership*. These trainings teach individuals the skills needed to advocate effectively to educate legislators about community-based mental health services and supports. **Address:** Gilead Community Services, 31 DeJohn Drive, Middletown. **Phone:** (860) 788-6180. **Email:** [KTP@cahs.org](mailto:KTP@cahs.org)

## **National Alliance on Mental Illness Connecticut (NAMI CT)**

National Alliance on Mental Illness Connecticut (NAMI CT) is a grass-roots member organization of families, friends, and individuals living with serious mental illness. The state office is located in Hartford. Its purpose is to provide support, education, and advocacy related to individuals living with mental illness and their family members; keep individuals informed of services and resources available to them in or near their communities; develop public understanding of mental illness; and advocate for better services and treatment.

**Toll-Free:** (800) 215-3021 **Phone:** (860) 882-0236

**Website:** [www.namict.org](http://www.namict.org).

## **Nonprofit Counseling Services**

The Family Service Agencies listed below are community based resources for crisis and mental health counseling for troubled parents, couples, youth, and the elderly. Child Guidance Clinics provide diagnostic and crisis counseling services, behavioral management, and psychiatric treatment to children – usually up to age 18 – and their parents. Mental Health Centers provide similar services to adults as well as children and youth.

**Statewide**

Connecticut Council of Family Services Agencies  
**Toll-Free:** (860) 571-0093 **Website:** [www.ctfsa.org](http://www.ctfsa.org)

**Ansonia**

BHCare **Phone:** (203) 736-2601\*  
**Website:** [www.bhcare.org](http://www.bhcare.org)

Catholic Charities **Phone:** (203) 735-7481  
**Website:** [www.ccaoh.org](http://www.ccaoh.org)

**Bloomfield** Community Health Resources  
**Toll-Free:** (877) 884-3571 **Website:** [www.chrhealth.org](http://www.chrhealth.org)

**Bridgeport**

Catholic Charities **Phone:** (203) 416-1503\*  
**Website:** [www.ccfairfield.org](http://www.ccfairfield.org)

Child Guidance Center **Phone:** (203) 394-6529\*  
**Website:** [www.cgccb.org](http://www.cgccb.org)

**Bristol**

Catholic Charities **Phone:** (860) 589-8662\*  
**Website:** [www.ccaoh.org](http://www.ccaoh.org)

Wheeler Clinic **Phone:** (860) 585-4300\*  
**Website:** [www.wheelerclinic.org](http://www.wheelerclinic.org)

**Colchester** United Community & Family Services  
**Phone:** (860) 537-7676 **Website:** [www.ucfs.org](http://www.ucfs.org)

**Columbia** United Services **Phone:** (860) 228-4480  
**Website:** [www.unitedservicesct.org](http://www.unitedservicesct.org)

**Danbury**

Family and Children's Aid  
**Phone:** (203) 748-5689\* **Website:** [www.fcaweb.org](http://www.fcaweb.org)

Catholic Charities **Phone:** (203) 743-4412  
**Website:** [www.ccfairfield.org](http://www.ccfairfield.org)

**Darien**

Family Centers, Inc. **Phone:** (203) 655-0547\*  
**Website:** [www.familycenters.org](http://www.familycenters.org)

Child Guidance Center **Phone:** (203) 662-9380  
**Website:** [www.childguidancect.org](http://www.childguidancect.org)

**Dayville** United Services **Phone:** (860) 774-2020\*  
**Website:** [www.unitedservicesct.org](http://www.unitedservicesct.org)

**Enfield** CHR/North Central Counseling Services  
**Phone:** (877) 884-3571\* **Website:** [www.chrhealth.org](http://www.chrhealth.org)

**Essex** Child & Family Agency of SE CT  
**Phone:** (860) 767-0147\*  
**Website:** [www.childandfamilyagency.org](http://www.childandfamilyagency.org)

**Fairfield**

Child Guidance Center **Phone:** (203) 983-5294\*  
**Website:** [www.childguidancect.org](http://www.childguidancect.org)

Jewish Family Services  
**Phone:** (203) 366-5438 **Website:** [www.jfsct.org](http://www.jfsct.org)

**Greenwich**

Child Guidance Center  
**Phone:** (203) 324-6127\*/(203) 255-2631  
**Website:** [www.childguidancect.org](http://www.childguidancect.org)

Jewish Family Services **Phone:** (203) 622-1881\*  
**Website:** [www.jfsgreenwich.org](http://www.jfsgreenwich.org)

**Guilford** Guilford Youth and Family Services  
**Phone:** (203) 453-8047  
**Website:** [www.ci.guilford.ct.us/youth-family-services](http://www.ci.guilford.ct.us/youth-family-services)

**Hamden** Behavioral Health Services  
**Phone:** (203) 288-6253  
**Website:** [www.medicine.yale.edu/psychiatry/care/services/services/outpatient](http://www.medicine.yale.edu/psychiatry/care/services/services/outpatient)

**Hartford Area**

Asian Family Services **Phone:** (860) 951-8770 x222  
**Website:** [www.crtct.org/en/need-help/m-health/asianfamily-services](http://www.crtct.org/en/need-help/m-health/asianfamily-services)

Catholic Charities  
**Phone:** (860) 522-8241\* **Website:** [www.ccaoh.org](http://www.ccaoh.org)

Institute for the Hispanic Family\*  
**Phone:** (860) 527-1124\* **Website:** [www.cccfs.org](http://www.cccfs.org)  
IHF Child Guidance Clinic\* **Phone:** (860) 527-1124\*

Institute of Living\* **Phone:** (860) 545-7000\*  
**Website:** [www.instituteofliving.org](http://www.instituteofliving.org)

Jewish Family Service of Greater Hartford  
**Phone:** (860) 236-1927 **Website:** [www.jfshartford.org](http://www.jfshartford.org)

**Village for Families and Children**  
**Phone:** (860) 236-4511\* **Website:** [www.thevillage.org](http://www.thevillage.org)

Wheeler Clinic **Toll-Free:** (888) 793-3500\*  
**Website:** [www.wheelerclinic.org](http://www.wheelerclinic.org)

**Jewett City UCFS Health Center** **Phone:** 860-376-7040  
**Website:** [www.ucfs.org](http://www.ucfs.org)

**Lakeville Community Mental Health Affiliates**  
**Phone:** (860) 826-1358 **Website:** [www.cmhacc.org](http://www.cmhacc.org)  
**Manchester Community Child Guidance Clinic**  
**Phone:** (860) 643-2101\* **Website:** [www.ccginc.org](http://www.ccginc.org)

**Meriden**  
Catholic Charities **Phone:** (203) 235-2507\*  
**Website:** [www.ccaoh.org](http://www.ccaoh.org)

Child Guidance Clinic Central Connecticut  
**Phone:** (203) 235-5767\* **Website:** [www.cgcentralct.org](http://www.cgcentralct.org)

**Middletown**  
CHC Child Guidance Clinic  
**Phone:** (860) 347-6971\* / (860) 432-9229  
**Website:** [www.chc1.com](http://www.chc1.com)

Outpatient Mental Health Clinic of Middlesex Hospital  
**Phone:** (860) 358-8760  
**Website:** [www.middlesexhospital.org/ourservices/hospitalservices/behavioral-health](http://www.middlesexhospital.org/ourservices/hospitalservices/behavioral-health)

Catholic Charities **Phone:** (860) 346-0060  
**Website:** [www.ccfns.org](http://www.ccfns.org)

**Milford Catholic Charities** **Phone:** (203) 874-6270\*

**New Britain**  
Catholic Charities **Phone:** (860) 225-3561\*  
**Website:** [ccaoh.org](http://ccaoh.org)

Child Guidance Clinic of CMHA **Phone:** (860) 223-2778\*  
**Website:** [www.cmhacc.org/program-services/children-services/outpatient-programs](http://www.cmhacc.org/program-services/children-services/outpatient-programs)

Community Mental Health Affiliates  
**Phone:** (860) 826-1358 [www.cmhacc.org](http://www.cmhacc.org)

Family Services of Central CT **Phone:** (860) 223-9291\*  
**Website:** [www.healthcare.com/profile/family-services-ofcentral-connecticut-inc](http://www.healthcare.com/profile/family-services-ofcentral-connecticut-inc)

**New Haven**  
Catholic Charities **Phone:** (203) 787-2207\*  
**Website:** [ccaoh.org](http://ccaoh.org)

Clifford Beers Guidance Clinic **Phone:** (203) 772-1270\*  
**Website:** [www.cliffordbeers.org](http://www.cliffordbeers.org)

Connecticut Mental Health Center  
**Phone:** (860) 418-6932\* **Website:** [www.ct.gov/dmhas](http://www.ct.gov/dmhas)  
Hill Health Center **Phone:** (203) 503-3000\*  
**Website:** [www.cornellscott.org](http://www.cornellscott.org)

Jewish Family Service of New Haven  
**Phone:** (203) 389-5599 **Website:** [www.ifsnh.org](http://www.ifsnh.org)

Yale University Child Study Center  
**Phone:** (203) 785-2540  
**Website:** [www.childstudycenter.yale.edu](http://www.childstudycenter.yale.edu)

**New London**  
Child and Family Agency of SE CT  
**Phone:** (860) 443-2896\*  
**Website:** [www.childandfamilyagency.org](http://www.childandfamilyagency.org)

Child Guidance Clinic of SE CT **Phone:** (860) 437-4550  
**Website:** [www.childandfamilyagency.org](http://www.childandfamilyagency.org)

United Community & Family Services  
**Phone:** (860) 442-4319\* **Website:** [www.ucfs.org](http://www.ucfs.org)

Catholic Charities **Phone:** (860) 443-5328  
**Website:** [www.ccfns.org](http://www.ccfns.org)

**Newtown Family Counseling Center**  
**Phone:** (203) 270-4335  
**Website:** [www.newtownyouthandfamilyservices.org](http://www.newtownyouthandfamilyservices.org)

**Norwalk**  
Catholic Charities **Phone:** (203) 750-9711  
**Website:** [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)

Family and Children's Agency Inc.  
**Toll-Free:** (203) 855-8765  
**Website:** [www.familyandchildrensagency.org](http://www.familyandchildrensagency.org)



Mid-Fairfield Child Guidance Center  
**Phone:** (203) 299-1315\*  
**Website:** [www.childguidancemfct.org](http://www.childguidancemfct.org)

#### Norwich

United Community and Family Services  
**Phone:** (860) 892-7042\*/(860) 889-2375  
**Website:** [www.ucfs.org](http://www.ucfs.org)

Catholic Charities **Phone:** (860) 889-8346  
**Website:** [www.ccfns.org](http://www.ccfns.org)

#### Old Saybrook

Youth and Family Services **Phone:** (860) 395-3190  
**Website:** [www.oldsaybrookct.org/pages/oldsaybrookct\\_youth/index](http://www.oldsaybrookct.org/pages/oldsaybrookct_youth/index)

Orange Orange Family Counseling **Phone:** (203) 795-6698\*  
**Website:** [www.orange-ct.gov/cominfo/family.htm](http://www.orange-ct.gov/cominfo/family.htm)

Plainfield UCFS Health Care **Phone:** (860) 822-4938  
**Website:** [www.ucfs.org](http://www.ucfs.org)

Plainville Wheeler Clinic **Phone:** (860) 793-3500\*  
**Website:** [www.wheelerclinic.org](http://www.wheelerclinic.org)

#### Shelton

Lower Naugatuck Valley Parent Child Resource Center  
**Phone:** (203) 954-0543\* **Website:** [www.lnvpcrc.org](http://www.lnvpcrc.org)

#### Stamford

Child Guidance Center of SE CT **Phone:** (203) 324-6127  
**Website:** [www.childguidancect.org/](http://www.childguidancect.org/)

Family Centers, Inc. **Phone:** (203) 324-3167\*  
**Website:** [www.familycenters.org](http://www.familycenters.org)

Jewish Family Services  
**Phone:** (203) 921-4161 **Website:** [www.ctjfs.org](http://www.ctjfs.org)

Stratford Child Guidance Center of Greater Bridgeport  
**Phone:** (203) 378-1654\*  
**Website:** <http://cfguidance.com>

#### Torrington

Catholic Charities **Phone:** (860) 482-5558  
**Website:** [www.ccaoh.org](http://www.ccaoh.org)

Charlotte Hungerford Child Guidance Clinic  
**Phone:** (860) 496-6666 \*  
**Website:** [www.charlottehungerford.org](http://www.charlottehungerford.org)

Community Mental Health Affiliates  
**Phone:** (860) 482-8561 **Website:** [www.cmhacc.org](http://www.cmhacc.org)

Vernon Hockanum Valley Community Council  
**Phone:** (860) 872-9825\*  
**Website:** [www.hvcchelps.org/behavioral-health](http://www.hvcchelps.org/behavioral-health)

#### Waterbury

Wellmore Behavioral Health  
**Phone:** (203) 756-7287\*  
**Website:** [www.wellmore.org](http://www.wellmore.org)

Family Services of Greater Waterbury\*  
**Phone:** (203) 756-8317 \*  
**Website:** [www.familyservicesgw.org/contact](http://www.familyservicesgw.org/contact)

Community Mental Health Affiliates  
**Phone:** (203) 596-9724\* **Website:** [www.cmhacc.org](http://www.cmhacc.org)

#### West Hartford

The Bridge Family Center  
**Phone:** (860) 521-8035\*  
**Website:** [www.bridgefamilycenter.org](http://www.bridgefamilycenter.org)

Jewish Family Services of Greater Hartford  
**Phone:** (860) 236-1927 **Website:** [www.jfshartford.org](http://www.jfshartford.org)

Westbrook Middlesex Hospital Shoreline Clinic  
**Phone:** (860) 358-3700\*  
**Website:** [www.middlesexhospital.org](http://www.middlesexhospital.org)

Westport Jewish Family Services **Phone:** (203) 454-4992  
**Website:** [www.ctjfs.org](http://www.ctjfs.org)

#### Willimantic

Catholic Charities **Phone:** (860) 423-7065  
**Website:** [www.ccfns.org](http://www.ccfns.org)

Generations Family Health Center  
**Phone:** (860) 450-7471 **Website:** [www.genhealth.org](http://www.genhealth.org)

United Services **Phone:** (860) 456-2261\*  
**Website:** [www.unitedservicesct.org](http://www.unitedservicesct.org)

## Psychiatric and Emergency Management

For individuals experiencing a psychiatric crisis, help is available statewide at crisis intervention centers that provide immediate assessment and treatment then link individuals to appropriate continuing treatment and support services. Crisis phone lines, on-site crisis intervention staff, and crisis & respite beds are available.

**Ansonia Connecticut Mental Health Center**

**Phone:** (203) 974-7735 or (203) 974-7713

**After Hours Phone:** (203) 974-7300

**Website:** [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

**Branford BHCare**

**Phone:** (203) 483-2630\* **Website:** [www.BHcare.org](http://www.BHcare.org)

**Bridgeport Community Mental Health Center**

**Phone:** (800) 586-9903

**Danbury Danbury Hospital Toll-free:** (888) 447-3339\*

**Website:** [www.danburyhospital.org](http://www.danburyhospital.org)

**Dayville United Services Phone:** (860) 774-2020\*

**Website:** [www.unitedservicect.org](http://www.unitedservicect.org)

**Enfield Community Health Resources**

**Toll-Free:** (877) 884-3571

**Website:** [www.chrhealth.org](http://www.chrhealth.org)

**Hartford Capitol Region Mental Health Center**

**Phone:** (860) 297-0999\*

**Manchester Genesis Center Toll-Free:** (877) 884-3571\*

**Meriden Rushford Center**

**Phone:** (203) 630-5305 or **Toll-Free** (800) 567-0902

**Website:** [www.rushford.org](http://www.rushford.org)

**Middletown River Valley Services**

**Phone:** (860) 344-2100\* or (860) 262-5220

**Website:** [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

**New Haven Connecticut Mental Health Center**

**Phone:** (203) 974-7735 or (203) 974-7713

**After Hours Phone:** (203) 974-7300

**Website:** [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

**Norwich Southeastern Mental Health Authority**

**Phone:** (860) 886-9302\* **Website:** [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

**Plainville Wheeler Clinic Phone:** (860) 747-8719\*

**Website:** [www.wheelerclinic.org/crisis-services](http://www.wheelerclinic.org/crisis-services)

**Stamford F.S. DuBois Center\* Phone:** (203) 358-8500\*

**Website:** [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

**Torrington Northwest Mental Health Authority**

**Toll-Free:** (888) 447-3339\* **Website:** [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

**Waterbury Waterbury Hospital Phone:** (203) 573-6500\*

**Website:** [www.waterburyhospital.org](http://www.waterburyhospital.org)

**Willimantic United Services Phone:** (860) 774-2020\*

**Website:** [www.unitedservicesct.org](http://www.unitedservicesct.org)

**Windsor Community Health Resources (CHR)**

**Toll-Free:** (877) 884-3571\* or (860) 683-8068

**Website:** [www.chrhealth.org](http://www.chrhealth.org)

## Suicide Prevention and Intervention

Suicide prevention and intervention hotline operates 24 hours per day, 365 days per year, and links individuals in crisis with appropriate community resources. In addition, staff members train youth groups, schools, and community service providers in suicide prevention skills. 2-1-1 holds certification from the American Association of Suicidology. **Toll-Free:** 2-1-1 or (800) 203-1234. Visit [www.211ct.org](http://www.211ct.org) and search the keyword "Suicide Prevention Hotlines" for the zip code or town where you are seeking help.

## Warm Lines

Warm Lines are staffed by people with psychiatric disabilities who offer phone support to their peers. These lines are not crisis lines and the hours of operation tend to be in the evening.

**Ansonia Community Warm Line BH Care**

**Phone:** (203) 732-2004\*

**Bridgeport Soundview Warm Line/Greater Bridgeport Community Mental Health Center**

**Toll-Free:** (800) 921-0359

**Danbury Guiding Path Warm Line**

**Phone:** (860) 482-1783 or (800) 314-2680

**East Hartford Inter Community Mental Health Center**

**Phone:** (860) 205-3706

### **Hartford**

Capitol Region Mental Health Center

**Weekend Phone:** (860) 297-0920

**Weekday Phone:** (860) 297-0844

CT Handz-On Warm Line **Phone:** 1-(888)-828-9905

**Manchester Reach Warm Line Phone:** (866) 927-6225

**Middletown Common Thread Warm Line/River Valley Services Toll-Free:** (800) 316-9145

**New Britain Friends Helping Friends Community Mental Health Center Phone:** (860) 681-5555

### **New Haven**

Safe Harbor Warm Line/CT Mental Health Center

**Toll-Free:** (800) 258-1528

**Norwich Share Line Phone:** (860) 855-7274

**Torrington Guiding Path Warm Line/Western CT Mental Health Network**

**Phone:** (860) 482-1783 **Toll-Free:** (800) 314-2680

**Waterbury Guiding Path Warm Line**

**Phone:** (860) 482-1783 **Toll-Free:** (800) 314-2680

### **Wellmore Behavioral Health**

Wellmore Behavioral Health serves a 43 town region spanning from Greater Waterbury and the lower Naugatuck Valley to Northwest Connecticut. It offers timely access to an integrated continuum of child and adult behavioral health care services, including outpatient psychiatric/behavioral health treatment services for adults, children and families; adult and adolescent intensive outpatient services for substance abuse, co-occurring and mental health disorders; Emergency Mobile Psychiatric Services for Children, case management and supportive housing; evidenced based, intensive, home-based treatment models; school-based behavioral health care and early intervention; trauma informed and victim of crime services; child abuse prevention and early intervention services; early childhood treatment programs and consultation; congregate care programs (therapeutic group homes for children, an adult male recovery house, therapeutic shelter, women and children's program); service collaboration; and outreach, community education,

support, and training. **Toll-Free:** (WELLMORE)/1-855-935-5667 **Website:** [wellmore.org](http://wellmore.org)

### **Wellspring**

Wellspring is a multi-service mental health agency that provides intensive residential treatment for adolescent girls ages 12-18, young adults and adults; extensive outpatient services; and a state-approved special education school. The highly structured but intimate programs are designed to treat persons with a wide range of emotional issues, including mood, anxiety, personality, attachment, eating, and post-traumatic stress disorders. Wellspring's professional staff includes board certified psychiatrists, physicians, psychotherapists, licensed clinical social workers, and registered nurses.

**Address:** 21 Arch Bridge Road, Bethlehem

**Phone:** (203) 266-8000 **Website:** [www.wellspring.org](http://www.wellspring.org).

## ***HIV/AIDS Programs***

### **Connecticut AIDS Drug Assistance Program**

Connecticut AIDS Drug Assistance Program (CADAP) is administered by the Department of Social Services (DSS) under a Memorandum of Agreement with the Department of Public Health. CADAP is a pharmaceutical assistance program that pays for HIV/AIDS medications approved by the U.S. Food and Drug Administration and other drugs that may prevent the serious deterioration of health in persons who have Human Immune-deficiency Virus (HIV) or Acquired Immune Deficiency Syndrome (AIDS). To be eligible, total individual or family net month income must be at or below 400% of the current Federal Poverty Level. There is no asset limit. You may be eligible for CADAP, even if you now have a private medical insurance plan with prescription drug benefits. **Toll-free:** (800) 233-2503. **Website:** [www.ct.gov/dss/cadap](http://www.ct.gov/dss/cadap)

### **AIDS Projects and AIDS Service Organizations**

AIDS Projects are direct-service, community-based organizations. Although AIDS Projects vary, services may include outreach and education; hotlines in English and Spanish; financial support; transportation; group support; case management; meals-on-wheels; housing; and referrals to clergy, physicians, and lawyers. For specific service offered, call the nearest AIDS project listed below:

HIV/AIDS Hotline **Toll-Free:** (800) 953-2371\*  
**Phone:** (860) 247-2437 V/TDD (860) 951-4791

### **Bridgeport**

Greater Bridgeport Area Prevention Program (GBAPP)  
**Phone:** (203) 366-8255 **Website:** [www.gbapp.org](http://www.gbapp.org)

### **Danbury**

AIDS Project of Greater Danbury  
**Phone:** (203) 778-AIDS (2437)  
**Website:** [www.aidsprojectgreaterdanbury.org](http://www.aidsprojectgreaterdanbury.org)  
Interfaith Aids Ministry **Phone:** (203) 748-4077

### **Hartford**

AIDS Connecticut  
**Phone:** (860) 951-4833 **Website:** [www.aids-ct.org](http://www.aids-ct.org)

Latino/as Community Services

**Phone:** (860) 296-6400 **Website:** [www.lcs-ct.org](http://www.lcs-ct.org)

Hartford Gay and Lesbian Health Collective East

**Phone:** (860) 646-6260 **Website:** [www.hglhc.org](http://www.hglhc.org)

**Middletown** Community Health Center

**Phone:** (860) 347-6971 **Website:** [www.chc1.com](http://www.chc1.com)

**New Britain** Wellness Resource Center

**Phone:** (860) 826-4741 **Website:** [www.hranbct.org](http://www.hranbct.org)

### **New Haven**

AIDS Project New Haven

**Phone:** (475) 441-7020 **Website:** [www.aids-ct.org](http://www.aids-ct.org)

Hispanos Unidos Contra el SIDA **Phone:** (203) 781-0226

**Website:** [www.hispanos-unidos.org](http://www.hispanos-unidos.org)

CT AIDS Education and Training Center

**Phone:** (203) 737-2312

**New London** Alliance for Living **Phone:** (860) 447-0884

**Website:** [www.allianceforliving.org](http://www.allianceforliving.org)

**Norwalk** Mid-Fairfield AIDS Project

**Phone:** (203) 855-9535 **Website:** [www.mfap.com](http://www.mfap.com)

**Stamford** Family Centers/Stamford CARES

**Phone:** (203) 977-5096

**Waterbury** Waterbury Health Department

**Phone:** (203) 574-6780

**Website:** [www.waterburycct.org/health](http://www.waterburycct.org/health)

**Windham** Windham AIDS Program

**Phone:** (860) 423-4534

## **ACT**

ACT is a statewide coalition of organizations that provide services to people living with HIV/AIDS in Connecticut. ACT can connect people with programs such as housing assistance, emergency financial aid, case management, wellness programs, syringe services, counseling, prevention and testing. It operates three Housing Assistance Fund programs: Ryan White Part A for the Hartford TGA (Hartford, Middlesex and Tolland Counties), Hartford HOPWA (Hartford County only), and Ryan White Part B (Balance of State – Tolland County and outside of the Hartford TGA). **Address:** 110 Bartholomew Avenue, Suite 3050, Hartford. **Website:** [www.aids-ct.org](http://www.aids-ct.org) **Phone:** (860) 247-AIDS (2437).

Operated by ACT, Connections is a drop-in center. Offerings include case management, support groups, substance abuse and mental health counseling and social activities. **Address:** 1229 Albany Avenue, 3<sup>rd</sup> Floor, Hartford. **Phone:** (860) 547-1771

### **Hartford**

Mercy Housing and Shelter. **Phone:** (860) 808-2040

Chrysalis Center **Phone:** (860) 263-4400

Hands on Hartford **Phone:** (860) 728-3201

**New Britain** Human Resources Agency of New Britain

**Phone:** (860) 225-8601

**New London:** Alliance for Living **Phone:** (860) 447-0884

### **New Haven**

Liberty Community Services **Phone:** (203) 495-7600

New Reach **Phone:** (203) 729-3299

Columbus House **Phone:** (203) 772-4200

Leeway **Phone:** (203) 865-0068

## Bridgeport

CASA Phone: (203) 339-4112

Catholic Charities Phone: (203) 416-1503

Recovery Network of Programs Phone: (203) 929-1954

Stamford Inspirica Phone: (203) 388-0100

Danbury Apex Phone: (203) 778-2437

Fairfield Mid-Fairfield AIDS Project

Phone: (203) 855-9535

Naugatuck Independence Northwest

Phone: (203) 729-3299

## *Specialized Health Services*

### Connecticut Department of Health

DPH offers patient support and information on a variety of issues. Local Directors of Health may also be able to provide information on these and other topics of concern.

Website: [www.ct.gov/dph](http://www.ct.gov/dph)

- Infectious Diseases Phone: (860) 509-7995
- Diabetes Prevention and Control Program  
Phone: (860) 509-7737\*
- Drinking Water Section Phone: (860) 509-7333\*
- Recreation (Sewage/Wells/Swimming Pools)  
Phone: (860) 509-7296
- Environmental Health Phone: (860) 509-7740\*
- Radon Program Phone: (860) 509-7367\*
- Immunization Phone: (860) 509-7929\*
- Injury Prevention Phone: (860) 509-7805\*
- Tobacco Phone: (860) 509-8251

### Alzheimer's Association

The Alzheimer's Association enhances the quality of life of all Connecticut residents affected by Alzheimer's disease and related disorders through advocacy, education, and support systems. A Helpline operates 24 hours a day, seven days a week, offering emotional support to callers and providing information about Alzheimer's disease, chapter services, and community resources.

Toll-Free: (800) 272-3900 Website: [www.alz.org/ct](http://www.alz.org/ct)

### American Cancer Society

American Cancer Society New England Division is a statewide resource for cancer information, community referrals, guidance and services for patients, family members, and the general public. Access to cancer information is available 24 hours a day, 7 days a week. Local services include transportation to treatment educational programs, camps for children with cancer; support groups for patients and their families, peer to patient visitation, and programs that address changes in appearance, such as hair loss from treatment effects. Toll-Free: (800) 227-2345\* Website: [www.cancer.org](http://www.cancer.org).

### Brain Injury Alliance of Connecticut (BIAC)

BIAC serves as a statewide clearinghouse of brain injury resources and information. Brain Injury Specialists provide resource facilitation and collaborate with organizations and professionals serving individuals with brain injuries. Other programs include an annual professional conference on brain injury, statewide support groups, prevention education and outreach, social events, and legislative advocacy. Address: 200 Day Hill Road, Suite 250, Windsor.

Phone: (860) 219-0291. Toll-Free: (800) 278-8242

Website: [www.biact.org](http://www.biact.org)

### Connecticut Association for Healthcare at Home (CAHCH)

The Connecticut Association for Healthcare at Home is the largest member group of home health & hospice leaders championing home-based solutions as vital to better health in CT. It maintains a searchable listing of home care or hospice providers as well as resources and information for caregivers. Phone: (203) 265-9931

Website: [www.cthealthcareathome.org](http://www.cthealthcareathome.org)

### CT Breast and Cervical Cancer Early Detection Program (CBCCEDP)

Provides free screening and diagnostic services for uninsured and underinsured women ages 19-64. Administered by the Dept. of Public Health, CBCCEDP reduces breast and cervical cancer morbidity and mortality by diagnosing these cancers at earlier stages. Women are screened for eligibility; scheduled for an appointment, receive diagnostic testing, and receive treatment referral services as needed at any one of the following sites.

**Website:** <https://tinyurl.com/ydeyoqdg>

**Bridgeport Bridgeport Hospital Phone:** (203) 255-5300

**Danbury Danbury Hospital Phone:** (203) 791-5079

#### **Hartford**

**Hartford Hospital Phone:** (860) 972-3078

**Saint Francis Hospital Phone:** (860) 71442759

**Middletown Community Health Center Phone:** (860) 347-6971 ext. 2197

#### **New Haven**

Yale-New Haven Hospital, Saint Raphael Campus

**Phone:** (203) 867-5436

Yale-New Haven Hospital **Phone:** (203) 688-4562

**New London Lawrence & Memorial Hospital**

**Phone:** (860) 442-0711 ext. 2197

**Stamford Stamford Hospital Phone:** (203) 276-5954

**Torrington Charlotte Hungerford Hospital**

**Phone:** (860) 496-6513

**Vernon Eastern Connecticut Health Network**

**Phone:** (860) 872-5368

**Waterbury St. Mary's Hospital Phone:** (203) 709 3800

**Willimantic Windham Community Hospital**

**Phone:** (860) 456-6896

## **Lead Poisoning Prevention and Treatment**

The mission of the Lead Poisoning Prevention and Control Program is to protect the health and safety of the people of Connecticut. It strives to prevent lead poisoning and promote wellness through education and a wide range of program activities that relate to lead poisoning prevention, specifically childhood lead poisoning prevention. Childhood Lead Poisoning is the most common pediatric public health problem, yet it is entirely preventable. Once a child has been poisoned, the impairment it may cause is irreversible. Lead harms children's nervous systems and is associated with reduced IQ, behavioral problems, and learning disabilities, among other health outcomes. While lead paint in homes built before 1978 continues to be the most common source of lead exposure, there are other sources of lead that can poison a child or adult. No amount of lead is safe for the body.

**Phone:** (860) 509-7299 **Website:** [www.ct.gov/dph](http://www.ct.gov/dph)

## **Poison Control**

The Connecticut Poison Control Center is a statewide emergency helpline that is staffed 24 hours a day by health care professionals. Call for help if someone eats, breathes, or touches poison, or gets it in the eyes. Interpreters are available in all languages.

**Toll-Free:** (800) 222-1222\*

**Website:** [www.health.uconn.edu/poison-control](http://www.health.uconn.edu/poison-control)

Deaf and hard of hearing dial 7-1-1 for relay services to connect to the poison center.

## **Sexually Transmitted Disease (STD) Clinics and AIDS Testing Sites**

All residents of Connecticut are eligible for STD services at any of the clinics below. Some clinics offer free services. Each site provides confidential testing and treatment for most STDs. Patients may receive the vaccine series for Hepatitis A&B and the HPV vaccine is provided for those 26 years of age and under. Confidential assistance is also available to those infected with STDs in telling their partners. Patients age 13 years and older may be seen at these clinics without parental consent. **Phone:** (860) 509-7920 or the National CDC **Info Line:** (800) 232-4636. **Website:** [www.ct/dph/std](http://www.ct/dph/std).

### **Bridgeport**

Bridgeport Health Department, 752 East Main Street

**Phone:** (203) 576-7670

### **Danbury**

Greater Danbury Community Health Center South,

70 Main Street. **Phone:** (203) 797-4622

**Fairfield Fairfield Health Department, 725 Old Post**

**Road Phone:** (203) 256-3150

### **Greenwich**

Greenwich Health Department, 101 Field Point Road

**Phone:** (203) 622-6488

### **Hartford**

Hartford Health Department Disease Prevention/Health Promotion, 131 Coventry Street, 1<sup>st</sup> Floor

**Phone:** (860) 757-4830

Hartford Gay and Lesbian Health Collective, 1841 Broad

Street. **Phone:** (860) 278-4163

**Manchester**

Planned Parenthood of CT, 319 Main Street

**Phone:** (860) 643-1607

**Meriden**

Health Stop – Planned Parenthood of CT, 26 Women’s Way. **Phone:** (203) 238-0542

Meriden Health Department, 165 Miller Street

**Phone:** (203) 630-4234

**New Britain**

New Britain Health Department, 88 Prospect Street

**Phone:** (860) 826-3464

**New Haven**

New Haven Health Department, 54 Meadow Street

**Phone:** (203) 946-8181

**New London**

Planned Parenthood of Southern New England, 45 Franklin Street. **Phone:** (860) 443-5820

**Norwalk**

Norwalk Health Department, 137 East Avenue

**Phone:** (203) 854-7776

**Norwich**

William Backus Hospital STD Clinic, 107 Lafayette Street

**Phone:** (860) 823-6344

**Stamford**

Stamford Health Department, 137 Henry Street

**Phone:** (203) 977-5933

**Waterbury**

Waterbury Health Department, 185 South Main Street

**Phone:** (203) 574-6880

**West Haven**

West Haven Health Department, 355 Main Street

**Phone:** (203) 937-3660

**Westport/ Weston**

Westport Weston Health District, 180 Bayberry Lane

**Phone:** (203) 227-9571

**Willimantic**

Planned Parenthood of Southern New England

1548 West Main Street **Phone:** (860) 423-8426

**Tuberculosis Control Program**

The Tuberculosis (TB) Control Program works to prevent transmission, death, disability, illness, emotional trauma, family disruption, and social stigma caused by this disease. TB is a potentially fatal disease transmitted through the air and is fully treatable and preventable. All CT state residents are eligible for TB services. The TB Control Program is the payer of last resort for all TB services for uninsured patients; the Program can also provide free anti-tuberculosis drugs to physicians who request them for their patients, regardless of the patient’s ability to pay. Local health departments and home care agencies offer outreach services for observing ingestion of TB medications. There are a number of established TB clinics at hospitals and at some larger municipal health departments. For more information or literature about TB **Phone:** (860) 509-7722

**Website:** <https://portal.ct.gov/DPH/Infectious-Diseases/Tuberculosis/Tuberculosis-Control-Program>

## Families and Children

### *Child Care*

**Connecticut Office of Early Childhood (OEC)**

The Office of Early Childhood is a state agency that delivers services to children, birth to age 5, to promote the healthy and social-emotional development of our youngest children. The following services are provided:

- Early Care and Education serving infants, toddlers, and preschool-aged children through the School Readiness, Child Day Care, Smart Start, Preschool Development Grant, and State Head Start Supplement program. Programs vary in the length of day (part-day, school-day, full-day, extended day) and how many months of the year they operate (school year and year-round). Fees are on a sliding scale based on household income.
- Care 4 Kids is a state-wide child care subsidy for parents. Parents must be working or in an approved training and education activity to receive the subsidy. Parents can use the subsidy

for a variety of child care settings, including centers, family homes, and family members.

- Birth to Three, a statewide program serving young children, age birth to 3, who have developmental delays. Birth to Three providers work with the child and the parent in the home to support the child's development.
- Home Visiting provides support to new parents through the baby's early years. A care family support provider will visit the parent's home and provide information, guidance, and help them connect with community services and resources.

## 2-1-1 Child Care

The Office of Early Childhood also provides 2-1-1 Child Care. 2-1-1 Child Care, Connecticut's statewide child care resource and referral agency, provides free, confidential information about child care programs. Parents can search for available child care by going to <http://www.211childcare.org/>. Parents can also call 2-1-1 and ask for child care, or **Phone:** (800) 505-1000 8 am to 5 pm Monday through Friday. The Child Care 2-1-1 website provides a comprehensive information about the following:

- Children's healthy development
- Types of child care: center, group home, family home
- What to look for in choosing quality child care
- Health and safety checklists
- Preparing your child for child care
- Options to help pay for child care
- Tips for a successful child care arrangement
- Child care licensing
- Program accreditation

**Phone:** (860) 500-4412

**Website:** <http://www.ct.gov/oec/site/default.asp>

## All Our Kin

All Our Kin trains, supports, and sustains community child care providers to ensure that children and families have the foundation they need to succeed in school and in life. Through the programs, child care professionals succeed as business owners; working parents find stable, high-quality care for their children; and children gain an educational foundation that lays the groundwork for achievement in school and beyond. The program is available to anyone in New Haven County and Fairfield

County who is interested in establishing a family child care business, as well as current family child care providers. The program mostly serves women, but services are not exclusively for women. There are fees related to licensing but most fees are covered by All Our Kin. All Our Kin has sites in New Haven, Bridgeport, Stamford, and Norwalk.

**Phone:** (203) 772-2244 **Website:** [www.allourkin.org](http://www.allourkin.org)

## Support Services

### Child Abuse Neglect CARELINE

The Department of Children and Families (DCF) Careline serves as centralized intake which receives all referrals alleging suspected child abuse or neglect operating 24/7, 365 days a year. The Careline accepts several different types of calls, including allegations of suspected child abuse and neglect and other issues related to children and families. The Careline gathers information to inform and conduct the screening and potential response time based on the allegations. The Careline may also receive calls specific to information and referral and activity related to children and families already involved with DCF. To make a report:

**Toll-Free:** (800) 842-2288\* **TDD:** (800) 624-5518.

Background Checks: **Phone:** 1-800-842-2288  
(x7101 for English; x7103 for Español)

### John S. Martinez Fatherhood Initiative of CT (CFI)

CFI is a broad-based, statewide program led by the Department of Social Services (DSS) and focused on changing systems to improve fathers' ability to be fully and positively involved in the lives of their children. DSS works with numerous state and community-based partners throughout the state to support the CFI's objectives. Services available at the local level may include: parenting/co-parenting; workforce development; job readiness, placement and retention services; healthy relationships; paternity establishment; court readiness; support groups; and individual counseling.

**Toll-Free:** 1-866-6-CTDADS

**Website:** [www.ct.gov/fatherhood](http://www.ct.gov/fatherhood)

### Office of Children and Youth in Placement

The Department of Children and Families (DCF) recruits, trains, licenses, and supports foster and adoptive



families. Medical coverage and a monthly financial reimbursement cover the expenses of caring for a foster child. DCF also provides information to prospective adoptive parents and parents considering releasing a child for adoption. Children awaiting adoption are listed with the Office of Children and Youth in Placement, Permanency Exchange which offers services to parents and adult adoptees, including search and reunion information. Support groups, post adoption services, and subsidies are available for parents adopting children with special needs. Subsidies and supportive post guardianship services are also available to relatives obtaining guardianship of a child who was in DCF custody.

**Toll-Free:** (888) 543-4376 or (888) KID-HERO.

### **American Red Cross**

The American Red Cross in Connecticut helps residents prevent, prepare for and respond to emergencies. The Red Cross serves every community in Connecticut with a variety of programs and services including health and life safety programs, disaster response, blood services, international training, and services for members of the armed forces and their families. **Toll-Free:** (877) 287-3327\* **Website:** [www.redcross.org](http://www.redcross.org)

### **CT Sexual Assault Crisis Services (CONNSACS)**

CONNSACS works to end sexual violence through victim assistance, community education, and public policy advocacy. CONNSACS promotes public awareness, training, and technical assistance to groups that wish to learn more about sexual assault and rape prevention. **Phone:** (860) 282-9881 Emergency Statewide **Hotlines:** (888) 999-5545 (English) (888) 568-8332\* (Spanish) **Website:** [www.connsacs.org](http://www.connsacs.org).

### **Connecticut Coalition Against Domestic Violence (CCADV)**

CCADV is comprised of 18 community-based domestic violence programs throughout the state. These programs provide comprehensive services to victims of domestic violence and their families. Services are confidential, and available to all individuals regardless of age, race, religion, sexual preference, class, or physical ability. CCADV offers safety planning, advocacy, information, referrals, counseling, support groups, and emergency

shelter. Call the domestic violence hotline to link up to a program. **Toll-Free Hotline:** (888) 774-2900

**Spanish:** (844) 831-9200\* **Phone:** (860) 282-7899

**Website:** [www.ctcadv.org](http://www.ctcadv.org).

### **Family Centered Services of CT**

(Formerly Coordinating Council for Children in Crisis) works with families to ensure they are safe and nurturing places where children can succeed. Home-based parenting education, domestic violence counseling, substance abuse treatment, parent-child psychotherapy, and care coordination to children and youth with special health care needs are available. Psychoeducational groups are also offered including parenting education groups and a Saturday morning Kids Group for children who have witnessed domestic violence. Family CT covers the 20 towns of Greater New Haven. Services are free. **Address:** 235 Nicoll Street, New Haven

**Phone:** (203) 624-2600 **Website:** [www.familyct.org](http://www.familyct.org).

### **Parenting Support Services**

Parenting Support Services is a free weekly in-home and group service specializing in strengthening parent-child relationships and decreasing problem behaviors. It is available statewide and is for parents and caregivers of children 0-18 years of age. This service offers two different interventions - Circle of Security Parenting and the Triple P Positive Parenting Program. Circle of Security Parenting gives parents and caregivers new relationship tools that help create stronger, easier, and more connected relationships, improved behavior, and less stress about parenting. Triple P provides new tools and understanding to help improve children and teens' behavior and reduce stress about parenting. Contact: Charlie Slaughter. **Phone:** (860) 550-6682

**Email:** [charlie.slaughter@ct.gov](mailto:charlie.slaughter@ct.gov)

### **Supervised Child Visitation**

A network of agencies and licensed individuals offer access to a secure and safe environment in which parents are allowed to visit with their children. The visitation occurs in the presence of a professional who acts as a monitor. To see a directory, visit

**Website:** [www.svdirectory.com/state.htm?st=ct](http://www.svdirectory.com/state.htm?st=ct)

## **Youth Services Bureaus**

Youth Services Bureaus (YSBs) are located throughout the state. These agencies are responsible for planning, coordinating and maintaining a network of community services for children, youth and their families. They provide or contract for direct services in the areas of juvenile justice, mental health services, youth development, community outreach, parent education, and child welfare services. Contact a local town hall, or contact the Connecticut Youth Services Association to find the YSB that services you

**Website:** <http://www.ctyouthservices.org>

## **Family & Children's Aid (FCA)**

FCA is a community based non-profit offering innovative and responsive programs to heal and support children and families who have experienced abuse, neglect or trauma. FCA offers over 20 programs focused on improving behavioral and emotional health which include outpatient clinics, in-home services, an Extended Day Treatment program and therapeutic residential homes. **Website:** [www.fcaweb.org](http://www.fcaweb.org).

## **Multi-Service Agencies**

### **Community Action Agencies**

Community Action Agencies address the needs of low-income individuals and families by assisting them to obtain the support, skills and knowledge necessary for economic self-sufficiency and dignity. Agency programs include job training, education, child day care, energy assistance & weatherization, housing, criminal justice & pretrial intervention, community centers, mental health, food pantries, homeless services, senior volunteer programs, senior centers, and nutrition programs such as Meals-on-Wheels.

#### **Action for Bridgeport Community Development, Inc.**

**(ABCD)** 1070 Park Avenue, Bridgeport 06604

**Phone:** (203) 366-8241\* **Website:** [www.abcd.org](http://www.abcd.org)

Energy Assistance **Phone:** (203) 384-6904\*

#### **Community Action Agency of New Haven**

419 Whalley Ave, New Haven 06511

**Phone:** (203) 285-8018\*

Energy Assistance **Phone:** (203) 387-7700

#### **Community Action Agency of Western Connecticut**

66 North Street, Danbury 06810

**Phone:** (203) 748-5422\*

Energy Assistance **Phone:** (203) 744-4700

#### **Community Renewal Team (CRT)**

330 Market Street, Hartford 06120

**Phone:** (860) 560-5149 **Website:** [www.crtct.org](http://www.crtct.org)

#### **HRA of New Britain**

35 Oak Street, New Britain 06051

**Phone:** (860) 225-1084\* **Website:** [www.hranbct.org](http://www.hranbct.org)

Energy Assistance **Phone:** (860) 826-2277

#### **The Access Community Action Agency (Access)**

1315 Main Street, Willimantic 06226

**Phone:** (860) 450-7400\* **Website:**

[www.accessagency.org](http://www.accessagency.org)

Energy Assistance **Phone:** (860) 412-1600

#### **TEAM, Inc. Website:** [TEAMinc.org](http://TEAMinc.org)

**Derby** 30 Elizabeth Street **Phone** (203) 736-5420

**Ansonia** 80 Howard Avenue **Phone** (203) 734-8609

**Milford** 35 Matthew Street **Phone:** (203) 874-9396

**Waterbury** 25 Rumford Street **Phone:** (203) 874-9396

#### **Thames Valley Council for Community Action**

**Norwich** 1 Sylvandale Avenue, Jewett City

**Direct Help Line :** (860) 889-1365

**TVCCA Child Development Phone:** (860) 889-1365

**Danielson TVCCA RSVP (Retired & Senior Volunteer Program) Phone:** (860) 774-9286

**New London Childcare & Preschool Center**

**Phone:** (860) 444-0006

**Groton TVCCA Childcare & Preschool Center**

**Phone:** (860) 448-6406

**Taftville TVCCA Childcare & Preschool**

**Phone:** (860) 887-9705

#### **New Opportunities Website:** [www.NewOppInc.org](http://www.NewOppInc.org)

**Main Headquarters:** 232 North Elm Street

#### **Full Service Offices/Family Development Centers**

**Waterbury Phone:** (203) 575-9799

**Meriden** 74 Cambridge Street

**Phone:** (203) 639-5060

**Torrington:** 59 Field St. **Phone:** (860) 482-9749

**Waterbury Muriel Moore Child Development Center,** 444 North Main Street

**Phone:** (203) 759-0841

#### **Residential Facilities**

**Meriden Shelter Now**, 43 St. Casimir Drive

**Phone:** (203) 634-1734

**Waterbury Bishop House**, 31 Bishop Street

**Phone:** (203) 236-9990

**Greene-Gutridge Terrace**, 15 Bishop Street

**Phone:** (203) 596-805-4421

#### **Other Offices**

**Danbury Senior Nutrition Services**, 54 Main Street

**Phone:** (203) 743-5418

**Winsted Winchester Energy Services Office**

716 Main Street **Phone:** (860) 738-9138

#### **Connecticut Association for Human Services (CAHS)**

CAHS seeks to significantly and measurably reduce poverty in Connecticut and to help all children and families build a secure future. CAHS' Family Economic Success (FES) programs serve low and moderate income people across Connecticut through more than 100 partnerships with community-based agencies. Its network gives it access to the lowest-income and most vulnerable populations that are both underserved and typically hard to reach, including Spanish speakers, disabled, elderly, at risk youth and young adults, single parents, and the asset poor. Its programs provide free tax preparation, asset building products and services, free financial education, 1:1 financial goal setting and coaching, and access to safe and affordable banking accounts. **Phone:** (860) 951-2212 ext. 230

**Website:** [www.cahs.org](http://www.cahs.org)

#### **The Connection Inc.**

The Connection Center for Behavioral Health provides innovative substance use and mental health treatment services for adults and families in convenient locations throughout the state. The Connection also offers supportive services in the areas of behavioral health, child and family welfare, community justice, housing; sexual abuse and trauma, and women's services throughout the state of Connecticut. **Toll-Free:** (855) HELP 955 or (855) 435-7955 for additional information.

**Website:** [www.theconnectioninc.org](http://www.theconnectioninc.org)

#### **The Hispanic Health Council (HHC)**

HHC provides bi-lingual and bi-cultural (Spanish-English) case management and support services to Latinos and other diverse communities in Hartford, Meriden, and New Haven. Services include: breastfeeding peer counseling, parenting support and child abuse prevention, pre-natal case management and support; nutrition education, cancer support group, substance abuse and mental health services, smoking cessation, after school programming and youth summer camp. Services vary by location.

**Address:** 175 Main Street **Phone:** (860) 527-0856\*

**Website:** <http://www.hispanichealth.com>

#### **The Salvation Army**

The Salvation Army's programs and services include: Family Shelters, The Right Place School Readiness Programs, Grandparent Support Groups, Adult Drug & Alcohol Rehabilitation Centers, Camp CONNRI – Youth Camp, CONNRI Lodge Retreat & Conference Center Senior Summer Retreat, Homeless Prevention Programs, After School Programs, and Men's Shelter. Thrift stores, soup kitchens, feeding and nutrition programs, friendly visitors, food, and clothing banks and other services are available throughout Connecticut. To learn about specific services in a particular part of the state, contact a local Army center listed below, or the Divisional Office. Divisional Office: 855 Asylum Avenue, Hartford **Phone:** (860) 702-0000

**Website:** [www.salvationarmyct.org](http://www.salvationarmyct.org)

**Ansonia** 26 Lester Street **Phone:** (203) 736-0707

**Bridgeport** 30 Elm Street **Phone:** (203) 334-0995

**Bristol** 19 Stearns Street **Phone:** (860) 583-4651

**Danbury** 15 Foster Street **Phone:** (203) 792-7505

**Hamden** 1359 Dixwell Avenue **Phone:** (203) 230-2323

#### **Hartford**

225 Washington Street **Phone:** (860) 543-8413

100 Nelson Street **Phone:** (860) 543-8419

**Manchester** 661 Main Street **Phone:** (860) 649-7787

**Meriden** 23 Saint Casimir Drive **Phone:** (203) 235-6532

**Middletown** 515 Main Street **Phone:** (860) 347-7493

**New Britain** 78 Franklin Square **Phone:** (860) 225-8491

**New Haven** 450 George Street **Phone:** (203) 624-9891

**New London** 11 Governor Winthrop Boulevard

**Phone:** (860) 443-6409

**Norwalk** 14 Byington Place **Phone:** (203) 866-2125

**Norwich** 262 Main Street **Phone:** (860) 889-2329  
**Stamford** 198 Selleck Street **Phone:** (203) 359-2320  
**Torrington** 234 Oak Avenue **Phone:** (860) 482-3569  
**Waterbury** 74 Central Avenue **Phone:** (203) 754-7056  
**Willimantic** 316 Pleasant Street **Phone:** (860) 423-0977  
**Winsted** 716 Main Street **Phone:** (860) 379-8444

## **Wheeler Clinic**

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages recovery, health and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 30,000 individuals across Connecticut each year. **Toll-Free:** (888) 793-3500

**Website:** [www.wheelerclinic.org](http://www.wheelerclinic.org).

## **CT Council of Family Service Agencies (CCFSA)**

CCFSA is Connecticut's only network of non-profit agencies focused exclusively on families. All of the member agencies are nationally accredited and form a statewide system of support for all phases of family life. CCFSA members have been serving and strengthening families for over 100 years. Each year, Council Member Agencies serve over 180,000 individuals and families, making this one of the largest associations of non-governmental providers of services to CT's children, youth, adults and families. Member agencies provide professional mental health, family support, health, education, and youth development services. CCFSA serves as a statewide provider network for multiple programs including: the welfare-to-work TANF Case Management Program, the court-mandated Parent Education Program for parents involved in divorce or child custody proceedings, Social Services Block Grant Counseling Services and Housing Mobility Counseling. **Phone:** (860) 571-0093 **Website:** [www.ctfsa.org](http://www.ctfsa.org)

CCFSA Member Agencies:

Catholic Charities Archdiocese of Hartford

**Website:** [www.ccaoh.org](http://www.ccaoh.org)

Catholic Charities Diocese of Norwich

**Website:** [www.ccfns.org](http://www.ccfns.org)

Catholic Charities of Fairfield County

**Website:** [www.ccfcc.org](http://www.ccfcc.org)

Family Centers Website:

**Website:** [www.familycenters.org](http://www.familycenters.org)

Family & Children's Agency

**Website:** [www.familyandchildrensagency.org](http://www.familyandchildrensagency.org)

InterCommunity, Inc.

**Website:** [www.intercommunityct.org](http://www.intercommunityct.org)

Jewish Family Services of Greater Hartford

**Website:** [www.ifshartford.org](http://www.ifshartford.org)

Jewish Family Service of New Haven, Inc.

**Website:** [www.jfsnh.org](http://www.jfsnh.org)

Klingberg Family Centers

**Website:** [www.klingberg.org](http://www.klingberg.org)

LifeBridge Community Services

**Website:** [www.lifebridgect.org](http://www.lifebridgect.org)

Newtown Youth and Family Services

**Website:** [www.newtownyouthandfamilyservices.org](http://www.newtownyouthandfamilyservices.org)

Oak Hill **Website:** [www.oakhillct.org](http://www.oakhillct.org)

Schoke Jewish Family Service **Website:** [www.ctjfs.org](http://www.ctjfs.org)

United Services **Website:** [www.unitedservicesct.org](http://www.unitedservicesct.org)

Village for Families & Children

**Website:** [www.thevillage.org](http://www.thevillage.org)

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## **Special Populations**

### *Elderly*

#### **Protective Services for the Elderly (PSE)**

This program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment, and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elder's safety while preserving the person's right of self-determination. The social work service plan may include crisis intervention, arranging

for and coordinating any of the following services: adult day-care, companionship, counseling, homemaker, home health care, home delivered meals, long-term care or, if necessary, emergency convalescent placement. To report cases of suspected abuse, neglect or exploitation, call **Toll-Free:** 1-888-385-4225 or the Out of State **Infoline:** 1-800-203-1234. To find a location that can provide services, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword “Protective Services for the Elderly” for the zip code or town where you are seeking help.

### **Consumer Law Project for Elders (CLPE)**

The Consumer Law Project for Elders (CLPE) provides free legal assistance to Connecticut residents 60 or over who have consumer questions or problems such as credit card or medical debt, abusive or harassing debt collection, debt collection lawsuits, bank executions, wage executions, credit report and repair problems, contract problems, identity theft, and scams.

**Phone:** 1-800-296-1467\*

### **State Unit on Aging, Department of Rehabilitation Services**

The State Unit on Aging administers approximately \$25 million from the federal Older Americans Act and other federal and state funds to provide a wide range of services to older adults in Connecticut. These services include congregate and home-delivered meals, in-home services, senior community service employment, health insurance counseling, and respite for caregivers. Under the Older Americans Act, services are provided to adults age 60 and older. The goal of the programs under the Older Americans Act is to enable older adults to remain in their home and the community of their choosing for as long as possible through the provision of home and community based services including supports for family caregivers. The unit works closely with the aging network partners to provide these services.

**Phone:** (860) 424-5274 **Toll-Free:** (866) 218-6631

**Website:** [www.ct.gov/agingservices](http://www.ct.gov/agingservices).

### **AARP**

AARP is a nonpartisan nonprofit organization that empowers people to choose how they live as they age. AARP staff and volunteers work to strengthen communities and fight for the issues that matter most to families, such as healthcare, employment and income

security, retirement savings, affordable utilities, and protection from fraud. It helps members obtain discounts on a wide range of products, travel, and services nationally and in CT. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need.

**Toll-Free:** 1-866-295-7279. **Website:** [www.aarp.org/ct](http://www.aarp.org/ct).

### **Area Agencies on Aging**

Area Agencies on Aging are five regional organizations federally designated by the Older Americans Act and the Connecticut State Department on Aging to: assess the needs and gaps in service affecting older adults, promote solutions and allocate resources to meet the needs of older adults, and monitor, evaluate and consistently improve on the delivery of services to support the independence and dignity of older adults. They provide information and referral assistance on health insurance, community based services, and administer programs that help caregivers keep their loved ones at home. **Toll-Free:** (800) 994-9422 **Website:** [www.ctagenciesonaging.org](http://www.ctagenciesonaging.org).

**New Haven:** (203) 785-8533

**Norwich:** (860) 874-3561

**Hartford:** (860) 724-6463

**Bridgeport:** (203) 333-9288

**Waterbury:** (203) 757-5449

### **Compassion and Choices**

Volunteers work one-one-one with terminally ill adult patients and their families to ensure that the patient’s wishes for end-of-life care are documented and honored. Services include assistance in preparing advanced health care directives (living wills), advocating on the patient’s behalf for better pain and symptom management, and exploring end-of-life options, including hospice, relief from chronic pain, withholding and withdrawal of treatment, stopping eating and drinking, and other legal alternatives. There is no fee for services.

**Toll free:** (800) 247-7421.

### **Connecticut Association of Adult Day Centers (CAADC)**

Adult Day Health Centers offer programs in a group setting for older adults during the day. Services can include nursing care, personal care, nutrition, social

services, rehabilitation services and recreation certified by the Department of Social Services and CAADS.

**Phone:**(203) 678-4649\*

**Website:** [www.CTAdultDay.org](http://www.CTAdultDay.org)

### **Connecticut Home Care Program for Elders (CHCPE)**

CHCPE helps eligible clients continue living at home instead of going to a nursing home. Each applicant's needs are reviewed to determine if the applicant may remain at home with the help of home care services. Services may include case management services, companion services, homemaker services, and home delivered meals. To be eligible, applicants must be 65 years of age or older, be a CT resident, be at risk of nursing home placement, and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, or toileting. For more information, or to start the application process, please call **Toll-Free:** 1-800-445-5394 or 860-424-4904 locally in the Hartford area.

### **Connecticut Partnership for Long-Term Care**

Enables residents to pay for future long-term care without impoverishing themselves. People can buy a pre-approved private long-term care insurance policy from a company that is participating in the partnership and protect a specified amount of assets from Medicaid spend-down. **Toll-Free:** (800) 547-3443

**Website:** [www.ctpartnership.org](http://www.ctpartnership.org)

### **The Connecticut Statewide Respite Care Program**

Provides respite services, information and support for families caring for a person with Alzheimer's disease or related dementias. The person must have an Income of \$45,619 or less, liquid assets of \$121,283 or less and is required to pay 20 percent of the cost services. This co-pay may be waived based upon demonstrated financial hardship.

**Toll-Free:** (800) 994-9422 **Phone:** (860) 424-5279.

### **Elderly Nutrition Program**

Serves nutritionally balanced meals and provides nutrition education and nutrition counseling, as appropriate. Meals are served at congregate meal sites which are known as Senior Community Cafés. Home-delivered meals may be available to adults who are homebound or otherwise isolated and unable to go to a Community Café. The program serves adults age 60 and older and their spouses; individuals with disabilities, under the age of 60, who live with an older person; or individuals with disabilities, under the age of 60, living in elderly housing facilities that have Senior Community Cafés. **Phone:** 1-866-218-6631

**Website:** [www.ct.gov/aging](http://www.ct.gov/aging)

### **The Senior Community Service Employment Program (SCSEP)**

Low income, unemployed adults aged 55+ can participate in part-time, paid community service, providing training and job search assistance, leading to unsubsidized employment. **Phone:** (203) 502-7303

### **Grandparents as Parents Support (GAPS)**

This statewide network promotes the creation of services and support groups for grandparents and relatives raising children. **Toll-Free:** (866) 218 6631, or out-of-state: (860) 424-5274. Information on the Area Agency on Aging in your area is listed on page 34 **Website:** [www.ct.gov/aging](http://www.ct.gov/aging). For information on times and locations of Grandparents Support groups call Infoline at 2-1-1.

### **National Family Caregiver Support Program**

Provides information, assistance, support groups, counseling, training, respites, and supplemental services to families caring for someone aged 60 and over and grandparents 55 and over raising children. Services are provided through Area Agencies on Aging. See page 34 for a listing.

**Toll-free:** (800) 994-9422 **Phone:** (860) 424-5790

### **Eyecare America**

Eyecare America, the public service program of the Foundation of the American Academy of Ophthalmology, provides eye care through volunteer

ophthalmologists (Eye M.D) at no cost to those who qualify. Eyecare America facilitates eye care for U.S. citizens or legal residents who are without an Eye M.D. and who do not belong to an HMO or do not have eye care coverage through the Veterans Administration. Those who are age 65 or older and who have not seen an Eye M.D in three or more years may be eligible to receive a comprehensive, medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam. Volunteer ophthalmologists will waive co-payments, accepting Medicare and/or other insurance reimbursement as payment in full. Patients without insurance receive this care at no charge. Those who are determined to be at increased risk for glaucoma (by age, race and family history) and have not had an eye exam in 12 months or more may be eligible to receive a free glaucoma eye exam if they are uninsured. The program does not provide eyeglass prescriptions, eyeglass/refraction exams (the prescription part of exam) or cover the cost of glasses. **Website:** [www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)  
**Phone:** (877) 887-6327 (Pacific Time)

### **Senior Medicare Patrol (SMP)**

Senior Medicare Patrol program empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. The SMP is made up of a team of trained staff and volunteers who provide community presentations on Medicare fraud prevention and detection and provides one-on-one assistance to those who may suspect Medicare fraud or abuse.  
**Toll-Free:** 800-994-9422 **Phone:** (860) 424-5790

## ***Disabled***

### **Department of Rehabilitation Services, Bureau of Education and Services for the Blind**

The Bureau of Education and Services for the Blind (BESB), within the Department of Rehabilitation Services, provides educational, vocational, and independent living services to adults who are legally blind and children who are blind or visually impaired to help them achieve and maintain independence and self-sufficiency as fully contributing members of an integrated society. BESB provides certification of legal blindness; social work and referrals; low-vision

evaluations and equipment; employment training and job placement; worker retention support and adaptive equipment; school-to-career transition services to adolescents; financial and technical support to clients who own or want to own their own business; independent travel instruction; and training in activities of daily living. **Toll-Free:** (800) 842-4510\*  
**Local:** (860) 602-4000; **TDD:** (860) 602-4221  
**Website:** [www.ct.gov/dors](http://www.ct.gov/dors).

### **Worker's Rehabilitation Services, Connecticut Bureau of Rehabilitation Services**

Workers' Rehabilitation Services is designed to return to work those who have been injured on the job or who have contracted an occupational disease and qualify under the Connecticut Workers' Compensation Act. The program offers vocational rehabilitation services including interest and aptitude testing, evaluations, on-the-job or formal training, job seeking skills, and placement assistance. **Administrative Office:** 21 Oak Street, 4th Floor, Hartford 06106 **Phone:** (860) 493-1500 for an application or further information.

**Bridgeport** 350 Fairfield Avenue **Phone:** (203) 382-5600  
**Hartford** 999 Asylum Avenue **Phone:** (860) 566-4154  
**Middletown** 90 Court Street **Phone:** (860) 344-7453  
**New Britain** 233 Main Street **Phone:** (860) 827-7180  
**New Haven** 700 State Street **Phone:** (203) 789-7512  
**Norwich** 55 Main Street **Phone:** (860) 823-3900  
**Stamford** 111 High Ridge Road **Phone:** (203) 325-3881  
**Waterbury** 55 West Main Street **Phone:** (203) 596-4207

### **Connecticut Department of Rehabilitation Services (DORS) – Deaf and Hard of Hearing Services**

DORS provides counseling services for deaf and deaf and hard of hearing people, as well as consultations, information, and resources, if available. Counseling Unit  
**Main Line:** (860) 697-3560 **VP:** (860) 899-1648  
**TTY:** (860) 231-1690 **VP:** (860) 899-1647  
**Website:** [www.ct.gov/dors/](http://www.ct.gov/dors/)  
**After-hours Emergency Interpreting:** (860) 231-7623

### **Connecticut Family Support Network**

CTFSN is committed to helping families of individuals with disabilities and special health care needs, and the

professionals who work with them, find information, resources and supports to improve their lives. CTFSN connects one-to-one with parents via telephone, email and Facebook. We provide emotional support, advocacy and guidance. We hold workshops and trainings across the state for parents and professionals on a wide variety of topics including special education, transition, recreation and communication. We also offer more than 20 support groups per month across Connecticut. The groups provide parent-to-parent connections, access to resources and guest speakers. **Toll-Free:** 877-FSN-2DAY (877-376-2329) **Website:** [www.ctfsn.org](http://www.ctfsn.org)

### **Connecticut Department of Developmental Services (DDS)**

DDS is responsible for the planning, development, and administration of complete, comprehensive, and integrated statewide services for persons with an intellectual disability and persons medically diagnosed as having Prader-Willi Syndrome. Services are provided through a decentralized system that relies on private provider agencies, in addition to state-operated services. These services include residential placement and in-home supports, day and employment programs, early intervention, family support, respite, case management, and other periodic services such as transportation, interpreter services, and clinical services. The Autism Division operates a program for individuals with autism spectrum disorder who do not have intellectual disability. The Birth to Three System assists and strengthens the capacity of families to meet the developmental and health-related needs of infants and toddlers who have delays or disabilities. For information on DDS eligibility: **Website:** [www.ct.gov/dds](http://www.ct.gov/dds). **Central Phone:** (860) 418-6000\* **Toll-free:** (866) 737-0330 **TDD:** (860) 418-6079

Each of the DDS Regions has established a Help Line to assist families who do not have a case manager to help access services. Help Line staff will assist you to apply for DDS Family Support Services or refer you to appropriate community resources and services.

**North Region Help Line 1-877-437-4577**  
email: [dds.nr.ifshelpline@ct.gov](mailto:dds.nr.ifshelpline@ct.gov)  
**South Region Help Line 1-877-437-4567**  
email: [dds.sr.ifshelpline@ct.gov](mailto:dds.sr.ifshelpline@ct.gov)  
**West Region Help Line 1-877-491-2720**  
email: [dds.wr.ifshelpline@ct.gov](mailto:dds.wr.ifshelpline@ct.gov)

### **Goodwill of Western and Northern Connecticut**

Goodwill offers a range of programs for people with disabilities and others facing challenges to gaining employment and community living. All services are person-centered with the emphasis on the individual achieving their highest level of independence. Services include residential, supported or group housing, employment support for those with disabilities, training for individuals transitioning from school to work, and day programs for those with disabilities. Goodwill Career Centers provide free employment resources to job seekers such as career coaching. Goodwill has multiple locations statewide offering various services including retail stores. There are ten Connecticut Career Centers. Main Headquarters **Address:** 135 Ocean Terrace, Bridgeport. **Phone:** (203) 368-6511. For a searchable list of locations: **Website:** [www.gwct.org/locations](http://www.gwct.org/locations)

### **Connecticut Library for the Blind and Physically Handicapped**

The Connecticut State Library for the Blind and Physically Handicapped lends books and magazines in Braille and recorded formats, along with the necessary playback equipment. The service is free to any Connecticut adult or child who is unable to use regular printed materials due to a visual or physical disability. All materials are available by postage-free mail. Call or write to request application and certification procedures, or visit the website for program information and a printable application. **Address:** 198 West Street, Rocky Hill 06067-3545 **Toll-Free:** (800) 842-4516 **Phone:** (860) 721-2020\* **Website:** <http://ctstatelibrary.org/lbph/>.

### **Ability Beyond**

A resource for people with developmental disabilities, autism spectrum disorder, brain injury, mental illness, and physical disabilities that often accompany these ailments. The majority of individuals are adults or young adults and the services provided can address a single life episode or span a lifetime. The organization provides community living supports, individual home supports, employment resources, social and community integration supports, clinical supports, transportation services, aging specialties, behavioral and transitional living supports, school to community supports, and service coordination. **Toll-Free:** (888) 832-8247 **Website:** [www.abilitybeyond.org](http://www.abilitybeyond.org).



## **American School for the Deaf (ASD)**

The American School for the Deaf is a comprehensive learning community that welcomes all deaf and hard of hearing children and their families. ASD develops the whole child – intellectually, emotionally, physically, and socially. Students and their families are surrounded by supportive peers, guided by dedicated educators and specialists, and empowered by the latest technology. Utilizing the proven American Sign Language/English Bilingual approach, ASD fosters a language-rich environment that maximizes each student's unique potential. ASD provides a full range of comprehensive educational services for preschool to 12th grade students, including those with additional disabilities. An alternative education program, the PACES program, is available for students with emotional and behavioral challenges. ASD also provides outreach audiology; a statewide Birth-to-Three program; counseling; occupational therapy; physical therapy; parent support groups; and community sign language classes. A wide variety of educational audiological services are available as well, including cochlear implant (CI) services and support. **Address:** 139 North Main Street, West Hartford, 06107. **Phone:** (860) 570-2300 **VP:** (860) 899-1217 **Website:** [www.asd-1817.org](http://www.asd-1817.org).

## **Converse Communications**

Converse Communications supports people who are deaf, hearing impaired, or speech disabled. Services include Text-Telephone Loan Distribution and Captel Loan Distribution Programs. These services may be available at no cost as part of the Americans with Disabilities Act. **Address:** 34 Jerome Avenue, Suite 320, Bloomfield, 06002. **Phone:** (860) 242-4974  
**Website:** [www.conversecommunications.com](http://www.conversecommunications.com).

## **Easter Seals Capitol Region & Eastern Connecticut**

Easter Seals provides services to help children and adults with disabilities and/or special needs as well as support to their families. Primary Easter Seals services are aimed at the following populations: those with Autism Spectrum Disorder, children & adults with disabilities, seniors, and veterans & military families. Among many programs are: employment and training for those with disabilities and those over 55; medical rehabilitation such as speech, occupational or brain injury therapy; and behavioral health services including Psychotherapy,

Psychosocial Rehabilitation, and Pediatric Services. Main Office **Address:** 100 Deerfield Road, Windsor. **Phone:** (860)270-0600  
**Website:** [www.easterseals.com/hartford](http://www.easterseals.com/hartford)

**Medical Services:** 100 Deerfield Road, Windsor.

**Phone:** (860)552-2002

**Employment Services:** 22 Prestige Park Circle, East Hartford. **Phone:** (860)728-1061

**Day Services:** 24 Stott Avenue, Norwich

**Phone:** (860)859-4148

## **Kuhn Employment Opportunities**

Our agency is committed to helping people with disabilities find and retain employment. We serve people with developmental, intellectual, and psychiatric disabilities people in Meriden and the 20 towns surrounding it. Our mission is to develop quality, person-centered services through meaningful employment opportunities that provide people with disabilities the skills and support necessary to become independent, gain self-esteem and be productive and valued members of the community. Program services may vary by location and funding sources.

**Website:** [www.kuhngroup.org](http://www.kuhngroup.org)

Main Campus: 1630 North Colony Road, Meriden

**Phone:** (203) 235-2583

**Meriden/Rushford Site:** 883 Paddock Avenue

**Phone:** (203) 634-7013

**Middletown** 100 Plaza Middlesex,

**Phone:** (860) 347-8923

## **Oak Hill**

Oak Hill is Connecticut's largest private provider for individuals with disabilities, and a recognized leader in providing community-based programs: housing, employment training, education, assistive technology, healthy relationships, early intervention, and recreation to children and adults with multiple disabilities (including visual impairments.) Oak Hill employs over 1,700 professionals who work at our 155 program sites located in 77 towns throughout Connecticut. The following is a list of its 19 distinct programs which continue to evolve to successfully meet the changing needs of over 40,000 people with disabilities each year: Art & Music Therapy, Autism Services, New England Assistive Technology (NEAT), a center for

Relationships & Sexuality Education (CRSE), Chapter 126 Sports & Fitness, Community Companion Homes, Day Services/Supportive Employment, Easter Seals Coastal Fairfield County, Equipment Restoration Center (ERC), Gilead Community Services, The Hemlocks Center/Easter Seals Camp Hemlocks, In Home Supports, Oak Hill School, Oak Hill Camps, Professional Development, Residential Services, Services for the Blind, and Veterans Programs.  
**Phone:** (860) 242-2274 **Website:** [www.oakhillct.org](http://www.oakhillct.org)

### **Planned Lifetime Assistance Network (PLAN) of Connecticut**

PLAN of CT is a non-profit organization that assists in setting up and managing special needs trusts that help loved ones with a disability to maintain self-sufficiency, prevent unnecessary hospitalizations, and enhance quality of life. PLAN assists families of all incomes and people of all ages with a disability. PLAN trusts require no minimum funding and serve people with any disability. This includes planning for the future of a family member with a disability and arranging continuity of care after the principal advocates/caregivers have died or are unable to continue their services. PLAN of CT also administers a Pooled Trust which assists in allowing people over 65 with a disability to live in the community rather than in a nursing home. Additionally, PLAN of CT distributes thousands of dollars each year to assist Connecticut residents with disabilities experiencing a hardship through its Charitable Trust.  
**Phone:** (860) 523-4951 **Website:** [www.planofct.org](http://www.planofct.org)

## ***Veterans***

### **Connecticut Department of Veterans Affairs**

The Department of Veterans Affairs was established to provide expanded, integrated, and coordinated services to Connecticut veterans and their families. Counsel is provided to veterans concerning educational training and retraining, health, medical and rehabilitation services, housing assistance, and benefits for veterans in nursing homes. The agency assists in the establishment, preparation, and presentation of claims to rights, benefits or privileges accrued to veterans. The Department of Veterans Affairs maintains a staffed office in the towns

listed below. Commissioner **Address:** 287 West Street, Rocky Hill, CT 06067  
**Phone:** (860) 616-3600 **Info-Line:** (866) 928-8387  
**Newington** 555 Willard Avenue, 3rd Floor  
**Phone:** (860) 594-6604  
**Norwich** 100 Broadway – City Hall Room 305  
**Phone:** (860) 887-9162  
**Milford** 70 West River Street **Phone:** (203) 874-6711  
**Bridgeport** 752 East Main Street, Bridgeport  
**Phone:** (203) 336-2570\*  
**Waterbury** 55 West Main Street # 140  
**Phone:** (203) 805-6340

### **Veterans' Employment and Training Service (VETS)**

This agency assists Veterans, Reservists, and National Guard members in securing employment and benefits, including resolution of claims under the Uniformed Services Employment and Reemployment Rights Act (USERRA) and fact-finding assistance to veterans who believe their veterans' preference rights in federal employment have been violated. The agency also provides employment and training assistance through local governments and nonprofit agencies. **Address:** 200 Folly Brook Blvd., Wethersfield 06109  
**Phone:** (860) 263-6490\* **Website:** [www.dol.gov/vets](http://www.dol.gov/vets).

### **Veteran's Directed Home & Community Based Services Program (VD-HCBS)**

This program serves veterans of any age who are at risk of nursing home placement and able to self-direct their own care in the community. VD-HCBS provides veterans the opportunity to develop an individualized budget and service plan that reflects their personal goals and needs in order to avoid institutionalization and continue to live in their homes and communities. Slots are limited. For more information, contact the Area Agencies on Aging, page 34. **Toll-Free:** (800) 994-9422

### **Connecticut Soldiers', Sailors', and Marines' Fund**

The Soldiers', Sailors', and Marines' Fund provides temporary assistance to needy wartime veterans or their dependents who are legal residents of Connecticut. Available assistance includes food, clothing, medical

expenses, mortgage interest or rent, assistance in paying utility bills, or other temporary financial needs. The veteran must have served in the Armed Forces of the United States for at least 90 days during a wartime period and have been honorably discharged. Applications may be filed through the American Legion Service Officer in the town in which the veteran resides, or at the offices listed below. To learn about additional non-wartime combat and combat support service, contact your local assistance office.

**Website:** [www.alctssmf.org](http://www.alctssmf.org).

**Toll-Free:** (844) 454-8900 or (800) 491-4941

**Bridgeport** 752 East Main Street **Phone:** (203) 332-5648

**Hartford** 999 Asylum Avenue **Phone:** (860) 566-2677

**New Haven** 746 Chapel Street **Phone:** (203) 789-7841

**Norwich** 100 Broadway, Rm 307 **Phone:** (860) 886-8557

**Waterbury** 55 West Main Street **Phone:** (203) 805-6350

## ***LGBTQ***

### **True Colors**

True Colors works to create a world where youth, adults and families of all sexual orientations and gender identities are valued and affirmed. It challenges all forms of oppression through education, advocacy, and direct services to youth and those responsible for their well-being. Its programs include: one-on-one and group mentoring for lesbian, gay, bisexual, transgender (LGBT) youth in out-of-home care; professional development training for providers, community organizations, and educators; youth leadership development and training; foster parent training and recruitment; and the production of the largest LGBT and ally youth issues conference in the nation. **Phone:** (860) 232-0050 **Website:** [www.ourtruecolors.org](http://www.ourtruecolors.org).

## ***Reentry***

### **Community Partners in Action**

Serving thousands of people each year, Community Partners in Action focuses on behavioral change and advocates for criminal justice reform. Together, our reentry, employment, basic needs and recovery services positively impact lives, while helping to reduce recidivism & enhance public safety - at a fraction of the cost of prison. **Address:** 110 Bartholomew Avenue, Suite 3010, Hartford

**Phone:**(860) 566-2030 **Website:** [www.cpa-ct.org](http://www.cpa-ct.org).

### **Reentry, Resettlement & Employment**

Resettlement Program, 110 Bartholomew Avenue, Hartford **Phone:** (860) 522-7400

**Reentry Welcome Center** provides support, info & resources. **Address:** City Hall, 550 Main Street, Ground Floor, Hartford. Access through Prospect Street entrance, at back of City Hall.

Hours: 8 am-4 pm, Mon.-Fri.

### **Work Release Program**

121 Washington Street, Hartford

**Phone:** (860) 543-8929

### **Alternative in the Community (AIC)**

Hartford AIC , 119 Washington Street

**Phone:** (860) 525-6691 or (860) 244-3672 x 117

Manchester AIC, 31 Bent Road **Phone:** (860) 649-8338

Waterbury AIC, 421 East Main Street

**Phone:** (203) 597-6540

### **Transitional Housing**

Hartford Transitional Housing, 121 Washington Street

**Phone:** (860) 525-6691

Waterbury Transitional Housing, 421 East Main Street

**Phone:** (203) 597-6540

### **Community Service**

Hartford Community Service Program, Hartford

Community Court, 80 Washington Street

**Phone:** (860) 756-7960 or (860) 756-7035

### **Youth Services**

RISE Residential Treatment Program for Boys, 995

Sherman Avenue, Hamden **Phone:** (203) 893-4108

### **Art Programs**

Prison Arts Program, Main Street, Bldg. 11, Hartford

**Phone:** (860) 722-9450 or (860) 566-2030 3580

### **Project Fresh Start**

The City of New Haven's Project Fresh Start program facilitates the coordination of community partners, state agencies and other reentry stakeholders for the purpose of creating a citywide, strategic, and systematic delivery of resources that leads to reduced recidivism, increased

employment and housing opportunities, access to continued education and the long term self-sufficiency of returning citizens. As part of their work, a New Haven Resource Center helps newly released prisoners with information, referrals and resources.

**Address:** City Hall, 165 Church Street, New Haven.  
**Hours:** 9 am-5 pm, Mon. – Fri.

### **Community Solutions Inc. (CSI)**

CSI works with individuals and families involved, or at risk of involvement, in the child welfare, juvenile justice, and criminal justice systems. CSI offers community-based programs statewide that include adult reentry and residential services as well as home-based youth services.

**Toll-Free:** (800) 425-3896

**Website:** [www.csi-online.org](http://www.csi-online.org).

### **Family ReEntry**

Family ReEntry is dedicated to restoring dignity, rebuilding families and transforming Connecticut's inner-city communities that have been ravaged by issues of mass incarceration. Family ReEntry's programs operate in strategic locations that encompass eight municipal regions and judicial geographic areas, two parole districts and five prisons. Approximately, sixty percent of those we serve are from greater Bridgeport – Connecticut's largest city.

**Website:** [www.familyreentry.org](http://www.familyreentry.org)

**Bridgeport:** 75 Washington Avenue

**Phone:** (203) 576-6924

**Norwalk:** 9 Mott Avenue, Suite 104

**Phone:** (203) 838-0496

**New Haven:** 50 Fitch Street, Suite 202

**Phone:** (203) 361-9166

Additional Program Locations are in Stamford, Waterbury, Derby, New London and Norwich.

## ***Immigrants and Refugees***

### **Around the State**

Catholic Charities- See listings in Nonprofit Counseling section of this book, pages 19-22.

#### **Hartford**

Alianca Brazileira, 2074 Park Street, Second Floor

**Phone:** (860) 236-0788

Asian Family Services, 330 Market Street

**Phone:** (860) 761-7900

The Conference of Churches, 224 Farmington Ave.

**Phone:** (860) 247-0017

Connecticut Coalition of Mutual Assistance Associations, 143 Madison Avenue **Phone:** (860) 236-6452

Franciscan Center for Urban Ministry, 285 Church Street

**Phone:** (860) 756-4034

Hartford Public Library (Educational citizenship programs, immigrant rights, etc.), 500 Main Street

**Phone:** (860) 695-6300

Jewish Federation Association of CT, 40 Woodland Street **Phone:** (860) 727-5770

#### **Middletown**

Community Health Center (Provides services in over 10 languages), 675 Main Street **Phone:** (860) 347-6971

#### **New Haven**

Centro San Jose (Food pantry, Community center), 290 Grand Avenue **Phone:** (203) 777-6771

IRIS (Integrated Refugee and Immigrant Services), 235 Nicoll Street, 2<sup>nd</sup> Floor **Phone:** (203) 562-2095

Junta (Multi-Service agency), 169 Grand Avenue

**Phone:** (203) 787-0191

## **Connecticut Institute for Refugees and Immigrants**

We focus on leadership, compassionate service and effective advocacy for immigrants, refugees and survivors of human trafficking and torture. We provide immigrants with legal advice and representation. We operate refugee resettlement; help survivors of torture heal from trauma, regain independence and lead productive lives; offer a mentorship program; help our clients obtain economic independence; and lead anti-human trafficking efforts in Connecticut.

**Website:** [www.criict.org](http://www.criict.org)

#### **Bridgeport**

670 Clinton Avenue

**Phone:** (203) 336-0141

**Burroughs Community Center Office,** 2470 Fairfield Avenue. **Phone:** (203) 336-0141

Stamford 34 Woodland Avenue  
Phone: (203) 965-7190

Hartford 175 Main Street, 2nd Floor  
Phone: (860) 692-3085

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## Know Your Rights

### *Worker's Rights*

#### **Family Leave State Law**

The Connecticut Department of Labor monitors the state family and medical leave statute, which entitles eligible employees to a total of 16 work weeks of leave during any 24-month period. **Address:** 200 Folly Brook Boulevard, Wethersfield 06109  
**Phone:** (860) 263-6755 **Website:** [www.ct.gov/dol](http://www.ct.gov/dol).

#### **Workers' Rehabilitation Services, Department of Rehabilitation Services**

Please refer to Connecticut Bureau of Rehabilitation Services on page 36.

#### **Unemployment Insurance (UI)**

UI is a joint federal-state program providing temporary income for eligible workers who are either partially or fully unemployed due to no fault of their own and qualify under Connecticut's law. Administered by the Connecticut Department of Labor, Unemployment Insurance benefits are paid when certain legal conditions are met. A new or weekly continued claim for unemployment benefits can be filed on the Labor Department's website at [www.filectui.com](http://www.filectui.com) or filed by phone through the Tele Benefits system. For a local Tele Benefits Phone number visit the DOL website at [www.ct.gov/dol](http://www.ct.gov/dol), refer to the blue pages of your phone directory, or call **Toll-Free:** 2-1-1. To find a location that can provide services, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword "Unemployment Insurance" for the zip code or town where you are seeking help.

**Bridgeport Phone:** (203) 579-6291\*

**Danielson, Willimantic Phone:** (860) 423-2521\*

**Danbury Phone:** (203) 797-4150\*

**Greater Hartford, Bristol, Enfield, Manchester, New Britain Phone:** (860) 566-5790\*

**Kent, North Thompson, Salisbury, Sharon, Stafford**

**Springs, Westport and Wilton Phone:** (800) 354-3305

**Meriden, Middletown Phone:** (860) 344-2993\*

**New Haven, Hamden, Ansonia Phone:** (203) 230-4939\*

**New London, Norwich Phone:** (860) 443-2041\*

**Stamford, Greenwich, Norwalk**

**Phone:** (203) 348-2696\*

**Torrington Phone:** (860) 482-5581\*

**Waterbury Phone:** (203) 596-4140\*

### *Denial of Benefits or Services*

#### **CT Department of Public Health Office of the Healthcare Advocate (OHA)**

If you need healthcare or healthcare coverage or have problems with your coverage and don't know where to turn, please call OHA. The OHA is an independent agency here to help you understand what options you have, how to get and fight for your healthcare coverage, including coverage for mental health or substance use treatment, and to make sure you get covered for your healthcare needs. Its only interest is consumers. Its services are free and confidential and provided in real time. **Toll-Free:** (866) 466-4446

**Website:** [www.ct.gov/oha](http://www.ct.gov/oha).

#### **Social Security Administration (SSA)**

If the Social Security Administration denies benefits or issues a decision deemed unsatisfactory, an appeal can be made at the SSA office within 60 days from the receipt of written notice. To obtain information regarding rights or assistance in preparing for an appeal, contact Statewide Legal Services listen separately in this guide, or a private attorney. Attorneys generally do not become involved in such cases until the Administrative Law Judge Hearing. They usually handle the case on a contingency fee basis-charging for their services only if they win. Attorney fees must be approved by SSA or court. Statewide Legal Services **Toll-Free:** (800) 453-3320\* Supplemental Security Income (SSI): The same procedures for Social Security denial apply to SSI.

## **Center for Medicare Advocacy (CMA)**

CMA provides education, advocacy, and legal assistance to help older people and people with disabilities obtain necessary health care. CMA focuses on the needs of Medicare beneficiaries, people with chronic conditions, and those in need of long-term care. Advice, written materials, and legal services are free to residents of Connecticut. **Address:** P.O. Box 350, Willimantic 06226  
**Toll-Free:** (800) 262-4414

**Phone:** (860) 456-7790\* TDD available

**Website:** [www.medicareadvocacy.org](http://www.medicareadvocacy.org)

## **Qualidigm**

Qualidigm is a national healthcare consulting think tank providing technical assistance and strategies to improve the quality, safety, and cost-effectiveness of healthcare through transformational change. **Address:** 936 Silas Deane Highway, Suite #1A, Wethersfield

**Website:** [www.qualidigm.org](http://www.qualidigm.org)

## ***Victim Services***

### **Office of Victim Services (OVS)**

The Connecticut Judicial Branch, Office of Victim Services (OVS) is the state's lead agency that provides services to victims of violent crime and their families. OVS Victim Services Advocates (VSA) are available at certain courthouses throughout the state and at the Board of Pardons and Paroles to provide support during hearings, information on crime victims' rights and the criminal justice system, help filing a civil protection order, and referrals to state and community agencies. For more information, call the OVS Helpline at 1-800-822-8428. The Victim Compensation Program offers financial help for certain crime-related expenses not covered by insurance or other financial resources. **Phone:** 1-888-286-7347

### **Connecticut Statewide Automated Victim Information and Notification (CT SAVIN)**

Provides confidential notification in English, Polish, Portuguese, and Spanish on criminal court cases for an offender, changes to an offender's custody status with the Department of Correction, and when a court order of protection is issued, changed, or ends. **Phone:** (877) 846-3428\*. For more information on CT SAVIN and

other OVS victim notification programs: **Phone:** (800) 822-8428.

### **Office of the Victim Advocate (OVA)**

OVA is an independent state agency responsible for the protection and promotion of state constitutional and statutory rights of crime victims throughout the state. OVA seeks to ensure that the victims of crime become an integral part of the criminal justice system. OVA provides public education of the rights and service available to crime victims, collaboration with law enforcement and service providers, as well as court and legislative advocacy. **Phone:** (860) 550-6632

### **Office of the Child Advocate (OCA)**

OCA is an independent state agency established to protect the civil, legal, and special rights of all children in Connecticut and to advance policies that promote children's best interests. OCA's mission is to oversee the protection and care of children and to advocate for their well-being. **Address:** 999 Asylum Avenue, Hartford, CT 06105 **Toll-Free:** (800) 994-0939

## ***Legal Advice and Representation***

### **Office of Protection and Advocacy for Persons with Disabilities (P&A)**

Disability Rights Connecticut (DRCT) was established in 2017 as the "protection and advocacy system" for Connecticut. DRCT is an independent organization created to safeguard and advance the civil and human rights of people with disabilities in Connecticut. DRCT's mission is to advocate, educate, investigate and litigate to advance and protect the civil rights of individuals with disabilities to participate equally and fully in the social and economic life of Connecticut. In addition to conducting investigations, educating policy makers, and challenging discriminatory barriers in court, DRCT can help individuals with disabilities understand and exercise their rights. When you contact DRCT, you will be given information about disability rights, referred to experts and resources, empowered in your advocacy efforts and provided representation consistent with DRCT's mandates, priorities and resources. The agency also provides public education and training and informs policymakers about issues affecting people with

disabilities. **Address:** 846 Wethersfield Avenue, Hartford.

**Phone:** (860) 297-4300 or **Toll-Free** (800) 842-7303

**E-mail:** [info@disrightsct.org](mailto:info@disrightsct.org)

### **Consumer Law Project for Elders (CLPE)**

The Consumer Law Project for Elders (CLPE) provides free legal assistance to Connecticut residents 60 or over who have consumer questions or problems such as credit card or medical debt, abusive or harassing debt collection, debt collection lawsuits, bank executions, wage executions, credit report and repair problems, contract problems, identity theft, and scams.

**Phone:** 1-800-296-1467\*

### **Statewide Legal Services**

Statewide Legal Services operates a general legal hotline that provides free legal advice on a variety of civil law issues, such as housing, including landlord-tenant and foreclosure matters; family problems; consumer issues, including bankruptcy and matters related to public benefits, such as Supplemental Nutrition Assistance Program (SNAP), energy assistance, State Supplement and Supplemental Security Income (SSI). Persons needing legal representation are referred to the appropriate Legal Services office listed below. Older adults are encouraged to call the local Legal Services office in their region before accessing Statewide Legal Services. Anyone needing low cost legal services is encouraged to apply online before calling; office hours are limited and hold times long. **Toll-free:** (800) 453-3320 or (860) 344-0380 **Website:** [www.slsct.org](http://www.slsct.org) To read more and apply for aid: [www.apply.slsct.org/](http://www.apply.slsct.org/)

### **Connecticut Legal Services**

Connecticut Legal Services is a nonprofit law firm dedicated to improving the lives of low-income people by providing access to justice. CLS responds with free legal assistance and advocacy to help vulnerable people meet their basic needs and escape assistance and advocacy to help vulnerable people meet their basic needs and escape poverty. We win restraining orders for domestic violence victims; protect the elderly from unfair evictions; and obtain educational services for disabled children. CLS also works with other legal aid offices in the state. Administrative Office **Address:** 62 Washington Street, 4<sup>th</sup> Floor, Middletown.

**Phone:** (860) 344-0447 **Website:** [www.ctlegal.org](http://www.ctlegal.org)

### **Eastern Connecticut**

Connecticut Legal Services, Inc. 1125 Main Street Willimantic **Phone:** (800) 413-7796 or (860) 456-1761

### **Western Connecticut**

Connecticut Legal Services, Inc. 85 Central Ave, Waterbury **Phone:** (800) 413-7797 or (203) 756-8074

### **Southwestern Connecticut**

Connecticut Legal Services, Inc. 211 State Street, Bridgeport **Phone:** (800) 809-4434 or (203) 336-3851  
20 Summer St., Stamford **Phone:** (203) 348-9216

### **North Central Connecticut**

Greater Hartford Legal Aid 999 Asylum Avenue, 3<sup>rd</sup> Floor, Hartford **Phone:** (860) 541-5000

### **South Central Connecticut**

New Haven Legal Assistance Association  
426 State St., New Haven **Phone:** (203) 946-4811

### **CT Parent Advocacy Center (CPAC)**

CPAC offers information and support to families of children and young adults – from birth to age 26 – with any disability or chronic illness. CPAC believes that parents can be the most effective advocates for their children, given the knowledge and understanding of special education laws and their procedures. CPAC is staffed primarily by parents of children with disabilities who have training in, and personal experience with, the law and disability issues. CPAC conducts in-service presentations for schools, teachers-in-training, and service providers; communicates with parents on a daily basis; and serves on numerous statewide committees. **Phone:** (860) 739-3089\* **Website:** [www.cpacinc.org](http://www.cpacinc.org)  
**Email:** [cpac@cpacinc.org](mailto:cpac@cpacinc.org).

### **Connecticut Fair Housing Center (CFHC)**

CFHC is a statewide non-profit fair housing organization dedicated to ensuring that all people have equal access to housing opportunities in CT. The Center provides legal assistance and investigative services to CT residents who believe they may have been the victim of housing discrimination, education and outreach on the fair housing law, strategic planning and advice for cities and

towns on fair housing complaints, and foreclosure prevention legal assistance. **Phone:** (860) 524-0601

**Website:** [www.ctfairhousing.org](http://www.ctfairhousing.org).

## **Connecticut Women's Education and Legal Fund (CWEALF)**

CWEALF provides legal information, referrals and advocacy on family, employment, education, and civil rights law. These include discrimination, harassment, and family matters such as divorce, child support and custody. A bilingual community advocate is available to meet in person in Hartford and New Haven.

**Phone:** (860) 524-0601 **Toll-Free:** (800) 479-2949

**Website:** [www.cwealf.org](http://www.cwealf.org).

## **Lawyer Referral Services**

For civil and criminal cases or just to get some advice or a will, contact the local Bar Association for the name of an attorney who offers the type of legal service that you need.

### **Fairfield County Bar Association**

**Phone:** (203) 327-7041

### **Hartford County Bar Association**

**Phone:** (860) 525-8106

### **New Haven County Bar Association**

**Phone:** (203) 562-9652

### **New London County Bar Association**

**Phone:** (860) 889-9384



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**They are listed first in this index; please read the agency description to see if they can assist you.**

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