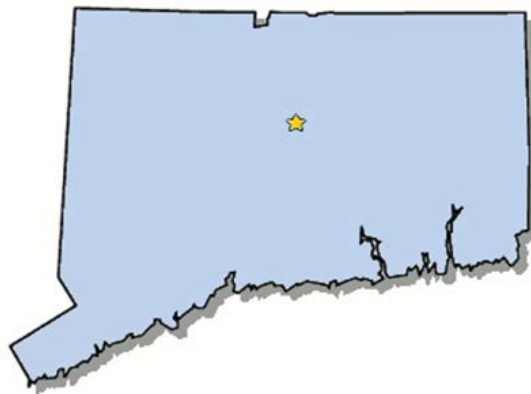


Knowledge of Community Resources

**Learning Inventory Skills Training
(L.I.S.T.) Assessment
Quick Reference Guide
Greater Hartford Area**



Basic

Knows what 211 is and the services provided

Crisis Services:

211 provides **confidential** services, advice, support, and referrals for individuals experiencing a wide array and severity of crises.

Examples include:

- Emotionally/physically/sexually abusive relationships
- Sexual assault
- Bullying
- Substance abuse
- Suicidal thoughts

211 keeps your crisis confidential and can offer support, locations of safe housing, temporary care options, and shelters, as well as referrals to local community resources.

Food Assistance:

211 can provide a wealth of information on food assistance programs such as SNAP, WIC, school lunch programs, and summer food service programs for children. 211 can also connect you with:

- Meal delivery services
- Seasonal meals and soup kitchens
- Volunteer opportunities

Health Care Services:

211 can help you navigate your healthcare options and work through the large amount of information available. Services offered include:

- Assistance with understanding health insurance plans
- Education regarding your health care rights
- Information about nutrition and wellness programs

Housing and Utilities Assistance:

211 can assist you in finding safe, clean, and habitable housing when you need it most. You can also contact 211 if you need help paying for rent, repairs, or utilities.

Employment Assistance:

211 can assist in job searches, occupational and vocational training, career counseling and resume assistance, temporary work, day-laborer opportunities, and disability and special-needs services.

Reentry Support:

If you are re-entering the community from a lifestyle transition, history of mental illness or substance abuse, or after incarceration 211 can lead you in the direction of support groups, counseling and education.

Childcare:

211 maintains current listings of the licensed child care programs in Connecticut and can connect you with your best options. 211 can also make referrals for before and after school programs, summer camps, and play groups.

Legal Assistance:

211 can provide legal assistance in areas such as child support/custody, a referral to an attorney, navigating domestic/family violence services, and immigration law. 211 can also connect you with local community legal clinics to get in-person help.

Knows where the nearest supermarket or shopping district is located



Shopping districts:

Walmart (Flatbush Ave)
Marshalls (Newfield Ave)
Bishops Corner (West Hartford)
Burlington Coat Factory (Silver lane)
Buckland Hills (Buckland Hills Dr, Manchester)
Dollar Tree (Park St and Flat Bush Ave)
Family Dollar (Farmington Ave)
Save-A-Lot (Park St)

Stop & Shop locations:

New Park Ave
Cottage Grove Rd. (Bloomfield)
Silver Lane (East Hartford)
Farmington Ave (West Hartford)

Others:

Shop- Rite (Kane St. West Hartford/ Main St. East Hartford)
ALDI (New Park Ave)
BJ's (New Park Ave) *card required
Bravo (Albany Ave) *ethnic foods
Carlo's (Farmington Ave)
CT-Town (Park St)

Knows how to get food in the event of an emergency



Food Banks:

Hands on Hartford- Church St

Bushnell Children's Food Pantry – Vine St

Warburton Community Church Food Pantry – Brookfield St

The Village – Putnam St

Recommended Soup Kitchens:

Loaves and Fishes Ministries – Woodland St (offers a to-go bag)

Shiloh Baptist Church – Albany Ave (occasionally offers clothes as well as food)

House of Bread – Chestnut St (offers a to-go bag)

Citadel of Love - Barbour St

St. Monica Church - Main St

Walk in the Light Outreach Center -
Main St

Mt. Calvary Baptist Church - Oates Ave

Hartford Rescue Mission - Windsor St

Faith Congregational Church - Main St

Union Baptist Church - Main St

Center Church Soup Kitchen - Gold St

Christ Church Cathedral - Church St

St. Patrick - St. Anthony Church -
Church St

Grace Supper Gathering - Woodland St

Love Kitchen Glory Chapel - Greenfield
St

Three Angels Adventist - Woodland St

House of Manna Food Pantry –
Bartholomew Ave

Recommended Food Share Locations:**St. John's Full Gospel Deliverance Church- Bloomfield, CT (every other week)**

Charter Oak Community Health Center- Salvation Army, Hartford

Grace Worship Center Church- Wethersfield Ave, Hartford

UMC of Hartford- Farmington Ave, Hartford

Church of the Good Shepard- Wyllys St, Hartford

CRT- Marshall St.

Salvation Army- Nelson St ***Must pre-register and must show proof of residency***

Cathedral of St. Joseph- Farmington Ave, Hartford (seasonal)

*A full list of Connecticut Food shares, times and locations can be found at
http://site.foodshare.org/site/DocServer/2018_Mobile_Calendar.pdf

Knows how to access a crisis line

Call the local **DMHAS mobile crisis program** or call crisis directly

Capitol Region Mental Health Center (860) 297-0999

(Crisis line locator by town available on the DMHAS website)

Call 911 for **emergency medical services** or if you feel that your or someone else's life is in danger

Call 211 for the following:

- Confidential services, advice, support, and referrals for individuals experiencing a wide array and severity of crises. Examples include:
 - Emotionally/physically/sexually abusive relationships
 - Sexual assault
 - Bullying
 - Substance abuse
 - Suicidal thoughts

*211 keeps your crisis confidential and can offer support, locations of safe housing, temporary care options, and shelters, as well as referrals to local community resources.

Other Resources:

National Suicide Prevention Lifeline: 1-800-273-8255

National Hopeline: 1-800-442-4673



Knows location of the nearest hospital

St. Francis Hospital

Intersection of Woodland St and Asylum Ave
800-714-4000

Hartford Hospital

Intersection of Washington St and Jefferson St or Main St and Jefferson St
860-545-5000

UConn Health

Farmington Ave, Farmington
860-679-2000

UConn Health Emergency Dental Care

Farmington Ave, Farmington
860-679-2325

Malta House of Care – Mobile Medical Clinic

Mondays: St. Rose Church 11-4
Tuesdays: The Cathedral of St. Joseph 1-6
Wednesdays: The Cathedral of St. Joseph 12-4
Thursdays: St. Augustine Church 12-4
860-725-0191

