

## Connecticut WIC Supports Dads

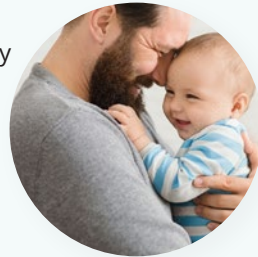
**Did you know that children and families do better when dads/family men are involved?**

### Kids

- Do better in school
- Have higher self esteems
- Improved relationships with peers

### Parents

- Feel less stress when they support each other and co-parent



At WIC, we encourage dads/family men to participate in all aspects of WIC services. To find out about how you can be involved, ask your local WIC office.

For additional fatherhood resources, visit <https://www.fatherhood.gov/> or <https://portal.ct.gov/fatherhood>.

## UConn Extension Expanded Food and Nutrition Education Program EFNEP



EFNEP services are provided by the UConn Cooperative Extension System and is

sponsored by USDA. Youth and children of low income families or limited resources can qualify for EFNEP.

### You will learn how:

- Diet and nutrition can help keep you and your family in good health.
- To feed your family better and how to save on your food bills by shopping smartly.
- EFNEP can help if you don't have enough food money or your monthly SNAP benefits are not sufficient.

Call (860) 486-1198 or visit <https://efnep.uconn.edu/>

## Staying Safe

Keep you and your family healthy by avoiding tobacco or nicotine products, alcohol, marijuana, and other drugs.

We know how difficult it is to quit or reduce tobacco or nicotine products. If you are struggling to quit or reduce your use, we have resources for you. Visit [www.quitnow.net/connecticut](http://www.quitnow.net/connecticut) for support with quitting tobacco or nicotine use including free coaching, a free quit plan, and educational materials.

Avoiding alcohol, marijuana, and other drugs is recommended to keep you and your baby or older children healthy and safe. We have resources to support your efforts to stop or reduce your use. For support with quitting alcohol, marijuana, or other substance use or for information on Medication Assisted Treatment (MAT), contact your healthcare provider or visit <https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-and-Childrens-Programs>

If you use marijuana products, keep them in childproof containers and out of the reach of children and pets. For accidental ingestion, contact your healthcare provider or call your local poison control center at 1-(800) 222-1222, or 911 in an emergency.

## WIC & Head Start



**WIC & Head Start are working together to:**

- Support Wholesome Food Choices
- Boost Interest in Learning
- Promote Active Play
- Nurture Healthy Behaviors



Ask your WIC staff for a referral to Head Start. Or you can visit [www.ctheadstart.org](http://www.ctheadstart.org) to find a program.

## Selected Referrals

# Programs that may help you and your family



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

This institution is an equal opportunity provider.

## Husky Health



### What is HUSKY?

HUSKY is a free insurance for pregnant women and children.

### What does HUSKY cover?

Prenatal and postpartum care, doctor's visits, hospital care, dental care and check-ups, family planning services, mental health and substance abuse, and much more.

If you live in Connecticut, are pregnant, have a child (under 19), or are a parent or caretaker of a child, you may qualify for HUSKY.

## Supplemental Nutrition Assistance Program (SNAP)



### What is the Supplemental Nutrition Assistance Program?

The Supplemental Nutrition Assistance Program helps people buy food. Eligible individuals will receive an Electronic Benefits Transfer (EBT) card which will be used to buy food at stores that accept SNAP.



### Are you eligible?

Your SNAP eligibility and benefit amount depends on:

- How many people you live with (called your household)
- How much income your household has each month
- Your household assets
- How much your household pays each month for rent or mortgage, utilities, and childcare

### To apply for HUSKY or SNAP, call an office near you:

State of Connecticut Department of Social Services (DSS)  
1-(855) 626-6632

OR

Apply online by creating a MY ACCOUNT at [www.connect.ct.gov](http://www.connect.ct.gov)

### How to Get Started with Connect:

1. Click **Create an Account** on the main page and the registration page will appear
2. Enter your first and last name
3. Email address is optional
4. Create a unique user ID and Password
5. Select 4 secret questions and answer them
6. Click "user acceptance" box
7. Associate MyAccount to the client ID, if you have a client ID

For technical support call (877) 874-1612

[www.connect.ct.gov](http://www.connect.ct.gov)

## Department of Social Services Child Support Services



### How can child support services help?

Services can include:

- Locating non-custodial parent
- Modifying and enforcing a support order
- Getting or enforcing Medical support
- Handling of support payments

### For more information:

Call 1-(888) 233-7223 or visit

<http://www.jud.ct.gov/childsupport/>

## Access Health CT



Access Health CT (AHCT) is Connecticut's official health insurance marketplace where you can shop, compare, and enroll in quality healthcare plans; and it is the only place where you can qualify for financial help to lower your costs, or be eligible for free or low-cost coverage through Medicaid/HUSKY.

DSS has a single, statewide toll-free number for client access.

### To reach our Client Information Line & Benefits Center:

1. Call toll-free 1-855-6-CONNECT (1-855-626-6632) and connect to the DSS Client Information Line. (TTD/TTY 1-800-842-4524 for persons with speech or hearing difficulties).
2. After listening to the welcoming message, press 1 for English or 2 for Spanish.
3. You will then be transferred to the Main Menu and press the number depending on your question.
4. You can connect directly to a worker in our Benefits Center by following the phone menu prompts, Monday through Friday, between 7:30 a.m. and 4 p.m.

The Benefits Center is staffed with workers dedicated to answering your questions, processing change requests, and providing you with information about other resources.

## Connecticut 211



### Looking for additional resources?

United Way 2-1-1 is a free health and human service information and referral helpline. Calls are answered 24 hours a day, 7 days a week.

Call 2-1-1 or 1(800) 203-1234 or visit [www.211ct.org](http://www.211ct.org)