

### **United Way Infoline 2-1-1**

2-1-1 provides information and referral services about basic needs (food, clothing and shelter), child care, energy assistance, disability services, suicide prevention, senior services, veteran's services, health services and much more. Available 24 hours a day, 7 days a week dial 2-1-1 or visit their website at [www.211ct.org](http://www.211ct.org).

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

CEAP helps households pay for primary heating bills. If your primary heating cost is included in your rent, you may also apply for CEAP. Visit the website at [www.dss.ct.gov/staywarm](http://www.dss.ct.gov/staywarm), or for more information call 1-800-842-1132, or dial 2-1-1.

### **Family Planning and Pregnancy Prevention**

For information about family planning call Planned Parenthood at 1-800-230-PLAN, the Connecticut Department of Public Health at 860-509-8000, or dial 2-1-1. You can also visit the University of Connecticut teen pregnancy prevention website at: [www.teenpregnancy-ct.org](http://www.teenpregnancy-ct.org).

### **Free Tax Preparation Services**

From January 15 to April 15 each year, the Volunteer Income Tax Assistance (VITA) program

offers free tax help to people who make less than \$55,000 a year need help with their tax returns. For more information about VITA visit: <http://www.irs.gov/Individuals/free-tax-return-preparation-for-you-by-volunteers> or call 1-800-906-9887.

### **Food Banks**

Foodshare and the Connecticut Food Bank provide safe and nutritious food to food pantries, soup kitchens and shelters throughout Connecticut. To find a food pantry near you, dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org)

The Department of Social Services does not discriminate on the basis of race, color, religion, sex, gender identity or expression, marital status, age, national origin, ancestry, political beliefs, sexual orientation, intellectual disability, mental disability, learning disability or physical disability, including, but not limited to, blindness. Deaf and hearing-impaired persons may use a TDD/TTY by calling 1-800-842-4524. Auxiliary aids are also available for blind or visually impaired persons.

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State of Connecticut

Ned Lamont  
Governor



Department of Social Services  
Deidre Gifford MD, MPH  
Commissioner

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The Department of Social Services is an equal opportunity, affirmative action employer.

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## **Help for People in Need**



The Department of Social Services, along with other Connecticut agencies and organizations, provide a wide range of programs that may benefit you and your family.

### **Access Health CT (AHCT) and HUSKY Programs**

Connecticut residents who need medical insurance should apply online at [www.accesshealthct.com](http://www.accesshealthct.com) or by calling 1-855-805-4325. Residents may apply in person at AHCT Enrollment Centers or DSS offices. Benefits include preventive care, physician visits, prescriptions, vision care, dental care, physicals, mental health and substance abuse services, durable medical equipment, emergency and hospital care. Those who have pre-existing conditions cannot be denied. If you have questions call 1-855-805-4325.

### **Housing**

For information about the Housing Choice Voucher program visit the Department of Housing website at [www.ct.gov/doh](http://www.ct.gov/doh). There you may register your email address to be notified when a Housing Choice Voucher waiting list opens. You can also dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) for information about low-cost housing options, as well as other housing services such as eviction and foreclosure prevention, security deposits and shelters for the homeless or victims of domestic violence.

### **Care 4 Kids Child Care**

Care 4 Kids helps low-to-moderate income families in Connecticut pay for child care costs. To learn more about Care 4 Kids, visit the website at: [www.ctcare4kids.com](http://www.ctcare4kids.com) or call 1-888-214-KIDS (5437) Monday, Tuesday, Wednesday, Friday 8 am- 5 pm, Thursdays 8am - 6pm.

### **Women Infants & Children (WIC)**

WIC is a special supplemental food program that provides nutritious foods, milk, juice, formula and other items to low-income pregnant or breastfeeding women, infants and children up to age 5. To get more information visit [www.ct.gov/dph](http://www.ct.gov/dph) or call 1-800-741-2142.

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

SNAP is a nutrition program that helps low-income individuals and families buy food. SNAP is funded by the U.S. Department of Agriculture and administered in Connecticut by DSS. Benefits are provided through an Electronic Benefits Transfer (EBT) card that works just like a regular debit card. You can use your EBT card at most grocery stores and at some farmer's markets. All SNAP recipients are eligible to receive free nutrition education.

For more information and to find out where to apply, visit [www.ct.gov/SNAP](http://www.ct.gov/SNAP) or dial 2-1-1.

### **SNAP Employment & Training (E&T)**

In addition to direct food benefits, SNAP recipients, not receiving Temporary Family Assistance, may be eligible for free vocational training. DSS partners with all community colleges and several community based organizations to provide training opportunities to SNAP recipients. E&T is a voluntary work program designed to help participants gain skills needed to find employment. SNAP recipients may self-enroll with an approved provider.

For more information visit [www.ct.gov/SNAP](http://www.ct.gov/SNAP)

### **School Breakfast and School Lunch Programs**

These programs provide nutritionally balanced meals to school children for free or at a small cost. Families may apply for the programs by submitting a Household Income Application which is provided by the school. The school is then responsible for certifying the student for free, reduced-price, or paid meals. If you are currently receiving Temporary Family Assistance (TFA), SNAP or Medicaid from DSS, your children are automatically eligible for free meals. Contact your child's school for more information or visit [www.fns.usda.gov/school-meals/child-nutrition-programs](http://www.fns.usda.gov/school-meals/child-nutrition-programs).

### **Fatherhood Initiative**

The Connecticut Fatherhood Initiative is a broad-based, statewide program led by the Department of Social Services that is focused on changing the systems that can improve fathers' ability to be fully and positively involved in the lives of their children. The goal of the initiative is to promote the positive involvement and interaction of fathers with their children by providing dads with the skills and support they need to get involved and stay connected to their children.

For more information about the Connecticut Fatherhood Initiative and programs in your area, please visit our website: [www.ct.gov/fatherhood](http://www.ct.gov/fatherhood) or call 1-866-6CTDADS / (1-866-628-3237).

### **Domestic Violence**

The Connecticut Coalition Against Domestic Violence (CTCADV) is a statewide network of community-based programs that provide a full array of services to victims of domestic violence. Those services include a 24-hour toll free hotline, safety planning, emergency shelter, crisis intervention, individual counseling, support and/or educational groups, children's programs, court advocacy, information and referrals, and community education.

To get help or for more information call CTCADV at 1-888-774-2900 or visit: [www.ctcadv.org](http://www.ctcadv.org).

### **Legal Assistance**

For legal assistance call 1-800-453-3320 or go online at [www.slsct.org](http://www.slsct.org).