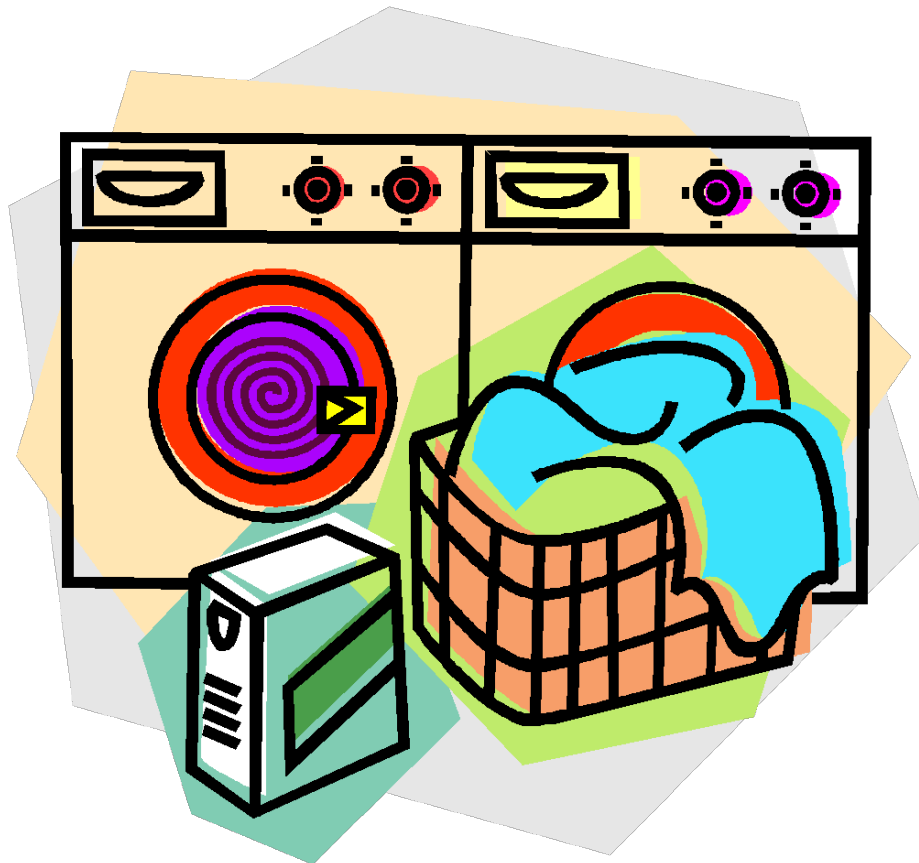


Intermediate

Knows where the nearest Laundromat is located

Super Saver Laundromat - Main St + Albany Ave
Accepts YAS Laundry Card

Soapy Suds Laundromat - Park St
Shine Laundromat - Albany Ave
Best Laundromat - New Park Ave
Your Neighborhood Laundromat - Barbour St
Sun Laundromat - New Britain Ave
Wash Tub Laundry - Farmington Ave
Family Laundromat - Franklin Ave
Q-P Cleaners - Albany Ave



Knows how to find leisure activities in the community

Hartford Public Library:

- Internet access (timed)
- DVD and book rentals
- Events in the community
- Creative expression opportunities
- Parks and recreation information
- Local volunteer opportunities
- Keep in mind, shared space with UConn

Community Centers:

- Parker Memorial Community Center: 860-757-9595
 - Pool access
 - Recreation rooms
 - Weight room
- East Hartford Cultural Community Center: 860-291-7160
 - Programs
 - Presentations
 - Leisure centered community activities

YMCA of Greater Hartford: 860-522-4183

- Fitness classes
- Gym and swim opportunities
- Dance and art programs

Bushnell Center for the Performing Arts:

- Opportunities to volunteer for events
 - Shows and concerts
 - Plays, comedians, interactive experiences
 - Children's theatre
- www.bushnell.org

Hartford Stage:

- Plays, productions, musicals, education program
- Opportunities to volunteer for events

Knows how to find a self-help group or religious organization for support

(Must indicate at least 2)

Narcotics Anonymous

- Honesty in Reality (Hartford Hospital)
- Recovery on the Hearth (Sheldon St.)
- Just Do It (United Methodist Church)
- Sisters Reaching Out (Tabor House)
- Los Quitaos (St. Augustine Church)

All meeting locations and times can be found at www.CTNA.org

Alcoholics Anonymous

- Living Sober Group (Open Hearth)
- Whats Happening Group (United Methodist Church)
- Grupo Hispano de Hartford (Our Lady of Sorrows Church)
- Mayflower Group (Westminster Presbyterian Church)
- Came to Believe (Universalist Church)

Additional locations and times can be found at www.ct-aa.org

LGBTQ Support Groups

- Hartford Gay and Lesbian Health Collective – Rainbow Room
- Hartford Gay and Lesbian Health Collective- 20 club
- Institute of Living Support Services
- Sexual Minority Youth and Family Services- True Colors

Additional locations and times can be found at www.Connecticut.networkofcare.org

Parent Support Groups

- Autism Spectrum Support Group Meeting for Parents (Institute of Living)
- Bloomfield support Group (Laurel Elementary School)
- Next Steps Parent Support Group (Summit in Plantsville)
- Parents support Group (Panera in Manchester)

Additional locations and times can be found at www.CPACINC.org

Bereavement Support Groups

- Hartford HealthCare at Home at Hartford Hospital (860-493-7328)

Additional locations and times can be found at

<https://hartfordhospital.org/File%20Library/Patients%20and%20Visitors/BereavementResourceGuide.pdf>

A full list of churches and places of worship in Hartford can be found at www.hartford.areaconnect.com/churches

Knows where personal bank (or nearest local bank) is located

People's United Bank: Inside Stop & Shop
Citizens Bank: Trumbull St
Webster Bank: Asylum St and Cottage Grove
TD Bank: Trumbull St
Santander Bank: Asylum St
Wells Fargo: State House Sq
United Bank: Asylum St
Credit Union: Cottage Grove and Asylum Ave (Can open a bank account with \$50)

Volunteer Income Tax Assistance (VITA)
1-800-906-9887

- VITA offers free tax help to those who make \$54,000 or less, persons with disabilities, and limited English speaking taxpayers



Knows how to obtain information by using 211, the internet, etc.

Where to get Internet access:

Hartford Public Library (shared space with UConn)
Capitol Region Mental Health Center
Cyber Café – Broad St
Barnes and Noble
Dunkin Donuts
Starbucks
McDonald's

Keep in mind that some of these locations, including the library, will limit your time using the internet/computers so they can meet the high demand

How to use a search engine:

- Open web browser (Ex: Google, Bing, Yahoo)
- Click on search box
- Type what you are looking for (Ex: Where is the closest library?)
- If you are looking for a location add “near me or near Hartford”
- Try to avoid clicking on the results that say “ad” (usually the first line)
- You may need to click on multiple lines to find what you are looking for or try entering different key words

211 provides services for crisis, emergencies and disasters, food, health, housing and utilities, human trafficking, jobs and employment, reentry and veterans.

Information can be accessed by calling the number 211, or using their website at www.211.org



Knows the location of their primary care provider and/or nearest walk-in clinic

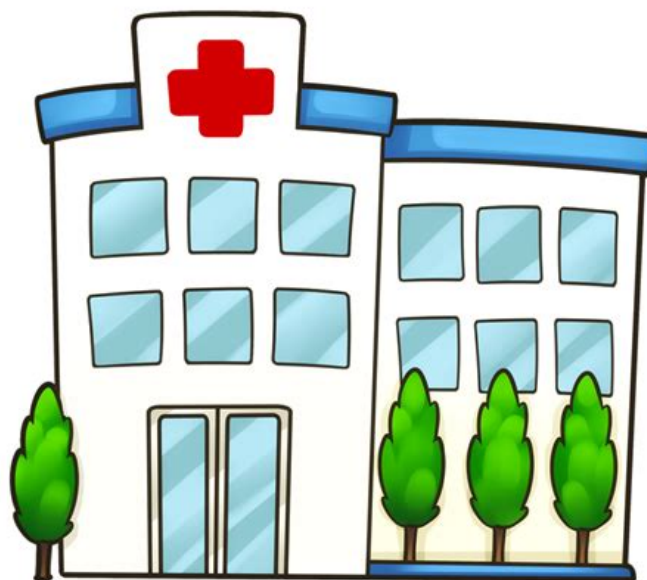
Walk-in clinic locations:

St. Francis: Hartford
AFC Urgent Care: West Hartford
Urgent Care at Bloomfield
Hartford Heath Care
Go Health Urgent Care: Bishops Corner
New England Urgent Care: North Main St and Blue Back Sq
UConn Health: Farmington

The Charter Oak Mobile Medical Van: Visits sites all over Hartford, call 860-550-7500

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

*211 can be used as an additional resource to find walk-in clinic locations



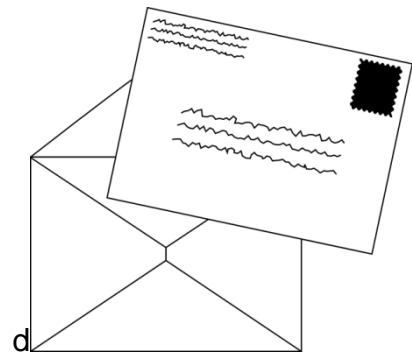
Knows the location of the nearest post office and how to use it

Weston St
Barbour St
Ann Uccello St
State House Sq.
Main St
Woodland St
Washington St
Murphy Rd
Maple Ave
Silver Lane
Crossroads Plz
Lasalle Rd
Shield St



General information

- Can use it to mail letters by dropping letter off in outdoor mailbox or going in the lobby and using the drop slot or going to a teller at the desk
- Using teller, it can be used to mail packages
- A post office box can be purchased for a semi-annual or annual fee
- Buy stamps
- Pick up a package
- Pick up certified mail
- Change of address form



Knows the location of the nearest library and how to use the resources there

Hartford Libraries:

East Hartford Public library

Connecticut State Library (best location for longer internet usage- less crowded)

Hartford Public Library Locations:

- Main St
- Albany Ave
- Barbour St
- Campfield Ave
- New Park Ave
- Park St
- Ropkins (Main St)

Resources:

- Computer and internet access
- Newspapers/magazines
- Books
- Movies
- Classes
- Events in the community
- Creative expression opportunities
- Parks and recreation information
- Local volunteer opportunities
- Assistance with obtaining a passport and green card
- Art groups for adults and children
- Private study spaces that can be used for work or meetings



How to get a Library Card

When applying for a Library card in person, you must show proof that you live, work, attend school or pay property taxes in Hartford.

Only one form of identification is necessary if it is one of these current and unexpired forms of identification:

- Connecticut driver's license
- State of Connecticut ID card

If the identification types listed above are not available, you may provide any two of the following forms of identification - one must have a photo and the other your current address:

- Valid passport
- Check cashing courtesy card
- School ID card with photo
- Employee ID with photo
- Green Card
- Current month utility bill
- Mail postmarked within the past 30 days
- Printed personal check
- Lease or rent receipt (within past 60 days)
- Tax bill or receipt
- Valid car registration or car insurance

