Helping Hands:
A RESOURCE GUIDE
For Families with Loved Ones in Prison

JUDY DWORIN | JDPP
PERFORMANCE PROJECT
Moving for Change Since 1989
ABOUT THIS GUIDE

Since 2005, Judy Dworin Performance Project (JDPP) has been reaching out through the arts to incarcerated women and men and families with loved ones in prison. This work has happened in collaboration with social service and harnesses the arts as a powerful catalyst for creative expression through performance, community building, and positive change. With the generous support of a grant from the Hartford Foundation for Public Giving, we have compiled Helping Hands: A Resource Guide for Families with Loved Ones in Prison in the hopes that it will provide much needed information. The guide provides listings for statewide resources as well as six cities beginning with Hartford and followed by Bridgeport, New Haven, New London, Waterbury, and Willimantic. We have worked to make it as easy to navigate as possible. If you can’t find what you are looking for here, please refer to listings in 211—the most comprehensive source of local human and social services nationwide—and speak to a community resource specialist who can help.

Dial 2-1-1 or call (800) 203-1234 toll-free

WHO WE ARE:

Judy Dworin Performance Project (JDPP)

Founded in 1989, JDPP is an organization of professional artists who—on stage, in schools, in prisons and in the community—innovate, inspire, educate and collaborate. JDPP harnesses the arts as a powerful catalyst for creative expression through performance, community building, and positive change. You can learn more about us at www.judydworin.org.

About the Hartford Foundation for Public Giving

The Hartford Foundation for Public Giving is the community foundation for Hartford and 28 surrounding communities. Made possible by the gifts of generous individuals, families and organizations, the Foundation has awarded grants of more than $758 million since its founding in 1925. For more information about the Hartford Foundation for Public Giving, visit www.hfpg.org or call 860-548-1888.
# TABLE OF CONTENTS

## INTRODUCTION
- JDPP’s Bridging Boundaries Program .............4
- How to Use This Guide ....................................5

## STATE-WIDE SERVICES
- Services Available Throughout CT ..................7
- Connecticut Legal Services .............................9

## HARTFORD SERVICES .............................................10

## BRIDGEPORT SERVICES ..........................................15

## NEW HAVEN SERVICES ...........................................18

## NEW LONDON SERVICES ........................................24

## WATERBURY SERVICES ...........................................25

## WILLIMANTIC SERVICES ........................................30

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### TIP!

Click on the arrows in the bottom right hand corner of each page to navigate through this guide and return to the Table of Contents at anytime.
Bridging Boundaries Arts Intervention Program

The Bridging Boundaries™ Arts Intervention Program teams social work with the arts in a comprehensive program reaching out to those behind the razor wire and their families and loved ones. Since 2005, the program has grown to include a Performance Residency for women at York Correctional Institution in Niantic, CT; a Moms & Kids outreach for York CI mothers and their children; a Dads & Kids residency for fathers and their families at Cybulski Reintegration Center in Enfield; an In Schools Program for youth in Hartford and Greater Hartford schools who have a parent or loved one in prison; Stepping Out and New Beginnings arts residencies for returning citizens to the Greater Hartford area, and I AM (Arts, Imagination and Me) JDPP’s most recent program for York 18 to 25 year olds in the WORTH mentoring unit (the first of its kind in the country!). Bridging Boundaries™ is a personal story of transformation, a family story of healing and a public story of opportunity to restore our communities, all through the power of the arts.

JDPP Bridging Boundaries Programs that are geared toward parents and their children:

**MOMS & KIDS PROGRAM**

The York Moms & Kids program builds relationships among incarcerated moms, their children, and caregivers. The program includes a series of planning sessions with York moms and JDPP teaching artists that culminate in two 2-hour Saturday arts engagements: a holiday visit in the late fall and a Mother’s Day visit in the spring. The capstone is in July when there is a weekend visit in the prison school which is transformed into various arts activity stations planned by the moms with JDPP staff. Family photos, shared lunches, a talent show, and a community mural are some of the highlights of this special 2-day event. Families can stay at Incarnation Center in nearby Ivoryton, CT where hiking trails, a petting zoo, and delicious food abounds.

**DADS & KIDS PROGRAM**

This program opens communication and strengthens family bonds for fathers who will soon be released from the Cybulski CI Reintegration Center, their children, and the children’s caregivers. Through movement, visual art and spoken word, participants push past boundaries, take healthy creative risks, and enhance family relations – all of which improve their probability of success upon release.

**IN SCHOOLS PROGRAM FOR YOUTH WITH INCARCERATED PARENTS OR LOVED ONE**

The Bridging Boundaries in-school residency addresses the unique issues faced by children with a parent in prison. The program creates a safe space with others who share the “secret” of having an incarcerated loved one. Children learn to trust, to create, to find their voices, and to advocate for their future. This program, a collaboration with Hartford Public Schools social workers, culminates in an informal sharing for outside guests.

Call us at 860-527-9800 or email at info@judydworin.org for more information.
The first section of this guide provides an overview of services throughout Connecticut for children, families, caregivers, and those formerly incarcerated including pro bono legal services.

The rest of the guide lists services specific to six different cities throughout CT: • Hartford • Bridgeport • New Haven • New London • Waterbury • Willimantic

Each section lists services for: • Food • Clothing • Shelter or Housing Assistance • Employment • Health/Mental Health/Addiction Services • Education for all Ages • Multi-Service Organizations

Some cities also list Reentry services for those formerly incarcerated across Connecticut. These programs have a wide variety of services and can be found at multiple locations across the state. This will be a useful source of information at the point at which a family member is going to be released from prison.

If you are viewing the guide online and would like to access the organization’s preferred method of contact, simply click the website, or phone number linked on the left side of each listing.

Look for this icon for: Spanish speaking staff available
FOOD

Connecticut Food Bank Pantry Locator
An online resource that connects you to food banks across Connecticut.

End Hunger Connecticut
An online resource for meal programs across Connecticut.

Mobile Pantry
A mobile Food Pantry that travels across Connecticut.

National School Lunch Program
Federal and state governments subsidize the school meals programs for all children in schools that participate. Eligibility for free or reduced-price meals is based on family income and size. Food stamp recipients are automatically qualified for free school meals.

The Supplemental Nutrition Assistance Program (SNAP)
Formerly known as food stamps, SNAP helps individuals and families help afford the cost of food at supermarkets, grocery stores, and farmer’s markets.

Summer Breakfast and Lunch for Children
Children under the age of 19 are eligible for free meals during the summer months through participating towns and organizations. There are no forms or income tests. For participating locations call: Department of Education, Child Nutrition Programs.

CLOTHING

Goodwill Industries
Offers several retail stores with clothing for all ages across CT.

The Salvation Army
Offers several retail stores with clothing for all ages across CT.

SHELTER OR HOUSING ASSISTANCE

211 is the most comprehensive source of local human and social services information in the U.S. Reach out to 211 to speak with a community resource specialist who can help you find services and resources available locally and provide critical services that can improve and save lives.

HUD Housing and Urban Development
Provides programs, counseling and more for home ownership. They also offer a housing choice voucher program. This is a federal government program that assists very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market.
CONNECTICUT SERVICES

EMPLOYMENT

American Job Centers
Has offices across Connecticut working to provide workforce assistance to job seekers. Their services are available to anyone regardless of employment status and they provide information/assistance for unemployment insurance.

DMHAS Employment Services
Provides employment and education services for those coping with behavioral health conditions.

Dress for Success
Provides a network of support, professional attire and development tools to help women thrive in work and in life. Has several locations across CT.

Bureau of Rehabilitation Services
Allows individuals with significant disabilities to work competitively and live independently. They provide individualized services, develop effective partnerships, and more so that consumers and their families may make informed choices about the rehabilitation process and employment options.

HEALTH/MENTAL HEALTH/ADDICTION SERVICES

Open Path Psychotherapy Collective
An online resource that matches middle-and-lower income families in need to affordable mental health services and education.

United Community and Family Services (UCFS) Healthcare
Offers a sliding fee scale for healthcare including behavioral health services based on records for overall healthcare in several locations across Connecticut.

Women and Families Center
Offers a 24-hour crisis hotline and support services for survivors of sexual violence. Spanish-speaking and male counselors are available. They have 3 offices in Connecticut.

CHR
Provides behavioral healthcare in Connecticut, offering a wide range of personalized services for children, families, and adults whose lives have been touched by mental illness, addiction or trauma. Their largest outpatient offices are in Manchester and Enfield, with smaller offices throughout central and eastern Connecticut and several community-based programs.

W.R.A.P.
The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

National Domestic Violence Hotline
They answer calls to support and shift power back to people affected by relationship abuse.
EDUCATION FOR ALL AGES

Children with Incarcerated Parents Initiative
CTCIP works to improve the quality of supports for children with incarcerated parents. They serve as CT’s primary resource center and think-tank for information on CIP.

CLICC
Connecting Through Literacy: Incarcerated Parents, Their Children, and Caregivers (CLICC) is a Connecticut-based non-profit program. CLICC uses mentoring and literacy activities to strengthen communication and deepen bonds between children and their incarcerated parents.

Conntac Inc
Provides support services and educational access for low-income residents across Connecticut. They offer classes for adults, dropouts, ex-offenders, GED holders, and more. There are ten locations throughout Connecticut.

Sesame Street in Communities Online
Offers a helpful online resource that includes several videos for children with incarcerated parents on coping. The website is offered in Spanish as well.

C.R.E.C.
Captial Region Education Choice allows students from across the state to apply to a variety of great schools across Connecticut. Certain locations offer free summer meals for children as well.

MULTI-SERVICE ORGANIZATIONS

Care 4 Kids
Helps low to moderate income families across Connecticut pay for child care. Visit their website to find family information, income guidelines, forms and more.

Goodwill Industries
Offers services in education, training, and employment. They have stores and career centers across Connecticut.

Mental Health CT Statewide Services
The State of CT offers home and community-based services for Medicaid eligible adults with serious mental health conditions, living successfully in the community and avoiding institutional care. MHC offers individualized recovery plans that promote health, wellness, recovery, and success in the community.

The Salvation Army
Offers services throughout Connecticut for food, relief for disaster victims, the disabled, the elderly and ill, clothing, shelter, and opportunities for underprivileged children.

United Way of Connecticut
Provides access to health and human services, including food, shelter, and other basic needs. They assist parents and caregivers in finding the best child care and serve children with developmental or behavioral needs.
CONNECITICUT SERVICES

REENTRY

American Job Center Ex-Offender Reentry Programs
Offers job finding assistance to ex-offenders and assists them in re-entering society/the workforce.

Connecticut’s Reentry Community
An online resource that supports successful reintegration for returning citizens reuniting with their children, families, and communities.

LEGAL SERVICES

State Wide Legal Services of Connecticut
A legal aid service that helps low-income families solve their legal issues. They provide free legal advice about family, housing, benefits, unemployment and more. Funding is limited so not all may be helped. For more information and service visit the website above or call the number to the right.

Center for Children’s Advocacy
They are largest children’s legal rights organization in New England, protecting and defending abused and neglected children; supporting child health, supporting teens and homeless youth; improving educational success; reducing involvement with the juvenile justice system; reducing racial disparities; helping immigrant children; and promoting youth voice.

Connecticut Legal Rights Project
Provides high quality legal services to low income persons with psychiatric disabilities living in Connecticut, primarily on matters related to their treatment and civil rights. If you feel as though your rights have been violated, you can call the toll-free number listed here.

STATE ORGANIZATIONS

Department of Correction for the State of Connecticut
The Department of Correction website offers important information for family and friends specifically and more generally for visiting and frequently asked questions. Click on the links to the left or visit portal.ct.gov/DOC.

Department of Social Services (DSS)
The Department of Social Services provides access to social services throughout Connecticut. These resources include but are not limited to health/human services, jobs/employment and driving /transportation.

Connecticut General Assembly: Find Your Legislators
Use this online resource to access information about your current legislator based on your location.

CT Transit
Local bus routes make frequent stops, typically every 2 to 3 blocks, linking neighborhoods with urban centers and providing connections within and between communities.
FOOD

Community Renewal Team (CRT): Meals on Wheels
Seniors receive healthy lunches and dinners delivered to their door within 48 hours. Weekend meals are delivered on Fridays.

Foodshare Truck
A regional mobile food bank that serves Hartford county.

Hands on Hartford
Offers the MANNA food program which provides basic needs to thousands of individuals through Community Meals, Community Pantry & Neighborhood Services, and Backpack Nutrition Program.

CLOTHING

Goodwill Industries
Offers several retail stores with clothing for all ages across CT.

The Salvation Army
Offers several retail stores with clothing for all ages across CT.

SHELTER OR HOUSING ASSISTANCE

*In order to receive shelter you must call 2-1-1 or call (800) 203-1234 toll-free*

Community Solutions Inc.
Provides shelter to ex-offenders. Must be referred by the Department of Correction.

Mercy Housing and Shelter
Provides housing assistance and supportive services to people who are homeless or at risk of becoming homeless.

McKinney Shelter
An emergency shelter that offers overnight beds, dinner, breakfast, showers, medical screening, case managers, and more. Staff speaks English and Spanish.

Salvation Army Marshal House
Provides shelter for families and women until permanent housing is secured. Access to case management, laundry and 3 meals each day.

South Park Inn
Provides street outreach, emergency shelter, and transitional or permanent housing.
HARTFORD SERVICES

EMPLOYMENT

Capital Workforce Partners
Invests in youth development, develops sustainable career paths for adult workers.

Hartford American Job Centers
Offers job search assistance, Ex-offender workshop reentry, employment counseling, employer recruitment and more.

HEALTH/MENTAL HEALTH/ADDITION SERVICES

Hartford Behavioral Health
Offers walk-in outpatient services for children and adults during open access days. No appointment needed. Be prepared with a photo I.D. and insurance information. Children/adult services, family mediation and more.

InterCommunity, Inc
A community health center that provides primary care, mental health care, and addiction recovery services. InterCommunity treats families regardless of where they live or their ability to pay.

Wheeler Clinic Community Support for Families
Helps families meet basic needs, create connections with resources and strengthen relationships between parents and children. Provides mental health, addiction, medical and dental services for children/adults, family mediation and more.

The Village for Families and Children
Provides a full range of behavioral health, early childhood and youth development, substance abuse treatment, and support services for children, families and adults in the Greater Hartford region.

The Bridge Family Center
Offers mental health counseling for children, families, and adults as well as residential and youth/family services. Visit bridgefamilycenter.org or the link above for more information.

The Institute of Living (IOL)
A center for comprehensive patient care, research and education in the fields of behavioral, psychiatric and addiction disorders. These programs involve adult services, anxiety disorders, child and adolescents services and more.

Charter Oak Health Center
Promotes healthier communities by providing quality, safe, patient-centered health care services in medically underserved areas, regardless of ability to pay.

Community Health Services
A private nonprofit federally qualified health center (FQHC) with two locations in the Greater Hartford area. CHS is the second oldest health center in the state of Connecticut.

Community Renewal Team
CRT helps with mental health and substance abuse issues. They provide recovery-oriented programs that help people gain better mental health and lead sober lives. CRT accepts most insurance plans. Treatment is offered to many un/under-insured individuals through grants and other forms of assistance.
EDUCATION FOR ALL AGES

**Hartford Services**

**Adult Education Center in Hartford**
Assists adult learners in English language proficiency, secondary education completion and the acquisition of skills needed for postsecondary opportunities or the workforce.

**Charter Oak Cultural Center (COCC) Arts Programming**
A multi-cultural arts center that offers classes and after school programs for inner city youth. Some free classes include visual arts, music, theater and dance classes both on site and through partnerships.

**H.O.M.E Program with House of Bread**
Helps low income women improve their education and start their career. They offer customized classes for women over the age of 18 and provide mothers with help on learning. Babysitting is available.

**Judy Dworin Performance Project**
JDPP’s Bridging Boundaries In-school residency creates a safe space for children with a parent in prison where they learn to trust, create, and find their voice.

**Our Piece of the Pie**
Works with youth 14-24 years old to achieve degrees/certificates of value for a better quality of life.

**Trinity College Trinfo Café**
A free service that offers internet access and lessons on basic computer skills.

**Boys and Girls Club of Hartford**
Dedicated to enabling all young people, especially those who need it the most, to realize their full potential as caring, productive and responsible citizens. They offer a positive environment for children and teens throughout the City of Hartford.

**Community Renewal Team**
CRT offers education, child care and activities for youngsters from infants through their teenage years.

**Hartford Public Library**
Offers adult education and research, access to specific ex-offender resources, kids/teens programs, immigration/citizenship, job/career and more.
**Community Partners in Action**  
Focusing on behavioral change and advocating for the criminal justice reform CPA offers a variety of services including reentry/employment, transitional housing, prison arts, RISE a substance abuse program for boys and more.

**Community Renewal Team (CRT)**  
CRT helps individuals and families access resources that will help them meet immediate and longer-term needs, improve job skills, maintain or increase their independence, stabilize living situations, and achieve educational goals.

**Chrysalis Center Inc.**  
Helps those returning from incarceration and homelessness through job training, employment, housing and other community healthcare services.

**The House of Bread**  
Offers food, shelter, housing, and education with compassion, dignity, and respect.

**Mental Health CT**  
Offers advocacy, education and service for people with mental health conditions.

**Project Longevity**  
A community and law enforcement initiative to reduce violence. Group members are provided a range of services to transition from gang lifestyle.

**Toivo by Advocacy Unlimited**  
Provides holistic health and healing through workshops, nutrition, transformative habits as well as peer-led support groups.

**Mental Health CT**  
Offers advocacy, education and service for people with mental health conditions.

**Nutmeg Big Brothers Big Sisters Amachi**  
Children with an incarcerated parent often need additional support and guidance. Big Brothers Big Sisters Amachi program helps broaden their perspectives on what they can achieve in life.

**Public Allies**  
The AmeriCorps Ally program, is a paid opportunity with benefits, is available to all, without regard to race, color, national origin, gender, sexual orientation, religion, age, disability, criminal record and more. Anyone over 17 years with a high school diploma or GED, and who is a U.S. citizen or has permanent residency, is welcome to apply.

**Hands on Hartford**  
Serves Hartford residents in area such as food, housing and health. They offer programs such as the MANNA Food and Neighborhood Services, HOH Housing and more.

**Peace Center of Connecticut**  
The Peace Center is a nonprofit organization dedicated to engaging in partnerships to build action for achieving peace in the Hartford, CT community. The Peace Center offers community peace conversations, a Youth Peace Alliance, as well as training and consultations for schools, agencies, businesses, and faith-based groups and communities on promoting peace.
HARTFORD SERVICES

REENTRY

Community Partners in Action
Offers a variety of services involving reentry and employment services specifically for people returning to the Hartford area after prison.

Greater Hartford Reentry Welcome Center
Welcomes those who are reentering with open arms. Offers access to support and resources such as food and clothing; housing; substance abuse treatment; mental health treatment; medical care; job training and education; employment opportunities and more.

LEGAL SERVICES

Greater Hartford Legal Aid (GHLA)
GHLA strives for equal justice. Applicants should call the number listed for Statewide Legal Services in order to receive free legal representation from GHLA. You can also apply online for free legal representation by clicking the link in the title or at https://slsct.org/get-help.
BRIDGEPORT SERVICES

FOOD

Golden Hill Methodist Church Soup Kitchen
Provides a community supper every Wednesday from 5pm-6pm to anyone in need. Shower service also available.

John’s Episcopal Church-Bridgeport Family Center
Food pantry services with a photo ID, Saturdays from 9am-12pm

King’s Pantry
Food pantry service on Mondays-Fridays from 10:30am-1pm

Park City Initiative
Provides quality food, relevant resources and life coaching to Connecticut families.

Salvation Army-Bridgeport Corps Community Center
Food pantry service for those interviewed by a case worker Mondays, Tuesdays, Thursdays, and Fridays from 10am-1pm.

CLOTHING

St. Luke’s Church
Has a general clothing donation program and is open Monday-Thursday 9:00am-12:30pm.

Mount Aery Baptist Church
Has a general clothing donation program and is open Friday 10:00am-12:00pm

Community Closet
Offers baby clothing, baby furniture, diapers, general clothing, and household items. The closet can be used once a month and items are distributed when available. You must have a social service agency referral.

Daughters of Charity
Has a general clothing donation program and household goods. Must be a resident of Bridgeport in need and TFA recipient.
BRIDGEPORT SERVICES

SHELTER OR HOUSING ASSISTANCE
*In order to receive shelter you must call 2-1-1 or call (800) 203-1234 toll-free*

Alpha Community Services YMCA
Provides service for temporary shelter for those experiencing homelessness or are close to homelessness. They provide supportive services such as case management as well.

Brooks Street Family Center
An emergency center for families.

Clinton Avenue Emergency Family Shelter
Provides shelter for families. Many of the homeless shelters and services are free of charge.

Prospect House
Emergency shelter for single adults that includes meals and referrals to health and social services. They are open 24/7 and have 32 bed spaces.

EMPLOYMENT

American Job Center Southwest
Offers a training to work program that provides case management, mentoring, education, follow up services for men/women who have been incarcerated and more. Training is provided in manufacturing, construction and health care.

Career Resources
Provides programming that helps families find employment opportunities.

Marrakech Inc.
Helps people who may experience barriers when trying to find a job. They connect people to a variety of services. Tuesday information sessions at 3:30pm.

Training Direct
Provides training for the healthcare industry.

HEALTH/MENTAL HEALTH/ADDICTION SERVICES

American Red Cross
Provides help during emergencies and has training and certification programs in CPR, babysitting, and First Aid

Fred Weismen Americares Free Clinic of Bridgeport
Offers outpatient health care for low income residents who are uninsured. Patients are seen by appointment only. Services include diagnosis and treatment, essential medication as available, X-ray and more. Call for an appointment.

Greater Bridgeport Community Health Center
Offers community based mental health services. They have a team of Spanish-speaking providers and links to culturally sensitive agencies in Bridgeport. Walk-ins welcome M-F 9am-3pm
**BRIDGEPORT SERVICES**

**EDUCATION FOR ALL AGES**

**ABCD Inc.**
Provides school readiness programs for little to no cost for families who are economically disadvantaged.

**Bridgeport Adult Education**
Committed to meeting the needs of adult learners by offering an individualized program to prepare to become active members in the global society.

**Bridgeport Caribe Youth Leaders (BCLY)**
Provides resources and personalized attention to meet student’s needs. They offer scholarships, tutoring, SAT preparation and more.

**The College Place-CT**
Offers free college access center for students of all ages. They offer help with college choices, college majors and careers, college and financial aid applications, scholarship applications. They also provide free materials on college topics in English and Spanish, group presentations on college and financial aid topics.

**The Village Initiative Project**
Offers weekly college prep and life skills workshops every Wednesday from 5-7:30 during the school year. These workshops include topics such as study habits, listening skills, note taking, tutoring, time management, public speaking, high school course selection, college selection, financial aid & scholarship information and more.

**Wakeman Boys and Girls Club**
Offers tutoring and outreach programs at area schools that match students with a mentor.

**Burroughs Community Center**
They have a goal to build an informed, engaged, and empowered community. They offer English language services, free tax help, a community garden informed, engaged and empowered community and more.

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**SPANISH SPEAKING STAFF AVAILABLE**

**PREFERRED METHOD OF CONTACT**

Click on links below

1. **(203) 366-8241**
   1070 Park Avenue, Bridgeport

2. **(203) 275-1509**

3. **(203) 913-0073**
   1067 Park Avenue, Bridgeport

4. **(203) 335-0381**
   For information or to make an appointment contact
   Holly Franquet, Director
   Email: ConnecticutTCP@ecmc.org

5. **(203) 394-6688**
   999 Broad Street, Bridgeport
   Email: vipcollegeprepinc@gmail.com

6. **(203) 908-3378**

*Visit burroughscenter.org for more information*
BRIDGEPORT SERVICES

MULTI-SERVICE ORGANIZATIONS

Bridgeport YMCA
Access to programs such as child care, summer camp, swim lessons, and water safety initiatives.

Bridgeport Rescue Mission
Provides food, emergency shelter, clothing, education, job training, and counseling. Onsite meals are served 3 times a day 7 days a week.

Hall Neighborhood House
Provides a range of services for all ages. HNH provides childcare and preschool for infants, toddlers, and preschoolers based on income eligibility. For youth HNH offers summer camp and afterschool programming. There is also a senior citizen center open M-F 9am-3pm that serves breakfast and lunch.

The Thomas Merton Center
Offers support for housing, healthcare, parenting issues, and more. Services include free showers, case management, support/creative groups, and the ability to use the center as a mailing address.

Public Allies
Committed to creating a just society and the diverse leadership to sustain it. The AmeriCorps Ally program is a paid opportunity with benefits and is available to all, without regard to race, color, national origin, gender, sexual orientation, religion, age, disability, criminal record and more. Anyone over 17 years with a high school diploma or GED, and who is a U.S. citizen or has permanent residency, is welcome to apply.

*Visit publicallies.org for applications*
BRIDGEPORT SERVICES

REENTRY

The Council of Churches of Greater Bridgeport
Offers services to ex-offenders during their reentry process. Walk-ins accepted; however appointments preferred. Office Hours are 9-2 Monday Through Thursday. Substance Abuse Group at CCAR on Wednesday at 10am

Family Reentry
Provides support services to empower individuals, families and communities to break cycles of incarceration. Programs include reentry, intervention, mentoring, and child/youth.

CT Reentry Collaborative
A collaboration of state and local organizations working together to identify needs and address gaps in services for individuals returning home from incarceration. Individuals with lived experience are encouraged to join this network and work alongside these providers to find real solutions. *Meetings are held on the 3rd Thursday of every month from 9am-10:30am.

Mayors Initiative for Reentry Affairs (MIRA)
The Mayor’s Initiative for Reentry Affairs (MIRA) provides linkage to community resources and pertinent information for the empowerment of convicted persons. MIRA strives to foster a productive and supportive environment where persons convicted of offenses may thrive, prosper and contribute to the social, political, and economic development of self, family, and community.

LEGAL SERVICES

*Refer to Statewide Legal Services for Service Covering your area*

211
211 is the most comprehensive source of local human and social services information in the U.S. Reach out to 211 to speak with a community resource specialist who can help you find services and resources available locally and provide critical services that can improve and save lives.

Dial 2-1-1 or call (800) 203-1234 toll-free
NEW HAVEN SERVICES

FOOD

Bethel AME Church
Provides food services for Bethel families and the greater New Haven community.

Downtown Evening Soup Kitchen, Inc.
Serves people who are experiencing homelessness or living in poverty.

Immanuel Missionary Baptist Church
Provides food pantry service every 2nd and 4th Saturday of the month from 8:00am to 9:30am. No I.D. is required. Participants must complete the emergency food assistance program form.

New Haven Church of Christ
Offers food pantry service for the Greater New Haven Area on Fridays from 12pm -2pm.

CLOTHING

New Haven Goodwill Store
A retail thrift store with clothing for all ages open 7 days a week.

The Salvation Army
Offers several retail stores with clothing for all ages across CT.

SHELTER OR HOUSING ASSISTANCE

*In order to receive shelter you must call 2-1-1 or call (800) 203-1234 toll-free*

Columbus House Inc
Provides shelter and housing to people who are homeless or at risk of being homeless.

Habitat for Humanity of Greater New Haven
Creates home ownership opportunities for low-income and working families. They create safe, decent, and affordable houses.

Immanuel Baptist Shelter
Provides emergency shelter for men who are in need. They offer a 75-bed shelter service.

New Reach, Inc.
Provides shelter, eviction prevention, case management, and affordable housing.

NHS of New Haven
Provides renovations to distressed homes for families in underserved neighborhoods of New Haven.
NEW HAVEN SERVICES

EMPLOYMENT

New Haven Job Corps Center
Provides on-the-job training and help to find the career that is right.

United Personnel Services New Haven
Offers a working team for the job placement process.

Workforce Alliance
Offers job placement, business services, youth/adult career guidance, and job fairs/events.

HEALTH/MENTAL HEALTH/ADDICTION SERVICES

Connecticut Mental Health Center
Provides recovery oriented mental health services.

Fair Haven Community Health Care
Offers accessible healthcare at several locations in New Haven county. Call for services, hours, and other locations.

South Central Rehabilitation
Offers a sliding fee scale for patients and families based on their income and never refuses care based on ability to pay.

Clifford Beers Clinic
Dedicated to treating the whole person and the whole family. Offers a wide variety of services including outpatient services, trauma, access to walk-ins, behavior/personality, academic/school and more.

The Yale Child Study Center
Improves the mental health of children and families, advances understanding of their psychological and developmental needs, and treats/prevents childhood mental illness.
NEW HAVEN SERVICES

EDUCATION FOR ALL AGES

ACES
A.C.E.S or Advocacy, Commitment, Excellence, Service is dedicated to transforming lives through education, innovation, and leadership. They offer school based/summer programs, adult vocational services and more.

Chapel Haven: Adult Education
Offers special education programs for individuals with developmental and social disabilities. They offer classes in language arts, mathematics, vocational skills and more.

New Haven Free Public Library
Provides a variety of library locations all over New Haven. They offer kid and teen programs as well as school homework help and more. Has access to Wi-Fi printing.

Boys and Girls Club of New Haven
Dedicated to inspiring young people to realize their full potential as productive, responsible and caring citizens. They strive to provide a world-class Club experience that assures success. Programs are developed to promote outcomes of academic success, good character & citizenship, and healthy lifestyles.

MULTI-SERVICE AGENCIES

Community Action of New Haven
Offers pathways to prosperity to those in poverty in the Greater New Haven area.

Christian Community Action, Inc.
Provides emergency housing, case management, job search assistance, family counseling and workshops to families that are homeless or are at risk of homelessness.
NEW HAVEN SERVICES

REENTRY

Emerge Connecticut Inc
Helps formerly incarcerated individuals and at-risk youth make a successful return to their families as responsible members, and to their communities as law-abiding, contributing citizens. Visit the website or call the center for more information.

New Haven Opportunity Center
Community employment and social services resource center

Project Fresh Start Prison Reentry Department
A prison reentry department that provides information to the formerly incarcerated, planning, transitional services and more

CT Reentry Collaborative
A collaboration of state and local organizations working together to identify needs and address gaps in services for individuals returning home from incarceration. Individuals with lived experience are encouraged to join this network and work alongside these providers to find real solutions. *Meetings are held every Thursday of the month from 11am-1pm

LEGAL SERVICES

New Haven Legal Assistance
They provide high-quality legal services to individuals and groups unable to obtain legal services because of limited income, age, disability, discrimination and other barriers.
NEW LONDON SERVICES

FOOD

Jewish Federation Senior and Community Services
Provides a food pantry. Pantry hours: Monday & Thursday 1pm to 2 pm Tuesdays & Fridays 10am to 12pm. Closed Wednesdays.

New London Area Food Pantry
Provides a central distribution for area residents who need emergency food.

New London Community Meal Center
Offers two meals a day Monday-Friday and Sunday. Lunch is served on every 3rd, 4th, and 5th Saturday of the month.

CLOTHING

Safe Futures
A store that provides general clothing

Goodwill Industries
Offers several retail stores with clothing for all ages across Connecticut.

The Salvation Army
Offers several retail stores with clothing for all ages across CT.

SHELTER OR HOUSING ASSISTANCE

*In order to receive shelter you must call 2-1-1 or call (800) 203-1234 toll-free*

Covenant Shelter of New London
Provides emergency shelter, housing assistance and case management for families/adults in need.

New London Homeless Hospitality Center
Provides overnight shelter and daytime services such as showers, laundry, bathrooms, and computer access.
EMPLOYMENT

New England Staffing
A leading temp staffing provider.

Temporaries of New England
A full-service temporary staffing company located in New London employing people throughout the state.

HEALTH/MENTAL HEALTH/ADDICTION SERVICES

Child & Family Agency - New London Child Guidance Clinic
Provides counseling services to children, ages 3 to 18, who are experiencing emotional or behavioral difficulties. They offer trauma focused counseling for children who have experienced sexual and physical abuse.

Connecticut Behavioral Health Associates, P.C.
Provides behavioral health/addictive disease services regardless of race, religion, disability, national origin or gender.

Sound Community Services, Inc
Offers to support individuals with behavioral health and substance abuse issues. Call to talk about what services/support you are looking for.

EDUCATION FOR ALL AGES

Higher Edge
Guides low-income and first-generation students through enrollment, retention, and graduation from college by providing the support and resources needed for success. Offers website in Spanish.

New London Adult and Continuing Education
Provides excellence in education and customer service. Offers opportunities to improve English language skills, attain high school diploma and/or prepare for the U.S. Citizenship exam. Classes offered at no cost.

Education continued on next page...
NEW LONDON SERVICES

EDUCATION

OIC Building
Offers career and educational programs with little to minimum cost. They host free information sessions regarding their programming every Thursday at 9:30am and 2:30pm.

The Public Library of New London
Educational resource that offers access to multiple language classes, job search assistance, children/teen programs, and more.

MULTI-SERVICE AGENCIES

Catholic Charities Diocese of Norwich
Offers services in behavioral health, emergency basic needs, case management, parenting, immigration, and more.

Safe Futures
Offers services for those affected by domestic violence, sexual assault, stalking, and trafficking. They offer a 24-hour hotline, emergency shelter, transitional living, case management, counseling, advocacy and court support.

Thames Valley Council for Community Action
Provides services in education, employment, housing, seniors, and more to increase economic security for low-income individuals.

REENTRY

Project Employment
Project Employment provides support services to ex-offenders with the aim of integrating them into the community.

211
211 is the most comprehensive source of local human and social services information in the U.S. Reach out to 211 to speak with a community resource specialist who can help you find services and resources available locally and provide critical services that can improve and save lives.

Dial 2-1-1 or call (800) 203-1234 toll-free
WATERBURY SERVICES

FOOD

Greater Waterbury Interfaith Ministries, Inc.
GWIM’s mission is to feed the hungry in a respectful and dignified manner; to empower the homeless and underprivileged to become self-sufficient; to provide hope and opportunity to those in need.

Waterbury Baptist Ministries
Provides a food pantry on Sundays.

The Rock of Waterbury
Mobile pantry that comes on the 3rd Monday of every month from 1-2pm. Bring your own bag and arrive at 12:30.

CLOTHING

St. Vincent DePaul Mission of Waterbury
A thrift store with low prices and a large selection of merchandise. All money raised through purchases from our Thrift Store helps to fund their Mission.

Goodwill Industries
Offers several retail stores with clothing for all ages across Connecticut.

The Salvation Army
Offers several retail stores with clothing for all ages across CT.

SHELTER OR HOUSING ASSISTANCE

*In order to receive shelter you must call 2-1-1 or call (800) 203-1234 toll-free*

Columbia House Inc
Columbia House is a homeless shelter in Waterbury, CT.

Safe Haven of Greater Waterbury
Provides emergency shelter and support services to victims and survivors of domestic violence and sexual assault.
EMPLOYMENT

Coworx Staffing Services
Helps job seekers find jobs and be placed. They use individual attention to match you with the right employer.

The Hire Source
Helps job seekers find jobs and be placed in the workforce. Mobile app available. Walk-ins welcome M/W 9:00am-1:00pm

Waterbury American Job Center
Offers job search assistance, employment counseling, mock interviews and more.

HEALTH/MENTAL HEALTH/ADDICTION SERVICES

Greater Waterbury Mental Health
Provides mental health services to the Waterbury area. Anyone can contact the center’s hotline to find community resources at 1-866-794-0021.

Family Service Center-Catholic Charities
Provides behavioral health services, children’s behavioral health, pregnancy counseling, TANF-case management and more.

Family & Children’s Aid
Family & Children’s Aid (FCA) is a child-focused non-profit organization offering innovative mental health care for children and their families.

Wellmore Behavioral Health, Child Outpatient Services
A community where individuals are empowered to lead healthy and fulfilling lives.

211

211 is the most comprehensive source of local human and social services information in the U.S. Reach out to 211 to speak with a community resource specialist who can help you find services and resources available locally and provide critical services that can improve and save lives.

Dial 2-1-1 or call (800) 203-1234 toll-free
WATERBURY SERVICES

EDUCATION FOR ALL AGES

**Boys and Girls Club of Greater Waterbury**
Offers youth programs which are designed to encourage academic success, good character/citizenship, and healthy lifestyles.

**Child Development Center - Catholic Charities**
Provides services in early childhood, infant and toddler care, and school readiness.

**Waterbury Youth Services**
Offers multiple afterschool, employment, and summer programs for youth.

**Waterbury Adult Education Program**
Offers a program for continuing education.

MULTI-SERVICE ORGANIZATIONS

**The Hispanic Coalition of Greater Waterbury**
Provides social services in the Greater Waterbury area in areas such as bilingual services, advocacy, collaboration, education, and policy development in the Latino community.

**Mental Health CT**
Offers homes, including scattered-site supported housing, transitional housing, and supervised apartments, for people with mental health conditions throughout Waterbury. They also offer support employment and education for people with mental health conditions.

**Safe Haven of Greater Waterbury**
In addition to emergency shelter, Safe Haven offers free comprehensive support services to victims and survivors of domestic violence and sexual assault.

REENTRY

**The Greater Waterbury Reentry Council**
Provides information, resources, and support that help returning citizens achieve productive and personal lives. They hold meetings the first Tuesday of every month from 9am-10pm.

**CT Reentry Collaborative**
A collaboration of state and local organizations working together to identify needs and address gaps in services for individuals returning home from incarceration. Individuals with lived experience are encouraged to join this network and work alongside these providers to find real solutions. *Meetings are held every first Tuesday of the month from 9am-10:00pm*
WILLIMANTIC SERVICES

FOOD

**Covenant Soup Kitchen**
Provides food and access to basic services through care, love, support, and safety to individuals/families.

**Daily Bread Food Pantry**
Provides families and individuals with food and personal care items.

**Willimantic, Connecticut Welfare Offices**
Provides services such as child care, food assistance, cash for needy families, and burial services.

CLOTHING

**Goodwill Industries**
Offers several retail stores with clothing for all ages across CT.

**The Salvation Army**
Offers several retail stores with clothing for all ages across CT.

SHELTER OR HOUSING ASSISTANCE

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**Holy Family Home and Shelter, Inc.**
Serves families whose circumstances have taken away an adequate lifestyle for housing.

**Willimantic Housing Authority**
Promotes affordable housing, economic opportunity, and a suitable living environment free from discrimination. There is a waiting list on the website.

**Windham Region No Freeze**
Provides safe temporary shelter, food, clothing, hygiene, case management, and emergency/transport funding.

EMPLOYMENT

**Temporaries of New England**
A full-service temporary staffing company located in Willimantic that employs people throughout the state in a variety of industries.
WILLIMANTIC SERVICES

HEALTH/MENTAL HEALTH/ADDICTION SERVICES

Natchaug Hospital
Provides care for children, adolescents, and adults who are living with mental illness and substance abuse problems.

Perception Program Inc-Case Management and Outreach
Provides mental health assessment, individual and group counseling, and clinical case management.

EDUCATION FOR ALL AGES

Connecticut Legal Services-Willimantic Site
Provides information, representation, and legal counseling on the legal rights of low-income people. Priority areas include family violence and other aspects of family law, homelessness, eviction, and housing subsidies.

EastConn Adult and Community Programs
Offers GED/high school completion, employment/training, English/U.S. citizenship, and employer services programs.

MULTI-SERVICE ORGANIZATIONS

Access Community Action Agency
Offers services such as employment, training, heating assistance, shelter, food and more.

REENTRY

American Job Center Ex-Offender Reentry Programs
Offers job finding assistance to ex-offenders and assists them in re-entering society/the workforce.

LEGAL SERVICES

*Refer to Statewide Legal Services for Service Covering your area*

SPANISH SPEAKING STAFF AVAILABLE

PREFERRED METHOD OF CONTACT
Click on links below

WILLIMANTIC SERVICES

HEALTH/MENTAL HEALTH/ADDICTION SERVICES

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LEGAL SERVICES

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SPANISH SPEAKING STAFF AVAILABLE

PREFERRED METHOD OF CONTACT
Click on links below

(860) 456-1311
Natchaug Hospital
Provides care for children, adolescents, and adults who are living with mental illness and substance abuse problems.

(860) 450-0151
Perception Program Inc-Case Management and Outreach
Provides mental health assessment, individual and group counseling, and clinical case management.

Visit www.SLSCT.org

(860) 423-2591
Connecticut Legal Services-Willimantic Site
Provides information, representation, and legal counseling on the legal rights of low-income people. Priority areas include family violence and other aspects of family law, homelessness, eviction, and housing subsidies.

(860) 450-7400
Access Community Action Agency
Offers services such as employment, training, heating assistance, shelter, food and more.

(860) 859-8818
American Job Center Ex-Offender Reentry Programs
Offers job finding assistance to ex-offenders and assists them in re-entering society/the workforce.

*Refer to Statewide Legal Services for Service Covering your area*
Helping Hands was compiled by the administrative staff of the Judy Dworin Performance Project with graphic design by Taylor Goodell Benedum, Spanish translation by Stacey Lopez, front cover photo by John Atashian and back cover art work by JDPP teaching artist Lauren Ellish. Other booklet art work is by participants in Judy Dworin Performance Project’s Bridging Boundaries™ In-School, Moms & Kids, and Dads & Kids programs. The Resource Guide was made possible through the generous support of the Hartford Foundation for Public Giving.