



## PROVIDING YOU THE RESOURCES THAT MATTER!

As your State Representative, my top priorities this year include, **lowering the cost of living, expanding workforce housing, ensuring energy and utility affordability, investing in education, and protecting our seniors.** In this mailer, you'll find important resources and contact information to help you and your loved ones navigate state programs and services. If I can be of any assistance, please don't hesitate to reach out. Together, we can build a stronger community.

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### STATE REPRESENTATIVE **EILISH COLLINS MAIN**

STAMFORD'S VOICE AT THE STATE CAPITOL



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weekly eblasts



# SUPPORT IS HERE FOR YOU, CT RESIDENTS!

## CONNECTING YOU TO THE RESOURCES YOU NEED

### Workforce Development

- **Employment Opportunities:** [portal.ct.gov/das](https://portal.ct.gov/das)
- **Job Training:** [jobs.ct.gov/training](https://jobs.ct.gov/training)
- **Unemployment Website:**  
[portal.ct.gov/dol/Unemployment-Benefits](https://portal.ct.gov/dol/Unemployment-Benefits)  
or call 860-967-0493 or 1-800-956-3294

### Food Assistance:

- **Supplemental Nutrition Assistance Program (SNAP):** [bit.ly/3SA4yNH](https://bit.ly/3SA4yNH) or 2-1-1
- **Food Assistance for Women, Infants & Children (WIC):** [portal.ct.gov/DPH/WIC/WIC](https://portal.ct.gov/DPH/WIC/WIC) or call 203-977 4385
- **Mobile Food Pantry:** [ctfoodshare.org](https://ctfoodshare.org) or call 2-1-1
- **Local Food Pantry:** New Covenant Center  
174 Richmond Hill Ave. call 203-964-9228

### Housing Assistance

- **Rental Assistance Program (RAP):** [bit.ly/CT-RAP](https://bit.ly/CT-RAP)
- **Eviction Prevention Fund:** Call 1-844-864-8328
- **C.A.N. (Homelessness Prevention):** Call 2-1-1, then dial #2 and #1

### Energy Assistance

- **Free Home Energy Audits:** [energizect.com](https://energizect.com)
- **Weatherization Assistance Program (WAP):**  
[bit.ly/CT-WAP](https://bit.ly/CT-WAP)
- **Connecticut Energy Assistance Program (CEAP):**  
[ct.gov/heatinghelp/apply](https://ct.gov/heatinghelp/apply)

### Veterans and Seniors

- **Older Adult Support:** [bit.ly/CTOlderAdultAssistance](https://bit.ly/CTOlderAdultAssistance)
- **Assistance Programs:**  
[portal.ct.gov/AgingAndDisability](https://portal.ct.gov/AgingAndDisability)
- **Support for Caregivers:** [bit.ly/3Z9wrOw](https://bit.ly/3Z9wrOw)
- **Stamford Veterans Resource Center:**  
[stamfordct.gov/residents/veterans](https://stamfordct.gov/residents/veterans)  
203-977-7993
- **Stamford Senior Center:** Call 203-977-5151
- **Veteran Outpatient Clinic:**  
1275 Summer St., Suite 102 or call 203-325-0649

### Small Business Support

- **Small Business Development & Loans:**  
[bit.ly/CTSmallBusinessSupport](https://bit.ly/CTSmallBusinessSupport)

## NEED ASSISTANCE?

MY TEAM AND I ARE HERE  
TO ASSIST YOU!

- Navigating State Agencies
- Small Business Support
- Health Insurance
- Mental Health Services
- Resources for Seniors
- Veterans Benefits
- Unemployment Assistance
- Energy Assistance
- Housing Assistance
- Food Assistance

Please feel free to call or email me anytime!



Phone: 860-240-8585



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