



HELPFUL INFORMATION

We are all feeling the impact of the current economic crisis. Many of us are suddenly confronted with new difficulties and are unsure where to look for help. I have been working very hard at the state legislature to pass laws and create services to help folks cope with these tough times. I have taken this opportunity to provide information about five of the most commonly sought services in Torrington.

I hope you find this information helpful. Please feel free to contact me if you have any questions on these programs or any other issue.

Michelle L Cook



State Representative

www.housedems.ct.gov/Cook

MICHELLE COOK

State Representative

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State Representative **MICHELLE COOK**



800.842.8267 www.housedems.ct.gov/Cook



Call the 211 Infoline

- » Infoline is a toll-free help line that is available 24 hours a day.
- » It's the confidential, free and multilingual way to locate services in your area—legal assistance, child care services, elder care, energy assistance, suicide prevention, eligibility requirements for state programs, substance abuse, domestic violence, etc.
- » Caseworkers are trained in crisis intervention.
- » Infoline is not for emergency police, fire or medical assistance.

Help with Prescription Drug Coverage

ConnPACE Plus helps senior citizens and people with disabilities pay for prescription drugs. You must meet certain income conditions, but if qualified ConnPACE can help with prescription co-pays and pay Medicare part B premiums.

800.423.5026

Weatherize your Home

Qualifying Connecticut residents may receive up to \$6,500 for weatherizing their homes. Both homeowners and renters are eligible to apply for services, which include things like better insulation and windows. Any household at or below 200% of the poverty level is eligible for this program.

800.842.1132

Free Legal Services

Statewide Legal Services provides free legal advice on matters ranging from housing problems to bankruptcy. They can make referrals if you require legal representation.

800.453.3320

CT Lawyers Legal Aid to the Elderly can help seniors with legal problems, including Social Security and Medicare issues, as well as estate planning services.

860.273.8164

Credit Counseling

Even the most responsible consumers are now facing the problem of increasing debt. Consumer Credit Counseling Services is a non-profit organization providing free financial counseling, bankruptcy counseling and money management skills.

888.845.5669

Office Hours

While I am always available by phone or by appointment, I will be holding open office hours in the district to meet with constituents and hear their concerns.

If you would like to discuss an issue, please visit my website or call for times to drop by and meet with me.

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