



RESOURCES TO HELP YOU!

FROM REPRESENTATIVE KATE FARRAR
NEWINGTON'S VOICE AT THE STATE CAPITOL

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Permit No. 3937

“If I can be of any help to you or someone you know – especially when it comes to navigating state programs – please contact me directly.”

– Representative Kate Farrar



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housedems.ct.gov/Farrar



Follow me @KateforCT

STATE REPRESENTATIVE KATE FARRAR CONNECTING YOU TO THE RESOURCES YOU NEED

Energy Assistance

- Free Home Energy Audits: energizect.com

Food Assistance

- Supplemental Nutrition Assistance Program (SNAP): bit.ly/3SA4yNH or 2-1-1
- Food Assistance for Women, Infants and Children (WIC): ct.gov/DPH/WIC or call Middlesex Health 860-358-4070
- Help with SNAP and Other Food Assistance Programs: endhungerct.org or call 1-866-974-7627
- Mobile Food Pantry: ctfoodshare.org or call 2-1-1
- Local Food Pantry: Newington Town Hall 860-665-8590

Housing Assistance

- Eviction Prevention Fund: Call 1-844-864-8328
- C.A.N. (Homelessness Prevention): Call 2-1-1, then dial #2 and #1

Unemployment Resources

- Unemployment Website: portal.ct.gov/dol/Unemployment-Benefits
- Call 860-967-0493 or 1-800-956-3294

Workforce Development

- Employment Opportunities: portal.ct.gov/das
- Job Education and Training: www1.ctdol.state.ct.us/etc/

Family and Medical Leave Program

- CT Paid Leave Authority: ctpaidleave.org

Senior Care

- Assistance Programs: portal.ct.gov/AgingAndDisability
- Support for Caregivers: bit.ly/3Z9wrOw
- Newington Senior Center: 130 Cedar St, Call 860-665-8778

NEED ASSISTANCE?

I am here to help with:

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

Stay up-to-date by signing up for my e-blasts online at housedems.ct.gov/Farrar or scan the code with your phone

