



# RESOURCES TO HELP YOU!

## FROM REPRESENTATIVE KAVROS DEGRAW AVON'S VOICE AT THE STATE CAPITOL

My office is available to help connect residents to social services and programs to help individuals and families stabilize and improve their lives.

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“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 Kavros DeGraw



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[facebook.com/RepKavrosDeGraw](https://www.facebook.com/RepKavrosDeGraw)

# STATE REPRESENTATIVE ELENI KAVROS DEGRAW CONNECTING YOU TO THE RESOURCES YOU NEED

## Energy Assistance

- Free Home Energy Audits: [energizect.com](http://energizect.com)
- Emergency Heating Assistance:  
Operation Fuel: [operationfuel.org](http://operationfuel.org) or 2-1-1
- CT Energy Assistance Program:  
[ctdss.force.com/heatinghelp/s/](http://ctdss.force.com/heatinghelp/s/)

## Food Assistance

- Supplemental Nutrition Assistance Program (SNAP): [bit.ly/3SA4yNH](http://bit.ly/3SA4yNH) or 2-1-1
- Food Assistance for Women, Infants and Children (WIC): [portal.ct.gov/DPH/WIC/WIC](http://portal.ct.gov/DPH/WIC/WIC)
- Mobile Food Pantry: [ctfoodshare.org](http://ctfoodshare.org) or call 860-286-9999
- Local Food Pantry: Gifts of Love, call 860-676-2323

## Healthcare Assistance

- AccessCT: [accesshealthct.com](http://accesshealthct.com)
- Healthcare Advocate: [portal.ct.gov/OHA/OHA/ODCO](http://portal.ct.gov/OHA/OHA/ODCO) or call 1-866-466-4446

## Unemployment Resources

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

## Workforce Development

- Employment Opportunities:  
[portal.ct.gov/das](http://portal.ct.gov/das)
- Job Training:  
[ctdol.state.ct.us/gendocs/training.html](http://ctdol.state.ct.us/gendocs/training.html)

## Senior Care

- Assistance Programs:  
[portal.ct.gov/AgingAndDisability](http://portal.ct.gov/AgingAndDisability)
- Support for Caregivers: [bit.ly/3Z9wrOw](http://bit.ly/3Z9wrOw)
- [MyPlaceCT.org](http://MyPlaceCT.org)

## 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/KavrosDeGraw](http://housedems.ct.gov/KavrosDeGraw) or scan the code with your phone

