

RESOURCES TO HELP YOU!

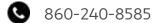
FROM REPRESENTATIVE KAVROS DEGRAW CANTON'S VOICE AT THE STATE CAPITOL

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

PRSRT STD U.S. POSTAGE PAID HARTFORD, CT 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 Kavros DeGraw



Eleni.KavrosDeGraw@cga.ct.gov

facebook.com/RepKavrosDeGraw

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

Energy Assistance

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

Food Assistance

- Supplemental Nutrition Assistance Program (SNAP): bit.ly/3SA4yNH or 2-1-1
- Food Assistance for Women, Infants and Children (WIC): portal.ct.gov/DPH/WIC/ WIC
- Mobile Food Pantry: ctfoodshare.org or call 860-286-9999
- Local Food Pantry: Canton Food Bank at Trinity Episcopal Church, Tuesday mornings 7:30am-11:30am

Healthcare Assistance

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

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 Training: ctdol.state.ct.us/gendocs/training.html

Senior Care

- Assistance Programs: portal.ct.gov/AgingAndDisability
- Support for Caregivers: bit.ly/3Z9wrOw
- Meals on Wheels: call 860-658-3980

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 or scan the code with your phone

