



# 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.

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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 call 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](https://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: **Canton Food Bank** at Trinity Episcopal Church, Tuesday mornings 7:30am-11:30am

## Healthcare Assistance

- AccessCT: [accesshealthct.com](http://accesshealthct.com)
- Healthcare Advocate: [portal.ct.gov/OHA/ODCO](http://portal.ct.gov/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](https://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](http://housedems.ct.gov/KavrosDeGraw) or scan the code with your phone

