



**PROVIDING YOU THE RESOURCES THAT MATTER!**

**FROM STATE REPRESENTATIVE GEOFF LUXENBERG**  
**MANCHESTER'S VOICE AT THE STATE CAPITOL**

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HARTFORD, CT  
Permit No. 3937

“Should you or someone you know require support, especially with accessing or understanding state programs, my office is here to serve YOU!

Please reach out to me anytime!”

- Representative Geoff Luxenberg



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# SUPPORT IS HERE FOR YOU, MANCHESTER RESIDENTS!

## CONNECTING YOU TO THE RESOURCES YOU NEED

### Dealing with Insurance Problems

For many families, navigating our complex health care and insurance system in the context of getting a loved one assistance can be incredibly frustrating and difficult. Here in Connecticut, the Office of the Healthcare Advocate ([portal.ct.gov/oha](http://portal.ct.gov/oha)) exists specifically to help you navigate such situations. You can reach them by calling 1-866-466-4446 or emailing them at [healthcare.advocate@ct.gov](mailto:healthcare.advocate@ct.gov).

### Workforce Development

- **Employment Opportunities:** [portal.ct.gov/das](http://portal.ct.gov/das)
- **Job Training:** [jobs.ct.gov/training](http://jobs.ct.gov/training)
- **Unemployment Website:**  
[portal.ct.gov/dol/Unemployment-Benefits](http://portal.ct.gov/dol/Unemployment-Benefits)  
or call 860-967-0493 or 1-800-956-3294

### Food Assistance:

- **Supplemental Nutrition Assistance Program (SNAP):** [bit.ly/3SA4yNH](http://bit.ly/3SA4yNH) or 2-1-1
- **Food Assistance for Women, Infants & Children (WIC):** [portal.ct.gov/DPH/WIC/WIC](http://portal.ct.gov/DPH/WIC/WIC) or call 860-291-7190 (East Hartford Office)
- **Mobile Food Pantry:** [ctfoodshare.org](http://ctfoodshare.org) or call 2-1-1
- **Local Food Pantry:** [macc-ct.org](http://macc-ct.org) or call 860-647-0440

### Energy Assistance

- **Free Home Energy Audits:** [energizect.com](http://energizect.com)
- **Weatherization Assistance Program (WAP):** [bit.ly/CT-WAP](http://bit.ly/CT-WAP)
- **Connecticut Energy Assistance Program (CEAP):**  
[ct.gov/heatinghelp/apply](http://ct.gov/heatinghelp/apply)

### Veterans and Seniors

- **Older Adult Support:** [bit.ly/CTOlderAdultAssistance](http://bit.ly/CTOlderAdultAssistance)
- **Assistance Programs:** [portal.ct.gov/AgingAndDisability](http://portal.ct.gov/AgingAndDisability)
- **Support for Caregivers:** [bit.ly/3Z9wrOw](http://bit.ly/3Z9wrOw)

### Small Business Support

- **Small Business Development & Loans:**  
[bit.ly/CTSmallBusinessSupport](http://bit.ly/CTSmallBusinessSupport)

### Housing Assistance

- **Rental Assistance Program (RAP):** [bit.ly/CT-RAP](http://bit.ly/CT-RAP)
- **Eviction Prevention Fund:** Call 1-844-864-8328
- **C.A.N. (Homelessness Prevention):** Call 2-1-1, then dial #2 & #1

## Support Services for Families

Helping a loved one struggling with addiction can sometimes seem like a full-time job and often leads to personal and physical stress. For families seeking support The Connecticut Clearinghouse ([www.ctclearinghouse.org](http://www.ctclearinghouse.org)) provides a directory of self-help and support groups here: [bit.ly/2dVTIBR](http://bit.ly/2dVTIBR)

If your loved one is abusing prescription drugs or heroin and is ready to seek help, start by calling your local Regional Mental Health Board ([portal.ct.gov/DMHAS/Commissions-Councils-Boards/Index/Regional-Behavioral-Health-Action-Organizations-RBHAOs](http://portal.ct.gov/DMHAS/Commissions-Councils-Boards/Index/Regional-Behavioral-Health-Action-Organizations-RBHAOs)). You can find your region and contact information here: [portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Finding-Services](http://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Finding-Services). The staff and volunteers on these boards are dedicated to improving the quality of life for individuals who need support in their recovery and often know the best local resources currently available in terms of treatment. In addition to the Regional Mental Health Boards, you can also call the state's Department of Mental Health and Addiction Services' ([portal.ct.gov/dmhas](http://portal.ct.gov/dmhas)) (DMHAS) 24-hour hotline at 1-800-563-4086. The person on the other end of this number will direct those seeking treatment and services for an opioid addiction to a local walk-in assessment center in your area.

If you are having trouble finding the appropriate service or aren't sure where to turn to, you can always feel free to call my office at 860-240-0449.

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