



PROVIDING YOU THE RESOURCES THAT MATTER!

FROM STATE REPRESENTATIVE NICK MENAPACE

THE VOICE OF EAST LYME, SALEM, AND MONTVILLE AT THE STATE CAPITOL

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“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 Nick Menapace



860-240-8585



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housedems.ct.gov/menapace



facebook.com/MenapaceforCT

SUPPORT IS HERE FOR YOU, CT RESIDENTS!

CONNECTING YOU TO THE RESOURCES YOU NEED

Workforce Development

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

Energy Assistance

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

Food Assistance

- **Supplemental Nutrition Assistance Program (SNAP):**
bit.ly/3SA4yNH or 2-1-1
- **Food Assistance for Women, Infants & Children (WIC):**
portal.ct.gov/DPH/WIC/WIC
- **Mobile Food Pantry:** ctfoodshare.org or call 2-1-1
- **Local Food Pantries:**
Care & Share of East Lyme: 860-739-8502
Montville Union Baptist Church Food Pantry:
860-848-3570

Veterans and Seniors

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

Housing Assistance

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

Small Business Support

- **Small Business Development & Loans:**
bit.ly/CTSmallBusinessSupport

NEED ASSISTANCE?

MY TEAM AND I ARE HERE TO ASSIST YOU!

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

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