

STATE REPRESENTATIVE **CHRIS POULOS**

**HELPING MEET THE NEEDS OF
SOUTHBINGHAM RESIDENTS**

**Resources to
Help You**



"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 Poulos

Dear Friends,

It has been my pleasure to begin serving the people of Southington this session and bring your concerns to Hartford. Among my goals as a Representative is to be an effective resource to my constituents, not just on the issues, but also to mediate between you and state agencies. With economic strains impacting us all, information about these programs has never been more important.

My office is available to help connect residents to social services and programs to help individuals and families stabilize and improve their lives. If you need assistance please write, call, or email me.

Sincerely,

A handwritten signature in black ink, appearing to read "Chris Poulos".

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Capitol: 860-240-8585 | Email: Chris.Poulos@cga.ct.gov

www.housedems.ct.gov/Poulos

STATE REPRESENTATIVE CHRIS POULOS

CONNECTING YOU TO THE RESOURCES YOU NEED

Energy Assistance

- Free Home Energy Audits: energizect.com
- Emergency Heating Assistance: Operation Fuel: operationfuel.org or 2-1-1
- CT Energy Assistance Program: New Opportunities Inc., 203-235-0278 or visit ctdss.force.com/heatinghelp/s/

Senior Care

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

Veterans Services

- Veterans Advocacy Office, First District 860-594-6604
- Residential and Rehabilitative Services 860-616-3803

Workforce Development

- Employment Opportunities: portal.ct.gov/das
- Job Training: portal.ct.gov/careerconnect



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/Poulos or scan the code with your phone



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