



PROVIDING YOU THE RESOURCES THAT MATTER!

**FROM STATE REPRESENTATIVE CHRIS POULOS
SOUTHINGTON'S VOICE AT THE STATE CAPITOL**

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"I am eager to provide assistance to Southington residents. If you have any questions or concerns, or there's anything I can do to help you, please don't hesitate to reach out."

- Representative Chris Poulos



203-520-1243 (personal cell)



Chris.Poulos@cga.ct.gov



housedems.ct.gov/Poulos



facebook.com/StateRepChrisPoulos

SUPPORT IS HERE FOR YOU, SOUTHTON! 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 or call 860-585-3280
- **Mobile Food Pantry:** ctfoodshare.org or call 2-1-1
- **Local Food Pantry:** 860-628-3761

Small Business Support

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

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

NEED ASSISTANCE?

MY TEAM AND I ARE HERE TO ASSIST YOU!



Scan to sign up for my weekly newsletter to learn about local happenings, legislative updates, and other helpful programs that benefit residents.

