



RESOURCES TO HELP YOU!

FROM REPRESENTATIVE MICHAEL D. QUINN MERIDEN'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 Michael D. Quinn



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housedems.ct.gov/Quinn



facebook.com/StateRepMichaelQuinn

STATE REPRESENTATIVE MICHAEL D. QUINN 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: Call New Opportunities Inc or visit ctdss.force.com/heatinghelp/s/

Food Assistance

- Supplemental Nutrition Assistance Program (SNAP): bit.ly/3SA4yNH or 2-1-1
- Food Assistance for Women, Infants and Children (WIC): portal.ct.gov/DPH/WIC/WIC or call Meriden WIC
- Help with SNAP and Other Food Assistance Programs: endhungerct.org or call 1-866-974-7627
- Mobile Food Pantry: ctfoodshare.org or call 2-1-1
- Local Food Pantry: 203-235-6532

• Housing Assistance

- Eviction Prevention Fund:
Call 1-844-864-8328
- C.A.N. (Homelessness Prevention):
Call 2-1-1, then dial #2 and #1

Unemployment Resources

- Unemployment Website:
portal.ct.gov/dol/Unemployment-Benefits
- Call 860-967-0493 or 1-800-956-3294

Workforce Development

- Employment Opportunities:
portal.ct.gov/das
- Job Training:
ctdol.state.ct.us/gendocs/training.html

Senior Care

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

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/Quinn or scan the code with your phone



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