



# RESOURCES AVAILABLE TO YOU

**FROM STATE REPRESENTATIVE MATT RITTER**  
YOUR VOICE AT THE STATE CAPITOL

PRSR STD  
U.S. POSTAGE  
PAID  
HARTFORD, CT  
Permit No. 3937

“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.”

– State Representative Ritter



860-240-8489



[Matthew.Ritter@cga.ct.gov](mailto:Matthew.Ritter@cga.ct.gov)



[housedems.ct.gov/Ritter](http://housedems.ct.gov/Ritter)



[facebook.com/SpeakerMattRitter](https://facebook.com/SpeakerMattRitter)

STATE REPRESENTATIVE MATT RITTER  
**CONNECTING YOU TO THE RESOURCES YOU NEED**

## Unemployment

- Unemployment Website: [portal.ct.gov/dol/Unemployment-Benefits](http://portal.ct.gov/dol/Unemployment-Benefits)
- 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 and Children (WIC): [portal.ct.gov/DPH/WIC/WIC](http://portal.ct.gov/DPH/WIC/WIC) or call 860-757-4780
- Mobile Food Pantry: [ctfoodshare.org](http://ctfoodshare.org) or call 2-1-1
- Community Health Services Food Pantry: 500 Albany Avenue, every other Friday from 8am to 10am

## Housing Assistance

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

## Energy Assistance

- Free Home Energy Audits: [energizect.com](http://energizect.com)
- Emergency Heating Assistance: Operation Fuel: [operationfuel.org](http://operationfuel.org) or 2-1-1
- CT Energy Assistance Program: Call CRT at 860-560-5800 or visit [tinyurl.com/CTEnergyAssistanceProgram](http://tinyurl.com/CTEnergyAssistanceProgram)

## Workforce Development

- Employment Opportunities: -[Portal.ct.gov/das](http://Portal.ct.gov/das)
- Job Training: -[tinyurl.com/CTJobTraining](http://tinyurl.com/CTJobTraining)

## Senior Care

- Assistance Programs: [portal.ct.gov/AgingAndDisability](http://portal.ct.gov/AgingAndDisability)
- Support for Caregivers: [bit.ly/3Z9wrOw](http://bit.ly/3Z9wrOw)
- Renter's Rebate for Seniors: 860-757-4736
- Home Help Program for Seniors: Email [Denese.Smith@hartford.gov](mailto:Denese.Smith@hartford.gov)

## 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/Ritter](http://housedems.ct.gov/Ritter) or scan the code with your phone

