



# RESOURCES TO HELP YOU!

## FROM REPRESENTATIVE KEVIN RYAN YOUR 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 Kevin Ryan



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



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

# STATE REPRESENTATIVE KEVIN RYAN CONNECTING YOU TO THE RESOURCES YOU NEED

## 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 860-425-6681 or visit [ctdss.force.com/heatinghelp/s/](http://ctdss.force.com/heatinghelp/s/)

## 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 860-425-6562
- Help with SNAP and Other Food Assistance Programs: [endhungerct.org](http://endhungerct.org) or call 1-866-974-7627
- Mobile Food Pantry: [ctfoodshare.org](http://ctfoodshare.org) or call 2-1-1
- Local Food Pantry: [foodpantries.org/ci/ct-norwich](http://foodpantries.org/ci/ct-norwich)

## 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](http://portal.ct.gov/dol/Unemployment-Benefits)
- Call 860-967-0493 or 1-800-956-3294

## Workforce Development

- Employment Opportunities:  
[portal.ct.gov/das](http://portal.ct.gov/das)
- Job Training:  
[ctdol.state.ct.us/gendocs/training.html](http://ctdol.state.ct.us/gendocs/training.html)

## Senior Care

- Assistance Programs:  
[portal.ct.gov/AgingAndDisability](http://portal.ct.gov/AgingAndDisability)
- Support for Caregivers: [bit.ly/3Z9wrOw](http://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/Ryan](http://housedems.ct.gov/Ryan) or scan the code with your phone



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