



PROVIDING YOU THE RESOURCES THAT MATTER!

FROM STATE REPRESENTATIVE SHAKE
STRATFORD'S VOICE AT THE STATE CAPITOL

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“Should you or someone you know need support or assistance with accessing or understanding state programs, my office is here to serve YOU!

Please reach out to me anytime!”

- 120th HD State Rep. Kaitlyn Shake



860-240-8585



Kaitlyn.Shake@cga.ct.gov



housedems.ct.gov/Shake



facebook.com/StateRepShake

SUPPORT IS HERE FOR YOU!

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):** call 203-333-9200 or
portal.ct.gov/DPH/WIC/WIC
- **Mobile Food Pantry:** ctfoodshare.org or call 2-1-1
- **Local Food Pantry:** call 203-385-4050 or
sterlingcommunitycenter.org/accessfoodct

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
- **Stratford Senior Services:**
townofstratford.com/page/senior-services

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!

- Navigating State Agencies
- Small Business Support
- Health Insurance
- Mental Health Services
- Resources for Seniors
- Veterans Benefits
- Unemployment Assistance
- Energy Assistance
- Housing Assistance
- Food Assistance



Stay up-to-date by signing up for my e-blasts online at housedems.ct.gov/Shake or scan the code with your phone!

