



PROVIDING YOU THE RESOURCES THAT MATTER

FROM STATE REPRESENTATIVE MARY WELANDER

SERVING DERBY, HAMDEN, ORANGE, WOODBRIDGE - YOUR NEIGHBOR, YOUR VOICE

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“Should you or someone you know require support, especially with accessing or understanding state programs, my office is here to help and serve YOU.

Please reach out to me anytime!”

- Representative Mary Welander



860-240-8585



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housedems.ct.gov/Welander



facebook.com/RepMaryWelander

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):** portal.ct.gov/DPH/WIC/WIC
- **Mobile Food Pantry:** ctfoodshare.org or call 2-1-1
- You can also check your town/city website for local options

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

Small Business Support

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

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/Welander or scan the code with your phone!

