



CONNECTING YOU TO THE RESOURCES THAT MATTER!

**FROM STATE REPRESENTATIVE KARA ROCHELLE
ANSONIA & DERBY'S VOICE AT THE STATE CAPITOL**

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"Should you or someone you know require support, especially with accessing or understanding state programs, my office is here to serve YOU!

Please reach out to me anytime."

- Representative Kara Rochelle



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housedems.ct.gov/Rochelle



facebook.com/StateRepKaraRochelle

SUPPORT IS HERE FOR YOU!

CONNECTING YOU TO THE RESOURCES THAT MATTER

Workforce Development

- **Employment Opportunities:**
bit.ly/AmericanJobCentersCT or workplace.org
- **Job Training:** bit.ly/CareerConneCT or jobs.ct.gov/training
- **Unemployment Website:**
portal.ct.gov/dol/Unemployment-Benefits
or call 860-967-0493 or 1-800-956-3294

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 or call 203-333-9200
- **Mobile Food Pantry:** ctfoodshare.org or call 2-1-1
- **Ansonia: Samela Food Bank:** bit.ly/SamelaFoodBank or 203-734-2715
- **Derby: St. Vincent's DePaul Food Bank:** svdpvalley.com or 203-734-7577

Small Business Support

- **Small Business Development & Loans:**
bit.ly/SmallBusinessSupports
- **CT Boost Fund:** ctsmallbusinessboostfund.org

Energy

- **Compare & Save on energy sources or Free Home Energy Audits:** energizect.com
- **Weatherization Assistance Program (WAP):**
bit.ly/CT-WAP
- **Connecticut Energy Assistance Program (CEAP):**
ct.gov/heatinghelp/applyonline

Seniors

- **Older Adult Support:** bit.ly/CTOlderAdultAssistance
- **Aging & Disability Services:** portal.ct.gov/ads or 860-424-5055
- **South Central Agency on Aging:** aoascc.org or 203-785-8533

Housing

- **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

General Needs - Team Inc

- For general assistance with **food, housing, energy, childcare, etc.** visit teaminc.org or 203-736-5420

NEED ASSISTANCE?

MY TEAM AND I ARE HERE TO ASSIST YOU!

- Navigating State Agencies
- Small Business Support
- Health Insurance
- Job Training Opportunities
- Resources for Seniors
- Veterans Benefits
- Unemployment Assistance
- Energy Savings
- Housing Issues
- Food Assistance

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

