



**CONNECTING YOU TO THE RESOURCES THAT MATTER!**

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

"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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# SUPPORT IS HERE FOR YOU! CONNECTING YOU TO THE RESOURCES THAT MATTER

## Workforce Development

- **Employment Opportunities:** [bit.ly/AmericanJobCentersCT](http://bit.ly/AmericanJobCentersCT) or [workplace.org](http://workplace.org)
- **Job Training:** [bit.ly/CareerConneCT](http://bit.ly/CareerConneCT) or [jobs.ct.gov/training](http://jobs.ct.gov/training)
- **Unemployment Website:** [portal.ct.gov/dol/Unemployment-Benefits](http://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](http://bit.ly/3SA4yNH) or 2-1-1
- **Food Assistance for Women, Infants & Children (WIC):** [portal.ct.gov/DPH/WIC/WIC](http://portal.ct.gov/DPH/WIC/WIC) or call 203-333-9200
- **Mobile Food Pantry:** [ctfoodshare.org](http://ctfoodshare.org) or call 2-1-1
- **Ansonia: Samela Food Bank:** [bit.ly/SamelaFoodBank](http://bit.ly/SamelaFoodBank) or 203-734-2715
- **Derby: St. Vincent's DePaul Food Bank:** [svdpvalley.com](http://svdpvalley.com) or 203-734-7577

## Small Business Support

- **Small Business Development & Loans:** [bit.ly/SmallBusinessSupports](http://bit.ly/SmallBusinessSupports)
- **CT Boost Fund:** [ctsmallbusinessboostfund.org](http://ctsmallbusinessboostfund.org)

## Energy

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

## Seniors

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

## Housing

- **Rental Assistance Program (RAP):** [bit.ly/CT-RAP](http://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](http://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](http://housedems.ct.gov/Rochelle) or scan the code with your phone!

