



**PROVIDING YOU THE RESOURCES THAT MATTER!**

**FROM STATE REPRESENTATIVE COREY P. PARIS  
STAMFORD'S VOICE AT THE STATE CAPITOL**

PRSRT STD  
U.S. POSTAGE  
PAID  
HARTFORD, CT  
Permit No. 3937

“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 Corey P. Paris



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housedems.ct.gov/Paris



facebook.com/StateRepParis

# SUPPORT IS HERE FOR YOU, CT RESIDENTS! CONNECTING YOU TO THE RESOURCES YOU NEED

## Workforce Development

- **Employment Opportunities:** [portal.ct.gov/das](https://portal.ct.gov/das)
- **Job Training:** [jobs.ct.gov/training](https://jobs.ct.gov/training)
- **Unemployment Website:**  
[portal.ct.gov/dol/Unemployment-Benefits](https://portal.ct.gov/dol/Unemployment-Benefits)  
or call 860-967-0493 or 1-800-956-3294

## Energy Assistance

- **Free Home Energy Audits:** [energizect.com](https://energizect.com)
- **Weatherization Assistance Program (WAP):**  
[bit.ly/CT-WAP](https://bit.ly/CT-WAP)
- **Connecticut Energy Assistance Program (CEAP):**  
[ct.gov/heatinghelp/apply](https://ct.gov/heatinghelp/apply)

## Food Assistance:

- **Supplemental Nutrition Assistance Program (SNAP):** [bit.ly/3SA4yNH](https://bit.ly/3SA4yNH) or 2-1-1
- **Food Assistance for Women, Infants & Children (WIC):** [portal.ct.gov/DPH/WIC/WIC](https://portal.ct.gov/DPH/WIC/WIC) or call [local WIC office]
- **Mobile Food Pantry:** [ctfoodshare.org](https://ctfoodshare.org) or call 2-1-1
- **Local Food Pantry:** New Covenant Center:  
174 Richmond Hill Ave **Call:** 203-964-9228

## Veterans and Seniors

- **Older Adult Support:**  
[bit.ly/CTOlderAdultAssistance](https://bit.ly/CTOlderAdultAssistance)
- **Assistance Programs:**  
[portal.ct.gov/AgingAndDisability](https://portal.ct.gov/AgingAndDisability)
- **Support for Caregivers:** [bit.ly/3Z9wrOw](https://bit.ly/3Z9wrOw)
- **Stamford Senior Center:** Call 203-977-5151

## Housing Assistance

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

