

Care 4 Kids Child Care-- Care 4 Kids helps low-to-moderate income families in Connecticut pay for child care costs. This program is sponsored by the Department of Social Services. To learn more about Care 4 Kids, visit their website at: www.etcare4kids.com, or call **1-888-214-KIDS (5437)** 8 am - 5 pm, Monday - Friday, 8 am - 6 pm Thursday.

Connecticut Energy Assistance Program (CEAP) -- CEAP helps households pay for primary heating bills. If your primary heating cost is included in your rent, you may also apply for CEAP. Visit the website at www.ct.gov/staywarm, or for more information call: **1-800-842-1132** Or dial **2-1-1**.

Family Planning and Pregnancy Prevention -- For information about family planning call Planned Parenthood at **1-800-230-PLAN**, the Connecticut Department of Public Health at **860-509-8000** or dial **2-1-1**. You can also visit the University of Connecticut teen pregnancy prevention website at: www.teenpregnancy-ct.org.

United Way's 2-1-1 Service -- 2-1-1 provides information and referral services about basic needs (food, clothing, shelter), child care, energy assistance, disability services, suicide prevention, senior services, veteran's services, health services and much more. Available 24 hours, 7 days a week. Dial **2-1-1** or visit www.211ct.org

Free Tax Preparation Services -- The Volunteer Income Tax Assistance (VITA) sites provide free tax preparation services for people whose income is less than \$40,000 a year from January 15 through April 15. For more information about the VITA sites dial **2-1-1**.

Legal Assistance-- for information call **1-800-453-3320** or visit their website at www.slscct.org

For more information about available resources visit the Department of Social Services website at www.ct.gov/dss or dial 2-1-1.

The Department of Social Services' programs are available to all applicants and recipients without regard to race, color creed, sex, sexual orientation, age, disabilities, learning disabilities, national origin, ancestry or language barriers. Deaf and hearing impaired persons may use a TDD/TTY by calling 1-800-842-4524. Auxiliary aids are also available for blind or visually impaired persons.

State of Connecticut
M.Jodi Rell, Governor



Department of Social Services
Michael P. Starkowski,
Commissioner

This pamphlet is funded by the U.S. Department of Health and Human Services, Temporary Assistance for Needy Families Program.

Publication #09-02

The Department of Social Services is an equal opportunity, affirmative action employer.

Help for People in Need



The Department of Social Services, along with other Connecticut agencies and organizations, provide a wide range of programs that may benefit your family.

HUSKY Health Coverage -- The HUSKY Plan is Connecticut's free or low-cost health insurance program for children and youth up to age 19. Designed to provide health coverage to all uninsured children, HUSKY is open to children in families of every income level. HUSKY can also provide health coverage for parents, relative caregivers and pregnant women, depending on income. Children receive a comprehensive health care benefits package, including preventive care, physician visits, prescriptions, vision care, dental care, physicals, mental health and substance abuse services, durable medical equipment, emergency and hospital care. For more information call toll-free: **1-877-CT-HUSKY (1-877-284-8759)**, or visit their website at www.huskyhealth.com

Charter Oak Health Plan -- The Charter Oak Health Plan provides affordable health care coverage to Connecticut adults, aged 19 through 64, of all incomes. It's the first time every uninsured adult in Connecticut can get quality, affordable health insurance, and it costs as little as \$75 per month in premiums, depending on your income.

Coverage includes preventive care, emergency room and hospital visits, primary care and specialist physicians, pharmacy, behavioral health services and prescription medications. To get more information, request an application or apply by phone call: **1-877-77-CT-OAK (1-877-772-8625)** or visit their website at www.charteroakhealthplan.com.

Housing -- You can only apply for Section 8 Housing Choice Voucher program and the state Rental Assistance Program when a housing authority or the state opens its waiting list. For information about housing waiting lists that may be taking applications for the Housing Choice Voucher program, **dial 2-1-1** or visit the United Way 2-1-1 website at www.211ct.org. You may also register your email address at this website to be notified when a Housing Choice Voucher waiting list opens.

There are many other low-cost housing options; please **dial 2-1-1** for information about options, as well as for information about other housing services, such as eviction and foreclosure prevention, security deposits and shelters for the homeless or victims of domestic violence.

Supplemental Nutrition Assistance Program (SNAP) -- SNAP, formerly known as the Food Stamp Program, is a nutrition program that helps low-income individuals and families buy food. SNAP is funded by the U.S. Department of Agriculture and administered by the Connecticut Department of Social Services. Benefits are provided through an Electronic Benefits Transfer "EBT" card that works just like a regular debit card. You can use your EBT card at most grocery stores and at some farmers' markets. All SNAP recipients are eligible to receive free nutrition education.

For more information and to find out where to apply, visit www.ct.gov/SNAP or dial **2-1-1**

School Breakfast & School Lunch Programs

-- These programs provide nutritionally balanced meals to school children for free or at a small cost. Families may apply for the programs by submitting a Household Income Application which is provided by the school. The school is then responsible for certifying the student for free, reduced-price, or paid meals. If you are currently receiving Temporary Family Assistance cash or SNAP from the Department of Social Services, your children are automatically eligible for free meals. Contact your child's school for more information or visit the website at www.fns.usda.gov/fns/

Women Infants & Children (WIC) -- Women, Infants and Children (WIC) is a special supplemental food program that provides nutritious foods, milk, juice, formula and other items to low-income pregnant or breastfeeding women, infants and children up to age 5. To get more information visit the Dept of Public Health website at www.ct.gov/dph or call: **1-800-741-2142**.

Food Banks -- Foodshare and the Connecticut Food Bank provide safe and nutritious food to food pantries, soup kitchens and shelters throughout Connecticut. To find a food pantry near you dial **2-1-1** or call any of the following numbers:

Connecticut Food Bank
East Haven - (203)469-5000
Fairfield - (203)256-1935
Waterbury - (203)759-1919

Foodshare of Greater Hartford
(860) 286-9999

Food Bank of Lower Fairfield County
Stamford - (203)358-8898

End Hunger CT!
(860) 560-2100

Hunger Outreach Project of CAHS
(860) 951-2212

Fatherhood Initiative -- The John S. Martinez Fatherhood Initiative of Connecticut is a broad based, statewide program led by the Department of Social Services that is focused on changing the systems that can improve fathers' ability to be fully and positively involved in the lives of their children. The goal of the initiative is to empower fathers to teach, love and inspire their children through positive parental involvement and interaction. For more information on programs in your area, visit the website: www.fatherhoodinitiative.state.ct.us

Domestic Violence -- The Connecticut Coalition Against Domestic Violence is a statewide network of community-based programs that provide a full array of services to victims of domestic violence. Those services include a 24-hour toll free hotline, safety planning, emergency shelter, crisis intervention, individual counseling, support and/or educational groups, children's programs, court advocacy, information and referrals, and community education. To get help or more information call **1-888-774-2900**. To get more information visit the website at: www.ctcadv.org.