

EAST SHORE DISTRICT HEALTH DEPARTMENT RESOURCE BOOK

CREATED BY THE COMMUNITY HEALTH IMPROVEMENT PLAN ACCESS TO RESOURCES
GROUP

RESOURCES FOR THE RESIDENTS OF THE TOWNS OF BRANFORD, EAST HAVEN AND NORTH BRANFORD
AND BEYOND

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Activities	Website	Contact Information	Notes
East Haven Family Resource Center: Parents as Teachers	https://sites.google.com/a/east-haven.k12.ct.us/frc/programs	203-468-3305	
Branford Family Resource Center	http://www.indianneck.org/	203-481-5066	
Branford Parks and Rec	http://www.branford-ct.gov/parks	203-488-8304	
Soundview YMCA	http://www.cccymca.org/locations/soundview/	203-481-9622	
Blackstone Library	http://www.blackstone.lioninc.org/kids/recurring-events/	203-488-1441	
Hagaman Library	http://www.hagamanlibrary.org/	203-468-3890	
Edward Smith Library	https://nbranfordlibraries.wixsite.com/home	203-484-0469	
Atwater Library	https://nbranfordlibraries.wixsite.com/home	203-315-6020	

Adult Education/Employment Assistance	Website	Contact Information	Notes
West Haven Adult Education	https://easthaven.coursestorm.com/	203-937-4375	Also offers ESL
East Haven Adult Education	https://sites.google.com/a/east-haven.k12.ct.us/adult-learning-center/esl---english-as-a-second-language	203-468-3795	Also offers ESL
East Shore Region Adult & Continuing Education(ERACE)	https://www.erace-adulted.org/	203-488-5693	Also offers ESL
Free Options for Earning High School Diploma	https://www.erace-adulted.org/Programs/High-School-Credit-Diploma-Program/		
CT Workforce Alliance	http://www.workforcealliance.biz/	203-624-1493	Job seeking assistance
APT workforce vocational services New Haven		203-781-4670	
CT Works Workshop Schedule	http://www.workforcealliance.biz/workshops		

Community Action Agency of New Haven	https://www.caanh.net/programs/smart_women/		S.M.A.R.T Women (Single mothers actively reaching to the top)
Department of Developmental Services	http://www.ct.gov/dds/lib/dds/selfadvocate/employment_supportsbrochurecolor.pdf	860-418-6000	Employment Support

Child Development and Early Education	Website	Contact Information	Notes
A Parent's Guide to Understanding and Using Your Prior Written Notice Rights	http://www.cpacinc.org/materials-publications/legal-rights/	1-800-445-2722	
Branford Family Resource Center	http://www.indianneck.org/	203-481-5066	
Child Find in Connecticut	http://www.cpacinc.org/hot-topics/child-find/		Website with basic information
Connecticut's Child Development Infoline	http://cdi.211ct.org/program/		
211 Child Care	http://www.211childcare.org/	2-1-1	
Connecticut Birth to Three	https://www.birth23.org/	1-800-505-7000	
Yale Child Study Center	https://medicine.yale.edu/childstudy/	203-785-2540	
West Haven Head Start Program	http://www.whcommunityhouse.org/headstart.html	203-934-5221	For prreschool children ages 3 to 5 from income eligible families in West Haven

All our Kin Family Child Care Network	http://www.allourkin.org/family-child-care-network	203-772-2294	
CT Parent Advocacy Center Inc.	http://www.cpacinc.org/	860-739-3089	
Early Childhood SRBI: Supporting All Children	http://www.sde.ct.gov/sde/lib/sde/pdf/curriculum/cali/ec_srbi_brochure.pdf	860-632-1485	
East Haven Public Schools Pre-K Programs	http://www.east-haven.k12.ct.us/schools/pre-school-programs/school-readiness-council		Website for registration: http://www.east-haven.k12.ct.us/schools/pre-school-programs/prek-registration
Elementary Schools in East Haven	http://www.east-haven.k12.ct.us/schools		
Five Steps to Becoming Your Child's Best Advocate	http://cpacinc.org/wp-content/uploads/2009/11/5-Steps-to-Becoming-Your-Childs-Best-Advocate.pdf	1-800-445-2722	
East Haven School Readiness (Overbrook Early Learning Center)	http://www.east-haven.k12.ct.us/schools/pre-school-programs	203-468-3898	

Branford School Readiness Program and other Branford Special Programs	ShowAll">http://www.branford.k12.ct.us/?DivisionID=3085&DepartmentID=2882&ToggleSideNav>ShowAll	203-481-5066	
IEP Goals and Objectives	http://www.cpacinc.org/hot-topics/transition-to-adult-life/transition-iep-goals-objectives-and-services-checklist/	1-800-445-2722	
No Child Left Behind	http://cpacinc.org/wp-content/uploads/2009/12/No-Child-Left-Behind_facts.pdf	1-800-445-2722	
Open the Door to Your Future: New Haven Adult Education	http://www.nhaec.org/	203-492-0213	Main Website
Preparing for your Child's PPT Meeting	http://www.cpacinc.org/materials-publications/communication/before-during-and-after-the-ppt-meeting/		
Questions for Parents and Professionals to Consider When Reviewing the IEP	http://www.cpacinc.org/wp-content/uploads/2011/02/Questions-for-Parents-to-Consider-When-Reviewing-the-IEP.pdf	1-800-445-2722	

Special Education: Protecting Your Child, Protecting Your Rights (English and Spanish)	English Spanish	1-800-453-3320	
Special Education: Protecting Your Child, Protecting Your Rights (Spanish)	https://ctlawhelp.org/files/pamphlets/children_family/special_ed_spanish.pdf		
The Individualized Education Program (IEP)	http://cpacinc.org/wp-content/uploads/2009/11/The-Individualized-Education-Program.pdf	1-800-445-2722	
Tips for Building Strong Readers	https://static1.squarespace.com/static/56be46a6b6aa60dbb45e41a5/t/58459ac703596edb73fb4a4e/1480956616087/Informational Handout Tips for Building Strong Readers.pdf		Information in English and Spanish
Tips for Good Communication Between Parents and Schools	http://www.cpacinc.org/projects-programs/collaboration-between-families-schools/activities-tools-and-practices-for-schools/	1-800-445-2722	Website is general to parent engagement

West Haven School Readiness Program	http://www.whschools.org/parents_students/school_readiness_and_pre_school_programs/readiness_programs	203-931-6836	
Child Find in Connecticut	http://www.cpacinc.org/hot-topics/child-find/		Website with basic information
Care 4 Kids Applications	English Spanish	1-888-214-5437	
East Haven Public Schools Resource Guide	https://drive.google.com/file/d/0BwQpP42WHt9dUWQ3ZVdYdU9QaEE/view		Education resources and community resources for families
Branford Early Childhood Collaborative	https://www.branfordbecc.org/childrens-resource-guide.html	203-415-5237	Community Resource Guide for Branford Families

Clothing/Diapers	Website	Contact Information	Notes
Beacon on the Hill Diaper Bank	http://olov.org/Ministry/par1.html	203-931-9989	West Haven residents
Community Action Agency of New Haven Inc.	https://www.caanh.net/diaper-bank/	203-387-7700 ext. 254	Services Greater New Haven, upon availability
Christian Community Action	https://www.ccahelping.org/	203-777-7848	Transitional housing, neighborhood assistance, advocacy and education, Hillside Family Shelter, ARISE program. Services residents in the Hill neighborhood of New Haven.
Teen Challenge	http://tcthriftstore.org/index.html	203-483-3124 785 W Main St, Branford, CT 06405	Thrift store carrying furniture, clothing, housewares, etc.
BH Care Clothing Bank	http://www.bhcare.org/page/16620-BHcare-Clothing-Bank	203-483-2643	30 Harrison Avenue, Branford Hours of Operation: Weekdays: 9:00 am – 2:00 pm Every Other Saturday: 11:00 am – 1:00 pm

Branford Early Learning Center/Community Dining Room Diaper Bank		203-488-4512	For Branford Residents only. Call for application.
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Disability Services	Website	Contact Information	Notes
Connecticut Parent Advocacy Center Inc.	http://www.cpacinc.org/	860-739-3089	General website/Main office phone number
Division of Autism Spectrum Services	http://www.ct.gov/dds/cwp/vie w.asp?q=442840	860-418-6078	Department of Developmental Services phone #
HCBS/Autism Waiver Eligibility	http://www.ct.gov/dds/cwp/vie w.asp?a=2730&Q=521900	dds.autism@ct.gov	General website on DDS Website
Reachout	http://www.reachoutinc.org/	203-230-2815	General website
Connecticut Parent Advocacy Center Inc.	http://www.cpacinc.org/	860-739-3089	General website/Main office phone number
SSI Disability Insurance	https://www.ssa.gov/disability/disability.html	1-866-331-5281	How to apply for disability insurance

Domestic Violence	Website	Contact Information	Notes
Are You Safe in Your Relationship	https://www.plannedparenthood.org/files/8614/0042/3587/HealthyRelation_2008ENG.pdf		
BH Cares: The Umbrella Center for Domestic Violence	http://bhcare.org/page/22595-The-Umbrella-Center-for-Domestic-Violence-Services	203-736-9944 and 203-789-8104	UCDVS Crisis Hotline Numbers
Connecticut Safe at Home: A Confidential Address Program	http://www.ct.gov/sots/lib/sots/commercialrecording/acp/acp_brochure_english.pdf	1-888-999-5545	Toll Free Phone Number
CT State Police TIPS: Sex Offender Registry	http://sheriffalerts.com/cap_main.php?office=54567		
Domestic Violence and Temporary Family Assistance: English	https://ctlawhelp.org/files/pamphlets/benefits_work/cash-assistance-for-families.pdf		
Domestic Violence and Temporary Family Assistance: Spanish	https://ctlawhelp.org/files/pamphlets/benefits_work/cash-assistance-for-families-spanish.pdf		
How to Extend a Restraining Order	https://ctlawhelp.org/files/pamphlets/children_family/restraining		

	ng-protective-order-domestic-violence.pdf		
Not Where I Live: CT Sexual Assault Crisis Services	https://endsexualviolencect.org/wp-content/uploads/2015/01/NotWhereILiveEnglish.pdf	860-685-8060	
How to apply for a restraining order	https://ctlawhelp.org/files/pamphlets/children_family/restraining-protective-order-domestic-violence.pdf		
Jane Doe No More	https://www.janedoenomore.org/	203-729-0245	Educational programs, resource center for victims of sexual assault
Domestic Violence Services of Greater New Haven	http://www.dvsgnh.org/	203-789-8104	24-Hour Crisis Hotline

Food	Website	Contact Information	Notes
2017 WHEAT Information Sheet	http://www.wheatpantry.org/client_info/2017wheatinformationsheet.pdf	203-931-9877	For West Haven residents
Community Dining Room-Branford	https://communitydiningroom.wordpress.com/	203-488-9750	
Connecticut Food Bank Locator	http://www.ctfoodbank.org/get-help/pantry-locator/		Statewide mobile food pantry locator
CT Department of Social Services Nutrition Assistance Program	http://www.ct.gov/dss/cwp/view.asp?a=2353&q=320232		SNAP program
CT Foodbank Mobile Pantry Schedule	http://www.ctfoodbank.org/get-help/programs/connecticut-food-banks-mobile-pantry-schedule/	203-469-5000	
East Haven United Inc. Community Kitchen	https://www.townofeasthavenct.org/bulletins/news/east-haven-united-inc-community-kitchen	203-215-1803	
New Haven WIC Program	https://www.ynhh.org/about/community/support-services/wic.aspx	203-789-3563	General website
Branford Food Council	http://www.branfordfoodpantry.org/about-us.html	203-481-3663	

Food Stamps/SNAP	https://connect.ct.gov/access/jsp/access/Home.jsp	1-855-626-6632	Apply online or in person at New Haven DSS office 50 Humphrey Street, New Haven CT, 06513-2905
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General	Website	Contact Information	Notes
United Way 2-1-1 CT	https://www.211ct.org/	2-1-1	Online resource directory; phone referrals to community resources
Passport to Prosperity	http://www.caanh.net/public/files/caanh_passport_brochure_9-29-10.pdf	203-387-7700	Community Action Agency of New Haven
Connecticut's Amber Alert	http://www.ct.gov/despp/cwp/view.asp?a=4204&q=494034	860-685-8230	Phone number is department of public safety number
CT State Police Tips: 911	http://www.ct.gov/despp/lib/despp/public_information_files/911.pdf	860-685-8230	Phone number is department of public safety number
CT State Police Tips: Fatigued Driving	http://www.ct.gov/despp/lib/despp/public_information_files/brochures/fatigued_driving.pdf	860-685-8230	Phone number is department of public safety number
CT Department of Social Services: Temporary Family assistance (TFA)	http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305260	1-855-626-6632	Phone number is department of social services number
Community Resources for West Haven Families with Young Children	http://www.whcommunityhouse.org/headstart.html	203-934-5221	

CT State Police Public Information Office Safety Publications	http://www.ct.gov/despp/cwp/view.asp?a=4225&q=494966	860-685-8230	
East Shore District Health Department	http://www.esdhd.org	203-481-4233	Nurturing Families Network, Public Health Nursing, Environmental Health, Public Health Education, Emergency Management. Services Branford, North Branford, East Haven.
Connecticut Department of Banking	http://www.ct.gov/dob/cwp/view.asp?q=297916		Credit Repair / Debt Management
North Branford Social Services	http://www.townofnorthbranfordct.com/newweb/government/departments/social-services.aspx	Stanley T. Williams Community Center 1332 Middletown Avenue Northford, CT 06472 203-484-6006	North Branford Social Services general resource guide
Branford Counseling Center	http://www.branford-ct.gov/Counseling	342 Harbor Street Branford, CT 06405 203-481-4248	Clinical services, crisis management, social services, community services

East Haven Social Services	https://www.townofeasthavenct.org/social-services	250 Main St, East Haven, CT 06512 203-468-3396	Youth Services, community resources, energy assistance
Poison Control Center	https://health.uconn.edu/poison-control/	1-800-222-1222	Free, confidential, 24 hours a day, interpreters available in all languages

Health	Website	Contact Information	Notes
YMCA Diabetes Prevention Program	https://www.ymcamn.org/health_fitness/diabetes_prevention	203-777-9622	Main website
CT Quit Line	http://www.quitnow.net/	1-800-QUIT-NOW	Smoking cessation
Yale-New Haven Hospital		Attn: Doreen DeCerbo (203-789-4146)	Smoking cessation
CT Smoking Cessation Resources	http://connecticut.networkofcare.org/mh/services/subcategory.aspx?tax=RX-8450.7900		Online resource directory of smoking cessation programs across Connecticut
CT Dental Health Partnership for Husky Patients	http://www.huskyhealthct.org/provider_lookup.html	855-283-3682	
Cornell Scott Hill Health Center	http://cornellscott.org/	(203) 503-3000	
Fair Haven Community Health Center East Haven Satellite Office	http://www.fhchc.org/locations/fair-haven-community-health-care-trolley-square/	370 Hemingway Avenue East Haven, CT 06512 (203) 285-1133	Integrated primary care, behavioral health, midwifery and dental referrals.

Yale-New_haven Health System	https://www.ynhhs.org/	888-461-0106	
CT Foundation for Dental Outreach	http://www.cfdo.org/	860-863-5940	CT Mission of Mercy Dental Clinic
UCONN School of Dentistry	https://health.uconn.edu/dental/our-dentists/	203-679-3415	Reduced cost dental care
University of New Haven	http://www.newhaven.edu/arts-sciences/undergraduate-programs/dental-hygiene/dental-center.php/	203-931-6028	The University of New Haven Dental Center Appointments are available Tuesdays and Thursdays from 8:30 a.m.-11:30 a.m. or 1:15 p.m.-3:30 p.m.

Housing	Website	Contact Information	Notes
New Reach	http://newreach.org/	203-492-4866	Provides emergency shelter services, supportive housing, basic needs and clinical services. All emergency housing requests must go through 2-1-1 for intake.
Stopping Bed Bugs Safely	http://schools.nyc.gov/NR/rdonl yres/7ED76C6E-E8E6-4F72-9A38-29B484503652/0/BedBugFactSheet.pdf		
West Haven Housing Authority	http://www.cityofwesthavenhousing.org/	203-934-8671	
Connecticut Department of Social Services Housing Assistance Program	http://www.ct.gov/doh/cwp/vie w.asp?a=4513&Q=530584		
What is a Healthy Home?	http://www.ct.gov/dph/cwp/vie w.asp?a=3140&q=443992	860-509-7299	

United Way CT Housing Choice Voucher Program	http://www.cthcvp.org/	2-1-1	Section-8 online waiting list applications
New Haven Home Ownership Center	http://www.nhsofnewhaven.org/hoc/homeownershipcenter	203-777-6925	
Housing Authority of the City of New Haven Instructions for the Certification form for Applicants	https://affordablehousingonline.com/housing-authority/Connecticut/Housing-Authority-of-New-Haven/CT004	203-498-8800	Link of all the applications within the town of New Haven
Housing Repairs in Spanish	https://ctlawhelp.org/files/pamphlets/housing/tr_repairs_spanish.pdf		Not basic repairs but found tenant repairs
Housing Repairs in English	https://ctlawhelp.org/files/pamphlets/housing/tr_repairs.pdf		Not basic repairs but found tenant repairs
Equal Housing Opportunity	https://portal.hud.gov/hudportal/HUD?src=/program_offices/fair_housing_equal_opp	1-800-669-9777	Main Website
Liberty Community Services	http://libertycs.org/	203-495-7600	
2-1-1 CT	211ct.org	2-1-1 (Dial 1)	Emergency housing/shelter assistance. Intake must

			be completed over the phone.
Christian Community Action	https://www.ccahelping.org/	203-777-7848	

Legal Services	Website	Contact Information	Notes
A Guide to the Housing Authority Grievance Procedure	https://ctlawhelp.org/files/pamphlets/housing/ha_grievance_procedure.pdf	1-800-453-3320	
Apostle Immigrant Services	http://www.apostleimmigrantservices.org/services		
Applying for Legal Help in Connecticut	https://ctlawhelp.org/about-us		
Brief Guide to Child Support Services in Connecticut	http://www.ct.gov/dss/lib/dss/childsupport/guidetocsservices.pdf		
Connecticut Healthcare Instructions in English	https://ctlawhelp.org/files/pamphlets/elderly/health_care_instructions_foldable.pdf		
Connecticut Healthcare Instructions in Spanish	https://ctlawhelp.org/files/pamphlets/elderly/health_care_instructions_spanish_foldable.pdf		
Getting a Lawyer Appointed for Your Child in English	https://ctlawhelp.org/files/pamphlets/children_family/getting_a_lawyer_appointed_for_your_child_foldable.pdf		

Getting a Lawyer Appointed for Your Child in Spanish	https://ctlawhelp.org/files/pamphlets/children_family/getting_a_lawyer_appointed_for_your_child_spanish_foldable.pdf		
Information on Foreclosures in English	https://ctlawhelp.org/files/pamphlets/housing/my_house_is_being_foreclosed_foldable.pdf	1-800-453-3320	
Information on Foreclosures in Spanish	https://ctlawhelp.org/files/pamphlets/housing/my_house_is_being_foreclosed_spanish_foldable.pdf	1-800-453-3320	
IRIS: Helping Refugees and other displaced people in CT communities	http://www.irisct.org/immigration-legal-services/	203-562-2095 immigration@irisct.org	Immigration Legal Services
Is Your Criminal Record Keeping You From Working?	https://ctlawhelp.org/files/pamphlets/benefits_work/criminal_record_pamphlet.pdf	1-800-453-3320	Statewide Legal Services Phone Number
New Haven County Bar Association Lawyer Referral Service	http://c.ymcdn.com/sites/www.newhavenbar.org/resource/resmgr/Ask_A_Lawyer_clinics_2017.pdf	203-562-5750	Ask a Lawyer Clinics
New Haven Legal Assistance Association Inc.	https://www.nhlegal.org/	203-946-4811	Basic Website

Small Claims Court Booklet in English	https://ctlawhelp.org/files/pamphlets/consumer/small-claims-court-spanish.pdf	1-800-453-3320	Statewide Legal Services Phone Number
Small Claims Court Booklet in Spanish	https://ctlawhelp.org/files/pamphlets/consumer/small-claims-court.pdf	1-800-453-3320	Statewide Legal Services Phone Number
Statewide Legal Services of Connecticut	https://slsct.org/	1-800-453-3320	statewide Legal Services Phone Number
Tenants' Rights: Good Cause Eviction in English	https://ctlawhelp.org/files/pamphlets/housing/eviction_english.pdf	1-800-453-3320	
Tenants' Rights: Good Cause Eviction in Spanish	https://ctlawhelp.org/files/pamphlets/housing/eviction_spanish.pdf	1-800-453-3320	
What if the other parent does not obey a court order? In English	https://ctlawhelp.org/files/pamphlets/children_family/get_contempt_order.pdf		
What if the other parent does not obey a court order? In Spanish	https://ctlawhelp.org/files/pamphlets/children_family/get_contempt_order_spanish.pdf		

Your Child's Rights in School in English	https://ctlawhelp.org/files/pamphlets/children_family/childs_rights_in_school_foldable.pdf	1-800-453-3320	
Your Child's Rights in School in Spanish	https://ctlawhelp.org/files/pamphlets/children_family/childs_rights_in_school_spanish_foldable.pdf	1-800-453-3320	
Hagaman Library: Ask a Lawyer Program	http://www.hagamanlibrary.org/	203-468-3890	
International Institute of Connecticut - Immigration Legal Assistance	https://cirict.org/	203-336-0141	
Yale Law School Legal Clinics	https://law.yale.edu/clinics/our-clinics	203-432-4800	
New Haven Legal Aid	https://nhlegal.org/	203-946-4811	

Mental Health Services	Website	Contact Information	Notes
BH Care (Young Adult Services, Adult mental health, Case management, etc)	http://www.bhcare.org/	203-562-2264	Phone number for New Haven Service
Branford Counseling Center	http://www.branford-ct.gov/content/143/155/default.aspx	203-481-4248	
Bridges	http://www.bridgesct.org/	203-878-6365	
Cornell Scott Hill Health Center Groups, Classes and More	http://www.cornellscott.org/cms/resources/groups-classes-more/index.shtml		
Hope After Loss	http://www.hopeafterloss.org/about-us/our-programs/		
Connecticut Behavioral Health Partnership (Medicaid Behavioral Health)	http://ctbhp.com	1-877-552-8247	
Kids Mental Health Info	http://www.kidsmentalhealthinfo.com/		

Life After Baby	http://connecticut.networkofcare.org/mh/services/agency.aspx?pid=LIFEAFTERBABYNAVIGATIONTHETHRIMESTERANDBEYONDLifeAfterBaby_556_2_0	203-488-8304	
Clifford Beers	http://www.cliffordbeers.org/	203-772-1270	Integrated services for children and their families including outpatient treatment, crisis management, care coordination, intellectual/developmental disability services and CHILD FIRST program
Sexual Assault Crisis Services	http://www.womenfamilies.org/Content/Sexual_Assault_Crisis_Services.asp	203-389-5010	New Haven Office Number
Shoreline Collaborative for Youth	http://www.ctbhp.com/members/info/Community_Collaboratives.pdf	211	
Shoreline Wellness Center	http://www.shorelinewellnesscenter.com/	203-931-1184	

Town of East Haven Counseling and Community Services	https://www.townofeasthavenct.org/counseling-community-services	203-468-3297	
West Haven Mental Health Clinic	http://www.ct.gov/dmhas/cwp/view.asp?q=334654	203-974-5900	
Yale Stress Center	http://psychiatry.yale.edu/stresscenter/	203-737-3398	
DMHS Young Adult Services (YAS)	http://www.ct.gov/dmhas/cwp/view.asp?q=334784	860-262-6988	
Fair Haven Community Health Center East Haven Satellite Office	http://www.fhchc.org/locations/fair-haven-community-health-care-trolley-square/	370 Hemingway Avenue East Haven, CT 06512 (203) 285-1133	Integrated primary care, behavioral health, midwifery and dental referrals.

Prenatal	Website	Contact Information	Notes
A Woman's Guide to Eating Fish Safely CTDPH	http://www.ct.gov/dph/lib/dph/environmental_health/eoha/fish/_013017_womans_fish_guide_english_2016.pdf	1-877-458-3474	Toll Free number
Young Parent Program Milford CT	http://www.bridgesct.org/website/publish/services/index.php?Young-Parent-Program-30	203-301-2353	
New Haven WIC Program	https://www.ynhh.org/about/community/support-services/wic.aspx	203-688-5150 (York Street Campus) 203-789-3563 (Saint Raphael Campus)	General WIC Website
YNHH Me and My Baby Program	https://www.ynhh.org/services/maternity-services/childbirth-parenting-support.aspx	203-688-8086	For uninsured mothers
Nurturing Families Network	http://www.esdhd.org/HealthPrograms/MaternalChild	203-481-4233 x 577	Free home visiting program for expectant or new parents. Call for more information.
It's Worth It	http://www.itsworthitct.org/	203-699-6455	General website

Project MotherCare Program	http://www.whschools.org/district/health_services/important_information_for_parents/project_mother_care_schedule/	203-789-3562	West Haven website, not same as paper in book
B.A.B.Y. Program	https://www.ynhh.org/services/maternity-services/saint-raphael-campus.aspx	203-789-4280	For more information call this number
MotherToBaby UCONN Health	https://health.uconn.edu/medical-genetics/mothertobaby-ct-2/mothertobaby-ct/	866-626-6847	Toll Free number
Register for Prepared Childbirth Classes	https://www.ynhh.org/services/maternity-services/childbirth-parenting-classes.aspx	Email address: lward.classes@gmail.com	
211 CT Care/Care Management for Pregnant Women	https://www.211ct.org/search/17350577		
10 Steps to Successful Breastfeeding	https://www.babyfriendlyusa.org/about-us/baby-friendly-hospital-initiative/the-ten-steps		
Breastfeeding Begins Before Birth	https://www.lactationtraining.com/resources/educational-materials/handouts-parents?task=document.viewdoc&id=119		

Breastfeeding in CT: What are your rights?	http://www.ct.gov/dph/cwp/view.asp?A=3987&Q=487910		PDF not available but DPH website has information
Quit Smoking for Baby and You Handbook	http://shop.channing-bete.com/onlinestore/storeitem.html?iid=174468		available for purchase at this website
CT DPH Special Supplemental Nutrition Program for Woman, Infants and Children WIC Program	http://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC_2015/LocalAgencylist1014pdf.pdf?la=en Nutrition Resources How to Apply for WIC Certification Forms	Local Phone 203-789-3563	
A Mother's Place	https://www.ynhh.org/services/maternity-services/childbirth-resources/breastfeeding-resources.aspx	203-688-2000	Lactation Support
B.A.B.Y program YNHH SRC	https://www.ynhh.org/events/baby-program-76815-66-6.aspx	(Irene Cullagh) 203-789-4280	Lactation Support
Planned Parenthood	https://www.plannedparenthood.org/health-center/connecticut/new-haven/06511/new-haven-center-3271-90220	203-503-0450	

YNHH Healthy Start	https://www.ynhh.org/services/maternity-services/childbirth-resources/childbirth-parenting-support.aspx	203-688-3223 or 203-688-9146	free medical care, labor, delivery, nursing care, medications, counseling and other related services for uninsured pregnant mothers
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Seniors	Website	Contact Information	Notes
Charlies Closet	http://givct.org/charlies-closet/	203-453-8359 310 State St # 200, Guilford, CT 06437	medical equipment clearinghouse
VNA Community Healthcare	http://connecticuthomecare.org/	753 Boston Post Road Guilford, CT 06437 203-458-4200	Home healthcare, wellness services, family caregiver resources, hospice care
VNA South Central	https://www.vnascc.org/	1 Long Wharf Dr. #501 New Haven, CT 06511 203-777-5521	Skilled nursing, home health aides, physical, occupational and speech therapy, behavioral health, palliative care, caregiver resources, medical social work
Caregiver Support Groups in South Central Connecticut	https://www.aoascc.org/Custom-Content/www/CMS/files/info_library/Caregiver_Support_Groups_in_South_Central_Connecticut.pdf		

Elderly Protective Services (English)	http://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Social-Work-Services/psebrochure.pdf?la=en	1-888-385-4225 or 2-1-1 for after hours emergency	Department of Social Services social workers respond to reports of elder maltreatment and devise a plan of care aimed at fostering safety while preserving the person's right of self-determination.
Elderly Protective Services (Spanish)	http://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Social-Work-Services/psebrochurespanish.pdf?la=en	1-888-385-4225 or 2-1-1 for after hours emergency	
Agency on Aging of South Central Connecticut	https://www.aoascc.org/	One Long Wharf Drive, Suite 1L New Haven, CT 06511 203-785-8533	Support to live at home, support to those caring for their loved ones, opportunities for staying active and healthy, community services, resources and advocacy
Food Services for Seniors	http://www.lifebridgect.org/program/food-services/	203-752-9919	Provides home delivered meals to low-income homebound elderly and disabled people in the greater New Haven area.

Connecticut Home Care Program for Elders (CHCPE)	http://portal.ct.gov/dss/Health-And-Home-Care/Connecticut-Home-Care-Program-for-Elders/Connecticut-Home-Care-Program-for-Elders-CHCPE	800-445-5394	Help to pay for in-home care, adult day services, caregiver respite, & assisted living services
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM	http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313064	800-994-9422	
THE CONNECTICUT STATEWIDE RESPITE CARE PROGRAM	http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313026	800-994-9422	
American Veterans Aid	https://americanveteransaid.com/landing/lp_2/aid_and_attendance_2.html?gclid=EAlaIQobChMI npavw zu2QIVzAOGCh1l8gnbEAYASAAEgLOWvD BwE	866-928-8387	
People's Medical Pharmacy	https://www.peoplesmedical.com/	203-230-3711	
West Haven Medical Group	http://westhavenmedicalgroup.com/	203-932-6481	In home medical care
YNHH Geriatrics Home Visit Program	https://www.ynhh.org/publications/bulletin/01212016/ynhhs-offers-geriatrics.aspx	203-789-3275	

CT Hospice	http://www.hospice.com/	203-315-7500	Inpatient and outpatient care, bereavement services
Behavioral Health & Wellness Solutions of CT		203-916-1217	
North Branford Senior Center	http://www.townofnorthbranford.com/newweb/government/departments/parks-recreation/seniors.aspx	332 Middletown Ave, Northford. Monday - Friday, 8:30am to 4:30pm Transportation is provided at 9:00am and 2:00pm. 203-484-6017	
East Haven Senior Center	https://www.townofeasthavenct.org/senior-center	91 Taylor Ave, East Haven 203-468-3277	
North Branford Social Services	http://www.townofnorthbranford.com/newweb/government/departments/social-services/elders--senior-citizens.aspx		Resource guide for seniors

East Haven Social Services	https://www.townofeasthavenct.org/social-services/pages/renters-rebate-program-2018	Bob Petrucelli 203-468-3303	Renter's rebate program
Metro Taxi	http://www.metrotaxict.com/	203-777-7777	Wheelchair accessible
Senior Help Desk	http://seniorhelpdesk.com/		Resource directory
Bureau of Education and Services for the Blind	http://www.ct.gov/besb/site/default.asp	800-842-4510	Employment assistance, services, case management
Canoe Brook Senior Center	http://branford-ct.gov/CanoeBrook	1 Cherry Hill Road, Branford CT 06405 203-315-0687	Branford residents age 60+ are eligible to participate. (Participants must be independent and oriented) Dues are \$8 per year
Orchard House Medical Adult Day Center	http://theorchardhouse.org/	421 Shore Drive Branford, CT 06405 203-481-7110	

Substance Abuse	Website	Contact Information	Notes
AA as a Resource for Health Care Professional	http://www.aa.org/assets/en_US/p-23_aaasaresourceforhcp1.pdf		
AA Meetings Near You	https://www.ct-aa.org/find-a-meeting/		
AA Telephone Meetings	http://anonpress.org/phone/	641-715-3600 CODE: 744795#	
BH Care	http://www.bhcare.org/page/28451-Mental-Health-Addiction-Services	14 Sycamore Way Branford, CT 06405 p. (203) 483-2630 f. (203) 483-2659	
Is AA for you?	http://www.aa.org/pages/en_US/is-aa-for-you-twelve-questions-only-you-can-answer		
Local Churches for Substance Abuse	http://www.recovery.org/browse/branford-ct/		Other towns can be searched as well
Medical Disposal	http://www.ct.gov/deep/lib/deep/p2/consumer_pharms/householdneedlesyringedisposal.pdf		

Medication Drop-Box Program	http://www.ct.gov/dcp/lib/dcp/drug_control/pmp/pdf/dropbox.pdf	860-713-6073	
Overdose Prevention	http://www.ct.gov/dph/cwp/view.asp?a=3137&q=567398	860-509-8251	Office of injury prevention phone number
Pharmacists Who Can prescribe Narcan	https://data.ct.gov/Public-Safety/Pharmacies-with-Naloxone-Narcan-Envizio-and-Other-/827x-h24k		
Substance Abuse Walk-In Assessment Centers	http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=577738		
THE C.A.R.E.S. GROUP	http://www.thecaresgroup.org/	855-406-0246	
APT Foundation		203-781-4600	
DMHAS Substance Abuse Walk in Centers	http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=577738		

Support Groups	Website	Contact Information	Notes
Autism Support Group – Hagaman Memorial Library 227 Main St. East Haven	https://www.hagamanlibrary.org/	Cynthia Gwiazda Community Services Librarian Direct Line: 203-468-3891 Email: cgwiazda@hagamanlibrary.org	Wednesdays from 10am-12pm. No registration required. Anyone is welcome.
Autism Support Group – West Haven Interagency Network for Children	http://www.mywhinc.org/	Robert Morton 203-937-3633	Offers Adolescent group, Autism Family Support, activities for children with special needs, parent support group and Spanish support group

Transportation	Website	Contact Information	Notes
CT Transit Bus Schedules	https://www.cttransit.com/services/local-service	203-624-0151	
Shoreline East Schedules	http://www.shorelineeast.com/schedules	212-532-4900	
Logisticare		888-248-9895	
Dial-A-RIDE		866-906-RIDE	
Road to Recovery		203-401-4400	Columbus House transports eligible riders to treatment throughout the state
Greater New Haven Transit District (ADA, DAR, & RRP services)	http://www.gnhtd.org/service-areas/	203-288-6643	

Utilities	Website	Contact Information	Notes
Branford Counseling Center	http://www.branford-ct.gov/content/143/155/default.aspx	203-481-4248	Fuel assistance and other social service assistance for families in Branford
CT Department of Social Services Energy Assistance Guidelines	http://www.ct.gov/dss/cwp/view.asp?a=2353&Q=305194		
East Haven Town Hall	https://www.townofeasthavenc.t.org/social-services/pages/energy-assistance-program	203-468-3303	Fuel Assistance
Financial Assistance for Utilities	http://www.ct.gov/agingservices/LIB/agingservices/pdf/utilasst.pdf	860-832-9438	
Internet Essentials: Comcast	https://www.internetessentials.com/	1-855-765-6995	
North Branford Town Hall	http://www.townofnorthbranfordct.com/newweb/government/departments/social-services/fuel-assistance-for-home-heating.aspx	203-484-6006	Fuel Assistance
UI Keep Your Lights On	https://www.uinet.com/wps/wcm/connect/UI/Net+-Customer+Care/UI/Net/Custom+er+Care/Hom+e-Residential/Payments/Financial+Assistance	1-800-442-5004	

Veteran Services	Website	Contact Information	Notes
U.S Dept of Veterans Affairs	https://www.connecticut.va.gov/services/homeless/index.asp	203-710-6529	VA CT provides a full range of services for Veterans who are homeless or at risk of homelessness.
VA Connecticut Health Care System Services Directory	https://www.connecticut.va.gov/services/		A to Z List of Services provided by the VA CT Health Center
2-1-1 Resource Directory for Connecticut Veterans, Active Duty, National Guard and Reserves	http://uwc.211ct.org/files/2015/01/vetresources.pdf		Online resource directory for Veterans and military service members and their families
Connecticut Soldiers Sailors and Marines Relief Fund	http://www.alctssmf.org/	746 Chapel Street New Haven, CT 06511 203-789-7841	Temporary assistance with utilities, rent, some medical expenses, emergent dental care

VA Caregiver Support Program	https://www.connecticut.va.gov/services/caregiver/index.asp	Bonnie Ccarelli, MSW 203-932-5711 Ext. 2297 Linda Carboni, MSW 203-932-5711 Ext. 3940	
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