

TOWN OF MANCHESTER



HUMAN SERVICES DIRECTORY 2021 – 2022 Edition

A publication of
Manchester Senior, Adult & Family Services

*Any questions or comments about this
Human Services Directory should be
directed to Senior, Adult & Family
Services.*

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THIS DIRECTORY IS ALSO AVAILABLE ONLINE:

www.townofmanchester.org

MANCHESTER CUSTOMER SERVICE

The Customer Service & Information Center is Manchester's one stop shop for the answers you need about local government and community life. Stay informed about events and happenings in the Town of Manchester by signing up for Manchester Matters e-mail. Open Monday through Friday from 8 AM – 5 PM. Located on the first floor of Town Hall (Handicap Accessible).

860-647-5235

<https://customerservice.townofmanchester.org>



Come visit us. We are the first office on the right if you come in the front of Town Hall at 41 Center Street.

EMERGENCY 24-HOUR PHONE NUMBERS

Police	911
Child Abuse Neglect Hotline	1-800-842-2288
Domestic Violence Hotline *Local Manchester Office	1-888-774-2900 860-645-4033
Emergency Mobile Psychiatric Services for Children	211
Infoline – FREE Information & Referral Service	211
HOMELESSNESS / Emergency Shelter	211
Mental Health Crisis / Community Health Resources (CHR)	1-877-884-3571
Poison Control	1-800-222-1222
Protective Services for the Elderly (60+)	1-888-385-4225 Nights & Weekends 211
Runaway Safe Line	1-800-621-4000
Sexual Assault Hotline	1-888-999-5545 English 1-888-568-8332 Española
Suicide Hotline/Veterans Crisis Line	1-800-784-2433

TOWN DEPARTMENTS

DEPARTMENT	PHONE	DEPARTMENT	PHONE #
Assessor's Office	860-647-3011	Lead Questions	860-647-3106
Attorney, Town	860-647-3132	Library/ Mary Cheney	860-643-2471
Board of Directors	860-647-3130	Library/Whiton	860-643-6892
Board of Education	860-647-3442	Neighborhoods & Families	860-647-3089
Building	860-647-3052	Parks	860-647-3222
Cemetery	860-647-3081	Planning	860-647-3044
Collector of Revenue	860-647-3081	Police/Routine	860-645-5500
Customer Service	860-647-5235	Probate Court	860-647-3227
Emergency Management	860-647-5259	Public Works	860-647-3067
Engineering	860-647-3152	Recreation	860-647-3084
Fire Department/ Routine	860-647-3266	Registrar of Voters	860-647-3025
Fire – 8th Utilities/ Routine	860-643-7373	Sanitation	860-647-3200
General Manager	860-647-3123	Senior, Adult & Family	860-647-3096
Health	860-647-3173	Senior Center	860-647-3211
Highway	860-647-3233	Town Clerk	860-647-3037
Human Resources	860-647-3126	Water & Sewer	860-647-3115
Human Services	860-647-3092	Youth Services	860-647-5213

FREQUENTLY ASKED QUESTIONS

Question:	How do I obtain a BIRTH CERTIFICATE?
Answer:	Town Clerk located in Town Hall. 860-647-3037
Question:	How do I report a POT HOLE?
Answer:	Use our “ MARK IT ” citizen’s reporting tool on the town website or call 860-647-5235.
Question:	Where do I get a BUILDING PERMIT?
Answer:	The Building Department located on the 2 nd floor of Lincoln Center. 860-647-3052
Question:	What types of RECREATION PROGRAMS are offered through the town?
Answer:	Visit the town website to view the Parks & Recreation catalog, or call Recreation at 860-647-3084
Question:	Who can answer questions about TRASH, RECYCLING and LEAF COLLECTION?
Answer:	The Sanitation Department at 860-647-3200
Question:	How can I learn about what’s GOING ON IN TOWN:
Answer:	Visit the TOWN CALENDAR or sign up for MANCHESTER MATTERS e-mail, on the town website or by calling 860-647-5235.
Question:	How do I find out what I PAID IN TAXES?
Answer:	Call the TAX COLLECTOR AT 860-647-3018 or you can check on the town website.
Question:	I moved. Do I need to re-register to VOTE?
Answer:	Yes. Contact the Registrar of Voters at 860-647-3025 or visit the website.

BEHAVIORAL HEALTH

<p>Access Line for Substance Abuse Disorders for heroin and alcohol, provides detox info and free transportation. For crack and cocaine they provide rehab information. They have walk-in assessments and Narcan education.</p>	<p>1-800-563-4086</p>
<p>Celebrate Recovery meets Thursdays at 236 Main St. in Manchester in basement of Cornerstone Christian School. Light supper from 6 PM – 6:50 PM and meeting runs from 7 PM – 9 PM. Contact by email: timothyloftus@yahoo.com Or profdave8@cox.net</p>	<p>860-205-3957 Tim</p> <p>860-432-8251 Dave</p>
<p>Community Child Guidance Clinic</p>	<p>SEE PAGE 13</p>
<p>Community Health Resources (CHR) provides comprehensive mental health and addiction treatment and support services to residents of central and eastern Connecticut. New patient walk-in hours are Mon – Fri 10 AM – 3:30 PM, extended hours for existing clients. Call to report a mental health crisis or to access services 24 hours a day. Also sponsors “We Can Clubhouse”</p>	<p>444 Center Street Manchester</p> <p>1-877-884-3571</p> <p>https://www.chrhealth.org/</p>
<p>Connecticut alcohol & drug abuse hotline – 24/7 Toll-free, Confidential</p>	<p>1-844-244-3171</p>
<p>Connecticut Clearinghouse is a resource center for information about: substance abuse, mental health disorders, prevention & health promotion, treatment and recovery, wellness and related topics.</p>	<p>1-800-232-4424</p> <p>https://www.ctclearinghouse.org/</p>
<p>The Cove Center for Grieving Children provides hope & healing, and bereavement support for children, teens & their families. (Free service)</p>	<p>1-800-750-COVE 203-634-0500</p> <p>https://www.covect.org/</p>

BEHAVIORAL HEALTH

<p>CT Addiction Medicine 63 E. Center St, 2B, Manchester – Addiction and chronic pain treatment. Outpatient detoxification, Medication Assisted Treatment (Suboxone & Vivitrol), Pain Management, Counseling, Education and Group Support. <i>Accepts all major insurance including HUSKY and Medicare.</i></p>	<p>860-730-7100 860-969-1101</p> <p>https://ctaddictionmedicine.com</p>
<p>CT Community for Addiction Recovery (CCAR) centralized resource for all things related to recovery/treatment programs/options, education, support groups & peer support recovery coaching.</p>	<p>1-866-205-9770</p> <p>https://ccar.us</p>
<p>Department of Developmental Services</p>	<p>SEE PAGE 21</p>
<p>Department of Mental Health and Addiction Services (DMHAS) promotes & administers comprehensive, recovery oriented services in the areas of mental health treatment and substance abuse prevention treatment in CT.</p>	<p>860-647-6827</p> <p>https://echn.org under Services , Behavioral Health 860-647-6800 is the Behavioral Health Referral Line</p>
<p>ECHN Child & Adolescent Behavioral Health services provides medication management & psychiatric evaluations and therapy for children 3-18. Comprehensive mental health services are offered for adolescents 12-18. Services: partial hospital & intensive outpatient programs, a clinical day school, individual, family & group therapy & substance abuse group.</p>	<p>860-647-6827</p> <p>https://echn.org Under Services & Behavioral Health</p> <p>860-647-6800 Is the Behavioral Health Referral Line</p>
<p>ECHN Adult Ambulatory Behavioral Health Services outpatient, partial hospitalization, and intensive outpatient services. Treatment programs available day or evening. The services provided include individual or group therapy, couples & family counseling, addiction treatment, and older adult services focusing on loss, depression, as well as mood disorders. Most insurance plans are accepted and Patient Financial Services can help with assistance apps. .</p>	<p>Referral Line 860-647-6800 860-533-3434</p> <p>https://echn.org under Services, then Behavioral Health</p> <p>Located at 150 North Main St.</p>
<p>Emmaus Health, LLC 945 Main Street, Suite 205, Manchester – Holistic integrative approach to treatment substance abuse disorder. Office-based detoxification and maintenance (Suboxone & Vivitrol). Accepts all major insurance including HUSKY.</p>	<p>860-553-3020</p> <p>https://emmaushealthllc.com</p>

BEHAVIORAL HEALTH

<p>EMPS Mobile Crisis Intervention Service for Children/Youth provides emergency services including: mobile face-to-face response; 6 AM to 10 PM M-F and 1 PM to 10 PM on the weekends. Phone consultation and support for the remaining hours; Psychiatric and behavioral health assessment; medication consultation, assessment; behavioral management services, substance abuse screening and referral to services. EMPS Mobile Crisis delivers a range of crisis response for youth and their families.</p>	<p>211 or www.empsct.org 860-571-7843 Serving clients 0 to 17 years and 18 or older if still in high school and school is requesting services.</p>
<p>Federal Substance Abuse & Mental Health Administration</p>	<p>1-877-726-4727 www.samhsa.gov</p>
<p>Federal Substance Abuse & Mental Health Administration National Helpline National Helpline provides free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English & Spanish. this service is open 24/7, 365 days a year.</p>	<p>800-662-4357 https://www.samhsa.gov/find-help/national-helpline</p>
<p>Greater Hartford Harm Reduction Coalition provides syringe exchange services, HIV testing and education, drug treatment access and education, drug treatment access and referrals, and overdose prevention & education.</p>	<p>860-250-4146 www.grhrc.org</p>
<p>Hockanum Valley Community Council, Inc. (HVCC) is a mental health and substance abuse clinic offering counseling services, anger management and case management. Provides information to help clients connect to other services.</p>	<p>860-872-9825 www.HVCCHelps.org 27 Naek Road in Vernon</p>

BEHAVIORAL HEALTH

<p>InterCommunity to safely detox clients from alcohol and/or drugs, provides education and motivation for referral. Open for admission 365 days/year – 24 hrs/day depending on open beds.</p>	<p>860-569-5900 Ext 515 www.intercommunityct.org</p>
<p>Institute of Living for comprehensive patient care, research and education in the fields of behavioral, psychiatric and addiction disorders, anxiety disorders, child & adolescent services, Adult & Family services, Geriatric services, eating disorders, genetic services, mood disorders, psychiatric rehabilitation services, residential, day treatment, outpatient, schizophrenia treatment, TMS therapy.</p>	<p>860-545-7200 Assessment 1-800-673-2411 https://HartfordHospital.org Under Locations</p>
<p>Mental Health Connecticut for legislative advocacy, educational programs, support groups and direct services to promote mental health, prevent mental illness and improve care/treatment of persons with mental illness.</p>	<p>1-800-842-1501 www.MNConn.org</p>
<p>PATH – Projects for Assistance in Transition from Homelessness Provides outreach & linkage to services for unsheltered homeless individuals who suffer from mental illness including those with co-occurring substance use disorders. Contact is Zanetah Sasser</p>	<p>860-730-8616 www.CHRhealth.org zsasser@chrhealth.org</p>
<p>Pathfinders Club offers group & peer support to people in recovery. A variety of meetings are held 7 days a week. Ct-aa.org/locations/pathfinders-club</p>	<p>860-646-9235 102 Norman Street Manchester</p>
<p>REACH Warmline is a peer to peer support telephone line for people feeling lonely, depressed or in need of someone to talk to. Evening hours 6-10 PM</p>	<p>1-866-927-6225 365 days www.chrhealth.org</p>
<p>River East Day Hospital & Treatment Center provides intensive, structured clinical treatment for psychiatric & chemical dependency issues. Offering a young adult program for ages 18-25 and an evening program. Transportation provided to day programs for Manchester/Vernon if necessary.</p>	<p>860-870-0119 https://Natchaug.org **Accepts Medicaid, Medicare and other insurances.</p>

BEHAVIORAL HEALTH

<p>Root Center for Advanced Recovery provides comprehensive substance abuse & co-occurring disorder treatment at medication-assisted outpatient clinic to people with opiate dependency issues. Groups, peer support & individual counseling provided daily by appointment</p>	<p>860-643-3210 Monday-Friday 5:30 AM – 5:00 PM Saturday 6:00 AM – 9:00 AM</p> <p>https://rootcenter.org</p>
<p>Substance Abuse Access Line (SATEP) Staff screen and refer callers to appropriate levels of care through conference calls with treatment providers.</p>	<p>1-800-563-4086</p> <p>Transportation arranged if necessary.</p>
<p>Substance Prevention & Recovery Supports, Manchester Public Schools Open to all Manchester public school students, provides counseling & education to students.</p>	<p>860-647-3521, Ext. 70114 Ext. 70144</p> <p>Email: pphillips@mpspride.org</p>
<p>TOIVO by Advocacy Unlimited offers classes, workshops and a mind/body focused wellness center where people can engage in recovery-based yoga, meditation, fitness and strength training, creative writing, expressive art, walk/run groups, nutrition workshops, drum circles and more. They hold that no one should be denied the benefits of yoga, meditation or any of their offerings based on the socioeconomic standing, psychiatric history and/or experiences with addiction.</p>	<p>860-296-2338</p> <p>http://toivocenter.org</p>

BEHAVIORAL HEALTH

<p>Volunteers in Psychotherapy a non-profit organization that provides truly private psychotherapy for no fee (or a low fee). Clients “pay for” their therapy by doing independent volunteer work for the charity of their choice.</p>	<p>860-233-5115 www.ctvip.org</p>
<p>WE CAN CLUBHOUSE offers SOCIAL REHABILITATION through CHR by providing a safe and relaxed setting for adults coping with mental health and/or addiction-related issues to interact socially in a recovery-oriented environment. Peer support groups and social and recreational activities are offered. Case management hours offered by appointment to assist clients with paperwork such as redetermination forms. Emergency Food Pantry stocked from FOODSHARE donations can be utilized once every 10 days. Computers, Sewing/Craft Room, Pre-voc/Vocational training, Cooking Group and more.</p>	<p>860-646-5995 www.CHRhealth.org 165 West Middle Turnpike, Manchester</p>

CHILDREN/YOUTH SERVICES

Big Brothers/Big Sisters	SEE PAGES 24, 82
Building Health Families located at 20 Hartford Road, Manchester, offers parenting workshops and parenting empowering.	860-375-0121 Email info@bhfct.org www.bhfct.org
Care 4 Kids is State funded, and provides child care financial assistance to Temporary Family Assistance recipients and eligible low-income working families.	1-888-214-5437 https://www.ctcare4kids.com/
ChildCare Services Infoline Provides info on State-licensed child care providers & programs	211 https://211ct.org
Community Child Guidance Clinic, Inc. a mental health agency offering a wide range of services for children up to 18 & their families, including outpatient treatment, special education services for grades Pre-K through 8, home-based interventions & intensive outpatient programming.	860-643-2101 https://www.ccginc.org/
Connecticut's Child Development Infoline provides info on the Birth to Three Program for children from birth to 36 months who have delays in development or disabilities; Help Me Grow , for pregnant women & children 0-8 who are at risk for developmental or behavioral concerns; and Ages & Stages Monitoring Program that answers questions on how a child is learning, behaving or developing from birth to age 5.	1-800-505-7000 https://211ct.org Under more categories than Children and Families
The Cove Center for Grieving Children	SEE PAGE 7

CHILDREN/YOUTH SERVICES

<p>Covenant to Care for Children works with faith and community-based organizations to meet the needs of abused, neglected and/or impoverished children and teens. The Critical Goods Program supplies household furniture including new twin beds and donated clothing. The Children’s Enrichment fund provides car seats, school uniforms and other items needed by children that are not provided by CCC’s other programs</p>	<p>860-243-1806 https://CovenantToCare.org Ask about their adopt a social worker program.</p>
<p>Department of Children & Families (DCF) protects children that are being neglected & abused, builds on existing community and family strengths to help children facing behavioral & emotional challenges, strengthens families through advocacy and support. They offer information on adoption, foster care, support groups, health-related issues and more.</p>	<p>860-533-3600 (Manchester) 1-800-842-2288 Hotline for abuse/neglect https://portal.ct.gov/DCF</p>
<p>ECHN Child & Adolescent Behavioral Health Services</p>	<p>SEE PAGE 8</p>
<p>EMPS Crisis Intervention Service for Children/Youth</p>	<p>SEE PAGE 9</p>



CHILDREN/YOUTH SERVICES

<p>Family Child Care Providers' Association, provides training and support to licensed family child care providers. They offer referrals to parents in need of quality child care and preschool.</p>	<p>860-218-8184</p> <p>https://familychildcareprovidersasociation.com/</p>
<p>Family Development Center is administered through ECHN and provides a broad base of programs, parenting classes on various parent concerns, children's play groups and home visits if eligible.</p>	<p>860-432-5278 Ext. 125</p> <p>https://echn.org under Services</p>
<p>Grandparents as Parents</p>	<p>SEE PAGE 75</p>
<p>Head Start a child development program that provides education, family support services, and health and nutrition services for preschool children from low-income families residing in Manchester.</p>	<p>860-647-3502</p> <p>Registration: 860-647-5004</p> <p>https://www.mpspride.org/</p> <p>Page 433</p>
<p>Hispanic Health Council</p>	<p>SEE PAGES 36</p>
<p>HUSKY Insurance</p>	<p>SEE PAGE 38</p>
<p>KIDSAFE CT (Exchange Club Center) Dedicated to the prevention of child abuse & neglect. Provides services for children from birth to 18 & their families in the home, in the community or in their facility. Programs include: outreach, youth drop-in center for middle and high school age youth, a mentor program for foster children, teen dating violence & electronic victimization intervention, anger management, suicide intervention/prevention programs, life skills programs for youth, parent education & supervised visitation.</p>	<p>860-872-1918</p> <p>www.kidsafeCT.org</p>

CHILDREN/YOUTH SERVICES

<p>Lutz Children’s Museum offers children a variety of educationally fun activities, exhibits, artifacts and programs, as well as a live animal collection and nature center.</p>	<p>860-643-0949 https://LutzMuseum.org</p>
<p>Manchester Early Learning Center provides affordable, full-day, full-year childcare for preschool (3 to 5) and school age (5 to 12) children. Sliding scale tuition offered.</p>	<p>860-647-9659 http://melearning.org</p>
<p>Manchester Police Activities League (PAL) creates opportunities and activities for positive interactions between police officers, civilian mentors, and youth in support of youth success. PAL offers after school activities for youth as well as opportunities for volunteers. Activities include: Academic Support Club, Judo Club, Karate, Taekwondo Club, Mountain Biking Club, and 3 on 3 summer basketball.</p>	<p>860-645-5525 www.manchesterctpal.org ManchesterCTpal@gmail.com</p>
<p>Mary’s Place is a non-profit organization providing a safe place where children, teens and families who are grieving a death share their experiences, receive support and find comfort.</p>	<p>860-688-9621 www.marysplacect.org</p>
<p>Office of the Child Advocate is a State agency that monitors and evaluates public and private agencies that are charged with the protection of children and also reviews state agency policies and procedures to ensure they protect children’s rights and promote their best interest.</p>	<p>860-566-2106 www.ct.gov/oca/</p>
<p>State Educ. Resource Ctr (SERC)</p>	<p>SEE PAGE 23</p>
<p>True Colors, Inc. (Sexual Minority)</p>	<p>SEE PAGE 64</p>
<p>WIC (Women, Infants & Children)</p>	<p>SEE PAGE 35</p>
<p>Youth Service Bureau (YSB) provides a variety of no cost programs and services for Manchester youth and their families listed below:</p>	<p>860-647-5213 https://ysb.townofmanchester.org</p>

CHILDREN/YOUTH SERVICES

Boys Council	Ages 9-18 get together for a safe place for guy talk.
Boys to Men	Support to young men 14-18 with adult male mentors/friendship, guidance, life experience, activities/trips.
Cradle to Crayons	Preschool playgroup that helps children build the necessary skills to enter into preschool successfully; circle time, art, fine motor, gross motor, pre-math & pre-writing skill building. Opportunity to engage in social behaviors & free play with other children. For 2-4 year olds.
Girls Circle	Ages 9-18 explore what it means to be a girl, with peers & adult women.
Journey	A service learning program with an emphasis on environmental education, leadership & woodworking training.
Mommy & Me	Mommy & Me: a drop-in style playgroup for caregivers of children birth to age 2. Caregivers will have the opportunity to socialize with each other as well as play with and socialize with their infants and toddlers in a child-friendly atmosphere.
Mother-Daughter Circle	Promotes healthy and sustaining bond between daughters ages 11-16.
Partners in Play Three different sessions available for children based on age. All sessions are held at the Northwest Park Early Childhood Center.	Designed to provide young children, ages 1-5, with the opportunity to learn through play while exploring an interactive center designed just for them. Young children attend with their parents or caregivers and engage in music and movement, arts and crafts, and free play.

CHILDREN/YOUTH SERVICES

PFLAG (Parents, Families, Friends and Allies United with LGBTQ People to move Equality Forward)

Meetings will be structured to include an art and activity group for gender non-conforming kids (ages 6-12), LGBTQ youth group (ages 12-18) and a parent/ ally support group.

PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people through its three-fold mission of support, education, and advocacy. By supporting this mission, PFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ people, their families, and their loved ones. Meetings are open and designed to support families with LGBTQ youth.

Sibshop

Opportunities for brothers and sisters of children with developmental and behavioral health needs to obtain peer support and education in a fun setting

Teen Center

The Teen Center is a safe, drug and alcohol-free place where teens enjoy many activities from playing games to doing homework to visiting with friends. Please call YSB for hours and monthly schedule.



YSB also hosts a wide array of summer programs **FREE** to youth who live in or attend school in or attend school in Manchester.

860-647-5213

DISABILITY RESOURCES

<p>ADA Transportation</p>	<p>SEE PAGE 77</p>
<p>American School for the Deaf (ASD) Provides educational programs, support services and resources for deaf and hard of hearing individuals and their families from birth through adulthood. Also offers Tigers Club Daycare for children 6 weeks to under 3 years. You can also TEXT to 860-410-4109</p>	<p>860-570-2300 https://www.asd-1817.org/ Video Phone 860-899-1217</p>
<p>“Are You OK” Program for older adults, disabled persons, shut-ins who live alone or anyone in the community who wants or needs to be checked on daily by a computerized telephone system operated free of charge by the police/fire departments. The system calls the subscriber daily – time chosen by subscriber. If there is no answer after several attempts, the computer immediately notifies the fire alarm dispatcher who contacts the emergency person on the subscriber’s registration form. It will then be determined if a police officer should check on the subscriber.</p>	<p>860-645-5568 https://manchesterpolice.org</p>
<p>Birth to Three Program</p>	<p>SEE PAGE 13</p>
<p>Bookmobile is a free delivery service for Manchester residents who are not easily served by our two library buildings. Our MPL bookmobile staff visit patrons who are temporarily or permanently homebound due to illness or physical disability and are unable to access the library. Themed book-it kits can also be delivered to daycare providers who are unable to visit the library</p>	<p>860-643-2471 https://library.TownofManchester.org Sign up at: bookmobile@manchesterct.gov</p>

DISABILITY RESOURCES

<p>Brain Injury Alliance of Connecticut (BIAC) provides information on prevention of brain injury; resources and referrals, support groups for individuals and families affected by brain injury.</p>	<p>860-219-0291 1-800-278-8242 www.biact.org</p>
<p>Bureau of Education and Services for the Blind (BESB), within the Department of Rehabilitation Services provides resources, comprehensive low vision services, specialized education services, life skills training, case management, and vocational services to individuals of all ages who are legally blind and to children who are visually impaired.</p>	<p>860-602-4000 1-800-842-4510 www.ct.gov/besb</p>
<p>Bureau of Rehabilitative Services (BRS) helps Connecticut residents with physical and/or mental disabilities prepare for, obtain, and maintain employment. They have Training Services for Drivers with physical disabilities. Applicants must require adaptive equipment to drive and be a permanent CT resident.</p>	<p>860-424-4844 1-800-537-2549 Video Phone: 860-920-7163 www.ct.gov/brs</p>
<p>Choice Magazine Listening provides audio recordings of articles, stories, interviews, poems, etc. Free service for persons unable to read standard print due to physical or visual impairment. Call for a free special digital player.</p>	<p>1-888-724-6423 www.ChoiceMagazineListening.org</p>
<p>Connect-Ability staffing through BRS attempts to connect Connecticut's employers and people with disabilities.</p>	<p>860-538-0491 860-612-3581 https://portal.ct.gov/AgingAndDisability</p>
<p>Connecticut Braille Association, Inc. provides textbooks and information for students; they assist with the needs textbooks and information for students; they assist with the needs of the visually impaired</p>	<p>203-227-5243</p>

DISABILITY RESOURCES

<p>Connecticut Technical Act Project assists individuals with disabilities, family members, educators, employers and other professionals by increasing access to Assistive Technology Devices or adaptive equipment by connecting individuals to the resources and services available throughout the state.</p>	<p>1-800-537-2549 860-424-4881 860-424-4839 TTY www.CTtechAct.com</p>
<p>Corporation for Independent Living is a non-profit agency that helps persons with disabilities secure loans and grants for modifications required in existing homes to make them accessible and barrier-free.</p>	<p>860-563-6011 https://www.cil.org/</p>
<p>Department of Developmental Services, State of CT (DDS) is a State agency that provides support services for individuals with intellectual disabilities and their families. DDS offers a wide variety of waiver services including case management, respite, supported living, residential programs, self-advocacy and competitive and supported employment.</p>	<p>860-418-6000 1-866-433-8192 For eligibility. www.ct.gov/dds</p>
<p>Department of Rehabilitation Services, Deaf & Hard of Hearing Services provides personal and family counseling, referrals and advocacy to people who are deaf and/or hearing impaired and their families.</p>	<p>860-697-3570 Video Phone 860-899-1648 www.dhoh.ct.gov</p>
<p>Easter Seals Capital Region & Eastern CT Outpatient rehabilitation facility offering a full range of medical and vocational rehabilitation services for children & adults with physical, mental or learning disabilities.</p>	<p>860-270-0600 Windsor 860-728-1061 E. Hartford https://www.easterseals.com/</p>
<p>File of Life</p>	<p>SEE PAGE 72</p>

DISABILITY RESOURCES

<p>Independence Unlimited assists persons with disabilities to achieve their maximum independence through advocacy, information and referral, peer counseling and skills training. they provide transitional services for persons in a nursing facility wishing to move into the community. Project Independence is an outreach and assistance project geared toward people who are 60 and older. the project provides assistance in remaining independent in the community.</p>	<p>860-523-5021</p> <p>https://www.independenceunlimited.org/</p>
<p>Instructors of the Handicapped (IOH) is a swimming instruction and recreation program that is held at Manchester High School for people with physical and mental disabilities of all ages. Program is held on Sunday afternoons from 1 PM – 3 PM during the school season. IOH is NOT a drop-in program; pre-enrollment is required.</p>	<p>860-742-1355 (Janet)</p> <p>IOHswimPgm@sbcglobal.net for e-mail inquiries to Director</p>
<p>Library for the Blind and Physically Handicapped lends books and magazines in recorded formats along with the necessary playback equipment and materials in braille, FREE, for any Connecticut adult or child who is unable to read regular print due to a visual or physical disability. All materials are mailed to and from library patrons by postage-free mail. Website has a wealth of information about activities and resources.</p>	<p>860-721-2020</p> <p>1-800-842-4516</p> <p>https://ctstatelibrary.org/lbph/</p> <p>Call or download an application</p>
<p>MARC, Inc., provides supported employment, day service options, respite, retirement services, residential, recreational and self-advocacy services for people with cognitive, intellectual and developmental disabilities to ensure they have the skills and opportunities to live in and be part of their communities.</p>	<p>860-646-5718</p> <p>https://www.marcct.org/</p>
<p>MARCH, Inc. of Manchester</p>	<p>SEE PAGE 70</p>
<p>National Federation of the Blind is a membership organization that provides information & education and peer support to improve the lives of visually impaired individuals in CT.</p>	<p>860-289-1971</p>

DISABILITY RESOURCES

<p>NEAT Center at Oak Hill receives gently used, durable medical equipment through donations. Once it is reconditioned, the equipment can be provided to consumers at less than ½ of new cost.</p>	<p>860-286-3106</p> <p>http://assistivetechonology.OakHillCT.org</p>
<p>Renters Rebate Program for adults aged 18+ who are deemed disabled by Social Security and seniors age 65+. Manchester residents can file applications at Senior, Adult & Family Services, Town of Manchester yearly.</p>	<p>860-647-3096</p> <p>For more information:</p> <p>SEE PAGE 43</p>
<p>Social Security Disability Benefits</p>	<p>SEE PAGE 32</p>
<p>SERC is a quasi-public agency established under statute to serve the CT State Board of Education in supporting educational equity and excellence. They provide professional development and information dissemination of the latest research and best practices to educators, service providers, and families throughout the state, as well as job-embedded technical assistance and training within schools, programs, and districts. Formerly known as the Special Education Resource Center, SERC became the State Education Resource Center according to a change in state statutes. The agency continues to maintain the Special Education Resource Center and SERC Library in addition to its broader responsibilities, including the support to programs and activities regarding early childhood education and school improvement</p>	<p>860-632-1485</p> <p>https://CtSerc.org</p>
<p>UR Community Cares for free assistance with at-home tasks.</p>	<p>SEE PAGE 86</p>

DONATIONS – WHERE CAN I DONATE

<p>Goodwill Manchester Store , located at 232A Tolland Turnpike accepts donations of gently-used or new clothing, household goods, furniture, etc. Hours for donations are Monday-Saturday 8 AM – 9 PM and Sunday 9 AM – 7 PM</p>	<p>860-643-2709 www.gwct.org</p>
<p>Hartsprings Foundation, Big Brothers-Big Sisters Accepts donations of items that have been gently used and are in reusable condition. Clothes needed for all ages and genders, books, toys, games, small appliances, electronics that are in good working order.</p>	<p>1-888-413-2227 https://hartsprings.org</p>
<p>Manchester Area Conference of Churches (MACC) Accepts donations for Community Threads Thrift Shoppe of gently used clothing and shoes for all ages (in season is helpful) and small household items like dishes, towels and bed linens. The pantry accepts non-perishable food items (please watch expiration dates). They also accept items that cannot be bought with SNAP: dish soap, laundry detergent, dryer sheets, household cleaning supplies, toilet tissue, paper towels, feminine products, diapers, toothpaste, deodorant, soap, hair accessories, etc.</p>	<p>860-647-8003 Ext. 29 Clothing</p> <p>860-647-8003 Ext. 28 Food</p> <p>https://macc-ct.org</p>

DONATION

WHERE CAN I DONATE?

<p>NEAT Marketplace accepts donations of gently-used durable medical equipment so that it may be refurbished and reused. Their donation intake can benefit individuals with disabilities, of all ages, and their families. Donations by appointment only.</p>	<p>860-286-3106</p> <p>https://assistivetechology.OakHillCT.org</p>
<p>Purple Heart Foundation – donate your car to help wounded warriors and their families. Must have title in hand, every car accepted, tax deductible and free pickup.</p>	<p>1-888-414-4483</p> <p>https://purpleheartfoundation.org/</p>
<p>St. Vincent DePaul through St. Margaret Mary Parish in South Windsor accepts donations of usable furniture with no tears or broken parts, and household items. Pickup can be arranged for furniture items only.</p>	<p>860-648-0216</p> <p>www.societyhelpline.org</p>
<p>World Wide Lighthouse Missions (WWLM) accepts donations 9 AM – 4 PM Monday-Thursday (closed 12-1 PM for lunch) and 7 PM – 9 PM Monday evenings. Baby items, clothing, shoes, household items, etc. Call for a full listing and about larger items & medical items. Donations should be brought to the Bissell Street entrance.</p>	<p>860-645-4198</p> <p>www.WWLM.org Office located at 723 Main Street.</p>

EMPLOYMENT / EDUCATION / TRAINING

<p>AARP offers a website to assist seniors locate age-friendly employers.</p>	<p>www.aarp.org/work</p>
<p>American Job Centers, 893 Main Street, Manchester, offers job seekers a place to write resume and send faxes, offers a Research Library and Trade and Computer Training. Internet access, free postage and resume paper. All job search assistance is free of charge</p>	<p>860-899-3600 860-643-2222</p> <p>www.CapitalWorkforce.org Under Career Planning Center</p>
<p>Bureau of Rehabilitation Services</p>	<p>SEE PAGE 21, 80</p>
<p>Culinary Education Program at Bistro on Main at 867 Main Street. Contact Chef Ben for more information.</p>	<p>860-432-5267</p>
<p>Department of Social Services, Aging Services Division offers help with training and referrals for job placement for low-income seniors.</p>	<p>860-424-5643</p> <p>www.ct.gov/AgingServices Under Programs, then Employment</p>
<p>Job Corps is a no-cost education and career technical training program administered by the US Department of Labor that helps young people ages 16 – 24 improve the quality of their lives through career technical and academic training. You must be a citizen or legal resident of the US and meet the program’s low-income qualifications. Job Corps teaches eligible young people the skills they need to become employable and independent, helping to place them in meaningful jobs and further education.</p>	<p>Outreach & Admissions 860-952-1744</p> <p>General Info 860-953-7201</p> <p>https://hartford.jobcorps.gov</p> <p>Office Hours 8 AM – 5 PM</p>

EMPLOYMENT / EDUCATION / TRAINING

<p>Jobs Listing Services: The Town of Manchester & Manchester Community College are partnering to help Manchester employers find workers and job seekers find employment opportunities. You can access the job board and register to search current position listings.</p>	<p>www.CollegeCentral.com/Manchester</p>
<p>Jobs Funnel, a pre-employment preparation & job training service for CT residents seeking employment in the construction fields. Assists prospective workers to gain work competencies and trade-related certifications. Information sessions are every other Friday at 10 AM (no late entry), 20 Sargent Street, Hartford. Must bring CT photo ID, birth certificate, valid social security card and proof of residency.</p>	<p>860-899-3448</p> <p>www.capitalworkforce.org/Jobs-funnel</p> <p>Also sponsors the “Best Chance Offenders” program.</p>
<p>Lynda.com, an online resource available to Manchester Public Library patrons. It hosts a growing library of 4,000+ courses that can help you pursue personal and professional goals. Expert instructors deliver the video courses in small, easy-to-manage chunks, enabling users to stop and return to lessons when convenient. First-time users will create a profile to help manage course history. Access is through the “online databases” link from the library’s home page.</p>	<p>For more information:</p> <p>Reference & Adult Services 860-645-0821</p> <p>https://library.townofmanchester.org</p>
<p>People Ready assists in employment opportunities for Construction, Manufacturing, Warehousing, Retail, Transportation, Agriculture, etc. Prescreening Weds 10 AM – 1 PM at 92 Weston St., Hartford. Must have two forms of unexpired ID’s – copies not accepted.</p>	<p>860-247-0369</p> <p>www.Peopleready.com</p>

EMPLOYMENT / EDUCATION / TRAINING

<p>Manchester Adult & Continuing Education offers Adult Basic & General Education Development, Adult High School Credit Diploma and National External Diploma Program, English as a Second Language and Americanization/Citizenship classes to any adult 17 years of age or older who is not enrolled in a public elementary or secondary school program.</p>	<p>860-647-5075 www.ManchesterAdultEd.org They offer many continuing education classes for a fee.</p>
<p>Manchester Community College offers more than 80 degrees and certificates in credit as well as non-credit programs, and opens its campus with free job fairs and resume and career search workshops. They offer workforce readiness programs, including job retraining and English as a Second Language (ESL) courses. The college's library is open to the public with access to internet and JobNow.</p>	<p>860-512-3000 www.manchestercc.edu</p>
<p>Manchester Public Schools Welcome Center & Office of Equity & Partnership 555 Main Street</p>	<p>860-645-6041</p>
<p>Senior Job Bank assists people 50+ to find paid employment. They also offer computer training.</p>	<p>www.SeniorJobBank.org</p>
<p>Unemployment Compensation, "Department of Labor" located at 200 Folly Brook Blvd., Wethersfield, has information on benefits, appeals, wages, education and training, worker safety, etc. Hours of operation are 8:30 AM – 4:30 PM</p>	<p>860-263-6000 860-967-0493 www.ctdol.state.ct.us</p>
<p>Hire VETS FIRST, provides information for veteran job seekers and employers to connect.</p>	<p>https://www.hirevets.gov/</p>

FINANCIAL INFORMATION / PROGRAMS

<p>211 Infoline is Connecticut's free information and referral service for a variety of topics.</p>	<p>211 www.211ct.org</p>
<p>Benefits Checkup is an online program that helps seniors determine whether they qualify for financial benefit and prescription programs. Provided by National Council on Aging.</p>	<p>www.BenefitsCheckup.org</p>
<p>Energy Assistance provides help to pay for oil, gas, electric and other heating sources for eligible persons. Application period August to May depending on heating source. Please call Community Renewal Team for information on application deadlines and to schedule an appointment.</p>	<p>860-560-5800 www.CRTct.org</p>
<p>The Financial Center at The Village, in partnership with United Way of Central and Northeastern Connecticut, helps individuals living in the Greater Hartford area 18+ earning less than \$56K per year effectively manage finances and achieve financial goals. Financial Coaching: Free one-on-one coaching & financial education classes, participants learn to create a budget, understand & improve credit scores, reduce debt, define their financial goals, and develop a plan to reach their goals. Career Coaching: Working with individuals to identify their unique skills and interests, build a professional resume, learn the ins and outs of applying for jobs online, improve networking skills, and connects them with certification programs to build job skills.</p>	<p>https://thevillage.org/program/family-financial-center 860-236-4511 Ext. 3837 860-236-4511 Ext. 3355</p>



FINANCIAL INFORMATION / PROGRAMS

<p>Homeowner's Tax Relief provides a reduction in property taxes for seniors 65+ and disabled homeowners and veterans. Apply February 1 to May 15 at the Manchester Assessor's Office. Applications filed in current year consider previous year's income.</p>	<p>860-647-3017</p> <p>https://assessmentandcollection.townofmanchester.org</p>
<p>Income Tax Services – FREE SIMPLE TAX PREPARATION (Low/Middle Income) from February through Mid-April</p> <p>For FREE SIMPLE TAX PREPARATION (Low/Middle Income) From February through mid-April go to: http://eitc.townofmanchester.org</p> <p>Questions: 860-647-3096</p>	<p>Tax Credits – Low income working families may be able to take advantage of the Child Care and Child Tax Credits, Federal refundable tax credits for working families with at least one dependent child under 17; and the Earned Income Tax Credit (EITC) for working people who meet certain income criteria. Inquire with any of the tax preparation programs. http://eitc.townofmanchester.org</p> <p>Questions: 860-647-3092</p>
<p>Manchester Area Conference of Churches (MACC Charities) helps income eligible Manchester residents with emergency clothing, fuel, utilities, medical and/or financial needs. Call for an appointment. Many times they can answer your questions or get you headed in the right direction without an appointment.</p>	<p>860-647-8003 Ext. 31</p> <p>https://macc-ct.org</p>
<p>Money Management International/CT Consumer Credit Counseling helps consumers learn to reduce debt; offers free phone counseling.</p>	<p>1-866-889—9347 1-866-550-8004 www.Moneymanagement.org</p>
<p>New England Pension Assistance Project Offers free pension and retirement savings plan counseling and assistance regarding pension benefits.</p>	<p>1-888-425-6067 www.umb.edu/PensionAction</p>

FINANCIAL INFORMATION / PROGRAMS

Renters' Rebate Program provides a yearly rebate check for seniors 65+ and/or disabled renters 18+. Apply April 1st to October 1st of each year. Applications filed in current year consider previous year's rent, utilities and income. Call Senior, Adult & Family Services for income limits, appointments and more information.

860-647-3096

<https://SAFS.townofmanchester.org>

Reverse Annuity Mortgage (RAM) a low-interest loan for senior homeowners; uses a home's equity as collateral. Loan amount is a percentage of the home's value determined by age of the youngest homeowner. The loan does not have to be repaid until the last surviving homeowner permanently moves out of property or passes away. The estate has approximately 12 months to repay the balance of the reverse mortgage or sell the home to pay off the balance. DDS & CHFA have made funds available to homeowners 70+ for **long-term care needs** allowing seniors to use equity in their homes to collect a monthly tax-free cash payment for five or ten years. The loan is repaid in one payment after death of borrower or when permanent occupancy is finished.

**Questions:
860-571-3502**

**To Apply:
1-866-218-6631**

www.CHFA.org
Under Homeowner

**E-Mail:
CustomerService@CHFA.Org**

FINANCIAL INFORMATION / PROGRAMS

<p>Senior Volunteer Tax Credit Program may provide a tax credit of up to \$500 for seniors 65+ who own property and reside in Manchester. They must meet qualifying income limits and perform a minimum of 50 volunteer hours each application period. The town accepts 30 applications yearly.</p>	<p>860-647-3092 https://humanservices.townofmanchester.org/</p>
<p>Social Security Administration located at 478 Burnside Ave., East Hartford, answers questions on Social Security, Supplemental Security Income, Medicare, retirement and disability benefits. National phone number has extended hours. Many options available online.</p>	<p>1-866-706-6759 Local 1-800-772-1213 National # 7 AM – 7 PM www.SSA.gov</p>
<p>State of Connecticut Department of Social Services provides financial assistance programs which have eligibility requirements. To create an online account to apply for benefits: https://connect.ct.gov/access</p>	<p>1-855-626-6632 https://portal.ct.gov/dss</p>
<p>Soldiers', Sailors' and Marines' Fund</p>	<p>SEE PAGE 80</p>
<p>Veterans' Affairs</p>	<p>SEE PAGE 80</p>
<p>Winter Protection Plan protects qualified utility customers from service shutoffs between November 1st and May 1st. Customers must apply for hardship status through the individual utility companies or at the time of application for public energy assistance through the Community Action Agencies: IT IS NECESSARY TO RE-APPLY EACH YEAR.</p>	<p>860-524-8361 CNG https://www.cngcorp.com 1-800-286-2828 www.eversource.com</p>

FOOD / NUTRITION & CLOTHING

<p>Community Threads Thrift Shoppe Located at 466 Main Street, Manchester Hours of operation: Mon – Sat 10:00 AM – 2:00 PM. Extended hours on Thursday until 5:00 PM.</p>	<p>860-647-0800 https://macc-ct.org</p>
<p>CT Mutual-Aid – East of the River Facilitates access to food, clothing, toiletries and other basic needs to vulnerable, marginalized and struggling households.</p>	<p>CTMutualAidEastofRiv@gmail.com</p>
<p>End Hunger Connecticut, is partnering with Share Our Strength. They believe that no child in America should go hungry. They offer information on FREE nutritious meals for kids and teens all summer. There is also an EHC SNAP Hotline for answers about SNAP and accessing these benefits.</p>	<p>860-560-2100 www.endhungerct.org 1-866-974-7627 SNAP Inquiries</p>
<p>Goodwill Thrift Store 232A Tolland Tpke, Manchester. Monday – Sunday 9:00 AM to 7:00 PM.</p>	<p>860-643-2709 www.GWct.org</p>
<p>Group Grocery Shopping Trips weekly for Seniors 60+ through the Senior Center at 860-647-3211. ShopRite 1st and 3rd Tues. Stop & Shop 2nd and 4th Tues. Reserve a bus ride the day before prior to 3:00 PM. You can also reserve rides for grocery shopping through Dial-A-Ride at 860-870-7940 which is a separate service from Manchester Senior Center Transportation. Registration required.</p>	<p>860-647-3211 Senior Citizen 860-870-7940 Dial-A-Ride</p>
<p>MACC Community Kitchen 466 Main Street, provides a meal at no charge to anyone in need (children must be accompanied by an adult). Mon – Sat 11:30 AM to 12:45 PM. There is a Sunday meal at Salvation Army.</p>	<p>860-647-8003 Ext 21 https://macc-ct.org</p>
<p>FOOD PANTRIES – FOR MEMBERS ONLY: CHR Clubhouse Food Pantry for CHR clients only. MCC Cougar Food Pantry for MCC students, faculty/staff. Squire Village Food Pantry for residents of Squire Village.</p>	<p>860-646-5995 860-512-3356 860-646-1280</p>

FOOD / NUTRITION & CLOTHING

<p>MACC Emergency Food Pantry 460 Main Street - The pantry is CLOSED MONDAYS. New clients must be certified prior to use. Pantry has HOURS BY APPOINTMENT ONLY. PLEASE CALL AHEAD.</p>	<p>860-647-8003, Ext. 28 Pantry Certification: 860-647-8003, Ext. 31 https://macc-ct.org</p>
<p>Meals on Wheels through CRT delivers two meals per day to homebound people aged 60+ for a suggested donation. \$2.50 per meal is suggested but no one is denied if unable to pay.</p>	<p>860-560-5848 www.CRTct.org</p>
<p>Mobile Foodshare is a food distribution program for low-income households servicing three Manchester locations on alternating Tues, Wed & Thurs. Dates, locations and times available for the year.</p>	<p>860-647-3096 For locations & dates, TEXT: "Foodshare" to 85511 www.foodshare.org</p>
<p>New Horizons Baptist Church Food Pantry & Clothing Bank 40 Pitkin Street, Manchester (<i>located in the back of the building</i>). Open: Sundays 2:30 PM – 3:30 PM – I.D.to prove residency and proof of income are required.</p>	<p>860-726-9282</p>
<p>Salvation Army 661 Main Street Offers FREE grab & go meals Sundays 11:30 PM to 1:00 PM.</p>	<p>860-649-7787 www.SalvationArmyUSA.org</p>
<p>Senior Center Lunch Program through MACC for anyone 60+, 549 East Middle Turnpike. Offers lunch Mon-Fri from 11:00 PM to 12:30 PM. (Drive thru method). Reservations a day or more in advance before 12:30 PM. (Suggested donation for 60+ is \$2.50.)</p>	<p>860-647-3211 https://SeniorCenter.Townofmanchester.org</p>

FOOD/NUTRITION & CLOTHING

<p>The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families afford the cost of food at the grocery store and farmers markets. You can apply online</p>	<p>1-877-874-1612 For help applying online</p> <p>1-855-626-6632 to request an application.</p> <p>https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Apply</p>
<p>WIC (Women, Infants & Children) A special supplemental nutrition program for Women, Infants & Children. Provides health care referrals, nutrition education, breastfeeding promotion/support, and supplemental foods for pregnant women and children from birth to age 5. Manchester site is available alternating Fridays 9 AM – 3 PM at the Whiton Library, 100 North Main Street, Manchester. For an appointment, please call.</p>	<p>860-528-1458, Option 1</p> <p>https://portal.ct.gov/dphWIC</p>

HEALTH CARE SERVICES / INFO

<p>American Cancer Society provides cancer information and resources. Open 24 hours a day and has volunteer transportation for many areas.</p>	<p>1-800-227-2345 www.cancer.org</p>
<p>Centers for Disease Control offers expertise, information and tools that help people protect their health through prevention of disease, injury/ Disability and preparedness for new health threats.</p>	<p>1-800-232-4636 www.CDC.gov</p>
<p>Connecticut Dental Health Partnership (CTDHP) a dental plan provided by the State of CT, Department of Social Services for clients in the four primary medical assistance programs</p>	<p>1-855-283-3682 www.CTdhp.com</p>
<p>Drug Disposal : The Manchester Police Department has permanently installed a Prescription Drug Take-Back Box for Manchester residents only in the lobby at 239 East Middle Turnpike, Manchester. It is accessible 24 hours a day, 7 days a week.</p>	<p>860-645-5500 Police.townofmanchester.org</p>
<p>EyeCare America provides eye exams and up to one year of care to US citizens and legal residents through volunteer ophthalmologists (Eye MDs) often at no out-of-pocket cost to those who qualify. Go to website for online qualification process.</p>	<p>877-887-6327 Hours: 8 AM – Noon, Mon-Fri www.AAO.org/eyecare-america</p>
<p>First Choice Health Care Center 150 North Main Street, provides PCP services, sports medicine, OB/GYN, Chiropractic, Eye Care, Podiatry, Pediatric & dental for those meeting eligibility guidelines. Sliding scale available. Accepts State and most insurances.</p>	<p>860-646-8117 www.FirstCHC.org</p>
<p>Hispanic Health Council, Inc. provides free health services to eligible Latina and non-Latinas in the areas of breastfeeding, prenatal health education, case management services, parenting support, nutrition services, parenting support, nutrition assistance and education, HIV/AIDS prevention information and referral, cancer and diabetes, and domestic violence information and support. Offers after school programming and summer camp.</p>	<p>860-527-0856 www.hispanichealthcouncil.org</p>
<p>Lifeline Emergency Response System</p>	<p>SEE PAGE 43</p>

HEALTH CARE SERVICES / INFO

Health Collective East	SEE PAGES 76
Malta House of Care Foundation seeks to provide free health care for the uninsured by providing a free Mobile Medical Clinic.	860-725-0171 https://MaltaHouseofCare.org
Manchester Memorial Hospital offers crisis intervention, home blood draw, support groups, community education workshops and health information.	860-646-1222 www.echn.org Under Locations
Maternity Care Center at Rockville General Hospital is a clinic that offers prenatal care and postpartum followup to women who are underinsured or without health insurance. They also accepts clients with State Husky and Medicaid plans. Hours: Mon, Wed, & Fri, 9:00 AM – 5:00 PM.	860-872-5170 www.echn.org Under Locations & Rockville General Hospital
Planned Parenthood offers affordable family planning and birth control counseling, medical services, educational programs and resource referrals. Located at: 319B Main Street, Manchester.	860-643-1607 1-800-230-PLAN www.plannedparenthood.org

HEALTH INSURANCE

<p>Access Health CT is Connecticut’s official health insurance marketplace offering Connecticut residents a range of qualified health care coverage options. You may sign up for a plan during the open enrollment period from October to January or if you have what is known as a “<i>qualifying life event</i>” (getting married, having or adopting a child, losing health coverage). You can get the coverage you need online. You can also apply for low income Medicaid or Husky D at any time.</p>	<p>1-855-805-4325</p> <p>www.AccessHealthCt.com Under Programs & Services, then Health Insurance</p>
<p>CHOICES PROGRAM (Connecticut’s Health Insurance Assistance Program) CHOICES program is a collaborative program of the CT Dept. of Social Services, State Area Agencies on Aging and Center for Medicare Advocacy. Eligibility screening is available for persons 60+ and any person who is on Medicare. Certified counselors across the state provide free person-centered assistance. CHOICES also provides community outreach, application assistance and information referral.</p>	<p>860-647-3096</p> <p>860-647-3211</p> <p>Ask to speak to a CHOICES counselor.</p> <p>www.ct.gov/agingservices</p>
<p>Connecticut Partnership for Long Term Care A program conducted in cooperation with private insurance providers to provide unbiased information about the need for long term care, the ability to find and purchase quality, affordable long-term care insurance without depleting assets.</p>	<p>860-418-6318</p> <p>https://portal.ct.gov/OPM</p> <p>Under “Other” Links</p>
<p>HUSKY Health Care Programs are health programs administered by the State of Connecticut, Department of Social Services.</p>	<p>https://connect.ct.gov 1-877-874-1612 For online assistance or to reset your password, call 1-877-874-1612.</p>
<p>HUSKY A & HUSKY B. Connecticut children, parents, relative caregivers and pregnant women may be eligible for Husky A or Medicaid, depending on family income. Uninsured children up to age 19 may qualify regardless of family income level for Husky B. Depending on specific income level, family cost-sharing applies.</p>	

HEALTH INSURANCE

HUSKY C (including long-term services & supports and Medicaid for Employees with disabilities) Connecticut residents aged 65+ or who are 18-65 and are blind or have another disability may qualify for Medicaid under Husky C. Income and asset eligibility varies, depending on which part of Husky C you may qualify for. Call for guidelines.

HUSKY D Connecticut residents ages 19-65th with no dependent children who:

- who do not qualify for HUSKY A
- who do not receive Medicare
- who are not pregnant
- may qualify for HUSKY D (also known as Medicaid for the lowest income populations).

Long Term Medicaid – new applications only should be mailed to: DSS, 50 Humphrey Street, New Haven, CT 06513. For long term Medicaid Waiver Programs, applications should be mailed to 20 Meadow Road, Windsor, CT 06095 or you can get application online at: <https://connect.ct.gov>

If you don't know what you qualify for: www.AccessHealthCT.com is your single point of access for Health Insurance answers. 1-855-805-4325

Medicare is a federal health insurance program available to those 65 years of age or older or who are deemed permanently disabled by Social Security. Individuals suffering from end stage renal disease are also eligible to receive Medicare. For info on eligibility and enrollment periods, contact the local Social Security Administration office.

- ◆ **Medicare Savings Programs (MSP):** Are available to Medicare recipients with low income. there are three MSP's that help you pay for your Medicare Part B premiums. **QMB** (Qualified Medicare Beneficiary), **SLMB** (Specified Low-Income Medicare Beneficiary), **ALMB** (Additional Low-Income Medicare Beneficiary). A household's income determines which category they qualify for. All three programs pay Medicare Part B premiums.

1-800-633-4227
Medicare

1-800-772-1213
Social Security

www.Medicare.gov

Manchester residents can call 860-647-3096

To Apply: Contact the Department of Social Services

1-855-626-6632

<https://Connect.CT.gov>

HEALTH INSURANCE

<p>Medicare Prescription Drug Coverage (Medicare Part D) is available to everyone with Medicare. Part D plans are standalone insurance policies that are offered through private insurance policies that are offered through private insurance companies; each plan may vary in premium costs and drugs covered.</p> <p>You do not have to enroll in a Part D program if you have credible coverage.</p> <ul style="list-style-type: none"> ◆ Part D Recipients who are income eligible for a Low Income Subsidy/Extra Help to pay Part D costs. 	<p>1-800-MEDICARE 1-800-633-4227</p> <p>860-647-3096 or 860-647-3211 To talk to a CHOICES counselor</p> <p>www.Medicare.gov</p>
<p>Office of the Healthcare Advocate is a free service that assists consumers with healthcare issues through outreach programs and communications related to consumer rights. They also offer assistance with appeals.</p> <p>Email: Healthcare.Advocate@Ct.gov</p>	<p>1-866-466-4446</p> <p>www.ct.gov/oha</p>
<p>Veteran’s Benefits</p>	<p>SEE PAGE 80</p>

HOARDING RESOURCES

CLEANING, ORGANIZING AND DECLUTTERING RESOURCES

<p>Marlon Hardnett (Independent Contractor) 860-833-3990 Call or Text</p>	<p>Maid Brigade of Northern CT 860-645-6243 (office) or 860-985-6743 (cell) Ask for Annie Bobbitt</p>
<p>Let's Get Organized Today, LLC Clean clutter only 860-490-9918 (Jeannette Westwood) LGOTodayLLC@aol.com</p>	<p>Classically Organized (decluttering/organizing) 860-922-4758 Glastonbury, CT</p>
<p>Dust to Dawn (Manchester) 860-649-8511 or 860-424-1037 (text only)</p>	<p>All Organizing Solutions, LLC 203-248-2020 allorganizingsolutions@yahoo.com</p>
<p>Life Cycle Transitions 877-718-0619</p>	<p>Environclean Restore 888-231-3130</p>
<p>Address Our Mess 410-589-2792</p>	

HOARDING RESOURCES

THERAPEUTIC RESOURCES

<p>Joseph Brown, Ph.D. 674 Prospect Avenue Hartford, CT 860-231-1966</p>	<p>Suzanne Meunier, Ph.D. Anxiety Treatment Center, LLC 6 Forest Park Drive Farmington, CT 860-269-7813</p>
<p>Philip Cardamone, Psy.D. Provider Care Plus 152 Deming Street South Windsor, CT 860-644-4472</p>	<p>Sarah Soboleski, LCSW Glastonbury, CT 860-598-0901 or 860-922-4758</p>
<p>Lili Daoud, LCSW Center for Cognitive Therapy 195 West Main Street – Suite 6 Avon, CT 866-677-2991</p>	<p>David Tolin, Ph.D. 200 Retreat Avenue Hartford, CT 860-545-7685</p>
<p>James DiLoreto, Psy.D. Behavioral Wellness Clinic 6-D Ledgebrook Drive Mansfield, CT 06250 860-398-4041</p>	

HOMECARE INFORMATION

<p>Community First Choice (CFC) and Money Follows the Person (MFP) CFC provides in-home services including meal prep, homemaking and assistance with bathing, dressing, transferring, etc. MFP helps individuals currently living in long-term care facilities successfully transition back into the community.</p>	<p>211 https://ctmfp.com Must receive Husky C or D health coverage to be eligible for either program.</p>
<p>Connecticut Home Care Program for Elders Through the DSS Alternative Care Unit, helps older adults to continue living at home by paying for homecare services for those meeting eligibility guidelines. They assess care needs and coordinate and monitor homecare services for those 65 years of age and older.</p>	<p>1-800-445-5394 https://ctlawhelp.org/en/connecticut-home-care-program-elders-CHCPE</p>
<p>Connecticut Partnership for LTC</p>	<p>SEE PAGE 36</p>
<p>Licensed Home Care Agencies – Senior, Adult & Family Services has a list of those serving Manchester.</p>	<p>860-647-3096</p>
<p>Lifeline is a 24-hour emergency response system that gives access to emergency care. It is administered by A Caring Hand.</p>	<p>860-643-1623 www.acaringhand.com Under Services</p>
<p>Visiting Nurse and Health Services of Connecticut, Inc. is a licensed home health agency that provides coordinated home care services including nursing visits, hospice services, physical, occupational and speech therapy, home health aides and homemakers. Sliding scale fee available.</p>	<p>860-872-9163 www.echn.org/locations/visiting-nurse-health-services-of-connecticut</p>

HOME MAINTENANCE

<p>Home Energy Assessments, Audits & Check-ups offers free energy audits to income eligible homes that heat with gas or electric. Audits include inspection for wasteful leaks & drafts/ sealing up, evaluation of insulation, installation of energy efficient light bulbs, showerhead and faucet aerators, water heater and pipe insulation. Applications/qualifications online.</p>	<p>1-877-947-3873</p> <p>www.energizect.com Under Home, <i>in-home-services</i></p>
<p>Home Weatherization through Community Renewal Team (CRT). The program assists low-income renters and homeowners in making their homes energy efficient and lowering the expense of utility bills. Services include weather-stripping, caulking, low-flow showerheads, insulation, some window & door repairs, heating system cleaning & tuning, fluorescent lighting and carbon monoxide testers. Eligibility Requirements: Must be enrolled in one of the following: CT Energy Assistance Program, Temporary Family Assistance or Utility Assistance Program. If renting, landlord's permission is required.</p>	<p>860-560-5354</p> <p>www.CRTct.org Under Energy & Weatherization</p> <p>Apply online or at a CRT location.</p>
<p>Manchester Housing Rehabilitation Program This program is administered by the Town Planning Department and funds activities that control lead-based hazards, property maintenance code issues and architectural barriers. The eligible area is generally focused in central Manchester neighborhoods. The program also funds emergency replacements (ex: non-functioning water heater/furnace/failed septic) for properties throughout Manchester following the same income guidelines. To participate in the program, households must meet the HUD low and moderate – income criteria based upon the number of persons in the household. Investor-owned properties may qualify if they are rented to low and moderate income households at HUD established rent levels.</p>	<p>860-647-3044</p> <p>http://planning1.townofmanchester.org/</p>

HOME MAINTENANCE

Rebuilding Together provides home repairs free of charge for **owner occupied Manchester homeowners** who are unable to do the repairs themselves. This program gives priority to fixed and low to moderate income elderly and disabled individuals. Please contact Molly Devaney at Rebuilding Together for more information.

860-647-3167

<http://rebuildingtogether1.townofmanchester.org>

Email:

Molly.devaney@gmail.com

HOMELESS SERVICES

<p>Shelter Assistance: Please note you must call 2-1-1 in order to access emergency shelter assistance.</p> <p>UNSHELTERED homeless individuals in Manchester should call 211 and go to Cornerstone Shelter at 1 Prospect Street in Vernon between 6 PM – 9 PM daily for a triage assessment and possible shelter bed or motel placement. No appointment necessary.</p>	<p>UNSHELTERED homeless individuals who call 211 after 9 PM will be triaged telephonically with the staff at Cornerstone.</p>
<p>Journey Home homeless outreach, outreach workers identify, engage with and provide linkages to shelter and housing for homeless residents in greater Hartford.</p>	<p>860-808-0336</p> <p>https://journeyhomect.org</p>
<p>MACC Homeless Outreach – outreach workers identify, engage with and provide linkages to shelter and housing for homeless Manchester residents.</p>	<p>860-647-8003 Ext 15</p>
<p>PATH – Projects for Assistance in Transition from Homelessness - Provides homeless outreach and linkages to emergency shelter and permanent housing for homeless residents with a psychiatric diagnosis. Contact: Zanetah Sasser</p>	<p>860-730-8616</p> <p>www.CHRhealth.org</p> <p>zsasser@chrhealth.org</p>
<p>VETERANS HOMELESS SERVICES:</p> <p>Veteran’s Homeless Outreach services through the VA</p> <p>Veterans Homeless Outreach services through Veteran’s Inc. (emergency, transitional and permanent) for homeless veterans.</p> <p>Dinda House – (through the Veterans Support Foundation) transitional housing program located in Manchester that serves homeless veterans.</p> <p>Homeless Veterans Employment through Connecticut Dept. of Labor Email: Sherri.lee@ct.gov</p>	<p>860-666-6951, Ext. 6347</p> <p>508-791-1213</p> <p>Danielwalsh@veteransinc.org</p> <p>860-713-4669</p> <p>www.vsf-usa.org</p> <p>860-937-3111</p>

HOUSING INFORMATION

<p>CT Fair Housing Center is dedicated to ensuring that individual choice, and not discrimination, determine where people live in Connecticut. They also assist with a range of foreclosure prevention efforts.</p>	<p>860-247-4400 www.CTFairhousing.org</p>
<p>CTHousingSearch.org is a FREE resource for finding and listing housing information anywhere in Connecticut.</p>	<p>1-877-428-8844 www.CTHousingSearch.org</p>
<p>Fair Rent Commission assesses the appropriateness of rent increases for individuals who are not participating in rental assistance programs. Contact the Town Attorney's office for information.</p>	<p>860-647-8003 Ext 15</p>
<p>General Housing Information Senior, Adult & Family Services has listings of local apartments, rooming houses, and Senior/Disabled housing options. They can also provide phone numbers for surrounding towns' housing authorities if needed.</p>	<p>860-647-3096 479 Main Street, Manchester https://safs.TownofManchester.org</p>
<p>GHLA in the Community of Manchester <i>For housing issues.</i></p>	<p>SEE PAGE 60</p>
<p>Housing Court located on 80 Washington Street in Hartford.</p>	<p>860-756-7920 www.jud.ct.gov</p>
<p>Manchester Housing Authority oversees several State and Federal elderly/disabled housing programs. Eligibility for this type of housing is subject to: income limits, age limits (62 and over) or disability requirements. Tenants pay about 30% of their income for rent and utilities. Some waiting lists are closed due to high demand, but those interested are encouraged to inquire at the Manchester Housing Authority.</p>	<p>860-643-2163 http://manchesterha.org/</p>
<p>Section 8 Housing Choice VOUCHER Program Applicants secure an apartment on their own and with the Voucher they can negotiate with a private landlord for their monthly rental payment. Applicants can expect to pay 30% of their monthly income for rent and utilities. Rent and utility allowances are subject to approved schedules that are adjusted annually. Currently the waiting list is closed to new applicants and is not expected to be opened in the near future.</p>	<p>860-643-4832 http://manchesterha.org/</p>

HOUSING INFORMATION

<p>Westhill Gardens Congregate Housing is a State-funded community living facility for frail elderly 62+. Features 24 hour/7 days per week supervision, a daily hot meal at noon, laundry facilities, and social activities.</p>	<p>860-643-2163 Ext 120 http://manchesterha.org/</p>
<p>Mortgage Foreclosure Assistance Hotline is a free hotline open Monday-Friday 8:00 AM – 5:00 PM, to Connecticut residents who are facing foreclosure on their homes. Advice and guidance regarding mortgage problems offered.</p>	<p>1-877-472-8313 https://portal.ct.gov/DOB/Consumer/Consumer-Help/COVID-19-Resources-from-DOB</p>
<p>Shelter Assistance: Please note you must call 2-1-1 in order to access emergency shelter assistance. UNSHELTERED homeless individuals in Manchester should call 211 and go to Cornerstone Shelter at 1 Prospect Street in Vernon between 6 PM-9PM daily for a triage assessment and possible shelter bed or motel placement. No appointment necessary.</p>	<p>UNSHELTERED Homeless individuals who call 211 after 9 PM will be triaged telephonically with the staff at Cornerstone.</p>
<p>Statewide Legal Services offers an online library to get free information about legal problems. Some areas of assistance include housing discrimination, eviction, home ownership, landlord/tenant issues, security deposits, federal programs, work & unemployment, elder law, consumer assistance, education, immigration, medical and health care. There is no charge for the services and they only assist people with very low incomes.</p>	<p>1-800-453-3320 www.SLSct.org linked to: https://CTlawhelp.org Self Help Information</p>
<p>Town of Manchester Planning Department has housing resource information on the website – under Boards & Commissions, then Housing Commission</p>	<p>860-647-3044 https://planning.townofmanchester.org</p>

HUMAN SERVICES

The Health Department addresses the health needs of Manchester residents and ensures that they have access to the services and protection required to remain healthy. It provides a wide range of information and services such as **Health Clinics** for seniors, blood pressure, hearing screening, educational sessions, and foot care. The Environmental Health Section of this Department enforces the Public Health Code and they license all Food Service establishments in Town. Permits are issued for all private drinking wells, new septic installation as well as septic repairs. Lead abatement in regard to lead-poisoned children and defective paint surfaces with children under 6 are inspected and approved for abatement by the Department. They also inspect all public swimming pools, bathing areas, massage establishments and hair & nail salons. They provide support to many Town departments.

860-647-3173

<https://Health.townofmanchester.org>

Located at the Weiss Center, 479 Main Street upstairs on the 1st floor.

Office hours are 8:00 AM – 4:30 PM, Mon – Fri.

HUMAN SERVICES PHONE INFO LINE

Residents may access the Human Services Department Program Information Line 24 hours a day to obtain information about its programs and services. Automated information is available for transportation, health programs, meal programs, income tax, Renter's Rebate, senior programs, youth programs, Veteran's benefit counselor, etc.

860-647-3270

<https://humanservices.townofmanchester.org/>

HUMAN SERVICES

Human Services Administration provides oversight of the department budget, overall program planning and development as well as coordination and administration of health and human services programs in the Town of Manchester. Administrative oversight is provided for the divisions that comprise the Human Services Department – Health, Senior Center, and Senior, Adult and Family Services. Human Services Administration leads in planning and program initiatives that assess and impact the human service needs of the community and secures grants and other resources to implement new programs. It provides contract oversight for community agencies receiving Town funds as well as contract oversight for some grant programs funded by both the State and Federal government. HS Administration also provides Volunteer Income Tax Assistance (VITA) for seniors and low income residents during the tax season and administers the Town’s Senior Citizen Volunteer Tax Credit program. Additionally, Human Services Administration represents the Town on community, regional and statewide human services planning and advisory groups.

860-647-3092

<https://humanservices.townofmanchester.org>

Located at the Weiss Center,
479 Main Street, 1st floor

Office hours are 8:00 AM –
4:30 PM Mon-Fri

HUMAN SERVICES

Senior, Adult & Family Services serves Manchester residents of all ages to ensure that basic financial, housing, health and daily living needs are being met. Residents get prompt and accurate information about programs and services available. Primary activities include information and referral, assistance connecting with community services, outreach, advocacy, office and in-home assessment, benefits and CHOICES health insurance counseling, camp waivers for Manchester Recreation programs, and follow-up services provided by social work staff. A goal of the division is to assist older adults and people with disabilities who want to remain independent in the community. The division also administers the Renters' Rebate and Dial-A-Ride programs, and processes Energy Assistance applications in conjunction with CRT. They publish this **Human Services Directory** and maintain many resources at the Weiss Building. The staff works in cooperation with state and local agencies. Anyone is welcome to drop in for further information or to make an appointment to speak with a social worker.



Located at The Weiss Center, 479 Main Street, Ground Level.
Entrance in back of building. Office hours are Mon-Fri 8:00 AM to 4:30 PM.

860-647-3096

Email: kims@manchesterct.gov
<https://SAFS.TownofManchester.org>

HUMAN SERVICES

Senior Center features meals, trips, exercise programs, classes and activities targeting the health, social and educational needs and interests of Manchester seniors. A social worker from Senior, Adult & Family Services and a nurse from the Health Department provide support services at the Senior Center. Transportation is available to and from the Center Monday through Friday. Transportation is also available for shopping.



There is an annual membership fee of \$10.00 and new members are always welcome. Small group recreation is provided through the **Senior Circle**. A scheduled appointment with the Social Worker is needed first for an assessment into the Senior Circle Program. **SEE PAGE 83.** THE Senior Center is open weekdays from 8:30 AM until 4:30 PM for residents age 60+.

Located at 549 East Middle Turnpike, Manchester

860-647-3211

<https://SeniorCenter.TownOfManchester.org>

IMMIGRATION & REFUGEE

There are organizations/agencies in Connecticut that provide services to refugees and immigrants who are new to the United States to help them become self-sufficient, integrated and contributing members of the community.

There are a variety of services that may be provided: English as a Second Language (ESL) instruction, job training, employment and vocational assistance, information and referral services, counseling and classes for immigration and citizenship, and case management. There also may be help with legal, social, linguistic and educational programs to help refugees and immigrants overcome the many barriers they face in adjusting to their new environments. They may assist with special services to victims of serious crimes such as human trafficking, torture and domestic violence.

Refugees must meet general financial eligibility requirements for all programs, but may be eligible for cash and medical assistance based upon their refugee status for the first eight months in the United States.

Refugees may access the Supplemental Nutritional Assistance Program (SNAP) as well as other programs if they meet age, disability or other program criteria.

Catholic Charities Migration and Refugee Services
located in Hartford.

860-297-7800
1-888-405-1183
<https://www.cdda.net>
Email: mzayas@ccaoh.org

Connecticut Institute for Refugees and Immigrants
located at 175 Main Street, Hartford, CT (2nd Floor)

860-692-3085
<https://irisct.org>
Email:
info@circt.org

IMMIGRATION & REFUGEE

Integrated Refugee and Immigrant Services Located at 235 Nicoll Street, 2 nd Floor New Haven, CT	203-562-2095 https://irisct.org Email: info@irisct.org
Jewish Federation of Connecticut, Inc. located at 40 Woodland Street, Hartford, CT	860-727-5771 www.jfact.org Email: aweber@fact.org
Uniting for a Safe and Inclusive Community – Manchester	ManchesterctUniting@gmail.com
US Citizenship and Immigration Services offers statewide help for immigration services and benefits.	1-800-375-5283 https://www.uscis.gov/



IMMIGRATION & REFUGEE

Affordable Care Act Coverage & Subsidies
Care for Kids
Government issued ID or Driver's License
Head Start
Homecare Services (CHPE and Waiver Programs)
HUSKY A, B, C & D (Medicaid)
HUSKY (emergency room treatment only)
Public education in CT (primary)
Public education in CT (State college in-state tuition)
Public education in CT (Institutional financial aid)
Section VIII and other housing subsidies
SNAP (Food Stamps)
SSI (Supplemental Security Income)
TANF (Temporary Aid to Needy Families)
WIC (Parents, Infants and Children)

- * Means tests and a 5-year residency requirement apply
- ** In CT but not all in States
- *** Some municipalities including Hartford and New Haven

IMMIGRATION & REFUGEE

BENEFIT ELIGIBILITY BY IMMIGRATION/CITIZENSHIP STATUS

Undocumented & DACA holders	Documented Legal Permanent Residents (Green Card Holders)	Refugees, Asylees & Victims of Human Trafficking	U.S.-born children of undocumented residents
No	Yes*	Yes	Yes
No	Yes*	Yes	Yes
Yes***	Yes	Yes	Yes
Yes	Yes	Yes	Yes
No	Yes*	Yes	Yes
No	Yes*	Yes	Yes
Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes
Yes**	Yes	Yes	Yes
Yes**	Yes	Yes	Yes
No	Yes*	Yes	Yes
No	Yes+	Yes	Yes
No	Yes*	Yes	Yes
Yes	Yes*	Yes	Yes

***State DMV has "Drive-Only License" for undocumented
+ 6-month CT residency requirement to be eligible for SNAP

INCARCERATION & RE-ENTRY

211 Infoline for needs	211
Best Chance Offenders employment program thru Job Funnel you must have a criminal background to participate in the program. SEE PAGE for Meeting place and time under “ Jobs Funnel ”	860-899-3448 www.capitalworkforce.org/jobs-funnel
Community Service SEE Volunteer Opportunities/Community Service . (**) indicates Community Service accepted.	SEE PAGE 51
Department of Corrections offers information & Resources regarding progressive correctional practices and partnered re-entry initiatives. They have inmate information, and programs/services to assist inmates, victims and citizens.	1-800-692-7480 https://portal.ct.gov/DOC
Inmate Trust Fund through the Department of Corrections, assists to get owed money to an inmate if they had money in the inmate account and did not receive a check upon discharge.	860-692-7670 www.CHRhealth.org Under programs & services; Adult; Support & Rehabilitation
Jail Diversion Program is offered through Community Health Resources (CHR) located at 444 Center Street in Manchester. Its main purpose is to direct adults with psychiatric disabilities & non-violent criminal offenses away from the corrections systems & info more appropriate community-based treatment settings. Individuals are referred by Enfield, Manchester and Rockville court systems.	1-877-884-3571 www.CHRhealth.org Under Programs & Services; Adult; Support & Rehabilitation
Job Search Help for Ex-Offenders: attend an information session Wednesdays & Thursdays at 1:00 PM at American Job Center . They can assist with a federal bonding program and help to expunge your record. They have job placements with employers who take part in a program for hiring ex-offenders. Located at 893 Main Street in Manchester.	860-643-2222 www.careeronestop.org Under Worker With a Criminal Conviction

INCARCERATION & RE-ENTRY

<p>Legal Aid: Is your criminal record keeping you from working? Online help and Q & A's through CTlawhelp.org</p>	<p>www.ctlawhelp.org Under Work/Unemployment & your rights at work.</p>
<p>Manchester Alternative In the Community offered through Community Partners in Action and funded by the State of Connecticut. Services are offered to individuals referred by the courts and probation by providing interventions through reasoning and rehabilitation, treating alcohol and drug dependencies and offering employment skills. Individuals who are mandated by the courts and probation to perform community service and are referred to the program, may be participants as well.</p>	<p>860-649-8338 https://cpa-ct.org Under Programs & Services Located at 31 Bent Street in Manchester</p>
<p>Office of Adult Probation is part of the Court Support Services Division that helps people comply with conditions mandated by the court. A Probation Officer will be assigned to assist during the probation period. The Manchester office is located at 587 East Middle Turnpike.</p>	<p>860-649-1650 www.JUD.CT.Gov/FAQ/AdultProb.html</p>
<p>Substance Abuse Access Line</p>	<p>1-800-563-4086</p>

LEGAL INFORMATION

<p>Center for Medicare Advocacy helps to advance access to comprehensive Medicare coverage and quality health care for older people and people with disabilities by providing exceptional legal analysis, education and advocacy. Assists CT residents who believe they have been unfairly denied Medicare coverage.</p>	<p>1-800-262-4414</p> <p>https://medicareadvocacy.org/</p>
<p>Connecticut Legal Rights Project (CLRP) a statewide non-profit agency providing free legal services to low income adults with mental health conditions residing in hospitals or the community on matters related to their treatment, recovery, and civil rights. CLRP is separate from the Department of Mental Health and Addiction Services (DMHAS).</p>	<p>1-877-402-2299</p> <p>www.CLRP.org</p> <p>Hours: Mon-Fri 10 AM - 12 PM And 1 PM – 3 PM</p>
<p>Connecticut Women’s Education and Legal Fund (CWEALF) is a statewide, non-profit telephone counseling service providing information on family law issues; divorce, harassment and discrimination. Hotline information Mon-Thurs 9 AM – 2 PM and Fri 9 AM – 1 PM.</p>	<p>860-247-6090</p> <p>1-800-479-2949</p> <p>www.CWEALF.org</p>
<p>Consumer Law Project for Elders, through CT Legal Services, provides no cost help to people 60+ who reside in CT and are having problems with credit card, medical debt, identity theft, etc. They have resources online pertaining to government benefits, funeral/ burial contracts, healthcare, housing, nursing homes, POA’s, living wills and other resources.</p>	<p>1-800-296-1467</p> <p>https://CTLawhelp.org</p> <p>Under Self-Help Info, then Seniors</p>

LEGAL INFORMATION

<p>Credit Reporting Agencies: Under the Fair Credit Reporting Act consumers are allowed one free credit report each year from each agency.</p> <ul style="list-style-type: none"> ◆ Equifax www.Equifax.com ◆ Experian www.Experian.com ◆ Transunion www.Transunion.com 	<p>1-877-322-8228</p> <p>https://www.annualcreditreport.com/</p>
<p>Greater Hartford Legal Aid provides free legal services to low-income people in Hartford County for civil legal issues, housing, entitlements, protective services, resident/patient rights, domestic violence, special education, expulsions & school discipline.</p>	<p>860-541-5000</p> <p>Email: ghla@ghla.org</p> <p>www.GHLA.org</p>
<p>Greater Hartford Legal Aid in the Community of Manchester Providing free legal help to eligible people in Hartford County for family violence, housing, public benefits, employment, education, elder, and immigration matters for victims of domestic violence.</p>	<p>860-541-5052</p> <p>Call or email for an appointment</p> <p>Email: rrodriguez-cruz@ghla.org</p>
<p>Living Will/Advance Directives is a set of documents that allows a person to record decisions regarding medical treatment in case of incapacity, including removal or withholding of life support systems, appointment of a Health care Agent, Durable Power of Attorney or Conservator.</p>	<p>860-424-5274</p> <p>https://portal.ct.gov/ag</p> <p>Under Constituent Issues, then Health & Education</p>
<p>Statewide Legal Services provides help to low-income people with referrals for non-criminal legal problems via phone. Some areas of assistance include family, employment, public benefits, bankruptcy, and housing. they may refer clients to a legal services office or a private attorney at no cost to the client. They also offer booklets online regarding: Financial Benefits, Bankruptcy/Collections, Family Housing, Immigration, Medical/Health Care, Utilities, Disability Rights, Seniors, Students, Work/Unemployment.</p>	<p>1-800-453-3320</p> <p>www.SLSct.org</p> <p>Hotline Hours: 9 AM – 12 Noon 1 PM – 2 PM</p> <p>Monday - Friday</p>

LEGAL INFORMATION

Support Enforcement Services works with state and federal agencies to operate the “**CT Child Support Enforcement Program**” to help parents enforce and modify their child support orders.

1-800-228-5437

www.jud.ct.gov/childsupport

UConn School of Law “*Connecticut Community Law Center*” offers affordable legal consultations and representation for low to moderate income individuals & families involving family, housing, consumer disputes & debt, probate, employment, immigration, civil & pardons.

860-570-5400

<https://cclc.law.uconn.edu>

Email: cclc@uconn.edu

PROTECTION & ADVOCACY

AARP	SEE PAGES 26, 66, 71
Center for Medicare Advocacy	SEE PAGES 38, 59
Connecticut Alliance to End Sexual Violence Provides a 24-hour toll-free hotline for victims who have been raped or sexually assaulted. Services provided include short-term counseling, support and empowerment groups, advocacy with police and court process as well as a variety of educational opportunities.	860-282-9881 1-888-999-5545 1-888-568-8332 Espanol https://endsexualviolencect.org/
Department of Children and Families	SEE PAGE 13
Disability Rights Connecticut, Inc.	SEE PAGE 60
Emergency Preparedness – Town of Manchester is responsible for maintaining a local emergency plan which maximizes survival of people, prevents or minimizes injuries, preserves property & resources in Manchester by making use of available manpower, equipment & other resources in the event of a natural, man-made or national security emergency/disaster. The emergency plan provides direction and control and the continuity of government in disaster situations.	860-647-3173
Federal Trade Commission protects consumers by offering assistance with IDENTITY THEFT , credit & debt issues, No-Call Listing, unfair business practices, provides Scan alerts, and assists with filing Consumer Complaints. For individuals to file a complaint:	203-326-2222 www.FTC.gov www.ftccomplaintassistant.gov
The Hartford Gay & Lesbian Health Collective empowers individuals of diverse sexual orientations, gender identities and gender expressions to lead healthy lives through the provision of health support services, education and advocacy. The Health Collective East is located in Manchester at 64 Church Street.	860-278-4163 https://www.hglhc.org/
Immigration Services & Citizenship	SEE PAGES 52, 53, 59
Interval House (<i>Safe Connect Resource Line</i>) helps to provide free support and advocacy services to victims of domestic violence. Services include a 24-hour hotline, safe emergency shelter, victim and legal advocacy, counseling, support groups, and children’s programs.	860-645-4033 860-527-0550 1-888-774-2900 24- Hour Numbers https://IntervalHouseCT.org

PROTECTION & ADVOCACY

Long Term Care Ombudsman	SEE PAGE 72
North Central Area Agency on Aging (NCAAA) Provides planning and management of funding and advocacy services to older persons and their caregivers to ensure they have access to quality & cost effective services.	860-724-6443 1-800-994-9422 www.NCAAAct.org
Amplify, Inc. (formerly NCRMHB) evaluates state-funded mental health services, educates legislators and the public about critical mental health needs. Advocates for state funding for services. Monthly meetings held in Manchester and open to the public.	860-667-6388 https://amplifyct.org/contact-us
Office of the Child Advocate	SEE PAGE 16
Office of Consumer Counsel advocates for all state of Connecticut utility rate payers, seeks to ensure reasonable rates/service are given for electric, gas, telephone, cable and water. They offer a link to the Energy Suppliers with rates on their website (under State Resources, then Public Utilities Regulatory Authority)	860-827-2900 https://portal.ct.gov/OCC
Office of Victim Services (OVS) , division of the State Judicial Branch, provides various programs and services for crime victims, including financial compensation, counseling, social services advocacy and victim notification about offender status.	860-263-2760 1-800-822-8428 www.jud.ct.gov/CrimeVictim Email: OVS@jud.ct.gov
PFLAG (Parents, Families, Friends and Allies United with LGBTQ) People to Move Equality Forward	SEE PAGE 18
Protective Services for the Elderly	SEE PAGES 4, 72
Public Utility Regulatory Authority provides information on how to control your energy consumption and choose your best rate. They have a consumer affairs team is available to respond to questions and complaints.	1-800-382-4586 https://portal.ct.gov/pura
Safe Haven for Newborns (or the Safe Haven Law) allows a parent or person with lawful custody to surrender a baby (30) days or younger, confidentially to the nursing staff of a hospital emergency room, without fear of arrest or prosecution for child abandonment. Locations: Any Emergency Department.	211 1-844-767-2229 https://portal.ct.gov/DCF/1-DCF/SAFE-Havens-Act-for-Newborns

PROTECTION & ADVOCACY

TransAdvocacy Coalition of CT (CTAC) strives to make Connecticut a safe and tolerant place for the trans and gender non-conforming individuals through education and social advocacy. CTAC is dedicated to the advancement and attainment of full Human Rights for all trans and gender non-conforming people in every aspect of society and actively oppose discriminatory acts.

860-255-8812

<https://transadvocacy.org>

True Colors works to create a world where LGBTQ+ youth of all backgrounds are valued and affirmed. Their programs include one-in-one and group mentoring, school-based youth advocacy and leadership development, the production of the largest LGBTQ+ youth conference in the country, professional cultural competency training, and the management of a state-wide task force that focuses on the needs of LGBTQ+ youth.

860-232-0050

1-888-565-5551

<https://ourtruecolors.org>

RACE EQUITY

African-American & Black Affairs Council	Aabac94@gmail.com 860-995-4288
Latino Affairs Council	Mariacruz@yahoo.com
Manchester Public Schools Office of Equity & Partnerships	860-645-6041
Ministerial Health Fellowship for more information contact Reverend Robyn Anderson or COVID Crisis counselor Akilah Barr at 860-808-6051 or akilahbarr@gmail.com	860-817-3330 MinisterialHealthFellowship@gmail.com
Power Up Manchester	www.powerupmanchester.org
Uniting for a Safe & Inclusive Community	ManchesterctUnites@gmail.com



RECREATION & LEISURE

<p>AARP offers programs, speakers, trips, and discounts for those who are 50 years and older, to help improve the quality of their lives.</p>	<p>1-866-295-7279 www.AARP.org</p>
<p>Bookmobile</p>	<p>SEE PAGE 19</p>
<p>Instructors of the Handicapped</p>	<p>SEE PAGE 22</p>
<p>MARC Inc.</p>	<p>SEE PAGES 70, 85</p>
<p>MEN'S GROUP For 60+, this social group enjoys a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Meets Mondays 10:45 AM – 11:45 AM for Manchester Senior Center members.</p>	<p>860-647-3211 https://seniorcenter.townofmanchester.org Location: Senior Center Library</p>
<p>Office of Neighborhoods & Families (a Division of the Department of Leisure, Families and Recreation), the Neighborhoods and Families Division is dedicated to coordinating communication among policy makers, service providers, and the Public and encouraging community partnerships that create healthy neighborhoods and families.</p>	<p>860-647-3089 Email: onf@manchesterct.gov https://naf.townofmanchester.org **They accept volunteers and community service</p>
<p>Organization of Active Adults through MCC Continuing Education for adults 50+ who share an interest in lifelong learning, travel and monthly entertainment programs. They offer free monthly programs, reduced fees for luncheons, motor coach day trips, overnight trips & international travel. They also have a monthly newsletter and a tuition rebate program for credit-free courses. See the current MCC Catalog for details.</p>	<p>860-512-2840 https://www.manchestercc.edu/continuing-education/organization-of-active-adults</p>
<p>Road Scholar a non-profit organization offering a low-cost leisure/educational program for older adults 55 and older; they travel to all 50 states abroad.</p>	<p>1-800-454-5768 https://www.road scholar.org</p>

RECREATION & LEISURE

The **Recreation Department** provides recreational opportunities for all ages and ability levels. Summer programs include a wide variety of recreational activities for both youth and adults. They offer six supervised summer camp sites that provide arts, crafts, games, sports, and special events for children ages 5-15, Recreation Leader in Training camp, as well as Camp Kennedy which focuses on providing fun, safe activities and events for disabled adults. During the outdoor season, residents may swim at the Globe Hollow swimming area or at one of the Town's four in-ground pools. Recreation offers swim lessons that serve infants all the way to adults. Recreation works with local youth sports organizations offering support services, scheduling fields, and co-sponsoring special events. In addition, the Parks Department maintains and prepares all playing fields. The Recreation Division also cosponsors special events including concerts in center Park, the Pride in Manchester week, Cruisin on Main, the Town's July 4th celebration and more. Recreation operates three recreation centers with activities for all ages. Indoor swimming is offered at the Manchester High School's Main Pool and IOH Pool. The Department's indoor aquatics program includes open classes for adults and special events. Youth sports, the Fitness Center at the Community Center, and the Fitness Trail at Union Pond are offered, and much more.



Located at 39 Lodge Drive, Manchester
860-647-3084

<https://recreation.townofmanchester.org>

RECREATION & LEISURE

The Youth Service Bureau (YSB) provides positive youth development opportunities through a variety of programs that focus on: life skills, employment/vocational, community service, diversion, early childhood, relationships, and family. Programs are open to youth, ages 0-21, who reside in or attend school in Manchester.

The Youth Service Bureau operates 8:00 AM – 4:30 PM, Monday-Friday, though programming often extends beyond regular office hours. Permission slips signed by a parent or guardian are required prior to the beginning of program participation at the YSB.

SEE PAGES 16, 18 for youth programs offered.



960-647-5213

Located at 63 Linden Street

<http://ysb.townofmanchester.org>

RESPIRE RESOURCES

A Place for Mom

SEE PAGE 71

ADULT DAY CARE CENTERS: Average cost is \$80/day

Avery Adult Day Health Center – 705A New Britain Avenue, Hartford
860-278-4773 <https://averyheights.org>

Town of Windsor Caring Connection – 330 Windsor Avenue, Windsor
860-547-0251 www.windsorcaringconnection.com

Daybreak – 243 South Whitney Street, Hartford
860-523-0108 *Primary language Spanish* www.daybreakathartford.com

Immanuel House Day Center – 15 Woodland Street, Hartford
860-525-4228 <http://immanuelhousect.org>

SarahCare of East Hartford – 870 Burnside Avenue, East Hartford
860-282-9097 <https://sarahcare.com>

Senior Moments – 31 Kingsbury Avenue, Tolland
860-926-4515 <https://www.eldercareconsultingllc.com>

RESPIRE RESOURCES

<p>Alzheimer’s Statewide Respite Care Program This program offers relief to stressed caregivers by providing information, support, the development of an appropriate plan of care, and services for the individual with Alzheimer’s Disease or related dementias. Clients may receive care through the delivery of services through agencies (traditional care option) or caregivers may hire someone of their choice to provide care (self-directed care option).</p>	<p>https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/Connecticut-Statewide-Respite-Care-Program</p>
<p>MARC, Inc.</p>	<p>SEE PAGES 70, 85</p>
<p>MARCH, Inc. of Manchester is a private, non-profit agency that provides temporary care for children & adults with developmental disabilities; the service allows other family members time for errands, business or vacations.</p>	<p>860-646-4446 https://marchinc.org</p>
<p>North Central Area Agency on Aging can help you determine what respite care program is right for you. You must meet eligibility requirements for types of programs and services requested. Please note: the person will need assistance with at least two Activities of Daily Living and have basic knowledge of financial information.</p>	<p>860-994-9422 https://www.ncaaact.org/ Under Home Care then Respite Care Services</p>

SENIOR SERVICES

<p>A Place for Mom is a local and nationwide information service that explores eldercare options including nursing homes, assisted living facilities, independent living and home care agencies & respite care. Call to speak to an Eldercare Advisor about care requirements, finances and other needs.</p>	<p>1-800-518-0936</p> <p>www.APlaceForMom.com</p>
<p>AARP (The American Association of Retired Persons) is a membership organization of persons 50 years and older. It offers educational information on numerous issues that affect older adults. They advocate for elders at the State and Federal level.</p>	<p>1-888-687-2277</p> <p>1-877-342-2277 (Spanish)</p> <p>www.AARP.org</p>
<p>Adult Day Care</p>	<p>SEE PAGE 69</p>
<p>Advanced Directives: Planning for future health care decisions. Available on the State of CT website by searching “advanced directives.”</p>	<p>860-424-5274</p> <p>https://portal.ct.gov/AgingAndDisability</p>
<p>American Society on Aging (ASA) Their resources, publications and educational opportunities are geared to enhance the knowledge and skills of people by addressing the challenges and opportunities of a diverse aging society.</p>	<p>1-800-537-9728</p> <p>https://asaging.org</p>
<p>Blood Pressure Screenings are done Wednesday mornings at Manchester Senior Center and once a month at an Elderly Housing site.</p>	<p>860-647-3173 For Information</p>
<p>Connecticut Home Care Program for Elders</p>	<p>SEE PAGE 43</p>
<p>Consumer Law Project for Elders</p>	<p>SEE PAGE 59</p>
<p>Eldercare Locator is a free national service. Its goal is to provide older Americans and their caregivers information and resources to live independently and safely in their own homes. They also offer support for caregivers. They have information on a wide range of topics including financial, nutrition, health, home repair, legal, transportation and more.</p>	<p>1-800-677-1116</p> <p>https://eldercare.acl.gov/Public/Index.aspx</p>

SENIOR SERVICES

<p>File of Life is an informational tool provided by the Manchester Fire Department and used by Emergency Personnel or First Responders in the event of a medical emergency. It contains emergency contact information, medical history, medications, allergies, insurance information, etc., that can contribute to saving lives.</p>	<p>860-647-3266</p> <p>https://mfre.townofmanchester.org</p> <p>For information or to order one free of charge</p>
<p>Homeowner’s Tax Relief for Seniors, Veterans and People with Disabilities</p>	<p>SEE PAGE 30</p>
<p>Income Tax Counseling</p>	<p>SEE PAGE 71</p>
<p>Long-Term Care Ombudsman Program through the CT Department of Social Services, protects and promotes the rights and quality of life for people who live in skilled nursing facilities, residential care homes and assisted living facilities.</p>	<p>1-866-388-1888</p> <p>860-424-5200</p> <p>www.ct.gov/LTCOP</p>
<p>Manchester Municipal Agent for the Elderly – Eileen Faust</p>	<p>860-647-3214</p>
<p>National Council on Aging (NCOA) is a national organization that provides information and advocacy in the field of aging. The website offers valuable educational information.</p>	<p>571-527-3900</p> <p>www.NCOA.org</p>
<p>National Institute on Aging (NIA) is a national organization that provides information and advocacy in the field of aging. The website offers valuable educational information.</p>	<p>1-800-222-2225</p> <p>1-800-222-4225 TTY</p> <p>www.NIA.NIH.gov</p> <p>www.NIA.NIH.gov/espanol</p>
<p>North Central Area Agency on Aging (NCAAA)</p>	<p>SEE PAGES 63, 70</p>
<p>Organization of Active Adults</p>	<p>SEE PAGE 66</p>
<p>Protective Services for the Elderly (PSE) is administered through the State Department of Social Services. It investigates complaints, concerns, or reports of abuse, neglect, abandonment and exploitation of people 60 years and older. There are no income requirements. After hours call 211.</p>	<p>1-888-385-4225</p> <p>Outside CT call 1-800-203-1234</p> <p>https://portal.ct.gov/dss Under Older Adults</p>
<p>Renter’s Rebate</p>	<p>SEE PAGES 21, 31</p>
<p>Reverse Mortgage Program</p>	<p>SEE PAGE 31</p>
<p>Senior, Adult & Family Services</p>	<p>SEE PAGE 51, 52</p>
<p>Senior Center, Manchester</p>	<p>SEE PAGE 52</p>

SENIOR SERVICES

<p>Senior Circle Activity Group is a small recreation group meeting twice weekly at the Senior Center. Designed for Manchester residents 60+. The group meets Tues & Thurs with the Therapeutic Recreation Specialist. Members enjoy a variety of activities including crafts, gentle exercise, reminiscing and discussing current events & lunch together. YOU MUST pre-register by contacting the Senior Center Social Worker.</p>	<p>860-647-3211</p> <p>http://seniorcenter.townofmanchester.org</p> <p>Click on “Other Programs” tab</p>
<p>Senior Foot Care takes place at the Senior Center twice each month by a nurse, for Manchester seniors (<i>nail clipping not available for diabetics or people with circulatory problems</i>). Appointments are necessary, the cost is \$29.00/cash or check.</p>	<p>860-647-3173</p> <p>http://health1.townofmanchester.org</p> <p>Please call Health Department for appointment.</p>
<p>Senior Health Solutions of Connecticut is a network of health care organizations specializing in geriatric services and providing information on physicians, hospital care, rehabilitation, visiting nurses, home care, assisted living or assistance in navigating the health care maze.</p>	<p>860-263-4100</p> <p>https://hartfordhealthcare.org/services</p> <p>Under Senior Services</p>
<p>Senior Job Bank</p>	<p>SEE PAGE 28</p>
<p>UR Community Cares For free assistance with at-home tasks</p>	<p>SEE PAGE 86</p>

SUPPORT GROUPS

<p>Addiction Support – Smart Recovery Group for family and friends of youth and adolescents who are struggling with alcohol, drugs and compulsive behaviors. Thursdays, 6-7:30 at Manchester Youth Services Bureau, 63 Linden Street, Manchester, CT</p>	<p>860-647-3521 Ext 70114</p> <p>Email: phall@mpspride.org NO REGISTRATION REQUIRED</p>
<p>Addiction Support – Smart Recovery Group for youth and adolescents who are struggling with alcohol, drugs and compulsive behaviors. Groups held at Manchester High School. Register in Room 204.</p>	<p>860-647-3521 Ext. 70114</p> <p>Email: phall@mpspride.org</p>
<p>Alanon, Alateen Family Groups – Connecticut Offer hope and help for families and friends of alcoholics.</p>	<p>1-888-825-2666</p> <p>www.ctalanon.org</p>
<p>Alcoholics Anonymous provides support and information about events, meetings, and educational opportunities in Connecticut.</p>	<p>1-866-783-7712</p> <p>https://ct-AA.org</p>
<p>Alzheimer’s Association provides education, info/referral and support to Alzheimer’s patients and families. Also offers a caregiver’s course, Chapter Respite Care Program, annual caregivers’ conference and Safe Return Program and local resources and referrals.</p>	<p>860-828-2828 CT Chapter</p> <p>1-800-272-3900 24 hr www.ALZ.org/ct</p>
<p>Alzheimer’s & Caregiver Support Groups Offered through VNHS. Call for dates and times.</p>	<p>860-872-9163 Ext 8346 Registration Required</p>
<p>Alzheimer’s/Dementia Support Group Meeting at Manchester Senior Center: 549 E. Middle Turnpike Contact 860-647-3093</p>	<p>2nd Wednesday of the month 6-7 PM Open Group</p> <p>2nd Tuesday of the month at 1 PM</p>
<p>American Cancer Society offers education, outreach and support to patients and their families.</p>	<p>1-800-227-2345 https://Cancer.org</p>
<p>Brain Injury Alliance of CT (BIAC)</p>	<p>SEE PAGE 20</p>

SUPPORT GROUPS

<p>Cancer Care provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, etc. They offer counseling and support groups, education, financial assistance and practical help provided by professional oncology social workers. Completely free of charge.</p>	<p>1-800-813-4673</p> <p>www.CancerCare.org</p>
<p>Cancer Hope Network matches patients and caregivers with patients who have already undergone treatment for support.</p>	<p>1-800-813-4673</p> <p>www.CancerCare.org</p>
<p>Department of Children and Families (DCF)</p>	<p>SEE PAGE 13</p>
<p>Department of Rehabilitation Services Deaf & Hard of Hearing Services</p>	<p>SEE PAGE 21</p>
<p>Family Development Center</p>	<p>SEE PAGE 15</p>
<p>Grandparents as Parents Support Group meets the last Tuesday of each month from 10:30 AM – 12:00 PM at the South Windsor Community Center, 150 Nevers Road, South Windsor. Manchester residents are welcome.</p>	<p>860-648-6361</p> <p>www.southwindsor.org Human Services</p>
<p>Griefshare 13-week support group ministry that helps people heal from the pain of grief. This faith-based program is open to anyone experiencing the type of grief that stems from the death of a loved one. Meeting options are available, online or in person. This group is free but please register so we can prepare for you. This session of GriefShare is hosted by Manchester Church of Christ.</p>	<p>https://www.griefshare.org/</p> <p>For more details and how to register.</p>
<p>Hartford Healthcare Center for Hospice Care provides bereavement counseling, support groups and information to members of the community who have suffered a loss. These programs are open to all, regardless of whether Center for Hospice Care was involved in their loss.</p>	<p>860-848-5669</p> <p>1-877-654-4035</p>

SUPPORT GROUPS

<p>Health Collective East provides case management, support groups, individual therapy, education and outreach to those affected by HIV/AIDS. They provide HIV testing and prevention.</p>	<p>860-278-4163</p> <p>www.HGLHC.org</p> <p>SEE PAGE</p>
<p>Hispanic Health Council provides support group services to women who are diagnosed with cancer.</p>	<p>860-527-0856</p> <p>https://HispanicHealthcouncil.org</p>
<p>Interval House</p>	<p>SEE PAGE 62</p>
<p>Manchester Memorial Hospital Support Groups offer a wide variety of groups that meet at the Hospital; i.e., health, mental health, BI, Diabetes, Ostomy Support, Autism, Bereavement and much more.</p>	<p>860-646-1222 Ext 2292</p> <p>860-533-6550</p> <p>https://ECHN.org</p>
<p>NAMI of Connecticut offers a support group for family & friends and people affected by mental illness. Meetings are currently being held online, but that may change.</p>	<p>https://namict.org/find-support/support-groups</p>
<p>Family Support Group</p>	<p>860-906-7385</p>
<p>Young Adult Connections</p>	<p>860-856-3952</p>
<p>Peer Support Groups</p>	<p>203-378-2500</p>
<p>National Federation of the Blind</p>	<p>SEE PAGE</p>
<p>Pathfinders Club</p>	<p>SEE PAGE 10</p>
<p>PFLAG (Parents, Families, Friends and Allies United with LGBTQ People to move Equality Forward)</p>	<p>SEE PAGE 18</p>
<p>The Compassionate Friends The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.</p>	<p>https://www.compassionatefriends.org/</p>
<p>True Colors – Human Rights</p>	<p>SEE PAGE 53</p>

TRANSPORTATION INFORMATION

<p>ADA Paratransit Service is in compliance with Americans with Disabilities Act providing door-to-door transportation throughout greater Hartford 7-days per week, early morning to late night. Available for people whose disabilities prevent use of public transit. Registration is required and there is a fare of \$3.50 per one-way trip. Manchester residents qualifying for ADA Transportation can receive a monthly allotment of free trip tickets through Senior, Adult & Family Services by calling 860-647-3093.</p>	<p>860-724-5340 Reservations 8 AM – 5 PM</p> <p>#4 for Applications #9 for Customer Service</p> <p>https://HartfordTransit.org</p>
<p>American Cancer Society through their “Roads to Recovery” program offers rides for appointments related to treatment and recovery Monday through Friday for those without other means of transportation. They require 4+ days advance notice and rider must be ambulatory. All rides are subject to volunteer availability.</p>	<p>1-800-227-2345</p> <p>https://cancer.org</p>
<p>Bureau of Rehabilitation Services offers training services for drivers with physical disabilities who require adaptive equipment to drive. Must be a permanent Connecticut resident.</p>	<p>1-800-537-2549</p> <p>www.CT.gov/brs</p>
<p>Connecticut Department of Transportation provides information on travel services and programs within Connecticut.</p>	<p>860-594-2000</p> <p>www.CT.gov/DOT</p>
<p>Connecticut Transit offers reduced fares for elderly and disabled persons with a Medicare card or State-issued photo I.D. card.</p>	<p>860-525-9181</p> <p>www.CTtransit.com</p>

TRANSPORTATION INFORMATION

<p>Dial-A-Ride offers FREE rides in Manchester for residents age 60+ and/or adults with disabilities of any age. Rides are available Monday through Friday. Dial-A-Ride can be used for trips to medical appointments, grocery shopping, personal errands and social outings within Manchester. Reservations and registration are required.</p>	<p>860-870-7940</p> <p>www.HVCChelps.org</p> <p>8:00 AM – 4:00 PM Monday - Friday</p>
<p>DAV – Disabled American Veterans operates a fleet of vehicles around the country to provide free transportation to VA medical facilities for injured and ill veterans. The vans are driven by volunteers, and rides are coordinated by more than 178 Hospital Service Coordinators around the country. For more information, visit their website.</p>	<p>860-594-6612 VA Regional Office</p> <p>860-666-6951 Newington VA Medical Center</p> <p>www.DAV.org/veterans/i-need-a-ride</p>
<p>Kids in Limos Program – Special Rides for Special Kids provides free rides for children ages 5 to 16 with a serious illness or emotional or physical handicap. The limo is NOT wheelchair accessible. A parent or guardian must accompany the youth. The primary service is to provide rides to and from a doctor or clinic appointment. This program will transport patients within a thirty mile radius of Hartford to and from MD or clinic. An application is not needed to set up transportation.</p>	<p>860-595-6455</p> <p>Email:</p> <p>kidsinlimos@peoplepc.com</p> <p>https://limo-ct.com/</p>
<p>VEYO Transportation for non-emergency “plan-covered” medical appointments for Husky A, C & D participants on a limited basis. The services are administered by VEYO NEMT. Provided to eligible Medicaid members in CT who have no other way of getting to their medical, behavioral health or dental appointments. Reservations taken from 7 AM – 6 PM Mon-Fri and need to be made 2 days in advance of travel.</p>	<p>1-855-478-7350</p> <p>https://ct.ridewithveyo.com</p>

VETERANS INFORMATION

“Connecticut General Statute 27-135 asks cities and towns in Connecticut to provide a more coordinated approach to assisting veterans in accessing services. **In Manchester, the Town designated the Director of Human Services to act as the “veterans’ service contact person.”** The duties include: coordinating services for veterans and their dependents in such areas as veteran’s re-employment and training, education, rehabilitation and adjustment to peacetime living; working with national, state and local governmental and private agencies in securing services and benefits to which a veteran or his dependents may be entitled; and collaborating with other veterans’ organizations, so far as possible to carry out the purposes of this section. For info call **860-647-3092**.

<p>DAV – Disabled American Veterans has a goal to empower veterans to lead high-quality lives with respect and dignity. They offer information on Transition Service Offices, provide information on Free Transportation to VA medical facilities, offer outreach programs and mobile services to veterans with mobility challenges, free assistance for service-injured or ill veterans to assist with job training and job assistance programs. They also have information on special events and seminars.</p>	<p>1-877-426-2838</p> <p>1-877-I AM VET</p> <p>860-594-6612</p> <p>www.DAV.org</p>
<p>Hire VETS First, provides information for Veteran job seekers and employers to connect. Contact your local veterans business representative or veterans workforce development person.</p>	<p>860-263-6016</p> <p>www.ctdol.state.ct.us/veterans</p>
<p>Homeless Veterans can contact the Veterans Outreach Social Worker for Homelessness for assistance.</p>	<p>860-666-6951 Ext. 6347</p>
<p>Manchester Veteran’s Clubs:</p>	
<p>American Legion</p>	<p>20 American Legion Drive 860-869-6079</p>
<p>Army Navy Club</p>	<p>1090 Main Street 860-646-9133</p>

VETERANS INFORMATION

<p>Property Tax Relief for Veterans the Town of Manchester Department of Assessment and Collection processes applications for veterans for tax credits and possible exemptions. Please call for more information.</p>	<p>860-647-3017 https://assessmentandcollection.townofmanchester.org</p>
<p>Soldiers', Sailors' and Marines' Fund assists veterans and/or dependents with emergency financial needs including food, clothing, medical, shelter, utility bills, dental, eye and hearing. Must have completed 90 days of federal active military service, not for training.</p>	<p>860-296-0719 www.alctssmf.org **Must be a CT resident and demonstrate a need</p>
<p>Veterans' Affairs provides benefits to veterans and their families for education, employment, health, home loans, insurance, medical, pension, rehabilitation, housing facilities, and burial.</p>	<p>1-800-827-1000 1-800-273-8255 Vet Crisis Line www.VA.gov</p>
<p>Veterans' Benefits Counselor is available by appointment in Manchester at the Weiss Center, 479 Main Street. Combat and non-combat veterans, spouses of deceased veterans, POA's of veterans for any veteran-related business may seek assistance with information, forms preparation, etc. Bring DD214 Form or service records with service dates indicated. These can be requested if not readily available.</p>	<p>860-647-3270 Option #7 *Please call and leave a message for an appointment.</p>
<p>Veterans Choice Program provides eligible veterans the option to receive VA Community Care from approved providers in their communities. Call for qualifications and appointments.</p>	<p>1-844-698-2311 www.va.gov/health-care</p>

VETERANS INFORMATION

<p>Veterans Club through MCC, Veterans Scholarships, Veterans Advising and personal counseling, among other services. The Veteran Affairs Support Team (VAST) works to ensure that comprehensive support services are offered and in place. The team consists of Counselors, Career & Veterans Services personnel, Dean of Student Affairs, Registrar, Bursar and Financial Aid staff, and Educational Assistants. Provides efficient and timely processing of G.I. Bill certifications, curriculum checks and advising, and promotes college community awareness of readjustment issues faced by returning service members.</p>	<p>To reach the Veteran's Certified Associate, call:</p> <p>860-512-3375</p>
<p>Veterans Crisis Line</p>	<p>1-800-273-8255</p>
<p>Veteran's Inc. provides employment, training, health services, support, homeless outreach and housing (emergency, transitional and permanent) to Veterans in need.</p>	<p>508-791-1213</p> <p>Danielwalsh@veteransinc.org</p>
<p>Veterans Support Foundation provides homeless veterans a place to live, and support services.</p>	<p>860-713-4669</p> <p>www.vsf-usa.org</p>
<p>www.Military.com a website offering information on recruiters, disability, jobs, loans, military discounts and much more.</p>	

VOLUNTEERING & COMMUNITY SERVICE

****Denotes Community Service Accepted**

<p>American Cancer Society** welcomes volunteers to help in many ways including its transportation program “Road to Recovery” for ambulatory cancer patients who have no other way of getting to their lifesaving treatment appointments. Coordinators are needed to oversee all requests received for transportation and Drivers are needed to transport patients to and from their cancer-related medical appointments.</p>	<p>1-800-227-2345</p> <p>https://cancer.org</p>
<p>Big Brothers/Big Sisters provide children facing adversity with strong and enduring, professionally supported 1-1 relationships with adult volunteers that change their life for the better, forever. They sponsor a Foster Grandparents Program in the school system with a stipend or low-income elderly.</p>	<p>860-525-5437</p> <p>https://nbbbs.org</p>
<p>Building Healthy Families located at 20 Hartford Road, Manchester – offers many different opportunities surrounding families and children. Call, text or email for info.</p>	<p>860-375-0121</p> <p>Email: info@bhfct.org www.bhfct.org</p>
<p>Cheney Hall/Little Theatre of Manchester offers many volunteer opportunities. Email: volunteering@cheneyhall.org</p>	<p>860-647-9824</p> <p>www.cheneyhall.org</p>
<p>Connecticut Forest & Parks Association** Is a private, non-profit conservation organization offering volunteer opportunities for teens and adults such as maintaining blue-blazed hiking trails like those at Case Mountain.</p>	<p>860-346-8733</p> <p>www.ctwoodlands.org</p> <p>Email: LHughes@ctwoodlands.org</p>
<p>Creative Living Community of CT has volunteer opportunities; its vision is a farm community for people with and without disabilities.</p>	<p>https://creativelivingcommunityofct.org</p>
<p>CRT Volunteers needed for delivering meals, to assist at early childhood programs, summer food programs and much more.</p>	<p>860-560-5665</p> <p>www.crtct.org Under “Get Involved”</p>

VOLUNTEERING & COMMUNITY SERVICE

****Denotes Community Service Accepted**

<p>CT Mentoring Partnership Program: A mentorship is a structured and trusted relationship between a caring adult and a child. An effective mentor is a good listener, trustworthy, caring, responsible and positive.</p>	<p>860-523-8042 www.preventionworksct.org</p>
<p>Emergency Preparedness has volunteer opportunities for medically-qualified individuals to join the Capitol Region Medical Reserve Corp. Physicians, PA's, EMT's, Mental Health Professionals, Nurses, Nurses Aides, Dental Surgeons, Pharmacists and Veterinarians. Non-medical volunteers also sought.</p>	<p>860-522-2217 https://crcog.org/capitol-region-medical-reserve-corps</p>
<p>Foodshare** seeks volunteers for food pickup, gardening, cleaning, office and mailings, warehouse work, etc.</p>	<p>860-286-9999 www.foodshare.org</p>
<p>Goodwill Thrift Store** seeks volunteers for various tasks within the store and collecting donations. Please call and ask to speak to the manager.</p>	<p>860-643-2709 www.gwct.org</p>
<p>Hartford Hospital** offers a wide variety of opportunities to match your interest for teens between 14 and 18, and adults. Training and free parking.</p>	<p>860-972-2198 www.HartfordHospital.org/volunteers</p>
<p>Hockanum Valley** seeks assistance from both volunteers and community service people. They have a wide range of needs. Applications available at bottom of website. Must fill out application.</p>	<p>860-872-7727 Ext. 2923 www.hvcchelps.org</p>
<p>Interval House volunteers can help ensure that victims of domestic abuse and violence don't have to be alone. 24-hour hotline 888-774-2900. Various opportunities available.</p>	<p>860-246-9149 https://intervalhousect.org/</p>
<p>Hospice & Palliative Care volunteers assist in meeting the needs of terminally ill patients and their families by providing companionship, respite assistance, and emotional support through Visiting Nurse & Health Services of Connecticut. 20 hours of training is required. Other opportunities, K9, Reiki, Music and Photo.</p>	<p>860-872-9163 Ext 8423 https://ECHN.org Follow link to VNA under Locations</p>

VOLUNTEERING & COMMUNITY SERVICE

**Denotes Community Service Accepted

<p>Human Services, Town of Manchester seeks volunteers for Senior Volunteer Tax Credit Program, Back to School Supply Program, and VITA volunteers.</p>	<p>860-647-3092 https://humanservices.townofmanchester.org</p>
<p>Journey Home** seeks assistance to help move furniture for those moving out of homelessness and into housing in the greater Hartford area.</p>	<p>860-808-0336 Email: volunteer@journeyhomect.org</p>
<p>Kidsafe CT seeks volunteer mentors for at-risk youth living in foster homes & residential facilities at a critical juncture in their lives. Many of those youth do not have strong role models to look up to or give them guidance. These youth NEED local mentors who can provide insight, guidance, and spend much-needed quality time.</p>	<p>860-872-1918 www.Kidsafect.org Applications available on-line</p>
<p>Literacy Volunteers of Greater Hartford** offering small group instruction to adults needing help with reading, writing and speaking English. Applications on-line.</p>	<p>860-233-3853 https://LVGH.org</p>
<p>Lutz Museum** located at 247 South Main Street, Manchester, has opportunities available for teens and adults.</p>	<p>860-643-0949 Email: mdeering@lutzmuseum.org https://LutzMuseum.org</p>
<p>Manchester Area Conference of Churches/ MACC Charities** offers volunteer opportunities for individuals and groups by appointment only in the Community Kitchen, Emergency Community Threads Thrift Shoppe as well as specialized quarterly & seasonal events.</p>	<p>Contact the Operations Assistant for Community Engagement 860-647-8003 EXT 12 https://MACC-ct.org</p>
<p>Manchester Chamber of Commerce seeks volunteers for different fund-raising events.</p>	<p>860-646-2223 www.manchesterchamber.com Email: staffgmcc@manchesterchamber.com</p>

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<p>Manchester CERT assists Town agencies when Town resources are taxed. Assistance with emergency shelters, operations, canine therapy, Ham radio, and more.</p>	<p>860-647-5259</p> <p>Email: djanelle@manchesterct.gov</p>
<p>Manchester Human Services Dept. seeks volunteers for Senior Volunteer Tax Credit program, School Supply distribution, and Vita tax volunteers.</p>	<p>860-647-3092</p> <p>https://humanservices.townofmanchester.org</p>
<p>Manchester Police Activities League (PAL) seeks volunteers for many programs involving Manchester youth and police officers. Some activities include Academic Support Club, Judo Club, Karate Club, Mountain Biking Club and more.</p>	<p>860-645-5525</p> <p>Email: manchesterctpal@gmail.com</p> <p>www.Manchesterctpal.org</p>
<p>Manchester Recovery Community Center accepts Volunteer/Internship/Community Service hours. Located at 102 Norman Street, Manchester.</p>	<p>860-474-8002</p> <p>Volunteer Manager</p>
<p>Manchester Road Race seeks volunteers to assist with their Thanksgiving Day event. Contact via web.</p>	<p>www.manchesterroadrace.com</p>
<p>Marc Inc. of Manchester has a variety of volunteer opportunities including respite assistance.</p>	<p>860-646-5718</p> <p>www.marcct.org</p>
<p>NAMI of CT seeks volunteers for phones, administration and more.</p>	<p>860-882-0236</p> <p>www.marcct.org</p>
<p>National MS Society CT Chapter Seeks volunteers for many opportunities.</p>	<p>860-913-2550</p> <p>www.nationalMSsociety.org</p> <p>Email: info@ctfightsms.org</p>
<p>Office of Neighborhoods & Families** Seeks volunteers and community service for a wide variety of opportunities.</p>	<p>860-647-3089</p> <p>http://naf1.townofmanchester.org/</p>

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<p>Rebuilding Together** has a variety of projects throughout the year where they need volunteers.</p>	<p>https://rebuildingtogether.townofManchester.org</p>
<p>AmeriCorps Seniors matches volunteers 55 and over with their areas of interest.</p>	<p>www.nationalservice.gov/programs/Senior-Corps</p>
<p>United Way of Central and Northeastern Connecticut** provides volunteer opportunities at nonprofit agencies in the Greater Hartford Area. For a complete listing, please visit the website.</p>	<p>860-493-6832 https://UnitedWayInc.org</p>
<p>UR Community Cares helps to connect people who need at-home help with those who want to help, town by town. They connect volunteers with seniors 70+ or disabled persons age 18+ to assist with household chores, yard work and companionship. Visits are requested and pre-scheduled online. Volunteers and residents must pass a free background check.</p>	<p>860-430-4557 or 860-730-4929 Urcommunitycares.org Email: info@urcommunitycares.org</p>
<p>WorldWide Lighthouse Missions (WWLM)** assist with sorting, packing, relief aid, shelf inventory, cleaning, etc.</p>	<p>860-645-4198 www.wwlm.org</p>

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Senior, Adult & Family Services

Town of Manchester

479 Main Street

Manchester, CT 06040