City of New Haven
Community Services Administration
www.newhavenct.gov/CSA
Social Services Division
October 01, 2019

"CAREERS" is available as a PDF on www.newhavenct.gov
Where the Jobs Are

CITY OF NEW HAVEN
Social Services

NH Op-C
New Haven Opportunity Center

Publisher of "Careers" since 1996

"WHAT WE BELIEVE
AND HOW WE BEHAVE
DETERMINES
WHAT WE BECOME!"
Individual Assessments
- Plans of Service
- Financial Workshops/
One on one counseling
- Individual Employment &
Career Counseling
- Educational Guidance
- Support Services:
Referral to Other Agencies

By appointment ONLY
- Please call to schedule
Phone (203) 946-8523
Fax (203) 946-7269
*Services on case per case basis for
New Haven residents

A Free Service
for New Haven Residents

Confidential, one-on-one financial
counseling from certified counselors
Connecticut Department of Housing: 211*31

DSS Community Options Unit 1(800) 445-5394 (in home skilled nursing assistance)

Catholic Family Services (203) 787-2207 501 Lombard Street, New Haven, CT  06513

Community Action Agency of New Haven (203) 387-7700 419 Whalley Avenue, New Haven, CT 06511

Community Action Agency of New Haven (Energy Assistance) (203) 285-8018

DORS Connect-ability 1- (866) 844-1903 (employment related services for disabled)

Get Connected New Haven - a 211 resource designed for use by New Haven residents
www.getconnectednewhaven.com

InforLine 211 information regarding a variety of statewide community services

Statewide Legal Services 1- (800) 453-3320 New Haven Legal Assistance (203) 946-4811

New Client Information Line 1- 855 – 626 - 6632
50 Humphrey Street, New Haven, CT 06511
Office hours 8:00 A.M. – 4:00 P.M. Monday through Friday
Apply online or by phone

Fair Haven Community Health Center (203) 777-7411, 374 Grand Avenue, New Haven, CT 06513

Cornell Scott Hill Health Center (203) 503-3000

Mental Health Services 913 State Street, New Haven, CT 06511 (203) 503-3000
Hispanic Clinic (203) 974-5800

CHOICES (Medicare & Insurance) 1 (800) 994-9422

Social Security Administration: (SSI, disability, retirement and Medicare Benefits)
Federal Building (866) 331-5281 150 Court Street 4th Floor
New Haven, CT 06510

SAGA /Husky D Health Insurance
Client Assistance Center if you would like to find out which providers participate in Medicaid LIA in your area call 866 409-8430 or visit the web www.ctdssmap.com.

Dental Call the Connecticut Dental Health Partnership 1(866) 420-2924 for help.
Pharmacy 1(866) 409-8430
Transportation 1(855)478-7350 Veyo

Substance abuse treatment 1 (800) 606-3677 Some services that are not covered by Medicaid may be covered by the Department of Mental Health and Addiction Services.

Social Services City of New Haven (203) 946-8523 at the New Haven Opportunity Center, 316 Dixwell Avenue. Services for New Haven residents – confidential individuals assessments, plans of service, access to transportation resources, career counseling, community referrals

New Haven Financial Empowerment Center (203) 946 – 8523 at the New Haven Opportunity Center, 316 Dixwell Avenue. Free services for New Haven residents – confidential financial counseling by certified financial counselors. One-on-one or via group workshops

The City of New Haven does not discriminate on the basis of disability in admission to, access to, or operations of programs, services, or activities. Individuals who need an accommodation, publications in alternate formats or who need auxiliary aids for effective communication in programs and services of the City of New Haven can make such requests by calling (203) 946-7833 or TTY/TT (203) 946-8582.
Job postings, community resources, information on free services, health pointers, and much more! Check out our **Weekly CAREERS Publication**.
DISCOVER. CONNECT. SUCCEED.
GetConnectedNewHaven.Com

Get Connected New Haven is a comprehensive database of services for New Haven residents.
RENTAL READINESS WORKSHOPS

LOCATION: NEW HAVEN OPPURTUNITY CENTER
316 DIXWELL AVENUE NEW HAVEN, CT

SCHEDULE:

Legal Aid: September 25th @ 9:00AM-11:30AM
&
October 17th @ 5:30PM-7:30PM

Rental Readiness: September 30th @ 9:30AM-11:00AM
&
October 29th @ 5:30PM-7:00PM

(PLEASE ATTEND ONE OF EACH WORKSHOP)

Liberty Community Services presentations will include:

- Elements of apartment inspections
- Good housekeeping tips
- Financial Literacy services (budgeting, debt management)
- Community Resources (BankOn, CTWorks, Financial Counseling)

New Haven Legal Presentations will include:

- Lease Basics
- Tenant Rights and Remedies
- Tenant Responsibilities and Landlord Remedies

To register for workshops contact:

Mary Sirochman
Rental Readiness Case Manager
Liberty Community Services, Inc.

Fax: (203)-495-7603
Mobile: (475)-331-4278
Mary.Sirochman@libertycs.org
OCTOBER 17, 2019
6:00PM – 8:00PM
CONVERSATIONS ABOUT OUR COMMUNITY

A Four-Part Series of Community Forums About What’s Happening in New Haven

Part I Focus:

EARLY CHILDHOOD DEVELOPMENT
ACCESS TO JOBS
ADULT LITERACY

For more information contact Keith Lawrence: 203-946-7671
RSVP link: https://arcg.is/95jCu

Upcoming Conversations in Your Neighborhood:

March, 2020:
Neighborhood Safety & Cohesion;
Community Health & Well-Being.

June 2020
Neighborhood Revitalization & Business Development;
Affordable Housing

October 2020
Education & Youth Development

Hear about efforts to transform New Haven!!

Share ideas about what’s needed in your neighborhood!!

Get information about programs & services!!

Meet neighbors & City staff!!

Transportation, Food & Child Care provided!!

FLOYD LITTLE ATHLETIC CENTER
James Hillhouse High School
480 Sherman Pkwy, New Haven
Aplique Ahora!

Beneficios para Asistencia de Energía.

Family Place

Thursday, October 1st 6pm-8pm

New Haven Debit Map

303 Washington Avenue New Haven, CT 06519 203-946-2228 www.yourlibrary

Free dinner will be served

Adopción de estos nuevos y amigables cambios en su hogar puede reducir el daño ambiental. Se está ofreciendo una variedad de programas y servicios que pueden ayudar a los hogares en su sueño de un hogar más limpio y saludable.

Para obtener más información, llame al 203-946-2228.

Wilson Library

New Haven Free Public Library

nhfpl
OCTOBER 28, 2019
8:45AM – 2:00PM
YOUNG ADULT PREVENTION FAIR 2019

Why you’re here:
We are bringing together community and workforce resources, in one
place, so that participants will have access to services to support their
employment, education, career, well-being.

RSVP: https://www.eventbrite.com/e/young-adult-prevention-fair-tickets-73014064031

Services available:
Vital Statistics
Fresh Start Re-entry
Connecticut Fatherhood Initiative
Planned Parenthood
Financial Literacy
Armed Forces
New Haven Adult Education
Workforce Alliance

Ages 17-24
Access to services to support employment, education, career goals

Guest Speakers

Lunch and light breakfast provided

Raffle!

GATEWAY COMMUNITY COLLEGE
20 Church Street, New Haven
Conference room N100

For more information contact:
203-946-7907
New Haven City Transformation Plan

What is the City Transformation Plan?
In Fall 2014, 67 organizations came together with city agencies and other community partners to apply for designation as a federal Promise Zone. From this work, Mayor Toni Harp asked the city to design a five-year New Haven City Transformation Plan (CTP). In Spring 2015, we learned that our bid for the Promise Zone designation was not successful, although we were one of the top 10 finalists in the nation.

We proceeded with the CTP and many additional organizations signed on to a broader effort, committing to:

- Create new partnerships for innovative solutions to social issues
- Use data to be accountable to New Haven communities
- Emphasize equity in all our work

What is the New Haven Promise Zone?
The City is applying again to consider part of New Haven as a federal Promise Zone. New Haven, like many cities, has been marked by inequality and segregation. Certain neighborhoods have been stuck in poverty, with few opportunities and resources for residents. Too few of the benefits of economic development have actually reached the city's poorer neighborhoods.

Having these neighborhoods become a Promise Zone helps us address these issues all together. While the City Transformation Plan aims to make improvements for the whole city, it will specifically target areas with lower incomes, where conditions make it very difficult for individuals, families, and neighborhoods to thrive. It also identifies "opportunity groups" that have previously been underserved or left behind. Examples include focused work to improve educational achievement for youth of color, health needs for young mothers, or job training in neighborhoods with high unemployment.

Get Involved!
It's important that city residents get involved in making sure this plan works for you!

- Check out the plan web site at [http://www.transformnewhaven.org/](http://www.transformnewhaven.org/) to monitor the work and connect to specific opportunities
- Contact your Alder to get involved
- Attend your monthly Community Management Team meetings

newhaven
City Transformation Plan
Where everyone can succeed.
# New Haven City Transformation Plan in Your Neighborhood

The City of New Haven is seeking help from the federal government for several neighborhoods to become a Promise Zone, as part of the City Transformation Plan. Here's how this will impact your neighborhood, and how you can get involved.

<table>
<thead>
<tr>
<th>Sector</th>
<th>Our vision for the Promise Zone</th>
<th>Impact in your neighborhood by 2020</th>
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</thead>
<tbody>
<tr>
<td>Job creation &amp; workforce development</td>
<td>All Promise Zone residents have the job training, basic skills, and access to services that they need to succeed in living wage employment and achieve financial stability.</td>
<td>• Establish a pipeline to train, track, and place residents into good jobs</td>
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<td>• Broker agreements with new and existing businesses to employ local residents and provide customized training for new jobs</td>
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<td>• Increase access to adult literacy &amp; basic skills programs</td>
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<td>Economic activity</td>
<td>All residents benefit from sustained economic growth and a thriving local economy, and all neighborhoods have vibrant centers of commerce, jobs, and community cohesion.</td>
<td>• Support local small businesses and creation of new businesses</td>
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<td>• Revitalize neighborhood commercial corridors</td>
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<td>• Connect new large businesses with the jobs pipeline</td>
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<td></td>
<td></td>
<td>• Increase large-scale economic activity, but ensure benefits to Promise Zone neighborhoods</td>
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<tr>
<td>Education &amp; youth development</td>
<td>All New Haven children, birth through age 8, will be healthy, safe, thriving in nurturing families, and prepared to be successful, lifelong learners. All youth will be at grade level in reading and math, complete an education that prepares them for success in college and career, and grow up supported by caring adults.</td>
<td>• Increase access to quality early education, including new Head Start slots</td>
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<td>• Support parents and families with the specific services they need</td>
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<td>• Improve literacy and social-emotional learning in NHPS and afterschool programs</td>
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<td>• Build Student Success Plans for all students</td>
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<td>Crime &amp; neighborhood safety</td>
<td>All neighborhoods will be safe, cohesive, free of violent crime, and capable of supporting their residents’ success.</td>
<td>• Help residents successfully return from prison to their community</td>
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<td>• Enroll residents in local leadership development programs</td>
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<td>• Expand YouthStat to support more at-risk youth</td>
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<td>• Increase trust between communities and police through community policing</td>
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<td>Health</td>
<td>All residents will breathe freely, have enough to eat, and be able to access quality wraparound care and support to be physically, mentally, and emotionally well.</td>
<td>• Develop asthma action plans for students and remove asthma triggers from homes</td>
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<td>• Improve screening for mental health needs at all community providers and increase training in mental health first aid and in dealing with trauma</td>
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<td>• Increase access to healthy food through schools, community markets, and gardens to ensure no families are without food</td>
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<td>• Develop a database of local care providers so that residents more easily get the referrals they need</td>
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<tr>
<td>Housing &amp; neighborhood infrastructure</td>
<td>All residents have access to quality housing, infrastructure, and neighborhood spaces that promote community cohesiveness and are affordable.</td>
<td>• Redevelop and renovate Housing Authority units paired with a construction workforce pipeline</td>
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<td>• Develop new affordable housing for families and elderly residents</td>
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<td>• Expand access to housing for homeless and at-risk residents</td>
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<td>• Improve physical conditions of neighborhoods, including sidewalks, safe streets, transportation, and options for residents to bike, walk, and exercise</td>
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</tbody>
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KeyBank

KeyBank Hassle-Free Account
No checks
Can open account online
$10 minimum deposit
No monthly service fees
Checking account
No overdraft fees

Wells Fargo

Wells Fargo Easy Pay Card

Chase

Chase Liquid Card

Banco de America

Safe and Affordable Accounts For You!!

For more Information call our main office at 203-906-8804 or email us at info@chah.org.

Contact
Savannah Savannah
Christian Tabernacle Baptist Church

415 Newhall St Hamden CT 06517

Hosted and Facilitated By:
GRF

Christian Tabernacle Baptist Church

Our Grandparents Raising Grandchildren Support Group.
Are you one of the many Grandparents raising grandchildren alone? You are invited to Join us for a special gathering.

GRANDPARENTS RAISING GRANDCHILDREN

CHRISTIAN TABERNACLE PRESENTS . . .
How to Update Your W-4 Payroll Withholding with Your Employer to Change Your Refund

The following is presented for informational purposes and is not intended as tax or legal advice. Money Management International.

The new tax bill that into effect for the 2018 tax year made significant changes to the tax code. As a result, some Americans are getting a smaller tax refund than in previous years, and others are owing money when they expected to get money back.

A smaller refund doesn’t necessarily mean you paid more in taxes for the year, but you could actually pay less income tax and wind up with a smaller refund depending on how much money is withheld from your paychecks throughout the year. However, it can still be disappointing if you were planning on a large refund. If you’d like to change your refund for next year, you may want to update your Form W-4s with your employers.

What is the Form W-4?

Form W-4 is the tax form that you submit when you start a new job as an employee. You can update it at any time by giving your employer a new Form W-4. Employers use Form W-4 to help determine how much money to withhold from your paychecks and send to the IRS. If you want a larger refund, you may want to claim fewer allowances or ask your employer to withhold more money from each paycheck. If you want a smaller refund, you may want to claim more allowances and make sure you aren’t having additional money withheld.

The IRS has a withholding calculator you can use to check your withholdings. It doesn’t work for every situation, but it’s a great resource if you’re looking for help while updating or filling out a new Form W-4.

Reviewing and updating your Form W-4s

The part of the Form W-4 that you fill out only takes up a third of a page, and most of that is just your name, address, and Social Security number. However, filling out the Form W-4 can still be confusing, especially if you have more than one job or both you and your spouse work.

There are seven boxes that you’ll want to review when filling out a Form W-4. A few of these (boxes one, two, and four) are for your identifying and contact information and should be easy to understand and fill out.

Box three asks if you’re single, married, or married and file your tax return with the married filing single status. Your filling status can impact your tax situation, so marking the correct box is important.

After boxes one through four, skip ahead to box seven, which asks if you’re exempt from withholdings.

Some employees don’t need to have any money taken out of their paychecks because they know they won’t owe any federal income tax by the end of the year. These employees can write “exempt” in box seven and then skip boxes five and six.

To qualify as exempt you need to meet two criteria:

1. You didn’t have any federal income tax liability last year, and all the federal income tax you paid was refunded when you filed your tax return.

2. You don’t expect to owe any federal income tax this year.

For example, if you’re single and no one else can claim you as a dependent, you won’t owe any federal income tax if you make less than $12,000 – the standard deduction for a single taxpayer.

If you’re not exempt, go back to boxes five and six.

Box five may be the most important, and most confusing, on the Form W-4 – it’s where you’ll put your number of allowances.

Allowances correspond with situations where you’re eligible for tax credits or deductions.

Each allowance you claim will lead your employer to take less money out of your paycheck.

A single taxpayer who doesn’t qualify for any tax credits will only claim one allowance.

Claiming more allowances could lead to a smaller refund (or owing more money) when you file your tax return.

There are two worksheets on page three of the Form W-4 that you can work through to determine how many allowances to claim.

If you have more than one job or both you and your spouse work, then you’ll need to fill out a Form W-4 for each your employers. You should use the two-earners/multiple jobs worksheet on page four to figure out your total number of allowances.

Claim all your allowances on the Form W-4 for your highest-paying job, or the highest-paying job between you and your spouse. Claim zero allowances on all the other Form W-4s.

Box six allows you to have a specific amount of money withheld from each paycheck. You may want to do this if you have other forms of income, such as contract work, dividends, or long-term capital gains that you receive without any money being withheld. If you don’t withhold enough and owe $1,000 or more when you file your tax return, you may have to also pay a penalty and interest. So, it could be a good idea to have money withheld from your paychecks. Alternatively, you could make estimated tax payments throughout the year.

IRS Withholding Calculator


The IRS encourages everyone to use the Withholding Calculator to perform a quick “paycheck checkup.” This is even more important following the recent changes to the tax law for 2018 and beyond. The Calculator helps you identify your tax withholding to make sure you have the right amount of tax withheld from your paycheck at work.

There are several reasons to check your withholding:

Checking your withholding can help protect against having too little tax withheld and facing an unexpected tax bill or penalty at tax time next year. At the same time, with the average refund topping $2,800, you may prefer to have less tax withheld up front and receive more in your paychecks. If you are an employee, the Withholding Calculator helps you determine whether you need to give your employer a new Form W-4, Employee’s Withholding Allowance Certificate. You can use your results from the Calculator to help fill out the form and adjust your income tax withholding. If you receive pension income, you can use the results from the calculator to complete a Form W-4P and give it to your payer.

Plan Ahead: Tips For Using This Program:

The Calculator will ask you to estimate values of your 2019 income, the number of children you will claim for the Child Tax Credit and Earned Income Tax Credit, and other items that will affect your 2019 taxes. This process will take a few minutes. Gather your most recent pay stubs. Have your most recent income tax return handy; a copy of your completed Form 1040 will help you estimate your 2019 income and other characteristics and speed the process.

Keep in mind that the Calculator’s results will only be as accurate as the information you provide. If your circumstances change during the year, come back to this Calculator to make sure that your withholding is still correct. The Withholding Calculator does not ask you to provide sensitive personally-identifiable information like your name, Social Security number, address or bank account numbers. The IRS does not save or record the information you enter on the Calculator.

IMPORTANT NOTE: This Withholding Calculator works for most taxpayers. People with more complex tax situations should use the instructions in Publication 505, Tax Withholding and Estimated Tax. This includes taxpayers who owe self-employment tax, alternative minimum tax, the tax on unearned income of dependents or certain other taxes, people with long-term capital gains or qualified dividends, and taxpayers who have taxable social security benefits. (The calculator won’t determine the taxable portion of your social security benefits, but if you estimate the taxable amount (e.g., using the worksheet in the Form 1040 instructions), you can enter that into the calculator as other nonwage income so that the calculator can take it into account.)

To use the calculator, go to the web address above.
ENERGY ASSISTANCE PROGRAM STARTS AUGUST 1, 2019

Gas
Oil
Electricity
Heat Included in Rent

Call for an Appointment: (203) 285-8018

Have a Question Call: (203)387-7700
www.caanh.net
Address: 419 Whalley Ave.
New Haven CT.
List of Documents needed to apply for Energy Assistance

✓ Photo ID, Social Security number and Date of Birth for EVERYONE in the household

✓ Current Electric and Gas Bill

✓ If your heat is included in your rent we need your current lease/contract for verification; lease must contain landlord’s name, address and phone number.

✓ Current year Section 8 letter. Housing Authority recertification letter. Utility check stub. The letter must have the landlord’s name, address and telephone number.

✓ Current and complete (all pages) statements of ALL liquid assets for every household member, such as Savings Checking accounts, Bonds, Stocks/shares, Certificates of Deposit, Annuities, IRA. Over the age 18 years.

Current Income Documentation for EVERYONE 18 or Older in Household

If you receive income weekly:

✓ Employment - need 4 most recent consecutive pay stubs, Letter from employer (on company letterhead) showing paydate and gross income.

If you receive income bi-weekly: need 2 most recent consecutive pay stubs

✓ Unemployment – Dept. of Labor payment history printout for last 4 weeks (within 24hrs prior to appointment)  www.ctdol.state.ct.us

✓ Child Support – Child Support Enforcement Printout for last 4 weeks, Divorce Decree, or Family Relations Court Letter/printout

✓ Alimony – Divorce Decree, Family Relations Court Letter/printout or bank statement

✓ Social Security, SSI, VA benefits – Current MONTHLY Social Security, SSI and/or Veteran’s benefit income, bank statement, or check statement

✓ Pension or Annuity – Check stubs, or a letter from the payer on their letterhead stating gross amount, current pension statement or IRS form 1099

✓ Rental – Current documentation verifying the amount of rent you collect from tenants. Rent receipts for rental income or Rental Income form.

✓ DSS Cash Assistance Award Letter – Showing current income

If you or a household member are Self-Employed:

✓ A Notarized Self-Employment Worksheet and most recently filed IRS 1040 form plus all schedules. (Worksheet available @ CAANH )
Tax season is coming – remember, if you are of lower-income you can use a VITA free tax preparation site. Call 2-1-1 for locations.

Are you prepared to get your tax refund quickly directly deposited into your savings or into your checking account? Act now! Check out the really low fee accounts:

BankOn New Haven

BankOn New Haven connects residents with safe and affordable accounts that have very low fees and no overdraft fees.
For more information contact Samantha Savvadou at:
(203) 906 – 8804
ssavvadou@cahs.org

You Can Make the Change - contact us!
(203) 946-8523 or NHFEC@newhaventct.gov

The sky’s the limit when you take charge of your financial future with free services of the New Haven Financial Empowerment Center

YOU CAN

Save for your future
Tackle debt
Improve credit
Have security

After meeting with NHFEC counselor Stacy Downer, Julia developed a manageable budget then worked with her landlord to avoid eviction – developing a plan to get back on track in meeting her monthly rent and utility obligations.

LEARN WAYS TO TRIM COSTS

With the help of certified financial counselors, you'll find out about free services like the VITA Free Tax Preparation Clinics for moderate-income families & save on paid income tax preparer fees.

© Councillor Cynthia Brown-McLaurin
Receiving State Benefits? What you should know about: Reporting Changes

Changes which affect your program eligibility must be reported to the Department of Social Services within 10 days. You can report these changes to your worker by telephone, fax or you can mail verification to your worker explaining these changes.

Be sure to include your name, client ID number and the name of your worker on all correspondence. Your worker may ask you to send in verifications of these changes. When in doubt about reporting a change, contact your worker.

Examples of changes you should report are:

Changes in income

You start employment
You change employers
You end employment
You start to receive unemployment compensation
Your unemployment compensation ends
You start to receive social security
You start to receive child support payments
Any other changes in income over $100.00 per month

Changes in living arrangements

Someone moves into your household
Someone moves out of your household
You move
You get married
You get divorced
You become pregnant
You give birth
You enter a drug treatment program, rehabilitation facility or hospital for over 30 days

Other changes

You receive an inheritance
You receive a lawsuit settlement
You open or close a bank account
You buy or register a motor vehicle
You enroll in school, change schools, quit or graduate

The new customer phone line:

1 – 855 – 626 - 6632
**DO YOU KNOW IF YOU COUNT?**

The unemployment rate for the City of New Haven is reported at only 3.7%.
The State of Connecticut Department of Labor using the following definitions determines that figure:

**LABOR FORCE CONCEPTS** (As reprinted from DOL Office of Research)

The civilian labor force comprises all state residents age 16 years and older classified as employed or unemployed in accordance with criteria described below. Excluded are members of the military and persons in institutions (correctional and mental health, for example). The employed are all persons who did any work as paid employees or in their own business during the survey week, or who have worked 15 hours or more as unpaid workers in an enterprise operated by a family member. Persons temporarily absent from a job because of illness, bad weather, strike or for personal reasons are also counted as employed whether they were paid by their employer or were seeking other jobs. The unemployed are all persons who did not work, but were available for work during the survey week (except for temporary illness) and made specific efforts to find a job in the prior four weeks. Persons waiting to be recalled to a job from which they had been laid off need not be looking for work to be classified as unemployed.

The unemployment rate represents the number unemployed as a percent of the civilian labor force.

With the exception of those persons temporarily absent from a job or waiting to be recalled to one, persons with no job and who are not actively looking for one are counted as "not in the labor force."

Over the course of a year, the size of the labor force and levels of employment undergo fluctuations due to such seasonal events as changes in weather, reduced or expanded production, harvesting, major holidays and closing of schools. Because these seasonal events follow a regular pattern each year, their influence on statistical trends can be eliminated by adjusting the monthly statistics. Seasonal Adjustment makes it easier to observe cyclical and other non-seasonal developments.

The state Job Service is where you would traditionally receive help in seeking out employers who are hiring and receive other services to help prepare for the job market.

**MAKE SURE YOU COUNT!**

Go and get registered with the State of Connecticut Department of Labor 37 Marne Street as a Job Seeker. Keep in monthly contact - stay included in the unemployment rate.

As of May 1, 2019

Minimum Wage is $10.10 in Connecticut

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**City Social Services**

**Justice of the Peace**

Free services to active recipients of DSS benefits – by appointment

Notarize documents    Marriages

Call (203) 946 – 8523

For an appointment
**BOAT COVER INSTALLER** (Milford) compensation: starting $14 per hr employment type: full-time Assist and Train in measuring, cutting, sewing and installing canvas boat cover products. Experience helpful but will train, must have transportation, some lifting involved. Email: 3aa5b5cddf3ca3f0a27b68f666e36a7@job.craigslist.org

**Laborer Needed** (Milford, CT) compensation: $15.00 / hr employment type: full-time Laborer needed to help on job sites in Milford, CT and West Haven, CT. Job consists of moving furniture, carrying materials and assisting crew with other laboring needs. Immediate positions are available! *Must be able to lift 50lbs or more
*Must be able to be on feet all day
*Must have a reliable form of transportation If you are interested in this position, please contact us through the email or phone number provided. contact Luke Tillona : (860) 578-7225 reply by email: 6d316ca5b7d738c2995f27ca2822e3a1c@job.craigslist.org

**Warehouse labor** part time (Shelton CT) compensation: $15.00 Hablamos Espanol. Contact Jose: (203) 209-7454 reply by email: 8f1cc5e75a3d4a998d2b841f2e5c59f@job.craigslist.org

**Landscaping** (prospect) compensation: paid weekly on thursdays employment type: full-time Looking to hire many motivated individuals to work in the lawn care industry. Now hiring lawn care applicators, lawn cutters, bed maintenance people and crew leaders. Experience in commercial walk behind mowers, mulching, and shrub trimming helpful. Applicants must have a valid drivers license and transportation to our facility in prospect. Call 203-271-2710 to come in and fill out an application.

**Laborer Carpenter's Helper needed** (New Haven County) compensation: Salary based on experience, employment type: full-time. Laborer and/or apprentice carpenter needed for busy construction contractor. Some experience desired, but will train the right person who has a willingness to learn. Sheetrack experience a plus. Must have your own vehicle. This is a fast paced construction company and we work long hard hours. Email your full name, telephone number, town you live in, along with details of any experience and we will contact you or call us and leave a message. Please supply all information. If you leave a phone message, please speak clearly and spell your first and last name when you leave all the information on the voicemail. (203) 488-3337

**General Labor and Construction Helpers** (New Haven, CT) compensation: TBD employment type: full-time We are very busy and we have many positions available. General laborers and Construction Helpers do a variety of tasks involving physical labor. Responsibilities may include but are not limited to: Clean up rubble, debris and other waste materials to eliminate possible hazards. Load, unload, or identify building materials, machinery, or tools, distributing them to the appropriate locations. Measure, mark, or record openings or distances to layout areas where work will be performed. Dig ditches or trenches, back-fill excavations, or compact and level earth to grade specifications. Qualifications: Entry level position which requires physical endurance to include loading/unloading equipment, digging along with other strenuous activities. Must be able to move, lift, carry, push, pull, and place objects weighing less than or equal to 50 lbs. without assistance repeatedly during a shift Must be able to work indoors and outdoors in all weather conditions. Previous construction experience preferred. Must have reliable transportation. To apply: https://docs.google.com/forms/d/e/1FAIpQLSdu5nfl5EvcWNYz0DRkd5sRPsQ2tI1Jsw6Qt2a57_ylwF6gg/viewform

**Insulation Installer** (Wallingford) compensation: Wages based on experience employment type: full-time Insulation Installers at New England Conservation Services of Woodbridge Connecticut a weatherization and insulation installer has immediate openings for insulation installers. The ideal candidates will have an understanding of construction and practical experience installing cellulose insulation in homes. We will train candidates with a desire to learn. We offer competitive salaries, 401K, medical and vacation benefits and the opportunity for personal advancement within the company. MUST HAVE: 1 year of insulation, construction or renovation experience. Good problem solving and troubleshooting skills. Clear, effective communication skills. Can take directions and constructive feedback. Leadership potential. Effectively work with others and to be a part of a team. Distance vision. Peripheral vision. Depth perception and ability to adjust focus. Ability to lift 50 lbs.; Ability to work on ladder up to forty feet in height. Clean driving record (3 years) and reliable transportation. Must pass criminal background check, drug screening. Good to Have: BPI Analyst and Envelope Certifications RESPONSIBILITIES Installation of attic, sidewall and basement/crawl space insulation; Operate insulation blower; Operates a variety of hand and power tools; Checks and loads materials; Informs others of status of work completions; Safely and effectively operates light and moderately sized equipment Completes Job Sheet and related paperwork and inspection checklists. Listing work done, materials used, time elapsed, time on the job, miles driven, etc. Operates insulation vehicles 14’ to 26’ box trucks Other duties as assigned. Email: f8b72e3564f380c45065c0be84c20@job.craigslist.org

**Laborer (Wallingford, CT)** compensation: TBD based on prior experience employment type: full-time MBR Construction, LLC is a well known construction and remodeling company within the State of Connecticut. We specialize in property management. We are currently seeking a full time Laborer with many years of experience. Need to have a valid drivers license and pass a drug screening. We work all over the state of CT. YOU MUST Have a license, a reliable vehicle and a cell phone!!!! Do not apply if you do not drive or have a vehicle! Our Office and Shop are in Wallingford however we work all over the state. Our crew usually works from 7:30am - 4pm Monday through Friday with options when we are extremely busy to work on Saturdays. Requirements Timely Work well with others Assist the Carpenters on job Keep job sites tidy at all times Get the proper tools / items needed that carpenter asks for Loading and uploading tools and materials to and from vans / job site Contact our office or stop in to fill out an application in person. 150 North Plains Industrial Road Wallingford, CT 06492 Between Monday- Friday 9am-3pm. Call Sarah or Allie (203) 578-4615
Baker
Costco Wholesale - Milford, CT 06460
Full-time, Part-time
seeking a Baker with a minimum of 5 years experience in all facets of bakery production ranging from breads, muffins, cakes, pastries, etc.
APPLY ONLINE @ www.indeed.com

Seasonal Markdown Associate
Burlington Stores - 80 Boston Post Rd
06477 Orange, CT 06477
Part-time. Temporary
Overview - If you want an exciting job with one of the largest off-price retail stores in the nation, join the Burlington Stores, Inc. team as a Markdown Associate! Do you enjoy working behind the scenes in a fast-paced atmosphere? Is maintaining a well-organized, clutter-free environment important to you? Do you believe that paying attention to details makes a difference? If you answered yes, then this may be the role for you! Markdown Associates play the critical role of keeping the merchandise in our stores fresh so customers can find the items they want quickly and easily. As a Markdown Associate you'll enjoy a multi-faceted role handling merchandise pricing and organization, store reporting, and auditing. It's up to you to maintain a clean, organized, safe, fully-stocked & great-looking environment where our customers will love to shop. Responsibilities: Go through merchandise department by department to adjust prices; Sort and display regular price and clearance merchandise appropriately ensuring all departments remain fully-stocked with the correct merchandise, and appear clean, organized and uncluttered.
Support floor moves & maintain displays; Perform other tasks as assigned by manager from time-to-time; Candidates must be able to work a flexible schedule; including nights, weekends & holidays as required.
Please apply:
https://burlingtonstores.jobs/orangect/seasonal-markdown-associate/3d3565287cfae459a358058f56f5d54/job?utm_campaign=Indeed DE&utm_medium=Job%2DAggregator

Retail Cashier and Customer Service
(20-34 hours/week) Apply On Company Site
WHY WE WILL LOVE YOU:
Your sales or customer service experience preferred
High School Diploma or equivalent
WHAT YOU'LL BE DOING DAY TO DAY:
Build loyalty by ensuring customers have a positive final touchpoint during the IKEA shopping experience
Provides an efficient and accurate checkout experience in various areas of the store
Offers additional products and services such as home delivery, credit card, and IKEA Family card
Resolves customer concerns independently to meet their unique needs and expectations
Provides friendly, safe, and efficient car loading and unloading services
TOGETHER AS A TEAM
At IKEA it's all about our customers, and in Customer Relations we build and retain long-lasting relationships with new and existing customers in a multichannel retail environment. We're a diverse team that work together to ensure a positive and joyful experience for all IKEA visitors and customers: we set up services, gather feedback and make things right! Our modus operandi is to connect to people by listening to their personal needs and to create genuine interactions. We're a bunch of people who are truly passionate about people!
Apply:
https://seeacareerwithus.com/jobsearch/job-details/retail-cashier-and-customer-service-20-34-weeks-hours-19208-1/?source=Indeed

Dunkin' Crew Member / Barista
D'Andrea Group / Dunkin' Donuts reviews - Orange, CT
$11 - $12 an hour - Part-time
We are looking for friendly, energetic, dedicated crew members to join our Dunkin' Donuts team. We are seeking employees with great attitude and good work ethic for all shifts. Past restaurant experience preferred but will consider all applications. Please reply with resume and/or work experience, availability and contact info. We hope you will join our team. Salary: $11.00 to $12.00 /hour
APPLY ONLINE @ www.indeed.com

Part Time Seasonal Help - Scape Artist, Inc. - Beacon Falls, CT 06403
Scape Artist, Inc. is looking for creative people for our Beacon Falls warehouse, to decorate holiday greens, such as wreaths, garlands and trees. Positions immediately available. Arts and Crafts background a plus. Flexible hours available. Some Saturdays may be required. Must be comfortable in a warehouse environment and standing for long periods of time. Temporary position until end of November/beginning of December. Salary: $11.00 / hour
APPLY ONLINE @ www.indeed.com

Server and Bartender
Hook & Reel Inc. - Orange, CT 06477
Full-time, Part-time
Date: Thursday, September 26, 2019 Time: 1pm-4pm
We will be holding interviews for the following positions:
Server/Host/Busser - Full-time/Part-time
Bartender - Full-time/Part-time
Fryer Cook - Full-time/Part-time
Waitstaff/Dishwasher - Full-time/Part-time
Hostess - Full-time/Part-time
We will be hiring for the following location:
Hook & Reel Cajun Seafood, 385 Boston Post Rd. Orange. CT 06477
Requirements: Must have prior experience working in a restaurant bartender: 1 year - License: TABC (Preferred) restaurant: 1 year (Preferred)
Education: High school or equivalent (Preferred)
Please bring most recent resume with you to the event.
Dress code is Business casual (dress pants/skirt, button down/blouse, optional tie).
Hook & Reel is the fastest growing Cajun Seafood restaurant in the US. Our mission is to provide all restaurant guests the best Cajun Seafood experience around! That vision can only come true with the support of great team members by our side. Team members are the heart of our business. We are looking for motivated team members that share our deep love for taking guest experiences to the next level. Fast paced, fun and collaborative team and working environment. Participation in employee engagement initiatives and recognition programs. Opportunities for professional development. Employee Perks/Benefits: Employee Restaurant Discount (30% off!), Eligibility to participate in employee Medical, Dental, and Vision Insurance, Flexible Working Hours Hours per week: 30-35, 20-29, 10-19
Less than 10
This Job Is Ideal for Someone Who Is: Dependable -- more reliable than spontaneous; People-oriented -- enjoys interacting with people and working on group projects; Adaptable/flexible -- enjoys doing work that requires frequent shifts in direction; Detail-oriented -- would rather focus on the details of work than the bigger picture.
Appy via Company's website: hookreel.com

“What we believe and how we behave determines what we become”
Environmental Laborers Needed!!
compensation: Varies depending on experience
employment type: contract - We are currently seeking dedicated laborers to join our growing environmental team!
The ideal candidate will have:
- Willingness to perform labor intensive duties
- Experience removing/ handling hazardous waste
- A valid DHS certified, preferred
- Environmental experience, preferred
- Open to learning new skills
- Opportunity for travel projects
We have many positions available for the right candidates. Give me a call today if this sounds like an opportunity you would be interested in! Contact: Megan Delena (860) 724-2075 or email: fb5b4b7046b67351996be29188bce1f8e@job.craigslist.org

Painters Needed ASAP (East Haven)
compensation: $15 -$25/HR employment type: full-time
Must Know how to paint. contact Frank. (203) 627-7182
email: cf3ife0394c93c16d8c9a95a3992c61@job.craigslist.org

Experienced Room Cleaner
compensation: $10 per room to be cleaned in 15 minutes.
employment type: contract READ THIS JOB POST CAREFULLY
I have rooms in New Haven, CT. I pay you $10 per room to clean around 100 sq. ft. room for 15 minutes. Estimate earning per month is $2,000-$3,500 a month for 1 to 4 hours work every day. This is a 1099 Job (non-employee compensation/self emp)
Job will start October 1, 2019. Strict Requirement: Must live in New Haven "Must have a car" Must have a valid US drivers license "No criminal records" Background check to be done
Drug test required. PLEASE reply WITH RESUME - email: d544e2277fc5e637ea9e61c8c14750f042@job.craigslist.org

DOOR INSTALLER helper needed.
compensation: $11-$15/hr TBD. employment type: employee’s choice. We are a small company that installs and services various types of doors including garage doors, rolling doors and security doors. We are looking for a person with mechanical skills who can use tools, climb ladders, and read a ruler to 1/8 inch. This person would be ideal for the job if they live in the New Haven, East Haven, West Haven, Branford area and has flexible hours. This is part time work but can lead to a full time.
You must have your own transportation and phone. We provide transportation to and from the job site. Email: 4141c48b4d7a33c45b39b4fd4b13603c9@job.craigslist.org

Landscape Crew Member (Hamden)
compensation: Pay is based on experience
employment type: full-time
Commercial Landscaping Company - Crew Members typically perform a variety of tasks, which may include sod laying, mowing, trimming, planting, watering, fertilizing, digging, raking, etc.
"This position requires prior experience in landscaping" A successful candidate will be able to:
- Continuously work on their feet for 8 or more hours a day
- Frequentbly bend, twist, push/pull up to 75 lbs
- Have (or arrange to have) a reliable way to get to work every day
- Arrive to work on or before their scheduled start time
- Work flexible hours during different parts of the season - this means we cannot guarantee when we will be doing work for the day depending on what part of the season it is
- Work Overtime. Saturdays, and/or Holidays as needed.
Major Duties and Responsibilities:
- Assist with loading and unloading work trucks and product and tools.
- Operate vehicles and powered equipment such as mowers, blowers, string trimmers, chain saws, and pruning saws.
- Gather and remove litter.
- Maintain and repair tools, equipment.
- Water lawns, trees, or plants and adjust the amount of water consumption to prevent waste.
- Trim or pick flowers and clean flower beds.
- Rake and blow leaves.
- Plant seeds, bulbs, foliage, flowering plants, grass, ground covers, trees, or shrubs and apply mulch for protection.
- Mow or edge lawn, using power mowers or edger.
- Care for established lawns by mulching, aerating, weeding, removing thatch, or trimming or edging around flower beds, walks, or walls.
- Use hand tools (shovels, rakes, pruning saws, hedge or brush trimmers, and axes).
- Prune or trim trees, shrubs, or hedges using shears, pruners, or chain saws.
- Comply with company safety policy, procedure, and practices.
All other duties as assigned. Email: 9ca7e6deb753578ae88435b817a93a@job.craigslist.org

Janitor Part-Time (North Haven)
compensation: $11.00 an Hour
employment type: part-time
Janitor. Part-time. $11.00 an hour. Sunday, Monday, Wednesday, Friday & Saturday, shifts are 9am-1pm. Must be able to pass background screen and E-Verify.
Please apply at: WWW.Kimcoserv.com

Automotive Service Technician (North Haven)
Jaguar Land Rover is seeking experienced Jaguar Land Rover Technicians. UP TO $5000.00 SIGN ON BONUS For well qualified technicians with solid training numbers. We have an immediate need for an A level Automotive Service Technician! Must be experienced. We'll provide on and off-site training and PAY TOP DOLLAR! Allow us to custom tailor your career path! Benefits: 401(k) Program. Professional and Respectful Work Environment. Excellent Training & Advancement Opportunities. Health Insurance. Paid Vacation. Job Responsibilities: Technician is responsible for performing accurate diagnostics on all makes and models of automobiles. You will also be responsible for providing fast, accurate, high-quality, efficient mechanical repairs. In addition, you will be considered the knowledge leader in the service department and will have a key technical sales role in delivering direct customer satisfaction. Specific duties for the Automotive Service Technician include: Diagnose and repair to specifications ensuring vehicles are safe to drive. Closely inspect parts like hoses, belts, plugs, fuel systems, other troublesome items. Adequately explain technical diagnosis and required repairs to non-mechanical individuals which may include employees and customers on an as-needed basis. Adhere to company policy, procedure, safety and environmental rules. Continuously learn new technical information and techniques in formal training sessions in order to stay current with rapidly changing automobile technology. Inspect repair work performed by other technicians. Provide technical assistance and training to other shop techs. Maintains high customer satisfaction standards. Job Requirements: As an Automotive Service Technician, you must have an engaging and high-energy personality and the ability to set the pace and tone while helping to develop the team around you. You must also have a strong work ethic. work well as part of a team and take pride in the work you do. Strong written and verbal communication skills. Demonstrated Customer Service skills. Ability to lift up to 75 lbs on occasion. Required to operate and monitor operating equipment. Physically capable to stand, kneel and crawl for extended periods of time when necessary. Out-going personality with experience at developing relationships. Can work in a fast pace environment and are organized and can manage your time. Must have valid driver's license and maintain a clean driving record. https://careers.hireology.com/landover guford/332292/description?ref=craigslist.com&utm_campaign=Application%20sent%20emails&utm_source=SendGrid&utm_medium=email
Barista - Blue State Coffee
New Haven
Full-time. Part-time - Blue State Coffee is looking for baristas with great customer service to join our New Haven team! Prior experience in coffee is a plus, but not required; we are more than willing to train. Candidates must have excellent customer service skills, a strong work ethic, and a desire to fulfill Blue State Coffee's mission. Our cafes offer world-class coffee and fresh, delicious food, and our mission is to reflect, improve, and inspire our communities. We donate 2% of our sales to local non-profit organizations. What Blue State Coffee offers you:
- Competitive starting wage (plus tips) and opportunities for raises
- Top notch coffee training program and monthly company latte art competitions - Positive, professional work environment. Please provide your resume to apply for this position. We will contact only those we wish to interview. Additional Compensation: Tips APPLY ONLINE @ www.indeed.com

Part-Time Stocker - New Haven, CT 06513
We're ALDI, one of America's favorite grocers. Our store employees are the face of the ALDI shopping experience. Their hard work makes it possible to uphold our company philosophy, providing quality products at the best possible price. Their smiles and pleasant demeanor keep customers coming back time and time again. Our store employees work many roles - from store associate to cashier to stocker - while providing excellent customer service. As a store employee, you're also responsible for merchandising product, monitoring inventory and keeping the store looking its best. It's an opportunity to get more out of your career and grow in an exciting environment. Starting Wage: $13.10/hour plus a pay increase within the first year of employment Duties and Responsibilities: Must be able to perform duties with or without reasonable accommodation. Unloads and unpacks items and stocks shelves with received inventory. Organizes new inventory arriving; ensures inventory is directed to correct location. Removes and breaks down empty boxes. Operates machinery and follows all safety procedures. Collaborates with team members and communicates relevant information to direct leader. Prepares store for opening and closes store. Maintains cleanliness of all work areas. Other duties as assigned.
Education and Experience: High School Diploma or equivalent preferred. Prior work experience in a retail environment preferred. A combination of education and experience providing equivalent knowledge.
Job Qualifications: Knowledge/Skills/Abilities: Selects products efficiently and accurately. Ability to safely and properly operate powered industrial equipment. Ability to follow and interpret instructions. Effective time management: maximizes productivity. Problem-solving skills. Physical Demands: Regularly required to stand, bend, reach, push, pull, lift, carry, and walk about the store. Ability to stack merchandise from store receiving to shelving. Ability to place product, weighing up to 45 pounds, on shelving at various heights. ALDI offers competitive wages and benefits, including: Industry-leading Wages. Major Medical, Dental, Vision Insurance & Prescription Coverage for Eligible Employees. Generous Vacation Time & 7 Paid Holidays for Eligible Employees. 401(k) Plan Company Contribution to Retirement Savings Plan (Short and Long Term Disability Insurance for Eligible Employees. Life and AD&D Insurance for Eligible Employees. ALDI is committed to equal opportunity for all employees and applicants, background check, drug test, motor vehicle report, and/or reference check, as applicable and permissible by law.
APPLY ONLINE @ www.indeed.com

Servers / Bartenders
(Newhallville area)
House of Naan Indian Kitchen and Bar Indian restaurant - we are looking for fun, energetic people to join our team. We have openings for front of house, waitstaff and bartenders. Full-time, Part-time. Skills we are looking for:
Our Front of House / Wait Staff team: Strong communication Experience with POS systems. Restaurant or hospitality background. Ability to multi-task in a fast-paced and demanding environment. Our Bartenders: 2+ years experience. At least 21 years of age. Ability to learn new crafted cocktails. Ability to work in a fast-paced and demanding environment - experience with fusion crafted cocktails. Savory Indian dishes and an enjoyable atmosphere. If interested in joining our team, please apply on indeed or visit our website: houseofnaan.com to fill out an online application. Education: High school or equivalent. License: TABC (Preferred)
APPLY ONLINE @ www.indeed.com

Unit Associate I
Yale New Haven Health - New Haven, CT
Up to $24.96 an hour
Overview - To be part of our organization, every employee should understand and share in the YNHHS Vision, support our Mission, and live our Values. These values - integrity, patient-centered, respect, accountability, and compassion - must guide what we do, as individuals and professionals, every day.
SUMMARY - Under general supervision, providing a variety clerical duties in support of the department.
EEO/AA/Disability/Veteran Responsibilities
1. Acts as receptionist, greeting and interacting with patients, visitors and others.
1.1 Greets all patients and visitors in a courteous and professional manner.
2. Performs various unit clerical tasks including mailing, messages, record-keeping, typing, and filing.
2.1 Distributes mail, utilizes paging system, takes and delivers messages for unit personnel.
3. Handles patient appointment system.
3.1 Schedules patient appointments in coordination with the clinical staff.
4. Interacts with all others in a manner consistent with excellent hospital/public relations.
4.1 Demonstrates professional and courteous manner during interactions with patients, hospital staff, physicians and other staff, and with all other contacts.
5. Cleanliness and safety.
5.1 Maintains safe, clean, and organized environment in all clerical areas.
6.1 Respects patients' rights at all times identified within the institution.
7. Supplies/ordering, errands.
7.1 Assists in maintaining supplies at appropriate inventory levels.
8. Emergency situations.
8.1 Performs efficiently in emergency situations as directed.
9.1 Appropriately seeks information or assistance from administrator, or other resource people.
Qualifications
EDUCATION - High school graduate or equivalent. Medical office training/education required.
EXPERIENCE - Experience in medical office setting required; 2+ years experience in business office with relevant transferrable skill set. SPECIAL SKILLS - Additional Information THIS POSITION IS COVERED BY THE TEAMSTERS COLLECTIVE BARGAINING AGREEMENT
Minimum - $15.25/hr.
Maximum - $24.96/hr
APPLY ONLINE @ www.indeed.com
HOTEL RESERVATIONS AGENT
Study Hotels is seeking motivated hospitality professionals to join our team. Our caring and attentive associates reinforce our principal belief that guest service is our highest priority. We have opportunities for energetic, service-oriented individuals who are experienced in providing efficient service and memorable experiences. We encourage our associates to learn and grow both as employees and by taking an active role in our community. We offer opportunities for career growth and training programs to all those seeking advancement and a balanced life. The Study at Yale Hotel offers excellent benefits to eligible employees after 60 / 90 days of employment including paid holidays, health, dental and vision insurance, short term disability, life insurance, 401K plan, vacation and personal days, a competitive salary and free meals. All employment offers are pending background check and drug testing! Analyze all guest and travel agent requirements through telephone and emails, recommend suitable options for all customers and assist to confirm all reservations. Ensure all incoming calls with courtesy and establish efficient resolution of all guest inquiries for various hotel services and operations. Assist to make all room reservations to maximize room revenue. Ensure all reservation detail updates within required operating procedures. Coordinate with sales department and manage all communication for group bookings. Maintain and distribute updated calendar. Manage all incoming calls for reservations department. Ensure response to all queries and maintain professional relationship and atmosphere at all times. Develop and maintain professional relationships with all associates. Inform manager of any issues and how to resolve them. Assist in booking and blocking all rooms according to required standards. Manage and monitor all special reservations, promotions and group rates. Evaluate and manage all mail from guests. Ensure response and completion of all guest requests and provide updates on an everyday basis. Ensure compliance to all security and safety standards and adhere to optimal utilization of all hotel’s software systems. Maintain knowledge on all room types, availability and rates. Please visit us at www.thestudyatjale.com to complete an employment application and forward it along with your cover letter and resume or contact our Human Resources department for more information.

SERVERS and COOKS (Connecticut)
compensation: starting salary depends on experience. employment type: part-time
experience: 0-1 years
non-profit organization Columbus House, Inc.
Job Posting: Seasonal Part Time and Per Diem Positions, FLSA Non-Exempt
Immediate Openings for COOKS, SERVERS and WAIT STAFF.
Per Diem opportunities as well as part-time hours
available for those looking for FLEXIBLE SCHEDULES.
Shifting available in various areas for individuals ready to travel to a variety of locations. Reliable transportation preferred. TIPS or SERV SAFE certification a plus. Now hiring many cooking positions --
GRILL cook, line cook, production cook and deli. Dishwashing and general utility positions also available. Some entry level positions also available. Contact us today!
E-mail anytime or call for appointment between 9am-5pm.
Temp Source (860) 525-3100.
Website: TempSourceCT.com
Equal Opportunity Employer

Office Assistant/Immigration Legal Services (New Haven/Fair Haven)
Join our team in providing crucial legal services to immigrants in greater New Haven as a receptionist/support worker at
Apostle Immigrant Services. This position is the welcoming “face” of AIS at the door and on the phone. In addition to
receptionist duties, it includes English/Spanish translation and interpretation, maintenance of files and database. coordinating volunteer assignments with staff and assisting the executive director with scheduling.
A successful candidate will have:
English/Spanish fluency; proficiency in Word and Excel; ability to handle multiple tasks independently and be a team player.
The position is 25 hours/week with the potential to become a full-time job. Our office is open 9-5:30; hours are flexible within this time frame. Please provide resume and 3 references (to be contacted after interview). NO CALLS. PLEASE. Email: caae5cc4caba3af5b0a021b8bc9fbcbf8@job.craigslist.org

Residential Supervisor (Seasonal New Haven)
compensation: $12.65/hr, no benefits
employment type: part-time
non-profit organization Columbus House, Inc.
Job Posting: Seasonal Part Time and Per Diem Positions, FLSA Non-Exempt
Immediate Openings for Residential Supervisors 2nd & 3rd shifts
Seasonal: Mid-November 2019 to late April 2020.
Responsibilities: Provide residential supervision and oversight for male homeless shelter residents. Assist in admission/discharge process; supervise chiere assignments; monitor client behavior and interactions. Duties include hourly journal entries; supervision and recording of self-administered client medications; incident reporting; demographics, crisis intervention and other assignments as required.
Qualifications and Requirements:
Experience working with the homeless population including those with substance abuse and mental health issues is required. Excellent interpersonal, oral and written communication skills are essential. Must have the ability to engage people from a variety of life backgrounds; able to employ Harm Reduction principles and understand Cultural Diversity principles. Ability to learn skills to perform in crisis intervention required. Ability to learn computer skills is required as is a basic knowledge of MS Word and Excel. Bilingual English/Spanish preferred.
MUST BE PROMPT AND DEPENDABLE
Supervised by Overflow Coordinator
Pay Scale: $12.65/hr, no benefits
Schedule: 4:00 p.m. to 12:00 a.m. 12:00 a.m. to 8:00 a.m. Monday through Sunday.

How to apply (choose only one, indicate where you saw posting):
*Email your resume and a cover letter via Craigslist
*Send your resume and a cover letter to Human Resources Specialist, Columbus House Inc., P.O. Box 7093, New Haven CT 06519
*Fax your resume and a cover letter to 203-773-1430
*Apply at www.columbushouse.org
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<td>G Cafe Bakery - New Haven, CT</td>
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<td>Busy cafe looking for part-time and full-time baristas. Must have barista experience and excellent customer service skills. We offer competitive hourly wage and tips. Main Duties: Product knowledge of breads and pastries. Knowledge of coffee drinks, tea, and espresso machine. Comfortable with cash handling, knowledge of ShopKeep app. General cleaning procedures for open and closing cafe. Maintain inventory, replenish supplies and food products as needed throughout the day. Must be authorized to work in the U.S. Experience relevant: 1 year (Preferred) Additional Compensation: Tips, Store Discounts. This Job Is Ideal for Someone Who Is: People-oriented -- enjoys interacting with people and working on group projects. Schedule: Monday to Friday - Weekends required, Day shift. APPLY ONLINE at <a href="http://www.indeed.com">www.indeed.com</a></td>
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<td>Job Summary: position contributes to Starbucks success by providing legendary customer service to all customers. This job creates the Starbucks Experience for our customers by providing customers with prompt service, quality beverages &amp; products, and maintaining a clean &amp; comfortable store environment. Models &amp; acts in accordance with Starbucks guiding principles. Responsibilities: Acts with integrity, honesty &amp; knowledge that promote the culture, values and mission of Starbucks. Maintains a calm demeanor during periods of high volume or unusual events. Helps store operating to standard and to set a positive example for the shift team. Anticipates customer and store needs by constantly evaluating environment and customers for cues. Communicates information to manager so that the team can respond as necessary to create the Third Place environment in each store. Helps store manager deliver legendary customer service to all by acting with a customer comes first attitude and connecting with the customer. Directs and responds to customer needs. Follows operational policies and procedures, including those for cash handling and safety and security to ensure the safety of all partners during each shift. Maintains a clean and organized workspace so that partners can locate resources and products as needed. Provides quality beverages, coffee, and food products consistently for all customers by adhering to all recipe and presentation standards. Follows health, safety and sanitation guidelines for all products. Recognizes &amp; reinforces individual and team accomplishments by using existing organizational methods. Maintains regular and punctual attendance. Basic Qualifications: Maintain regular and consistent attendance and punctuality, with or without reasonable accommodation. Available to work flexible hours that may include early mornings, evenings, weekends, nights and/or holidays. Meet store operating policies. Prepare food and beverages to standard recipe or customized for customers, including serving food, beverages, or other ingredients. Maintain a clean &amp; comfortable store environment. Skills and Abilities - Ability to learn quickly. Ability to understand and convey oral and written instructions &amp; request clarification when needed. Strong interpersonal skills. Ability to work as part of a team. Ability to build relationships. No previous experience required. APPLY ONLINE at <a href="http://www.indeed.com">www.indeed.com</a></td>
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<tr>
<th>Porter</th>
<th>Elm City Market - New Haven, CT 06510</th>
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<td>Position Summary: This position is responsible for interior and exterior maintenance, cleanliness and safety. This position is a dedicated resource within the store team and is responsible for ensuring the store’s cleaning and maintenance standards are consistently met. Our maintenance crew ensures an exceptional customer experience that supports our mission of offering a clean environment for our customers to shop in. Duties: Greet customers and provide an enjoyable shopping experience for all customers. Ensure safety, security and store operations policies, procedures and practices when relating to maintenance, equipment handling, and hazards. Assess store conditions and cleanliness at all times. Represent the Elm City Market brand by exemplifying Elm City Market standards. Essential Job Duties: Complete indoor housekeeping functions including cleaning, dusting, mapping and emptying trash in all areas of the store. Work with a variety of cleaning supplies and chemicals. Some housekeeping functions will require the use of a ladder and other equipment that will assist in getting the job done. Complete outdoor housekeeping functions (using outdoor power equipment) including cleaning, power washing, sweeping, picking up and emptying trash, shoveling and keeping sidewalks/doorways safe and clean. Work with a variety of cleaning supplies and chemicals, salt, spill absorbents, etc. Perform hourly + daily restroom cleaning. Execute all aspects of the store garbage/recycling initiative including emptying interior and exterior cans, compacting, bailing and organizing and maintaining the trash areas (dumpsters, recycling, bailer area, cardboard bins etc.) Inspect the dates + gauges on fire extinguishers. Perform the following physical behaviors frequently throughout their shift: standing, walking, handling, reaching horizontally, and reaching above the shoulder, reaching below waist bending, stooping, squatting, crouching, kneeling, pushing, grasping firmly and pushing buttons. Occasionally lift, carry, push and/or pull weights up to 50 lbs. Frequently lift, carry, push and/or pull weights of approximately 5-20 lbs. Must be able to adapt to abrupt temperature changes when moving from one environment to another. Ensure execution of established safety, security, and store operations policies, procedures and practices as outlined in Elm City Market’s handbook. Provide a pleasant shopping experience for all customers and respond to customer requests in a timely fashion. Communicate with store manager maintaining maintenance issues and concerns. Ensure the inspection and correction of equipment repair needs and enter repair request to Store Manager. Job Type: Full-time. Experience: main: 1 year (Preferred) APPLY ONLINE at <a href="http://www.indeed.com">www.indeed.com</a></td>
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Service Technician Fitness Equipment
compensation: hourly or per job
employment type: full-time
Busy service company seeks Electro Mechanical Technician. Working autonomously the position entails daily travel to customer sites to effect repair of Treadmills, Bikes, Ellipticals, Steppers. Strength and more. The ideal candidate is mechanically inclined, has a Professional appearance and good customer skills with reliable transportation. Familiarity with a multimeter is a plus. Willing to train the right candidate. Pre employment screening will be conducted. Retirees are encouraged to apply. Please reply with your Resume. Principals only. Recruiters, please don’t contact this job poster: do NOT contact us with unsolicited services or offers contact Mike (774) 239-1626

Executive Chef (New Haven)
compensation: Salary plus Bonus Structure, full-time
A Young Restaurant in New Haven is ready to grow! Looking for a passionate, hard working chef who is ready to take on the role of leader in the kitchen. The focus of the kitchen is on quality, organization, speed, and cleanliness. With lots of responsibilities, this chef must be willing to delegate tasks efficiently and clearly.
Daily: Prep Lists - Prepare for Staff Tastings - Update Recipe Book - Food Costing of Specials - Conduct Lunch/Dinner Service - Ordering, Creating Specials
Weekly: Inventory - Labor Review - Event Coordinating - Scheduling
Monthly: Financial Reviews with Ownership - Staff Field Trip to Farms/Production Facilities
Quarterly: Bonus Structure based on performance
Yearly: Review of Salary or potentially Ownership
This is a kitchen that believes hard work builds unity. Hospitality and the dining room comes before ego. Working as one with the FOH team is key and communication with all is a must.
If you have questions - only applicants with cover letters and resumes will be considered. Please reach out to schedule an interview. Thank you for your time. To apply Email: 79eac3fd657d33059b45d26ebd78c8eb@job.craigslist.org

Field Supervisor - Snow Operations (New Haven CT)
compensation: Commensurate with experience. Employment type: part-time
Case Snow Management is the leading snow and ice management company in North America! The Field Supervisor is a part time, seasonal position for the winter months, working during snow storms. But we offer the most hours in our industry! Field Supervisors will drive new Ford F350 trucks.
Job Duties:
* Attend pre season training.
* Conduct site visits and pre season damage analysis.
* Establish great client relationships.
* Manage assigned sub-contractors within their geography.
* Solve any issues and/or non-performance.
* Assist in plowing operations.
* Provide field guidance when needed.
Requirements:
* Managerial experience
* 1+ years of snow/landscape/construction experience
* Knowledge of equipment used for snow removal
* Basic knowledge or aptitude to learn plow truck and trucker operations
* Hold current drivers license, accompanied by clean driving record
* Snow removal / Landscape / Construction / Facilities maintenance
Principals only, Recruiters, please don’t contact this job poster: do NOT contact us with unsolicited services or offers. To apply email: alaf57eloe7780dd846d2ee24ba83d3077@job.craigslist.org

Culinary Personal Assistant (Woodbridge.)
compensation: $12/hour, full-time. I am an environmentalist, a sustainability advocate, and a chef. I’m super busy so I’m looking for a personal assistant or two who will help me juggle domestic stuff like laundry, cleaning the house, to feeding the animals, running errands, to potentially helping me on a vast array of projects from recipe experimentation to creating content through filming and writing. It’s challenging and fulfilling work for an energetic person who is passionate about food, the environment, and making a difference - and who wants to work along side a chef who has been doing this for decades. But I can’t pay much - so this is not intended to be a job for someone with dependents or big loans to pay off. To apply - email: 56b18a43df143e59a0b3b672c5a7d7c8@job.craigslist.org

Stone Mason (New Haven)
compensation: Based on experience, employment type: full-time
- Layout Brick and Block - Install Brick and Block - Building and repairing Brick and Block - Install brick for walkways, walls and patios. Phone (860) 838-5304 Email: 02be71e68b123cc6039292b@job.craigslist.org

Wait staff/Hostess (Branford)
employment type: employee's choice
El's Branford in need of front of the house staff. A fast paced, high volume restaurant in need of wait staff who can function in a team environment and exhibit a warm and hospitable environment for our guests. We are looking for personable, courteous people capable of serving and selling in a high energy environment. We put a significant emphasis on food and drink knowledge during training and expect all of our wait staff to be well versed on all of our selections. There is a significant training required for this position in order to make certain all of our wait staff is functioning with a high level of serving technique. Although scheduling is flexible, and we understand that waiting tables may be only a part time gig for some, wait staff are expected to be available days, nights and weekends. Staff members must be prepared and able to be on their feet for long stretches of time. Please email resume in response to this ad or apply in person at any one of our restaurants. Email: dcb748b362433974bf106520182f2c6@job.craigslist.org

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Field Supervisor - Snow Operations (New Haven CT)
compensation: Commensurate with experience. Employment type: part-time
Case Snow Management is the leading snow and ice management company in North America! The Field Supervisor is a part time, seasonal position for the winter months, working during snow storms. But we offer the most hours in our industry! Field Supervisors will drive new Ford F350 trucks.
Job Duties:
* Attend pre season training.
* Conduct site visits and pre season damage analysis.
* Establish great client relationships.
* Manage assigned sub-contractors within their geography.
* Solve any issues and/or non-performance.
* Assist in plowing operations.
* Provide field guidance when needed.
Requirements:
* Managerial experience
* 1+ years of snow/landscape/construction experience
* Knowledge of equipment used for snow removal
* Basic knowledge or aptitude to learn plow truck and trucker operations
* Hold current drivers license, accompanied by clean driving record
* Snow removal / Landscape / Construction / Facilities maintenance
Principals only, Recruiters, please don’t contact this job poster: do NOT contact us with unsolicited services or offers. To apply email: alaf57eloe7780dd846d2ee24ba83d3077@job.craigslist.org

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Principals only, Recruiters, please don’t contact this job poster: do NOT contact us with unsolicited services or offers. To apply email: alaf57eloe7780dd846d2ee24ba83d3077@job.craigslist.org

Experience curtains deepen your love for theater and design. It might be the perfect time to join our team! Bring your talent and passion to our beautiful facility in the heart of New Haven. Enjoy everything that New Haven and the surrounding area have to offer. We are a growing organization and we are looking for a talented and creative designer to join the team.

Experienced Breakfast cook/lines cooks/ prep (new haven)
compensation: TBD
employment type: full-time Monday-Friday Days . 7:30-3:30, for a fast paced , busy, established, restaurant. Experienced only with references. Working knowledge of Salad station, fry. , grill, etc. Must be able to speak , read and understand English, with excellent communication skills. Please apply in person with resume at Cafe George by Paula . New Haven CT 06511 Open from 7-3. Please do not apply between (11-2) No phone calls will be accepted regarding this position.

Waitress (great tips)
compensation: 6.38 plus tips, part-time
95 water street New Haven Ct
Please come in & speak w/Johanne or Troy
Please DO NOT call COME IN AND APPLY
Any day but Tuesday, Great tips, nights/ weekends
Seasonal Store Associate/Stocker
Big Lots! - East Haven, CT 06512
Temporary

Description: Performs general store operational duties including cashing, customer service, truck unloading, stocking, merchandise recovery, and light cleaning or maintenance as assigned. 1. Greets and assists customers as needed in order to maintain the highest level of customer service. 2. Maintains and operates point-of-sale systems efficiently and accurately. 3. Drives customer loyalty program participation, including sign ups and rewards processing at checkout. 4. Participates in the freight flow process including truck unloading, stocking, merchandise presentation and recovery. 5. Participates in furniture department operations including carry-outs and display assembly as needed. 6. Maintains appearance of the store’s interior and exterior to company standards including light maintenance duties and cleaning. 7. Performs daily front and maintenance including check stand cleanliness, replenishment of merchandise and supplies and floor safety. 8. Performs other tasks as assigned by Store Leadership, such as cart retrieval, shrink control and safety-related tasks. Qualifications: 1. High School Diploma, GED or equivalent work experience required. Must be at least 18 years of age. 2. Strong customer service and communication skills required. 3. Ability to work a flexible work schedule including nights, weekends and holidays required. 4. Prior retail experience preferred. 5. Previous experience operating a cash register preferred. 6. Ability to lift, carry, push, and pull a minimum of 50 pounds required. Ability to unload freight, to move product on and off of store shelves, to walk, stand, stoop, or kneel for long periods of time, and to move freely throughout store on a continual basis required. 7. Basic English literacy and math skills required. We will consider for employment all qualified applicants, including those with criminal histories, in a manner consistent with the requirements of applicable state and local laws.

Team Leaders Wanted
The Maids - North Haven, CT 06473
$12 - $13 an hour - Full-time, Part-time

Do you constantly look for opportunities to go beyond expectations? Does your reliability and can-do attitude shine in a team environment? It’s this kind of people who make The Maids a great place to work! Great wages and benefits - World-class customer experience training - Fun, friendly team environment - Free transportation to each customer’s home - Professional uniforms - Recognition and advancement opportunities - Light breakfast - Daily schedule and no night or weekend work Looking for energetic, positive people to join our team of cleaning specialists. The Maids is a professional house cleaning company that is continuing to grow. Come apply today! Experience: Bilingual: 1 year (Preferred) License: Driver’s License (Preferred) Language: English (Preferred) Spanish (Preferred) Additional Compensation: Tips, Bonuses, Work Location: On the road. Benefits: Paid time off, flexible schedule. Working days: Monday, Tuesday, Wednesday, Thursday, Friday. Workplace perks such as food/coffee and flexible work schedules. Hours per week: 30-39, 20-29. Typical start time: 8AM. Typical end time: 5PM. Pay Frequency: Bi weekly or Twice monthly. This Job Is Ideal for: Someone Who Is: Dependable -- more reliable than spontaneous, People-oriented -- enjoys interacting with people and working on group projects, Adaptable/Flexible -- enjoys doing work that requires frequent shifts in direction, Detail-oriented -- would rather focus on the details of work than the bigger picture, This Company Describes Its Culture as: Outcome-oriented -- results-focused with strong performance culture, Team-oriented -- cooperative and collaborative, People-oriented -- supportive and fairness-focused. This Job Is: Open to applicants who do not have a high school diploma/GED. A good fit for applicants with gaps in their resume, or who have been out of the workforce for the past 6 months or more. A good job for someone just entering the workforce or returning to the workforce with limited experience and education. A job for which all ages, including older job seekers, are encouraged to apply. Open to applicants who do not have a college diploma.

APPLY ONLINE @ www.indeed.com

Overnight Stocker
Christmas Tree Shops - Orange, CT 06477
Part-time, Temporary

Christmas Tree Shops is growing and so is our need for more talented associates. Christmas Tree Shops! Specifically we are seeking the following
- Overnight Stockers (11pm - 7am shift) - The Overnight Stocker performs a wide variety of tasks both on and off of the sales floor. In this role you will be expected to work independently and accurately while meeting productivity goals and maintaining a safe work environment. Key Responsibilities: Stocks merchandise on applicable store fixtures following established stocking standards, stocking plans, Rearranges / organizes existing and misplaced merchandise on fixtures as needed to enable and straighten merchandise areas on the sales floor; replenishes shelf stock from overhead valances and display shelves. Retrieves and prepares merchandise for stocking; performs case cutting as required; prints pricing labels and performs price verifications; removes product from packaging and affixes pricing labels/stickers as needed; organizes prepared merchandise for stocking on applicable fixtures; removes and disposes of related cardboard and trash.

Assists with backroom organization by removing and replacing product, fixtures, and other equipment in a safe and organized manner. Supports housekeeping standards throughout facility; cleans fixtures as needed and removes debris and trash from sales floor and backroom when observed or created as a result of work; cleans up product spills from sales floor and backroom areas. Performs additional duties as required including, but not limited to, break room and restroom housekeeping, price changes, furniture assembly, cart retrieval, and trailer unloading.

Experience/Education: 1-2 years of retail experience desired

Apply online for immediate consideration or you can TEXT "jobs" to 47283.

Applying:

Server/Part-time
The Linden at Woodbridge
The Linden at Woodbridge is now looking for part time Servers! The Linden at Woodbridge is a Leisure Care managed retirement community whose philosophy of Five-Star Fun for our residents and employees has made it one of the most desirable companies to work for. The Restaurant Server is responsible for the flow of service from the kitchen to ensure all residents receive their preferences in both food and beverages. Assist residents when necessary through the salad bar or beverage station. Works with professionalism and has knowledge of basic food offerings and menu content. Keeps the restaurant properly cleaned and set-up to meet resident expectations. Experience serving preferred. Experience: restaurant: 1 year (Preferred)

APPLY ONLINE @ www.indeed.com
Milford liquor store employee wanted

Liquor store is seeking stock/cashiers with experience in liquor and knowledge of wine. Must be friendly and have excellent customer service skills. Must have cashier experience and at least 1 year liquor store experience. Has excellent customer service skills. Dusting bottles / shelves.

Light cleaning
And other store maintenances
If interested text me @ 203-435-3198 with a short description about yourself.

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STARBURKS JOB FAIR - September 9, 2:30-5:30pm, Shelton Starbucks (Shelton/Milford, CT areas)

STARBURKS is hiring Baristas and Shift Supervisors for several stores in the Shelton, Milford, Connecticut areas.

Join us at our job fair on Monday, September 9th from 2:30pm-5:30pm at our Starbucks in Shelton located at 106 Commerce Drive. Bring your resume and dress to impress! Apply online at www.starbucks.com/careers. Full-time positions available. Not looking for seasonal help and must be available early mornings, holidays and weekends. Great benefits and advancement opportunities! It's a lot like working with friends. We are looking for talented people we can call partners. That's what we call ourselves.

If you ask partners why they enjoy working here, they'll probably tell you it's the people, the experience and the great benefits for those who qualify which may include:

* Medical, dental and vision coverage
* FREE COLLEGE TUITION at ASU online
* Paid vacation
* 401(k) savings and stock programs
* Free Coffee, Free Drinks & Food while working

All this and AMAZING ADVANCEMENT OPPORTUNITIES!

Apply or learn more online today at www.starbucks.com/careers

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SUBWAY NOW HIRING SANDWICH ARTISTS (NEW HAVEN)

We are Hiring for Nights, Weekends and Sunday's are a Must. If you have a Great Attitude, Team Player, Hard Worker and A good Leader who Sets the Example Everyday Then We have a Place for you. Must be Drama Free. We have Flexible Scheduling. No late Nights. Reliable Transportation is Required To Apply you can send a Resume or come in and fill out a Application. We are in the New Haven Train Station. Subway 50 Union Ave New Haven CT 06519. No Phone Calls

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Waiter, Short-order Cook, Manager (New Haven)

Experienced waitress, short order cook, manager needed for Armitage Diner located at 1426 Whalley Avenue, New Haven. If interested in the position please call 860-622-9733

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Restaurant Workers/Bartender (Hamden)

Around the Clock Restaurant and Bar located at 1012 Dixwell Avenue in Hamden, CT (203-681-5233) is looking for restaurant workers/bartender. Restaurant workers must be flexible especially to work morning shifts.

Please come in and fill out an application at the bar area. Interviews will be schedule after.

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Entry-level dishwashing job at Miya’s (New Haven)

This job is an entry-level job that pays minimum wage. It is intended for a young person with little or no job experience, or a student looking for a part-time job in a busy but uplifting environment, or person needing a second chance. If you fit this description and are dependable, trustworthy, and hard-working, you can be a cog in the wheel of an award-winning kitchen staff, where you are sure to learn a lot more than dishwashing - valuable lessons and skills you can take with you - wherever you may go - by just showing up on time and working your tail off. This can be part-time or full-time work and can even become a launchpad into cooking if your dedication is deep enough.

Thank you for your interest in Miya’s!
How to Effectively Market Yourself for a Job When You’ve Been Long-Term Unemployed www.shrm.org

For most people losing a job is a devastating experience. Not finding one right away is even more discouraging, but the sooner you get started looking and the more dedicated you are, the more likely your search will be a positive experience.

The Society for Human Resource Management (SHRM) is the largest HR association in the world, with more than 275,000 members. Our members, HR professionals in organizations representing all sizes and industries, recognize that as a result of the years-long economic downturn, an unprecedented number of Americans have been unemployed for six months or more.

We are educating our members on how to review their organization’s hiring procedures to ensure they do not intentionally or inadvertently give less consideration to certain job candidates based solely on their unemployment status. Nevertheless, having a resume with gaps in work history can pose a challenge for the job seeker. This challenge is not insurmountable, and SHRM members offer the following advice to help you, as a job seeker, put your best foot forward.

Step 1: Approach your job search as though it WERE your job

Devote time—up to eight hours a day—to finding a job. Set a schedule with daily tasks in order to establish a structured routine. Having a schedule makes people more efficient. Giving yourself a deadline by, say, blocking off 2 p.m. to 4 p.m. to work on an application or make your calls is better than saying you’ll get around to it as soon as you can.

Try to maintain a flexible attitude, and project a willingness to learn. Your old job/career may not exist anymore, so you may need to develop new skills or apply the old ones in a different way.

If you are feeling stuck, seek out groups of people who are in the same situation. Many community centers, religious entities and other organizations host meetings for job seekers. It may help you to discuss your efforts with others.

Step 2: Stay active by engaging in productive activities

Find activities to show that you are still engaged in your community and focused on gaining skills and qualifications. Activities also fill time on your resume, showing employers that you haven’t been stagnant since you left your previous position.

- Personal Development or Professional Development

Classes at a community college, university or training program can keep you up-to-date with technology and other trends in your field so that you’ll be informed when you do go on interviews or even chat informally with employers.

Many educational institutions have career centers with well-connected advisors who know what employers are looking for and who is hiring. Consider a training program or temporary position, offered by many employers. Short-term positions give you a chance to test-drive a specific job or company.

- Development Through Volunteer Engagement

Volunteering can involve much more than planting trees and painting buildings; it’s also a great way to learn new skills. You can design a website, organize an event, write letters on behalf of the organization or have any variety of other responsibilities.

Volunteering can give you exposure to a new field or allow you to try out a new career. Volunteering at a specific organization you want to work for is an excellent way to get your foot in the door and make a notable first impression. If you can show you are a valuable and effective volunteer, employers will think you may make a valuable and effective employee.

Volunteering enables you to expand your network. By working on a cause you are passionate about, you will meet like-minded people, some of whom may be able to help with your job search.

Volunteering is a fun and valuable way to break up the monotony and provide you with an anchor while you look for a job. It can also provide a sense of accomplishment.

Step 3: Update and revise your resume

Understand the online application process before submitting your resume. Applying for a job today requires that you tailor your resume to the specific position. Before submitting your resume, make sure it contains some of the key words that are outlined in the job description.

Use terms that apply to the specific job and/or industry. Sprinkling in newer terms can show that you’re current with the technology and other trends of the field.

Include accomplishments—both at work and outside of it—so employers can see how you’ve done, not just what you’ve done.

Quantify your experiences. Use numbers to communicate changes or improvements you have made over a specific period. Examples include quantitative gains in production or performance, notable customer satisfaction, greater organizational performance, cost reductions or cost avoidance.

Include legitimate volunteer or nontraditional work experience, to eliminate or decrease any gaps in employment.

If your formal education occurred more than 10 years ago, consider taking dates off and adding other training or education you have obtained since then.

Step 4: Network, network, network

Networking is still the most effective way to find out about jobs. Prepare your “elevator speech,” in which you describe your skills and career goals in two minutes. Preparing ahead helps you take advantage of opportunities to talk, at a moment’s notice, with someone who may be in a position to help you.

- Reach out to family, friends, neighbors, and associates.

Use your connections to your advantage. The more people you know, the better your chances of finding and landing a job. Talk with your previous employers and co-workers. People who have seen you at work before and are in your field of experience can be the best people to know.
Seek out community groups for assistance, including those for unemployed people, who help one another with leads, references and other support. Programs, both formal and informal, have started in communities nationwide.

If you can’t find a group in your community, start one. With nearly a quarter of Americans laid off at some point because of the recession, you do not have to be alone in your search. Be willing to help others in your groups. Paying it forward can be of great benefit when your colleagues get settled in a new role. Not only will it help you, but it looks great to businesses if you let them know you started a group or are active in one that helps people in the community.

- Use online sites, including LinkedIn.

If you don’t have a LinkedIn profile, create one. Employers use this site to look for new talent so make sure your profile contains keywords that are relevant to jobs that interest you.

Use the search function on LinkedIn to find profiles of people seeking positions similar to what you are interested in pursuing. Then use these profiles as templates to modify your profile.

See what companies your connections and their connections have worked for. Those who worked at a company a few years ago likely still know people who work there.

Join groups that apply to you. Many industries, regions and even companies have their own pages. These are a great source of information and a way to keep current with what’s happening in a particular field.

- Reach out to employers that interest you.

Many companies host open houses or exhibitions to showcase their work. If it looks interesting to you, check it out. Ask questions and make some contacts, too.

If you want to talk with someone at an organization, go for it. Reach out to a firm you have great interest in and ask to come in and learn more about it. Don’t mention employment in the first conversation. A good first impression can lead to that important referral or helpful information.

- Look for local nonprofit or government organizations that can help you with your job search.

Never pay an organization to find you a job—most likely it is not a legitimate business.

Take advantage of the services that government-funded Career One Stop centers offer. These centers provide free assistance to job seekers. More information is available at http://www.careeronestop.org/

Learn about local nonprofit organizations serving the long-term unemployed. The programs are as varied as the communities they serve and can be researched online.

Step 5: Become More Technologically Proficient

It’s no secret that many employers look up their applicants online. While most people know to keep offensive pictures and posts off Facebook, you can take this a step further by creating a brand for yourself. Use LinkedIn as your primary tool, but learn more about how to effectively use Twitter and Facebook as a means of “branding yourself.”

Social networks are an excellent way to interact with potential employers. Sharing information via a status update on LinkedIn or re-tweeting or tweeting at an employer or sending messages on Facebook with relevant information can get you noticed.

Scanning blogs on relevant topics allows you to stay up-to-date with the industry and hear different perspectives. Commenting on blogs and engaging with their authors are other valuable methods of gaining contacts in the field.

Joining listserves is a great way to crowdsource your information gathering. People often mention opportunities they heard of or topics they think are worth sharing.

Although it’s efficient to comb through the larger online job boards, it’s worth noting that many listings receive hundreds of applicants. One way to find less visible opportunities is to research what companies you might like to work for and search their sites for vacancies. It takes longer to do this, but you may just find that perfect under-the-radar opportunity. Following up your application with a message to the company contact person further enhances your potential of being noticed.

If you need help in navigating the world of computers or even getting access to a computer consider a local library. Most libraries have computers available to the public, and some offer free resources like classes or coaching. Career One- Stops also offer classes and computers for public use.

Step 6: Prepare for your future interview

Get fit by exercising and eating right. When you feel good you will come across well in an interview.

Consider how you look. A good haircut and neat, clean business attire are a way to say “I respect myself.” You don’t have to buy expensive suits if you don’t have the budget; just scour the resale shops, and make sure the clothes fit and are clean and ironed.

Address gaps in your resume’s work history upfront. Offering an explanation prevents a potential employer from making assumptions that may be incorrect. Similarly, take the opportunity to address any possible concerns about your being overqualified for the position. When a candidate raises the issue, this can help put an employer’s mind at ease.

Never underestimate the value of a handwritten note. Send one to each person who takes time to meet with you in an interview or with whom you have a key networking conversation. In a high-tech world, the high-touch approach always gets noticed.

Online Resource for the Job Seeker

www.shrm.org/workforcereadiness -SHRM developed this webpage to house information about workforce readiness and long-term unemployment. Information on this site can give you a better understanding of how HR professionals view these issues.
5 Questions Every Candidate Should Ask in a Job Interview

By Dominique Rodgers
Monster Contributing Writer

For many job seekers, the “Do you have any questions for me?” portion of an interview signals the end is near. It’s tempting to just say “no” and get out of the hot seat as quickly as possible, but fight that urge.

Asking questions shows the interviewer you were listening while they were talking, conveys your interest in the company and helps you decide if it’s where you want to work. After all, interviews are a two-way street -- the hiring team decides whether you’re what they want in an employee, and you decide if the company culture and specific role are where you want to devote your time and energy for the foreseeable future.

Here are five essential questions you should ask in a job interview.

1. “How do you define success for this job?”

This question helps you get a clear understanding of what the job entails and the expectations the company will have for you in it, says John Crossman, president of real estate management firm Crossman & Company.

For example, if you’re applying for a sales position, an answer to this question might be that you acquire 10 new clients in the next 90 days. It may also be that you upsell current customers by 25 percent over 90 days. As a candidate, you’ll want to know whether you’ll be cold-calling prospects or focusing on existing customers before you make your decision.

2. Something specific about the organization

It’s always a great idea to ask a question that shows you did your research before the interview. “If the interviewer responds that they love how they can make their yoga class each night and log back onto work from home if needed, then you know the company takes work-life balance seriously,” she explains.

3. “Can I have a quick tour?”

See also: “Can I meet some people I’d be working with?”

Both questions will get you out of the interview room and allow you to get a better look at the office. This will give you a chance to gauge co-worker interaction, workspace design (lighting, noise level, cleanliness) and the department as a whole, says Michelle Comer, practice area leader and vice president at the Messina Group, a staffing consulting firm.

Requesting a tour or a quick introduction to potential co-workers also “signals to the interviewer that a candidate is taking a vested interest in the position,” she says.

4. “What is your favorite part about working here?”

“Companies, like job candidates, are putting their best foot forward during the interview process, often highlighting all of their corporate perks. By asking every person you interview with what they like best about working at the company you’ll get a better sense of the perks that people regularly experience versus the perks that live only on paper,” explains Sherry Dixon, a senior vice president at Adecco Staffing US.

5. “Do you see any reason I might not be a good fit for this position?”

It may seem counterintuitive to inquire about your potential flaws during an interview, but it’s actually a great thing to bring up at the end of the interview says Morgan Nichols, managing partner at Chicago-based recruiting and staffing firm Torrey & Gray.

“This gives you an opportunity to know that the interviewer is thinking about you and gives you a last chance to clarify any misconceptions they may have or elaborate further on something important.”
Next Steps Ex-Offenders Program

The Workforce Alliance supports four American Job Center / CTWorks Career Centers, providing services for job seekers and employers within the South Central Connecticut region.

Job development job fairs have the people you need. Workforce Alliance offers an array of job development services to employees looking for jobs and careers, through our employee services professionals at the four AJC/CTWorks Career Centers. Job Fairs can be a great source of information.

Job-seekers can visit our computer lab, workshops or make an appointment to meet with an employment specialist, who may suggest training opportunities. If you are looking for the ideal job or help with writing a cover letter - check out our career resource library.

Metrix Online Learning Provides Flexibility and Choice - American Job Center in South Central CT offers Metrix Learning to provide impactful job skills training online.

CTHires for Jobseekers and Employers - CTHires is the Connecticut Department of Labor’s new hub for job development, training and other career services. Jobseekers and employers both new and continuing can use this system. To learn more visit www.cthires.com.

Year-Round and Summer Youth Programs - Youth programs prepare for post-secondary educational opportunities, advanced training, or employment. Programs serve both in-school (ages 14-21), and out of school (ages 16-24) youth. The Summer Youth Employment program provides eight weeks of paid work in July and August, and is run by each municipality.

AJC/CTWorks' Jobs First Employment Services (JFES) offers employers the opportunity to hire eligible participants for 16 weeks of employment at no charge. Employees are paid $8 per hour for up to 20 hours work per week during the program.

The American Job Center (AJC) at New Haven Correctional Center, 245 Whalley Avenue, now open. First of its kind in CT will assist 175 inmates develop career and training plans while incarcerated, and help enter into employment or job training post-release.

The AJC/CTWorks Career Centers are operated by HRA, Inc. The AJC/CTWorks Career Center in New Haven is open Monday and Wednesday from 8:30 a.m. until 6:30 p.m. and on Tuesday, Thursday and Friday from 8:30 a.m. until 4:30 p.m. AJC/CTWorks in Hamden, Middletown and Meriden are open from 8:30 a.m. to 4:30 p.m. Monday through Friday.

Workforce Alliance Main Office
New Haven: 560 Ella T. Grasso Blvd. | Phone: 203.867.4030 | Voice/TDD 203-624-1493 x258

AJC/CT Works Career Centers

Hamden: 37 Marne Street | Phone: 203.859.3200 Meriden: 85 West Main Street | Phone: 203.238.3688
New Haven: 560 Ella T. Grasso Blvd. | Phone: 203.867.4030

Email: info@workforcealliance.biz

http://www.workforcealliance.biz/
Fact Sheet: One-Stop Career Centers

The Workforce Innovation and Opportunity Act (WIOA), signed into law on July 22, 2014, is the first legislative reform of the public workforce system in 15 years. WIOA presents an extraordinary opportunity to improve job and career options for our nation’s workers and jobseekers through an integrated, job-driven public workforce system that links diverse talent to businesses. It supports the development of strong, vibrant regional economies where businesses thrive and people want to live and work.

HIGHLIGHTS OF WIOA REFORMS FOR ONE-STOP CENTERS

WIOA retains the nationwide system of one-stop centers, which directly provide an array of employment services and connect customers to work-related training and education. WIOA further develops a high-quality one-stop center system by continuing to align investments in workforce, education, and economic development to regional in-demand jobs. The new law places greater emphasis on one-stop outcomes achieving results for jobseekers, workers, and businesses. WIOA also reinforces the partnerships and strategies necessary for one-stops to provide job seekers and workers with the high-quality career services, education, and training, and supportive services they need to get good jobs and stay employed, and to help businesses find skilled workers and access to other supports, including education and training for their current workforce.

Improved Access to Comprehensive Services

- Each local area must have one comprehensive one-stop center that provides access to physical services of the core programs and other required partners.
- In addition to the core programs, for individuals with multiple needs to access the services, the following partner programs are required to provide access through the one-stops: Career and Technical Education (Perkins), Community Services Block Grant, Indian and Native American Programs, HUD Employment and Training Programs, Job Corps, Local Veterans’ Employment Representatives and Disabled Veterans’ Outreach Program, National Farmworker Jobs Program, Senior Community Service Employment Program, Temporary Assistance for Needy Families (TANF), Trade Adjustment Assistance Programs, Unemployment Compensation Programs, and YouthBuild. TANF is now a required partner, unless the Governor takes special action to make TANF an optional one-stop partner.
- WIOA also authorizes the Job Corps Program, the YouthBuild program, Native American programs, and Migrant and Seasonal Farmworker programs, as well as evaluation and multiyear projects.


WIOA PROGRAMS

WIOA authorizes the one-stop career center (also known as American Job Center) service delivery system and six core programs. The core programs are:

- WIOA Title I (Adult, Dislocated Worker and Youth formula programs) administered by Department of Labor (DOL);
- Adult Education and Literacy Act programs administered by the Department of Education (DoED);
- Wagner-Peyser Act employment services administered by DOL, and
- Rehabilitation Act Title I programs administered by DoED.

WIOA also authorizes the Job Corps program, the YouthBuild program, Native American programs, and Migrant and Seasonal Farmworker programs, as well as evaluation and multisite projects.

Enhanced and Streamlined Operations:

- Local areas are encouraged to integrate the intake, case management, reporting, and fiscal and management accountability systems of one-stop partners.
- All partners are required to share in the funding of services and infrastructure costs of the one-stop delivery system.
- One-stop operators will be selected through a competitive process.
- Local boards are responsible for improving access to and the effectiveness of one stop and program services.
- Local boards continue to be required to negotiate and regularly review a Memorandum of Understanding (MOU) with every one-stop partner to describe operations, services provided and coordinated, funding, and referrals. MOUs will be reviewed every three years.
- Local boards will certify one-stops every three years, using criteria written by the state Workforce Development Board that covers effectiveness, programmatic and physical accessibility, and continuous improvement. Local Workforce Development Boards may also establish additional certification criteria.

Better Public Recognition

- WIOA calls for the Department of Labor to establish a common identifier, also known as a “brand,” for the one-stop system to help job seekers and employers readily access services. The common identifier will be established through the final rule, with guidance and implementation assistance provided by ETA.

EFFECTIVE DATES FOR IMPLEMENTATION AND TECHNICAL ASSISTANCE

In general, WIOA takes effect on July 1, 2015; however, the planning requirements common indicators of performance take effect on July 1, 2016 and other exceptions specifically not noted in the law.

DOL is working in coordination with the Department of Education and the Department of Health and Human Services to support the public workforce system to implement WIOA. The DOL WIOA Resource Page (www.dol.gov/WIOA) will include updated guidance and resources, as well as communicate opportunities to provide input. The WIOA Collection Page (www.workforcecentral.org) provides links to technical assistance tools and information to support implementation. Questions regarding WIOA can be emailed to DOL.WIOA@dol.gov.
ABOUT NEW HAVEN WORKS

In January 2012, the New Haven Board of Aldermen created a Jobs Pipeline Working Group to investigate solutions for New Haven’s unemployment and under-employment and regional employers’ needs for well-trained job applicants.

The Working Group, which included individuals representing the business and institutional community, labor, elected leaders, city officials, foundations, the workforce system, un- and under-employed residents, and youth, advocated for a new program called “New Haven Works” that would partner with employers, service providers and the workforce system to match qualified New Haven residents to regional job opportunities.

New Haven Works seeks to grow the local economy and improve economic stability in all communities by providing employers with a trained and qualified workforce and connecting residents to good jobs.

Established in October 2012, New Haven Works is governed by an independent board of directors, and will be funded by public and private sources.

New Haven Works opened an office at 205 Whitney Avenue — just one year after the first convening of the Board of Aldermen’s Working Group!

Established in October 2012, New Haven Works seeks to grow the local economy and improve economic stability in all communities by providing employers with a trained and qualified workforce and connecting residents to good jobs.

More economic security for New Haven families means...

Regular paychecks that flow back into the local economy and support small businesses
Access to healthcare, which reduces overall healthcare costs/emergency room visits
Better educational outcomes
Reduction in crime and violence

Access for businesses to a trained, qualified, skilled local workforce means...

Attracting new businesses in technology, manufacturing, bio-sciences, and healthcare
A stable employment base and lower turnover, recruitment, and training costs
A new vision of corporate citizenship and community involvement for local businesses— contributing to a safer, more economically stable city while meeting workforce needs

CONTACT US

205 Whitney Avenue, 1st floor, New Haven 06511
(203) 562 – 9000
info@newhavenworkspipeline.org

<table>
<thead>
<tr>
<th>Participant Requirements:</th>
<th>Participants Must Bring:</th>
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<tbody>
<tr>
<td>Must have a High School Diploma or GED</td>
<td>Updated Resume</td>
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<td>Must be a New Haven resident</td>
<td>ID</td>
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<tr>
<td>Must be 18 years of age or older</td>
<td>Social Security Card</td>
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<td>Must be able to work legally in the USA</td>
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NEW HAVEN WORKS

(203) 562-9000
info@newhavenworkspipeline.org
What?
The Connecticut Education & Training ConneCTion is a Web site that provides the most comprehensive source of information on education and training programs offered in Connecticut. The following search options allow the user to explore the world of education & training in Connecticut:

- Which Education & Training Providers are in my area?
- Which Providers offer the type of Program or Course I am interested in?
- Which Programs or Courses are related to the Occupation I'm interested in?
- Which Programs or Courses are offered by a particular provider?
- Advanced Search offers several sections of criteria that allow a user to limit their program search results. Search by certification/degree that you require, area of study, provider type, occupation or program title keyword search, or programs that lead to a license in a specific career. Combinations of choices can be made to customize a search.

The Connecticut Education & Training ConneCTion also includes Learning Links that connect the user to information about education and training that can provide the skills necessary to begin a career in a chosen occupation. These include education resources, financial aid assistance, school to career information, and opportunities in apprenticeship or the military.

Why?
The Connecticut Education & Training ConneCTion is the result of an effort by the Connecticut Department of Labor's Office of Research to collaborate with the most reliable and accurate sources of education information in the state: the Connecticut Department of Higher Education, Connecticut State Department of Education, and the Connecticut Workforce Investment Boards.

Where?
Don't have a computer? Your local CT WORKS Center or library has public computers with Internet access you can utilize.

The Connecticut Education & Training ConneCTion is available through 'Step 3' on the Connecticut Job & Career ConneCTion at: www.ctjobandcareer.org
The Education & Employment Information Center (EEIC) is a statewide referral service of the Connecticut Department of Higher Education. We are a central source of free information for anyone who has questions about college, careers and job training.

The EEIC hotline operates from 9:00 a.m. to 4:00 p.m. every weekday except holidays. A trained information specialist will either answer your question immediately or direct you to the proper source.

We can tell you about educational offerings at all levels including college, adult, continuing education and job training programs. We also provide career information, such as job descriptions and services designed to help you find a job. We do not collect job listings, but we can tell you where to find them.

Most of the EEIC’s callers are adults looking for retraining or new careers. The EEIC also helps teenagers making college or career decisions, unemployed or dislocated workers exploring job options, adults who have not completed high school, homemakers looking to return to college or the job market, professionals making mid-life career changes, senior citizens wishing to enrich their lives with new knowledge, and employers seeking training programs or recent college graduates.

Call the EEIC toll-free hotline or browse our many publications for useful web sites and other resources.

**Guides for Students, Parents and Job Seekers**

**Career Planning & Management Resources** — Finding the right job involves exploring popular guides as well as reference books and websites. This pamphlet presents a comprehensive list of sources.

**College Degree Accreditation** — Lists sources for verifying the accreditation status of postsecondary programs and institutions, including private occupational schools, colleges and universities.

**Course Search Websites** — Lists websites for colleges, adult education offices and online degrees for young or adult students looking for credit or non-credit courses.

**Financial Aid Resources** — Financial websites for all students appear here, including interest-specific sites and community foundations.

**Foreign Student Resources** — This pamphlet contains information for international students pursuing a degree in the U.S., and students who wish to learn English or obtain a high school equivalency degree.

**Health Occupation Training** — A comprehensive list of Connecticut training programs in health fields.

**Job Lines & Web Sites** — Describes major websites to use in searching for employment.

**Life After High School** — Designed for middle and high school students, this publication lists a variety of websites to use for planning for college, learning about college entrance exams, tips for study skills, applying to college online and financial aid resources. For those embarking on careers, it includes career/interest match sites, career exploration sites for middle and high school students, and career descriptions.

**Parent College Prep** — This checklist is designed to guide you and your college-bound student through the college application process.

**Questions to Ask When Choosing A College** — A variety of questions students and parents may want to explore with college admissions officers or while visiting college campuses.

**Teach in Connecticut** — Information for persons seeking to become certified teachers.

**Tuition Aid for Veterans** — Information on tuition waivers for veterans.
MaturityWorks is a Senior Community Service and Employment Program (SCSEP) of The United States Department of Labor. The purpose of this program is to provide unemployed, low-income adults age 55 and older with work-based training, job readiness, and job placement opportunities. The WorkPlace, Inc. operates the MaturityWorks program in Fairfield, New Haven, Litchfield, Tolland, Middlesex and Windham Counties in Connecticut.

What is MaturityWorks?

MaturityWorks is a non-profit organization. SCSEP is the nation’s oldest program to help low-income, unemployed individuals aged 55+ increase their job skills through paid community service in local non-profit community service organizations. Participants build skills and self-confidence, while earning a modest income.

MaturityWorks offers paid job training with local non-profit organizations. Participants will be matched with training assignments that fit their unique skill set, schedule, and training needs. While in the program, receive support to secure employment.

To be eligible for MaturityWorks, you must:

- Be unemployed
- 55 or older
- Meet family income guidelines

Looking to become a participant, expand your job skills and get ready to re-enter the workforce?

For more information, please contact MaturityWorks in New Haven:

Contact Patryce Bryant (203) 373-2101 pbryant@workplace.org
Or call The Workplace, Inc toll-free 1-866-683-1682 info2@workplace.org

Senior Community Service Employment Program

SCSEP is currently accepting waiting list applications.

How does the SCSEP Program Work?
The Senior Community Service Employment Program (SCSEP) enrols qualified older workers in part-time training positions and assigns them to public or 501(c)3 non-profit organizations in the local community.

The purpose of the SCSEP is to offer a "stepping stone" back into the workforce. It is a transitional program; positions are not intended to be permanent, all assignments are temporary.

Wages

Participant training wages and other costs are paid by A4TD through funding from Title V (SCSEP) of the Older Americans Act, administered by the US Department of Labor. There is no cost to an organization for hosting an SCSEP participant.

A4TD host training sites are expected to provide the participant with meaningful job skills training. They are also expected to encourage and help participants in their job search efforts. Note: Host sites that can provide training on successful completion of their training will be given priority. SCSEP participants undergo an assessment, testing, and additional skills training while on the program. Every effort is made to match the participant and host training site as closely as possible.

Training

Program participants are required to attend periodic training classes and/or workshops to help increase their skills.

Participants may be trained in one of 4 high demand areas: food service, retail, customer service, and healthcare.

This workforce solution was funded by a grant awarded by the U.S. Department of Labor’s Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, expressed or implied, with respect to such information.

If you are interested in participating in SCSEP, call 1-800-439-3307 x24 or contact us online.

USDOLETA funded this workforce solution and makes no guarantees, warranties or assurances with respect to such information.
Job Search Resources

If you have a library card or resident ID card -

The New Haven Free Public Library invites you to browse our pages and visit our branches for a world of knowledge and information at your fingertips. Through its collection, media, services and programs, the library promotes literacy, reading, personal development and cultural understanding for the individual and the community at large.

http://www.cityofnewhaven.com/Library/

Find interactive career planning and job search assistance through the library’s website:

Career Cruising

Found under the “Databases” section of their site. Career Cruising is an interactive career resource designed for people of all ages. Explore different career options and plan future education and training. Career Cruising is available online from your home or office computer as well as at any library computer.

Please call Business, Job and Nonprofit Services at the Main Library (203) 946-7431 for more information and details.

Job Now!

Found at the bottom of their main web page

Live, anytime, anywhere job assistance, including up-to-date nation-wide and local job search engines, professional resume critique and proven interview techniques.

Experience personalized career center seamlessly integrated with advanced virtual technology to help job seekers of diverse backgrounds and needs.

Need technical assistance or have questions?

Contact Brainfuse at 1-866-BRAINFUSE (1-866-272-4638) or send an email to info@brainfuse.com

When contacting Brainfuse, please provide an email address and the name of the library from which you are using the Brainfuse service.

There’s a branch of the New Haven Free Public Library near you

Mitchell - 37 Harrison Street
(203) 946-8117

Wilson - 303 Washington Avenue
(203) 946-2229

Fair Haven - 182 Grand Avenue -
(203) 946-8115

Stetson - 200 Dixwell Avenue
(203) 946-8119

Libraries are open on the following days & times:

MAIN: Mon 12-8 | Tue 10-8 | Wed 10-8 | Thu 10-8 | Fri 10-5 | Sat 10-5 | Sun Closed

FAIR HAVEN: Mon 10-6 | Tue 10-6 | Wed Closed | Thu 12-8 | Fri Closed | Sat 12-5 | Sun Closed

MITCHELL: Mon 12-8 | Tue Closed | Wed 10-6 | Thu 10-6 | Fri Closed | Sat 12-5 | Sun Closed

STETSON: Mon 10-6 | Tue 10-6 | Wed 12-8 | Thu Closed | Fri Closed | Sat 12-5 | Sun Closed

WILSON: Mon Closed | Tue 12-8 | Wed 10-6 | Thu 10-6 | Fri Closed | Sat 12-5 | Sun Closed
THE ROUTE TO THE HIGH SCHOOL CREDIT PROGRAM - An Overview of the High School Credit Program - Registration Process for New/Returning Students

Program Description: To receive a high school credit diploma, you must earn 23 credits, including those you may have earned at your former high school. The New Haven Adult & Continuing Education credit diploma program offers small classes and on-line courses. When all credits are completed, of which four must be English, three in Mathematics, two in Science, and three Social Studies (including U.S. History and Civics), a diploma will be awarded. The program is open to students who are 17 years or older, do not hold a high school diploma, and are no longer officially enrolled in high school.

Effective July 1, 2011, the age at which a parent or guardian may provide consent for a child to withdraw from school was raised from 16 to 17 years old in G.S. Section 10-184. Therefore, individuals 17 years of age seeking enrollment in adult education should have officially withdrawn from school prior to July 1, 2011.

Adult Education creates and supports a positive, innovative learning community that promotes students’ success through several components:

- Providing a rigorous curriculum with units of study to build students’ deep understanding of instructional lessons from the College and Career Ready standards.
- Implementing a performance-based curriculum as another opportunity to assess students’ learning.
- Utilizing assessment practices that help students make explicit connections between the content of what was learned to a meaningful and relevant application.
- Providing a competency-based tracking & reporting system which lends itself to an individualized learning pace.
- Establishing a clear & explicit promotion & graduation criteria.

Each student will be placed in an advisory group for the duration of their schooling. Having the same advisory group will support positive relationships and bring a sense of belonging. The students at NHAEC will engage in career awareness and have an opportunity to further explore and prepare for those careers through internships, volunteer opportunities, and specialized workshops.

For more information, please contact Toni Thorpe, HSC Facilitator (203) 492-0213 or email: toni.thorpe@nhboe.net

THE ROUTE TO YOUR GENERALIZED EDUCATIONAL DEVELOPMENT PROGRAM - Overview of the GED Program - Registration Process for New/Returning Students

Program Description: The GED program at The New Haven Adult Education & Continuing Education Center (NHAEC) prepares adult learners to pass the 4-part, computer-based GED exam to earn a State of Connecticut diploma. Students receive necessary instruction in each of the subject areas: Social Studies, Science, Math, and Reading through Language Arts. In addition, basic computer skills are introduced to assist students with the exam. Students may purchase the official GED preparatory book at any local bookstore, if they would like. We, also, encourage students to attend tutorial classes and/or practice on-line.

How to register for the GED Exam: To register for the GED exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen-year-olds must submit a withdrawal form with a parent’s or guardian’s signature. Individuals who are 18 years of age must submit a withdrawal form signed by the student or a letter from their last high school stating that the class with which they entered ninth grade (or have entered if never enrolled in high school) has already graduated. Students can begin the GED testing registration process online to create an account at: www.ged.com and complete the process at The New Haven Adult and Continuing Education Center. Participants must attend and complete both placement and assessment testing in order to enroll in GED classes.

GED course registration is: Mon.-Fri. 9:00am and Mon.-Wed. 5:30-8:00pm.

Day 1
Go to community room to register.
Proceed to Room 3 to take ccs Appraisals Test (if applicable)

Day 2
Return to Room 3 to take CASAS Pre/Post Assessment (if applicable)
See counselor in community room to be enrolled in appropriate class

For GED courses. Evening Classes New/Returning Students - Go to community room to register. Proceed to Room 3 to take CCS Appraisals Test and/or CASAS Pre/Post Assessment (if applicable). See counselor for enrollment placement process.

For more information, please contact Tahisha Porter, GED Facilitator (203) 492-0213 or email: tahisha.porter@nhboe.net Office Hours: 8:30am - 3:15pm

Individuals with documented disability, who require accommodations to take the GED exam, should contact: Maureen Ryan at: 203.492.0213 or email: maureen.ryan@nhboe.net or Sabrina Mancini at the Connecticut State Department of Education at: (860) 807-2180 or Email: sabrina.mancini@ct.gov.

THE ROUTE TO NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP) - is a non-credit, web-based high school diploma program. NEDP is an applied performance assessment system that assesses the high school level skills of adults and out-of-school youth. The NEDP evaluates the reading, writing, math, and workforce readiness skills of participants in life and work contexts. Many adults have acquired their high school level abilities through work, family, and community experiences. NEDP allows adults to demonstrate their skills by applying their life experiences to real-life situations presented in the program. NEDP evaluates competencies that are based on skills outlined in the Common Core College and Career Readiness Standards such as: Cultural Literacy, Financial Literacy, Health Literacy, Civic Literacy, Geography and History, Consumer Awareness, Science, and Twenty-first Century Workplace Skills. NEDP is designed for self-directed adults. Clients must have a general familiarity with the computer. Through a series of take-home projects and proctored In-Office Checks, this flexible program allows clients to complete assignments at home and to set their own pace of working. Their skill level at the time they begin and the amount of time they can devote to their school work determine the length of time required to complete the program. Upon completion, clients are awarded their high school transcript and diploma through New Haven Public Schools. NEDP is free to students who live in New Haven. All other individuals are welcome and should call the adult education office for the fee schedule. There is open enrollment throughout the year. HOW TO REGISTER FOR THE NEDP PROGRAM Register in the Community Room at: NHAEC. Complete Entrance and other required math and reading tests. Meet with a counselor and NEDP staff to determine eligibility for the program. Requirements needed:

- Good computer skills, access to a desktop or laptop computer and internet access
- Self-motivated, organized, and mature
- Ability to finish tasks independently

Complete assessment tests and has attained minimum required scores

For more information, please contact

Briana Randis, NEDP Lead Assessor (203) 492-0213 or email: briana.randis@nhboe.net
LITERACY VOLUNTEERS OF GREATER NEW HAVEN

New Haven Office: 4 Science Park, New Haven, CT 06511
                203-776-5899
Meriden Office: 14 West Main St, Meriden, CT 06451
                203-235-1714
Valley Office: 415 Howe Avenue, Shelton, CT 06484
               203-924-6651, ext. 102

What is Literacy Volunteers?

Literacy Volunteers of Greater New Haven is a non-profit organization that has been active in the region since 1976. Last year Literacy Volunteers supported 231 volunteer tutors who delivered free tutoring to more than 1246 adult students at 37 sites.

Literacy Volunteers is supported by Connecticut Department of Education funds, private foundations and community grants (CDBG dollars, the Community Foundation of Greater New Haven, United Way of Meriden/Wallingford, the Valley United Way, the Valley Community Foundation) as well as donations from individuals and businesses.

How Does the Program Work?

Adults who speak English but need help learning to read at a higher level work together in small groups. The groups meet twice a week with trained volunteer tutors using an established curriculum with workbooks. A computer software program provides additional help.

Non-English speaking (ESOL or English for Speakers of Other Languages) adults also work with tutors in small group settings. Classes are held weekly at a variety of sites throughout the area.

Day and night time classes are offered. All classes are free and are set up on a semester basis.

Who are the Tutors?

Tutors come from many different backgrounds – men and women of all ages and diverse life experiences. They may be retired, have full-time jobs or they may be students. Many have some college experience. Only a few have previously taught. What tutors have in common is their desire to help someone improve his or her life.

Tutors go through an Orientation and Training Program before they start tutoring. They receive ongoing support from Literacy Volunteers program managers, who help the tutors prepare lessons, test students and locate helpful resource materials.

For Additional Information

Please visit our website: www.lvagnh.org.
Small Business Resource Center

165 Church Street, 6th floor
Office Hours: Monday through Friday 9 a.m. and 5 p.m.
(203) 946 - 8387

The SBRC is a “One Stop Shop” where new entrepreneurs and current business owners alike can obtain support and services that will support business start-ups and growth.

In-Person Advising

Our staff is here to work with you on an individual basis. Using our extensive experience, we can provide you with advice, counseling, and technical assistance on everything from how to start or register a business, write a business plan, secure licensing or permitting, pursue local, state, and federal business incentives, find an appropriate business site, and evaluate various financing options. To schedule an appointment, contact Cathy R. Graves at clgraves@newhavenct.gov. You may also come in to our office on the 6th floor of 165 Church Street any time Monday through Friday between the hours of 9 a.m. and 5 p.m.

Training Modules

The SBRC provides training modules designed for both entrepreneurs and current business owners. To assist you, the SBRC has formed partnerships with local banks, accounting firms, and professional service agencies. These professionals give “guest lectures” to discuss the reality of their fields and what you truly need to succeed. They can also serve as mentors to address specific challenges you face over time, even after the training module has ended.

Overall, the SBRC Training Modules raise the bar of success. By registering for a training module:

- You commit to attending classes over the course of multiple weeks.
- You will benefit from a continuum of learning with each course building upon the previous ones.
- By the time you complete the training module, you will know what you want and how to get it.
- You will not only aspire to greater success, but also have clear steps (and the skills) to achieve it.

We will offer comprehensive programming around the following:

Business Planning and Structure – You will learn how to write a successful business plan and how to start your own business.

Business Basics – This includes choosing a name, learning about start-ups, looking at the tax implications of your business, and understanding the legalities involved. You will learn how to register and license your business.

Marketing Analysis and Strategy – You will learn how to plan a strategy to reach your target market.

Basic Numbers – You will understand your financial requirements (i.e. budget planning, working with an accountant, understanding your finances).

Getting Financed – You will learn about the different types of financing available to start-ups and existing businesses.

The Web – The internet has become an essential marketing tool. You will learn how to use social media to grow your business.

For more information about how to join the next training module, contact Cathy R. Graves at clgraves@newhavenct.gov and Anna Nieves-Winn at awinn@newhavenct.gov.

Committed to assisting small-, minority-, and women-owned businesses to grow and overcome challenges that may make it more difficult to win public contracts.

The Small Contractor Development Program
165 Church Street, 6th floor
New Haven, CT 06510
Office Hours: Monday - Friday 9am - 5pm
Phone: 203-946-8577
Fax: 203-946-7808

The City of New Haven is committed to developing and nurturing a competitive construction industry which represents New Haven’s ethnic diversity. To ensure equal opportunities for construction and construction-related contractors, and to enable minority- and women-owned firms to overcome a history of disadvantages by providing targeted opportunities and mentoring, The Small Contractor Development Program (SCDP) is part of the City of New Haven’s Department of Economic Development which promotes creating jobs, improving quality of life and driving economic growth.

The SCDP helps small, minority, and women-owned construction businesses grow and overcome challenges that may make it more difficult to win contracts and work on City of New Haven projects. The program encourages participation and inclusion of small, minority, and women-owned businesses in City of New Haven projects by:

- Enforcing Article 12.4 of the New Haven Code of Ordinances to ensure compliance.
- Providing information and know how on projects.
- Hosting workshops and seminars.
- Facilitating special networking events and information sessions.
- Targeted assistance for specific project needs.
- One-on-one technical assistance in the procurement process.
- Connecting registered contractors with greater opportunities.

The SCDP uses a two-pronged strategy to achieve an increase in MBE and WBE contractor participation for public projects that are funded, in whole or part, by city funds or by a developer that has received any type of subsidy from the city. There are currently 141 contractors registered in the program. Since its founding, SCD has also assisted more than 1,000 small, woman, and minority firms with contract issues, bid documents, payments, credit, contractor conflicts, and registration.

By setting goals on our projects, SCD ensures that all construction businesses have an equal opportunity to participate in City projects. In addition to goal setting, SCD is committed to ensuring that all projects are complying with real time monitoring and enforcement of M/WBE requirements. The very best business training is doing business. There is no better way for a small, underutilized firm to develop the skills and experience required for bigger jobs than to have a chance to work on smaller projects. City construction and construction-related projects valued under $150,000 are reserved competitive bidding to registered contractors. Construction contracts valued over $150,000 must demonstrate efforts to achieve a 25% minority subcontractor goal. No bonding requirements for contracts under $100,000 in value. 10% construction contract value is set aside for registered SCD contractors on school construction. A monthly contractor list is provided on our website which assists prime contractors in locating subcontractors. Working together, we can develop and nurture a competitive construction industry in the City of New Haven in which successful, efficient contractors who are representative of the City’s ethnic diversity, provide high quality services for the City while offering good wages to their employees and earning profits that enable continuous business expansion and long-term growth.
Higher Heights Youth Empowerment Program

Provide the following documentation is needed for enrollment:

- Letter of assistance from Social Services
- Letter from school of educational program
- Letter of enrollment in a GED or Adult Education Program
- Parent's Certification Card (if applicable)
- Support form signed by parent/guardian
- Proof of current resumé
- Proof of residency (a piece of mail with name and address on it)
- Social Security Card
- Birth Certificate
- Driver's License
- State Photo ID

To qualify you must be:

- Age 18 to 24
- Low income or unemployed
- A high school diploma, GED, or equivalent
- Enrolled in a GED and Adult Education Program
- Able to provide documentation proving one of the following:
  - Employment in the Information Technology Program
  - Enrollment in the Information Technology Program
  - Between the ages of 18-24
  - A New Haven resident

Eligible Applicants must:

- Complete and submit the application
- Attend an interview
- Attend all classes

Upon completion of the Microsoft Office Specialist (MOS) Certification Program, students will:

- Be employed
- Increase their earning potential
- Increase their earning potential
- Be able to provide documentation proving one of the following:
  - Employment in the Information Technology Program
  - Enrollment in the Information Technology Program
  - Between the ages of 18-24
  - A New Haven resident

Eligible Applicants must:

- Complete and submit the application
- Attend an interview
- Attend all classes

The Microsoft Office Specialist Certification Program offers extensive knowledge in all three programs.
JOB CORPS AND VETS:
HELPING VETERANS START A NEW CAREER

What is Job Corps?

Transitioning from the military and starting a new career can be challenging. Job Corps can help. At Job Corps, veterans can train for a new and rewarding career alongside other veterans. After training, our staff will work with veterans to find a job for up to 21 months.

Job Corps offers hands-on training to eligible 16- through 24-year-olds in America’s fastest-growing careers. Each year Job Corps provides training and support services to more than 100,000 young people in more than 100 career areas at 123 centers across the nation. No matter where veterans are coming from or where they want to go, there is a Job Corps center nearby.

What does Job Corps offer to veterans?

Veterans receive priority enrollment at all Job Corps centers. While they may attend any Job Corps center in the nation, there are three centers that offer dorm areas exclusively for veterans. They will be living among other veterans who are also transitioning from the military to civilian life. Those centers are:

- Atterbury Job Corps Center in Edinburgh, Indiana
- Earle C. Clements Job Corps Center in Morganfield, Kentucky
- Excelsior Springs Job Corps Center in Excelsior Springs, Missouri

Starting a new career.

One of the program’s biggest benefits is its post-graduate support. When veterans are ready to start looking for a job, staff will work with them to find job openings and submit resumes. Job Corps will help graduates for up to 21 months after graduation to connect with housing, transportation, and other support services.

Want to learn more about Job Corps? Visit us at www.jobcorps.gov.
Our goal is to afford Veterans the opportunity to return to healthy, productive lifestyles within their own communities.

**The Homeless Veteran Supported Employment Program (HVSEP) provides** vocational assistance, job development and placement, and ongoing supports to improve employment outcomes among homeless Veterans and Veterans at-risk of homelessness. Formerly homeless Veterans who have been trained as Vocational Rehabilitation Specialists (VRSs) provide these services.

**VA's Compensated Work Therapy (CWT) Program** is a national vocational program comprised of three unique programs which assist homeless Veterans in returning to competitive employment: Sheltered Workshop, Transitional Work, and Supported Employment. Veterans in CWT are paid at least the federal or state minimum wage, whichever is higher.

**VA's National Cemetery Administration & Veterans Health Administration** have also formed partnerships at national cemeteries, where formerly homeless Veterans from the CWT program have received work opportunities.

**The Vocational Rehabilitation & Employment (VR&E) VetSuccess Program** assists Veterans with service-connected disabilities to prepare for, find, and keep suitable jobs. Services that may be provided include: Comprehensive rehabilitation evaluation to determine abilities, skills, and interests for employment; employment services; assistance finding and keeping a job; and On the Job Training (OJT), apprenticeship, and non-paid work experiences.

For information about possible employment services in their area, Veterans can call the National Call Center for Homeless Veterans hotline at 1-877-4AID-VET. You will be connected to a trained VA staff member. Hotline staff will conduct a brief screen to assess your needs. Homeless Veterans will be connected with the Homeless Program point of contact at the nearest VA facility.

Contact information will be requested so staff may follow-up.

**Housing Assistance For Veterans**

Housing assistance for homeless Veterans and their families is available through several federal programs. The U.S. Department of Housing and Urban Development and VA Supportive Housing Program (HUD-VASH) partner to provide permanent, supportive housing and treatment services for homeless Veterans.

HUD allocated nearly 38,000 “Housing Choice” vouchers across the country, which allows Veterans and their families to live in market rate rental housing while VA provides case management services. A housing subsidy is paid to the landlord directly by the local public housing authority on behalf of the participating Veteran. The Veteran then pays the difference between the actual rent charged by the landlord and the amount subsidized by the program. The case management services facilitate the attainment of the Veteran’s recovery goals. The HUD-VASH Program is for the most vulnerable Veterans, and provides special services for women Veterans, those recently returning from combat zones, and Veterans with disabilities.

http://va.gov/HOMELESS/for_homeless_veterans.asp
VA - Errera Community Care Center  (203) 479-8000
114-152 Boston Post Road, 2nd floor, West Haven, CT 06516
http://www.erreracc.com/

Over the past two decades, through a steady process of program modification and development, VA Connecticut’s Errera Community Care Center ("ECCC") has evolved into one of the leading centers of innovation in psychosocial rehabilitation and in the integration of the psychosocial and biomedical approaches.

ECCC serves veterans struggling with mental illness and/ or substance abuse disorders, homelessness, and/or aging. At the ECCC, a team of multidisciplinary mental health professionals come together to provide an array of community-based rehabilitative programs including day and crisis intervention programs, vocational programs, housing programs (ranging from subsidized to non-subsidized, supported to non-supported), homeless outreach and advocacy and case management programs.

Believing in recovery and hope, and utilizing the principles of psychiatric rehabilitation, ECCC staff members partner directly with the veteran being served to identify his or her goals and needs. Recovery plans build on the person’s strengths and help the individual compensate for the negative effects of the psychiatric disability. Services and supports are provided in the community to enhance natural support systems, to advance independence, and integration, so that each individual can live and function at optimal levels in the least restrictive environment possible.

Affirmative, non-stigmatizing attitudes about persons with mental illness, framed by an empowerment structure serve as the foundation of ECCC psychosocial rehabilitation services. ECCC represents the vanguard of the national movement to integrate Peer Specialists into mental health treatment and recovery programs. Peer Specialists are health and mental health service consumers who have received peer counseling training, and have demonstrated the skill, motivation, and desire to help their peers in a supportive and/or counseling role. Most have either suffered from mental or physical illness, substance abuse problems, and/or have been homeless. ECCC’s eleven Peer Specialists are integrated throughout ECCC’s programs. In a myriad of ways, they strengthen and enrich those programs.

People in recovery operate the Veterans Empowerment Committee (VEC). Recipients of services play an active role in the day-to-day operations of the ECCC by orienting all new recipients of services, running the community lunch program, identifying issues and needs, and advocating and seeking resources to meet these needs. Persons in recovery are involved in all aspects of ECCC programming including writing and/or co-signing all policies. Persons in recovery also hold direct leadership roles by serving as Community Mental Health Advisory Board members who advise and consult to the Chief, Mental Health Care line and staff at VA CT. They monitor the services provided, advocate both within the hospital leadership structure and within the recovery community on issues important to quality of care, access to care, and resources. In addition, recipients of services serve as facilitators for Vet-to-Vet, a consumer designed, run and facilitated psycho-educational program which was initiated at the ECCC by Moe Armstrong in early 2002. Meetings are both educational and supportive and are led by consumers each weekday. Critical to the full spectrum of services provided at the ECCC are the community partnerships that have been established and nurtured with a wide range of private industry, charitable and governmental bodies in the region.

At ECCC veterans are served with innovative, effective, individualized programs to find transitional and supportive housing and jobs through a Compensated Work Therapy Program. In addition, staff advocate locally and regionally to rectify the overwhelming effects of homelessness, poverty, inadequate resources and the stigma of mental illness.

Evidence of ECCC’s recognition as the leader in each of its fields of endeavor is found in the increasing number of organizations coming to ECCC to learn, the role its staff plays in education throughout the country, how it operates, and how its model can be replicated throughout the nation.

While the contents of this site have been developed in cooperation with VA personnel, it is not an official site of the Department of Veterans Affairs.
Soldiers’, Sailors’ and Marines’ Fund

Categories: Active Military/Veterans, Income Assistance, Older Adult Programs

The following is summarized from The Soldiers’, Sailors’ and Marines’ Fund web site http://www.ct.gov/ssmf

Financial assistance for health and maintenance needs of eligible veterans with an honorable discharge, and their spouses (or widows) and their minor children (ages 0 through 17). The spouse or child must be living with the veteran or living with the veteran at the time of his/her death. Funds can be used for food, clothing, shelter, fuel, utilities, and burial expenses (For hospital care and other medical expenses, veterans should first contact the United States Veterans Administration (VA) to determine if they are eligible for any VA benefits). The Fund is limited by its earnings, so it may not be able to completely meet the veteran’s need.

The fund was created by the Connecticut General Assembly in 1919 and is administered by the American Legion.

WHO IS ELIGIBLE?

- Veteran must demonstrate need
- Must have served in at least one of the armed services, including National Guard and Reserves
- Must reside in Connecticut at the time of application and while in receipt of aid
- Must have honorable discharge
- Must have at least 90 days of active duty service, unless discharged for a service-connected disability, or for the full extent of the conflict in a combat or combat support role if the war campaign or operation lasted less than 90 days.
- Assistance is limited to once in a twelve month period

APPLICABLE DATES OF SERVICE:

- World War I: April 6, 1917-November 11, 1918
- World War II: December 7, 1941-December 31, 1946
- Vietnam Era: February 28, 1961-July 1, 1975
- Persian Gulf Era (a.k.a. Global War on Terrorism, includes Afghanistan, Bosnia, Iraq, Kuwait, Qatar, Saudi Arabia, Somalia): August 2, 1990-Indefinite (Must have been discharged prior to applying for assistance)

OR: Combat or combat support service is required for the following service periods:
(Must have been awarded the Armed Forces Expeditionary Medal.)

- Lebanon: July 1, 1958 to November 1, 1958; and September 29, 1982 to March 30, 1984
- Panama: December 20, 1989-January 31, 1990

HOW TO OBTAIN SERVICE: State office or regional offices will tell callers where to apply for assistance; also, name and address of nearest Fund Representatives may be obtained from the local American Legion Post or the office of the Town or City Clerk, where the names and addresses of the Fund Representatives are registered.
New Haven area to be added to the Vietnam Memorial on the Long Wharf.

The National Veterans Council for Legal Redress is seeking veterans that have a less than honorable discharge and have been denied an upgrade. Also, they are searching for Vietnam veterans and family members from the Greater New Haven, CT.

Date: Thursday, September 19, 2019
Place: 165 Church St.
Time: 7:00-9:00 p.m.

If interested...

For details contact: (203) 988-3006, visit us at www.vvnc.org

Refreshments will be served.

Ricardo Sealy - Veterans Administration
Office of Senator Chris Murphy
Veterans Affairs & Military Outreach Assistant
Claude Campbell, M.S., MBA

VETERANS
ATTENTION ALL MILITARY

VETERANS EMPowerMENT SEMINAR

AGA Session
What do you want to do for a living?

"I want to be a ..."  
Search careers with key words.

Describe your dream career in a few words:
Examples: doctor, build houses

"I'll know it when I see it."
Browse careers by industry.

There are over 900 career options for you to look at. Find yours in one of these industries:
Administration & Support Services

"I'm not really sure."
Tell us what you like to do.

Answer questions about the type of work you might enjoy. We'll suggest careers that match your interests and training.

Check out this government sponsored site...it just may help you find that next perfect job or a pathway to learn and prepare for a new career.

Are you a veteran looking for work?

Click on the link to:
My Next Move for Veterans
for help finding a civilian career similar to your military job
Veterans Tuition Waiver

Under Connecticut state statutes, tuition at Connecticut public colleges and universities may be waived for:

- eligible veterans,
- active members of the Connecticut Army and Air National Guard,
- any Connecticut resident who is a dependent child or a surviving spouse of a member of the Armed Forces killed in action or on or after September 11, 2001 who was a Connecticut resident,
- state residents who are dependent children of a person whom the Armed Forces has declared to be either missing in action or a prisoner of war while serving in the Armed Forces after January 1, 1990.

The state tuition waiver also covers the amount of tuition which exceeds the tuition benefit received under the federal 2008 Post-9/11 Veteran Educational Assistance Act.

College costs other than tuition — such as for books, student activity and course fees, parking and room and board — are not waived. When applying for admission or registering for courses, remember to bring a copy of your separation paper (Form DD-214). Note that waivers may be reduced by the amount of education reimbursement you may receive from your employer.

This guide, prepared by the Education & Employment Information Center (EEIC), contains general information on waivers for veterans. As procedures vary across Connecticut campuses, you should contact colleges directly for more details. National Guard members also may contact their Education Service Officer. To learn about other types of college financial aid, contact the EEIC, a statewide clearinghouse on learning and career opportunities operated by the Connecticut Office of Financial and Academic Affairs for Higher Education.

General Information

University of Connecticut
To qualify for a tuition waiver at UConn, veterans must be admitted to an undergraduate or graduate degree program. The tuition waiver also applies toward UConn’s BGS and MBA programs. Extension Fund courses (courses paid for from student fees) — such as summer, intercession and non-credit courses — do not qualify for the waiver.

Connecticut State University
Veterans accepted for admission to Central, Eastern, Southern or Western Connecticut State University must be formally admitted for undergraduate or graduate study to receive the 100% tuition waiver for credit courses, although they do not have to declare a major initially. A 50% course fee waiver is offered for Extension Fund courses (summer and intercession credit courses).

Community Technical Colleges
The 12 Community Colleges waive tuition for full- or part-time credit study funded through the state’s General Fund. The waiver, however, cannot be applied toward summer, intercession or non-credit Extension Fund courses.

Charter Oak State College offers a 50% course fee waiver for eligible veterans who are matriculated.

How to Qualify

To be eligible at a public college or university, veterans must:

- be honorably discharged or released under honorable conditions from active service in the U.S. Armed Forces (U.S. Army, Navy, Marine Corps, Air Force and Coast Guard). National Guard members, activated under Title 10 of the United States Code, also are included.
- have served at least 90 or more cumulative days active duty in time of war (see Periods of Service) except if separated from service earlier because of a federal Department of Veterans Affairs (VA) rated service-connected disability or the war, campaign or operation lasted less than 90 days and service was for the duration.
- be accepted for admission at a Connecticut public college or university.
- be domiciled in Connecticut at the time of acceptance, which includes domicile for less than one year.

Periods of Service

Only those who “performed service” in the following manner may qualify:

- Active duty for at least 90 or more consecutive days during:
  - World War II — December 7, 1941 to December 31, 1946
  - Korean Conflict — June 27, 1950 to January 31, 1955
  - Vietnam Era — February 28, 1961 to July 1, 1975
  - Persian Gulf War — August 2, 1990 until an ending date prescribed by Presidential proclamation or by law (no end date at this time).
  - All military war service subsequent to August 2, 1990 is covered, including but not limited to, Enduring Freedom, Noble Eagle, Iraqi Freedom, Somalia and Bosnia.

- Engaged in combat or in a combat-support role in:
  - Lebanon — July 1, 1958 to November 1, 1958 or September 29, 1982 to March 30, 1984
  - Grenada — October 25, 1983 to December 15, 1983
  - Operation Earnest Will — July 24, 1987 to August 1, 1990
  - Operation Desert Storm (escort of Kuwaiti oil tankers flying the U.S. flag in the Persian Gulf)
  - Panama — December 20, 1989 to January 31, 1990

Service in time of war does not include time spent attending a military service academy. Reservists must be mobilized in time of war for other than training purposes.

Other Sources of Financial Aid

The federal government offers education and training assistance for veterans and their dependents. For information on GI Bill Benefits offered through the U.S. Department of Veterans Affairs, including the Yellow Ribbon Program, contact the VA Education Customer Service: 888/442-4551 or www.gibill.va.gov.

Current and retired servicepersons interested in teaching careers should contact Troops to Teachers (888/463-6488, www.newenglandtta.org) for eligibility requirements and applications.

The Entrepreneurship Bootcamp for Veterans with Disabilities (ECV), (http://whitman.syr.edu/ecv/) is a privately-funded initiative which offers free small business management and entrepreneurial training to post-9/11 veterans with service-connected disabilities at the University of Connecticut.

Active duty military personnel stationed in Connecticut, including spouses and dependents, are eligible for in-state tuition.

The Connecticut Technical High Schools (www.cttech.org) offer tuition waivers for eligible veterans in adult vocational training programs.
For more information about veteran resources, call 1-877-915-AID-VET or visit [http://theconnectionproject.org](http://theconnectionproject.org). If you know of a veteran in need of housing, please visit the CT Heroes Project to lead the charge to end homelessness. The Connecticut Coalition to End Homelessness has partnered with recent federal funding to enable Connecticut to offer housing.

**Resources for Homeless Veterans**

- **VA Connecticut Homeless Veterans Hotline:** 203-710-6529 (during business hours)
- **VA Connecticut Homeless Veterans Hotline:** 1-888-338-2555 (24/7)
- **VA National Homeless Veteran Hotline:** (203) 710-6529

**Drop-in:**

- 114-152 Boston Post Road, West Haven, CT
- St. John Vianney
- 600 Jones Hill Road, West Haven

For donation or volunteer information, please call (203) 931-9996.

- **For clothes, use:** St. John Vianney
- **For socks:** Our Lady of Victory
- **For clothing exchange:** St. John Vianney

**Gifts for homeless veterans:**

- Blankets
- Warm socks
- Hygiene products
- Toiletries
- Bibles
- Jewelry
- Hats
- Gloves

**Programs at the WH Community House Family Resource Center, West Haven:**

- **Diaper Bank:** The first in West Haven.
- **Food Pantry:** Supports local food banks, churches, and other organizations.
- **Clothes Closet:** Provides second-hand clothing in a store-like environment.

**Empowerment and Direct Service:**

- The Beacon
- The Beacon Foundation
- The Beacon Foundation, Inc.

**On the Hill:**

- 1231 931-9989
- 634 Jones Hill Road
Social Services Block Grant (SSBG) Case Management

The Social Services Block Grant (SSBG) Case Management program is administered by the Connecticut Association for Community Action, Inc. (CAFCA) with funding provided by the Connecticut Department of Social Services (DSS). SSBG Case Management services are services or activities that help individuals and families meet their needs. All services are free. These services are available to anyone who may need them.

Who benefits?

- People who are under or unemployed
- People who need help applying for social services
- People who need referrals to basic needs, treatment, health, and shelter services
- People in need of job search assistance or who need help identifying job training and educational opportunities

Who is eligible?

- Connecticut residents at least 18 years old
- Single adults
- Families with at least 1 child under 18 living with you
- There are income guidelines. A SSBG case manager will verify your income during your first appointment

What can SSBG help with?

- Food and nutrition
- Application completion
- Goal planning
- Housing information and assistance
- Referrals to other services
- Transportation assistance
- Help finding education or training opportunities
- Job search and resume writing
- Money management and budgeting

**PLEASE NOTE ACCESS TO SSBG RESOURCES DEPENDANT ON ENROLLMENT IN CASE MANAGEMENT SERVICES AND DETERMINED BY CAANH, Inc.**

You can meet with the case manager listed below to receive SSBG Case Management services at the following CAANH, Inc. location in your area:

**New Haven:**
Emile Jones
419 Whalley Ave.
New Haven, CT 06511
ejones@caanhh.net
203-387-7700

Your local SSBG Case Management Service Provider is:

Community Action Agency of New Haven, Inc.
419 Whalley Avenue
New Haven, CT 06511
Phone: 203-387-7700 Website: www.caanhh.net

Program Information and Eligibility Guide
Coordinated Access:
A simpler and more effective way to serve our homeless neighbors.

Connecticut
211
Get Connected. Get Answers.

To access shelter and housing resources call 2-1-1.
*Effective Monday, January 26, 2015*

Connecticut’s Coordinated Entry guidelines now require that everyone seeking emergency shelter and housing go through the state’s 2-1-1 system.

Community professionals, including educational, judicial, medical, and social service staff, should assist those who cannot call without help, by calling 2-1-1 with them.

After dialing, select option 3, and then option 1, to reach trained Housing Specialists. A 2-1-1 Housing Specialist will perform an initial assessment, make referrals as needed to help avoid homelessness and, when appropriate, schedule a community-level appointment with one of our designated case managers. This does not guarantee immediate shelter or housing placement. However, we will seek to access all available resources for each household through this process.

If you cannot dial 211 from your phone, dial 1-800-203-1234.

*In times of extreme weather, please seek shelter immediately.*

*First-come, first-serve MALE walk-ins are still accepted at Emergency Shelter Management Services (645 Grand Avenue, New Haven) and the Columbus House Winter Overflow (232 Cedar Street, New Haven).*

*Our new Overnight Warming Center will accept male and female adults from January 15th to March 15th. The hours are 10:30 PM to 6:00 AM at Church on the Rock (95 Hamilton Street, New Haven, CT).*
LIBERTY SAFE HAVEN DAY PROGRAM

The Day Program located at Liberty Safe Haven offers a place for homeless individuals to spend their day and gain access to important support services. Open to individuals who are homeless and confronting chronic illness, mental illness or addiction, the Day Program fills a critical need for many people in our community.

The services offered include counseling, referral to community resources, help with job searches, laundry room access, shower and bath facilities, and transportation to medical appointments.

A community room is available, with television, a library, meals and coffee.

The program also offers an on-site computer center, with classes for all levels of experience. Users are taught computer skills, both for personal use and to give them knowledge and experience that will help them in today’s job market. Participants also have telephone access, and are given individual voice mail accounts. This combination of computer access, phone access, voice mail and email are important to finding a job or making medical appointments, and they help participants to remain connected with the community.

The hours of operation for the Safe Haven Day Program are Mondays through Fridays from 8:30 am to 3:30 pm.

Please call (203) 495-1770 for more information or to schedule an intake.
The State of Connecticut passed legislation to assist homeless persons who are residents of authorized shelters or transitional housing programs in obtaining a State of Connecticut Department of Motor Vehicles issued non-driver photo identification:

Sec. 1-1h. Identity cards. (a) Any person who does not possess a valid motor vehicle operator’s license may apply to the Department of Motor Vehicles for an identity card. The application for an identity card shall be accompanied by the birth certificate of the applicant or a certificate of identification of the applicant issued and authorized for such use by the Department of Correction. Such application shall include: (1) The applicant’s name; (2) the applicant’s address; (3) whether the address is permanent or temporary; (4) the applicant’s date of birth; (5) notice to the applicant that false statements on such application are punishable under section 53a-157b; and (6) such other pertinent information as the Commissioner of Motor Vehicles deems necessary. A fee of twenty-two dollars and fifty cents shall be paid to the department upon issuance to the applicant of an identity card which contains a picture of the applicant and specifies the applicant’s height, sex and eye color. The applicant shall sign the application in the presence of an official of the department. The commissioner may waive the fee for any applicant who has voluntarily surrendered such applicant’s motor vehicle operator’s license or whose license has been refused by the commissioner pursuant to subdivision (4) of subsection (e) of section 14-36. The commissioner may waive the fee for any applicant who is a resident of a homeless shelter or other facility for homeless persons. The commissioner shall adopt regulations, in accordance with the provisions of chapter 54, to establish the procedure and qualifications for the issuance of an identity card to any such homeless applicant.

(b) An identity card shall expire within a period not exceeding six years from the date of issuance of such card. Each such card shall indicate its date of expiration. Any person who holds an identity card shall be notified by the commissioner before its expiration and may renew such card in such manner as the commissioner shall prescribe upon payment of a fee of twenty-two dollars and fifty cents.

(c) A distinctive identity card shall be issued to any applicant less than twenty-one years of age. The identity card shall contain a statement that it is issued subject to the same verification of the applicant’s identity as required for the issuance of a motor vehicle operator’s license. The card may thereafter be exhibited to establish the age and identity of the person to whom it was issued.

(d) The Commissioner of Motor Vehicles, in consultation with the Liquor Control Commission, shall adopt regulations in accordance with the provisions of chapter 54 to carry out the purposes of this section and section 30-86.

(e) Any person who misrepresents his age or practices any other deceit in the procurement of an identity card, or uses or exhibits an identity card belonging to any other person, shall be fined not more than fifty dollars or imprisoned not more than thirty days or both.

****************************************************************************************************

Under this program the DMV waives the normal application fee one time within the 6 year life of an ID cards expiration – and only when the shelter or transitional housing program staff completes the proper form (DMV form B-230) accompanied by required documentation.

Talk to your shelter / transitional housing case manager about receiving this assistance
Know Yourself by Zorka Hereford www.essentials lifeskills.net

To know yourself is your first priority.

How can you set goals, go about life, and have relationships if you don’t know who you are or what you want?

You really can’t.

To not know yourself leads to confusion and wasting much time in hit and miss situations.

We tend to underestimate the importance of knowing ourselves. Many of us go through each day reacting to events and just getting by rather than making conscious choices based on who we are and what we want.

When we don’t know where we are headed it’s hard to set goals, get motivated and determine the best course of action. Before we can do any of these things we must establish who we are.

To know yourself:

- Be aware of your strengths, weaknesses, likes and dislikes
- Observe and be aware of your moods, reactions and responses to what is happening around you
- Become aware of how these moods and emotions affect your state of mind
- Examine how you interact with others
- Observe how your environment affects you

Knowing and understanding yourself better, in turn, leads to better decision making, setting and reaching appropriate goals and altogether living more productively.

There are many interesting personality tests and evaluations for self-discovery that can help you become more in tune to yourself and are fun to do.

Two powerful tools I found exceptionally helpful are:

The Myers-Briggs Type Indicator (MBTI) (http://www.myersbriggs.org)
The Enneagram (http://www.enneagraminstitute.com/)

Not only do these tools help you understand yourself better and what drives some of your behaviors, they also help you understand and get along better with others.

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NOTE

The afore information is taken as found from the Internet.

Anyone reading these materials is encouraged to discuss them and the ideas they relate with professionals they may be under formal treatments or helpful service.
To sign up for the Citizens project or for more information, contact Project Director Patricia Benedict
Phone: 203-843-2476
E-mail: patricia.benedict@yale.edu
Fax: 203-764-7550

**Why Citizenship?** The stigma of having lived with multiple experiences with mental health, trauma, co-occurring substance abuse, and having involvement in the criminal justice system, has led to many feeling and being seen as outsiders or second class citizens.

The Citizens Project started over 12 years ago to address these concerns of community disconnection. The project was inspired and developed from the research of Drs. Michael Rowe & Madelon Baranoski, and people in recovery. Dr. Rowe defines Citizenship as a person’s strong connection to the “5 R’s”: Rights, Roles, Responsibilities, Resources and Relationships that a healthy society makes available to its members through public and social institutions and through associations with others.

The vision of the Citizens Project is for All to have a full and meaningful citizenship!

**Project Components:** As a student of the Citizens Project, Individuals participate in a co-learning process; learning from each other. Classes (sample of the 24 classes)

- Relationship Building
- Negotiating the Criminal Justice System
- Advocacy & Leadership
- Career—Educational and Vocational Development
- Public Speaking
- Housing Options and Issues
- Communication 101
- Healthy Alternatives

Classes are held twice a week (Tuesdays and Thursdays 2-4:30pm)

**Mutual Support Group**

The “What’s Up?” Group is an opportunity for students to share successes, provide support, and offer feedback around challenges. What’s Up? is a mutual support group facilitated by the students.

**Valued Role Projects**

Individual or group community projects inspired by students’ passions, knowledge and experiences.

Who Can Enroll as a Student? Anyone who...

- Is 18 years or older
- Is a resident in the Greater New Haven area for the duration of the 6 month project
- Receives care/follow-up for mental health or co-occurring mental health and substance use
- Has had involvement in the criminal justice system (arrest, probation, parole or incarceration) within the past 3 years
- Is interested in learning and sharing with others
- Will commit to a 6-month project that meets twice a week

ALL can engage with the Citizens Project:

Ideas for classes that may enhance the Citizenship experience?

Community projects that the students can collaborate on?

If so, Please contact the Project Director

**What’s in it for me?** Classes on rights, responsibilities, relationships, roles and re-sources for individual and community enhancement. A mutual support group called: “What’s Up?” Peer Support in the classes and the community with a person in recovery with “similar” life experiences Individual or group community projects inspired by students’ knowledge, passion and experiences Ten (10$) Stipend for each class you attend Weekly social networking activity Certificate of Completion and Graduation Ceremony at City Hall

*Citizens Project - A project of Yale School Of Medicine, Dept. of Psychiatry, Program for Recovery and Community Health & Connecticut Mental Health Center*
MCCA offers outpatient treatment services through individual, group and family therapy.

Clients are able to participate in a variety of programs such as intensive outpatient, relapse prevention, early intervention, women’s and men’s services and Latino outpatient. Through these supportive therapies clients are able to recognize triggers and destructive behavior and begin to create the positive changes leading to the well-being created by a healthier lifestyle.

Family education and therapy is also available and covers the many issues family members must cope with when dealing with a family member suffering from an addiction or mental illness.

Our objective is to accommodate clients by allowing them to remain in the home and be able to work or attend school while in treatment. Most programs and counselors are available during evening hours.

Services include:
- Evaluations and assessments
- Individual, group and family therapy
- Education and treatment for family members and significant others
- Relapse prevention groups
- Gender and age specific services
- Continuing care and referral services

Specialized Groups
- Intensive Outpatient Program
- Anger management
- Gender specific trauma group
- Dialectical Behavior Therapy (DBT)
- Co-occurring Groups
- Ongoing Maintenance
- Suboxone group
- Problem gambling group
- Mommy and Me

Outpatient Treatment for:
- Substance Abuse
- Mental Health/Co-occurring Disorders
- Better Choice Gambling Program
- Latino Outreach

Open Access at all of MCCA locations

There is no need to wait weeks for an appointment, simply walk-in. If you are not seen on that day, you will definitely walk out with a scheduled appointment. Please note, clients will be seen on a first come, first serve basis

MCCA offers walk-in day hours in our New Haven facility on
- Tuesdays from 8:30am to 12pm

If you prefer to schedule your appointment by phone, call our scheduling department at 877-874-6222 between the hours of 8am and 8:30pm to make a reservation for an appointment

On your appointment day - please arrive 15 minutes early to complete paperwork

MCCA participates in the Connecticut General Assistance Behavioral Health Program

For your convenience, we accept cash, checks and most major credit cards.
MCCA participates in many managed care plans, and we also accept traditional insurance.
Some insurance plans may require that you obtain authorization from them before you visit us. Since this differs by plan, please check with your insurance company so you may receive complete benefits from your coverage.
Many insurance plans require that you make a co-payment at the time of your visit.

MCCA is recognized by the Internal Revenue Service as a 501[c] 3 non-profit community-based organization.

MCCA 38 Old Ridgebury Road, Danbury, CT 06810 877.874.6222
The Village of POWER is a program that provides services to women struggling with substance abuse, homelessness, mental health challenges or HIV/AIDS.

In conjunction with Northside Community Outpatient Services, the program offers groups specializing in employment readiness, medical and psychiatric wellness, household management, spirituality, parenting and emotions management.

Clients are encouraged to utilize the program daily and for as long as they need assistance. Growing through Sewing is one of the recovery programs offered at the Village of POWER. Recovery principles are reinforced through this program including patience, concentration, problem solving, working as a team and stress management.

The Village of POWER is open for all referrals. Call (203) 503-3484.
226 Dixwell Avenue, New Haven, CT 06511 • Monday – Friday 9:00 am – 5:00 pm
Anxiety Reduction Group

Worried? Stressed out? Feeling anxious?

Join this group to:
- Learn about anxiety, including where it comes from, how to feel more in control and how small changes can make a big difference
- Learn more about the mind/body connection
- Learn how you can lead a more relaxed life

Group meets Wednesdays at 10:00 am
Cornell Scott-Hill Health Center
State Street Counseling Services
913 State Street, 2nd floor, New Haven, CT
In the large group room
Call 203-503-3663 for more information.
Group led by Jessica Sinchak, LPC

Relapse Prevention

An outpatient group for adults recovering from substance use disorders in a safe and supportive environment

You're encouraged to attend if:
- You are enrolled in treatment at the health center's State Street Counseling Services
- You are considering, trying to, or have entered the recovery process
- You need additional support to assist in preventing relapse

The group will focus on:
Triggers to Alcohol & Drug Use, Relapse Prevention, Building Coping Skills and Enhancing Strengths

Group meets Tuesdays from 11:00 am–12:00 pm
Cornell Scott-Hill Health Center
State Street Counseling Services
Large Group Room
913 State Street, New Haven, CT
To join, talk to your therapist and ask for a referral or call:
Katherine Rende, MSW at 203-503-3668

Cornell Scott Hill Health Center
www.HillHealthCenter.com • • • •
ROAD to RECOVERY

A Statewide No Cost Transportation Service

RIDES TO AND FROM
Sober Houses | Recovery Houses | Shelters | Detoxification Facilities
Treatment Programs | Hospitals

Road to Recovery staff will respond to completed applications.
Once eligibility is confirmed, rides can be arranged within hours, sometimes the same day.
Transportation is available state wide, Monday through Friday, from 8 am to 5 pm.
Participants must be active Husky D recipients, receiving no cash assistance.
No fees are charged to participating agencies or the eligible riders.
Road to Recovery will discuss fee for service for ineligible riders.
For more information call:
Edna Brown, Road to Recovery at (203)401-2087.
Applications can be faxed to (203)401-2086 or scanned and e-mailed to
roadtorecovery@columbushouse.org.

A program of Columbus House funded by
The CT Department of Mental Health and Addiction Services
&
Advanced Behavioral Health.
HOW TO DEAL WITH ANGER IN YOURSELF
Not by ignoring or suppressing it. Experience and science have shown repeatedly how poorly those strategies work. Once anger rises past a certain point, it seems to require satisfactory expression to be diffused. That is, it must be expelled in a way that feels good—in a way that is literally emptying. The goal then would be to expel it in a way that does as little damage as possible. How one does this depends on why the anger one feels is rising in the first place. Anger aimed at harming oneself. Depression is almost certainly the cause and should be identified and treated. Anger aimed at achieving control. Ask yourself why you feel out of control. Fear is a common reason. Actually lacking control is another. Anger is, fortunately or unfortunately, often a good strategy to regain control in the short-term, and easier to feel than many of the emotions that trigger it. But as it ultimately remains an expression of our unfulfilled need to control (if we actually had control, we wouldn’t get angry), far better to identify a means to actually provide us real control rather than the illusion of it. When such control isn’t possible, a next best option is to fully recognize what feelings being out of control leads to first, before anger: fear and uncertainty. If we can identify these feelings each time they arise, we at least have a chance to deal more constructively with them—or at least more consciously.

Anger aimed to make us feel powerful. Control isn’t exactly the issue here. It’s more that we feel small and insecure and have stumbled upon anger as an effective means to feel bigger than those around us. Recognizing this is what’s going on empowers us again to interrupt the generation of anger and instead to deal with the feelings of insecurity. Anger that arises from insecurity is particularly efficient at destroying intimate relationships.

Anger at injustice. How best to discharge this anger? Take action to correct the injustice, whether committed against yourself or someone else.

Of course, anger may arise for more than one of these reasons at one time. Anger at an injustice committed against you (as opposed to someone else) may intermingle with anger aimed at achieving control (as an expression of a wish for control that could have prevented the injustice from being committed in the first place). Anger aimed at yourself for being powerless in a given situation may intermingle with anger at someone else as a way to achieve the very power you lack.

HOW TO DIFFUSE ANGER IN OTHERS
The goal here is two-fold, your ability to carry out the second being dependent on your ability to carry out the first:

Remain in control of yourself. When you find yourself on the receiving end of someone’s anger, they’re either trying to control you in some way or make you feel small so they can feel big. Or you’ve done them some kind of wrong. You should seek to understand which of the three it is. You must tell yourself that anger is their strategy and has nothing to do with you at all, unless of course you really have committed an injustice against them, in which case you should make amends.

Help them discharge their anger in a way that feels satisfying without causing harm. Responding to anger with anger rarely accomplishes anything positive. If you remain in control of yourself so that another’s anger neither manipulates you nor makes you feel small, you have a chance to help them deal with the real issue that triggered their anger in the first place. What tactics work to accomplish this?

Validate their anger. Resisting a person’s anger, getting angry back at them, denying that their anger is justified all do nothing more than inflame it. Even if their anger isn’t justified in your mind, what would convincing them of that accomplish? It likely wouldn’t give them control over it. Feelings require no justification to be felt. Apologize. I told my patient how sorry I was he had such an unpleasant experience. It wasn’t my fault, but in commiserating with him, I was able to validate his anger.

Help turn their anger into language. Get them to express in words, rather than in harmful action, just how angry they are. This is often an effective way to help them discharge their anger in a way that feels satisfying. Get angry with them. Get even angrier than they are. Transform yourself from the object of their anger into their partner in feeling the same anger as they.

Though buried deeply, fear was the obvious cause of my patient’s anger, an emotion with which I could far more easily sympathize. As he’d already calmed down by the time he came to see me (he’d satisfactorily discharged a lot of his anger already over the phone), I spent most of my time validating his anger and attempting to address its underlying cause. He never would acknowledge he was afraid, however, which made me worry there would be similar future outbursts (there were), but having fully apprehended its cause, his anger never again intimidated me. He was ultimately diagnosed with lymphoma, endured several cycles of chemotherapy, and was eventually cured. Of his lymphoma, that is.
Mission Statement

To help adults who have a mental illness lead more meaningful, fulfilling and healthy lives by offering resources, education and opportunity.

Value Statement

1. Fellowship Place serves and supports adults in their efforts to overcome the challenges of living with mental illness.

2. Fellowship Place welcomes, accepts and values the contributions of the people it serves, treating them with dignity and respect.

3. Fellowship Place provides a safe environment for the people it serves so that they can challenge themselves and exceed their own expectations.

4. Fellowship Place effectively serves its constituents through staff commitment and expertise.

5. Fellowship Place works to eliminate the stigma associated with mental illness, and it promotes the acceptance and integration of people with mental illness into the broader community.

6. Fellowship Place partners with other organizations to meet the needs of the people it serves.

Please visit us at www.fellowshipplace.org to learn more about the Career Development Program.

Follow Us Online:
facebook.com/FellowshipplaceInc
twitter.com/FellowshipPInc
www.fellowshipplace.org

441 Elm Street, New Haven, CT 06511
(203) 401-4227
www.fellowshipplace.org

441 Elm Street, New Haven, CT 06511
(203) 401-4227
www.fellowshipplace.org
Community
- Annual Education Fair open to the public
- Applying for scholarships
- Assistance in completing FAFSA and other forms
- Disability services on campus
- Assistance in getting in academic planning
- Outreach programs
- Attending campus tours and events

Ready 101
- Academic training on-line with career development
- Education support group
- Assistance enrolling in post-secondary education
- Literacy tutoring
- Academic counseling and assessment
- On-site GED classes

Services & Supports Include:
- Supported Employment Program
- Workshops on how to get, keep, and advance in the community to build up a work history
- Assistance finding a volunteer position
- Assistance with employers
- Access to e-mail to send resumes or to communicate with the computer center
- Basic, intermediate, and advanced on-line literacy volunteers
- Basic computer classes taught by licensed instructors
- Rosetta Stone software to learn and practice English
- On-line GED instruction
- On-site GED classes taught by New Haven Adult Education instructors
- Certification obtaining
- Employment preparation workshops
- Assistance with obtaining safe and secure service and maintenance on-site and internships in general food service

Supports Include:
- Pre-vocational Services & Supports

Program Development Fellowship Place
The Taking Initiative Center

The Taking Initiative Center is a place to foster dialogue about what the next steps may be for recovery. It is also a place where people can safely talk with their peers, consult with counselors, and just get away from their normal daily routine. Individuals can make use of the free computers, recovery groups, meals, and extensive literature.

Access to Treatment

If immediate transportation to treatment is needed the staff will assist you with getting there.

Eligibility Requirements

Interested people must be residing in New Haven, are currently not actively involved in the service system or in treatment, and who have not had success with previous recovery strategies.

People will be screened for DMHAS eligibility.

What are you doing today?

The Taking Initiative Center (TIC) is a safe place for individuals from New Haven who are using drugs, drinking, trying to stop using, or in early recovery from addictions or alcoholism.

- We serve breakfast until 10:00AM and lunch in the afternoon.
- We offer optional groups daily: meditation, plan for the day, recovery and education.
- Three computers are available for client use.
- We have two telephones for making local calls.
- We provide a safe and comfortable space to play games, watch television or educational movies, read, chat, and relax.
- Washer, dryer and a shower may be available upon first visit.
- Monday—Friday we offer rides from Columbus House to TIC at 9 AM and from TIC to select New Haven program sites at 3 PM.
- We will assist you in obtaining social services that may benefit you.
- We are not a treatment center, but we will assist you in finding one if you want.

Your confidentiality is respected and protected.

514 Whalley Avenue
New Haven, CT 06511
Open 7 days per week, 8:30 a.m. – 3:00 p.m.
(203) 389-2970, ext. 1317

Not an ordinary center - it's a safe place to be during the day

From the moment that you enter the door, you are greeted and accepted with kindness. Our daily affirmation sets the tone for a positive, productive day. So come on in.

One of the staff members is ready to help you with any of your needs.

Here is what our clients say about the TIC:
Helps me to relax and make it through the day.

It provides a safe place and allows me to use resources to my benefit. When you have nothing, a little means a lot.

A Collaboration of
APT Foundation, Easter Seals & Marrakech, Inc.
People Who've Been There
Helping
People Who Are There

Life Support

How We Help
A program that combines vocational training, behavioral therapy and help in general, what sets Life Support apart is that all group facilitators have been where you are.

The rationale behind the program is that every individual is responsible for his or own success. Therefore, the nature of our support is to assist with immediate needs while empowering people to recognize their own potential and take responsibility for it.

Examples of Participant Benefits Can Include:
- Assistance w/Childcare Costs
- Dream Achievement Planning
- Bus Passes
- Person Specific Needs
- Housing/Rental Assistance
- Scholarships for Vocational Training
- Gift Cards
- The Cost of DMV Identification

(203) 626-1JOB
Community Choices

Welcome!

Community Choices is your "one-stop" information resource for people with disabilities to advocate for themselves. Our goal is to empower individuals to advocate for the things they need assistance with communicating their needs, and people with disabilities to advocate for systems of information and access. Our mission is to assist individuals 18 and older who are seeking services and support, regardless of age, disability or income. Through a coordinated system of information and access, we provide information to empower older adults, and people with disabilities, to advocate for their needs. Our needs or have a complaint about a service are eligible, need assistance with coordinating services, or feel you have been denied services or services for which you feel you deserve. Our services include:

- Referrals for core management
- Referrals for employment assistance
- Options counseling
- Community resources
- Advocacy
- Planning for the future

Community Choices serves the following towns and cities in Connecticut:

- West Haven
- Woodbridge
- Oxford
- Seymour
- Shelton
- New Haven
- Madison
- Milford
- Norwalk
- East Haven
- Guilford
- Madison
- Ansonia
- Bethany
- Branford
- Derby
- East Haven

Information about Community Resources:

- Adult day care
- Education and equipment assistance
- Employment/training/housing
- Elder abuse prevention
- Disability services
- Mental health/substance abuse
- Legal services
- In-home services
- Transportation services
- Nutrition

Contact information:

Visit our office:

Gateway, right and our driveway is just past the restaurant from 95 South. Turn right at the next light (Campbell Ave). We are stop signs to the next light (Committee Ave). We are 800-949-4222. When in Connecticut call (800) 949-4222. When in Connecticut call (800) 949-4222.

Community Choices program. We also run:

- E-mail: info@connecticutdisabilityrights.org
- (203) 344-7025 Fax (203) 344-7027
- 764 - A Campbell Avenue
- West Haven, CT 06516

We are a partner and help facilitate the elimination of need for many expensive services. We are a partner and help facilitate the elimination of need for many expensive services. Enabling individuals to live in the home of their choice. Enabling individuals to live in the home of their choice. Enabling individuals to live in the home of their choice. Enabling individuals to live in the home of their choice.
Where do you start?

Contact the Bureau of Rehabilitation Services (BRS) office nearest to your home to apply for services. If you are younger than 18 years old, your parent or guardian will have to be involved in the process. You will be asked to provide information about your disability, your education and any work or volunteer opportunities you may have had. When necessary, you may be asked to participate in medical, psychiatric, psychological or other evaluations that will be paid for by BRS.

Talk to a professional

A Vocational Rehabilitation (VR) counselor will explain how our process works and answer any questions you may have. Once you make the decision to apply for services the counselor has up to 60 days to determine if you are eligible.

Our expertise, your plan

If you are eligible for VR services, you will work with a BRS counselor to develop an Individualized Plan for Employment (IPE). Your IPE will identify your vocational goal, what steps are needed to help you achieve your goal and who is responsible for each step. Both you and your counselor will reach an agreement on your IPE services and take actions toward completing each service of the IPE.

BRS @ work

BRS provides individualized services to help you find employment that best matches your interests, values, personality and abilities. Services are provided based on the current job market and availability of funds. All services must be pre-authorized by your BRS counselor.

BRS may provide a full range of services, in any combination, that best fit your needs, including:

- Vocational counseling  
- Benefits counseling  
- Job search assistance  
- School-to-work transition services  
- Skills training and career education in college and/or vocational schools  
- On-the-job training in business and industry  
- Assistive technology services such as adaptive equipment for mobility, communication and work activities  
- Vehicle and home modification  
- Supported employment services  
- Services to assist in restoring or improving a physical and/or mental impairment  
- Nursing home transition services  
- Help accessing other programs and services

Your counselor will explain when BRS will pay for part or all of a service. We will also help you find other resources including financial aid, medical insurance and your own finances.

Important factors that impact eligibility

- If you receive Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI), you may be presumed eligible for VR services. Our benefits specialists are here to help you understand how work can affect your benefits.
- Individuals with the most significant disabilities may receive services on a priority basis called the Order of Selection.
- If your disability is not found to be “significant,” you may not be eligible for services. If this occurs, you may be added to a waiting list and be given other potential options for assistance. More help if you need it.

The Client Assistance Program (CAP) can provide advice, advocacy and legal information regarding BRS. CAP is located at: The Office of Protection and Advocacy (P&A) 60-B Weston Street, Hartford, CT 06120 Phone: 1-800-842-7303 (toll-free) or 860-297-4326 (statewide).
Are you Receiving Benefits and Interested in Working? Check out the...

Ticket to Work Program

http://www.ssa.gov/work/receivingbenefits.html

If you are interested in working, the Ticket to Work Program is the key to unlocking vocational rehabilitation, training, job referrals, and other ongoing support and services to help you reach your employment goals. The program is available for people who are between the ages of 18 and 65 and receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits because they are disabled or blind.

Work Incentive Liaisons (WIL)
Each local Social Security Administration (SSA) office has a Work Incentive Liaison (WIL) who provides advice and information about SSA’s work incentive provisions and employment support programs to individuals with disabilities and outside organizations that serve those with disabilities. Contact your local SSA office for the name and telephone number of this Work Incentive Liaison.

What are the advantages of using the Ticket and Work Incentives?
While you are actively participating in the Ticket to Work program, you can get the help you need to find the job that is right for you and you can safely explore your work options without losing your benefits.

- You can easily return to benefits if you have to stop working (known as “expedited reinstatement of benefits”);
- You can continue to receive healthcare benefits; and
- You will not receive a medical continuing disability review (CDR) while using your Ticket.
APNH is now providing a Medication Treatment Adherence program

For HIV+ clients who are having difficulty with medication compliance, APNH is now offering a program to support medication management and disease education.

- Infectious disease Registered Nurse will provide medication management and assist with medication compliance
- The Program is Client Centered and Compliance Focused
- An experienced RN will meet with clients in office or at the clients preferred setting to provide medication management and/or general disease education
- Services include pharmacy setup, medication reconciliation, support & referrals
- Comprehensive approach to help patients achieve & maintain an undetectable Viral load & optimal health

CONTACT: Mary Giannotti, BSN, RN
AIDS Project New Haven
1302 Chapel St., New Haven, CT 06511
Phone: (475) 441-7033 or (203) 624-0947 ext. 242
Fax: (203) 401-4457
Email: mary.giannotti@apnh.org
MY LIFE, MY HOME, MY CHOICE

PURPOSE OF LEEWAY’S COMMUNITY LIVING MODEL:
To support personalized positive change for individuals living with multiple chronic conditions by integrating health and wellness support/services in the community.

ARE YOU OR SOMEONE YOU KNOW STRUGGLING WITH ALCOHOL/DRUG ADDICTION?

ARE YOU OR SOMEONE YOU KNOW FEELING HOPELESS?

ARE YOU OR SOMEONE YOU KNOW IN NEED OF BEHAVIORAL HEALTH RESOURCES?

RECOVERY COACH CAN BE THE ANSWER...

What is a Recovery Coach?

A Recovery Coach is someone interested in promoting recovery by assisting individuals to identity and overcome barriers to recovery. A Recovery Coach can help individuals find resources to make positive changes in their life, with the environment, health, and personal self. The individual will define their own personal recovery goals and the Recovery Coach lend support.

ROLES OF RECOVERY COACH

A MOTIVATOR, ENCOURAGES, AND CELEBRATES.

Create Wellness Plan with Personal Goals

Trustworthy and Caring

Actively Listener

Friend and Companion

Link to Resources in Community with Personal Goals

Provides Helpful Information and Offers Suggestions

Connect Individuals with Recovery Support

Assist in Problem Solving with Wellness Plan

Please Email or Call: Valencia Cook RC

vcook@leeway.net 203.980.1582
School of Dental Medicine .... care for recipients of DSS Husky plans
263 Farmington Avenue, Farmington, Connecticut 06030 U.S.A.
For information or schedule an appointment please call UConnLink at 800-535-6232
UConnLink on-line:    https://appointments.uchc.edu/index.aspx

Hours of Care are generally 8:30 a.m. to 5 p.m., Monday through Friday

Student Clinics  offer patients comprehensive dental care in a comfortable environment provided by dental students under the supervision of experienced and licensed clinical faculty. Although the time required to complete treatment in our student clinics is longer than with in a private practice setting, fees are generally less. You will receive an appointment for a brief oral and dental examination to determine your general treatment needs and to make an assessment whether your needs can be met by our student providers. If accepted, you will be assigned to an appropriate clinic for your care.

New patients must first schedule a screening appointment then are registered into the system before scheduled in clinic.

Timeline for scheduling appointments averages 4 – 6 weeks.

Resident Clinics  Resident Clinics offer both comprehensive and specialized treatment with care provided by graduate dentists receiving advanced training. Residents provide care under the supervision of experienced and licensed clinical faculty and care will generally take less time than with our student providers, however, the fees are generally higher. You may be referred to one of our residency clinics from our student clinics as deemed appropriate for your specific needs such as in areas of care:  * Advanced General Dentistry-  Comprehensive dental care: restorative, cosmetics, and implant therapy *Endodontics - Root canal therapy *Orthodontics/ Braces *Oral & Maxillofacial Surgery *Oral & facial surgery, dental implants
Pediatric Dentistry *Children's dentistry-  Connecticut Children's Medical Center * Burgdorf Dental Clinic
Periodontics *Periodontal (gum) disease, dental implants
Prosthodontics *Cosmetic and Reconstructive Dentistry *Veneers, crowns, bridges, implants, dentures

Emergency Dental Care

The University of Connecticut School of Dental Medicine provides emergency dental care for our patients and for the community. Emergency care is available without appointment during regular clinic hours.

If you have questions about emergency care, call UConnLink or 860-679-2325.

If you require emergency dental care after hours, including evenings, weekends, and holidays, care is provided by the School in the John Dempsey Hospital Emergency Department of the University of Connecticut Health Center.

Call UConnLink or 860-679-2588 (Emergency Department) or 860-679-2626 - ask for the dental resident.

http://www.freedentalcare.us/ci/ct-new_haven

New Haven, Connecticut
Free Dental Care Clinics

FreeDentalCare.us is a free website maintained by users like you. Our volunteers work hard to make sure the information on these clinics is up to date and accurate. Please be aware than not all clinics are completely free. Some cities also have a low number of clinics so in many cases we have included nearby clinics in the search results.

If you are aware of any clinics that offer free or low cost services to patients needing dental care please contact us. Also, if you are the owner of a clinic or work at a clinic that is listed on this website and wish to update our site please contact us.
### Parking Ban Info

In accordance with Chapter 29 Article IV of the New Haven Code of Ordinances, the mayor in her discretion shall declare a snow emergency when it is in the best interest of public safety, convenience and welfare of the city.

**Zone A**  
**Downtown Area**

**Zone B**  
**Posted Snow Emergency Routes Citywide**

**Zone C**  
**All Residential Areas**

**Where do I park?** During a declared parking ban do not park on the odd side of the street. Park at least 25 Feet from fire hydrants, intersections and cross walks. In addition, parking is prohibited on BOTH SIDES of the street Downtown and on all Citywide Posted Snow Emergency Routes.

**Designated Parking Areas:** Available in many New Haven Public School lots, and for a small fee in downtown parking garages.

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### Stay Informed

Receive New Haven Emergency Notifications on parking bans and street sweeping. To sign up visit:  
[www.newhavenct.gov/alerts](http://www.newhavenct.gov/alerts)

**I forgot to move my car and it was towed, how do I find it?**

Call the Police non-emergency line at 203-946-6316 or visit Newhaven.rmpay.com enter your plate number and click “Notes” on the snow emergency citation.

**Miss an update? Call:**  
203-946-SNOW (7669)

**Need to report a storm related concern?** Call the Emergency Operations Center at:  
203-946-8221 or report through SeeClickFix.com.

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### La Ciudad de New Haven

**Aldilcada Toni Harp**

### Qué Esperar durante una Tormenta de Nieve

**Antes de la Tormenta:**
- Equipo está Preparado
- Tratamiento Previo de las superficies
- Prohibición de Estacionamiento puede ser declarada
- "Luces Azules" activadas como aviso de la prohibición

**Durante la Tormenta:**
- El personal trabaja para mantener un carril transitable
- Atención especial en las rutas principales & las de nieve
- La aplicación de la Prohibición de Estacionamiento si hay
- Cuando sea posible, permanecer en la casa & fuera de las carreteras para permitir que los quitanieves operen

**Después de la Tormenta:**
- DPW empuja la nieve a los bordillos
- La nieve NO debe ser volada / pala directa en las carreteras, las calles serán emitidas
- La limpieza de las aceras en las propiedades de la ciudad
- Los residentes / propietarios tienen 24 horas después de la tormenta para quitar la nieve de las aceras & los bordillos, después de que los avisos serán emitidas, y 48 horas antes de incurrir en las multas

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### La Prohibición de Estacionamiento

De acuerdo con Capítulo 29 Árticulo IV del Código de Ordenanzas de New Haven, la alcaldesa, usando su criterio, declarará una emergencia de nieve cuando sea lo más prudente para la seguridad pública, la conveniencia y el bienestar de la ciudad.

**Zona A**  
La Zona del Centro de la Ciudad

**Zona B**  
Las Rutas de Emergencia de Nieve Publicadas por toda la Ciudad

**Zona C**  
Todas las Zonas Residenciales

**Dónde estaciono?** Durante una prohibición de estacionamiento NO se estacione en el lado impar de la calle. Estacionese a por lo menos 25 Pies de los hidrantes, los cruces y las pasos peatonales. Además, el estacionamiento está prohibido en AMBOS LADOS de la calle EN EL CENTRO y en Las Rutas de Emergencia de Nieve Publicadas por toda la Ciudad.

**Las Zonas del Estacionamiento Designadas:** Disponible en muchos estacionamientos de las escuelas públicas en New Haven, y por poco costo en los garajes del centro.

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### Manténgase Informado

Recibe los Avisos de Emergencia de New Haven sobre las prohibiciones de estacionamiento y los barrios de las calles.

Inscríbese aquí:  
[www.newhavenct.gov/alerts](http://www.newhavenct.gov/alerts)

**Olvidé mover mi carro y fue remolcado, ¿cómo lo encuentro?**

Llame al número no emergencia de la policía: 203-946-6316 o visite Newhaven.rmpay.com Ingrese su número de placa y haga clic en “Notes” en la citación por emergencia de nieve.

**¿No le llegó la actualización? Llame al:**  
203-946-SNOW (7669)

¿Necesita reportar una preocupación relacionada con la tormenta? Llame al Centro de Operaciones de Emergencia:  
203-946-8221 o reportelo mediante SeeClickFix.com.
Warning Signs of Identity Theft
Steps you can take should Identity Theft happen to you

What Do Thieves Do With Your Information?

Once identity thieves have your personal information, they can drain your bank account, run up charges on your credit cards, open new utility accounts, or get medical treatment on your health insurance. An identity thief can file a tax refund in your name and get your refund. In some extreme cases, a thief might even give your name to the police during an arrest.

Clues That Someone Has Stolen Your Information:

- You see withdrawals from your bank account that you can’t explain.
- You don’t get your bills or other mail.
- Merchants refuse your checks.
- Debt collectors call you about debts that aren’t yours.
- You find unfamiliar accounts or charges on your credit report.
- Medical providers bill you for services you didn’t use.
- Your health plan rejects your legitimate medical claim because the records show you’ve reached your benefits limit.
- A health plan won’t cover you because your medical records show a condition you don’t have.
- The IRS notifies you that more than one tax return was filed in your name, or that you have income from an employer you don’t work for.
- You get notice that your information was compromised by a data breach at a company where you do business or have an account.

If your wallet, Social Security number, or other personal information is lost or stolen, there are steps you can take to help protect yourself from identity theft.

When Information Is Lost or Exposed

Did you recently get a notice that says your personal information was exposed in a data breach? Did you lose your wallet? Or learn that an online account was hacked? Depending on what information was lost, there are steps you can take to help protect yourself from identity theft.

Is someone using your personal information to open new accounts or make purchases? Take these steps to stop the identity thief.

Step 1: Call the companies where you know fraud occurred.

- Call the fraud department. Explain that someone stole your identity.
- Ask them to close or freeze the accounts. Then, no one can add new charges unless you agree.
- Change logins, passwords and PINs for your accounts.
- You might have to contact these companies again after you have an Identity Theft Report.

Step 2: Place a fraud alert and get your credit report.

Contact one of the three credit bureaus. That company must tell the other two.

Equifax.com/CreditReportAssistance 1-888-766-0008
Experian.com/fraudalert 1-888-397-3742
TransUnion.com/fraud 1-800-680-7289

A fraud alert is free. It will make it harder for someone to open new accounts in your name.

You’ll get a letter from each credit bureau. It will confirm that they placed a fraud alert on your file.

Get your free credit report right away. Go to annualcreditreport.com or call 1-877-322-8228.

Did you already order your free annual reports this year? If so, you can pay to get your report immediately. Or follow the instructions in each fraud alert confirmation letter to get a free report, but it might take longer.

Review your reports. Make note of any account or transaction you don’t recognize. This will help you report the theft to the FTC and the police.


Call 1-877-438-4338 to make your report. Give as many details as you can. (There is a complaint form online.) Based on the information you provide, the FTC will create your Identity Theft Affidavit. You’ll need this to complete other steps. If you use the website to make your report - print and save your FTC Identity Theft Affidavit immediately. Once you leave the page, you won’t be able to get your affidavit.

Do you need to update your affidavit? Call 1-877-438-4338.

Step 4: File a report with your local police department.

Go to your local police office with:

- a copy of your FTC Identity Theft Affidavit
- a government issued ID with a photo
- proof of your address (mortgage statement, rental agreement, or utilities bill)
- any other proof you have of the theft (bills, IRS notices, etc.)

FTC’s Memo to Law Enforcement [PDF] may be found at http://www.consumer.ftc.gov/sites/default/files/articles/pdf/pdf-0088-ftc-memo-law-enforcement.pdf

Tell the police someone stole your identity and you need to file a report. If they are reluctant, show them the FTC’s Memo to Law Enforcement.

Ask for a copy of the police report. You’ll need this to complete other steps.

Create your Identity Theft Report by combining your FTC Identity Theft Affidavit with your police report.

Identity Theft Affidavit plus Police Report equals Identity Theft Report

Your identity theft report proves to businesses that someone stole your identity. It also guarantees you certain rights.

What To Do Next - Take a deep breath and begin to repair the damage.

Close new accounts opened in your name.

Now that you have an Identity Theft Report, call the fraud department of each business where an account was opened. Explain that someone stole your identity. Ask the business to close the account.

Ask the business to send you a letter confirming that:

- the fraudulent account isn’t yours
- you aren’t liable for it
- it was removed from your credit report

Keep this letter. Use it if the account appears on your credit report later on.

Write down who you contacted and when. The business may require you to send them a copy of your Identity Theft Report or complete a special dispute form. This sample letter can help.

Identity Theft Dispute Letter to a Company (for a new account)

This sample letter (which follows) will help you dispute and close a fraudulent account that was opened in your name. The text in [brackets] indicates where you must customize the letter.
**CUT OUT ADDED SUGARS**

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much may make you sick and may even shorten your life.

**THE AMERICAN HEART ASSOCIATION RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:**

**WOMEN**
- 6 TEASPOONS
- 100 CALORIES
- OR LESS

**MEN**
- 9 TEASPOONS
- 150 CALORIES
- OR LESS

**WHERE DO ADDED SUGARS COME FROM?**

- **DECEPTIVE DRINKS**
  - Flavored Milk
  - Sports & Energy Drinks
  - Iced Tea & Iced Juice

- **UNBALANCED BREAKFASTS**
  - Breakfast Cereals
  - Granola

- **SWEET, SWEET SYRUPS**
  - Coffee Flavors
  - Drink Mixes
  - Sweeteners

- **ICE-COLD CANDY**
  - Ice Cream
  - Gelato

- **BEWITCHING BAKED GOODS**
  - Bread
  - Pastries

**EASY WAYS TO AVOID THEM:**

- Check nutrition facts labels and ingredients.
- Limit sweet and sugary beverages.
- Choose simple foods over heavily processed ones.
- Rinse canned fruits if they are canned in syrup.

---

**AMERICANS NINE OUT OF 10 CONSUME TOO MUCH SODIUM**

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit of 1,500 milligrams.

- **WHERE does the sodium we eat come from?**
  - 25% comes from restaurants*
  - 65% comes from food bought in retail stores*
  - 10% comes from home cooking & at the table*

*Source: Centers for Disease Control (CDC)

Choose lower-sodium foods and cook at home more often.

**Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.**

**Check the Nutrition Facts label for the amount of sodium per serving AND the number of servings per container.**

Read food labels. Assorted brands of the same food often have different sodium amounts.

Excess sodium increases a person’s risk for **HIGH BLOOD PRESSURE**, which can lead to heart disease and stroke.
Resources to Help You Quit Smoking
1-800-Quit-Now

The CT Quit line is a free telephone service that offers counseling and information to help you quit smoking. The Quit Line can answer your questions and give you support to stop smoking. A trained Quit Coach will help you create your own Quit Plan. You will also get Quit Guides that are full of tips and information to help you stay on track.

Worried About Cravings?

Your Quit Coach will help you decide if the nicotine patch, nicotine gum, or other medication will work for you.

Your Quit Coach can refer you to programs in New Haven that can help you stop smoking.

The CT Quit line is open 7 days a week from 8:00 A.M. to 3:00 P.M.

English and Spanish speaking coaches are available.

<table>
<thead>
<tr>
<th>Programs to help you quit smoking:</th>
<th>Websites to help you quit Smoking:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fair Haven Community</td>
<td>Department of Public Health</td>
</tr>
<tr>
<td>Health Clinic, Inc.</td>
<td><a href="http://www.quitnow.net/connecticut">www.quitnow.net/connecticut</a></td>
</tr>
<tr>
<td>374 Grand Avenue</td>
<td>New England Lung Association</td>
</tr>
<tr>
<td>New Haven, CT 06513</td>
<td><a href="http://www.ffsonline.org">www.ffsonline.org</a></td>
</tr>
<tr>
<td>(203) 777-7411</td>
<td></td>
</tr>
<tr>
<td>Yale-New Haven Hospital</td>
<td>Did you know?</td>
</tr>
<tr>
<td>St, Raphael's &amp; York Street</td>
<td>Medicaid now pay for nicotine patches, nicotine gum, medication</td>
</tr>
<tr>
<td>1450 Chapel Street</td>
<td>and counseling to help you quit smoking.</td>
</tr>
<tr>
<td>New Haven, CT 06511</td>
<td></td>
</tr>
<tr>
<td>(203) 789-4146</td>
<td></td>
</tr>
<tr>
<td>Yale School of Medicine</td>
<td></td>
</tr>
<tr>
<td>50 York Street</td>
<td></td>
</tr>
<tr>
<td>New Haven, CT 06511</td>
<td></td>
</tr>
<tr>
<td>(203) 974-7588</td>
<td></td>
</tr>
</tbody>
</table>
Top Ten Bed Bugs Tips

1. Make sure you really have bed bugs, not fleas, ticks or some other insect. You can compare your insect to the pictures on our bed bug Web page or show it to your local extension agent.

2. Don't panic! Eliminating bed bugs is difficult, but it's not impossible. Don't throw out all of your things because most of them can be treated and saved. Throwing stuff out is expensive, may spread the bed bugs and could cause more stress.

3. Think through your treatment options — Don't immediately reach for the spray can. Try other things first. Integrated pest management (IPM) techniques may reduce the number of bed bugs and limit your contact with pesticides. If pesticides are needed, always follow label directions or hire a professional. There is help available to learn about treatment options.

4. Reduce the number of hiding places — Clean up the clutter. A cluttered home provides more places for bed bugs to hide and makes locating and treating for them harder. If bed bugs are in your mattress, using special bed bug covers (encasements) on your mattress and box springs makes it harder for bed bugs to get to you while you sleep. Leave the encasements on for a year. Be sure to buy a product that has been tested for bed bugs and is strong enough to last for the full year without tearing.

5. Regularly wash and heat-dry your bed sheets, blankets, bedspreads and any clothing that touches the floor. This reduces the number of bed bugs. Bed bugs and their eggs can hide in laundry containers/hampers, so clean them when you do the laundry.

6. Don't rely on do-it-yourself freezing as a reliable method for bed bug control. While freezing can kill bed bugs, temperatures must remain very low for a long time. Home freezers are usually not cold enough to kill bed bugs. Putting things outside in freezing temperatures can kill bed bugs, but it can take several days when the temperature is 0°F and almost a week when the temperature is 20°F.

7. Use heat to kill bed bugs, but be very careful. Raising the indoor temperature with the thermostat or space heaters won't do the job. Special equipment and very high temperatures are necessary for successful heat treatment. Black plastic bags in the sun might work to kill bed bugs in luggage or small items, if the contents become hot enough (about 110°F for at least 3 hours).

8. Don't pass your bed bugs on to others. Bed bugs are good hitchhikers. If you throw out a mattress or furniture that has bed bugs in it, you should slash or in some way destroy it so that no one else takes it and gets bed bugs.

9. Reduce the number of bed bugs to reduce bites. Thorough vacuuming can get rid of some of your bed bugs. Carefully vacuum rugs, floors, upholstered furniture, bed frames, under beds, around bed legs, and all cracks and crevices around the room. Change the bag after each use so the bed bugs can't escape. Place the used bag in a tightly sealed plastic bag and in an outside garbage bin.

10. Turn to the professionals, if needed. Hiring an experienced, responsible pest control professional can increase your chance of success in getting rid of bed bugs. If you hire an expert, be sure it's a company with a good reputation and request that it use an IPM approach. Contact your state pesticide agency for guidance about hiring professional pest control companies.

August 28, 2012
EPA 735-F-12-001

For more information, visit www.epa.gov/pesticides/bedbugs/
REDUCED FEE LEGAL SERVICES
from the New Haven County Bar Association

ARE YOU:
Seeking a divorce, modification of child support, or custody?

IS YOUR:
Landlord trying to evict you, refusing to fix things, or unwilling to give back your security deposit?

WERE YOU:
Arrested for DUI, speeding or other traffic related violations, or a criminal matter?

HAVE YOU:
Been denied unemployment compensation?

DO YOU:
Have a claim, or have you been sued for, an amount less than $5,000?

Maybe the Modest Means Attorney Referral Program can help.

Call (203) 562-0162

More information and a financial eligibility application can be found at www.newhavenbar.org/lrs.php.
SUNRISE

Free Breakfast Café

ALL ARE WELCOME

Breakfast: 7:30AM-9:30AM
Community Time: 9:30AM-11:00AM
Monday to Friday

Corner of Olive and Chapel Streets (57 Olive St.)
The Episcopal Church of St. Paul & St. James

Sponsored by Liberty Community Services
FOOD ASSISTANCE RESOURCE GUIDE

OPEN TO ALL

FOOD PANTRIES

No proof of income or residency status required

- All agencies that distribute TEFAP/USDA food must distribute food to CT residents regardless of city or neighborhood.
- Individuals will be asked to complete and sign a self-declaratory form attesting to their eligibility.

Believe in Me Empowerment
427 Dixwell Ave.
203-772-2771
3rd Thurs of month, 4pm-6pm

Bethel AME Church
255 Coffe St.
203-865-0514
203-915-2947
3rd Sat of month, 10am-12pm

Breakthrough Church & Life Kingdom Ministries - Newhallville Substation
203-691-9296
596 Winchester Ave.,
4th Tue of month, 4pm-6pm;
481 Shelton Ave.,
3rd Sat of month, 12pm-2pm

Cathedral of Higher Praise
155 Grand Ave.
203-776-7676
3rd Sat of month, 9am-10am

Centro San Jose
290 Grand Ave.
203-777-6771
Last Fri of month, 9am-12pm

Christian Community Action
188 Davenport Ave.
203-777-7848
M-W, 9:30am-11:45am and
2pm-3:45pm, Th,
10am-11:45am; Walk in registration on T: 2pm-3pm
Visit limit to once per month;
Priority to families with children and people who are elderly or disabled.

Christian Love Center-West River
154 Derby Ave.
203-752-1644
2nd & 4th Thurs of month,
4pm-6pm

Community Baptist Church
143 Shelton Ave.
203-562-7060
1st Wed of month, 10am-11am

Door of Salvation Church
3 Arch St.
203-691-5608
3rd Tue of month, 10am-11am

Downtown Pantry
311 Temple St.
203-624-6426
Wed, 2-3pm

Glorified Deliverance
604 Dixwell Ave.
203-624-4175
4th Sat of the month,
11am-1pm

Iglesia Jehovah Rohi
577 Howard Ave.
203-605-8060
3rd Wed of the month,
10am-12pm

Immanuel Missionsary Baptist Church
1324 Chapel St.
203-777-8744
4th Sat of month,
8am-9:30am

Jewish Family Services
1440 Whalley Ave.
203-397-0796
Wed & Thurs, 9am-12pm
By appointment only.

Liberty Educational Service Center
47 Elizabeth St.
203-691-9494
203-606-1905
2nd & 4th Sat, 1pm-3pm
Only open to New Haven residents. Must call on Friday after 2pm to make appt.

Loaves & Fishes
57 Olive St.
203-562-2691
Sat, 9am-10:30am

Mount Hope Recovery Center
565 Dixwell Ave.
203-785-0657
Two Fridays a month from
5:30pm-6:15pm. Call first for the schedule.

New Flame Restoration
1415 State St.
203-843-8831
3rd Thurs of month,
5:30pm-7pm

New Haven Church of Christ
16 Gem St.
203-777-2992
2nd & 3rd Fri of month,
11am-12:30pm

New Haven Inner City Enrichment (NICE) Program - Hill Substation
410 Howard Ave.
203-479-0056
Last Sat of month, 11am-1pm

Salvation Army - New Haven Corps
450 George St.
203-624-9891
M, W, F, 9:30am-11:30am

Second Star of Jacob
185 Chapel St.
203-776-9603
Last Tue & Thurs of month,
9:30am-11am

St. Ann's
930 Dixwell Ave.
203-562-5700
1st & 3rd Fri of month,
9am-11am

St. Luke's Church
111 Whalley Ave.
203-865-0141
1st & 3rd Fri, 10am-12pm
Closed in July & Aug.
Reopens after Labor Day.
Priority to women and children from Dwight/Whalley/Dixwell;
Low-income

St. Matthew's Church
388 Dixwell Ave.
203-777-0472
2nd Sat of month, 8am-9am.
Call to verify, schedule varies.
Closed during Jan, July and Aug.
Reopens on 3rd Sat in Sept

Upon This Rock Ministries - Dwight Substation
150 Edgewood Ave.
203-387-1215
3rd Sat of month, 9am-11am

Varick AME Zion
242-246 Dixwell Ave.
203-624-6245
1st Sat of month, 10am-12pm

Vertical Church - Fair Haven Substation
296 Blatchley Ave.
Phone: N/A
3rd Sat of the month,
1pm-3pm

Walk of Faith Church
104 Fairmont Ave.
203-469-5134
Wed, 10:30am-1:30pm

Women of the Village - Dixwell Substation
26 Charles St.
203-675-9437
203-376-2790
Tue, 12pm-2pm
Distributes nonperishable food items
the 4th Fri of month,
4pm-6pm

Connecticut Food Bank Mobile Pantry
Pantry times vary by location and include morning, afternoon, and evening times to accommodate as many schedules as possible. Check the schedule at:

UPDATED SEPT 2019
SOUP KITCHENS

Community Soup Kitchen
84 Broadway
203-624-4594
Lunch: M, T, Th, F, 11:30am-1:30pm
Breakfast: Sat, 8:30am-9:30am

Immanuel Missionary Baptist Church
1324 Chapel St.
203-777-8744
Sun, 1:30-2:30pm

St. Ann's
930 Dixwell Ave
203-562-5700
M-F, 11:30am-12:30pm

St. Luke's Church
111 Whalley Ave.
203-865-0141
Lunch (Women & children only) Tue & Thurs, 12pm-1pm
Breakfast (Everyone)- Wed, 8:30am-9:30am
Closed during July & Aug

St. Martin Deporres
136 Dixwell Ave.
203-624-9944
Tue, 8:30am-9:30am
Closed in Aug. Opens Sept 11th

St. Matthew's Church
388 Dixwell Ave.
203-777-0472
3rd, 4th, & 5th Sat of month, 8am-9am; Closed in Jan

St. Paul's Church
150 Dwight St.
203-624-3937
Fri, 8:30am-9:30am

St. Thomas More Chapel
258 Park St.
Wed, 11:30am-12:45pm
 Begins the first Wed in Oct and ends the last Wed in April

Sunrise Café
57 Olive St.
203-495-7600
M-F, 7:30am-9:30am

Thomas Chapel Church of Christ
30 White St.
203-865-6254
Wed, 11am-1pm

Varick AME Zion
242 Dixwell Ave.
203-624-6245
Mon, 5:30pm-6:30pm
Closed during major holidays.

Yale Community Kitchen
323 Temple St.
Phone: N/A
Fri, 6pm-7pm (Oct-April) & Sat, 5pm-6pm (Oct-April)
Closed May-Sept

CLIENT-SPECIFIC NEEDS

FOOD PANTRIES

Ed Leduc Memorial Food Pantry – A Place to Nourish Your Health
1302 Chapel Street
203-524-0947
M, W, Th: 10am-12:30pm & 1:30-4:30pm; F: 10-11:30am.
Food pantry for individuals with HIV. Walk-in basis with referral from AIDS Project New Haven, another agency case manager, or setup appt. prior to accessing pantry.

Free Forever Prison Ministry
149 Rosette Street
203-772-2555
Call M-F, 9am-5pm for an appointment
Food pantry provides food for individuals with HIV or recently released from prison. Call for more information.

Integrated Refugee & Immigrant Service
203-562-2095
Wed, 8:30am-11am
Pantry serves immigrants, refugees, asylees, asylum seekers, and CT residents.

SNAP (Food Stamps)
Households and individuals who wish to apply for Supplemental Nutrition Assistance Program (SNAP) may check eligibility and apply online at www.connect.ct.gov, under ‘Apply for Benefits’.

Women, Infants & Children (WIC)
Women, Infants & Children's (WIC) program is a supplemental food and nutrition program for pregnant women, new moms and children under the age of 5 yrs old. To apply to be a WIC participant, please call 1-800-741-2142.

This guide was developed in collaboration with

CARE
Reach for Community Meals

211
Get Connected. Get Answers. Powered by 211ct.org

City of New Haven
Food System Policy Division

Please visit www.getconnectednewhaven.com for the most up-to-date list. Powered by 211ct.org
## Area Agencies Offering Free Clothing

<table>
<thead>
<tr>
<th>Name &amp; Address</th>
<th>Hours</th>
<th>Process to Apply</th>
<th>Area Served</th>
<th>What you will need – other information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Beacon on the Hill</strong>&lt;br&gt;634 Jones Hill Road&lt;br&gt;West Haven, CT 06516</td>
<td>Monday thru Saturday 9:30 a.m. – 11:30 a.m.</td>
<td>Walk-In</td>
<td>Greater New Haven</td>
<td>There is a $5.00 annual fee. Shop once a month, bring a box or bag.</td>
</tr>
<tr>
<td><strong>Cades Christian Church</strong>&lt;br&gt;(203) 705-0091&lt;br&gt;104 Fairmont Avenue&lt;br&gt;New Haven, CT 06513</td>
<td>Wednesday 1:00 p.m. – 2:30 p.m.</td>
<td>Walk-In</td>
<td>Greater New Haven</td>
<td>No Restrictions / requirements</td>
</tr>
<tr>
<td><strong>Christian Community Action</strong>&lt;br&gt;(203) 777-7848&lt;br&gt;166-168 Davenport Ave Fax: (203) 777-7923&lt;br&gt;New Haven, CT 06519</td>
<td>Monday – Friday 9:00 a.m. – 4:30 p.m.</td>
<td>Walk-In</td>
<td>Greater New Haven</td>
<td>No restrictions</td>
</tr>
<tr>
<td><strong>Glorified Deliverance Church</strong>&lt;br&gt;(203) 624-4175&lt;br&gt;604 Dixwell Avenue&lt;br&gt;New Haven, CT 06511</td>
<td>2nd &amp; 4th Saturday Noon – 2:00 p.m.</td>
<td>Walk-In</td>
<td>Greater New Haven</td>
<td>Need Photo Identification</td>
</tr>
<tr>
<td><strong>Harbor Health Services</strong>&lt;br&gt;(203) 483-2643&lt;br&gt;30 Harrison Avenue Fax (203) 483-2659&lt;br&gt;Brantford, CT 06405</td>
<td>Monday thru Thursday 9:30 a.m. – 2:00 p.m.&lt;br&gt;Friday 9:30 am – 1:00&lt;br&gt;Sat. 11 a.m. – 1:00 p.m.</td>
<td>Walk-In</td>
<td>Greater New Haven</td>
<td>There is a $10.00 annual fee. Shop twice a month - allowed 10 pieces of clothing and dishes, pots and pans (if available) each visit.</td>
</tr>
<tr>
<td><strong>Loaves &amp; Fishes Food Pantry</strong>&lt;br&gt;St. Paul's &amp; St. James Episcopal Church&lt;br&gt;57 Olive Street, New Haven, CT 06511&lt;br&gt;(203) 562-2143 Fax: (203) 562-0408</td>
<td>First (1st) &amp; Third (3rd) Saturday 9:15 a.m. – 10:30 a.m.</td>
<td>Walk-In</td>
<td>Greater New Haven</td>
<td>Need Photo Identification Spanish speaking</td>
</tr>
<tr>
<td><strong>St. Luke's Episcopal Church</strong>&lt;br&gt;(203) 865-0141&lt;br&gt;111 Whalley Avenue&lt;br&gt;New Haven, CT 06511</td>
<td>Wednesday's &amp; Friday's 10:00 a.m–12:00 p.m.</td>
<td>Walk-In</td>
<td>Greater New Haven</td>
<td>No restrictions / requirements</td>
</tr>
<tr>
<td><strong>Trinity Temple Church</strong>&lt;br&gt;(203) 776-8179&lt;br&gt;Breafkast Program&lt;br&gt;285 Dixwell Avenue&lt;br&gt;New Haven, CT 06511</td>
<td>Every Thursday &amp; Third Saturday 9:00 a.m. - 10:30 a.m.</td>
<td>CALL FOR APPOINTMENT</td>
<td>Greater New Haven</td>
<td>No requirements / restrictions</td>
</tr>
<tr>
<td><strong>Varick A.M.E. Zion Church</strong>&lt;br&gt;(203) 624-6245&lt;br&gt;242 Dixwell Avenue&lt;br&gt;New Haven, CT 06511</td>
<td>Monday’s 6:00 p.m. 7:00 p.m.</td>
<td>Clothing provided during soup kitchen hours</td>
<td>Greater New Haven</td>
<td>No requirements / restrictions</td>
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*Last updated 4-2-11. Information may have changed – check with agency on current policies*
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<td></td>
<td>Mon</td>
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<td>St. Francis Church- Bright St Parking Lot</td>
<td>397 Ferry St.</td>
<td>9-10 AM/ 1st of the month- open to all</td>
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<td>Tue</td>
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<td>Door of Salvation Church</td>
<td>3 Arch St.</td>
<td>10-11 AM/3rd of the month- open to all</td>
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<td>Wed</td>
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<td></td>
<td>Community Baptist Church</td>
<td>143 Shelton Ave.</td>
<td>10-11 AM/1st of the month- open to all</td>
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<td>Wed</td>
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<td></td>
<td>West Rock Author's Academy School</td>
<td>311 Valley St.</td>
<td>5-6 PM/ 3rd of the month</td>
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<td>Wed</td>
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<td>Storehouse Project- Valley Street</td>
<td>261 Valley St.</td>
<td>12:30-1:45 PM/ 1st &amp; 3rd of the month</td>
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<td>Sat</td>
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<td>Storehouse Project- McConaughy Terrace</td>
<td>410 Valley St.</td>
<td>10-11:30 AM/ 2nd of the month</td>
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<td>Sat</td>
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<td>Storehouse Project- Bella Vista Housing</td>
<td>339 Eastern St.</td>
<td>10-11:30 AM/4th of the month</td>
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<td>Storehouse Project- Gateway Community College</td>
<td>TBA</td>
<td>Closed June-August</td>
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<td>Storehouse Project- Southern Connecticut State University</td>
<td>TBA</td>
<td>Closed June-August</td>
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### New Haven Mobile Pantry List

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<tr>
<td></td>
<td>Tue</td>
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<td>Breakthrough Church &amp; Life Kingdom Ministries</td>
<td>596 Winchester Ave.</td>
<td>3:30-6:30 PM/ 4th of the month</td>
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<td>Tue</td>
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<td>Fri</td>
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<td>Women of the Village</td>
<td>26 Charles St.</td>
<td>Tuesday: 12:30-2 PM Friday: 4-6 PM/ 4th of the month</td>
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<td>Reach the Nations</td>
<td>329 Valley St.</td>
<td>10-2 PM/ 4th of the month</td>
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<td></td>
<td>New Haven Inner City Enrichment Program</td>
<td>410 Howard Ave.</td>
<td>11-1 PM/ Last Saturday of the month</td>
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<td>Upon This Rock Ministries</td>
<td>130 Edgewood Ave.</td>
<td>9-11 AM/ 3rd of the month</td>
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<td>Vertical Church</td>
<td>296 Blatchley Ave.</td>
<td>1-3 PM/ 3rd of the month</td>
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<td></td>
<td>COMING SOON</td>
<td>90 Hallock St.</td>
<td>COMING SOON</td>
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</table>

*Last Updated June 7, 2018*
A Guide to Recycling

Connecticut now has a universal list of what belongs in your recycling bin and what doesn’t. All items should be empty, rinsed, clean and open. Do not shred, box, bag or bundle. To learn more, go to RecycleCT.com

**What’s IN?**

**PAPER**
- Cardboard & boxboard
- Food & beverage cartons
- Junk mail
- Magazines & newspaper inserts
- Newsprint
- Office paper
- Pizza boxes

**GLASS**
- Beverage bottles & jars
- Food bottles & jars
- Aerosol containers (food grade only)
- Aluminum foil
- Cans & bottles
- Foil containers
- Metal lids from cans & bottles

**METAL**
- Plastic bottles (with or without caps attached)
- Plastic containers, tubs & lids
- Plastic one-use cups (no lids, no straws)

**PLASTIC**
- Gift wrap & gift bags
- Ice cream containers
- Paper cups (hot & cold)
- Shredded paper
- Take-out food containers
- Tissue paper
- Ceramic mugs & plates
- Drinking glasses
- Aerosol containers (deodorizers, cleaners, pesticides, etc.)
- Foil tops from yogurt containers
- Paint cans
- Pots & pans
- Small pieces of scrap metal
- Spiral wound containers
- Loose bottle caps
- Plastic bags & wrap
- Plastic plates, bowls & utensils
- Prescription bottles
- Single-use coffee containers
- Styrofoam cups, containers & packaging peanuts
- Water filters