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

Planning for what’s to come, like in the story of the grasshopper
& the ant, places you in more control, could lower your stress
and help you avoid worries & potentially serious troubles.
Consider making solid plans for your financial future by using
the services of the New Haven Financial Empowerment Center,
HELPFUL NUMBERS

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.
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)-495-7608
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
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/ to monitor the work and connect to specific opportunities
- Sign up for emails at http://bit.ly/ctp-list
- Contact your Alder to get involved
- Attend your monthly Community Management Team meetings
- Follow the City Transformation Plan on Facebook at http://bit.ly/transformnhv

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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<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>• Increase large-scale economic activity, but ensure benefits to Promise Zone neighborhoods</td>
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<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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<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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*newhaven City Transformation Plan*
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

GATEWAY COMMUNITY COLLEGE
20 Church Street, New Haven
Conference room N100
For more information contact:
203-946-7907
How to Update Your W-4 Payroll Withholding with Your Employer to Change Your Refund

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.
New Haven Head Start and School Readiness Preschools
The programs listed below are accepting applications!

Documents to bring with you: 1. proof of income 2. proof of residency 3. child’s birth certificate.

ALL programs below have openings as of October 4, 2019
Highlighted programs are full day, full year (open 7:30am-5:30pm, 12 months)

- Catholic Charities
  - Centro San Jose Child Care Center
    290 Grand Avenue, 203-777-5068
  - Child Development Center
    790 Grand Avenue, 203-772-1131
  - St. Francis Child Development Center
    428 Ferry Street, 203-691-1538

- Farnam Neighborhood House
  162 Fillmore Street, 203-562-9194

- Friends Center for Children
  225 East Grand Avenue, 203-468-1966

- Montessori School on Edgewood
  230 Edgewood Ave., 203-772-3210

- Morning Glory Early Learning Center
  1859 Chapel Street, 203-389-4148
  49 Parmelee Avenue, 203-389-4149

- St. Andrews Community Nursery School
  230 Townsend Avenue, 203-469-9000

- United Community Nursery School
  323 Temple Street, 203-782-0141

- YMCA Youth Center
  52 Howe Street, 203-776-9622

- New Haven Public Schools*
  - New Haven Preschool Program
    *Multiple Sites throughout: New Haven Registration Offices located at 54 Meadow Street
    Call for an appointment: Head Start: 475-220-1463, School Readiness: 475-220-1482,
    There are still openings at
    Head Start Dr. Mayo School
    Columbus School PreK
    East Rock School PreK
    Hill Central School PreK
    Troup School PreK

For more information contact the New Haven School Readiness office
Tel 475-220-1470 or email: denised@nhboe.net.
ENERGY ASSISTANCE PROGRAM
STARTS
AUGUST 1, 2019

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.ctdoi.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**
www.caahs.org/bankon

BankOn New Haven connects residents with safe and affordable accounts that have very low fees and no overdraft fees.

For more information, please contact
Takima Robinson
trobinson@caahs.org
860-951-2212 ext. 229

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**FREE COUPON CLASS**

Only 15 slots available 2-Day class on October 22th & 29th PRE-REGISTER

Save Dollars On GROCERIES & EVERYTHING!

All material is provided

To pre-register or get more information (203)946-0528 email: nhoc@newhavenct.gov
Managing Your Credit

Learn how to be smart with your money

October 31, 2019
3:00 - 4:30 pm

NEW HAVEN FINANCIAL EMPOWERMENT CENTER
316 Dixwell Avenue, New Haven, CT

Pre-register by calling: (203) 946 - 8523
by email: socialservices@newhavenct.gov

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

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.
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
The unemployment rate for the City of New Haven is reported at only 4.6%.*

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, harvests, 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. *(DOL August '19 - only 2,966 people in New Haven without a job)*

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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
Delivery/pick-up Driver (North Haven, CT)
We are a clothing restoration company looking for a reliable pick-up/delivery driver to join our North Haven, CT team. We provide dry cleaning and laundering services for clothing, bedding, curtains and drapes, shoes and other items. Responsibilities: Pack soft goods out of homes affected by fire, soot or water damage. Deliver soft goods back to homes and assist customers as needed. Provide excellent customer service, answer questions from customers. Perform duties in the plant as directed by the Plant Manager. Provide strong documentation/communication with team regarding work performed.
Requirements: Valid CT driver’s license. Clean driving record. Ability to drive for extended periods. We cover CT, RI, NY, NJ. Ability to lift and carry heavy items for extended periods. Flexibility in schedules and routes due to the nature of the business.

Guest Services Representative (New Haven)
Are you looking for a rewarding career? Do you have experience in the Hotel Industry? If so please apply! The Guest Service Representative position is responsible for high standards of customer service and hospitality for the guests at The Suites at Yale-New Haven.
He/she is to assist our guests professionally and efficiently in all front office related functions. He/she handles guest reservations, check-in and check-out guests, night audit accounting and many other operational duties. This position will give you the opportunity to make a positive impact on a daily basis with our guests. The ideal candidate has hospitality experience and must be available for all shifts and a flexible schedule. It is essential that the candidate is detail oriented and an outgoing personality is a must! Computer skills are also necessary for this position. The Suites is a minimal service hotel with limited staff; therefore, this position requires that once you are trained that you are available to work all of the following shifts and you will also be required to work alone on some shifts. The shifts range 4 to 8 hours. Monday thru Friday the shifts are between the hours of 8AM to 8PM. Saturday shift is 8-4 and the Sunday shift is either 8-4 or 3-8. This position is for 15-20 hours per week with an opportunity to gain extra hours. The shifts will be varied and will include some nights, weekends and holidays. If interested, please do not call just e-mail your resume to: Marie Roberts.

Amazon Warehouse Associate - Wallingford (Wallingford, CT)
Warehouse Team Member (Seasonal, Part-Time, Full-Time, Flexible Hours)
Shifts:
Afternoon, Over-night, Evening, Weekend
Location: Wallingford
Job opportunities vary by location. We update postings daily with open positions.
Salary:
$15.00-$15.50/hr
Job Description
Sort Centers - It's a no small job to get every order from click to customer door. Our sort centers are the first stop on the journey from the warehouse. You'll be up on your feet moving and sorting packages between trucks. Part-time opportunities, with a consistent schedule of 16-24+ hours per week. Candidates must be 18 years or older and be able to stand/walk for extended periods of time, frequently push, pull, squat, bend and reach, and lift up to 45 lbs. with or without reasonable accommodation.

Apply now.
No resume. No interview. Complete your application, pick a hiring event and start date, and get ready to start earning.
Candidates must be 18 years or older and be able to stand/walk for extended periods of time, frequently push, pull, squat, bend and reach, and lift up to 45 lbs. with or without reasonable accommodation.

Asian Fusion Restaurant seeks Bartender (Shelton)
The Red Lotus of Shelton is a upscale Fusion restaurant that seeks a experienced bartender. Must have a kind and gentle spirit and solid wine and beverage experience. Ideal candidate will have some experience working in Asian cuisine but will train the right candidate if they have true hospitality experience. Main shift is 420 pm - 920 pm. Some weekends necessary. Must work well with diverse ethnic groups. Excellent wages and Tips.

Car Wash Person (Branford)
Fast pace Auto Body repair shop looking for Car Wash persons. Job requires being willing to work five day plus per week, take pride in your work, and be on time. You must be someone we can count on and shows up everyday ready to work. You must have your own transportation to work. If you are this person send resume and references. b3e9e6b66bf835d8bb870ab5ae239665@b.craigslist.org

Warehouse/Assembly - JOBS OPEN! (Cheshire)
This great warehouse position will require standing for 8 hours, plus overtime. Some assembly of racks and items may be required. Knowledge of shipping & receiving is a plus. Must have the ability to lift up to 45 lbs on a regular basis, use hand tools, work with a team and be able to work 5 days a week. Reliable transportation is a must, this job is not easily accessible by public transportation and overtime is required. JOBPRO offers: Direct Deposit, Vision & Dental Coverage, as well as health benefits!! CALL or TEXT JOBPRO today! 860-282-2002

Servers, Line Cooks, Prep Cooks, Dishwashers-Joe’s American Fairfield (Fairfield)
Joe’s American Bar and Grill (Fairfield) offers an outstanding career opportunity for a talented, highly motivated Servers, Line Cooks, Prep Cooks & Dishwashers with an eye for detail and an appreciation for the exceptional quality and level of service we deliver. For the Server positions we are considering candidates for full/part time employment with at least one year of upscale full-service restaurant experience and knowledge of food and wine. You must have availability to work all (day and evening) shifts. Qualified Prep and Line Cook candidates will possess at least two years prior culinary experience with a creativity and passion for the culinary arts. Qualified Dishwashers will possess at least one year prior dish room experience. Please apply online for immediate consideration.
https://my.peoplesmatter.com/tavistock/HR/businessUnitId/c/8afcca-fbde-40f3-9e59-a3c40i6bea7a
Barista - Starbucks, ORANGE
Key Responsibilities and essential job functions include but are not limited to the following: Acts with integrity, honesty and knowledge that promote the culture, values and mission of Starbucks. Maintains a calm demeanor during periods of high volume or unusual events to keep 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 the team can respond as necessary. Assists with new partner training by positively reinforcing successful performance and giving respectful and encouraging coaching as needed. Follows Starbucks operational policies and procedures, including those for cash handling and safety and security. Maintains a clean/organized workspace. Provides quality beverages, whole bean, and food products consistently adhering to all recipe and presentation standards. Follows health, safety and sanitation guidelines for all products. Recognizes/reinforces individual & team accomplishments by using existing organizational methods. Maintains regular and punctual attendance. No previous experience required. 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 and standards, including providing quality beverages and food products, cash handling and store safety and security, with or without reasonable accommodation. Engage with and understand our customers, including discovering and responding to customer needs through clear and pleasant communication. Prepare food and beverages to standard recipes or customized for customers, including recipe changes such as temperature, quantity of ingredients or substituted ingredients. Available to perform many different tasks within the store during each shift. Required Knowledge, Skills and Abilities: Ability to learn quickly. Ability to understand and carry out oral and written instructions and request clarification when needed. Strong interpersonal skills: Ability to work as part of a team; Ability to build relationships. Starbucks and its brands are equal opportunity employer of all qualified individuals. – Apply on-line.

Child Care Associate
Ikea - New Haven, (12-20 hours a week)
1 year experience providing care to others preferred
High School Diploma or equivalent
WHAT YOU’LL BE DOING DAY TO DAY
- Supervises and engages children who are signed into the Småland play area. Adheres to all safety and security policies during approved activities in Småland. Communicates effectively with parents and children. Escalates and follows up on issues, concerns, or incidences regarding safety and security of children. Maintains record of paperwork to improve customers' future shopping experiences. Participates and contributes to store organized events. 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 On Company Site: https://ikeavature.net/ExternalCareersUS/ApplicationMethods?jobid=22577

“What we believe and how we behave determines what we become”

Daytime Team Member
Chick-fil-A - North Haven! $11.50 - $13.50 an hour
Are you looking for fulfilling work, interacting with a great team and making a difference in your community? If so, look no further! Chick-fil-A North Haven is looking for energetic and hardworking team members to work in our Front Counter and Drive-Thru operation. We hire the friendliest people who have a heart for customer service and want to work hard to provide amazing service to our guests.
You can expect to be surrounded by quality individuals like yourself, working together as a part of a great team. You will receive training and be encouraged as you learn your new job. You will work hard--very hard—but you will also find the work to be fulfilling and fun. If you love what you do, it doesn’t feel like work! You’ll be encouraged by an entrepreneurial business owner who cares about team members both personally and professionally. You’ll also have opportunities to grow and flourish—whether that means a career with Chick-fil-A, or taking a different path. At Chick-fil-A North Haven, we value reliability, courtesy, professionalism, and dedication to serving our guests. We are committed to the safety, security, and professional growth of all of our team members. We have advancement opportunities within our organization, as well as other benefits to include: scholarships, a matching 401K program, health care benefits, paid time off, free food, and Sundays off. If this sounds like a challenging, rewarding opportunity, we urge you to apply!

Seasonal Store Associate/Stocker - EAST HAVEN, CT Part-time
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 & operates point-of-sale systems efficiently & accurately. 3. Drives customer loyalty program participation, including sign ups & rewards processing at check-out. 4. Participates in the freight flow process including truck unloading, stocking, merchandise presentation & recovery. 5. Participates in furniture department operations including carry-outs & 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-end 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 & 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, pull a minimum of 50 pounds required. Ability to unload freight, to move product on & off of store shelves, to walk, stand, bend, stoop, or kneel for long periods of time, and to move freely throughout store on a continual basis required. 7. Basic English literacy & 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 local laws. Apply Co. website: https://careers.biglions.com/search/jobdetails/seasonal-store-associatetocker---4671/0b60b281-5a04-4b21-9a4-008d8e6f139?sf_cid=indeed&src=J8-100G1
CITY OF NEW HAVEN
DEPARTMENT OF HUMAN RESOURCES
200 ORANGE STREET, NEW HAVEN, CT 06510
www.newhavenct.gov

POSTED: OCTOBER 7, 2019
REMOVAL DATE: OCTOBER 21, 2019

POSITION: CARETAKER (M-6223) (TESTED)
DEPARTMENT: PARKS, RECREATION & TREES
SALARY: (RANGE 2) $45,677 ANNUALIZED
HOURS: 40 HOURS PER WEEK
FUNDING: GENERAL FUNDS

NATURE OF WORK
This is skilled supervisory work in the care and maintenance of public parks and school playgrounds. Work involves responsibility for supervising crews of regular and seasonal employees and participating in the work of park maintenance including the operation of light equipment and vehicles as well as the performance of various labor tasks. Work follows a broad seasonal routine with tasks assigned by a superior, but independence of judgment is exercised in assigning work to crew members and in making work decisions.

MINIMUM REQUIREMENTS:
Graduation from high school and 3 to 5 years’ experience in the use of hand tools, power tools and light equipment; or any equivalent combination of training and experience which provides the necessary knowledge, abilities and skills as stated in the job description including but not limited to: Knowledge of one or more construction or maintenance trades. Ability to drive vehicles, trucks and to operate light equipment. Ability to perform skilled and unskilled labor tasks without close supervision. Knowledge of safety precautions which are necessary when using equipment. Working knowledge of methods and procedures used in grounds and athletic field maintenance. Ability to plan, assign and supervise the work of others. Ability to keep simple records and make reports. Working knowledge in the use of park maintenance equipment and safety equipment. Ability to establish and maintain effective working relationships with employees and the public. Ability to perform manual tasks requiring physical strength and endurance, including ability to lift up to 100 lbs. Skill in the use and care of tools, machines and equipment used in park maintenance.

NECESSARY SPECIAL REQUIREMENTS
Possession of and ability to maintain a State of Connecticut Commercial Driver’s License (CDL).

Employment is contingent upon the successful completion of (1) a background check, (2) a physical examination including drug screening and (3) a 120-day probationary period.

This position is included in a collective bargaining agreement with Local 71, Connecticut Independent Labor Union.

TO APPLY
1) Go to https://newhavenct mannedselfservice.com
2) Click on Employment Opportunities and follow all instructions provided. You will need a valid working email address to apply.

APPLICATIONS FOR THIS POSITION ONLY ACCEPTED ON-LINE at https://newhavenct mannedselfservice.com
Internet access is available to applicants without computers or internet service at the following location: Dept. of Human Resources, 200 Orange St. Room #102, New Haven, CT 06510 Mon-Fri 9:00 am - 4:30 pm and at all branches of the New Haven Free Public Libraries

Please note that only method of communication with applicants for this position will be by email. You must provide valid, working email address and you will be notified of your email for correspondence from the New Haven Human Resources Department.

AN EQUAL OPPORTUNITY EMPLOYER/MD
Immigration Reform and Control Act of 1986 requires the hiring of only American Citizens and aliens who are authorized to work in the United States. Please post this announcement in a conspicuous area on the Department Bulletin Board.

Bakker/Front Counter
Insomnia Cookies - New Haven, CT
Founded in a college dorm room in 2003 at the University of Pennsylvania, by then student, Seth Berkowitz and we have been feeding the insatiable hunger of our fans ever since. What makes us so great? We specialize in delivering warm, delicious cookies right to the doors of individuals and companies alike - What's not to love? Today we have more than 165 locations and are still growing! Whether you're feeding a craving or a crowd, our offerings of cookies, brownies, cookie cakes and even cold milk have you covered. We also serve and deliver ice cream at most of our locations. - For real!
PERKS: Benefits - sick vacation, 401k, health, medical, vision and more! Free cookies! Fun work environment Opportunities for advancement. Part-time and full-time opportunities. Responsibilities: Assist all customers fulfilling orders; Must have prior customer service experience and a great smile; Baking cookies and taking customer orders in store and for delivery; Cash handling; We start at 8am and we close late at 3am.; Legally eligible to work in the US; Customer Service experience, a must. Making and preparing food; Can stand for several hours a day; Ability to lift 50 lbs; Must be able to work nights and weekends. Please apply with resume for consideration. If you require alternative methods of application or screening, you must approach the employer directly to request this as Indeed is not responsible for the employer's application process.

All positions
Dunkin' Donuts - New Haven, (Newhallville area) Part-time
We are looking into employees that are motivated to work and have reliable transportation as well as family support to handle their work stress free. An individual should be 18 years to apply and get hired. Individual who are serious to work and who want to make money should apply.
Experience: relevant: 1 year (Required) Language: English (Required)
- Apply on-line

Retail Food Service Associate
(Part-Time to 20 hours)
Ikea Candidate profile - 1 year food service industry experience preferred. Certified, or ability to attain, local food handlers certificates
High School Diploma or equivalent
Key responsibilities: - Prepares and presents hot and cold IKEA food dishes to operational standards
Understands and complies with local food safety regulations. Provide excellent service to customers in the restaurant and bistro. Offer solutions to customers with allergies and dietary restrictions. Minimize waste in line with the IKEA Sustainability Direction. TOGETHER AS A TEAM - Thanks to us, customers co-workers and people at home can have a better everyday life through food that's good for both people and planet. Together we serve more the 680 million customers yearly at IKEA restaurants worldwide underlying our Scandinavia heritage by offering a modern taste of Sweden. We also offer a variety of foods in our bistros and in the “Swedish Food market”. We are diverse group of people who all live by the motto: Laughter is brightest i the place where the food is!
POSİTİON:  TREE TRIMMER II (M-6426) (TESTED)

DEPARTMENT:  PARKS, RECREATION & TREES

SALARY:  (RANGE 4) MINIMUM: $50,530 Annualized

HOURS:  40 HOURS PER WEEK

FUNDING:  GENERAL FUNDS

NATURE OF WORK:
This is skilled work of a hazardous nature, including supervisory lead responsibilities in maintaining city shade trees. Work involves responsibility for supervising and personally participating in a variety of skilled tasks, often entailing personal danger, incidental to the replacement, care, and removal of shade trees along city streets and ways, as well as the planning and maintenance of proper safeguards for subordinates and the public. Assignments are received from the Superintendent of Trees and/or the Assistant Superintendent of Trees and are subject to final review for conformance with instructions.

MINIMUM REQUIREMENTS:
Graduation from high school and 1 to 3 years experience in tree trimming, maintenance, and removal, including 3 months to 1 year experience in the use of aerial equipment in the removal of trees; or any equivalent combination of training and experience which provides the necessary knowledge, abilities and skills as stated in the job description, including but not limited to: Considerable knowledge of tree pruning, treatment and removal methods and techniques. Considerable knowledge of the occupational hazards and safety precautions of the trade. Considerable knowledge of rigging methods and of the use and maintenance of the tools and equipment of the trade. Considerable knowledge of insects, parasites, and diseases which attack trees and of the proper methods of their control.

NECESSARY SPECIAL REQUIREMENT:
Possession of a class 102 driver's license (Connecticut Commercial Driver's License-CDL) with air brake endorsement.

Employment is contingent upon the successful completion of (1) a background check, (2) a physical examination including drug screening, and (3) a 120-day probationary period.

This position is included in a collective bargaining agreement with Local 71, Connecticut Independent Labor Union.

TO APPLY:
1) Go to https://newhavenct.amsselfservice.com
2) Click on Employment Opportunities and follow all instructions provided. You will need a valid working email address to apply.

APPLICATIONS FOR THIS POSITION ONLY ACCEPTED ONLINE AT https://newhavenct.amsselfservice.com. Internet access is available to applicants without computers or internet service at the following location: Dept. of Human Resources, 200 Orange St. Room #102, New Haven, CT 06510 Mon-Fri 9:00 am - 4:30 pm and at all branches of the New Haven Free Public Libraries.

Please note that our method of communication with applicants is by email. In the application process, please provide us with a valid email address, and ensure that you monitor your email for correspondence from our department.

AN EQUAL OPPORTUNITY EMPLOYER A.M.D.

Immigration Reform and Control Act of 1986 require the hiring of only American Citizens and aliens who are authorized to work in the United States. Please post this announcement in a conspicuous area on the Department Bulletin Board.
ABOUT THE POSITION:

The Public Space Code Enforcement Officer is responsible for enforcing city codes and ordinances related to public space maintenance and code enforcement. This position ensures the cleanliness and orderliness of public spaces, addresses complaints related to code violations, and performs inspections of public properties to ensure compliance with city regulations. The officer must have strong communication and negotiation skills to effectively address issues and work with property owners, businesses, and the public to maintain a safe and attractive environment for all citizens and visitors.

QUALIFICATIONS:

- High school diploma or equivalent
- Knowledge of city codes and ordinances
- Ability to communicate effectively
- Excellent customer service skills
- Ability to work independently
- Valid California driver's license

APPLYING FOR THE POSITION:

Interested candidates should submit a resume and cover letter to the Department of Human Resources, City of Long Beach, at resumecenter@longbeach.gov. Applications will be accepted until the position is filled.
**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: 3aeb565c65a3f60a217b5b6ab6367a7@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 50 lbs 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: 6d316ca597df329f8f272ca2826ea3@job.craigslist.org

**Warehouse Labor** part time (Shelton CT) compensation: $15.00 Hablamos Espanol.  
Contact Jose: (203) 209-7454  
reply by email: 8f12c5f675ad3f4afa98c2587a8c5af@job.craigslist.org

**Landscaping (prospective)** 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 straw 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. Sheetrock 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/1FAIpQLSdu6f5neEvcWnYaORk3rsRPSq2izl_jswGq7a7Z_yHwFGgg/viewform

**Insulation Installer** (Wallingford) 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 completion; 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: f6fb72e356473bb0a450b05c0be84c20@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 unloading 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) 678-4616
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, 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. Apply: https://burlingtonstores.jobs/orange-ct/seasonal-markdown-associate/035612870CFA4E66A358D58FD5E0FS4/job?utm_campaign=Indeed66s=1548utm_source=IndeedDE&utm_medium=Job%20Aggregator

Retail Cashier and Customer Service
(20-34 hours/week) Apply On Company Site
WHY WE WILL LOVE YOU
* You are a natural at 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
* Provide 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 multi-channel 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://jobs.ikea.com/19208-1/?source=Indeed

Dunkin' Crew Member / Barista
D'Andrea Group / Dunkin' Donuts3 reviews - Orange, CT
$11 - $12 per 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'll join our team. Salary: $11.00 to $12.00 per 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 green, 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 per hour
APPLY ONLINE @ www.indeed.com

Server and Bartender
Hock & 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
Hock & Reel Cajun Seafood, 385 Boston Post Rd. Orange, CT 06477
Requirements: Must have prior experience working in a restaurant bartending; I year - Licenses: TABC (Preferred) restaurant; I 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).
Hock & 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: 30-39, 20-29, 10-19
Less than 10
This Job Is Ideal for Someone Who Is: Lendable -- more reliable than spontaneous; People-oriented -- enjoys interacting with people and working on group projects; Adaptable/All -- enjoys doing work that requires frequent shifts in direction; Detail-oriented -- would rather focus on the details of work than the bigger picture
Apply via Company's website: hockreel.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 OHSA 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: fb56467046b7351990be291888bcf08@job.craigslist.org

Painters Needed ASAP (East Haven)
compensation: $15 - $25/HR employment type: full-time
Must Know how to paint. contact frank: (203) 672-7182 email:
cf31f0394c593d8c92a95a3692c61@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 WRITE WITH RESUME - email: d544e2277c63c833a9ceac0c8175f5f042@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: 414f4c48a07a33c65836b64cb36b03c9@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 6 or more hours a day
- Frequently bend, twist, push/pull up to 75 lbs
- Have (or arrange to have) a reliable way to get to and from work on a daily basis
- 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.
Duties and Responsibilities:
- Assist with loading and unloading work truck with product and tools
- Operate vehicles and powerful equipment such as mowers, blowers, string trimmers, chainsaws, 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.
- Rakc and blow leaves
- Plant seeds, bulbs, foliage, flowering plants, grass, ground covers, trees, or shrubs and apply mulch for protection
- Hull or spread topsoil or straw over seeded soil to hold soil in place
- Duties during mowing season:
  - Mow or edge lawns, using power mowers or edgers
  - 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: 9ce7acledbe763578aae864358617a69a@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 through Saturday. Friday & Saturday, shifts are 3am-1pm. Must be able to pass background screen and E-Verify.

Please apply at: WWW.Kimcoserv.com

Automotive Service Technician (North Haven)
Jaguar Land Raver is seeking experienced Jaguar Land Rover Technicians *UP TO $50000.00 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 dealing directly with customers at times. 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.
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 says Chris Delaney, author of “The 73 Rules of Influencing the Interview.” He recommends building rapport and showcasing your research skills with a technique he calls “share expertise, ask questions.”

His example: “I recently read that the organization is looking to break into Europe. What do you foresee as the main barrier with this project?”

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.

“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.

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

**Effective Dates for Implementation and Technical Assistance**

The Workforce Innovation and Opportunity Act (WIOA) requires States to implement a common set of performance measures to evaluate the effectiveness of their workforce programs. These measures, known as performance indicators (PIs), will be used to assess how well each State is meeting the goals of improving employment outcomes for all workers, including youth, adults, and individuals with significant barriers to employment. The performance indicators cover a range of outcomes, including the number of individuals who are employed, the number of individuals who find employment, and the number of individuals who have increased their earnings.

**Highlights of WIOA Reforms for One-Stop**

WIOA takes a comprehensive approach to workforce development by focusing on outcomes, rather than inputs. It provides a framework for States to design and implement programs that are aligned with the needs of employers and workers, and that meet the requirements of the Act. WIOA also includes provisions to improve the accessibility and effectiveness of workforce programs for individuals with disabilities and other disadvantaged groups.

**Programs and Services**

WIOA programs and services include:

- Career exploration and planning
- Rapid-response services for workers who are laid off or facing plant closures
- On-the-job training and apprenticeships
- English language classes for workers who need to improve their language skills
- Mental health services for workers who are struggling with mental health issues

**Data and Accountability**

WIOA requires States to collect and report data on the performance of their workforce programs. This data will be used to evaluate the effectiveness of the programs and to make necessary improvements. WIOA also requires States to develop and implement plans to improve the outcomes of their workforce programs, and to evaluate the effectiveness of those plans.

**The One-Stop System**

WIOA establishes the One-Stop System as a centralized, one-stop shop for workforce services. One-Stop Centers are designated by States to provide a full range of workforce services, including employment services, training services, and other services that are needed to help workers find and keep employment.

**WIOA Programs**

WIOA programs include:

- Adult Education and Literacy Programs
- Workforce Programs
- Youth Programs
- One-Stop Centers

**Customer Service and Outreach**

WIOA requires States to develop and implement plans to improve customer service and outreach. These plans will focus on improving the accessibility and effectiveness of workforce services for all workers, including individuals with disabilities and other disadvantaged groups.
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

**Participant Requirements:**
- Must have a High School Diploma or GED
- Must be a New Haven resident
- Must be 18 years of age or older
- Must be able to work legally in the USA

**Participants Must Bring:**
- Updated Resume
- ID
- Social Security Card
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.
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!

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) 946-2228

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 10-5 | 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 C.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 Readiness 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@nhhoe.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 four 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 would 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. 9:10:00am 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

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@nhhoe.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@nhhoe.net or Sabrina Mancini at the Connecticut State Department of Education at: (860) 807-2110 or E-mail: 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 E-test 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@nhhoe.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.
Continuous business expansion and growth
Higher quality service for the city’s diverse business community

Working together with local government and community business organizations for the city of New Haven,
our mission is to develop and maintain a competitive business environment in which small businesses can thrive.

Our business is growing,
our service is expanding.

For more information about how to join the next training module, contract calls etc.

City of New Haven
INFORMATION TECHNOLOGY PATHWAY CERTIFICATION

The Higher Heights Youth Empowerment Program OFFERS FREE MICROSOFT OFFICE SPECIALIST CERTIFICATIONS and INTERNSHIPS.

The Microsoft Office Certification Program offers extensive knowledge in all three Microsoft Office applications:

- Microsoft Word Certification
- Microsoft Excel Certification
- Microsoft PowerPoint Certification

Upon completion of the Microsoft Office Specialist (MOS) Certification:
Higher Heights offers Resume strategies and Interviewing skills.

To qualify you must be:

- Age 18 to 24
- Low Income or Unemployed
- Education background No High School Diploma, GED, or High School Diploma

BECOME MICROSOFT OFFICE CERTIFIED ENROLL IN THE HIGHER HEIGHTS YOUTH
MICROSOFT OFFICE SPECIALIST PROGRAM TODAY!

Eligible applicants must:
- Be a New Haven resident
- Between the ages of 18-24 on date of enrollment
- Be a documented high school drop-out or enrolled at an Adult Education Program
- Be willing and able to make a long-term commitment to their involvement in the Information Technology program
- Be able to provide documentation proving ONE of the following criteria:
  - Enrollment in a GED and Adult Education Program
  - A current or former foster youth
  - An adult offender
  - A youth who is an individual with a disability
  - A youth offender
  - A child of an incarcerated parent
  - A low-income youth

PROVIDE THE FOLLOWING DOCUMENTATION IS NEEDED FOR ENROLLMENT:
- State Photo ID
- Birth Certificate
- Social Security Card
- Proof of Residence (a piece of mail with name and address on it)
- Parent or Guardian Pay stubs
- Student Pay stubs if working
- Permanent Resident Card (if applicable)
- Letter of enrollment in a GED or Adult Education Program
- Letter from school of disenrollment
- Letter of Assistance from Social Services
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.

(800) 733-JOBS
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.erreraccc.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 ECC 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.
What do you want to do for a living?

“I want to be a…”

“I’ll know it when I see it.”

“I’m not really sure.”

Search careers with key words.

Describe your dream career in a few words:

Examples: doctor, build houses

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

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 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, 1960.

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.

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, are also included.
- have served at least 50 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
  - 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 13, 1983
    - Operation Earnest Will – July 24, 1987 to August 1, 1990
      (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 Service 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.newenglandtti.org) for eligibility requirements and applications.

The Entrepreneurship Bootcamp for Veterans with Disabilities (EVB), (http://veterans.syr.edu/evb/) 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.ctech.org) offer tuition waivers for eligible veterans in adult vocational training programs.

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 accepted 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.
14 - 152 Boston Post Road, West Haven, CT
Euler Community Care Center

Drop-in: (203) 393-7955 (24/7)
VA National Homeless Veteran Hotline:
(203) 710-6529 (during business hours)
VA Connecticut Homeless Veterans Hotline:

Call: mental health care & many other services.

VA Connecticut can connect you to permanent housing.

For more information on veteran services, please call (203) 931-9699.

For donation or volunteer information, please call (203) 931-9699.

- Books for the Homeless Program: Distributing new warm socks
- Business: Work, vocational, career, and basic items are available.
- Dummy Medical Equipment Room: In cooperation with the Wellness Team of our limiting
- Family Exchange: This where recipients & donors can connect with used
- Christmas and Easter: Food Distribution to the homeless
- Assistance holiday food baskets
- Federal Rent and Educational Tuition Assistance
- Resource and Referral Center

If you know of a veteran in need of housing, please visit
the CT Heroes Project to lead the effort of housing veterans.
The Connecticut Coalition to End Homelessness has partnered with
recent federal funding has enabled Connecticut to offer housing.

For more information, please call (203) 931-9699.

The Beacon
634 Jones Hill Road
West Haven, CT 06516
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 DEPENDENT ON ENROLLMENT IN CASE MANAGEMENT SERVICES AND DETERMINED BY CAANH, Inc.**
Coordinated Access:
A simpler and more effective way to serve our homeless neighbors.

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.
ARE YOU A CAREGIVER?

homes@caregiver.com

(203) 927-9889

To make a referral or for more information contact Caser Silvano at

ETING
TRANSFERS
TOILET
BATHING

Consider Caregiver Homes when:

- the family or person living with the caregiver is providing care needs not addressed by the caregiver's program
- caregiver homes are a better fit for the family's lifestyle, budget, and insurance
- you are assisting a family member in the home or a caregiver is providing in-home care that provides housing, support, and financial assistance to family members in the home

Consider Caregiver Homes when:

- a family member living alone who is not able to remain in the home
- family member needs housing, support, and financial assistance to remain independent

Consider Caregiver Homes when:

- a family member living alone who needs assistance with daily living activities
- family member needs housing, support, and financial assistance to remain independent

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- a family member living alone who needs assistance with daily living activities
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Are you homeless and need a photo ID?

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 Zarka Hendred www.essentiallifeskills.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.

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
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
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 for all clients in need of an outpatient evaluation.

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 a case management program that provides services to women struggling with substance abuse, homelessness, mental health challenges and/or HIV/AIDS.

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 1:00 pm - 2:00 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
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/FellowshipPlce
www.fellowshipplace.org

CAREER DEVELOPMENT PROGRAM
Pre-employment, Supported Employment and Supported Education Programs and services to help individuals with mental illness develop the skills and confidence required to find and keep a job in the competitive marketplace.

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
Services & Supports Include:

Supported Employment Program

- Workshops on how to get, keep, and support jobs
- Bus passes until the first paycheck
- Job placement
- Background checks
- Licensing/entitlements required for a job
- Pay checking for driver's license or other

Training
- On-line virtual orientation
- Job interview
- Resume writing and critique by a community employer
- Mock interviews with local employers
- Employee's needs interest, skills, and strengths
- Job matching based on matching criteria

Supports & Supports Include:

- Skills assessment with Career Ready 101
- Interview clothing
- Vocational counseling

Program

Career Development

Fellowship Place

Services & Supports Include:

- Assistance finding a volunteer position
- Assistance finding a part-time job
- Assistance finding a full-time job
- Assistance finding a volunteer position
- Communication with employers
- Email to e-mail to send resumes, or to
- Share of the computer center
- Basic literacy, and advance on-
- Basic computer classes taught by
- Rosetta Stone software to learn and
- On-line CED instruction
- Have an Adult Education instructor
- New Certification
- Assistance obtaining
- Employment preparation workshops
- Skills and maintenance
- On-site paid internships in general food

Supports Include:

On-site GED classes

Ready 101

Academic training on-line with career

Education support group

Education programs

Academic counseling and assessment

Literacy tutoring
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: 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

We are waiting for you!

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

Through both direct scholarships and scholarship facilitation, program members can attend New Haven Environmental Protectors, Gateway Community College and/or ATEC for the following training programs:

- Construction w/OSHA, RRP, Hilti, & Weatherization
- Intro to HVAC w/EPA
- Business/Office Assist
- Bookkeeping
- Medical Assistance
- ServSafe Food Service
- Desktop Publishing w/Adobe Creative Suite
- CNC
- Blueprint Drafting w/AutoCAD
- Computer Repair w/Comptia

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 is your "one-stop" information network for people with disabilities to advocate for themselves, and people with disabilities to advocate for our needs of the community. We work to empower older adults and other people with disabilities of all ages and other disabilities. If you are seeking services and support, regardless of age, disability or income, through a coordinated system of information and access, our mission is to assist individuals to acquire their benefits applications.

Our goal is to empower individuals to advocate for themselves, and people with disabilities to advocate for...
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...

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 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

FreeDentalCare

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 that 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.

Stay Informed

Receive New Haven Emergency Notifications on parking bans and street sweeping. To sign up visit: 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.

La Ciudad de New Haven
Alcaldesa Toni Harp

Qué Esperar durante una Tormenta de Nieve

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

Durante la Tormenta:
- El personal trabaja para mantener un carril transitable
- Atención especial en las rutas principales e 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 losquinzaines operen

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

La Prohibición de Estacionamiento

De acuerdo con Capítulo 29 Artículo IV del Código de Ordenanzas de New Haven, la alcaldesa, usando su criterio, declarará una emergencia de nieve cuando sea lo mas 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 Cuidad

Zona C Todas las Zonas Residenciales

¿Dónde estaciono? Durante una prohibición de estacionamiento NO se estacione en el lado izquierdo de la calle. Estacionarse a por lo menos 25 Pies de los hidrantes, los cruces y los pasos peatonales. Además, el estacionamiento está prohibido en AMBOS LADOS de la calle EN EL CENTRO y en Los Rutas de Emergencia de Nieve Publicadas por toda la Cuidad.

¿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 account. 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-IDTHEFT 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-IDTHEFT.

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/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.

Step 5: 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 ADD 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
Sugary Soda & Tea
Sweatshirt Juice

UNBALANCED BREAKFASTS
Breakfast Bars
Granola
Sugary Cereal

SWEET, SWEET SYRUPS
Coffee Mixers
Drink Mixers
Jellies & Jams
Pancake Syrup

ICE-COLD CANDY
Ice Cream & Gelato
Frozen Yogurt
Fruit-flavored Popsicles
Shake & Sodas

BEWITCHING BAKED GOODS
Bread & Pastries
Cakes, Cookies & Pies
Donuts
Flavored Bagels

EASY WAYS TO AVOID THEM:

Check nutrition facts label and ingredients
Choose simple foods over heavily processed ones
Limit sweets and sugary beverages
Remove 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.

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**Programs to help you quit smoking:**

**Fair Haven Community Health Clinic, Inc.**

374 Grand Avenue

New Haven, CT 06513

(203) 777-7411

**Yale-New Haven Hospital St, Raphael’s & York Street**

1450 Chapel Street

New Haven, CT 06511

(203) 789-4146

**Yale School of Medicine**

50 York Street

New Haven, CT 06511

(203) 974-7588

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**Websites to help you quit Smoking:**

**Department of Public Health**

[www.quitnow.net/connecticut](http://www.quitnow.net/connecticut)

**New England Lung Association**

[www.ffsonline.org](http://www.ffsonline.org)

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**Did you know?**

Medicaid now pay for nicotine patches, nicotine gum, medication and counseling to help you quit smoking.
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 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.

For more information, visit [www.epa.gov/pesticides/bedbugs/](http://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 TFPAP/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 Goffe 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.
203-777-7676
3rd Sat of month, 9am-10am

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

Christian Community Action
168 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 Missionary 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.
203-785-0556
Two Fridays a month from
5:30pm-6:30pm. Call first for the schedule.

New Flame Restoration
1415 State St.
203-843-9831
3rd Thurs of month,
5:30pm-7pm

New Haven Church of Christ
16 Gern 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.
203-624-3891
M, W, F, 9:30am-11:30am

Second Star of Jacob
185 Chapel St.
203-777-9603
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.
203-696-6514
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: http://bit.ly/mobilepantries
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, 10:30am-11:30am

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
268 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

FOOD PANTRIES

Ed Leduc Memorial Food Pantry – A Place to
Nourish Your Health
1302 Chapel Street
203-624-0947
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, 9:30am-11am
Pantry serves immigrants,
refugees, asylum seekers,
and CT residents.

SNAP (Food Stamps)
Households and individuals who wish to apply for
Supplemental Nutrition Assistance Program (SNAP)
can check eligibility and apply online at

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

SENIOR MEALS

Arwater Senior Center
203-946-8558
M-F, 11:30am
Age 55+, New Haven
resident.

Casa Qtonal
203-773-9849
M-F, 12pm
Age 60+

Dixwell/Newhallville
Senior Center
203-946-8541
M-F, 11:30am
Age 55+, New Haven
resident.

East Shore Senior Center
203-946-8544
M-F, 11:30am
Age 55+, New Haven
resident.

FISH of Greater New
Haven delivers groceries to
homebound New Haven
residents. Call
203-503-0106 to schedule
an assessment. Calls
accepted M-F, 9am-4pm;
Delivery Hours M-F:
12pm-3pm
Age 60+, Income at or
below 130% FPL.

Greek Olive Restaurant
203-495-9990
Wed, 11am-1pm
402 Sargent Drive
Age 60+

LifeBridge Community
Services offers senior
meals through Meals on
Wheels (delivered M-F)
and at 16 different cafes
throughout the Greater
New Haven area. Meals are
served M-F from
11:30am-12:30pm. Call
203-752-9919.

This guide was developed
in collaboration with

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>The Beacon on the Hill</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>634 Jones Hill Road West Haven, CT 06516</td>
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<tr>
<td>Cades Christian Church</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>104 Fairmont Avenue New Haven, CT 06513</td>
<td></td>
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<tr>
<td>Christian Community Action</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>166-168 Davenport Ave New Haven, CT 06519</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Glorified Deliverance Church</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>604 Dixwell Avenue New Haven, CT 06511</td>
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</tr>
<tr>
<td>Harbor Health Services</td>
<td>Monday thru Thursday 9:30 a.m. – 2:00 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>30 Harrison Avenue Branford, CT 06405</td>
<td>Friday 9:30 a.m. – 1:00 p.m.</td>
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<td>Sat. 11 a.m. – 1:00 p.m.</td>
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<tr>
<td>Loaves &amp; Fishes Food Pantry</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>St. Paul's &amp; St. James Episcopal Church</td>
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<tr>
<td>57 Olive Street, New Haven, CT 06511</td>
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<tr>
<td>(203) 562-2143 Fax (203) 562-0408</td>
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<tr>
<td>St. Luke's Episcopal Church</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>111 Whalley Avenue New Haven, CT 06511</td>
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<tr>
<td>Trinity Temple Church</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>(203) 776-8179 Breakfast Program</td>
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<tr>
<td>285 Dixwell Avenue New Haven, CT 06511</td>
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<tr>
<td>Varick A.M.E. Zion Church</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>
</tr>
<tr>
<td>242 Dixwell Avenue New Haven, CT 06511</td>
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*Last updated 4-2-11. Information may have changed – check with agency on current policies
### New Haven Mobile Pantry List

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<td></td>
<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></td>
<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></td>
<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 Police Substation Pantry List

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<td></td>
<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>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>Sat</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></td>
<td>Sat</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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<tr>
<td></td>
<td></td>
<td>Sat</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>Sat</td>
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<td></td>
<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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</tbody>
</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

**METAL**
- Aerosol containers (food grade only)
- Aluminum foil
- Cans & bottles
- Foil containers
- Metal lids from cans & bottles

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

**What’s OUT?**

- 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