

October 2018

2-1-1 Information Services Department

Connecticut 2-1-1's database of programs and services is continuously updated to meet the needs of Connecticut and its residents. Our goal is to ensure that individuals and families can access the help and information they need including: basic needs assistance, mental health services, transportation resources, housing resources, utility payment help, employment assistance, information on volunteer opportunities and more. Is your agency or program missing from the 2-1-1 database? [Click HERE](#) to read our inclusion/exclusion criteria and learn how to add a new resource or update your program or agency information.

Below is a snapshot of some of the new programs and services recently added to the 2-1-1 database. Click on any of the resources listed below for more information and visit [www.211ct.org](http://www.211ct.org) to access 2-1-1's complete database. **Please Note:** Programs are added and deleted continually and are subject to change at any time.

### Disaster Services

- **BRIAN'S ANGELS HOMELESS OUTREACH**  
**Cooling Center/Warming Center**  
Bristol, CT  
[www.211ct.org/search/58358896](http://www.211ct.org/search/58358896)

Cooling and warming center for homeless persons.

### Food

- **PAWCATUCK NEIGHBORHOOD CENTER**  
**Weekender Backpack Food Program for Children**  
Pawcatuck, CT  
[www.211ct.org/search/58370717](http://www.211ct.org/search/58370717)

Provides a backpack of weekend meals for children.

### Health Supportive Services

- **REGIONAL YMCA OF WESTERN CONNECTICUT**  
**Aging Mastery Program (AMP)**  
Brookfield, CT  
[www.211ct.org/search/58631203](http://www.211ct.org/search/58631203)

10-week series of incentive-based health and wellness classes for older adults.

- **REGIONAL YMCA OF WESTERN CONNECTICUT**  
**A New Beginning - Cancer Recovery Wellness Program**  
Brookfield, CT  
[www.211ct.org/search/58631234](http://www.211ct.org/search/58631234)

Program designed specifically for cancer patients and survivors who are ready to begin an exercise regime or improve their current level of exercise.

## Housing/Shelter

- **CATHOLIC CHARITIES - DIOCESE OF BRIDGEPORT**  
**Subsidized Senior Living**  
Bridgeport, CT  
[www.211ct.org/search/58370788](http://www.211ct.org/search/58370788)  
  
Independent living with limited services for low-income seniors.
- **CATHOLIC CHARITIES - DIOCESE OF BRIDGEPORT**  
**State Financed Congregate Housing**  
Bridgeport, CT  
[www.211ct.org/search/58370790](http://www.211ct.org/search/58370790)  
  
Publicly subsidized congregate housing program

## Individual and Family Support Services

- **ABI RESOURCES LLC**  
**In-Home Family Support Program**  
Willimantic, CT  
[www.211ct.org/search/58631201](http://www.211ct.org/search/58631201)  
  
Provides in-home support services for family members of people with developmental disabilities, behavioral health challenges or special needs.
- **ABI RESOURCES LLC**  
**Daily In-Home Support Services for Persons with Disabilities**  
Willimantic, CT  
[www.211ct.org/search/58631217](http://www.211ct.org/search/58631217)  
  
Provides case management, life skills, education, advocacy and employment programs for children, youth and adults with physical, developmental, or behavioral challenges.

- **CHARTER OAK CULTURAL CENTER**  
**Beat of the Street (BOTS)**  
Hartford, CT  
[www.211ct.org/search/58371328](http://www.211ct.org/search/58371328)  
  
Free enrichment classes for people who are homeless or who have experienced homelessness.
- **NAFI CONNECTICUT, INC.**  
**Professional Parent Program**  
Farmington, CT  
[www.211ct.org/search/58485396](http://www.211ct.org/search/58485396)  
  
Long-term, specialized foster care for children and youth with emotional and behavioral challenges.

## Leisure Activities/Recreation

- **REGIONAL YMCA OF WESTERN CONNECTICUT**  
**Silver Sneakers Exercise Program**  
Brookfield, CT  
[www.211ct.org/search/58586579](http://www.211ct.org/search/58586579)  
  
A Health and fitness class for active older adults that focuses on muscular strength and conditioning.

## Mental Health Assessment and Treatment

- **FIRST CHOICE HEALTH CENTERS**  
**Behavioral Health**  
East Hartford, CT  
[www.211ct.org/search/58632196](http://www.211ct.org/search/58632196)  
  
Provides individual, couples, and group therapy along with tools individuals can use such as; meditation, breath work, mindfulness and stress reduction techniques.

- **NAFI CONNECTICUT, INC.**  
**Adolescent Sexual Behavior and Treatment Education (ASBTE)**  
Farmington, CT  
[www.211ct.org/search/58370806](http://www.211ct.org/search/58370806)

Program focused on promoting safety and educating youth and their families on appropriate sexual behavior, boundaries, and healthy development.

### Rehabilitation/Habilitation Services

- **ABI RESOURCES LLC**  
**Daily In-Home Support Services for Persons with Disabilities**  
Willimantic, CT  
[www.211ct.org/search/58631217](http://www.211ct.org/search/58631217)

Provides case management, life skills, education, advocacy and employment programs for children, youth and adults with physical, developmental, or behavioral challenges.

### Substance Use Disorder Services

- **AGATHA SOBER LIVING, LLC**  
**Sober Living Homes**  
Hartford, CT  
[www.211ct.org/search/58565776](http://www.211ct.org/search/58565776)

Sober living home provides a structured, supportive living residence for women who are sober and in search for a new way of living.