

Resources for Connecticut Families with Children Experiencing or At-Risk for Homelessness

Categories : [Children and Families](#), [Youth and Young Adults](#)

Connecticut's families have faced stagnating wages, rising costs, and growing economic insecurity, and their children's health, safety, education, and well-being are largely dependent on their families' ability to make ends meet. Stressful and traumatic experiences, including those associated with homelessness or being at-risk of homelessness can have a profound effect on a child's development and their ability to learn, ultimately affecting success in later life. Connecting these at-risk children, and their parents and caregiver's to a wide cross section of supports to mitigate these stressors and maintain stability, is a critical first step.

Families with young children are among the fastest growing groups affected by homelessness. Housing supports are an essential aspect of preventing homelessness. Link below to housing programs and services found in the 211 database:

HOUSING RESOURCES:

- [Homeless Shelters](#)
- [Rent Payment Assistance](#)
- [Housing Choice Voucher Program \(also known as Section 8\)](#)
- [Low Income/Subsidized Private Rental Housing](#)
- [Eviction Prevention](#)

Find additional links for information on Public Housing, Transitional Housing/Shelter, Property Tax Rebate information and much more: <https://uwc.211ct.org/categorysearch/housing/>

Children experiencing homelessness are sick four times more often than other children, go hungry at twice the rate of other children, have high rates of obesity due to nutritional deficiencies, have three times the rate of emotional and behavioral problems compared to non-homeless children, are four times more likely to show delayed development, and are twice as likely to have learning disabilities as non-homeless children. Connection to vital basic needs and supports can help alleviate the burden on the family. Link below to food resources, energy assistance, general and mental health care related programs and services, childcare resources & early education, and school readiness programs, to help families alleviate these stressors.

BASIC NEEDS/GENERAL & MENTAL HEALTH:

- **FOOD RESOURCES:**
 - [Food Pantries](#)
 - [Soup Kitchens](#)
 - [Food Stamp/SNAP Eligibility](#)
 - [School Lunch and School Breakfast Programs](#)

Find additional Links for information on WIC, Formula/Baby Food and other food resources:
<https://uwc.211ct.org/categorysearch/food/>

- **ENERGY ASSISTANCE:**
 - [Heating Fuel Payment Assistance](#)



- [Operation Fuel](#)

Find additional links for information on Energy Assistance, Weatherization, Utility Shut-off, Utility Matching Payment Program information and much more: <https://uwc.211ct.org/categorysearch/utility-assistance/>

- **HEALTH CARE:**

- [Health Insurance Information/Counseling](#)
- [Medicaid](#)
- [Community Clinics](#)

Find additional links for information on Medical Expense Assistance, Specialized Treatment Program information and much more: <https://uwc.211ct.org/categorysearch/health-care/>

- **MENTAL HEALTH:**

- [Emergency Mobile Psychiatric Services](#)
- [Child Guidance](#)
- [Adolescent/Youth Counseling](#)
- [Mental Health Hotlines](#)

Find additional information on Crisis Intervention Emergency Mobile Crisis Information: <https://www.empsct.org/>

- **INCOME ASSISTANCE FOR FAMILIES:**

- [TANF \(Temporary Family Assistance\)](#)
- [Child Support Assistance](#)

Find additional links for information on the Earned Income Tax Credit, Child Tax Credit, Personal Financial Counseling, Job Training Program information and much more: <https://uwc.211ct.org/categorysearch/income/>

DEVELOPMENTAL MILESTONES & EARLY EDUCATION:

- Child Care Resources: [Care4Kids](#), [211 Childcare](#), includes: Head Start, Children in Shelters Childcare Vouchers (DOH) programs
- Developmental Screening and Intervention: Child Development Infoline's (CDI): Birth to Three, Help Me Grow, Children & Youth with Special Healthcare Needs, and much more: <https://cdi.211ct.org/>
- Early Education: Connecticut Office Homeless Education: State Coordinator for Homeless Education, <https://portal.ct.gov/SDE/Homeless/Homeless-Education>

Find additional links for information on School Readiness, Head Start Program information and much more: <https://uwc.211ct.org/categorysearch/children/>

ONGOING FAMILY SUPPORT SERVICE

- [Parent Support Groups](#)
- [Family Resource Centers](#)

For additional federal and state resources that are available in Connecticut, see the 211 website, www.211ct.org. Put in the city or town in the location search box on the 211 search page, to get resources near a certain location:



For a screening tool to see what programs and services an individual and/or family may be eligible for, visit the 211 Navigator: <https://www.211navigator.com/>

SOURCE: Connecticut United Way/211; Connecticut Office of Early Childhood (CTOEC); Connecticut Voices for Children's, August 2014, "Strengthening Economic Security for Connecticut; American Institutes for Research: National Center on Family Homelessness; National Alliance to End Homelessness

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