

Stamford Reentry Resource Guide

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I. Identification

Getting a Voter Registration Card

Getting a voter registration card is simple, and you can use a voter registration card to help you get a copy of your birth certificate, or other forms of ID.

You are only ineligible for a voter registration if you were convicted of a felony and you are still on parole. **If you're on probation, if you've completed your sentence, or if you were only convicted of a misdemeanor, you are eligible to vote.**

To get a voter registration card, you only need to fill out a one-page mail in voter registration form. You must bring the form Monday through Friday 8AM-4PM or mail it to the:

Stamford Government Center
888 Washington Boulevard
P.O. Box 10152
Stamford, CT 06901

Voter registration forms in English and Spanish are online at:

<https://portal.ct.gov/SOTS/Election-Services/Register-to-Vote/Voter-Registration-Application-English-and-Spanish>

Getting a Birth Certificate

A few states treat birth certificates as public records. But most states require some ID to get a copy of your birth certificate. If you have little or no ID, the best approach is usually to ask a parent, spouse, child or other relative with standard ID to apply on your behalf, ideally before your release from prison. Some states accept Department of Correction discharge papers as ID to obtain a birth certificate, either by policy or by informal practice. You should call ahead to confirm whether the office will accept your DOC discharge papers as ID. Procedures for getting your birth certificate vary from state to state; if you don't have standard ID, your success in getting a copy of your birth certificate may depend on the mood of the staffer you talk to that day. Help from a mentor or discharge planner may improve your chance of success.

Place of Birth: Stamford

On the ground floor at
Stamford Town Clerk's Office
888 Washington Boulevard
Stamford, CT 06901

Web: https://stamfordct.seamlessdocs.com/f/birth_certificate

Phone: (203) 977-4054

Hours: Monday to Friday, 8:00 a.m.- 3:45 p.m.

Cost: \$15.00 for wallet copy, \$20 for full-sized copy

ID needed: In order to obtain your Birth Certificate you must provide a copy of your government issued photo ID or passport.

IF a government issued photo ID is not available, you must provide at least **TWO** of the following documents:

- Social security card
- Written verification of identity from employer, W-2 form or pay stub
- Automobile registration
- Copy of utility bill or bank statement showing name and address
- Voter's registration card
- Release documentation from a correctional institution containing photograph of the former inmate
- School or college photo ID

The Registrar has the authority to request any additional document from this list if authenticity of provided documents is questionable.

Who can ask for record: Sec. 7-51 CGS –Birth records are confidential according to State Statute. Access to birth records less than 100 years old is restricted in Connecticut. The only persons who may have access to or be permitted to examine the original or any copy of a birth certificate or birth record include:

(1) The person whose birth is recorded, if over 16 years of age;
(2) Such person's children, grandchildren, spouse, civil union partner, parent, guardian or grandparent. (NOTE: a father has access only if he is recorded on the child's birth certificate);

a. If you are a biological grandparent, you may purchase your grandchild's birth certificate, with proof of relation (such as your child's birth certificate). If your child was not born in Stamford you must provide an original birth certificate (containing the raised seal) for your child, in order to purchase your grandchild's certificate.

b. If you are obtaining a certificate for your spouse, you must provide your marriage license. If you were married in Stamford, we will be able to verify this in town records.

Any approved state agency or federal agency that requests a copy of a birth certificate shall supply to the registrar, a release signed by the registrant or by the agent of the minor child or legal guardian, accompanied with the requestor's ID, authorizing a copy of the birth certificate be sent to the requesting agency. All other 3rd party requests are not to be honored.

What to do if you have the right ID and are able to go in person:

- Fill out the online form found at: https://stamfordct.seamlessdocs.com/f/birth_certificate, and print a copy to bring with you
- Bring your DOC discharge papers and any other ID you have. Please see section above for ID requirements
- Bring/be prepared to pay \$15.00/\$20 (wallet/full-size) in cash, credit card charge, check or a money order made out to "City of Stamford"
- Go to the City of Stamford Town Clerk's office on the ground floor at 888 Washington Boulevard, Stamford, CT 06901

How long does it take: The copy can usually be issued in the same day.

What to do if you don't have the right kind of ID: If you don't have any ID, a family member who has an ID can request a copy of your birth certificate by going to the Vital Statistics Office. Your parents will only need a photo ID. Your spouse will need a photo ID and (if you weren't married in Stamford) a copy of your marriage license. Your children will need a photo ID and (if they weren't born in Stamford) a copy of their own birth certificate. Your grandparents will need a photo ID and (if your parent wasn't born in Stamford) a copy of your parent's birth certificate (mother or father, whichever is their child).

Place of Birth: Other Connecticut Towns

Web: <http://www.ct.gov/dph/cwp/view.asp?a=3132&q=390652>

If you were born in Connecticut, the best way to get a copy of your birth certificate is from the clerk's office for the town where you were born. Check the list of "Connecticut Town and City

Clerks” to find the address and phone number. For example, if you were born in Bridgeport, you would contact the vital statistics Office at 202 State Street, Bridgeport CT, 06604, or call 203-576-8208. You can find this list online at:

<http://www.ct.gov/dph/cwp/view.asp?a=3132&q=388128>

Follow the procedures on that site.

Place of Birth: Outside Connecticut

If you were born outside the state of Connecticut, [contact the vital records office](#) in the state where you were born for instructions on how to request a copy and get information on any fees.

Follow the procedures on that site.

Getting a Social Security Card

Social Security Office in Stamford

Located in Landmark Square Shopping Center

2 Landmark Square, Suite 105, Stamford, CT

Phone: 866-770-1881 or TTY: 1-203-967-9902

Hours: Monday, Tuesday, Thursday and Friday 9AM-4PM; Wednesday 9AM-12PM

Website: <http://www.ssa.gov/ssnumber/>

Cost: None, but limit on number of replacements.

Application requirements: Completed application for a Social Security office; all others can mail application materials. The application form can be found online at:

<http://www.ssa.gov/online/ss-5.pdf>

You will need to create an account or sign in at: <https://secure.ssa.gov/RIL/SiView.do>

ID needed: To apply for an original Social Security card, you need at least two documents to prove age, identity, and U.S citizenship or current lawful immigration status. In general, you need two of the following:

- Birth certificate (other evidence of age that may be accepted: U.S. Hospital record of birth created at time of birth, religious records established before age five which show time of birth, passport, or final adoption decree)
- Passport
- Driver's license or state-issued non- driver ID card

To apply for a replacement Social Security card, you must prove your identity with one of the following documents:

- Driver's license
- State-issued non- driver ID card or
- Passport

If you don't have one of these documents, or can't get a replacement within 10 days, Social Security may accept other documents to prove your identity, such as:

- Employment ID card
- School ID card
- Health insurance card
- Certificate of naturalization
- U.S military ID card

If you were born outside the U.S., you must also show U.S citizenship or lawful, work authorized immigration status.

Getting a State Identification Card

For Renewals of Identification Cards

Connecticut Dept. of Motor Vehicles (Stamford Express Office)

Managed by The WorkPlace, Inc.

137 Henry Street
Stamford, CT 06902

Hours: By appointment only. Schedule appointment:

<https://app.waitwhile.com/welcome/workplacedmv>

For Application for Identity Card (Non-renewal):

Connecticut Dept. of Motor Vehicles (Norwalk, closest hub)

540 Main Avenue
Norwalk, CT 06851

Hours: Tue., Wed., Fri. – 7:45 a.m. to 4 p.m.; Thurs. – 9:15 a.m. to 5:30 p.m.; Sat. – 8 a.m. to 12:30 p.m.

General Phone: 860-263-5700

Website: <http://www.ct.gov/dmv/site/default.asp>

Application requirements: You will not receive a permanent driver license or ID card while at a DMV office. It will arrive through the mail. You will keep your expiring license/ID and receive a temporary paper card. For more on this, [please see Central Issuance](#). After visiting an office, you can [track the delivery of your new card](#).

The applicant must be a Connecticut resident. To obtain an ID card, qualified persons must apply at [any DMV Hub Offices, as well as Enfield, New Britain, Norwich and Winsted](#).

Please note the following:

- New-issue ID cards will not be processed at the Putnam Satellite office, DMV Photo License Centers, AAA offices, Milford Nutmeg State Financial Credit Union or West Haven City Hall.
- When you arrive at the DMV your first stop will be at the information desk where you will be instructed to enter your information into the kiosk to start the ID card process. You will then be directed to the licensing/ID card issuance area with your kiosk receipt.

What to bring:

- If you have a Connecticut-issued driver's license or learner's permit, [you have the option to exchange it](#) without bringing all your identity documents to DMV. If you do not, please follow the instructions below.
- The required documents from [this list of acceptable forms of identification](#). If you are not a citizen of the United States, you will be required to show proof of your legal status in this country. Please note: Puerto Rico-issued birth certificates dated before July 1, 2010, are not acceptable and need to be replaced. In short, you must bring the following:
 - Certified Birth Certificate or valid Passport (not copies). Non-U.S. citizens must bring proof of legal status

- One additional form of valid state- issued ID
- Proof of Residency form from an authorized shelter or transformed housing location
- Two forms of ID, one from primary, one from secondary as described in the list of acceptable forms of identification in the link above, along with proof of residency
- Proof of Connecticut residence (such as a utility bill, mortgage document, or a lease or rental agreement).
- If you are a non-U.S. citizen, [please see additional information](#).
- Completed Connecticut ID Form Application (form B-230). You must request a copy be mailed to you because it cannot be downloaded because it is a three-part form with carbon copies: <https://www.dmvct.state.ct.us/B230.aspx>
- Payment for fee of \$22.50. Please see [acceptable forms of payments](#).

The non-driver photo ID fee is waived for:

- Applicants of a homeless shelter who provide proof of residency from [an authorized shelter or transitional housing](#) location in Connecticut. The [Connecticut Identification Card Requirements and Application](#) (form B-230) must be signed by an official from the shelter or transitional housing location.
- Blind veterans who provide a Certificate of Blindness form from the [Bureau of Education and Services for the Blind](#) or a letter from a doctor/optometrist that they meet the definition of blind as defined in [Connecticut General Statutes 1-1f\(a\)](#) and provide a DD214 indicating they have been honorably discharged.

NOTE: If an applicant obtains a Connecticut Driver's License, the identification card must be surrendered when a driver's license is issued. Instructions for obtaining a Connecticut Driver's License, starting with a Learner's Permit, can be found at: <https://www.ct.gov/dmv/cwp/view.asp?a=805&q=515038>.

II. Basic Needs

Benefits

Connecticut Dept. of Social Services

55 Farmington Avenue
Hartford, CT

Website: <https://www.connect.ct.gov/access/jsp/access/Home.jsp>

General location for information about medical benefits, help buying food, and/or cash assistance. Site contains a tool to identify eligible benefits based on family size, income, etc. Also contains links to apply for benefits. Depending on your eligibility, benefits you can apply for through ConnectEd include SNAP, TFA, Husky, Family Planning Services Medicare, Long-term Care, SAGA Cash Assistance, and Temporary Family Assistance. For FAQs, please visit the site referenced above.

Stamford Dept. of Social Services

Stamford Government Center
888 Washington Boulevard, 9th Floor
Stamford, CT 06901

Phone: (203) 977-4050

Fax: (203) 977-5775

Website: <https://www.stamfordct.gov/social-services>

Programs include [Every Child Matters](#) (healthcare assistance), [Healthcare Related Programs](#) (Access Health CT, Husky A, B, C, QHP), [Case Management for Adults, Families, Seniors and Disabled](#) (Assess client needs, coordinate services and resources to meet those needs, evaluate and provide follow up services as needed), [Community Referrals and Information](#) (Information for emergency shelter, food, clothing, affordable housing, landlord/tenant issue, etc.), [Fair Rent](#) (Social Services Commission receives, investigates, processes, resolves or hears tenant complaints alleging unfair rent increases, service reductions or retaliatory actions), and [Uniform Relocation Assistance \(URAA\)](#) (Assistance for individuals and families displaced from residential rental properties due to code enforcement activities).

Utilities and Savings

CT Energy Assistance Program (CEAP)

Provided through The Community Action Agency of Western Connecticut

34 Woodland Avenue

Stamford, CT 06902

Phone: 203-748-5422

CAAWC Greater Stamford Emergency Hotline: 203-285-8018

Website: <http://caawc.org/programs>

Hours: Mon-Fri: 9am-5pm (extended hours by appointment)

The Connecticut Energy Assistance Program helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance. Benefits available to individuals earning less than \$35,116 per year (increases depending on family size).

Note: You can also sign-up for the Winter Protection Plan to ensure energy is not shut off during the winter due to unpaid bills. Must be renewed each October. To sign up call Eversource at 800-286-2828.

Operation Fuel

Phone: 203-357-0720 or 2-1-1

Website: <http://www.operationfuel.org>

Operation Fuel provides a one-time grant of up to \$500 to assist families with their energy bills. Provides benefit to individuals making less than \$43,894 (increases depending on family size). To apply call the number above.

Note: When the Connecticut Energy Assistance Program (CEAP) is accepting applications, Operation Fuel requires that all clients apply for CEAP prior to applying for an Operation Fuel grant.

Energize CT

Website:

<https://www.energizect.com/your-home/solutions-list/save-energy-and-money-all-year-long>

Phone: 877-947-3873

Energize CT will send a technician to your house to identify opportunities to improve energy efficiency and reduce energy bills. You may qualify for free or reduced cost to implement the recommendations. Individuals earning under \$35,116 qualify (increases depending on family size). Apply online at the above website or call the above number.

Basic Needs for Those in Recovery

Basic Needs Recovery Supports Program, part of the DMHAS Behavioral Health Recovery Program

Phone: 877-552-8247 (Call for screening and referral) TTY:1-866-218-0525

Website: <http://www.ct.gov/dmhas/cwp/view.asp?a=2900&q=334750>

Eligibility: You may be eligible for assistance through this program (but only through referral from your clinical treatment provider) if you are covered by HUSKY D/Medicaid, in treatment, and not receiving cash assistance.

Referral/ Drop In: Must be referred by your behavioral health treatment or supported recovery house provider (the person treating you for substance abuse and/or mental health issues).

Recovery support is available under several categories, such as: housing assistance, transportation; basic needs (e.g., clothing & personal items); and other appropriate supports that enhance the recipients' recovery plan.

Clothing

Note: some entries in this section are outside of Stamford, but are open to Stamford residents.

Clothes to Kids of Fairfield County (family support)

Boys & Girls Club of Stamford/Yerwood Clubhouse

90 Fairfield Avenue

Stamford, CT 06902

Phone: (203) 595-5664

Hours: By appointment

Website: <https://clothestokidsfairfieldcounty.org>

Services: Free new and quality used clothing for low-income or in-crisis school age children in Fairfield County

Eligibility:

Families must meet the following criteria to shop at Clothes to Kids of Fairfield County:

1. The family must live in Fairfield County, Connecticut.
2. The children must be enrolled in a Fairfield County school, in grades K-12 or working toward earning their General Equivalency Degree (GED). ***We do not serve children who are not yet in kindergarten -or- who are younger than 4-years-old, even if they are attending daycare or Headstart.*
3. The family must be considered in financial need of assistance, such as:
 - Receiving free or reduced lunch at school.
 - Receiving services from a social service agency, school or counseling center.
 - In crisis due to natural disaster, poverty, homelessness or displacement.
4. One of the following documents is required as a referral to shop at the CTKF Store:
 - An official notification letter showing eligibility for free and reduced-price lunch through Fairfield County Schools (for the current school year) ...or...
 - A letter of referral from an approved community advocate, such as: a social worker or case manager employed at a local social service agency; a teacher, administrator, guidance counselor or social worker at a school; a pediatrician or family doctor; or a leader from a place of worship.

Dress for Success (Women Only)

240 Fairfield Ave

Bridgeport, CT 06603

Phone: (203) 333-6505

Hours: Monday-Friday, 9:30 AM-3 PM

Website: <https://midfairfieldcounty.dressforsuccess.org>

Services: One-on-one personal shopping to provide women interview-appropriate outfitting and, once employed, a week's worth of business attire including shoes, handbags, jewelry, etc.

Eligibility: Referral from one of over 130 referral sources (including Inspirica) when landing an interview or entering an internship or training.

First Congregational Church of Stamford Thrift Shop

1 Walton Place (at Bedford Street)

Stamford, CT 06902

Phone: (203) 323-0200

Hours: Thursday: 10 AM-3 PM (10 AM–2 PM in the summer); 10 AM – 2 PM the third Saturday of each month

Services: Adult and children's clothing at low cost.

Goodwill Thrift Stores

1 Broad Street, Stamford, CT

Phone: 203-363-5228

Hours: Monday-Saturday: 9 AM–9 PM, Sunday: 10 AM–7 PM.

587 Elm Street, Stamford, CT

Phone: (203) 327-8240

Hours: Monday-Saturday: 9 AM–9 PM, Sunday: 10 AM – 7 PM

Services: Low cost clothing, housewares, and shoes. During the week, all items of the color-of-the-week tag are 50% off the posted price. Seniors 60 or over receive 10% of total purchase on Wednesdays.

Neighbor-to-Neighbor

248 E. Putnam Ave

Greenwich, CT 06830

Phone: (203) 622-9208

Hours: By appointment Monday-Friday: 8:30 AM-12:30 PM; Thursday: 3:30-5:30 PM

Website: <http://www.ntngreenwich.org/>

Services: Free new and gently used in-season clothing available every other month to approved clients

Eligibility: All clients must be referred by an approved Referring Agency. Prior to making a referral, a Referring Agency is asked to determine a family's eligibility to receive assistance by verifying their income and town of residence. Visit <http://www.ntngreenwich.org/need-help/> for the referral form (English and Spanish). Approved Referring Agencies include:

- Stamford or Port Chester Family Centers (schools, RITE program, Health Center)
- Houses of worship may make referrals to our Clothing Room
- State social service agencies, Housing Authorities & WIC
- Greenwich Department of Human Services
- Greenwich, Stamford & Port Chester Public Schools
- Head Start preschool programs
- CCI, Greenwich
- Boys & Girls Club, Greenwich
- Building One Community

- Person to Person

Person-to-Person Thrift Store (Darien)

1864 Post Rd

Darien, CT 06820

Phone: (203) 655-0048

Hours: Monday, Tuesday, Wednesday, Friday: 9 AM-4 PM; Thursday: 9 AM-6PM (closed Thursday evenings in July and August); Saturday: 9 AM-12 NOON (closed Saturdays in August)

Website: <http://www.p2phelps.org>

Email: caseworkservices@p2pHelps.org

Services: Low-cost or subsidized clothing; may provide emergency financial assistance for basic needs

Eligibility: By appointment only for residents of Stamford Norwalk, Darien, New Canaan, Westport, Wilton and Weston; ask to speak with a caseworker

Salvation Army

198 Selleck St

Stamford, CT 06902

Phone: (203) 359-2320

Hours: Monday-Friday: 10 AM-3 PM

Website: <http://ctri.salvationarmy.org/SNE/Stamford>

Services: General Clothing Provision

Treasure Hunters Thrift Store (Laurel House)

501 Summer Street

Stamford, CT 06820

Phone: 203.327.7334

Hours: Monday - Friday: 10am-4pm; Saturday 10am-3pm; Sundays and some holidays

Website: <https://www.laurelhouse.net/program-services/treasure-hunters-thrift-store.html>

Services: Furniture, clothing and household items at affordable prices

Food

This section is organized in the following subsections: soup kitchens, food pantries, SNAP and WIC Programs.

Soup Kitchens:

New Covenant Center Soup Kitchen

174 Richmond Hill Ave., Stamford, CT 06902

Phone: (203) 964-8228

www.newcovenantcenter.org

Open: 365 days per year, providing three meals daily

Food Pantries:

CT Food Bank Mobile Pantry

Phone: (203) 741-9751

www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/

Stamford Locations:

- Domus Kids, 83 Lockwood Ave., Frank St. parking lot entrance: 4th Monday 11am-Noon
- Union Baptist Church, 805 Newfield Avenue: 2nd Tuesday 5:30-6:30pm

Faith Tabernacle Church

29 Grove St.

Stamford, CT 06905

Phone: (203) 348-8755

Website: www.faithtabct.org

Hours: Monday–Thursday, 9:00am - 4:00pm, Emergencies only (Thursdays 8:00am - 11:00am)

Eligibility: Anyone in need of food. Requirements: Must fill out an application. Frequency of Visits: Once a week or whenever in need.

Food: Meat, canned goods, pasta, produce, bread, & dessert on occasion.

Haitian Community Center

93 Hope St.

Stamford, CT 06906

Phone: (203) 406-0343

Hours: Thursday, 11:00am – 2:00pm

Eligibility: Anyone in need of food. Requirements: Must fill out an application. Frequency of Visits: Every Thursday

Food: Chicken, vegetables, pasta, rice, canned goods.

New Covenant Center

174 Richmond Hill Ave.

Stamford, CT 06902

Phone: (203) 964-8228

Website: www.newcovenantcenter.org

Hours: Tuesday & Friday, 10:30am - 4:30pm; Thursday, 10:30am - 1:30pm

Eligibility: Open to low-income residents in Stamford, Darien, New Canaan, & Greenwich.

Requirements: Pantry applications are accepted on Wednesdays from 11:00am - 2:00pm. Proof of identification (state-issued ID or passport; birth certificate for children without photo ID) for each member in household; proof of address (rent receipt or utility bill); proof of income (paystub, unemployment letter, tax return) Frequency of Visits: Monthly by appointment.

Food: Non-perishable items, dairy products, fruit, vegetables, meat & bread.

Person-to-Person

1864 Post Rd.

Darien, CT 06820

Phone: (203) 655-0048

Website: www.p2phelps.org

Hours: Monday – Friday, 9:00am - 4:00pm, Thursday evenings, 4:00pm - 6:00pm, Saturday, 9:00am - 12:00pm Closed on Saturdays June through August.

Eligibility: Open to low-income residents in need of food who reside in Stamford, Darien or New Canaan. Requirements: Must be referred by a case worker or social worker. If meeting with a Person-to-Person caseworker, proof of income and SNAP award letter must be provided.

Frequency of Visits: As needed per referral

Food: Non-perishable items, milk, fruit, vegetables & meat.

Salvation Army

198 Selleck St.,

Stamford, CT 06902

Phone: (203) 359-2320

Website: <http://ctri.salvationarmy.org/SNE/Stamford>

Hours: Monday & Wednesday, 10:00am - 3:00pm

Eligibility: Stamford residents in need of food. Requirements: Must fill out an application; must have picture ID; proof of income; proof of address (rental lease & other piece of mail with address.) Frequency of Visits: Once a month.

Food: Produce, canned vegetables, meat, pasta, cereal, canned fruit.

Schilo Food Pantry Program

Schilo Seventh-Day Adventist Church 977 Hope St.

Stamford, CT 06907

Phone: (203) 293-8256

Website: www.facebook.com/schilofoodpantry/

Hours: Every 2nd & 4th Sunday of the month, 10:00am -12:00pm

Eligibility: Fairfield county residents in need of food. Requirements: Must fill out application & have a photo ID. Frequency of Visits: Every 2nd & 4th Sunday of the month.

Schoke Jewish Family Service

733 Summer St., 6th Floor
Stamford, CT 06901

Phone: (203) 921-4161

Website: www.ctjfs.org

Hours: Monday, Tuesday & Wednesday, 10:30am - 12:30pm, Other times available by appointment only.

Eligibility: Anyone in need of food. Requirements: Must complete application showing proof of residency, income & household. Frequency of Visits: Once a month.

Food: Kosher products only.

Wilson Memorial Church of God

164 Richmond Hill Ave.
Stamford, CT 06902

Hours: Thursday, 1:00pm - 2:00pm

Eligibility: Anyone in need of food. Requirements: Call to make an appointment, sign up from 9:00am 12:00pm. Frequency of Visits: Weekly, Every Thursday

Food: Meat (when available), canned goods, bread, pasta, juice, cereal, eggs, vegetables, fruit.

Zion Lutheran Church Food Pantry

132 Glenbrook Road
Stamford, CT 06902

Phone: 203-327-7751

Hours: Mondays through Thursdays 9am-2pm.

Eligibility: Residents of Stamford. Documentation required.

SNAP:

SNAP is the Supplemental Nutrition Assistance Program, which offers nutrition assistance to eligible individuals and families and provides economic benefits to communities. SNAP helps individuals and families purchase food at participating supermarkets, groceries, and farmers markets. This federally funded program was created to help income-eligible recipients eat well and stay healthy. The program is administered by the United States Department of Agriculture and the CT State Department of Social Services. SNAP benefits are provided by a Electronic Benefit Transfer (EBT) card—a plastic swipe card that looks and is used like a credit or debit card and is accepted at most grocery stores. SNAP benefits are deposited monthly to your EBT card.

CT/Stamford SNAP benefits: <https://www.endhungerct.org/snap/>

WIC Programs:

WIC (Special Supplement Programs for Women, Infants, and Children) Programs provide specific nutritious food items & baby formula including nutritious education to eligible pregnant women, postpartum women up to six months regardless of how pregnancy ends, breastfeeding women up to one year after delivery, and infants & children up to their fifth birthday. Income guidelines apply.

Stamford Health Department - WIC Program

888 Washington Blvd., Health Department 8th floor, Stamford, CT 06901

Phone: (203) 977-4385

Website: www.stamfordct.gov/wic-women-infants-and-children

Housing

The following section is organized in these sub-sections: General Housing, Recovery and Sober Housing, and Housing Assistance and Services.

General Housing:

Homeless System 211

Phone: 211 or 800-203-1234

Website: www.211ct.org

Language(s) Spoken: English/Spanish

Hours: 24 Hours

Restrictions: Imminent risk of homelessness or putting others housing at risk.

Providers: If your client has been chronically homeless within the past three years please contact local providers for potential housing prioritization.

Can You Apply Before You Leave Prison? Yes, through coordinated discharge.

Other Services Available: Diversion assistance and referrals to other local services

211 connects individuals and providers to a local Client Navigator. The Client Navigator has access to a database that coordinates available beds with client prioritization throughout the shelter system in Lower Fairfield County. While there are multiple points of entry into the 211 network, everyone must go through a CAN (Coordinated Access Network) assessment. In Stamford, the homeless shelters are Inspirica for women and Pacific House for men.

Emergency Housing: Pacific House

Address: 597 Pacific Street, Stamford, CT 06902

Phone: 203-348-2792

Website: www.pacifichouse.org

Emergency Shelter Site: <https://pacifichouse.org/our-programs/emergency-shelter>

Cost(s): Guest must pay \$5 per night or do a chore in place of the fee

Language(s) Spoken: English, Spanish

Hours: Doors are open 24 hours per day, 365 days per year.

Population Served: Men 18 or older

Restrictions: Must be willing to abide by a basic set of rules of conduct and agree to participate in a brief intake session with a case worker. 11 pm curfew. All those wishing to stay are strongly encouraged – though not required – to undergo a medical screening as well.

Accessibility: Wheelchair accessible

Capacity: Typically houses 60-82 men. Can accommodate up to 110 men during extreme-weather months.

Other Services Available: Case management, Job Readiness, Recovery Program, Healthcare, Outreach, Young Adult. Three meals a day served.

Pacific House is the only regional shelter for men and young adult men in lower Fairfield County serving the four-town area of Stamford, Darien, Greenwich and New Canaan. The shelter provides overnight emergency beds for men, and operates a drop-in day program that provides case management services for men and women.

Subsidized Housing: Charter Oak Communities

22 Clinton Avenue
Stamford, CT 06901

Property Addresses: 25 Developments throughout Stamford.

Phone: 203.977.1400 TTD/TTY Toll Free 1.800.842.9710

Website: <https://charteroakcommunities.org/>

Cost(s): Vary by property and qualification.

For Section 8 voucher application: <https://charteroakcommunities.org/housing/section-8/faq>

Language(s) Spoken: English/Spanish

Hours: M - F 9am - 5pm

Population Served: Families and individuals applying for any programs must meet the income eligibility requirements. All adult members of the household must either be a U.S. citizen or have an eligible non-citizen status (i.e., resident card, work authorization permit or visa).

Restrictions: Mandatory background check for all adults. Households that have a record of criminal activity or drug-related activity that would adversely affect the health and safety of others are denied housing. If an application is denied, the applicant may appeal the decision. Once the appeal is requested in writing, the applicant will be invited to meet with the Hearing Officer to review their case. The applicant must come prepared with all proper documentation supporting their appeal.

Can You Apply Before You Leave Prison? No

Charter Oak Communities (COC), formerly the Stamford Housing Authority, provides attractive, affordable homes for thousands of Stamford residents serving a wide range of needs. COC is a leading champion for innovative, creative partnerships that are redefining public-assisted housing communities in Connecticut and across America.

Recovery & Sober Housing:

Liberation House

Phone: 203-356-1980 (Information) 203-391-7940 (Intake)

Website: <http://liberationprograms.org/>

Email: info@liberationprograms.org

Address: 115-125 Main Street, Stamford

Population Served: Adults (18+) who have a verifiable substance abuse

Cost(s): Public/Private Insurance, Sliding scale for self pay

Language(s) Spoken: English/Spanish

Hours: 8:00am-4:30pm

Population Served: Men 18+

Restrictions: Individuals with verifiable substance abuse

Can You Apply Before You Leave Prison? Yes

Capacity: 65 individuals (inpatient); TBD (outpatient)

Additional Services: A Recovery Employment Program gives important work experience as well as funds that can be used to secure housing once the program is completed.

Liberation House provides inpatient substance abuse and behavioral health treatment for men. Duration of treatment can be up to 90 days. During this time men focus on skills that will help them maintain their recovery as well as work on critical needs such as transitioning to employment and housing. Liberation's Outpatient Programs provide treatment services that include individual and group counseling, family therapy, intensive outpatient treatment, medication assisted treatment, relapse prevention to support reentry goals and CCSD mandates.

New Neighborhoods

Office Address: 76 Progress Drive, Suite 140 Stamford, CT 06902

Property Address: 8 Properties in Stamford.

Phone: (203) 359 2215

Website: <https://nnistamford.org/>

Cost(s): Varies

Language(s) Spoken: English/Spanish

Other Services Available: New Neighborhoods provides educational, financial, health services and additional training to its residents to improve their lives and strengthen their neighborhoods.

New Neighborhoods, Inc. has and continues to develop, preserve and manage low, moderate and middle income ownership and rental housing, to keep Stamford a viable place to live, work and do business. New Neighborhoods develops, owns and manages more than 425 units consisting of high-rise buildings, townhouses and single family rentals in Fairfield County, Connecticut. Most of the properties have waiting lists.

Housing Assistance and Services:

While the following organizations do not necessarily provide housing or shelter services, they are able to help individuals with issues that they have concerning housing, including finding appropriate housing, fighting housing discrimination, home ownership and paying back rent owed.

Below Market Rate Dwelling Units

The Below Market Rate (BMR) program is an initiative of the City of Stamford to achieve a diverse and balanced community with housing available for households of all income levels. Economic diversity fosters social and environmental conditions that protect and enhance the

social fabric of the City and are beneficial to the health, safety and welfare of its residents and to the environmental quality and economy of the region.

Tenants seeking a BMR unit should contact the development leasing office of the property they are interested in for information and/or to determine the status of a waiting list. The list of properties can be found at:

<https://www.stamfordct.gov/community-development-office/pages/below-market-rate-dwelling-units>

Rental Assistance Help in Stamford, Connecticut

Qualified rental assistance programs include non-profit organizations that provide emergency cash for tenants as well as government agencies providing long-term rental subsidies.

Many programs also provide other services such as utility payment assistance, water payment assistance, electric payment assistance, holiday assistance, medical bill pay assistance, food assistance, etc. We provide these details on our details page.

<http://www.rentalassistance.us/ci/ct-stamford>

Other Housing Resources

Below are links to other agencies, including a few senior housing options. The information is updated regularly.

<https://www.lowincomehousing.us/CT/stamford>

<https://www.stamfordct.gov/community-development-office/pages/below-market-rate-dwelling-units>

Transportation

For a complete guide to public transportation in Stamford, please see:

Getting on Board (CT-DOT guide)

Website: https://www.ct.gov/dot/lib/dot/MP_SWCTTransGuideComplete.pdf

Other free or low-cost local transportation options:

ADA Paratransit System

Website: www.gnhtd.org/

Phone: Reservations: 203-288-6643 OR 203-299-7067; Office: 203-288-6282

Hours: Monday-Sunday schedules close to public bus route. Rides can be scheduled between 5:30am-11:30pm. Reservation department is available from 9am-5pm seven days a week.

Accessibility: Vans are wheelchair accessible

Population Served: Must have permanent, temporary or conditional disability (developmental or physical) which prevents use of regular bus system; no age restriction; no income/asset restriction; not necessary to be on SSI or SSD

Referral/Drop In: Membership required; Must complete application form; Application requires that person explain his/her disability and why it makes it impossible to use public transportation; Once approved, reservations can be made from 1-7 days in advance, Monday-Sunday.

Cost(s): Set fee (subject to change, call for more information). No fee for personal care attendants.

Transportation for any purpose for individuals with developmental or physical disabilities that prevent them from being able to use the regular public transportation system. The person's disability can be permanent, temporary, or conditional. (A conditional disability is one that exists under certain conditions; for example, at night, or when the temperature is very high, or very low.) Routes and schedules closely follow public bus route.

SAGA Support Services (City of New Haven includes in its catchment, Stamford)

165 Church Street, 1stFloor

New Haven, CT

Phone:203-946-8523

Fax: 203-946-7629

Referral/Drop In: No drop-in/walk-in service. If you do not have a case manager of any kind, call the SAGA office at the phone number above to request an appointment. If you are already receiving services from your provider (such as a homeless shelter or work preparation program), your program must fax documentation of the services you are receiving (see below).

How to Refer a Client: Documentation must be on agency letterhead and include the following types of information unique to the individual being served:

- Basis of working relationship under which agency is providing services to active SAGA clients (such as case management, SA counseling, mental health services).

- Frequency of need, number of times in a week the client attends scheduled appointments with agency, and/or appointments that can be verified by agency through its working relationship with clients.
- Identify alternate transportation resources being pursued on the client’s behalf and/or available to the agency. *We do check with funding sources regarding this component of service.*
- Full name, title, phone number and signature of the agency representative preparing the referral document.
- Referring agency should call 203-946-8523 to arrange for scheduling of appointments (*Walk-ins not accepted*).

Individuals who are on SAGA, do not have income, reside in New Haven’s SAGA’s “catchment area” and are not receiving any of the transportation assistance listed above may request assistance from this program.

VEYO

Phone: 1-855-478-7350

Website: <https://veyo.com>

Eligibility: You must be active on Title 19 medical (HUSKY A, C, D/Medicaid) with the state. If you are fully qualified for SSD/SSI as a “disabled” individual, you should be eligible.

Referral/ Drop In: Call for information or consult your healthcare provider or case worker.

Individuals who are disabled and covered by HUSKY/Medicaid may be able to get assistance from VEYO for transportation to and from treatment and non-emergency medical appointments.

Social Services

The Community Action Agency of Western CT, Inc.

34 Woodland Avenue

Stamford, CT 06902

Phone: 203-602-8833, ext. 305

Phone: 203-939-9650 (Norwalk)

Fax: 203-969-9010

Website: www.caawc.org

Eligibility: You must be active on Title 19 medical (HUSKY A, C, D/Medicaid) with the state. If you are fully qualified for SSD/SSI as a “disabled” individual, you should be eligible.

Referral/ Drop In: Call for information or consult your healthcare provider or case worker.

III. Additional Reentry Services

Advocacy and Support Groups

Stamford Reentry Roundtable

85 Lockwood Avenue

Stamford, CT

Meetings: 2nd Thursday of every month from 10 to 11:30 at Domus Kids,

Questions email chair: Jeremy G. Kosbob: jkosbob@domuskids.org.

Its mission is to collaborate and partner with state and community agencies to identify needs and address gaps in services for individuals returning to the greater Stamford community from incarceration. All are welcome.

Domestic Violence

For legal support related to domestic violence, please see section titled Legal Assistance.

Connecticut Coalition Against Domestic Violence

Phone: 24-hour statewide domestic violence hotline: 888-774-2900

Website: www.ctcadv.org

It offers counseling services, support groups, and advocacy services, and will help identify shelters, programs and other resources.

Domestic Violence Crisis Center

777 Summer St.

Stamford, CT

Phone: 1-888-774-2900, available 24 hours a day in both English and Spanish; Local Hotline/Crisis: 203-588-9096 (English); Local Hotline/Crisis (Spanish): 203-663-6641 Business #: 203-588-9100

Website: www.dvccct.org

Provides emergency services as well as a variety of support & education programs for victims of domestic violence including legal advocacy, counseling & support groups, economic empowerment services, and an emergency safe house. All services are free. English and Spanish available.

EsperanzaCT

777 Summer Street, Suite 400

Stamford, CT 06901-1022

Phone: Hotline 1-888-774-2900 OFFICE IN STAMFORD: Tel: (203) 588-9100

Website: <http://www.esperanzact.org/sobre-esperanzact.html>

A domestic abuse service for persons speaking Spanish, which serves the Stamford area.

The Center for Sexual Assault Crisis Counseling & Education

733 Summer Street, Suite 503

Stamford, CT 06901

Phone: (203) 348-9346

Email: info@thecenter-ct.org

Website: www.thecenter-ct.org

Provides counseling and support services to victims of sexual assault and to eliminate sexual violence through community-wide education programs. All services are free and confidential. English and Spanish available.

YWCA Domestic Abuse Services

259 East Putnam Avenue
Greenwich, CT

Phone: 203-622-0003 free and confidential

Hours: Hotline: 24 hr/7 days; Office: M-F: 9am-5pm

Website: <https://www.ywcagreenwich.org/domestic-abuse-services>

Confidential immediate assistance, counseling services, emergency shelter, children's services, resources and referrals, and support navigating criminal and civil court services.

Education and Vocational Training

The following is organized by category in this order: adult education (including high school credit diploma, GED test preparation, ESL and literacy training), vocational and job training and online learning sources.

Adult Education:

Connecticut Talent Assistance Cooperative- Educational Opportunity Center (CONNTAC-EOC)

Norwalk/Stamford & Surrounding Towns

Norwalk Community College

DeShayla Shelley, Assistant Director

188 Richards Avenue, Room West 117

Norwalk, CT 06854

Phone: (203) 857-7109

Email: DShelley@conntacinc.org

Free educational counseling and career planning services for individuals in Connecticut, including the formerly incarcerated.

CT Adult Virtual High School

Phone: 860-832-3891; Fax:860-666-5828

Website: www.ctvhs.org

Email: ghayden@ctdlc.org

Adults ED students enrolled in a CT Adult Credit Diploma program can earn credits towards their diploma online. A full course scheduled is available over a four-term academic calendar, along with a smaller course schedule for summer. Also offers an online GED preparation course.

Stamford Public Schools Adult and Continuing Education

Adult Education (Classes)

175 Atlantic St.

Old Town Hall

Stamford, CT 06902

Phone: (203) 977-4209

Website: <https://www.stamfordadulthood.org/Default.asp>

Stamford's Adult Education program offers a high school credit diploma program, GED test preparation, ESL and family literacy as well as the following:

- **Ed2Go-Stamford - online classes**
Over 250 six-week online courses to choose from covering a variety of subjects; e.g.,

accounting, computer programs, languages, arts, writing, business, finance, health and personal development.

Learn more at Ed2Go-Stamford.

- **Stamford English Language Academy (SELA)**

The newest offering under the Continuing Education program is the Stamford English Language Academy (SELA). This is an academically oriented program which offers courses from beginner to advanced levels of English language skills for those for whom English proficiency is a professional necessity, an improvement for job advancement, or necessary for the pursuit of higher education.

- **GED Testing in Connecticut:**

- **Eligibility:** To register for the GED® test, you must:
 - be a resident of Connecticut;
 - be 17 years of age or older and officially withdrawn from school for at least six months;
 - not be enrolled in school; and
 - not have graduated from high school
- **Website:** <https://portal.ct.gov/SDE/Adult-Ed/GED/Getting-a-GED-in-Connecticut>
- The GED test is only available online. For more information on the test and how to register, please see the website referenced above and this list of FAQs: <https://portal.ct.gov/SDE/Adult-Ed/GED/Getting-a-GED-in-Connecticut/FAQ>.

Building One Community

ESL and Adult Literacy

75 Selleck Street

Stamford, CT 06902

Phone: (203) 674-8585

Hours: Monday - Saturday from 7:30am to 8pm; Sunday from 8am to 6pm

Website: <https://building1community.org/educate/#not-set:all>

This organization focuses on the immigrant community but also provides adult literacy classes, legal services and workforce development.

Vocational and Job Training:

Connecticut Apprenticeship System

Phone: 860-263-6085

Web: <http://www.ctdol.state.ct.us/progsupt/appren/appren.htm>

Email: dol.apprenticeship@ct.gov.

Administers Apprenticeship programs publishes a list of all apprenticeship sponsors. Contact Sponsors directly to learn more details about a particular apprenticeship.

Connecticut Bureau of Rehabilitation Services

414 Chapel Street, Suite 301, New Haven, CT 06511

Phone: 203-974-3000 or 800-537-2549

Website: www.ct.gov/brs

Costs: None

Population Served: For individuals with significant physical and/or mental disabilities.

Restrictions: You must (1) have a physical or mental impairment which poses a substantial barrier to employment AND (2) require VR services to prepare for, enter into, engage in or retain gainful employment in the competitive labor force.

Referral/ Drop In: Contact the office to set up an intake.

Can You Apply Before You Leave Prison? N/A

The Bureau of Rehabilitation Services (BRS) provides vocational rehabilitation (VR) services to assist Connecticut residents with significant disabilities to find and keep employment. Contact the services to learn what services are available and what you must do if you are eligible for services. If you are eligible, a counselor will help you develop an employment plan based on your needs and their abilities and will help you arrange whatever services are needed to achieve your employment goal.

Construction Education Center

35 Robert Jackson Way

Plainville, Connecticut 06062

Phone: 860-529-5886

Website: <http://www.thinkconstruction.org>

The mission of the Construction Education Center is to provide standardized training in order to prepare individuals for gainful employment and long term opportunities in the construction industry. Provides training and apprenticeships in carpentry, HVAC, plumbing and sheet metal.

J.M. Wright Technical High School

120 Bridge Street

Stamford, CT 06905

Phone: 203.324.7363

Website: <http://wright.cttech.org/index.html>

Eligibility: Students in grades 9-12

Wright Tech offers students ten different Career and Technical Education Programs listed below. Each program has a specific three and a half year program of study that outlines all academic and technical coursework required of each student.

- *Automotive Technology*
- *Carpentry*
- *Culinary Arts*

- *Digital Media*
- *Electrical*
- *Facilities Management*
- *Health Technology*
- *Information Systems Technology*
- *Plumbing and Heating*
- *Tourism, Hospitality and Guest Services Management*

Northeastern Medical Institute

29 Bank Street, Stamford, CT, 2nd floor

Phone: (203) 391-6766

Website: www.northeastmedicalinstitute.org

The mission of Northeast Medical Institute is to provide students with the highest quality, hands-on education, and prepare them for a successful healthcare career. Courses include training for Certified Nurses Aid, Phlebotomy, EKG and CPR.

Union Building Trades Apprenticeship Coordinators

CT Department of Labor

Office of Apprenticeship Training

200 Folly Brook Boulevard,

Wethersfield, CT 06109

Phone: 860-263-6085

Contact: Todd Berch

Website:

<http://www.ctdol.state.ct.us/progsupt/appren/JATDCC%20Directory%20Rev.%20012010.pdf>

Joint Apprenticeship Training Committee (JATC) programs offer apprenticeships in trades that may lead to full-time union employment. Contact individual program about applying.

People Reentering Into Doing Entrepreneurship (PRIDE)

Contact: Barry Diamond

Phone: 203-767-4090

Email: theprideprogram@gmail.com

Website: <http://reentrysurvivors.com/p-r-i-d-e-program.html>

People Reentering Into Doing Entrepreneurship (P.R.I.D.E) is a training and support program for current inmates, released inmates & people with a criminal background to learn how to start their own business. P.R.I.D.E. is a copyrighted 16-week course taught once a week for 2.5 hours in the evening. It covers Legal, Accounting, Banking, Insurance, Business Plan Development,

Marketing, Sales, Quickbooks, Positive Mental Attitude, Soft Skills (Life Lessons). Local experts teach each session & then a Mentor is assigned. Once a month for 6 months after graduation the students meet to go over their progress to make sure everyone is on track to start their business.

Online Learning:

[Coursera.org](https://www.coursera.org): Partners with universities and organizations around the world. This brings a wide variety of topics and perspectives to one searchable database. Coursera is a powerful tool for free online education, and includes courses from many top universities, museums and trusts. This gives the site a wide range of in-depth courses. Coursera is especially useful if you're looking to study many different topics, or want courses from different schools and groups.

[Khan Academy](https://www.khanacademy.org): Partnering with many post secondary schools, Khan Academy offers a useable, well organized interface. Also curating many courses from around the web, Khan Academy offers depth on many different subjects.

[Open Culture Online Courses](https://www.openculture.com): Over 1000 lectures, videos and podcasts from universities around the world. The site features material found only on universities private sites, all in easy to browse categories. This means you can find hundreds of university courses, without having to visit and search each university's own site. Open Culture's list features courses from England, Australia, Wales and many state universities around the United States. A helpful resource for finding many courses in one area of study.

[Udemy](https://www.udemy.com): Udemy's free courses allows users to build custom courses from lessons. Working with many top professors and schools, the site mixes the customizable platform of other sites with a heavy emphasis on top quality content. This site mixes free and paid content.

[Academic Earth](https://www.academicearth.com): Courses from many different schools and focuses on offering a wide variety of subjects. Academic Earth lists courses by subject and school.

[edX](https://www.edx.org): Brings together courses from many different schools. The site has quality information and covers a range of topics.

Employment

This section is organized into the following subsections: General Employment Resources, Staffing Agencies and Websites.

General Employment Resources:

Career Resources, Inc, American Job Center

141 Franklin Street, 2nd Fl.

Stamford CT 06901

Phone: (203) 353-1702

Hours: Open Mon - Fri, 8:30am - 4:00pm

Website: www.careerresources.org

The American Job Center Network provides services to unemployed and underemployed individuals seeking jobs and job search assistance at no cost. Job seekers are afforded convenient access to the employment, education, training and information services they need at a single location.

Everyone and anyone is welcome and encouraged to visit the American Job Center Network and use the reference materials such as newspapers, journals and job posting board. Posted positions include all levels and salary ranges from entry-level to upper-level management.

Face Forward

Phone: Re-Entry Department at (203) 489-5048

Youth Program Bruce Trammell (203) 610-8139

Email: btrammel@workplace.org

Website: Workplace.org

The program provides case management, mentoring, educational interventions, service-learning, occupational training in demand industries which lead to industry-recognized credentials, workforce activities that lead to employment, follow-up services, and expungement and diversion services. Training will be provided in the transportation, construction, and healthcare industries. Face Forward provides employment & training services for young people who are or have been involved with the juvenile justice system. To be eligible, candidates must be between the ages of 14 and 24.

Inspirica

Address: 141 Franklin Street, Stamford CT, 06901

Phone: 203-388-0100

Email: INFO@INSPIRICA.ORG

Website: InspiricaCT.org

Jumpstart Career Program provides clients the skills to secure employment and earn the income necessary to exit homelessness. The program has three distinct components:

- 1. Vocational training to be a home health aide in partnership with Home Care Assistance of Southern Fairfield County, the local franchise of the Home Care Assistance network.*
- 2. Jumpstart education provides clients with 13 workshops built around three core areas: Building the Foundation, Getting to Work, Staying Employed. Classes include money management, interviewing, understanding workplace expectations, conflict resolution, time management and much more.*
- 3. Jumpstart employment is a free in-house employment agency that offers one-on-one counseling and job placement services.*

Staffing Agencies:

Aerotek

3 Landmark Square, Suite 310

Stamford, Connecticut 06901

Phone: 203-388-7440

Website: www.aerotek.com

Complete Labor and Staffing

579 Pacific Street Suite 1

Stamford, CT 06902

Hours: 5:00am - 6:00pm

Phone: (203) 658-6758

Their process is pretty simple – If you are willing and able to work hard and have a positive attitude, they will put 100% effort into finding the right assignment for you. Offices open at 5:00AM, and they begin the process of finding the right assignment for you that matches the skills you possess and interest that you have. Many assignment begin daily, and many progress to week-long assignments and in often cases, full-time employment.

Merritt Staffing

30 Oak St # 200

Stamford, CT 06905

Hours: M-F 9AM - 5PM

Phone: (203) 325-3799

Express Employment Professionals

1 Bank St #306
Stamford, CT 06901
Hours: M-F 8AM - 5PM
Phone: (203) 327-5627
Appointments: expresspros.com

Randstad

107 Elm Street
Stamford, CT 06902
Phone: 203.978.1200
Hours: 8:00AM - 5:00PM

Its mission is to be a world leader in matching demand for, and supply of, labor and HR services. They believe in the value of work as a unifying force that shapes society for the better. They live by the core values established early in our company's history: to know, serve and trust, striving for perfection and simultaneous promotion of all interests.

Websites:

<https://www.jobsforfelonshub.com>

A for profit website dedicated to identifying work for felons. The site also provides on housing and legal services as well.

<https://www.indeed.com>

<https://www.simplyhired.com>

<https://www.jobhat.com>: JobHat helps pick out a job that fits your skills and interests. Site has a career quiz and career videos to see a day in the life of a real person in that field.

Family Support

Family Centers

60 Palmer Hill Road

Stamford, CT

Phone: (203)324-3167

Hours: Mon - Thurs. 8 am- 8 pm / Friday 8 am - 5 pm

Website: <http://www.familycenters.org>

Family Centers provides many services/programs to support children, adolescent, couples and families in the community.

- *Counseling & Prevention services*
- *Individual, Couples & Family Counseling*
- *Child & Adolescent Evaluation & Therapy*
- *Parent Education & Parent Support Groups*
- *P.E.P (Parent Education Program mandated by CT Superior Court for divorcing parents)*
- *Focus on Kids programs*
- *Support Groups*
- *Wellness Education & Speaker Resources*
- *HIV/AIDS Outreach Services*
- *Parent -Teen Mediation Service*

Office of Child Support Services (OCCS) within the Connecticut Department of Social Services

1642 Bedford Street

Stamford, CT 06905-4731

Phone: (203) 251-9417 Toll-free: 1-(855) 626-6632

Website: <https://portal.ct.gov/DSS/Child-Support/Child-Support>

Eligibility: To receive child support services, the public may complete an application, available on-line or from the Stamford office. A referral is made to the Child Support program if you receive cash benefits (TFA – Temporary Financial Assistance) from the state. The custodial party is required to cooperate with the OCCS by providing any information or documents needed to establish paternity and a child support order. If you receive medical benefits from the state, you may be entitled to Child Support services as well. Mission Statement

The mission of the Office of Child Support Services within the Connecticut Department of Social Services is to improve the well-being of children, promote the self-sufficiency of families, and deliver quality child support services, with recognition that to grow and thrive children require the financial, medical, and emotional support of both parents, regardless of their living situation or relationship. The goal of the Office of Child Support Services is to improve the circumstances of

children and their families by providing a path to self-sufficiency. This is done by providing the following services:

- *Establish legal paternity of children*
- *Locate non-custodial parents*
- *Establish monetary and medical support orders obligating parents to support their children*
- *Assist parents in addressing any needs or issues they may have via referrals to other agencies and / or community resources*
- *Collect and distribute child support payments*
- *Modify child support orders if appropriate*

OCSS cannot provide help with court civil matters such as divorce and custody actions; parenting and visitation actions; nor can the program provide any legal advice. The program does not 'represent' either the custodial party or noncustodial parent.

Roscco Family Resource Center

Rogers International School
202 Blachley Road
Stamford, CT

Eligibility: Resident of Rogers School district or Westover School District

Hours: M-F: 7:30am-5:30pm

ROSCCO provides child care services, family literacy and ESL classes, positive youth development services, and training and support to family day care providers at Rogers International Magnet School and Westover Magnet School Family Resource Centers.

St. Joseph Parenting Center

Yerwood Center
90 Fairfield Avenue
Stamford CT 06902

Phone: 203-588-1934

Email: sjpcinfo@sjpcenter.org

Website: <https://www.sjpcenter.org>

Saint Joseph Parenting Center is a free community resource center where parents can learn the skills and tools they need to help them through the challenges of parenting and supporting their family. We have been serving families in Fairfield County since 2010.

Every parent receives:

- *Individual Case Management and resource referrals*
- *Hot meal and a bag of groceries to take home after every class*
- *Free Child Care*
- *Incentives for attendance after 10 classes and 20 classes*

General Parenting Program (GPP) is a 28-class parent education program. It is ongoing throughout the year and is for both moms and dads. All classes are offered both in English (Monday mornings and Wednesday evenings) and Spanish (Tuesday mornings and Wednesday evenings).

Men's Parenting Program includes our General Parenting Program and the 24/7 Dad Program which is 12 weeks long. Our 24/7 Dad program is offered on Wednesday evenings in English and in Spanish exclusive to fathers.

Women's Circle is a support group exclusive to moms offered once a week in Spanish and in English. It is a 12 week program. One must be enrolled in our GPP to be part of the Women's Circle.

Government Agencies

Connecticut Dept. of Correction, Central Records

Phone: 860-292-3486

Criminal Record Repository

State of Connecticut, Department of Public Safety

State Police Bureau of Identification
111 Country Club Road, P.O. Box 2794
Middletown CT 06457
Phone: 860-685-8480

Contact this agency to obtain a copy of your state rap sheet and learn about the process of sealing, expunging or cleaning it up. They can also tell you who can legally access your record.

Connecticut Dept. of Motor Vehicles (Norwalk, closest hub)

540 Main Avenue
Norwalk, CT 06851
Hours: Tue., Wed., Fri. – 7:45 a.m. to 4 p.m.; Thurs. – 9:15 a.m. to 5:30 p.m.; Sat. – 8 a.m. to 12:30 p.m.

General Phone: 860-263-5700

Website: <http://www.ct.gov/dmv/site/default.asp>

Connecticut state picture identification cards, driver's license, registration of vehicles and plates.

Stamford Adult Probation

123 Hoyt Street
Stamford 06901
Phone: 203-965-5302
Fax: 203-965-5343
Hours: 9am - 5pm
Ages: 18 and above

Costs: Probation fees may be imposed by the court.

Eligibility: A person can be placed on probation by a judge of the Superior Court after being convicted of a criminal or motor vehicle offense. The judge can order the period of probation to begin at the time of sentencing or after incarceration.

Adult probation services provide supervision of court-sentenced individuals while maintaining public safety. Adult probation services develop, implement, and expand supervision strategies, techniques, and specialized adult supervision programs to change offender behavior and reduce recidivism.

The Stamford Police Crime Scene Unit

805 Bedford Street

Stamford, CT 06901

Hours: Tuesdays and Thursdays 4:00PM-7:00PM; Saturdays 9:00AM-1:00PM

This unit provides fingerprinting service for Stamford residents. No appointments are necessary.

Healthcare & Mental Health

The following is organized by category in this order: Hospital, Urgent Care, Federally Qualified Health Center, Community Clinics and Services, Adult Mental Health Services, and Youth Mental Health Services.

Note: please see Substance Abuse and Behavioral Health Section for additional entries.

Hospital:

Stamford Hospital

1 Hospital Plaza

Stamford, CT 06902

Phone: (203) 276-1000

Website: <https://www.stamfordhealth.org/>

Urgent Care:

AFC Urgent Care

3000 Summer Street

Stamford, CT 06905

Phone: (203) 969-2000

Website: <https://www.afcurgentcare.com/>

Hours: Monday - Friday: 8:00 AM - 8:00 PM Saturday & Sunday: 8:00 AM - 5:00 PM Call for Holiday Hours

CHC of Stamford

141 Franklin Street

Stamford, CT 06901

Phone: (203)969-0802

Website: <https://www.chc1.com/Locations/Stamford>

Hours: Monday and Tuesday: 7:30 AM - 6:00 PM Wednesday, Thursday, & Friday: 7:30 AM - 5:30 PM; Saturday: 8:30 AM - 12:00 PM (1st Saturday of the Month; Sunday: Closed Call for Holiday Hours.

Firefly After Hours

Pediatric Urgent Care

(Accepts Husky)

1011 High Ridge Road, 2nd Floor

Stamford, CT 06905

Phone: (203)968-1900

Website:

<https://www.stamfordhealth.org/locations/locations-profile/firefly-after-hours-pediatrics/>

Hours: Monday - Thursday: 4:00 PM - 9:00 PM; Friday: 4:00 PM - 7:00 PM; Daytime Hours by Appointment: 10:00 AM - 2:00 PM; Saturday: 10:00 AM - 3:00 PM; Sunday: 10:00 AM - 6:00 PM; and Holiday Hours: 10:00 AM - 2:00 PM unless otherwise stated

Stamford Health Medical Group Walk-In Center SHMG Urgent Care

292 Long Ridge Road, Suite 104

Stamford, CT 06902

Phone: (203)276-8575

Website:

<https://www.stamfordhealth.org/shmg/locations/profile/stamford-health-medical-group-292-long-ridge-road-suite-104-emergency-medicine-walk-in/>

Hours: Monday - Friday: 8:00 AM - 8:00 PM Saturday & Sunday: 8:00 AM - 5:00 PM
Call for Holiday Hours

Stamford Health- Immediate Care Center at Tully Health Center

Stamford Hospital

32 Strawberry Hill Court

Stamford, CT 06902

Phone: (203)276-2222

Website: <https://www.stamfordhealth.org/locations/locations-profile/immediate-care-center/>

Hours: Monday - Sunday: 7:00 AM - 8:00 PM; Open all Holidays, Call for Hours

Federally Qualified Health Center (FQHC):

Community Health Center, Inc.

141 Franklin Street

Stamford, CT 06901

Phone: (203)969-0802

-or-

805 Atlantic Avenue

Stamford, CT

Phone: (203)959-0802

Website: <https://www.chc1.com/>

Fairgate Community Health Center

Optimus @ Fairgate

138 Stillwater Avenue

Stamford, CT 06902

Phone: (203)357-0277

Website: <https://optimushealthcare.org/opthc/locations-2/optimus-fairgate/>

Hours: Monday - Friday: 8:00 AM - 5:00 PM Saturday & Sunday: Closed Call for Holiday Hours

Optimus @ Pacific House Shelter

597 Pacific Street

Stamford, CT 06902

Phone: (203)348-2792

Website: <http://optimushealthcare.org/opthc/locations-2/optimus-pacific-house/>

Hours: Monday: 2:00 PM - 8:00 PM; Wednesday: 2:00 PM - 8:00 PM

Optimus on the Boulevard

1351 Washington Boulevard

Stamford, CT 06902

Phone: 203-621-3700

Website: <http://optimushealthcare.org/opthc/locations-2/optimus-on-the-boulevard/>

Hours: Monday - Friday: 8:00 AM - 5:00 PM; Saturday & Sunday: Closed Call for Holiday Hours

Family Medicine 4th Floor Internal Medicine & OB/GYN 3rd Floor

Stamford Community Health Center**Optimus @ Harbor Point**

805 Atlantic Street

Stamford, CT 06902

Phone: (203)327-5111

Website: <http://optimushealthcare.org/opthc/locations-2/optimus-harbor-point/>

Hours: Monday, Wednesday: 8:00 AM - 7:30 PM; Tuesday, Thursday, Friday: 8:00 AM - 5:00 PM
Saturday: 9:00 AM - 1:00 PM Sunday: Closed; Call for Holiday Hours

Community Clinics and Services (Including Women's Services and HIV Services and Testing):***Women's Services*****Birthright of Stamford**

388 Summer Street

Stamford, CT 06901

Phone: (203)348-4355 or toll free 800-550-4900

Website: www.birthright.org

Birthright is an interdenominational organization that offers support and services for unplanned pregnancies.

Planned Parenthood

35 Sixth Street

Stamford, CT 06902

Phone: (203)327-2722

Website: www.plannedparenthood.org

Planned Parenthood is one of the nation's leading providers of high quality, affordable health care and the nation's large provider of sex education. They will accept individuals with or without insurance.

Sexually Transmitted Disease (STD) Clinic

137 Henry Street

Stamford, CT 06902

Phone: (203)977-5933

Website:

<https://www.stamfordct.gov/health-and-social-services/pages/sexual-transmitted-diseases-clinic-std>

Walk in clinic. No appointment required.

HIV Services and Testing

Anchor Health Initiative

30 Myano Ln Suite 16

Stamford, CT 06902

Phone: (203) 674-1102

Website: <http://www.anchorhealthinitiative.org/>

Provides medical services to everyone in the community, with particular expertise in the areas of medicine focused on the care of adolescent and adults in the Lesbian, Gay, Bisexual and Transgender Communities.

Stamford CARES

Stamford Government Center

888 Washington Blvd, 8thFloor

Stamford, CT 06901

Phone: (203)977-5096

Website: <https://www.stamfordct.gov/hiv-prevention-testing/pages/stamford-cares>

Adult Mental Health Clinics:

F.S. DuBois Center Crisis Line

Phone: (203)358-8500

Hours: 8AM- 6PM

F.S. DuBois Center (Local Mental Health Authorities-LMHA)

1351 Washington Blvd, 5th floor
Stamford, CT 06905

Phone: (203) 388-1600 or 1-800-586-9903 after hours

Website: <https://www.ct.gov/dmhas/cwp/view.asp?q=379844>

The center provides ongoing, individualized treatment to people living in the greater Norwalk/Stamford area with severe behavioral disorders and are publicly insured, uninsured and in some cases underinsured.

Family Centers

60 Palmer's Hill Road
Stamford, CT 06902

Phone: (203)324-3167

Website: www.familycenters.org

The Family Centers offer programs that include mental health programs for residents of Fairfield County.

Optimus Health Care

1351 Washington Boulevard
Stamford, CT 06902

Phone: (203)621-3700

Website: www.optimushealthcare.org

Laurel House

1616 Washington Blvd.
Stamford, CT 06902

Phone: (203)324-1816

Website: <https://www.laurelhouse.net>

Provides an array of integrated services and helps individuals and their families achieve and sustain mental health recovery.

The National Alliance on Mental Illness - Connecticut (NAMI-CT)

241 Main St., 5th floor
Hartford, CT 06106

Phone: 1-800-215-3021

Website: <https://www.namict.org/>

Dedicated to the eradication of mental illness and to the improvement of the quality of life of those whose lives are affected by these diseases. The organization serves as an alliance of

individuals, families, and friends of those with mental illness, of persons who have or have had mental illness, and of NAMI-CT local Affiliates and Associate members.

Youth Mental Health Services (Includes Outpatient Psychiatric Clinics, Treatment, Community and Prevention and Extended Day Treatment):

Outpatient Psychiatric Clinics for Children—Deliver Child and Family or DCF-Licensed

Child Guidance Center of Southern Connecticut (Enhanced Care Clinic)

103 West Broad Street

Stamford, CT 06902

Phone: (203)324-6127

Website: www.childguidancect.org

Jewish Family Services, Inc.

733 Summer Street

Stamford, CT 06901

Phone: (203)921-4161

Website: www.ctjfs.org

Outpatient Treatment

Mid-Fairfield Child Guidance Center (Serving Stamford)

100 East Avenue

Norwalk, CT 08851

Phone: (203) 324-6127

Website: <http://www.childguidancemfct.org/Services.html>

Its Outpatient Children's Clinic offers individual, family, and group therapies, as well as parent guidance. Its experienced team of board-certified child and adolescent psychiatrists, psychologists, and clinical social workers utilize evidence-based practices to treat a wide variety of emotional and behavioral disorders, including depression, anxiety, bipolar disorders, OCD, and ADHD.

Community and Prevention

Adolescent Pregnancy Prevention/Young Parents Programs (APP/YPP)

Website:

<https://portal.ct.gov/DPH/Family-Health/Adolescent-and-School/Adolescent-Pregnancy-Prevention/Young-Parents-Program>

CT-based program that focuses primarily on adolescents who are pregnant or parenting. Teens are linked with appropriate health, educational, employment, case management, pregnancy, parenting, and social services through grants and community-based providers.

Family Centers

60 Palmers Hill Road
Stamford, CT 06902-2195

Phone: (203)324-3167

Website: <https://www.stamfordct.gov/youth-services/pages/family-centers>

The Center for HOPE has been one of the area's most respected and trusted resources for bereavement and critical illness support. The Center for HOPE provides comprehensive services for adults and children living with an illness, grieving a loss or coping with a life-altering circumstance. All counseling, support and education services are facilitated by specially-trained professionals in an atmosphere of hope and renewal. Services include individual, group and family counseling, support groups and community education programs.

Jewish Family Services

733 Summer Street
Stamford, CT 06901

Phone: (203) 921-4161

Website: www.ctjfs.org

Youth Extended Day Treatment

Mid-Fairfield Child Guidance

100 East Avenue
Norwalk, CT 06851

Phone: (203)299-1315

Website: www.childguidancect.org

Home-based Mental Services

Child Guidance Center of Southern Connecticut

103 West Broad Street
Stamford, CT 06902

Phone: (203) 324-6127

Website: www.childguidancect.org

Provides the following services:

- *Care Coordination (CC) - Care Coordination is a family-focused, child-centered model that assists in managing multiple community services. Emphasis is placed on the current strengths and needs of the family.*

- *Child First (CF) -innovative program that provides home-based therapeutic intervention and hands on connection to community resources for children ages birth to 5 years of age and their families.*
- *Multidimensional Family Therapy (MDFT) -Family-focused, ecologically oriented evidence-based model effective in the treatment of children/adolescents between the ages of 9 – 18 with substance abuse and/or dependence issues, or children/adolescents with disruptive behavior and/or comorbid psychiatric issues who are at risk for substance abuse. MDFT is designed to reduce the influence of factors that place a child/ adolescent at risk for substance abuse while strengthening the presence of protective factors, such as supporting a positive parent-child relationship. Eligibility for MDFT services does not require DCF- involvement.*

Legal Assistance and Law Related

Connecticut Legal Services

1177 Summer Street, Stamford, CT 06905

Phone: (203) 348-9216

Fax: (203) 348-2589

Website: <https://ctlegal.org/>

Connecticut Legal Services, Inc. provides a wide range of legal services to low-income and under-served communities in the state of Connecticut. CLS handles VAWA-related cases (VAWA, U, T, I-751 waivers), primarily on referral from domestic violence programs, and handles work authorization and adjustment of status cases for those clients. CLS also handles workplace U visas, DACA, and Special Immigrant Juvenile cases. Other areas of legal assistance include: Disability, Education, Elder Law, Employment, Family & Juvenile, Housing, and Public Benefits. Services are free to eligible clients who meet income guidelines. Call to determine eligibility and make an appointment.

Connecticut Fair Housing Center

60 Popieluszko Court,

Hartford, CT 06106

Phone: 860-247-4400 / 866-247-4401

Fax: 860-247-4236

Website: www.ctfairhousing.org

This statewide non-profit is dedicated to ensuring that all people have equal access to housing opportunities in Connecticut. The Center provides legal assistance and investigative services to Connecticut residents who believe they may have been the victim of housing discrimination; education and outreach on the fair housing law; strategic planning and advice for cities and towns on fair housing compliance; and foreclosure prevention legal assistance.

Statewide Legal Services

1290 Silas Deane Highway

Wethersfield, CT 06109

Toll Free: 1-800-453-3320

Website: www.slsc.org/get-help

Statewide Legal Services operates a general legal hotline that provides free legal advice on a variety of civil law issues, such as housing, including landlord and tenant and foreclosure matters; family problems; consumer issues, including bankruptcy and matters related to public benefits such as Supplemental Nutrition Assistance Program (SNAP), energy assistance, State Supplement and Supplemental Security Income (SSI). Persons needing legal representation are referred to the appropriate Legal Services office. Statewide Legal Services also provides a wide

variety of educational pamphlets on common legal problems relating to housing, family matters, public benefits, and consumer issues.

Stamford Pardons Clinic*

Phone: (203) 399-5914

Website: <http://www.connecticutpardonteam.org/>

Eligibility: Fairfield county residents. Three years must have passed since a misdemeanor conviction and five years since a felony conviction. Candidate must have successfully completed court-required programs, parole or probation, have no pending charges and owe no court fees or fines. An attorney will evaluate eligibility factors.

Hours: Call for an appointment 9-5, Monday - Friday. Limited time slots are available each month.

A partnership between CT Legal Services and a Stamford-based law firm providing advice and legal services to low-income individuals seeking pardons of their convictions. Services include assistance with pardon application, advice on what makes a successful application, and hearing preparation.

**Note on fingerprinting: in order to be eligible for pardons, you must have valid fingerprints taken within the last year. See section "Government Agencies" for detail.*

Reentry Programs and Services

Note: some of these programs are outside of Stamford, but will serve the Stamford area as well.

Within Stamford:

American Job Centers Ex-offender Re-entry Workshop

141 Franklin Street

Stamford, CT 06905

Phone: 203-353-1702

Fax: 203-368-1899

Website: www.ajcswct.com/

American Job Centers offer job finding assistance to ex-offenders; American Job Centers in Bridgeport and Hartford also offer workshops for ex-offenders that are designed to assist them in their efforts to re-enter society and the workforce. Workshops focus on education and training; job search and networking techniques; resume preparation and job applications; effective job interviewing techniques; how to handle employer felony questions; and special employment programs for ex-offenders.

Invictus/DOMUS

17 Forest Street

Stamford, CT 06902

Contact: Greg Brunson

Phone: (203) 295-9679

Email: GBrunson@domuskids.org

Website: <https://www.domuskids.org>

Invictus is a re-entry program for young men ages 18 to 25 returning back to the Stamford community from prison. We work with the young men while incarcerated for 6 months before they are released. Once released, these young people immediately begin Phase 2 of the program which consists of daily case management services and employment development skills. From there, in Phases 3 and 4 young men participate in internships, receive mentoring, and are supported as they obtain and maintain full time employment. In addition to these services, we help young people with concrete needs such as: transitioning from incarceration, obtaining all necessary documents for integrating into their community, and accessing community resources. The ultimate goal of Invictus is for our young men to successfully transition back to the community by obtaining and maintaining employment and avoiding recidivism.

Outside of Stamford:

City of Bridgeport Mayor's Initiative for Reentry Affairs

999 Broad Street

Bridgeport, CT 06604

Phone: 203-337-2341

Website: www.bridgeportct.gov/MIRA

The Mayor's Initiative for Reentry Affairs (MIRA) provides linkage to community resources and pertinent information for the empowerment of convicted persons. MIRA strives to foster a productive and supportive environment where persons convicted of offenses may thrive, prosper and contribute to the social, political, and economic development of self, family, and community. MIRA has a host of general reentry-based support for individuals in need of support that range include, but are not limited to: case management, legal services, internship and volunteer opportunities, and/or reentry mentoring support.

Dial 2-1-1 (Info-Line)

Website: <http://www.infoline.org/>

2-1-1 is a free community service administered by the United Way of Connecticut. By phone, you can reach a live customer service center that provides information on community resources from food to clothing & beyond. The online database includes a section listing "Community Reentry Services for Ex-Offenders."

Family Re-Entry, Inc.

9 Mott Avenue, Suite #104

Norwalk, CT 06850

Phone: 203-838-0496

Fax: 203-866 9291

Website: www.familyreentry.org

Family Re-Entry's mission is to break cycles of violence, crime and incarceration by providing client-centered interventions and support services to empower and strengthen individuals, families, and communities. Family Re-Entry Services is helping individuals & their families make a successful transition from incarceration to community. Programs are facilitated in Bridgeport, Stamford, Norwalk & New Haven and services include:

- *Individual & Family Therapy*
- *Relapse Prevention Support Group*
- *Anger Management*
- *Life Skills & Social Competency*
- *Transitions: Mentoring Youthful Offenders*
- *Parenting Education*
- *Domestic Violence Treatment & Family Violence Education*

- *Case Management & Referral Services*
- *Psychological Evaluation*
- *Children & Youth Services*
- *Youth Mentoring Home Based & School-Based*

Proyecto Nueva Vida

1718 Capitol Ave

Bridgeport, CT 06604

Phone: 203-334-1121

Website: <https://ccgb.org/CCGB/index.php?q=LCM-AdultServ>

Proyecto Nueva Vida (PNV) is a unique collaboration among three Bridgeport agencies, CASA, Inc., OPTIMUS, Inc., and The Council's CO-OP Center. This 13-year old collaborative provides culturally specific services to Latinos who have a criminal history, as well as substance abuse prevention needs and who have or are at risk of HIV infection. In addition, PNV holds a monthly Family Forum which provides an educational presentation for clients and their support person(s) within a meal setting. PNV Mentors also provide support services to PNV clients as well as give back to the community through educational and civic events. PNV is funded by the state Department of Mental Health and Addiction Services and serves approximately 80 clients per year. Admission into the program is by referral.

Substance Abuse and Behavioral Health

This section is divided into the following subsections: Substance Abuse Treatment and Behavioral Health.

Note: for adult and youth mental health clinics, please see the health care section.

Substance Abuse Treatment:

Stamford Hospital - Detox

30 Shelbourne Road
Stamford, CT 06902

Phone: 203-325-7000: Statewide: 1-800-708-9145

Connecticut Community for Addiction Recovery (CCAR) - organizes the recovery community (people in recovery, family members, friends and allies) by promoting recovery from alcohol and other drug addiction through advocacy, education and service. CCAR also provides Telephone Recovery Support to help people in recovery stay in recovery. A person new in recovery receives a weekly call from a trained person to check in and see how their recovery is going. On average, people receive calls for fourteen weeks, often times much longer. Recoverees can also enroll online.

Pregnant Addict Care Programs- provides pre-natal evaluations, health care, patient education and post-partum care for pregnant narcotic addicts.

Al-Anon Family Groups

Website: www.ctalanon.org

*A Twelve Step fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems
Connecticut Al-Anon/Alateen Toll Free Number: 1-888-8AL-ANON (1-888-825-2666)*

Liberation Programs

117 Main Street
Stamford, CT

Phone: (203) 356-1980; (203) 391-7940

Email: info@liberationprograms.org

Website: <http://liberationprograms.org>

Cost(s): Public/Private insurance accepted, sliding scale self-pay available

Hours: M-F 8:00-4:30

Population Served: 18+

Accessibility: Wheelchair accessible.

Liberation Programs is one of Fairfield County's leading substance abuse and behavioral health organizations specializing in treatment for all types of substance use disorders including alcohol, opiates, depressants and stimulants. Our mission is to help individuals and families overcome addiction in order to restore their lives and ultimately strengthen our communities. Programs include inpatient and outpatient treatment programs including individual and group counseling, family therapy, intensive outpatient treatment, medication assisted treatment, and relapse prevention.

Services include Methadone maintenance and ambulatory detox.

Narcotics Anonymous

Phone: Statewide: 800-627-3543

Website: www.ctna.org

NA is a Twelve Step fellowship of men and women for whom drugs had become a major problem. Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used.

Behavioral Health:

CT Council on Problem Gambling

Phone: Toll Free Help Line: 1-888-789-7777 or 1-800-346-6238

National Problem Gambling

Phone: Helpline: 800-522-4700

Bettor Choice Programs

141 Franklin Commons

Stamford CT 06901

Phone: 203-866-25451 ext 3005

Website: <https://www.ucfs.org/services/behavioral-health/bettor-choice-addiction-services/>

Gambling-specific treatment programs funded by the State of Connecticut. Services are offered at more than 16 locations in Connecticut through community agencies. Most programs offer a variety of outpatient services including: individual, group, and budget counseling for both problem gamblers and family members, psychiatric evaluation for both gamblers and family members, and couples and family counseling.

Connecticut Renaissance: Stamford

141 Franklin Street

Stamford, CT 06901

Phone: (203) 602-4441 ext 2202 Fax: (203) 602-7782

Contact: Paul Arevalo

Email: PaulA@ctrenaissance.com

Website: <http://www.ctrenaissance.com/>

Cost(s): Accept Husky A,C and D, several commercial insurances, Self Pay, sliding fee scale .

Language(s) Spoken:English, Spanish

Hours: Monday -Thursday 9-9, Friday 9-5

Population Served: Individuals needing behavioral health, psychiatric and medication management and/or substance recovery programs.

Restrictions: 18+ years old, must be safe/stable enough to participate in treatment. Call for intake assessment (will do remote assessments).

Referral/Drop In: Court referred program for DWI diversion and education program.

Accessibility: Wheelchair accessible

Can Apply Before Release? Yes

Connecticut Renaissance Stamford provides a wide range of behavioral health services included groups for intensive outpatient (3x/week), outpatient (1x/week), co-occurring (groups separated by gender) and individual treatment and co-occurring for behavioral health.

Gamblers Anonymous

Website: www.gamblersanonymous.org

Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Tax Preparation

VITA (Volunteer Income Tax Assistance)

Stamford Locations*

Chester Addison Community Center
245 Selleck St., Stamford, CT 06902
203-348-6491
Mon.- Fri. 10 am - 2 pm (as needed)
January 28 - April 15

Domus Trailblazers Academy
83 Lockwood Ave., Stamford, CT 06902
203-348-6491
Mon. & Wed. 6 - 9 pm
Sat. 9:30 am - 1 pm
January 26 - April 16

Ferguson Library
One Public Library Plaza, Stamford, CT 06902
203-351-8221
Sun. 1:30 - 4:30 pm
January 27 - April 7

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

Before going to a VITA site, see [IRS Publication 3676-B](#) for services provided and check out the [What to Bring](#) page to ensure you have all the required documents and information our volunteers will need to help you.

Can book appointments online: [CT 2-1-1 VITA Online Booking](#)

**Note: Available services can vary at each site due to the availability of volunteers certified with the tax law expertise required for your return. Locations, Dates and Times may vary year-to-year. For up-to-date information and additional locations in Connecticut see: [United Way of Western Connecticut VITA Locations Website](#) or the [IRS](#)*

MyFreeTaxes

Website: <http://www.myfreetaxes.com>

If income last year was less than \$66,000, you can prepare federal and state taxes yourself for free online.

Youth Services

DOMUS

83 Lockwood Avenue

Stamford, CT

Phone: (203)-324-4277

Email inquiries: info@domuskids.org

DOMUS's mission is to empower young people to rise above adversity through academic support, social-emotional skill building, and personal and practical connections that help guide them through critical junctures to become resilient, positive contributors to their communities. It serves more than 1,700 of Stamford's most struggling youth. Its overarching goal is to create the conditions necessary for them to get on a path toward health and opportunity so they can succeed in school and ultimately lead satisfying and productive lives.

DOMUS's educational programs include, two charter schools, year-round high school, summer school program and family advocates and it offers safe, skill-building and pro-social out-of-school programming. DOMUS also seeks justice for its youth and address their needs if engaged in the juvenile justice system:

- *Supervised living for 8 homeless men ages 16-21 transitioning from incarceration*
- *Juvenile Review Board*
- *Attendance Review Board*
- *Project New Hope – street outreach*
- *Work and Learn program – job skills training*
- *Invictus — pre-release/reentry program for youth to transition successfully from incarceration*

Boys and Girls Clubs of America

347 Stillwater Avenue

Stamford, CT 06902

Phone: 203-324-0594

Website: www.bgcastamford.org

Offers a variety of programs including after-school clubs with homework Power Hour, science and arts classes, leadership and career preparation courses and a big selection of sports programs.

Autism Services

Abilis L.I.F.E. and Autism Program

1150 Summer Street

Stamford, CT 06905

Phone: 203-324-1880 X327

Website: www.autismspeaks.org

Life Skills, Independence, Friendships, and Employment (L.I.F.E.) is designed to help its participants live independent lives and serves young adults 18-24, with a diagnosis of Autism, PDD, Asperger's Syndrome or a related disorder of social communication development.

Little Learners

1150 Summer Street

Stamford, CT 06905

Phone: 203-324-1880 x327

Provides Birth to 3 years support to families dealing with autism in Darien, Greenwich, and Stamford.

NAMI Stamford Greenwich Friends & Family Support Group

Stamford I

Tully Health Center

32 Strawberry Hill Court, Conf. Rm. B

Stamford, CT

Phone: Peter 203-322-3383 Lorraine: 203-858-1477

Hours: 1st Wednesday, and 3rd Wed. Educational Meetings (call to see if scheduled) 7:30 – 9:00pm

Stamford II

Stamford Hospital, Warner Building - Conference Room

Across from Psych One Unit

West Broad Street, Stamford CT

Phone: 203-858-1477, Lorraine

Hours: Meets third Wednesday of the month from 6:15 to 7:45 PM

