

PORTLAND SERVICES

Portland Youth Services

Counseling and Resource Center
860-342-6716

Portland Food Bank

860-342-6795

Portland Fuel Bank

860-342-6715

Portland Housing Authority

860-342-1688

Portland Public Library

860-342-6770

Portland Parks and Recreation Dept

860-342-6757

Portland Senior Services

860-342-6760

Portland Public Schools

860-342-6790

Portland Town Hall

860-342-6715

Portland Police Dept

For emergencies, dial **911**

Non-emergency number 860-347-2541

860-342-6780

Portland Fire Dept

For emergencies, dial **911**

860-342-6750

Portland Transfer Station

860-342-6732

Portland Kids Blast

860-262-7228

Portland Animal Control

860-342-6789

Portland Registrar of Voters

860-342-6743

SOCIAL SERVICES

Infoline 211 - Dial 211

A free and confidential statewide information service to meet all your needs. Including crisis counseling.

www.211infoline.org

CT Dept of Social Services

Temporary family assistance.

1-860-704-3100

Community Renewal Team

Addressing challenges like hunger, homelessness, unemployment and poverty. Increasing access to education, affordable housing, mental health services and much more.

860-347-4465

crtct.org

Community Health Center

860-347-6971

www.chc1

Connecticut Association for Human Services

Food stamp and nutritional programs. Support for basic needs of lower income families

860-951-2212

info@cahs.org

HEALTH INSURANCE ASSISTANCE

Medicare

1-800-MEDICARE

COBRA

Health insurance for people who become unemployed

866-275-7922

CT Health Exchange

www.accesshealthct.com

CHOICES

CT's State Health Insurance assistance Program (SHIP)

Local help for people with Medicare

1-800-994-9422

www.connecticuthealthplans.org

HEATING/FUEL/UTILITIES

ASSISTANCE

Operation Fuel

www.operationfuel.org

Utility/Heating Help

Utility shut-off protection

800-453-3200

www.larcc.org

CRT

860-347-4465

crtenergyapplication@crtct.org

HOUSING ASSISTANCE

Homeless Shelter

Call 211 if you are in need of shelter

Housing Education Resource Center

901 Wethersfield Ave

Hartford CT, 06114

860-296-4242

MENTORING

Mentorship Opportunities

1-888-KID HERO

DOMESTIC VIOLENCE SERVICES

Non-Violence Alliance

Domestic violence support

www.nonviolencealliance.org/

368 Main St

Middletown, CT

860-347-8220

Statewide Domestic Violence Hotline

(888) 774-2900

Callers will be automatically connected with the closest program to them and be provided with counseling, referrals and access to shelter

Connecticut Alliance to End Sexual Violence

1-888-999-5545 English

1-888-568-8332 Espanol

MENTAL HEALTH SERVICES

National Suicide Prevention Hotline

1-800-273-TALK

www.suicidepreventionlifeline.org

Connecticut Suicide Prevention 211

www.preventionsuicidect.org

Mental Health Assoc CT

1-800-842-1501

Families United For Children's Mental Health

Information and support for families dealing with mental health issues.

1-866-439-0788

www.familiesunited.org

SENIOR SERVICES

Protective Services for the Elderly

1-888-385-4225

Investigates suspected abuse or neglect of persons 60 years old or older living in the community

Eastern Connecticut Area Agency on Aging

860-887-3561

<https://portal.ct.gov/AgingandDisability>

TRANSPORTATION SERVICES

Dial-A-Ride

860-347-3313

Middletown Area Transit

860-346-0212

TTD 860-346-9233

DEAF/HEARING IMPAIRED SERVICES

Commission Deaf and Hearing Impaired

1-800-231-8169

Interpreting Services

860-231-7623

CDHI@po.state.ct.us

FOR ADDITIONAL RESOURCES, PLEASE

VISIT WWW.PORTLANDCT.ORG

FAMILY RESOURCES

Online Workshop for Parents of School Age Children

Dr. Sandee McClowry

Conducted virtually. Affordable for families in need.

Insightsintervention.com

Sandee.mcclowry@nyu.edu

203-546-7276

Parent Education and Support

Julian Hartt Jr LCSW

Course conducted virtually and beginning face-to-face.

860-356-0316 (general)

860-810-8574 (cell)

203-233-8803 (office)

West Hartford CT 06117

Special Needs Support Group

Living With Special Needs

Jennifer Iannuzzi, LCSW

Group conducted virtually. Reimbursement is negotiable and determined by need.

917-968-9213

jmiannuzzi@gmail.com

Group Support for Parents of Gender Expansive Kids

Jordan Buell Hunt, MSW, LCSW

Offered free of charge 1x/mo

For parents seeking the best way to support healthy development of their transgender or gender non-conforming teen/adult

therapywithjordan@gmail.com

973-978-4620

DIAPERS, HYGIENE PRODUCTS AND INCONTINENCE CARE

The Diaper Bank of Connecticut

We work to raise awareness that too many in our community lack access to basic needs that are essential throughout individuals' lifespans. Our work helps ensure families have enough diapers for their infants and toddlers, teen and adult individuals have access to feminine hygiene supplies, and seniors in need can access incontinence products at no cost.

203-934-7009

info@thediaperbank.org

Thediaperbank.org

ADDICTION/RECOVERY RESOURCES

Narcotics Anonymous

12 Step recovery process

1-800-627-3543

ctna.org

Alcoholics Anonymous

1-866-STEPS12

Spanish 1-855-ESPANCT

Ct-aa.org

VETERANS SERVICES

CT Dept of Veterans Affairs

VA.gov

860-616-3600

VETERANS CRISIS LINE

800-273-8255

www.veteranscrisisline.net

Portland CT VFW Post 6121

147 Brownstone Ave

Portland

LANGUAGE TRANSLATION SERVICES

TransPerfect

111 Founders Plaza, Suite 1200

East Hartford, CT 06108

hartford@transperfect.com

DEAF/HEARING IMPAIRED SERVICES

Commission Deaf and Hearing Impaired

1-800-231-8169

Interpreting Services

860-231-7623

CDHI@po.state.ct.us

FINANCIAL EDUCATION RESOURCES

Financial Education Resources

Federal Reserve Board- building stable financial future for self/family

617-973-3000

www.federalreserveeducation.org

Save for America

Introduces children to a variety of skills that will be important as adults

888-787-7728

www.saveforamerica.org

PARENT'S GROUPS

Real Dads Forever

Strengthening Dads and family men to enhance their emotional, spiritual, and physical relationships with their children forever.

Doug Edwards 860-643-7364

www.realdadsforever.org

Human Resource Agency of New Britain:

Neighborhood Fathers Unite Services include support groups formed by fathers to discuss and learn about child development issues.

Meeting Locations:

144 Clinton St New Britain, CT

35 Oak St, New Britain, CT

Robert Sanchez

fathersunite@hranbct.org

Connecticut Kids & Family

PO Box 370465

West Hartford, CT 06137

203-457-9364

203-738-1058

Kathy@CTKidsandFamily.com

Parents Without Partners

Don Palermo

pwpdonp@yahoo.com

800-637-7974

www.parentswithoutpartners.org

The Family Wellness Center

Autism Parent Support Group

Grandparent Support Group

Postpartum Support

Mothers with Depression

Breastfeeding Mother

New Immigrant Families

635 Main St. Middletown, CT 06457

Program Manager

Nat Holmes

(860) 347-6971 ext. 3662

holmesn@chc1.com

Familywellness.chc1.com

Resources For Portland Residents- At your fingertips

