

**Asnuntuck Community College**  
**170 Elm Street, Enfield, CT 06082**  
**860.253.3000**

1. Academic Support Services
  - a. Asnuntuck Academic Skills Center
    - i. The Academic Skills Center is located in Room 130. Stop by or call (860) 253-3164 to make an appointment. The hours of operation are Monday - Thursday 9 - 8; Friday 9 - 3, and Saturday 8:30 - 3:30. For more information, contact Catherine Juozokas at (860) 253-3175.
  - b. Online tutoring sources
    - i. Etutoring.org
  
2. Child Care
  - a. Reputable day cares/Help paying
    - i. <http://www.ctcare4kids.com/>
    - ii. Care 4 Kids  
1344 Silas Deane Highway  
Rocky Hill, CT 06067
    - iii. For more information, call, 1-888-214-KIDS (5437).
  
3. Clothing (The closest to Enfield is Hartford. Different offices may have clothing at different times. Call before you go!)
  - a. Adults with children
    - i. The Village Friends and Family
      1. 2550 Main St / 331 Wethersfield Ave
      2. 860-236-4511 Extension 3774
  - b. Adults without Children
    1. Center City Churches – 860-246-6757
    2. Catholic Charities – 860-527-1124
    3. North Side Salvation Army – 860-543-8420
    4. South Arsenal Neighborhood Development (Coats) 860-278-8460
    5. San Juan Center – 860-244-2241
    6. Walk in the Light Outreach (call for appointment) 860-242-5248
    7. South Side Salvation Army – 860-543-8415
  
4. Employment
  - a. Asnuntuck Community College Career Services
    - i. <http://www.collegecentral.com/asnuntuck/>  
(860) 253-3025  
[SLanigan@acc.commnet.edu](mailto:SLanigan@acc.commnet.edu)
  - b. Connecticut Works Website
    - i. <http://www.ctdol.state.ct.us/>
  - c. Online job sources
    - i. Ctjobs.com
    - ii. Jobsinct.com
    - iii. Monster.com  
Careerbuilder.com

## 5. Financial Aid

- a. Financial Aid at Asnuntuck Community College
  - i. <http://www.acc.commnet.edu/financialaid/index.htm>  
860.253.3030  
[as-finaid@acc.commnet.edu](mailto:as-finaid@acc.commnet.edu)
- b. FAFSA
  - i. <http://www.fafsa.ed.gov/>
  - ii. For assistance with problems or difficulties while using FAFSA on the Web, or for specific questions about the FAFSA, **call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or 1-319-337-5665**. If you are hearing-impaired and have questions, contact the TTY line at 1-800-730-8913.
  - iii. You can also contact us live, online, by selecting the Live Help button conveniently located within the pages of the application.
  - iv. Need help filling out your FAFSA? Your YDS can help!
- c. Scholarships
  - i. Scholarships.com
  - ii. Fastweb.com
  - iii. Studentscholarshipsearch.com
  - iv. Strategies to help get a scholarship.
    1. <http://www.scholarships.com/financial-aid/college-scholarships/scholarship-application-strategies/scholarship-application-strategies.aspx> \* Note: There will be ads for colleges and online schools. Just click “No Thank You” and continue. You do not have to fill these portions out.

## 6. Food

- a. Food Stamps
  - i. Printable Brochure with Frequently Asked Questions, Eligibility Requirements and Tips (There is also a printed copy of this brochure on the next page):  
[http://www.ct.gov/dss/lib/dss/pdfs/brochures/food\\_stamps\\_96.3.pdf](http://www.ct.gov/dss/lib/dss/pdfs/brochures/food_stamps_96.3.pdf)
  - ii. State of CT Department of Social Services – Food Assistance
    1. Website with information on programs and requirements  
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305154>
    2. Contact information for programs  
Jana Engle, TEFAP Coordinator  
Connecticut Department of Social Services  
25 Sigourney Street, Hartford, CT 06106-5033  
Tel. (860) 424-5429, Fax (860) 424-4957  
email: [Jana.Engle@ct.gov](mailto:Jana.Engle@ct.gov)  
Nancy Carrington, Executive Director  
Connecticut Food Bank, Inc.,  
150 Bradley Street,  
P.O. Box 8686  
New Haven, CT 06531  
Tel. (203) 469-5000, Fax (203) 469-4871  
<http://www.ctfoodbank.org/>  
Ms. Gloria McAdam, Executive Director  
Foodshare, Inc.  
450 Woodland Avenue

Bloomfield, CT 06002-1342  
Tel: (860) 286-9999, Fax (860) 286-7860  
<http://www.foodshare.org/>

- b. Food Pantries and Programs
  - \*Note: These programs may vary in their eligibility and availability. Always call the office before going to ensure that your specific situation can be served by them. If you are unable to find assistance always call 2-1-1, the United Way's free number, to be connected to a specialist that can help you find what you need.
  - i. Enfield Food Shelf
    - 96 Alden Ave
    - Enfield, CT 06082-2865
    - (860) 741-7321
    - [enfieldfoodshelf.org](http://enfieldfoodshelf.org)
- c. Foodshare
  - i. Mobile Foodshare is an outdoor food distribution for persons of low income. The food choices vary from week to week but usually include bread and several types of fresh produce. Other items may also be offered depending on availability.
  - ii. [http://fdshr.convio.net/site/PageServer?pagename=programs\\_MobileCalendar#Hartford](http://fdshr.convio.net/site/PageServer?pagename=programs_MobileCalendar#Hartford)
    - 1. Click for your town (Enfield) and a list of various locations, dates and times.
- d. Farmers Markets
  - i. <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>
  - ii. Search different payment methods, locations and times.
- e. WIC
  - i. Nutritional support to pregnant/breastfeeding women and children
  - ii. [http://www.ct.gov/dph/cwp/view.asp?a=3137&q=395460&dphNav\\_GID=1862&dphPNavCtr=1](http://www.ct.gov/dph/cwp/view.asp?a=3137&q=395460&dphNav_GID=1862&dphPNavCtr=1)  
(860) 509-8084

## 7. Health Care

- a. United Health Care Student Health Plans
  - i. <https://www.uhcsr.com/cctc>
  - ii. Customer Service: 1-800-767-0700  
Plan Administration  
United Healthcare Student Resources  
2301 West Plano Parkway, Suite 300  
Plano, TX 75075
- b. Department of Social Services: Caring for Connecticut (Medicaid)  
Client Assistance Center  
1-866-409-8430  
(toll free in-state)  
(860) 269-2031  
(in Farmington, CT area)  
1-866-604-3470  
(alternate TTY/TDD line)
  - i. Pre-Existing Condition Plan  
<http://www.ct.gov/dss/cwp/view.asp?Q=463668&A=2345>

- ii. Husky Health – Age 19 and under  
<http://www.huskyhealth.com/hh/site/default.asp>
- iii. Low-income adults without children  
[http://www.ct.gov/dss/lib/dss/pdfs/brochures/medicaid\\_lia\\_in\\_brief.pdf](http://www.ct.gov/dss/lib/dss/pdfs/brochures/medicaid_lia_in_brief.pdf)
- iv. For questions or concerns on any of these plans please refer to the contact information above.
- c. Medical professionals that accept Medicaid can be found at this website  
<https://www.ctdssmap.com/CTPortal/Home/tabId/36/Default.aspx>
  - i. Go to “Provider” in the left hand column and click “Provider search”
  - ii. Enter your local information and the kind of medical professional you need
  - iii. A list will come up of professionals in your area.
- d. National Institute of Mental Health
  - i. Helps you locate services in your area and provides support  
<http://www.nimh.nih.gov/health/topics/getting-help-locate-services/index.shtml>
  - ii. The Information HelpLine is an information and referral service which can be reached by calling **1 (800) 950-NAMI (6264)**, Monday through Friday, 10 am- 6 pm, Eastern time.
- e. Crisis Hotlines
  - i. Free hotlines for emergency situations. **If your emergency is life threatening please call 911**  
[http://www.allaboutcounseling.com/crisis\\_hotlines.htm](http://www.allaboutcounseling.com/crisis_hotlines.htm)
  - ii. **Boys Town Suicide and Crisis Line: 800-448-3000 or 800-448-1833**  
Provides short-term crisis intervention and counseling and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues. Operates 24 hours, seven days a week. (Not just for boys)
  - iii. **National Domestic Violence/Child Abuse/ Sexual Abuse: 800-799-SAFE /800-799-7233/800-787-3224 TDD**  
800-942-6908 Spanish Speaking
    - 1. **Several other phone numbers in the online list for eating disorders, drug use, STDs, sexual assault, rape and other issues. Confidential and free of charge.**
- f. Planned Parenthood
  - i. Sexual health for men and women, birth control, pregnancy care.  
76 Palomba Drive, PO Box 656  
Enfield, CT 06082  
(860) 741-2197  
<http://www.plannedparenthood.org/>  
**Plan B (Morning After) Birth Control assistance provided.**

- g. Free Clinics
  - i. Allied Community Services  
3 Pearson Way  
Enfield, CT 06082-2655  
(860) 749-8833  
[alliedgroup.org](http://alliedgroup.org)

ClinicName/Organization	Address	City	State	Zip Code	Phone
Christian Medical Fellowship Health Clinic	277 Main Street	Hartford	Connecticut	6032	860.751.4775
Kevin's Community Center	P.O. Box 37	Newtown	Connecticut	6470	(203) 426-0496
AmeriCares Free Clinics, Inc.	88 Hamilton Avenue	Stamford	Connecticut	6902	(203) 658-9650

- 8. Housing
  - a. The Hartford (the closest to Enfield) YWCA (860-525-1163) and YMCA (860-522-4183) will sometimes have rooms for rent, for short or long term, at discounted student rates.
  - b. Housing Authority
    - i. CT Housing Search – Affordable Housing  
<http://www.cthousingsearch.org/>
    - ii. Rental Assistance Program (families)  
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305206>
    - iii. Homeshare Program (single adults)  
<http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313056>
    - iv. The best way to determine what kind of housing you may be eligible for and how to get it is to connect with someone personally. Call one of the numbers below and ask for a meeting or assistance in finding housing.
      - 1. Housing Services: 860-424-5578
      - 2. CT DSS (Department of Social Service) 800-842-1508 or TDD/TTY 800-842-4524
  - c. Roommate Finders/Boards
    - i. [www.roommates.com](http://www.roommates.com)
    - ii. [www.roomster.com](http://www.roomster.com)
    - iii. <http://connecticut.metroroommates.com/>
    - iv. [www.Roomates4you.com](http://www.Roomates4you.com)
  - d. Energy Assistance
    - i. Winter heating basic website:  
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305194>
    - ii. To apply contact the office nearest to you.  
<http://www.ct.gov/dss/cwp/view.asp?a=2353&Q=420880&PM=1>
    - iii. Or by phone: Community Renewal Team, Inc. (Hartford area) (860) 560-5800 or 1-800-798-3805
- 9. Social Support
  - a. Student organizations can provide outlets for social networking and support, connecting with students that have similar life experiences, interests and majors,

getting help with an academic issue (such as asking a member of a math club to tutor you) and connections to community and campus events including dances, parties and concerts. Being an active member of a student organization also opens up employment, scholarship and further academic opportunities. Take advantage of this awesome resource!

- i. Amanda Baron in the Student Services office at 860-253-3020.
- ii. <http://www.acc.commnet.edu/student-services/StudentActivities.htm>

#### 10. Transportation

##### a. Public transit

- i. Ctransit.com
- ii. Connecticut Commuter Services  
<http://ctrides.com/index.php?page=rides-more> (Explore this site to find carpools, busses, trains and other resources for transportation.) For more information, contact a Connecticut Commuter Services representative at 1-877-CTRIDES (1-877-287-4337)

**Don't see what you need or aren't sure? Call 2-1-1 the United Way Hotline and be connected to a specialist who will listen to your concern and help you find the right answer. This call is confidential and free.**