

**Eastern CT State University**  
**83 Windham Street**  
**Willimantic, CT 06226-2211**  
**(860) 465-5000**

1. Academic Support Services
  - a. Academic Services Center ETCU
    - a. Includes Academic Advising, Tutoring, Math Center and Writing Center
    - b. <http://www.easternct.edu/asc/>
    - c. Basic Phone Number (860) 465-4272
    - d. **Patricia S. Banach**  
Interim Director, Academic Services Center  
Office: J. Eugene Smith Library Room 412  
Email: [banachp@easternct.edu](mailto:banachp@easternct.edu)  
Phone: 860-465-4466
  - b. Online tutoring sources
    - a. Etutoring.org
2. Child Care
  - a. Reputable day cares/Help paying
    - a. <http://www.ctcare4kids.com/>
    - b. Care 4 Kids  
1344 Silas Deane Highway  
Rocky Hill, CT 06067
    - c. For more information, call, 1-888-214-KIDS (5437)
3. Clothing
  - a. Salvation Army Willimantic
    - a. 316 Pleasant Street, Willimantic - (860) 423-0977
  - b. United Way 211 Hotline
4. Employment
  - a. Campus job sources
    - a. Office of Career Services: Provides assistance with resume writing, interviews, job search, job fairs, and more!
      1. <http://www.easternct.edu/career/students.htm>
      2. Lana Pontbriant  
Administrative Assistant  
Career Services  
Wood Support Services Center Room 239  
Main Campus  
860-465-4436  
[pontbriant@easternct.edu](mailto:pontbriant@easternct.edu)
      3. Career Services  
Wood Support Services Center Room 239  
Main Campus  
860-465-4559
    - b. Connecticut Works Website  
<http://www.ctdol.state.ct.us/>
    - c. Online job sources  
Ctjobs.com  
Jobsinct.com  
Monster.com  
Careerbuilder.com  
Indeed.com

## 5. Financial Aid

- a. Financial Aid at ETCU
  - a. <http://www.easternct.edu/finaid/>
  - b. Phone:(860) 465-5205  
Fax: (860) 465-2811  
Email: [financialaid@easternct.edu](mailto:financialaid@easternct.edu)
- b. FAFSA
  - a. <http://www.fafsa.ed.gov/>
  - b. 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.
  - c. You can also contact us live, online, by selecting the Live Help button conveniently located within the pages of the application.
  - d. Need help filling out your FAFSA? Your YDS can help!
- c. Scholarships
  - a. Scholarships.com
  - b. Fastweb.com
  - c. Studentscholarshipsearch.com
  - d. 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. Campus Food Programs
  - a. Jason Coombs ([coombsj@easternct.edu](mailto:coombsj@easternct.edu))  
Senior Director of Dining Services
  - b. Basic Website <http://www.dineoncampus.com/easternct/>
  - c. Meal Plans  
[https://expresscard.easternct.edu/webapps/portal/frameset.jsp?tab\\_id= 10\\_1](https://expresscard.easternct.edu/webapps/portal/frameset.jsp?tab_id= 10_1) (on campus)  
[https://expresscard.easternct.edu/webapps/portal/frameset.jsp?tab\\_id= 10\\_1](https://expresscard.easternct.edu/webapps/portal/frameset.jsp?tab_id= 10_1) (off-campus)
- b. Food Stamps
  - a. 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)
  - b. 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/>

c. 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.

1. Town of Colchester Food Bank  
95 Norwich Ave  
Colchester CT. 06415  
860-537-7203
2. Friends of Assisi Food Pantry  
77 Water St.  
Danielson, CT 06239  
860-774-2310

d. Foodshare

- a. 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.

1. [http://fdshr.convio.net/site/PageServer?pagename=programs\\_MobileCalendar](http://fdshr.convio.net/site/PageServer?pagename=programs_MobileCalendar) Click for your town (Willimantic or closest) and a list of various locations, dates and times.

e. Farmers Markets

- a. <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>
  1. Search different payment methods, locations and times.

f. WIC

- a. Nutritional support to pregnant/breastfeeding women and children
- b. [http://www.ct.gov/dph/cwp/view.asp?a=3137&q=395460&dphNav\\_GID=1862&dphPNavCtr=|](http://www.ct.gov/dph/cwp/view.asp?a=3137&q=395460&dphNav_GID=1862&dphPNavCtr=|)
- c. (860) 509-8084

7. Health Care

a. Campus clinics

- a. Office of Health Services website and contact info:

<http://nutmeg.easternct.edu/health/>

185 Birch Street  
Willimantic, CT, 06226  
Phone: (860) 465-5263

\*Note: Some fees do apply. Be sure to ask about this when making an appointment.

- b. Student Health Insurance (Insurance is required but can be waived.)

1. Website: <http://nutmeg.easternct.edu/health/ins-info.htm>
2. If you have questions or concerns about the insurance call the number listed above. Not all can waive insurance and payment methods may vary.

- 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)

- a. Pre-Existing Condition Plan  
<http://www.ct.gov/dss/cwp/view.asp?Q=463668&A=2345>
- b. Husky Health – Age 19 and under  
<http://www.huskyhealth.com/hh/site/default.asp>
- c. 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)
- d. 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>
  - a. Go to “Provider” in the left hand column and click “Provider search”
  - b. Enter your local information and the kind of medical professional you need
  - c. A list will come up of professionals in your area.
- d. National Institute of Mental Health
  - a. Helps you locate services in your area and provides support  
<http://www.nimh.nih.gov/health/topics/getting-help-locate-services/index.shtml>
  - b. 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
  - a. 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)
  - b. **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)
  - c. **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
  - a. Sexual health for men and women, birth control, pregnancy care.
  - b. 1548 West Main Street  
 Willimantic, CT 06226  
 (860) 423-8426
  - c. <http://www.plannedparenthood.org/>
  - d. **Plan B (Morning After) Birth Control assistance provided.**
- g. Free Clinics

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. ECTU Campus Housing
  - a. On Campus Housing
    1. <http://www.easternct.edu/housing/>
    2. Director of Housing and Residential Life  
Angela Bazin  
860-465-0147  
Email: [bazina@easternct.edu](mailto:bazina@easternct.edu)
    3. Administrative Assistant  
Sonya Kutschker  
860-465-5297  
Email: [kutschkers@easternct.edu](mailto:kutschkers@easternct.edu)
    4. Student Housing Handbook  
<http://www.easternct.edu/housing/pdf/campusliving.pdf>
  - b. Housing Authority
    - a. CT Housing Search – Affordable Housing <http://www.cthousingsearch.org/>
    - b. Rental Assistance Program (families)  
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305206>
    - c. Homeshare Program (single adults)  
<http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313056>
    - d. 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
    - a. [www.roommates.com](http://www.roommates.com)
    - b. [www.roomster.com](http://www.roomster.com)
    - c. <http://connecticut.metroroommates.com/>
    - d. [www.Roomates4you.com](http://www.Roomates4you.com)
  - d. Energy Assistance
    - a. Winter heating basic website:  
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305194>
    - b. To apply contact the office nearest to you  
<http://www.ct.gov/dss/cwp/view.asp?a=2353&Q=420880&PM=1>
    - c. Or by phone: The Access Community Action Agency (Willimantic) - (860) 450-7423; (Danielson) (860) 774-0418

## 9. Social Support

- a. Student Organizations: 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!
  - a. [http://nutmeg.easternct.edu/studentactivities/clubs\\_orgs/club\\_index.htm](http://nutmeg.easternct.edu/studentactivities/clubs_orgs/club_index.htm)
  - b. Student Activities Office Secretary

1. Margo Mulholland  
Student Center Room 224  
(860) 465-0036  
[mulhollandm@easternct.edu](mailto:mulhollandm@easternct.edu)
  - b. Student Orientation
    - a. <http://www.easternct.edu/orientation/>
    - b. Amy Gorman & Sarah Potrikus  
Head Student Orientation Counselors (SOCs)  
Student Center Room 224  
860-465-0032  
[orientation@easternct.edu](mailto:orientation@easternct.edu)
  - c. Summer Transition at Eastern Program/Contract Admissions Program (STEP/CAP) is an alternate admissions opportunity that provides access and freshman year support to qualified students.
    - a. Dr. Margaret Hebert is the Director of the Tutoring Center and STEP/CAP. Contact [hebertm@easternct.edu](mailto:hebertm@easternct.edu) or 465-5195.
10. Transportation
- a. Public transit
    - a. Cctransit.com - 860-525-9181  
TTY (Hearing Impaired Only): 860-727-8196
    - b. 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. The call is free and confidential.**