

Mitchell College
437 Pequot Avenue - New London,
CT 06320-4498 - Main: (860) 701-5000

1. Academic Support Services
 - a. Peter Love
love_p@mitchell.edu
Director of the Learning Resource Center
Learning Resource Center (860) 701-5071
 - b. Online tutoring sources
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
 - a. Salvation Army 450 George Street, New Haven - (203) 562-7123– Call for a list of locations
 - b. Call United Way Hotline 2-1-1

4. Employment
 - a. Campus job sources
 - i. Steve Brown
Assistant Director of Financial Aid/Student Employment Coordinator
*General Student Employment Questions
*Eligibility/Regulations
sbrown@newhaven.edu
 - ii. <http://www.newhaven.edu/admissions/ugrad/affordable/5089/>
 - b. Connecticut Works Website
<http://www.ctdol.state.ct.us/>
 - c. Online job sources
 - i. Ctjobs.com
 - ii. Jobsinct.com
 - iii. Monster.com
 - iv. Careerbuilder.com

5. Financial Aid
 - a. Financial Aid at
 - i. http://www.mitchell.edu/Prospective%20Students/finaid/overview_finaid.html
 - ii. Jacklyn Stoltz
Director of Financial Aid
Financial Aid
(860) 701-5040FAFSA
Stoltz_j@mitchell.edu
 - iii. <http://www.fafsa.ed.gov/>

- iv. 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.
 - v. You can also contact us live, online, by selecting the Live Help button conveniently located within the pages of the application.
 - vi. Need help filling out your FAFSA? Your YDS can help!
- b. 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. Campus Food Programs
- i. Jeff Labrie
General Manager 8606296200 jeff.labrie@sodexo.com
 - ii. Leigh Rainey
Manager 860-629-6202 leigh.rainey@sodexo.com
 - iii. <http://www.mitchelldining.com/index.html>
- b. 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
 - 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
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.
 - i. New London Area Food Pantry
106 Truman St
New London, CT 06320-5632
(860) 443-6680
 - ii. The Food Center
374 Broad Street
New London, CT 06320
(860) 444-8050
 - iii. To contact The Gemma E. Moran United Way / Labor Food Center, call Vice President Paul Jakoboski at (860) 444-8050 or e-mail him at paul.jakoboski@uwsect.org. The food center's fax number is (860) 444-8053.
- d. 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
 - 1. Click for your town and a list of various locations, dates and times.
- e. Farmers Markets
 - i. <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>
 - ii. Search different payment methods, locations and times.
- f. 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=
 - iii. (860) 509-8084

7. Health Care

- a. Mitchell College Health Services
 - i. Center for Health and Wellness at (860)701-5195
 - 1. Includes Health, Counseling, and Health Insurance
 - ii. http://www.mitchell.edu/Current%20Students/studentlife/health_counseling_services.html#insurance
- 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
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
 - 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
- f. **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.**
- g. Planned Parenthood
 - i. Sexual health for men and women, birth control, pregnancy care.
 - ii. 45 Franklin Street
New London, CT 06320 P: 860.443.5820 F: 860.447.3177
 - 1. <http://www.plannedparenthood.org/>
 - 2. **Plan B (Morning After) Birth Control assistance provided.**
- h. Free Clinics
 - i. Community Health Center of New London
One Shaw's Cove
New London, CT, 06320
860-447-8304 860-447-8304
 - ii. United Community and Family Services
400 Bayonet Street
New London, CT, 06320
860-889-2375

8. Housing

- a. Dorms/Resident Halls
 - i. http://www.mitchell.edu/Current%20Students/studentlife/residence_life.html
 - ii. Amanda Copes
Resident Director
Residence Life
(860) 701-5779
copes_a@mitchell.edu
- 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
 - ii. www.roomster.com
 - iii. <http://connecticut.metroroommates.com/>
 - iv. 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. Thames Valley Council for Community Action, Inc. (Norwich-New London area) (860) 425-6681

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! Click the link below to browse organizations.
- b. Office of Student Activities at (860) 701-5052
http://www.mitchell.edu/Current%20Students/studentlife/student_involvement_student_activities.html#clubs

10. Transportation

a. Campus Shuttle Services

For students without cars, a free shuttle service is provide twice weekly. The shuttle makes stops at the local mall, banks, fast food places, grocery stores and a theatre.

Main college number: (860) 701-5000 Call for more information.

b. Public transit

i. Cctransit.com - 860-525-9181

TTY (Hearing Impaired Only): 860-727-8196

c. Connecticut Commuter Services <http://ctrides.com/index.php?page=rides-more> (Explode 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)Social Support

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 free and confidential.