

University of Bridgeport
126 Park Avenue
Bridgeport, CT 06604
(203) 576-4000

1. Academic Support Services
 - a. <http://www-new.bridgeport.edu/academics/arc.aspx>
 - b. Academic Resource Center
(203) 576-4290
 - c. 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
 - 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
 - b. Process for new student hires
<http://www.bridgeport.edu/admissions/ideal/tuitionandfinaid/oncampusjobs>
 - c. Job Seeker Website <http://www-new.bridgeport.edu/life/careerservices/Students/Searchforajob>
 - d. Career Services Center
Wahlstrom Library,
Garden Level
126 Park Avenue
Bridgeport, CT 06604
Office Hours: Mon – Fri
(8:30am – 4:30pm)
careercenter@bridgeport.edu
phone: (203) 576-4466
 - e. Connecticut Works Website
<http://www.ctdol.state.ct.us/>
 - f. 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-new.bridgeport.edu/admissions/undergraduate/tuitionandfinaid>

(undergrad)

<http://www-new.bridgeport.edu/admissions/healthSciences> (Health sciences)

ii. Office of Financial Aid

email: finAid@bridgeport.edu phone: (203) 576-4568

fax: (203) 576-4570

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. Campus Food Programs

i. *Note: Residence Halls and Campus Food Programs are run by the same office

ii. Seeley Hall, 490 Waldemere Avenue (rear entrance) Bridgeport, CT 06604

Phone: 203-576-4228

Fax: 203-576-4536

Email: reslife@bridgeport.edu

iii. <http://www.bridgeport.edu/life/reslife/housingandmeal.aspx>

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. St Charles Food Pantry

391 Ogden St
Bridgeport, CT 06608
203-367-1489

ii. Christian Community Action

168 Davenport Ave
New Haven, CT 06519
203-777-7848
ccahelping.org

iii. Community Action Agency of New Haven Inc.

781 Whalley Ave
New Haven CT 06515
203-387-7700
caanh.net

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. University of Bridgeport Health Services
Melissa Lopez, RN, BSN, MPH
Director of Health Services
Phone: (203) 576-4712
Fax: (203) 576-4715
Email: melissal@bridgeport.edu
In the event of an emergency, on campus students should call their RA, RD, or campus security at 576-4911. Off campus students should go to their local emergency room.
Health Services is located at 60 Lafayette Street, Room 119. Operating hours are Monday through Friday, 8:30 am-4:30 pm.
- b. Counseling
Elisabeth Morray (Staff counselor) (203) 576-2405 emorray@bridgeport.edu
University of Bridgeport
Counseling Services
Health Sciences Center Rm 119 (Warner Hall)
60 Lafayette Street
Bridgeport, CT 06604
(203) 576-4454
(203) 576-4455(Fax)
counselingservices@bridgeport.edu
- c. 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.
- d. 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.
- e. 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.
- f. 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
- g. **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.**
- h. Planned Parenthood
 - i. Sexual health for men and women, birth control, pregnancy care.
 - 1. 211 State Street
Bridgeport, CT 06604
(203) 366-0664
 - 2. <http://www.plannedparenthood.org/>
 - 3. **Plan B (Morning After) Birth Control assistance provided.**
- i. Free Clinics
 - i. Optimus Health Care, Inc.
East Main St.
Bridgeport, CT 06608
Phone: 203-696-3260
 - ii. Optimus Health Care, Inc
471 Barnum Avenue
Bridgeport, CT 06608-2409
Phone: 203-333-6864
 - iii. Southwest Community Health Center
361 Bird Street
Bridgeport, CT 06605-2804
Phone: 707-547-2222
 - iv. Website with a list of free clinics in Bridgeport
<http://havenfreeclinic.org/wp/index.php/patients/other-free-clinics/>

8. Housing

- a. Dorms/Resident Halls
 - i. *Note: Residence Halls and Campus Food Programs are run by the same office
 - ii. Seeley Hall, 490 Waldemere Avenue (rear entrance) Bridgeport, CT 06604
Phone: 203-576-4228
Fax: 203-576-4536
Email: reslife@bridgeport.edu
 - iii. <http://www.bridgeport.edu/life/reslife/reshalls>

- 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. Action for Bridgeport Community Development, Inc. (203) 384-6904

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.
<http://www.bridgeport.edu/life/campusactivities/clubsandorganizations>

10. Transportation

- a. Campus Shuttle Services
<http://www-new.bridgeport.edu/life/servicesforstudents/shuttle.aspx>
(Please research in detail)
- b. To obtain your city bus pass, contact:
Campus Security
Norseman Hall
221 University Avenue
203-576-4913
ubsecurity@bridgeport.edu
- c. Public transit
 - i. Ctransit.com - 860-525-9181
TTY (Hearing Impaired Only): 860-727-8196
- d. 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.