

Wesleyan University
237 High St
Middletown, CT 06459
(860) 685-3000

1. Academic Support Services
 1. WU Tutoring Program
 - i. For more information, please see your class dean or contact [Lorna Scott](#), North College 219 (lscott@wesleyan.edu, x2332).
 - ii. <http://www.wesleyan.edu/deans/peertutoring/PeerTutoring.html>
 2. Online tutoring sources
 - i. Etutoring.org.
2. Child Care
 1. 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
 1. 78 Franklin Square, New Britain - (860) 225-8491
 2. Call United Way Hotline 2-1-1
4. Employment
 1. Campus job sources
 - i. Student Employment Office
Office of Financial Aid
Wesleyan University
237 High Street
Middletown, CT 06459-0260
Telephone: (860) 685-2800
Fax: (860) 685-2801
workstudy@wesleyan.edu
 1. Sean Martin, Assistant Director of Financial Aid
 - ii. Job Postings <http://www.wesleyan.edu/finaid/employment/jobposts.html>
 2. Connecticut Works Website
<http://www.ctdol.state.ct.us/>
 3. Online job sources
 - i. Ctjobs.com
 - ii. Jobsinct.com
 - iii. Monster.com
 - iv. Careerbuilder.com
5. Financial Aid
 1. Financial Aid at WU
 - i. Sean Martin
Associate Director First Year Students
Student Employment
Outreach Coordinator
(860) 685-2800 or finaid@wesleyan.edu

- ii. <http://www.wesleyan.edu/finaid/>
2. 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!
3. Scholarships
- i. Scholarships.com
 - ii. Fastweb.com
 - iii. Studentscholarshipsearch.com
 - iv. Strategies to help get a scholarship.
<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
1. Campus Food Programs
- i. Purchase your food plan <http://www.wesleyan.edu/wescard/dining.html>
 - ii. Wesleyan Dining by Bon Appetit
Usdan University Center, 45 Wyllys Avenue
860-685-3060
2. 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/>

3. Local Pantries

i. 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. Amazing Grace
139 Main Street Ext
Middletown, CT 06457-3812
860-347-3222
stvincentdepaulplace.org
2. American Red Cross
97 Broad St
Middletown, CT 06457-3260
(860) 347-2577
redcross.org

4. 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 (Middletown) and a list of various locations, dates and times.

5. Farmers Markets

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

6. 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

1. Campus clinics

- i. Health Services
327 High St
Middletown CT06459
860-685-2470
*Select option 2 for the after hours on-call provider.
- ii. Behavioral Health (Emergency)
860-685-2910 Leave a message. The on-call therapist will return your call.
- iii. <http://www.wesleyan.edu/healthservices/geninfo/location.html>

2. 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
 - iv. For questions or concerns on any of these plans please refer to the contact information above.
3. 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.
4. 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.
5. 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
 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.**
6. Planned Parenthood
 - i. Sexual health for men and women, birth control, pregnancy care.
 1. 26 Women's Way
Meriden, CT 06451
(203) 238-0542
 2. <http://www.plannedparenthood.org/>

3. Plan B (Morning After) Birth Control Assistance Provided.

7. 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

1. Dorms/Resident Halls
 - i. Office of Residential Life
237 High Street
North College - Lower Level
Middletown, CT 06459
phone: 860-685-3550
fax: 860-685-3711
e-mail: reslife@wesleyan.edu
 - ii. http://www.wesleyan.edu/reslife/ugrad_housing/index.htm
2. Off campus Housing
 - i. http://www.wesleyan.edu/glsp/prospective/housing_landing.htm
3. 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
4. Roommate Finders/Boards
 - i. www.roommates.com
 - ii. www.roomster.com
 - iii. <http://connecticut.metroroommates.com/>
 - iv. www.Roomates4you.com
5. 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. Community Renewal Team, Inc. (Hartford area) (860) 560-5800 or 1-800-798-3805; (Middletown area) (860) 347-4465 ext.223 or 224

9. Social Support

1. 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.
https://wesep.wesleyan.edu/cgi-perl/students/wsane/wsa_groups.cgi

10. Transportation

1. Campus Parking and Shuttles
 - i. Campus Shuttle website
<http://www.wesleyan.edu/transportation/ride.html>
 - ii. New Haven train information
http://www.wesleyan.edu/transportation/newhaven_shuttle.html
 - iii. Rideboard <http://www.wesleyan.edu/transportation/rideboard.html>
Contact: rideboard@wesleyan.edu
 - iv. Transportation Services from 9 am to 6 pm weekdays at 860-685-3788
2. 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)
3. Cctransit.com

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.