

Lisa's List

2026-2027 Edition

Resources & Assistance for New London County, Connecticut

A free community resource compiled for people looking for practical help with food, housing, heat, utilities, family needs, health care, legal assistance, employment, elder services, and more.

Updated August 24, 2026

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PLEASE READ FIRST

Lisa's List is a community resource guide, not a government publication. Programs, funding, eligibility rules, addresses, and hours can change. Call or check the website before traveling. This edition was rebuilt and checked against current agency, municipal, state, or 211 information available in August 2026.

For the broadest, most current referral help in Connecticut: dial 2-1-1 or use 211ct.org. 211 can help locate food, shelter, heating assistance, mental-health and substance-use services, transportation, child care, legal resources, and many other programs.

Winter note: Connecticut had not yet published final 2026-2027 CEAP season dates and benefit amounts when this edition was prepared. The application routes and TVCCA contacts below are current; check the live state/TVCCA pages for the new season details.

FOR INDIVIDUALS & COMMUNITY PROFESSIONALS

Lisa's List is intended for anyone seeking assistance in New London County and for professionals, volunteers, caregivers, educators, clergy, and community members helping others locate resources. Please feel free to download, print, share, or distribute this list. Lisa's List is provided free of charge.

START HERE

211 Connecticut

Dial 2-1-1 (statewide) or use the website.

<https://www.211ct.org/>

Free statewide information and referral for food, housing, utilities, health care, mental health, substance use, youth/family services, elder care, transportation, legal services and more.

Connecticut Department of Social Services (DSS)

401 W. Thames St., Norwich, CT 06360 | 855-626-6632

<https://portal.ct.gov/dss>

State benefits and services including SNAP, Medicaid/HUSKY, cash assistance, health and home care, family/older adult services, and energy assistance information.

TVCCA - Thames Valley Council for Community Action

New London: 83 Huntington St. | Norwich: 401 W. Thames St. | Main: 860-889-1365

<https://www.tvcca.org/>

New London County community-action agency. Key programs include energy assistance, housing/homelessness prevention, WIC, senior nutrition/Meals on Wheels, family support, employment/training, and community services.

City/Town Human Services

Start with your own town or city social/human services office.

<https://www.211ct.org/>

Municipal human-services offices often know about local food, rent, heating, holiday, transportation, senior, youth, and emergency-assistance funds that are not widely advertised.

WINTER HEATING, UTILITIES & WEATHERIZATION

Connecticut Energy Assistance Program (CEAP)

New London County applications are handled through TVCCA. Current state-listed TVCCA energy line: 860-425-6681
| Email: ess@tvcca.org

<https://portal.ct.gov/dss/economic-security/winter-heating-assistance/energy-assistance---winter-heating>

Helps eligible households with home-heating costs. Assistance may be paid directly to a utility or fuel vendor; additional help may be available for deliverable fuels and heating-system repairs. You must apply each year.
Final 2026-2027 season dates/benefit amounts were not yet posted as of Aug. 24, 2026.

TVCCA Energy Assistance

83 Huntington St., New London | 401 W. Thames St., Norwich | 860-425-6681

<https://www.tvcca.org/programs/energy-assistance-community-resource-hub/>

Apply for CEAP by phone, online, email, mail or in person. TVCCA also connects households to related energy and weatherization resources.

Connecticut Winter Protection Program

Contact your electric/gas utility or community action agency to establish financial-hardship or medical-protection status.

<https://portal.ct.gov/heatinghelp/home/winter-protection-program>

Eligible hardship/medical-protection customers are protected from electric or gas shutoff from November 1 through May 1. Medical protections may provide additional safeguards. Do not assume protection is automatic; confirm your account status with the utility.

Generation Power CT (formerly Operation Fuel)

860-243-2345

<https://gpct.org/>

Emergency energy and utility assistance for income-qualified Connecticut households. Generation Power CT may serve households above CEAP income limits and also provides some water-assistance programs. Application cycles and available funding can be limited, so check current dates before applying.

Connecticut Weatherization Assistance Program

Ask during CEAP intake or call 2-1-1 for a local intake site.

<https://portal.ct.gov/deep/energy/weatherization/weatherization-in-connecticut>

Income-eligible households may receive energy-saving home improvements such as air sealing, insulation and heating-system work. Connecticut uses the same income criteria as CEAP, with priority for vulnerable households.

Utility Payment Plans & Low-Income Discounts

Contact your utility directly.

<https://portal.ct.gov/pura/consumer-services/payment-assistance-programs>

Programs may include low-income electric discount rates, matching-payment/arrearage programs, flexible payment arrangements, medical protection and winter shutoff protection. Residential flexible payment arrangements can spread qualifying arrears over up to 18 months.

Project Warm-Up - United Way of Southeastern Connecticut

860-464-3325

<https://www.uwsect.org/project-warm>

Emergency heating help for southeastern Connecticut households facing a short-term crisis after other assistance has been exhausted. It can help with oil, natural gas, electric heat and wood. United Way describes it as a last-resort program for households that may fall between other assistance guidelines; funding is limited.

Pawcatuck Neighborhood Center - Heating & Utility Help

27 Chase St., Pawcatuck | 860-599-3285 | Heating assistance: ext. 108

<https://pawcatuckneighborhoodcenter.org/>

Serves Stonington, Pawcatuck, Mystic, North Stonington and nearby service-area residents. Provides case-by-case fuel and utility assistance and can help residents navigate other heating programs. The center also offers food, household supplies, diapers/pet supplies, senior services and seasonal holiday help.

Waterford Winter Heating Help

Waterford Human Services: 860-444-5848 | Recreation & Parks: 860-444-5881

<https://www.waterfordct.org/>

Waterford Human Services schedules local TVCCA energy-assistance appointments. Waterford also operated a free firewood-delivery program for qualifying seniors during the 2025-2026 winter; residents who heat with wood should contact Recreation & Parks to ask whether the program is offered again for 2026-2027.

FOOD, PANTRIES & FREE MEALS

Verified and updated August 24, 2026. Hours and mobile-pantry locations can change; call or check the listed website before traveling.

Groton/Mystic/Ledyard Area Locations

Groton Human Services Food Locker

2 Fort Hill Rd., Groton

860-441-6760

Monday-Friday 8:30am-4:30pm

For Groton residents experiencing a food emergency; contact Human Services for assistance.

Malta Outreach

20 Grove Ave., Groton

860-373-3975

<https://www.maltaoutreach.org/>

Malta continues to collect, prepare and distribute food through outreach in Groton, New London, Pawcatuck and Norwich. Call for current food assistance/outreach information.

St. John's Christian Church - United Way Mobile Food Pantry

346 Shennecossett Rd., Groton

860-464-3327

4th Friday of each month, 12:30pm-2:30pm

Drive-through; free program.

Groton Community Meals (two locations)

Monday 6-7pm: Thrive 55+ (Groton Senior Center), 102 Newtown Rd., Groton

Wednesday 6-7pm: Thames River Magnet School, 250 Brandegee Ave., Groton

All welcome; those under 18 must be accompanied by an adult.

<https://www.grotonmeals.org/>

Linda C. Davis Food Pantry

741 Colonel Ledyard Highway, Ledyard

860-464-3222

<https://www.ledyardct.gov/services/ledyard-food-pantry/>

The pantry remains active. Call Ledyard Social Services for current distribution hours and eligibility information.

Groton Congregational Church Community Meals

162 Monument St., Groton, CT

860-445-7409

<https://www.grotonucc.org/>

Free meal Saturdays, noon-1pm (holiday/weekend exceptions may occur). Everyone welcome.

New London/Waterford/Montville Area Locations**New London Area Food Pantry**

110 Garfield Ave., New London, CT

860-443-6680

<https://www.newlondonareafoodpantry.org/>

Monday 12:30pm-2:30pm

Thursday 9:30am-11:30am

No appointment necessary; simple registration. Home delivery may be available for disabled/elderly clients or those without transportation.

New London Community Meal Center (DINE)

12 Montauk Ave., New London, CT

860-444-7745

Lunch: Monday-Friday 12-1pm; 3rd, 4th & 5th Saturdays 12-1pm

Dinner: Monday-Friday and Sunday 5-6pm

Open to all.

New London Salvation Army

11 Governor Winthrop Blvd., New London

860-443-6403

Food Pantry: Tuesday & Thursday 10am-noon

By appointment; food may be received every other week.

Alliance for Living - Essentials for Life Food Pantry

154 Broad St., New London, CT

860-447-0884

Food pantry services remain active. Current New London food-resource schedules list Wednesday distribution; call Alliance for current eligibility and hours before visiting.

Catholic Charities - New London

Emergency Food Pantry

28 Huntington St., New London, CT

860-443-5328

<https://www.ccfsn.org/>

Monday-Friday by appointment. No residency restriction listed in the current regional food assistance guide.

City of New London Senior Food Assistance

New London Senior Center

120 Broad St., New London, CT

860-447-5232

For New London residents age 60+. The city currently lists senior food assistance/community café services. Call for the current pantry/distribution schedule before visiting.

Church of the City Community Meal

Served at New London Community Meal Center, 12 Montauk Ave., New London

860-447-0388
Saturday 5-6pm
Open to all.

Food to the People - FRESH New London

The Place, 75 Garfield Ave., New London, CT
860-917-5508

<https://freshnewlondon.org/>

Friday 9am-noon and 3-7pm

Open to all. (This program was previously listed as "Food for the People" at 74 Garfield Ave.)

Montville Union Baptist Church Food Pantry

279 Route 163 (Oakdale Rd.), Montville, CT
860-705-8578 / 860-848-3570

2nd & 4th Saturday of each month, 9-11am

Drive-through; open to all. Registration is handled on site.

Lord's Pantry at St. James Episcopal Church

76 Federal St., New London, CT
860-443-4989

<https://www.stjamesnl.org/>

Wednesday 10am-12:30pm

Serves New London County residents.

Shiloh Baptist Church Food Pantry

3 Garvin St., New London, CT 06320
860-442-4894 ext. 110

Food pantry remains active. Current city food schedules show weekly distribution; call Shiloh for the current day/time and registration details before visiting.

Shekinah Haitian SDA Church

60 Huntington St., New London, CT
860-367-4730

Food Pantry: Saturday 1:30-2pm

Open to all.

United Way Mobile Food Pantry - New London

New London mobile distribution remains active on the 4th Wednesday of the month at 4:30pm. Locations can change; check the current United Way schedule before traveling.

860-464-3327

<https://www.uwsect.org/calendar>

Whalers Helping Whalers

New London Elks Lodge, 81 Washington St., New London, CT
203-589-7966

<https://whalershelpingwhalers.org/>

Saturday 11am-1pm

Choice pantry and hot meal; the program remains active.

Waterford Community Food Bank

200 Boston Post Rd., Waterford
860-444-5848

<https://www.waterfordct.org/>

Food assistance for Waterford residents. Client-choice pantry plus special food bags. Call to schedule an appointment or for current information.

Norwich Area Locations

St. Vincent de Paul Place

120 Cliff St., Norwich, CT 06360

860-889-7374

<https://www.svdpp.org/>

Food Pantry: Monday 9:30am-noon & 1-3pm; Wednesday 9:30am-noon & 1-3pm; Saturday 9am-noon. Pantry clients may receive food once per week.

Dining Room: Breakfast 8-10am; Lunch 11:30am-1pm, Monday-Saturday. All are welcome for meals.

Catholic Charities - Norwich

331 Main St., Norwich, CT

860-889-8346

Food pantry by appointment, Monday-Friday. No restrictions listed in the current United Way regional food assistance guide.

Easterseals Veterans Rally Point

24 Stott Ave., Norwich, CT

860-859-4148

Food pantry and meals for Veterans Rally Point members; active-duty military and veterans are eligible for membership. Call for current pantry details.

Eglise Evangelique Psaumes 23 - Feed the Sheep Food Pantry

134 Boswell Ave., Norwich, CT

860-574-0682

Food pantry remains active. Call ahead for current distribution details.

El Shaddai Worship Center

156 North Main St., Norwich, CT

860-710-4026

Food assistance by delivery; call for an appointment.

Rosalyn Allen Food Pantry / UCFS

47 Town St., Norwich, CT

860-822-4147

Nonperishable food bags and mobile pantry distributions. No restrictions; call or check UCFS for current mobile dates.

Lee Memorial United Methodist Church - Community Outreach Center

294 Washington St., Norwich, CT

860-822-6595

Weekly food distribution. Call for current hours.

Madonna Place

240 Main St., Norwich, CT

860-886-6600

Food assistance for families as part of its family-support services. Call for current availability and eligibility.

The Salvation Army - Norwich

425 W. Main St., Suite 110, Norwich, CT

860-559-2245

Client-choice food pantry. Contact norwichfoodpantry@use.salvationarmy.org or call for current distribution hours.

United Way Mobile Food Pantry - CT State Community College Three Rivers

574 New London Turnpike, Norwich, CT

860-464-3327

Monthly mobile food distribution; no registration required. Check United Way's current calendar because dates can shift around holidays.

St. Mark Lutheran Church - Community Meal

248 Broadway, Norwich, CT

Free community meal every Sunday throughout the year; anyone who comes is served. Call/check the church for current serving time before traveling.

Sacred Heart Church Food Pantry

52 W. Town St., Norwich, CT

860-887-1030

Food pantry remains active; call for current hours before visiting.

Loving Hands of Southeastern, CT

5 Lorenz Industrial Parkway, Ledyard, CT | kimgrillo30@gmail.com

Food pantry hours: Thursday 10:00 a.m.-4:00 p.m. and Saturday 11:00 a.m.-4:00 p.m., plus two rotating days each week.

Offers food, clothing, personal hygiene items, tents and sleeping bags. Because the two additional pantry days rotate, contact Loving Hands directly for the current weekly schedule.

FREE & REDUCED-COST MEDICAL, DENTAL & HEALTH CARE

Do not assume that being uninsured means you cannot see a doctor or dentist. Community health centers serve insured, uninsured and underinsured patients and may offer sliding-fee discounts based on household income and family size. Ask specifically about financial assistance or the sliding-fee program when making an appointment.

Community Health Center, Inc. (CHC) - New London

1 Shaws Cove, New London, CT 06320 | 860-447-8304

<https://www.chc1.com/>

Federally qualified community health center providing primary medical care and other health services. CHC accepts patients regardless of insurance status and offers a sliding-fee discount program for eligible patients based on income and family size. Ask the office about current medical, dental, behavioral-health and testing services.

Community Health Center, Inc. (CHC) - Groton

481 Gold Star Hwy., Groton, CT 06340 | 860-446-8858

<https://www.chc1.com/>

Community health-center care with sliding-fee options for eligible uninsured or underinsured patients. Current services include primary care and behavioral health; ask about current free HIV and Hepatitis C testing availability.

UCFS Healthcare - Edward & Mary Lord Family Health Center

47 Town St., Norwich, CT 06360 | 860-892-7042

<https://www.ucfshealthcare.org/>

UCFS provides health care regardless of a patient's ability to pay. A sliding-fee scale is available to eligible uninsured and underinsured patients based on household income and family size. Services include adult and pediatric primary care, women's health, dental care, behavioral health and other integrated health services.

UCFS Healthcare - New London

351 North Frontage Rd., Suite 24, New London, CT 06320 | 860-442-4319

<https://www.ucfshealthcare.org/>

Provides primary medical and related health services with UCFS financial-assistance/sliding-fee options for eligible patients.

UCFS Healthcare - Griswold

226 East Main St., Griswold, CT 06351 | 860-376-7040

<https://www.ucfshealthcare.org/>

Provides primary medical and related health services with UCFS financial-assistance/sliding-fee options for eligible patients.

Generations Family Health Center - Norwich

330 Washington St., Norwich, CT 06360 | 860-885-1308

<https://genhealth.org/>

Federally qualified health center serving insured, uninsured and underinsured patients. Generations offers a sliding-fee discount program for eligible patients. The Norwich site currently provides primary medical care and support services. Generations also offers dental and behavioral-health services at other locations and through regional programs; call to ask which site or service is appropriate for your needs.

CHILDREN & SCHOOL-BASED HEALTH CARE

Child & Family Agency of Southeastern Connecticut operates school-based health centers and other health/behavioral-health programs. Its school-based health services have no out-of-pocket cost to families; insurance may be billed when applicable, but families are not charged copays or deductibles for those services. CFA also offers a sliding-fee program for qualifying uninsured or underinsured clients.

Child & Family Agency: 7 Vauxhall St., New London, CT 06320 | 860-437-4550

<https://www.childandfamilyagency.org/>

FREE & LOW-COST SCREENINGS / TESTING**Connecticut Breast & Cervical Cancer Early Detection Program**

Qualifying uninsured or underinsured women may be eligible for free breast and cervical cancer screening through participating providers, including UCFS. Covered screening can include clinical breast exams, mammograms and Pap tests. Eligibility rules apply, so contact UCFS or the Connecticut Department of Public Health for current requirements.

Free HIV / Hepatitis C Testing Community Health Center, Inc. and other local public-health/community organizations periodically offer free HIV and/or Hepatitis C testing. Because testing locations and schedules can change, call CHC or dial 2-1-1 for the nearest current free testing site.

HELP GETTING HEALTH INSURANCE

UCFS Access to Care / Insurance Enrollment
860-822-4798

<https://www.ucfshealthcare.org/>

UCFS Access to Care specialists provide free help screening for eligibility and applying for programs such as HUSKY Health/Medicaid and coverage through Access Health CT. They can also help identify other health and community resources. Call for an appointment.

Access Health CT

1-855-805-4325

<https://www.accesshealthct.com/>

Connecticut's official health-insurance marketplace. Provides enrollment assistance and determines eligibility for financial help with qualified health plans. HUSKY/Medicaid eligibility may also be identified through the application process.

IMPORTANT

Sliding-fee programs are not the same as free care for everyone. Charges depend on the program, household income, family size and services received. Always ask what documents are needed and what your estimated cost will be before the visit. If you are experiencing a medical emergency, call 911 or go to the nearest emergency department regardless of ability to pay.

HOUSING, HOMELESSNESS & SHELTER

New London Homeless Hospitality Center (NLHHC)

325 Huntington St., New London

<https://www.nlhhc.org/>

The regional front door for single adults newly experiencing homelessness in New London County. The overnight shelter operates year-round; in winter NLHHC adds a no-freeze option. Daytime drop-in services are also available. Call 2-1-1 for coordinated shelter access/referral.

Housing Resource Center / NLHHC

New London | City Human Services: 860-447-5284

<https://newlondonct.gov/human-services>

Housing counseling and navigation for people facing eviction, loss of housing, or housing instability. The City of New London currently directs residents to the Homeless Hospitality Center/Housing Resource Center for these services.

Covenant Shelter of New London

42 Jay St., New London | 860-443-0537

<https://www.covenantshelternl.org/>

Emergency shelter focused on helping guests move toward stable housing. Contact 2-1-1 first for coordinated shelter referral.

Always Home

119 High St., Mystic | 860-245-0222

<https://www.alwayshome.org/>

Housing-stability services for Eastern Connecticut families with minor children, with an emphasis on preventing homelessness and keeping families housed. Contact 2-1-1 when seeking emergency housing access.

Thames River Community Service

Norwich | 860-887-3288

<https://trfp.org/>

Housing and support services for families and individuals experiencing homelessness, with case management and independent-living support. Contact 2-1-1 for regional homeless-services access.

TVCCA Housing & Homelessness Prevention

Norwich: 860-889-1365

<https://www.tvcca.org/>

Housing navigators may help households facing eviction or housing loss explore options, mediation, possible funding sources, and other housing resources.

SEASONAL, COATS & HOLIDAY ASSISTANCE

Holiday programs open and close quickly. Apply early and confirm current registration dates directly with the agency. Programs may have residency, income, age or prior-registration requirements.

Tommy Toy Program - United Way of Southeastern Connecticut

<https://www.uwsect.org/tommytoy>

Provides holiday gifts for children ages 0-12 in New London and Windham Counties who might otherwise receive few or no toys. As of August 24, 2026, United Way had not yet announced 2026 registration or pickup dates. Check the program page early in the fall rather than relying on prior-year dates.

Care & Share of East Lyme - Holiday Support

12 Roxbury Rd., Niantic | 860-739-8502

<https://www.careandshareofel.org/holiday-support.html>

For Care & Share clients, the Holiday Store generally operates from early November through mid-December and provides warm winter wear, holiday food baskets, toys and gifts. Care & Share also provides emergency financial assistance that may include utilities, rent, home heating fuel or medical co-pays.

Pawcatuck Neighborhood Center - Holiday Assistance

27 Chase St., Pawcatuck | 860-599-3285

<https://pawcatuckneighborhoodcenter.org/>

Seasonal assistance includes Thanksgiving and Christmas food baskets and holiday toys for households in the center's service area. Contact the center for 2026 registration requirements and deadlines.

Norwich Holiday Assistance

Norwich Human Services: 860-823-3778 | Youth & Family Services: 860-823-3782

<https://www.norwichct.gov/708/Resources>

Norwich Human Services lists help with holiday costs among its resident services. Norwich Youth & Family Services also operates a holiday gift-assistance program for low-income families; the application process typically begins around November 1. Confirm 2026 dates directly with the city.

PERSONAL HYGIENE, CLOTHING & BASIC NECESSITIES

These programs may help with toiletries, showers, laundry, clothing, diapers, period products, household supplies and other everyday necessities. Supplies and eligibility can change, so call ahead when possible.

St. Vincent de Paul Place

120 Cliff St., Norwich, CT 06360 | 860-889-7374

<https://www.svdpp.org/>

Provides basic-needs assistance in addition to food services. Help may include personal-hygiene items, a private shower, winter clothing, children's clothing and diapers, household essentials and pet-care items. Availability varies.

Montville Senior & Social Services - Hygiene, Clothing & Pet Food Banks

310 Norwich-New London Tpke., Uncasville, CT 06382 | 860-848-8820

<https://www.townofmontville.org/>

Montville residents can ask about the Hygiene Bank, which regularly stocks items such as soap, shampoo, toothpaste and toilet tissue. The department also operates a seasonal Clothing Bank, an Interview Attire Program and a Pet Food Bank. Hygiene supplies are limited and generally require an appointment; call for current availability.

Malta, Inc.

20 Grove Ave., Groton, CT 06340 | 860-373-3975

<https://www.maltaoutreach.org/>

Serves people experiencing or at risk of homelessness in southeastern Connecticut. Malta distributes clothing and practical necessities and works closely with the New London Homeless Hospitality Center. The Hospitality Center reports that Malta visits regularly with clothing and can sometimes help locate specific necessities such as work boots, winter boots and coats. Contact Malta for current toiletries and clothing availability.

New London Homeless Hospitality Center - Daytime Hospitality Center

325 Huntington St., New London, CT 06320 | 860-439-1573

<https://www.nlhhc.org/>

The Daytime Hospitality Center offers practical support for people experiencing homelessness, including showers, laundry, bathrooms and basic clothing items. The shelter also maintains toiletries and other emergency necessities for guests. Daytime services are generally available seven days a week; call for current access information.

Covenant Shelter of New London

42 Jay St., New London, CT 06320 | 860-443-0537

<https://www.covenantshelternl.org/>

For shelter guests, Covenant provides basic necessities including hygiene products, diapers and clothing, as well as laundry vouchers. Case managers may also help with one-time needs such as work uniforms and household furniture. Shelter access requirements apply.

Safe Futures - Hope Shoppe / Client Basic Needs

16 Jay St., New London, CT 06320 | 24/7 Confidential Hotline: 860-701-6001

<https://safefuturesct.org/>

For people receiving Safe Futures services because of domestic violence, sexual assault, stalking, trafficking or related abuse. Donated necessities may include personal-care products, shampoo/conditioner, body wash, shaving supplies, menstrual products, diapers/Pull-Ups, toilet paper, paper towels, cleaning supplies and laundry products. Services are free and confidential.

Operation Fresh Start Inc.

New London County | Community-based nonprofit

<https://www.operationfreshstartinc.com/>

Assists New London County families with children who are in crisis. Depending on donations and current need, assistance has included diapers, baby wipes, toiletries, pajamas, children's necessities, household items, back-to-school supplies and holiday gifts. Contact the organization for current assistance procedures and availability.

Catholic Charities - Emergency Basic Needs

Norwich: 860-889-8346 ext. 265 | New London: 860-443-5328 ext. 12

<https://www.ccsn.org/Services/Emergency-Basic-Needs>

Provides emergency basic-needs assistance and case management. Current services include food, clothing or clothing vouchers when available, shelter/rental assistance when available, utilities, prescription assistance and emergency transportation. Call the appropriate office for eligibility and current availability.

The Drop-In Learning Center - Family Resource Center

76 Federal St., New London, CT 06320 | 860-442-4466

<https://www.dropinlearningcenter.org/family-resource-center>

Offers family-resource support that can include clothing, food vouchers, delivery of needed goods, referrals, family support and advocacy. Contact the center to ask what material assistance is currently available.

St. James Episcopal Church - Jumble Shoppe

76 Federal St., New London, CT 06320 | 860-443-4989

<https://www.stjamesnl.org/>

Community clothing resource. St. James reports that clothing can be provided free to people with special need, including people experiencing homelessness and people who need appropriate clothing for employment. The New London Homeless Hospitality Center also refers community clothing donations and guests to the Jumble Shoppe.

Loving Hands of Southeastern, CT

5 Lorenz Industrial Parkway, Ledyard, CT | kimgrillo30@gmail.com

In addition to its food pantry, Loving Hands offers clothing, personal hygiene items, tents and sleeping bags. Pantry hours are Thursday 10:00 a.m.-4:00 p.m. and Saturday 11:00 a.m.-4:00 p.m., with two additional rotating days each week. Contact the organization for the current rotating schedule and availability of non-food items.

HOUSEHOLD SET-UP HELP AFTER HOMELESSNESS

New London Homeless Hospitality Center also helps newly housed clients with basic household set-up needs. Its current Welcome Home program identifies necessities such as towels, toilet paper, tissues, shampoo, soap, toothbrushes/toothpaste, razors, deodorant, laundry detergent, dish detergent, cleaning supplies, kitchen basics and bedding. This assistance is connected to its housing/homelessness programs rather than a general public supply pantry.

CHILDREN, FAMILIES & PREGNANCY SUPPORT

Safe Futures

16 Jay St., New London | 24/7 confidential line: 860-701-6001 | Norwich office: 107 Lafayette St.

<https://safefuturesct.org/>

Free, confidential services for people affected by domestic violence, sexual assault, stalking, trafficking, elder abuse or child abuse. Services include crisis support, emergency shelter/safe hotels, counseling, court advocacy, transitional/supportive housing and child/family advocacy.

Madonna Place

240 Main St., Norwich | 860-886-6600

<https://www.madonnaplace.org/>

Family Support Center, Fatherhood Initiative and Great Beginnings home visiting. Supports Eastern Connecticut families with children under 14; emergency necessities may include diapers, wipes, formula and other family resources.

Child and Family Agency of Southeastern Connecticut

7 Vauxhall St., New London | 860-437-4550

<https://www.childandfamilyagency.org/>

Medical and mental-health care, early childhood education, family-resource centers, parent/family support and an Urgent Crisis Center for children and teens. Family Resource Center services are available to New London County families without a fee.

Catholic Charities - Emergency Basic Needs

New London: 860-443-5328 ext. 12 | Norwich: 860-889-8346 ext. 265

<https://www.ccfns.org/Services/Emergency-Basic-Needs>

Emergency help may include food, shelter/rental assistance when available, clothing vouchers, utilities, prescriptions, emergency transportation, case management and referrals.

WIC - Women, Infants & Children (TVCCA)

New London: 860-425-6620 | Norwich: 860-425-6562

<https://www.tvcca.org/>

Nutrition support, healthy-food benefits, breastfeeding support and referrals for eligible pregnant/postpartum people, infants and young children.

Connecticut Diaper Bank

203-934-7009

<https://thediaperbank.org/>

Statewide diaper, period-supply and incontinence-product support through partner agencies. Use the website to find current distribution partners and eligibility information.

DIAPERS, PERIOD PRODUCTS & INCONTINENCE SUPPLIES

These products are not covered by SNAP. Availability can depend on enrollment, age, residency and supply.

New London Youth Affairs - Diaper Bank

1 Recreation Way, New London, CT 06320 | Registration help: 959-242-4818

<https://www.newlondonyouthaffairs.org/DiaperBank.php>

Supported by The Diaper Bank of Connecticut. New London families can register for the program and, once enrolled, receive diapers monthly. Registration is available online; staff can also assist by phone.

HEALTH, MENTAL HEALTH & SUBSTANCE-USE SERVICES

UCFS Healthcare

New London: 351 North Frontage Rd. | 860-442-4319; Norwich: 47 Town St. | 860-892-7042

<https://www.ucfshealthcare.org/>

Primary care, pediatrics, women's health, geriatrics, dental care, behavioral health, medication-assisted treatment, case management, pharmacy and other services. Sliding-fee options are available for uninsured/underinsured patients.

Sound Community Services

21 Montauk Ave., New London | 860-439-6400

<https://soundcommunityservices.org/>

Behavioral-health and substance-use services including clinical care, case management, residential services and social-rehabilitation supports. Call for intake.

Reliance Health

2 Cliff St., Norwich | crisis/mobile outreach: 860-886-9302

<https://www.reliancehealthinc.org/>

Community mental-health programs, supported living, housing resources, education/employment support, homeless outreach and service coordination. Call the agency for current intake/referral requirements.

Southeastern Mental Health Authority (SMHA)

401 W. Thames St., Norwich | Main: 860-859-4500 | Mobile Outreach/Crisis: 860-886-9302

<https://portal.ct.gov/dmhas/smha>

State-operated behavioral-health services for adults in New London County and surrounding towns, including case management, outpatient care, crisis intervention and recovery-oriented services.

SCADD - Southeastern Council on Alcoholism and Drug Dependence

860-886-2495

<https://www.scadd.org/>

Substance-use treatment including outpatient, detoxification and residential services. Contact SCADD or 2-1-1 for current program locations and intake information.

Alliance for Living

154 Broad St., New London | 860-447-0884

<https://www.allianceforliving.org/>

Services for people affected by HIV/AIDS, homelessness and substance-use issues, including case management, housing support, testing, nutrition support and a food pantry.

OLDER ADULTS & DISABILITY SERVICES

Connecticut Aging & Disability Services

860-424-5055 | 800-537-2549

<https://portal.ct.gov/ads>

State programs and information supporting older adults and people with disabilities, including benefits guidance, employment/disability services and aging resources.

Connecticut Home Care Program for Elders (CHCPE)

DSS Community Options: use the current referral information on the state page.

<https://portal.ct.gov/dss/health-and-home-care/community-options/connecticut-home-care-program-for-elders>

Helps eligible adults age 65+ who are at risk of nursing-home placement remain at home with services such as care management, homemaker/companion help, meals, adult day health, personal care and assistive technology.

TVCCA Senior Nutrition / Meals on Wheels

860-886-1720

<https://www.tvcca.org/>

Home-delivered and congregate meal services for eligible older adults in the region. Call for eligibility and current service area.

Groton Human Services - Senior Assistance

2 Fort Hill Rd., Groton | 860-441-6760

<https://www.groton-ct.gov/>

Groton Human Services provides case management and assistance with food, housing, energy, finances, veterans resources and other needs, including services for seniors.

New London Senior Center

120 Broad St., New London | 860-447-5232

<https://newlondonct.gov/>

Local senior programs and referrals. Call for current food pantry, meals, benefits assistance and seasonal services.

LEGAL SERVICES

Connecticut Legal Services - New London

125 Eugene O'Neill Dr., New London | 860-447-0323

<https://ctlegal.org/>

Civil legal assistance for eligible low-income residents in areas such as housing, family law, public benefits, elder law, children and immigration.

Statewide Legal Services Hotline

1-800-453-3320 | Text APPLY to 860-300-3845

<https://ctlegal.org/get-help/>

Apply for free civil legal aid and be connected with the appropriate legal-aid provider. Connecticut Legal Services directs many applicants to this statewide intake route.

EDUCATION, JOB TRAINING & EMPLOYMENT

New London Adult & Continuing Education

3 Shaw's Cove, New London | 860-437-2385

<https://www.newlondonadulted.org/>

Adult basic education, GED/high-school diploma pathways, English-language learning, citizenship preparation, career training and enrichment programs serving New London and partner towns.

OIC of New London County

106 Truman St., New London | 860-447-1731

<https://www.oicnlc.org/>

Employment skills, training, supportive counseling and re-entry services, with a focus on helping low-income residents move toward employment and self-sufficiency.

American Job Center / TVCCA Employment & Training

Montville: 860-848-5240

<https://www.tvcca.org/>

Employment and training assistance. Call for current workshops, job-search services, training programs and eligibility requirements.

Norwich Human Services

100 Broadway, Room 212, Norwich | 860-823-3778

<https://www.norwichct.gov/708/Resources>

First-stop assistance for Norwich residents including food, rent/shelter, medicine, heating/utilities, case management, employment assessments, job-search help, transportation and some job-training referrals/programs.

TOWN & CITY RESOURCES

City of New London Human Services

181 State St., New London | 860-447-5284

<https://newlondonct.gov/human-services>

Local referrals for housing, food, mental health, substance use, senior services and other community supports. The city also activates severe-cold-weather protocols and publishes warming-center information when needed.

City of Norwich Human Services

100 Broadway, Room 212, Norwich | 860-823-3778

<https://www.norwichct.gov/708/Resources>

Emergency and stabilization help for Norwich residents, including food, rent, shelter, medicine, heating/utilities, holiday needs, employment support, referrals and advocacy.

Town of Groton Human Services

2 Fort Hill Rd., Groton | 860-441-6760

<https://www.groton-ct.gov/>

Direct assistance, case management, advocacy and referrals for housing, food, energy, finances, seniors, veterans, youth/family needs and other basic necessities.

Waterford Youth & Family Services

200 Boston Post Rd., Waterford | 860-444-5848

<https://www.waterfordct.org/waterford-youth-and-family-services>

Food assistance, youth/family support and local resource navigation for Waterford residents. Call for current programs and eligibility.

Ledyard Human Services / Town Resources

741 Colonel Ledyard Hwy., Ledyard

<https://www.ledyardct.org/>

Town-based assistance and referrals. The Linda C. Davis Food Pantry is a key local food resource; contact the town for current pantry and seasonal-assistance information.

Stonington Human Services

Pawcatuck/Stonington

<https://www.stonington-ct.gov/>

Local social-service referrals and seasonal assistance. 211 currently lists heating/utility assistance resources in Pawcatuck for Stonington and North Stonington residents; contact town Human Services for current local programs.

Care & Share of East Lyme

12 Roxbury Rd., Niantic | 860-739-8502

<https://www.careandshareofel.org/>

A strong first stop for East Lyme/Niantic residents needing food, emergency financial help, heating assistance, winter clothing or holiday support. Financial help is paid directly to vendors and availability depends on funding.

Pawcatuck Neighborhood Center

27 Chase St., Pawcatuck | 860-599-3285

<https://pawcatuckneighborhoodcenter.org/>

Serves Stonington, Pawcatuck, Mystic, North Stonington and its stated surrounding service area with food, household supplies, utility/fuel help, senior transportation, Meals on Wheels and seasonal assistance.

Ledyard Social Services / Food Pantry

741 Colonel Ledyard Hwy., Ledyard | 860-464-3254

<https://www.ledyardct.org/>

Town social services and the local food pantry assist Ledyard residents. United Way currently lists pantry hours Monday-Thursday, 9:30-11:30 a.m. and 1:30-3:30 p.m.; call before visiting because municipal schedules can change.

Griswold / Jewett City Food Assistance

St. Mary's Church Food Pantry: 860-376-2044

<https://www.uwsect.org/griswold>

United Way currently lists St. Mary's Church Food Pantry, 34 N. Main St., Jewett City, for residents of Jewett City, Griswold, Voluntown, Canterbury and Lisbon. Current listed distribution is the second and fourth Tuesday of the month; confirm hours before traveling.

WHEN EXTREME COLD HITS

Warming centers are often activated temporarily rather than operating all winter. When the Governor or a municipality activates a Severe Cold Weather Protocol, check your city/town website, 211 Connecticut, and local news for the current locations and hours. New London's 2025-2026 cold-weather response used several community partners rather than one permanent all-season warming-center schedule, so do not rely on an old address or timetable.

New London example: during the Dec. 29, 2025-Jan. 4, 2026 cold-weather activation, the City partnered with the Homeless Hospitality Center, New London Public Library, Community Meal Center and Senior Center for warming options. Do not rely on last winter's locations without checking the current activation notice.

If you are out of heating fuel or facing a utility shutoff, contact TVCCA/CEAP, your utility, and 211 immediately rather than waiting for regular assistance paperwork to be completed.

IMPORTANT CHANGES FROM THE PREVIOUS EDITION

Affordable Connectivity Program (ACP): Removed. The federal ACP ended in 2024 and should no longer be listed as an active benefit.

Operation Fuel: Updated to its current name, Generation Power CT.

Renter's Rebate income figures: Old 2021 figures were removed. Income limits change; use current state/municipal information when applying.

COVID-era pantry procedures: Old COVID-specific language was removed. Current procedures should be confirmed directly with each pantry or 211.

CEAP benefit amounts/dates: The old season's figures were not carried forward because final 2026-2027 program details had not yet been published as of this update.

HELP KEEP LISA'S LIST CURRENT

This guide is meant to be shared freely. If you know of a New London County program that should be added, removed, or corrected, please contact me through lisabethdarling.com. Please include the organization name, town, current phone/website, and a short description of the assistance offered.

Please share Lisa's List with anyone who may need it.

A LITTLE HELP GOES A LONG WAY

If you are using Lisa's List because you or your family need a little help right now, that is exactly what these resources are here for. Please use them.

If you're fortunate enough to be in a position to help instead, please consider giving back to one of the organizations on this list. Many welcome donations of food, clothing, toiletries, diapers, household supplies, pet food, money, or simply your time.

You don't have to give a lot to make a difference. A few cans of food, a package of diapers, a bottle of shampoo, or an extra winter coat may not seem like much—but to someone who needs it, it can mean quite a lot.

If you can help, please do. Someday any one of us may be the person who needs a little help.