

## Lisa's List

The following is a list of places where those in need in New London County CT can obtain a variety of assistance, care, and services. There is information for infants, young adults, elders, disabled, those in recovery or seeking substance abuse assistance, those facing homelessness, legal assistance, domestic violence assistance, and more. Some of the places in Lisa's List are countrywide but most focus on Southeastern, Connecticut.

Many places and organizations **offer a variety of services** so check them out **carefully**. They have been categorized by what I consider to be their Main Focus but many offer more than that.

I would love to broaden this list so if you have any places to add that serve New London County please visit my website [www.lisabethdarling.com](http://www.lisabethdarling.com) for contact information.

**The following list was last updated on 05/26/2025**

## BEST PLACES TO START

### **Department of Social Services**

401 W Thames St #102, Norwich, CT 06360

**(855) 626-6632**

<https://ct.gov/dss>

**Provides a wide variety of services including:**

Health & Home Care

Food and Nutrition

Children, Family, and Older Adults

Community and Social Work

Financial and Employment

Other Programs and Services

### **211 INFOLINE**

**Dial 211** on your phone or visit <https://www.211ct.org/> for help and information on: Food-pantries, mobile pantries, and meals

Mental Health-Counseling services/referrals (children, youth, & adults), support groups

Health Care

Housing

Substance Use -treatment/education/prevention

Youth– acquiring documents, basic needs, education, employment, healthcare, legal, housing.

Lesbian/Gay/Bisexual/Transgender (LGBT) Youth, mental health, parenting, recreation, and transportation

Utility/Energy Assistance

Income -employment/career/financial planning

Children & Families-early education, housing, nutrition, mental health, parenting support, income assistance

Crisis-services, shelter, food

Basic Needs-holiday assistance, clothing, household items

Legal Assistance-family law, general support

Re-Entry

Older Adults-benefits assistance, information on health and aging

Transportation

### **TVCCA (Thames Valley Council for Community Action)**

**860-889-1365**

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

TVCCA provides a **multitude of services** and partners with other organizations to address the social determinants of health – housing, food security, employment needs, education, and basic needs of low-income and vulnerable households in Eastern Connecticut, with a focus on building the community's self-sufficiency and resiliency.

### **WIC (Women, Infants, and Children)**

Email: [WIC.NEWLONDON@TVCCA.ORG](mailto:WIC.NEWLONDON@TVCCA.ORG)

ENERGY ASSISTANCE <https://www.tvcca.org/energy-assistance/>

## CHILDREN & FAMILIES SUPPORT

### Safe Futures

16 Jay St., New London, CT 06320

**860-447-0366**

<https://safefuturesct.org/>

Safe Futures saves lives, restores hope and changes the future **for those impacted by domestic violence, sexual assault, stalking, and trafficking in southeastern Connecticut**. Our hotline is available for anyone who feels unsafe 365 days a year, 24 hours a day. All services are free and confidential.

Services include:

24 Hour Hotline 7 days a week/365 days a year

24 Hour LAP Line (Law Enforcement Lethality Assessment)

15 Bed Emergency Shelter and Safe Hotels

Scattered Site Transitional Living Apartments 6-8OVW

Transitional Living Program-9 Apartments for victims and families -Phoenix House

Short Term Substance Abuse Residential Recovery Program-Katie Blair House

Permanent Supportive Housing Scattered Site Dual Diagnoses-Pilots

Permanent Supportive Housing on site-Flora O'Neil

Rapid Rehousing Units

Walk in Counseling Offices-New London and Norwich

Criminal Court Advocates -New London GA 10

Criminal Court Advocates Norwich Court GA-21

Civil Court Advocate –Norwich Civil Court Victim Advocate Law Enforcement (VALE) REGIONAL The Center for Safe Futures Project

Child and Family Advocate

Nurse Advocate

Camp Hope America- Safe Futures

Violence is Preventable Educators and Counselors in local schools

Public Policy Liaison Essentials Donation Center Therapy pets – Luna and Jill

If you or someone you know needs help, please contact the Safe Futures 24/7 Confidential Hotline at (860) 701-6001

or call the Statewide Safe Connect Number at (888) 774-2900.

Domestic Violence Hotline <https://www.thehotline.org>

1-800-799-7233

TEXT: 88788

**Madonna Place**

Family Support Center Program  
240 Main Street, Norwich, CT 06360

**860- 886-6600**

<http://www.madonnaplace.org>

The Family Support Center is a unique program providing a non-bureaucratic, family friendly “one-stop”, comprehensive center for at-risk families to increase their parenting skills, receive emotional support, stabilize their family, and improve access to information and resources.

**Services provided:**

Support network  
Peer support  
Counseling Information and referrals  
Household items  
Parenting classes  
Cooking/nutrition classes  
Baby equipment, formula, diapers clothing  
Adult education/English as a second language  
Basic needs or emergency assistance

**Child & Family Agency**

255 Hempstead St., New London, CT 06320

**860-443-2896**

<https://www.childandfamilyagency.org>

Counseling  
Early Development  
Child Welfare  
Family Resources and more.

**Jewish Federation**

28 Channing St., New London, CT 06320

**860-442-8062**    [office@jfec.com](mailto:office@jfec.com)

<https://jfec.com/>

Youth Services  
Community Outreach  
Assistance for Seniors

**Salvation Army**

**11 Governor Winthrop Blvd., New London, CT 06320**

**860-443-6409**

<https://easternusa.salvationarmy.org>

**169 Franklin St., Norwich, CT – 06360**

**860 889-2329**

**Offers a wide range of programs and services**

After School Programs  
Boys & Girls Club  
Summer Camp opportunities  
Addiction Services  
Holiday assistance

**The Connection**

100 Roscommon Drive,  
Suite 203  
Middletown, CT 06457  
**860-343-5500**

[info@theconnectioninc.org](mailto:info@theconnectioninc.org)

<https://www.theconnectioninc.org>

Toll-Free Helpline For easy access to our services, call our Toll-Free Helpline at **(855) HELP 955** or **(855) 435-7955** anytime during business hours. A trained staff member will assist you with your questions and will guide you to the appropriate Connection service.

At The Connection, we understand the complexity of community problems such as homelessness, mental illness, substance abuse, and community justice rehabilitation. Our programs aim to solve these problems with care and compassion.

**Services include:**

Child & Family  
Young Adult  
Adult  
Housing

**Catholic Charities**

**Norwich: 860.889.8346 ext. 265**

**New London: 860-443-5328 ext. 12**

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

**Help in the following areas:**

Food  
Shelter (including rental assistance when available)  
Clothing (including vouchers issued when available) Utilities  
Prescription Assistance  
Emergency Transportation

**Shiloh Baptist Church**

**1 Garvin St., New London, CT 06320**  
**860-442-4894**

<http://shilohnlcomplex.org>

The Shiloh Development Corporation (SDC) is a private non-profit corporation, which operates the Shiloh Family Life Center (SFLC), located in the heart of New London, CT. The mission of SDC is to meet the needs of the community through creative programs across generational, socio-economic, and cultural lines.

Utilizing its key resource, the SFLC, Shiloh Development Corporation addresses the needs of the community and is committed to the uplifting of the people it serves.

**St. Vincent de Paul Place**

**120 Cliff St. Norwich, CT 06360**

**860- 889-7374** <https://www.svdpp.org/>

Need help beyond food? Our case manager is able to help with unemployment, homelessness, mental health, substance abuse, and more. We can help with State benefits, such as SNAP, Husky insurance, and other programs. We provide personal hygiene items and a private shower; winter clothing; children's clothes and diapers; essential household items; and pet care items.

All conversations are private and confidential.

**Case Management Hours**

Monday – Friday 8:00 am – 3:00 pm

**Care & Share of East Lyme, CT**  
**12 Roxbury Rd., Niantic CT 06357**  
**860-739-8502**

<http://www.careandshareofel.org>

We respond to calls Monday - Friday 9:00 am - 4:00 pm

**Services:**

Emergency Food Assistance  
Emergency Financial Assistance  
Holiday Assistance  
Heating Assistance  
Child Care Assistance  
Camping & College Scholarship Opportunities

**Grampy's Charities**

**261 Ledyard Street, New London, CT 06320**

**Jim Castle**--860-235-6973 jimmy.apache@gmail.com

**Fran Walenta**--860-573-4902 fran.walenta@gmail.com

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

At Grampy's Charities we raise funds to support organizations transforming the lives of children. It is our hope that by partnering with comfort and research-based charities we will be able to make a difference in the lives of kids who need us most.

## EDUCATION & JOB TRAINING

### **Helmets to Hardhats**

<https://helmetstohardhats.org>

This **nationwide program** is designed to help military service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry. Most career opportunities offered by the program are connected to federally-approved apprenticeship training programs. Such training is provided by the trade organizations themselves at no cost to the veteran. No prior experience is needed; in fact, most successful placements start with virtually no experience in their chosen field.

### **OIC of New London County**

**106 Truman St., New London, CT 06320**

**860-447-1731**

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

### **Educational Training and Services**

Train-to-Work,

Employment Skills Training,

Re-Entry

Our mission is to provide training, basic skills, supportive counseling, and job creation services to primarily low income persons regardless of race, color, religion, gender, sexual orientation, age, or national origin.

### **New London Adult & Continuing Education**

3 Shaws Cove, First Floor, New London, CT

**860-437-2385**

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

High School Diploma

GED

General Education

Career Training

Citizenship

English as a Second Language

### **New London Youth Affairs**

**111 Union St. New London, CT**

**860-442-4994**

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

Youth Service Bureau that promotes positive outcomes for children, youth, and families by supporting a wide range of comprehensive services and collaborations. Free programs for youth from birth to 21 years, and for their families.

Job training

Parent classes

Book Bank

Diaper Bank

More

### **Hire Heroes**

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

**Nationwide Program** **Our Mission:** Hire Heroes USA empowers US military members, veterans and their spouses to succeed in the civilian workforce.

## Skill Up

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

**National FREE** job training courses

We provide rigorous online training in disciplines such as Cyber Security, Cloud Computing, Project Management, Digital Marketing, and Data Science, among others. In other words, we specialize in areas where technologies and best practices are changing rapidly, and the demand for qualified candidates significantly exceeds supply.

## ELDER CARE & DISABILITY SERVICES

### CT Department of Aging & Disability Services

55 Farmington Ave. Hartford, CT 06105-3730

**860-424-5055**

**Toll-Free: 800-537-2549**

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

The Department of Aging and Disability Services **provides many programs and services** to maximize opportunities for the independence and well-being of people with disabilities and older adults in Connecticut.

### Elderly and Disabled Renter's Rebate Program

**Who Is Eligible:** All Connecticut Residents 65 years or older as of the end of the calendar year (December 31st), or totally and permanently disabled. Residents, who paid rent (partial or full year) in Connecticut in 2021.

**Income Guidelines:** Up to \$38,100 for Singles; \$46,400 for Married Couples

#### **What You Need to Apply:**

Copy of Income Tax Return, if filed

Proof of all Rent paid (Rent receipts or letter) Proof of all utility bills paid

Proof of all Income (i.e. Wages, SSA-1099, Pensions, Interest, etc.)

You May Be Eligible for a Rebate Between \$50-\$900!

Sponsored by the State of Connecticut, Office of Policy & Management

**For more information or to schedule an appointment contact**

**Groton Human Services at 860-441-6760**

**For New London Residents: 120 Broad Street, New London, CT 06320 860-447-5232**

**Get in touch with the housing authority in your town or contact your town hall to find out more about this program.**

### Connecticut Home Care Program for Elders (CHCPE)

**Contact Information 800-445-5394**

<https://portal.ct.gov/DSS/Health-And-Home-Care/Connecticut-Home-Care-Program-for-Elders/Connecticut-Home-Care-Program-for-Elders-CHCPE>

Referrals – Option 4

Financial Eligibility Questions – Option 2

Katie Beckett Model Waiver – Option 3 General Information – Press 0#

To be eligible, applicants must be **65 years of age or older**, be a Connecticut resident, be at risk of nursing home placement and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, toileting. The CHCPE helps eligible clients continue living at home instead of going to a nursing home. Each applicant's needs are reviewed to determine if the applicant may remain at home with the help of home care services. For more information on eligibility criteria, please see the link below.



**Services may include:**

Care Management Services  
Adult Day Health Services,  
Companion Services,  
Home Delivered Meals,  
Homemaker Services

**Assisted Living Services**

\*Personal Care Attendant Services ,  
\*Chore Assistance – only available as part of a package of services to applicants who meet all other eligibility criteria.  
Adult Family Living,  
Bill Payer  
Support Broker  
Care Transitions  
Chronic Disease Self-Management  
Assistive Technology

**Groton Housing Authority**

For Groton residents 62+ or on Social Security Disability

**770 Poquonnock Road, Groton, CT 06340**

**860-445-1596**

**Monday – Friday 9AM to 4PM**

<https://gha-ct.org/>

**New London Housing Authority**

For New London residents 62+ or on Social Security Disability

**78 Walden Ave., New London, CT 06320**

**860-443-2851—Tuesday, Wednesday, & Thursday 8:30am-3:30pm**

<https://newlondon-housing.org>

**South East CT Community Center of the Blind**

**75 Granite Street Rear, New London, CT 06320**

[centeroftheblind@gmail.com](mailto:centeroftheblind@gmail.com)

<https://www.centeroftheblind.com>

**860-447-2048**

Our Mission is to serve the social, recreational, educational, referral, and advocacy needs of the Blind and Visually Impaired population of southeastern Connecticut and assist them in attaining and maintaining an independent lifestyle.

**Pinetop Musicians League (for elder musicians)****Nationwide Program**

<https://www.pinetopperkinsfoundation.org/home>

Our goal is to provide emergency financial assistance to elderly musicians for medical and living expenses such as:

Temporary home care services

Transportation services to and from doctor's appointments, health and/or social services such as (but not limited to) dialysis, chemo therapy, radiation

Transport to and from grocery/pharmacy stores etc.

Doctor visits and procedures

Emergency services

Financial aid for household utilities or other basic living expenses  
Assistance with burial costs

## **FOOD BANKS, PANTRIES, & MEALS**

### **Groton Area Locations**

#### **Bent Crandall Pantry**

649 Buddington Rd, Groton

**860-445-1666**

Call ahead for an appointment

Mon, Wed & Fri 12pm – 1pm

Income restrictions

#### **Groton Human Services Pantry**

2 Fort Hill Rd, Groton

**860-441-6760**

**Monday-Friday 8:30-4:30**

**Must call ahead for an appointment**

#### **Malta Pantry**

20 Grove Ave, Groton

**860-373-3975**

**Wed 10am-noon, by appt only no restrictions**

#### **St. John's Christian Church Pantry**

346 Shennecossett Rd, Groton

**860-464-3327**

**4th Friday 12:30-2pm**

Drive through

#### **Groton Community Meals (two locations)**

**Groton Senior Center,**

12 Newtown Rd. Groton, CT(Mon. 6-7pm)

and

**Thames River Magnet School**

250 Brandegee Ave., Groton (Wed. 5-6pm)

All welcome – all under 18 must be accompanied by an adult <https://www.grotonmeals.org/calendar/>

#### **Linda C. Davis Food Pantry**

741 Col. Ledyard Highway, Ledyard

**(860) 464-3222** [ledyardfoodpantry@gmail.com](mailto:ledyardfoodpantry@gmail.com)

## New London Area Locations

### **New London Community Meal Center**

12 Montauk Ave., New London, CT

#### **Served Meals**

**860-4447745**

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

Serves lunch from 12:00pm to 1:00pm

Monday-Friday

Serves dinner 5:00pm-6:00pm

Monday-Friday and on Sunday

Lunch also served on the 3rd, 4th, and 5th Saturday of every month

### **Catholic Charities**

#### **Emergency Pantry**

28 Huntington St, New London, CT

**860-443-5328** <https://www.ccfsn.org/>

**Monday-Friday by appointments only**

### **City of NL Food Pantry**

**860-447-5232**

#### **Pantry for Senior Citizens 60+**

New London Senior Center

120 Broad St., New London, CT

**1st Thurs/month 12-3pm**

**1st Fri/month 9am-3pm**

#### **New London Area Food Pantry**

106 Truman St., New London, CT

#### **Pantry**

**860 443-6680**

<https://newlondonareafoodpantry.weebly.com>

**Monday 12:30-2:30pm**

**Thursday 9:30-11:30am**

### **Church of the City Community Meals**

268 State Street, New London

**860-447-0388** <http://www.cotcnl.org/>

**Dinner served-every Saturday**

### **St. James Episcopal Church**

#### **Pantry**

**860-443-4989** <http://www.stjamesnl.org/>

76 Federal St., NL

Wed 10am-12:30pm

### **Whalers Helping Whalers**

Elks Club, 81 Washington St., New London, CT

#### **Pantry & Meals**

**203-589-796**

<https://whalershelpingwhalers.org/>

**Sat 11am-1pm**

**New London Salvation Army**

11 Governor Winthrop Blvd., New London

**Pantry 860-443-6403**

**Tues, Wed & Thurs 10am- noon**

**By appt only**, may receive food every other week

**Shiloh's Food Pantry**

**Pantry**

3 Garvin Street, New London, CT 06320

**860-443-6046 ext. 110**

[churchadmin@shilohnlcomplex.org](mailto:churchadmin@shilohnlcomplex.org) <https://shilohnlcomplex.org/>

**Fridays 3:30-5pm Open to All. Registration preferred.**

Bags prepared by staff & distributed to clients. Clients not allowed in the building.

**FRESH New London**

PO Box 285, New London, CT 06320

**860-574-9006**

<https://freshnewlondon.org/>

**FRESH New London**

is a tiny but mighty food justice organization. We work through three buckets: Empowering Youth, Connecting Community and Growing Food to dismantle systemic oppression and build food sovereignty.

**Food for the People**

In collaboration with Ledge Light Health District, L&M Hospital, the city of New London, and a host of volunteers, FRESH distributes boxes of food every **Wednesday 12:00-2:00** to our friends and neighbors in need. These boxes are available free of charge to any New London resident that needs one.

**Waterford Food Bank**

200 Boston Post Rd., Waterford

**(860) 444-5848 Monday-Friday 8:30am-4:00pm**

<https://www.waterfordct.org/waterford-youth-and-family-services/pages/waterford-community-food-bank>

The Waterford Community Food Bank serves as a hub to our community. We proudly provide emergency food assistance to Waterford residents in need. Call to sign up.

### Norwich Area Locations

**St. Vincent de Paul Place**

120 Cliff St. Norwich, CT

**860- 889-7374** <https://www.svdpp.org/>

**Food Pantry Hours of Operation**

Monday 9:30 am – 12:00 pm and 1:00 pm – 3:00 pm

Wednesday 9:30 am – 12:00 pm and 1:00 pm – 3:00 pm

Saturday 9:00 am to 12:00 pm

**Dining Room Hours of Operation**

Breakfast 8:00 AM to 10:00 AM

Lunch 11:30 AM to 1:00 PM

**Lee Memorial United Methodist Church**

294 Washington St., Norwich, CT

860-887-5886

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

Food Fridays Pantry  
1pm-2pm

## HEALTH & WELLNESS

(INCLUDES INFORMATION ON RECOVERY/SUBSTANCE ABUSE & MENTAL HEALTH)

### **United Community and Family Services, Inc.**

**351 North Frontage Rd, Suite 24, New London, 860.442.4319**

**47 Town St. Norwich 860.892.7042**

**226 E. Main St., Griswold 860.376.7040**

**120-122 Plainfield Road, Moosup, 860.822.4938**

**212 Upton Road, Suite C, Colchester, 860.537.7676**

<https://www.ucfs.org>

Adult and Pediatric Primary Medical Care Women's Health Services

Geriatric Assessment & Management Program

Dental Services

Outpatient Behavioral Health Services Community Based Behavioral Health Services Community Outreach Services

Eldercare Services

### **Martin House**

401 West Thames Street, Building 700 Norwich, CT 06360

**860-8896150**

<https://www.martinhousect.org>

**Recovery for Life: (860) 886-1200**

**Transitional, Housing, Recovery**

The Board of Directors and Employees of Martin House have made a commitment to provide a nurturing community where individuals of limited income who have been alone, alienated, fearful and dispossessed can develop healthy relationships, new dignity, and a renewed life. Our community includes people recovering from mental illness and addictions. This is accomplished by providing dignified housing, nutritious food, a safe, caring environment, and supportive services for 54 men and women who seldom experience any of these.

### **Reliance Health, Inc.**

40 Broadway, Norwich, CT 06360

**860-887-6536**

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

Mental Health, Housing Resources, Community Resources, Clinical Services and More

**Our 30+ programs** provide tools and resources for individuals to move forward in their lives. Each program focuses on positive relationships and mental wellness because we believe healthy living starts with your mind.

### **Alliance for Living**

154 Broad St., New London, CT 06320

**(860) 447-0884**

[info@allianceforliving.org](mailto:info@allianceforliving.org)

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

ALLIANCE For Living provides the following services for people **living with AIDS/HIV, homelessness, and**

**substance abuse issues.**

**Medical Case Management**

This is the provision of a range of client-centered activities focused on improving the health outcomes in support of the HIV care continuum.

**Non-Medical Case Management**

**Housing**

**Treatment Adherence Program (TAP) Medical Nutrition Therapy**

**Early Intervention Services**

**HIV Testing** Alliance for Living offers free HIV testing on-site using 4th generation technology Antibody and Antigen Combination Test. Results for the test are available within 20 minutes. This test is very reliable and can detect HIV within 15 days of exposure.

**Syringe Service Program** The Syringe Service Program allows individuals to exchange used syringes for new ones. The program also allows clients to get other supplies and information/referrals as needed. Visit our Syringe Service page for hours or call 860.447.0884 x239.

**Food Pantry**

Visit our food pantry at AFL's office at 154 Broad Street, New London. Where you can select a variety of food, personal care, and household items. The Food Pantry is open every Wednesday from 10am to 12pm

**Sound Community Services**

21 Montauk Ave, New London, CT 06320

**860-439-6400**

<https://soundcommunityservices.org/>

We provide SUPPORT and SERVICES for individuals with BEHAVIORAL HEALTH and SUBSTANCE ABUSE DISORDERS. Accessing care is now easier than ever! Please see our intake process on our website to understand the steps necessary to join the Sound Community.

**Services include:**

Case Management Medication Therapy

Social Rehab Support

24/7 Residential Services

**Stonington Institute**

Locations in North Stonington and Groton

860-535-1010

<https://stoningtoninstitute.com/>

**Our Mission**

To provide superior behavioral healthcare services that: clients recommend to families and friends, physicians prefer for their clients, purchasers select for their clients, and employees are proud of.

**SCADD (Southeastern Council on Alcohol & Drug Dependence)**

Several Locations & Services

Main Address: 37 Camp Mooween Road, Lebanon, CT 06249

860.886.2495

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

Our Purpose-To accomplish its mission, SCADD will address all aspects of the treatment process. The treatment process will include cost effective Outpatient, Detox and Residential Treatment Services. No person at the acute level of care will be turned away regardless of their ability to pay, or the number of times they present themselves. SCADD is committed to keeping the community informed and involved.

**Southeastern Mental Health Authority**

401 West Thames Street, Building 301, Norwich, CT 06360

SMHA Main Phone:(860) 859-4500

24 hour Crisis Line: (860) 886-9302

DMHAS Addiction Treatment 24 hour hotline: 1-800-563-4086

<https://portal.ct.gov/DMHAS/SMHA/Agency-Files/SMHA—Homepage>

Southeastern Mental Health Authority (SMHA) is a community mental health agency operated by the State of Connecticut Department of Mental Health and Addiction Services (DMHAS). Its primary goal is to provide high quality behavioral health services to those in our community with mental health and substance use disorders who are 18 years or older and reside in New London County and its surrounding towns. Services, which include case management, outpatient behavioral health, crisis intervention, respite care, and forensic services, are recovery oriented and offered in a trauma informed and culturally sensitive manner. We support individuals to identify and achieve their own goals in recovery, fostering independence, dignity, and ability.

### **Leukemia & Lymphoma Society**

#### **Nationwide Program**

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

#### **Co-Pay Assistance Program**

provides assistance toward the cost of Private, Medicare, Medicaid, and TRICARE insurance premiums, and treatment-related co-pays and co-insurance for prescription drugs, labs, scans, tests, etc. Award levels vary by disease fund.

**Patient Aid Program** provides a one-time \$100 stipend to eligible blood cancer patients to help offset non-medical expenses.

**Susan Lang Pay-It-Forward Patient Travel Assistance Programs** provide assistance for treatment-related transportation and lodging expenses. Eligible patients receive a \$500 grant.

**Susan Lang Pre CAR T-cell Therapy Travel Assistance Program** provides assistance for treatment-related transportation and lodging expenses for patients who are being evaluated to receive CAR T-cell therapy as either standard treatment or a clinical trial. Eligible patients receive a \$2,500 grant.

**Urgent Need Programs** provide assistance for non-medical expenses including rent, mortgage, lodging, utilities, childcare, elder care, food, transportation, car repair, car insurance, phone service, and acute dental work related to treatment. Eligible patients receive a \$500 grant.

#### **Other Financial Aid**

For information about other financial aid, [click here](#).

### **National Cancer Assistance Foundation**

#### **Nationwide Program**

<https://natcaf.org/>

866-413-5789

Over the years, NATCAF has developed five different programs to support families and individuals with cancer — the Children's Cancer Dream Network, the Breast Cancer Assistance Fund, NATCAF Kids, NATCAF Children's Fund, and the National Cancer Assistance Military fund. We work tirelessly to put donations to use for those affected by cancer and their families by paying for everyday living expenses like rent, utilities, transportation, groceries, lodging while at treatment, childcare costs, and other essential living expenses.

### **Glenn Garcelon Foundation-For Patients with Brain Tumors**

#### **Nationwide Program**

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

Mission: To empower and support brain tumor patients and their families by awarding grants to help with expenses that are beyond their means. Our goal is to ease some of the financial burden that often adds to the stress of a brain tumor diagnosis and treatment. This allows patients and their caregivers to focus, with less distraction, on treatment and quality time with loved ones.

### **Multiple Sclerosis Foundation-Emergency Assistance Program**

**Nationwide program** <https://msfocus.org/Get-Help/MSF-Programs-Grants/Emergency-Assistance-Program>

MS Focus' Emergency Assistance Grant provides full or partial financial assistance for urgent needs related to rent or utilities. Our medication copay assistance is currently suspended. **Disclaimer** – MS Focus does not provide assistance with mortgage payments. Funds are limited and restrictions apply. Applicants must provide documentation of the need, authorization for the program coordinator to communicate directly with the party to whom the money is owed, and a doctor's verification of their MS diagnosis. Please note: this is a one-time-use program. Individuals who have previously received help with rent, utilities, or medications through this program may not apply again. To learn more, call our National Toll-Free Helpline at 888-MS Focus (**888-673-6287**), email [support@msfocus.org](mailto:support@msfocus.org), or start your application now.

### **Myositis Patient Financial Assistance Program**

**Nationwide program**

<http://understandingmyositis.org>

Learn more about and [download the application and help guide](#) for the MSU Myositis Patient Financial Assistance program. NOTE: This is NOT a copay assistance program.

**This program is for members.** If you have not yet created your [free MSU membership](#), please do so prior to applying.

We understand living with a rare disease like [Myositis](#) is expensive and the need for financial assistance is real. Since 2017, we have helped hundreds of people with Myositis in these categories: mobility/assistive equipment, medical bills – not a copay assistance program – and emergency household expenses.

### **United Healthcare Children's Fund**

**Nationwide program**

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

The mission of UHCCF is to provide medical grants to enhance the quality of life of children across the United States. Purpose: The United Healthcare Children's Foundation (UHCCF) offers timely financial support to families so they can focus on what is most important – enhancing the quality of life of their child. UHCCF grants help with medical expenses not covered, or not fully covered, by a family's commercial health insurance.

### **CareNet-Pregnancy Resource Center**

**492 Montauk Ave., New London**

**860-448-2990**

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

If you're in need of pregnancy or sexual health services and information, you deserve to sort through your decisions and your results in a safe, non-judgmental environment. We give each of our clients the care and attention they need, empowering you to make an informed decision for yourself and your future.

## **HOUSING SUPPORT/ASSISTANCE**

### **Housing Resource Center**

727 Bank Street, New London, CT 06320

**860-501-9900** [ResourceDesk@NLHHC.org](mailto:ResourceDesk@NLHHC.org)

At the Housing Resource Center, we work with both renters and homeowners individually to identify why they are at risk of losing their housing, what resources they can access to help, identify and implement a plan for the immediate crisis, and plan for the prevention of future housing instability.

Our Housing Counseling Agency program includes one-on-one Counseling – including household budgeting, financial fitness education, and fair housing information



**H.O.P.E Inc.**

187 Williams Street, New London CT 06320

(860) 447 0812

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

HOPE is a non-profit corporation dedicated to developing affordable housing for low and moderate-income individuals and families in New London.

**Affordable Connectivity Program****Nationwide program**

<https://www.affordableconnectivity.gov/>

The Affordable Connectivity Program (ACP) is a U.S. government program run by the [Federal Communications Commission \(FCC\) program](#) to help low-income households pay for internet service and connected devices like a laptop or tablet. You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch. See if your household is [eligible](#).

**C.O.R.E (Children of Restaurant Employees)****Nationwide program**

<https://coregives.org/>

Founded in 2004 by beverage executives who recognized a need to help employees with children who worked in food and beverage service operations at times of health crises and natural disaster. They discussed that children were impacted the most when an unexpected medical crisis, injury or death occurred and created CORE. Since the early days, the organization has grown to help food and beverage service employees with children in all 50 states, D.C., and Puerto Rico.

CORE provides support in the form of a financial grant when an employee, spouse or child faces a medical crisis, injury, death, or natural disaster. An average grant is \$2,400 and may cover rent/mortgage, utilities, prescription/ medical equipment costs, funds for basic necessities, childcare, expenses related to a funeral and more. CORE serves as a resource and benefit for operators across the country. Additionally, CORE provides employee engagement opportunities, partnership opportunities and resources for all organizations.

**Navy-Marine Corp Relief Society****Nationwide Program**

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

**(800)-654-8364**

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

**Helping Hands for Freedom****Nationwide Program**

<https://www.helpinghandsforfreedom.org>

This program provides **emergency** financial assistance to Active Military, Veterans, Wounded Veteran and Gold Star families. This is based on needs that arise from financial hardships faced when a service member is wounded, facing multiple deployments, killed in action or suffering from injuries received in the line of duty. We also assist Gold Star families who have lost a loved one to the war or post war suicide resulting from complications from PTSD and/or other injuries. **Our charter requires there is at least one child 18 or under currently in the home to be eligible for assistance.** These payments can include **lease, mortgage,**

**insurance, car payments, utility bills, and some travel expenses.** These payments **do not** include money for groceries, gas or direct cash paid to the service member or family.

## INFANT CARE & SERVICES

### **The Diaper Bank-CT**

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

370 State Street, Suite B North Haven, CT 06473

**Phone:** 203-934-7009

**Fax:** 203-287-1899

**Email:** [info@thediaperbank.org](mailto:info@thediaperbank.org)

**The Diaper Bank is Part of a National Network**—We work to raise awareness that too many in our community lack access to basic needs that are essential throughout individuals' lifespans. Our work helps ensure families have enough diapers for their infants and toddlers, individuals have access to period supplies, and youths and adults in need can access incontinence products. No one should have to worry about affording these basic needs.

### **New London Youth Affairs-Diaper Bank**

Contact: Ami at **860-440-6648** Email: [atalento@newlondonct.org](mailto:atalento@newlondonct.org)

to get signed up for diapers.

### **The Cloth Option**

#### **Nationwide Program**

<https://www.theclothoption.org/apply>

The Cloth Option's free cloth diaper distribution program is available to qualifying families who complete our (the TCO) application online or in person. Our program is available within the United States, U.S. Territories, and to U.S. Military families stationed abroad. We help families who are experiencing diaper need to switch to reusable diapers, by providing an initial supply of cloth diapers.

### **Free Formula Exchange**

<https://freeformula.exchange feedback@formulaexchange.com>

The Free Formula Exchange is a **nationwide** mutual aid network connecting families who need baby formula to people who have formula to donate. This online tool is free to use.

### **Packages of Hope— Lily's Hope Foundation**

[Info@LilysHopeFoundation.org](mailto:Info@LilysHopeFoundation.org)

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

The Lily's Hope Foundation supports babies, children and their families with unexpected and urgent needs due to premature birth.

#### **This program provides:**

Hospital Package of Hope

Sibling Package of Hope

Transition Home Package of Hope

Baby supplies

Diapers

**The Hospital Package of Hope** is for those families with their preemie currently in the NICU, containing vital and basic items for the immediate use to allow them to focus on their little one while in the NICU. Example of contents include blankets, hand sanitizer, coffee, snacks, cleaning wipes, disposable plates, cups, and utensils.

**The Transition Home Package of Hope** is for those families transitioning home with their preemie and

have been home for no more than 1 month helping families feel prepared for their little one when they come home from the NICU.

## LEGAL SERVICES

### Juvenile Review Board

New London Community & Campus Coalition —

Case Manager

**959-239-188** Gail Palladino [gpalladino@newlondonct.org](mailto:gpalladino@newlondonct.org)

New London Police Department — Youth Services

**860.447.5278** [info@ci.new-london.ct.us](mailto:info@ci.new-london.ct.us)

The Juvenile Review Board is a community-based diversion program. Community-based diversion is the act of diverting juveniles from the Juvenile Justice System and connecting them with local services and agencies appropriate to meet their needs. Referrals will be accepted from the New London Police Department and New London School System for Families with special needs (FWSN)

### CT Legal Aid

125 Eugene O'Neill Drive, 1st Floor, New London, CT 06320

**860-447-0323** <https://ctlegal.org/>

We focus our work on a broad range of civil legal issues including —housing, family, public benefits, elder, children, and immigration. Our advocates work hard to ensure that we are addressing the most pressing legal needs of our clients and are ready to respond to any new issues that may arise within the most vulnerable populations in our community.

## TEMPORARY HOUSING/SHELTERS

### New London Homeless Hospitality Center

**Please contact 211** (Infoline) for a referral before calling the center. Program Offices & Shelter

325 Huntington St.

New London, CT 06320 <https://www.nlhhc.org>

### Covenant Shelter

42 Jay Street, New London, CT

**860-443-0537**

**Please contact 211** (Infoline) for a referral before calling the center.

[director@covenantshelternl.org](mailto:director@covenantshelternl.org)

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

Provides emergency shelter with the goal of obtaining permanent stable housing for our guests.

### Always Home

119 High Street, Mystic, CT 06355

**Phone: (860) 245-0222**

**Email:** [home@alwayshome.org](mailto:home@alwayshome.org)

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

**Please contact 211** (Infoline) for a referral before calling the center.

Our goal is to keep families housed and to help parents create lasting stability for their children. We focus exclusively on serving Eastern Connecticut families with minor children and work to keep them in their own housing and out of emergency shelter, so that children never have to experience the trauma of being homeless.

**Noank Community Support Services**

479 Gold Star Highway Suite A, Groton, CT 06340

**860-333-1623**

<https://noankcss.org/>

**Eligibility** Requirements: We are only able to accept referrals from the CT Department of Children and Families. If you are between the ages of 18-24 and have been in the custody of DCF, please call us at 860-333-1623 for more info.

**Thames River Community Services**

1 Thames River Place, Norwich

860-887-3288

<http://trfp.org>

Thames River Community Service, Inc., located in Norwich, Connecticut, provides a safe environment and housing for families and individuals experiencing homelessness. Through support services, they pursue goals for self-sufficiency and greater control over their lives. This is accomplished by promoting family and individual wellness, empowering and developing achievable plans for successful independent living, pursuing significant employment, acquiring life skills, and learning to maintain stability.

## TOWN/CITY RESOURCES

### **Groton Food Locker**

2 Fort Hill Road, Groton; Monday-Friday

8:30 a.m.-4:30 p.m.; **860-441-6760**

The Groton Food Locker, located at Groton Human Services is here for any Groton resident in need of food. Food is available by appointment only and we have a no-contact, safe drive-up location set up for easy pickup. During the Covid-19 crisis, food is available to **any Groton resident once per month**, no income guidelines. Please call us today for an **appointment** and please share this information with anyone you feel may need some help during this time.

### **Groton Social Services**

Office hours are Monday – Friday, 8:30 am – 4:30 pm. Please call **860-441-6760** for an appointment.

Groton Social Services offers support in the form of direct assistance, case management, advocacy, crisis intervention and information/referral services to individuals and families who need temporary assistance with housing, food and other basic necessities. All services are available free of charge to individuals and families who meet eligibility criteria. All persons requesting assistance of any type meet with a Social Worker, who determines eligibility for programs offered by the Town. The Social worker will also make referrals to other programs/services as necessary to provide advocacy and case management.

**Services include:** Assistance to Seniors

Housing Assistance,

Food Assistance,

Energy Assistance

Financial Assistance,

Outreach Programs,

Pets, Veterans

### **Groton Youth and Family Services**

Please call **860-441-6760** for an appointment.

Groton Youth & Family Services (GYFS) provides intervention and prevention services for at-risk children and youth. All services are free of charge.

**Intervention Services include:**

Short Term Counseling

Preliminary screening for depression, suicide, sexual/physical abuse, ADD/ADHD Information and Referral Counseling appointments are offered Monday – Friday, 8:30 am – 4:30 pm, with extended hours available upon request, based upon client need and staff availability. GYFS offices are family-friendly and are located on the bus route.

Prevention Services are collaborative activities that are school and community based. Services include programs offered at town and school facilities on a variety of topics geared toward children and youth. Programs can be individualized for specific venues or audiences.

**Groton Family Support Center**

The GFSC location is family-friendly and located on the bus route. The GFSC is open weekdays, 8:30 am - 4:30 pm, for walk-ins and by appointment. **860-441-6760**

The Groton Family Support Center (GFSC) offers parents, caregivers, and children the opportunity to come together for a mix of friendship, counseling, and support services. Families of all types are encouraged to achieve and maintain healthy, positive relationships.

**Services include:** One to One Parent Education, Counseling, Case Management, Support Groups, Information and Referral, Home Visits, Parent Education

All services are provided free of charge and, as with all Department offices, confidentiality is respected. Parent education classes are open to anyone in New London County and counseling and other activities are open to Groton residents on a first come, first served basis.

**Norwich Human Services**

100 Broadway, Room 12, Norwich, CT

(860) 823-3778                      Hours: Monday – Friday 8:30 am – 4:30 pm

Open by appointment only        <https://www.norwichct.org/212/Human-Services>

Our mission is to provide immediate services to residents in crisis and to develop and administer services that help people become self-sufficient and reach their maximum potential.

[Adult and Family Services](#)

[Rose City Senior Center](#)

[Youth and Family Services](#)

[Recreation Department](#)

**Waterford Youth & Family Services**

200 Boston Post Rd., Waterford, CT

(860) 444-5848

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

## About the Author

Lisa Beth Darling, at 59 years old, resides in her hometown of New London, CT, alongside her husband of 39 years, Roy. Proud mother of two daughters and grandmother to three, she draws inspiration from renowned authors such as Stephen King, Mary Higgins Clark, Harold Robbins, Jacqueline Susann, and V.C. Andrews, whose early works significantly shaped her writing journey.

She is a fervent gardener, eagerly tending to her blooms whenever the temperamental New England weather permits, and delights in crafting exquisite tinctures, luscious honey, rich butter, and a myriad of herbal treasures. The art of creating enchanting candles and sumptuous bathing luxuries fuels her passion, as she strives to uplift and inspire the spirit with every handcrafted piece.

## How You Can Help

I would love to keep expanding, updating, and broadening this list so if you have any places to add that serve New London County please [contact me](#) so I can add them. Thank you

Visit [www.lisabethdarling.com](http://www.lisabethdarling.com)

## Books by Lisa Beth Darling

### Fiction:

#### OF WAR Series

The Heart of War  
Child of War-A God Is Born  
Christmas Eve on Olympus  
Child of War-Rising Son  
Women of War  
Kingdoms of War

#### Sister Christian Series

Genesis  
Sins of the Father  
Mysterious Ways  
Prodigal Son

#### The Doc Series

On A Hot Summer Night  
Cold November Rain  
Regret Me Not

#### Standalone Novels/Stories

Dream Weaver  
OBSESSION  
The First Sin (South of Eden)

### Non-Fiction:

The Shame of Eminent Domain-Fort Trumbull  
A Window to Magickal Herbalism