

Food Resources in Groton

FREE COMMUNITY BREAKFASTS

ARE OFFERED AT

Christ United Methodist Church
200 Hazelnut Hill Rd.
Groton, CT

(Just up the hill from Pequot Outpatient Treatment Ctr.)

FOURTH SATURDAY EACH MONTH
9:00 - 10:30AM

United Way Mobile Food Pantry

Two GROTON Sites:

Groton Human Services
2 Fort Hill Road

2ND WEDS EACH MONTH
10-11AM

St. John's Christian Church

346 Shennecossett Road

4TH FRIDAY EACH MONTH
10-11AM

FREE PROGRAM

PLEASE BRING YOUR PHOTO ID & YOUR OWN BAGS

Groton Food Locker

Located at Groton Human Services

If you are out of food and are experiencing a food emergency, please contact Groton Human Services.

860-441-6760



FREE MONDAY DINNERS

GROTON SENIOR CTR.

102 Newtown Rd/Rte.117

Meal time: 6-7PM

EVERYONE WELCOME!

Meals are NOT served on Federal (Monday) holidays or on Mondays that Groton Public Schools are closed due to bad weather.

ATTENTION SENIORS!

Rides to meals are available via Sr. Ctr. Van - Call 860-441-6785 — \$2 round trip

SNAP

Connecticut's Supplemental Nutrition Assistance Program*

YOU MAY APPLY FOR SNAP* AT GROTON HUMAN SERVICES

A SNAP Outreach Advocate is available, *by appointment.*

Please call 860-441-6760

*SNAP ~ formerly known as FOOD STAMPS
snap4ct.org

FREE SATURDAY LUNCHES*

Groton Congregational Church, 162 Monument St.
Noon-1:00PM

*PLEASE CALL 860-445-7409

FOR SCHEDULE

MYSTIC AREA ECUMENICAL COUNCIL CARE AND SHARE PROGRAM

Eligible persons may receive help with **FOOD and GASOLINE** via vouchers and gift cards to local businesses. Contact an MAEC representative at 860-445-6126 OR call Groton Human Services at 860-441-6760.

Vouchers are dispensed at Groton Human Services

WIC PROGRAM

AT GROTON HUMAN SERVICES

THURSDAYS*

8:30AM-4:00PM

BY APPOINTMENT ONLY

WIC Clinics are held at the Human Services Bldg., 2 Fort Hill Road, Groton
CALL 860-444-0006 or 860-425-6620

**Except any fifth Thursdays or in December, when all WIC clients are seen at the New London WIC office, 86 Huntington St., New London, CT*

Sponsored by TVCCA, Inc.

HOLIDAY FOOD DISTRIBUTIONS AT GROTON HUMAN SERVICES

Thanksgiving Distribution: Nov 22

December Holiday Distribution: Dec 20

9:00 AM - 4:00 PM

SIGN-UPS FOR BOTH DISTRIBUTIONS WILL BE HELD:

OCTOBER 28 - NOVEMBER 27

INCOME ELIGIBILITY SAME AS WIC AND SNAP
REGISTRATIONS ARE LIMITED TO FIRST 500 HOUSEHOLDS THAT APPLY.

ANYONE RECEIVING HOLIDAY FOOD AND/OR TOYS MUST BE PRE-REGISTERED, MEET INCOME GUIDELINES AND PROVIDE:

- ⇒ Proof of HOUSEHOLD income
- ⇒ Proof of GROTON residency
- ⇒ CURRENT PHOTO ID
- ⇒ LAST 4 WEEKS OF PAY STUBS FOR ALL WAGE EARNERS IN THE HOUSEHOLD (OR PROOF OF BENEFITS RECEIVED.)
- ⇒ A CURRENT PIECE OF MAIL, (CABLE TV, ELECTRIC OR UTILITY BILL,) ADDRESSED TO THE APPLICANT AT HIS/HER GROTON ADDRESS.
- ⇒ SPECIFY THE SCHOOLS YOUR CHILDREN ATTEND, IF YOU ARE APPLYING FOR TOYS FOR YOUR CHILDREN.

NOTE: GROTON HUMAN SERVICES APPLICANTS MUST NOT BE REGISTERED FOR FOOD/TOYS WITH OTHER AGENCIES.

Meals-on-Wheels

Nutritious meals delivered to eligible home-bound persons, age 60+. **Contact TVCCA:**

860-934-1006, 860-886-1720

GROTON PET FOOD LOCKER

FREE FOOD AND TREATS FOR DOGS AND CATS

All food is donated ~ Limited quantities are available for eligible Groton pet owners. Located at Groton Human Services.

FREE BREAD AND PASTRIES

Donations from BJ's and Panera arrive on Tuesday and Friday mornings at Groton Human Services



2 Fort Hill Road
Groton, CT 06340

TELEPHONE: 860-441-6760

FAX: 860-441-6766

<http://www.groton-ct.gov/depts/humansvcs/>

OFFICE HOURS: Monday-Friday

8:30AM-4:30PM

Veterans' Resources

PETS FOR VETS

Non-profit group matches dogs or cats to veterans as companion animals
petsforvets.com



Our goal is to help heal the emotional wounds of military Veterans by pairing them with a shelter dog that is specially selected to match his or her personality. Professional animal trainers rehabilitate the dogs and teach them good manners to fit into the Veteran's lifestyle. Training can also include desensitization to wheel chairs or crutches as well as recognizing panic or anxiety disorder behaviors. Shelter dogs receive a second chance at life while giving our returning soldiers a second chance at health and happiness.

PROJECT HOME New London Homeless Hospitality Center

A program focused on quickly moving homeless veterans into permanent housing

www.nlhc.org/vets 860-439-1573



Groton Offers Assistance to Veterans

Connecticut law (PA 13-34) requires that all CT Cities and Towns have a local Veterans' Advisory Committee, a Veterans' Service Officer or a Veterans' Service Contact Person. In Groton, the Veteran's Service Contact Person is Marge Fondulas, Director of Human Services. The Human Services Department has expanded its resource information for veterans and has established links to regional, State and Federal resources for veterans. **AT GROTON HUMAN SERVICES, VETERANS MAY ACCESS STATE OR FEDERAL WEBSITES FOR INFORMATION, APPLICATION FORMS, ETC.** Veterans in need of emergency food or utility and/or rent assistance are screened for eligibility by department social workers and assisted in accordance with established program criteria.

For additional information, please call 860-441-6760

PROPERTY TAX EXEMPTIONS FOR VETERANS

CT law provides for a **\$1500 assessment exemption** for veterans who are honorably discharged after actively serving at least 90 days during a period of conflict.

An original or certified copy of your honorable discharge (DD214) must be filed in Groton Land Records prior to October 1. Veterans who maintain a VA disability rating of at least 10% are entitled to an increased exemption, depending upon the disability rating and income level. **Applications must be filed every two years with the Assessor's Office between Feb. 1 and Oct. 1. Proof of income for the previous calendar year is required.**

For more info, contact the Groton Assessor at 860-441-6660.

NORWICH VET CENTER

2 CLIFF ST, NORWICH, CT

FREE INFORMATION, COUNSELING AND OTHER RESOURCES FOR

VETERANS WHO SERVED OUR NATION IN COMBAT ZONES

Mon-Thurs. 8AM-8PM, Fri. 8AM-5PM **860-887-1755**

Veterans' families and significant others are also eligible to receive counseling related to the resolution of readjustment difficulties of the veteran.

EMERGENCY ASSISTANCE GRANTS

CT Soldiers' Sailors' & Marines' Fund	Military Family Relief Fund
800-491-4941	860-524-4968



2 Fort Hill Road Groton, CT 06340	TELEPHONE: 860-441-6760 FAX: 860-441-6766	OFFICE HOURS: M-F 8:30 - 4:30
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<http://www.groton-ct.gov/depts/humansvcs>

Veterans' Coffeehouses Offer Companionship & Info

TVCCA's Retired Senior Volunteer Program (RSVP) oversees

coffeehouses located in Groton, Norwich, Pawcatuck, Mystic and New London

The coffeehouses offer veterans the opportunity to visit with friends, share information, listen to speakers and offer advice and support to each other. A representative from U.S. Congressman Joe Courtney's office often attends the meetings and offers updates on matters of interest to veterans; Courtney's representative also takes info back to the Congressman regarding concerns expressed by the veterans.

SOUTHEASTERN CT VETERANS' COFFEEHOUSES:

GROTON: 9-11AM, 3rd Friday each month at **Groton Human Services**, 2 Fort Hill Road, Groton

NORWICH: 9-11AM, Wednesdays at **United Congregational Church**, 87 Broadway, Norwich

PAWCATUCK: 9-11AM on the 2nd and 4th Thursdays at **Pawcatuck Neighborhood Ctr.**, 27 Chase Street, Pawcatuck

MYSTIC: 9-11AM, 1st and 3rd Thursdays, Masonicare Mystic, 45 Clara Drive, Mystic, CT

NEW LONDON: 9-11am, 1st Friday each month, New London Senior Citizens Ctr, 120 Broad Street, New London.

For more information, contact Marvin Serruto, Vets' Coffeehouse Coordinator, 860-425-6615, mserruto@tvcca.org

LEGAL ASSISTANCE

CT TRIAL LAWYERS/VA APPEAL SPECIALISTS

860-522-4345

www.cttriallawyers.org

Veterans' Info Line: 1-866-9CT-VETS

Resources for Children & Families

***GROTON FAMILY SUPPORT CENTER

***NURTURING FAMILIES

GROTON FAMILY SUPPORT CENTER and L&M HOSPITAL have teamed up to offer a support group for first-time parents to help deal with the challenges of parenthood and the development of their baby. The program engages and supports parents before their first child is born through home visits, group-based parent education, information and other support. The group meets at Groton Human Services conference room on the first Friday of every month from 9-Noon.

***MOTHERS' CRAFT AND FRIENDSHIP GROUP

- ◆ FREE group, sponsored by Groton Family Support Center
- ◆ Meets every Tuesday during the school year
- ◆ Located at Groton Human Services, 2 Fort Hill Road, Groton, CT 06340 ~ Group meets in the Conference Room
- ◆ Time: 9:30-11:00 A.M.
- ◆ Enjoy crafts, conversation and good company!
- ◆ Young children are welcome, when accompanying their participating parents or caregivers
- ◆ Light refreshments provided

***PLEASE NOTE: All groups are on hold until Sept. Please call for info: [860-441-6760](tel:860-441-6760)

***GRANDPARENTS RAISING GRANDCHILDREN

Parenting the second time around may involve serious challenges and unexpected joys. Groton Family Support Center offers a free support group for Grandparents Raising Grandchildren that meets the first Thursday of each month at Groton Public Library, 6:30-8PM. More info on page 4.

PARENTING SUPPORT AND GUIDANCE

The Groton Family Support Center provides support and guidance to parents and guardians of children ages 0-18 years. Parenting is more difficult now than ever before, as children are impacted by the Internet and all kinds of electronic games and devices. Parents are continually competing with these devices and trying to monitor the many influences impacting their children. The Family Support Center services are free and help parents and guardians find ways to understand and communicate with their children in our web-based world.

BOOK NOOKS FOR KIDS!

FREE, gently-used books are available at Groton Human Services, 2 Fort Hill Rd., Groton Monday-Friday, 8:30am-4:30pm

We are now partnering with READ TO GROW!



READ TO GROW

building literacy from birth

53 School Ground Road, Branford, CT 06405 • 203.488.6800 • readtogrow@readtogrow.org
www.readtogrow.org

"Drawing Wisdom From Kids"

Our 2020 calendar contains drawings from Groton Third Graders and honors Groton Human Services' annual

Child Abuse Prevention Initiative

Join us as we celebrate children and help keep them safe! Stop by Human Services for a free copy of the calendar!

REMEMBER YOUR FLU SHOT!

FLU SEASON CAN STRETCH INTO SPRING

Flu shots are recommended for those with asthma, cancer, diabetes, heart disease, HIV/AIDS, those 65 and older, pregnant women, children younger than 5 and especially those younger than 2 yrs. Contact your regular doctor OR Ledge Light Health District at [860-448-4882](tel:860-448-4882) for info re. flu shot clinics in southeastern CT.

"FAMILY FORUM" on GMTV-2 SPONSORED BY GROTON HUMAN SERVICES

Topics of interest to Groton residents are featured. TUNE IN & LEARN!!

Short Term Counseling for Groton Youth Provided Free of Charge

Groton youth ranging in age from 5-18 years are able to receive free counseling services via Groton Youth and Family Services. The short term (3 month) counseling is provided by department counselors who meet with the youth individually in private settings either at the department building or at local schools. Weekly counseling sessions usually last approximately one hour and are geared to the needs and age of each youth. All cases accepted for counseling are first reviewed by a clinical team to assess the presenting problem and determine if the department's short term counseling model will work best for a given youth. Recommendations for counseling come from various sources including parents/legal guardians, schools, police, courts and the medical community. Parents or legal guardians are required to initiate counseling by completing an intake and are contacted for additional information. Counseling sessions are confidential. However, the counselors are required to follow State-mandated guidelines to report safety issues. At the conclusion of 3 months of counseling, a youth's case is closed; in cases where a need for longer term counseling is indicated, the youth's family is given suggestions for counselors in the local area. A Groton youth who has received counseling from the department always has the option to return in the future; a new intake will be necessary to confirm age eligibility and that the presenting issues are appropriate for short term counseling.

Groton Juvenile Review Board Offers Community-Based Diversions for First-Time Youth Offenders

- ⇒ FREE service for Groton families
- ⇒ BENEFITS YOUTH AGE 18 AND UNDER CHARGED WITH FIRST-TIME, MISDEMEANOR INFRACTIONS OR VIOLATIONS OF LOCAL/MUNICIPAL ORDINANCES
- ⇒ Provides a community-based alternative to Juvenile Court
- ⇒ JRB referrals come from local police and school officials
- ⇒ REFERRED YOUTH MUST ADMIT FULL RESPONSIBILITY FOR HIS/HER ACTIONS THAT RESULTED IN CHARGES
- ⇒ Groton Human Services receives and processes all JRB referrals. Department Counselors act as JRB Case Managers.
- ⇒ JRB meets with each referred youth and requires diversions that must be successfully completed before a JRB case is closed.

Annual Back-to-School Backpack Program Helps Groton Students

Groton Human Services provides free backpacks and school supplies for eligible Groton school children. Children residing in local households receiving any form of ST assistance, including SNAP/Food Stamps, TANF/TFA, SAGA, CEAP/Energy Assistance, WIC, SSI and/or Medicaid or HUSKY coverage are eligible to receive a free backpack and school supplies. Families receiving other forms of assistance directly through Groton Human Services are also eligible. Please call 860-441-6760 for additional information.



2 Fort Hill Road
Groton, CT
06340

TELEPHONE:
860-441-6760

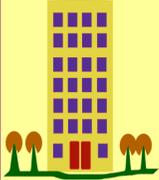
FAX:
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Resources for Seniors, Disabled Persons and Others

PROGRAMS OFFERED ANNUALLY AT GROTON HUMAN SERVICES:



Tax Relief Program for Elderly and Totally Disabled Renters

Totally Disabled Renters

Starting in May, social workers in the Human Services Dept take applications by appointment only for Groton residents who wish to participate in the State-sponsored Tax Relief Program for Elderly and Totally Disabled Renters, (aka "Renters' Rebate.") The social workers make scheduled visits to all senior/disabled housing complexes in Groton and also take applications at the Human Services Building for renters living in mobile homes and other local rental properties. Information regarding eligibility and program dates is posted on the Town and HS Dept. web pages and on GMTV-2.

THE PROGRAM IS ADMINISTERED AT THE STATE LEVEL BY THE OFFICE OF POLICY AND MANAGEMENT (OPM), WHICH ISSUES THE REBATE CHECKS DIRECTLY TO RESIDENTS.

- ◆ The 2020 program will be available to local residents who are 65 yrs or older as of 12/31/19 **OR** residents age 18 or older who have been determined to be totally and permanently disabled by the Social Security Administration as of 12/31/19.
- ◆ Program applicants must have paid rent in CT for a partial or full calendar year in 2019.
- ◆ The income limit for single individuals is \$35,200; for married couples, \$42,900.
- ◆ Rebates range from a maximum of \$700 for single individuals to \$900 for married couples.



Farmers' Market Coupon Booklets

Each year in early summer, Groton Human Services receives approximately 300 Farmers' Market coupon books, valued at eighteen dollars (\$18) each, from the **CT Dept. of Agriculture Senior Farmers' Market Nutrition Program**. The coupon books, which are made available to eligible State residents, each contain six (6) three dollar (\$3) vouchers, which are redeemable at over 100 participating CT Farmers' Markets operating seasonally from June through October throughout the state. One coupon book, per person, is available per season to individuals meeting State Dept of Agriculture eligibility criteria:

- Recipients must be at least 60 years old, OR, if under 60 yrs of age, permanently disabled and living in subsidized senior and disabled housing.
- Maximum household income cannot exceed 185% of the Federal Poverty Guidelines: \$22,311 for single individuals and \$30,044 for married couples.
- Proof of current income and a photo ID are required.

Groton Human Services has a list of all CT Farmers' Markets, most of which remain open from May through October.



CT Energy Assistance Program (CEAP)

APPLICATIONS TAKEN BY APPOINTMENT ONLY STARTING IN SEPTEMBER

Social Workers at Groton Human Services take CEAP applications in conjunction with TVCCA, Inc. CEAP officially begins funding qualified recipients' fuel deliveries in mid-Nov. but applications are taken starting in Sept. at Groton Human Services.

Homeowners and renters may apply. Applicants **MUST** provide the following documentation:

- Social Security numbers and birth dates for **ALL** household members
- Proof of income and assets for **ALL** household members age 18 and over for the 4 weeks prior to their application date.
- Current, active utility bill listed in the name of the applicant
- Current copy of lease, mortgage statement, Section 8 letter or a rent receipt with all identifying landlord information.
- Current statements for all savings, checking accts., bonds, stocks/shares, certificates of deposit, annuities and IRA accounts.

Housing Lists Available

Groton Human Services has up-to-date lists of subsidized units for Seniors, Disabled Persons, Low & Moderate Income Families.

Groton Public Library's Homebound Delivery Service

FREE program is available to Groton residents with disabilities or medical conditions which prevent them from visiting the Groton Public Library. Deliveries are made weekly, bi-weekly or monthly. You may request any item from the Library's collection – Books, audiobooks, movies, magazines, music, etc.

Call for info: 860-441-6750



LOW-COST DENTAL SERVICES

COMMUNITY HEALTH CENTER
1 Shaw's Cove, New London
860-447-8304

OR
UCFS HEALTH CENTER

47 Town Street,
Norwich, CT
860-892-7042, ext. 1111

OR
CT DENTAL HEALTH PARTNERSHIP

If you have HUSKY or Medicaid and need to locate a dentist near you, call the Dental Health Partnership at 1-866-420-2924

Grandparents Raising Grandchildren Support Group

SPONSORED BY THE GROTON FAMILY SUPPORT CENTER

Meets the first Thursday of every month at Groton Public Library, 6:30-8:00PM. Guest speakers and special activities! Refreshments & child care provided.

NOTE: THIS GROUP IS ON HOLD UNTIL SEPTEMBER 2019.
860-441-6760



2 Fort Hill Road
Groton, CT 06340

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FAX:
860-441-6766

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