

Family Resource Guide

This guide provides Connecticut families with links to housing, childcare, health, legal, education, and general support services. All links have been verified as active as of May 2025.

◆ Family and Special Education Resources

CT State Department of Education – Family Resources

Comprehensive information for family engagement in education and school success.

 <https://portal.ct.gov/sde/services/families-and-community/family-resources>




Special Education – Resources for Families

Guidance on IEPs, dispute resolution, procedural safeguards, and understanding rights under IDEA.

 <https://portal.ct.gov/sde/services/special-education/resources-for-families>




Housing & Shelter

- **Emergency Shelter/Assistance and Homeowner Support:**
United Way 2-1-1: https://www.211ct.org/topic_pages/housing or dial 211
Domestic Violence Hotline: 888-774-2900 (Safe Connect, 24/7)
 - **Section 8 Housing Assistance:**
<https://portal.ct.gov/doh/doh/additional-program-pages/section-8-and-rap-rfp> | 
860-270-8262
 - **HUD Rental Assistance:**
<https://www.hud.gov/states/connecticut/renting> |  860-240-4800
 - **USDA Rural Rental Housing:**
<https://rdmfhrentals.sc.egov.usda.gov> |  800-292-8293
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Energy & Utilities

- **LIHEAP (Low-Income Energy Help):**
https://www.acf.hhs.gov/ocs/map/liheap-map-state-and-territory-contact-listing#CT_5213 |  866-674-6327

- **Connecticut Energy Assistance (CEAP):**
<https://portal.ct.gov/heatinghelp/connecticut-energy-assistance-program-ceap> | 📞 860-424-5900
 - **Eversource Discount Rate:**
<https://www.eversource.com/content/residential/account-billing/payment-assistance/discount-rate> | 📞 800-286-2828
 - **Operation Fuel:**
<https://operationfuel.org/> | 📞 860-243-2345
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Employment & Career Training

- **American Job Centers:**
Job search, training, and resume help.
<https://portal.ct.gov/dol/divisions/american-job-centers> | 📞 860-263-6000
 - **CareerConnect (Free Job Training):**
<https://portal.ct.gov/careerconnect>
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Child Care and Early Childhood Resources

- **Care4Kids:**
Subsidized child care for eligible families.
<https://www.ctcare4kids.com/> | 📞 888-214-5437
 - **CT Birth to Three System**
<https://www.birth23.org> | 📞 1-800-505-7000.
 - **CREC Head Start**
<https://www.crec.org/head-start/>
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Health & Insurance

- **HUSKY Health (Medicaid/CHIP):**
<https://portal.ct.gov/husky/how-to-qualify> | 📞 855-626-6632
 - **Access Health CT (Marketplace Plans):**
<https://www.accesshealthct.com/> | 📞 855-805-4325
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Food Assistance

- **SNAP (Food Stamps):**
<https://portal.ct.gov/snap> | 📞 855-626-6632
 - **Food Resources – 211:**
<https://uwc.211ct.org/categorysearch/food/> | 📞 211
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Legal Help

- **CTLawHelp.org:**
Free legal advice for low-income residents.
<https://ctlawhelp.org/en/home> | 📞 860-344-0380
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General Financial & Social Services

- **Office of the Governor – Affordable CT:**
<https://portal.ct.gov/affordablect> | 📞 860-566-4840
 - **State Assistance Programs (TFA, SAGA, State Supplement):**
<https://portal.ct.gov/dss/economic-security/economic-security---financial-assistance/eligibility> | 📞 855-626-6632
 - **Local Social Services (CLASS):**
Find your local social services department.
<https://www.class-ct.org/about/list-of-members/>
 - **United Way 2-1-1 (General Directory):**
<https://www.211ct.org/> | 📞 211
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