



MASHANTUCKET PEQUOT TRIBAL GOVERNMENT

TRIBAL RESOURCE GUIDE

The MPTN Resource Guide is to provide an all-in-one guide for the Mashantucket Pequot Tribal Nation with available resources internally and externally. Tribal Government Department services provided to Tribal Members and contact information. The document will be updated on a quarterly basis by the Tribal Manager's Office. We have done our best to include all information from our service and operations of the MPTN as well as external resources*.

August 2024 (updated on a quarterly basis)

* Information may be subject to change.

CONTENTS

KEY CONTACTS	4
MEMBER SERVICES: AT A GLANCE	6
TRIBAL MEMBER PROGRAMS.....	9
Family Support Program (FSP) – monthly cash benefit program	9
Elders Title 35 – Non-taxable or taxable	10
Disability Title 36 – debit card and cash benefit program	10
Minors Program – cash benefit program	11
Housing – multiple services & programs	11
Utilities – services program	11
Home Heating Assistance Program – tax exempt cash benefit program.....	11
Tribal Family Healthcare Plan (TFHP) – Healthcare Coverage	12
Education – multiple services and programs (tax exempt).....	12
TRIBAL MANAGER’S OFFICE	13
AGRICULTURE	13
MPTN CHILD PROTECTIVE SERVICES	14
Child Protective Services	14
MPTN CPS Foster Care Program	14
TRIBAL CLERK’S OFFICE	15
EDUCATION DEPARTMENT	16
Tuition Scholarship	16
School Choice & Placement	17
College Counseling	17
Tutoring	17
Truancy Support.....	18
Special Education	18
Behavior Intervention	18
Educational Programming.....	19
Internships.....	19
Educational Trips & Cultural Exchanges	19
Child Development Center	19
Tribal Graduation	19
Backpack Giveaway	19
FIRE DEPARTMENT, FIRE MARSHALL AND EMERGENCY MANAGEMENT	20
TRIBAL HEALTH & SOCIAL SERVICES	21
Social Services	21

Behavioral Health	22
Health Services Clinic	22
DEPARTMENT OF HOUSING	23
MASHANTUCKET PEQUOT MUSEUM AND RESEARCH CENTER	23
NATURAL RESOURCES & REGULATORY AFFAIRS	24
MPTN POST OFFICE	25
POLICE DEPARTMENT, SECURITY AND DISPATCH	26
MPTN PUBLIC WORKS	27
Community Busing	28
RECREATION DEPARTMENT	29
VOCATIONAL REHABILITATION GRANT	30
SERVICES OFF THE RESERVATION	33
Addiction Services	33
Aids Testing and Information	34
Area Family Support and Resource Centers	34
Connecticut Autism Services	36
Baby Supplies and Furniture	36
Child Care	37
Child Protective Services	37
Counseling and Bereavement Services	37
Crisis, Violence, and Hotlines	38
Elderly Services	39
Senior Citizen Centers:	40
Social Security Administration	41
Employment Services	41
Energy Assistance	41
Financial Assistance Program	42
Food, Clothing, and Basic Needs	42
Food Pantries (Call for Hours)	45
(Mobile) Food Pantries and Soup Kitchen	46
Nutrition	46
Health Services	47
Housing	49
Transportation	50
Veterans Assistance	51
Connecticut 211	52

KEY CONTACTS

Public Safety Dispatch

(860) 396-6662

Tribal Community Center – Security

2 Matts Path

Mashantucket, CT 06338

(860) 396-6269

Agriculture Department

Meechooôk Farm

27 Milltown Road

North Stonington, CT 06359

(860) 396-6778

Behavioral Health

107 Pequot Trail

Mashantucket, CT 06338

(860) 312-8031

MPTN Child Protective Services (CPS)

8 Annie George Drive

Mashantucket, CT 06338

(860) 396-2138

Tribal Clerks Office

2 Matts Path

Mashantucket, CT 06338

(860) 396-6618

Tribalclerk@mptn-nsn.gov

MPTN Disability Program

Tribal Health Services

8 Annie George Drive

Mashantucket, CT 06338

(860) 312-8012

MPTN Department of Education

2 Matt's Path

Mashantucket, CT 06338-3060

(860) 396-2107

MPTNeducationdepartment@mptn-nsn.gov

Good Medicine

Coretta Gates

(860) 396-2103

Tribal Health Services

Adult/Child Primary Care and Sick Services

75 Norwich Westerly Rd.

Ledyard, CT 06339

(860) 312-8000

MPTN Department of Housing

2 Matt's Path

Mashantucket, CT 06338

(860) 396-6146

MPTN Government Financial Programs (FSP, Elders Benefit Program, Disability Program)

Tribal Finance Department

Located at MMPRC

(860) 396-3042

FSP@mptn-nsn.gov

MPTN (Mashantucket Pequot Tribal Nation) Food Pantry

8 Annie George Drive

Mashantucket, CT 06338

(860) 312-8012

MPTN Legal

2 Matts Path
Mashantucket, CT 06338
Jody Cummings
(860) 396-2099

Parks and Recreation

2 Matts Path
Mashantucket, CT 06338
(860) 396-6233
ccreservations@mptn-nsn.gov

**PRXN (Pequot Pharmaceutical
Network) Pharmacy**

1 Annie George Drive
Mashantucket, CT 06338
(860) 396-6483

Social Services

8 Annie George Drive
Mashantucket, CT 06338
(860) 312-8034

**TMFAP (Tribal Member Financial
Assistance Program)**

Tribal Managers Office
2 Matts Path
P.O. Box 3060
Mashantucket, CT 06338
(860) 396-6238 or (860) 396-2235
tmfap@mptn-nsn.gov

MEMBER SERVICES: AT A GLANCE

Tribal Healing Tribal Members 3 weeks, Spouses 1 week (working 1 year)

Cultural Days

Health benefits: Medical, Dental, Vision, Pharmacy

- Tribal Family Healthcare Plan
- New U Program
- Tribal Health Services
- Healthy Hot Meals
- Nutritionist
- Diabetes Program

Education

- Private School, College and Certificates
- Educational Advocates and Resources
- Financial Classes
- Child Development Center
- Tutoring
- Computer allowance

Recreation

- Summer and after school program
- Community Programming
- Recreational Opportunities
 - ✓ Pool
 - ✓ Fitness Room
 - ✓ Aerobics Room
 - ✓ Baseball field, Purple Park, Calisthenics, Basketball inside and outside
 - ✓ ATV trail

Financial Resources Provided

- Family Support Program (FSP)
- Title 35 Elders Benefit Program (Taxable or Non-Taxable)
- Title 36 Disability Program
- Home Heating Energy Support Program
- Legal Assistance
- Education Tuition Assistance
- Food Pantry
- Death Benefits

Tribal Guest Services

- Birthday Room and Dinner
- Show tickets
- Tribal dinners
- Tribal Elders use of High Rollers lounge
- Tribal discounts at Tribal properties – Foxwoods, NIS, LOI, Outpost (Gas)
- Discounted room rate

Tribal Clerk Office

- Tribal Membership Enrollment
- Tribal Member Health Plan Enrollment
- Notary
- ID Cards
- Marriage Licenses
- Pet Licenses
- Land Record Archive
- Tribal Council Meeting Archive
- Burial Site Internment Records
- Tribal Council Elections

MPMRC

- Discounted classes
- Membership

Housing

- Lots available
- Rentals
- Hud 184
- Home Modification Loan Program
- Home Auctions and Lotteries

Child Protective Services

- Car seat checks/free car seats
- Mentoring Program

Tax Savings

- No state taxes if live and work on the reservation
- No property tax if living on the reservation

Miscellaneous

- Free Shuttle service
- Wood discounts
- Dumpster availability
- Lower Utility Rates
- MPGE furniture/clothing giveaways
- Trash Pick-Up - lower rates
- Mystic Aquarium – Free admission

TRIBAL MEMBER PROGRAMS

Tax Exempt – Monthly Tribal Benefit Programs

FAMILY SUPPORT PROGRAM (FSP) – MONTHLY CASH BENEFIT PROGRAM

Managed by Tribal Finance (Cyndi Hayward) CHayward@mptn-nsn.gov | (860) 396-3042

For Calendar Year 2024 Apply Online at:

<https://www.cognitofrms.com/FSATPA/2024MPTNFamilySupportProgramOptinElectionFormOnlineApplication2>

- To participate in the program Tribal Members are required to enroll annually
- The monthly direct deposit benefit is based on three age categories: (1) 18 to 24, (2) 25 to 54, and (3) 55 to 59.
- Benefits may be used only for allowable purposes to remain tax exempt. Some allowable uses have an annual cap.
- Costs of other benefit programs may be allowable and deducted from monthly benefits, contact CBarrett@mptn-nsn.gov in Tribal Finance
- The following documents are accessible on Pequot@Home and available upon request by emailing FSP@mptn-nsn.gov or call 860-396-3042

FSA TPA Direct Deposit Authorization Form – New participants or current participants who have changed their bank account will need to complete this form. You are required to provide a copy of a voided check or print screen from your online banking to validate the account. The Form should be sent to customerservice@fsatpa.com or call FSA TPA at 844-969-8777 for assistance.

2024 Family Support Program Guide – This document will provide you with details about the non-taxable benefit, how to access your benefits, and how to create your online Participant account. The Benefit Program Guide will give you the best understanding of how the Program works and what is required of you as a Participant.

Frequently Asked Questions (FAQ's) – This document provides a number of frequently asked questions and answers to assist you as you consider the non-taxable benefit program.

Benefit Successor Designation Form – This document is used to designate any one person to be eligible to utilize your Program benefits through the end of the calendar year in the event of your passing.

ELDERS TITLE 35 – NON-TAXABLE OR TAXABLE

Managed by Tribal Managers Department (DeVol Joyner) DJoyner@mptn-nsn.gov | 860-396-3171 and Tribal Finance (Cyndi Hayward) CHayward@mptn-nsn.gov | 860-396-3042

Two options are given; one selection:

- **Non-Taxable** – debit card and cash benefit program – direct deposit processed through FSATPA
- **Taxable** – cash benefit program – direct deposit processed through UKG Payroll

A change from the Non-Taxable Program to Taxable Program can only be made during the open enrollment period.

Tribal Elders *currently enrolled* in the taxable or non-taxable program no longer need to re-apply/opt-in as your current election will continue thru the next plan year.

New Participants or *currently enrolled* Tribal Elders who wish to make a change to their benefit (changing to/from taxable program or non-taxable program) will need to complete an Opt-in Election Form.

If in the Non-Taxable Program:

- Monthly benefits are split between a debit card and direct deposited funds.
- Benefits may be used only for allowable purposes to remain tax exempt.
- Some allowable expenses have an annual cap.
- Costs of other benefit programs maybe allowable and deducted from monthly benefits.

Questions in regards to Title35 email TribalEldersTitle35@mptn-nsn.gov | 860-396-3171/860-396-3042

DISABILITY TITLE 36 – DEBIT CARD AND CASH BENEFIT PROGRAM

Managed by Social Services (Jenny Felix) JFelix@mptn-nsn.gov | 860-312-8012

Annual recertification into the Program is required and if not completed can lead to suspension of benefits.

If benefits are suspended there is no Retro Pay.

Monthly benefits split between a debit card and direct deposited funds.

- Costs of other benefit programs maybe allowable and deducted from monthly benefits.

MINORS PROGRAM – CASH BENEFIT PROGRAM

- Managed by Tribal Finance (Cyndi Hayward, Randy Banker, & Tom Rogers)
- Eligibility: Enrolled Tribal Member youth who have not reached the age of majority (18) by July 1, 2023, and shall thereafter include any Tribal Member youth enrolled on or after July 1, 2023.
- Automatic Enrollment - The Mashantucket Pequot Tribal Clerk shall notify Tribal Finance of newly enrolled minors, their date of birth and date of enrollment, as they become enrolled.
- Accounts funded annually until age 18. TM must request cash benefit payout after turning 18 years old.
- One-time distributions are available once TM turns 25, but forfeited after two year.
- Questions: email CHayward@mptn-nsn.gov

HOUSING – MULTIPLE SERVICES & PROGRAMS

Managed by Housing (Juanita Montey)

- Mortgages
- Equity Loans
- Repair Loans
- Real Estate Home Ownership
- Monthly deductions from tribal benefits processed by Tribal Finance (Cheryl Barrett & Cyndi Hayward)

UTILITIES – SERVICES PROGRAM

Managed by Public Works (Keith Gove)

- Utility costs based on monthly usage of:
 - Electricity
 - Natural Gas
 - Water
 - Waste Water
- Monthly deductions from tribal benefits processed by Tribal Finance (Cheryl Barrett & Cyndi Hayward)

HOME HEATING ASSISTANCE PROGRAM – TAX EXEMPT CASH BENEFIT PROGRAM

- Managed by the Tribal Manager's office
- Provides periodic reimbursements for TMs to pay their utility costs.
- Available during limited months.

TRIBAL FAMILY HEALTHCARE PLAN (TFHP) – HEALTHCARE COVERAGE

Managed by the Tribal Clerk's office (Melissa Bland), PHC (Paula Jett), and Tribal Finance (Cyndi Hayward)

- Contract the Tribal Clerk's office to Enroll, add dependents or make a change in coverage – TribalClerk@mptn-nsn.gov | 860-396-6618
- Medical coverage costs:
 - Single coverage - \$19.88 weekly or \$86.15 monthly
 - Family coverage - \$41.48 weekly or \$179.75 monthly
- Deductions for Healthcare Coverage are made either by:
 - MPTN Payroll Deduction or;
 - Monthly Tribal Benefit Program (FSP, Elders Benefit Program, Disability Program)
- Notify/Contact Paula Jett, TM Concierge in the TPA for the following:
 - You have questions about the Plan
 - You need assistance or have recently enrolled in Medicare

Email – Pjett@prxn.com or call 475-441-8015

- Contact Cyndi Hayward should you have questions about your Healthcare Deduction.

EDUCATION – MULTIPLE SERVICES AND PROGRAMS (TAX EXEMPT)

- Managed by the Education Dept (Becky Gomez).
- Tuition repayment loans approved by the Education Department are processed by Tribal Finance (Brittany Schaefer and Cyndi Hayward).

TRIBAL MANAGER'S OFFICE

Extension	Title	Name
860-396-6289	Fax number	
860-396-3171	Executive Assistant	Joyner, DeVol
860-396-6238	Administrative Assistant III	Morse, Ginger
860-396-2235	Tribal Manager	Thomas-Kilgore, Michelle

- TMFAP Home Heating Energy Support Program and Legal Assistance
- Tribal Death Benefit
- Hot Healthy Family Meals
- Tribal Government Closures due to Inclement Weather, power outages and building repairs
- Financial Counseling: Tribal Elders, HUD 184 Program Counseling, Financial approval for lottery, rentals, house auctions, lotteries and home repair loans.
- Monthly Census Program

AGRICULTURE

Extension	Title	Name
860-396-6778	Administrative Assistant II	Charles, Gloria
860-396-6774	Consultant	Drezek, David
860-396-6770	Director of Agriculture	Turnbull, Marissa
860-396-6779	Farm Manager	Whipple, Jeremy
860-396-6773	Business Manager	Yandow, Morgan

- Bi-Weekly Fresh Produce Boxes
- Partnered with the FoodRx program
- Partnered with the Elders Council to deliver frozen meals to 17 Elders in the surrounding area.
- Partnered with UConn and 4-H to help develop a more stable environment for the produce.

MPTN CHILD PROTECTIVE SERVICES

860-396-2142	Tribal Home Visiting Director	Andersen, Tara
860-396-2143	Caseworker / Social worker	Brady, Susan
860-396-2007	C{S Director	Milardo, Jodi
860-396-2006	Administrative Assistant I	Robinson, India

CHILD PROTECTIVE SERVICES

- Investigating reports of child abuse and neglect.
- Schedule and conduct Multi-Disciplinary Team meeting.
- Attend court hearings for children in the care of CPS.
- Schedule appointments or make referrals for children and parents (individual and family therapy, parenting classes, anger management classes, domestic violence, psychological evaluations, educational evaluations, forensic sexual abuse evaluations, psychiatric evaluations, medication management, substance abuse screening and evaluations.)
- Transport children and parents to appointments.
- Provide guidance and support to parents/children working through the re-unification process with CPS or other DCF agencies.

MPTN CPS FOSTER CARE PROGRAM

- Recruit interested individuals or families to become licensed MPTN Foster parents through the MPTN Foster Care Program
- Conduct a series of home visits with potential foster families to complete a family assessment and home inspection.
- Oversee the placement of MPTN tribal children in an appropriate MPTN licensed foster home or relative placement.
- Contract with outside therapeutic foster care agencies to provide a higher level of care, with additional in-home support for the child and family.

TRIBAL CLERK'S OFFICE

Extension	Title	Name
860-396-6616	Director of Tribal Clerk	Bland, Melissa
860-396-6617	Vital Statistics Specialist	Hood, Sequoia J
860-396-6618	Deputy Tribal Clerk	Papenfoth, Suzanne

- Tribal Membership Enrollment
- Tribal Member Health Plan Enrollment
- Pequot at Home
- Notary
- ID Cards
- Marriage Licenses
- Dog and Cat Licenses
- Land Record Archive
- Tribal Council Elections
- Tribal Council Meeting Archive
- Burial Site Internment Records

EDUCATION DEPARTMENT

860-396-2204	Behavioral Intervention Specialist	Adams, Ashley
860-396-6144	Program Manager Department of Education	Carter, Honey L.
860-396-6233	Recreation Manager	Coleman, Tiesha
860-396-2108	Assistant Director of Education	DeRosa, Jill
860-396-2104	Director of Education & Recreation	Gomez, Rebecca
860-396-2107	Administrative Assistant III	Gregoire, Wequai
860-396-2117	Education Data Assistant	Gray, Cristina
860-396-2120	Special Education Advocate	Morris, Marissa
860-396-6148	Youth Services and College Advisor	Thomas, Mylasia
860-396-2300	Child Development Center	

TUITION SCHOLARSHIP

Point Person: Honey Carter

mptneducationdepartment@mptn-nsn.gov | (860) 235-8282

Enrolled Tribal Members are eligible for financial support to help them pursue their education. This program includes:

- Tuition for Early Childhood Education, K-12 Private Schools, Higher Education (College) and Certificate Programs
- A computer (limitations apply)
- Room & Board for higher education
- Private tutoring
- Homeschooling
- Uniform allowances

SCHOOL CHOICE & PLACEMENT

Enrolled Tribal Members are encouraged to seek the best possible educational opportunities by selecting the schools that best fit their needs. Tribal Members do NOT have to attend the public schools in their district and are encouraged to reach out to the Education Department for support in selecting and gaining admission to the school of their choice. Tribal Members have access to:

- Counseling about best schools for a given student
- Arrangement for tours at schools

Guidance around the application process, including how to receive financial aid

COLLEGE COUNSELING

The college application process can be daunting! The Education Department is here to support from start to finish by offering:

- Webinars and live presentations on topics such as the common application, FAFSA, college choice, etc.
- An annual College & Career Fair
- Annual college tours to New York City and Boston
- Personalized support with the application process, including:
 - Help with the college essay
 - Support choosing the right school and major
 - Guidance on the financial aid process

Regular meetings with the College Counselor while in college, as needed

TUTORING

Enrolled Tribal Members in grades K-12 have access to tutoring services to ensure academic success. Tutoring services are available in the following format:

- \$5,000 in Tuition Scholarship funds for use with a private qualified tutor or at a tutoring agency

In-house tutoring and homework help with one of the three tutors employed by the Education Department

TRUANCY SUPPORT

Students in grades K-12 must attend school regularly, according to state and federal laws. To ensure this happens, the Education Department works closely with schools and families to support strong attendance. Families with questions can reach out to the Education Department.

SPECIAL EDUCATION

Tribal students with special needs have the support of the Education Department, including the following services:

- School placement, including support determining which school can best serve a student with a learning disability
- Support at Planning & Placement Team (PPT) meetings to ensure students are receiving legally required supports
- Advocacy for families to hold schools accountable for providing supports
- Identification of additional learning supports needed
- Family support in understanding terminology associated with special education
- Early intervention for children in Pre-K and below who may qualify for special education services

Support in transitions into Kindergarten and out of high school

BEHAVIOR INTERVENTION

The Education Department supports students and families who need help navigating challenging behaviors. The Department offers the following services:

- School behavior supports through classroom observations and data collection
- Advocacy in helping students to obtain 504s, behavior plans schools are legally obligated to support
- Advocacy in ensuring schools properly implement 504 plans
- Parent and family support in creating incentive plans, routines and structures, etc.
- Behavior trainings for Education and Recreation staff, including CDC teachers
- Support of children in after-school Recreation program.
- Behavior prevention via socio-emotional education & supports.

EDUCATIONAL PROGRAMMING

Numerous programs for Tribal Members of all ages are available, including:

- Driver's Education
- Financial Literacy & Investment Games
- STEM Program with Mystic Aquarium

INTERNSHIPS

Students at various levels are eligible to participate in numerous internships that expose them to experiences that can shape their futures. These internships are advertised on the Education Department website

EDUCATIONAL TRIPS & CULTURAL EXCHANGES

High school students are able to attend numerous annual educational and cultural events through the Education Department, including but not limited to:

- Close Up
- Point Lay Alaska Trip (launching again in 2025)

CHILD DEVELOPMENT CENTER

The Bright Horizons Child Development Center reports to the MPTN Education Department. Any questions or concerns about the CDC can be brought to the attention of the Education Director.

TRIBAL GRADUATION

The MPTN Education Department is proud to celebrate students graduating from key grades and programs. Tribal Graduation takes place each June and is conducted in partnership with the Education Committee. Students are eligible for:

- Academic Completion Awards
- Awards for Academic Excellence

BACKPACK GIVEAWAY

Students in grades K-12 are eligible for a backpack stuffed with school supplies. This event takes place each August and requires pre-registration

FIRE DEPARTMENT, FIRE MARSHALL AND EMERGENCY MANAGEMENT



860-396-6635	Deputy Chief / Deputy Fire Marshal (manager)	
860-396-6651	Duty Officer	
860-312-4392	Fire Department Main Number	
860-396-6662	Fire Department Routine Dispatch Number	
860-312-4392	Foxwoods Fire Alarm / Command	
860-312-4392	Foxwoods Fire Command	
860-396-6658	Fire Chief / Fire Marshal / Emergency Manager	Chaney, Jr., Floyd L.
860-396-6602	Assistant to Fire Chief	Oosterman, Lexi
860-396-6635	Deputy Fire Chief	Saccone Jr., Anthony
860-396-6651	Captain	Steinhart, Charles
860-396-6651	Captain	Stino, Andrew

MPFD provides a service for Mashantucket reservation homeowners upon request for a Volunteer Home Inspection, which provides recommendations for improved safety and safety upgrades. (Smoke Detectors / CO Detectors)

- Wellness Checks
- Emergency Calls (Medicals, Fire Alarms, Motor Vehicle Accidents, Rescue calls, Hazardous Materials)
- Works with FEMA and DEHMS

TRIBAL HEALTH & SOCIAL SERVICES

860-312-8028	Contract Health Services Department	
860-312-8020	Health Services	
860-312-8000	Main Number	
860-312-5521	Health Information Administrator	Antoine, Roberthe
860-396-2117	Victims Specialist	Cummings, Bailey
860-312-8012	Case Manager	Felix, Jenny
860-312-8045	Medical Records Technician	Hopkins, Kamala
860-312-8013	Primary Care Provider	Johnson, Rosemary
860-312-8022	Community Health Worker	Lehoux, Tammy
860-312-8031	Behavioral Health Manager	Malo, Danielle
860-396-6054	Family Services Coordinator	Manning-Smith, Kaitlyn
860-312-8027	Medical Office Manager	Marcucio, Shari
860-312-8034	Social Services Manager	Minnis, Tanisha
860-312-8021	Primary Care Provider	Morgenthaler, Diane
860-312-8004	Medical Secretary	Newell, Kristen
860-312-8014	Director of Tribal Health Services	Reels, Shanna
860-312-8025	Administrative Assistant	Vital, Jennifer
860-316-6241	Chief Medical Officer	Vora, Dr. Setu
860-312-8033	Nurse Supervisor	Wilkinson, Jo Anne

SOCIAL SERVICES

What can Social Services help with?

- **Emergency Housing:** Need based an income-based assistance to prevent or assist with homelessness. Assistance provided 1x per 3 years. Assistance not to exceed \$3,000.
 - Assistance in the form of emergency housing = 28 day stay at a motel
 - Security Deposit assistance
 - Rent catch-up/Mortgage catch-up to prevent evictions
- **Food Pantry:** Non-perishables. Once monthly for adults
- **Family Services:** Case management and advocacy support and assistance to families with children and/or young adults under 25 years hold.

- Provide home visits to families with newborns and can provide assistance with newborn needs.
 - Assists family in managing multiple service providers and helps families who are dealing with more than one type of stress at once.
 - Organizes parent groups to assist parents in socializing and discuss various parenting topics in a non-judgmental space.
 - Assists young adults with life preparation and transition into adulthood.
- Community Health Worker Services: Assist adult members with a variety of needs such as advocacy, helping obtaining benefits such as Social Security, interacting with programs and State agencies.
 - Victim Services: Providing support to those who have experienced a violent crime such as domestic violence and abuse. Can help provide support at court hearings and navigating the legal system and provide referrals to other services as needed.
 - Title 36 Disability Program: Financial benefits and case management services for adult members that have a condition that prevents them from working permanently.
 - Other Services: Community Baby Shower
Adopt-a-Family Christmas

BEHAVIORAL HEALTH

- Individual therapy, family therapy, art therapy
- Parenting support and classes

HEALTH SERVICES CLINIC

- Nurse at CDC reviews doctors' orders, ensuring children have medical and dental home, triaging acute medical needs, and providing health education.
- Sick visits, school/sports physicals (dependent on skillset of primary care provider. Internal medicine doctor only sees adults vs. family practice who sees adults and children).
- PRC medical claim coverage- dependent on additional eligibility criteria and current level of need being funded.
- Nutritional counseling and diabetic education with dietician – all ages

DEPARTMENT OF HOUSING

860-396-2114	General Maintenance	Couture, Steven
860-396-6146	Administrative Assistant III	
860-396-6146	Director	Montey, Juanita
860-396-2266	Executive Assistant	Reels-Wyatt, Phyllis

- MPTN Silent Auction (Newly Constructed Homes)
- PHASE VII
- Home Modification / Repair Loan
- Rental Program

MASHANTUCKET PEQUOT MUSEUM AND RESEARCH CENTER

800-411-9671	Museum 800 Line	
860-396-6840	Museum Employee Sick Line	
860-396-7050	Museum Employee Weather Line	
860-396-6800	Museum Main Line	
860-396-6909	Museum Reservations	
860-396-6822	Administrative Assistant II	Brennan, Marcia
860-396-2265	Executive Director	Carter, Joshua
860-396-7077	Director of Museum Marketing	Hayward, Robert J
860-396-6819	Director of Museum Services	Jackson, Maurice

Mashantucket Pequot Museum and Research Center: www.pequotmuseum.org

The Mashantucket Pequot Museum and Research Center will strengthen Pequot Culture to honor and serve our Tribal family and friends.

Tribally owned and operated since it opened on Aug. 11, 1998, the Museum brings to life the story of the Mashantucket Pequot Tribal Nation. It serves as a major resource on the histories and cultures of Native Americans in the northeast and on the region's rich natural history.

The Museum is a 308,000-square-foot complex, consisting of permanent exhibits, the Mashantucket Gallery (a gallery for temporary exhibits), classrooms, a 320-seat auditorium, a restaurant, a museum shop and administrative offices. The Research Center houses

collections, archives, and archaeology and conservation laboratories where ongoing work from the field is evaluated and studied.

Multi-sensory dioramas and exhibits introduce visitors to the history of the Mashantucket Pequot Tribe and the natural and cultural history of the eastern woodlands. Films and videos, interactive programs, archival materials, ethnographic and archaeological collections, commissioned art, and traditional crafts by Native artisans are featured in the exhibits. The building is designed to interact with its surrounding environment while maintaining the ecological integrity of the area.

It embraces the tree line and is nestled into the landscape; two of the five levels of the facility are below ground. The 185-foot stone-and-glass tower provides visitors with sweeping views of the swamp and region. The large, circular, glass-and-steel Gathering Space serves as an arrival and event area.

MPM&R provides memberships and Discounted classes to Tribal Members

NATURAL RESOURCES & REGULATORY AFFAIRS

860-396-7550	Construction Inspector	Beaumier, Wayne
860-396-7590	Regulatory Affairs Officer	Boland, Michael
860-396-6740	Environmental Monitor	Brown, Chris
860-396-7553	Environmental Liaison	Eleazer, Rahiem
860-312-3528	TOSHA Inspector	Hettrick, Bill
860-312-3039	Environmental Health Manager	Hosseini, Maryam
860-396-7572	Building Code Official	LeConche, Glen
860-312-4795	Food Safety Inspector	Rackowski, Marian
860-312-5503	Construction Inspector	Rodriguez, Anthony
860-396-7557	Administrative Assistant	Stevens, Sue
860-396-6738	Senior Building Official	Summers, Joe

- MPTN Land Use Commission
- Building Code Enforcement

MPTN POST OFFICE

The MPTN Post Office is a full time postal facility. It serves the Mashantucket Pequot Tribe, Foxwoods and the general public.

860-396-2894	Main Number	
860-396-2894	Postal Clerk	Cornish, David
860-396-6140	Postal Supervisor	Macrino, Joe

- Window service hours are Monday through Friday from 8:00 AM until 3:30 PM.
- 24 hour access lobby for our post office boxes.
- Maintain a full supply of postal products, from postage to shipping products.
- Daily duties include, breaking down and sorting mail for the Tribe, Foxwoods, and the 3000 series box section. We forward mail that no longer goes to this post office, account for mail volumes, and provide customer service for all postal needs. We make bank deposits of daily postal transactions as well as preparing all dispatch mail. We are available for FED-EX and UPS pickup and drop off.

POLICE DEPARTMENT, SECURITY AND DISPATCH



860-396-6622	Confidential Tip Line	
860-396-6751	Criminal Information Hot line	
860-396-6662	Main Number	
860-396-6673	Administrative Assistant	Abbott, Amanda
860-396-6629	Assistant to Chief of Police	Baron, Lori
860-396-6626	Sergeant	Coriaty, Alex
860-396-6641	Sergeant	Court, Kenneth
860-396-6697	Deputy Chief of Police	DiMauro, Kristen
860-396-6656	Sergeant	Gibson, Christopher
860-396-6649	Sergeant	Jones, Scott
860-396-6654	Sergeant	Lee, Larry
860-396-7540	Supervisory Criminal Investigator	Steele, Michael
860-396-6645	Sergeant	Ushchak, Mark
860-396-6677	Lieutenant	Villiard, Michael

- Wellness Checks
- Patrol
- Emergency response

MPTN PUBLIC WORKS

860-396-6794	Construction Foreman	Allen, Roger
860-396-6525	Pool / Maintenance Technician, Building Management	Bynum, Wilson
860-312-2099	Program Manager	Gardner, Conrad (Buddy)
860-312-2502	Top Division Operations Executive	Gove, Keith
860-312-2503	G.I.S. Manager	Gove, Todd
860-396-6523	Facilities Maintenance/BMS Operator	Hall, Matt
860-396-6523	Facilities Maintenance/BMS Operator	Hopkins, Dave
860-312-2505	Project Manager/Research Analyst	McIntyre, Brandon
860-312-2506	Project Administrator	Northup, Sara
860-312-2507	Field Surveyor	Smith, Glenn
860-312-2509	Project Manager	Westgate, Michael
860-396-6793	Roads & Grounds Manager	Wheeler, Jeff
860-396-6793	Roads & Grounds Working Supervisor	Young, Merrill

- Site work for new home construction.
- Sells cord wood to the Membership
- Salt (Tribal Elders)
- Generators for power outages
- Snow plowing (Tribal Elders)
- Public Works acts as a transfer station for the Tribal Nation.
- Residential garbage service which consists of 2 trash toter and 1 recycle toter.

COMMUNITY BUSING



Runs Daily Monday thru Friday

Bus Schedule Pick-Up Times from MPTN Community to Foxwoods:

1. Spiritual Center	7:50	9:50	11:50	1:50*
2. Fanning Road	7:55	9:55	11:55	1:55*
3. Heath Spur	8:00	10:00	12:00	2:00*
4. Coachman Pike	8:05	10:05	12:05	2:05*
5. Pequot Circle	8:10	10:10	12:10	2:10*
6. Pequot Village	8:15	10:15	12:15	2:15*
7. Community Center	8:20	10:20	12:20	2:20*
8. Pharmacy	8:25	10:25	12:25	2:25*
9. Jessica Lane	8:30	10:30	12:30	2:30*
10. White Pine	8:32	10:32	12:32	2:32*
11. Museum	8:35	10:35	12:35	2:35*
12. Outpost	8:40	10:40	12:40	2:40*
13. Tribal Health Services	8:45	10:45	12:45	2:45*
14. Fox Tower	8:50	10:50	12:50	2:50*
15. Grand Pequot Tower	8:55	10:55	12:55	2:55*
16. Great Cedar Hotel	9:00	11:00	1:00	3:00*

*Last pick up at that location

Bus Schedule Pick-Up Times from Foxwoods to MPTN Community:

16. Great Cedar Hotel	9:15	1:15	3:00*	
11. Museum	9:20	1:20	3:05*	
10. White Pine	9:22	1:22	3:07*	
9. Jessica Lane	9:25	1:25	3:10*	
8. Pharmacy	9:30	1:30	3:15*	
7. Community Center	9:35	1:35	3:20*	
6. Pequot Village	9:40	1:40	3:25*	
5. Pequot Circle	9:45	1:45	3:30*	
1. Spiritual Center	9:50	11:50	1:50	3:35*
2. Fanning Road	9:55	11:55	1:55	3:40
3. Heath Spur	10:00	12:00	2:00	3:45*
4. Coachman Pike	10:05	12:05	2:05	3:50*

*Last drop off at that location

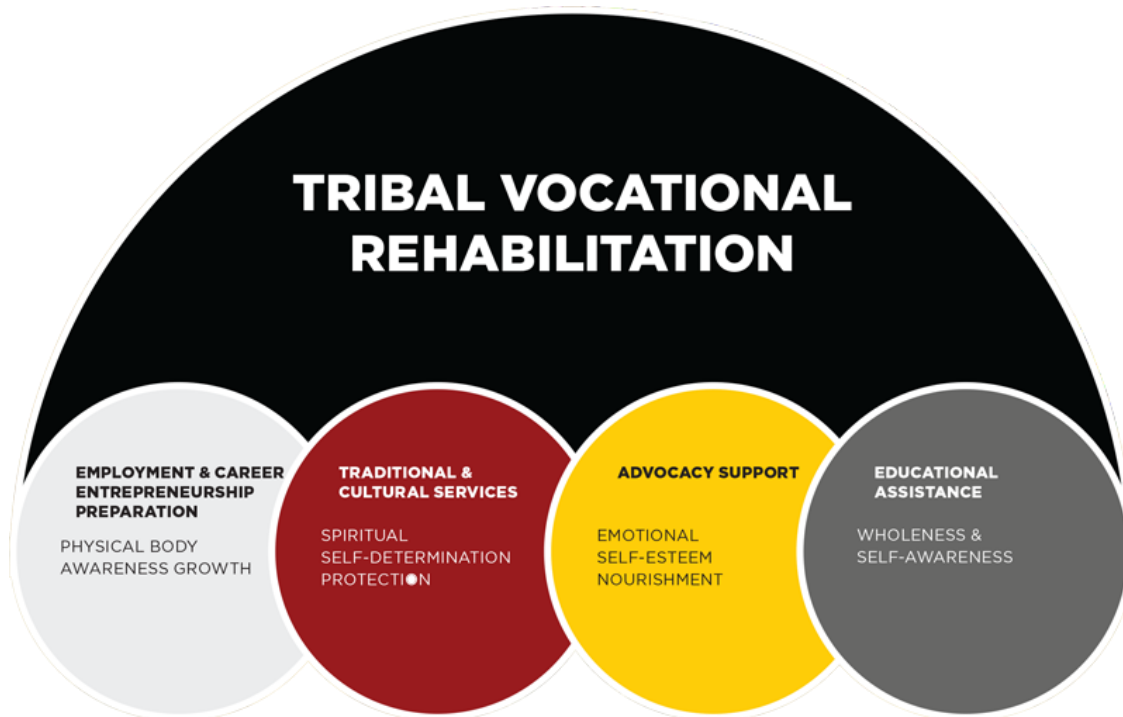
RECREATION DEPARTMENT

860-396-6233	Recreation Manager	Coleman, Tiesha
860-396-2107	Administrative Assistant III	Gregoire, Wequai

- After School Program
- Summer Recreation Program
- Summer Bash Event
- Summer hours for the pool will be 9 am – 6:30 pm (building closes at 7 M-F). Potential building hours may change.
- Full scheduled programming will start in FY 25'. Many positive recreational activities are in the planning process!
- **Outside Recreational Areas**
 - Outdoor Pool
 - Playgrounds: CDC Playground(s) and Purple Park
 - Ballfield
 - Picnic Area
 - Calisthenics
 - Basketball Court
- **Inside Recreational Areas**
 - Indoor Pool
 - Newly refinished gymnasium (**floors**) and **scoreboards**
 - Fitness Room

VOCATIONAL REHABILITATION GRANT

860-396-2106	Vocational Rehabilitation Counselor II	Allen, Mark
860-396-2334	Job Developer	Big Crow-Jenkins, Contessa
860-396-2281	Administrative Assistant	Morton, Michael
860-396-2283	MPTN VR Program Director	Rico Serrano, Nicole



IT'S NOT ABOUT DISABILITIES. **IT'S ABOUT POSSIBILITIES.**

Website: <https://tribalvr.mptn-nsn.gov/>

The Tribal Vocational Rehabilitation Program (TVRP) provides employment related services to any Native American living in Rhode Island or Connecticut, enrolled in a state or federally recognized tribe, and living with a disability. The disability must be an impediment to their ability to gain or maintain employment or progress in their field. The ultimate goal of the TVRP is to assist with finding full-time, part-time or self-employment.

All services are designed to increase an individual's employability.

Additionally, the TVRP offers a Student Transitional Services Program dedicated to assisting students with disabilities, ages 14 to 21.

- [Application for Services](#)
- [General Referral](#)
- [New Vendor Information Form](#)
- [Form W-9](#)
- [Form MPTNVR-43 Informal Hearing](#)
- [Form MPTNVR-44 Fair Hearing](#)

The MPTN Tribal Vocational Rehabilitation Service Program is collaboratively affiliated with or has networking contact with many federal, state and local rehabilitative and health organizations and agencies, including:

- [Strengthening Financial Avenues in Native American Communities](#)
- [State of CT Office of Protection and Advocacy for Persons with Disabilities](#)
- [Consortia of Administrators for Native American Rehabilitation \(CANAR\)](#)
- [State of Rhode Island Office of Rehabilitative Services \(RI-ORS\)](#)
- [State of Connecticut Bureau of Rehabilitative Services \(CT-BRS\)](#)
- [State of CT Bureau of Education & Services for the Blind \(BESB\)](#)
- [New England Assistive Technology Marketplace \(NEAT\)](#)
- [United South & Eastern Tribes, Inc. \(USET\)](#)
- [Mashantucket Pequot Museum MPTN Pequot Museum & Research Center](#)
- [Rhode Island Disability Law Center Inc](#)
- [American Job Center, Eastern CT](#)
 - [Workshop available through American Job Center](#)
- [Rhode Island Dept. of Labor and Training](#)
- [Thames Valley Council for Community Action \(TVCCA\)](#)
- [Eastern CT Transportation Consortium, Inc.](#)
- [U.S. Small Business Administration, CT](#)
 - [SCORE](#)

- FranNet CT/RI
- CT Economic Resource Center
- Rhode Island Indian Council (RIC)
- Connecticut Indian Council (RIC)
- Eastern Connecticut Transportation Consortium (ECTC)
- Connecticut Chamber of Commerce

SERVICES OFF THE RESERVATION

ADDICTION SERVICES

AA (Alcoholics Anonymous)

(866) 783-7712

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

AI-Anon/A1-A-Teen

(888) 425-2666

<https://ai-anon.org/newcomers/teen-corner-alateen/>

Care Plus

860-449-9947

<https://natchaug.org/locations/care-plus>

The Connection

(860) 448-4993

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

DMHAS (Department of Mental Health and Addiction Services) Problem Gambling Services

(888) 789-7777 (24 hours)

<https://portal.ct.gov/dmhas/programs-and-services/problem-gambling/pgs---home-page>

Natchaug Hospital

(860) 456-1311

<https://hhcbehavioralhealth.org/locations/natchaug-hospital>

Narcotics Anonymous

(860) 812-4305

<https://ctna.org/>

SCADD (Southern Council on Alcohol and Drug Addiction)

(860) 447-1717

[SCADD | The Southeastern Council on Alcoholism and Drug Dependence, Inc.](#)

Stonington Institute (Detox)

(860) 832-1022

[Home | Behavioral Healthcare Services | StoningtonInstitute.com](#)

AIDS TESTING AND INFORMATION

Aids Hotline

(860) 232-4636

[Contact Us | HIV.gov](#)

Alliance for Living

154 Broad St. New London

(860) 447-0884

[About | Allianceforliving](#)

Backus Hospital

326 Washington St. Norwich

(860) 823-6343

[Home | backushospital.org | Backus Hospital | CT](#)

AREA FAMILY SUPPORT AND RESOURCE CENTERS

Adult Education

191 Hickory St. Norwich

(860) 823-4299

[Home - Norwich Adult Education \(norwichpublicschools.org\)](#)

Adult Education

3 Slaves Cove New London

(860) 437-2385

[Adult & Continuing Education Programs New London, CT \(newlondonadulthood.org\)](#)

Birth to Three

401 West Thames St. Norwich

(800) 595-7000

[Birth23.org – Connecticut Birth to Three System](#)

Catholic Charities

New London (860) 443-5328

[Working to Reduce Poverty in America - Catholic Charities USA](#)

Catholic Charities
Norwich (860) 889-8346
[Catholic Charities | Diocese of Norwich \(ccfsn.org\)](http://ccfsn.org)

Child Support Enforcement
99 Main St. Norwich
(860) 823-3325 or (860) 886-2694
[Child Support Enforcement - CT Judicial Branch](#)

Connecticut Children's Medical Center
282 Washington St. Hartford
(860) 545-9000
[Connecticut Children's | Pediatric Health System Serving CT, NY and MA \(connecticutchildrens.org\)](http://connecticutchildrens.org)

Family Caregiver Support Program
(800) 994-9422
[National Family Caregiver Support Program \(ct.gov\)](http://ct.gov)

Groton Youth and Family Services
45 Fort Hill Rd Groton
(860) 441-6760
[Youth and Family Services \(groton-ct.gov\)](http://groton-ct.gov)

Ledyard Social Services
741 Colonel Ledyard Hwy Ledyard
(860) 464-3248
[Social Services | Ledyard, CT - Official Website \(ledyardct.org\)](http://ledyardct.org)

- [Back to school backpacks](#)
- [Emergency heating assistance](#)
- [Emergency shelter assistance](#)
- [Ledyard Food Pantry](#)
- [Holiday food and gift assistance](#)
- [Parks and Recreation scholarships](#)

Madonna Place
240 Main St Norwich
(860) 866-6600
[Madonna Place | Strengthening Families Since 1987](#)

Norwich Family Resources Center
(860) 823-4286
[Family Resource Center - Norwich Public Schools](#)

CONNECTICUT AUTISM SERVICES

Autism Services and Resources Connecticut (ASRC)
203-265-7717
www.ct-arsc.org

Charlotte Hungerford Hospital Center for Youth and Families
The Connections Program for Children with ASD
860-489-3391
www.charlottehungerford.org

Child Development Infoline (CDI)
800-505-7000
[Child Development Infoline – United Way – ASRC \(ct-arsc.org\)](#)

Connecticut Family Support Network (CTFSN)
877-376-2329
www.ctfsn.org

BABY SUPPLIES AND FURNITURE

Catholic Charities
331 E Main St Norwich
(860) 889-8346
[Help Paying Rent | Rent Assistance Programs](#)

Madonna Place
240 Main St Norwich
(860) 886-6600
[Madonna Place | Strengthening Families Since 1987](#)

St. Luke's Furniture Bank (By referral only)
1830 Rte 12 Gales Ferry
(860) 464-6513
[How It Works | Furniture Bank](#)

UCFS (United Community and Family Services) Helping Hands
34 E. Town St Norwich
(860) 889-2648

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

Women, Infants, and Children (WIC)
401 West Thames St Norwich (860) 889-2648
83 Huntington St New London (860) 425-6620

[Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\) | Food and Nutrition Service \(usda.gov\)](#)

CHILD CARE

Infoline 211
Provides information on local licensed childcare providers

Care4Kids
Provides financial assistance to supplement the cost of daycare
(88) 214- KIDS (5437)
www.ctcare4kids.com

TVCCA (Thames Valley Council for Community Action) Head-Start
401 West Thames St Norwich
(860) 889-1365
[Head Start - Thames Valley Council for Community Action, Inc \(tvcca.org\)](http://tvcca.org)

CHILD PROTECTIVE SERVICES

CT Department of Children and Families (DCF)
(860) 886-2641
[Connecticut Department of Children and Families](#)

Rhode Island Dept. Of Children, Youth and Families
Hotline (401) 528-3502
[Welcome | RI Department of Children, Youth & Families](#)

COUNSELING AND BEREAVEMENT SERVICES

Backus Hospital
Counseling Center
(860) 823-6321
[Mental and Behavioral Health | Backus Hospital | CT](#)

Catholic Charities

331E Main Sr Norwich (860) 889-8346

28 Huntington St. New London

860 443-5328

[Working to Reduce Poverty in America - Catholic Charities USA](#)

Child and Family Agency

7 Vauxhall St New London

(860) 442-2797

[Child and Family Agency – We're here for every chapter](#)

Center for Hospital Care

227 Dunham St Norwich

(860) 848-5699

[Home | hartfordhealthcareathome.org | Hartford HealthCare at Home | CT](#)

Norwich Youth and Family Services

80 Broadway Norwich

(860) 823-3782

[Youth, Family, & Recreation Division | Norwich, CT - Official Website \(norwichct.org\)](#)

Post-Partum Support International

(800) 944-4773

[Contact Us | Postpartum Support International \(PSI\)](#)

CRISIS, VIOLENCE, AND HOTLINES

988 Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

<https://988lifeline.org>

Child Abuse Hotline

(800) 842-2288

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

Domestic Violence Hotline

(888) 774-2900

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

SMHA Mobile Outreach
Norwich (860) 886-9302
<https://mentalhealth.networkofcare.org/>

Sexual Assault Crisis Center of Eastern CT
(860) 456-2789
<http://www.saccecc.org/>

Safe Future of SE CT (Domestic Violence)
16 Jay St New London (860) 447-0366
<https://safefuturesct.org/>

USA National Suicide Hotlines

1-800-SUICIDE

1-800-784-2433

1-800-273-TALK1-800-273-8255

[I'm Alive Chat](#)

[Lifeline Chat](#)

[More National 800# Hotlines](#)

ELDERLY SERVICES

AARP (American Association of Retired Persons)
(866) 295-7279 www.aarp.org/ct

Eastern Connecticut Area Agency on Aging
Senior Resources Agency on Aging
Tel: (860) 887-3561
Fax: (860) 886-4736
19 Ohio Avenue, Norwich CT 06360
[Home - Senior Resources \(seniorresourcesec.org\)](http://seniorresourcesec.org)
Alzheimer's Association
(860) 887-3593
www.alz.org

CT Home Care Program for Elders
(800) 445-5394
[CT Home Care Program for Elders \(CHCPE\) | MyPlaceCT](#)

CT Statewide Respite Care Program (Alzheimer's/Dementia)

(860) 445-5394

<https://info.careforth.com/ct>

CCCI (Community Care Inc.)

(866) 845-2224

[CT Community Care | Caring from Every Perspective](#)

Compassion and Choices

(800) 247-7421

[Compassion & Choices | End-of-Life Resources \(compassionandchoices.org\)](#)

Meals on Wheels

(860) 934-1006

[TVCCA Meals on Wheels - Senior Centers \(seniorcenterct.org\)](#)

SENIOR CITIZEN CENTERS:

Senior Centers of Eastern Connecticut

<https://seniorcenterct.org/>

Groton Thrive 55 and older

(860) 441-6785

<https://www.groton-ct.gov/departments/parksrec/seniors/index.php>

Ledyard Senior Citizen Center

(860) 464-0471

<https://www.groton-ct.gov/departments/parksrec/seniors/index.php>

Norwich: Rose City Senior Center

(860) 889-5960

<https://www.norwichct.org/225/Rose-City-Senior-Center>

Preston

(860) 889-0770

<https://www.preston-ct.org/211/Senior-Center>

SOCIAL SECURITY ADMINISTRATION

Social Security Administration

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

New London
(866) 643-3401

Norwich
(888) 482-3170

EMPLOYMENT SERVICES

American Job Center (Previously CT Works)

(860) 848-5200

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

CT Bureau of Rehab Services

(860) 848-5200

https://portal.ct.gov/rehabilitationservices?language=en_US

OIC (Opportunities Industrialization Center)

106 Truman St New London

(860) 447-1731

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

ENERGY ASSISTANCE

CT Energy Assistance Program

800) 842-1132

[Connecticut Energy Assistance Program \(CEAP\) - Heating Help in CT](#)

NUSTART

Helps pay down your CL&P bill

(800) 286-2828

TVCCA (Thames Valley Council for Community Action)

(860) 425-6681

[TVCCA Cares. - Thames Valley Council for Community Action, Inc](#)

Winter Protection Program
CL&P (800) 286-2828
Yankee GAs (800) 438-2278

[Winter Protection Plan in Connecticut | Eversource](#)

FINANCIAL ASSISTANCE PROGRAM

State of Connecticut Department of Social Services
401 West Thames St Norwich
(860) 823-5000
[DSSHome \(ct.gov\)](#)

FOOD, CLOTHING, AND BASIC NEEDS

Catholic Charities
331E Main St Norwich (860) 889-8346
28 Huntington St New London (860) 443-5328
[Working to Reduce Poverty in America - Catholic Charities USA](#)

Goodwill Industries
201 Salem Tpke
(860) 204-0018
[Goodwill of Southern New England - Enhancing employment, educational, social and recreational opportunities for people with disabilities and other challenges \(goodwillsne.org\)](#)

Groton Social Services
2 Fort Hill Rd Groton
(860) 441-6762
[Goodwill of Southern New England - Enhancing employment, educational, social and recreational opportunities for people with disabilities and other challenges \(goodwillsne.org\)](#)

Jewish Federation
28 Channing Rd New London
(860) 442-8062
<https://www.jfec.com/>

New Life Christian Church
1729 Center Groton Rd Ledyard
(860) 464-9098

Saint Marks

19 Chelsea Court Norwich

(860) 887-6826

[HOME | St. Mark Lutheran Church \(norwichlutherans.org\)](http://norwichlutherans.org)

Salvation Army

11 Governor Winthrop Blvd New London

(860) 443-6409

[Salvation Army New London Corps'](#)

262 Main St Norwich

(860) 889 2329

[Salvation Army Norwich Service Unit](#)

Saint Patrick's Church

213 Broadway Norwich

(860) 889-8441

[St. Patrick School Norwich \(st-patrickschoolnorwich.org\)](http://st-patrickschoolnorwich.org)

TVCCA (Thames Valley Council for Community Action)

401 West Thames St. Norwich

(860) 889-1365

[TVCCA Cares. - Thames Valley Council for Community Action, Inc](#)

UCFS (United Community and Family Services)

47 Town St. Norwich

(860) 889-2648 ext. 382

[United Community & Family Services, Non-profit Community Health Center \(ucfs.org\)](http://ucfs.org)

Ledyard Clothing Exchange is a ministry of Gallup Hill Baptist Church, which provides a connection for giving and receiving clothing donated by our community residents. The store, where families can come and browse through the gently used, spot free clothing, is located inside GHBC at 79 Gallup Hill Rd. The store is open on Saturdays by appointment only. If you need to schedule an appointment, please contact one of the admin team. [Their contact information](#) (Facebook). Facebook page to see Saturday's hours as they are subject to change weekly! Families may come and shop for each child and may select up to 5 outfits per child per season. A photo ID is required for each visit.

LCE Seasons:

Summer: April – July | Fall: August – November | Winter: December - March

FOOD PANTRIES (CALL FOR HOURS)

Town of Ledyard Youth and Social Services
741 Colonel Ledyard Highway Ledyard
(860) 464-3254

[FAQs • Youth & Social Services \(ledyardct.org\)](http://ledyardct.org)

New Life Christian Fellowship Church
1729 Center Groton Rd Ledyard
(860) 464-9098

[New Life Christian Fellowship | Main \(newlifegcsc.org\)](http://newlifegcsc.org)

Preston City Congregational Church
321 Route 164 Preston
(860) 887-6452

[Preston City Congregational Church - Home](#)

Healing Hearts
285 Laurel Hill Rd Norwich
(860) 303-0442

[Brian's Healing Hearts | Dedicated to Healing Grieving Adults \(brianshealinghearts.org\)](http://brianshealinghearts.org)

Salvation Army
262 Main St Norwich
(860) 889-2329

[Salvation Army Southern New England Division](#)

Catholic Charities
331 Main St Norwich
(860) 889-8346

[Catholic Charities | Diocese of Norwich \(ccfsn.org\)](http://ccfsn.org)

Saint Vincent de Paul Place
120 Cliff St Norwich
(860) 889-7374

[Home | SVDPP Norwich](#)

(MOBILE) FOOD PANTRIES AND SOUP KITCHEN

Mobile Food Pantry

Call for information and food pantry locations as they change often

(860) 444-8050 or 211

[Gemma E. Moran United Way/Labor Food Center | United Way of Southeastern Connecticut \(uwsect.org\)](http://www.uwsect.org)

New London Community Meal Center

12 Montauk Ave New London

(860) 444-7745

[Dine - New London Community Meal Center](#)

Saint Vincent de Paul Place

120 Cliff St Norwich (860) 889-7374

[Home | SVDPP Norwich](#)

NUTRITION

WIC (Women, Infants, and Children)

New London (860) 444-0006

Norwich (860) 425-6562

<https://www.tvcca.org/food-nutrition/wic-program/>

SNAP (Formerly Food Stamps)

401 West Town St Norwich

(860) 823-5000

[Supplemental Nutrition Assistance Program \(SNAP\) | Food and Nutrition Service \(usda.gov\)](http://www.usda.gov)

Meals on Wheels

New London County

(860) 886-1720

[New London Archives - Meals on Wheels NH](#)

HEALTH SERVICES

Access Health CT
(855) 4325 or (860) 757-5300
www.accesshealthct.com

American Cancer Society
283 West Town St Norwich
(860) 887-2547
[Find Support Programs and Services in Your Area | American Cancer Society](#)

CARENET Pregnancy Resources Center
32 Huntington St New London
(860) 448-2990
Medicare
Age 65 and up or disabled
(800) 633-4277
www.medicare.gov

Community Health Center
481 Gold Star Highway Groton (860) 446-8858
1 Shaw's Cove New London (860) 447-8304
[Home \(chc1.com\)](http://chc1.com)

Eastern Ct Walk-in Primary
531 W Main St Norwich
(860) 823-0030
[The William W. Backus Hospital \(Main Campus\) | backushospital.org | Backus Hospital | CT](#)

Generation Family Health Care
339 Washington St Norwich
(860) 885-1308
[Welcome - Generations Family Health Center \(genhealth.org\)](#)

North Stonington Medical Walk-in Center
82 Norwich Westerly Rd Suite 3 North Stonington
(860) 599-2469
[Hps://northstoningtonmedicalcenter.com](http://northstoningtonmedicalcenter.com)

UCFS (United Community and Family Services)

47 Town St Norwich

(860) 892-7042

[United Community & Family Services, Non-profit Community Health Center \(ucfs.org\)](http://ucfs.org)

VNA (Visiting Nurses Association)

(860) 456-7288

[VNASC](http://vnasc.org)

Norwich Human Services

80 Broadway Norwich

(860) 823-3778

[Human Services | Norwich, CT - Official Website \(norwichct.org\)](http://norwichct.org)

- [Adult and Family Services](#)
- [Rose City Senior Center](#)
- [Youth, Family, & Recreation Services](#)

Norwich Youth and Family Services

80 Broadway Norwich

(860) 823-3782

[Youth, Family, & Recreation Division | Norwich, CT - Official Website \(norwichct.org\)](http://norwichct.org)

Planned Parenthood

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

45 Franklin St. New London (860) 443-5820

12 Case St. Norwich (860) 889-5211

State of Connecticut Department of Social Services

401 West Thames St Norwich

860 823-5000

[DSSHome \(ct.gov\)](http://dss.ct.gov)

TVCCA (Thames Valley Council for Community Action)

401 West Main St

(860) 889-1365

HOUSING

Unified Shelter Intake 211

Serves:

Covenant Shelter of New London

[Covenant Shelter | Home \(covenantshelterofnewlondon.org\)](#)

Homeless Hospitality Center and Shelter

[Homeless Hospitality Center – New London, CT \(nlhhc.org\)](#)

MASH (Mystic Area Shelter and Hospitality)

[History and Mission | always-home | Eastern CT \(alwayshome.org\)](#)

Safe Futures

[Safe Futures \(safefuturesct.org\)](#)

Groton Housing Authority

2 Governor's Circle Groton- E/D

(860) 445-1596

[Groton Housing Authority | Groton, CT – Town of Groton \(gha-ct.org\)](#)

New London Housing Authority

78 Walden Ave New London

(860) 443-2851

[Housing Authority \(newlondonct.org\)](#)

Norwich Housing Authority

10 Westwood Park Norwich

(860) 887-1605

[Housing Authority | Norwich, CT - Official Website \(norwichct.org\)](#)

Preston Housing Authority E/D

11 Lincoln Park Rd Ext. Preston

(860) 887-4865

[Housing Authority | Preston, CT \(preston-ct.org\)](#)

Stonington Housing Authority E/D
45 Sisk Drive Pawcatuck
(860) 599-2600
[Apartments - Stonington Housing Authority](#)

TRANSPORTATION

Lyft
www.lyft.com to download app

Uber
www.uber.com to download app

SEAT (Southeast Area Transit)
(860) 886-2631

ECTC: MOBILITY PROGRAM

Due to the identified lack of transportation coordination, and understanding of transportation services, here in Eastern CT. The ECTC Inc, receives funds from the Federal Transit Administration to help address these issues. Assist senior citizens and people with disabilities navigate transportation options to stay connected to their community whether it be attending a family function, shopping, getting to a medical appointment or work. Transportation is the link to these services which allows a person to remain independent. ECTC's Mobility Program works toward maximizing resources of services such as public transit, senior transportation, volunteers, non-profits and taxi services.

- * meeting the consumer's needs
- * providing information on local & regional transportation options
- * identifying transit barriers throughout the eastern region
- * looking for ways to create partnerships to address service gaps

If you need help navigating the various transit services in eastern Connecticut or would like to discuss transit barriers, call Mobility staff at (860) 848-5914 or contact us by email at ectcmobility@ectcinc.com. Accessible transportation benefits our personal lives as most of our daily activities take place outside our homes.

The Mobility Management Programs listed below are also funded by the Federal Transit Administration and work together along with the CT Department of Transportation to show you your transportation options and to identify gaps and barriers.

Contact: Barbara Currier, Eastern CT Regional Mobility Manager

Telephone: (860)848-5914

E-mail: ectcmobility@ectcinc.com

TOWNS SERVED: Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, Eastford, Franklin, Griswold, Groton, Hampton, Killingly, Lebanon, Ledyard, Lisbon, East Lyme, Lyme, Mansfield, Montville, New London, North Stonington, Norwich, Old Lyme, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Willington, Windham, Woodstock

NEW- [Getting Around Eastern Connecticut Guide](#)

VETERANS ASSISTANCE

Soldier's, Sailor's and Marine's Fund

100 Broadway Norwich

(860) 886-8557

[The American Legion Soldiers, Sailors and Marines Fund \(alctssmf.org\)](http://alctssmf.org)

Veteran's Association Health Care

West Haven/Newington

(203) 933-5711

[VA Health Care | Veterans Affairs](#)

Veteran's Readjustment Center

Norwich Veteran's Center

(860) 877-1755

[Vet Centers \(Readjustment Counseling\) Home \(va.gov\)](#)

Veteran's Service Officer

Norwich (860) 887-9162

[Office of Advocacy and Assistance--Contact](#)

CONNECTICUT 211

When you're looking for:

Food

Shelter

Childcare

Crisis Intervention

Literacy Classes

Parenting Program

Senior Services

Support Groups

Disability Services

Drug/Alcohol Programs

Energy Assistance

Legal Assistance

Tax Assistance

Transportation

Veteran's Services

United Way 211 Can Help. Whether by phone or online, 211 will connect you to a health and human services for everyday needs and in times of crisis