

Pawcatuck Neighborhood Center 860-599-3285

**SENIOR CENTERS, CONT'D**

Town of Preston 860-889-0070

Town of Sprague 860-822-3000

Town of Waterford 860-444-5839

**SOUP KITCHENS**

Care and Share Soup Kitchen (Groton) 860-446-1616

Central Baptist Church (Norwich) 860-889-8313

Interfaith Community Luncheon (Norwich) 860-887-6826

New London Community Meal Center 860-444-7745

Pawcatuck Neighborhood Center 860-599-3285

St. Vincent de Paul Place (Norwich) 860-889-7374

Salvation Army Norwich Center 860-889-2329

Shoreline Soup Kitchens (East Lyme) 860-739-5066

**SUPPORTED EMPLOYMENT**

Community Enterprises (Gales Ferry) 860-464-7221

Reliance House (Norwich) 860-887-6536

Sound Community Services (New London) 860-439-6489

Southeastern Mental Health Authority  
Norwich 860-859-4500

***Our Mission:***

*To promote the recovery of people with severe and persistent mental illnesses by evaluating existing and proposed state funded mental health programs and services under state mandate (CGS 17a 463-464) and by educating the public about mental health and illness.*

***CONTACT US:***

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**The Eastern  
Regional Mental  
Health Board, Inc.**

**THE CITIZEN'S VOICE IN MENTAL HEALTH POLICY**

## Getting Help in Southeastern Connecticut

### Basic Needs Assistance & Non-Clinical Mental Health Services

Bozrah, Colchester, East Lyme,  
Franklin, Griswold, Groton, Ledyard,  
Lisbon, Montville, New London,  
North Stonington, Norwich, Preston,  
Salem, Sprague, Stonington,  
Voluntown, Waterford,

**ARE YOU HOMELESS,  
OR AT RISK OF BECOMING HOMELESS?**

**To get help**, dial "211"; then dial "3", then dial "1". You **must follow these steps** in order to reach the Coordinated Access Network for Housing.

**AREA AGENCY ON AGING/ELDER ADVOCACY (EASTERN CT)**

Senior Resources—Agency on Aging 800-690-6998  
Consumer Law Project for Elders 800-296-1467

**BENEFITS (STATEWIDE)**

Care for Kids 888-214-5437  
Medicare 800-MEDICARE  
Social Security Administration 877-619-2851  
U.S. Dept. of Veteran's Affairs 800-827-1000  
Food Stamps (SNAP) 800-473-8909

**CLOTHING/PERSONAL GROOMING SUPPLIES**

Alliance for Living (New London) 860-447-0334  
Bethsaida Community (Norwich) 860-886-0622  
Madonna Place (Norwich) 860-886-6600  
Martin House (Norwich) 860-889-6150  
New London Community Meal Center 860-444-7745  
City of Norwich Hygiene Bank 860-823-3753  
Reliance House (Norwich) 860-887-6536  
Safe Futures (New London) 860-701-6000  
TVCCA (Norwich) 860-425-6542

**DOMESTIC VIOLENCE CENTERS**

Safe Futures (New London) 860-701-6000

**FOOD PANTRIES**

Adventist Community Services (Waterford) 860-442-7259  
Bozrah Food Pantries 860-889-2689  
Care and Share of East Lyme 860-739-8502  
Catholic Charities  
New London 860-443-5328  
Norwich 860-889-8346  
Central Baptist Church (Norwich) 860-889-8313  
Centro de la Comunidad (New London) 860-442-4463  
Colchester Social Services 860-537-7235  
Groton Social Services 860-441-6760

**FOOD PANTRIES, CONT'D**

Jewish Federation Senior and Community Services  
New London 860-442-8062  
Ledyard Social Services 860-464-8466  
Montville Social Services 860-848-8820  
New Life Christian Fellowship Church (Ledyard) 860-464-9098  
New London Area Food Pantry (New London) 860-443-6680  
New London Senior Center 860-447-5232  
Niantic Community Church 860-739-6208  
Outreach for the Unreached (Gales Ferry) 860-464-6222  
Pawcatuck Neighborhood Center 860-599-3285  
Preston Congregational Church 860-887-4647  
Saint Mary's Church Food Pantry (Jewett City) 860-376-2044  
Saint Vincent de Paul Place (Norwich) 860-889-7374  
Salvation Army  
New London 860-443-6409  
Norwich 860-889-2329  
Sprague Senior Center 860-822-3000  
TVCCA (New London) 860-425-6607  
Waterford Food Pantry 860-442-0553

**FORMULA/BABY FOOD**

Catholic Charities  
New London 860-443-5328  
Norwich 860-889-8346  
Madonna Place 860-886-6600  
Pawcatuck Neighborhood Center 860-599-3285

**HOMELESS DROP-IN CENTERS**

New London Hospitality Center 860-439-1573  
St. Vincent de Paul Place 860-889-7374

**HOMELESS SHELTERS**

Covenant Shelter, New London 860-443-0537  
New London Hospitality Center 860-439-1573  
Norwich No-Freeze Shelter 860-823-3778  
TVCCA (Norwich) 860-425-6574

**HOUSING AUTHORITIES**

Town of Colchester 860-537-5251  
Town of Griswold 860-376-4516  
Town of Groton 860-445-1596  
Town of Ledyard 860-464-7365

**HOUSING AUTHORITIES, CONT'D**

Town of Montville 860-848-1739  
City of New London 860-443-2851  
City of Norwich 860-887-1605  
Town of Preston 860-887-4865  
Town of Sprague 860-822-1512  
Town of Stonington 860-599-2600

**INDIVIDUAL SERVICE PROBLEMS (STATEWIDE)**

DMHAS Client Rights 860-418-6933  
Office of Healthcare Advocate 860-331-2499  
Office of Protection & Advocacy 800-842-7303  
CT Department of Public Health 860-509-7407

**JOB CLUBS**

Disabilities Network of Eastern CT (Norwich) 860-237-4515

**LEGAL ADVICE & REPRESENTATION (STATEWIDE)**

Connecticut Legal Rights Project 860-262-5030  
Statewide Legal Services 860-344-8096

**MENTAL HEALTH ADVOCACY**

Eastern Regional Mental Health Board (Eastern CT)  
Norwich 860-886-0030

**PSYCHOSOCIAL CLUBHOUSES/RECREATION**

Artreach/Second Step Players 860-887-0014  
The Friends Program (SMHA/Norwich) 860-859-4500  
Oasis (Sound Community Services/New London) 860-439-6400  
Penobscot Place (Reliance House/Norwich) 860-204-9094  
Teamworks (Reliance House/Norwich) 860-949-8493

**SENIOR CENTERS**

Town of Bozrah 860-886-0363  
Town of Colchester 860-537-3911  
Town of East Lyme 860-739-5859  
Town of Griswold 860-376-2604  
Town of Ledyard 860-464-0471  
Town of Lisbon 860-376-2329  
Town of Montville 860-848-0422  
City of New London 860-447-5232  
Town of North Stonington 860-535-8188  
City of Norwich 860-889-5960