

New Milford Social Services

2 Pickett District Rd, New Milford CT 06776

Winter - 2026 (1Q-26)



The mission of New Milford Social Services is to offer resources and programs to enhance the well-being and self-sustainability of New Milford residents experiencing psycho-social and economic adversity by addressing basic needs including food and household self-sufficiency.

We support our community through empowerment, advocacy, compassion and connection to opportunities to increase the resilience of our residents in need.



(P) 860-355-6079

(F) 860-355-6019

Email: socialservices@newmilfordct.gov

Website: www.newmilford.org

 New Milford Social Services



Our Programs

*(**Please note that some programs do have qualifying income limits)*

- **New Milford Food Bank**-for individuals, families w/children, seniors, adults and persons with disabilities who are experiencing food insecurity
- ****Energy (Heating) Assistance**
- ****Emergency Financial Assistance**
[Funding is limited]
 - Rent/Mortgage
 - Home bills
 - Child Expenses
 - Medical Bills
 - Transportation Costs
 - Food & Clothing
- ****Basic Need Assistance**
- **Needs Assessment, Crisis Intervention & Post-Crisis Navigation**
- **Financial Literacy Information & Education**
- ****Information, Referral, & Assistance with Local, State, Federal resources and entitlement programs**
- ****Renter's Rebate** for disabled renters under age 60.
- ****Children & Family Programs:**
 - Baby Bundle Registration
 - Camp and Enrichment Activity Scholarships for Children *[limited funding]*
 - Back to School Program Registration *[seasonal]*
 - Winter Holiday Gifts for Children *[seasonal]*



Funding sources for all programs are based on State grants or community donations. All monetary and goods donations are Tax deductible

"In the middle of every difficulty lies opportunity" ~ A. Einstein

Greetings from New Milford Social Services!

I have a plaque in my office that says "you never know how strong you are until being strong is the only choice you have". It is positioned in such a way that I can see it every day, but so can everyone else who steps into my office. In addition to it becoming a visual inspiration for me to keep going, move forward, face obstacles, and never give up hope, it is also inspiring because it is a gift from my son when he was about 10 or 11 years old. At that young age, he understood what his mother (and our team at Social Services) tries to do every day. At Social Services we not only try to help people who are over-stressed and facing physical, emotional and financial challenges, but we work hard to find and connect people to resources, opportunities and tools to enhance the strength they need to work through those challenges.

What is strength? It is having the power or the capacity to withstand a great force or pressure. It is the ability to make a hard decision, pivot in a different direction when your original path isn't working for you, it is trying something new, stepping out of your comfort zone, and it is asking for help. We use a sports analogy here sometimes. When people come in looking for assistance, it is isn't a sign of giving up, it's the opposite! They're seeking out people, tools, and information to add to their team to lead them toward success. It's actually a sign of strength! Just like with a baseball team, everyone gets a chance to bat and advance the entire team back home, gaining points and succeeding! When someone applies for assistance, comes to the food bank, or connects with a job coach or a counselor that we refer them to, they are fortifying their path to success and to self-sufficiency.

It is not always easy or happens in a short period of time, but persistence and resilience are also part of ones' strength. Times are tough right now for some: prices are high, illness is taking a priority or relationships are strained. For some, the risks they face are extremely difficult. Our hope is that by connecting with us, reading through this newsletter and tapping into these community resources, you are able to give yourself the chance to build a team, re-enforce your strength (your courage), enhance your well-being and live with ease.

PROGRAMS THAT HELP!



TAX TIME! FREE PREPARATION

By Danbury VITA:

Volunteers will be here at JPCC, 2 Pickett District Rd, beginning February 4th on Wednesdays and Fridays from 10am-2pm by Appointment.

Appointments can be made online @ <https://danbury-vita.org/>.

ID is required and please have all your documents ready such as W-2; 1099 forms; documents for other forms of income (ex. self-employment, alimony); SS cards or ITIN cards for all members of household; routing # and bank account # for direct deposit. For a complete list, please refer to their website.

Don't forget – there are new changes that can impact your tax return!



- ✓ Standard deductions have increased.
- ✓ Child tax credit has increased BUT eligibility has also changed.
- ✓ Earn Income Credit for Federal and CT tax returns – you may qualify! Don't forget to ask!
- ✓ Did you work **Overtime**? Ask your employer for your "Premium amount" of income to see if you qualify for a break on your taxable OT income.
- ✓ Remember, qualifying **TIPS**, up to about \$25,000, are **not** taxable.
- ✓ Are you over 65 years old? You may qualify for a "Plus Up" addition up to \$6000 added to your standard deduction.



THE IRS WILL NOT BE MAILING PAPER CHECKS for your REFUND. YOU NEED TO HAVE A BANK ACCOUNT for DIRECT DEPOSIT!

Now's the time! Registration opening soon for many Summer Camps. Reserve your child's spot!

If you are looking for a scholarship call us as soon as possible. Deposits required for some camps.

Park & Rec summer camp registration IS OPEN! Scholarships are limited so contact us ASAP. We may require an update of your family's income. Park & Rec fees are \$800 for 6 weeks of camp or \$150 by the week. Camp is for children entering 1st grade through entering 9th grade. Call us about scholarships and instructions on how to register on their website, if this is new for you. <https://newmilfordct.myrec.com/info/default.aspx>

New Milford Youth Agency will be opening registration for summer daycare camp in March. Full day camp/childcare. Limited scholarships available and slots are limited. For ages entering 1st grade to entering 8th grade. <https://youthagency.org/>

There are many other wonderful summer (full & half day) camps opening registration soon and scholarships may be available: [Pratt Nature Center](#) [Village Center Arts](#) [Robotics and Beyond](#)

[Bucks Rock Camp](#)

[Camp Washington](#)

[Candlewood Fishing Camp](#)

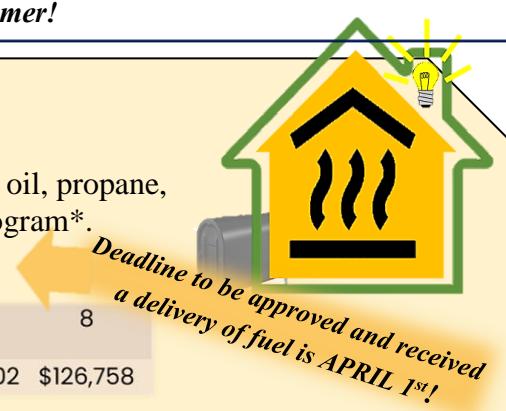
COMING SOON: Registration for Salvation Army's CAMP CONNRI overnight camp! Inquire in our office for more information. ***Don't wait until schools is out to think about your child's summer!***

Heating Assistance

CT Energy Assistance Program is still open! It is not too late to apply for oil, propane, kerosene, wood or electric heat assistance. This is an income restricted program*.

State caps income at 60% State Median Income (current gross):

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002	\$126,758



GENERATION POWER CT: (formerly known as Operation Fuel). GPCCT has 4 emergency energy application cycles: **Next opening is March 2nd- 10th**. You can only apply 1x in a 12month period. Apply online at www.gpct.org or through our office*. State caps income at 75% State Median Income (current gross):

Household Size	1	2	3	4	5	6	7	8
ANNUAL INCOME:	\$59,705	\$78,076	\$96,447	\$114,818	\$133,188	\$151,559	\$155,004	\$158,448

*Contact our office for details on how to apply: 860-355-6079 or socialservices@newmilford.org

IMPORTANT Information & Resources!



DSS CHANGES TO SNAP & MEDICAID (HUSKY)!

IMPORTANT CHANGES YOU NEED to KNOW if you receive DSS CASH Assistance or SNAP benefits! Distribution of funds are CHANGING DATES beginning MARCH 2026! Cash benefits will be distributed on the 1st of each month only

BUT SNAP benefits will be between the 1st and the 8th! Be sure to check the last 2 digits of your 9 digit Client ID# on your card to figure out your distribution date. [Review the flyer on page 7 of this newsletter!](#)

SNAP: Work Requirement Changes



- Effective as of December 2025
- Increases the age limit of [Able-Bodied Adults Without Dependents \(ABAWD\)](#) subject to work requirements from 55 to 64
- Changes the exemption for adults with children under the age of 18 to adults with children under the age of 14
- Removes exemptions for veterans, those experiencing homelessness, young adults under the age of 24 and those who have aged out of foster care. Limits waivers to towns/areas that have an unemployment rate greater than 10%
- Learn more about what you need to do by using the SNAP Work Rules Pre-Screen on the CT DSS website:
https://portal.ct.gov/dss/snap/able-bodied-adults-without-dependents-or-abawds?language=en_US

Medicaid (HUSKY Health)



Work Requirements

- Effective January 1, 2027
- Adults 19-64 will be required to engage in at least 80 hours per month of work or community engagement to remain eligible for Medicaid
- Acceptable activities to meet the requirement:
 - Monthly income that is at least 80 times the federal hourly minimum wage (currently \$7.25), **or** any of the following:
 - At least 80 hours per month of work, or
 - At least 80 hours per month of community service, or
 - At least 80 hours per month of qualified work or training program participation, or
 - Enrolled at least half-time in an education program, or
 - Any combination of the above totaling at least 80 hours per month

There are some exemptions to the work requirement. Read more about it in this article: https://portal.ct.gov/dss/knowledge-base/articles/general-information/federal-updates-hr1?language=en_US. Or get a copy of it from our office.

SOME RENEWAL DATES ARE ALSO EXPECTED TO CHANGE FROM 12 months to 6 months (i.e. HUSKY D).

Non-citizen eligibility

- Effective October 1, 2026
- Restricts non-citizen eligibility to legal permanent residents, Cuban/Haitian entrants, and Compacts of Free Association (COFA) citizens
- Individuals such as refugees, asylees, trafficking victims, humanitarian parolees and more who currently qualify for HUSKY Health will no longer be eligible due to their immigration status.



COMING BACK TO
NEW MILFORD!

Access Health CT enrollment specialists will be at JPCC, 2 Pickett District Rd, New Milford on the following dates:

February 19, 2026, 10 am-4 pm
March 19, 2026, 10 am-4 pm
April 30, 2026, 10 am-4 pm
June 25, 2026, 10 am-4 pm
August 27, 2026, 10 am-4 pm
October 29, 2026, 10 am-4 pm

Schedule your appointment by visiting
www.accesshealthct.com.

Walk-ins are welcome, if there is time.

Job Connections:



Opening Doors for people seeking employment connections and self- empowerment!

Looking for your first job, your next job, or trying to level up your career, the CT DOL's American Job Centers are available to help. Our closest one is located in Danbury on the WCSU campus, 181 White Street in White Hall Rm 020. There is an entire calendar of workshops and job connection resources that you can get help with in person or virtually. It is sponsored by the Northwest Regional Workforce Investment Board. Look for more information on their website:
<https://www.nrwib.org/> BUT to get started & begin your journey, you must register with CT Hires. Here's how you do it:

How to create an account in CTHires:

1. Go to www.CTHires.com.
2. On the CTHires home page, click the Not Registered link under the Username text box at the top of screen.
3. Under Option 3 – Create a User Account, click on the Individual link.
4. You will be asked to create a Username and Password (Write it down). Follow the next steps and fill in all required(*) fields.

If you have an existing account in CTHires:

1. Go to www.CTHires.com.
2. On the CTHires home page, enter your Username and Password, and then click on the Sign In button.

Forgot Username and Password for CTHires?

1. Click on the link Forgot Username and /or Password, under the Username text box at the top of the screen.
2. Select from the three options to retrieve Username and/or Password.



More Tips and Resources!



ARE YOU A HOMEOWNER!

New Milford homeowners have the opportunity to apply for a **HOMESTEAD EXEMPTION** to help reduce their home taxes to the **Town**. If you have not already applied, you have another chance to do so because the deadline has been extended to April 15, 2026. You must apply in person with the Tax Assessor's office, 10 Main Street, 1st floor. There is no cost to apply.



Paper, Paper, Paper...

What do you do with all that mail!

**What's important
& how to secure it...**

We all have way too much paper in our lives and the temptation to just toss it in the "circular file" is great! But doing just that can end up causing us undue stress and money when we go to apply for things such as SNAP, Energy Assistance or any number of program applications. Here are some handy tips to make it stress free!

- If you are not a naturally organized person, take a large cardboard box, label it with the year and whenever you receive a paystub, bank statement, social security award letter, court documents, etc., put it in the box. This will give you one central location that you can go to when you need to find these items without having to go through the whole house.

- With the advent of the internet, most (but not all), information can be found online. If your company uses online paystubs or payment cards, make sure you know how to log on AND what your username and password is. Do the same for your bank and utility bills. *Write down this information and keep it in a SECURE place.*

- Keep your tax returns and supporting documents for seven years. Print your tax return each year, even if you file online.

- Essential records such as birth certificates, social security cards, marriage certificates, divorce documents, passports, life insurance papers, etc. should be kept indefinitely. You might want to invest in an inexpensive fire proof lockbox or bank safe deposit box for these items.



**How to best use your
tax refund or
other found money:**

Receiving a tax refund this year, or a settlement, rent rebate or family gift?

The TWO best things you can do with this money:

1. **Pay down debt:** credit cards with highest interest rates first, personal debt, anything that lowers your credit rating. Pay it down!
2. **Build your emergency fund:** build up a stash of funds that would cover your fixed expenses for three (3) months (rent, car needs, utilities, and summer childcare/camp) and KEEP IT- Hands Off!

Do these two things before considering any new purchases and you will be making the **BEST** investment with your money and your future!

REGISTRATION OPENING FOR BACK TO SCHOOL PROGRAM IN MAY!

You must be up-to-date with your income **AND** your children must be registered with
New Milford Public Schools

Homeowners! Are you behind in your mortgage, worried about foreclosure? [Contact CHFA \(CT Housing Financial Authority\)](#) to find out what financial assistance may be available. **1-860-721-9501/ <https://www.chfa.org/homeowners/emergency-mortgage-assistance-program/>**. Also, talk to them about a referral to the [Mortgage Crisis Job Training Program](#) if you are in forbearance or behind more than 60 days in payments. Must also meet other requirements. To speak to a specialist for more info, contact 203-610-8584



HRRA Regional Repair Café

Hosted in conjunction with the Town of New Milford

**Is it broken? Ripped?
Don't toss it! Repair it!**

FREE EVENT!



Residents can bring their broken, but cherished, items to have them repaired on-site with the help of volunteer fixers for **FREE!**

Let us help with bicycles, textiles, small electronics, jewelry and more!

WHEN: Saturday, March 21, 2026
9:00 a.m. – 12:30 p.m.

WHERE: John Pettibone Community Center,
2 Pickett District Road, New Milford

www.HRRA.org

Open to the residents of the HRRA Region.
*Registration is not required, but encouraged.



SUMMER CAMP AND ACTIVITIES EXPO

Saturday, 02/28/2026
10 a.m. - 1 p.m.

Sarah Noble Intermediate School Cafeteria

**Back, by POPULAR demand, the...
2026 NMPTO Summer Camp & Activities Expo**

NOT SURE WHAT THE KIDS MAY WANT TO DO THIS SUMMER???
Join the NMPTO on Feb. 28th for one-stop info gathering for the best camp or activity for your student for the spring and summer. Several local camps will be there to meet you!

Bring the kids!! We will see you there!

Questions? Contact Mandi at mandim.pto@gmail.com



Did You Know?



Our Community Partners have a lot MORE to offer!

Navigating the AI Landscape

Responsibly Empowering Students for the Future

February 20th
6:00 - 7:30 pm
The Maxx
94 Railroad Street

Join us for Dinner & Discussion!
<https://newmilfordyouth.myrec.com/info/activities/>
or
SCAN HERE

New Milford Youth Agency in partnership with coagience, a hybrid intelligence company

New Milford Youth Agency

Struggling with homework? We've got you covered!

Our Buddy Up program now offers FREE homework support for students in grades 3-8, led by our incredible, hand-selected high school volunteers.

- Pettibone Community Center
- Bus transportation to JPCC available
- SMS: 2:45-3:45 | SNIS 3:34-4:45

Interested in signing up? Contact Maria for an application.

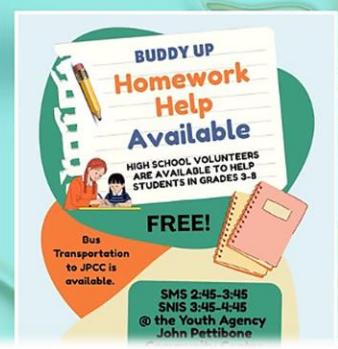


#buddyup #homeworkhelp #afterschoolsupport #newmilfordctmoms #nmaya

STRUGGLING WITH HOMEWORK?



STUDENTS IN GRADES



SENSORY-FRIENDLY SOCIAL TIME FOR SPECIAL NEEDS ADULTS AGES 18 AND OLDER

Come join this social group for special needs adults and their caregivers. We'll have fun crafting and more!

STARTING IN JANUARY!
• JAN 12 AND 26
• FEB 9 AND 23
11:00AM - 12:30PM

More dates to come!

Registration required at www.newmilfordlibrary.org

NMPL New Milford Public Library

Visit the New Milford Library, on the Green, for more FREE programs! Missed the date, most of these events run year round! Check out their website: www.newmilfordlibrary.org or better yet, go visit them on the Green! ☺

We can help with:

- Setting up phones, tablets & laptops
- Learning apps, email & settings
- Downloading eBooks, audiobooks & streaming
- Basic computer skills
- 30-minute appointments
- Book online or call 860-355-1191 to schedule

Start the new year feeling confident with your tech!

Technology Training

DROP-IN TECH HELP

Drop in to get help using your tech gadgets, basic computer help or to explore e-books, e-audio, movies, comics, languages & more.

February 4 - 6:00 PM
February 27 - 10:30 AM

Registration not required. More info: 860-355-1191 newmilford.library.org

MODERN SCAMS AND CYBER CRIMES:

AWARENESS • PREVENTION • PROTECTION

Presented by the New Milford Police Department

Scams are becoming increasingly sophisticated, and anyone can be a target. Learn how today's scams work, how to recognize warning signs, and what steps you can take to protect yourself and your personal information.

Tuesday, February 11
6:00 - 7:00 PM
Memorial Hall @ NMPL

Registration required. NEWMILFORDLIBRARY.ORG

February Tech Programs

Drop-In Tech Help

February 4, 6-7 PM

February 27, 10:30-11:30 AM

Modern Scams and Cyber Crimes (presented by the New Milford Police Department)
February 11, 6-7 PM

Windows 11 Made Easy
February 21, 12-1:30 PM

WINDOWS 11 MADE EASY

Learn how to use Windows 11 effectively with multitasking tools.

- Navigate the Desktop, Start Menu & Taskbar
- Find files and apps using Search
- Use Snipping to capture your computer
- Work faster with multitasking tools
- Understand Windows security basics
- Get a simple intro to AI features in Windows 11

SATURDAY, FEB 21
12-1:30 PM

REGISTRATION REQUIRED NEWMILFORDLIBRARY.ORG

Food Assistance and Programs

New Milford Food Bank [a program of New Milford Social Services]



"This institution is an equal opportunity provider"

We offer Open Distribution HOURS

On Thursdays: 9 a.m. -4 p.m.

Or by appointment on
Wednesdays afternoons,

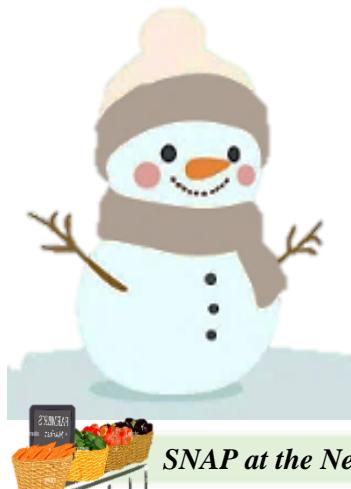
@ New Milford Social Services
2 Pickett District Road

Look below
for a
Nutritional
Buddies'
Recipe

Please bring
ID.

A choice food pantry serving local individuals, seniors & families with children who are food insecure. Walk-in and choose from many nutritional and traditional items.

We follow SWAP guidelines: Supporting Wellness At Pantries by offering nutritional products and information



Need to sign up for the food bank, please contact Wanda Fyler,
Program & Volunteer Coordinator @ socialservices@newmilford.org
or 860-355-6079 x2

Please Keep in Mind that if the Weather is Bad (Snow, Ice, etc.), we may have to close or delay our opening.
We post these warnings on CT News 30 on Channel 4 and CT CBS News on Channel 3.



SNAP at the New Milford Farmers Market will return in JUNE 2026, Saturdays



 **Connecticut Foodshare**



The MOBILE FOOD PANTRY truck stops in New Milford 2x's a Month

Where: Faith Church, New Milford

When: 1st and 3rd Wednesday, every month, weather permitting

Time: 4:30pm – 5:30pm OR until food runs out (get there early)

STAY IN THE KNOW OF THEIR SCHEDULE:

Website: <https://ctfoodshare.org/mobile>

Or

Text FOODSHARE to 85511 ←

O

Text COMIDA a 85511 ←



Looking for other local food pantries or meal kitchens?

Visit or website and explore the NMFIT brochure (scroll to the bottom of our page)

NEW MILFORD
FIT
Food Insecurity Team



[https://www.newmilford.org/
content/3088/3134/default.aspx](https://www.newmilford.org/content/3088/3134/default.aspx)



NMFB "BUDDY" RECIPE OF THE MONTH!

Grandma's Vegetable Soup!



Ingredients:

- 1 pound ground beef
- 1 (46 ounce) can tomato juice
- 2 potatoes, peeled and diced
- 2 carrots, chopped
- 1 onion, chopped
- 1 (14.5 ounce) can green beans, undrained
- 1 (14 ounce) can whole kernel corn, undrained
- 1 pinch ground ginger, or more to taste
- salt and ground black pepper to taste

Directions:

1. Gather ingredients.
2. Cook and stir ground beef in a hot saucepan over medium heat until browned and crumbly, 5 to 7 minutes.
3. Drain off grease and pour in tomato juice.
4. Add potatoes, carrots, and onion, then pour in undrained green beans and corn. Season with ginger, salt, and pepper.
5. Reduce the heat to low and simmer for 1 hour.





A Special Message to our Diverse Community from our Social Worker:

María De Oliveira [Habla Español] [Fala Português]

860-355-6079 x 4 o mdeoliveira@newmilfordct.gov



Un mensaje especial a nuestra diversa comunidad de nuestro trabajador social

Lea nuestro boletín informativo para conocer los programas, eventos y oportunidades disponibles. Danbury-vita le ayuda a presentar sus impuestos de forma gratuita.

Hay becas disponibles para el campamento de verano, con fondos limitados y solo para residentes de New Milford. Se requiere comprobante de ingresos y los niños deben estar matriculados en las escuelas de New Milford.

La asistencia para calefacción está disponible hasta abril para combustible disponible y hasta mayo para electricidad.

Cambios en el DSS para SNAP y Medicaid (Husky). Consulte los detalles en el boletín informativo.

Los especialistas de inscripción de Access Health CT estarán en nuestro edificio. Consulte el horario en la página 3.

The Youth Agency ofrece una variedad de servicios para familias y estudiantes.

Uma mensagem especial para nossa comunidade diversificada de nosso assistente social

Leia atentamente nosso boletim informativo para saber mais sobre programas, eventos e oportunidades disponíveis.

A Danbury-vita está aqui para ajudar você a declarar o imposto de renda gratuitamente.

As bolsas de estudo para o Acampamento de Verão estão disponíveis, mas os fundos são limitados e destinados apenas a residentes de New Milford. É necessário comprovar renda e as crianças precisam estar matriculadas nas escolas de New Milford.

O auxílio para aquecimento está disponível até abril para combustível entregue e até maio para eletricidade.

Mudanças no SNAP e Medicaid (Husky) do DSS. Consulte os detalhes no Boletim Informativo.

Especialistas em inscrição no Access Health CT estarão em nosso prédio. Consulte a programação na página 3.

The Youth Agency oferece uma variedade de serviços para famílias e estudantes.

IMPORTANT – SNAP Card Loading Changes- Starts in MARCH!

IMPORTANT

SNAP & CASH

Benefit Loading Dates Are Changing

MARCH 1ST 2026

WHAT'S CHANGING?

- CASH benefits** will issue on the **first day** of the month
- SNAP benefits** will issue during the **first 8 days** of the month

HOW? Payment date is based on the **last 2 digits** of the **EBT card** as shown to the right:

Client ID:	Loading Date
00-12	1 ST of the month
13-24	2 ND of the month
25-37	3 RD of the month
38-49	4 TH of the month
50-62	5 TH of the month
63-74	6 TH of the month
75-87	7 TH of the month
88-99	8 TH of the month

PLAN AHEAD:
Match your Client ID with the day of the month to know when your SNAP benefits will load.

NEED YOUR CLIENT ID?
Use the last two digits of the **Client Number** from your **ConneCT Card**.
(ex: ID ending in 34 loads on the 3rd)



IMPORTANTE

SNAP y EFECTIVO

Las fechas de carga de beneficios están cambiando

1 DE MARZO DE 2026

¿QUÉ ESTÁ CAMBIANDO?

- Los beneficios de EFECTIVO** se emitirán el **primer día** del mes
- Los beneficios de SNAP** se emitirán durante los **primeros 8 días** del mes

¿CÓMO? La fecha de pago se basa en los últimos 2 dígitos de la tarjeta EBT como se muestra a la derecha:

ID del cliente:	Fecha de carga
00-12	1 ^{ER} dia del mes
13-24	2 ^{DO} dia del mes
25-37	3 ^{ER} dia del mes
38-49	4 ^{TO} dia del mes
50-62	5 ^{TO} dia del mes
63-74	6 ^{TO} dia del mes
75-87	7 ^{MO} dia del mes
88-99	8 ^{VO} dia del mes

PLANIFIQUE CON ANTICIPACIÓN:
Relacione su número de identificación de cliente con el día del mes para saber cuándo se acreditarán sus beneficios de SNAP.

¿NECESITA SU ID DE CLIENTE?
Utilice los dos últimos dígitos del **número de cliente** de su tarjeta ConneCT.
(Ejemplo: si su ID termina en 34, se cargarán el día 3.)



We all can benefit from support-

Resources for Mental Health Support

Crisis and Hotline #s:

- ❖ Call or Text **988** for Suicide and Crisis Lifeline
- ❖ **CTSafeConnect**: CT's Domestic Violence Resource Line (888)774-2900
- ❖ **Greater Danbury Domestic Violence Hotline** (203)731-5206
- ❖ Call **211** for Mobile crisis
- ❖ **Regional Hotline** for Western CT Mental Health Network (888)447-3339



Local Mental Health or Addiction Agencies:

- ❖ **Greenwoods Counseling & Referrals**-helps match you with counselor/therapist in New Milford. Call them (860)567-4437
- ❖ **The Fortitude Center for Mental Health and Addiction Counseling**: 143 West Street Suite V, New Milford, CT 06776 (860)799-5750
- ❖ **Apex Community Care** for substance abuse, medical services etc. 16 Hospital Ave. Danbury, CT 06810 (203)778-2437
- ❖ **The Center for Empowerment & Education**- offers free, confidential counseling and several support groups including divorce, abusive relationships and past trauma, and surviving sexual assault for women and men. For more info, call 203-731-5200; www.thecenterct.org
- ❖ **Family & Children Aid**: NM office offers many services for parents & children: 860-354-8556.
- ❖ **New Milford Hospital Behavioral Health**: Located at 23 Poplar St., 860-210-5350
- ❖ **New Milford Youth Agency**: no-cost mental health counseling for students 3rd-12gr.: provided by Social Worker, Sara Wendrow, LMSW. 860-210-2030/ www.youthagency.org



“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying ‘I will try again tomorrow’”. ~M.A. Radmacher



Fechada Cerrada
This office will be **CLOSED** on the following days:

Monday, January 19, 2026 in honor of Martin Luther King Jr Day

&

Monday, February 16, 2026 in honor of Presidents Day

&

Friday, April 3, 2026 for Good Friday



CHANGE SERVICE REQUESTED

860-355-6079



PERMIT NO. 10

U.S. POSTAGE PAID
PRESORT STANDARD
NEW MILFORD CT 06776
2 PICKETT DISTRICT RD

NEW MILFORD CT. 06776
NEW MILFORD SOCIAL SERVICES