



City of Stamford "Giving" Resource Guide

Affordable housing

Charter Oak Communities- Low and Moderate income housing including Section 8, Senior housing
22 Clinton Avenue Stamford, CT 06901

203-977-1400

<https://charter oakcommunities.org/>

New Neighborhoods Inc.,
76 Progress Drive Suite 140
Stamford, CT 06902

203-998-0889

<https://newneighborhoods.org/>

CTHousingSearch.org

[CT HUD Blue Book](#)

Alcohol and Substance Abuse

DMHAS (Connecticut Department of Mental Health and Addiction Services)
Addiction Services Availability

800-563-4086

<https://www.ctaddictionservices.com/>

Liberation Programs- Stamford
119 Main Street Stamford, CT 06901
203-858-3208

Inpatient Admissions #: 203-391-7913 or 203-399-8425

Outpatient Admissions #: 203-399-3136 or 203-399-3239

Domestic Violence, Human Trafficking & Sexual Assault

Domestic Violence Crisis Center
1111 Summer Street # 203 Stamford, CT 06905
203-588-9100

888-774-2900 (24/7 hotline)

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

National Human Trafficking Hotline
888-373-7888 or text BEFREE to 233733
CIRI (Connecticut Institute for Refugees and Immigrants)



Project Rescue- Anti-Human Trafficking Program

203-336-0141

<https://cirict.org/project-rescue/>

The Rowan Center

1111 Summer Street Suit 202, Stamford, CT 06902

203-348-9346

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

Emergency Shelter

Emergency Shelter Placement MUST CALL, 211 or 1-800-203-1234 (out of state)

Inspirica- Single women and families with children

141 Franklin Street Stamford, CT 06901

203-388-0100

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

Pacific House- Men

597 Pacific Street

203-348-8792

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

Employment & Financial Assistance

CT Department of Social Services

1642 Bedford Street

Stamford, CT 06905

855-626-6632

<https://www.connect.ct.gov/access/jsp/access/Home.jsp>

Community Action Agency of Western Connecticut

34 Woodland Avenue, Stamford, CT 06902

203-602-8833

<https://caawc.org/>

American Jobs Center

141 Franklin Street 2nd fl. Stamford, CT 06901

203-353-1702

<https://ajcswct.com/>



Food

Food Stamps

End Hunger Connecticut! SNAP Call Center

866-974-SNAP (7627)

www.endhungerct.org

Meals on Wheels (serves person over age 60)

30 Myano Lane Suit 32 Stamford, CT 06902

203-324-6175

<https://www.ccfairfield.org/project/senior-nutrition-program/>

New Covenant Center Café (lunch & dinner)

174 Richmond Hill Avenue, Stamford, CT 06902 (203) 964-8228

www.newcovenantcenter.org

[Stamford Food Guide](#)

Free Cell Phone and Internet Services

Lifeline Services (based on income)

800-234-9473

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

Immigrant Services

Building One Community (B1C)

75 Selleck Street, Stamford, CT 06902

203-674-8585

<https://building1community.org/>

Legal Services

Statewide Legal Services- income based

800-453-3320

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

Office of the Victim Advocate (Victims of Crime)

505 Hudson Street 5th fl. Hartford, CT 06106

888-771-3126

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

Mental & Physical Health

Optimus Health Care

1351 Washington Boulevard Stamford, CT 06902

203-621-3700 (Medical)



203-621-3900 (Dental)

203-621-3754 (Behavioral Health)

Community Health Center - Stamford

22 Fifth Street, Stamford, CT 06905

203-323-8160 (Medical & Behavioral Health)

Community Health Center -Stamford

141 Franklin Street Stamford, CT 06901

203-969-0802 (Dental & Behavioral health)

<https://www.chci.com/>

Laurel House

Resources to Recovery Program

1616 Washington Boulevard, Stamford, CT 06902

203-724-9070

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

Schoke Smilow Jewish Family Services

196 Greyrock Place, Stamford, CT 06902

203-921-4161

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

Family Centers

Counseling and Mental Health Services

60 Palmer's Hill Road, Stamford, CT 06902

203-324-3167

<https://www.familycenters.org/Counseling-and-Mental-Health-Services>

Seniors & Disabled

SilverSource (Serves persons over age 60)

2009 Summer Street Suite

Stamford, CT 06905

<https://silversource.org/>

Southwestern CT Agency on Aging and Independent Living

1000 Lafayette Blvd., 9th floor Bridgeport, CT 06604

203-333-9288

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

Social Security Administration- Disability

2 Landmark Square Suite 105, Stamford, CT 06901

800-772-1213



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

