

- **Housing**

- **Assisted Living**

- **Groton Regency Retirement**
 - 1145 Poquonnock Road
 - Groton, CT 06340
 - (860) 446-9960
 - **Windham Falls Estates**
 - 425 Drozdyk Avenue
 - Groton, CT 06340
 - (860) 865-1095
 - **Bal Mystic**
 - 20 Academy Lane
 - Mystic, CT 06355
 - (860) 563-1133
 - **United Community & Family Services, Inc.**
 - 34 East Town Street
 - Norwich, CT 06360
 - (860) 889-2375
 - **Atria Crossroads Place**
 - 1 Beechwood Drive
 - Waterford, CT 06385
 - (860) 910-4785

- **Domestic Violence Shelters**

- **Bethsaida Community, Inc.**
 - PO Box 913
 - Norwich, CT 06360
 - (860) 886-7511
 - **Safe Futures**
 - 16 Jay Street
 - New London, CT 06320
 - www.safefuturesct.org
 - (860) 447-0366
 - (860) 701-6001 (24/7 Confidential Hotline)
 - (888) 774-2900 (Statewide Safe Connect Number)

- **Shelters**

- **Covenant Shelter of New London CT**
 - 42 Jay St.
 - New London, CT 06320
 - (860) 443-0537
 - www.covenantshelterofnewlondon.org
 - **New London Homeless Hospitality Center**
 - 76 Federal Street
 - New London, CT 06320
 - (860) 701-0574

- www.nlhhc.org
- State of CT Social Services Norwich CT
 - 401 West Thames Street Suite 102
 - Norwich, CT 06360
 - (860) 823-5000
- TVCCA Shelter
 - 401 West Thames Street, Unit 201
 - Norwich, CT 06360
 - (860) 889-1365 EXT 6545
 - www.tvcca.org/services/shelter.html
- City of Norwich No Freeze Shelter
 - 80 Broadway, City Hall Annex
 - Norwich, CT 06360
 - (860) 823-3778
 - www.norwichct.org
- Always Home
 - 119 High Street
 - Mystic, CT 06355
 - (860) 245-0222
 - <https://www.alwayshome.org>

- Food Assistance

- Food Pantries

- Town of Groton - Human Services Department
 - 2 Fort Hill Road
 - Groton, CT 06340
 - (860) 441-6760
- Centro De La Comunidad
 - 109 Blinman Street
 - New London, CT 06320
 - (860) 442-4463
- New London Area Food Pantry
 - 106 Truman Street
 - New London, CT 06320
- Catholic Charities - Diocese of Norwich
 - 28 Huntington Street
 - New London, CT 06320
 - (860) 443-5328
- Salvation Army - New London Corps Community Center
 - 11 Governor Winthrop Boulevard
 - New London, CT 06320
 - (860) 443-6409
- Thames Valley Council For Community Action
 - 83 Huntington Street
 - New London, CT 06320
 - (860) 444-0006
- Jewish Federation Senior And Community Services
 - 28 Channing Street
 - New London, CT 06320
 - (860) 444-6333

- Local Area Food Resources

- Groton Community Meals (Due to COVID - other locations)
 - Faith Lutheran Church
 - 625 Poquonnock Road
 - Groton, CT 06340
 - www.grotonmeals.org
- New London Community Meal Center
 - 12 Montauk Avenue
 - New London, CT 06320
 - (860) 444-7745
 - www.nlcommunitymealctr.org
- Christ United Methodist Church
 - 200 Hazelnut Hill Road
 - Groton, CT 06340
 - (860) 445-0088

- www.christumegroton.org
- Groton Congregation Church
 - 162 Monument Street
 - Groton, CT 06340
 - (860) 445-7409
 - www.grotonucc.org
- United Way of Southeastern Connecticut
 - 283 Stoddards Wharf Road
 - Gales Ferry, CT 06335
 - (860) 464-7281
 - <https://www.uwsect.org/foodcenter/foodsites>
- TVCCA – Meals on Wheels (Persons age 60 or older)
 - (860) 934-1001 or (860) 886-1720

- Healthcare

- Free Clinics

- Primera Inglesia Bautista Hispana de NL
 - 35 Redden Ave
 - New London, CT 06320
 - (860) 443-6300

- Hospitals

- Lawrence & Memorial Hospital
 - 365 Montauk Ave
 - New London, CT 06320
 - (860) 442-0711
 - www.lmhospital.org
 - Pequot Health Center
 - 52 Hazelnut Hill Road
 - Groton, CT 06340
 - (860) 446-8265
 - www.lmhospital.org
 - William W Backus Hospital
 - 326 Washington St
 - Norwich, CT 06360
 - (860) 889-8331
 - www.backushospital.org

- V.A. Facilities

- John J. McGuirk Department of Veterans Affairs Outpatient Clinic
 - 4 Shaw's Cove
 - 1st Floor, Suite 101
 - New London, CT 06320
 - (860) 437-3611
 - www.connecticut.va.gov/locations/John_J_McGuirk_Outpatient_Clinic_New_London.asp
 - Norwich Vet Center
 - 2 Cliff Street
 - Norwich, CT 06360
 - (860) 887-1755

- Women's Clinics

- Community Health Center of Groton
 - 481 Gold Star Hwy
 - Groton, CT 06340
 - (860) 446-8858
 - www.chc1.com/Locations/Groton.html
 - Community Health Center of New London
 - 1 Shaws Cove
 - New London, CT 06320
 - (860) 447-8304

- www.chc1.com/Locations/NewLondon.html
- Planned Parenthood of Southern New England - New London Center
 - 45 Franklin Street
 - New London, CT 06320
 - (860) 443-5820
- Planned Parenthood of Southern New England - Norwich Center
 - 12 Case Street
 - Norwich, CT 06360
 - (860) 889-5211
- United Community and Family Services
 - 34 E. Town St.
 - Norwich, CT 06360
 - (860) 889-2375

- Substance Abuse Treatment

- Connection Inc Mothers Retreat
 - 542 Long Hill Road
 - Groton, CT 06340
 - (860) 405-2107x108
 - www.theconnectioninc.org
- The Connection Counseling Center in Groton
 - 542 Long Hill Road
 - Groton, CT 06340
 - (860) 448-4993
 - www.theconnectioninc.org
- South Eastern Council on Alcohol and Drug Dependence, Inc. (SCADD) Outpatient Services
 - 47 Coit Street (2nd Floor)
 - New London, CT 06320
 - (860) 447-1717
 - www.scadd.org
- South Eastern Council on Alcohol and Drug Dependence, Inc. (SCADD) Altruism House for Women
 - 62-64 Coit Street
 - New London, CT 06320
 - (860) 442-1017
 - www.scadd.org
- South Eastern Council on Alcohol and Drug Dependence, Inc. (SCADD) Altruism House for Women
 - 1000 Bank Street
 - New London, CT 06320
 - (860) 447-8021
 - www.scadd.org
- Hartford Dispensary New London Clinic
 - 931 Bank Street
 - New London, CT 06320
 - (860) 447-2233
- Hartford Dispensary Norwich Clinic
 - 772 West Thames Street
 - Norwich, CT 06360
 - (860) 886-0446

- Mental Health Services

- Child Guidance Clinic of Southeastern CT
 - 591 Poquonnock Road
 - Groton, CT 06340
 - (860) 449-8217
- Care Plus
 - 1353 Gold Star Highway
 - Groton, CT 06340
 - (860) 449-9947
- Lawrence and Memorial Hospital Department of Psychiatry
 - 365 Montauk Avenue
 - New London, CT 06320
 - (860) 442-0711
- Community Health Center Inc (CHC) of New London
 - 1 Shaw Cove
 - New London, CT 06320
 - (860) 447-8304
- Sound Community Services Inc
 - 165 State Street Suite 200
 - New London, CT 06320
 - (860) 443-0036
- Child Guidance Clinic of Southeastern CT
 - 75 Granite Street
 - New London, CT 06320
 - (860) 437-4550
- Smith Bent Children's Center
 - 7 Vauxhall Street
 - New London, CT 06320
 - (860) 442-2797
- William W Backus Hospital Behavioral Health
 - 326 Washington Street
 - Norwich, CT 06360
 - (860) 823-6321
- Mind Matters
 - 801 Poquonnock Road, Suite 6/7
 - Groton, CT 06340
 - www.mindmattersct.com
 - (860) 449-2903
- Community Speaks Out
 - 241B Thames Street
 - Groton, CT 06340
 - (860) 271-1835
 - <https://www.communityspeaksout.org/>