



## What is a Resource List?

A resource list is a handy guide that shows different services and tools to help individuals and families. At the Unique Families Journey Foundation, Inc, our resource list includes:

- **Counseling Services:** Find support and therapy.
- **Financial Assistance:** Get information about money help and grants.
- **Educational Support:** Access tutoring and learning resources.
- **Healthcare Services:** Find medical care and health support.
- And more!

If you need more details or help with anything, please contact us or call the agency directly. We're here to assist you!

## **Mental Health Resources**

- [Bridges Healthcare](#)
- [Department of Mental Health and Addiction Services](#)
- [Mental Health Connecticut](#)
- [NAMI](#)
- [Optimus Health Care](#)
- [Psychology Today](#)
- [Recovery Networks Program](#)
- [SAMHSA's National Helpline](#)
- [Silver Hill Hospital](#)
- [St. Vincent's Medical Center](#)
- [SMP](#)
- [The Children & Family Guidance Center](#)

## **Health Care Resources**

- [AFC](#)
- [Bridgeport Hospital](#)
- [Community Health Center Inc](#)
- [Cornell Scott Hill Health Center](#)
- [Norwalk Hospital](#)
- [Optimus Health Care](#)
- [Pediatric Healthcare Associates](#)
- [Southwest Community Health Center](#)
- [Stamford Health](#)
- [St. Vincent's Medical Center](#)
- [Yale New Haven Health](#)

## **Housing Resources**

- [Alliance Supportive Services](#)
- [City of Bridgeport Housing Resources](#)
- [Connecticut Coalition to End Homelessness](#)
- [Rental Assistance Program \(RAP\)](#)
- [United Way of Connecticut Housing Choice Voucher](#)
- [UniteCT Workforce Rental Assistance Program](#)
- [Vital Housing Supports](#)
- [211](#)
- [CHFA](#)
- [Eviction Prevention](#)

## **Educational & Disability Resources**

- [American Academy of Child & Adolescent Psychiatry](#)
- [American with the Disabilities Act](#)
- [Birth to Three](#)
- [Bureau of Rehabilitation Services of CT](#)
- [College Guide](#)
- [Connecticut Aging and Disability Services](#)
- [Connecticut Autism Spectrum Resource Center](#)
- [Connecticut State Department of Education](#)
- [Council of Parents Attorneys and Advocates](#)
- [Department of Developmental Services](#)
- [Learning Ally](#)
- [National Organization of Rare Disorders \(NORD\)](#)
- [SERC](#)
- [SWCAA](#)
- [The Kennedy Collective](#)

## **Shelters**

- [Beth-el Center](#)
- [Bridgeport Rescue Mission](#)
- [Center for Women and Families](#)
- [Families in Transitions](#)
- [Inspirica](#)
- [Malta House](#)
- [New Reach](#)

## **Bilingual Education Support**

- [Bilingual Education Support](#)
- [Bilingual Special Education Services of CT](#)

## **Food Banks & Pantries**

- [Black Rock Food Pantry](Black Rock Food Pantry)
- [Bridgeport Rescue Mission](Bridgeport Rescue Mission)
- [Feed the People Food Pantry](Feed the People Food Pantry)
- [Nourish Bridgeport Inc](nOURish Bridgeport Inc.)
- [Salvation Army](Salvation Army)
- [The Bishop Jean Williams Food Pantry](The Bishop Jean Williams Food Pantry)
- [Thomas Merton House](Thomas Merton House)
- [Department of Social Services](#)

## **Legal Services Resources**

- [Andrew Feinstein](#)
- [Michael Gilberg](#)
- [Nora Belanger](#)
- [Special Education Legal Fund](#)
- [Terry Bedard](#)