

Founded in 1972, FISH originally provided free transportation to patients, particularly cancer patients, to their appointments. Today, FISH NWCT has evolved into the area's largest emergency homeless shelter (35 beds) and free food pantry. The programs and social services at FISH/Friends in Service to Humanity of NWCT are critical to some for their survival and well-being.

**Outline of current programs provided by FISH NWCT,**

**Shelter for families, veterans and individuals** (35 beds, 5 of which are designated for vets) which last year had 10,879 bed nights used, and of the 101 residents, we helped find permanent supportive housing for 40 people. As this goes to press, FISH has 2 children seeking shelter, which includes a baby. Our school age children are always enrolled in local schools and, we have high behavioral expectations in our shelter to keep our residents safe and secure as they await housing. Our diversity is age - infants to seniors. We provide a family - style dinner to the shelter residents.

**Case Management** - what makes FISH extra special is that we have a Case Manager dedicated to overseeing the resources, medical and mental health needs, employment opportunities, and housing possibilities to lead to one's independent, stable living future.

**Food Pantry** - FISH distributed enough food to provide 113,841 meals to 657 area families/1506 individuals in need last year. The FISH Food Pantry depends on the generosity of the community for contributions. Donors please know that frozen and refrigerated foods are now accepted - thanks to our walk-in freezer and walk-in cooler!

**GED high school accreditation** classes on site are offered to shelter residents and neighbors in the community by EdAdvance.

**Northwestern CT Community College/NCCC** offers the opportunity for vocational training certifications and job placements.

FISH is a satellite office for the area's energy assistance program.

FISH provides both medical and mental health services, on site, to shelter residents. FQHC - Community Health and Wellness is a weekly provider.

FISH makes possible in-house group and family counseling.

Job counseling, resume writing and coaching is made available.

**Homeless Outreach** - in coordination with other area providers, is routine; as well as our annual community awareness event and coat drive - "Rally Day to End Hunger and Homelessness." Save the Date, the 6th annual rally is this November 21st.

"Life for Vets" program - multiple providers work with our Case Manager to assist our shelter's veterans. We are pleased to be selected by the VA to serve as a Vets Shelter.

**Life Skills workshops** - FISH NWCT offers in collaboration with area providers - cooking, nutrition, budgeting, and managing well on one's SNAP food dollars.

Our hope is to have shelter residents participating in the communities that they will be living in once they receive their housing. All we provide is through the generosity of you donors, and collaborations with numerous organizations and institutions. We are unique in the community that we serve - helping the hungry and the homeless.

Please give Deirdre a call to schedule your "grand tour."



*Heartfelt thanks for being a friend, advocate and supporter of FISH NWCT...  
Deirdre & Steve*



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Please understand we could not manage without the cheerful support of our volunteers, donors and food contributors.

We are the champions for the hungry and the homeless of Northwestern Connecticut, yet know that it takes the generous support of you, our community neighbors, who care to join us in partnering in our humanitarian efforts.

**WE NEED YOUR HELP!**



**ANNUAL YEAR-END "REPORT CARD"**  
TO SHARE WITH "FRIENDS OF FISH" - DECEMBER 2019

FISH/Friends in Service to Humanity of Northwestern Connecticut  
332 South Main Street, Torrington, CT 06790 | www.fishnwct.org | facebook.com/fishnwct

*"Providing the most basic of human needs...  
food, shelter & hope"*

Our efforts and successes in advocating and championing the needs of our region's hungry and homeless is dependent on the generosity of our greater community.

We are critically challenged to fund our programs, and your help is needed now...

**more than ever!**



*In the past 6 years, during the holiday season...*

*...At our "Rally Day to End Hunger and Homelessness in NWCT" - over 3,300 coats have been collected and distributed, with over 900 participating.*

*...Holiday meals at Thanksgiving and Christmas have been distributed to over 1,500 families; and toys to over 1,800 children.*

*...At our FISH Homeless Shelter, with current and former residents invited, we have celebrated two holidays - Thanksgiving and our "Cocoa and Cookies" Party with Santa - with at least 400 residents. We do our best to provide the magic and wonder of the Christmas season for our children.*

*One of our many young volunteers working in our food pantry.*