

Lodging

 = Pet Friendly

 **Navy Lodge**
2 Proteus Avenue
Groton, CT
Tel: (860) 446-3119
1-800-NAVY-INN (1-800-628-9466)
<https://www.navy-lodge.com/>

Navy Gateway Inn & Suites
World Wide
1-877-Navy-BED (1-877-628-9233)
NAVY SUBASE New London
(860) 694-3416
DSN: 694-3416
Fax: (860) 694-3556
<http://DODLODGING.NET>

 **Thames Inn & Marina**
193 Thames Street
Groton, CT
Tel: (860) 445-8111
After 5:00 (860) 608-7183

Gold Star Inn
605 Gold Star Highway
Groton, Ct
Tel: (860)445-1986

Mystic Marriott Hotel & Spa
625 North Road (Route 117)
Groton, CT
Tel: (860) 446-2600

Baymont Inn & Suites
360 Route 12
Groton, Ct
(860) 445-8000

Groton Inn & Suites
99 Gold Star Highway
Groton, CT
Tel: (860) 445-9784
Toll Free: 800-452-2191

Days Inn & Suites
135 Gold Star Highway
Groton, CT
Tel: (860) 448-3000
Toll Free: 800-280-0054

Hilton Garden Inn
224 Gold Star Highway
Groton, CT
Tel: (860) 445-6800
Toll Free: (866) 449-7390

Hampton Inn
300 Long Hill Road (Route 1)
Groton, CT
Tel: (860) 405-1585
Toll Free: (877) 477-5817

Holiday Inn Norwich
10 Laura Blvd
Norwich, CT
Tel: (860) 889-5201
<http://www.holidaynorwichhotel.com>

Microtel Inn & Suites
1954 Norwich New London Tpke
Uncasville, CT
Tel: (860) 222-2846

 **Pets Allowed but call for details** 

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Lodging continued

 **Residence Inn**
40 White Hall Ave
Mystic, CT
Tel: (860) 536-5150

 **Quality Inn**
48 Whitehall Ave
Mystic, CT
Tel: (860) 980-3257

 **Cedar Park Inn & Suites**
85 Norwich Westerly Road
North Stonington, CT
Tel: (860) 535-7829

Spring Hill Suites by Marriott
401 N Frontage Rd
Waterford, CT
Tel: (860) 439-0151

SpringHill Suites by Marriott
401 N Frontage Rd
Waterford, CT
Tel: (860) 439-0151

Clarion Inn New London
269 North Frontage Road
New London, CT
Tel: (860) 442-0631

Holiday Inn New London
35 Governor Winthrop Boulevard
New London, CT
(860) 443-7000

Off-Limits Establishments:

Groton, CT

Windsor Motel, 345 Gold Star Hwy
Flagship Inn, 470 Gold Star Hwy
Midnight Hookah Lounge, 403 Pleasant Valley Rd
Northern Lights Smoke Shop, 771 Long Hill Rd
Ramada Inn, 156 Kings Hwy
Roadway Inn, 425 Bridge St
Ryan's Pub, 112 Fort Hill Rd
Super 8 Motel, 173 Route 12

Old Saybrook, CT

Old Glory Boutique, 1804 Boston Post Rd

Providence, RI

Colosseum, 180 Pine St

New London, CT

America's Best Value Inn, 380 Bayonet St
American Legion, 74 Garfield Ave
CITGO Gas Mart, 290 Broad St
(formerly Ravi's Gas Mart)
Gus's Pizza, Eugene O'Neill Drive
Le Bank Café, 12 Bank St
Millennium Inn, 14 Coleman St
Oasis Pub, 16 Bank St
Ravi Gas Mart, 268 Bank St
Nowhere Café, 454 Coleman St
Red Roof Inn, 707 Coleman St

 **Pets Allowed but call for details** 

What Happens When You File A Complaint

CHRO will notify you when it receives your complaint and will normally:

- Notify the alleged violator of your complaint and require an answer be submitted
- Investigate your complaint and determine whether there is reasonable cause to believe that the Act has been violated

Conciliation: CHRO will try to reach an agreement with the person your complaint is against. A conciliation agreement must protect both you and the public interest. If an agreement is signed, CHRO will take no further action on your complaint. However, if CHRO has reasonable cause to believe that a conciliation agreement is breached, CHRO can file suit to enforce the agreement.

Hearing: After investigating your complaint, CHRO will inform you as to whether there is reasonable cause to believe that discrimination occurred. If reasonable cause is found, your case will be heard in an administrative hearing unless you or the respondent want the case to be heard in Superior Court. Either way, there is no cost to you.

Complaint Referrals: If CHRO has determined that your complaint also alleges a violation of the Federal Fair Housing Act, CHRO will assist you in filing a federal complaint with the United States Department of Housing and Urban Development (HUD).

Commission on Human Rights and Opportunities
21 Grand Street
Hartford, CT 06106
(860) 541-3403



Your Right to Equal Opportunity Housing



Commission on Human Rights
and Opportunities
Fair Housing Unit
21 Grand Street
Hartford, CT 06106

Connecticut's Discriminatory Housing Practices Act

Connecticut's Discriminatory Housing Practices Act prohibits discrimination in housing because of:

- Race or color
- National origin
- Ancestry
- Creed (Religion)
- Sex
- Marital Status
- Age (non-minors)
- Familial status (families with children under the age of 18 living with parents or legal custodians and pregnant women)
- Disability (physical, mental or learning)
- Lawful source of income (income derived from social security, SSI, housing assistance such as Section 8, child support, alimony, public or general assistance)
- Sexual orientation

What Housing is Covered?

The Act covers most housing. In some circumstances, the Act may exempt owner-occupied buildings with up to four units and housing designed for and occupied by older persons. Other exemptions may apply in certain circumstances.

What Is Prohibited?

In the Sale and Rental of Housing: No one may take any of the following actions based on race, color, national origin, ancestry, creed, marital status, age, familial status, disability, lawful source of income, sex or sexual orientation:

- Refuse to rent or sell housing
- Refuse to negotiate for housing
- Make housing unavailable
- Deny a dwelling
- Set different terms, conditions or privileges for sale or rental of a dwelling
- Provide different housing services or facilities
- Falsely deny housing is available for inspection, sale or rental
- For profit, induce owners to sell or rent (blockbusting)
- Deny anyone access to or membership in a facility or service (such as a multiple listing service) related to the sale or rental of housing, or
- Restrict or attempt to restrict the choices of any buyer or renter (steering)
- Discriminate in providing mortgage or home equity loans

In addition, if you have a mental or physical disability, your landlord may not: 1) refuse to let you make reasonable modifications, at your expense, if necessary for you to use the housing; or, 2) refuse to make reasonable accommodations in rules, practices, or services if necessary for you to use the housing.

If You Think Your Rights Have Been Violated

CHRO is ready to help you with any problem involving housing discrimination. If you think your rights have been violated, contact the CHRO to discuss your situation, to obtain the forms for filing a formal complaint, or to make an appointment for assistance in filing a formal complaint. A formal notarized complaint must be filed no later than 180 days after an alleged violation, but you should file as soon as possible.

What to tell CHRO:

- Your name and address
- The name and address of the person your complaint is against
- The address or other identification of the housing involved
- A short description of the alleged event(s) that caused you to believe that your rights were violated
- The date these events occurred

Where to Write: Send your inquiry or formal complaint (signed and notarized) to:

State of Connecticut
Commission on Human Rights and
Opportunities

Fair Housing Unit
21 Grand Street
Hartford, CT 06106

Toll Free in CT: (800) 477-5737 ext. 3403
or (860) 541-3403

Subbase New London

Key Resources



Navy-Marine Corps Relief Society (NMCRS)

NMCRS provides financial counseling, thrift shops, the Budget for Baby workshop, the Visiting Nurse Program, and scholarships. Financial assistance available in the form of no interest loans and support of qualifying individuals. Call (860) 694.3285 or visit www.nmcrs.org

Military One Source

Access a free 24-hour line for information and resources throughout the world, on virtually every topic. Call (860) 342.9647 or visit www.militaryonesource.mil

211 (Connecticut Information Line)

Visit www.211ct.org or call 2-1-1 from a land line or dial (800)203.1234 from a cell phone to access information and other resources, available 24 hours a day.

Chaplain's Office / Chapel

Call or visit for information on worship series at base Chapels, spiritual workshops, retreats, religious services, resource referrals, counseling, and additional support from the caring Chaplain team. Naval Submarine Base New London (860) 694.3232.

Women, Infants, & Children (WIC Program)

WIC provides vouchers, consulting, nutritional advice, and support to pregnant and new moms and children 5 and under. Eligibility is based on income. Call the New London office (860) 425.6620 or the Norwich office 860.425.6562. Visit: wic@newlondon.tvcca.org

Connecticut Food Bank / Pantry Directory

Visit www.foodpantries.org for information about the food pantries / banks in the State of Connecticut.

Supplemental Nutrition Assistance Program (SNAP)

For information call (800) 842.1508 or visit www.cdss.ca.gov/foodstamps

Individual Town / City Services including Senior & Youth Programs, Events, and Social Services:

Town of Groton, CT: www.groton-ct.gov

City of Norwich, CT: www.norwichct.org

City of New London, CT: www.ci.new-london.ct.us



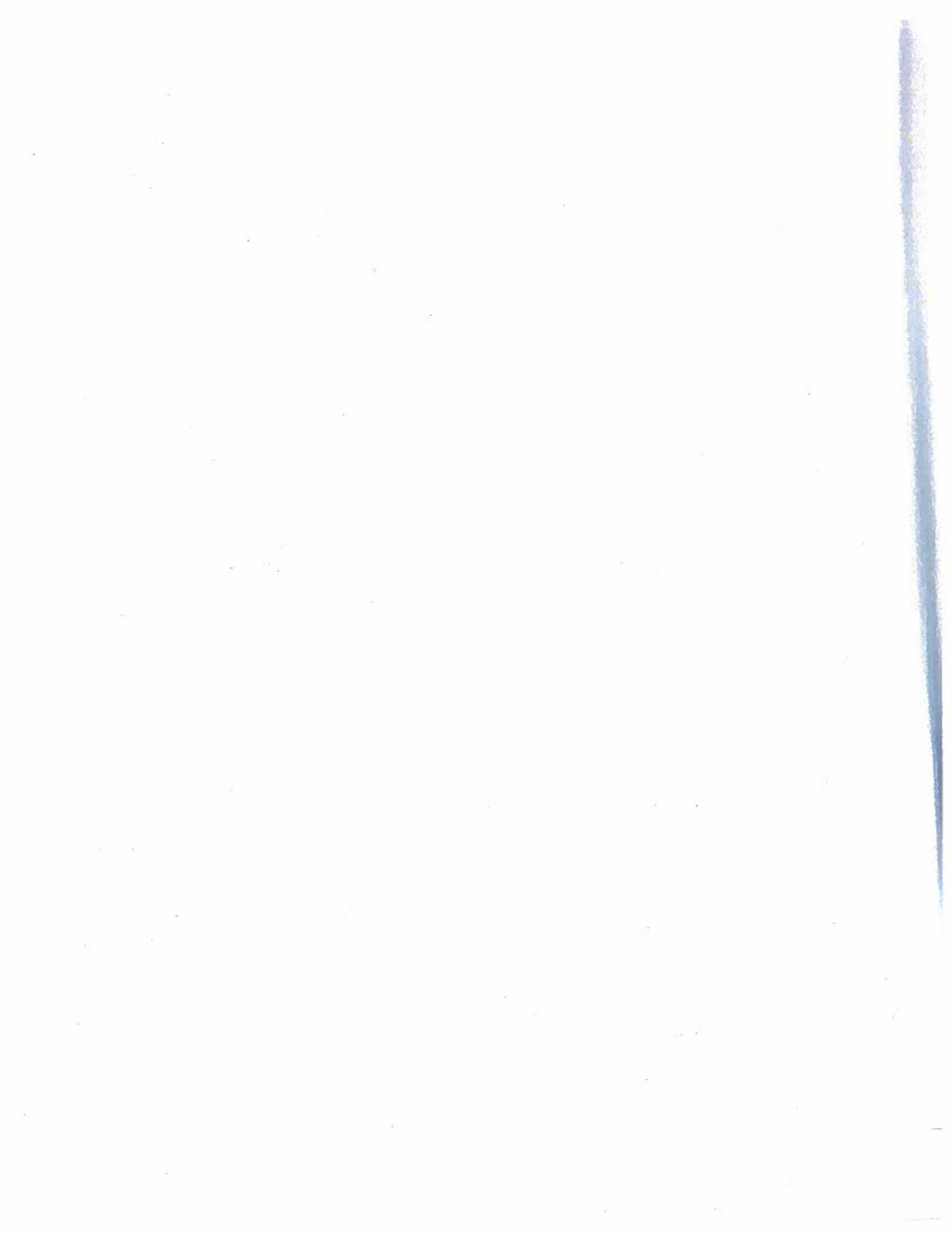
Town of Ledyard, CT: www.town.ledyard.ct.us

Town of Montville, CT: www.townof Montville.org

Fleet and Family Support Center New London / 860.694.3383 / <http://www.cnic.navy.mil/navylifema>

www.facebook.com (search Fleet and Family Support Center New London.)

FFSC does not endorse the above, provided for informational purposes only



Unless indicated, all telephone numbers are located in the (860) AREA CODE. Resources and phone numbers are subject to change without notice.

EMERGENCY PHONE NUMBERS

Off Base Emergency Dial 911
AMBULANCE (860) 694-3333
FIRE (860) 694-3333
POLICE (860) 694-3222
SUICIDE EMERGENCY (860) 694-3333
 American Red Cross (860) 447-3248
 Emergency Communications (877) 272-7337
 Connecticut Infoline 211
 Dept. Children/Families (860) 886-2641
 Hotline (800) 842-2288
 Domestic Violence (Safe House) (860) 447-0366
 24 Hour Psychiatric Hotline (860) 886-9302
 Officer of the Day (860) 625-9644
 Poison Control Center (800) 222-1222
 Rape Crisis Center (888) 999-5545
 Base Information (860) 694-3011
 FFSC (860) 694-3383
 Family Advocacy Program (860) 694-4875
 Sexual Assault Response Coordinator (SARC) (860) 694-2791
 SAPR VA 24 Hr Response Line (860) 625-9387

FREQUENTLY CALLED NUMBERS

Auto Passes/Decals (860) 694-3224/4030
 Combined Bachelor Quarters (860) 694-3416
 Chapel/Chaplain (860) 694-3232
 Balfour Beatty (860) 446-5913
 Housing Referral Office (860) 694-3851
 ID Cards/DEERS (860) 694-3022
 Legal Assistance (860) 694-3741

Library (860) 694-3723
 Navy College (860) 694-3335
 Navy Exchange (860) 446-5400
 Navy Federal Credit Union (800) 842-6328
 Navy Lodge (860) 446-1160
 Navy-Marine Corps Relief (860) 694-3285
 Thrift Shop (860) 694-4774
 Ombudsman Office (860) 694-2230
 PSD Customer Service (860) 694-3033/3088
 Retired Activities (860) 694-3284
 SATO (855) 744-4662
 School Liaison Office (860) 694-3772
 Security (860) 694-3451
 Veterinarian Clinic (860) 694-4291

CHILD CARE

Child Development Center (860) 448-6838
 Family Home Care Program (860) 448-6457
 Subase Youth Center (860) 448-6843

COMMISSARY

Information Desk (860) 326-2020

EMPLOYMENT

Civil Service (860) 694-5015
 MWR (860) 694-3695
 NEX (860) 446-5400

FOOD SERVICES

Enlisted Mess (860) 694-2917

NAVAL BRANCH HEALTH CLINIC

Information (860) 694-4123
 SARP Center (860) 694-4837
 Primary Care Clinic Appointments (888) 628-9633
 Health Benefits Advisor & Referral Management Office (860) 694-1985
 Exceptional Family Member Program Coordinator (860) 694-4918
 Pharmacy Refills (877) 211-1126
 Health Promotions (860) 694-2303
 Health Net Federal Svc (877) 874-2273
 Backus Hospital (860) 889-8331
 Lawrence & Memorial Hospital (860) 442-0711

HOUSEHOLD GOODS

Incoming and Outgoing (860) 694-4650
 Toll Free (877) 313-0682

RECREATION/ENTERTAINMENT

MWR (Office) (860) 694-2298
 Auto Shop (860) 694-3582
 Bowling Lanes (860) 694-3477
 Marina (860) 694-3164
 Gym (860) 694-3521
 Swimming Pool (860) 694-3562
 Body Works Fitness Center (860) 694-4784
 Dealy Center Theater (860) 694-3358
 Reunions (860) 694-3433
 Bellissimo Cafe (860) 694-3192



DEPLOYMENT RESOURCES FOR CHILDREN AND TEENAGERS

When a parent is deployed, families face all kinds of challenges. Our resources provide strategies and support to help ease the way for children, teenagers, and the non-deployed parent. Go to www.MilitaryOneSource.com and click on "deployment" for our entire range of deployment-related materials, including articles, booklets, and CDs.

DVDs

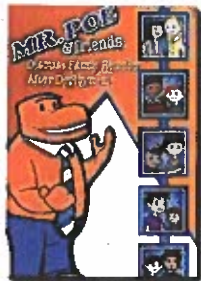
Our DVDs help children of all ages manage the challenges and concerns of deployment, from saying goodbye to saying hello again.



Ages 2 to 5

Talk, Listen, Connect: Deployments, Homecomings, Changes

A 2-DVD Sesame Street kit designed to support families with young children as they manage the feelings and challenges of all phases of deployment. In English and Spanish.



Ages 6 to 10

Mr. Poe & Friends Discuss Family Reunion After Deployment

This DVD, developed by military pediatricians for school-age children, is meant to help them realize that they aren't alone with their deployment concerns.



Ages 11 and up

Military Youth Coping with Separation: When Family Members Deploy

Preteens and teenagers tend to adapt well to family deployments, but they all benefit from support. This DVD, developed by military pediatricians and specialists in adolescent medicine, can help.

Military OneSource is available 24/7. You name it. We can help.

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) www.MilitaryOneSource.com

