



MIDDLETOWN

As we celebrate 90+ years of service, Middlesex United Way continues to invest in what matters most for Middletown and Middlesex County: Youth Opportunity, Financial Security, Healthy Communities, and Community Resiliency.

In Middletown, Middlesex United Way supports a variety of programs including Gilead Community Services, Columbus House, STEAM Train, Oddfellows Playhouse, Kuhn Employment Services, Middlesex Habitat for Humanity, Middletown PAL, Middletown Pride, and the Northern Middlesex YMCA – connecting families to housing, education, job training, and youth opportunities.

We also help lead the Middletown Community Thanksgiving Project that provides holiday meals for more than 1,000 local families every year.



WORKING HARD & STILL STRUGGLING

In Middletown, 44% of households are ALICE – Asset Limited, Income Constrained, Employed. These families work hard but still struggle to afford basics like housing, food, and health care. Middlesex United Way is addressing these challenges through investments in our key impact areas and community partnerships.

Scan the QR Code to learn more about ALICE in Connecticut.

**Data from 2026 CT ALICE Report*

HELP IS JUST A CALL OR CLICK AWAY

In the past year, 7,976 Middletown residents reached out to 2-1-1 for help. Over 32% of the requests were for mental health and addiction support, while another 24% of the requests were for housing and shelter needs.

United Way's 2-1-1 is free, confidential, and available 24/7 – connecting Middletown residents to the resources they need most every day.

**Data collected from August 2025 to August 2026*



Middlesex
UNITED WAY