



PORTLAND

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

Middlesex United Way is proud to support and partner with agencies that serve Portland including Gilead Community Services, Oddfellows Playhouse, Kuhn Employment Services, the Northern Middlesex YMCA, and Middlesex Health's Perinatal Program.

We also connect with the community through local traditions such as our 'Top Dog' Fundraiser and have hosted our golf tournament at Portland Golf Course.



WORKING HARD & STILL STRUGGLING

In Portland, 31% 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, nearly 650 Portland residents reached out to 2-1-1 for help. More than a quarter of the requests were for mental health and addiction support, while another 20% of the calls were for housing and shelter needs. 2-1-1 is free, confidential, and available 24/7 – connecting Portland residents to the resources they need most.

**Data collected from September 2025 to September 2026*



Middlesex
UNITED WAY