



WESTBROOK

As we celebrate more than nine decades of service, Middlesex United Way continues to invest in what matters most for Westbrook 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 Westbrook including Gilead Community Services, Westbrook Youth & Family Services, Literacy Volunteers Valley Shore, Kuhn Employment Services, Valley Shore YMCA, and Middlesex Health's Perinatal Program – helping families access critical resources close to home.

We are also regular visitors to the Valley Shore Community Television studios.



WORKING HARD & STILL STRUGGLING

In Westbrook, 37% 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 350 Westbrook residents reached out to 2-1-1 for help. More than 33% of the requests were for mental health and addiction support, while another 17% were for housing and shelter needs.

2-1-1 is free, confidential, and available 24/7 – connecting Westbrook residents to the resources they need most.

**Data collected from September 2025 to September 2026*



Middlesex
UNITED WAY