



Saint Mary's Hospital
Trinity Health

Welcome NICU Families!

We wanted to introduce ourselves as your social workers and let you know a little bit about ways we can support you during your baby's stay in NICU. Please know we are here to provide:

Emotional Support

Having a baby in NICU can be an emotional time for families. We are happy to provide support in any way that we can. We can also assist in connecting you to support groups or counseling services.

Community Referrals

- WIC Program
- SNAP benefits
- Diaper Bank resources or referrals for baby supplies
- Housing resources
- Parenting support services (In-person or virtual)

Social Security Income Paperwork (SSI)

If your baby was born premature, born with a low birth weight, and/or has medical needs that qualify then your baby may be eligible for SSI. We would be happy to talk more with you and complete the initial paperwork.

Birth to Three Referral

Birth to Three's mission is to support families in meeting the developmental and health-related needs of their infants and toddlers who have delays or disabilities. There is no longer a family fee for services if an infant or child is found eligible.

SAINT MARY'S HOSPITAL | 56 FRANKLIN STREET | WATERBURY, CT 06706 | 203-709-6184