

Housing Stability Resources

Finding safe, stable housing can be overwhelming — especially during a crisis. This guide brings together key organizations in Fairfield County and across Connecticut that offer support with housing searches, tenants' rights, eviction prevention, senior housing options, emergency shelter, and more.

For guidance, email us at contact@silversource.org or call 203.324.6584

Housing Rights, Fair Housing & Legal Protections

[CT Fair Housing Center](#)

Provides free assistance and legal support to people facing housing discrimination, unsafe housing conditions, or unfair treatment by landlords. Helps tenants understand their rights and file complaints.

Phone: 860-247-4400

Website: <https://ctfairhousing.org>

[Fair Housing](#) (HUD / Federal Resources)

Provides information on federal fair housing laws, protections against housing discrimination, and how to file a complaint with HUD.

Phone: 1-800-669-9777

TTY: 1-800-927-9275

Website: <https://www.hud.gov/fairhousing>

[Connecticut Commission on Human Rights and Opportunities](#) (CHRO)

Connecticut's civil rights agency that enforces state fair housing laws and investigates housing discrimination complaints.

Phone: 1-800-477-5737

Stamford Office: 203-579-6246

Website: <https://portal.ct.gov/CHRO>

[Fair Rent Commissions](#) (Local)

Local Fair Rent Commissions (FRCs) help tenants challenge unfair or excessive rent increases and mediate disputes between tenants and landlords.

Stamford FRC is administered by Housing Safety & Zoning Enforcement

Phone: 203-977-4388

Website: <https://portal.ct.gov/DOH/Fair-Rent/Fair-Rent-Commissions>

Stamford Department of Health and Human Services

Promoting housing stability for all residents. Implement supportive programs and services that strengthen residents' knowledge of their rights, improve access to safe and affordable housing, and help individuals maintain and retain their housing status.

Phone: 203-977-4309

Website: <https://www.stamfordct.gov/government/public-safety-health-welfare/health-human-services/housing-services>

Residential Eviction and Foreclosure Storage Program

Provides free, temporary storage for personal belongings when someone is evicted or displaced due to foreclosure, so they do not lose their possessions.

Phone: 860-270-8262

Website: <https://portal.ct.gov/DOH/DOH/Programs/Eviction-and-Foreclosure-Storage>

Housing Support, Aging Services & Senior Housing Options

CT Homecare Program for Elders

A state program that helps older adults remain safely at home by providing in-home support, personal care, and services that reduce the risk of nursing home placement.

Phone: 1-800-445-5394

Website: <https://portal.ct.gov/DSS/Health-And-Home-Care/Connecticut-Homecare-Program-for-Elders>

Senior Housing Assistance Fund (SHAF)

Provides financial assistance to older adults who need help with security deposits, rental arrears, or other emergency housing costs to remain stable and housed.

Phone: 203-653-3000

Website: <https://shafct.org>

SeniorHousingNet

An online directory that helps older adults and families search for independent living, assisted living, memory care, and other senior housing options.

Phone: 1-800-304-7152

Website: <https://www.seniorhousingnet.com>

Atria Darien

An assisted living community offering housing, meals, personal care, and social programs for older adults who need daily support.

Phone: 203-662-1090

Website: <https://www.atriaseniorliving.com/atria-darien-darien-ct>

Atria Stamford

Provides assisted living and memory care services, including housing, meals, wellness programs, and support for seniors with cognitive or daily care needs.

Phone: 203-327-4555

Website: <https://www.atriaseniorliving.com/atria-stamford-stamford-ct>

The Residence at Selleck's Woods

A senior living community offering assisted living and memory care with personalized support, activities, and on-site services.

Phone: 203-663-6600

Website: <https://www.residenceselleckswoods.com>

The Residence at Summer Street

An assisted living and memory care residence in Stamford providing housing, daily support, and enrichment programs for older adults.

Phone: 203-883-8850

Website: <https://www.residencesummerstreet.com>

CT Association of Centers for Independent Living (CACIL)

Supports people with disabilities of all ages with housing navigation, benefits counseling, advocacy, and independent living skills.

Phone: 860-297-4300

Website: <https://www.cacil.net>

Shelters, Housing Navigation & Emergency Support

Inspirica

Provides emergency shelter, transitional housing, supportive services, case management and housing navigation for those experiencing homelessness in Stamford.

Phone: 203-388-0100

Website: <https://www.inspiricact.org>

Pacific House

A homeless shelter and supportive housing provider serving men and young adults, offering emergency beds, meals, and long-term housing solutions.

Phone: 203-348-2792

Website: <https://www.pacifichouse.org>

Updated May 2026