Companions & Homemakers proudly provides services to clients throughout the state of Connecticut. Depending on where you live, whether in-state or out-of-state, there are a number of public transportation options that can get you there.

**Amtrak – Train Service**

Provides regional train service to and from Connecticut from New York State, Rhode Island, and Massachusetts. Their website offers downloadable service maps, schedules, fares, and reservations.

Main Website: [http://www.amtrak.com](http://www.amtrak.com)
Reservations & Information: 1-800-USA-RAIL (1-800-872-7245)

Acela Express (Connecting NY, MA and CT): [http://www.amtrak.com/acela-express-train](http://www.amtrak.com/acela-express-train)

*Service Maps and Station Listings – See Page 2*

**MTA – Regional Commuter Train Service**

Provides commuter regional train service to and from New York City. Multiple stations and stops in Connecticut. Their website offers downloadable schedules, service maps, and fare information.

Main Website: [http://www.MTA.info](http://www.MTA.info)
Reservations & Information: 1-877-690-5114

*Service Map and Station Listings – See Page 3*

**CT Transit – Express and Commuter Bus Service**

CT Transit and its partners operate express and extensive commuter bus service throughout the state. Their website offers service maps, schedules, fares, and online ticket sales.

Main Website: [http://www.CTTransit.com](http://www.CTTransit.com)
Reservations & Information – Call one of the regional transportation centers below:

<table>
<thead>
<tr>
<th>Area</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hartford Area</td>
<td>(860) 525-9181</td>
</tr>
<tr>
<td>New Haven Area</td>
<td>(203) 624-0151</td>
</tr>
<tr>
<td>Stamford Area</td>
<td>(203) 327-7433</td>
</tr>
<tr>
<td>Waterbury Area</td>
<td>(203) 753-2538</td>
</tr>
<tr>
<td>New Britain Area</td>
<td>(860) 828-0512</td>
</tr>
<tr>
<td>Meriden Area</td>
<td>(800) 441-8901</td>
</tr>
<tr>
<td>Wallingford Area</td>
<td>(800) 704-3113</td>
</tr>
</tbody>
</table>
Amtrak – Train Service
Service Maps and Station Listings

Acela Express

Primary Stations Serviced:
MA: Boston
RI: Providence
NY: New York City (Penn Station)
NJ: Newark
CT: New London, New Haven, Stamford

Northeast Regional

Primary Stations Serviced:
MA: Boston, Springfield
RI: Providence, Westerly
NY: New York City (Penn Station)
NJ: Newark
CT: Mystic, New London, Old Saybrook, Windsor, Windsor Locks, Hartford, Kensington, Meriden, Wallingford, New Haven, Bridgeport, Stamford
Metro North Railway New Haven Line (Red Line on Map)

Connecticut Stations Serviced:

- Ansonia
- Beacon Falls
- Bethel
- Branchville
- Bridgeport
- Cannondale
- Cos Cob
- Danbury
- Darien
- Derby-Shelton
- East Norwalk
- Fairfield
- Fairfield Metro
- Glenbrook
- Green’s Farm
- Greenwich
- Merritt
- Milford
- Naugatuck
- New Canaan
- New Haven
- Noroton Heights
- Old Greenwich
- Redding
- Riverside
- Rowayton
- Seymour
- South Norwalk
- Southport
- Springdale
- Stamford
- Stratford
- Talmadge Hill
- Waterbury
- West Haven
- Westport
- Wilton