



# COMING HOME

*Worcester, MetroWest  
and Additional Regions*

*A Resource Directory of  
Offender Re-entry Services*

**2024**

## FEATURED REGIONS

BERKSHIRES • WESTERN • CENTRAL • METROWEST • ROUTE 128 • MERRIMACK VALLEY  
NORTH SHORE • SOUTH SHORE • SOUTH COAST • CAPE AND ISLANDS

## EXPANDED LISTINGS INCLUDE LOCATIONS IN

MAINE • NEW HAMPSHIRE • RHODE ISLAND • VERMONT

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## About

*Coming Home Worcester, MetroWest and Additional Regions* is a joint venture between Dismas House of Massachusetts and the Commonwealth Green Low Income Housing Coalition sponsored by Worcester Common Ground.

### **Dismas House of Massachusetts, Inc.**

Dismas House of Massachusetts provides critical housing, services, and a family environment for homeless ex-offenders in Central Massachusetts and MetroWest.

At Dismas House, Father John Brooks House, and the Dismas Family Farm, Dismas strives to build a safe, welcoming, accountable and drug-free environment for former offenders turning around their lives. The Dismas Family Farm is a unique residential organic farm where the residents work with staff and a farm steward to operate a small family farm, farmers markets, and partner with restaurants to sustain the farm. BAR None (Basic Advocacy for Reentry), a community-wide civil legal initiative that assists over 800 homeless and former offenders in Central Massachusetts and MetroWest with help on civil legal matters as well as direct connections to healthcare, nutrition, case management, and housing support.

Visit [www.dismasfamily.org](http://www.dismasfamily.org) for more information.

### **Commonwealth Green Low-Incoming Housing Coalition**

The Commonwealth Green Low-Income Housing Coalition represents multiple agencies and advocates working for clean energy solutions for high utility costs for low-income housing. CGLIHC advocates for policies and programs that create the dual opportunity for low-income housing promotion and environmental protection. CGLIHC action committee also works on this guide, and on other pressing justice issues that affect our constituents. Visit us at [www.cglihc.org](http://www.cglihc.org).

# Introduction

*Coming Home Worcester, MetroWest and Additional Regions* is a directory of services available to ex-offenders returning to, or currently living in the Central Massachusetts and MetroWest area. The directory is a resource that presents important information for ex-offenders about the services available in our community. This guide may also be useful for corrections practitioners, program staff, policy makers and the friends, families, and volunteers that work with former offenders in the community.

When an offender is released from prison, he or she begins the difficult task of re-assimilating into the community. The ex-offender's transition is often times very complicated, and may include significant obstacles that must be overcome to obtain stability. Fortunately, the Central Massachusetts and MetroWest community has a network of services designed to assist those in need. By compiling this directory, it is our hope that we will be able to assist former offenders, and those who care about them, find the resources they need to make the difference between success and a return to incarceration.

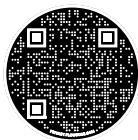
## How to Use the Directory

The directory contains contact information and a basic description of the services offered for each organization. We have also included other informational resources where possible. When in doubt, contact the organization directly for the best, most up-to-date information. The editors cannot and do not vouch for the accuracy or quality of the services available.

The agencies listed in this directory are not the only resources available. We have tried to include all appropriate agencies and organizations; however, some information may be missing. If you have additional information that you believe should be included, or have a correction to one of our entries, please contact us.

## Interactivity

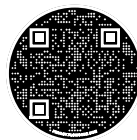
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# State-wide Agencies, Hotlines, & Websites

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*Agencies and programs that serve the entire state and are accessed primarily through hotlines, websites, or other methods. Some agencies may have regional offices, therefore, check for locations close to you.*

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## **America Works**

**Website:** <https://americaworks.com/>

America works is a specialized employment placing service, for people that are difficult to place, such as a felon. America works is only in a few states, but working to cover more of America. Visit the site to see which areas are covered.

## **Assurance Wireless – Lifeline Service**

**Categories:** Basic Needs, Utilities

**Website:** <https://www.assurancewireless.com/lifeline-services/states/massachusetts-lifeline-free-government-phone-service>

Massachusetts Lifeline Free Government Phone Service

- Assurance Wireless Unlimited monthly plan:
- FREE Unlimited High-Speed Data
- FREE Unlimited Minutes
- FREE Unlimited Texts
- FREE 10GB Mobile Hotspot Data
- (Up to 4G LTE speed)
- Plus FREE Android™ Smartphone

If you prefer to apply for our Lifeline Only service, you can simply skip the Assurance Wireless Unlimited enrollment step during the Assurance Wireless Lifeline application process.

- Assurance Wireless Lifeline ONLY:
- FREE 4.5GB DATA EACH MONTH
- FREE UNLIMITED TEXTS EACH MONTH



- FREE 1000 MINUTES EACH MONTH

Assurance Wireless is a federal Lifeline Assistance program. Lifeline is a government benefit program supported by the federal Universal Service Fund. Enrollment in this government benefit program is available to individuals who qualify based on federal or state-specific eligibility criteria. Eligibility is determined by income and/or participation in state or Federal support programs.

One Account per Household:

The Lifeline Assistance program is available for only one wireless or wireline account per household. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible.

Lifeline services are non-transferable and limited to one benefit per household, consisting of either wireline or wireless. If the service is not used for 30-days, the customer will be automatically removed from the program.

### **Baby Safe Haven**

(866) 814-7233 **AKA** (866) 814-SAFE

**Services:** The Safe Haven Act of Massachusetts (2004) allows a parent to legally surrender newborn infants 7 days old or younger at a hospital, police station, or manned fire station without facing criminal prosecution. The Safe Haven Act is an amendment to Chapter 119 of the Massachusetts General Laws, section 39½. The law becomes effective on October 29, 2004.

### **Terms**

*Newborn infant:* A baby 7 days old or younger.

*Voluntary placed, voluntary placement or voluntary abandonment:* Voluntarily leaving the newborn infant with an appropriate person at a designated facility.

*Designated Facility:* Hospital (it is preferred that the newborns specifically be taken to an acute care hospital emergency department), police department or manned fire station; the locations stipulated by the Safe Haven Law.

*Appropriate person:* Someone at a designated facility who is able to ensure that the newborn infant is safe; for example, the triage person in a hospital emergency department or duty officer in a police station.

*Notification:* An immediate notice to be filed with the Department of Children and Families (DCF) on the voluntary surrender of the newborn infant.

### **Behavioral Health Help Line**

Call or Text: 833-773-2445

Mental Health Providers

[masshelpline.com](http://masshelpline.com)

Community Behavioral Health Centers are closely connected to the Massachusetts Behavioral Health Help Line. The Behavioral Health Help Line is a 24/7 clinical hotline staffed by trained behavioral health providers and peer coaches who offer clinical assessment, treatment referrals, and crisis triage services. When appropriate, Help Line

staff directly connect callers with their nearest CBHC and perform a warm handoff.

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages
- Deaf or hard of hearing? Contact MassRelay at 711
- The Help Line is available 24/7, 365 days a year.

Web Chat: [masshelpline.com](https://masshelpline.com)

### **Citizens Energy Heat Assistance Programs**

88 Black Falcon Avenue, Suite 342, Boston, MA 02210

1-877-JOE-4-OIL

**Website:** <https://citizensenergy.com/our-programs/joe-4-sun/massachusetts/>

**Services:** The Oil Heat Program offers free heating oil to people in financial need who can't afford to pay their heating bills. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free.

**Eligibility:** You are eligible if you have a financial hardship and need help paying your heating bills. There are no citizenship requirements. You do not need proof of immigration status.

### **How to Apply**

Applicants must call 1-877-JOE-4-OIL (1-877-563-4645) to apply for the program.

1. Applications are not available online.
2. A customer service representative will take some preliminary information over the phone.
3. The applicant will receive an Income Verification Form by mail.
4. The applicant must fill in their income, sign and return this form.
5. For qualified applicants, a voucher for oil will be sent to their home. The customer is responsible for contacting their approved dealer and scheduling a delivery.
6. Our Program only approves a one time delivery of 100 gallons per household.

### **Child and Family Services**

3057 Acushnet Avenue, New Bedford, MA 02745

(508) 990-0894

**Website:** <https://cfservices.org/>

**Services:** facilitate access to, and ensure coordination of, care for youth with serious emotional disturbance (SED) who require or are already utilizing multiple services or are involved with multiple child-serving systems (e.g., child welfare, special education, juvenile justice, mental health) and their families.

### ***Mental Health Clinic***

1061 Pleasant Street, New Bedford, MA 02740

(508) 996-8572

- Adult Behavioral Health Services
- Child Behavioral Health Services
- School-Based Counseling Services
- Mixed Population
- Safe and Successful Youth Initiative (SSYI)

### ***Child & Family Services | Fall River***

66 Troy Street, Fall River, MA 02720 (map)

(508) 676-5708

- Adoption Journeys
- Adoption Services
- Adult Behavioral Health Services
- Child Behavioral Health Services
- In-Home Therapy (IHT)
- Parent Mentor
- Therapeutic Mentoring (TM)
- Young Parent Support (services Fall River and New Bedford areas) (YPS)

### ***Child & Family Services | North Street***

543 North Street, New Bedford, MA 02740

(508) 996-3154 | (877) 996-3154

- Adult Behavioral Health Services
- Child Behavioral Health Services
- Community Based Acute Treatment (CBAT)
- Community Crisis Stabilization (CCS)
- Emergency Services (Crisis Center)

### ***Child & Family Services | Cape Cod***

100 Independence Drive, Unit 8 Hyannis, MA 02601

(508) 778-1839

- Adoption Journeys
- In-Home Therapy (IHT)
- Mental Health Services
- Parent Mentor
- Specialized Adoption Services
- Therapeutic Mentoring (TM)

### ***Child & Family Services | Merrimack Valley***

439 South Union Street, (Suite 203B) Lawrence, MA 01843

(978) 687-5852

- Adoption Journeys

- Adoption Services

#### ***Child & Family Services | Florence***

P. O. Box 60006, 140 Pine Street, Suite 12, Florence, MA 01062

(413) 320-4680 | (800) 972-2734

- Adoption Journeys

#### ***Child & Family Services | Waltham***

395 Totten Pond Road, Suite 204, Waltham, MA 027451

(781) 444-1042 | (800) 972-2734

- Adoption Journeys

#### ***Child & Family Services | Worcester***

330 SW Cutoff, Suite 101, Worcester, MA 01604

(508) 459-2339 | (800) 972-2734

- Adoption Journeys

#### **Consumer Credit Counseling Service of Southern New England**

Boston, MA 02210

(866) 889-9347

**Website:** <https://www.moneymanagement.org/locations/massachusetts/boston>

**Services:** Receive foreclosure counseling and debt reduction from this non-profit. CCCS provides homeowners and people in debt with confidential financial counseling. Services offered to clients include assistance with budgeting and money management, mortgage delinquency, debt management programs, foreclosure and housing counseling, and consumer education.

#### **Department of Housing and Community Development**

100 Cambridge Street, Suite 300, Boston, MA 02114

(617) 573-1100

#### **Department of Mental Health**

Central Office

25 Staniford Street, Boston, MA 02114

1-800-221-0053 | TTY: (617) 727-9842

**Email:** [dmhinfo@dmh.state.ma.us](mailto:dmhinfo@dmh.state.ma.us)

**Website:** [www.mass.gov/dm](http://www.mass.gov/dm)

**Services:** The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work and participate in their communities. The Department establishes standards to ensure effective and culturally competent care to promote recovery. The Department sets policy, promotes self-determination, protects human rights and supports mental health training and research. This critical mission is accomplished by working in partnership with other state agencies, individuals, families, providers and communities.

### **Department of Public Health (DPH)**

Massachusetts Department of Public Health  
250 Washington Street, Boston, MA 02108  
(617) 624-6000 | TTY/TDD: (617) 624-6001

**Services:** Dedicated to the health and well-being of Massachusetts citizens.

### **Department of Public Utilities**

1-800-392-6066 / (617) 305-3500

**Website:** <https://www.mass.gov/info-details/help-paying-your-utility-bill>

**Services:** Provide lower rates for gas, electricity and telephone for low-income families. Prevent the shutoff of gas of senior households, a low-income family with an infant, someone with a serious illness, or a tenant with utilities included in the rent. Worcester Residents may contact their utility companies directly, or contact the Department of Public Utilities.

### **Department of Telecommunications and Cable**

1000 Washington Street, Suite 820, Boston, MA 02118-6500  
(617) 305-3580

**Services:** The Division is responsible for the enforcement of Massachusetts laws and regulations affecting residential customers of telecommunications and cable companies in Massachusetts. The mission of the Consumer Division is to protect consumers from unjust practices and to monitor the quality of service provided.

### **Department of Transitional Assistance**

9 Walnut Street, Worcester, MA 01608  
1-800-445-6604 / (508) 767-3100

**Website:** <https://www.mass.gov/eohhs/gov/departments/dta/>

#### ***Framingham Office***

300 Howard Street, Framingham, MA 01702  
(508) 661-6600/1-877-382-2363

Monday–Friday, 7:30 AM – 5:00 PM

**Services:** Employment and job training assistance.

#### ***Emergency Assistance***

13 Sudbury Street, Worcester, MA 01609  
(508) 767-3100 / 1-800-249-2007

**Website:** <https://www.mass.gov/orgs/departments-of-transitional-assistance>

**Services:** Gives shelter and other emergency housing services to low-income families with children, and to pregnant women, to prevent homelessness

#### ***Full Service Office***

50 Southwest Cutoff, Worcester, MA 01604  
1-877-382-2363 / (508) 767-3100

**Website:** <https://www.mass.gov/locations/dta-worcester-transitional-assistance-office-full-service-office>

### ***Massachusetts State Supplement Program (SSP)***

SSI (Supplemental Security Income) is a federal program of the Social Security Administration that makes monthly payments to certain people who are age 65 or older, blind or disabled. Massachusetts adds more money to SSI payments for Massachusetts residents. This is called the State Supplement

### ***Cash Assistance***

Transitional Aid to Families with Dependent Children (TAFDC): Transitional Aid to Families with Dependent Children (TAFDC) is a government program that gives cash and health insurance to needy families with dependent children. It is a state and federally funded program which provides cash assistance to families with children and pregnant women in the last 120 days of pregnancy, with little or no assets or income.

#### **Requirements**

- Have at least one dependent child under 18 or 19 (including teen parents) OR pregnant women with no children (the child is expected to be born within 120 days of the application).
- Must meet income and asset limits
- Be a U.S. citizen or a legal immigrant
- Live in Massachusetts.

### ***Emergency Aid to Elders, Disabled and Children (EAEDC)***

Emergency Aid to Elders, Disabled and Children (EAEDC) is a Massachusetts state-funded program that provides cash and medical assistance to needy families and individuals who are not receiving TAFDC, SSI, or other similar benefits.

#### **Requirements**

- Unable to work due to a physical or mental incapacity which has lasted or will last at least 60 days and meets the Department established medical standards for disability;
- Over 65 years old and waiting for Supplemental Security Income (SSI) payments to begin;
- Caring for a child living in the home and not related to the individual;
- Participating in a Massachusetts Rehabilitation Commission program; or
- Required to be in the home to care for an incapacitated individual who would have to be institutionalized if someone does not provide the care in the home.
- Meet income and asset limits.
- Be a U.S. citizen or a legal immigrant.

## Department of Youth Services (DYS)

288 Lyman Street, Westborough, MA 01581

(617) 727-7575

[dysinfodesk@massmail.state.ma.us](mailto:dysinfodesk@massmail.state.ma.us)

**Services:** As the juvenile justice agency for the Commonwealth of Massachusetts, the Department of Youth Services promotes positive change in the youth in our care and custody. Our mission is to make communities safer by improving the life outcomes for youth in our care. We achieve our mission through investing in highly qualified staff and a service continuum that engages youth, families and communities in strategies that support positive youth development.

## Federal Supplemental Educational Opportunity Grant (FSEOG)

**Website:** <https://studentaid.gov/>

**Website:** <https://studentaid.gov/understand-aid/types/grants/fseog>

1-800-433-324

The FSEOG program is administered directly by the financial aid office at each participating school and is therefore called "campus-based" aid. Not all schools participate.

**Eligibility:** Priority is given to students already receiving a Pell Grant.

**How to Apply:** This grant is handled by the financial aid office of the institution you are applying to; therefore there is no formal application process, but please make sure to fill out the FAFSA in order to be considered.

## Federal Trade Commission's Identity Theft Hotline

1-877-438-4338

**Website:** [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft)

For more information on Credit Reports and Identity Theft, visit the website above.

BAR None – Credit Reports and Identity Theft. Visit <https://www.dismasfamily.org/programs/bar-none/> for more information.

## Find a Behavioral Health Provider

800-495-0086

Mental Health Providers

**Website:** <https://www.masspartnership.com/member/FindAProvider.aspx>

The MBHP behavioral health provider network is one of the largest in Massachusetts. It includes over 1,200 clinics, inpatient programs, individual practitioners such as social workers and psychologists, and many more. Many of our providers speak multiple languages. They all share a commitment to providing high quality, culturally sensitive care. Services offered range from detox, to crisis counseling, to long-term therapy. Learn more about what services are available.

## Free Application for Student Financial Aid (FAFSA)

**Website:** <https://fafsa.gov/>

Anyone who wants to receive financial aid from an institution must first fill out the FAFSA. It gives the institution an idea of what your expected contribution should be,

based on yours and your family's income. The FAFSA is available in several formats, including online, PDF and paper versions. Most people do the online version.

### ***How to Apply***

- Log on to the website above and create a profile. Remember to write down your pin number, because it will be very important when you try to access your information in the future.
- Make sure that you have all the information at hand, before beginning your application. This will make the process much smoother.
- Even after submitting your application you will have the opportunity to correct errors.

***Deadlines:*** The earliest you can submit your FAFSA is January 1st, February 15 is ideal and March 1st is the deadline.

***Information Required:*** Information about the student, the student's dependency status, the student's parents, the student's finances and a list of the schools that should receive the results of the FAFSA.

## **LIHEAP**

***Website:*** <https://www.benefits.gov/benefits/benefit-details/1576>

The Massachusetts Low Income Home Energy Assistance Program (LIHEAP) (Fuel Assistance) provides eligible households with help in paying winter heating bills. The program pays benefits of fixed amounts based on household income. An additional benefit is available to eligible households having a high-energy burden. Local administering agencies determine household eligibility based on several factors including annualized income and the number of members in the household. The agency then will make payments towards the heating bills to the primary heat source vendor (oil, propane, wood or coal dealer, or gas or electric utility). Special provisions are made for those households whose heat is included in their rent and those living in subsidized housing.

In order to qualify for this benefit program, you must be a resident of the state of Massachusetts and you must need financial assistance for home energy costs. In order to qualify, you must also have an annual household income (before taxes) that is below 60 percent of the State Median Income.

## **Mass 211**

Dial 211

***Email:*** [info@mass211.org](mailto:info@mass211.org)

***Hours:*** Monday–Friday, 8:00 AM – 8:00 PM

***Services:*** Free statewide confidential information and referral help line

Mass 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and



other local resources. Always a confidential call, Mass 2-1-1 maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies. It is available 24 hours a day, 7 days a week, and is an easy way to find or give help in your community.

### **Massachusetts Behavioral Health Access (MABHA)**

800-495-0086

**Categories:** Mental Health Providers

(617) 790-4000

**Website:** <https://www.mabhaccess.com/Home.aspx>

Administered by the Massachusetts Behavioral Health Partnership (MBHP) The Massachusetts Behavioral Health Access (MABHA) website helps both providers and individuals locate openings in mental health and substance use disorder services. We welcome everyone to search for services that they can access directly from their community. Take a look at the MABHA user guide with step-by-step instructions on how to use the site.

There are three groups of services available for public searching on MABHA. Please refer to each of these sections for details.

- Youth and Family
- Substance Use Disorder
- Mental Health

### **Massachusetts Substance Abuse Information and Education Helpline**

c/o Health Resources in Action

95 Berkeley Street, Suite 208, Boston, MA 02116

1-800-327-5050

**Email:** [helpline@hria.org](mailto:helpline@hria.org)

Fax: (617) 292-5085

**Services:** provides free and confidential information and referrals for alcohol and other drug abuse problems and related concerns.

The Helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment and prevention services throughout Massachusetts. Services are available Monday – Friday, 8:00 AM – 10:00 PM and on Saturday and Sunday, 9:00 AM – 5:00 PM. Language interpreters are always available.

### **Mass Bail Fund**

**Categories:** Reentry, Restorative Justice

**Website:** <https://www.massbailfund.org/information@massbailfund.org>

The Massachusetts Bail Fund pays bail so that low-income people can stay free while they work towards resolving their case, allowing individuals, families, and communities to stay productive, together, and stable.

## **MassGrant**

### ***Massachusetts Department of Higher Education – Office of Student Financial Assistance***

454 Broadway, Suite 200, Revere, MA 02151

(617) 391-6070

**Email:** [osfa@osfa.mass.edu](mailto:osfa@osfa.mass.edu)

The MASSGrant program provides need-based financial assistance to undergraduate students who reside in Massachusetts and who are enrolled in and pursuing a program of higher education in any approved public or independent college, university, school of nursing or any other approved institution furnishing a program of higher education.

**Eligibility:** In order to be eligible for MassGrant you must fit the following criteria:

1. Have an Expected Family Contribution (EFC) between \$0–\$5081.
2. Be a permanent legal resident of Massachusetts.
3. Be a United States citizen or eligible noncitizen.
4. Be enrolled full time (at least 12 credits or its equivalent).
5. Be enrolled in a certificate, associate or bachelors degree program.
6. Not have received a prior bachelors degree or its equivalent.
7. Be in compliance with Selective Service Registration requirements.
8. Be eligible for Title IV financial aid, not be in default of any Federal or State loan or owe a refund on any previously received financial aid.
9. Demonstrate financial aid need as determined by the Federal Methodology need analysis criteria.
10. Be maintaining satisfactory academic progress in accordance with institutional and federal standards.

**How to Apply:** The first step, like many of the other grant programs, is to fill out the FAFSA. You must submit your FAFSA application before to May 1st to be considered for MassGrant.

## **MassHealth Enrollment Center**

1-888-665-9993 / TTY: 1-888-665-9997

## **MassHealth Transportation Program**

1-800-841-2900

**Services:** MassHealth members who need non-emergency transportation to and from medical appointments may be eligible for free transportation services. Eligible members who use public transportation can get reimbursement for their transportation expenses. Eligible members who need dial-a-ride services can get van or taxi service free of charge.

Your health care provider must fill out a Prescription for Transportation (PT-1) authorizing your need for transportation services. Your health care provider can fill out the PT-1 online, or send or fax a paper form. The form must be submitted by someone who is authorized to prescribe medications. For urgent requests, your

health care provider can call MassHealth for verbal authorization.

For urgent requests your health care provider should call MassHealth at 1-800-841-2900 and ask for a verbal PT-1 authorization. Your provider must follow up by submitting an online or paper PT-1.

MassHealth will process your request within five days.

### **Mass Legal Help**

**Website:** <https://www.masslegalhelp.org/>

MassLegalHelp.org is one of three statewide websites that make up the Massachusetts Legal Websites Project. The project is a collaborative effort of the civil legal aid community of Massachusetts. We are funded by Massachusetts Legal Assistance Corporation.

Other websites included in this project are:

- [MassLegalServices.org](https://www.masslegalservices.org/) offers resources about legal issues facing lower income Massachusetts residents to advocates and social service professionals; and
- support to other legal services programs across the state with their websites.

The mission of MassLegalHelp.org is to improve access to justice for low income and disadvantaged persons through innovative use of the Web. We are working to connect, support, and educate advocates and the general public. The content of the website is written by people within the legal services community.

### **MASS Midline**

1-866-633-1617

**Services:** Free prescription drug info and referral service for Massachusetts residents.

### **Mass Relay Service**

MassRelay is a free and confidential communication relay service for those who may be deaf, hard-of-hearing, late deafened, or speech disabled. The service enables those who are disabled to communicate over regular telephone lines through the use of a relay operator. Depending on the type of disability, our relay services are specialized to fit to your needs.

**Website:** <https://www.mass.gov/massrelay>

### **Mass Resources**

**Website:** [www.massresources.org](http://www.massresources.org)

Free online resource for MA residents in need of housing, food, healthcare, and other basic services

### **MassSAVE**

1-866-527-7283

**Website:** <https://www.masssave.com/>

**Services:** MassSAVE offers energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements.

**Medicare (for those age 65 and older)**

1-800-MEDICARE / TTY: 1-877-486-2048

**NAMI Mass Compass**

The Schrafft Center, 529 Main Street, Suite 1M17, Boston, MA 02129

(617) 580-8541, (617) 704-6264, or (800) 370-9085

Mental Health Helpline: Monday through Friday, 9:00 AM – 5:00 PM

**Website:** <https://namimass.org/nami-mass-compass-helpline/>

The NAMI Mass Compass is operated by peers and family members who have dealt with mental health issues first hand. Navigators are available to answer a wide range of questions and refer to NAMI support and education programs and other community resources.

**National Grid and NSTAR**

1-800-322-3223 / 1-866-315-2496

**Fuel Assistance**

**Services:** These two programs serve primarily residential customers. To be eligible you must have a balance of at least \$300 that has been past due for more than 60 days. If you previously participated in this program you are eligible. When calling please make sure you are the costumer on record and qualify for public assistance. Finally the service must be active. If you have any questions about your eligibility or any of the critics listed above please call their number and ask about arrearage programs.

**Parents Helping Parents**

108 Water Street, Watertown, MA 02472

(508) 852-4239

1-800-632-8188, 24 hours a day hotline

**Support Groups:** Support for those who are feeling frustrated, overwhelmed, anxious, or isolated in their role as a parent or guardian. Parent support and share experiences and get support and encouragement from other parents. Support group services given in English only.

**Hotline:** Hotline is for parents who may not be able to go to in person support group or need emergency support. Hotline services are available in any language.

**Pell Grants**

**Website:** <https://studentaid.gov/>

1-800-433-3243

A Federal Pell Grant, unlike a loan, does not have to be repaid. Federal Pell Grants usually are awarded only to undergraduate students who have not earned a bachelor's or a professional degree. The amount you get depends on your family's economic situation as well as the tuition costs, if you are full-time or part time and if you will be attending school the whole year.

**Eligibility:** Certain eligibility limitations apply for former offenders. To receive this

grant you must demonstrate significant financial need.

**How to apply:** There is no direct application process for a Pell Grant; every student is considered after completing and submitting the Free Application for Federal Student Aid, or FAFSA.

### **Prescription Advantage**

1-800-AGE-INFO

**Services:** State-sponsored prescription drug insurance plan for qualifying Massachusetts seniors and disabled residents.

### **Prisoners' Legal Services of Massachusetts**

50 Federal 4th Floor, Boston, MA 02110

(617) 482-4124

**Categories:** Legal Assistance, Legal Groups, Reentry, Restorative Justice  
(617) 482-2773

**Website:** <https://plsma.org>

The mission of Prisoners' Legal Services is to challenge the carceral system through litigation, advocacy, client counseling, partnership with impacted individuals and communities, and outreach to policymakers and the public in order to promote the human rights of incarcerated persons and end harmful confinement. Their work is focused on five key priorities critical to their clients:

- Health Care
- Staff Assaults
- Conditions of Confinement
- Solitary Confinement
- Racial Equity in Corrections

### **Professional Women's Group (PWG)**

**Website:** <https://www.dressforsuccess.org/>

**Services:** Offers women ongoing support as they successfully transition into the workforce, build thriving careers and prosper in the mainstream workplace. Once a woman joins the PWG she is a member for life, able to attend meetings at any affiliate throughout the world, and can benefit from additional employment retention and mentoring programs.

### **SafeLink Hotline**

P.O. Box 180019, Boston, MA 02118

(617) 521-0100, **FAX:** (617) 521-0105

(877) 785-2020; TTY number: (877) 521-2601

Dial 711 (in Massachusetts)

People who are Deaf and hard of hearing can reach SafeLink through the Mass Relay service: <https://www.mass.gov/massrelay>

**Website:** <https://casamyrna.org/get-support/safelink/>

**Email:** [info@casamyrna.org](mailto:info@casamyrna.org)

**Services:** 24-hour hotline for crisis intervention, safety planning, support, information,

and referrals to emergency shelters.

SafeLink is the Massachusetts statewide 24/7 toll-free domestic violence hotline operated by Casa Myrna. SafeLink Hotline advocates are multilingual, and have access to a translation service that can provide translation in more than 130 languages. All calls to SafeLink are free, confidential and anonymous.

SafeLink is a resource for anyone affected by domestic violence. Each call is answered by a trained advocate who provides non-judgmental support, assistance with safety planning and information on appropriate resources. SafeLink's state-of-the-art technology allows the advocate answering your call to keep you on the line while you are being connected to a shelter program in your area. This allows callers who are in danger to get help with a single call, rather than having to make numerous calls to different shelter programs across the state. It is OK to call SafeLink if you just need to talk about your situation – you do not need to be looking for a shelter space.

### **Samaritans**

41 West Street, 4th floor, Boston, MA 02111

(617) 536-2460

**Website:** <https://samaritanshope.org/>

SafePlace Grief Support Groups: <https://samaritanshope.org/our-services/grief-support/>

### ***For all suicide loss survivors - Virtual***

every Tuesday, Wednesday, and Thursday evening, 6:30 PM–8:30 PM over Zoom

### ***For parents and guardians who have lost a child to suicide – In person***

3rd Saturday of every month

11:00 AM – 12:30 PM

Ben Speaks Office, 360 Woodland St, 2nd Floor, Holliston, MA 01746

### ***For parents and guardians who have lost a child to suicide – virtual***

Beginning March 7, 2024

1st Thursday of every month

7:00 PM – 8:30 PM

In addition, we offer free workshops on mental health and suicide prevention to schools, workplaces, and community organizations. You can schedule a workshop or request more information here: <https://samaritanshope.org/our-services/community-education-and-outreach/ceo-event-workshop-request/>. You can contact the Community Education and Outreach team at [education@samaritanshope.org](mailto:education@samaritanshope.org).

### **USDA Free Summer Meal Program**

145 Border Street, Boston, MA 02128

Project Bread: 1-800-645-8333 or (617) 723-5000

**Services:** With the help of our community partners and policy makers, we promote the Summer Food Service Program to help ensure that no child is hungry when school is out

In 2013, over 50,000 students in Massachusetts enjoyed healthy meals at one of nearly 900 sites. And summer meal programs do more than just provide children with a healthy meal. They are also paired with enriching activities that keep kids active and safe: physical activity, arts, and educational lessons—giving them the boost in health and energy and the leg up they need as before returning to school in September. Program is run through Project Bread.

### **Youth Central Intake and Care Coordinator, The**

349 Broadway Street, Cambridge, MA 02139

Tel: (617) 661-3991

Fax: (617) 661-7277

Toll Free: 1-866-705-2807

TDD: (617) 661-9051

**Services:** IHR's programs facilitate access to a range of services for Massachusetts youth with substance use issues, including residential and outpatient treatment. Access Coordinators orient parents and professionals to care services, conduct phone assessments, make referrals to residential or outpatient treatment, work closely with referral sources, and provide support to youth and their families throughout the process. Staff members are committed to promoting a positive, strengths-based substance use treatment approach when working with young adults. IHR also assists young people and their families in accessing substance use treatment and resources through individual and family outpatient counseling and case management, which can occur in schools, community settings, homes, and IHR's clinics. Youth under the age of 18 who receive a citation for possessing marijuana register for the requisite drug awareness classroom instruction through IHR. IHR staff also provide training and technical assistance to the Massachusetts Department of Youth Services on understanding substance use issues.

**NOTES:**



# Berkshires

## Becket

### Becket Veterans' Services Department

557 Main Street, Becket, MA 01223

(413) 243-5519

**Website:** <https://www.townofbecket.org/veterans-services>

## Dalton

### Loaves & Fishes Pantry - Dalton

755 Main Street, Dalton, MA 01226

(413) 684-0521

**Website:** <https://fccuccdalton.wixsite.com/fccdaltont/dalton-loaves-fishes-food-pantry>

A three day supply of food is shared in a judgment free environment with love and respect to all who come for assistance.

## Great Barrington

### Construct, Inc.

41 Mahaiwe Street, Great Barrington, MA 01230

(413) 528-1985

**Website:** <https://constructberkshires.org/>

[office@constructberkshires.org](mailto:office@constructberkshires.org)

### Parent Child Plus

940 Main Street, Great Barrington, MA 01230

(413) 528-0457

**Website:** <https://chpberkshires.org/parent-child-home-program/>

[kparks@chpberkshires.org](mailto:kparks@chpberkshires.org)

The ParentChild+ program is a free, nationwide mentoring program, operating in several locations in the Berkshires, that helps young children (ages 16 months to 3 years), and their families get ready for the transition to school. Participants in ParentChild+ through CHP Family Services must reside in Southern Berkshire County. There are no income requirements.

## Lee

### Literacy Network of Southern Berkshire (Lee Library)

100 Main Street, Lee, MA 01238

(413) 243-0471

**Website:** <https://litnetsb.org/>

## Lenox

### Lenox Ecumenical Food Pantry

6 Holmes Road, Lenox, MA 01240

(413) 445-5918

**Website:** <https://lenoxumc.org/828805>

On site is the Lenox Ecumenical Food Pantry for residents of Lenox and Lenoxdale. The Food Pantry is a cooperative effort on the part of all the area churches of Lenox; St. Ann's, St. Helena's, United Church of Christ (Church on the Hill), Trinity Episcopal, United Methodist Church of Lenox and St. Vincent de Paul. It is open every Saturday morning from 10:00 AM – 11:00 AM.

### Lenox Housing Authority

6 Main Street, Lenox, MA 01240

(413) 637-5585

**Website:** <https://lenoxhousingauthority.com/>

### Mallory Psychiatry

12-A Church Street, Lenox, MA 01240

(413) 551-7155

**Website:** <https://www.kmallorymd.com/>

Dr. Katherine Mallory is an adolescent, adult, and child psychiatrist. Our mission is to provide evidence-based, holistic mental health care using the art and science of healing for women, children and adolescents. We offer psychiatric services including alternative medication options, evaluations, psychotherapy, in-home therapy and group therapy. Our treatment involves the pillars of what make up a healthy and happy life: being part of a community, nutritional information and mind-body therapies as well as focused treatment of symptoms using therapy or medications as indicated.

### Veterans Agent - Lenox

6 Walker Street, Lenox, MA 01240

(413) 637-5518

**Website:** <https://www.townoflenox.com/veterans-agent>

**Hours:** by appointment only on Tuesdays 4:00 PM–6:00 PM.

## North Adams

### **Child Care of the Berkshires, Inc.**

#### *Haskins Community Center*

210 State Street, P. O. Box 172, North Adams, MA 01247

(413) 663-6593

**Website:** <https://ccberkshire.org/>

#### *Parenting the Positive Discipline Way and Raising a Thinking Child*

This program is for families with pre-school age children.

#### *Parent Child Home Program*

Parent Child Home Program is a home based early literacy, school readiness program serving families challenged by poverty, low education levels, language barriers and other obstacles to school success. Parent Child Home Program prepares children to succeed in school and is proven to prevent high school dropouts.

#### *Services:*

- Two, half-hour home visits per week by a trained home visitor.
- Free quality books and toys
- Family events and gatherings

#### *Effectiveness/Benefits:*

- Parents and children play and read together.  
Children are ready to learn when they enter kindergarten.
- PCHP graduates achieve above the norm scores in standardized tests.
- PCHP graduates achieve scores in several areas, including math and reading, which are higher than similar children who did not participate in PCHP.
- PCHP graduates complete high school at a higher rate than similar children who did not participate in PCHP.
- PCHP parents learn to teach through play and talking. They strengthen and enhance their bonds with their children.
- PCHP parents develop skills that continue through formal education.

#### *Eligibility Criteria:*

- Parent Child Home Program serves families challenged by poverty, low education, language and other barriers. PCHP also serves Family Child Care Providers.

### **Massachusetts College of Liberal Arts Free Library**

NBABE offers the free Career Pathways Program or qualifying North Adams residents who sign up the High School Equivalency Completion Program. Vouchers are available to compensate testing fees, and one-on-one career

coaching, college readiness and employment training are also offered. The new program is funded by the city of North Adams.

### **North Adams Career Center (BerkshireWorks)**

37 Main Street, North Adams, MA 01247  
(413) 663-1111

### **Northern Berkshire Adult Basic Education Program**

375 Church Street, North Adams, MA 01247  
(413) 662-5330 / (413) 662-5310

**Website:** <https://www.mcla.edu/academics/adult-basic-education-program/index.php>

**Email:** [apecor@napsk12.org](mailto:apecor@napsk12.org)

The Northern Berkshire Adult Basic Education Program (NBABE) has been based at Massachusetts College of Liberal Arts for over 30 years. In that time it has continuously helped many area adult learners achieve their academic goals. That is the continuing mission of the program. All classes are free and funded by the Massachusetts Department of Elementary & Secondary Education; Adult and Community Learning Services.

#### ***Description of Classes***

The program offers classes in Basic Skills, HISET Test preparation, College and Career Readiness, Bridge to College and English for Speakers of Other Languages. Students must be at least 16 years old and officially withdrawn from school. The academic year consists of 32 weeks of classes from September through May, though students can enroll at any time.

#### ***How to Enroll***

Contact the Coordinator to schedule an enrollment meeting. At this meeting, students complete the enrollment form, establish academic goals and take a brief placement test.

#### ***Community Store***

**Hours:** 11:00 AM – 3:00 PM; Closed Wednesday and Sunday

**Contact:** Susan Cox, Community Store Coordinator, can be reached via email at [susan@amherstsurvival.org](mailto:susan@amherstsurvival.org).

#### ***Community Store Basic Information:***

- Inventory consists of donated goods from people and businesses in the community,
- Participants can come in every day the store is open and select one bag's worth of items for free. Bag is provided.
- Participants can make requests for specific items in the Request Log. They'll be matched with the items if and when they are donated.

## Pittsfield

### **Berkshire Community College**

1350 West Street, Pittsfield, MA 01201

(413) 499-4660

**Website:** <https://www.berkshirecc.edu/onestop@berkshirecc.edu>

### **Project Link**

343 Main Street, Great Barrington, MA 01230

(413) 236-2175

### **Eighteen Degrees**

480 West Street, Pittsfield, MA 01201

(413) 448-8281

**Website:** <https://18degreesma.org>

18 Degrees promotes the well-being and strengths of children, youth, and families to build better communities in Western Massachusetts. We provide education, parenting skills and support, prevention and intervention, advocacy, and life skills across a spectrum of programs serving children, young people, individuals and families in four areas: early education and care; foster care and adoption; child and family well-being; youth and community development.

Our approach with folks is to start with questions about their goals – their dreams. Our work is to guide them to the resources, skills, and support that will help them reach their goals. This is not a typical conversation for social service agencies, but it is one that is central to our mission of Every child in a family. Every family in a community. Focusing on hopes and dreams helps those we serve to see that new beginnings are possible.

### **Neighborhood Health Center**

510 North Street, Suite 1, Pittsfield, MA 01201

(413) 447-2351

**Website:** <https://chpberkshires.org/locations/neighborhood-health-center-pittsfield/>

**Services:** Evaluation and Treatment, Ongoing care for medical problems, Comprehensive care for chronic conditions, Referrals for specialty care and mental health care, patient and parent education, Same day sick visits, and After-hours coverage by a local physician.

**Remarks:** Community Health, Rural Area, Permanent Clinic, Year-Round, Full-Time (open 50 hours per week)

### **Pittsfield Adult Learning Center**

141 North Street, Pittsfield, MA 01201

(413) 499-9530

**Website:** <https://www.pittsfield.net/en-US/adult-education-wspalc-35dc1c85rringer@pittsfield.net>

- Adult Basic Education (ABE)/Adult Secondary Education (ASE) Program
- Adult Diploma Program (ADP)
- English for Speakers of Other Languages (ESOL) Program
- Support Services
- Digital Literacy/Distance Learning Services

### **Pittsfield Career Center (BerkshireWorks)**

160 North Street, Pittsfield, MA 01201

(413) 499-2220 x 145

**Website:** <https://www.masshireberkshirecc.com/>  
info@MassHireBerkshireCC.com

### **Pittsfield Public Schools**

10 Lyman Street, Pittsfield, MA 01201

(413) 499-9530

**Website:** <https://www.pittsfield.net/en>  
contactus@pittsfield.net

### **Wildflower Alliance - Pittsfield Center**

361 North Street, Pittsfield, MA 01201

(413) 464-9807

Community must use back entrance Address

Can be a great opportunity to talk with other community members and connect around common ground within our lives. If you need someone to talk to and/or need somewhere to find peace and quiet to think, our community group room is ready to hold space for you and any friends you would like to bring.

**Hours:** Saturday, 12:00 PM – 4:00 PM

*See Wildflower Alliance on p. 264*

## **Williamstown**

### **Milne Public Library**

*Northern Berkshire Adult Basic Education*

1095 Main Street, Williamstown, MA 01267

(413) 458-5369

# Cape & Islands

## Bourne

### **Bourne United Methodist Church**

37 Sandwich Road, Bourne, MA 02532

(508) 759-4898

**Website:** <https://www.bournecataumetparish.org>

Limited assistance with food and utilities. Thrift Store open Monday, Wednesday, Thursday, Friday, Saturday 10:00AM – 3:00 PM. Free children's clothing exchange, 10:00 AM – 12:00 PM, on the first Saturday of each month.

### **Community Health Center of Cape Cod - Bourne**

123 Waterhouse Road, Bourne, MA 02532

508-759-7920

**Website:** <https://www.chcofcapecod.org/>

## Brewster

### **Brewster Affordable Housing Trust**

2198 Main Street, Brewster, MA 02631

(508) 896-3701, EXT. 1169

**Website:** <https://www.brewster-ma.gov/procurement-services/bids/administration-brewster-rental-assistance-program>

[jscalise@brewster-ma.gov](mailto:jscalise@brewster-ma.gov)

### ***Brewster Rental Assistance Program***

Short term assistance for Brewster renters with challenges paying their rent during COVID-19 and on-going monthly rental assistance to help make year round rentals affordable for low to moderate income residents. This new Brewster Rental Assistance Program, created by the Brewster Affordable Housing Trust, with Town Community Preservation funds, has resources available for both year round affordability and emergency COVID-19 assistance. Housing Assistance Corporation (HAC) is administering the program which also has a case management component.

Requirements include, but not limited to:

- Income limits. Up to 80% or 100% Area Median Income (AMI) depending on program.
- Brewster resident or employee or child in public elementary schools.

- Rental unit in Brewster.
- Lease payments made directly to landlord.

To apply, contact HAC at (508) 771-5400, email [hac@haconcapecod.org](mailto:hac@haconcapecod.org) or apply online at [www.haconcapecod.org/programs/homeless-prevention](http://www.haconcapecod.org/programs/homeless-prevention).

### **Brewster Housing Authority**

11 Frederick Court, Brewster, MA 02631

(508) 896-9800

**Website:** <https://www.brewster-ma.gov/housing-office/pages/housing-resources>

### **Brewster Thrift Store**

1960 MA-6A, Brewster, MA 02631

(508) 896-8744

**Website:** <https://www.brewstერთhriftstore.org/>

### **Kings Landing Apartments**

1200 State Street, Brewster, MA 02631

(508) 896-5073

**Website:** <https://www.kingslanding-aps.com/>

Kings Landing is a professionally landscaped 108 unit apartment community on 17 acres and located in beautiful Brewster, Massachusetts on Cape Cod. We offer one, two and three bedroom garden style units as well as four bedroom townhouses. Our site is income restricted at 80% AMI, and vouchers are welcomed. We also offer Project based Section 8 Voucher units to income qualified applicants.

### **Psychiatric Collaborative**

23 Bay State Court #25, Brewster, MA 02631

(508) 240-7964

Psychiatric Collaborative is a medical group practice located in Brewster, MA that specializes in Counseling and Social Work.

## **Buzzards Bay**

### **Phoenix Rising Trauma and Recovery Center**

3229 Cranberry Highway, Buzzards Bay, MA 02532

(774) 247-4939

**Website:** <https://www.phoenixrising.center/>

**Services:** Phoenix Rising provides both individual and group therapy for a variety of concerns depending on the needs of each client. Phoenix Recovery Services provides Substance Use psychotherapy, Intensive Recovery Groups, and Dual Diagnosis groups. Community Partners include Southcoast Primary Care Physicians, NORCAP Lodge, Habit OPCO, Dr. Mary Acunzo Neuropsychologist, and more.



## Chatham

### Changing Tides Consignment Boutique

17 Post Office Square, Chatham, MA 02633

**Website:** <https://changingtidesboutique.com/>  
[info@changingtidesboutique.com](mailto:info@changingtidesboutique.com)

### Chatham Food Pantry

625 Main Street, Chatham, MA 02633

(508) 240-0694

**Website:** <https://www.stchristopherschatham.org/chatham-food-pantry/>  
[welcome@stchristopherschatham.org](mailto:welcome@stchristopherschatham.org)

*CFP services only the residents of Chatham. In order to be accepted into the program, a prospective client must call LCOC at (508) 240-0694 to share his/her information. A client is then eligible to come to the pantry every two weeks.*

When a client arrives at CFP, parking is available in the parking lot at the rear of St. Christopher's Church. The CFP entrance is along the side driveway of the church.

#### Hours

Tuesday and Thursday: 2:00 PM – 4:00 PM (by appointment only, call *ahead*)

Wednesday: 4:00 PM – 6:00 PM (walk-in for LCOC clients, no appointments needed)

Weather closures on days when Nauset Schools or Monomoy Schools are closed.

### Chatham Housing Authority

240 Crowell Road, Chatham, MA 02633

(508) 945-0478

**Website:** <https://www.chathamha.org/>

## Dennis

### Dennis Housing Authority

167 Center S, South Dennis, MA 02660

(508) 394-3120

**Website:** <https://www.dennishousing.org/>  
[info@dennishousing.org](mailto:info@dennishousing.org)

## Eastham

### Fellowship Health Resources

2275 State Hwy, Eastham, MA 02642

(508) 255-3841

**Website:** <https://www.fhr.net/>

We are a private, nonsectarian, not-for-profit behavioral healthcare organization. Incorporated in 1975, we support individuals in their recovery from mental illness and co-occurring disorders (i.e., substance use, developmental disability, related

chronic health conditions). FHR is guided by its vision of being a national leader for behavioral healthcare.

### **Thrift Shop Friends-Eastham**

580 Massasoit Road, Eastham, MA 02642

(774) 207-0160

**Website:** <https://www.eastham-ma.gov/715/Thrift-Shop-Friends-of-COA>  
fecothrift@gmail.com

The FECOA Thrift Shop exclusively sells gently used, donated items, including men's, women's, young-adult, and children's clothing, as well as books, games, house wares, linens, records, books on tape, art, antiques, CDs, DVDs, and more! There is always a wide range of jewelry in stock, from genuine precious-metal to fun cocktail accessories, but supplies don't last long. There's a treasure inside for every shopper!

## **Edgartown**

### **Dukes County Veterans Services**

PO Box 190, Edgartown, MA 02539

(508) 693-6887

**Website:** <https://www.dukescounty.org/veterans-services-officer>

### **Martha's Vineyard Boys & Girls Club Second Hand Store**

10 North Summer Street, Edgartown, MA 02539

(508) 627-5683

**Website:** <https://mvbgclub.org/second-hand-store/>

The primary mission of the Second Hand Store is to generate funds to support the programs of the MV Boys and Girls Club. For this cause we accept tax-deductible donations of quality used goods including (but not limited to); furniture, art, clothing, jewelry and housewares. These donations are sold at a reasonable price and the proceeds benefit the boys and girls of the Island.

### **Martha's Vineyard Transit Authority (VTA)**

11 A Street, Edgartown, MA 02539

(508) 693-9440

**Website:** <https://www.vineyardtransit.com/>  
info@vineyardtransit.com

Provides year-round public transit bus and paratransit services on the Island of Martha's Vineyard.

## **Falmouth**

### **Carriage House**

294 Old Main Road, North Falmouth, MA 02556

(508) 564-6485

**Website:** <https://haconcapecod.org/>

[hac@haconcapecod.org](mailto:hac@haconcapecod.org)

The Carriage House shelter in North Falmouth specializes in serving first-time mothers and their children. While sheltering is primary, Carriage House also provides an ongoing in-house workshop program, supportive services and linkages to community resources.

### **CleanSlate Outpatient Addiction Medicine**

342 Gifford Street, #3C, Falmouth, MA 02540

(774) 255-1739

**Website:** <https://www.cleanslatecenters.com/falmouth-massachusetts>

Opioid and alcohol addiction are chronic brain diseases that respond well to treatment based in science and provided by medical experts. The CleanSlate program of care begins with individualized treatment plans for each patient. CleanSlate physicians properly prescribe a variety of outpatient addiction medications, including buprenorphine and naltrexone; and a full team of licensed medical professionals ensures that these medications are properly managed. We coordinate with additional local healthcare partners to ensure that patients receive a full spectrum of care that includes clear accountability and psychosocial interventions

### **Commitment Living**

775 E. Falmouth Hwy #353, East Falmouth, MA 02536

(866) 938-2657

**Website:** <https://commitmentliving.com/contact/>

Rick@CommitmentLiving.com

We provide a clean, safe and secure environment. The goal we have set is to provide the best possible housing for men and women beginning their sober transition back into the community. We begin with structure, understanding and guidance. We set high expectations for our residents that they must consistently meet in order to be successful in our housing. Additionally, we offer counseling on-site and encourage residents to attend counseling outside the house.

### **Community Health Center of Cape Cod - Falmouth**

210 Jones Road, #22, Falmouth, MA 02540

(508) 477-7090

**Website:** <https://www.chcofcapecod.org/>

### **Falmouth Counseling**

13 Falmouth Heights Road, Falmouth, MA 02540

(774) 521-2176

**Website:** <https://falmouthcounseling.com/>

### **Falmouth Housing Authority**

115 Scranton Avenue, Falmouth, MA 02540

(508) 548-1977

**Website:** <https://www.falmouthhousing.org/>

### **Falmouth Service Center**

611 Gifford Street, Falmouth, MA 02540

(508) 548-2794

**Website:** <https://www.falmouthservicecenter.org/>

### **Falmouth Veterans Services**

59 Town Hall Square, Falmouth, MA 02540

(508) 495-7450

**Website:** <https://www.falmouthma.gov/218/Veterans-Services>

### **Gosnold Behavioral Health**

165 Woods Hole Road, #1660, Falmouth, MA 02540

(508) 540-5052

**Website:** <https://www.gosnold.org/>

Gosnold offers a full, end-to-end continuum of care for drug and alcohol addiction and substance use disorder offering a wide range of treatment options.

#### ***Inpatient Locations***

Gosnold Treatment Center (Inpatient Detoxification)

200 Ter Heun Drive, Falmouth, MA

Gosnold at Emerson House (Clinical Stabilization Services)

558 West Falmouth Highway, Falmouth, MA

Mailing Address:

410 West Falmouth Highway # 839, West Falmouth, MA 02574

#### ***Outpatient Locations***

909 Sumner Street, Stoughton, MA

196 Ter Heun Drive, Falmouth, MA

1185 Falmouth Road, Centerville, MA

### **Recovery Without Walls**

350 Gifford Street, Falmouth, MA 02540

(508) 540-5867

**Website:** <https://recoverywithoutwalls.org/>

Recovery Without Walls offers structure, safety, support and stability to women living on Cape Cod following treatment for substance dependency. Our services are free of charge.

## **Harwich Port**

### **Child & Family Services**

#### ***Lower Cape Cod Outreach Office***

466 Main Street (Route 28), Harwich Port, MA 02646

(800) 576-9444

## Hyannis

### **Barnstable Housing Authority**

146 South Street, Hyannis, MA 02601

(508) 771-7222

**Website:** <https://www.barnstablehousing.org/Home.aspx>

### **Child & Family Services | Cape Cod**

100 Independence Drive, Unit 8 Hyannis, MA 02601

(508) 778-1839

*See Child & Family Services - Emergency Mental Health Services on p. 202*

### **Housing Assistance Corporation Hyannis**

460 West Main Street, Hyannis, MA 02601

(508) 771-5400

**Website:** <https://haconcapecod.org/>

**Email:** [hac@haconcapecod.org](mailto:hac@haconcapecod.org)

HAC offers a continuum of housing services and solutions that evolve with the changing needs of the community.

HAC provides emergency shelter and homelessness prevention assistance for individuals and families; Administration of the largest housing subsidy in our region; Family self-sufficiency and employment services.

HAC educates, trains and counsels with HAC's consumer education department; weatherizes and conducts energy rehabs for low-income and market-rate properties; develops affordable housing for seniors, families and individuals; and provides an opportunity to become a homeowner with a full-service nonprofit real estate office. We serve people of all ages, races, ethnicity and income levels.

### **St. Joseph House – Homeless Shelter for Men and Women**

77 Winter Street, Hyannis, MA 02601

(508) 997-3202

**Website:** <https://www.cssdioc.org/sr-rose-network/>

[FR-Reception@cssdioc.org](mailto:FR-Reception@cssdioc.org)

Saint Joseph's is an emergency shelter that is co-shared for men and women that is staffed 24 hours a day. The program offers a wide range of supportive services including assessment, job skills training, budgeting information, and access to mental health and other needed services, and the goal of Saint Joseph's is to help our clients to gain long-term sustainability while working on the current issues that lead to their homelessness.

## Mashpee

### **Community Health Center Of Cape Cod - Mashpee**

123 Waterhouse Road, Mashpee, MA 02649

(508) 477-7090

**Website:** <https://chcofcapecod.org/>

**Services:**

- Primary Care
- Women's Health
- Walk-in Care
- Pharmacy
- Dental
- Optometry
- Behavioral Health
- Addictions Treatment
- Telehealth
- Insurance Enrollment
- Complex and Specialty Care
- Nutrition and Wellness

Accepts new patients with all types of insurance including MassHealth, Commonwealth Care, Medicare, new federal plans and private insurance or patients with no insurance at all. Also accepts the Health Safety Net (HSN), which pays Massachusetts acute hospitals and community health centers for certain health care services provided to low-income patients.

**Heroes In Transition, Inc.**

22 Bates Road, Suite 135, Mashpee, MA 02649

(508) 539-1010

**Website:** <https://www.heroesintransition.org/>

[contact@heroesintransition.org](mailto:contact@heroesintransition.org)

Heroes In Transition offers programs for veterans, active military, and spouses and their children. These programs are created to not only provide other avenues to transition into a civilian world, but also to bring together those that share the common bond of a military background.

**Mashpee Housing Authority**

7 Job's Fishing Road, Mashpee, MA 02649

(508) 477-6202

**Website:** <https://mashpeehousing.org/>

[Office@MashpeeHousing.org](mailto:Office@MashpeeHousing.org)

## Nantucket

**A Safe Place, Inc.**

5B Windy Way, Nantucket, MA 02554

(508) 228-0561

**Website:** <https://asafeplacenantucket.org/>

[info@asafeplacenantucket.org](mailto:info@asafeplacenantucket.org)

Mission: To eliminate domestic violence and sexual assault in the Nantucket community while empowering every woman, man and child to live a life free

from violence. Services are FREE and confidential and are available without regard to race, color, immigration status, religion, sex, sexual orientation, gender identity or disability.

### **Fairwinds Counseling Center**

20 Vesper Lane, Nantucket, MA 02554

(508) 228-2689

**Website:** <https://fairwindscenter.org/>

Fairwinds--Nantucket's Counseling Center provides confidential, quality professional care to adults and youth who seek mental health and addiction services. All are welcome, regardless of ability to pay.

### **Hospital Thrift Shop**

17 India Street, Nantucket, MA 02554

(508) 228-1125

**Website:** <https://hospitalthriftshop.org/>

hospitalthriftshop@gmail.com

The mission of the Hospital Thrift Shop is to provide affordable goods to the community of Nantucket and to raise funds to provide financial support to the Nantucket Cottage Hospital. This is a seasonal full time service led by efficient and dedicated management and volunteers. Its staff is responsible, respectful and prepared to serve and support the community of Nantucket and the Nantucket Cottage Hospital.

### **Housing Nantucket**

75 Old South Road, Nantucket, MA 02554

(508) 228-4422

**Website:** <https://www.housingnantucket.org/>

info@housingnantucket.org

Our mission is to support and provide equitable, affordable housing solutions for Nantucket's year-round community. We are the only Island nonprofit exclusively dedicated to this critical issue. Our programs encourage, create and protect quality workforce housing that remains price-accessible for future generations.

### **Nantucket Community School**

10 Surfside Road, Nantucket, MA 02554

(508) 228-7285

**Website:** <https://www.nantucketcommunityschool.com/>

graziadeia@npsk.org

### **Nantucket Food Fuel Rental Assistance**

2 Madaket Road, Nantucket, MA 02554

(508) 901-1320

**Website:** <https://www.assisnantucket.org>

**Email:** nffra@assisnantucket.org

Nantucket Food Fuel & Rental Assistance remains committed to providing assistance to as many community members effected by COVID-19 as possible.

### ***Food Pantry***

10 Washington Street, Nantucket, MA 02554

(508) 228-7438

**Email:** [food@assistanantucket.org](mailto:food@assistanantucket.org)

Food Item Donations are accepted year-round. Non perishable items may be left at our donation bin at the front of the Sparks Avenue Stop & Shop.

**Hours:** Tuesday–Thursday, 3:00 PM – 6:00 PM

### ***Fuel Assistance***

The Low Income Home Energy Assistance Program (LIHEAP) stops taking applications on April 30th, but if you are facing a shut off notice from your utility vendor and need further guidance please contact us.

### ***Rental Assistance***

The program is open for applications for qualified year-round island residents. Interviews will be conducted via telephone and required documentation can be received by email, fax, or text.

### ***Medical Travel Assistance Fund***

This fund helps defray the cost of traveling off-island for necessary medical appointments and treatments.

### ***Narcotics Anonymous***

13 Folger Avenue, Nantucket, MA 02554

(508) 228-5739

**Website:** <https://nerna.org>

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. Ours is a program of total abstinence from all drugs. The only requirement for membership is the desire to stop using.

### ***Seconds Shop***

32 Sparks Avenue, Nantucket, MA 02554

(508) 228-6677

**Website:** <https://www.fairwindscenter.org/shop/>

The Seconds Shop is a nonprofit second-hand clothing, home goods, gifts and furniture store. 100% of the proceeds go to Fairwinds, Nantucket's Counseling Center which provides affordable mental health and recovery treatment.

### ***Veteran Services - Nantucket***

22 New S. Road, Nantucket, MA 02554

(508) 325-5332

**Website:** <https://www.nantucket-ma.gov/213/Veteran-Services>



## Oak Bluffs

### Island Food Pantry

137 Vineyard Avenue, Oak Bluffs, MA 02557

(508) 693-4764

**Website:** <https://www.islandfoodpantry.org/>

[info@islandfoodpantry.org](mailto:info@islandfoodpantry.org)

The Island Food Pantry strives to cultivate a healthy, hunger-free community on Martha's Vineyard. Together with our many volunteers, partners, and supporters, we help sustain our neighbors in times of need by providing a dependable source of wholesome food.

**Hours:** Monday, 2:00 PM – 4:00 PM; Wednesday, 1:00 PM – 6:00 PM; Saturday,

10:00 AM – 12:00 PM; Seniors: Friday, 12:00 PM – 2:00 PM

### Martha's Vineyard Adult Learning Program

100 Edgartown Vineyard Haven Road, Oak Bluffs, MA 02557

(508) 696-6548

**Website:** <https://mvalp.com/contact/>

[info@mvalp.com](mailto:info@mvalp.com)

Martha's Vineyard Adult Learning Program (MVALP) is a community-based program that provides free English language instruction for adults whose first language is not English (ESOL). High quality, theme-based language classes are designed and delivered with the mission of assisting adults in achievement of their educational, work-related, and community goals.

### Martha's Vineyard Community Services

111 Edgartown Road, Oak Bluffs, MA 02557

(508) 693-7900

**Website:** <https://www.mvcommunityservices.com/>

[info@mvcommunityservices.org](mailto:info@mvcommunityservices.org)

Together, we answer the call for community 24/7. We are clinicians and social workers, psychiatrists, counselors, case workers, teachers and volunteers.

Embracing community in collaboration with police and primary care physicians, the hospital and Island

### Transitional Assistance

1 Douglas Lane, Oak Bluffs, MA 02557

(508) 693-0210

**Website:** <https://www.mass.gov/eohhs/gov/departments/dta/>

The Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency. DTA serves one in eight residents of the Commonwealth with direct economic assistance (cash benefits) and food assistance (SNAP benefits), as well as workforce training opportunities.

## Orleans

### Gosnold Inc

81 Old Colony Way, Orleans, MA 02653

(508) 255-3584

**Website:** <https://gosnold.org/>

Gosnold offers a full, end-to-end continuum of care for drug and alcohol addiction and substance use disorder offering a wide range of treatment options.

### Homeless Prevention Council

14 Old Tote Road, Orleans, MA 02653

(508) 255-9667

**Website:** <https://www.homelessonline.org/>

At HPC, we strive to empower you to attain financial independence and preserve your housing. We provide personalized case management to assess your situation individually and connect you with the resources to help with challenges you may be facing. HPC is here to support the residents of the Lower and Outer Cape as we work to foster a community where everyone can thrive.

### Lower Cape Outreach Council

19 Brewster Cross Road, Orleans, MA 02653

(508) 240-0694

**Website:** <https://lcoutreach.org/food-pantry/>

[lcoc@lcoutreach.org](mailto:lcoc@lcoutreach.org)

Lower Cape Outreach Council manages 9 emergency food pantries across the Lower and Outer Cape. There is a pantry in each of the 8 towns and two in Orleans. Visit our website to locate a full schedule of hours for a pantry near where you live or work.

### St. Vincent de Paul - Orleans

61 Canal Road, Orleans, MA 02653

(508) 255-8080

**Website:** <https://www.joanarc.org/st--vincent-depaul>

Assists with food, rent, and some utilities

## Provincetown

### Provincetown Health Center

49 Harry Kemp Way, Provincetown, MA 02657

(508) 487-9395

**Website:** <https://www.outercape.org/locations/provincetown/>

- Medical Care
- Primary Care
- Specialty Care
- Radiology

- Women's Health & Prenatal Care
- HIV Screening, Treatment & Care Management

No one will be denied access to services due to an inability to pay. Discounts are available based on family size and income

This Health center is based on Sliding scale fees which are variable prices for products, services, or taxes based on a customer's ability to pay. Such fees are thereby reduced for those who have lower incomes, or alternatively, less money to spare after their personal expenses, regardless of income

### **Provincetown Housing Authority**

42 Harry Kemp Way, Provincetown, MA 02657

(508) 487-0434

**Website:** <https://www.provincetownhousingauthority.com/>

pha@provincetownhousing.org

### **Provincetown Veterans Services**

26 Alden Street, Provincetown, MA 02657

(508) 487-7099

**Website:** <https://townofyarmouthma.com/>

### **SKIP - Soup Kitchen in Provincetown**

20 Shank Painter Road, Provincetown, MA 02657

(508) 487-8331

**Website:** <https://www.skipfood.org/>

office@skipfood.org

Established in 1992, the Soup Kitchen In Provincetown (SKIP) provides a hot, nourishing lunch to Outer Cape Cod residents, November through April, Monday through Friday. Lunch is served from 12:30 **PM** – 1:30 **PM** on weekdays at the Provincetown United Methodist Church, 20 Shank Painter Road, Provincetown

**NOTES:**

# Central

## Ashburnham

### **American Legion - Ashburnham**

132 Williams Road, Ashburnham, MA 01430

(978) 827-9966

Email: [ashburnhamlegionpost142@gmail.com](mailto:ashburnhamlegionpost142@gmail.com)

Website: <https://www.ashburnhamlegionpost142.com/>

A non-profit veteran's organization that provides services and support to veterans and their families as well as the surrounding community

### **McLean Ambulatory and Residential Treatment Center at Naukeag**

216 Lake Road, Ashburnham, MA 01430

1-800-230-8764

Website: <https://www.mcleanhospital.org/treatment>

Services: substance abuse treatment, Buprenorphine services.

## Ashby

### **Spring Hill Recovery Center - Massachusetts**

250 Spring Hill Road, Ashby, MA 01431

(888) 483-9514

Website: <https://springhillrecovery.com/>

Addiction Treatment Center

## Athol

### **Clinical and Support Options - Satellite**

491 Main Street, Athol, MA 01331

(978) 249-9490

Email: [info@csoinc.org](mailto:info@csoinc.org)

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

Services: Clinical and Support Options offers substance abuse treatment that includes psychotherapy and counseling for depression and other mood disorders, anxiety, adjustment disorders, trauma, behavioral problems, identity issues, family and relationship conflicts, substance abuse and ways to manage the stress of everyday living. There are driver alcohol education classes (DAE) and DUI second offender aftercare treatment. Clinical and Support options also offers Early Recovery groups for substance abuse treatment focused on relapse prevention and harm reduction and

the START intensive outpatient treatment program aids those in the early phases of sobriety and recovery from substance abuse.

**Eligibility:** For MBHP clients only.

## Auburn

### Auburn Housing Authority

200 Oxford Street, Auburn, MA 01501

(508) 832-3852

**Website:** <https://auburnmahousing.org/>

### Auburn Veterans Services Department

104 Central Street, Auburn, MA 01501

(508) 832-7706

**Website:** <https://www.auburnguide.com/452/Veteran-Services-Division>

### Auburn Youth and Family Services

21 Pheasant Court, Auburn, MA 01501

(508) 832-5707

**Email:** [admin@ayfs.org](mailto:admin@ayfs.org)

**Website:** [https://www.ayfs.org/food\\_pantry](https://www.ayfs.org/food_pantry)

**Hours:** Biweekly on Tuesdays from 9:30 AM – 2:30 PM. Emergency disbursements are made on an as-needed basis.

### Auburn Community Assistance Fund

**Website:** <https://www.ayfs.org/community-assistance>

The purpose of the fund is to assist Auburn residents in emergency situations, especially heating assistance—oil, propane, gas and/or electric.

(508) 832-5707 x 10

**Contact:** Sally D'Arcangelo

### Kateri's Kitchen

8 Wyoma Drive, Auburn, MA 01501

(508) 752-4852

**Website:** <https://namartyrsauburn.org/kateris-kitchen>

**Hours:** Saturdays from 10:00 AM – 12:00 PM

## Ayer

### Ayer Housing Authority

18 Pond Street, #A, Ayer, MA 01432

(978) 772-2771

**Website:** <https://ayerhousing.org/>

### **Ayer Shirley Regional School District Community Education Program**

141 Washington Street, Ayer, MA 01432

(978) 772-8600, ext. 1467

**Website:** <https://www.asrdscommunityed.org/about-us>

### **Stone Soup Kitchen Potluck + Pantry**

41 Littleton Road, Ayer, MA 01432

(978) 772-6055

**Hours:** Saturday from 10:00 **AM** – 12:00 **PM** for drive-ups (or walk-ups!). There are no residency or income restrictions. The clothing pantry is closed until further notice, but we can get clothing for you if you need it.

### **Veteran's Services - Ayer**

1 Main Street, Ayer, MA 01432

(978) 772-8220 ext. 113

**Website:** <https://www.ayer.ma.us/veterans-services>

## **Barre**

### **Barre Food Pantry**

30 Park Street, Barre, MA 01005

(978) 355-6921

**Website:** <https://www.barrechurch.com/Food-Bank.html>

Two monthly distributions:

- 2nd Wednesday, from 10:00 **AM** – 12:00 **PM**
- 3rd Thursday, from 5:30 **AM** – 7:00 **PM**

### **Barre Housing Authority**

146 Ruggles Lane, Barre, MA 01005

(978) 355-6643

**Website:** <http://www.barrehousing.com/>

### **Listening Wellness Center**

35 South Street, Barre, MA 01005

(978) 808-6012

**Website:** <https://www.listeningwellness.org/about/>

Listening is a non-profit corporation whose mission is to provide ease of access to complementary care and to provide community education on health and self-care.

### **UMass Memorial – Barre Family Health Center of UMMC**

151 Worcester Road, Barre, MA 01005

(978) 355-6321

**Services:** evaluation and treatment

**Veterans Agent - Barre**

40 West Street, Barre, MA 01005

(978) 355-2504 x 126

**Website:** <https://www.townofbarre.com/veterans>

**Berlin****Berlin Family Food Pantry**

23 Linden Street, Berlin, MA 01503

**Website:** <https://berlinfamilyfoodpantry.org/>

Food Pantry services are available to all residents of the Town of Berlin and its employees. Each client household may receive food twice a month. The amount of food is dependent on family size and special needs. We can offer you basic staples, some extras, and toiletries. Sometimes, we are able to accommodate special requests. A supplemental grocery card is provided each month.

**Many Hands Thrift Shoppe**

24 Central Street, Berlin, MA 01503

**Email:** [info@fpcberlin.org](mailto:info@fpcberlin.org)

**Website:** <https://fpcberlin.org/many-hands-thrift-shoppe/>

**Veterans' Services - Berlin**

23 Linden Street, Berlin, MA 01503

(978) 838-2560

**Website:** <https://www.townofberlin.com/veterans-services>

**Blackstone****Blackstone Housing Authority**

15 Foxbrook Manor, Blackstone, MA 01504

(508) 883-1515

**Website:** <https://blackstonehousing.org/>

**Thrift It**

775 Quaker Highway Uxbridge, MA 01569

(508) 498-5306

Thrift store

**Veterans Agent - Blackstone**

15 Street Paul Street, Blackstone, MA 01504

(508) 876-5126

**Website:** <https://www.townofblackstone.org/312/Veterans-Services>



## Bolton

### **Bolton Country Manor**

600 Main Street, Bolton, MA 01740

(978) 779-5007

**Website:** <https://www.rcapsolutions.org/rcap-solutions-properties/>

Federally subsidized housing for applicants 62 and older.

### **Bolton Housing Authority**

663 Main Street, Bolton, MA 01740

(978) 779-3308

**Website:** <https://www.townofbolton.com/housing-authority>

### **Cultivate Care Farms**

401 Main Street, Bolton, MA 01740

(978) 618-1144

**Website:** <https://cultivatefarms.org/>

At Cultivate Care Farms, we empower clients and the community in realizing their mental health goals through Farm-Based Therapy, wellness programming, and community outreach.

### **Veterans' Agent - Bolton**

663 Main Street, Bolton, MA 01740

(978) 838-2560

**Website:** <https://www.townofbolton.com/veterans-agent>

## Boylston

### **Veteran's Services Agent - Boylston**

221 Main Street, Boylston, MA 01505

(508) 791-1213 x1187

**Email:** [jasonbryant@veteransinc.org](mailto:jasonbryant@veteransinc.org)

**Website:** <https://www.boylston-ma.gov/veterans-services-agent>

## Charlton

### **Bay Path Regional Vocational Technical High School**

57 Old Muggett Hill Road, Charlton, MA 01507

(508) 248-5971 ext. 1714 or ext. 1715

**Website:** <http://www.baypath.net/>

### **Adult Evening Classes**

**Services:** This adult technical school offers a wide range of courses that include cooking, business and finance, entertainment, computer technology, health and fitness and a number of other interests. These classes are non-credit courses and

are usually not graded. At the end of the course you will receive a certificate of attendance and completion.

**Registration:** You choose to register either online, by phone, by mail, in person or by fax. There is a registration fee of \$5, per person, per semester. Registration is open to individuals 18. The program does run a first come, first serve basis so if you interested in any of the classes please register early.

Schedule: Spring semester runs January 2–June 13. Office hours are as follows:

Monday–Thursday, 8:00 **AM** – 3:00 **PM** and Friday, 8:00 **AM** – 3:00 **PM**.

Summer semester runs June 16–August 22. Office hours are as follows: Monday–Friday, 8:00 **AM** – 2:00 **PM**.

## Clinton

### Clinton Adult Learning Center

150 School Street, Clinton, MA 01510

(978) 365-4226

**Email:** [clintonadulted@thecalc.org](mailto:clintonadulted@thecalc.org)

**Website:** <https://thecalc.org>

### GED and ESL Classes

**Services:** GED Preparation: Monday and Wednesday, 6:00 **PM** – 9:00 **PM**; Evening ESOL classes: Monday and Wednesday, 6:00 **PM** – 9:00 **PM**; Morning ESOL classes: Tuesday and Thursday, 9:00 **AM** – 12:00 **PM**. Child care is offered in the evening only.

**Registration:** Call for registration information.

## Douglas

### St. Denis Church

23 Manchaug Street, Douglas, MA 01516

(508) 476-2002

**Website:** <https://saintdenischurch.com/douglas-ecumenical-food-pantry>

The Food Pantry at St. Denis Church is not parish-specific—it is a community-wide program providing food and personal items to any resident of Douglas who is in need.

**Hours:** Mondays, 4:00 **PM** – 6:00 **PM**; Wednesdays, 1:00 **PM** – 3:00 **PM**

### Veterans' Director - Douglas

29 Depot Street, Douglas, MA 01516

(508) 234-9808

**Website:** <https://douglas-ma.gov/Directory.aspx?did=39>

## Dudley

### Tri-Valley, Inc.

10 Mill Street, Dudley, MA 01571

(508) 949-6640

**Website:** <https://www.trivalleyinc.org/>

## Fitchburg

### Aging Services of North Central Massachusetts

690 Mechanic Street, Leominster, MA 01453

(978) 537-7411

**Website:** <https://www.aging-services-ma.org>

Aging Services of North Central Massachusetts provides comprehensive information and quality services so that older people, individuals with disabilities, and their families are empowered to make personalized choices to ensure a life of dignity, safety, and respect.

### Community Legal Aid

76 Summer Street, Fitchburg, MA 01420

405 Main Street, 4th floor, Worcester, MA 01608

One Monarch Place, Suite 400, Springfield, MA 01144

20 Hampton Avenue, Suite 100, Northampton, MA 01060

152 North Street, E155, Pittsfield, MA 01201

800-649-3718

**Website:** <https://communitylegal.org>

**Services:** Offers legal advice and representation to clients with domestic violence, divorces, child custody, mental health and disability issues, denied benefits, welfare and public benefits as well as housing discrimination.

### Counseling and Assessment Clinic

76 Summer Street, Suite 200, Fitchburg, MA 01420

33 Electric Avenue, Suite 204, Fitchburg, MA 01420

(978) 696-3035

**Website:** ?

**Services:** counseling, therapeutic mentoring, medication assessment.

### Fitchburg Community Health Center

326 Nichols Road, Fitchburg, MA 01420

**Medical:** (978) 878-8100

**Dental:** (978) 878-8420

**Website:** <https://chcfhc.org/>

**Hours:** Monday and Friday, 8:00 AM – 5:00 PM; Tuesday–Thursday, 8:00 AM – 7:30 PM;

Saturday, 9:00 AM – 1:00 PM

**Fitchburg Comprehensive Treatment Center**

155 Airport Road, Fitchburg, MA 01420

(978) 627-4182

866-501-1410

**Website:** <https://www.ctcprograms.com/location/fitchburg-comprehensive-treatment-center/>

**Fitchburg Housing Authority**

50 Day Street, Fitchburg, MA 01420

(978) 342-5222

**Website:** <https://fitchburghousing.org/>

**Fitchburg Learning Center, McKay Campus School**

67 Rindge Road, Fitchburg, MA 01420

(978) 665-3433

**Website:** <https://mckay.fitchburg.k12.ma.us/>

**Services:** Morning ABE, Pre-ASE and ASE Classes, Evening ESOL classes

**GVNA Community Services**

53 Lunenburg Street, Fitchburg, MA 01420

(978) 345-3050

**Website:** <https://www.narcotics.com/na-meeting/gvna-community-services-center/>

**Food Pantry:** Wednesdays, 1:00 PM – 3:00 PM

**Habit OPCO**

155 Airport Road, Fitchburg, MA 01420

(978) 343-6300 ext. 127 / Intake: (978) 343-6300

**Services:** Substance abuse treatment, Methadone Maintenance, Methadone Detoxification, Buprenorphine Services.

**Highland Baptist Church**

19 Cedar Street, Fitchburg MA 01420

(978) 342-9646

**Website:** <https://www.hbcwaco.org/>

**Food Pantry:** 2nd & 4th Saturdays of each month, 9:00 AM – 11:00 AM

**Literacy Volunteers of the Montachusett Area - Fitchburg Public Library**

610 Main Street, Fitchburg, MA 01420

(978) 829-1783

**Website:** <https://lvmonta.org/>

Trained volunteer tutoring and to empower adults for whom English is a second language. Individual tutoring in basic literacy and English.

**LUK, Inc.**

545 Westminster Street, Fitchburg, MA 01420

99 Day Street, Fitchburg, MA 01420

1-800-579-0000 / (978) 345-0685

**Website:** <https://www.luk.org/>

***Mental Health, Substance Abuse Services; Counseling***

545 Westminster Street, Fitchburg, MA 01420

Monday–Friday, 8:30 AM – 5:30 PM

***LUK Mentoring Program***

**Services:** Free mentoring for youth between the ages of 6–17 in Central MA. Services available in English. Spanish translation is available.

LUK's one-to-one community-based and site-based programs serve youth ages 6–17 living in the 65 cities and towns of Central MA. Adult volunteer mentors meet with mentees for at least one hour per week for at least one year, provide support through friendship, and focus on improving mentees' social competencies, academic engagement and performance and preventing and decreasing offenses.

Mentors, youth, parent/guardians are all interviewed and information gathered helps determine who the mentor and youth will be paired with.

All volunteer mentors agree to a background check and attend training before they are matched with a youth.

**Eligibility and additional information:** Eligible youth are boys and girls ages 6–17. The majority of youth involved in the LUK Mentoring Program are youth with a learning, emotional or behavioral disability. We also serve youth living in the foster care system. Any youth who would benefit by having additional adult support may be a part of the program. The program is provided free of cost.

***SAVE Victim Services***

Counseling, Crisis Intervention, Referrals, Information, Advocacy, Outreach, Education surrounding victim rights and the judicial system, phone counseling and support groups.

***Support Groups***

**Group Types:** Therapeutic support group and support group for parents/guardians of adolescents who are using or in recovery.

**Services:** Childcare and transportation is available for both programs. Stipends may be provided when applicable.

Therapeutic support group helps those who have been impacted by an under the influence incident including, but not limited to, the loss of a loved one while the other support group is for those in recovery.

The other support group is for parents and guardians of adolescents who are using or in recovery.

**Eligibility and Scheduling:** Therapeutic support group is for anyone affected by someone operating under the influence incident. All ages encouraged to attend. Program is free. Meets on Tuesdays at 6:30 **PM** (at Southbridge location).

The other support group is for parents & guardians of adolescents who are using or are in recovery from substance abuse. Participation is based on a rolling admission. Program is at no cost to you. Date and times are based on location. Every Thursday, 6:00 **PM** – 7:00 **PM** (LUK Worcester office), every Wednesday, 6:00 **PM** – 7:00 **PM** (LUK Fitchburg office), every Wednesday, 6:00 **PM** – 7:00 **PM** (Lowell General Hospital)

### ***Behavioral Health Clinic***

**Services:** LUK Behavioral Health Clinic – Mental Health Services serves youth and families. With Family Counseling, Individual Therapy, Couples Counseling, Expressive Art Therapy, Group Counseling, Psychoeducation Groups, Psychological Evaluations, Medication Management, Psychiatric Consultation, Individual and Family Assessment and Parenting Assessment.

LUK Behavioral Health Clinic also helps with Substance Abuse. The Moving On Program – Uses the evidence-based Motivational Enhancement Therapy/Cognitive Behavioral Therapy, an effective treatment of youth. CLYR (Continuous Learning for Youth in Recovery) – Using the evidence-based Adolescent Community Reinforcement Approach/Assertive Continuing Care, an effective home-based recovery support and treatment service for youth. CRAFT (Community Reinforcement and Family Training) – an evidence-based support group for parents of youth in recovery. In addition they provide Substance Abuse Evaluations and Outpatient substance abuse treatment.

Spanish & Portuguese capacity for some programs.

Central Massachusetts Child Trauma Center provides evidence-based trauma-focused treatments for youth ages 0–18 including Trauma Focused Cognitive Behavioral Therapy, Child Parent Psychotherapy, Attachment, Self-Regulation, and Competency Therapy, and Cognitive Behavioral Therapy for Trauma in Schools. They also do training in trauma-focused evidence-based treatment for youth ages 0–18 and training in trauma-informed services.

Children's Behavioral Health Initiative Services division provides In Home Therapy. An intensive therapy for a youth and family to treat the youth's behavioral health needs and assist the family as they support the youth in the home. Therapeutic Mentoring is also available and consists of 1:1 coaching and support for youth to learn social skills, and better ways to interact with other youth and adults. Finally In Home Behavioral Services assist youth and family with specific problem behaviors that get in the way of everyday life.

Victim Services operates the STEP Program, which provides therapeutic services, advocacy, and outreach for individuals (and their friends/families) who have been impacted by an under-the-influence accident.

**Languages:** Spanish, Cantonese, Thai, French, French Creole, and Polish capacity.

**Payments:** Accepts various insurances, including the following MassHealth products: MBHP, Neighborhood Health Plan, Beacon, Network Health, Fallon, Medicaid, Limited Blue Cross/Blue Shield and Tufts, Children's Medical Security Plan. There is limited funding available for uninsured/underinsured for substance abuse treatment. Private pay with sliding fee scale available. CLYR Program is grant funded through DPH and SAMHSA.

The Victims Services is free for individuals who have been impacted by an under-the-influence accident.

### ***Transitional Living Program (TLP)***

TLP is available for young people between the age of 16 and 21 who are homeless or at risk of homelessness. Services include case management, job-skill training, legal service and linkages with GED/high school courses.

### ***Maternity Group Home***

Maternity Group Home is available for pregnant and parenting young people between the ages of 16–21 throughout Worcester County who are homeless or at risk of homelessness. Services include case management, linkages with high school/ GED/ Continuing educational services, job skill training, housing applications etc.

Basic Center Program provides Emergency shelter for youth under 18 years old. Services include transportation to shelter, access to health care, public schools, counseling, meals, case management etc.

### **Making Opportunity Count**

601 River Street, Fitchburg, MA 01420

(978) 345-7040

**Website:** <https://www.mocinc.org>

### **Pathways for Change, Inc. – Fitchburg**

275 Nichols Road, Fitchburg, MA 01420

800-870-5905

**Website:** <https://pathwaysforchange.help/>

Serving Central Massachusetts, we provide support services to any person impacted by Sexual Violence, as well as education that helps End Sexual Violence, and we start by believing.

### **Permanent Housing for Homeless Men in Recovery**

4 Leighton Street, Fitchburg, MA 01420

(978) 400-5284

**Website:** <https://www.samhsa.gov/homelessness-programs-resources>

### **Transitional Housing for Women in Recovery (Elizabeth House)**

76 Mechanic Street, Fitchburg, MA 01420

(978) 343-5724

**Website:** <https://www.elizabethhouse.net/need-help-now>

**United Neighbors of Fitchburg**

18 Fairmount Street, Fitchburg, MA 01420

(978) 342-2069

Website:

**Services:** Clothes Closet: Tuesdays and Thursdays, 9:30 AM – 2:00 PM; Food pantry: Monday–Thursday, 9:30 AM – 2:00 PM

**ESL and GED Classes**

GED preparation in Spanish (English if needed); ESL classes; ESL Computer classes; Wellness program including Cooking and Nutrition classes, and Zumba; Spanish classes

**Adult Education**

**Hours:** Monday, Tuesday and Thursday, 5:30 PM – 7:30 PM

**United Way of North Central Massachusetts (Fitchburg)**

649 John Fitch Hwy, Fitchburg, MA 01420

(978) 345-1577

**Website:** <https://uwnncm.org/>

**Hours:** Monday–Friday, 8:30 AM – 5:00 PM

**Veteran Homestead Hospice, Fitchburg - Gardner**

Corporate Office:

69 High Street, Fitchburg, MA 01420

(978) 353-0234

**Website:** <https://www.facebook.com/VeteranHomesteadUSA/>

Northeast Veteran Training and Rehabilitation Center (NVTRC) is the first and only facility in the United States to serve afflicted veterans returning from Iraq and Afghanistan and their families by combining housing, physical therapy, counseling and college course for PTSD, TBI, amputees and burn patients.

**Work, Inc.**

18 Mill Street, Fitchburg, MA 01420

(978) 342-0337

**Website:** <https://www.workinc.org/>

**Gardner****GAAMHA Inc. – Pathway House**

171 Graham Street, Gardner, MA 01440

(978) 632-4574

**Website:** <https://www.gaamha.org/pathwayhouse/>

**Substance Abuse**

**Services:** Pathway house is a six month residential treatment program that provides treatment and recovery from substance abuse for males aged 21 years and older.



Participants are required to gain full-time employment and contribute to the cost of their care on a sliding scale fee. Some of the services offered by Pathway House are: A.W.O.L 12-Step group, one-on-one counseling, didactic group, individualized treatment goals, daily living skills training, interpersonal relationships training, Family Day program, as well as participation in outside AA/NA meetings.

**Eligibility:** Any sober, drug free adult male substance abuser 21 years of age or older, in need of a structured program of recovery.

### **Gardner Career Center**

25 Main Street, Gardner, MA 01440

(978) 632-5050

**Website:** [www.unemploymentoffice.us](http://www.unemploymentoffice.us)

### **Gardner Community Action Committee**

294 Pleasant Street, Gardner, MA 01440

(978) 632-8700

**Website:** <https://www.gardner-cac.org>

**Office Hours:** Monday–Thursday, 8:30–4:30 PM; Friday, 8:30 AM–4:00 PM

### **Clothing Closet**

**Office Hours:** Monday–Thursday, 8:30 AM–4:30 PM; Friday, 8:30 AM–4:00 PM

(978) 632-8700

### **Emergency Funds**

Provides families and individuals in crisis assistance with emergency needs such as first months rent, one month's rent to prevent eviction, utility bills with a termination notice and medical prescriptions. Assistance is provided while funds are available. Through this program families and individuals have access to comprehensive case management, advocacy and budget counseling.

### **Fellowship Table Program**

Provides a free nutritious weekly meal at the United Methodist Church, 161 Chestnut Street, Gardner, MA, every Thursday served at 5:00 PM. Transportation to and from the meal site is available at four different locations beginning at 4:15 PM. The meal site is handicap accessible with ample parking and follows the public school schedule.

Provides families and individuals in crisis assistance with emergency needs such as first months rent, one month's rent to prevent eviction, utility bills with a termination notice and medical prescriptions. Assistance is provided while funds are available. Through this program families and individuals have access to comprehensive case management, advocacy and budget counseling.

### **Food Distribution Program Once a Month**

**Office Hours:** Monday–Thursday, 8:40 AM–4:30 PM, Friday, 8:30 AM–4:00 PM

Food pantry Hours: Monday–Friday, 9:00 AM–12:00 PM

### **Fuel Assistance Program**

The CAC is a seasonal satellite office for the Fuel Assistance Program. A representative from Fuel Assistance arrives weekly, while the program is in effect, to accept applications and answer questions regarding the program. Appointment must be made through the Fuel Assistance Agency prior to your visit.

### ***Medical Transportation Program***

Provides medical transportation to the elderly and handicap to medical appointments outside of Gardner, extending as far as Worcester. This program runs Monday through Friday with the earliest pick-up time being 8:30 **AM** and the van returned to Gardner by 4:30 **PM**. Please note that this program books up very quickly, therefore appointments need to be scheduled ahead of time. For the transportation we ask for a donation, this amount varies upon where the appointment is located.

### **Gardner MWCC Adult Learning Center**

444 Green Street, Room 56A, Gardner, MA 01440

(978) 630-9259

**Website:** <https://mwcc.edu/corporate-career-and-continuing-education/adult-education-training/>

### ***Fitchburg Learning Center, McKay Campus School***

67 Rindge Road, Fitchburg, MA 01420

(978) 665-3433

**Services:** Morning ABE, Pre-ASE and ASE Classes, Evening ESOL classes

### ***Leominster Adult Learning Center***

110 Erdman Way, Leominster, MA 01453

(978) 534-1563

**Services:** Evening ABE, Pre-ASE, and ASE classes

### **Greater Gardner Community Health Center**

175 Connors Street, Gardner, MA 01440

**Medical:** (978) 410-6100

**Dental Service:** (978) 410-6100

**Website:** <https://chcfhc.org/Gardner-Community-Health-Center>

### **GVNA HealthCare, Inc.**

34 Pearly Lane, Gardner, MA 01440

(978) 632-1230

1-800-382-7305

**Website:** <https://www.carecentralvnahospice.org/>

GVNA HealthCare, Inc. is a not-for-profit home healthcare agency dedicated to providing quality care to the community, regardless of their ability to pay. We believe that ALL people have the right to the best healthcare possible, whatever their circumstances, and that they deserve to receive that care in the comfort and security of their homes whenever possible

### **Heywood Family Medicine**

266 Main Street, Gardner, MA 01440

(978) 630-5030

**Website:** <https://www.heywood.org/locations/heywood-primary-care>

### **Heywood Hospital**

242 Green Street, Gardner, MA 01440

(978) 632-3420

**Website:** <https://www.heywood.org/>

### **Heywood Rehab Center**

69 Pearson Boulevard #3368, Gardner, MA 01440

(978) 630-6900

**Website:** <https://www.heywood.org/locations/heywood-rehab-center>

### **North Central Human Services**

31 Lake Street, Ste. 181, Gardner, MA 01440

(978) 632-9400

**Services:** This center offers substance abuse treatment and Buprenorphine services.

**Payments:** Payment forms including self payment, medicaid, medicare, state insurance (other than medicaid), private health insurance, and military insurance are accepted.

### **Veteran Homestead Hospice, Gardner**

69 High Street, Fitchburg, MA 01420

**Website:** <https://www.facebook.com/VeteranHomesteadUSA/>

## **Grafton**

### **Grafton Job Corps**

100 Pine Street, N. Grafton, MA 01536

(508) 887-7300

**Website:** <https://grafton.jobcorps.gov/>

**Services:** This is a residential educational and job training program in North Grafton, MA. It helps young people ages 16–24 improve the quality of their lives through vocational and academic training. Job Corps uses a career development training approach which integrates the teaching of academic, vocational, employment skills and social competencies through a combination of classroom, practical and based learning experiences to prepare youth for stable, long-term, high-paying jobs.

**Registration:** Job Corps is an open enrollment, year-round, education/vocational training program and registration is on-going throughout the year. Job Corps is free for eligible applicants.

**Eligibility:** At risk youth between the ages of 16–24.

**Hours:** Please call (508) 887-7300 for more information on the hours.

**Payment:** Free of cost. To apply for unemployment insurance, go to Workforce Central at 44 Front Street, 6th floor, Worcester, MA 01608, or call (508) 799-1600. You can also call the TeleClaim center at 1-877-626-6800.

### **Career Training**

**Services:** Grafton Job Corps provides career technical training in several vocational trades. Job Corps is committed to the development of green job training.

### **Outreach & Admissions Office**

250 Main Street, 2nd floor, Worcester, MA 01609

(508) 890-1999

**Website:** <https://www.massgrg.com/>

**Services:** GED classes, vocational training, and information for grandparents raising grandchildren.

### **Outreach & Admissions Office**

61 Harvard Street, 2nd floor, Worcester, MA 01609

(508) 890-1999

**Contact:** In Worcester, call Dave Tirendi at (508) 890-1999. Those interested can also call the Grafton center at (508) 887-7398 and ask for Kristy.

**Services:** GED, drivers' education and vocational training for youth (ages 16–24). Program is Monday–Friday, 8:00 AM–4:00 PM and is mostly residential with a smaller commuter component for young parents.

## **Holden**

### **Corner Shop at the First Congregational Church**

1180 Main Street, Holden, MA 01520

(508) 829-9270

**Email:** [churchoffice@fccholden.org](mailto:churchoffice@fccholden.org)

**Website:** <https://www.fccholden.org/>

A good, used clothing thrift store located in the basement of First Congregational Church.

**Hours:** Tuesdays, 10:00 AM–4:00 PM; Thursdays, 10:00 AM–4:00 PM & 7:00 PM–9:00 PM; Saturdays (every 3rd), 9:00 AM–11:30 AM

### **Holden Housing Authority**

9-15 Flagler Drive, Holden, MA 01520

(508) 829-9182

**Website:** <https://www.holdenma.gov/holden-housing-authority>

### **Pathways To Wellness Associates, LLC (Holden Office)**

1161 Main Street, Holden, MA 01520

(508) 755-0436

**Website:** <https://www.pathways2wellnessllc.com/>

Pathways to Wellness Associates, LLC offers the highest quality of mental health counseling grounded in evidence based practice and wellness services enriched in complementary and alternative medicine practices. We strive to take a whole mind and body approach to mental health.

### **Veteran's Agent - Holden**

1402 Main Street, Holden, MA 01520

(508) 210-5529

**Website:** <https://www.holdenma.gov/veterans-agent>

## **Hopedale**

### **Hopedale Town Housing Authority**

116 Hopedale Street, Hopedale, MA 01747

(508) 473-8120

**Website:** [https://www.hopedale-ma.gov/Public\\_Documents/HopedaleMA\\_BComm/housing](https://www.hopedale-ma.gov/Public_Documents/HopedaleMA_BComm/housing)

## **Lancaster**

### **Lancaster Housing Authority**

449 Main Street, Lancaster, MA 01523

(978) 365-3923

**Website:** <https://www.lhauthority.com/>

**Hours:** Monday–Thursday: 8:00 AM – 12:00 PM; Friday: Closed

## **Leicester**

### **Hope House, Inc.**

1601 Main Street, Leicester, MA 01524

(508) 892-1010 / Intake: (508) 892-1061

**Website:** <https://www.hopehouseinc.org/>

#### **Substance Abuse**

**Services:** Hope House offers substance abuse treatment while also providing emergency housing. Buprenorphine services are also available.

## **Leominster**

### **Allencrest Academic Learning Center**

24 Church Street, Leominster, MA 01453

(978) 401-9454

**Email:** [allencrestlearning@comcast.net](mailto:allencrestlearning@comcast.net)

**Website:** [http://www.ncmhousing.org/Allencrest\\_Learning\\_Center.php](http://www.ncmhousing.org/Allencrest_Learning_Center.php)

The Allencrest Academic Learning Center is an after school tutoring center located in the Allencrest Apartment Complex in Leominster. The Leominster Public School has

students from the high school, Sky View Middle School and Southeast elementary school attending the center. Students in grades K–12 receive afterschool tutoring Monday–Thursday, 2:30 PM – 5:00 PM

### **Boys and Girls Club of Fitchburg and Leominster**

365 Lindell Avenue, Leominster, MA 01453

**Website:** <https://www.bgcfi.org/>

Juniors (ages 8–12) and Teen Programs (ages 13–18)

### **Catholic Charities - Leominster Office**

(Also serves Fitchburg, Gardner area)

196 Mechanic Street, Leominster, MA 01453

(978) 840-0696

**Website:** <https://www.ccworc.org/locations/leominster-area-office/>

**Hours:** Monday – Friday, 8:30 AM – 4:00 PM

### **Community Healthlink, Inc.**

17 Orchard Street, Leominster, MA 01453

(978) 537-3109/ Intake: (617) 661-3991

### **Leominster Adult Learning Center**

110 Erdman Way, Leominster, MA 01453

(978) 534-1563

**Website:** <https://www.doe.mass.edu/acls/directory.html>

Evening ABE, Pre-ASE, and ASE classes

### **Leominster Career Center/ Employment Links, Inc.**

100 Erdman Way, Leominster, MA 01453

(978) 534-1481

**Website:** <https://masshinenorthcentralcc.com/>

### **Leominster Community Health Center**

14 Manning Avenue, Leominster, MA 01453

Medical: (978) 847-0110

Dental Service: (978) 847-0110

**Website:** <https://chcfhc.org/Leominster-Community-Health-Center>

### **Leominster Public Schools**

24 Church Street, Leominster, MA 01453

(978) 534-7700

### **Leominster Spanish American Center**

112 Spruce Street, Leominster, MA 01453

(978) 534-3145

**Website:** <https://www.spanishamericancenter.org/>

Basement of SAC Office

**Hours:** Monday and Wednesday–Friday, 9:00 AM – 1:00 PM

**Services:** Free English Classes every Saturday Morning, 9:00 **AM** – 12:00 **PM** (noon)

### **North Central Career Centers**

Leominster Career Center/ Employment Links, Inc.

100 Erdman Way, Leominster, MA 01453

(978) 534-1481

**Website:** <https://masshirenorthcentralcc.com/>

## **Lunenburg**

### **Lunenburg Housing Authority**

131 White Street, Lunenburg, MA 01462

(978) 345-7655

**Website:** [https://ncmhousing.org/Lunenburg\\_Housing\\_Authority.php](https://ncmhousing.org/Lunenburg_Housing_Authority.php)

### **Veteran's Affairs - Lunenburg**

960 Massachusetts Avenue, Lunenburg, MA 01462

(978) 582-4176

**Website:** <https://www.lunenburgma.gov/departments/veterans-affairs>

Every Tuesday from 10:00 **AM** – 12:00 **PM**. The Veteran Agent's office is located in the lower floor of the Ritter Memorial Building.

## **Mendon**

### **Mendon Housing Authority**

9 Blackstone Street, Mendon, MA 01756

(508) 473-9130

**Website:** <https://www.mendonhousingauthority.com/>

### **Veterans' Services - Mendon**

20 Main Street, Mendon, MA 01756

(508) 473-8461

**Website:** <https://www.mendonma.gov/veterans-services>

## **Millbury**

### **South Middlesex Opportunity Council-Rhodes to Recovery**

5 Rhodes Street, Millbury, MA 01527

(508) 581-7821

**Website:** <https://www.smoc.org/rhodes-to-recovery-program.php>

**Eligibility:** Any woman who is over the age of eighteen years of age with a desire for living a drug free lifestyle may voluntarily enter the Rhodes House Program. This program also accepts section 35 referrals.

**Services:** Rhodes House is a social model recovery home dedicated to providing a safe, stable, and nurturing environment to women in recovery. Primarily funded

through the Department of Public Health, the program serves abroad cross-section of the community, including those that have a long history of homelessness.

Rhodes House provides treatment and case management services for up to 27 women. Comprehensive services include: individual service planning, group education, skill development, 12-Step fellowship, vocational training, employment search and housing placement. Case managers provide advocacy and for medical, dental, mental health and legal issues that the client may have. The program supports a comprehensive approach to independent living and economic self-sufficiency.

## Oxford

### **Oxford Foodshelf**

4 Maple Road, Oxford, MA 01540

(508) 987-1062

**Website:** <https://oxfordfoodshelf.org/>

Our drive thru food pick up is open every Thursday afternoon from 4:00 PM – 6:00 PM. Until the crisis situation changes, we will continue to have the drive-thru food pick-up every Thursday in front of the Oxford Community Center located at 4 Maple Road in Oxford MA. During the pandemic we are providing a pre-boxed assortment of groceries including cold cereal, canned vegetables, canned fruit, pasta, mac & cheese, snacks, frozen meats, cheese, eggs, toilet paper, paper towels, tissues, soap and other misc items. We also provide a variety of fresh fruits and vegetables when they are available. Any Oxford family in need of grocery assistance can come for help.

### **Oxford Housing Authority**

23 Wheelock Street, Oxford, MA 01540

(508) 731-0887

**Website:** <https://www.oxfordhousingauthority.com/>

### **Oxford Veteran's Services Department**

325 Main Street, Oxford, MA 01540

(508) 987-6034

**Website:** <https://www.oxfordma.us/veteran-services>

## Princeton

### **McLean Center at Fernside**

162 Mountain Road Princeton, MA 01541

1-800-906-9531 Intake: (978) 464-2141

**Services:** The program offers concurrent treatment for addiction and other psychiatric disorders, such as depression and anxiety. Guided by the exceptional clinical care and innovative addiction research at McLean Hospital, the McLean Center at Fernside aims to help adults recover from addiction, maintain abstinence, and gain the insight and skills needed for a full recovery and a life free from drugs and alcohol.



The program offers expert individualized treatment and rehabilitation that includes comprehensive diagnostic evaluation and on-going treatment by an addiction psychiatrist with five-day-a-week availability, along with individual and evidenced-based group therapies, including cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) provided by highly trained clinicians.

Their comprehensive mind and body rehabilitation program includes yoga, mindfulness, individualized fitness programs, general health education, and expressive art and music therapies. Collaboration with referring providers, family education and support, and extensive aftercare planning are also included in the overall addiction treatment plan.

## Rutland

### **Integrated Treatment Unit**

P.O. Box 219, Rutland, MA 01543

(508) 886-4746 Intake: (508) 886-4746 ext. 322

**Website:** [https://www.devereux.org/site/SPageServer/?pagename=ma\\_itu](https://www.devereux.org/site/SPageServer/?pagename=ma_itu)

**Services:** Integrated Treatment Unit is a treatment center in Rutland, Massachusetts that focuses on mental health and substance abuse services by providing substance abuse treatment services. The programs offered are designed for persons with mental and substance abuse disorders, persons with HIV/ AIDS, gays and lesbians, adolescents, and criminal justice clients. When selecting a facility consider their target populations; the better the fit, the better the results. They provide residential long term treatment.

**Payments:** Payment forms including self payment, medicaid, medicare, and private health insurance are accepted.

## Southbridge

### **Harrington Memorial Hospital-Recovery Services George B Wells Center**

29 Pine Street, Southbridge MA 01550

(508) 753-2967 / Intake: (508) 765-9167 ext. 4222

**Website:** [https://www.harringtonhospital.org/services/behavioral\\_health\\_services/](https://www.harringtonhospital.org/services/behavioral_health_services/)

#### **Substance Abuse**

**Services:** Harrington Memorial Hospital offers substance abuse treatment and Buprenorphine Services. Part of the services they offer are customized initial diagnostic evaluations and treatment recommendations, individual and group therapy, couples and family therapy, dual diagnosis (mental issues coupled with substance abuse), intensive outpatient services, anger management, and Suboxone Treatment Program.

Healthy Families Parent Support Group is for parents who are enrolled in MSPCC Healthy Families Program.

### **Spectrum Health Systems, Inc.**

176 Main Street, Southbridge, MA 01550

(508) 765-5940 ext. 5201

**Website:** <https://www.spectrumhealthsystems.org/medication-for-substance-use-disorders/>

**Services:** Spectrum has a few locations and its network provides a range of services from primary care to outpatient services, including counseling and medication-assisted treatment, at clinics located across the state. In addition, Spectrum offers affordable drug-free housing and peer recovery support services for adults at varying stages of recovery. Spectrum's full range of services presents individuals with mental health and substance abuse disorders the opportunity to transition to less intensive treatment modalities as their recovery progresses.

They provide acute treatment, residential treatment, clinical stabilization services, transitional support services, outpatient counseling, peer recovery support, opiate treatment, as well as drier alcohol education and services for women and children.

### **Tradewinds Clubhouse**

309 Main Street, Southbridge, MA 01550

(508) 765-9947

**Email:** [tradewindsclubhouse@gmail.com](mailto:tradewindsclubhouse@gmail.com)

**Website:** <https://tradewindsclubhouse.org/>

**Services:** Employment, education, and housing supports, recovery through work/friendship

### **YOU, Inc. – Family Center Southbridge**

328 Main Street, Southbridge, MA 01550

(508) 765-9101

**Website:** <https://www.sevenhills.org/programs/southbridge-family-resource-center>

**Services:** Counseling for children, adolescents, adults and families, adolescent substance abuse, psychological testing, trauma evaluations, and after-school programs.

## **Webster**

### **LUK, Inc.**

251 Main Street, Webster, MA 01570

1-800-579-0000 / (978) 345-0685

**Website:** <https://www.luk.org/>

See LUK, Inc. on p. 46

### **Webster Public Schools: Adult Basic skills Program**

77 Poland Street, Webster MA 01570

(508) 943-0104 (administration office directory number)

Free GED preparation program on Tuesday and Thursday, 5:30 PM – 9:00 PM

## **Westborough**

### **New England Recovery Center**

153 Oak Street, Westborough, MA 01581

1-877-697-3422

**Website:** <https://www.newenglandrecoverycenter.org/>

New England Recovery Center offers inpatient treatment to adults with substance use disorders involving alcohol, heroin, opioids, cocaine, prescription drugs and/or methamphetamines. The New England Recovery Center features holistic substance use recovery and rehabilitation services such as massage therapy, personal fitness, meditation and yoga as well as comprehensive addiction support programs for family members and loved ones.

### **PPAL, the Parent Professional Advocacy League – Worcester**

18 Lyman Street, Suite 260, Westborough, MA 01581

866-815-8122

**Website:** <https://ppal.net/>

#### **Support Groups**

**Group Types:** Teen Youth Group: (HOPE) Helping Others Promote Equality, YOU: You are One of Us, and Parent Support Group.

**Services:** Services in English. Dinner provided during support group times for all the programs except Parent Support Group. Every 4th week supper is provided for PSG, and every 2nd week there is a pot luck dinner. Support provided for teens that are living with emotional, behavioral or mental health needs. Childcare is limited, must register.

**Eligibility and Scheduling:** Program is intended for teens ages 14–19 years old who are living with emotional, behavioral or mental health needs. No insurance needed & no cost Program meets on Tuesdays 5:00 PM – 6:30 PM. For HOPE, participants must be between the ages of 13–18. For YOU, participants must be between the ages of 13–18.

**For Parent Support Group:** Parents / caregivers and family members who support children, youth, and young adults with emotional, behavioral and/or mental health needs are eligible. No insurance needed and services are free.

### **Spectrum Health Systems, Inc.**

**Website:** <https://www.spectrumhealthsystems.org/>

#### **Primary Care**

154-155 Oak Street, Westborough, MA 01581  
 (508) 898-1570 ext. 2100, Intake: 1-800-366-7732

**Services:** Detoxification, Methadone Maintenance, Methadone Detoxification

### ***Transitional Support Services***

154 Oak Street, Westborough, MA 01581  
 (508) 898-1570 ext. 2197

**Services:** Substance abuse treatment, Methadone Maintenance, Halfway house, Buprenorphine Services

## **Worcester**

### **Abby's House**

52 High Street, Worcester, MA 01609  
 (508) 756-5486

**Website:** [https://www.abbyshouse.org/thrift\\_shop](https://www.abbyshouse.org/thrift_shop)

### ***Abby's House Thrift Store***

**Services:** The Abby's House Thrift Store provides clothing, accessories, home -goods, and bargain-priced cosmetics to the community.

**Hours:** Monday – Thursday, 10:00 AM – 3:00 PM, Saturdays 10:00 AM – 1:00 PM The store is closed on holidays.

### **ACE – African Community Education**

51 Gage Street Worcester, MA 01608  
 (508) 459-2284

**Website:** [www.acechildren.org](http://www.acechildren.org)

### ***Mentoring for Empowerment and Exchange***

**Contact:** Mentor Coordinator  
[mentor@acechildren.org](mailto:mentor@acechildren.org)

**Services:** One to one mentoring for African immigrant youth grades 5th–12th. English and various African languages spoken.

African Community Education Mentoring for Empowerment and Exchange (ACE MEE) works with African immigrant youth, grades 5–12, who are part of the ACE Community. The youth meet with their mentors on Saturdays, for a year. The mentors work with the mentees to help them reach their academic and career goals, as well as, give guidance for day to day issues through activities and consistent conversation. Our model is site-based and 1:1 mentoring. Registration and additional information: Service is free. Services are made available for children and young adults currently enrolled in the ACE program.

### **AdCare Hospital – Worcester**

107 Lincoln Street, Worcester, MA 01605  
 (508) 453-3053 / (508) 799-9000, Intake: 1-800-345-3552 ext. 4300

**Website:** <https://adcare.com/locations/adcare-hospital/>

**Substance Abuse**

**Services:** Substance abuse treatment, Detoxification, Methadone Detoxification, Buprenorphine Services. There is outpatient and inpatient care.

**Advocates, Inc. – Linda Fay Griffin House**

15 Northampton Street, Worcester, MA 01605

(508) 755-8990 / Intake: (508) 755-8990 ext. 0

1881 Worcester Road, Framingham, MA 01701

(508) 628-6300 / 24-hour Crisis Support 1(800) 640-5432

**Website:** <https://advocates.org/services/addiction-recovery-homes>

**Substance Abuse**

**Services:** Substance abuse treatment, Halfway house.

Over all, Advocates, Inc. partners with people with disabilities, elders, and those with other challenges to overcome personal obstacles and societal barriers so that they can obtain and keep homes, engage in work and other meaningful activities, and sustain satisfying relationships. Advocates, Inc. services include but are not limited to substance abuse treatment, deaf services, elder services.

Part of their substance abuse treatments is the Drug Court Programs. Under this umbrella there are three substance abuse programs: First Offender Driver Alcohol Education (DAE), Second Offender Aftercare (SOA) and Ayer Drug Court Program. DAE is an alternative sentencing program. SOA continues the treatment efforts for those convicted of their second driving-under-the-influence offense (must have completed the Second Offender 14-Day Residential Program for Driving Under the Influence of Liquor (DUIL)). The Ayer Drug Court Program is a post-adjudication outpatient program; eligible participants can enter the program at various stages of case processing, including arraignment, pre-trial hearing and violation of probation hearings. In addition to these three programs, Advocates, Inc. offers outpatient services and group therapy.

**Eligibility and Payments:** Eligibility varies by program and services.

For Ayer Drug Court the program is 52 weeks, including four phases of treatment and is intended for male and female non-violent adult offenders, who reside within the court's jurisdiction, are assessed as having an alcohol and/or other drug (AOD) problem and have no prior record of violent offense.

Each participant entering the program has a legal disposition that includes the potential for incarceration or a defined house of correction (county correctional institution) sentence that has been suspended.

SOA is intended for individuals convicted of driving under the influence for a second time. Individuals may choose this option as an alternative to at least 30 days incarceration. Referrals will be made by the Adjudicating Courts as well as the DUIL Program as part of their aftercare support. Completion of this program is one of several requirements that an individual must fulfill in order to be considered for a hardship driver's license from the Registry of Motor Vehicles.

DAE is intended for individuals convicted of driving under the influence for the first time and who choose this option as an alternative to losing their license or possible incarceration. Referrals are generally made by the adjudicating district court; however, if the client is under 21, the Registry of Motor Vehicles may mandate the participant's participation. For outpatient care:

Psychiatric Emergency Services (PES) are available to any individual of any age who is in need of emergency mental health and substance abuse services, regardless of insurance or capacity to self-pay. There is no charge to the individual from Advocates for this service.

Advocates Community Counseling (ACC) contracts with most major insurances. To find out if we are in your network, please contact your insurance company or our office. If you do not have insurance, a sliding scale fee schedule is available for outpatient services.

*Please contact us at (508) 661-2020 for medication evaluation or group therapy rates.*

### ***Advocates Behavioral Health Supports for Justice-Involved Individuals (BH-JI)***

Provides care management and reentry navigation services for individuals who are involved in the justice system. Individuals will work with our team on transitioning into living a safe and productive lifestyle suited to their needs.

Our trained and compassionate staff follow a reentry model, providing comprehensive supports including daily communication with individuals for the first month of enrollment, and then as needed.

### ***Reentry Navigators provide assistance with...***

- Applying for or reactivating MassHealth benefits
- Scheduling medical and behavioral health appointments and evaluations
- Coordinating transportation to appointments
- Obtaining basic necessities (food, shelter, clothing, toiletries)
- Accessing SUD treatment services and sober housing options
- Finding and securing housing, employment, and/or continuing education
- Connecting with social and community supports
- 24/7 on-call support

### ***Eligibility***

Eligible adults must meet the following requirements:

- MassHealth eligible or currently enrolled
- Have been detained or incarcerated within the last 12 months
- Diagnosis of mental health, substance use, or co-occurring disorder
- Living in or releasing to Middlesex or Essex Counties

### **AIDS Project Worcester**

165 Southbridge Street, Worcester, MA 01604

(508) 755-3773 ext. 16

**Website:** [www.aidsprojectworchester.org](http://www.aidsprojectworchester.org)

All services are for clients only.

### **Food Pantry**

**Services:** They run a food pantry to their customers on Tuesdays from 9:00 AM – 4:00 PM

### **Support Groups**

**Services:** Support groups for those living with HIV/AIDS, for Gay, Bisexual and Transgendered individuals and their families/friends.

**Group Types:** Latino Support Group, HIV support group for Gay men, Women's Group, NEW Horizon Transgender Group, The Empowerment Group, Women's HIV Support Group

**Hours:** To find out about the dates and times of these groups, must call (508) 755-3773. Transportation or childcare not available.

**Eligibility:** Clients living with HIV/AIDS, Gay, Bisexual and Transgender individuals their parents, families and friends

### **Akwaaba Free Health Clinic at New England Ghanaian SDA Church**

67 Vernon Street, Worcester, MA 01610

(508) 425-4142

**Website:** <https://www.worcesterfreecare.org/akwaaba/>

### **Free Health Clinic**

**Services:** The Akwwaba Free Health Clinic provides physical exams, well visits, sick visits, blood sugar and cholesterol testing, women's health visits, and anonymous HIV testing, among other services. The clinic offers health insurance assistance.

**Hours:** Thursdays, 6:00 PM – 8:00 PM

**Accepts:** Uninsured only.

**Payments:** Free/no fee.

**Languages Spoken:** English.

### **American Consumer Credit Counseling**

179 Shrewsbury Street, Worcester, MA 01604

(508) 316-2195 or 800-769-3571

**Services:** personal and financial counseling, debt management and budget training.

### **American Red Cross**

2000 Century Drive, Worcester, MA 01606

(508) 595-3700

### **Veterans and Their Families**

**Services:** Services are available for active duty members. This program offers coping with deployment counseling sessions. Emergency communications during family

crisis and health and safety career training opportunities. Limited scholarships available. Also helps veterans come in contact with resources that may be useful to them.

### ***Health Care Training***

2000 Century Drive, Worcester, MA 01609

(508) 595-3700 / (978) 537-3339

Nurse Assistant and Home Health Aide Training programs

**Services:** Provides information and skills that will enable students to provide quality care for residents in nursing homes, for clients at home and patients in hospitals. In addition to the hands on skills such as bathing and bed making, the program focuses on providing concerned individualized care that adheres to the five principles of care: Safety, Privacy, Dignity, Communication and Independence. Students benefit from small classes, with caring, well-trained teachers. They receive hands-on experience as they learn in realistic clinical settings.

**Hours:** A combined 4-week (day classes) or 7-week (evening classes) Nurse Assistant and Home Health Aide Training Program. The program is 126 hours and includes a CPR for the Professional Rescuer – Health Care Provider training.

**Day Session 4 weeks:** Monday – Friday, 8:30 AM – 3:30 PM, Clinical Day hours: 40 Hour Week

**Evening Session 7 weeks:** Monday – Thursday, 5:30 PM – 9:30 PM, Clinical Day hours: 40 hour/week

**Payments:** A \$625 enrollment fee is required to hold your place in class. Full payment is due 7 days prior to the start of class.

### ***Eligibility***

- Must be 16 years of age.
- Must attend an orientation and pass the Assessment Exam.
- Present a copy of a current negative TB or Chest x-ray.
- A physical within the current year with no restrictions to lifting or bending.
- Present current photo ID – Drivers License, Passport, or state issued ID card.
- A background check must be completed as a pre-condition to participate in the NAT/HHA program.

### ***Apogee Mental Health***

23 Fruit Street, Worcester, MA 01609

(508) 831-7745

**Website:** <https://www.apogeemh.com>

### ***The Apogee Mental Health Clinic***

**Services:** provides outpatient counseling for adults. You must be 21 years and over to be eligible for the services. They provide group therapy, but do not do home visits.



**Payment:** Apogee Mental Health accepts various insurances, however it does not accept members of Mass Health or Network Health.

### **Arbour Counseling Services**

411 Chandler Street Worcester, MA 01602  
(508) 799-0688

#### ***Mental Health***

**Services:** Arbour Counseling Services serves the community with outpatient counseling for adults and children. There are psychiatrists on staff and two Nurse Practitioners. There are psychiatric Assessments available for ongoing clients. Se habla español.

**Payment:** This clinic does take Mass Health and Fallon but does not accept Cigna, certain forms of Aetna and certain forms of Blue Cross.

#### ***Substance Abuse***

**Services:** Arbour Counseling offers a variety of services including substance abuse treatment. Under substance abuse treatment, Arbour house offers outpatient service. These adult programs aim to give participants a heightened level of self-awareness about their addiction, solid relapse prevention skills and a variety of coping skills to help them become more independent, self-caring, and functioning adults in recovery. Outpatient services include psychosocial evaluation, monitoring and treatment; behavioral assessment, treatment and recovery planning; group and individual counseling on substance abuse topics; aftercare and discharge planning and family therapy when necessary. Staff includes a physician specializing in substance recovery available to patients if needed, as well as a nurse practitioner who specializes in addiction treatment. Suboxone services are also available.

### **Ascentria Care Alliance-Adoption Services**

11 Shattuck Street, Worcester, MA 01605  
(774) 243-3072

**Services:** Referral assistance for birth mothers looking into adoption options

### **Assumption College**

500 Salisbury Street, Worcester, MA 01609  
(508) 767-7000

**Website:** <https://www.assumption.edu/>

#### ***Continuing and Career Education***

**Services:** Offers a wide range of bachelor's and associate degrees at affordable prices. Also have a number of certificate and non-credit programs. They offer a range of programs including online, blended and accelerated programs. The application is available online.

**Schedule:** Please visit the website to view the program dates and deadlines.

**Payment:** Financial aid is available.

### **Attachment Institute of New England**

21 Cedar Street, 2nd floor, Worcester, MA 01609

(508) 799-2663

**Website:** [www.attachmentnewengland.org](http://www.attachmentnewengland.org)

#### ***Mental Health Provider***

**Services:** Specialized services for children with attachment disorders, trauma histories, PTSD and ADHD. Offers pre and post adoption counseling. Therapeutic groups. Staff are EMDR Level II trained.

**Payments:** The Attachment Institute of New England will help families get reimbursement for services from insurance companies. Some insurance agencies pay at least partial reimbursements, and some, including MassHealth, will cover costs, with preauthorization. Clients must pay at the time of the visit.

### **Autism Parents Support Group**

365 Plantation Street, Suite 100, Worcester, MA 01605

**Services:** Come share your experiences and relate with other parents.

**Contact:** Kelly Hurley (508) 320-0314

**Hours:** 2nd Tuesday of the month 7:00 PM – 9:00 PM

**Eligibility:** Parents of children with autism.

#### ***Automated Office Systems/Medical***

**Services:** Enables students to secure employment in a variety of secretarial and clerical positions with emphasis on the medical field. Courses include: Navigating Computers and General Office Equipment, Internet Basics, Microsoft Word, Excel, Keyboarding, Office Procedures and Communications, Medisoft, Medical Terminology, Medical Billing and Coding, and Medical Transcription. Internships, job development and placement and follow-up services all help to ensure students' success.

The 15-week AOS Program is licensed by the Massachusetts Department of Elementary and Secondary Education.

**Website:** <https://tra-inc.org/worcester-location>

### **Bar None-Dismas House**

P.O. Box 30125, Worcester, MA 01603

**Email:** [cmdismashouse@aol.com](mailto:cmdismashouse@aol.com)

(508) 799-9389

**Services:** The BAR None program offers legal assistance to citizens with criminal records by addressing civil matters that hinder successful reintegration into the local community. Legal assistance is provided free of charge.

This program addresses this need by assisting clients directly with representation, either by the advocate, or by matching clients with volunteer attorneys to handle issues most commonly encountered by recently re-entered individuals. Referrals to the program are made by local re-entry service providers in partnership with Dismas House to ensure on-site legal support. All assistance is provided free of charge.

BAR None director and attorneys (10–15 mentors and attorneys) will assist with the following legal issues:

- Suspended driver's license
- Credit issues
- Child support issues
- Child custody/visitation issues
- Disability
- Sealing of criminal record

BAR None will provide:

- Community outreach for referrals from the network of shelters, housing providers and correctional agencies.
- Recruitment and management of volunteer attorneys to represent former offenders
- Project management team under the direction of the Dismas Staff Attorney and co-executive director to ensure goals are met and progress is tracked.
- Project coordination under Dismas Staff Attorney to manage client referrals and intakes for representation on either brief or full case representation
- Management of a pool of pro-bono attorneys dedicated to resolving unmet needs for this population and matching clients to pro bono attorneys
- Malpractice insurance at no cost to volunteer attorneys
- Refer only cases that have been screened for eligibility and legal merit
- Refer cases to attorneys based on their expressed areas of interest
- Take volunteers' schedules and other time commitments into account
- Supply backup support, case materials, access to interpreters/translators, and other service providers.
- Administrative assistance such as photo copying to attorneys.
- Assist attorneys with the Limited Assistance Representation process.

### **Behavioral Healthcare Services**

435 Shrewsbury Street, Worcester, MA 01604

(508) 753-5554

**Email:** [patientsupport@bhsdab.com](mailto:patientsupport@bhsdab.com)

**Website:** <https://bhsdab.com/>

**Services:** Behavioral Healthcare Services provides individuals and families with counseling. Children must be ages 4 and up. They also provide physical and sexual abuse evaluations, in addition to medication management and group work. There is a Psychiatrist on staff. This psychiatrist is bilingual and also speaks Arabic.

**Payments:** Almost all major insurances accepted based on therapist. Mass Health is accepted.

### **Belmont A.M.E. Zion Church**

55 Illinois Street, Worcester, MA 01610

(508) 754-4539

Rev. Clyde D. Talley

**Website:** <https://belmontamezion.com>

### **Support Groups**

**Groups Types:** Yes We Care After-School Program and a financial literacy program.

**Services:** Support group for those who wish to gain financial literacy(English only).

No childcare or transportation available. Yes We Care After-School Program provides academic and homework support to the parents and their children. Only for children between 1st grade and 6th grade. Eligibility and scheduling: This is open to all families and individuals seeking help in dealing with debt and living debt-free.

### **Big Brothers Big Sisters of Central Mass/MetroWest, Inc.**

18 Chestnut Street, Suite 360, Worcester, MA 01608

(508) 752-7868

**Email:** [mentor@bbbscm.org](mailto:mentor@bbbscm.org)

**Website:** <https://www.bbbscm.org>

**Services:** Mentoring for boys ages 6–13 and girls ages 6–12.

Provides programs specializing in mentoring services to children at risk. Children are paired with a volunteer in their area with similar interests, and every volunteer is checked for background information to make sure they are the right match for a child. Registration and additional Information: Boys ages 6–13 and girls ages 6–12 are able to register. English and Spanish spoken. No income guidelines used to determine eligibility.

**Service Area:** Acton, Ashland, Auburn, Boxborough, Boylston, Charlton, Dover, Dudley, Framingham, Grafton, Holden, Holliston, Hopkinton, Hudson, Leicester, Marlborough, Maynard, Millbury, Natick, Northborough, Northbridge, Oxford, Paxton, Princeton, Rutland, Sherborn, Shrewsbury, Southborough, Southbridge, Spencer, Sterling, Stow, Sturbridge, Sudbury, Sutton, Wayland, Webster, West Boylston, Westborough, Worcester.

### **Boys and Girls Club of Worcester**

65 Tainter Street, Worcester, MA 01610

(508) 753-3377

**Email:** [info@bgcworcester.org](mailto:info@bgcworcester.org)

**Website:** <https://www.bgcworcester.org>

32 Great Brook Valley Avenue, Worcester, MA 01605

(508) 852-7620

**Services:** Mission is to help youth, especially those who need us most, develop the qualities needed to become responsible citizens and community leaders, through caring professional staff who forge relationships with our youth members and influence their ability to succeed in life. Provides after school programs covering academic work, healthy eating, art skills, community outreach, leadership, mentoring programs, and other support services.

**Kids Café:** The Boys & Girls Club is dedicated to positively influencing our youth's lives. While our many programs serve several purposes, one of those purposes is to promote healthy living. Some families who send their children to the Boys & Girls Club struggle to put healthy food on the table each night. Two nights a week during the school year members and their families are invited to enjoy a nutritious prepared meal right here in our Kids Café. Each meal is nutritionally sound, and is geared toward kids' likes.

It's a lot of work to put on a meal for 200 people, and that's why we need so many helping hands in our Kids Café. From teenage volunteers to companies and organizations, volunteers offer their time and skill as they do everything from set tables, to cook and serve meals.

### **Bridge of Central MA, The**

4 Mann Street, Worcester, MA 01602

(508) 755-0333

**Contact:** Laura Fanswork, Program Director

### **Support Groups**

**Group Types:** Safe Home and PFLAG.

**Services:** Safe Homes GLBTQ (Gay, Lesbian, Bisexual, Transgender, Questioning & Straight) allies youth support group & drop-in center for youth ages 14–23. Transportation not available.

PFLAG is a support group for parents, family and friends of the LGBT community (18+).

**Eligibility and Schedule:** Third Wednesday of each month from, 7:00 PM – 9:00 PM, drop-in setting, no cost, no sign up, for GLBTQ youth ages 14–23 (ages 18+)

### **Carty Cupboard - Wesley United Methodist Church**

114 Main Street, Worcester, MA 01608

(508) 799-4191

**Website:** <http://www.wesleyworc.org/carty-cupboard-food-pantry/>

### **Food Pantry**

**Services:** Wednesdays, 1:00 PM – 2:30 PM

### **Catholic Charities**

10 Hammond Street, Worcester, MA 01610

(508) 798-0191

**Website:** <https://www.ccworc.org/>

#### **GED Classes**

**Contact:** Joanne Chester, (508) 860-2228

**Services:** GED classes for homeless, recently homeless and at risk individuals from September – June, Monday – Thursday, 8:30 **AM** – 2:30 **PM**

*There is on-site childcare. Transportation is offered yet limited. Computer Instruction also available. These courses are intended for those ages 16 and up. Must contact Joanne Chester (508) 860-2215.*

#### **Citizenship Classes**

**Contact:** Bob Cronin at (508) 860-2228

**Services:** 4 hours per week: \$30 fee includes all materials. Held during the day & evening, Tues. & Thurs., 6:00 **PM** – 8:00 **PM**, Wed. & Fri. 9:00 **AM** – 10:00 **AM**

**Registration:** Registration is free, walk in or call for an appointment. Call (508) 860-2228 for the citizenship classes and (508) 860-2215 for the GED. Agency follows the Worcester Public Schools schedule. Enter any time. Works with people on their level. Registration is ongoing.

#### **Food Pantry**

(508) 860-2237

**Services:** Food distribution Monday – Friday, 11:30 **AM** – 2:30 **PM**

### **Cedar Street Family Clinic**

390 Main Street, Suite 518, Worcester, MA 01608

(508) 752-1331

**Services:** They provide counseling to individuals, couples and families, the children must be older than five years old. They also provide home-based counseling and medication management. This program also offers psychological testing, medication evaluations. There is a psychiatrist that can prescribe medication monthly. Group counseling is also available.

The Cesar Street Family Clinic also provides a Men's Group, which should be starting in April. Please call them for more information.

**Payment:** Accepts, Mass Health (all types), Fallon, Blue Cross /Blue Shield, United, Harvard/Pilgrim, Tufts, Beacon Health Strategies, Nhb. Health Plan.

### **Center for Human Development**

(Formerly Child and Family Service)

55 Cedar Street, Worcester, MA 01609

(508) 753-1260

**Website:** [www.chd.org](http://www.chd.org)

Call 1-844-CHD-HELP or (413) 737-1426 ext. 135 or ext. 151 for new intakes

*between 9:00 am – 4:00 pm.*

**Services:** The Center for Human Development provides patients with counseling for adults, children and families, children must be 3 or older. Home visits are available. They will help clients with substance abuse evaluations and counseling. In addition they run a domestic violence group. An Early Intervention Program for developmentally delayed children under 3 years old is also available.

There is a Vietnamese speaking clinician available. In addition to Russian and Spanish interpreters.

**Payments:** There is no sliding fee schedule at this clinic. Mass Health is accepted along with Mass Behavioral Health Plan and the Children's Medical Security Plan.

### **Center for Living & Working, Inc.**

484 Main Street, Suite 345, Worcester, MA 01608

(508) 788-0350

TTY: (508) 755-1003

VP: (508) 762-1164

Contact: Krista Rancourt, (508) 762-1165 (video phone)

**Website:** <https://www.centerlw.org/>

### **Transition to Adulthood Program (TAP)**

**Services:** Preparing disabled youth to transition to the community and have greater independence. Services are available in English yet, interpreters can be provided if needed for certain languages.

Through this MRC state-funded program CLW provides IL services to Chapter 766 eligible youth to prepare them for transition to adult services. Participants are between the ages 14–22 and may have a significant disability of any type. The goal of the TAP Program is to prepare youth with all disabilities, including physical, cognitive, sensory or emotional limitations, for their transition to the community and greater independence through the adult human services system.

**Eligibility and additional information:** This is a free service program. All youth between the ages of 14–22 who have a significant disability of any type are eligible.

### **Support Groups**

**Types of Groups:** In addition to the Transition to Adulthood Program, the Center for Living & Working, Inc. also has a support group for deaf parents called Deaf Parenting Group.

**Services:** Support group for deaf and hard of hearing parents at no cost. Transportation and childcare is available if requested ahead of time.

**Eligibility and Scheduling:** Must be a deaf or hard of hearing parent. Must call for dates of program.

### **Central Massachusetts Housing Alliance**

6 Institute Road, Worcester, MA 01609

(508) 752-5519

Fax: (508) 752-5009

**Website:** <https://www.cmhaonline.org/>

**Services:** counseling on tenant and landlord rights and responsibilities, eviction procedures, code violations, and security deposit law.

### **Homeless Prevention Center**

**Services:** Families receive emergency assistance, food and help with budgeting skills to prevent homelessness, while others find useable, wearable clothing at the Catholic Charities boutique.

Parents and children find emergency shelter and transitional services at Catholic Charities Youville House and at the Little Brown House through Catholic Charities partnership with St. Mary's Parish.

### **Central Massachusetts Recovery Learning Community Kiva Center**

209 Shrewsbury Street, Worcester MA 01604

(508) 751-9600 / fax: (508) 751-9601

**Email:** [info@centralmassrlc.org](mailto:info@centralmassrlc.org)

**Website:** <https://www.centralmassrlc.org>

**Services:** Offers peer-support groups. Meetings are frequently straight-up Peer Support: people coming together to discuss experiences, challenges, symptoms or whatever else comes to mind. Other meetings approach recovery through other channels, helping peers with any aspect of life from Aromatherapy to Zen. Examples include Computer Literacy, Creative Writing, Yoga and more.

These meetings help peers with extreme emotional/mental experiences on many levels. They give us a reason to get out of bed when we're having a hard time doing so, and a place to go when we need one. They ground us in the "here and now" and give us new ways with which to express ourselves by engaging us in creative activities (drumming, writing, knitting, etc). Most importantly, they provide a network of emotional support, simply by bringing us together.

The RLC holds meetings in locations all throughout Central Massachusetts, in hospitals, community centers, book stores, churches--any place that has opened its space for use of the community.

Our physical home, sometimes referred to as our Resource Connection Center, also hosts numerous meetings throughout the week.

### **KIVA Center**

91 Stafford Street, Worcester, MA 01603

(508) 751-9600

### **Support Groups**



**Group Types:** Various peer support and learning groups for adults with mental health conditions: Healthy Living, Wellness Wednesday, recovery story, coffee hour, and more.

**Services:** Services are available in English, Spanish and Portuguese. Childcare and transportation is not available. The support groups are for adults with mental health conditions.

**Eligibility and Scheduling:** Must be 18 or older and with mental health experience (a mental health condition). Must call for time and date of programs.

### **CENTRO Las Americas**

11 Sycamore Street, Worcester, MA 01608

(508) 798-1900 ext. 221

**Website:** <https://centroinc.org/>

#### **ESL Classes**

**Services:** ESL Classes

#### **Food Pantry**

(508) 798-1900, ext. 237

**Services:** Food distribution on Wednesdays, Thursdays, and Fridays 9:00 AM – 12:00 PM

#### **Great Brook Valley - Food Pantry**

176 Tacoma Street, Worcester, MA 01605

(774) 823-3722

**Services:** Food distribution Wednesday – Friday, 1:30 PM – 4:30 PM

### **Channing House (Advocates)**

21 Catherine Street, Worcester, MA 01605

(508) 755-8088

**Website:** <https://advocates.org/services/addiction-recovery-homes>

**Hours:** 24 hours a day, every day of the year

#### ***Transitional Housing Programs***

**Services:** The Channing House is a half-way house that focuses on the habilitation of clients with substance abuse and mental health issues. They offer long term and short term treatment.

#### ***Substance Abuse***

**Services:** Channing House is a treatment center in Worcester, Massachusetts that focuses on mental health and substance abuse services by providing substance abuse treatment and halfway house services. The programs offered are designed for men and DUI / DWI offenders.

Payment forms including self payment are accepted.

### **Child & Family Services | Worcester**

330 SW Cutoff, Ste. 101, Worcester, MA 01604

(508) 459-2339 | (800) 972-2734

See *Child & Family Services - Emergency Mental Health Services* on p. 202

### **Child Care Resources**

799 W. Boylston Street, Worcester, MA 01606

(508) 856-7930

**Website:** <https://www.sevenhills.org/programs/child-care-resources>

**Hours:** Mondays, Tuesdays, Thursdays and Fridays, 7:00 AM – 4:30 PM;

Wednesdays, 7:00 AM – 6:00 PM

**Services:** The Child Care Resources (CCR) Program at Seven Hills provides resource and referral services to assist families in locating affordable, quality child care programs, and to:

- Ensure families have access to high quality information, resources and referrals to meet their child care needs.
- Educate families on the cost, quality and availability of early education and out of school time care.
- Promote provider development and support, with ongoing access to training and technical assistance.

## Children's Friend

20 Cedar Street, Worcester, MA 01609

(508) 753-5425

Intake Dept.: (508) 753-5425 (SKG 8-10), (SKG 11-12), (DBT)

(508) 856-7373, (School Age Mothers)

(508) 753-5425, Karen Ludington, Johanna Sagarin (Garriage House)

(508) 753-5425, Debbie Giza (Adoption parent group)

**Website:** <https://www.sevenhills.org/affiliates/childrens-friend>

**Services:** Our clients are children and families whose lives have been affected by difficulties including abuse, neglect, family instability, death, substance abuse, and mental, emotional and physical problems. We help them through the provision of the highest quality of services designed to meet the mental and emotional needs of children and strengthen families. Children's Friend provides:

- high-level professional mental health services
- adoption and related services
- training and education, including parenting skills that enable young parents to nurture their children appropriately
- early childhood education
- grief support
- These services are provided through our four major programs:
- The Carriage House, A Center for Grieving Children and Families
- The Ellsworth Child and Family Counseling Center
- Adoption and Family Services
- School Age Mothers (SAM) Program

## Support Groups

**Group Types:** Social Skills Group for 8–10-year-olds, Social Skills Group for 11–12-year-olds, DBT (dialectical behavior therapy) groups, School Age Mothers, Carriage House (grief support group), Adoption parent group

**Services:** All services provided in English only. Transportation not available for any of the programs except Age Mothers program. Mothers in the School Age Mothers program must obtain a bus pass.

Social skills group for children ages 8–10. Must call for meeting times and dates. No transportation or childcare available. Social Skills group for children ages 11–12. Must call for meeting times and dates. No transportation or childcare available.

Adoptive Parent Group does not have specific meeting times. It is based on interest.

**Eligibility:** Varies by program. Most programs are age specific. Social skills groups are for kids 8–10 or 11–12, while School Age Mothers program is for pregnant and young mother registered in the Worcester Public Schools.

Carriage house is for children ages 3–18 while Adoption parent group is for any adoptive parent or caregiver.

## City Clerk

City Hall, Room 206, 455 Main Street, Worcester, MA 01608

(508) 799-1121, Fax: (508) 799-1194

**Email:** [clerk@worcesterma.gov](mailto:clerk@worcesterma.gov)

**Hours:** Monday, 8:45 AM – 5:00 PM; Tuesday–Friday, 8:45 AM – 4:15 PM

**Services:** Birth Certificates, Marriage Licenses, Voter Registration

The City Clerk is elected by the City Council and is the keeper of the City records entrusted to his care. The Clerk, when requested, attests to the validity of City records. These include records of birth, marriage, death, residency, ordinances, City Council actions, voter and business registration and many others.

In addition, the City Clerk acts as the Clerk of the City Council by preparing the agendas for their meetings and those of the Standing Committees of the City Council. The Clerk's signature is required for all actions of the City as to orders, ordinances and appropriations.

Finally, the City Clerk provides operational and administrative support to the Board of Election Commissioners.

## Clark University

950 Main Street, Worcester, MA 01610

(508) 793-7711

### LARC

Liberal Arts for Returning Citizens (LARC) is a tuition-free college credit program at Clark University for formerly incarcerated individuals. Through the power of a liberal arts education, students can transform their lives by improving their critical thinking and communication skills. Classes are offered during fall, spring, and summer terms.

**Website:** <https://www.clarku.edu/liberal-arts-returning-citizens/>

### COPACE ESL Classes

**Contact:** Contact Jeannie at (508) 793-7794, and ask for ESL classes

**Services:** ESL classes are available in the fall and spring. They meet two times a week for a total of five hours a week and 68 hours for a semester. Students have a choice of a Monday and Wednesday or Tuesday and Thursday classes.

Classes hours are 9:30 AM – 12:00 PM, 1:30 PM – 4:00 PM, 6:30 PM – 9:00 PM  
Summer day classes meet Monday – Thursday, 9:00 AM – 12:00 PM, 1:00 PM – 4:00 PM

Summer evening classes meet two times a week, 6:00 PM – 9:00 PM

**Registration:** ESL classes start August – December. Spring Semester starts in January. May call any time to get on list. There is a fee to the services available. Community student fee available. Otherwise, \$425 for two, 5-hour classes per week, a total of 68 hours.

### **Clearway**

358 Shrewsbury Street, Suite C, Worcester, MA 01604

(508) 438-0144

Bethann Morton (Pre-natal Class)

Janet Child (Abortion Recovery)

Joyce Morse (Parenting Class)

### **Support Groups**

**Group types:** Abortion Recovery Support Group, Pre-natal Classes and Parenting Classes.

**Services:** No childcare or transportation provided for any of the programs.

Abortion Recovery Support Group: provides assistance with abortion recovery for females and males. Pre-natal classes: one to one pre natal classes provided at no cost to you. Parenting Classes: A Christian curriculum based parenting class.

**Eligibility and Scheduling:** Must call to make an appointment. Must call for days and times, but usually groups meet on the third Monday of every month, 11:30 **AM** – 1:00 **PM**. All programs are free. ARSG program is available to men and women in need of abortion recovery assistance. Pre-natal classes are available to expecting mothers while parenting classes are available to any Worcester parent. Must call for meeting information regarding all the programs.

### **Community Builders of Plumley Village East**

16 Laurel Street, Worcester, MA 01608

(508) 770-0508

### **GED and ESOL Classes**

**Services:** GED & ESOL classes are available for residents Plumley Village.

ESOL: Monday & Wednesday, 6:00 **PM** – 8:00 **PM**; GED for Spanish Speakers: Tuesdays & Thursdays, 6:00 **PM** – 9:00 **PM**

**Registration:** Ongoing registration. Registering is free and GED and ESOL classes are FREE. GED starts in September. ESOL classes will mostly likely start in October.

### **Women and Families**

(508) 757-3801

**Services:** Various after school and summer programs for residents of Plumley Village.

### **Community Compass**

454 Grove Street, Worcester, MA 01605

(508) 318-7700

**Website:** <https://www.openskycs.org/services/commmunitycompass.html>

Services include:

- Culturally inclusive Food and Nutrition supports to address immediate needs and build a foundation for long term food security.
- Education support to pursue high school equivalency, college classes, or vocational training.

- Employment services and skill training, to support access to job placement, internship programs, job training opportunities, volunteer work and career pathways.
- Housing supports, including housing assessments, housing searches, skill building and connection to resources.
- Assistance accessing Health Care and Addiction Treatment, both on-site and through referrals.
- Quiet Spaces with Technology, conducive to interviewing, studying, tutoring, partaking in online courses, researching resources and personal enrichment.
- Connections to Community Providers for additional services, supports and resources for you and your family.
- Space to connect with Justice Supports.
- Assistance with Setting Goals for personal and professional success.
- Assistance obtaining Identification Cards and other documents.

### **Community Legal Aid**

405 Main Street, 4th floor, Worcester, MA 01608

*See Community Legal Aid on p. 44*

### **Community Healthlink, Inc.**

72 Jaques Avenue, Worcester, MA 01610

(508) 860-1260

(508) 421-4473 (Support Groups) Robyn Ernst, Program Director

### **Substance Abuse Treatment Program Locations:**

72 Jaques Avenue, Worcester, MA 01610

(508) 860-1260/ Intake: (508) 421-4411

12 Queen Street, Worcester, MA 01610

(508) 860-1200

### **Detoxification**

280 Highland Street, Worcester, MA 01602

(508) 860-1172

17 Orchard Street, Leominster, MA 01453

(978) 537-3109/ Intake: (617) 661-3991

**Services:** Substance abuse treatment available. Community Healthlink Inc. has a series of services such as adolescent recovery, outpatient care, inpatient care and recovery services. Under adolescent recovery there are two programs: Motivating Youth Recovery (MYR) and Highland Grace House. These are intended for teenagers. Inpatient services have three programs: Detox, PASSages, and Thayer TSS. The Detox program provides 24 hour nursing care and observation for clients that are detoxing from drugs and alcohol. PASSages is a post-detox Clinical Stabilization Service (CSS) program that provides intensive, community based, short term care that includes

residential, group, and individual treatment for individuals in the early stages of substance abuse recovery. Thayer TSS provides transitional support.

Outpatient services include assessment; crisis intervention; health education; individual, group, couples, and family counseling; medical/psychiatric consultation; referral and aftercare planning; self help groups; and treatment planning. Services vary by locations.

### ***Mental Health Treatment***

**Services:** The Community Healthlink provides help with inpatient Detox, Intensive Post-Acute Recovery Clinical Stabilization Service (PASSAges). Outpatient counseling services for adults is also available.

There is also a crisis stabilization unit available. Substance abuse counseling is available. Community Healthlink also has an Emergency Services 24 hours hot line 1-800-977-555 or 1-866-549-2142.

There are spanish speaking clinicians and Vietnamese speaking interpreters.

Payment: Accepts various insurances with referral, except for Harvard Pilgrim. Fee operate on a sliding schedule. Does accept the Mass Behavioral Health Plan

### ***Youth and Family Services***

275 Belmont Street, Worcester, MA 01604

(508) 791-3261

**Services:** mental health, substance abuse and social services, early intervention.

### ***Support Groups***

**Services:** All of the support group programs offer childcare after 3:00 PM for children age 3 and up. ALL services provided in English only.

**Act Group:** Connect with other teens to discuss relationships, stress, mindfulness, conflict resolution, etc.

**Yoga:** Yoga for adolescent girls and women affected by trauma. Participate in a yoga class that emphasizes the power of breathing and stretching

**Mindfulness:** Group for school aged children to participate in activities, games, stories, and art to learn to be mindful

**The Nurturing Parent:** Helps parents develop nurturing parenting skills. Open to adolescents and young adults. Call for schedule updates.

**Building Bridges Program:** Program–help individuals who have lost a loved one to homicide connect with others. Open to all. Must call for dates and times.

**Eligibility and Scheduling:** Act Group: A free program open to individuals ages 15–18. Call for schedule updates.

**Yoga:** Open adolescent and adult women who have been affected by trauma. Call for schedule updates.

**Mindfulness:** Open to school age children. Call for schedule updates.

### **Comprehensive Assessment Rehab & Education Center**

26 Cedar Street, Worcester, MA 01609

(508) 754-8780

**Website:** <http://www.comprehensiveassessmentrehab.com/>

**Services:** This program provides assessments, individual, group & family counseling for persons ages 10 and older. They provide help with anger management. Specialized assessments, male groups and individual counseling. They also help sexual abuse survivors, providing groups of adolescent and adult male survivors. Help is also available to sexual addicts with specialized assessments, group and individual treatment. Lie detector services as needed. Services are also available for substance abuse with Specialized evaluations, supervised collections and individual treatment. Client must be active in AA/NA recovery groups.

Dangerous assessments are specialized assessments for youth involved with school incidents or youth and adults before the Court.

Services are also available for divorce mediation meetings which will result in a fair and equitable dissolution of a marital union.

**Payments:** Major insurance are accepted including PPO and Century. Fees are on a sliding schedule.

### **Counseling and Assessment Clinic of Worcester, LLC**

255 Park Ave Suite 804 Worcester, MA 01608

(508) 756-5400

**Website:** <https://www.cacworcester.org/>

#### **Union Street Office**

51 Union Street, Suite 602, Worcester, MA 01608

(508) 756-5011

#### **Clinic**

**Services:** They provide services for individual, adolescent & family counseling. Group counseling is available. Therapeutic mentoring is available, along with in home therapy and in home behavior therapy services. There is a Community Support Program and Medication Assessment and Management. You must have a referral from your therapist to be eligible for these. There is a Nurse Practitioner on Staff. Substance abuse counseling is offered at Union Street.

**Payments:** MassHealth (MBHP, BMC Healthnet, NHP and Network Health) and Fallon Community Health Plan.

### **Crozier House**

10 Hammond Street, Worcester, MA 01610

(508) 798-0191

**Emergency Hours:** Open 24 hours a day, every day of the year

**Services:** The Crozier House is a rehab center focusing on alcohol and substance abuse issues. They provide long term sober living treatments. While in the program participants must work or volunteer. There are special groups and programs for men.



No special language services are available. Payment assistance is offered on a case by case basis. For more information on these services, must call (508) 797-6727.

**Eligibility:** Adult males, 18 years of age or older. Must work or do volunteer service while in program. Most clients have a referral from a detoxification program.

### ***Substance Abuse***

**Services:** Substance abuse treatment available.

## **Department of Children and Families (DCF), (Formerly DSS)**

### ***Worcester East Area Office***

121 Providence Street, Suite 200, Worcester, MA 01604

(508) 929-2000, Fax: (508) 754-9803

**Services:** Strive to protect children from abuse and neglect and, in partnership with families and communities, ensure children are able to grow and thrive in a safe and nurturing environment.

### ***Programs:***

- Adolescent Services
- Adoption/Guardianship
- Domestic Violence
- Foster Care
- Housing Stabilization
- Family Support & Stabilization
- Out of Home Placements

## **Department of Developmental Services (DDS)**

24 Southbridge Street, Worcester, MA 01608

(508) 792-6200

Fax: (508) 792-2223

TTY Phone: (508) 792-7781

**Website:** <https://www.mass.gov/orgs/departments-of-developmental-services>

**Services:** The Department is dedicated to creating, in partnership with others, innovative and genuine opportunities for individuals with intellectual disabilities to participate fully and meaningfully in, and contribute to, their communities as valued members.

## **Department of Revenue (Child Support)**

### ***Worcester East Area Office***

67 Millbrook Street, #300, Worcester, MA 01606

1-800-332-2733

**Website:** <https://www.mass.gov/orgs/child-support-enforcement-division>

**Services:** The Child Support Enforcement Division of the Massachusetts Department of Revenue (DOR) stands ready to serve you. However, we cannot properly manage your case(s) if you do not keep us up-to-date regarding changes in your situation. It's very important that you call us immediately if:

- Your address;
- Your home or cell phone number changes;
- You change employers;
- Your employer's name, address, or phone number changes;
- You change your Social Security number;
- You change your driver's license number;
- The court orders a change in your child's custody arrangements; and/or
- You receive any new court orders relating to child support.

DOR will:

- Determine what services are available and best suited to establish paternity and establish, enforce and modify a support order.
- Collect support payments and apply them first to satisfy current support (what's due that month). If payments received within a month are more than the total due for that month, then they are applied to past due support (except for the collections made by federal tax refund intercept, which must be applied to past due support only).
- Send child support to every parent or guardian that has a child support order. When one parent is responsible for children who live in different households, support collections may not be enough to pay each child support order in full. In that case, we allocate the payments so that each household receives its share of the collection. We keep track of all unpaid support and use our enforcement services to collect those amounts.
- Upon request of either parent, review support orders for consistency with child support guidelines and determine if it might be appropriate to ask the court to modify the amount of the child support order and assist in processing requests for modification of the order.
- Select and implement appropriate enforcement remedies, such as bank levies, tax refund intercepts and credit reporting, to collect overdue support if the case meets our criteria for the enforcement action.

### ***Services Not Available***

DOR:

- Cannot get involved in visitation, custody or property settlement issues, whether in a divorce action or any other legal proceeding.
- Cannot provide child support enforcement services directly to you if you are a child seeking support from your parents. Your guardian or custodian, however, may seek assistance from us on your behalf.

- Cannot pursue criminal enforcement except in extraordinary circumstances. Criminal enforcement is used in specific and rare instances when the District Attorney involved decides to prosecute.
- Cannot provide legal representation to you or the other parent. A Department of Revenue Child Support Enforcement attorney is not assigned to every case and, when an attorney is assigned, the attorney's client is the agency, not you or the other parent. You can contact the following organizations for legal assistance Greater Boston Legal Services, Boston Bar Association, and The Massachusetts Bar Association. You might also want to visit the Probate & Family Court Web site at [www.mass.gov/courts](http://www.mass.gov/courts). Here you will find information designed to assist people who do not have legal representation, or who need to learn to navigate the court system.
- Cannot hire private investigators to determine whether a parent may be failing to report all income.
- Cannot modify the provisions of an existing court order. The terms of a court order can be modified only by a court.
- Cannot establish or modify orders for spousal support or alimony. We will, however, enforce and collect an alimony order as long as we are enforcing and collecting an accompanying child support order.
- Cannot enforce orders that are not for a standard amount of money, e.g., orders that call for the payment of a percentage of income.

### **Dismas House**

30 Richards Street, Worcester, MA 01603

(508) 799-9389

**Website:** <https://dismashouse.org/about-us/apply/>

**Hours:** Monday – Friday, 11:00 AM – 7:00 PM

### **Transitional Housing**

**Services:** This half way home has been serving the Worcester Community for over 25 years. They assist former offenders in the rehabilitation process. Clients must be sober and have no record of sex offenders or arson. There is a minimum 90 day commitment to participate in the program. In order to gain access to the services provided by Dismas House, potential clients must access the application found online.

### **Donations Clearinghouse of the Central MA Housing Alliance**

6 Institute Road, Worcester, MA 01609

(508) 791-7265 / (508) 752-5519

**Hours:** Tuesday, 1:00 PM – 4:00 PM; Wednesday, 1:00 PM – 4:00 PM; Thursday, 9:00 AM – 11:00 AM; Friday, 9:00 AM – 11:00 AM

**Services:** Donated items of furniture and household goods for families and individuals moving out of shelter to permanent housing, victims of fire, or those fleeing domestic violence, DCF reunification and elders at risk

### **Dress for Success**

484 Main Street, Suite 101, Worcester, MA 01608

(508) 796-5660

**Email:** [Worcester@dressforsuccess.org](mailto:Worcester@dressforsuccess.org)

**Website:** <https://worcester.dressforsuccess.org/>

**Services:** This international organization helps disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life. On her initial visit a woman receives a suit appropriate for the industry in which she is interviewing and, if available, accessories. After a woman finds a job she returns to Dress for Success for additional clothing that can be mixed and matched to make several outfits, providing her with the foundation for a professional wardrobe.

**Hours:** By appointment only, Tuesday–Friday, 9:00 AM – 2:00 PM

### **East Side Community Development Corporation (CDC)**

409 Shrewsbury Street, Worcester, MA 01604

(508) 799-6942

**Website:** <http://www.eastsidedcdc.org/>

**Hours:** Monday–Thursday, 8:30 AM – 4:30 PM; Friday, 8:30 AM – 1:00 PM

**Services:** Since 1987, the CDC has sought to correct the major issues that have had a negative impact on its service area, which includes diverse, low-income neighborhoods. It has done so by developing holistic programs formulated with the direct input of residents, businesses, and community leaders. The CDC strategically invests significant amounts of leveraged resources and much of its own equity into the community in an effort to address a multitude of issues simultaneously. The ability to act decisively and expediently in these matters has enabled the CDC to purchase property inexpensively and to create programs efficiently.

### **Edward M. Kennedy Community Health Center**

19 Tacoma Street, Worcester, MA 01605

(508) 595-1115

**Website:** <https://www.kennedychc.org/>

#### **Behavioral Health Services**

The Community Health Center provides outpatient multilingual psychotherapy and psychiatry services for children, adolescents and adults. There is a pharmacy on site. These services are only available for health center patient only.

**Other Services:** Dental services ; Outpatient multilingual psychotherapy and psychiatry services for children, adolescents and adults; Health care; groups for African and Iraqi refugees and immigrants.

**Payments:** Mass Health all plans are accepted along with Medicare and Medicaid, HSNO, CMSP, Commercial Insurances.

### **Elder Services of Worcester Area, Inc.**

67 Millbrook Street, #100, Worcester, MA 01606

(508) 756-1545

YWCA, 1 Salem Square, Worcester, MA 01608

(508) 756-1545

Toll-Free: 1-800-243-5111

TTY: (774) 312-7291

**Website:** <https://eswa.org>

**Services:** Our primary goal is to keep eligible elders and younger disabled individuals safe at home for as long as is possible. We do this by providing in home and community services.

- If you're over sixty and interested: Contact us by phone or have someone call for you and talk with staff in our Information and Referral Department. (If you prefer you can send us a question by email.) Tell us about your situation. If you are interested in services, then you will be asked some more detailed questions related to your needs.
- Once the referral is made, one of our case managers will contact you or a designated contact person within the next few days to set up a time to come to your home for an assessment. During the assessment, the case manager will explain our eligibility standards, which include age, income, and level of frailty.
- If you are eligible to become a client of Elder Services of Worcester Area, the case manager will explain the services that may be beneficial to you. With your input we will develop a service plan. Please visit the website for a complete list of the services we offer with brief descriptions.
- Once services begin, your case manager will visit you to check on your status and to make sure that the services are going well. Your case manager is your main contact person for the services and other concerns you may have, and will visit you on a regular, ongoing basis.

Most of our clients pay a relatively small monthly fee based on their income. The income scale was developed by the Massachusetts Executive Office of Elder Affairs. Clients who have Medicaid coverage are not charged a fee; otherwise, elders pay a graduated fee based upon their annual income. Elders who are caregivers may be interested in Respite services. Respite services are available regardless of income. We suggest that you contact us with any questions. Click here to learn more about Respite services.

**Emanuel Baptist Thrift Store**

717 Main Street, Worcester, MA 01610

(508) 756-0009 / (508) 756-5336

**Hours:** Tuesday–Saturday, 10:00 **AM** – 5:00 **PM**

**Services:** The thrift store has furniture and clothing.

**Epworth United Methodist Church**

64 Salisbury Street, Worcester, MA 01609

(508) 752-3376

**Website:** <https://www.epworthworchester.org/medicalservice>

**Free Health Clinic**

The Free Medical Service at Epworth is a clinic open to all uninsured or underinsured adults and children and no appointment or documentation is required.

**Services:** Physical exams, lab tests, treatment of illnesses, medications, referrals to specialists, physical therapy, nutritional counseling, social services information and other referrals.

**Hours:** Mondays, 6:00 **PM** – 8:00 **PM**

**Accepts:** Uninsured, underinsured.

**Payments:** Free / no fee.

**Language:** English.

**ESL and GED Classes–Boys and Girls Club**

65 Tainter Street, Worcester, MA 01610

**Contact:** Deborah Gonzalez – call (508) 579-4464 or email [dgonzalez@qcc.mass.edu](mailto:dgonzalez@qcc.mass.edu)

**Services:** ESL - Oct. – Dec. (4 hrs. a week); GED preparation, Tuesday – Thursday, 6:00 **PM** – 8:00 **PM** (12-week program)

Bus passes provided, and Child care details will be provided during the testing dates.

**Registration:** Required Placement test and orientation sessions for new students. Books & workbooks free.

**ESL and GED Classes–Great Brook Valley**

180 Constitution Avenue, Worcester, MA 01605

(508) 635-3358

**Services:** GED classes and ESL classes.

GED classes are available Monday–Friday, 9:30 **AM** – 12:30 **PM**. ESL classes are available Monday, Wednesday and Friday, 9:30 **AM** – 12:30 **PM**. Classes are free. Advising for next steps and transitions is offered.

**Registration:** Walk-in Registration and Testing to determine class level. Services are free, Services run on the Public School Schedule. \*Open only to Great Brook Valley residents.

**Hours:** Monday– Friday, 10:00 **AM** – 3:00 **PM**

### **Ethiopian Dream Center**

18 Millbury Street, Unit A, Worcester, MA 01610

Tel/Fax: (508) 762-8085 or (508) 304-8692

Email: [info@ethiopiandreamcenter.org](mailto:info@ethiopiandreamcenter.org)

#### **Services:**

- Finding Housing and pairing up with Host Families.
- Assistance in obtaining driver's license and navigating the complex process of other legal documents.
- Assistance in finding employment and employment resources.
- Act as a liaison with state and federal agencies to provide necessary services.
- Offer translation services if needed.
- Assistance in locating relatives or family acquaintances.

### **Everyday Miracles Peer Recovery Support Center**

25 Pleasant Street, Worcester, MA 01608

(774) 670-4406

Website: <http://www.everydaymiraclesprsc.org>

Everyday Miracles Peer Recovery Support Center is a recovery-oriented sanctuary anchored in the heart of downtown Worcester. The center opened in October 2008 and welcomed its relocation to a storefront at 25 Pleasant Street, Worcester in November 2009. The Recovery Center provides peer-to-peer recovery support using its volunteer/member force to deliver services.

Everyday Miracles maintains a member-driven schedule Monday–Saturday where recovery- related workshops, trainings, services, meetings and social events are consistently delivered. To date, the center serves approximately one hundred people each day in recovery or friends and family who are concerned with recovery. Everyday Miracles Peer Recovery Center provides a safe environment where shared experience leads to empowerment, respect and a sense of wellness.

### **Family Continuity Programs**

17 Mechanic Street, 3rd floor, Worcester, MA 01608

(508) 755-0556

Website: <https://familycontinuity.org/>

**Services:** Services include outpatient counseling and psychiatry. Community Based Services through the Mass Health CBHI Initiative (for ages 3–21). These community services include In-home therapy and Therapeutic Mentoring. There is Community Support Program (CSP) – case management program for all ages.

Medical evaluations available. Clinicians are trained in trauma focused cognitive behavioral therapy.

Home-based clinician available who speaks Spanish.

**Payments:** All forms of Mass Health are accepted. Accepts all private insurances except for Cigna, Aetna and Tufts. There is a waiting list for sliding fee eligibility.

### **Family Health Center of Worcester**

26 Queen Street, Worcester, MA 01610 (1st floor)

(508) 860-7700

**Website:** <https://www.fhcw.org/en/HealthServices/WalkInCenter>

#### **Free Health Clinic**

**Services:** Sick visits, health insurance assistance, urgent care, social services, dental services.

**Hours:** Monday–Friday, 8:00 AM–7:30 PM; Saturdays, 9:00 AM–4:30 PM

**Accepts:** Insured, underinsured, uninsured.

**Languages spoken:** English, Spanish, others by translation service.

#### **Mental Health Services**

**Services:** The Family Health Center has one psychiatric doctors to prescribe medication. There is a pharmacy on site. This is a Virtual Gateway for persons waiting for insurance.

Spanish & English speaking therapists for children, adolescents & adults.

**Payments:** MassHealth is accepted in addition to Medicare A&B, Blue Cross / BlueShield – Preferred provider organ, (PPO) with co-pay, Health Safety Net (HSN). There is a sliding fee scale according to income.

#### **Nutrition Support/ Breast Feeding Peer Counseling**

**Services:** WIC is a free nutrition program that provides healthy foods, nutrition education, breast feeding support, and referrals to healthcare and other services to Massachusetts families who qualify. WIC stands for Women, Infants and Children.

**Contact:** Edward M. Kennedy Health Center: (508) 853-2904,  
Plumley Village: (508) 799-9392.

#### **Mill Swan Head Start**

(508) 755-4750

**Hours:** Call for an appointment or walk-in Monday – Friday, 8:30 AM–3:00 PM. Open Monday & Wednesday, 8:30 AM–7:30 PM and Tuesday, Thursday, Friday, 8:30 AM–5:00 PM.

**Eligibility:** WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5 or a pregnant woman. Mass health standard & DTA recipients automatically qualify.

### **Family Services of Central Massachusetts**

31 Harvard Street, Worcester, MA 01609

(508) 756-4646

**Website:** <https://www.sevenhills.org/affiliates/family-services-of-central-massachusetts>

#### **Mediation Program**

**Contact:** Ask for Suzanne Aymes (Mediation Director) or Lori Carvalho (Intake Director)



**Services:** Offers free mentoring to newly trained mediators who have completed the thirty (30) hour Basic Mediation Training. Newly trained mediators observe three mediations and co-mediate with a senior mediator three times.

### ***Mental Health Treatment***

**Services:** There is outpatient counseling for individuals, groups & families with children ages 3 & up available. There is also elder counseling and trauma support. Family Mediation services are also available.

**Payments:** Accepts Harvard Pilgrim & Fallon & Tufts, Blue Cross/Blue Shield(certain types), Blue Care 65. Does not accept Mass- Health, the MassBehavioral Health Plan or the Children's Medical Security Plan. There are interns available who will see families free of charge.

### ***Children's Behavioral Health***

Offered via various contracted providers

**Website:** <https://www.mass.gov/childrens-behavioral-health-initiative-cbhi>

### ***Therapeutic Mentoring Services***

**Contact:** Member Behavioral Health Services 1-888-217-3501 (24 hours, seven days a week)

**Services:** Therapeutic mentoring program geared to helping children and teens learn new and more effective social skills. Services may be available in different languages depending on the provider.

Some children and teens want to get along with others, but need help and practice learning to talk or act in new ways. A Therapeutic Mentor will go with your child to the places where the child has the most trouble and teach him or her new skills, such as better ways to talk or act with other children and adults.

**Eligibility:** For children under the age of 21 who are on or eligible for MassHealth insurance and who have a mental health diagnosis. Go to: <https://www.mass.gov/childrens-behavioral-health-initiative-cbhi> for additional information and eligibility criteria.

### ***Friendly House, Inc.***

36 Wall Street, Worcester, MA 01604

(508) 755-4362, Fax: (508) 793-7800

**Website:** <https://www.friendlyhousema.org/>

**Services:** Mentoring for teens ages 13–17.

Geared toward career and college readiness, the program works with at-risk teens ages 13–17 in the Worcester Community.

**Registration and other information:** There is no cost to participate in this program. Those who wish to participate must complete a registration form and attend a training session. Services are in English, but special arrangements may be made for those who are limited-English or non-English speaking.

**Clothing:** Social service workers help families with food, shelter, clothing

**Food Pantry**

(508) 755-4362

**Services:** Food distribution on Monday and Wednesdays, 12:00 **PM** – 4:30 **PM** and Fridays, 9:30 **AM** – 3:00 **PM**

**Plumley Village Location**

16 Laurel Street, Worcester, MA 01608

Food distribution on Tuesday, Wednesday & Friday, 8:30 **AM** – 4:30 **PM**

**Genesis Club**

274 Lincoln Street, Worcester, MA 01605

(508) 831-0100

**Website:** [www.genesisclub.org](http://www.genesisclub.org)

**Services:** This program is offered for adults 18+ with serious mental illness. It provides employment, education and housing supports following the ICCD Clubhouse model. This program consists of a structured work ordered day with full member participation Monday – Friday, 8:00 **AM** – 5:00 **PM**. Evening and weekend social on Thursday, 5:00 **PM** – 7:00 **PM** and Saturday, 10:00 **AM** – 2:00 **PM**. It is open to adults 18+ with serious mental illness. The provide assistance with recovery through work, friendships, and contributing to the Club.

**Payments:** There is no fee, visit the website or call to learn how to become a member.

**Girls, Inc.**

125 Providence Street, Worcester, MA 01604

(508) 755-6455 OR (508) 755-9525

**Email:** [info@girlsincworchester.org](mailto:info@girlsincworchester.org)

**Website:** <https://www.girlsincworchester.org>

**Services:** For over 98 years, Girls, Inc. of Worcester has been serving girls ages 5–18 in Greater Worcester by providing research-based curricula, delivered by trained professionals. We equip girls to lead healthy and physically active lives; achieve academically; manage money; navigate media messages; and discover an interest in science, technology, engineering, and math. Last year we served over 1,800 girls through our facility based and outreach programs.

**Good Neighbor Energy Fund (Salvation Army)**

640 Main Street, Worcester, MA 01608

(508) 756-7191

**Website:** <http://www.magoodneighbor.org/assistance.html>

**Services:** Helps Massachusetts residents pay for winter heating fuel and other energy bills. The Fund is for people who are facing a short-term financial crisis and do not qualify for other fuel assistance programs

**Eligibility:** The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance.

Income for either the prior twelve months or the past month (times 12 months for a total annual figure) must fall between 60 and 80 percent of the state's median income levels.

**How to Apply:** You can apply directly at the Salvation Army center.

**Website:** <https://www.magoodneighbor.org/>

### **Good Samaritan Food Pantry**

39 Piedmont Street, Worcester, MA 01610

(774) 253-1619

**Website:** <https://ebsamaritano.org/>

### **Food Pantry**

**Services:** Food distribution on Tuesday & Friday, 11:00 AM – 2:00 PM

### **Goodwill Store**

25 Park Avenue, Worcester, MA 01605

(508) 752-4042

**Website:** <https://goodwillnorthfl.org/locations/>

**Hours:** Monday–Saturday, 9:00 AM – 7:00 PM; Sundays, 11:00 AM – 6:00 PM

**Services:** Sale of items such as clothing, furniture, and toys.

### **Greater Worcester Housing Connection (SMOC)**

25 Queen Street, Worcester, MA 01610

(508) 872-4852

**Services:** Shelter. Helps people in crisis, with or without substance abuse problems. SMOC also provides other housing services. Must call to learn about emergency housing.

### **Greendale Head Start**

130 Leeds Street, Worcester, MA 01606

(508) 799-3227

**Website:** <https://worcesterschools.org/academics/preschool-kindergarten/head-start/>

### **Family Literacy and ESL Courses**

**Services:** They offer family literacy and ESOL courses. Both are offered in the morning Monday and Wednesday, 9:00 AM – 11:30 AM.

**Registration information:** On going and free of charge.

### **Guild of Our Lady of Providence**

228 Lincoln Street, Worcester, MA 01605

(508) 798-6818

**Website:** <https://olpworcester.org/>

### **Free Medical Program at St. Bernard's Church**

**Services:** Adult and pediatric medical care, immunizations, pharmacy assistance, referrals.

**Hours:** Thursdays, 6:00 PM – 8:00 PM

**Accepts:** Uninsured, underinsured

### **Hector Reyes House**

27 Vernon Street, Worcester, MA 01610  
(508) 753-4664

#### ***Substance Abuse***

**Services:** Substance abuse treatment, halfway house, Buprenorphine services. This program offers in-house medical treatment, along with intensive cognitive behavioral therapy. The program includes a wide range of services such as ESL courses, educational programs for Literacy and GED completion, spirituality support, health Awareness through Physical Fitness programs, nutrition education, and disease management support, access to AA, NA, and other 12 step programs, employment opportunities, with development of labor agreements with local businesses, training in vocational, educational, and social skills. There is a three step process to the program: initial phase, transitional phase, and graduation phase.

**Eligibility:** The Hector Reyes House is for the Latino population.

### **Hope House, Inc.**

119 Forest Street, Worcester, MA 01609  
(508) 892-1010 / Intake: (508) 892-1061

**Services:** Substance abuse treatment, Halfway house, Buprenorphine Services.

### **In the Hour of Need Family Shelter**

91 June Street, Worcester, MA 01602  
(508) 755-2212  
FAX: (508) 798-8286

**Website:** <https://www.ihnworchester.org/>

In the Hour of Need Family Shelter (formerly The Interfaith Hospitality Network of Greater Worcester)(IHN), works in partnership with the faith community, groups and individual volunteers to provide shelter and assistance to families with children who are experiencing homelessness. The program's primary goals are to assist families in increasing their income and to help them secure permanent housing, while providing the critical support services necessary for them to succeed. Housed in a lovely 3-story home in Worcester's Newton Square neighborhood, IHN is one of few privately-held shelters in Massachusetts. We provide shelter to families who are experiencing homelessness and who do not qualify for state-funded Emergency Assistance (EA) shelter (95% of family shelters are EA). Unlike state shelters, our program accepts families regardless of income and family structure, enabling families to stay together as they navigate through these trying and stressful times.

**Jeremiah's Inn**

1059 Main Street, Worcester, MA 01603

(508) 755-6403

**Website:** <https://www.jeremiahsinn.org/>

**Food Pantry**

**Services:** Food distribution on Monday, 12:00 PM – 6:00 PM; Tuesday, Thursday, and Friday, 9:00 AM – 2:00 PM

**Emergency Services:** Jeremiah's Inn is a community residential recovery program for men. They work to alleviate issues of homelessness, addiction and hunger. They have a capacity to host 29 men at a time. You must be sober for at least 30 days prior to admission. Guests are asked to make a contribution of \$10 per day for program fees. This contribution will provide you with shelter, meals, clothing and the support to reach your goals. Assistance is available for those who cannot afford to pay this fee.

**Additional Services:** Jeremiah's Inn operates an emergency food pantry. The pantry provides household with an emergency supply of food once a month for residents in the following zip codes: 01610, 01602 and 01603. In order to receive food you must bring with you a form of ID, proof of residency, which can be a utility bill, rent receipt or other piece of mail and your Jeremiah's Inn card, which new members can sign up for the first time you go. The pantry is opened, 9:00 AM – 2:00 PM on Monday, Tuesday, Thursday and Friday. Closed on Wednesday. All other services are they are conveniently open 24 hours a day, every day of the year.

**Substance Abuse Treatment**

Residents in this program work with their case manager to develop individual service plans that give focus to their efforts.

**Jewish Family Service of Worcester, Inc.**

646 Salisbury Street, Worcester, MA 01609

(508) 755-3101

**Website:** <https://www.jconnect.org/organization/jewish-family-service-of-worcester/>

**Services:** Outpatient counseling available for adults, children, adolescents, seniors and families. Court approved family mediation is also offered. They operate a "Children Cope with Divorce" Court mandated parent education program. Guardian and item custody evaluations appointed by the court. They also provide Neuropsychological Assessment and education. Behavioral Medicine, biofeedback is available as well as help with adoption services. Spanish speaking Clinician available.

**Payments:** Accepts most insurances including Fallon, Cigna, MassHealth (only MBHP & Fallon), Medicare, UBH, Blue Cross / Blue Shield, Harvard Pilgrim, Tufts, Aetna, and Employee Assistance Programs. Does take Blue Cross/Blue Shield PPO. Accepts the Mass Behavioral Health Plan.

### **John Street Baptist Church**

43 John Street, Worcester, MA 01609

(508) 753-4991

**Website:** <https://www.atjsbc.com/>

### **Soup Kitchen and Food Pantry**

**Services:** Meals on Saturdays from 11:00 **AM** – 1:00 **PM**. Emergency food distribution is available at the same time.

### **Learn to Cope**

New Worcester Recovery Hospital

309 Belmont Street, Worcester, MA 01605

(508) 738-5148

**Website:** <https://www.learn2cope.org>

### **Support Groups**

**Services:** A peer-led support network for families dealing with addiction and recovery in a family member. Services are provided in English.

**Eligibility and Scheduling:** Parents, family members, spouses and caregivers with a family member who is addicted to opiates, alcohol, or other drugs are eligible to attend. Meetings begin at 7:00 **PM** and are held weekly but are subject to change.

### **Legendary Legacies**

40 Southbridge Street, Suite 200, Worcester, MA 01607

(774) 701-9134

**Website:** <https://legendlegacy.org/>

Legendary Legacies Inc is a gang rehabilitation and re-entry program. We stand as a beacon of hope in Worcester to provide training and support to formerly gang-involved and previously incarcerated people, allowing them to redirect their lives and become contributing members of our community.

### **Lighthouse Mission Food Pantry**

165 Pleasant Street, Worcester, MA 01609

**Services:** Food pantry

**Hours:** Every Monday (except the 1st): 11:00 **AM** – 1:00 **PM**

**Website:** <https://www.lighthousemission.com/>

### **LIHEAP Fuel Assistance**

484 Main Street, 2nd floor, Worcester, MA 01608

1-800-632-8175/(508) 754-1176

**Website:** <https://www.massresources.org/liheap-apply.html>

**Services:** The Low Income Home Energy Assistance Program (LIHEAP), commonly referred to as fuel assistance, is a government program to help low-income families and individuals pay their heating bills during the winter.

The amount of fuel assistance you will get depends on your income, your housing status, and your heating costs. Some households qualify for extra help if their

heating bills last year were very high. You may also be eligible for weatherization services, heating system repairs, discount utility rates, and Citizens Energy heat assistance programs.

**Eligibility:** LIHEAP fuel assistance is for low-income tenants and homeowners. Eligibility is based on household gross annual income. If you rent, you may receive fuel assistance even if your heat is included in the rent. This program is open to those on SSI and Food stamps. As well as families on TANF. They will verify your assets. Those who reside in subsidized housing are not eligible for this program. Please call their number if you are thinking about applying for the program and are unsure about whether you meet the criteria or not. You need to show documentation of income and heating costs when applying.

**How to Apply:** You may apply any time during the heating season starting November 1. You may apply at the following places: <https://hedfuel.azurewebsites.net/>

**Website:** <https://www.massresources.org/liheap.html>

### **Little Store at Urban Missionaries of Our Lady of Hope, The**

242 Canterbury Street, Worcester, MA 01603

(508) 831-7455

**Website:** <https://www.urbanmissionaries.com/community-programs/little-store-final/>

**Hours:** Monday–Saturday, 9:00 AM – 4:00 PM

**Services:** Items such as clothing, shoes, books, tools, furniture, household goods.

### **Loaves & Fishes Pantry**

Unitarian Universalist Church of Worcester

90 Holden Street, Worcester, MA 01606

(508) 853-1942

**Website:** <https://www.uucworchester.org/social-action-overview/loaves-and-fishes/>

### **Food Pantry**

**Services:** Food distribution Tuesday–Wednesday, 9:00 AM – 3:00 PM; Thursday, 9:00 AM – 3:00 PM and 5:00 PM – 7:00 PM; Friday, 8:00 AM – 11:30 AM

### **LUK, Inc.**

40 Southbridge Street, 4th floor, Worcester, MA 01608

1-800-579-0000 / (978) 345-0685

**Website:** <https://www.luk.org/>

See See LUK, Inc. on p. 46

### **Lutheran Social Services**

See Ascentria Care Alliance-Adoption Services on p. 66

### **Main South CDC**

875 Main Street, Worcester, MA 01610

(508) 752-6181

**Contact:** Robyn Johnston

**Website:** <https://www.mainsouthcdc.org/>

#### **Public Housing**

**Hours:** Monday – Friday, 9:00 AM – 5:00 PM

**Services:** This organization helps individuals with rental and home ownership opportunities. Main South CDC aims to create affordable housing. Currently accepting applications to rent one, two, and three bed room apartments.

### **Maria Luisa de Moreno International Foundation**

90 Madison Street, Suite 300, Worcester, MA 01608

(508) 753-0600

[mlmfud@gmail.com](mailto:mlmfud@gmail.com)

**Services:** Provided in English and Spanish. Child supervision is available. Maria Luisa de Moreno International Foundation provided Spanish/English Naturalization support. Naturalization classes are offered in English or Spanish.

**Eligibility and Scheduling:** Anyone is eligible. Must call to set up an appointment.

### **Masshire Central Region Workforce Board**

554 Main Street (Suite 401), Worcester, MA 01608

(508) 799-1600

**Website:** <https://masshirecentral.com/>

#### **CORI**

**Services:** Program designed by workforce development professionals and former offenders to create opportunities for people to prove themselves. Informational info sessions available regarding the CORI or tips regarding employment.

### **Mass Rehab Commission**

359 Main Street, Worcester, MA 01608

(508) 754-1757

**Website:** <https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

**Services:** MRC's Vocational Rehabilitation Program assists individuals with disabilities to obtain and maintain employment. This includes work evaluation and adjustment services, assessment of technology, such as customized computer programs for persons with physical or sensory disabilities, job counseling services, and medical and therapeutic services.

It also works with employers to open more opportunities for its clients, educating the employers about the benefits of a diverse work environment. The Vocational Rehabilitation Program is mandated and regulated by the federal government while being administered through state government.



**Eligibility:** Service is available to persons suffering from a disability. A referral is required along with an MRC Orientation, which is held every Wednesday at 10:00 AM in their conference room.

### **MCPHS Pharmacy Outreach Program**

25 Foster Street, Worcester, MA 01608

1-866-633-1617

**Website:** <https://www.mcphs.edu/patient-centers-and-clinics/pharmacy-outreach-program>

**Hours:** Monday–Friday, 8:30 AM – 5:00 PM

**Services:** Comprehensive review of individuals' medications and prescription drug coverage.

### **MLK Business Empowerment Center - SMOC**

237 Chandler Street, Worcester, MA 01609

(508) 756-6330

**Services:** Participants are provided with one-to-one consultation service. The staff is composed of business counselors, all the consulting staff has an MB degree and valuable business experience, who can provide participants with relevant and accurate business advice. Consultation services are tailored to the individuals' time table and goals. We realize that most pre-venture business planning can be a timely process. By following the business plan template clients are educated in the areas of business entity declaration, federal and state tax enrollment, product and service development, market analysis, understanding competition and differentiation, forecasting and setting accurate sales goals, human resource issues, understanding financial documents such as cash flow statements, balance sheets and income statements, and risk analysis.

### **MSPCC Family Counseling Center**

108 Belmont Street Worcester, MA 01602

(508) 753-2967

1-800-442-3035

**Website:** <https://www.mspcc.org/child-family-counseling/>

**Services:** They are Children's Behavioral Health Initiative Services for eligible children under the age of 21 years, such as In-Home Therapy, Russian, and Albanian speaking available and Therapeutic Mentoring, Spanish-speaking available. Majority of counseling services are provided within the home. The clinicians are trained in TF-CBT, in working with traumatized children and issues around attachment.

There is support available for military families. Sexual Abuse Treatment and Trauma Services (VOCA) are also available.

There is a Parent Support Group Workshop for non-Offending Caretakers with children who have been either abused or traumatized in the Fall and Spring.

Psychiatry available for ongoing clients in addition to young parent support.

**Payments:** Accepts various insurances including the following MassHealth Products: MBHP, Medicaid, Neighborhood Health Plan, Network Health, Fallon and Boston Medical Center. Limited BC/BS and Tufts Insurances.

### ***Support Groups***

**Group Types:** Support Group for Teen Girls, Support Group for Caregivers when a Child has been a Victim of Abuse, Healthy Families Parent Support Group.

**Services:** Transportation and childcare is available for Healthy Families Parent Support Group but not for the other two support groups.

Support groups are for girls who have undergone abuse or neglect, for the parents or caregivers of children who have been abused and for parents who are enrolled in the MSPCC Healthy Families Program.

**Eligibility and Scheduling:** Support Group for Teen Girls is intended for girls ages 12–16, who have experienced the trauma of sexual abuse, physical abuse, emotional abuse, and/or neglect. This program is FREE and meets on Thursdays, 4:30 PM – 6:00 PM. Program runs for 8 weeks.

Support Group for Caregivers is for all non-offending caregivers, including biological/foster/(pre)adoptive parents, grandparents, and/or other adults in a caregiving role. This service is free. Program meets on Thursdays, 9:30 AM – 11:00 AM or on Thursdays 4:30 PM – 6:00 PM. Program runs for 8 weeks.

### **Multicultural Wellness Center**

10 Winthrop Street, 3rd Floor, Worcester, MA 01604  
(508) 752-4665

**Website:** [www.multiculturalwellness.org](http://www.multiculturalwellness.org)

**Services:** Individual, Family and Group Therapy are available. They provide help with Adolescent Issues. They provide psychological, parenting and other assessments. In-home services (CBHI) are available. Therapeutic Mentoring available. They also run a Community Support Program and psychiatry and mediation management. There is an emphasis on Culturally Centered Counseling: African American, Caribbean, Latino & Biracial.

**Language Support:** Spanish, Creole, French, Japanese, Russian and African (multiple languages)

**Payments:** Accepts Mass Health, Self pay and some private insurance. Accepts MassBehavioral Health Plan, Network health, Fallon, Neighborhood health plan, BMC & Blue Cross/ Blue Shield as well as Harvard Pilgrim.

### ***Support Groups***

**Services:** Services are provided in English and transportation/childcare is not provided. Balancing Life and Recovery support group is an insurance based support group for those in recovery.

**Scheduling:** Program meets on Tuesdays, 2:00 PM – 3:30 PM

**Mustard Seed, The**

93 Piedmont Street, Worcester, MA 01609

(508) 754-7098

**Website:** <https://mustardseedcw.org/>

**Soup Kitchen**

**Services:** Meals served Monday–Friday, 5:30 PM – 6:30 PM.

**Food Pantry**

**Services:** Food distribution on Wednesday.

**Neighbors Closet at Christian Community Church**

108 Beacon Street, 2nd floor, Worcester, MA 01610

(508) 304-6023

**Email:** [neighborscloset108@gmail.com](mailto:neighborscloset108@gmail.com)

**Website:** <https://neighborscloset.wordpress.com/>

**Services:** Provides new refugee families and families in an emergency crisis situation with clothes, house hold items, and furniture free of charge as needed and upon availability of items (by referral).

**Neighborworks Homeownership Center**

138 Green Street, Suite 4, Worcester, MA 01604

(508) 791-2170

**Website:** <https://www.wcgcdc.org/worcester-homeownership-center/>

**Services:** Offers an extensive menu of services and programs to train, counsel, and finance both potential homebuyers and veteran homeowners. With its “first-stop, one-stop” setting, it enables more residents to realize and retain their dream of homeownership.

**Net of Compassion - Hotel Grace**

674 Main Street, Worcester, MA 01610

(508) 322-1363

**Website:** <https://www.netofcompassion.org>

**Hours:** Refer to the website for up-to-date hours for all programming.

**Meals on Main Street**

Hot meals are served on Main Street to feed anyone in need. The program also features prayer, music, and community.

**Joshua's Showers**

A fresh towel and hot shower are available to anyone in need at our shower trailer.

**Grace Closet**

Our clothing closet provides anyone in need with quality clothing to wear to work, clothe their families, and survive the outdoor elements.

### ***Grace Pantry***

Our food pantry serves those who struggle with food security. We work with partner organizations to provide a wide variety of healthy food and provisions.

### **New Hope, Inc.**

22-24 Park Avenue, Worcester, MA 01605

(508) 753-3146

**Website:** <https://www.new-hope.org>

**Services:** New Hope is a 501 (C) (3) non-profit organization whose mission is "Ending Domestic and Sexual Violence in Our Community". While some programs serve only domestic or sexual violence survivors, New Hope is a dual mission agency which addresses both issues together. Since domestic and sexual violence are often intertwined, our clients benefit from the full spectrum of programs we offer, allowing them to receive domestic and sexual violence services all in one place.

We offer a wide range of services which combine crisis intervention, violence prevention, life transition and self-sufficiency opportunities, while promoting behavioral and systemic changes to reduce violence at the individual and community levels.

### ***Toll-Free, 24-Hour Confidential Hotline***

Our trained hotline specialists assist callers with crisis intervention, risk assessment, and safety planning. Callers are also provided with information about New Hope's services and other community resources to address domestic and sexual violence.

Our hotline is also available to family members, friends, neighbors and co-workers who may be concerned about someone they know that may be a survivor of domestic or sexual violence.

### ***Emergency Shelter***

We provide women, men, and children safe haven in New Hope's two confidential emergency shelters. While at the shelter, clients receive crisis intervention, counseling, economic literacy training, financial advocacy and case management, including a housing plan.

### ***Counseling***

Dedicated to supporting both groups and individuals, trained counselors work with children, adolescent, and adult survivors of domestic and sexual violence.

### ***SAFEPLAN***

Advocates stationed in seven district courts and one probate court assist individuals with obtaining restraining and harassment orders. These advocates are located in Attleboro, Dudley, East Brookfield, Milford, Taunton (District and Probate), Westborough and Uxbridge. This program is partially supported by the Massachusetts Office for Victim Assistance (MOVA) through the 1984 VOCA grant from OVC, OJP, US D.O.J.

### ***New Start Transitional Living Program***

The Transitional Living Program (TLP) assists families with securing individual apartments, which they live in for up to 18 months. While in the TLP, these families pay their own utilities and contribute toward the rent, which helps them to build credit and economic independence. New Hope also assists these clients by providing counseling, job-training, budget management, a housing plan and other life skills to transition towards self-sufficiency in the aftermath of violence.

### ***Community–Based Advocacy***

Community advocates assist individuals with finding resources to enhance their safety while staying in their home community. Local assistance aims to minimize future risk and prevents the need to flee to shelter.

### ***Supervised Visitation***

Located at the MJ Leadenham Center in our Worcester office, supervised visitation is provided to non-custodial parents due to a prior history of domestic or sexual violence. Staff model healthy parenting skills with these adults while they visit their children in a safe, monitored and nurturing setting.

### ***Housing Stabilization***

Our housing stabilization program provides individuals with funding for rent, utilities, or other costs necessary for providing stable, reliable housing which was jeopardized as a result of domestic or sexual violence.

### ***Civilian Police Advocate***

Our civilian advocate in the Attleboro Police Station provides individuals with services such as crisis intervention, safety planning, and assistance with the criminal justice system.

To inquire about our domestic violence services, please call our Toll-Free, 24-hour hotline at 1-800-323-HOPE (4673).

### **Newton Square Counseling Center**

338 Highland Street, Worcester, MA 01602

(508) 752-5880

**Website:** <https://newtonsquare.org/>

**Services:** Individual, couples and family counseling available. Help with grief and loss issues, physical and sexual abuse, anxiety, depression & stress management.

Alcohol and Drug Counseling offered. EMDR Specialist available for individuals 15 years and older.

**Payments:** Accepts most major insurance.

### **NuLife Behavioral Health**

359 Main Street, Worcester, MA 01608

888-568-2057 / (508) 203-6770

**Website:** <https://nulifebehavioralmass.com>

NuLife Behavioral Health exists to support those in our community who are struggling with addiction and mental health concerns, within an Outpatient Level of Care setting.

### **Oasis House**

9 Chadwick Street, Worcester, MA 01605

(508) 860-1175

**Contact:** Father Madden

**Hours:** 24 hours a day, seven days a week

**Website:** <https://www.ummhealth.org/community-healthlink>

### **Transitional Housing**

**Services:** A variety of programs from transitional housing for individuals suffering with mental health issues to food pantry services.

The clinic is open every Wednesday, 8:00 AM – 11:00 AM.

They also operate a soup kitchen Monday – Friday, 7:00 AM – 11:00 AM. Their food pantry is exclusively for residents in the 01604 zip code and is operated Monday, Wednesday and Friday, 11:00 AM – 1:00 PM. They also operate a Clothing center at 40 Vernon Street, Tuesday and Thursday, 10:00 AM – 12:00 PM (noon).

Call the number above if you have any questions about the scheduling of their programs.

### **Orthodox Food Center**

St. Spyridon Cathedral

102 Russell Street, Worcester, MA 01609

(508) 791-7326

**Email:** [orthodoxfoodcenter@gmail.com](mailto:orthodoxfoodcenter@gmail.com)

**Website:** <https://www.spyridoncathedral.org/ministries/outreach-ministries/>

### **Food Pantry**

**Services:** Food distribution on Saturdays, 10:00 AM – 12:00 PM

### **Passages (Adult)/ Motivating Youth Recovery Program (Youth)**

12 Queen Street, Worcester, MA 01610

(508) 860-1244

**Website:** <https://www.communityhealthlink.org/program/motivating-youth-recovery-myr>

### **Motivating Youth Recovery Program**

**Services:** This program helps adolescents ages 13–18 that are struggling with substance abuse issues. MYR provides a comprehensive assessment within 72 hours of admissions. Their team is composed of psychiatrists, masters level clinicians, registered nurses and counselors. They provide the patients with daily activities, and group and individual sessions. The treatment is tailored to meet the needs of the individual adolescents. They set medical, psychological, family and social goals to help stabilize the adolescent.

### Passages

**Services:** Their trained substance abuse treatment specialists work with individuals or families and significant others to achieve an alcohol/drug-free lifestyle; improve educational or vocational functioning; improve social/familial functioning; and reduce illegal behaviors. Staff are Master's level clinicians and certified alcohol and drug counselors. The clinics are located in Worcester and Leominster. Services include: assessment; crisis intervention; health education; individual, group, couples, and family counseling; medical/psychiatric consultation; referral and after-care planning; self-help groups; and treatment planning.

**Payments:** Accepts Commonwealth, Care Free Services, Health Safety Net (free), Medicare, and HMOs: BMC Health Net, MBHP Partnership, Neighborhood Health Plan, Network Health, United Behavioral Health

### Pathways for Change, Inc.

#### Locations

588 Main Street, Worcester, MA 01608

285 Nichols Road, Fitchburg, MA 01420

1-800-870-5905 (English)

1-800-223-5001 (Spanish)

**Website:** <https://pathwaysforchange.help/>

#### Contact Persons

1. Barbara, (508) 852-7600 EXT. 234 (Monday – Friday, 9:00 AM – 5:00 PM), (978) 343-5683; Fitchburg (Thursday, 9:00 AM – 5:00 PM by appointment only)
2. Heidi Sue, (508) 852-7600 EXT. 238 (Monday – Friday, 9:00 AM – 5:00 PM)

If either Barbara or Heidi Sue is unavailable, please leave message on their confidential voicemail.

### Support Groups

**Group Types:** Sexual Assault survivor groups (Healing Circles). Multiple/Variou groups/ topics for: All survivors and non-offending family, friends, partners of Rape Survivors, Adult Survivors of Childhood Sexual Abuse/Incest; Teen; College Age; Latino/a (Spanish Speaking) Men; LGBT (adult and youth), Healing Through Creativity (varied survivor experiences), Deaf Survivors, and any all individuals regardless of race, ethnicity, ability, sexuality, gender or economic status.

**Services:** All services are free and given in English, Spanish or ASL. No childcare or transportation is provided. Support group services are provided to sexual assault survivors and non-offending family. Some programs are geared towards specific groups such as adults, teen, Latino population and deaf survivors.

**Eligibility and Scheduling:** Anyone who is a sexual assault survivor and non-offending family/friends are eligible for the support groups offered. Must call to inquire about meeting times.

Any questions please email [bworthington@centralmasspfc.org](mailto:bworthington@centralmasspfc.org) or call (508) 852-7600 ext. 112.

### **Pernet Family Health Service**

237 Millbury Street, Worcester, MA 01610

(508) 755-1228

Chris Nelson

**Website:** <https://www.pernetfamilyhealth.org/>

#### **Support Groups**

**Group Types:** There are a variety of programs offered by Pernet Family Health Services. These programs include the Fathers Support Group and a parenting class.

**Services:** Child care is available for the Fathers Support group but not for the parenting class. Neither programs include transportation. Programs are geared to support fathers and families.

**Eligibility and Scheduling:** The Fathers Support Group is only for fathers and is held every Tuesday, 5:45 PM – 7:15 PM.

The parenting class is for DCF refereed families only. This class is held every Wednesday. Must inquire about timing. This program run in 8-week cycles.

### **Pleasant Street Neighborhood Network Center**

301 Pleasant Street, Worcester, MA 01609

(774) 823-3311

**Website:** <https://psnnc.org/>

**Services:** To create a safe, attractive and livable community with people of varied means and backgrounds. This community will respect, recognize and call upon the talents of all. As neighbors, we will create this community by forging new partnerships among residents, neighborhood organizations, businesses, churches, schools, colleges, financial institutions, human service organizations and government so that we all can share in achieving and sustaining this vision.

#### **Support Groups**

**Services:** Support for parents who are divorced or going through a divorce.

**Eligibility and Scheduling:** For parents who are divorced or going through a divorce. Must call for more information on services. Although location is in 422 Boston Turnpike meetings are held at a different location. Meetings are held in 3 Tennis Drive in Shrewsbury, MA. Each session/group meeting is \$15.

### **Problem Pregnancy**

495 Pleasant Street, Worcester, MA 01609

(508) 507-8378 / 1-888-310-7217

#### **Clothing Store**

**Services:** Provides clothing and baby furniture.



### **QCC-Adult Basic Education at the Training & Education Center**

751 Grove Street, Worcester, MA 01605

Contact: Kate Anderson at (508) 751-7910 or [kateanderson@qcc.mass.edu](mailto:kateanderson@qcc.mass.edu).

**Website:** <https://www.qcc.edu/center-workforce-development-and-continuing-education>

**Services:** ABE, ESL, Pre-GED, GED, GED math prep, and ESOL

All classes are free of charge.

ABE, Pre-GED and GED: Monday, Wednesday and Friday, 8:30 AM – 12:30 PM;

Tuesday–Thursday, 5:30 PM – 9:30 PM

**GED math prep:** Monday and Wednesday, 3:30 PM – 6:00 PM

ESOL for Employment with focus on health professions: Monday–Friday, 8:30 AM – 12:30 PM

**ESL levels:** Beginner, low intermediate, high intermediate and advanced Monday, Wednesday and Friday, 1:00 PM – 4:00 PM; Tuesday–Thursday, 6:00 PM – 9:00 PM

Online GED Prep.

**Registration:** Registration for the GED and ESL programs: 2nd Thursday of each month –except June and August- either at 10:00 AM or 3:00 PM

### **Quinsigamond Community College**

670 West Boylston Street, Worcester, MA 01606

(508) 853-2300

#### ***Great Brook Valley***

180 Constitution Avenue, Worcester, MA 01605

(508) 635-3358

**Services:** GED and ESL classes.

#### ***Boys and Girls Club***

65 Tainter Street, Worcester, MA 01610

(508) 579-4464

**Services:** GED and ESL classes.

#### ***Dental Hygiene Clinic***

670 West Boylston Street, Worcester, MA 01607

(508) 854-4306

**Services:** Dental services.

\*For more information, please visit: [www.worcesterfreeclinics.org](http://www.worcesterfreeclinics.org) and [www.worcesterresources.org](http://www.worcesterresources.org)

\*\*Individual clinic information from [https://www.needymeds.org/free\\_clinics.ta](https://www.needymeds.org/free_clinics.ta)

### ***College Level Education***

**Services:** Quinsigamond serves over 13,000 full and part-time day and evening students. Over 70 associate degree and certificate career options in Business, Health Care, Technology, Liberal Arts, and Human Services. The College also offers a wide variety of non-credit courses, workshops, and seminars through its Training and Education Center. In addition, over 300 noncredit and nearly 35

credit courses are offered online. The College also has program locations at the Senior Center in Worcester (Hospitality & Recreation Management), Burncoat High School in Worcester (Automotive Technology), in Marlborough and 5 Optical Drive in Southbridge.

This college also offers the opportunity to get involved outside of the classroom in a variety of clubs and events.

**Registration:** Visit the website to register for classes.

**Website:** <https://www.qcc.edu/register-classes>

**Payment:** Tuition is the lowest in the region at \$181 per credit for Massachusetts residents and \$387 per credit for non-residents. Financial aid is available.

### **GED Classes in Spanish**

**Locations:** Worcester Business Center, 67 Millbrook Street, Worcester, MA 01606

QCC Main Campus (Surprenant Building), 670 West Boylston Street, Worcester, MA 01606

**Contact:** Call Deborah Gonzalez to register: (508) 854-7524

**Services:** GED Classes in Spanish

Classes are Tuesdays and Thursdays, 6:00 PM – 8:00 PM, (at the Worcester Business Center) and Saturdays, 9:00 AM – 11:00 AM, (at the QCC Main Campus) – 12 consecutive sessions.

**Registration:** The classes cost \$245.00. Call Deborah Gonzalez to register: (508) 854-7524

### **Quinsigamond Village Community Center**

16 Greenwood Street, Worcester, MA 01607

(508) 755-7481

**Website:** <http://www.quinsigamondvillage.com/>

#### **Food Pantry**

**Services:** Food distribution Mondays–Thursdays, 9:30 AM – 2:00 PM and Fridays, 9:30 AM – 12:00 PM

**Hotline:** (508) 754-7481

### **Rachel's Table**

633 Salisbury Street, Worcester, MA 01609

(508) 799-7699

**Website:** <https://www.rachelstable.org/about.html>

#### **Food Pantry**

**Services:** Will pick up food from businesses and food institutions in Greater Worcester and deliver it to agencies that have feeding programs for the hungry.

## **RAFT Residential Assistance for Families in Transition**

12 East Worcester Street, Worcester, MA 01604

(978) 630-6600

1-800-224-5124

**Website:** <https://www.mass.gov/how-to/apply-for-raft-emergency-help-for-housing-costs>

**Services:** RAFT (Residential Assistance for Families in Transition) is a state-funded homelessness prevention program. RAFT gives short-term financial assistance to low-income families who are homeless or at risk of becoming homeless. RAFT helps families who are behind on rent, mortgage payments, or utility bills. RAFT also helps families who have to move but do not have enough money to pay a security deposit, utility startup costs, or first/last month's rent. Families can get up to \$4000 within a 12-month period.

The Massachusetts Department of Housing and Community Development are in charge of the RAFT program. On the local level, RAFT is run by Regional RAFT Administering Agencies (RAAs). The RAAs coordinate their efforts with the regional Housing Consumer Education Centers (HCECs) that provide screenings and referrals for emergency housing assistance.

### **Eligibility**

- Your family must be homeless or at risk of becoming homeless.
- Your family (two or more people) must include at least one dependent child under the age of 21; or you can be a pregnant woman who is the head of the household.
- At least one member of your family must be a U.S. citizen or eligible noncitizen.
- Your family income must be at or below 50% of the area median income (AMI).

**How Do I Apply:** To apply for RAFT, you should contact the RAFT agency that serves your city or town. You can only be approved in the region where you plan to use your RAFT assistance.

To find your regional agency, call 1-800-224-5124, or see *See Central Massachusetts Housing Alliance* on p. 73. When you call, a staff member will do a preliminary screening to see if your family appears to meet the requirements of the RAFT program. If you get preliminary approval, the agency will ask you to fill out a RAFT application.

### **When you apply, you will need:**

- Identification such as a driver's license, other picture ID, or MassHealth card
- Proof of current income for all adult household members (paystubs, TAFDC/EAEDC award letters, proof of unemployment or child support payments, Social Security/SSI statement, etc.)
- A copy of your lease or mortgage statement

- Proof that you need help and the amount of money you need (eviction notice, utility shutoff notice, overdue utility bills, rental startup costs, etc.)
- A participation agreement from your landlord, if you are a renter who is using RAFT to pay for back rent, first/last month's rent, a security deposit, or monthly rent stipend

Your RAFT agency will give you all of the forms you need and will let you know which proofs you must provide.

### **RCAP Solutions**

90 Madison Street, Suite 303, Worcester, MA 01608

*Toll-free: 1-800-488-1969*

*(508) 792-5230*

**Website:** <https://www.rcapsolutions.org/>

### **Housing Consumer Education Center**

12 East Worcester Street, Worcester, MA 01604

**Services:** one-on-one counseling, information, referral and workshops related to income security and housing stability

### **Section 8 Housing**

**Services:** Aimed to help families gain access to affordable housing and prevent homelessness. You must complete a Section 8 Pre-Application in order to receive a RCAP Solutions section 8 voucher. Call the toll-free number to obtain a pre-application and more information about the application process.

### **Red Cab & Yellow Cab**

*Red Cab: (508) 792-9999*

*Yellow Cab: (508) 754-3211*

**Services:** Families on MassHealth may receive funds for transportation services for health care services via Yellow or Red Cab. (Includes mental health appointments and some after school programs). Must call and request a prescription for Transportation (PT-1) form to be faxed to your medical MassHealth Provider.

### **Refugee and Immigrant Assistance Center**

18 Chestnut Street, Suite 310, Worcester, MA 01608

*Tel: (508) 756-7557*

*Fax: (508) 756-7708*

**Website:** [www.riacboston.org](http://www.riacboston.org)

**Services:** Refugee Resettlement, Post-Resettlement Support Services, Community Education and Outreach, Counseling Services.

### **Refugee Apostolate**

242 Canterbury Street, Worcester, MA 01603

*(508) 831-7455*

**Website:** <https://www.urbanmissionaries.com/contact/>

### **Registry of Motor Vehicles**

50 SW Cutoff, Worcester, MA 01604

(857) 368-8000

**Website:** <https://www.mass.gov/locations/worcester-rmv-service-center>

Monday–Wednesday: 9:00 AM – 5:00 PM; Thursday: 10:00 AM – 6:00 PM; Friday:

9:00 AM – 5:00 PM

**Services:** All license, registration & title transactions, license plate returns, learner's permit testing and Class D road tests. Class M road tests at Millbury Park & Ride.

Written tests for Class D or M given 9:00 AM – 4:00 PM (10:00 AM – 5:00 PM on Thursdays for branches with extended hours).

- Written tests for Class A, B, or C given 9:00 AM – 3:00 PM (10:00 AM – 4:00 PM on Thursdays for branches with extended hours).
- Road Tests offered between 9:00 AM – 5:00 PM
- Operating RACE unit serving insurance agents and car dealers for bulk registration paperwork.

### **Revival Church – Fountain of Life**

23 Coral Street, Worcester, MA 01604

(508) 791-5555

#### **Food Pantry**

**Services:** Food distribution on Wednesdays, 6:00 PM – 8:00 PM

### **Safe Homes / PFLAG - Open Sky**

4 Mann Street, Worcester, MA 01602

(508) 755-0333

**Website:** <https://www.safehomesma.org/>

Safe Homes GLBTQ (Gay, Lesbian, Bisexual, Transgender, Questioning & Straight allies youth support group & drop-in center for youth 14-23. Transportation not available.

PFLAG is a support group for parents, family and friends of the LGBT community (18+).

### **Salvation Army**

1-800-728-7825

**Website:** <https://www.salvationarmyusa.org/usn/>

#### **Adult Rehabilitation Center**

72 Cambridge Street, Worcester, MA 01603

(508) 799-0528

**Services:** Six month program for individuals in recovery.

### **Good Neighbor Energy Fund**

640 Main Street, Worcester, MA 01608

(508) 756-7191

**Services:** Assistance with heating bills, including gas, electric and oil.

### **6-Month Program and Store**

72 Cambridge Street, Worcester, MA 01603

(508) 799-0528

**Hours:** Monday–Friday, 7:30 AM – 4:00 PM

**Services:** Six-Month program and store, clothing, etc.

### ***The Citadel***

640 Main Street, Worcester, MA 01608

(508) 765-7191 (x227)

**Services:** Salvation Army offers breakfast, lunch and dinner Monday–Friday, 9:00 AM – 3:00 PM. Closed on Saturdays. Dinner only on Sunday.

### ***Sally's Place***

739 Water Street, Fitchburg, MA 01420-6479

(978) 342-3300

**Hours:** Monday–Friday, 9:00 AM – 3:00 PM

### ***Salvation Army Thrift Store, Gardner***

8 Union Street, Gardner, MA 01440

### ***Transitional Housing***

**Services:** The Salvation Army offers a six month program for individuals in recovery. Offers a holistic approach to assist men and women; provide spiritual, social and emotional assistance the center offers residential housing, work, and group and individual therapy.

*Eligibility: Every potential participant undergoes a comprehensive intake interview to ensure the ARC program is the best possible match for them. If the interview process determines it's not, we'll make every effort to refer them to a program that will be. If interested in applying or referring someone, may call the Intake Office at 1-800-SA-TRUCK (728-7825) or the number provided above ((508) 799-0528).*

### **Savers - Worcester**

490 Lincoln Street, Worcester, MA 01605

(508) 853-3653

**Services:** Clothing, etc.

### **Seven Hills – Child Care Resources**

484 Main Street, Suite 400 Worcester, MA 01608

**Website:** <https://www.sevenhills.org/programs/resources-for-child-care-providers>

### **SNAP: Food Assistance, Food Stamps, DTA**

13 Sudbury Road, Worcester, MA 01609

(508) 767-3100

**Office Hours:** Monday–Friday, 8:00 AM – 5:00 PM

1 North Street, Southbridge, MA 01550

(508) 765-2400

**Office Hours:** Monday–Friday, 8:00 AM – 5:00 PM

## **Social Security Administration**

51 Myrtle Street, Madison Place, Worcester, MA 01608

1-866-331-9069 / (508) 753-4105

**Website:** [www.ssa.gov](http://www.ssa.gov)

### **Cash Assistance**

**Supplemental Security Income:** The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. Persons age 65 and older that meet the financial criteria are eligible regardless of disability status. Visit <https://www.ssa.gov/ssi/text-over-ussi.html> for more information.

**Supplemental Security Disability Income:** The Supplemental Security Disability Income (SSDI) program is a federal insurance program that protects workers who become totally disabled and cannot work for a year or more. Visit <https://www.ssa.gov/planners/disability/dqualify.html> for more information.

## **Southeast Asian Coalition of Massachusetts**

484 Main Street, Suite 400, Worcester, MA 01608

(508) 791-4373

**Website:** <http://www.seacma.org/>

### **Southeast Asian Teen Support and Youth Effect**

**Services:** This program runs an after school program for teens in the community.

**Contact:** Andrew Le, (508) 791-4373

**Hours:** After School for youth Monday – Friday, 2:00 PM – 6:00 PM

**Eligibility/Payment:** In order to participate in this program you must be between the ages of 13–19 years old. This program is free of charge.

### **ESL Classes**

**Services:** Free ESL classes

Our night ESL Level 1 and Level 2 classes are on Monday and Wednesday evenings, 6:00 PM – 8:00 PM. The morning ESL class is on Tuesday and Thursday mornings, 9:00 AM – 11:00 AM. Placement test needed.

**Registration:** Free and ongoing registration. Contact the South Asian Coalition at (508) 791-4373 to learn how to register or for more information.

## **South Bay Day Services**

340 Main Street, Suite 819, Worcester, MA 01608

(508) 752-3969

Randy Dupell, Intake Liaison (x 1211)

Tara Carloni, Intake Liaison (x 1208)

Julie DiLeo, Program Director (x1203)

**Website:** <https://www.southbaycommunityservices.com/request-services/>

### **Support Groups**

**Group Types:** Partial Hospitalization and Day Treatment programs such as the Partial Hospitalization Program, the Intensive Outpatient Addiction Program, Structured Outpatient Addiction Program and Day Treatment.

**Services:** Transportation may be provided depending on their insurance.

**Hours:** Monday – Friday, 8:30 AM – 4:30 PM

**Eligibility:** All these programs are insurance based and are for adult males and females who are 18+ and have a mental illness.

### **South Bay Early Childhood**

548 Park Avenue, Suite B, Worcester, MA 01603

**Website:** <https://www.southbaycommunityservices.com/services-old/early-childhood-services/>

#### **Parent Step Curriculum Group**

**Services:** Focuses on practical skills you need to help your children from the start. Also provides effective discipline strategies that promote both self-esteem and mutual respect.

**Contact:** Merrie Mackenzie, M. Ed. (774) 823-1500

**Hours:** Starting June 19th Wednesdays, 5:30 PM – 6:30 PM

**Eligibility:** Open to any parents looking for support.

#### **Toddler Play Group**

**Services:** Play groups offer children a safe, leader-led time where they can explore their world and develop new friendships. They are a wonderful opportunity to play and interact with your child and meet new friends.

**Contact:** Merrie Mackenzie M. Ed. (774) 823-1500

**Hours:** Please call for days and times.

**Eligibility:** This service is available for children 18 MO – 3 YRS and it is free of charge.

### **South Bay Mental Health**

340 Main Street, Suite 818, Worcester, MA 01608

(508) 791-4976 or 1-800-244-4691

**Website:** [www.southbaycommunityservices.com](http://www.southbaycommunityservices.com)

#### **Early Childhood Services**

548 Park Avenue, Suite B, Worcester, MA 01603

(774) 823-1500

#### **Mental Health Providers**

For intakes call (508) 427-5362

**Services:** Outpatient counseling is available for children and adults. Substance abuse counseling is also provided. This program will do home visits. Psychiatric evaluations available for adults and children. They also provide In-Home Therapy (IHT) & therapeutic mentoring services as part of CBHI. Urgent Care Services available. Kincoaching (services for kinship foster parents) is provided. Additionally they provide behavioral health interventions for medical disorders.



They operate a Partial Hospital Program/ Intensive Outpatient Program that includes a Mental Health Track, Dual Diagnosis Track and Mindfulness Track. The Day Treatment Program follows a Mental Health Track, Dual Diagnosis Track, Life Skills Track and Vocational Rehabilitation Track.

Programs are available Monday – Friday, 9:00 **AM** – 3:00 **PM**. There is no waiting list. You have the option to tour the facility prior to admission.

**Payments:** Accept various insurance such as Mass Health, Fallon, Network Health. Does accept the Mass Behavioral Health Plan. The programs are free of charge.

### **South Worcester Neighborhood Center**

47 Camp Street, Worcester, MA 01603

(508) 757-8344

**Website:** <https://www.facebook.com/SouthWorcesterNeighborhoodCenter/>

**Services:** Food distribution Monday – Friday, 9:00 **AM** – 1:30 **PM**

### **Green Island**

50 Canton Street, Worcester, MA 01610

(508) 753-4661

**Services:** Food distribution Monday – Friday, 9:00 **AM** – 1:30 **PM**

### **Lakeside Center**

28 Lakeside Avenue, Apt. 1, Worcester, MA 01603

(508) 792-5750

**Services:** Food distribution Monday – Wednesday, 10:00 **AM** – 2:00 **PM**, and Thursdays and Fridays, 9:00 **AM** – 1:00 **PM**

54 Circuit Avenue South, Apt. 1, Worcester, MA 01603

No Phone on site-call (508) 757-8344 (SWNC Camp Street)

### **Spectrum Health Systems, Inc.**

**Website:** <https://www.spectrumhealthsystems.org/>

#### **Outpatient Services**

585 Lincoln Street, Worcester, MA 01605

(508) 854-3320, Intake: (508) 854-3320 ext. 1161

**Services:** Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification

#### **Outpatient Services**

105 Merrick Street, Worcester, MA 01609

(508) 797-6100

Intake: 1-800-464-9555 ext. 1161

**Services:** Substance abuse treatment, Methadone Maintenance, Buprenorphine Services

### **Prevention of Abuse and Violence through Education (P.A.V.E.) Program**

585 Lincoln Street, Worcester, MA 01605

1-800-464-9555 or (508) 854-3320 ext. 1156

**Services:** Spectrum's Prevention of Abuse and Violence through Education (P.A.V.E.) program is a 40-week psycho-educational program designed for men who batter their partners. The program helps clients recognize violent and controlling behaviors, take responsibility for their actions, and learn non-violent ways to resolve conflict with others. Clients are required to attend forty 2-hour group sessions. Intervention may also require referrals to develop a sober and drug free lifestyle, obtain employment training or acquire parenting skills.

### **St. Bernard's Church Rectory Marie Anne Center**

236 Lincoln Street, Worcester, MA 01605

(508) 736-6986

**Website:** <http://marieannecenter.org/program-main-page/for-adults/>

### **ESL Classes**

*Contact: For additional information call Monde: (508) 425-9254*

**Contact:** Sister Michelle

**Services:** ESL classes Monday & Thursday evenings, 6:30 PM – 8:30 PM, GED classes are not offered.

**Registration:** Registration is on-going. There is a registration fee of \$20. There is also a book fee of \$30.

Classes start in September and January.

### **Beginner ESL Classes**

Contact: Kathy, (508) 831-7455

**Services:** ESL – Beginner level course Saturday, 10:00 AM – 12:00 PM (noon). Offered in the spring only.

*Registration: \$2 per session, 10 weeks. Sign up prior to starting date is required.*

*Sign up can be done via phone at (508) 831-7455 or by email:*

*mailbox@urbanmissionaries.com.*

### **St. Francis Adult Day Health**

37 Thorne Street, Worcester, MA 01604

(508) 752-2546 Pat Fanjoy, LCSW or Lisa Pontbriand, LSW

**Website:** <https://www.saintfrancisadulthoodhealth.com/>

### **Support Groups**

**Services:** Support group of those who are caregivers of the elderly or disabled adults. During support group, refreshments are provided yet transportation and childcare is not included.

**Eligibility and Scheduling:** Services are for Caregivers of Elders of Disabled Adults.

Program meets the 2nd Thursday of each month, 7:00 PM – 8:30 PM

### **St. Francis & St. Therese Catholic Worker House Hospitality**

52 Mason Street, Worcester, MA 01610

(508) 753-3588

**Website:** <https://sites.google.com/site/ssthereseandfrancis/>

**Hours:** Volunteers are there to assist you twenty-four hours a day, seven days a week.

**Services:** They provide housing for emergency shelter in addition to two meals a day and laundry twice a week. The program is available from anywhere between two and three weeks. Must be sober.

### **St. John's Food for the Poor - Pantry and Soup Kitchen**

20 Temple Street, Worcester, MA 01604

(508) 756-7165

**Website:** [www.stjohnsfoodforthepeople.org](http://www.stjohnsfoodforthepeople.org)

**Hours:** Weekdays 7:00 AM – 10:00 AM (no weekends)

**Services:** Provides free morning meals every weekday. Also, has a food pantry that gives out free food packages and food boxes. All poor and homeless citizens (men, women, and children) may receive services.

### **St. Paul's Outreach**

19 Chatham Street, Worcester, MA 01609

(508) 791-8455 / (508) 799-5009

**Website:** <https://cathedralofstpaul.net/elder-outreach-ministry>

### **Food Pantry**

**Services:** Food distribution on Tuesdays, Wednesdays and Fridays, 9:00 AM – 11:30 AM, pantry is also open on Thursday, 5:00 PM – 7:00 PM.

### **St. Peter's Church**

929 Main Street, Worcester, MA 01610

(508) 752-4674

**Website:** <https://stpeters-standrews.faith/food-pantry>

#### **Food Pantry**

**Services:** Food distribution on Wednesdays, 7:00 AM – 11:00 AM

Open to Main South & Columbus Park residents

#### **After School Mentoring Program**

**Contact:** Elizabeth Koroleski [mentoring@assumptionsisters.org](mailto:mentoring@assumptionsisters.org).

**Services:** Mentoring for children ages 6–15. Services in English and Spanish.

Mentoring is every Wednesday and Thursday, 2:30 PM – 4:45 PM in the St. Peter's meeting room. Children are matched with college volunteer mentors for homework help, arts and crafts, sports in the gym, games and much more!

**Eligibility and Cost:** Free mentoring to children ages 6–15.

#### **ESL Course**

**Contact:** Amy Neville

**Services:** ESL courses are available during the Fall, Winter and Spring.

Fall: Sept.–Dec., Winter: Jan.–March, Spring: April–June

There are four different levels of English: basic, intermediate 1, intermediate 2 and advanced. Classes are every Tuesday and Thursday, 10:00 AM – 12:00 PM and Monday, Wednesday and Friday, 9:00 PM – 11:00 PM (Only for Spanish speaking learners). These classes take place year round.

**Registration:** For future registration dates contact Amy Neville at (508) 752-4674. There is a \$20 fee for enrollment.

### **St. Vincent de Paul - Worcester**

#### **St. Anthony's Pantry**

Sacred Heart of Jesus Church

596 Cambridge Street, Worcester, MA 01610

(508) 753-2555

**Services:** Food distribution on Thursdays, 9:30 AM – 2:30 PM

and Saturday, 10:00 AM – 1:00 PM

#### **Clothing**

507 Park Avenue, Worcester, MA 01603

(508) 752-4232

[saintvincentstore@gmail.com](mailto:saintvincentstore@gmail.com)

**Services:** Providing clothing.

#### **Utility Assistance**

507 Park Avenue, Worcester, MA 01603

(508) 752-4232

**Website:** <https://www.svdpworcester.org/>

**Services:** offers assistance with emergency new or gently used general clothing, utility or electric bill payment assistance and medical bill payment assistance

### **Straight Ahead Ministries**

791 Main Street, Worcester, MA

(508) 753-8700

**Website:** <https://www.straightahead.org>

**Services:** Reintegration Services from lock up to independence. They provide reintegration services through assistance with relationship building through the provision of caring adult mentors. They also provide educational services, employment & training and placement opportunities and case management to address barriers.

**Contact:** Angel Guzman x111

**Hours:** Please call for hours.

**Eligibility:** For young men and women (ages 14–18) who have been detained or sentenced and served time for a nonsexual criminal law violation within the past 90 days.

### **Thom Worcester Area Early Intervention and Family Support**

239 Mill Street, Suite B, Worcester, MA 01602

(508) 752-8466

Fax Number: (774) 243-6611

**Email:** [Kelly.brennan@thomchild.org](mailto:Kelly.brennan@thomchild.org)

**Website:** <https://www.thomchild.org>

**Services:** Early Intervention Program (EI): In Massachusetts is a statewide, family-centered, developmental service. Thom Child & Family Services offers the earliest possible intervention and support for children birth to three years old who have developmental difficulties due to identified disabilities or whose development is at risk due to certain birth or environmental circumstances.

Pregnancy and Newborn Support: Thom Child & Family Services offers free home visits to pregnant women, new mothers and their infants who live in the Springfield and Greater Lowell areas of Massachusetts.

Regional Consultation: Regional Consultation Programs (RCPs) provide consultation, family support, and community-wide workshops and training in Massachusetts.

### **Training Resources of America**

#### **Quincy**

1515 Hancock Street, Suite 205, Quincy, MA 02169

(Entrance on side at 58 Ross Way)

Phone: (617) 773-1470 | Fax: (617) 773-1469

#### **Worcester**

2 Foster Street, 3rd Floor, Worcester, MA 01608

Phone: (508) 753-2991 | Fax: (508) 754-3252

### ***Brockton***

231 Main Street, Suite 302, Brockton, MA 02301

Phone: (508) 587-6115 | Fax: (508) 580-2057

### ***New Bedford***

486 Pleasant Street, New Bedford, MA 02740

Phone: (508) 984-7419 | Fax: (508) 984-7481

### ***Worcester***

2 Foster Street, 3rd floor, Worcester, MA 01608

### ***ESL and GED Classes***

**Services:** Free ESL and GED courses. Other programs also available through TRA such as ACHIEVE, Young Parents, Youth Build and Career Pathways course. Programs are guided to help Worcester residents improve language skills, obtain a GED (equivalent to a high school diploma) among other services.

**Hours:** ESL & GED evening classes ESOL Monday & Wednesday, 4:30 PM – 7:45 PM, GED Tuesday & Thursday, 4:30 PM – 7:45 PM

**Registration:** Registration is on-going. Must call to schedule an intake (interview and testing) or to request information on the other services available through TRA. Most services are for those 16 and older, with the exception of Young Parents.

### ***ACHIEVE***

**Services:** Serves out-of-school youth between the ages of 16–21, assisting with Adult Basic Education/GED preparation and more.

### ***Young Parents***

**Services:** Offers pregnant and parenting out-of-school youth, aged 14–21, who have not achieved a high school diploma with a variety of educational and life skills training.

### ***Youth Build***

**Services:** Provides low-income, out-of-school youth, aged 16–24 with on-the-job, hands on construction skills training and GED preparation.

**UMass Medical Center (Shriver Center)**

365 Plantation Street, Suite 100, Worcester, MA 01605

(508) 320-0314

Toll Free: 1-800-842-9375

**Website:** <https://www.udiscovering.org/>

**Services:** To help with early intervention, the Shriver Center team of national experts in the fields of autism, applied behavior analysis, psychological sciences, and instructional technology work together, and with NIH grant support, have developed a number of innovative courses for parents and professionals. These courses are distributed through an online portal called UDiscovering. Developed by the University of Massachusetts Medical School's Shriver Center, UDiscovering offers a new line of online training tools, products, and services to help families and professionals touched by or working in the fields of autism and other intellectual and developmental disabilities. The Shriver Center is a nationally and internationally recognized research, education, and public service center dedicated to improving the lives of individuals with intellectual and developmental disabilities. Established 30 years ago, it became a part of UMass Medical School in 2000. The Center offers a wide range of resources:

- Helping the public understand and ameliorate the challenges faced by those with autism and other intellectual and developmental disabilities
- Training professionals and leaders in the intellectual and developmental disabilities field
- Promoting efforts to enhance the health, safety, and quality of life of individuals with disabilities and their families
- Offering a series of disability related products, starting with Discovering Behavioral Intervention: A Parent's Interactive Guide to Applied Behavior Analysis (ABA).

**UMass Memorial**

55 N. Lake Avenue, Worcester, MA 01655

(508) 334-1000

**Website:** <https://www.umassmemorial.org/>

**☛ Services at 55 Lake Avenue****Family Medicine and Community Health**

**Services:** evaluation and brief treatment.

**Contact:** (508) 334-8830

**Neuropsychiatry Referral Center**

**Services:** complex neuropsychiatry consultation

**Contact:** (508) 856-5548

**Neuropsychology Referral Center**

**Services:** neuropsychological testing and evaluations of medical conditions that affect cognitive, behavioral or emotional functioning.

**Contact:** (508) 334-8205

### ***Department of Psychiatry Parent's Apart Program***

**Services:** court-approved parent education program for divorcing and separating parents.

**Contact:** (508) 793-6336

### ***Child Protection Program***

**Services:** Outpatient evaluation of children for suspected abuse, referral to mental health services.

**Contact:** (774) 442-6629

### ***Health Insurance***

**Services:** The UMass Memorial Patient Financial Services Department helps people enroll in free and low-cost Massachusetts health insurance plans, and helps them choose healthcare providers. Language services provided.

**Contact:** (508) 334-9300

**Hours:** Monday–Friday, 8:00 AM – 4:30 PM

### ***Emergency Mental Health***

**Services:** UMass Memorial operates a 24/7 emergency mental health hotline that is available to individuals regardless of their insurance or ability to pay.

**Contact:** 866-549-2142 (24/7 hotline)

### ***Free Health Clinic***

**Services:** The UMass Memorial Ronald McDonald Care Mobile provides preventive medical and dental services to people without health or dental insurance on Mondays, Wednesdays and Thursdays at 10 different community sites. Medical services include physical exams for children, adolescents and adults, sports physicals, immunizations, lab tests, blood pressure tests, health education, vision referrals, hearing tests and care for serious or ongoing illnesses. Dental services include dental health care, sealants, and dental cleaning.

**Contact:** (508) 334-6073

**Hours:** Call for hours and locations.

**Accepts:** Uninsured, underinsured, insured, Medicare, Medicaid.

**Payments:** Financial assistance available.

**Languages:** English.

### ***Substance Abuse***

(774) 443-2761 / Intake: (508) 856-0011

**Services:** Located at 55 Lake Avenue North, The Mental Health (8 East) unit helps with Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification, Buprenorphine Services.

### ***Mental Health Treatment***



**Services:** 24-hour psychiatric emergency service.

This is an emergency service open to those in the area who believe they have a psychiatric emergency.

*Contact: (508) 334-1000 or (508) 334-3562*

**Payments:** UMMMC accepts payment from most insurers, Medicare and MassHealth whether unmanaged or managed. However, please check with the clinic before accepting a scheduled appointment. Those without coverage may meet with our Financial Counselors toward enrollment in MassHealth or Common health Plans.

### **Services at 328 Shrewsbury Street**

#### ***Ambulatory Psychiatry Service (APS)***

*Contact: (508) 334-5393*

**Services:** General psychiatry clinic with psychotherapy and psychopharmacology.

#### ***Women's Mental Health Specialty Clinic***

*Contact: (508) 334-5101*

**Services:** Consultation and treatment regarding hormonally influenced conditions (pregnancy, postpartum and menopause).

#### ***Addiction Co-Morbidity Treatment Service***

*(508) 334-0365*

**Services:** Consultation and/or brief treatment of addiction.

#### ***Depression Specialty Clinic***

*(508) 334-0366*

**Services:** Consultation service when other treatments for depression have not worked well enough.

#### ***The Sleep Center***

85 Prescott Street, Worcester, MA 01605

*(508) 793-4950*

**Services:** sleep study, cognitive behavioral therapy of insomnia, psychopharmacology for insomnia.

#### ***Urgent Care Center Fitchburg***

275 Nicols Road, Fitchburg, MA 01420

*(978) 343-5072*

#### ***Urgent Care Leominster***

510 North Main Street, Leominster, MA 01453

*(978) 466-8820*

## **United Way of Central Massachusetts (Worcester)**

484 Main Street, No. 300, Worcester, MA 01608

(508) 757-5631

**Website:** <https://unitedwaycm.org/>

**Hours:** Monday–Friday, 8:30 AM – 4:00 PM

## **US Veterans Administration Boston Health Care System**

### *Locations*

605 Lincoln Street, Worcester, MA 01605

(508) 865-0104

691 Grafton Street, Worcester, MA 01604

(508) 753-7902

### *Veterans and Their Families*

**Services:** Primary and preventative health care for returning veterans. Services available include optometry, cardiology, mental health services, neurology, podiatry, dermatology, rheumatology, geriatrics, laboratory test, physical therapy, radiology, rehabilitation medicine nutrition counseling, preventive services such as annual flu and pneumonia shots, electrocardiograms (EKGs) preventative health and access to a pharmacy. Services in the Grafton Street location include but are not limited to readjustment counseling and mental health services

**Eligibility:** Veterans

## **VA's Veterans Suicide Prevention Line**

1-800-273-TALK

### *Veterans and Their Families*

**Services:** The Veterans Suicide Prevention Line connects Veterans in crisis with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

## **Veterans, Inc.**

69 Grove Street, Worcester, MA 01605

(508) 791-1213 ext. 108, Food Pantry: (508) 769-5795, (800) 482-2565

**Website:** <https://www.veteransinc.org/contact-us/>

### *Food Pantry*

**Services:** Food distribution on the 2nd & 4th Thursday of each month, 10:00 AM – 4:00 PM, Veterans Identification is required.

### *Homeless Shelter*

**Hours:** Open 24 hours a day, every day of the year.

Operates a dry emergency shelter and many other supportive services for veterans including nutritional aid, counseling, referrals, relapse prevention groups, work therapy, medical help, education, and legal aid. Other services available such as family

support. You must be veteran to apply. Log onto their website for resources like the Resident Application.

### ***Veterans and Their Families***

**Services:** The Veterans, Inc. is the largest provider of services to veterans and their families in New England. They work hard to assist veterans using a clinical case management approach which allows them to assist veterans in job training and employment, health and wellness and legal advice.

### **Veterans' Services - Worcester**

City Hall, 455 Main Street, Room 108, Worcester, MA 01608

(508) 799-1041

**Contact:** Karen Greenwood

**Hours:** Monday – Friday, 8:30 AM – 5:00 PM

**Website:** [www.worcesterma.gov/veterans-services](http://www.worcesterma.gov/veterans-services)

### **Visitation House, Inc.**

119 Endicott Street, Worcester, MA 01610

(508) 798-8002

**Email:** [evelindquist@visitationhouse.org](mailto:evelindquist@visitationhouse.org)

**Website:** <https://visitationhouse.org/>

The pregnant women who come to Visitation House struggle with a number of issues resulting in physical, emotional, and psychological illness. Many are in recovery from substance abuse or have experienced domestic violence.

Although some are receiving support services from area agencies and organizations targeting these issues, there is a further need for women-centered programming that directly addresses women's issues, building their self-esteem and assisting them in becoming better equipped to care for themselves and their infants. In addition, there is a need to encourage and support them in exploring further education, training, and job readiness, guiding them towards healthy, independent living. Inmates have earned a High School Equivalent Diploma (HiSET) through Sheriff Michael Ashe's office over the last 42 years. Across the U.S., Hampden County Correction Center has the lowest recidivism rate of all correctional institutions.

### **Voices Against Violence**

*24-hour hotline: 1-800-593-1125 or (508) 626-8686*

Voices provides free and confidential services to victims and survivors of sexual and domestic violence in the MetroWest area. Services are provided in English, Spanish, and Portuguese and are available to everyone regardless of race, ethnicity, gender or sexual orientation.

Services include a 24-hour hotline, crisis intervention, confidential short term emergency shelter, counseling and support groups, information and referrals, and medical, legal and criminal justice advocacy.

**Washburn House**

1183 Main Street, Worcester, MA 01603

(844) 908-8238

[admissions@washburnhouse.com](mailto:admissions@washburnhouse.com)

**Website:** <https://www.washburnhouse.com/>

If you are dealing with drug or alcohol addiction, then learning about Washburn House is a critical first step in your journey. We are a full-service rehab center with our client's well-being and healing in mind.

**WCCA TV 13 – “The People’s Channel”**

415 Main Street, Worcester, MA 01608

**Website:** <https://www.wccatv.com>

**Services:** Community Public Access Center- TV Production classes, volunteer opportunities. Youth Media programming, non-profit outreach, grassroots television journalism and more. Helping support groups to educate and inform the public through use of a television and web forums.

**Contact:** Mauro DePasquale Executive Director (508) 755-1880 ext. 11

**Hours:** Scheduled basis: 9:00 AM – closing

**Eligibility:** Anyone who lives, works, or studies in Worcester

**Wesley United Methodist Church**

114 Main Street, Worcester, MA 01608

(508) 799-4191

**Carty Cupboard**

**Services:** Food distribution on the 2nd and last Mondays of the month, 6:00 PM – 7:00 PM, Wednesdays, 1:00 PM – 3:00 PM and Fridays, 10:00 AM – 12:00 PM.

**Free Health Clinic**

**Services:** Vision and hearing services. Low cost glasses (all Mondays), vision tests with low cost glasses (2nd and 4th Mondays), hearing test and low-cost hearing aids (3rd Monday).

**Hours:** Mondays, 6:00 PM – 8:00 PM

**Accepts:** Uninsured, under-insured.

**Payments:** Free/ no fee.

**Worcester Adoptive Families Together - MSPCC**

108 Belmont Street, Worcester, MA 01605

(508) 753-2967

(800) 277-5387

**Email:** [adoptivefamielstogether@eliotchs.org](mailto:adoptivefamielstogether@eliotchs.org)

**Website:** <https://www.mspcc.org/aft/>

For more info contact Lori Baeumler (617) 587-1522 or [lbaeumler@mspcc.org](mailto:lbaeumler@mspcc.org)

Group meets 3rd Thursday of every month, 7:00 PM – 9:00 PM

**Services:** Adoptive Families Together (AFT) provides education, advocacy, training, and support to families, professionals and communities about the unique circumstances

inherent in the adoption experience. Our groups include parents who have adopted children of all ages and races, domestically and internationally, children of kin, and children with special needs. We also welcome adopted individuals, birth parents, foster parents, guardians and pre-adoptive parents. Meetings are free.

### **Worcester Common Ground**

5 Piedmont Street, Worcester, MA 01610

(508) 754-0908

**Website:** <https://www.wcgcdc.org/>

**Services:** Assistance with housing issues and housing applications.

### **Worcester Community Action Council, Inc.**

484 Main Street, Suite 203, Worcester, MA 01608

(508) 754-1176

**Website:** <https://www.wcac.net/>

**Services:** WCAC provides eligible households, homeowners or renters, with help in paying a portion of the winter heating bills.

**Eligibility:** Eligibility is based on household size and the gross annual income of all the members of the household that are 18 or older. Immigrants and persons without social security are eligible to apply for this program.

**Hours:** Monday–Friday, 8:30 AM – 4:30 PM

### **How to Apply**

First time applications can send in their application between November 1 and April 30, Monday, Tuesday, Thursday and Friday between 9:00 AM – 11:00 AM and 12:30 PM – 3:30 PM.

In addition to the services listed above you may also be eligible for weatherization and heating repair programs appliance programs, that provide you with energy saving information, replaces light bulbs and refrigerators with energy efficient models.

### **GED Glasses**

**Contact:** Michelle Ramirez EXT. 146, Linda Taylor EXT. 158, Alan Tubman EXT. 181

**Services:** The Worcester Community Action Council, offers GED preparation for young adults ages 16–25. Test fee is covered for program participants. Classes are free. Additionally they provide computer training and job placement assistance. Registration information: Ongoing registration, 9:00 AM – 3:00 PM. Visit their website, [WCAC.net](http://WCAC.net), for more information.

### **Fuel Assistance**

**Hours:** Monday–Friday, 8:30 AM – 4:30 PM

**Services:** WCAC provides eligible households, homeowners or renters, with help in paying a portion of the winter heating bills. Eligibility is based on household size and the gross annual income of all the members of the household that are 18 or older.

Immigrants and persons without social security are eligible to apply for this program.

Additional information: First time applications can send in their application between November 1 and April 30, Monday, Tuesday, Thursday and Friday, 9:00 **AM** – 11:00 **AM** and 12:30 **AM** – 3:30 **PM**.

In addition to the services listed above you may also be eligible for weatherization and heating repair programs appliance programs, that provide you with energy saving information, replaces light bulbs and refrigerators with energy efficient models.

### ***HiSET Classes***

(508) 754-1176 ext. 181

Find all Worcester HSE programs here: <https://mycareertools.com/worcester-ma/>

### **Worcester Community Connections (WCCC)**

484 Main Street 4th floor, Suite 460, Worcester, MA 01608

Anne Bureau, LICSW, Site Director

(508) 552-7469

**Email:** [bureaua@youinc.org](mailto:bureaua@youinc.org)

**Website:** <https://www.sevenhills.org/programs/worcester-family-resource-center>

### ***Nurturing Parenting Program***

**Services:** A 16-week curriculum for building healthy and caring families by enhancing self-worth, empathy, discipline, and empowerment.

**Contact:** Pat Strong, (508) 796-1411

**Hours:** 16-week sessions; one in the Fall and one in the Spring.

**Eligibility/Payment:** All parents or caregivers. Free of charge.

### ***Parenting Journey***

**Services:** The Parenting Journey is a 12-week journey designed for parents who want to learn more about themselves, their childhood relationships and the relationships with their children. Participants will also learn about resources to help with parenting.

**Contacts:** English: Olga Lopez Hill, (508) 796-1412;

Spanish: Rosa Salazar, (508) 796-1416

**Hours:** 12-week sessions; one in the Fall and one in the Spring.

**Eligibility/Payment:** All parents or caregivers. Free of charge.

### ***Effective Co-Parenting***

**Services:** Program focuses on ways to co-parent when you are not living together; ways to improve communication skills and reduce conflicts.

**Contact:** Amanda Beeso, (508) 796-1411

**Hours:** 5-week sessions; one in the Fall and one in the Spring.

**Eligibility/Payment:** All parents or caregivers. Free of charge.

### ***Parenting With Love and Logic***

**Services:** Gives parents practical strategies for reducing behavioral problems, increasing motivation, building responsibility and resiliency.

**Contact:** Catalina Delaney, (508) 799-3225; Linda Jackson, (508) 799-3252

**Hours:** 5-week sessions; one in the Fall and one in the Spring.

**Eligibility/Payment:** All parents or caregivers. Free of charge.

### **Family Needs Parent Group**

**Services:** Provides activities to promote parent leadership and peer support.

**Contact:** Anne Bureau, (508) 796-1418

**Hours:** The 2nd Tuesday of each month at 5:00 PM

**Eligibility/Payment:** All parents or caregivers. Free of charge.

### **Worcester Community Housing Resources**

11 Pleasant Street, Suite 300, Worcester, MA 01609

(508) 799-0322

**Website:** <https://www.wchr.org/>

#### **Public Housing**

**Contact:** Jini Henderson (Property Manager)

(508) 799-0322 ext. 104

[jhenderson@wchr.org](mailto:jhenderson@wchr.org)

**Services:** This program creates and preserves housing opportunities for low income individuals and have assisted living apartments as well. To learn more about program and services, contact Jini Henderson or access the Worcester Community Housing Resources website located below.

#### **Additional Housing Information**

*If you are having problems with housing discrimination because you are being discriminated against, contact the Fair Housing Project at Community Legal Aid by calling (508) 799-8589 or visit their offices at 405 Main Street, Worcester, MA 01608.*

**How to apply:** You may apply online by accessing the online application. The link is located below. This link will provide you with the general application, the emergency application, additional documents and general information.

**Website:** <https://www.mass.gov/hed/economic/eohed/dhcd/public-housing-applications-and-documentation.html>

### **Worcester Division of Neighborhood and Housing Development**

City Hall 4th floor, 455 Main Street, Worcester, MA 01608

(508) 799-1400, Fax: (508) 799-1406

**Email:** [development@worcesterma.gov](mailto:development@worcesterma.gov)

**Website:** <https://www.worcesterma.gov/housing-neighborhood-development>

**Hours:** Monday–Friday, 8:30 AM – 5:00 PM

**Services:** The mission of the Neighborhood Development Division is to develop and administer programs to improve the quality of life in the neighborhoods of the city.

This office provides neighborhood-based Public Services that focus on the provision of enhanced physical and human infrastructure systems in Worcester's

most challenged neighborhood areas. In addition to coordinating inter-governmental programs and projects in these areas, the Division facilitates neighborhood redevelopment in collaboration with the neighborhood-based non-profit organizations, numerous neighborhood institutions and stakeholders, regulatory authorities and other City departments to address neighborhood needs and concerns.

### **Worcester Family Partnership**

130 Leeds Street, Worcester, MA 01606

(508) 799-3136

Fax: (508) 799-3129

[vietze@worc.k12.ma.us](mailto:vietze@worc.k12.ma.us)

**Website:** <https://worcesterschools.org/worcester-family-partnership>

**Services:** Worcester Family Partnership is offering you the opportunity to participate in a FREE Screening for your child. The AGES & STAGES Questionnaire only takes a few minutes and will give you important information about your child's development.

WFP Opportunities include:

- Playgroups For parent and child Monday–Friday, 9:30 **AM** – 11:00 **AM**
- Family Literacy In collaboration with Adult Education programming (GED & ESOL) sponsored by partner agencies, family activities are offered to extend learning to the entire family.
- Family Recreational Activities – scheduled monthly
- Workshops Related to parenting topics – scheduled monthly.
- Family Resource Information.
- Support for families transitioning into school/child care settings
- Quality support For early education programs.
- PCHP ParentChild Home Program

### **Worcester Housing Authority (WHA)**

630A Plantation Street Worcester, MA 01605

(508) 635-3000

**Website:** [www.worcesterha.org](http://www.worcesterha.org)

#### **Public Housing**

If you are interested in applying for the public housing programs administered by the Worcester Housing Authority, you must file a written application at our Admissions Department located at 40 Belmont Street in Worcester.

To determine your eligibility you will need:

3. Names of all persons who would be living in the unit, their sex, date of birth, social security number (if applicable) and relationship to the family head.
4. Your current home address and mailing address/ telephone numbers.
5. Family characteristics or circumstances that might qualify the tenant for selection preferences.



6. Names and addresses of your current and previous landlords. For information about your family's suitability as a tenant.
7. An estimate of your family's anticipated income for the next twelve months and the sources of that income.
8. The names and addresses of employers, banks and any other information the WHA would need to verify your income, assets and any applicable deductions.

*If you are having problems with housing discrimination, contact the Fair Housing Project at Community Legal Aid by calling (508) 799-8589 or visit their offices at 405 Main Street, Worcester, MA 01608.*

The first step of the process for obtaining a voucher is to fill out the Centralized Waiting List Pre-Application, which can be found online or at the WHA.

### **Section 8 Housing Application Steps**

There are three ways to apply.

- You can apply online by making a login, and then accessing the application. The link to the login is located below: [https://secure.massnahro.org/Section8LHA\\_Internet/WebPages/Registration/Registration.aspx](https://secure.massnahro.org/Section8LHA_Internet/WebPages/Registration/Registration.aspx)
- You may call the closest housing authority near you and request an application to be emailed to you.

Only one application per family. The application must be complete and signed/dated.

You will receive preference for a WHA Section 8 Voucher if:

- You live and work in Worcester.
- You are a veteran, or the family of a veteran whose death was a service related fatality.
- Homeless persons, those living in substandard housing and those forced to move out due to no fault of their own also receive priority.

Information needed in application and after application:

- Name of all persons who would be living in the unit, their sex, date of birth, social security number, and relationship to the family head.
- Family characteristics or circumstances that might qualify the family for tenant selection preferences.
- Current home address and mail address.
- An estimate of family income for next twelve months.
- Names and addresses of employers, banks, and any other information that will help verify income.
- Need documentation that verifies the information given on application such as birth certificates, tax returns.

### **GED/ESL Classes**

32 Great Brook Valley Avenue, Worcester, MA 01605

(508) 635-3000

Contact: Ruben Lopez, (508) 635-3306

**Services:** WHA offers GED and ESL courses for WHA Residents only. The program is free of charge as long as the person currently resides in a WHA apartment. ESL classes are offered Monday, Wednesday and Friday, 9:00 AM – 12:00 PM. GED classes are offered Monday – Friday, 9:00 AM – 12:00 PM.

**Registration information:** On going registration, free of charge. Placement test is required for the GED classes. Registration takes place between September through mid-June. They operate on the public schools schedule.

### **Worcester Pastoral Counseling Center**

123 Providence Street Suite #301, Worcester, MA 01604

(508) 757-0376

7 Church Street, Westborough, MA 01581

(508) 366-4000

34 Felton Street, Hudson, MA 01749

(508) 366-4000

**Website:** <https://pccofma.org/>

### **Mental Health Providers**

**Services:** Outpatient counseling for adults, youth & children, outpatient counseling for Individuals, Couples, Marriage and Family, Grief & Loss, Alcohol and Substance Abuse, Anxiety, Depression & Stress Management. Group therapy – offered sporadically for divorce support, caregivers, grief & loss, meditation, midlife, women's spirituality. Also offers EMDR (eye movement desensitization).

**Payment:** Accepts most insurance agencies, but does NOT accept MassHealth, MBHP or Children's Medical Security Plan. Sliding fee scale.

### **Clothing**

**Services:** Clothing, etc.

**Hours:** Monday– Saturday, 9:00 AM – 7:00 PM; Sundays Closed

### **Soup Kitchen**

**Services:** Salvation Army offers breakfast, lunch and dinner Monday – Friday. Closed on Saturdays. Dinner only on Sunday.

### **Food Pantry**

**Services:** Food distribution Monday – Friday, 10:00 AM – 12:00 PM and 12:45 PM – 2:00 PM

### **Worcester Police Department**

9–11 Lincoln Street, Worcester, MA 01608

### **The Clergy Police Youth Partnership Program**

**Contact:** Sgt. Miguel Lopez Program Supervisor

(508) 799-8696

**Locations:** Mentoring takes place at 10 local places of worship and at the South East Asian Coalition.

**Mission:** The mission of this collaboration is to reach, assist, and transform youth, especially those whose lives have been affected or influenced by alcohol and other drugs, crime, and/or violence. Through a collaboration of faith leaders and police, the aim is to improve the personal development of youth, build a system of community support and create healthy and safe neighborhoods.

**Eligibility:** Serving any 5–21-year-olds at no cost.

### **Worcester Public Library**

3 Salem Square, Worcester, MA 01608

(508) 799-1655

**Website:** <https://www.mywpl.org/>

### **Literacy Volunteers of Worcester**

(508) 754-8056

[Litvolworc@gmail.com](mailto:Litvolworc@gmail.com)

**Services:** ESL classes for adults

**Levels:** Survival, Beginner, high beginning, and intermediate.

Classes run for 12-week sessions in fall and spring, 6-week sessions in late spring and summer. One-on-one tutoring sessions are free, meet once a week for 2 hours. Students can attend group classes and tutoring if desired.

**Registration:** Registration is ongoing for these time frames: Sept. – Dec., Jan. – April, May – June, July – August.

Cost of classes is free. Donations are gratefully accepted.

Visit office to register: Monday, 9:00 AM – 3:00 PM; Tuesday & Wednesday, 9:00 AM – 2:30 PM; Thursday, 9:00 AM – 5:00 PM; Friday, 3:00 PM – 5:00 PM

Cost of tutoring is free. Must make an appointment and undergo testing for tutoring.

### **Worcester Public Schools**

24 Chatham Street, Worcester, MA 01609

(508) 799-3090

**Website:** <https://adult-education.worcesterschools.org/adult-education>

### **WPS Adult Learning Center**

**Services:** The WPS Adult Learning Center offers a variety of programs at this main location and other branches throughout the city. The Family Literacy Program runs Tuesday and Thursday for daytime hours, 9:00 AM – 11:30 AM and evening hours are 5:30 PM – 8:00 PM on Mondays and Wednesdays.

They also offer GED & ESL courses, Tuesday and Thursday, 9:00 AM – 11:30 AM. The evening classes take place Tuesday and Thursday, 5:30 PM – 7:30 PM. Citizenship Classes are also available, please call for more information.

**Registration Information:** Free of charge.

### **Head Start**

770 Main Street, Worcester, MA 01610  
(508) 799-3237, Fax: (508) 799-3633

### **Greendale**

130 Leeds Street, Worcester, MA 01606  
(508) 799-3252

**Services:** ESL classes.

**Recruitment & Enrollment Information:** (508) 799-3608

**Services:** Head Start is a federally funded preschool program whose focus is to provide quality instruction and education with an emphasis on early literacy and mathematics. Children leave Head Start prepared for elementary school and a successful transition to kindergarten. Teachers use research based curriculum. Instruction is provided in both individual and small group settings. The classroom environment and teacher instruction provide opportunities for each child to develop at their own pace in a stimulating and challenging setting.

Comprehensive services are provided to both the child and their family. These services include:

- Health screenings and education
- Oral Health screenings and dental education
- Nutritional services
- Special Needs identification and support services
- Social Service support and referrals
- Family Involvement activities including Adult Education opportunities

The program services 615 children and families who reside in the City of Worcester. Each Head Start building is accredited by the National Association for the Education of Young Children (NAEYC). Limited transportation is provided and multilingual staff are available to assist families.

### **Worcester Public Schools Night Life**

(508) 799-3090

**Website:** <https://www.nightlifeworcester.org/>

**Services:** The Night Life program offers a wide array of classes, in everything from business to recreation. Job training and vocational skills classes are available. Online classes are available. The program also operates an adult learning center at 24 Chatham Street that specializes in adult literacy, ESL, and GED classes.

### **Worcester Senior Center**

128 Providence Street, Worcester, MA 01604  
(508) 799-1232

**Website:** <https://www.worcesterma.gov/senior-center>

**Services:** The Worcester Senior Center is a welcoming place for all seniors, their families and caregivers, elder service providers and the community. The Center is on two bus routes and has free parking.

There is a strong emphasis on health and wellness programming, in addition to fitness, intergenerational events, support groups, arts & crafts classes, multi-cultural programs, computer classes and various other educational and recreational activities. Lunch is provided every day, as well as dinner. In addition to scheduled programs, elders enjoy a spacious library, computer lab practice, games, art exhibits and landscaped grounds. They also provide such services as veterans' assistance, health insurance counseling, food stamps, tax return preparation, legal assistance and individual client advocacy. The SeniorScoop is a free monthly newsletter listing activities, menus and programs for the month.

#### ***Low Vision***

**Services:** Vision support group.

**Hours:** 3rd Friday, 10:00 **AM** – 12:00 **PM** (noon)

**Eligibility/Payment:** Anyone with low vision. No cost.

#### ***Al-Anon***

**Services:** Alcohol abuse support group.

**Hours:** Fridays from 12:30 **PM** – 1:30 **PM**

**Eligibility/Payment:** Open Meeting. No cost.

### **Worcester State University**

486 Chandler Street, Worcester, MA 01602

(508) 929-8127, (508) 929-8000

**Website:** [www.worcester.edu](http://www.worcester.edu)

#### ***Intensive English Language Institute***

**Contact:** Leah Guzman and Susan Siebel, (508) 929-8120

**Services:** The Intensive English Language Institute by Worcester State University offers ESL courses.

The Intensive program is offered by semester. There are Spring, Fall and Summer sections that run of the following schedule: Mondays, Wednesdays and Fridays, 8:15 **AM** – 12:15 **PM**; Tuesdays and Thursdays, 1:00 **PM** – 5:00 **PM**.

The Community Program is a small program using integrated skills with ESL courses. They are for people in levels 1–4. Courses are offered in the day or evening.

Pronunciation and Conversation classes are offered in the evenings. These courses are exclusively for those in level 4 and higher.

Business English and Grammar through Writing classes are also offered in the evenings and only for those in level 4 or higher.

In addition, they provide TOEFL training courses for level 4 and up, in the evenings.

**Registration information:** The registration fee may vary depending on the course.

It can range from \$700 to \$3250 for the Intensive Semester Program. The other

programs also have a registration fee that ranges from \$375 to \$475. Discounts and payment plans are available, please call for more information regarding these options.

### ***Intergenerational Urban Institute***

(508) 929-8978

**Services:** The Intergenerational Urban Institute offers a variety of services including free conversational English tutoring. The classes run on the following schedule:

Tuesdays, 3:00 PM – 4:00 PM at Worcester Housing Authority, 425 Pleasant Street.

Wednesdays, 11:30 AM – 12:20 PM at Worcester State University, 486 Chandler Street.

Thursdays, 10:00 AM – 11:00 AM at Nu Café, 335 Chandler Street,

Elderly persons are especially welcomed.

Registration information: There is no registration fee. Classes begin the week of 9/23.

### ***Latino Education Institute***

537 Chandler Street, Worcester, MA 01602

Contact: Coordinator Josefina, (508) 414-2590

**Services:** ESL Adult Learner Program held on Tuesdays & Thursdays, 6:00 PM – 8:30 PM

**Registration:** Must be at least 18 years of age, undocumented OK.

No Cost Registration on-going classes are September–November and March–June. Enrollment dependent upon waiting list and program numbers.

### ***Worcester Youth Center***

326 Chandler Street, Worcester, MA 01602

(508) 791-4702

**Website:** <https://worcesteryouthcenter.org/>

#### ***GED Classes***

**Services:** The Worcester Youth Center offers free, small GED preparation courses. This program pays for the GED testing fee. In addition they offer a bilingual program to prepare for the test in either English or Spanish. Upon earning their GED participants will receive \$100. This program is for people between the ages of 16–24.

**Hours:** Monday – Fridays, 2:00 PM – 7:00 PM

**Eligibility:** Youth Ages 14–24. No cost, membership form.

### ***Workforce Central Worcester = Mass Hire***

44 Front Street, 6th floor, Worcester, MA 01608

(508) 397-3495, Career counseling

(508) 799-1600, or (508) 799-8000, Medical Clinics

**Website:** [www.workforcecentralma.org](http://www.workforcecentralma.org)

**Services:** Through the Job Seekers services Workforce Central Worcester is there to provide assistance to those who are beginning their work history or those who are looking for a new job. They provide job training and financial aid is available to assist clients in their career path. The program also operates a Youth Services and Veterans Services division.

**Eligibility:** Workforce Central Career Centers can provide financial assistance for re-training to eligible applicants 18 years and over, you must reside or have been currently laid off their service area.

To participate in the program you will be asked to provide two documents:

- Proof of Age in the form of a birth certificate or other legal document that contains your date of birth
- Work Authorization, this can be a copy of your passport, birth certificate or alien resident card indicating right to work.

### ***New Leaf Program***

**Services:** This program has been designed by job experts and ex-offenders to help clients land the job that they want. The first step is to apply for the Career Center Seminar, in which the client will have the opportunity to meet with job-readiness expert and talk about history and develop career goals.

### ***Youth Services***

**Services:** Assistance with work readiness and job search assistance, work experience in the form of internship opportunities, training, counseling and mentoring. Career development is also available with adult mentoring and follow-up services. Additional Youth Services include GED preparation, MCAS preparation and summer youth employment.

### ***Veterans Services***

**Services:** Veterans receive top priority services. Clients have the opportunity to meet with a Veterans' Representative that will provide job assistance. Additionally they can offer job leads, career planning, career training, resume services, use of personal computers, internet access, workshops and ongoing support, community outreach and other veterans' resources.

### ***Unemployment Insurance***

**Services:** Walk-in customers may use the dedicated UI Online computer stations on a first-come, first-serve basis. Basic computer skills are needed for you to enter all personal and confidential claim information yourself when using the Online system.

Stop by the front desk to sign up. UI Online computer stations and printers are available Monday–Thursday, 8:45 AM – 3:00 PM and Fridays, 9:30 AM – 3:00 PM. If you require assistance to fill out this application, please be advised that staff are available on the following days and times: Monday–Thursday, 8:45 AM – 3:00 PM and Fridays, 9:30 AM – 3:00 PM.

### ***Older Worker Services***

**Services:** Offers mature workers assistance in re-employment, including coaching and counseling, internships, job referrals, on-the-job training at non-profit and government agencies and much more. To participate you must first attend a Careers Services Seminar, and then ask for a referral.

**WRTA (Worcester Regional Transit Authority)**

WRTA Customer Service Center  
 60 Foster Street, Worcester, MA 01608  
 (508) 791-9782

**Website:** <https://www.therta.com/>

**Services:** Call to obtain NEW route information and to find out where bus schedules are distributed.

**YEATEAM (Youth Empowerment and Activism)**

23 Ferdinand Street, Worcester, MA 01603

**Contact:** Raquel Castro, (774) 242-6461; Marianna Islam (774) 641-1132

**Website:** <https://yeacamp.org/>

**Services:** A Worcester-based collective of young people in solidarity with their adult allies who creatively and strategically fight racism in all forms.

YEA is a volunteer-driven collective for youth ages 13–18 and their adult allies. No members are paid, rather we all, youth and adult commit to this work out of our personal thirst for racial justice and our dedication to a better tomorrow. All members go through a rigorous application and induction process that occurs in September of each year. YEA collaborates with many organizations within and outside of Worcester who share a similar commitment to racial justice and youth empowerment.

**Eligibility:**

- Applicant must be aged 13–18.
- Applicant must have a two year minimum commitment.
- Applicant must regularly attend every YEA Team meeting (every other Thursday evening).
- Applicant must follow mandatory attendance at the annual YEA Team Empowerment Retreat.
- Applicant should bring passion and dedication to examining and fighting racism.
- Applicant must plan and facilitate anti-racism workshops for youth and the community in Worcester and at conferences and events outside Worcester.
- Applicant must have openness to learn and grow and commitment to speak truth to power!

**YMCA**

766 Main Street, Worcester, MA 01608  
 75 Shore Drive, Worcester, MA 01606  
 (508) 755-6101

**Website:** <https://www.ymcaofcm.org/locations/central-community-branch/>

**Services:** They offer childcare, camp opportunities for children, sports, and other programs for youth of all ages. The YMCA has services for children and their families.



**YOU, Inc.**

81 Plantation Street, 2nd floor, Worcester, MA 01604  
(508) 849-5600 ext. 421, Centralized Referral Department

**Website:** <https://www.sevenhills.org/affiliates/you-inc>

**Community Based Services**

172 Lincoln Street, Worcester, MA 01605  
(508) 770-0511

**GED Classes**

*Contact: Kate Mallet, (508) 849-5600 ext. 397*

**Services:** In addition to their GED program they also offer an Education for Employment program. Both services are available for persons ages 16–21 that qualify.

**Hours:** They are open Monday – Friday, 9:00 AM – 12:00 PM.

Registration Information: They have an ongoing registration. There is no fee. Please call for more information and to set up a placement test.

**Mental Health Treatment**

*Contact: For referrals, (508) 849-5600 ext. 421 or 855-4YOUINC*

**Services:** Counseling available for children, adolescents, adults and families. They help adolescents with Substance Abuse. Psychological testing, neuropsych screening, risk assessments, ADHD evaluations, trauma evaluations are available. After-school programs, Group therapy for parents, grand-parents, teens and kids, Parent Resource Rooms and Prevention Specialists are offered. In-home services are provided.

Sexual Abuse treatment & evaluations, Medication management & evaluations for clients receiving services at YOU, Inc. Early Childhood Mental Health Consultation Services, Community-Based Services, Adult Case Management, GED programs, Fire-setters' Prevention program, In Home Behavioral Services, Positive Parenting, and Therapeutic Mentoring available. Spanish speaking clinicians available.

**Payments:** Accept all private insurances (except CIGNA or TriCare). Limited sliding fee. Accepts all Mass Health plans and the Children's Medical Security Plan.

**Parenting Psychotherapy Support Group**

**Services:** The program provides affect management, communication and discipline.

**Hours:** Accepting referrals Tuesdays, 5:00 PM – 6:00 PM

**Eligibility:** Mass Health, some private insurances or private pay.

**Parenting Skills for Spanish Speaking Parents**

**Services:** This program conducted in Spanish helps the participants develop and tone their parenting skills.

**Hours:** Accepting referrals Fridays, 1:00 PM – 2:30 PM

**Eligibility:** Adults 18+

**Martial Arts and Mindfulness**

**Services:** A movement based group using martial arts and mindfulness to support stress reduction and emotional regulation.

**Hours:** Accepting referrals Tuesdays, 12:00 PM – 1:00 PM

***Young Adults Support Group***

**Services:** Helping young adults navigate sexuality & relationships.

**Hours:** Accepting referrals Mondays 6:00 PM – 7:00 PM

**Eligibility:** Young adults ages 16–21, co-ed.

***Adolescent Substance Abuse Services***

**Services:** A group treatment that focuses on substance abuse treatment for those who have a history of either experimental or significant substance abuse and addiction.

**Hours:** Rolling admission.

**Eligibility:** Must be between the ages of 11–18

***PUNCH!***

**Services:** Anger management for adolescent and pre adolescents (11+) who have difficulties managing their anger in any situation.

**Hours:** Rolling admission.

**Eligibility:** Must be between the ages of 11–18.

***LGBTQ Support Group***

**Services:** Assisting clients struggling with issues related to gender and/or sexuality.

**Hours:** Accepting referrals Thursdays, 4:00 PM – 5:00 PM

**Eligibility:** Open to persons struggling with the issues listed above.

***JSI***

**Services:** Group for boys with sexual offending or harmful behavior (ages 13–17)

**Hours:** Meets on Tuesdays, 3:00 PM – 4:00 PM

**Eligibility/ Payment:** Open to persons struggling with the issues listed above.

***Harmony/Aikido***

**Services:** Building self-regulation and interpersonal relationship skills through movement and martial arts.

**Hours:** Meets on Tuesdays, 4:00 PM – 5:00 PM

**Eligibility:** Youth between the ages 8–12, co-ed

***Youth Opportunities Upheld Inc – Structured Outpatient Services***

172 Lincoln Street, Worcester, MA 01605

(508) 770-0511 ext. 109 / Intake: (508) 770-0511 ext. 120

**Services:** Substance abuse treatment.

***Youville House***

133 Granite Street, Worcester, MA 01604

(508) 753-3084

**Services:** Catholic Charities Services helping elders, families and children in need:

- Older and disabled adults maintain their independence by receiving home care services while others enjoy the companionship of our volunteer visitors.
- Low income seniors learn new job skills by working at numerous area agencies as senior aides.
- Homebound elders and people who would otherwise be alone enjoy Thanksgiving and Christmas dinners with the aid of many volunteers.
- Families receive emergency assistance, food and help with budgeting skills to prevent homelessness, while others find usable, wearable clothing at the Catholic Charities boutique.
- Parents and children find emergency shelter and transitional services at Catholic Charities Youville House and at the Little Brown House through Catholic Charities partnership with St. Mary's Parish.
- Women of all ages receive post-abortion counseling through Project Rachel.
- Many parents and children benefit from the encouragement and instruction of parent aides.
- A child completed his journey to his adoptive family, while prospective adoptive families are helped to access adoption services. Many others locate their adoptive histories.
- Adult learners, assisted by volunteer tutors, pursue educational and life goals through improved literacy.
- Refugee and immigrant youngsters are tutored after school weekly by college students through a partnership between Catholic Charities and the African Community Project.
- Families discover strength by building life skills through our Family Resource Center group services.
- Catholic Charities Services helping families who seek independence and community support:
- People volunteer in the resettlement and homeless programs.
- Newcomers (asylees, refugees and immigrants) living throughout Worcester County with limited financial means receive free medical physicals, lab work and medical documentation in their quest for US citizenship and permanent residency through a partnership of Catholic Charities and St. Luke's Health Center.
- People participate in citizenship education and while others obtain immigration counseling.
- Former refugees find help in their resettlement and in beginning new lives in the United States and others are enrolled in employment training.
- Immigrants and refugees process legal documents that eventually lead to permanent residency and citizenship.

- Men at Crozier House continue their pursuit of sobriety, while additional men live in the community through Crozier's collaboration with St. John's Parish.
- People with multiple sclerosis are assisted in their efforts to live independently.
- Many of our neighbors access information and referral services.
- Catholic Charities Services helping families faced with developmental disabilities:
- Young adults find jobs through Mercy Centre's employment services and job training or receive community based day services.
- Hearing impaired people find comfort and companionship through deaf ministry.

### **YWCA of Central Massachusetts**

1 Salem Square, Worcester, MA 01608

(508) 767-2505

**Website:** <https://ywcacm.org/>

#### ***Girls CHOICE Program***

Noelly Perez at (508) 767-2505 ext. 128, or email [nperez@ywcacm.org](mailto:nperez@ywcacm.org)

**Services:** Girls CHOICE fosters long term mentoring relationships between professional women and middle school aged girls. The program aims to empower girls to achieve their aspirations through education and financial independence. Girls participate in one-on-one mentoring and weekly programming. Weekly programming is held during the school year and includes topics such as: stress management, bullying, body image, violence prevention, community service and group mentoring events. Girls also receive academic support services as needed.

This program is free of charge.

#### ***Eligibility***

- Applicants must be entering or enrolled 7th grade girls attending Worcester Public Schools.
- Applicants must be eligible for free and reduced lunch.
- Applicants must be able to attend regular weekly programming and occasional events.
- Applicants must be willing to be matched with a one-on-one mentor through Big Brothers Big Sisters.

#### ***The Young Parents Program***

Contact: YPP Director at 508-767-2505, ext. 148 or email [NMSpeight@ywcacm.org](mailto:NMSpeight@ywcacm.org)

**Services:** The Young Parents Program offers pregnant and parenting out-of-school youth, aged 14–21, who have not achieved a high school diploma with GED preparation along with a variety of educational and life skills training. Teen parents also receive community-based assistance while preparing for their GED such as

childcare, case management, life and parenting skills training, job search assistance, health services, career exploration and more.

**Hours:** Mondays–Fridays, 9:00 AM – 2:30 PM

**Eligibility:** DTA referred Parents under 21 years old, pregnant or with children.

**Registration:** Registration is on going. Please call to schedule an appointment if you interested.

### ***Sober Housing***

**Services:** Sober housing available for women. Housing available from four weeks up to two years.

**Eligibility:** Women in need of short-term housing, full time student and/or working, 18 or older.

### ***Breast / Reproductive Cancer Support Group***

**Services:** Water Exercise, Health and Wellness

**Contact:** Maureen Burdulis *ENCORE Plus Facilitator*, (508) 767-2505 ext. 5509

**Hours:** Water Exercise component held every Tuesday, 11:00 AM – 11:30 AM, Support Group at 12:00 PM.

**Eligibility:** Free and open to any woman diagnosed with breast cancer or reproductive cancer.

### ***Daybreak Domestic Violence***

**Services:** Domestic violence services are designed to meet the needs of women and children whose lives are affected by interpersonal violence. All services are confidential and free of charge. All services can be accessed by calling the 24-hour hotline in your geographic area.

**Contact:** Hotline (508) 755-9030

**Hours:** Call for dates, times, & location

**Eligibility:** Adult victims of domestic violence. No cost.

# Route 128

## Avon

### **Avon Baptist Church Food Pantry**

119 N Main Street, Avon, MA 02322

(508) 583-8076

**Website:** <https://www.avonbaptistchurch.org/general/ministries.php>

If you find yourself in need of assistance and are an Avon resident, contact the church office. The Food Pantry is open Monday through Thursday from 8 AM – Noon

### **Avon Housing Authority**

1 Fellowship Circle, Avon, MA 02322

(508) 588-1847

**Website:** <https://www.avon-ma.gov/housing-authority>

### **Self Help Inc Community Partnership**

780 W Main Street, Avon, MA 02322

(508) 588-0447

**Website:** <https://selfhelpinc.org/>

Discounts on fuel and energy costs, as well as heating systems, and home energy and safety audits

### **Veterans' Services**

65 East Main Street, Avon, MA 02322

(781) 794-8217

**Website:** <https://www.avon-ma.gov/veterans-services>

## Belmont

### **Belmont Food Pantry**

Belmont Town Hall, 455 Concord Avenue, Belmont, MA 02478

**Website:** <https://belmontfoodpantry.org/>

The pantry is open the 1st & 3rd Saturday of the month for pickup & donation drop off from 8:30 AM – 10:00 AM.

### **Belmont Housing Authority**

59 Pearson Road, Belmont, MA 02478

(617) 484-2160

**Website:** <https://belmontha.org/>

### **McLean Hospital**

115 Mill Street, Belmont, MA 02478

(617) 855-3141

**Website:** <https://www.mcleanhospital.org/>

Psychiatric hospital

### **Psych Garden**

25 Flanders Road, Belmont, MA 02478

(857) 598-2808

**Website:** <https://www.psychgarden.com/>

Whether you come by yourself or as a family, we provide the finest care for anxiety, mood disorders, complex psychiatric issues and addictions.

### **Restoration Project Nonprofit Program & Thrift Store**

334 Pleasant Street, Belmont, MA 02478

(617) 489-1000

**Website:** <https://restorationproject.org/>

Our Resale Store, in Belmont, MA, has an ever-changing selection of quality clothing and household goods at bargain prices. Restoration Project is an award-winning nonprofit vocational rehabilitation program serving adults and adolescents with mental illnesses and brain injuries. More than 300 individuals have participated in our program since we began in 1993.

## **Braintree**

### **Affordable Housing & Services Collaborative, Inc.**

536 Granite Street, 3rd floor, Braintree, MA 02184

(781) 794-1095

**Website:** <https://www.ahscinc.org/>

AHSC is a non-profit organization that owns and develops affordable rental communities.

### **Arbour Counseling Services**

400 Washington Street, Braintree, MA 02184

(781) 843-3423

**Website:** <https://arbourhealth.com/>

Arbour Counseling Services Provides:

- Partial Hospitalization (PHP) for children, adolescents and adults
- Intensive Outpatient (IOP) for adults
- Structured Outpatient Addictions Programs (SOAP) for adults
- Community-based programs, including:
- Community support program
- In-home therapy
- Therapeutic mentoring
- Traditional outpatient therapy, including:

- › Clinic-based
- › Home-based
- › School-based
- Medication-assisted treatment
- (MAT) – Suboxone & Vivitrol
- Driver Alcohol Education (DAE)

### **Braintree Community Continuing Adult Education (BCCAE)**

128 Town Street, Braintree, MA 02184

(781) 848-4000 x 7860

**Website:** [braintreeadulted.com](http://braintreeadulted.com)

Available Monday–Thursday from 5:00 PM – 8:30 PM.

### **Braintree Community Food Pantry**

14 Storrs Avenue, Braintree, MA 02184

(781) 277-1609

**Website:** <https://www.braintreefoodpantry.org/>

Our mission is to alleviate hunger in Braintree by providing the resources necessary for purchasing groceries to all Braintree residents in need. Grace church provides the space for meeting with our clients two Saturday's each month, where the Pantry distributes gift cards to supermarkets in the Braintree area and a bag of "extras" such as paper goods and cleaning supplies.

### **Braintree Housing Authority**

25 Roosevelt Street, Braintree, MA 02184

(781) 848-1484

**Website:** <https://www.braintreehousingauthority.org/>

### **Intensive Outpatient Program (IOP) at Brook Recovery Centers**

100 Grossman Drive, Braintree, MA 02184

(781) 410-4814

**Website:** <https://www.brookrecovery.com/intensive-outpatient-program-iop-massachusetts/>

Addiction Treatment Center

### **Marge Crispin Center, The**

46 Lincoln Street, Braintree, MA 02184

(781) 848-2124

**Email:** [margecrispin@verizon.net](mailto:margecrispin@verizon.net)

**Website:** <https://www.margecrispincenter.com/services/>

The Marge Crispin Center is a non-profit operated by Braintree Holiday/Friends, Inc. that supports residents of Braintree, Massachusetts in need of food and emergency aid, as well as providing adult day care services to seniors in the surrounding area.

Our pantry provides food to ANY Braintree resident in need of assistance.



Braintree residents may use our pantry twice each month. 24-hour notice is requested prior to pick-up.

**Hours:** 10:00 AM – 12:00 PM, or 1:00 PM – 3:00 PM.

**Eligibility:** Provided to qualified Braintree residents who may need assistance for utilities including electricity and heat.

### **One Life at a Time**

100 Grossman Drive, Suite 400A, Braintree, MA 02184

(781) 681-7003

**Email:** [info@1lifeatatime.org](mailto:info@1lifeatatime.org)

**Website:** <https://www.1lifeatatime.org/>

We work to provide resources to those individuals in need to help them feel confident and competent personally, and build the skills necessary to be successful professionally. Our inclusive programs with businesses involve mentoring, hiring and sponsoring our Clients, and creates a great and unique opportunity to work together in helping merge Corporate Responsibility Programs to collectively be part of the solution.

### **Veterans Services - Braintree**

71 Cleveland Avenue, Braintree, MA 02184

(781) 794-8217

**Website:** <https://braintreema.gov/166/Veterans-Services>

## **Burlington**

### **Burlington Housing Authority**

15 Birchcrest Street, Burlington, MA 01803

(781) 272-7786

**Website:** <https://www.burlington.org/572/Burlington-Housing-Authority>

### **Burlington Veterans Agent**

61 Center Street, Burlington, MA 01803

(781) 270-1959

**Website:** <https://www.burlington.org/202/Veteran-Services>

### **Lahey Psychiatry and Behavioral Medicine**

41 Burlington Mall Road, Burlington, MA 01803

(781) 744-8013

**Website:** <https://www.lahey.org/Psychiatry/>

When you are living with a mental or behavioral health issue, it can be difficult to participate in daily activities or to enjoy life. You may avoid going to work, miss out family time, or damage close relationships with family and friends. You may also experience health problems.

Lahey Hospital & Medical Center's Division of Psychiatry & Behavioral Medicine can help. We care for adults with a full range of psychiatric, psychological and behavioral health conditions, including:

- Addiction problems
- Anxiety disorders
- Coping with mental illness of family members
- Depression
- Insomnia
- Mood disorders
- Relationship problems
- Stress-related conditions
- Psychosis

Whether your needs are urgent, ongoing or related to another medical condition, our goal is to help you get back to living life to the fullest. Our team includes psychiatrists, advanced practitioners, psychologists, licensed social workers, licensed mental health counselors, licensed marriage and family therapists—all working together to provide you with personalized, high-quality care.

### **Minuteman Senior Services**

One Burlington Woods Drive, Suite 101, Burlington, MA 01803

888-222-6171

**Website:** <https://www.MinutemanSenior.org>

offers lunches three days a week at the Town Center and home-delivered meals five days a week to those over 60

### **People Helping People / Burlington Food Pantry**

10 Street, Marks Road, Burlington, MA 01803

(781) 270-6625

**Website:** <https://www.peoplehelpingpeopleinc.org/>

As a community, we strive to address the needs of those who find themselves in difficult financial circumstances. Please consider volunteering your time to help make our programs a success. Our purpose is to establish and sustain a community-wide effort to help meet the basic needs of residents of the Town of Burlington, thereby strengthening the community as a whole.

**Hours:** Monday–Thursday, 9:00 AM – 2:00 PM

## **Canton**

### **Bedrock Recovery Center**

1 Meadowbrook Way, Canton, MA 02021

(855) 602-7555

**Website:** <https://bedrockrecoverycenter.com/>

Bedrock is a state of the art facility designed to treat individuals struggling with a drug or alcohol addiction. We offer a Detox program and inpatient services. At

Bedrock our mission is to provide trauma informed, evidence based, culturally humble, gender responsive and family centric services to individuals suffering from substance use disorders.

### **Canton Food Pantry**

960R Washington Street, Canton, MA 02021

(781) 828-6666

**Website:** <https://cantonmahelpline.org/>

Our purpose is to provide free food to eligible Canton residents. We serve many individuals and families, on a temporary basis, who have been affected by economic problems. The Food Pantry is operated entirely by volunteers who wish to help their fellow townspeople, by providing a basic human necessity. To sign up to use the pantry, please visit us at 960 R Washington Street, located on the Canton High School Campus, Behind the Marilyn Rodman building. You will need to bring in proof of your canton address for each household member. 1 card per household.

Adults : Please provide 2 of the following documents for each adult in your household: Utility/Phone Bill, Lease Agreement, Property Tax Bill, Mortgage Statement or current piece of mail with your canton address.

For children: Please provide 1 document for each child under age of 18. School Records, Immunization Records with your current address. Days/hours are Tuesday and Wednesday, 9:15 AM – 11:15 AM and the first Saturday of the month, 10:00-10:30 AM

### **Canton Housing Authority**

660 Washington Street, #1, Canton, MA 02021

(781) 828-5144

**Website:** <https://cantonmahousing.org/>

### **Canton Veteran's Services**

660 Washington Street, Canton, MA 02021

(781) 821-5005

**Website:** <https://www.town.canton.ma.us/202/Veterans-Services>

### **Granite Pond, LLC**

354 Turnpike Street, Suite 101A, Canton, MA 02021

(617) 326-3014

**Website:** <https://www.granitepond.com/>

Granite Pond clinicians focus on helping individuals improve the quality of their lives through practical analysis and improvement in behavior. Often, life speeds away from us before we realize how quickly things have changed. Life is a process of personal growth and evolution, as well as a process of building and maintaining relationships with people in a world that's constantly in flux. If you're looking to develop greater insight into these concerns, counseling is a great place to start.

We focus on partnering with you to explore challenges around interpersonal relationships, spirituality, behavioral problems, sexual identity and behavior, and many other aspects of life.

In counseling, we incorporate techniques from a variety of theoretical orientations, placing an emphasis on collaboration and client-identified goals. Therapy is informed by our background in and experience with Cognitive-Behavior Therapy, Behavior Therapy, Acceptance and Commitment Therapy, and Applied Behavior Analysis.

## Concord

### Aware Recovery Care

9 Pond Lane Suite #105, Concord, MA 01742

(617) 430-4949

**Website:** <https://www.awarerecoverycare.com/>

A dramatically different evidence-based in-home approach to treatment that is truly client and family-centered. We bring the care to you—wherever you live in Connecticut. Aware Recovery Care is one of the most comprehensive drug and alcohol addiction rehab programs available in Connecticut. We provide a lasting solution for those suffering from the chronic disease of addiction—in the comfort, privacy, and security of the home. We are there where and when you need us most.

### Concord Carlisle Adult & Community Education (CCACE)

500 Walden Street, Concord, MA 01742

(978) 318-1432

**Website:** <https://concordcarlisleace.org/>

### Concord Center, The

747 Main Street, Suite 324, Concord, MA 01742

(978) 369-3297

**Website:** <https://www.concordcbt.com/>

#### *All Anxiety Disorders, including:*

- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Separation Anxiety Disorder
- Specific Phobias
- Panic Disorder/Agoraphobia
- Obsessive Compulsive Spectrum Disorders, including:
- Obsessive Compulsive Disorder (OCD)
- Body Dysmorphic Disorder (BDD)
- Trichotillomania (i.e., hair pulling)
- Excoriation Disorder (i.e., skin picking)
- Other Body Focused Repetitive Behaviors (BFRBs)
- Tic Disorders
- Mood Disorders, including:
- Major Depressive Disorder (MDD)
- Persistent Depressive Disorder
- Bipolar Disorder

- Post-Traumatic Stress Disorder
- Emotion Dysregulation (e.g., self-harm, impulsivity, chronic suicidal thoughts, relationship problems, trouble managing mood/emotions)
- Stress (e.g., career stress, parenting stress, life transitions, relationship problems)

### **Concord Housing Authority**

34 Everett Street, Concord, MA 01742

(978) 369-8435

**Website:** <https://www.concordha.org/>

### **Concord Veteran's Agent**

55 Church Street, Concord, MA 01742

(978) 318-3038

**Website:** <https://concordma.gov/830/Veterans-Services>

### **Eliot Center at Concord**

86 Baker Avenue, Extension, #100, Concord, MA 01742

(978) 369-1113

**Email:** [ccbhc@eliotchs.org](mailto:ccbhc@eliotchs.org)

**Website:** <https://www.eliotchs.org/behavioral-health-clinics/>

Mental Health Outpatient clinic. Open to new clients and accepting most insurances including MassHealth and Medicare

### **Ivy Child International**

35 Beharrell Street, Unit 1265, Concord, MA 01742

(508) 299-7905

**Email:** [info@ivychild.org](mailto:info@ivychild.org)

**Website:** <https://ivychild.org/>

### **Mental Health Provider**

**Services:** Multicultural mindfulness-based programs offered through yoga, meditation and music. Offers health education and therapeutic care to children, youth, caregivers and health/medical providers. Individual and group assessments available. All programs are offered in various community centers.

**Languages:** Multilingual services available.

**Payment:** Accepts Mass Health and Harvard Pilgrim

### **Jon Cohan Counseling**

70A Junction Square Drive, Concord, MA 01742

(617) 308-3555

**Email:** [jcohancounseling@gmail.com](mailto:jcohancounseling@gmail.com)

**Website:** <https://joncohancounseling.com/>

Personalized Addiction counseling for individuals and families

### **Timothy Wheeler House**

110 Walden Street, Concord, MA 01742

(978) 369-3771

Email: [info@timothywheelerhouse.com](mailto:info@timothywheelerhouse.com)

**Website:** <https://timothywheelerhouse.com/>

Timothy Wheeler House is a small, privately funded and managed non-profit residence for independent seniors over 60 years of age in Concord, Massachusetts.

## **Dedham**

### **Blue Hills Regional Technical School - Adult Education**

322 Sprague Street, Dedham, MA 02026

(781) 298-3111

**Website:** <https://adulted.bluehills.org/about/>

We teach ASE (Adult Secondary Education) and ESOL (English for speakers of other languages). Our students and graduates have gotten jobs, promotions, and better jobs. They've gone to college and launched careers. They support their families, participate in their children's education, and contribute to their communities. You can too! Join us, and become part of our friendly, supportive community. We'll help you feel at home, set goals, and dream. This is just the beginning! All our courses are FREE!

### **Dedham Food Pantry**

797 Providence Hwy, Dedham, MA 02026

(781) 320-9442

**Website:** <https://www.dedhamfoodpantry.org/>

Our organization is a non-denominational, and non-political run entirely by volunteers and funded entirely by contributions. We were established in 1990 with the mission of ending hunger in the Dedham community.

The Dedham Food Pantry distributes over 22,000 bags of food annually to more than 400 households. Our clients are families with children, the disabled, and senior citizens who may have fallen into hard times due to loss of employment, reduction in benefits, or just living on a fixed income.

The Dedham Food Pantry's operations is run directly from donations received, and volunteers who have dedicated their time and resources to make a difference in the community. Local businesses like Federal Realty Investments, Costco, BJ's, Trader Joes, Shaws, Stop and Shop and so much more regularly donate in kind. The generosity of our contributors has enabled the Dedham Food Pantry to provide a range of food including fresh produce milk and eggs. We also provide frozen meats, fish, chicken, vegetables and berries. We also offer canned meats, canned vegetables and all staples a family would need including cleaning supplies and toilet paper.

**Dedham Housing Authority**

163 Dedham Blvd, Dedham, MA 02026

(781) 326-3543

**Website:** <https://dedhamhousing.org/>

**Immigration and Business Law Group, LLP**

20 Eastbrook Road, Suite 203, Dedham, MA 02026

(781) 410-3284

Immigration and Business Law Group, LLP, is a premier law firm focusing in immigration and criminal defense. The firm boasts a full-service immigration practice, including family-based and employment-based petitions, adjustments of status, humanitarian relief, asylum, removal defense, and naturalization. The firm's criminal defense practice covers trial representation and post-conviction relief.

**Massachusetts Mentor**

280 Bridge Street, #23, Dedham, MA 02026

(781) 326-4207

**Website:** <https://www.ma-mentor.com/>

Founded in 1980, Massachusetts Mentor is a leading home- and community-based human services provider. We offer innovative programs to children with emotional and behavioral challenges and their families, and to adults and youth with intellectual and developmental disabilities and medically complex needs. Through a range of personalized supports, we empower the individuals and families we serve to learn, grow and thrive.

**Veterans Services - Dedham**

450 Washington Street, Dedham, MA 02026

(781) 751-9267

**Website:** <https://www.dedham-ma.gov/departments/veterans-services>

**Easton****Easton Food Pantry**

136 Elm Street, North Easton, MA 02356

(508) 230-0663

**Website:** <https://www.eastonfoodpantry.org/>

*We're here to help. Messages are checked daily. In order to receive food, all you need is proof of Easton residency. We understand the importance of your privacy. Please know ALL NAMES are kept confidential.*

**Food Distribution**

**Hours:** Mondays, 12:00 PM – 3:30 PM

The food pantry is in the basement of the Town Hall. During the Covid-19 pandemic, we ask recipients to form a line in their cars to the right of the orange cones set up

at Town Hall and leave your trunk open (it should be empty). Our masked volunteers will then place food into your trunk. We ask that you also wear a mask.

### **Easton Housing Authority**

1 Parker Terrace, North Easton, MA 02356

(508) 238-4747

**Website:** <https://www.eastonhousingauthority.net/>

### **Veteran's Services Department - Easton**

15 Barrows Street, North Easton, MA 02356

(508) 230-0690

**Website:** [https://www.easton.ma.us/departments/veterans\\_service/index.php](https://www.easton.ma.us/departments/veterans_service/index.php)

### **Elevate Counseling Services, Inc. - Easton**

117 Eastman Street, #102, South Easton, MA 02375

(508) 202-1811

**Website:** <https://www.elevate-counseling.com/>

Offers a wide range of counseling and therapy options to help children, teens and adults dealing with issues like anxiety, depression, relationships, grief, loss, change, ADHD, anxiety and addiction.

### **My Brother's Keeper Easton Food Assistance Line**

PO Box 338, Easton, MA 02356

(508) 238-4416

**Website:** <https://mybrotherskeeper.org/food-assistance/>

All services are free. Assistance is given by delivery only — no pick-ups at our facility. All requests are processed by phone. We cannot accept e-mail requests or requests made in-person at our facility due to staffing limitations.

**Hours:** Monday–Friday, 10:00 AM – 12:00 PM

### **Psychological Associates - Easton**

115 Main Street, North Easton, MA 02356

(508) 238-7766

**Website:** <https://www.counseling115main.com/>

### **Saint Vincent de Paul Food Pantry -Easton**

841 Washington Street, South Easton, MA 02375

(508) 238-3232

The pantry, an agency of Second Harvest, provides food and clothing to our neighbors who are in need. It is located at 841 Washington Street, in Easton (the former Easton Catholic Elementary School) and is open on the 1st and 3rd Tuesday of each month from 6 PM – 7:30 PM. A collection to help stock the pantry is held on the weekend of the last Sunday of each month. Please bring your items to church at that time and leave them on the table near the Bride's Room. About 120 volunteers from the three Easton Catholic Churches (St. Anthony, Our Lady of Mercy, and St.



Jane Frances de Chantal) support the pantry, however, there is an on-going need for volunteers to help in the distribution of food and other related tasks.

### **Southeastern Technical Institute**

250 Foundry Street, South Easton, MA 02375

(508) 230-1297

**Website:** <https://stitech.edu/>

## **Everett**

### **Everett Grace Food Pantry & Outreach**

50 Church Street, Everett, MA 02149

(617) 799-9440

**Website:** <https://www.facebook.com/gracefoodpantryeverett/>

Grace Food Pantry & Gifts of Love Outreach is a non-profit organization serving the Everett Community and North Shore Area. Mission; to help families in need with food insecurities with care and dignity; together we can make a difference. God bless

### **Everett Housing Authority**

393 Ferry Street, Everett, MA 02149

(617) 387-6389

**Email:** [RSC@everetthousingauthority.org](mailto:RSC@everetthousingauthority.org)

**Website:** <https://www.everetthousingauthority.org/>

### **Everett Human Services**

90 Chelsea Street, Everett, MA 02149

(617) 394-2260

**Website:** <https://cityofeverett.com/city-hall/departments/human-services/>

The Office of Human Services helps Everett residents with many types of assistance. The main purpose of the office is information and referral. The staff is well informed about the different programs that would be helpful to residents. Common questions include topics such as food stamps, fuel assistance, evictions, utility termination, Massachusetts health, elderly transportation, food pantries, shelters and housing questions, domestic violence, and transitional assistance.

### **Everett Psychiatric Services**

173 Chelsea Street, Everett, MA 02149

(781) 388-6200

**Website:** <https://www.eliotchs.org/behavioral-health-clinics/>

Eliot's Behavioral Health Clinics ensure that individuals get help when they need it. We offer individualized treatment and support for each person or family. Finding the right treatment option is the first step to feeling and doing better.

Our multi-disciplinary team of psychiatrists, psychologists, social workers, mental health counselors and other professionals administer a full range of clinical and support services, resulting in a comprehensive collaborative approach to treatment.

Services may include individual, couples, family, and group therapy, medication assessment and management, psychological and cognitive testing. Treatment is goal-oriented and often short term, but flexible to meet each person's needs.

### **Everett Veteran's Services**

90 Chelsea Street, Everett, MA 02149

(617) 394-2320

**Website:** <https://cityofeverett.com/city-hall/departments/veterans/>

### **La Comunidad Inc**

471 Broadway, Everett, MA 02149

(617) 387-9996

**Website:** <https://www.lacomunidadinc.org/>

We provide a variety of immigration resources such as DACA renewals, TPS applications, Advance Parole and other immigration services at an affordable price.

### **Latinos unidos en Massachusetts (LUMA)**

198 Ferry Street, Everett, MA 02149

(617) 381-0015

LUMA offers different classes and programs such as English as a second language (ESL), Citizenship and the preparation for the interview, Spanish Literacy, Classes for adult and young immigrants. In addition, we offer different programs, if the community needs it: helping teenagers, accompany minors, adults and parents counseling and support groups for domestic violence victims. We strive to educate our members about the global socio-economic realities that cause people to leave their homes for other nations, while at the same time provide a space where they can practically confront the daily problems that the community as a whole shares. We help develop our community Organizations. LUMA strives to support the Latin American community.

## **Foxborough**

### **Foxboro Food Pantry**

3 Rockhill Street, Foxboro, MA 02035

(508) 543-5235

**Email:** [foxborofood@gmail.com](mailto:foxborofood@gmail.com)

**Website:** <https://foxborofoodpantry.com/>

All clients are welcome to food distributions twice monthly. Groceries will be pre-packaged and handed out at the back garage door.

**Hours:** Tuesday and Thursday, 10:00 AM – 12:00 PM.

### **Foxboro Housing Authority**

90 N Carl Annon Court, Foxborough, MA 02035

(508) 543-5960

**Email:** [foxboroughha@gmail.com](mailto:foxboroughha@gmail.com)

**Website:** <https://www.foxborohousing.com/>

**Foxboro Veterans Services**

40 South Street, Foxborough, MA 02035

(508) 543-1204

**Email:** [LBurrill@FoxboroughMA.gov](mailto:LBurrill@FoxboroughMA.gov)

**Website:** [https://foxboroughma.gov/departments/veterans\\_services](https://foxboroughma.gov/departments/veterans_services)

**Foxborough High School Adult Education**

120 South Street, Foxborough, MA 02035

(508) 698-3858

**Email:** [martinn@foxborough.k12.ma.us](mailto:martinn@foxborough.k12.ma.us)

**Website:** <https://foxborough.ss19.sharpschool.com/cms/one.aspx?portalId=1548092&pageId=37564977>

The Foxborough Adult Education Program offers a wide variety of courses. Favorite classes are Introductory and Advanced Technology Courses, Yoga Instruction, Line Dancing, Aerobics, and Home Selling and Buying. These courses are available to any adult wishing to enroll. The core of this program lies with its instructors. They are a talented and caring group of individuals who collectively bring their skills to our program to share with the community at large. This program has two sessions, one in September and one in January, each running for a period of ten weeks. The program usually runs Monday, Tuesday, Wednesday and Thursday evenings.

**Nader Mental Health Services, LLC**

132 Central Street, STE 212, Foxborough, MA 02035

(774) 266-0567

**Website:** <https://nadermhs.com/>

All types of mental health services. Board certified psychiatrist. Medication management and therapy. Suboxone treatment. Accepting new patients. Appointments available Within ONE week. Telehealth and Telepsychiatry

**Morton Comprehensive Addiction Program (MORCAP)**

71 Walnut Street, Foxborough, MA 02035

(508) 543-1873

**Website:** <https://www.mortonhospital.org/services-directory/morcap-morton-comprehensive-addiction-program>

Morton Hospital provides comprehensive addiction support services through our new 32-Bed, Level 4 Substance Use Disorders Treatment Unit called MORCAP (Morton Comprehensive Addiction Program). In addition to our medically-managed inpatient unit, our Intensive Outpatient Program offers a variety of interventions and therapies to support the continuum of care throughout each patient's recovery.

Our 32-bed, Level 4 inpatient substance use disorder (SUD) treatment unit provides the most intensive level of SUD care for patients experiencing severe withdrawal symptoms or medical issues associated to substance addiction. Staffed by doctors, nurses, counselors, behavioral specialists and social workers, our team will assess each patient's degree of dependence, address underlying medical and psychological

conditions, and develop a personalized recovery plan. We accept provider referrals as well as self-referrals to our program, based on eligibility. Services are for patients ages 18 and older.

**Services:**

- Individual psychotherapy
- Group therapy
- An intensive outpatient program for continued care and support following discharge from our inpatient program
- Pharmacotherapy (or Medication) programs
- Referrals to address other medical or psychiatric needs
- Introduction to self-help groups (AA, NA, AI Anon, Smart Recovery)
- Psychiatric consultation liaison service

## Hyde Park

### **Boston Housing Authority**

43 Bow Street, Hyde Park, MA 02136

(617) 988-5153

**Website:** <https://www.bostonhousing.org/>

### **Excel High School Diploma Program**

14 Everett Street, Hyde Park, MA 02136

(617) 364-6767

**Website:** <https://www.highschooldiplomain18weeks.com/>

Get a real High School Diploma in 18 weeks or less. Accepted in all colleges in America

### **Hyde Park Food Pantry**

1179 River Street, Hyde Park, MA 02136

**Website:** <https://www.hydeparkfoodpantry.org/>

**Hours:** 9:00 AM – 12:00 PM on Tuesday and Thursday

## Melrose

### **A Servant's Heart Food Pantry**

200 Franklin Street, Melrose, MA 02176

(781) 662-8226

**Email:** [faithchurch@faithchurchac.org](mailto:faithchurch@faithchurchac.org)

**Website:** <https://faithchurchac.org/food-pantry/>

Every Friday, 10:00 AM – 11:30 AM

### **Complex Trauma Processing Center**

630 Main Street, 2nd Floor, Melrose, MA 02176

(781) 590-3580

**Website:** <https://www.cttn.org/treatment-centers-affiliates/complex-trauma-treatment-center-boston/>

Beginning Wednesday, February 3rd, the Complex Trauma Treatment Center-Boston is launching a 14-session therapy group for adult clients with a history of trauma. The group will run Wednesday evenings weekly on Zoom, 5:30-7:00 PM. This will be a topically-focused group, structured weekly around processing of themes common to the experience of individuals with a history of childhood relational trauma.

### **Melrose Alliance Against Violence**

235 W Foster Street, Melrose, MA 02176  
(781) 662-2010

**Website:** <https://www.maav.org/>

Our programs include community awareness activities, outreach and support for victims, training for parents and professionals, and education and prevention programs for youth

### **Melrose Housing Authority**

910 Main Street, Melrose, MA 02176  
(781) 665-1622

**Website:** <https://www.melroseha.com/>

### **Melrose Wakefield Hospital Psychotherapy**

585 Lebanon Street, Melrose, MA 02176  
(781) 979-3338

**Website:** <https://www.melrosewakefield.org/services/behavioral-health/>

From community-based counseling to hospital-based treatment, highly specialized services in geriatric medical-psychiatry and intensive outpatient care, we are here to support your emotional and mental well-being. Our doctors and staff provide expert care, including:

- comprehensive psychiatric assessment
- cognitive-behavioral therapy
- co-occurring substance use and psychiatric disorders
- crisis evaluation
- electroconvulsive therapy (ECT)
- family therapy
- group therapy
- individual therapy
- medication management
- treatment and management of acute, chronic and complex medical conditions

## **Millis**

### **Bethany House Hope Chest**

1049 Main Street, Millis, MA 02054  
(508) 376-0824

**Website:** <https://bethanyhouseministries.org/hope-chest>

The Bethany House Hope Chest is a boutique thrift store that has an eclectic ensemble of treasures. Our volunteers and staff run the shop that provide a gateway for items of value to those who are in search of a bargain. All proceeds from the Hope Chest go toward sustaining the mission of Bethany House Ministries. Shopping at the Hope Chest is not only a fun and friendly experience It is also an investment in the future of someone in need.

### **Millis Housing Authority**

310 Exchange Street, Millis, MA 02054

(508) 376-8181

**Website:** <https://www.millishousing.com/Contact.aspx>

## **Milton**

### **Milton Community Food Pantry, Inc.**

158 Blue Hills Pkwy, Milton, MA 02186

(617) 696-0221

**Website:** <https://miltonfoodpantry.org/>

The Milton Community Food Pantry, Inc. is a 501 (c)(3) organization, staffed by volunteers, whose mission is to provide food assistance to eligible Milton residents. We support many individuals and families who have been affected by illness and economic issues. We also conduct programs to increase community awareness about the issues of hunger, malnutrition and poverty in our midst.

### **Rockland Recovery - Sober Living - Milton**

648 Canton Avenue, Milton, MA 02186

(855) 732-4842

**Website:** <https://www.rocklandrecovery.com/>

### **Veteran's Service - Milton**

10 Walnut Street, Milton, MA 02186

(617) 251-7767

**Email:** [kcook@townofmilton.org](mailto:kcook@townofmilton.org)

**Website:** <https://www.townofmilton.org/464/Veterans-Service>

**Hours:** Monday–Thursdays: 8:00 AM – 3:30 PM.

## **Newton**

### **Boston College Legal Assistance Bureau**

3rd Floor Stuart Bldg, Newton, MA 02459

(617) 552-0248

**Website:** <https://bclawlab.org/>

Boston College Legal Assistance Bureau (BCLAB) is a community legal services office founded by Boston College law students in 1968 and funded by Boston College Law School and through grants from Greater Boston Legal Services, the Massachusetts Legal Assistance Corporation, and Springwell Corporation. We advise and represent

clients with a variety of legal problems, including primarily domestic violence prevention, family law, landlord-tenant disputes, Social Security disability appeals. Pursuant to the Massachusetts student practice rule (SJC 3:03), students supervised by a faculty of supervising attorneys and a clinical social worker are certified to represent clients in every aspect of litigation, including appearing in court and at federal and state administrative hearings. Our services are free for low income residents of Waltham, Watertown and Newton. In addition, if you are 60 years old or older, our Elder Project provides information, advice, and referral to residents of Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley and Weston, regardless of income.

### **Catholic Charities - Newton**

285 Adams Street, Newton, MA 02458

**Website:** <https://www.ccab.org/>

As one of the largest social service non-profit organizations in Massachusetts, Catholic Charities serves our most vulnerable neighbors each year, regardless of religion, race, gender, age, disability, or ethnicity. CCAB has five hub locations in Dorchester, Lynn, Brockton, Lowell, and South Boston, with 23 locations and 425 employees supporting families across Eastern Massachusetts. The agency's four core services provide a holistic approach to serving our clients through:

- Basic Needs (food, shelter, living assistance)
- Family & Youth Services (Teen Center, Sunset Point Camp, Behavioral Health Counseling, Child Care, mentoring programs)
- Adult Education & Workforce Development (ESOL classes, Nursing Assistant programs)
- Refugee & Immigrant Services

### **Centre Street Food Pantry**

11 Homer Street, Newton Centre, MA 02459

(617) 340-9554

**Website:** <https://www.centrestfoodpantry.org/>

We welcome and serve residents of Newton and our neighbors who live in: Brighton, Brookline, Needham, Waltham, Watertown, Wellesley & West Roxbury. We provide groceries to anyone who lives in a community we serve.

### **Clothing Donation Center**

10 Woodward Street, Newton, MA 02461

Discount store

### **Express Employment Professionals**

396 Watertown Street, Newton, MA 02461

(857) 240-3747

**Website:** <https://www.expresspros.com/newtonma/>

Express Employment Professionals is on a mission to put a million people to work annually. Our recruiters work with local businesses to provide them with the skilled

workers that they require. Whether you are looking for your next employee or to open a door to a new career, Express has a solution for you. Express is committed to the vision of helping as many people as possible find good jobs by helping as many clients as possible find good people.

### **Immigration Desk**

704 Walnut Street, Newton, MA 02459

**Website:** <https://immigrationdesk.com/>

We are dedicated US Immigration attorneys assisting individuals, businesses and entrepreneurs. We aim to help you meet your immigration goals by working hard, ethically and with integrity, so you can sleep easy at night. Because immigration law is federal law, we can help you nationwide, with filing for visas and green cards to: \* Hire highly qualified students and foreign workers \* Invest or establish new businesses in the U.S. \* Help scientists and exceptional individuals self file to live in the US \* Help doctors in filing for work visas/J-1 waivers \*File Waivers to fight inadmissibility \* Bring family members from overseas \*Obtain U.S. citizenship

### **Lindamood-Bell Newton Learning Center**

29 Crafts Street, #450, Newton, MA 02458

(617) 714-9516

**Website:** <https://lindamoodbell.com/learning-centers>

We believe that all children and adults can learn to read and comprehend to their potential. At Lindamood-Bell Learning Centers, in just a matter of weeks our research-validated instruction can change learning for life. We identify strengths and weaknesses that may affect school performance and tailor instruction to an individual's learning needs. Traditional reading and tutoring programs focus on content instruction. Our founders' programs focus on the sensory-cognitive processing necessary for learning. At the Lindamood-Bell Academy, our unique in-person or online accredited private school, we develop the imagery-language foundation for learning and literacy skills and apply those skills to all curriculum and content.

### **Newton Food Pantry**

1000 Commonwealth Avenue, Newton, MA 02461

(617) 796-1233

**Website:** <https://www.newtonfoodpantry.org/>

### **Newton Housing Authority**

82 Lincoln Street, Ste. 101, Newton Highlands, MA 02461

(617) 552-5501

**Website:** <https://www.newtonhousing.org/>

### **Newton Veterans Department**

1000 Commonwealth Avenue, Newton Centre, MA 02459

(617) 796-1090

**Website:** <https://www.newtonma.gov/government/veterans>



### **Newton-Wellesley Hospital Substance Use Services**

2000 Washington Street, Ste. 401, Newton, MA 02462

(617) 243-6062

**Website:** <https://www.nwh.org/substance-use-treatment/substance-use-support>

Newton-Wellesley Hospital's Substance Use Service (SUS) provides consultative and ongoing outpatient services to adults suffering with substance use disorders. Our multidisciplinary team is committed to supporting patients during both the evaluation period and throughout the stages of recovery. We provide a safe and nonjudgmental environment for those struggling with all manner of addiction.

### **Partakers**

230 Central Street Auburndale, MA 02466

(617) 795-2725

**Email:** [contactus@partakers.org](mailto:contactus@partakers.org)

**Website:** <https://www.partakers.org/>

The work of Partakers is to build vital partnerships and programming opportunities, and to provide essential resources, education, skills, and foster affirming relationships to individuals and communities impacted by the carceral system. The Partakers mentor experience is the key to achieving long-term sustained transformation, significantly reducing recidivism, with an impact that ripples out to the community beyond, and extends generationally.

### **Riverside Community Care Outpatient Center**

64 Eldredge Street, Newton, MA 02458

(617) 969-4925

**Website:** <https://www.riversidecc.org/>

A community-based non-profit organization serving more than 40,000 people a year in Massachusetts, Riverside Community Care offers a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, trauma response, and more. And our digital learning platforms extend our reach to more than one million people around the globe, providing tools for education, prevention, and crisis management.

We are dedicated to:

- Children, youth, and families needing mental healthcare, early intervention services, family support, and care coordination services.
- Individuals with mental health needs seeking counseling and/or medication, emergency psychiatric services, employment, and housing support.
- Those with developmental disabilities, brain injury, or autism, needing residential services, employment assistance, or support services.
- Families and children who have experienced domestic violence.
- Schools, colleges, workplaces, and communities seeking to address mental health issues, substance use, and suicide risk.

- Organizations and communities facing the aftermath of a tragic event such as a teen suicide or natural disaster.

### **Sameem Associates**

34 Lincoln Street, Newton, MA 02461

(617) 964-1060

**Website:** <https://www.sosdrugs.org/>

Sameem Associates, Inc. is one of the premier outpatient addictions treatment clinics in the Northeast of the U.S. We are staffed by a multidisciplinary team of certified and licensed clinicians. Our offerings include: comprehensive treatment in all areas of behavioral health, providing specialty services for adolescents and their parents, outpatient detoxification, the courts, college and professional athletes as well as trauma survivors. Call us today.

## **Newtonville**

### **Employment Services, Staffing Services, Human Resources Services-Newton, MA**

22 Prescott Street, Newtonville, MA 02460

(201) 401-1211

Employment agency

### **Newton Community Ed**

457 Walnut Street, Room 101, Newtonville, MA 02460

(617) 559-6999

**Website:** <https://www2.newtoncommunityed.org/>

Adult classes

## **Norfolk**

### **Federated Church of Norfolk**

1 Union Street, Norfolk, MA 02056

(508) 528-0262

**Website:** <https://www.fcon.org/>

Soup kitchens and food pantry

### **Norfolk Center Counseling**

18 Union Street, Suite 102, Norfolk, MA 02056

(781) 367-2035

**Website:** <https://www.norfolkounselingservices.com/>

This is a private practice providing mental health counseling services. We are an association of independent practitioners for the practice of psychotherapy and consultation.

**Norfolk Housing Authority**

33 Rockwood Road, Norfolk, MA 02056

(508) 528-4800

**Website:** <http://www.norfolkha.com/Home.aspx>

**Norwood****Billings Human Services**

19 Central Street, Norwood, MA 02062

(781) 762-0060

**Website:** <https://www.baystatecs.org/>

**Ecumenical Community Food Pantry of Norwood, Inc.**

150 Chapel Street, Norwood, MA 02062

(781) 291-3663

**Website:** <https://norwoodpantry.org/>

We are open every Saturday for shopping from 9:00 AM – 11:40 AM. New clients may join us on Saturday morning to get signed up.

**Norwood Behavioral Health**

100 Morse Street, Norwood, MA 02062

(781) 762-1419

**Website:** <https://www.norwoodbehavioralhealth.com/contact>

**Medication/Psychopharmacology:**

The use of medication to manage symptoms of anxiety, depression, mood swings, and attention as well as other symptoms. This is usually used in conjunction with talk therapy.

Individual Therapy for children, adolescents:

This therapy helps identify emotions, and thoughts that cause emotional pain so that they can be addressed using self regulating techniques. In addition, parent counseling helps develop strategies to de-fuse or anticipate and avoid episodes of emotional dysregulation in children and adolescents

**Neuropsychological Evaluation:**

This is a series of paper and pencil tests to determine the intellectual, academic, neurological and emotional aspects of a child or adolescent. These are aspects that would interfere with the optimum potential of a child to benefit from his or her educational experience. The most valuable use of these tests is to plan for the future educational and vocational goals of a child. The focus here is the neuropsychological aspects of the child's functioning.

***Psychoeducational Evaluation:***

These tests focus on the intellectual and academic functioning of the child or adolescent and how school can best service the child's special needs if these are discovered in testing.

***Personality Evaluation:***

These tests are a combination of so called "projective," tests and objective tests that specifically describe the nature of the child's personality and underlying emotional issues they are dealing with that bring on sadness or pain. Very often children will not tell what is on their minds and these tests help us uncover these problems.

***Consultation:***

This can be directed to schools, parents, organizations or groups that the child is involved with( i.e. sports, after school programs, etc.)

***Family Therapy:***

This is the use of counseling to address family dysfunction and communication. Combinations of child alone, child parent, parent alone, siblings, are used to assess conflict and offer solutions to all members of the family.

***Parent Counseling:***

This is specifically addressed to parents to help them develop more effective coping strategies to deal with oppositional behavior, ADD, ADHD, ASD, or Conduct Disorders. These strategies are based on long standing psychological techniques and evidenced based interventions.

**Norwood Housing Authority**

40 William Shyne Circle #1, Norwood, MA 02062

(781) 762-8115

**Website:** <https://www.norwoodha.org/>

**Savers - Norwood**

560 Boston Providence Hwy, Norwood, MA 02062

(781) 255-0740

**Website:** <https://stores.savers.com/ma/norwood/savers-thrift-store-1207.html>

Thrift store chain offering secondhand clothing, footwear, furniture, books & household items.

**Waltham****Child & Family Services | Waltham**

395 Totten Pond Rd, Ste. 204, Waltham, MA 027451

(781) 444-1042 | (800) 972-2734

See Child & Family Services - Emergency Mental Health Services on p. 202

**Jewish Family Service of the North Shore**

1430 Main Street, Waltham, MA 02451

(978) 741-7878

**Website:** <https://www.jfcsboston.org/>

**Services:** A social services agency that helps people of all religions. Some of the services and assistance programs run include grants, financial assistance for bills and expenses, food pantries, consultation, counseling, referrals and networks to other service providers and charities.

**Walpole**

**Dual Diagnosis Treatment At Resilience Behavioral Health**

1600 Providence Highway, Walpole, MA 02081

1-888-401-1179

**Website:** <https://www.resiliencebehavioralhealthcenters.com>

Resilience Behavioral Health is a true dual diagnosis facility that provides comprehensive behavioral health and addiction treatment to individuals and families across Massachusetts. We see people as people. Mental health and addiction don't define who you are—they're simply a part of your story.

# MetroWest

## Acton

### Acton Community Resources

30 Sudbury Road Rear, Acton, MA 01720  
(978) 929-6651

**Website:** <https://www.acton-ma.gov/116/Community-Resources>

Connection to resources and application assistance

### Acton Housing Authority

68 Windsor Avenue, Acton, MA 01720  
(978) 263-5339

**Website:** <https://www.actonhousing.net/>

### Community Education

15 Charter Road, Acton, MA 01720  
(978) 266-2525

**Website:** <https://abce.abschools.org/home>

Offering a wide array of classes for adults and children

### Household Goods

530 Main Street, Acton, MA 01720  
(978) 635-1710

**Email:** [info@householdgoods.org](mailto:info@householdgoods.org)

**Website:** <https://householdgoods.org/>

Need an agency referral. Provides a full range of donated furniture and household items, free of charge, to help people in need make a home.

### JRI

360 Massachusetts Avenue, Acton, MA 01720  
(978) 263-3427 x2800

**Website:** <https://jri.org/services/community/ma-cbs>

JRI provides a comprehensive, community-based system of care to ensure that families and their children with significant behavioral, emotional, and mental health needs obtain the services necessary for success in the home, school, and community.

### **Mt. Calvary Community Supper**

472 Massachusetts Avenue, Acton, MA 01720  
(978) 263-5156

**Website:** <https://www.mtcalvaryacton.org/community-supper>

Community supper Wednesdays 5:00 PM – 6:00 PM

### **Veterans Services - Acton**

472 Main Street, Acton, MA 01720  
(978) 929-6614

**Website:** <https://www.acton-ma.gov/433/Veteran-Services>

help veterans learn about, apply for, and in some cases, receive benefits.

## **Ashland**

### **Ashland Emergency Fund**

P.O. Box 112, Ashland, MA 01721  
(508) 736-8892

**Website:** <https://www.ashlandemergencyfund.org/>

Provides temporary financial support to members of the Ashland, Massachusetts community who are in need

### **Ashland Food Pantry**

162 W. Union Street, Lower Level, Ashland, MA 01721  
(508) 532-7949

**Website:** <https://www.ashlandmass.com/440/Ashland-Food-Pantry>

Appointment only

### **Ashland Housing Authority**

59 Park Road, Ashland, MA 01721  
(508) 881-2450

**Website:** <https://ashlandhdc.com/>

### **South Middlesex Opportunity**

25 Central Street, Ashland, MA 01721  
(508) 231-8710

**Website:** <https://www.smoc.org/>

Homeless shelter

## **Bellingham**

### **Bellingham Housing Authority**

10 Wrentham Manor, Bellingham, MA 02019  
(508) 883-4999

**Website:** <https://www.bellinghamma.org/housing-authority>

**Clean Living House**

1040 S Main Street, Bellingham, MA 02019  
(508) 838-8566

**Website:** <https://www.cleanlivinghouse.com/>

Sober living house

**Elevate Counseling Services, Inc. - Bellingham**

116 Mechanic Street, #6 & #7, Bellingham, MA 02019  
(508) 202-1811

**Website:** <https://www.elevate-counseling.com/>

Offers a wide range of counseling and therapy options to help children, teens and adults dealing with issues like anxiety, depression, relationships, grief, loss, change, ADHD, anxiety and addiction.

**GATRA - Bellingham**

Unknown address, Bellingham, MA 02019

**Website:** <https://www.gatra.org/>

GATRA oversees operations of fixed-route bus services in the cities of Attleboro and Taunton, and the towns of Bellingham, Berkley, Carver, Dighton, Duxbury, Foxborough, Franklin, Hanover, Kingston, Lakeville, Mansfield, Marshfield, Medway, Middleborough, Norfolk, North Attleboro, Norton, Pembroke, Plainville, Plymouth, Raynham, Rehoboth, Scituate, Seekonk, Wareham, and Wrentham. All 28 member communities have demand response (Dial-A-Ride) services for people with disabilities and seniors.

**Loaves and Fishes Food Pantry - Bellingham**

1158 S Main Street, Bellingham, MA 02019  
(508) 966-2862

**Email:** [sdurkin@saintblaise.org](mailto:sdurkin@saintblaise.org)

**Website:** <https://www.saintblaise.org/food-pantry>

Tuesdays 11:00 AM – 12:30 PM

**Veterans Services - Bellingham**

Municipal Complex, Lower Level, 10 Mechanic Street, Bellingham, MA 02019  
(774) 292-2437

**Website:** <https://www.bellinghamma.org/veterans-services>

**Boxborough****Acton Community Pantry**

235 Summer Road, #205, Boxborough, MA 01719  
(978) 635-9295

**Website:** <https://www.actonfoodpantry.org/>



Acton Community Supper and Food Pantry, Inc. is a 501 (c)(3) non-profit organization established in 1984 to help alleviate food-insecurity in Acton and its contiguous towns—Boxborough, Concord, Carlisle, Littleton, Maynard, Stow and Westford.

The Food Pantry services are free to clients. Distribution and client registration hours are Wednesday 10:00 **AM** – 7:00 **PM** and Thursday 9:30 **AM** – 11:30 **AM**.

### **Veterans Services - Boxborough**

29 Middle Road, Boxborough, MA 01719

(978) 929-6614

**Website:** <https://www.boxborough-ma.gov/281/Veterans-Services>

## **Carlisle**

### **Carlisle Neighbor Fund**

#### *First Religious Society*

27 School Street, Carlisle, MA 01741

**Contact:** Reverend Diane Miller

(979) 369-5180

#### *Congregational Church of Carlisle*

147 School Street, Carlisle, MA 01741

**Contact:** Pastor Steven Weibley

(978) 369-7830

#### *St. Irene Roman Catholic Church*

181 East Street, Carlisle, MA 01741

**Contact:** Father Thomas P. Donohoe

978 -369-3940

Case-by-case grants funded by private charitable donations and administered to Carlisle residents, regardless of religious affiliation, through Carlisle congregations. Fund provides financial assistance in the areas of food, energy, or other short-term, critical needs. Available to all Carlisle residents. Religious/organizational affiliation or congregational membership not a requirement. All application information is kept confidential. Please contact one of the three churches listed above to apply.

### **Concord-Carlisle Community Chest**

19 Main Street, Suite 2 Concord, MA 01742

(978) 369-5250

**Website:** <https://www.cccommunitychest.org/>

## Dover

### **Dover Community Education**

157 Farm Street, Dover, MA 02030

(508)-785-0036 x 7516

**Website:** <https://www.doversherborn.org/page.cfm?p=502>

The mission of Dover-Sherborn Community Education is to provide programs to enrich the lives of everyone in our community. We hope to create life-long learners through a community/school partnership, offering interesting, thought provoking and stimulating classes and programs at a reasonable cost. Dover-Sherborn Community Education is a self-sustaining department of the Dover-Sherborn Public School district.

### **Dover Financial & Energy Assistance Coordinator**

5 Springdale Avenue, P.O. Box 250, Dover, MA 02030

(508) 654-7778

**Website:** <https://www.doverma.gov/Faq.aspx?QID=257>

### **Veteran's Services - Dover**

5 Springdale Avenue, P.O. Box 250, Dover, MA 02030

(508) 647-6545

**Website:** <https://www.doverma.gov/258/Veterans-Services>

## Framingham

### **Advocates, Inc. – Linda Fay Griffin House**

1881 Worcester Road, Framingham, MA 01701

(508) 628-6300 / 24-hour Crisis Support 1(800) 640-5432

**Website:** <https://www.advocates.org/>

15 Northampton Street, Worcester, MA 01605

(508) 755-8990 / Intake: (508) 755-8990

See a complete description of services in the Central Massachusetts section.

### **Common Ground Resource Center (SMOC Headquarter)**

7 Bishop Street, Framingham, MA 01702

(508) 620-2690

**Website:** <https://www.smoc.org>

### **Employment and Training Resources Career Center**

1671 Worcester Road, Framingham, MA 01701

(617) 928-0530, (508) 861-7993

**Website:** <https://www.etrcc.com/> or <https://www.masshiremsw.com/>

**Hours:** Monday–Thursday, 8:45 AM – 4:30 PM; Friday, 9:45 AM – 4:30 PM

Provides individual training programs and career services such as resume writing and interviewing skills. Accepts referrals from the Department of Transitional Assistance.

Provides support for economically disadvantaged clients with financial barriers to employment and provides individual training programs.

### **Framingham Adult ESL+**

Fuller Middle School

31 Flagg Drive, Framingham, MA 01702

(508) 626-4282

#### ***Free ESL courses***

See class schedule and more information: <https://www.faesl.org/>

### **Framingham Housing Authority**

One John J. Brady Drive, Framingham, MA 01702

(508) 879-7562

**Website:** <https://www.framha.org/>

### **Framingham State University, Office of Continuing Education**

Dwight Hall 204, 100 State Street, Framingham, MA 01701

(508) 626-4603

**Website:** <https://www.framingham.edu/academics/continuing-education/>

Part-time degrees and certificates, professional development and workforce education, English language program etc.

#### ***ESL Program***

100 State Street, Framingham, MA 01701

(508) 626-1510

**Website:** <https://www.framingham.edu/academics/continuing-education/english-language-programs/>

### **Genesis Counseling Services**

24 Union Avenue, Suite 11, Framingham, MA 01702

(508) 620-2992

**Website:** <https://www.genescounselingservices.org/>

### **HOPE Food Pantry**

214 Concord Street (Boston Church of Christ Building), Framingham, MA 01702

(508) 848-2400

**Website:** <https://www.hopeworldwidema.org/framingham-food-pantry>

**Hours:** Saturdays, 9:00 AM – 12:00 PM; 1st and 3rd Wednesday of each month

9:00 AM – 12:00 PM

### **Jewish Family Services of MetroWest**

475 Franklin Street, Suite 101, Framingham, MA 01702

(508) 366-7191

**Website:** <https://www.jfsmw.org/>

### **Literacy Unlimited at Framingham Public Library**

49 Lexington Street, Framingham, MA 01702

(508) 532-5574

**Website:** [www.framinghamlibrary.org](http://www.framinghamlibrary.org)

Literacy Unlimited is a nonprofit organization in the Framingham Public Library and the Morse Institute Library in Natick. It provides free, confidential, one-on-one tutoring for about 400 adult learners in the MetroWest area in basic reading, writing, math, HiSET (GED) preparation, citizenship, and English as a second language. There are also conversation groups and survival English classes. Visit or call the office.

### **MA Alliance for Sober Housing**

5 Edgell Road, Suite. 30, Framingham, MA 01701

(781) 242-2426

**Website:** <https://www.mashsoberhousing.org>

### **MetroWest Free Medical Program**

First Parish Church, 110 Edgell Road, Framingham, MA 01701

General: (508) 656-0834

Vision Appointments: (508) 656-0885

Women's Health Appointments: (508) 656-0834

*By Appointment only; check the schedule here:*

**Website:** <https://metrowestfreemedicalprogram.org/>

The MetroWest Free Medical Program offers free medical care to those who are uninsured and underinsured the MetroWest communities. The program connects with volunteer health care providers, educators, interpreters and other volunteers to make these services possible at our evening locations in Sudbury and Framingham. We speak English, Portuguese, and Spanish.

### **MetroWest Legal Services**

63 Fountain Street, Suite 304, Framingham, MA 01702

(508) 620-1830 / 1-800-696-1501

**Website:** <https://www.mwlegal.org/>

Free legal services to low-income clients from 36 area towns. They handle housing evictions, domestic violence, and government benefit appeals, and they represent children with special needs. They do not handle criminal cases or lawsuits. Portuguese and Spanish translators.

### **MetroWest Regional Transit Authority**

15 Blandin Avenue, Framingham, MA 01702

(508) 935-2222 / Dial-a-ride: (508) 820-4650

**Office Hours:** Monday–Friday, 8:00 AM – 4:00 PM

**Website:** <https://www.mwrtc.com/>

**Pathways Family Shelter, SMOC**

248 Edgell Road, Framingham, MA 01701

(508) 879-5047

**Website:** <https://www.smoc.org/pathways.php>**Pearl Street Cupboard & Café (United Way of Tri-County)**

46 Park Street, Framingham, MA 01702

(508) 879-2063

**Website:** <https://www.uwotc.org/pearl>**Pantry Hours:** Monday, 9:00 AM – 1:00 PM; Wednesday, 9:00 AM – 1:00 PM; and 5:00 PM – 7:00 PM; Friday, 9:00 AM – 1:00 PM**Café Hours:** Tuesday and Thursday, 5:30 PM – 7:00 PM**Salvation Army – Framingham**

35 Concord Street, Framingham, MA 01702

(508) 875-3341

**Website:** <https://easternusa.salvationarmy.org/massachusetts/framingham/Soup Kitchen/Food Pantry>**Savers Thrift Store - Framingham**

500 Cochituate Road, Framingham, MA 01701

(508) 875-0225

**Website:** <https://stores.savers.com/ma/framingham/savers-thrift-store-1157.html>**Services:** Sale of used and new clothing among other items.**Hours:** Monday–Saturday, 9:00 AM – 9:00 PM; Sunday, 10:00 AM – 7:00 PM**SMOC Behavioral Health Services**

300 Howard Street, Framingham, MA 01702

(508) 879-2250

**SMOC Substance Abuse Treatment Residential Programs**

7 Bishop Street, Framingham, MA 01702

(508) 872-4853

**Website:** <https://www.smoc.org/substance-abuse-residential.php>**SMOC Daycare Programs**

7 Bishop Street, Framingham, MA 01702

(508) 620-2373

**Website:** <https://www.smoc.org/child-care.php>

SMOC Child Care provides quality, full-day/full-year, center-based and family child care, early education and care services to children ages infant through the 5th grade. Classrooms generally operate Monday through Friday, 7:00–7:30 AM until 5:30 PM – 6:00 PM. After school programs operate from 7:00 AM – 6:00 PM during school vacations and during the summer. Family child care homes are open Monday–Friday, 7:30 AM – 5:30 PM.

### **Social Security and Medicare Benefits (Framingham)**

1 Clarks Hill Suite 305, Framingham, MA 01702

1-844-587-1390/1-800-325-0778

**Website:** <https://www.framinghamma.gov/2166/Social-Security-Information>

### **Tempo Young Adult Resource Center**

68 Henry Street, Framingham, MA 01701

(508) 879-1424

**Website:** <https://www.waysideyouth.org/aboutus/ourservicesoverview/services/young-adult/tempo-young-adult-resource-center/>

Monday, 9:00 AM – 5:00 PM, Tuesday, 9:00 AM – 5:00 PM, Wednesday, 10:00 AM – 8:00 PM, Thursday, 9:00 AM – 5:00 PM, Friday, 9:00 AM – 4:00 PM, Saturday, 10:00 AM – 6:00 pm

### **Turning Point Single Adult Shelter, SMOC**

3 Merchant Road, Framingham, MA 01701

(508) 875-6429

**Website:** <https://www.smoc.org/turning-point.php>

### **WIC Programs, SMOC**

7 Bishop Street, 1st floor, Framingham, MA 01702

(508) 620-1445

**Website:** <https://www.smoc.org/wic-women-infants-children-program.php>

Women, Infants, and Children (WIC) provides free food and nutrition information to help keep pregnant women, infants, and children under five healthy and strong. Participants receive nutrition counseling and financial support to purchase food staples and infant formula. Receiving WIC benefits will not prevent you from getting a green card. Eligibility is based on income level.

## **Franklin**

### **Franklin Area Survival Center**

96 Fourth Turners Falls, MA 01376

Basic Needs, Food, Food Pantries and Soup Kitchens

#### ***Food Pantry***

Our food pantry has seen a steady increase as the economy falls deeper and deeper. As people are losing their jobs, parents are beginning to feel the pain of not having enough money to feed their children or pay their rent/mortgage.

We have seen an increase in singles needing our service as well. Times are tough and if you are in need of food and are from the area, please come to the pantry for assistance.

#### ***Hours of Operation***

Food Pantry: 10:00 AM – 1:30 PM, Monday - Friday

Thrift Store: 10:00 **AM** – 5:00 **PM**, Monday - Saturday

### ***How to Receive Services***

To sign up for services please stop by the food pantry and we will help you complete a client application. Please bring some form of identification if possible - it does not have to be government issue. We also allow you to have someone else pick-up the food for you (a proxy).

Food is also available through Pop-up Pantries in coordination with some local Senior Centers to ensure we meet the needs of seniors with limited mobility:

- South County Pop-up Pantry - 2nd Wednesday of each month
- Bernardston Pop-up Pantry - Last Wednesday of each month
- Emergency Food is available anytime the Thrift Store is open.

### **Franklin Food Pantry**

341 W Central Street, Franklin, MA 02038

(508) 528-3115

**Email:** [info@franklinfoodpantry.org](mailto:info@franklinfoodpantry.org)

**Website:** <https://www.franklinfoodpantry.org/>

Programs include:

- Walk-in Fridays (currently on hold during the Pandemic) where all clients are invited in for a full-shopping trip, no appointment necessary, to help ensure they have enough food to feed their families.
- The Mobile Pantry which delivers food monthly to select neighborhoods where people have difficulty getting to the Pantry
- Weekend Backpack Program which provides weekend meals and snacks to Franklin elementary school children in need
- Carts for Clients which provides free, portable shopping carts to clients who need a little extra help in transporting their groceries
- Healthy Futures Market that offers fresh fruits and vegetables which are not affordable for many families.
- Emergency food bags and seasonal items, such as holiday meal packages, are also provided. Learn how to get help.

Because we are a “client-choice” pantry, visitors are empowered to select only what they need to meet their own personal dietary needs. Many pantries provide fixed boxes of food where clients do not have an opportunity to choose their items.

As a member agency of The Greater Boston Food Bank (GBFB), the Franklin Food Pantry is part of the GBFB objective of providing at least one meal a day to those in need.

### **Franklin Veterans Services**

10 Daniel McCahill Street, Franklin, MA 02038

(508) 520-4973

**Website:** <https://www.franklinma.gov/veterans-services>

**Lifelong Learning Institute, Franklin, MA**

355 E Central Street, Franklin, MA 02038

(508) 553-4814

**Website:** <https://franklinlifelonglearning.com/>

**Transitions Counseling Services, Inc.**

233 W Central Street, #3, Franklin, MA 02038

(781) 742-4515

**Website:** <https://www.transitionscounselinginc.com/>

We are a group of caring professionals who provide outpatient therapy services to a variety of ages and among our group have many clinical specialties. We are committed to helping you help yourself!

**Tri-County Regional Vocational Technical High School**

147 Pond Street, Franklin, MA 02038

(508) 528-5400

**Website:** <https://www.tri-county.us/o/tri-county-vocational-tech/page/adult-education>

We believe learning is a lifelong journey. For those who share that philosophy, Tri-County offers various adult education programs for all interests. Those looking to advance their careers might be interested in our postsecondary programs, which include nursing and cosmetology. We also offer various licensing and certification courses in areas such as OSHA construction safety. For those just looking to have a little fun, take a look at our many cooking, dance, and leisure classes.

**Harvard****Office of Veterans' Services - Harvard**

13 Ayer Road, Harvard, MA 01451

(978) 456-4100 ext. 325

**Website:** <https://www.harvard.ma.us/office-veterans-services>

**Loaves and Fishes Food Pantry - Harvard**

234 Barnum Road, Harvard, MA 01434

978-772-4627

**Website:** <https://loavesfishespantry.org/>

Food Pantry

**Holliston****Holliston Community Action Fund, The**

747 Washington Steet, Holliston, MA 01746

**Website:** <https://hollistoncommunityaction.org/>

The Emergency Assistance Grant program is the cornerstone of the Holliston Community Action Fund. Since 2009 the fund has provided over 50 grants to people in the community who need help. Although the grants are sometimes modest in the



amount, they certainly have a lasting impact on a family who is struggling with the hardships of life.

### **Holliston Pantry Shelf**

73 Charles Street, Holliston, MA 01746

(508) 429-5392

**Website:** <https://www.hollistonpantryshelf.org/>

Offers complete privacy and confidentiality for our neighbors who need temporary or longer term help meeting their grocery needs.

### **Holliston Youth and Family Services**

1750 Washington Street, Holliston, MA 01746

(508) 429-0620

**Website:** <https://www.townofholliston.us/youth-and-family-services>

Holliston Youth and Family Services provides confidential counseling (individual, family, or group), court diversion, crisis intervention, consultation, and referral services to children, adolescents and parents.

### **Metrowest Veterans Services**

1750 Washington Street, Holliston, MA 01746

(508) 429-0629

**Website:** <https://www.townofholliston.us/veteran-services>

## **Hopkinton**

### **Hopkinton Housing Authority**

100 Davis Road, Hopkinton, MA 01748

(508) 435-6022

**Website:** <http://hopkintonha.com/>

### **Project Just Because, Inc.**

109 South Street, Hopkinton, MA 01748

(508) 435-6511

**Website:** <https://www.projectjustbecause.org/>

Our Project is dedicated to helping as many men, women and children as we can – providing dignity and love from the heart in a caring environment. It is our goal to help families by being a resource for items that families need, while creating an element of hope for a brighter tomorrow. It is also our goal to educate families that want to help people but don't know how. Our team can help generous families help others. Project Just Because, Inc. runs various programs throughout the year serving basic needs of families, children, and seniors. We have special opportunities during the holidays to help people in need by providing not only basic necessities, but also an emotional boost during what can be a difficult time.

## Hudson

### Hudson Maynard Adult Learning Center

69 Brigham Street, Hudson, MA 01749

978-567-6250 EXT. 15102

**Website:** <https://www.hmalc.org/>

Offers free literacy classes to adult learners. We offer ESOL, English for Speakers of Other Languages and Adult Second Education (ASE) classes. We are primarily funded by a grant from the Massachusetts Department of Elementary and Secondary education. We have been offering literacy classes for over 30 years—since 1985. We currently serve more than 250 students from 19 different countries. Our students range in age from 17 to over 65 years old. Students live and come from many neighboring communities to attend classes.

## Littleton

### Littleton Housing Authority

19 Shattuck Street, #1, Littleton, MA 01460

(978) 486-8833

**Website:** <https://www.littletonma.org/706/Housing-Authority>

### Veteran Services - Littleton

37 Shattuck Street, Littleton, MA 01460

(978) 540-2485

**Website:** <https://www.littletonma.org/203/Veterans>

## Marlborough

### Addictions Referral Center Inc

33 Main Street, Marlborough, MA 01752

(508) 485-4357

**Email:** [elsbeth@theaddictionreferralcenter.org](mailto:elsbeth@theaddictionreferralcenter.org)

**Website:** <https://www.theaddictionreferralcenter.com/>

We disrupt the cycle of addiction by offering services to people who suffer from substance use disorder and their loved ones.

### Assabet After Dark

215 Fitchburg Street, Marlborough, MA 01752

(508) 263-9651

**Email:** [info@assabetace.org](mailto:info@assabetace.org)

**Website:** <https://assabetafterdark.com/>

Assabet After Dark is the largest MetroWest Massachusetts Adult Continuing Education program. Our state-of-the-art classrooms and technical workshops create a great learning space for curious adults that want to experience more by meeting other adults with common interests. Our staff is comprised of professionals and

skilled masters in fields ranging from the arts, music, dance, photography, athletics, culinary, wellness and many professional careers such as Automotive, Cosmetology, Electrical, Medical, Construction, Real Estate, and Home Inspection.

### ***Career Training***

Career programs for adults wishing to become a –

- Licensed Electrician (Journeyman, Masters, & MCE)
- Auto Damage Appraiser
- Real Estate Salesperson
- Construction Supervisor
- Certified Nursing Assistant (CNA)
- Emergency Medical Technician (EMT)
- Cosmetologist
- Dog Groomer

We also offer hands-on workshops in welding, autobody repair, and woodworking every Fall and Spring.

### **Marlboro Community Cupboard**

255 Main Street, Marlborough, MA 01752

(508) 370-4902

**Website:** <https://www.uwotc.org/MCC>

The Marlborough Community Cupboard provides groceries and produce to Marlborough residents each month. Fresh fruits and vegetables are also available to clients on a weekly basis through the Produce Marketplace so people can access healthy items that may otherwise be too expensive in a retail grocery store. In partnership with the Marlborough Senior Center and BayPath Elder Services, homebound seniors can have groceries delivered through the Senior Mobile Market to maintain independent living.

In addition to this, the Marlborough Community Cupboard offers gently used clothing to clients at no charge when they visit the food pantry. Through the Marlborough Community Cupboard, Marlborough residents in need can apply for utility assistance including heating oil, gas and electricity. Maintaining safe, bright and warm homes is critical for individuals and families, especially during cold winter months. With lights on, children can do their homework and adults can complete necessary housework. When health and human service resources are scarce, Marlborough Community Cupboard is there to fill the needs of our community.

### **Marlborough Hospital**

157 Union Street, Marlborough, MA 01752

(508) 481-5000

**Website:** <https://www.ummhealth.org/marlborough-hospital>

This clinic operates under a sliding scale model. This means that it MAY NOT be free depending on your income. You will be required to prove financial need in order to receive free services or services at a reduced cost. Marlborough Hospital is a Community Health Center. We provide patients with health care of the highest

quality. This hospital has a medical staff of primary care physicians and specialists, the hospital provides a wide range of inpatient and outpatient medical, surgical and ancillary services, including oncology, laboratory, diagnostic imaging, physical therapy, cardiac rehabilitation, inpatient and outpatient mental health services, as well as diabetes education and management. As well, there is an Emergency Department, staffed by emergency medicine physicians from UMass Memorial Medical Center in Worcester, provides 24-hour emergency care. They offers outstanding care in clinical areas, including cardiology, orthopedics and women's health, pulmonary medicine, hematology, oncology, urology, orthopedics, gastroenterology, psychiatry, rehabilitation and pain management. In conclusion, the hospital is a leading provider of diagnostic imaging services including MRI, CT scan, digital mammography, ultrasound, nuclear medicine and a diverse range of laboratory and other ancillary services.

### **Marlborough Housing Authority**

255 Main Street, Marlborough, MA 01752

(508) 624-6908

**Website:** <https://www.marlborough-ma.gov/community-development-authority/affordable-housing/pages/apply-housing>

### **Marlborough Human Services**

255 W Main Street, Marlborough, MA 01752

(508) 460-3758

**Website:** <https://www.marlborough-ma.gov/human-services>

The mission of the Human Services Office in the City of Marlborough is to improve the efficiency, effectiveness, and coordination of programs dedicated to the health, welfare, and quality of life of all the residents of this community. Managed through a collaborative partnership with the United Way of Tri-County, the Human Services Office acts as a resource to city residents in need of accessing various support programs available through state and federal agencies. Residents may call to make an appointment or are welcome to walk-in during the hours of operation.

### **Marlborough Shelter Center**

57 Mechanic Street, #7, Marlborough, MA 01752

(508) 481-7847

**Website:** <https://www.smoc.org/marlboro-shelter.php>

Homeless shelter

### **Marlborough Veterans Services**

40 New Street, Marlborough, MA 01752

(508) 485-6492

**Website:** <https://www.marlborough-ma.gov/veterans-services>

**Recovery Connection, The**

31 Main Street, Marlborough, MA 01752

(508) 485-0298

**Website:** <https://www.therecoveryconnection.org/>

The Recovery Connection in Marlborough provides a safe, judgment-free zone within the community where individuals support and encourage their peers to lead valued and fulfilled lives through their own vision of recovery.

**SMOC Behavioral Health Services**

230 Maple Street, Marlborough, MA 01752

(508) 480-0092

**Website:** <https://www.smoc.org/behavioral-health-services.php>

SMOC Behavioral Healthcare is a division of SMOC that provides substance use and mental health outpatient services to individual adults, children and families. In addition, SBH provides substance use recovery residential services to individuals including pregnant and post-partum women and families, court diversion programs, OUI/DAE court ordered services, gambling treatment and Peer Recovery Support.

**Outpatient Clinic Services:**

- Individual Adult and Child therapy, as well as Family and Group therapy
- Medication evaluations and follow up
- In-Home Therapy (IHT) and in-Home Behavioral Services (IHBS) through Children's Behavioral Health Initiative (CBHI)
- Attachment, Regulation and Competency (ARC) Treatment A treatment framework for children and adolescents that have experienced trauma, and their caregivers
- Children exposed to Domestic Violence (CEDV) Treatment A grant funded program to support children and families that have experienced Domestic Violence.
- Massachusetts Impaired Driving Program, an educational/treatment program for persons convicted of an Operating Under the Influence charge (OUI)
- Peer Recovery Coaches for individuals that are on the path to recovery
- Drug Diversion groups for individuals that are entering the criminal justice system and referred by the court

**Maynard****Maynard Food Pantry**

82 Main Street, Maynard, MA 01754

(978) 764-5279

**Website:** <https://maynardfoodpantry.com/>

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly. The Maynard Food Pantry also provides Thanksgiving and Holiday dinner baskets for our shoppers.

**Hours:** Mondays from 10:00 AM – 12:00 PM.

### **Maynard Housing Authority**

15 Powder Mill Circle, Maynard, MA 01754

(978) 897-8738

**Website:** <https://www.townofmaynard-ma.gov/296/Housing-Authority>

### **Open Table, Inc.**

33 Main Street, Maynard, MA 01754

(978) 369-2275

**Website:** <https://www.opentable.org/>

Groceries and prepared meals provided weekly at our main facility and through mobile pantry and delivery programs. All are welcome. Our mission: Open Table's mission is to address hunger in our local community by providing healthy food in a welcoming environment that respects the dignity and diversity of those served. We achieve our mission by:

- Offering a wide variety of healthy and culturally appropriate food choices in our pantry and meal programs.
- Engaging a team of diverse, committed and passionate staff and volunteers

### **Veteran Services - Maynard**

195 Main Street, Maynard, MA 01754

(978) 897-1361

**Website:** <https://www.townofmaynard-ma.gov/280/Veteran-Services>

## **Medfield**

### **LifeStance Health - Medfield**

266 Main Street, Bldg. 3, Suite 33A, Medfield, MA 02052

(781) 725-5257

**Website:** <https://lifestance.com/location/medfield-ma-266-main-street>

Child & Family Psychological Services, PLLC is a private behavioral health care practice providing the highest quality, comprehensive, evidence-based evaluation, treatment, and consulting services since 1994. Our team of Board Certified Psychiatrists, doctoral level Psychologists, Psychiatric Nurse Practitioners and other psychotherapists strive to provide integrated services for children, adolescents, adults, families, and organizations.

**Medfield Food Cupboard**

496 Main Street, Medfield, MA 02052

(508) 359-4958

**Website:** <https://medfieldfoodcupboard.com/>

We are open and available to help any Medfield resident experiencing any type of food shortage, food concern or food insecurity. Please contact us. We can help!

**Medfield Housing Authority**

30 Pound Street, Medfield, MA 02052

(508) 359-6454

**Website:** <https://www.medfieldhousing.com/>

**Medway****Food Distribution Center - Medway Village Food Pantry**

170 Village Street, Medway, MA 02053

(508) 966-0059

**Website:** <https://medwayvillage.org/food-pantry/>

The Medway Village Church Food Pantry is open to all those in need.

**Hours:** Saturdays: 9:00 AM – 10:00 AM

**Medway Community Education**

16 Cassidy Lane, Medway, MA 02053

(508) 533-3222

**Website:** <https://www.medwayschools.org/>

Medway Community Education is a department of the Medway Public Schools. The department provides year-round learning and enrichment programs. The programs support social, academic and physical growth for children and adults in Medway and surrounding communities.

**Medway House**

17 Holliston Street, Medway, MA 02053

(508) 533-1487

**Website:** <https://www.smoc.org/medway-house.php>

Medway Family Shelter is a twelve family congregate shelter for homeless families. It is staffed 24 hours a day. Parents and children of each family share one private bedroom. They share the rest of the common spaces such as the kitchen, dining room, living room, and bathrooms with the rest of the families. Staff assists families in acquiring permanent, affordable housing, as well as medical, education, vocational, and social services and referrals.

**Medway Housing Authority Office**

600 Mahan Circle, Medway, MA 02053

(508) 533-2434

**Website:** <https://www.townofmedway.org/housing-authority>

## **Solutions Mental Health**

165 Main Street, Medway, MA 02053

(508) 533-1144

**Website:** <https://solutionsmentalhealth.net/>

Whether needing to cope with a life transition, deal with a problem which has you stuck as to which way to go, or feel depressed or anxious to the point of removing satisfaction in life experiences, a safe, supportive and collaborative environment is available.

## **Milford**

### **Spectrum Health Systems, Inc.**

200 East Main Street, Milford, MA 01757

(508) 634-1877 ext. 3102, Intake: (508) 854-3320 ext. 1161

**Website:** <https://www.spectrumhealthsystems.org/>

**Outpatient Services:** Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification, Buprenorphine Services

## **Natick**

### **A Place To Turn**

99 Hartford Street, Natick, MA 01760

(508) 655-8868

**Website:** <https://www.aplacetoturn-natick.org/>

A Place To Turn is committed to providing emergency food and clothing to our neighbors in the MetroWest community. We will serve those in need in an atmosphere of caring and mutual respect.

### **Association For Behavioral Healthcare**

251 W Central Street, #2, Natick, MA 01760

(508) 647-8385

**Website:** <https://www.abhmass.org/>

### **Family Promise Metrowest**

6 Mulligan Street, Natick, MA 01760

(508) 318-4820

**Website:** <https://www.familypromisemetrowest.org/>

Our SAIL program (Sustaining Achievements for Independent Living), formerly known as the Transitional Living program, supports families transitioning from shelter into permanent housing by providing resources that assist them in establishing long-term stability and independence. The process begins while families are still in shelter. Once employment is secured and families are showing progress in their shelter goals, they establish a projected budget for living in the community. We then help them develop a housing plan to determine future options that are safe and affordable. Finally, we assist families in searching for apartments and accessing community



resources that help with first month's rent and security deposits. When families are ready to move in, we also reach out to other local nonprofits and the FPM network for support in collecting household goods, furniture, and supplies.

### **Lemon Tree Goods**

29 Main Street, Natick, MA 01760

(508) 655-2600

**Website:** <https://lemontreegoods.com/>

Consignment shop

### **MetroWest Mediation Services**

220 N Main Street, Suite 106, Natick, MA 01760

(508) 872-9495

**Website:** <https://www.metrowestmediationservices.org/>

Impartial assistance in resolving serious disputes arising out of personal, family, social, and business relationships. Separation and divorce mediation also available.

### **Natick Housing Authority**

4 Cottage Street, A, Natick, MA 01760

(508) 653-2971

**Website:** <https://natickha.org/>

### **Natick Service Council, The**

2 Webster Street, Natick, MA 01760

(508) 655-1791

**Website:** <https://natickservicecouncil.org/about-us>

Natick Service Council is an independent, non-profit organization that connects, engages and collaborates with the community to support Natick neighbors who are experiencing hardship or economic uncertainty by promoting self-sufficiency.

### **Natick Town Veterans Services**

117 E Central Street, Natick, MA 01760

(508) 647-6545

**Website:** <https://www.natickma.gov/591/Veterans-Services>

## **Shrewsbury**

### **India Society of Worcester Free Health Stop**

152 W. Main Street, Shrewsbury, MA 01545

(508) 842-3737

**Website:** <https://www.iswonline.org/Health-Stop>

#### **Free Health Clinic**

**Services:** Physical exams, well visits, sick visits, health insurance assistance, dental services on 1st Wednesday of month

**Hours:** Wednesdays 6:00 PM – 8:00 PM

**Accepts:** Insured, underinsured, uninsured

*Language:* English.

### **St. Anne's Free Medical Program**

130 Boston Turnpike Road (Rt. 9), Shrewsbury, MA 01545

**Website:** <https://stannesparish.org/free-medical-program>

The Street Anne's Free Medical Program provides health care services to the uninsured and underinsured in Worcester.

**Services:** School physicals, sick visits, immunizations, tuberculosis testing, medications for the uninsured, seasonal flu shot clinics, dermatological services (First Tuesday of the month only), pediatrician available (First Tuesday of the month only), podiatric services (last Tuesday of the month only), psychiatric services, health insurance help and assistance.

**Hours:** Tuesdays, 6:00 PM – 8:00 PM

**Accepts:** Uninsured, underinsured.

**Payments:** Free/no fee.

**Languages:** English.

## **Wrentham**

### **Gilly's House**

1022 West Street, West Sheldonville, Wrentham MA 02093

(508) 384-2251

**Website:** <https://www.gillyshouse.com/>

Gilly's House offers the opportunity for social, educational and vocational growth.

The daily structured schedule reinforces a lifestyle free of alcohol and drug use.

Transitional life skills including healthy living, social services, career exploration, personal finance and self-help groups, along with an opportunity for counseling and 12 Step group meetings, is integral to the success of this program. We prepare men to reenter life with a positive step forward; with the personal skills and community connections to continue to meet individual goals and live a successful life of sobriety.

**NOTES:**

**NOTES:**

# South Coast

## Acushnet

### **Acushnet Housing Authority**

23 Main Street, Acushnet, MA 02743

(508) 998-3603

**Website:** <https://www.acushnet.ma.us/acushnet-housing-authority-o>

### **GiftsToGive**

1 Titleist Drive, Acushnet, MA 02743

(508) 717-8715

**Website:** <https://www.giftstogive.org/>

Thrift store with proceeds going to underprivileged children

### **Office of Veterans' Benefits - Acushnet**

122 Main Street, Acushnet, MA 02743

(508) 998-0200 x4207

**Website:** <https://www.acushnet.ma.us/office-of-veterans-benefits>

Connects veterans with services

### **Shepherd's Pantry, The**

1215 N Main Street, Acushnet, MA 02743

(508) 763-9289

**Website:** [https://lpumc.church/?page\\_id=38](https://lpumc.church/?page_id=38)

Food pantry serving each client once every four weeks

## Attleboro

### **Attleboro Area Interfaith Collaborative**

95 Pine Street, #10, Attleboro, MA 02703

(508) 222-2933

**Email:** [office@AttleboroAIC.org](mailto:office@AttleboroAIC.org)

**Website:** <https://attleboroareainterfaithcollaborative.org/>

The Homes With Heart program leases scattered site apartments in the greater Attleboro area that are accessible by public transportation. This program uses the Housing First model and offers services and treatment to people in their homes or, if the client is able, at a local provider.

### **Attleboro Housing Authority**

80 South Avenue, Attleboro, MA 02703

(508) 222-0151

**Email:** [info@attleborohousing.org](mailto:info@attleborohousing.org)

**Website:** <https://www.attleborohousing.org/>

### **Bristol Community College - Attleboro Campus**

11 Field Road, Attleboro, MA 02703

(774) 357-2811

**Email:** [BSUattleboro@bridgew.edu](mailto:BSUattleboro@bridgew.edu)

**Website:** <https://bristolcc.edu/locations/attleboro/index.html>

### **Fuller Hospital**

200 May Street, Attleboro, MA 02703

(508) 761-8500

**Website:** <https://fullerhospital.com/>

Arbour-Fuller Hospital is a 103-bed private psychiatric hospital in South Attleboro, Massachusetts. It is known for caring for people with psychological and substance abuse disorders

### **GATRA**

Unknown address, Attleboro, MA 02703

**Website:** <https://www.gatra.org/>

GATRA oversees operations of fixed-route bus services in the cities of Attleboro and Taunton, and the towns of Bellingham, Berkley, Carver, Dighton, Duxbury, Foxborough, Franklin, Hanover, Kingston, Lakeville, Mansfield, Marshfield, Medway, Middleborough, Norfolk, North Attleboro, Norton, Pembroke, Plainville, Plymouth, Raynham, Rehoboth, Scituate, Seekonk, Wareham, and Wrentham. All 28 member communities have demand response (Dial-A-Ride) services for people with disabilities and seniors.

### **Health Care Resource Centers Attleboro**

23 N Main Street, Attleboro, MA 02703

(508) 342-8041

**Website:** <https://www.hcrcenters.com/health-care-resource-centers-attleboro/>

If you or a loved one is struggling with an opioid addiction, Health Care Resource Centers can help. HCRC offers outpatient, medication-assisted treatment with methadone or buprenorphine supported by substance use counseling.

### **Hebron Food Pantry**

11 Sanford Street, Attleboro, MA 02703

(508) 223-4257

**Website:** <https://hebronfoodpantry.org/>

**Hours:** Wednesday 3:00 PM – 5:00 PM Seniors' Food Pantry (age 60+), Tuesday

10:00 AM – 12:00 PM Working Persons' Food Pantry Thursday 5:00 PM – 8:00 PM For the

disadvantaged, working poor, and those on unemployment. Seniors must bring an electric bill the first time as proof of address. A weekly pay stub or current unemployment statement, plus electric bill, is required for the Thursday pantry.

### **Literacy Center, The**

80 N. Main Street, Attleboro, MA 02703

(508) 226-3603

**Website:** <https://www.theliteracycenter.com/>

### **Murray Unitarian Universalist Church Food Pantry**

505 North Main Street, Attleboro, MA 02703

(508) 222-0505

**Website:** <https://www.murrayuuchurch.org/food-pantry.htm>

Provides a food pantry for the needy.

**Hours:** Monday and Thursday 9:30 **AM** – 11:30 **AM** Not limited to Attleboro residents.

Recipients receive one bag of supplemental groceries per week.

### **New Hope**

247 Maple Street, Attleboro, MA 02703

1-800-323-4673 (HOPE)

**Email:** [new-hope@new-hope.org](mailto:new-hope@new-hope.org)

**Website:** <https://www.new-hope.org/>

Toll-Free, 24-Hour Confidential Hotline, Emergency Shelter, Counseling, SAFEPLAN, Community-Based Advocacy, Supervised Visitation, Housing Stabilization, Civilian Police Advocate

### **Northeast Health Services**

8 N Main Street, Attleboro, MA 02703

(774) 619-7595

**Website:** <https://nehs.transformationsnetwork.com/individual-locations/attleboro/>

### **Salvation Army - Attleboro, The**

5 Mechanic Street, Attleboro, MA 02703

(508) 226-8624

**Website:** <https://www.salvationarmyusa.org/>

### **Sober 4 Life**

244 County Street, Attleboro, MA 02703

(508) 699-2500

**Email:** [so@sober4life.org](mailto:so@sober4life.org)

**Website:** <https://www.sober4life.org/>

CJO House is a men's sober living community that offers a healthy living environment for people who are committed to getting back on track to a healthy, productive and happy life. The home offers a structured, therapy-oriented living environment for recovering male addicts who are serious about learning to develop a drug and alcohol-free lifestyle.

### **South Bay Community Services**

607 Pleasant Street, #115, Attleboro, MA 02703

(508) 223-4691

**Website:** <https://southbaycommunityservices.com/facility-locator/attleboro-mental-health-clinic/>

### **Veteran's Department - Attleboro**

77 Park Street, Attleboro, MA 02703

(508) 223-2222

**Website:** <https://www.cityofattleboro.us/261/Veterans-Department>

## **Berkley**

### **American Legion - Berkley**

80 Myricks Street, Berkley, MA 02779

(508) 823-5696

**Website:** <https://www.legion.org/>

To enhance the well-being of America's veterans, their families, our military, and our communities by our devotion to mutual helpfulness. The American Legion's vision statement is "The American Legion: Veterans Strengthening America."

### **Glenbeigh Psychological Care LLC**

Unknown address, Berkley, MA 02779

(508) 400-6328

**Website:** <https://www.glenbeighcare.com/>

### **Services**

- Anxiety
- Depression
- Bipolar Disorder
- Borderline Personality
- Parenting
- Addiction
- ADD/ADHD
- Life Coaching
- Anger Management
- Behavioral Issues
- Career Counseling
- Grief
- PTSD
- Obsessive-Compulsive (OCD)
- Social Anxiety

### **Approaches**

- Behavioral Therapy



- Cognitive Behavioral Therapy (CBT)
- Family/Marital Therapy
- Dialectical (DBT)
- Transpersonal
- Mindfulness-Based Cognitive Therapy (MBCT)

### ***Insurance Accepted***

- Aetna
- Anthem
- Tufts
- Optum
- BlueCross and BlueShield
- Harvard Pilgrim
- United Healthcare

### **Veterans' Agent - Berkley**

Unknown address, Berkley, MA 02779

(774) 872-0211

**Website:** <https://www.townofberkleyma.com/veterans-agent>

## **Brockton**

### **DTA Brockton Transitional Assistance Office**

60 Main Street, Brockton, MA 02301

(508) 895-7000

**Website:** <https://www.mass.gov/locations/dta-brockton-transitional-assistance-office-full-service-office>

This Transitional Assistance Office is responsible for managing and monitoring the delivery of support services for individuals and their families who live in the towns covered by the respective TAO. Functions performed at an area office include case management and information and referral.

### **Family and Community Resources, Inc.**

18 Newton Street, Brockton, MA 02301

(508) 583-6498

**Website:** <https://www.fcr-ma.org/>

**Services:** advocacy, support, individual and group treatment, case management and community education and training.

### **Self Help Inc.**

45 Pearl Street, Brockton, MA 02703

(508) 588-0447

**Website:** <https://selfhelpinc.org/>

Self Help, Inc. is a nonprofit Community Action Agency (CAA) created to help low-income families and individuals stabilize and secure their lives through education,

strategic assistance, and building on opportunities in their communities. We provide a range of services for families and households across Southeastern Massachusetts.

## Dartmouth

### **Dartmouth Housing Authority**

2 Anderson Way, Dartmouth, MA 02747

(508) 994-1424

**Website:** <https://ma-dartmouth.civicplus.com/380/Dartmouth-Housing-Authority>

### **Dartmouth Veterans Department**

628 Dartmouth Street, Dartmouth, MA 02747

(508) 910-1818

**Website:** <https://ma-dartmouth.civicplus.com/220/Veterans-Services>

### **DLH Consulting & Psychiatric Services**

516 Hawthorn Street, STE 4, Dartmouth, MA 02747

(774) 929-7420

**Website:** <https://www.dlhconsultant.com/>

DLH Consulting & Psychiatric Services will help with psychiatry, medication management, treating anxiety, depression, work issues, grief, and more. DLH has skilled clinicians, psychiatric nurse practitioners, and psychiatrists to help get you back on track with mind and body.

### **My Brother's Keeper**

1015 Reed Road, Dartmouth, MA 02747

(774) 305-4577

**Website:** <https://www.mybrotherskeeper.org/about-us/dartmouth-facility/>

My Brother's Keeper is a vibrant, welcoming Christian ministry with locations in Easton and Dartmouth, MA which delivers furniture and food to families in need. Our mission is "To bring the Love and Hope of Jesus Christ to those we serve." Anyone living in our service area in Southeastern Massachusetts is eligible to receive our help, regardless of religion. We are a 501(c)(3) non-profit and all services are provided free of charge.

### **O'Connor - Sisson House**

262 State Road, Dartmouth, MA 02747

(508) 994-1424

**Website:** <https://www.town.dartmouth.ma.us/380/Dartmouth-Housing-Authority>

O'Connor-Sisson House for Veterans:

- 9 efficiency units of affordable living for Veterans with
- a focus on homeless Veterans and Veterans at-risk for homelessness.

Services attached to the house include those provided by Coastline Elderly Services and Veterans' Transitional House; more specifically

job and education counseling, money management, home health aides, meals on wheels to name a few.

Tenancy will be provided by the MRVP Program administered by the South Shore Housing Authority. Income limits are \$13,000 for a single person. Rents are based on 30% of income. Applications can be obtained through the Dartmouth Housing Authority; on-line through the DHCD link or at the North Dartmouth branch of the public library.

### **Southcoast Behavioral Health Hospital**

581 Faunce Corner Road, Dartmouth, MA 02747

(508) 717-8728

**Website:** <https://www.southcoastbehavioral.com>

We supply inpatient care to those who struggle with mental health issues. We provide treatment for individuals of all ages who are struggling with mood disorders that include depression and bipolar disorder. Additionally, we offer services for those who are afflicted with anxiety and trauma. Southcoast Behavioral Health can also help treat conduct disorder, intermittent explosive disorder, delusional disorder, suicidal ideation, obsessive-compulsive disorder, and other disorders. The therapeutic services we provide include individual therapy, group therapy, family therapy, and medication management.

## **Dighton**

### **Dighton Housing Authority**

300 Lincoln Avenue, North Dighton, MA 02764

(508) 823-8361

**Website:** <https://www.dighton-ma.gov/368/Housing-Authority>

### **Dighton Veterans Services**

979 Somerset Avenue, Dighton, MA 02715

(508) 669-5027

**Website:** <https://www.dighton-ma.gov/296/Veterans-Services>

## **Fairhaven**

### **Fairhaven Housing Authority**

275 Main Street, Fairhaven, MA 02719

(508) 993-1144

**Website:** <https://fairhavenhousing.org/>

### **Save Sum Earn Sum Consignment**

105 Sconticut Neck Road, Unit 5, Fairhaven, MA 02719

(508) 991-2002

**Website:** <https://www.savesumearnsum.com/>

Furniture & Home Goods Consignment. We carry an eclectic selection used furniture, home goods, costume & vintage jewelry as well as a tool & garden corner. Christmas and holiday items are arriving. We do not carry clothing.

**Hours:** Monday – Tuesday 12:00 PM – 4:00 PM, Wednesday – Friday 10:00 – 5:00 PM, Saturday – Sunday 9:00 AM – 4:00 PM

### **Seconds Count**

270 Huttleston Avenue, #11, Fairhaven, MA 02719  
(508) 991-2229

### **Veterans Services - Fairhaven**

229 Huttleston Avenue, Fairhaven, MA 02719  
(508) 979-4029

**Website:** <https://www.fairhaven-ma.gov/veterans-services>

## **Fall River**

### **Bay Coast Behavioral**

170 Pleasant Street, #100, Fall River, MA 02721  
(774) 294-5722

**Website:** <https://www.baycoastbehavioral.com/>

**Services:** Bay Coast Behavioral is CARF accredited for Outpatient Treatment in Mental Health for Adults, Children and Adolescents. To learn more about CARF, or Bay Coast Behavioral's accreditation

### **Catholic Social Services Fall River**

1600 Bay Street, Fall River, MA 02721  
(508) 674-4681

**Email:** [FR-Reception@ccfrdioc.org](mailto:FR-Reception@ccfrdioc.org)

**Website:** <https://www.fallriverdiocese.org/directory-offices/office/catholic-charities/>

This is a HUD Housing approved Housing Assistance agency. They may be able to provide housing assistance.

Housing assistance programs include:

- Fair Housing Pre purchase Education Workshops
- Financial Management
- Budget Counseling
- Mortgage Delinquency and Default Resolution Counseling
- Non-Delinquency Post Purchase Workshops for Homeowners
- Pre purchase Counseling
- Pre purchase Homebuyer Education Workshops
- Predatory Lending Education Workshops
- Rental Assistance Housing Counseling
- Services for Homeless Counseling

### **Language Support**

- English
- Portuguese
- Spanish

### **Fall River Family Center - SEMCOA**

72 Kilburn Street, New Bedford, MA 02740

(774) 628-1000

**Website:** <https://hptc.org/service-provider/semcoa/>

Admission Policy: Families are referred by the Dept. of Housing and Community Development (DHCD)

### **Fall River Housing Authority**

85 Morgan Street, Fall River, MA 02722

(508) 675-3595

**Website:** <https://fallriverha.org/>

### **First Step Inn**

134 Durfee Street, Fall River, MA 02720

(508) 679-8001

**Website:** <http://steppingstoneinc.org/first-step-inn/>

Program providing safe shelter and daily nutritional meals to 20 homeless persons in the City of Fall River daily. Case Management services provide at the Inn connect guests to housing, employment, entitlements, behavioral health, and an array of other services. These services, provided in a safe, comfortable environment, help homeless persons become housed in stable, permanent housing. Guests become engaged in all supportive services needed and as a result, successfully transition into the community and experience housing stability and an improved quality of life.

#### **Admission Criteria**

- 18 years of age or older
- Homeless in the City of Fall River
- Willing to submit to search upon entry
- Must meet HUD's income guidelines
- Willing to authorize a CORI check, CORI report must be without warrants
- Medically and psychologically stabilized

#### **Services**

- Food and nutritional assistance
- Safe and secure sleeping environment
- Comprehensive case management
- Housing placement assistance
- Psycho-educational groups
- Assistance with applications to income resources
- Crisis intervention

- 12-step meetings, and other AA/NA recovery related activities
- Residential & outpatient substance abuse treatment access
- Coordination of emergency and long term psychiatric care
- Referrals to community-based collateral services, educational opportunities, medical care, domestic violence and other forms of supportive services
- Discharge and aftercare planning

### **Next Step Home Homeless Shelter**

506 North Main Street, Fall River, MA 02720

(508) 674-2788

Next Step Home provides 40 scattered-site apartments to disabled homeless and chronic homeless individuals and families residing in the City of Fall River. Participants are assisted with developing support systems and necessary skills to be self-sufficient. Available supportive services include case management and assistance with connecting to behavioral health treatment, securing employment, obtaining entitlements, and developing living and coping skills. These skills, services, and supports empower participants so they experience housing stability and an improved quality of life.

- Housing search and placement
- Advocacy with landlord/tenant resolution
- Subsidized rental assistance
- Comprehensive case management
- Crisis intervention
- Psycho-educational groups
- Relapse prevention groups
- Residential substance use treatment access
- Outpatient substance use and mental health treatment access
- Coordination of emergency and long term psychiatric care
- Specialty services designed for those living with substance use and mental health disorders,
- HIV/AIDS, domestic violence trauma, and homelessness
- Referral to community based collateral services, educational and vocational programs, medical care, domestic violence support and other forms of assistance

## **Mansfield**

### **Mansfield Housing Authority**

22 Bicentennial Court, Mansfield, MA 02048

(508) 339-6890

**Website:** <https://www.mansfieldhousingauthority.com/>

## **Mansfield Social Services**

255 Hope Street, Mansfield, MA 02048

(508) 261-7464

**Website:** <https://www.mansfieldma.com/175/Social-Services-Fuel-Assistance>

The purpose of the Social Services office is to provide assistance to families, individuals, and children in the areas of food, utility assistance, clothing, and housing/rental availability and information and referral on a variety of other services. The department is staffed by a full-time social worker and part-time fuel assistance coordinator. Assistance is available to help individuals who are in crisis due to a family or work related situation.

### ***Services/Information & Resources***

The following are services and resources available:

- Budgeting/Credit Assistant/Referral
- Food Resources
- Fuel Assistance Application
- Government Subsidized Programs Referrals
- Legal Assistance/Referral
- Mass Health
- Mental Health Referrals
- SHINE Counseling (Health Insurance Needs)
- Thanksgiving/Christmas for Kids
- Used Furniture Assistance
- Assistance in applying for SNAP
- Women, Infants, Children (WIC)
- Eligibility Criteria

Applicants must meet income eligibility criteria for most programs. Please contact Social Services office, for a confidential appointment by calling (508) 261-7464.

## **New England Counseling Center**

800 S Main Street, #103, Mansfield, MA 02048

(508) 261-7111

**Website:** <https://newenglandpsychiatry.com/>

- Therapy
- Includes Counseling
- Cognitive-Behavioral Therapy
- Therapy for Substance Abuse
- Grief & Loss Counseling
- LGBT Issues Counseling
- Transgender Transitioning Issues
- Therapy for Depression
- Therapy for Anxiety
- Family/Couple Counseling

### **Our Daily Bread Mansfield's Food Pantry**

15A West Street, Mansfield, MA 02048

(508) 339-1343

**Website:** <https://mansfieldfoodpantry.org/>

We distribute FREE food to Mansfield residents. The pantry is stocked with food items such as fruits and vegetables, fruit juice, cereal, pasta, rice, soups, and meats. In 2023, more than 350 households representing almost 1000 people - families, senior adults, young couples, and single parent households - visited the pantry and took home more than 16,000 bags of groceries. We are an all-volunteer run organization, and we rely on the generous support of local businesses and residents for both food and cash donations and to keep the pantry operating smoothly. Please consider giving or volunteering. The pantry is located at 15A West Street, next to the Congregational Church, and across from the South Common.

### **Veterans' Services - Mansfield**

6 Park Row, Mansfield, MA 02048

(508) 851-6411

**Website:** <https://www.mansfieldma.com/191/Veterans-Services>

## **Marion**

### **Parting Ways Consignment, Inc.**

3 Wells Road, Marion, MA 02738

(508) 538-1225

**Website:** <https://mypwc.org/>

Nonprofit consignment Store giving back to our community

## **New Bedford**

### **Catholic Social Services New Bedford**

59 Rockland Street, New Bedford, MA 02740

(508) 674-4681

This is a HUD Housing approved Housing Assistance agency. They may be able to provide housing assistance.

Housing assistance programs include:

- Fair Housing Pre purchase Education Workshops
- Financial Management
- Budget Counseling
- Mortgage Delinquency and Default Resolution Counseling
- Non-Delinquency Post Purchase Workshops for Homeowners
- Pre purchase Counseling
- Pre purchase Homebuyer Education Workshops
- Predatory Lending Education Workshops
- Rental Assistance Housing Counseling



- Services for Homeless Counseling

We can also assist by speaking the following languages:

- English
- Portuguese
- Spanish

### **Child & Family Services - Emergency Mental Health Services**

3057 Acushnet Avenue, New Bedford, MA 02745

Emergency Mental Health Services: (508) 996-3154

**Website:** <https://cfservices.org/contact.php>

**Services:** Emergency Services offers assessments and interventions to children and adults who are in a crisis situation. Interventions with children ages 0-20 can occur at any location including homes with Emergency Services involvement for up to 8 hours the first day and an additional 6 days of support as needed. Outreach for children ages 0-20 is provided 24/7. Facilitate access to, and ensure coordination of, care for youth with serious emotional disturbance (SED) who require or are already utilizing multiple services or are involved with multiple child-serving systems (e.g., child welfare, special education, juvenile justice, mental health) and their families.

### ***Mental Health Clinic***

- Adult Behavioral Health Services
- Child Behavioral Health Services
- School-Based Counseling Services
- Mixed Population
- Safe and Successful Youth Initiative (SSYI)
- Community Based Acute Treatment (CBAT)
- Community Crisis Stabilization (CCS)
- Emergency Services (Crisis Center)

### ***Child & Family Services***

- Adoption Journeys
- Adoption Services
- Behavioral Health Services for Children and Adults
- In-Home Therapy (IHT)
- Mental Health Services
- Parent Mentor
- Specialized Adoption Services
- Therapeutic Mentoring (TM)
- Young Parent Support (services Fall River and New Bedford areas) (YPS)

### **Department of Children & Families (DCF) – New Bedford**

98 North Front Street, New Bedford, MA 02740

(508) 910-1000

**Website:** <https://www.mass.gov/locations/dcf-new-bedford-area-office>

**Services:** The Department of Children and Families (DCF) is charged with protecting children from abuse and neglect and strengthening families.

### **Department of Mental Health (DMH) - New Bedford**

800 Purchase Street, New Bedford, MA 02740

(508) 996-7900

**Website:** <https://www.mass.gov/orgs/massachusetts-department-of-mental-health>

**Services:** The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work and participate in their communities.

### **Emotional Wellness Counseling**

3267 Acushnet Avenue, New Bedford, MA 02745

(508) 995-1400

**Website:** <https://www.emotionalwellnesssouthcoast.com/>

### **Greater New Bedford Community Health Center**

874 Purchase Street, New Bedford, MA 02740

(508) 992-6553

**Website:** <https://gnbchc.org/>

The Greater New Bedford Community Health Center is a private, non-profit health care organization governed by a volunteer Board of Directors, representative of the economic, educational, and cultural diversity of our community.

### **Mobile Market**

**Website:** <https://unitedwayofgnb.org/mobile-market>

Greater Boston Food Bank partners with community health centers to bring fresh produce to low-income working families. Mobile Markets offer fresh produce from July–October at health centers in your community.

Greater New Bedford Community Health Center hosts the Mobile Market for the Greater New Bedford area. United Way of New Bedford hosts the Mobile Markets for New Bedford North, New Bedford South, and Wareham.

### **New Bedford Community Connections Coalition**

**Website:** <https://unitedwayofgnb.org/new-bedford-community-connections-coalition>

NBCCC was established in 1995. We are one of twenty two coalitions across Massachusetts that is federally funded through the Department of Children and Families. Our mission is to facilitate the organization of comprehensive family support systems in the neighborhoods of the City of New Bedford while promoting a community centered child welfare best practices approach within the DCF system.

**New Bedford District Court**

75 North 6th Street, New Bedford, MA 02740  
(508) 999-9700

**New Bedford Housing Authority**

128 Union Street, 4th floor, New Bedford, MA 02740  
(508) 997-4800

**Website:** <https://newbedfordhousingauthority.org/>

**Office Hours:** Monday–Friday, 8:30 AM – 4:00 PM

Housing authorities provide decent and affordable housing in a safe and secure living environment for low and moderate income residents. They often have multi-year waiting lists.

**Pathways Counseling Services**

284 County Street, New Bedford, MA  
(774) 628-0001

**Seven Hills Behavioral Health**

589 S 1st Street, New Bedford, MA 02740  
(508) 755-2340

**Website:** <https://www.sevenhills.org/affiliates/seven-hills-behavioral-health>

**Sister Rose House**

75 Division Street, New Bedford, MA 02740  
(508) 997-3202

Sister Rose's House is a Dry Men's Shelter and is staffed 24 hours a day. The program offers a wide range of supportive services including assessment, job skills training, budgeting information, and access to mental health and other needed services, and the goal of Sr. Rose House is to help our clients to gain long term sustainability while working on the current issues that lead to their homelessness.

**SouthCoast Fair Housing**

257 Union Street, New Bedford, MA 02740  
(774) 473-9994

**Email:** [patricia@southcoastfairhousing.org](mailto:patricia@southcoastfairhousing.org)

**Website:** <https://www.southcoastfairhousing.org/>

**Services:** Offers legal advice and representation to clients experiencing housing discrimination per the Fair Housing Laws. Offers assistance requesting Reasonable Accommodations.

**Social Security Office - New Bedford**

53 North 6th Street, New Bedford, MA 02740  
(508) 999-3101

**St. Luke's Hospital**

101 Page Street, New Bedford, MA 02740

(508) 997-1515

**Website:** <https://www.southcoast.org/locations/st-lukes-hospital/>

**Email:** [saintvincentstore@gmail.com](mailto:saintvincentstore@gmail.com)

### **United Way of Greater New Bedford**

128 Union Street, Ste. 105, New Bedford, MA 02740

(508) 994-9625

**Website:** <https://unitedwayofgnb.org>

### **Women's Center, The**

405 County Street, New Bedford, MA 02740

(508) 999-6636

**Website:** <https://thewomenscentersc.com>

The Women's Center provides free and confidential 24-hour easily accessible services to those in need. We provide counseling, education, outreach, referrals and resources. We may be called the Women's center, but we serve men and children as well.

## **Norton**

### **Cupboard Of Kindness**

70 E Main Street, Norton, MA 02766

(508) 285-3398

**Website:** <https://cupboardofkindness.org/>

We are a non-profit organization dedicated to providing food relief to families residing in Norton, Massachusetts. We are located in an old garage attached to the right of Norton Town Hall at 70 East Main St. We distribute food on the first and third Mondays of the month from 4:30 PM – 6:30 PM.

### **Norton Housing Authority**

120 W Main Street, Norton, MA 02766

(508) 285-3929

**Website:** <https://www.nortonhousing.org/>

### **Middlesex Recovery Norton**

85 E Main Street, Suite A, Norton, MA 02766

(508) 285-8550

**Website:** <https://middlesexrecovery.com/middlesex-recovery-locations-ma.html>

If you or a loved one is struggling with opioid addiction, Norton Health Care can help. We provide outpatient medication-assisted treatment with Suboxone and supportive recovery services. Your recovery is our primary goal.

### **Norton Veterans Services Department**

70 E Main Street, Norton, MA 02766

(508) 285-0218

**Website:** <https://www.nortonma.org/veterans-services>

## Plainville

### **Plainville Living Bread Food Pantry**

16 East Bacon Street, Plainville, MA 02762

(508) 695-9587

**Website:** [https://www.plainvilleumc.net/Food\\_Pantry.htm](https://www.plainvilleumc.net/Food_Pantry.htm)

Wednesdays 6:30 PM -7:00 PM

### **St. Vincent de Paul Society - Plainville**

173 Washington Street, Plainville, MA 02762

(508) 695-5150

**Website:** <https://www.svdpboston.org/thrift-stores/>

Assists with food, rent, and some utilities

## Wareham

### **Southeast Center for Independent Living**

43 High Street, Wareham, MA 02571

(508) 295-0880 | (508) 679-9210

**Website:** <https://www.secil.org/>

The Philosophy of Independent Living maintains that individuals with disabilities have the right to choose services and make decisions for themselves.

**Services:** training, information and support to help consumers achieve individual goals, experience personal growth and participate fully in community life.

Tobey Hospital

### **Wareham District Court**

2200 Cranberry Highway, West Wareham, MA 02576

(508) 295-8300

[cmwarehamdc@jud.state.ma.us](mailto:cmwarehamdc@jud.state.ma.us)

**Website:** <https://www.mass.gov/locations/wareham-district-court>

# South Shore

## Abington

### Abington Housing Authority

71 Shaw Avenue, Abington, MA 02351

(781) 878-3469

**Website:** <https://www.abingtonhousingauthority.com/>

### Drug & Alcohol Rehab at Brook Recovery Center

673 Bedford Street, Abington, MA 02351

(866) 532-9867

**Website:** <https://www.brookrecovery.com/drug-rehab-alcohol-addiction-treatment-in-massachusetts/>

Serving Adult Men and Women with Substance Use Disorder and Co-Occurring Mental Health Disorders

### St. Vincent De Paul Society - Abington

425 Plymouth Street, Abington, MA 02351

(781) 878-1194

**Website:** <https://www.abingtonma.gov/council-on-aging/pages/abington-food-pantry-hours>

### Town of Abington Department of Veterans Services

500 Gliniewicz Way, Abington, MA 02351

(781) 982-0056

**Website:** <https://www.abingtonma.gov/veterans-services>

### UCC Thrift Store

10 Bedford Street, Abington, MA 02351

**Website:** <https://uccabington.org/thrift-shop/>

**Hours:** Wednesdays 6:00 PM – 8:00 PM, Saturdays 9:00 Am – 1:00 PM

## Bridgewater

### Bridgewater Housing Authority

10 Heritage Circle #1, Bridgewater, MA 02324

(508) 697-7405

**Website:** <https://bridgewaterhousingauthority.org/>

**Bridgewater Psychological Associates**

63 Main Street, Bridgewater, MA 02324

(508) 697-9722

**Website:** <https://www.bridgewaterpsychologicalassociates.com/>

Bridgewater Psychological Associates is a group of licensed independent therapists.

**Bridgewater State Continuing Studies**

100 Burrill Avenue, Bridgewater, MA 02324

(508) 531-2788

**Website:** <https://www.bridgew.edu/ccs>

The College of Continuing Studies offers part-time bachelor's degree completion programs at night and online, undergraduate certificate programs and non-credit professional development programs. Whether you want to get ahead in your current profession, switch careers or simply fulfill the dream of getting your undergraduate degree, we have a program for you.

We offer the flexibility you need to fit your schedule and your budget. Our night and online degree completion programs are designed for busy students, particularly students who wish to pursue their degree part-time. BSU offers a high-quality education at an affordable price.

Applying for admission or registering for a course is simple. In addition, Bridgewater is a transfer-friendly university: we accept college credits from an accredited two- or four-year institution, allowing you to complete your program more quickly.

**Salvation Army Family Store & Donation Center, The - Bridgewater**

134 Main Street, Bridgewater, MA 02324

(508) 697-9013

**Website:** <https://satruck.org/>

**St. Vincent de Paul Society - Bridgewater**

103 Center Street, Bridgewater, MA 02324

(508) 697-6084

**Hours:** The 1st and 3rd Mondays of each month, 3:00 PM–4:30 PM

Schedule subject to adjustment due to holidays falling on Monday. Emergency food arrangements can be made by calling. For more information, please call.

**Veterans' Services - Bridgewater**

10 Wally Krueger Way, Bridgewater, MA 02324

(508) 697-0908

**Email:** [veteransagent@bridgewaterma.org](mailto:veteransagent@bridgewaterma.org)

**Website:** <https://www.bridgewaterma.org/195/Veteran-Services>

## Carver

### Carver Housing Authority

108 Main Street, Carver, MA 02330

(508) 746-2105

**Website:** <https://www.carverma.gov/carver-housing-authority>

### Veterans Agent - Carver

108 Main Street, Carver, MA 02330

(508) 866-3406

**Website:** <https://www.carverma.gov/veterans-services>

### Habitat For Humanity ReStore

160 N Main Street, Carver, MA 02330

(508) 866-4199

**Website:** <https://www.hfhplymouth.org/restore>

## Cohasset

### Cohasset Drug & Alcohol Hotline

16 Highland Avenue, Cohasset, MA 02025

(781) 383-4120

### Cohasset Housing Authority

60 Elm Street, Cohasset, MA 02025

(781) 383-1948

**Website:** <https://www.cohassethousingauthority.com/>

### East Coast Recovery Center

215 Chief Justice Cushing Hwy, Cohasset, MA 02025

(617) 390-8349

**Website:** <https://eastcoastrecovery.com/>

East Coast Recovery is an addiction treatment facility dedicated to helping those who are struggling with drug and alcohol addiction begin recovery and achieve success. Through a 12-step program, we create connections and help to focus on recovery now and into the future. We truly believe in recovery taking place in all aspects of life and do not limit ourselves to creating and maintaining connections to one room or building. A sense of community empowers all we do. We believe in following the best path to recovery for each person and are open to recovery styles that offer alternatives to 12-step programs. Our purpose is to help return purpose to each person we meet at our drug rehab facility.

### Evoke Wellness MA

1 Chief Justice Cushing Hwy, Cohasset, MA 02025

(617) 917-3485

**Website:** <https://evokewellnessma.com/>



MCAT LLC d/b/a Evoke Wellness of MA provides men, women, and families with comprehensive, integrated care, geared towards setting a solid and lasting foundation for lifelong recovery from substance use disorders. Our facilities are staffed by experienced and compassionate professionals, including licensed therapists and psychiatrists, addiction specialists and a highly qualified support staff. Our team members are extremely understanding, and treat each individual client with an unmatched level of respect.

### **Veterans Services - Cohasset**

91 Sohler Street, Cohasset, MA 02025

(781) 383-4100 x 7311

**Website:** <https://cohassetma.org/227/Veterans-Services>

## **Duxbury**

### **Duxbury Housing Authority**

59 Chestnut Street, Duxbury, MA 02332

(781) 934-6618

**Website:** <https://www.duxburyha.org/contact.aspx>

### **Duxbury Interfaith Council (DIC), The**

Unknown address, Duxbury, MA 02332

(781) 934-8388

**Website:** <https://www.duxburyinterfaithcouncil.org/>

Provides emergency financial assistance to Duxbury residents needing help with food, fuel or other basic needs. The Duxbury Interfaith Council also provides holiday food baskets to those in need. School supplies and a campership program scholarships are also available to children of families in need

### **Lion's Share Food Pantry**

136 Summer Street, Duxbury, MA 02332

(781) 608-7748

**Website:** <https://www.facebook.com/p/Duxbury-Lions-Club-Lions-Share-Food-Pantry-100068308484285>

The Duxbury Lions Club Food Pantry was established in 2012 and is located in the back lot of the Church. The opening was made possible by the kindness of St. Paul's granting the use of the former Teen Building. The Food Pantry is operated by the Lions Club with an all-volunteer staff who are committed to helping those in need of food in Duxbury.

**Hours:** Mondays, 10:30 AM – 12:00 PM, Fridays, 4:30 PM – 6:00 PM

To sign up to use the pantry, please bring your license or a current bill showing your current address. You will complete a one page intake form and be ready to shop! It is helpful if you are able to bring your own reusable bags.

### **Pilgrim Food Pantry**

404 Washington Street, Duxbury, MA 02332

(781) 934-6591

**Website:** <https://uccduxbury.org/pilgrim-food-pantry/>

Pilgrim Pantry is our on-site food pantry open on the last Saturday of each month.

The pantry serves individuals and families from within and around the Duxbury community who may need a little extra support each month. Our shelves are stocked with good, hearty food staples of: peanut butter, canned fruit and veggies, tuna, soup, stew, fruit juice, pasta, and pasta sauce.

### **Veteran's Office - Duxbury**

10 Mayflower Street, Duxbury, MA 02332

(781) 934-5774 ext. 5740

**Website:** <https://www.town.duxbury.ma.us/veterans-office>

## **Halifax**

### **Halifax Congregational Church Food Pantry, The**

503 Plymouth Street, Halifax, MA 02338

(781) 293-6393

**Website:** <https://halifaxcongregationalchurch.org/>

open on Tuesday from 2:30 PM – 4:00 PM.

### **Halifax Council on Aging Ask a Lawyer**

506 Plymouth Street, Halifax, MA 02338

(781) 293-7313

**Website:** <https://halifaxcongregationalchurch.org/>

Features free legal advice and consultation

### **Halifax Housing Authority**

1 Parsons Lane, Halifax, MA 02338

(781) 294-4520

**Website:** <https://halifaxhousingauthority.com/>

### **Halifax Veterans Agent**

499 Plymouth Street, Halifax, MA 02338

(781) 293-1724

**Website:** <https://www.halifax-ma.org/veteran-services>

## **Hanover**

### **Hanover Public Schools**

188 Broadway, Hanover, MA 02339

(781) 878-0786

**Website:** <https://hanoverschools.org/>

Community Adult Education Programs provide adult learners over the age of 18 with opportunities to expand their knowledge base, discover a new passion, or improve an existing talent.

### **Hanover Veterans Office**

550 Hanover Street, Hanover, MA 02339

(781) 826-5000 EXT. 1113

**Website:** <https://www.hanover-ma.gov/veterans-agent>

### **Salvation Army Family Store & Donation Center, The - Hanover**

936 Washington Street, Hanover, MA 02339

(781) 826-5686

**Website:** <https://satruck.org/>

### **Savers - Hanover**

2035 Washington Street, Hanover, MA 02339

(781) 878-0750

**Website:** <https://stores.savers.com/ma/hanover/savers-thrift-store-1188.html>

### **South Shore Regional Vocational Technical High School**

476 Webster Street, Hanover, MA 02339

(781) 878-8822

**Website:** <https://sites.google.com/ssvotech.org/ssti/home>

## **Hanson**

### **Hanson Food Pantry**

228 High Street, Hanson, MA 02341

(781) 293-1400

**Website:** <https://www.hansonfoodpantry.org/>

The Hanson Food Pantry is open on Tuesday only, from 10:00 **AM** – 12:00, and 6:00 **PM** until 8:00 **PM**. Emergency arrangements can be made, call the Hanson Food Pantry and if no one answers, please leave a message.

## **Hingham**

### **Friends of the Homeless of the South Shore**

235 North Street, Hingham, MA 02043

(781) 340-1604

This clinic operates under a sliding scale model. This means that it may not be free depending on your income. You will be required to prove financial need in order to receive free services or services at a reduced cost. This is a health care center funded by the federal government. This means even if you have no insurance you can be covered. The center is also income based for those making an income. This health center can cover services such as checkups, treatment, pregnancy care (where applicable), immunizations and child care (where applicable), prescription medicine

and mental and substance abuse where applicable. Contact them at the number provided for full details. Friends Of The Homeless Of The South Shore is a Homeless Health Center. In order to get more information on this clinic, click on the icons below. You may be required to join for free in order to access full contact information.

### **Hingham Interfaith Food Pantry**

685 Main Street, Hingham, MA 02043

(781) 740-8180

**Website:** <https://www.facebook.com/HinghamFoodPantry/>

### **Hingham Housing Authority**

30 Thaxter Street, Hingham, MA 02043

(781) 741-1417

**Website:** <https://www.hingham-ma.gov/389/Housing-Authority>

### **Hingham Veterans Agent**

210 Central Street, Hingham, MA 02043

(781) 741-1440

**Website:** <https://www.hingham-ma.gov/366/Veterans-Services>

### **Lindamood-Bell South Shore Learning Center**

50 South Street, #201, Hingham, MA 02043

(781) 659-7722

**Website:** <https://lindamoodbell.com/learning-centers>

We believe that all children and adults can learn to read and comprehend to their potential. At Lindamood-Bell Learning Centers, in just a matter of weeks our research-validated instruction can change learning for life. We identify strengths and weaknesses that may affect school performance and tailor instruction to an individual's learning needs. Traditional reading and tutoring programs focus on content instruction. Our founders' programs focus on the sensory-cognitive processing necessary for learning. At the Lindamood-Bell Academy, our unique in-person or online accredited private school, we develop the imagery-language foundation for learning and literacy skills and apply those skills to all curriculum and content.

### **St. John's Food Pantry**

Hingham Congregational Church, 172 Main Street, Hingham, MA 02043

(781) 749-1535

## **Holbrook**

### **Holbrook Ecumenical Food Pantry**

147 South Franklin Street, Holbrook, MA 02343

(508) 596-5098

**Website:** <https://www.facebook.com/Holbrook-Food-Pantry-218256574913469/>

Food distribution for the community of Holbrook

Every 2nd Saturday of every month

10:30 **AM**–11:15 **AM** at St. Joseph's church convent, 153 S Franklin St

Available for emergency food needs by appointment send a private message in Facebook page

### **Holbrook Housing Authority**

1 Holbrook Court, Holbrook, MA 02343

(781) 767-0024

**Website:** <https://www.holbrookhousing.com/>

### **Veteran's Agent - Holbrook**

50 North Franklin Street, Holbrook, MA 02343

(508) 588-0414 x 1018

**Website:** <https://www.holbrookma.gov/veterans-agent>

## **Hull**

### **Catholic Charities Sunset**

138 Edgewater Road, Hull, MA 02045

(781) 925-0710

**Website:** <https://www.ccab.org/>

### **Hull Housing Authority**

6 Atlantic House Court, Hull, MA 02045

(781) 925-4544

**Website:** <https://www.town.hull.ma.us/home/events/9373>

### **Hull Veterans' Services**

253 Atlantic Avenue, Hull, MA 02045

(781) 925-0305

**Website:** <https://www.town.hull.ma.us/veterans-services>

### **Manet Community Health Center Inc**

180 George Washington Blvd, Hull, MA 02045

(781) 925-4550

**Website:** <https://www.manetchc.org/>

Manet Community Health Center, Inc. (Manet) is a 501(c) (3) not-for-profit Federally Qualified Health Center (FQHC) dedicated to providing preventive, primary and non-emergent urgent care to all, regardless of financial circumstance or health insurance coverage status. Manet has been serving the community since 1979 and has three locations in Quincy, one in Hull and one in Taunton. In 2020, Manet opened its Community Outreach and Prevention Services office in Quincy and, coming in the summer of 2021, the health center will open a new practice site in Attleboro. Manet has a primary affiliation with Boston Medical Center Health System.

**Wellspring Multi-Service Center**

814 Nantasket Avenue, Hull, MA 02045

(781) 925-3211

**Website:** <https://www.wellspringmultiservice.org/>

Wellspring Multi-Service Center's mission is to provide support and skills to people facing challenges to their financial, physical or emotional well-being in order to help them achieve independence and self-sufficiency.

**Kingston****Kingston Housing Authority**

15 Hillcrest Road, Kingston, MA 02364

(781) 585-8028

**Website:** <https://www.kingstonha.org/>

**Plymouth Area Coalition**

149 Bishops Hwy, Kingston, MA 02364

(781) 582-2010

**Website:** <https://www.plymouthareacoalition.org/>

The Plymouth Area Coalition for the Homeless, guided by a dedication to social justice and compassion, strives to nurture and empower families and individuals seeking basic needs assistance by providing them the shelter, food, and educational resources necessary to reach their potential and independence.

**Veteran Services - Kingston**

26 Evergreen Street, Kingston, MA 02364

(781) 585-0515

**Website:** <https://www.kingstonma.gov/285/Veteran-Services>

**Vineyard Resource Center**

41 Pottle Street, Kingston, MA 02364

(781) 585-6897

**Website:** <https://thevineyardchurch.tv/careworks/>

**Hours:** Mondays from 5:00 PM – 8:00 PM and Tuesdays from 10:00 AM – 1:00 PM.

Careworks provides:

- Emergency food assistance
- Clothing and household goods
- Emergency financial assistance (when available)
- Referrals for social services
- Prayer

## Marshfield

### Carolina Hill Shelter

728 Main Street, Marshfield, MA 02050

(781) 837-1377

**Website:** <https://www.carolinahill.org/contact-us.html>

Training is provided in basic life skills such as money management, parenting, nutrition, assertiveness, advocacy and accessing community resources. These training programs, which emphasize the acquisition of skills, confidence and information, lead to a certificate of housing readiness and can expedite a successful housing search. We also provide case management, housing search, GED and ESL classes. Although all Carolina Hill residents share a common problem of homelessness, many are also escaping situations of domestic violence and/or recovering from substance abuse. We refer families to outside services and agencies for childcare, individual, group and family counseling, community support, domestic violence programs, furniture programs, substance abuse programs, day programs and much more. After our families are successfully placed in a new home, we offer follow-up services to assist their smooth transition into local schools and social services.

### Marshfield Food Pantry

1837 Ocean Street, Marshfield, MA 02050

(781) 837-0359

**Website:** <https://www.marshfieldfoodpantry.org/id2.html>

For over 35 years, the Marshfield Food Pantry has been providing nutritious food for Marshfield families in need.

In 2020 alone the Food Pantry served 646 families consisting of:

- 2825 family visits
- 1700 residents received assistance
- 355 children
- 263 seniors

Monthly, our families receive food and personal care items. The amount of food a family receives is dependent upon the number of people in the family. The food a family receives from the Food Pantry is only meant to supplement the family's food. A family receives food for approximately 5 days of breakfast, lunch and dinner.

The only requirements for a family to receive assistance are proof of Marshfield residency and a photo ID.

Confidentiality of families using the Pantry is very important to our volunteers.

Deliveries are made to homebound, elderly and handicapped residents.

School nurses are provided with snacks and juices for hungry students.

Spouses and families of deployed servicemen and women are encouraged to use the Pantry.

In November of 2020, 320 families received all the fixings for a traditional Thanksgiving dinner.

Nothing at the Food Pantry goes to waste. Leftover breads and produce are donated to a local farm.

### **Marshfield Housing Authority**

12 Tea Rock Gardens, Marshfield, MA 02050

(781) 834-4333

**Website:** <https://marshfieldha.com/>

### **Marshfield Veteran's Agent**

870 Moraine Street, Marshfield, MA 02050

(781) 834-5576

**Website:** <https://www.marshfield-ma.gov/marshfield-veterans-services>

### **Sowing Seeds**

974 Plain Street, Marshfield, MA 02050

(781) 837-3337

**Website:** <https://www.sowingseedsmarshfield.org/>

Sowing Seeds is a non-profit network of people who share their time, ideas & special gifts to help Marshfield residents in need.

One seed, planted over 20 years ago, has produced an active group of over 100 volunteers & scores of generous supporters.

Although we provide clothing to Marshfield residents in need, that's not all we do. With the resourcefulness and compassion of our volunteers we offer needed services to members within our community. Often we provide the elderly and chronically ill rides to appointments. We also provide a guiding hand, hope and direction to residents who welcome our support. We aspire to help people not only get back on their feet but stay there. Where necessary and possible, we network with other local and regional resources. Many of the people we have helped in turn are able to help us help others.

## **Middleborough**

### **Caring Center Food Pantry, The**

2 Webster Street, Middleborough, MA 02346

(508) 947-1256

**Website:** <https://centralcongo.org/food-pantry/>

The Caring Center Food Pantry is open to all residents of Middleboro and Lakeville on Mondays from 9:00 **AM** – 11:00 **AM**. (Closed on school holidays). Participants must bring proof of residence in Middleboro or Lakeville.



### **Conway House**

14 E Grove Street, Middleborough, MA 02346  
(508) 946-8505

### **Elevate Counseling Services, Inc. - Middleborough**

695 Wareham Street, Middleborough, MA 02346  
(508) 202-1811

**Website:** <https://www.elevate-counseling.com/>

Elevate Counseling Services, Inc. offers a wide range of counseling and therapy options to help children, teens and adults dealing with issues like anxiety, depression, relationships, grief, loss, change, ADHD, anxiety and addiction. We also work extensively with families, couples and marriages. We use multiple techniques including art and expression therapy, play therapy, CBT, DBT, mindfulness and many others. We are on a mission to be a welcoming community of behavioral health care professionals that are elevated to the highest possible standard of care. We believe in excellence in counseling practice, in recovery programming and in behavioral health care business practices.

### **Middleboro Veterans Services**

20 Center Street, 3rd floor, Middleborough, MA 02346  
(508) 946-2407

**Website:** <https://www.middleboroughma.gov/177/Veterans-Services>

### **McLean SouthEast**

23 Isaac Street, Middleborough, MA 02346  
(774) 419-1000

**Website:** <https://www.mcleanhospital.org/>

A satellite location of McLean Hospital, McLean SouthEast offers world-class mental health care for adults, children, and adolescents. Services for adults include options for short-term treatment for those in crisis as well as an intensive day-treatment program focused on helping individuals with depression and anxiety disorders. For teens with emotional and behavioral difficulties, McLean SouthEast provides residential and day treatment and support. McLean is dedicated to offering accessible mental health care and resources to patients and families in the southeast region of Massachusetts, including Cape Cod and the Islands.

### **Middleborough Housing Authority**

8 Benton Street, Middleborough, MA 02346  
(508) 947-3824

**Website:** <https://middleborooha.org/>

### **Nearly New Shop**

56 Union Street, Middleborough, MA 02346  
(508) 947-4492  
Consignment shop

### **Society of St. Vincent de Paul- Middleborough**

53 Oak Street, Middleborough, MA 02346  
(508) 947-1717

**Website:** <https://www.svdpmiddleboro.org/>

Assists with food, rent, and some utilities

## **Norwell**

### **Counseling Associates-Norwell**

80 Washington Street, Norwell, MA 02061  
(781) 871-3834

**Website:** <https://counselingassociatesofnorwell.com/>

Counseling Associates of Norwell is a group of independent private practitioners who work together to provide a respectful and confidential environment for clients. Each of the clinicians has been in practice for over twenty years. We provide an array of services for adolescents and adults, ranging from consultations and interventions, to long and short-term psychotherapy. A variety of modalities are offered including individual, couples, family and group treatment.

### **Entegee**

80 Washington Street, Norwell, MA 02061  
(877) 792-9970

**Website:** <https://www.entegee.com/>

Staffing agency

### **Norwell Food Pantry**

345 Main Street, Norwell, MA 02061  
(781) 690-5050

**Website:** <https://friendsofnorwell.org/>

The Friends of Norwell assists families, children and individuals in Norwell. With the support of generous individuals, businesses and churches, our organization serves about 250 adults and children in Norwell every week through The Norwell Food Pantry & Closet and Kids-in-Need. For the Holidays, our Adopt a Family Program helps to fulfill gifts requests for over 100 families.

### **Norwell Housing Authority**

399 Washington Street, Norwell, MA 02061  
(781) 659-7690

**Website:** <https://www.townofnorwell.net/housing-authority>

### **Off the Rack**

39 Washington Street, Norwell, MA 02061  
(781) 878-3555

**Website:** <https://www.offtherack.org/>

Consignment shop

## Pembroke

### **Pembroke Food Pantry**

142 Center Street, Pembroke, MA 02359

(781) 293-7211

**Website:** <https://www.pembroke-ma.gov/pembroke-food-pantry>

The Food Pantry is located in the Community Center Building and is open on Wednesdays from 8:30 **AM** – 11:30 **AM**

### **Pembroke Housing Authority**

6 Kilcommons Drive, Pembroke, MA 02359

(781) 293-3088

**Website:** <https://www.pembrokehousingauthority.com/>

### **Recovery & Growth Counseling**

2 Columbia Road, Pembroke, MA 02359

(781) 829-9044

Addiction Treatment Center

## Plymouth

### **Child & Family Services**

202 South Meadow Unit 5B Plymouth, MA 02360

(800) 469-9888

### **Map Academy**

11 Resnik Road Plymouth, MA 02360

(508) 830-9500

**Website:** <https://themapacademy.org/>

**Services:** a new public charter school located in Plymouth, designed to provide a free option to students that want or need something different than the traditional high school.

## Quincy

### **Bay State Community Services**

1120 Hancock Street, Quincy, MA 02169

36 Cordage Park Circle #305, Plymouth, MA 02360

(617) 471-8400

**Website:** <https://baystatecs.org/>

**Outpatient Services:** BSCS' counseling programs provide behavioral health and substance use disorders treatment for individuals, couples and families.

**Day Treatment Services:** an afterschool program designed to offer individually targeted psycho-educational, recreational, and therapeutic groups to develop and practice skills needed to be successful at home and in the community.

**Child Family Services:** BSCS is proud to be a Children's Behavioral Health Initiative (CBHI) provider offering Intensive Care Coordination (ICC) and Family Support and Training (FS&T) through our Community Service Agencies (CSA), as well as In-Home Therapy (IHT) and Therapeutic Mentoring (TM) services.

**Other Services/Programs:** A New Way Recovery Center, Beal Street Residential, Billings Human Services, Center for Community Counseling and Education, Dianne DeVanna Center, Granite House Residential, Hospital Emergency Action Recovery Coach Team (HEART), Impact Quincy, Plymouth STARR Residential, Quincy Family Resource Center, and Survival STARR Residential.

### **New Horizons**

500 Congress Street, Quincy, MA 02169

(617) 481-6949

**Website:** <https://newhorizonsmedical.org/>

**Hours:** Mon.–Fri. 9:00 AM – 5:00 PM, Sat. 9:00 AM – 2:00 PM, Sun. Closed

- Medication Assisted Treatment (MAT)\* with Buprenorphine and Naltrexone
- Buprenorphine Treatment for Opioid Use Disorders
- Suboxone, Subutex, Zubsolv, and Sublocade Injections
- Naltrexone Treatment for Alcohol and Opioid Use Disorders
- Naltrexone Tablets, Vivitrol Injections
- Psychiatry and Medication Management
- Mental Health Counseling
- Individual, Group, Couples, and Family Formats

## **Rockland**

### **Rockland Community Education**

99 Church Street, Rockland, MA 02370

(781) 878-1349

**Website:** <https://rocklandschools.org/>

### **Rockland Food Pantry, The**

12 Church Street, Rockland, MA 02370

(781) 878-1078

**Website:** <https://rocklandfoodpantry.org/>

**Hours:** Wednesday, 10:00 AM – 2:00 PM

Food distribution is every 4 weeks

Bread may be picked up any wednesday after 10:00 AM

### **Rockland Housing Authority**

8 Studley Court, Rockland, MA 02370

(781) 878-4156

**Website:** <https://www.rocklandhousingauthority.com/home>

**Rockland Recovery- Sober Living - Rockland**

449 E Water Street, Rockland, MA 02370

(617) 360-3688

**Website:** <https://www.rocklandrecovery.com/>

At Rockland Recovery, we know that there are as many treatment plans and approaches as there are people struggling with substance abuse problems. This is why at Rockland, we offer a wide variety of treatments ranging from evidence-based clinical approaches to more holistic therapies aimed at helping heal the whole person. If you or someone you love is struggling with a substance abuse problem, we can help by tailoring an individualized course of treatment that suits their needs precisely.

**Rockland Regional Adult Learning Center**

52 Mackinlay Way, Rockland, MA 02370

(781) 871-8410

**Website:** <https://www.scalcrockland.org/>

Our Adult Diploma Program engages students to learn in order to be better prepared for college entrance or the world of work.

**Rockland Veterans Agent**

317 Plain Street, Rockland, MA 02370

(781) 871-1393

**Website:** <https://www.rockland-ma.gov/269/Veterans-Services>

**Triangle House**

167 W Water Street, Rockland, MA 02370

(781) 871-2704

**Website:** <https://www.facebook.com/p/Triangle-House-100076033493654/>

Addiction Treatment Center

**Weymouth****New Beginnings**

234 Pleasant Street, Weymouth, MA 02190

(781) 499-2659

**Website:** <https://www.newbeginningssemass.org/>

Support for loss and grief

# Merrimack Valley

## Amesbury

### **Amesbury Center - Community Action, Inc.**

44 Friend Street, Amesbury, MA 01913

(978) 388-2570

**Website:** <https://www.communityactioninc.org/cai-amesbury-center/>

**Services:** Low and moderate income families can apply for housing, rent assistance, food, mortgage help, holiday meals and gifts and clothing. They also operate a food pantry and clothing bank. In addition get help from a counselor in applying for the CAI Low-income Heating Assistance program (LIHEAP) as well as Women, Infants and Children (WIC) nutrition and health program.

## Andover

### **Andover Housing Authority**

100 Morton Street, Andover, MA 01810

(978) 475-2365

**Website:** <https://andoverma.gov/298/Andover-Housing-Authority>

### **Andover Veteran Services**

36 Bartlet Street, Andover, MA 01810

(978) 623-8380

**Website:** <https://andoverma.gov/234/Veteran-Services>

### **Clearview Horizons**

40 Shattuck Road, Suite 112, Andover, MA 01810

(978) 270-8925

**Website:** <https://cvhorizons.com>

Therapy, support groups, workshops

### **General Psychological Associates**

3 Dundee Park Drive, #203, Andover, MA 01810

(978) 475-3590

**Website:** <https://www.generalpsychologicalassociates.com/>

Outpatient mental health provider

**LARE Institute**

6 Campanelli Drive, Andover, MA 01810

(978) 685-2151

**Website:** <https://lareinstitute.com/>

Educational, occupational skill training and job placement programs

**Project Home Again**

123 Tewksbury Street, Andover, MA 01810

(978) 409-1930

**Website:** <https://www.phama.org/>

Partner with social service agencies in northeastern Massachusetts to bring new and gently used household goods, furniture and appliances to low-income families in need.

**Society of St. Vincent de Paul - Andover**

43 Essex Street, Andover, MA 01810

(978) 475-0039 x49

**Website:** <https://staugustineparish.org/st-vincent-de-paul/>

Assists with food, rent, and some utilities

**Topsail Addiction Treatment**

231 Sutton Street, Unit 1E, North Andover, MA 01810

(978) 475-0002

**Website:** <https://www.topsailaddictiontreatment.com/>

24/7 Addiction Treatment

**Veterans' Services - North Andover-Boxford**

120 Main Street, North Andover, Massachusetts, 01845

(978) 807-7286

**Website:** <https://www.northandoverma.gov/veterans-services>

**Bedford****Bedford Community Table/Pantry, The**

12 Mudge Way, STE 1, Bedford, MA 01730

(781) 275-7727

**Website:** <https://bedfordfoodpantry.org/>

Offers bags of groceries to those who qualify and a supper for all most Thursdays at 5 pm at the Town Center building

**Bedford Housing Authority**

1 Ashby Place, Bedford, MA 01730

(781) 275-2428

**Website:** <https://www.bedfordma.gov/480/Bedford-Housing-Authority>

### **Bedford Local Transit**

12 Mudge Way, STE 1, Bedford, MA 01730

(781) 275-2255

**Website:** <https://www.bedfordma.gov/521/Bedford-Local-Transit-BLT>

The Bedford Local Transit (BLT) offers wheel-chair accessible transportation within Bedford and to shopping malls, hospitals, and other sites in Burlington, Billerica, and Concord

### **Bedford Veterans Agent**

12 Mudge Way, Bedford, MA 01730

(781) 275-1328

**Website:** <https://www.bedfordma.gov/297/Veterans-Services>

### **Bedford Veterans Quarters, Building #5**

200 Springs Road, Bedford, MA 01730

(781) 687-2000

**Website:** [https://www.bedford.va.gov/news/Bedford\\_Veterans\\_Quarters.asp](https://www.bedford.va.gov/news/Bedford_Veterans_Quarters.asp)

The Bedford Veterans Quarters is housed in Building 5 on the Bedford VA Campus in Massachusetts. 56 of the 60 units receive Section 8 benefits. Applications will be reviewed by the Metropolitan Boston Housing Partnership, including a CORI review. Veterans must have completed their military service with either an honorable or general discharge as shown on their DD 214 and must be clean and sober for at least 120 days.

### **Community Teamwork, Inc. for Fuel Assistance**

155 Merrimack Street, Bedford, MA 01730

An annual cash benefit to help pay for heating fuel for those who meet income and other requirements. Those 60 and over may apply by making an appointment at the Council on Aging, (781) 275-6825. Those who are younger than 60 should call Bedford Youth and Family Services at (781) 275-7727.

### **Mental Health Counseling at the Youth and Family Services Office**

12 Mudge Way, Bedford, MA 01730

(781)-275-7727

**Website:** <https://www.bedfordma.gov/299/Youth-Family-Services>

Licensed Clinicians, through the Town's contract with Eliot Community Human Services, are available by appointment in the Youth and Family Services Office for all Bedford residents. When using Eliot's services, residents are not required to pay a co-pay and lack of insurance is not a barrier to access counseling.

### **Senior Employment Program**

12 Mudge Way, Bedford, MA 01730

(781) 275-6825

Bedford residents 65 and older who meet income qualifications may apply to work for a Town department for 100 hours at \$8/hour.



## Billerica

### **Billerica Housing Authority**

16 River Street, Billerica, MA 01821

(978) 667-2175

**Website:** <https://www.billericahousing.org/>

### **Dr. Stephen B. Moss, PhD**

374 Concord Road, Billerica, MA 01821

(978) 835-5000

**Website:** <https://www.drstephenmoss.com/>

Dr. Stephen Moss, PhD provides mental health services, addiction counselor services and marriage counseling.

### **Shawsheen Valley Technical High School Adult Education**

100 Cook Street, Billerica, MA 01821

(978) 671-3650

**Website:** <https://shawsheentech.asapconnected.com/>

Shawsheen Valley Regional School District serves the five member towns of Billerica, Bedford, Burlington, Tewksbury, and Wilmington.

### **Veterans Services - Billerica**

365 Boston Road, Office #201, Billerica, MA 01821

(978) 671-0968

**Website:** <https://www.town.billerica.ma.us/166/Veterans-Services>

## Chelmsford

### **Chelmsford Community Education**

170 Dalton Road, Chelmsford, MA 01824

(978) 251-5151

**Website:** <https://chelmsfordma.myrec.com/info/default.aspx>

### **Chelmsford Housing Authority**

10 Wilson Street, Chelmsford, MA 01824

(978) 256-7425

**Website:** <https://www.chelmsfordha.com/>

### **Chelmsford Town Veterans Agent**

50 Billerica Road, Chelmsford, MA 01824

(978) 250-5238

**Website:** <https://www.townofchelmsford.us/260/Veterans-Agent>

### **LifeStance Health - Chelmsford**

321 Billerica Road, #104, Chelmsford, MA 01824

(781) 646-0500

**Website:** <https://www.cfpsych.org/welcome-psychological-care-associates-patients>

Child & Family Psychological Services, PLLC is a private behavioral health care practice providing the highest quality, comprehensive, evidence-based evaluation, treatment, and consulting services since 1994. Our team of Board Certified Psychiatrists, doctoral level Psychologists, Psychiatric Nurse Practitioners and other psychotherapists strive to provide integrated services for children, adolescents, adults, families, and organizations.

### **Middlesex Recovery Chelmsford**

2 Courthouse Lane, Chelmsford, MA 01824

(978) 459-8074

**Website:** <https://middlesexrecovery.com/middlesex-recovery-locations-ma.html>

We provide outpatient medication-assisted treatment supported by individual and group substance use counseling

### **North Star Guidance Center Inc**

21 Glen Avenue, Chelmsford, MA 01824

(978) 256-0667

**Website:** <https://www.northstarguidancecenterinc.com/>

At North Star Guidance Center, we believe in a family centered, community focused practice. We maintain an unwavering commitment to building strong, healthy relationships between caretakers, supportive community resources and service providers. Our group provides neurofeedback services by licensed clinicians as well as individual, group, couples and family therapy. We work collaboratively to provide a comprehensive continuum of care that will best serve both individuals and families. As a group, we encourage integrated approaches to healing and offer a variety of trauma informed services to match particular needs. At North Star Guidance Center, all of our providers have experience working with children, adolescents and adults. If you would like to schedule an appointment, please submit a HIPAA compliant Electronic Request for Services Form and we will respond promptly back to you by email. If we are able to match you with a therapist we will send you a password for you to log on to the Adult Health Questionnaire & Consent Form or the Minor Child / Adolescent Health Questionnaire & Consent Form.

## **Dracut**

### **Dracut Council on Aging**

951 Mammoth Road, Dracut, MA 01826

**Website:** <https://www.dracutma.gov/522/Council-on-Aging>

### **Dracut Food Pantry**

1934 Lakeview Avenue, #11, Dracut, MA 01826

(978) 957-8600

**Website:** <https://www.dracutfoodpantry.com/>

The Dracut Food Pantry is a local 501(c)(3) that provides short and long-term food assistance to Dracut residents who are struggling to put food on the table.

Come to the pantry on the fourth Saturday (please check our schedule for date changes due to holidays) of every month, 9:00 **AM** – 11:00 **AM**. Due to USDA regulations, you will be asked for proof of residency in the form of a utility bill. Once all your paperwork has been filled out, you can return each month or whenever needed without doing additional paperwork.

### **Dracut Housing Authority**

971 Mammoth Road,, Dracut, MA 01826

(978) 957-3515

**Website:** <https://www.dracuthousingauthority.org/>

### **Dracut Veterans Benefits**

951 Mammoth Road, Dracut, MA 01826

(978) 455-1349

**Website:** <https://www.dracutma.gov/261/Veterans>

**Veteran's Agent:** Jeff Hollett, Office (978) 455-1349, Cell (978) 856- 5007

**Office Hours:** Monday, Wednesday, Thursday: 8:30 **AM** – 4:30 **PM**, Tuesday

8:30 **AM** – 7:00 **PM**; Friday 8:30 **AM** – 1:00 **PM**

### **LRTA**

951 Mammoth Road, Dracut, MA 01854

(978) 459-0152

**Website:** <https://www.dracutma.gov/209/Transportation-Options>

The LRTA services eleven communities providing fixed route bus service for 1.3 million passengers annually in six cities and towns and serves 65.00 elderly and disabled citizens through Council on Aging and the LRTA RoadRunner Program.

The service operates continually between the hours of 6:00 **AM** and 6:00 **PM**.

The LRTA serves area population of 300,000 people. Its operating budget is 5.2 million annually employing over 200 people through its private transportation contractors who provide a substantial positive economic impact on our region.

**Fixed Route Service:** The LRTA provides transportation to over 311,410 fixed route bus passengers from the Town of Dracut annually. The service operates Monday through Friday from 6:55 am–5:35 **PM** (11 round trips) and Saturday from 8:00 **AM**–4:35 **PM** (5 round trips). As part of its total fixed route operation to five communities the LRTA provides vehicles, maintenance, drivers, insurance, administration and State and Federal capital and operating assistance for this service.

**RoadRunner Service:** The LRTA provides RoadRunner transportation on Mondays and Fridays to nearly 1,643 elderly and disabled Dracut residents from 8:00 **AM**–5:00 **PM**.

As part of its total RoadRunner operation to eight communities the LRTA provides vehicles, maintenance, drivers, insurance, administration and State and Federal capital and operating assistance for this services.

## Dunstable

### Dunstable Veterans Office

511 Main Street, Dunstable, MA 01827

(978) 649-3919

**Website:** <https://www.dunstable-ma.gov/veterans-services>

## Essex

### Essex Housing Authority

1 Chebacco Terrace, Essex, MA 01929

(978) 768-6821

**Website:** <http://www.essexha.org/>

## Groton

### LifeStance Health - Groton

120 Boston Road, Suite 200, Groton, MA 01450

(781) 551-0999

**Website:** <https://www.cfpsych.org/welcome-psychological-care-associates-patients/>

Child & Family Psychological Services, PLLC is a private behavioral health care practice providing the highest quality, comprehensive, evidence-based evaluation, treatment, and consulting services since 1994. Our team of Board Certified Psychiatrists, doctoral level Psychologists, Psychiatric Nurse Practitioners and other psychotherapists strive to provide integrated services for children, adolescents, adults, families, and organizations.

### Veteran's Service - Groton

75 Hollis Street, Groton, MA 01450

(978) 448-1175

**Website:** <https://www.grotonma.gov/government/departments/veterans-services/>

## Groveland

### Veterans Services - Groveland

183 Main Street, Groveland, MA 01834

(978) 973-2118

**Website:** <https://www.grovelandma.com/veterans>

## Haverhill

### Community Action, Inc.

3 Washington Square, Haverhill, MA 01830

(978) 373-1971

**Website:** <https://www.communityactioninc.org/>

**Services:** clothing, shelter, food, income and health and medical care. The non-profit community action agency provides clothing, food, and information of Massachusetts and federal government program and advocacy for tenants. Counselors will offer services to clients requesting assistance with utility companies to maintain services. Administers EFSP funds, Gazette Santa (holiday program), and Coats for Kids in the wintertime.

**Service Areas:** Haverhill, Lynn and throughout Essex County

## Lawrence

### Child & Family Services | Merrimack Valley

439 South Union Street, (Suite 203B) Lawrence, MA 01843

(978) 687-5852

*See Child & Family Services - Emergency Mental Health Services on p. 202*

### Daybreak Emergency Shelter for Men and Women

19 Winter Street, Lawrence, MA 01843

(978) 975-4547

**Website:** <https://psychologicalcenter.com/our-programs/daybreak-shelter/>

Allows up to 40 guests. 30 men allowed and 10 women allowed.

Services Provided: Counseling; AA meetings; 2 meals/day (lunch in-house for people w/ medical problems); clothing when available; Spanish; handicap accessibility; on-site clinic; day programs; transportation; limited storage facilities. Must be over 18 years old. There is a 9:00 **PM** curfew.

Daybreak Shelter provides temporary shelter, up to thirty days, for homeless men and women over the age of eighteen. It is one of the last "Wet" shelters in the state, meaning we allow individuals under the influence of alcohol or substances to stay, though we do not allow alcohol or substances to be brought onto or used on our property. The Shelter is open from 5:00 **PM** on a first come, first served basis, to 8:00 **AM** each day. Breakfast and dinner are served each day.

### GLCAC, or the Greater Lawrence Community Action

305 Essex Street, Lawrence, MA 01840

(978) 681-4900

**Website:** <https://www.glcac.org/>

**Services:** mostly provides referrals. Qualified low income families can get support for their basic needs from government benefits such as WIC or the Head Start services. There are also programs focused on energy bills and heating expenses. These are funded by the state of Massachusetts and federal government grants, and can be called upon for either energy conservation or to pay delinquent utility bills.

Other resources include Project Senior or child care vouchers. Case managers can offer referrals to food stamps, disability, and similar benefits too. Resources are for families in Methuen, Lawrence, and Andover only. More Greater Lawrence Community Action Council.

### **Greater Lawrence Family Health Center**

34 Haverhill Street, Lawrence, MA 01840

Pharmacy: (978) 688-1567, (978) 686-0090

**Website:** <https://glfhc.org/>

**Services:** Primary medical and health care and community medicine for residents regardless of insurance coverage or ability to pay for their medical bills or current programs.

**Service Areas:** Lawrence

### **Greater Lawrence YWCA - Oasis Project Domestic Violence Shelter**

38 Lawrence Street, Lawrence, MA 01840

(978) 682-3039

**Website:** <https://ywcaneoma.org/>

Domestic Violence Transitional Shelter.

The OASIS Project at the YWCA of Greater Lawrence is a transitional housing service of the YWCA's domestic violence program. OASIS is a comprehensive program where women with children establish and work towards personal and professional goals so that they may overcome family violence and homelessness to lead safe, self-sufficient lives. Similar in its philosophy and scope of services, the YWCA Residence houses ten formerly battered woman who are homeless who do not have children in their care. OASIS and The YWCA Residence enable women and families to establish a source of income and stability so they can move on to permanent, safe and affordable housing. These residences are more than housing. Participants establish and work towards personal and professional goals while they stabilize their families, employment and emotional well-being. Eligible participants need to meet certain criteria before making an application for an interview. The program coordinator reviews applications before interviews are conducted.

### **Lawrence Community Works**

168 Newbury Street, Lawrence, MA 01841

(978) 685-3115

**Website:** <https://www.lawrencecommunityworks.org/>

**Services:** Helps people in low income areas. Resources and programs administered help with home rehabilitation programs, housing counseling, eviction prevention, and mortgage foreclosure assistance.

### **Lawrence Housing Authority**

353 Elm Street, Lawrence, MA 01842

(978) 683-2751

**Website:** <https://lawrencehousing.org/>

### **Lazarus House Ministries**

412 Hampshire Street, Lawrence, MA 01841

(978) 689-8575

**Website:** <https://lazarushouse.org/>

**Services:** A program known as St. Luke's Dental and Medical Program provides community clinics in the region. The free center also offers patients free dental care and medical care. The clinic is for those patients who have no health insurance and those who cannot afford to see a medical doctor or dentist.

## Lowell

### Alternative Housing Domestic Violence Shelter

PO Box 2100, Lowell, MA 01851

(978) 937-5777

**Website:** <https://www.alternative-house.org/>

24-hour crisis hotline: 1-888-291-6228

Provides shelter, support, counseling, legal advocacy for battered women and their children. Alternative House Outreach Service offers emergency shelter, safe housing, 24-hour crisis hotline, transitional housing, supervised children's visitation, youth/teen domestic violence prevention program, legal advocacy, free legal information clinics, support groups, and training/education on domestic violence.

### Community Teamwork

155 Merrimack Street, Lowell, MA 01852

(978) 459-0551

**Website:** <https://www.commteam.org/>

Provides transitional housing. Fees may apply for this Transitional Housing resource. Contact Community Teamwork 1 with the contact information we provided to get full details. Oftentimes you can apply for sliding scale fee payment or other options if you are low income. You will need to speak with them to see if you qualify.

### Lowell Housing Authority

350 Moody Street, Lowell, MA 01853

(978) 937-3500

**Website:** <https://www.lhma.org/>

### Lowell Transitional Living Center

189 Middlesex Street, Lowell, MA 01852

(978) 458-9888

**Website:** <https://ltlc.org/>

### Housing and Meals for the Homeless

Fees may apply for this Transitional Housing resource. Contact Lowell Transitional Living Center with the contact information we provided to get full details. Oftentimes you can apply for sliding scale fee payment or other options if you are low income. You will need to speak with them to see if you qualify.

### **Merrimack Valley Catholic Charities**

70 Lawrence Street, Lowell, MA 01852

(978) 452-1421

**Website:** <https://www.ccab.org/location-merrimack>

A couple of offices operate in the region, and low income people in need of assistance from Lowell, Lawrence, Haverhill, and surrounding communities may apply for assistance. A diverse range of services is offered, including so called Basic Needs Services. This includes emergency free food, fuel, rent, gas bill, mortgage, and utility assistance, among other resources. The offices of the Essex County Catholic Charities are.

### **New England Prison Ministries Inc. Lowell**

27 Fleming Street, Lowell, MA 01851

(978) 458-1721

The goal of New England Prison Ministries is that every prisoner released in New England be welcomed into the community with a safe place to live; help re-establishing their lives; a connection with a church family; and structured programs of Christian encouragement and discipline.

Fees may apply for this Transitional Housing resource. Contact New England Prison Ministries Inc. with the contact information we provided to get full details. Oftentimes you can apply for sliding scale fee payment or other options if you are low income. You will need to speak with them to see if you qualify.

### **UTEC**

35 Warren Street, Lowell, MA 01852

(978) 856-3902

**Categories:** Education, Employment, Mentoring Programs, Reentry, Restorative Justice, Youth and Teens

**Website:** <https://utecinc.org/info@utecinc.org>

UTEC's mission and promise is to ignite and nurture the ambition of our most disconnected young people to trade violence and poverty for social and economic success. UTEC serves Lowell, Lawrence, and Haverhill, MA and is nationally recognized as a model agency serving justice-involved young adults.

#### **Programs:**

- Street Outreach & Violence Intervention
- Behind the Walls Programming
- Transitional Coaching
- Workforce Development via Social Enterprises
- Education
- Organizing & Policymaking
- Mental Health Services



## Methuen

### Christian church salvation Food Pantry

15 Lowell Blvd, Methuen, MA 01844  
(978) 397-5768

### Methuen Family Health Center

147 Pelham Street, Methuen, MA 01844  
(978) 683-3491

**Website:** <https://glfhc.org/locations-and-hours/>

Some services that this clinic provides is: Integrative Medicine, Health Care for the Homeless, HIV Education, Maternal and Child Health, High Risk OB Group, Asthma Self-Management Education, School-Based Health Centers, Reach Out And Read, ADHD Clinic

### Methuen Housing Authority

24 Mystic Street, Methuen, MA 01844  
(978) 682-8607

**Website:** <https://www.methuenhousing.org/>

### Methuen Veteran's Services Department

41 Pleasant Street, #108, Methuen, MA 01844  
(978) 983-8585

**Website:** <https://www.methuen.gov/308/Veterans-Services>

## North Chelmsford

### Families In Recovery

10 Adams Street, #2, North Chelmsford, MA 01863  
(978) 251-1160  
Addiction Treatment Center

### Greater Lowell Psychiatric Associates, LLC

73 Princeton Street, Suite 203, North Chelmsford, MA 01863  
(978) 256-6579

**Website:** <https://www.greaterlowellpsychassoc.com/>

The team has training and experience in a wide range of therapeutic techniques to address a multitude of conditions. In addition to depression and anxiety disorders, they treat post-traumatic stress disorder (PTSD), attention-deficit hyperactivity disorder, (ADHD), substance abuse, obsessive-compulsive disorder (OCD), bipolar disorder, and many other conditions. Customized treatment plans utilize psychotherapy, cognitive-behavioral therapy, dialectical-behavioral therapy, psychodynamic therapy, and other proven techniques to help patients cope with difficult emotions so they can enjoy productive lives and robust personal relationships.

**Table of Plenty in Chelmsford, Inc.**

75 Groton Road, North Chelmsford, MA 01863  
(978) 710-8EAT (8328)

**Website:** <https://tableofplentyinchelmsford.org/>

We serve a free weekly meal to alleviate hunger and social isolation for individuals and families in a friendly and welcoming environment. All Are Welcome — no questions asked, ever.

**Wish Project, The**

166 Middlesex Street, North Chelmsford, MA 01863  
866-947-4360

**Website:** <https://www.thewishproject.org/>

We give out goods in three main ways:

**Wishes:** Social workers from our Partner agencies place “wishes” for needed goods for their own clients using our online Wish Placement system. This way, we know that all clients are qualified as being in need and we get a list of what they need. Once a wish is approved, the client brings the paperwork to the warehouse to pick up the items. Clients may not place wishes for themselves. They must be working with one of our Partner agencies to receive goods. For a list of referring agencies click here: [Partner Agencies in the Merrimack Valley of MA](#). During this time of Covid-19, appointments must be made in advance.

**Projects:** Project goods are bulk items given directly to our Partner agencies to distribute to their clients. These include projects such as: backpacks, BITS bags, Mother’s Day bags and Christmas gifts. Our contact person from each agency requests the items from us, and is responsible for picking up the item(s) and distributing them to the other case workers for their clients. We do not give project goods directly to clients.

**Emergency Aid:** Victims of emergencies such as fire and natural disasters who are left homeless may bring their fire department or Red Cross paperwork to the warehouse to receive emergency help such as clothing and food. During this time of Covid-19, please make an appointment in advance before coming.

**Pepperell****PACH Outreach**

66 Hollis Street, Pepperell, MA 01463  
(978) 925-9770

**Website:** <https://pachoutreach.org/>

**Pepperell Housing Authority**

8 Foster Street, Pepperell, MA 01463  
(978) 433-9882

**Website:** <https://www.pepperellhousing.com/>

**Pepperell Town Veteran's Agent**

1 Main Street, R, Pepperell, MA 01463

(978) 433-0342

**Website:** <https://town.pepperell.ma.us/122/Veterans-Services>

**Reading****Christian Community Services**

150 Haverhill Street, North Reading, MA 01864

(978) 276-0040

**Website:** <https://nrfoodpantry.org/>

You are welcome to use the pantry if you are a resident of North Reading. Please bring an ID and proof of residency, such as a utility bill, with you at your first visit.

Clients may use the pantry two times each month- they will shop every other week. We offer both perishable and non-perishable foods to supplement the food available from other sources. The Food Pantry is open Monday mornings from 9:30 AM–11:00 AM, and on the 1st and 3rd Monday evenings from 6:30 PM–8:00 PM.

**Food Distribution Center - Reading Food Pantry**

6 Salem Street, Reading, MA 01867

(781) 944-8486

**Website:** <https://www.readingfoodpantry.org/visit-the-pantry>

The Reading Food Pantry is located at the Old South Methodist Church, Salem Street Residents interested in visiting the Food Pantry should contact Kerry Valle, Town of Reading, Sr. Case Manager, (781) 942-6659.

**Hours:** Mondays 7:00 AM – 8:00 PM; Fridays 10:30 AM–11:30 AM

**Meta Addiction Treatment**

55 Concord Street, North Reading, MA 01864

(978) 776-3206

**Website:** <https://metaaddictiontreatment.com/>

Meta Addiction Treatment is a drug rehab center dedicated to empowering our clients to take charge of their recovery. Our outpatient treatment programs are designed for real people in real recovery. As a result, each program is built to help our clients overcome the actual challenges they will face in their everyday lives.

**Mission of Deeds**

6 Chapin Avenue, Reading, MA 01867

(781) 944-9797

**Website:** <https://www.missionofdeeds.org/>

Mission of Deeds (MOD) is a non-profit, volunteer-based organization in Reading, MA that provides beds, furniture and basic household items, free of charge to those in need, who are located in Middlesex and Essex Counties as well as the Suffolk County communities of Chelsea, Revere and Winthrop.

### **Psychotherapy Associates**

58 Concord Street, North Reading, MA 01864  
(978) 664-2566

**Website:** <https://www.panr.net/>

Psychotherapy Associates of North Reading and Amesbury offers a wide range of counseling services to patients in Middlesex County and beyond. These services include individual counseling, group therapy, couples therapy, and family counseling for children, adolescents and adults.

We are a generalist practice, and are equipped to handle most mental health conditions including anxiety, depression, ADHD, mood disorders, stress management, and more. Our referral coordinator can help match you up with the specialist who best meets your needs.

Our team is comprised of Licensed Clinical Psychologists (Psy.D), Licensed Independent Clinical Social Workers (LICSW), and Licensed Mental Health Counselors (LMHC). All of our providers are fully and independently licensed to practice in the state of Massachusetts. Unlike some practices, we do not use student counselors or trainees.

### **Reading Housing Authority**

22 Frank Tanner Drive, Reading, MA 01867  
(781) 944-6755

**Website:** <https://readinghousing.org/>

### **Triumph Center**

36 Woburn Street, Reading, MA 01867  
(781) 942-9277

**Website:** <https://triumphcenter.net/>

The Triumph Center is a counseling and consultation center serving clients in New England. Since 1991, we have provided counseling, social skills groups, summer programming and psychological evaluation services for children, adolescents, young adults and families, as well as consultation and evaluations for schools and other institutions.

### **Veterans Agent - Reading**

16 Lowell Street, Reading, MA 01867  
(781) 944-8486

**Website:** <https://www.readingma.gov/219/Veteran-Services>

Goals & Objectives:

- To execute timely and accurate benefit delivery for all veterans seeking help from the Federal, State and Local branches of government.
- To provide dignity, compassion, respect and privacy to all veterans seeking assistance.

- To empower veterans through technology, information sharing, and networking where they can assist themselves and their fellow veterans by connecting services to needs
- To continue the fight against homelessness and joblessness within the veteran community.
- To be honest and forthright with our veterans, researching the correct answer and providing results as quickly as accuracy allows.

# North Shore

## Beverly

### **Beverly Bootstraps Community Services Inc.**

35 Park Street, Beverly, MA 01915

(978) 927-1561

**Website:** <https://www.beverlybootstraps.org/>

**Services:** rent and mortgage payment assistance, Debt Reduction/Budget Counseling, Financial Management Workshops, Benefits Assistance, and Landlord Tenant Assistance mediation and advice. Coordinators for this program also assist residents in variety of ways, including applying for government programs such as DTA and Food Stamp benefits online, accessing local programs such as fuel and heating oil assistance, or provide help with an eviction. There is also support for people with a notice to quit or court summons, rent or mortgage arrearages, financial literacy classes, individual budget review, and completing public housing applications.

## Boxford

### **Community Giving Tree**

572 B Main Street, Boxford, MA 01921

(978) 769-5056

**Website:** <https://communitygivingtree.org/>

We provide low income families with basic necessities such as clothing, diapers, and baby equipment. Your donations help children grow and thrive.

### **First Church Congregational**

4 Georgetown Road, Boxford, MA 01921

(978) 887-2903

**Website:** <https://firstchurchboxford.org/project/food-pantry/>

The Food Pantry at First Church Boxford exists to serve the needs of residents of the Tri-town area. Our Food Pantry volunteer staff, Elaine and Leslie, interview the prospective recipients and schedule times for food pickup as well as household needs such as toilet paper, towels, and even dishes and personal products.

## Danvers

### **Danvers People to People food pantry**

12 Sylvan Street, Danvers, MA 01923

(978) 739-4188

**Website:** <https://www.danverscommunitycouncil.com/danvers-people-to-people-food-pantry>

**Services:** Provides food to people who need help. There is also a soup kitchen, free holiday meals or hygiene products, and other assistance around hunger prevention in Essex County.

## Georgetown

### Baldpate Treatment Center

83 Baldpate Road, Georgetown, MA 01833

(978) 352-2131

**Website:** <https://www.detoxma.com/>

We provide medically assisted detox from substances including alcohol, heroin, cocaine, stimulants, benzodiazepines and other prescribed or illegal drugs.

We are situated on 80 acres of beautiful wooded land approximately 30 miles North of Boston. Our main building is based in a New England Inn dating back to the 1700s making Baldpate a truly unique treatment facility.

We are a Joint Commission approved facility and we provide comfortable methods of detox to help you lead a cleaner and healthier lifestyle. We are a Suboxone certified facility.

### Georgetown Housing Authority

23 Trestle Way, Georgetown, MA 01833

(978) 352-6331

**Website:** <https://www.georgetownma.gov/housing-authority>

### Georgetown Veterans Services

1 Library Street, Georgetown, MA 01833

(978) 352-5727

**Website:** <https://www.georgetownma.gov/veterans-services>

### New Life Community Church

186 E Main Street, Georgetown, MA 01833

(978) 352-6771

**Website:** <https://www.iamnewlife.com/foodpantry.htm>

Currently we service approximately 110–125 families monthly. We are open every Tuesday from 9:30 AM – 12:00 PM.

## Gloucester

### Action Emergency Homeless Shelter

370 Main Street, Gloucester, MA 01930

(978) 283-4125

Homeless shelter for men and women. Accepts up to 16 men and 4 women.

Allows up to 90 days at shelter.

**Services:** Counseling; 2 meals/day; Spanish; handicap accessible; limited medical care (referrals); visiting nurse.

Must be sober.

First come first serve.

### **Action, Inc.**

180 Main Street, Gloucester, MA 01930

(978) 282-1000

**Website:** <https://actioninc.org/>

#### **Services:**

- Energy Services - Can help low income individuals pay heating bills during those cold winter months. Get information on heating oil programs, and financial aid. Learn about the Citgo Free Oil Heat program.
- Heating system repair or replacement - If your system is not working properly, you may qualify for a free heating or repairs.
- Weatherization - Save on your winter heating and summer cooling bills from this free energy conserving program. Get energy saving updates to your home.
- Job programs - Get training, career counseling, information on local employers, job placement, and services such as computer training and resume review.
- Housing and rent - Get information about emergency rental assistance programs and eviction prevention. Staff from Action Inc. work to prevent and reverse homelessness in the region.

**Service Areas:** Gloucester, Rockport, Manchester, Essex, and Ipswich (and sometimes Hamilton)

### **Catholic Charities - North Massachusetts**

Lynn and Gloucester

280 Washington Street, Salem, MA 01970

37 North Federal Street, Lynn MA, 01905

60 Prospect Street, Gloucester MA, 01930

(781) 593-2312

**Website:** <https://www.ccab.org/location-north-boston>

**Services:** rent payment assistance, free food, mortgage help and payment assistance, rental deposit assistance, or electric, heating, water, and gas bill payment assistance in Essex County. There is also free general legal aid and advice, immigration/naturalization services, teen parent/pregnant teen education programs, parenting/family support groups and day camps, and pregnancy counseling.

### **Gloucester Housing Authority**

259 Washington Street, Gloucester, MA 01931

(978) 281-4770

**Website:** <https://www.ghama.com/>



## Hamilton

### Acord Food Pantry

69 Willow Street, South Hamilton, MA 01982

(978) 468-7424

**Website:** <https://www.acordfoodpantry.org/>

Acord Food Pantry distributes food weekly to the residents of Essex, Hamilton, Ipswich, Manchester, Topsfield and Wenham.

**Hours:** Wednesday, 9:30 **AM** – 11:00 **AM**; Thursday, 9:30 **AM** – 10:30 **AM** (Seniors 60+);

Thursday, 6:30 **PM** – 7:30 **PM**; Saturday, 9:00 **AM** – 11:00 **AM**

We serve our clients through weekly food distributions, holiday meal programs, school vacation lunch bags, nutrition education and outreach, and emergency meal assistance. We are proud to partner with local farms to provide fresh produce to our clients every week. Acord is a partner of the Greater Boston Food Bank, North Shore United Way, and a member of the North Shore Hunger Network.

### Hamilton Housing Authority

121 Railroad Avenue, South Hamilton, MA 01982

(978) 468-3981

**Website:** <https://www.hamiltonhousingauthority.com/>

### North Shore Counseling Solutions

8 Naples Road, South Hamilton, MA 01982

(617) 645-3393

**Website:** <https://www.nscounseling.net/>

Our Specialties Include

- Adolescent and Adult Individual Psychotherapy ~
- Family Therapy ~
- Couples Therapy ~
- Life Coaching ~
- Learning Disabilities ~
- Loss & Grief ~
- Trauma ~
- Depression & Sadness ~
- Anxiety ~
- Divorce ~
- ~Anger Management ~
- Relationship Issues ~
- Parenting Issues ~
- Addictions & Dual Diagnosis ~

## Ipswich

### Eastern Essex District Department of Veterans Services

25 Green Street, Ipswich, MA 01938

(978) 356-6699

**Website:** <https://www.eessexvets.com/>

### Forget-Me-Not Consignment Shop

28 Market Street, Ipswich, MA 01938

(978) 356-3211

**Website:** <https://en-gb.facebook.com/forgetmenotshop28/>

Forget-Me-Not Consignment Shop is a popular shopping destination on the North Shore located in Ipswich, MA. We provide quality women's clothing, shoes, purses, jewelry and more

### Help For Abused Women & Child

128 County Road, Ipswich, MA 01938

(978) 356-3817

### Ipswich Housing Authority

1 County Manor, Ipswich, MA 01938

(978) 356-2860

**Website:** <https://www.ipswichhousingauthority.com/>

## Lynn

### Family and Children's Service of Greater Lynn, Inc.

111 North Common Street, Lynn, MA, 01902

(781) 598-5517

**Website:** <https://lifescene.org/>

**Services:** runs the Emergency Financial Assistance Program. This is a so called fund of "last resort" and can help people who have no other options. Call and apply for financial assistance that can be used only after all other entitlement and government funded aid has been exhausted. The agency may provide everything from interest free loans to referrals and other support from FFS.

Depending on funding from the United Way and other agencies, it can provide help for such expenses and needs as utility and heating bills, eviction prevention, utility and heating costs or other emergencies. Food as well as security deposits can also be partially paid learn more on Lynn based Family and Children Service.

### Lynn Economic Opportunity, Inc.

181 Union Street, #209, Lynn, MA, 01901

(781) 581-7220 Ext: 283

**Website:** <https://leoinc.org/>

**Services:** runs the LEO Fuel Assistance. This service provides heating assistance through federal and state of Massachusetts fuel assistance program. Many other programs are run as well, as follows.

- Head Start and Family Child Care Center help children in Essex County.
- Emergency grants can help with rent, and this service also offers legal support.
- LEO runs low income apartments in the region.
- They also help underemployed Essex County families as well as immigrants access employment. Find more details on increasing income from work from home jobs.
- Many other resources are also available for income qualified residents.

**Service Areas:** Lynn, Lynnfield, Nahant, Saugus, Swampscott and Wakefield

### **Roca Lynn**

330 Lynnway Street, Suite 110 Lynn, MA 01901

(617) 529-9097

**Categories:** Mental Health Providers, Mentoring Programs, Reentry

**Website:** <https://rocainc.org/>

[lynn@rocainc.com](mailto:lynn@rocainc.com)

Roca serves young adults, young mothers, and adults affected by urban violence, trauma, and incarceration. Roca Lynn is serving young men from Lynn, operating as a satellite office of Roca Chelsea.

## **Lynnfield**

### **A Healthy Lynnfield -Substance Use Prevention & Resources**

55 Summer Street, Lynnfield, Massachusetts, 01940

(781) 334-5820 x 1103

**Website:** <https://ahealthylynnfield.org/>

Our Mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, improve the quality of life for those impacted, and to support programs that help all young people thrive.

### **Good Hope, Inc.**

47 Grove Street, Lynnfield, MA 01940

(781) 715-0203

**Website:** <https://goodhopeinc.org/>

### **Lynnfield Housing Authority**

600 Ross Drive, Lynnfield, MA 01940

(781) 581-5783

**Website:** <https://www.town.lynnfield.ma.us/lynnfield-housing-authority>

**Veterans Services - Lynnfield**

55 Summer Street, Lynnfield, MA 01940

(781) 334-9440

**Website:** <https://www.town.lynnfield.ma.us/veterans-services>

**Marblehead****Magic Hat Thrift Shop**

217 Pleasant Street, Marblehead, MA 01945

(781) 639-3120 ext. 5113

**Website:** <https://www.magicathatthriftshop.com/>

**Marblehead Counseling Center**

66 Clifton Avenue, Marblehead, MA 01945

(781) 631-8273

**Website:** <https://www.marbleheadcounseling.org/>

Marblehead Counseling Center

is a leading not-for-profit mental health clinic of the North Shore.

Our clinicians are fully licensed, certified highly skilled professionals. We provide counseling for a wide array of mental health challenges, from day-to-day life challenges and anxiety, to the most severe and persistent mental illnesses; in a comfortable and nurturing environment. We are an insurance based provider and offer flexible appointments. We also support Marblehead clients with limited means and few health care alternatives.

**Marblehead Food Pantry**

80 Atlantic Avenue, Marblehead, MA 01945

(781) 631-5335

**Marblehead Housing Authority**

26 Rowland Street, Marblehead, MA 01945

(781) 631-2580

**Website:** <https://www.marblehead.dreamhosters.com/>

**Veteran's Services - Marblehead**

7 Widger Road, Marblehead, MA 01945

(781) 631-0990

**Website:** <https://www.marblehead.org/veterans-services>

**Middleton****Plumbing Academy, Inc., The**

18 Lonergan Road, Middleton, MA 01949

(978) 620-5880

**Website:** <https://www.theplumbingacademy.com/>

Jobs in the plumbing and gas-fitting trade are growing twice as fast as in other job sectors. Our “Live” online classes will prepare you to successfully pass Massachusetts licensing exams and enter the plumbing and gas-fitting workforce. Master these skills from the convenience of your home. Use your brain, use your hands.

### **Veteran’s Services - Middleton**

48 S Main Street, Middleton, MA 01949

(978) 762-0611

**Website:** <https://middletonma.gov/341/Veterans-Services>

## **Nahant**

### **Nahant Housing Authority**

194 Nahant Road, Nahant, MA 01908

(781) 581-9623

**Website:** <https://www.nahanthousingauthority.org/>

## **Newbury**

### **Pentucket Community Education**

24 Main Street, West Newbury, MA 01985

(978) 363-2280 ext. 116

**Website:** <https://ma50010825.schoolwires.net/Page/414dferrara@prsd.org>

## **Newburyport**

### **Salvation Army - Essex County**

40 Water Street, Newburyport, MA 01950

(978) 465-0883

**Website:** <https://easternusa.salvationarmy.org/massachusetts/newburyport/>

## **Peabody**

### **Haven from Hunger**

71 Wallis Street, Peabody, MA 01960

(978) 531-1530

**Website:** <https://citizensinn.org/haven-from-hunger/>

The low income, unemployed and working poor can contact The Haven From Hunger program, which operates food pantries, congregate meals/nutrition sites, provides holiday and Christmas meals and thanksgiving meals.

### **Health Imperatives Violence Intervention & Prevention**

24-Hour Sexual Assault & Domestic Violence Hotline

(508) 588-8255

### **North Shore Community Action Programs, Inc.**

119 Rear Foster Street, Building, 13, Peabody, MA 01960

(978) 531-0767

**Website:** <https://www.nscap.org/>

**Services:** An option known as the Housing Assistance Program (HAP) helps people who are facing an eviction or foreclosure. They offer counseling, information on government programs, and grant programs. Learn more on Massachusetts foreclosure programs.

## **Rockport**

### **Rockport Housing Authority**

13 Millbrook Park, Rockport, MA 01966

(978) 546-3181

**Website:** <https://www.rockportma.gov/519/Housing-Authority>

## **Rowley**

### **Rowley Food Pantry**

153 Main Street, Rowley, MA 01969

(617) 678-9479

**Website:** <https://rowleyfoodpantry.org/>

The Rowley Food Pantry, Inc. serves the residents in Rowley providing food assistance in a welcoming, friendly environment. We are a tax deductible charitable organization.

**Hours:** Tuesday, 10:00 AM – 12:00 PM; Thursday, 5:30 PM – 7:00 PM

### **Rowley Housing Authority**

1 Plantation Drive, Rowley, MA 01969

(978) 948-2371

**Website:** <https://www.rowleyhousing.org/>

## **Salem**

### **Healing Abuse Working for Change**

27 Congress Street, Salem, MA 01970

(978) 744-8552

**Website:** <https://hawcdv.org/>

The purpose of HAWC is to create social change by taking action against personal and societal patterns of violence and oppression against women and their children. HAWC provides services and support to women residing in 23 cities and towns on Massachusetts' North Shore in order that they may make informed, independent decisions about their futures, and access alternatives to living in a violent situation.

**Lifebridge**

56 Margin Street, Salem, MA 01970

(978) 744-0500

**Website:** <https://lifebridgenorthshore.org/>

**Lifebridge Thrift Store**

47 Canal Street, Salem, MA 01970

(978) 745-2459

**Website:** <https://lifebridgethriftshop.org>

The LifeBridge Thrift Shop located in Salem, MA not only provides essential funding for our programs, but also ensures a supply of clothing and essentials for our clients. Bargain hunters will find a wide variety of items from clothing to household items. Our shop brings together a staff of volunteers from the community and clients of the shelter and provide valuable job training, aiming to build a work history and prepare for full-time employment.

**Massachusetts Department of Transitional Assistance - Salem**

45 Congress Street, #4120, Salem, MA 01970

(978) 825-7300

**Website:** <https://www.mass.gov/locations/dta-north-shore-transitional-assistance-office>

DTA's local office lobby is open for self-service options. You can use our phones, copiers, or kiosks to apply for benefits or manage your case. Staff will be there to assist you with these if you need help. Interpreters will also be available.

You can request a new EBT card on the DTA Connect mobile app, DTACConnect.com online or on your phone, or using the automated prompts on the DTA Assistance Line. EBT cards will continue to be mailed. You can also apply for SNAP, TAFDC and EAEDC online at DTACConnect.com or over the phone. The DTA Assistance Line can be reached at 1-877-382-2363 (help in over 100 languages). Learn all you can do to manage your case 24/7 without visiting a DTA office (e.g., submit documents, request letter showing your DTA benefits, etc.) at <https://www.Mass.gov/ContactDTA>.

**MassHire North Shore Career Center - Salem**

70 Washington Street, 1st floor, Salem, MA 01970

(978) 825-7200

**Website:** <https://www.mass.gov/locations/masshire-north-shore-career-center-salem>

**North Shore Community Health- Salem**

47 Congress Street, Salem, MA 01970

(978) 744-8388.

**Website:** <https://www.nschi.org/>

**Services**

- Primary Care Medical
- Dental
- Behavioral Health

- Office-Based Opioid Treatment
- Immunizations
- Laboratory
- Outreach & Enrollment Services

### ***Language Support***

- English, Spanish, Portuguese, Italian

### **Salem Housing Authority**

27 Charter Street, Salem, MA 01970

(978) 744-4431

**Website:** <https://www.salemha.org/>

### **Salem Veterans Services**

401 Bridge Street, Salem, MA 01970

(978) 745-0883

**Website:** <https://www.salem.com/veterans-services>

### **Salvation Army - North Shore, The**

93 North Street, Salem, MA 01970

(978) 744-5181

**Website:** <https://easternusa.salvationarmy.org/massachusetts/north-shore/>

## **Salisbury**

### **Leeward Light Thrift Store**

126 Bridge Road, Salisbury, MA 01952

(978) 465-1141

**Website:** <https://www.leewardfoundation.org/>

The Leeward Charitable Foundation is a 501 (c) (3) corporation operating charitable thrift stores in several New England Communities.

Our mission is to recycle, reuse and renew for charity. Our objective is to feed, clothe and comfort our neighbors in need. Through the generous donations of the community, The Leeward Charitable Foundation turns unwanted/surplus clothing, furniture and household items into funds for worthy local charities.

We are a unique retailer, valuable recycler and sustainable source of critical funding for important local charities.

### **Pettengill House**

13 Lafayette Road, Salisbury, MA 01952

(978) 463-8801

**Website:** <https://www.pettengillhouse.org/>

The Pettengill House Food Pantry provides staple foods and personal items to individuals, children, and families in need



**Maris Center for Women, The**

197 Elm Street, Salisbury, MA 01952  
(978) 462-2595  
Addiction Treatment Center

**Salisbury Housing Authority**

23 Beach Road, Salisbury, MA 01952  
(978) 462-8600

**Website:** <http://www.salisburyhousing.org/>

# Western

## Agawam

### Agawam Council on Aging

36 Main Street, Agawam, MA 01001

(413) 726-2839

**Website:** <https://www.agawam.ma.us/527/Transportation>

Rides for seniors or people living with disabilities

### Agawam Housing Authority

66 Meadowbrook Manor, Agawam, MA 01001

(413) 786-1297

**Website:** <https://www.agawamhousing.org/>

### Agawam Public Library Literacy Center

750 Cooper Street, Agawam, MA 01001-2177

(413) 789-1550 ext 8855

**Website:** <https://www.agawamlibrary.org/>

Conversation Groups

### Bethany Food Pantry

580 Main Street, Agawam, MA 01001

(413) 789-2930

**Website:** <https://bethany-ag.org/best-life-food-ministry/>

**Hours:** Mondays and Fridays 1:00 PM – 3:00 PM and last Saturday of each month, 9:00 AM – 11:00 AM.

### Department of Veterans' Services

681 Springfield Street, Agawam, MA 01001

(413) 726-9781

**Website:** <https://www.agawam.ma.us/296/Veterans-Services>

Distributes Veterans' benefits

## Amherst

### Amherst Community Connections

236 North Pleasant Amherst, MA 01004

(413) 345-0737

[ACCinAmherst@gmail.com](mailto:ACCinAmherst@gmail.com)

**Website:** <http://www.amherstcommunityconnections.net/>

Scheduled Appointments: Mon - Fri, 9:00 AM - 5:00 PM

At Amherst Community Connections we provide a large variety of referrals and services to our participants related to food, housing, and other elements that are necessary to reaching the final goal. Offering such a wide array of services does not reduce the quality of the care we give. Rather, it enhances it by offering a level of convenience to our participants that is not offered by other comparable organizations in the community.

An overview of services and referrals we provide include:

Assistance replacing personal documents such as a Social Security Card, Birth Certificate, or state ID or license

Referral to mental health providers, crisis centers, detox services, and many other resources!

- Housing/ job search and application
- Shelter placement
- Free cellphone application
- Food stamps/fuel assistance
- Money for rent, bus fares, medications, utilities
- Section 8 housing
- SSI/SSDI benefits
- Veteran benefits
- Debt / Credit issues
- CORI issues

### **Amherst Housing Authority**

33 Kellogg Avenue, Suite 81, Amherst, MA 01002

(413) 256-0206

**Website:** <https://amhersthousingauthority.org>

**Hours:** Monday–Thursday, 8:00 AM – 4:00 PM; Friday, 8:00 AM – 3:00 PM

Funded by the State 705 Family Housing program, these twenty-two 2- or 3-bedroom apartments (including one wheelchair accessible unit) are located in duplexes on five sites in the Town of Amherst. Each unit has laundry hook-ups and a storage shed. Tenants are responsible for utilities, snow removal and lawn mowing.

Rent for these programs is figured annually on each tenant's or family's income after allowable deductions: 27–30% of monthly income for family programs with tenant-paid utilities.

The Amherst Housing Authority administers the federally funded Section 8 Housing Choice Voucher Program. Participants in this program rent private apartments in the community and receive financial assistance from the Voucher Program to pay a portion of the rent. They may have to pay for some utilities. Citizenship status applies.

Applications and information about eligibility guidelines and waiting lists may be obtained from the Amherst Housing Authority at 33 Kellogg Avenue, Amherst, MA, or by calling (413) 256-0206 x309. Please specify which program you are interested

in, as applications differ for each. If you are disabled and need some assistance in completing applications for housing, or need some other accommodations in the application process, please tell us.

Rent is calculated at 30-40% of monthly income for the Section 8 Voucher Program.

Annual income is the sum of all income including wages, Social Security, pensions, interest and dividend payments, etc. Deductions such as medical and childcare expenses may be allowed.

### **Amherst Survival Center**

138 Sunderland Road, North Amherst, MA 01059

(413) 549-3968 X 104

**Categories:** Basic Needs, Food, Food Pantries and Soup Kitchens

[pantry@amherstsurvival.org](mailto:pantry@amherstsurvival.org)

**Website:** <https://amherstsurvival.org/>

**Hours:** Monday–Friday, 11:00 AM – 3:00 PM; Thursday, 11:00 AM – 7:00 PM

**Food Pantry Hours:** 9:30 AM – 11:30 AM, on the third Saturday each month; Lunch is served at 12:00 PM each weekday except Wednesday. Dinner is served 5:00 PM – 6:00 PM on Thursdays.

### **Free Clinic**

**Clinic Hours:** Mondays, 12:30 PM – 1:30 PM; Thursdays, 4:30 PM – 5:30 PM

Amherst Survival Center Free Drop-In Health Clinic:

- includes medical care without an appointment
- provides timely medical care to patients
- offers patients support and encouragement to access primary care physicians to ensure continuity of care
- offers access and referral to basic dental services (for example: cleanings, oral exams) to protect oral health,
- makes referrals to other health care clinicians and health and human service providers,
- facilitates patients' enrollment in public health insurance,
- increases patient's access to information on health issues, and
- builds patient's awareness on the connections between food and health.

### **Community Store**

**Hours:** 11:00 AM – 3:00 PM; Closed Wednesday and Sunday

**Contact:** Susan Cox, Community Store Coordinator, can be reached via email at [susan@amherstsurvival.org](mailto:susan@amherstsurvival.org).

### **Better Life Partners – Amherst**

236 North Street, Pleasant Amherst, MA 01004

(866) 679-0831

**Website:** <https://betterlifepartners.com/massachusetts/amherst-ma/>

Mental Health Providers, Prescription Assistance, Substance Abuse, Substance Abuse Treatment Outpatient

*As a collaborator with Amherst Community Connections, Better Life Partners provides rapid, same day service to those who need opioid and/or alcohol substance use treatment service (MAT and counseling). To see the provider for same day service at the Amherst Community Connections office (236 North Pleasant Street, Amherst), please call 423-345-0737 and set up an appointment, or drop in any Wednesday, 9-Noon, to meet with the provider. MassHealth and Medicare are welcome!*

### **Craig's Doors - Emergency Shelter**

434 N. Pleasant Street, Amherst, MA 01002

(413) 256-0704

Website: <https://craigdoors.org>

**Categories:** Faith-Based Organizations, Food, Food Pantries and Soup Kitchens, Homelessness Prevention, Shelters, Shelters and Transitional Housing, Showers and Laundry, Transitional Housing Programs

Craig's Doors is a human services organization that provides vulnerable and unhoused members of our community with emergency shelter, food, and safety, as well as access to the resources they need to achieve physical, mental, emotional, and social well-being.

Adhering to a "housing first" model, case managers at our year-round and seasonal emergency shelters work closely with guests to find sustainable, permanent re-housing that meets their needs, while connecting them with a wide network of partner service providers to coordinate other aspects of their care.

Craig's Doors strives to cultivate a culture of mutual respect and perpetual positive regard in all we do. We believe that all human beings are deserving of safety, dignity, and a sense of belonging, and that access to housing, mental and physical health care, and nutritious food is a fundamental human right. If you or someone you know is unhoused or in need of shelter, please give us a call or visit our website and submit a request for assistance.

### **Craig's Place**

Our emergency congregate shelter operates from Nov. 1–April 30, and is open 24 hours. Our shelter has a behavior-based admission policy: all who show respect for the safety and well-being of our guests, volunteers, and staff are welcome. Guests have access to a safe place to sleep, dinner and breakfast, showers, storage, and case comprehensive management services, including referrals to partner agencies that provide support to veterans, youth, members of the LGBTQIA+ community, and victims of domestic violence.

### **Community Breakfast**

In partnership with the Unitarian Universalist Society of Amherst (UUSA), we offer a community breakfast every Wednesday! The breakfast is free, open to the public, and is cooked and served by dedicated volunteers. Various agency partners are present

to assist with needs such as case management, applying for MassHealth, Veterans services, youth services.

### **Family Outreach of Amherst – Center for Human Development**

401 Main Street, Amherst, MA 01004

(413) 549-5548

**Website:** <https://chd.org/locations/family-outreach-of-amherst/>

**Categories:** Case Management, Cash and Food Benefits, Cash Assistance, Child Welfare, Emergency Assistance & Hotlines, Energy and Utility Assistance, Families, Family Support Services, Food, Food Programs for Children, Homelessness Prevention, Homelessness Prevention Programs, Hotlines, Housing, Legal Assistance, Mentoring Programs, Parent Support & New Parent, Utilities

### **Goodwill Industries**

183 University Drive, Amherst, MA 01002

(413) 835-0096

**Website:** <https://www.goodwillmass.org/store-hours-locations/>

**Hours:** Monday–Saturday, 10:00 AM – 6:30 PM; Sunday, 12:00 PM – 6:00 PM

### **Jones Library Amherst**

43 Amity Street, Amherst, MA 01002

(413) 259-3093

**Website:** <https://www.joneslibrary.org/>

### **Literacy Project Amherst, The (at the Jewish Community of Amherst)**

742 Main Street, Amherst, MA 01002

(413) 259-1663

**Website:** <https://www.umass.edu/cesl/community/literacy-project>

**Hours:** Monday–Thursday, 9:00 AM – 2:00 PM

## **Ashfield**

### **Ashfield House**

369 Main Street, Ashfield, MA 01330

**Website:** <https://fcrhra.org/properties/ashfield-house-ashfield/>

Affordable rental housing

### **Hilltown Churches Food Pantry**

429 Main Street, Ashfield, MA 01330

**Website:** <https://ashfield.org/2391/Hilltown-Churches-Food-Pantry>

Requires proof of residency and simple statement of need

### **St. John's Episcopal Church**

6 South Street, Ashfield, MA 01330

(413) 628-4402

**Website:** <https://www.stjohnsashfield.org/love-in-a-backpack/>

Love in a Backpack program: This ministry provides a backpack filled with the basics for personal care, food and a hand-written note from a member of the community for women released from Western Massachusetts Regional Women's Correctional Center

## Belchertown

### **Belchertown Psychological Services**

35 Turkey Hill Road, Belchertown, MA 01007  
(413) 323-7586

### **Belchertown Housing Authority**

41 Everett Acres, #24, Belchertown, MA 01007  
(413) 323-4064

**Website:** [https://www.belchertown.org/committees/belchertown\\_housing\\_authority.php](https://www.belchertown.org/committees/belchertown_housing_authority.php)

### **Honest Beginnings**

29 Federal Street, Belchertown, MA 01007  
(413) 324-8285

**Website:** <https://honestbeginnings.org/>

Honest Beginnings, Inc. is a sober living environment for those age 18 and up who are in recovery from alcohol, drugs and other addictive behavior. We aim to allow the resident to see themselves and their life in a new way by sharing our experiences with them.

### **St. Francis Parish Food Pantry**

10 Park Street, Belchertown, MA 01007  
(413) 323-6272, ext 8.

**Website:** <https://www.stfrancisbelchertown.com/food-pantry>

St. Francis Parish supports a food pantry for parishioners and community members in need. Donations to the food pantry can be left in the baskets between the doors of the church. Consult the weekly bulletin for items currently in need.

### **Veterans' Agent - Belchertown**

2 Jabish Street, P.O. Box 670, Belchertown, MA 01007  
(413) 323-0409

**Website:** <https://www.belchertown.org/veterans/index.php>

The Veterans' Agent assists Veterans and qualified family members with Federal and Massachusetts State benefits.

## Blandford

### **Veteran's Services - Blandford**

1 Russell Stage Road, Blandford, MA 01008  
(413) 427-3054

**Website:** <https://townofblandford.com/town-departments/veterans-services/>

## Brimfield

### **Brimfield Housing Authority**

20 Colonial Park, Brimfield, MA 01010

(413) 245-7056

**Website:** <https://www.brimfieldhousing.org/>

### **Veteran's Service Agent - Brimfield**

23 Main Street, Brimfield, MA 01010

(413) 668-5374

**Website:** <https://www.brimfieldma.org/veterans-service-agent>

## Charlemont

### **Food Distribution Center - Good Neighbors Food Pantry**

175 Main Street, Charlemont, MA 01339

(413) 339-4294

## Chester

### **Chester Commons Ltd**

1 School Street, Chester, MA 01011

(413) 354-2272

**Website:** <https://www.hilltowncdc.org/housing>

Chester Commons is a 15 unit affordable housing community

## Chesterfield

### **Hilltown CDC**

387 Main Road, Chesterfield, MA 01012

(413) 296-4536

**Website:** <https://www.hilltowncdc.org/>

Hilltown CDC seeks to improve the quality of life for Hilltown residents by addressing economic, housing, educational, social and community needs while preserving the rural character of the area.

## Chicopee

### **Valley Opportunity Center**

35 Mount Carmel Avenue, 3rd floor, Chicopee, MA 01013

(413) 552-1554

**Website:** <https://www.valleyopp.com>

### **Westover Job Corps Center**

103 Johnson Road, Chicopee, MA 01022

1-800-733-5627



**Website:** <http://westover.jobcorps.gov/>

## Cummington

### Swift River Addiction Campuses of Massachusetts

151 South Street, Cummington, MA 01026

888-451-5895

**Website:** <https://swiftriver.com/>

Swift River Is a licensed inpatient addiction treatment center in Massachusetts that offers a full continuum of care for patients overcoming drug and alcohol addiction.

- Individual therapy
- Evidence-based treatment modalities
- Group therapy
- Medication-assisted treatment (MAT)
- Family therapy
- Expressive programs (e.g., creative writing, art)
- Outdoor-based activities
- Individual case management

## Easthampton

### Angel's Attic 01027

34 Franklin Street, Easthampton, MA 01027

### CHD Outpatient Behavioral Health Services

179 Northampton Street, Easthampton, MA 01027

(413) 529-1764

**Website:** <https://chd.org/locations/easthampton-clinic/>

### Easthampton Community Center

12 Clark Street, Easthampton, MA 01027

(413) 527-5240

**Website:** <https://easthamptoncommunitycenter.org/>

Distributions of food are made each week on Monday and Wednesday from 9:00 **AM** – Noon and 4:00 to 7:00 **PM**. Emergency distributions can also be made upon contacting the Director.

The Kid's Bag Pantry Program is held each week during the summer months and once monthly at the end of each month during the school year. Each child up to the age of 18 receives a bag of food for the week.

Senior Brown Bags are distributed on the first Tuesday of each month from 10:30 **AM** – 1:00 **PM**.

Community Care Kitchen is open for meals on the 1st, 2nd, and 4th Tuesday of each month from 4:30 **PM** – 6:00 **PM**. All are welcome to come and enjoy a meal.

If you are in need of Gluten-Free foods, you will need a letter from your doctor's office stating the need for Gluten-Free foods. Also, a current MassHealth card, SNAP

(Food Stamp) card, fuel assistance letter, WIC Card, or proof of any SSI or SSDI that you receive.

The Mobile Food Truck Program is held at Millside Park, 2 Ferry Street, on the 1st and 3rd Thursday each month from 1:00 PM – 2:00 PM.

The Clothing Closet is filled with gently used clothes, bedding, and small household items. All sizes of clothing for children and adults are available. A donation of \$3.00 per bag is asked.

### **Easthampton Housing Authority**

112 Holyoke Street, Easthampton, MA 01027

(413) 527-1600

**Website:** <https://easthamphousing.com/>

### **Easthampton Town Veteran Department**

19 Union Street, Easthampton, MA 01027

413-270-2254

**Website:** <https://easthamptonma.gov/220/Veterans-Services>

### **Parson's Closet**

116 Main Street, Easthampton, MA 01027

(413) 527-8473

**Website:** <https://theparsonscloset.tumblr.com/>

## **Florence**

### **Child & Family Services | Florence**

140 Pine St Suite 12, Florence, MA 01062

(413) 320-4680 | (800) 972-2734

See *Child & Family Services - Emergency Mental Health Services* on p. 258

## **Goshen**

### **Hilltown Food Pantry**

40 Main Street, Goshen, MA 01032

(413) 268-7578

Pantry **Hours:** Wednesdays 1:00 PM – 3:00 PM

## **Granby**

### **Cinderelli's Consignment Boutique**

183 W State Street, Granby, MA 01033

(413) 530-0311

**Website:** <https://www.facebook.com/cinderellisconsignmentboutique>

Cinderelli's Consignment Boutique carries like new condition women's clothing, accessories and Beauty items. We also carry small Home Goods items such as home

decor, Linens, kitchen items and small furniture. Consigning is by appointment Wednesday through Saturday.

## **Greenfield**

### **Behavioral Health Network**

298 Federal Street Greenfield, MA 01301

(413) 733-1423

**Website:** <https://www.bhninc.org/>

### **Center for Self-Reliance Food Pantries**

156 Main Street, Greenfield, MA 01301

(413) 773-5029

**Website:** <https://www.communityaction.us/program/food-pantries/>

### **Community Action Pioneer Valley**

Community Action's Center for Self-Reliance Food Pantries exists to forward the universal belief that no one should go to bed hungry. Its storefront pantry not only offers food to families, but also offers information and referrals to other services and programs.

The Center for Self-Reliance treats people with dignity and respect, bringing hope to those who are hungry. Pantry participants are welcome to come inside the pantry space to choose from a variety of grocery, dairy, produce and frozen protein options. Prepared bags of groceries will continue to be available for curbside pickup in the back entrance via the Wells Street parking lot. In addition, delivery service is available for Greenfield, Montague, Shelburne, and Buckland residents. Diaper and formula are available onsite for families with young ones.

Enrolled individuals and families are able to receive food once per month, lessening the potential effects of hunger and poor nutrition. The Center also hosts fresh food and cooking demonstrations and nutrition workshops so that participants can learn new ways to combine healthy and nutritious food on a limited budget.

#### **Hours:**

Monday, Thursday, Friday: 11:00 AM – 4:00 PM

Tuesday: 11:00 AM – 6:00 PM

Wednesday: CLOSED

### **Community Action - Pioneer Valley**

393 Main Street, Greenfield, MA 01301

155 Pleasant Street, Northampton, MA 01060

(413) 774-2318

**Categories:** Basic Needs, Cash Assistance, Energy and Utility Assistance, Food, Health Insurance, Homelessness Prevention, Utilities

***Home Energy***

- Fuel Assistance
- Energy Efficiency Programs
- Heating Systems

***Head Start & Early Learning Programs***

- Center-Based Head Start & Early Head Start
- Head Start at Home
- EEC Online Payment

***Children & Families***

- Family Center
- Home Visiting Programs
- Programs for Young Parents
- Center-Based Head Start & Early Head Start

***For People Age 55+***

- Older Adult Home Modification
- RSVP

***Youth & Young Adults***

- Youth & Young Adult Activism
- Programs for Young Parents
- Short-Term Support
- Jobs & Education

***Money & Taxes***

- Tax Help
- Financial Counseling
- Rent & Utility Help
- Help Paying for Internet

***Food***

- WIC
- SNAP Help
- Food Pantries

***Community Building***

- Franklin County Resource Network
- The Resilience Hub

**Franklin-Hampshire Career Center (MASSHIRE)**

101 Munson Street, Suite 210, Greenfield, MA 01301  
(413) 774-3182

**Website:** <https://www.masshirefhcareers.org/>

### **Franklin Regional Transit Authority (FRTA)**

John W. Olver Transit Center, 12 Olive Street, Greenfield, MA 01301

(413) 774-2262

**Website:** [www.frta.org/getting-around/frta-access-program](http://www.frta.org/getting-around/frta-access-program)

Travel is available in four\* zones from 6:30 AM – 7:00 PM

Zone 1: Greenfield, Montague, Deerfield, Whately, Gill, Leyden and Erving

Zone 2: Orange, New Salem, Warwick, Wendell and Erving

Zone 4: Athol Hospital, Athol YMCA and Athol Market Basket Plaza

\*Certain restrictions apply. Please contact FRTA for more info.

Within zone trips: \$3.00 one way Additional riders: + \$1.50

Between zone trips: \$4.00 one way Additional riders: + \$2.00

### **Greenfield Community Action**

393 Main Street, Greenfield, MA 01301

(413) 774-2318

**Website:** <https://www.communityaction.us/>

### **Literacy Project, The**

15 Bank Row Street, Greenfield, MA 01301

(413) 774-3934

### **Recover Project**

68 Federal Street, Greenfield, MA 01301

(413) 774-5489

**Website:** <https://recoverproject.org>

### **Salvation Army - Greenfield**

72 Chapman Street, Greenfield, MA 01301

(413) 773-3154

### **Wildflower Alliance - Greenfield Center**

20 Chapman Street, Greenfield, MA 01301

(413) 772-0715

Come by for peer support, chat and check out other available resources, or just share space with others. We have a variety of snacks and beverages, and there is a Spanish-speaking advocate on Wednesdays. Please Note: Ten community members can be in the space at a time. Masks must be worn at all times. Kitchen is open, with use of gloves.

**Hours:** Monday and Wednesday: 12:30 PM – 3:30 PM; Friday: 1:00 PM – 5:00 PM

## **Hadley**

### **Hadley Housing Authority**

42 Golden Court, Hadley, MA 01035

(413) 584-3868

**Website:** <https://www.hadleyhousingauthority.com/>

**Salvation Army Thrift Store, The - Hadley**

310 Russell Street, Hadley, MA 01035

(413) 582-0403

**Website:** <https://satruck.org/>

**Hatfield****American Legion - Hatfield**

1 Prospect Street, Hatfield, MA 01038

(413) 247-9090

**Website:** <https://www.legion.org/>

**Food Bank of Western Massachusetts**

97 N Hatfield Road, Hatfield, MA 01038

(413) 247-9738

**Website:** <https://www.foodbankwma.org/>

Since 1982, The Food Bank of Western Massachusetts has been feeding our neighbors in need and leading the community to end hunger. We distribute food to our members in Berkshire, Franklin, Hampden and Hampshire counties.

**Hatfield Housing Authority**

2 School Street, Hatfield, MA 01038

(413) 247-9202

**Website:** <https://www.townofhatfield.org/housing-authority>

**Veterans' Agent - Hatfield**

240 Main Street, Room 4, Northampton, MA 01060

(413) 587-1299

**Website:** <https://www.townofhatfield.org/veterans-agent>

**Holyoke****Boys and Girls Club of Greater Holyoke**

70 Nick Cosmos Way, Holyoke, MA 01040

(413) 534-7366

**Website:** <https://www.hbgc.org/index.php/en/>

**Care Center, The**

247 Cabot Street, Holyoke, MA 01040

(413) 532-2900 x 127

HiSET (former GED) Classes for Pregnant/Parenting Teens

**Community Education Project**

317 Main Street, Holyoke, MA 01040

(413) 538-5770

**Website:** <https://www.cepholyoke.org/>

**Holyoke Adult Learning Opportunities Center**

57 Suffolk Street, Holyoke, MA 01040

(413) 534-2026

**Website:** <https://www.hcc.edu/courses-and-programs/adult-education/adult-learning-center>

**Holyoke Community College Adult Education**

303 Homestead Avenue, Holyoke, MA 01040

(413) 538-7000

**Website:** <https://www.hcc.edu/courses-and-programs/adult-education>

**Picknelly Adult and Family Education Center****HCC Adult Learning Center**

206 Maple Street, Holyoke, MA 01040

(413) 552-2912, ext. 2990

HCC's Adult Learning Center is located at the Picknelly Adult and Family Education Center (upper floors of the Holyoke Transportation Center, downtown Holyoke).

**Wildflower Alliance**

199 High Street Holyoke, MA 01040

413-539-5941 / 866-641-2853

**Website:** <https://wildfloweralliance.org/>  
info@wildfloweralliance.org

The Wildflower Alliance is a grassroots Peer Support, Advocacy, and Training organization with a focus on harm reduction and human rights. We rebranded in 2020 to better reflect our community building mission, as well as our international training and advocacy work.

**Western Mass Peer Support**

Each of our community centers is currently serving as a basic needs and support station. We distribute food, phones, foot warmers, camping gear, bleach kits, narcans, and other essentials to people in the community. At other times, our centers are spaces where people gather to: Hang out; build community; attend support groups; use computers; explore art, meditation, and other healing modalities; organize and advocate for one another.

Light snacks are available and hot coffee is always brewing! We continue to offer basic supplies as much as we are able. Capacity limit has been lifted! Masks required

**Hours:** Monday–Thursday: 12:00 PM – 4:00 PM

**YouthBuild Holyoke Nueva Esperanza**

401 Main Street, Holyoke, MA 01040

(413) 533-9442

**Website:** <https://nuevaofholyokey.org/>

## Huntington

### **Southern Hilltowns Adult Education Center**

9 Russell Road, Huntington, MA 01050

(413) 667-0217

**Website:** <https://shaec.org/>

### **Gateway Regional High School**

12 Littleville Road, Huntington, MA 01050

(413) 685-1052

## Leverett

### **Leverett Health Care Project**

72 North Leverett Road, Leverett, MA 01054

(413) 367-2619

Leverett provides a variety of free health care primarily focusing on the Homeless.

### **North Leverett Baptist Church Food Pantry**

70 N Leverett Road, Leverett, MA 01054

(413) 367-2619

**Website:** <https://www.nlbcm.org/events/event/112/food-pantry/2021-06-07>

Every other Monday, 7:00 PM – 8:00 PM

## Longmeadow

### **American Association for Immigration and Citizenship Lawyers**

785 Williams Street, #185, Longmeadow, MA 01106

(413) 935-1884

**Website:** <https://www.aila.org/>

### **East Longmeadow Housing Authority**

81 Quarry Hill, East Longmeadow, MA 01028

(413) 525-7057

**Website:** <https://www.eastlongmeadowma.gov/272/Housing-Authority>

### **Veterans' Services - Longmeadow**

231 Maple Road, Longmeadow, MA 01106

(413) 565-4150

**Website:** <https://www.longmeadow.org/290/Veterans-Services>



## Ludlow

### Hampden County Correctional Center

627 Randall Road, Ludlow, MA 01056

(413) 547-8000 ext. 245

**Website:** <https://hcsoma.org/hcso-facilities/hampden-county-correctional-center-main-institution/>

Almost 4,800 inmates have earned a High School Equivalent Diploma (HiSET) through Sheriff Michael Ashe's office over the last 42 years. Across the U.S., Hampden County Correction Center has the lowest recidivism rate of all correctional institutions.

### Ludlow Adult Learning Center (HCC)

54 Winsor Street, 2nd floor, Ludlow, MA 01056

(413) 583-0320

**Website:** <https://www.hcc.edu/about/visit-hcc/other-locations>

## Monson

### Monson Housing Authority

31 State Street, #50, Monson, MA 01057

(413) 267-4047

**Website:** <http://www.monsonhousing.org/About.aspx>

### Veterans Service - Monson

110 Main Street, Monson, MA 01057

(413) 267-4140

**Website:** <https://www.monson-ma.gov/247/Veteran-Services-Department>

## Montague

### Franklin Area Survival Center

96 Fourth Turners Falls, MA 01376

**Categories:** Basic Needs, Food, Food Pantries and Soup Kitchens

#### Food Pantry

Our food pantry has seen a steady increase as the economy falls deeper and deeper. As people are losing their jobs, parents are beginning to feel the pain of not having enough money to feed their children or pay their rent/mortgage.

We have seen an increase in singles needing our service as well. Times are tough and if you are in need of food and are from the area, please come to the pantry for assistance.

#### Hours of Operation

Food Pantry: 10:00 AM – 1:30 PM, Monday - Friday

Thrift Store: 10:00 AM – 5:00 PM, Monday - Saturday

### ***How to Receive Services***

To sign up for services please stop by the food pantry and we will help you complete a client application. Please bring some form of identification if possible - it does not have to be government issue. We also allow you to have someone else pick-up the food for you (a proxy).

Food is also available through Pop-up Pantries in coordination with some local Senior Centers to ensure we meet the needs of seniors with limited mobility:

- South County Pop-up Pantry - 2nd Wednesday of each month
- Bernardston Pop-up Pantry - Last Wednesday of each month
- Emergency Food is available anytime the Thrift Store is open.

## **Northampton**

### **Calvin Coolidge Nursing & Rehab**

548 Elm Street, Northampton, MA 01060-2832

(413) 586-3150

**Website:** <https://www.care-one.com>

**Services:** We offer the following sub-acute services: Stroke Rehabilitation, Orthopedic Rehabilitation, Cardiac Care and Rehabilitation, Wound Care, Diabetes Care, General Surgery Care and Rehabilitation, Oncology and Hospice Care, IV Therapy, and Pulmonary Care.

### **Drop In Center**

10 Center Street, Northampton, MA 01060

(413) 582-4262

**Remarks:** Community Health, Health Care for the Homeless, Rural Area, Permanent Clinic, Seasonal, Part-Time (open 32 hours per week)

### **Franklin County Emergency Shelter**

Northampton, MA 01060-3240

(413) 586-5555

**Website:** <https://www.franklincountyva.gov/217/Emergency-Shelter>

**Remarks:** Community Health, Health Care for the Homeless, Rural Area, Seasonal Clinic, Year-Round, Part-Time (open 2 hours per week)

### **Franklin Hampshire Career Center**

178 Industrial Drive, Northampton, MA 01060

(413) 586-6506

**Website:** <https://www.masshirefhcareers.org/>

### **Goodwill Industries**

971 Bridge Road, Northampton, MA 01060

(413) 320-4911

**Hours:** Monday–Saturday, 9:30 AM – 7:00 PM; Sunday, 12:00 PM – 5:00 PM

**Hampshire County Jail GED Program**

205 Rocky Hill Road, Northampton, MA 01060

(413) 584-5911 ext. 221

**Website:** <https://www.hampshiresheriffs.com/treatment-programming/education-curriculum>

**International Language Institute of Massachusetts, The**

17-25 New South Street, Northampton, MA 01060

(413) 586-7569

**Website:** <https://ili.edu/>

**Lathrop Home**

215 South Street, Northampton, MA 01060

(413) 584-2865

**Email:** [crystal@lathrophome.org](mailto:crystal@lathrophome.org)

**Website:** <https://www.lathrophome.org/>

**Remarks:** Community Health, Urban Area, Permanent Clinic, Year-Round, Full-Time (open 40 hours per week)

**LIHEAP**

**Website:** <https://www.mass.gov/info-details/learn-about-home-energy-assistance-liheap>

The Massachusetts Low Income Home Energy Assistance Program (LIHEAP) (Fuel Assistance) provides eligible households with help in paying winter heating bills. The program pays benefits of fixed amounts based on household income. An additional benefit is available to eligible households having a high-energy burden. Local administering agencies determine household eligibility based on several factors including annualized income and the number of members in the household. The agency then will make payments towards the heating bills to the primary heat source vendor (oil, propane, wood or coal dealer, or gas or electric utility). Special provisions are made for those households whose heat is included in their rent and those living in subsidized housing.

In order to qualify for this benefit program, you must be a resident of the state of Massachusetts and you must need financial assistance for home energy costs.

In order to qualify, you must also have an annual household income (before taxes) that is below 60 percent of the State Median Income.

**Literacy Project Northampton, The**

*James House Community Learning Center*

42 Gothic Street, Northampton, MA 01062

(413) 584-6755

**Northampton Community Action**

56 Vernon Street, Northampton, MA 01060  
(413) 582-4230

**Website:** <https://www.communityaction.us/>

**Northampton Recovery Center**

25 Armory Street Northampton, MA 01060  
(413) 834-4127

**Website:** <https://www.northamptonrecoverycenter.org/>

**Northampton Survival Center**

265 Prospect Street, Northampton, MA 01060  
(413) 586-6564

**Website:** <https://www.northampton-survival.org/>

Pantry **Hours:** M/W/F 12:00 PM – 3:00 PM

The Northampton Survival Center, through its Goshen and Northampton locations, is dedicated to improving the quality of life for low-income individuals and families throughout Hampshire County by providing nutritious food and other resources in an atmosphere of dignity and respect.

In addition to meeting our financial guidelines (call the Northampton Survival Center for information about these guidelines) clients must also live in one of our eighteen service communities: Chesterfield\*, Cummington\*, Easthampton, Florence, Goshen\*, Hadley, Hatfield, Haydenville\*, Huntington\*, Leeds, Middlefield\*, Northampton, Plainfield\*, South Hadley, Southampton, Westhampton\*, Williamsburg\*, Worthington\*  
\*Clients living in these ten hilltowns have the option of visiting our Hilltown Pantry in Goshen, MA instead of our location in Northampton, MA.

**ServiceNet, Inc. - Recovery Homes**

**Website:** <https://www.servicenet.org/services/addiction-services/>

**Email:** [info@servicenet.org](mailto:info@servicenet.org)

**Beacon House**

57 Beacon Street, Greenfield, MA 01301  
(413) 773-1706

(Formerly separated for men and women)

**Orange Recovery House**

35 Congress Street, Orange, MA 01301  
(978) 544-6507

Three recovery homes serve as transitional residences for men and women 18 years of age and older who are in the early stages of substance abuse recovery. We provide a lightly structured, drug free environment. This supportive environment is maintained through 24-hour staffing and case management services. The social model and milieu encourages house residents to provide one another with a culture of recovery, support,

sharing, and positive peer role modeling. The programs are built on the philosophy that each individual must learn to take responsibility for their own recovery process.

Our dedicated staff establish and nurture a safe, drug-free, health-oriented, supportive environment steeped in the culture of recovery. As residents cross the threshold of the programs, they will not be faced with the imposition of a tightly structured daily schedule. Rather, the houses operate from the premise that residents have an illness of addiction, have entered into abstinence/recovery, and need to take advantage of a safe place to acquire added skills and supports to ensure that their illness remains in remission.

The goal of every resident is to establish meaningful drug-free living with a return to independent living in the community. Referral mechanisms exist to provide residents with outpatient substance abuse counseling, mental health services, vocational rehabilitation, educational and literacy services, and housing assistance services. Residents are encouraged to develop a recovery support system in the community on which they can rely after discharge.

### **ServiceNet – Resource Centers**

43 Center Northampton MA 01060

(413) 587-7555

#### ***How We Help***

People can go to the centers during the day to pick up a bag lunch or cup of coffee, and to use the computers and phones for their job and housing searches. We offer one-on-one support and guidance to individuals who wish to set and attain a variety of goals—from securing employment, to achieving sobriety, finding a mental health counselor, signing up for food stamps or social security benefits, or renewing IDs. We also provide a fixed address which people can use to receive their mail. In addition, our comprehensive housing search services address issues which may prevent people from finding a home. Through our follow-up program, we help individuals keep their housing after they have moved out of the shelters.

#### ***Resource Center Locations***

##### ***Hampshire County Resource Center***

43 Center Street, Northampton, MA 01060

(413) 586-6750 | 413-587-7555

**Hours:** Monday, 9:00 AM – 12:00 PM

Tuesday–Friday, 9:00 AM – 12:00 PM and 1:00 PM – 3:00 PM

**Hours:** 9:00 AM - noon (walk-in) & 1:00 PM - 3:00 PM (by appointment)

Monday thru Friday

### **Resource Center**

60 Wells Greenfield MA 01301

Phone: 413-772-6100

Cold Weather Shelter from November through April, we open several additional beds to offer emergency overnight housing for adults. Shelters are open from 6:00 PM to 7:00 AM, with beds available on a first come, first serve basis; once admitted, guests may stay at the shelter for up to 30 days.

You must be sober to be admitted, and no drugs, alcohol, or drug paraphernalia are allowed on the premises. We provide a hot dinner, breakfast, warm showers, laundry facilities, and toiletries and clothing when needed. During the daytime, you may use the services offered at the Resource Center.

Cold weather shelters are located in Berkshire and Hampshire counties:

Interfaith Shelter, operated in partnership with Hampshire County Friends of the Homeless,

20 winter beds – 43 Center Street, Northampton, MA Phone: 413-586-6750

Year-Round Shelters for Adults – Franklin and Hampshire Counties

Year-round shelters for men and women provide housing and meals for up to 90 days. Staff offer onsite services, as well as connecting guests to the Resource Centers. Guests are able to work on their job and housing searches, begin a new job, and connect with needed rehabilitative, medical, and other services.

All guests must commit to remaining drug and alcohol-free throughout their stay. During your time at the shelter, you must share in cooking, cleaning, and other household tasks.

### **ServiceNet, Inc. - Shelter and Housing**

Website: <https://www.servicenet.org/content/shelter-and-housing-services>

131 King Street, Northampton, MA 01060

(413) 585-1300

Email: [info@servicenet.org](mailto:info@servicenet.org)

Shelter and Housing Services provides support to families and individuals who are homeless, at risk of homelessness, or who have previously been homeless. Our network of resource centers and housing options provides a range of services that promote and assist people's efforts to achieve stable and self-supporting lives.

Our family shelters, the Greenfield Family Inn and Our Friends' House, provide temporary room and board, assistance in finding permanent housing, and a variety of other support services including a new Rapid ReHousing program, through which we hope to minimize each family's crisis by facilitating their move back into stable housing as soon as possible.

The Wells Street Shelter, Grove Street Inn, and Barton's Crossing provide emergency overnight shelter for adults. The Interfaith Shelter provides overnight shelter for adults during the six coldest months of the year. The Interfaith operates in partnership with the City of Northampton and the Friends of Hampshire County Homeless Individuals. The Friends also has overflow winter space in Easthampton, with 4–6 beds, operated in partnership with Soldier On.

**Grove Street Inn**

91 Grove Street, Northampton, MA 01060  
(413) 586-6001

**Hours:** Monday–Friday, 4:00 PM – 8:00 AM  
All day Saturday and Sunday

**Hampshire County Interfaith Shelter**

43 Center Street, Northampton, MA 01060  
(413) 586-6750

**Hours:** November 1–May 1, 6:00 PM – 7:00 AM  
Entrance line up starts at 5:30 PM.

**Wildflower Alliance - Afiya Peer-Run Respite**

Northampton, MA – Off King Street, near Big Y  
413-570-2990 / Peer Support Line 888-407-4515 (Do Not Leave A Voice Mail)

**Website:** <https://wildfloweralliance.org/afiya/>

Afiya is the first peer-run respite in Massachusetts and one of only a few dozen in the country. Afiya (A-FEE-yah) is a Swahili word that means “physical, emotional and spiritual health and wholeness.”

Afiya strives to provide a space in which each person can find the balance and support needed to turn a difficult time into a learning and growth opportunity. We prioritize offering an alternative means of supporting people to avoid psychiatric hospitalization and other more invasive/disruptive interventions.

**Quick Facts**

- Stays are up to 7 nights
- Open to anyone who is 18 or older with an address in Western or Central MA (call us with questions about this)
- Come and go as you please
- 24/7 peer support available
- No curfew, meetings, or other restrictions
- Minimal paperwork
- FREE (no insurance required)
- We have a full-time Spanish-speaking advocate

**How to Access Afiya**

The process for accessing Afiya is pretty straight forward: It's a conversation. If you are someone who is interested in staying at Afiya, give us a call. We'll share with you some information about what Afiya offers, as well as what isn't available. We'll ask you what's going on for you in the moment and how you hope Afiya might be helpful. Then we'll talk together about whether it seems like a good fit for you and for the house, and make a decision.

*See Wildflower Alliance on p. 264*

## Northfield

### Food Distribution Center - Northfield Food Pantry

115 Main Street, Northfield, MA 01360

**Website:** <https://www.northfieldma.gov/senior-center/news/food-pantry>

The Northfield Food Pantry is maintained by volunteers, in cooperation with the Food Bank of Western Massachusetts, who have graciously agreed to use their time and energy to help keep the community fed. The pantry is free of charge and open for pick up on Saturdays. The hours of operation are 11:30 **AM** - 2:30 **PM**, at the Northfield Library (115 Main St). There are strict COVID-19 guidelines in place for contact-free drive-through, or walk-up delivery. We are currently serving the towns of Northfield, Bernardston, Warwick and Leydon.

## Orange

### North Quabbin Community Action

167 S. Main Street, Orange, MA 01364

(978) 544-5423

**Website:** <https://www.communityaction.us/>

### Literacy Project, The

34 N. Main Street, Orange, MA 01364

(978) 544-8917

## Palmer

### Baystate Wing Hospital

40 Wright Street, Palmer, MA 01069

(413) 283-7651

**Website:** <https://www.baystatehealth.org/locations/wing-hospital>

This Hospital provides a range of inpatient and outpatient health care services to meet the needs of the Quabog Hills and Pioneer Valley. They also are committed to providing quality health care services to everyone, regardless of financial situation. Patients that have limited or no health insurance, or those on a fixed or limited income, are encouraged to speak with our financial counselor, who can provide information on state and federal programs available to help fund health care services.

This Hospital is based on Sliding scale fees which are variable prices for products, services, or taxes based on a customer's ability to pay. Such fees are thereby reduced for those who have lower incomes, or alternatively, less money to spare after their personal expenses, regardless of income.

### Goodwill Industries

1581 N. Main Street, Palmer, MA 01069

(413) 289-6399

**Hours:** Monday–Saturday, 9:00 **AM**–6:00 **PM**, Sunday, 12:00 **PM**–5:00 **PM**



### **Palmer Public Library-ESOL**

1455 North Main Street, Palmer, MA 01069

Name: Magaret Boyko

(413) 283-2329

**Website:** <https://www.palmerlibrary.org/>

### **Top Floor Learning, Inc**

1455 N. Main Street, Palmer, MA 01069

Name: Margaret Boyko

(413) 283-2329

**Website:** <https://topfloorlearning.org/>

## **Springfield**

### **AdCare Hospital**

117 Park Ave, West Springfield, MA 01089

(413) 209-3124

**Website:** <https://adcare.com/programs/adcare-outpatient/west-springfield-op/>

**Email:** [wspringfield@adcare.com](mailto:wspringfield@adcare.com)

Open 24 hours a day

AdCare Hospital is a level 4, 114-bed facility in Worcester, MA. Staffed by the region's most highly qualified physicians, nurses, clinicians, nurse practitioners, counselors, and case managers, your care is always in the most capable hands.

Our services are designed to recognize and meet an individual's personal needs, which is why we offer a range of inpatient treatment programs

### **Baystate Medical Center – Greenfield and Springfield**

759 Chestnut Street, Springfield, MA 01199

(413) 794-5555

**Categories:** Acute Treatment Services (ATS), Mental Health Providers, Substance Abuse, Substance Abuse Treatment Outpatient, Substance Abuse Treatment Residential

**Website:** <https://www.baystatehealth.org/>

### **Adult Partial Hospitalization Service**

The Adult Partial Hospitalization Program of the Department of Psychiatry, a service of Baystate Medical Center, provides short-term intensive psychiatric services for patients ages 18 and older in need of crisis intervention and stabilization. Program participation may function in lieu of inpatient psychiatric treatment, or as a necessary transition after a brief inpatient hospitalization.

The program provides a comprehensive, multidisciplinary approach that includes milieu treatment, individual and group treatment, psychiatric evaluation, medication monitoring, and case management. It is a time-limited, focused approach with emphasis on psycho-education, stabilization and relapse prevention.

We encourage family member involvement. Staff members collaborate closely with outpatient providers in order to ensure continuity of care. The program serves patients with a full range of psychiatric disorders, including, but not limited to:

- Mood disorders
- Anxiety disorders
- Post-traumatic stress disorders
- Eating disorders
- Chemical dependency
- Dual diagnosis

Appointments may be arranged through our Central Intake office by calling (413) 794-5555 (Baystate Medical Center, Springfield) or (413) 773-4444 (Baystate Franklin Medical Center, Greenfield) between 8:00 **AM** – 5:00 **PM**, Monday through Friday.

### **Baystate Brightwood Health Center**

380 Plainfield Street, Springfield, MA 01199

(413) 794-4458

*Website:* <https://www.baystatehealth.org/locations/brightwood-health-center-centro-de-salud>

***Baystate Brightwood Health Center/Centro de Salud is a Service of Baystate Medical Center***

***Hours:*** Monday and Friday: 8:00 **AM** – 5:00 **PM**

Tuesday, Wednesday, and Thursday, 8:00 **AM** – 8:00 **PM**

Services for people of all ages, from newborn to adults, including:

- Diabetes Education
- Family Planning
- Foot Care
- Gynecology Services
- HIV Testing & Counseling
- Home Visits for homebound patients
- Interpreters Spanish, Vietnamese & Russian are available. (Other languages are available by special arrangement)
- Immunization Clinic
- Onsite Lab Services
- Onsite Pharmacy
- Pregnancy Testing
- Social Services identifying & assessing the needs of patients and their families

### **Behavioral Health Network, Inc.**

471 Chestnut Springfield, MA 01107

(413) 733-1423

*Categories:* Healthcare, Substance Abuse

***Website:*** <https://www.bhninc.org/>

Behavioral Health Network, Inc. is a growing non-profit community behavioral health agency that has been providing services to children and families in Western Mass since 1938. BHN's origin dates back to the establishment of DMH Partnership Clinics: in the 1930's and 1950's, two separate clinics were created to serve children and adults; the Child Guidance Clinic and Hampden District Mental Health Clinic. In later years, these clinics merged with others, into what is now known as Behavioral Health Network, Inc., a comprehensive, community-based behavioral health organization.

As an organization, BHN has significant history with DMH and other EOHHS agencies (DCF, DDS, DYS, DPH) that qualifies it as a vendor for the Commonwealth. BHN and its programs have been key in meeting the regions' commitment to ending institutionalization, in providing community-based services to the region's most challenging clients and in operating quality programs that serve all ages, in multiple settings. BHN's range of services includes:

- Traditional clinical and outreach outpatient and therapeutic services delivered through 6 licensed clinics; Specializations include services to the chronically mentally ill adult population and to the Seriously Emotionally Disturbed child population and their families; Substance Abuse counseling, services to infants and young children and their families, services to the Latino populations of Springfield and Holyoke; services to the medically involved, intellectually disabled population and services to the elderly population.
- Day Treatment and Community-Based Partial Hospitalization programs in a community licensed facility
- Addiction Services (Detox, Intensive Outpatient, short-term & long-term residential)
- Respite and Crisis Stabilization services in three communities
- Crisis Intervention Teams that provide community-based site or mobile assessment and triage into services for communities of the Lower Pioneer Valley, and response to 6 hospital Emergency Rooms (Baystate Medical Center, Mercy Hospital, Holyoke Medical Center, Mary Lane Hospital, Noble Hospital and Wing Memorial Hospital)
- Forensic court evaluation and treatment services offered to the Trial, Superior and Juvenile Courts in Hampden, Hampshire, Berkshire and Franklin counties; occasional consultation to the Probate Court
- Forensic treatment services within the correctional facilities of Hampden County, including an inpatient Emergency Stabilization Unit in HCCC and the Women's Jail;
- Residential, Individual and Family Supports that assist individuals who want to live within their community

### ***Addiction Services***

BHN provides comprehensive addiction services designed to meet the unique needs of children, families and individuals in the community. Staffed by a multidisciplinary

team of highly competent and caring professionals, we are committed to providing services that are responsive and accessible without regard to income. Our long history of meeting the needs of area residents, the schools, at home and in the community, reflects this continuing commitment.

All services include a thorough assessment designed to assure an individualized treatment plan and the collaboration of the treatment team with the individual requesting services.

### **Caring Health Center**

1049 Main Street, Springfield, MA 01103

*Website:* <https://caringhealth.org/>

**Hours:** Monday and Thursday, 8:30 AM – 5:00 PM

**Services:** Illness, vaccinations, physical exams, OB/Gyn, STD testing and treatment, nutrition counseling. Services are always free and confidential: Illness, vaccinations, physical exams, OB/Gyn, STD testing and treatment, nutrition counseling

### **Clinics/Health Programs**

1049 Main Street, Springfield, MA 01103

(413) 739-1100 / Fax: (413) 735-1133

**Hours:** Monday, 8:30–5:00 PM; Tuesday–Friday, 8:30 AM – 7:00 PM;  
Saturday, 9:00 AM – 5:00 PM

### **Main Street Clinic - Urgent Care**

1049 Main Street, Springfield, MA 01103

(413) 739-1100

Caring Health Center Patients Only.

No appointment necessary.

**Hours:** Monday–Friday, 9:30 AM – 6:00 PM; Saturday, 9:00 AM – 3:00 PM

532 Sumner Avenue, Springfield, MA 01108

(413) 739-1100 / Fax: (413) 737-1643

**Hours:** Monday–Wednesday and Friday, 8:30 AM – 5:00 PM

Thursday, 8:30 AM – 6:00 PM

860 Boston Road, Springfield, MA 01119

(413) 739-1100

**Hours:** Monday–Friday, 8:30 AM – 5:00 PM

### **Carlson Detox**

471 Chestnut Street, Springfield, MA 01107

(413) 252-4912

**Website:** <https://bhninc.org/content/carlson-recovery-center>

**Hours:** Open 24/7

Carlson Detox offers traditional clinical and outreach outpatient and therapeutic services delivered through six licensed clinics. Specializations include:

- Services to the chronically mentally ill adult population and to the Seriously Emotionally Disturbed child population and their families;
- Addiction counseling, services to infants and young children and their families, services to the Latino populations of Springfield and Holyoke; services to the medically involved, intellectually disabled population and services to the elderly population.
- Day Treatment and Community-Based Partial Hospitalization programs in a community licensed facility
- Addiction Services (Detox, Intensive Outpatient, short-term & long-term residential)
- Respite and Crisis Stabilization services in three communities
- Crisis Intervention Teams that provide community-based site or mobile assessment and triage into services for communities of the Lower Pioneer Valley, and response to six hospital Emergency Rooms:
  - › Baystate Medical Center
  - › Mercy Hospital
  - › Holyoke Medical Center
  - › Mary Lane Hospital
  - › Noble Hospital
  - › Wing Memorial Hospital
- Forensic court evaluation and treatment services offered to the Trial, Superior and Juvenile Courts in Hampden, Hampshire, Berkshire and Franklin counties; occasional consultation to the Probate Court
- Forensic treatment services within the correctional facilities of Hampden County, including an inpatient Emergency Stabilization Unit in HCCC and the Women's Jail;
- Residential, Individual and Family Supports that assist individuals who want to live within their community

### **Center for Human Development**

332 Birnie Avenue, Springfield, MA 01107

(413) 733-6624

**Website:** <https://chd.org>

With over 70 programs and services, CHD is one of the largest social service organizations in Western Massachusetts, delivering a broad array of critical services with proven effectiveness, integrity and compassion. CHD has been helping people build strong, productive relationships since 1972. Each year, our community based social service and behavioral health programs reach over 18,000 people in Western Massachusetts and Connecticut. We currently employ more than 1,400 professionals across all of our locations. Working in local communities, and partnering with local agencies, we provide focused, personalized services that promote real and lasting change.

CHD is internationally accredited by CARF, the Commission on Accreditation of Rehabilitation Facilities. CARF is an organization that reviews and grants accreditation services nationally and internationally. CARF standards are rigorous, so services that meet them are among the best available.

CHD is driven by a focus on excellence and a spirit of innovation. As a non-profit organization, our only motivation is helping people create successful lives. All of our relationships are rooted in respect – for our clients, for the communities we are honored to serve, for our colleagues, and for all the lives we touch.

CHD is a non-profit organization that is tax-exempt under section 501 (c) (3) of the Internal Revenue Code.

### **Center For Human Development - Outpatient Behavioral Health Clinic**

367 Pine Street, Springfield, MA 01105

(413) 737-1426

*Website:* <https://chd.org/counseling/locations/springfield-clinic/>

**Hours:** Monday–Thursday, 9:00 AM – 7:00 PM; Friday, 9:00 AM – 5:00 PM

CHD's Outpatient Behavioral Health Clinic on Pine Street in Springfield offers a full range of counseling services to address the multitude of struggles that can emerge for people during the course of their life. Services include individual and family therapy, groups and home-based therapy. Clinicians are available who specialize in working with young children, teens, couples and families. Our Pine Street office has a robust Dialectical Behavior Therapy program (DBT), a counseling method frequently used to help people who have been traumatized, as well as groups to address substance abuse issues. The Springfield Clinic also has many multilingual counselors to meet the changing needs of our culturally rich community.

Languages spoken: English, Spanish, Arabic, Somali, German, Burmese, Vietnamese

Counseling expertise: Depression, anxiety, drug and alcohol issues, couples therapy, divorce mediation, family therapy, LGBTQ concerns, refugee issues, trauma treatment including Dialectical Behavior Therapy.

Insurance Accepted: Private insurance including Blue Cross/Blue Shield, Health New England, Cigna, UBH and many more. Medicaid, Medicare, MassHealth and Tricare.

Please call with insurance questions. We can help!

### **CleanSlate Centers**

1985 Main Street, Suite E, Springfield, MA 01103

(413) 736-1458

*Website:* <https://cleanslatecenters.com/location/springfield-ma/>

**Hours:** Monday, Wednesday, Thursday: 9:00 AM – 5:00 PM; Tuesday, 9:00 AM – 8:00 PM, Friday, 9:00 AM – 2:00 PM

At CleanSlate, we specialize in the treatment of opioid addiction. When we talk about opioids (or 'opiates'), we're talking about heroin and prescription drugs like Percocet, Vicodin, and OxyContin.

At CleanSlate, we treat opioid addiction using two innovative and proven medications: buprenorphine (Suboxone) and Vivitrol.

CleanSlate has created a program for treating alcoholism effectively that has helped patients find recovery. Our addiction specialists are experienced in using Vivitrol to help patients overcome their alcohol dependency.

We screen all of our patients with drug or alcohol dependencies for other substances as well. We commonly treat patients with multiple dependencies.

The occurrence of two or more addictions in the same person (at the same time or one after the other) is called comorbidity, and the interactions between multiple addictions can worsen the course of both. In addition to opioids and alcohol, we use a combination of medications to treat addictions to the following substances:

- Benzodiazepines
- Cocaine
- Tobacco
- Marijuana

## **Friends of the Homeless**

### ***Men's Shelter***

769 Worthington Street, Springfield, MA 01105

### ***Women's Shelter***

755 Worthington Street, Springfield, MA 01105

(413) 732-3069

*Website:* <https://www.csoinc.org/housing-homeless-services>

**Services:** separate men's and women's overnight shelters, serving single individuals 18 years of age and older every evening. Shower and laundry facilities are available for our shelter guests.

### ***Fully Licensed Kitchen***

Meals are served Sunday–Saturday: Breakfast, 8:00 AM – 9:00 AM;

Lunch, 12:00 PM – 1:00 PM; Supper, 4:30 PM – 5:30 PM.

### ***Housing***

For more information about Friends of the Homeless, Inc.'s housing options, contact the FOH Housing Department at [\(413\) 732-3069](tel:4137323069).

### ***Healthcare Clinic Information***

Health Care for the Homeless operates a clinic on-site at Friends of the Homeless.

Healthcare is available Monday–Saturday on a walk-in basis. For clinic hours and to reach the clinic at FOH call [\(413\) 734-7140](tel:4137347140).

## **MassHire Springfield Career Center**

1 Federal Street, Building 103-3, Springfield, MA 01105

(413) 781-5640

*Website:* <https://masshirespringfield.org/>

**Remarks:** Formerly the Future Works Career Center of Springfield

**Gándara Center**

**Website:** <https://gandaracenter.org/>

The mission of the Gándara Center is to promote the well-being of Hispanics, African-Americans and other culturally diverse populations through innovative, culturally competent behavioral health, prevention, and educational services.

**Mental Health Center**

85 St. George Road, Springfield, MA 01104  
(413) 732-2120

**Addiction Recovery Program**

29-33 Arch Street, Springfield, MA 01107  
(413) 781-2234

**Outpatient Clinic**

2155 Main Street, Springfield, MA 01104  
(413) 736-0395

**Hamden County Sheriff All-Inclusive Support Services**

36 Buckingham Springfield, MA 01109  
(413) 781-2050

**Website:** <https://hcsoma.org/hcso-facilities/all-inclusive-support-services-2/>

AISS assists formerly incarcerated people in all aspects of their lives as they transition from incarceration into the community. To become a member visit AISS during our drop-in registration hours: Monday-Friday 8:00 **AM** – 11:30 **AM**; Monday: 12:30 **PM** – 2:00 **PM**

**Jefferson Shelter**

287 State Street, Springfield, MA 01105  
(413) 736-2263

**Website:** <https://jeffersoncountyhumanesociety.net/>

**Literacy Works of Hampden County**

1441 Main Street, Springfield, MA 01103  
(413) 755-1367

**Contact:** Maura Geary

**MA Department of Transitional Assistance****Springfield/Liberty**

95 Liberty Street, Springfield, MA 01103  
(413) 858-1000

**Springfield/State**

310 State Street, Springfield, MA 01105  
(413) 858-1300

**Website:** <https://www.mass.gov/eohhs/gov/departments/dta/>



### **MLK Charter School**

285 Dorset Street, Springfield, MA 01108

(413) 214-7806

**Website:** <https://www.mlkcs.org/>

### **New England Farm Workers Council**

1628 Main Street, #2, Springfield, MA 01103

(413) 272-2207

**Website:** <https://www.partnersforcommunity.org/about/affiliates-programs/new-england-farm-workers-council/>

### **New Resource Center**

18 Gaucher Street, Springfield, MA 01109

(413) 732-3069

**Website:** <https://www.resource-centre.org/>

### **Open Door Social Services**

287 State Street, Springfield, MA 01103

(413) 737-7062

**Website:** <https://smoc.org/service/open-pantry-community-services/>

### **Partners for Community**

11-13 Hampden Street, Springfield, MA 01103

(413) 272-2200

**Website:** <https://www.partnersforcommunity.org/default/index.cfm>

### **Fuel Assistance Program**

1666 Main Street, 1st floor, Springfield, MA 01103

(413) 272-2209

**Website:** <https://www.partnersforcommunity.org/default/index.cfm/fuel-assistance/>

### **Child Care Resources**

1628-1640 Main Street, 2nd floor, Springfield, MA 01103

(413) 272-2207

**Website:** <https://www.partnersforcommunity.org/default/index.cfm/voucher-day-care/>

### **Housing & Shelter Resources**

2702 Main Street, Springfield, MA 01107

(413) 214-7221

**Website:** <https://www.partnersforcommunity.org/default/index.cfm/housing-shelter/>

### **Youth & Education Resources**

1628-1640 Main Street, 4th floor, Springfield, MA 01103

(413) 272-2280

**Website:** <https://www.partnersforcommunity.org/default/index.cfm/youth-education/>

**Workforce Development**

Contact Betsey Caraballo, Program Director

(413) 272-2370

Website: <https://www.partnersforcommunity.org/default/index.cfm/workforce-development/>

**Young Parents Program**

11-13 Hampden Street, Springfield, MA 01103

(413) 272-2200

**Hours:** Monday–Friday, 9:00 AM – 5:00 PM

**Phoenix House Springfield Center**

5 Madison Avenue, Springfield, MA 01105

(413) 733-2178

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

Open 24/7

**Residential Program**

5 Madison Avenue, Springfield, MA 01105

1-888-671-9392

**Email:** [anherrick@phoenixhouse.org](mailto:anherrick@phoenixhouse.org)

**Outpatient Services**

15 Mulberry Street, Springfield, MA 01105

1-888-671-9392

Phoenix House provides substance abuse, mental health, and/or support services which have been specifically designed to address the unique experiences and challenges of the military community. In various locations, Phoenix House provides independent assessments and evaluations of substance use disorders as requested by individuals, families, schools and the Criminal Justice System.

The Phoenix House Academies for Youth offer intensive substance abuse and mental health services with high school academic programs in CARF-accredited facilities.

Substance abuse and addiction often go hand-in-hand with mental health issues, and Phoenix House offers treatment programs designed specifically to meet this need.

As Phoenix House has always been fully committed to prevention and early intervention, it's natural that we offer Screening, Brief Intervention and Referral Treatment as developed by the Substance Abuse and Mental Health Administration (SAMHSA).

Phoenix House's prevention and education services highlight the dangers of drug use, reinforce self-esteem, and educate youth and adults to make positive choices.

Phoenix House adolescent programs provide treatment in a safe, supportive environment that gives youth and their families a chance to break free from substance abuse.

Our Sober Living facilities vary based on location and can provide either a safe transitional space before a full return to independent living or an alternative to residential treatment for clients who may need more than outpatient services.

Our adult medical and social detoxification and stabilization services first help each individual to safely detoxify and then connect them to the next level of care: either residential, sober living or outpatient services.

Phoenix House offers comprehensive and professional services for pregnant women and mothers and their young children in residential settings.

Our adult outpatient services are a comprehensive array of substance abuse and mental health programs—all using evidence-based practices—delivered in safe, supportive, CARF-accredited settings.

Phoenix House's residential treatment services are wide-ranging and comprehensive, allowing us to tailor each client's treatment solutions to meet individual needs.

### **Planned Parenthood - Western Massachusetts Health Center**

3550 Main Street, Springfield, MA 01107

1-800-258-4448

**Website:** <https://www.plannedparenthood.org/health-center/massachusetts/springfield/01107/western-massachusetts-health-center-2662-90610>

**Services:** Abortion Services, Birth Control, HIV Testing, LGBT Services, Men's Health Care, Morning after pill (Emergency contraception), Pregnancy Testing & services, STD Testing and treatment and Vaccines, Woman's Health Care.

### **Prospect House**

103 Prospect Street, Springfield, MA 01107

(413) 737-5518

**Website:** <https://www.vanderburghhouse.com/home/prospect-sober-house-sober-living-men-springfield-massachusetts/>

**Remarks:** Community Health, Health Care for the Homeless, Urban Area, Permanent Clinic, Year-Round, Part-Time (open 2 hours per week)

### **Puerto Rican Cultural Center**

38 School Street, Springfield, MA 01105

(413) 777-3425

**Website:** <https://prcc-chgo.org/>

### **Roca Holyoke**

384 High Street, Holyoke, MA 01040

(413) 437-7714

**Categories:** Mental Health Providers, Mentoring Programs, Reentry

**Website:** <https://rocainc.org/holyoke@rocainc.com>

Roca serves young adults, young mothers, and adults affected by urban violence, trauma, and incarceration. Roca Holyoke is serving young men from Holyoke, operating as a satellite office of Roca Springfield.

### **Rutledge House**

16 Rutledge Avenue, Springfield, MA 01105  
(413) 748-9064

**Remarks:** Community Health, Health Care for the Homeless, Urban Area, Permanent Clinic, Year-Round, Part-Time (open 2 hours per week)

### **Safe Havens**

30 High Street, Springfield, MA 01105  
(413) 746-4780

**Remarks:** Community Health, Health Care for the Homeless, Urban Area, Permanent Clinic, Year-Round, Part-Time (open 6 hours per week)

### **Serenity Club of Springfield**

143 Main Street, Springfield, MA 01105  
(413) 736-9512  
Alcoholism Treatment Program

### **Springfield Adult Learning Center, The (SALC)**

STCC Adult Education Center, Building 27, 1st floor  
One Armory Street, Springfield, MA 01105-9000  
(413) 755-4300

Website: <https://www.stcc.edu/adulteducationcenter/>

**Hours:** Monday–Friday, 8:00 AM – 4:00 PM

STCC offers free classes for adults for the High School Equivalency Test (HiSET) preparation (previously known as the GED test) and English for Speakers of Other Languages (ESOL). These classes take place in four locations both on and off campus during the daytime and evening hours. The classes focus on preparing students for careers in addition to entering community college and vocational certificate programs. The STCC / Springfield Adult Learning Center (SALC) is a unique partnership among Hampden County organizations including Holyoke Community College (HCC), Springfield Technical Community College (STCC) and the Springfield Housing Authority (SHA). The services are funded through a generous grant by the Department of Elementary and Secondary Education (DESE).

The Springfield Adult Learning Center provides a range of classes and services including:

- Preparation for the High School Equivalency Test (HiSET)
- English for Speakers of Other Languages (ESOL)
- The Transitions to College Program
- Computer Literacy classes
- Specialized software for computer based instruction
- Career Exploration

- Workforce Readiness Skills

### **Springfield City Library**

204 Boston Road, Springfield, MA 01109

(413) 263-6839

**Website:** <https://www.springfieldlibrary.org/>

### **Springfield Department of Health and Human Services**

1145 Main Street, #208, Springfield, MA 01103

**Website:** <https://www.springfield-ma.gov/hhs/>

Community nursing services are offered on a rotating basis at a variety of sites, generally community centers and housing projects. Services consist of blood pressure readings, health screening, and referrals. To obtain a complete list of sites with days and times of nurses' visits, call (413) 787-6740. A nurse provides health care six mornings and two evenings a week for homeless people at 769 Worthington Street. Call 734-7140 for more information. Dental services for the homeless are also available two days a week at this location. Call 731-9575 for more information.

**Website:** <https://www.csoinc.org/housing-homeless-services>

### **Springfield Family Support Program (Boland School)**

18 Gaucher Street, Springfield, MA 01104

(413) 733-7699

**Hours:** Monday–Friday, 9:00 AM – 12:00 PM and 1:00 PM – 5:00 PM

### **Springfield Health And Human Services Department**

1145 Main Street, #208, Springfield, MA 01103

(413) 787-6740

**Services:** Dental Care Services, Enabling Services, Other Professional Services, Primary Medical Care

**Remarks:** Administrative Only

### **Springfield Health Services For Homeless/Smith Clinic**

755 Worthington Street, Springfield, MA 01105

(413) 734-7140

**Services:** Dental Care Services, Enabling Services, Other Professional Services, Primary Medical Care

**Remarks:** Year round

### **Springfield O.W.L. Adult Education Center**

310 State Street, Springfield, MA 01105

(413) 787-7210

**Website:** [https://www.springfieldpublicschools.com/parents/adult\\_education\\_center](https://www.springfieldpublicschools.com/parents/adult_education_center)

### **Springfield Public Health Department**

95 State Street, Suite 201, Springfield, MA 01103

(413) 787-6740

**Website:** <https://www.springfieldmo.gov/5633/Health>

**Services:** HIV/AIDS Mobile Outreach to IV drug users, Youth Against AIDS Coalition—young people conducting AIDS prevention education., Springfield AIDS Council—advocates raising awareness about AIDS., Substance Abuse Prevention Program—a speaker's bureau.

**Remarks:** Community Health, Health Care for the Homeless, Urban Area, Permanent Clinic, Year-Round, Full-Time (open 38 hours per week)

### **Springfield Rehabilitation Center**

780 Chestnut Street #24, Springfield, MA 01107

(413) 846-4340

**Website:** <https://springfieldrehabhc.com/>

Open 24/7

### **Springfield Rescue Mission Center**

148 Taylor Street, Springfield, MA 01105

(413) 732-0516

**Website:** <https://springfieldrescuemission.org/>

**Remarks:** Community Health, Health Care for the Homeless, Urban Area, Permanent Clinic, Year-Round, Part-Time (open 18 hours per week)

### **Springfield Southwest Community Health Center, Inc.**

1049 Main Street, Springfield, MA 01103

(413) 739-1100

**Website:** <https://www.swchc.org/>

**Services:** Dental Care Services, Enabling Services, Other Professional Services, Primary Medical Care

**Remarks:** Administrative/Clinic

### **Springfield Technical Community College**

1 Armory Square, Building 20, Room 219, Springfield, MA 01105

(413) 420-2111

**Website:** <https://www.stcc.edu/>

**Services:** Primary and Preventive Care for adults and children, Non-Emergency, Same Day Medical Care, Specialized programs for patients with Asthma, Diabetes, HIV/AIDS, and other chronic illnesses, On-site access to: Endocrinology, Nephrology, Pharmacy Assistance.

**Remarks:** Community Health, Urban Area, Permanent Clinic, Full-Time (open 40 hours per week)

### **Springfield Technical Community College (Adult Education Center)**

1 Armory Square (Bldg. 27, 1st Fl), Springfield, MA 01102

(413) 755-4300

**Hours:** Monday–Friday, 8:00 AM–4:00 PM; Tuesday and Thursdays, 8:00 AM–7:00 PM

**Website:** <https://www.stcc.edu/adulteducationcenter/>

### **Weldon Rehabilitation Hospital**

233 Carew Street, Springfield, MA 01104

*Main: (413) 74 8-6800, Inpatient Rehabilitation: (413) 748-7060, Outpatient or Day Rehabilitation: (413) 748-6880, Pediatric Rehabilitation: (413) 748-6855*

*Website: <https://www.mercycares.com/weldon>*

### **WIC Program**

1139 Main Street, Springfield, MA 01103

*(413) 737-5142*

*Services:* Dental Care, Enabling, Other Professional Services, Primary Medical Care

*Remarks:* Year round

### **Forest Park**

532 Sumner Avenue, Springfield, MA 01108

*(413) 787-1877*

*Services:* Dental Care, Enabling, Other Professional Services, Primary Medical Care

*Remarks:* Year round

### **Wildflower Alliance - Springfield "Bowen" Center**

235 Chestnut Street, Springfield, MA 01103

*413-372-5652*

*Website: <https://wildfloweralliance.org/>*

We are right on the first floor with an accessible entrance.

*Hours:* Wednesday–Saturday, 9:00 AM – 1:00 PM

Bathrooms will also be accessible during these times.

*See Wildflower Alliance on p. 264*

### **Worthington Shelter Dental Program**

755 Worthington Street, Springfield, MA 01105

*(413) 787-7079*

*Remarks:* Community Health, Health Care for the Homeless, Urban Area, Permanent Clinic, Full-Time

### **Young Parents Program**

2345 Main Street, Springfield, MA 01105

*(413) 734-2144*

*Website: <https://ywcacm.org/youth-development/young-parents-program/>*

### **YWCA YouthBuild Western Massachusetts**

1 Clough Street, Springfield, MA 01118

*(413) 733-9172*

### **YWCA YouthBuild Springfield**

7 Orleans Street, Springfield, MA 01109

*(413) 733-9172*

*Website: <https://www.yvworks.org/>*

## Ware

### Literacy Project, The

23 W. Main Street, Suite 3, Ware, MA 01082  
(413) 967-9902

## Westfield

### Transitional Support Services (TSS)

91 East Mountain Road Westfield, MA 01085  
(413) 729-4250

**Website:** <https://www.gandaracenter.org/esperanza-womens-tss>

## Regional Transportation

### Quaboag Connector – Ride Connector

(413) 544-3401

The Quaboag Connector is a demand-response, curb-to-curb transportation service. Community members may call ahead to book rides to and from destinations within the service area.

**Hours:** Monday-Thursday: 6:00 AM–7:00 PM; Friday: 6:00 AM–5:00 PM; Saturday: 8:00 AM–4:00 PM; Sunday: No service

#### **Holiday Hours:**

Effective February 1, 2022, The Quaboag Connector will not run on the following holidays:

- New Year's Day
- Martin Luther King Day
- Presidents Day
- Memorial Day
- Juneteenth
- Independence Day (July 4th)
- Labor Day
- Columbus Day
- Veterans Day
- Thanksgiving Day
- Christmas Day

Christmas Eve and New Year's Eve - Connector will run reduced hours

#### **Service Area:**

- Belchertown
- Brookfield
- East Brookfield
- Hardwick
- Monson



- North Brookfield
- Palmer
- Ware
- Warren
- West Brookfield.

Cost: \$2 each way (\$4 round trip)

Children age 12 – 17 may ride alone with written parental permission. Permission form and related information is available at <https://www.rideconnector.org/quaboag-connector/>

Call to book a trip. The more in advance you book, the more likely we are to be able to accommodate your ride.

### **Pioneer Valley Transit Authority**

(413) 781-7882

*Transportation*

**Website:** <https://www.pvta.com/>

Download their transit app at <https://www.pvta.com/>

PVTA customer service offices are open 9:00 am - 4:45 pm Monday through Friday. Call 413-781-7882

**Paratransit Service**

The PVTA provides ADA paratransit service for people with disabilities.

This service provides a shared-ride, door-to-door van transportation for individuals whose disabilities prevent them from riding the city bus service.

PVTA provides paratransit service throughout the Pioneer Valley within 3 / 4 mile of a city route.

The paratransit service runs on all days that the city bus service operates.

PVTA is dedicated to providing accessible public transportation to passengers in the Pioneer Valley.

*For more information, please contact our main office at 732-6248 ext. 2237.*

**Visitors**

*Any visitor who presents ADA eligibility documentation from another jurisdiction will be provided service. We will accept a certification by the visitor that he or she is unable to use fixed-route transit. The visitor will be provided 21 days of service within a 365-day period.*

Any restrictions on their ADA eligibility in their residence city will be enforced here.

For example, if the individual's eligibility states they can use the service only in winter months, they would not be eligible here for service during summer months.

Any visitor who does not have ADA eligibility from another transit agency may be asked to provide proof of non-residence outside of the PVTA service area. Any visitor without an apparent disability (e.g. cognitive impairment) may be asked to provide proof of disability, such as a letter from a medical professional or another agency that has already established disability for the visitor.

If a visitor needs services beyond the 21 days in a 365 day period, the individual will be required to apply for Paratransit eligibility locally.

### **Massachusetts Ride Match**

800-841-2900

Transportation

**Website:** <https://massridematch.org>

*A one-stop searchable directory of public, private and accessible transportation options in Massachusetts.*

We don't provide rides or reservations, but we DO provide all the information you need to get from one location to another.

The MBTA and 15 Regional Transit Authorities (RTAs) provide fixed route and paratransit service in communities across the state. The easiest way to find out what public services are available in your community is to use the Ride Match search tool on our "Home" page. Simply input your origin and destination, time and day of travel, other specific information about your trip, and click GO. For additional information, contact your local Regional Transit Authority at the address or phone number listed here:

### **Franklin Regional Transit Authority**

12 Olive St., Suite # 1

Greenfield, MA 01301

(413) 774-2262

**Website:** <https://www.frta.org>

### **Berkshire Regional Transit Authority**

One Columbus Ave.

Pittsfield, MA 01201

(413) 499-2782

**Website:** <https://www.berkshirerta.com>

### **Worcester Regional Transit Authority**

60 Foster Street, Worcester, MA 01608

(508) 791-WRTA

**Website:** <https://www.therta.com>

### **MassHealth**

Been approved for transportation benefits (PT-1) through MassHealth?

Please contact:

- The Regional Transit Authority on your approval letter
- Or call MassHealth directly at 800-841-2900

### **Hilltown Easy Ride - FRTA Administrator**

12 Olive Greenfield, MA 01301

(413) 774-2262

**Categories:** Transportation

**Website:** <https://www.frtc.org>

A program of the Hilltown CDC in partnership with the Franklin Regional Transit Authority. The Hilltown Easy Ride transportation service is for persons over the age of 60 and Veterans residing in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Prior to being transported, an application for service needs to be completed and approved by the FRTA office. Once approved, an Easy Ride information packet will be forwarded to you related to this service.

**Hours:** Monday–Friday, 8:30 AM–4:30 PM

Call the Hilltown CDC at least 24 hours in advance (not counting weekends or holidays) to schedule your ride. They will make every attempt to accommodate each trip; however, there are instances where we may not be able to schedule your trip due to peak hours or other circumstances beyond our control. The Hilltown Easy Ride service is curb to curb. Our drivers will assist you onto our vehicle and again when disembarking from the vehicle, but cannot assist you into buildings or your home. Drivers are not to assist with groceries or other parcels, we ask that you bring only what you can carry. If you need assistance, the FRTA allows you to have someone to travel with you.

There is an escort/PCA fee of \$.75 for each trip and they must be there to assist the passenger with the trip (not there to do their own errands). If you choose to bring a friend or companion, they will pay the same fare as you. Simply notify dispatch that someone will be accompanying you on your trip. All of our vehicles are wheelchair accessible and have lifts to accommodate our mobility disabled consumers. The FRTA is not in the position to provide emergency transportation. If your situation requires immediate medical attention, you should call 911. An attempt will be made to accommodate next day or same day trips; however it is not a guarantee that transportation can be provided.

You must pay for your trip with cash as you board the bus. The drivers are unable to make change, so please pay with the exact fare. All one way trips that originate and end within the same town are \$1.25. All one way trips to an adjacent town that are within our service are \$1.75. All one way trips beyond an adjacent town that are within our service area are \$2.25. All trips to Senior Centers are \$.75 (in town trips), \$1.00 (adjacent town trips) and \$1.25 (beyond adjacent town trips). Fares listed are for one way trips.

**NOTES:**

# Maine

## Lewiston

### Maine Prisoner Reentry Network

P.O. Box 7157 Lewiston, ME 04240

(207) 330-1446

**Email:** [info@re-entrymaine.org](mailto:info@re-entrymaine.org)

**Website:** <https://re-entrymaine.org/programs/>

Maine Prisoner Re-Entry Network (MPRN) exists to measurably reduce Maine's recidivism rate. MPRN employs a local community approach to the issues facing the formerly incarcerated and our communities at large. MPRN consists of 4 interconnected components. Maine Prisoner Re-Entry Network, Re-Entry Maine, Rose's Room and R4R Mentor Training.

## Lisbon

### Maine Prisoner Advocacy Coalition

PO Box 446 Lisbon, ME 04250

**Website:** <https://www.maineprisoneradvocacy.org/prisoners-families/resources>

**Email:** [maineprisoneradvocacy@yahoo.com](mailto:maineprisoneradvocacy@yahoo.com)

The Maine Prisoner Advocacy Coalition (MPAC) is committed to ethical, positive, and humane changes in Maine's prison system.

MPAC is a statewide group formed in 2007 to improve conditions for inmates, former inmates, their families, victims of crime and others.

Our coalition members include, most importantly, offenders and their families and friends. Our organizational colleagues include groups well known for their powerful commitment and continued struggle for human rights: NAACP, ACLU, NAMI, Maine Council of Churches, MERN; and individuals dedicated to social justice and humane treatment of all people.

# New Hampshire

## Manchester

### Dismas of New Hampshire

(603) 782-3004

**Website:** <https://dismashomenh.org/>

[info@dismashomenh.org](mailto:info@dismashomenh.org)

Dismas Home of New Hampshire is a state-licensed, 90-day, Low-Intensity, Residential Alcohol and Drug Rehabilitation Treatment and Re-entry Program for previously incarcerated women. Addiction is a significant obstacle for our residents and is directly linked to underlying pain, trauma, and incarceration.

### Hampshire House

(603) 518-5128

**Website:** <https://www.crj.org/divisions/social-justice-services/programs/>

### Community Resources For Justice

1490 Elm Street, Manchester, NH 03101

Program Type: Adult Residential Reentry

Contract Type: Federal

Year Founded: 2009

Capacity: 45 beds

Population served: Men and women referred by the Federal Bureau of Prisons, U.S. Probation, or the federal courts.

Fast fact: Hampshire House supports men and women transitioning from federal incarceration back into New Hampshire communities.

### Reentry Resources Counseling

25 Bay Street, Manchester, NH 03104

(603) 623-5052

**Website:** <https://reentryresourcescounseling.com/>

**Email:** [reentryresourcescounseling@gmail.com](mailto:reentryresourcescounseling@gmail.com)

Reentry Resources Counseling, LLC is an organization with a 20 plus year history, that provides a wide range of behavioral health services. Our services are contracted across the New England region and beyond. We are dedicated to providing the highest quality evidence-based services possible. As an organization, we employ only the most up-to-date evidence-based practices and deliver them with strict quality control strategies designed to insure fidelity to the research that they are based upon.

We are a group of dedicated professional associates that has a firm commitment to practice with strong supervision and continuous professional development. Our associates have diverse educational, cultural and professional experience and backgrounds.

The services that we currently offer range from traditional outpatient Substance Use Disorder and Mental Health treatment in our Manchester offices to Correctional Intervention Programs and Mental Health services in Correctional Institutions under contracts across New England. We also provide behavioral health prevention and intervention services within educational environments and Impaired Driver Intervention services. Our training and consultation services to agencies and institutions involved in delivering Behavioral Health and Criminogenic Risk Reduction Interventions across the New England region are unparalleled. We deliver Clinical Supervision services under contract to agencies and institutions using the most progressive professional development and competency focused techniques. As an organization of professional associates, we maintain a strong loyalty to each other and offer a professional environment of support and mutual caring.

### **Straight Ahead Ministries (NH)**

66 Hanover Street, Manchester, NH 03101

(978) 808-4054

**Website:** <https://www.straightahead.org/reentry>

**Email:** [jludwig@straightahead.org](mailto:jludwig@straightahead.org)

Reentry Resources Counseling, LLC is an organization with a 20 plus year history, that provides a wide range of behavioral health services. Our services are contracted across the New England region and beyond. We are dedicated to providing the highest quality evidence-based services possible. As an organization, we employ only the most up-to-date evidence-based practices and deliver them with strict quality control strategies designed to insure fidelity to the research that they are based upon.

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As an organization of professional associates, we maintain a strong loyalty to each other and offer a professional environment of support and mutual caring.

## Nashua

### Harbor Care Healthcare Services

45 High Street, Nashua, NH 03060

(603) 821-7788

**Website:** <https://www.harborcarenh.org/get-help-index#housing-services-overview>

**Email:** [hope@harborcarenh.org](mailto:hope@harborcarenh.org)

### *Housing through Harbor Homes, Inc.*

The types of housing and related services we offer are highly specialized and customized to meet each client's unique needs. We work with individuals and families most commonly challenged by homelessness, including veterans and individuals with chronic illness, such as HIV/AIDS, chronic mental illness, and substance use disorder. Programs include support services, like case management and healthcare.

The Harbor Care, through Harbor Homes, operates the most supportive housing in New Hampshire. Our programs include:

- Permanent Supportive Housing - Long-term, subsidized housing with support services provided on-site and in the community for individuals and families experiencing severe and persistent mental illness or substance use disorder
- Transitional Housing for Veterans - Time-limited housing for veterans and their families experiencing homelessness with intensive supports to quickly gain independence
- Licensed Community Residences - 24/7 staffed, long-term communal housing for individuals living with severe and persistent mental illness
- Income-based, affordable housing - housing located in Salem, Antrim, Plymouth, and Claremont, serving individuals who meet certain income guidelines

If you or your family are homeless or at-risk of becoming homeless, please call our region's coordinated entry line at 1-844-800-9911. This system is not run by the Harbor Care, but will find you a best-fit program, which often is one of ours.



# Rhode Island

## Providence

### Amos House

460 Pine Street, Providence, RI 02907

(401) 272-0220

**Website:** <https://amoshouse.com>

**Email:** [gethelp@amoshouse.com](mailto:gethelp@amoshouse.com)

### Programs

- Food
- Social Services
- Job Training & Employment
- Businesses for Good
- Change Lives
- Rhode Island Landlord Incentive Program
- Health Services

Hours of Operation: Our main facility is open Monday through Thursday, 8:00 AM – 4:00 PM. On Fridays, we close to outside appointments at 1:00 PM.

### Probation Information Network

**Website:** <https://www.probationinfo.org>

Probation Information Network was founded in 2019 after personal experience with the federal criminal justice system illuminated the many faults, disconnects, and stumbling blocks on the path to reintegration. It also proved that focus, determination, and a strong support system can lead to success. Everyone deserves second chances, and we knew we wanted to help others with theirs. And so, PIN was created to help federal defendants and their loved ones navigate the information, misinformation, and, often, lack of information available during this experience.

### Reentry Campus Program

1 Empire Plaza, Suite 219 Providence, RI 02903

(401) 254-3574

**Email:** [info@reentrycampusprogram.org](mailto:info@reentrycampusprogram.org)

Reentry Campus Program (RCP) helps currently and formerly incarcerated individuals receive post-secondary education on their way to becoming self-sufficient and successful. The program helps those behind the walls, transitioning out and after

release with their education goals as well as critical wrap-around services, continuous support, encouragement, and resources specific to their individual needs.

### ***Assessment and Advising***

Whether students enroll behind the walls or after being released, RCP staff provide assistance and support with eliminating barriers to education access and achieving their educational or career goals. From obtaining vital documents and previous transcripts to course enrollment and degree planning, our team supports each student's individual path.

### ***Education***

RCP provides up to 30 college credits, equivalent to a first year of school, free to enrolled students. Students enroll in DSST courses through RCP before attending the college of their choice. This offers students the opportunity to fast track their degree attainment and minimize the cost associated with pursuing a 4-year degree or certification program. The classroom environment is a peer learning community of successfully reintegrated students and mentors who provide continuous support, encouragement and resources specific to the student's circumstances.

### ***PLA Standardized Testing***

Prior Learning Assessment (PLA) is a method used to award college credit for learning acquired outside of the classroom, including personal research, on-the-job training, independent study, work or military field experience. Earning PLA credit typically involves sitting for a formal test, such as DSST exams, and earning credit upon receiving a passing score. For individuals reentering, this is an opportunity to have their learning behind the walls assessed and accredited. PLA opportunities are available to students in Rhode Island. RCP is a registered DSST Testing Center with nearly 40 courses in the areas of humanities, business, social science, physical science, math and technology. DSST exams are taken online and therefore are more accessible than other PLAs because students can take the exams at RCP.

### ***Courses***

RCP has a growing education partner network where post-secondary institutions partner with the organization to give reduced rates to RCP students. Roger Williams University's formerly School of Continuing Studies, now called University College (UC), is one such partner. There is a wide range of programs that lead to certifications, Associates, Bachelors and Masters degrees. A case management certificate program at UC, for example, gives the knowledge and skills relevant to the provision of case management services in a variety of health care settings. The program is designed for individuals who have a desire to help others and provide holistic support to the clients they serve. Before enrollment and throughout, continued assistance from RCP with obtaining previous transcripts, navigating the financial aid process and course registration/selection are provided.

### ***Mentoring***

More than 600,000 people are released from America's prisons each year and there are currently more than four million people on probation and parole. Adults may return from incarceration to families and communities that lack sufficient social support and resources to foster a positive reentry. RCP alumni who demonstrate successful reentry pay it forward. Those released are offered a mentor, a RCP alumni, to help them with acclimation, guidance and connections to needed resources.

### **The RI Reentry Collaborative**

167, Point Street, Suite 1A, Providence, RI 02903

**Website:** <https://healthandjustice.org/the-re-entry-collaborative/>

**Email:** [info@healthandjustice.org](mailto:info@healthandjustice.org)

The RI Reentry Collaborative (RRC) is a partnership among four community-based organizations designed to serve people transitioning from prison back to communities in the Providence metro area. Since its formation in 2019, the Center has led the coordination of the collaborative. The RRC model aims to help sustain long-term reentry partnerships, foster collaborative case planning, improve the efficiency of community-based services, and promote best practices for working with justice-involved adults.

The core partner organizations of the RRC include the Center, Amos House, the Nonviolence Institute, and the Reentry Campus Program. The RRC utilizes a strengths-based, collaborative case management model to connect reentering clients to programs and services. Each client is assigned a case manager from one of the core partners, who provides six to twelve months of comprehensive, post-release support. These supports include assistance obtaining vital documents, enrolling in public benefits, legal supports, transportation assistance, peer mentoring and coaching, financial supports, healthcare navigation and emergency assistance. The RRC case management team meets on a regular basis to conduct transitional case planning, coordinate client services and referrals, share resources, problem solve, and track participant outcomes.

With the overall goal of preventing rearrests and re-incarceration, the RRC coordinates with other reentry stakeholders, including RIDOC, RI Probation & Parole, local law enforcement, and a variety of RI service providers and community partners. The RRC's long-term vision is to provide a more comprehensive, community-based reentry system in the state of Rhode Island, utilizing best practices to improve the quality and stability of life for people returning to the community from incarceration. The launch of this new collaborative is currently supported by the 2018 Second Chance Act Comprehensive Community-Based Adult Reentry grant program that is administered by the U.S. Department of Justice's Office of Justice Programs.

# Vermont

## Brattleboro

### **Brattleboro Retreat, The**

1 Anna Marsh Lane, Brattleboro, VT 05301

802-258-3700

**Categories:** Acute Treatment Services (ATS), Healthcare, Mental Health Providers, Substance Abuse, Substance Abuse Treatment Outpatient, Substance Abuse Treatment Residential

**Website:** <https://www.brattlebororetreat.org/>

The Brattleboro Retreat is a not-for-profit, regional specialty mental health and addiction treatment center that was founded in 1834. The Brattleboro Retreat's Adult Inpatient Treatment Program provides people ages 18 and older with a broad range of short-term, around-the-clock care for a wide range of acute mental health and addiction problems. Admissions are accepted 24-hours-a-day, seven days a week.

## Burlington

### **Burlington Community Justice Center**

200 Church Street, Burlington, VT 05401

**Website:** <https://www.burlingtoncjc.org/>

**Email:** [cjcfrontdesk@burlingtonvt.gov](mailto:cjcfrontdesk@burlingtonvt.gov)

- Community Re-entry/COSA
- Conflict Assistance Program
- Court Diversion/RJ Panels
- Driving with License Suspended (DLS)
- Noise Tickets
- Pretrial Services
- Restorative Justice Panels
- Tamarack/Treatment Diversion
- Retail Theft (RTAP)
- Victim Services
- Youth Services
- Youth Substance Awareness and Safety Program (YSASP)

We are located at the corner of King and Church Streets in downtown Burlington, in the Burlington Telecom building. We unfortunately do not have our own parking lot so please allow extra time for parking!

**Hours:** Monday–Friday, 9:00 AM – 5:00 PM; closed all federal holidays

### Turning Point Center

179 South Winooski Avenue, Suite 301, Burlington, VT 05401

(802) 861-3150

**Website:** <https://turningpointcentervt.org/>

**Email:** [support@turningpointcentervt.org](mailto:support@turningpointcentervt.org)

**Hours:** We are open Monday–Friday, 9:00 AM – 5:00 PM; with some extended hours for groups and meetings.

#### Groups and Programs

Our groups and programs meet in person. Visit our calendar to view our groups and program schedule. Call the Center at 802.861.3150 or knock on the window by the Center's front door.

## Hyde Park

### Dismas of Vermont

P.O. Box 156, Hyde Park, VT 05655

(802) 798-2157

**Website:** <https://www.dismasofvt.org/>

**Email:** [info@dismasofvt.org](mailto:info@dismasofvt.org)

The mission of Dismas of Vermont, Inc. is to reconcile former prisoners with society and society with former prisoners.

Community is fundamentally about relationship and it is precisely the relationship between the person who has committed a crime and their community that is broken, first by the real harm done by the crime committed and subsequently by the alienation that results from incarceration. In reconciliation, wholeness is restored to the former prisoner and to society.

If we hold people accountable for their actions as a matter of justice, then reconciliation is a completion of that justice. For a former prisoner to be reconciled to their community that person needs to overcome the sense of alienation – that sense of being an outsider and unwanted. They must become participating members of their community, and they must be returned to full citizenship with all its responsibilities and rights.

## Montpelier

### Restorative Reentry Programs

Montpelier City Hall, 39, Main Street, Montpelier, VT 05602

(802) 522-5566

**Website:** <https://www.montpelier-vt.org/453/Restorative-Reentry-Services>

**Email:** [cplante@montpelier-vt.org](mailto:cplante@montpelier-vt.org)

Restorative Reentry Programs promote the principle of no more victims. By establishing and enforcing clear expectations of its participants for positive community behavior, restorative reentry interrupts the cycle of criminal offending.

# More Resources That Can Help

## America Works

**Website:** <https://americaworks.com/>

America works is a specialized employment placing service, for people that are difficult to place, such as a felon. America works is only in a few states, but working to cover more of America. Visit the site to see which areas are covered.

## Boston Coming Home Directory

**Website:** [www.cominghomedirectory.org](http://www.cominghomedirectory.org)

Focused on the greater Boston geographical area

## Boston Resource Net

**Website:** [www.bostonresourcenet.org](http://www.bostonresourcenet.org)

Provides a listing of Boston's human service community

## Housing that accepts felons

**Website:** <https://www.jobsforfelonshub.com/housing/massachusetts/>

Find houses, town homes, apartments, condos and more that rent to persons with a felony, and other background convictions. The housing section is neatly located with jobs, information, and programs for felons in each state and city.

## Jobs and Programs for Felons

**Website:** <https://xamire.tumblr.com/>

Find employers and jobs that hire felons, in your city and state! Browse through employers and find a job today without having to hide your criminal background. Also you can view local and federal programs, and help agencies for felons, as well as state/city specific programs, and information. All services are free of charge. Jobs, housing, programs, and help are available in all fifty states and the District of Columbia.

## Mass 211

Dial 211 Monday–Friday, 8:00 AM – 8:00 PM

Free statewide confidential information and referral help line.

## Mass Resources

**Website:** [www.massresources.org](http://www.massresources.org)

Free online resource for MA residents in need of housing, food, healthcare, and other basic services

## Massachusetts Substance Abuse Information and Education Helpline

1-800-327-5050

**Website:** [www.helpline-online.com](http://www.helpline-online.com)

Free and confidential referral for alcohol and/or drug abuse problems

# Appendix: Agencies by Category

## BASIC NEEDS

### Cash Assistance

Action, Inc. . . . .	241	Holliston Community Action Fund, The . . . . .	177
Action Community Resources . . . . .	167	Hospital Thrift Shop . . . . .	32
Ashland Emergency Fund. . . . .	168	Lower Cape Outreach Council . . . . .	35
Beverly Bootstraps Community Services Inc. . . . .	23	Mansfield Social Services . . . . .	200
Brewster Affordable Housing Trust . . . . .	24	Marlborough Human Services . . . . .	181
Catholic Charities - North Massachusetts . . . . .	241	Massachusetts Department of Transitional Assistance - Salem . . . . .	248
Catholic Charities Sunset . . . . .	214	MLK Business Empowerment Center - SMOC . . . . .	98
Catholic Social Services Fall River . . . . .	197	Nantucket Food Fuel Rental Assistance . . . . .	32
Catholic Social Services New Bedford . . . . .	201	Natick Service Council, The . . . . .	186
Community Teamwork, Inc. for Fuel Assistance . . . . .	225	SMOC SNAP: Food Assistance, Food Stamps, DTA . . . . .	111
Crozier House . . . . .	81	Social Security Administration . . . . .	112
Department of Transitional Assistance . . . . .	7	Transitional Assistance . . . . .	34
Dukes County Veterans Services. . . . .	27	Veterans' Services . . . . .	143
Easthampton Community Center		WIC Programs, SMOC . . . . .	175
Easton Food Pantry. . . . .	152		
Falmouth Service Center . . . . .	29		

### Food Pantries

A Place To Turn . . . . .	185	Bethany House Hope Chest . . . . .	158
A Servant's Heart Food Pantry . . . . .	157	Beverly Bootstraps Community Services Inc. . . . .	239
Acord Food Pantry . . . . .	242	Bourne United Methodist Church . . . . .	24
Action Emergency Homeless Shelter . . . . .	240	Boys and Girls Club of Worcester. . . . .	70
Action Community Pantry. . . . .	169	Braintree Community Food Pantry . . . . .	145
Action Community Resources . . . . .	167	Canton Food Pantry . . . . .	148
AIDS Project Worcester . . . . .	64	Caring Center Food Pantry, The . . . . .	217
Amesbury Center - Community Action, Inc.. . . . .	223	Carlisle Neighbor Fund . . . . .	170
Ashland Food Pantry. . . . .	168	Carolina Hill Shelter . . . . .	216
Auburn Youth and Family Services . . . . .	39	Catholic Charities - Leominster Office. . . . .	55
Avon Baptist Church Food Pantry . . . . .	143	Catholic Charities - Newton. . . . .	160
Barre Food Pantry. . . . .	40	Catholic Charities - North Massachusetts . . . . .	241
Bedford Community Table/Pantry, The . . . . .	224	Catholic Charities. . . . .	71
Belmont Food Pantry . . . . .	143	Catholic Charities Sunset . . . . .	214
Berlin Family Food Pantry. . . . .	41	Centre Street Food Pantry. . . . .	160
		CENTRO Las Americas . . . . .	74

Chatham Food Pantry . . . . .	26	Halifax Congregational Church Food Pantry, The . . . . .	211
Christian Community Services . . . . .	236	Hanson Food Pantry . . . . .	212
Community Action, Inc. . . . .	229	Hebron Food Pantry . . . . .	191
Community Health Center of Cape Cod - Bourne. . . . .	24	Highland Baptist Church . . . . .	45
Community Health Center of Cape Cod - Falmouth . . . . .	28	Hingham Housing Authority . . . . .	213
Community Health Center of Cape Cod - Mashpee . . . . .	30	Holliston Pantry Shelf . . . . .	178
Cupboard Of Kindness. . . . .	205	Hyde Park Food Pantry. . . . .	157
Danvers People to People food pantry . . . . .	239	Ipswich Housing Authority . . . . .	243
Daybreak Emergency Shelter for Men and Women. . . . .	230	Island Food Pantry . . . . .	34
Dedham Food Pantry . . . . .	151	Jeremiah's Inn . . . . .	94
Department of Transitional Assistance . . . . .	7	Jewish Family Service of the North Shore. . . . .	166
Dracut Food Pantry. . . . .	227	Jewish Family Service of Worcester, Inc.. . . .	94
Duxbury Interfaith Council (DIC), The. . . . .	210	Jewish Family Services of MetroWest . . . . .	172
Easton Food Pantry. . . . .	152	John Street Baptist Church . . . . .	95
Ecumenical Community Food Pantry of Norwood, Inc. . . . .	164	Lenox Ecumenical Food Pantry . . . . .	19
Epworth United Methodist Church . . . . .	87	Lifebridge . . . . .	248
Everett Grace Food Pantry & Outreach. . . . .	154	Lighthouse Mission Food Pantry. . . . .	95
Everett Human Services. . . . .	154	Lion's Share Food Pantry. . . . .	210
Falmouth Service Center . . . . .	29	Loaves & Fishes Pantry - Dalton . . . . .	18
Family and Children's Service of Greater Lynn, Inc.. . . . .	243	Loaves & Fishes Pantry. . . . .	96
Family Health Center of Worcester. . . . .	89	Loaves and Fishes Food Pantry - Bellingham . . . . .	169
Federated Church of Norfolk . . . . .	163	Loaves and Fishes Food Pantry - Harvard . . . . .	177
First Church Congregational . . . . .	239	Lowell Transitional Living Center. . . . .	232
First Step Inn . . . . .	198	Lower Cape Outreach Council . . . . .	35
Food Distribution Center - Medway Village Food Pantry. . . . .	184	Mansfield Social Services . . . . .	200
Food Distribution Center - Reading Food Pantry . . . . .	236	Marblehead Food Pantry . . . . .	245
Foxboro Food Pantry. . . . .	155	Marge Crispin Center, The. . . . .	145
Franklin Food Pantry . . . . .	176	Marlboro Community Cupboard . . . . .	180
Friendly House, Inc.. . . . .	90	Marshfield Food Pantry . . . . .	216
Friends of the Homeless of the South Shore . . . . .	212	Maynard Food Pantry . . . . .	182
Gardner Community Action Committee . . . . .	50	Medfield Food Cupboard . . . . .	184
GLCAC, or the Greater Lawrence Community Action . . . . .	230	Merrimack Valley Catholic Charities . . . . .	233
Good Hope, Inc.. . . . .	244	Minuteman Senior Services. . . . .	147
Good Samaritan Food Pantry. . . . .	92	Mt. Calvary Community Supper . . . . .	168
GVNA Community Services. . . . .	45	Multicultural Wellness Center . . . . .	99
		Murray Unitarian Universalist Church Food Pantry . . . . .	192
		Mustard Seed, The . . . . .	100
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Net of Compassion. . . . . 100

New Life Community Church. . . . . 240

Newton Food Pantry. . . . .161

Next Step Home Homeless Shelter . . . . 199

Norwell Food Pantry . . . . . 219

O'Connor - Sisson House . . . . . 195

Oasis House . . . . . 103

Open Table, Inc.. . . . . 183

Orthodox Food Center . . . . . 103

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Oxford Foodshelf. . . . . 57

PACH Outreach . . . . . 235

Pearl Street Cupboard & Café (United Way of Tri-County) . . . . . 174

Pembroke Food Pantry . . . . . 220

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Plainville Living Bread Food Pantry . . . . 206

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Project Just Because, Inc. . . . . 178

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Rockland Food Pantry, The . . . . .221

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Salvation Army - Essex County . . . . . 246

Salvation Army - North Shore, The . . . . . 249

Salvation Army – Framingham . . . . . 174

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SNAP: Food Assistance, Food Stamps, DTA. . . . . 111

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Bethany House Hope Chest . . . . .	158	Many Hands Thrift Shoppe . . . . .	41
Bourne United Methodist Church . . . . .	24	Marlboro Community Cupboard . . . . .	180
Brewster Thrift Store . . . . .	25	Martha's Vineyard Boys & Girls Club Second Hand Store . . . . .	27
Catholic Charities - Leominster Office. . . . .	55	Nearly New Shop. . . . .	218
Catholic Charities - Newton. . . . .	160	Neighbors Closet at Christian Community Church . . . . .	100
Catholic Charities - North Massachusetts . . . . .	241	Net of Compassion. . . . .	100
Catholic Charities. . . . .	71	Oasis House . . . . .	103
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Changing Tides Consignment Boutique . . . . .	26	Parson's Closet . . . . .	259
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Easton Food Pantry. . . . .	152	Salvation Army Family Store & Donation Center, The - Bridgewater. . . . .	208
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Falmouth Service Center . . . . .	29	Salvation Army Thrift Store, The - Hadley . . . . .	263
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Gardner Community Action Committee . . . . .	50	Sowing Seeds . . . . .	217
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Goodwill Store . . . . .	92	Thrift It . . . . .	41
Habitat For Humanity ReStore . . . . .	209	Triumph Center . . . . .	237
Hospital Thrift Shop . . . . .	32	United Neighbors of Fitchburg. . . . .	49
Jeremiah's Inn . . . . .	94	Vineyard Resource Center. . . . .	215
Leeward Light Thrift Store. . . . .	249	Visitation House, Inc. . . . .	124
Lemon Tree Goods . . . . .	186	Wellspring Multi-Service Center . . . . .	215
Lifebridge Thrift Store . . . . .	248	Wish Project, The . . . . .	235
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Carolina Hill Shelter . . . . .	216	Salvation Army - Attleboro, The . . . . .	192
Donations Clearinghouse of the Central MA Housing Alliance. . . . .	84	Salvation Army - Essex County . . . . .	246
Easton Food Pantry. . . . .	152	Salvation Army - Greenfield. . . . .	262
Emanuel Baptist Thrift Store . . . . .	87	Salvation Army - North Shore, The . . . . .	249
Family Promise Metrowest . . . . .	185	Salvation Army – Framingham . . . . .	174
Goodwill Industries. . . . .	255, 267, 273	Salvation Army . . . . .	110
Goodwill Store . . . . .	92	Salvation Army Family Store & Donation Center, The - Bridgewater . . . . .	208
Household Goods . . . . .	167	Salvation Army Family Store & Donation Center, The - Hanover. . . . .	212
Leeward Light Thrift Store. . . . .	249	Salvation Army Thrift Store, The - Hadley . . . . .	263
Little Store at Urban Missionaries of Our Lady of Hope, The . . . . .	96	Save Sum Earn Sum Consignment . . . . .	196
Mansfield Social Services . . . . .	200	Savers - Hanover . . . . .	212
Martha's Vineyard Boys & Girls Club Second Hand Store . . . . .	27	Savers - Norwood. . . . .	165
Mission of Deeds . . . . .	236	Savers - Worcester . . . . .	111
My Brother's Keeper . . . . .	195	Savers Thrift Store - Framingham. . . . .	174
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**Welcome  
Home.**



*COMING HOME Worcester, MetroWest and Additional Regions* is a directory of resources and services available to ex-offenders returning to, or currently living in Central, MetroWest, Merrimack Valley, North Shore, South Shore, South Coast, the Berkshires, the Cape and Islands, Western, and near Route 128. This guide may also be useful for corrections practitioners, program staff, policy makers and the friends, families, and volunteers that work with former offenders in the community.

After being released from prison, an ex-offender begins the difficult task of re-assimilating into the community. Oftentimes, an ex-offender's transition is very complicated, and may include significant obstacles that must be overcome to obtain stability. Fortunately, there is a network of services designed to assist those in need. By compiling this directory, it is our hope that we will be able to assist former offenders—and those who care about them—find the resources they need to make the difference between success and a return to incarceration.

Visit our directory online:

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