

# TOWN OF STOW

## Directory of Community Services

<b>CLOTHING</b>	<b>3</b>
<b>DEBT/TAX MANAGEMENT</b>	<b>4-5</b>
<b>DISABILITY SERVICES</b>	<b>6-9</b>
<b>DOMESTIC VIOLENCE</b>	<b>10-12</b>
<b>ELDER SERVICES</b>	<b>13</b>
<b>ENERGY ASSISTANCE</b>	<b>14-15</b>
<b>FINANCIAL ASSISTANCE</b>	<b>16-17</b>
<b>FOOD ASSISTANCE</b>	<b>18-20</b>
<b>HEALTH:GENERAL</b>	<b>21-22</b>
<b>HEALTH: LOW INCOME/UNINSURED</b>	<b>23-24</b>
<b>HEALTH: BEHAVIORAL</b>	<b>25-30</b>
<b>HOUSING</b>	<b>31-33</b>
<b>HOME FURNISHINGS/COMPUTER</b>	<b>34</b>
<b>LEGAL SERVICES</b>	<b>35-37</b>
<b>YOUTH AND FAMILIES</b>	<b>38-41</b>

## **Massachusetts 2-1-1: Dial 2-1-1.**

[www.mass211help.org](http://www.mass211help.org)

Available 24 hours a day, 7 days a week. Line is staffed by counselors to provide resource information, including housing & rental assistance, child care options, mental health resources. All calls are free and confidential.

This list is continually being updated. If you have questions about these or any other resources, please contact the Stow Community Services Coordinator at:

978-897-2638 or [townsocialworker@stow-ma.gov](mailto:townsocialworker@stow-ma.gov)

# **CLOTHING**

## **Acton Congregational Church Thrift Store**

12 Concord Road, Acton MA

978-263-2728

[www.actonc.org/cornerstone thrift shop](http://www.actonc.org/cornerstone_thrift_shop)

- Church runs a thrift store offering affordably priced, lightly used clothing, small housewares, toys, CDs, and books.

## **Acton Food Pantry of Boxborough**

235 Summer Road, Boxborough MA (Bldg #1, lower level)

978-635-9295

[www.actoncommunitysupper.org](http://www.actoncommunitysupper.org)

- Both food and clothing are available to eligible individuals and families at the Acton Food Pantry. Registration indicating residency in Acton or surrounding town is required.

## **Dress for Success**

617-779-2177

<https://boston.dressforsuccess.org>

- Dedicated to giving women in poverty the opportunity to become financially independent. They provide suiting for job interviews and the first few weeks of work at the store in Boston and career assistance to women in the Boston area.

## **Solutions at Work**

617-576-0039

[www.solutionsatwork.org](http://www.solutionsatwork.org)

- Provides interview-appropriate clothing to homeless and low-income people. Also provides a children's clothing exchange, and free computers to people transitioning out of homelessness. Services are by referral and appointment only. Contact Town Social Worker for a referral (978-897-2638).

# Debt and Tax Management

## HOTLINES

### **Homeowner's Hope Hotline**

888-995-HOPE (4673)

[www.995hope.org](http://www.995hope.org)

### **Debt Relief Hotline**

800-453-1738

### **Free Bankruptcy Advice**

800-379-0985

### **Mortgage Payment Relief Hotline**

800-750-8956

### **Tax Relief Hotline**

877-283-8580

### **Collection Complaints Hotline**

800-379-0688

### **Child Support Enforcement Hotline**

888-369-0323

### **Student Loan Relief Hotline**

866-836-9168

# Debt and Tax Management

## **AARP Foundation Tax -Aid**

[http://www.aarp.org/money/taxes/aarp\\_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/)

- Contact Stow Council of Aging, 978-897-1880, to obtain more information to attain and to schedule an appointment.

## **Bentley Low Income Taxpayer Clinic**

175 Forest Street, Waltham, MA

781-8971-2710

- Provides Free tax assistance to low-income taxpayers, evaluated on a person-to-person basis by University graduates.

## **Consumer Assistance Office – Metrowest**

209 W. Central Street, Suite 311, Natick, MA

508-651-8812

<http://caomw.org/>

- Offers information on a variety of issues including auto sales, home improvement, landlord/tenant relationships, credit, debit and more.

## **Consumer Credit**

800-769-3571

[www.consumercredit.com](http://www.consumercredit.com)

- Website offers bankruptcy, credit and housing counseling, and debt management programs

## **National Foundation for Credit Counseling**

800-388-2227

[www.nfcc.org](http://www.nfcc.org)

- Provides credit, housing, and bankruptcy counseling as well as other financial education and consumer tools.

# Disability Services

## HOTLINES

**Mass Disabled Persons Protection Commission Abuse Reporting  
Hotline: 800-426-9009**

### **AbilityOne**

800-999-5963

[www.abilityone.gov](http://www.abilityone.gov)

- Works to enable all people who are blind or living with significant disabilities to achieve their maximum employment potential.

### **Advocates**

508-628-6300

[www.advocates.org](http://www.advocates.org)

- Services individuals & families with mental health challenges, chemical dependency, development & intellectual disabilities, brain injuries, and other life challenges.

### **Disability.gov**

[www.disability.gov](http://www.disability.gov)

- Offers Comprehensive information on disability programs and services in communities nationwide.

### **Department of Developmental Services (DDS)**

20 Academy Street, Suite 320, Arlington, MA

781-646-5500

<http://www.mass.gov/eohhs/gov/departments/dds/>

- Variety of services and support to adults with intellectual disabilities and children with developmental disabilities. For those who qualify, services include day supports, employment supports, residential supports, and family supports.

# Disability Services

## **Family Ties**

800-905-8437

[www.massfamilyties.org](http://www.massfamilyties.org)

- A network to support families and professionals helping children with disabilities including a directory of intervention services.

## **Federation for Children with Special Needs**

800-331-0688

[www.fcsn.org](http://www.fcsn.org)

- Provides support for parents navigating the special education system, family support, information on health advocacy, and other programs.

## **Massachusetts Office on Disability**

800-322-2020

617-727-7440

[www.mass.gov/mod](http://www.mass.gov/mod)

- Information, technical assistance and advocacy for people with disabilities.

## **MA Commission for the Deaf and Hard of Hearing**

800-882-1155

800-249-9949 (TTY)

[www.mass.gov/mcdhh](http://www.mass.gov/mcdhh)

- Variety of services for the hard of hearing including case management, classes in sign language, and support groups.

## **MA Commission for the Blind**

617-727-5550; 800-392-6450

800-392-6556 (TDD)

[www.mass.gov/mod](http://www.mass.gov/mod)

- Variety of services for the sight impaired.

# Disability Services

## **MA Rehabilitation Commission (MRC)**

800-245-6543

617-204-3603

<http://www.mass.gov/eohhs/gov/departments/mrc/>

- Responsible for Vocational Rehabilitation Services, Community Services, and eligibility determination for SSDI and SSI.

## **Minuteman ARC for Human Services**

978-287-7900

[www.minutemanarc.org](http://www.minutemanarc.org)

- Services children and adults with developmental disabilities. Programs include: Early Intervention, Family Services, and Adult Services.

## **Metrowest Center for Independent Living**

280 Irving Street

Framingham, MA

508-875-7853

[www.mwcil.org](http://www.mwcil.org)

- Services individuals with disabilities. Core services include Advocacy, Information & Referral, Independent Living Skills Training, and Peer Support.

## **Perkins School for the Blind**

175 North Beacon Street, Watertown, MA

617-924-3434

[www.perkins.org](http://www.perkins.org)

- Variety of services for those who meet eligibility requirements, including access to the library, diagnostic evaluation, low vision clinic and classes.

# Disability Services

## **The MA Assistive Technology Loan Program**

800-244-2756 x431 or X428

800-564-9700 (TTY)

- The Loan program makes available alternative financing that gives people with disabilities and elders access to low interest cash loans to purchase assistive devices and services.

# Domestic Violence

## HOTLINES

### **Safelink Hotline**

877-785-2020 or 877-521-2601 (TTY)

### **National Domestic Violence Hotline**

800-799-SAFE (7233) or 800-787-3224 (TTY)

[www.thehotline.org](http://www.thehotline.org)

### **Domestic Violence Services Network Hotline**

888-399-6111

### **GLBTQ Domestic Violence Project 24 hr. Hotline**

800-832-1901

[www.glbtqdvp.com](http://www.glbtqdvp.com)

### **Reach Hotline**

800-899-4000

### **Voices Against Violence Hotline**

800-593-1125

### **Child Abuse Hotline**

800-792-5200

### **Elder Abuse Hotline**

800-922-2275

### **Mass Disabled Person Hotline**

800-426-9009

# Domestic Violence

## **Domestic Violence Services Network**

Concord, MA

**Help-Line: 888-399-6111**

978-318-3421

[www.dvvap.org](http://www.dvvap.org)

- Domestic Violence Victim Assistance Program (DVVAP): Assist in risk assessments, safety planning, and referrals to appropriate resources. DVVAP works in collaboration with local police departments.

## **Jane Doe: MA Coalition Against Sexual Assault and Domestic Violence**

617-248-0922

617-263-2200 (TTY)

[www.janedoe.org](http://www.janedoe.org)

- Education, support, economic empowerment, prevention, and social change to end sexual assault and domestic violence.

## **REACH**

Waltham, MA

**800-899-4000 (24 hr Hotline)**

781-891-0724

- Provide safety and support to survivors of abuse.

## **Voices Against Violence**

7 Bishop Street, Framingham MA

**800-593-1125 (24hr Hotline)**

508-626-8686 (TTY)

[www.smoc.org/voices-against-violence.php](http://www.smoc.org/voices-against-violence.php)

- Services include a 24-hour hotline, crisis intervention, confidential short term emergency shelter, counseling support groups, information and referrals, medical, legal and criminal justice advocacy.

# Domestic Violence

## **The Second Step**

P.O. Box 600213

Newtonville, MA 02460

617-965-3999

[www.thesecondstep.org](http://www.thesecondstep.org)

- Services & resources to empower survivors of domestic violence to heal from trauma, to forge supportive relationships, to secure affordable housing and to move toward financial security.

## **The Rose Fund**

200 Harvard Mill Square, Suite 310, Wakefield, MA

617-482-5400

[www.rosefund.org](http://www.rosefund.org)

- In partnership with hospitals and doctors across New England, providing a range of free medical and surgical care to women disfigured by acts of domestic violence.

# Elder Services

## Hotlines

**Elder Abuse Hotline: 800-922-2275**

**Attorney General's Elder hotline: 888-243-5337**

Statewide, toll free elder hotline to address issues including guardianship, health insurance, legal services, and fraud prevention.

### **Stow Council on Aging**

380 Great Road, Stow

978-897-1880

- Serves members of the community 60 and older and the disabled. Services include: Information & referral, Community Outreach, and Programs and Activities.

### **MinuteMan Senior Services**

**888-222-6171; [www.minutemansenior.org](http://www.minutemansenior.org)**

- Services include: Info & Referral, Care management, Caregiver support, Elder Protective Services, Home Care, Money Management, Legal services, Health Benefit Counseling (SHINE), & Meals on Wheels.

### **MA Association of Older Adults**

617-426-0804; [www.maoamass.org](http://www.maoamass.org)

### **American Association of Retired Persons (AARP)**

800-566-0242; [www.aarp.org](http://www.aarp.org)

### **Boston Elder INFO**

617-292-6211; [www.elderinfo.org](http://www.elderinfo.org)

# Energy Assistance

## HOTLINES

### **Cold Home Relief Hotline**

800-632-8175

<http://www.mass.gov/hed/community/energy/cold-relief-information.html>

### **Citizens Energy**

Oil Heat program: 877-563-4645

Gas Heat Program: 866-427-9918

[www.citizensenergy.com](http://www.citizensenergy.com)

- Oil heat program will deliver 100 gallons of home heating oil for free to people in financial need one time per heating season. Limited supply.
- Gas heat program: Eligible applicants may receive \$150 credit towards the household's gas account.

### **Good Neighbor Energy Fund ????**

24-hr Information line: 800-334-3047

[www.magoodneighbor.org](http://www.magoodneighbor.org)

- This fund offers grants up to \$250 credited towards present and future bills. Yearly income must meet certain requirements.
- Contact Outreach Worker, Stow Council of Aging, at 978-897-1880 or Town Social Worker 978-897-2638 for information.

### **Stow Friends of the Council on Aging**

- Eligibility: must be 60 years old and a resident of Stow.
- Eligible applicants may receive up to \$350 which is paid directly to the vendor.
- To apply call Stow Council on Aging: 978-897-1880.

# Energy Assistance

## **SMOC – Fuel Assistance Program**

7 Bishop Street, Framingham, MA

508-620-1230 or 800-286-6776

[www.smoc.org](http://www.smoc.org)

- Eligible households receive assistance paid directly to heating vendor. The program (LIHEAP) is designed to help low-income people afford the cost of heat in the winter months. Eligibility is based on gross annual income and household size.
- To apply contact Outreach Worker, Stow Council on Aging at 978-897-1880.

# Financial Assistance

## **Department of Transitional Assistance**

300 Howard Street, Framingham MA

508-661-6600

M-F: 7:45am-5:00pm

[www.mass.gov/dta](http://www.mass.gov/dta)

- Program works with low income individuals and families to meet their basic needs for those who qualify. Services include emergency cash assistance, food stamp assistance, emergency housing, job assistance, and domestic violence support.

## **Social Security Administration**

135 Beaver Street, Suite 120, Waltham MA

800-772-1213

[www.ssa.gov](http://www.ssa.gov)

- Administers social security (SS), supplemental security income (SSI), and supplemental security disability income (SSDI).

## **The Salvation Army**

- The Salvation Army assists Stow residents facing shut off notices with electric, gas, and other bills up to \$200 per family.
- Contact Outreach, Stow Council on Aging at 978-897-1880 or Town Social Worker at 978-897-2638 for a referral.

## **Stow Town Social Worker**

380 Great Road, 3<sup>rd</sup> floor, Stow, MA

978-897-2638

- The Town Social Worker provides comprehensive professional social services to assist Stow town residents with social, emotional, and economic needs. Services are confidential and open to town residents of all ages and income.

# Financial Assistance

## **The Society of St. Vincent DePaul**

St. Isidore Church - 429 Great Road, Stow

978-897-2710

- Open to all Stow Residents. Provides emergency short-term assistance, for those who are in immediate crisis.
- Call Parish Office and ask for SVDP representative.

## **Stow Neighbor Brigade**

[www.neighborbrigade.org](http://www.neighborbrigade.org)

- Neighborhood volunteers can provide assistance with meals, rides to medical appointments, furniture and household goods.
- Contact Town Social Worker at 978-897-2638 or email chapter director through organization website.

## **Warm Hearts of Stow**

978-793-3031

- Open to all Stow Residents
- Provides assistance with food, gas, clothing, school supplies, through gifts cards or direct items.

# **FOOD ASSISTANCE**

## **Acton Food Pantry**

Boxborough Office Park- 235 Summer Road, Boxborough

978-635-9295

[www.actoncommunitysupper.org](http://www.actoncommunitysupper.org)

- Open to residents of Acton and bordering towns.
- To register, bring photo ID and document indicating proof of residency (utility bill, lease, etc)
- Wednesdays 10am-7pm; Closed every 4<sup>th</sup> Wednesday of the month.

## **Community Dinner, Union Church**

317 Great Road, Stow

978-897-2328

- 3<sup>rd</sup> Friday of the month from 5pm-6pm
- Drop in; donations accepted.

## **Maynard Food Pantry**

Coolidge School- 12 Bancroft Street, Maynard

978-764-5279

- Serves Acton, Maynard, Stow, Sudbury
- Referral required after 4 visits
- Monday 10am-12pm.

## **Meals on Wheels, Minuteman Senior Services**

- Provides home delivered meals to seniors who are homebound
- Suggested donation of \$2.00
- To register, contact Stow Council on Aging, 978-897-1880 or Minuteman Senior Services, 781-272-7177

# **FOOD ASSISTANCE**

## **Meal Site Services, Minuteman Senior Services**

First Parish Church- 353 Great Road, Stow

978-897-1880

- Provides opportunity for hot meal and socialization for seniors
- Van transportation available
- Suggested donation of \$2.00
- Mealsite open Tuesdays and Thursdays, 12-1pm
- Please contact COA by 10am the day before to make a reservation.

## **Open Table**

Clock Tower Place, Bldg 8 - 146 Main Street, Maynard MA

978-369-2275

[www.opentable.org](http://www.opentable.org)

- Provides a free dinner program and food pantry
- Open to residents of all towns
- Maynard: Monday 5-7pm pantry  
Monday 6-7pm supper

## **Project Bread**

[www.projectbread.org](http://www.projectbread.org)

- Program provides information on finding food resources, applying for SNAP benefits, applying for free and reduced lunches, and finding summer meals for kids.

## **SNAP (Supplemental Nutrition Assistance Program)**

866-950-FOOD (3663)

[www.mass.gov/snap](http://www.mass.gov/snap)

- Program assists individuals and families to purchase food. Applications can be completed on-line at above website or by contacting Outreach, Stow Council on Aging at 978-897-1880.

# **FOOD ASSISTANCE**

## **Stow Food Pantry**

First Parish Church- 353 Great Road, Stow

978-897-4230

[www.stowfoodpantry.org](http://www.stowfoodpantry.org)

- Serves Acton, Bolton, Boxboro, Maynard, Stow, Lancaster
- Referral required
- 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month 9-11am; by appointment only.

## **Sudbury Food Pantry**

Our Lady of Fatima - 160 Concord Road, Sudbury

978-443-7725

[www.sudburyfoodpantry.org](http://www.sudburyfoodpantry.org)

- Serves Acton, Ashland, Concord, Framingham, Maynard, Stow, Sudbury, Wayland
- Non- residents can use pantry 1x/mth
- Must bring photo ID
- Tuesdays and Thursdays 11:30am-2:15pm

## **WIC – Women, Infants, Children**

**Framingham Office:** 508-620-1445

**Marlboro Office:** 508-481-1605

**Waltham Office:** 781-642-7194

[www.fns.usda.gov/wic/](http://www.fns.usda.gov/wic/)

- Food Assistance for mothers of children under age 5 and fathers with custody
- Eligibility based on income and assets. Contact the office nearest you for information.

# Health: General

## **Consumer Health Helpline**

800-272-4232

- Answers questions on co-payments, health insurance, program eligibility and more.

## **Emerson Hospital**

978-369-1400; 800-439-0183 (TTY)

[www.emersonhospital.org](http://www.emersonhospital.org);

- A variety of support groups offered, including addiction, cancer, post-partum, celiac, sleep disorders, and Health & Wellness classes.

## **Emerson Wellness Center for Mind and Body**

978-287-3777

<http://www.emersonwellness.org/>

- Provides classes on a variety of topics including child/infant care and wellness, exercise, diet, mental health, self-defense, and more.

## **The Healing Garden**

145 Bolton Road, Harvard

978-456-3532

[www.healinggarden.net](http://www.healinggarden.net)

- The Healing Garden provides a community of support where integrative therapies join with nature to improve the quality of life for those affected by cancer.

## **MA Health Connector**

877-MA-ENROLL (877-623-6765)

[www.mahealthconnector.org](http://www.mahealthconnector.org)

- The State's health insurance marketplace where individuals, families, & small businesses can shop among the state's leading health insurance carriers and choose the right plan to meet their needs and budget.

# **Health: General**

## **MassHealth/Medicaid**

800-841-2900; TTY: 800-497-4648

[www.mass.gov/masshealth](http://www.mass.gov/masshealth)

- State & federally funded, needs based health insurance assistance program.

## **Medicare**

800-633-4227

[www.medicare.gov](http://www.medicare.gov)

- Federal health insurance for people over age 65 and certain disabled people.

## **Mass College of Pharmacy, Pharmacy Outreach Program**

25 Foster Street, Worcester, MA

866-633-1617

[www.mcphs.edu](http://www.mcphs.edu)

- Pharmacists & case managers can provide information on assistance programs and lower cost alternative medications.

## **Prescription Advantage**

800-243-4636 (800-Age-Info)

[www.800ageinfo.com](http://www.800ageinfo.com)

- state pharmacy assistance program for seniors and people with disabilities in MA

## **SHINE (Serving the Health Insurance Needs of Everyone)**

- Trained volunteers provide accurate, unbiased information regarding state and federal health care options. Services are free.
- Contact Stow Council on Aging for an appointment: 978-897-1880

## Health: Low-income/uninsured

### **Community Health Connections Family Health Center**

978-878-8100 (general informatio); 978-878-8145 (Leominster)

[www.chcfhc.org](http://www.chcfhc.org)

- Locations in Fitchburg, Leominster, Gardner. Services are offered at sliding scale prices and staff can assist individuals in finding appropriate insurance plans. In-house pharmacies offer low cost prescriptions.

### **Edward M. Kennedy Community Health Center**

800-853-2288

[www.kennedychc.org](http://www.kennedychc.org)

- Locations in Worcester, Clinton, Framingham, and Milford. Services include medical care, dental care, behavioral health, and low-cost pharmacy regardless of an individual's ability to pay. Assistance with identifying appropriate health insurance plans.

### **Framingham Community Health Center**

19 Concord Street, Framingham 508- 370-0113

72 Union Street, Framingham 508 270-5700

- Provides free or low-cost primary healthcare services to those who are uninsured or underinsured.

### **St. Anne's Free Medical Program**

130 Boston Turnpike (route 9), Shrewsbury MA

- Walk in Clinic: Tuesdays 6pm-8pm
- Provides free or low cost primary healthcare services to those who are uninsured or underinsured. Services offered at sliding scale prices and include medical, dental, and behavioral health.

## Health: Low-income/uninsured

### **Metrowest Free Medical Program**

105 Hudson Road, Sudbury 508- 656-0740

110 Edgell Rd, Framingham 508-656-0885 (vision); 508-656-0834 (gyn)

[www.metrowestfreemedicalprogram.org](http://www.metrowestfreemedicalprogram.org)

- Provides free health, vision, and dental care for those who qualify.

### **MA Dental Society**

800-342-8747

<http://www.massdental.org/dentalcenters.aspx>

- Provides a directory of dental centers that provide lower rates for patients without insurance.

### **Planned Parenthood**

91 Main Street, Suite 103, Marlborough

800-258-4448

[www.plannedparenthood.org](http://www.plannedparenthood.org)

- Information on and aid with sexual health, birth control, STDs, sexual orientation, women's health, abortion, emergency contraception, body-image, men's sexual health and more.

### **Unity Optical Co.**

290 Taylor Rd, Stow

978-897-3861

Optician Aran R. Wise

- Low cost prescription glasses

### **VISION USA**

American Optometric Association

800-365-2219

[www.aoa.org](http://www.aoa.org)

- For US Citizens who do not have vision coverage.

## **Women’s Help Network: Department of Public Health**

877-414-4447

[www.mass.gov/dph/whn](http://www.mass.gov/dph/whn)

- Referrals to local health centers for free mammograms and cervical cancer tests.

## **Health: Behavioral**

### **HOTLINES**

#### **Advocates, Inc.**

800-640-5432

#### **Call2Talk**

508-532-CALL (2255)

Confidential, mental health & emotional support call line.

#### **Eliot Community Human Services**

800-988-1111, Psychiatric Emergency Services

#### **MA Substance Abuse Helpline**

800-327-5050

[www.helpline-online.com](http://www.helpline-online.com)

#### **National Hopeline Network**

800-442-4673; 800-784-2432 (Spanish); 877-968-8454 (teen line)

[www.hopeline.com](http://www.hopeline.com)

#### **National Alliance on Mental Illness Hotline (NAMI)**

800-950-NAMI (6264)

[www.nami.org](http://www.nami.org)

#### **Samaritans, Inc.**

877-870-4673

[www.samaritanshope.org](http://www.samaritanshope.org)

## **Suicide Prevention Hotline**

800-273-TALK (8255); 800-799-4TTY (4889); 888-628-9454 (Spanish)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## **Health: Behavioral**

### **Active Minds**

<http://activeminds.org/index.php>

- A non-profit mental health advocacy group aimed at college students. Agency provides resources and develops student-run support groups at colleges and universities.

### **Advocates**

508-628-6300; TYY 508-628-6303

[www.advocates.org](http://www.advocates.org)

- Services for individuals, families, and elders with mental health challenges, chemical dependency, developmental, intellectual disabilities, autism-spectrum disorders, brain injuries, and other life challenges.

### **Alcoholics Anonymous**

617-426-9444

[www.aaboston.org](http://www.aaboston.org)

- The only requirement for membership is the desire to stop drinking. There are no dues or membership fees.

### **Al-anon Family Group of MA**

[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

508-366-0556

- Offers support to family and friends of alcoholics.

### **American Association for Marriage & Family Therapy**

703-838-9808

[www.aamft.org](http://www.aamft.org)

- Professional association of marriage and family therapists. They offer resources, including on-line therapist locator that provides educational and training requirements of posted therapists.

## **Health: Behavioral**

### **Anxiety and Depression Association of America**

[www.adaa.org](http://www.adaa.org)

- Provides information and easy to find help related to Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder, PTSD, Social Anxiety Disorder, specific phobias, depression, stress, suicide and related illness.

### **Asperger's Association of New England**

617-393-3824, information line

[www.aane.org](http://www.aane.org)

- Agency's mission is to foster awareness, respect, acceptance, and support for individuals with Asperger Syndrome and related conditions.

### **Clearpath**

Marlboro, MA

508-658-0880.

<http://strongcommunity.org/clearpath-hoarding/>

- ClearPath is a hoarding task force which provides education, peer support, sorting and discarding services in the greater Marlboro area.

### **Clutterers Anonymous**

866-402-6685, for meeting information

<http://clutterersanonymous.org>

- Provides weekly group meetings (in-person, phone, and skype) to overcome hoarding issues.

### **Depression Bipolar Support Alliance of Boston**

617-855-2795

[www.dbsaboston.org](http://www.dbsaboston.org)

- Provides support groups, events, and training for people with affective disorders, and their families and friends.

## **Health: Behavioral**

### **Eliot Community Human Services**

978-369-1113

[www.eliotchs.org](http://www.eliotchs.org)

- Offers support for children, adolescents, seniors and families for mental health, developmental disabilities, early intervention, counseling, substance abuse, youth programming, and homelessness support and services.

### **Emerson Hospital**

133 Old Road to Nine Acre Corner, Concord

978-369-1400

800-439-0183 (TTY)

[www.emersonhospital.org](http://www.emersonhospital.org)

- Provides inpatient services, addiction rehabilitation program, and additional support groups and services.

### **Families for Depression Awareness**

781-890-0220

[www.familyaware.org](http://www.familyaware.org)

- Offers mental health care consultation service for families struggling with depression or bipolar disorder. Families meet with an experienced counselor for assessment, guidance, coaching, and referrals.

### **The Hoarding of Animals Research Consortium**

[www.Vet.tufts.edu/hoarding/](http://www.Vet.tufts.edu/hoarding/)

- Provides a variety of information on topics including information on intervention, animal welfare, and public health regarding issues of animal hoarding.

## **Health: Behavioral**

### **Jeff's Place**

34 Deloss Street 2<sup>nd</sup> Floor, Framingham  
508-879-2800

<http://jeffsplacemetrowest.org/>

- Facilitates healthy integration of loss for children, teens, and their families by helping them feel connected with each other and less alone in their grief.

### **Learn to Cope**

508-738-5148

[www.learn2cope.org](http://www.learn2cope.org)

- Organization that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opioids or other drugs.

### **MA Commission for Suicide Prevention (MCSP)**

Metrowest Coalition, 508-370-4857

[www.masspreventssuicide.org/](http://www.masspreventssuicide.org/)

- MCSP works with government agencies, as well as in partnership with community-based agencies and individuals to reduce the incidence of suicide and self-harm.

### **MassHousing Hoarding Resources**

[www.masshousingrental.com](http://www.masshousingrental.com)

- Provides information on hoarding: what hoarding is, ways to approach it, & a resource guide to take steps to improve the situation.

### **Multi-Service Eating Disorder Association (MEDA)**

[www.medainc.org](http://www.medainc.org)

- Helps to connect patients with assessments and treatment programs, support groups for the patient and families.

## **Health: Behavioral**

### **National Alliance on Mental Illness (NAMI)**

[www.nami.org](http://www.nami.org)

MA Chapter: [www.namimass.org](http://www.namimass.org)

- Provides free mental health family based education, family and peer support, and advocacy, as well as an array of mental health related information.

### **SMOC Behavioral Health Services**

Framingham, MA

508-879-2250 x145

[www.smoc.org](http://www.smoc.org)

- Provides substance abuse and mental health outpatient services to individuals, children and families.

### **Social Work Therapy Referral Service**

800-242-9794

[www.therapymatcher.org](http://www.therapymatcher.org)

- A free, confidential telephone referral service and therapist finder in MA.

### **Veterans Center for Addiction Treatment**

[www.citehealth.com](http://www.citehealth.com)

781-687-2354

- Substance abuse counseling, support groups, aftercare programs for veterans with substance abuse difficulties.

### **Wayside Youth and Family Services**

508-478-6888; 508-879-9800

[www.waysideyouth.org](http://www.waysideyouth.org)

- Provides multiple services including counseling, support, family-based, community outreach, residential, day and educational programs for communities across Eastern and Central MA.

## **Housing**

### **Bridge Over Troubled Water**

617-423-9575

[www.bridgeotw.org](http://www.bridgeotw.org)

- Works to improve the lives of runaway, homeless, and high-risk youth. Services include counseling, emergency youth shelter, career development, runaway services, and more.

### **Department on Housing and Community Development (DHCD)**

617-573-1100; 617-573-1140 (TTY)

[www.mass.gov/dhcd](http://www.mass.gov/dhcd)

- Provides foreclosure, housing, shelter and fuel assistance information and resources.

### **Habitat for Humanity, North/Central Massachusetts**

978-348-2749

<http://ncmhabitat.org/>

- Families pay mortgages and put in labor in exchange for affordable home ownership. Families must meet income guidelines and must attend a meeting for a housing application.

### **Home Owners Prevention Foundation (HPF)**

888-995-HOPE (4673)

[www.995HOPE.org](http://www.995HOPE.org)

- HPF guides consumers onto the path of sustainable ownership. They provide financial education, pre-purchase counseling, homebuyer education, and confidential foreclosure prevention counseling.

# Housing

## **MA Department of Transitional Assistance**

<https://.mass.gov/eohhs/gov/departments/dta/>

- Homelessness and homelessness prevention programs for MA residents, including shelters, short-term financial support programs for low income families who are at risk to becoming homeless.

## **MA Housing Consumer Education Center**

800-224-5124

[www.masshousinginfo.org](http://www.masshousinginfo.org)

- Provides information on a range of issues, addressing concerns of tenants, landlords, prospective buyers and homeowners.

## **Middlesex Human Service Agency**

Main office number: 781-894-6110

Bristol Lodge Emergency Shelter, Waltham: 781-893-0108

<http://www.mhsainc.org/>

- Provides various programs and initiatives throughout the State including, homeless shelter for men, women, and families; substance abuse recovery homes, stabilization services.

## **Our Father's House**

119 Summer Street, Fitchburg

978-345-2256; 978-345-3050 (emergency shelter)

[http://ofhshelter.com/Home\\_Page.html](http://ofhshelter.com/Home_Page.html)

- Provides emergency and transitional housing.

## **Pilot Grove Apartments**

11 Warren Road, Stow

978-897-0313

- Provides market-rate, affordable and subsidized apartments.

## **Housing**

### **Plantation Apartments**

22 Johnston Way, Stow

978-897-4404

- Provides subsidized apartments for seniors 62 years old and those under 62 who are legally disabled.

### **Resources for Communities and People Solutions (RCAP)**

**800-488-1969**

**[www.rcapsolutions.org](http://www.rcapsolutions.org)**

- Agency works with eligible individuals and families to provide a range of affordable housing options, homelessness prevention, workforce development, family unification, and self-sufficiency services.

### **South Middlesex Opportunity Council, Housing Consumer Education Center**

Framingham, MA

508-872-0765

**[www.smoc.org](http://www.smoc.org)**

- The Home Center provides a variety of services to tenants, landlords, homeowners, future homebuyers, homeless individual & families along with individuals and families facing eviction who are not eligible for DTA services.

### **USDA, Rural Housing and Community Development**

52 Boyden Road, Holden MA (Regional Office)

508-829-4477

**[www.usda.gov](http://www.usda.gov)**

- For eligible individuals agency can provide loan and/or grants to assist with home improvement repairs.

## **Home Furnishings, Computer/Phone**

### **Household Goods Recycling Center of MA**

530 Main Street, Acton

978-635-1710

[www.hgrm.org](http://www.hgrm.org)

- Provides free household goods, including furniture, appliances and dishes. Referral required from clergy, social worker, or similar role. Appointment requires and individuals can only use this resource once.

### **Safelink**

800-723-3546

[www.safelinkwireless.com](http://www.safelinkwireless.com)

- Government programs that provide free home or mobile telephone services. Enrollment in programs such as SNAP and Medicaid help to determine eligibility.

### **Internet Essentials (A Comcast Service)**

855-846-8376

[www.internetessentials.com](http://www.internetessentials.com)

- Offers affordable internet and low priced computers to families with at least one child enrolled in the National School Lunch Program.

### **Solutions at Work**

617-576-0039

[www.solutionsatwork.org](http://www.solutionsatwork.org)

- Offers a variety of services to low income individuals and families, including free computers to people transitioning at out homelessness and into the workforce. They can also provide interview-appropriate clothing, up to 3 complete outfits. Services are by referral and appointment only.

## Legal Services

### **Boston Bar Association Lawyer Referral Services**

617-742-0625

[www.bostonbar.org](http://www.bostonbar.org)

- Referrals to private attorneys, including reduced fee panel. Serves mainly greater Boston but will provide referrals statewide.

### **Communities for Restorative Justice**

978-318-3447

[www.c4rj.com](http://www.c4rj.com)

- A community-police partnership that offers restorative justice to those affected by crime. They operate via police referral and work to encourage offenders to make amends with those they harmed. Their “circle” process is used as a way to include those affected by crime in the decision-making process.

### **Dial-A-Lawyer**

617-338-0610

- The 1<sup>st</sup> Wednesday 5:30-7:30pm of every month this service provides free legal help by telephone.

### **Disability Law Center**

11 Beacon Street, Suite 925, Boston

617-723-8455; 800-872-9992

[www.dlc-ma.org](http://www.dlc-ma.org)

- DLC is responsible for the protection and advocacy for the rights of MA residents with disabilities. Provides information & referral, technical assistance, representation regarding legal rights and services.

## Legal Services

### **The Divorce Center**

508-446-4134

<http://thedivorcecenter.org/>

- A not-for-profit organization that provides divorce resources, education, and support for people going through divorce or separation.

### **Elder and Disability Law Advocates**

255 Park Avenue, Suite 410, Worcester

508-755-6525

- Focused on serving the needs of the senior population, their caregivers, and their families with estate planning, Medicaid assistance, probate litigation, and personal injury.

### **Harvard Legal Aid Bureau**

617-495-4408

[www.harvardlegalaid.org](http://www.harvardlegalaid.org)

- A student run legal aid service with no charge for low income individuals. Areas of focus include housing law, family law, government benefits, and fair wage law.

### **Health Law Advocates**

617-338-5241

[www.healthlawadvocates.org](http://www.healthlawadvocates.org)

- Provides free legal assistance to MA individuals and families regarding health care access.

### **Legal Advocacy & Resource Center**

617-603-1700; 800-342-5297

[www.larcma.org](http://www.larcma.org)

- Provides telephone information, such as assistance and referrals to legal service agencies for low-income residents of Greater Boston.

## **Legal Services**

### **Massachusetts Bar Association Lawyer Referral Service**

866-627-7577; 617-338-0500

<http://www.massbar.org>

- Provides referrals to private attorneys, including a reduced fee panel who charge no more than \$75/hr.

### **Massachusetts Legal Resource Finder**

[www.masslrf.org](http://www.masslrf.org)

- Assists in finding free civil legal aid, free self-help materials and legal information, court-based lawyer for the day programs, and lawyer referral services.

### **Massachusetts Senior Legal Helpline**

866-778-0939

- Helpline offers free legal advice for elders age 60 and over.

### **MetroWest Legal Services**

63 Fountain Street, Suite 304, Framingham

508-620-1830; 800-696-1501

[www.mwlegal.org](http://www.mwlegal.org)

- Provides free legal help to low-income individuals, elderly and the disabled.

### **National Association of Elder Law Attorneys**

[www.naela.org](http://www.naela.org)

- A professional association of attorneys who are dedicated to improving the quality of legal services provided to seniors and people with special needs.

# Youth and Families

## HOTLINES

**Child-at-Risk Hotline (to report abuse and/or neglect)**

800-792-5200

**Advocates Inc, Psychiatric Emergency services Hotline**

781-893-2003

**Child-Care Subsidy Hotline**

800-424-2246

**MA Child Support Enforcement**

800-332-2733

**National Runaway Safeline**

800-786-2929

**Parental Stress Line**

800-632-8188

[www.parentshelpingparents.org](http://www.parentshelpingparents.org)

**Post-partum Depression Hotline**

800-PPD-MOMS (800-773-6667)

# Youth and Families

## **Advocates for Youth**

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

- Provides extensive information on youth sexual health, including guides on starting parent-child Sex Ed conversations.

## **Boys & Girls Club of Assabet Valley**

212 Great Road, Maynard

978-461-2871

[www.bgcav.org](http://www.bgcav.org)

- Offers a variety of programs including school programs, camps, girls empowerment, field trips, school vacation and summer programs that are lower in cost than similar programs.

## **Big Brothers and Big Sisters of Central MA/Metrowest**

Framingham Office: 508-879-7762

<https://bbbscm.org/>

- Provide children facing adversity with strong and enduring, professionally supported one-to-one relationships.

## **Case Collaborative**

120 Meriam Road Concord, MA

978-318-1534

[www.casecollaborative.org](http://www.casecollaborative.org)

- Programs serve students with developmental disabilities, autism spectrum disorders and social and/or emotional disabilities.

## **Children's Trust**

617-727-8957

[www.childrenstrustma.org](http://www.childrenstrustma.org)

- Massachusetts' leading family support organization. Agency develops, evaluates, and promotes parenting education and coaching programs to improve the lives of children.

## **Youth and Families**

### **Center for Parents and Teachers**

120 Meriam Road, Concord

978-202-1143

[www.centerforparentsandteachers.org](http://www.centerforparentsandteachers.org)

- Educational programs for parents with children of all ages.

### **Department of Transitional Assistance**

75 Fountain Street Framingham

508-661-6600

[www.mass.gov/dta](http://www.mass.gov/dta)

- Transitional Aid to Families with Dependent Children (TAFDC), Emergency Aid to elderly, disabled, & children (EAEDC), Food Stamps.

### **Department of Transitional Assistance, Child Care Services**

800-249-2007

[www.mass.gov/eohhs/gov/departments/dta/tafdc-child-care.html](http://www.mass.gov/eohhs/gov/departments/dta/tafdc-child-care.html)

- Provides free or low cost child care for families on TAFDC or previous TAFDC clients.

### **Early Intervention - Department of Public Health**

(800) 905-8437 (in-state) or (617) 624-6060

[www.mass.gov/eohhs/gov/departments/dph/programs/family-health/early-intervention/family-info/about-ei.html](http://www.mass.gov/eohhs/gov/departments/dph/programs/family-health/early-intervention/family-info/about-ei.html)

- Early intervention services for infants and toddlers at risk for developmental delays.

### **Family Ties of Massachusetts**

1-800-905-TIES (8437)

<http://www.massfamilies.org/>

- Network to support families and professionals helping children with disabilities. Directory of early intervention services.

## **Youth and Families**

### **Head Start, Central office**

508-820-8380

[www.massheadstart.org](http://www.massheadstart.org); [www.smoc.org](http://www.smoc.org)

- Child Care and preschool programs for eligible low income families from birth to 5 years.

### **MA Child Care Resources**

799 West Boylston Street, Worcester

508-856-7930

[www.machildcareresourcesonline.org](http://www.machildcareresourcesonline.org)

- Provides subsidized child care for low income, non-TAFDC families. Provides online resource for families, educators, and caregivers.

### **Nashoba Regional Integrated Preschool**

978-779-0539

[www.nrsd.net](http://www.nrsd.net)

- For residents of Stow, Bolton, Lancaster with programs located in each town. Serves children 3 to 4 years old by August 31<sup>st</sup>.

### **Parents Helping Parents Resource Line**

617-926-5008

### **Parents Resource Network Line**

866-815-8122

[http://communitygateway.org/resources/downloads/pal\\_brochure.pdf](http://communitygateway.org/resources/downloads/pal_brochure.pdf)

- Provides information, referral, and support to parents of children with mental health needs.

**Stow Area Parents Network**

978-562-5614