

LAHEY HEALTH SYSTEM

2019 Community Resource Guide

Disclaimer:

The listings within this guide are designed as informational and are not to be interpreted as recommendations or endorsements.



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Access to Care

Mass 211 Dial 2-1-1 or Toll Free (877) 211-6277 www.mass211.org
Medicare & Medicaid Services (800) 633-4227 www.medicare.gov
Mass Health (800) 841-2900 www.mass.gov/eohhs/gov/departments/masshealth
Health Connector Customer Service Call Center 1-877-MA-ENROLL (1-877-623-6765)
<https://www.mahealthconnector.org/>

Disabilities and Special Needs

Mass Commission for the Blind (800) 392-6450 www.mass.gov/mcb
Mass Commission for the Deaf (800) 882-1155 www.mass.gov/mcdhh
Mass Rehabilitation Commission (For people with disabilities) (781) 324-7160
www.mass.gov/mrc

Housing and Homelessness

Mass. Coalition for Homeless: (781) 595-7570

Mental Health and Substance Abuse

National Suicide Prevention Lifeline (800) 273-8255
SAMHSA's National Helpline – 1-800-662-HELP (4357) Statewide ESP Toll-Free
Number 1-877-382-1609

Senior Services

1-800-AGE-INFO (800-243-4636) www.800ageinfo.com
Executive Office of Elder Affairs (617) 727-7750 www.mass.gov/elders

Veteran Services

Crisis Hotline (800) 273-8255 (Press 1)

Arlington

Access to Health Care

Lahey Hospital & Medical Center, Burlington

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Our Burlington location serves more than 3,000 patients per day through our 335-inpatient hospital beds, our ambulatory care center, 24-hour emergency department and American College of Surgeons verified Level II trauma center. You have access to a variety of specialists dedicated to compassionate care and service in one hospital.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE (Serving Health Information Needs of Everyone)

Arlington Council on Aging
27 Maple St. Senior Center
Arlington, MA 02476

Call 781.316.3400 for an appointment.

Arlington Health Dept

27 Maple St.
Arlington, MA 02476
781.316.3170
<https://www.arlingtonma.gov/departments/health-human-services/health-department>

The Health Department is mandated through federal, state and local law to protect and promote the health and safety of the community.

Child, Parent and Family Support

Arlington Boys & Girls Club

60 Pond Lane
Arlington, MA 02474
781.648.1617
www.abgclub.org

The mission of the Arlington Boys & Girls Club is to inspire and enable all young people, especially those from challenging circumstances, to realize their full potential as productive responsible and caring citizens.

Arlington Family Connection

PO Box 150
Arlington, MA 02476
www.arlingtonfamilyconnection.org

Arlington Family Connection supports families with children under age 6. AFC provides community resources such as parenting information, seminars, workshops, drop-in playtime, social groups, support group and community assistance programs.

Arlington Youth Counseling Center

670R Mass Avenue -Whittemore
Robbins House
Arlington, MA 02476
781.316.3255
<https://www.arlingtonma.gov/departments/health-human-services/arlington-youth-counseling-center-aycc>

The Arlington Youth Counseling Center (AYCC) is a licensed, community-based mental health counseling center serving Arlington youth (ages 3-21) and their families. AYCC provides a variety of high quality, innovative, and therapeutic outpatient and school-based mental health services including individual, group, and family counseling, psychiatric evaluation and medication management.

AYCC also provides case management services to residents with basic resource needs (housing, food, fuel assistance, health insurance coverage etc.), and offers support groups to identified at-risk populations, including survivors of domestic violence, substance-involved youth, and youth on the autism spectrum.

Department of Children and Families

30 Mystic Street
Arlington, MA 02474
781.641.8500
<https://www.mass.gov/locations/dcf-arlington-area-office>

DCF provides support services to children and their families to prevent neglect and abuse. DCF offers a 24 hour hot line for child abuse and neglect.

Mass Mothers of Twins

PO Box 750031
Arlington, MA 02475
781.989.3222
www.mmota-founding.org

MMOTA-Founding Chapter's objective is to provide support to mothers of twins, triplets and higher-order multiple births (MOTs). Toward that objective, meetings and other activities are held for the purpose of sharing information and advice pertaining to raising multiple-birth children.

Thom Mystic Valley Early Intervention

10P Gill Street
Woburn, MA 01801
781.932.2888
www.thomchild.org

Thom Mystic Valley is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

Disabilities and Special Needs

Arlington Disability Commission

27 Maple Street
Arlington, MA 02476

781.316-3431
<https://www.arlingtonma.gov/town-governance/all-boards-and-committees/disability-commission>

The Disability Commission provides information, referral, guidance, and technical assistance to insure that people with physical, sensory, cognitive, and other disabilities have equal access to Town facilities, services, and programs.

The Edinburg Center

205 Burlington Road
Bedford, MA 01730
781.862.3600
<http://www.edinburgcenter.org>

The Center's mission is distinguished by our longstanding belief that all individuals have the potential to learn, the capacity for change and the right to live a meaningful life in the community of his or her choice. Our mission is to provide an array of innovative services which promote personal growth and independence, foster hope and enhance the quality of life of people with mental health conditions, co-occurring substance use conditions and/or developmental disabilities or brain injuries.

The Center maintains a specific commitment to providing services to persons whose complex and challenging needs have typically been barriers to successful community living.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.801.5247
<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence

Food Assistance

Arlington Food Pantry

117 Broadway
Arlington, MA 02474
339.707.6758
<https://arlingtonfoodpantry.org>

The Arlington Food Pantry is dedicated to eliminating food insecurity by providing nutritious and culturally appropriate food in a respectful and compassionate manner to any Arlington resident in need.

Arlington EATS

c/o Arlington Food Pantry
58 Medford St
Arlington, MA 02474
<http://www.arlington-eats.org>

Arlington EATS maintains a clear goal: ensuring that the over 500 local students who receive free and reduced price lunch (FRL) when school is in session still have access to healthy meals when school is not in session. Arlington EATS helps our students Eat All Through Summer and the school year!

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service

works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Arlington Housing Authority

4 Winslow Street
Arlington, MA 02474
781.646.3400
www.arlingtonhousing.org

The Arlington Housing Authority provides subsidized housing for elderly, low income, and disabled persons and their families.

Housing Corporation of Arlington

252 Massachusetts Ave
Arlington, MA 02476
781.859.5294
<https://housingcorporation.org>

The Housing Cooperation of Arlington provides income eligible families with affordable housing, provides financial assistance to eligible families at risk of facing homelessness.

Mental Health and Substance Abuse

Psychological Care Associates

22 Mill Street, Suite 004 & 308
Arlington, MA 02476
781.646.0500
<https://psycare.info>

Psychological Care Associates provides consultations in ADD/ADHD; re-evaluation of psychiatric medication, parenting concerns/questions, addictions, sleep disturbance, school risk assessment.

Psychotherapy & Specialty Services always begin with a thoughtful evaluation and goal setting. Therapy is individual, couples, family or group, and includes CBT, DBT, Dynamic or Interpersonal approaches.

Right Turn

440 Arsenal Street
Watertown, MA 02472
781.646.3800
<http://right-turn.net>

Right Turn is an innovative program for men and women that provides Intensive Outpatient Treatment, 4-6 month Extended Care Housing Program for men, Medication Assisted Treatment and Intervention, in a uniquely creative environment. The hallmark of Right Turn's approach is a unique combination of evidence-based treatment and creativity using art, music and writing. We use the arts to help individuals define themselves. We understand that there is no single road to recovery and our services help individuals and families find their own road to recovery.

Arlington Youth Health & Safety Coalition (AYHSC)

27 Maple Street
Arlington, MA 02476
781.316.3179
<http://arlingtonma.gov/ayhsc>

AYHSC is a community coalition with representatives from public (police, schools, local government) and private (churches, businesses, youth-serving organizations) agencies, as well as parents and youth. Using a public health approach to prevention and intervention, AYHSC focuses on positive community change through education, environmental initiatives, policy development, and improving youth access to treatment.

Senior Service

Arlington Council on Aging

Senior Center
27 Maple St.
Arlington, MA 02476
781.316.3400
www.arlingtonma.gov/coa

The mission of the Council on Aging (COA) is to provide advocacy and support services to help Arlington elders live dignified and independent lives. The Council's primary responsibilities are to design, promote, and implement services to address the identified needs of the community's elder population and to coordinate existing services in the community.

CMK Home Care LLC

Arlington, MA
781.266.8985
<http://cmkhomecare.net>

CMK Home Care is a fully insured, non medical Home Care company based in Arlington, MA. We provide exceptional care to elders in their place of residence through our Elder Service program and to Family Caregivers through our Respite Case Management and Respite Connect programs.

Our Mission is to bring a holistic approach to caregiving for your entire family. Whether you are the sole caregiver, sharing the care with siblings/others or caring from afar, we understand the stress and sacrifice that can be involved in caring for an aging loved one. We serve at the pleasure of our clients through Compassionate, Reliable and Ethical care, with No Minimum Hours and Prior Aide Introductions. Let our GrandSolutions help you.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272-7177
888.222.6171 Toll Free
1-800-439-2370 TTY
<https://www.minutemansenior.org>

Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. We have been supporting caregivers, local and long distance, who want to do the right thing for their loved ones and need help and advice as they balance the competing demands of family, work and self. We offer over 20 programs and services and are continually improving and expanding to serve you and your family in new and better ways.

Brightview Senior Living

One Symmes Road
Arlington, MA 02474
781.262.3366
<https://www.brightviewseniorliving.com/find-a-community/brightview-arlington>

The whole community is your home. We have 93 apartments to choose from, in a variety of sizes and styles, in Assisted Living, Memory Care, and Enhanced Care, allowing residents who may need a higher level of care to live in a home-like setting instead of a nursing home.

Brightview Arlington provides assisted living, dementia care, and enhanced care in Arlington, MA and the surrounding areas of Lexington, Cambridge, Winchester, Medford, North Waltham, Belmont, Watertown, and Malden.

Sunrise of Arlington

1395 Massachusetts Avenue
Arlington, MA 02476
781.643.2100
<https://www.sunriseseniorliving.com/communities/sunrise-of-arlington/overview.aspx>

Sunrise of Arlington offers a variety of senior living options including assisted living, memory care and short-term stays, along with coordination of hospice care available through our trusted partners, including Lahey Hospital and Medical Center and Winchester Hospital. Regardless of the level of care required, all of our residents—and their families—benefit from the full quality and depth of the Sunrise Signature Experience, which truly allows residents to age in place, on their own terms.

Sexual Health

Boston IVF

450 Bedford Street
Suite 1000
Lexington, MA 02421
800.858.4832
<https://www.bostonivf.com>

Boston IVF are dedicated to helping couples bring home healthy babies. Boston IVF provides comprehensive diagnosis, evaluation, consultation, and treatments for infertility and fertility preservation.

Support Groups

Alanon/Alateen

Meetings are held at Calvary Methodist Church, 1st floor parlor. For accessible entrance use Linwood St door. Meetings are held Thursday mornings at 10 am.

300 Massachusetts Ave
Arlington, MA 04676

Meetings are held at St. John's Episcopal Church; enter from Lombard Rd. Meetings are held Saturday at 12:00 pm.

74 Pleasant Street
Arlington, MA 04676

The Children's Room

1210 Massachusetts Avenue
Arlington, MA 04676
781.641.4741
www.childrensroom.org

The Children's Room offers hope and healing to children and teens ages 3½ to 18 who have experienced the death of a parent or sibling. We also provide opportunities for parents and caregivers to meet with each other and talk about their own experiences parenting a grieving child, and to give and receive support around their own grief.

The Sanborn Foundation

P.O. Box 417
Arlington, MA 02476-0052
617.391.3092
<http://www.sanbornfoundation.org>

The mission of the Foundation is to create access to cancer care for residents of Arlington Massachusetts. This is accomplished through grants awarded by the Foundation. Grants are intended to benefit Arlington, Massachusetts residents who have cancer.

Sanborn Foundation funds may be used as follows:

- To support service, educational and other projects undertaken by practitioners or institutions to improve cancer care
- To help Arlington residents with cancer meet immediate short-term needs related to the disease and its treatment
- Fund research on the prevention, treatment, or cure of cancer.

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urological & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

Transportation Services

The Ride (MBTA)

<https://www.mbta.com/accessibility/the-ride>

The Ride is operated by the Massachusetts Bay Transportation Authority (MBTA) in compliance with the federal Americans with Disabilities Act (ADA).

The Ride is a paratransit service that provides door-to-door, shared-ride transportation to eligible people who cannot use fixed-route transit (bus, subway, trolley) all or some of the time because of a physical, cognitive or mental disability.

Accessible vehicles are used to serve persons with disabilities, including those who use wheelchairs and scooters. THE RIDE operates 365 days a year generally from 5 am – 1 am in 58 cities and towns.

Veterans Services

Veterans' Services Officer

730 Massachusetts Ave.
Arlington, MA 02476
781.316.3166
<https://www.arlingtonma.gov/departments/health-human-services/veterans-services>

The objective of the Arlington's Veterans' Services Officer is to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Bedford

Access to Health Care

Lahey Hospital & Medical Center, Burlington

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Our Burlington location serves more than 3,000 patients per day through our 335-inpatient hospital beds, our ambulatory care center, 24-hour emergency department and American College of Surgeons verified Level II trauma center. You have access to a variety of specialists dedicated to compassionate care and service in one hospital.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE (Serving Health Information Needs of Everyone)—

Bedford Council on Aging
12 Mudge Way
Bedford, MA 01730
781.275.6825

Counselors from Minuteman Senior Services will be available: Tuesdays & Wednesdays. Please call to make an appointment.

Bedford Board of Health

12 Mudge Way
Bedford, MA 01730
781.275.6507
<https://www.bedfordma.gov/bedford-board-of-health>

We are dedicated to serve all Bedford residents, particularly the under served, and to promote healthy people, healthy families, and a healthy environment through compassionate care, education, and prevention. The Board will create needed regulations, set policy, hold hearings, and consider variances. Our concern is helping neighbors lead healthy lives in Bedford.

Child, Parent and Family Support

Bedford Youth and Family Services

Town Center, 12 Mudge Way
Bedford, MA 01730
781.275.7727
<https://www.bedfordma.gov/youth-family>

Bedford Youth and Family Services offers counseling for children, adolescents, adults, and families, adult and youth information and referral, community education, substance abuse education, screening and diversion.

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704
<http://www.lowellassociationfortheblind.org>

Lowell Association for the Blind (LAB) is a non-profit, community based organization dedicated to working with the blind and visually impaired. LAB's mission is to support, educate, and nurture the blind and visually impaired residents of the Greater Merrimack Valley by helping them enrich their lives and gain independence.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.801.5247
<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The Center is available

to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

The Edinburg Center

205 Burlington Road
Bedford, MA 01730
781.862.3600
<http://www.edinburgcenter.org>

The Center's mission is distinguished by our longstanding belief that all individuals have the potential to learn, the capacity for change and the right to live a meaningful life in the community of his or her choice. Our mission is to provide an array of innovative services which promote personal growth and independence, foster hope and enhance the quality of life of people with mental health conditions, co-occurring substance use conditions and/or developmental disabilities or brain injuries.

The Center maintains a specific commitment to providing services to persons whose complex and challenging needs have typically been barriers to successful community living.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891-0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Bedford Community Table/Pantry

Bedford Town Center
12 Mudge Way
Bedford, MA 01730
781.275-7355
<http://www.bedfordfoodpantry.org>

The Bedford Community Table/Pantry is staffed solely by volunteers, and funded by donations from individuals,

corporations and other organizations.

Each Thursday, volunteers prepare a complimentary community dinner for all at the Bedford Town Center on Mudge Way, and pack and hand out bags of groceries to area residents who need assistance. The pantry and the community dinner do not operate between Christmas and New Year's, Thanksgiving, other holidays and Bedford Public Schools snow days. We offer community dinners only during the school year.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Bedford Housing Authority

1 Ashby Place
Bedford, MA 01730
781.275-2428
<https://www.bedfordma.gov/bedford-housing-authority>

The Authority shall provide affordable, subsidized rental housing for people of low income. Other responsibilities include the administration of various rental assistance programs.

Mental Health and Substance Abuse

Bedford Prevention Services

12 Mudge Way
Bedford, MA 01730
781.275.7727
<https://www.bedfordma.gov/youth-family/pages/prevention-services>

Prevention Services is a Town funded program of Youth & Family Services working in close collaboration with the School Department and the Bedford Police Department.

The focus of prevention services is on tobacco, alcohol, and drug awareness education for the children, youth and adults in Bedford. Educational resources are available for any Bedford resident.

Some of the services provided by the Prevention Services Coordinator include oversight of the biannual Youth Risk Behavior Survey, implementation of drug and alcohol education program for eligible youth, coordination of Substance Abuse Awareness month, and coordination of the Safe Homes program.

Elm Brook Place

4 A Street, 1st floor
Burlington, MA 01813
781.202.3478
<http://www.elmbrookplace.org>

Elm Brook Place serves Men and women age 18 or older with a history of mental illness who live within the communities of: Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester and Woburn. Elm Brook Place is committed to providing a welcoming, empowering community environment that promotes hope, recovery and independence for individuals with psychiatric disabilities. Central to this are opportunities for meaningful work, meaningful relationships, employment, education, affordable housing, health and wellness and entitlement assistance.

Senior Services

Bedford Council on Aging

12 Mudge Way
Bedford, MA 01730
781.275.6825
<https://www.bedfordma.gov/council-on-aging>

The mission of the Bedford Council on Aging is to promote the health and well being and to enhance the quality of life of residents aged 60 and over, their families and caregivers in an age-friendly Bedford. The Council on Aging offers educational and informational programs including exercise, fitness, social and health and wellness programs and services.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272-7177
888.222.6171 Toll Free
1-800-439-2370 TTY

<https://www.minutemansenior.org>

Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. We have been supporting caregivers, local and long distance, who want to do the right thing for their loved ones and need help and advice as they balance the competing demands of family, work and self.

We offer over 20 programs and services and are continually improving and expanding to serve you and your family in new and better ways.

Support Groups

Alanon/Alateen

75 Great Road
Bedford, MA 01730

Meetings are held at First Parish on the Common, side door, 2nd floor. Meetings occur on Tuesday evenings at 7:30 pm.

NAMI Family Support Group

The Edinburg Center, 205 Burlington Road
781.761.5287
Meetings are held the First and Third
Tuesdays from 6:30pm—8:30pm

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.

Meets may occur monthly or weekly for 90-minute sessions free of charge. They are designed for loved ones (18 and over) of individuals living with mental illness. Group meetings are facilitated by a trained team of family members of individuals living with mental illness. All meetings are confidential and will not recommend or endorse any medications or other medical therapies for your family member.

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744-5100
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and

families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

Bedford Local Transit

Town Center Building, 12 Mudge Way
Bedford, MA 01730
781.275-2255
<https://www.bedfordma.gov/council-on-aging/pages/bedford-local-transit>

The Bedford Local Transit (BLT) serves as the Town of Bedford's public transportation service. The BLT offers scheduled fixed runs to shopping malls and other stops in Bedford, Billerica, and Burlington, and also on-demand door-to-door service within Bedford. Anyone may ride the BLT. The BLT uses a wheelchair accessible van. The fare for adult riders (ages 18-64) is \$2.00 each way in-town and \$4.00 each way out of town. For Youth (under 18), Seniors and Medicare card holders the fare is \$1.00 each way in-town and \$2.00 each way out of town.

Veterans Services

Edith Nourse Rogers Memorial Veterans Hospital/Veterans Administration Hospital

200 Springs Road
Bedford, MA 01730
781.687-2000

Bedford VA is a long-term care facility specializing in geriatric and psychiatric care. Comprehensive health services include mental health, Primary care, psychiatry, Women's health services, dentistry, geriatrics and ambulatory care.

Veterans Center for Addiction Treatment

200 Springs Road
Bedford, MA 01730
781.687.2275

VCAT is a Chemical Dependency Rehabilitation Program with components addressing various stages of recovery. It is a treatment center that focuses on mental health and substance abuse services by providing substance abuse treatment, detoxification, and buprenorphine services. The programs offered are designed for persons with mental and substance abuse disorders, persons with HIV/AIDS, men, women, and seniors/older adults.

Geriatric Research, Education and Clinical Center (GRECC) - The Geriatric Research, Education, and Clinical Centers (GRECCs) are United States Department of Veterans Affairs (VA) centers of excellence focused on aging. They were established by Congress in 1975 in order to improve the health and health care of older Veterans. They have three main missions: (1) to build new knowledge through research; (2) to improve health care through the development of new clinical programs; and (3) to ensure that "VA" staff are educated about aging-related issues.

Mental Health Intensive Case Management Program (MHICM) - The MHICM is a program serving veterans with psychiatric disabilities who sometimes find it difficult to stay in the community. The veterans served sometimes also struggle with alcohol or drug problems. The mission of the program is to provide state of the art, community-based care and to empower people to live at their greatest potential in the community. Home visits and other treatments are provided by a multidisciplinary team.

Compensated Work Therapy (CWT) - Bedford VA has one of the largest CWT programs within VA. The program addresses the vocational needs of veterans through assessment, counseling and on-the-job training, while helping veterans plan for rehabilitation and recovery.

Peer Services - Strong recovery requires not only eliminating destructive behaviors, but adding meaningful activity in its place. Finding our way to feeling connected to the community can be a challenging aspect to recovery. Knowledge of social supports is essential. Any Veteran can build a "wellness plan". CRCT Peers connect Veterans through coffee socials and community resources to network and to facilitate community reintegration. Meetings are Thursdays 7:30 - 9:00am at the Bedford VA Canteen.

Veterans' Services Officer

12 Mudge Way
Bedford, MA 01730
781.275-1328
<https://www.bedfordma.gov/veterans-services>

The Mission Statement is to support the veterans residing in our district by identifying veterans and their families in need of service and providing information and access to the services for which they are eligible under the law.

Beverly

Access to Health Care

Beverly Hospital

85 Herrick Street
Beverly, Massachusetts
978.922.3000
<https://www.beverlyhospital.org>

Beverly Hospital is a full service, 221-bed, community hospital providing quality, patient-centered care to North Shore and Cape Ann residents. Services include maternity, pediatrics, surgical, orthopedics, cardiology, as well as several other specialties.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Serving Health Information Needs of Elders (SHINE)

This program provides trained volunteers to help elders with all their health insurance questions and needs. SHINE volunteers are available at the Beverly Senior Center on Tuesdays and Fridays. Call Marjorie at 978.921.6017 or visit the front desk to make an appointment.

SHINE counselors are also available at Beverly Hospital Monday through Friday. Please call 978.921.1210 for more information.

Beverly Health Department

90 Colon Street
Beverly, MA 01915
978.921.8591
<http://www.beverlypublichealth.org>

It is the mission of the Beverly Health Department to serve

as a resource committed to educate, inform and protect the general public and meet the multitude of health related needs of the community.

Child, Parent and Family Support

Beverly Hospital Childbirth Education Classes

The Parent Education Department has several prenatal and postpartum classes to prepare you for the birth of your child and help after the child is born.

To register call the Parent Education Department at 978.927.9103. For childbirth education classes it is requested that expectant mothers either call us by their 4th month to check for availability, dates, times and location of classes. All classes are held on the Beverly Hospital campus. Classes fill rapidly and are scheduled on a first-come, first serve basis. For all our classes, pre registration and pre-payment are required.

McPherson Teen Center

4 McPherson Drive
Beverly, MA 01915
978.921.6061
<https://www.northshoreymca.org/content/mcpherson-teen-center>

The Myles McPherson Youth Center is drop-in center for boys and girls ages 11-18. Our center offers youth and teens a safe and fun place to hang out shoot some pool, use the computer lab, play video games, get in a game of air hockey, and participate in programs, leagues and more! Teen Leaders Club: The Y is helping shape the future of our community through the next generation- our teens. The McPherson Teen Leaders Club meets twice a month during the school year and completes a community service event or fundraiser each month. Boys and girls in grades 6-12 work hard and make a true impact in the City of Beverly through their dedication to service.

Pathways for Children

292 Cabot Street
Beverly, MA 01915
978.236.4101
<https://pw4c.org>

Pathways is a leading provider of education and care programs on the North Shore of Massachusetts. Our year-round programming, including Head Start and Early Head

Start, serves children birth to age 13 and their families. We have centers in Gloucester, Beverly and Salem.

Our comprehensive, all-inclusive educational programming offers meals, nutrition assessment, health and developmental screenings, referrals for special education services, family support, enrichment programs and transportation when necessary.

Women, Infants, and Children (WIC)

4 Ocean Street
Beverly, MA 01915
978.922.2110

WIC helps keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. WIC provides personalized nutrition information, consultations and support, Checks to buy free, healthy food, medical and dental referrals, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget. Fathers, mothers, grandparents, foster parents or other legal guardians of a child under 5 may apply for WIC.

Greater Beverly YMCA

254 Essex St
Beverly, MA 01915
978.927.6855
<https://www.northshoreymca.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Catholic Charities North

Catholic Charities North
117 N. Common Street
Lynn, MA 01902
781.593.2312
<https://www.ccab.org/location-north-boston>

The programs at Catholic Charities North strive to prevent hunger and homelessness for local families in a financial emergency; engage youth in education and employment programs focused on long term solutions to poverty; and support families in their effort to build safe, nurturing environments for children.

Disabilities and Special Needs

Bass River Inc.

437 Essex Street
Beverly, MA 01915
978.927.5326
<https://bassriver-inc.org>

Bass River's mission is to support and advocate for adults who are developmentally challenged; to assist them in achieving their fullest potential; to enable them to improve and enrich the quality of their lives; to provide exceptional services that are responsive to individual needs and are based upon respect for each person; and to enhance their skills so that they may become productive members of society.

Our success begins with person-centered planning, continues with building day to day relationships, which leads to life enrichment, independence and security and has been providing continual support and community involvement to individuals with Developmental Disabilities in residential and day program settings. We endeavor to initiate, provide and foster an environment within the community that assures each individual's full rights, responsibilities and promotes their community membership.

The Children's Center for Communication, Beverly School for the Deaf

6 Echo Avenue
Beverly, MA 01915
978.927.7070
<https://cccbsd.org>

CCCBSD specializes in meeting the academic and therapeutic needs of children that are deaf, hard of hearing and hearing students who may or may not have unique development and/or communication challenges.

CCCBSD is proud to support the unique language needs of our students including: ASL, oral language, cochlear implants, FM systems, hearing aids, lip-reading, and additional systems, which assist with learning and development.

Communitas

800 Cummings Center, Suite 166 S
Beverly, MA 01915
978.279.2100
<https://communitasma.org>

Communitas has three Day Programs located in Wakefield, Burlington and Beverly. Each Program offers a wide spectrum of service models geared towards individuals with Developmental & Intellectual disabilities. Each of these three programs support participants by using a person centered approach in its day to day

operations and works in creative ways to teach skills that are both meaningful to everyday living and promotes independence.

Domestic Violence

Healing Abuse Working for Change (HAWC)

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

North Shore Elder Services

Elder Abuse 24-hour Hotline at
1.800.922.2275

Reportable Conditions are:

- Physical, Emotional/Mental or Sexual Abuse
- Financial Exploitation
- Caretaker Neglect
- Self-neglect
- Financial exploitation

North Shore Elder Services is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in Danvers, Marblehead, Middleton, Peabody and Salem. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Food Assistance

Beverly Bootstraps

35 Park Street
Beverly, MA 01915
978.927.1561
<https://www.beverlybootstraps.org>

Beverly Bootstraps was first established as a Food Pantry in the basement of the First Baptist Church. With the generous support

of our donors, volunteers and the community at large, we have grown to be a leading social service agency on the North Shore. We are unique in our approach to the issues of hunger. While recognizing that people need food in hand to stem immediate hunger, our clients also need the opportunity to be embraced by the community, educated about the resources available and empowered to improve their own lives. As we continue to grow, our commitment to the community remains the same: to provide critical resources to families and individuals so that they may achieve self-sufficiency. We accomplish this while maintaining our commitment to fiscal responsibility and serving as trusted stewards of the organization.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Beverly Housing Authority

137 Bridge Street
Beverly, MA 01915
978.922.3100
<http://www.beverlyhousing.net>

Beverly Housing Authority provides housing assistance to low income residents through the management of HUD programs such as Low Rent Public Housing and the Housing Choice Voucher Program – Section 8 and State programs such as State Public Housing and the Massachusetts Rental Voucher Program.

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
(978) 526-4852

Serving the communities of Beverly, Essex, Gloucester, Hamilton, Manchester, Rockport and Wenham. The Fund to Prevent Homelessness helps working families

stay in their homes. The goal of the organization is to assist families before they lose their homes and fall into the vicious cycle of poverty.

River House, Inc.

56 River Street
Beverly, MA 01915
978.921.1304
<https://riverhousebeverly.org>

River House was formed in response to the chronic need for emergency-shelter services for homeless individuals in the greater Beverly and North Shore area. They provide supportive services and case management for the homeless in our community. The Beverly location has 34 shelter beds and 5 units of supportive permanent housing for formerly homeless adults.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Family Promise North Shore Boston

330 Rantoul Street
Beverly, MA 01915
978-922-0787
<https://www.familypromisensb.org/>

Family Promise North Shore Boston aims to return newly homeless families to economic self-sufficiency, while serving each family that experiences homelessness in a manner that embraces the dignity and strength of the family. We are committed to keeping families together during their time of homelessness and to helping them through the process of finding support and housing.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 364U

Beverly, MA 01915
978.998.3601
[http://www.nebhealth.org/services-locations/
community-service-agency](http://www.nebhealth.org/services-locations/community-service-agency)

Assists families to access services and coordinate care for children and youth with serious emotional disturbance. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

Lahey Health Behavioral Services – Beverly Outpatient Mental Health Clinic

800 Cummings Center, Suite 266 T
Beverly, MA 01915
978.921.1190
<http://www.nebhealth.org>

Beverly Outpatient Mental Health Clinic offers behavioral/ substance and mental health services to children, adolescents, adults and families.

Family Continuity

9 Centennial Drive, Ste. 202
Peabody, MA 01960
978.927.9410
<http://familycontinuity.org>

Family Continuity is a private, non-profit mental health and social services agency supporting Eastern and Central Massachusetts from hub offices in Peabody, Lawrence, Whitinsville, Worcester, Plymouth, and Hyannis. The agency was founded to provide individuals with community-based resources that reduced the need for institutional care. Our mission statement is to: "Support family success in every community by empowering people, enhancing their strengths, and creating solutions through partnerships to achieve hope, positive change and meaningful lives".

Our 36 program portfolio provides a spectrum of emotional, developmental, and behavioral programs for children, adolescents, adults, couples, families and seniors. Our services encompass community and home-based services as well as outpatient clinics that provide evidence-based, best practice therapies for individuals and families. Our treatment philosophy begins with meeting an individual's basic needs and creates a collaborative partnership between client and clinician.

North Shore Counseling Center (NSCC)

900 Cummings Center, Suite 324-S
Beverly, MA 01915

978.922.2280

<http://www.nsc-inc.com>

North Shore Counseling Center seeks to provide high quality behavioral health services with an emphasis on compassionate and evidence-based best practices. We serve individuals, couples, families, and organizations in a supportive therapeutic environment with our dedicated interdisciplinary staff. As a fully licensed Mental Health Clinic, we provide a wide range of Outpatient Behavioral Health Services including substance use services.

Be Healthy Beverly

We seek to empower the youth and community members of Beverly, MA to live healthy lives. Our current focus is substance abuse prevention for youth.

Senior Services

Beverly Council on Aging

90 Colon St.

Beverly, MA 01915

978.921.6017

<http://www.beverlyma.gov/departments/council-on-aging>

The Senior Center is open to all seniors 60 and older, including seniors from neighboring towns. There is no membership fee to join, simply come in and fill out a registration form. There is something for everyone here. Staff members and volunteers are available to show you around, share a cup of coffee, and introduce you to some new friends.

Comfort Keepers of the North Shore

129 Dodge Street, Suite One

Beverly, MA 01915

978.232.9988

<https://beverly-254.comfortkeepers.com>

Comfort Keepers believes in the philosophy 'Interactive Caregiving' as a way to help seniors and other adults remain active participants in their own lives. We help clients with daily tasks and routines while engaging your loved one in meaningful companionship. We also provide transportation for clients unable to drive. This can be to a doctor's appointment or out shopping for the afternoon.

Girdler House

78 Lothrop St

Beverly, MA 01915

978.922.0346

<http://www.girdlerhouse.com>

The Girdler House is a wonderful retirement option for women who

want comfort and support at an affordable price. Each resident has a private bedroom in a historic home set in one of Beverly's most desirable residential neighborhoods. All meals are home-cooked and served in a lovely dining room. A dedicated staff provide all the housekeeping services and assistance with daily living. Social activities are tailored to the interests of each resident.

Harborlight Community Partners – Harborlight House

Harborlight House

1 Monument Square

Beverly, MA 01915

978-927-2121

<https://harborlightcp.org/properties/assisted-living/harborlight-house>

Harborlight House is a quality senior residence, providing a comfortable, nurturing home to seniors, age 62 and over, of limited means. Harborlight House features beautiful New England decor, 30 private units with bathrooms and kitchenettes, inviting common areas, recreational activities, and personal care and medication management services. Harborlight House's caring and friendly staff is committed to maintaining an environment that fosters respect, dignity and privacy within the context of a safe, healthy, and active home. Residents maintain their maximum independence while receiving the assistance they need.

The Herrick House

89 Herrick Street

Beverly, MA 01915

978.922.1999

<https://www.beverlyhospital.org/locations--services/locations/the-herrick-house>

The Herrick House offers all of the comforts of home, with the support of nursing and resident care staff and the companionship of other residents. Assisted living at The Herrick House is a lifestyle option offering independence and companionship in a supportive, safe, secure environment. The Herrick House staff includes 24-hour nursing, resident care aides, a social worker and a recreation director, all of whom work together to meet the needs of each individual resident.

Ledgewood Rehabilitation and Skilled Nursing Center

87 Herrick Street

Beverly, MA 01915

978.921.1392

<https://www.banecare.com/Ledgewood-skilled-nursing-home-rehabilitation>

Ledgewood Rehabilitation and Skilled Nursing Center is a unique provider of healthcare services. We are part of a continuum of services that includes acute care services at Beverly Hospital, subacute care at Ledgewood, and care after discharge through Lahey Health at Home. We believe this partnership offers the highest

quality post-acute services north of Boston. Our dedicated team provides outstanding short-term rehabilitation and subacute care. We are the only facility in the area that has full-time onsite Physician/Nurse Practitioner teams, led by our Medical Director, Carl Johnson. These teams help prevent patients from requiring re-hospitalization. In addition, consulting specialists often visit the facility.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q
Beverly, MA 01915
978.705.4039
<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness. Our board-certified physicians, nurse practitioners and medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

Support Groups

Alanon/Alateen

Meetings are held at White Whale, behind the First Baptist Church on Cabot Street. Meetings occur Thursdays evenings at 7 pm.

9 Hale Street
Beverly, MA 01915

Meetings are held at First Baptist Church on Friday mornings at 10 am.

221 Cabot Street
Beverly, MA 01915

Meetings are held at the 2nd Congregational Church on Saturdays at 10:45 am.

35 Conant St, Rm103
Beverly, MA 01915

Beverly Hospital Support Groups

85 Herrick Street
Beverly, Massachusetts

978.922.3000

<https://www.beverlyhospital.org>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families. Free groups at Beverly Hospital offer support for: Breast Cancer, Huntington's disease, Melanoma, Ostomy, Pregnancy, Childbirth and Parenting, and Prostate Cancer.

NAMI Family Support Group

Beverly Hospital
85 Herrick Street
Meetings: Last Wednesday, 7:00- 8:30 pm
Contact: Chris at csadkowski@yahoo.com
or call 617-984-0504

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants. Meets may occur monthly or weekly for 90-minute sessions free of charge. They are designed for loved ones (18 and over) of individuals living with mental illness. Group meetings are facilitated by a trained team of family members of individuals living with mental illness. All meetings are confidential and will not recommend or endorse any medications or other medical therapies for your family member.

Narcotics Anonymous

Meetings are held at White Whale in Beverly, MA. Meetings are held on both Monday at 7:30 pm and Wednesday at 7:15 pm

9 Hale Street
Beverly, MA 01915

Meetings are also held at Beverly's Church Of The Nazarene on Tuesday nights at 7 pm.

556 Cabot Street
Beverly, MA 01915

Transportation Services

Beverly Council on Aging Transportation Services

978.921.6078

The Beverly Council on Aging offers curb-to-curb, wheelchair accessible transportation within the City of Beverly to doctors appointments, hairdresser appointments, to and from the senior center, and more. This service is available to Beverly residents 60 + and the disabled(**Please note, a doctor's note is required for proof of disability for participants under the age of 60. Please call the Transportation Department for more information.)

Our Transportation operates Monday-Wednesday 8 am – 3 pm, Thursday 8 am – 6 pm, and Friday 8 am – 1 pm.

Veterans Services

North Shore Veterans Counseling Services, Inc.

45 Broadway Street
Beverly, MA 01915
978.921.4851
<http://www.northshoreveterans.com>

The Agency believes in "SERVING THOSE WHO SERVED US". Any individual who can show documented military service, or a family member, or a significant other of that veteran is eligible to seek assistance from the agency. The North Shore Veterans Counseling Services, Inc. though based in Beverly, serves veterans, combat and non-combat alike, and their families, at no fee, North of Boston.

Veterans' Services Officer

62 Pleasant St.
Beverly, MA 01915
978.778.5000
<http://www.beverlyma.gov/departments/veterans-services>

The objective of the Beverly's Veterans' Services Officer is to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Billerica

Access to Health Care

Lahey Hospital & Medical Center, Burlington

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Our Burlington location serves more than 3,000 patients per day through our 335-inpatient hospital beds, our ambulatory care center, 24-hour emergency department and American College of Surgeons verified Level II trauma center. You have access to a variety of specialists dedicated to compassionate care and service in one hospital.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE (Serving Health Information Needs of Everyone)

Billerica Council on Aging
25 Concord Road
Billerica, MA 01821

The SHINE Program (Serving the Health Insurance Needs of Everyone) is a state health insurance assistance program that provides free information, insurance counseling and assistance to Massachusetts residents who have Medicare. SHINE Appointments are available twice a month on Thursdays. Call at 978-671-0916, ext 2010 for an appointment.

Billerica Board of Health

365 Boston Road Room G03
Billerica, MA 01821
978.671.0931
<https://www.town.billerica.ma.us/169/Board-of-Health>

The Board of Health is mandated through federal, state and local law to protect and promote the health and safety of the community.

Child, Parent and Family Support

Big Brother Big Sister of Greater Lowell

155 Merrimack Street
Lowell, MA 01852
978.459.0551
<http://www.commteam.org/how-we-help/community-volunteering/big-brothers-big-sisters-of-greater-lowell>

Big Brothers Big Sisters of Greater Lowell matches youth, ages 7-15 with caring, adult mentors to serve as another trusted adult and role model in the child's life. Our vision is that all children achieve success in life. We strive to accomplish this by providing children facing adversity with strong, enduring, and professionally supported 1-to-1 relationships that change their lives for the better, forever. Big Brothers Big Sisters of Greater Lowell has two site-based programs at the Stoklosa Middle School in Lowell, MA, and the Dutile Elementary School in Billerica, MA.

Brigid's Crossing – Merrimack Valley Catholic Charities

221 Pawtucket Blvd
Lowell, MA 01854
978.454.0081
<https://www.ccab.org/location-merrimack>

Brigid's Crossing serves young mothers and helps them to learn the value of responsibility and independence while helping them to achieve their goals. All of our shelters are staffed by trained men and women who help guide each resident through their path to self-sufficiency and independent living. Most residents are referred through the DHCD Emergency Shelter program.

Community Teamwork Inc.

Administration
155 Merrimack Street
Lowell, Ma 01852
978.459.0551
Resource Center

17 Kirk St.
Lowell, MA 01852
978.459.0551
<http://www.commteam.org>

Child and Family Services: 978.454.5100

Energy and Community Resources: 978.459.6161

Housing and Homelessness Center: 978.459.0551

Community Teamwork Inc. offers an extensive range of services and programs that assist with family and children, finances, education and job training, food and nutrition, and housing and utilities.

Trauma & Family Integration (TFI), LLC

144 Merrimack Street, Ste 302
Lowell, MA 01852
978.677.7823
<https://www.tfilowell.com>

Our mission at TFI is to use culturally-sensitive, trauma-informed therapeutic model to deliver treatment that uniquely meets the needs of each individual, each family that we serve, in an effort to enable them manage and where possible overcome their mental health challenges and live fully. We have an experienced, dedicated, culturally diverse team of clinicians who speak English, Spanish, Portuguese, Korean, Amharic, among other languages.

Grandparents as Parents – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421
<https://www.ccab.org>

The Grandparents as Parents (GAP) program reaches out to those raising a second family, often their grandchildren, during a time when they were expecting to experience retirement. There is a confidential help line with access to information and referrals, group support, and informational workshops and seminars.

The Parent Aide Program – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421
<https://www.ccab.org>

Catholic Charities Parent Aide Program provides home visits from a parenting mentor to families involved with the Department of Children & Families. The program provides support to parents through the development of nurturing relationships geared to improve parental self-esteem and insure a safe home environment for their children.

Women, Infants, and Children (WIC)

45 Kirk St
Lowell, MA 01852
978.454.6397
<https://www.mass.gov/women-infants-children-wic-nutrition-program>

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Thom Anne Sullivan Center

126 Phoenix Ave
Lowell, MA 01852
978.453.8331
<http://www.thomchild.org/locations/lowell-anne-sullivan-center/>

Thom Anne Sullivan Center is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Our nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

YMCA of Greater Lowell

35 YMCA Drive
Lowell, MA 01852
978.454.7825
<http://greaterlowellymca.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Billerica Boys & Girls Club

19 Campbell Road
Billerica, MA 01821
978.667.2193
<https://www.billericabgc.com>

The Boys & Girls Club of Greater Billerica was established to provide our youth with a place to gather constructively both afterschool and in the summer.

Every day Boys & Girls Clubs inspire their members. Whether encouraging young people to complete their homework,

play sports or recreational activities, enter an art competition or have a healthy snack, Club staff know the important role they play in creating the wholesome environment kids need. Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704
<http://www.lowellassociationfortheblind.org>

Lowell Association for the Blind (LAB) is a non-profit, community based organization dedicated to working with the blind and visually impaired. LAB's mission is to support, educate, and nurture the blind and visually impaired residents of the Greater Merrimack Valley by helping them enrich their lives and gain independence.

Tutoring and Beyond

10 Greenmeadow Drive
Billerica, MA 01862
978.663.7841

Tutoring and Beyond provides educational services to children and adults. Areas of focus include: mental health, Autism Spectrum Disorder, Complex Health Care Needs, Neurological Conditions, Sensory Disabilities, Intellectual Disabilities, Traumatic Brain Injuries, general education, and ADD/ADHD.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Billerica Food Pantry

70 Concord Road
Billerica, MA 01821
978.663.8433
<https://www.town.billerica.ma.us/767/Billerica-Food-Pantry>

The Billerica Community Pantry, Inc. is a charitable organization that was formed by the Billerica Interfaith Association in response to a

need in the Billerica community. Due to current space limitations, the Billerica Community Pantry will operate a "just in time" pantry. Food will come in one day and be given out the next. Distribution will be at 70 Concord Road from 2—6 pm on Tuesdays.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Billerica Housing Authority

16 River Street
Billerica, MA 01821
978.667.2175

The Billerica Housing Authority was established in 1963 by the Commonwealth of Massachusetts to provide safe, decent and affordable housing opportunities in the town of Billerica and remains committed to this mission. BHA currently administers state and federal housing programs totaling 270 units and is constantly seeking ways to increase housing opportunities.

Mental Health and Substance Abuse

Arbour Health System – Counseling Services Programs

10 Bridge Street
Lowell, MA 01852
978.453.5736
<https://arbourhealth.com/>

AHS/CSP clinicians work directly with clients, their families, and treatment teams to provide therapy and individual treatment plans that reflect consistent goals and coordination of care.

The Lowell facility provides individual, couple, family, and group counseling starting at age 5 as well as psychiatric services. Counselors provide support through the coordination of services and referrals to meet the needs/goals of the patient. Areas of specialized support include; Child and Adolescent Therapy, ADD/ADHD support, School-based Services, Women's Issues, Multicultural Issues, Dual Diagnosis, Psychopharmacology, and PDD/Asperger's. Groups available include; Coping Skills, Spanish Speaking women's and men's groups, Boys Group, Anxiety Reduction, Social Skills, and Parenting. Languages spoken include Greek, Khmer, Russian, and Spanish.

Habit OPCO

650 Suffolk Street
Lowell, MA 01854
978.452.5155

Habit OPCO is a treatment center that focuses on substance abuse by providing substance abuse treatment, detoxification, methadone maintenance, methadone detoxification, and buprenorphine services. The programs offered are specifically designed for pregnant/postpartum women.

Lowell Emergency Psychiatric Care & Mobile Crisis Team

391 Varnum Avenue
Lowell, MA 01854
978.455.3397
800.830.5177
<http://www.nebhealth.org>

The Community Crisis Stabilization (CCS) Program is a six-bed program for adults (18+) who have MassHealth, Medicare, or who are uninsured. The typical length of stay is 3-5 days. The team provides emergency psychiatric assessments and supportive services in a variety of settings, including homes, schools, outpatient clinics and hospitals. The team also

provides ongoing crisis counseling services until the client can be connected to ongoing providers. Open 7 days/week. Mobile Crisis Intervention (MassHealth children and adolescents (under 21 years old) The 24/7 Mobile Crisis Team works with youth and their families with serious emotional disturbances, plus up to seven days of ongoing crisis counseling, support and stabilization.

Greater Lowell Health Alliance

295 Varnum Ave.
Lowell, MA 01854
978.934.8368
<https://www.greaterlowellhealthalliance.org>

The Greater Lowell Health Alliance brings together healthcare providers, business leaders, educators, and civic and community leaders with a common goal to improve the overall health of our communities.

Senior Services

Billerica Council on Aging

25 Concord Road
Billerica, MA 01821
978.671.0916
<https://www.town.billerica.ma.us/136/Council-on-Aging>

The Billerica Council on Aging is the primary resource for aging services in the town.

Benchmark Senior Living at Billerica Crossings

20 Charnstaffe Lane
Billerica, MA 01821
978.451.7070
<https://www.benchmarkseniorliving.com/senior-living/ma/billerica/benchmark-senior-living-at-billerica-crossings>

Benchmark Senior Living at Benchmark Senior Living at Billerica Crossings in Billerica, MA is an assisted living community choice for older adults who value their independence but need assistance with daily life activities. If you or your loved one needs help with medication management, bathing, dressing, or transportation

Benchmark Senior Living at Billerica Crossings is also a memory care community designed to fit the needs of residents with Alzheimer's, memory loss, or other forms of dementia. The Mind & Memory approach celebrates the spirit and supports the capabilities of your loved one through

individualized and group activities that encourage creativity and self-expression.

Brightview Senior Living

199 Concord Road
Billerica, MA 01821
978.874.3212
<https://www.brightviewseniorliving.com/find-a-community/brightview-concord-river>

Brightview Concord River in Billerica, Massachusetts specializes in creating a fulfilling life for our Assisted Living and Memory Care residents. Whether you need help with mobility, managing medications, or memory care, we can work with you and your family to develop a personalized plan that will enrich your life and help you live it to the fullest.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272-7177
888.222.6171 Toll Free
1-800-439-2370 TTY
<https://www.minutemansenior.org>

Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. We have been supporting caregivers, local and long distance, who want to do the right thing for their loved ones and need help and advice as they balance the competing demands of family, work and self. We offer over 20 programs and services and are continually improving and expanding to serve you and your family in new and better ways.

Sexual Health

Billerica Medical Health Center

221 Boston Road, Suite 4
North Billerica, MA 01862
978.670.1300
<http://billericamedical.com>

Billerica Medical Health Center offers a wide range of in-house services, procedures and tests. At BMHC, we expanded our

clinical offerings to meet the changing needs of a growing patient population and distinguished this practice as a leading primary care provider in the Merrimack Valley. We believe that the best way to practice medicine is to combine state-of-the-art knowledge of issues affecting health care with personalized and innovative treatments.

Lowell Community Health Center

OB/Family Planning
161 Jackson Street,
Lowell, MA 01852
978.446.0236
<http://www.lchealth.org>

Lowell Community Health Center offers full services of Prenatal/ Postpartum and GYN care. We have Health Educators to educate patients and the community on reproductive health and wellness as well as assist patients with finding health services. They also provide quality, affordable and confidential reproductive health care services for both male and female adults and adolescents. Teens receive confidential services, and parental consent is not needed.

Additional Services Include: Birth control information and services, Childbirth education, Referrals to support services, such as WIC, Gynecological/cervical cancer screenings and gynecological surgeries, HIV counseling and testing, Testing and treatment of STDs (sexually transmitted diseases), Testing and treatment of urinary tract infections, abnormal pap smears and breast exams.

Support Groups

Alanon/Alateen

Meetings are held at St. Ann's Episcopal Parish Hall on Monday evenings at 7:30 pm.

14 Treble Cove Rd.
North Billerica, MA 01862

Narcotics Anonymous

Meetings are held at St. Mary' Church on Thursday evenings at 7 pm.

796 Boston Road, Basement
Billerica, MA 01821

Lahey Hospital and Medical Center – Support Groups

Lahey Hospital and Medical Center
41 Mall Road

Burlington, MA 01805
781.744.5100
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Head and Neck Cancer Support Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Gynecologic Cancer Group, Transplant Support Group(s), Urological & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

MBTA Commuter Rail Service

Lowell Line stops in Lowell, North Billerica, Wilmington, Woburn, Winchester, and Medford.

Billerica Council on Aging

25 Concord Road
Billerica, MA 01821
978.671.0916, ext 2003
<https://www.town.billerica.ma.us/136/Council-on-Aging>

The Billerica Council on Aging is the primary resource for aging services in the town. They have numerous transportation options available.

Veterans Services

Billerica Veterans Services Center

365 Boston Road, #201
Billerica, MA 01821
978.671.0968
<https://www.town.billerica.ma.us/166/Veterans-Services>

The objective of the is Billerica Veterans Services Center to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Burlington

Access to Health Care

Lahey Hospital & Medical Center, Burlington

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Our Burlington location serves more than 3,000 patients per day through our 335-inpatient hospital beds, our ambulatory care center, 24-hour emergency department and American College of Surgeons verified Level II trauma center. You have access to a variety of specialists dedicated to compassionate care and service in one hospital.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE (Serving Health Information Needs of Everyone)

Burlington Council on Aging
61 Center Street
Burlington, MA 01803
781.270.1950

SHINE counselors are available on Tuesday and Wednesday afternoons by appointment.

Burlington Youth and Family Services

33 Center Street, 2nd Floor
Burlington MA 01803

781.270.1961
http://www.burlington.org/residents/community_life_center/index.php

Burlington Youth and Family Services (BYFS) has as its goal and mandate to provide a range of services designed to improve the quality of life for Burlington families with children, adolescents and young adults. In addition, BYFS, as one of the Town agencies that handles human services problems, endeavors to collect and provide information useful to all townspeople about available local and area nonprofit and social service resources.

Burlington Board of Health

61 Center Street
Burlington, MA 01803
781.270.1955
http://www.burlington.org/departments/board_of_health/index.php

The mission of the Burlington Board of Health is to protect, promote, and prepare for all public health issues or potential crises that occur within the community. The Board of Health enforces state-mandated and local public health regulations, conducts inspections as mandated, issues town permits, investigates community-based complaints or concerns, and supports the goals of public health by providing education and community programs.

Child, Parent and Family Support

Thom Mystic Valley Early Intervention

10 J. Gill Street
Woburn, MA 01801
781.932.2888
www.thomchild.org

Thom Mystic Valley is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

Thom Mystic Valley Early Intervention is a program for children ages birth to three years who are delayed in their development. Services include evaluations, speech therapy, physical therapy, occupational therapy, developmental play therapy, family support.

Disabilities and Special Needs

Communitas Burlington

Day Hab and Career Services
2 Ray Avenue
Burlington, MA 01803
781.365.1350
<https://communitasma.org>

Communitas has three Day Programs located in Wakefield, Burlington and Beverly. Each Program offers a wide spectrum of service models geared towards individuals with Developmental & Intellectual disabilities. Each of these three programs support participants by using a person centered approach in its day to day operations and works in creative ways to teach skills that are both meaningful to everyday living and promotes independence.

Kindle Behavior Consultants

7 Cypress Drive
Burlington, MA 01803
781.328.0951
<http://www.kindlebehavior.com>

Kindle Behavior Consultants offers quality behavioral services to children with Autism Spectrum Disorders (ASD) and other related disabilities. We offer 1:1 ABA therapy, social skills groups, individual assessments, parent training, school consultation, family assistance, workshops, IEP (Individualized Education Plan) development and more.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.801.5247
<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Saheli

11 Bedford Street
Burlington, MA 01803
1.866.4SAHELI - (1.866.472.4354)
<https://saheliboston.org>

Saheli, a community-based organization with the mission to empower South Asian women and their families to live safe and healthy lives. Saheli is uniquely focused on the needs of South Asians (from Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka). Saheli staff and volunteers speak several South Asian languages, including Hindi, Urdu, Bengali, Gujarati, Punjabi and others.

We offer survivors of domestic violence a variety of free services. We support people of many religions, ethnicity, age, gender or sexual orientation. Our popular community programs serve immigrants and families from all over the world and include financial aid to manage a domestic violence incident, funds to develop workplace skills, free computer and financial literacy classes, free counseling from two licensed counselors and social workers. This is a small community and we understand the need for privacy and confidentiality.

Food Assistance

Burlington Food Pantry

10 St. Marks Road
Burlington, MA 01803
781.270.6625
<https://peoplehelpingpeopleinc.org>

The Burlington Food Pantry is located on the grounds of St. Mark's Episcopal Church in Burlington and offers food assistance to the residents of Burlington.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Burlington Housing Authority

15 Birchcrest St
Burlington, MA 01803
781.272.7786
http://www.burlington.org/residents/housing_authority.php

The Housing Authority is authorized to manage the construction, financing, maintenance, and rental policies of low-cost housing for low-income families and the elderly.

Mental Health and Substance Abuse

Elm Brook Place

4 A Street, 1st floor
Burlington, MA 01813
781.202.3478
<http://www.elmbrookplace.org>

Elm Brook Place serves Men and women age 18 or older with a history of mental illness who live within the communities of: Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester and Woburn. Elm Brook Place is committed to providing a welcoming, empowering community environment that promotes hope, recovery and independence for individuals with psychiatric disabilities. Central to this are opportunities for meaningful work, meaningful relationships, employment, education, affordable housing, health and wellness and entitlement assistance.

Senior Services

Burlington Council on Aging

61 Center Street
Burlington, MA 01803
781.270.1950
http://www.burlington.org/residents/council_on_aging/index.php

In addition to daily opportunities for social interaction, the senior center offers exercise classes, billiards, cards, board games, low-cost lunch, educational lectures, social outings to community and cultural events, social service information and assistance, financial assistance, transportation services, and health and wellness programs.

Sunrise of Burlington

24 Mall Road
Burlington, MA 01803
781.229.8100
<https://www.sunriseseniorliving.com>

Sunshine of Burlington is located across the street from Lahey Clinic of Burlington and offers a beautiful senior living community. Like all Sunrise communities, this home is specifically designed for seniors and their unique needs, featuring wheelchair-accessible suites and common rooms, showers modified to fit all different assistance devices and hallways with assistance handrails. The walls in our suites are specially painted to help vision-impaired residents see appliances and other amenities with more clarity. Sunrise of Burlington offers a diverse and professional team with years of experience.

Sexual Health

Boston IVF

450 Bedford Street
Suite 1000
Lexington, MA 02421
800.858.4832
<https://www.bostonivf.com>

Boston IVF are dedicated to helping couples bring home healthy babies. Boston IVF provides comprehensive diagnosis, evaluation, consultation, and treatments for infertility and fertility preservation.

Support Groups

Alanon/Alateen

Meetings are held at the North Congregational Church
Enter up walkway to left side of building. Meetings occur on
Tuesday evenings at 7:30 pm.
896 Main St,
Woburn, MA, 01801

Meetings are also held at Saint Brigid'S Parish Center at 10:00
am on Wednesday mornings.
1997 Massachusetts Ave
Lexington, MA, 02421

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Lahey Health offers free support groups to provide emotional
support, coping skills and resource assess to patients and
families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer
specific support for: Breast Cancer Group, Head and Neck
Cancer Support Group, Look Good, Feel Better (Women
receiving radiation or chemotherapy), Lymphoma & Leukemia
Support Group, Gynecologic Cancer Group, Transplant
Support Group(s), Urologic & Prostate Cancer Support Group,
and a Quit Smoking for Life Group.

Narcotics Anonymous

344 Cambridge Street
Burlington, MA 01803

Meetings are held at the Church of Christ on Sundays at 7:30
pm and Tuesdays at 7:00 pm.

Transportation Services

Burlington Public Transit B-Line

25 Center Street
Burlington, MA 01803
781.270.1965
[http://www.burlington.org/residents/
burlington_public_transit.php](http://www.burlington.org/residents/burlington_public_transit.php)

Burlington Public Transit Line B is a local bus service that
will take anyone where they need to go in Burlington. There
are two buses that each accommodate twenty passengers,
with standing room for five passengers and accessibility for
two wheelchairs. Burlington Public Transit connects with the
MBA, LRTA, Lexpress and Bedford Transit. The buses do not
run on Saturdays, Sundays or holidays.

Veterans Services

Burlington Office of Veterans Services

61 Center Street, Room 203
Burlington, MA
781.270.1959
[http://www.burlington.org/community_
development/veterans_services.php](http://www.burlington.org/community_development/veterans_services.php)

The Burlington Office of Veterans Services provides assistance
and/or guidelines for local veterans regarding VA medical,
employment possibilities, rehabilitation through various
programs, including the State and Federal Outreach Centers.
We welcome veterans and families of veterans seeking
veterans' benefits, counseling or advice on many issues. This
office also coordinates Memorial Day and Veterans Day events.

Danvers

Access to Health Care

Lahey Outpatient Center, Danvers
480 Maple Street
Danvers, MA 01923
978 774-4400

<https://www.beverlyhospital.org/locations--services/locations/lahey-outpatient-center-danvers>

Lahey Outpatient Center, Danvers is an outpatient facility with state-of-the-art care centers and specialty services. The facility includes multidisciplinary centers for Breast Health, Cardiovascular, Infectious Disease, Pain Management, and Spine care among others. The Day Surgery Center has four operating rooms featuring the latest in minimally invasive technologies for all types of conditions. The Lifestyle Management Institute offers several comprehensive programs designed to address healthy options for individuals coping with chronic conditions.

Lahey Health Urgent Care

480 Maple St
Danvers, MA 01923
978.304.8380
<https://www.laheyhealth.org/what-we-offer/urgent-care/>

Daily, year-round care for all your urgent care needs, from sprains to flu, to lab testing and imaging, trust Lahey Health Urgent Care for affordable, easy to access, quality health care. Avoid a costly visit to an emergency room (and a long wait) for all your non-emergent and non-life threatening illnesses and injuries.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE at Danvers Council on Aging/Senior Center

25 Stone Street
Danvers, MA
978.762.0208

Medicare/Insurance counseling available at no charge by trained volunteers - Every Wednesday and Thursdays from 10AM until Noon at the Senior Center by appt. only.

Danvers Board of Health

1 Sylvan Street
Danvers, MA 01923
978.777.0001 x3095
<https://www.danversma.gov/departments/board-of-health/>

The Board of Health consists of three (3) community residents appointed by the Town Manager. They are charged with the protection of the public health and fulfill their duty by developing, implementing, and enforcing health policies, regulations and laws. Local Boards of Health have statutory powers to develop regulations in many areas of public and environmental health.

Child, Parent and Family Support

Pathways for Children

292 Cabot Street
Beverly, MA 01915
978.236.4101
<https://pw4c.org>

Pathways is a leading provider of education and care programs on the North Shore of Massachusetts. Our year-round programming, including Head Start and Early Head Start, serves children birth to age 13 and their families. We have centers in Gloucester, Beverly and Salem.

Our comprehensive, all-inclusive educational programming offers meals, nutrition assessment, health and developmental screenings, referrals for special education services, family support, enrichment programs and transportation when necessary.

Women, Infants, and Children (WIC)

4 Ocean Street
Beverly, MA 01915
978.922.2110

WIC helps keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. WIC provides personalized nutrition information, consultations and support. Checks to buy free, healthy food, medical and dental referrals, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget. Fathers, mothers, grandparents, foster parents or other legal guardians of a child under 5 may apply for WIC.

Danvers Community YMCA

34 Pickering Street
Danvers, MA 01923
978.774.2055
<https://www.danversymca.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Catholic Charities North

Family Counseling and Guidance Center
152 Sylvan Street
Danvers, MA 01923
978.774.6820
<https://www.ccab.org/counseling-services>

Our Counseling Center, headquartered in Danvers, is a professional, mental health clinic that provides a comprehensive, integrated continuum of quality care for people struggling with a range of life issues. All treatment is provided by master's level clinicians and is supervised by a multi-disciplinary treatment team.

Disabilities and Special Needs

Northeast Arc

Early Intervention-North Shore
149 Sylvan Street
Danvers, MA 01923
978.774.7570
<https://ne-arc.org>

The Northeast Arc helps people with disabilities become full participants in the community; choosing for themselves how to live, learn, work, socialize and play.

Domestic Violence

Healing Abuse Working for Change (HAWC)

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

North Shore Elder Services

Elder Abuse 24-hour Hotline at
1.800.922.2275

Reportable Conditions are:

- Physical, Emotional/Mental or Sexual Abuse
- Financial Exploitation
- Caretaker Neglect
- Self-neglect
- Financial exploitation

North Shore Elder Services is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in Danvers, Marblehead, Middleton, Peabody and Salem. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Food Assistance

Danvers People to People Food Pantry

12 Sylvan Street
Danvers, MA
978.739.4188
<https://www.danverscommunitycouncil.com/danvers-people-to-people-food-pantry>

The Danvers People to People Food Pantry was created by the Danvers Community Council to help Danvers families needing assistance. The pantry is operated by a team of volunteers who are dedicated to community service. Eligible clients may visit the pantry twice a month. Families in need register at the pantry. Proper identification and proof of residency are required at each visit when

signing in. A piece of mail such as an electric bill is necessary. A driver's license is not acceptable as proof of residency.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Danvers Housing Authority

14 Stone St
Danvers, MA 01923
978.777.0909
<https://danvershousing.org>

The Danvers Housing Authority provides decent and affordable housing. Established in 1957, the Danvers Housing currently has both Federal and State housing programs comprised of 259 residential units and 2 groups homes throughout Danvers, Massachusetts.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Family Promise North Shore Boston

330 Rantoul Street
Beverly, MA 01915

978-922-0787

<https://www.familypromisensb.org/>

Family Promise North Shore Boston aims to return newly homeless families to economic self-sufficiency, while serving each family that experiences homelessness in a manner that embraces the dignity and strength of the family. We are committed to keeping families together during their time of homelessness and to helping them through the process of finding support and housing.

Mental Health and Substance Abuse

Lahey Health Behavioral Services

Detox Center Danvers

111 Middleton Rd.
Danvers, MA 01923
978.777.2121, Option 3
<http://www.nebhealth.org>

Detox Center Danvers offers medication-assisted treatment and counseling for adult opiate users. They offer 3 types of medication-assisted treatments.

Lahey Health Danvers Treatment Center

111 Middleton Road
Danvers, MA 01923
978.777.2121
<http://www.nebhealth.org>

Lahey Health Danvers Treatment Center is a 56-bed inpatient detoxification for adult men and women over 18 years old who need detoxification from alcohol, opiates and benzodiazepines.

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 364U
Beverly, MA 01915
978.998.3601
<http://www.nebhealth.org/services-locations/community-service-agency>

Assists families to access services and coordinate care for children and youth with serious emotional disturbance. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

DanversCARES

Danvers High School
64 Cabot Road
Danvers, MA, 01923
978.777.8932 ext. 2213
<http://danverscares.org>

DanversCARES is a dynamic community partnership that supports youth and families in making healthy decisions. DanversCARES is a program of the town of Danvers, managed through the school department.

Senior Services

Danvers Council on Aging

25 Stone Street
Danvers, MA
978.762.0208
<https://www.danversma.gov/departments/council-on-aging>

The Town of Danvers Council on Aging is a senior center that provides comprehensive services to enrich the lives of older adults in the Danvers community. The Council on Aging offers a wide variety of opportunities in the areas of health and fitness, nutritional services, outreach and visitor services, transportation service, day and multi-day trips and a supportive adult day program. We encourage you to check out our programs and consider volunteering with us.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q
Beverly, MA 01915
978.705.4039
<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness. Our board-certified physicians, nurse practitioners and medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

Support Groups

Alanon/Alateen

Meetings are held at First Church of Danvers, Congregational (corner of Hobart & Centre St.) park in church lot on Hobart St. Walk through larger door to basement church hall. Meetings are held at 7:30 pm on Tuesday nights.

41 Centre St.
Danvers, MA

Meetings are held at Christ the Redeemer Church, 188 Elliott St on Wednesday mornings at 10 am.

188 Elliott St
Danvers, MA

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Medical Center, Peabody offer support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation

Danvers Council on Aging/Senior Center

Medical transportation is available to Danvers residents age 60 or older, and/or disabled Danvers residents under the age of sixty. It is suggested that residents make transportation requests as early as possible for scheduling purposes. Individuals in wheelchairs can be accommodated. Please call to schedule a ride at 978-762-0208.

Veterans Services

Danvers Town Hall
1 Sylvan Street
Danvers, MA 01923
978.777.0001, Extension 3025

The Veterans' Services Department offers a unique and efficient approach to serving the needs of qualified veterans and their dependents in a way designed to benefit their well-being with the dignity they deserve.

Essex

Access to Health Care

Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.4000

Addison Gilbert Hospital is a full-service, 58-bed medical/surgical acute care facility. The hospital provides inpatient and outpatient care to residents of the Cape Ann community in specialties such as cancer care, surgical day care, critical care and emergency medicine.

Cape Ann Medical Center

One Blackburn Drive
Gloucester, MA 01930
978.281.1500
<http://www.capeannmed.com/>

Cape Ann Medical Center, LLC provides quality medical care to the residents of the North Shore. The relationship between the practice and the community has continued to grow and progress successfully.

In January 2015, Cape Ann Medical Center began an affiliation with Lahey Health Systems which includes Addison Gilbert and Beverly Hospital. These class institutions have made a commitment to service our patients both near and far, as well as providing many services to support our physicians.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

The SHINE Program

SHINE counselors are available at Addison Gilbert Hospital

Monday-Friday and can be reached at 978.283.4001 ext 623.

SHINE is a Massachusetts state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.

Essex Board of Health

30 Martin Street, Room 304
Essex, MA 01929
978.768.7614
<https://www.essexma.org/health-department-board-health>

The mission of the Essex Board of Health Department is to assess and address the needs of the Essex community, in order to protect and improve the health and quality of life of our residents, visitors, and work force. This charge is carried out by health promotion, community health services, public outreach and education, as well as promulgation and enforcement of municipal, state, and federal regulations.

Child, Parent and Family Support

Cape Ann YMCA

71 Middle Street
Gloucester, MA 01930
978.283.0470
<https://www.northshoreymca.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Pathways for Children

29 Emerson Ave
Gloucester, MA 01930
978.281.2400
<https://pw4c.org>

Pathways is a leading provider of education and care programs on the North Shore of Massachusetts. Our year-round programming, including Head Start and Early Head Start, serves children birth to age 13 and their families. We have centers in Gloucester, Beverly and Salem.

Our comprehensive, all-inclusive educational programming offers meals, nutrition assessment, health and developmental screenings, referrals for special education services, family support, enrichment programs and transportation when necessary.

Women, Infants, and Children (WIC)

302 Washington St
Gloucester, MA 01930
978.281.4540

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Disabilities and Special Needs

Auditory-Verbal Communication Center

544 Washington St.
Gloucester, MA 01930
978.282.0025
<http://www.avcclisten.com>

The Auditory-Verbal Communication Center LSLC certified Auditory-Verbal Therapists to help parents teach their children who are deaf and hear of hearing to listen and talk.

Domestic Violence

Healing Abuse Working for Change (HAWC)

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

Food Assistance

Acord Food Pantry

69 Willow Street
South Hamilton, MA 01982
978.468.7424
<http://acordfoodpantry.org>

Acord Food Pantry was founded with the mission of empowering individuals and families to feed themselves in a nutritionally balanced way. Clients are allowed to shop once per week on any of the three days we're open and may choose from the variety of items we offer. Acord Food Pantry offers food assistance to residents of six towns north of Boston: Hamilton, Wenham, Topsfield, Ipswich, Essex, and Manchester by the Sea

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

The Open Door/Cape Ann Food Pantry

28 Emerson Avenue
Gloucester MA, 01930
978.283.6776
<http://www.foodpantry.org>

The Open Door/Cape Ann Food Pantry provides a free emergency groceries once every seven days for income-qualified residents of Gloucester, Rockport, Ipswich, Manchester and Essex. Clients are asked to fill out a confidential form that helps the Food Pantry track its resources. They should be prepared to provide a name and birth date for each person receiving food in their household. The Open Door also offers prescreening for Food Stamp eligibility and application assistance. Clients can expect confidentiality and one-on-one attention.

Housing and Homelessness

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
(978) 526-4852

Serving the communities of Beverly, Essex, Gloucester, Hamilton, Manchester, Rockport and Wenham, The Fund to Prevent Homelessness helps working families stay in their homes. The goal of the organization is to assist families before they lose their homes and fall into the vicious cycle of poverty.

Essex Housing Authority

Chebacco Terrace
Essex, MA 01929
978.768.6821
<https://www.essexma.org/housing-authority>

The Essex Housing Authority provides safe, decent and affordable housing opportunities for Ipswich seniors, disabled individuals and families. The Ipswich Housing Authority is committed to providing fair and non-discriminatory practices throughout our affordable housing programs.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Family Promise North Shore Boston

330 Rantoul Street
Beverly, MA 01915
978-922-0787
<https://www.familypromisensb.org/>

Family Promise North Shore Boston aims to return newly homeless families to economic self-sufficiency, while serving each family that experiences homelessness in a manner that embraces the dignity and strength of the family. We are committed to keeping families together during their time of homelessness and to helping them through the process of finding support and housing.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 364U
Beverly, MA 01915
978.998.3601
<http://www.nebhealth.org/services-locations/community-service-agency>

Assists families to access services and coordinate care for children and youth with serious emotional disturbance. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

Senior Services

Essex Council on Aging

Essex Senior Center
17 Pickering Street
Essex, MA 01929
978.768.7932
<https://www.essexma.org/essex-senior-center-council-aging>

The Mission of the Essex Council on Aging is to enhance and promote the quality of life for adults 60 and older in the community of Essex.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q
Beverly, MA 01915
978.705.4039
<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness. Our board-certified physicians, nurse practitioners and medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

North Shore Health Project

5 Center Street
Gloucester, MA 01930
978.283.0101
<http://healthproject.org>

North Shore Health Project has been supporting the health and well being of people living on the North Shore for almost three decades. Originally formed by friends, loved ones, and those impacted by the HIV/AIDS epidemic, over the years NSHP has grown to include client advocacy, case management, needle exchange, community education, overdose prevention, testing for HIV, STI, and Hepatitis C, and LGBTQ services.

Support Groups

Addison Gilbert Hospital - Support Groups

298 Washington Street
Gloucester, MA 01930
978.283.4000

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families.

Free groups at Addison Gilbert Hospital offer a variety of support for health issues including: Breast Cancer, Diabetes, Stroke, and Widowed Persons.

NAMI Family Support Group

43 Gloucester Ave., Room 2A
Meetings: Meetings: 2nd and 4th Tuesday of every month, 7–8:30 p.m
978.281.1557
namicapeann@verizon.net

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.

Meets may occur monthly or weekly for 90-minute sessions free of charge. They are designed for loved ones (18 and over) of individuals living with mental illness. Group meetings are facilitated by a trained team of family members of individuals living with mental illness. All meetings are confidential and will not recommend or endorse any medications or other medical therapies for your family member.

Transportation Services

Cape Ann Transportation Authority (CATA)

CATA is a public, non-profit organization charged with providing public transportation to the Cape Ann area, consisting of the city of Gloucester and the adjoining towns of Essex, Ipswich and Rockport.

Ipswich Essex Explorer Summertime weekend shuttle service connecting Ipswich MBTA train station with Crane Beach, Essex and Appleton Farms.

Veterans Services

Veterans' Services Officer

25 Green Street
Ipswich, MA 01938
978.356.3915
<http://www.eessexvets.com>

The objective of the Veterans' Services Officer to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Gloucester Community Based Outpatient Clinic

199 Main Street

Gloucester, MA 01930

978.282.0676

https://www.bedford.va.gov/locations/Gloucester_Community_Based_Outpatient_Clinic.asp

The Gloucester Outpatient Clinic is one of three satellite clinics of the Bedford VA. At the Gloucester clinic we provide compassionate healthcare to eligible veterans in the Cape Ann /Gloucester area. Services provided are Primary Care, Mental Health Services, and Lab Blood Drawing.

Gloucester

Access to Health Care

Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.4000

Addison Gilbert Hospital is a full-service, 58-bed medical/surgical acute care facility. The hospital provides inpatient and outpatient care to residents of the Cape Ann community in specialties such as cancer care, surgical day care, critical care and emergency medicine.

Lahey Health Urgent Care

305 Gloucester Crossing Rd
Gloucester, MA 01930
978.381.7700
<https://www.laheyhealth.org/what-we-offer/urgent-care/>

Daily, year-round care for all your urgent care needs, from sprains to flu, to lab testing and imaging, trust Lahey Health Urgent Care for affordable, easy to access, quality health care. Avoid a costly visit to an emergency room (and a long wait) for all your non-emergent and non-life threatening illnesses and injuries.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

The SHINE Program

SHINE is a Massachusetts state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.

SHINE counselors are available at Addison Gilbert Hospital Monday-Friday and can be reached at 978.283.4001 ext 623

NeedyMeds

P.O. Box 219
Gloucester, MA 01931
1.800.503.6897
<http://www.needymeds.org>

NeedyMeds is a national non-profit organization that maintains a website of free information on programs that help people who can't afford medications and healthcare costs. They also publish information about resources for specific diseases. All information is accessible online, at no charge and without registration.

Gloucester Family Health Center

302 Washington Street
Gloucester MA 01930
978.282.8899
<https://www.nschi.org>

The Gloucester Family Health Center fulfills North Shore Community Health's mission of providing high quality health care regardless of age, ethnicity, creed, gender, country of origin, place of residence or economic status. The center follows a family practice model of care.

Gloucester Health Department

3 Pond Rd.
City Hall Annex
Gloucester, MA 01930
978.325.5260
<http://gloucester-ma.gov/index.aspx?NID=183>

The mission of the Gloucester Health Department is to promote physical and mental health and prevent disease, injury, and disability in the City of Gloucester, Massachusetts.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000
<https://actioninc.org>

Action Inc. is a non-profit human service organization and the designated Community Action Agency serving primarily the City of Gloucester and the towns of Essex, Ipswich, Manchester, and Rockport. Action also oversees

energy conservation projects throughout the state. Action's programs aim to promote economic security, not dependency, by helping economically disadvantaged individuals and families in a number of unique ways.

Pathways for Children

29 Emerson Ave
Gloucester, MA 01930
978.281.2400
<https://pw4c.org>

Pathways is a leading provider of education and care programs on the North Shore of Massachusetts. Our year-round programming, including Head Start and Early Head Start, serves children birth to age 13 and their families. We have centers in Gloucester, Beverly and Salem.

Our comprehensive, all-inclusive educational programming offers meals, nutrition assessment, health and developmental screenings, referrals for special education services, family support, enrichment programs and transportation when necessary.

Cape Ann YMCA

71 Middle Street
Gloucester, MA 01930
978.283.0470
<https://www.northshoreymca.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Compass Youth Program of Action, Inc.

180 Main St.
Gloucester, MA 01930
978.281.9682
<https://actioninc.org/education/compass-youth-program>

Our COMPASS Youth Program helps out-of-school young people ages 16 to 24 prepare for and pass the High School Equivalency Test (HiSET). Our COMPASS Youth Program tackles challenges and barriers that you may have experienced and supports you with one-on-one counseling, tutoring, college and job preparation, employment and career counseling, and life skills coaching. We also will connect you to opportunities for paid internships, job shadowing, and employment.

COMPASS is a safe and flexible program designed to help you pass the HiSET, determine your career interests, and set you on a path for success. We wrap services around you and your needs to help you get your life in a better place

Women, Infants, and Children (WIC)

302 Washington St
Gloucester, MA 01930
978.281.4540

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

The City of Gloucester Children's Dental Center

99 Prospect Street
Gloucester, MA 01930
978.281.5885
<https://www.gloucesterchildrensdental.com>

The City of Gloucester Children's Dental Center is to increase access to dental care for underserved Cape Ann children and to improve the oral health of children by providing dental services and education. Patients who are one year old to age 20 and have Mass Health or CMSP are accepted in our Dental Center. Services provided include: Emergency Care, Dental exams, X-Rays, Cleanings, Dental sealants, Fluoride treatments, Fillings, Extractions of teeth, and Oral Health Education.

Disabilities and Special Needs

Auditory-Verbal Communication Center

544 Washington St.
Gloucester, MA 01930
978.282.0025
<http://www.avcclisten.com>

The Auditory-Verbal Communication Center LSLC certified Auditory-Verbal Therapists to help parents teach their children who are deaf and hear of hearing to listen and talk.

Adult Foster Care of the North Shore

63 Middle Street
Gloucester, MA 01930

978.281.2612

<http://adultfostercarens.com/>

Adult Foster Care of the North Shore provides financial and emotional support solutions for families who are in need of care for a disabled or chronically ill loved one. AFCNS is a MassHealth-funded program that provides a monthly payment to the caregiver. Clients and caregivers are assigned a nurse and care manager who visit the homes regularly. Staff members can answer questions about health issues and serve as a resource for medical training, education and needed interventions. We provide on-call support 24 hours a day, 7 days a week. We help our clients and their families navigate the complexities of living with a disability or illness.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street

Salem, MA 01970

978.744.8552

Gloucester Outreach Office: 978.283.8642

24-hour Hotline: 1.800.547.1649

<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

SeniorCare

Reportable Conditions are:

- Physical, Emotional or Sexual Abuse
- Financial Exploitation
- Caretaker Neglect
- Self-neglect
- Financial exploitation

Elder Abuse 24-hour Hotline at

1.800.922.2275

SeniorCare is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in the surrounding communities. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Food Assistance

Harvest Meals-Cape Ann Interfaith Mission – Soup Kitchens

Trinity Congregational Church

70 Middle Street

Gloucester, MA 01930

978.283.1442

Trinity's Harvest Meal is served in the church's Fellowship Hall on Fridays at 5:00 pm.

The Open Door/Cape Ann Food Pantry

28 Emerson Avenue

Gloucester MA, 01930

978.283.6776

<http://www.foodpantry.org>

The Open Door/Cape Ann Food Pantry provides a free emergency groceries once every seven days for income-qualified residents of Gloucester, Rockport, Ipswich, Manchester and Essex. Clients are asked to fill out a confidential form that helps the Food Pantry track its resources. They should be prepared to provide a name and birth date for each person receiving food in their household. The Open Door also offers prescreening for Food Stamp eligibility and application assistance. Clients can expect confidentiality and one-on-one attention.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Action Inc. – Emergency Homeless Shelter

Emergency Homeless Shelter
370 Main Street
Gloucester, MA 01930
978.282.1000
<https://actioninc.org/client-housing-services/emergency-shelter>

Action Inc.'s Emergency Homeless Shelter provides a limited number of beds and hot meals to homeless adults (ages 18 and older) on a nightly basis. Prior to leaving the Shelter in the morning, guests are also provided with bag lunches. The Shelter offers a safe, supportive environment in a clean, comfortable. Space at the Shelter is limited and a bed cannot be guaranteed.

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
(978) 526-4852

Serving the communities of Beverly, Essex, Gloucester, Hamilton, Manchester, Rockport and Wenham, The Fund to Prevent Homelessness helps working families stay in their homes. The goal of the organization is to assist families before they lose their homes and fall into the vicious cycle of poverty.

Gloucester Housing Authority

259 Washington Street
Gloucester, MA 01930
978.281.4770
<http://www.ghama.com>

The Gloucester Housing Authority is proud of its long history of promoting and providing adequate and affordable housing, economic opportunity and a suitable living environment free of discrimination.

Wellspring House Inc.

302 Essex Avenue
Gloucester, MA 01930
978.281.3558
<http://www.wellspringhouse.org>

Wellspring House empowers individuals and families to live more secure lives through basic needs assistance, education and job training. Wellspring assists over 1,000 families each year. Through active case management, advocacy, referrals and one time cash grants, families are assisted in homelessness prevention, emergency shelter placement, and securing long term housing.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Family Promise North Shore Boston

330 Rantoul Street
Beverly, MA 01915
978-922-0787
<https://www.familypromisensb.org/>

Family Promise North Shore Boston aims to return newly homeless families to economic self-sufficiency, while serving each family that experiences homelessness in a manner that embraces the dignity and strength of the family. We are committed to keeping families together during their time of homelessness and to helping them through the process of finding support and housing.

The Grace Center of Gloucester

Gloucester Unitarian Universalist Church
10 Church St.
Gloucester, MA 01930
978.675.6240
<https://stjohnsgloucester.org/outreach/grace-center/>

The Grace Center, Inc provides a place for those in need to find welcome, shelter, and assistance in their desire to move out of poverty and into a sustainable life. We offer homeless individuals and those in need a safe day space, access to food, medical care, and help with life skills and housing opportunities.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 364U
Beverly, MA 01915
978.998.3601
<http://www.nebhealth.org/services-locations/community-service-agency>

Assists families to access services and coordinate care for children and youth with serious emotional disturbance. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

DISCOVER Program – Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.381.7422
<http://www.nebhealth.org>

DISCOVER at AGH is based on a recovery model, which assists participants in regaining an optimal level of functioning in their community, family and vocational roles. It accepts adults with substance use or addictive disorders. DISCOVER consists of psychoeducational & skill building groups, group psychotherapy.

Lahey Health Behavioral Services – The Gloucester Clinic

298 Washington Street
Gloucester, MA 01930
978.283.0296
<http://www.nebhealth.org>

Addison Gilbert Hospital offers outpatient mental health services to adults, teens and families. They offer individual, couples & family counseling and substance use counseling.

Lahey Health Behavioral Services – Outpatient Methadone Clinic

298 Washington Street
Gloucester, MA 1930
978.283.0296 Ext. 213
<http://www.nebhealth.org>

Addison Gilbert Hospital offers medication-assisted treatment and counseling for adult opiate users. They offer 3 types of medication-assisted treatments.

Link House, Inc.

37 Washington St.
Newburyport, MA 01950
978.462.7341
<https://linkhouseinc.org>

Link House, Inc. is a 503(c) non-profit organization that has been providing residential substance use services in the North Shore communities. The mission of Link House, Inc. is to provide the necessary tools that enable addicted men and women to recover and lead happy and productive lives.

Healthy Gloucester Collaborative

3 Pond Rd
Gloucester, MA 01930
<http://www.healthygloucester.org>

Healthy Gloucester works with students, educators, parents, seniors, faith leaders, businesses, law enforcement and city officials to promote a healthy community and a drug free environment for our youth and children.

Senior Services

Gloucester Council on Aging

Rose Baker Senior Center
6 Manuel F. Lewis Street
Gloucester, MA 01930
978.281.9765

<http://gloucester-ma.gov/index.aspx?nid=291>

The mission of the COA is to serve as a focal point where seniors and their families can access the local and state network of elder services, while providing an integrated array of social, health, recreational and education programs for older men and women.

Programs of All-Inclusive Care for the Elderly

29A Emerson Ave.
Gloucester, MA 01930
978.283.7375
<https://elementcare.org>

Pace Elder Services provide comprehensive medical and social services to frail elders so that they can live in their communities instead of in nursing homes. A team of health professionals does an assessment of each elder's needs, and develops a plan of total care. Services are usually provided in an adult day health center, but may be given in the elder's home or other facility.

Eligibility for the Service Plan is contingent upon a variety of factors including age, location of residence, income, etc.

Seacoast Nursing and Rehabilitation Center

292 Washington Street
Gloucester, MA 01930
978.283.0300
<https://www.banecare.com/Seacoast-skilled-nursing-home-rehabilitation>

Seacoast Nursing and Rehabilitation Center provides a wide array of services enables patients and residents to receive the medical care they need, the restorative therapy they require, and the support they and their families deserve. Seacoast Nursing and Rehabilitation Center serves many types of patient and resident needs – from short-term rehabilitation to traditional long-term care.

Working with your physician, our staff – including medical specialists, nurses, nutritionists, therapists, dietitians and social workers – establishes a comprehensive treatment plan intended to restore the client to their fullest practicable potential.

SeniorCare, Inc.

49 Blackburn Center
Gloucester, MA 01930
978.281.1750
<http://www.seniorcareinc.org>

SeniorCare Inc. is a non-profit, multi-faceted organization that provides a one-stop portal for information and services to elders and adults with disabilities on the Greater North Shore and Cape Ann. SeniorCare provides important services such as homecare, protective services, transportation, nursing home ombudsmen, money management, benefits specialist, Medicare & Medicaid insurance counseling, legal, caregiver support, nutrition, and preventative health services. In addition, SeniorCare coordinates the Meals on Wheels program, feeding over 500 frail, homebound seniors each week, and the Retired & Senior Volunteer Program (RSVP), placing more than 400 volunteers in local businesses and agencies each year.

Connected Home Care of Gloucester

38 Blackburn Center 2nd Floor
Gloucester, MA 01930
978.282.5575
<https://connectedhomecare.com>

Connected Home Care provides non-medical home care and companionship services for elders who want to live at home. Our goal is to help you maintain the highest quality of life. We accomplish this by developing a long-term relationship between you, your family, and your caregiver.

Visiting Angels Senior Care and In Home Assisted Living Services

85 Constitution Lane, Unit 2-D
Danvers, MA 01923
877.618.4748
<https://www.visitingangels.com>

Visiting Angels Senior Care and In Home Assisted Living Services can assist elderly people located in Beverly, Gloucester, Marblehead, Wenham, and other surrounding areas of Essex County. Visiting Angels offers non-medical in home care services. Our caregivers are scheduled at your convenience. Weekday, weekend, holiday, and overnight visits are available as needed. From hourly visits to 24 hour care, a Visiting Angels caregiver can be there when you need them.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q
Beverly, MA 01915
978.705.4039
<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness. Our board-certified physicians, nurse practitioners and medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

North Shore Health Project

5 Center Street
Gloucester, MA 01930
978.283.0101
<http://healthproject.org>

North Shore Health Project has been supporting the health and well being of people living on the North Shore for almost three decades. Originally formed by friends, loved ones, and those impacted by the HIV/AIDS epidemic, over the years NSHP has grown to include client advocacy, case management, needle exchange, community education, overdose prevention, testing for HIV, STI, and Hepatitis C, and LGBTQ services.

Support Groups

Alanon/Alateen

Meetings are held at St Paul's Lutheran Church, side door of church, upstairs to library. Meetings occur on Sunday evenings at 7:00 PM.

1123 Washington Street
Gloucester, MA 01931

Addison Gilbert Hospital - Support Groups

298 Washington Street
Gloucester, MA 01930
978.283.4000

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families.

Free groups at Addison Gilbert Hospital offer a variety of support for health issues including: Breast Cancer, Diabetes, Stroke, and Widowed Persons.

Learn to Cope

Rose Baker Senior Center
6 Manuel F. Lewis St. 2nd Floor
Gloucester, MA 01930
508.738.5148
<https://www.learn2cope.org>

Learn to Cope is a support group for parents, family members and care-givers struggling with a member of the family who is addicted to opiates and other drugs. Meetings are Wednesdays at 7-8:30 pm.

NAMI Family Support Group

43 Gloucester Ave., Room 2A
Meetings: Meetings: 2nd and 4th Tuesday of every month, 7–8:30 p.m
978.281.1557
namicapeann@verizon.net

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.

Meets may occur monthly or weekly for 90-minute sessions free of charge. They are designed for loved ones (18 and over) of individuals living with mental illness. Group meetings are facilitated by a trained team of family members of individuals living with mental illness. All meetings are confidential and will not recommend or endorse any medications or other medical therapies for your family member.

Narcotics Anonymous

Meetings are held at the West Gloucester Trinitarian Church on Thursday evenings at 7:30 am.

488 Essex Avenue
Gloucester, MA 01930

Meetings are held at the Unitarian Universalist Church on Wednesday evenings at 7:30 pm.

10 Church Street
Gloucester, MA 01930

Transportation Services

Gloucester Council on Aging

Rose Baker Senior Center
6 Manuel F. Lewis Street
Gloucester, MA 01930
978.281.9765
<http://gloucester-ma.gov/index.aspx?nid=291>

The mission of the COA is to serve as a focal point where seniors and their families can access the local and state network of elder services, while providing an integrated array of social, health, recreational and education programs for older men and women.

Cape Ann Transportation Authority (CATA)

CATA is a public, non-profit organization charged with providing public transportation to the Cape Ann area, consisting of the city of Gloucester and the adjoining towns of Essex, Ipswich and Rockport.

Ipswich Essex Explorer Summertime weekend shuttle service connecting Ipswich MBTA train station with Crane Beach, Essex and Appleton Farms.

MBTA Commuter Rail Service

Newburyport/Rockport Line stops in Rockport, Gloucester, Manchester, Beverly, Newburyport, Rowley, Ipswich, Hamilton, Salem, Swampscott, Lynn and Chelsea.

Veterans Services

North Shore Veterans Counseling Services, Inc.

45 Broadway Street
Beverly, MA 01915
978.921.4851
<http://www.northshoreveterans.com>

The Agency believes in "SERVING THOSE WHO SERVED US". Any individual who can show documented military service, or a family member, or a significant other of that veteran is eligible to seek assistance from the agency. The North Shore Veterans Counseling Services, Inc. though based in Beverly, serves veterans, combat and non-combat alike, and their families, at no fee, North of Boston.

Veterans' Services Officer

12 Emerson Ave.
Gloucester, MA 01930
978.281.9740
<http://gloucester-ma.gov/index.aspx?nid=147>

The Veterans' Agent reports to the Cape Ann Veterans District Board of Directors which is comprised of a representative of the three communities served by the district which are Gloucester, Rockport, and Manchester-by-the-Sea. The functions of the Veterans' Agent include: Assisting and providing information on compensation and other benefits available through the VA program. Administer the DVS needs-based program of veterans assistance.

Gloucester Community Based Outpatient Clinic

199 Main Street
Gloucester, MA 01930
978.282.0676
https://www.bedford.va.gov/locations/Gloucester_Community_Based_Outpatient_Clinic.asp

The Gloucester Outpatient Clinic is one of three satellite clinics of the Bedford VA. At the Gloucester clinic we provide compassionate healthcare to eligible veterans in the Cape Ann /Gloucester area. Services provided are Primary Care, Mental Health Services, and Lab Blood Drawing.

Ipswich

Access to Health Care

Beverly Hospital

85 Herrick Street
Beverly, Massachusetts
978.922.3000
<https://www.beverlyhospital.org>

Beverly Hospital is a full service, 221-bed, community hospital providing quality, patient-centered care to North Shore and Cape Ann residents. Services include maternity, pediatrics, surgical, orthopedics, cardiology, as well as several other specialties.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Serving Health Information Needs of Elders (SHINE)

Ipswich Council on Aging
25 Green St.
Ipswich MA 01938
978.356.6650
<https://www.ipswichma.gov/335/Council-on-Aging>

Call 978.356.6650 to make an appointment.

Ipswich Board of Health

25 Green St.
Ipswich, MA 01938
978.356.6606
<https://www.ipswichma.gov/404/Board-of-Health>

The Ipswich Board of Health is responsible for the enforcement of State Sanitary Codes, State Environmental Codes, and Health

Regulations. The Board of Health sets the health policy for the town which is carried out by the Public Health Department. The Ipswich Board of Health is comprised of 3 members appointed by the Town Manager for 3 year staggered terms.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000
<https://actioninc.org>

Action Inc. is a non-profit human service organization and the designated Community Action Agency serving primarily the City of Gloucester and the towns of Essex, Ipswich, Manchester, and Rockport. Action also oversees energy conservation projects throughout the state. Action's programs aim to promote economic security, not dependency, by helping economically disadvantaged individuals and families in a number of unique ways.

Ipswich Caring

P.O. Box 584
Ipswich, MA 01938
978.471.0575
<https://www.ipswichcaring.org>

Ipswich Caring is a non-profit, tax-exempt organization that relies on charitable donations from individuals, foundations and local businesses to fulfill its mission. Ipswich Caring has a singular goal and commitment to assist Ipswich families in need. With the dedication and generous support of more than 200 volunteers each year, Ipswich Caring provides financial and in-kind support to youth, adults and families through a variety of programs and services.

Ipswich Family YMCA

110 County Road
Ipswich, MA 01938
978.356.9622
<https://www.northshoreymca.org/locations/ipswich-family-ymca-rowley-campus>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Disabilities and Special Needs

Auditory-Verbal Communication Center

544 Washington St.
Gloucester, MA 01930
978.282.0025
www.avcclisten.com

The Auditory-Verbal Communication Center LSLS certified Auditory-Verbal Therapists to help parents teach their children who are deaf and hear of hearing to listen and talk.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

SeniorCare

Reportable Conditions are:

- Physical, Emotional or Sexual Abuse
- Financial Exploitation
- Caretaker Neglect
- Self-neglect
- Financial exploitation
Elder Abuse 24-hour Hotline at
1.800.922.2275

SeniorCare is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in the surrounding communities. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Food Assistance

Acord Food Pantry

69 Willow Street
South Hamilton, MA 01982
978.468.7424
<http://acordfoodpantry.org>

Acord Food Pantry was founded with the mission of empowering individuals and families to feed themselves in a nutritionally balanced way. Clients are allowed to shop once per week on any of the three days we're open and may choose from the variety of items we offer. Acord Food Pantry offers food assistance to residents of six towns north of Boston: Hamilton, Wenham, Topsfield, Ipswich, Essex, and Manchester by the Sea

The Open Door/Cape Ann Food Pantry

00 Southern Heights
Ipswich, MA 01938
978.283.6776
<http://www.foodpantry.org>

The Open Door/Cape Ann Food Pantry provides a free emergency groceries once every seven days for income-qualified residents of Gloucester, Rockport, Ipswich, Manchester and Essex. Clients are asked to fill out a confidential form that helps the Food Pantry track its resources. They should be prepared to provide a name and birth date for each person receiving food in their household. The Open Door also offers prescreening for Food Stamp eligibility and application assistance. Clients can expect confidentiality and one-on-one attention.

Ipswich Community Food Pantry

31 N. Main Street
Ipswich, MA 01938

Free food distributions for Ipswich residents are available on Thursday evenings from 5-7 pm at 31 N. Main Street, in basement space donated by the Ipswich United Methodist Church. Monetary and food donations are welcome, and can be dropped off at the Food Pantry when it is open on Thursdays. Food donations can also be dropped off at Shaw's

Market, 146 High Street, Ipswich. Monetary contributions can be mailed to Ipswich Community Food Pantry, P.O. 316, Ipswich, MA 01938. The Food Pantry is a volunteer-run, non-profit organization, and donations are tax deductible.

Ipswich Dinner Bell – Community Meal Program

Masonic Hall
70 Topsfield Road
Ipswich, MA 01938
<https://ipswichdinnerbell.org>

Ipswich Dinnerbell is a non-profit cooperation of Churches and Community organizations that exists with a shared love of God and neighbor to serve hot, nutritious meals, free to all who come, and create a mealtime atmosphere of fellowship with one another. Meals are served every Monday from 5:00-6:00 PM.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Ipswich Housing Authority

One Agawam Village
Ipswich, MA 01938
978.356.2860
<https://www.ipswichhousingauthority.com>

The Ipswich Housing Authority provides safe, decent and affordable housing opportunities for Ipswich seniors, disabled individuals and families. The Ipswich Housing Authority is committed to providing fair and non-discriminatory practices throughout our affordable housing programs.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Mental Health and Substance Abuse

Lahey Health Behavioral Services – Gloucester Clinic

298 Washington Street
Gloucester, MA 01930
978.283.0296
<http://www.nebhealth.org>

Lahey Health Behavioral Services is a private, nonprofit agency that provides mental health, addiction treatment and community education and prevention services to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts. Services include Individual, couples & family counseling and substance use counseling.

Ipswich Aware

Ipswich Aware works to bring resources from different areas of the community to promote awareness, education, and prevention of substance abuse in the town of Ipswich. Together, we strive to support each other and reduce the stigma surrounding addiction.

Senior Services

Ipswich Council on Aging

25 Green St.
Ipswich MA 01938
978.356.6650
<https://www.ipswichma.gov/335/Council-on-Aging>

Their mission is to advocate for Ipswich senior citizens and to

design, implement and promote programs and services that support their independence, health and well-being. All senior residents of Ipswich are invited to participate in the many scheduled activities and programs that have been developed for your enjoyment and benefit.

The Residence at Riverbend

149 County Road

Ipswich, MA 01938

978.3476170

<https://www.residencriverbend.com>

The Residence at Riverbend is Ipswich's only Independent Living, Assisted Living and Memory Care residence for area seniors. With two decades of senior housing experience, The Residence at Riverbend offers residents and their families the peace of mind they are looking for, while providing an active, stimulating community full of life, laughter and friendship.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q

Beverly, MA 01915

978.705.4039

<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness. Our board-certified physicians, nurse practitioners and medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

Support Groups

Beverly Hospital Support Groups

85 Herrick Street

Beverly, Massachusetts

978.922.3000

<https://www.beverlyhospital.org>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families. Free groups at Beverly Hospital offer support for: Breast Cancer, Huntington's disease, Melanoma, Ostomy, Pregnancy, Childbirth and Parenting, Prostate Cancer.

Alanon/Alateen

Meetings are held at First Church 1 Meetinghouse Grn, Ipswich, MA, 01938, Meeting are held on Wednesdays at 7:00 PM.

1 Meetinghouse Grn

Ipswich, MA, 01938

Transportation Services

Ipswich Council on Aging

25 Green St.

Ipswich MA 01938

978.356.6650

<https://www.ipswichma.gov/335/Council-on-Aging>

A 14 passenger handicapped accessible van is utilized by Ipswich seniors Monday –Friday 8 a.m. to 4 p.m. for in-town transportation. Call the senior center 24 hours in advance to schedule a ride. A donation of \$2 per round trip ride is suggested. Special trips and scenic rides are offered throughout the year. Check the newsletter for specific trips and dates.

Veterans Services

North Shore Veterans Counseling Services, Inc.

45 Broadway Street

Beverly, MA 01915

978.921.4851

<http://www.northshoreveterans.com>

The Agency believes in "SERVING THOSE WHO SERVED US". Any individual who can show documented military service, or a family member, or a significant other of that veteran is eligible to seek assistance from the agency. The North Shore Veterans Counseling Services, Inc. though based in Beverly, serves veterans, combat and non-combat alike, and their families, at no fee, North of Boston.

Veterans' Services Officer

25 Green Street
Ipswich, MA 01938
978.356.3915
<http://www.essexvets.com>

The objective of the Veterans' Services Officer to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Lexington

Access to Health Care

Lahey Hospital & Medical Center, Burlington

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Our Burlington location serves more than 3,000 patients per day through our 335-inpatient hospital beds, our ambulatory care center, 24-hour emergency department and American College of Surgeons verified Level II trauma center. You have access to a variety of specialists dedicated to compassionate care and service in one hospital.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE (Serving Health Information Needs of Everyone)

Community Center
39 Marrett Road
Lexington MA 02421
781.698.4840

The SHINE Program provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers and is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Minuteman Senior Services and is partially funded by Centers of Medicare and Medicaid Services. Call 781-698-4840 to make an appointment.

Lexington Public Health Dept

1625 Massachusetts Ave
Lexington 02420
781.698.4533
<https://www.lexingtonma.gov/public-health>

Under the direction of the Lexington Board of Health, the mission of the Lexington Office of Public Health is to prevent disease and promote wellness in order to protect and improve the health and quality of life of its residents, visitors and work force.

Child, Parent and Family Support

Thom Mystic Valley Early Intervention

10P Gill Street
Woburn, MA 01801
781.932.2888
www.thomchild.org

Thom Mystic Valley is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

Disabilities and Special Needs

The Edinburg Center

205 Burlington Road
Bedford, MA 01730
781.862.3600
<http://www.edinburgcenter.org>

The Center's mission is distinguished by our longstanding belief that all individuals have the potential to learn, the capacity for change and the right to live a meaningful life in the community of his or her choice. Our mission is to provide an array of innovative services which promote personal growth and independence, foster hope and enhance the quality of life of people with mental health conditions, co-occurring substance use conditions and/or developmental disabilities or brain injuries. The Center maintains a specific commitment to providing services to persons whose complex and challenging needs have typically been barriers to successful community living.

Riverside Family Support Center

300 West Cummings Park, Suite 354

Woburn, MA 01801

781.801.5247

<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024

Waltham, MA 02454

781.891.0724

Hotline: 800.899.4000

<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Saheli

11 Bedford Street

Burlington, MA 01803

1.866.4SAHELI -(1.866.472.4354)

<https://saheliboston.org>

Saheli, a community-based organization with the mission to empower South Asian women and their families to live safe and healthy lives. Saheli is uniquely focused on the needs of South Asians (from Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka). Saheli staff and volunteers speak several South Asian languages, including Hindi, Urdu, Bengali, Gujarati, Punjabi and others.

We offer survivors of domestic violence a variety of free services. We support people of many religions, ethnicity, age, gender or sexual orientation. Our popular community programs serve immigrants and families from all over the world and include financial aid to manage a domestic violence incident, funds to develop workplace skills, free computer and financial literacy classes, free counseling from two licensed counselors and social workers. This is a small community and we understand the need for privacy and confidentiality.

Food Assistance

Lexington Interfaith Food Pantry

Church of Our Redeemer

6 Meriam Street

Lexington, MA 02420

781.861.5060

<https://lexingtonfoodpantry.wordpress.com>

Anyone desiring to receive food assistance must present a letter of need from a social worker, stating that there is a need for food assistance and the number of adults and children in the family.

Currently new clients are being accepted from Lexington and two bordering communities, Lincoln and Winchester, which do not have their own pantries. Lexington residents may shop weekly, while residents of other towns may shop only one Saturday per month.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Lexington Housing Authority

One Countryside Village
Lexington, MA 02420
781.861.0900
<http://www.lexingtonhousing.org>

The Lexington Housing Authority provides housing assistance to low income residents through the management of programs such as Low Rent Public Housing and the Housing Choice Voucher Program – Section 8. These programs are income based and the eligibility guidelines are set by HUD.

Mental Health and Substance Abuse

LYFS (Lexington Youth and Family Services)

First Parish Church (private entrance on right side of church)
7 Harrington Road
Lexington, MA 02421
781-862-0330
<https://www.lyfsinc.org>

LYFS (Lexington Youth and Family Services) mission is to “strengthen the safety net” for Lexington teens and their families by providing walk-in, accessible crisis counseling services for Lexington teens who are suicidal or self-destructive.

LYFS began as a drop in crisis counseling center in Lexington Center in the First Parish Church on the Battle Green. LYFS is open from 1-6 pm on Wednesdays and Fridays. If you don’t have an appointment, please use our drop-in hours, which are from 2:30 - 4:00 pm on Wednesdays and Fridays. We are a resource for Lexington teens who are struggling, feeling stressed, anxious, depressed or just need a place to talk and get support.

Senior Services

Lexington Senior Center

Community Center
39 Marrett Road
Lexington MA 02421
781.698.4840

<https://www.lexingtonma.gov/human-services/senior-services>

Activities for citizens 60 years of age and older and those with disabilities, can be found at the new Community Center at 39 Marrett Road. Activities at the Senior Center are supported by the Council on Aging Board, appointed by the Town Manager, and the Friends of the Council on Aging, a group who raises funds and provides other support to the organization. A list of activities can be found in our newsletter, published every other month and mailed to all residents 65 and older.

CareOne at Lexington

178 Lowell Street
Lexington, MA 02420
781.778.3600
<http://ma.care-one.com>

CareOne at Lexington is a newly renovated, premier skilled nursing facility serving patients in need of short term rehabilitation and medical management programs. With 4 Board Certified Geriatricians leading our expert nursing and rehabilitation teams, the clinical outcomes our patients achieve are outstanding. Short term rehabilitation goals are defined and include improving the quality of life for our patients recovering from surgery or acute illnesses.

Sexual Health

Boston IVF

450 Bedford Street
Suite 1000
Lexington, MA 02421
800.858.4832
<https://www.bostonivf.com>

Boston IVF are dedicated to helping couples bring home healthy babies. Boston IVF provides comprehensive diagnosis, evaluation, consultation, and treatments for infertility and fertility preservation.

Support Groups

Alanon/Alateen

Meetings are held at St. Brigid’s Parish Center, 1997 Massachusetts Ave, Room 21 on Wednesday mornings at 10:00AM.

2001 Massachusetts Ave
Lexington, MA 02421

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

NAMI Family Support Group

The Edinburg Center
205 Burlington Road
Bedford, MA 01730
Meetings: 1st & 3rd Tuesdays
6:30–8:30 pm
Contact: Janet at 781.761.5287
jhodes@edinburgcenter.org

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants. They are designed for loved ones (18 and over) of individuals living with mental illness. Group meetings are facilitated by a trained team of family members of individuals living with mental illness. All meetings are confidential and will not recommend or endorse any medications or other medical therapies for your family member.

Transportation Services

Lexpress

Community Center
39 Marrett Road
Lexington, MA 024201
781.861.1210
transportation@lexingtonma.gov

Lexpress runs Monday through Friday from 6:35 am – 6:30 pm during the school year, and from 7:00 am – 6:30 pm during July and August. The Town of Lexington Transportation Services Division oversees Lexpress operations. The Division is part of the Human Services Department.

Veterans Services

Veterans' Services Officer

Community Center
39 Marrett Road
Lexington, MA 02421
781.698.4848
<https://www.lexingtonma.gov/veterans-services>

The objective of the Veterans' Services Officer to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Lowell

Access to Health Care

Lahey Hospital & Medical Center, Burlington

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Our Burlington location serves more than 3,000 patients per day through our 335-inpatient hospital beds, our ambulatory care center, 24-hour emergency department and American College of Surgeons verified Level II trauma center. You have access to a variety of specialists dedicated to compassionate care and service in one hospital.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Lowell Community Health Center

161 Jackson Street
Lowell, MA 01852
978.937.9700
<http://www.lchealth.org>

Lowell Community Health Center provides access to high quality, affordable health care to children and adults of all ages -- regardless of their ability to pay. The Health Center has many specialty services in addition to comprehensive primary health care. Health Center patients may choose a primary care physician, nurse practitioner or certified nurse midwife from our team of more than 40 board certified medical providers. Behavioral health services are integrated into the care provided at the Health Center. Patients are able to schedule visits with certified mental health professionals working at the Health Center. Employees speak 28 different

languages, and at least 40 staff are trained medical interpreters.

SHINE (Serving Health Information Needs of Everyone) Program

Lowell Senior Center
276 Broadway Street
Lowell, MA 01854
978.674.4131

SHINE counselor is available Mondays from 8:30-10:30 AM.

Lowell Health Department

341 Pine Street
Lowell, MA 01852
978.674.4010
<http://www.lowellma.gov/275/Health>

Our mission is to preserve, maintain and advance the City's public health standards. The Health Department strives to promote and protect the health and wellness of the people within Lowell: residents, workers and visitors.

Child, Parent and Family Support

Big Brother Big Sister of Greater Lowell

155 Merrimack Street
Lowell, MA 01852
978.459.0551
<http://www.commteam.org/how-we-help/community-volunteering/big-brothers-big-sisters-of-greater-lowell>

Big Brothers Big Sisters of Greater Lowell matches youth, ages 7-15 with caring, adult mentors to serve as another trusted adult and role model in the child's life. Our vision is that all children achieve success in life. We strive to accomplish this by providing children facing adversity with strong, enduring, and professionally supported 1-to-1 relationships that change their lives for the better, forever. Big Brothers Big Sisters of Greater Lowell has two site-based programs at the Stoklosa Middle School in Lowell, MA, and the Dutile Elementary School in Billerica, MA.

Brigid's Crossing – Merrimack Valley Catholic Charities

221 Pawtucket Blvd
Lowell, MA 01854
978.454.0081

<https://www.ccab.org/location-merrimack>

Brigid's Crossing serves young mothers and helps them to learn the value of responsibility and independence while helping them to achieve their goals. All of our shelters are staffed by trained men and women who help guide each resident through their path to self-sufficiency and independent living. Most residents are referred through the DHCD Emergency Shelter program.

Community Teamwork Inc.

Administration
155 Merrimack Street
Lowell, MA 01852
978.459.0551
Resource Center
17 Kirk St.
Lowell, MA 01852
978.459.0551
<http://www.commteam.org>

Child and Family Services: 978.454.5100

Energy and Community Resources: 978.459.6161

Housing and Homelessness Center: 978.459.0551

Community Teamwork Inc. offers an extensive range of services and programs that assist with family and children, finances, education and job training, food and nutrition, and housing and utilities.

Trauma & Family Integration (TFI), LLC

144 Merrimack Street, Ste 302
Lowell, MA 01852
978.677.7823
<https://www.tfilowell.com>

Our mission at TFI is to use culturally-sensitive, trauma-informed therapeutic model to deliver treatment that uniquely meets the needs of each individual, each family that we serve, in an effort to enable them manage and where possible overcome their mental health challenges and live fully. We have an experienced, dedicated, culturally diverse team of clinicians who speak English, Spanish, Portuguese, Korean, Amharic, among other languages.

Grandparents as Parents – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421
<https://www.ccab.org>

The Grandparents as Parents (GAP) program reaches out to those raising a second family, often their grandchildren, during a time when they were expecting to experience retirement. There is a confidential help line with access to

information and referrals, group support, and informational workshops and seminars.

Massachusetts Society for the Prevention of Cruelty to Children

151 Warren Street
Lowell, MA 01852
978.937.3087
<https://www.msppcc.org>

Massachusetts Society for the Prevention of Cruelty to Children is a private, non-profit society dedicated to leadership in protecting and promoting the rights and well-being of children and families. Services are provided both in the home and through community-based locations across the state of Massachusetts.

The Parent Aide Program – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421
<https://www.ccab.org>

Catholic Charities Parent Aide Program provides home visits from a parenting mentor to families involved with the Department of Children & Families. The program provides support to parents through the development of nurturing relationships geared to improve parental self-esteem and insure a safe home environment for their children.

United Teen Equality Center, Inc.

35 Warren St
Lowell, MA 01852
978.441.9949
<https://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. We are now serve older youth, ages 17-25.

Women, Infants, and Children (WIC)

45 Kirk St
Lowell, MA 01852
978.454.6397
<https://www.mass.gov/women-infants-children-wic-nutrition-program>

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods,

breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Thom Anne Sullivan Center

126 Phoenix Ave
Lowell, MA 01852
978.453.8331
<http://www.thomchild.org/locations/lowell-anne-sullivan-center/>

Thom Anne Sullivan Center is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Our nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

YMCA of Greater Lowell

35 YMCA Drive
Lowell, MA 01852
978.454.7825
<http://greaterlowellymca.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704
<http://www.lowellassociationfortheblind.org>

Lowell Association for the Blind (LAB) is a non-profit, community based organization dedicated to working with the blind and visually impaired. LAB's mission is to support, educate, and nurture the blind and visually impaired residents of the Greater Merrimack Valley by helping them enrich their lives and gain independence.

Domestic Violence

Alternative House

11 Kearney Square
Lowell, MA 01851
978.454.1436
Toll Free Hotline: 888.291.6228
<https://www.alternative-house.org>

The mission of Alternative House is to facilitate the creation of a society in which violence against women will no longer exist. As a means to this end, we offer shelter, support, options, counseling, and legal advocacy for all battered women (and their children) who seek our help.

Milly's Place

360 Pawtucket Street
Lowell, MA 01854
978.458.8853

Milly's Place has the capacity to shelter 6 families until permanent housing is found. Clients should be referred by the DTA and meet DTA criteria. Milly's Place offers advocacy, counseling services, and referrals. Spanish is spoken by the staff.

Food Assistance

Basic Needs Program – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421
<https://www.ccab.org>

The Basic Needs Program is designed to meet immediate needs by helping people with emergency food, referrals for housing search information, counseling, and holiday assistance when available.

Community Servings

18 Marbury Terrace
Boston, MA 02130
617.522.7777
<https://www.servings.org>

Community Servings provides home-delivered meals and nutrition services to individuals and families living with critical and chronic illnesses. Our made-from-scratch meals are medically tailored – meaning they’re customized to meet the nutritional and medical needs of our clients who are fighting illnesses like HIV/AIDS, diabetes, cancer, kidney disease, and many others. We offer 15 medical diets, with up to three combinations per client. We deliver to 21 cities and towns in Massachusetts. We provide meals for the client and family members including a caregiver (parent/spouse), and children under the age of 18.

Lowell Food Pantry

70 Lawrence Street
Lowell, MA 01852
978.452.1421
<https://www.ccab.org>

Lowell Food Pantry assists Residents of Lowell, Dracut, Chelmsford, Billerica, Westford, Dunstable, Pepperell, and Tyngsboro.

Merrimack Valley Food Pantry

735 Broadway Street
Lowell, MA 01854
978.454.7272
<https://mvfb.org>

The Merrimack Valley Food Pantry is a community-supported non-profit organization that provides nutritious food and personal care items to emergency feeding programs serving the low-income, homeless and hungry. They are one of four food banks in Massachusetts that serves food pantries, shelters and meal programs that in turn, serve individuals and families.

Women, Infants, and Children (WIC)

45 Kirk Street
Lowell, MA 01852
978.454.6397

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic

benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

House of Hope

812 Merrimack Street
Lowell, MA 01854
978.458.2870
<http://houseofhopelowell.org>

Houses of Hope operates as a temporary shelter, providing advocacy and care for homeless families. Services include emergency food and clothing. HOH offers on-site behavioral and physical health support and referrals. Employment internship positions are available on-site for adult residents who have little prior success with employment.

Lowell Housing Authority

350 Moody Street
Lowell, MA 01854
978.364.5311
<https://www.lhma.org>

The Lowell Housing Authority team, working in partnership with other housing providers, local government, nonprofit organizations, provide quality housing and a variety of social service programs that assist residents in achieving their highest level of self-sufficiency.

Lowell Transitional Living Center

205-209 Middlesex Street
Lowell, MA 01852
978.458.9888
<http://ltlc.org>

Lowell Transitional Living Center (LTLC) provides the most vulnerable adults in our community with shelter, showers, laundry, and food. Case Managers specialize in housing, financial assistance, and health and wellness. They are here to empower guests and become partners in the journey from homelessness to housing.

Case Managers promote overall stability, emphasizing physical and behavioral health and nutrition. When needed, our case managers work with those in need of drug/alcohol rehabilitation through relationships with local rehabilitation programs, as well as providing transportation.

Merrimack House Family Shelter

423 Pawtucket Street
Lowell, MA, 01854
978.459.0551 x223

Provided through Community Teamwork, Inc., CTI Merrimack House offers a temporary, safe, and supportive environment for homeless families. Through the use of advocacy and education, families are assisted in becoming increasingly self-sufficient. The program offers educational, financial, legal, parenting and housing resources.

Mental Health and Substance Abuse

Lahey Health Behavioral Services – Lowell Emergency Psychiatric Care & Mobile Crisis Team

391 Varnum Avenue
Lowell, MA 01854
978.455.3397
800.830.5177
<http://www.nebhealth.org>

The Community Crisis Stabilization (CCS) Program is a six-bed program for adults (18+) who have MassHealth, Medicare, or who are uninsured. The typical length of stay is 3-5 days. The team provides emergency psychiatric assessments and supportive services in a variety of settings, including homes, schools, outpatient clinics and hospitals. The team also provides ongoing crisis counseling services until the client can be connected to ongoing providers. Open 7 days/week. Mobile Crisis Intervention (MassHealth children and adolescents (under 21 years old) The 24/7 Mobile Crisis Team works with youth and their families with serious emotional disturbances, plus up to seven days of ongoing crisis counseling, support and stabilization.

Arbour Health System – Counseling Services Programs

10 Bridge Street
Lowell, MA 01852
978.453.5736
<https://arbourhealth.com/>

AHS/CSP clinicians work directly with clients, their families, and treatment teams to provide therapy and individual treatment plans that reflect consistent goals and coordination of care.

The Lowell facility provides individual, couple, family, and group counseling starting at age 5 as well as psychiatric

services. Counselors provide support through the coordination of services and referrals to meet the needs/goals of the patient. Areas of specialized support include; Child and Adolescent Therapy, ADD/ADHD support, School-based Services, Women's Issues, Multicultural Issues, Dual Diagnosis, Psychopharmacology, and PDD/Asperger's. Groups available include; Coping Skills, Spanish Speaking women's and men's groups, Boys Group, Anxiety Reduction, Social Skills, and Parenting. Languages spoken include Greek, Khmer, Russian, and Spanish.

Habit OPCO

22 Olde Canal Dr
Lowell, MA 01851
978.452.5155

Habit OPCO is a comprehensive treatment program providing quality medicated-assisted treatment to individuals in the Greater Lowell area seeking interventions for addictive disorders with a primary focus on opioid abuse and dependence. The primary goals of the program are to assist individuals we serve to improve their quality of life and increase public safety within our community.

Greater Lowell Health Alliance

295 Varnum Ave.
Lowell, MA 01854
978.934.8368
<https://www.greaterlowellhealthalliance.org>

The Greater Lowell Health Alliance brings together healthcare providers, business leaders, educators, and civic and community leaders with a common goal to improve the overall health of our communities.

Lowell House Inc. – Outpatient Substance Abuse Services

555 Merrimack Street
Lowell, MA 01854
978.459.8656
<http://lowellhouseinc.org>

Lowell House, Inc. (LHI) offers a variety of support, advocacy, community outreach and prevention programs. Our programs cover a broad range of inpatient and outpatient treatment and living options that support recovery across a lifetime.

Senior Services

Elder Services of the Merrimack Valley, Inc

280 Merrimack St, Suite 400
Lawrence, MA 01843
978.683.7747
<https://www.esmv.org>

Elder Services of the Merrimack Valley, Inc. is a private non-profit agency serving elders and disabled adults who reside in Northeast Massachusetts. Our mission is to support an individual's desire to make their own decisions, secure their independence, and remain living in the community safely.

Elder Services Care Managers and Nurses work with thousands of elders and family members each day to make sure they have the right services, living arrangements, and access to good health care and benefits. We contract with over 70 different care providers to ensure services delivered meet a variety of individual needs.

Lowell Senior Center

276 Broadway Street
Lowell, MA 01854
978.674.4131
<http://www.lowellma.gov/373/Senior-Center>

The City of Lowell Senior Center is brought to you by the City's Council On Aging and is focused on delivering a variety of services such as nutrition, health, recreation, transportation, referral information, and low-income programs to the elderly in Lowell. The Senior Center is a multi-purpose center that plays a major role in Healthy Aging & assisting seniors with aging in place and remaining independent in their community.

CareOne at Lowell

19 Varnum Street
Lowell, MA 01850
978.454.5644
<http://ma.care-one.com>

CareOne at Lowell, is dedicated to providing the most sophisticated Medical and Neuro-Rehabilitative Care in the industry. Our unique program focuses on the treatment of individuals with traumatic brain injuries, Huntington's Disease and other neurological disorders. By cultivating a structured and supportive environment, we help our residents acquire functional living skills they need to rebuild their lives. Using principles and techniques of behavioral analysis, cognitive behavioral therapy and neuropsychological rehabilitation, our staff creates experiences that maximize positive change. Most importantly, a primary goal is to restore each individual to his or her optimal level of functionality and independence.

Sexual Health

Lowell Community Health Center

Lowell Community Health Center
OB/Family Planning
161 Jackson Street,
Lowell, MA 01852
978.446.0236
<http://www.lchealth.org>

Lowell Community Health Center offers full services of Prenatal/Postpartum and GYN care. We have Health Educators to educate patients and the community on reproductive health and wellness as well as assist patients with finding health services. They also provide quality, affordable and confidential reproductive health care services for both male and female adults and adolescents. Teens receive confidential services, and parental consent is not needed. Additional Services Include: Birth control information and services Childbirth education, Referrals to support services, such as WIC, Gynecological/cervical cancer screenings and gynecological surgeries, HIV counseling and testing, Testing and treatment of STDs (sexually transmitted diseases), Testing and treatment of urinary tract infections, abnormal pap smears and breast exams.

Support Groups

Alanon/Alateen

Meetings are held at Saints Medical Center, Bartlett St at Hospital Drive, 1st Floor Conference Room. Meetings occur on Sunday evenings at 6:30 pm.

Saints Medical Center
1 Hospital Drive
Lowell, MA 01852

Meetings are held at Christ Church United on Saturdays at 9:30 am.

1 Bartlett St
Lowell, MA 01852

The Center for Hope and Healing, Inc.

21 George Street, Suite 400
Lowell, MA 01852
978.452.7721
<https://www.chhinc.org>

The Center for Hope and Healing has been working to support survivors and create communities free from sexual violence. CHH currently offers two adult support groups that meet bi-weekly. One is a Spanish speaking support group & the other is a English speaking support group. Both groups are 18+, all-gender, and drop-in, which means participants do not have to sign up ahead of time.

Lowell House Inc. – Outpatient Substance Abuse Services

555 Merrimack Street
Lowell, MA 01854
978.459.8656
<http://lowellhouseinc.org>

Lowell House, Inc. (LHI) offers a variety of support, advocacy, community outreach and prevention programs. Our programs cover a broad range of inpatient and outpatient treatment and living options that support recovery across a lifetime.

Massachusetts Alliance of Portuguese Speakers (MAPS) – Domestic Violence & Sexual Assault Services Program

11 Mill Street
Lowell, MA 01852
978.970.1250
<https://www.maps-inc.org>

Our program works with victims of Domestic Violence and Sexual Assault, helping them along the road to recovery and providing them with the information and tools to go from victim to survivor.

Our caseworkers offer crisis intervention, safety planning, information, guided referrals, medical and legal advocacy, supportive listening and related services around domestic violence and sexual assault. MAPS also conducts outreach and education in the community.

Narcotics Anonymous

Meetings are held at Pawtucket Congregational Church on Wednesday evenings at 7:30 pm.

15 Mammoth Rd
Lowell, MA 01854

Transportation Services

The Lowell Regional Transit Authority (LRTA)

115 Thorndike Street
Lowell, MA 01852
<http://lrta.com>

The LRTA can be reached at:
Road Runner Office
978.459.0152, 113 Thorndike Street

Main Admin Office
978.459.0164, 115 Thorndike Street

Parking 978.459.0164 x 206
Email: Parking@lrta.com

The LRTA provides fixed route bus services and paratransit services to the city and 14 surrounding communities. These connect at the Gallagher Intermodal Center to the Lowell Line of the MBTA commuter rail system, which connects Lowell to Boston. The terminal is also served by several intercity bus lines including Greyhound and Peter Pan.

The LRTA offers commuter parking at the Gallagher Intermodal Center and at the North Billerica Train Station.

The LRTA Road Runner offers a curb to curb Paratransit service available to residents within the LRTA service area and who are 60 years of age or more. All of the Road Runner services are shared ride services intended to safely and efficiently transport as many passengers at a time as possible. Reservations must be made at least two business days in advance. Please be advised that all customers must be registered with Road Runner prior to transportation arrangements being made.

Road Runner's service can be used for many purposes including work, medical, shopping, social and recreational reasons depending on the service area.

Road Runner provides services to residents in Acton, Billerica, Carlisle, Chelmsford, Dracut, Groton, Lowell, Maynard, Pepperell, Tewksbury, Townsend, Tyngsborough, and Westford.

MBTA Commuter Rail Service

Lowell Line stops in Lowell, North Billerica, Wilmington, Woburn, Winchester, and Medford.

Veterans Services

Lowell Veterans Center

10 George Street, Gateway Center
Lowell, MA 01852
978.453.1151

Veterans' Services Officer
City Hall
Lowell, MA 01852
978.674.4066

The Veteran's Center offers readjustment counseling to assist veterans transitioning back to civilian life after they have served in a combat zone. They offer bereavement counseling for family members who lost someone in combat.

Sexual abuse counseling is available to those who experienced it while serving. Group, family, and individual counseling is also available. They also offer resources for individuals who are experiencing issues with substance abuse, depression, PTSD, employment resources, and need help accessing veteran benefits.

MassHire Lowell Career Center

107 Merrimack Street
Lowell, MA 01852
978.458.2503
<https://masshirelowellcc.com>

The MassHire Lowell Career Center is part of the Massachusetts One-Stop Career Center System serving the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsborough and Westford. The Lowell Career Center operates under the direction of the City of Lowell and is chartered by the MassHire Greater Lowell Workforce Board. Through this model, local employment and training services have been consolidated to build a strong workforce development system.

Lynn

Access to Health Care

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Medical Center, Peabody includes a 24-hour emergency department and a 10-bed hospital. We combine advanced technology, research and medical education to provide the best care possible. You benefit from specialty resources at our medical centers and top-quality primary care services at community-based practices throughout northeastern Massachusetts.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Lynn Board of Health

3 City Hall Square
Lynn, MA 01901
781.598.4000
http://www.ci.lynn.ma.us/citydepartments_publichealth.shtml

The public health division is a division of inspectional services department and is responsible for ensuring the health and welfare to the inhabitants of the city through the oversight of all health related issues.

Lynn Community Health Center

269 Union St.
Lynn, MA, 01901
781.581.3900
<http://www.lchcnet.org>

Comprehensive health care of the highest quality to everyone in our community, regardless of ability to pay.

Child, Parent and Family Support

Pathways for Children

79 Willson St
Salem, MA 01970
978.515.5400
<https://pw4c.org>

Pathways is a leading provider of education and care programs on the North Shore of Massachusetts. Our year-round programming, including Head Start and Early Head Start, serves children birth to age 13 and their families. We have centers in Gloucester, Beverly and Salem.

Our comprehensive, all-inclusive educational programming offers meals, nutrition assessment, health and developmental screenings, referrals for special education services, family support, enrichment programs and transportation when necessary.

Boys & Girls Club of Lynn

25 North Common St
Lynn, MA 01902
781.593.1772
<https://bgcl.org/>

The Boys & Girls Club of Lynn was established to provide youth with a place to gather constructively both afterschool and in the summer. Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

Girls Incorporated of Lynn

50 High Street
Lynn, MA 01902
781.592.9744
<https://girlsinclynn.org/>

Girls Inc. delivers life-changing programs and experiences that equip girls to overcome serious barriers to grow up Strong, Smart, and Bold. Our research-based programming is delivered by trained professionals who focus on the development of the whole girl, supporting, mentoring, and guiding girls in an affirming, pro-girl environment. Here, girls learn to value their whole selves, discover and develop their inherent strengths, and receive the support they need to navigate the challenges they face.

Disabilities and Special Needs

North Shore Community Action Programs

119 Rear Foster Street
Building 13
Peabody, MA 01960
978.531.0767
<https://www.nscap.org>

NSCAP is a private, non-profit organization that provides a wide range of social services that enable low-income families and individuals to obtain the skills and knowledge they need to become economically self-sufficient, civically engaged, and to live in dignity and decency. NSCAP programs and services cover five key areas: Education and Training, Economic Stabilization, Housing and Homelessness Prevention, Energy Services, and Home Care.

Communitas

30 Audubon Rd
Wakefield, MA 01880
781.587.2440
<https://communitasma.org>

Communitas provides individualized support for people of all abilities. We offer family-centered services and resources – as well as employment and volunteering opportunities – for more than 1,000 families from Lynn, Lynnfield, Medford, North Reading, Reading, Stoneham, Wakefield and surrounding communities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street
Salem, MA 01970
978.744.8552
Gloucester Outreach Office: 978.283.8642
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

Food Assistance

St. Stephen's Food Pantry

74 South Common St.
Lynn, MA 01902
781.599.4220
<http://www.ststephenslynn.org>

A pantry distributing emergency food free to anyone with legitimate photo id. We give away identical bags of largely canned or dry goods to individuals and slightly larger bags to legitimately-identified families (adults with resident children under 16). 3 to 4pm on Friday, except for the first Friday of each month. New clients must have: Proof of Lynn address, Photo ID for adults, Birth certificate or health card for children.

Greater Lynn Senior Services

8 Silsbee St.
Lynn, MA 01901
781-599-0110
WWW.GLSS.NET

Lynn Council on Aging Meals on Wheels

Meals on Wheels brings meals to people over 60 who are homebound and unable to prepare their own meals. Meals are delivered between 9 AM and Noon, Monday through Friday, except holidays. If you're isolated and homebound, you can arrange for frozen meals that you can use over the weekend.

Food pantry is open the third Friday of the month 9:30-12:30pm. Must be 60 or older, pre-register and meet income guidelines.

SALVATION ARMY - LYNN Emergency Food

1 Franklin Street
Lynn, MA 01902
781-598-0673
<http://www.salvationarmyma.org/lynn>

Food Pantry is open Mondays, Wednesdays and Fridays, 9:00 – 11:30 am. Must be resident of either Lynn, Lynnfield, Nahant, Saugus, and Swampscott. Photo ID and proof of residency required. Clients are welcome to visit once every 30 days. In addition, there is a weekly Grocery Store Surplus Food Distribution on Tuesdays and Thursdays at 12:00 p.m. All welcome.

My Brother's Table

98 Willow Street
Lynn, MA 01901
781.595.3224
<http://www.mybrotherstable.org>

My Brother's Table serves free meals Monday Through Friday 11:45 - 12:30 PM and 5:30 - 7:15 PM. We also serve on Saturday and Sunday 2:30 - 4:15 PM. Everyone Is Welcome! They also offer a free dinner shuttle delivering food to critically ill individuals and families each week and a weekly medical clinic to receive basic medical care and personal care items.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Lynn Housing Authority

10 Church Street
Lynn, MA 01902
781.581.8600
<http://www.lhand.org>

Lynn Housing Authority & Neighborhood Development (LHAND) has had a mission of assisting low and moderate-income families and individuals with safe and affordable housing. Our emphasis is on fostering economic independence and providing homeownership opportunities. LHAND continues to be committed to enhancing the quality of our community and building stronger, healthier neighborhoods by providing a wide range of neighborhood services and funding a variety of grant and loan programs that address the needs of renters, owners, homebuyers, and nonprofit housing providers.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305

<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Lynn Shelter Association

91 Liberty St
Lynn, MA 01901
781.581.0739
<http://www.lsahome.org/>

The Lynn Shelter Association believes every person deserves a place to call home. Our mission is to provide a safe environment for each individual to define and pursue their goals for independence and self-sufficiency. We work alongside individuals and families to create a supportive environment- by listening and building relationships- empowering them to define and pursue their goals. We provide shelter, supportive services, housing solutions and access to a continuum of community supports to more than 1,000 individuals and families at risk for and experiencing homelessness each year.

Mental Health and Substance Abuse

Bayridge Hospital

60 Granite St.
Lynn, MA 01902
781.477.6940
<http://www.nebhealth.org>

Bayridge is a 62 bed psychiatric hospital that offers continuum of chemical dependency and psychiatric services on an inpatient, partial hospitalization and outpatient basis.

Ryan House

100-110 Green Street
Lynn, MA 01902
781.593.9434
<http://www.nebhealth.org>

Ryan House is a treatment focused halfway house for those seeking recovery from addiction and related mental health issues. It accepts both adult men and women.

Senior Services

Greater Lynn Senior Services

8 Silsbee St
Lynn, MA 01901
781.586.8687
WWW.GLSS.NET

Greater Lynn Senior Services offers information, referral, and advocacy on a wide range of aging-related issues. They coordinate in-home services, such as homemaking, personal care, and meals on wheels to help people remain independent in their own homes.

Lynn Council On Aging

8 Silsbee Street
Lynn, MA 01901
781-599-0110
http://www.lynnma.gov/departments/councilonaging.shtml#gpm1_1

The Council On Aging is responsible for all senior activities. We are not a club; the center is open to anyone 60 years of age or older as well as those over 50 years with a disability at the Director's discretion.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

140 Commonwealth Avenue
Danvers, MA 01923
781.438.9600
<https://www.cardonerepromed.com>

The mission of Cardone Reproductive Medicine and Infertility (CRMI) has been to provide the most cutting-edge fertility treatments and the most compassionate care available to help patients achieve their dream of becoming parents. This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. Additionally, Dr. Cardone is on staff as a surgeon at Beverly Hospital and at Winchester Hospital.

Support Groups

Alanon/Alateen

Stop And Shop. Enter on pharmacy side. conference room on second floor. Meetings occur Sunday at 10:00 AM.

35 Washington St
Lynn, MA, 01904

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Medical Center, Peabody offer support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

MBTA Commuter Rail Service

Newburyport/Rockport Line stops in Rockport, Gloucester, Manchester, Beverly, Newburyport, Rowley, Ipswich, Hamilton, Salem, Swampscott, Lynn and Chelsea.

Greater Lynn Senior Services

8 Silsbee St
Lynn, MA 01901
781.477.4237
www.glss.net

Transportation requests for medical appointments. GLSS Medical runs Monday through Friday. Request lines are open from 8:00 a.m. to 4 p.m. GLSS requires a two business day notice. Passengers can travel to a doctor's appointment between 8:30 a.m. and 3:30 p.m. (8:30 being the first appointment and 3:30 being the last return.) GLSS service area includes Lynn, Lynnfield, Nahant, Saugus, & Swampscott. For more information or to schedule a ride: GLSS van reservations: 781-477-4237.

Veterans Services

Veterans Services

3 City Hall Square
Lynn, Massachusetts 01901
781.586.6911
<http://www.lynnma.gov/departments/veterans.shtml#>

The Lynn Department of Veterans Services is a one-stop shop for veterans and their families in need of information or assistance in obtaining any federal state or local veterans benefit to which they may be entitled. Our goal is to provide this service with the dignity.

Lynnfield

Access to Health Care

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Medical Center, Peabody includes a 24-hour emergency department and a 10-bed hospital. We combine advanced technology, research and medical education to provide the best care possible. You benefit from specialty resources at our medical centers and top-quality primary care services at community-based practices throughout northeastern Massachusetts.

Lahey Health Urgent Care

1350 Market St
Lynnfield, MA 01940
781.213.4050
<https://www.laheyhealth.org/what-we-offer/urgent-care/>

Daily, year-round care for all your urgent care needs, from sprains to flu, to lab testing and imaging, trust Lahey Health Urgent Care for affordable, easy to access, quality health care. Avoid a costly visit to an emergency room (and a long wait) for all your non-emergent and non-life threatening illnesses and injuries.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Lynnfield Board of Health

55 Summer St
Lynnfield, MA 01940
781.334.9480
<https://www.town.lynnfield.ma.us/board-health>

The mission of the Lynnfield Board of Health is to prevent illness,

promote wellness, and protect the environment as ascribed in our logo. In these endeavors, the Board of Health will make reasonable policies and regulations to protect and promote the public health and well being of our citizens.

Child, Parent and Family Support

YMCA of Metro North / Torigian Family YMCA

259 Lynnfield Street
Peabody, MA 01960
978.977.9622
<http://www.ymcametronorth.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Disabilities and Special Needs

North Shore Community Action Programs

119 Rear Foster Street
Building 13
Peabody, MA 01960
978.531.0767
<https://www.nscap.org>

NSCAP is a private, non-profit organization that provides a wide range of social services that enable low-income families and individuals to obtain the skills and knowledge they need to become economically self-sufficient, civically engaged, and to live in dignity and decency. NSCAP programs and services cover five key areas: Education and Training, Economic Stabilization, Housing and Homelessness Prevention, Energy Services, and Home Care.

Communitas

30 Audubon Rd
Wakefield, MA 01880
781.587.2440
<https://communitasma.org>

Communitas provides individualized support for people of all abilities. We offer family-centered services and resources – as well as employment and volunteering opportunities – for more than 1,000 families from Lynn, Lynnfield, Medford, North Reading, Reading,

Stoneham, Wakefield and surrounding communities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

SALVATION ARMY - Lynn Emergency Food

1 Franklin Street
Lynn, MA 01902
781-598-0673
<http://www.salvationarmyma.org/lynn>

Food Pantry is open Mondays, Wednesdays and Fridays, 9:00 – 11:30 am. Must be resident of either Lynn, Lynnfield, Nahant, Saugus, and Swampscott. Photo ID and proof of residency required. Clients welcome to visit once every 30 days. In addition, there is a weekly Grocery Store Surplus Food Distribution on Tuesdays and Thursdays at 12:00 p.m. All welcome.

Haven from Hunger

71 Wallis Street
Peabody, MA 01960
978.531.1530
<https://www.citizensinn.org/haven-from-hunger>

Haven from Hunger distributes emergency food to families throughout Peabody, Salem and Lynnfield. Eligibility restrictions for food pantry: proof of residence in Salem, Peabody, or Lynnfield and low income. There are no eligibility restrictions for the soup kitchen.

Food Pantry Hours: M,Tu,Th,F 10:30-2:30

Soup Kitchen: M,Tu,Th,F Dinner served at 5.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Lynnfield Housing Authority

600 Ross Drive
Lynnfield MA 01940
<http://lynnfieldhousing.org>

The Lynnfield Housing Authority (LHA) has a simple mission – to provide qualified families with safe, decent and affordable housing of the highest quality consistent with available funding. The uncertain economic times we are experiencing have made the way the mission is carried out more critical than ever. We have ensured that we rein in administrative spending to maximize the funding available to improve properties we own. The authority will continue to explore new development opportunities in a wider range of neighborhoods and expand our partnerships with others who share our vision.

Mission of Deeds

6 Chapin Avenue
Reading, MA 01867
781.944.9797
<http://www.missionofdeeds.org>

Mission of Deeds provides basic home essentials to those in need. Determined to improve the quality of life for these families, Mission of Deeds serves as a place where people can not only receive new beds and donated household essentials free of charge, but also be treated with kindness, respect, and compassion.

Mental Health and Substance Abuse

Riverside Outpatient Center

6 Kimball Lane, Suite 310
Lynnfield, MA 01940
781.246.2010
www.riversideecc.org

Our caring and skilled clinicians work with individuals and families to develop treatment solutions for adults, teenagers, and children who may be experiencing a mental illness, behavioral or emotional problems, or substance use concerns. Our approach is to build on an individual's strengths and potential through individual, group, and/or family counseling. Individuals also have access to treatment planning and consultation, medication management, as well as a large network of community services and local resources – including 24/7 emergency services.

Healthy Lynnfield

Lynnfield High School
275 Essex Street
Lynnfield, MA 01940
781.334.5820 x 1103
<https://ahealthylynnfield.org>

In an effort to promote a healthier and safer community, and in response to the rising misuse of opioids, The Town of Lynnfield formed The Lynnfield Substance Abuse Prevention Coalition, known as A Healthy Lynnfield (AHL).

Through coalition building, engagement of stakeholders, and implementation of proven best practices, municipal leaders in the Town of Lynnfield aim to reverse this crisis, save lives, and create a healthy, safe, and thriving community.

A Healthy Lynnfield engages town departments, residents, schools, parents, youth, the faith community, local government, businesses, civic organizations and health professionals in our work. Volunteers across the community are welcome to join in our efforts.

Senior Services

Greater Lynn Senior Services

8 Silsbee St
Lynn, MA 01901
781.586.8687
WWW.GLSS.NET

Greater Lynn Senior Services offers information, referral, and advocacy on a wide range of aging-related issues. They coordinate in-home services, such as homemaking, personal care, and meals on wheels to help people remain independent in their own homes.

Council On Aging

525 Salem Street
Lynnfield, MA 01940
781.598.1078
<https://www.town.lynnfield.ma.us/council-aging>

The Council On Aging is responsible for all senior activities. We are not a club; the center is open to anyone 60 years of age or older as well as those over 50 years with a disability at the Director's discretion.

Sunrise of Lynnfield

55 Salem Street
Lynnfield MA 01940
781-245-0668
<https://www.sunriseseniorliving.com/communities/sunrise-of-lynnfield/overview.aspx>

Sunrise of Lynnfield, a senior living community in Lynnfield, Massachusetts, not only offers higher levels of care and support required by those with memory loss—it offers a beautiful building that our residents love to call home. Our nursing staff and experienced Designated Care Managers are available around the clock to support the needs of all who live here.

Sexual Health

Fertility Solutions

One Essex Center Drive
Peabody, MA 01960
781.326.2451
<https://www.fertilitysolutionsne.com/contact-us/peabody-massachusetts>

Fertility Solutions is a patient-centered practice that provides a full spectrum of infertility diagnosis and treatment. From lifestyle modifications to the latest in assisted reproductive technology, Fertility Solutions offer a decidedly different, more personal approach to fertility care.

Support Groups

Alanon/Alateen

Center Congregational Church enter from back parking lot.
Meetings occur Monday at 7:30 PM.

5 Summer St
Lynnfield, MA, 01940

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases .

Free groups at Lahey Medical Center, Peabody offer support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

Greater Lynn Senior Services

8 Silsbee St
Lynn, MA 01901
781.477.4237
www.glss.net

Transportation requests for medical appointments. GLSS Medical runs Monday through Friday. Request lines are open from 8:00 a.m. to 4 p.m. GLSS requires a two business day notice. Passengers can travel to a doctor's appointment between 8:30 a.m. and 3:30 p.m. (8:30 being the first appointment and 3:30 being the last return.) GLSS service area includes Lynn, Lynnfield, Nahant, Saugus, & Swampscott. For more information or to schedule a ride: GLSS van reservations: 781-477-4237.

Lynnfield Senior Center Van

525 Salem Street
Lynnfield, MA 01940
781.598.1078
<https://www.town.lynnfield.ma.us/council-aging>

The Lynnfield Senior Van is available to all Lynnfield senior residents for medical appointments, pharmacy, library and shopping. We will pick up at your home and can travel to appointments within a 5-mile radius of Lynnfield, including Lynn, Wakefield, Saugus and Peabody. We cannot travel to appointments in Boston. We also offer rides to and from your home and the Senior Center. The van is used for multiple purposes; we will try to accommodate all medical requests. Please call the Center to arrange transportation at least 48 hours in advance.

Veterans Services

Veterans Services

55 Summer Street
Lynnfield, MA 01940
781.334.9440

<https://www.town.lynnfield.ma.us/veterans-services>

The mission of the Lynnfield Veterans' Services Department is to advocate on behalf of all veterans, and to provide them with quality support services. The Director of Veterans Services is available to assist and guide all qualifying veterans who seek and apply for both state and Federal benefits.

Manchester by the Sea

Access to Health Care

Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.4000

Addison Gilbert Hospital is a full-service, 58-bed medical/surgical acute care facility. The hospital provides inpatient and outpatient care to residents of the Cape Ann community in specialties such as cancer care, surgical day care, critical care and emergency medicine.

Lahey Health Urgent Care

480 Maple St
Danvers, MA 01923
978.304.8380
<https://www.laheyhealth.org/what-we-offer/urgent-care/>

Daily, year-round care for all your urgent care needs, from sprains to flu, to lab testing and imaging, trust Lahey Health Urgent Care for affordable, easy to access, quality health care. Avoid a costly visit to an emergency room (and a long wait) for all your non-emergent and non-life threatening illnesses and injuries.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE Program—Manchester-By-The-Sea Council on Aging

A SHINE Counselor is available at the Manchester Council on Aging by appointment. If you need an appointment, please call 978.526.7500.

Manchester-By-The-Sea Board of Health

10 Central Street
Manchester-by-the-Sea, MA 01944
978.526.7385
<https://www.manchester.ma.us/337/Board-of-Health>

The mission of the Board of Health is to protect the public health of the Town of Manchester-by-the-Sea through enforcement of health codes and regulations while promoting a healthy community.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000
<https://actioninc.org>

Action Inc. is a non-profit human service organization and the designated Community Action Agency serving primarily the City of Gloucester and the towns of Essex, Ipswich, Manchester, and Rockport, Massachusetts. Action also oversees energy conservation projects throughout the state. Action's programs aim to promote economic security, not dependency, by helping economically disadvantaged individuals and families in a number of unique ways.

Disabilities and Special Needs

Auditory-Verbal Communication Center

544 Washington St.
Gloucester, MA 01930
978.282.0025
www.avcclisten.com

The Auditory-Verbal Communication Center LSLS certified Auditory-Verbal Therapists to help parents teach their children who are deaf and hear of hearing to listen and talk.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street
Salem, MA 01970
978.744.8552
Gloucester Outreach Office: 978.283.8642
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

SeniorCare

Elder Abuse 24-hour Hotline at
1.800.922.2275

Reportable Conditions are:

- Physical, Emotional or Sexual Abuse
- Financial Exploitation
- Caretaker Neglect
- Self-neglect
- Financial exploitation

SeniorCare is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in the surrounding communities. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Food Assistance

Acord Food Pantry

69 Willow Street
South Hamilton, MA 01982
978.468.7424
<http://acordfoodpantry.org>

Acord Food Pantry was founded with the mission of empowering individuals and families to feed themselves in a nutritionally balanced way. Clients are allowed to shop once per week on any of the three days we're open and may choose from the variety of items we offer. Acord Food Pantry offers food assistance to residents of six towns north of Boston: Hamilton, Wenham, Topsfield, Ipswich, Essex, and Manchester by the Sea.

The Open Door/Cape Ann Food Pantry

28 Emerson Avenue
Gloucester MA, 01930
978.283.6776
<http://www.foodpantry.org>

The Open Door/Cape Ann Food Pantry provides a free emergency groceries once every seven days for income-qualified residents of Gloucester, Rockport, Ipswich, Manchester and Essex. Clients are asked to fill out a confidential form that helps the Food Pantry track its resources. They should be prepared to provide a name and birth date for each person receiving food in their household. The Open Door also offers prescreening for Food Stamp eligibility and application assistance. Clients can expect confidentiality and one-on-one attention.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
(978) 526-4852

Serving the communities of Beverly, Essex, Gloucester, Hamilton, Manchester, Rockport and Wenham, The Fund to Prevent Homelessness helps working families stay in their homes. The goal of the organization is to assist families before they lose their homes and fall into the vicious cycle of poverty.

Manchester Housing Authority

P.O. Box 608
Manchester, MA 01944
978.526.1850

The Housing Authority is authorized to manage the construction, financing, maintenance, and rental policies of low-cost housing for low-income families and the elderly.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025
<http://www.nebhealth.org/services-locations/community-service-agency>

Assists families to access services and coordinate care for children and youth with serious emotional disturbance. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

DISCOVER Program – Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.4001, x 422 or 586

DISCOVER at AGH provides an alternative to, or a step down from Addiction Treatment Program, Outpatient Counseling inpatient addiction care. DISCOVER provides crisis stabilization and support toward community integration. The program is based on a recovery model, which assists participants in regaining an optimal level of functioning in their community, family and vocational roles.

Lahey Health Behavioral Services – The Gloucester Clinic

298 Washington Street
Gloucester, MA 01930
978.283.0296

Lahey Hospital and Medical Center in partnership with Addison Gilbert Hospital offers outpatient mental health services to adults, teens and families.

Lahey Health Behavioral Services – Outpatient Methadone Clinic

298 Washington Street
Gloucester, MA 1930
978.283.0296

Lahey Hospital and Medical Center in partnership with Addison Gilbert Hospital offers outpatient mental health services to men and women in recovery from opiate addiction

Senior Services

Manchester-by-the-Sea Council on Aging

Town Hall
10 Central Street
Manchester, MA 01944
978.526.7500
<https://www.manchester.ma.us/371/Council-On-Aging>

The Council on Aging mission is dedicated to keeping elders as integral members of the community by supporting them through community services, resources and intergenerational activities. The Council also offers trips, events and classes throughout the year.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q
Beverly, MA 01915
978.705.4039
<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness.

Our board-certified physicians, nurse practitioners and medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

Support Groups

Low Vision Group at the Plains

The Low Vision Group meets every 2nd Monday of the Month at 2 pm. Transportation is available through the Council on Aging. Please call: 978.526.7500

Narcotics Anonymous

Meetings are held at the Manchester Community Center on Monday nights at 7:30 pm.

40 Beach Street
Manchester, MA 01944

Transportation Services

MBTA Commuter Rail Service

Newburyport/Rockport Line stops in Rockport, Gloucester, Manchester, Beverly, Newburyport, Rowley, Ipswich, Hamilton, Salem, Swampscott, Lynn and Chelsea.

Manchester-By-The-Sea Council on Aging Van

Town Hall

10 Central Street
Manchester, MA 01944
978.526.7500

The COA van provides transportation for seniors to attend events and classes at the senior center. They also offer weekly shopping trips. They request 24 hour notice for transportation. Please call 978.526.7500.

Veterans Services

North Shore Veterans Counseling Services, Inc.

45 Broadway Street
Beverly, MA 01915
978.921.4851

<http://www.northshoreveterans.com>

The Agency believes in "SERVING THOSE WHO SERVED US". Any individual who can show documented military service, or a family member, or a significant other of that veteran is eligible to seek assistance from the agency. The North Shore Veterans Counseling Services, Inc. though based in Beverly, serves veterans, combat and non-combat alike, and their families, at no fee, North of Boston.

Veterans' Services Officer

12 Emerson Ave.
Gloucester, MA 01930
978.281.9740

<http://gloucester-ma.gov/index.aspx?nid=147>

The Veterans' Agent reports to the Cape Ann Veterans District Board of Directors which is comprised of a representative of the three communities served by the district which are Gloucester, Rockport, and Manchester-by-the-Sea. The functions of the Veterans' Agent include: Assisting and providing information on compensation and other benefits available through the VA program. Administer the DVS

needs-based program of veterans assistance.

Gloucester Community Based Outpatient Clinic

199 Main Street
Gloucester, MA 01930
978.282.0676

https://www.bedford.va.gov/locations/Gloucester_Community_Based_Outpatient_Clinic.asp

The Gloucester Outpatient Clinic is one of three satellite clinics of the Bedford VA. At the Gloucester clinic we provide compassionate healthcare to eligible veterans in the Cape Ann /Gloucester area. Services provided are Primary Care, Mental Health Services, and Lab Blood Drawing.

Medford

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Medford Board of Health

85 George P. Hassett Drive, Room 311
Medford, MA 02155
781.393.2560
<http://www.medfordma.org/departments/health-department>

The Medford Board of Health's mission is to improve, preserve and protect the health of the citizens of the City of Medford. The Board will advocate for a safe environment, for reduction of known health risks, and for application of known preventive health measures. The Board will effect its mission through the health agents and staff and in cooperation with other local, State, and Federal agencies and departments.

Medford Council on Aging SHINE Program

101 Riverside Avenue
Medford, MA 02155
781.396.6010

Please call to set up an appointment.

Child, Parent and Family Support

Medford Family Network

Medford High School
489 Winthrop Street
Medford, MA 02155
781.393.2106
<https://www.medfordpublicschools.org/departments-programs/medford-family-network>

The Medford Family Network (MFN) of the Medford Public Schools is a family support and parenting education program that is available to every child and caregiver who lives or works in Medford with at least one child prenatal through age seven. The goal of the MFN is to create a strong web of support for all families of young children.

This is accomplished by making community connections in three ways: (1) connecting families to families; (2) fostering family contact with community resources; and (3) building collaborative relationships among community agencies.

Disabilities and Special Needs

Communitas

30 Audubon Rd
Wakefield, MA 01880
781.587.2440
<https://communitasma.org>

Communitas provides individualized support for people of all abilities. We offer family-centered services and resources – as well as employment and volunteering opportunities – for more than 1,000 families from Lynn, Lynnfield, Medford, North Reading, Reading, Stoneham, Wakefield and surrounding communities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

The Unitarian Universalist Church of Medford

147 High Street
Medford, MA 02155
<http://uumedford.org/connection/food-pantry>

It provides food for people in need every Thursday evening from 6:00-7:30. Clients must be 18 years old to receive food and have a picture I.D. with their address on it or a picture I.D. such as a passport plus an official piece of mail to show their address. The Food Pantry is open to all people in need. Clients typically receive two bags of food which they select themselves. Clients may come every week if they need to. Most clients come from Medford but also from Somerville, Malden, Everett, Chelsea, Cambridge, Revere, and other surrounding towns.

Women, Infants, and Children (WIC)

239 Commercial Street
Malden, MA - 02148
781.338.7578

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Medford Housing Authority

121 Riverside Avenue
Medford, MA 02155
781.396.7200
www.medfordhousing.org

The Medford Housing Authority is a leader in the development, management and administration of subsidized affordable housing for low-income elderly, family and disabled households. Our mission is to develop and manage safe, good quality, affordable housing for low-income individuals and families in a manner that promotes citizenship, community and self-reliance.

Heading Home

The Schrafft Center
529 Main Street, Suite 100
Charlestown, MA 02129
617.864.8140
<http://www.headinghomeinc.org>

Heading Home provides emergency, transitional and permanent housing, and support services, to low-income homeless and formerly homeless families and individuals in the communities of Boston, Cambridge, Somerville, Medford, Malden, Everett, Quincy, Chelsea and Revere.

Metro Housing|Boston

1411 Tremont Street
Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Marcus Mental Health Associates

898 Main Street
Winchester, MA 01890
781.721.2737
<http://marcusmentalhealthassociates.com/>

Therapists will treat all major mental health problems, including: anxiety, depression, attention deficit disorder, obsessive-compulsive disorder, marital and family conflicts, work and school problems, alcohol and drug addiction. They have active Vivitrol and Suboxone programs.

Mystic Valley Public Health Coalition

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

Mystic Valley Public Health Coalition (MVPHC) is a coalition of health departments representing Malden, Medford, Melrose, Stoneham, Wakefield and Winchester. It was developed to address Emergency Preparedness mandates from the Centers for Disease Control and Prevention (CDC). The MVPHC is a collaboration of both grant-funded and non-funded community coalitions.

Team Medford

Medford Board of Health
85 George P Hassett Drive
Room 311
781.393.2560
<http://www.teammedford.org>

Team Medford's mission is to provide information and support to existing systems in the Medford community, such as families, schools, police, businesses, hospitals and other organizations serving Medford to take action around issues that effect the health of the community and its people.

Senior Services

Council on Aging

Medford Senior Center
101 Riverside Avenue
Medford, MA 02155
781.396.6010
<http://www.medfordma.org/departments/council-on-aging>

The general mandate of the Medford Council on Aging is to be the primary advocate for Medford's older adults. To that end, the Council evaluates, promotes, encourages and provides new and existing services that are intended to enhance the quality of the lives of elder residents.

Mystic Valley Elder Services

300 Commercial Street, #19
Malden, MA 02148
781.324.7705
<https://www.mves.org>

Mystic Valley Elder Services, Inc. provides information, services and resources to elders and caregivers in Medford, North Reading, Reading, Stoneham, and Wakefield. The agency helps seniors live safely in their homes through comprehensive programs, most of which are low cost or free, depending on income.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St., Suite 150
Stoneham, MA 02180
781.438.9600
<https://www.cardonerepromed.com>

The mission of Cardone Reproductive Medicine and Infertility (CRMI) has been to provide the most cutting-edge fertility treatments and the most compassionate care available to help patients achieve their dream of becoming parents.

This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. Additionally, Dr. Cardone is on staff as a surgeon at Beverly Hospital and at Winchester Hospital.

Support Groups

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

Alanon/Alateen

Medford Senior Center Library. Meetings occur Monday at 10:30 AM
101 Riverside Ave
Medford, MA, 02155

Unitarian Universalist Church Rear door at ramp. Meetings occur Monday, Wednesday and Friday at 12:00 PM. There is also a meeting on Wednesday at 7:30 PM.

147 High St
Medford, MA, 02155

Transportation Services

TRIP Senior Transportation Program

781.324.7705
<http://www.medfordma.org/2013/06/11/trip-senior-transportation-program/>

If your parents don't drive and they are 60+ or adults living with a disability – or if you are in a similar situation – a free program from Mystic Valley Elder Services can help you stay active.

TRIP gives riders mileage reimbursement money to pay friends, neighbors, and in some cases, certain relatives to take them anywhere they need or want to go, any day, any time. Riders get to doctors and stores. They visit friends and family. They dine out or enjoy other social activities.

TRIP helps people expand their range of destinations, even if they use the senior center's van service or The Ride. Call (781) 324-7705 to apply.

SCM Transportation, Inc.

617-625-1191
www.scmtransportation.org

SCM Transportation, Inc. provides resident elders and handicapped individuals with rides to medical appointments. Funding for the service is provided through a Medford Community Development Block Grant (CDBG).

Nutrition-related transportation, both to the Medford Senior Center for the noon Congregate Meal, and for once-weekly food shopping, are also offered. Funding is provided through the Executive Office of Elder Affairs Formula Grant and CDBG. Call: 617-625-1191 for more information, and to schedule a ride.

Veterans Services

Veterans' Services

Medford City Hall, Room 100
85 George P. Hassett Drive
Medford, MA 02155
781.393.2505
<http://www.medfordma.org/departments/veterans/>

The objective of the City of Medford Department of Veterans Services is to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Middleton

Access to Health Care

Lahey Outpatient Center, Danvers

480 Maple Street
Danvers, MA 01923
978.774.4400
<https://www.beverlyhospital.org/locations--services/locations/lahey-outpatient-center-danvers>

Lahey Outpatient Center, Danvers is an outpatient facility with state-of-the-art care centers and specialty services. The facility includes multidisciplinary centers for Breast Health, Cardiovascular, Infectious Disease, Pain Management, and Spine care among others. The Day Surgery Center has four operating rooms featuring the latest in minimally invasive technologies for all types of conditions. The Lifestyle Management Institute offers several comprehensive programs designed to address healthy options for individuals coping with chronic conditions.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Middleton Health Department

195 North Main Street
Middleton, MA 01949
978.777.1869
<https://middletonma.gov/192/Health-Department>

Our mission is to improve public health through promoting an individual's well-being, preventing disease, and protection of an individual's health within the community.

Middleton Council on Aging SHINE Program

38 Maple Street
Middleton, MA 01949
978.777.4067

To schedule an appointment call 978.777.4067

Child, Parent and Family Support

Women, Infants, and Children (WIC)

4 Ocean Street
Beverly, MA - 01915
978.922.2110

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Danvers Community YMCA

34 Pickering Street
Danvers, MA 01923
978.774.2055
<https://www.danversymca.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Disabilities and Special Needs

Northeast Arc

Early Intervention-North Shore
149 Sylvan Street
Danvers, MA 01923
978.774.7570
<https://ne-arc.org>

The Northeast Arc helps people with disabilities become full participants in the community; choosing for themselves how to live, learn, work, socialize and play.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

North Shore Elder Services

Elder Abuse 24-hour Hotline at
1.800.922.2275

Reportable Conditions are:

- Physical, Emotional/Mental or Sexual Abuse
- Financial Exploitation
- Caretaker Neglect
- Self-neglect
- Financial exploitation

North Shore Elder Services is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in Danvers, Marblehead, Middleton, Peabody and Salem. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Food Assistance

Middleton Food Pantry

38 Maple Street
Middleton, MA 01949
<https://middletonma.gov/176/Food-Pantry>

The Middleton Council On Aging and Senior Center generously donated space for the food pantry. Clients can visit the food pantry on Fridays from 1 to 3 p.m. and select items to fill 2 grocery bags in a grocery store setting. Please bring proof of Middleton residency.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental->

nutrition-assistance-program-snap

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Women, Infants, and Children (WIC)

4 Ocean Street
Beverly, MA - 01915
978.922.2110

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Housing and Homelessness

Middleton Housing Authority

Orchard Circle
Middleton, MA 01949
978.774.4333

The Housing Authority is authorized to manage the construction, financing, maintenance, and rental policies of low-cost housing for low-income families and the elderly.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 364U
Beverly, MA 01915
978.922.0025
[http://www.nebhealth.org/services-locations/
community-service-agency/](http://www.nebhealth.org/services-locations/community-service-agency/)

Community Service Agency (CSA) serves families and children who are enrolled members of MassHealth or eligible to be enrolled in MassHealth Standard or CommonHealth. If you are a parent or guardian of a child who has a serious mental, behavioral or emotional difficulty, we can help to get you and your family the services you need. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

Tri-Town Council

7 Grove Street, Unit 202
Topsfield, MA 01983
978. 887.6512
<http://www.tritowncouncil.org>

Tri-Town Council is proud to have served the communities of Middleton, Topsfield and Boxford for five decades (1968-2018). We work with thousands of youth, parents, educators and vested community members providing parent education, youth programs, professional development, prevention services, after-school enrichment and various types of family and community support.

Senior Services

Middleton Council on Aging

38 Maple Street
Middleton, MA 01949
978.777.4067
<https://middletonma.gov/179/Council-on-Aging>

The mission of the Town of Middleton MA Council on Aging and Senior Center is to enhance and promote the best quality of life for elders in our community. By treating those we serve with respect, dignity, and interest, we strive to foster self-fulfillment and independence. Our vision is to provide a comfortable and welcoming environment, whether in our building or through our other outreach venues. We support

the rights and expectations of older adults through social participation, workforce training and placement, community involvement. We continuously strive to offer a wide variety of programs offering numerous benefits.

North Shore Elder Services

300 Rosewood Drive, Suite 200
Danvers, MA 01923
978.750.4540
<https://nselder.org>

North Shore Elder Services is a team of specialists making life easier for elders and those who care for them. We offer information, support, and solutions. Our specialists are experts in elder care. NSES offers a variety of successful elder care programs in the Danvers, Salem, Peabody, Middleton & Marblehead area, to ensure older adults can live life to the fullest. Most of the services are free, while others are low cost, and all are proven to deliver results.

The Residence at Pearl Street

75 Pearl Street
Reading, MA 01867
781.944.9200
<https://www.residencepearl.com/>

The Residence at Pearl Street offers Assisted Living and Reflections Memory Care for discerning seniors. Just The Residence at Pearl Street gives residents the peace and comfort that they're looking for in a friendly social atmosphere that promotes life, learning, laughter and continuous personal growth. Our Reflections Memory Care neighborhood is renowned for its approach, and benefits from our collaboration with Brigham & Women's Hospital, McLean Hospital and Harvard Medical School.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q
Beverly, MA 01915
978.705.4039
<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness. Our board-certified physicians, nurse practitioners and medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

Support Groups

Alanon/Alateen

First Church of Danvers, Congregational (corner of Hobart & Centre St.) park in church lot on Hobart St..walk through larger door to basement church hall. Meetings occur Tuesday at 7:30 pm.

41 Centre St
Danvers, MA, 01923

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Medical Center, Peabody offer support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

Middleton Council on Aging

38 Maple Street
Middleton, MA 01949
978.777.4067
<https://middletonma.gov/179/Council-on-Aging>

Transportation to and from our regular programming is free. In-town errands transportation on Friday mornings for a small fee of \$1.00. Out of town errands monthly for a small fee of \$3.00 . Medical escort program for \$6 per hour. We provide medical escorts for those without other means of getting to appointments. This is door-to-door service with a trusted, careful person. Please call for details. We request a minimum of two weeks notice to book appointments.

Veterans Services

Veteran's Services

48 S Main Street
Middleton, MA 01949
978.762.0611
<https://middletonma.gov/341/Veterans-Services>

The Office of Veterans' Services in the Town of Middleton has been an advocate for all veterans and their dependents. The Department advises and assists clients in obtaining benefits to which they are entitled.

North Reading

Access to Health Care

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Medical Center, Peabody includes a 24-hour emergency department and a 10-bed hospital. We combine advanced technology, research and medical education to provide the best care possible. You benefit from specialty resources at our medical centers and top-quality primary care services at community-based practices throughout northeastern Massachusetts.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800)988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts. The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

North Reading Council on Aging SHINE Program

157 Park Street
North Reading, MA 01864
978. 664.5600
<https://www.northreadingma.gov/council-aging>

SHINE Counselor Tuesday afternoons by Appointment Only from 1 p.m. to 3 p.m. Our counselor is available year round to help answer questions and fill out applications. Call the Center to make an appointment.

North Reading Board of Health

235 North Street
North Reading, MA 01864
978.357.5242
<https://www.northreadingma.gov/board-health>

Town Board Health include disease and injury prevention, promoting and offering immunization clinics, responding to bacterial illnesses, monitoring disease outbreaks, providing health education & prevention programs, provide health advisories, promoting health & wellness, nutrition and fitness information , tobacco control programs, environmental protection, respond to health hazards, ensuring water quality, monitoring waste disposal, investigating noise & air pollution, animal health, health monitoring, enforcement and ensuring of health and safety codes, health care access, and emergency preparedness and response.

Child, Parent and Family Support

Burbank YMCA / YMCA of Greater Boston

36 Arthur B Lord Drive
Reading, MA 01867
781.944.9622
<https://ymcaboston.org/burbank>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

North Reading Youth Services

235 North Street
North Reading, MA 01864
978.357.5281
<https://www.northreadingma.gov/youth-services>

North Reading Youth Services' mission is to allow for the voice of our youth to be heard in the community. We strive to establish youth-driven social and experiential activities and provide opportunities for young adults to become active members of our community. Through these programs we hope to foster a healthy self-image and encourage positive decision-making. We support families of all abilities and backgrounds.

Disabilities and Special Needs

Communitas

30 Audubon Rd
Wakefield, MA 01880
781.587.2440
<https://communitasma.org>

Communitas provides individualized support for people of all abilities. We offer family-centered services and resources – as well as employment and volunteering opportunities – for more than 1,000 families from Lynn, Lynnfield, Medford, North Reading, Reading, Stoneham, Wakefield and surrounding communities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

North Reading Food Pantry

235 North St
North Reading, MA 01864
978.276.0040
<http://www.nrfoodpantry.org>

Run by the Christian Community Service Organization of North Reading, the pantry is located in the North Reading Town Hall.

OPEN: Every Monday 9-10 am,
1st & 3rd Monday evenings 7-8 pm

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. We offer both perishable and non-perishable foods to supplement the food available from other sources.

Mystic Valley Elder Services

978.664.5600
<https://www.mves.org>

Mystic Valley Elder Services, Inc. provides hot/cold lunches to North Reading seniors every Monday-Friday at noon. There's a two dollar suggested donation per meal. Call the Senior Center at 978.664.5600 to order meal by 11am the day before.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Mission of Deeds

6 Chapin Avenue
Reading, MA 01867
781.944.9797
<http://www.missionofdeeds.org>

Mission of Deeds provides basic home essentials to those in need. Determined to improve the quality of life for these families, Mission of Deeds serves as a place where people can not only receive new beds and donated household essentials free of charge, but also be treated with kindness, respect, and compassion.

North Reading Housing Authority

Peabody Court
North Reading, MA 01864
978.664.2982
<http://www.northreadingha.org>

The mission of North Reading Housing Authority (NRHA) is to meet our community's housing needs by providing decent, safe and affordable housing through the administration of appropriate local, state and federal housing programs. It is NRHA's belief that housing is a basic right and the substance for a successful life. The NRHA will strive to assist everyone in securing affordable housing and an environment in which they can continue to be valuable members of the community.

Mental Health and Substance Abuse

Riverside Outpatient Center

6 Kimball Lane
Suite 310
Lynnfield, MA 01940
781.246.2010
www.riversidecc.org

Our caring and skilled clinicians work with individuals and families to develop treatment solutions for adults, teenagers, and children who may be experiencing a mental illness, behavioral or emotional problems, or substance use concerns. Our approach is to build on an individual's strengths and potential through individual, group, and/or family counseling. Individuals also have access to treatment planning and consultation, medication management, as well as a large network of community services and local resources – including 24/7 emergency services.

North Reading Community Impact Team

235 North Street
North Reading, MA 01864
978.357.5054
<https://www.northreadingma.gov/community-impact-team/pages/about-us>

The CIT is focused on community education and prevention efforts. With community support and assistance, the CIT has begun to form "Action Teams" to address quality of life issues by combating the problem, creating an open awareness and dialogue, and using a community-team approach to reducing issues. Action Teams are led by community volunteers and are vital to achieving identified objectives and solutions. Volunteers include parents, public safety officers, teachers, administrators, non-profits, businesses and many others.

Youth Substance Use Prevention Coalition

235 North Street
North Reading, MA 01864
978.357.5054

<https://www.northreadingma.gov/community-impact-team/pages/youth-substance-use-prevention-coalition-about-us>

The North Reading Youth Substance Use Prevention Coalition envisions an empowered community that promotes a substance-free lifestyle and is supportive to all who need help. It was created to reduce the use of harmful substances among North Reading Youth and improve the quality of life for all young people through support, education, and action.

Senior Services

Council on Aging

157 Park Street
North Reading, MA 01864
978.664.5600
<https://www.northreadingma.gov/council-aging>

The Council on Aging advocates for older adults by helping to meet their needs in areas of health, economic, social and cultural welfare. The Council encourages maximum independence and seeks to improve the quality of life of citizens of the Town of North Reading.

The Residence at Pearl Street

75 Pearl Street
Reading, MA 01867
781.944.9200
<https://www.residencepearl.com/>

The Residence at Pearl Street offers Assisted Living and Reflections Memory Care for discerning seniors. Just The Residence at Pearl Street gives residents the peace and comfort that they're looking for in a friendly social atmosphere that promotes life, learning, laughter and continuous personal growth. Our Reflections Memory Care neighborhood is renowned for its approach, and benefits from our collaboration with Brigham & Women's Hospital, McLean Hospital and Harvard Medical School.

Mystic Valley Elder Services

300 Commercial Street, #19
Malden, MA 02148
781.324.7705
<https://www.mves.org>

Mystic Valley Elder Services, Inc. provides information, services and resources to elders and caregivers in Medford, North Reading, Reading, Stoneham, and Wakefield. The agency helps seniors live safely in their homes through comprehensive programs, most of which are low cost or free, depending on income.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St., Suite 150
Stoneham, MA 02180
781.438.9600
<https://www.cardonerepromed.com>

The mission of Cardone Reproductive Medicine and Infertility (CRMI) has been to provide the most cutting-edge fertility treatments and the most compassionate care available to help patients achieve their dream of becoming parents. This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. Additionally, Dr. Cardone is on staff as a surgeon at Beverly Hospital and at Winchester Hospital.

Support Groups

Alanon/Alateen

Meetings are held at St. Athanasius Church, 300 Haverhill St, Parish Activity Center, ground floor. Meetings occur on Wednesday evenings at 7:30 pm.

300 Haverhill Street
Reading, MA 01867

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Medical Center, Peabody offer support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

Mystic Valley Elder Service's TRIP Metro North Program

781.388.4819

If you're 60+ or an adult living with a disability, don't drive and live in North Reading, you can still visit friends, dine out, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program gives you money to reimburse friends, neighbors and, in some cases, certain family members for taking you anywhere you want to go.

Council on Aging

157 Park Street
North Reading, MA 01864
978.664.5600
<https://www.northreadingma.gov/council-aging>

"Free" Van Transportation-In Town for North Reading Residents over 60. Please call at least 24 hours in advance 978.664.5600.

Veterans Services

Veterans Agent

235 North Street
North Reading, MA 01864
978.357.5212
<https://www.northreadingma.gov/veterans-services>

The mission of the North Reading Veterans' Department is to advocate for the Veterans, Spouses, and their dependents. Veterans Agent provides outreach through the community to educate them on the assistance and services available through local, state and federal agencies. The North Reading Veterans Department is committed to ensuring all Veterans and their dependents are served with the utmost courtesy, dignity, compassion, and respect while striving to render services and benefits in a timely manner.

Peabody

Access to Health Care

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960
978.538.4000
www.lahey.org

Lahey Medical Center, Peabody includes a 24-hour emergency department and a 10-bed hospital. We combine advanced technology, research and medical education to provide the best care possible. You benefit from specialty resources at our medical centers and top-quality primary care services at community-based practices throughout northeastern Massachusetts.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services
(800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

American Red Cross of Northeast Massachusetts

85 Lowell St.
Peabody, MA, 01960
978.922.2224
<https://www.redcross.org>

The Red Cross provides shelter, food, health and mental health services to help families and entire communities get back on their feet. Although the Red Cross is not a government agency, it is an essential part of the response when disaster strikes. The Red Cross works in partnership

with other agencies and organizations that provide services to disaster victims.

The Red Cross also helps military members, veterans and their families prepare for, cope with, and respond to the challenges of military service. The Red Cross offers emergency communications, training, support to wounded warriors and veterans, and access to community resources.

North Shore Community Health, Inc.

Peabody Family Health Center
89 Foster Street
Peabody, MA 01960
978.532.4903
<https://www.nschi.org>

North Shore Community Health has 3 family practice sites that include Salem Family Health Center, Peabody Family Health Center, and Gloucester Family Health Center. These sites have medical, dental and behavioral health services and serve individuals and families of all ages. NSCHI also has two School-Based Health Centers (Salem High School Teen Health Center and Peabody Veterans War Memorial High School Teen Health Center). No one seeking care at any of our sites will ever be denied access to services due to inability to pay. We also offer translation services, outreach and enrollment services and health education.

Peabody Council on Aging SHINE Program

Peabody Council on Aging
75R Central Street
Peabody, MA 01960
978.531.2254
<http://peabodycoa.org>

The SHINE Program provides free health insurance information, counseling and assistance in navigating the Medicare and MassHealth systems for seniors. Three of our staff are certified SHINE counselors and can provide accurate, unbiased and up-to-date information about health care options.

Peabody Dept of Health

24 Lowell Street
Peabody, MA. 01960
978-538-5926
<http://www.peabody-ma.gov/health.html>

The Peabody Department of Health and Human Services promotes the health and well-being of residents of (and visitors to) Peabody through the provision of school health services, public immunization clinics, communicable disease follow-up, health education, and the permitting and inspection of facilities such as food establishments, swimming pools, tanning salons, and housing.

Child, Parent and Family Support

North American Family Institute (NAFI)

300 Rosewood Drive, Suite 101
Danvers, MA 01923
978.538.0286
<https://www.nfima.org>

All NFI Massachusetts staff members are fully committed to engaging and inspiring each service recipient in a strength-based, individual and/or family focused treatment process that seeks to improve the physical, emotional and social quality of their lives. NAFI offers juvenile justice, behavioral health, adult, and community based services.

YMCA of Metro North / Torijian Family YMCA

259 Lynnfield Street
Peabody, MA 01960
978.977.9622
<http://www.ymcametronorth.org>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Disabilities and Special Needs

North Shore Community Action Programs

119 Rear Foster Street
Building 13
Peabody, MA 01960
978.531.0767
<https://www.nscap.org>

NSCAP is a private, non-profit organization that provides a wide range of social services that enable low-income families and individuals to obtain the skills and knowledge they need to become economically self-sufficient, civically engaged, and to live in dignity and decency. NSCAP programs and services cover five key areas: Education and Training, Economic Stabilization, Housing and Homelessness Prevention, Energy Services, and Home Care.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

North Shore Elder Services

Elder Abuse 24-hour Hotline at
1.800.922.2275

Reportable Conditions are:

- Physical, Emotional/Mental or Sexual Abuse
- Financial Exploitation
- Caretaker Neglect
- Self-neglect
- Financial exploitation

North Shore Elder Services is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in Danvers, Marblehead, Middleton, Peabody and Salem. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Food Assistance

Haven from Hunger

71 Wallis Street
Peabody, MA 01960
978.531.1530
<https://www.citizensinn.org/haven-from-hunger/>

Haven from Hunger distributes emergency food to families throughout Peabody, Salem and Lynnfield. Eligibility restrictions for food pantry: proof of residence in Salem, Peabody, or Lynnfield and low income. There are no eligibility restrictions for the soup kitchen.

Food Pantry Hours: M, Tu, Th, F 10:30-2:30

Soup Kitchen: M,Tu,Th,F Dinner served at 5.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Citizens Inn, Inc.

81 Main Street
Peabody, MA 01960
978.531.9775
<https://www.citizensinn.org>

Citizens Inn, Inc., now merged with Haven from Hunger, has worked toward ending homelessness and hunger across the North Shore. Our mission calls us to support everyone with dignity and respect, as they live in our emergency shelter, Citizens Inn Between; our sober living transitional housing shelter, Citizens Inn Transition; our affordable housing units, Citizens Inn Homes; or join us for meals as part of our Citizens Inn Haven from Hunger program. Through our work, we not only provide a safe place to stay and a meal on the table, but offer tools to empower families and individuals to find permanent solutions to break the patterns of instability in their lives.

The Inn Between

25 Holten Street
Peabody, MA 01960
978.532.2372
<https://www.citizensinn.org/programs-services/citizens-inn-between/>

The Inn Between offers emergency housing as well as a “community room” available for homeless families who are ineligible for shelter assistance from the state.

Peabody Housing Authority

75 Central St
Peabody, MA 01960
978.531.1938
<http://www.peabodyhousing.org>

The mission of the Peabody Housing Authority is to provide decent, safe, and sanitary housing opportunities in the City of Peabody, thereby improving the quality of life for low income families, those with disabilities, and the elderly on fixed incomes.

Family Promise North Shore Boston

330 Rantoul Street
Beverly, MA 01915
978-922-0787
<https://www.familypromisensb.org/>

Family Promise North Shore Boston aims to return newly homeless families to economic self-sufficiency, while serving each family that experiences homelessness in a manner that embraces the dignity and strength of the family. We are committed to keeping families together during their time of homelessness and to helping them through the process of finding support and housing.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 364U
Beverly, MA 01915
978.922.0025
<http://www.nebhealth.org/services-locations/community-service-agency/>

Community Service Agency (CSA) serves families and children who are enrolled members of MassHealth or eligible to be enrolled in MassHealth Standard or CommonHealth. If you are a parent or guardian of a child who has a serious mental, behavioral or emotional difficulty, we can help to get you and your family the services you need. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

Health Care Resource Centers Peabody

172 Newbury Street
Peabody, MA 01960
978.535.9190
<https://www.hcrcenters.com>

HCRC Peabody is an outpatient treatment facility that provides

medication-assisted treatment for those with opioid use disorder. Each patient has an individualized treatment plan along with individual and group counseling sessions

Family Continuity

9 Centennial Drive, Ste. 202
Peabody, MA 01960
978.927.9410
<http://familycontinuity.org/>

Family Continuity is a private, non-profit mental health and social services agency supporting Eastern and Central Massachusetts from hub offices in Peabody, Lawrence, Whitinsville, Worcester, Plymouth, and Hyannis. Our 36 program portfolio provides a spectrum of emotional, developmental, and behavioral programs for children, adolescents, adults, couples, families and seniors. Our services encompass community and home-based services as well as outpatient clinics that provide evidence-based, best practice therapies for individuals and families. Our treatment philosophy begins with meeting an individual's basic needs and creates a collaborative partnership between client and clinician.

The Inn Transition

42 Washington St,
Peabody, MA 01960
978. 531.9951
<https://www.citizensinn.org/programs-services/citizens-inn-transition/>

Citizens Inn Transition provides comprehensive case management to families in early recovery in a transitional sober housing environment. Nine sober living families and five emergency shelter families share this space, follow the same rules and expectations, and maintain a safe, supportive, sober, accepting, welcoming and recovery-oriented environment

Healthy Peabody Collaborative

6 Allens Lane
Peabody, MA 01960
978.538.6339
<http://www.healthypeabodycollaborative.org>

The Healthy Peabody Collaborative (HPC) works to reduce underage substance use while creating a healthier community for all who live, work and play in Peabody.

Senior Services

Peabody Council on Aging/Peter A. Torigian Community Life Center

Peabody Council on Aging
75R Central Street
Peabody, MA 01960
978.531.2254
<http://peabodycoa.org>

Managed by the Peabody Council on Aging, a service agency of the City of Peabody, the Center meets the diverse interests of Peabody residents in areas such as entertainment, fitness, education, social services, daycare, and recreation.

The Peter A. Torigian Community Life Center invites your participation. To learn more about the latest programs, events and volunteer opportunities or to receive our monthly publication "Tips & Topics" call the Center at 978.531-2254.

Harriett and Ralph Kaplan Estates, Peabody

240 Lynnfield Street
Peabody, MA 01960
978.532.4411
<https://chelseajewish.org/assisted-living/harriett-and-ralph-kaplan-estates-peabody/>

Harriett and Ralph Kaplan Estates offers 98 spacious studio and one-bedroom apartments with private baths, walk-in closets, kitchenette, microwave and individual heat control. Three meals a day prepared by a trained culinary chef and served in a private dining room. Residence also features fireplace lounge, living room, coffee shop, beauty salon, library, fitness center, beautifully landscaped grounds and outdoor gardens. Weekly housekeeping and linen service, daily assistance with such activities as dressing, bathing and dietary plans.

Alliance Health at Rosewood

22 Johnson Street
Peabody, MA 01960
978.535.8700
<http://www.alliancehhs.org/Skilled-Nursing-Home-Rehab-Peabody>

Alliance Health at Rosewood is a 135-bed, non-profit Medicare-certified skilled nursing facility. Our clinicians provide a wide range of medical and rehabilitative services, including post-acute care, short-term and long-term care, post-hospitalization rehabilitation, respite care, and hospice care. Focused on a holistic approach, we work directly with each residents and their family members to provide individualized quality care.

Brooksby Village

100 Brooksby Village Drive
Peabody, MA 01960
1.800.523.9704

<https://www.ericksonliving.com/brooksby-village>

Brooksby Village is a continuing care retirement community. Brooksby Village features spacious maintenance-free apartment homes, all with easy access to a host of popular amenities and services like a pool, restaurants, and a convenient on-site medical center. There are over 100 clubs and activities to keep your mind, body, and spirit thriving—plus a full continuum of on-site care if your health needs ever change.

Freedom Home Care

39 Cross Street, Suite 303
Peabody, MA 01960
978.531.6122
<http://www.freedomhomecarema.com>

Freedom Home Care was established to address the growing demand for high quality private pay home care services on Boston's North Shore. They are affiliated with Multicultural Home Care.

CareOne at Peabody

199 Andover Street
Peabody, MA 01960
978.531.0772
<http://ma.care-one.com>

CareOne at Peabody provides the loyal and dedicated staff required to successfully provide high acuity, post-hospital clinical care. Combined with rehabilitation services, up to 7 days a week, the patient-centered experience we offer will maximize your potential both medically and functionally. Whether you're in need of short term rehabilitation, medical management or long term care, the clinical care team at CareOne at Peabody will make your experience a motivating and inspiring one.

Pilgrim Rehabilitation and Skilled Nursing Center

96 Forest Street
Peabody, MA 01960
978.532.0303
<https://pilgrimrehab.org>

At Pilgrim, we are providing area families with top-quality skilled nursing care for short-term rehabilitation and long-term care. We focus on maximizing patient recovery, comfort and independence for the highest possible quality of life. From post-surgery and post-hospital rehabilitation to long-term care for a chronic illness, our highly skilled care teams provide compassionate attention and specialized care every step of the way.

Sunrise at Gardner Park

73 Margin Street
Peabody, MA 01960
978.532.3200

<https://www.sunriseseniorliving.com/communities/sunrise-at-gardner-park/overview.aspx>

Sunrise at Gardner Park offers assisted living, memory care, short-term stays and coordination of hospice care.

Sexual Health

Fertility Solutions

One Essex Center Drive
Peabody, MA 01960
781.326.2451
<https://www.fertilitysolutionsne.com/contact-us/peabody-massachusetts>

Fertility Solutions is a patient-centered practice that provides a full spectrum of infertility diagnosis and treatment. From lifestyle modifications to the latest in assisted reproductive technology, Fertility Solutions offer a decidedly different, more personal approach to fertility care.

Support Groups

Alanon/Alateen

Knights Of Columbus Hall, 96 Main St., Downtown Near City Library - 2nd Floor Room On Right - 1st Wed Step & Tradition. Meetings occur Wednesday at 7:30 pm.

96 Main Street
Peabody, MA 01960

Meetings are held in the basement of St. John's Rectory near City Hall on Saturdays at 1 pm.

17 Chestnut Street
Peabody, MA 01960

Alcoholics Anonymous

Meetings are held at St. Adelaide's Parish on Thursday evenings, 7:30-8:30 pm.

712 Lowell Street
Peabody, MA 01960

Lahey Medical Center – Peabody

One Essex Center Drive
Peabody, MA 01960

978.538.4000
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Medical Center, Peabody offer support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Narcotics Anonymous

Second Congregational Church
12 Maple Street
Peabody, MA 01960

NA Meetings are located at the Second Congregational Church in Peabody, MA. Meetings are held on Thursday evenings at 7:00 pm.

Transportation Services

Peabody Council on Aging

978.531.2254

Transportation offers door-to-door rides to Peabody residents upon request, for medical appointments, shopping, or trips to the Center. Wheelchair vans are also available. All reservations may be made up to two months in advance. BUT MUST BE MADE at least a full week before your appointment. We strive to accommodate every request. Due to our high volume of riders book your ride as early as possible. Ride donation of \$1.00 each way is greatly appreciated.

MBTA Bus 465 - Salem Depot - Liberty Tree Mall via Peabody & Danvers

Veterans Services

American Red Cross of Northeast Massachusetts

85 Lowell St.
Peabody, MA, 01960
978.922.2224
<https://www.redcross.org>

The Red Cross provides shelter, food, health and mental

health services to help families and entire communities get back on their feet. Although the Red Cross is not a government agency, it is an essential part of the response when disaster strikes. The Red Cross works in partnership with other agencies and organizations that provide services to disaster victims.

The Red Cross also helps military members, veterans and their families prepare for, cope with, and respond to the challenges of military service. The Red Cross offers emergency communications, training, support to wounded warriors and veterans, and access to community resources.

North Shore Veterans Counseling Services, Inc

45 Broadway Street
Beverly, MA 01915
978.921.4851
<http://www.northshoreveterans.com>

The Agency believes in "SERVING THOSE WHO SERVED US". Any individual who can show documented military service, or a family member, or a significant other of that veteran is eligible to seek assistance from the agency. We address the needs of the individual with confidentiality. The North Shore Veterans Counseling Services, Inc. though based in Beverly, serves veterans, combat and non-combat alike, and their families, at no fee, North of Boston.

Veterans' Services Officer

City Hall
24 Lowell St.
Peabody, MA 01960
978.538.5925
<http://www.peabody-ma.gov/veterans%20services.html>

The mission of the City of Peabody Veterans Services Department is to assist veterans and their dependents by providing services that may include applying for benefits, both state and federal, helping in employment and under employment situations along with monetary support.

Reading

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Reading Council on Aging SHINE Services

Pleasant Street Center
49 Pleasant Street -2nd Floor
Reading MA 01867
781.942.6658

To schedule an appointment call 781.942.6794

Reading Board of Health

16 Lowell Street
Reading, MA 01867
781.942.6653
<https://www.readingma.gov/board-of-health>

The mission of the Reading Board of Health is to protect and promote the health and well-being of the citizens of Reading and the quality of the environment.

Child, Parent and Family Support

Burbank YMCA / YMCA of Greater Boston

36 Arthur B Lord Drive
Reading, MA 01867
781.944.9622
<https://ymcaboston.org/burbank>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Connect the Tots

<http://connectthetots.org/>

Connect The Tots connects families in Reading, MA and surrounding communities through organized playgroups, member outings and local events. Connect The Tots is a great way to meet new friends and get involved in community activities! You can join a playgroup, or attend discounted or free group outings to some of the area's kid-friendly attractions. We also offer a "Meals for Moms" program that supplies meals for families who are bringing home a newborn and may need help with dinners during those first few weeks, as well as provide meals for families experiencing hardship and are in need of a helping hand.

MOMS Club

<http://readingmomsclub.org>

MOMS stands for Moms Offering Moms Support - our focus is on the Mom! Connecting with other Moms can be challenging and we offer a place to find that support with others in similar situations. Our members come from the Town of Reading and the surrounding towns. Moms of any age children are welcome. We see our role in the community as helping others, especially children. Some examples of this are our donation of passes to local public libraries (including the Peabody Essex Museum pass to the Reading Public Library), our drives for Room to Grow and the Reading Food Pantry, and our Meals for Moms program. Our goals are to provide a forum for topics of interest to mothers, to help children in the community, to perform at least one service project yearly helping children in Reading, MA & surrounding area, and, most of all, to support our member Moms and have fun!

Parents of Tots

<http://parentsoftots.org>

Parents of Tots is a volunteer-run, non-profit organization dedicated to supporting families with young children in Wakefield, Stoneham, Woburn, Reading, Melrose and surrounding communities by providing parents with the means to build a supportive social network for themselves

and their children. Trips, events, peer-to-peer support groups, and other events are designed for parents who work either full time or part time.

Triumph Center for Child and Adolescent Counseling

36 Woburn Street
Reading, MA 01867
781.942.9277
<https://triumphcenter.net/>

The Triumph Center is a counseling and consultation center. We 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. We also have a newer consultation and training service (CATA) to help young adults more successfully transition into colleges and technical schools.

Women, Infants, and Children (WIC)

30 New Crossing Road, #101
Reading, MA 01867
781.938.5161

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program. WIC is a federal program designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC has proven effective in preventing and improving nutrition related health problems within its population.

Disabilities and Special Needs

Communitas

30 Audubon Rd
Wakefield, MA 01880
781.587.2440
<https://communitasma.org>

Communitas provides individualized support for people of all abilities. We offer family-centered services and resources – as well as employment and volunteering opportunities – for more than 1,000 families from Lynn, Lynnfield, Medford, North Reading, Reading, Stoneham, Wakefield and surrounding communities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Reading Food Pantry

6 Salem Street
Reading, MA
781.944.8486
<https://www.readingma.gov/elder-human-services/pages/food-pantryloveflowers88>

The Reading Food Pantry is located at the Old South United Methodist Church in Reading. Hours of Operation: Monday 7-8 pm and Friday 10:30-11:30 am. Referral required by the city Social Worker.

Stoneham Board of Health Food Pantry

1 Church Street
Stoneham, MA 02180
781.438.0097
email:firstchurchstoneham@verizon.net

The Stoneham Board of Health Food Pantry is headquartered in the First Congregational Church of Stoneham. The pantry provides food in cases of emergency to residents of Stoneham and neighboring towns. Clients may visit the pantry once a month by calling the number provided to set up an appointment to come in and select groceries. The pantry is stocked with non-perishable food items that are donated by individuals, congregations, businesses and organizations.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Mission of Deeds

6 Chapin Avenue
Reading, MA 01867
781.944.9797
<http://www.missionofdeeds.org>

Mission of Deeds provides basic home essentials to those in need. Determined to improve the quality of life for these families, Mission of Deeds serves as a place where people can not only receive new beds and donated household essentials free of charge, but also be treated with kindness, respect, and compassion.

Reading Housing Authority

22 Frank Tanner Drive
Reading, MA 01867
781.944.6755
<http://readinghousing.org>

Our Mission is simple - Provide housing opportunities that create a better everyday life in our community. Reading Housing Authority effectively addresses the needs of low and moderate income residents by providing decent, safe, sanitary and affordable homes to live in. Going beyond "bricks and mortar" we strive to provide our residents with local, state and federal resources available to improve their quality of life.

Metro Housing|Boston

1411 Tremont Street
Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Riverside Outpatient Center

6 Kimball Lane
Suite 310
Lynnfield, MA 01940
781.246.2010
www.riversidecc.org

Our caring and skilled clinicians work with individuals and families to develop treatment solutions for adults, teenagers, and children who may be experiencing a mental illness, behavioral or emotional problems, or substance use concerns. Our approach is to build on an individual's strengths and potential through individual, group, and/or family counseling. Individuals also have access to treatment planning and consultation, medication management, as well as a large network of community services and local resources – including 24/7 emergency services.

Reading Coalition Against Substance Abuse

15 Union Street
Reading, MA 01867
<https://www.reading.k12.ma.us/community/rcasa/>

We are a coalition of youth & adults living and working in Reading, MA who promote a safe, healthy, vibrant community in which everyone makes healthy decisions and ensures that today's resources shape tomorrow's strengths.

Senior Services

Reading Council on Aging/Senior Center

Pleasant Street Center
49 Pleasant Street -2nd Floor
Reading MA 01867
781.942.6794
<https://www.readingma.gov/elder-and-human-services>

The Pleasant Street Center, "Reading's gathering place for "seniors", is the hub of activity for residents 60 and over. The Center is a welcoming place for all visitors, offering lunch Monday - Friday at 11:45 am (lunch reservations required) and a variety of programs throughout the week.

The Residence at Pearl Street

75 Pearl Street
Reading, MA 01867
781.944.9200
<https://www.residencepearl.com/>

The Residence at Pearl Street offers Assisted Living and Reflections Memory Care for discerning seniors. Just The Residence at Pearl Street gives residents the peace and comfort that they're looking for in a friendly social atmosphere that promotes life, learning, laughter and continuous personal growth. Our Reflections Memory Care neighborhood is renowned for its approach, and benefits from our collaboration with Brigham & Women's Hospital, McLean Hospital and Harvard Medical School.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St., Suite 150
Stoneham, MA 02180
781.438.9600
<https://www.cardonerepromed.com>

The mission of Cardone Reproductive Medicine and Infertility (CRMI) has been to provide the most cutting-edge fertility treatments and the most compassionate care available to help patients achieve their dream of becoming parents. This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. Additionally, Dr. Cardone is on staff as a surgeon at Beverly Hospital and at Winchester Hospital.

Family Acupuncture & Herbs of Reading, LLC

591 North Avenue
Wakefield, MA 01880
781.944.5443
www.readingacupuncture.com

Chinese medicine offers a safe, natural and effective alternative approach to wellness without the risk of side effects. Family Acupuncture & Herbs is a preferred provider for Lahey Clinic's Spine Center and one of four practitioners in Massachusetts certified by the American Board of Oriental Reproductive Medicine as specialists in treating infertility. Our treatments maximize your health by rebalancing the system head to toe using acupuncture (thin, sterilized needles), electro-acupuncture, Chinese herbal prescriptions, as well as nutritional and lifestyle counseling. Each patient undergoes a comprehensive evaluation and receives a customized treatment plan suited specifically to his or her unique situation.

Support Groups

Alanon/Alateen

Meetings are held at St. Athanasius Church, 300 Haverhill St, Parish Activity Center, ground floor. Meetings occur on Wednesday evenings at 7:30 pm.
300 Haverhill Street
Reading, MA 01867

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
www.lahey.org

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

Reading Council on Aging/Senior Center

781. 942.6794

Van transportation is a free service to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations are required 24 hours in advance by calling the Pleasant Street Center (781) 942-6794.

MBTA Commuter Rail Service

Haverhill Line stops in Haverhill, Bradford, Lawrence, Andover, Wilmington, Reading, Wakefield, Melrose and Malden.

Veterans Services

Veterans' Services Officer

16 Lowell Street

Reading, MA 01867

781.942.6652

<https://www.readingma.gov/veteran-services>

Our mission is to support the veterans residing in Reading by identifying veterans and their families in need of service and providing information and access to the services for which they are eligible under the law.

Rockport

Access to Health Care

Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.4000

Addison Gilbert Hospital is a full-service, 58-bed medical/surgical acute care facility. The hospital provides inpatient and outpatient care to residents of the Cape Ann community in specialties such as cancer care, surgical day care, critical care and emergency medicine.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

The SHINE Program

SHINE counselors are available at Addison Gilbert Hospital Monday-Friday and can be reached at 978.283.4001 ext 623.

SHINE is a Massachusetts state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.

Rockport Board of Health

Town Hall Annex
26 Broadway
Rockport, MA 01966
978.546.3701
<https://www.rockportma.gov/board-health/pages/public-health>

The Board of Health is comprised of public health experts and

physicians and oversees all aspects of the Town's public health awareness including the surveillance, treatment, and reporting of communicable diseases to the Massachusetts Department of Public Health. The Board of Health promotes awareness of general health issues on topics such as fluoride, smoking, air and water quality, hoarding, disease prevention, mental and physical health awareness, and many others.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000
<https://actioninc.org>

Action Inc. is a non-profit human service organization and the designated Community Action Agency serving primarily the City of Gloucester and the towns of Essex, Ipswich, Manchester, and Rockport, Massachusetts. ACTION also oversees energy conservation projects throughout the state. ACTION's programs aim to promote economic security, not dependency, by helping economically disadvantaged individuals and families in a number of unique ways.

Ben Beyea Youth & Teen Center

32 Pooles Lane
Rockport, MA 01966
978.546.3600
<https://www.northshoreymca.org/bubbles/ben-beyea-youth-teen-center-rockport>

Ben Beyea Youth & Teen Center was opened as a collaboration between the Town of Rockport and the YMCA, the Youth & Teen Center is located at Evans Field. Staff and teens have forged strong, healthy, enduring relationships while working together for the future of Rockport youth. The Youth & Teen Center gives teens a place to belong and a chance to have a good time while making healthy decisions. The Teen Center is open to all youth from 6th through 12th grade.

Disabilities and Special Needs

Old Farm Rockport

291 Granite St
Rockport, MA 01966
781.937.3199

<https://www.supportivelivinginc.org>

Old Farm Rockport (OFR) is a new independent affordable housing facility for survivors of brain injury and cognitive/neurological disorders.

Located in Rockport, Mass., OFR is a renovation of the Old Farm Inn at Halibut Point. OFR's main building, Norwood House, has four accessible bedrooms offering a home-like environment on the main floor. The adjacent building, Murphy House, has two accessible studio apartments on the main floor. Both buildings have a completely separate one-bedroom apartment on the second floor.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street
Salem, MA 01970
978.744.8552

24-hour Hotline: 1.800.547.1649

Gloucester Outreach Office: 978.283.8642

<https://hawcdv.org>

HAWC services include a 24-hour hotline, support groups, individual advocacy, legal advocacy, and hospital advocacy, children's services, a shelter program, community education, and a Parent-Child Trauma Recovery Program.

SeniorCare

Elder Abuse 24-hour Hotline at
1.800.922.2275

SeniorCare is an agency designated by the Commonwealth of Massachusetts to investigate reports of suspected abuse or neglect and provide services to elders in the surrounding communities. They strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

Reportable Conditions are:

- Physical, Emotional or Sexual Abuse
- Financial Exploitation

- Caretaker Neglect
- Self-neglect
- Financial exploitation

Food Assistance

The Open Door/Cape Ann Food Pantry

28 Emerson Avenue
Gloucester MA, 01930
978.283.6776

<http://www.foodpantry.org>

The Open Door/Cape Ann Food Pantry provides a free emergency groceries once every seven days for income-qualified residents of Gloucester, Rockport, Ipswich, Manchester and Essex. Clients are asked to fill out a confidential form that helps the Food Pantry track its resources. They should be prepared to provide a name and birth date for each person receiving food in their household. The Open Door also offers prescreening for Food Stamp eligibility and application assistance. Clients can expect confidentiality and one-on-one attention.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
(978) 526-4852

Serving the communities of Beverly, Essex, Gloucester, Hamilton, Manchester, Rockport and Wenham, The Fund to Prevent Homelessness helps working families stay in their homes. The goal of the organization is to assist families

before they lose their homes and fall into the vicious cycle of poverty.

Rockport Housing Authority

13 Millbrook Park
Rockport, MA 01966
978.546.3181
<https://www.rockportma.gov/housing-authority>

The Rockport Housing Authority (RHA) has provides the subsidized housing needs of low- and moderate-income families. The Housing Authority administers State and Federal rental assistance programs by helping families living at Millbrook Park, Kitefield Road, and throughout Massachusetts.

Harborlight Community Partners

283 Elliott Street
Beverly, MA 01915
978.922.1305
<https://harborlightcp.org/>

Harborlight Community Partners, Inc. is a non-profit, Massachusetts certified Community Development Corporation (CDC) with the capacity and sustainability to provide affordable housing across Southern Essex County. By anticipating the housing needs of the region's increasing underserved population and creating, preserving and operating safe, affordable housing units and supportive services, Harborlight Community Partners, Inc. strives to make homes available to all North Shore citizens, regardless of means.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 364U
Beverly, MA 01915
978.998.3601
<http://www.nebhealth.org>

Assists families to access services and coordinate care for children and youth with serious emotional disturbance. The CSA serves residents of the following towns/cities: Beverly, Danvers, Essex, Gloucester, Hamilton, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem and Wenham.

DISCOVER Program – Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.4001, x 422 or 586

DISCOVER at AGH provides an alternative to, or a step down from Addiction Treatment Program, Outpatient Counseling inpatient addiction care. DISCOVER provides crisis stabilization and support toward community integration. The program is based on a recovery model, which assists participants in regaining an optimal level of functioning in their community, family and vocational roles.

Lahey Health Behavioral Services – The Gloucester Clinic

298 Washington Street
Gloucester, MA 01930
978.283.0296

Lahey Hospital and Medical Center in partnership with Addison Gilbert Hospital offers outpatient mental health services to adults, teens and families.

Lahey Health Behavioral Services – Outpatient Methadone Clinic

298 Washington Street
Gloucester, MA 01930
978.283.0296

Lahey Hospital and Medical Center in partnership with Addison Gilbert Hospital offers outpatient mental health services to men and women in recovery from opiate addiction.

Link House, Inc.

37 Washington St.
Newburyport, MA 01950
978.462.7341
<https://linkhouseinc.org>

Link House, Inc. is a 503(c) non-profit organization that has been providing residential substance use services in the North Shore communities. The mission of Link House, Inc. is to provide the necessary tools that enable addicted men and women to recover and lead happy and productive lives.

Senior Services

Rockport Council on Aging/Rockport Senior Center

58 Broadway
Rockport, MA 01966
978.546.2573
<https://www.rockportma.gov/council-aging>

Rockport Council on Aging was established to design, promote, and implement services and programs that directly benefit our senior community. The COA serves as the focal point for Rockport seniors and their families in a safe and friendly environment. The center has noon lunches, classes, activities, a well-equipped kitchen, television, DVD, fitness classes, computer room, and fitness equipment available for use.

Seacoast Nursing and Rehabilitation Center

292 Washington Street
Gloucester, MA 01930
978.283.0300
<https://www.banecare.com/Seacoast-skilled-nursing-home-rehabilitation>

Seacoast Nursing and Rehabilitation Center provides a wide array of services enables patients and residents to receive the medical care they need, the restorative therapy they require, and the support they and their families deserve. Seacoast Nursing and Rehabilitation Center serves many types of patient and resident needs – from short-term rehabilitation to traditional long-term care.

Working with your physician, our staff – including medical specialists, nurses, nutritionists, therapists, dietitians and social workers – establishes a comprehensive treatment plan intended to restore the client to their fullest practicable potential.

Sexual Health

Health Quarters

100 Cummings Center, Suite 131-Q
Beverly, MA 01915
978.705.4039
<https://healthq.org>

Health Quarters provides confidential exams and counseling related to your sexual and reproductive health and wellness. Our board-certified physicians, nurse practitioners and

medical assistants are dedicated to providing accurate, evidence-based information, education and clinical care. We welcome people of all ages, sexual orientations and gender identities.

North Shore Health Project

5 Center Street
Gloucester, MA 01930
978.283.0101
<http://healthproject.org>

North Shore Health Project has been supporting the health and well being of people living on the North Shore for almost three decades. Originally formed by friends, loved ones, and those impacted by the HIV/AIDS epidemic, over the years NSHP has grown to include client advocacy, case management, needle exchange, community education, overdose prevention, testing for HIV, STI, and Hepatitis C, and LGBTQ services.

Support Groups

Addison Gilbert Hospital - Support Groups

298 Washington Street
Gloucester, MA 01930
978.283.4000

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families.

Free groups at Addison Gilbert Hospital offer a variety of support for health issues including: Breast Cancer, Diabetes, Stroke, and Widowed Persons.

NAMI Family Support Group

43 Gloucester Ave., Room 2A
Meetings: 2nd and 4th Tuesday of every month, 7–8:30 p.m.
978.281.1557
namicapeann@verizon.net

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other

participants. Meets may occur monthly or weekly for 90-minute sessions free of charge. They are designed for loved ones (18 and over) of individuals living with mental illness. Group meetings are facilitated by a trained team of family members of individuals living with mental illness. All meetings are confidential and will not recommend or endorse any medications or other medical therapies for your family member.

Transportation Services

Rockport Council on Aging/Rockport Senior Center

Transportation is provided by Cape Ann Transportation Authority, (CATA), Dial-a-Ride program. CATA provides transportation for medical appointments, local shopping, and mall shopping. Grocery shopping is every Tuesday from 11:45 am - 2 pm. You must call 978.283.7916 to make a reservation. The driver stops at Stop & Shop Gloucester, and Shaw's Market, Eastern Avenue, Gloucester, and Market Basket near Blackburn Circle. Cost is \$4.00 round trip.

MBTA Commuter Rail Service

Newburyport/Rockport Line stops in Rockport, Gloucester, Manchester, Beverly, Newburyport, Rowley, Ipswich, Hamilton, Salem, Swampscott, Lynn and Chelsea.

Veterans Services

Veterans' Services Officer

12 Emerson Ave.
Gloucester, MA 01930
978.281.9740
<http://gloucester-ma.gov/index.aspx?nid=147>

The Veterans' Agent reports to the Cape Ann Veterans District Board of Directors which is comprised of a representative of the three communities served by the district which are Gloucester, Rockport, and Manchester-by-the-Sea. The functions of the Veterans' Agent include: Assisting and providing information on compensation and other benefits available through the VA program. Administer the DVS needs-based program of veterans assistance.

Gloucester Community Based Outpatient Clinic

199 Main Street
Gloucester, MA 01930
978.282.0676
https://www.bedford.va.gov/locations/Gloucester_Community_Based_Outpatient_Clinic.asp

The Gloucester Outpatient Clinic is one of three satellite clinics of the Bedford VA. At the Gloucester clinic we provide compassionate healthcare to eligible veterans in the Cape Ann /Gloucester area. Services provided are Primary Care, Mental Health Services, and Lab Blood Drawing.

Stoneham

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Stoneham Senior Center SHINE Counseling

781.438.1157

Confidential SHINE (Serving the Health Information Needs of Everyone) on Medicare counseling is available at the Center on Tuesdays from 10:00 AM to Noon and Wednesdays from 11:00 AM to 2:00 PM. Our trained SHINE volunteer will help you with such things as Medicare, Medicaid, prescription drug coverage, and more. Call (781) 438-1157 to make an appointment.

Stoneham Board of Health

35 Central Street, Basement Level
Stoneham, MA 02180
781.279.2621
<http://www.stoneham-ma.gov/health-department>

The Board of Health promotes and protects the health and wellness of the community and performs the core functions of public health assessment, assurance and surveillance under the guidance of the Stoneham Board of Health.

Child, Parent and Family Support

Parents of Tots

<http://parentsoftots.org>

Parents of Tots is a volunteer-run, non-profit organization dedicated to supporting families with young children in Wakefield, Stoneham, Woburn, Reading, Melrose and surrounding communities by providing parents with the means to build a supportive social network for themselves and their children. Trips, events, peer-to-peer support groups, and other events are designed for parents who work either full time or part time.

Disabilities and Special Needs

Communitas

60-D Audubon Rd
Wakefield, MA 01880
781.587.2200
<https://communitasma.org>

Communitas provides individualized support for people of all abilities. We offer family-centered services and resources – as well as employment and volunteering opportunities – for more than 1,000 families from Lynn, Lynnfield, Medford, North Reading, Reading, Stoneham, Wakefield and surrounding communities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Stoneham Board of Health Food Pantry

1 Church Street
Stoneham, MA 02180
781.438.0097
email: firstchurchstoneham@verizon.net

The Stoneham Board of Health Food Pantry is headquartered in the First Congregational Church of Stoneham. The pantry provides food in cases of emergency to residents of Stoneham and neighboring towns. Clients may visit the pantry once a month by calling the number provided to set up an appointment to come in and select groceries. The pantry is stocked with non-perishable food items that are donated by individuals, congregations, businesses and organizations.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Stoneham Housing Authority

11 Parker Chase Rd
Stoneham, MA 02180
781.438.0734
<http://stonehamha.org>

The Stoneham Housing Authority is dedicated to providing safe, decent and sanitary housing options for low and moderate income individuals and families in the town of Stoneham.

Metro Housing|Boston

1411 Tremont Street
Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Psychological Care Associates

92 Montvale Avenue, Suite 2450
Stoneham, MA 02180
781.646.0500

<https://psycare.info>

Psychological Care Associates provides consultations in ADD/ADHD; re-evaluation of psychiatric medication, parenting concerns/questions, addictions, sleep disturbance, school risk assessment.

Psychotherapy & Specialty Services always begin with a thoughtful evaluation and goal setting. Therapy is individual, couples, family or group, and includes CBT, DBT, Dynamic or Interpersonal approaches.

Riverside Outpatient Center

6 Kimball Lane, Suite 310
Lynnfield, MA 01940
781.246.2010
www.riversidecc.org

Our caring and skilled clinicians work with individuals and families to develop treatment solutions for adults, teenagers, and children who may be experiencing a mental illness, behavioral or emotional problems, or substance use concerns. Our approach is to build on an individual's strengths and potential through individual, group, and/or family counseling. Individuals also have access to treatment planning and consultation, medication management, as well as a large network of community services and local resources – including 24/7 emergency services.

Mystic Valley Public Health Coalition

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

Mystic Valley Public Health Coalition (MVPHC) is a coalition of health departments representing Malden, Medford, Melrose, Stoneham, Wakefield and Winchester. It was developed to address Emergency Preparedness mandates from the Centers for Disease Control and Prevention (CDC). The MVPHC is a collaboration of both grant-funded and non-funded community coalitions.

Stoneham Substance Abuse Coalition

35 Central St.
Stoneham, MA 02180
781.850.0610

<https://www.stonehamcoalition.org>

The Stoneham Coalition for a Safe & Healthy Community has formed to address the epidemic of drug and alcohol abuse in our community. The Coalition's primary goal is to educate and prevent and has now evolved to take a more inclusive look at the causes that drive individuals to substance use, including mental health, bullying, social media, and work to decrease stigma.

Senior Services

Stoneham Council on Aging/Senior Center

136 Elm Street
Stoneham, MA 02180
781.438.1157

<https://www.stonehamseniorcenter.org/>

The mission of the Stoneham Council on Aging is to welcome all to the Senior Center and provide outstanding services to all seniors with kindness, respect, dignity and by offering services for social, nutritional, and medical needs, and to provide outreach to seniors in the community.

Arnold House Nursing Home

490 William Street
Stoneham, MA 02180
781.438.1116
<https://arnoldhousenursinghome.com/>

Arnold House Nursing Home is a licensed 22 bed private nursing home in a non-institutional setting reminiscent of the Victorian era. Our Mission is to strive for excellence in personal service and care through our devoted staff whose focus is to maximize the quality of life of all those we serve. Resident care is delivered with respect and dignity in a warm and welcoming environment.

Bear Hill Rehabilitation and Nursing Center

11 North Street
Stoneham, MA 02180
781.438.8515
<https://www.bearhillrehab.com/>

Bear Hill offers Skilled Nursing Services, a Sub-Acute Care Program, Short-Term Rehabilitation Services, Long Term Care Services and a Hospice Care program. Each of our services is designed to address the specific rehabilitation and care needs of a select group of patients and residents within our facility who seek the best quality of care available.

Fuller House of Stoneham

32 Franklin Street
Stoneham, MA 02180
781.438.0580
<http://www.fullerhouseofstoneham.net/>

Fuller house of Stoneham is a full-service senior living retirement home that offers comfortable accommodations to men and women over the age of 55.

This retirement home features 24-hour supervision, nutritious meals, complete medication management, and shower and personal care assistance by a dedicated, caring staff.

Life Care Center of Stoneham

25 Woodland Road
Stoneham, MA 02180
781.662.2545
<http://lifecarecenterofstoneham.com/>

Life Care Center of Stoneham features state-of-the-art therapies and focuses on physical, occupational and speech therapy on an inpatient basis. We are a continuum-of-care campus, offering assisted living, skilled nursing, rehabilitation and long-term care. Focusing on inpatient rehabilitation with 24-hour skilled nursing care, Life Care Center of Stoneham's in-house team of therapists and nurses provide the best care available, recognizing every patient's individuality. Our personalized approach keeps residents and patients at their maximum level of independence possible.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St., Suite 150
Stoneham, MA 02180
781.438.9600
<https://www.cardonerepromed.com>

The mission of Cardone Reproductive Medicine and Infertility (CRMI) has been to provide the most cutting-edge fertility treatments and the most compassionate care available to help patients achieve their dream of becoming parents. This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. Additionally, Dr. Cardone is on staff as a surgeon at Beverly Hospital and at Winchester Hospital.

Support Groups

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
<https://www.lahey.org>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

Transportation Service

Stoneham Council on Aging/Senior Center

781.438.1157

For all trips by the comfortable 14-passenger Senior Center van, please be ready at least 15 minutes prior to your pick-up time, and allow for 15 minutes after your scheduled pick-up time before calling the Center. If you need a ride call 781.438.1157.

MBTA Bus 132

The 132 Redstone - Malden Center Station provides service to the Stoneham area, connecting the town to Orange line rail service.

Veterans Services

Veterans' Services Officer

136 Elm Street, 1st Floor
Stoneham, MA 02180
781.279.2664
<http://www.stoneham-ma.gov/veterans-tax-workoff-program>

The purpose of the Department of Veterans Services is to provide Veterans Benefits, a public assistance program for veterans and dependants and for the conduct of the federal program to provide counseling, information and assistance for the acquisition of veterans benefits and services sponsored by the Department of Veterans Affairs (VA).

Tewksbury

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Tewksbury Council on Aging/Senior Center SHINE Counseling Services

We now have a volunteer SHINE Counselor at the Senior Center. She is available by appointment twice a month on Wednesday from 8:30AM to 11:30 AM. Contact the front desk to make an appointment at 978-640-4480.

Tewksbury Health Department

1009 Main Street, Lower Level
Tewksbury, MA 01876
978.640.4470
<https://www.tewksbury-ma.gov/health-department>

The Tewksbury Health Department promotes the personal and environmental health of the community through education and policy development supported by enforceable regulations, and collaboration with other people and organizations.

Child, Parent and Family Support

Thom Anne Sullivan Center

126 Phoenix Ave
Lowell, MA 01852
978.453.8331
<http://www.thomchild.org/locations/lowell-anne-sullivan-center/>

Thom Anne Sullivan Center is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Our nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704
<http://www.lowellassociationfortheblind.org/>

Lowell Association for the Blind (LAB) is a non-profit, community based organization dedicated to working with the blind and visually impaired. LAB's mission is to support, educate, and nurture the blind and visually impaired residents of the Greater Merrimack Valley by helping them enrich their lives and gain independence.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Tewksbury Community Pantry, Inc.

999 Whipple Road
Tewksbury, MA 01876
978.858.2273
<http://www.tewksburypantry.org/>

The Tewksbury Community Pantry provides short and long-term food assistance to Tewksbury residents in financial need and to people who are referred to the Pantry by Tewksbury clergy and the town clerk's office. Confidential assistance is given to everyone who receives food from the Pantry.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Tewksbury Housing Authority

Saunders Circle
Tewksbury, MA 01876
978.851.7392
<https://www.tewksbury-ma.gov/housing-authority>

Our goal is to promote adequate and affordable housing, economic opportunity and a suitable living environment free from discrimination.

Metro Housing|Boston

1411 Tremont Street
Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Tewksbury Treatment Center – Lahey Health Behavioral Services

365 East Street
Tewksbury, MA 01876
978.259.7000
<http://www.nebhealth.org/>

The Tewksbury Treatment Center is a 32-bed inpatient detoxification service that treats and cares for clients (men and women, 18 and older) in need of medical detoxification from alcohol, opiates and benzodiazepines.

Tewksbury CARES

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

Tewksbury CARES' mission is to increase awareness, promote education and provide resources to the Tewksbury community in an attempt to lessen the adverse effects of substance abuse. Tewksbury C.A.R.E.S.: is a Tewksbury Board of Health Initiative.

CleanSlate

170 Main Street, Units G4-G8
Tewksbury, MA 01876
781.348.9041
<https://www.cleanslatecenters.com/tewksbury-ma>

Cleanslate provides outpatient medication assisted treatment for opiate and alcohol addiction. We serve all of Merrimack Valley and the surrounding communities and accept many insurances including MassHealth, Medicare and most private plans. We also offer a self-pay plan for patients without insurance. On site counseling as well as care coordination provide support service as people travel down the road to recovery.

Department of Mental Health

365 East St
Tewksbury, MA 01876
978.863.5000
www.mass.gov/dmh

The DMH provides clinical, rehabilitative and supportive services for individuals with serious mental illness/emotional disturbances.

Senior Services

Tewksbury Senior Center

175 Chandler Street
Tewksbury, MA 01876
978.640.4480

<https://www.tewksbury-ma.gov/council-on-aging-0>

Tewksbury Council on Aging was created to enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life. Tewksbury Senior Center Services: Referral Services, Educational Seminars, Health Services (VNA Nurse, Podiatry Clinics, Exercise Programs), Community Programs, Hot Lunches, Meals on Wheels (by the Merrimack Valley Nutrition Project), Rehabilitation Equipment on Loan, Intergenerational Program, Recreational & Social Activities, Library, Reading Machine - Enlarges Print.

Blaire House of Tewksbury Assisted Living

10 Erlin Terrace
Tewksbury, MA 01876
978.851.3121

<http://www.elderservices.com/blairehouseoftewksbury/>

Caring and compassion coupled with high standards of healthcare delivery make Blaire House of Tewksbury a perfect choice when deciding on a Senior Living Community. Blaire House of Tewksbury offers an array of services: Nursing & Rehabilitation, Assisted Living Residences, Adult Day Health Center, Respite, Hospice, and Senior Transportation Services.

Bayberry at Emerald Court

2000 Emerald Court
Tewksbury, MA 01876
978.640.0194

<https://northbridgecos.com/bayberry-emerald-court-assisted-living/>

Bayberry offers all the benefits of community living: dining, housekeeping, transportation, and maintenance.

Bayberry at Emerald Court offers private apartments for seniors who need supportive services with personal care as well as private apartments within separate and secure Generations Program for people with Alzheimer's disease and other memory impairment.

Elder Services of the Merrimack Valley, Inc.

280 Merrimack St, Suite 400,
Lawrence, MA 01843
978.683.7747
<https://www.esmv.org>

Elder Services of the Merrimack Valley, Inc. is a private non-profit agency serving elders and disabled adults who reside in Northeast Massachusetts. Our mission is to support an individual's desire to make their own decisions, secure their independence, and remain living in the community safely.

Elder Services Care Managers and Nurses work with thousands of elders and family members each day to make sure they have the right services, living arrangements, and access to good health care and benefits. We contract with over 70 different care providers to ensure services delivered meet a variety of individual needs.

Sexual Health

Winchester Family Health Center

500 Salem Street
Wilmington, MA 01887
978.657.3910
<http://www.winchesterhospital.org>

Winchester Family Health Center works as a satellite office of the Winchester Hospital. As a full-service clinic, the Winchester Family Health Center has a walk-in clinic, mammography center, a cardiology center, and radiology services.

Lowell Community Health Center

OB/Family Planning
161 Jackson Street
Lowell, MA 01852
978.446.0236
<http://www.lchealth.org/>

Lowell Community Health Center offers full services of Prenatal/ Postpartum and GYN care. We have Health Educators to educate patients and the community on reproductive health and wellness as well as assist patients with finding health services. They also provide quality, affordable and confidential reproductive health care services for both male and female adults and adolescents. Teens receive confidential services, and parental consent is not needed. Additional Services Include: Birth control information and services Childbirth education, Referrals to support services, such as WIC, Gynecological/cervical cancer screenings and gynecological surgeries, HIV counseling and testing, Testing and treatment of STDs (sexually transmitted diseases), Testing and treatment of urinary tract infections, abnormal pap smears and breast exams.

Support Groups

Alanon/Alateen

Meetings are held at St. William's Church, 1351 Main St. Route 38, Parish Center building, rear entrance to basement. Meetings occur Monday mornings at 10:00AM.

1351 Main St.
Tewksbury, MA 01876

Huntington's Disease Support Group

Tewksbury Public Library
300 Chandler Street
Tewksbury, MA 01876
Contact: Cheryl Sullivan Staveley
978.256.7642
csull22@comcast.net

Meeting are held every 2nd Wednesday of the month from 6:30 pm – 8 pm at the Tewksbury Public Library. It is highly recommended to contact the group leader prior to attending your first meeting to be sure the group is running as scheduled.

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
<https://www.lahey.org>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Transportation Services

The Lowell Regional Transit Authority (LRTA)

Road Runner Office
113 Thorndike Street
978.459.0152
<http://lrta.com/>

LRTA Road Runner Services Monday- Friday 8:00am-4:00pm Tewksbury Office: 978.459-0152 Road Runner is a curb-to-curb service available to residents of Tewksbury who are at least 60 years of age and/or individuals who are disabled. This service can be used for many purposes, including work, medical appointments, shopping, social and recreational reasons. The fee to travel within town is \$1.00 each way.

Veterans Services

Veterans' Services Officer

1009 Main Street
Tewksbury, MA 01876
978.640.4485
<https://www.tewksbury-ma.gov/veterans-services>

The objective of the Veterans' Services Officer to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Wakefield

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE Program – Serving the Health Information Needs of Elders

The Serving the Health Information Needs of Elders (S.H.I.N.E.) Program provides information to elders and disabled adults to help them understand Medicare benefits and other health insurance options. Information is offered in group settings, and individual sessions. S.H.I.N.E. counselors also make home visits to those individuals who are homebound. All S.H.I.N.E. services are free and confidential. S.H.I.N.E. counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs. You can make an appointment with a counselor by calling your local Council on Aging or by contacting Elder Services 1-800-892-0890.

Wakefield Health Department

1 Lafayette Street
Wakefield, MA 01880
<http://www.wakefield.ma.us/health-department>

The Wakefield Health Department promotes the personal and environmental health of the community through education and policy development supported by enforceable regulations, and collaboration with other people and organizations.

Child, Parent and Family Support

Parents of Tots

<http://parentsoftots.org>

Parents of Tots is a volunteer-run, non-profit organization dedicated to supporting families with young children in Wakefield, Stoneham, Woburn, Reading, Melrose and surrounding communities by providing parents with the means to build a supportive social network for themselves and their children. Trips, events, peer-to-peer support groups, and other events are designed for parents who work either full time or part time.

Disabilities and Special Needs

Horizon House

78 Water Street
Wakefield, MA 01880
781.245.4272
<https://www.horizonhouseclubhouse.org/>

Horizon House is an employment and recovery center that offers people with mental health conditions hope and opportunities to achieve their full potential through peer support and rehabilitation. Our recovery and employment oriented programs help individuals gain self-confidence, build employment skills, and foster relationships. We offer extensive assistance in employment and education, and also offer dual recovery meetings, in-house health & wellness programs including a gym, and many social events.

Communitas

60-D Audubon Rd
Wakefield, MA 01880
781.587.2200
<https://communitasma.org>

Communitas provides individualized support for people of all abilities. We offer family-centered services and resources – as well as employment and volunteering opportunities – for more than 1,000 families from Lynn, Lynnfield, Medford, North Reading, Reading, Stoneham, Wakefield and surrounding communities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.686.4527
<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Stoneham Board of Health Food Pantry

One Church Street
Stoneham, MA 02180
781.438.0097
email:firstchurchstoneham@verizon.net

The Stoneham Board of Health Food Pantry is headquartered in the First Congregational Church of Stoneham. The pantry provides food in cases of emergency to residents of Stoneham and neighboring towns. Clients may visit the pantry once a month by calling the number provided to set up an appointment to come in and select groceries. The pantry is stocked with non-perishable food items that are donated by individuals, congregations, businesses and organizations.

Wakefield Interfaith Food Pantry

America Civic Center
467 Main Street
Wakefield, MA 01880
781.245.2510
www.wifoodpantry.org

The mission of the Wakefield Interfaith Food Pantry is to provide food and household necessities to Wakefield residents in need. We are guided by our belief that sometimes a helping hand is all you need to get back on your feet, and we hold the highest respect for our clients' privacy, dignity, and confidentiality.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Wakefield Housing Authority

26 Crescent St #1
Wakefield, MA 01880

781.245.7328
<http://wakefieldhousing.org/>

The goal of the Wakefield Housing Authority is to provide sanitary housing to low income families, the elderly and the disabled. Wakefield Housing Authority helps to provide affordable housing and economic opportunity, and to encourage individuals to achieve maximum independence.

Metro Housing|Boston

1411 Tremont Street
Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Riverside Outpatient Center

6 Kimball Lane, Suite 310
Lynnfield, MA 01940
781.246.2010
www.riversidecc.org

Our caring and skilled clinicians work with individuals and families to develop treatment solutions for adults, teenagers, and children who may be experiencing a mental illness, behavioral or emotional problems, or substance use concerns. Our approach is to build on an individual's strengths and potential through individual, group, and/or family counseling. Individuals also have access to treatment planning and consultation, medication management, as well as a large network of community services and local resources – including 24/7 emergency services.

Wake-UP

1 Lafayette St
Wakefield, MA 01880
339.219.4034
<http://wakefieldwakeup.org>

Wake-UP (Wakefield Unified Prevention Coalition) is a group of concerned community members, providers, public officials, youth, and parents. The group uses proven strategies to address and reduce the unique community factors that contribute to high risk behavior in youth and promotes the development of healthy Wakefield youth and families. We are led by a full time project director and part time youth coordinator, who help lead the coalition to implement several

strategies including: increased community education, building skills in youth, parents, educators, and community members, addressing

the physical environment, and changing policies.

Mystic Valley Public Health Coalition

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

Mystic Valley Public Health Coalition (MVPHC) is a coalition of health departments representing Malden, Medford, Melrose, Stoneham, Wakefield and Winchester. It was developed to address Emergency Preparedness mandates from the Centers for Disease Control and Prevention (CDC). The MVPHC is a collaboration of both grant-funded and non-funded community coalitions.

Senior Services

Wakefield Council on Aging/Senior Center

McCarthy Senior Center
30 Converse Street
Wakefield, MA 01880
Phone: 781.245.3312
<http://www.wakefield.ma.us/council-on-aging-senior-center>

The Council on Aging provides information, services and social activities to the citizens of the community 60 years of age and over. The senior center is a vibrant social facility with different activities happening daily. Exercise programs offered help increase strength and flexibility. Educational programs provide the latest information on subjects ranging from legal and financial planning to health insurance advice. Entertainment and social functions promote socialization.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
1.800.439.2370 TTY
<https://www.minutemansenior.org>

For over 40 years Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. They have been supporting caregivers, local and long distance, who want to do the right thing for their loved ones and need help and advice as they balance the competing demands of family, work and self.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St., Suite 150
Stoneham, MA 02180
781.438.9600
<https://www.cardonerepromed.com>

The mission of Cardone Reproductive Medicine and Infertility (CRMI) has been to provide the most cutting-edge fertility treatments and the most compassionate care available to help patients achieve their dream of becoming parents. This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. Additionally, Dr. Cardone is on staff as a surgeon at Beverly Hospital and at Winchester Hospital.

Family Acupuncture & Herbs of Reading, LLC

591 North Avenue
Wakefield, MA 01880
781.944.5443
www.readingacupuncture.com

Chinese medicine offers a safe, natural and effective alternative approach to wellness without the risk of side effects. Family Acupuncture & Herbs is a preferred provider for Lahey Clinic's Spine Center and one of four practitioners in Massachusetts certified by the American Board of Oriental Reproductive Medicine as specialists in treating infertility. Our treatments maximize your health by rebalancing the system head to toe using acupuncture (thin, sterilized needles), electro-acupuncture, Chinese herbal prescriptions, as well as nutritional and lifestyle counseling. Each patient undergoes a comprehensive evaluation and receives a customized treatment plan suited specifically to his or her unique situation.

Support Groups

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
<https://www.lahey.org/>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

Transportation Services

MBTA BUS Line 136/137

The 136 Reading Depot - Malden Center Station via Melrose & Oak Grove provides service to Reading, Wakefield, Melrose and Malden and connects with Oak Grove Station and Malden Center Station. Depot & the Reading/Haverhill Commuter Rail Line.

The 137 Reading Depot - Malden Center Station via North Ave, Wakefield, Melrose & Oak Grove provides service to Reading, Wakefield, Melrose and Malden and connects with Oak Grove Station and Malden Center Station.

MBTA Commuter Rail

Haverhill Line stops in Haverhill, Bradford, Lawrence, Andover, Wilmington, Reading, Wakefield, Melrose and Malden.

Veterans Services

Wakefield Veterans' Services Officer

30 Converse St
Wakefield, MA 01880
781. 246.6377
<http://www.wakefield.ma.us/veterans-services>

The Veterans' Services Officer administers a State public assistance program for veterans and their dependents who qualify. Financial aid which, is reimbursed in a large part by the Commonwealth, is rendered in the form of cash grants to cover such items as living expenses and medical bills. The Veteran's Agent also offers assistance in applying for pensions and other programs administered by the United States Veterans Administration.

Wilmington

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Winchester Family Health Center

500 Salem Street
Wilmington, MA 01887
978.657.3910
<http://www.winchesterhospital.org>

Winchester Family Health Center works as a satellite office of the Winchester Hospital. As a full-service clinic, the Winchester Family Health Center has a walk-in clinic, mammography center, a cardiology center, and radiology services.

Lahey Health Urgent Care

500 Salem Street
Wilmington, MA 01887
978.988.6000
<https://www.laheyhealth.org/what-we-offer/urgent-care/>

Daily, year-round care for all your urgent care needs, from sprains to flu, to lab testing and imaging, trust Lahey Health Urgent Care for affordable, easy to access, quality health care. Avoid a costly visit to an emergency room (and a long wait) for all your non-emergent and non-life threatening illnesses

and injuries.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts. The continuum of services includes diagnostic evaluation,

twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

Wilmington Council on Aging SHINE Counseling

Buzzell Senior Center
15 School Street
Wilmington, MA 01887
978.657.7595

Please call for an appointment.

Wilmington Health Department

121 Glen Road, Room 5
Wilmington, MA 01887
978.658.4298
<https://www.wilmingtonma.gov/health-department>

The mission of the Health Division is to promote and protect the public health including the physical, mental, emotional and social wellness of all people.

Child, Parent and Family Support

Thom Mystic Valley Early Intervention

10P Gill Street
Woburn, MA 01801
781.932.2888
www.thomchild.org

Thom Mystic Valley is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

Wonder Years Learning Center

148 Lowell Street
Wilmington, MA 01887
978.658.8282
<http://thewonderyears.info>

Our primary goal is to provide children of all ages with a safe environment in which they can explore, create, play, and learn at their own developmental pace. All of our classrooms are interactive in ways that foster and support each child's individual growth and development.

Disabilities and Special Needs

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.801.5247
<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.072
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Wilmington Community Fund

142 Chestnut Street (Old South School House)
Wilmington, MA 01887
978.658.7425
<http://www.commfund.org/food-pantry.html>

WCF services a pantry supplying food products on a bimonthly basis, helping those in need of assistance (especially around the holidays). In order to receive food assistance a client must be pre-qualified for food assistance.

No appointment is necessary. Interviews for assistance are conducted on site at the food pantry. Certain individual and family information is necessary to create a profile and is not a guarantee that assistance will be provided.

Clients are asked to provide the following information:

- Social Security Number for each member of household
- Driver's License/Picture ID
- Proof of Residency - current utility bill or rent/lease agreement
- Proof of Income (Paycheck Stub, Child Support, SSI, Food Stamps, TANF, Unemployment Check)

All information provided is strictly confidential.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Wilmington Housing Authority

41 Deming Way
Wilmington, MA 01887
978.658.8531
<http://www.wilmingtonha.org/>

Wilmington Housing Authority primary purpose is to provide

decent, safe, and sanitary housing to families, and elderly [and/or disabled persons] of low income at rentals which they can afford until such time as there is no longer a need.

Metro Housing|Boston

1411 Tremont Street
Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Wilmington Family Counseling Service, Inc.

5 Middlesex Ave, Unit 11
Wilmington, MA 01887
978.658.988
<http://www.wilmingtonfamilycounseling.com>

The Wilmington Family Counseling Service, Inc. was founded in order to provide help for children, adolescents, families, and adults with emotional, social, addiction, and adjustment problems. Therapists at the Wilmington Family Counseling Service work with the individual, couple, or family to seek a new understanding of the problem and new means of coping with it. Wilmington Family Counseling Service provides individual counseling for substance abuse, including a full Substance Abuse Evaluation for courts, probation, DUI's, and Lawyers.

Wilmington Substance Abuse Coalition

121 Glen Road
Wilmington, MA 01887
978.694.2064
<https://www.wilmingtonma.gov/wilmington-substance-abuse-coalition>

The mission of the Wilmington Substance Abuse Coalition is to address the rising problem of substance abuse in our community by providing prevention, education, and support, as an effort to promote healthy and responsible behavior and provide skills for better decision making as it relates to substance use. The focus of the WSAC is to work with the community and other partners to deliver strategies and activities related to use.

Senior Services

Care One at Wilmington

750 Woburn Street
Wilmington, MA 01887
978.988.0888
<http://ma.care-one.com/>

CareOne's long term care is designed to meet our patient's health and personal care needs while providing an environment dedicated to their well being. Most importantly, our experienced care teams are committed to maintaining the dignity and quality of life for our patients and their loved ones. Respite care is available for as little as a few days or as long as a few months. CareOne offers respite care or short term stays for individuals in need of 24 hour care and supportive services for their activities of daily living. For residents in this program, we offer supervision and security, medication management, assistance with personal care and nutritious meals, as well as activities and outings where suitable.

Windsor Place of Wilmington

92 West Street
Wilmington, MA 01887
978.988.2300
<https://www.windsorplaceofwilmington.com/>

Windsor Place makes available exactly the level of assistance each individual resident needs - a customized continuum of care, from simple socialization and support for independent residents through to a full package of care services for those with more advanced needs, including those with memory impairment. Windsor Place offers four Assisted Living Service Plans, each designed to fit particular needs and wishes for personal care. Each Service Plan has been developed and tested to meet the needs of assisted living residents.

Wilmington Senior Center

Buzzell Senior Center
15 School Street
Wilmington, MA 01887
978.657.7595
<https://www.wilmingtonma.gov/elderly-services>

Wilmington Department of Elderly Services is committed to continuously advocating, promoting and providing services to Wilmington Citizens 60 and over. These services contribute to the well-being of our seniors in the

following ways: Information and Referral, Care Planning and Management, Health and Wellness Services, Transportation Service, Educational Programs, Counseling and Family Support~Services, Financial and Health Insurance Counseling, Medical Advocacy .

The center has an environment that is not only inviting, but also safe and enjoyable for elderly residents to be able to communicate with their peers and participate in many daily classes and activities.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
1.800.439.2370 TTY
<https://www.minutemansenior.org>

For over 40 years Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. We have been supporting caregivers, local and long distance, who want to do the right thing for their loved ones and need help and advice as they balance the competing demands of family, work and self.

Sexual Health

Family Acupuncture & Herbs of Reading, LLC

591 North Avenue
Wakefield, MA 01880
781.944.5443
www.readingacupuncture.com

Chinese medicine offers a safe, natural and effective alternative approach to wellness without the risk of side effects. Family Acupuncture & Herbs is a preferred provider for Lahey Clinic's Spine Center and one of four practitioners in Massachusetts certified by the American Board of Oriental Reproductive Medicine as specialists in treating infertility. Our treatments maximize your health by rebalancing the system head to toe using acupuncture (thin, sterilized needles), electro-acupuncture, Chinese herbal prescriptions, as well as nutritional and lifestyle counseling. Each patient undergoes a comprehensive evaluation and receives a customized treatment plan suited specifically to his or her unique situation.

Fertility Solutions

12 Alfred Street, Suite 330
Woburn, MA 01801
781.326.2451

<https://www.fertilitysolutionsne.com/contact-us/woburn-massachusetts>

Fertility Solutions is a patient-centered practice that provides a full spectrum of infertility diagnosis and treatment. From lifestyle modifications to the latest in assisted reproductive technology, Fertility Solutions offer a decidedly different, more personal approach to fertility care.

Support Groups

Alanon/Alateen

500 Salem Street
Wilmington, MA 01887

Meetings are held at Winchester Hospital Family Med Center, 500 Salem St., Route 62, front door to 1st Floor Conference Room on right. Meetings occur on Saturdays at noon.

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
<https://www.lahey.org/>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

Transportation Services

Wilmington Senior Center Transportation Services

978.657.7595

The Department of Elderly Services continues to serve our Home Delivered Meals Program. This program provides the homebound elders of Wilmington with one hot meal five days a week for the minimal cost of a \$2.00 a meal.

Elders not only rely on these meals but also the daily contact. The drivers are responsible to return to the Senior Center after their deliveries to give an update on the elders they visit. The elders and their families are assured that if there should be a problem during the time of the delivery, the elder will be assisted and the families will be notified.

Call 978.657.7595 to request service. Doctors may fax notes to: 978.657.4807

MBTA Commuter Rail Service

Lowell Line stops in Lowell, North Billerica, Wilmington, Woburn, Winchester, and Medford.

Haverhill Line stops in Haverhill, Bradford, Lawrence, Andover, Wilmington, Reading, Wakefield, Melrose and Malden.

Veterans Services

Wilmington Veterans' Agent

141 Shawsheen Avenue

Wilmington, MA 01887

978.694.2040

<https://www.wilmingtonma.gov/veterans>

The Veterans' Agent administers a State public assistance program for veterans and their dependents who qualify. Financial aid which, is reimbursed in a large part by the Commonwealth, is rendered in the form of cash grants to cover such items as living expenses and medical bills. The Veteran's Agent also offers assistance in applying for pensions and other programs administered by the United States Veterans Administration.

Winchester

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Winchester Family Health Center

500 Salem Street
Wilmington, MA 01887
978.657.3910
<http://www.winchesterhospital.org>

Winchester Family Health Center works as a satellite office of the Winchester Hospital. As a full-service clinic, the Winchester Family Health Center has a walk-in clinic, mammography center, a cardiology center, and radiology services.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts. The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE (Serving Health Information Needs of Everyone)

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272.7177

888.222.6171 Toll Free
1.800.439.2370 TTY
<https://www.minutemansenior.org>

The SHINE Program provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers and is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Minuteman Senior Services and is partially funded by Centers of Medicare and Medicaid Services.

Winchester Health Department

71 Mt. Vernon St.
Lower Level
Winchester, MA 01890
781.721.7121
<https://www.winchester.us/173/Health-Department>

The mission of the Health Division is to promote and protect the public health including the physical, mental, emotional and social wellness of all people.

Child, Parent and Family Support

Thom Mystic Valley Early Intervention

10P Gill Street
Woburn, MA 01801
781.932.2888
www.thomchild.org

Thom Mystic Valley is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

Disabilities and Special Needs

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801

781.801.5247

<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024

Waltham, MA 02454

781.891.0724

Hotline: 800.899.4000

<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Council of Social Concern Food Pantry

2 Merrimac Street

Woburn, MA 01801

781.935.6495

<http://www.socialconcern.org>

The Food Pantry provides food to individuals and families living in Woburn and Winchester Massachusetts who do not have adequate financial resources to meet basic needs. Use of the food pantry is limited to one time per month. The Food Pantry is open to all households, through pre-arranged appointments, on Tuesdays and Thursdays, from 9:45 am to 12 noon and from 1:30 pm to 3 pm.

The Food Pantry is also open to individuals who work or attend school during the day, through pre-arranged appointments, on Wednesday evening hours, from 5:45 pm to 7 pm. Information and referral assistance is also available to help clients to link-up with other community services. Before Thanksgiving and Christmas the program coordinates the distribution of food baskets to hundreds of families.

Lexington Interfaith Food Pantry

Church of Our Redeemer

6 Meriam Street

Lexington, MA 02420

781.861.5060

<https://lexingtonfoodpantry.wordpress.com>

Anyone desiring to receive food assistance must present a letter of need from a social worker, stating that there is a need for food assistance and the number of adults and children in the family.

Currently new clients are being accepted from Lexington and two bordering communities, Lincoln and Winchester, which do not have their own pantries. Lexington residents may shop weekly, while residents of other towns may shop only one Saturday per month.

Stoneham Board of Health Food Pantry

1 Church Street

Stoneham, MA 02180

781.438.0097

email:firstchurchstoneham@verizon.net

The Stoneham Board of Health Food Pantry is headquartered in the First Congregational Church of Stoneham. The pantry provides food in cases of emergency to residents of Stoneham and neighboring towns. The pantry helps individuals who are going through difficulties as a result of illness, age, unemployment or other economic conditions and dilemmas. Clients may visit the pantry once a month by calling the number provided to set up an appointment to come in and select groceries. The pantry is stocked with non-perishable food items that are donated by individuals, congregations, businesses and organizations. A limited supply of frozen and refrigerated items such as milk, cheese, eggs, ground beef and turkey is available.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Winchester Housing Authority

13 Westley Street
Winchester, MA 01890
781.721.5718
<http://www.winchesterha.org>

The Housing Authority is authorized to manage the construction, financing, maintenance, and rental policies of low-cost housing for low-income families and the elderly.

Metro Housing|Boston

1411 Tremont Street
Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Marcus Mental Health Associates

898 Main Street
Winchester, MA 01890
781.721.2737
<http://marcusmentalhealthassociates.com/>

Therapists will treat all major mental health problems, including: anxiety, depression, attention deficit disorder, obsessive-compulsive disorder, marital and family conflicts, work and school problems, alcohol and drug addiction. They have active Vivitrol and Suboxone programs.

Winchester Coalition For A Safer Community

71 Mount Vernon St
Winchester, MA 01890
781.721.7121
<https://winchestercoalitionsafercommunity.com>

The Winchester Coalition For A Safer Community, housed within the Winchester Health Department, is a comprehensive community-based organization that works collaboratively with residents, town departments and agencies to reduce substance abuse, particularly in the

youth community, and to foster healthy life choices through education.

Mystic Valley Public Health Coalition

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

Mystic Valley Public Health Coalition (MVPHC) is a coalition of health departments representing Malden, Medford, Melrose, Stoneham, Wakefield and Winchester. It was developed to address Emergency Preparedness mandates from the Centers for Disease Control and Prevention (CDC). The MVPHC is a collaboration of both grant-funded and non-funded community coalitions.

Senior Services

Winchester Council on Aging/Jenks Senior Center

109 Skillings Rd
Winchester, MA
781.721.7136
<https://www.jenkscenter.org>

The Council on Aging (COA) is the local government agency requested by the Executive Office of Elder Affairs and the Federal Administration on Aging to serve Winchester's aging population. The mission of the COA is: "To identify the needs of seniors and to meet those needs through programs, direct service, education, and advocacy."

Services include health insurance counseling, legal consultation, financial counseling, transportation, meals on wheels, handyman services, support groups, individual counseling and housing counseling.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
1.800.439.2370 TTY

<https://www.minutemansenior.org>

For over 40 years Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. They have been supporting caregivers, local and long distance, who want to do the right thing for their loved ones and need help and advice as they balance the competing demands of family, work and self.

Sexual Health

Winchester Family Health Center

500 Salem Street
Wilmington, MA 01887
978.657.3910

<http://www.winchesterhospital.org>

Winchester Family Health Center works as a satellite office of Winchester Hospital. As a full-service clinic, the Winchester Family Health Center has a walk-in clinic, mammography center, a cardiology center, and radiology services.

Support Groups

Alanon/Alateen

Meetings are held at St. Eulalia's Church, 50 Ridge St., near Arlington line. Meetings occur on Thursday evenings at 8:15 pm.

50 Ridge Street
Winchester, MA 01890

Meetings are held at Crawford Memorial United Methodist Church on Friday nights at 7:30 pm.

34 Dix Street
Winchester, MA 01890

Lahey Hospital and Medical Center – Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
<https://www.lahey.org/>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

Transportation Services

MBTA Commuter Rail Service

Lowell Line stops in Lowell, North Billerica, Wilmington, Woburn, Winchester, and Medford.

Veterans Services

Veterans' Services Officer

Town Hall
71 Mt. Vernon St., Basement
Winchester, MA 01890
781.721.7115
<https://www.winchester.us/227/Veterans>

The objective of the Veterans' Services Officer to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

Woburn

Access to Health Care

Winchester Hospital

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital serves the health care needs of northwest suburban Boston. In addition to acute-care inpatient services, Winchester Hospital also provides an extensive range of outpatient services as well as integrated home care. Winchester Hospital provides care in major clinical areas including medicine, surgery, pediatrics, cancer care, obstetrics/gynecology and newborn care.

Lahey Health Urgent Care

7 Alfred St. Baldwin Park II
Woburn, MA 01801
781.756.7800
<https://www.laheyhealth.org/what-we-offer/urgent-care/>

Daily, year-round care for all your urgent care needs, from sprains to flu, to lab testing and imaging, trust Lahey Health Urgent Care for affordable, easy to access, quality health care. Avoid a costly visit to an emergency room (and a long wait) for all your non-emergent and non-life threatening illnesses and injuries.

Eliot Community Human Services

Corporate Office
125 Hartwell Avenue
Lexington, MA 0242
781.861.0890
Emergency Psychiatric Services (800) 988-1111
<http://www.eliotchs.org/>

Eliot Community Human Services is a private, non-profit human services organization providing services for people of all ages throughout the Commonwealth of Massachusetts.

The continuum of services includes diagnostic evaluation, twenty-four hour emergency services, and crisis stabilization, outpatient and court mandated substance abuse services, individual, group and family outpatient counseling, early intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, outreach and support services for the homeless, batterer intervention, and consultation.

SHINE (Serving Health Information Needs of Everyone)

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
1.800.439.2370 TTY
<https://www.minutemansenior.org>

The SHINE Program provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers and is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Minuteman Senior Services and is partially funded by Centers of Medicare and Medicaid Services.

Woburn Board of Health Department

10 Common St.
Woburn, MA 01801
781.897.5920
<https://www.woburnma.gov/government/health>

The mission of the City of Woburn Board of Health Department is to assess and address the needs of the City of Woburn community, in order to protect and improve health and quality of life of our residents, visitors, and work force. This charge is carried out by health promotion, community health services, public outreach and education, as well as the promulgation and enforcement of municipal, state, and federal regulations.

Child, Parent and Family Support

North Suburban YMCA / YMCA of Greater Boston

137 Lexington Street
Woburn, MA 01801
781.935.3270
<https://ymcaboston.org/northsuburban>

YMCAs offer a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities. They also offer child care opportunities and after-school programs.

Women, Infants, and Children (WIC)

600 Cummings Park
Suite 1750
Woburn, MA 01801
781.938.5161

WIC helps keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. WIC provides personalized nutrition information, consultations and support, Checks to buy free, healthy food, medical and dental referrals, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family. WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, and shopping on a budget. Fathers, mothers, grandparents, foster parents or other legal guardians of a child under 5 may apply for WIC.

Disabilities and Special Needs

NuPath, Inc.

147 New Boston Street
Woburn, MA 01801
781.935.7057
<http://nupathinc.org>

NuPath, Inc. is a human services agency that provides residential, day habilitation, job placement, clinical services, transportation, and autism programs for people living with disabilities. We both support and challenge our participants, giving them the opportunity to achieve goals in an environment that is safe, caring, and secure.

Thom Mystic Valley Early Intervention

10P Gill Street
Woburn, MA 01801
781.932.2888
www.thomchild.org

Thom Mystic Valley is committed to providing high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them. Nurses, social workers, occupational and physical therapists, speech-language pathologists, mental health counselors, educators, and other specialists are passionate about supporting families and young children.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.801.5247
<http://riversidefamilysupport.org>

Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training,

and intensive staff support when necessary. The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn. However we welcome any individual who wants to participate in our clubs, classes or events.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724
Hotline: 800.899.4000
<https://reachma.org>

REACH is a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Food Assistance

Council of Social Concern Food Pantry

2 Merrimac Street
Woburn, MA 01801
781.935.6495
<http://www.socialconcern.org>

The Food Pantry provides food to individuals and families living in Woburn and Winchester Massachusetts who do not have adequate financial resources to meet basic needs.

Use of the food pantry is limited to one time per month. The Food Pantry is open to all households, through pre-arranged appointments, on Tuesdays and Thursdays, from 9:45 am to 12 noon and from 1:30 pm to 3 pm.

The Food Pantry is also open to individuals who work or attend school during the day, through pre-arranged appointments, on Wednesday evening hours, from 5:45 pm to 7 pm. Information and referral assistance is also available to help clients to link-up with other community services. Before Thanksgiving and Christmas the program coordinates the distribution of food baskets to hundreds of families.

Stoneham Board of Health Food Pantry

1 Church Street
Stoneham, MA 02180
781.438.0097

email: firstchurchstoneham@verizon.net

The Stoneham Board of Health Food Pantry is headquartered in the First Congregational Church of Stoneham. The pantry provides food in cases of emergency to residents of Stoneham and neighboring towns. Clients may visit the pantry once a month by calling the number provided to set up an appointment to come in and select groceries. The pantry is stocked with non-perishable food items that are donated by individuals, congregations, businesses and organizations.

Anchor Baptist Church

29A Montvale Avenue
Woburn, Massachusetts 01801
781.932.0765
<http://www.anchorbaptistwoburn.com/>

Every Saturday our Food Bank Ministry is open to all those who wish to receive nourishing foods provided to us by the Boston Food Bank.

Supplemental Nutritional Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Housing and Homelessness

Woburn Housing Authority

59 Campbell Street
Woburn, MA 01801
781.935.0818
<http://www.woburnhousing.org>

Woburn Housing Authority provides housing assistance to low income residents through the management of programs such as Low Rent Public Housing and the Housing Choice Voucher Program – Section 8. If you are in need of housing assistance in the area please contact the Housing Authority directly to obtain more information about eligibility requirements, availability of rentals or vouchers, the status of any waiting lists and their application procedures.

Metro Housing|Boston

1411 Tremont Street

Boston, MA 02120-3401
617.859.0400
MetroHousingBoston.org

Metro Housing addresses and prevents homelessness in Boston by providing supports and services for families and individuals and helps them move along the pathway from homelessness to housing stability to economic security.

Mental Health and Substance Abuse

Arbour Health System – Counseling Services Programs

10-I Roessler Road
Woburn, MA 01801
781.932.8114
<https://arbourhealth.com/>

AHS/CSP clinicians work directly with clients, their families, and treatment teams to provide therapy and individual treatment plans that reflect consistent goals and coordination of care.

The Woburn facility specializes in the Partial Hospitalization Program (PHP) . It treats adults with anxiety, trauma, mood disorders, or dual diagnosis. Arbour offers daily group therapy, weekly psychiatric and psychopharmacological assessments, Addictions Recovery Center (ARC), and Child, Adolescent, and Family Services.

Health Care Resource Centers Woburn

9 Forbes Road
Woburn, MA 01801
781.838.6757
<https://www.hcrcenters.com/health-care-resource-centers-woburn>

HCRC Woburn offers individualized treatment plans for opioid addiction. We specialize in medication-assisted treatment with methadone in an outpatient setting. This allows patients to live their day-to-day lives while working on their recovery. Individual and group counseling services are provided as well, with a focus on abstinence, relapse prevention, and recovery.

Psychological Care Associates

12 Alfred Street, Suite 200
Woburn, MA 01801
781.646.0500
<https://psycare.info>

Psychological Care Associates provides consultations in ADD ADHD; re-evaluation of psychiatric medication, parenting concerns/questions, addictions, sleep disturbance, school risk assessment.

Psychotherapy & Specialty Services always begin with a thoughtful evaluation and goal setting. Therapy is individual, couples, family or group, and includes CBT, DBT, Dynamic or Interpersonal approaches.

Mayor's Coalition Against Substance Abuse

10 Common Street
Woburn, MA 01801
781.897.5894
<https://www.woburnma.gov/government/coalition-substance-abuse/>

The Woburn Coalition Against Substance Abuse, was formed by Mayor Galvin. We will promote substance abuse prevention in the community through education. We also have a successful summer program for those suffering from addiction, where each person in the program gets one-on-one attention for 15 hours a week with a supervisor.

Senior Services

Woburn Council on Aging/Senior Center

Woburn Senior Center
144 School Street
Woburn, MA, 01801
781.897.5960
<https://www.woburnma.gov/government/senior>

It is the responsibility of the COA to identify the needs of Woburn's elder population. The COA provides resources to educate the community at large regarding the needs of the elderly. This is done by designing, promoting and implementing needed programs and services. The Woburn COA Senior Center provides: Information, Referrals, Outreach, Advocacy, Transportation, Health screening, Nutrition, Education, Peer support, Recreation, Volunteer development, Intergenerational programming.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
1.800.439.2370 TTY
<https://www.minutemansenior.org/>

For over 40 years Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in

the setting of their choice which is most often their own homes and communities. They have been supporting caregivers, local and long distance, who want to do the right thing for their loved ones and need help and advice as they balance the competing demands of family, work and self.

ABC Home Health Care Professionals

233 Albion Street
Wakefield, MA 01880
781.245.1880
<https://www.abchhp.com>

ABC Home Healthcare is a local, family owned, full service home care agency managed by a Nurse Practitioner and Certified Case Managers. We offer personalized medical and non-medical home care services in the metro Boston, North Shore, Merrimack Valley and Cape Ann communities. Our personalized services are available from a few hours a week up to 24-hours a day. We also offer our unique Live-In Caregiver program throughout Massachusetts.

Brightview Country Club Heights

3 Rehabilitation Way
Woburn, MA 01801
781.527.5118
<https://www.brightviewseniorliving.com/>

Brightview Country Club Heights features some of the largest apartment homes in the area, and comfortable gathering spaces provide residents, friends and families with the space they need to thoroughly enjoy their time together. We offer senior Independent Living and our experienced and caring Assisted Living and Memory Care associates will work with you and your family to develop a personal care plan that meets your needs.

Connected Home Care of Burlington

40 Mall Rd, Ste. 204
Burlington, MA 01803
Phone: 781.281.0403
<https://connectedhomecare.com>

Connected Home Care provides non-medical home care and companionship services for elders who want to live at home. Our goal is to help you maintain the highest quality of life. We accomplish this by developing a long-term relationship between you, your family, and your caregiver.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St., Suite 150

Stoneham, MA 02180
781.438.9600
<https://www.cardonerepromed.com>

The mission of Cardone Reproductive Medicine and Infertility (CRMI) has been to provide the most cutting-edge fertility treatments and the most compassionate care available to help patients achieve their dream of becoming parents. This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. Additionally, Dr. Cardone is on staff as a surgeon at Beverly Hospital and at Winchester Hospital.

Fertility Solutions

12 Alfred Street, Suite 330
Woburn, MA 01801
781.326.2451

<https://www.fertilitysolutionsne.com/contact-us/woburn-massachusetts>

Fertility Solutions is a patient-centered practice that provides a full spectrum of infertility diagnosis and treatment. From lifestyle modifications to the latest in assisted reproductive technology, Fertility Solutions offer a decidedly different, more personal approach to fertility care.

Support Groups

Alanon/Alateen

Meetings are held at the North Congregational Church, 896 Main St., Route 38. Meetings will occur on Tuesday evenings at 7:30 pm.

896 Main Street
Woburn, MA 01801

Meetings are held at the Stoneham Police Station, 47 Central St, on Saturdays at 7:30 pm.

47 Central St, Stoneham, MA 02180
Use front door

Narcotics Anonymous

Meetings are held at the United Methodist Church on Monday, Wednesday and Saturday evenings at 7 pm.

523 Main Street
Woburn, MA 01801

Lahey Hospital and Medical Center-Support Groups

41 Mall Road
Burlington, MA 01805
781.744.5100
<https://www.lahey.org/>

Lahey Health offers free support groups to provide emotional support, coping skills and resource assess to patients and families dealing with a variety of diseases.

Free groups at Lahey Hospital and Medical Center offer specific support for: Breast Cancer Group, Look Good, Feel Better (Women receiving radiation or chemotherapy), Lymphoma & Leukemia Support Group, Transplant Support Group(s), Urologic & Prostate Cancer Support Group, and a Quit Smoking for Life Group.

Winchester Hospital—Support Groups

41 Highland Avenue
Winchester, MA 01890
781.729.9000
<http://www.winchesterhospital.org/>

Winchester Hospital offers a variety of free support groups to help our patients and families. Learn more about our support groups for people considering weight loss surgery, parents who have lost a baby, breastfeeding mothers, people with diabetes, caregivers, and people with cancer.

Transportation Services

Woburn Senior Center Transportation Services

781.897.5964

The COA has three (3) ten passenger, handicapped accessible vans with wheelchair lifts that offer daily “curb to curb” service to Center programs. “Curb to curb” service is for independent passengers: drivers do not offer assistance into \or out of the home or Senior Center. Mobility aids such as walkers are suggested, and drivers will safely store and retrieve them. A family member, friend, or paid caregiver, is welcome to travel on the van to help a senior. The vans operate on a schedule based on Center programming. Times are approximate, subject to change at any time, and may not be available due to weather conditions.

MBTA Commuter Rail Service

Lowell Line stops in Lowell, North Billerica, Wilmington, Woburn, Winchester, and Medford.

Veterans Services

MassHire Metro North Career Center

100 Trade Center, Suite G-100
Woburn MA, 01801
781.932.5500
<https://masshiremncareers.com/>

The MassHire Metro North Career Centers provides customer centered job search assistance to enable individuals to meet their training and employment goals. Our mission is to develop a well-educated, well-trained, and self-sufficient workforce that can confidently compete in today's changing global marketplace. Essential to our mission is the creation of a seamless, coordinated system of education, training and employment.

Veterans' Services Officer

144 School Street
Woburn, MA 01801
781.897.5825
<https://www.woburnma.gov/government/veterans/>

The objective of the Veterans' Services Officer to provide assistance, support, and services to veterans and their dependents to access every local, state and federal V.A. benefit to which they are entitled.

