

LAHEY HEALTH SYSTEM

2014 Primary Care Community Resource Guide

Disclaimer:

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



Lahey Health

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Please call either
Gerald MacKillop 781.744.5942 or
Michelle Snyder 781.744.7907 in
Community Relations with any
questions or comments.

Arlington

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

SHINE (Serving Health Information Needs of Everyone)—Regional

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

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.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources. Counselors are hosted at Councils on Aging and other community settings.

Most counselors are volunteers.

SHINE counselors can:

- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful programs

Child, Parent and Family Support

Arlington Boys & Girls Club – Kids Care Club

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

The Arlington Boys & Girls Club offers a licensed after school program for children enrolled in grades K-5. They are open from September to June and offer care on school vacations and selected holidays.

Arlington Family Connection

Various locations throughout Arlington, MA
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, and community assistance programs.

Arlington PTO Thrift Shop

175 Mass Avenue
Arlington, MA 02474
781.483.3433
www.ptothriftshop.com

The Arlington PTO Thrift Shop, located in the basement of Fox Library, sells gently used clothing, toys, books, house wares, small furniture, baby equipment and more. All merchandise in the store is donated.

Arlington Youth Consultation

670R Mass Avenue -Whittemore
Robbins House
Arlington, MA 02476
781.316.3255

The Arlington Youth Consultation Center located at the Whittemore Robbins House provides individual and family counseling. The program also includes a support group for women leaving violent home situations.

Department of Children and Families

Mystic Street
Arlington, MA 02747
781.641.8500

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
info@mmota-founding.org
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

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.

Dental/Oral Health

Arlington Family Dentistry

101 Massachusetts Avenue
Arlington, MA 02474
781.648.4273

Opened in 2004, Arlington Family Dental has served thousands of dental patients in the Greater Boston area. With experienced dentists and a full complement of modern equipment, Arlington Family Dental has drawn rave reviews from patients and other dental clinics.

Arlington Family Dental is a complete general and family dentist offering services which include:

- Fillings, including natural tooth color restorations
- Extractions: Surgical and wisdom teeth
- Implants
- Root canal treatment
- Crown and bridge work
- Dentures and repairs
- Teeth Whitening
- Porcelain veneers for chipped and discolored teeth
- Periodontal (gum treatment)
- Children's dentistry

Dr. Yi Wang has over 20 years of clinical experience. She is also currently a clinical instructor for Harvard and Boston University dental students.

Disabilities and Special Needs

Arlington Disability Commission

20 Academy Street
Arlington, MA 02476
781.316-3431
www.arlingtonma.gov

Arlington Disabilities Commission provides local disability information, services, and referrals.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include respite, recreational activities, the provision of adaptive equipment, skill training, and intensive staff support when necessary.

The primary goal of Family Support is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. Family Support services help parents and caregivers to provide assistance in their own home for a child or relative with a developmental disability. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The mission is to provide the particular resources necessary to support each family's efforts.

Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Food Assistance

Arlington Food Pantry

21 Marathon Street
Arlington, MA 02474
339.368.1065

The Arlington Food Pantry located at the Church of Our Savior provides emergency food to residents of Arlington with no income requirements.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHmePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

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

20 Academy Street
Arlington, MA 02476
781.316.3429
www.housingcoportation.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

Department of Mental Health

20 Academy Street, Suite 304
Arlington, MA 02474
781.641.8100
www.mass.gov/dmh

The DMH provides clinical, rehabilitative and supportive services for individuals with serious mental illness/emotional disturbances.

Psychological Care Associates

First time clients of Psychological Care Associates are provided a consultation to offer guidance and education, to decide whether expanding into ongoing care is a good option. Frequently sought consultations include: 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.

Medication can provide each client with needed relief for many difficult problems. Psychiatrists and Psychiatric Nurse Practitioners work with all ages in collaboration with the client's other healthcare professionals.

Neuropsychological & Educational Testing assists in solving complex problems with cognitive functioning due to aging, illness or injury, testing can provide you with diagnostic clarity and decision-making.

The Arlington Center Office is located one block off Massachusetts Avenue in the 22 Mill Street Professional Building. Suites are located on the Ground Floor (#004) and the Third Floor (308) of the building. Parking is available in the 22 Mill St. parking lot across the from the main entrance on Mill Brook Road. The fee is \$2.00 per hour weekdays from 8am to 5pm.

Right Turn

299 Broadway
Arlington, MA 02474
781.646.3800

Right Turn is an innovative program that provides Intensive Outpatient Treatment and Extended Care for Addiction, Medication Assisted Treatment (MAT) and Intervention, in a uniquely creative environment. Anyone with a desire for

artistic expression, recovery from substance dependence and the support of a kindred community will feel welcome here.

Wild Acre Inns

108 Pleasant Street
Arlington, MA 02476
781.643.0643

Wild Acre Inns offers a full range of mental health treatment programs for adults and older adolescents at five different locations throughout Greater Lexington, Massachusetts. Founded in 1972 by psychiatrist Dr. Bernard S. Yudowitz, Wild Acre Inns has earned the reputation as a leading mental health agency in Lexington Massachusetts. Wild Acre Inns' programs offer dynamic therapeutic communities that provide an effective and unique approach to residential mental health treatment and partial hospitalization programs.

Wild Acre Inns offers a Continuum of Care which provides varying therapeutic stages as the client progresses towards independence. Residential mental health treatment programs are delivered by a multidisciplinary team which may include psychiatrists, nurses, social workers, licensed mental health counselors, certified substance abuse counselors, psychopharmacologists, art and expressive therapists, vocational rehabilitation counselors and other professionals, depending upon the needs of clients.

Some of the specific types of mental illnesses treated at Wild Acre Inns include:

- Schizophrenia Treatment Programs
- Schizoaffective Disorder Treatment Programs
- Depression Treatment Facilities
- Bipolar Disorder Treatment Centers
- Character Pathology Treatment
- Schizoid Personality Disorder Treatment Programs
- Borderline Personality Disorder
- Alcohol and Drug Addictions Programs
- History of Trauma Mental Health Treatment Programs

Senior Services

Arlington Council on Aging

27 Maple St. Senior Center
Arlington, MA 02476;
781.316.3400

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. The COA works in concert with public and private agencies and providers in the area, and with the Massachusetts Executive Office of Elder Affairs.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

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.

Brightview Senior Living

One Symmes Road
Arlington, MA 02474
781.646.0837

Brightview Senior Living communities are known for offering a holistic approach to care and life enrichment. Each resident is esteemed for their unique individuality in a dignified atmosphere that encourages independence and choice. Services and amenities include delicious meals served restaurant-style and throughout the day, housekeeping, scheduled transportation and flat linen laundry service.

A Personalized Care Plan is developed for each resident's unique needs. And attentive, well-trained associates are always there to provide a helping hand with everything from bathing to managing medications. Registered nurses are on site 7 days a week. The community has a café/bar, a beauty/barber salon and many other amenity spaces.

For those with Alzheimer's and memory limitations, the secure Wellspring Village features carefully designed apartments and living spaces that offer helpful cues for accomplishing everyday tasks. And, Enhanced Care at Brightview Arlington is for those people who have higher care needs but prefer an invigorating residential setting rather than a more medical environment.

Brightview Arlington serves Cambridge, Lexington, Medford, Peabody, and Somerville as well as the surrounding area.

Sunrise of Arlington

1395 Massachusetts Avenue
Arlington, MA 02476
781.643.2100

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. For residents requiring memory loss care, our Reminiscence Program offers safe, comforting surroundings. 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

Reproductive Science Center of New England

One Forbes Road
Lexington, MA 02421
800.858.4832

RSC New England is a nationally recognized Top 10 Fertility Treatment Center. For more than 25 years, their award-winning physicians and Center of Excellence distinctions ensure clients will receive the highest quality care and best outcomes throughout their journey to parenthood.

RSC fertility center provides comprehensive diagnosis, evaluation, consultation, and treatments for infertility and fertility preservation. With 11 convenient locations in Massachusetts, New Hampshire, and Rhode Island and a proven record of success, they are dedicated to helping couples bring home healthy babies.

Support Groups

Alanon/Alateen

300 Massachusetts Ave
Arlington, MA 04676

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.

74 Pleasant Street
Arlington, MA 04676

Meetings are held at St. John's Episcopal Church; enter from Lombard Rd glass door at back of building.

The Children's Room

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

The Children's Room is the leading independent, non-profit organization in Massachusetts dedicated to creating safe, supportive communities so that no child, teen, or family has to grieve alone.

Right Turn

299 Broadway
Arlington, MA 02474
781.646.3800

Right Turn is an innovative program that provides Intensive Outpatient Treatment and Extended Care for Addiction, Medication Assisted Treatment (MAT) and Intervention, in a uniquely creative environment. Anyone with a desire for artistic expression, recovery from substance dependence and the support of a kindred community will feel welcome here.

Narcotics Anonymous meetings are held Sundays at 10 am and 1 pm. Meetings are also held on Fridays at 7:30 pm. Meetings are also held on Saturdays at 9 am and 10:30 am.

Right Turn also offers Alanon/Alateen meetings on Tuesday evenings at 7 pm.

Lahey Hospital and Medical Center – Support Groups

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Winchester Hospital—Support Groups

Winchester Hospital
41 Highland Avenue, Winchester, MA 01890
781.729.9000

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)

The Ride is operated by the Massachusetts Bay Transportation Authority (MBTA) in compliance with the federal Americans with Disabilities Act (ADA). Under the ADA, paratransit functions as a 'safety net' for people whose disabilities prevent them from using public transit. It is not intended to be a comprehensive system of transportation that meets all the needs of persons with disabilities, and it is distinct from medical or human services transportation. A customer will travel with other customers going in the same general direction.

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 sixty (60) cities and towns. For RIDE trips with origin and destination within ¾ mile of fixed-route service that operates outside of these hours, or in other municipalities within ¾ miles of MBTA bus service, extended RIDE service is available.

Veterans Services

Veterans' Services Officer

730 Massachusetts Ave.
Arlington, MA 02476
781.316.3166

Bedford

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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

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- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful programs

Child, Parent and Family Support

Bedford Youth and Family Services

Town Center, 12 Mudge Way
Bedford, MA 01730
781.275.7727

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.

Dental/Oral Health

All Family Dental PC

68 Grape Street
New Bedford, MA 02740
503.993.1103

- Robert Marklin, DDS
- Khatchatour Kazarian, DMD
- Neil Blitz, DMD, Orthodontics
- Ages 2 and older, handicap access
- Languages: Armenian, English, Portuguese, Russian, Spanish

Oral Surgery Associates Southcoast

81 Hawthorn Street
New Bedford, MA 02740
508.992.3737

Oral and maxillofacial surgery is the specialty in dentistry that includes the diagnosis, surgical and related treatment

of diseases, injuries and defects involving both the functional and esthetic aspects of the hard and soft tissues of the head, mouth, teeth, gums, jaws and neck.

It involves, but is not limited to wisdom teeth removal, apicoectomy, TMJ disorder, facial trauma, corrective jaw surgery, oral pathology, dental implants, anesthesia and bone grafts.

Oral and maxillofacial surgery is one of the 10 dental specialties recognized by the American Dental Association and requires at least 4-6 years of training.

- Patrick J. Farren, D.M.D.
- Christopher J. Wolkowicz, D.M.D.
- Frederick E. Robinson III, DMD

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454-5704

The Lowell Association for the Blind Adult Program provides social, recreational and educational opportunities on Tuesday and Thursday mornings. Clients are encouraged to call the office to receive a monthly schedule and to be put on a mailing list. The Lowell Association for the Blind welcomes blind and visually impaired adults over the age of 21 living in the greater Merrimack Valley and Southern New Hampshire.

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
781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include respite, recreational activities, the provision of adaptive equipment, skill training, and intensive staff support when necessary.

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Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891-0724

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.

Refuge: We provide shelter and safe home to survivors and their children who have been traumatized by domestic violence. Comprehensive support services are available to shelter guests, including counseling, assistance in obtaining longer-term housing and employment, and legal advocacy.

Education: Through community-based prevention and education efforts, we foster healthy relationships and increased awareness of abuse in the community, in order to put a stop to violence before it occurs.

Advocacy: Our residential and community advocates use a survivor-centered, relationship model of advocacy, helping survivors plan for their safety, access benefits, and explore options for housing and employment.

Change: Our overall goal is to end domestic violence through community education and early intervention, so that individuals and families of all backgrounds are empowered to lead healthy, safe lives.

Food Assistance

Bedford Community Table/Pantry

Bedford Town Center
12 Mudge Way
Bedford, MA 01730
781.275-7355

The Bedford Community Table/Pantry is a nonprofit 501(c)(3) and is recognized as a charity by the IRS and the Commonwealth of Massachusetts. It 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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Bedford Housing Authority

1 Ashby Place
Bedford, MA 01730
781.275-2428

The Bedford Housing Authority operates several housing assistance programs which provide direct housing in

government-owned developments or subsidized housing in privately-owned dwellings for persons of low or very low income. Our 80 unit elderly housing is located at Ashby Place. In addition, our Elm Street Development offers housing for families in two and three bedroom duplex homes. Other subsidized housing plans are also available.

Mental Health and Substance Abuse

AAD Counseling Center

330 South Road
Bedford, MA 01730
781.275-2122

AAD Counseling Center has been serving the Greater Bedford area since 1976. We offer services to adults, children, and adolescents in individual, couple, and family modalities. Our treatment is oriented toward providing insight along with coping strategies and solutions for individual and familial problems during significant life transitions. AAD will assist people in finding ways to achieve a more balanced, satisfying, and meaningful life. The Center's specialties include: Health Concerns, Couple Counseling, Parent Guidance, Child Therapy, Women's Issues, and issues surrounding Aging.

Senior Services

Bedford Council on Aging

12 Mudge Way
Bedford, MA 01730
Phone:
781.275-6825
Fax: 781.275-5673

The Bedford Council on Aging is a department of the Town of Bedford. Its mission is to enhance the health and well being of Bedford's 3,293 residents 60 and older. Our programs and services benefit active residents who have just retired and seek new opportunities, those who have been retired many years, those who need assistance remaining in their homes, and many, many others.

- Bedford residents 60 and older are eligible for all services and activities
- All Bedford residents are eligible for assistance with elder service coordination for themselves, their family members, or others.
- Younger Bedford residents may attend Council on Aging

activities, classes, and trips on a space available basis.

- All programs and services are offered free except for classes, trips, and some workshops.

Minuteman Senior Services

26 Crosby Drive
Bedford MA, 01730
781.272-7177

Minuteman Senior Services provides a broad range of expertise and experience in meeting long term care needs in the home or residential situations. Their specialty is in helping people find practical solutions to long term care issues that fit within the family's resources. They are a member of the Metro Boston Aging and Disability Resource Consortium.

Areas served: Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Harvard, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester, and Woburn.

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

First Church of Christ
25 Great Road
Meetings: Last Tuesdays
7:30–9:30 pm
Contact: 781.982-3318

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.

Parents Helping Parents

1-800-632-8188
www.parentshelpingparents.org

Parents Helping Parents offers a weekly support group in Bedford for parents of all ages.

Lahey Hospital and Medical Center – Support Groups

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781-744-5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Transportation Services

Bedford Local Transit

The Bedford Local Transit
Town Center Building, 12 Mudge Way
Bedford, MA 01730
781.275-2255

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 BLT is funded in part from the MBTA.

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, medicine, psychiatry, physical medicine, dentistry, geriatrics and ambulatory care.

Veterans Center for Addiction Treatment

200 Springs Road
Building 2-A, 2nd Floor
Bedford, MA 01730
781.687-2354

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 Clinical Center at Edith Nourse Rogers Memorial Veterans Hospital, Bedford, Massachusetts, has been at the forefront of geriatric research and clinical care since its inception in 1975.

Mental Health Intensive Case Management Program

(MHICM) - serves veterans with serious mental illnesses. The program fosters self-sufficiency and independent living in the community.

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 - The Edith Nourse Rogers Memorial Veterans Hospital has emerged as a national leader in the development of peer services and peer provider education. Peer Support is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. Provided for Veterans by Veterans and people in recovery, Bedford Peer Services include many innovative group, individual and outreach applications. The New

England MIRECC Peer Education Center situated at Bedford, coordinates peer certification and continuing education trainings designed to insure that peer services are safely and successfully implemented within the VA.

Veterans' Services Officer

Town Hall
Bedford, MA 01730
781.275-1328

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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

Beverly

intervention, specialized psychological testing, day, residential, social and vocational programs for individuals with mental illness and developmental disabilities, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

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.

Child, Parent and Family Support

Bootcamp for New Dads

Beverly Hospital
85 Herrick Street
Beverly, MA 01915
978.922.3000

Boot Camp for New Dads (aka Daddy Boot Camp) is a unique father-to-father, community-based workshop that inspires and equips men of different economic levels, ages and cultures to become confidently engaged with their

infants, support their mates and personally navigate their transformation into dads.

Classes are offered at Beverly Hospital.

La Chic Mentoring Plus, Inc.

P.O. Box 144
Beverly, MA 01915
978.993.4688
www.lachicmentoringplus.org

La Chic Mentoring Plus Inc. is a 501(c)3 and certified as a Woman Non-Profit Organization W/NPO, SWOMBA. La Chic Mentoring, Inc., is a year-round after school mentoring program serving underprivileged and low income girls. Program prepares girls for success now and into the future. Collaboration with the Boys and Girls Club has helped to serve over 80 students and continue to reach out and mentor other young girls in the surrounding

communities.

At La Chic, the goal is to build and continuously strengthen a positive self-image and self-confidence of each student we serve. La Chic Mentoring, Inc. provides unique cultural and recreational activities combined with tutoring, individualized structured mentoring sessions.

The La Chic Mentoring Plus program centers around character development and includes a comprehensive curriculum that addresses all the major life skills that young women need to succeed in life.

- Character Development
- Making a (First and Last) Impression
- Create a Positive Self-Image
- Effective Communication
- Conflict Resolution
- Cultural Awareness
- Setting Realistic Goals
- Build a Healthier Lifestyle
- Preparing for Job Interview
- Community Service
- Peer Pressure and Bullying

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 much more!

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. Past service events have

included working with Beverly Bootstraps and Beverly Main Streets in addition to a service learning trip to New Orleans, LA to rebuild homes lost to Hurricanes Katrina and Rita.

Pathways for Children

292 Cabot Street
Beverly, MA 01915
978.236.4101

Pathways for Children has been a leader in early education and care programs on local, state, and national levels, bringing together children from all walks of life to learn the values of community, respect, and education. Our children learn to value themselves and their place in the world. Although we have built our programs in response to needs in our Cape Ann community, they have become models for other regions.

The mission of Pathways for Children is to serve the best interests of infant through adolescent children and their families - whether disadvantaged by circumstance or in search of opportunity - by delivering the empowering gift of quality educational, social development and support services that strengthen the family unit and the community. Pathways for Children support special programs with Cape Ann communities.

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.

YMCA of the North Shore & Sterling YMCA

YMCA of the North Shore
245 Cabot Street
Beverly, MA 01915
978.922.0990

Sterling YMCA
254 Essex Street
Beverly, MA 01915
978.927.6855

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.

Health & Education Services, Inc. (North Shore Head Start)

39 Cross Street, Suite 201
Peabody, MA 01960
978.532.1179
www.hes-inc.org

Serving:
Beverly, Boxford, Danvers, Hamilton, Middleton,
Peabody, Salem, Topsfield, and Wenham
Pathways for Children Head

Birth to Three Family Center

15 Market Street, Suite 4
Ipswich, MA 01938
978.412.0123

Birth to Three's mission is to increase children's potential for healthy development and well-being. We seek to do this by providing programs and services to support parents and children from birth through age four.

The Birth to Three Family Center offers a variety of opportunities to enhance your parenting skills. Equally important, we offer open play times to get out with your child and socialize with other parents.

All of our programs are free and available to all Ipswich residents regardless of income, race, ethnicity, or creed. Many programs are available to families from surrounding towns.

Catholic Charities North

LYNN:
Catholic Charities North
117 N. Common Street
Lynn, MA 01902
781.593.2312

Services: Basic Needs, Education & Training, Family Support, Counseling, Development & Volunteers

Lynn Child Care Center
37 N. Federal Street
Lynn, MA 01905
781.598.2759

Services: Center-based and Family-based Child Care

Catholic Charities North began more than 95 years ago with initial sites in Salem and Lynn. Through the decades, our programs have evolved to meet the changing needs of our communities. TODAY, we serve more than 18,000 children, youth, and adults annually in communities north of Boston.

As part of Catholic Charities of the Archdiocese of Boston, together our agency serves over 200,000 people throughout Eastern Massachusetts.

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.

Beautiful Beginnings

Lactation Consultants

Each consultant on staff is a registered nurse, board-certified by the International Board of Lactation Consultants. They offer our families an exceptional resource before birth, in the hospital setting and after discharge.

Childbirth Preparation Package - Prenatal Breast-feeding Class

A prenatal breast-feeding class is offered to all of our

pregnant families as part of our comprehensive Childbirth Preparation Package. This is a one evening class scheduled late in your pregnancy, providing a comprehensive overview of topics such as preparation, first feedings and your newborn, positioning, frequency, reducing soreness, pumping milk and returning to work while still breast-feeding.

In the Hospital

All mothers are encouraged to meet a lactation consultant during our daily class on the Beautiful Beginnings unit. In hospital lactation consultants are also available for individual assistance seven days a week.

Lactation Center for Breast-feeding Mothers

Our assistance to you does not end with your discharge home. Our Lactation Center for breast-feeding mothers provides services after discharge, by appointment. Available to all mothers discharged from the Beautiful Beginnings unit, the lactation center offers a comfortable, private environment for a one-to-one session with a lactation consultant.

B.R.E.A.S.T. Connection

This program is facilitated by a certified Lactation Consultant. It is offered on Tuesday mornings from 8:30 to 10 am. This time is available for any mother who needs extra support for breast-feeding or would like to get their baby weighed. No registration is required. However, there is a \$10 fee which covers the consultation and the MotherTalk group that follows.

MotherTalk Group

Our weekly MotherTalk group, facilitated by a lactation

consultant, explores any topic or issue new mothers may wish to discuss about the transition to parenthood and questions that arise after going home. It is our goal to provide support, encouragement and advise so that each woman's mothering experience is positive and rewarding. You do not need to be a breast-feeding mom to enjoy this group. All aspects of mothering are discussed.

If you plan to breast-feed, call our lactation consultants about the support they offer both in-hospital and after you go home, or for information about any of these breast-feeding programs. The number to call is 978.922.3000, x 2203.

Breast-feeding Boutique

The lactation consultants can arrange pump rentals for families on the maternity unit or who have a newborn in the Special Care Nursery. The boutique is located at Beverly Hospital's Parent Education Office on the third floor. It is open Monday thru Friday from 9 am -2 pm. The phone number is 978.927.9103 if you would like to schedule an appointment for a bra fitting with our certified staff.

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 for any of our parent education and/or childbirth classes, please check the list below. Some classes allow for online registration; others require you to 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 (alternative payment options are also available). MasterCard and Visa are accepted or if you prefer, a check made payable to Beverly Hospital and mailed to the address at the top of this page.

Dental/Oral Health

Beverly Board of Health Dental Program

Beverly Health Department
90 Colon Street
Beverly, MA 01915
978.921.8591 Main Line

Prenatal Classes

- Prenatal Preparation Package (6 weekly sessions, evenings)
- Weekend Prenatal Preparation Package (2-day class)
- Refresher Class
- Older Sibling Class
- Younger Sibling Class

Call Parent/Childbirth Education to register for:

- Hypnobirthing Classes
- Healthy Pregnancy Class
- Prenatal Class for Young Women
- Breastfeeding Class
- Baby Signs

Postpartum Classes

- Baby/Child Saver Class
- Boot Camp for New Dads

Call Parent/Childbirth Education for information (no registration required):

- Breast Connection
- Mother Baby Group

978.921.6060 Dental Line

The Dental Clinic was mandated by the Board of Health in 1910 and has been in existence since 1916. The clinic serves Beverly children in grades K - 8 who do not have access to dental care.

Some of the services provided by the Clinic include:

- Exams with charting, cleaning, fluoride treatment and radiographs
- Sealants and re-sealants
- Restorative care - excluding root canal & orthodontics
- Extraction of primary teeth and placement of space maintainers
- Fluoride Rinse Program
- Dental Health Education in the classroom
- Programs for special needs children
- Dental Clinic operates only when school is in session

North Shore Pediatric Dental Associates

**900 Cummings Center, Suite 116T
Beverly, MA 01915
978.236.1188**

North Shore Pediatric Dental Associates offers a range of care specifically designed for early infancy, childhood, and adolescent dental care.

Payment for professional services is due at the time dental

treatment is provided. Every effort will be made to provide a treatment plan which fits your timetable and budget, and gives your child the best possible care. We accept cash, personal checks, debit cards and most major credit cards.

Disabilities and Special Needs

Bass River Inc.

**437 Essex Street
Beverly, MA 01915-1511
978.927.5326**

Bass River was established in 1972 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 X 201**

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, English, Speech, and Assistive Technology and other non-traditional communication systems.

The East Middlesex Arc

**Life Choices & Employment Services North Shore
800 Cummings Center, Suite 166 S
Beverly, MA 01915
978.279.2100**

EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully

participate in their communities. EMARC provides a variety of services to its clients including: life skills programming, Residential Supports in 10 homes and five apartments staffed by EMARC and for individuals living independently, Job Training (including literacy and computer classes), Employment Opportunities, Job Placement services for individuals seeking competitive employment, Food Pantry for low income adults with developmental disabilities and low income families of people with developmental disabilities, The Center for Emerging Artists, School to Work Transition Services and Journey to Independence to prepare High School students to live and work independently in our communities, Respite Care to support families caring for their sons and daughters with developmental disabilities at home, Family Support Groups, A Successful Parenting Program for parents with cognitive limitations, and Support for Seniors.

Domestic Violence

Healing Abuse Working for Change (HAWC)

27 Congress Street

Salem, MA 01970

978.744.8552

24-hour Hotline: 1.800.547.1649

Beverly Domestic Violence Unit: 978.922.1155

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.

VOCAL (Victims of Crime and Loss)

131 Rantoul Street

Beverly, MA, 01915

978.927.4506

VOCAL provides free services to children and adolescents who have been victimized by crime, such as physical and sexual abuse, or who have witnessed domestic violence or other crimes.

Victimized children suffer many problems including symptoms of post-traumatic stress disorder, learning difficulties, social problems, low self-esteem, learned aggression, anxiety problems, and an inability to trust others. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long term treatment and referral.

North Shore Elder Services

Reportable Conditions are:

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

Weekdays 9 am-5 pm call
North Shore Elder Services
978.750.4540

Nights, Weekends & Holidays call the
Elder Abuse 24-hour Hotline at
1.800.922.2275

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 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

Beverly Bootstraps

371 Cabot Street

Beverly, MA 01915

978.927.1561

Beverly Bootstraps provides critical resources to families and individuals so they may achieve self-sufficiency. We offer emergency and long-term assistance including: access to food, housing stability, adult and youth education, counseling and advocacy. BB are community funded and supported.

Supplemental Nutritional Assistance Program (SNAP)

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

Housing and Homelessness

Beverly Housing Authority

137 Bridge Street
Beverly, MA 01915
978.922.3100

Beverly Housing Authority provides low income and section 8 housing programs. Public Housing Authorities determine eligibility and administer two different types of housing assistance programs. Section 8 housing provides rental assistance to low-income families living in privately-owned rental properties. Low Income housing is directly owned and operated by the US Department of Housing and Urban Development.

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
<http://www.ftph.org/index.html>

The Fund to Prevent Homelessness has been helping families since 1989. The organization is a tax exempt non-profit charity focused on providing confidential assistance to working families who are facing foreclosure or eviction due to unusual circumstances that have depleted their financial resources.

The Fund provides a one-time grant to qualified families so they can stay in their homes, in their communities, close to their friends, families, and schools. The assistance provides families in need with a lift that will help them through a tough time and keep them on track for a stable future.

The fund supports families that do not qualify for other funding and would otherwise fall through the cracks. We help these families before they lose their homes and possibly their dignity.

The Fund to Prevent Homelessness serves the communities of Beverly, Essex, Gloucester, Manchester by the Sea, Rockport, and Wenham.

River House, Inc.

56 River Street, P.O. Box 3226
Beverly, MA 01915
978.921.1304

River House helps homeless individuals return to lives of self-sufficiency. River House provides homeless individuals with temporary shelter and the opportunity to work in partnership with our staff and the community to find stable income, adequate health care, and a permanent home.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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

85 Herrick Street
Beverly, MA 01915
978.922.3000

Beverly Outpatient Mental Health Clinic offers behavioral and mental health services to teens, youth, families and the geriatric population.

As a member of Lahey Health Behavioral Services, programs offer integrative services which include community-based

mental health and substance abuse prevention, addiction and rehabilitation programs for the North Shore and Lower Merrimack Valley communities. Lahey's programs provide mental health and substance abuse services offering prevention, intervention and treatment for those whose needs might otherwise go unmet. In addition they offer individually tailored treatment, referring clients from program to program within and across the agency.

Family Continuity

Serving the North Shore with offices at:

72 Rear Cabot Street
Beverly, MA 01915
978.232.9600
Outpatient Mental Health Clinic

9 Centennial Drive, Ste. 202
Peabody, MA 01960

978.927.9410

Administrative Offices
Outpatient Mental Health Clinic
Home-Based Family Support Services
978.927.9260
Therapeutic Home and Foster Care

Family Continuity is a private, non-profit mental health and social services agency serving Eastern and Central Massachusetts from hub offices in Beverly/Peabody, Lawrence, Whitinsville/Worcester, Plymouth and Hyannis for more than a quarter century.

Family Continuity supports family success in every community by empowering people, enhancing their strengths, and creating solutions through partnerships to achieve hope, positive change and meaningful lives. Programs and services target a spectrum of emotional, developmental and behavioral problems for children, adolescents, adults, couples and seniors. With over 20 programs, a portfolio of services encompasses community- and home-based services, adult residential supported housing and crisis intervention programs, as well as outpatient clinics providing individual and family therapy.

Hill House

978.524.0175

Hill House is a home for emotionally disturbed teens. Services may be coordinated with assistance from Lahey Hospital and Medical Center.

Nexus House

978.927.3479

Nexus House is a home for emotionally disturbed teens. Services may be coordinated with assistance from Lahey Hospital and Medical Center.

North Shore Counseling Center (NSCC)

900 Cummings Center, Suite 324-S
Beverly, MA 01915
978.922.2280

North Shore Counseling Center is a private, family-owned practice that has been serving the greater North Shore area since its inception in 1972.

As a fully licensed Mental Health Clinic, NSCC provide a wide range of Outpatient Behavioral Health Services.

Our staff is comprised of Master's Level clinicians, Licensed Mental Health Counselors, Licensed Clinical Social Workers, Certified Alcohol and Drug Abuse Counselors, Psychologists, Psychiatrists, and Nurse Practitioners.

Being a smaller clinic, NSCC can provide high quality professional services in a smaller, more personal environment.

Programs and services include:

- Mental Health Services
- Substance Use Services
- Child and Adolescent Services
- Diversion Programming
- School-Based Services
- Medication Clinic
- Parent Education (PEACE)
- Psychological Testing

Renewed Hope Project, Inc.

100 Cummings Center, Suite 428-427-C
Beverly, MA 01915
855.747.4310

Renewed Hope Project is structured as a 501 (c) 3 non-profit organization and provides family-focused addiction recovery services to families with a loved one struggling with addiction related issues. Our staff and Board of Directors are active members of our local community and we continue to expand our service area through outreach efforts designed to build awareness of the opportunities now available to the families, friends, and others who may feel that there is no way to get help. Services include: family education workshops, family contract/adolescent intervention, post-treatment care, and other support groups.

Senior Services

Beverly Council on Aging

90 Colon St.
Beverly, MA 01915
978.921.6017

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

Comfort Keepers of the North Shore provides non-medical in-home care for seniors and other adult clients. Services include: companionship, meal preparation, laundry, light housekeeping, grocery shopping/errands, incidental transportation, medication reminders, and more.

In addition to these services Comfort Keepers also offer 24 hour care, live-in services, and a special Veterans Care Program.

Girdler House

75 Lothrop Street
Beverly, MA 01915
978.922.0346

Girdler House was established in 1885, when a group of women founded an organization to provide a home for women over 60 years of age. The present house was obtained in 1919. Extensive additions and changes to the house have been made throughout the years.

Our purpose is to provide a home-like atmosphere for elderly women who are independent and able to care for themselves.

A policy of non-discrimination and equal opportunity for both residents and employees will be implemented by the House Director, Admissions Committee and the Personnel Committee of the Board of Managers.

Harborlight Community Partners – Harborlight House

Harborlight House
1 Monument Square
Beverly, MA 01915
978.927.2121

Harborlight Community Partners
Mailing Address:

PO Box 507
Beverly, MA 01915

Mail Office Location:
283 Elliott Street
Beverly, MA 01915

Originally home to the first mayor of Beverly and now in its 47th year, Harborlight House is a quality assisted living residence, providing a comfortable, nurturing home to seniors, age 62 and over, of limited means. Situated just steps away from the beach and downtown center, Harborlight House features beautiful New England décor, 35 private units with bathrooms, 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 x 292

Located on the campus of Beverly Hospital, The Herrick House Assisted Living is a lifestyle option offering independence and companionship in a supportive, safe, and secure environment. Surrounded by meticulously landscaped

grounds, flower gardens and mature trees, Herrick House's closely knit Senior Living community features 88 spacious and private apartments with many beautifully appointed common areas for residents to enjoy.

Ledgewood Rehabilitation and Skilled Nursing Center

87 Herrick Street
Beverly, MA 01915
978.921.1392

Ledgewood Rehabilitation and Skilled Nursing Center is a unique provider of healthcare services. Ledgewood is part of a continuum of services that includes acute care services at Beverly Hospital, subacute care at Ledgewood, and care after discharge through Northeast Homecare. This partnership offers the highest quality post-acute services north of Boston.

A dedicated team provides outstanding short-term rehabilitation and subacute care. Ledgewood is the only facility in the area that has full-time onsite Physician/ Nurse Practitioner teams, led by Medical Director, Carl Johnson. These teams help prevent patients from requiring re-hospitalization. In addition, consulting specialists often

visit the facility.

A nursing team provides care to a number of patients with complex medical needs and meets the demands of over 100 admissions a month. The Rehabilitation Department consists of more than 50 full-and part-time therapists working in one of our two rehab gyms so that we can get you or your loved one home at the highest level of function possible.

Sexual Health

Health Quarters

900 Cummings Center, Suite 126-R

Beverly, MA 01915
978.922.4490

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

A Woman's Concern

29 Rantoul Street
Beverly, MA 01915
866-HELP-AWC
866.435.7292

A Woman's Concern Pregnancy Health Services provides complete, accurate information and compassionate peer counseling to women and couples who are making decisions about unintended pregnancies.

The following services are offered at no charge:

- Pregnancy testing
- Ultrasound
- Pregnancy Counseling

- Parenting Classes

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

Beverly Hospital
85 Herrick Street
Beverly, Massachusetts
978.922.3000

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Beverly Hospital offer support for: Alcohol and Drugs, Alzheimer's caregiver's support, Breast Cancer, Chronic Pain, Diabetes, Huntington's disease, Melanoma, Neuropathy, Nutrition, Ostomy, Polycythemia Vera, Pregnancy, Childbirth and Parenting, Prostate Cancer, Stroke Survivors, Widowed Persons' Support.

NAMI Family Support Group

Beverly Hospital
85 Herrick Street
Meetings: 3rd Tuesdays,

7:30-9 pm

Contact: Larry at 617.580.8541

ldeangelo@namimass.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.

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 and Wednesday at 7:30 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

VOCAL (Victims of Crime and Loss)

131 Rantoul Street
Beverly, MA, 01915

978.927.4506

VOCAL provides free services to children and adolescents who have been victimized by crime, such as physical and sexual abuse, or who have witnessed domestic violence or other crimes.

Victimized children suffer many problems including symptoms of post-traumatic stress disorder, learning difficulties, social problems, low self-esteem, learned aggression, anxiety problems, and an inability to trust others. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long term treatment and referral.

Transportation Services

Beverly Council on Aging Transportation Services

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*

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

*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. 978.921-6078

Veterans Services

North Shore Veterans Counseling Services, Inc.

45 Broadway Street
Beverly, MA 01915
978.921.4851

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 with two exceptions:

If in the judgment of the agency the client is at risk of seriously harming themselves or others or if current child or elder abuse or domestic violence is involved.

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

191 Cabot Street
Beverly, MA 01915
978.921.6018

Billerica

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

SHINE (Serving Health Information Needs of Everyone)—Regional

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272.7177

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.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources. Counselors are hosted at Councils on Aging and other community settings. Most counselors are volunteers.

SHINE counselors can:

- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful programs

Child, Parent and Family Support

Big Brother Big Sister of Greater Lowell

155 Merrimack Street
Lowell, MA 01852
978.459.0551

Big Brother Big Sister 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. Big Brothers Big Sisters operates two mentoring program styles: community-based and site-based. In the community-based program, volunteer Big Brothers and Big Sisters spend quality 1:1 time with a child out in the community, serving as another positive adult in the child's life, a good friend, and good role model. Activities shared range from exploring a common interest, to taking a walk to baking cookies at home. In the site-based program, mentors meet with their Little Brother or Sister under staff supervision at a designated place and time weekly. When the site-based program takes place at a school, the time is split between academic and social activities. 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

48 Lawrence Street
Lowell, MA 01852
978.454.0081

Brigid's Crossing is a teen living program that serves young mothers between the ages of 14-21 year old referred by the Department of Children and Families. It is a residential and educational program for pregnant and parenting teens. The residents actively participate in the learning process and work cooperatively with staff and interns to experience independent living while developing appropriate parenting skills. Teens receive services to help them overcome their problems and build on their strengths. These services may include individual therapy and group counseling, family

assessment and case management, medical care, pregnancy prevention education, parenting and life skills training, help in acquiring a high school diploma or GED, and employment training. Bilingual staff and transportation services are also available.

Community Teamwork Inc.

Administration
155 Merrimack Street
Lowell, MA 01852
978.459.0551

Resource Center
17 Kirk St.
Lowell, MA 01852
978.459.0551

Child and Family Services: 978.454-5100
Energy and Community Resources: 978.459-6161
Housing and Homelessness Center: 978.459-0551

Community Teamwork Inc is a Non-Profit Community Action Agency, a Regional Non-Profit Housing Agency, and a Community Development Corporation.

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.

COSI Counseling – Center for Family Development

Center for Family Development
81 Bridge Street
Lowell, MA 01852
978.459.2306

Email: cfid@cosicounseling.com
Email Contact: Susan Geronimus, LICSW, MBA - Clinic Director

At the Center For Family Development clinical staff provides services to Children, Adolescents, Adults and Elders. The Center for Family Development offers the following services:

- Diagnostic Evaluations
- Individual Therapy
- Family Therapy
- Couples Therapy
- Psychiatric Assessments
- Psychopharmacological follow-up visits
- Case Consultation
- 24 Hour Emergency Coverage
- Psychological Testing

Typical therapy sessions are scheduled weekly or bi-weekly and last 50 minutes. Duration and frequency of each session is dependent upon client needs. Initial assessments for adults with the psychiatrist will last for one hour. Initial assessments for children generally last 1 hour. Medication checks are between 15-30 minutes long, and are scheduled on a basis that is consistent with specific needs.

In addition, The Center for Family Development of Lowell offers training programs for Doctoral Level Psychologists.

Grandparents as Parents – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421

Grandparents as Parents has been helping grandparents confronted with the necessity of rearing their grandchildren for over fifteen years. GAP serves as an exchange point of information for grandparents/families regarding health, school, counseling, legal information and community resources. The program offers: home visits, needs assessments, ongoing case management, support groups, workshops, socials, family outings, special education consultation, advocacy, referral services, referrals for legal assistance, and an exchange point for both grandparents and kinship caregivers in the Merrimack Region.

The Parent Aide Program – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421

The Parent Aide Program provides support to parents and their children through weekly in-home visitation and support. Through caring and consistent interventions, the program is designed to reduce incidences of child abuse and neglect, to prevent the removal of children from their homes, and to assist with the reintegration of a child or children into the home. Parents and children must be referred by the Department of Children and Families. Parent Aides work with teen mothers and babies, as well as with grandparents raising their grandchildren and all age groups in between.

Women, Infants, and Children (WIC)

45 Kirk St
Lowell, MA 01852
978.454 6397

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.

Thom Anne Sullivan Center

126 Phoenix Ave
Lowell, MA 01852
978.453.8331
Alden Wood, Director
awood@thomchild.org

The 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. 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. If you have a concern regarding your child's development, please contact us.

YWCA of Greater Lowell

97 Central Street
Lowell, MA 01852
978.454.5405

YWCAs 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
978.667.219

In every community, boys and girls are left to find their own recreation and companionship in the streets. An increasing number of children are at home with no adult care or supervision. Young people need to know that someone cares about them.

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.

The United States is facing a national crisis with soaring high school drop-out rates, coupled with low fitness and high obesity within our young people. Boys & Girls Clubs

are providing solutions to this national epidemic through homework help, engaging and fun nutritional tips, energizing sports and recreational activities and challenging academic programs. Throughout the nation, Clubs are reaching out to a generation at risk by providing positive guidance and exciting opportunities.

The Boys & Girls Club of Greater Billerica, offers that and more. Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

Boys & Girls Clubs are a safe place to learn and grow - all while having fun.

Dental/Oral Health

Billerica Dental Associates

8 Tower Farm Road
Billerica, MA 01821
978.667.8292

For 25 years Billerica Dental Associates have been serving the Billerica community. The entire team at Billerica Dental Associates is dedicated to providing patients with the personalized, gentle care that is deserved. Billerica Dental Associates are committed to providing their patients with the highest quality of dental care, gently performed by a competent staff in a relaxing and comfortable atmosphere.

Highly skilled and dedicated doctors, dental assistants and hygienists have decades of experience in procedures from routine dental exams and cleanings to extractions, implants, crowns, bridges, and other dental care and treatment.

Part of their commitment to serving patients includes providing information to help make informed decisions about oral health needs. Good dental care is a partnership between practice and patient and Billerica Dental Associates look forward to forging that relationship with each patient.

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704

The Lowell Association for the Blind Adult Program provides

social, recreational and educational opportunities on Tuesday and Thursday mornings. Clients are encouraged to call the office to receive a monthly schedule and to be put on a mailing list. The Lowell Association for the Blind welcomes blind and visually impaired adults over the age of 21 living in the greater Merrimack Valley and Southern New Hampshire.

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 with disabilities and their families. Areas of focus include: mental health, Autism Spectrum Disorder, Complex Health Care Needs, Neurological Conditions, Sensory Disabilities, Intellectual Disabilities, Traumatic Brain Injuries, and ADD/ADHD.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

Billerica Veterans Office
793 Boston Road (Old Ditson School)
Billerica, MA 01821
978.671.0968

The Billerica Food Pantry is funded through the Veterans Office and provides emergency food to individuals and families in Billerica. The Pantry is open the last Tuesday of each month from 8:30 AM to Noon. NOTE: When there is a holiday, the food pantry is always open the week before.

Supplemental Nutritional Assistance Program (SNAP)

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

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
The Simpson Block
Lowell, MA 01852
978.453.5736

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 for all ages 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, Spanish, and Ukrainian.

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.

Lahey Health Behavioral Services – Lowell Psychiatric Crisis Team

391 Varnum Avenue
Lowell, MA 01854
978.322.5120
800.830.5177

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.

Services include: Medication evaluations, Care management, Supportive environment, Individual and group counseling, Coordination of care with other providers, family and other natural supports.

Senior Services

Billerica Council on Aging

25 Concord Road
Billerica, MA 01821
978.671.0916 P
978.671.1347 F

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

Billerica Crossings

Billerica Crossings, located in the Historical District of the Merrimack Valley, is the only Assisted Living community in town. Billerica Crossings provides commitment to independence, personalized care, and companionship to help Seniors live in an active and dignified lifestyle while in a residential setting. Recent winner of the Reader's Choice Award, Billerica Crossings is conveniently located in close proximity to the Senior Center, library, and shopping centers.

Residents that need help with daily activities, such as bathing, dressing and medication reminders will enjoy a lifestyle that combines the services and amenities of a fine hotel with the personalized assistance and care needed to remain as independent as possible.

The Assisted Living lifestyle at Billerica Crossings offers a personalized balance of assistance and independence. Enjoy the privacy of personal apartments and the support of a caring staff.

20 Charnstaffe Lane
Billerica, MA 01821
866.344.4946

Brightview Senior Living

199 Concord Road
Billerica, MA 01821
978.262.1410

Brightview Senior Living communities are known for offering a holistic approach to care and life enrichment. Each resident is esteemed for their unique individuality in a dignified atmosphere that encourages independence and choice. Services and amenities include delicious meals served restaurant-style and throughout the day, housekeeping, scheduled transportation and flat linen laundry service.

A Personalized Care Plan is developed for each resident's unique needs. And attentive, well-trained associates are always there to provide a helping hand with everything from bathing to managing medications. Registered nurses are on site 7 days a week. The community has a café/bar, a beauty/barber salon and many other amenity spaces.

For those with Alzheimer's and memory limitations, the secure Wellspring Village features carefully designed apartments and living spaces that offer helpful cues for accomplishing everyday tasks. And, Enhanced Care at Brightview Arlington is for those people who have higher care needs but prefer an invigorating residential setting rather than a more medical environment.

Brightview Concord River serves Billerica, Bedford, Burlington, Carlisle, Concord, Lexington, Lowell, Wilmington and the surrounding area.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272-7177
888.222.6171 Toll Free
781.275.1285 TTY

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.

They offer over 20 programs and services. Many of our services are free of charge, others are available on a sliding fee or private pay basis.

Sexual Health

Billerica Medical Health Center
221 Boston Road
Suite 4
North Billerica, MA 01862
978.670.1300

Established in 1994 to serve the residents of the Greater Merrimack Valley, Billerica Medical Health Center offers a wide range of in-house services, procedures and tests. A full list of treatment options as well as forms, policies, and patient resources is available online at: <http://billericamedical.com/>

Health Quarters via Lowell Community Health Center

Lowell Community Health Center
Family Planning Department-2nd Floor
161 Jackson Street
Lowell, MA 01852
978.446.0236

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling,

cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

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

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

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 P
978.671.1347 F

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

Burlington

Access to Health Care

Burlington Youth and Family Services

61 Center Street, 2nd Floor
Burlington MA 01803
781.270.1961

The Burlington Community Life Center is a Town department responsible for providing mental health and social services to families with adolescents and young adults. BCLC also provides information and referral services for ALL residents regardless of age.

Services provided by the BCLC include working with adults and young people on diverse problems such as drug and alcohol use, parenting skills, family conflict, marriage and relationship problems, depression, suicide, and neglect. BCLC also offers individual, group, and family therapy services.

BCLC also provides help through People Helping People, Inc. - an umbrella organization made up of community volunteers who oversee and coordinate the efforts of three established groups: Holiday Program, Covenant for Basic Needs, and the Community Pantry.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

SHINE (Serving Health Information Needs of Everyone)

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

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.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources. Counselors are hosted at Councils on Aging and other community settings. Most counselors are volunteers.

SHINE counselors can:

- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful 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.

Dental/Oral Health

Dental Care of Burlington

83 Cambridge Street, Suite 3A
Burlington, MA 01803
781.221.7171

Dental Care of Burlington is committed to providing its patients with the best, most advanced, and gentlest care possible. Dental Care of Burlington is a strong advocate of improving each of its patients' oral health and offer a variety of services and dental technologies to achieve this goal.

Dental Care of Burlington provides the latest in gentle cleaning techniques, x-rays, cavity management, dental hygiene education, and screening for oral cancer among other preventative procedures. They offer a wide range of cosmetic dentistry procedures such as teeth whitening, crowns, bonding, implants, veneers, and Clear Aligners orthodontic options.

Dental Care of Burlington are well versed in the latest techniques for getting rid of gum disease, as well as educating patients on proper prevention techniques and offer sedation options to help you handle any fear, anxiety, or sensitivity so you can receive the oral care you need to keep your smile healthy and beautiful.

By using the most advanced technology including our Galileos 3-D imaging scan Dental Care of Burlington's highly skilled team can provide accuracy in implant placement, durability and natural appearance.

Disabilities and Special Needs

The East Middlesex Arc

Life Choices & Employment Services
Central Middlesex
2 Ray Avenue
Burlington, MA 01803
781.365.1350

EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities. EMARC provides a variety of services to its clients including: life skills programming, Residential Supports in 10 homes and five apartments staffed by EMARC and for individuals living independently, Job Training (including literacy and computer classes), Employment Opportunities, Job Placement services for individuals seeking competitive employment, Food Pantry for low income adults with developmental disabilities and low income families of people with developmental disabilities, The Center for Emerging Artists, School to Work Transition Services and Journey to Independence to prepare High School students to live and work independently in our communities, Respite Care to support families caring for their sons and daughters with developmental disabilities at home, Family Support Groups, A Successful Parenting Program for parents with cognitive limitations, and Support for Seniors.

Kindle Behavior Consultants

11A Cypress Drive
Burlington, MA 01803
617.794.3773

Kindle Behavior Consultants offers quality behavioral services to children with Autism Spectrum Disorders (ASD), Aspergers, OCD, ADHD/ADD, non-verbal learning disorder and other related disorders. Our teaching strategies have been researched and are evidence based. 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
1.781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include

respite, recreational activities, the provision of adaptive equipment, skill training, and intensive staff support when necessary.

The primary goal of Family Support is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. Family Support services help parents and caregivers to provide assistance in their own home for a child or relative with a developmental disability. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The mission is to provide the particular resources necessary to support each family's efforts.

Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

P.O. Box 1345
Burlington, MA 01803
1.866.4SAHELI - (1.866.472.4354)

Saheli, a community-based women's organization in New England, was founded in 1996. Their mission is to empower South Asian women and their families to live safe and healthy lives.

Led by a small staff and a cadre of dedicated volunteers headquartered in Burlington, MA and Shrewsbury, NH, Saheli is uniquely focused on the needs of South Asians (from Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka). Saheli staff and volunteers speak most South Asian languages, not limited to Hindi, Urdu, Bengali, Gujarati, Punjabi and others.

They offer help regardless of religion, ethnicity, age, gender or sexual orientation. Community programs serve immigrants and families from all over the world. All clients' information is kept strictly confidential.

Saheli is a member of the Indian American Forum for Political Education (IAFPE), and the Indian Circle of Caring (ICC).

Food Assistance

Burlington Food Pantry

10 St. Marks Road
Burlington, MA 01803
781.270.6625

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)

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

Housing and Homelessness

Burlington Housing Authority

Town Hall
29 Center Street
Burlington, MA 01803
781.272.7786

Mental Health and Substance Abuse

Burlington Community Life Center

61 Center Street
Burlington, MA 01803
781.270.1950

The Burlington Community Life Center is a department of the

town of Burlington that provides adolescents, young adults and families with comprehensive mental health services and social services. The center provides residents with individual, group and family therapy sessions in the areas of addiction, parenting, family difficulties, relationships, depression and many other issues.

Elm Brook Place

**4 A Street, 1st floor
Burlington, MA 01813
781.242.3478**

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 promotes hope, recovery, and independence by providing 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**

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**

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

Reproductive Science Center of New England

**One Forbes Road
Lexington, MA 02421
800.858.4832**

RSC New England is a nationally recognized Top 10 Fertility Treatment Center. For more than 25 years, their award-winning physicians and Center of Excellence distinctions ensure clients will receive the highest quality care and best outcomes throughout their journey to parenthood.

RSC fertility center provides comprehensive diagnosis, evaluation, consultation, and treatments for infertility and fertility preservation. With 11 convenient locations in Massachusetts, New Hampshire, and Rhode Island and a proven record of success, they are dedicated to helping couples bring home healthy babies.

Support Groups

Alanon/Alateen

Meetings are held at the Church Of Christ, main entrance is in the back door. Meetings occur on Monday evenings at 7 pm.

**344 Cambridge St
Burlington, MA 01803**

Meetings are also held at St. Margaret's Church, in the school building at top of hill. Apr-Sept Starts at 7:30 pm on Thursday evenings.

**111 Winn Street
Burlington, MA 01805**

Lahey Hospital and Medical Center – Support Groups

**Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100**

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Parents without Partners, Inc.

Minuteman Chapter #817
P.O. Box 121
Burlington, MA 01803
978.930.6379
pwp817@gmail.com

Parents without Partners is the largest, non-profit, volunteer organization dedicated to the welfare of today's single parents and their children. PAP offers activities for families and youth, as well as adult only activities. PWP provides an environment for support, friendship and parenting techniques for single parents and their children.

Transportation Services

Burlington Public Transit B-Line

25 Center Street
Burlington, MA 01803
781.270.1965

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. Burlington Public Transit is funded by the Town of Burlington and the MBTA. The service is provided by Joseph's Transportation Inc., under contract with the Town of Burlington.

Burlington B Line also connects to Lexington's Lexpress.

Veterans Services

Burlington Office of Veterans Services

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.

Mailing Address:
Veterans Services
Town Hall
29 Center Street
Burlington, MA 01803
781.270.1959

Walk-In Address:
Veterans Services
Human Services Building
61 Center Street, Room 212
Burlington, MA
781.270.1959

Veterans' Services Officer

Town Hall 29 Center St.
Burlington, MA 01803
781.270.1960

Danvers

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Danvers Council on Aging/Senior Center

Helen Clinton - SHINE Coordinator

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

Child, Parent and Family Support

La Chic Mentoring Plus, Inc.

P.O. Box 144
Beverly, MA 01915
978.993.4688
www.lachicmentoringplus.org

La Chic Mentoring Plus Inc. is a 501(c)3 and certified as a Woman Non-Profit Organization W/NPO, SWOMBA. La Chic Mentoring, Inc., is a year- round after school mentoring

program serving underprivileged and low income girls. Program prepares girls for success now and into the future. Collaboration with the Boys and Girls Club has helped to serve over 80 students and continue to reach out and mentor other young girls in the surrounding communities.

At La Chic, the goal is to build and continuously strengthen a positive self-image and self-confidence of each student we serve. La Chic Mentoring, Inc. provides unique cultural and recreational activities combined with tutoring, individualized structured mentoring sessions.

The La Chic Mentoring Plus program centers around character development and includes a comprehensive curriculum that addresses all the major life skills that young women need to succeed in life.

- Character Development
- Making a (First and Last) Impression
- Create a Positive Self-Image
- Effective Communication
- Conflict Resolution
- Cultural Awareness
- Setting Realistic Goals
- Build a Healthier Lifestyle
- Preparing for Job Interview
- Community Service
- Peer Pressure and Bullying

Pathways for Children

292 Cabot Street
Beverly, MA 01915
978.236.4101

Pathways for Children has been a leader in early education and care programs on local, state, and national levels, bringing together children from all walks of life to learn the values of community, respect, and education. Their children learn to value themselves and their place in the world. Although we have built our programs in response to needs in our Cape Ann community, they have become models for other regions.

The mission of Pathways for Children is to serve the best interests of infant through adolescent children and their families - whether disadvantaged by circumstance or in search of opportunity - by delivering the empowering gift of quality educational, social development and support services that strengthen the family unit and the community. Pathways for Children support special programs with Cape Ann communities.

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

978.774.2055 P
978.750.4457 F
INFO@DANVERSYMCA.ORG
Danvers Community YMCA
34 Pickering Street
Danvers, MA 01923

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.

Health & Education Services, Inc. (North Shore Head Start)

39 Cross Street, Suite 201
Peabody, MA 01960
978.532.1179
www.hes-inc.org

Serving:
Beverly, Boxford, Danvers, Hamilton, Middleton,
Peabody, Salem, Topsfield, and Wenham
Pathways for Children Head

Birth to Three Family Center

15 Market Street, Suite 4
Ipswich, MA 01938
978.412.0123

Birth to Three's mission is to increase children's potential for healthy development and well-being. They seek to do this by providing programs and services to support parents and children from birth through age four.

The Birth to Three Family Center offers a variety of

opportunities to enhance your parenting skills. Equally important, we offer open play times to get out with your child and socialize with other parents.

All of our programs are free and available to all Ipswich residents regardless of income, race, ethnicity, or creed. Many programs are available to families from surrounding towns.

Catholic Charities North

LYNN
Catholic Charities North
117 N. Common Street
Lynn, MA 01902
781.593.2312 P

Services: Basic Needs, Education & Training, Family Support, Counseling, Development & Volunteers

Lynn Child Care Center
37 N. Federal Street
Lynn, MA 01905
781-598-2759 P

Services: Center-based and Family-based Child Care

Catholic Charities North began more than 95 years ago with initial sites in Salem and Lynn. Through the decades, our programs have evolved to meet the changing needs of our communities. TODAY, we serve more than 18,000 children, youth, and adults annually in communities north of Boston. As part of Catholic Charities of the Archdiocese of Boston, together our agency serves over 200,000 people throughout Eastern Massachusetts.

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

Northeast Arc

978.762.8352
Educational Advocacy and Transition into
Adulthood Advocacy/Special Needs Services
6 Southside Road
Danvers, MA 01923

Domestic Violence

Healing Abuse Working for Change (HAWC)

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
Beverly Domestic Violence Unit: 978.922.1155

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.

VOCAL (Victims of Crime and Loss)

131 Rantoul Street
Beverly, MA, 01915
978.927.4506

VOCAL provides free services to children and adolescents who have been victimized by crime, such as physical and sexual abuse, or who have witnessed domestic violence or other crimes.

Victimized children suffer many problems including symptoms of post-traumatic stress disorder, learning difficulties, social problems, low self-esteem, learned aggression, anxiety problems, and an inability to trust others. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long term treatment and referral.

North Shore Elder Services

Reportable Conditions are:

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

Weekdays 9 am-5 pm call:
North Shore Elder Services
978.750.4540

Nights, Weekends & Holidays
call the Elder Abuse 24-hour Hotline at:
1.800.922.2275

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

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

Danvers People to People Food Pantry

12 Sylvan Street
Danvers, MA
978.739.4188

Danvers People to People Food Pantry & Children's Clothes Closet Thrift Shop

Supplemental Nutritional Assistance Program (SNAP)

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

Housing and Homelessness

Danvers Housing Authority

978.777.0909

The DHA has been established, in accordance with Massachusetts General Law Chapter 121B. Our 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.

Mental Health and Substance Abuse

Lahey Health Behavioral Services Psychiatric Hotline

Salem Area:
978.744.1585
866.523.1216

Lahey Health Behavioral Services Detox Center Danvers

Lahey Health Behavioral Services

111 Middleton Road
Danvers, MA 01923
800.323.2224

Senior Services

Danvers Council on Aging

The mission of the Danvers Council on Aging and the Danvers Senior Center which it manages is to provide and advance those programs and services which enrich the lives of older adults in the Danvers community.

25 Stone Street
Danvers, MA
978.762.0208

Sexual Health

Same Day STD Testing

140 Commonwealth Ave
Danvers, MA 01923
978.716.3025

Same Day STD testing was started due to a lack of good confidential STD testing solutions. As a nationwide STI medical screening company, they provide convenient, affordable and confidential, HIV and Sexually Transmitted Diseases Testing. (HIV Testing & STD Testing).

Clients get high quality convenient laboratory screenings with

a very informative staff. Their goal is to remove your worrying and concerns associated with Gonorrhea, Herpes, Chlamydia, Syphilis, Hepatitis, HIV, and standard STD Testing.

Support Groups

Alanon/Alateen

Meetings are held at Calvary Episcopal Church, 46 Cherry St at 7:30 pm on Tuesday Nights.

Meetings are held at Christ the Redeemer Church, 188 Elliott St, Rte 62 on Wednesday mornings at 10 am.

Lahey Medical Center – Peabody

Lahey Medical Center, Peabody
One Essex Center Drive
Peabody, MA 01960
978.538.4000

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Lahey Medical Center, Peabody offer 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.

Transportation

Danvers Council on Aging/Senior Center

Medical Van Transportation Please call Lorene to schedule rides for medical transportation between 1 pm and 4 pm at 978.762.0208. Appointments should be made 3 days in advance.

Medical Van: Individual-response medical transportation is available to Danvers residents age 60 or older, and/or disabled Danvers residents under the age of sixty. All efforts will be made to accommodate requests. It is encouraged to have residents make transportation requests as early as possible for scheduling purposes. Individuals in wheelchairs can be accommodated.

Suggested donation is \$1.00 each way for appointments within Danvers and \$2.00 each way for appointments to adjoining communities.

Medical transportation service is available from 9:30 am until 1:45 pm, Monday through Friday for all Danvers appointments. Any out of town appointments are considered individually in terms of how they can be accommodated.

Monies received are deposited in the Danvers Council on Aging Transportation Revolving Fund (under the control of the Town of Danvers Treasurer) and are used for van expenses and driver salaries.

Out of Town Medical Appointments: The Danvers Council on Aging offers the following out of the area transportation service in a lift equipped vehicle.

Boston Medical appointments – Rate: Danvers Residents - \$28.00 first hour, \$10 each additional hour. Beverly, Salem, Peabody, Middleton Residents - \$40 first hour, \$10 each additional hour. NSES Client (appointment made through caseworker) - \$25.00 first hour, \$10 each additional hour.

Lahey Clinic Rate: Danvers Residents - \$18.00 first hour, \$10 each additional hour. Beverly, Salem, Peabody, Middleton Residents - \$25 first hour, \$10 each additional hour. NSES Client (appointment made through caseworker) - \$20.00 first hour, \$10 each additional hour.

New England Rehab (Woburn) Rate: Danvers Residents - \$15 first hour, \$10 each additional hour. Beverly, Salem, Peabody, Middleton Residents - \$20 first hour, \$10 each additional hour. NSES Client (appointment made through caseworker) - \$20.00 first hour, \$10 each additional hour.

All other out of area medical transportation for individuals, age 60 and older, from other communities of Beverly, Peabody, Middleton, Salem and Marblehead to an adjoining North Shore Community - \$10 each way for the first hour, \$10 each additional hour.

Additional Guidelines: If an individual is accompanying a client for assistance there will be no additional charge for that individual. Under normal situations, the driver will not enter the home of a client to assist in transporting individuals to the van. Problems should be discussed with the Director of the Senior Services if a question should arise as to appropriate service. For more information please contact Lorene at the Danvers Council on Aging at 978.762-0208 or 978.762-0209.

Veterans Services

Peter M. Mirandi,
Director of Health and Veterans' Affairs
Danvers Town Hall
1 Sylvan Street
Danvers, MA 01923
978.777.0001, Extension 3025

Essex

Access to Health Care

The SHINE Program

SHINE counselors are available at Addison Gilbert Hospital Monday-Friday and can be reached at 978.283.4000

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.

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

Cape Ann Families – Pathways for Children

28 Emerson Avenue
Gloucester, MA 01930
978.281.7856

The "Cape Ann Families" program, formerly of Wellspring House, has joined the Pathways' portfolio. CAF offers a variety of family-focused programs aimed at supporting and enhancing a healthy family life. CAF's community-outreach efforts positively impact hundreds of children and parents each year with educational programming, support and guidance through teen and parent mentoring programs.

Cape Ann YMCA

71 Middle Street
Gloucester, MA 01930
978.283.0470

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 Avenue
Gloucester, MA 01930
978.281.2400

Pathways for Children has been a leader in early education and care programs on local, state, and national levels, bringing together children from all walks of life to learn the values of community, respect, and education. Our children learn to value themselves and their place in the world. Although we have built our programs in response to needs in our Cape Ann community, they have become models for other regions.

The mission of Pathways for Children is to serve the best interests of infant through adolescent children and their families - whether disadvantaged by circumstance or in search of opportunity - by delivering the empowering gift of quality educational, social development and support services that strengthen the family unit and the community. Pathways for Children support special programs with Cape Ann communities.

Women, Infants, and Children (WIC)

302 Washington St
Gloucester, MA 01930
978.281.4540

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.

Dental/Oral Health

All Seacoast Dental Associates

27 Commercial Street
Gloucester, MA 01930
978.515.7804

All Seacoast Dental Associates was established in the fall of 2012 by Dr. Julian Lender. All Sea Coast Dental Associates has made it their goal to serve the Cape Ann community with the highest level of expertise and care.

All Seacoast Dental Associates is a multi-specialty private practice catering to patients by establishing a wellness management program for:

Full mouth reconstructive cosmetics, dental implants, root canal therapy (endodontics), periodontal conditions (gum treatment), teeth whitening (Zoom Advanced in office system) and all other phases of any thorough or complex dental treatment plan. The patients can complete their oral rehabilitation entirely at this one location, under the supervision of specialists addressing their personal, unique and specific needs. All Seacoast Dental Associates are committed to giving you the highest ethical and quality care while providing financial options that will allow patients and their families to finally reach optimum dental health.

Office staff will always be working on the patient's behalf with an insurance carrier to make sure that services are covered and benefits are utilized properly.

Disabilities and Special Needs

Auditory-Verbal Communication Center

544 Washington St.
Gloucester, MA 01930
978.282.0025

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 (HAWC)

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
Beverly Domestic Violence Unit: 978.922.1155

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.

VOCAL (Victims of Crime and Loss)

131 Rantoul Street
Beverly, MA, 01915
978.927.4506

VOCAL provides free services to children and adolescents who have been victimized by crime, such as physical and sexual abuse, or who have witnessed domestic violence or other crimes.

Victimized children suffer many problems including symptoms of post-traumatic stress disorder, learning difficulties, social problems, low self-esteem, learned aggression, anxiety problems, and an inability to trust others. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long term treatment and referral.

Food Assistance

Acord Food Pantry

69 Willow Street
South Hamilton, MA 01982
978.468.4461

Acord Food Pantry, a non-denominational, non-profit, grassroots organization staffed by more than 100 volunteers, has provided food assistance to residents of Hamilton, Wenham, and nearby communities since 1991. Acord is a partner of the Greater Boston Food Bank and the Merrimack Valley Food Bank, and a member of the North Shore Hunger Network.

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)

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

The Open Door/Cape Ann Food Pantry

28 (Rear) Emerson Avenue
Gloucester MA, 01930
978.283.6776

The Open Door/Cape Ann Food Pantry provides a free, three to five day supply of 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. The average appointment time is one hour.

Housing and Homelessness

Fund to Prevent Homelessness

The Fund to Prevent Homelessness has been helping families since 1989. The organization is a tax exempt non-profit charity focused on providing confidential assistance to working families who are facing foreclosure or eviction due to unusual circumstances that have depleted their financial resources.

The Fund provides a one-time grant to qualified families so they can stay in their homes, in their communities, close to their friends, families, and schools. The assistance provides families in need with a lift that will help them through a tough time and keep them on track for a stable future.

The fund supports families that do not qualify for other funding and would otherwise fall through the cracks. We help these families before they lose their homes and possibly their dignity.

The Fund to Prevent Homelessness serves the communities of Beverly, Essex, Gloucester, Manchester by the Sea, Rockport, and Wenham.

Town of Essex Housing Authority

Essex Town Hall
30 Martin Street-2nd Floor
Essex, MA 01929
978.768.6821

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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

Sexual Health

North Shore Fertility Center – Reproductive Science Center of New England at Addison Gilbert Hospital

298 Washington St., 4th Floor
Gloucester, MA 01930
800.858.4832
[www.rscnewengland.com/fertility-center/
gloucester.cfm](http://www.rscnewengland.com/fertility-center/gloucester.cfm)

Offers a range of reproductive health services including In-Vitro Fertilization; IVF using donor eggs and/or gestational surrogacy; Intracytoplasmic sperm injection; Assisted hatching; Hormonal treatment; Fertility Preservation for Oncology patients; women wishing to delay pregnancy; and transgender individuals; IVF with Donor Eggs and Gestational Surrogacy for gay male couples; Intrauterine Insemination and Reciprocal IVF for lesbian couples; and Intrauterine insemination.

Support Groups

Addison Gilbert Hospital - Support Groups

Addison Gilbert Hospital
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 dealing with a variety of diseases including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Addison Gilbert Hospital offer a variety of support for health issues including: Breast Cancer, General Cancer Support, and Polycythemia Vera.

NAMI Family Support Group

43 Gloucester Ave., Room 2A
Meetings: 1st Wednesdays,
7–8:30 pm
978.281.1557
namicapeann@comcast.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.

VOCAL (Victims of Crime and Loss) at Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.0296 x733

VOCAL provides free services to children and adolescents who have been victimized by crime, such as physical and sexual abuse, or who have witnessed domestic violence or other crimes.

Victimized children suffer many problems including symptoms of post-traumatic stress disorder, learning difficulties, social problems, low self-esteem, learned aggression, anxiety problems, and an inability to trust others. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long term treatment and referral.

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.

Routes:

The CATA System is divided into the following Routes and Services:

- Green Line Services all of downtown Gloucester every half an hour
- Red Line Services the area between Gloucester and Rockport VIA Thatcher Rd.
- Blue Line Services the area between Gloucester and Rockport VIA Lanesville
- Orange Line Services the area between Gloucester and Magnolia
- Purple Line Services the area between Gloucester and West Gloucester
- Yellow Line Services the area between Gloucester and the Blackburn Industrial Park
- The Shopping Mall Express a Shuttle between Gloucester and Liberty Tree Mall and Northshore Mall

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

Veterans Services

Veterans' Services Officer

Town Hall
Ipswich, MA 01938
978.356.3915

Gloucester

Access to Health Care

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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.

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 978.283.4000

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Healthy Gloucester Collaborative

Joan Whitney M.ED., LICSW, Director
City of Gloucester Health Department
978.501.0994
jwhitney@gloucester-ma.gov

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. Through community-wide events, informational activities, trainings, awareness campaigns, and ongoing discussions, Healthy Gloucester is preventing substance abuse and promoting change. Healthy Gloucester provides the community with the following ongoing programs:

- Safe Rx Prescription Medication Disposal
- Overdose Prevention Education, Referrals and Services
- Learn to Cope Support Group
- Underage Drinking Prevention and Education
- Physician & Addiction Treatment Provider Roundtable

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. More than 1.3 million patients, family members, healthcare professionals, social workers and patient advocates use the NeedyMeds website each year. NeedyMeds regularly updates data on over 5,000 assistance programs, 13,000 free/low-cost/sliding scale clinics and 1,500 drug discount coupons. They also publish information about resources for specific diseases. All information is accessible online, at no charge and without registration.

North Shore Community Health, Inc.

Gloucester Family Health Center
302 Washington Street
Gloucester, MA 01930
978.282.8899

North Shore Community Health, with locations in Salem, Peabody, Gloucester and a soon to be open site in Beverly, provides care for individuals and families at all stages, from before birth and throughout childhood to adults and elders. As a community health center, NSCH provides both health and dental care and offer more services than typical medical offices. NSCH offers translation services, financial counseling, and health education.

North Shore Community Health, Inc. is a member of the Massachusetts League of Community Health Centers and the National Association of Community Health Centers.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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, MA. 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.

Cape Ann Families – Pathways for Children

28 Emerson Avenue
Gloucester, MA 01930
978.281.7856

The "Cape Ann Families" program, formerly of Wellspring House, has joined the Pathways' portfolio. CAF offers a variety of family-focused programs aimed at supporting and enhancing a healthy family life. CAF's community-outreach efforts positively impact hundreds of children and parents each year with educational programming, support and guidance through teen and parent mentoring programs.

Cape Ann YMCA

71 Middle Street
Gloucester, MA 01930
978.283.0470

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.

Brown's Mall
180 Main St. (entrance at 5 Pleasant St.)
Gloucester, MA 01930
p: 978.281.9682
<http://actioninc.org/compass.html>

Compass is an education, training, and employment program for 16-21 year olds. Compass helps young people realize educational goals, develop skills for the workplace and helpful attitudes towards work, and discover their career interests. The organization provides students with educational alternatives and creative opportunities that reduce or

eliminate barriers to learning. Compass specializes in creating a learning environment that is flexible and accepting of the youth culture while simultaneously encouraging students to take personal responsibility and to become proactive in their learning experiences.

At Compass, our students' primary goal is to obtain a high school diploma or GED and to enter college or full-time employment as successful young adults.

Gloucester Family Health Center

302 Washington Street
Gloucester MA 01930
978.282.8899

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. In order to fulfill this mission, this service site has a full array of health care professionals.

Through a staff of experienced health care professionals, the center offers the following services to the community through a family practice model of care:

- Behavioral health services
- Case coordination and management
- Dental services
- Family medicine
- Internal medicine
- Lab services
- Ob-gyn, midwifery
- Outreach and Financial Counseling
- Pharmacy services
- Referral services
- Same-day sick visits

The center accepts most health insurance plans and speaks English, Spanish and Portuguese

Gloucester Teen Center

9 Center Street
Gloucester, MA 01930
978.283.0470

Located in downtown Gloucester, the Teen Center offers students a place to hang out and have fun after school and on the weekends. The center features multiple computers, TVs, video game systems, and couches for lounging.

It's also home to the Cape Ann Y Teen Leaders Club, which meets every Thursday evening during the school year from 7-9 pm. Since 1995, teens in the club have chosen to actively volunteer time and effort for the betterment of the community.

Pathways for Children

29 Emerson Avenue
Gloucester, MA 01930
978.281.2400

Pathways for Children has been a leader in early education and care programs on local, state, and national levels, bringing together children from all walks of life to learn the values of community, respect, and education. Our children learn to value themselves and their place in the world. Although we have built our programs in response to needs in our Cape Ann community, they have become models for other regions.

The mission of Pathways for Children is to serve the best interests of infant through adolescent children and their families - whether disadvantaged by circumstance or in search of opportunity - by delivering the empowering gift of quality educational, social development and support services that strengthen the family unit and the community. Pathways for Children support special programs with Cape Ann communities.

Women, Infants, and Children (WIC)

302 Washington St
Gloucester, MA 01930
978.281.4540

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.

Dental/Oral Health

All Seacoast Dental Associates

27 Commercial Street
Gloucester, MA 01930
978.515.7804

All Seacoast Dental Associates was established in the fall of 2012 by Dr. Julian Lender. All Sea Coast Dental Associates has made it their goal to serve the Cape Ann community with the highest level of expertise and care.

All Seacoast Dental Associates is a multi-specialty private practice catering to patients by establishing a wellness management program for:

Full mouth reconstructive cosmetics, dental implants, root canal therapy (endodontics), periodontal conditions (gum treatment), teeth whitening (Zoom Advanced in office system) and all other phases of any thorough or complex dental treatment plan. The patients can complete their oral rehabilitation entirely at this one location, under the supervision of specialists addressing their personal, unique and specific needs. All Seacoast Dental Associates are committed to giving you the highest ethical and quality care while providing financial options that will allow patients and their families to finally reach optimum dental health.

Office staff will always be working on the patient's behalf with an insurance carrier to make sure that services are covered and benefits are utilized properly.

The City of Gloucester Children's Dental Center

Curtis B. Clark Building (The Old Armory)
99 Prospect Street
Gloucester, MA 01930
978.281.5885

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 21 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. Bus transportation is available from the public schools to the Dental Center.

Jeffrey Ahlin D.D.S. Family Dentistry and Orthodontics

1 Essex Avenue
Gloucester, MA 01930
978.283.9020

Dr. Ahlin has practiced Pediatric Dentistry and Orthodontics in Gloucester for 36 years since 1973. During this time he has also taught part-time at Tufts University School of Dental Medicine for 5 years and Harvard University School of Dental Medicine for 15 years. The practice offers a full range of dentistry and orthodontic services.

Payment is requested at each office visit. For patients that have dental insurance, as a courtesy the office will file insurance for you. The office will work with almost all traditional plans as well as Mass Health.

Disabilities and Special Needs

Auditory-Verbal Communication Center

544 Washington St.
Gloucester, MA 01930
978.282.0025

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
Gloucester Outreach Office: 978.283.8642

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

Reportable Conditions are:

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

Weekdays 9 am-5 pm call
North Shore Elder Services
978.750.4540

Nights, Weekends & Holidays
call the Elder Abuse 24-hour Hotline at
1.800.922.2275

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 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
978.283.8150

Offers tea/coffee and dinner on Friday evenings: 4:30-5 tea and coffee, 5-6 dinner.

The Open Door/Cape Ann Food Pantry

28 (Rear) Emerson Avenue
Gloucester MA, 01930
978.283.6776

The Open Door/Cape Ann Food Pantry provides a free, three to five day supply of 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. The average appointment time is one hour.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Action Inc. – Emergency Homeless Shelter

Emergency Homeless Shelter
370 Main Street
Gloucester, MA 01930
978.283.4125

Shelter Services Administration
180 Main Street
Gloucester, MA 01930
978.282.1000

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, recently renovated building in Gloucester. Space at the Shelter is limited and individuals are encouraged to call before visiting. A bed cannot be guaranteed.

The Action Shelter provides a temporary solution for homeless individuals while we assist them in a quest for more permanent housing. Operating hours are 5 pm- 8 am and by appointment.

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
<http://www.ftph.org/index.html>

The Fund to Prevent Homelessness has been helping families since 1989. The organization is a tax exempt non-profit charity focused on providing confidential assistance to working families who are facing foreclosure or eviction due to unusual circumstances that have depleted their financial resources.

The Fund provides a one-time grant to qualified families so they can stay in their homes, in their communities, close to their friends, families, and schools. The assistance provides families in need with a lift that will help them through a tough time and keep them on track for a stable future.

The fund supports families that do not qualify for other funding and would otherwise fall through the cracks. We help these families before they lose their homes and possibly their dignity.

The Fund to Prevent Homelessness serves the communities of Beverly, Essex, Gloucester, Manchester by the Sea, Rockport, and Wenham.

Gloucester Housing Authority

259 Washington Street
Gloucester, MA 01930
978.283.4435

The Gloucester Housing Authority was formed in 1948 and is proud of its long history of promoting and providing adequate and affordable housing, economic opportunity and a suitable living environment free of discrimination. A 5 member Board of Commissioners currently assists over 1300 households in the Cape Ann area through our Public Housing, Rental Assistance, Homeownership and Resident Service programs.

Wellspring House Inc.

302 Essex Avenue
Gloucester, MA 01930
978.281.3221

Since 1981, Wellspring House has been helping families and individuals on Cape Ann and the North Shore move out of poverty and live more fulfilling lives through the work of providing home, jobs, and education. Basic needs assistance will help people facing homelessness through:

- Emergency shelter for families
- Housing Search assistance for families living in motels
- Emergency homeless prevention funding and guidance
- Assist families who have recently experienced homelessness and moved into permanent housing connect with community resources to keep moving forward
- Our Holiday Store and Back to School backpack programs
- Permanent homes for 11 low-income people at our lodging house
- Advocacy for affordable housing and issues related to homelessness

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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

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

Addison Gilbert Hospital
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.

Moore's Way Residential Program – John Ashford Link House, Inc.

Moore's Way
23 Duncan Street
Gloucester, MA 01923
978.283.3078

Moore's Way Residential Program provides an avenue of recovery for men and women with a history of substance abuse problems. Sobriety is not the only concern, but providing its residents the necessary tools to establish themselves back into productive and self-supporting individuals.

Senior Services

Gloucester Council on Aging

Rose Baker Senior Center
6 Manuel F. Lewis Street
Gloucester, MA 01930
978.281.9765 P
978.282.1350 F

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 Avenue
Gloucester, MA 01930
978.283.7375

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

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

SeniorCare Inc. is a consumer centered organization, provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community.

Areas served: Beverly, Essex, Gloucester, Hamilton, Ipswich, Manchester-by-the-Sea, Rockport, Topsfield, and Wenham.

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.

To locate a SHINE Counselor in your community:

Contact the Central Massachusetts Association of Councils on Aging at the Milford Senior Center 1.800.AGE.INFO / 1.800.243.4636.

SHINE is offered at Addison Gilbert Hospital Monday-Friday. Please contact 978.283.4000 and ask to be connected.

TLC at Home

57 Eastern Ave,
Gloucester, MA 01930
Phone: 978.282.5575
TLCatHomeOnline@gmail.com

TLC at Home offers individualized care programs that provide support and promote independent and dignified living in the comfort of the client's own home. These home care services are provided by compassionate and educated caregivers to provide the best T-L-C in-home care.

Services provided include:

- Hourly, Overnight and 24-Hour Care
- Free Comprehensive In-Home Assessment- Fall risk assessments and individualized fall prevention plans
- Bathing, Dressing and Personal Hygiene Assistance
- Incontinence Assistance, Toileting
- Light Housekeeping, Laundry and Linen Change
- Assistance with performing prescribed exercises
- Household Organization
- A Written, Detailed Personal Care Plan
- Grocery Shopping, Meal Preparation
- Companionship and Friendship
- Respite for Family Caregivers
- Transportation, Escort, personal errands and Supervision for community based activity

- Medication Reminders and Dispensing
- Mobility, Transfer and Standby Assistance
- Specialized care for the Alzheimer's or other dementia clients
- Compassionate, one-on-one end of life care for clients on Hospice
- Technology Based services for video monitoring, motion sensor alarms, medical alert systems, and Personal medication dispensing machines
- Coordinate Billing with Long Term Care Insurance
- Care coordination with all members of the client's healthcare team

Visiting Angels Senior Care and In Home Assisted Living Services

85 Constitution Lane Unit 2-D
Danvers, MA 01923
800.365.4189

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 such as: joyful companionship, hygiene assistance, meal preparation/diet monitoring, light housekeeping, errands/shopping. Care is available mornings, mid-day, and evenings. Live-in care is also available.

Sexual Health

Health Quarters

900 Cummings Center, Suite 126-R
Beverly, MA 01915
978.922.4490

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

North Shore Fertility Center – Reproductive Science Center of New England at Addison Gilbert Hospital

298 Washington St., 4th Floor
Gloucester, MA 01930
800.858.4832
[www.rscnewengland.com/fertility-center/
gloucester.cfm](http://www.rscnewengland.com/fertility-center/gloucester.cfm)

Offers a range of reproductive health services including In-Vitro Fertilization; IVF using donor eggs and/or gestational surrogacy; Intracytoplasmic sperm injection; Assisted hatching; Hormonal treatment; Fertility Preservation for Oncology patients; women wishing to delay pregnancy; and transgender individuals; IVF with Donor Eggs and Gestational Surrogacy for gay male couples; Intrauterine Insemination and Reciprocal IVF for lesbian couples; and Intrauterine insemination.

North Shore Health Project

5 Center Street
Gloucester, MA 01930
978.283.0101

The North Shore Health Project was founded in 1988 by a group of men and women from Gloucester and Rockport, who were concerned about the lack of available services for people affected by HIV and AIDS. The North Shore Health Project provides a variety of holistic services, as an adjunct to primary care, in addition to an array of support services. Since 2006 the Health Project has provided a full array of services to all those living with Hepatitis C.

Although it has been providing free care for over 20 years, The Project has retained a grass-roots character. Volunteer health care practitioners provide all holistic services, joined by a small army of other volunteers who assist with the day-to-day operation of the agency.

Holistic services include massage, acupuncture, chiropractic, reiki, polarity, reflexology, and

energy healing. Meditation, yoga and art classes are also occasionally offered.

Support services are offered 5 days a week and happily include: case management, outreach and education, congregate meals 3 times weekly, emergency groceries, support groups which include Wednesday evening monthly meetings of Living Well with Hepatitis C, HIV Long Term Survivors, Women's Group as well as a monthly game night and monthly birthday celebrations.

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 7:15 pm.

1123 Washington Street
Gloucester, MA 01931

Meetings are held at First Baptist Church on Friday evenings at 7 pm.

38 Gloucester Avenue
Gloucester, MA 01931

Addison Gilbert Hospital - Support Groups

Addison Gilbert Hospital
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 dealing with a variety of diseases including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Addison Gilbert offer a variety of support for health issues including: Breast Cancer, General Cancer Support, and Polycythemia Vera.

Learn to Cope

48 Middle Street – Thompson Room
Gloucester, MA 01930
508.801.3247

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. It is held at St. John's Episcopal Church and is sponsored by the Healthy Gloucester Collaborative.

NAMI Family Support Group

43 Gloucester Ave., Room 2A
Meetings: 1st Wednesdays,
7-8:30 pm
978.281.1557
namicapeann@comcast.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 pm.

**488 Essex Avenue
Gloucester, MA 01930**

Meetings are held at the Unitarian Universalist Church on Sunday evenings at 7 pm.

**Pine Street
Gloucester, MA 01930**

VOCAL (Victims of Crime and Loss) at Addison Gilbert Hospital

**298 Washington Street
Gloucester, MA 01930
978.283.0296 x733**

VOCAL provides free services to children and adolescents who have been victimized by crime, such as physical and sexual abuse, or who have witnessed domestic violence or other crimes.

Victimized children suffer many problems including symptoms of post-traumatic stress disorder, learning difficulties, social problems, low self-esteem, learned aggression, anxiety problems, and an inability to trust others. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long term treatment and referral.

Transportation Services

Gloucester Council on Aging

**Rose Baker Senior Center
6 Manuel F. Lewis Street
Gloucester, MA 01930
978.281.9765 P
978.282.1350 F**

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.

Routes:

The CATA System is divided into the following Routes and Services:

- Green Line Services all of downtown Gloucester every half an hour
- Red Line Services the area between Gloucester and Rockport VIA Thatcher Rd.
- Blue Line Services the area between Gloucester and Rockport VIA Lanesville
- Orange Line Services the area between Gloucester and Magnolia
- Purple Line Services the area between Gloucester and West Gloucester
- Yellow Line Services the area between Gloucester and the Blackburn Industrial Park
- The Shopping Mall Express a Shuttle between Gloucester and Liberty Tree Mall and Northshore Mall

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

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 with two exceptions:

If in the judgment of the agency the client is at risk of seriously harming themselves or others or if current child or elder abuse or domestic violence is involved.

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

9 Dale Ave.
Gloucester, MA 01930
978.281.9740

Hamilton

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

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.

Child, Parent and Family Support

Coordinated Family & Community Engagement of Hamilton-Wenham

130 Essex Street, Pilgrim Hall
S. Hamilton, MA 01982
978.468.5489

CFCE of Hamilton and Wenham exist as a part of the Massachusetts Coordinated Family and Community Engagement (CFCE) and focus on Local Family-Family Focused Programming and Services to Support Parents as their Child's First Teacher.

Your CFCE Strengthens the Community by Strengthening Families. This is done by linking families with literacy rich activities, family education, and early care and education programs for children prenatal through school age. The Partnership strives to support comprehensive, high quality care across public and private programs, provide equitable access, increase public awareness and expand the array of programs and services currently available. Services include parent education, linking families to child care scholarships and resources strengthening families.

Dental/Oral Health

Hamilton Dentistry

61 Railroad Ave.
South Hamilton, MA 01982
978.468.4411

Comfort and convenience are the hallmarks of Hamilton Dentistry's office operations. From routine cleanings and fillings to bruxism devices, Hamilton Dentistry is equipped to handle all your dental needs. Leading services include:

- Bonding
- Cosmetic Contouring
- Crowns and Bridges
- Pediatric Care
- Cosmetic Fillings
- Implants
- Veneers
- Whitening
- Soft-tissue Laser Treatment
- Sports Dentistry

- Root Canal Therapy
- Extractions
- Scaling and Root Planning
- Dentures
- Cosmetic Dentistry
- Invisalign
- TMJ Treatment

Disabilities and Special Needs

Integrated Disabilities Services

62 Main Street
Wenham, MA 01984
978.223.7362

Integrated Disability Services is a national disability advocacy company ready to fight for disability benefits. Integrated Disability Services will: collect new medical evidence on behalf of a client, obtain special documentation from doctors and add it to the record, and prove why a client can't perform their job or any job. They advocate for Short-Term Disability (STD), Long-Term Disability (LTD), Federal Employee Retirement System (FERS), Civil Service Retirement System (CSRS), or Appeals claim for federal disability benefits.

Domestic Violence

Healing Abuse Working for Change (HAWC)

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
Beverly Domestic Violence Unit: 978.922.1155

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

Reportable Conditions are:

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

Weekdays 9 am-5 pm call
North Shore Elder Services
978.750.4540
Nights, Weekends & Holidays call
the Elder Abuse 24-hour Hotline at
1.800.922.2275

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 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
978.468.4461

Acord Food Pantry, a non-denominational, non-profit, grassroots organization staffed by more than 100 volunteers, has provided food assistance to residents of Hamilton, Wenham, and nearby communities since 1991. Acord is a partner of the Greater Boston Food Bank and the Merrimack Valley Food Bank, and a member of the North Shore Hunger Network.

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Hamilton Housing Authority

121 Railroad Avenue
Hamilton, MA 01982
978.468.3981

The Hamilton Housing Authority maintains and operates housing units at the Railroad Avenue site as well as at the Harris Avenue and Union Street sites. They are working on obtaining more sites so the number of housing units can be added to the present total of 40 apartments.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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

Hamilton Senior Center

299 Bay Road
South Hamilton, MA 01982
978.468.5595

The Hamilton Senior Center is the activities headquarters for senior citizens residing in Hamilton. It is located in the former library building on Bay Road (Route 1A) in front of the public safety complex. The mission of the Council on Aging is to enrich the lives of local seniors by offering trips, weekly open house programs, information, newsletters, outreach, wellness programs and more. Senior citizen transportation and van service, combined with Wenham, is also coordinated at this senior center.

Sexual Health

Health Quarters

900 Cummings Center, Suite 126-R
Beverly, MA 01915
978.922.4490

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

A Woman's Concern

29 Rantoul Street
Beverly, MA 01915
866.HELP.AWC
866.435.7292

A Woman's Concern Pregnancy Health Services provides complete, accurate information and compassionate peer counseling to women and couples who are making decisions about unintended pregnancies.

The following services are offered at no charge:

- Pregnancy testing
- Ultrasound
- Pregnancy Counseling
- Parenting Classes

Support Groups

Beverly Hospital Support Groups

Beverly Hospital
85 Herrick Street
Beverly, Massachusetts
978.922.3000

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Beverly Hospital offer support for: Alcohol and Drugs, Alzheimer's caregiver's support, Breast Cancer, Chronic Pain, Diabetes, Huntington's disease, Melanoma, Neuropathy, Nutrition, Ostomy, Polycythemia Vera, Pregnancy, Childbirth and Parenting, Prostate Cancer, Stroke Survivors, Widowed Persons' Support.

Addison Gilbert Hospital - Support Groups

Addison Gilbert Hospital
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 dealing with a variety of diseases including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Addison Gilbert Hospital offer a variety of support for health issues including: Breast Cancer, General Cancer Support, and Polycythemia Vera.

Veterans Services

North Shore Veterans Counseling Services, Inc

45 Broadway Street
Beverly, MA 01915
978.921.4851

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 with two exceptions:

If in the judgment of the agency the client is at risk of seriously harming themselves or others or if current child or elder abuse or domestic violence is involved.

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.

Hamilton, MA Veterans' Services Officer

Town Hall
Ipswich, MA 01938
978.356.3915

Transportation Services

MBTA Commuter Rail Service

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

Haverhill

Access to Health Care

Community Actions, Inc.

145 Essex Street
Haverhill, MA 01832
978.373.1971

Community Action, Inc. (CAI) is a private non-profit organization established in 1965 to address the causes and consequences of poverty in the greater Haverhill, Amesbury and Newburyport areas.

CAI provides resources and opportunities for individuals, families and communities to overcome poverty. CAI envisions strong, thriving communities free of poverty.

CAI Programs serve: Amesbury, Boxford, Georgetown, Groveland, Haverhill, Merrimac, Newbury, Newburyport, Rowley, Salisbury, and West Newbury.

Some CAI programs also serve: Beverly, Essex, Gloucester, Hamilton, Ipswich, Lawrence, Manchester, Rockport, Topsfield and Wenham.

Programs include: adult education and training, community services, consumer services, energy programs, family day care, Head Start, housing developments, and WIC.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Haverhill Community Health Center

95 White Street
Haverhill, MA 01841
978.725.7400

Haverhill Council on Aging SHINE Program

Haverhill Citizen Center
10 Welcome Street
Haverhill, MA 01830
978.374.2390

Elders can receive adequate information on health care insurance, requirements for benefits, accessing free or reduced health care, appealing denials, etc. by making an appointment with our trained & EOE certified insurance counselor. The counselor will:

- inform elders about health services;
- make sure clients know what they need for health coverage;
- provide information about Medicaid, Medicare, Medigap, Health Insurances & public benefits; and
- assist in filling out insurance forms.
- Shine Counselor is here the 2nd and 4th Tues
- Contact Wendy ext 19 to make an appointment

These free & confidential services are also available to the family member in regards to their elderly parent.

Child, Parent and Family Support

Children's Learning Center

87 Winter Street
Haverhill, MA 01830
978.374.0506 x1612

Girls Inc. of Greater Haverhill

7 William Street
Haverhill, MA 01830
978.372.0771
dcasado@girlsinchaverhill.org

Girls Incorporated of Greater Haverhill is committed to effectively meeting the needs of girls in the community; to help girls find their own identity and to develop their capacity to be self-sufficient, responsible citizens; and to serve as a vigorous advocate for girls, focusing attention on their special needs.

Programs target economic literacy, peer support, community leadership, and pregnancy prevention task forces. Club activities are also available to members of Girls Inc.

Healthy Families Haverhill – Merrimack Valley Catholic Charities

191 Merrimack Street, Suite 202
Haverhill MA, 01830
978.521.6265

Healthy Families Haverhill is a home visiting program available to first time parents under the age of 20 in the city of Haverhill. Healthy Family visits are coordinated by trained staff and involve the entire family, including extended family. Staff members encourage participants to develop the knowledge and skills to be strong parents. HFH offers assistance finding health care, day care, transportation, and other services a family may need. The child cannot be over the age of one when a parent joins the program. There are no income limits.

Haverhill YMCA

Haverhill YMCA
81 Winter Street
Haverhill, MA 01830
978.374.0506

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.

Team Coordinating Agency, Inc.

P.O. Box 844
76 Winter Street
Haverhill, MA 01831 USA
978.373.3333

Team Coordinating Agency, Inc. (TCA) is a private, nonprofit social service agency that advocates for the physical and mental well-being of individuals, families, and the community.

TCA provides a wide range of services that include prevention and treatment of addiction, children's services, and mental health treatment in residential, outpatient and forensic settings. TCA remains committed to its founding mission of providing quality services by responding to the changing needs of the community.

These goals are accomplished by providing advocacy, education, and treatment to promote personal development and growth that empowers individuals to lead personally satisfying, meaningful and productive lives.

Little Footprints Learning Center

800 Broadway
Haverhill, MA 01832
978.374.9454
info@littlefootprints.org

Little Footprints is an environment-based program for care and learning. Little Footprints Learning Center believes that the two are inseparable. Children learn from the entire experience the day provides. The way time and space are planned, the furnishings, the equipment and materials, and all the ways adults and children behave, "teach" the child what the world is like, how it works, what the child is capable of, and his/her place in it. Little Footprints' programs for infants through preschool respect the individuality of each child and foster the development of each child's emotional, intellectual, physical, and social skills through age-appropriate activities, equipment, and materials.

Dental/Oral Health

Haverhill Dental Associates

370 Main Street
Haverhill, MA 01830
978.372.8669

Haverhill Dental Associates offers all-in-one dental services for the entire family. Our family dental practice specializes in all aspects of cosmetic dentistry, including dental implants, teeth whitening, and periodontal care.

Haverhill Dental Associates are a member of the American Dental Association, Merrimack Valley District Dental Society and Massachusetts Dental Society.

Disabilities and Special Needs

The Arc of Greater Haverhill-Newburyport

57 Wingate Street, Suite 301
Haverhill, MA 01832
978.373.0552

The Arc of Greater Haverhill-Newburyport is a grassroots 501(c)(3) nonprofit founded in 1962 to advocate with and for individuals with intellectual and developmental disabilities and their families throughout the Merrimack Valley and seacoast communities. By customizing services, The Arc optimizes the development and self-discovery of the whole

person, their family, and how they relate to their community.

The Arc of Greater Haverhill-Newburyport is committed to self-development and leadership. We are creating a way for people to make something extraordinary happen in their life and in their community.

The Arc of Greater Haverhill-Newburyport stands united with The National Arc movement to enhance the human and civil rights of all persons with disabilities. We strive for excellence by supporting self-advocates in becoming leaders and ambassadors of social justice.

L'Arche Irenicon

53 Wingate St., First Level
Haverhill, MA 01832
978.374.6928

Mailing Address:
L'Arche Irenicon
P.O. Box 1177
Haverhill, MA 01831

L'Arche Irenicon offers a home where the gifts of people with developmental disabilities are revealed through mutually transforming relationships. Their mission is to embrace diverse cultures while working together to build a more human society. They hope to foster an environment that is inspired by the core values of a founding story: relationships, transformation, and being a sign of hope and a response to the changing needs of its members.

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704

The Lowell Association for the Blind Adult Program provides social, recreational and educational opportunities on Tuesday and Thursday mornings. Clients are encouraged to call the office to receive a monthly schedule and to be put on a mailing list. The Lowell Association for the Blind welcomes blind and visually impaired adults over the age of 21 living in the greater Merrimack Valley and Southern New Hampshire.

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.

Opportunity Works

209 Rear Summer Street
Haverhill, MA 01830
978.374.5281

Opportunity Works is fully committed to enhancing the life for people with disabilities by promoting a culture of

dignity and respect and ensuring individualized services that maximize the independence of the people we serve. We further resolve to eliminate the barriers that affect people with disabilities through community advocacy and education.

Domestic Violence

Community Actions, Inc.

145 Essex Street
Haverhill, MA 01832
978.373.1971

Community Action, Inc. (CAI) is a private non-profit organization established in 1965 to address the causes and consequences of poverty in the greater Haverhill, Amesbury and Newburyport areas.

CAI provides resources and opportunities for individuals, families and communities to overcome poverty. CAI envisions strong, thriving communities free of poverty.

CAI Programs serve: Amesbury, Boxford, Georgetown, Groveland, Haverhill, Merrimac, Newbury, Newburyport, Rowley, Salisbury, and West Newbury.

Some CAI programs also serve: Beverly, Essex, Gloucester, Hamilton, Ipswich, Lawrence, Manchester, Rockport, Topsfield and Wenham.

Programs include: adult education and training, community services, consumer services, energy programs, domestic violence resources, family day care, Head Start, housing developments, and WIC.

Food Assistance

Women, Infants, and Children (WIC)

145 Essex Street
Haverhill, MA 01832
978.374.2191

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.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Emmaus House

150 How Street
Haverhill, MA 01841
978.725.7400

Emmaus House offers emergency shelter for both families and individuals, with the goal of providing not just a place to sleep but also services to help those who are homeless get back on their feet. The Emmaus Family House program serves up to 54 homeless families at one time. Of these, 28 families live together in a congregate setting at 150 How Street in Haverhill. Families live with dignity and respect in their own suites and join together for meals, meetings, and group activities in the spacious common area located on the first floor. The family shelter program also serves 26 families in scattered site apartments located in the same Haverhill neighborhood.

The Emmaus Family Shelter is a closed referral program, and can only accept families referred by the Department of Housing and Community Development (DHCD). Families experiencing homelessness that have a child under the age of 21, or are pregnant, may be eligible for placement in a family shelter.

To find shelter, contact DHCD's Homeless Coordinator at the Lawrence Transitional Assistance (DTA) Office, which serves the Haverhill and Lower Merrimack Valley area. The Lawrence DTA office is located at 280 Merrimack Street, 2nd floor,

Lawrence, MA 01840. The phone number is 978.725-7100. Speak with the Homeless Coordinator to request emergency shelter.

Haverhill Housing Authority

25-C Washington Square
Haverhill, MA 01831
978.372.6761

Haverhill Housing Authority provides housing assistance to low income residents through the management of the areas Housing Choice Voucher Program - Section 8. This program is income based and the eligibility guidelines are set by HUD. There may be waiting lists for these vouchers and at times the lists may close to new applicants based on the size of and length of wait on the lists. 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 assistance, the status of any waiting lists and their application procedures.

Mental Health and Substance Abuse

Arbour Health System – Counseling Services Programs

116 Summer Street
Haverhill, MA 01830
978.373.7010

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 Haverhill facility provides individual, couple, family, and group counseling for all ages. The Center also handles emergency assessments and responsive assistance during times of crisis. Areas of specialty include; ADD (Child and Adult), Behavior Disorders, Child and Adolescent Psychiatry, Court-Involved Adolescents and Adults, Diversion Program, Domestic Violence, Dual Diagnosis, Eating Disorders, Geropsychiatry, Mood Disorders, Parenting, Personality Disorders, Psychological Trauma, Psychopharmacology, School Outreach, Self-Injury, Special Needs/Developmental Disabilities, Women's Issues, Expressive Therapy Evaluation and treatment of anxiety, depression, and stress-related issues. ACS Haverhill also offers a Partial Hospitalization Program for patients 20 years and older. There are a variety of support groups including a Parent Education group. These groups are available in Spanish.

Lahey Health Behavioral Services – Community Service Agency (CSA)

8-10 Howard Street
Haverhill, MA 01830
978.374.0414

CSA uses a wraparound* model to support the youth and family to be successful in the home or community setting. We use a family-centered approach, and services that are culturally sensitive. Working together, CSA and patients develop and define individualized goals for each family, while engaging the family's natural and external support systems.

*Wraparound is a process used to create, put in place, and monitor an individualized plan created to address the needs of a youth and family. Wraparound puts the family at the center of the planning process. It builds a team around the family's vision for the child's future and builds on the strengths of the youth, family, team, and community.

Lahey Health Behavioral Services – Cornerstones Adult Behavioral Learning Center

60 Merrimack Street
Haverhill, MA
978.373.9158

The Cornerstone Adult Behavioral Learning Center is a five-day-per-week recovery and rehabilitation-oriented program. It is designed to assist adults who suffer from life-altering consequences of mental illness. At Cornerstone, participants enroll in classes and activities that specifically address three aspects of recovery:

1. Managing unwanted symptoms and behaviors.
2. Reconnecting with or discovering the things that add pleasure, meaning, and value to life.
3. Developing the connections, supports and skills to establish meaningful roles in society.

Lahey Health Behavioral Services – Haverhill Outpatient Clinic

60 Merrimack Street
Haverhill, MA 01830
978.373.1126

Haverhill Outpatient Clinic provides mental health and psychiatric consultations and services to adults, families, and elders.

Emergency Psychiatric Services include pre-screening, evaluation and a mobile psychiatric crisis team.

978.521.7777

Mitch's Place

127 How Street
Haverhill, MA 01841
978.241.3540

Mitch's Place 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.

Mitch's Place provides overnight shelter, nutritious meals, and support services. Mitch's Place staff will help connect guests to available resources, including income programs, rental assistance, community meal programs, and affordable housing. A physician, a nurse practitioner, and an outreach mental health worker are on site weekly to meet with guests who need medical attention.

Mitch's Place guests have weekly access to our Bethel Business Center to help in developing resumes, job readiness skills, and employment and housing search efforts. Mitch's Place can also help gain access to employment training programs.

Senior Services

Haverhill Crossing Senior Living

254 Amesbury Road
Haverhill, MA 01830
978.228.5039

At Haverhill Crossings, residents enjoy attractive apartments, comfortable community rooms, a lovely outdoor patio and garden and an ever-changing program of social and fitness activities. Haverhill Crossing's caring and professional staff understands each resident's individual and changing needs, and we tailor our care and services to reflect this. Haverhill Crossings Senior Living provides residents with a caring and joyful living environment while their loved ones can be assured they are receiving the level of care that best meets their needs.

Haverhill Council on Aging

Haverhill Citizen Center
10 Welcome Street
Haverhill, MA 01830
978.374.2390

The Haverhill Council on Aging offers many elder-focused programs at free or low cost as well as transportation services, food support and social services. They can be reached at:

Sexual Health

Health Quarters

215 Summer Street, Suite 16
Haverhill, MA 01830
978.521.4444

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

Support Groups

Alanon/Alateen

Meetings are held at the West Congregational Church, 767 Broadway, Route 97, basement. Meetings occur on Monday evenings at 8 pm.

767 Broadway
Haverhill, MA 01832

Meetings are held at First Presbyterian Church on Fridays at 12 noon.

346 Broadway
Haverhill, MA 01832

Meetings are held at Whittier Pavilion meeting hall on Saturdays at 5:15 pm.

76 Summer Street
Haverhill, MA 01832

NAMI Family Support Group

Merrimac Valley Hospital
140 Lincoln Ave.
Meetings: 1st Thursdays,
7–8 pm

Contact: Bernie at 603.583.9252
bernard.c.gallant@gmail.com
Michael at 978.337.6214
mkoplove@gmail.com

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 First Community Church on Sunday evenings at 7:30 pm.

358 Washington Street
Haverhill, MA 01832

Transportation Services

MBTA Commuter Rail Service

Haverhill Line stops in Haverhill, Bradford, Lawrence, Andover, Wilmington, Reading, Wakefield, Melrose and Malden.

Medi-Ride

MVRTA Administrative Offices
85 Railroad Avenue
Haverhill, MA 01835
978.469.6878

Medi-Ride allows constituents to travel from their home town to Lahey Medical Center in Peabody. On days their geographic area is served, customers should make medical appointments at the Lahey Clinic that start only between the hours of 10:30 am and 2 pm.

The rate of fare for all MVRTA Special Services eligible individuals will be \$8.00 cash one-way or \$16.00 cash round-trip. The Medi-Ride service is supplemental to MVRTA's safety-net ADA service, consequently no discount is offered ADA-eligible individuals. Any customer may have one companion accompany them for a fare of \$4.00, on a space-available basis. Persons planning to travel with a companion must state so when making the reservation so MVRTA may

MVRTA's Medi-Ride Service will be operated using wheelchair-lift equipped vans that are similar to the vans used in MVRTA Special Services service.

Anyone who is registered as a MVRTA Special Services customer, whether ADA-qualified or non-ADA (i.e., a Senior Citizen), will be eligible for the MVRTA Medi-Ride Service. ADA-eligible individuals will have reservation priority.

All MVRTA Medi-Ride customers must be pre-registered in order to use the service. Customers who are not current MVRTA Special Services users must register with the MVRTA Office of Special Services at telephone 978.469-6878, "Option 3". Registration must be completed and the data entered in MVRTA's reservations system prior to any reservation for the MVRTA Peabody/Boston Medical Service being accepted.

Haverhill Council on Aging

We are a supporting member of N.E.E.T. (Northern Essex Elder Transport). Transportation may be available for medical appointments. Call 978.374.2390 X 10 to inquire.

Veterans Services

Haverhill Community Based Outpatient Clinic

108 Merrimack Street
Haverhill, MA 01830
978.372.5207

The Haverhill Community Based Outpatient Clinic provides compassionate health care services in primary care and mental health to eligible veterans residing in the greater Haverhill area. The staff of the Clinic offers medical care and treatment, gives referrals to various specialty clinics and, as needed arranges admissions to services at VA Medical Centers. The clinic is staffed by a physician, two nurse practitioners, a registered nurse, a licensed practical nurse, and a patient service assistant.

Veterans Northeast Outreach Center, Inc.

10 Reed Street
Haverhill, MA 01832
978.372.3626

The Veterans Northeast Outreach Center, established in 1985, is a private non-profit organization serving the Greater Merrimack Valley. The Center started as a storefront operation, staffed largely by volunteers, to provide support and advocacy to Vietnam Veterans. Through the years, the focus of the Center has expanded to accommodate over 36,000 Veterans in our region who are eligible for care. VNOOC provides a continuum of care to Veterans, their families, from the very basic food and shelter needs to advocacy, information, referral, career, and education services.

Veterans' Employment Representatives – ValleyWorks Career Center at the Student Services Center

Contact: Clifton McLeod
Northern Essex Community College,
100 Elliot St.
Haverhill, MA 01830
978.241.4747
BMcleod@detma.org

Veterans' Services Officer

10 Welcome St. Rm. 43
Haverhill, MA 01830
978.374.2351

Ipswich

Access to Health Care

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.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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.

Birth to Three Family Center

15 Market Street, Suite 4
Ipswich, MA 01938
978.412.0123

Birth to Three's mission is to increase children's potential for healthy development and well-being. We seek to do this by providing programs and services to support parents and children from birth through age four. The Birth to Three Family Center offers a variety of opportunities to enhance your parenting skills. Equally important, we offer open play times to get out with your child and socialize with other parents. All of our programs are free and available to all Ipswich residents regardless of income, race, ethnicity, or creed. Many programs are available to families from surrounding towns.

Ipswich Caring

Anyone interested in receiving more information about Ipswich Caring can contact Sheila Taylor at 978.356-1525.

Ipswich Caring is a non-profit, completely volunteer-driven organization whose mission is to give assistance to Ipswich families living in financial need. The holiday program coordinates the purchase and distribution of toys, clothing and food to Ipswich families, as well as baked goods to disabled and senior residents. In conjunction with the Smiling Kids organization, the birthday program offers a birthday gift to each enrolled child. The Rita Poirier Empowerment Fund awards funding each year to individuals who are trying to achieve economic independence and stability for their families. The "Back to School" supply program assists families in getting the school supplies that will help their children thrive in school.

Ipswich Caring fully depends upon the support of the community both for volunteers and financial donations.

Volunteers are used in many areas depending on availability and interest of the volunteer. The community has always been very supportive of the program. Financial donations can be mailed or brought directly to the First National Bank at 31 Market Street in Ipswich.

Ipswich Family YMCA

110 County Road
Ipswich, MA 01938
978.356.9622

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.

Dental/Oral Health

Sorrento Dental

130 County Road
Ipswich, MA 01938
978.356.0602

The office of Dr. James Sorrento, conveniently located in the Cable Professional Building just a few minutes from downtown Ipswich, specializes in general and cosmetic dentistry, offering dental care for teens and adults.

Sorrento Dental strives to provide our patients with the highest quality dental experience possible. We do this by using a gentle touch and a very comfortable and technologically advanced setting.

We offer teeth cleanings and a variety of dental procedures including preventive dentistry, emergency dentistry, sedation dentistry, fillings, CEREC crowns, veneers and teeth whitening.

Disabilities and Special Needs

Cornerstones Ipswich

35 Mitchell Road
Ipswich, MA 01938
978.356.9321

Cornerstones Ipswich is two programs in one: A longer-term residential program for latency-aged children (6-12), and a CBAT (Community Based Acute Treatment)

facility for children in acute mental health crisis who need stabilization. We serve boys and girls, and we offer a range of individualized, high quality services to return our residents to their home communities and/or families. Cornerstones Ipswich is a program of Lahey Health Behavioral Services.

Domestic Violence

Healing Abuse Working for Change

27 Congress Street
Salem, MA 01970
978.744.8552
24-hour Hotline: 1.800.547.1649
Beverly Domestic Violence Unit: 978.922.1155

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

Reportable Conditions are:

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

**Weekdays 9 am-5 pm call
North Shore Elder Services
978.750.4540
Nights, Weekends & Holidays call the Elder Abuse
24-hour Hotline at
1.800.922.2275**

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 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
978.468.4461

Acord Food Pantry, a non-denominational, non-profit, grassroots organization staffed by more than 100 volunteers, has provided food assistance to residents of Hamilton, Wenham, and nearby communities since 1991. Acord is a partner of the Greater Boston Food Bank and the Merrimack Valley Food Bank, and a member of the North Shore Hunger Network.

Acord Food Pantry offers food assistance to residents of six towns north of Boston:

Hamilton, Wenham, Topsfield, Ipswich, Essex, and Manchester by the Sea.

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
Topsfield Road
Ipswich MA, 01938
Every other Monday evening from 5:30-7 pm
Contact Mary Blaquiere at 978.857.7908

The Open Door/Cape Ann Food Pantry

28 (Rear) Emerson Avenue
Gloucester MA, 01930
978.283.6776

The Open Door/Cape Ann Food Pantry provides a free, three to five day supply of 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. The average appointment time is one hour.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Ipswich Housing Authority

One Agawam Village
Ipswich, MA 01938
978.356.2860

Mental Health and Substance Abuse

Lahey Health Behavioral Services – Ipswich Outpatient

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 outpatient mental health clinics; inpatient and outpatient treatment and prevention for drug and alcohol problems; school-based programs; community education and prevention initiatives as well as counseling

services, psychiatric services, and youth programs.

We provide treatments for issues such as depression or anxiety, chronic mental illness, eating disorders, ADHD, post-traumatic stress disorder, bipolar disorder and others.

25R Market St
Ipswich, MA 01938
978.356.1776

Senior Services

Ipswich Council on Aging

25 Green St.
Ipswich MA 01938
978.356.6650

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 (Scheduled to open Fall of 2014)
Ipswich, MA 01938
978.356.1300

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

North Shore Fertility Center – Reproductive Science Center of New England at Addison Gilbert Hospital

298 Washington St., 4th Floor
Gloucester, MA 01930
800.858.4832
[www.rscnewengland.com/fertility-center/
gloucester.cfm](http://www.rscnewengland.com/fertility-center/gloucester.cfm)

Offers a range of reproductive health services including In-Vitro Fertilization; IVF using donor eggs and/or

gestational surrogacy; Intracytoplasmic sperm injection; Assisted hatching; Hormonal treatment; Fertility Preservation for Oncology patients; women wishing to delay pregnancy; and transgender individuals; IVF with Donor Eggs and Gestational Surrogacy for gay male couples; Intrauterine Insemination and Reciprocal IVF for lesbian couples; and Intrauterine insemination.

Support Groups

Beverly Hospital Support Groups

Beverly Hospital
85 Herrick Street
Beverly, Massachusetts
978.922.3000

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Beverly Hospital offer support for: Alcohol and Drugs, Alzheimer's caregiver's support, Breast Cancer, Chronic Pain, Diabetes, Huntington's disease, Melanoma, Neuropathy, Nutrition, Ostomy, Polycythemia Vera, Pregnancy, Childbirth and Parenting, Prostate Cancer, Stroke Survivors, Widowed Persons' Support.

S.A.F.E Studio

18D Mitchell Road
Ipswich MA, 01938
978.356.1141

S.A.F.E. Studio is a studio based educational and therapeutic program which treats child, adolescent and adult survivors of trauma, domestic violence and abuse. It is designed to meet the needs of survivors who would benefit from a non-traditional therapeutic and educational milieu; to provide a safe atmosphere to visually explore, process and heal aspects of abuse and trauma which are difficult to verbalize; to provide a safe environment to share and discuss the visual product; to increase survivor's self-esteem through the education of artistic techniques and the achievement of the artistic product; and to prevent violence from occurring in their lives.

Veterans Services

North Shore Veterans Counseling Services, Inc.

45 Broadway Street
Beverly, MA 01915
978.921.4851

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 with two exceptions:

If in the judgment of the agency the client is at risk of seriously harming themselves or others or if current child or elder abuse or domestic violence is involved.

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

Town Hall
Ipswich, MA 01938
978.356.3915

Lexington

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. We have extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

SHINE (Serving Health Information Needs of Everyone)—Regional

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272.7177

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.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources. Counselors are hosted at Councils on Aging and other community settings. Most counselors are volunteers.

SHINE counselors can:

- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful programs

Child, Parent and Family Support

Parenting Resource Associates – PACES

4 Militia Drive, Suite 7
Lexington, MA 02421
781.862.4446

The PACES Program (Parenting Coaching, Education and Support) offers parenting education and 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.

Dental/Oral Health

Lexington Dental Associates, PC

114 Waltham Street
Lexington, MA 02421
781.862.0350

Whether your dental needs are a complete exam and cleaning, a full-mouth restoration, or anything in between, Lexington Dental Associates, PC promise to provide each patient with exceptional care. Listed below are just some of the many procedures and services regularly provided:

- Dental Exams & Cleanings
- Dental X-Rays
- Cosmetic Dentistry
- GLO Teeth Whitening
- Composite Fillings Porcelain Crowns (Caps)
- Porcelain Fixed Bridges
- Porcelain Veneers
- Tooth Whitening
- Periodontal Disease
- Restorations
- Dentures & Partial Dentures
- Fixed Bridges

Disabilities and Special Needs

The Edinburg Center

1040 Waltham Street
Lexington, MA 02421
781.862.3600

The Center's mission is distinguished by our longstanding belief that all persons 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. The Edinburg Center's 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.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include respite, recreational activities, the provision of adaptive equipment, skill training, and intensive staff support when necessary.

The primary goal of Family Support is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. Family Support services help parents and caregivers to provide assistance in their own home for a child or relative with a developmental disability. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The mission is to provide the particular resources necessary to support each family's efforts.

Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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.

Refuge: We provide shelter and safe home to survivors and their children who have been traumatized by domestic violence. Comprehensive support services are available to shelter guests, including counseling, assistance in obtaining longer-term housing and employment, and legal advocacy.

Education: Through community-based prevention and education efforts, we foster healthy relationships and increased awareness of abuse in the community, in order to put a stop to violence before it occurs.

Advocacy: Our residential and community advocates use a survivor-centered, relationship model of advocacy, helping survivors plan for their safety, access benefits, and explore options for housing and employment.

Change: Our overall goal is to end domestic violence through community education and early intervention, so that individuals and families of all backgrounds are empowered to lead healthy, safe lives.

Saheli

P.O. Box 1345
Burlington, MA 01803
1.866.4SAHELI - (1.866.472.4354)

Saheli, a community-based women's organization in New England, was founded in 1996. Our mission is to empower South Asian women and their families to live safe and healthy lives.

Led by a small staff and a cadre of dedicated volunteers headquartered in Burlington, MA and Shrewsbury, NH, Saheli is uniquely focused on the needs of South Asians (from Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka). Saheli staff and volunteers speak most South Asian languages, not limited to Hindi, Urdu, Bengali, Gujarati, Punjabi and others.

They offer help regardless of religion, ethnicity, age, gender or sexual orientation. Community programs serve immigrants and families from all over the world. All clients' information is kept strictly confidential.

Saheli is a member of the Indian American Forum for Political Education (IAFPE), and the Indian Circle of Caring (ICC).

Food Assistance

Lexington Interfaith Food Pantry

Mailing address:
P.O. Box 635
Lexington, MA 02420
781.861.5060

Food Pantry
Church of Our Redeemer
6 Meriam Street
Lexington, MA 02420

The Food Pantry is currently distributing food to 60-65 families. 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.

Clients are guaranteed 12 staple items each visit based on family size: Baked Beans, Canned Fruit, Canned Vegetables, Cereal, Macaroni & Cheese, "Meals in a Can", Pasta, Peanut Butter, Rice, Soup, Spaghetti Sauce, and Tuna Fish.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Lexington Housing Authority

One Countryside Village
Lexington, MA 02420
781.861.0900

The Lexington Housing Authority offers State Programs such as Greeley Village, Vynebrooke Village, family public housing, and handicap housing. They offer Federal Programs such as Countryside Village, Scattered site Family Housing, and Housing Choice Vouchers. The Lexington Housing Authority also owns units in the Parker Manor Condominiums and Two Family Houses located on Bedford Street.

Mental Health and Substance Abuse

Wild Acre Inns

108 Pleasant Street
Arlington, MA 02476
781.643.0643

Wild Acre Inns offers a full range of mental health treatment programs for adults and older adolescents at five different locations throughout Greater Lexington, Massachusetts. Founded in 1972 by psychiatrist Dr. Bernard S. Yudowitz, Wild Acre Inns has earned the reputation as a leading mental health agency in Lexington Massachusetts. Wild Acre Inns' programs offer dynamic therapeutic communities that

provide an effective and unique approach to residential mental health treatment and partial hospitalization programs.

Wild Acre Inns offers a Continuum of Care which provides varying therapeutic stages as the client progresses towards independence. Residential mental health treatment programs are delivered by a multidisciplinary team which may include psychiatrists, nurses, social workers, licensed mental health counselors, certified substance abuse counselors, psychopharmacologists, art and expressive therapists, vocational rehabilitation counselors and other professionals, depending upon the needs of clients.

Some of the specific types of mental illnesses treated at Wild Acre Inns include:

- Schizophrenia Treatment Programs
- Schizoaffective Disorder Treatment Programs
- Depression Treatment Facilities
- Bipolar Disorder Treatment Centers
- Character Pathology Treatment
- Schizoid Personality Disorder Treatment Programs
- Borderline Personality Disorder
- Alcohol and Drug Addictions Programs
- History of Trauma Mental Health Treatment Programs

Senior Services

Lexington Senior Center

**Lexington Senior Center & Human Services
Department**
1475 Massachusetts Avenue
Lexington MA 02420
781.861.0194

Activities for citizens 60 years of age and older and those with disabilities, are found at the Lexington Senior Center, 1475 Massachusetts Avenue. 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. The newsletter is published monthly, and all citizens 60 and older are on the mailing list. For a schedule of this month's events and groups click on the Newsletter link in the left hand column.

Programming includes:

- Classes/Shared Interests Groups: Extensive programming is offered at the Senior Center, including volunteer led shared interest groups, fee-for-service classes, exercise and games.
- Finance/Health: Professionals in the fields of health and

finance lecture regularly. Podiatry services available.

- Travel: Day and overnight trips to places of interest in the Boston and New England area.
- Library/Fix-It Shop: A library, a video rental, and a Fix-It Shop, whose volunteers repair household items for the community.
- AARP Income Tax Assistance: Offered by trained volunteers during February, March and April.
- Medical Insurance Counseling: Offered by professionally trained SHINE counselors, through Minuteman Senior Services.
- Support Groups Offering may include: Bereavement, Parkinson's, Prostate Cancer and Caregiver Support.

Lexington Health Care Center

178 Lowell Street
Lexington, MA 02420
781.862.7400

The Lexington Health Care Center is a 179-bed post-acute and skilled health care center dedicated to providing the Lexington community with the most sophisticated Medical and Rehabilitation technology. Offering both Short Term Treatment and Long Term Care, Lexington Health Care Center meets the diverse needs of Residents through comprehensive Post-Acute Medical Services, 24-hour skilled nursing care, and progressive programs of Rehabilitation and Restorative Care in a high-quality, cost-effective manner.

A highly skilled staff is committed to providing a supportive therapeutic environment where the focus is on meeting individual needs. A strong clinical orientation ensures a superior level of medical and nursing care as well as therapeutic rehabilitation services. Our goal is to restore and maintain each Resident's optimal level of functioning and independence.

Additionally, Lexington Health Care Center offers Long Term Care and a state-of-the-art Memory Care Program for those Residents with Alzheimer's disease and dementia. The Memory Care Program at Lexington Health Care Center offers a specialized Therapeutic Program endorsed by the Alzheimer's Association customized to benefit all stages of Alzheimer's and dementia diagnoses.

Sexual Health

Reproductive Science Center of New England

One Forbes Road
Lexington, MA 02421
800.858.4832

RSC New England is a nationally recognized Top 10 Fertility Treatment Center. For more than 25 years, their award-winning physicians and Center of Excellence distinctions ensure clients will receive the highest quality care and best outcomes throughout their journey to parenthood.

RSC fertility center provides comprehensive diagnosis, evaluation, consultation, and treatments for infertility and fertility preservation. With 11 convenient locations in Massachusetts, New Hampshire, and Rhode Island and a proven record of success, they are dedicated to helping couples bring home healthy babies.

Support Groups

Lahey Hospital and Medical Center – Support Groups

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Winchester Hospital—Support Groups

Winchester Hospital
41 Highland Avenue
Winchester, MA 01890
781.729.9000

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

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

NAMI Family Support Group

1040 Waltham St.
Lexington, MA 02420
1st Flr Training Rm. 02421
Meetings: 1st & 3rd Tuesdays
6:30–8 pm
Contact: Janet at 781.761.5287
jhodges@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.

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

Lexpress

Town Office Building
1625 Massachusetts Ave
Lexington, MA 02420
781.861.1210
lexpress@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 service consists of three, 23 seat buses assigned to two, 30 minute routes each. Each of the six routes begins and ends in Depot Square to facilitate transferring, and provide access to the amenities located in Lexington Town Center. Lexpress aims to serve all major area destinations including the Burlington Mall.

The Town of Lexington Transportation Services Division oversees Lexpress operations. The Division, which is part of the Human Services Department, is staffed by two employees: a full-time Transportation Manager and a part-time Municipal Clerk. General policies including routes, schedules, and fares are guided by a resident Transportation Advisory Committee with final approval by the Board of Selectmen. The Town contracts the buses and drivers through a competitive bid process. The current contractor is M&L Transit Systems located in Woburn, MA.

Half the cost to operate Lexpress comes from the tax levy. The remaining amount comes from a combination of MBTA grant money, bus fares, traffic mitigation funding, and donations from local business and individuals.

Lexpress also connects with Burlington's B Line.

Veterans Services

Veterans' Services Officer

1475 Mass Ave. Senior Center
Lexington, MA 02420
781.861.0194

Lowell

Access to Health Care

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Lowell Community Health Center

161 Jackson Street
Lowell, MA 01852
978.937.9700

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 served the communities of greater Lowell since 1970 and has grown to include 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

You can make an appointment with a counselor at 1.800.892.0890 at the Elder Services Of Merrimack Valley.

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.

Child, Parent and Family Support

Big Brother Big Sister of Greater Lowell

155 Merrimack Street
Lowell, MA 01852
978.459.0551

Big Brother Big Sister 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. Big Brothers Big Sisters operates two mentoring program styles: community-based and site-based. In the community-based program, volunteer Big Brothers and Big Sisters spend quality 1:1 time with a child out in the community, serving as another positive adult in the child's life, a good friend, and good role model. Activities shared range from exploring a common interest, to taking a walk to baking cookies at home. In the site-based program, mentors meet with their Little Brother or Sister under staff supervision at a designated place and time weekly. When the site-based program takes place at a school, the time is split between academic and social activities. 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

48 Lawrence Street
Lowell, MA 01852
978.454.0081

Brigid's Crossing is a teen living program that serves young mothers between the ages of 14-21 year old referred by the Department of Children and Families. It is a residential and educational program for pregnant and parenting teens. The

residents actively participate in the learning process and work cooperatively with staff and interns to experience independent living while developing appropriate parenting skills. Teens receive services to help them overcome their problems and build on their strengths. These services may include individual therapy and group counseling, family assessment and case management, medical care, pregnancy prevention education, parenting and life skills training, help in acquiring a high school diploma or GED, and employment training. Bilingual staff and transportation services are also available.

Community Teamwork Inc.

Administration
155 Merrimack Street
Lowell, MA 01852
978.459.0551

Resource Center
17 Kirk St.
Lowell, MA 01852
978.459.0551

Child and Family Services: 978.454.5100

Energy and Community Resources: 978.459.6161

Housing and Homelessness Center: 978.459.0551

Community Teamwork Inc., is a Non-Profit Community Action Agency, a Regional Non-Profit Housing Agency, and a Community Development Corporation.

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.

COSI Counseling – Center for Family Development

Center for Family Development
81 Bridge Street
Lowell, MA 01852
978.459.2306
Email: cfid@cosicounseling.com
Email Contact: Susan Geronimus, LICSW, MBA -
Clinic Director

At the Center for Family Development clinical staff provides services to Children, Adolescents, Adults and Elders. The Center for Family Development offers the following services:

- Diagnostic Evaluations
- Individual Therapy
- Family Therapy
- Couples Therapy
- Psychiatric Assessments

- Psychopharmacological follow-up visits
- Case Consultation
- 24 Hour Emergency Coverage
- Psychological Testing

Typical therapy sessions are scheduled weekly or bi-weekly and last 50 minutes. Duration and frequency of each session is dependent upon client needs. Initial assessments for adults with the psychiatrist will last for one hour. Initial assessments for children generally last 1 hour. Medication checks are between 15-30 minutes long, and are scheduled on a basis that is consistent with specific needs.

In addition, The Center for Family Development of Lowell offers training programs for Doctoral Level Psychologists.

Grandparents as Parents – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421

Grandparents as Parents has been helping grandparents confronted with the necessity of rearing their grandchildren for over fifteen years. GAP serves as an exchange point of information for grandparents/families regarding health, school, counseling, legal information and community resources. The program offers: home visits, needs assessments, ongoing case management, support groups, workshops, socials, family outings, special education consultation, advocacy, referral services, referrals for legal assistance, and an exchange point for both grandparents and kinship caregivers in the Merrimack Region.

Light of Cambodian Children (LCC)

Office Location:
Mogan Cultural Center, 3rd Floor
40 French Street
Lowell, MA 01852
978.275.1822
info@reaksmey.org

Mailing Address:
Light of Cambodian Children, Inc.
P. O. Box 1324
Lowell, MA 01853

Sayon Soeun, Executive Director
sayon@reaksmey.org

Light of Cambodian Children was established in 1998 to encourage underserved young people to seek higher education, become self-sufficient, and serve as positive role models in our communities.

An alarming majority of young people LCC serves live with

parents suffering from depression and post-traumatic stress disorders. Along with cultural and language barriers, that leaves parents with little or no ability to deal with child-raising problems.

Lowell has the second largest Cambodian population in the United States. Many of these Cambodian residents were refugees who fled genocide from Cambodia and now live in poverty in the United States. Cambodians make up about one-third of the population in Lowell, but barely ten percent of the graduating students continue on to higher education. For this forlorn population, this statistic contradicts the stereotype of the Asian Model Minority, yet much is expected of them.

LCC is committed to take a pro-active intervention and prevention approach for the young and early teen populations so they can understand their rich culture, which will strengthen their relationships and reduce tensions between ethnic groups and individuals.

Massachusetts Society for the Prevention of Cruelty to Children

126 Phoenix Avenue
Lowell, MA 01852
978.937.3087

MSPCC's comprehensive array of programs and services includes child abuse and intervention programs, mental health treatment, and adoption services. MSPCC reaches out to parents to help them develop the skills to be more confident and competent as parents. Services are provided both in the home and through community-based locations across the state of Massachusetts. Newburyport residents are also eligible for the program.

The Parent Aide Program – Merrimack Valley Catholic Charities

70 Lawrence Street
Lowell, MA 01852
978.452.1421

The Parent Aide Program provides support to parents and their children through weekly in-home visitation and support. Through caring and consistent interventions, the program is designed to reduce incidences of child abuse and neglect, to prevent the removal of children from their homes, and to assist with the reintegration of a child or children into the home. Parents and children must be referred by the Department of Children and Families. Parent Aides work with teen mothers and babies, as well as with grandparents raising their grandchildren and all age groups in between.

United Teen Equality Center, Inc.

34 Hurd Street
Lowell, MA 01852
978.441.9949

The United Teen Equality Center (UTEC), founded in 1999 and based in Lowell, was the result of an organizing movement driven by young people to develop their own teen center in response to gang violence.

Today, nationally recognized as a model youth development agency, UTEC's mission and promise is to ignite and nurture the ambition of our most disconnected youth to trade violence and poverty for social and economic success. The United Teen Equality Center, Inc. serves proven-risk youth from both Lowell and Lawrence, MA.

Women, Infants, and Children (WIC)

45 Kirk St
Lowell, MA 01852
978.454.6397

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.

Thom Anne Sullivan Center

126 Phoenix Ave
Lowell, MA 01852
978.453.8331
Alden Wood, Director
awood@thomchild.org

The 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. 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. If you have a concern regarding your child's development, please contact us.

YWCA of Greater Lowell

97 Central Street
Lowell, MA 01852
978.454.5405

YWCAs 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.

Dental/Oral Health

Dental Associates of Lowell, Inc.

163 Pine Street
Lowell, MA 01851
978.454.5648

The team at Dental Associates of Lowell, Inc., is well versed in all areas of dentistry and includes a periodontist (gum specialist) and pedodontist (children's specialist). As well as providing preventative services, Dental Associates of Lowell Inc., offers clients restorative and cosmetic dental care; state-of-the-art dental techniques that involve the replacements or restoration of natural teeth to enhance each patient's quality of life.

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704

The Lowell Association for the Blind Adult Program provides social, recreational and educational opportunities on Tuesday and Thursday mornings. Clients are encouraged to call the office to receive a monthly schedule and to be put on a mailing list. The Lowell Association for the Blind welcomes blind and visually impaired adults over the age of 21 living in the greater Merrimack Valley and Southern New Hampshire.

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
978.937.5777
Toll Free Hotline: 888.291.6228

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. We are committed to the empowerment of women toward self-sufficiency. Support groups are also offered. Alternative House does not discriminate against any race, class, culture, age group, or sexual orientation.

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

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

Community Servings has long identified the need for comprehensive nutrition service in the City of Lowell, where no such nutrition service exists. New Lowell referral partners

include the Lowell Community Health Center, Merrimack Valley Hospice for Clients, Visiting Nurses Association and Catholic Charities. Community Servings have met with key stakeholders in Lowell including social workers, medical personnel, local donors, the Council on Aging, and chamber of commerce. They have begun service to Lowell.

Lowell Food Pantry

**70 Lawrence Street
Lowell, MA 01852
978.454.9946**

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

Lowell Transitional Living Center

**205-209 Middlesex Street
Lowell, MA 01852
978.458.9888**

Lowell Transitional Living Center is a multi-service agency that provides meals, emergency shelter, and transitional and supportive housing to those who are hungry, homeless, or who need support to remain in their homes. They offer free, sit down meals every day of the year.

Merrimack Valley Food Pantry

**735 Broadway Street
Lowell, MA 01854
978.454.7272**

The Merrimack Valley Food Pantry is a community-supported 501C-3 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)

**45-47 Kirk Street, 2nd Floor
Lowell, MA 01852
978.454.6397**

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.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

House of Hope

**812 Merrimack Street
Lowell, MA 01854
978.458.2870**

Houses of Hope operates as a temporary shelter, providing advocacy and care for homeless families. Services include emergency food and clothing. Case Managers work with HOH residents to assess their circumstances and plan for their futures. Health services are provided by a nurse practitioner who conducts a well-family clinic. Medications are monitored, immunization records initiated, diagnosis explained; and the nurse acts as a liaison/advocate between the family and the doctor. HOH offers on-site mental health and substance abuse programming for all mothers. Employment internship positions are available on-site for adult residents who have little prior success with employment. Children's services at the House of Hope cover a wide spectrum of outreach and support.

Lowell Housing Authority

**350 Moody Street
Lowell, MA 01854
978.937.3500**

The Lowell Housing Authority team, working in partnership with other housing providers, local Government and our residents will strive to provide the highest level of housing and a variety of Social Service programs that will assist residents and employees in achieving their highest level of self-sufficiency.

Lowell Transitional Living Center

205-209 Middlesex Street
Lowell, MA 01852
978.458.9888

The Lowell Transitional Living Center is a multi-service agency that provides meals, emergency shelter, and transitional and supportive housing to those who are hungry, homeless, or who need support to remain in their homes. In partnership with the Lowell Community Health Center LTLC has a part-time RN on site for assessment and triage, and Elliot Community Health provides a mental health specialist who is available for consultations. The LTLC may also offer referrals and transportation to Rehabilitative Facilities treating drug/alcohol addiction.

Merrimack House Family Shelter

423 Pawtucket Street
Lowell, MA, 01854 Map
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

Arbour Health System – Counseling Services Programs

10 Bridge Street
The Simpson Block
Lowell, MA 01852
978.453-5736

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 for all ages 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, Spanish, and Ukrainian.

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.

Lahey Health Behavioral Services – Lowell Psychiatric Crisis Team

391 Varnum Avenue
Lowell, MA 01854
978.322.5120
800.830.5177

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.

Services include: Medication evaluations, Care management, Supportive environment, Individual and group counseling, Coordination of care with other providers, family and other natural supports.

Lowell House Inc. – Outpatient Substance Abuse Services

555 Merrimack Street
Lowell, MA 01854
978.459.8656

Lowell House is a private, non-profit agency providing comprehensive outpatient and residential addiction services. Their services provide a continuum of care that includes prevention, intervention, treatment and recovery for those at risk for specific substance abuse or addictive disorders and/or HIV.

Senior Services

Elder Services of the Merrimack Valley, Inc

360 Merrimack Street
Building 5, 2nd Floor
Lawrence, MA 01843
1.800.892.0890

Elder Services of the Merrimack Valley, Inc. is a private non-profit agency serving elders and disabled adults who reside in Northeast Massachusetts. Established in 1974, the mission is to support an individual's desire to make their own decisions, secure their independence, and remain living in the community safely.

Lowell Senior Center

276 Broadway Street
Lowell, MA 01854
978.674.4131

The Lowell Senior Center facility is run by the City of Lowell Council on Aging (COA) as a Senior Center that offers programming in the areas of nutrition, health/fitness, outreach, education, socialization, transportation and more. By offering these services within the City, seniors are able to meet many of their daily needs. 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. With the help of over one hundred volunteers and a hard working staff we are able to meet a multiple of these needs and assist the senior community with accessing these very important supportive services.

Lowell Health Care Center

19 Varnum Street
Lowell, MA 01850
978.454.5644

Lowell Health Care Center is a 160-bed skilled nursing facility located in the heart of Lowell, MA. LHC Staff is dedicated to providing the most sophisticated Medical and Neuro-Rehabilitative Care in the industry. Their unique program focuses on the treatment of individuals with traumatic brain injuries, Huntington's disease and other neurological disorders. By cultivating a stimulating environment, Residents acquire the functional living skills they need to rebuild their lives. Residents experience social learning settings in which they acquire skills through therapeutic interactions with others.

Using principles and techniques of applied behavioral analysis, Staff creates experiences that maximize positive change. Treatment Programs focus on meaningful individual

goals that enable Residents to return to less restrictive environments and our strong clinical orientation ensures superior levels of Medical, Nursing and Rehabilitative Care.

Following a comprehensive assessment, each Resident receives an individualized Plan of Care. A wide variety of experiences enhance the rehabilitation process. LHC provides a number of community enrichment opportunities including trips to sporting events, theater and restaurants/malls. An on-site greenhouse provides positive healing opportunities. Additionally, the Rehabilitation Team utilizes a variety of technologies, including the WII system, to maximize our Residents' abilities.

Sexual Health

Health Quarters via Lowell Community Health Center

Lowell Community Health Center
Family Planning Department-2nd Floor
161 Jackson Street
Lowell, MA 01852
978.446.0236

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

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 in the basement of Immaculate Conception Church on Saturdays at 9:30 am.

218 E. Merrimac Street
Lowell, MA 01852

The Center for Hope and Healing, Inc.

144 Merrimack Street, Suite 304
Lowell, MA 01852
978.452.7721

The Center for Hope and Healing has been working to support survivors and create communities free from sexual violence for over 35 years and are conveniently located in downtown Lowell at:

Lowell House Inc. – Outpatient Substance Abuse Services

555 Merrimack Street
Lowell, MA 01854
978.459.8656

Lowell House is a private, non-profit agency providing comprehensive outpatient and residential addiction services. Their services provide a continuum of care that includes prevention, intervention, treatment and recovery for those at risk for specific substance abuse or addictive disorders and/or HIV.

Lowell House offers a range of supports groups including Narcotics Anonymous.

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

11 Mill Street
Lowell, MA 01854
978.970.1250

MAPS Domestic Violence & Sexual Assault Services Program links clients with essential services to ensure that their safety, health, mental health, legal and other needs are being met quickly. The Program provides a full range of culturally and linguistically competent services to Portuguese speakers

and others with case management; safety planning, court accompaniment when necessary, guided referrals to health, financial and legal services; counseling and interpretation; translation; advocacy and more. Services also include assistance with restraining orders and applying for U-Visas and VAWA Visas--special types of Visas for domestic violence victims/survivors. Our program helps victims deal with emotional, physical and sexual abuse in order for them to achieve safety and freedom from violence. Whether Advocates help the client connect with the police, courts, shelters, legal and financial services, or assist with obtaining restraining orders, a supportive professional and social network is established.

NAMI Family Support Group

Solomon Mental Health Center
391 Varnum Ave.
Lowell, MA 01854
Meetings: 3rd Wednesdays, 7 pm
Contact: 978.677.0618 or
namigreaterlowell@yahoo.com

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

Transportation Services

The Lowell Regional Transit Authority (LRTA)

145 Thorndike Street
Lowell, MA 01852

The LRTA can be reached at:

Fixed Route Bus Information
978.452.6161, 100 Hale Street

Road Runner Office
978.459.0152, 113 Thorndike Street

Main Admin Office
978.459.0164, 145 Thorndike Street

Parking 978.459.0164 x 206
Email: CustomerService@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

Contact: Cheryl Michaud, Office Manager
73 E. Merrimack Street
Lowell, MA 01852
978.453.1151

Veterans' Services Officer
City Hall
Lowell, MA 01852
978.970.4068

Massachusetts Department of Veterans Services

10 George Street
Gateway Center
Lowell, MA, 01852
978.453.1151

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.

Veterans' Employment Representatives – Career Center of Lowell

Contact: John Stepaniak
18 John Street
Lowell, MA 01852
978.805.4724
JStepaniak@detma.org

Manchester by the Sea

Access to Health Care

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

SHINE Program—Manchester-By-The-Sea Council on Aging

SHINE counselors help elders and Medicare beneficiaries understand their rights and benefits under Medicare and other health insurance coverage. Counselors can identify and compare current options and protect clients from paying too much on their medical care. SHINE Counselors also help clients learn how to fill out insurance claims forms and public benefits applications.

A SHINE Counselor is available at the Manchester Council on Aging by appointment. If you need an appointment, please call 978.526.7500.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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.

Birth to Three Family Center

15 Market Street, Suite 4
Ipswich, MA 01938
978.412.0123

Birth to Three's mission is to increase children's potential for healthy development and well-being. They seek to do this by providing programs and services to support parents and children from birth through age four. The Birth to Three Family Center offers a variety of opportunities to enhance your parenting skills. Equally important, they offer open play times to get out with your child and socialize with other parents. All of their programs are free and available to all Ipswich residents regardless of income, race, ethnicity, or creed. Many programs are available to families from surrounding towns.

Dental/Oral Health

All Seacoast Dental Associates

27 Commercial Street
Gloucester, MA 01930
978.515.7804

All Seacoast Dental Associates was established in the fall of 2012 by Dr. Julian Lender. All Sea Coast Dental Associates has made it their goal to serve the Cape Ann community with the

highest level of expertise and care.

All Seacoast Dental Associates is a multi-specialty private practice catering to patients by establishing a wellness management program for:

Full mouth reconstructive cosmetics, dental implants, root canal therapy (endodontics), periodontal conditions (gum treatment), teeth whitening (Zoom Advanced in office system) and all other phases of any thorough or complex dental treatment plan. The patients can complete their oral rehabilitation entirely at this one location, under the supervision of specialists addressing their personal, unique and specific needs. All Seacoast Dental Associates are committed to giving you the highest ethical and quality care while providing financial options that will allow patients and their families to finally reach optimum dental health.

Office staff will always be working on the patient's behalf with an insurance carrier to make sure that services are covered and benefits are utilized properly.

Disabilities and Special Needs

Auditory-Verbal Communication Center

544 Washington St.
Gloucester, MA 01930
978.282.0025

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

Gloucester Outreach Office: 978.283.8642

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

Reportable Conditions are:

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

**Weekdays 9 am-5 pm call
North Shore Elder Services**

978.750.4540

**Nights, Weekends & Holidays call the Elder Abuse
24-hour Hotline at**

1.800.922.2275

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 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
978.468.4461

Acord Food Pantry, a non-denominational, non-profit, grassroots organization staffed by more than 100 volunteers, has provided food assistance to residents of Hamilton, Wenham, and nearby communities since 1991. Acord is a partner of the Greater Boston Food Bank and the Merrimack Valley Food Bank, and a member of the North Shore Hunger Network.

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 (Rear) Emerson Avenue
Gloucester MA, 01930
978.283.6776

The Open Door/Cape Ann Food Pantry provides a free, three to five day supply of 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. The average appointment time is one hour.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
<http://www.ftph.org/index.html>

The Fund to Prevent Homelessness has been helping families since 1989. The organization is a tax exempt non-profit charity focused on providing confidential assistance to working families who are facing foreclosure or eviction due to unusual circumstances that have depleted their financial resources.

The Fund provides a one-time grant to qualified families so they can stay in their homes, in their communities, close to their friends, families, and schools. The assistance provides families in need with a lift that will help them through a tough time and keep them on track for a stable future.

The fund supports families that do not qualify for other funding and would otherwise fall through the cracks. We help these families before they lose their homes and possibly their dignity.

The Fund to Prevent Homelessness serves the communities of Beverly, Essex, Gloucester, Manchester by the Sea, Rockport, and Wenham.

Manchester Housing Authority

P.O. Box 608
Manchester, MA 01944
978.526.1850

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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

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

Addison Gilbert Hospital
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.

delay pregnancy; and transgender individuals; IVF with Donor Eggs and Gestational Surrogacy for gay male couples; Intrauterine Insemination and Reciprocal IVF for lesbian couples; and Intrauterine insemination.

Senior Services

Manchester-by-the-Sea Council on Aging

Town Hall
10 Central Street
Manchester, MA 01944
978.526.7500

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.

Nancy Hammond – Director of Senior Services / Council on Aging

Frank Wood – Senior Clerk

Eva Palmer – Administrative Assistant

Sexual Health

North Shore Fertility Center – Reproductive Science Center of New England at Addison Gilbert Hospital

298 Washington St., 4th Floor
Gloucester, MA 01930
800.858.4832
[www.rscnewengland.com/fertility-center/
gloucester.cfm](http://www.rscnewengland.com/fertility-center/gloucester.cfm)

Offers a range of reproductive health services including In-Vitro Fertilization; IVF using donor eggs and/or gestational surrogacy; Intracytoplasmic sperm injection; Assisted hatching; Hormonal treatment; Fertility Preservation for Oncology patients; women wishing to

Support Groups

Low Vision Group at the Plains

The Low Vision Group meets every 2nd Monday of the Month at 10 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. A 20 minute meditation is also offered.

40 Beach Street
Manchester, MA 01944

Meetings are held at Sacred Heart Church on Saturday mornings at 9 am.

62 School 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

Veterans Services

North Shore Veterans Counseling Services, Inc.

45 Broadway Street
Beverly, MA 01915
978.921.4851

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 with two exceptions:

If in the judgment of the agency the client is at risk of seriously harming themselves or others or if current child or elder abuse or domestic violence is involved.

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

Town Hall
Manchester, MA 01944
978.526.2014

Merrimac

Access to Health Care

Community Actions, Inc.

145 Essex Street
Haverhill, MA 01832
978.373.1971

Community Action, Inc. (CAI) is a private non-profit organization established in 1965 to address the causes and consequences of poverty in the greater Haverhill, Amesbury and Newburyport areas.

CAI provides resources and opportunities for individuals, families and communities to overcome poverty. CAI envisions strong, thriving communities free of poverty.

CAI Programs serve: Amesbury, Boxford, Georgetown, Groveland, Haverhill, Merrimac, Newbury, Newburyport, Rowley, Salisbury, and West Newbury.

Some CAI programs also serve: Beverly, Essex, Gloucester, Hamilton, Ipswich, Lawrence, Manchester, Rockport, Topsfield and Wenham.

Programs include: adult education and training, community services, consumer services, energy programs, family day care, Head Start, housing developments, and WIC.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Merrimac Council on Aging SHINE Counselor

Merrimac Senior Center
100 East Main Street
Merrimac, MA 01860
978.346.9549

The Council on Aging mission is, "To provide services designed to improve the quality of life of elders by assisting them to remain as physically mobile, mentally alert and socially active as possible. The Council on Aging advocates for older adults manages the resources needed to develop services, provides education for seniors and their families regarding choices in their care and community services available to them.

Child, Parent and Family Support

The Greater Newburyport YWCA

13 Market Street
Newburyport, MA 01950
978.465.9922

YWCA's 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.

Dental/Oral Health

Portside Family Dental

7 Brown Square
Newburyport, MA 01950
978.462.4590

Portside Family Dental is dedicated to brightening the smiles of every patient. Portside Family Dental's gentle, caring staff welcomes patients of all ages and guarantees the comfort of every member of your family.

Whether a patient's dental needs include a complete exam and cleaning, a full-mouth restoration, or anything in between, Portside promises to provide exceptional and compassionate care every step of the way. Paying attention to each patient's specific needs and preferences is just part of what distinguishes Portside Family Dental as a top practice.

Some of the services that we provide include:

- Complete dental examinations

- A full array of preventive and hygiene therapies
- The latest in porcelain restorations
- Dental implants
- Tooth whitening
- Porcelain veneers and the latest cosmetic restorative materials
- Extractions
- Invisalign
- Pediatric dental care
- Root canal therapy

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
 Lowell MA, 01852
 978.454.5704

The Lowell Association for the Blind Adult Program provides social, recreational and educational opportunities on Tuesday and Thursday mornings. Clients are encouraged to call the office to receive a monthly schedule and to be put on a mailing list. The Lowell Association for the Blind welcomes blind and visually impaired adults over the age of 21 living in the greater Merrimack Valley and Southern New Hampshire.

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

The Jeanne Geiger Crisis Center

2 Harris Street
 Newburyport, MA 01950
 978.465.0999
 24-hour Crisis Center Hotline: 978.388.1888

The Jeanne Geiger Crisis Center serves victims of domestic violence in the Greater Newburyport, MA area. The Center provides a 24-hour, seven-day-a-week crisis hotline, legal advocacy, emergency and transitional shelter, counseling and support to victims of domestic violence in the greater Newburyport Area.

Food Assistance

Greater Amesbury Food Pantry

The Amesbury Center
 44A Friend Street
 Amesbury, MA 01913
 978.388.2570

The Food Pantry got its start in Amesbury through a collaboration of churches in Amesbury and

Merrimack who wanted to help families in need put food on the table. Local parishes provide financial support which allows the Center to purchase fresh produce and gift cards for local markets. Food donations are also provided by local civic organizations and our partner agency Project Bread: The Walk for Hunger. Seasonal crops are also available through community garden programs and local farmers. Individuals/Families may visit the food pantry twice each month to receive food assistance.

The Amesbury Center assists with SNAP food stamp and Mass Health applications. This service is by appointment only.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

The Amesbury Center – Emergency Food, Shelter, Rent, Utility Program (EFSP)

The Amesbury Center
44A Friend Street
Amesbury, MA 01913
978.388.2570

EFSP is for residents of Amesbury & Merrimac only. EFSP is federally funded financial assistance program designed to provide emergency support to individuals and families having difficulty keeping up with household bills including rent, mortgage and utilities (excluding telephone, cable and Internet). Funds are available on a limited basis and are allocated on a first come-first serve basis after completing a client intake process and determining eligibility.

Merrimac Housing Authority

52 Merrimac Village
Merrimac, MA 01860
978.346.8231

Mental Health and Substance Abuse

John Ashford Link House, Inc.

37 Washington Street
Newburyport, MA 01950
978.462.7341

John Ashford House provides residential programs for men and women who have drug and alcohol problems. Education, therapy, and life skills are offered in a drug free environment. Trained staff provides weekly individual therapy as referrals to outside psychologists and psychiatrists. Daily group counseling is offered for, but is not limited to: relationships, gambling, and family issues. Patients may participate in all types of 12-step programs including; AA, NA, SLAA, ACOA, and Alanon. There are also education programs on alcohol and drug additions, relapse prevention, 12-step recovery process, alcohol and family and HIV/AIDS prevention. Small therapy groups to deal with issues of emotional, physical and sexual abuse. Counseling and support for employment, vocational training, GED and other educational opportunities are available.

Turning Point, Inc. Division of Family Services

5 Perry Way
PO Box 548
Newburyport, MA 01950
978.462.8251

The Division of Family Services at Turning Point, Inc., offers a continuum of care for women and their children who are substance abusers and victims of trauma/domestic violence. Other programs include: Safe Recovery, a residential 6 to 12 month program addressing reunification of DCF involved children, and a Mid-step Program, for women who complete the Safe Recovery Program and are able to live in their own apartments, but still need day treatment services.

Senior Services

Merrimac Senior Center/Council on Aging

Merrimac Senior Center
100 East Main Street
Merrimac, MA 01860
978.346.9549

The Merrimac Council on Aging mission is, "To provide services designed to improve the quality of life of elders by assisting them to remain as physically mobile, mentally alert and socially active as possible. The Council on Aging advocates for older adults manages the resources needed to develop services, provides education for seniors and their families regarding choices in their care and community services available to them."

The Residence at Riverbend

149 County Road (Scheduled to open Fall of 2014)
Ipswich, MA 01938
978.356.1300

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.

Transportation Services

Merrimac Council on Aging

Merrimac Senior Center
100 East Main Street
Merrimac, MA 01860
978.346.9549

Transportation is provided through the Senior Center by volunteers (NEET) as well as the Van Drivers. Nicholas Fiorello is the transportation manager and scheduler. If you need a ride for a medical appointment, local hairdresser, go to the Senior Center for meals or activities, or to go grocery shopping, call the Senior Center at: 978.346.9549. They request a minimum of 48 hours notice for local appointments, and a minimum of a week for Lahey Peabody, Lahey Burlington, the V.A. Hospital, or any Boston Hospitals.

Veterans Services

Veterans' Services Officer

Newburyport City Hall
60 Pleasant Street
Newburyport, MA 01950
978.465.4418

Newburyport

Access to Health Care

Community Actions, Inc.

145 Essex Street
Haverhill, MA 01832
978.373.1971

Community Action, Inc. (CAI) is a private non-profit organization established in 1965 to address the causes and consequences of poverty in the greater Haverhill, Amesbury and Newburyport areas.

CAI provides resources and opportunities for individuals, families and communities to overcome poverty. CAI envisions strong, thriving communities free of poverty.

CAI Programs serve: Amesbury, Boxford, Georgetown, Groveland, Haverhill, Merrimac, Newbury, Newburyport, Rowley, Salisbury, and West Newbury.

Some CAI programs also serve: Beverly, Essex, Gloucester, Hamilton, Ipswich, Lawrence, Manchester, Rockport, Topsfield and Wenham.

Programs include: adult education and training, community services, consumer services, energy programs, family day care, Head Start, housing developments, and WIC.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Newburyport Council on Aging SHINE Counselor

40 Water Street
P.O. Box 550
Newburyport, MA 01950
Phone: 978.462.8650

S.H.I.N.E. (Service Health Insurance Needs of Elders) provides an insurance counselor once each week at the Council On Aging. The S.H.I.N.E. counselor can assist with applications for prescription drug programs, food stamps, Medicare and Mass Health. The counselor also provides information about the benefits of health insurance programs and HMOs and can help seniors with their Medicare paperwork.

Child, Parent and Family Support

The Greater Newburyport YWCA

13 Market Street
Newburyport, MA 01950
978.465.9922

YWCA's 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.

Massachusetts Society for the Prevention of Cruelty to Children

126 Phoenix Avenue
Lowell, MA 01852
978.937.3087

MSPCC's comprehensive array of programs and services includes child abuse and intervention programs, mental health treatment, and adoption services. MSPCC reaches out to parents to help them develop the skills to be more confident and competent as parents. Services are provided both in the home and through community-based locations across the state of Massachusetts. Newburyport residents are also eligible for the program.

Dental/Oral Health

Portside Family Dental

7 Brown Square
Newburyport, MA 01950
978.462.4590

Portside Family Dental is dedicated to brightening the smiles of every patient. Portside Family Dental's gentle, caring staff welcomes patients of all ages and guarantees the comfort of every member of your family.

Whether a patient's dental needs include a complete exam and cleaning, a full-mouth restoration, or anything in between, Portside promises to provide exceptional and compassionate care every step of the way. Paying attention to each patient's specific needs and preferences is just part of what distinguishes Portside Family Dental as a top practice.

Some of the services that they provide include:

- Complete dental examinations
- A full array of preventive and hygiene therapies
- The latest in porcelain restorations
- Dental implants
- Tooth whitening
- Porcelain veneers and the latest cosmetic restorative materials
- Extractions
- Invisalign
- Pediatric dental care
- Root canal therapy

Disabilities and Special Needs

Opportunity Works

10 Opportunity Way
Newburyport, MA 01950
978.462.6144

Opportunity Works is fully committed to enhancing the life for people with disabilities by promoting a culture of dignity and respect and ensuring individualized services that maximize the independence of the people we serve. We further resolve to eliminate the barriers that affect people with disabilities through community advocacy and education.

Domestic Violence

The Jeanne Geiger Crisis Center

2 Harris Street
Newburyport, MA 01950
978.465-0999
24-hour Crisis Center Hotline: 978.388.1888

The Jeanne Geiger Crisis Center serves victims of domestic violence in the Greater Newburyport, MA area. The Center provides a 24-hour, seven-day-a-week crisis hotline, legal advocacy, emergency and transitional shelter, counseling and support to victims of domestic violence in the greater Newburyport Area.

Food Assistance

Community Service of Newburyport, Inc.

31 Green Street
P.O. Box 843
Newburyport, MA 01950
978.465.7562

Community Service of Newburyport, Inc. is a privately funded social service agency that was established in 1912. The agency provides a food pantry, clothing, and emergency relief and referral services for people in need in Newburyport, Newbury, and West Newbury. A picture ID and current address ID are required to sign up for services.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Newburyport Housing Authority

25 Temple Street
Newburyport, MA 01950
978.465.7216

The Newburyport Housing Authority (NHA) was established in 1948 by the Commonwealth of Massachusetts and City of Newburyport to provide decent, safe, affordable housing opportunities for the residents of Newburyport. A political subdivision of the state, the Housing Authority is governed by a five member board of commissioners. Four members are appointed by the mayor and one member is appointed by the governor. All members serve five year terms. The Board sets the policy of the Housing Authority and employs an Executive Director to administer the operations of the agency. The NHA was chartered as a Federal Housing Authority in 1951.

The board also retains legal counsel and a fee accountant. All operations of the Housing Authority are subject review of private and public annual audits and management reviews from several regulatory agencies, mainly the Commonwealth of Massachusetts Department of housing and Community Development (DHCD) and the U.S. Department of Housing and Urban Development (HUD). There is also some private sector funding.

Mental Health and Substance Abuse

John Ashford Link House, Inc.

37 Washington Street
Newburyport, MA 01950
978.462.7341

John Ashford House provides residential programs for men and women who have drug and alcohol problems. Education, therapy, and life skills are offered in a drug free environment. Trained staff provides weekly individual therapy as referrals to outside psychologists and psychiatrists. Daily group counseling is offered for, but is not limited to: relationships, gambling, and family issues. Patients may participate in all types of 12-step programs including; AA, NA, SLAA, ACOA, and Alanon. There are also education programs on alcohol and drug additions, relapse prevention, 12-step recovery process, alcohol and family and HIV/AIDS prevention. Small therapy groups to deal with issues of emotional, physical and sexual abuse. Counseling and support for employment, vocational training, GED and other educational opportunities are available.

Turning Point, Inc. Division of Family Services

5 Perry Way
PO Box 548
Newburyport, MA 01950
978.462.8251

The Division of Family Services at Turning Point, Inc., offers a continuum of care for women and their children who are substance abusers and victims of trauma/domestic violence. Other programs include: Safe Recovery, a residential 6 to 12 month program addressing reunification of DCF involved children, and a Mid-step Program, for women who complete the Safe Recovery Program and are able to live in their own apartments, but still need day treatment services.

Senior Services

Newburyport Council on Aging

40 Water Street
P.O. Box 550
Newburyport, MA 01950
978.462.8650

The mission of the Council on Aging is to match the needs of elders with the resources in the community.

Port Health Care Center – Whittier Health Network

113 Low Street
Newburyport, MA 01950
978.462.7373

100-bed skilled nursing center, providing sub-acute care services, rehabilitative services and long term care placement. A team of care includes doctors, nurses, trained technicians & therapists. Programs are comprehensive, offering residents the most modern, innovative therapies available.

Visiting Angels Senior Care and In Home Assisted Living Services

85 Constitution Lane Unit 2-D
Danvers, MA 01923
800.365.4189

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 such as: joyful companionship, hygiene assistance, meal preparation/diet monitoring, light

housekeeping, errands/shopping. Care is available mornings, mid-day, and evenings. Live-in care is also available.

Sexual Health

Health Quarters

900 Cummings Center, Suite 126-R
Beverly, MA 01915
978.922.4490

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

Support Groups

Alanon/Alateen

26 Pleasant Street
Newburyport, MA 01950

Meetings are held at the Unitarian Church, take stairs to 2nd floor. Meetings occur on Sunday evenings at 8 pm.

The Compassionate Friends of Greater Newburyport, Chapter# 2154

Meeting Info: 4th Monday of each month 7:15 pm
Immaculate Conception Parish Center (Room 209)
42 Green Street
Newburyport, MA 01950
Barbara 978.697.1349
barhop@comcast.net

The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their

grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again.

Whether your family has had a child die (at any age from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.

Divorce and Separation Support Group – Harborside Counseling Services

143 State Street
Newburyport, MA 01950
978.716.2819

NAMI Family Support Group

Newburyport Five Cents Savings Bank
63 State St.
Newburyport, MA 01950

Meetings: 3rd Thursdays, 7–8:30 pm
Contact: Ruth at 978.834.6469
Bernie at 603.382.9511 or
bernard.c.gallant@gmail.com
Michael at 978.337.6214 or
mkoplove@gmail.com

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

Newburyport Council on Aging

Transportation Shuttle van transportation to any Newburyport location is available to senior citizens and disabled residents of any age. A 24-hour notice and a donation of \$1 per ride is requested. The Council On Aging operates several vans, all of which can accommodate

wheelchairs. The most requested destinations are medical offices, banks, grocery stores, and hair dressers. Transportation to out-of-town destinations is available through the Northern Essex Elder Transport program (N.E.E.T.). Drivers for the N.E.E.T. program are volunteers who use their own vehicles to drive senior citizens to medical appointments. A \$0.30 per mile donation is requested. You can reach Northern Essex Elder Transport at 978.388-7474.

The 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

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 with two exceptions:

If in the judgment of the agency the client is at risk of seriously harming themselves or others or if current child or elder abuse or domestic violence is involved.

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
60 Pleasant Street
Newburyport, MA 01950
978.465.4418

Peabody

Access to Health Care

American Red Cross of Northeast Massachusetts

85 Lowell St.
Peabody, MA, 01960
978.922.2224

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.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

North Shore Community Health, Inc.

Peabody Family Health Center
89 Foster Street
Peabody, MA 01960
978.532.4903

North Shore Community Health, with locations in Salem, Peabody, Gloucester and a soon to be open site in Beverly, provides care for individuals and families at all stages, from before birth and throughout childhood to adults and elders. As a community health center, NSCH provides both health and dental care and offer more services than typical medical offices. NSCH offers translation services, financial counseling, and health education.

North Shore Community Health, Inc. is a member of the Massachusetts League of Community Health Centers and the National Association of Community Health Centers.

Peabody Council on Aging SHINE Program

Peabody Council on Aging
www.PeabodyCOA.org
79 Central Street
Peabody, MA 01960
978.531.2254

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.

Child, Parent and Family Support

North American Family Institute (NAFI)

26 Howley Street
Peabody, MA 01960
978.538.0286

NAFI is an organization built upon a belief in the power of community to unite, grow and transform individuals into their best selves. NAFI values diversity, training, self-care, personal growth and work satisfaction for staff because workers are the character of the organization, which must be strong in order for services to achieve results. NAFI are committed to quality improvement and accountability and invested in systems and training to support first class data collection and transparency linked closely to program development. NAFI's broad staff group includes many clinical and therapeutically trained professionals alongside many

grass roots advocates for youth and families. The cross fertilization of skills has led to an organizational culture that is client friendly and practical. The goal is to empower clients to maximize their independence and harness past experiences as strengths and wisdom to help them succeed in the future. NAFI offers juvenile justice, behavioral health, adult, and community based services.

YMCA of Metro North / Torigian Family YMCA

259 Lynnfield Street
Peabody, MA 01960
978.977.9622

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.

Dental/Oral Health

Dental Health Center of Peabody

125 Main Street
Peabody, MA 01960
978.532.1630

The Dental Health Center of Peabody, MA has been serving patients of the North Shore for over forty years. Their team of professionals is dedicated to providing the most advanced and comprehensive dental care in a comfortable and pleasant environment. They are proud to offer the highest quality care at the most reasonable cost for a full range of dental services.

Disabilities and Special Needs

North Shore Community Action Programs

75 Central Street
Peabody, MA 01960
978.531.0767

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

Beverly Domestic Violence Unit: 978.922.1155

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

Reportable Conditions are:

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

**Weekdays 9 am-5 pm call
North Shore Elder Services**

978.750.4540

**Nights, Weekends & Holidays call the
Elder Abuse 24-hour Hotline at**

1.800.922.2275

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 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

Haven from Hunger

71 Wallis Street
Peabody, MA 01960
978.531.1530

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Citizens for Adequate Housing, Inc.

40 Washington Street
Peabody, MA 01960
978.531.9775

Citizens for Adequate Housing Inc. is a Peabody agency that provides a temporary home for homeless families and permanent affordable housing to low income families. The mission calls to support families with dignity and respect, as they live in either an emergency shelter such as the **Inn Between**, or in a sober living transitional housing shelter, the **Inn Transition**; or in an affordable housing apartment offered through Peabody's Communities Land Trust.

The Inn Between

25 Holten Street
Peabody, MA 01960
978.532.2372

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.

Making a Difference in Peabody Foundation, Inc.

29 Lowell Street, Suite 6
Peabody, MA 01960
978.317.4388

The Making a Difference in Peabody Foundation was founded in 2002 by local businessman Scott Frasca. The organization helps those in need by providing food, fuel and energy assistance. Housing services are also available to prevent homelessness. During fire or flood, Making a Difference in Peabody provides shelter and clothing. Senior citizens will not have to worry about how to pay their medical bills.

Peabody Housing Authority

75 Central St #1
Peabody, MA 01960
978.531.1938

Peabody Housing Authority provides housing assistance to low income residents through the management of the areas Housing Choice Voucher Program - Section 8. This program is income based and the eligibility guidelines are set by HUD. There may be waiting lists for these vouchers and at times the lists may close to new applicants based on the size of and length of wait on the lists. 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 assistance, the status of any waiting lists and their application procedures.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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.

Community Substance Abuse Centers

172 Newbury Street
Peabody, MA 01960
978.535.9190

Community Substance Abuse Centers maintains a strong commitment to high-quality, cost-effective treatment to the substance abusing patient. Their goal is to provide prompt, professional, and effective services to assist patients in dealing with problems that are both directly and indirectly related to substance abuse. They offer integrated medical and counseling approaches grounded in an individualized recovery-oriented philosophy that treats addiction as a biopsychosocial disease.

Family Continuity

Serving the North Shore with offices at:

**72 Rear Cabot Street
Beverly, MA 01915
978.232.9600
Outpatient Mental Health Clinic**

**9 Centennial Drive, Ste. 202
Peabody, MA 01960
978.927.9410
Administrative Offices
Outpatient Mental Health Clinic
Home-Based Family Support Services
978.927.9260**

Therapeutic Home and Foster Caretivity is a private, non-profit mental health and social services agency serving Eastern and Central Massachusetts from hub offices in Beverly/Peabody, Lawrence, Whitinsville/Worcester, Plymouth and Hyannis for more than a quarter century.

Family Continuity supports family success in every community by empowering people, enhancing their strengths, and creating solutions through partnerships to achieve hope, positive change and meaningful lives. Programs and services target a spectrum of emotional, developmental and behavioral problems for children, adolescents, adults, couples and seniors. With over 20 programs, a portfolio of services encompasses community- and home-based services, adult residential supported housing and crisis intervention programs, as well as outpatient clinics providing individual and family therapy.

The Inn Transition

The Inn Transition provides a six-month sober-living transitional housing program to 8 families at a time (with one handicap accessible unit). As one of only two transitional housing programs in the state permitting homeless families to remain together when a parent is in recovery from alcohol and substance abuse.

Senior Services

Peabody Council on Aging/Peter A. Torigian Community Life Center

Peabody Council on Aging
www.PeabodyCOA.org
79 Central Street
Peabody, MA 01960
Tel: 978.531.2254

The Peter A. Torigian Community Life Center opened its doors as a new state-of-the-art facility in November, 1991. Situated on beautifully landscaped grounds in a quiet setting, the Torigian Community Life Center's 30,000 square feet of adaptable space is handicapped accessible.

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.

Atria Merrimack Place

85 Storey Avenue
Newburyport, MA 01950
978.378.3276

Atria Merrimack Place offers residents a warm and active senior living community. Make new friends and enjoy old ones through a variety of events and activities. Or, take advantage of Atria Merrimack Place's wellness program, featuring a fitness center that enables a more fulfilling retirement living experience. A Better Life – that's what Atria Senior Living strives to provide in its retirement living communities. With spacious senior apartments, exceptional senior care, delicious restaurant-style dining, and a dedicated 24-hour care staff, Atria Merrimack Place produces an extraordinary assisted living community with quality as its primary focus. In addition, we offer a Life Guidance® memory care neighborhood for those with Alzheimer's disease and other forms of dementia.

Aviv Centers for Living

240 Lynnfield Street
Peabody, MA 01960
978.471.5100
877.322.2848 Toll Free

Aviv provides compassionate and quality care for seniors in need of assisted living, skilled nursing services and

memory care in our newly expanded campus. Additionally, Aviv provides the highest level of rehabilitative services for complex medical conditions.

With all services on one campus, Aviv is able to serve seniors in a wide variety of programs, activities and services. Clinical and support staff are made up of dedicated, caring professionals who are fully committed to our resident-centered philosophy of care.

Partnerships with the North Suburban JCC Early Childhood center and the Jewish Heritage Center allow for a great range of on-site programming that contribute to a diverse, beautiful campus experience.

BaneCare, Rosewood

**22 Johnson Street
Peabody, MA 01960
978.535.8700**

Rosewood is one of the North Shore's most elegant skilled care residences. Comprehensive therapies, healthy and delicious meals and a host of activities at Rosewood help clients recover and regain their full potential.

Rosewood specializes in short-term and sub-acute care, rehabilitation services, long-term care and Alzheimer's/dementia care.

Residents and their families enjoy the many resources and activities at Rosewood, including:

physical and social activities, a library with computer access, on-site gift shop, salon, pub for dining with family and guests, wall-mounted flat screen TVs, bedside telephone service, designated PT gym, OT kitchen, outdoor patios, and a newly remodeled spa.

Brooksby Village

**100 Brooksby Village Drive
Peabody, MA 01960
1.800.523.9704**

Brooksby Village is a leader among North Shore retirement communities. Enjoy an active independent lifestyle today, with added peace of mind that if your health needs ever change, expert continuing care services are available right on campus.

Resident may participate in clubs and activities that meet regularly on our Peabody senior living campus. Residents may also sample a variety of delicious food choices served daily in our on-site restaurants, or swim laps year-round in the indoor heated pool or stay strong in the fitness center.

Brooksby Village has a variety of maintenance-free apartment homes available to its residents.

Their pricing plans and custom upgrade options make it easy to create a home that matches your taste and budget.

Brooksby Village is a smoke-free campus situated on 90 beautiful acres, just 20 minutes from downtown Boston. Attractions like the North Shore Music Theater, downtown Marblehead and Brooksby Farm are all just minutes from home.

Freedom Home Care

**39 Cross Street, Suite 303
Peabody, MA 01960
978.531.6122**

Freedom Home Care offers Home Health Aides to seniors to help complete personal and homemaking/companion services to a wide range of North Shore communities. They are affiliated with Multicultural Home Care.

Peabody Glen Health Care Center

**199 Andover Street
Peabody, MA 01960
978.531.0772**

Peabody Glen Health Care Center is a 150-bed, JCAHO accredited, skilled nursing center conveniently located across from The North Shore Mall. We offer both Short Term Rehabilitation and Long Term Care. Additionally, Peabody Glen Health Care Center offers a state-of-the-art Memory Care Program for those Residents with Alzheimer's Disease and dementia. The Memory Care Program is a specialized Therapeutic Program endorsed by the Alzheimer's Association customized to benefit all stages of Alzheimer's and dementia diagnoses.

Highly skilled Staff is committed to providing a therapeutic environment with a focus on the specific needs of each individual. A strong clinical orientation ensures superior levels of medical, nursing and rehabilitative care.

Peabody Glen Health Care Center believes that superior clinical care along with unsurpassed attention to service leads to wellness. In addition, nurturing and experienced Staff will care for an individual in a warm and dignified environment. Leading edge clinical programs, fine dining, recreational activities and amenities can help residents attain maximum recovery potential.

Pilgrim Rehabilitation and Skilled Nursing Center, a Berkshire Health Systems Affiliate

**96 Forest Street
Peabody, MA 01960
978.532.0303**

Berkshire Healthcare is a midsize healthcare, senior care, and senior living company. We are proud to be a leader among non-profit, post-acute care providers in Massachusetts. Large enough to have all of the senior services you need, yet small enough to care with that personal touch that makes all the difference.

Pilgrim Rehabilitation and Skilled Nursing Center team includes nurses and nursing assistants, rehabilitation therapists, social workers, activities staff, a dietitian, and a Medical Director.

Care is patient-centered, based upon each person's own strengths, needs, abilities, and goals. Pilgrim will create a personalized care plan that is focused as much on exceptional service as it is on exceptional care. Pilgrim specializes in Short-term Rehabilitation, Skilled Nursing Care, Long-term Care, Specialty Care, Respite Care, as well as Hospice Care.

Sunrise at Gardner Park

73 Margin Street
Peabody, MA 01960
978.532.3200

Sunrise at Gardner Park in Peabody, provides the kind of safe, top-quality, resident-centered senior living that makes residents proud. The entire team, from Designated Care Managers to activities coordinators, takes special care to contribute to a warm, positive environment—even pets get in on the fun with furry, friendly greetings! The dedication of our staff has a wonderful impact on all residents. They, too, take enormous pride in contributing to group activities and operations, from assisting the dining services coordinator with swapping out daily menus to leading religious services or simply passing on a warm smile.

Sexual Health

Fertility Solutions

One Essex Center Drive
Peabody, MA 01960
877.813.0159

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 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.

708 Lowell Street
Peabody, MA 01960

Meetings are held at the Knights of Columbus on Sunday mornings at 9 am and Tuesday evenings at 7:30 pm.

96 Main Street
Peabody, MA 01960

Lahey Medical Center – Peabody

Lahey Medical Center, Peabody
One Essex Center Drive
Peabody, MA 01960
978.538.4000

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Lahey Medical Center, Peabody offer 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

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 7:30 pm.

Transportation Services

Peabody Council on Aging

Call 978.531.2254 to book an appointment.

=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 a month in advance. All immediate reservations must be made a minimum of at least 3 working days before your appointment.

MBTA Bus 465 - Salem Depot - Liberty Tree Mall via Peabody & Danvers

Refer to MBTA website for updated times and schedules.

Veterans Services

American Red Cross of Northeast Massachusetts

85 Lowell St.
Peabody, MA, 01960
978.922.2224

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978.921.4851

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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

Reading

Access to Health Care

Reading Council on Aging SHINE Services

Pleasant Street Center
49 Pleasant Street -2nd Floor
Reading MA 01867
781.942.6658

The Council on Aging functions as a Board of Directors. The Council is composed of ten Reading citizens who have demonstrated a concern for and a commitment to the elderly. The Council is appointed by the Board of Selectmen.

Their responsibilities include:

1. Identifying the needs & interests of senior citizens and encouraging programs to address those needs and interests.
2. Educating the community about the needs of senior citizens.
3. Developing a network for information sharing.
4. Establishing policy direction to be implemented by Reading Elder Services.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

Burbank YMCA / YMCA of Greater Boston

36 Arthur B Lord Drive
Reading, MA 01867
781.944.9622

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

Information available online at:
<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. They 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. Members enjoy a bi-monthly newsletter that outlines all the "local happenings" as well as events planned by Board and the CTT membership.

MOMS Club

info@readingmomsclub.org
781.872.1203

The first MOMS Club® is an international nonprofit organization created in 1983 to support stay-at-home mothers. The MOMS Club® has since evolved to include work-at-home and working mothers. 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 needy children in Reading, MA and most of all to have fun!

MOMS stands for Moms Offering Moms Support; therefore our focus is on the Mom. To that end, when we have a Moms Night Out at Grumpy Doyle's, we get ten percent off the check, and we've had a number of sponsors for our monthly Open House, as well, giving us pastries, chair massages, books and nail polish all for free to pamper our MOMS!

Moms of any age children are welcome. They don't have to leave the group when their children enter school. We know they still need support as their children grow. We have Moms

with newborns and Moms with their youngest in grade school, and we all have one thing in common, we like to have fun!

Parents of Tots

Parents of Tots
PO Box 1906
Wakefield, MA 01880

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.

Reading Children's Learning Center

Sandra Wittrup Owner/Director
174 Lowell Street
Reading, MA 01867
781.944.3049
sandy@readingclc.com

At the Reading Children's Learning Center we strive to provide a strong balance between learning and having fun. One of the key goals is to provide parents with the peace of mind their children will have fun in our care as they learn to appropriately develop intellectually and most importantly socially and emotionally.

The programs offered through Reading Children's Learning Center help children build confidence and become self-aware. Within a caring and stimulating environment, dedicated teachers give all children endless opportunities to grow, learn, and imagine—the possibilities are endless at the Reading Children's Learning Center for children to express themselves individually and as a group of peers.

Triumph Center for Child and Adolescent Counseling

36 Woburn Street
Reading, MA 01867
781.942.9277

The Triumph Center is a child and adolescent counseling program, specializing in developing social skills through activity-based groups and a therapeutic summer camp. For over twenty years, we have also provided traditional counseling services for children, adolescents, young adults and families, as well as special education consultation to schools in the greater Boston and North Shore areas. The doctoral and master's level professionals on our staff have backgrounds in clinical psychology, social work, counseling, and special education.

Women, Infants, and Children (WIC)

30 New Crossing Road, #101
Reading, MA 01867
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.

Dental/Oral Health

Pediatric Dental Associates

Reading Office
20 Pondmeadow Dr Ste 202
Reading, MA 01867
781.944.7799

Pediatric Dental Associates and the Group Practice at the Reading Health Center offer comprehensive pediatric, orthodontic, general, restorative and cosmetic dentistry services utilizing the latest technological advancements in dental equipment and materials.

With dental offices in Reading and Winchester Massachusetts, we serve families from towns throughout the Boston area, including Wakefield, Melrose, Stoneham, Medford, Lynnfield, North Reading, Andover, Arlington, Lexington, Bedford, Burlington, Woburn, Wilmington, Peabody, Danvers, Saugus and more.

Disabilities and Special Needs

The East Middlesex Arc

Life Choices & Employment Services Metro North
20 Gould Street
Reading, MA 01867
781.944.5655

EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities. EMARC provides a variety of services to its clients including: life skills programming, Residential Supports in 10 homes and five apartments staffed by EMARC and for individuals living independently, Job Training (including literacy and computer classes), Employment Opportunities, Job Placement services for individuals seeking competitive employment, Food Pantry for low income adults with developmental disabilities and low income families of people with developmental disabilities, The Center for Emerging Artists, School to Work Transition Services and Journey to Independence to prepare High School students to live and work independently in our communities, Respite Care to support families caring for their sons and daughters with developmental disabilities at home, Family Support Groups, A Successful Parenting Program for parents with cognitive limitations, and Support for Seniors.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

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. Transportation is available on Mondays. Referral required by the city Social Worker.

Stoneham Board of Health Food Pantry

1 Church Street
Stoneham, MA 02180
781.438.0097

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. Religious affiliation is not required to receive support from the food pantry. In addition to Stoneham, other towns serviced include Melrose, Woburn, Wakefield, Reading and Winchester.

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Mission of Deeds

6 Chapin Avenue
Reading, MA 01867
781.944.9797

Mission of Deeds began with the simple dream of one man: to provide 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.

Mission of Deeds serves thousands of families and individuals throughout Middlesex and Essex counties. Their clients include the previously homeless, survivors of domestic abuse, refugees, the elderly, victims of fire or other tragedies, and those with disabilities.

Reading Housing Authority

22 Frank Tanner Drive
Reading, MA 01867
781.944.6755

The Reading Housing Authority (RHA) is a public agency established under Massachusetts General Laws Chapter 121B. Its primary mission is to provide decent, safe and sanitary housing opportunities, thereby improving the quality of life for families, those with disabilities and the elderly of low income. This primary mission requires the coordinated efforts of RHA staff under the direction of the Executive Director to use the Authority's finite resources in a manner that promotes economy of operation and efficiency in the discharge of its public function. In support of its primary mission, stable and consistent performance of all job duties is expected for the benefit of Authority clients, all employees and vendors.

Mental Health and Substance Abuse

Riverside Outpatient Center

338 Main Street, Suite 301
Wakefield, MA 01880
781.246.2010

Riverside Outpatient Center provides outpatient mental health, addiction treatment, developmental disabilities, and brain injury services

Senior Services

Reading Council on Aging/Senior Center

Pleasant Street Center
49 Pleasant Street -2nd Floor
Reading MA 01867
781.942.6658

The Council on Aging functions as a Board of Directors. The Council is composed of ten Reading citizens who have demonstrated a concern for and a commitment to the elderly. The Council is appointed by the Board of Selectmen.

Their responsibilities include:

1. Identifying the needs & interests of senior citizens and encouraging programs to address those needs and interests.
2. Educating the community about the needs of senior citizens.
3. Developing a network for information sharing.
4. Establishing policy direction to be implemented by Reading Elder Services.

The Residence at Pearl Street

75 Pearl Street
Reading, MA 01867
781.944.9200

The Residence at Pearl Street, a jewel set in lovely Reading, offers Independent and Assisted Living for seniors. Just steps from the vibrant town center, 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.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St. (Route 28), Suite 150
Stoneham, MA 02180
781.438.9600

For over 20 years, 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. Since 1989, CRMI have assisted

in thousands of “success stories” and are unbelievably grateful to have formed such wonderful relationships with each of our patients.

The warm and welcoming fertility practice treats each patient like family, in an atmosphere where every staff member cares about the outcome of the treatment.

This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. The goal of The Cardone Reproductive Medicine and Fertility LLC is to help loving couples and individuals create a healthy family.

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, Door 1, First Floor
Lakeside Office Park
Wakefield, MA 01880
781.944.5443

Chinese medicine offers a safe, natural and effective alternative approach to wellness without the risk of side effects. Family Acupuncture & Herbs of Reading are a preferred provider for Lahey Clinic’s Spine Center and one of three practitioners in Massachusetts certified by the American Board of Oriental Reproductive Medicine as specialists in treating infertility. Family Acupuncture & Herbs’ treatments maximize patient 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.

Acupuncture and Chinese herbal medicine offer solutions for many couples suffering the trials of fertility treatments. Acupuncture for infertility as well as men’s and women’s health is a specialty service.

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

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer’s, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Transportation Services

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
781.942.9072

Rockport

Access to Health Care

The SHINE Program

SHINE counselors are available at Addison Gilbert Hospital Monday-Friday and can be reached at 978.283.4000.

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.

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

Action Inc.

180 Main Street
Gloucester, MA 01930
978.282.1000

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

Opened in the spring of 2007 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. Teens play music at band nights, compete in game tournaments, paint murals, learn to bake, ski and snowboard, have dance competitions, plant flowers in the garden, and skateboard behind the Teen Center.

The Teen Center is open to all youth from 6th through 12th grade.

Dental/Oral Health

All Seacoast Dental Associates

27 Commercial Street
Gloucester, MA 01930
978.515.7804

All Seacoast Dental Associates was established in the fall of 2012 by Dr. Julian Lender. All Sea Coast Dental Associates has made it their goal to serve the Cape Ann community with the highest level of expertise and care.

All Seacoast Dental Associates is a multi-specialty private practice catering to patients by establishing a wellness management program for:

Full mouth reconstructive cosmetics, dental implants, root canal therapy (endodontics), periodontal conditions (gum treatment), teeth whitening (Zoom Advanced in office system) and all other phases of any thorough or complex dental treatment plan. The patients can complete their oral rehabilitation entirely at this one location, under the supervision of specialists addressing their personal, unique and specific needs. All Seacoast Dental Associates are committed to giving you the highest ethical and quality care while providing financial options that will allow patients and their families to finally reach optimum dental health.

Office staff will always be working on the patient's behalf with an insurance carrier to make sure that services are covered and benefits are utilized properly.

Disabilities and Special Needs

Old Farm Rockport

P.O. Box 71
Rockport, MA 01966
781.937.3199

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. Residents began moving into OFR in early April 2014.

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

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

Reportable Conditions are:

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

**Weekdays 9 am-5 pm call
North Shore Elder Services
978.750.4540
Nights, Weekends & Holidays call
the Elder Abuse 24-hour Hotline at
1.800.922.2275**

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 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

The Open Door/Cape Ann Food Pantry

28 (Rear) Emerson Avenue
Gloucester MA, 01930
978.283.6776

The Open Door/Cape Ann Food Pantry provides a free, three to five day supply of 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. The average appointment time is one hour.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
<http://www.ftph.org/index.html>

The Fund to Prevent Homelessness has been helping families since 1989. The organization is a tax exempt non-profit charity focused on providing confidential assistance to working families who are facing foreclosure or eviction due to unusual circumstances that have depleted their financial resources.

The Fund provides a one-time grant to qualified families so they can stay in their homes, in their communities, close to their friends, families, and schools. The assistance provides families in need with a lift that will help them through a tough time and keep them on track for a stable future.

The fund supports families that do not qualify for other funding and would otherwise fall through the cracks. We help these families before they lose their homes and possibly their dignity.

The Fund to Prevent Homelessness serves the communities of Beverly, Essex, Gloucester, Manchester by the Sea, Rockport, and Wenham.

Rockport Housing Authority

Claudia T. Kearns
Executive Director
Rockport Housing Authority
13 Millbrook Park
Rockport, MA 01966
978.546.3181
rockport.ha@verizon.net

The Rockport Housing Authority (RHA) has provided the subsidized housing needs of low and moderate-income families for more than thirty years. The housing authority administers State and Federal rental assistance programs by helping families living at Millbrook Park, Kitefield Road and throughout Massachusetts. The RHA has a Board of Commissioners made up of elected residents from the Town of Rockport and one Governor-appointed. Monthly

board meetings are held the second Thursday of every month beginning 6 pm at the Rockport Housing Authority office, 13 Millbrook Park and open to the public. Notice of Meetings and Agenda is posted on the Town website. While the Waiting List may be long, Rockport residents in need of housing assistance are encouraged to apply. The Rockport Housing Authority office hours are as follows: Monday through Wednesday 8:30 am to 4:30 pm, Thursday 8:30 am to 6 pm, Friday 9 am to noon with exception of holidays.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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

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

Addison Gilbert Hospital
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.

Moore's Way Residential Program – John Ashford Link House, Inc.

Moore's Way
23 Duncan Street
Gloucester, MA 01923
978.283.3078

Moore's Way Residential Program provides an avenue of recovery for men and women with a history of substance abuse problems. Sobriety is not the only concern, but providing its residents the necessary tools to establish themselves back into productive and self-supporting individuals.

Senior Services

Rockport Council on Aging/Rockport Senior Center

The Rockport Senior Center located at 58 Broadway in the Community House building, is open Monday through Thursday from 8 am-4 pm, and Friday from 8 am-1 pm, except holidays.

The Rockport Senior center is located in the heart of Rockport, close to the churches, and bus lines. While the center opened at its current location Feb. 1, 2011, the Senior Center has been active since 1972. The center has noon lunches, classes, activities, a well-equipped kitchen, television, DVD, fitness classes, computer room and fitness equipment.

Kindred Nursing and Rehabilitation - Den-Mar

44 South Street
Rockport, MA 01966
978.546.6311

Kindred Nursing and Rehabilitation – Den-Mar 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

900 Cummings Center, Suite 126-R
Beverly, MA 01915
978.922.4490

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

North Shore Fertility Center – Reproductive Science Center of New England at Addison Gilbert Hospital

298 Washington St., 4th Floor
Gloucester, MA 01930
800.858.4832
[www.rscnewengland.com/fertility-center/
gloucester.cfm](http://www.rscnewengland.com/fertility-center/gloucester.cfm)

Offers a range of reproductive health services including In-Vitro Fertilization; IVF using donor eggs and/or gestational surrogacy; Intracytoplasmic sperm injection; Assisted hatching; Hormonal treatment; Fertility Preservation for Oncology patients; women wishing to delay pregnancy; and transgender individuals; IVF with Donor Eggs and Gestational Surrogacy for gay male couples; Intrauterine Insemination and Reciprocal IVF for lesbian couples; and Intrauterine insemination.

North Shore Health Project

5 Center Street
Gloucester, MA 01930
978.283.0101

The North Shore Health Project was founded in 1988 by a group of men and women from Gloucester and Rockport, who were concerned about the lack of available services for people affected by HIV and AIDS. The North Shore Health Project provides a variety of holistic services, as an adjunct to primary care, in addition to an array of support services. Since 2006 the Health Project has provided a full array of services to all those living with Hepatitis C.

Although it has been providing free care for over 20 years, The Project has retained a grass-roots character. Volunteer health care practitioners provide all holistic services, joined by a small army of other volunteers who assist with the day-to-day operation of the agency.

Holistic services include massage, acupuncture, chiropractic, reiki, polarity, reflexology, and energy healing. Meditation, yoga and art classes are also occasionally offered.

Support services are offered 5 days a week and happily include: case management, outreach and education, congregate meals 3 times weekly, emergency groceries, support groups which include Wednesday evening monthly meetings of Living Well with Hepatitis C, HIV Long Term Survivors, Women's Group as well as a monthly game night and monthly birthday celebration.

Support Groups

Addison Gilbert Hospital - Support Groups

Addison Gilbert Hospital
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 dealing with a variety of diseases including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Addison Gilbert Hospital offer a variety of support for health issues including: Breast Cancer, General Cancer Support, and Polycythemia Vera.

NAMI Family Support Group

43 Gloucester Ave., Room 2A
Meetings: 1st Wednesdays,
7 –8:30 pm
978.281-1557
namicapeann@comcast.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.

VOCAL (Victims of Crime and Loss) at Addison Gilbert Hospital

298 Washington Street
Gloucester, MA 01930
978.283.0296 x733

VOCAL provides free services to children and adolescents who have been victimized by crime, such as physical and sexual abuse, or who have witnessed domestic violence or other crimes.

Victimized children suffer many problems including symptoms of post-traumatic stress disorder, learning difficulties, social problems, low self-esteem, learned aggression, anxiety problems, and an inability to trust others. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long term treatment and referral.

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. Cost is \$4.00 round trip. The CATA bus rides to the North Shore Mall/Liberty Tree Mall once each month on the first Wednesday after the 3rd of the month. Pick up is at Pigeon Cove Ledges 9:30 AM., Millbrook Park 9:35 AM, and Rockport High School Apartments at 9:40 am Cost is \$5.00 round trip. You need to call 978.283.7916 to make a reservation in advance

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

35 King St.
Rockport, MA 01966
978.546.5007

Stoneham

Access to Health Care

Stoneham Senior Center SHINE Counseling

Call 781.438.1157 x 15 for an appointment.

- When should I apply for Medicare?
- What is the “donut hole” in Medicare?
- What is the difference between Medicaid and Medicare?
- Do I qualify for the Medicaid program that can pay a friend or a relative who is not a spouse, to live in my home and take care of me?
- What is the “Prescription Advantage” program?

If you have questions like these, a SHINE Counselor can help. Confidential information and counseling sessions for Medicare, Medicaid, and prescription drug coverage are available at the Senior Center by appointment:

- Mondays 9 am - noon
- Wednesdays 11 am - 2 pm

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

Parents of Tots

Parents of Tots
PO Box 1906
Wakefield, MA 01880

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.

Dental/Oral Health

Children's Dental Care

370 Main Street
Stoneham, MA 02180
781.438.0300

The pediatric dental office of Dr. Badrieh Edalatpour provides specialized dentistry for children and adolescents in a “child-friendly” environment. As a pediatric dental office, they focus on preventive care to help each child have a healthy smile that will last a lifetime. Children's Dental Care serves infants, children and teens in Stoneham, Massachusetts and accepts MA Health insurance.

Disabilities and Special Needs

The East Middlesex Arc

26 Princess Street
Wakefield, MA 01880
781.942.4888

EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities. EMARC provides a variety of services to its clients including: life skills programming,

Residential Supports in 10 homes and five apartments staffed by EMARC and for individuals living independently, Job Training, Employment Opportunities, Job Placement services for individuals seeking competitive employment, Food Pantry for low income adults with developmental disabilities and low income families of people with developmental disabilities, The Center for Emerging Artists, School to Work Transition Services and Journey to Independence to prepare High School students to live and work independently in our communities, Respite Care, Family Support Groups, A Successful Parenting Program for parents with cognitive limitations, and Support for Seniors.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

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. Religious affiliation is not required to receive support from the food pantry. In addition to Stoneham, other towns serviced include Melrose, Woburn, Wakefield, Reading and Winchester.

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Stoneham Housing Authority

11 Parker Chase Rd
Stoneham, MA 02180
781.438.0734

The Town of Stoneham's Housing Authority provides low-income individuals and families with safe and affordable housing. The Housing Authority's office is located in a small brick building on Parker Chase Road.

Mental Health and Substance Abuse

Psychological Care Associates

92 Montvale Avenue, Suite 2450
Stoneham, MA 02180
781.646.0500

First time clients of Psychological Care Associates are provided a consultation to offer guidance and education, to decide whether expanding into ongoing care is a good option. Frequently sought consultations include: 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.

Medication can provide each client with needed relief for many difficult problems. Psychiatrists and Psychiatric Nurse Practitioners work with all ages in collaboration with the client's other healthcare professionals.

Neuropsychological & Educational Testing assists in solving complex problems with cognitive functioning due to aging, illness or injury, testing can provide you with diagnostic clarity and decision-making.

The Stoneham Office is located right off I-93 at the Montvale Avenue Exit # 36.

Riverside Outpatient Center

338 Main Street, Suite 301
Wakefield, MA 01880
781.246.2010

Riverside Outpatient Center provides outpatient mental health, addiction treatment, developmental disabilities, and brain injury services

Senior Services

Stoneham Council on Aging/Senior Center

136 Elm Street
Stoneham, MA 02180
781.438.1157

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

Arnold House Nursing Home offers a unique home-like environment that is rich in nurture, friendship, activity, and comfort. Arnold House Nursing Home is a licensed 22 bed private nursing home in a non-institutional setting reminiscent of the Victorian era. The home is appointed with the most elegant of furnishings that remind us of days past.

Bear Hill Rehabilitation and Nursing Center

11 North Street
Stoneham, MA 02180
781.438.1289

Established in 1983, Bear Hill Rehabilitation and Nursing Center provides short- and long-term care services. Its skilled nursing services include medication administration, enteral nutrition, intravenous therapy, respiratory care, pain management, and diabetes management and teaching. The sub-acute services offered by the health care center include complex medical care, oncology, wound management and cognitive retraining. Its hospice services include pain management, support for the family, pastoral counseling and spiritual support. Additionally, it offers short-term rehabilitation services that include speech and physical therapies. Bear Hill Rehabilitation and Nursing Center is accredited by the prestigious Joint Commission on Accreditation of Health Care Organizations and is a member of the American Healthcare Association and the Massachusetts Extended Care Federation

Fuller House of Stoneham

32 Franklin Street
Stoneham, MA 02180
781.438.0580

Fuller House of Stoneham is a Level Four rest home catering to the comfort and needs of men and women over the age of 55. Each private living quarter is comfortably furnished to help residents feel right at home.

Delicious home-cooked meals are served in a gracious, communal dining room. Comfortable sitting rooms can be found on each level and are easily accessed by an elevator. The spacious grounds invite outdoor relaxation and enjoyment.

Fuller House of Stoneham is conveniently located close to local churches, libraries, shops, and nearby medical services. This retirement home features 24-hour supervision, nutritious meals, complete medication management, and shower and personal care assistance by a dedicated, caring staff. Best of all, there are no entrance fees and no long-term contracts.

Life Care Center of Stoneham

25 Woodland Road
Stoneham, MA 02180
781.662.2545

=Located less than 10 miles from Boston, Life Care Center of Stoneham offers the conveniences of a large city and the charms of a smaller town. Nursing home residents are treated with dignity and self-respect in a home-like atmosphere. Individualized nursing care is provided by a team of licensed staff, who help residents live life to its fullest, including inpatient rehabilitation.

Life Care Center of Stoneham's assisted living community offers a unique and specialized environment. With only 18 apartments, our residents receive all the personal care and assistance they need while maintaining their independent lifestyles.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St. (Route 28), Suite 150
Stoneham, MA 02180
781.438.9600

For over 20 years, 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. Since 1989, CRMI have assisted in thousands of "success stories" and are unbelievably grateful to have formed such wonderful relationships with each of our patients.

The warm and welcoming fertility practice treats each patient like family, in an atmosphere where every staff member cares about the outcome of the treatment.

This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. The goal of The Cardone Reproductive Medicine and Fertility LLC is to help loving couples and individuals create a healthy family.

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

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Lahey Hospital and Medical Center offer 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.

Winchester Hospital—Support Groups

Winchester Hospital
41 Highland Avenue, Winchester, MA 01890
781.729.9000

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

Stoneham Council on Aging/Senior Center

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. Thank you for your cooperation. 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. The northern terminus is at the Redstone Shopping Center in Stoneham. The route runs along Route 28 and turns through Melrose connecting to the MBTA Commuter rail at Wyoming Hill Station and enters Malden connecting to the Orange line at Oak Grove and Malden Center.

Veterans Services

Veterans' Services Officer

75 Winter St.
Saugus, MA 01906
781.246.6377

Tewksbury

Access to Health Care

Tewksbury Council on Aging/Senior Center SHINE Counseling Services

SHINE Counselor, Yuen Li

Elder Services of the Merrimack Valley, Inc., Volunteer

Services are available (by appointment only) every other Monday.

Call the Senior Center at 978.640.4480 to schedule an appointment.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

Thom Anne Sullivan Center

126 Phoenix Ave
Lowell, MA 01852
978.453.8331
Alden Wood, Director
awood@thomchild.org

The 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. 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. If you have a concern regarding your child's development, please contact us.

Dental/Oral Health

Tewksbury Dental Associates

1418 Main Street
Tewksbury, MA 01876
978.851.7890

Tewksbury Dental Associates offers full dental services including cosmetic dentistry, general and preventative care, specialty care and implants.

Disabilities and Special Needs

Lowell Association for the Blind

169 Merrimack St, 2nd floor
Lowell MA, 01852
978.454.5704

The Lowell Association for the Blind Adult Program provides social, recreational and educational opportunities on Tuesday and Thursday mornings. Clients are encouraged to call the office to receive a monthly schedule and to be put on a mailing list. The Lowell Association for the Blind welcomes blind and visually impaired adults over the age of 21 living in

the greater Merrimack Valley and Southern New Hampshire.

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

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

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Tewksbury Housing Authority

Saunders Circle
Tewksbury, MA 01876
978.851.7392

Mental Health and Substance Abuse

Tewksbury Treatment Center – Lahey Health Behavioral Services

365 East Street
Tewksbury, MA 01876
978.259.7000

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.

Senior Services

Tewksbury Senior Center

175 Chandler Street
Tewksbury, MA 01876
978.640.4480

The Tewksbury Senior Center strives to "provide an independent and enriched quality of life" through a variety of services including: Referral Services: Educational Seminars, Health Services (VNA Nurse, Podiatry Clinics, Exercise Programs), Community Programs, Hot Lunches, Meals on Wheels, Income Tax Assistance, Rehabilitation Equipment on Loan, Intergenerational Program as well as Recreational & Social Activities.

Blaire House of Tewksbury Assisted Living

10 B Erlin Terrace
Tewksbury, MA 01876
866.344.4946

The Blaire House of Tewksbury is a 131-bed skilled nursing center. They are family owned and operated by the Essex Group Management Corp, servicing the health care needs of seniors for over 50 years. The Blaire House specializes in Short

and Long Term care, Rehab, Sub-acute care, and Alzheimer's Specialty care. The facility also hosts an Assisted Living Facility, Adult Day Health Center, and Senior Transportation.

Highly skilled Clinical Care Teams are focused on implementing a client's personalized care program to facilitate your recovery and improve your well-being.

For short-term-stay residents, speeding recovery and returning patients to their home as quickly as possible are primary goals.

In addition, separate assisted living unit offers active seniors a fun, dynamic lifestyle. This lively community supports each resident's independence, while also offering personalized health care services if needed.

Bayberry at Emerald Court

2000 Emerald Court
Tewksbury, MA 01876
866.344.4946

Nestled in a quiet residential neighborhood in Tewksbury, MA, Bayberry is an assisted living community ideally located just minutes from major shopping, entertainment and medical centers with easy access to I-93 and I-495. 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.

Sexual Health

Billerica Medical Health Center

Established in 1994 to serve the residents of the Greater Merrimack Valley, Billerica Medial Health Center offers a wide range of in-house services, procedures and tests. A full list of treatment options as well as forms, policies, and patient resources is available online at: <http://billericamedical.com/>

Health Quarters via Lowell Community Health Center

Lowell Community Health Center
Family Planning Department-2nd Floor
161 Jackson Street
Lowell, MA 01852
978.446.0236

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women,

men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

Huntington's Disease Support Group

Tewksbury Public Library
300 Chandler Street
Tewksbury, MA 01876
Contact: Cheryl Sullivan
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, 2nd Floor-Study Room #1. It is highly recommended to contact the group leader prior to attending your first meeting to be sure the group is running as scheduled.

Winchester Family Health Center

500 Salem Street
Route 62
Wilmington, MA 01887
978.657.3910

Winchester Family Health Center works as a satellite office of the Winchester Hospital, originating in Winchester, MA, that operates in Wilmington. 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. 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

Lahey Hospital and Medical Center – Support Groups

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Veterans Services

Veterans' Services Officer

Town Hall
1009 Main Street
Tewksbury, MA 01876
978.640.4485

Transportation Services

The Lowell Regional Transit Authority (LRTA)

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.

145 Thorndike Street
Lowell, MA 01852

The LRTA can be reached at:

Fixed Route Bus Information
978.452.6161, 100 Hale Street

Road Runner Office
978.459.0152, 113 Thorndike Street

Main Admin Office
978.459.0164, 145 Thorndike Street

Parking 978.459.0164 x 206
Email: CustomerService@lrta.com

Wakefield

Access to Health Care

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.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

Parents of Tots

Parents of Tots
PO Box 1906
Wakefield, MA 01880

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.

Dental/Oral Health

Wakefield Family Dental

417 Water Street
Wakefield, MA 01880
781.245.7714

The Dental Practice of Jeffrey B. Kravitz is proud to provide a state-of-the-art facility for the highest quality dental care available. The office meets and surpasses all OSHA (Occupational Safety and Health Administration) and CDC (Center for Disease Control) standards.

Wakefield Family Dental performs Cosmetic, Periodontic, and Pediatric Dentistry.

For patients who require major work, a complete payment plan is designed with an appropriate payment schedule. Forms of payment accepted by the office are check, cash, or any major credit card.

Disabilities and Special Needs

Horizon House

78 Water Street
Wakefield, MA 01880
781.245.7311

Horizon House, located in a large office-like space on Water Street, was founded as a social club for adults with mental illnesses. It is a certified clubhouse, run equally by a professional staff and by the members themselves. Horizon House helps members with living situations, vocational training and job placement, and serves as a great resource for making friends. This is not a stark medical facility, but a warm communal meeting area with brightly painted walls and loud, animated conversations. Horizon House also contains a thrift shop. Founded in 2010, this shop helps thicken Horizon's revenue stream and provides a work placement for members.

The East Middlesex Arc

26 Princess Street
Wakefield, MA 01880
781.942.4888

EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities. EMARC provides a variety of services to its clients including: life skills programming, Residential Supports in 10 homes and five apartments staffed by EMARC and for individuals living independently, Job Training, Employment Opportunities, Job Placement services for individuals seeking competitive employment, Food Pantry for low income adults with developmental disabilities and low income families of people with developmental disabilities, The Center for Emerging Artists, School to Work Transition Services and Journey to Independence to prepare High School students to live and work independently in our communities, Respite Care, Family Support Groups, A Successful Parenting Program for parents with cognitive limitations, and Support for Seniors.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include respite, recreational activities, the provision of adaptive

equipment, skill training, and intensive staff support when necessary.

The primary goal of Family Support is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. Family Support services help parents and caregivers to provide assistance in their own home for a child or relative with a developmental disability. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The mission is to provide the particular resources necessary to support each family's efforts.

Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

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. Religious affiliation is not required to receive support from the food pantry. In addition to Stoneham, other towns serviced include Melrose, Woburn, Wakefield, Reading and Winchester.

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.

Wakefield Interfaith Food Pantry

Americal Civic Center
467 Main Street
Wakefield, MA 01880
781.245.2510
www.wifoodpantry.org

Founded in 1982, the Wakefield Interfaith Food Pantry is a not-for-profit, volunteer organization with a mission to provide emergency food supplies to Wakefield residents who need a helping hand. They are one source of food for our clients and utilize referrals to complementary organizations for supplementary food and services.

Supplemental Nutritional Assistance Program (SNAP)

<https://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Wakefield Housing Authority

26 Crescent St #1
Wakefield, MA 01880
781.245.7328

The Wakefield Housing Authority is an agency operated with public funds from the Department of Housing and Urban Development (HUD), the Commonwealth of Massachusetts Department of Housing and Community Development (DHCD) and rents paid by residents.

Programs include: Hart's Hill is a state development with 116 one bedroom units of elderly/disabled housing. Lincoln School has 10 one bedroom units of elderly/ disabled housing and three units of congregate housing for 15 clients. Crystal View is our federal building with 40 one bedroom units of elderly/disabled housing. We also manage Hart's Hill Heights, which has 22 units of supportive elderly housing.

38-40 Hart's Hill Road is a state 689 program providing residential facilities for 8 clients of the Department of Developmental Services.

WHA offers 31 units in the State Rental Voucher Program (MRVP).

Section 8-Housing Choice Vouchers provide subsidies for privately leased housing. We manage 331 HUD funded vouchers.

Family housing consists of 8 two bedroom units funded by DHCD.

Mental Health and Substance Abuse

Riverside Outpatient Center

338 Main Street, Suite 301
Wakefield, MA 01880
781.246.2010

Riverside Outpatient Center provides outpatient mental health, addiction treatment, developmental disabilities, and brain injury services

Senior Services

Wakefield Council on Aging/Senior Center

McCarthy Senior Center
30 Converse Street
Wakefield, MA 01880
Phone: 781.245.3312

The Wakefield 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 decreasing isolation.

Minuteman Senior Services

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.

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

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St. (Route 28), Suite 150
Stoneham, MA 02180
781.438.9600

For over 20 years, 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. Since 1989, CRMI have assisted in thousands of "success stories" and are unbelievably grateful to have formed such wonderful relationships with each of our patients.

The warm and welcoming fertility practice treats each patient like family, in an atmosphere where every staff member cares about the outcome of the treatment.

This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. The goal of The Cardone Reproductive Medicine and Fertility LLC is to help loving couples and individuals create a healthy family.

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, Door 1, First Floor
Lakeside Office Park
Wakefield, MA 01880
781.944.5443

Chinese medicine offers a safe, natural and effective alternative approach to wellness without the risk of side effects. Family Acupuncture & Herbs of Reading are a preferred provider for Lahey Clinic's Spine Center and one of three practitioners in Massachusetts certified by the

American Board of Oriental Reproductive Medicine as specialists in treating infertility. Family Acupuncture & Herbs' treatments maximize patient 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.

Acupuncture and Chinese herbal medicine offer solutions for many couples suffering the trials of fertility treatments. Acupuncture for infertility as well as men's and women's health is a specialty service.

Support Groups

NAMI Family Support Group

Horizon House
78 Water St.
Wakefield, MA 01880
Meetings: 2nd Mondays, 6:30–8 pm
September - October & April- June
Contact: Diane at 978.658.3567

Beebe Wakefield Library
345 Main Street
Wakefield, MA 01880
Meetings: 2nd Mondays, 1–2:30 pm
Nov – Mar
Contact: Kay at 781.438.1851

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

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Winchester Hospital—Support Groups

Winchester Hospital
41 Highland Avenue
Winchester, MA 01890
781.729.9000

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.

in Wakefield Center. Up until this point the 136 and 137 are identical and at this point the 137 travels on the west side of Lake Quannapowitt while the 136 travels on the east side. When the Orange Line was relocated from the former elevated line to the present day configuration, there was intent to extend the Orange Line to Reading Depot via Melrose & Wakefield. However, due to the disapproval of some residents, the project was put on hold. The 136 and 137 took the place of the intended extension, which is shelved for the foreseeable future.

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. The 136 route is almost identical to the 137; it remains the same until the split at Wakefield Square. The 136 route runs along the east side of Lake Quannapowitt and rejoins the 137 at Reading 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. The 137 route is almost identical to the 136; it remains the same until the split at Wakefield Square. The 137 runs along the left side of lake Quannapowitt via North Avenue, Wakefield and Walkers Brook Drive, Reading and rejoins the 136 at Reading Depot & the Reading/Haverhill Commuter Rail Line. With the exception of rush hour and late night, the 137 runs approximately every hour. For the passengers south of Wakefield Square, the frequency combined with the 136 makes bus service run every thirty minutes.

MBTA Commuter Rail

Haverhill Line stops in Haverhill, Bradford, Lawrence, Andover, Wilmington, Reading, Wakefield, Melrose and Malden.

Transportation Services

MBTA Bus Line 135

The 135 Wakefield Square - Oak Grove Station via Wakefield, Greenwood Square & Main Street Melrose formerly provided service from Oak Grove Station on the Melrose/Malden border to Wakefield Square. This route is identical to the 136 and 137, the only difference being that it terminated in Wakefield Square, where the 136 and 137 split. The MBTA decided in 2004 that they would take the 135 footnote off the 136/137 schedule in 2004 and was renumbered as variations of the 136 route.

MBTA BUS Line 136/167

The 136/137 Malden Station - Reading Depot Station provides service mostly down Main Street until it comes to a split

Veterans Services

Wakefield Veterans' Services Officer

75 Winter St.
Saugus, MA 01906
781.246.6377

Wenham

Access to Health Care

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.

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

Coordinated Family & Community Engagement of Hamilton-Wenham

130 Essex Street, Pilgrim Hall
South Hamilton, MA 01982
978.468.5489

CFCE of Hamilton and Wenham exist as a part of the Massachusetts Coordinated Family and Community Engagement (CFCE) and focus on Local Family-Family Focused Programming and Services to Support Parents as their Child's First Teacher.

Your CFCE Strengthens the Community by Strengthening Families. This is done by linking families with literacy rich activities, family education, and early care and education programs for children prenatal through school age. The Partnership strives to support comprehensive, high quality care across public and private programs, provide equitable access, increase public awareness and expand the array of programs and services currently available. Services include parent education, linking families to child care scholarships and resources strengthening families.

Dental/Oral Health

Hamilton Dentistry

61 Railroad Ave.
South Hamilton, MA 01982
978.468.4411

Comfort and convenience are the hallmarks of Hamilton Dentistry's office operations. From routine cleanings and fillings to bruxism devices, Hamilton Dentistry is equipped to handle all your dental needs. Leading services include:

- Bonding
- Cosmetic Contouring
- Crowns and Bridges
- Pediatric Care
- Cosmetic Fillings
- Implants
- Veneers
- Whitening
- Soft-tissue Laser Treatment
- Sports Dentistry

- Root Canal Therapy
- Extractions
- Scaling and Root Planning
- Dentures
- Cosmetic Dentistry
- Invisalign
- TMJ Treatment

Disabilities and Special Needs

Integrated Disabilities Services

62 Main Street
Wenham, MA 01984
978.223.7362

Integrated Disability Services is a national disability advocacy company ready to fight for disability benefits. Integrated Disability Services will: collect new medical evidence on behalf of a client, obtain special documentation from doctors and add it to the record, and prove why a client can't perform their job or any job. They advocate for Short-Term Disability (STD), Long-Term Disability (LTD), Federal Employee Retirement System (FERS), Civil Service Retirement System (CSRS), or Appeals claim for federal disability benefits.

Domestic Violence

Healing Abuse Working for Change (HAWC)

27 Congress Street
Salem, MA 01970
978.744.8552

24-hour Hotline: 1.800.547.1649

Beverly Domestic Violence Unit: 978.922.1155

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

Reportable Conditions are:

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

Weekdays 9 am-5 pm call
North Shore Elder Services
978.750.4540
Nights, Weekends & Holidays call the
Elder Abuse 24-hour Hotline at
1.800.922.2275

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 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
978.468.4461

Acord Food Pantry, a non-denominational, nonprofit, grassroots organization staffed by more than 100 volunteers, has provided food assistance to residents of Hamilton, Wenham, and nearby communities since 1991. Acord is a partner of the Greater Boston Food Bank and the Merrimack Valley Food Bank, and a member of the North Shore Hunger Network.

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in

the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Fund to Prevent Homelessness

P.O. Box 17
Manchester by the Sea, MA 01944
<http://www.ftph.org/index.html>

The Fund to Prevent Homelessness has been helping families since 1989. The organization is a tax exempt non-profit charity focused on providing confidential assistance to working families who are facing foreclosure or eviction due to unusual circumstances that have depleted their financial resources.

The Fund provides a one-time grant to qualified families so they can stay in their homes, in their communities, close to their friends, families, and schools. The assistance provides families in need with a lift that will help them through a tough time and keep them on track for a stable future.

The fund supports families that do not qualify for other funding and would otherwise fall through the cracks. We help these families before they lose their homes and possibly their dignity.

The Fund to Prevent Homelessness serves the communities of Beverly, Essex, Gloucester, Manchester by the Sea, Rockport, and Wenham.

Wenham Housing Authority

Town Hall
138 Main Street
Wenham, MA 01984
978.468.5520

The Housing Authority provides, operates and maintains housing for the elderly and disabled. Enon Village, an apartment complex with 84 units, was constructed by the Wenham Housing Authority in 1975.

Mental Health and Substance Abuse

Cape Ann Community Service Agency (CSA)

800 Cummings Ctr., Suite 266-T
Beverly, MA 01915
978.922.0025

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

Wenham Council on Aging/Senior Center

Jim Reynolds, Council on Aging Director
Phone: 978.468.5529
Fax: 978.468.5533
Email: coa@wenhamma.gov

The mission of the Wenham Council on Aging is to provide and advance programs and services to enrich the lives of the older adults in the community.

All Wenham Seniors (60 years and older) are invited to participate in the Council's many activities. The Wenham Council on Aging regularly hosts activities at the Wenham Senior Center on School Street.

Aberdeen Home Care Inc.

P.O. Box 477
Wenham, MA 01984
978.500.5161

Aberdeen Home Care is a nurse owned and operated agency focused on the provision of high quality, customized patient care. Our area of specialty is supporting and enabling elders to remain living in their own homes and, by meeting their personal needs, to helping them maximize their quality of life. Registered Nurses develop an individualized plan of care for each patient, taking into consideration the client's: Medical Diagnoses, Physical and Mental Deficits, Family Dynamics, Personal Priorities, Areas of Interest, Need for Social Stimulation, and Therapeutic Interventions. Aberdeen Home Care works in collaboration with a wide variety of physicians and health care practitioners to establish a therapeutic approach for each patient that is designed particularly for them.

Wellspring Village

3 Rehabilitation Way
Woburn, MA 01801
781.935.4094

The newest addition is Wellspring Village®, a specialized program and environment for people living with memory impairment. This brand new neighborhood opened in mid-December. Wellspring Village® incorporates all of the latest amenities and approaches on how best to enable people with memory impairment to live their highest quality of life.

Most residents and their families hail from Woburn, Winchester, Melrose, Burlington, Lexington and Stoneham but some people come from great distances to move to Country Club Heights.

Visiting Angels Senior Care and In Home Assisted Living Services

85 Constitution Lane Unit 2-D
Danvers, MA 01923
800.365.4189

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 such as: joyful companionship, hygiene assistance, meal preparation/diet monitoring, light housekeeping, errands/shopping. Care is available mornings, mid-day, and evenings. Live-in care is also available.

Sexual Health

Health Quarters

900 Cummings Center, Suite 126-R
Beverly, MA 01915
978.922.4490

Health Quarters provides confidential reproductive healthcare, prevention, and education services for women, men, and teens on the North Shore and Merrimack Valley of Massachusetts. They deliver a wide range of health services to men and women regardless of their ability to pay. With a friendly, bi-lingual approach, providers are focused on delivering the highest level of health and counseling services using the most modern procedures and services including: well-woman visits and Male sexual health visits, lesbian, gay and transgender sexual health visits, adolescent reproductive and sexual health visits, birth control and Emergency contraception, pregnancy testing and options counseling, cervical and breast cancer screening, STD counseling, testing and treatment, HIV counseling, testing and referral, Hepatitis

A and B and HPV vaccines as well as interpersonal violence screening, counseling, and referral.

A Woman's Concern

29 Rantoul Street
Beverly, MA 01915
866.HELP.AWC
866.435.7292

A Woman's Concern Pregnancy Health Services provides complete, accurate information and compassionate peer counseling to women and couples who are making decisions about unintended pregnancies.

The following services are offered at no charge:

- Pregnancy testing
- Ultrasound
- Pregnancy Counseling
- Parenting Classes

Support Groups

Addison Gilbert Hospital - Support Groups

Addison Gilbert Hospital
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 dealing with a variety of diseases including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Addison Gilbert Hospital offer a variety of support for health issues including: Breast Cancer, General Cancer Support, and Polycythemia Vera.

Beverly Hospital Support Groups

Beverly Hospital
85 Herrick Street
Beverly, Massachusetts
978.922.3000

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

Free groups at Beverly Hospital offer support for: Alcohol and Drugs, Alzheimer's caregiver's support, Breast Cancer,

Chronic Pain, Diabetes, Huntington's disease, Melanoma, Neuropathy, Nutrition, Ostomy, Polycythemia Vera, Pregnancy, Childbirth and Parenting, Prostate Cancer, Stroke Survivors, Widowed Persons' Support.

Transportation Services

MBTA Commuter Rail Service

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

Veterans Services

Wenham Veterans' Services Officer

Town Hall
Ipswich, MA 01938
978.356.3915

Wilmington

Access to Health Care

Wilmington Council on Aging SHINE Counseling

Buzzell Senior Center
15 School Street
Wilmington, MA 01887
978.657.7595

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Winchester Family Health Center

500 Salem Street
Route 62
Wilmington, MA 01887
978.657.3910

Winchester Family Health Center works as a satellite office of the Winchester Hospital, originating in Winchester, MA, that operates in Wilmington. As a full-service clinic, the Winchester Family Health Center has a walk-in clinic, mammography center, a cardiology center, and radiology services.

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.

Wonder Years Learning Center

148 Lowell Street
Wilmington, MA 01887
978.658.8282

The Wonder Years Learning Center is dedicated to upholding high standards for the safety of its facility, the education of its staff, building partnerships with parents, and maintaining educationally sound programs for children of all ages.

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.

Dental/Oral Health

Wilmington Family Dental

306 Main Street
Wilmington, MA 01887
978.658.6200

Since 1964, Wilmington Family Dental has been providing dependable, high quality dental services to families in the greater Wilmington, MA area. As a second generation family dental practice, Wilmington Family Dental understands the

importance of listening to each patients' needs and providing them with honest, professional advice as well as gentle, affordable service.

Wilmington Family Dental uses the latest in advanced technology, such as digital radiography, and takes extra precautions to ensure that the environment is clean and safe. Wilmington Family Dental is also available for emergency calls 24 hours a day, 7 days a week, to ensure that patients' needs are always met.

The Wilmington Family Dental practice covers a wide range of services, including cosmetic dentistry, implant dentistry, restorative dentistry and sedation dentistry.

Disabilities and Special Needs

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include respite, recreational activities, the provision of adaptive equipment, skill training, and intensive staff support when necessary.

The primary goal of Family Support is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. Family Support services help parents and caregivers to provide assistance in their own home for a child or relative with a developmental disability. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The mission is to provide the particular resources necessary to support each family's efforts.

Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

WCF services a pantry supplying food products on a bimonthly basis, helping those in need of assistance (especially around the holidays). Shelves are stocked solely by community donations.

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Wilmington Housing Authority

41 Deming Way
Wilmington, MA 01887
978.658.8531

The Wilmington Housing Authority owns and operates 82 units of state-aided elderly and family housing units. The Wilmington Housing Authority assists low and moderate income families, elderly and disabled to help them obtain affordable housing that is safe, decent and sanitary. Preferences are granted to qualified veterans, minorities and persons who currently work or reside in Wilmington.

Mental Health and Substance Abuse

Wilmington Family Counseling Service, Inc.

5 Middlesex Ave, Unit 11
Wilmington, MA 01887
Contact: Alan Webber
978.226.8928

Wilmington Family Counseling Service, Inc., is non-profit mental health and substance abuse agency that provides treatment for adults, adolescents, children, and families. Wilmington Family Counseling Service Inc.'s mission is to provide quality mental health and substance abuse services at a reasonable cost to clients at a time convenient to their work and school schedules.

A patient will be provided a therapist who works with the individual, couple, or family to seek a new understanding of the problem and a new means of coping with it. This exploration often lasts from five to ten sessions of fifty minutes each but may continue over a more extended period of time.

Wilmington Family Counseling Services, Inc., has over 30 independently licensed mental health professionals and

4 medical prescribers. Services include: individual, family, and couples' treatment, and psychiatric evaluations and medication management.

Senior Services

Wilmington Health Care Center

750 Woburn Street
Wilmington, MA 01887
978.988.0888

The Wilmington Health Center is a 132-bed, JCAHO accredited, skilled nursing center located in the heart of Merrimack Valley, conveniently located off Exit 38 of Route 93. In affiliation with Winchester Hospital, Wilmington Health Care Center offers both Short Term Rehabilitation and Long Term Care with a specialized state-of-the-art Memory Care Program for those Residents with Alzheimer's disease and dementia. The Memory Care Program at Wilmington Health Care Center offers a specialized Therapeutic Program endorsed by the Alzheimer's Association customized to benefit all stages of Alzheimer's and dementia diagnoses.

Windsor Place of Wilmington

92 West Street
Wilmington, MA 01887
978.988.2300

Windsor Place is owned and managed by Dennis and Elissa (Paino) Sargent and the Paino family, longstanding members of the North Shore business community with deep ties to the regional medical community. In 1994, the family built Woodbriar of Wilmington Rehabilitation & Skilled Nursing Center, which is located adjacent to Windsor Place. Woodbriar enjoys one of the highest reputations for quality and service in New England.

In developing Windsor Place, the Paino family has applied the same Core Values that drive how Woodbriar is run, right down to our well-established culture to "go the extra mile, and do the little things that make a difference."

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. Assisted living services must be tailored to meet the needs of the individual and his or her family, not the other way around.

Wilmington Senior Center

Buzzell Senior Center
15 School Street
Wilmington, MA 01887

Phone: 978.657.7595

The need for social service is on the rise: fuel assistance; health insurance issues; Medicare Part D program, filing property tax abatements and deferrals, prescription costs (Prescription Advantage Program), protective service issues (elder abuse), and including the age bracket of 50-59 that are often ineligible for government programs. With this growing need, the Department continues to find themselves on the frontline of providing services and referrals. This, in turn, has increased the amount of home visits by the Director, Outreach Worker and Respite Care Worker in order to meet the needs of the most critical cases. Another way the Department did further outreach was through our Telephone Reassurance Program. With the assistance of our part-time Outreach Worker, she is able to make weekly calls to our most critical homebound elders and home visits when needed. This type of communication not only keeps the Department connected in case of emergencies but develops a bond of trust between our worker and elder.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

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, Door 1, First Floor
Lakeside Office Park
Wakefield, MA 01880
781.944.5443

Chinese medicine offers a safe, natural and effective alternative approach to wellness without the risk of side effects. Family Acupuncture & Herbs of Reading are a preferred provider for Lahey Clinic's Spine Center and one

of three practitioners in Massachusetts certified by the American Board of Oriental Reproductive Medicine as specialists in treating infertility. Family Acupuncture & Herbs' treatments maximize patient 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.

Acupuncture and Chinese herbal medicine offer solutions for many couples suffering the trials of fertility treatments. Acupuncture for infertility as well as men's and women's health is a specialty service.

Fertility Solutions

12 Alfred Street, Suite 330
Woburn, MA 01801
877.813.0159

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 Thursday evenings at 7:30 pm.

Lahey Hospital and Medical Center – Support Groups

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

Winchester Hospital—Support Groups

Winchester Hospital
41 Highland Avenue, Winchester, MA 01890
781.729.9000

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.

Veterans Services

Wilmington Veterans' Agent

Contact: Louis Cimaglia, IV
141 Shawsheen Avenue
(Mailing Address: 121 Glen Road)
Wilmington, MA 01887
978.694.2040

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.

Transportation Services

Wilmington Senior Center Transportation Services

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.

MBTA Commuter Rail

Haverhill Line stops in Haverhill, Bradford, Lawrence, Andover, Wilmington, Reading, Wakefield, Melrose and Malden.

Winchester

Access to Health Care

SHINE (Serving Health Information Needs of Everyone)

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272-7177
888.222.6171 Toll Free
781.275.1285 TTY

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.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources. Counselors are hosted at Councils on Aging and other community settings. Most counselors are volunteers.

SHINE counselors can:

- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful programs

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Winchester Family Health Center

500 Salem Street
Route 62
Wilmington, MA 01887
978.657.3910

Winchester Family Health Center works as a satellite office of the Winchester Hospital, originating in Winchester, MA, that operates in Wilmington. As a full-service clinic, the Winchester Family Health Center has a walk-in clinic, mammography center, a cardiology center, and radiology services.

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.

Dental/Oral Health

Pediatric Dental Associates

Winchester Office
955 Main Street Ste 101
Winchester, MA 01890
781.729.1900

Pediatric Dental Associates and the Group Practice at the Reading Health Center offer comprehensive pediatric, orthodontic, general, restorative and cosmetic dentistry services utilizing the latest technological advancements in dental equipment and materials.

With dental offices in Reading and Winchester Massachusetts, we serve families from towns throughout the Boston area, including Wakefield, Melrose, Stoneham, Medford, Lynnfield, North Reading, Andover, Arlington, Lexington, Bedford, Burlington, Woburn, Wilmington, Peabody, Danvers, Saugus and more.

Disabilities and Special Needs

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include respite, recreational activities, the provision of adaptive equipment, skill training, and intensive staff support when necessary.

The primary goal of Family Support is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. Family Support services help parents and caregivers to provide assistance in their own home for a child or relative with a developmental disability. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The mission is to provide the particular resources necessary to support each family's efforts.

Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

Counsel on Social Concern Food Pantry

Council of Social Concern
2 Merrimac Street
Woburn, MA 01801
781.935.6495

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. Recipients have reported that the quantity of food they receive generally lasts about 5 days.

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

Mailing address:
P.O. Box 635
Lexington, MA 02420
781.861.5060

Food Pantry
Church of Our Redeemer
6 Meriam Street
Lexington, MA 02420

The Food Pantry is currently distributing food to 60-65 families. 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.

Clients are guaranteed 12 staple items each visit based on family size: Baked Beans, Canned Fruit, Canned Vegetables, Cereal, Macaroni & Cheese, "Meals in a Can", Pasta, Peanut Butter, Rice, Soup, Spaghetti Sauce, and Tuna Fish.

Stoneham Board of Health Food Pantry

1 Church Street
Stoneham, MA 02180
781.438.0097

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. Religious affiliation is not required to receive support from the food pantry. In addition to Stoneham, other towns serviced include Melrose, Woburn, Wakefield, Reading and Winchester.

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://service.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&pageSwitch=HOME>

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. 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. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Housing and Homelessness

Winchester Housing Authority

13 Westley Street
Winchester, MA 01890
781.721.5718

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. It reports to the state and federal governments concerning their respective programs. The WHA owns and operates 112 Ch. 689 public housing units for senior citizens and 9 units of chapter 705 state-aided housing for families, and it administers 143 Section 8 Housing Choice Vouchers, funded by the U.S. Department of Housing and Urban Development.

Mental Health and Substance Abuse

Marcus Mental Health Associates

898 Main Street
Winchester, MA 01890
781.721.2737

Marcus Mental Health Associates offers superbly trained and experienced therapists who work under the direction of Dr. Michael Marcus, a Harvard-trained, board-certified child and adult psychiatrist. For 30 years, they have offered patients:

- Psychiatric evaluation and treatment plans
- Medication treatment and monitoring
- Individual, family, couples and group therapy
- Forensic consultation

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.

Senior Services

Winchester Council on Aging/Jenks Senior Center

109 Skillings Rd
Winchester, MA
781.721.7136

The Council on Aging (COA) is governed by an eleven-member board appointed by the Selectmen. They have hired a professional staff to provide services to seniors under the COA umbrella.

Services include health and health insurance counseling, legal consultation, and financial counseling.

A wide variety of social services exist. They include transportation, housing counseling, handyman services, support groups, individual counseling and information and referral. The COA also sponsors a nutrition site at the Center.

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

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
Route 62
Wilmington, MA 01887
978.657.3910

Winchester Family Health Center works as a satellite office of the Winchester Hospital, originating in Winchester, MA, that operates in Wilmington. 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

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Winchester Hospital—Support Groups

Winchester Hospital
41 Highland Avenue, Winchester, MA 01890
781.729.9000

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.
Winchester, MA 01890
781.721.7116

Woburn

Access to Health Care

SHINE (Serving Health Information Needs of Everyone)

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

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.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources. Counselors are hosted at Councils on Aging and other community settings. Most counselors are volunteers.

SHINE counselors can:

- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful programs

Eliot Community Human Services

Corporate Office
186 Bedford Street
Lexington, MA 02420
781.861.0890

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, ombudsman services, outreach and support services for the homeless, batterer intervention, consultation, education and training for the lay and professional community.

A multidisciplinary staff of over 1,480 full and part-time professionals serves over 28,000 adults, children and families each year. Eliot Community Health Services has extensive experience working with insurance and managed care companies, and a long history of working together with public and private partners to serve the most vulnerable and at risk populations, 24 hours a day.

Child, Parent and Family Support

North Suburban YMCA / YMCA of Greater Boston

137 Lexington Street
Woburn, MA 01801
781.935.3270

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)

8 Summer Street
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.

Dental/Oral Health

Pediatric and Family Dentistry

7 Alfred Street, Suite 210
Woburn, MA 01801
781.933.8380

Pediatric and Family Dentistry provides expert dental care for all in the family and accepts Massachusetts Health Insurance.

Disabilities and Special Needs

NuPath, Inc.

147 New Boston Street
Woburn, MA 01801
781.935.7075

NuPath, Inc. has been a leader in the human services arena for more than 40 years, providing a network of creative day services and residential options for people living with developmental disabilities, autism spectrum disorders and acquired brain injury. Our programs are founded on a holistic approach that integrates the needs of each individual, and defines customized life goals that hold value and meaning for each person. Our programs help people learn new skills, make and maintain meaningful, lasting relationships, pursue health and wellness through diet and regular exercise, take pride in their careers and accomplishments and explore the concepts of personal responsibility, service and belonging within their own communities. We seek to gain trust through the promises we keep and to become loyal companions in each life journey. We are headquartered in Woburn, Massachusetts, and are proud community members of Andover, Billerica, Burlington, Lexington, Lincoln, Lynnfield, Medford, Reading, Tewksbury, Westford and Wilmington.

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.

Riverside Family Support Center

300 West Cummings Park, Suite 354
Woburn, MA 01801
781.686.4527

The Riverside Family Support Center is a service of Riverside Community Care. The programs offer a wide array of supports in the home and in the community to adults and children living with their families. These supports may include respite, recreational activities, the provision of adaptive equipment, skill training, and intensive staff support when necessary.

The primary goal of Family Support is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. Family Support services help parents and caregivers to provide assistance in their own home for a child or relative with a developmental disability. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The mission is to provide the particular resources necessary to support each family's efforts.

Their service area includes: Arlington, Bedford, Burlington, Lexington, Wilmington, Winchester, and Woburn.

Domestic Violence

REACH Beyond Domestic Violence

PO Box 540024
Waltham, MA 02454
781.891.0724

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

Counsel on Social Concern Food Pantry

Council of Social Concern
2 Merrimac Street
Woburn, MA 01801
781.935.6495

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not have adequate financial resources to meet basic needs. Recipients have reported that the quantity of food they receive generally lasts about 5 days.

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Stoneham Board of Health Food Pantry

1 Church Street
Stoneham, MA 02180
781.438.0097

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Housing and Homelessness

Woburn Housing Authority

59 Campbell Street
Woburn, MA 01801
781.935.0818

The Woburn Housing Authority administers the following programs: State Elderly program, State Family program, Federal Family program, Section 8 / Housing Choice Vouchers program, Section 8 / Housing Choice Homeownership program for the city of Woburn.

Mental Health and Substance Abuse

Arbour Health System – Counseling Services Programs

500 West Cummings Park, Suite 3900
Woburn, MA 01801
781.932.8114

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 caring for adults with anxiety, trauma, mood disorders or dual diagnosis. Daily group therapy is coordinated alongside weekly psychiatric psychopharmacological assessments. AHS will also assist in the coordination of aftercare and referrals. The Addiction Recovery Center provides out-patient support for aftercare and relapse prevention which readily encompasses court-referred evaluations for adults/adolescents, Suboxone Maintenance, first and second Offender DUI Aftercare. Child, Adolescent, and Family Services include; a School-Based Outreach Program, ADD/ADHD, Learning Disorders, PTSD, Reactive Attachment Disorder, Adult, Child and Adolescent Psychiatry.

Community Substance Abuse Centers

20 Tower Office Park
Woburn, MA 01801
781.933.0700

CSAC is a private, outpatient program which provides humanistic treatment for those who abuse drugs. The program specializes in the treatment of narcotic addiction. CSAC offers integrated medical and counseling approaches

grounded in an individualized recovery oriented philosophy that treats addiction as a biopsychosocial disease. Services are confidential and professional.

Psychological Care Associates

First time clients of Psychological Care Associates are provided a consultation to offer guidance and education, to decide whether expanding into ongoing care is a good option. Frequently sought consultations include: 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.

Medication can provide each client with needed relief for many difficult problems. Psychiatrists and Psychiatric Nurse Practitioners work with all ages in collaboration with the client's other healthcare professionals.

Neuropsychological & Educational Testing assists in solving complex problems with cognitive functioning due to aging, illness or injury, testing can provide you with diagnostic clarity and decision-making.

Our Woburn Office is our administrative center, mailing address and a practice location. We are located right off I-95 at Exit 35 in the Baldwin Park I Building.

12 Alfred Street, Suite 200
Woburn, MA 01801-1915
781.646.0500

Senior Services

Woburn Council on Aging/Senior Center

The Woburn Council on Aging is a municipal, volunteer board appointed by the mayor. It is the responsibility of the Council to identify the needs of the communities elder population and available resources, to educate the community at large regarding the needs of the elderly, and design, promote and implement needed services.

The Woburn COA Senior Center provides:

- Information
- Referrals
- Outreach
- Advocacy
- Transportation
- Health screening

- Nutrition
- Education
- Peer support
- Recreation
- Volunteer development

Intergenerational programming The City of Woburn is committed to full participation of persons with disabilities in our programs, services and activities. All activities are handicap accessible.

Call 781.897.5960 for further details or [visit our website](#).

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
781.272.7177
888.222.6171 Toll Free
781.275.1285 TTY

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

ABC Home Healthcare is a local, family owned, full service home care agency managed by a Nurse Practitioner and Certified Case Managers. Serving Eastern Massachusetts and Southern New Hampshire, we provide Certified Home Health Aides, Homemakers, Companions, Live-in Caregivers, Private Duty Nursing, Respite and Hospice Services, Hospital Sitters, Geriatric Case Management and Medication Management. Our services are available from 1 to 24 hours, 365 days a year and include nurse supervision.

Brightview Country Club Heights

3 Rehabilitation Way
Woburn, MA 01801
781.935.4094

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.

Over the years, there have been many major renovations as tastes and lifestyles change. Most recently, new dining venues were added, and Mulligan's Pub has always been a favorite.

Independent Living

Independent Living is a popular option. Brightview takes care of the chores and many of the worries so residents can pursue their passions and spend time with friends and family.

Assisted Living

For people who need some additional support, the community offers assisted living which includes up to five hours of personal care per week in the base fee. A fee structure this inclusive is rare, but according to Maureen McNamara, Regional Director, "It is simply the right thing to do. People don't like to be nicked and dimed."

TLC at Home

623 Main St. Unit 21A,
Woburn, MA 01801
Phone: 781.281.0403
TLCWoburn@gmail.com

TLC at Home offers individualized care programs that provide support and promote independent and dignified living in the comfort of the client's own home. These home care services are provided by compassionate and educated caregivers to provide the best T-L-C in-home care.

Services provided include:

- Hourly, Overnight and 24-Hour Care
- Free Comprehensive In-Home Assessment- Fall risk assessments and individualized fall prevention plans
- Bathing, Dressing and Personal Hygiene Assistance
- Incontinence Assistance, Toileting
- Light Housekeeping, Laundry and Linen Change
- Assistance with performing prescribed exercises
- Household Organization
- A Written, Detailed Personal Care Plan
- Grocery Shopping, Meal Preparation
- Companionship and Friendship
- Respite for Family Caregivers
- Transportation, Escort, personal errands and Supervision for community based activity
- Medication Reminders and Dispensing
- Mobility, Transfer and Standby Assistance
- Specialized care for the Alzheimer's or other dementia clients
- Compassionate, one-on-one end of life care for clients on Hospice
- Technology Based services for video monitoring, motion sensor alarms, medical alert systems, and Personal medication dispensing machines
- Coordinate Billing with Long Term Care Insurance
- Care coordination with all members of the client's healthcare team.

Sexual Health

The Cardone Reproductive Medicine and Infertility, LLC.

2 Main St. (Route 28), Suite 150
Stoneham, MA 02180
781.438.9600

For over 20 years, 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. Since 1989, CRMI have assisted in thousands of "success stories" and are unbelievably grateful to have formed such wonderful relationships with each of our patients.

The warm and welcoming fertility practice treats each patient like family, in an atmosphere where every staff member cares about the outcome of the treatment.

This practice welcomes the most challenging patients without regard to diagnosis, marital status or sexual orientation. The goal of The Cardone Reproductive Medicine and Fertility LLC is to help loving couples and individuals create a healthy family.

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
877.813.0159

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 Trinity Episcopal Church on Saturdays at 7:30 pm.

535 Main St (Main Street at David Street)
Woburn, MA 01801

Narcotics Anonymous

Meetings are held at the United Methodist Church on Wednesday and Saturday evenings at 7 pm.

523 Main Street
Woburn, MA 01801

Meetings are held at the First Baptist Church on Tuesday evenings at 7:15 pm.

380 Main Street
Woburn, MA 01801

Lahey Hospital and Medical Center – Support Groups

Lahey Hospital and Medical Center
41 Mall Road
Burlington, MA 01805
781.744.5100

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 including Alzheimer's, cancer, diabetes, heart disease and stroke, multiple sclerosis and kidney disease.

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.

Winchester Hospital—Support Groups

Winchester Hospital
41 Highland Avenue, Winchester, MA 01890
781.729.9000

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

For more information on van service, email: Patti Meehan, or leave a message for Patti at 781.897.5964.

The COA has two (2) 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. Passengers must meet the Senior Center Standards of Independence, or be accompanied by a capable assistant. A family member, friend, or paid caregiver, is welcome to help a senior meet the will be available to .

The vans operate on a schedule based on Center programming. Currently, the vans pick up at home twice daily at 9 am and 11 am. Return trips from the Center are at 12 noon, and 2 pm. 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

The Career Place

Contact: Brian Andrews
100 Trade Center, Suite G-100
Woburn MA, 01801
781.932.5528
BAndrews@detma.org

The Career Place provides comprehensive employment and career services that are easy to access, customer-driven, and linked to the latest technology.

The Career Place gives priority of services to qualified veterans when referring individuals to job openings, U.S. Department of Labor funded training programs and related services in accordance with the implementation of the Veterans' Priority Provisions of the "Jobs for Veterans Act" (PL 107-288). Any person who identifies himself or herself as a veteran (or spouse or dependent child of a veteran killed in combat, or of a 100% disabled veteran whose disability is service connected, or of a member on active duty who is listed as missing in action, captured in the line of duty, or forcibly detained) shall be considered for priority of services. Qualified veterans will receive priority referral to services over non-veterans as determined by each program's mandatory eligibility criteria. Any questions on this policy can be referred to the Veterans Representative at The Career Place.

Veterans' Services Officer

144 School Street
Woburn, MA 01801
781.897.5825

