



**LOWELL HOUSING
AUTHORITY**

Resource Guide

TABLE OF CONTENTS

Emergency Numbers	3
Childcare and Family Services.....	4-5
Children’s Libraries	5
Clothing	6
Clubs/Services Oriented	7
Counseling.....	8-14
Partial Hospital Program	15
Residential Programs	16
Crisis Hotline	17-18
Day Programs	18-19
Detoxes	19
Domestic Violence/Sexual Assault	20
Financial Assistance	21
Food/Nutrition	22-23
Halfway Houses	24
Health/Medical Care	25
Homeless Shelter	26-31
Legal Services	32
Methadone	32-33
Multicultural/Ethnic Services	34
Sober Houses	35
Suboxone	36
Support Groups	36-40
Utility Assistance	41
Warmlines	42-43

EMERGENCY NUMBERS

CITY/TOWNS	FIRE	POLICE	AMBULANCE
Billerica	978-671-0940	978-667-1212	911
Chelmsford	978-250-5265	978-250-8434	911
Dracut	978-957-3131	978-957-2123	911
Lowell	978-459-2444	978-937-3200	911
Tewksbury	978-851-7355	978-851-7373	911

HOSPITALS

Lowell General 295 Varnum St. Lowell, MA 01852	978-937-6000 ER 978-937-6161
Saints Memorial 1 Hospital Dr. Lowell, MA 01852	978-458-1411
Northeast Behavioral Health (Lahey-crisis team LGH) 391 Varnum Ave Lowell, MA 01852	978-455-3397

AMBULANCE

AMR	800-899-3434
Trinity	978-441-9999
Armstrong	978-658-4321
Patriot	978-491-1112
Guardian	978-323-0135
Pride star	978-441-0911
Health Tech	978-475-9156

CHILD CARE AND FAMILY SERVICES

<p>ACRE FAMILY CHILD CARE 55 Middle St, Lowell, MA 01852 Services: Provides services for children birth to 12 years old. Accommodates Spanish, English, Portuguese and Khmer. Children under 2= 62\$ a day Children +2= 52\$ a day Eligibility: Voucher, sliding fee and private fee day care is available.</p>	<p align="right">978-937-5899 ☺</p>
<p>CHILD CARE CIRCUIT 190 Hampshire Street, Lawrence, MA Services: Provides information and referral to child care in the area. Offering virtual and in-person appointments. Website includes a link to childcare subsidies eligibility and programs that accepts these subsidies. Offer financial assistance. Childcare referrals are free but corporate and in-home services have associated fees.</p>	<p align="right">978-686-4288/1-877-823-2273 ☺</p>
<p>CLARENDON DAY CARE 100 Merrimack St., Suite 201, Lowell, MA 01852 Services: Newborns to 12 years. C/O Health South. Offer nutrition programs and door-to-door transportation options for children. Conduct interviews for personalized assistance with childcare selection and income eligibility assessments.</p>	<p align="right">978-454-3026 ☺</p>
<p>DEPARTMENT OF CHILDREN & FAMILIES 2 Omni Way, Chelmsford, MA 01824 Services: Provides family casework and a range of supportive services, including homemakers, respite care, foster care and counseling referrals. Eligibility: Person may request assistance.</p>	<p align="right">978-275-6800 ☺</p>
<p>CTI EARLY HEAD START 126 Phoenix Ave. Bldg#2 Lowell, MA 01852 Services: Programs are designed to assist families in the areas of child health and nutrition, child growth and development, and parent information, skills development and community resource linking. The program also provider playgroups, parent support groups, and training and job readiness assistance. The main focus is to work with parents and children in their home environment. Center-based slots are also available. Eligibility: Families who are residents of Lowell and meet the federal government income guidelines, expecting parents and parents of children under the age of 3 or 4 (until eligible for kindergarten). Contact: Amy Doiron.</p>	<p align="right">978-454-5100 ☺</p>
<p>CTI HEAD START 126 Phoenix Ave. Bldg#2 Lowell, MA 01852 Services: The focus of this program is to work with parents and children in the Head Start center. The center consists of 28 classrooms and 56 teachers and teacher aides. The program is designed to assist families in the areas of child health and nutrition, child growth and development. Eligibility: Families with children ages 3 to 5 who live in Billerica, Chelmsford, Dracut Lowell, Pepperell AND Tewksbury who meet the federal income guidelines.</p>	<p align="right">978-454-5100 ☺</p>
<p>LOWELL DAY NURSERY 119 Hall Street Lowell, MA Services: Counseling and supportive services for parents who are overwhelmed by their children Eligibility: Private pay and vouchers and DSS contact.</p>	<p align="right">978-454-5981 ☺</p>
<p>SOUTH BAY EARLY INTERVENTION 22 Old Canal Dr. , MA 01851 Services: E.I. program for children who are at risk or have a disability.</p>	<p align="right">978-452-1736 ☺</p>

Additional Childcare Resources:

- **DTA** – if families receive cash benefits/are working, they will have a caseworker. This caseworker can help them apply for a DTA childcare voucher – depending on the caseworker, families may be responsible for calling local childcare agencies directly to find their child a spot, but the voucher will pay for the care
- **DCF** – if the family has DCF involvement, they should talk with their case worker and request a childcare voucher; DCF will help find a childcare placement as well
- **Child Care Circuit** - low-income families can apply for statewide voucher - will take longest as there is a waitlist. Online application: <https://www.childcarecircuit.org/for-parents/paying-for-child-care/eligibility>
- If the family has some income, they can also reach out to the individual childcare agencies and ask for sliding scale fees or “contracted slots” (requires a signed contract for certain lengths of time that the child will remain in that specific childcare setting)
 - Knowledge Beginnings (center) – various locations
 - KinderCare (center) – various locations
 - Child Development and Education (CDE) family childcare – 12 Methuen Street, 1st Floor Lawrence, MA. 01840 Tel: 978.687.9133
 - Bethel Family Childcare – 411 Merrimack Street, 1st Fl Methuen, MA 01844 Phone: (978) 458-6577

CHILDREN’S LIBRARIES

Lowell Public Library 401 Merrimack St. Lowell, MA	978-674-4120 ☺
Chelmsford Public Library 25 Boston Road Chelmsford, MA	978-256-5521 ☺
Billerica Public Library 25 Concord Rd. Billerica, MA	978-671-0948 ☺
Dracut Public Library 28 Arlington St. Dracut, MA	978-454-5474 ☺
Tewksbury Public Library 300 Chandler St. Tewksbury, MA	978-640-4490 ☺

☺ Child Services

CLOTHING

The following places have free or low-cost clothing. Call before you go to see what days and times they are open.

CENTRAL FOOD MINISTRY	978-454-7445
SAINT VICENT DE PAUL 1488 Middlesex St., Lowell, MA 01851	978-453-7750
SALVATION ARMY THRIFT SHOP 150 Appleton Street, Lowell, MA	978-458-3396
ST ANNE'S CHURCH 8 Kirk Street, Lowell, MA 01852	978-452-2150
KATIE'S CLOSET 19 School Street Dracut MA 978-957-2200 Allows students in schools to shop for clothing, toiletries and other necessities free of charge. 100 locations in MA and NH schools. Can access it as often as necessary. Serves those enduring many challenges including poverty, homelessness, foster care, mental/emotional struggles, and isolation.	
SAINT MICHAEL THRIFT SHOP 543 Bridge Street, Lowell, MA 01850	978-459-0713
COMMUNITY GIVING TREE Boxford 978-769-5056 Lawrence 978-208-1089 info@communitygivingtree.com Clothing, coats, shoes, baby equipment. Waitlist for larger items. Only enrolled representatives (CC or CHW etc.) can come to pick up and access services. Donations will always be picked up from Boxford. Will need to bring Patient DOB and name.	
THE WISH PROJECT 166 Middlesex Street North Chelmsford MA Open 9-3 Tues-Saturday 866-947-4360 Provides critical immediate assistance. Helps the homeless, elderly, mentally/physically ill, infants, babies, and individuals in need. Can come in once a month for assistance. Larger items require a referral from partner agencies. Have an online form located on their website under "contact us" to send a message requesting items.	

CLUBS / SERVICES ORIENTED

<p>BIG BROTHER/ BIG SISTER 155 Merrimack Street 3rd floor, Lowell, MA 01852 <u>Services:</u> Children ages 6-18 facing adversity are offered weekly individual attention by an adult volunteer. <u>Eligibility:</u> Parents may request services for children. There is usually a waiting list. <u>Contact:</u> David Blanchard.</p>	<p align="right">978-654-5679 ☺</p>
<p>GIRL SCOUTS SPAR AND SPINDLE 16 Stedman St, Lowell, MA 01851 <u>Services:</u> six-week series troops, workshops and campers hips. <u>Eligibility:</u> Girls age 5 to 17 year old. There is a small annual membership fee. <u>Contact:</u> Call the number to find the scout or Brownie troop closest to you.</p>	<p align="right">617-482-1078 ☺</p>
<p>LOWELL BOYS CLUB 657 Middlesex Street, Lowell, MA <u>Services:</u> On-going recreational, social and educational, arts and technology programs to join. Have summer programs for 5 to 12-year-olds. Also offering emergency clothing. Provide transportation from some schools to program. English, Spanish and Khmer. Some Brazilian and Portuguese. <u>Eligibility:</u> Boys & Girls between the ages of 7 to 18 are eligibility to join. Annual membership fee of \$15.00 <u>Contact:</u> Tony Rivera, Program Director.</p>	<p align="right">978-458-4526 ☺</p>
<p>GIRLS INC. OF GREATER LOWELL 220 Worthen Street, Lowell, MA 01852 <u>Services:</u> On-going recreational, social and educational activities for girls aged 6 to 16. Accommodates English and Spanish. After school drop-in center sliding scale \$10-\$25 per month. (Licensed childcare provider). Application is online. Accepts private payment and vouchers. Currently have space available. Working with a private company to resolve transportation issues. Operations are 100% in person. <u>Eligibility:</u> Girls between the ages of 6 and 18 are eligible to join. There is a small yearly \$15.00 membership fee. <u>Contact:</u> Kathy Horn, Program director.</p>	<p align="right">978-458-6529 ☺</p>
<p>Y.M.C.A 35 YMCA Dr, Lowell, MA 01852 <u>Services:</u> Recreational and physical fitness programs for individuals and families. Limited childcare options for preschool age children. Primarily English-speaking staff. Has financial assistance options online. <u>Eligibility:</u> There is an annual membership fee and charges for some classes. <u>Contact:</u> Ray, Adams Director.</p>	<p align="right">978-454-7825 ☺</p>
<p>LOWELL NATIONAL AND STATE PARKS 67 Kirk Street, Lowell, MA <u>Services:</u> Offers a wide variety of tours, activities and special events for adults and children. No events listed at this time. Primarily Spring/Summer outdoor programs. <u>Eligibility:</u> All activities are open to the public and most are free. Phone reservations must be made for some tours.</p>	<p align="right">978-970-5000 ☺</p>
<p>LOWELL RECREATION DEPARTMENT 107 Merrimack St 4th floor, Lowell, MA <u>Services:</u> Year-round programs: sports programs after school program, tiny tots program. <u>Eligibility:</u> For all ages depending on program.</p>	<p align="right">978-970-4174 ☺</p>

COUNSELING/PSYCHIATRY SERVICES

<p>ADOLESCENT CONSULTATION SERVICES, INC. 978-275-6466 89 Appleton Street in Lowell, MA. 01852</p> <p>ACS clinicians conduct same-day emergency mental health and substance use evaluations and comprehensive diagnostic evaluations of court-involved youth. Our clinicians conduct in-depth interviews with the child and family, gather school and health records, and prepare a detailed report of their findings for the Juvenile Court.</p> <p><u>Waitlist – 3 weeks</u></p>
<p>ARBOUR HOSPITAL Call intake department for admissions 800-22-ACCESS (222-2237) or 617-390-1320</p> <p>Services include:</p> <ul style="list-style-type: none">• Outpatient counseling including home, school-based and enter-based services.• Center-based outpatient counseling includes individual, family and group therapy as well as medication management for all ages of patients with addictions and/or mental health disorders.• On-site behavioral services for nursing homes and assisted living facilities• Intensive outpatient programs including for mental health and addictions• Partial hospitalization programs for children, adolescents and adults, LGBTQ, Women, and Latino patients.• Inpatient care for children, adolescents, adults and older adults. Specialty inpatient services for intellectual disabilities.• Electroconvulsive Therapy• Community Services including: In-Home Therapy/Family Stabilization Team Services (FST),• Therapeutic Mentoring, and Community Support Program
<p>ARBOUR COUNSELING SERVICES 978-453-5736 855-575-2273 (Referral Line) 10 Bridge Street Lowell, MA 01850</p> <p>Provides access for patients starting at the age of 5 and above, including evaluation, crisis stabilization, and treatment for patients with mental illness, dual diagnosis, and addictions.</p> <p><u>Wait times vary depending on services required and insurances. Women’s programs tend to have longer wait times. 4-6 months children and adult (pending on conditions)</u> <u>Approximately 2 weeks for PHP.</u></p>
<p>BRIDGEWELL COUNSELING</p> <ol style="list-style-type: none">1. 35 Market Street Lowell, MA 01852 978-459-03892. 7 Summer Street, Suite 19, Chelmsford, MA 01824 978-256-1444 <p>Provides outpatient behavioral health services for adults and children including medication management and psychotherapy for individuals, groups or couples, with a special focus on persistent mental illness as well as treatment for substance use disorders through the Medication Assisted Treatment and structured Clozaril clinic programs.</p> <p>Services includes:</p>

- Affordable Housing: Housing voucher, Pathfinder apartments, and representative payee.
- Autism Services: Day habilitation, residential services, and employment training.
- Continuing Education for Professionals.
- Day Services
- Homeless Services
- Recreational Services
- Residential Services

For children: (psych) 6 months (counseling) 1 year +

For Adult: (Psych) 6 months (counseling) 1 year +

CENTER FOR FAMILY DEVELOPMENT

978-459-2306

81 Bridge Street Suite 215, Lowell, MA

Provides services to Children, Adolescents, Adults and Elders.

Services include:

- Diagnostic Evaluations
- Individual Therapy
- Family Therapy
- Couples Therapy
- Psychiatric Assessments
- Case Consultation
- Psychological Testing.

Offering telehealth and in-person appointments.

Adults can get appointments faster than children, but wait times depend on availability for specific services and patient insurances. Counseling and psychiatry: 6 months

ELEANOR HEALTH

781-381-4478

325 Chelmsford St, Unit 6, Lowell, MA 01851

What We Do: Eleanor Health provides evidence-based outpatient care for community members with opioid and other substance use disorders. Eleanor Health aims to partner with community members and their families and friends to build the resources and skills to enable life-long recovery. To refer a patient, use the refer a patient tab at the top of their webpage, accepted insurances also available online.

Eleanor Health serves persons over 18 with substance use disorder, including:

- Persons with complex health conditions
- Pregnant women
- Older Adults

Medication appointments are about a 1-2 week wait, will be sooner in the future once more staff is hired.

FAMILY COUNSELING ASSOCIATES

978-222-3121

40 Shattuck Rd, Suite 250 Andover, MA, 01810

Leading provider of mental health and counseling services in Andover, Massachusetts. With treatments that range from individual and group counseling to therapy designed for children and teens to family and couples' therapy, we can help you or your loved one overcome life's struggles and live a life free of depression and anxiety. Offering telehealth services.

Now accepting new clients.

GREATER LOWELL PSYCHIATRIC ASSOCIATION

978-256-6579

73 Princeton St, Suite 206, N. Chelmsford 01863

Services: Provides all types of psychiatric treatment. Medication management. Adults only.

Eligibility: Accepts most major insurance, no sliding fee scale. Mass Health in emergency or in conjunction with other insurances.

Wait list is several months. Accepting new clients for waitlist.

HARVARD VANGUARD at ATRIUS HEALTH

978-250-6240

228 Billerica Road, Chelmsford, MA

At this time, Behavioral Health (BH) services are available only to those patients who have an Atrius Health primary care provider. Our caring team of psychiatrists, psychologists, physicians, nurses, and social workers offer quality care with individualized attention for each patient. We specialize in treating individuals, couples, families, children and seniors, helping our patients and their families be and stay healthier through all stages of life.

For medication appointments, Pediatrics is booking out until May and Adult services are booking out to February/March (2022). There is no designated wait time for psych evaluations, these are evaluated on an individual basis and patients are referred out for psych evaluations should they be unable to accommodate the patient's needs.

FAMILY SERVICES OF MERRIMACK VALLEY

978-327-6600

430 North Canal Street Lawrence, MA 01840

COUNSELING CENTER

Helps individuals and families struggling with depression, anxiety, grief and other mental health disorders. In addition, Family Services provides clinical support to daycare providers to address the mental health needs of very young children. To get medication patients must first see a counselor.

ELDER OUTREACH

In collaboration with the Methuen and Andover Councils on Aging, Family Services reaches older adults who are struggling with mental health issues that affect their ability to continue to live independently.

THERAPEUTIC MENTORING

Therapeutic Mentoring offers one-to-one, structured community-based support to youth ages 7-21 with the goal of addressing daily living, social and communication needs. Services are provided in any setting where the child or youth resides (such as home or foster care) and in community settings such as a school, childcare setting, etc.

FAMILY SERVICES EAP

The Family Services Employee Assistance Program (EAP) helps employers and employees balance the demands of work and home to achieve a better quality of life for employees and a productive workforce for employers.

SAMARITANS

Samaritans of the Merrimack Valley is a suicide prevention and postvention (after a suicide death) center run by Family Services.

Wait list depends on insurance. Mass Health is 2-3 months. Private Insurances is much longer.

LAHEY BEHAVIORAL HEALTH	978-683-3128
12 Methuen Street, Lawrence, MA	
Children, adolescents, addictions, adults and families. LGBT and Spanish speaking. Outpatient Mental Health Clinic offering individual, family, couple, and group therapy, serving adults and children. Psychiatric services for adults (Referrals available for children). Must have four counseling appointments	
<u>No longer accepting adult patients for medication services (not even for a waitlist). Children may be referred to psychiatrist after 4 sessions with counselor. Counseling is about a one month wait.</u>	
LOWELL HOUSE ADDICTION TREATMENT AND RECOVERY	978-459-8656
101 Jackson St 4th floor, Lowell, MA 01852	
Individual and group counseling for addiction and related disorders.	
Program available:	
<ul style="list-style-type: none"> • Individual, group and family therapy, • over 80 residential beds, • Driver alcohol education (DAE) first and second offender. • Six-to eight-weeks intensive day Structure Outpatient Addictions Program (SOAP) 	
<i>Wait times vary depending on program, from 2 weeks (outpatient programs) to four months (Recovery Home).</i>	
MSPCC- HEALTHY FAMILIES	
1. 151 Warren St, Lowell, MA 01852	978-937-3087
2. 15 Union St Bldg. E Suite 115, Lawrence, MA	978-682-9222
Services:	
<ul style="list-style-type: none"> • Pregnancy & Parenting Support: Home visitors offer to teen and young adult parents support and education through each stage of pregnancy and early childhood development. • Child and Family Counseling Provides behavioral health services to children who have experienced trauma, family or community violence, school bullying and social and emotional adjustment issues. • Foster Care and Adoption Provides support to foster families, helping parents manage the needs of children who have been removed from their homes due to abuse or neglect. 	
Call Lawrence office to make referrals.	
Contact Jana Doherty at (jdoherty@elliotch.org) or 508-688-5408 for mental health consultations for kids up to age 8.	
PATHWAY COUNSELING ASSOCIATES	978-937-2696
134 Middle St Suite 340, Lowell, MA 01852	
<u>Only 2 Counselors. 1 sees children and adolescents. Accepting new clients to a waitlist. Approximately 2 months.</u>	

STONE BROOK COUNSELING CENTER

978-275-9444

2 Courthouse Lane #3 Chelmsford, MA

Provides services to Children, Adolescents, Adults and Elders.

Services include:

- Diagnostic Evaluations
- Individual Therapy
- Family Therapy
- Couples Therapy
- Psychiatric Assessments
- Case Consultation
- Psychological Testing

Children 6 months. Adults can get in much quicker. Depends on why they're coming, their schedule and insurance. Requires 3 therapy sessions before psychiatric services and med management.

SOUTH BAY MENTAL HEALTH CENTER

1. 22 Old Canal Drive Lowell, MA 01851

978-453-6800

2. 360 Merrimack Street, Lawrence 01843

978-688-4830

Offer services to children, adolescents, adults and their families. Clinicians frequently travel to homes, schools, foster homes, residential programs, churches, child care programs, adult health settings and shelter programs – wherever our consumers feel most comfortable.

Programs include:

- Autism and Early Childhood Services
 - * Early Intervention/Birth to Three Services
- Children's Behavioral Health Initiative (CBHI) Services
 - * In-Home Therapy and Behavior health Services.
 - * Therapeutic Mentoring Services
- Mental Health and Substance Abuse Counseling Services
- Individual therapy
 - * Couples and family therapy
 - * Group therapy
 - * School-based services
 - * Medication management
 - * Diagnostic assessments
 - * Trauma-focused therapy
 - * Intensive family services
 - * Forensic services
 - * Dual diagnosis treatment
 - * Discharge and aftercare planning

Individual counseling: 3-6 months Psych: 6-8 months

THE CENTER FOR HOPE AND HEALING, INC.

978-452-7721

21 George Street, Suite 400, Lowell, MA 01852

Individual counseling and support for children as young as 4 years old and their loved ones of sexual assault. Has a Spanish speaking support group (Virtual). No English group currently ongoing.

THOM ANNE SULLIVAN CENTER
126 PHOENIX AVE., LOWELL, MA 01852

978-453-8331

Provide high quality, comprehensive, and family-centered early intervention services to infants, toddlers, their families, and others in the community who care for them.

Services:

EARLY INTERVENTION PROGRAMS

Early Intervention (EI) in Massachusetts is a statewide, family-centered, developmental service. Thom Child & Family Services offers the earliest possible intervention and support for children birth to three years old who have developmental difficulties due to identified disabilities or whose development is at risk due to certain birth or environmental circumstances.

PREGNANCY & NEWBORN SUPPORT

Thom Child & Family Services offers free home visits to pregnant women, new mothers and their infants who live in the Springfield and Greater Lowell areas of Massachusetts. Learn more about our pregnancy & newborn support programs.

REGIONAL CONSULTATION

Regional Consultation Programs (RCPs) provide consultation, family support, and community-wide workshops and training in Massachusetts. Learn more about our regional consultation programs.

No estimated wait time.

TRAUMA AND FAMILY INTEGRATION
144 Merrimack Street, #302, Lowell, MA 01852

978-677-7823

Services Available:

- Outpatient Services
 - * Individual Therapy
 - * Group Therapy (Has no started yet)
- CBHI Services
 - * In-Home Therapy
 - * Therapeutic Mentoring
- Consultation Services

4-5 month waitlist for individual counseling services.

TRINITY CARES ASSOCIATES
100 Merrimack Street, Suite 201. Lowell, MA 01852

978-455-0756

For young people who are struggling with a variety of mental or behavioral health issues, Trinity Care offers a variety of counseling for children and their families. Our Outpatient Centers offer comprehensive mental health services in comfortable and professional settings. When more intensive services are needed, we also have a team that can provide therapy for children and families in the child's home.

Whether it's a young woman struggling with depression, a teenager experiencing suicidal thoughts, or a family having difficulty with a child's social interactions, our outpatient centers provide the assistance needed. We offer Outpatient counseling for children and families at locations in Lynnfield, Newton, Norwood, Upton, Cambridge, and Somerville.

3 week waiting list for Pediatrics. 2 week waiting list for adults.

<p>VINFEN CLINIC 40 Church Street. Lowell, MA 01852</p> <p>Provides Counseling Services, Medication Management and School-Based Services to the Greater Lowell Community.</p> <p><i>No wait for counseling. Short wait for medication management.</i></p>	978-458-6282
<p>JRI: 635 Rogers St, Lowell, MA 01852</p> <p>Offers in-home, out-patient and psychiatric services to adolescents with Behavioral health issues. Multiple locations located across Massachusetts.</p> <ul style="list-style-type: none"> · <i>Outpatient Therapy (waitlist is 6 months; English & Spanish)</i> · <i>In-Home Therapy (waitlist is 2 months for Spanish speaking; 4 months for English speaking)</i> · <i>Therapeutic Mentoring (waitlist is 2 months; English and Spanish)</i> 	508-468-6042
<p>Wayside: 73 East Merrimack St, Lowell, MA 01852</p> <p>Offers intensive care coordination services to children and adolescents up to the age of 21. Also offer intensive in-home clinical services provided to a youth and his/her family, designed to treat the youth's behavioral health needs, including improving the family's capacity to avert behavioral health crises and provide effective support for the youth's healthy functioning for individuals up to the age of 21 that meet medical necessity criteria. Most Family-Based Services require a referral from the Massachusetts Department of Children and Families (DCF) or the Massachusetts Department of Mental Health (DMH). No outpatient therapy.</p> <p>They also have a Mobile Crisis Intervention unit that offers Mobile, on-site, therapeutic response to youth experiencing a behavioral health crisis. MCI teams provide crisis intervention, stabilization, and coordination, for up to 7 days, until the youth is stable or transferred to another level of care for ages 0-21 in current psychiatric crisis requiring stabilization.</p> <p>Waitlist: <i>for intensive care coordination services = 2 weeks</i> Waitlist: <i>for in-home therapy is very long, suggests looking elsewhere</i></p>	508-630-5907
<p>*St Ann's Home Inc: 100A Haverhill St, Methuen, MA 01844</p> <p>Offers outpatient, psychiatric and school-based services to children and adolescents with Behavioral Health issues. The children, adolescents, and young adults referred to St. Ann's present with a wide range of issues and challenges, including learning disabilities, mood disorders, autism spectrum disorders (ASD), attention-deficit/hyperactivity disorder (ADHD), reactive attachment disorder (RAD), anxiety disorders, posttraumatic stress disorder (PTSD), oppositional defiant disorder (ODD) and other developmental, emotional, and behavioral challenges. Visit their website to access admissions and referrals aids. → https://www.st.annshome.org/programs/referrals-admissions/</p> <p>Waitlist: <i>for individual counseling is 6-8 weeks</i></p>	978-682-5276

PARTIAL HOSPITAL PROGRAM

BOURNEWOOD LOWELL CENTER	978-330-7680
<p>Dual Diagnosis Partial Hospital Programs for Adults and Adolescents offer trauma-informed intensive treatment for individuals with mental health and substance use conditions. The program setting is a compassionate and structured environment focusing on recovery through healthy coping skills and strategies.</p> <p><u>No Waitlist for Adults. Very long waitlist for children (no time frame given).</u></p>	
ARBOUR COUNSELING SERVICES	855-575-2273
<p>A Partial Hospitalization Program is a day or evening program in which a patient receives treatment throughout the day or evening and then returns home at night. A great step-down from inpatient treatment or diversionary to an inpatient admission.</p> <ul style="list-style-type: none">• Children Partial Hospitalization Programs: Serving ages 6-12 years old at our following locations: Allston (The Boston Center), and Lowell.• Adult Partial Hospital Programs & Intensive Outpatient Programs: Serving 18+ at our following locations: Woburn.• Haverhill has in-person and virtual. Boston and Norwell are virtual only. Everything else is in-person. <p><u>All booked for children. Hopefully will start booking soon.</u> <u>No Wait List for Adults at Haverhill location.</u></p>	
TRINITY CARE ASSOCIATES	978-455-0756
<p>Treatment consists of:</p> <ul style="list-style-type: none">• Individual treatment planning• Psychiatric assessments and treatment• Individualized group therapy• Adult education and life skills• Activities therapy to include music, art and movement• Medication support (as needed) for SOAP/PHP patients• Discharge planning• Community referrals	

RESIDENTIAL PROGRAM

MEN	
<p>THE MEN'S RECOVERY HOME (Lowell House) 365 East Street, Tewksbury, MA 01876 Residential program providing critical housing and supportive services to men over 18 years or older, average length of stay six months. Treatment encompasses: Individual and group counseling, case management, advocacy, and HIV prevention. Paul Maggio, director</p>	978-459-3371
<p>New Challenge Rehabilitation Program 209 Summer St. Lowell, MA 01852</p>	
<p>H.A.R.T. House (Heart Healing and Recovery Together) 365 St. Tewksbury, MA 01876 A residential program that provides mental health, substance abuse, community education and prevention services to residents in greater Boston, the North Shore and the Merrimack Valley in Massachusetts. Services provided are substance abuse treatment, residential long-term treatment (more than 30 days). Special Programs/Groups: Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, Women, Residential beds for clients' children and men.</p>	978-851-0969

WOMEN	
<p>PEGASUS HOUSE (the psychological center) 482 Lowell Street, Lawrence , MA 01840 Residential treatment for females between 17 to 26 years. The program lasts for six months and offers an environment that reinforces a drug and alcohol free lifestyle, including attitudinal and behavioral changes. Clients are encouraged to cooperate with one another to learn the skills and responsibilities needed to care for themselves and develop positive relationships within the community.</p> <p><i>NO WAITLIST.</i></p>	978-687-4257
<p>SHEEHAN WOMEN'S PROGRAM (Lowell House) 365 East Street, Tewksbury, MA 01876 Residential Program serving chronic substance abusing women 18 years and older, one of the few programs in New England specializing in the treatment of women over age 45. The average length of stay is six months. Treatment encompasses: Individual and group counseling, case management, advocacy, and HIV prevention.</p> <p><i>3-4 WEEK WAITLIST.</i></p>	978-640-0840
<p>WOMEN'S VIEW (the psychological center) 582-584 Haverhill St. Lawrence , MA Residential program for females age 25 years and older who suffer from addiction to drugs or alcohol. The program, which typically lasts for six months, operates on a strength-based model to provide a stable, nurturing structure for women to learn how to balance life issues with the added stressors of maintaining sobriety.</p> <p><i>28 PEOPLE ON WAITLIST</i></p>	978-687-1658

CRISIS HOTLINES

AIDS/HIV:	
• National AIDS/HIV Hotline (CDC)	1-800-232-4636
• Massachusetts HIV Drug Assistance	1-800-228-2714
ALCOHOL/DRUGS:	
• Alcohol and Drug Helpline (Referral)	1-206-722-3700
• Substance Abuse Helpline	1-800-327-5050
• Substance Abuse & Mental Health(SAMHSA National)	1-800-662-HELP (4357)
CHILD ABUSE	
• Child at Risk Hotline (DSS)	1-800-792-5200
• Elliot Community	1-800-988-1111
• MSPCC Family Crisis Hotline	1-800-541-3004
CRISIS INTERVENTION	
• Northeast Behavioral Health (Lahey-crisis team LGH)	978-455-3397
• Emergency Hotline	1-800-830-5177
DISABLED ABUSE:	
• Disabled Person Protection Commission (DPPC)	1-800-426-9009
DOMESTIC VIOLENCE:	
• Alternative House	1-888-291-6228
• National Domestic Violence	1-800-799-SAFE (7233)
• Casa Myrna SafeLink	1-877-785-2020
ELDER ABUSE:	
• Elder Abuse Hotline	1-800-922-2275
• Elder Services of the Merrimack Valley	1-800-892-0890
ENVIRONMENTAL HAZARDS:	
• National Response Center	1-800-424-8802
HEALTHCARE:	
• Cancer Information Service	1-800-4-CANCER
• Massachusetts Dental Society	1-800-342-8747
• MassHealth or CommonHealth	1-888-665-9993
• Social Security Information Service	1-800-772-1213
• Welfare Client Services (Emergency Line)	1-800-841-2900

LGBTQ:	
• The Trevor Project	1-866-488-7386
PARENTING:	
• Parental Stress Hotline	1-800-632-8188
• Parents Helping Parents	1-800-882-1250
POISON:	
• Lead Paint Hotline	1-800-632-8175
• Poison Center Hotline	1-800-682-9211
• Food Protection Hotline	617-983-6712
PREGNANCY:	
• Planned Parenthood/Preterm Health	1-800-682-9218
RAPE:	
• Rape Crisis Hotline	1-800-841-8371
RUNAWAYS:	
• The Bridge Over Troubled Waters	617-423-9575
• National Runaway Hotline	1-800-621-4000
• Runaway Hotline	1-800-RUNAWAY
SPECIAL CARE NEEDS:	
• Commission for the Deaf and Hard of Hearing	1-800-882-1155
• Massachusetts Office on Disabilities	1-800-322-2020
SUICIDE:	
• Samaritans Hotline	1-877-870-HOPE (4673)
• Samariteens	1-800-252-8336
• National Suicide Prevention Hotline	1-800-273-TALK (8255)

DAY PROGRAMS

ACTIVE DAY	978-596-1111
345 Chelmsford St, Lowell, MA 01851	
Provides benefit from ongoing mental and physical stimulation that works to improve overall quality of life, healthcare, and daily functioning Can provide transportation to/from program as well as some medical appointments for seniors and disabled members. Funding available through Medicaid and other state programs (have a standard enrollment fee). Offers free trials to interested parties. English, Khmer and Spanish.	
Contact Kerry Gauthier ext. 1002 for referrals.	

<p>ACTIVE LIFE ADULT DAY CARE 17 Darrin Rd. Dracut, MA 01826 Provides nursing services, social services and therapy services.</p>	<p>978-322-0114</p>
<p>COMMUNITY ADULT DAY CARE 120 Broadway St, Lawrence, MA Spanish and English.</p>	<p>978-989-9897</p>
<p>COMMUNITY FAMILY Locations in Everett, Medford and Wakefield. Provides medical care, therapeutic activities, nutrition and social services to more than 120 individuals at our three centers.</p>	<p>978-458-4844</p>
<p>LOWELL ADULT DAY TREATMENT PROGRAM 35 Market St, Lowell, MA 01852 Provides five-day per week intensive treatment for adults with persistent mental illness. Coordinates transportation to and from program. Can help patients connect with other social service agencies. Helps with medication and prescribers. Accommodates Spanish.</p>	<p>978-459-0389</p>
<p>RENAISSANCE CLUB 176 Walker St, 2nd Floor Lowell, MA 01854 Support community where members can form lasting relationships and enhance their occupational skills. Intake form is on their website. Vocational programs for people with mental illnesses. Helps connect them with jobs.</p>	<p>978-454-7944</p>

DETOXES

<p>Please call 1-800-ALCOHOL for assistance in finding a Detox Center near you.</p> <p>*Please note that this is the number to use when looking for a detox in MA and is not just for alcohol use.</p>
<p>Adcare: Worcester 866-493-4187 Offers family support, telehealth services, and inpatient and outpatient services. Will also help with travel arrangements.</p>
<p>Tewksbury State Hospital: 978-258-7000</p>

DOMESTIC VIOLENCE / SEXUAL ASSAULT

ALTERNATIVE HOUSE P.O. BOX 2100 <u>Services:</u> Provides emergency shelter, referral support groups, advocacy and social for women and families who are being abused. Job Training and education resources. <u>Eligibility:</u> Assistance is free. <u>Contact:</u> 24-hours HOT LINE. We accept collect calls: 888-291-6228	978-454-1436 ☺
CHILD WITNESS TO VIOLENCE PROJECT Boston Medical Center <u>Services:</u> Counseling for children 8+ and families who have witnessed violence; professional training and consultation. Free services, no insurance necessary. Referral# 617-414-7425. Waitlist is 9months-1year. Hybrid Counseling options. English/Spanish	617-414-4244 ☺
EMERGE 2380 Massachusetts Ave-Suite 101 Cambridge MA <u>Services:</u> Provider counseling and education to batterers. All services are currently virtual. For enrollment email info@emergev.com <u>Eligibility:</u> Counseling fees are based on income.	617-547-9879
RAPE CRISIS SERVICES 144 Merrimack St. Suite304 Lowell, MA 01852 <u>Services:</u> Counseling support and assistance for women, men and children affected by rape, sexual assault or incest. Operating on a waitlist. Referral form is online. Services and operations are currently virtual due to COVID-19. <u>Eligibility:</u> Assistance is free. <u>Contact:</u> Call the 24-hour. HOT LINE 1800-5425212	978-452-7721 ☺

☺ Child Services

FINANCIAL ASSISTANCE

DEPARTMENT OF TRANSITIONAL ASSISTANCE (Dept of Welfare)	978-446-2400 ☺
131 Davidson Street Lowell, MA 01852	
<p><u>Services:</u> Provides financial assistance for individual and families who are without income. Application may also be made for help with food and medical expenses. Cash benefits and food stamps. SNAP program (Supplemental Nutrition Assistance Program). Online application.</p> <p>TAFDC= Transitional Aid to Families with Dependent Children EAEDC= Emergency Aid to the Elderly Disabled and Children Program</p> <p><u>Eligibility:</u> Anyone who lives in Greater Lowell and the surrounding towns may request help. The amount of help given depends upon the circumstances of the individual or family. (Staff members speak Spanish, Khmer, Lao and Vietnamese.)</p>	
SOCIAL SECURITY ADMINISTRATION	1-800-772-1213 ☺
151 Warren Street Lowell, MA	
<p><u>Services:</u> Provides financial assistance to persons who are elderly, blind disable or the children of eligible persons who have died. Application is online.</p> <p>SSDI= Social Security Disability Insurance (for workers children and surviving spouses who have SS coverage)</p> <p>SSI= For people with little to no income and resources.</p> <p><u>Eligibility:</u> Low-income persons who are age 65and older or adults and children who are severely disable may be eligible for social security or supplemental security Income. Screening tool on their website.</p> <p><u>Contact:</u> Representatives are available to speak Mon.-Fri from 7am to7pm.</p>	

☺ Child Services

FOOD/ NUTRITION

FOOD STAMPS (THROUGH DTA) Hot Line 131 Davidson Street Lowell, MA <u>Services:</u> Provides food coupons to low-income families for the purchase of food. <u>Eligibility:</u> Low-income families may qualify for food stamps. You don't have to be receiving cash benefits to qualify.	978-446-2400 1-800-645-8333
WIC (WOMEN INFANTS AND CHILDREN NUTRITION PROGRAM) 44 Kirk St Lowell, MA <u>Services:</u> Provides nutrition information and supplemental foods to income eligible families who are nutritionally at- risk. These food coupons can be used for milk, baby formula, and certain other foods. Staff members speak Spanish, Khmer, Lao, Vietnamese and Portuguese. <u>Eligibility:</u> Persons who need food and who are not on Welfare may request help. There is a Spanish speaking staff person. Gross Income guidelines apply. <u>Contact:</u> For more information call the Ministry. Open Tuesday-Wednesday 10:00a.m to 1:00p.m and Thursday from 7-8 pm. Please call in advance for an appointment.	978-454-6397
CENTRAL FOOD MINISTRY 370 W. Sixth Street Lowell, MA <u>Services:</u> Provides emergency food and for persons in crisis. (food every 30 days) Each person in the family will receive 5 days' worth of food. Also offer clothes, books and other items. Must show SS card and proof of residence if you are over 18. <u>Eligibility:</u> Persons who needs food and who are not on welfare may request help. <u>Contact:</u> Open Tues-Weds 10am – 1pm Thursday 7-8pm. Call in advance for an appt. (Spanish speaking).	978-454-7445
OPEN PANTRY 200 Central Street Lowell, MA <u>Services:</u> Food assistance every two months. <u>Eligibility:</u> To request food: bring I.D. and SS# for all members, Mass health Card, and proof of residence. No referral needed if you bring al I.D. If you need a letter or a referral you can contact your church, social worker or Head Stat Family Services Worker who knows your situation. <u>Contact:</u> Tuesday-Thursday 9am to 12pm.	978-453-6693

FOOD/ NUTRITION

CHELMSFORD FOOD PANTRY		978-746-6914
<p>1 North Road (rear), Chelmsford</p> <p><u>Services:</u> Open Tues and Fri: 6:30-8:00PM, Thurs 2-4PM and Wed 5-8PM for non-English speakers only.</p> <p><u>Eligibility:</u> Require picture ID, SS for all family members and current bill. Must fill out a form on your first trip.</p>		
MERRIMACK VALLEY CATHOLIC CHARITIES		978-454-9946
<p>70 Lawrence St. Lowell, MA</p> <p><u>Services:</u> Food assistance one a month.</p> <p><u>Eligibility:</u> any person who lives in Greater Lowell, bring SS or Mass Health card for everyone in household, photo I.D. and proof of address.</p> <p><u>Contact:</u> To request food go to St. Joseph or call Monday through Thursday 1:00pm-3:45pm</p>		
THE SALVATION ARMY		978-4583396
Services	Eligibility	Contact:
Provides food assistance.	For person in crisis up three times per year. Individual must be 18 years old to apply for help (letter of referral and I.D. required.) Proof of residence. Nov and Dec are by appointment only.	Ask for Andrea. Wed-Fri. 9am-11am
Holiday Assistance at Thanksgiving and Christmas. Food baskets.	Food baskets are distributed at Christmas, gifts for children up to age 12 are also provided. Applications must be filled out in advance for both programs.	Call to make appointment
Medical Prescription	Those who are without health insurance or other prescription benefits.	Call to make appointment
Camp wonderland	Sleep-away camp located in Sharon, MA for one week during summer. For boys and girls ages 6-12.	Parents pay a small amount of the total cost. Space limit. ☺

HALFWAY HOUSE

Transitional Support Services (TSS) – Post-detoxification home for men and women. Includes individual and group therapy, 12-step and self-help meetings, case management, aftercare planning and referral. Need referral for admittance if they've left rehab or detox. Bring Valid SS card or birth certificate. For intake visit the front desk 10-4 (will require a drug test and breathalyzer). Emergency beds don't require the same processes. Waitlist for Dorm side beds= up to 1 year. Emergency beds are open.

English/Spanish/Swahili

P: 978-446-2400. F: 781-598-0276.

THE RYAN HOUSE –TREATMENT FOCUSED HALFWAY HOUSE

100-110 Green Street, Lynn, MA 01912. (781)593-9434 x 226 for admissions

Clients must be willing to participate in community services, group therapy, 12-step programs and hold a job. 18+. Must have history of addiction but have been sober for several weeks.

Adolescent Residential (boys only)

Danvers – Highly structured residential program for adolescent boys with substance abuse issues.

Information: 978-739-7615. Intake: 617-661-3991.

OXFORD HOUSE VARNUN

55 Varnum Street Lowell, MA - 01850-2132

508-527-2632

Alcohol and Drugs. Recovering individuals can live in house as long as they remain sober and pay their share of house expenses. Must fill out an application and be interviewed by members of the house. Application is online. Must have been sober at least 5-10 days. Good place for people coming from rehab and detox.

HEALTH / MEDICAL CARE

All of Lowell’s Hospitals have Pediatric, Adult and Specialty Clinics. Medicaid, private insurance or self-payment may cover costs. For information about clinic day and times, call the hospital directly.

<p>Lowell General Hospital 295 Varnum Ave. Lowell 978-9376000</p>	<p>Saints Memorial Medical Ctr. St. John’s Campus 1 Hospital Dr., Lowell 978-458-1411</p>
<p>BILLERICA BOARD HEALTH DEPT 978-671-0931 ☺ Town Hall, Billerica <u>Services:</u> Offers a Well-child clinic provides routine check-ups, tests and baby shots. <u>Eligibility:</u> Any child under the age of 5 who lives in Billerica, There is no charge for services. <u>Contact:</u> Call Christine West.</p>	
<p>HEALTHY START 1888-665-9993 for application 25 Washington St., Boston <u>Services:</u> This program provides medical care treatment for pregnant women. <u>Eligibility:</u> Pregnant women who are not eligible for Mass health, Medicaid or by other insurance.</p>	
<p>LOWELL HEALTH DEPARMENT 978-674-4010 ☺ 107 Merrimack Street, 4th Floor, Lowell, MA <u>Services:</u> Offer free Clinics for Pre-school aged children. Lead Paint Poisoning testing on Wed. 9-11am. The clinic do not offer routine check-ups or treat illness.</p>	

☺ Child Services

HOMELESS SHELTERS

[http://www.homelesshelterdirectory.org/
Shelter Listing.org](http://www.homelesshelterdirectory.org/ShelterListing.org)

Lowell, MA

- **ALTERNATIVE HOUSE** 978-454-1436
P.O. Box, Lowell, MA
Services: provides emergency shelter, referral counseling and legal advocacy services for battered women and their children.
Eligibility: Women and children who have been or are being abuse and are in need of a safe place to live.
- **DEPARTMENT OF TRANSITIONAL ASSISTANCE** 978-446-2452
Services: Shelter referral for the homeless.
Eligibility: Any person who is without safe housing.
Contact: Joanna Fregeau, Shelter/Homeless Coordinator
- **HOUSE OF HOPE** 978-458-2870
812 Merrimack St. Lowell 01854
Services: Provides short-term emergency shelter for families in crisis.
Eligibility: Low-income persons who are without housing and are not drug-involved.
Must be referred through DHCD or DTA
- **CTI SECTION 8 HOUSING/SHELTER PROGRAM/FEMA** 978-459-0551
17 Kirk Street, Lowell, MA
Services: Provides vouches for section 8 housing and information and assistance with basic housing need. Also provides emergency shelter and supportive services for homeless families.
- **LOCAL HOUSING AUTHORITIES**
350 Moody St., Lowell, MA 01854
Services: Housing and neighborhood services for low-income and elderly residents.
Eligibility: Low-income, elderly and disabled may apply for housing.
 - * Lowell 978-364-5361
 - * Billerica 978-667-2175
 - * Chelmsford 978-256- 7425
- **LOWELL TRANSITIONAL LIVING CENTER Lowell, MA 01852,** 978-458-9888
193 Middlesex Street, Lowell, MA 01852
- **MERRIMACK HOUSE/ Milly's Place** 978-458-8853
360 Pawtucket Street, Lowell, MA
Services: The mission is to assist families in location affordable. Housing while providing a temporary safe and supportive environment for the homeless families.
Eligibility: Need referral from DTA.
- **Under the Oak Day Shelter** 978 459-9631
A day shelter that is Christian based and located at Christ Church United in Lowell, Ma. UTO is open every Wednesday from 11am till 2pm. On cold or snow days we open earlier and stay open later. We serve a hot lunch along with fellowship and arts and crafts - UTO helps those in need

Chelmsford, MA

- **My Father's House** 978-251-8191
83 Middlesex St, North Chelmsford, MA 01863
Eligibility: Young women (pregnant or parenting) between the ages of 13 and 21

Lawrence, MA

- **LAZARUS HOUSE** 978-689-8575
 Opened in 1983, Lazarus House's 31-bed emergency shelter is in the Arlington District of Lawrence, MA. Seven days a week, Lazarus House provides a safe, clean, and supportive environment for individuals and families on referral by social service, law enforcement, church or community groups
- **DAYBREAK SHELTER (the psychological center)** 978 975-4547
 19 Winter Street, Lawrence, MA 01841
 Temporary shelter, up to thirty days, for homeless men and women over the age of eighteen. It is one of the last "wet" shelters in the state, meaning we allow individuals under the influence of alcohol or substances to stay, though we do not allow alcohol or substances to be brought onto or used on our property. Daybreak Shelter is open from 8 a.m. to 8 p.m. on a first come, first served basis, each day. Breakfast and dinner are served every day.
- **CASA NUEVA VIDA, (HOUSE OF NEW LIFE)** 617-524-0285
 The only homeless shelter in the state of Massachusetts with a completely bilingual staff. Although we serve a diverse population, we believe our bilingual expertise makes us ideally capable of providing a unique, specialized package of services and programs. DCHD referral required. For children and families.

Boston, MA

- **Crossroads Family Shelter & Food Pantry** 617 567 5926
 Support families as they transition from homelessness to independent living and self-sufficiency. DCHD referral required.
- **New England Center for Homeless Veterans** 617-371-1800
 Extend a helping hand to homeless men and women veterans who are addressing the challenges of: addiction, trauma, severe and persistent mental illness, and/or unemployment and who will commit themselves to sobriety, non-violence
- **Crittenton Women's Union** 617-259-2900
 1 Washington Mall Boston MA
 Crittenton Women's Union is the largest provider of family shelter in Massachusetts, serving more than 350 families a year. During their stay, families develop a plan to help them move toward an economically independent life. Also provides Family support services and Food Services. DCHD referral required.
 Emergency Men's Shelter = 978-922-0787
- **SAINT FRANCIS HOUSE DAY CENTER Essex Station** 617-542-4211
 39 Boylston Street, Boston MA 02116.
- **Kingston House - Boston Rescue Mission** 617-482-9074
 Offer resources that prevent and end homelessness, to support the recovery, health, faith, and independence of those who have a history of substance abuse, incarceration, and homelessness.
- **FAMILIES IN TRANSITION** 617-927-8290
- **METROPOLITAN BOSTON HOUSING PARTNERSHIP** 617-859-0400
 DCHD referral required.
- **Family Aid Emergency Shelter** 617-542-7286
 To utilize Family Emergency Solutions, a family must be homeless, have children under the age of 18 and have most recently resided in Boston. Families also must be ineligible for state-Funded Emergency Assistance (EA) or an applicant for EA without shelter options. We have an on-call staff in place
- **CARDINAL MEDEIROS CENTER** 617-619-6960
 Day program for ages 45+.

<ul style="list-style-type: none"> Boston Night Center Pine Street Inn 617-482-4944 Men seeking emergency shelter for the first time are encouraged to come to the Men's Inn, Located at 444 Harrison Avenue, Monday through Saturday, 8 a.m. to 6 p.m. During these hours, an intake specialist can meet with you to assess your needs and help you to find the Best options for your situation. The Women's Inn at Pine Street 617-482-4944 Boston, MA 02118 Beds are assigned daily using a lottery system. To enter the drawing, Please arrive at the Women's Inn by 3 p.m. and speak to the staff at the front desk. WOMEN UNIT SHELTER 617 482 4944 Casa Myrna Vazquez Domestic Violence Support 617-521-0100 English, Spanish and Portuguese. Housing advocacy and emergency transfers. Woods Mullen Shelter and Services 617-534-7100 Our women's shelter, known as Woods-Mullen, is located at 794 Massachusetts Avenue in Boston's South End. The shelter serves female adults ages 18 years or older. The shelter has 200 beds and is open 365 days a year, 24 hours a day. Beds are given out on a first-come, first-served. Referral# 617-534-4440 (Triage for placement). Shelter at 112 Southamptn Street 617-534-6100 Battered Women's Emergency Shelter Elizabeth Stone House 617-427-9801 The Elizabeth Stone House is committed to countering the effects of trauma and breaking the cycles of violence and abuse family at a time. Through residential and community support services, the Stone House helps families heal and women reclaim control over their lives. Emergency shelter, transitional housing, permanent supportive housing, rent subsidized permanent housing. Intake # 781-400-0770 Queen of Peace Family Shelter 617-288-4182 The Queen of Peace is an 11 bed family shelter. Provides dinner and breakfast. Clothing when available. 3 week stay maximum. Accepts women & children (boys under 5). No referral needed.
<p>Brighton, MA</p> <ul style="list-style-type: none"> CRITTENTON HASTINGS HOUSE 617-782-7600 Single mom's 18-21 and their children. DCHD referral required.
<p>Cambridge, MA</p> <ul style="list-style-type: none"> CAMBRIDGE YWCA EMERGENCY FAMILY SHELTER 617-491-6055 Tanner Residence for Single Women (Call, No Referral). Renae's For Homeless Family's needs referral from DHCD. Harvard Square Homeless Shelter 617-876-3256 Shelter is open from 7pm to 8 am (Saturdays open until 9 am). Short term and extended stay beds for sober men and women. Extended stay beds are assigned by lottery and are typically reserved for people who are working. Y2Y Harvard Square - Seasonal Shelter 617-864-0795 Y2Y is an emergency shelter for young adults. We accept anyone between the ages of 18-24. We also accept some 25-year-olds, as long as they were still 24 years of age at the beginning of our operational season (November 1st). Under no circumstances can we accept guests who are less than 18 years old. For emergency lottery call between 9-9:30pm. First Church Shelter. 617-661-1873 Emergency shelter. Stay is variable. Hours: 6pm - 7am. Provides a basic act of mercy to the poor and homeless of Cambridge and surrounding communities. Each evening 14 men are provided with a safe, comfortable place to stay. Our guests have access to two meals, showers and personal street. Referral from a provider or DCHD.

<ul style="list-style-type: none"> Hildebrand Family Self-Help Center - Congregate Family Shelter 617-491-5752 Hildebrand Family Self-Help Center provides shelter to families only and operates under a closed referral contract with the state. This is the administrative office. Hildebrand provides: Emergency shelter units with common facilities and on-site services, independent apartments with support service. DCHD Referral Required. MULTI SERVICE CENTER FOR THE HOMELESS 617 349 6340 Salvation Army Emergency Shelter. 617-547-3400 This Salvation Army location provides much more than an emergency shelter. They also provide: Alcohol and Drug Treatment, Military Personnel Assistance, Transitional Care & Work Release, Emergency Financial Assistance, rent assistance, Transitional Housing. Heading Home Shelter, 617-547-1885 Short term and extended stay beds for sober men and women. Provides case management, housing search, and referrals to community services to assist with mental health, medical care, employment, education, and benefits. Referral is needed; then call at 10 am to reserve a bed CASPAR Emergency Care Center 617-661-0600 Bed lottery is at 2:30 PM. Beds can only be reserved in person. CASPAR's Emergency Service Center (ESC) is one of three shelters in Massachusetts that accept homeless people who are actively using alcohol and drugs. Drop-in program and transitional wellness center.
<p>Dorchester, MA</p> <ul style="list-style-type: none"> Family Shelter Project Hope 617-442-1880 The Family Shelter was one of the first homeless shelter for families in the state and remains a model for its respectful and empowering approach. Approximately 20 women and their children are sheltered each year. The women are assisted to secure permanent housing and to connect with Project Hope's. DCHD Referral Required. Saint Mary's Women and Infants Center Margaret's House 617-436-8600 Need Referral through DTA. ReVision Family Home 617 541-0222 ext. 743 for intake Shelter for 22 homeless women and their families that provides life-stabilization services, intensive housing placement services and vocational case management services. ReVision Family Home is directly connected to Victory Programs' ReVision Urban Farm and also provides hands on nutritional services. Need referral from detox, rehab, hospital or CSS>
<p>Framingham, MA</p> <ul style="list-style-type: none"> PATHWAYS SHELTER 508-879-5047 Family Shelter. Referral from DTA required. TURNING POINT 508-875-6429 Accepts sober, adult single men. Also provide transitional housing to those who aren't quite sober yet. Call to join the waitlist.
<p>Jamaica Plain, MA</p> <ul style="list-style-type: none"> Finex House Shelter for Battered Women 617-436-2002 Finex House is shelter for battered women and their children; especially those who have disabilities and/or women who are trafficked. No referral needed. Will update on safe link when they have room.
<p>Haverhill, MA</p> <ul style="list-style-type: none"> Emmaus House 978-241-3500 We offer 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. DCHD Referral Required.

Nashua, NH	
<ul style="list-style-type: none"> • Nashua Soup Kitchen & Shelter Our Business Office Hours are Monday-Friday, 9AM - 5PM Emergency Shelter - Two homeless shelters house single men, women and families. Originally. Opened as short-term emergency shelter. 1st come 1st serve basis. Can call for availability. 	603-889-7770
Lynn, MA	
<ul style="list-style-type: none"> • BRIDGEHOUSE DCHD Referral Required. • SPIN - Serving People In Need Serving People In Need's mission is to provide quality care to the families, children, young parents, and individuals that we serve. • MASS. COALITION FOR THE HOMELESS DCHD Referral Required. 	781-593-3898 781-598-9417 781 595-7570
Medford, MA	
<ul style="list-style-type: none"> • MEDFORD FAMILY LIFE EDUCATION CENTER DCHD Referral Required. 	781-391-9116
Malden, MA	
<ul style="list-style-type: none"> • Housing Families Inc. Housing Families Inc. helps 400 homeless and extremely low-income people each day -- 300 of these are homeless and formerly homeless children. Housing Families helps these children and their parents to grow and heal from their past traumas, including losing their home. There is a waitlist for individuals, call for info on intake. Families must go through DCHD. 	781-322-9119
Peabody, MA	
<ul style="list-style-type: none"> • INN BETWEEN The Inn Between is an emergency program for homeless families. 	978-532-2372
Quincy, MA	
<ul style="list-style-type: none"> • Father Bill's Place Emergency Shelter for those 18 years old and up. Shelter an average of 225 individual adults each night at Father Bill's Place in Quincy and Main Spring House in Brockton. Call for intake. • Bay View Inn Provides a 25 bed shelter. Can stay from 6mths to a year until permanent housing is found. Hours: 6pm nightly until 7:45am. Must be referred by DMH case manager. • Friends of the Unborn Established in 1984, it is a Christian Home for homeless, pregnant women. Applicants must be 18 years of age and not have issues with alcohol or drugs. Loving home where we offer classes in Parenting, Birthing, Computer Skills, Budgeting, Nutrition, Bible Sharing among other offerings • ANCHOR INN (Pine St) Services: 136 bed shelter. Must be 18 years or older. Must arrive after a detox. Must be clean and sober for 30 days +. Can stay up to 2 years. Require referral from detox. 	617-770-3314 617-328-3705 617-786-7903 617-328-5380
Roxbury, MA	
<ul style="list-style-type: none"> • Urban Ministries Renewal House Domestic Violence Shelter Renewal House is a domestic violence shelter for individuals in crisis and their children. Since 1980, Renewal House has provided temporary emergency shelter and advocacy services to more than 1,000 individuals and families escaping domestic violence. Emergency shelter for up to three months. Call for intake. 	617-566-6881

<ul style="list-style-type: none"> Rosie's Place For Women 617-442-9322 Rosie's Place, a sanctuary for poor and homeless women, offers emergency and long-term assistance to women who have nowhere else to turn. Founded in 1974, Rosie's Place welcomes each guest with respect and unconditional love. Rosie's Place accepts no government funds, and relies instead on committed. Call for intake. No referral required. Use a lottery system. Mary Eliza Mahoney House Family Shelter 617-442-8800 ext. 1005 The Mary Eliza Mahoney Emergency Family House Shelter. Completely funded by the Department of Housing and Community Development (DHCD), The Mary Eliza Mahoney House Emergency Family Shelter is a closed referral program serving DHCD homeless families. Sojourner House Family Shelter 617-442-0590 Sojourner House is a family shelter in Roxbury which opened in October of 1981. The program, set up in a recently remodeled house, is designed to meet the immediate survival needs of displaced families. We shelter two-parent and single-parent families on a 24-hour basis. Requires DTA referral.
<p>Stratham, NH</p> <ul style="list-style-type: none"> Seacoast Interfaith Hospitality Network 603-658-8448 Shelter for families with children under the age of eighteen. This program is a comprehensive way for families who are experiencing homelessness to regain independence and self-sufficiency. Call for intake. Not emergency shelters. Seacoast Interfaith Hospitality Network - Overnight Shelter 603-658-8448 The Overnight Shelter program provides shelter for homeless families with children through local congregations rotating in their responsibilities on a weekly basis. The program has the capacity to house 14 guests at a time. Meals, case management and provided transportation. Call for intake. Not emergency shelters.
<p>Somerville, MA</p> <ul style="list-style-type: none"> St. Patrick's Shelter, Somerville, MA 02143 21.09 miles from city center Lowell An emergency and extended stay shelter for women only over the age of eighteen. Operated By Catholic Charities. No referral needed, walk in by 3pm. Hours of operation: shelter 24/7, Office 9/5 daily except for weekends. Serves all of Middlesex County. Clients need to call in the Morning Cross Street Family Shelter, 20.96 miles from city center Lowell 617-776-6661 The shelter is open 24 hours a day, 7 days a week. This is a residential facility for families in a communal-like atmosphere where families reside together and share services and resources. The family shelter can serve five families at one time and offers housing search, case management. Apply with department of housing. Somerville Homeless Coalition Adult Shelter 617-623-2546 SHELTER Adult Shelter, 14 Chapel Street 617-623-2546 Operated by the Somerville Homeless Coalition. An emergency and extended stay Sober shelter for 12 men and 4 women. <p>For both – Call to check in and joint the waitlist.</p>
<p>Waltham, MA</p> <ul style="list-style-type: none"> Bristol Lodge Men's Shelter 781-893-0108 Provides a 43 bed shelter. Can stay up to 90 days. Must sign up each morning for a bed. Hours Open: 6pm until 7:45am. Staff at each location are trained to provide a variety of specialized and essential services. Lottery system, call to enter.

LEGAL SERVICES


<p>MASS BAR ASSOCIATION Legal Referral Services Mon-Fri 9am-4:45pm</p>	1-800-392-6164
<p>LOWELL DISTRICT COURT 370 Jackson St, Lowell, MA 01852 M-F 8:30-4:30pm</p>	978-459-4101
<p>LOWELL JUVENILE COURT 370 Jackson Street Lowell, MA 01852 M-F 8:30-4:30pm</p>	978-441-3160
<p>LOWELL SUPERIOR COURT 370 Jackson St, Lowell, MA 01852 M-F 8:30-4:30pm</p>	978-453-0201
<p>MERRIMACK VALLEY LEGAL SERVICES 35 John Street Lowell, MA 01852 50 Island Street Lawrence, MA01840 <u>Services:</u> Provides legal representation for low-income persons in the Greater Lowell area in non-criminal legal matters. (Domestic, Government benefit, elderly, landlord/tenant). <u>Eligibility:</u> Any low-income person may request legal help. Free services. <u>Contact:</u> Mon-Fri 9:00am-5:00pm.</p>	978-458-1465
<p>MASSACHUSETTS IMMIGRANT & REFUGEE ADVOCACY COALITION To become a member call 617-350-5480 ext. 229 or 227</p>	
<p>VICTIM RIGHTS LAW CENTER Legal assistance intake line: x19 Spanish intake line: x35 Toll free: 877-758-8132 115 Broad Street, 3rd Floor Boston, MA 02110</p>	617-399-6720
<p>VICTIM WITNESS PROGRAM District Attorney's Office</p>	781-897-8300

METHADONE

<p>Habit OPCO All of the following agencies provides medically supervised methadone and Suboxone (buprenorphine) maintenance treatment to individuals who are attempting to overcome an addiction to or dependence upon heroin or other opioids. To be eligible for this type of treatment at the prospective patients much be at least 18 years old and must have been addicted to or dependent upon opiates for a minimum of one year prior to seeking treatment.</p>
--

- **Boston Comprehensive Treatment Center**
 99 Topeka Street Boston, Massachusetts 02118 (866) 243-6535
- **Brockton Comprehensive Treatment Center – Brockton, MA**
 180 Centre Street, Brockton, Massachusetts 02302 (800) 305-5396
- **East Wareham Comprehensive Treatment**
 Cranberry Highway East Wareham, Massachusetts 02538 (855) 830-4327
- **Fall River Comprehensive Treatment Center – Fall River, MA**
 22 Front St, Fall River, MA 02721 (800) 305-5264
- **Fitchburg Comprehensive Treatment Center – Fitchburg, MA**
 155 Airport Rd, Fitchburg, MA 01420. (855) 220-6812
- **Lynn Comprehensive Treatment Center – Lynn, MA**
 11 Circle Ave, Lynn, MA 01905. (855) 220-6817
- **Lawrence Comprehensive Treatment Center – Lawrence, MA**
 10 Embankment St, Lawrence, MA 01841. (855) 220-6813 or (978) 687-6300
- **Lowell Community Health Center- OBAT**
 161 Jackson St, Lowell, MA (978) 322-8848
- **Lowell Comprehensive Treatment Center - Lowell, MA**
 22 Old Canal Drive (800) 305-6513 or (978) 452-5155
- **Quincy Comprehensive Treatment Center - Quincy, MA**
 1515 Hancock St #304, Quincy, MA 02169. (855) 274-6204
- **Springfield Comprehensive Treatment Center – Springfield, MA**
 2257 Main St, Springfield, MA 01107. (866) 540-5226
- **Taunton Comprehensive Treatment Center – Taunton, MA**
 66 Main St, Taunton, MA 02780. (800) 305-5161
- **Yarmouth Comprehensive Treatment Center – Yarmouth, MA**
 31 Workshop Rd, South Yarmouth, MA 02664 (855) 830-4329

MULTICULTURAL/ ETHNIC SERVICES

<p>CAMBODIAN MUTUAL ASSISTANCE PROGRAM 465 School Street Lowell, MA 01852 <u>Services:</u> Provides services to refugees which foster adjustment to life in the U.S. Advocates for Cambodian Representation in community affairs. Serves the poor and speaks for those least able to speak for themselves. Employment services include: Training employment counseling and placements. English as a second language (ESL). Workplace literacy and bilingual/bicultural services. Family Services include: Khmer Day care center, housing advocacy/counseling interpreter services, tutoring, family support, youth counseling, and special activities for youth and respite services. Cultural services include: cross cultural information and Cambodian dance. <u>Eligibility:</u> Anyone of Cambodian background eligible for help. There is no charge for services.</p>	<p align="right">978-454-6200</p>
<p>INTERNATIONAL INSTITUTE 15 Warren St, 2nd floor, Lowell, MA 01852 <u>Services:</u> Provides services in regarding immigration, citizenship and translation. Initial resettlement program lasts 90 days. Cultural adjustment program. English Language Instruction. Case management support. Can help with asset development program like buying car or house. <u>Eligibility:</u> anyone requesting assistance. <u>Contact:</u> Lisa.</p>	<p align="right">978-459-9031</p>
<p>MAPS (Massachusetts Alliance of Portuguese Speakers) 11 Mill Street Lowell, MA 01852. Citizenship assistance, domestic violence and sexual assault advocacy, driver alcohol education, elder services, employment and career assistance, family support services, HIV/STI, immigrant integration services, intimate partner abuse education.</p>	<p align="right">978-970-1250</p>
<p>MONOROM FAMILY SUPPORT PROGRAM 165 Jackson Street Lowell, MA 01852 <u>Services:</u> Available to Cambodian-American families of children (birth to 22) who have developmental disabilities. Case management, crisis intervention, counseling, special education, advocacy, interpretation, information and referral, and parent support groups are available. Respite care, in-home care, and after school programs and family outings are offered as part of the services. <u>Eligibility:</u> Cambodian –American children, birth to age 22, who have developmental disabilities. <u>Contact:</u> Mon-Fri. 8:30am-5:00pm.</p>	<p align="right">978-454-6200</p> <p align="right"></p>
<p>AFRICAN COMMUNITY CENTER 155 Merrimack St Lowell, MA 01852 <u>Services:</u> The African Community Center of Lowell will promote responsible citizenship by improving the quality of life and supporting the achievement of African immigrants, refugees, and other minorities and economically disadvantaged persons in Lowell through educational, social, and cultural initiatives</p>	<p align="right">978-453-9128</p>
<p>SayDaNar Community Dev. Center 144 Merrimack St, Suite 110, Lowell, MA 01854 <u>Services:</u> SayDaNar provides advocacy, education and services promoting self-efficacy and empowerment of new immigrants and refugees to enhance their economic, health, educational and employment status in the United States to become active citizens contributing positively to their wider communities.</p>	<p align="right">978-457-9064</p>

SOBER HOUSE

MEN	
ZACK'S HOUSE for young men (Lowell House)	978-459-8656
Sober House for young men ages 18-35 years old. Each young man will have completed a detox and is actively participating in recovery services or completed a recovery program. It is expected that each young man has the desire to continue living and working on their own recovery in a community setting that foster such growth. 1-2 months sobriety required. Contact: Sharon Barry, Senior Director of Residential Services	
HANOVER HOUSE for Men (Lowell House)	978-459-8656
Sober House specifically for men over the age of 18 years old. Hanover House provides permanent sober housing for 6 men. The house is located in a unique neighborhood adjacent to the downtown shopping and business area, and within walking distance to the north campus of the University of Massachusetts. Some of the criteria for residency are having 6-months sober time pre-admission, evidence of an active individualized recovery plan, proof of income, and a willingness to abide by house rules and be an active participant in the sober living community. Contact: Sharon Barry, Senior Director of Residential Services	
<i>ALMOST IMPOSSIBLE TO FIND BEDS HERE.</i>	
STEPPING STONES SOBER HOUSE	1-800-947-2443
233 APPLETON ST, LOWELL, MA 01854 Stepping Stones Sober House's residents are welcomed into a clean and sober community for men. Their primary focus is helping one another achieve their goals in recovery. Stepping Stones Sober House's residents are involved in 12 Steps recovery groups, are active in the community, and are generally employed nearby. Our men find themselves working towards their goals, living life one day at a time and growing together in their journey of life.	
<i>10 PERSON WAITLIST.</i>	

WOMEN	
SAVING GRACE (for women) (Lowell House)	978-459-8656
Sober House for women over the age of 18 years old. House provide permanent sober housing for 10-12 women. Some of the criteria for residency are having 6 months sober time pre-admission, evidence of an active individualized recovery plan, proof of income, and willingness to abide by house rules and be an active participant in the sober community. Contact: Sharon Barry, Senior Director of Residential Services	
<i>BEDS AVAILABLE. NO WAITLIST.</i>	

SUBOXONE

LAWRENCE, MA	
Habit OPCO- Lawrence 599 Canal Street, Lawrence, MA 01841	978-687-6300
Greater Lawrence Family Health Center-Lawrence, MA (Main Site) 34 Haverhill Street, Lawrence, MA 01841	978-686-0090
Dr. Joel Adam Gorn 101 Amesbury Street, Suite 204, Lawrence, MA 01840	978-688-1919
Dr. Miguel A. Verdaguer 170 Common St. Suite 215, Lawrence, MA 01840	978-725-4800
LOWELL, MA	
Habit OPCO- Lowell 650 Suffolk Street, Lowell, MA 01854	978-387-2536
Dr. Miguel A. Verdaguer 9 Central Street, Suite 607, Lowell, MA 01852	978-725-4800
Dr. Sachin B. Patel 275 Varnum Ave., Suite 108, Lowell, MA 01854	978-710-4242
TEWKSBURY, MA	
Dr. Andrew M. Aldridge 365 East Street, Tewksbury, MA 01876	617-460-3611

SUPPORT GROUPS

AL-ANON ALCOHOLISM SUPPORT St. William's Church, lower level 1351 Main St., Tewksbury Tewksbury Hospital Call 508-366-0556 or visit www.ma-al-alateen.org .

AL-ANON ALCOHOLISM SUPPORT

Lowell General Hospital- Hanchett Auditorium
Immaculate Conception School
218 E. Merrimack St., Lowell
781-843-5300

AL-ANON PARENTS SUPPORT GROUP:

First Parish Church
75 Great Road
Bedford, MA

ALCOHOLICS ANONYMOUS

12 Channel Street, Suite604, Boston, MA
Call 617-426-9444

ALTERNATIVE HOUSE SUPPORT GROUPS: For women who have been abused or are in an abusive relationship. Victims can learn about their own options and how to break the cycle of abuse. Collect calls accepted. Call 978-454-1436.

ALZHEIMER'S CAREGIVER WORKSHOPS:

Apple Valley Nursing and Rehab Center
400 Groton Road, Ayer
Call 978-772-1704, ext. 27

ANXIETY DISORDERS/CHRONIC ANXIETY SUPPORT:

Chelmsford Senior Center
75 Groton Road, Ayer, MA
Irene Knox • 978-256-9745

AUTISM SUPPORT GROUP: Putting the Pieces Together

South Bay Early Intervention
Pollard Memorial Library, 401 Merrimack St.
Judith Hahn • 978-452-1736

A.W.A.K.E. SLEEP APNEA GROUP: The American Sleep Apnea Association's "Alert, Well and Keeping Energetic (A.W.A.K.E.)" is a health awareness group for people affected by sleep apnea. If you have sleep apnea, or are close to someone who does, please join us.

Lowell General Hospital, main campus- Clark Auditorium
Call 978-788-7158

BREAST CANCER EDUCATION

Saints Medical Center, First floor conference room
1 Hospital Drive
Call 978-937-6800.

CANCER SUPPORT GROUP: Cancer support group for patients or family members.

Lowell General Cancer Center
Call 978-934-8425.

CAREGIVER SUPPORT GROUP: Do you ever feel overwhelmed, tired, stressed, or depressed helping to care for a family member or friend at home. If so, you are not alone. Caregiver support group meets at St. Michaels Parish in North Andover. Co-facilitated by Kelsey Call, master's in clinical social work of Elder Services of Merrimack Valley, and Trisha Boutilier, Outreach Coordinator of St. Michaels Parish. This free, drop-in, on-going support group is open to all. Contact Trisha for more information at 978-686-4050 x15.

DEPRESSION AND BIPOLAR SUPPORT GROUP:

DBSA Merrimack Valley
Eliot Presbyterian Church
273 Summer St.
First Church of the Nazarene
1195 Varnum Ave.
Email info@dbsamerrimackvalley.org.

DROP-IN GRIEF SUPPORT:

Holy Family Hospital
70 East St.
Methuen, MA
Call 978-687-0151

GRIEF AND LOSS SUPPORT: Meets second Tues. each month, 11 a.m.-12:30 p.m.
To register call 978-671-0916.

FAMILY RESOURCE CENTERS

27 Prescott St, Lowell, MA 01852
Call 978-455-0701

MENTAL ILLNESS SUPPORT:

National Alliance for the Mentally Ill of Greater Lowell (NAMI)
Solomon Mental Health Center
391 Varnum Ave.
3rd Wed. each month
Call 978-677-0618

NEW MILLENNIUM DIVORCE SUPPORT:

St. Michael's School
21 Sixth St.
Carlos 978-957-2063 or cck3353@comcast.net

NEW MOTHERS SUPPORT:

Lowell General Hospital
295 Varnum Ave., Hanchett Auditorium
Call 978-788-7224

RAPE CRISIS SERVICES OF GREATER LOWELL: Offering free groups to survivors of sexual assault; art therapy support for adult female survivors; support for adult male survivors; art therapy for teen survivors. New programs offered for free: Gentle Yoga for adult female survivors of sexual assault, Coping Skills for adult female survivors, and Parent Drop-In group for non-offending parents of survivors. Call 978-452-7721.

OPIATE RECOVERY:

The Center for Health Resources
3 Baldwin Green Common, Suite 303, Woburn
Call 781-932-0257

OVEREATERS ANONYMOUS:

Meeting lists available at www.OA.org/meetings or contact 781-641-2303

PARENTS HELPING PARENTS

168 Water Street, Watertown 02422 617-926-5008
Parent Support Groups are free, confidential, and anonymous. These groups serve as a safe place for parents to express frustrations and concerns about their children and families and get advice from other parents who understand.

•GLOUCESTER

Family Enrichment Programs
29 Emerson Ave.
Tuesdays (childcare & transportation available)
5:15 - 6:30 pm
Tanya • 978-281-2400 x 5382

•LAWRENCE - Spanish - #1

Family Resource Center, 3rd Floor
530 Broadway
Thursdays
10:00-12:00 noon
Grace • 978-332-8251

•LAWRENCE - Spanish - #2

130 Parker St.
Lower Level, Suite #6
Mondays
6:00-7:30pm
Grace • 978-332-8251

•LOWELL

Community Teamwork
126 Phoenix Ave.
Mondays (childcare available)
5:30-7pm
Kacy • 617-970-3141

•SALEM

North Shore Children's Hospital
57 Highland Ave.
Tuesdays
10:30-noon
Ivette • 978-354-2670

WHAT TO EXPECT IN REHAB:

Life Care Center of the Merrimack
80 Boston Road, Billerica
Call 978-667-2166

THE CENTER OF HOPE AND HEALING, INC.

21 George St, 4th Floor, Lowell, MA 01852

(978) 452-7721

YOUNG PARENTS SUPPORT PROGRAM (YPSP): A free program for teen mothers or teen mothers-to-be (ages 19 and under). Open to residents of Lowell, Billerica, Chelmsford, Dracut, Tewksbury, Tyngsboro, Westford. Transportation provided for residents of Lowell

YWCA of Lowell

206 Rogers St.

Call 978-454-5405, ext. 121

OTHER VALUABLE COMMUNITY RESOURCES

NFI FAMILY RESOURCE CENTER

978-455-0701

27 Prescott Street Lowell, MA 01852

Provides services either on-site or through referrals through its extensive network of providers. Services include career support, mental health counseling, family support, education support, Child Requiring Assistance (CRA) support, and more. Referrals to mental health counselors, not done there. A lot of great parental education classes offered. Community closet with food and diapers. "Fostering Connections Program" for bio-parents and foster parents to ensure smoothest possible transition for children and minimizing trauma. Connect by calling. Requires an appointment other than walk-in-hours Friday 11am-3pm. Intake usually done online, but can use the phone when applicable. Classes remain virtual due to COVID-19.

UTILITY ASSISTANCE

C.T.I. FUEL ASSISTANCE PROGRAM

978-459-6161

167 Dutton Street Lowell, MA

Services: Provides assistance in paying heating bills. Offer home weatherization, furnace cleaning and advocacy with utility companies.

Eligibility: Applications are accepted from low-income families from the Greater of Lowell.

Fuel assistance Annual Household Income Guidelines (2006-2008)

HOUSEHOLD SIZE	GROSS INCOME
1	\$19,600
2	\$26,400
3	\$33,200
4	\$40,000
5	\$46,800
6	\$53,600

SALVATION ARMY

978-458-3396

150 Appleton Street Lowell, MA

Services: Provides assistance in paying electric bills.

Eligibility: Low-income families who do not qualify for other public assistance program.

Mon-Fri 9-4

Seasonal utility assistance through the Good Neighbor Energy Fund. For families and individuals that aren't eligible for LHEAP heating assistance programs. Must bring photo I.D., rent/mortgage receipt/statement, proof of income, utility bill and social security cards for everyone in your family.

UTILITY INSTALLATION SERVICES

TELEPHONE Verizon 1800-922-0204	CABLE TV Comcast 1800-COMCAST	GAS National Grid 1-888-322-3223
ELECTRIC Massachusetts Electric 978-725-1000	WATER Lowell Water Utility 978-970-4242	SEWER Lowell Wastewater Utility 978-970-4248

WARMLINES

A Warm line is a peer support line answered by a trained peer worker who has their own lived experience (with a psychiatric diagnosis, trauma, extreme or altered states, etc.) and who is there to talk and offer support.

Peer Support Line	877-733-7563
Monday-Sunday 4:00pm-8:00pm (Spanish operator is available on Sunday nights)	
Western Mass Peer Support Line	888-407-4515
Monday-Thursday 7:00pm-9:00pm Friday-Sunday 7:00pm-10:00pm	
Edinburg Warm line	800-243-5836
Monday-Friday and Sunday 5:30pm-9pm Saturday 4:00pm-9:00pm	
Castle	617-610-7907
Sunday-Friday 7:00pm-11:00pm	
South Shore	617-689-1050 or 617-689-1051
Monday-Friday and Sunday Crisis Line 24/7	
	800-528-4890 or 617-774-6036
Stepping Stones Warm Line	603-543-1388
7 days a week 5:00pm-10:00pm Dialing *67 before dialing the line's number may help block your number from their caller ID.	
Empowerment Center Warm Line	877-435-7800
Monday-Friday 8:00am-8:00pm Support in Spanish available	
Compassionate Ear Warm line	866-927-6327
7 days a week 3:00pm-9:00pm	
Arkansas Crisis Center	888-274-7472
NAMI Orange County Warm line	877-910-9276
The OC Warm line	714-991-6412
Central Florida Crisis Line	407-425-2624
Crisis Line of Fox Valley	630-966-9393

Center Stone Crisis Line	800-221-0446
HONU Warm line	402-975-2032
Contact of Ocean & Monmouth Counties	732-240-6100
(Youth 10-24 only) 2nd Floor Youth Helpline	888-222-2228
Agora Crisis Center	505-277-3013
Family of Woodstock Inc.	845-679-2485
Mental Health Empowerment Project	800-643-7462
Crawford County	419-562-9010
Portage Path Behavioral Health	330-434-9144