

COMMUNITY RESOURCE MANUAL

BOXBOROUGH, MA 01719

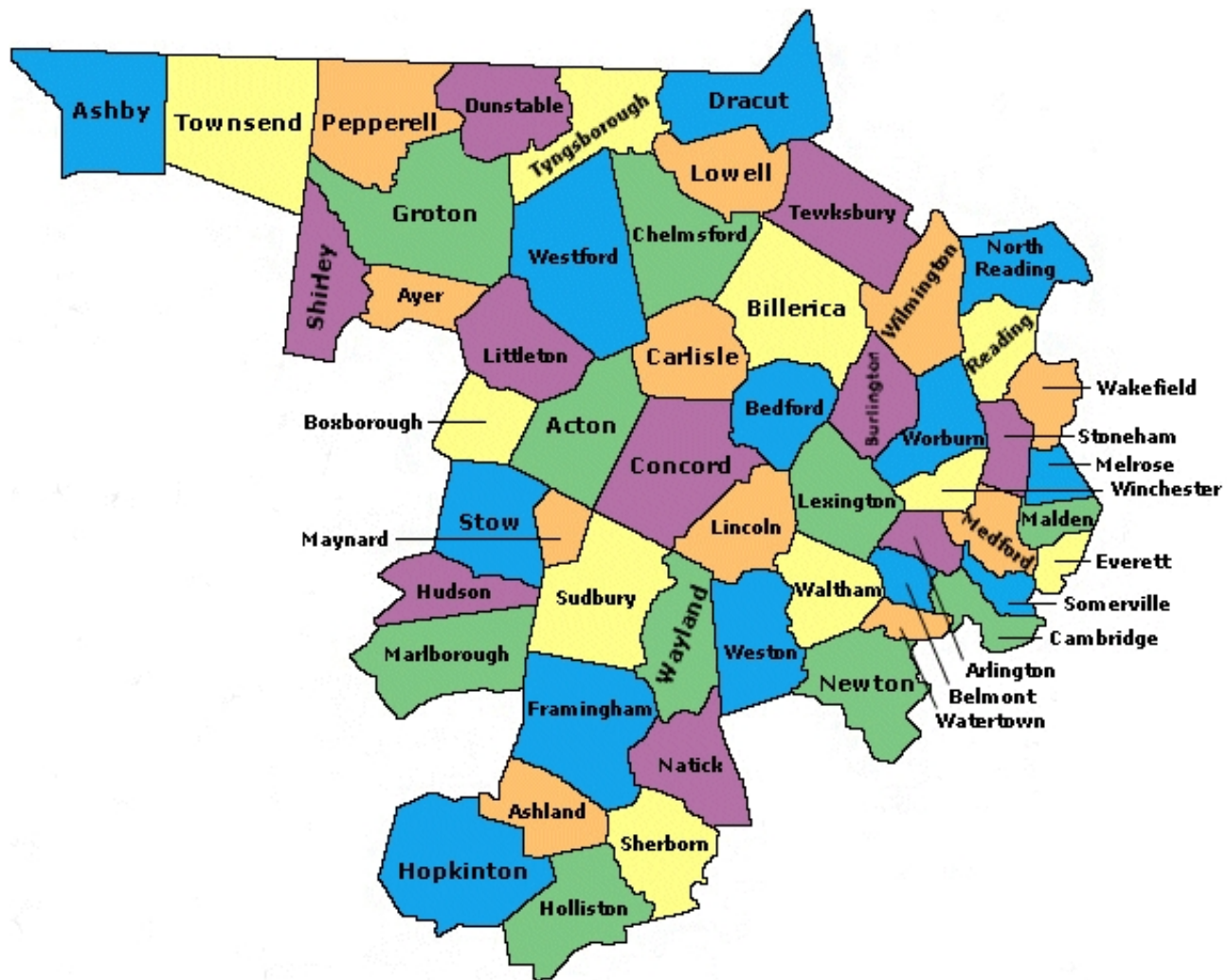


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ABORTION

Planned Parenthood League of Massachusetts

MetroWest Health Center
91 Main Street
Marlborough, MA 01752
1-800-258-4448

<https://www.plannedparenthood.org/health-center/massachusetts/marlborough/01752/metro-west-health-center-3951-90610>

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education with or without insurance, you can always come to us for your health care.

Planned Parenthood's Sexual Health Counseling & Referral Hotline

1-877-686-5772 (option 3). All calls to the hotline are confidential, anonymous & 100 % free of charge.

We offer objective information and the support necessary for you to make personal and private decisions. **Since 1974**, our trained health center staff and volunteers have been available to discuss a wide range of issues including:

- Birth Control
- Emergency Contraception
- Sexually Transmitted Infections
- Gender Affirming Hormone Therapy
- Pregnancy Testing
- Pregnancy Options
- Abortion Services
- Sexual Health and Sexuality

ABUSE & NEGLECT

CHILDREN & YOUTH

Department of Children and Families

The Department of Children and Families (DCF) is committed to protecting children. The Department looks into allegations of abuse and neglect reported by professionals and the public. When a case is opened, DCF connects families with services in the community and works with them to make sure children can grow and thrive in a safe, stable home.

300 Howard Street
Framingham, MA 01702

508-424-0100

Monday – Friday: 8:45am – 5pm

<https://www.mass.gov/locations/dcf-framingham-area-office>

DISABLED PERSONS

Disabled Persons Protection Commission

The Disabled Persons Protection Commission (DPPC) is an independent state agency created by M.G.L. Chap 19C. DPPC is responsible for the protection of adults in state, provider care and in private settings. Performs and monitors investigations into allegations of abuse / omission committed by caretakers against persons with disabilities. Reports are filed by consumers or any mandated reporter / interested party. The DPPC runs a 24 hour abuse hotline. DPPC offers free training for persons with disabilities, service providers, police, medical professionals and others.

300 Granite Street, Suite 404
Braintree, MA 02184

<https://www.mass.gov/orgs/disabled-persons-protection-commission>

Contact:

Jennifer Edwards-Hawkins, Program Coordinator

Jennifer.Edwards-Hawkins@state.ma.us; 617-727-6465; extension 211

<https://www.mass.gov/service-details/how-to-file-a-report-of-abuse-or-neglect>

Instances of suspected abuse or neglect must be reported immediately to the DPPC's **24-hour Hotline at 1-800-426-9009 or 1-888-822-0350 TTY.**

DOMESTIC VIOLENCE

Casa Myrna

Casa Myrna is Boston's largest provider of shelter and supportive services to survivors of domestic violence, providing safety, resources, advocacy and information since 1977. We operate SafeLink, the statewide domestic violence hotline, and promote domestic and dating violence prevention through awareness and education. All of our supports are provided to survivors free of charge.

451 Blue Hill Avenue
Boston, MA 02121
(617) 521-0100
info@casamyrna.org
<https://casamyrna.org/>

24-hour SafeLink hotline: (877) 785-2020 – for immediate help for an abusive situation.

Domestic Violence Services Network (DVSN)

DVSN provides services to all clients, regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, gender identity, disability, or veterans' status in ways that respect their dignity and choices and at a pace that empowers their own decision-making ability and maximizes their safety.

Help Line: 888-399-6111 (toll-free & confidential)
P.O. Box 536
Concord, MA
978-318-3421; 978-318-3442
dvsn.connects@gmail.com
www.dvsn.org

Hagar's Sisters

Mission: Motivated by God's lovingkindness, Hagar's Sisters cultivates the emotional and spiritual healing of women impacted by intimate partner abuse, empowering them through care planning, education, and compassionate community.

PO Box 2260
Acton, MA 01720
(978) 266 – 0053
Info@HagarsSisters.org
<https://hagarssisters.org/>

Gifts of Hope Unlimited

Gifts of Hope Unlimited (GOHU) is a non-profit 501(c)(3) organization that supports those impacted by relationship violence by providing financial assistance, home resources, and community-focused initiatives as a step towards a safe and empowered future.

978.440.0074
PO Box 338
Sudbury, MA 01776
giftsofhopeunlimited@gmail.com

www.giftsofhopeunlimited.org

Services include:

Financial Access Program:

Those impacted by relationship violence often have limited financial resources with which to establish a new home and care for their children. This program provides the necessary monetary funds to help victims with rent, transportation, and legal costs.

Product Access Program:

Local social workers or domestic violence service provider agencies work with survivors to make a list of the household goods, furniture, and clothing they need. GOHU then searches for or buys the items so that clients don't have to call around to multiple agencies.

Reach Beyond Domestic Violence

Reach is a nonprofit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Online Chat: Available on Monday, Wednesday & Friday from 1:00-5:00 PM and Tuesday & Thursday from 1:00-8:00 PM.

24/7 hotline: 1-800-899-4000

P.O. Box 540024
Waltham, MA 02454
Office: 781.891.0724
Email: ***info@reachma.org***

Voices Against Violence (SMOC)

Voices' mission is to end sexual and domestic violence. Voices staff members work to empower victims and survivors to help themselves and their children. Program Advocates work in partnership with individuals and families to ensure their safety, create stable home environments, gain independence, and to develop personal and economic self-sufficiency. Voices is also a social change organization, working toward the elimination of violence on a societal level through community education, primary prevention and increased public awareness and action. Voices also works in close collaboration with public safety and criminal justice professionals throughout the region.

Voices provides free and confidential services to victims and survivors of sexual and domestic violence in the MetroWest area. Services are provided in English, Spanish, and Portuguese and are available to everyone regardless of race, ethnicity, gender or sexual orientation.

7 Bishop Street

Framingham, MA 01702

508-820-0834

Office hours: Monday – Friday from 9am to 5pm

24 Hour HOTLINES: 1-800-593-1125 or 508-626-8686 (TTY-friendly)

Services include:

- 24-hour hotline
- Crisis intervention
- Confidential short term emergency shelter
- Counseling and support groups
- Information and referrals, and
- Medical, legal and criminal justice advocacy.
- Voices also offers supervised visitation services on a sliding fee schedule through KidSpace. For more information about KidSpace, please call 508-962-2643.

CHILD ADVOCACY

Court Appointed Special Advocates for Children (Massachusetts CASA Association)

Massachusetts CASA supports local CASA volunteer advocacy programs and advocates for effective public policy for children in the Commonwealth.

867 Boylston Street, 5th Floor

Boston, MA 02116

774-225-0416

www.macasa.org

REPORTING ELDER ABUSE & NEGLECT

Elder Protective Services

To report at-risk / safety concerns for residents age 60+. File / report 24/7 through a centralized online intake <https://hssmaprod.wellsky.com/intake/> or by phone (1-800-922-2275).

ADOPTION

Robert F. Kennedy Children's Action Corps (Bright Futures Adoption Center)

Our work is tailored to the specific needs of every client - expectant parents, adoptive parents and children - and is grounded in the belief that the best interest of the child comes first. We believe that kindness, respect, openness and honesty are the keys to successful adoptions and that encouraging safe and nurturing ongoing contact between birth and adoptive families is essential to providing lifelong access to information for children and helping children feel whole.

36 Knox Trail, Suite 206
Acton, MA 01720
[978.263.5400](tel:978.263.5400)
[1.877.652.6678](tel:1.877.652.6678) (toll-free birthparent)
kcheyney@rfkchildren.org
<https://brightfuturesadoption.org/>

AGING

Boxborough's Council on Aging

Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719

The Boxborough Council on Aging has seven appointed Board Members and a COA Director. Their main objectives are to help everyone who needs information relating to senior issues or concerns and to provide a resource for those who seek it.

Contact:

Kim Dee, Council on Aging Coordinator
kdee@boxborough-ma.gov
978-264-1717

Services include:

- Monthly lunches
- Van services
- Exercise classes
- Day trips
- Activities at the community center
- Monthly newsletter (The Buzz)
- Coordinating the work of Senior Tax Workers
- Referrals to local resources
- Health screenings & clinics

Cooperative Elder Services, Inc.

We take a holistic approach to supporting the health of seniors and adults with medical or cognitive challenges. At each of our three adult day health centers, CESI staff works toward a common goal: to empower participants to age-in-place by serving their health and socialization needs and providing support for families.

Acton Center
30 Sudbury Road, Suite 1 South
Acton, MA 01720
978-318-0046
www.elderdayservices.com

Minuteman Senior Services

Our mission is to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence.

26 Crosby Drive
Bedford, MA 01730
(781) 272-7177
(888) 222-6171 (toll free)
www.minutemanseniorservices.org

Elder Protective Services

To report at-risk / safety concerns for residents age 60+. File / report 24/7 through a centralized online intake (<https://hssmaprod.wellsky.com/intake/>) or by phone (1-800-922-2275).

SHINE Program

To learn more about Medicare insurance and to enroll in different plans.

Ling Lin, Program Assistant, 781-221-7029

Acton Nursing Service

Established in 1923, the Acton Nursing Services has been providing public-health services to the Town of Acton. In 1966, Acton Nursing Services became certified by the Centers for Medicare and Medicaid (CMS) to deliver skilled home health care in the Town of Acton. Today we offer a variety of skilled services to the Town of Acton and the surrounding towns of Boxborough, Carlisle, Concord, Littleton, and Stow.

30 Sudbury Road
Acton, MA 01720
<https://www.actonnursingservice.com/>
978-929-6650

****For assistance with free medical equipment****

ANGER MANAGEMENT

Anger Management Associates

Anger Management Associates (AMA) is dedicated to helping people whose ways of expressing anger are resulting in problems within their family and workplace relationships as well as in public settings. Our goal is to help individuals develop their Emotional Intelligence skills for living happier, more peaceful and successful lives. We have been offering effective anger management programs for more than 17 years.

Anger Management Associates offers anger management classes and couples relationship classes for the Greater Boston and Metrowest areas.

61 Nicholas Road, Unit B2
Framingham, MA 01701
<https://www.angermanagementassociates.com/>

Contact:

Lou Orsan, MFA

508-808-5696

lou@angermanagementassociates.com

BULLYING & HARASSMENT

Acton Boxborough United Way

We mobilize the caring power of community to drive positive, lasting change. United, we fight for the health, education, and financial stability of EVERY person in Acton and Boxborough.

Training Active Bystanders

*Through a partnership between Danny's Place, Fostering Racial Justice, and Acton-Boxborough United Way, five virtual **Training Active Bystanders (TAB)** workshops were offered in the Spring of 2021.*

TAB is a skill-building process that helps participants know when they are bystanders, to analyze situations, and evaluate consequences. TAB gives bystanders the competencies to create action plans in the moment of need or later. Active bystandership means taking responsible action to help people in need, instead of remaining passive and becoming complicit. It does not mean aggression against the harm doer. TAB is also about responding positively to helpful behaviors, and engaging with people beyond your normal circle.

537 Massachusetts Avenue; Suite 101

Acton, MA 01720

978-263-1777

www.abuw.org

ACTON BOXBOROUGH SPECIAL EDUCATION PARENT ADVISORY COUNCIL

The Acton-Boxborough Special Education Parent Advisory Council's mission is to ensure understanding, respect, support, and the appropriate education of all children in our community.

<https://abspedpac.org/topical-resources/independent-education-evaluations/>

****No anti-bullying programs found; only the policy on the Acton Boxborough Regional School District's website.****

CAMPS, SUMMER PROGRAMS & AFTERSCHOOL PROGRAMS

Boxborough Recreational Commission

The Recreation Commission is responsible for the following:

- Development and implementation of recreational programs for the youth and other citizens of Boxborough.
- Management of the recreational activities at the **Flerra Meadows, Liberty** and Fifer's Fields.
- Sponsorship of programs during the winter, spring and summer months for the youth of Boxborough. Winter programs include floor hockey, soccer, and gymnastics. Summer playground is available for town elementary age children. These programs emphasize the basic fundamentals and fun associated with participation in youth sports.

Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719
978-264-1730

<https://www.boxborough-ma.gov/359/Recreation-Commission>

Doli Atamian Campership Program, Inc.

The Doli Atamian Campership Program raises funds from individuals, churches, businesses and civic organizations to provide a camp or summer experience for children of low-income families who reside in Acton or Boxborough or for those whose housing is subsidized by the Acton Housing Authority in other communities contiguous to Acton and Boxborough.

P.O. Box 693
Acton, MA 01720
978-515-3227
www.doliatamiancampership.com

Contact:

Nancy Kolb
dacp.info@gmail.com

The DACP will pay up to **\$300** per child and scholarships are restricted to children of at least 3 years old through high school students. Please note that DACP does not fund daycare. For a list of camps and programs, go to:

<https://www.doliatamiancampership.com/wp-content/uploads/2021/04/DACP-application-4.26.21.pdf>

Danny's Place Youth Services

Danny's Place is a space for teens to connect, get inspired, and grow.

We provide young people with experiences to explore and create, discover helpful resources, and grow into thriving, happy, and healthy emerging adults.

We are dedicated to helping young people discover their happiest, healthiest selves, and we create fun, interactive workshops and resources that inspire more balanced lives.

525 Massachusetts Avenue; Suite A
Acton, MA 01720

<https://www.dannys-place.org>

Contact:

Katherine Lee, LCSW
Program Manager

Katherine@danny's-place.org

CHILDCARE & FAMILY SUPPORT

Acton Boxborough Community Education

Community Education conceives of learning as a lifelong endeavor providing opportunities for individual expression and improvement, cooperative community action and creative problem solving. The Acton-Boxborough Community Education Program attempts to involve community members in education and community service activities leading to individual and community development.

Services include:

- Summer Camp
- Sports
- Classes & certificate programs (for all ages)
- Driver's Education

- Fitness Center
15 Charter Road
Acton, MA 01720
978-266-2525

https://abce.abschools.org/about_us

Acton Boxborough Family Network

Acton-Boxborough Family Network (ABFN) is a non-profit group of local parents working together to increase and improve local resources for families with young children.

Through member volunteers, ABFN offers a variety of family programming (family outings, seasonal parties, parents' nights out) and other resources (discounts, new baby meal trains, speaker events), to ensure we're all in this together. Build your village as you connect with other families interested in making the most of our area.

P.O. Box 859
Acton, MA 01720
617-504-2110
www.abfamily.org
Contact:
chair@abfamily.org

Boxborough's Sargent Memorial Library

The Sargent Memorial Library's mission is to serve the informational, educational, and recreational needs of Boxborough residents of all ages and backgrounds.

427 Massachusetts Avenue
Boxborough, MA 01719
798-263-4680
<https://boxlib.org/>

Contact:

Peishan Bartley, Director
pbartley@cwmars.org

First Connections

First Connections is a family resource center whose mission is to provide comprehensive, quality, parenting support services to families with children birth through school age. The programming at First Connections is aimed at enhancing parent-child interactions through education, modeling and support as it has been documented that young children's earliest experiences and environments set the stage for future development and success in school and life.

Contact:

179 Great Road; Suite 104A Acton, MA 01720

(978) 429-8284

<https://jri.org/services/foster-adoption-ecs/first-connections>

Some of the programs & resources offered by First Connections include:

- Facilitated playgroups
- Parent support groups
- Educational seminars
- Home visits
- Challenging child support
- Weekend activities
- Adoptive family support
- Grief resources for children & youth
- Preschool / day care list
- Diaper pantry

For a comprehensive list of preschools and daycares, go to:

<https://jri.org/sites/default/files/2021-02/EARLY%20CHILDHOOD%20EDUCATION%20CARE%20Sep2020.pdf>

For a list of grief resources for children & youth, go to:

https://jri.org/sites/default/files/2020-09/GRIEF%20RESOURCES%20FOR%20CHILDREN_0.pdf

Carter Center (Minute Man Arc Early Intervention Program)

Improving the lives of children and adults with disabilities by increasing independence, personal choice, and self-advocacy.

EARLY INTERVENTION (EI) is a community-based, family centered program serving children who have or are at risk of having developmental delays and disabilities. We serve children from birth to three years old who live in Acton, Bedford, Boxborough, Carlisle, Concord, Lincoln, Littleton, Maynard, Stow and Hanscom Air Force Base.

Services offered:

- Screening and evaluation
- Service coordination
- Individualized therapeutic services in developmental education, speech, occupational and physical therapy, nursing, music therapy, social work, nutrition and feeding support
- Integrated community playgroups
- Playgroups with a specialization for children with autism, hearing loss, and motor delays
- Transition planning and liaison work with local schools

Referral Process:

You can call our Early Intervention Office at 978-287-7950 or [click here](#) to make an appointment for an evaluation or a child can be referred by a pediatrician, childcare provider, hospital neonatal intensive care unit or community agency working with families.

There is no fee for families to participate in Early Intervention. Costs are covered by insurance companies, MassHealth, or the Department of Public Health.

1269 Main Street

Concord, MA 01742

978-287-7800 (Office)

978-287-7950 (Referral line)

Contact:

Alex Chatfield, Director of Early Intervention

978-287-7951

achatfield@minutemanarc.org

Parents Helping Parents

Parents Helping Parents (PHP) prevention philosophy is grounded in a self-help model based on the belief that parents are capable of developing their own solutions when given the space, encouragement, and community resources that they need. Thus, it is the parents themselves who decide the direction a conversation will take during a Parent Support Group meeting or Parent Stress Line.

Through a combination of trust, mutual support, honesty, and collective wisdom, involvement with PHP can become the foundation for a parent's own personal growth and change.

Need someone to talk to? *Call the Parent Stress Line: 1 (800) 632-8188 (Free & Confidential 24/7)*

108 Water St
Watertown, MA 02742
617-926-5008
info@parentshelpingparents.org
www.parentshelpingparents.org

Local Parent and Youth Resources:

- ***[Wayside Virtual Parent Groups](#)***: for parents and young adults ages 16-25
- ***[Free Parenting Groups](#)***: Parents of multiples, Ages 1-3, for Spanish Speakers, and more
- ***[4-Week Parenting Groups](#)***: for kids <7, for Exec. Functioning, Reducing Anxiety, and more
- ***[Parents Helping Parents Groups](#)***: various online support groups for parents
- ***[Virtual and at home activities](#)***

CHILD / ADOLESCENT HEALTH

Lowell Community Health Center (LCHC)- Pediatric Medicine

Children and adolescents (infants to 17 years olds) will receive quality primary care services from LCHC. Compassionate, culturally competent physicians and nurse practitioners are qualified to meet the medical needs of all their patients.

161 Jackson Street

Lowell, MA 01852

(978) 937-9700

<https://www.lchealth.org/patients/connect-services/primary-care-medicine/pediatric-medicine>

Hours:

Monday, Tuesday & Wednesday: 8:30am - 8:00pm

Thursday & Friday: 8:30am - 5:00pm

Saturday: 8:30am - 1:30pm

Services include:

- physical exams with vision and hearing assessments
- school, sports and camp physicals
- sick visits
- lead screenings
- asthma management
- immunizations
- nutrition services
- routine lab work
- health education
- behavioral health services
- dental hygiene services

DENTAL CARE

Edward M. Kennedy Community Health Center - Dental, Clinton

This is a health care center funded by the federal government. This means even if you have no insurance you can be covered. The center is also income based for those making an income.

200 High St., #B
Clinton, MA 01510
(978) 368-0340

Hours of operation:

Monday-Thursday: 8:00 a.m. - 7:00 p.m.

Friday: 8:00 a.m. - 5:00 p.m.

Note: on the second and fourth Friday of each month, the site opens at 9:30 a.m.

Saturday & Sunday: Closed

This clinic offers a sliding fee plan, depending on your family size and income it can reduce your charges for service. No one will ever be denied health care even if you are unable to pay.

32 Concord St.
Framingham, MA 01702
(508) 270-2635

Hours:

Monday- Thursday: 8:00 a.m. - 7:00 p.m.

Friday: 8:00 a.m. - 5:00 p.m.

Every other Saturday: 8:00 a.m. - 5:00 p.m.

Sunday: Closed

Dental Services Include:

Pediatric and Adult Dentistry
Dental Exams and Cleanings (Prophylaxis)
Dental X-Rays
Oral Health Education
Urgent Dental Care
Fluoride Treatments

Fillings
Root Canals
Extractions
Crowns
Bridges
Mouth Guards
Partial and Full Dentures

DISABILITY SERVICES

Advocates

We partner with individuals, families, and communities to shape creative solutions to even the greatest life challenges. First we listen. Then, together, we do what it takes to help people thrive.

1881 Worcester Road
Framingham, MA 01701
508-628-6300
24-Hour Crisis Support: 1 (800) 640-5432
www.advocates.org

Services include:

- Autism services
- Brain injury
- Deaf services
- Developmental Services

Employment Options

Employment Options empowers individuals and families in mental health recovery to thrive in their communities. Through employment, education and advocacy programs, we inspire people living with mental illness to reclaim their lives by discovering their own potential, skills and gifts.

82 Brigham Street
Marlborough, MA 01752
508-485-5051
www.employmentoptions.org

Massachusetts Rehabilitation Commission

The Massachusetts Rehabilitation Commission (MRC) helps individuals with disabilities to live and work independently. MRC is responsible for Vocational Rehabilitation, Community Living, and Disability Determination for federal benefit programs.

Services include:

- Career Counseling
- Vocational Assessment/Interest Inventory
- Career Resource Room
- Job Driven Training
- Resume Preparation Job Placement
- Job Placement Services
- Pre-Employment Transition Services for students aged 16-22

Lowell Area Office

55 Technology Drive, 2nd floor

Lowell, MA 01851

(978) 458-4544

<https://www.mass.gov/locations/mrc-lowell>

Hours:

Monday & Tuesday: 8:45 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday & Friday: 8:45 am-5:00 pm

Minuteman Arc

Our mission is to improve the lives of children and adults with disabilities by increasing independence, personal choice, and self-advocacy.

Services include:

- ***Day Habilitation***
- ***Employment Services***
- ***Residential Services***
- ***Recreation & Family Services***
- ***Early Intervention***
- TimberNook – an all-inclusive outdoor program

35 Forest Ridge Road
Concord, MA 01742
978-287-7900
www.minutemanarc.org

Nashoba Learning Group

Nashoba Learning Group's mission is to enable children and adults with Autism to function with the greatest possible productivity and independence in the community, home, and workplace throughout their lives.

Nashoba Learning Group has developed a slate of activities to enhance the daily lives of our members. The categories of activities available to participants include:

- Life Skills training and execution
- Communication, language and social skills training
- Self management and appropriate behavior training
- Community participation, including shopping, banking, dining, recreation and leisure
- Job Skills training
- Work opportunities with job coaching provided
- Volunteer activities
- Exercise for health and fitness
- Recreation
- Leisure activities

10 Oak Park Drive
Bedford, MA 01730
781-275-2500
<https://www.nashobalearninggroup.org/>

EMERGENCY SERVICES

Town of Boxborough Police Department

The Boxborough Police Department exists to protect and serve the community of Boxborough. Our mission is to enhance the quality of life of each Boxborough citizen, to reduce the fear of crime and to foster positive relations with the public. Our mission is accomplished through:

- *Crime prevention*
- *Enforcement of the criminal and traffic laws*

- *Respect for individual rights*
- *Responding to community concerns about crime and other law enforcement related community problems*

520 Massachusetts Avenue
 Boxborough, MA 01719
 Emergency: 911

Hours: 24 Hours a Day / 7 Days a Week

Contact:

John Szewczyk, Chief of Police
 978-264-1760

Town of Boxborough Fire Department

The Boxborough Fire Department's mission is to:

- Mitigate the consequences that natural and man-made disasters would have on life, property and the environment
- Prevent and minimize the loss of life and property from fire
- Provide Emergency Medical Services
- Provide fire prevention services and public education programs through non-emergency support activities

502 Massachusetts Avenue
 Boxborough, MA 01719
 Emergency: 911

Contact:

John Kivlan, Fire Chief
 978-264-1775

Regional Center for Poison Control and Prevention

Boston Children's Hospital
 300 Longwood Avenue, Boston, MA 02115
 (800) 222-1222

<https://www.childrenshospital.org/centers-and-services/programs/o--z/regional-center-for-poison-control-and-prevention-program>

EDUCATION & EMPLOYMENT

English at Large

English At Large provides free, relevant, practical, and accessible services to adult immigrants and refugees in 21 communities in Middlesex County. Our One-to-One Tutoring, Conversation Groups, Career Access Lab (CAL), Beginner English and Summer Book Groups give English language learners at all levels the knowledge, skills, tools, support and confidence they need to fully engage in their communities and move forward in their new life in the United States.

All of our services are delivered by volunteers. They are our greatest asset, and donate thousands of hours in service to the more than 400 learners who benefit from our programs each year.

800 West Cummings Park; Suite 5550

Woburn, MA 01801

781-395-2374

info@englishatlarge.org

www.englishatlarge.org

MassHire Metro South/West Framingham Career Center

1671 Worcester Road

Framingham, MA 01701

(508) 861-7993

fccinfo@masshiremsw.com

<https://www.masshiremsw.com/>

Operations Manager: Angie Grant: agrant@masshiremsw.com

Hours:

Monday – Thursday: 8:45 am – 4:30 pm

Friday: 9:45 am – 4:30 pm

The MassHire Metro South/West Career Centers provide valuable help to low-income, unemployed adults looking to support their families in a college labor market. Job seekers are given the opportunity to upgrade their skills, making them more employable, and offered useful resources such as career counseling and resume building software. These services open countless doors and make a difference in the lives of prospective employees and employers alike.

Middlesex Community College Adult Learning Center

*Established in 1995, the Adult Learning Center offers a **FREE** program for adult learners interested in improving their basic academic skills and/or in preparing for HiSET or GED testing, attending college, job training or employment.*

591 Springs Road
Bedford, MA 01730

<https://www.middlesex.mass.edu/adultlearning/>

FINANCIAL ASSISTANCE

Acton Boxborough United Way

We mobilize the caring power of community to drive positive, lasting change. United, we fight for the health, education, and financial stability of EVERY person in Acton and Boxborough.

Emergency grants for residents

<https://www.abuw.org/emergency-grants-residents>

Residents may request grant funds to cover the following expenses:

- Food
- Rent
- Mortgage
- Utilities
- Emergency home repair (plumbing, heating, etc.)
- Emergency car repairs (in exceptional cases)
- Prescription drugs or co-pays (in exceptional cases)

AB Resource Center
15 Charter Road
Acton, MA 01720

978.245.7665

hello@abuw.org

A Friend in Need

A Friend in Need provides one-time emergency assistance of Acton, Boxborough & Maynard who have been referred by a social worker or clergy person. AFIN depends on the generous donations from individuals, companies and partnering churches. This is an all volunteer organization and 100% donated funds go to the emergency assistance we provide.

Boxborough Residents contact Community Services @978-264-1735 to make an inquiry.

Department of Transitional Assistance

The Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency.

Transitional Aid to Families with Dependent Children (TAFDC) is for families with children under 18, including teen parents. If you're pregnant, you can apply for TAFDC for yourself if your child is due in less than 4 months. To get TAFDC a family must meet basic requirements:

- Live in Massachusetts
- Include a U.S. citizen or person with certain legal noncitizen status
- Meet income and asset limits

<https://dtaconnect.eohhs.mass.gov/>

300 Howard Street
Framingham, MA 01702
(508) 661-6600

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

Free / Low cost internet access

- <https://accessatt.solixcs.com/#/home>
- <https://www.internetessentials.com/covid19>

Salvation Army

From its very beginnings in the East End of London in 1865, The Salvation Army has strived to serve suffering neighbors. Poverty has a way of making people invisible. Our goal has always been to see the hurting and the lost, and to see them through. There will always be a need for no-questions-asked, no-obligation help to those in crisis. Always. We've been doing it for 150 years, and we have no intention of stopping now. Through the Voucher Program, individuals receive assistance with the following:

- Fuel
- Utility bill payment
- Food
- Clothing / Furniture / Home items (through a Family Store in Fitchburg or Worcester)
- Rent

25 Shawmut Road
Canton, MA 02021

Contact:

Rocklyn Clarke, Senior Field Manager 339-502-5963

****Boxborough Community Services Coordinator 978-264-1735, has been trained to issue vouchers****

St. Vincent DePaul Society

The Society of St. Vincent de Paul is a worldwide organization of Catholic men and women dedicated to ministering to individuals and families in times of need.

The Society is made up of small groups known as Conferences who follow the society's spiritual practices and its procedures for determining needs, developing solutions and offering assistance.

Assistance can be offered through bill payments and rental assistance.

Apple Valley Catholic Community
(Acton/Boxborough Conference)
89 Arlington Street
Acton, MA 01720
978 263-4305 x14

<https://applevalleycatholic.org/st-vincent-depaul>

U.S. Social Security Administration

Waverly Oaks Park
135 Beaver Street, Waltham, MA 02452
877-457-1737

https://www.socialsecurityoffices.info/details/waltham_social_security_office_2453

United Church of Christ (Boxborough)

UCC Boxborough is an Open and Affirming Congregation within the United Church of Christ. No matter who you are, or where you are on the journey, you are welcome here!

Community Support Fund

*UCCB has always provided financial support to community members facing financial need. During COVID, the congregation expanded this support significantly, and now provides thousands of dollars in grants each year. With the oversight of UCCB leadership, our neighbors receive assistance with critical expenses like **rent, utilities, medical bills**. We collaborate with schools, towns and agencies, as well as working with families directly. As important as the financial assistance might be, we believe it is equally important for people to know they are cared for. Neighbors called to help neighbors.*

723 Massachusetts Avenue
Boxborough, MA 01719
978-263-7387
boxborochurch@verizon.net
<https://www.boxboroughucc.org/>

FOOD INSECURITY & NUTRITION

SNAP (formerly Food Stamps)

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP). The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To get SNAP, you must be low-income and be a U.S. citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and nonfinancial criteria.

See the Department of Transitional Location for Framingham location information

<https://www.mass.gov/snap-benefits-formerly-food-stamps>

Women, Infants and Children (WIC) Nutrition Program

WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify.

See the Department of Transitional Location for Framingham location information

<https://www.mass.gov/orgs/women-infants-children-nutrition-program>

<https://www.mass.gov/forms/apply-for-wic-online>

Acton Community Supper & Food Pantry

Acton Community Supper and Food Pantry, Inc. is a 501 (c)(3) non-profit organization established in 1984 to help alleviate food-insecurity in Acton and its contiguous towns - Boxborough, Concord, Carlisle, Littleton, Maynard, Stow and Westford. The Food Pantry services are free to clients.

Distribution and client registration hours are **Wednesday from 10am to 7pm and Thursday from 9:30 am to 11:30 am.**

235 Summer Road
Building #1 (Lower Level in the Boxborough Business Park)
Boxborough, MA, 01719

Contact:

978-635-9295
<https://www.actonfoodpantry.org/>

Open Table

Open Table's mission is to address hunger in our local community by providing healthy food in a welcoming environment that respects the dignity and diversity of those served.

33 Main Street
Maynard, MA 01742
978-369-2275
info@opentable.org

Stow Food Pantry

For more than 25 years, the Stow Food Pantry has been serving the towns of Stow, Maynard, Acton, Boxborough, Lancaster and Bolton. We are here to assist our

clients through times of food insecurity by providing food and personal items. Our goal is to provide enough food to feed a family for one week. We will never turn away any soul in need of assistance.

Pompo Community Center
509 Great Road
Stow, MA 01775

Located behind the fire station & community center

<http://stowfoodpantry.com/>

To schedule an appointment:

Call (978-897-4230) or email (stowfoodp@gmail.com).

Mount Calvary Community Supper

Our mission is to alleviate food insecurity and isolation.

472 Massachusetts Ave.
Acton, MA 01720
978-263-5156

<https://www.mtcalvaryacton.org/community-supper>

Meals are served on Wednesdays from 4:45pm – 5:45pm

Meals on Wheels

The Meals on Wheels (MOW) program delivers lunch to homebound seniors who are unable to provide their own meals, and who meet certain guidelines. Special dietary considerations are available for those with chronic health conditions such as diabetes and heart disease. This daily check in by a volunteer driver may be the only social contact an elder has and helps reduce the isolation often experienced by disabled seniors. Drivers are trained to identify and report observations or emergencies that might indicate a medical problem or the need for more intervention.

*A nutritious meal delivered by a friendly driver goes a long way in helping maintain independence. **Deliveries are made between 11 am and 1 pm, Monday through Friday.** The meals provide:*

- *One-third of the Recommended Daily Dietary Allowances*
- *700-800 calories*
- *Reduced sodium (part of a no-added-salt diet)*

Minuteman Senior Services
26 Crosby Drive
Bedford, MA 01730
Toll Free (888) 222-6171 or (781) 272-7177

FOSTER CARE

Department of Children & Families

The Department of Children and Families (DCF) works in partnership with families and communities to keep children safe from abuse and neglect. In most cases, DCF is able to provide supports and services to keep children safe with parents or family members. When necessary, DCF provides foster care or finds new permanent families for children through kinship, guardianship or adoption.

DCF Foster Care/Adoptive Recruitment
600 Washington St., 6th Floor
Boston, MA 02111
(800) 543-7508
<https://www.mass.gov/foster-care>

Justice Resource Institute

Our foster care program is rooted in the principle that every child deserves to feel safe, to be nurtured, and to thrive. Our foster families and staff are committed to maximizing each child's potential within our stable and loving foster homes.

160 Gould Street
Suite 300
Needham, MA 02494
508-821-7774: Ask for the Homefinders (Jared and Courtney)
www.jri.org
<https://jri.org/services/foster-adoption-ecs>

FUEL ASSISTANCE

d

To improve the quality of life of low-income and disadvantaged individuals and families by advocating for their needs and rights; providing services; educating the community;

building a community of support; participating in coalitions with other advocates and searching for new resources and partnerships.

To apply <https://www.toapply.org/SMOC>

****Boxborough** has a Senior Tax Worker who assists residents with completing the fuel assistance application. Community Services Coordinator 978-264-1735 or wtrinks@boxborough-ma.gov, to be connected with the town's representative.

Good Neighbor Energy Fund-The Good Neighbor Energy Fund is sponsored through the Salvation Army. This program assists households with incomes within 60-80% of the state median income and not otherwise eligible for other fuel assistance programs. Massachusetts Good Neighbor Energy Fund magoodneighbor.org

To inquire about eligibility for either of these programs or to schedule an appointment please contact the Community Services office at (978) 264-1735 or email wtrinks@boxborough-ma.gov.

HEALTH CARE

MetroWest Free Medical Program- Framingham

The MetroWest Free Medical Program offers free medical care to those who are uninsured and underinsured in the MetroWest communities. Volunteer physicians, nurses, social workers, health educators, interpreters and other volunteers come together to offer evening clinic sessions at our sites in Sudbury and Framingham, making health care services accessible to all who need them.

Services include:

- Women's health care
- Vision exams
- Ophthalmology
- Low cost prescription glasses
- Prescriptions for medications
- Referrals for labs and x-rays
- Social Services and screening for resources and referrals
- Mental Health screening and referrals

Application assistance for health insurance

110 Edgell Rd
Framingham, MA 01701
(508) 656-0885

Lowell Community Health Center Lowell

This location is part of the Lowell Community Health Center. LCHC strives to provide quality health care to the community regardless of financial status. Services offered at this location include: Adult Medicine, HIV Services, and Pediatric Medicine. Please contact them directly for more detailed information on eligibility and hours of operation or to schedule an appointment.

585 Merrimack St.
Lowell, MA 01854
(978) 937-9700

Marlborough Hospital

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

157 Union Street
Marlborough, MA 01752
(508) 481-5000

HEALTH INSURANCE

MassHealth

We provide health benefits and help paying for them to qualifying children, families, seniors, and people with disabilities living in Massachusetts. We may offer benefits directly or help pay for all or part of your health insurance premiums. If you are a member, you may have access to doctor visits, dental, prescription drugs, behavioral health services, and other important health care services.

Call MassHealth Customer Service Center at **(800) 841-2900**
Self-service available 24 hrs/day in English and Spanish. Other services available Monday-Friday 8 a.m.–5 p.m. Interpreter service available.

For people who are deaf, hard of hearing, or speech disabled:

Call MassHealth Customer Service Center, TTY at **(800) 497-4648**
Self-service available 24 hrs/day in English and Spanish. Other services
available Monday-Friday 8 a.m.–5 p.m. Interpreter service available.

100 Hancock St., 6th Floor
Quincy, MA 02171

<https://www.mass.gov/how-to/apply-for-masshealth-the-health-safety-net-or-the-childrens-medical-security-plan>

Massachusetts Health Connector

The Health Connector is a state-based health insurance Marketplace that makes shopping for affordable health and dental coverage easier for Massachusetts individuals, families, and small businesses. We offer plans from the state's leading insurers that have been awarded the state's Seal of Approval, so you can be sure the plan you choose meets both state and national coverage standards.

<https://www.mahealthconnector.org>

HOUSING & HOUSEHOLD FURNITURE

Acton Housing Authority

Programs include:

- State aided elderly/handicapped housing
- State aided family housing
- State aided special needs housing
- Alternate housing voucher program
- Section 8 voucher housing program

68 Windsor Avenue
P.O. Box 681
Acton, MA 01720
978-263-5339; TTY: 1-800-545-1833
<http://www.actonhousing.net>

Boxborough Rental Assistance Program (BRAP)

The Boxborough Rental Assistance Program (BRAP) provides rental assistance to income-eligible households who are renting qualifying units in the Town of Boxborough. Each month, participating landlords receive stipend for a program participant, for a period of one year with a total max of 3 years based on recertification and funding.

Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719

<https://www.boxborough-ma.gov/167/Rental-Assistance-Program>

Contact:
Community Services Coordinator
978-264-1735

South Middlesex Opportunity Council (SMOC)

To improve the quality of life of low-income and disadvantaged individuals and families by advocating for their needs and rights; providing services; educating the community; building a community of support; participating in coalitions with other advocates and searching for new resources and partnerships.

7 Bishop Street
Framingham, MA 01702
Phone (508) 872-4853, TTY: (844) 807-7989,

<https://www.smoc.org/smoc-rental-assistance-programs.php>

<https://www.smoc.org/housing-consumer-education-center.php> - **for Emergency Rental Assistance**

Emergency Shelters:

<https://www.smoc.org/single-adult-shelters.php>

<https://www.smoc.org/pathways.php>

<https://www.smoc.org/scattered-sites.php>

Fresh Start Furniture Bank

Fresh Start Furniture Bank is a volunteer run charity which helps restore hope, dignity, and stability in our community by recycling donated furniture and housewares, for free, to people in need. Our secondary goal is to keep these items out of the waste stream. In 2019 our volunteers put in over 16,000 hours of service.

*Fresh Start collects donations of furniture and home goods from the public and distributes them, for free, to people in need. In order to receive furniture people must obtain a referral from a **social service agency**. They then have 30 days to come in and work with a personal shopper to help them select their items. We stock just about everything to furnish a household.*

16 Brent Drive
(Parking lot entrance near top of hill)
Hudson, MA 01749
508-485-2080 (Please leave a message if no one answers)
info@FreshStartFurnitureBank.org
www.FreshStartFurnitureBank.org

Hours:

Tues & Thurs 9:00-12:00 (clients)
Sat 8:30-10:30 (donations)
Sat 9:30-12:30 (clients)

Household Goods

Household Goods, Inc. provides a full range of donated furniture and household items, free of charge, to help people in need make a home.

Hundreds of social service agencies refer people who are recently homeless, veterans, survivors of domestic violence, low income, immigrants, victims of disaster, or are coping with illness or disability to Household Goods.

Each year, Household Goods furnishes over 2,500 homes with 60,000 pieces of furniture and smaller household items. All this is made possible by hundreds of dedicated volunteers who contribute thousands of hours each year.

530 Main Street
Acton, MA 01720
978-635-1710
<https://householdgoods.org/>

IMMIGRANTS & REFUGEES

Dignity in Asylum

Our mission is to provide safe transitional housing and support for asylum seekers, refugees, people who have been granted asylum and unaccompanied minors at risk of homelessness.

DIAS was founded to offer free housing and community support to people seeking asylum. Apart from a room for each supported asylum seeker, we also provide daily meals, transportation to lawyers' and doctors' appointments, English classes and overall direct, caring and comforting support.

P.O. Box 1244
Concord, MA 01742
dignityinasylum@gmail.com
<https://www.dignityinasylum.org/>

Jewish Family Service of Metrowest (JFS)

Jewish Family Service of Metrowest (JFS) is a nonprofit, community-based organization dedicated to standing up for those left behind and provides services to over 5,000 people in need within the Metrowest and Greater Boston regions each year, including extended day academic support for low income children, nutrition and basic family assistance for struggling families, citizenship and immigrant programs and geriatric care management and other support services that enable frail older adults to live independently.

475 Franklin Street, Suite 101
Framingham, MA 01702
(508) 875-3100
<https://jfsmw.org/immigrant/>

Hours:

Monday through Friday: 8:30am to 4:30pm

Massachusetts Alliance of Portuguese Speakers (MAPS)

Our mission is to improve the lives of Portuguese speakers in Massachusetts and help them become contributing, active participants in American society while maintaining a strong ethnic identity and a sense of community.

MAPS works with and for the Brazilian, Cabo Verdean, Portuguese and other Portuguese-speaking communities to build healthy and successful lives through the provision of direct social and health services, as well as advocacy and development support.

Framingham

24 Union Avenue
Suites 8 & 10
Framingham, MA 01702
508-872-2652
<https://maps-inc.org>

Hours: Mondays, Tuesdays, Wednesdays and Fridays from 1 pm-5 pm; Thursdays from 1 pm – 6 pm

Lowell

11 Mill Street
Lowell, MA 01852
978-970-1250
TTY: 978-970-1250

Hours: Mondays: 10 am to 6 pm; Tuesdays, Wednesdays, Thursdays, & Fridays:
9am - 5pm

Massachusetts Immigrant & Refugee Advocacy Coalition (MIRA)

We work to protect and support the most vulnerable, especially those at risk of deportation, but also strive to expand opportunities for all foreign-born people and their children, so they can make the most of their talent and labor. We encourage green card holders to become U.S. citizens, and naturalized Americans to vote and become civically engaged.

105 Chauncy Street; suite 901
Boston, MA 02111
617-350-5480
<https://www.miracoalition.org>

JUVENILE JUSTICE

Department of Youth Services

The Massachusetts Department of Youth Services is a multi-faceted agency that serves youth committed as juvenile delinquents or youthful offenders and detained youth awaiting judicial action. Our mission is to enhance community safety by improving the life outcomes for youth in our care and custody. We achieve our mission by investing in highly qualified staff and a service continuum that engages youth, families and communities in strategies that support positive youth development.

600 Washington Street, 4th Floor
Boston, MA 02111
(617) 727-7575

<https://www.mass.gov/orgs/departments-of-youth-services>

JRI

JRI is a leader in social justice, with over 100 diverse programs meeting the needs of underserved individuals, families and communities. We are committed to excellence, delivering targeted services that support the dignity of each person.

JRI's juvenile justice division has its roots in the origins of the agency. The founders of JRI were former leaders in the state's juvenile justice system and responded to a need for specialized services partnered with the state, providing excellent care and state-of-the-art rehabilitative treatment. Today, JRI offers a range of forensic residential and community-based services, including secure treatment for the most challenging juvenile offenders. JRI remains on the forefront of juvenile justice services, a resource and respected advisor to the states we serve.

These services might be right for you if:

- *You or someone you know is involved in the juvenile or criminal justice system.*
- *You or someone you know has been committed to the Massachusetts Department of Youth Services and has severe mental health challenges.*
- *You or someone you know needs case management or help navigating the juvenile justice system.*

160 Gould Street; Suite 300
Needham, MA 02494
781-559-4900

<https://jri.org/services/intensive-services-and-juvenile-justice>

Contact:

Mark Hutchinson, Division Director
(617) 851-9805,
mhutchinson@jri.org

LEGAL SERVICES

Northeast Legal Aid (NLA)

Northeast Legal Aid, through its board, management, and staff, helps low-income and elderly people of Northeast Massachusetts obtain justice and empowerment through skillful, creative, and persistent advocacy for systemic change and high-quality individual representation.

Lowell Office

35 John Street, #302
Lowell, MA 01852
978-458-1465

<https://www.northeastlegalaid.org>

Intake phone hours

Monday–Friday: 9am–1pm

Office visits by appointment only.

LGBTQ Services

OUT MetroWest

OUT MetroWest builds communities where LGBTQ+ youth thrive.

160 Hollis St.
Framingham, MA 01702
508-875-2122
<https://outmetrowest.org>

If you'd like to request an educational workshop or our involvement in a community event, contact:

Contacts:

<https://outmetrowest.org/about/our-team/>

Trans Lifeline

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.

Hotline: 877-565-8860 (operates 24/7)

<https://translifeline.org/>

The Trevor Project

The Trevor Project lifeline is designed to connect trained counselors to youth who are LGBTQ and in a crisis or who need a safe and judgement free environment to talk.

1-866-488-7386; Text "Trevor" to 1-202-304-1200

The following websites contain links to numerous resources throughout MA:

<https://ma-lgbtq.org/resources/>

<https://www.glad.org/overview/youth-organizations/massachusetts/>

MENTAL HEALTH

Advocates

We partner with individuals, families, and communities to shape creative solutions to even the greatest life challenges. First we listen. Then, together, we do what it takes to help people thrive.

Advocates counselors and specialists work in partnership with children and their families to determine treatment plans tailored to their needs. Our staff brings skill and compassion to families dealing with a wide range of needs including:

- Anxiety and depression
- ADD and ADHD
- Challenging behaviors
- Communication issues
- Divorce
- Illness, trauma, and loss

- Relationships
- Social skills

1881 Worcester Road
 Framingham, MA 01701
 508-628-6300
 24-Hour Crisis Support: **1 (800) 640-5432**
<https://advocates.org/services>

Eliot Community Human Services

Eliot Community Human Services (Eliot) is committed to serving the most vulnerable of populations – those at risk, with limited or no resources for help.

Guided by compassion and respect, Eliot's mission is accomplished by:

- *Responding to the needs and diversity of the individuals we serve;*
- *Providing comprehensive services that are individualized, accessible, educational, and strengths-based;*
- *Delivering high quality, evidence-based programming; and*
- *Valuing, enriching and partnering with our staff, our clients and our communities.*

Eliot provides the following:

- Adult services
- Child, youth and family services
- Care Coordination

124 Hartwell Avenue
 Lexington, MA 02421
 781-861-0890
Emergency: (800) 988-1111
<https://www.eliotchs.org/>

National Alliance on Mental Illness (NAMI) Central Middlesex

NAMI Central Middlesex is a local affiliate of the National Alliance on Mental Illness, the nation's largest non-profit mental health organization dedicated to building better lives for people living with mental health conditions and their families.

We offer support groups and educational classes and participate in advocacy efforts at the state and local levels. We sponsor programs on mental health topics and organize community outreach events to improve the public's awareness and understanding of mental health.

NAMI Central Middlesex
P.O. Box 2793
Acton, MA 01720
nami.cmsx@gmail.com
<https://www.namcentralmiddlesex.org/>

INFOLINE:

781-982-3318
Leave a message and a trained volunteer will get back to you within 24 hours.

Jeff's Place

Mission: Jeff's Place helps children, teens, and families experience a health grieving process in a supportive environment.

381 Pleasant Street
Framingham, MA 01701
508-879-2088
www.jeffsplace.org

PUBLIC HEALTH

Nashoba Board of Health

The Town of Boxborough addresses the public health needs of Boxborough residents through an agreement with the Nashoba Associated Boards of Health. The objective of providing access to public health nursing services for Boxborough residents is to prevent disease and promote wellness by providing immunization clinics, regular communicable disease investigation and follow-up, and by responding to disease outbreaks.

Through Nashoba, the town offers a health promotion program, which includes:

- Education and outreach
- Disease prevention
- Home visits as needed
- Information and resource referrals
- Monthly clinics for health screenings

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

978-772-3335

RACIAL JUSTICE

Acton-Boxborough Regional School District (Diversity, Equity & Inclusion)

https://www.abschools.org/district/diversity_equity_inclusion#:~:text=At%20the%20core%20of%20our,or%20access%20for%20minoritized%20students

Acton Boxborough Regional High School Educators Committee to Anti-Racism, Equity, and Social Justice (ABRHS ECARES)

We are Educators Committed to Anti-Racism, Equity, and Social Justice at Acton-Boxborough Regional High School. ECARES formed in the spring of 2020 as a response to the murders of Breonna Taylor, Ahmaud Arbery, and George Floyd, in conjunction with the series of racist and antisemitic incidents in our community. Our hope is to raise awareness of, and advocate for, an environment of antiracism, equity, and social justice in all aspects of our school community.

Acton Boxborough United Way

We mobilize the caring power of community to drive positive, lasting change. United, we fight for the health, education, and financial stability of EVERY person in Acton and Boxborough.

Community Building Circles

This fall, we will engage **Pathways to Restorative Communities** to train local Circle Keepers. By engaging in this train-the-trainer model, we will build lasting local capacity to strengthen our community's ability to engage in difficult conversations around Racial Justice and more broadly on topics related to Diversity, Equity, and Inclusion.

537 Massachusetts Avenue; Suite 101

Acton, MA 01720

973-263-1777

www.abuw.org

Boxborough's Diversity, Equity and Inclusion Committee

On October 19, 2020 The Boxborough Select Board formed Diversity, Equity and Inclusion (DEI) Committee. Diversity, Equity and Inclusion (DEI) have been brought to the forefront of public awareness and Boxborough has made a commitment to create and foster a welcoming, inclusive and equitable town for all residents and guests regardless of their age, gender, orientation, race or socio-economic status. In this commitment, the Select Board is forming the Diversity, Equity and Inclusion Committee to help research and propose changes to the respective Boards and Committees who oversee the respective areas where changes are proposed.

<https://boxborough-ma.gov/462/Diversity-Equity-and-Inclusion-Committee>

Fostering Racial Justice Group

Fostering racial equity and justice by activating the community to dismantle bias and systems that reinforce racism.

We continue to explore other ways to work with surrounding towns to encourage equity and racial justice. We continue to collaborate with various organizations and individuals in the area and plan on extending our work to other communities.

Our membership is growing. We currently have representation from the towns of Acton, Ayer, Bolton, Boston, Boxborough, Carlisle, Groton, Harvard, Littleton, Maynard, Stow, Westford and Marlborough.

Monthly meetings occur on the 2nd Thursday of each month from 6:30pm – 9:00pm. Location is TBA.

Monthly book group occurs at Boxborough's Sargent Memorial Library, the 4th Tuesday of each month at 7:00pm.

https://fosteringracialjustice.weebly.com/store/c1/Featured_Products.html

FosteringRacialJustice@gmail.com

SEXUAL ASSAULT PREVENTION & INTERVENTION

Sexual Assault Crisis Lines:

Boston Area Rape Crisis Center: 1-800-841-8371

SafeLink is free and confidential: 1-877-785-2020

The Center for Hope and Healing, Inc.

We offer free and confidential support to survivors of sexual violence and their loved ones, including individual counseling, medical and legal advocacy, healing circles, and more.

21 George Street Suite 400
Lowell, MA 01852
978-452-7721
24 hour hotline: 800-542-5212
<https://chhinc.org/>

Domestic Violence Services Network

DVSN provides services to all clients, regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, gender identity, disability, or veterans' status in ways that respect their dignity and choices and at a pace that empowers their own decision-making ability and maximizes their safety.

Help Line: 888-399-6111 (toll-free & confidential)
P.O. Box 536
Concord, MA
978-318-3421; 978-318-3442
dvsn.connects@gmail.com
www.dvsn.org

Reach Beyond Domestic Violence

Reach is a nonprofit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

Online Chat: Available on Monday, Wednesday & Friday from 1:00-5:00 PM and Tuesday & Thursday from 1:00-8:00 PM.

24/7 hotline: 1-800-899-4000

P.O. Box 540024
Waltham, MA 02454
Office: 781.891.0724
Email: ***info@reachma.org***

Voices Against Violence (SMOC)

Voices' mission is to end sexual and domestic violence. Voices staff members work to empower victims and survivors to help themselves and their children. Program Advocates work in partnership with individuals and families to ensure their safety, create stable home environments, gain independence, and to develop personal and economic self-sufficiency. Voices is also a social change organization, working toward the elimination of violence on a societal level through community education, primary prevention and increased public awareness and action. Voices also works in close collaboration with public safety and criminal justice professionals throughout the region.

Voices provides free and confidential services to victims and survivors of sexual and domestic violence in the MetroWest area. Services are provided in English, Spanish, and Portuguese and are available to everyone regardless of race, ethnicity, gender or sexual orientation.

7 Bishop Street
Framingham, MA 01702
508-820-0834

Office hours: Monday – Friday from 9am to 5pm

24 Hour HOTLINES: 1-800-593-1125 or 508-626-8686 (TTY-friendly)

Services include:

- 24-hour hotline
- Crisis intervention
- Confidential short term emergency shelter
- Counseling and support groups
- Information and referrals, and
- Medical, legal and criminal justice advocacy.
- Voices also offers supervised visitation services on a sliding fee schedule through KidSpace. For more information about KidSpace, please call 508-962-2643.

SEXUALLY TRANSMITTED DISEASES (STDs)

Planned Parenthood League of Massachusetts

MetroWest Health Center
91 Main Street
Marlborough, MA 01752
1-800-258-4448

<https://www.plannedparenthood.org/health-center/massachusetts/marlborough/01752/metro-west-health-center-3951-90610>

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education with or without insurance, you can always come to us for your health care.

Planned Parenthood's Sexual Health Counseling & Referral Hotline

Hotline: 1-877-686-5772 (option 3). All calls to the hotline are confidential, anonymous & 100 % free of charge.

We offer objective information and the support necessary for you to make personal and private decisions. **Since 1974**, our trained health center staff and volunteers have been available to discuss a wide range of issues including:

- Birth Control
- Emergency Contraception
- Sexually Transmitted Infections
- Gender Affirming Hormone Therapy
- Pregnancy Testing
- Pregnancy Options
- Abortion Services
- Sexual Health and Sexuality
- Other aspects of reproductive health

SUBSTANCE USE PREVENTION & INTERVENTION

Advocacy

*Massachusetts Organization for Addiction Recovery **(MOAR)***

To organize recovering individuals, families and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions

Local Treatment Resources

Emerson Hospital Addiction Rehabilitation Programs
978-287-3520

Eliot Community Human Services
978-369-1113

McLean Hospital

844-222-6037

Recovery Centers of America/Wicked Sober

1-800-RECOVERY

Bedford Veterans Affairs Medical Center

781-687-2000

Family resources (local support meetings and resources)

Learn 2 Cope

508-738-5148

- ***Learn 2 Cope Listings of Grief Support Groups***

Al-anon

508-366-0556

Nar-anon

12 step program for family & friends of addicts

SMART Recovery Family and Friends

(Emerson Hospital 866-951-5357)

Medication Assisted Treatment Options

Habit OPCO, Outpatient Methadone Treatment

508-586-6300

Buprenorphine/Suboxone Doctors

Vivitrol

Substance Use / Abuse Education

National Institute on Drug Abuse (NIDA)

Substance Abuse and Mental Health Services Administration (SAMSHA)

Treatment Resources

- *Massachusetts Organization for Addiction Recovery (MOAR) Online Resource Guide*
- *William James College Interface Referral Service*
- *Massachusetts Addiction Recovery Software - Real time inpatient bed locator*
- *Substance Abuse and Mental Health Services Administration (SAMSHA)*

The Massachusetts Substance Use Helpline

The Massachusetts Substance Abuse Helpline provides information and referral for alcohol and drug problems, including DUI, anger management, detoxification, residential programs, mental health services, outpatient counseling and more.

Make a confidential phone call 24 hours a day / 7 days a week to speak with an Information and Referral Specialist:
(800) 327-5050; (888) 448-8321 (TTY) (Interpreter services available in 140 languages)
www.helpline-online.com

SUICIDE PREVENTION & INTERVENTION

AB Cares (co-founded by the Acton-Boxborough United Way)

<https://www.abuw.org/index.php/en/how-we-help/ab-cares>

AB Cares, a community-based collaborative, seeks to prevent suicide across the life span and support all who are impacted by suicide. AB Cares aims to support community-wide conversations, awareness, and connections across Acton and Boxborough in order to prevent suicide.

QPR © Suicide Prevention Trainings

Acton-Boxborough United Way
<https://www.abuw.org/ab-cares>

Much like First Aid or CPR training, QPR® (Question-Persuade-Refer) training is free and open to all community members! More than 350 residents and community members have participated in the training since AB Cares started offering them in 2017.

The Nan Project

The NAN Project works to promote mental health awareness and suicide prevention programs for young people, using a peer-to-peer model.

The NAN Project's approach to mental health awareness and suicide prevention has three primary areas of focus:

1. **The use of a peer-to-peer model to open up the conversation concerning young adult mental health;**
2. **Professional development workshops for educators and community Gatekeepers;**
3. **Speaking events in the community for parents and stakeholders.**

125 Hartwell Avenue
Lexington, MA 02421
<https://thenanproject.org>

Suicide Hotlines

- **National Suicide Prevention Lifeline: 988, call or text**
 - This line offers free 24/7 support for people in emotional crises and is connected to a network of local crisis centers.
- **Massachusetts Behavioral Health Help Line**
 - Confidential mental health and emotional support line.
- **Samaritans: 1-877-870-HOPE (4673)**
 - Call or text this line anytime if you ever feel in need of someone to talk to. This service is free, confidential and anonymous.
 - For Teens: Samaritans Line: 1-800-252-TEEN (8336)
- **Veteran's Crisis Line**
 - 988, call then press 1,
 - Text 838255
- **Advocates: 1-800-640-5432**
 - Advocates offers 24-hour support for those experiencing a mental health crisis.

○

- **Trevor Project: 1-866-488-7386; Text “Start” to 678678**
 - The Trevor Project lifeline is designed to connect trained counselors to youth who are LGBTQ and in a crisis or who need a safe and judgement free environment to talk.

TRANSITIONAL ASSISTANCE

DTA

The Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency.

300 Howard Street
Framingham, MA 01702
(508) 661-6600

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

<https://dtaconnect.eohhs.mass.gov/>

Call DTA Assistance Line at (877) 382-2363

Talk to a case manager between 8:15am-4:45pm, Monday - Friday. During off hours you can access case information via our automated system.

TRANSPORTATION

Council on Aging

Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719

Contact:

Kim Dee, Council on Aging Coordinator

kdee@boxborough-ma.gov

978-264-1717

COA Van Services are available to all Boxborough residents age 60 or older, and to adults with disabilities. Rides are available Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM. The van travels to surrounding towns and may be used for grocery shopping, medical appointments, the pharmacy, and more. It is sanitized between trips to reduce the risk of COVID-19. Drivers and passengers must wear a mask or other face covering. To book a ride, call 978-264-1730, preferably two days in advance. Current fare is \$1 each way for local trips.

Boxborough Connects – Cross Town Transportation from Boxborough to South Acton MBTA station. \$1 per way per rider

<https://boxborough-ma.gov/721/Transportation-in-Boxborough---Boxboroug>

VETERANS

Town of Boxborough Veterans Services

The Veterans' Agent's job is to help veterans learn about, apply for, and in some case, receive benefits. Veterans' Agents are knowledgeable about an array of federal, state, and local benefits to which veterans may be entitled.

Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719

Contact:

James MacRae, Veterans Agent

978-929-6614

<https://www.boxborough-ma.gov/281/Veterans-Services>

Veterans Crisis Line

<https://www.veteranscrisisline.net/>

24/7 Veteran Support



The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care.

Helpful Numbers for Veterans

- **TBI Helpline (traumatic brain injury):** (888) VET-1TBI (888-838-1824)
- **VA Benefits:** (800) 827-1000 For information about: Education, Home Loan, Disability, Medical Care, Burial, Life Insurance and Sexual Trauma
- **VA Caregiver Support Line:** (855) 260-3274 (are you caring for a veteran at home?)
- **VA Life Insurance:** (800) 669-8477
- **VA Education (GI Bill):** (888) 442-4551
- **VA Health Care Benefits:** (877) 222-8387
- **VA Income Verification and Means Testing:** (800) 929-8387
- **VA Mammography Helpline:** (888) 492-7844
- **VA Gulf War/Agent Orange Helpline:** (800) 749-8387
- **VA Status of Headstones and Markers:** (800)-697-6947
- **VA Telecommunications Device for the Deaf (TDD):** (800) 829-4833
- **Social Security:** (800) 772-1213
- **I.R.S.:** (800)-829-1040
- **Medicare:** (800) 638-6833

Vet Centers of Massachusetts

The Vet Centers in Massachusetts offer male and female combat veterans readjustment services that include individual, marital, family, and group counseling. The Vet Center also specializes in military sexual trauma and bereavement counseling. Services are also available for their family members for military related issues. Veterans have earned these benefits through their service and all are provided at no cost to the veteran or family.

Boston Vet Center
665 Beacon St. Suite 100

Boston, MA 02215
Phone: (617) 424-0665
Fax: (617) 424-0254

Brockton Vet Center
1041L Pearl St.
Brockton, MA 02301
Phone: (508) 580-2730
Fax: (508) 586-8414

Hyannis Vet Center
474 West Main Street
Hyannis, MA 02601
Phone: (508) 778-0124
Fax: (508) 775-3014

Lowell Vet Center
10 George Street
Lowell, MA 08152
Phone: (978) 453-1151
Fax: (978) 441-1271

New Bedford Vet Center
73 Huttleton Avenue, Unit 2
Fairhaven, MA 02719
Phone: (508) 999-6920
Fax: (508) 997-3348

Springfield Vet Center
1985 Main St. (Northgate Plaza)
Springfield, MA 01103
Phone: (413) 737-5167
Fax: (413) 733-0537

Worcester Vet Center
691 Grafton Street
Worcester, MA 01604
Phone: (508) 753-7902
Fax: (508) 753-4296

WOMEN'S HEALTH

Planned Parenthood League of Massachusetts

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91 Main Street

Marlborough, MA 01752

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- Other aspects of reproductive health

Womens Services Family Practice

This clinic operates under a SLIDING SCALE model. This means that it MAY NOT be free depending on your income. You will be required to prove financial need in order to receive free services or services at a reduced cost. This is a health care center funded by the federal government. This means even if you have no insurance you can be covered. The center is also income based for those making an income. This health center can cover services such as checkups, treatment, pregnancy care (where applicable), immunizations and child care (where applicable), prescription medicine and mental and substance abuse where applicable.

15-17 Warren St.
Lowell, MA 01852
(978) 446-0236

Services include:

Pregnancy testing and counseling
Prenatal, delivery, and post-partum care
Childbirth education
Case management, health screenings, and referrals to support services
Gynecological/cervical cancer screenings and gynecological surgeries