

SERVICE	SOURCE
Children's Supplies and Necessities (clothing, furniture, toys, school supplies etc.)	Cradles to Crayons, Quincy, 617-471-8417 (clients should not call directly – agency referrals only) www.cradlestocrayons.org
Debt Reduction Assistance	Consumer Credit Counseling Service, Money Management International, 400 West Cummings Park, Woburn, 866-889-9347, http://www.moneymanagement.org/Locations/index.asp#MASSACHUSETTS
Disabled Assistance Services	<ul style="list-style-type: none"> • CMARC Industries, 147 New Boston St., Woburn, 781-935-7057 Services for the developmentally disabled www.cmarc.org/services-Families-individuals • DEAF, Inc., 617-254-4041 (Services for the deaf and hard of hearing) www.deafinonline.org/services • Disability Law Center of Massachusetts, 11 Beacon St., Suite 925, Boston, 617-723-8455 Provides legal assistance for disability related issues www.dlc-ma.org • Mass. Disabled Persons' Protection Commission, Hotline 800-426-9009, 617-727-6465, 50 Ross Way, Quincy MA www.mass.gov/dppc Investigates allegations of caretaker abuse to a disabled persons ages 18-59 • Mass. Commission for the Blind, 800-392-6450, 617-727-5550 www.mass.gov/mcb Multiple services available for the blind • Mass. Rehabilitation Commission, Community Services Program www.mass.gov/mrc • Housing and Supportive Living Programs, 617-204-3851 Protective Services for people with disabilities who may be abused by caretaker, 508-823-2874
Domestic Violence - Batterer Counseling Services	<ul style="list-style-type: none"> • Middlesex Probate and Family Court, Family Law Information Center, 1st Floor, 617-371-1234 • Domestic Violence Advocates from Greater Boston Legal Services are available Monday to Friday, 9:00 AM – 5:00 PM, www.gbls.org • Middlesex County District Attorney's Office, Victim Witness Advocate, 781-933-9586, http://www.middlesexda.com/?cat=31 • Minuteman Senior Services, Supportive & Protective Services for elderly, (regional area), 24 Third Ave, Burlington, 781-272-7177 – http://www.minutemansenior.org/protect.html • Reach, Waltham, 800-899-4000, http://www.reachma.org • Safe Link, Domestic Violence Related Assistance, (multi-lingual - 140 languages), Casa Myrna Vazquez, 877-785-2020, TTY 877-521-2601, www.casamyrna.org/safelink.html
Emergency Shelters - Domestic Violence	<ul style="list-style-type: none"> • Casa Myrna Vazquez, Inc., Boston, (800) 992-2600 www.casamyrna.org • Harbor Me, Chelsea, Hotline/Crisis 617-889-2111 • Help for Abused Women and Their Children (HAWC), Salem, Hotline/Crisis 800-547-1649 www.helpabusedwomen.org • Jane Doe Inc., 617-248-0922, http://www.janedoe.org/safety.htm • Massachusetts Coalition for the Homeless, 781-595-7570, http://www.mahomeless.org/Resources/shelter/familyselters/expfamilyshe

<p>Emergency Shelters - Domestic Violence (con't)</p>	<p>lter.html</p> <ul style="list-style-type: none"> • Reach, Waltham, 800-899-4000, http://www.reachma.org • Renewal House, Roxbury Crossing - Boston, Hotline/Crisis, 617-566-6881, http://www.uuum.org/templates/System/details.asp • Safe Link, Domestic Violence Related Assistance, (multi-lingual - 140 languages), Casa Myrna Vazquez, 877-785-2020, TTY 877-521-2601, www.casamyrna.org/safelink.html • Transition House, Cambridge, Hotline/Crisis 617-661-7203, http://www.transitionhouse.org/home.html • Women's Protective Services, Win Haven Shelter, Framingham, Hotline/Crisis 508-626-8686, 800-593-1125, http://www.smoc.org/index.asp?pgid=45 • Women's Resource Center, 107 Winter Street, Haverhill (978) 685-2480
<p>Emergency Shelters - Families</p>	<ul style="list-style-type: none"> • Mary's House, Middlesex Human Service Agency, Waltham, 781-647-9957, http://www.mhsainc.org/mary's.htm • Sandra's Lodge, Middlesex Human Service Agency, Waltham, (Single mom's with children), 781-899-7311, http://www.mhsainc.org/sandra's.htm • Dept. of Transitional Assistance (Referrals to Family Shelters), 200 Pleasant St., 4th Floor, Malden, 781-388-7300, http://www.mass.gov/?pageID=eohhs2modulechunk&L=4&L0=Home&L1=Government&L2=Departments+and+Divisions&L3=Department+of+Transitional+Assistance&sid=Eeohhs2&b=terminalcont&f=dta_c_finassist_emergshelter&csid=Eeohhs2 • Massachusetts Coalition for the Homeless, 781-595-7570, http://www.mahomeless.org/Resources/shelter/familyselters/expfamilyselter.html • Middlesex Human Service Agency, 50 Prospect St, Waltham, 781-894-6110, http://www.mhsainc.org/programs.htm
<p>Emergency Shelters – Individuals</p>	<ul style="list-style-type: none"> • Boston Public Health Commission Homeless Services Bureau, www.bphc.org/programs/homeless/emergencyselter/Pages/Home.aspx • Long Island Shelter, (Men & Women), Boston, 617-534-2526 • Woods Mullen Shelter, (Men & Women), Boston, 617-534-7100 • Men's Shelter, Middlesex Human Service Agency, Waltham,, 781-893-0108, http://www.mhsainc.org/shelters.htm • Women's Shelter, Middlesex Human Service Agency, Waltham, 781-894-1225, , http://www.mhsainc.org/shelters.htm • Lowell Transitional Living Center, (Men & Women), (3 day limit if not from Lowell), 205-209 Middlesex St., Lowell, 978-458-9888, http://www.ltlc.org/ • Massachusetts Coalition for the Homeless, 781-595-7570, http://www.mahomeless.org/Resources/shelter/familyselters/expfamilyselter.html • Pine Street Inn, (Men & Women), Boston, 617-892-9100, http://www.pinestreetinn.org/programs_shelter_services.php • Rosie's Place, (Women Only), Boston, 617-442-9322, http://www.rosies.org/Page.aspx?pid=264 •

<p>Financial Assistance</p>	<ul style="list-style-type: none"> • Catholic Charities of Greater Boston, Somerville (Emergency financial assistance for fuel, utilities, and rent for residents of Middlesex County 617-625-1920, www.ccab.org/services/basic_needs) • Catholic Charities North, 55 Lynn Shore Drive, Lynn, (Emergency financial assistance for fuel, utilities, and rent for residents of Middlesex County, 781-593-2312, www.ccab.org/services/basic_needs) • City Mission Society, Boston, (One-time direct funding and resources for long range assistance), 617-742-6830, http://www.cmsboston.org/Emergency-Needs-Network.html • Department of Transitional Assistance, 200 Pleasant St., Malden, 781-388-7300, • Local Churches (may have limited assistance available for church members in limited circumstances) • Metropolitan Boston Housing Partnership, RAFT Program (subject to funding availability), • People Helping People, Covenant for Basic Needs, (Burlington residents only), 781-270-1961 (apply through Burlington Community Life Center) – www.peoplehelpingpeopleinc.org • St. Vincent de Paul Society of St. Charles Church in Woburn, 10 Summer Street, Woburn. Call 781-933-0300, x503 and leave a message and someone will get back to you in within about 48 hours. (Emergency assistance for heating fuel, utilities, & rent. Woburn residents only, with priority given to those living in the St. Charles Parish area.) • Salvation Army, Family Service Bureau, Boston, 617-236-7233 http://www.use.salvationarmy.org
<p>Food Assistance</p>	<ul style="list-style-type: none"> • Adventist Community Center, Food Pantry, 11 Gerry Street, Stoneham, 781-438-2977, Open Tuesday 5PM- 6:30PM, Wednesday 5:30PM-7PM, and Thursday 7PM-8:30PM • <i>Council of Social Concern, Food Pantry, 2 Merrimac St., Woburn, www.socialconcern.org/page5.html 781-935-6495, Karen Colatrella, Program Director Serves residents of Woburn & Winchester By appointment Tuesday & Thursday, 10:00 AM - 11:30 AM and 1:30 PM - 3:00 PM By appointment for those working or in school/training programs – Wednesday, 6:00 PM – 7:00 PM</i> • Dept. of Transitional Assistance (Food Stamps), 200 Pleasant St., Malden, 781-388-7300, • Food Source Hotline, 800-645-8333 (Mon-Fri 8AM-7PM, Sat. 10AM-2PM) http://www.projectbread.org/ • Lexington Interfaith Food Pantry, Lexington Church of Our Redeemer, 6 Meriam Street, Lexington, 781-861-5060 Saturdays, 9:30AM- 11AM, http://lexingtonfoodpantry.wordpress.com/ • People Helping People, Community Pantry, (Burlington residents only), St. Mark's Church 10 St. Marks Rd., Burlington, 781-270-6625, 2nd and 4th Wednesday of each month from 4:30PM – 6:00PM www.peoplehelpingpeopleinc.org/communitypantry • St. Vincent de Paul Food Pantry, St. Charles Church in Woburn, 10 Summer Street, Woburn Call 781-933-0300, x503 for appointment. Leave a message and someone will get back to you in within about 48 hours.

Food Assistance (con't)	<p>(Monday mornings 9:00 - 10:00 by appoint. Woburn residents only, with priority given to those living in the St. Charles Parish area.)</p> <ul style="list-style-type: none"> • Wilmington Food Pantry, Swain School, 2nd and 4th Wednesday of the month, 7 p.m. – 8:30 p.m. 978-658-7425 • The Dwelling Place (Free Hot Dinners - M, W, S - 5:45 PM), United Methodist Church, 523 Main St., Woburn, 781-935-6824 http://www.umcwoburn.org/about-us/our-ministries/ • WIC (Food Vouchers & Nutrition Services for eligible pregnant women, nursing mothers, young children) Woburn WIC, 8 Summer Street, Woburn, 781-938-5161, (Call for appt. Monday and Tuesday 8:30-4:00, Thursday 11:00-7:00),
Fuel and Utility Assistance	<ul style="list-style-type: none"> • Catholic Charities of Greater Boston, Somerville (Emergency financial assistance for fuel, utilities, & rent for residents of Middlesex County 617-625-1920, www.ccab.org/services/basic_needs) • Catholic Charities North, 55 Lynn Shore Drive, Lynn, (Emergency financial assistance for fuel, utilities, & rent for residents of Middlesex County, 781-593-2312, www.ccab.org/services/basic_needs) • Citizens Energy Oil Heating Program, 877-563-4645 (natural gas/oil/kerosene), (deadline for applications is last Friday in February, deliveries must be made by April 30th), http://www.citizensenergy.com/english/pages/OilHeatProgram • Massachusetts Good Neighbor Energy Fund, through Salvation Army, 800-334-3047 (electric, gas, oil), (starts accepting emergency applications in December), http://www.magoodneighbor.org/assistance.html • National Grid, Discount Rate Program, 800-322-3223, https://www.nationalgridus.com/masselectric/home/rates/4_lowincome.asp • NSTAR, Discount Rate Program, 800-566-2080, https://nstar.com/secure/nstarsecure3/residential/financial_assistance/discount_rate_app.asp • People Helping People, Covenant for Basic Needs, (Burlington Residents only) (Assists with utility bills), 781-270-1961 (Apply through Burlington community life center), www.peoplehelpingpeopleinc.org • St. Vincent de Paul Society of St. Charles Church in Woburn, 10 Summer Street, Woburn Call 781-933-0300, x503 and leave a message and someone will get back to you in within about 48 hours. (Emergency assistance for heating fuel, utilities, & rent. Woburn residents only, with priority given to those living in the St. Charles Parish area.) • Tri-Cap Fuel Assistance (oil, gas, electric, rent if heat is included in rent), 341A Forest Street, Malden, 781-322-6284, http://www.tri-cap.org/Trienergy.htm
Furniture Assistance	<ul style="list-style-type: none"> • Mission of Deeds, Reading, 781-944-9797 (Accepts only pre-screened agency referrals. Clients should not call directly) – www.missionofdeeds.org • Salvation Army, 625 Main Street, Wilmington, 978-988-9488, M-Sat, 9:30 to 6:00, http://www.use.salvationarmy.
Health Promotion / Health Resources	<ul style="list-style-type: none"> • AIDS Action Committee Hotline, 800-235-2331, www.aac.org • Children's Medical Security Plan, 800-841-2900, www.cmspkids.com

<p>Health Promotion / Health Resources (con't)</p>	<ul style="list-style-type: none"> • Healthy Start, (Low income pregnant women) 888-488-9161, http://www.massresources.org/ • Immunization Services, City/Town Public Health Nurses, Woburn residents call 781-933-8891. Winchester Residents call 781-721-7121. • Lead Paint Screening Services, Local Public Health Nurses, Woburn residents call 781-933-8891 • Mass. Health Customer Service Center, 800-682-1062, 800-841-2900, http://www.mass.gov/ • Health Quarters, 247 Main Street, Reading, 781-944-8325 www.healthq.org
<p>Help Lines</p>	<ul style="list-style-type: none"> • AA Central Service Committee of Eastern MA 617-426-9444, www.aaboston.org • AIDS Action Committee of Massachusetts Hotline, 800-235-2331, www.aac.org • Al-Anon Family Groups of Massachusetts, Al-Anon, 508-366-0556, www.ma-al-anon-alateen.org • Al-Anon Family Groups of Massachusetts, Alateen, 508-366-0556, www.ma-al-anon-alateen.org • Burlington Community Life Center, Information & Referral, (Burlington residents only), 61 Center St. 781-270-1961, www.burlington.org/bclc.htm • <i>Council of Social Concern, Information & Referral, 2 Merrimac Street, Woburn, 781-935-6495</i> www.socialconcern.org/page6.html • Advocates' Psychiatric Emergency Services, 675 Main Street, Waltham, 800-540-5806, 24/7, • Gay, Lesbian, Bisexual and Transgender Helpline, Fenway Health, 888 340-4528 http://www.fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_tollfree • MASS 211, United Way of Massachusetts Bay & Merrimac Valley, 211 (dial 211), www.mass211help.org • Massachusetts Coalition for the Homeless, 781-595-7570, http://www.mahomeless.org/Resources/shelter/familyselters/expfamilyselter.html • Mass. Substance Abuse Information & Education Helpline, The Medical Foundation, 800-327-5050, www.helpline-online.com • Parental Stress Line, Parents Helping Parents, 800-632-8188, www.parentshelpingparents.org • National Sexual Assault Hotline, Rape, Abuse, and Incest National Network, 1-800-656-4673, http://online.rainn.org/ • Safe Link, Domestic Violence Related Assistance, (multi-lingual - 140 languages), Casa Myrna Vazquez, 877-785-2020, TTY 877-521-2601, www.casamyrna.org/safelink.html • Samariteens, (Assists Teens in despair), 800-252-8336, http://www.samaritansofboston.org/samariteens.html • Samaritans of Massachusetts, (Assists adults in despair), 617-247-0220, http://www.samaritansofboston.org/helpline.html

Hospitals - Local	<ul style="list-style-type: none"> • Lahey Clinic Medical Center, 41 Mall Road, Burlington, 781-781-744-8000 – www.lahey.org • Winchester Hospital, 41 Highland Avenue, Winchester, 781-729-9000 – www.winchesterhospital.org
Housing - Subsidized	<ul style="list-style-type: none"> • Burlington Housing Authority, 15 Birchcrest St., Burlington, 781-272-7786 www.bhaonline.org • Reading Housing Authority, 22 Frank Tanner Drive, Reading, 781-944-6755 http://www.readingma.gov/Pages/ReadingMA_BComm/housing • Section 8 Housing, 877-868-0040, www.section8listmass.org • Stoneham Housing Authority, Parker Chase Road, Stoneham, 781-438-0734 • Wilmington Housing Authority, 41 Deming Way, Wilmington 978-658-8531 • Winchester Housing Authority, 13 Westley St., Winchester, 781-721-5718 http://winchesterha.org/ • Woburn Housing Authority, 59 Campbell Street, Woburn, 781-935-0818, www.woburnhousing.org
Legal Services	<ul style="list-style-type: none"> • Cambridge and Somerville Legal Services (part of Greater Boston Legal Services), 617-603-2700 (serves Arlington, Belmont, Cambridge, Somerville, Winchester & Woburn) Cases handled: Government Benefits, Mental Health and Disability Rights, Family Law (represents custodial parent where history of domestic violence exists), Employment Law (unemployment benefit appeals and Family and Medical Leave Act cases), Immigrant Law (Political asylum cases involving battered woman, unaccompanied minors, and language access issues). www.gbls.org • Disability Law Center of Massachusetts, 11 Beacon St., Suite 925, Boston, 617-723-8455, Provides legal assistance for disability related issues. www.dlc-ma.org
Literacy Programs and Other Adult Education	<ul style="list-style-type: none"> • ESL, Eastern Massachusetts Literacy Council, 781-395-2374, www.emlc.org • ESOL, YMCA of Greater Boston Adult Learning Center, 33 Plympton Street, Woburn, 781-935-6499, www.ymcaboston.org/education-training/english_classes • GED Program for Adults, Middlesex Community College, 781-280-3665, http://mymcc.middlesex.mass.edu/?Tab=1 • GED Program for Kids, Middlesex Community College, 978-656-3104, http://mymcc.middlesex.mass.edu/?Tab=1 • LINKS Program (free academic and support services for adults returning to college), Middlesex Community College, 781-280-3645, www.middlesex.mass.edu/Links
Senior Services	<ul style="list-style-type: none"> • Visiting Nurse of Middlesex East, 607 North Ave., Wakefield, 781-224-3399 www.vnaofme.org • Elder Abuse Hotline, 1-800-922-2275 • Winchester Council on Aging. Tel: (781) 721-7136 Services include health and health insurance counseling, legal consultation, and financial counseling. A wide variety of social services exist. They include transportation, housing counseling, handyman services, support groups, individual counseling and information and referral. The COA also sponsors a nutrition site at the

Senior Services (con't)	Center. The COA is responsible for Community Service Reimbursement Program, which offers property tax relief for seniors. In addition, the Council sponsors many educational programs regarding senior entitlements and other issues of importance to seniors.
Thrift Shops	<ul style="list-style-type: none">• St. Charles Thrift Shop, 280 Main Street, Woburn, Tuesday 10 AM - 2 PM & 5 PM - 7 PM• Trinity Episcopal Church Thrift Shop, 535 Main Street, Woburn, Friday 9AM - 2PM• Salvation Army Thrift Store, 625 Main Street, Wilmington, 978-988-9488, M- Sat. 9 – 5:30