

***Resource Manual***  
***for***  
***Essex County***

***2011-2012***



***Courtesy of:***

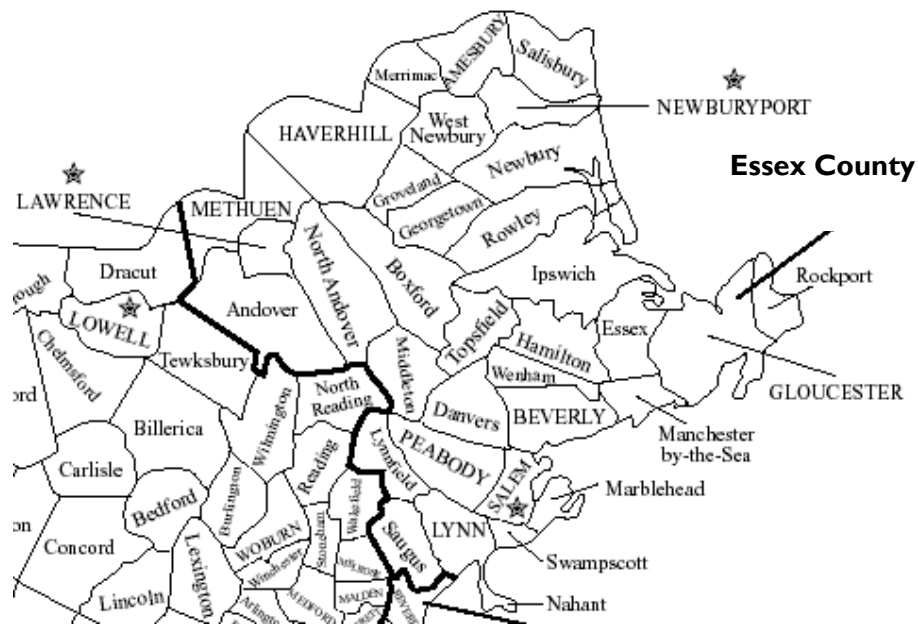
***Child Care Circuit***

***Lynnfield, Reading & N. Reading Partnership for Children***

***Peabody Coordinated Family & Community Engagement  
Program***

## Table of Contents

<i>Adult Education &amp; Public Schools.....</i>	<i>1</i>
<i>Agencies Serving Parents &amp; Children.....</i>	<i>3</i>
<i>Employment.....</i>	<i>10</i>
<i>Family Violence &amp; Abuse.....</i>	<i>11</i>
<i>Food Resources.....</i>	<i>14</i>
<i>Fuel Assistance.....</i>	<i>20</i>
<i>Health.....</i>	<i>21</i>
<i>Housing.....</i>	<i>28</i>
<i>Legal.....</i>	<i>33</i>



## ADULT EDUCATION & PUBLIC SCHOOLS

- **ABE/ESOL &GED Programs**

Action, Inc., Gloucester	978-879-8846
Adult Learning Center, Lawrence	978-975-5917
Adult Learning Center, Haverhill	978-373-1971
Adult Learning Center at North Shore	
Community College, Beverly	978-236-1227
Amesbury Adult Learning Center	978-659-1272
Beverly Bootstraps Community Services	978-927-1561
Education and Parenting Skills Center, Lynn	781-593-2312
English At Large, Medford	781 395-2374
Everett Literacy Program, Everett	617-389-2100
The Immigrant Learning Center, Malden	781 322-9777
NSCAP PREP Center, Peabody	978 532-8620 x204
Operation Bootstrap, Inc., Lynn	781-599-8543
Peabody Public Schools Community Education	978-536-5600
Salem Harbor Community Development	978-825-4009
Sawyer Free Library, Gloucester	978-281-9763 x23
TRA Salem Learning Center, Salem	978 744-2417
VOCES, Salem	978-740-0377
Wellspring House ALI program, Gloucester	978-281-3558 x 304

- **State Colleges and Universities**

Middlesex Community College, Bedford	781-280-3200
North Shore Community College, Beverly	978-762-4000
Bunker Hill Community College, Charlestown	617-228-2000
Northern Essex Community College, Haverhill	978-556-3000
Northern Essex Community College, Lawrence	978-738-7000
Middlesex Community College, Lowell	978-656-3200
University of Massachusetts, Lowell	978-934-2480
North Shore Community College, Lynn	781-593-6722
Salem State College, Salem	978-542-6000

- **Vocational and Technical Schools**

Greater Lawrence Technical School, Andover	978-686-0194
Essex Agricultural & Technical Institute	978-774-0051
Lynn Vocational and Technical Institute, Lynn	781-477-7428
N. Shore Reg. Voc. & Tech.School, Middleton	978-762-0001
Greater Lowell Technical School, Tyngsboro	978-454-5411
Northeast Metropolitan Regional	
Vocational School, Wakefield	781-246-0810 x1640
Whittier Regional Vocational & Technical	
High School, Haverhill	978-373-4101

## ADULT EDUCATION & PUBLIC SCHOOLS

- **Greater Haverhill Adult Learning Program, Haverhill** 978-373-1586  
ext. 623  
*Located at the library. English Language proficiency and help with basic reading, writing.*
- **Massachusetts Adult Literacy Hotline** 800-447-8844
- **Public Schools**

Amesbury	<a href="http://www.amesburyma.gov">www.amesburyma.gov</a>	978-388-8100
Andover	<a href="http://www.aps1.net">www.aps1.net</a>	978-623-8500
Beverly	<a href="http://www.beverlyschools.org">www.beverlyschools.org</a>	978-921-6100
Danvers	<a href="http://www.danvers.mec.edu">www.danvers.mec.edu</a>	978-777-4539
Georgetown	<a href="http://www.georgetown.k12.ma.us">www.georgetown.k12.ma.us</a>	978-352-5777
Gloucester	<a href="http://www.gloucester.k12.ma.us">www.gloucester.k12.ma.us</a>	978-281-9800
Hamilton-Wenham	<a href="http://www.hwschools.net">www.hwschools.net</a>	978-468-5310
Haverhill	<a href="http://www.haverhill-ps.org">www.haverhill-ps.org</a>	978-374-3400
Ipswich	<a href="http://www.ipswichschools.org">www.ipswichschools.org</a>	978-356-2935
Lawrence	<a href="http://www.lawrence.k12.ma.us">www.lawrence.k12.ma.us</a>	978-975-5905
Lynn	<a href="http://www.lynnschools.org">www.lynnschools.org</a>	781-593-1680
Lynnfield	<a href="http://www.lynnfield.k12.ma.us">www.lynnfield.k12.ma.us</a>	781-334-5800
Manchester Essex Regional	<a href="http://www.mersd.org">www.mersd.org</a>	978-526-4919
Marblehead	<a href="http://www.marbleheadschoools.org">www.marbleheadschoools.org</a>	781-639-3140
Methuen	<a href="http://www.methuen.k12.ma.us">www.methuen.k12.ma.us</a>	978-722-6000
Nahant	<a href="http://www.nahantschools.org">www.nahantschools.org</a>	781-581-1600
Newburyport	<a href="http://www.newburyport.k12.ma.us">www.newburyport.k12.ma.us</a>	978-465-4457
North Andover	<a href="http://www.northandoverpublicschools.com">www.northandoverpublicschools.com</a>	978-794-1503
N. Reading	<a href="http://www.north-reading.k12.ma.us">www.north-reading.k12.ma.us</a>	978-664-7810
Peabody	<a href="http://www.peabody.k12.ma.us">www.peabody.k12.ma.us</a>	978-531-1600
Pentucket Regional	<a href="http://www.prsd.org">www.prsd.org</a>	978-363-2280
Reading	<a href="http://reading.k12.ma.us">http://reading.k12.ma.us</a>	781-944-5800
Rockport	<a href="http://www.rockport.k12.ma.us">www.rockport.k12.ma.us</a>	978-546-1200
Salem	<a href="http://www.salem.k12.ma.us">www.salem.k12.ma.us</a>	978-740-1281
Saugus	<a href="http://www.saugus.k12.ma.us">www.saugus.k12.ma.us</a>	781-231-5000
Swampscott	<a href="http://www.swampscott.k12.ma.us">www.swampscott.k12.ma.us</a>	781-596-8800
Triton Regional	<a href="http://www.trsd.net">www.trsd.net</a>	978- 465-2397
Tri-towns	<a href="http://www.tritownschoolunion.com">www.tritownschoolunion.com</a>	978-887-0771
Wakefield	<a href="http://www.wakefield.k12.ma.us">www.wakefield.k12.ma.us</a>	781-246-6400

## AGENCIES SERVING PARENTS AND CHILDREN

- **Adoption Community of NE** 508-366-6812  
[www.adoptioncommunityofne.org](http://www.adoptioncommunityofne.org)  
*Support for adoptive families and for people who want to learn about adoption*
- **Asian Center** 781-593-2312  
*Provides ESL, job placement, job search information & resources. Health care information is also provided.*
- **Asian Center of Merrimack Valley** 978-683-7316  
[www.asiancentermv.org](http://www.asiancentermv.org)  
*Offers various helpful services to the Asian-American Community*
- **Auto Safety Hotline** 800-424-9393  
*Information about car safety seats, air bags and passenger safety*
- **Baby Safe Haven** 866-814-7233  
[www.talkreadplay.org](http://www.talkreadplay.org)  
*Gives would be parents information about the Safe Haven Law, crisis intervention services, and referrals to teen pregnancy centers.*
- **Beverly Bootstraps Community Services, Inc.** 978-927-1561  
[www.beverlybootstraps.org](http://www.beverlybootstraps.org)  
*Access to food, housing stability, adult and youth education, counseling and advocacy.*
- **Big Brothers Big Sisters**  
Mass Bay [www.bbbsmb.org](http://www.bbbsmb.org) 617-542-9090  
Big Sisters [www.bigsister.org](http://www.bigsister.org) 617-236-8060  
*Mentoring program for youth*
- **Boot Camp for New Dads**  
Beverly - 978-927-9103 Ipswich – 978-412-0123  
[www.bootcampfornewdads.org](http://www.bootcampfornewdads.org)  
*Designed to build confidence and prepare first-time fathers for the challenges of parenthood.*
- **Boxford Athletic Association** [www.baasports.info](http://www.baasports.info)  
*Dedicated to the organization and administration of sport programs for Boxford and promoting physical fitness for children.*

## AGENCIES SERVING PARENTS AND CHILDREN

- **Buckle Up Hotline** **800-669-SAFE**  
*Information on child safety and locations of car seat loan programs; takes reports of improperly restrained children and follows up with information*  
*Always open*

- **Catholic Charities North** **www.ccab.org**  
**Gloucester** **978-283-3055**  
**Lawrence** **978-685-5930**  
**Lynn** **781-593-2312**  
**Salem** **978-740-6923**

*Services vary by location and include: emergency financial assistance for fuel, rent, and utilities; food pantries or vouchers, Young Parents Program, Second Chance School, Young Fathers Program*

- **Child Care Circuit** **Lawrence** **877-823-2273**  
**www.childcarecircuit.org** **Beverly** **800-660-2868**  
*Information on child care including how to choose a provider, lists of licensed child care providers and subsidies to help pay for child care*

- **Children's Friend & Family Services**  
**www.childrensfriend.net**  
**Main office – Salem** **978-744-7905**  
**Amesbury** **978-388-0111**  
**Gloucester** **978-283-7198**  
**Lawrence** **978-682-7289**  
**Lynn** **781-592-5691**

*Counseling, mentoring, day care and juvenile court services for youth and families.*

- **Children's Trust Fund** **888-775-4KIDS**  
*Referrals to parent education and support groups*

- **Coordinated Family & Community Engagement Programs**  
Andover, North Andover, Lawrence, Methuen **978-681-4996**  
Amesbury/Newburyport **978-374-2198**  
Beverly, Boxford, Danvers, Middleton & **978-532-1179**  
Topsfield **ext. 309**

## AGENCIES SERVING PARENTS AND CHILDREN

- **Coordinated Family & Community Engagement Programs continued**

Everett	617-389-3455
Gloucester/Rockport	978 281-2400
Haverhill	978-374-3459
Ipswich	978-356-2976
Lawrence	978-722-2576
Lynn	781-595-2870
Lynnfield, Reading & North Reading	978-722-2544
Malden	781- 397-7025
Medford	781-393-2211
Melrose, Stoneham & Wakefield	781-246-6425
Newbury, Rowley & Salisbury	978-465-2397
Peabody	978-536-6543
Salem	978-745-5931
Saugus	781-631-0071

*Supported by funding from the Department of Early Education & Care, these community based programs are open to all interested community members and provide resources for parents and educators.*

- **Danvers Recreation Department** 978-777-0001  
**www.danversrec.com**  
*Comprehensive recreation program for the families of Danvers.*
- **Family and Parenting Services** 617-927-6243  
*Information, resources, activities and support for gay and lesbian parents and their children*
- **Family Resource Center** 781-598-5517  
**www.fcslynn.org**  
*Parent groups, play groups, resources for parents and children, birth-6 years, residing in Lynn*
- **Family TIES of Massachusetts** 800-905-8437  
**www.massfamilyties.org**  
*An information and support network run by and for parents of children with special needs*

## AGENCIES SERVING PARENTS AND CHILDREN

- **Federation for Children with Special Needs** 800-331-0688  
**www.fcsn.org**  
*Advocacy for children with special needs and their parents or guardians*
- **First Call for Help** 800-231-4377  
*Provides information and resources to any caller. Information is available on support groups, employment, housing, fuel assistance, and other basic family needs.*
- **First Candle (SIDS Awareness)** 800-221-7437  
**www.firstcandle.org**  
*Grief Counselors Available 24/7. Information for expectant parents, professionals and grieving families.*
- **F.O.R. families** 617-624-5913  
*Home Visitors coordinate services with community-based programs & services such as WIC, Early Intervention, health care, domestic violence as well as DTA, & Housing Assistance for homeless families.*
- **Head Start/Administration for Children and Families**  
*Referrals to Head Start programs for children 3-5 years old*

Main Telephone	617-565-1128
Haverhill area	978-372-5052
Lawrence area	978-681-4927
Lynn area	781-581-7220
Malden/Medford area	781-395-0097
North Shore area	978-532-1179
- **Healthy Families For Young Parents** 888-775-4KIDS

Greater Haverhill	978-521-6265
Greater Lawrence	978- 681-4920
Greater Melrose/Wakefield	781-338-7550
North Shore	781-593-4233

  
*Program that provides free education and support to first-time young parents under the age of 21*



## AGENCIES SERVING PARENTS AND CHILDREN

- **Holistic Mom's Network**  
Essex county group: <http://home.homewebs.com/hmnessexcountyma/>  
N. Shore group: <http://home.homewebs.com/hmnnorthshoreboston/>  
*Diverse group of holistic moms from throughout the North Shore area with an interest in holistic health and green living. Local chapters offer events such as Moms' Night Out adventures, Playgroup activities for kids, Meals for Moms programs, local business discounts and volunteer projects for kids.*
- **Immigrant Mom Support Group** 781-322-2277  
*An opportunity to connect with other women with similar experiences while learning about parenting, self-esteem and the challenges of living in the U.S.*
- **Kid's Net** 800-541-3004  
*Provides **free** respite, short-term daycare, training, support group referrals, funding for camp / after-school programs. **Services are available only to DCF foster, adoptive and kinship parents.***
- **Kid's Net Connection** 800-486-3730  
*After-hours help line providing immediate telephone support and referral for DCF foster, kinship and pre-adoptive services.*
- **Making a Difference in Peabody Foundation** 978-317-4388  
**[www.madip.org](http://www.madip.org)**  
*Clothing - Food - Electricity - Heating Gas/Oil - Fire/Flood Aid - Rental Assistance - Housing Aid - Medical Assistance - School Supplies*
- **Massachusetts Assistive Technology Partnership Center** 800-848-8867  
*Information on assistive technology products, services and funding sources for people with disabilities*
- **Massachusetts Department of Education** 781-338-3000  
*Information on public school programs*

## AGENCIES SERVING PARENTS AND CHILDREN

- **MA Department of Early Education & Care** 617-988-6600  
*State agency that monitors & licenses child care programs; receives complaints & sends reports of proven complaints against a provider*
- **Massachusetts Department of Public Health Case Management**  
Northeast Region 978-851-7261  
*Case management, support and technical assistance to help parents of children with special health care needs to get services from public and private agencies*
- **Massachusetts Family Networks**  
*Parent education, home visits, health and developmental screening, play groups and child care.*  
Main telephone 617-988-7813  
Haverhill 978-374-2198  
Ipswich 978-412-0123  
Lawrence 978-722-2576  
Lynn 781-593-1680  
Medford 781-393-2106  
North Suburban 781-662-2722
- **Massachusetts Office on Disabilities** 800-322-2020  
*Information, referrals and advocacy for people with disabilities*
- **Massachusetts Passenger Safety Program** 800-CAR-SAFE  
*Locations of car seat loan programs; information about passenger safety, child safety seat installation and recalls*
- **Merrimack Valley Mothers of Twins Assoc.** 978-685-0265  
**[www.merrimackvalleymmota.org](http://www.merrimackvalleymmota.org)**  
*A local group of Mother's of Twins and triplets*
- **The Mother Connection, Inc.** 978-470-1500  
**[www.themotherconnection.org](http://www.themotherconnection.org)**  
*Information, resources, support and recreation for mothers and their families*

## AGENCIES SERVING PARENTS AND CHILDREN

- **Mothertime Support Group** 978-927-7880  
**at the North Shore Birth Center**  
*Informal drop-in discussion group*
- **New Mothers Support Group** 978-463-1060  
*Sponsored by the Anna Jaques Birth Center*
- **Newburyport Mother's Club- [nmc\\_information@yahoo.com](mailto:nmc_information@yahoo.com)**  
**[www.newburyportmothers.com](http://www.newburyportmothers.com)**  
*P.O. Box 316, Newburyport*  
*Provides support, information and friendship*  
*to families with young children in the Greater*  
*Newburyport area.*
- **N. Shore Mothers of Preschoolers** 978-927-2014  
*A support group for mothers of young*  
*children from birth to Kindergarten. Group*  
*meets the first and third Thursday of each*  
*month in Beverly Farms.*
- **North Shore Mothers of Multiples** [www.nsmom.org](http://www.nsmom.org)  
*Support group for mothers of twins & multiples*
- **North Suburban Mother's of Multiples** [info@nspom.org](mailto:info@nspom.org)  
**[www.nspom.org](http://www.nspom.org)**  
*Support group for mothers of twins & multiples*
- **Parent Talk** 781-453-5418  
**[www.parenttalk.info](http://www.parenttalk.info)**  
*Provides parent education programs, a*  
*newsletter, playgroups, family activities & more.*
- **Parental Stress Line** 800-632-8188  
*Confidential counseling, support and information*  
*for parents. 24 Hours a Day, 7 Days a Week.*
- **Parents Helping Parents** 617-926-5008  
**[www.parentshelpingparents.org](http://www.parentshelpingparents.org)** 800-882-1250  
*Telephone counseling and referrals to*  
*local support groups for parents*
- **Parenting and Pregnancy Support for Teens** 617-482-9122  
**[www.massteenpregnancy.org](http://www.massteenpregnancy.org)**

## AGENCIES SERVING PARENTS AND CHILDREN

- **Parents of Tots**  
**[www.parentsoftots.org](http://www.parentsoftots.org)**  
*Supporting families with young children in Wakefield, Stoneham, Woburn, Reading & surrounding communities by providing parents with the means to build a social network for themselves & their children.*
- **Postpartum Depression Support Group** **978-922-3000**  
**<http://northshorepostpartumhelp.org>**  
**org** Beverly Hospital, 85 Herrick St., Beverly  
*First Friday of every month from 1:30 to 3 p.m.*
- **Reading Connect the Tots** **[www.connectthetots.org](http://www.connectthetots.org)**  
*Connects families in Reading & neighboring communities through organized playgroups, member outings and informative events*
- **SAFE BEGINNINGS** **800-598-8911**  
*Home childproofing service. Mail-order catalog of childproofing products and infant/toddler accessories*
- **Triplets, Moms, and More**  
**[info@tripletsmomsandmore.org](mailto:info@tripletsmomsandmore.org)**  
**[www.tripletsmomsandmore.org](http://www.tripletsmomsandmore.org)**  
*Support group for families & families- to-be of triplets, quads & more. Provides opportunities for these families to address the unique aspects of parenting higher order multiples.*

## EMPLOYMENT

- **Department of Transitional Assistance** **800-249-2007**  
*Provides basic education, job training and job search skills*  
Lawrence **978-725-7100**  
Malden **781-388-7300**  
Salem **978-825-7300**

## EMPLOYMENT

- **Lawrence Community Works** 978-722-2623  
**New Skills Academy**  
**[www.lcworks.org](http://www.lcworks.org)**  
168 Newbury Street, Lawrence  
*Program designed to prepare participants to achieve their goal of getting better job opportunities*
- **Lynn Educational Opportunity Center** 781-593-6722  
*Provides counseling and application assistance to lower income adults planning to attend college or technical school.*  
**[www.northshore.edu/eoc](http://www.northshore.edu/eoc)**
- **Massachusetts Division of Career Services**  
*Provides a wide variety of employment services to Massachusetts job seekers at their One Stop Career Centers*  
Gloucester                      [www.nscareers.org](http://www.nscareers.org)                      978-283-4772  
Haverhill                        [www.valleyworks.cc](http://www.valleyworks.cc)                      978-722-7000  
Lawrence                        [www.valleyworks.cc](http://www.valleyworks.cc)                      978-722-7000  
Lynn                                [www.nscareers.org](http://www.nscareers.org)                      781-593-0585  
Salem                               [www.nscareers.org](http://www.nscareers.org)                      978-825-7200
- **Massachusetts Rehabilitation Commission**  
*Assists individuals with disabilities to make informed choices about work*  
Main Number                      800-245-6543  
Lawrence                            978-685-1731  
Malden                               781-324-7160  
Salem                                 978-745-8085

## FAMILY VIOLENCE AND ABUSE

- **Alternative House** 978-454-1436  
**[www.alternative-house.org](http://www.alternative-house.org)** 24- hour hotline 888-291-6228  
*Offers shelter, support, options, counseling and advocacy for all battered women seeking help (and their children).*

## FAMILY VIOLENCE AND ABUSE

- **Battered Women's Hotline – SafeLink** 800-992-2600  
*Referrals, peer support and information on location and availability of shelters. 24 hour line. Services available in Spanish, English, Portuguese, Creole & French.*
- **Child-At-Risk Hotline** 800-792-5200  
*To report child abuse; follow-up services include crisis intervention and emergency services, counseling, protective child care, parent aid services, substitute care and case management  
Always open*
- **Child Witness to Violence Project** 617-414-4244  
*Counseling for children who have witnessed violence, especially family violence  
[www.childwitnessstoviolence.org](http://www.childwitnessstoviolence.org)*
- **Department of Children & Families 24hr line** 800-792-5200  
20 Wheeler Street, Lynn 781-477-1600  
22 Pleasant Street, Malden 781-388-7100  
45 Congress Street, Bldg 4, Cape Ann/Salem 978- 825-3800  
**Northeast Regional Office** 978-557-2700  
*Counseling assistance regarding child abuse and neglect*
- **Elizabeth Stone House** 617-522-3417  
[www.elizabethstonehouse.org](http://www.elizabethstonehouse.org)  
*Offers programs for battered women including transitional housing.*
- **Help for Abused Women and Their Children** 978-744-8552  
**24 hour Hotline** 800-547-1649  
**Gloucester Hotline** 978-281-1135  
[www.helpabusedwomen.org](http://www.helpabusedwomen.org)  
*HAWC is the only program providing comprehensive services to battered women in 23 North Shore communities from Saugus to Gloucester. Offices in Gloucester, Lynn Salem & Ipswich.*

## FAMILY VIOLENCE AND ABUSE

- **Jeanne Geiger Crisis Center**                      **Hotline**    **978-388-1888**  
2 Harris Street, Newburyport                      **978-465-0999**  
5 Market Square, Suite 109, Amesbury                      **978-834-9710**  
**[www.jeannegeigercrisiscenter.org](http://www.jeannegeigercrisiscenter.org)**  
*Support groups, crisis intervention,  
supportive interventions for children,  
emergency shelter, legal advocates &  
representation, Economic Independence  
Program & more.*
- **Massachusetts Society for the Prevention  
of Cruelty to Children**                      **617-587-1500**  
**[www.mspsc.org](http://www.mspsc.org)**
- **Michael B. Christensen**  
**Family Support Center**                      **978-681-4985**  
*Helping parents learn positive parenting skills,  
assisting families at risk, increase the ability of  
families to nurture their children, to foster a  
sense of family and empowerment. Services free.*
- **National Domestic Violence Hotline**                      **800-799-7233**
- **North Shore Rape Crisis Center**                      **800-922-8772**  
*Crisis counseling and referrals for rape victims  
Always open*
- **REACH**                      **800-899-4000**  
*24 hour hotline and emergency shelter for  
victims of domestic violence.*
- **Turning Point Transitional House for Women and Children**  
**[www.turningpointinc.org](http://www.turningpointinc.org)**                      **978-388-6600**  
*Stable home environment for battered women and  
their children while allowing them the safety and  
freedom to use family support services*
- **Women's Resource Center**                      **978-373-4041**  
**24-hour hotline #**                      **800-400-4700**  
*Program for battered women with the  
following services: supportive counseling,  
advocacy within the legal system, support groups  
for abused women, emergency shelter and education*

## FAMILY VIOLENCE AND ABUSE

For a complete listing of services related to domestic violence and sexual assault in MA go to [www.janedoe.org](http://www.janedoe.org)

### FOOD RESOURCES

- **All Saints Church Rectory Pantry** 978-372-7721  
120 Bellevue Ave., Haverhill  
*Food pantry open Tuesday afternoons & Saturday a.m.*
- **Accord Food Pantry** 978-468-7424  
<http://acordfoodpantry.org>  
*Located at 69 Willow St, Hamilton  
Available to residents of Hamilton, Wenham  
Topsfield, Ipswich, Essex & Manchester.*
- **Among Friends St. Paul's Church** 978-465-5351  
Location: 166 High St., Newburyport  
*Providing meals - Monday - 5:30-6:30 pm,  
Tuesday - 11:30 am-1 pm & Friday - 11:30  
am-  
1 pm. Available to all in need.*
- **Beverly Bootstraps Food Pantry** 978-927-1561  
*Located at First Baptist Church 371 Cabot  
St, Beverly*
- **Bread of Life** 781-397-0404  
[www.thebreadoflifeonline.org](http://www.thebreadoflifeonline.org)  
*Food pantry, holiday meals and weekly  
meals programs in the city of Malden*
- **Bread and Roses** 978-681-8768  
<http://www.breadandroseslawrence.org/>  
*Food pantry serving meals from 5:00PM until 7:00pm;  
Monday, Tuesday, Wednesday, Thursday, Saturday  
58 Newbury St.  
Lawrence, Ma*



## FOOD RESOURCES

- **Break Bread Together Community Meals** 978-744-0500  
[www.lifebridgesalem.org](http://www.lifebridgesalem.org)  
56 Margin Street, Salem  
*Three meals are served every day to anyone in the Salem area that is hungry.*
- **Catholic Charities Food Pantry**  
*Located at 280 Washington St, Salem* 978-740-6923  
*Located at 15 Kenosha Ave, Haverhill* 978-372-2828
- **Calvary Baptist Church** 978-373-4404  
13 Ashland St., Haverhill  
*Food pantry open to all*
- **Consumer Nutrition Hotline** 800-366-1655  
*Pre-recorded messages on various topics and issues in nutrition or speak to a registered dietician*
- **Danvers People to People Food Pantry** 978-739-4188  
*Location; 12 Sylvan St. Danvers*  
*Every Monday & Thursday 9:00 AM - 11:30 AM*  
*1st & 3rd Thursday of each month 3:30 PM to 5:30 PM. Serving residents of Danvers.*
- **First Call for Help**  
*Help with housing, food, utilities, legal support and other basic needs.*  
North Shore United Way 978-922-3966  
United Way of Massachusetts Bay 800-231-4377  
North Shore office 978-535-9756
- **Food Stamp Program (SNAP)** 800-645-8333  
*Provides eligible households with a monthly food stamp allowance to purchase groceries at approved markets.*
- **Good Shepherd Center Soup Kitchen** 978-689-8575  
[www.lazarushouse.org](http://www.lazarushouse.org)  
410 Hampshire St., Lawrence  
*Serves breakfast & lunch. Also have a food pantry, located in the basement of the Lazarus House Shelter.*

## FOOD RESOURCES

- **Haven from Hunger** **978-531-1530**  
*Location: 7 Wallis St., Peabody*  
*Peabody agency providing food to anyone in need*  
*Food Pantry open Monday, Tuesday,*  
*Thursday & Friday 10:00 a.m. to 2:00 p.m.*  
*Dinners at 5:00 p.m. on Monday, Tuesday,*  
*Thursday & Friday.*
- **Ipswich Community Food Pantry**  
*Location: 31 N. Main St., Ipswich in the basement*  
*of the Ipswich United Methodist Church.*  
*Open Thursdays 5-7pm to residents of*  
*Ipswich, Topsfield, Rowley,*  
*Hamilton/Wenham, Essex and Gloucester.*
- **Life Bridge** **978-744-0500**  
*56 Margin St. Salem, MA*  
*Three meals are served every day to shelter*  
*residents and anyone in the Salem area*  
*that is hungry.*
- **Lynn City Mission** **781-775-9349**  
*Location: 10 Baltimore St., Lynn*  
*Lynn based food pantry providing groceries*  
*once monthly for families only. Pantry is*  
*open Saturdays 8-9:30am*
- **Magic of Mitzvah Kosher Food Pantry** **978-741-7878**  
**[www.jfsns.org](http://www.jfsns.org)**  
*Location: 2 East India Square, Salem*  
*To apply for assistance contact the agency directly.*
- **My Brother's Table** **781-595-3224**  
**[www.mybrotherstable.org](http://www.mybrotherstable.org)**  
*Agency in Lynn providing free meals to anyone in need*
- **Neighbors in Need** **978-685-8321**  
**[www.neighborsinneed.net](http://www.neighborsinneed.net)**  
*95 E Haverhill Street, Lawrence*  
*Operates 7 food pantries throughout Lawrence & Methuen.*

## FOOD RESOURCES

- **Sacred Heart Tree of Life Pantry** 781-599-2616  
[www.SacredHeart01905.com](http://www.SacredHeart01905.com)  
571 Boston St., Lynn  
*Lynn agency providing free groceries, every other week, to eligible families or individuals. Pantry hours: Thursdays 12:30-2:00PM.*

### [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

*Providing various services depending on location*

- **Salvation Army continued**  
Beverly 978-922-4522  
Haverhill 978-374-7571  
Lawrence 978-682-8038  
Lynn 781-598-0673  
Malden 781- 324-1970  
Newburyport 978-465-0883  
Salem 978- 744-5181
- **Somebody Cares New England** 978-912-7626  
<http://somebodycaresne.org>  
*Location: 125 Winter Street, Haverhill. Open the last Thursday of the month from 4pm-5pm. Available to Haverhill residents.*
- **Spanish Free Methodist Church** 978-741-1292  
*Location: 8 North Street, Salem  
Tuesday and Wednesday, 11 a.m.-2 p.m.*
- **St. Joseph's Food Pantry & Harvest of Hope** 978-745-2223  
<http://www.stjosephsharvestofhope.org>  
*13 Franklin St, Salem  
Hours: Thursday 2 p.m. - 6 p.m.  
Harvest of Hope - Pantry Hours 1st and 3rd Saturday of the month From 10 a.m. - 2 p.m.  
Services Salem residents.*
- **St. John the Baptist Food Pantry** 978-531-0002  
*Location: 17 Chestnut St. Peabody  
Open the last Sunday of every month 9:00 AM - 1:00 PM. Open to anyone in need.*

## FOOD RESOURCES

- **North Reading Food Pantry** 978-276-0040  
*Located in N. Reading Town Hall at 235 North St. Pantry is open from 9-10 every Monday morning, and from 7-8 on the first and third Monday evenings of each month. Available to N. Reading residents & members of North Reading churches.*
- **Open Hand Food Pantry** 978-372-2828  
*16 Ashland Ave., Haverhill  
Food pantry. In addition to food, clothing and other miscellaneous items are also available.*
- **Our Neighbor's Table** 978-388-1907  
*Amesbury agency providing food to anyone in need*
- **Pettingill House** 978-463-8801  
*13 Lafayette Road, Salisbury,  
Serving Salisbury and surrounding communities. Services include a food pantry, family counseling & other supports.*
- **Pregnancy Care Center of the Northeast -** 866-254-4440  
**[www.pccnortheast.org](http://www.pccnortheast.org)**  
*Mother/Child/Family Food Bank  
Located in Haverhill & Amesbury*
- **Project Bread** 800-645-8333  
**[www.projectbread.org](http://www.projectbread.org)**  
*Provides information and referral to local food resources. Also provides a confidential, pre-screening regarding eligibility for Food Stamp and other food programs*
- **Reading Food Pantry** 781-944-8486  
*United Methodist Church - 6 Salem St. – Reading  
Operation: Mon. 7-8pm and Fri. 10:30-11:30am.  
A referral is required. Contact Marie Ammer, LICSW at 781-942-6659.*
- **Sacred Hearts Food Pantry** 978-373-1281  
*6 Carleton St., Bradford,  
Food pantry open Monday, Wednesday and Friday 8:30 to 10:45.*

## FOOD RESOURCES

- **St. Mary's Tree of Life Food Pantry** 781-598-4907  
8 South Common St., Lynn  
*Providing groceries to families living in the St. Mary's neighborhood of Lynn.  
Open Wednesdays 10 am-12 noon.*
- **St. Stephen's Food Pantry** 781-599-4220  
74 South Common St., Lynn  
*A pantry distributing emergency food free to anyone with legitimate photo id. Open from 3 to 4pm on Friday, except for the first Friday of each month.*
- **TDC Church** 781-593-9931  
*Location: 56 Franklin St, Lynn, MA  
Lynn based food pantry open to all. Open Thursdays 5-7 pm.*
- **The Open Door** 978-283-6776  
**www.foodpantry.org**  
*28 REAR Emerson Avenue, Gloucester  
Groceries, free produce market and hot meals. Open from Mon-Fri at 10:00 AM.  
Serves residents of Gloucester, Rockport, Ipswich, Manchester and Essex.*
- **The Salem Pantry** 978 744-3224  
*The Pantry operates out of the basement of 211 Bridge St in Salem on the last Saturday of each month.*
- **U Mass Extension** 978-689-4744  
*Teach participants how to eat healthy on a limited budget.*
- **Wakefield Interfaith Food Pantry** 781 245 2510  
*Anyone who lives in Wakefield and needs food can receive assistance.*
- **WIC** 978-681-4960  
Lawrence WIC Program

## FOOD RESOURCES

- **WIC continued**
  - Northern Essex WIC Program 978-374-2191
  - North Shore WIC Program 781-599-7290
  - North Suburban WIC Program 781-338-7578

*The Women, Infants and Children Nutrition Program provides free food and nutrition information to help keep pregnant women, infants and children under five healthy and strong*

Beverly WIC	978-922-2110
Gloucester WIC	978-281-4540
Lynn WIC	781-599-7290
Malden	800-322-1305
Medford	781-391-2753

Or go to the Greater Boston Food Bank web site at  
[www.gbfb.org/GetHelp/agencyLocator.cfm](http://www.gbfb.org/GetHelp/agencyLocator.cfm)

## FUEL ASSISTANCE

- **Community Teamwork, INC** 978-459-6161  
*Provides energy programs, fuel assistance to help low income people become self sufficient.*  
45 Kirk Street, Lowell MA
- **Citizens Energy Oil Heat Program** 877-563-4645  
[www.citizensenergy.com](http://www.citizensenergy.com)  
*Works in partnership with fuel assistance agencies to provide low cost heating oil*
- **Energy Assistance Programs Heat Line** 800-632-8175  
*Financial aid for heat. Also provides eligible households with full-scale home energy weatherization services.*
- **Fuel Assistance Agencies** 781-322-6284  
Tri-City Community Action, Everett

## FUEL ASSISTANCE

- |  |                   |
|--|-------------------|
| Action, Inc., Gloucester                         | 978-282-1003      |
| Lynn Economic Opportunity Council, Lynn          | 781-581-7220 x283 |
| Tri-City Community Action, Malden                | 781-322-6284      |
| Tri-City Community Action, Medford               | 781-322-6284      |
| North Shore Community<br>Action Program, Peabody | 978-531-0767 x136 |
| GLCAC, Lawrence                                  | 978-681-4950      |
- **Good Neighbor Energy Fund** 800-334-3047  
[www.magoodneighbor.org](http://www.magoodneighbor.org)  
*Fuel assistance available to income eligible families during the heating season: Eastern Massachusetts*

## HEALTH

- **AIDS Information** 800-235-2331  
[www.aac.org](http://www.aac.org)
- **Al-Anon** 508-366-0556  
[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)  
*Support for family members affected by alcoholism or other substance abuse*
- **Alcohol and Drug Hotline** 800-327-5050  
*Provides free and confidential referrals to substance abuse treatment services.*
- **American Academy of Pediatrics, MA Chapter** 781-895-9852  
[www.mcaap.org](http://www.mcaap.org)  
*Information about child health issues*
- **Asthma & Allergy Foundation of America** 877-7-ASTHMA  
[www.aafa.org](http://www.aafa.org)  
*Educational support group for parents*
- **Breastfeeding Mothers' Group** 978-463-1060  
*Meetings at Anna Jaques hospital in Newburyport & at Children's Health Care in Haverhill.*

## HEALTH

- **Breastfeeding Support** 888-217-6455  
*Support once you go home. Also a Breastfeeding Support Group that meets at the North Shore Medical Center.*
- **Center for Addictive Behavior** 978-968-1700  
**[www.cabhealth.org](http://www.cabhealth.org)**  
*Includes traditional and intensive outpatient therapy for individuals, families and teens. Also includes special programs such as women, gamblers, and aftercare prison groups.*
- **Children's Medical Security Plan** 800-531-2229  
*Health insurance to eligible children 18 and under for primary care, limited emergency care and prescription drugs*
- **Commonwealth Care** 877-623-6765  
*Connects eligible Massachusetts residents with approved health plans and helps them pay for them.*
- **CommonHealth** 888-665-9993  
**[www.masschec.org](http://www.masschec.org)**  
*Health insurance for working disabled adults and children under 18*
- **Connecting Young Moms** 978-922-3000 ex. 2720  
*Free programs for teens and young moms before and after the baby is born. Located at the Women's Health Building at Beverly Hospital. Child care provided.*
- **DanversCARES** 978-777-8932  
**[www.danverscares.org](http://www.danverscares.org)** x2213  
*A dynamic community coalition supporting youth and families in making healthy decisions*



## HEALTH

- **Depression After Delivery** **800-944-4PPD**  
**[www.ppdhope.org](http://www.ppdhope.org)**  
*Information for new parents and referrals to local providers and support groups*
- **Early Intervention Services** **800-905-8437**  
*Developmental assessment, intervention and family support services to eligible children birth-3 years old*  
**Medford/Everett area**  
Criterion Medford EIP **781- 935-5751**  
TriCity EIP **781-306-4820**  
**Reading/Stoneham area**  
Criterion Stoneham EIP **781-935-3855**  
**Beverly & Cape Ann areas**  
Cape Ann EIP **978-921-1182**  
**Danvers/ Lynn/Saugus area**  
North Shore Infant/Toddler Development Program **800-454-2727**  
Family Support EIP **978-774-7570**  
**Greater Lawrence**  
MSPCC **978-681-7911**  
The Professional Center **978-475-3806**  
**Seacoast & Greater Haverhill**  
Pentucket Area EIP **978-363-5553**
- **Emergency Services Crisis Assistance** *Open 24 hours*  
**North Shore/Cape Ann** **888-550-4433**  
**Metro North** **800-988-1111**  
**Greater Haverhill/Seacoast** **800-281-3223**  
**Greater Lawrence** **978-683-3128**  
*Emergency mental health crises*
- **Good Grief Program** **617-414-4005**  
**[www.goodgriefprogram.org](http://www.goodgriefprogram.org)**  
*Training for providers and teachers about children and grief; books, videos and other resources.*

## HEALTH

- **Greater Lawrence Family Health Center** 978-686-0090  
**[www.glfhc.org](http://www.glfhc.org)**  
34 Haverhill St., Lawrence  
150 Park St., Lawrence  
73D Winthrop Ave., Lawrence  
700 Essex St., Lawrence  
*All centers offer free & low cost health care & are open on evenings, weekends and holiday.  
Also has a low-cost pharmacy.*
- **Greater Lawrence Mental Health Center** 978-683-3128  
30 General Street, Lawrence  
*Offers 24-hour counseling services for those in crisis and who have problems with substance abuse.*
- **Health Quarters** **[www.healthq.org](http://www.healthq.org)**
  - Beverly Office** 978-922-4490
  - Haverhill Office** 978-521-4444
  - Lawrence Office** 978-681-5258
  - Lynn Office** 781-593-1115
  - Reading Office** 781-944-8325*High quality free or low-cost family planning and reproductive health care.*
- **Healthcare for All** 800-272-4232  
**[www.hcfama.org](http://www.hcfama.org)** 617-350-7279  
*An advocacy organization with information about health care rights and insurance*
- **Healthy Gloucester Collaborative** 866-964-4603  
**<http://healthygloucester.org>**  
*Sponsor support groups & other initiatives to reduce alcohol and other drug problems to youth, families and community.*
- **Healthy Start** 888-488-9161  
**[www.hspmoms.com](http://www.hspmoms.com)** 800-841-2900  
*Insurance for eligible pregnant women and referrals to health care and other services*

## HEALTH

- **La Leche League** **800-LA-LECHE**  
**[www.lleus.org/state/Massachusetts.html](http://www.lleus.org/state/Massachusetts.html)**  
*Telephone counseling on breastfeeding, new mothers' groups and information on breast pump rentals and sales*
- **Lead Poisoning Prevention** **800-532-9571**  
*Information about lead laws and consumer rights*
- **Lydia Pinkham Memorial Clinic** **978 744-3288**  
*250 Derby Street, Salem*  
*Well - Baby clinic & free vaccinations for children*
- **Lynn Community Health Center** **781-581-3900**  
**Market Square location** **781-596-3500**  
**Dental Services** **781-581-9832**  
**[www.lchcnet.org](http://www.lchcnet.org)**  
*Lynn agency providing Out patient primary care for infants through adulthood. Free care is available according to state and federal guidelines. Patients need not be from the area.*
- **Massachusetts Center for Sudden Infant Death Syndrome (SIDS) Hotline** **800-641-SIDS**  
*Counseling about SIDS*
- **Massachusetts Department of Mental Health**  
*Emergency evaluations and treatment for persons having a mental health crises*  
Main telephone **800-221-0053**  
Beverly office **978-741-7300**  
Essex North **978-738-4500**  
Lynn/Metro North **781-477-8200**
- **Massachusetts Family Planning Program** **617-624-6012**  
*Promotes and provides comprehensive family planning services, which include clinic-based services, access to Emergency Contraception and may include community education and outreach.*
- **Massachusetts Immunization Program** **888-658-2850**  
*Information about immunizations and where to get them.*

## HEALTH

- **Massachusetts League of Community Health Centers** 800-475-8455  
[www.massleague.org](http://www.massleague.org)  
*Referrals to local health centers*
- **MassDentists CARE** 800-342-8747  
[www.massdental.org](http://www.massdental.org)  
*Referrals to dentists and special needs dentists. Also provides qualified children with access to affordable quality dental healthcare services.*
- **Mass General for Children at North Shore Medical Center** 978-745-2100  
*57 Highland Avenue, Salem  
Full service pediatric hospital*
- **Medicaid/MassHealth** 888-665-9993  
*Health insurance for eligible families* 617-573-1770
- **Mental Health America** 800-969-6642  
[www.nmha.org](http://www.nmha.org)  
*Referrals to mental health providers and Information on mental health.*
- **North Shore Community Health, Inc.** [www.nschi.org](http://www.nschi.org)  
302 Washington St. Gloucester 978-282-8899  
89 Foster Street Peabody 978-532-4903  
47 Congress Street Salem 978-744-8388  
Salem High School Salem Teen Center 978-740-1220
- **N. Shore Medical Center Family Resource Center**  
[www.nsmcfamilyresourcecenter.org](http://www.nsmcfamilyresourcecenter.org) 978-354-2660  
*Organizes and runs conferences, workshops and a variety of family support programs.*
- **North Shore Post Partum Help**  
[www.northshorepostpartumhelp.org](http://www.northshorepostpartumhelp.org)  
*Locally based web site offering information on support groups, counseling referrals and other resources.*

## HEALTH

- **Poison Control Center** **800-222-1222**  
*Emergency advice on poisoning and information on poisons. Always open.*
- **Samariteens (teen-to-teen line)** **800-252 TEEN**  
*This teen help line provides confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness and stress. From 3 p.m. to 9 p.m. on weekdays, and 9 a.m. to 9 p.m. on weekends, this service is staffed by volunteers between the ages of 15 and 18. Available 24 hours.*
- **Samaritans of Merrimack Valley** **866-912-4673**  
*Free and confidential 24-hour phone befriending and Crisis Help line.*
- **Scleroderma Foundation** **978-463-5843**  
**[www.scleroderma.org](http://www.scleroderma.org)**  
*Offers support groups, newsletter and other information for those with scleroderma.*
- **St. Luke's Dental and Medical Clinic** **978-689-8575**  
**[www.lazarushouse.org](http://www.lazarushouse.org)**  
410 Hampshire St., Lawrence  
*The Clinic offers free dental and medical care to those who have no insurance and those who cannot afford to see a dentist or a medical doctor.*
- **Strongest Link AIDS Services** **978-777-5885**  
**[www.strongestlink.org](http://www.strongestlink.org)**  
*Providing an array of services for Essex County residents living with HIV. **Cornerstone Wellness Center** is a free clinic available to clients and is located at 156 Broad Street, Lynn.*
- **Tri City Mental Health** **800-988-1111**  
*Emergency mental health crises in Greater Everett, Lynn and Wakefield areas*

## HEALTH

- **Tri-Town Council** **978-887-6512**  
*Provides crisis intervention, special needs counseling and peer education services at Masconomet Regional Middle and High School. Also has a 24/7 counseling hotline (978-771-4619) for youth and families in need.*
- **Willow Medical Center** **781-593-3480**  
*Full service walk-in medical treatment facility in Lynn. No appointment necessary.*
- **Women's Health Network** **877-414-4447**  
*Call for a provider in your area.  
Offers free Pap tests and Mammogram screenings, free transportation and babysitting for appointments.*

## HOUSING

- **Action Inc.** **978-282-1000**  
**[www.actioninc.org](http://www.actioninc.org)**  
*Gloucester agency serving Cape Ann residents. Homeless shelter, housing loans, help with landlord issues, energy programs, etc.*
- **American Red Cross**  
*Disaster relief-clothing, food pantry, housing and household goods; First Aid & CPR training offered at some locations*  
American Red Cross, Beverly **978-922-0325**  
American Red Cross, Haverhill **978-372-6871**  
American Red Cross, Melrose **781-665-1351**
- **Citizens for Adequate Housing, Inc** **978-531-9775**  
**[www.cahns.org](http://www.cahns.org)**  
*Peabody agency that offers emergency shelter & also provide services and programs designed to ensure families' return to independent living successfully. Also develops and operates affordable housing units.*

## HOUSING

- **Community Services of Newburyport** 978-465-7562  
*Emergency services for Newbury, Newburyport and West Newbury residents.*
- **Day Break** 978-975-4547  
75 North Parish Road, Lawrence  
*A shelter for 18 year olds & up. Offers services 24 hours a day. Also has a free weekly clinic.*
- **Department of Transitional Assistance**  
*Food stamps, Transitional Aid for Needy Families (TANF) and other assistance*  
Lawrence 978-725-7100  
Malden 781-388-7300  
Salem 978-825-7300  
New applicants 800-445-6604
- **Emmaus, Inc.** 978-241-3400  
[www.emmausinc.org](http://www.emmausinc.org)  
*Haverhill agency providing affordable housing, transitional housing, emergency shelter, meals, clinical services, housing search, employment training, and job placement.*
- **First Call for Help**  
*Help with housing, food, utilities, legal support and other basic needs.*  
North Shore United Way 978-922-3966  
United Way of Massachusetts Bay 617-624-8000
- **Foreclosure Prevention Hotline** 888-995-HOPE  
[www.995hope.org](http://www.995hope.org)  
*Provides answers, connection to a counselor, and comprehensive telephone counseling to help homeowners avoid foreclosure. Services are free of charge.*
- **Fund to Prevent Homelessness** [www.ftph.org](http://www.ftph.org)  
*Assistance to working families who are facing foreclosure or eviction. Provides a one-time grant to qualified families so they can stay in their*

## HOUSING

- **Fund to Prevent Homelessness, continued**  
*homes. The fund supports families that do not qualify for other funding and would otherwise fall through the cracks.*  
*Communities Served – Beverly, Essex, Gloucester, Manchester-by-the-Sea, Rockport and Wenham.*
- **Heading Home** **617-864-8140**  
**[www.headinghomeinc.org](http://www.headinghomeinc.org)**  
*Providing emergency housing for families as well as services to promote permanent housing.*
- **Habitat for Humanity**  
**[www.capeannhabitat.org](http://www.capeannhabitat.org)** Gloucester **978-282-7788**  
**[www.merrimackvalleyhabitat.org](http://www.merrimackvalleyhabitat.org)** Lawrence **978-681-8858**  
**[www.habitatforhumanity-northshore.com](http://www.habitatforhumanity-northshore.com)** **781-598-0310**  
*Provides ownership opportunities to economically disadvantaged families*
- **Housing Families** **781- 322-9119**  
**[www.housingfamilies.org](http://www.housingfamilies.org)**  
*Provides temporary family shelters, transitional housing, permanent low cost housing and housing assistance in Malden, Medford and Revere.*
- **Housing Authorities**  
*Responsible for taking applications and managing public housing units and rental subsidies*

Beverly	<b>978-922-3100</b>
Danvers	<b>978-777-0909</b>
Everett	<b>617-387-6389</b>
Gloucester	<b>978-281-4770</b>
Georgetown	<b>978 352 6331</b>
Groveland	<b>978 374 0370</b>
Haverhill	<b>978 372 6761</b>
Ipswich	<b>978-356-2860</b>
Lawrence	<b>978 685 3811</b>
Lynn	<b>781-581-8611</b>
Lynnfield	<b>781 581 5783</b>
Malden	<b>781-322-9460</b>
Marblehead	<b>781 631 2580</b>
Medford	<b>781-396-7200</b>



## HOUSING

- **Housing Authorities continued**
  - Melrose 781-665-1622
  - Methuen 978 682 8607
  - Middleton 978 774 4333
  - Newburyport 978-465-7216
  - North Reading 978-664-2982
  - Peabody 978-531-1938
  - Reading 781-944-6755
  - Salem 978-744-4431
- **Lazarus House** 978-689-8575  
**www.lazarushouse.org**  
48 Holly Street, Lawrence *A homeless shelter for families and individuals*
- **Lynn Shelter Association** 781-593-3898  
**www.lsahome.org**
- **Massachusetts Affordable Housing Alliance** 617-822-9100  
**www.mahahome.org**  
*Counseling for first-time homebuyers and advocacy on housing issues*
- **Massachusetts Housing Consumer Education Centers** 800-224-5124  
**www.masshousinginfo.org**  
*Offers answers to a wide range of questions about all types of housing problems as well as referrals to local agencies.*
- **Massachusetts Coalition for the Homeless** 781-595-7570  
**www.mahomeless.org**  
*Donations Assistance Center provides furniture and household goods*
- **Massachusetts Mortgage Foreclosure Assistance Hotline** 800-495-2265  
*Assistance and guidance for families facing foreclosure.*

## HOUSING

- **North Shore Community Action Programs** 978-531-0767  
**www.nscap.org**  
*Housing Development Program and emergency services*
- **Salem Harbor Community Development** 978-745-8071  
**www.shcdc.org**  
*Affordable housing programs, economic empowerment and self-determination for low and moderate income residents.*
- **Salvation Army**  
**www.salvationarmyusa.org**  
Haverhill 978-374-7571  
Lawrence 978-682-8038  
Lynn 781-598-0673  
Malden 781-324-1970  
Newburyport 978-465-0883  
Salem 978-744-5181  
*Providing various services depending on location*
- **SPIN** 781-598-9417  
**x1001**  
**www.spinlynn.org**  
*Emergency family shelters in Lynn. Also run a Teen Living Program & a Teen Moms Program.*
- **YWCA of Greater Lawrence** 978- 687-0331  
**x52**  
**www.ywcalawrence.org**  
*Services include transitional housing for teen mothers & victims of domestic abuse.*
- **Wellspring House** 978- 281-3558 x  
**304**  
**www.wellspringhouse.org**  
*Family shelter in Gloucester*

## LEGAL ASSISTANCE

- **Children's Law Center of Massachusetts** 781-581-1977  
**www.clcm.org**  
*Provides direct legal representation for indigent children in cases involving special education, early intervention, school issues, children in state custody and etc.*
- **Dial-A-Lawyer** 617-338-0610  
*The 1st Wednesday of every month you can get free legal help, by telephone, from 5:30 - 7:30 p.m.*
- **Essex County District Attorney's Office** 978-745-6610  
*Provides training and informational programs and conferences for parents, youth workers, community members and schools.*  
**www.mass.gov/essexda**
- **Essex County Family Legal Aid Project** 978-740-6688  
*Provides free legal advice and representation in civil legal cases to low-income and elderly residents of parts of Essex and Middlesex counties.*
- **Hale & Dorr Legal Services Center** 617-522-3003  
*Legal services for housing, family, benefits and AIDS-related discrimination*
- **Lawyer of the Day** 978-744-1020  
*Volunteer attorney offers brief consultation at the courthouse providing basic legal advice to qualifying individuals on a walk-in basis. Call for availability.*
- **Legal Advocacy Resource Center** 800-343-LAWS  
*Provides legal information primarily to low-income residents on a wide range of issues*
- **Massachusetts Advocates for Children** 617-357-8431  
**www.massadvocates.org**  
*Advocacy for children needing special education services*

## LEGAL ASSISTANCE

- **Massachusetts Child Support Enforcement** 800-332-2733  
*Information of child support laws, filing claims and help with a specific case*
- **Massachusetts Legal Assistance Corporation** 617-367-8544  
[www.mlac.org](http://www.mlac.org)  
*Legal services for income-eligible people*
- **Mass Legal Services**  
<http://www.masslegalservices.org>  
*Mass Legal Services offers resources about legal issues facing lower income Massachusetts residents to legal services advocates and social services professionals.*
- **Massachusetts Office on Disabilities** 800-322-2020  
*Information, referrals and advocacy for people with disabilities*
- **Merrimack Valley Legal Services** 800-458-1465  
*Serving all of the Greater Lawrence and Lowell areas. Offers low cost & free legal advice to low income & elderly people*
- **National Consumer Law Center** 617-542-8010  
[www.consumerlaw.org](http://www.consumerlaw.org)  
*Basic information for consumers on the most critical consumer issues, including debt collection, credit card debt, telemarketing fraud, loss of utility services and other issues.*
- **Neighborhood Legal Services, Inc.**  
(Lynn) [www.neighborhoodlaw.org](http://www.neighborhoodlaw.org) 781-599-7730  
*Provides free civil legal assistance to low-income individuals and families throughout Northeastern Massachusetts*

**Web site for legal information**  
[www.masslegalhelp.org](http://www.masslegalhelp.org)



***This guide is made available to you  
compliments of:***

**Child Care Circuit**

Serving Region 3 & all of Essex County - Offices in Beverly  
& Lawrence

Beverly– 800-660-2868 & Lawrence- 877-823-2273

**[www.childcarecircuit.org](http://www.childcarecircuit.org)**

**Lynnfield, Reading & North Reading Partnership  
for Children**

Covering the towns of Lynnfield, Reading & North  
Reading

978-722-2544

**[www.partnership4children.net](http://www.partnership4children.net)**

**Peabody Public Schools - Peabody Coordinated  
Family & Community Engagement Grant**

Covering the city of Peabody

978-536-6543

**[www.peabody.k12.ma.us](http://www.peabody.k12.ma.us)**



**Prepared by Child Care Circuit**

**This resource guide is being brought to you with grant funding provided by the Department of Early Education & Care. This material does not necessarily reflect the views or policies of the Massachusetts Department of Early Education & Care or the Federal Government.**

© Child Care Circuit 2011

