

Family Resource Guide



Provided by the:
Charlestown Family Support Circle

This resource guide was created to increase awareness and access to community resources for all Charlestown youth, families, and residents. We hope you find this guide helpful!

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"Our mission is to provide supportive services to Charlestown youths and families that are at risk or in need of support, to ensure all Charlestown youths are able to develop and grow to reach their full potential"

The Charlestown Family Support Circle (CFSC) is a community resource which assists Charlestown youth and families by connecting them to resources and supports in and around their community. CFSC program provides case management and care coordination services to residents of Charlestown in an effort to support families and increase access to services. The FSC Social Worker will work closely with families to help them identify their strengths, needs, and goals to make changes within their lives. Families are linked to appropriate referrals, community services, and natural supports to assist families towards their identified goals. Additionally, the program works with Charlestown providers to improve care coordination and take a holistic approach to providing families support and care.

Phenice Zawatsky, LICSW, and Family Support Circle Clinician, oversees the Charlestown Family Support Circle. The program is designed to identify and intervene with at-risk youth and their families as well as improve the connection among Charlestown service providers to support local youth and families. Phenice comes to Charlestown Coalition from Youth Villages-Germaine Lawrence Campus in Arlington, where she was a Clinical Supervisor and Family Clinician working with at risk youth, adolescents, young children and their families. She also worked at the Department of Children and Family Services in Los Angeles, CA. She received her Bachelor's in Psychology from the University of Massachusetts, Boston and her Masters in Social Work from the University of Southern California.

Phenice Zawatsky, LICSW, Family Support Circle – Clinical Social Worker
15 Green Street, Charlestown, MA 02129
Office: **1 (617) 726-0058** Fax: 1 (617) 726-6624 Email: pzawatsky@partners.org
Website: <http://charlestowncoalition.org/support-services/>



The **Charlestown Coalition** is a community-based coalition of residents, businesses, organizations, professionals, and advocates who work together to reduce substance use in Charlestown. Through a unified, collaborative approach, we utilize existing community resources, organize programs to identify needs, and harness the energy and commitment of all to provide a safe, healthy environment in Charlestown.

Sarah Coughlin MSW, LICSW, LADC-1

Sarah Coughlin, LICSW is the Director of the Charlestown Coalition. She oversees the work of the Coalition to provide prevention programs and to offer treatment resources for individuals with substance use disorders in Charlestown. Sarah previously served as the Coalition's Youth Prevention Director for two years. Prior to joining the Charlestown Coalition, Sarah was the District Based Clinical Social Worker at A1 Police Station providing therapy and clinical case management services to at-risk teenagers and families. Sarah received her Bachelor's in Social Work degree from Providence College and her master's in social work degree from Boston College. **Phone: 617-726-0059**

Shannon Lundin, LSWA

Shannon Lundin, a Charlestown native is the Community Outreach Coordinator at the Charlestown Coalition. Ms. Lundin holds her Associates licensure in Social Work and completed her certification as an Alcohol & Drug Abuse Counselor. Shannon is a Certified Recovery Coach-BSAS and a Community Health Educator with the Boston Public Health Commission and regularly facilitates Narcan trainings. Shannon is a devoted mother and celebrates 10 years of sobriety. **Phone: 617-726-6855**

Ginaya Greene Murray, Communication and Events Coordinator

Ginaya Greene Murray is a Charlestown native who has had the pleasure of living, traveling and serving abroad. Upon receiving her bachelor's degree in communication studies from Bridgewater State University, Ginaya moved to California to explore a more culturally diverse environment. She then moved back to Charlestown and became involved in serving less-fortunate communities around Boston. Ginaya lived, served and got married on Oahu, Hawaii, in 2015 and returned once more to Charlestown in 2016. She has volunteered and led numerous mission teams including a trip to Haiti where she was the director of photography. Her passion for educating youth and being a mentor is what makes her excited about her role at the Charlestown Coalition. Ginaya's goal is to be a positive example for the next generation, hoping to better prepare and equip them for life's challenges.

Phone: 617-726-6684

Mswati Hanks, Youth and Prevention Coordinator

Mswati is originally from upstate New York and currently lives in Chelsea with his wife and two sons. He has worked with youth in the Boston area for over 10 years. Mswati would describe himself as being driven and a hardworking person who loves mentoring, motivating and inspiring young people. As an African-American male and the parent of two teenage boys, Mswati understands the many challenges youth face who live in an urban environment. Through education, music, poetry, sports, film, theatre, and even the outdoors, Mswati has been able to expose these kids to a world that many of them had no idea existed or was even accessible. He believes that education is the great equalizer when it comes to lifting one out of poverty, or any situation for that matter and that is his main goal at the Coalition, to educate and empower our youth.

Phone: 617-643-0449

Charlestown Community Resources

Community Groups and Organizations

Charlestown Mothers Association, Inc.
membership@charlestownmothersassociation.org
<https://www.facebook.com/charlestownmothersassociation>

Education

Bunker Hill Community College
 250 Rutherford Ave, Charlestown, MA 02129
 Phone: 1(617) 228-2000
<http://www.bhcc.mass.edu/>

Charlestown Adult Education/Charlestown Works Program
 76 Monument Street, Charlestown, MA
 Phone: 1 (617) 635-5221
<https://bhacharlestownadulthood.weebly.com/>

Charlestown High School-Grades 9-12
Headmaster: William Thomas
Assistant Headmaster: Christopher Teulet-Cote
 240 Medford Street, Charlestown, MA 02129
 Phone: 1 (617) 635-9914
 Fax: 1 (617) 635-9928
School Hours: 7:30 a.m. - 1:50 p.m.
 Early Dismissal: 11:50 a.m.
charlestown@boston.k12.ma.us
<https://www.charlestownhs.org/>

Charlestown Nursery School
 124 Main Street, Charlestown, MA 02129
 Phone: 1 (617) 242-5159
 Services: GED Program, ESL, Home Health Aid Training, Employment Search.
<https://www.charlestownnurseryschool.org/>
<https://www.facebook.com/CharlestownNursery/>

Duet
 50 Milk St., Suite 600, Boston, MA
 Phone: 1 (617) 712-2848
 Email: info@duet.org
 Services: Degree and Job Service

Edwards Middle School- Grades 6-8
Principal: Laryssa Doherty
 28 Walker Street, Charlestown, MA 02129
 Phone: 1 (617) 635-8516
 Fax: 1 (617) 635-8522
 School Hours: 7:15 A.M. – 2:05 P.M.
 Mon.-Friday
<http://www.bostonpublicschools.org/school/edwards-middle-school>

<p>Harvard-Kent Elementary School- K-5 Principal: Jason Gallagher Assistant Principal/Headmaster: Mark Silva 50 Bunker Hill Street, Charlestown, MA 02129 Phone: 1 (617) 635-8358 Fax: 1 (617) 635-8364 School Hours: 9:30 a.m. -4:10 p.m.. https://www.bostonpublicschools.org/school/harvardkent-elementary-school</p>	<p>John F Kennedy Family Service Center Inc. Moulton Street Early Ed. Site 23 A Moulton Street Charlestown, MA 02129 Phone: 1 (617)241-8866 <u>Services:</u> Head Start and Preschool, Family Service Center http://www.kennedycenter.org/ Executive Director Terry William Kennedy TKennedy@KennedyCenter.org 617-241-8866 Ext. 1312</p>
<p>Smart from the Start-School readiness program 255 Medford Street, Charlestown, MA 02129 Phone: 1 (617) 792-9834 Services: family support, community engagement and school readiness organization that has as its mission to prevent the academic achievement gap among young children living in the lowest income families and communities. Services include parenting classes, prenatal education, welcome baby home visits playgroups, field trips and more. http://www.smartfromthestartboston.org/</p>	<p>Warren Prescott School- Grades k-8 Principal: Michele Davis 50 School Street, Charlestown, MA 02129 Phone: 1 (617) 635-8346 Fax: 1(617)635-9454 School Hours: 8:30 a.m. – 3:10p.m http://warrenprescott.com</p>

Elderly Services	
<p>Boston Medical Center Elders Living at Home Program Yawkey Ambulatory Care Center 4th Floor, Room 4S-18 850 Harrison Avenue Boston, MA 02118 Phone : 617.414.1642 Contact- Kip Langelo for more information Services: Intensive Case Management, Nursing Assessments, Home</p>	<p>John F Kennedy Family Service Center Inc. 55 Bunker Hill Street Charlestown, MA 02129 Phone: 1 (617) 241-8866 Executive Director Terry William Kennedy TKennedy@KennedyCenter.org 617-241-8866 Ext. 1312 <u>Services:</u> Senior activity center hours 9 A.M.-2:30 P.M. M-F, Lunch Program 11:30 A.M. to 12:30 P.M. M-F, Home care</p>

<p>Monitoring, Medication Management and Crisis Intervention https://www.bmc.org/programs/elders-living-home</p>	<p>programming, elderly resources, exercise programs, grandparents support groups and AA. https://www.kennedycenter.org/eldercare-services/</p>
<p>Medical Resources Home Health Corp 320 Nevada Street, Suite 201 Newton, MA 02460 Phone: 617-969-7517 Fax: 617-965-9479 <u>Services:</u> Behavioral Health Care Services, Comprehensive behavioral health care in home services to prevent unnecessary hospitalizations and assess to mental health services. Treats Alzheimer’s disease, dementia, schizophrenia, depressive disorders, bipolar disorders, anxiety disorders and other psychotic disorders. http://www.mrhhc.com/</p>	

Faith Based Organizations	
<p>First Church in Charlestown 10 Green St. Charlestown, MA 02129 Phone: 1(617) 242-3693</p>	<p>Saint Francis de Sales Parish 303 Bunker Hill Street Charlestown, MA 02129 Phone: 1 (617) 242-0147 Rev. Daniel J. Mahoney, Pastor Services: M-F 7:30 A.M. in Chapel, Sat Vigil-4 P.M. Sun- Mass 9 A.M & 11 A.M. www.stfrancisdesalescharlestown.com</p>
<p>St. John’s Episcopal Church 27 Devens Street Charlestown MA, 02129 Phone: (617) 242-1272 Church office: Office hours are Tuesdays and Thursdays from 8 am to 3 pm. Services: Sun 8:00 A.M & 10:00 A.M. http://www.stjohns02129.org/greeting/</p>	<p>St. Mary’s Church 55 Warren Street-Parish Center 46 Winthrop Street Phone: 1 (617) 242-4664 Father Ronan Services: Mon-Fri 8:00 A.M. Sat 4:00 P.M, Sun 8 A.M, 10:30 A.M. and 6:00 P.M. http://stmarystcatherine.org/</p>

Family and Social Service Agencies

Boston Housing Authority-Resident Services Coordinator-Tiara Murphy
 55 Bunker Hill Street Charlestown, MA
 Phone: 617-988-3407
Services: Resident Services, resources
 Website: www.bostonhousing.org
Tiara.murphy@bostonhousing.org

Charlestown Family Support Circle
 15 Green Street, Charlestown MA 02129
 Phone: 1 (617) 726-0058
Services: Clinical Case Management, Care Coordination, Advocacy, Supportive Services and referrals to Community Resources
pzawatsky@partners.org
<http://charlestowncoalition.org/support-services/>

John F Kennedy Family Service Center Inc.
Community Resource Center
 55 Bunker Hill Street Charlestown
 Phone: (617) 241-8866 EXT. 1352
 Fax: (617) 241-7021
Services: Emergency Assistance, Individual, group, and family counseling, referral services, education services, advocacy, elder services and employment services.
<http://www.kennedycenter.org/>

Father Friendly Initiative (FFI)
 774 Albany Street, Boston, MA 02118
 Phone: 1 (617) 534-9525
Services: FFI is a program committed to providing fathers with children enrolled in Boston Health Start Initiative Program with the resources and tools to support their family and community. Case management, GED classes, job training, job placement, substance Abuse, Counselling, Domestic Violence, Housing, Health Insurance, and Primary care.

Federation for Children with Special Needs
 529 Main Street, Suite 1M3 Boston, MA 02129
 Phone: (617) 236-7210, (800) 331-0688
 Emailed: fcsninfo@fcsn.org
Services: provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities.
<http://fcsn.org/>

National Alliance for Mental Illness (NAMI) of Massachusetts
 The Schrafft Center
 529 Main Street, Suite 1M17
 Boston, MA 02129
 Phone: (617)-580-8541

Room to Grow in Boston
 142 Berkeley Street, Floor 3
 Boston, MA 02116
 Phone: 1(617) 859-4545
 Fax: 1 (718) 764-1708
 Email: infoboston@roomtogrow.org

<p>Fax: (617)-580-8673 info@namimass.org Services: We seek to extend the education, support, and advocacy programs of NAMI Massachusetts so that we will reach out to all Massachusetts consumers and their families; improve the public’s awareness and understanding of mental illnesses; and advocate at all levels to ensure that all persons affected by mental illnesses receive, in a timely fashion, the services that they need and deserve. http://namimass.org/</p>	<p>Services: Serving families from just before their child's birth through age three, we provide individualized parenting education and support, high-quality material items, and specialized referrals to vital community resources to ensure a healthy and secure start in life.</p> <p>Donation Drop-off hours: Monday - Friday 10:00 am - 2:00 pm Weekend Drop-off hours: Select Saturdays from 10:00am - 2:00pm. <u>Please note</u>, curbside assistance is not available on Saturdays, and all donations must be brought up to the 3rd floor. Thank you! Curbside Service available: Monday - Friday 10:00am - 2:00pm.</p>
<p>Federation for Children with Special Needs 529 Main Street, Suite 1M3 Boston, MA 02129 Phone: (617) 236-7210, (800) 331-0688 Fax: (617) 241-0330 fcsninfo@fcsn.org Services: provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities. http://fcsn.org/</p>	<p>National Alliance for Mental Illness (NAMI) of Massachusetts The Schrafft Center 529 Main Street, Suite 1M17 Boston, MA 02129 Phone: (617)-580-8541 Fax: (617)-580-8673 info@namimass.org Services: We seek to extend the education, support, and advocacy programs of NAMI Massachusetts so that we will reach out to all Massachusetts consumers and their families; improve the public’s awareness and understanding of mental illnesses; and advocate at all levels to ensure that all persons affected by mental illnesses receive, in a timely fashion, the services that they need and deserve. http://namimass.org/</p>
<p>Smart from the Start-School readiness program- Ages 0-5 255 Medford Street, Charlestown, MA 02129 Phone: 1 (617) 792-9834</p>	<p>Special Townies 336 Main St. Charlestown, MA. Phone: 617-710-2385 or 617-580-3128 https://www.facebook.com/pages/Special-Townies/161717653870676</p>

<p>Services: School readiness and support program for low income families http://www.smartfromthestartboston.org/</p>	
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Food Pantries and Food Resources

<p>Charlestown Farmer’s Market On Main Street next to the Hubway Bike stand. Contact Crystal Gavin from the John F. Kennedy Center for more information. Phone: (617) 241-8866 ext 1352 Wednesdays from 2:00 to 7:00 PM (June – October) Accepts SNAP card, bounty bucks, WIC and senior coupons. http://bostonfarmersmarkets.org/bounty-bucks/</p>	<p>Chelsea Salvation Army-Food Pantry 258 Chestnut St. Chelsea, MA 02150 Phone: 617-884-0260 Food Pantry Hours: Mon-Tues-Thurs 9 A.M. to 12 P.M. Need picture ID for all adults living in the home, proof of address and either an insurance card or birth certificate for each child living in the home. An individual or family can visit the pantry 1 x a month. Charlestown residents are able to the attend pantry.</p>
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<p>Department of Transitional Assistance & Department of Housing and Community Development (DHCD) Emergency Assistance Field Office 80 Everett Avenue Chelsea, MA 02150 Phone: 1 (617) 551-1700 <u>Services:</u> SNAP-food assistance, job assistance, cash assistance, emergency and domestic violence shelter. *Call ahead to find out what you will need to bring to qualify for services*</p>	<p>Fair Foods- Two Dollar-A-Bag The Kennedy Community Center/ Resource Center 55 Bunker Hill Street, Charlestown, MA 02129 Every Thursday at 2-3:30pm For more Information Contact Crystal Gavin at (617) 241-8866 ext 1352</p>
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<p>Harvest on Vine 49 Vine Street, St. Catherine’s Hall, Charlestown, MA 02129 Phone: 1 (617) 990-7314 <u>Services:</u> Food is distributed on the second Saturday of every month at 10 AM and on the last Tuesday of the month at 7 P.M. Pre-register by calling project bread. Must present an ID and be 18+.</p>	<p>Project Bread –Food Source Hotline Phone: 1 (800) 645-8333 www.projectbread.org</p>
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<p>Women, Infant and Children (WIC) Nutrition Program 73 High St. Charlestown, MA 02129 Phone: 1(617) 724-8198 Services: Nutrition program</p>	
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Medical and Behavioral Health Services

<p>Charlestown Healthcare Center Provides medical and behavioral health services to adults and children 73 High Street, Charlestown, MA 02129 Phone: 1(617)724-8135 http://www.massgeneral.org/charlestown/</p>	<p>MGH Institute of Health Profession Charlestown Navy Yard 36 1st Avenue, Boston, MA 02129-4557 Phone: 1 (617) 726-2947 Services: Parent workshops, Aphasia Groups, OT services. The Occupational Therapy program at the IHP offers a variety of free services to adults and children with disabilities. All the services are support by the students in the doctoral program and therefore follow their academic schedule. If you have questions or would like to learn more, please feel free to contact Andrea at (617) 726-3485 or by email at afairman@mghihp.edu https://www.mghihp.edu/academics/department-occupational-therapy</p>
<p>MGH Charlestown Monument Street Counseling Center 76 Monument Street, Charlestown, MA 02129 Phone: 1(617)-724-8135</p>	<p>MGH Patient Financial Services (located in the basement) 73 High Street, Charlestown, MA 02129 Phone: 1(617)-724-8135 Patient Financial Counselors will assist residents in applying for Mass Health Insurance and answer questions concerning the process.</p>
<p>MGH Roger Sweet Learning Center (located on the 1st floor of the lobby) 73 High Street, Charlestown, MA 02129 Phone: 1 (617)-724-8135 The learning center provides health education and information to patients, families and the community. Printed health information and brochures are available in Spanish and additional languages.</p>	<p>New Health Charlestown-North End Waterfront Health 15 Tufts St. Charlestown, MA 02129 Phone: 1 (857) 238-1100 Services: Provides medical, behavioral health services, dental care, Eye care for adults and children. Crossroads Resource Center- Drop-in resource center comanaged by New Health and MGH Charlestown. Open to</p>

<p>www.facebook.comMGHCharlestownRSLC www.twitter.com/MGH_RSLC</p>	<p>all Charlestown community members interested in learning about available health care services and other life-skills services. (Resume and job search support). http://newhealthcharlestown.org</p>
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Youth Activities and Afterschool Programs

<p>BCYF Charlestown Community Center 255 Medford Street, Charlestown, MA 02129 Phone: 1(617) 635-5169 Email: CharlestownCC@CityofBoston.gov Services: Sport programs, Community Room; Computer Lab; Fitness Center, Gymnasium and Pool.</p>	<p>Boston Krav Maga Charlestown Maritime Ctr (3 FL) Charlestown, MA 02129 Phone: 1 (339) 224-8005 Services: Krav Maga classes for Adults and Children, Free Self Defense Course for Women. http://www.bostonkravmaga.com/index.html</p>
<p>Charlestown Boys and Girls Club 15 Green Street, Charlestown, MA 02129 Phone: 1 (617) 242-1775 <u>Services:</u> Afterschool program, Teen Center Tutoring and Summer Camp Programming.. https://www.bgcb.org/find-your-club/charlestown-club/</p>	<p>Charlestown Branch- Boston Public Library 179 Main Street, Charlestown, MA 02129 Phone: 1 (617) 242-1248 Branch Librarian: Maureen Marx <u>Services:</u> Provides program for children including a homework help, book discussions for adults and special events for all ages. https://www.bpl.org/locations/16/?_ga=2.128582156.1883401595.1564417036-1009062807.1564417036</p>
<p>Charlestown Girls Softball 20 Tibbetts Town Way, Charlestown, MA, 02129 Phone: 1 (617) 308-4108 https://www.facebook.com/pages/Charlestown-Girls-Softball/222401921146583</p>	<p>Charlestown Lacrosse and Learning Center 14 Green Street, Charlestown, MA 02129 Phone: 1 (617)242-1813 For more information contact: cllcexecutivedirector@gmail.com http://www.charlestownlacrosse.com/Page.asp?n=66019&org=charlestownlacrosse.com</p>
<p>Charlestown Little League Ryan Field 51 Alford St, MA 02129 Phone: 1 (617)-242-5564 http://www.leaguelineup.com/welcome.asp?url=charlestown-l-l</p>	<p>Charlestown Working Theater-Children's program 442 Bunker Hill Street Charlestown, MA 02129 Phone: 1 (617) 242-3285 http://charlestownworkingtheater.org/</p>

<p>Charlestown Youth Football and Cheering League Phone: 1 (617) 233-5813 https://www.facebook.com/pages/Charlestown-Youth-Football-Cheering-League/217799808256345</p>	<p>Charlestown Youth Hockey League http://www.cyha.com/</p>
<p>Charlestown YMCA 50 3rd Ave, Charlestown, MA 02129 Phone: 1 (617) 286-1220 Services: Teen Program and free membership for teens over the summer. http://www.ymcaboston.org/charlestown</p>	<p>Charlestown Youth Soccer http://www.charlestownsoccer.com/</p>
<p>Courageous Sailing Charlestown Navy Yard One First Avenue Boston, MA 02129 Phone: 617-242-3821 http://www.courageoussailing.org/</p>	

Additional Resources

Activities for Children, Teens, Adolescents and Families

Appalachian Mountain Club Outdoor Activities

10 City Square, Charlestown, MA 02129
P: 617-523-0636 F: 617-523-0722
Not inexpensive but AMC offers great programs. Annual Dues: Individual \$50; Family \$75; Junior (under 30), \$25; Senior (over 69) \$25. Online discounts are available. Events FREE to members. Nation's oldest outdoor recreation and conservation organization; trips are a wonderful way to introduce your kids to outdoors activities from hiking and climbing to paddling to snowshoeing and skiing.
Phone: 1 (800) 372-1758.
www.outdoors.org

Arnold Arboretum,

125 Arborway, Boston, MA 02130
The general free tour season runs from April through November 1, 2015. We offer tours Saturday at 10:30am and Sunday at 1:00pm. Additional weekday tours are offered on Mondays and Thursdays at 10:30am, beginning April 13 and continuing through June. There is no tour on Monday, May 25 or Thursday, June 4 For info:
arbweb@arnarb.harvard.edu.
arboretum.harvard.edu

Bank of America's Museums on Us

Visitors present their Bank of America cards for free admission to 150 museums nationwide like Boston's Museum of Fine Arts and the Isabella Stewart Gardner Museum the first full weekend every month.
<http://museums.bankofamerica.com>

Boston By Little Feet

Congress St, Boston, MA 02109
A Children's Tour of Boston. View the famous Freedom Trail through the eyes of children 6 to 12; \$10 each (free under 6). Meet tour guide at the statue of Samuel Adams/ front end of Faneuil Hall. Accessible by T. One hour tours May- Nov. Fri/Sat 10am; Sun 1pm.
Phone: 1 (617) 367-2345.
Email:info@bostonbyfoot.org

www.bostonbyfoot.org

<p>Boston Center for Youth and Families (B.C.Y.F.) BCYF offers a range of affordable programs including preschool, school-aged & adult education, family literacy, youth employment, violence prevention & intervention, senior activities, recreation and enrichment. BCYF's 35 facilities are located throughout Boston. 617 635-4920 http://www.cityofboston.gov/bcyf/</p>	<p>Boston Children's Museum 308 Congress St, Boston, MA 02210. FREE, fun, learning opportunities for families. Accessible by T. Admission is just \$1 from 5-9pm every Friday; last hour discount – half price after 4pm Saturday – Thursday. Admission \$16 for Adults/Seniors/Kids age 1+. Kids (0-12 mos) free. Admissions with EBT card: \$2 per person Phone: 1 (617) 426-6500. www.bostonchildrensmuseum.org</p>
<p>Boston Common Swan Boats at the Public Gardens 1 Commonwealth Ave, Boston, MA 02116. Come ride the only boats of their kind in the world. Open April-mid-Sept. \$3.50 age 16+, kids 2-15 \$2.00, seniors \$3.00. www.swanboats.com</p>	<p>Boston Bikes Subsidized Hubway Memberships for \$5, which includes a helmet and a Bicycle Benefit sticker. Phone: 1 (617) 635-4680 http://www.bostonbikes.org/programs/subsidized-hubway-memberships/</p>
<p>Boston Krav Maga Charlestown Maritime Ctr (3 FL) Charlestown, MA 02129 Phone: 1 (339) 224-8005 Services: Free women's safety course and kids program. http://www.bostonkravmaga.com/index.html</p>	<p>DeCordova Museum and Sculpture Park 51 Sandy Pond Road, Lincoln, MA 01773. 1st Wednesday is FREE for all. Outdoor Sculpture Park is open every day 10am-5pm. Adults \$14 Seniors (65+) \$12 Students \$10 Children 12 and under FREE. Lincoln residents, active duty military personnel and the military families are admitted FREE anytime with proper ID. Phone: 1 (781) 259-8355 www.decordova.org.</p>

<p>Faneuil Hall Marketplace 4 South Market Building, Boston, MA 02109. FREE-Watch street jugglers, clowns, musicians and other street performers all year round. Phone: 1 (617) 523-1300. www.faneuilhallmarketplace.com</p>	<p>Friday Night Flicks and Concerts Hatch Memorial Shell, Storrow Drive, Boston, MA, 02108 FREE kid-friendly movies under the stars Fridays. Special concerts Wednesdays 7-9pm. Phone: 617 787-7200 www.celebrateboston.com/events/hatchshell.htm</p>
<p>Girl Scouts of Eastern Massachusetts 420 Boylston, St., Boston MA 02116. Help girls build courage, confidence and character. \$25 registration fee entitles girls ages 6-18 to participate in all programs. Phone: 844 306-4736 www.ptgirlscouts.org</p>	<p>Harvard Museum of Natural History 26 Oxford St., Cambridge, MA 02138 FREE for MA residents 9am-noon every Sunday. Adults \$15, Non-Harvard Students & Seniors (65+) \$13, Kids 3–18 \$10, College Students \$10, <i>EBT card 6 people in for free.</i> Children under 3: free Phone: 1 (617) 495-3045 www.hmn.harvard.edu</p>
<p>Institute of Contemporary Art 25 Harbor Shore Drive, Boston, MA 02210 <i>Admission is always FREE age 18 and under. FREE admission for families (up to two adults accompanied by children ages 12 and under) on the last Saturday of each month (excluding December). Free for all visitors on Thursdays, from 5-9pm.</i> Phone: 1 (617) 478-3100 www.icaboston.org</p>	<p>Isabella Stewart Gardner Museum 25 Evans Way, Boston, MA 02115 <i>Admission is always FREE for kids under age 18 with a parent, U.S. military and their families, and all named "Isabella." Admission with EBT card: \$2 per person</i> Phone: 1 (617) 566-1401. gardnermuseum.org</p>
<p>John F. Kennedy Presidential Library and Museum Columbia Point, Boston, MA 02125 Open daily from 9am-5pm. <i>Admission is always FREE for kids ages 12 and under.</i> Enter the recreated world of the Kennedy Presidency for a "first-hand" experience of John F. Kennedy's life, legacy, and leadership. <i>Admission with EBT Card \$4 for a family of 4.</i> Phone: 1 (617) 514-1600 www.jfklibrary.org</p>	<p>Kids Boxing Fitness Boys and Girls ages 8-13 Saturdays 1:30 pm- 2:30 pm Peter Welch's Gym 371 Dorchester Ave, Boston, MA Phone: 1 (617) 269-4641 Info@peterwelchsgym.com</p>

<p>Mayor's Youth line The Mayor's Youth line is a resource line for the youth of Boston and is staffed by peer listeners. Phone: 1 (617) 635-2240 or 617-635-KIDS youthline@boston.gov M-F 11:00 am-7:00 pm (During the school year) M-R 10:00 am-6:00 pm (During the summer)</p>	<p>MIT Museums 265 Massachusetts Ave. Bldg N51, Cambridge, MA 02139. This is a true science museum for the budding scientist in the family. Open daily 10am-5pm. FREE all day the last day Sunday of each month Se. Adult \$10, Students w/ID, Seniors & Youth \$5. Kids under 5 FREE. Accessible by T. Phone: 1 (617)253-5927 http://web.mit.edu/museum</p>
<p>More than Words 376 Moody St. Waltham, MA 242 East Berkeley St, Boston MA More Than Words (MTW) is a nonprofit social enterprise that empowers youth who are in the foster care system, court involved, homeless, or out of school to take charge of their lives by taking charge of a business. GED program Phone: 1 (781) 788-0035 http://mtwyouth.org/http://web.mit.edu/museum</p>	<p>Museum of Fine Arts 465 Huntington Ave, Boston, MA 02115 Phone: 1 (617) 267-9300. Always FREE for children ages 6 and under. Kids ages 7-17 FREE on weekends, public school holidays, and after 3pm on weekdays. Adults \$25, Seniors and students (age18+) \$23. <i>Admission with EBT Card: \$3 per person for up to 4 people.</i> www.mfa.org</p>
<p>Museum of Science 1 Science Park, Boston, MA 02114 Admission: Adult (12+): \$29.00, Senior (60+): \$25.00, Child (3 - 11): \$24.00 Admission with EBT card: <i>Free for up to 3 people.</i> Phone: 1 (617) 723-2500 http://www.mos.org/</p>	<p>Old State House Museum 206 Washington Street, Boston, MA 02109 Phone: 1 (617) 720-1713 Learn about the Boston Massacre and walk in the footsteps of Samuel Adams, John Hancock, and other patriots who set in motion the American Revolution. Kids under 18 FREE. Adults \$12, Seniors/students \$10.00. FREE to EBT card holders, US Military, Veterans and Massachusetts Teachers. www.bostonhistory.org</p>

<p>Paul Revere House 19 North Square, Boston, MA 02113 Visit one of the earliest historic house museums in the U.S. \$5.00 for adults, \$4.50 Seniors & College Students, \$1 kids 5-17 years old. Phone: 1 (617) 523-2338 paulreverehouse.org</p>	<p>Sports Museum TD Bank north Garden, Causeway St (100 Legends Way), Boston, MA 02114. Come celebrate the character of Boston sports. Open daily 10am-4pm FREE for kids under 6. Adults \$15, kids (7-18) and Seniors (65+) \$10, Active Military & Family (with Military ID, Free. EBT Card- Adults \$3 and Kids Free under 18 years old. Phone: 1 (617) 624-1235 www.sportsmuseum.org</p>
<p>Summer Kids Bowl Free Program Kids up to age 15 can bowl two FREE games every day with the “Kids Bowl FREE” Pass. You can also <i>purchase</i> a family pass that includes 1, 2, 3, or 4 adults. How to get your FREE kid's passes: visit the website of a bowling alley near you; register directly on the bowling center page; once the program has begun, you will get a weekly email with your coupons and family passes for that week. www.kidsbowlfree.com</p>	<p>The Dance Complex Dance and Martial Art Classes for ages 3 and up/Teens 536 Massachusetts Ave, Cambridge, MA 02139 Phone: 1(617) 547-9363 http://www.dancecomplex.org/</p>
<p>The Discovery Museum 117 Main Street, Action, MA 01720 Phone: 978 264-4200 Admission with EBT or WIC card: \$1 per person for up to 6 people. http://discoverymuseums.org/</p>	<p>USS Constitution Museum, A Sailors’ Life For Me? Charlestown Navy Yard, Charlestown. MA 02129. Follow the experiences of the crew of the USS Constitution of 1812. Open daily 9am-6pm. April 1st-October 31st (10am-6pm) FREE (suggested donation of \$5-\$10 for Adults, \$3-\$5 for Children, and \$15-\$20 for Families.) Recommended for ages 6 and older. Accessible by T. Phone: 1 (617) 426-0812 www.usconstitutionmuseum.org</p>
<p>Wayside Youth and Family Support Network Phone: 508 879-9800 Young Adults must be 16-21 years old. Please contact Dave Sebastian at Dave_Sebastian@waysideyouth.org http://photovoiceboston.com/</p>	<p>Zoo New England – 2 locations. Children under age 2 are always FREE EBT Discount for families.</p> <ul style="list-style-type: none"> • Franklin Park Zoo, One Franklin Park Road, Dorchester (Boston), MA 02121. 617-541-LION(5466). Admission: Adults \$21.95, Senior (62+) \$19.95, Children

(ages 2-12) \$14.95. Children under 2 free.

- **Stone Zoo**, 149 Pond Street, Stoneham, MA 02180. 781-438-5100. Admission: Adults: \$19.95, Senior (62+) \$17.95, Children (ages 2-12) \$12.95.
www.zoonewengland.org

Behavioral Health Resources

If you or someone you know is experiencing a mental health crisis please call 911, go to your nearest emergency room or contact the Boston Emergency Services Team (BEST) at 1-800-981-4357.

Advances Learning Center - IHBS

51 Water Street, #200
Watertown, MA 02472
Referral Phone: 1 (617) 923-7575
Fax: 1 (617) 663-6252
Services: In Home Behavioral Services.
www.advancesonline.com

Arbour Health System

FOR 24-HOUR ACCESS, CALL 1 (800) 22 - ACCESS™ (222-2237)
ARBOUR-HRI HOSPITAL
227 Babcock Street, Brookline, MA 02446
Phone: 1 (617) 731-3200
Services: Crisis Evaluation and Intervention, Inpatient Care for Adults, Specialty Inpatient Care for Adults, including Women's Services, Partial Hospitalization for Adults, Specialty Partial Hospitalization for Adults, including, Triangle (for gay, lesbian, bisexual and transgender persons), Women's Services Outpatient Services
www.arbourhealth.com

Gandara Mental Health Center - IHT

95 Berkeley St
Boston, MA 02116
Referral Phone:1 (857) 366-7040 ext 514
Fax: 1 (617) 423-5670
Services: In home Therapy, In Home Behavioral Services, behavioral management, and

Institute for Health and Recovery

349 Broadway, Cambridge, MA 02139
Phone: 1 (617) 661-3991
Services: Substance use disorder services, Housing and recovery support, , HIV prevention and Education, Outpatient services, older women's services, pregnant women and families, and Trauma therapy. Serves Children, youth and young adults.
www.Healthrecovery.org

<p>Therapeutic Mentor program. https://gandaracenter.org/</p>	
<p>Italian Home for Children 1125 Centre Street. Jamaica Plain, MA 02130-3445 Phone: 1 (617) 524-3116 <u>Services:</u> offers its help to children ages 4-14. Provides residential and day treatment programs as long with Therapeutic Mentors and In Home Therapy. http://www.italianhome.org</p>	<p>Justice Resource Institute 160 Gould Street, Suite 300 Needham, MA 02494-2300 Phone: 1 (781) 559-4900 <u>Services:</u> Acute care and juvenile Justice, behavioral health clinics & trauma services, community services, Connecticut-based services, developing abilities for individual with developmental disabilities, educational & residential services, foster care & childhood services, health & housing http://www.jri.org/</p>
<p>New Health Charlestown-North End Waterfront Health 15 Tufts St. Charlestown, MA 02129 Phone: 1 (857) 238-1100 Services: Provides medical, behavioral health services, dental care, Eye care for adults and children. Crossroads Resource Center- Drop-in resource center comanaged by New Health and MGH Charlestown. Open to all Charlestown community members interested in learning about available health care services and other life-skills services. (Resume and job search support). http://newhealthcharlestown.org</p>	<p>North American Family Institute 300 Rosewood Drive Suite 101, Danvers, MA 01923. <u>Services:</u> Family Stabilization, case management, residential services, In Home Therapy, parenting support and education, support groups. https://www.nfima.org</p>
<p>North East Behavioral Associates 145 Faunce Corner Rd, North Dartmouth, MA 02747 Phone: 1 (774) 206-1125 <u>Services:</u> In home Therapy, In Home Behavioral Services and Therapeutic Mentor program.</p>	<p>North End Waterfront Health 332 Hanover Street, Boston MA, 02113 Phone: 1 (617)643-8000 Services: Outpatient therapy and Psychiatric services. http://northendwaterfronthealth.org/Services_BehavioralHealth.asp</p>

<p>https://www.northeastfamilyse rvices.com</p>	
<p>North Suffolk Mental Health Association 301 Broadway, Chelsea, MA 02150 1 (617) 889-4860 (voice) 1 (617) 884-4856 (TTY) 1 (888) 294-7802 (Central Intake) <u>Services:</u> Adults services, homeless prevention, addiction services, children and family services, Early childhood, outpatient therapy, In home therapy, In Home Behavioral Services and developmental services. http://northsuffolk.org/</p>	<p>Osiris Institute 184 Dudley Street, Suite 107 Roxbury, MA 02119 Phone: (617) 442-2002 Services: In Home Therapy and Therapeutic Mentor http://www.osirisinstitute.com</p>
<p>Riverside Community Care 270 Bridge Street Suite 301 Dedham MA, 02026 p. 781.329.0909 f. 781.320.9136 <u>Services:</u> Home Based Services, School based services, emergency services, early childhood services and care coordination. http://www.riversidecc.org/</p>	<p>Riverside Trauma Center 255 Highland Avenue Needham, MA 02494 RTC coordinates the statewide Riverside-Massachusetts Trauma Response Network. Our role is to respond to disasters and traumatic events throughout Massachusetts. We partner with the Commonwealth and FEMA to implement community disaster recovery plans. We also train and partner with other organizations to develop locally-based response teams. For help after a traumatic event, first responders and authorized representatives can call us 24 hours a day, 7 days a week at 1-888-851-2451 and ask for a Trauma Center Manager</p>
<p>Roxbury Multi-Service Center, Inc-IHT 321 Blue Hill Ave Dorchester ,MA 02121 Referral Phone: 1 (888) 839-0363 <u>Services:</u> In Home Therapy Services, housing services, behavioral health, education</p>	<p>South Cove Community Health Center South Street Center-145 South Street, Boston, MA 02111 Phone: 1 (617) 527-6700 Washington Street Center- 885 Washington Street, Boston, MA 02111 Phone: 1 (617) 482-7555 Services: Medical Services, Behavioral Health and Dental.</p>

<p>support, cancer support Tues 5-7 P.M. http://www.roxmulti.org</p>	<p>http://www.scchc.org/</p>
<p>The Boston Center 14 Fordham Road, Allston, MA 02134 Phone: 1 (617) 783-9676 <u>Services:</u> Partial Hospitalization for Children and Adolescents http://www.arbourhealth.com/organizations/the-boston-center/</p>	<p>The Home For Little Wanderers 10 Guest Street, Boston, MA 02135 Phone: 1 (888) HOME-321 or 1 (617) 267-3700 <u>Services:</u> Adoption, In Home Therapy, Therapeutic mentoring Foster care, Residential care, Special Education, Youth Aging Out and case management. http://www.thehome.org</p>
<p>The May Institute, Inc.-IHBS 41 Pacella Park Drive, Randolph, MA 02368, USA Phone 800.778.7601 Services: In Home Therapy Services and Therapeutic Mentoring www.mayinstitute.org</p>	<p>Toward Independent Living & Learning (TILL)-IHBS 20 Eastbrook Road Dedham, MA 02026 Referral Phone: 1 (781) 302- 4659 Fax: 1 (781) 234-1124 <u>Services:</u> In Home Behavioral Services and Autism Services www.tillinc.org</p>
<p>Wayside Youth and Family Support Network 1 Frederick Abbott Way, Framingham, MA 01701 Phone: 1 (508) 879-9800 Services: In Home Therapy and Counseling Services. http://www.waysideyouth.org</p>	<p>Wediko Children’s Services- 72-74 East Dedham St. Boston, MA 02118 Referral Phone: 1 (617) 292-9200 Fax: 1 (617) 292-9275 Services: In Home Therapy and Therapeutic Mentoring. www.wediko.org</p>
<p>Youth Villages-Woburn (state headquarters) 400 West Cummings Park, Suite 5200, Woburn, MA 01801 Phone: 1 (781) 937-7900 <u>Services:</u> Intercept Intensive In-home Services, CBHI In Home Therapy and Transitional Living Services. https://www.youthvillages.org/about-us/locations/massachusetts/</p>	<p>Go to http://mabhaccess.com to get more information on opening for IHT, IHBS, and TM services. Login as a guest</p>

Domestic Violence Resources/ Shelters

If you or a member of your household is in immediate danger due to domestic violence, call 911.

Asian Shelter and Advocacy Project

P.O. Box 120108, Boston, MA 02112

1(617) 338-2355 (24-hour Helpline)

1 (617) 338-2350 (Office)

Admissions: Call the hotline or Safe Link for an intake and referral; individuals can also be referred by hospitals, providers, or law enforcement officers.

Services: Handicap accessible; referral to other domestic violence shelters; advocacy and counselling; meals; limited clothing.

Languages: Khmer, Vietnamese, Cantonese, Mandarin, Korean, Japanese, Hindi, Pakistani, Bangladeshi.

Female domestic violence survivors and their children

<http://www.atask.org/>

Charlestown District Court

3 City Square, Charlestown, MA 02129

Victim and Witness Advocate

Phone: 1 (617) 725-8720

Child Witness to Violence Project at Boston Medical Center

88 E. Newton St., Vose Hall

Boston, MA 02118

617-414-4244

Services: Offers counselling and advocacy to young women who witness domestic and community violence.

CWVP has a multi-lingual staff of social workers, psychologists, early childhood specialists and a consulting child psychiatrist.

<http://www.childwitnessstoviolence.org/>

District A-1 & A-15 (Downtown & Charlestown)

40 new Sudbury Street, Boston, MA 1

(617) 343-4240

Domestic Violence Advocate (at C-6 Station) Diane Harvey 1 (617) 343-4741

<p>Casa Myrna Vazquez P.O. Box 120108 , Boston, MA 02112 (877) 785-2020 (24-hour Helpline SAFELINK) 1 (617) 521-0100 (Office) <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral <u>Services:</u> counselling; childcare; meals; limited clothing; legal services and domestic violence shelter. <u>Languages:</u> Spanish, Creole <u>Female domestic violence survivors and their children</u> <u>Restrictions:</u> Boys up to age 12 allowed. https://www.casamyrna.org/</p>	<p>Domestic Violence Ended (DOVE) P.O. Box 690267, Quincy, MA 02269 24 hour Crisis Hotline 1 (888) 314-3683 or 1 (617) 471-1234 Community Advocacy & Prevention Services 1 (617)-770-4065 Services: Advocacy, counselling, DV shelter, support groups, childcare, referrals and youth prevention programs. https://dovema.org/</p>
<p>Elizabeth Stone House 8 Notre Dame Street, Roxbury, MA 02119 617.427.9801 <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral. <u>Services:</u> Advocacy, counselling, referrals; mental health, transitional programs; emergency food and clothing, domestic violence shelter and Spanish speaking services. <u>Female domestic violence survivors and their children</u> http://www.elizabethstonehouse.org/</p>	<p>Emerge 2464 Massachusetts Avenue, Suite 101 Cambridge, MA 02140 Phone: 617-547-9879 <u>Services:</u> Provides services to abusers, domestic violence education, and prevention services for young people. http://www.emergedv.com/</p>
<p>FINEX House P.O. Box 1154 , Jamaica Plain, MA 02130 1 (617) 288-1054 (Hotline) 1 (617)-436-2002 (Office) <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral <u>Services:</u> Advocacy, DV shelter, support groups; visiting nurse; limited clothing; handicapped accessible; all meals provided. <u>Languages:</u> Haitian, Creole, Spanish, Sign Language *Female survivors of domestic violence and their children http://finexhouse.org/</p>	<p>Harbor COV P.O. Box 505754 , Chelsea, MA 02150 1 (617)-884-9909 (Hotline) 1 (617) 884-9799 (Office) <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral. <u>Services:</u> Advocacy; referral, clothing; transitional living program; permanent housing program. <u>Languages:</u> Spanish, Cambodian *Male or female domestic violence survivors and their children http://www.harborcov.org/</p>
<p>Haven Program Massachusetts General Hospital</p>	<p>REACH P.O. Box 540024 , Waltham, MA 02454</p>

<p>55 Fruit Street, Boston MA 02114, Phone: 1 (617) 724-0054 Services: Support Groups , counseling Advocacy, Educational Workshops, accompaniment to court or other appointments, Safety Planning http://www.mghpcs.org/socialservice/programs/haven/</p>	<p>1-800-899-4000 (Hotline) 1 (781) 891-0724 (Office) <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral <u>Services:</u> Advocacy; DV shelter; referral; meals; clothing; some transportation <u>Male or female domestic violence survivors and their children</u> http://www.reachma.org/</p>
<p>Renewal House P.O. Box 919 , Roxbury, MA 02120 1 (617) 566-6881 (24 hours) 1 (617) 277-4194 (Office) <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral <u>Services:</u> Counselling; DV shelter; referrals; childcare; advocacy; meals provided. <u>Languages:</u> Spanish <u>Male or female domestic violence survivors and their children</u> http://www.uuum.org/?page_id=199</p>	<p>Respond P.O. Box 555 , Somerville, MA 02143 1 (617) 625- 5996 (Office) 1(617) 623-5900 Hotline available 24 hours a day. <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral <u>Services:</u> Advocacy, DV shelter, counselling; support groups; childcare; referrals <u>Languages:</u> Spanish, French, Haitian Creole <u>Female domestic violence survivors and their children</u> http://www.respondinc.org/</p>
<p>Safe Link Safe Link is Massachusetts’ state-wide, 24/7, toll-free domestic violence hotline run by Casa Myrna. Safe Link hotline advocates are multilingual and have access to a translation service that can provide translation in more than 130 languages. All calls to Safe Link are free, confidential and anonymous. Safe Link’s state-of-the-art technology allows the advocate answering your call to keep you on the line while you are being connected to a shelter program in your area. This allows callers who are in danger to get help with a single call, rather than having to make numerous calls to different shelter programs</p>	<p>The Second Step, Inc. P.O. Box 600213, Newtonville, MA 02460 1 (617) 965-3999 <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral <u>Services:</u> Advocacy; counselling; Transitional housing, Children services, Mentoring, Holiday Gift Drives, Education, Job Counselling, Financial literacy, parenting, supportive services, DV shelter and accepts adolescent boys. https://thesecondstep.org/</p>

<p>across the state. The Safe Link number is (877) 785-2020. The Safe Link TTY number for hearing impaired individuals is (877) 521-2601. www.casamyrna.org/index.php?option=com_content&view=article&id=29&Itemid=45</p>	
<p>South Cove Family Life Center South Street Center-145 South Street, Boston, MA 02111 Phone: 1 (617) 521-6730 Services: These programs provide education and prevention services related to domestic violence, HIV, and other healthcare issues to Boston’s Asian Community, immigrants and refugees. Additional services are targeted to Asian youth, and parents/adolescents interventions. The services are provided in English, Chinese and Vietnamese. http://www.scchc.org/</p>	<p>Transition House Harvard Square Station P.O. Box 390672 , Cambridge, MA 02139 1 (617) 661-7203 (Hotline) 1 (617) 354-2676 <u>Admissions:</u> Call the hotline or Safe Link for an intake and referral <u>Services:</u> Advocacy; counselling; referrals; limited clothing; day program; some meals and DV shelter. <u>Languages:</u> Spanish, French, French Creole, Portuguese, http://www.transitionhouse.org/</p>

Emergency Assistance Services and Homelessness Prevention Resources (Basic needs)	
<p>ABCD 178 Tremont Street, Boston MA 02111 Phone: 1 (617) 348-6000 <u>Services:</u> Head Start, childcare, adult education, elder services, fuel assistance, family services, health, housing, immigration services, job training, money management and youth programs. The Department of Housing and Homelessness Prevention is located at 105 Chauncy Street, 2nd Floor, Boston, MA 02111 http://www.bostonabcd.org/</p>	<p>American Red Cross of Massachusetts Regional Headquarters, Medford 101 Station Landing Suite 510 Medford, MA 02155 Phone: 1 (781) 410-3670 <u>Services:</u> Disaster Services, Youth programs, Food and Nutrition programs and Emergency Assistance. http://www.redcross.org/ma/boston</p>

<p>Bridge Over Trouble Water 47 West Street Boston, MA 02111 Phone: 617-423-9575 <u>Services:</u> Provides a comprehensive range of services for youth ages 14-24. Counselling, shelter, GED, Life skills training, Medical and dental care, runaway services, transitional day program, transitional living program and warming center. https://www.bridgetow.org/</p>	<p>Catholic Charities Archdiocese of Boston 275 West Broadway, Boston, MA 02127 Phone: 1 (617) 464-8500 Services: Emergency help for food, rent & utilities, etc. http://www.ccab.org/cc-programs</p>
<p>Chelsea – Department of Housing and Community Development (DHCD) Emergency Assistance Field Office 80 Everett Avenue, 3rd floor Chelsea, MA 02150 1 (617) 551-1700 Services: Emergency Shelter Services https://www.mass.gov/locations/eohhs-chelsea-center-transitional-assistance-office-dta</p>	<p>Citizens Energy Heat Assistance: Citizens Energy Heat Assistance programs help people who cannot afford to pay their heating bills. The Oil Heat Program gives each eligible household a voucher for 100 free gallons of home heating oil. The Citizens Energy/Distrigas Heat Assistance program gives a \$150 utility bill credit to eligible households who heat with natural gas. Contact information: OIL 1-877-563-4645 / GAS 1-866-Gas-9918 / http://citizensenergy.com/assistance-programs</p>
<p>City Mission Society 14 Beacon Street, Suite 203, Boston, MA 02108 Phone: 1 (617) 742-6830 Services: <u>Homeless prevention services</u>, housing assistance, Emergency Assistance, referrals and Advocacy. https://citymissionboston.org</p>	<p>Family Aid Boston 727 Atlantic Avenue, Boston, MA 02111 Phone: 1 (617) 542-7286 <u>Services:</u> Emergency Shelter Short term, housing, stabilization, employment services. http://www.familyaidboston.org</p>
<p>Free Cell Phone Programs Assurance Wireless http://www.assurancewireless.com</p> <p>Safe Line Wireless http://www.Safelinkwireless.com</p>	<p>Good Neighbor Energy Fund: The Good Neighbor Energy Fund helps people in need pay for their winter heating fuel and other energy bills. The Fund is for people who are facing a short-term financial crises and do not qualify for government fuel assistance programs. Contact information: Telephone 1-800-334-3047 / website: www.magoodneighbor.org</p>

<p>Legal Advocacy and Resource Center 197 Friend Street, Boston, MA 02114 Phone: 1 (800) 324-LAWS Phone: 1 (617) 603-1700 (Hotline) Phone: 1 (617) 603-1815 <u>Services:</u> Phone info/advice, pro se help, referrals for civil law issues (<u>housing-Evictions</u>, family, employment, consumer, public benefits, health, estate planning, bankruptcy).</p>	<p>Pine Street Inn 444 Harrison Avenue Boston, MA 02118 Phone: 1 (617) 892-9100 Services: Homeless Shelter for men and women. Provides housing, job training and placement, recovery services and advocacy. http://www.pinestreetinn.org</p>
<p>Heading Home The Schrafft Center 529 Main Street, Suite 100 Charlestown, MA 02129 Phone: 617.864.8140 <u>Services:</u> Emergency Shelter for individuals and families, Transitional Housing, assistance with locating permanent housing. Require referral for DHCD for families. http://www.headinghomeinc.org/</p>	<p>HomeStart, Inc, 105 Chauncy Street, Suite 502 Boston, MA 02111 Phone: 617-542-0338 <u>Services:</u> Home prevention, housing search, stabilization services, case management and advocacy. Walk-In Hours Every Wednesday 3:00 p.m. to 4:45 P.M. https://www.homestart.org</p>
<p>Mass 211 Mass 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, non-profit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, It is available 24 hours a day, 7 days a week, and is an easy way to find or give help in your community. http://www.mass211.org/</p>	<p>Solutions at Work 391 Evereteze Way, Cambridge, MA 02141 Phone: 1(617) 576-0039 Fax: 1 (617) 812-5871 <u>Services:</u> Children’s clothing exchange, low cost moving services, Business Attire, access to computers and Professional Development. http://solutionsatwork.org/</p>
<p>Massachusetts Coalition for the Homeless 15 Bubier Street, Lynn, MA 01901 Phone: 1 (781) 595-7570 <u>Services:</u> Advocacy, homeless prevention, beds for children, furniture</p>	<p>Metro Housing Boston 1411 Tremont St. Boston, MA 02120 Phone: 1 (617) 859-0400 <u>Services:</u> Housing, <u>homelessness prevention services</u>, case management and advocacy.</p>

<p>bank, referrals to shelters and case management services. https://www.mahomeless.org/ *Access to homeless shelters in Boston for women, children, youth adults and families* https://www.mahomeless.org/get-help</p>	<p>http://www.mbhp.org/</p>
<p>Project Bread –Food Source Hotline Phone: 1 (800) 645-8333 http://www.projectbread.org</p>	<p>Project Hope Community Building & Main Offices 145 Border St. Boston, MA 02128 Phone: 1 (617) 723-5000 <u>Services:</u> Adult educations, children’s center, family day care, family shelter, housing services, workforce development. http://www.prohope.org</p>
<p>Rosie’s Place 889 Harrison Ave Boston, MA 02118 Phone: 1(617) 442-9322 <u>Services:</u> Homeless shelter for women, emergency services, case management and employment services. http://www.rosiesplace.org/</p>	<p>Salvation Army 1500 Washington St. Boston, MA 02188 Phone: 1 (617) 536-5260 Services: Utility Assistance, Clothing, furniture assistance, food pantries, rental assistance, counseling, referrals, case management, substance abuse, and housing assistance (shelters, transitional housing, family housing). http://massachusetts.salvationarmy.org/ma</p>
<p>The Boston Tenancy Preservation Project - Bay Cove Human Services 66 Canal Street, Boston, MA 02114 Phone: 1 (617) 371-3000 Services: <u>Homeless preventions services</u> for individuals suffering from a mental health diagnosis. https://www.baycovehumanservices.org/</p>	

Family Shelters-Community Rooms

The following are family shelters with rooms that are available for families who are not eligible for Emergency Assistance through the Department of Housing and Community Development (DHCD). There is a high demand for these rooms and thus they are often full. It is recommended to call them directly to determine availability.

Greater Boston	
<p>Queen of Peace 401 Quincy Street, Boston, MA 02125 1 (617) 288-4182 <u>Requirements:</u> Must be called/referred by an agency/ Only W and Children/no males over 3/no drug/alcohol dependence <u>Services:</u> Dinner & breakfast; clothing if available</p>	<p>Nazareth House 91 Regent Street, Roxbury, MA 02119 1 (617) 541-0100 <u>Requirements:</u> DTA/ Eligible for Emergency Assistance/ HIV pos <u>Services:</u> Advocacy; counselling; transportation http://www.homelesshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=8555</p>
North Shore/Merrimack Valley	
<p>Family Promise North Shore Boston, Inc. 330 Rantoul St., Beverly, MA 01915 1 (978) 922-0787 <u>Requirements:</u> No substance abuse, criminal history, severe and untreated mental health diagnosis <u>Services:</u> Temporary shelter; day center with showers, washing machines, quiet room, computer; individual case management. https://www.familypromisensb.org</p>	<p>Inn Between 25 Holten Street Peabody, MA 01960 1 (978) 532-2372 <u>Requirements:</u> DTA/ Eligible for Emergency Assistance/ No alcohol; no drugs; no violence <u>Services:</u> Advocacy; case management; referrals to other social services</p>
<p>Lazarus House Ministries, Inc. 48 Holly Street, Lawrence, MA 01842 1 (978) 689-8575 x5225 <u>Requirements:</u> DTA/ Eligible for Emergency Assistance/Referred by Social worker/places of worship, hospital/self <u>Services:</u> Advocacy; limited counselling; 3 meals/day; clothing; medical and dental once a week http://www.lazarushouse.org/</p>	

South-Eastern, MA	Metro West
<p>Faith Home Share - Friends of the Homeless of the South Shore 48 Sea Street, N. Weymouth, MA 02191 1 (781) 340-1604 Requirements: DHCD/ Eligible for Emergency Assistance Services: Advocacy; referral resources www.friendsofhomeless.org/our-story/</p>	<p>Family Promise Metro west 13 Common Street, P.O. Box 847, Natick, MA 01760 1 (508) 318-4820 Requirements: Referral from Social Service Agency/Self Services: Meals; referrals; case management; transportation http://www.familypromisemetrowest.org/</p>
Central MA	
<p>Abby's House 52 High Street, Worcester, MA 01609 1 (508) 756-5486 Requirements: Accepts Self Referral http://www.abbyshouse.org</p>	<p>Friendly House 87 Elm Street, Worcester, MA 01609 1 (508) 792-1799 Requirements: DHCD Referral Services: Advocacy; referrals; handicap access http://www.friendlyhousema.org</p>
<p>Interfaith Hospitality Network of Greater Worcester 91 June St., Worcester, MA 01602 1 (508) 755-2212 Requirements: Non-Emergency Assistance eligible families; individuals can self-refer/ accepting women, men and couples with children/ No substance use or DV Services: case management http://ihnworchester.org</p>	<p>Montachusett Interfaith Hospitality Network, Transitional Housing 923 Main Street, Fitchburg, MA 01420 1 (978) 840-9500 Requirements: Self Referrals accepted/ No DV, Substance use/sex offenders, curfew Services: case management www.mihnetwork.com</p>

Grief and Loss Resources

Bereavement Support Group

Massachusetts General Hospital

An 8-week group is for people who have experienced the death of a loved one within the past year and a half.

Contact : Marie Herbert, LICSW, at 617-726-8199.

The fee for this group is covered by most insurances and Medicare.

Cambridge Health Alliance- The Center for Homicide Bereavement:

675 Massachusetts Avenue, Cambridge, MA 02139

Phone: 1 (617)-591-6123

Services: provides bilingual/bi-cultural services free of charge to those who have experienced the loss of a loved one to murder. In the life-altering aftermath of homicidal loss, the CHB staff offers crisis counseling and support, ongoing traumatic grief counseling with adults, children and families, advocacy and homicide bereavement support groups. In the CHB office and in families' homes, the aims of all CHB services are to provide timely, sensitive and confidential care to those experiencing devastating loss, to reduce isolation and foster healing connection with others.

Location: 675 Massachusetts Avenue, Cambridge, MA 02139

Contact CHB: 617-591-6123

*This program is supported by the Massachusetts Office for Victims Assistance through the 1984 VOCA grant from the Office for Victims of Crime, OJP, US Department of Justice.

<https://www.challiance.org/cha-services/clinical-services-vov>

Club STAR: Sharing Together and Remembering

A bereavement support group for children and teens. This group is for children and teens in kindergarten through senior year of high school and their parents who are grieving the death of a parent or sibling. The group provides opportunities to share experiences, create projects, and participate in memory making activities.

There is a special group for parents/caregivers. This is a membership group, but new members are welcome at any time. The group

Compassionate Friends

Services: The words of TCF's Founder, Simon Stephens, resonate with those who have come to The Compassionate Friends hoping to find a purpose in a life that suddenly seems so empty.

Whether your family has had a child die (at any age, from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.

<p>meets the 1st Wednesday of the month from October-June 5:30-7:30pm, Massachusetts General Hospital, Yawkey Building, please call Hillary D'Amato, CCLS at (617)643-9276 or mghclubstar@partners.org, for more information or to register. *Dinner and parking reimbursement are provided. This group is organized by the Mass General Hospital for Children Child Life and the Social Services Departments</p>	<p>TCF of Boston 206 Clarendon Street, Boston Massachusetts 02116-3722 United States Email: tcfoboston@gmail.com, PHONE CONTACT: Chapter Phone Line: (617)-539-6424 MEETING CITY: Boston, MA MEETING INFO: 1st Tuesday of each month 6:00 – 7:30 pm CHAPTER NUMBER: 2358 https://www.compassionatefriends.org/chapter/tcf-of-boston/ https://www.compassionatefriends.org/</p>
<p>Grief Recovery After a Substance Passing (GRASP) Charlestown Coalition MGH Charlestown Health Center, Basement Conference room 76 High Street, Charlestown, MA 02129 4th Tuesday of every month from 6:00 P.M. to 6:45 P.M. Contact: Shannon Lundin at SLundin@partners.org</p>	<p>Grief Recovery After a Substance Passing (GRASP) St. Elizabeth’s Hospital 736 Cambridge St. Boston, MA 2nd Wednesday of every Month 7-8:30 P.M. Contact: Rhonda Lotti 617-254-1280 or BostonGRASP@gmail.com</p>
<p>MGH Center for Anxiety and Traumatic Stress Disorders and Complicated Grief Program 55 Fruit Street Boston, MA 02114 Phone: Please call 1-866-44-WORRY (866-449-6779) for this phone interview. <u>Services:</u> The Center for Anxiety and Traumatic Stress Disorders and Complicated Grief at Massachusetts General Hospital conducts state-of-the-art research aimed at improving the standard of care for people suffering from anxiety disorders http://www.massgeneral.org/psychiatry/research/researchlab.aspx?id=1756&display=faq</p>	<p><u>Peace Institute</u> 15 Christopher St. Dorchester, MA 02122 (Phone: 1 (617) 825-1917 Services: Our programs and services are grounded in the Center for Disease Control’s social-ecological framework that interventions are needed at multiple levels to interrupt cycles of violence. The heart of our work is with families impacted by murder on both sides. Our impact extends to community and society through tools, training, and technical assistance. Holistic Workshops and support groups. http://www.ldbpeaceinstitute.org</p>

	http://www.ldbpeaceinstitute.org/events/wholistic-healing-workshop-1
<p>Safe Place-Massachusetts Suicide support group- Support group for those who have lost a loved one to suicide. Boston Samaritans Office 33 West Street 4th Floor Boston, MA 02111 Meeting Day(s)/Meeting Time: 2nd & 4th Tuesday of every month, 7:00-8:30 p.m. Facilitator: Peer www.samaritansofboston.org</p>	<p>Six-Week Bereavement Support Group What: A six-week bereavement support group for adults who have experienced a death of a loved one within the past year. This group will provide participants a safe and compassionate environment to share their grief experiences and receive support. Registration required. When: Groups are offered twice a year, once in the Fall and once in the Spring. Contact: To register or for more information, please contact Todd Rinehart, LICSW, ACHP-SW, at 617-724-4525 or trinehart@partners.org.</p>
<p><u>The Children's Room</u> 1210 Massachusetts Ave. Arlington, MA 02476, Phone: (781) 641-4741 Email: info@childrensroom.org Services: The Children’s Room offers hope and healing to children and teens ages 3 to 18 who have experienced the death of a parent or sibling. We also provide opportunities for parents and caregivers to meet with each other and talk about their own experiences parenting a grieving child, and to give and receive support around their own grief. Our services include ongoing peer support groups, educational series for parents, teen programming, monthly arts-based family nights, and adult consultations. These services are provided free of charge. We also provide referrals and resources to families who are looking for additional grief-related services. https://childrensroom.org/</p>	

Legal Services

Boston Bar Association Lawyer Referral Service

Beacon Hill, Boston, MA
Phone: 1 (617) 742-0625

Services: Referrals to private attorneys for all types of cases. Income eligible callers get reduced fee referrals (\$0-\$25 for 1st 30-min. consultation).

<http://www.bostonbarlawyer.org/>

Center for Law and Education

99 Chauncy St, Boston, MA 02111
(617) 451-0855

Services: strives to make the right of all students to quality education a reality and to help enable communities to address their own education problems effectively, with an emphasis on assistance to low-income students

<http://www.cleweb.org/>

Community Legal Services and Counseling Center

One West Street, Cambridge, MA 02139
Phone: 1 (617) 661-1010

Services: combining legal assistance with mental health counseling

<http://www.clsacc.org/>

Disability Law Center

11 Beacon St #925, Boston, MA 02108
Phone: 1 (800) 872-9992, (617) 732-8455

Services: Information, advice, referral, and representation for disability-related civil legal issues (persons with disabilities only, no income limit).

<http://www.dlc-ma.org/>

The Ed Law Project

44 Bromfield Street, 2nd Floor
Boston, MA 02108

Services: Legal advice on an education
Phone: 1 (617) 988-8460.

<http://www.youthadvocacydepartment.org/edlaw/edlaw-contact.htm>

Greater Boston Legal Services

197 Friend Street, Boston, MA 02114
Phone 1 (617) 371-1234
1 (800)323-3205

Services: free legal assistance and representation on civil (noncriminal) matters to hundreds of the neediest residents in the city of Boston and 31 surrounding cities and towns

<http://www.gbls.org/>

Legal Advocacy and Resource Center

197 Friend Street, Boston, MA 02114
Phone: 1 (800) 324-LAWS
Phone: 1 (617) 603-1700 (Hotline)
Phone: 1 (617) 603-1815

Services: Phone info/advice, pro se help, referrals for civil law issues (housing, family, employment, consumer, public benefits, health, estate planning, bankruptcy).

<http://larcma.org>

Mass Advocates for Children

25 Kingston St #2f, Boston, MA 02111
Phone: 1 (617) 357-8431

<http://massadvocates.org/>

<p>MA Bar Dial-a-Lawyer Phone: 1(617) 338-0610 5:30 – 7:30 p.m. on the First Wednesday of the month, lawyers answer basic legal questions and provide brief advice. http://www.massbar.org/for-the-public/need-a-lawyer/dial-a-lawyer</p>	<p>Mass Legal Help Phone: 1 (617) 603-1700 <u>Services:</u> Referral and information line that provides MA resident’s legal information. http://www.masslegalhelp.org/ http://www.masslegalhelp.org/housing/evictions</p>
<p>Victim Witness Program 1 Bulfinch Place Boston, MA 02114 Phone: (617) 619-4000 http://www.victimwitness.org/</p>	<p>Victim Witness Service Bureau Middlesex Superior Courthouse 40 Thorndike St. Cambridge, MA 02141 Phone: (617) 679-6500 www.barcc.org</p>
<p>Volunteer Lawyers Project (VLP) 7 Winthrop St., Boston, MA 02111 Phone 1 (617) 423-0648 (617) 603-1700 Helpline (617) 603-1815 <u>Services:</u> Bankruptcy, consumer, family law (no domestic violence emergencies), guardianship of adults, housing (landlords and tenants – tenant intake through LARC) and employment. http://www.vlpnet.org/</p>	

Multi-Services Agencies for Families	
<p>ABCD 178 Tremont Street, Boston MA 02111 Phone: 1 (617) 348-6000 <u>Services:</u> Head Start, childcare, adult education, elder services, fuel assistance, family services, health, housing, immigration services, job training, money management and youth programs. http://www.bostonabcd.org/</p>	<p>Catholic Charities Archdiocese of Boston 275 West Broadway, South Boston, MA 02127 Phone: 1 (617) 482-8500 <u>Services:</u> Basic needs, emergency assistance, education, training programs, transitional housing for families, child care and family counselling and support. www.ccab.org</p>

<p>Family Aid Boston 727 Atlantic Avenue, Boston, MA 02111 Phone: 1 (617) 542-7286 <u>Services:</u> Shelter, housing, stabilization, employment services http://www.familyaidboston.org</p>	<p>Family Self Sufficiency Program for Federal Public Housing 40 Bickford Street, 2nd Floor, Jamaica Plain, MA 02130 Phone: 1 (617) 988-5222 Services: Assist eligible individuals towards finding employment that pays a living wage and working towards a stable financial future. https://www.bostonhousing.org/en/For-Section-8-Leased-Housing/Resident-Information/Family-Self-Sufficiency.aspx</p>
<p>Father Friendly Initiative Program 774 Albany Street, Boston, MA 02118 Phone: 1 (617) 534-9525 <u>Services:</u> Provides fathers with the resources and tools to support their family and community. Case management, GED classes, Job Training and Placement, Counseling, Primary Care, Health Insurance, Housing and, Domestic Violence and Substance Use. http://www.bphc.org/whatwedo/childrens-health/father-friendly/Pages/Father-Friendly.aspx</p>	<p>John F Kennedy Family Service Center Inc. Head Start and Preschool 23 A Moulton Street Charlestown, MA 02129 Phone: 1 (617)241-8866 <u>Services:</u> Emergency Assistance, Individual, group, and family counseling, referral services, education services, advocacy, elder services and employment services. http://www.kennedycenter.org/</p>
<p>Massachusetts Coalition for the Homeless 15 Bubier Street, Lynn, MA 01901 Phone: 1 (781) 595-7570 <u>Services:</u> Advocacy, homeless prevention, beds for children, furniture bank, referrals to shelters and case management services. https://www.mahomeless.org/</p>	<p>Project Hope Community Building & Main Offices 550 Dudley Street Roxbury, MA 02119 Phone: 1 (617) 442-1880 <u>Services:</u> Adult educations, children’s center, family day care, family shelter, housing services, workforce development. http://www.prohope.org</p>

<p>Salvation Army 1500 Washington St, Boston, MA 02188 Phone: 1 (617) 536-5260 Services: Utility Assistance, Clothing, furniture assistance, food pantries, rental assistance, counseling, referrals, case management, substance abuse, and housing assistance (shelters, transitional housing, family housing). http://massachusetts.salvationarmy.org/ma</p>	
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Sexual Assault Resources

<p>Boston Area Rape Crisis Center 99 Bishop Allen Dr Cambridge, MA 02139 Phone: 1 (617) 492-8306 24hour hotline: 1 (800) 841-8371 <u>Services:</u> Medical advocacy, legal services, counseling services, counseling and education groups, case management, community education and professional training. http://www.barcc.org/</p>	<p>Center for Violence Prevention and Recovery Beth Israel Deaconess Medical Center 330 Brookline Avenue Boston, MA 02215 Phone: 1 (617) 667-8141</p>
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<p>Domestic Violence Ended (DOVE) P.O. Box 690267, Quincy, MA 02269 24 hour Crisis Hotline 1 (888) 314-3683 or 1 (617) 471-1234 Community Advocacy & Prevention Services 1 (617)-770-4065 Services: Advocacy, counselling, DV shelter, support groups, childcare, referrals and youth prevention programs. http://doveinc.info/</p>	
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Resources for Grandparents and Caregivers

<p>Boston Commission on the Affairs of the Elderly Boston City Hall, One City Hall Square, R Room 271, Boston, MA 02201 Phone: 1 (617) 635-4536 http://www.cityofboston.gov/elderly/</p>	<p>Caregiver Alliance of Suffolk County 2315 Washington St., Boston, MA 02119 Phone: 1 (617)238-4030 http://www.caregiveralliance.org/default</p>
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<p>Commission on the Status of Grandparents Raising Grandchildren c/o Executive Office of Elder Affairs 600 Washington Street, Boston, MA 02111 Phone: 1 (508) 771-4336 http://www.massgrg.com</p>	<p>Child & Family Services-Somerville Adoption Journey 265 Medford Street, #604 Somerville, MA 02143-1963 Phone: 1 (617) 776-8030 1 (800) 972-2734 https://child-familyservices.org/</p>
<p>Massachusetts Guardianship Associations http://www.massguardianshipassociation.org/</p>	<p>Massachusetts Society for the Prevention of Cruelty to Children 3815 Washington Street, Boston, MA 02130 Phone: 1 (617) 983-5800 Services: Adoptions supportive services and In home Therapy. http://www.mspcc.org</p>
<p>Volunteer Lawyers Project (VLP) 7 Winthrop Square, Boston, MA 02110 Phone 1 (617) 371-1234 (617) 603-1700 (617) 603-1815 <u>Services:</u> Offers a free Guardianship clinic at three different locations each week. At the clinics, volunteer attorneys assist low income individuals file guardianship petitions for both minors and incapacitated adults. Volunteers who speak Spanish, Haitian Creole, Mandarin or Cantonese are particularly desirable to serve the diverse http://www.vlpnet.org/</p>	

State and Government Agencies and Organizations	
<p>Boston Public Health Commission 1010 Massachusetts Ave 6th Floor, Boston, MA 02118 Phone: 1 (617) 534-5395 Services: Addiction, children’s health, emergency and preparedness, homelessness, health access, infectious diseases, mental health, violence prevention and additional services. www.bphc.org</p>	<p>Department of Children and Family Services (DFS) : Boston East Areas: Harbor Area Office 80 Everett Avenue, Suite 300, Chelsea, MA 02150 Phone: 1 (617) 660-3400 fax 1 (617) 884-0215</p>

	<p>Park Street Area Office The Esquire Building 50 B Park St., Dorchester, MA 02122 Phone:1 (617) 822-4700 Fax: 1 (617) 282-1019</p>
<p>Department of Children and Family Services (DCF): Boston West Areas:</p> <p>Dimock Street Area Office 30 Dimock St., Roxbury, MA 02119 Phone: 1 (617) 989-2800 fax (617) 445-9147</p> <p>Hyde Park Area Office 1530 River St., Hyde Park, MA 02136 (617) 363-5000 Fax: 1 (617) 363-5175</p>	<p>Department of Early Education and Care 51 Sleeper Street, 4th Floor, Boston, MA 02210 Phone: 1 (617) 988-6600</p>
<p>Department of Elementary and Secondary Education 350 Main Street, Malden, MA 02148-5023 Phone: 1 (781) 338-3000</p>	<p>Department of Mental Health-Central Office 25 Staniford Street, Boston, MA 02114 Phone: 1(617) 626-8000</p>
<p>Department of Veteran Services- Boston 43 Hawkins St. Boston, MA 02114 Phone: 1 (617) 241-8387 https://www.boston.gov/departments/veterans-services</p>	<p>Department of Revenue (Child Support Enforcement) 100 Cambridge St. 2nd Floor, Boston, MA 02114 Phone: 1 (617) 626-2700 https://www.mass.gov/locations/metro-regional-office-boston</p>
<p>Massachusetts Rehabilitation Commission-Disability Determination Office 600 Washington Street. Boston, MA 0211 (617) 204-3600. https://www.mass.gov/service-details/mrc-disability-determination-services-dds</p>	<p>Department of Youth Services (DYS) 600 Washington Street, 4th Floor, Boston, MA 02111 Phone: 617-727-7575 https://www.mass.gov/orgs/department-of-youth-services</p>
<p>Mass Health Enrollment Center: 45 Spruce St. Chelsea, MA 02150 600 Washington Street, Boston, MA 02111</p>	<p>Massachusetts Commission for the Blind- Disability 48 Boylston Street, Boston, MA 02210 1(800)727-5550 www.mass.gov/mcb</p>

<p>300 Ocean Avenue, Revere, MA Suite 4 Mass Health Customer Service Center & Provider Information 1 (800) 841-2900 www.mass.gov/mrc</p>	
<p>Massachusetts Rehabilitation Commission- Disability 600 Washington Street, Boston, MA 02210 Phone: 1 (617) 204-3600 www.mass.gov/mrc</p>	<p>Massachusetts Behavioral Health Partnership MBHP Headquarters MBHP Metro Boston Regional Office 1000 Washington Street Suite 310 Boston, MA 02118-5002 Phone: (617) 790-4000 1 (800) 495-0086 https://www.masspartnership.com/</p>

Substance Use Disorder Resources for Adolescents

Adolescent Detox

Name	Town	Phone	Cut off age
Arbour Hospital Arbour-Hospital 24 hr access line	Jamaica Plain	(617) 390-1320 (617) 553-1431	17
Bournewood Hospital	Brookline	(800) 468-4358	18
Caritas Norcap Lodge	Foxboro	(508) 543-1873	none
Community Health Link	Worcester	(508) 860-1200	18
Gosnold- Thorne Counseling	Falmouth	(508) 548-7118	17 & up
Motivating Youth Recovery (Community Health Links)	Worcester	(508) 860-1244 or (508) 438-5642	
SSTAR	Fall River	(508) 675-1054	none
The CASTLE – Clean And Sober Teens Living Empowered	Brockton	(508) 638–6000	

Adolescent Residential

Name	Town	Phone	Cut off age	Gender
Lahey Behavioral Health	Danvers	(978) 739-7601	16	M/F
BourneWood Hospital	Brookline	(617) 468-4358	17	M/F
Bridge Over Troubled Wtr	Boston	(617) 423-9575	18	M/F
Cushing House	South Boston	(617) 269-2933	20	M/F
Emerson House: Gosnold	West Falmouth	(508) 540-1554 800-444-1554		F
High Point Treatment	Plymouth	(508) 224-7701	18	M
Lowell House Inc	Lowell	(978) 454-2997	18	M
McLean – East House	Belmont	(617) 855-2852		
Phoenix East	Haverhill	(508) 373-1181	17	M
Phoenix Academy	Springfield	(413) 739-2440	18	M
Project Rebound- V O A	North Quincy	(617) 773-0722	17	M
Road Back	Attleboro	(508) 222-5817		M/F
Team Coordinating Agency	Haverhill	(978) 373-1181	18	M/F
Arbour/HRI Hospital	Brookline	(617) 731-3200	none	
Assebet Human Services	Acton	(978) 897-4446	18	
Bay Cove - ASAP Outpatient	Chelsea	(617) 884-6829	21	
Beacon Clinic	Greenfield	(413) 773-4444	18	
Boston Medical Center IOP	Boston	(617) 534-4222	none	
Boston Center	Allston	(617) 783-9676	18	
B.U. Adol. Trauma & S.A. Treatment	Boston	(617) 353-9610	21	

Adolescent Residential Cont.

Caritas Norcap Lodge	Foxboro	(508) 543-1873	none	
Center for Behavioral Health	Holyoke Hosp	(413) 534-2500	none	
Children’s Hosp. Boston Center for Adolescent & Substance Abuse Research	Boston	(617) 355-5433 Half-day appts. (617) 355-2727	24	
Community Care Services:	Taunton Attleboro	(508) 821-7777 (508) 222-7525	18	
Dimock Community Adolescent Program	Roxbury	(617) 442-8800	18	

Genesis	Framingham		
Greater Lawrence MH Center	Lawrence	(978) 683-3128	none
JRI Health – Sidney Borum Jr. Community Health Center	Boston	(617) 457-8140	18
LUK Crisis Center	Framingham	(978) 829-2248	
Mass. Dept. of Public Health		(617) 661-3991 (866) 705-2807	18
MGH-Add.Rec.Mgt.Serv (ARMS)	Boston	(617) 643-4699	25
MGH- C'town Health Center	Charlestown	(617) 724-8200	none
Mount Auburn Hospital	Cambridge	(617) 499-5052	18
North River Counseling	Marshfield	(781) 834-7433	none
North Suffolk Mental Health	East Boston Revere Chelsea	(888) 294-7802 (781) 289-9331	none 18
Somerville Mental Health Association	Somerville	(617) 623-3278	18
South Boston Collaborative Center	Boston	(617) 534-9500	
South Shore Mental Health	Quincy	(617) 847-1950	none
St. Elizabeth’s Hospital	Allston	(617) 562-5370	none
Step, Inc.	North End	(617) 720-STEP	none
Volunteers of America	Jamaica Plain	(617) 522-8086	none

Support Group Resources

Arbour Health System

FOR 24-HOUR ACCESS, CALL 1 (800) 22 - ACCES™ (222-2237) Phone: 1 (617) 731-3200

ARBOUR-HRI HOSPITAL

227 Babcock Street, Brookline, MA 02446

Services: Teen groups, Parent Support groups, Single Mother support groups, Relapse Prevention groups.

www.arbourhealth.com

John F Kennedy Family Service Center Inc.

23 A Moulton Street Charlestown, MA 02129

Elizabeth Stone House

P.O. Box 3000039

Jamaica Plain, MA 02130

Phone: 1 (617) 427-9801

Contact Ruth Rollins

Services: Relapse Prevention, Domestic Violence, Trauma, Self Esteem, 12 week Nurturing Group, 9 week Anger Management, Parents Support Group and Money Smart group. English and Spanish

Justice Resource Institute

160 Gould Street, Suite 300 Needham, MA 02494-2300

Phone: 1 (781) 559-4900

<p>Phone: 1 (617)241-8866 <u>Services:</u> Parenting support groups and Trauma support groups for young children. http://www.kennedycenter.org/</p>	<p><u>Services:</u> Group Therapy and Support Groups http://www.jri.org/</p>
<p>Massachusetts General Hospital-Social Service-Wang Ambulatory Care Center, room 023 15 Parkman Street Boston, MA 02114 Phone: 1(61) 726-2643 Services: Anxiety, Substance use Disorder, bio-polar, grief, Depression, Cancer, Domestic Violence, Relaxation/mediation/smoking cessation and many more support groups. Go to the website below for more information. http://www.mghpcs.org/socialservice/</p>	<p>Massachusetts Society for the Prevention of Cruelty to Children 3815 Washington Street, Boston, MA 02130 Phone: 1 (617) 587-1500 Services: Grandparents raising Children, parenting groups, http://www.msppcc.org</p>
<p>National Alliance on Mental Illness The Schrafft's Center 529 Main Street, Suite 1M17 Boston, MA 02129-1125 Phone: 1 (617) 580-8541 Services: Support Groups https://namimass.org/</p>	<p>North Suffolk Mental Health Association 301 Broadway, Chelsea, MA 02150 1 (617) 889-4860 (voice) 1 (888) 294-7802 (Outpatient Clinical Appointment) English Dial 1 – Spanish Dial 2 <u>Services:</u> Support Groups http://northsuffolk.org/</p>
<p>Roxbury Multi-Service Center, INC 321 Blue Hill Avenue, Roxbury, MA 02121 Phone: 1 (617) 427-0171 Services: In Home Therapy, Therapeutic Mentor, Community Support Program, Intensive adolescent and family Support and Multicultural Cancer Support Group. http://www.roxmulti.org/</p>	

Signs and Symptoms for At Risk Youth

Abuse and Neglect:

Risk Factors

Family Stress	Substance Use Disorder
History of abuse	Negative attitudes and inaccurate knowledge about child development
Parent has a Mental Health Diagnosis	Parent has low self esteem or an external locus of control (events are determined by chance or outside of the parent's control)
Age of Parent	Single Parent households
Domestic Violence	Children with Disabilities
Age of child	Poverty
Unemployment	Social Isolations and lack of support
Community Violence	

Warning Signs

The child shows signs of malnutrition or begs, steals or hoards food	The child has poor hygiene, matted hair, dry skin, or severe body odor
The child has unattended physical or medical problems	The child states that no one is home to provide care
The child or caretaker abuses drugs or alcohol	The child has broken bones or unexplained bruises, burns or welts in various stages of healing.
The child is unusually frightened of a parent or caretaker, or afraid to go home	The child reports intentional injury by parents or caretaker
The parent or caretaker constantly criticizes, threatens, belittles, insults or rejects the child with no evidence of love or support.	The child exhibits extreme in behavior from overly aggressive to overly passive
The child has inappropriate knowledge about sex	The child reports sexual abuse

Protective Factors

Parental resilience	Social Connections	Nurturing and attachment	Knowledge of parenting and child development
Effective problem solving and communication skills	Concrete support in times of need	Social and emotional competence of children	Healthy marriages/Relationships

All of the above information was attained from the Child Welfare Information Gateway website at <https://www.childwelfare.gov/can/>

Suicide

Risk Factors

History of previous suicide attempt (s)	Family history of suicide
History of depression or mental illness	Alcohol or drug abuse
Stressful life event or loss	Easy access to lethal methods - Access to guns, weapons, medication, etc.
Vulnerable populations: LGBTQ and homeless youth	Incarceration
Serious medical condition and/or pain	Past physical, sexual, domestic or child abuse

Warning Signs

Talking about wanting to die or kill oneself	Talking about feeling hopeless or having no reason to live
Looking for ways to kill oneself, such as searching online or buying a gun	Talking about being a burden to others
Increasing the use of alcohol or drugs	Acting anxious or agitated, or behaving recklessly
Sleeping too little or too much	Withdrawing or feeling isolated
Showing rage or talking about seeking revenge	Displaying extreme mood swings

Additional Examples of Warning Signs

<p>Verbal Signs</p> <p>“I want to kill myself.”</p> <p>“I don’t want to be here anymore.”</p> <p>“No one understands me.”</p> <p>“I can’t take it anymore.”</p> <p>“Things will never get better.”</p> <p>“I’m tired of being a burden to my friends and family.”</p> <p>“No one would miss me if I were gone.”</p>	<p>Physical Changes</p> <p>Losing or gaining weight quickly.</p> <p>Suddenly not caring about appearances or cleanliness.</p> <p>Unexplained cuts, scrapes or bruises.</p> <p>Appearing tired all the time.</p>
<p>Acting Differently</p> <p>Changes in mood: more withdrawn, anxious or sad, or sudden mood lift after a down period.</p> <p>Changes in eating or sleeping habits.</p> <p>Suddenly taking more risks: not taking prescribed medication, drunk driving, and ignoring physical limitations, having unprotected sex, using more drugs or alcohol.</p> <p>Loss of concentration.</p> <p>Withdrawing from friends and family.</p>	<p>Situations</p> <p>Recently having lost a loved one, relationship or job.</p> <p>Having money problems.</p> <p>Having questions or worries about being gay, bisexual or transgender.</p> <p>Previous suicide attempts.</p> <p>Recent death of a loved one.</p> <p>Problems in an important relationship.</p> <p>Problems at work or school.</p> <p>Social isolation.</p>

<p>Losing interest in things that used to be enjoyed.</p> <p>Not planning for the future.</p> <p>Hurting oneself on purpose.</p> <p>Thinking and talking about death a lot.</p> <p>Unexplained good-byes or unusual personal expressions that have a sense of closure.</p>	
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All of the above information was attained by the Samaritan website at:
<http://samaritanshope.org/>

If you or someone you know is in immediate danger call 911 or go to your nearest emergency room.

Accessing Support for Child Abuse and Suicide	
<p>If you suspect a child is being abused, please call the Child-At-Risk Hotline at:</p> <p style="text-align: center;">1-800-792-5200</p>	
<p>If you or someone you know is thinking about suicide get help by calling or texting the 24/7 Samaritan Helpline at:</p> <p style="text-align: center;">1 -877- 870-4673</p>	

Substance Use	
Risk Factors	
A lack of attachment with a supportive adult	Assess to alcohol and other substances
Family history of a substance use disorder	Peers who use substances
Biology	Environmental factors
Warning Signs	
Moodiness, irritability, anger, aggressive behavior	Depression
Change in personal hygiene	Abrupt decline in grades, attendance, quality of work.
Shifts in sleep patterns, sleep significantly more or less than before.	Breaking curfew and increased defiance of family rules
Incoherence, forgetfulness, slurred speech	Clumsiness, poor balance, lack of coordination
Rapid speech, uncharacteristic talkativeness, restlessness	Irresponsibility, recklessness, bad judgment

Secretive behavior and phones calls	Thefts or sudden requests for money
Decreased motivation	Lack of interest in former activities, such as school clubs and sports
New friends replace old friends	Problems at school, such as discipline issues, poor grades and unexplained absences
Protective Factors	
Strong bond between children and parents	Parental involvement in the child's life
Clear limits and consistent enforcement of discipline	Strong support network (i.e. friends, extended family, co-workers, etc.)

All of the above information was attained by the National Institute on drug Abuse, Massachusetts Government, Massachusetts General Hospital's ARMS websites at:

<http://www.drugabuse.gov>

<http://www.massgeneral.org/psychiatry/arms/parents.aspx>

<http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/stop-pill-abuse/signs-symptoms/signs-of-prescription-drug-abuse.html>

Emotional Distress - (Disaster) and Trauma

Risk Factors

Survived a previous disaster	Experienced Temporary living arrangements, loss personal property, and parental unemployment in a disaster
Lost a love one or friend involved in a disaster	Exposure to Community Violence, Domestic violence, neglect or abuse or a traumatic event

Warning Signs

Competing more for the attention of parents and teachers	Withdrawing from playgroup and friends
Being unwilling to leave home	Child complains of unexplained headaches or stomachaches
Being less interested in school work	Experiment with high-risk behaviors such as underage drinking or prescription drug misuse and abuse
Having added conflict with peers or parents	Having difficulty concentrating
Withdrawn	Resist authority
Sleep disturbances	Sadness, Anger, and/or Irritability
Separation anxiety in young children	The development of new fears
Become disruptive or aggressive at home in the classroom	

Protective Factors	
Safe secure environment	Emotional Support from a loved one
Structure and routines	Positive mentors and teachers
Access to mental health services	

All of the above information was attained by the Substance Abuse and Mental Health Services Administration and American Psychological Association websites:

<http://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors>

<http://www.apa.org/pi/families/resources/children-trauma-update.aspx>

Protective Factors	
Individual Factors	
Intolerant attitude toward deviance	Highly developed social skills/competencies
High grade point average	Highly developed skills for realistic planning
Positive social orientation	Religiosity
Family Factors	
Connectedness to family or Adults outside the family	Ability to discuss problems with parents
Perceived parental expectations about school performance are high	Frequent Shared activities with parents
Consistent presence of parent during at least of one the following: When awakening, when arriving home from school, at evening meal or going to bed.	Involvement in Social Activities
Parental/Family use of constructive strategies for coping with problems	
Peer and Social Factors	
Possession of affective relationships with those at school that are strong, close and prosocially oriented	Commitment to school (an investment in school and in doing well as school)
Close relationship with no-deviant peers	Membership in peer groups that do not condone antisocial behavior
Involvement in prosocial activities	Exposure to school climates that have intensive supervision and clear behavior rules.

All of the above information was attained by Center for Disease Control and Prevention and websites:

<http://www.cdc.gov/ViolencePrevention/youthviolence/riskprotectivefactors.html>

Family Strengthening-Protective Factors Framework

“Five Protective Factors are the foundation of the Strengthening Families Approach: **parental resilience**, **social connections**, **concrete support in times of need**, **knowledge of parenting and child development**, and **social and emotional competence of children**. Research studies support the common-sense notion that when these Protective Factors are well established in a family, the likelihood of child abuse and neglect diminishes. Research shows that these protective factors are also “promotive” factors that build family strengths and a family environment that promotes optimal child and youth development”.

Parental Resilience

No one can eliminate stress from parenting, but a parent’s capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family’s life. It means finding ways to solve problems, building and sustaining trusting relationships including relationships with your own child, and knowing how to seek help when necessary.

Social Connections

Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Networks of support are essential to parents and also offer opportunities for people to “give back”, an important part of self- esteem as well as a benefit for the community. Isolated families may need extra help in reaching out to build positive relationships.

Concrete Support in Times of Need

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

Knowledge of Parenting and Child Development

Accurate information about child development and appropriate expectations for children’s behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Information can come from many sources, including family members as well as parent education classes and surfing the internet. Studies show information is most effective when it comes at the precise time parents need it to understand their own children. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

Social and Emotional Competence of Children

A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track"

All of the above information was attained by the Center for the Study of Social Policy websites:
<https://cssp.org/our-work/project/strengthening-families/>

Raising Kids with Care:

50 Ways to Help Your Family Thrive

1. Take care of yourself first and you'll take better care of others
2. Play and laugh with your children
3. Compliment your kids on the good things they do
4. Let your kids be kids
5. Admit your mistakes and say you're sorry
6. Turn off the TV
7. Ask for help when you need it
8. Trust your instincts
9. Meet your children's friends- and their friends' parents
10. Accept that you don't have to be perfect; just be real
11. Set clear boundaries and expectations for you children
12. Ask your kids where they're going and who they'll be with
13. Avoid doing too much; say no to some requests, without feeling guilty
14. Eat together as a family whenever possible
15. Read aloud with your child
16. Be excited about your child's interests
17. Take time to develop your own special strengths and talents
18. Ask for your child's opinion
19. Spend time along with your significant other and your adult friends
20. Don't worry if the house is a little messy sometimes
21. Listen to your child without always giving advice or opinions
22. Try to find the joy in each day
23. Say no to your child when you have to, but say yes as much as you can
24. Be consistent
25. Attend parent-teacher conferences and other school events
26. Continue your own learning read a book, go to a museum, or take a class
27. Spend some time by yourself
28. Be silly
29. Do volunteer work with you kids
30. Make happy memories together
31. Give your kids lots of hugs
32. Balance your needs with your kids' needs
33. Balance your needs with your own health
34. Care as much about your own health as you do about your children's

35. Tell your kids how terrific they are
36. Play as hard as you work
37. Ask other caring adults to spend time with your child
38. Realize we never outgrow our own needs for other caring adults
39. When your child pushes you away, give her or him space, but don't leave
40. Try to see things from your children's point of view
41. Ask your kids to help with planning a party or other event
42. Talk to your children the ways you want them to talk to you
43. Nurture your own spiritual life
44. Exercise together as a family
45. Take a deep breath and slow down now and then
46. Go to you kids' games, performance, and other events.
47. When you're in a rut, change something about your routine to get a fresh outlook
48. Surprise your child with something that will make her or him feel special
49. Do the things that give you energy
50. Tell your kids you love them every day, no matter what happens

(Search Institute, 2006)

150 Ways to Show Kids you Care

1. Notice them
2. Smile a lot
3. Acknowledge them
4. Learn their names
5. Seek their opinions
6. Remember their birthdays
7. Ask them about themselves
8. Look into their eyes when you talk to them
9. Listen to them
10. Give them time to play
11. Read aloud together
12. Help them find humor in situation
13. Be nice
14. Say yes, a lot
15. Tell them their feelings are okay
16. Set boundaries that keep them safe
17. Be honest
18. Be yourself
19. Listen to their stories
20. Help them imagine their "future selves"
21. Put aside your worries and focus on them
22. Notice when they're acting differently
23. Present options when they seek your counsel
24. Give them time to relax
25. Reward them for hard work
26. Be present when they're afraid
27. Encourage discussions
28. Suggest better behaviors when they act out
29. Feed them when they're hungry
30. Delight their discoveries
31. Share their excitement
32. Notice their kindness to others
33. Follow them when they lead
34. Notice when they're absent
35. Say hello
36. Plan surprises
37. Give them space when they need it
38. Contribute to their collections
39. Discuss their dreams and nightmares
40. Laugh at their jokes
41. Be relaxed
42. Acknowledge that some problems take a long time to solve
43. Answer their questions
44. Tell them how terrific they are
45. Create traditions and keep them
46. Learn what they have to reach
47. Use your ears more than your mouth
48. Make yourself available

49. Show up at their concert, games and events
50. Find a common interest
51. Help them become problem solvers
52. Apologize when you've done something wrong
53. Listen to their favorite music with them
54. Keep the promises you make
55. Wave and smile when you part
56. Display their artwork and projects
57. Thank them
58. Point out what you like about them
59. Clip magazine pictures or articles that interest them
60. Give them lots of compliments
61. Catch them doing something right
62. Encourage win-win solutions
63. Give them you undivided attention
64. Ask for their opinions
65. Have fun together
66. Be curious with them
67. Introduce them to others
68. Tell them how much you like being with them
69. Let them solve most of their own problems
70. Meet their friends
71. Meet their parents
72. Let them tell you how they feel
73. Help them become an expert at something
74. Be excited when you see them
75. Tell them about yourself
76. Let them act their age
77. Praise more; criticize less
78. Be consistent
79. Admit when you make a mistake
80. Enjoy your time together
81. Give them a special nickname
82. Marvel at what they can do
83. Tell them how proud you are of them
84. Ask them about their "Sparks"-those things that they love to do
85. Ask them about your sparks and how you pursue your interests
86. Be happy
87. Ask them to help you
88. Support them
89. Applaud their successes
90. Deal with problem and conflicts while they're still small
91. Chaperone a dance or other activity
92. Help them to learn more about their heroes
93. Believe in them
94. Nurture them with good food, good words and good fun
95. Be flexible
96. Delight in their uniqueness

97. Let them make mistakes
98. Notice when they grow or change
99. Acknowledge them when you see them in public
100. Give them immediate feedback
101. Include them in conversations
102. Respect them
103. Join in their adventures
104. Support their schools
105. Help them learn something new
106. Be understanding when they have a difficult day
107. Give them good choices
108. Respect the choices they make
109. Show your whimsical side
110. Recognize the transitions that the child is making
111. Make time to be with them
112. Inspire their creativity
113. Accept them as they are
114. Become their advocate
115. Appreciate their individuality
116. Talk openly with them
117. Tolerate their interruptions
118. Trust them
119. Respect them
120. Surround them with positive messages
121. Create a safe, open environment
122. Be available
123. Cheer their accomplishments
124. Encourage them to help others
125. Tackle new tasks together
126. Believe what they say
127. Help them take a stand and stand with them
128. Daydream with them
129. Do what they like to do
130. Make decisions together
131. Magnify their magnificence
132. Build something together
133. Encourage them to think big
134. Celebrate their firsts and lasts, such as the first day of school
135. Encourage them to learn about new places and people
136. Welcome their suggestions
137. Show concern if they've been sick
138. Help them manage their time
139. Help them learn from mistakes
140. Be sincere
141. Introduce them to people of excellence
142. Tell them what you expect of them
143. Give their parents your contact information
144. Introduce them to new experiences
145. Encourage kids to support their peers' sparks
146. Talk directly together
147. Be spontaneous
148. Expect their best; don't expect perfection
149. Empower them to help and be themselves
150. Love them, no matter what

(Search Institute, 2006)

Support Hotlines and Import Numbers

Addiction Support: Emerson Hospital	1 (978) 369-1400
Alcoholic Anonymous Boston	1 (617) 426-9444
Adults with Disabilities	1 (800) 322-2020
BEST Team: Emergency Psychiatry	1(800) 981-HELP
Boston Area Rape Crisis Center	1 (800) 841-8371
Boston Housing Authority Police	1 (617) 423-1212
Boston Police Department Area A-1	1 (617) 343-4240
Boston Police Department: Confidential Drug	1 (617) 343-4879
Boston Police Domestic Violence Unit	1 (617) 343-4350
Boston Public Health Commission - Central Intake Unit	1 (617) 534-5554
Children of Alcoholism & Substance Abuse	1 (617) 227-4183
Child-At-Risk Hotline	1 (800) 792-5200
Community Service Office	1(617) 343-4627
Disabled Abuse Hotline	1 (800) 922-2275
Elder Abuse Hotline	1 (800) 922-2275
Emergency Medical Services State Overdose for EMS	911
Food Source Hotline/Project Bread	1 (800) 645-8333
Gay men's Domestic Violence Project-GBLT	1 (800) 832-1901
Gamblers Anonymous	1 (855) 222-5542
GLBT Helpline	1 (888) 340-4528
GLBT Peer Listening Line	1 (800) 399-7337

Support Hotlines and Import Numbers	
Haven at MGH-Domestic Violence	1 (617) 724-0054
Help Line MA Department of Public Health, Bureau of Substance Abuse Services	1 (800) 327-5050
Hepatitis C Hotline	1 (877) 435-7443
Joe for Oil	1-877-JOE-4-OIL
John F Kennedy Family Service Center	1 (617) 241-8866
Llamanos Statewide Spanish Helpline (Sexual Assaults)	1 (800) 223-5001
Major's Health Line	1 (800) 847-0710 or 1 (617) 534-5050
Major's Youth line – Teen	1 (617) 635-2240
Mass 211 – Information Line	211
Mass Health Customer Service Center & Provider Information	1 (800) 841-2900
Mass Medline	1 (866) 633-1617
Medicaid/ Mass Health	1 (617) 565-1299 or 1(800) 841-2900
National 24/7 Suicide Prevention Lifeline	1 (800) 273-8255
Narcotics Anonymous	1 (866) 624-3578
Parental Stress Hotline	1 (800) 632-8188
Poison Hotline	1 (800) 222-1222
Safelink Domestic Violence Hotline	1 (877) 785-2020
Samaritan Statewide Resource – Suicide	1 (877) 870-4673
Samariteens	1 (800) 252-8336
Woman, Infant and Children	1 (800) 942-1007



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Charlestown Family Circle Resource Guide

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