



Family Resource Guide

Provided by: The Charlestown
Family Support Circle

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Charlestown Family Support Circle

This resource guide was created to increase awareness and access to community resources for all Charlestown youth, families, and residents. This comprehensive guide includes local resources, in addition to resources throughout the state of Massachusetts. We hope you find this guide helpful!

Charlestown Family Support Circle Resource Guide
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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) assists Charlestown youth and families by connecting them to resources and supports in their community. We provide short-term counseling, case management, and care coordination services to residents of Charlestown to support families and increase access to services.

The Family Support Circle model within the last year has been supported by our MSW interns with clinical supervision and has moved to this model permanently. The Charlestown Coalition's program Family Support Circle is **not accepting interns** for the 2024-2025 school year due to organizational changes that may occur within the coming months. We have edited this comprehensive resource guide to provide the community with the most up to date information since our capacity of services has shifted.

Phenice Zawatsky, LICSW, is the Director of the Charlestown Coalition and formally the Family Support Circle Clinician. 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, Director of the Charlestown Coalition
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 on social determinants of health 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.

Mswati Hanks, Youth and Prevention Manager

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 young men, 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

Melanie Soto, MSW, Community Resource Specialist

Mel is a Macro Social Worker devoted to social justice, intersectional feminism, and contributing to a more equitable future for the LGBTQIA+ community. She was born and raised in Boston, calling the West End home for most of her life, but shares that the people of the South End are what truly raised her. She credits her experience as an adolescent in youth work and development to be the core of who she is and who she strives to be. As the Community Resource Specialist, she will assist in coordinating the local resources through collaboration with partner organizations within Charlestown. Mel graduated from Wheelock College with a Bachelors of Social Work and Juvenile Justice and earned a Masters of Social Work at Bridgewater State University.

Phone: 617-765-7025

Charlestown Community Resources

Community Groups and Organizations

Charlestown Mothers Association, Inc.

charlestownmothersassociation.org
<https://www.facebook.com/charlestownmothersassociation>

Education

Bunker Hill Community College

250 Rutherford Ave, Charlestown, MA
Phone: (617) 228-2000

<https://bhcc.edu/>

Charlestown Adult Education

76 Monument Street, Charlestown, MA
Phone: (617) 337-5612

Services: Reentry Support, GED Program, ESOL, Training Programs, Career Advising.

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

Charlestown High School-Grades 7-12

240 Medford Street, Charlestown, MA
Phone: (617) 635-9914
Fax: 1 (617) 635-9928

School Hours: 7:30 a.m. - 1:50 p.m.

Early Dismissal: 11:20 a.m.

Principal: Ajay Trivedi

Assistant Principal: Liana Tuller

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

Charlestown Nursery School

124 Main Street, Charlestown, MA
Phone: (617) 242-5159

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

<https://www.facebook.com/CharlestownNursery/>

Duet

50 Milk St., Suite 600, Boston, MA
Phone: (617) 712-2848

Email: info@duet.org

Services: Degree and Job Service.

<https://duet.org>

MassHire Career Center Services

75 Federal Street, 3rd Floor, Boston, MA
Phone: 617-399-3100

Services: Job search assistance/referrals, career guidance, goal setting, exploration of training options, resume writing, workshops, job fairs/recruitment sessions.

<https://bostonpic.org/>

<p>Harvard-Kent Elementary School- K-5 50 Bunker Hill Street, Charlestown, MA <u>Phone:</u> (617) 635-8358 <u>Fax:</u> 1 (617) 635-8364</p> <p>School Hours: 9:30 a.m. -4:10 p.m.. <u>Principal:</u> Ben Russell <u>Secretary:</u> Janet Sidlauskas</p> <p>https://www.harvardkentelementary.com/</p>	<p>John F Kennedy Family Service Center <u>Moulton Street Early Education Site</u> 23 A Moulton Street Charlestown, MA <u>Phone:</u> 1 (617)241-8866</p> <p><u>Services:</u> Head Start and Preschool, Family Service Center.</p> <p><u>Community Resource Center –</u> 15 Tufts Street, Charlestown, MA <u>Phone:</u> (617) 241-8866 ext. 1352 cgalvin@kennedycenter.org</p> <p>Executive Director Thara Fuller <u>Phone:</u> 617-241-8866 Ext. 1312 TFuller@KennedyCenter.org</p> <p>http://www.kennedycenter.org/</p>
<p>Smart from the Start-School Readiness Program 255 Medford Street, Charlestown, MA <u>Phone:</u> 1 (617) 635-5030</p> <p><u>Services:</u> family support, community engagement, and a school readiness organization whose services include parenting classes, prenatal education, welcome baby home visits playgroups, field trips, and more.</p> <p><u>Program Specialist for South Boston/Charlestown:</u> lorianne@smartfromthestart.org</p> <p>https://smartfromthestart.org/boston/</p>	<p>Warren Prescott School- Grades k-8 50 School Street, Charlestown, MA <u>Phone:</u> (617) 635-8346 <u>Fax:</u> (617)635-9454</p> <p>School Hours: 8:30 a.m. – 3:10p.m <u>Principal:</u> Michele L. Davis</p> <p>https://www.warrenprescott.org/</p>

Elderly Services	
<p>Boston Medical Center Living Well at Home Program 960 Massachusetts Avenue, 3rd floor,</p>	<p>John F Kennedy Family Service Center Inc 55 Bunker Hill Street Charlestown, MA <u>Phone:</u> (617) 241-8866 ext. 1351</p>

<p>Boston, MA 02118 <u>Phone:</u> 617-638-6139</p> <p><i>Do you or someone you know need assistance with finding housing or keeping housing?</i></p> <p>If so, please fill out this referral form. You can email it to: Housing.FAQ&Referrals@bmc.org or fax it to 617-638-6175.</p> <p><u>Services:</u> pre-tenancy supports such as housing search and placement, post-tenancy stabilization including home visits, life skills/individualized service plans, eviction prevention such as mediation, attendance to court hearings and legal system navigation.</p>	<p><u>Services:</u> Senior activity programming Monday through Friday. Homemaking services, Personal care services, elder resources, exercise programs, and grandparents support groups.</p> <p><u>To learn more about the services offered please contact:</u> ElderServices@KennedyCenter.org to discuss your service and payment options.</p> <p><u>Event Calendar:</u> https://www.kennedycenter.org/event-calendar/</p>
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Faith Based Organizations	
<p>Christ Church Charlestown 10 Green Street, Charlestown, MA <u>Phone:</u> (617) 242-3693</p> <p>Sunday service at 10:15AM Sunday Community Group meets weekly after service from 11:45-1:00PM. Leaders: Miguel Alarcon and Carla Marrero.</p> <p><u>Request to join:</u> https://christchurchcharlestown.churchcenter.com/groups/community-groups/green-street</p>	<p>Saint Francis de Sales Parish 303 Bunker Hill Street, Charlestown, MA <u>Phone:</u> (617) 242-0147</p> <p>Every month, on the Second Sunday of the month, Saint Francis de Sales Parish conducts our “Hungry Sunday” Appeal for Charlestown’s Harvest on Vine Food Pantry.</p> <p>Rev. Daniel J. Mahoney, Pastor Services: M-F 8:00 A.M. in Chapel, Saturday Vigil-4 P.M. Sunday Mass 9:30 A.M.</p>
<p>St. John’s Episcopal Church 27 Devens Street, Charlestown MA <u>Phone:</u> (978) 927-0229 <u>Email:</u> office@sjcb.org</p> <p><u>Church office:</u> Office hours are Monday through Thursday, 10:00-4:00PM</p>	<p>St. Mary's Church 55 Warren Street, Charlestown, MA, <u>Phone:</u> (617) 242-4664</p> <p>Parish Center located on 46 Winthrop Street</p> <p><u>Services:</u> Saturdays 4:00PM at both</p>

<p><u>Worship:</u> Sun 8:00 A.M & 10:00 A.M.</p> <p><u>Community Shop:</u> free community closet open Thursdays and Saturdays from 10:00-1:00PM</p> <p>https://www.sicb.org/</p>	<p>affiliated churches, Sundays 8:00AM at St. Mary, Sunday 9:30 AM at St. Francis Sunday 11:00AM at St Mary.</p> <p>http://stmarystcatherine.org/</p>
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Family and Social Service Agencies	
<p>Charlestown Family Support Circle 15 Green Street, Charlestown MA <u>Phone:</u> (617) 726-0058 Email: pzawatsky@partners.org Website: http://charlestowncoalition.org/support-services/</p> <p><u>Services:</u> Up to four sessions with Mel Soto, Community Resource Specialist, focused on case management, care coordination, advocacy, referral support, and short-term counseling.</p> <p>After the sessions needed have been completed, the client(s) and the original referral source(s) will be provided a discharge form with additional referrals/resources to encourage continued progress.</p>	<p>Charlestown Resident Alliance – Bunker Hill Development 76 Monument Street, Charlestown, MA <u>Phone:</u> (617) 337-5123</p> <p><u>Services:</u> to advocate for fair, equal, healthy, and affordable housing opportunities in our community. Our duty is to serve as the liaison between residents, the Boston Housing Authority, and other stakeholders that impact our community.</p> <p>https://www.charlestownra.org/</p>
<p>John F Kennedy Family Service Center Inc. Community Resource Center 55 Bunker Hill Street Charlestown <u>Phone:</u> (617) 241-8866 EXT. 1352 <u>Fax:</u> (617) 241-7021</p> <p><u>Services:</u> Emergency Assistance, Individual, group, and family</p>	<p>Father Friendly Initiative (FFI) 1010 Massachusetts Avenue, Boston, MA <u>Phone:</u> 1 (617) 534-5832 <u>Email:</u> HBHC@BPHC.org</p> <p>The Father Friendly Initiative allows men to involve themselves in their families and communities. The program is open to men living in Boston. It is a safe haven for</p>

<p>counseling, referral services, education services, advocacy, elder services, and employment services.</p> <p>CGalvin@KennedyCenter.org Phone: 617-241-8866 Ext. 1352 http://www.kennedycenter.org/</p>	<p>men to get together.</p> <p><u>Services:</u> coordination of health care, housing support for fathers with young children, substance use referrals, anger management counseling, parenting skills, support groups, custody/visitation, and housing.</p> <p>https://www.boston.gov/government/cabinets/boston-public-health-commission/childrens-and-newborn-health/father-friendly</p>
<p>Federation for Children with Special Needs 529 Main Street, Boston, MA Phone: (617) 236-7210, (800) 331-0688 Email: info@fcsn.org</p> <p><u>Services:</u> provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities.</p> <p>http://fcsn.org/</p>	<p>Room to Grow in Boston 400 Shawmut Ave, Boston, MA 230 Centre Street, Dorchester, MA Phone: (617) 859-4545 Email: infoboston@roomtogrow.org</p> <p><u>Services:</u> Parents and caregivers have their first visit during their last trimester of pregnancy. From there, they meet one-on-one with program staff every three months until their children turn three. Each visit is two hours long and is held at one of our Family Centers in Boston.</p> <p><u>Application link:</u> https://www.tfaforms.com/4855621 https://www.roomtogrow.org/what-we-do</p>
<p>National Alliance for Mental Illness (NAMI) of Massachusetts 331 Montvale Avenue, 2nd floor, Woburn, MA, 01801 Phone: (617)-580-8541 Email: info@namimass.org</p>	<p>Smart from the Start-School Readiness program- Ages 0-5 141 Standard Street, Boston, MA, 02126 Phone: 1 (857) 308-3000 Email: boston@smartfromthestart.org</p> <p><u>Services:</u> programming for children from</p>

<p><u>Services</u>: seek to improve the quality of life for people living with mental health conditions, their families, and their caregivers. We work to ensure that all people impacted by mental health condition(s) receive the support they need when they need it. We use our voices as people and families with lived experience to challenge discrimination and advocate for a more equitable and just world.</p> <p>http://namimass.org/</p>	<p>birth to seventeen, caregivers have access to crisis intervention and family stabilization services, and community-based work to improve access and use of existing community services.</p> <p>https://smartfromthestart.org/boston/</p>
<p>Special Townies 314 Main Street, Charlestown, MA Phone: 617-710-2385</p> <p>https://www.facebook.com/pages/Special-Townies/161717653870676</p>	

Food Pantries and Food Resources	
<p>Charlestown Farmer's Market <u>Phone</u>: (617) 241-8866 ext. 1352</p> <p>On Main Street next to the Hubway Bike stand. Contact Crystal Gavin from the John F. Kennedy Center for more information.</p> <p>Wednesdays from 2:00 to 6:00 PM (June – October) Accepts SNAP card, bounty bucks, WIC, and senior coupons.</p>	<p>Chelsea Salvation Army-Food Pantry 258 Chestnut St. Chelsea, MA 02150 <u>Phone</u>: 617-884-0260</p> <p><u>Food Pantry Hours</u>: Tuesdays and Thursdays 10:00-1:00 pm.</p> <p>Please bring a picture ID for all adults living in the home, proof of address, and an insurance card or birth certificate for each child living in the house. An individual or family can visit the pantry 1 x a month.</p>

<p>https://www.kennedycenter.org/communityservices/cfm/</p>	<p>The Salvation Army in Chelsea's Food Pantry is open to residents living in Chelsea, East Boston, Revere, Everett, Charlestown, and Winthrop.</p>
<p>Harvest on Vine 49 Vine Street, St. Catherine's Hall, Charlestown, MA 02129 <u>Phone:</u> (617) 337-3545</p> <p><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.</p> <p>Residents of Charlestown in need are welcome. Registration occurs on the days of distribution, families looking to join should bring photo identification that indicates Charlestown residency.</p>	<p>Project Bread –FoodSource Hotline <u>Phone:</u> (800) 645-8333</p> <p>A "one-stop-shop" for callers to learn about everything that is available to help them afford/access food. It is always free and confidential. Counselors can assist in 180 languages and connect callers to both local and federal food programs. They can also screen callers to determine if they are eligible for SNAP and assist with SNAP applications.</p> <p>www.projectbread.org</p>
<p>Women, Infant and Children (WIC) Nutrition Program 73 High St. Charlestown, MA 02129 <u>Phone:</u> (617) 724-8198</p> <p><u>Services:</u> Nutrition program</p> <p><u>Apply for WIC here:</u> https://www.mass.gov/how-to/apply-for-the-women-infants-children-wic-nutrition-program</p>	

Medical and Behavioral Health Services	
<p>Charlestown Healthcare Center 73 High Street, Charlestown, MA <u>Phone:</u> (617)724-8135</p> <p><u>Services:</u> provides medical and behavioral health services to adults and</p>	<p>MGH Charlestown Monument Street Counseling Center 76 Monument Street, Charlestown, MA <u>Phone:</u> (617) 643-5020 <u>Hours:</u> every Wednesday 8:30-3:00pm</p>

<p>children.</p> <p>https://www.massgeneral.org/location/charlestown</p>	<p><u>Services:</u> Depending on your needs and for what service you were referred, you may meet with a psychiatric nurse practitioner and her team of trainees for psychopharmacological services to include assessment and medication management.</p> <p>You might also, or instead, meet with an adult medicine primary care doctor, but please note this will not replace seeing your PCP for any standard visits. There will be a Community Health Worker present bi-weekly to assist with any follow-up for future appointments or non-clinical coordination needs.</p>
<p>MGH Roger Sweet Learning Center 73 High Street, Charlestown, MA (located on the 1st floor of the lobby) <u>Phone:</u> 1 (617)-724-8135</p> <p><u>Services:</u> 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>www.facebook.com/MGHCharlestownRSLC www.twitter.com/MGH_RSLC</p>	<p>MGH Patient Financial Services 73 High Street, Charlestown, MA (located in the basement) <u>Phone:</u> (617)-724-8135</p> <p><u>Services:</u> Patient Financial Counselors will assist residents in applying for Mass Health Insurance and answer questions concerning the process.</p>
<p>New Health Charlestown-North End Waterfront Health 15 Tufts St. Charlestown, MA <u>Phone:</u> (857) 238-1100</p> <p><u>Services:</u> Provides medical, behavioral health services, dental care, and Eye care for adults and children.</p>	

Youth Activities and Afterschool Programs

<p>BCYF Charlestown Community Center 255 Medford Street, Charlestown, MA <u>Phone:</u> (617) 635-5170 <u>Email:</u> charlestowncc@boston.gov</p> <p><u>Services:</u> Sports programs, Community Room; Computer Lab; Fitness Center, Gymnasium, and Pool.</p> <p><u>Hours:</u> Tuesday through Friday, 1 - 9 p.m., Saturday 9 a.m. to 5 p.m. Hours may vary during school vacations.</p>	<p>Boston Krav Maga 165-E New Boston Street, Woburn, MA <u>Phone:</u> (339) 224-8005 <u>Email:</u> liz.kmy@bostonkravmaga.com</p> <p><u>Services:</u> Krav Maga classes for adults and children, free self-defense course for women.</p> <p>https://bostonkravmaga.com/index.html</p>
<p>Charlestown Boys and Girls Club 15 Green Street, Charlestown, MA <u>Phone:</u> (617) 242-1775</p> <p><u>Services:</u> Afterschool program, Teen Center Tutoring, and Summer Camp Programming.</p> <p>https://www.bgcb.org/find-your-club/charlestown-club/</p>	<p>Boston Public Library - Charlestown 179 Main Street, Charlestown, MA <u>Phone:</u> (617) 242-1248 <u>Email:</u> Charlestown@bpl.org</p> <p><u>Services:</u> Provides programs for children including Boston Teacher’s Union homework help, book discussions for adults, and special events for all ages.</p> <p><u>Branch Librarian:</u> James Levins https://www.bpl.org/locations/charlestown/</p>
<p>Charlestown Girls Softball 20 Tibbetts Town Way, Charlestown, MA <u>Phone:</u> (617) 308-4108</p> <p>https://www.facebook.com/charlestownbluediamonds/</p>	<p>Charlestown Lacrosse and Learning Center 14 Green Street, Charlestown, MA 02129 <u>Phone:</u> 1 (617)242-9328</p> <p>For more information contact: cllclearningdirector@gmail.com</p> <p>http://www.charlestownlacrosse.com/Page.asp?n=66019&org=charlestownlacrosse.com</p>

<p>Charlestown Little League- Ryan Field 51 Alford St, Charlestown, MA</p> <p><u>Email:</u> charlestownmalittleleague@gmail.com</p> <p>https://tshq.bluesombrero.com/charlestownllma</p>	<p>Charlestown Working Theater Children's Program 442 Bunker Hill Street, Charlestown, MA <u>Phone:</u> (857) 391-0489</p> <p><u>Services:</u> The CWT's Arts Programming for Children and Youth fulfills many of the theater's goals by bringing the community together in a creative enterprise. By offering quality arts programming free of charge, we provide the opportunity for children and youth from differing backgrounds to come together in a nurturing and productive environment where creativity, mutuality, and responsibility are valued and encouraged.</p> <p>http://charlestownworkingtheater.org/</p>
<p>Charlestown Youth Football and Cheering League <u>Email:</u> Cheercharlestown@gmail.com</p> <p>https://leagues.bluesombrero.com/charlestownfball</p>	<p>Charlestown Youth Hockey League</p> <p>Charlestown Youth Hockey Association is an organization that maintains and runs a hockey program open to all interested youth in the Charlestown area.</p> <p>http://www.cyha.com/</p>
<p>Charlestown YMCA 150 3rd Ave, Charlestown, MA <u>Phone:</u> (617) 286-1220</p> <p><u>Services:</u> Teen Program and free membership for teens over the summer.</p> <p>http://www.ymcaboston.org/charlestown</p>	<p>Charlestown Youth Soccer <u>Email:</u> info@charlestownsoccer.com</p> <p><u>Services:</u> to introduce the youth of Charlestown to the game of soccer through the development of individual skill, fitness, teamwork, and fair play.</p> <p>http://www.charlestownsoccer.com/</p>
<p>Courageous Sailing Charlestown Navy Yard One First Avenue, Charlestown, MA <u>Phone:</u> (617)-242-3821</p> <p><u>Services:</u> recognized as one of the top</p>	

community sailing programs in the country, Courageous Sailing offers year-round sailing and learning on Boston Harbor and Jamaica Pond.

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



Additional Resources

Activities for Children, Teens, Adolescents and Families

Appalachian Mountain Club Outdoor Activities
 10 City Square, Charlestown, MA
 Phone: (603) 466-2727

The mission of the Appalachian Mountain Club is to foster the protection, enjoyment, and understanding of the outdoors. By becoming a member, you can get outside with the AMC community and help protect natural, wild places across the Northeast and Mid-Atlantic regions.

Services: AMC offers great programs and events free to members. Annual Dues: Individual \$50; Family \$75; U-30 (under 30), \$25; Senior (over 70) \$25. Online discounts are available.

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

The Arnold Arboretum
 125 Arborway, Boston, MA 02130
 Phone: (617) 384-5454
 Email: arbweb@arnarb.harvard.edu.
arboretum.harvard.edu

The Arboretum landscape is free and open every day, from sunrise to sunset. The visitor center is open 10:00AM-4:00PM daily.

Printable PDF Map
https://arboretum.harvard.edu/wp-content/uploads/2022/08/Arnold-Arboretum-Map_8.2022.pdf

Visitor Tips and Guidelines:
<https://arboretum.harvard.edu/visit/visit-or-tips-and-guidelines/>

Bank of America's Museums on Us
 Visitors present their Bank of America cards for free admission to select museums nationwide. One free general admission is limited to the individual cardholder. Excludes fundraising events, special exhibitions, and ticketed exhibitions.

Boston By Little Feet
 Congress St, Boston, MA 02109
 Phone: 1 (617) 367-2345.
 Email: info@bostonbyfoot.org

A Children’s Tour of Boston. View the famous Freedom Trail through the eyes of children 6 to 12; \$14 each (free under

<p><u>Eligible MA Museums:</u> the Institute of Contemporary Art, the Museum of Fine Arts Boston, Peabody Essex Museum, and Orchard House.</p> <p>https://about.bankofamerica.com/en/making-an-impact/museums-on-us-partners</p>	<p>6).</p> <p>Meet the 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.</p> <p>https://bostonbyfoot.org/tours/Boston-By-Little-Feet</p>
<p>Boston Center for Youth and Families <u>Phone:</u> 617 635-4920</p> <p>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.</p> <p>https://www.boston.gov/departments/boston-centers-youth-and-families</p>	<p>Boston Children's Museum 308 Congress St, Boston, MA 02210 <u>Phone:</u> (617) 426-6500.</p> <p>Wednesday-Sunday 9:00am-4:00pm **On the first Saturday of each month, the Museum opens at 10:00am.</p> <p>Guests: \$22 infants (under 12 months): FREE members: FREE</p> <p>Various discounts are available with tickets ranging from \$3-11 for those eligible.</p> <p>www.bostonchildrensmuseum.org</p>
<p>Swan Boats at the Public Garden 1 Commonwealth Ave, Boston, MA 02116</p> <p>Come ride the only boats of their kind in the world. Open Mid-April through early September.</p> <p>\$4.50 age 16+, kids 2-15 \$3.00, seniors \$4.00.</p> <p>www.swanboats.com</p>	<p>Blue Bikes <u>Phone:</u> (617) 635-4680</p> <p>City of Boston residents who have not had a Bluebikes membership in the last three years are eligible for the \$60 per year membership.</p> <p>Boston residents who qualify for MassHealth, SNAP, or have an income qualifying them for these or similar programs can get an even further reduced rate at \$5 per year</p> <p>https://www.boston.gov/departments/transportation/bluebikes</p>

<p>Haymarket Boston 100 Hanover Street, Boston, MA</p> <p>Haymarket, Boston's oldest outdoor market, offers the best deals on fresh produce, fish, and flowers in the historic heart of the city.</p> <p><u>Hours:</u> Every Friday - 3:00 AM - CLOSE Every Saturday - 4:00 AM - CLOSE</p> <p><u>Parking Validation at Parcel 7 Garage – 136 Blackstone Street</u> \$1 for 2 hours, \$3 for 3 hours</p>	<p>DeCordova Museum and Sculpture Park 51 Sandy Pond Road, Lincoln, MA 01773. <u>Phone:</u> (781) 259-8355</p> <p><i>Please note the temporary suspension of the indoor galleries at deCordova Sculpture Park and Museum.</i></p> <p>\$14 for Adults, \$12 for Students and Seniors. FREE for visitors with EBT, WIC, Mass Health, and METCO students and their families. Please select the EBT option when you check out and bring any supporting documentation to your visit.</p> <p>www.decordova.org.</p>
<p>Faneuil Hall Marketplace 4 South Market Building, Boston, MA</p> <p>Street performances including music, dancing, and juggling. Places to eat, shop, and learn more about the history of the Quincy market.</p> <p>Hours: Monday-Saturday 10am-9pm Sunday 11am-7pm www.faneuilhallmarketplace.com</p>	<p>Friday Night Flicks and Concerts Hatch Memorial Shell, Storrow Drive, Boston, MA, 02108</p> <p>FREE kid-friendly movies under the stars Fridays. Special concerts Wednesdays 7-9pm. July through August.</p> <p>https://www.mass.gov/info-details/dcr-movies-in-the-parks#free-friday-flicks-at-the-hatchshell-</p>
<p>Girl Scouts of Eastern Massachusetts 420 Boylston, St., Boston MA 02116.</p> <p>Services: Help girls build courage, confidence, and character.</p> <p>\$70/yearly registration fee entitles girls ages 6-18 to participate in all programs. \$35/year for adult memberships.</p> <p>https://www.gsema.org/</p>	<p>Harvard Museum of Natural History 26 Oxford St., Cambridge, MA 02138 <u>Phone:</u> (617) 495-3045</p> <p>FREE for MA residents 9am-noon every Sunday and on Wednesdays from 3:00-5:00pm. Proof of residency required.</p> <p>Adults \$15, Non-Harvard Students with ID \$10.00, Seniors (65+) \$13, Kids 3–18 \$10, College Students \$10, <i>EBT/WIC card MA residents eligible for 5 entries.</i> Children under 3: free</p>

	<p>www.hmn.harvard.edu</p>
<p>Institute of Contemporary Art 25 Harbor Shore Drive, Boston, MA 02210 <u>Phone:</u> (617) 478-3100</p> <p><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 November and December) BPS Families can visit for free on Sundays. Free for all visitors on Thursdays, from 5-9pm.</i></p> <p>Phone: 1 (617) 478-3100 www.icaboston.org</p>	<p>Isabella Stewart Gardner Museum 25 Evans Way, Boston, MA 02115 <u>Phone:</u> (617) 566-1401</p> <p><i>Admission is always FREE for children under age 17, U.S. military and their families, and all named “Isabella.” EBT, WIC or CONNECTORCARE Card holders receive a discount of \$2 per person, per card for up to 4 Adults per visit.</i></p> <p>gardnermuseum.org</p>
<p>John F. Kennedy Presidential Library and Museum Columbia Point, Boston, MA 02125 <u>Phone:</u> (617) 514-1600</p> <p>Open daily from 10am-5pm, free parking. <i>Admission \$10-18. Admission is always FREE for kids ages 12 and under.</i> EBT Card to Culture Program: Up to 4 people above the age of 12 may enter at no cost, per valid card.</p> <p>Enter the recreated world of the Kennedy Presidency for a “first-hand” experience of John F. Kennedy’s life, legacy, and leadership.</p> <p>www.jfklibrary.org</p>	<p>Peter Welch’s Gym - Kids Boxing Fitness 371 Dorchester Ave, Boston, MA <u>Phone:</u> (617) 942-1974</p> <p>We’re excited to announce our expanded youth boxing program! The T/TH classes are at the same time as our fighter conditioning class. That means parents can work out downstairs while their kids are working out upstairs!</p> <p><u>Kids age 7-12</u> Tuesday: 5:30 PM– 7:00 PM Thursday: 5:30 PM– 7:00 PM Saturdays: 12:15 PM – 1:45 PM 10 Class Punch Card is \$200</p> <p>Info@peterwelchsgym.com</p>
<p>Mayor's Youth line <u>Phone:</u> 617-961-6981</p>	<p>MIT Museum - Gambrill Center 314 Main Street, Building E-28,</p>

<p>Email: youthline@boston.gov</p> <p>The Mayor's Youth line is a resource line for the youth of Boston and is staffed by peer listeners.</p> <p><i>Please note the updated walk-in hours are Monday - Thursday from 10 a.m. - 3 p.m.</i></p> <p>Youthline Contact Form</p>	<p>Cambridge, MA, 02142 <u>Phone:</u> (617)253-5927</p> <p>Open daily 10am-5pm. Adults \$18, Seniors 65+ \$15, Youth 18 and under and college students with ID \$10, Kids under 5 FREE. Accessible by T.</p> <p>https://mitmuseum.mit.edu/</p>
<p>More than Words 56 Felton Street, Waltham, MA, 02453 242 East Berkeley St, Boston MA</p> <p>More Than Words (MTW) works with youth ages 16-24 who are in foster-care, homeless, out-of-school, or in the court system, learn to run an online and retail bookstore while also getting full wrap-around supports to tackle the barriers from our state systems and take charge of their lives.</p> <p>Youth Adult Job Application https://shop.mtwyouth.org/</p>	<p>Museum of Fine Arts 465 Huntington Ave, Boston, MA 02115 <u>Phone:</u> (617) 267-9300.</p> <p>Always FREE for children ages 6 and under. Kids ages 7-17 \$10, Adults \$27. Admission with EBT Card: \$3 per person for up to 4 people and four free youth tickets. Advance timed-entry tickets are required.</p> <p><u>Free on:</u> 10/14/2024 (Indigenous Peoples' Day) 01/20/2025 (Martin Luther King Jr. Day) 05/26/2025 (Memorial Day) 06/19/2025 (Juneteenth) www.mfa.org</p>
<p>Museum of Science Science Park, Boston, MA 02114 <u>Phone:</u> (617) 723-2500</p> <p><u>Admission:</u> Adult (12+): \$31, Senior (60+): \$27, Child (3 - 11): \$26, members are free. Admission with EBT card: <i>Free for up to 4 people.</i> Advanced reservations are required.</p> <p>http://www.mos.org/</p>	<p>Old State House Museum 206 Washington Street, Boston, MA <u>Phone:</u> (617) 720-1713</p> <p>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.</p> <p>Adults \$15, Seniors(62+)/students \$14.00, children under 12 \$8. Admission</p>

	<p>to Old State House with Old South Meeting House Ticket: free.</p> <p>https://www.thefreedomtrail.org/trail-sites/old-state-house</p>
<p>Paul Revere House 19 North Square, Boston, MA 02113 <u>Phone:</u> (617) 523-2338</p> <p>The Paul Revere Memorial Association was founded to restore and operate the Paul Revere House. The house, sold by Paul Revere in 1800, served as a boarding house, shops and businesses, and tenement apartments for the following century.</p> <p>Adults \$6, Seniors and College Students \$5.50, children ages 5-17 \$1.</p> <p><u>April 15 – October 31: 10 - 5:15pm</u> Open daily in the spring, summer, and fall.</p> <p><u>November 1 – April 14: 10 - 4:15pm</u> Closed on Mondays during January, February, and March</p> <p>paulreverehouse.org</p>	<p>Sports Museum TD Bank North Garden, 100 Legends Way, Boston, MA 02114. <u>Phone:</u> 1 (617) 212-6814</p> <p>Come celebrate the character of Boston sports. Open daily 9:00-3:30PM.</p> <p>Adults \$30, Seniors (65+) \$25, Children 2-12 \$20, Military & Family (with Military ID) \$15. TD Bank Customers (with TD Bank debit or credit card): FREE (based on availability).</p> <p>www.sportsmuseum.org</p>
<p>Summer Kids Bowl Free Program</p> <p>Kids up to age 15 can bowl two FREE games every day with the “Kids Bowl FREE” Pass during the Spring and Summer.</p> <p>visit the website of a bowling alley near you; register directly on the bowling center page.</p> <p>https://www.kidsbowlfree.com/</p>	<p>The Dance Complex 536 Massachusetts Ave, Cambridge, MA <u>Phone:</u> (617) 547-9363</p> <p>Offers daily dance classes, workshops, and festivals for all ages and levels. We welcome all, from the recreational student to the professionally focused with over two dozen diverse genres of dance. We have studio space for rent and offer an eclectic series of performances year-round. Join us in person or online.</p>

	http://www.dancecomplex.org/
<p>The Discovery Museum 117 Main Street, Action, MA 01720 <u>Phone:</u> (978) 264-4200</p> <p>Adults & children: \$17.00; Seniors 60+: \$16.00; Children under 1, Members, Teachers: Free. Admission with EBT or WIC card: \$1 per person for up to 5 people.</p> <p>http://discoverymuseums.org/</p>	<p>USS Constitution Museum Charlestown Navy Yard, Charlestown <u>Phone:</u> (617) 426-0812</p> <p>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.</p> <p>www.ussconstitutionmuseum.org</p>
<p>Wayside Youth and Family Support Network 1 Frederick Abbott Way, Framingham, MA, 01701 <u>Phone:</u> 508 879-9800</p> <p>Wayside Youth & Family Support Network provides a wide variety of mental health counseling and family support services to children, young adults and families in Massachusetts.</p> <p>https://www.waysideyouth.org/aboutus/contactinformation/</p>	<p>Zoo New England – 2 locations. Children under age 2 are always FREE EBT Discount for families.</p> <p>Franklin Park Zoo, One Franklin Park Road, Dorchester (Boston), MA 02121. 617-541-LION(5466). Admission: Adults \$22.95, Senior (62+) \$20.65, Children (ages 2-12) \$16.05. Children under 2 free.</p> <p>Stone Zoo, 149 Pond Street, Stoneham, MA 02180. 617-541-5466. Admission: Adults: \$20.95, Senior (62+) \$18.85, Children (ages 2-12) \$14.65. Children under two free.</p> <p>www.zoonewengland.org</p>

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.

The Massachusetts Behavioral Health Access (MABHA) Website

Services: helps providers and individuals locate openings in mental health and substance use disorder services. We welcome everyone to search for services that they can access directly from their community.

Please visit <http://mabhaccess.com> to get more information on opening for In-Home Therapy (IHT), In-Home Behavioral Services (IHBS), and Therapeutic Mentoring (TM) services.

Arbour Counseling Services

Virtual Services: 855-575-2273

Services: Partial Hospitalization (PHP) for children, adolescents, and adults, Intensive Outpatient (IOP) for adults, Structured Outpatient Additions Programs (SOAP) for adults, Community programs including community support, IHT, and TM. Traditional outpatient therapy includes clinic-based, home-based, school-based, and medication-assisted treatment.

To make a referral for PHP and Community Services, please call 339-645-9744.

www.arbourhealth.com

Gandara Mental Health Center

480 McClellan Highway, Suite 302
Boston, MA 02128
Phone: (857) 366-7040

Services: Gándara provides flexible, bilingual, family-driven, wraparound services for children and teens experiencing serious emotional disturbances. Programs include Intensive Care Coordination, Family Support and Training, In-Home Therapy, In-Home Behavioral Services, Therapeutic Mentoring, Behavioral Management, and Family Support and Stabilization.

Institute for Health and Recovery

75 N. Beacon St., Fl. 2, Watertown, MA 02472
Phone: (617) 661-3991

IHR specializes in innovative services, training, and evaluation focused on addressing the unique needs of underserved families, women, and youth. IHR's treatment programs provide holistic interventions for hard-to-reach and high-risk individuals and families.

If you are looking for help and struggling with mental health or substance use, call our outpatient intake coordinator: IHR Outpatient Intake Coordinator at 857-285-6264.

<p>Multiple locations; please visit: https://gandaracenter.org/</p>	<p>If you are a pregnant person struggling with drug or alcohol use or if you are concerned about a pregnant person who may be using substances, call the statewide Women & Family Referral Center at 866-705-2807. www.Healthrecovery.org</p>
<p>Italian Home for Children 1125 Centre Street. Jamaica Plain, MA 02130 Phone: (617) 524-3116</p> <p><u>Services:</u> partial hospitalization program (outpatient for youth ages 5-13), home and community-based programs, The Pallotta School (approved k-8 program for children ages 4-13), and the Neurodevelopmental unit (short-term residential stay for youth 4-13 who have Autism Spectrum Disorder and/or Intellectual Disability and are experiencing a mental health crisis).</p> <p>http://www.italianhome.org</p>	<p>Justice Resource Institute 160 Gould Street, Suite 300 Needham, MA Phone: (781) 559-4900 Email: navigator@jri.org</p> <p><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.</p> <p><i>Do you have a question about JRI's services? Call: 508-468-6042</i></p> <p>http://www.jri.org/</p>
<p>New Health Charlestown 15 Tufts St. Charlestown, MA Phone: (857) 238-1100</p> <p><u>Services:</u> Provides medical, behavioral health services, dental care, and eye care for adults and children.</p> <p>New Health has a secondary location in North End - Waterfront Health. https://newhealthcenter.org/</p>	<p>North American Family Institute 300 Rosewood Drive Suite 101, Danvers, MA Phone: (978) 538-0286</p> <p><u>Services:</u> Family Stabilization, case management, residential services, In-Home Therapy, parenting support, education, and support groups.</p> <p>https://www.nfima.org</p>

<p>Northeast Health Services Multiple locations in MA</p> <p><u>Services:</u> Children and adolescent mental health support, individual and group therapy, medication management, mental health telehealth services, psychological testing, and evaluation, TMS therapy.</p> <p>Provider referral form - https://nehs.transformationsnetwork.com/referrals/ https://nehs.transformationsnetwork.com/</p>	<p>North End Waterfront Health 332 Hanover Street, Boston MA, 02113 <u>Phone:</u> (617) 643-8000</p> <p><u>Services:</u> adult primary care, pediatrics, and adolescent primary care, behavioral health, dental care, vision, podiatry, obstetrics and gynecology, radiology, senior care, medical social services, patient education and outreach, interpreter services, pharmacy, and acupuncture.</p> <p>http://newhealthcenter.org/services-care/ http://northendwaterfronthhealth.org/Services_BehavioralHealth.asp</p>
<p>North Suffolk Community Services <u>Phone:</u> 617-889-4860 (voice) <u>24/7 Mobile Crisis Hotline:</u> 888-309-1989 <u>Admissions and Engagement:</u> 866-781-6727 <u>Services:</u> specialty outpatient and psychiatric services, early childhood services, community behavioral health center, addiction and recovery services, child, youth, and family services, adult community, and residential services.</p> <p><u>Locations:</u> Charlestown, Chelsea, East Boston, Revere, Roxbury, Winthrop</p> <p>http://northsuffolk.org/</p>	<p>Osiris Institute 184 Dudley Street, Suite 107 Roxbury, MA <u>Phone:</u> (617) 442-2002</p> <p><u>Services:</u> in-home therapy, therapeutic mentoring, community support programs that include care coordination, hands-on case management, connecting clients with community resources, and access to peer support and self-help groups.</p> <p><u>Accepted insurances:</u> Boston Medical Center Health Net Plan, Fallon Health, Optum, MBHP, and Well Sense Health Plan.</p> <p>Inquiry form - https://osirisinstitute.com/contact/ http://www.osirisinstitute.com</p>
<p>Riverside Community Care 270 Bridge Street Suite 301 Dedham MA, 02026 <u>Phone:</u> (781) 329-0909 <u>Fax:</u> (781) 320-9136</p>	<p>Roxbury Multi-Service Center 321 Blue Hill Ave, Dorchester, MA 02121 <u>Referral Phone:</u> 1 (888) 839-0363</p> <p><u>Services:</u> behavioral health including case</p>

<p><u>Services:</u> child and family services at all levels of development, adult services on needs and goals, and services for communities.</p> <p>http://www.riversidecc.org/</p>	<p>management services, supporting families and individuals in transition or crisis, education, housing, family nurturing program, in home therapy, therapeutic mentoring.</p> <p><u>Multicultural cancer support group – Tuesdays, 5:00-7:00pm</u> no cost to participants. Provides weekly support, a safe space where people with cancer can meet others facing similar challenges, comfort, companionship and learn new ways to cope. For more information, call 617-332-5777. 24 Hour Response.</p> <p>http://www.roxmulti.org</p>
<p>South Cove Community Health Center</p> <p>Founded in 1972 in Boston’s Chinatown, South Cove Community Health Center (SCCHC) is the premier health organization providing primary care to the Asian Communities in the Greater Boston Area</p> <p>Services: internal medicine, pediatrics, OB/GYN, optometry, behavioral health, and dental.</p> <p>Multiple locations: Chinatown, South Street Clinic, Quincy, and Malden.</p> <p>http://www.scchc.org/</p>	<p>Home For Little Wanderers 72 E. Dedham Street, Boston, MA, 02118 Phone: (888) HOME-321 or (617) 267-3700</p> <p><u>Services:</u> foster care and adoption, behavioral health and clinical services, residential care, special education schools, and young adult programs.</p> <p>http://www.thehome.org</p>
<p>The Boston Center – associated with Arbour Counseling Services 14 Fordham Road, Allston, MA <u>ADMISSIONS:</u> 855-575-2273</p>	<p>Toward Independent Living & Learning 20 Eastbrook Road, Dedham, MA 02026 Phone: 1 (781) 302-4600</p> <p><u>Services:</u> residential services, a mental health</p>

<p><u>Services:</u> Partial Hospitalization for Children and Adolescents</p> <p>https://arbourhealth.com/treatment-services/partial-hospitalization-program/</p>	<p>clinic that provides assessment counseling and consultation, vocational training opportunities, education through travel, and the TILL wave art gallery that offers workshops and events.</p> <p>www.tillinc.org</p>
<p>The May Institute, Inc. 41 Pacella Park Drive, Randolph, MA Phone: (800) 778-7601 TTY: (781) 440-0400</p> <p><u>Services:</u> early intervention, center-based therapy, in-home behavioral services, home-based services, school-based services, adult services, and supportive technology.</p> <p>www.mayinstitute.org</p>	<p>Youth Villages-Woburn (state headquarters) 12 Gill Street, Suite 5800, Woburn, MA Phone: (781) 937-7900</p> <p><u>Services:</u> Intercept Intensive In-home Services that seek to strengthen families to prevent or limit the need for foster care and Lifeset which helps young adults successfully transition to adulthood.</p> <p>https://www.youthvillages.org/about-us/locations/massachusetts/</p>
<p>Wayside Youth and Family Support Network 1 Frederick Abbott Way, Framingham, MA 01701 Phone: (508) 879-9800</p> <p><u>Services:</u> counseling, trauma intervention, residential, day and educational programming, young adults 17-24, community education and outreach (various groups for caregivers and youth), care coordination.</p> <p><u>24-hour rape crisis hotline:</u> 800-511-5070</p> <p>http://www.waysideyouth.org</p>	

Domestic Violence Resources/ Shelters

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

Asian Task Force Against Domestic Violence (ATASK)

Boston, MA 02112

24-hour multilingual helpline:

(617) 338-2355

Office: (617) 338-2350

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: community-based services like case management, community engagement, emergency shelter, legal advocacy, ESOL focused on information technology, workforce development, financial literacy, and self-sufficiency. Services available for female-identifying domestic violence survivors and/or their children.

Languages: Arabic, Bangla, Cantonese, Chiu Chau/Teochew, Filipino, Gujarati, Hindi, Indonesian, Khmer, Korean, Lao, Mandarin, Manipuri, Nepali, Oriya, Punjabi, Thai, Taishanese, Taiwanese, Toisanese, Urdu, and Vietnamese (as of October 2022)

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

Child Witness to Violence Project at Boston Medical Center

88 E. Newton St., Vose Hall

Boston, MA 02118

Phone: (617) 414-7425

Services: CWVP specializes in working with very young children who have been exposed to significantly difficult events. This includes, but is not limited to, exposure to domestic violence, exposure to community violence, the experience of immigration-related trauma, and the experience of significant disruptions in the child's relationship(s) with primary caregiver(s). Services include trauma-focused therapy, caregiver guidance, advocacy/intervention, and case and clinical consultation.

Referral Criteria:

The child must be 8 years or younger and the child must have witnessed or been affected by an act of significant violence. If the child's primary reason for referral does not meet the criteria for our program, we will help refer the child to other programs.

<https://www.bmc.org/child-witness-violence-project>

A Call for Change Helpline

Phone: (877) 898-3411

The Call for Change Helpline is a free, anonymous, and confidential intimate partner abuse prevention helpline, serving Massachusetts adults and teens. Helpline Responders are trained to treat

Charlestown District Court

3 City Square, Charlestown, MA, 02129

Clerk's office: 617-242-5400, press 2

You may visit the Clerk's office Monday through Friday from 8:30-4:30pm if you are interested in filing a restraining order and/or an abuse prevention order.

<p>all callers with respect and to support their efforts to become and remain safe and accountable in their relationships.</p> <p><u>Learn more at:</u> http://acallforchangehelpline.org</p>	<p>The abuse prevention law (Chapter 209A) is there to protect you against someone who is abusing you. The abuse prevention law allows you to seek a court order. It is sometimes called a 209A order, an abuse prevention order, a restraining order, or a protective order.</p> <p>If you're not sure if you're eligible for an abuse prevention order, please see Find out if you're eligible to request an abuse prevention order. See Request an abuse prevention order for more information on filing.</p> <p>If you're looking for forms for harassment prevention orders, please see Harassment prevention order court forms.</p> <p>https://www.mass.gov/lists/restraining-orderabuse-prevention-order-court-forms</p>
<p>Casa Myrna Vazquez 451 Blue Hill Avenue, Boston, MA Office: (617) 521-0100 <u>24-hour Helpline SAFELINK:</u> (877) 785-2020</p> <p><u>Services:</u> SafeLink Hotline, community advocacy, housing advocacy, housing resources for survivors, emergency transfers, legal advocacy, economic stability, counseling, residential programs, children’s services, education, prevention, and awareness.</p> <p>Please contact Casa Myrna at the phone number and email below with questions or comments about our services, resources, or efforts.</p>	<p>Domestic Violence Ended (DOVE) Quincy, MA 02269 24-hour hotline: 617-471-1234 Email: info@dovema.org</p> <p><u>Services:</u> advocacy, children’s clinical services, domestic violence advocacy services, legal advocacy services and counseling, emergency shelter program, Quincy/Dedham district court outreach services, referrals, and youth prevention programs.</p> <p><u>Community advocacy and counseling:</u> 617-770-4065 ext. 300 <u>Legal advocacy:</u> 617-770-4065 ext. 400</p> <p>https://dovema.org/</p>

<p>If you are seeking immediate help for an abusive situation, please get in touch with the 24-hour SafeLink hotline.</p> <p>https://www.casamyrna.org/</p>	
<p>Boston Police Department – District A-1 Downtown & A-15 Charlestown 40 new Sudbury Street, Boston, MA</p> <p>A-1 Front Desk – 617-343-4240 A-15 Front Desk – 617-343-4888 Detectives – 617-343-4248 Domestic Violence – 617-343-4807 Community Service – 617-343-4627</p>	<p>Emerge 388 Pleasant Street, Malden, MA 02148 <u>Phone:</u> 617-547-9879</p> <p>Emerge is a Massachusetts Certified Batterer Intervention Program & Training Site. For information on Certification Guidelines for the Commonwealth of Massachusetts, visit the official website of the Office of Health and Human Services (EOHHS).</p> <p><u>Services:</u> Provides services to abusers, domestic violence education, and prevention services for young people.</p> <p>All groups are being conducted on Zoom. Please email info@emergedv.com or call (617) 547-9879 to schedule an orientation and begin enrollment.</p> <p>http://www.emergedv.com/</p>
<p>Elizabeth Stone House 1 Westminster Avenue, Roxbury, MA <u>Main line:</u> 617-427-9801</p> <p><u>Services:</u> Advocacy, counselling, referrals; mental health, transitional programs; emergency food and clothing, domestic violence shelter and Spanish speaking services. Services female identifying domestic violence survivors and their children.</p> <p><u>Community services intake line:</u> 781-400-0770</p>	<p>Harbor COV Chelsea, MA 02150 <u>24-hour hotline:</u> (617)-884-9909 <u>Office:</u> (617) 884-9799</p> <p><u>Services:</u> A 24-hour hotline, case management and group support for individuals and families. Emergency, transitional and permanent affordable housing with supportive services. Legal advocacy, including resources for immigrant survivors of abuse. Economic development, community awareness and public education initiatives. Services male or female identifying domestic violence survivors and their children.</p>

<p>Shelter hotline: 617-201-8415</p> <p>https://www.stonehouseinc.org/</p>	<p>http://www.harborcov.org/</p>
<p>FINEX House Jamaica Plain, MA 02130 <u>24-hour hotline:</u> (617) 288-1054 <u>Office:</u> 1 (617)-436-2002</p> <p>Finex House is a shelter for battered women and their children; especially those who have disabilities and/or women who are trafficked. Finex House is an equal opportunity service provider and therefore any woman who has been abused is strongly encouraged to call for services.</p> <p><u>Services:</u> Advocacy, emergency shelter, attorney to go to court, crisis intervention, emergency response, parenting groups, child advocacy and support programs, handicapped accessible. Services female identifying domestic violence survivors and their children.</p> <p>http://finexhouse.org/</p>	<p>REACH Waltham, MA 02454 <u>Hotline:</u> (800) 899-4000 <u>Office:</u> (781) 891-0724</p> <p>REACH serves 27 cities and towns throughout the MetroWest and Greater Boston areas of Massachusetts.</p> <p><u>Towns and cities REACH serves:</u> Acton, Arlington, Bedford, Belmont, Billerica, Boxborough, Burlington, Brookline, Carlisle, Concord, Dedham, Lexington, Lincoln, Littleton, Maynard, Needham, Newton, Reading, Sudbury, Waltham, Watertown, Wayland, Wellesley, Weston, Wilmington, Winchester, and Woburn.</p> <p>To promote healthy relationships and end domestic violence, REACH focuses on four key areas of intervention.</p> <p><u>Services:</u> safety and shelter through the emergency shelter program, immediate services for victims of domestic violence who aren't safe in their own homes, community-based advocacy, education and prevention, community engagement via outreach programs to create locally based solutions. Services male or female identifying domestic violence survivors and their children.</p> <p>http://www.reachma.org/</p>

Haven Program

Massachusetts General Hospital
55 Fruit Street, Boston MA 02114

For more information about HAVEN services or to schedule an appointment, contact:

Boston: 617-724-0054
Chelsea: 617-887-3513
Revere: 781-485-6108

Services: advocacy, ongoing counseling, safety planning, accompaniment to court or other appointments, referrals to resources (within or outside of MGH), support groups, and educational workshops.

For health care professionals: Haven also offers consults for professionals employed at MGH, trainings on all aspects of work that HAVEN does and the dynamics of intimate partner abuse, and policy and protocol development within MGH.

For adolescents: HAVEN also provides education, support, and awareness events at schools.

If you are affected by violence perpetrated by someone other than your intimate partner, such as a family member, friend, neighbor or stranger, please see HAVEN's [Non-Intimate Partner Violence Organizations Resource Sheet](#) to learn more about organizations and programs in your area.

<https://www.massgeneral.org/social-service/haven/services>

Respond Somerville, MA 02143

Support Line (available Monday through Friday, 9AM-5PM): (617) 623-5900
Administration: (617) 625-5996

RESPOND staff work with survivors of domestic violence to address their immediate and long-term needs, providing emotional support, counseling, financial resources, information, and referrals.

Services: advocacy, shelter, counseling, support groups- parenting skills, financial literacy, housing search, childcare and referral. Services are free, confidential, and currently offered in multiple languages. Services female-identifying domestic violence survivors and their children.

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

<p>Renewal House Roxbury, MA 02120 <u>24-hour hotline:</u> (617) 566-6881 <u>Office:</u> (617) 277-4194</p> <p>Renewal House is a domestic violence shelter for individuals and families who are fleeing from domestic violence.</p> <p><u>Services:</u> counseling and support services throughout their stay in the emergency shelter, referrals, permanent housing advocacy, and support. Services male or female-identifying domestic violence survivors and their children.</p> <p>https://www.uuum.org/renewal-house</p>	<p>The Second Step, Inc. Newtonville, MA <u>Intake line:</u> (617) 965-2538 <u>Pet Safety – domestic violence pet safety line:</u> (781) 235-8460</p> <p>The Second Step is a community of survivors, advocates, and volunteers who foster the safety, stability, and well-being of those who have experienced domestic violence.</p> <p><u>Services:</u> Domestic violence shelter, safety planning, legal advocacy, counseling, peer support, transitional housing, and other essential services to adults, youth, and children in Greater Boston and MetroWest.</p> <p>https://thesecondstep.org/</p>
<p><u>Safe Link</u> <u>Safe Link number:</u> (877) 785-2020 <u>Safe Link TTY hearing impaired line:</u> (877) 521-2601</p> <p>Safe Link is Massachusetts’ state-wide, 24/7, toll-free domestic violence hotline run by Casa Myrna. All calls to Safe Link are free, confidential, and anonymous. Available in over 130 languages.</p> <p>Safe Link’s technology allows the advocate to answer your call and keep you on the line while you are connected to a shelter program in your area.</p> <p>Chat lines are available to support survivors of domestic, dating, and/or sexual violence, their families and friends, and providers:</p>	<p><u>Transition House</u> 136 Bishop Allen Dr. Cambridge, MA 02139 <u>Hotline:</u> (617) 661-7203 <u>Community Advocate office:</u> (617) 868-1050</p> <p>Transition House is a leader in the field of addressing domestic violence through intervention and prevention. We serve people of all ages and backgrounds. We work toward social equity and system change to end the perpetuation of harm and violence. With deep roots in Cambridge, Massachusetts for over 45 years, our model is embraced as a shared responsibility and an ongoing priority to end domestic violence in our community.</p>

<https://casamyrna.org/chat/>

Services: advocacy, emergency shelter, Cambridge Housing Authority Partnership, transitional and supported living programs, safety planning, legal advocacy and court accompaniment, domestic violence counseling, support groups, training and technical assistance, counseling, and referrals.

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

Emergency Assistance Services and Homelessness Prevention Resources (Basic needs)

<p>ABCD 178 Tremont Street, Boston MA 02111 <u>Phone:</u> (617) 348-6000</p> <p><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</p> <p>http://www.bostonabcd.org/</p>	<p>American Red Cross of Massachusetts 101 Station Landing, Medford, MA <u>Phone:</u> (781) 410-3670</p> <p><u>Services:</u> Disaster Services, Youth programs, Food and Nutrition programs, and Emergency Assistance.</p> <p>http://www.redcross.org/ma/boston</p>
<p>Bridge Over Trouble Waters, Inc. 47 West Street, Boston, MA 02111</p> <p>If you are between the ages of 14-24 and need help, call: 617-423-9575.</p> <p><u>Services:</u> Provides a comprehensive range of services for youth ages 14-24. counseling, shelter, GED, Life skills training, medical and dental care, runaway services, transitional day program, transitional living program, and warming center.</p> <p>https://www.bridgeotw.org/</p>	<p>Catholic Charities Archdiocese of Boston 275 West Broadway, Boston, MA 02127 <u>Phone:</u> (617) 464-8500</p> <p><u>Services:</u> Emergency help for food, rent & utilities, etc.</p> <p>http://www.ccab.org/cc-programs</p>
<p>Emergency Assistance (EA) Family Shelter (previously DHCD) <u>MA Emergency Family Shelter Contact line:</u> (866) 584-0653 (Open M-F, 8-5pm)</p> <p><u>Services:</u> emergency shelter services and state shelter placement.</p>	<p>Citizens Energy Heat Assistance</p> <p>Families that need heating assistance can call the Citizens Energy Oil Heat Program's toll-free hotline, 1-877-JOE-4-OIL (877-563-4645), or apply for the voucher.</p>

<p><u>In-person locations open Monday through Friday:</u> Boston – 2201 Washington Street Brockton – 60 Main Street Chelsea – 80 Everett Avenue, 3rd Floor Open Monday through Friday</p> <p><u>More locations and instructions here:</u> https://www.mass.gov/how-to/apply-for-emergency-assistance-ea-family-shelter</p>	<p>Citizens will notify households/families via mail of their application status. Qualified families will received a one-time delivery of up to 100 gallons of heating oil.</p> <p>http://citizensenergy.com/assistance-programs</p>
<p>Free Cell Phone Programs <i>Lifeline is a government benefit program that provides a monthly discount on one communications service from a certified Lifeline service provider.</i></p> <p>https://www.mass.gov/how-to/apply-for-a-discounted-communications-service-through-the-lifeline-program</p> <p>Assurance Wireless http://www.assurancewireless.com</p> <p>Safe Line Wireless http://www.Safelinkwireless.com</p>	<p>Family Aid Boston 3815 Washington St Boston MA 02130 Phone: 1 (617) 542-7286</p> <p><u>Services:</u> education and training, homelessness prevention, whole family services, homelessness diversion, stable housing supports, and temporary housing.</p> <p>http://www.familyaidboston.org</p>
<p>Legal Advocacy and Resource Center – Greater Boston Legal Services office 197 Friend Street, Boston, MA 02114 <u>Phone:</u> (617)371-1234 Toll-free: (800) 323-3205 Open Monday through Friday, 9-5PM</p> <p><u>Services:</u> Phone info/advice, pro se help, referrals for civil law issues (housing-Evictions, family, employment, consumer, public benefits, health, estate planning, bankruptcy).</p>	<p>Good Neighbor Energy Fund</p> <p>The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.</p> <p><u>More information here:</u> http://www.magoodneighbor.org/assistance.html</p>

<p>Heading Home 186 Massachusetts Ave, Boston MA <u>Phone:</u> (617) 864-8140</p> <p><u>Services:</u> Emergency Shelter for individuals and families, Transitional Housing, assistance with locating permanent housing. Require referral for DHCD for families.</p> <p>http://www.headinghomeinc.org/</p>	<p>Pine Street Inn 444 Harrison Avenue, Boston, MA <u>Phone:</u> (617) 892-9100</p> <p><u>Services:</u> Homeless Shelter for men and women. Provides housing, job training and placement, recovery services, and advocacy.</p> <p>http://www.pinestreetinn.org</p>
<p>Mass 211</p> <p>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.</p> <p>http://www.mass211.org/</p>	<p>HomeStart, Inc, 105 Chauncy Street, Boston, MA 02111 <u>Phone:</u> (617) 542-0338</p> <p><u>Services:</u> Home prevention, housing search, stabilization services, case management, and advocacy. Walk-in hours suspended until further notice.</p> <p>https://www.homestart.org</p>
<p>Massachusetts Coalition for the Homeless 73 Buffum Street, Lynn, MA 01902 <u>Phone:</u> (781) 595-7570</p> <p><u>Services:</u> Advocacy, homeless prevention, beds for children, furniture bank, referrals to shelters, and case management services.</p> <p>https://www.mahomeless.org/get-help</p>	<p>Solutions at Work – located in the basement of Old Baptist Church 391 Evereteze Way, Cambridge, MA <u>Phone:</u> (617) 576-0039, extension 1</p> <p><u>Services:</u> Children’s clothing exchange, business attire, access to computers, and professional development.</p> <p>http://solutionsatwork.org/</p>
<p>Project Bread –Food Source Hotline <u>Phone:</u> 1 (800) 645-8333</p> <p><u>Hours:</u> Monday-Friday 8am-7pm and Saturday-Sunday 10am-2pm</p>	<p>Metro Housing Boston 1411 Tremont Stret, Boston, MA 02120 <u>Phone:</u> (617) 859-0400</p> <p><u>Services:</u> rental assistance, trainings</p>

<p>http://www.projectbread.org</p>	<p>and technical assistance to tenants, housing support via free workshops and resources regardless of income, subsidized apartment inspections housing support via the Gateway team.</p> <p>https://www.metrohousingboston.org/</p>
<p>Rosie’s Place 889 Harrison Ave, Boston, MA 02118 <u>Phone:</u> (617) 442-9322</p> <p><u>Services:</u> Homeless shelter for women, emergency services via food programs, essential services like showers and wellness, case management, and employment services.</p> <p>http://www.rosiesplace.org/</p>	<p>Project Hope Boston Community Building & Main Offices 550 Dudley St., Roxbury MA 02119 <u>Phone:</u> (617) 442-1880</p> <p><u>Services:</u> Adult education, children’s center, family childcare, family shelter, housing services, free English classes, workforce development.</p> <p>http://www.prohope.org</p>
<p>The Boston Tenancy Preservation Project - Bay Cove Human Services 66 Canal Street, Boston, MA 02114 <u>Phone:</u> (617) 371-3000</p> <p><u>Services:</u> Homeless prevention services for individuals living with a mental health diagnosis.</p> <p>https://www.baycovehumanservices.org/</p>	<p>Salvation Army 1500 Washington St. Boston, MA 02188 <u>Phone:</u> (617) 536-5260</p> <p><u>Services:</u> Utility Assistance, Clothing, furniture assistance, food pantries, rental assistance, counseling, referrals, case management, substance use, and housing assistance (shelters, transitional housing, family housing).</p> <p>http://massachusetts.salvationarmy.org/ma</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 Executive Office of Housing and Liveable Communities (EOHLC previously DHCD). **Please note you will need a denial letter from the EOHLC indicating there was no shelter space to be eligible for stay.** There is a high demand for these rooms and thus they are often full. It is recommended to call them directly to determine availability.

Please visit for more up-to-date information on the length of stay policy as of April 2024: <https://www.mass.gov/info-details/emergency-assistance-ea-family-shelter-length-of-stay-policy>

Greater Boston

Cardinal Medeiros Center (ages 45+)

1960 Washington Street, Boston, MA
Phone: 617-619-6960

The Medeiros Center is a day shelter specifically for adults experiencing homelessness. At the Center, individuals can spend the day participating in recreational and therapeutic activities, facilitated by skilled case managers who can refer participants to housing, medical and mental health care resources, as well as addiction treatment.

Monday through Friday from 8AM-3PM.

Kingston House

39 Kingston St, Boston, MA 02111
Phone: 617-338-9000

Kingston House offers resources that prevent and end homelessness, while supporting the recovery, health, faith, and independence of those who have a history of substance use, incarceration, and homelessness. Faith based organization, but not required to be faith based to receive support.

Services: emergency shelter, food pantries, winter overflow shelter, meals. Services women and men, need to test refrain from alcohol and substances, will be tested for safety of other clients.

Queen of Peace

401 Quincy Street, Boston, MA 02125
Phone: 617-288-4182

The Queen of Peace is an 11-bed family shelter. Provides dinner and breakfast. Clothing when available. Three-week

Nazareth Residence for Mothers

91 Regent Street, Roxbury, MA 02119
Phone: 617-541-0100

Families served are homeless mothers and their children. Families can maintain their independence while they

<p>stay maximum. Accepts women & children (boys under 5).</p> <p>Must be at the shelter at 4pm & out by 9 am. Call for further details.</p>	<p>transition to permanent housing. The community-like atmosphere, supportive services, and 24-hour staffing create a safe and secure environment for life and living.</p> <p><u>Requirements:</u> DTA/ Eligible for Emergency Assistance/ HIV positive status. Services include advocacy, counseling, and transportation.</p>
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North Shore/Merrimack Valley

<p>Family Promise North Shore Boston, Inc. 8 Conant Street, Beverly, MA, 01915 <u>Phone:</u> (978) 922-0787</p> <p><u>Services:</u> homeless prevention via case management services and financial assistance, shelter diversion, shelter and housing navigation, and emergency shelter.</p> <p><u>Online intake form:</u> https://www.familypromisensb.org/need-help https://www.familypromisensb.org</p>	<p>Inn Between 25 Holten Street Peabody, MA 01960 <u>Phone:</u> (978) 532-2372</p> <p><u>Services:</u> ongoing meetings with a case manager, housing search support, life skills development, on-site mental health counseling, expressive art therapy and playgroups, computer access to work on resumes, and letters and hone job skills.</p> <p>Community rooms available for families experiencing homelessness who are ineligible for shelter assistance from the state (DHCD denial letter will be requested).</p> <p>https://citizensinn.org/</p>
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<p>Lazarus House Ministries, Inc. 412 Hampshire St Lawrence, MA 01841 <u>Main telephone:</u> 978-689-8575 <u>Shelter 24-hour line:</u> 978-794-8447</p> <p><u>Services:</u> shelter and transitional housing program, clothing and household item vouchers at the thrift store, 7-day a week soup kitchen, advocacy team made up of professionals who are experienced in their area of ministry.</p>	
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<https://lazarushouse.org/need-help-now/>

South-Eastern, MA

Faith Home Share - Friends of the Homeless of the South Shore
Phone: (781) 340-1604

Services: Interfaith shelters, food pantry, education and tutoring, Christmas gifting.

Food Pantry: located at 235 North Street, Hingham, MA, 02043 – by appointment only.

<https://friendsofhomeless.org/>

Metro West

Family Promise Metro West
6 Mulligan St, Natick, MA 01760
Phone: (508) 318-4820

Services: shelter program, SAIL program, LIFE program, Steps to Success. All families must have a child under the age of 18.

Call the office at 508-318-4820 or email intake@familypromisemetrowest.org to schedule a brief phone interview with an intake specialist to determine if you are eligible for our program.

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

Central MA

Abby's House
52 High Street, Worcester, MA 01609
Shelter line: 508-756-5486

Services: women with or without children overnight shelter beds, 72 single room supportive housing units, 7 two-bedroom apartments for women and children, and assigned advocates to each woman engaging in services.

Shelter requirements: Shelter is open between the hours of 4:00 p.m. to 8:30 a.m. During the day the shelter is closed. Guests in the shelter are required to meet with an Advocate at Abby's House at least once per week to develop an Empowerment Plan and receive case management services.

Friendly House Neighborhood Center
36 Wall Street, Worcester, MA 01604
Phone: (508) 755-4362

Services: youth programs seasonal and afterschool, housing and shelter for families, food pantries, immigration, translation services, access to benefits, form preparation, notary public.

Food pantry (located at address above): Monday and Wednesday 12:00-4:30pm, Friday 9:30-3:00pm.

<http://www.friendlyhousema.org>

<p>Email: info@abbyshouse.org</p> <p>http://www.abbyshouse.org</p>	
<p>North Star Family Services, Inc. 758 N Main St, Leominster MA 01453 Phone: (978) 466-1704</p> <p><u>Services:</u> shelter and food, intensive case management, education and skill building, financial management, outreach, and supportive permanent housing.</p> <p>https://northstarfs.org/</p>	

Grief and Loss Resources

Bereavement Support Groups

The Mass General Brigham Social Work Department offers [bereavement support groups](#) that are open to patients, families, and staff of MGH and Mass General Brigham. One is a general support group, and the other is specifically designed for children and adolescents, aged 5 to 18, and their parents.

Cambridge Health Alliance- The Center for Homicide Bereavement

675 Massachusetts Avenue, Cambridge, MA 02139
Phone: 617-591-6123

Services: Crisis intervention and ongoing bereavement counseling for all ages, bereavement support groups, victim advocacy, consultation and support, community forums in aftermath of a violent death, information and referral to other CHA services and community resources.

**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/services-programs/mental-health-and-substance-use/trauma-services/center-for-homicide-bereavement>

Club STAR: Sharing Together and Remembering

This support group is for children (ages 5-18) who are grieving the loss of a parent or sibling. Share experiences, create projects, and more. Dinner and parking are provided. First Wednesday of the month (October-June) from 5:30-7:30 p.m. at Mass. General Hospital Yawkey Building, 55 Fruit Street, Boston. Call for details and to register.

Contact: Hillary D'Amato at 617-643-9276 or mghclubstar@partners.org.

Compassionate Friends

206 Clarendon Street, Boston, MA
TCF Boston phone line: 617-539-6424

Services: 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, Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.

[Find a local chapter](#)

[Online support – live chat rooms](#)

[Private Facebook groups](#)

[Request grief resource materials](#)

<p>https://massfamilyties.org/supportgroups/club-star/</p>	<p>TCF Boston: https://www.compassionatefriends.org/chapter/tcf-of-boston/</p>
<p>The Sun Will Rise Grief Group St. John's Church - 27 Devens Street Charlestown, MA 02129</p> <p>The Sun Will Rise Foundation provides online and in-person support regarding substance use disorder. The in-person meetings in Charlestown are facilitated by Shannon Lundin-White and Michael "Smokey" Cain, two of the Coalition's Trauma Response Team members.</p> <p>These meetings occur on the third Wednesday of each month from 6-7pm at St. John's Church, 27 Devens Street.</p> <p>For more groups, please visit: http://www.thesunwillrise.org/new-page or contact Shannon at 617-320-9058.</p>	<p>The Children's Room 1210 Massachusetts Ave. Arlington, MA <u>Phone:</u> (781) 641-4741 <u>Email:</u> info@childrensroom.org</p> <p>The Children's Room offers grief support services for children and families, for schools, and community organizations. Services include peer support groups, parent groups, teen programs, and Family Night. Consultations and referrals are also provided.</p> <p>https://childrensroom.org/</p>
<p>MGH Center for Anxiety and Traumatic Stress Disorders and Complicated Grief Program 1 Bowdoin Boston, MA 02114 <u>Phone:</u> 866-449-6779</p> <p><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.</p> <p>http://www.massgeneral.org/psychiatry/research/researchlab.aspx?id=1756&display=faq</p>	<p><u>Louis D. Brown Peace Institute</u> 15 Christopher St. Dorchester, MA <u>Phone:</u> 617-825-1917</p> <p><u>Services:</u> survivors outreach services, healing support services, community reentry services program, the memorial button project, advocacy, and training.</p> <p>http://www.ldbpeaceinstitute.org</p> <p>Wholistic Healing Workshops Survivors of Homicide Victims Network Healing and Recovery Support Group</p>

Safe Place-Massachusetts Suicide Support Group

Virtual SafePlace meetings for anyone who has lost a loved one to suicide take place every Tuesday, Wednesday, and Thursday evening, 6:30-8:00pm over Zoom. After you register, Samaritans will follow up with Zoom meeting details.

[Registration link](#)

[More groups are available here](#)

Legal Services

Boston Bar Association Lawyer Referral Service

Phone: (617) 742-0625

LRS is here to assist you in finding the right lawyer for your legal issue. There is no cost to utilize LRS, but referrals are made to fee-charging attorneys, who may charge you no more than \$25 for the initial half-hour consultation.

Visit www.masslawhelp.com for more information on how the MBA's LRS can help you.

[Get an instant online referral here](#)

LRS representative line: 617-654-0400 or 866-627-7577. Available Monday through Friday 10:00-3:00pm.

<https://www.massbar.org/public/lawyer-referral-service>

Center for Law and Education

105 Chauncy St, Boston, MA 02111

Phone: (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/>

<p>De Novo Center for Justice and Healing 47 Thorndike Street, Cambridge, MA <u>Phone:</u> (617) 661-1010</p> <p><u>Services:</u> De Novo provides high-quality, free civil legal assistance to low-income people living in Greater Boston and to immigrants and asylum seekers statewide. Den Novo also has a dual counseling program that offers sliding scale costs (\$0-60) for individual and group psychotherapy.</p> <p>If you are uninsured or having difficulty accessing affordable counseling through your insurance, call De Novo at (617) 661-1010 from 9:00 am to 5:00 pm, Monday through Friday, and say you are interested in counseling.</p> <p>https://www.denovo.org/</p>	<p>Disability Law Center 11 Beacon St #925, Boston, MA 02108 <u>Phone:</u> 800-872-9992, 617-732-8455 <u>Email:</u> mail@dlc-ma.org</p> <p><u>Services:</u> Information, advice, referral, and representation for disability-related civil legal issues (persons with disabilities only, no income limit).</p> <p>http://www.dlc-ma.org/</p>
<p>The Youth Advocacy Foundation <u>Phone:</u> (617) 910-5840</p> <p><u>Services:</u> Legal advice on education through the contact information below.</p> <p><u>The EdLaw Helpline:</u> 617-910-5829</p> <p><u>The EdLaw Email:</u> edlawproject@publiccounsel.net</p> <p>Help Request Form</p> <p>https://www.youthadvocacyfoundation.org/</p>	<p>Greater Boston Legal Services 197 Friend Street, Boston, MA 02114 <u>Phone:</u> (617) 371-1234, (800) 323-3205</p> <p><u>Services:</u> free legal assistance and representation on civil (noncriminal) matters to hundreds of residents in the city of Boston and 31 surrounding cities and towns.</p> <p><u>Telephone intake hours:</u> Monday through Friday 9:30-12:30, office walk-in hours Monday and Thursday from 1:30-4:00pm.</p> <p>Eligibility Requirements</p> <p>http://www.gbls.org/</p>

MA Bar Dial-a-Lawyer

Phone: (617) 338-0610, (877)-686-0711

The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Attorneys are available to answer questions on a variety of topics, including family law, bankruptcy, real estate, labor and consumer rights and more.

Held on the first Wednesday of each month (**the next date is February 2025 to account for the holiday season**).

<https://www.massbar.org/public/dial-a-lawyer>

Mass Advocates for Children

25 Kingston St #2f, Boston, MA 02111
Phone: (617) 357-8431, Extension 3224

Services: provides referrals and advocacy support to families with children who are facing barriers to receiving educational support and services to which they are legally entitled.

Eligibility: Our priorities are children with disabilities, children who have been expelled or suspended from school, English learner students, and children who have experienced racial discrimination and bullying. Please note that we do not take cases involving housing/eviction, or custody disputes.

[Online helpline form](#)

[Schedule a phone or video consultation](#)

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

Volunteer Lawyers Project (VLP)

7 Winthrop St., Boston, MA 02111

Main line: (617) 423-0648

Eastern Region Legal Intake Helpline:
(617) 603-1815

Services: provides free civic legal assistance to low-income individuals in the Greater Boston area.

Mass Legal Help

Phone: (617) 603-1700

Services: free, practical information about legal rights in Massachusetts.

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

<p>ERLI intake hours: Monday, Wednesday, Thursday, Friday 9AM-12PM and Tuesday 12:30PM-3:30PM.</p> <p>Online application for legal assistance</p> <p>https://vlpnet.org/get-help/</p>	
<p>Massachusetts Office for Victim Assistance</p> <p>AskMOVA Hotline: 844-878-6682 Connecting crime victims, survivors, and witnesses to free high-quality local services.</p> <p>AskMOVA is a free online resource offered by the Massachusetts Office for Victim Assistance (MOVA). MOVA supports free and accessible direct services throughout Massachusetts that help crime victims and their families recover from the impacts of violent crime.</p> <p>https://www.mass.gov/orgs/askmova</p>	

Multi-Services Agencies for Families	
<p>ABCD 178 Tremont Street, Boston MA 02111 <u>Phone:</u> (617) 348-6000</p> <p><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.</p> <p>http://www.bostonabcd.org/</p>	<p>Catholic Charities Archdiocese of Boston 275 West Broadway, South Boston, MA <u>Phone:</u> (617) 482-8500</p> <p><u>Services:</u> Basic needs, emergency assistance, education, training programs, transitional housing for families, child care, and family counseling and support.</p> <p>www.ccab.org</p>

<p>Family Aid Boston 3815 Washington St Boston MA 02130 <u>Phone:</u> (617) 542-7286</p> <p>FamilyAid empowers parents and caregivers facing homelessness to secure and sustain housing and build strong foundations for their children’s futures.</p> <p><u>Services:</u> Shelter, housing, stabilization, employment services.</p> <p>http://www.familyaidboston.org</p>	<p>John F Kennedy Family Service Center Inc. - Head Start and Preschool 23 A Moulton Street Charlestown, MA <u>Phone:</u> (617)241-8866</p> <p><u>Services:</u> Emergency Assistance, Individual, group, and family counseling, referral services, education services, advocacy, elder services, and employment services.</p> <p>http://www.kennedycenter.org/</p>
<p>Salvation Army 1500 Washington St, Boston, MA 02188 <u>Phone:</u> 617-536-5260</p> <p><u>Services:</u> Utility Assistance, Clothing, furniture assistance, food pantries, rental assistance, counseling, referrals, case management, substance abuse, and housing assistance (shelters, transitional housing, family housing).</p> <p>https://easternusa.salvationarmy.org/massachusetts/boston/</p>	<p>Massachusetts Coalition for the Homeless 73 Buffum Street, Lynn, MA 01901 <u>Phone:</u> 781-595-7570</p> <p><u>Services:</u> Advocacy, homeless prevention, beds for children, furniture bank, referrals to shelters, and case management services.</p> <p>https://www.mahomeless.org/</p>
<p>Project Hope 550 Dudley Street, Roxbury, MA 02119 <u>Phone:</u> (617) 442-1880</p> <p><u>Services:</u> housing services, emergency family shelter, ESOL program, family childcare network, ambassador’s bureau, workforce development.</p> <p>http://www.prohope.org</p>	

Sexual Assault Resources

Boston Area Rape Crisis Center

99 Bishop Allen Dr, Cambridge, MA

24-hour hotline: 1 (800) 841-8371

Phone: (617) 492-8306

Services: Medical advocacy, legal services, counseling services, counseling and education groups, case management, community education, and professional training.

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

Center for Violence Prevention and Recovery

330 Brookline Av., Boston, MA 02215

Phone: (617) 667-8141

Services: private, confidential, and free programs focused on sexual assault, domestic violence, and community violence through advocacy, crisis intervention, support groups, and training.

<https://www.bidmc.org/centers-and-departments/social-work/center-for-violence-prevention-and-recovery/programs-and-services>

Domestic Violence Ended (DOVE)

24-hour Crisis Hotline: 617-471-1234 or (888) 314-3683

Community-Based Advocacy and Counseling: 617-770-4065

DOVE works specifically with adults, teens, and children who have been abused, emotionally and financially, as well as physically and sexually. DOVE's services include crisis intervention, danger assessment and safety planning, supportive counseling, emergency shelter, legal advocacy and representation, and community outreach, education, and training.

Services: Advocacy, hotline, emergency shelter, counseling, support groups, children's services, legal advocacy program, civilian domestic violence advocacy, LGBTQIA+ services, Chinese advocacy program, youth prevention,

and enrichment programs.

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

Resources for Grandparents and Caregivers

Age Strong Commission

Boston City Hall, One City Hall Square,
Room 271, Boston, MA 02201
Phone: (617) 635-4366

Services: Age-strong advocates, Boston Seniority Magazine, age-strong blog, age-strong needs assessment, events and programs, senior centers, food resources, housing, transportation, jobs, Medicare open enrollment.

<https://www.boston.gov/departments/age-strong-commission>

Home Care Alliance of Massachusetts

75 Kneeland Street, #709, Boston, MA
Phone: (617)482-8830

Services: Home care advocacy network, community calendar, MA home health, hospice, and personal care services, accreditation, regulatory assistance (Medicare/Medicaid/employment law), open home care, and hospice positions around the region.

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

Commission on the Status of Grandparents Raising Grandchildren

600 Washington Street, Boston, MA
Phone: (617) 748-2454

Services: resources, support groups, tip sheets, kinship navigator, legal services, financial, helpful links, commission meetings.

<http://www.massgrg.com>

Parenting Journey

366 Somerville Street, Somerville, MA
Phone: (617) 628-8815

Services: Train family services professionals in parenting interventions, teaching how to support the inherent strengths within all families.

<https://parentingjourney.org/>

Massachusetts Guardianship Associations

Email:
massguardianshipassociation@gmail.com

Massachusetts Guardianship Association unites professionals and families to ensure that every person's dignity is respected, and voice is heard through education, fostering connections, and

Massachusetts Society for the Prevention of Cruelty to Children

125 Hartwell Ave, Lexington MA 02421
Phone: (781) 861-0890

Services: pregnancy and parenting support, child and family counseling, foster care, adoption, and advocacy.

<http://www.mspcc.org>

<p>elevating the standards of guardianship.</p> <p>http://www.massguardianshipassociation.org/</p>	
<p>Volunteer Lawyers Project (VLP) 7 Winthrop Square, Boston, MA 02110 <u>Main office:</u> 617-423-0061</p> <p><u>Legal Help:</u> 617-603-1700</p> <p><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. VLP also offers free civil legal assistance to low-income individuals and does not charge clients for legal services.</p> <p>http://www.vlpnet.org/</p>	

State and Government Agencies and Organizations	
<p>Boston Public Health Commission 1010 Massachusetts Ave, Boston, MA <u>Phone:</u> (617) 534-5395</p> <p><u>Services:</u> Addiction, children’s health, emergency and preparedness, homelessness, health access, infectious diseases, mental health, violence prevention, and additional services.</p> <p>www.bphc.org</p>	<p>Department of Children and Family Services - DCF Central Office 1 Ashburton Place, Boston, MA 02108 <u>Phone:</u> (617) 748-2000</p> <p><u>Services:</u> DCF works in partnership with families and communities to keep children safe from abuse and neglect. We seek to provide support and services to keep children safe with parents or family members.</p> <p>When necessary, DCF provides foster care or finds new permanent families for children through kinship, guardianship, or adoption. DCF also supports young adults, aged 18-22, who are transitioning from DCF</p>

	<p>custody to independent living.</p> <p>https://www.mass.gov/orgs/massachusetts-department-of-children-families</p>
<p>Department of Elementary and Secondary Education 135 Santilli Highway, Everett, MA 02149 Phone: 1 (781) 338-3000</p> <p>https://www.doe.mass.edu/</p>	<p>Department of Early Education and Care 50 Milk Street, 14th Floor, Boston MA Phone: (617) 988-6600</p> <p><u>Services:</u> The Department of Early Education and Care's mission is to support the healthy growth and development of all children by providing high-quality programs and resources for families and communities.</p> <p>https://www.mass.gov/orgs/department-of-early-education-and-care</p>
<p>Department of Veteran Services- Boston 43 Hawkins St., Boston, MA 02114 Phone: 1 (617) 207-1081 Email: veterans@boston.gov</p> <p><u>Services:</u> VA claim form, crisis line, resources for men and women, MGL Ch. 115 financial assistance application.</p> <p>https://www.boston.gov/departments/veterans-services</p>	<p>Department of Mental Health 25 Staniford Street, Boston, MA 02114 Phone: (617) 626-8000</p> <p><u>Services:</u> The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities.</p> <p>https://www.mass.gov/orgs/massachusetts-department-of-mental-health</p>
<p>MassAbility (previously Mass Rehab Commission) 600 Washington St., Boston, MA 02111 Phone: (617) 357-8137 <u>Services:</u> MassAbility empowers people</p>	<p>Department of Revenue (Child Support Enforcement)</p> <p><u>Services:</u> DOR manages state taxes and child support. We also help cities and</p>

<p>with disabilities to live life on their own terms. Our programs and services expand possibilities in careers and training, home and community life, and legal rights and benefits – including disability determination for federal programs.</p> <p><u>Disability Determination:</u> https://www.mass.gov/info-details/determine-disability-benefits</p>	<p>towns manage their finances and administer the Underground Storage Tank Program. Similarly, our mission includes rulings and regulations, tax policy analysis, communications, and legislative affairs.</p> <p>https://www.mass.gov/orgs/massachusetts-department-of-revenue</p>
<p>Mass Health Enrollment Centers <i>Multiple locations:</i></p> <p>529 Main Street, Charlestown, MA 02129 <u>Note:</u> An after-hours drop box is available to submit your application in person.</p> <p>45 Spruce Street, Chelsea, MA 02150 <u>Note:</u> This office has limited parking space. It is accessible from MBTA bus lines 112 and 114.</p> <p>100 Hancock Street, Quincy, MA 02171</p> <p>https://www.mass.gov/info-details/mashealth-enrollment-centers-mecs</p>	<p>Department of Youth Services (DYS) 600 Washington St., Boston, MA 02111 <u>Phone:</u> (617) 727-7575</p> <p><u>Services:</u> DYS serves youth between the ages of 12-21 who have been adjudicated delinquent, adjudicated as a youthful offender, or placed in DYS’ overnight arrest beds and/or detention programs while awaiting a future court date.</p> <p>https://www.mass.gov/orgs/department-of-youth-services</p>

Massachusetts Behavioral Health Partnership - MBHP Headquarters

1000 Washington St., Boston, MA 02118

Services: care management, MA Behavioral Health Help Line, community behavioral health centers, behavioral health urgent care, children's behavioral health initiative.

Member support: (800) 495-0086

MA Behavioral Health Help Line:
(833) 773-2442

<https://www.masspartnership.com/mbhp/en/home>

Massachusetts Commission for the Blind

600 Washington St, Boston, MA 02111

Phone: (617) 727-5550

Services: Navigating the world of blindness and vision loss can be overwhelming and often involves lifestyle changes and emotional adjustment. Each consumer's case is highly individualized. Consumers should work with their counselor to develop a plan specifically designed for them. To obtain the contact information for a counselor, please call 1-800-392-6450 or email mcbinfo@mass.gov.

<https://www.mass.gov/orgs/massachusetts-commission-for-the-blind>

Substance Use Disorder Resources for Adolescents

Adolescent Detox

Name	Town	Phone	Cut off age
Arbour Hospital	Jamaica Plain	(617) 505-1490	17
Bournewood Hospital	Brookline	(617) 676-3440	18
Community Health Link	Worcester	(508) 860-1000	18
Gosnold- Thorne Counseling	Falmouth	(508) 540-6550	17 & up
Motivating Youth Recovery (Community Health Links)	Worcester	(508) 860-1244	17
SSTAR	Fall River	(508) 679-5222	none
The CASTLE – Clean And Sober Teens Living Empowered	Brockton	(508) 584-9210	

Adolescent Residential

Name	Town	Phone	Cut off age	Gender
Lahey Behavioral Health	Danvers	(978) 620-1250	16	M/F
Team Fourteen	Essex County	(978) 867-7137	18	M/F
Bournewood Hospital	Brookline	(617) 469-0300	18	M/F
Bridge Over Troubled Waters	Boston	(617) 423-9575	18	M/F
Cushing House	South Boston	(617) 269-2933	20	M/F
Emerson House via Gosnold	West Falmouth	(508) 540-6550		F
High Point Treatment	Plymouth	(508) 224-7701	18	M
Lowell House Inc	Lowell	(978) 459-8656	18	M
McLean – East House	Belmont	(617) 855-3141	19	M/F
Team Coordinating Agency	Haverhill	(978) 373-1181	18	M/F
Arbour/HRI Hospital	Brookline	(617) 731-3200	None	

Bay Cove Treatment Center	Boston	(617) 371-3030	21
Boston Medical Center IOP via the Boston Child Study Center	Boston	(857) 400-9211	none
Boston Center Partial Hospital Program	Allston	(617) 783-9676	18

Adolescent Residential			
Center for Behavioral Health	Holyoke Hosp	(413) 534-2698	none
Children's Hosp. Boston Center for Adolescent & Substance Abuse Research	Boston	(617) 355-6000 Half-day appts. (617) 355-2727	24
Community Care Services	Taunton	(508) 884-8629	18
	Attleboro	(508) 226-1660	
Dimock Community Adolescent Program	Roxbury	(617) 442-8800	18
Greater Lawrence MH Center	Lawrence	(978) 686-0090	none
JRI Health – Sidney Borum Jr. Community Health Center	Boston	(617) 457-8150	18
LUK Crisis Center	Framingham	(978) 345-0685	
Mass. Dept. of Public Health		(617) 624-6000	18
MGH- Addiction Recovery Management Service (ARMS)	Boston	(617) 643-4699	25
MGH- Charlestown Health Center	Charlestown	(617) 724-8135	none

Mount Auburn Hospital	Cambridge	(617) 492-3500	18
North River Counseling	Marshfield	(781) 834-7433	none
North Suffolk Mental Health	East Boston Revere Chelsea	(866) 781-6727	none 18
Somerville Mental Health Association via Riverside	Somerville	(617) 623-3278	18
South Boston Collaborative Center	Boston	(617) 534-9500	
South Shore Mental Health	Quincy	(617) 847-1909	none
St. Elizabeth's Medical Center	Allston	(617) 789-3000	none
Step-by-Step Supportive Services	Brookline	(617) 277-6140	none
Volunteers of America	Jamaica Plain	(617) 522-8086	none

Support Group Resources

Arbour Health System

227 Babcock St., Brookline, MA 02446

Phone: (617) 731-3200

Intake: (833) 468-2531

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

www.arbourhealth.com

Elizabeth Stone House

1 Westminster Av., Roxbury, MA 02119

Phone: 1 (617) 427-9801

Intake Line: (781) 400-0770

Services: Relapse prevention, domestic violence, trauma, self-esteem, 12-week nurturing group, 9-week anger management, parents support group and money, smart group. Held in English and Spanish.

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

John F Kennedy Family Service Center

23 A Moulton St., Charlestown, MA

Phone: (617) 241-8866

Justice Resource Institute

160 Gould St., Needham, MA 02494

Phone: (781) 559-4900

<p><u>Services:</u> Parenting support groups and Trauma support groups for young children.</p> <p>http://www.kennedycenter.org/</p>	<p><u>Services:</u> Group therapy and support groups.</p> <p>http://www.jri.org/</p>
<p>Massachusetts General Brigham -Social Service <u>Phone:</u> (617) 726-2643</p> <p><u>Services:</u> support groups focused on addiction, AIDS/HIV, bereavement, cancer, cardiac, caregiver, developmental disabilities, mental health, LGBTQIA, and many more. Go to the website below for more information.</p> <p>https://www.massgeneral.org/social-service/programs-resources/support-groups</p>	<p>Massachusetts Society for the Prevention of Cruelty to Children <u>Phone:</u> 1 (617) 983-5854</p> <p><u>Services:</u> pregnancy and parenting support, child and family counseling, foster care and adoption, and advocacy.</p> <p>http://www.mspcc.org</p>
<p>National Alliance on Mental Illness <u>Phone:</u> 1 (617) 580-8541</p> <p><u>Services:</u> various support groups by category. Go to the website below for more information.</p> <p>https://namimass.org/family-support/</p>	<p>North Suffolk Mental Health Association 301 Broadway, Chelsea, MA 02150 1 (617) 889-4860</p> <p><u>Services:</u> Support groups, specialty outpatient and psychiatric services, early childhood, addiction and recovery, community and residential services.</p> <p>http://northsuffolk.org/</p>
<p>Roxbury Multi-Service Center, INC 321 Blue Hill Av., Roxbury, MA 02121 <u>Phone:</u> (617) 541-6859</p> <p><u>Services:</u> In Home Therapy (IHT), Therapeutic Mentor, Community Support Program, Intensive adolescent and Family Support, and Multicultural Cancer Support Group.</p> <p>http://www.roxmulti.org/</p>	

Signs and Symptoms for At-Risk Youth*

*These signs and symptoms are not all-inclusive, and if you are concerned, please consult the Department of Children and Families Child-at-Risk Hotline: at 800-792-5200 or call 9-1-1.

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	The 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 Isolation 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-	Concrete	Social and	Healthy

solving and communication skills	support in times of need	emotional competence of children	marriages/Relationships
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The above information was attained from the Child Welfare Information Gateway website at <https://www.childwelfare.gov/>.

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	
<u>Verbal Signs</u> "I want to kill myself." "I don't want to be here anymore." "No one understands me." "I can't take it anymore." "Things will never get better." "I'm tired of being a burden to my friends and family." "No one would miss me if I were gone."	<u>Physical Changes</u> Losing or gaining weight quickly. Suddenly not caring about appearances or cleanliness. Unexplained cuts, scrapes or bruises. Appearing tired all the time.
<u>Acting Differently</u> Changes in mood: more withdrawn, anxious, or sad, or sudden mood lift after a down period.	<u>Situations</u> Recently having lost a loved one, relationship or job. Having money problems.

<p>Changes in eating or sleeping habits. Suddenly taking more risks: not taking prescribed medication, drunk driving, and ignoring physical limitations, having unprotected sex, using more drugs or alcohol. Loss of concentration. Withdrawing from friends and family. Losing interest in things that used to be enjoyed. Not planning for the future. Hurting oneself on purpose. Thinking and talking about death a lot. Unexplained good-byes or unusual personal expressions that have a sense of closure.</p>	<p>Having questions or worries about being gay, bisexual, or transgender. Previous suicide attempts. Recent death of a loved one. Problems in an important relationship. Problems at work or school. Social isolation.</p>
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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

If you suspect a child is being abused, please call the Child-At-Risk Hotline at:

1-800-792-5200

If you or someone you know is thinking about suicide, get help by calling or texting the 24/7 Samaritan Helpline at:

988

Youth up to age 24 can text Hey Sam at 439-726 to get support from another young person. Hey Sam is available 9am to 12 midnight ET.

Substance Use

Risk Factors

A lack of attachment to a supportive adult	Access 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, and/or 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 phone 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	
A 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.)

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>
<https://www.mass.gov/orgs/bureau-of-substance-addiction-services>

Emotional Distress - (Disaster) and Trauma	
Risk Factors	
Survived a previous disaster	Experienced Temporary living arrangements, loss of personal property, and parental unemployment in a disaster
Lost a loved 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	The child complains of unexplained

	headaches or stomachaches
Being less interested in schoolwork	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	

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
The consistent presence of a parent during at least of one the following: When awakening, when arriving home from school, at an 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 a 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.

The above information was attained by the Center for Disease Control and Prevention:
<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 a 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"

The above information was attained by the Center for the Study of Social Policy:

<https://cssp.org/our-work/project/strengthening-families/>

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



150 Ways to Show Kids You Care

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



150 Ways to Show Kids You Care

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



150 Ways to Show Kids You Care

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”-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



150 Ways to Show Kids You Care

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



150 Ways to Show Kids You Care

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 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)

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



Raising Kids with Care: 50 Ways to Help Your Family Thrive

28. Be silly
29. Do volunteer work with your 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 them 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 your kids' games, performances, 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 them 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)

Support Hotlines and Important Numbers

National Suicide and Crisis Lifeline	988
North Suffolk 24/7 SUPPORT HOTLINE	844-677-3377
Addiction Support: Emerson Hospital, Concord, MA	(978) 369-1400
Alcoholic Anonymous Boston	(617) 426-9444
Disabled Persons Protection Commission Hotline	(800) 426-9009
BEST Team: Emergency Psychiatry	(800) 981-4357
Boston Area Rape Crisis Center	(800) 841-8371
Boston Housing Authority Police Dept Monday through Friday, 8AM to 12AM	(617) 988-5300
Boston Police Department Area A-1	(617) 343-4240
Boston Police Domestic Violence Unit A-1	(617) 343-4350
Boston Public Health Commission – Bureau of Recovery Services	(617) 534-5554
Children of Alcoholism & Substance Abuse via RFK Community Alliance	(978) 365-7376
Child-At-Risk Hotline	(800) 792-5200
Elder Abuse Hotline (60+ years old)	(800) 922-2275
Food Source Hotline via Project Bread	(800) 645-8333
Gay Men’s Domestic Violence Project Hotline	(800) 832-1901
MA Problem Gambling Helpline	(800) 327-5050
LGBT Helpline (ages 25+)	1 (888) 340-4528

Available Monday through Saturday 6PM-11PM	(617)- 267-9001
LGBT Peer Listening Line (ages 25 and under)	(800) 399-7337
Available Monday through Saturday 5:30-10PM	(617) 267-2535
Helping Abuse and Violence End Now (HAVEN) at Mass General Hospital	(617) 724-0054
Help Line MA Department of Public Health, Bureau of Substance Abuse Services	(800) 327-5050
Help4Hep.Org - Hepatitis C Hotline	(877) 435-7443
Joe 4 Oil Heat Program	(877) 563-4645
John F Kennedy Family Service Center	(617) 241-8866
Línea de ayuda en español para la agresión sexual	(800) 223-5001
Major's Health Line	(617) 534-5050
Major's Youth Engagement and Employment Line	(617) 635-2240
Mass 211 – Information Line	211
Mass Health Customer Service Center & Provider Information	(800) 841-2900
MCPHS Pharmacy Outreach Program Available Monday through Friday 8:30-5:00pm	(866) 633-1617
New England Region of Narcotics Anonymous	(866) 624-3578
24/7 Parent Stress Hotline	(800) 632-8188
The Poison Help Hotline	(800) 222-1222

MA Safelink Domestic Violence Hotline	(877) 785-2020
MA Behavioral Health Help Line	(833) 773-2445
Samariteens (youth line for suicidal ideation support)	(800) 252-8336
Trevor Project Help Line (for LGBTQIA+ youth)	(866) 488-7386
Woman, Infant, and Children (WIC) Phone Support – Monday through Friday, 9-5PM	(800) 942-1007

Additional Resource Guides:

Please view the “MOAR Mini-Guide with MOAR to Come”, which provides information on prevention, treatment, and recovery resources: https://www.moar-recovery.org/files/ugd/3ec35a_5d7286ea71864491b4ac056ed96b32a8.pdf

The Coming Home Directory is a compilation of services in Greater Boston available to individuals who were previously incarcerated. This Directory is presented by the [Crime and Justice Institute \(CJI\)](#) at [Community Resources for Justice \(CRJ\)](#) with generous support from the [Gardiner Howland Shaw Foundation](#): cominghomedirectory.org/assets/2024/02/CHD-Final-Digital-Package-2024.pdf

Department of Mental Health Resource Directory: <https://www.mass.gov/doc/dmh-resource-guide/download>



Charlestown Family Support Circle Resource Guide

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