

Resource Manual
for
Essex County

2011-2012



Courtesy of:

Child Care Circuit

Lynnfield, Reading & N. Reading Partnership for Children

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

ADULT EDUCATION & PUBLIC SCHOOLS

- **ABE/ESOL &GED Programs**

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

- **State Colleges and Universities**

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

- **Vocational and Technical Schools**

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

ADULT EDUCATION & PUBLIC SCHOOLS

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

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

AGENCIES SERVING PARENTS AND CHILDREN

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

AGENCIES SERVING PARENTS AND CHILDREN

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

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

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

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

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

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

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

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

AGENCIES SERVING PARENTS AND CHILDREN

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

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

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

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

AGENCIES SERVING PARENTS AND CHILDREN

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

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

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

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

AGENCIES SERVING PARENTS AND CHILDREN

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

AGENCIES SERVING PARENTS AND CHILDREN

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

AGENCIES SERVING PARENTS AND CHILDREN

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

AGENCIES SERVING PARENTS AND CHILDREN

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

EMPLOYMENT

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

EMPLOYMENT

- **Lawrence Community Works** **978-722-2623**
New Skills Academy
www.lcworks.org
168 Newbury Street, Lawrence
Program designed to prepare participants to achieve their goal of getting better job opportunities
- **Lynn Educational Opportunity Center** **781-593-6722**
Provides counseling and application assistance to lower income adults planning to attend college or technical school.
www.northshore.edu/eoc
- **Massachusetts Division of Career Services**
Provides a wide variety of employment services to Massachusetts job seekers at their One Stop Career Centers

Gloucester	www.nscareers.org	978-283-4772
Haverhill	www.valleyworks.cc	978-722-7000
Lawrence	www.valleyworks.cc	978-722-7000
Lynn	www.nscareers.org	781-593-0585
Salem	www.nscareers.org	978-825-7200
- **Massachusetts Rehabilitation Commission**
Assists individuals with disabilities to make informed choices about work

Main Number	800-245-6543
Lawrence	978-685-1731
Malden	781-324-7160
Salem	978-745-8085

FAMILY VIOLENCE AND ABUSE

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

FAMILY VIOLENCE AND ABUSE

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

FAMILY VIOLENCE AND ABUSE

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

FAMILY VIOLENCE AND ABUSE

For a complete listing of services related to domestic violence and sexual assault in MA go to www.janedoe.org

FOOD RESOURCES

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

FOOD RESOURCES

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

FOOD RESOURCES

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

FOOD RESOURCES

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

www.salvationarmyusa.org

Providing various services depending on location

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

FOOD RESOURCES

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

FOOD RESOURCES

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

FOOD RESOURCES

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

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

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

Or go to the Greater Boston Food Bank web site at
www.gbfb.org/GetHelp/agencyLocator.cfm

FUEL ASSISTANCE

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

FUEL ASSISTANCE

Action, Inc., Gloucester 978-282-1003
Lynn Economic Opportunity Council, Lynn 781-581-7220 x283
Tri-City Community Action, Malden 781-322-6284
Tri-City Community Action, Medford 781-322-6284
North Shore Community
Action Program, Peabody 978-531-0767 x136
GLCAC, Lawrence 978-681-4950

- **Good Neighbor Energy Fund** 800-334-3047
www.magoodneighbor.org
Fuel assistance available to income eligible families during the heating season: Eastern Massachusetts

HEALTH

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

HEALTH

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

HEALTH

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

HEALTH

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

HEALTH

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

HEALTH

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

HEALTH

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

HEALTH

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

HOUSING

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

HOUSING

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

HOUSING

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

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

HOUSING

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

HOUSING

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

LEGAL ASSISTANCE

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

LEGAL ASSISTANCE

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

Web site for legal information
www.masslegalhelp.org

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

Child Care Circuit

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

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

www.childcarecircuit.org

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

Covering the towns of Lynnfield, Reading & North
Reading

978-722-2544

www.partnership4children.net

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

Covering the city of Peabody

978-536-6543

www.peabody.k12.ma.us



Prepared by Child Care Circuit

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

© Child Care Circuit 2011

