

Resource Manual

North Shore, Cape Ann & Tri-City Areas

July 2009



**Visit our web site at
www.childcarecircuit.org**

Courtesy of:

Child Care Circuit

180 Cabot Street, Beverly, MA 01915

800-660-2868

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Beverly Office serves:

Beverly	Hamilton	Lynnfield
Middleton	Salem	Danvers
Hawthorne	Magnolia	Nahant
Saugus	Essex	Ipswich
Manchester	Peabody	Swampscott
Gloucester	Lynn	Marblehead
Rockport	Topsfield	Everett
Malden	Medford	Melrose
N. Reading	Reading	Stoneham
Wakefield	Wenham	

Child Care Circuit
1-800-660-2868
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www.childcarecircuit.org
E-mail: info@childcarecircuit.org

Prepared by Child Care Circuit
180 Cabot Street
Beverly, MA 01915

1-800-660-2868

LEGAL ASSISTANCE

- Children’s Law Center of Massachusetts (Lynn) - www.clcm.org** **781-581-1977**
Provides direct legal representation for indigent children in cases involving special education, early intervention, school issues, children in state custody and etc.
- Essex County Family Legal Aid Project** **888-835-4300**
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
- Massachusetts Advocates for Children** **617-357-8431**
www.massadvocates.org
Advocacy for children needing special education services
- 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
- Massachusetts Office on Disabilities** **800-322-2020**
Information, referrals and advocacy for people with disabilities
- 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

ADULT EDUCATION

- ABE/ESOL &GED Programs**

Action, Inc., Gloucester	978-879-8846
Adult Learning Center at North Shore Community College, Beverly	978-236-1227
Education and Parenting Skills Center, Lynn	781-593-2312
English At Large, Medford	781 395-2374
Everett Literacy Program, Everett	617-394-2318
The Immigrant Learning Center, Malden	781 322-9777
NSCAP PREP Center, Peabody	978 532-8620 x204
Operation Bootstrap, Inc., Lynn	781-599-8543
P.R.E.P. Center for Adults, Peabody	978-532-1080
Salem Harbor Community Development	978-825-4009
Sawyer Free Library, Gloucester	978-281-9763
TRA Salem Learning Center, Salem	978 744-2417
Wellspring House ALI program, Gloucester	978-281-3558 x 310
- State Colleges and Universities**

Middlesex Community College, Bedford	781-280-3370
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	978-542-6300
- Vocational and Technical Schools**

Greater Lawrence Technical School, Andover	978-686-0194
Essex Agricultural & Technical Institute	978-774-0050
Lynn Vocational and Technical Institute, Lynn	781-477-7420
North Shore Regional Vocational and Technical 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
- Massachusetts Adult Literacy Hotline** **800-447-8844**

AGENCIES SERVING PARENTS AND CHILDREN

- **Adoption Community of NE** **800-932-3678**
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.
- **Auto Safety Hotline** **800-424-9393**
Information about car safety seats, air bags and passenger safety
- **Boot Camp for New Dads**
Beverly - 978-927-9103 **Ipswich – 978-412-0123**
Designed to build confidence and prepare first-time fathers for the challenges of parenthood
- **Buckle Up Hotline** **800-443-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** **781-593-2312**
Young Parents Program/ Second Chance School/ Young Fathers Program
- **Child Care Circuit** **978-921-1631**
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 Trust Fund** **888-775-4KIDS**
Referrals to parent education and support groups
- **Family and Parenting Services** **617-927-6243**
Information, resources, activities and support for gay and lesbian parents and their children

HOUSING

- **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**
 - Ipswich **978-356-2860**
 - Lynn **781-581-4700**
 - Malden **781-322-9460**
 - Medford **781-396-7200**
 - Melrose **781-665-1622**
 - North Reading **978-664-2982**
 - Peabody **978-531-1938**
 - Reading **781-944-6755**
 - Salem **978-744-4431**
- **Lynn Shelter Association** **781-581-6600**
<http://lsahome.org>
- **Massachusetts Affordable Housing Alliance** **617-822-9100**
Counseling for first-time homebuyers and advocacy on housing issues
- **Massachusetts Coalition for the Homeless** **781-595-7570**
Donations Assistance Center provides furniture and household goods
- **North Shore Community Action Programs** **978-531-0767**
Housing Development Program and emergency services
- **Salem Harbor Community Development** **978-745-8071**
Affordable housing programs, economic empowerment and self-determination for low and moderate income residents.
- **Salvation Army - Providing various services depending on location**
 - Malden **781-324-1970**
 - Lynn **781-598-0673**
 - Salem **978-744-5181**
- **Wellspring House** **978-281-3221**
Family shelter in Gloucester

HOUSING

- **Action Inc.** **978-282-1000**
www.actioninc.org
Gloucester based agency serving Cape Ann residents. Homeless shelter, housing loans, help with landlord issues, energy conservation 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 **978-922-2224**
 American Red Cross, Melrose **781-665-1351**
 American Red Cross, Peabody **978-531-2280**
- **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.
- **Department of Transitional Assistance**
Food stamps, Transitional Aid for Needy Families (TANF) and other assistance
 Malden **781-388-7300**
 Salem **978-825-7300**
 New applicants **800-445-6604**
- **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**
- **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.

AGENCIES SERVING PARENTS AND 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**
An information and support network run by and for parents of children with special needs
- **Federation for Children with Special Needs** **800-331-0688**
Advocacy for children with special needs and their parents or guardians
- **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**
 Beverly area **978-921-4060**
 Salem area **978-825-5623**
 Lynn area **781-581-7220**
 Malden/Medford area **781-397-8071**
- **Health Quarters, Inc** **978-927-9824**
Offering teen pregnancy prevention programs
- **Healthy Families For Young Parents**
 Greater Melrose/Wakefield area **781-338-7550**
 North Shore area **781-592-4233**
Program that provides free education and support to first-time young parents under the age of 21

AGENCIES SERVING PARENTS AND CHILDREN

- **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 Connection** **800-486-3730**
*After-hours help line providing immediate telephone support and referral for DSS foster, kinship and pre-adoptive services
 Nights and weekends*
- **Massachusetts Assistive Technology Partnership Center** **800-848-8867**
Information on assistive technology products, services and funding sources for people with disabilities
- **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 Education** **781-338-3000**
Information on public school programs
- **Massachusetts Department of Public Health Case Management**
Case management, support and technical assistance to help parents of children with special health care needs to get services from public and private agencies
 Northeast Region **978-851-7261**
- **Massachusetts Family Networks**
Parent education, home visits, health and developmental screening, play groups and child care

Main telephone	617-988-7811
Ipswich	978-412-0123
Lynn	781-593-1680 x114
Malden/Everett	781-322-2277
Medford	781-393-2106
North Suburban	781-662-2722

HEALTH

- **Mental Health America** **800-969-6642**
Referrals to mental health providers and Information on mental health
- **North Essex Mental Health** **800-281-3223**
*Emergency mental health crises
 Open 24 hours*
- **North Shore Children's Hospital** **978-745-2100**
- **North Shore Community Health, Inc.** **www.nschi.org**
 Gloucester **open Sept. 2009**
 Peabody **978-532-4903**
 Salem Teen Center **978-740-1220**
 Salem **978-744-8388**
- **Poison Control Center** **800-682-9211**
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.
- **Tri City Mental Health** **800-988-1111**
Emergency mental health crises in Greater Everett, Lynn and Wakefield areas
- **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.*

HEALTH

- **Lead Poisoning Prevention** **800-532-9571**
Information about lead laws and consumer rights
- **Lynn Community Health Center** **781-581-3900**
www.lchcnet.org
Out patient primary health care services in Lynn. Free care is available according to state and federal guidelines. All are welcome.
- **Market Square Family Health** **781-596-3500**
Lynn agency providing care for infants through adulthood. Free Care Plan is available. 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 **978-232-7300**
Lynn office **781-477-8200**
Metro North **781-224-7900**
- **Massachusetts Family Planning Program** **617-624-6012**
Promotes and provides comprehensive family planning services, which include clinic-based services and may include community education and outreach.
- **Massachusetts Immunization Program** **888-658-2850**
Information about immunizations and where to get them
- **Massachusetts League of Community Health Centers** **800-475-8455**
Referrals to local health centers
www.massleague.org
- **Medicaid/MassHealth** **888-665-9993 / 800-841-2900**
Health insurance for eligible families

AGENCIES SERVING PARENTS AND CHILDREN

- **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
- **The Mother Connection, Inc.** **978-470-1500**
Information, resources, support and recreation for mothers and their families
www.themotherconnection.org
- **Mothertime Support Group at the North Shore Birth Center** **978-927-7880**
Informal drop-in discussion group
- **New Mothers Support Group** **978-463-1060**
Sponsored by the Anna Jaques Birth Center
- **North Shore Mothers of Multiples** **978-646-9406**
Support group for mothers of twins & multiples
membership@nsmom.org
- **North Suburban Mother's of Multiples** **info@nspom.org**
Support group for mothers of twins & multiples
www.nspom.org
- **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**
Telephone counseling and referrals to local support groups for parents
www.parentshelpingparents.org

AGENCIES SERVING PARENTS AND CHILDREN

- **Parent Talk** 781-453-5418
Provides parent education programs, a newsletter, playgroups, family activities and more.
www.parenttalk.info
- **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.
- **Pregnancy and Parent Support for Teens** 800-645-3750 x115
www.massteenpregnancy.org
- **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
- **Tough Love International** 800-333-1069
Support and parenting skills for parents of teenagers
- **Triplets, Moms, and More** info@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.
www.tripletsmomsandmore.org
- **Young Moms Education/Support Group at Beverly Hospital** 978-922-3000 x2720
Ongoing weekly support groups for young moms and their babies. Child care is provided by Beverly Hospital Volunteers.

HEALTH

- **Dentistry for All** 800-342-8747
Referrals to dentists and special needs dentists
- **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 781-306-4842
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 800-454-2727
Development Program
Family Support EIP 978-774-7570
- **Emergency Services Crisis Assistance** *Open 24 hours*
North Shore/Cape Ann 888-550-4433
Metro North 800-988-1111
Emergency mental health crises
- **Good Grief Program** 617-414-4005
Training for providers and teachers about children and grief; books, videos and other resources
- **Healthcare for All** 800-272-4232
An advocacy organization with information about health care rights and insurance
www.hcfama.org 617-350-7279
- **Healthy Start** 800-531-2229
Insurance for eligible pregnant women and referrals to health care and other services 888-488-9161
- **La Leche League** 800-LA-LECHE
Telephone counseling on breastfeeding, new mothers' groups and information on breast pump rentals and sales
www.lleus.org/state/Massachusetts.html

HEALTH

- **AIDS Information** 800-342-AIDS (English)
800-344-7432 (Spanish)
- **Al-Anon** 508-366-0556
Support for family members affected by alcoholism or other substance abuse
www.ma-al-anon-alateen.org
- **Alcohol and Drug Hotline** 800-327-5050
Referral to substance abuse treatment services
Always Open
- **American Academy of Pediatrics, MA Chapter** 781-895-9850
Information about child health issues
- **Asthma and Allergy Foundation of America**
Educational support group for parents
Danvers and vicinity 877-2-ASTHMA
- **Breastfeeding Support**
Support once you go home 888-217-6455
- **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
Health insurance for working disabled adults and children under 18
www.masschec.org
- **Depression After Delivery** 800-944-4PPD
Information for new parents and referrals to local providers and support groups

EMPLOYMENT

- **Department of Transitional Assistance**
Provides basic education, job training and job search skills
Malden 781-388-7300
Salem 978-825-7300
New applicants 800-445-6604
800-249-2007
- **Lynn Educational Opportunity Center** 781-477-2114
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 978-283-4772
Lynn 781-593-0585
Salem 978-825-7200
- **Massachusetts Rehabilitation Commission**
Assists individuals with disabilities to make informed choices about work
Main Number 800-245-6543
Lawrence 800 332-9722
Lowell 978-458-4544
Malden 781-324-7160
Salem 978-745-8085

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 and Families**
 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**
Counseling assistance regarding child abuse and neglect
- **Help for Abused Women and Their Children** **978-744-8552**
24 hour Hotline **800-547-1649**
Gloucester Hotline **978-281-1135**
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
www.helpabusedwomen.org
- **Jeanne Geiger Crisis Center** **978-465-0999**
Hotline **978-388-1888**
24-hour hotline; Program for battered women. services include one-on-one counseling, women’s support, parenting group and series of safe homes for short-term shelter

FOOD RESOURCES

- **WIC continued**
 Beverly WIC **978-922-2110**
 Gloucester WIC **978-281-4540**
 Lynn WIC **781-599-7290**
 Malden **800-942-1007**
 Medford **781-391-2753**

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

FUEL ASSISTANCE

- **Citizens Energy Oil Heat Program** **877-563-4645**
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**
 Tri-City Community Action, Everett **781-322-6284**
 Action, Inc., Gloucester **978-281-3900**
 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 **978-531-0767 x136**
 Action Program, Peabody **978-531-8810**
 GLCAC, N. Reading **978-664-6011**
 GLCAC, Reading **781-942-9061**
- **Good Neighbor Energy Fund** **800-334-3047**
Fuel assistance available to income eligible families during the heating season: Eastern Massachusetts

FOOD RESOURCES

- **Salvation Army**
Providing various services depending on location
Beverly 978-922-4522
Malden 781- 324-1970
Lynn 781-598-0673
Salem 978- 744-5181
- **Serve New England** 888-742-7363
Deep discounts on the highest quality grocery, meat, and vegetable items to community-minded individuals. No eligibility requirements other than the 2 hours of volunteer service.
www.servenewengland.org
- **St. Mary's Tree of Life Food Pantry** 781-599-7750
Providing groceries to families living in the St. Mary's neighborhood of Lynn
- **TDC Church** 781 -593-9931
*Lynn based food pantry open to all.
Location: 56 Franklin St, Lynn, MA*
- **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**
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

FAMILY VIOLENCE AND ABUSE

- **Massachusetts Society for the Prevention of Cruelty to Children** 800-442-3035
www.mspscc.org
- **Rape Crisis Center** 800-922-8772
*Crisis counseling and referrals for rape victims
Always open*
- **Turning Point Transitional House for Women and Children** 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

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

FOOD RESOURCES

- **American Red Cross**
Disaster relief-clothing, food pantry, housing and household goods; First Aid and CPR training offered through some locations
American Red Cross, Beverly **978-922-2224**
American Red Cross, Gloucester **978-283-1660**
American Red Cross, Melrose **781-665-1351**
American Red Cross, Peabody **978-531-2280**
- **Accord Food Pantry** **978-468-7424**
Located at 69 Willow St, Hamilton
- **Beverly Bootstraps Food Pantry** **978-927-1561**
Located at First Baptist Church 221 Cabot St, Beverly
- **Bread of Life** **781-397-0404**
Food pantry, holiday meals and weekly meals programs in the city of Malden
www.thebreadoflifeonline.org
- **Catholic Charities Food Pantry** **978-740-6923**
Located at 280 Washington St, Salem
- **Consumer Nutrition Hotline** **800-366-1655**
Pre-recorded messages on various topics and issues in nutrition or speak to a registered dietician
- **East Coast Int. Church** **781-592-3242**
Lynn based food pantry open to all. Location 113 Chestnut St. House, Lynn, MA.
- **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 RESOURCES

- **Food Stamp Program** **617-348-8500**
Provides eligible households with a monthly food stamp allowance to purchase groceries at approved markets
- **Haven from Hunger** **978-531-1530**
Peabody agency providing food to anyone in need
Location: 7 Wallis St., Peabody
- **Hunger and Food Stamp Hotline** **800-645-8333**
Coupons for groceries and referrals to local food banks
- **Lynn City Mission** **781-775-9349**
Lynn based food pantry providing groceries once monthly for families only.
Location: 10 Baltimore St., Lynn
- **My Brother's Table** **781-595-3224**
Agency in Lynn providing free meals to anyone in need
www.mybrotherstable.org
- **Our Neighbor's Table** **978- 388-4863**
Amesbury agency providing food to anyone in need
- **Project Bread** **800-645-8333**
Provides information and referral to local food resources. Also provides a confidential, pre-screening regarding eligibility for Food Stamp and other food programs
- **Sacred Heart Tree of Life Pantry** **781-599-2616**
Lynn agency providing free groceries, every other week, to eligible families or individuals
- **The Open Door** **978-283-6776**
Groceries, free produce market and hot meals
28 REAR Emerson Avenue, Gloucester
www.capeannfoodpantry.org