

Resource Manual

**Merrimack Valley Area
July 2009**



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

Courtesy of:

Child Care Circuit

**190 Hampshire Street, Lawrence, MA 01840
877-823-2273**

HOUSING

Massachusetts Coalition for the Homeless 781-595-7570
 15 Bubier Street, Lynn
Donations Assistance Center provides furniture and household goods
www.mahomeless.org

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

YWCA of Greater Lawrence 978- 687-0331
Services include transitional housing for teen mothers & victims of domestic abuse.

LEGAL AID

Massachusetts Bar Association 866-627-7577
Referrals to reduced fee attorneys or agencies offering free legal help. Also sponsors free service – Dial-A-Lawyer.

Merrimack Valley Legal Services 800-427-2521
*Serving all of the Greater Lawrence and Lowell areas
 Offers low cost & free legal advice to low income & elderly people*

Legal Advocacy Center 800-342-LAWS
*Serving all of the Greater Merrimac Valley areas
 Offers legal aid*

Legal Advocacy Project 978-937-5777
 P.O. Box 2100, Lowell
Provides a free and confidential legal clinic to women in need of assistance. Women can receive information and guidance on child custody, visitation, child support, divorce and restraining orders.
www.alternative-house.org

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Lawrence Office serves:

Amesbury	Dunstable	Newbury
Andover	Georgetown	Newburyport
Billerica	Groveland	North Andover
Boxford	Haverhill	Rowley
Bradford	Lawrence	Salisbury
Byfield	Lowell	Tewksbury
Chelmsford	Merrimac	Tyngsboro
Dracut	Methuen	West Newbury
		Westford

ADULT EDUCATION

Adult Learning Center 243 S. Broadway Lawrence <i>GED,ESL, tutoring, Adult Literacy and Citizenship classes in English and Spanish</i>	978-975-5917
Adult Learning Center of Greater Haverhill 75 Elm Street, Haverhill MA <i>ESOL, Basic Literacy through GED</i>	978-373-1971 ext. 251
Amesbury Adult Learning Center, Amesbury High School <i>ABE, ESOL & GED classes</i>	978-738-7621
Cambodian Mutual Assistance Association <i>Adult basic education, including ESOL classes and GED classes for Young Parents.</i>	978-454-6200
Greater Haverhill Adult Learning Program, Haverhill <i>Located at the library. English Language proficiency, reading, writing and math skills and study for the GED.</i>	978-373-1586 ext. 623
International Institute 125 Amesbury Street, Lawrence 144 Merrimack Street, Lowell <i>Offers ESL, refugee family strengthening programs, citizenship and occupational skills, training in English and Spanish Offers computer instruction for non-native speakers of English -- staff speaks English, Spanish, Mandarin and Cantonese.</i>	978-687-0981 978- 459-9031
LARE Training Center 102A Glenn Street, Lawrence <i>Computer, GED & skills training in English and Spanish</i>	978-685-2151

HOUSING

First Call for Help <i>Help with housing, food, utilities, legal support & other basic needs.</i> United Way of Merrimack Valley	978-556-9273
Habitat for Humanity 60 Island Street, Lawrence <i>Provides ownership opportunities to economically disadvantaged families</i> www.merrimackvalleyhabitat.org	978-681-8858
House of Hope 812 Merrimack Street, Lowell <i>The Emergency Family Shelter provides 24 hour shelter, 3 meals a day, case management services, supportive workshops, advocacy, a nurse on site and job and educational services. Takes DTA referrals.</i> www.hopelowell.org	978-458-2870
Lazarus House 48 Holly Street, Lawrence <i>A homeless shelter for families and individuals</i> www.lazarushouse.org	978-689-8575
Housing Authorities <i>Responsible for taking applications and managing public housing units and rental subsidies</i>	
Amesbury	978-388-2022
Billerica	978-667-1661
Dracut	978-957-3515
Georgetown	978 352 6331
Haverhill	978-372-6761
Lawrence	978-685-3811
Lowell	978-937-3500
Methuen	978-682-8607
North Andover	978-682-3932
Newburyport	978-465-7216

HEALTH

Women's Health Network 877-414-4447
*Call this number to find a facility near you.
Offers free Pap tests and Mammogram screenings,
free transportation and babysitting for appointments.*

HOUSING

American Red Cross 978-794-5625
436 Broadway Street, Methuen 978-372-6871
Haverhill 978-462-8243
Newburyport
*Disaster relief-clothing, food pantry, housing and
household goods; First Aid and CPR training offered*

Community Teamwork 978- 459-0551
167 Dutton St., Lowell
*Services include housing assistance ,2 family shelters,
Merrimack House & Milly's Place, consumer education
& section 8.*
www.comteam.org/div_housing_homeless.htm

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

Emmaus, Inc. 978-241-3400
*Services include affordable housing, transitional
housing, emergency shelter, meals, clinical services,
housing search, employment training, and job placement.*

ADULT EDUCATION

Massachusetts Adult Literacy Hotline 800-447-8844

Merrimack Valley Young Parents Program 978-459-2387
45 Merrimack St., Suite 225, Lowell
Computer, GED & skills training for ages 14-21.

Methuen Public Schools-Adult Learning Ctr. 978-681-1347
Boylston Street, Methuen
Adult Basic Education & support

NECC Lawrence Adult Learning Center 978-738-7622
78-82 Amesbury St., Lawrence
*Provides remedial classes, adult basic education,
readiness for the GED exam.*

Notre Dame Education Center 978-682-6441
301 Haverhill Street, Lawrence
*Offers ESL,GED, and citizenship classes in English and Spanish
Adult Diploma program*

Under the Tree English Classes 978-374-0646
Haverhill Alliance Church
284 Kenoza Ave., Haverhill
ESOL

ValleyWorks Career Center
439 South Union Street, Lawrence 978-722-7000
192 Merrimack Street, Haverhill 978-722-7000
Skill and GED training
www.valleyworks.cc

Youth Build Lawrence 978-681-0548
355 Haverhill Street, Lawrence
GED & the skills training for 18-24 year olds

ADULT EDUCATION

YouthBuild Lowell 978-446-9803

A program for young adults between the ages of 17 and 24 who have dropped out of school. YouthBuild offers GED preparation classes, Job training and leadership development skills

STATE COLLEGES AND UNIVERSITIES & TECHNICAL SCHOOLS

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 and Technical Institute, Hathorne	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

HEALTH

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

Health Care for All 800-272-4232

Advocacy & aid in obtaining health care and prescriptions

Healthy Start Program 888-488-9161

A free program for income eligible pregnant women in MA. Provides comprehensive prenatal care and obstetrical care.

www.hspmoms.com

The Lead Prevention Program 800-532-9571

Offers information on lead laws, referrals for screenings, inspection & de-leadings

Lowell Community Health Center 978-937-9700

585-597 Merrimack Street, Lawrence
www.lchealth.org

Mass Dental Society 800-342-8747

Offers referrals to dentists in the area
www.massdental.org

Mass Health 888-665-9993

Offers free & low cost health care to those who qualify

Massachusetts Immunization Program 888-658-2850

Information about immunizations and where to get them

Mental Health Association of Lowell 978-458-6282

99 Church Street, Lowell
Offers various mental health services

HEALTH

American Academy of Pediatrics, <i>Information about child health issues</i> www.mcaap.org	MA Chapter
Asthma & Allergy Foundation <i>Educational support group for parents</i> www.asthmaandallergies.org	877-2-ASTHMA
Ask A Nurse <i>Health care information & referral</i>	800-544-2424
Breastfeeding Mothers' Group <i>Meetings at Anna Jaques hospital in Newburyport & at Children's Health Care in Haverhill.</i>	978-463-1060
Children's Medical Security Plan <i>Health insurance to eligible children 18 and under for primary care, limited emergency care and prescription drugs</i>	800-909-2677
Commonwealth Care <i>Connects eligible Massachusetts residents with approved health plans and helps them pay for them.</i>	877-623-6765
CommonHealth <i>Health insurance for working disabled adults and children under 18</i>	800-662-9996
Greater Lawrence Family Health Center 34 Haverhill St., Lawrence 150 Park St., Lawrence 73D Winthrop Ave., Lawrence 700 Essex St., Lawrence <i>All centers offer free & low cost health care & are open on evenings, weekends and holiday</i> www.glfhc.org	978-686-0090

AGENCIES SERVING PARENTS & CHILDREN

African Assistance Center 9 Central St. Suite 603, Lowell Services Greater Merrimack Valley <i>Provides information on: immigration issues, job trainings, health access, youth programs, ESL, translation and interpretation & community networking.</i> www.africanassistance.org	978-453-6677
Asian Center of Merrimack Valley 1 Ballard Avenue, Lawrence <i>Offers various helpful services to the Asian-American Community</i> www.asiancentermv.org	978-683-7316
Auto Safety Hotline <i>Information about car safety seats, air bags and passenger safety</i>	800-424-9393
Buckle Up Hotline <i>Information on child safety and locations of car seat loan programs; takes reports of improperly restrained children and follows up with information. Always open</i>	800-443-SAFE
Cambodian Mutual Assistance Association <i>Educational, cultural, economic and social programs for Cambodian Americans and other minorities and disadvantaged persons in Lowell</i>	978-454-6200
Child Care Circuit 190 Hampshire Street, Lawrence <i>Resource, Referral & Training agency that offers information on programs that provide childcare subsidies, management services and trainings for parents. Agency also maintains the income –eligible child care waitlist for the Merrimack Valley & North Shore areas.</i> www.childcarecircuit.org	877-823-2273

AGENCIES SERVING PARENTS & CHILDREN

Chelmsford Mother's Club 978-250-3705
Membership organization for mothers to share their experiences, find companionship, and receive information about parenting and child development.
www.chelmsfordmothersclub.org

Early Intervention Programs - Offers resources for children ages 0-3
Aids in strengthening the quality of family life

The Professional Center
130 Parker Street, Lawrence (Methuen) 978-688-5070
32 Osgood Street, Andover (North Andover) 978-475-3806
www.theprofessionalcenter.org

MSPCC Early Intervention Offices
439 South Union Street, South Lawrence 978-682-9222
126 Phoenix Street, Lowell 978-453-8331
www.mspcc.org

Pentucket Area EIP
Serving Greater Haverhill through Greater Newburyport areas
320 Main St., West Newbury 978-363-5553
<http://thomchild.org>

Even Start Family Literacy Program 978-446-7496
43 Highland St., Lowell
Provides integrated early childhood education, adult literacy, and parenting education in a unified family literacy program.

F.O.R. Families 617-624-5913
Offers various services for families and individuals

Family TIES of Massachusetts 800-905-8437
An information and support network run by and for parents of children with special needs
www.massfamilyties.org

FOOD RESOURCES

WIC continued
Provides nutrition education & counseling, free nutritious foods & access to health care for low to moderate income pregnant & nursing women, as well as those with children under the age of 5

FUEL ASSISTANCE

Citizens Energy Oil Heat Program 877-563-4645
Works in partnership with fuel assistance agencies to provide low cost heating oil

Fuel Assistance Agencies
Offer utility discount programs
Community Action Inc., Haverhill 800-332-9004
Community Teamwork Inc, Lowell 978-459-6161
Greater Lawrence Community Action Council_ 978-681-4900

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

HEALTH

AIDS Information English 800-342-AIDS
Spanish 800-344-7432

Al-Anon 508-366-0556
Support for family members affected by alcoholism or other substance abuse. Hours: Mon-Fri, 10AM-3 PM

Alcohol and Drug Hotline 24 hour line 800-327-5050
Referral to substance abuse treatment services.
www.helpline-online.com

FOOD RESOURCES

Open Pantry of Greater Lowell 978-453-6693
200 Central Street, Lowell
Food pantry for Greater Lowell area.

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 Merrimack Valley -866-254-4440
*Mother/Child/Family Food Bank
Located in Haverhill & Amesbury*

Sacred Hearts Food Pantry 978-373-1281
6 Carleton St., Bradford,
Food pantry open Monday & Friday in a.m.

Salvation Army
395 Main Street, Haverhill 978-374-7571
250 Haverhill Street, Lawrence 978-682-8038
150 Appleton Street, Lowell 978-458-3396
Offers a food pantry by appointment

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

WIC
11 School Street, Amesbury 978-388-2575
145 Essex St., Haverhill 978-374-2191
305 Essex Street, Lawrence 978-681-4960
64 Broadway Street, Methuen 978-681-4963
57 Peters Street, North Andover 978-681-4968
40 Church Street, Lowell 978-454-6397

AGENCIES SERVING PARENTS & CHILDREN

Federation for Children with Special Needs 800-331-0688
Advocacy for children with special needs and their parents or guardians

Grandparents as Parents 978-459-3242
220 Pawtucket St., Lowell
Services include a confidential help line with access to information and referrals, coffee hours with guided conversation to provide support and information, and informational workshops and seminars.
Services available in English & Spanish

Head Start Programs
Referrals to Head Start programs for children 3-5 years old
Greater Lowell area 978-459-0551
Greater Haverhill & Seacoast areas 978-372-5052
Greater Lawrence area 978-681-4920

Healthy Families For Young Parents 888-775-4KIDS
Program that provides free education and support to first-time young parents under the age of 21
Healthy Families Greater Haverhill 978-521-6265
Healthy Families Greater Lawrence 978-681-9504
Healthy Family Greater Lowell 978-513-2367

International Institute
125 Amesbury Street, Lawrence 978-687-0981
144 Merrimack Street, Suite 202, Lowell 978-459-9031
Aids in completing immigration documentation

Kid's Net 800-541-3004
439 South Union St., Lawrence
*Provides **free** respite, short-term daycare, training, support group referrals, funding for camp / after-school programs. **Services are available only to foster, adoptive and kinship parents.***

AGENCIES SERVING PARENTS & CHILDREN

Lowell Family Literacy Center 43 Highland Street, Lowell <i>Offers a wide variety of services & programs for families</i>	978-970-5410
Massachusetts Assistive Technology Partnership Center <i>Information on assistive technology products, services and funding sources for people with disabilities</i>	617-355-7820
Massachusetts Department of Education <i>Information on early childhood program</i>	781-338-3000
Massachusetts Family Networks <i>Offers free services including parenting classes, play groups, special events & more for children ages 0-3</i>	617-988-7811
Lawrence/Methuen 190 Hampshire Street, Lawrence www.childcarecircuit.org	978-722-9999
Greater Lowell 1230 Bridge Street, Lowell	978- 654-5080 X23
Haverhill /Bradford 346 Broadway, Haverhill	978-374-2198
Ipswich & Surrounding towns 15 Market Street, Suite 4, Ipswich www.birthtothreeipswich.org	978-412-0123
Massachusetts Society for the Prevention of Cruelty to Children 439 S. Union Street, Lawrence 126 Phoenix Ave, Lowell <i>Offers many helpful programs that promote the well being of children & families. Also provides counseling for the individual, couples, and families. Bilingual staff</i> www.mspcc.org	978-682-9222 978-656-0064

FOOD RESOURCES

All Saints Church Rectory Pantry 120 Bellevue Ave., Haverhill <i>Food pantry open Tuesday afternoons & Saturday a.m.</i>	978-372-7721.
Calvary Baptist Church 13 Ashland St., Haverhill <i>Food pantry open to all</i>	978-373-4404
Central Food Ministry Food Pantry 370 West Sixth Street, Lowell <i>Food pantry serving Middlesex County. Clothing is available at all times. Household items and toys are frequently available.</i>	978-454-7445
Food Stamp/Food Source Hotline <i>Program offers additional income & savings for families</i>	800-645-8333
Food Pantry of Merrimack Valley 174 Central St. Lowell <i>Food pantry serving Greater Lowell area. In addition to food, clothing and other miscellaneous items are also available.</i>	978 454-9946
Good Shepherd Center Soup Kitchen <i>Serves breakfast & lunch. Also have a food pantry, located in the basement of the Lazarus House Shelter.</i>	978-689-8575
Neighbors in Need 95 E Haverhill Street, Lawrence <i>Offers an emergency food pantry</i>	978-685-8321
Open Hand Food Pantry 16 Ashland Ave., Haverhill <i>Food pantry. In addition to food, clothing and other miscellaneous items are also available.</i>	978-372-2828

FAMILY VIOLENCE AND ABUSE

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, self-sufficiency and empowerment. Services free.

Parents Helping Parents 800.882.1250

Support consists of a network of mutual support groups that meet weekly in communities across the state with trained facilitators.

www.parentshelpingparents.org

Parental Stress Hotline 800-632-8188

Offers parenting education & support as well as advice on controlling anger

Women's Resource Center

599 Canal Street, Lawrence
107 Winter St., Haverhill

978-685-2480
978-373-4041

Offers services for victims of abuse

Women's Resource Center 800-400-4700

24-hour hotline #

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

AGENCIES SERVING PARENTS & CHILDREN

Merrimack Valley Catholic Charities 978-452-1421
70 Lawrence St., Lowell
345 Merrimack Street, Bldg I, Lawrence 978-685-5930

Many support services available to families at each location including family stabilization programs, parenting programs & outreach programs. Services available in Spanish & English.

Merrimack Valley Mothers of Twins Assoc. 978-685-0265

*A local group of Mother's of Twins and triplets
www.merrimackvalleymmota.org*

Moms & Tots of Billerica membership@momsandtots.org

Playgroups, Mom's nights out, newsletter & more.

www.momsandtots.org

Nashoba Valley Mothers of Multiples 978-376-2939

info@nashobavalleymom.org

A support group for women who are expecting or are mom to twins or higher order multiples. Also, play groups, play dates and Girl's Nights Out.

www.nashobavalleymom.org

Newburyport Mother's Club- nmc_information@yahoo.com

P.O. Box 316, Newburyport

Provides support, information and friendship to families with young children in the Greater Newburyport area.

www.newburyportmothers.com

The Mother Connection, Inc. 978-470-1500

Information, resources, support and recreation for mothers and their families

www.themotherconnection.org

EMPLOYMENT

Career Center of Lowell

18 John Street, Lowell

978-458-2503

Aids in obtaining employment & employment skills

www.careercenteroflowell.org

Lawrence CommunityWorks

978-722-2623

New Skills Academy

168 Newbury Street, Lawrence

Program designed to prepare participants to achieve their goal of getting better job opportunities

www.lcworks.org

Massachusetts Division of Workforce Development

ValleyWorks Career Center

192 Merrimack Street, Haverhill

978-722-7000

439 South Union Street, Building #2

978-722-7000

18 John Street, Lowell

978-458-2503

Aids in obtaining employment as well as skills training

www.valleyworks.cc

Massachusetts Rehabilitation Commission

One Parker Street, Lawrence

978-685-1731

Office services Greater Lawrence & Haverhill areas.

325 Chelmsford Street, #6, Lowell

978-458-4544

Office services the Greater Lowell area

Assists individuals with disabilities to make informed choices about work.

Middlesex Community College

781-932-5500

One Stop Career Center

Services open to all - no fee to register and

attend most workshops. Provides employment and career development services to individuals.

www.careerplacejobs.com

FAMILY VIOLENCE AND ABUSE

Alternative House

978-454-1436

Offers shelter, support, options, counseling and advocacy for all battered women seeking help (and their children).

24- hour crisis hotline 888-291-6228.

www.alternative-house.org

Battered Women's Hotline

800-992-2600

Referrals, peer support and information on location and availability of shelters. Always open.

Child at Risk Hotline

800-792-5200

Call to report child abuse or for more information

Child Witness to Violence Project

617-414-4244

Counseling for children who have witnessed violence, especially family violence

www.childwinesstoviolence.org

Department of Children and Families

3 Ferry Street, Bradford

978-469-8800

15 Union Street, Lawrence

978-557-2500

33 East Merrimack Street, Lowell

978-275-6800

Counseling assistance regarding child abuse and neglect

Jeanne Geiger Crisis Center 24/7Hotline

978-388-1888

2 Harris Street, Newburyport

978-465-0999

5 Market Square, Suite 109, Amesbury

978-834-9710

Support groups, crisis intervention, supportive interventions for children, emergency shelter, legal advocates & representation, Economic Independence Program & more.

www.jeannegeigercrisiscenter.org

Massachusetts Society for the Prevention of Cruelty to Children

439 South Union Street, Lawrence

978-682-9222

126 Phoenix Ave 3rd Floor, Lowell

978-937-3087