

Resource Manual *for* **Essex County** *and surrounding communities*

2020 - 2021



Courtesy of:



**CFCE of the
North Shore**

Supporting you as your child's first teacher

***CFCE of the North Shore - Serving Beverly, Boxford,
Danvers, Marblehead, Middleton, Peabody, Salem,
Swampscott & Topsfield***

ADULT EDUCATION & PUBLIC SCHOOLS

- **ABE/ESOL &GED Programs**

Action, Inc., Gloucester	978-282-1000
Adult Learning Center at North Shore	
Community College, Danvers	978-236-1227
Beverly Bootstraps Community Services	978-927-1561
Education and Parenting Skills Center, Lynn	781-593-2312
English At Large, Woburn	781 395-2374
The Immigrant Learning Center, Malden	781 322-9777
North Shore Community Development Coalition	978-745-8071
NSCAP PREP Center, Peabody	978 531-0767
Pathways, Inc., Lynn	781-599-8543
Peabody Public Schools Community Education	978-536-5600
TRA Salem Learning Center, Salem	978 744-2417
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 University, Salem	978-542-6000

- **Vocational and Technical Schools**

Essex Technical High School	978-304-4700
Greater Lawrence Technical School, Andover	978-686-0194
Greater Lowell Technical School, Tyngsboro	978-454-5411
Lynn Vocational and Technical Institute, Lynn	781-477-7428
Medford Vocational Technical High School	781 393-2207
Northeast Metropolitan Regional	781-246-0810
Vocational School, Wakefield	x1640
Whittier Regional Vocational & Technical High School, Haverhill	978-373-4101

LEGAL ASSISTANCE ADULT EDUCATION & PUBLIC SCHOOLS

- **Massachusetts Adult Literacy Hotline** **800-447-8844**
massliteracyhotline.org/hotline/
Provides referrals to over 300 adult education programs that offer one-on-one tutoring, small-group or classroom instruction to adult learners.

- **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.danverspublicschools.org	978-777-4539
Georgetown	www.georgetown.k12.ma.us	978-352-5777
Gloucester	www.gloucesterschools.com	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.nahant.org	781-581-1600
Newburyport	www.newburyport.k12.ma.us	978-465-4457
N. 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.rpk12.org	978-546-1200
Salem	www.salemk12.org	978-740-1281
Saugus	www.saugus.k12.ma.us	781-231-5000
Swampscott	www.swampscottps.org/	781-596-8800
Triton Regional	www.tritonschools.org	978-465-2397
Tri-towns	www.tritownschoolunion.com	978-887-0771
Wakefield	www.wakefieldpublicschools.org	781-246-6400

AGENCIES SERVING PARENTS AND CHILDREN

- **Adoption Community of NE** 978-393-1691
<https://www.rfkchildren.org/acone/>
Now A Program of Robert F. Kennedy Children's
Action Corps
*Support for adoptive families and for
people who want to learn about adoption*
- **Baby Safe Haven** 866-814-7233
www.mass.gov/baby-safe-haven
*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**
Eastern MA <https://emassbigs.org> 617-542-9090
Big Sisters www.bigsister.org 617-236-8060
Mentoring programs for youth
- **Birth to Three Family Center** 978-471-2180
www.birthtothreeipswich.org
*Offers free services to families including
trainings, play groups, a resource library and
more. Priority to Ipswich & Essex residents but
services available to all.*
- **Boot Camp for New Dads &
Daddy & Baby Group** 978-927-9103
*At Beverly Hospital-designed to build confidence
and prepare first-time fathers for the challenges of
parenthood.*
- **Boxford Athletic Association** www.baasports.com
*Dedicated to the organization and administration of sport
programs for Boxford and promoting physical fitness for
children.*

AGENCIES SERVING PARENTS AND CHILDREN

- **Connecting Young Moms 978-922-3000 ex.2720**
Free programs for teens and young moms before and after the baby is born. Teens to early 20's at the Women's Health Building at Beverly Hospital.
- **Coordinated Family & Community Engagement Programs**
Peabody, Beverly, Boxford, Danvers, **978-536-6543**
Marblehead, Middleton, Salem, Swampscott & Topsfield
Byfield, Newbury, Newburyport, Rowley **978-518-4245**
& Salisbury
Essex, Hamilton, Manchester & Wenham **978-468-5489**
Everett **617-545-6239**
Gloucester/Rockport **978 281-2400**
Ipswich **978-471-2180**
Lynn & Nahant **781-477-7220**
Medford **781-393-2106**
Lynnfield, Malden, Melrose, North Reading **781-246-5187**
Reading, Stoneham & Wakefield
Saugus **781-484-3805**
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 including an after-school program for residents.
- **LGBT Family and Parenting Services 617-927-6243**
Part of Fenway Health -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

AGENCIES SERVING PARENTS AND CHILDREN

- **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
- **Federation for Children with Special Needs** **800-331-0688**
www.fcsn.org **617-236-7210**
Advocacy for children with special needs and their parents or guardians
- **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** **781-774-6720**
Home Visitors coordinate services with programs such as WIC, Early Intervention, health care, domestic violence as well as DTA, & Housing Assistance for homeless families.
- **Greater Newburyport Mothers & Families Club**
www.greaternewburyportfamilies.org
P.O. Box 316, Newburyport
Provides support, information and friendship to families with young children in the Greater Newburyport area.
- **Head Start for Children and Families** **massheadstart.org**
For children 3-5 years old
Cape Ann & North Shore areas **978-281-2400**
Lynn area **781-309-5668**
Everett/Malden/Medford area **617-348-6388**
Woburn area **617-744-6076**
- **Healthy Families For Young Parents** **888-775-4KIDS**
<http://healthyfamiliesma.org>
Greater Middlesex **781-693-1230**
Greater Melrose/Wakefield **781-338-7550**
North Shore **781-593-2312**
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** holisticmomsnetwork@gmail.com
<https://chapters.holisticmoms.org/chapters/ma-esssex/>
Diverse group of holistic moms from throughout Essex County with an interest in holistic health and green living. Offer events such as Moms' Night Out, Playgroup activities for kids and volunteer projects for kids.
- **Invest in People** 978-356-1525
Providing assistance to families and their children who are facing unexpected, urgent and short-term financial needs. Families must be residents of Boxford, Middleton, Topsfield or Ipswich. Contact program administrator to coordinate referral.
- **Kid's Net** 617-587-1554
*Provides **free** respite, short-term daycare, training, support group referrals, funding for camp. **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.
- **MA211** 211
Provides information and resources to any caller. Information is available on support groups, employment, housing, fuel assistance, and other basic family needs.
- **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

AGENCIES SERVING PARENTS AND CHILDREN

- **MassMatch**
www.massmatch.org
*Managed by the MA Rehabilitation Commission.
Information on assistive technology products, services
and funding sources for people with disabilities. Also
has information on short-term device loan programs.*
- **Massachusetts Department of Public Health 978-851-7261**
Case Management - Northeast Region
*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*

Ipswich	978-412-0123
Lynn	781-598-5517
Medford	781-393-2106
North Suburban	781-246-5187
- **Massachusetts Office on Disabilities 800-322-2020**
*Information, referrals and advocacy for people with
disabilities*
- **Massachusetts Passenger Safety Program**
www.mass.gov/car-seat-safety
*Locations of car seat loan programs; information
about passenger safety, child safety seat installation,
free inspection sites and recalls.*
- **MOMs Club of Reading www.readingmomsclub.org**
*MOMS stands for Moms Offering Moms Support;
therefore our focus is on the Mom. All are welcome.*
- **The Mother Connection, Inc. 978-470-1500**
www.themotherconnection.org
93 Main St, Andover, 01810
*A fun, supportive & educational community resource for
mothers & families in the Merrimack Valley.*

AGENCIES SERVING PARENTS AND CHILDREN

- **Mothertalk Support Group** 978-927-9103
at the North Shore Birth Center
Weekly drop-in groups for moms with a baby age newborn to 4 months & for moms with a baby age 4-8 months. Saturday group for Moms who have returned to work..
- **Mother & Baby Group** 978-463-1079
Free group classes for all mothers to provide support, encouragement & advice on parenthood & questions that arise after going home. Sponsored by the Anna Jaques Birth Center.
- **North Shore Mothers of Multiples** www.nsmom.org
www.facebook.com/nsmomboston
Support group for mothers of twins & multiples
- **North Shore Alliance of Gay, Lesbian
Bisexual and Transgender Youth** www.nagly.org
naglyleaders@gmail.com
NAGLY's mission is to create, sustain and advocate for programs, policies, and services for the lesbian/gay/bisexual/transgender youth community, particularly including the establishment of regular support meetings, and enhance the human and civil rights of lesbian, gay, bisexual and transgender youth on the North Shore of Massachusetts
- **North Suburban Parents of Multiples** www.nspom.org
Support group for parents of twins & multiples
- **Nursing Mothers Council** 617-244-5102
www.bacc-nmc.org
Telephone counseling for breastfeeding help. Local chapter meets in Beverly at St. Peter's Church.
- **One Tough Job** www.onetoughjob.org
Connects parents with the latest and greatest parenting information, ideas, and on-the-ground resources. We also provide a bridge to help you find other moms and dads who have asked the same questions and faced similar challenges.

AGENCIES SERVING PARENTS AND CHILDREN

- **ParentChild+ Program**
Lynn 781-598-5517
Peabody & Salem 978-536-6543
Free in-home early literacy and school readiness program for families with children 18 months - 3 years old.
- **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
Telephone counseling and referrals to local support groups for parents. Salem group meets at North Shore Children's Hospital.
- **Parents of Tots** **www.parentsoftots.org**
Supporting families with young children in Wakefield, Reading & surrounding communities by providing parents a social network for themselves & their children.
- **Postpartum Depression Support Group** 978-922-3000
www.northshorepostpartumhelp.org
Beverly Hospital, 85 Herrick St., Beverly
- **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
www.safebeginnings.com
Home childproofing service. Childproofing products & infant/toddler accessories
- **Topsfield-Boxford Newcomers & Natives**
topsfieldboxfordnewcomers.org
Welcomes all residents of Topsfield and Boxford who want to meet new neighbors and make new friends. Playgroups, parents nights out and more.

EMPLOYMENT

- **Department of Transitional Assistance** 877-382-2363
Provides basic education, job training and job search skills
Lawrence 978-725-7100
Malden 781-388-7300
North Shore Office 978-825-7300
- **Lawrence Community Works** 978-722-2638
Compass Program
www.lawrencecommunityworks.org
168 Newbury Street, Lawrence
Program designed to prepare participants to achieve their goal of getting better job opportunities.
- **MassHire Department of Career Services** 617-626-5300
Provides a wide variety of employment services to Massachusetts job seekers at their MassHire Career Centers
Gloucester masshire-nscareers.org 978-283-4772
Woburn www.thecareerplace.org 781-932-5500
Lawrence www.valleyworks.cc 978-722-7000
Salem masshire-nscareers.org 978-825-7200
- **Massachusetts Rehabilitation Commission** 617-204-3600
Assists individuals with disabilities to make informed choices about work
Lawrence 978-685-1731
Salem 978-745-8085
- **N. Shore Educational Opportunity Center** 781-477-2114
www.northshore.edu/eoc
1 Ferncroft Rd, Danvers, 02193
Provides counseling and application assistance to lower income adults planning to attend college or technical school.
- **Tailored for Success** 781-324-0499
www.tailoredforsuccess.org
Dedicated to assisting economically disadvantaged women, men and youth with resources to build their self-esteem and self-confidence. Referral required.

FAMILY VIOLENCE AND ABUSE

- **Alternative House** 978-454-1436
www.alternative-house.org 24/7 Hotline: 888-291-6228
PO Box 2100, Lowell 01851
24- hour hotline Offers shelter, support, options, counseling and advocacy for all battered women seeking help (and their children).
- **Battered Women’s Hotline – SafeLink** 877-785-2020
www.casamyrna.org Casa Myrna 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
www.childwitnessstoviolence.org
Counseling for children who have witnessed violence, especially family violence
- **Department of Children & Families 24hr line** 800-792-5200
330 Lynnway, Lynn 781-477-1600
200 Harvard Mills Sq., Wakefield 781-388-7100
45 Congress Street, Bldg 4, Cape Ann/Salem 978- 825-3800
Counseling assistance regarding child abuse and neglect
- **Elizabeth Stone House** 617-427-9801
www.elizabethstonehouse.org 617-409-5425
Offers programs for battered women including transitional housing. Economic Independence Program & more.

FAMILY VIOLENCE AND ABUSE

- **Healing Abuse Working for Change**
www.hawcdv.org 24 hour Hotline 800-547-1649
Gloucester Outreach 978-283-8642
North Shore Medical Ctr. Outreach 978-354-4383
Salem Outreach 978-744-8552
HAWC is the only program providing comprehensive services to battered women in 23 North Shore communities from Saugus to Gloucester. Support groups in Lynn, Salem, Beverly, Gloucester, Ipswich.
- **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
- **Massachusetts Society for the Prevention of Cruelty to Children** 617-983-5800
www.msppcc.org
- **Michael B. Christensen Family Support Center** 978-681-4985
Helping parents learn positive parenting skills, assisting families at risk, helping foster a sense of family and empowerment. Services free.
- **National Domestic Violence Hotline** 800-799-7233
www.thehotline.org
- **North Shore Rape Crisis Center –24 hour line** 800-922-8772
Crisis counseling and referrals for rape victims
- **REACH** 800-899-4000
www.reachma.org 781-891-0724
24 hour hotline and emergency shelter for victims of domestic violence.

Visit **www.janedoe.org** or call **877-785-2020** for a complete listing of services related to domestic violence and sexual assault in MA.

FAMILY VIOLENCE AND ABUSE

- **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

FOOD RESOURCES

- **All Saints Church Rectory Pantry** 978-372-7721
120 Bellevue Ave., Haverhill
Food pantry open 1st & 3rd Saturdays of each month from 10 AM – 12 noon.
- **Accord Food Pantry** 978-468-7424
www.acordfoodpantry.org
69 Willow St, Hamilton
*Available to residents of Hamilton, Wenham Topsfield, Ipswich, Essex & Manchester.
W 9:30-11 am/Th 6:30-7:30 pm/Sat 9-11:00 am*
- **Among Friends St. Paul's Church** 978-465-5351
166 High St., Newburyport
Providing meals - Monday - 5:30-6:30 pm, Tues. - 11:30 am-1 pm & Friday - 11:30 am-1 pm.
- **Beverly Bootstraps Food Pantry** 978-927-1561
www.beverlybootstraps.org
35 Park Street, Beverly
*M-W-TH-F 10-12:15 - T-W 5-6:00 pm.
Some Sat. 10-11am*
- **Boxford Food Pantry** 978-887-5841 x3
First Congregational Church
4 Georgetown Road, Boxford
For Tri-town residents. Open by appointment.
- **Bread of Life** 781-397-0404
www.breadoflifemalden.org
*Holiday meals & Tues.- Friday meal program in Malden 5:30-6:30PM. Pantry W 4 – 6, Fri 2 – 4
Everett pantry location open 3-5 3rd & 4th Thursdays*

FOOD RESOURCES

- **Bread and Roses** **978-681-8768**
www.breadandroseslawrence.org
58 Newbury St., Lawrence, MA
*Food pantry serving meals from 5:00PM until 7:00PM;
Monday, Tuesday, Wednesday, Thursday, Saturday*
- **Catholic Charities** **978-740-6923**
280 Washington St, Salem
Food vouchers
- **Calvary Baptist Church** **978-373-4044**
13 Ashland St., Haverhill
Food pantry open Friday evenings 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**
www.danverscommunitycouncil.com
12 Sylvan St. Danvers
*Every Monday & Thursday 8:00 AM - 12:00 PM
2nd & 4th Wednesday of each month 4:30 PM to 6:30
PM. Serving residents of Danvers.*
- **East Coast International Church** **781-818-4153**
65 Monroe St., Lynn
*Lynn food pantry open generally the last Friday of
the month 1:30 -3:00 PM. All served.*
- **First Call for Help** **877-211-MASS**
www.mass211.org
Help with housing, food, and other basic needs.
- **Food Stamp Program (SNAP)** **800-645-8333**
*Eligible households receive a monthly allowance to
purchase groceries at approved markets.*
- **Good Hope Foods @** **781-715-0203**
Calvary Christian Church
47 Grove St., Lynnfield
*Food pantry open Sundays 2-3 PM & Thursdays
11-noon. All served.*

- **Good Shepherd Center Soup Kitchen** **978-689-8575**
www.lazarushouse.org
 412 Hampshire St., Lawrence
Serves breakfast & lunch.
St. Martha's Food pantry located at 242 Hampshire
St. operates every Wednesday. Bagged meals are
available 7 days a week from 8-10 PM at 48 Holly St.
in Lawrence.

- **Greater Boston Food Bank** **617 427-5200**
www.gbfb.org
Help finding local food resources.

- **Haven from Hunger** **978-531-1530**
www.citizensinn.org
 71 Wallis St., Peabody
Provide food to anyone in need. Food Pantry open
Monday, Tuesday, Thursday & Friday 9:30 a.m. to
2:30 p.m. Dinners at 5:00 p.m. on Monday, Tuesday,
Thursday & Friday.

- **Life Bridge- Seeds of Hope** **978-744-0500**
 ● **Life Bridge- Grace Center** **978-675-6240**
www.lifebridgenorthshore.org
 56 Margin St. Salem
 10 Church St., Gloucester
Three meals are served 365 days a year to shelter
residents and anyone in the Salem or Cape Ann area
that is hungry.

- **Living Hope Church of the Nazarene** **978-927-9979**
www.beverlychurch.org
 556 Cabot Street, Beverly
Food pantry is open every Thursday from 10 AM to
12 PM. For Beverly residents.

- **Liz Murphy Open Hand Food Pantry** **978-372-0260**
www.stjamesandjohnhaverhill.org/87
 16 Ashland Ave., Haverhill
In addition to food, clothing and other miscellaneous
items are also available. Open Tuesdays from 4-7
PM.

- **Middleton Food Pantry** **978-766-1402**
38 Maple Street , Middleton
Open Fridays 1-5pm. For Middleton residents only.

- **My Brother's Table** **781-595-3224**
www.mybrotherstable.org
98 Willow St., Lynn
Agency in Lynn providing free meals to anyone in need

- **Neighbors in Need** **978-685-8321**
www.needfood.org/
60 Island Street, Lawrence
Operates 10 food pantries in Andover, Methuen & Lawrence. Diapers & formula also available.

- **North Reading Food Pantry** **978-276-0040**
www.nrfoodpantry.org
North Reading Town Hall, 235 North Street
Pantry is open from 9-10 every Monday morning, and from 7-8 on the 1st and 3rd Monday evenings of each month. Available to North Reading residents & church members.

- **Our Neighbor's Table** **978-388-1907**
www.ourneighborstable.org
194 Main Street, Amesbury
Meals & food pantry for residents of Amesbury, Boxford, Byfield, Georgetown, Groveland, Merrimac, Newbury, Newburyport, Rowley, Salisbury & West Newbury.

- **Pettengill House** **978-463-8801**
www.pettengillhouse.org
13 Lafayette Road, Salisbury,
Serving Salisbury and surrounding communities. Services include a food pantry, family counseling & other supports.

- **Pregnancy Care Center of the Northeast -** **978-373-5700**
www.pccnortheast.org
*Mother/Child/Family Food Bank
Located in Lowell, Haverhill & Lawrence*

- **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
*Open: Mon. 7-8pm and Fri. 10:30-11:30am.
 A referral is required. Contact Kerry Valle, LICSW at 781-942-6659.*

- **Sacred Hearts Food Pantry** **978-373-1281**
 16 Carlton St., Bradford,
Food pantry open Monday, Wednesday and Friday 8:30 to 11:15AM

- **Sacred Heart Tree of Life Pantry** **781-599-2616**
 571 Boston St., Lynn
Provides free groceries, every other week, to those who live within the boundaries of Sacred Heart Church. Hours: Thursdays 12:30-2:00PM.

- **Salvation Army** **www.salvationarmyusa.org**
Providing various services depending on location

Lynn	781-598-0673
Malden	781- 324-1970
Newburyport	978-465-0883
Salem	978- 744-5181

- **St. Joseph's Food Pantry & Harvest of Hope** **978-745-2223**
www.facebook.com/St.JosephsHarvestofHope
 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.*

FOOD RESOURCES

- **St. John the Baptist Food Pantry** 978-531-0002
www.stjohnspeabody.com
17 Chestnut St. Peabody
Open the last Sunday of every month 9:00 AM - 1:00 PM. Open to anyone in need.
- **TDC Church** 781-593-9931
56 Franklin St, Lynn
*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
00 Southern Heights, Ipswich
*Gloucester- Mon-Fri from 10-4 PM. Ipswich pantry-
Wed/Thur, 11 –4 PM Groceries, free produce market
& hot meals. Serves Gloucester, Rockport, Ipswich,
Manchester & Essex residents.*
- **The Salem Pantry** 978 744-3224
www.thesalempantry.org
*Programs include Mobile Food Markets,
Family Grocery Assistance and a school year
backpack food program. See website for
distribution sites and schedules. Must be a
Salem resident.*
- **The Top Cupboard**
www.facebook.com/topcupboard/
124 River Road, Topsfield
*For Topsfield residents in need. Hours: First & third
Saturday of each month from 8-10 AM.*
- **U Mass Extension** 978-689-4744
*Teach participants how to eat healthy on a
limited budget.*

Many food pantries offer holiday baskets to low-income families. Sign-up is usually required and there can be a waiting list so inquire individually of the one nearest you.

FOOD RESOURCES

- **Wakefield Interfaith Food Pantry** 781 245 2510
www.wakefieldfoodpantry.org
467 Main Street, Wakefield
Anyone who lives in Wakefield and needs food can receive assistance.
Tuesday & Thursday 9AM - 1PM & 6PM – 8PM
- **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

Local WIC Programs:

Beverly	978-922-2110
Gloucester	978-281-4540
Lynn/North Shore	781-599-7290
Medford	339-368-1196
North Suburban	781-338-7578
Peabody	978-531-0871
Reading	339-224-2141
Salem	978-744-2626

FUEL ASSISTANCE

- **Community Teamwork, INC** 978-459-6161
www.comteam.org
Provides energy programs, fuel assistance to help low income people become self sufficient.
45 Kirk Street, Lowell MA
- **Citizens Energy Program** 855-563-4786
www.citizensenergy.com
88 Black Falcon Ave, Suite 342, Boston 02210
Save 50% on clean-energy produced on their solar farms. Must be a low-income rate payer
- **Cold Relief Hot Line** 800-632-8175
Financial aid for heat. Also provides eligible households with full-scale home energy weatherization services.

HEALTH

- **Aids Action Committee** 857-313-6785
<https://aac.org>
583 Chestnut Street, Suite 6, Lynn
Providing an array of services for Essex County residents living with HIV.
- **Alcohol and Drug Hotline** 800-327-5050
Provides free and confidential referrals to substance abuse treatment services.
- **American Academy of Pediatrics, MA Chapter, Waltham** 781-895-9852
www.mcaap.org
Information about child health issues
- **Asthma & Allergy Foundation of America** 800-727-8462
www.aafa.org
Educational support group for parents of children with asthma & allergies.
- **Mother & Baby Group** 978-463-1060
25 Highland Ave, Newburyport
Meetings at Anna Jacques hospital in Newburyport & at Children's Health Care in Haverhill.
- **Breastfeeding Support** 888-217-6455
Support once you go home. Breastfeeding Support Group meets at the North Shore Medical Center, Salem, Fri 9 – 11 AM
- **Children's Medical Security Plan** 800- 841-2900
Health insurance to eligible children 18 and under for primary care, dental care, mental health services and prescription drugs
- **CommonHealth** 888-665-9993
Health insurance for working disabled adults and children under 18 who cannot get MassHealth Standard.

HEALTH

- **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 x2214
A dynamic community coalition supporting youth and families in making healthy decisions
- **Early Intervention Services**
Developmental assessment, intervention and family support services to eligible children birth-3 years old
Beverly & Cape Ann areas 800-905-8437
Northeast Arc EI-Cape Ann 978-921-1182
Danvers/ Peabody/Marblehead
Lynn/Middleton area
Aspire EIP 781-593--2727
Northeast Arc EI-North Shore
978-774-7570
Greater Andover
The Professional Center 978-475-3806
Medford/Everett area
Criterion Medford EIP 781- 321-0645
Eliot EIP 781-306-4820
Reading/Stoneham area
Criterion Stoneham EIP 781-935-3855
- **Eliot Psychiatric Services** 781-861-0890
24/7 Crisis Line: 800-988-1111
Emergency mental health crises in Greater Everett, Malden, Lynn, Swampscott and Wakefield areas
- **Emergency Services Crisis Assistance** *Open 24 hours*
North Essex 866-523-1216
Metro North 800-988-1111
Greater Lawrence 877-255-1261
Emergency mental health crises

HEALTH

- **Good Grief Program** **617-414-4005**
www.bmc.org/programs/good-grief-program
At Boston Medical Center - Training for providers and teachers about children and grief; books, videos and other resources.
- **Greater Lawrence Family Health Center** **978-686-0090**
www.glfhc.org
34 Haverhill St., Lawrence 73D Winthrop Ave., Lawrence
150 Park St., Lawrence 700 Essex St., Lawrence
All centers offer free & low cost health care & are open on evenings, weekends & holiday. Has a low-cost pharmacy.
- **Healthcare for All** **800-272-4232**
www.hcfama.org **617-350-7279**
An advocacy organization with information about health care rights and insurance
- **Health Quarters** **www.healthq.org**
Beverly Office **978-705-4039**
Lawrence Office **978-705-6637**
High quality free or low-cost family planning and reproductive health care.
- **Healthy Gloucester Collaborative** **866-964-4603**
www.healthygloucestercoalition.wordpress.com
Sponsor support groups & other initiatives to reduce alcohol and other drug problems to youth, families and community.
- **Healthy Safety Net** **877-910-2100**
Pays acute care hospitals and community health centers for certain essential health care services provided to qualified uninsured and underinsured Massachusetts residents.
- **Healthy Start** **888-488-9161**
Insurance for eligible pregnant women and referrals to health care and other services

HEALTH

- **Massachusetts League of Community Health Centers** 617-426-2225
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
Full service pediatric hospital with a pediatric emergency department.
- **Medicaid/MassHealth** 888-665-9993
Health insurance for eligible families 617-573-1770
- **Mental Health America** 800-969-6642
www.mhanational.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
Peabody High School Student Health 978-536-4720
Salem High School Student Health 978-740-1220
- **N. Shore Medical Center Family Resource Center**
www.nsmcfamilyresourcecenter.org 978-354-2660
Organizes and runs workshops for children and families & a variety of family support programs.
- **North Shore Postpartum 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.
- **Postpartum Support International** **800-944-4773**
www.postpartum.net
Information for new parents and referrals to local providers and support groups
- **Samaritans of Merrimack Valley** **866-912-4673**
Free and confidential 24-hour phone befriending and Crisis Help line.
- **Samariteens (teen-to-teen line)** **800-252 TEEN**
24 hour teen help line. Confidential peer support From 3 p.m. to 9 p.m. on weekdays, & 9 a.m. to 9 p.m. on weekends, this service is staffed by volunteers between the ages of 15 & 18.
- **Scleroderma Foundation** **978-463-5843**
www.scleroderma.org
Danvers based- support groups, newsletter & other information for those with scleroderma.
- **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** **781-268-2400**
280 Union St, Lynn
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

- **A Bed for Every Child** **781-595-7570**
www.abedforeverychild.org
Works with public schools, as well as other community organizations, to provide access to free new twin beds for children in need throughout Massachusetts. Referral required.
- **Action Inc.** **978-282-1000**
www.actioninc.org
180 Main St., Gloucester
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
Northeast MA, Lawrence **978-922-2224**
MA Regional Headquarters, Medford **781-410-3670**
- **Centerboard** **781-598-9417**
Center Square - Lynn
North Shore home stabilization programs. Also run an Independent Living Program & a Teen Moms Program.
- **Citizens Inn** **978-531-9775**
Citizens Inn Transition Program

978-531-9951
www.citizensinn.org
40 Washington St., Peabody
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.
- **Community Services of Newburyport** **978-465-7562**
www.communityserviceofnewburyport.com
35 Summer St, Newburyport
Emergency services for Newbury, Newburyport and West Newbury residents.

HOUSING

- **Day Break** 978-975-4547
19 Winter St, 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
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 211
United Way of Massachusetts Bay 211
- **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.
- **The Bridge Fund** 617-875-0127
www.tbfo.org
All applicants must be referred.
Offers zero-interest loans or grants to low-income families & individuals who are at risk of losing their housing. Services also include counseling & planning related to: budgeting, career & job search, parenting issues & childcare among other areas.

HOUSING

- **Habitat for Humanity**
www.habitatforhumanity-northshore.com **781-598-0310**
Provides ownership opportunities to economically disadvantaged families.
- **Harborlight Community Partners** **978-922-1305**
www.harborlightcp.org
Provides housing with services primarily for low and moderate income people living in Southern Essex County.
- **Heading Home** **617-864-8140**
www.headinghomeinc.org
Providing emergency housing for families as well as services to promote permanent housing.
- **Housing Families** **781- 322-9119**
www.housingfamilies.org
354 Cross St, Malden
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	978-283-1234
Georgetown	978 352 6331
Ipswich	978-356-2860
Lynn	781-477-2800
Lynnfield	781 581 5783
Malden	781-322-9460
Marblehead	781 631 2580
Medford	781-396-7200
Melrose	781-665-1622
Middleton	978 774 4333
Newburyport	978-465-7216
North Reading	978-664-2982

HOUSING

- **Housing Authorities continued**
 - Peabody 978-531-1938
 - Reading 781-944-6755
 - Salem 978-744-4432
 - Topsfield 978-887-8407
- **Lazarus House** 978-689-8575
www.lazarushouse.org
48 Holly Street, Lawrence A homeless shelter for families and individuals
- **Lynn Shelter Association** 781-581-0739
www.lsahome.org
Shelter and support service to homeless individuals and families in the Greater Lynn area.
- **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
A Bed for Every child program provides beds for children in need. HomeLink program works to prevent homelessness.
- **Massachusetts Mortgage Foreclosure Assistance Hotline** 800-995-4673
Assistance and guidance for families facing foreclosure. Seeks delays from mortgage lenders for any Massachusetts homeowner facing imminent foreclosure who has filed a complaint with the Division.

HOUSING

- **Mission of Deeds** **781-944-9797**
www.missionofdeeds.org
6 Chapin Ave., Reading.
Provides furniture, household goods & other items free of charge to families & individuals in need. Also has a children's library. Individuals must live in Essex or Middlesex county to receive assistance.
- **North Shore Community Action Programs** **978-531-0767**
www.nscap.org
*Housing Development Program & emergency services including housing search, rental startup costs & short term subsidies. Also offers **free legal services** for housing issues.*
- **North Shore Community Development** **978-745-8071**
www.northshorecdc.org
96 Lafayette Street, Salem
Affordable housing programs, economic empowerment and self-determination for low and moderate income residents.
- **Salvation Army** **massachusetts.salvationarmy.org**
Lynn **781-598-0673**
Malden **781-324-1970**
Newburyport **978-465-0883**
Salem **978-744-5181**
Providing various services depending on location
- **YMCA of the North Shore** **978- 564-3460**
www.northshoreymca.org
The Y operates income based housing facilities in Beverly, Ipswich, Cape Ann and Haverhill for individuals & families.
- **Wellspring House** **978- 281-3558**
www.wellspringhouse.org
Gloucester based program providing homelessness prevention, emergency shelter placement, and help securing long term housing.

LEGAL ASSISTANCE

- **Children’s Law Center of Massachusetts** 781-581-1977
www.clcm.org
298 Union St, Lynn
Provides direct legal representation for indigent children in cases involving special education, early intervention, school issues, children in state custody, 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
www.mass.gov/orgs/essex-district-attorneys-office
Provides a wide range of services to crime victims, their family members and witnesses as mandated by the Victim Rights Law.
- **Essex Probate Court Lawyer of the Day** 978-744-1020
*Basic legal advice, help understanding laws, your rights, and assistance filling out forms First come first served.
Mon & Wed 9 am-12 pm.*
- **Massachusetts Advocates for Children** 617-357-8431
www.massadvocates.org
Advocacy for children who face barriers to equal educational and life opportunities, particularly those who have disabilities, are low income and/or are racially or linguistically diverse.
- **Massachusetts Child Support Enforcement** 800-332-2733
www.mass.gov/orgs/child-support-enforcement-division
Information of child support laws, filing claims and help with a specific case
- **Massachusetts Legal Assistance Corporation** 617-367-8544
www.mlac.org
Non-criminal legal services for income-eligible people

LEGAL ASSISTANCE

- **Mass Legal Help**
www.masslegalhelp.org
Mass Legal Help offers information about legal resources available for lower income MA residents.
- **Massachusetts Office on Disabilities** **800-322-2020**
Information, referrals and advocacy for people with disabilities. Intakes Mon, Tues, Thurs and Fri 9 AM - 4:30 PM; Weds 9 AM -1 PM
- **Massachusetts Legal Answers On-line** **mass.freelegalanswers.org**
Website where low income MA residents can post their non criminal legal question. Volunteer attorneys answer the question via the website.
- **National Consumer Law Center** **617-542-8010**
www.nclc.org
Basic information for consumers on critical consumer issues, including debt collection, credit card debt, telemarketing fraud, loss of utility services and other issues.
- **Neighborhood Legal Services, Inc.** **781-599-7730**
Lynn – www.neighborhoodlaw.org
Provides free civil legal assistance to low-income individuals and families throughout Northeastern Massachusetts
- **Northeast Legal Aid** **978-458-1465**
www.northeastlegalaid.org
Services include everything from community legal education to complex litigation. Income requirements except for victims of a crime.
- **Volunteer Lawyers Project** **617-423-0648**
www.vlpnet.org
High quality pro bono civil legal services to eligible clients in the Greater Boston area.

For additional legal information www.masslegalservices.org

Local Dentists Who Accept MA Health

Generations Dental Ctr	75 Herrick St, #212	Beverly 978-921-7575
N.S. Pediatric Dental-	900 Cummings Center	Beverly 978-236-1188
Dr. Lisa Campanella	Suite 116-T	
Kowalski Dental PC	39 Broadway	Beverly 978- 927-5247
MGH Dental Group	104 Endicott St #101	Danvers 978-882-6600
My Dental Danvers	139 Endicott Street.	Danvers 978-777-8111
Hallmark Dental	301 Newbury St.	Danvers 978-762-7411
Lilia Fiat	435 Newbury St.	Danvers 978-772-4455
Children's Dentistry	319 Lynnway	Lynn 781-599-5437
Alegre Dental	160 Market Street	Lynn 781-593-1133
Dental Dreams	41B State Street	Lynn 781-592-3200
ABC Dental	111 Foster Street	Peabody 978-532-2227
Vicki Zhu	6 Essex Center Dr. #204	Peabody 978-531-8911
Inhwan Hong	39 Cross Street	Peabody 978-531-2122
Perfect Dental	79 Lynnfield Street	Peabody 978- 587-3368
Dr. Parisa Safaei	62 Burrill Place	Swampscott 781- 599-4505
Salem Pediatric Dental	116 Highland Avenue	Salem 978-745-7363

This is just a sample list of dental care providers accepting MA Health.
For a complete listing please visit:

https://provider.masshealth-dental.net/MH_Find_a_Provider#/home



All listings contained in this guide are meant to be solely informational in nature and are not to be construed as endorsements or recommendations of any kind.

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Mailing Address: 27 Lowell Street, Peabody, MA

978-536-6543

www.cfceofthenorthshore.com



27 Lowell Street, Peabody, MA

978-531-1600

<https://peabody.k12.ma.us/>



MASSACHUSETTS

**Department of
Early Education and Care**

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