

# Regional Community Resource Guide



*Prepared by the North East Public Health Coalition  
Regional Public Health Specialist*

This resources guide was designed to assist the communities in the Merrimack Valley by connecting residents with essential services and support.

Inclusion in this roster does not constitute an official endorsement by the North East Public Health Coalition. Please note that the list may not include all available resources, as programs are subject to revisions. The resources featured here are updated bi-annually to the best of our ability.

For inquiries regarding updates, reporting outdated information, or seeking additional assistance, please contact the Regional Public Health Specialist at [slafreniere@tewksbury-ma.gov](mailto:slafreniere@tewksbury-ma.gov).



## **Table of Contents**

<b>24/7 Emergency/Crisis Lines.....</b>	<b>2</b>
<b>Animals.....</b>	<b>3</b>
<b>Disability Services.....</b>	<b>4</b>
Activities and Day Programs.....	5
Equipment and Home Assistance.....	5
<b>Domestic Violence.....</b>	<b>6</b>
<b>Elders and Aging Services.....</b>	<b>7</b>
<b>Employment &amp; Workforce Training.....</b>	<b>9</b>
<b>Faith-Based and Cultural Organizations.....</b>	<b>10</b>
<b>Food.....</b>	<b>11</b>
<b>Health Insurance Support.....</b>	<b>11</b>
<b>Hoarding.....</b>	<b>12</b>
<b>Household Goods Assistance.....</b>	<b>13</b>
<b>Housing Insecurity.....</b>	<b>14</b>
<b>Housing Repair and Utility Assistance.....</b>	<b>14</b>
<b>Immigrants, Refugees, Asylum, Seekers.....</b>	<b>15</b>
<b>Language and Learning Services.....</b>	<b>16</b>
<b>LGBTQIA+.....</b>	<b>17</b>
<b>Local Health Department Contacts.....</b>	<b>18</b>
<b>Local Support Groups.....</b>	<b>19</b>
<b>Mental Health Support.....</b>	<b>20</b>
Community Behavioral Health Centers:.....	20
Behavioral Health Urgent Care Sites:.....	20
<b>Substance Use Disorder Support.....</b>	<b>21</b>
Inpatient Programs.....	21
Outpatient Programs.....	22
Youth Substance Use Support.....	24
Recovery Support.....	24
Substance Use Support Groups.....	25
<b>Parenting Support.....</b>	<b>25</b>
Childcare/ Activities.....	26
<b>Transportation.....</b>	<b>27</b>
<b>VA Services.....</b>	<b>28</b>

## **24/7 Emergency/Crisis Lines**

### Medical Emergencies

- In case of Emergency
- Call 9-1-1

### Suicide and Crisis Line

- The 988 Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- Call or text 9-8-8

### Behavioral Health Helpline (BHHL)

- The (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.
- Call or text 833-773-2445

### Substance Use Helpline

- The Helpline is a resource for finding substance use, harm reduction, treatment, recovery, and problem gambling services.
- Call 800-327-5050
- Text HOPE to 800327

### Trevor Project

- Suicide and crisis intervention for young LGBTQIA+ persons. Crisis counselors available anytime.
- Call 866-488-7386
- Text START to 678678

### Veterans Crisis Line

- For any Veteran, service member, or any person concerned about one. The Veterans Crisis Line can help even if you're not enrolled in VA benefits or health care.
- Call 988 press extension 1
- Text 838255

### Safelink (Domestic/Dating Violence)

- SafeLink is Massachusetts domestic violence hotline and a resource for anyone affected by domestic or dating violence.
- Call 877-785-2020
- Text BEGIN to 88788

### Boston Area Rape and Crisis

- Volunteer counselors and staff are available to support survivors of sexual violence, their families, friends, and providers.
- Call 800-841-8371

### Poison Help Hotline

- FREE, 24 hour service providing professional medical advice to those who have been exposed to a poison.
- Call 800-222-1222

## **Animals**

### Chelmsford & Tyngsboro Animal Control

- The Animal Control Officer is responsible for helping the public deal with problems caused by animals. Some of these duties include picking up stray animals, barn inspections, quarantines, licensing and vaccination enforcement.

- In the event that an animal situation presents an immediate threat to life or danger to the public, please call 911.
- Call 978-256-0754, ext. 199

#### Billerica and Tewksbury Animal Control

- The Mission of the Animal Control Division is to provide safety to both animals and people in Billerica and Tewksbury. Educating the public, enforcing state and local laws and resolving issues in a timely manner while promoting the care and well being of all.
- In the event that an animal situation presents an immediate threat to life or danger to the public, please call 911.
- Call 978-215-9639

#### Billerica Cat Care Coalition - <https://www.billericacatcarecoalition.org/index.php>

- BCCC is a true no-kill cat rescue and adoption organization who assists feral (wild) and abandoned cats and their kittens. Promoting low-cost spay/neuter of companion animals and educating the public on local animal issues, including offering advice/assistance to residents dealing with homeless cat situations or needing to rehome a cat.

#### Catmobile - <https://mrfrs.org/catmobile/>

- Mobile program providing low cost spay/neuter, rabies vaccine and nail trim package for owned and feral cats.
- Call 978-465-1940

#### Lowell Humane Society - <https://www.lowellhumanesociety.org/>

- The purpose of the Society shall be to provide shelter, prevent cruelty to animals, and advocate for their welfare. Pet food pantry for those in need of pet food or other supplies. Call or fill out an online pet assistance request form If you are in need of spay/neuter, vet care or any other services for your pet.
- Call 978-452-7781
- 951 Broadway St, Lowell, MA 01854

#### MSPCA at Nevins Farm - <https://www.mspca.org/adoption-centers/nevins-farm-adoption-center/>

- MSPCA at Nevins Farm offers low cost spay/neuter pet surgeries, vaccinations, and pet food assistance for low income residents.
- If you are in need of assistance with your pet, please email [outreach@mspca.org](mailto:outreach@mspca.org).
- Call 978-687-7453
- 400 Broadway, Methuen, MA 01844

## **Disability Services**

#### Social Security Disability Insurance (SSDI) - <https://www.ssa.gov/disability>

- Social Security Disability Insurance (SSDI) provides monthly payments to people who have a disability that stops or limits their ability to work. Apply for benefits online or by phone.
- Call 800-772-1213
- For deaf or hard of hearing call 800-325-0778

#### Department of Developmental Services - <https://www.mass.gov/locations/dds-lowell-area-office>

- The Department of Developmental Services provides support for individuals with intellectual and developmental disabilities including Autism Spectrum Disorder to enhance opportunities to become fully engaged members of their community.
- Call 978-322-4300 (Office)
- Turning 22 Human Service Coordinator- Donna (978-322-4318)
- Child Adolescent Services Coordinator- Laurie (978-322-4339)
- Autism Human Services Coordinator- Steven (978-322-4302)
- 55 Technology Dr. Suite 202 Lowell, MA 01851

Massachusetts Rehabilitation Commission (MRC) -

<https://www.mass.gov/vocational-rehabilitation>

- Any individual with a disability can ask about getting services. Friends, relatives and health care providers can also refer an individual to MRC. Our services are designed to assist individuals with disabilities to make informed choices about work. Comprehensive career services including vocational assessment, job-driven training, resume preparation, job placement, and pre-employment transition services for students aged 16-22, alongside career counseling and access to a career resource room.
- Call 978-458-4544
- 55 Technology Drive, 2nd floor, Lowell, MA 01851

Disability Resource Center - <https://disabilityrc.org/>

- The Disability Resource Center is a consumer controlled and community-based agency that provides services and supports to individuals of all ages with any type of disability.
- Call 978-741-0077
- 27 Congress St # 107, Salem, MA 01970

Association for Autism and Neurodiversity (AANE) - <https://aane.org/services-programs/>

- Whether you are an Autistic adult or teen, a parent or family member, or a professional who works with the autism community. AANE has services, programs, and training for you in individual or group settings to provide information and build community.
- Call 617-393-3824
- 85 Main Street, Suite 3, Watertown, MA 02472

## Activities and Day Programs

Billerica Recreation Department Adaptive Programs -

<https://billericama.myrec.com/info/activities/default.aspx?type=activities>

- Billerica Recreation Department runs a few adaptive programs with varying start dates and activities. Check out their website for their current offerings!
- Call 978-671-0921

Strongwater Farm -

- Strongwater Farm offers therapeutic riding; an equine-assisted activity designed for the purpose of contributing positively to the cognitive, physical, emotional, and social well-being of people with disabilities.
- Call 978-851-5540
- 500 Livingston St., Tewksbury, MA 01876

Recreational Adult Resource Association (RARA) - <https://raraagency.org/index.htm>

- RARA strives to provide the best quality services and programs to developmentally challenged adults ranging from 18 years of age to senior citizens from the Merrimack Valley region.
- Call 978-453-5598
- Email: [office@RARAagency.org](mailto:office@RARAagency.org)
- 295 High Street, Lowell, MA 01852

The Paul Center - <https://thepaulcenter.org/>

- The Paul Center is dedicated to assisting individuals with disabilities in developing their maximum potential and independence. Providing unique educational, social, and recreational programs to the individuals and their families.
- Call 978-256-4396
- 39 Concord Rd. Chelmsford, MA 01824

Incompass Human Services -

<https://www.incompasshs.org/programs/at-our-facility/day-habilitation/>

- The day habilitation program helps your loved one develop their daily living, social, and physical skills, leading to increased independence and empowerment.
- Call 978-349-3000
- 4 Omni Way, Chelmsford, MA 01824

North East Educational and Developmental Support Center (NEEDS) -

<https://needsctr.org/services/>

- NEEDS offers a community based day support program to adults with developmental and intellectual disabilities. Skill development activities occur in the areas of communication, self-care, socialization, relationship-building, healthy living, self-advocacy and community involvement.
- Call 978-216-0300
- 1390 Main St, Tewksbury, MA 01876

## Equipment and Home Assistance

Requiment, Inc.- <https://dmereuse.org/>

- Each year, hundreds of Massachusetts residents donate the home medical equipment and assistive technology they no longer use to Requiment. The devices are refurbished and reassigned to older adults and individuals with disabilities, including children and veterans.
- Call 508-713-9690

Hospital Equipment Loan Program (H.E.L.P) - <https://smd-help.org/>

- Program administered by the Freemasons, located in Woburn and Wilmington. Offers free medical equipment for home use on loan.
- Call 781- 322-1052
- 500 West Cummings Park- Suite 1150 (Washington Street), Woburn, MA 01801

Community Teamwork's Home Modification Loan Program -

<https://www.commteam.org/program/home-modification-loans/>

- Income eligible homeowners can borrow up to \$50,000 in a deferred payment 0% loan, for home modifications to accommodate an elderly or disabled resident.
- Call 978-654-5741

Northeast Independent Living Program (NILP) - <https://www.nilp.org/>

- NILP is a peer-run Independent Living Center providing advocacy and services to people with all disabilities who wish to live independently in the community.
- Call 978-687-4288 ext. 125
- 20 Ballard Rd, Lawrence, MA 01843

Massachusetts Rehabilitation Commission (MRC) - <https://www.mass.gov/locations/mrc-lowell>

- MRC provides services that break down barriers and empower people with disabilities to live life on their own terms. Our programs focus on training and employment, community living, and disability determination for federal benefit programs.
- Call 978-458-4544
- 55 Technology Drive, 2nd floor, Lowell, MA 01851

## **Domestic Violence**

The Center for Hope and Healing Inc. - <https://chhinc.org/>

- The Center for Hope and Healing provides trauma and resilience-informed support and safe spaces for survivors to heal through its free and confidential counseling, legal and medical advocacy, and 24-hour crisis hotline.
- Call 978-452-7721
- 15 Hurd St. Lowell, MA 01852

Saheli - <https://saheliboston.org/>

- Today Saheli is a non-profit that offers many cultural and language-specific services to South Asian and Arab domestic violence survivors and their children. Providing support groups, economic empowerment programs, financial literacy workshops, and legal advocacy.
- Call 866-472-4354
- iMessage/Text/WhatsApp: 1-781-999-1056

REACH - <https://reachma.org/>

- The Reach Organization provides safety and shelter, community-based advocacy, education, prevention, and community engagement initiatives.
- Call 781-891-0724 (Office)
- Call 800-899-4000 (Hotline)
- Email: [info@reachma.org](mailto:info@reachma.org)

Respond - <https://www.respondinc.org/>

- The Respond organization offers community intervention, education, law enforcement partnership programs, residential services programs, and housing programs.
- Call 617-623-5900
- Email: [info@respondinc.org](mailto:info@respondinc.org)

Alternative House - <https://www.alternative-house.org/>

- Alternative House has provided comprehensive domestic violence services in the Greater Lowell area for over forty years. Alternative House has staff available 24/7, 365.

Services include: court accompaniment, emergency shelter, relocation services, housing search and financial support. We can be reached by phone and email.

- Support groups offered in person and virtually. Contact the Alternative house for the times!
- Email [info@alternative-house.org](mailto:info@alternative-house.org)
- Reachable 24/7 via our hotline 1-888-291-6228

Asian Task Force Against Domestic Violence - <https://www.atask.org/about-us/what-we-do/>

- ATASK is a nonprofit, community organization serving pan-Asian survivors of domestic and intimate partner violence. We provide services in Greater Boston and Greater Lowell and offer limited assistance in other cities throughout Massachusetts and New England. We currently provide services over 20 Asian languages and dialects. Our mission is to prevent domestic and intimate partner violence in Asian families and communities and to provide hope to survivors.
- Call 617-338-2350

## **Elders and Aging Services**

Councils On Aging/Senior Centers -

- Senior centers offer a variety of enriching opportunities such as classes, therapy sessions, transportation services, and tailored programs designed to support residents aged 60 and above. They serve as crucial community hubs providing essential assistance and fostering social engagement among older adults. They can be a great starting point to find resources in your community.
- Billerica Council on Aging - <https://www.billericacoa.org/>
  - 978-671-0916
  - 25 Concord Rd Billerica, MA 01821-2517
- Chelmsford Senior Center/ Council on Aging - <https://www.chelmsfordma.gov/223/Senior-Center-Council-on-Aging>
  - 978-251-0533
  - 75 Groton Road North Chelmsford, MA 01863
- Tewksbury Council on Aging - <https://www.tewksbury-ma.gov/459/Council-on-Aging>
  - 978-640-4480
  - 175 Chandler Street Tewksbury, MA 01876
- Tyngsborough Senior Center - <https://www.tyngsboroughma.gov/266/Senior-Center>
  - 978-649-9211
  - 169 Westford Road, Tyngsborough, MA 01879

AgeSpan - <https://agespan.org/>

- AgeSpan is a Massachusetts Aging Services Access Point (ASAP), an Area Agency on Aging (AAA), and designated Protective Services Provider. Agespan provides a wide range of services including referrals, care options, nutrition services, housing support, health and wellness resources, Medicare assistance, behavioral health support, financial resources, health equity initiatives, protective services, and family caregiver support.
- Call 1-800-892-0890
- 280 Merrimack St., Suite 400, Lawrence, MA 01843

Behavioral Health Outreach for Aging Populations



- Support groups, counseling, case management referrals, and more! Serving Tewksbury, Billerica, Chelmsford, Tyngsborough, and Wilmington.
- Contact Christina Hess, LCSW Outreach Coordinator / Behavioral Health Outreach for Aging Populations Program Manager
  - Call 978-640-4480x 290

#### Chelmsford Respite Care & Caregiver Support

- This cost-effective program (for local area residents) allows the caregiver much needed personal time for themselves, out of the house, getting a break, while the Client receives supervision through activities, a light meal (if needed) and companionship. The program is managed by a Companion Coordinator with an experienced staff of Companions available to meet the needs of each client.
- Call April Hunt at 978-788-6178 or email [ahunt@ChelmsfordMA.gov](mailto:ahunt@ChelmsfordMA.gov)

#### SHINE (Serving the Health Insurance Needs of Everyone) -

<https://www.mass.gov/info-details/serving-the-health-insurance-needs-of-everyone-shine-program#find-a-shine-counselor->

- Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers.
- Call 978-946-1374

#### Legal Help for Elders - <https://www.mass.gov/legal-help-for-elders>

- Volunteer Lawyers Project of Boston providing free legal information and referral services to Massachusetts residents who are 60 years old or older.
- Call 800-342-5297

#### Merrimack Valley Food Bank Mobile Pantry - <https://mvfb.org/programs/mobile-pantry/>

- The Mobile Pantry is a community-based health and nutrition service program that offers home delivery of nutritious foods tailored to meet the health and dietary requirements of low income, homebound elderly and disabled individuals.
- 978-454-7272

#### Cash Assistance through the DTA (Department of Transitional Assistance) -

<https://www.mass.gov/orgs/departement-of-transitional-assistance>

- Program provides Emergency cash aid to the Elderly, Disabled, and Children (EAEDC). The benefits include 2 monthly payments, health insurance, and employment support while you work to get back on your feet.
- (877) 382-2363

#### Merrimack Valley Senior Housing (MVSH) -

<https://www.commteam.org/program/merrimack-valley-senior-housing-mvsh-fka-merrimack-valley-housing-services/>

- Merrimack Valley Senior Housing Services, Inc (MVSH) is a Community Teamwork subsidiary that owns and operates the Merrimack Valley Apartments in Methuen, a 60-unit HUD 202 Project for elderly and handicapped residents.
- Call 978-459-0551

#### Lifecycle Senior Services, LLC - <https://lifecyclepro.com/>

- Sifting, sorting, and organizing. Facilitates what to gift, auction, donate, dispose. Estate liquidation; digital inventory service.
- Call 617-202-8326

- E-mail: [info@lifecyclepro.com](mailto:info@lifecyclepro.com)
- 50 School St, Carlisle, MA 01741

## Equipment

Please see Equipment and Home Assistance under the Disability Services section.

## **Employment & Workforce Training**

MassHire Lowell Career Center - <https://masshirelowellcc.com/>

- The MassHire Lowell Career Center is part of the Massachusetts One-Stop Career Center System serving the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsborough and Westford. Through this model, local employment and training services have been consolidated to build a strong workforce development system.
- Call 978-458-2503
- 107 Merrimack Street Lowell, MA 01852

VIP Employment - <https://www.vipemployment.net/>

- VIP Employment Solutions, is a Massachusetts based temporary and permanent placement staffing agency that also services the New Hampshire market. We specialize in professional, administrative, and skilled manufacturing staffing solutions.
- Call 978-298-4469
- 1501 Main Street, Unit 22 Tewksbury MA 01876

Youthbuild - <https://www.commteam.org/program/youthbuild/>

- Community Teamwork's YouthBuild is a program for young adults between the ages of 16 and 24 who have dropped out of school and are ready to embrace a second chance to receive educational and vocational training to achieve success.
- Call Siobhan Sheehan 978-446-9803

UTEC Workforce Development - <https://utecinc.org/>

- Social enterprises (Mattress Recycling, Food Services, and Woodworking) offer young adults a space where they can get paid work experience and progress at their own pace to develop the job and life skills required to achieve independent success.
- Call 978-856-3902
- Email: [info@utecinc.org](mailto:info@utecinc.org)

## **Faith-Based and Cultural Organizations**

Bhakta Samaj Center - <https://www.bhaktasamajusa.org/>

- This organization engages in regular religious activities such as prayers and spiritual discourse, cultural activities like Indian dances and musical events, and educational initiatives such as teaching Indian epics and languages. They also organize social events, publish a regular bulletin, conduct fundraising programs, and focus on youth development through various activities including sports, debates, and cultural pursuits.
- Email: [info@bhaktasamajusa.org](mailto:info@bhaktasamajusa.org)

- 147 Frost Rd, Tyngsborough, MA 01879

Cambodian Mutual Assistance Association's (CMAA) - <https://www.cmaalowell.org/>

- CMAA is proud to be one of the leading nonprofits serving the Cambodian-American community with a wide range of programs and services designed to help people overcome the challenges they face. The organization offers civic engagement opportunities, Khmer language services, the Monorom family support program, special projects, and dedicated youth services to support the community comprehensively.
- Call 978-454-6200
- Email: [info@cmaalowell.org](mailto:info@cmaalowell.org)
- 465 School St. Lowell, MA 01851

American Wisdom Association - <https://wisdom-temple.org/en/#about-us>

- The Buddhist organization provides member services and hosts social events centered around Buddhist activities.
- Call 978-663-6014
- 7 Marshall St, Billerica, MA 01821

African community Center of Lowell - <https://www.acclowell.org/>

- To equip African immigrants and refugees in the Greater Lowell area with resources to be actively engaged community members, through educational, social and cultural initiatives
- Call 978-364 0218
- Email: [info@acclowell.org](mailto:info@acclowell.org)
- 99 Church St, Lowell, MA 01852

Latinx Community Center For Empowerment - <https://www.latinxcenter.org/>

- Team of specialists providing coordinated access to the Latinx community with the purpose of promoting empowerment. We offer education, information, support, and solutions.
- Call 978-319-4097
- Email [info@latinxcenter.org](mailto:info@latinxcenter.org)
- 9 Central St. Suite 201, Lowell, MA, United States, Massachusetts

## **Food**

Project Bread - <https://projectbread.org/foodsource-hotline>

- You can find information about food programs in your community or chat with Project Bread's counselors.
- Call 1-800-645-8333

Chelmsford Food Pantry - <https://chelmsfordfoodpantry.org/>

- Call 978-746-6914
- 50 Rear Billerica Road, Chelmsford, MA- In Beige Trailer

Billerica Community Pantry - <https://billericacommunitypantry.com/>

- Call 978-357-7560
- Email – [billericapantry@gmail.com](mailto:billericapantry@gmail.com)
- 67 Alexander Rd, Billerica, MA 01821

Tewksbury Community Pantry - <https://tewksburypantry.org/>

- Call 978-858-2273
- 999 Whipple Road, Tewksbury, MA 01876

Merrimack Valley Food Pantry - <https://mvfb.org/>

- Call 978-454-7272
- 1703 Middlesex St, Lowell, MA 01851

Open Pantry of Greater Lowell - <https://theopenpantry.org/>

- Call 978-453-6693
- 13 Hurd Street, Lowell, MA 01852

Grace Lutheran Food Pantry - <https://www.gracelutherannashua.org/FoodPantry>

- Call 603-888-7579
- 130 Spit Brook Road Nashua, NH 03062

Department of Transitional Services -

<https://www.mass.gov/locations/dta-lowell-transitional-assistance-office>

- DTA's local office lobby is open for services, including new self-service options. You can use our phones, copiers, or kiosks to apply for benefits or manage your case. DTA staff and interpreters are available to assist you. You can apply for EBT card, SNAP, TAFDC, and EAEDC online at [DTAConnect.com](https://DTAConnect.com) or over the phone on the DTA Assistance Line at 877-382-2363 (press 7) (help in over 100 languages).
- Call 978-446-2400 for Lowell Office
- DTA Assistance Line at 877-382-2363 (press 7)
  - Apply for services over the phone)
  - Help in over 100 languages
- Lowell Office: 131 Davidson St, Lowell, MA 01852

## **Health Insurance Support**

MassHealth - <https://www.masshealthchoices.com/en/enroll>

- MassHealth is the state Medicaid program. It serves people with limited income or disabilities.
- Call 1-800-841-2900 (multiple languages available)

MassHealth Enrollment Center -

<https://www.mass.gov/info-details/masshealth-enrollment-centers-mecs>

- The Enrollment Centers are open for limited walk-in visits to help you apply for MassHealth.
- Call 888-665-9993
- 367 East Street, Tewksbury, MA 01876

Medicare - <https://www.medicare.gov/>

- Medicare is health insurance for people 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

Supporting the Health Care Needs of Everyone (SHINE) -

<https://www.mass.gov/info-details/serving-the-health-insurance-needs-of-everyone-shine-program>

- Providing free health insurance information and assistance for Medicare eligible adults and their caregivers.
- Call 978-946-1374
- 280 Merrimack Street, Suite 400, Lawrence, MA 01843

Health Care For All - <https://hcfama.org/health-insurance-help/>

- The Health Care For All Helpline is a free multi-lingual statewide resource to help consumers with health coverage.
- Call 800-272-4232

## **Hoarding**

AgeSpan - <https://agespan.org/solutions/behavioral-health/>

- For people and families struggling with excessive clutter and hoarding, AgeSpan can connect them with safe, non-judgmental support. Hoarding and Cluttering programs provide a range of services, including support groups, individual and family counseling, crisis management, and education.
- Call 1-800-892-0890

Lifecycle Senior Services, LLC - <https://lifecyclepro.com/>

- Sifting, sorting, and organizing. Cleanouts simple clutter to heavy or hazmat cleaning.
- Call 617-202-8326
- E-mail: [info@lifecyclepro.com](mailto:info@lifecyclepro.com)
- 50 School St, Carlisle, MA 01741

Bio Pro Boston - <https://bioproboston.com/>

- Servicing most of Massachusetts, Hoarding and clutter clean out services, odor and sewage backups, rodent droppings cleanup.
- Call 978-380-4075
- [jim@bioproboston.com](mailto:jim@bioproboston.com)

Mass Housing Hoarding Resources -

<https://www.masshousing.com/programs-outreach/housing-stability/partnership-programs/hoarding>

- Educational resources, support groups, treatment, and other helpful information regarding hoarding.
- Call 617-854-1000

Buried in Treasures and CBT for Hoarding Disorder Workshops offered for free near you!

- Multiple week free courses offered to residents to create healthy habits around discarding.
- Please see the Local Health Department contact section to contact your local health department for current offerings!

## **Household Goods Assistance**

Project Home Again - <https://www.phama.org/>

- Project Home Again furnishes the homes of people in need, free of charge.
- Call 978-409-1930

- Email [info@phama.org](mailto:info@phama.org)
  - [123 Tewksbury Street, Andover, MA 01810](#)
- Household Goods, Inc. - <https://www.householdgoods.org/>
- Call 978-635-1710
  - 530 Main St., Acton, MA
- Mission of Deeds - <https://www.missionofdeeds.org/client-services/#agencies>
- Mission of Deeds has assisted individuals and families in need, living in the Massachusetts counties of Middlesex and Essex as well as the Suffolk County communities of Chelsea, Revere, and Winthrop. Must be referred by an agency.
  - Call 781-944-9797
  - Email [info@missionofdeeds.org](mailto:info@missionofdeeds.org)
- Thrift Shop Evangelical Congregational Church of Tyngsboro
- Call 978-649-2262 for hours
  - 23 Kendall Road, Tyngsboro, MA 01879
- The Wish Project - <https://www.thewishproject.org/>
- Call 866-947-4360
  - 166 Middlesex Street North Chelmsford MA
- Salvation Army - <https://www.salvationarmyusa.org/usn/>
- Call 603-880-0271
  - 217 West Hollis, Nashua, NH
- Career Closet - <https://www.tailoredforsuccess.org/career-closet>
- Career Closet is stocked with new and gently used business clothing that is distributed free of charge to participants of all genders in our programs.
  - Call 781-324-0499
  - Email [ehart@tailoredforsuccess.org](mailto:ehart@tailoredforsuccess.org)
  - 100 Trade Center Park, Suite G100 Woburn, MA 01801

## **Housing Insecurity**

- Emmaus Family Shelter - <https://emmausinc.org/emergency-shelter/>
- The Emmaus Family Shelter program provides emergency shelter for up to 54 homeless families at one time in congregate shelter and apartments.
- Lowell Transitional Living Center - <https://smoc.org/service/lowell-transitional-living-center/>
- Lowell Transitional Living Center is an emergency shelter for unaccompanied individuals over 18 years of age experiencing homelessness. In addition to emergency shelter, LTLC provides case management and referrals to community-based resources.
  - Call 978-459-9888
  - Email [info@ltlc.org](mailto:info@ltlc.org)
- House of Hope Shelter- <https://houseofhopelowell.org/about-us/mission/>
- Temporary shelter, provides advocacy and care for homeless families.
  - Call 978-458-2870
  - [info@houseofhopelowell.org](mailto:info@houseofhopelowell.org)
  - 812 Merrimack Street, Lowell MA, 01854
- Community Teamwork Youth Services - <https://www.commteam.org/program/youth-services/>

- Youth Services is geared to provide support for youth and young adults between the ages of 16 and 24 who struggle with housing instability and emotional barriers.
- Call 978-905-7385

Project Kompass - <https://projectkompass.org/>

- Safe and nurturing space where young adults could stay for a longer period of time while we created a personalized development plan to help them gain the necessary skills, training and financial resources to move towards permanent housing independence. Offering transitional, parenting, jumpstart, and scholarship programs.
- Call 978-710-4225
- Email [Info@projectkompass.org](mailto:Info@projectkompass.org)
- North Chelmsford, MA 01863

Massachusetts Housing Assistance: Emergency and Long-Term Help -

<https://www.mass.gov/info-details/massachusetts-housing-assistance-emergency-and-long-term-help>

- This guide is for people who need help with housing. This includes emergency shelter for people facing homelessness, assistance and guidance for people facing eviction, short- and long-term support paying for rent and utilities, and resources for finding affordable housing (Public Housing, rental vouchers, and finding affordable rents or mortgages).
- Call for Emergency Family Shelter: 866-584-0653
- Call 617-573-1100
- Email [Housing.Help@mass.gov](mailto:Housing.Help@mass.gov)

## **Housing Repair and Utility Assistance**

Community Teamwork Home Loans -

<https://www.commteam.org/program/home-modification-loans/>

- The Home Modification Loan Program helps families and individuals modify their homes for improved accessibility to allow family members living in the home who are elderly or disabled to continue living independently. The program provides interest-free loans to homeowners who need to modify their homes because one or more people living in their home is elderly or disabled.
- Call 978-654-5741

Community Teamwork Energy and Utility Assistance -

<https://www.commteam.org/program/weatherization-and-conservation/>

- Energy and utility programs offer a host of heating and conservation programs to help families stay safe and warm each winter, including fuel assistance, weatherization and burner repair/replacement.

Massachusetts Good Neighbor Energy Fund-

<http://www.magoodneighbor.org/assistance.html>

- The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.



- Call: 978-458-3396

Southern New England Rural Development State Office -

<https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants>

- Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.
- Call 508-829-4477 Ext. 4
- 52 Boyden Road, Holden, MA 01520

Tenancy Preservation Program -

<https://www.mass.gov/info-details/tenancy-preservation-program>

- The Tenancy Preservation Program (TPP) is a homelessness prevention program. TPP works with tenants, including families with children with disabilities, facing eviction as a result of behavior related to a disability (e.g. mental illness, intellectual disability, substance abuse, aging related impairments). TPP functions as a neutral party to the landlord and tenant.

RAFT- <https://www.mass.gov/how-to/apply-for-raft-emergency-help-for-housing-costs>

- The Residential Assistance for Families in Transition (RAFT) program provides up to \$7,000 per household within a 12-month period to help you keep your current housing or to move. RAFT can cover overdue rent, utilities, moving costs, and mortgage costs.
- Call 2-1-1

## **Immigrants, Refugees, Asylum, Seekers**

International Institute of New England - <https://iine.org/what-we-do/>

- Refugee resettlement, case management, educational support, specialized services for asylees and Cuban-Haitian entrants, employment assistance, involvement in community activities, citizenship services, and skill development.
- Call 978-459-9031
- 101 Jackson Street, Suite 2, Lowell, MA 01852

Ace Center For New Americans -

<https://www.acefornewamericans.org/contact#:~:text=The%20ACE%20Center%20for%20New.t hose%20that%20need%20it%20most.>

- The ACE Center for New Americans exists to create opportunities for refugees and immigrants to succeed on their journey to becoming citizens. Contact us if you need assistance or are able to help provide for those that need it most.
- Call 978-455-2073
- 99 Church Street, Lowell, MA 01852

Lowell Alliance - <https://www.lowellalliance.org/immigrants-and-refugees>

- Lowell Alliance is committed to collaborating with other agencies, residents, and city government to create a comprehensive support system for Lowell's immigrant and refugee communities. You'll find materials here on our website that address critical, current immigrant-refugee issues. We are engaged in the following initiatives and activities to strengthen and coordinate assistance to newcomers in Lowell.



- Call 978-710-9746
- Luciano Paskevicius(Spanish/English): Lpaskevicius@ywcaoflowell.org
  - Call 617-248 - 8813
- 97 Central St, Unit 302, Lowell MA 01852

Merrimack Valley Immigrant and Education Center - <https://mviec.org/>

- A multilingual community- based non-profit organization working for the growth and development of the entire immigrant community. The Center's diversity encourages the sharing of culture, customs and language that promotes a nurturing community of unity and trust.
- Call 978-683-7316
- 439 South Union Street, Lawrence, MA
- info@mviec.org

African Community Center of Lowell - <https://www.acclowell.org/>

- To equip African immigrants and refugees in the Greater Lowell area with resources to be actively engaged community members, through educational, social and cultural initiatives
- Call 978-364 0218
- Email: info@acclowell.org
- 99 Church St, Lowell, MA 01852

Lowell Community Health Center -

<https://www.lchealth.org/health-wellness/medical-services/metta-health-center/>

- Providing a wide range of services tailored to the unique needs of refugees, asylum seekers, immigrants, and all who have been forcibly displaced from anywhere across the globe.
- Call 978-937-700
- 161 Jackson Street, Lowell, MA 01852

## **Language and Learning Services**

English at Large - <https://www.englishatlarge.org/>

- Non-profit that offers English language learning programs
- Call 781-395-2374
- [info@englishatlarge.org](mailto:info@englishatlarge.org)

Transparent Language - <https://library.transparent.com/massachusetts/game/ng/#/about>

- Free for Massachusetts, *Transparent Language Online* provides a fun, effective, and engaging experience for online language learners of all levels. It provides unlimited access to more than 120 languages, including ESL for speakers of over 26 languages, and 12+ Indigenous languages. Lessons and course materials are designed to build listening, speaking, reading, and writing skills. *Transparent Language Online* is also available as an app for iOS and Android.
- Customer service email: support@transparent.com

Conversation Circles at Chelmsford Library -

<https://www.chelmsfordlibrary.org/programs/conversation-circles/>

- The Library's Conversation Circles are volunteer-led casual gatherings aimed at helping people improve their language skills by speaking and interacting with other learners. All Conversation Circles are free and open to the public.
- Contact Jianna Christopher (978-256-5521 extension 1107) with questions about our Conversation Circles.

UTEC - <https://utecinc.org/>

- Onsite education helps young people prepare to take the multi-part HiSET test to earn a high-school equivalency credential. Our small classes, tailored instruction, and extra support make a big difference for young people who have often been out of the classroom for several years before coming to UTEC.
- Call 978-856-3902
- Email: [info@utecinc.org](mailto:info@utecinc.org)

Abisi Adult Learning Center - <https://www.lowell.k12.ma.us/Page/61>

- Offering English, GED, and HiSET classes. Our classes are FREE to adult residents of the Greater Lowell area, thanks to funding from Lowell Public Schools and the Massachusetts Department of Elementary and Secondary Education.
- Call 978-937-8989
- 408 Merrimack Street, Lowell, MA 01854

## **LGBTQIA+**

Acton/Littleton MA Gay Men's Breakfast Club -

<https://www.facebook.com/groups/995413984777196/about>

- Social breakfast club
- See Facebook group for details

LGBTQIA+ Youth/Adult Support Groups -

- This safe environment will enable people to connect with peers who may share similar challenges, provide mutual encouragement, and access valuable resources and coping strategies. Contact for more details and dates.
- Tewksbury, Ma
- Call 978-382-4989
- Email: [mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

Merrimack Valley AGLY (McVAGLY) - <https://www.facebook.com/McVagly/>

- Merrimack Valley Alliance of Gay, Lesbian, Bisexual and Transgender Youth. Each LGBTQ youth group in the AGLY Network offers a variety of social support programming and development opportunities that build on the strengths and abilities of LGBTQ young people across the state.
- Contact the Facebook page for more information

Transgender Club of New England - <https://tcne.org/>

- Offers social activities, volunteer opportunities, and resources for transgender adults!
- Email [info@tcne.org](mailto:info@tcne.org)

Gay and Lesbian Medical Association - <https://glma.org/>

- The mission of the Gay & Lesbian Medical Association (GLMA) is to ensure equality in health care for lesbian, gay, bisexual and transgender (LGBT) individuals and health care providers. GLMA's work in LGBT health also encompasses issues that relate closely to health and wellness.

Fenway Health- <https://fenwayhealth.org/>

- Fenway Health advocates for and delivers innovative, equitable, accessible health care, supportive services, and transformative research and education. We center LGBTQIA+ people, BIPOC individuals, and other underserved communities to enable our local, national, and global neighbors to flourish.
- Call: 617-267-0900

## **Local Health Department Contacts**

Reach out to these contacts for specific information to your town and see what services they are currently offering and how they can assist you!

Billerica-

- Bethany Slack - Community Services Coordinator
- Call 978-215-1903
- Email [csc@town.billerica.ma.us](mailto:csc@town.billerica.ma.us)

Chelmsford-

- Taryn Angel - Public Health & Wellness Coordinator
- Call 978-250-5241
- 50 Billerica Rd, Chelmsford, MA, 01824, USA

Tewksbury & Tyngsborough -

- Siobhan LaFreniere - Regional Public Health Specialist
- 978-640-4300 ext. 602
- 1009 Main St, Tewksbury, MA 01876

## **Local Support Groups**

Depression and Bipolar Support Alliance Lowell - <https://www.dbsalowell.com/>

- Our meetings are open to anyone who suffers from the symptoms of a mood disorder, and their families and friends. It is a supportive, trustworthy, respectful, nonjudgmental atmosphere to share strategies, tips, and experiences to help others cope successfully with the effects of mental illness. Due to the sensitivity of the issues discussed and for the privacy of our members, participants in the group must be at least 18 years of age.
- Text or Leave a message at 978-743-9614

NAMI Family Support Groups - <https://namimass.org/nami-family-support-groups/#northeastern>

- Free groups for family members, friends, and other caregivers of people diagnosed with mental health conditions. Family Support Groups provide a nonjudgmental environment where caregivers can discuss concerns, learn about local resources, and benefit from one another's collective knowledge and experience. Led by NAMI-trained facilitators who are also family members, they provide comfort, hope, and a sense of community.

- See website for meetings; Acton, Bedford, Burlington, and Lowell
- Call 617-286-7607

Depression and Anxiety Support Group -

<https://www.chelmsfordma.gov/AgendaCenter/ViewFile/Item/4082?fileID=7210>

- Hosted by the Chelmsford Health Department
- Call 978-250-5241 for more details

Family Substance Use Support Groups

- Families Anonymous [www.familiesanonymous.org](http://www.familiesanonymous.org)
- Learn to Cope- Peer led support network for families dealing with addiction and recovery
- <https://learn2cope.org/>

New England Region Narcotics Anonymous - <https://nerna.org/>

- NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. Ours is a program of total abstinence from all drugs. The only requirement for membership is the desire to stop using.
- Call 1-866-NA-HELP-U

District 21 Alcoholics Anonymous - <https://www.aaemassd21.org/>

- Serving Bedford, Billerica, Burlington, Carlisle, Chelmsford, Dracut, Lowell, North Reading, Reading, Tewksbury, Tyngsboro, Westford, Wilmington, Woburn
- Email [info@aaemassd21.org](mailto:info@aaemassd21.org)

Rock Steady Boxing (Parkinson's Boxing Group) -

<https://members.rocksteadyboxing.org/member-directory/Details/sls-fitness-2829858>

- The mission of Rock Steady Boxing is to equip our affiliates and empower the coaches to improve the quality of life of people with Parkinson's disease through a non-contact, boxing-based fitness curriculum.
- Call 978-459-5959
- 345 Chelmsford St, Lowell, MA, 01851 United States

## **Mental Health Support**

Behavioral Health Unit - <https://tewksburypolice.com/behavioral-health-unit/>

- The Behavioral Health Unit is a mental health collaborative consisting of Tewksbury, Billerica, Dracut, Chelmsford, and Tyngsborough Police Departments. Able to make referrals for community-based services, such as for non-acute levels of care and case management. Supporting community initiatives for better health, wellness, and mental health.
- Call 978-215-9642
- 918 Main Street, Tewksbury, MA

### **Community Behavioral Health Centers:**

A community behavioral health center offers a range of mental health and substance abuse services. These may include counseling, therapy, psychiatric evaluation and medication management, crisis intervention, and support groups. They aim to provide accessible and

comprehensive care to individuals and families within the community, often tailored to meet diverse needs and demographics.

Vinfen - <https://vinfen.org/services/cbhc/>

- Call 866-388-2242
- 391 Varnum Ave, Lowell, MA 08154

Advocates - <https://advocates.org/services/cbhc>

- Call 800-540-5806
- 675 Main Street, Waltham, MA 02452

Beth Israel Lahey Health Behavioral Health Center -

<https://bilhbehavioral.org/services/community-behavioral-health-center>

- Call 877-255-1261
- 12 Methuen St, Lawrence, MA 01840

### Behavioral Health Urgent Care Sites:

A behavioral health urgent care facility offers immediate and specialized services for individuals experiencing acute mental health crises or urgent behavioral health needs. These centers provide rapid access to psychiatric evaluations, crisis stabilization, medication management, and short-term interventions. They play a critical role in preventing hospitalizations and supporting individuals during times of heightened emotional distress or instability.

MetroWest Behavioral Health Center -

<https://jri.org/services/behavioral-health-and-trauma/metrowest-bhc>

- Call 978-264-3500
- 360 Massachusetts Avenue, Suite 103, Acton, MA 01720

Eliot Human Services - <https://www.eliotchs.org/behavioral-health-clinics/>

- Call 978-369-1113
- 86 Baker Avenue, Extension 100, Concord, MA 01742

Northeast Health Services - <https://nehs.transformationsnetwork.com/individual-locations/lowell/>

- Call 978-690-3113
- 59 Lowes Way, Lowell, MA 01851

Trinity Care Associates - <https://tri-cares.com/>

- Call 508-663-3859
- 100 Merrimack Street, Lowell, MA 01852

Northeast Health Services -

<https://nehs.transformationsnetwork.com/individual-locations/woburn-ma/>

- 508-663-3859
- 50 Tower Office Park, Woburn, MA 01801

Clubhouses: A Clubhouse is a community-based service dedicated to supporting and empowering people living with mental illness, known as Clubhouse members.

Renaissance Club - <https://renaissanceclublowell.org/about-us/> (Lowell, MA)

- Call 978-454-7944

- Lowell, MA

Charles Webster Potter Place - <https://www.edinburgcenter.org/charles-webster-potter-place/>

- Call Jillian Orr (Program Director)- 781-894-5302
- 15 Vernon Street, Waltham, MA 02453

### Youth Mental Health Resources

YouthQuake - <https://www.facebook.com/YouthQuakeAccessCenter/>

- Drop in center. Young adults can receive support for housing, education, attend events, and access support for managing their mental health without the need for a referral.
- 167 Dutton Street, Floor 3 Lowell, Massachusetts 01852
- Call 617-404-5505

Youth Mental Health First Aid Training

- Reach out to [slafreneire@tewksbury-ma.gov](mailto:slafreneire@tewksbury-ma.gov) for class offerings.

Handhold-<https://handholdma.org/>

- Guiding your child's mental health journey. A collection of resources that you can try at home today and organizations that we know can help.

Hey Sam- <https://samaritanshope.org/our-services/hey-sam/>

- Hey Sam is a dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, free, confidential, and nonjudgmental.
- Text 439-726
- Texting Hours: 9am-Midnight

## **Substance Use Disorder Support**

### Inpatient Programs

Megan's House - <https://themeganhouse.org/programs/megans-house/>

- Megan's House is a therapeutic community for young women suffering from Substance Use Disorder. The residents participate in a long-term, comprehensive treatment program for up to six months (or longer if needed) to forge a personalized path to sustained, long-term recovery.
- Call 978-455-6973
- Lowell, MA

Lowell House Inc.- <https://www.lowellhouseinc.org/residential-programs>

- Recovery homes and Residential Rehabilitation Co-Occurring Enhanced (RRS/COE) program for both men and women, must be 18 years or older.
- For more information contact Division Director of Residential Services, Victoria Nesto at 978-459-8656 x129 or [VNesto@lowellhouseinc.org](mailto:VNesto@lowellhouseinc.org).
- 101 Jackson Street, 4th Floor, Lowell, MA 01852

## Outpatient Programs

Lowell House Addiction Treatment & Recovery SOAP 101 Jackson Street, 4th Floor, Lowell  
Call: 978-459-8656

Trinity Care Intensive Outpatient Program - <https://www.tri-cares.com/intensive-outpatient.php>

- Trinity Care Associates' Intensive Outpatient Program, or IOP, is designed to provide a concentrated, time limited, comprehensive therapeutic environment for the treatment of mental health and substance abuse issues.
- Call: 978-455-0756
- 100 Merrimack Street, Suite 205, Lowell

Aftermath Addiction Treatment Center -

<https://aftermathtreatmentcenter.com/programs/intensive-outpatient-program/>

- Our IOP provides evidence-based treatment for drug and alcohol addiction while allowing our clients to go to work and live at home. Our program is an ideal blend of structure and flexibility. Our IOP caters to those who need support in their sobriety journey but have other commitments.
- Call 855-795-1226
- Wakefield, MA

Middlesex Recovery Center - <https://www.middlesexrecovery.com/locations/chelmsford/>

- Middlesex Recovery Chelmsford is a medication-assisted opioid drug and alcohol treatment center that is dedicated to helping patients overcome addiction to heroin, pain pills, fentanyl, other opioids, and alcohol addiction.
- Call 978-459-8074
- 2 Courthouse Lane, Unit #2, Chelmsford, MA 01824

Forrest Behavioral Health -

<https://forrestbh.com/programs/intensive-outpatient-program-iop-massachusetts-ma/>

- Specializing in substance abuse treatment and addressing mental health issues, we are dedicated to fostering healing and recovery through a dynamic and evidence-based approach. Offering intensive outpatient programs.
- Call 781-570-5781
- Email [info@forrestbh.com](mailto:info@forrestbh.com)
- 4 Preston Court Bedford, MA 01730

Lowell CTC - <https://www.ctcprograms.com/location/lowell-comprehensive-treatment-center/>

- Lowell Comprehensive Treatment Center (CTC) offers outpatient treatment for adults age 18 and older of all genders who are struggling with opioid use disorder. The center, which is located in Lowell, MA, provides medication-assisted treatment (MAT).
- Call 978-942-7035
- 22 Old Canal Dr, Lowell, MA 01851

Elevate Recovery Center -

<https://elevaterecoveryma.com/intensive-outpatient-program-iop-massachusetts/>

- Transformative intensive outpatient program (IOP) tailored to meet the unique needs of those seeking freedom from substance abuse. Our program is designed for individuals who have completed inpatient or day treatment and are ready to take the next step toward lasting recovery.
- Call 877-592-2102



- Email [info@elevaterecoveryma.com](mailto:info@elevaterecoveryma.com)
- 267 Boston Road, Building A, Suite 22-24, Billerica, MA 01862

### Sober Housing

Megan House Foundation Success Homes -

<https://themeganhouse.org/programs/sober-homes/>

- The Megan House Foundation operates and manages two “Success Homes” (sober homes) for women 18+ who have completed treatment at Megan’s House or another program for substance use disorder.
- Call 978-319-9045
- Lowell MA and Dracut MA

Lowell House Inc. - <https://www.lowellhouseinc.org/residential-program-sober-house>

- The mission of Lowell House's Sober Houses is to provide a physically and emotionally safe, secure, and respectful home environment to foster an alcohol and drug-free lifestyle for all members. Each Sober Home is a group of individuals who share a common desire to stay clean and sober, a commitment to honoring the house rules and participating in the house decision-making process.
- Multiple Locations
- For more information contact Division Director of Residential Services, Victoria Nesto at 978-459-8656 x129 or [VNesto@lowellhouseinc.org](mailto:VNesto@lowellhouseinc.org).

Sober House Directory - <https://soberhousedirectory.com/state/massachusetts/>

- Comprehensive online resource dedicated to helping individuals find sober living homes. Discover supportive environments tailored to various needs and preferences, empowering individuals in their journey towards a healthier, substance-free life

Place of Promise - <https://www.placeofpromise.org/whatwedo>

- The core of our ministry is a residential addiction recovery program for adults. Place of Promise operates four long-term residential homes in Lowell, Massachusetts, and has served over 1,400 individuals from over 47 different countries and half of the United States.
- Call 978-452-7217
- Email [info@placeofpromise.org](mailto:info@placeofpromise.org)
- 204 Ludlam Street, Lowell, MA 01853

### Youth Substance Use Support

Motivating Youth Recovery -

<https://www.communityhealthlink.org/program/motivating-youth-recovery-myr>

- Motivating Youth Recovery (MYR) is a 12-bed acute detoxification and stabilization program for adolescents 13-17 years old with substance use disorders and other co-occurring disorders.
- Call 508-860-1244
- Email [MYRreferral@communityhealthlink.org](mailto:MYRreferral@communityhealthlink.org)
- 26 Queen St, Worcester, MA 01610

Goodwin House -

<https://chd.org/programs-services/recovery-houses-western-ma/substance-abuse-treatment-western-ma/goodwinhouse/>



- Goodwin House is a safe haven for boys in the grips of substance use challenges. If your child is struggling, a gender-specific program like this one may be the answer. Goodwin House is designed just for young men aged 13 to 17.
- Call 1-844-CHD-HELP
- Springfield, MA

#### Gavin Foundation – Cushing House

- The Cushing houses are intended for adolescents, ages 16-20. One house is for girls and one for boys.
- Call 617-269-2933
- 54-58 Old Colony Avenue, Boston MA, 02127

#### Pegasus House - <https://psychologicalcenter.com/our-programs/pegasus-house/>

- Pegasus House is a Residential Treatment and Recovery Services program for Transitional Age Youth and Young Adults (TAYYA) established in 1985 to provide comprehensive Alcohol, Opioids, and other Drug treatment to females between the ages of 18-25 (16 & 17 with a waiver).
- Call 978-687-4257
- 482 Lowell Street, Lawrence, MA 01840

### Recovery Support

#### Recovery Cafe - <https://www.lowellhouseinc.org/recovery-cafe>

- Recovery Cafe Lowell is a member-driven, Peer Recovery Support Center that honors the individual, celebrates diversity, and upholds the value and potential of ALL human beings. We are a community of people who value the power of human connection as well as empower people to live self-directed lives.
- Call 978-677-6087
- Email [info@recoverycafelowell.org](mailto:info@recoverycafelowell.org)
- 20 Williams St. Lowell, MA 01852

#### The Phoenix - <https://thephoenix.org/movement>

- We're not just dealing with a substance use problem, we're facing an epidemic rooted in social isolation. The Phoenix model leverages the transformational power of connection and human resilience to build a sober movement. Sober events near you!

#### Karaoke! Sober Edition! -

- Sober karaoke put on by the Chelmsford Health Department. Mocktail drinks, food, and singing!
- Every second Friday of the month (Contact Chelmsford Health Department- subject to change)
- Chelmsford Center for the Arts

#### The Bridge Recovery Center - <https://www.bridgerecoverycenter.org/general-5>

- The Bridge Recovery Center offers a variety of recovery support services, personal enrichment, and community education as well as sober activities and events.
- Call 781-480-4937
- Email [bridge@maldenovercomingaddiction.org](mailto:bridge@maldenovercomingaddiction.org)
- 239 Commercial Street, Malden, MA 02148

#### The Recovery Connection - <https://therecoveryconnection.org/about>

- Our center provides a safe, welcoming place where various activities and member-driven services are planned and implemented by peers. Services are intended to help those affected by substance use disorder lead valued and fulfilled lives, free from all forms of addiction. Activities evolve based on the needs, interests and preferences of our members.
- Call 508-485-0298
- 31 Main Street, Marlborough, Massachusetts 01752, United States

### Support Groups

- Please see the Local Support Group section.

## **Parenting Support**

YMCA Lowell Parent Supports - <https://www.ywcalowell.org/parent-support>

- Young Parent Support Program- Designed for parents ages 16-24, this parenting education and support program brings staff directly into each young parent's home to provide information on a variety of parenting topics. Many topics are broad-based, such as discussing and modeling developmentally appropriate play.
- Parent Aide Program- Aides provide one-on-one, in-home intensive case management services for families who are in crisis. Parent Aides assist families with immediate basic needs, such as accessing food, shelter, or possibly health care. As part of the initial assessment process, a Parent Aide will determine which services a family might be eligible for, and immediately start the process of helping the head-of-household - usually a single mom - apply for those services.
- Call 978-454-5405
- 97 Central Street, Unit # 302, Lowell, MA 01852

CTI Head Start Program -

<https://www.commteam.org/program/early-learning-head-start-early-head-start-learning-program/s/>

- The Early Learning center-based programs are part of the National Head Start program that promotes school readiness by providing quality education services to children in a nurturing, safe environment and comprehensive community-based services to children and families. Eligible children and families receive services in the areas of education and care (including individualized curriculum in all learning areas), health, child literacy, nutrition, and social-emotional development.
- Call 978-654-7153

Supportive Parent Solutions -

<https://www.westfordma.gov/DocumentCenter/View/13231/New-Parent-Support-Flyer?bidId=>

- Are you experiencing the challenges of parenting a child who may be struggling with their mental health? The Supportive Parent Solutions is a safe space to come together and receive caring support, learn skills and receive supportive resources.
- The group meets the 2nd Thursday of every month; 7:00-8:30 pm
- Location: St. Catherine's Parish Center, Westford. This group is not affiliated with the church, we were able to secure a consistent location.

- Call Nicole Laviolette 978 399 2503
- Email [nlaviolette@westfordma.gov](mailto:nlaviolette@westfordma.gov)

### Childcare/ Activities

MA Child Care Resources - <https://machildcareresourcesonline.org/>

- The Massachusetts Child Care Resource & Referral Network promotes high quality, affordable child care for families by providing statewide coordination and support of community child care resource and referral (CCR&R) programs. The MACCRR Network is a voluntary membership organization of community-based child care resource and referral programs.
- Contact Kim Dion
  - Call 508-796-1833
  - Email [kdion@sevenhills.org](mailto:kdion@sevenhills.org)

Mass 211 Childcare Specialists - <https://mass211.org/childcare>

- Mass211 is able to screen families for eligibility and place them on the statewide centralized waitlist directly over the phone. Mass211 can also help families identify and locate child care programs in their area. Families can speak with any one of our Child Care Specialists to learn more and or ask detailed questions about the process and eligibility.
- Call 2-1-1 extension 23

Methuen YMCA Childcare - <https://mvymca.org/childcare/>

- The Merrimack Valley YMCA offers full day School Age Child Care during school vacations and on days when school is canceled. Families must call ahead to ensure we have the space that day and fill out a My Y Day registration form. For contact information for your branch, please visit our [After School page](#).
- Contact Ashley Francis at [afrancis@mvymca.org](mailto:afrancis@mvymca.org)
- 129 Haverhill Street, Methuen, MA 01844

Lowell YMCA Childcare -

- Child Watch is available for children ages 6 months and older. Children are cared for in the YMCA Preschool center with a maximum of 17 children at a given time. Hour of operations Mon-Fri: 5:00pm-8:00pm; Sat: 9:00am-1:00pm. This service is FREE for members with family memberships. Members with individual memberships will have a fee of \$2.50/hour.
- Call 978-454-7825
- Email [greaterlowellymca.org](mailto:greaterlowellymca.org)
- 35 YMCA Drive Lowell, MA 01852

Boys and Girls Club of Greater Billerica - <https://www.billericabgc.com/>

- Childcare, drop-in program, summer programs, and aquatics.
- Call 978-667-2193
- 19 Campbell Rd  
Billerica, MA 01821

Boys and Girls Club of Greater Nashua - <https://www.bgcen.com/home/>

- Child care, drop in programs.

## **Transportation**

Lowell Regional Transit Authority - <https://lrta.com/>

- Call 978-452-6161

Road Runner ADA Paratransit - <https://lrta.com/fares/dial-a-ride/>

- Road Runner ADA paratransit service is available to people with disabilities who are unable to ride Lowell Regional Transit Authority (LRTA) Fixed Route Bus Services. For people with disabilities who are unable to get to their transit stop or station, Road Runner operates a parallel service to LRTA Fixed Route. Road Runner is operated by Lowell Transit Management Corporation.
- Call 978-459-0152

Billerica COA Transportation - <https://www.billericacoa.org/transportation>

- Billerica COA van for in town medical rides and errands and Billerica COA volunteer medical driver transportation.
- Call 978-671-0916, ext 2003

Chelmsford Ride -

<https://docs.google.com/document/d/1Gz-bcH1BPU5ncBUXPPpHuwL4VicCqCyC/edit>

- Chelmsford RIDE offers transportation for adults to medical appointments in Chelmsford, Westford, Lowell, Tewksbury, Billerica, Carlisle, and Tyngsboro on weekdays from 2pm-6pm. In addition, local (Chelmsford) trips for grocery shopping, retail/pharmacy shopping and other errands are available. Transportation is available for adults aged 18 and over.
- Call 978-654-9245

Tewksbury Senior Center Transportation -

<https://www.tewksbury-ma.gov/565/Tewksbury-Senior-Center-Transportation>

- In town and out of town rides for a set rate.
- Call 978-640-4480 ext. 7

Tyngsboro Senior Center Bus -

- Bus Hours of Operation Monday through Friday 8:30 am to 3pm.
- Call 978-649-9211

RideMatch - <https://massridematch.org/>

- An online, searchable database of transportation options in Massachusetts

Health Care Transportation - <https://www.mass.gov/info-details/health-care-transportation>

- Transportation services may be available to help you get to local or long-distance medical appointments in Massachusetts. If you, your family member, or your consumers need to get to local or long distance medical appointments in Massachusetts, some transportation service options may be available.
- Call 617-847-3427
- Email [HSTinfo@state.ma.us](mailto:HSTinfo@state.ma.us)

Annex Transit - <https://annextransit.com/medical-transportation>

- We provide the highest quality medical transport. Our clean and safe vehicles allow our passengers to enjoy a more independent life. Whether it's transportation to a doctor's appointment or a trip to the hairdresser, you can join the thousands of people who rely on Annex Transit.
- Call 978-618-6795

- Email [annextran@transit@gmail.com](mailto:annextran@transit@gmail.com)
- 55 Middlesex St. Suite 209, North Chelmsford, MA 01863

## **VA Services**

Billerica Veteran Services - <https://www.town.billerica.ma.us/166/Veterans-Services>

- Call Donnie Jarvis 978-671-0968

Chelmsford Veteran Services - <https://www.chelmsfordma.gov/260/Veterans-Agent>

- Call Regina Jackson 978-250-5238 (option 1)
- Call Amy Bronkema 978-250-5238 (option 2)

Tewksbury Veteran Services - <https://www.tewksbury-ma.gov/404/Veterans-Services>

- Call Lisa Downey 978-640-4485

Tyngsboro Veterans Services - <https://www.tyngsboroughma.gov/269/Veterans-Services>

- Call Chris Dery- 978-649-2300 Ext 132

Edith Nourse Rogers Memorial Veterans Hospital -

<https://www.va.gov/bedford-health-care/locations/edith-nourse-rogers-memorial-veterans-hospital/>

- This hospital provides primary care and specialty health services, including mental health services, long-term nursing care, palliative and hospice care, optometry, and more to Veterans.
- Call 781-687-2000
- 200 Springs Road Bedford, MA 01730-1114

Strongwater Veterans Program - <https://strongwaterfarm.org/our-programs/>

- Strongwater Farm is proud to partner with the Edith Nourse Rogers Veterans Administration (VA) Hospital in Bedford, MA and the VA's program for formerly homeless veterans to provide Equine-assisted services for this vulnerable population.
- Call (978) 851-5540
- 500 Livingston St, Tewksbury, MA 01876, United State

Chelmsford Veterans Memorial Park - <https://chelmsfordveteranspark.org/about-us/>

- The Chelmsford Veterans' Memorial Park is a place of honor and recognition of the dedication to duty and sacrifices made by all veterans in our community. This peaceful setting is here to be enjoyed by everyone. It is our hope that those who come will remember those who answered the call in defense of our freedom.
- 230 North Rd. (Rt. 4) Chelmsford, MA 01824
- Email [mkkendrick@comcast.net](mailto:mkkendrick@comcast.net)

North Shore Veterans Coalition - <http://northshorevetcoalition.com/>

- The North Shore Veterans Coalition is a community-based organization designed to connect Veterans, their family members and other supporters with information, resources, and solutions to issues affecting their lives.