REAL LIFE AID

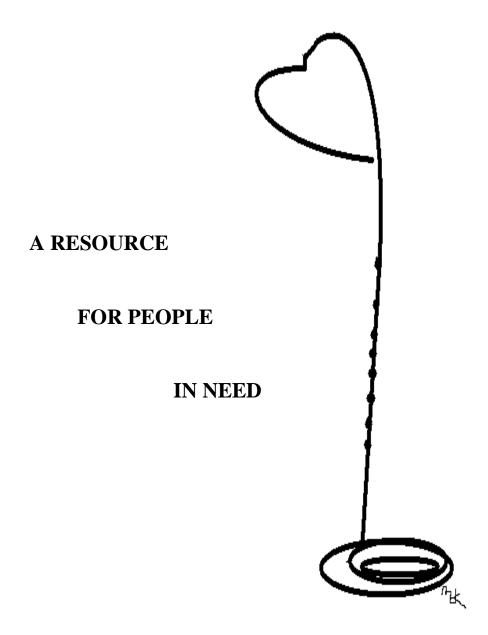


Table of Contents

FRANKLIN BASED RESOURCES	Pg.	5
ADVOCACY GROUPS	Pg.	7
BASIC NEEDS – EMERGENCY	Pg.	8
COUNSELING/MENTAL HEALTH SERVICES	Pg.	8
EDUCATION	Pg.	10
ELDER AFFAIRS	Pg.	11
EMPLOYMENT SERVICES	Pg.	11
ENERGY/FUEL ASSISTANCE	Pg.	12
FAMILY & CHILDREN SERVICES	Pg.	13
HEALTH & HUMAN SERVICES	Pg.	13
HOSPITALS	Pg.	16
HOUSING	Pg.	16
INFORMATION & REFERRAL SERVICES (All Categories)	Pg.	17
LEGAL ASSISTANCE	Pg.	18
SHELTERS/SERVICES	Pg.	20
SUICIDE PREVENTION	Pg.	20
SUPPORT GROUPS & SERVICES	Pg.	21
COMMONWEALTH OF MASSACHUSETTS LINKS	Pg.	24

EMERGENCY HOTLINES

ABUSE Child at Risk Hotline (Child Abuse) Elder Abuse (Senior Citizens) Mass. Coalition of Domestic Violence Voices Against Violence (Rape Crisis)	800-792-5200 800-922-2275 877-785-2020 800-593-1125
EMERGENCY SERVICES American Red Cross (Fire/Disaster) Franklin Fire Department Franklin Police Department National Runaway Switchboard Poison Control Center Samaritans (Suicide Helpline) Samariteens (Teenage Helpline)	617-274-5200 911 or 528-2323 911 or 528-1212 800-786-2929 800-222-1222 877-870-4673 800-252-8336 800-294-4665
HEALTH AIDS Action Committee Hotline	800-235-2331 800-532-9571
SUBSTANCE ABUSE CAB Health & Recovery Cocaine Hotline Division of Substance Abuse	978-968-1700 888-268-9124 800-327-5050
OTHER Disabilities Information Center Food Pantry	617-723-8455 508-528-3115

FRANKLIN BASED RESOURCES

Franklin Adult Education

Franklin Public Schools Franklin, MA 02038

SERVICES: Courses and descriptions along with registration and payment instructions available online. Online courses available at: www.ed2go.com/franklined. A wide range of educational, self-improvement, social and recreational courses are available.

FEES: Vary.

PHONE(S): 508-541-2100, x-3178

WEBSITE: http://cfweb.smartedu.net/III

FISH of Franklin

P.O. Box 396 Franklin, MA 02038

SERVICES: Volunteer-provided services to shut-ins. elderly and others in need. Services include emergency help, transportation, child care, meal preparation, FISH-Line companionship, reading, friendly reassurance. Excellent volunteer opportunity. They can also be used by "Latchkey" children for telephone reassurance.

PHONE(S): 508-528-2121 HOURS: 24-hour phone line.

Franklin Recreation Department

150 Emmons Street Franklin, MA 02038

SERVICES: The Recreation Department is committed to provide quality recreational programs and facilities to the residents of Franklin. The Recreation Department is a

service-based department. We work interactively with local sports associations, school departments, individual Town residents, private groups, church and civic groups, as well as other Town departments.

Recreation is responsible for scheduling all fields, playgrounds, and courts. The Recreation Department serves the residents in the area of recreation and leisure services. Our department handles everything from sporting activities for children, to families in need.

FEES: Varies according to program.

Assistance Fund Available.

PHONE: 509-520-4909

WEBSITE: <u>www.franklin.ma.us/recreation</u>

Franklin Senior Center

10 Daniel McCahill Street Franklin, MA 02038

SERVICES: The Senior Center offers a full range of recreational, and support services. The Common Ground Café serves breakfast and lunch daily. The Center also houses a Supportive Day Program, Health Programs and screenings, a Dial a Ride program, recreational day trips, the "Are you OK?" telephone reassurance program and other support for residents over the age of 59. Contact the Program Coordinator, the SHINE or Social Services Coordinator, or the Director for more information.

RESTRICT: 59 years old or older. FEES: Minimal charges or free

according to programs/services.

PHONE(S): 508-520-4945

HOURS: Monday-Friday, 8:30 - 4:00

WEBSITE:

http://franklinma.virtualtownhall.net/Pages/Fr

Call-A-Teen

Recreation Department 150 Emmons Street Franklin, MA 02038

SERVICES: Provides a year-round odd job, babysitting, youth employment and referral program for Franklin youths ages 11-16. This program provides services to private homeowners, parents and business people in Franklin. We have listings of youths who are responsible, willing and anxious to work. To obtain an application for work or to get workers, contact the Franklin Recreation Department.

RESTRICT: Franklin residents only.

FEES: None.

PHONE: 508-520-4909

Franklin Food Pantry, Inc.

43 West Central Street Franklin, MA 02038

SERVICES: Food pantry serving low-income Franklin and area residents. Food baskets consisting primarily of non-perishables, canned and boxed foods are distributed to needy families on an either once or twice per month basis. No fee is charged for services. Free Farmers' Market on Mondays 4 – 6 pm for clients during season. Referral services and emergency assistance

PHONE(S): 508-528-3115

HOURS: Tuesday - Friday, 9:00 a.m.-1:00 p.m. (Seasonal - Mondays

4pm - 6 pm)

WEBSITE:

www.franklinfoodpantry.blogspot

.com

Friends of Franklin

Franklin, MA 02038

SERVICES: A volunteer community support program that provides food baskets, clothing and toys to needy Franklin residents, primarily during holidays. May also provide occasional emergency assistance.

PHONE(S): 508-528-5658

Hockomock Area YMCA – Bernon Family Branch

45 Forge Hill Road Franklin, MA 02038

SERVICES: Not for profit charitable community service organization of men, women, and children of all ages, ethnic religious affiliations. origins, and socioeconomic levels united in a common effort to positively influence the quality of life of members, families, and communities. The YMCA's Reach Out for Youth & Families offers financial assistance and guarantees that all those from our community can benefit from programs and services, regardless of ability to pay. The Bernon Family Branch offers child care, youth and adult fitness programs, youth camp experiences, arts & humanities classes, aquatics, dance, sports, teen activities, and health and wellness programs and more.

Restrict: None

FEES: Memberships Available,

Financial Assistance Available

PHONE(S): 508-528-8708

HOURS: Mon-Fri 5:15am-9:30pm

SAT 6:00am-6:00pm SUN 8:00am-6:00pm

WEBSITE: www.hockymca.org

Neighbor Brigade

SERVICES: A helping hand in times of crisis. A non-profit organization dedicated to helping communities quickly mobilize to help neighbors during times of temporary crisis. Brigade consists entirely of neighborhood volunteers who step in to help where immediate family and friends cant do it all. Services include preparing and delivering meals, providing rides for medical appointments, running quick household errands, offering a friendly hand where needed. Help is delivered free of charge.

WEBSITE: www.neighborbrigade.org

Random Smile Project

PO Box 13 Franklin, MA 02038

SERVICES: Random Smile has 3 divisions to assist, recognize, and promote community involvement: With Private Smile we're able to offer temporary assistance to families or individuals going through difficult circumstances. Food, clothing, temporary daycare assistance are just an example of what we can offer. If you know of someone who may need assistance. visit our website nominate someone and tell us about it. BOTH your name and the nominees name will be kept anonymous. With Public Smile we're able to recognize "unsung heroes" in our community. Do you know anyone who has gone above and beyond to help someone else or who is a positive influence in the community? A teacher running special after school programs on their own time, or a neighbor who helps out their

elderly neighbors after a snowstorm? No matter how big or how small the act of kindness is, we want to know. Visit our website to nominate someone. In Youth Smile, we have an army of kids (grades 1-12) ready to do whatever you need. We believe that if children get started in community service at an early age, their experiences will help to build a foundation that will stay with them. Cleaning up neighborhoods, raking leaves, volunteering at events are examples of things we can do. If you have an idea we'd love to hear from you. We are a true "grass roots" community non-profit corporation.

PHONE(S): 508-728-7850

WEBSITE: http://randomsmile.org

St. Vincent DePaul Society

St. Mary's Church Church Square Franklin, MA 02038

SERVICES: The St. Vincent DePaul Society is an international fellowship of Catholic men and women who volunteer to try to help and support those in need. They can provide emergency food, fuel or other assistance to families. Callers must set up an appointment where trained volunteers will come and visit their homes to discuss their family's needs.

RESTRICT: The Society provides assistance without regard to religious or other individual differences.

FEES: None.

PHONE(S): 508-528-0020 (Rectory)

HOURS: Monday-Friday, 8:00 -5:00 pm

WEBSITE: www.stmarysfranklin.org

Veterans' Services

Franklin Veterans' Agent

10 Daniel McCahill Street Franklin, MA 02038

SERVICES: In conjunction with the Massachusetts Department of Veteran's Services, Franklin's Veterans' Agent will assist veterans and their dependants in eligibility benefits determining for and financial assistance: check to assure applications for state sponsored benefits are completed, filed, and maintained; conduct inhome visits to veterans who are disabled and need of assistance with required paperwork such as income information and verification, pension receipts, rent receipts, and verification of dependants, etc.; or offer a friendly ear to veterans that come in and only need someone to talk to. In conjunction with the US Department of Veterans Affairs Medical Centers, medical we arrange appointments and transportation.

PHONE(S): 508-520-4973

HOURS: Monday – Friday 8:30 – 4:00

WEBSITE:

http://franklinma.virtualtownhall.net/pages/fra

nklinma veterans/index

ADVOCACY GROUPS

AIDS Action Committee/AIDS Action Line

75 Amory Street Boston, MA 02119

SERVICES: Information and referrals. This is part of an AIDS Action Committee, providing various services including: advocacy support groups, legal counseling, financial assistance and counseling, networking, transportation, practical support

services, moving, donations, housing, holistic therapy, pastoral counseling, counseling referrals and meals delivery.

FEES: Varies depending on service;

free hotline.

PHONE(S): 617-437-6200

617-437-1394 (TTY)

HOTLINE: 800-235-2331 (24 hours) HOURS: Monday-Thursday, 9 am-8 pm

Friday, 9 am.-5 pm

WEBSITE: www.aac.org

Massachusetts Advocates for Children

25 Kingston Street, 2nd Floor Boston, MA 02111

SERVICES: Advice given over the phone regarding student's rights, special education, child health, juvenile justice. Helps parents and students become advocates for their educational and other rights. Mainly special education advocacy.

RESTRICT: Income guidelines and

geographical boundaries.

PHONE(S): 617-357-8431

WEBSITE: www.massadvocates.org

Massachusetts Office of the Child Advocate

One Ashburton Place Boston, MA 02108

SERVICES: The goal of the OCA is to ensure that every child involved with child welfare or juvenile justice agencies in Massachusetts is protected from harm and receives appropriate and effective services delivered in a timely and respectful manner. One of the most important tasks for state government involves protecting the safety

and healthy development of children who need additional support. Please look through our website to learn more about the work of the OCA and to contact us with your input as to what issues should be our highest priorities. You can also use our complaint form to alert our office to situations that warrant review. While we may not be able to address every situation, we take all concerns seriously. Please let us know if your concerns involve more than one state agency. The OCA does NOT provide emergency responses to reports of child abuse and neglect. Please report claims of child abuse or neglect immediately by calling the Department of Children and Families (DCF) Hotline at 1-800-792-5200.

PHONE(S): 866-790-3690

WEBSITE: www.Mass.Gov/childadvocate

South Norfolk County Association for Retarded Citizens

789 Clapboardtree Street Westwood, MA 02090

SERVICES: To advocate the rights with retardation persons mental or developmentally disabled citizens of the South Norfolk communities and the Metro-Boston area. There is a day habilitation center, community residences, family and resource services, clinical social. recreational, and citizens' advocacy and respite care. They also promote local work opportunities.

FEES: Varies

PHONE(S): 781-762-40091 WEBSITE: www.sncarc.org

The Adoption Connection

11 Peabody Square Peabody, MA 01960

SERVICES: Offers support to adoptees and birthparents. Helps in the search for birthparents or adopted children. Regularly participates in efforts aimed at public education. Takes part in and coordinates pre-adoption and post-adoption parenting instruction. Regular search workshops are held.

FEES: Varies.

PHONE(S): 978-532-1261

HOURS: Monday-Friday, 8am-4pm

WEBSITE:

www.adoptionconnection.qpg.com

Urban League of Eastern Massachusetts

88 Warren Street Boston, MA 02119

SERVICES: Interracial, non-profit community services. Uses social works, economics, law, and other disciplines to secure equal opportunities for African-Americans and other minorities throughout central Massachusetts. Positive Futures Program, Young Fathers Program and other youth programs. Employment Resources Center, Scholarship Builder program. Part of national organization of Urban Leagues.

FEES: None.

PHONE(S): 617-442-4519

HOURS: Monday-Friday, 9am-5pm

WEBSITE: www.ulem.org

BASIC NEEDS

Catholic Charities West

126 Main Street, Room 6

Milford, MA 01757

SERVICES: Basic emergency needs. Assists with rent, mortgage, and utility assistance and offers food panty services. Division of Catholic Charities, 51 Sleeper Street, Boston, MA 02210

RESTRICT: None, non-sectarian services.

FEES: Many services free. PHONE(S): (508) 478-9632 (Milford) (617) 482-5440 (Boston)

WEBSITE: www.ccab.org

COUNSELING/MENTAL HEALTH SERVICES

24 Hour Psychiatric Emergency Service

South Central/Blackstone Valley 14 Prospect Street Milford, MA 01757

SERVICES: Intervention psychiatric in emergencies, evaluate persons undergoing emergencies and arrange psychiatric inpatient hospitalization, respite services or the delivery of or referral to other services if necessary. Service provided through Blackstone Valley Community Care supported by Milford Regional Medical Center, a full-service community hospital affiliated with University of Massachusetts Medical Center.

PHONE(S): 508-473-1190 (24 Hours)

Arbour Counseling Services,

38 Pond Street, Suite 101 Franklin, MA 02038

SERVICES: The Franklin Center

offers individual, couple, family, and group counseling for all ages, emergency assessments and responsive assistance during times of crisis, individual treatment plans developed in close collaboration with patients' and referrers' goals and needs. Primary therapists work to coordinate all treatment issues and to maintain with communication other involved professionals. Also, offers evaluation and treatment of anxiety, depression, and stressrelated issues. The Franklin Center also specializes the following areas: in ADD/ADHD Adolescent Girls Psychotherapy Group Child and Adolescent Psychiatry • Court-Referred Evaluations for Adults and Adolescents • Developmental Disabilities • Dialectical Behavior Therapy (DBT) • Dual Diagnosis • Early Childhood **Evaluations** and Consultations • Gay and Lesbian Issues • Geropsychiatry • Psychological Testing • Psychopharmacology • School-Related Issues • Special Needs • Trauma Services • Women's Issues.

FEES: Most health insurances

accepted.

PHONE(S): 508-528-6037

WEBSITE: www.arbourhealth.com

Center for Community Counseling

32 Common Street Walpole, MA 02081

SERVICES: Multi-service center for family treatment for adult and adolescent school substance abuse. adiustment problems. marital conflict, children's behavioral problems, anxiety, depression, crisis intervention. After initial assessment, an individual family treatment plan is

developed. Individual therapy and parental support groups are also offered.

FEES: Sliding fee, services provided

regardless of ability to pay.

PHONE(S): 508-668-3223 HOURS: By appointment.

Massachusetts Society for the Prevention of Cruelty to Children (MSPCC)

99 Summer Street Boston, MA 02110

SERVICES: services for children and families, Military Families Program for families where a parent is deployed. Adoption & Foster parent support, child abuse, abuse prevention, family support, Build a Nest program, youth, parent and group counseling and other emergency services.

PHONE(S): 617-587-1500 WEBSITE: www.mspcc.org

Wayside Youth & Family Support Network

1 Frederick Abbott Way Framingham, MA 01701

SERVICES: Wayside is dedicated to achieving the highest standards of quality and integrity in providing leading edge counseling, family support, residential and educational services for building strength, hope and resiliency in youth, families and communities A full-service child, individual, couple and family and group counseling agency. Mental health, substance abuse, trauma, & behavioral difficulties. Adolescent Residential and structured day and group home programs.

FEES: Insurance and Medicaid

accepted. Sliding scale for

clients without insurance

PHONE(S): 508-879-9800

WEBSITE: www.waysideyouth.org

EDUCATION

Better Business Bureau of Boston

235 West Central Street, Suite 1 Natick, MA 01760-3767

SERVICES: Inquiry service for persons contemplating doing business with new, unknown, or distant companies. Factual reports on charitable solicitations, promotion of truth in advertising, investigation of consumer complaints.

PHONE(S): (508)652-4800

WEBSITE: http://boston.bbb.org

Consumer Credit Counseling Services

8 Winter Street Boston, MA 02108

SERVICES: Information, counseling and advice for those who are facing credit problems, collection action or possible foreclosure. Can assist in financial counseling and setting up repayment plans. There are no attorneys. Also provides budgeting, money management aid, debt management aid and housing counseling.

FEES: No charge to speak to

counselor.

PHONE(S): 866-889-9347 (24 hours) WEBSITE: www.creditcounseling.org

Norfolk County 4-H, Cooperative Extension

Umass Extension 4h Youth Development Prg. Norfolk County Agricultural High School 400 Main Street Walpole, MA 02081

SERVICES: 4-H is a youth activity and exploration group. Activities focus on a club experience directed by a volunteer leader. There are a variety of project areas to meet a variety of youth and adult interests. Cooperative Extension, the 4-H sponsor, is an agricultural technical assistance program supported by the University of Massachusetts.

RESTRICT: Must be at least 9 years old. PHONE(S): 508-668-9793, 781-769-8355

WEBSITE: www.mass4h.org

ELDER AFFAIRS

Executive Office for Elder Affairs

One Ashburton Place, 5th Floor Boston, MA 02108

SERVICES: Part of the Massachusetts State Government. This office has a hotline to report elder abuse. Referrals and information and services available on housing, home care, health care, meals and nutrition, care giver support and state and federal regulations.

PHONES: (617)-727-7750

(800)-882-2003 (MA only) (800)-872-0166 (TTY)

HOTLINE: (900)-922-2275 (V/TDD) WEBSITE: www.Mass.Gov/Elders

Franklin Senior Center

10 Daniel McCahill Street Franklin, MA 02038

SERVICES: The Senior Center offers a full range of recreational, and support services. The Common Ground Café serves breakfast and lunch daily. The Center also houses a Supportive Day Program, Health Programs and screenings, a Dial a Ride program, recreational day trips, the "Are you OK?" telephone reassurance program and other support for residents over the age of 59. Contact the Program Coordinator, the SHINE or Social Services Coordinator, or the Director for more information.

RESTRICT: 59 years old or older.
FEES: Vary according to specific

programs and services. Most

services are free.

PHONE(S): 508-520-4945

HOURS: Monday-Friday 8:30am-4:00 pm

WEBSITE:

http://franklinma.virtualtownhall.net/pages/fra

nklinma_Senior/index

Tri-Valley, Inc.

10 Mill Street Dudley, MA 01571

SERVICES: Comprehensive services for age 60+, younger people with disabilities and caregivers, including:, transportation, chores, shopping, laundry, personal care, friendly visitor, companion, telephone reassurance, congregate and home-delivered meals, adult family care, respite, protective services, crisis intervention, emergency shelter, information and referral, assessment and home health services.

RESTRICT: Age 60+

FEES: Sliding scale or no fee.

PHONE(S): (800)-286-6640

(508)949-6654 (TDD)

ELDER ABUSE HOTLINE: 800-922-2275 HOURS: Monday-Friday 8:30a-5:00 pm

WEBSITE: www.trivallevinc.org

EMPLOYMENT SERVICES

Employment and Training Resources Career Center

275 Prospect Street, P.O. Box 740 Norwood, MA 02062

SERVICES: Career guidance, career resource library, computer learning lab, education/training opportunities, e-mail access, employer recruitments, internet access, job referral & placement, job search workshops, labor market information,

personalized veterans' services, psychological counseling, resume development, self-assessment, self-directed job and training/searches unemployment claims assistance. Part of the Commonwealth of Mass Executive Office of Labor and Workforce Development.

PHONE(S): 781-769-4120

HOURS: Mon.-Thurs. 8:00am-5:00 pm

Friday 9:30 am - 5:00 pm

WEBSITE: www.etrcc.com

Workforce Central Career Center

425 Fortune Blvd. Suite 201 Milford, MA 01757

SERVICES: Referrals training to opportunities career planning, resume development · job search workshops · labor market information · testing services · access to America's Job and Talent Bank · selfdirected job search at the center resource library · counseling · veterans services · fax machine and copy accessibility unemployment insurance, referral to other agencies and supportive services. Part of the Commonwealth of Mass Executive Office of Labor and Workforce Development.

PHONE(S): 508-478-4300,

508-478-1887 (TTY)

HOURS: Monday-Thurs. 8:30am-5:00pm

Friday, 9:30 am - 5:00 pm

WEBSITE: www.workforcecentralma.org

Massachusetts Rehabilitation Commission

Home National Office Plaza 100 Medway Road, Suite 102 Milford, MA 01757 SERVICES: We assist individuals of all disabilities to go to work. If you are unemployed or underemployed, you may be able to benefit from vocational services. All Vocational Rehabilitation consumers must reside in Massachusetts and be eligible to work in the United States. Any individual with a disability can inquire about obtaining 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. We have two easy ways you can start this process. Call (508) 478-0700 and ask for the Counselor On Duty. The C.O.D. will help you to complete a short telephone inquiry and will schedule an inoffice orientation. Walk in to our office between the hours 8:00 am and 5:00 pm (Monday-Friday) and ask for the Counselor On Duty. Part of the Commonwealth of Mass Executive Office of Health and Human Services. We offer: Job Seeking Skills Groups, Monthly in office GATB testing, Monthly in office COPS testing.

PHONE(S): 508-478-0700 (TTY)

HOURS: Monday-Friday 8:00 -5:00 pm

WEBSITE: <u>www.mass.gov/mrc</u>

ENERGY ASSISTANCE PROGRAMS

Self Help, Inc.

1362 Main Street (Energy Office) Brockton, MA 02301

SERVICES: This multi-service community action program (CAP) provides fuel assistance, free home weatherization and other services to income eligible area residents.

RESTRICT: Must be eligible according to

Federal guidelines.

PHONE(S): 508-588-5440

800-225-0875

WEBSITE: www.selfhelpinc.org

FAMILY & CHILDREN SERVICES

Child Care Resources and Referral

799 West Boylston Street Worcester, MA 01606

SERVICES: Information and referral for children's aid and family services. Department of Early Education and Care subsidy management, information on child care choices, inclusive programming for children with special needs, parenting and/or family support.

PHONE: 508-856-7930

WEBSITE:

www.sevenhills.org/affiliates/childCareInfoRe

<u>f.php</u>

Guild of St. Agnes

133 Granite Street Worcester, MA 01604

SERVICES: Childcare, comprehensive and family-oriented developmental early childhood education programs for children 4 weeks to 12 years. Center based infant, toddler, pre-kindergarten and school age and family childcare.

FEES: Third-party payments

accepted.

PHONE(S): 508-755-2238

WEBSITE: <u>www.guildofstagnes.org</u>

Massachusetts Adoption Resource Exchange

45 Franklin Street, 5th Floor Boston, MA 02110-1301

SERVICES: Registration and referral service for adoption, photo listing, sponsors of Sunday's Child and Wednesday's Child Programs, adoption parties where prospect families meet adoption-ready children, information services via telephone, foster care program.

FEES: None.

PHONE(S): 617-542-3678, 800-882-1176

WEBSITE: <u>www.mareinc.org</u>

Massachusetts Department of Children & Family (Regional Office)

185 Church Street Whitinsville, MA 01588

SERVICES: Investigates reports of child abuse and/or neglect. Other services include adoption, counseling, emergency shelter for children, parent aid, sexual abuse prevention and treatment and services to battered women.

RESTRICT: None. Some eligibility

requirements for voluntary

services.

FEES: None.

PHONE(S): 508-929-1000, 800-540-4799

HOTLINE: 800-792-5200

HOURS: Monday-Friday 8:45 - 5:00 pm

WEBSITE: www.Mass.Gov/dcf

HEALTH & HUMAN SERVICES

Jewish Family Service of Metrowest

475 Franklin Street, Suite 101 Framingham, MA 01702

SERVICES: A non-profit agency whose mission is to strengthen lives and build Provides social, health and community. community services throughout the life cycle people of all ages, faiths for backgrounds, fostered by traditional Jewish values of social responsibility and concern for all members of the community. offers programs for the Care of Elders, Adoptions services, and Family and Children Programs and Network, Assistance for basic needs, and "New Americans" Programs.

PHONE(S): 508-875-3100 WEBSITE: www.jfsmw.org

Massachusetts Eating Disorder Association

92 Pearl Street Newton, MA 02458

PHONE(S): 617-558-1881,

866-343-MEDA

WEBSITE: www.medainc.org

Planned Parenthood League of

Massachusetts

Central Massachusetts Health Center

470 Pleasant Street Worcester, MA 01609

Milford Health Center

208 Main Street, Suite 201 Milford, MA 01757

SERVICES: The mission of PPLM is to protect and promote sexual and reproductive health and freedom of choice by providing clinical services, education and advocacy.

Counseling and referral concerning aspects of reproductive health, birth control, pregnancy, adoption, parental care, abortion and other issues. Provides educational programs, peer and professional training toward reduction of teen pregnancy. Online appointment scheduling.

800-258-4448 (both locations) PHONE(S): WEBSITE: www.plannedparenthood.org

Riverside Community Care

450 Washington Street Dedham, MA 02026

SERVICES: Riverside Community Care is a non-profit organization that helps build healthy communities by providing "the help you need close to home." Riverside is a healthcare and human service system that enables individuals and families to continue to live in their own communities, even when facing daunting challenges. With more than 70 programs serving over 60 Massachusetts cities and towns, 24-hours a day, we provide a broad array of services for individuals with mental health issues, substance abuse problems, developmental disabilities and traumatic brain injuries. Outpatient centers in Norwood, Newton, Dedham, Upton. Crisis Stabilization, Respite, Urgent Behavioral, Day Treatment, Partial Hospitalization programs.

FEES: Vary, accepts full array of public

and private health insurance

PHONE(S) (781)329-0909 Central Admin-

Dedham

(781)769-8670 Outpatient Norwood (781)329-4579 Outpatient Dedham (508) 529-7000 Outpatient Upton (781)769-8674 (Psychiatric Emergency, TDD Accessible,

Norwood)

(800)529-5077 (Emergency Norwood)

WEBSITE: http://riversidecc.org

Seven Hills Foundation

81 Hope Avenue Worcester, MA

SERVICES: Seven Hills Foundation's mission is to promote and encourage empowerment of people with significant challenges so that each may pursue their highest degree of personal well-being and independence. Adult and child mental health services, Adult day care, behavioral health services, substance abuse treatment, special education consulting, residential programs. Child residential services, autism services transitional support, short and long term care, child care resources and services. Not all services available in all areas.

PHONE(S): 508-755-2340

508-890-5584 (TTY)

WEBSITE: www.sevenhills.org

South Middlesex Opportunity Council (SMOC)

300 Howard Street Framingham, MA 01702

SERVICES: A Multi-Service Community based resource. Family & Nutrition Services. Mental Health & Substance Abuse Services. Housing & Homelessness Services, Energy Financial Assistance. Economic Development Services. SMOC's mission is improving the quality of life of low-income and disadvantaged individuals and families by advocating for their needs and rights; providing services; educating the community; community building of support: participating in coalitions with other

advocates and searching for new resources and partnerships. SMOC recognizes that racism is a critical barrier to social change and economic justice. SMOC believes every person has a right to be free from violence. including domestic violence and sexual assault, and is entitled to safety in their own homes and neighborhoods. SMOC believes housing is a right, not a privilege and that homelessness should be abolished. Every person has a fundamental right to a decent, safe, healthy and stable home. We believe that any person without a permanent, habitable housing situation is homeless. SMOC believes health care is a right and not a privilege. Every person has a fundamental right to quality, affordable and accessible health care. SMOC believes everyone should have enough nutritious food to eat.

FEES: Varies, 3rd Party Payments

PHONE(S): 508-620-2300

508-620-2310 (FAX) 508-872-4853 (TTY)

WEBSITE: <u>www.smoc.org</u>

Visiting Nurses Association of Greater Milford

25 Birch Street, Building B Milford, MA 01757

SERVICES: Skilled nursing, home health aide, physical therapy, maternal child nursing, mental health nursing, speech therapy, medical social services. End of life care. Caregiver's support group.

FEES: Most fees covered by

insurance or by other funding

sources. Sliding scale

possible.

PHONE(S): 508-473-0862, 800-478-0862

HOSPITALS

Metrowest Medical Center

Leonard Morse Hospital 67 Union Street Natick. MA 01760 508-650-7000 508-650-7109

Framingham Union Hospital 508-383-1000 115 Lincoln Street Framingham, MA 01702

SERVICES: Health Care provider, advanced medicine, clinical trials, home care, hospice, community programs, shortterm alcohol treatment program, speech/language pathology services, sleep behavioral disorders. health services. surgical day care unit. Diabetic and cardiac support groups. Geriatric Alzheimer's caregivers program. Women's Health Network, mammography center, and other services.

WEBSITE: www.mwmc.com

Milford Regional Medical Center

14 Prospect Street Milford, MA 01757

SERVICES: Full range of medical and psychiatric services, both outpatient and inpatient. Social Services Department provides counseling, information and referral in: rape crisis, substance abuse, pregnancy counselina. family planning, domestic violence and child abuse. Hospital also has emergency services. psychiatric room evaluations and services, as well as an adolescent psychiatric program. health, diagnostic imaging, rehabilitation and sports medicine, classes, lectures, and support groups.

FEES: Insurance billing for inpatient;

no formal charges for Social

Service Unit.

HOTLINE: 508-473-1190 (24 hr.) WEBSITE: www.milfordregional.org

HOUSING

Eaton Place

Veterans Memorial Drive Franklin, MA 02038

HOUSING: 50 units of federally funded low income, one bedroom apartments for ages 62 years and older. Subject to availability.

RESTRICT: Age, Income and Asset

PHONE(S): 508-528-5112

Franklin Housing Authority

Central Park Terrace Franklin, MA 02038

HOUSING: State Aided Elderly/Disabled housing, low income family housing, Group home, congregate living facility.

RESTRICT: Income and Asset Qualified

PHONE(S): 508-528-2220

WEBSITE:

http://franklinma.virtualtownhall.net/Pages/Fr

anklinMA BComm/housing

Franklin Commons Apartments

8 Gatehouse Lane Franklin, MA 02038

HOUSING: Apartment living development. Includes apartments available to income and asset qualified households.

RESTRICT: Income and Asset Qualified

PHONE(S): 508-528-1888

Residences at Union Place

10 Independence Way Franklin, MA 02038

HOUSING: One and two bedroom apartment living development. Includes apartments available to income and asset qualified households.

RESTRICT: Income and Asset Qualified

PHONE(S): 508-528-2200

WEBSITE: www.unionplaceapts.com

Town of Franklin – Affordable Home Ownership Programs

Administrator's Office 355 East Central Street Franklin, MA 02038

HOUSING: Home ownership programs available to income and asset qualified households. Single family, condominiums, over 55 developments. Down payment assistant grants. Units available by lottery, resale, or first come, first serve. Programs and opportunities based on availability.

PHONE(S): 508-520-4949

WEBSITE:

http://franklinma.virtualtownhall.net/Pages/FranklinMA_Admin/Department%20Home%20 Page

INFORMATION AND REFERRAL SERVICES

ADRC of Central Mass

The Aging and Disability Resource Consortium of Central Mass

SERVICES: Options Couseling, Good Information for Good Decisions, is a statewide initiative supporting peop and choices of where to live and receive services Counselores explain long term care, connect you to resources, supports and services meet you wherever your are in hosp. rehab or nursing home. Free service

PHONE: 800-286-6640 (Tri-Valley Inc.)

508-949-6654 (TTY)

WEBSITE: www.adrcofcentralmass.org

Massachusetts 2-1-1-

United Way/MAIRS

SERVICES: One call links you to HELP in your community. Need help and don't know where to turn? When you need to find essential community services such as shelter, disaster relief, rent or utility bill assistance, an after school program, a food bank, or how to secure care for an aging parent, you can now dial 2-1-1. 2-1-1 is a Center and Information Referral telephone line available 24 hours a day/7 davs a week. It is free, confidential, multilingual and TTY. When you don't know where to turn, dial 2-1-1, 2-1-1 is the national abbreviated dialing code for free access to health and human services information and referral. This number makes a critical connection between individuals and families seeking services or volunteer opportunities and the appropriate community based organization and government agencies.

PHONE(S) Dial 2-1-1

1-877-211-MASS (6277)

HOURS: 24 hours/day, 7 days/week WEBSITE: www.mass211help.org

Go to web site and search by words or topics, Register to save searches.

LEGAL ASSISTANCE/ INTERVENTION

Children's Law Center of Massachusetts

289 Union Street Lynn, MA

SERVICES: Children's Law Center is a private, non-profit law organization dealing with children. The Law Center maintains a statewide phone helpline. Calls are from parents, youth, attorneys, and professionals seeking assistance and guidance on legal matters that impact children. Information and referrals are provided through the helpline. The number is 1-888-KIDLAW8 (1-888-543-5298). Bilingual assistance is available. Issues routinely addressed through intake calls include, but are not limited to, children who are out of school or not receiving the educational services to which they are entitled under federal and state law: emancipation; immigration; rights of children who have "aged out" of foster care or other state human service systems; and, collateral consequences of juvenile court involvement.

HOURS: 9:00 AM – 5:00 PM Helpline

PHONE(S): 781-581-1977

1-888-543-5298 (1-888-KIDLAW8)

WEBSITE: www.clcm.org

Executive Office of Energy & Environmental Affairs

100 Cambridge Street, Suite 900 Boston, MA 02114

SERVICES: If problems cannot be resolved with the gas, telephone or water companies by speaking with them, they will investigate

the complaint and may be able to intervene by negotiating a solution or repayment schedule. A Commonwealth of Massachusetts State Department.

PHONE(S): 617-626-1000

WEBSITE: www.mass.gov/eoeea

Framingham Court Mediation Services, Inc.

600 Concord Street Framingham, MA 01701

SERVICES: We provide а range alternative dispute resolution services including, mediation, facilitation at the earliest stage of conflict, arbitration, case evaluation, and mini trials. Mediation is a method of helping people to jointly solve their conflict, to help them to settle it in a way that is satisfactory, agreeable and fair to all parties. For mediation of conflict between neighbors, family members, friends, juveniles, landlords and tenants, etc. Lawyers are utilized in the mediation process.

FEES: varies or none PHONE(S): 508-872-9495

WEBSITE: www.framinghammediation.org

Gay and Lesbian Advocates and Defenders – GLAD

30 Winter Street, Suite 800 Boston, MA 02108

SERVICES: Legal defense for lesbians and gay men in cases involving discrimination, civil rights or AIDS discrimination. Community education. Referrals to lesbian and gay attorneys.

FEES: None.

PHONE(S): 617-426-1350

HOURS: Monday-Friday 1:30-4:30 p.m.

WEBSITE: <u>www.glad.org</u>

Massachusetts Commission Against Discrimination

Worcester City Hall 455 Main Street, Room 100 Worcester, MA 02608

SERVICES: Advocacy and legal assistance to those who feel they have been discriminated against in housing, employment or other areas. Educational and legislative support against discrimination.

PHONE(S): 508-799-8010

HOURS: Monday-Friday 8:45a-4:00pm

WEBSITE: www.mass.gov/mcad

Massachusetts Office of Consumer Affairs and Business Regulation

10 Park Plaza, Suite 5170 Boston, MA 02116

SERVICES: Consumers may call with any type of problem, especially autos, landlord/tenant and shopping rights. Distributes free consumer education literature and may be able to mediate or otherwise intervene to resolve consumer complaints. A Commonwealth of Massachusetts State Department.

PHONE(S): 617-973-8787

888-283-3757(Consumer

Complaint Hotlines)

Hours: 9:00 – 4:30 pm WEBSITE: <u>www.mass.gov/oca</u>

Metrowest Legal Services

63 Fountain Street, Suite 304 Framingham, MA 01702

SERVICES: This service offers free legal services in civil matters to the poor, elderly disabled and other disenfranchised people is the regional service area. Senior Citizens Law project is an affiliated program that provides legal services to senior citizens. For lawyer referral only, contact the Massachusetts Bar Association.

PHONE(S): 508-620-1830.

800-696-1501 (TTY, TDD)

WEBSITE: www.mwlegal.org

HOURS: Monday-Friday 9am-5pm

SHELTERS/SERVICES

DOVE (Domestic Violence Ended)

Post Office Box 690267 Quincy, MA 02269

SERVICES: Provides temporary shelter in a protected environment, individual counseling, support groups available to women in the shelter, a community-based group for women who choose not to leave the home, advocacy guiding the family to welfare and housing agencies and advising victims of legal rights. Also have children's groups, support groups and a referral service.

FEES: Donations accepted.

PHONE(S): 617-471-1234 (24 Hours Crisis) HOTLINE: 888-314-3683 (24 hours Crisis)

617-770-4065 Outreach & Family Services Center

WEBSITE: www.doveinc.info

New Hope

140 Park Street Attleboro, MA 02703

SERVICES: Domestic and sexual violence 24 hour hotline. Temporary services. shelters for women, children, and elderly women who are victims of domestic violence. Transitional Living program. Past payment utilities and rent bills Due assistance. Counseling. therapy, crisis psychological intervention. assessment. Community support groups, legal advocacy on women's rights and options.

FEES: None.

PHONE(S): 508-226-4015 (Main Office)

HOTLINE: 1-800-323-4637 WEBSITE: www.new-hope.org

Travelers Aid Family Services

727 Atlantic Avenue Boston, MA 02111

SERVICES: Programs for families that are homeless or in an emergency situation, provides emergency shelter, scattered site shelters, employment services, homelessness prevention and stabilization and crisis intervention. Emergency transportation linking individuals and families in transition and rapid relocation programs.

RESTRICT: Services for Low

Income households

PHONE(S): 617-542-7286

HOURS: Monday-Friday, 8:30am-

4:30pm

After hours emergency:

617-635-4500

SUICIDE PREVENTION

Samaritans of Boston

141 Tremont Street, 7th Floor Boston, MA 02111

Samaritans Inc. 235 Walnut Street Framingham, MA 01702

SERVICES: 24 hours a day, 365 days a year telephone befriending program for anyone who is depressed, suicidal, lonely or for family or friends of suicide victims. Non-judgmental, no opinions offered, no tracing or recording of phone calls. Grief Support for survivors. "Write to Us" Program for people not comfortable with the phone (use the above addresses. Programs run by extensively trained volunteers from the community. New volunteers welcome and

needed. Also offers "Safe Place", a support group for family and other "survivors".

FEES: None.

PHONE(S): 877-870-4673 (Toll Free)

24 Hour help lines: 617-247-0220 (Boston)

508-875-4500 (Framingham)

WEBSITE: www.samaritansofboston.org

Samariteens

141 Tremont Street, 7th Floor Boston, MA 02111

SERVICES: A hotline that offers confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness, and stress to call and problems talk about their with other teenagers. Grief Support. Volunteers are trained to offer support in a non-judgmental manner. No calls are traced or recorded. All calls are completely confidential. To speak with a teen, call between the hours of 3:00pm and 9:00 pm Mon-Fri and on the weekends 9:00 am to 9:00 pm. At other times the phone will be answered by adult volunteers.

FEES: None.

PHONE(S): 800-252-8336 HOURS: 24 Hours

Website: www.samaritansofboston.org

SUPPORT GROUPS AND SERVICES

AIDS Project Worcester

85 Green Street Worcester, MA 01604

SERVICES: Offers a wide range of testing, counseling, support groups, financial and housing assistance, medical and employment

advocacy, other basic needs, support and advocacy, legal assistance, legislative lobbying, public speaking and education. Anonymous and/or confidential HIV/AIDS testing arranged. Services Franklin and area communities. Support groups meet daily.

FEES: HIV testing is free. PHONE(S): 508-755-3773

HOURS: Monday-Friday 8:00am-5:30 pm

Free HIV Testing: Monday-Friday, 8:00 a.m.-4:45 p.m.

WEBSITE: www.aidsprojectworcester.org

Alcoholics Anonymous - District 9AA

P.O. Box 130 Norfolk, MA 02056

SERVICES: Self-help group for alcoholics; 12-step program. Individuals seeking group support for alcohol dependency problems can obtain information on the group meeting closest to their home. Programs and meetings are nationwide in most cities and towns. Teen AA groups may be available in some communities. Call the office staff to find closest locations and meeting times.

PHONE(S): 617-426-9444 (for the Boston

Central Service Area)

MEETINGS: 1st Monday Every Month,

Trinity Episcopal Church, Rt. 140 Wrentham, MA

7:30 - 9:00 pm

WEBSITE: www.district9aa.com

Al-Anon

AFG of Mass, Inc. 57 Main Street, Suite 109 Westborough, MA 0581-1457 SERVICES: Literature Request Center. Al-Anon is a self-help and support group for people who have alcoholic spouses, family members or friends. Meetings help people to learn strategies to better interact and cope with the problem drinker and their own codependency.

PHONE(S): 508-366-0556, 9 a.m.-4 p.m. WEBSITE: www.ma-al-anon-alateen.org

AI-A-Teen AFG of Mass, Inc.

57 Main Street, Suite 109 Westborough, MA 0581-1457

SERVICES: Literature Request Center. Support groups for teenagers whose lives are affected by the drinking of a parent or close relative. Young people share experiences, discuss difficulties and learn effective ways to cope with their problems. Any teenager with a family drinking problem is welcome. Al-Anon provides services to spouses, family and friends of alcoholics. Open and closed meetings. Call to obtain a list of local Al-A-Teen or Al-Anon meetings.

PHONE(S): 508-366-0556

HOURS: Monday-Friday, 9 a.m.-4 p.m. WEBSITE: www.ma-al-anon-alateen.org

Birthright

104 County Street Attleboro, MA 02703

79A Main Street Framingham, MA 02172

SERVICES: Support for women and girls distressed by an unplanned pregnancy. Offers free pregnancy testing, maternity

clothes, friendship counseling, medical and legal referrals.

FEES: None

PHONE(S): 508-226-2220 (Attleboro)

508-620-0657 (Framingham)

24 HOUR HOTLINE:

800-550-4900

WEBSITE: www.birthright.org

Gamblers Anonymous

SERVICES: Educational materials on gambling addictions and a network of community-based support groups for the problem gambler. Based on 12-step Alcoholics Anonymous-type model. Meetings are available at many sites in this state and across the country, seven days per week. Services for families of problem gamblers may also be available by referral. Call for locations and times or visit website.

PHONE(S): 888-424-3577

WEBSITE: www.newenglandga.com

www.gamblersanonymous.org

Milford Area Gay and Lesbian Youth - MAGLY

First Universalist Church 23 Pine Street Milford, MA 01757

SERVICES: MAGLY is a youth-run, adultsupervised, social support organization for all lesbian, gay, bisexual, transgender or concerned youth age 22 and under. MAGLY provides a safe place to meet, find friends and get useful information without fear of being judged or labeled. It offers regular discussion meetings, social time and other activities. RESTRICT: Age 22 and under.

FEES: None.

PHONE(S): 508-473-3589

MEETINGS: First & third Wednesdays at

7:00 pm

Narcotics Anonymous (Meeting)

Federated Church 171 Main Street, Community Room Franklin, MA 02038

SERVICES: For persons with addiction to substances other than alcohol. Based on a 12-step model similar to AA; this program helps persons with drug problems abstain from drug use. Call for additional information.

PHONE(S): 508-528-3803 MEETINGS: Thursdays 7:30pm

Overeaters Anonymous – Metrowest IG

PO Box 600 Needham Heights MA 02094

SERVICES: Meetings available throughout the state and country for men and women who want to share experiences about compulsive eating problems. Uses a 12-step type self and mutual support model to help overeaters understand their problem and make changes to their lives. Website assistance to find a local meeting. Can be contacted for information on closest meeting locations and times near you. Local meetings at Metrowest Medical Center in Framingham and Holliston Congregational Church. Visit website for days and times.

FEES: None.

PHONE(S) 508-875-0001

WEBSITE: www.metrowestoa.org

P-FLAG (Parents and Friends of Lesbians and Gays)

85 River Street, Suite 5A Waltham, MA 02454

SERVICES: Support and information for parents and friends of lesbians and gays. Monthly meeting are held to discuss sensitive issues of copying with gender identity-related personal and social issues as well as providing a resource for mutual support.

FEES: None.

PHONE(S): 781-891-5966
HELPLINE: 866-427-3524
E-MAIL: info@gbpflag.org
WEBSITE: www.gbpflag.org

Commonwealth of Massachusetts – www.Mass.Gov

The Commonwealth of Massachusetts has a comprehensive website with useful information on just about every subject you can think of.

Go to: www.mass.gov click on "State Government" that will be located on the left hand side of the screen underneath "Government Links". Then select "Alphabetic List, All Branches" or A-Z Subject Index. Once there you

- Child Support Enforcement
- Commission for the Blind, Mass
- Commission for the Deaf and Hard of Hearing, Massachusetts
- Commission on Gay, Lesbian, Bisexual, Transgender Youth
- Commission on the Status of Women, Massachusetts
- ➤ Commissioner of Probation, Office
- Committee for Public Counsel Services
- ➤ Department of Children and Families*
- Department of Early Education and Care
- Department of Elementary and Secondary Education
- Department of Housing and Community Development
- Department of Labor
- > Department of Mental Health
- > Department of Public Health
- > Department of Public Safety
- Department of Revenue
- > Department of Transitional Assistance
- Department of Youth Services
- ➤ Disability, Massachusetts Office
- <u>Disabled Persons Protection</u><u>Commission</u>
- <u>Division of Unemployment</u>
 <u>Assistance</u>
- **Executive Office of Education**

will find listings and links for all areas of state government as well as helpful links and referrals.

Below is a partial Listing of Departments from the Mass.Gov Site. An asterisk (*) means the Dept. is included in this publication.

- Executive Office of Elder Affairs
- Executive Office of Energy*...
- Executive Office of Health and Human Services
- Executive Office of Housing and Economic Development
- Sovernor's Council to Address Sexual Assault/Domestic Violence
- **▶** Homelessness Commission
- ➤ Housing Court Department
- > Indian Affairs
- Interagency Council on Housing and Homelessness
- ➤ MassHealth (Office of Medicaid)
- Massachusetts Commission Against Discrimination*
- Massachusetts Developmental Disabilities Council
- Mental Health Legal Advisors Cmte.
- Mental Retardation, Department of
- Office for Refugees and Immigrants
- Office of the Child Advocate*
- ➤ Office of the Governor
- Probate and Family Court Department
- ➤ Public Housing and Rental Assistance
- Registry of Motor Vehicles Division
- Rehabilitation Commission, Massachusetts*
- Sex Offender Registry Board
- > Veterans' Services, Department of
- Victim Assistance, Massachusetts Office