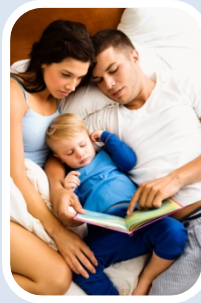


2013-2014 Community Resource Directory



Self Help Inc.
COORDINATED FAMILY &

COMMUNITY ENGAGEMENT
The Community Action Agency of Greater Brockton and Attleboro



Servicing the communities of:

Abington, Avon, Bridgewater, Canton, Dedham, East Bridgewater, Easton, Foxboro, Franklin, Hanover, Hanson, Holbrook, Mansfield, Middleboro, Norfolk, North Attleboro, Norton, Plainville, Randolph, Raynham, Rockland, Sharon, Stoughton, West Bridgewater, Whitman, Wrentham

Funds for Self Help Inc. Coordinated Family and Community Engagement are provided through a grant from the Massachusetts Department of Early Education and Care's *Coordinated Family and Community Engagement Grant Program*.

SELF HELP INC. COORDINATED FAMILY AND COMMUNITY ENGAGEMENT

Self Help Inc. is a non-profit (501C-3) Community Action Program and is the lead agency for the Coordinated Family and Community Engagement (CFCE) grant.

The Self Help Inc. CFCE program is provided funding through the following Early Education and Care (EEC) Grant:

- ***Coordinated Family and Community Engagement Grant***

The goal of this grant, EEC and of SHI/CFCE is to develop a comprehensive, inclusive system of early care and education for families, children (pre-natal thru school-age) and programs. The SHI/CFCE programs are committed to providing the services that are the core of this system and delivered at the local level, in the communities we serve.

PROGRAM OBJECTIVES

Coordinated Family and Community Engagement Grant

- I. Act as a community based, information and resource hub for all families in order to increase knowledge of and accessibility to high-quality early education and care programs and services for families with children birth through age 8. This includes information and resources that address a wide range of transitions for families with children birth to eight.
- II. Promote evidence-based education, family engagement and literacy support through activities that:
 - a. recognize parents as their child's first teacher;
 - b. build on family strengths;
 - c. bolster parental leadership;
 - d. create parental opportunities for mutual support and social connections; and
 - e. build early and family literacy skills.
- III. Through a variety of methods, including advisory council meetings, email distribution, community resource guides and web postings, provide access to information and resources that support early education and care and out-of-school time educators/providers and programs across the public and private sectors to deliver high quality services.

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QUICK REFERENCE- EMERGENCY



Emergency

Use this quick reference guide for yourself, your family, and others who may be taking care of your children. Pull out the page and hang it somewhere convenient, or keep this Resource Directory in a convenient place or near the Phone!!

The address here is: _____

The Phone # here is: _____

Parent Name: _____ Parent Cell Phone #: _____

Parent Name: _____ Parent Cell Phone #: _____



Police:



Fire:



Poison Control:

Pediatrician Name: _____ Pediatrician Phone #: _____

Emergency Contact Name: _____ Emergency Contact #: _____

Emergency Contact Name: _____ Emergency Contact #: _____

Allergies/Medication/Medical Condition:

Child Name	Date of Birth	Allergies	Medication	Medical Condition
:				

MASS 2-1-1 INFORMATION AND RESOURCE

STILL LOOKING FOR A RESOURCE NOT LISTED IN OUR DIRECTORY.....THEN CALL 2-1-1 OR ACCESS THEIR ONLINE DIRECTORY!!



Mass 2-1-1 online directory is an information resource for emergency food, rent, help paying your heating and utility bills, mental health counseling, health programs, public health and safety services, child care referrals, job resources, and other help for individuals, parents and families. Don't have a computer at home? Did you know that your local library has computers available for public use? Please see our listing of local libraries on page 14!!

www.mass211help.org



Mass 2-1-1 Call Center & Information Referral Line:

- Is an easy to remember telephone number that connects callers to information about critical health and human services available in their community.
- Serves as a resource for finding government benefits and services, non-profit organizations, support groups, volunteer opportunities, donation programs, and other local resources.
- Is a confidential call.
- Maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies.
- Is available 24 hours a day, 7 days a week.
- Is an easy way to find or give help in your community.
- 2-1-1 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs.
- If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available: 1-877-211-MASS (6277)

STATE & FEDERAL 1-800 NUMBERS

MASSACHUSETTS GOVERNMENT

<u>Citizen Information Service</u>	1-800-392-6090
<u>Securities Division</u>	1-800-269-5428
<u>Blind, Commission for the</u>	1-800-392-6450
<u>Consumer Affairs & Business Regulation, Office of</u>	1-888-283-3757
<u>Deaf & Hard of Hearing, Commission for the</u>	1-800-882-1155
<u>Disability Determination of MRC</u>	1-800-882-2040
<u>Elder Affairs, Executive office of</u>	1-800-882-2003
<u>Environmental Protection, Department of</u>	1-800-462-0444
<u>Food Stamps</u>	1-800-645-8333
<u>Logan Airport</u>	1-800-23-Logan
<u>MBTA:</u>	1-617-222-3200
<u>Massachusetts Rehabilitation Commission</u>	1-800-223-2559
<u>Mass Health</u>	1-800-841-2900
<u>Public Safety, Department of</u>	1-800-223-0933
<u>Registry of Motor Vehicles, Massachusetts</u>	1-800-858-3926
<u>Revenue, Massachusetts Department of</u>	1-800-392-6089
<u>Telecommunications & Energy, Department of</u>	1-800-392-6066
<u>Transitional Assistance, Department of: Welfare</u>	1-800-249-2007
<u>Veterans' Services, Department of</u>	1-888-844-2838
<u>Women, Infants & Children</u>	1-800-942-1007
<u>Workers' Compensation</u>	1-800-323-3249

FEDERAL GOVERNMENT

<u>Federal Consumer Information Center</u>	1-800-688-9889
<u>Federal Aviation Administration</u>	1-202-366-2220 (Consumer Protection) 1-866-835-5322

<u>Federal Trade Commission</u>	1-877-382-4357
<u>Internal Revenue Service</u>	1-800-829-1040
<u>Medicare</u>	1-800-633-4227
<u>National Highway Traffic Safety Administration</u>	1-888-327-4236 (Auto Safety Hotline)
<u>Occupational Safety & Health Administration</u>	1-800-321-6742
<u>Peace Corps</u>	1-800-424-8580
<u>Pension Benefit Guaranty Corporation</u>	1-800-400-7242
<u>Social Security Administration</u>	1-800-772-1213
<u>United States Postal Service</u>	1-800-275-8777
<u>United States Small Business Administration</u>	1-800-827-5722
<u>Veterans Affairs, Department of</u>	1-800-827-1000

HOTLINES & HELP LINES

<u>AIDS Hotline</u> <i>M-F 9 am-5 pm</i> Information and referral for treatment, support, counseling, and education; anonymous testing sites.	1-800-235-2331
<u>Alcohol & Drug Helpline</u> Information and referral for substance abuse services: crisis intervention& referrals for inpatient/outpatient treatment and where to go if uninsured.	1-800-327-5050 /617-445-1500 <i>Boston area</i>
<u>Baby Safe Haven</u>	1-866-814-7233
<u>Battered Woman's Hotline</u>	800-799-7233
<u>Boston Mayor's Health Line</u> <i>M-F 9 am-5 pm</i>	1-617-534-5050
<u>Cape Code and the Islands Crisis Line</u>	1-508-548-8900/1-800-893-9900
<u>Child At Risk Hotline</u> <i>Child Abuse Hotline</i>	1-800-792-5200
<u>Child Pornography Tip line</u>	1-800-843-5678
<u>ChildhelpUSA</u> <i>Child Abuse Hotline</i>	1-800-4-A-Child/1-800-422-4453
<u>Elder Abuse Hotline</u>	1-800-922-2275
<u>Hepatitis C Hotline</u>	1-888-443-4372
<u>Massachusetts Missing Persons</u>	1-800-622-5999
<u>Massachusetts Poison Control Center</u> Emergency number for medical professionals and individuals for advice about drugs, pesticides, and other toxins.	1-800-682-9211
<u>Massachusetts Smokers' Quit Line</u>	1-800-TRY-TO-STOP
<u>Massachusetts Suicide and Crisis Hotlines</u>	1-800-SUICIDE / 1-800-784-2433 1-800-273-TALK / 1-800-273-8255
<u>National Domestic Violence/Abuse Hotline</u>	1-800-799-SAFE / 1-800-787-3224 TDD
<u>National Runaway Switchboard</u>	1-800-RUNAWAY / 1-800-786-2929
<u>National Teen Dating Abuse Helpline</u>	1-866-331-9474
<u>Parental Stress Line</u> Support and referrals for parents with children of any age, as well as for other family members, care givers, friends and relatives.	1-800-632-8188
<u>Rape, Abuse, and Incest National Network (RAINN)</u>	1-800-656-HOPE
<u>Rape Crisis Hotline</u>	1-800-870-5905 <i>English/508-799-5700</i> 1-800-223-5001 <i>Spanish</i>
<u>SafeLink</u> <i>Massachusetts Domestic Violence Hotline</i>	1-877-785-2020
<u>Samaritans of Boston Suicide Hotline</u>	1-877-870-4673 / 617-247-0220 <i>Boston</i> 1-508-875-4500 <i>Framingham</i>
<u>Teen Helpline</u>	1-800-252-TEEN (8336)



Legal Services/Information

Greater Boston Legal Services

617-371-1234

Greater Boston Legal Services (GBLS) provides free civil (non-criminal) legal assistance to low-income people in Boston and thirty-one cities and towns. The help GBLS offers ranges from legal advice to full case representation, depending on client need. GBLS traces its roots back to 1900 and the founding of the Boston Legal Aid Society

www.gbls.org

MassLegalHelp

MassLegalHelp.org is an online resource to assist residents in finding practical information about your legal rights. There is also a search feature to find a low cost lawyer!

www.MassLegalHelp.org

The National Consumer Law Center (NCLC)

617-542-8010

The National Consumer Law Center (NCLC) is the nation's consumer law expert, helping consumers, their advocates, and public policy makers use powerful and complex consumer laws on behalf of low-income and vulnerable Americans.

www.consumerlaw.org

Volunteer Lawyers Project of the Boston Bar Association

617-423-0648

The Volunteer Lawyers Project of the Boston Bar Association (VLP) provides free civil legal assistance to low-income residents of Greater Boston, primarily through the pro bono services of private attorneys. With your help, VLP makes access to justice possible for people who cannot afford a lawyer.

www.vlpnet.org

MA Immigrant & Refugee Advocacy Coalition (MIRA) 617-350-5480

The Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA) is the largest organization in New England promoting the rights and integration of immigrants and refugees. We serve the Commonwealth's one million foreign-born residents with policy analysis and advocacy, institutional organizing, training and leadership development, and strategic communications.

www.miracoalition.org



Fuel/Energy/Utility Assistance

Mass Energy Consumers Alliance

617-524-3950

Mass Energy is a non-profit organization that both advocates and acts in the marketplace on behalf of consumers and the environment. They offer discount heating oil, green electricity options and solar energy services.

www.massenergy.com

Good Neighbor Energy Fund

508-583-1896

The Massachusetts Good Neighbor Energy Fund has provided energy assistance to hundreds-of-thousands of residents in temporary crisis who are struggling to pay their energy bills and do not qualify for federal or state energy funds.

www.magoodneighbor.org

Self Help Inc. Fuel Assistance

508-588-5440

The Fuel Assistance program runs from November 1st through April 30th. It provides assistance in paying for heating costs to over 10,000 households annually in the Self Help service area.

www.selfhelpinc.org

Quincy Community Action Fuel Assistance

617-479-6473

Cities/Towns Served: Braintree, Milton, Quincy and Weymouth. No matter what type of heating system you have, QCAP's Fuel Assistance program can help you pay your winter heating bills. This includes helping some renters with heat included in their rent. Fuel Assistance runs from Nov. 1st through April 30th

www.qcap.org

Citizens Energy Corporation

617- 338-6300

Citizens Energy Corporation exists to help make life's basic needs more accessible and affordable. To further this goal, Citizens Energy has created a number of assistance programs that help people afford energy, reduce health care costs, and serve a variety of other social and educational needs.

www.citizensenergy.com

MassSave

866-527-7283

MassSAVE is an energy savings program for Massachusetts homeowners and renters. MassSAVE offers energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements. MassSAVE also provides information, incentives, and services to Massachusetts businesses and industry professionals. MassSAVE is a partnership between the Massachusetts gas and electric utility companies and local sellers and installers of home energy conservation products.

www.masssave.com

Low Income Home Energy Assistance Program (LIHEAP)

800-632-8175

The Low Income Home Energy Assistance Program (LIHEAP), usually called fuel assistance, helps low-income households in Massachusetts pay their heating bills. LIHEAP eligibility is based on gross household income. Both homeowners and renters in Massachusetts may apply for this low-income energy assistance program. Most fuel assistance households also qualify for weatherization, utility discounts, and emergency furnace repairs for homeowners. Use the link below to check to see if you might qualify for fuel assistance benefits, and where to call.

www.massresources.org

Energy Bucks

Energy Bucks is a unique program that aids Massachusetts residents with energy costs. With the help from its sponsors, including NStar, National Grid, Bay State Gas, state agencies, and local community action programs, Energy Bucks provides fuel assistance, utility discount rates, and energy efficiency services to low-income individuals and families in need. For more information on Energy Bucks, please visit its website

www.energybucks.com

MassResources.org

866-527-7283

MassResources.org is an information web site that is run by a small non-profit organization, Community Resources Information, Inc. We are not a government agency nor are we part of any government program or department. We can help you find information, but we cannot help you with specific problems you may be having with assistance programs described on this web site. We do not provide direct services. For more information on programs that help with energy and utility assistance please go to the website below.

www.massresources.org/energy.html

Food Assistance

SNAP Food Stamps

866-950-3663

The Supplemental Nutrition Assistance Program (SNAP) helps low-income households pay for food so they can have a healthy diet and still have money to pay other bills. SNAP food stamps are for U.S. citizens and eligible noncitizens with limited incomes that buy food and make meals at home. People living in homeless shelters, group homes for people with disabilities, drug and alcohol treatment centers, and subsidized elderly housing are also eligible.

www.mass.gov/snap

Project Bread

617-723-5000

Project Bread funds 400 food pantries, soup kitchens, and food banks all over Massachusetts. We run the only statewide hunger hotline that answers 35,000 calls a year from families in need. We work with schools to offer breakfast programs, and fund summer programs so that kids get a nutritious meal when school's out. The first Sunday in May each year, we run the oldest continual pledge walk in the country, The Walk for Hunger.

www.projectbread.org

WIC-Women, Infants and Children

800-942-1007

Food, nutrition counseling, and access to health services are provided to low-income women, infants, and children under the Special Supplemental Nutrition Program for Women, Infants, and Children, popularly known as WIC. Most State WIC programs provide vouchers that participants use at authorized food stores. A wide variety of State and local organizations cooperate in providing the food and health care benefits, and 46,000 merchants nationwide accept WIC vouchers

www.mass.gov/wic

Angel Food Ministries

1-877-366-3646

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food relief and financial support to communities throughout the United States. Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. There are no qualifications, minimums, income restrictions, or applications.

www.angelfoodministries.com

Self Help Inc.-Attleboro Food Pantry

508-588-4049

epetrasky@selfhelpinc.org

The Self Help Attleboro Office operates a Food Pantry for families and individuals in a food emergency. You must bring proof of address and proof of the number of persons in your household. The food pantry is located at 95 Pine Street, Attleboro, MA 02703.

www.selfhelpinc.org

Quincy Community Action-Emergency Food Center

617- 471-0796

People having difficulty stretching their budgets to cover food costs can receive fresh and non-perishable once a month at QCAP's Emergency Food Center (EFC). The EFC has a large walk-in refrigerator and freezer and stocks many fresh foods that people need for good nutrition. EFC staff also provide help to connect households to other QCAP and community services that will help them make ends meet. Special Holiday Food orders are given four times a year at Thanksgiving, Christmas/Chanukah, Easter/Passover and Asian New Year. The EFC is located at 1 Copeland Street, Quincy, MA 02169.

www.qcap.org

..... **Health Services**

Mass Health Services

888-665-9993

The Mass Health program provides comprehensive health insurance — or help in paying for private health insurance — to more than one million Massachusetts children, families, seniors, and people with disabilities

www.mass.gov/masshealth

Children's Medical Security Plan

800-841-2900

The Children's Medical Security Plan (CMSP) is a program that provides certain uninsured children and adolescents with primary and preventive medical and dental coverage. Populations Served CMSP is for children under the age of 19 who are Massachusetts residents at any income level, who do not qualify for MassHealth (except MassHealth Limited), and who are uninsured. The amount a family pays for CMSP coverage is dependent on family size and income. There may be a waiting list to receive CMSP coverage

www.cmspkids.com

Healthy Start

888-488-9161

The Healthy Start Program provides health insurance to low-income, uninsured pregnant women in order to improve access to early, comprehensive, and continuous prenatal care to improve the health of newborns and their mothers

www.massresources.org/healthy-start.html

Health Safety Net (HSN)

877-910-2100

The Health Safety Net (HSN) pays acute care hospitals and community health centers for essential health care services provided to uninsured and underinsured Massachusetts residents.

www.massresources.org/hsn.html

The Health Connector

877-623-6765

The Health Connector is an independent state agency that helps you find the right health insurance plan. It is also the marketplace to determine eligibility for the NEW AFFORDABLE CARE ACT, health insurance program.

www.mahealthconnector.org

Women's Health Connector

877-414-4447

The Women's Health Network offers free information about breast and cervical health, clinical breast exams and mammograms, pap tests, pelvic exams and other tests. Women may qualify if they meet income guidelines, have no health insurance or health insurance that does not cover these services and are ages 40-64. Women ages 18-39, who have never had a Pap test, have not had a Pap test for five years or are referred by a clinician to rule out cancer, are also eligible.

www.mass.gov/dph/whn

Prescription Advantage

1-800-AGE-INFO (1-800-243-4636)

Prescription Advantage is a prescription drug insurance plan for Massachusetts residents age 65 and older, as well as younger disabled residents who meet the program's income and employment guidelines. Prescription Advantage is the Massachusetts State Pharmacy Assistance Program (SPAP). For people on Medicare, Prescription Advantage helps pay the costs of Medicare Part D prescription drug coverage. For people not eligible for Medicare, the program offers primary prescription drug coverage with an out-of-pocket spending limit. Depending on gross household income, some members pay deductibles and co-payments, while others only pay co-payments. Members' prescription drug costs never exceed the spending limit, no matter how many prescriptions they fill.

www.massresources.org/prescription-advantage-medicare.html

Early Intervention Partnerships Programs (EIPP) 800-311-2229

The Early Intervention Partnerships Programs (EIPP) is a home visiting program that provides services in communities with some of the state's highest rates of infant mortality and morbidity. The purpose of the EIPP is the early identification of maternal and infant risk and linkage of families to services to prevent or reduce poor health and/or developmental outcomes. Coordinated by an existing Early Intervention program, EIPP serves families during the perinatal period, offering the necessary supports to promote maternal health and perinatal outcomes, and optimal infant growth and development through the first year of life.

www.mass.gov/dph

Other Specialized Health Care

Special health care programs in Massachusetts help people with specific health care needs. Each of these programs has its own eligibility requirements, benefits, and application process. Please visit Massresources.org or the link below to find out more.

www.massresources.org/health-care-specialized.html

Let's Move!

Let's Move! Is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Sure, this is an ambitious goal. But with your help, we can do it.

www.letsmove.gov



Injury Prevention/Safety

MA Injury Prevention and Control Program 617-624-5477

The mission of the Injury Prevention and Control Program (IPCP) is to reduce the rates of injuries at home, at school, in the community, on the road, and at play, and to improve emergency medical services for children. The program covers unintentional injury and suicide.

www.mass.gov/dph/injury

Healthy Children info@healthychildren.org

HealthyChildren.org is run by the American Academy of Pediatrics. It provides up-to-the-minute pediatric health information specially customized for you and your family and a monthly HealthyChildren.org eNewsletter.

www.healthychildren.org

**Injury Free Coalition for Kids 212-342-0514
info@injuryfree.org**

The Injury Free Coalition for Kids is among the country's fastest growing and most effective injury prevention programs. We are comprised of hospital-based, community-oriented programs, whose efforts are anchored in research, education, and advocacy.

www.injuryfree.org

Consumer Product Safety Commission 301-504-7923

CPSC is charged with protecting the public from unreasonable risks of injury or death associated with the use of the thousands of types of consumer products under the agency's jurisdiction. Safety guides, resources and product recall information can all be found on the website.

www.cpsc.gov/en

National Center on Shaken Baby Syndrome

801-447-9360

The National Center has a mission: "To educate and train parents and professionals, and to conduct research that will prevent the shaking and abuse of infants in the United States".

www.dontshake.org

National Safety Council

800-621-7615

The National Safety Council is a nonprofit organization whose mission is to save lives by preventing injuries and deaths at work, in homes and communities and on the road through leadership, research, education and advocacy.

www.nsc.org

Eunice Kennedy Shriver National Institute of Child Health and Human Development-SAFE to SLEEP CAMPAIGN

800-370-2943

The Safe to Sleep® campaign (formerly known as the Back to Sleep campaign) began in 1994 as a way to bring public attention to SIDS and to educate caregivers on ways to reduce SIDS risk. But the history of the campaign actually begins well before 1994 and includes activities in the United States and abroad.

www.nichd.nih.gov/sts



1-800-DENTIST

800-336-8478

Provides dental listings for your area

www.1800dentist.com

Kid Care Dental

781-341-0230

Kid Care Dental, Drs. Kaplan and Salamy practice a unique approach to dentistry. They believe in a whole family philosophy that starts pre-natally and continues for a lifetime. Dr. Kaplan is a Pediatric Specialist and sees children as young as twelve months. He provides nutritional counseling and evaluates their growth and development. 1613 Central Street • Stoughton, MA 02072

www.kidcaredental.com

MassDentists CARE

800-342-8747

The Massachusetts Dental Society's new access program, MassDentists CARE (Combining Access with Reduced Expense), provides qualified children with access to affordable quality dental healthcare services.

www.massdental.org/massdentist-care.aspx

Low Cost Dental School Clinics

Boston University Dental School, 617- 638-4700

www.dentalschool.bu.edu/patients/index.html

The Forsyth Dental Clinic, 617- 262-5200

[www.mcphs.edu/about mcphs/mcphs in the community/forsyth dental clinic.html](http://www.mcphs.edu/about_mcphs/mcphs_in_the_community/forsyth_dental_clinic.html)

Harvard School of Dental Medicine, 617- 432-1434, menu option #1

www.harvarddentalcenter.harvard.edu/asp-html

Tufts University School of Dental Medicine, 617-636-6614

www.tufts.edu/dental/patient/index.html



Housing

MA Department of Housing and Community Development (Regional Offices)

Region 1 - Metropolitan Boston Housing Partnership (MBHP) (Metro Boston)

**Metropolitan Boston Housing Partnership, Inc., 125 Lincoln Street, 617-859-0400
Boston, MA 02111**

www.mbhp.org

Region 3 - South Shore Housing Development Corporation (SSHDC) (South Shore)

**South Shore Housing Development Corp., 169 Summer Street, 781-422-4200
Kingston, MA 02364**

www.masshousinginfo.org/ssh

Region 8 - Franklin County Regional Housing & Redevelopment Authority (FCRHA) (Franklin County)

**Franklin Country Reg. Housing & Redev. Authority, 42 Canal Road, 413-863-9781
Turner Falls, MA 01376**

www.masshousinginfo.org/hra

Massachusetts Affordable Housing Alliance 617-822-9100

Provides homeowner education programs and community action initiatives.

www.mahahome.org

Boston Housing Authority 617- 988-4200

In addition to providing conventional public housing, the Boston Housing Authority also provides affordable housing through the administration of several rental assistance programs. These programs include the [federal Section 8 Voucher Program](#), as well as the state funded Massachusetts Rental Voucher Program that is overseen by the [Department of Housing and Community Development](#)

www.bostonhousing.org/index.html

City of Boston Rental Housing Resource Center 617-635-RENT (7368)

The Rental Housing Resource Center was created by Mayor Thomas M. Menino in 1995 to provide advice, information, and assistance to Boston landlords and tenants who have problems or questions about rental housing issues.

www.cityofboston.gov/rentalhousing

Boston Redevelopment Authority 617-722-4300

The Boston Redevelopment Authority ("BRA") has made a commitment to create affordable homeownership and rental opportunities in the City of Boston with the intent of promoting public health, safety, convenience, welfare and to continue the expansion of the City's housing stock. The BRA aims to alleviate the impacts of market rate housing on the supply and costs of housing for low and moderate income households.

www.cityofboston.gov/bra/AffordHousing/AHOpps.asp

Making Home Affordable 888-995-HOPE (4673) / (TTY) 877-304-9709

Making Home Affordable is a key part of the Obama Administration's effort to help homeowners avoid foreclosure. If you are struggling with your monthly mortgage payments or have already missed a payment, now is the time to take action.

Start today by learning more about the options available to you through MHA
www.makinghomeaffordable.gov

Mass Access

The Mass Accessible Housing Registry is a free program that helps people with disabilities find rental housing in Massachusetts, primarily accessible and barrier-free housing. The database tracks accessible and affordable apartments throughout the state, maintaining information about their availability.

www.massaccesshousingregistry.org

BAMSI's First Stop Housing Assistance Prog. 508-584-4357

BAMSI's First Stop Housing Assistance Program is a segment of Helpline that attempts to prevent eligible families from becoming homeless. The program provides intake and assessment of housing needs and helps families apply for housing they can afford, housing subsidies, or subsidized units.

www.bamsi.org

Quincy Community Action Housing Programs 617-479-8181 x300

Safe and affordable housing is essential to building healthy families and communities. QCAP's Housing Program plays a leading role in advocating for, developing and managing affordable housing for low and moderate income families and individuals in Quincy and Weymouth. In addition, as the most comprehensive housing program in the greater Quincy area, QCAP Housing offers a variety of assistance for first time homebuyers, homeowners, tenants, landlords, homeless and near homeless families to help secure and stabilize housing.

www.qcap.org/our-programs/housing-programs

PACE Housing Services 508-993-0033

The PACE Housing Services Program works to prevent homelessness and to assist families and individuals with searching for affordable housing. The Program serves low income people (who do not receive TAFDC) with other housing related programs such as providing housing information to tenants and landlords and provides referrals for other support services.

www.paceinfo.org/programs.htm

Community Action Committee of Cape Cod & the Islands Housing Assistance Program 508-771-1727 ext. 146

HAP advocates provide assistance with obtaining subsidized housing applications for every housing opportunity, assist clients in filling out applications and provide transportation to housing authorities. Advocates provide assistance in finding safe, affordable, permanent housing by providing rental listings, assist clients in the lease-up process, and offering financial assistance information.

www.cacci.cc/hap.html

Community Care Services FOCUS Program New Bedford 508-990-0972 Attleboro 508-226-5722

FOCUS--Families Overcoming Challenges Utilizing Support, Shelter, and Stabilization Program. FOCUS utilizes a collaborative, strength-based approach with the families by applying motivational interviewing and trauma-informed care. FOCUS supports the family's efforts in battling the effects of poverty and homelessness while searching for permanent housing. FOCUS is a temporary emergency shelter and stabilization program funded by the Department of Housing and Community Development (DHCD). Along with a seven unit congregate shelter and twenty-five scattered sites throughout New Bedford, Fall River, Taunton, and Attleboro, support services range from.

www.communitycareservices.org/focus.html

Child Care Services

Massachusetts Department of Early Education and Care 617-988-6600

The Department of Early Education and Care provides financial assistance to some families in purchasing child care. Families may need assistance because of low incomes, medical problems, early parenting, or problems in parenting that put children at risk of abuse or neglect. When funding is available, families who qualify can choose from a variety of care givers. Search for licensed programs in your town online at:

www.eec.state.ma.us

Child Care Resource and Referral Network 800-345-0131

This network of agencies can provide families/early childhood programs with many services including: Referrals to quality child care programs in their community, Consumer education about quality child care issues, such as Massachusetts licensing standards and guidelines, types of child care, and information about choosing quality child care, and other resources on selecting and monitoring programs , Child care subsidies for eligible low and moderate income families

www.masschildcare.org

Local Resource and Referral Agencies

Home Health and Child Care Services	508-588-6070	www.hhcc.org
Community Care for Kids	617-471-6473	www.qcap.org
PACE Child Care Works	508-999-9930	www.paceccw.org
Child Care Choices of Boston	617-542-5437	www.childcarechoicesofboston.org
Child Care Resource Center, Inc	617-547-1063	www.ccrinc.org
Child Care Connection	800-278-1503	www.cccfscm.org

Self Help Inc. (SHI) HEAD START 508-587-1716

The Self Help Head Start Program provides a comprehensive developmental service for low-income, pre-school children ages 3 to 5 years of age, primarily. Head Start also provides social services for their families. Specific services for children focus on education, socio-emotional development, physical and mental health , and nutrition

www.selfhelpinc.org

Self Help Inc. Coordinated Family and Community Engagement (CFCE) 508-559-1666

SHICPC CFCE provides community based services to families. These include parent/child activities, parent education workshops, placement on the state's childcare financial assistance waitlist, referrals and overall family support and engagement. All services are provided at NO COST to families.

www.selfhelpcpc.org

Family Services

Department of Transitional Assistance 800-249-2007

The Department of Transitional Assistance (DTA) is the state agency responsible for administering public assistance

programs for needy citizens of the Commonwealth. The Department ensures that the emergency and transitional needs of the individuals and families of the Commonwealth are met through a combination of federal and state funded programs. Please visit the website or call to find out the contact information for your town

www.mass.gov/dta

**MA Department of Revenue- CHILD SUPPORT
ENFORCEMENT**

800-332-2733 / 617-660-1234

The Child Support Enforcement Division (CSE) is here to assist parents in establishing paternity and child support orders, collecting child support, and asking courts to adjust child support orders when circumstances change. You can find information about or submit an application for our services on this website. If you receive public assistance, you can also talk to your caseworker at the Department of Transitional Assistance. Services available to all.

www.mass.gov/cse



Household-Clothing-Holiday Assistance

Cradles to Crayons

617-471-8417

Cradles to Crayons pursues a simple mission - to put new and gently-used children's items into the hands of families who need them most. From strollers and car seats to books and clothing, we provide items that enrich the lives of children and the people who love them. Our success in meeting the basic needs of these at-risk children relies on the generous support of families, schools, faith-based and community organizations, local companies, and individuals. Together we make a real difference in the lives of these children and their families who are living in desperate situations.

www.cradlestocrayons.org

The Children's Orchard

800-999-KIDS

If your gently used kid stuff is clean, fashionable, complete, in good working order and less than five years old, we'll buy it, even when it's off-season. All clothing items should be freshly laundered, with no stains, rips, missing parts or excessive fading. It's easier and faster than any garage sale! We take off-season goods all year round. Our Top-Dollar Guarantee: We pay CASH—and we pay more than any other resale store in town that pays you cash. Guaranteed! Get even more when you accept Store Credit!

www.childrensorcharard.com

Freecycle Network

The Freecycle Network™ is made up of 4,936 groups with 8,381,932 members around the world. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by local volunteers (them's good people). Membership is free. To sign up please visit the website and find your community by entering it into the search box or by clicking on 'Browse Groups' above the search box. Have fun!

www.freecycle.org

Catholic Charities

Catholic Charities is tasked with serving those who wonder how they will be able to meet their most basic needs. We embrace each family with a plan to achieve self-sufficiency, giving back some of the choices that they lost along the way. With 15 sites throughout Greater Boston, we are able to provide a wide range of support, including food pantries, rent and mortgage assistance, utility assistance, assistance in providing furniture, baby supplies, clothing and other necessities, and seasonal and holiday assistance for families who cannot afford a warm meal at Thanksgiving or gifts for their children at Christmas.

www.ccab.org/basicneeds/index.html

Flipsize.com

617-471-8417

FlipSize.com had one objective in mind when launching into the market, Give parents something back for their unwanted or too small kids clothes, while actually saving them money and time. We do this by giving parents the ability to trade in their child clothes that are now too small, for ones that fit just right, and then allow them to continue the process as their child grows. This keeps them from having to spend the thousands of dollars that are spent on babies and kids clothing within the first few years.

www.flipsize.com/

Globe Santa

800-999-KIDS

Since 1956, Globe Santa has been The Boston Globe's annual appeal for needy children in Greater Boston. The Globe Santa Fund collects donations from general public to purchase holiday gifts for underprivileged children. Families request gift assistance by writing to Globe Santa, stating their family size and need. This need must be verified and countersigned by a social service or religious agency that has previously registered with Globe Santa Fund. The agency must have documented records of the particular family's situation. The deadline for family letters is generally before December.

www.globesanta.org

Project Just Because

508-435-6511

Project Just Because, Inc. supplies adults and children in need with a variety of support. We provide clothing, toiletries, gift baskets, career items, school supplies, blankets, toys, furniture, baby items, house wares, etc. And special needs can also be addressed throughout the year through our Sponsorship Program. The holidays are a special opportunity to help people in need, providing not only basic necessities, but an emotional boost during what can be a difficult time for people in need. Other non-holiday programs reach people throughout the year.

www.projectjustbecause.org

Self Help Inc. Coordinated Family and Community Engagement (CFCE)

508-559-1666 x123

For over 12 years SHI CPC/CFCE has assisted families in need who reside in Southeastern MA. SHI CFCE's Joy to the Children Project is supported 100% through donations from business and community members. Families are eligible if they live in 1 of the 26 towns we cover: Abington, Avon, Bridgewater, Canton, Dedham, East Bridgewater, Easton, Foxboro, Franklin, Hanover, Hanson, Holbrook, Mansfield, Middleboro, Norfolk, North Attleboro, Norton, Plainville, Randolph, Raynham, Rockland, Sharon, Stoughton, West Bridgewater, Whitman, and Wrentham. Families who are clients of the Coordinated Family and Community Engagement Program get priority, and families are only able to get assistance for 2 years in a row. For more information on the program or on how to donate, please visit our website.

www.j2tc.org

Disabilities/Special Education

Early Intervention Services

800-905-TIES (1-800-905-8437)

Early Intervention in Massachusetts is a statewide, integrated, developmental service available to families of children between birth and three years of age. Children may be eligible for EI if they have developmental difficulties due to identified disabilities, or if typical development is at risk due to certain birth or environmental circumstances. To find out which Early Intervention programs serve your area: call Family TIES of Massachusetts at) or visit the Family TIES web site

www.massfamilyties.org

The Federation for Children with Special Needs

800-331-0688 / 617-236-7210

The Federation for Children with special needs is a center for parents and parent organizations to work together on behalf of children with special needs and their families. We can help! Organized in 1975 as a coalition of parent groups

representing children with a variety of disabilities, the Federation operates a Parent Center in Massachusetts which offers a variety of services to parents, parent groups, and others who are concerned with children with special needs.

www.fcsn.org

SpedChildMass.com

This is an online resource for parents of children with special needs. They have extensive resource/service information, local events, camp information and activities for special needs children and teens.

www.SpedChildMass.com

North River Collaborative

781-878-6056

A Center for Children in Need of Enrichment and Sensory Stimulation is a program serving students ages 3 to 22 with multiple handicaps. Most of the students are in wheelchairs and require assistance with all activities of daily living. Classrooms follow a functional, experiential curriculum based upon The Massachusetts Curriculum Frameworks for Students with Significant Disabilities (2001). The continuum of ACCESS classrooms are located in member district public schools allowing for placement of students in buildings with similarly aged peers and for access to age appropriate thematic materials. The NRC also runs the **North River School** for middle and high school students who have been unable to function successfully in public schools due to behavioral/emotional problems

www.northrivercollaborative.org

The Bridge Center (formerly handi-kids)

508-697-7557

The Bridge Center is a non-profit agency that provides recreational activities for children and young adults with disabilities. We serve hundreds of people year-round through our Summer Day Camp, Saturday Camp, School Vacation Camp, After School, Therapeutic Horseback Riding, Carriage Driving, Hippotherapy, Stable Management, Boy Scout & Girl Scout Troops, and Special Events. The Bridge Center is committed to providing both the opportunities and the supports that all families and children need to enjoy happy, healthy & productive lives.

www.thebridgectr.org

Center on the Social and Emotional Foundations for Early Learning (CSEFEL)

The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) is focused on promoting the social emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau for disseminating research and evidence-based practices to early childhood programs across the country. The website has many free resources for educators and families.

www.csefel.vanderbilt.edu/index.html

The Arc-Brockton Area

508-583-8030

Arc offers services for children and adults with disabilities and the people who love and support them. Services include: Information and referrals, trainings, recreation, service navigation and more. Arc serves families from the following communities: Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Rockland, Stoughton, West Bridgewater and Whitman.

www.brocktonarc.net

✦ Elder Services

MA Council on Aging

413-527-6425

Please call to find your local Council on Aging. Among the services and referrals provided are the following: Assessment and Evaluation, Assistance in Your Home, Care Planning, Housing Options, Nursing Homes, Respite Care, Medical Services, Transportation, Public Benefits Counseling, Employment Assistance, Supportive Day and Adult Day

Health, Wellness Activities through Evidence-based Programming, Fitness Programs, Recreational Activities, Support Groups, Tax Assistance and Driver Education Programs, Volunteer Opportunities/ Civic Engagement, SHINE (Serving Health Information Needs of Elders), Lifelong Learning, Creative and Performing Arts, Computer Classes and ESL, Nutrition , Application Assistance.

www.mcoonline.com

Elder Care Locator

800-677-1116

A nationwide service to help families/friends find information about community resources for older people in the U.S.

www.eldercare.gov

A Place for Mom

877-MOM-DAD9 (1-877-666-3239)

A Place for Mom is a **free referral service** helping families find nursing homes, assisted living, Alzheimer's care, retirement communities, home care, and other senior care options. Our experienced **Eldercare Advisors** have assisted thousands of families with the difficult task of selecting senior care

www.aplaceformom.com

800AgeInfo

800-243-4636

This website provides online resources to help find services, assess needs and more information and resources for the elderly and their families. You can also call the number and speak to an elder care expert.

www.800ageinfo.com

Old Colony Elder Services

508-584-1561

508-587-0280 (TTY)

Incorporated in 1974, **Old Colony Elder Services (OCES)** is one of 27 private non-profit Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts. OCES is governed by a Board of Directors, which includes representatives from the 23 communities in our service area. Old Colony Elder Services' mission is to provide services which will support the dignity and independence of elders by allowing individuals to: - maximize their quality of life - live safely maintain good health - prevent unnecessary or premature institutionalization. OCES's Service Area includes Abington, Avon, Bridgewater, Brockton, Carver, Duxbury, East Bridgewater, Easton, Halifax, Hanover, Hanson, Kingston, Lakeville, Marshfield, Middleboro, Pembroke, Plymouth, Plympton, Rockland, Stoughton, Wareham, West Bridgewater, & Whitman.

www.oldcolonyelderservices.org

Respite Services

Brain Injury and Statewide Specialized Community Services (BI&SSCS) Respite Services

617-204-3852

1-800-223-2559

TTY: (617) 204-3817

Brain Injury and Statewide Specialized Community Services (BI&SSCS) provides respite services to eligible BI&SSCS consumers and family members or primary caregivers. Respite services can provide SHIP consumers or their caregivers with an opportunity for rest and relaxation or the opportunity to attend to their own personal needs. Respite services can be provided in or out of the home for limited periods of time, ranging from a few hours to one or two weeks. This service can be requested by the BI&SSCS consumer, family members or other primary caregivers. To qualify for respite services, BI&SSCS consumers must be living with a primary caregiver(s) at home.

ARCH National Respite Network

919-490-5577

mmathers@chtop.org

The mission of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums. The ARCH National Respite Network includes the National Respite Locator.

www.archrespite.org/home

House of Possibilities (HOPE) at Stonehill College

508-205-0555

houseofpossibilities@comcast.net

HOPE is a state-of-the-art facility that provides support to families having children and adults living with developmental challenges, both cognitive and/or physical by providing high quality programming and weekend respite services, including overnight respite that supports individuals and their families requiring 24/7 care.

www.houseofpossibilities.org

The ARC of Greater Plymouth

508-732-9292

The Arc is a private, non-profit membership organization committed to providing creative, flexible and diversified supports for people with developmental disabilities and their families. Founded in 1966 by parents and volunteers dedicated to promoting the dignity of and improving the opportunities for children with developmental disabilities.

www.thearcofcp.org

The ARC of Bristol County

508-226-1445

The Arc is a private, non-profit membership organization committed to providing creative, flexible and diversified supports for people with developmental disabilities and their families. Founded in 1966 by parents and volunteers dedicated to promoting the dignity of and improving the opportunities for children with developmental disabilities.

www.arcnbc.org

Employment/Job Training

Career Works Center

508-513-3400

At CareerWorks we give job seekers the tools to find the right job, we list available job openings and the skills they require, and we work closely with employers to match prospective employees with available job openings. Let our experienced, highly qualified, and friendly staff assist you in finding the perfect employment match. Most CareerWorks services are offered at no charge.

www.careerworks.org

Boston Career Link

617-536-1888

Boston Career Link offers a wide array of workforce development and staffing solution services for job seekers and employers, as well as enhanced, individually tailored and customized services. Any individual who wants or needs access to our services is welcome to use them.

www.bostoncareerlink.org

Mass One Stop Career Centers

877-872-5627

An extraordinary variety of employment-related services for job seekers and businesses are available at the Commonwealth's network of One-Stop Career Centers. Visit the website to find one near you!

www.mass.gov/careercenters

Employment & Training Resources

Norwood 781-769-4120

Chartered by the Metro South/West Regional Employment Board, ETR is a joint venture of the Metro South/West Employment & Training Administration and the Massachusetts Department of Workforce Development. We have full-

service career center offices in Marlborough, Newton, and Norwood, and a satellite office with limited services located at the Framingham Department of Transitional Assistance.

www.etrcc.com

MA Labor and Workforce Development

Links and Resources to find a job, apply for unemployment benefits, locate training.

www.mass.gov/lwd



Counseling Services/Mental Health

Child Witness to Violence Project

617-414-4244

The Child Witness to Violence Project (CWVP) is a counseling, advocacy, and outreach project that focuses on the growing number of young children who are hidden victims of violence: children who are bystanders to community and domestic violence.

www.childwitnessstoviolence.org/

The Home for Little Wanderers

617-267-3700

The Home for Little Wanderers (The Home) is a nationally renowned, private, non-profit child and family service agency. It is the oldest organization of its kind in the nation and the largest in New England (click here for a more detailed [History](#)). Each year, The Home serves thousands of children and families through a system of residential, community-based and prevention [programs](#), direct care services, and [advocacy](#). The mission of The Home is to ensure the healthy emotional, mental, and social development of children at risk, their families, and communities.

www.thehome.org

South Bay Mental Health

508-580-4691 (Brockton)

508-223-4691 (Attleboro)

A comprehensive mental health clinic providing community based and home based service to people of all ages throughout South Eastern Massachusetts.

www.southbaymentalhealth.com

South Shore Mental Health

800-852-2844

SSMH is a private, non-profit comprehensive behavioral healthcare organization providing mental health and substance abuse services for people of all ages throughout the South Shore, Plymouth Area and Cape Cod.

www.ssmh.org

Life is Good Kids Foundation (formerly Project Joy) 617-266-4569

The Life is good Kids Foundation is an action-oriented nonprofit, committed to helping young children overcome life-threatening challenges such as extreme poverty, violence, illness and natural disasters. Our Playmakers Initiative provides training, resources and support to the adults dedicated to caring for these children so that all involved lead healthier, more joyful lives.

www.lifeisgood.com/foundation/

The Trauma Center

617-232-1303

The Trauma Center is a program of Justice Resource Institute (JR1), a large nonprofit organization dedicated to social justice by offering hope and promise of fulfillment to children, adults, and families who are at risk of not receiving effective services essential to their safety, progress, and/or survival. The Trauma Center provides comprehensive

services to traumatized children and adults and their families at the main office in Brookline.

www.traumacenter.org

Massachusetts Behavioral Health Partnership (MBHP) 800-495-0086

The Massachusetts Behavioral Health Partnership (MBHP) manages mental health and substance abuse services for more than 350,000 **MassHealth** members across the Commonwealth. Working collaboratively with Members, their families, advocates, state agencies, and providers, MBHP has created a community-based system of care that integrates mental health and primary care for Members.

www.masspartnership.com

NAMI Massachusetts

The mission of NAMI Massachusetts is to improve the quality of life both for people with mental illnesses and for their families. We seek to extend the education, support, and advocacy programs of NAMI Massachusetts so that we will reach out to all Massachusetts consumers and their families; improve the public's awareness and understanding of mental illnesses; and advocate at all levels to ensure that all persons affected by mental illnesses receive, in a timely fashion, the services that they need and deserve.

www.namimass.org

Community Care Services

Community Care Services is a private, non-profit corporation that provides emotional, educational and behavioral support to more than 7,500 children, adults, elders, and families annually throughout Southeastern Massachusetts and Rhode Island.

www.communitycareservices.org

Community Counseling of Bristol County, Inc. (CCBC) 508-823-6124

The purpose and mission of Community Counseling of Bristol County, Inc. (CCBC) is to develop and deliver compassionate, responsive, culturally competent, and quality mental health and substance abuse services to meet the prevention, education, treatment, rehabilitation and recovery needs of those in our community. These services are based on the latest evidence-based approaches to respond to the complex needs of children, adolescents, adults, elders and families as part of a locally integrated health-care delivery system linked to regional and statewide delivery systems.

www.comcounseling.org/index.php

 **Domestic Violence/Abuse**

Child Witness to Violence Project 617-414-4244

The Child Witness to Violence Project (CWVP) is a counseling, advocacy, and outreach project that focuses on the growing number of young children who are hidden victims of violence: children who are bystanders to community and domestic violence.

www.childwitnessstoviolence.org/

MA Department of Children and Families 800-792-5200

The Department of Children and Families (DCF) is the Massachusetts state agency charged with the responsibility of protecting children from child abuse and neglect. To report abuse or neglect, call the Child-at-Risk Hotline anytime of the day or night.

www.mass.gov/dcf

Massachusetts Society for the Prevention of 617-587-1500

Cruelty to Children (MSPCC)

MSPCC is a private, nonprofit society with a legacy of strengthening families and preventing child abuse through essential child welfare and mental health treatment and effective public advocacy. Incorporated in 1878, MSPCC serves children and families across Massachusetts with an unmatched range of services designed to respond to the individual needs of infants, children, adolescents and their families. We operate by these core principles:

www.mspcc.org

Parental Stress Line

800-632-8188

Telephone counseling and referrals to confidential support groups for parents. Parents and caregivers with problems related to their children call for support. Trained volunteer counselors who are sympathetic and non-judgmental answer the Parental Stress Line. No problem is too big or too small for a parent to call.

www.parentshelpingparents.org

Brockton Family and Community Resources Inc.

800-281-6498

Family and Community Resources (FCR), Inc. serves individuals and families whose lives are impacted by trauma at home, school, or in their community. FCR is committed to providing the highest quality of community-based services including advocacy, support, individual and group treatment, case management and community education through its Domestic Violence, Victim Advocacy and Trauma Services for Children, Adolescents and Adults.

Massachusetts Victim Compensation Fund

(617) 727-2200 ext. 2160

Through the Victim Compensation Division, the Attorney General's Office is often able to provide financial assistance to eligible victims of violent crime for medical and dental care, mental health counseling, funeral and burial costs, crime scene clean up services, and security measures. Please link to the Attorney General website through mass.gov

www.mass.gov

New Hope

800-323-HOPE (4673)

New Hope offers a variety of individual and family support services through five complementary programs. We are a non-profit human service agency with over 28 years of experience in assisting people in crisis and delivering innovative quality service. The Domestic Violence/Rape Crisis services provide comprehensive help to survivors of domestic violence/rape.

www.new-hope.org

New Hope – Respect Program

877-222-0083

RESPECT is an intervention program for people who abuse their partners. The goal is to help them end their violence by holding them accountable for their own behavior.

www.new-hope.org/respect.html

A New Day (formerly Women's Place Crisis Center)

508-588-8255

A New Day, formerly Womansplace Crisis Center, is a program of Health Imperatives. We promote healing and create solutions to end sexual violence and relationship violence. Services are open to all people regardless of gender, age, sexual orientation, race, and language. Have you or a loved one been sexually assaulted? Feel in danger or threatened by a partner or relative? Been physically assaulted? Call our hotline today. A New Day will go to the hospital with you to support you and those closest to you. We can also help you obtain a restraining order through Safe Plan or find a safe shelter through Penelope's Place.

www.anewdayma.org

Gay Men's Domestic Violence Project

**800-832-1901 24-Hour Emergency
Hotline**

The Gay Men's Domestic Violence Project is a grassroots, non-profit organization founded by a gay male survivor of domestic violence and developed through the strength, contributions and participation of the community. The Gay Men's Domestic Violence Project provides crisis intervention, support and resources to victims and survivors of domestic abuse.

www.gmdvp.org

Family & Parenting Support/Education

Self Help Inc. Coordinated Family and Community Engagement (CFCE)

508-559-1666

[**cpc@selfhelpinc.org**](mailto:cpc@selfhelpinc.org)

SHICPC CFCE provides community based services to families. These include parent/child activities, parent education workshops, placement on the state's childcare financial assistance waitlist, referrals and overall family support and engagement. All services are provided at NO COST to families.

[**www.selfhelpcpc.org**](http://www.selfhelpcpc.org)

Parents Helping Parents

800-632-8188

For over 35 years Parents Helping Parents has been a place for Massachusetts parents and caregivers to reach out for support. We know that parents need support for themselves in order to support their children. All services are free, confidential, and anonymous. Parents call the Parental Stress Line, a 24-hour parent helpline, and attend weekly Parent Support Groups for ongoing parent support. No parenting problem is too big or too small to reach out for help.

[**www.parentshelpingparents.org**](http://www.parentshelpingparents.org)

Keeping Pace with Multiple Miracles (KPMM)

508-559-0040

Keeping Pace with Multiple Miracles (KPMM) provides a wide range of services to assist families with multiples. KPMM is in constant contact with families expecting multiples and it is a vital resource for these families. Constant contact provides support that families expecting multiples desperately need. KPMM serves its members from a quaint building in West Bridgewater, Massachusetts. The building contains a store, supply pantry, and a private room for mothers

[**www.keepingpace.org**](http://www.keepingpace.org)

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

617-587-1500

MSPCC is a private, nonprofit society with a legacy of strengthening families and preventing child abuse through essential child welfare and mental health treatment and effective public advocacy. Incorporated in 1878, MSPCC serves children and families across Massachusetts with an unmatched range of services designed to respond to the individual needs of infants, children, adolescents and their families. We operate by these core principles: Children deserve to be safe and happy and Children grow up best in families.

[**www.mspcc.org**](http://www.mspcc.org)

Community Connections of Brockton-THE FAMILY CENTER

508-857-0272

The Family Center, an initiative of Community Connections of Brockton (CCB), is supported through funding from the Department of Children and Families (DCF), by the United Way of Greater Plymouth County and in partnership with Brockton's Promise. The Family Center's mission is to help you find the solutions you need to strengthen your family. The Family Center works to connect you to neighborhood-based resources and networks of support that will help foster strength within your family. This is achieved by promoting parental resilience, offering education on parenting and child development, establishing social connections, and providing solid support in times of need. In doing so, we are striving to prevent child abuse and neglect while promoting the healthy growth of our community. ALL services are free.

[**www.ccbrockton.com**](http://www.ccbrockton.com)

Text4baby

Text BABY to 511411

Envia BEBE al 511411 para Español

Text4baby is a free mobile information service designed to promote maternal and child health. An educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), text4baby provides pregnant women and new moms with

information they need to take care of their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week.

www.text4baby.org

Child Welfare Information Gateway

800-394-3366

info@childwelfare.gov

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the general public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more.

www.childwelfare.gov

MA Department of Children and Families

800-792-5200

Brockton 508-894-3700

Taunton 508-821-7000

The Department of Children and Families (DCF) is the Massachusetts state agency charged with the responsibility of protecting children from child abuse and neglect. To report abuse or neglect, call the Child-at-Risk Hotline anytime of the day or night.

www.mass.gov/dcf

North River Collaborative FAMILY NETWORK

781-681-9736

The NRC Family Network recognizes that parents are their child's first and most influential teacher. All of the activities are offered with the goal of helping parents build a warm, nurturing family that will support the child's social and emotional growth. NRC Family Network helps parents enrich their child's "learning through play" experiences by providing opportunities for parents and children to engage in creative play endeavors. All of our programs are free and are held at our Family Center in Rockland or at a variety of community locations in our member districts.

www.northrivercollaborative.org

Massachusetts Parent Information and Resource Center (PIRC)

617-236-7210

Established in 1999 as Parents' PLACE, our goal as the Massachusetts PIRC is to inform and enable parents to play a key role as partners with schools in ensuring children's success in school. The Massachusetts PIRC is a place where parents across the state can find information to help them make the best choices for their children's education. We also support schools and districts across the state in their efforts to form strong partnerships with families.

www.pplace.org

Healthy Families Massachusetts

1-888-775-4KIDS

Healthy Families Massachusetts (HFM) provides home visiting for first-time parents under age 21. Parents are eligible for these services during pregnancy until their child is three years old.

www.mctf.org/parents/Pages/hf.aspx

Parent - Child Home Program

The Parent-Child Home Program (PCHP) is a two-year early education and school readiness program offered in cities and towns throughout the state. PCHP helps parents develop their children's verbal skills through reading, play, and conversation. PCHP is a home visiting program. A trained home visitor visits each PHCP family twice a week during the school year, for ½ hour sessions. During the sessions, the home visitor reads and plays with the family, modeling behaviors that encourage verbal interaction between parent and child. The home visitor brings books and toys that the family gets to keep. Find a PCHP in your community, check the website below

www.parent-child.org/about-us-where-we-are.html

Operation Military Kids Massachusetts

413-577-0332

Operation: Military Kids is the U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment. Regardless of whether Families are experiencing deployment for the first time, the second time or

another in a series of multiple deployments, OMK's goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being.

www.operationmilitarykids.org/public/home.aspx

The National Fatherhood Initiative

301-948-0599

info@fatherhood.org

National Fatherhood Initiative's Mission: To improve the well-being of children by increasing the proportion of children growing up with involved, responsible, and committed fathers. We strive to ensure a brighter future for America's youth. By equipping and educating fathers, we're working on an issue that is at the core of our nation's well-being.

www.fatherhood.org

The National Center for Fathering

dads@fathers.com

The National Center for Fathering (Fathers.com) is a nonprofit educational organization that provides research-based training and resources so that men are equipped to address their children's needs. Our goal is to reverse the cultural trend toward fatherlessness by helping every dad learn how to be a father. At Fathers.com, we believe every child needs a dad they can count on. The research is clear: children thrive when they have an involved father—someone who loves them, knows them, guides them, and helps them achieve their destiny. We inspire and equip men to be the involved fathers, grandfathers and father figures their children need.

www.fathers.com

The Family Nurturing Center of MA

617-474-1143

info@familynurturing.org

We work with our many community partners to provide comprehensive family support from birth to adolescence. We coordinate a range of programs that include Welcome Baby newborn outreach and Parent/Child Home Program visits, Playgroups for children and their parents/caregivers together, intensive Nurturing Parenting Programs that involve the whole family, and community-based services that engage families in school readiness activities, resource referral, and advocacy.

www.familynurturing.org

Adult Education/Literacy

Blue Hills Adult Basic Education

Canton-781-828-5800 x325

Norwood-781.769.5848

Literacy, GED and ESOL classes are offered free of charge, funded by a grant from the Massachusetts Department of Elementary and Secondary Education, ten months a year, September through June.

www.bluehillsged.org

Brockton Adult Learning Center

508-580-7475

211 Crescent Street, Brockton, MA 02302 Hours: M-Th: 8:00 a.m. - 9:00 p.m., F: 8:00 a.m. - 4:00 p.m.

Suzanne Martin, Coordinator, Email: adultlearningcenter@bpsma.org

Stoughton Adult Basic Education Program

781-341-5183

The **Stoughton Adult Basic Education Program** addresses the need for Stoughton area adults to gain English proficiency. Based on individual student needs, our instructors tailor lessons to maximize opportunities for students to attain their goals. All classes are offered free of charge to residents with limited English proficiency.

www.massasoit.mass.edu/workforce_development/adultbe.cfm

The Literacy Center- Attleboro

508-226-3603

Since 1988, The Literacy Center has helped hundreds of learners develop the skills they need to become more productive, fulfilled, and contributing members of the community. Our focused, goal-oriented programs deliver concrete, practical results. The Literacy Center occupies the city-owned Sweet Mansion, which provides ample facilities for both classroom instruction and volunteer tutoring; we also offer satellite programs in surrounding communities. We have free and tuition-based courses.

www.theliteracycenter.com

Substance Abuse

Massachusetts Substance Abuse Helpline

800-327-5050

The Massachusetts Substance Abuse Information and Education Helpline provides free and confidential information and referrals for alcohol and other drug abuse problems and related concerns. The Helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment and prevention services throughout Massachusetts. Services are available Monday through Friday from 8:00 am to 11:00 pm and on Saturday and Sunday from 9:00 am to 5:00 pm.

www.helpline-online.com/

The Institute for Health and Recovery

617-423-6627

The Institute for Health and Recovery is a statewide service, research, policy, and program development agency. IHR's mission is to develop a comprehensive continuum of care for individuals, youth, and families affected by alcohol, tobacco, and other drug use, mental health problems, and violence/trauma.

www.healthrecovery.org/default.asp

CASTLE (Clean And Sober Teens Living Empowered)

508-638-6000

The CASTLE is a short-term treatment center committed to the prevention, treatment, and abstinence of drug and alcohol use in adolescents. It is the first adolescent-focused treatment facility of High Point Treatment Center, well-known for its excellent quality of care in adult addiction services. Up to 24 teenagers, ages 13-17, reside in a renovated brick building in Brockton, MA, learning how to maintain their goals of being clean and sober.

www.castlekids.org/index.php



Getting Around

MBTA

617-222-6020

www.mbta.com

Brockton Area Transit Authority

508-588-1000

Service is offered seven days a week. Weekday service to the MBTA's Ashmont Station begins at 4:50 a.m. and ends at 12:30 a.m. Weekday service in the City of Brockton and neighboring communities begins at 6:00 a.m. and ends at 9:00 p.m. with reduced service on Saturdays and limited Sunday service.

www.ridebat.com

Miscellaneous Links/Resources

My Job Chart

FREE Online tool to help parents Motivate kids to do chores.

www.myjobchart.com

The U.Fund College Investing Plan MA's 529 Plan

MEFA is a non-profit state authority that works to make higher education more accessible and affordable through community education programs, college savings plans, and low-cost financing options.

www.fidelity.com/529ma

Wonderopolis

Wonderopolis™, is a place where parents seek and nurture a brighter world for their children through the power of discovery, creativity, learning and imagination. Wonderopolis™ is brought to life by the National Center for Family Literacy (NCFL). Our Wonders of the Day will help you find learning moments in everyday life, ones that fit in with dinner preparations or carpool responsibilities or a stolen moment between breakfast and the bus.

www.wonderopolis.org

It Gets Better Project

In September 2010, syndicated columnist and author Dan Savage created a YouTube video with his partner Terry to inspire hope for young people facing harassment. In response to a number of students taking their own lives after being bullied in school, they wanted to create a personal way for supporters everywhere to tell LGBT youth that, yes, it does indeed get better. The website www.itgetsbetter.org is a place where young people who are lesbian, gay, bi, or trans can see how love and happiness can be a reality in their future. It's a place where our straight allies can visit and support their friends and family members.

www.itgetsbetter.org

The Trevor Project

866-4-U-TREVOR (866-488-7386)

The [Trevor Project](http://www.thetrevorproject.org), a partner of It Gets Better, is a great place for LGBT teens going through difficult times to find help. The Trevor Project has a website full of helpful resources, and a staff that is ready to help you find the support you need.

www.thetrevorproject.org

Assurance Wireless

888-898-4888

Assurance Wireless Lifeline Phone Program Provides: 250 FREE Voice Minutes & 250 FREE Texts added automatically, you do nothing. Add money if you decide to choose the \$5, \$20 or \$30 plan and to pay for any services, like additional minutes, additional texting or international calls. Buy Virgin Mobile Top-Up cards from thousands of stores across the country. Or use credit, debit or PayPal. All customers get FREE Phone. Apply online!!

www.assurancewireless.com

SafeLink Wireless

1-800-Safelink

SAFELINK WIRELESS® service is a program for Income eligible households provided by TracFone Wireless, Inc. In order to participate in the SAFELINK WIRELESS® service, persons must meet certain eligibility requirements set by each State where the service is to be provided. These requirements are based on a person's participation in a state or Federal support programs or by meeting the Income Poverty Guidelines as defined by the U.S. Government. Apply online!

www.safelinkwireless.com

PACER's National Bullying Prevention Center

Founded in 2006, PACER's National Bullying Prevention Center unites, engages and educates communities nationwide to

address bullying through creative, relevant and interactive resources. PACER's bullying prevention resources are designed to benefit all students, including students with disabilities. PACER offers digital-based resources for parents, schools, teens and youth, including:

www.PACER.org/Bullying : This is the portal page for parents and educators to access bullying resources, which include educational toolkits, awareness

toolkits, contest ideas, promotional products and more.

www.PACERTeensAgainstBullying : Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to

take action, to be heard, and to own an important social cause.

www.PACERKidsAgainstBullying : A creative, innovative and educational website designed for elementary school students to learn about bullying prevention,

engage in activities and be inspired to take action.

www.pacer.org/bullying/

More Than Wheels

866-455-2522

Need a car, but can't afford the repairs and poor gas mileage of your unreliable car? Think that past credit problems leave you with no option but to pay excessive interest rates? Worry that your job or health is suffering because of transportation issues? More Than Wheels is an award-winning, not-for-profit that helps consumers get the best deal on a reliable, fuel-efficient car.

www.bonnieclac.org

SafetyNet by LoJack®

When someone you love has autism, Alzheimer's, Down syndrome, dementia or other cognitive disorders, the chance of him or her wandering and becoming lost is high, and may lead to severe consequences*. That's why LoJack® now offers SafetyNet™ technology for rescuing those who go missing. The SafetyNet™ Service is composed of time-tested and proven electronic search and rescue equipment, direct integration with law enforcement and public safety agencies, in-depth training and certification for search and rescue personnel on electronic search and rescue procedures as well as techniques for approaching people with cognitive conditions, and a secure database of key client information to assist in search and rescue operations.

www.safetynetbylojack.com/Caregivers

TeenLife.com

617- 277-5120

TeenLife Media is the "go to" source for parents, educators, and teenagers nationwide who are seeking programs and services for college-bound students in grades 7-12. Our award-winning website, e-newsletters, specialized guides, parent magazine, and signature events feature thousands of enrichment opportunities that "bring out the best" in teenagers. These include summer programs, community service opportunities, academic experiences, and gap year programs – regionally, nationally, and internationally. Access to all of our resources is free for registered parents, educators, and students.

www.teenlife.com

Boston Children's Museum

\$1 Friday Nights Sponsored by Target. Every Friday from 5 - 9pm, admission to Boston Children's Museum is just \$1 per person! Check out our web calendar for the latest information on special Friday programs and events. For more ways to save at the Boston Children's Museum see link below

www.bostonchildrensmuseum.org/plan/ways_to_save.html

Mom's & Dad's Guide!

Welcome to Mom's & Dad's Guide! This is Boston's first and only online guide - and it's packed with activities and events to keep your family happy and healthy year-round. The best part? It's all put together by two local moms, so you know we got it right! Mom's & Dad's Guide lists art classes, playgroups, kiddie yoga, summer camps, museums, support groups, and so much more.

www.momsanddadsguide.com/

Internet Essentials from Comcast

We want to bring the power of the Internet to more students and families across the country. That's why we created Internet Essentials to offer home Internet service for only \$9.95 a month. Four ways Internet Essentials gets you connected — for less. While participating in Internet Essentials: You get fast home Internet service for only \$9.95 a month, plus tax, You never have any price increases or pay any activation or equipment rental fees, You can buy a computer at initial enrollment for the low price of just \$149.99 + tax, You can get free Internet training — online, in print and in person. For more information and additional eligibility please visit the website below

www.internetessentials.com/default.aspx



Public Libraries

Town	Public Library	Address	Phone	Website
Abington	Abington Public Library	600 Gliniewicz Way, Abington MA 02351	781-982-2139	www.abingtonpl.org
Avon	Avon Public Library	280 West Main Street, Avon, MA 02322	508-583-0378	www.avonpubliclibrary.org
Bridgewater	Bridgewater Public Library	15 South St., Bridgewater, MA 02324	508-697-3331	www.bridgewaterpubliclibrary.org
Canton	Canton Public Library	786 Washington St., Canton, MA 02026	781-821-5027	www.town.canton.ma.us/library
Dedham	Dedham Public Library	43 Church St., Dedham, MA 02026	781-751-9284	www.dedhamlibrary.org
Dedham	Dedham Public Library	Endicott Branch: 257 Mount Vernon St., Dedham, MA 02026	781-751-9178	
East Bridgewater	East Bridgewater Public Library	32 Union Street, E. Bridgewater, MA 02333	508-378-1616	www.sailsinc.org/ebpl/
Easton	Ames Free Library	56 Main Street, N. Easton, MA 02048	508-238-2000	www.amesfreelibrary.org/
Foxboro	Boyden Library	10 Bird Street, Foxboro, MA 02035	508 543-1246	www.boydenlibrary.org
Franklin	Franklin Public Library	118 Main Street, Franklin, MA 02038	508-520-4940	www.town.franklin.ma.us/Pages/FranklinMA_Library/index
Hanover	John Curtis Free Library	534 Hanover Street, Hanover, MA 02339	781- 826-2972	www.hanovermass.com/library
Hanson	Hanson Public Library	132 Maquan Street, Hanson, MA 02341	781-293-2151	www.hansonlibrary.org
Holbrook	Holbrook Public Library	2 Plymouth Street, Holbrook, MA 02343	781-767-3644	www.holbrookpubliclibrary.org
Mansfield	Mansfield Public Library	255 Hope Street, Mansfield, MA 02048	508-261-7380	www.sailsinc.org/mansfield
Middleboro	Middleboro Public Library	102 North Main Street, Middleboro, MA 02346	508-946-2470	www.midlib.org
Norfolk	Norfolk Public Library	139 Main Street, Norfolk, MA 02056	508- 528-3380	http://library.virtualnorfolk.org/Public_Documents/index
North Attleboro	Richards Memorial Library	118 North Washington Street, North Attleboro, MA 02760	508-699-0122	www.rmlonline.org
Norton	Norton Public Library	68 East Main Street, Norton, MA 02766	508-285-0265	www.nortonlibrary.org
Plainville	Plainville Public Library	198 South St., Plainville, MA 02762	508-695-1784	www.plainvillepubliclibrary.org
Randolph	Turner Free Library	2 North Main Street, Randolph, MA 02368	781-961-0932	www.townofrandolph.com
Raynham	Raynham Public Library	760 South Main Street, Raynham, MA 02767	508-823-1344	www.raynhampubliclibrary.org
Rockland	Rockland Memorial Library	20 Belmont Street, Rockland, MA 02370	781-878-1236	www.rocklandmemoriallibrary.org
Sharon	Sharon Public Library,	11 North Main Street, Sharon, MA 02067	781- 784-1578	www.sharonpubliclibrary.org
Stoughton	Stoughton Public Library	84 Park Street, Stoughton, MA 02072	781-344-2711	www.stoughton.org/library/spl.html
West Bridgewater	West Bridgewater Public Library	80 Howard Street, West Bridgewater, MA 02379	508-894-1255	www.sailsinc.org/westbridgewater
Whitman	Whitman Public Library	100 Webster Street, Whitman, MA 02382	781-447-7613	www.whitmanpubliclibrary.org
Wrentham	Fiske Public Library	110 Randall Rd., Wrentham, MA 02093	508-384-5440	www.fiskelib.org



Museums



Children's Museums



Boston	Boston Children's Museum	8 Congress Street, Boston, MA 02210	617-426-6500	www.bostonchildrensmuseum.org
Easton	The Children's Museum in Easton	9 Sullivan Ave. North Easton, MA 02356	508-230-3789	www.childrensmuseumineaston.org
Fall River	Children's Museum of Greater Fall River	441 North Main Street, Fall River, MA 02720	508-572-0033	www.cmgfr.org/index.php?lang=en
Hanson	Hanson Children's Museum	1000 Main St. Hanson, MA 02341	781-635-6318	www.hansonchildrensmuseum.org
Providence, RI	Providence Children's Museum	100 South Street, Providence, RI 02903	401-273-5437	www.childrenmuseum.org/

General Interest/Historical Museums

Boston	Museum of Fine Arts	465 Huntington Avenue, Boston, MA 02115	617-267-9300	www.mfa.org
Boston	Museum of Science	1 Science Park, Boston, MA 02114	617-723-2500	www.mos.org
Boston	Boston Fire Museum	344 Congress Street, between Farnsworth Street and Thomson Place, Boston, MA 02210	617-338-9700	www.bostonfiremuseum.com
Boston	Institute of Contemporary Art	100 Northern Avenue, Boston, MA 02210	617-478-3100	www.icaboston.org
Brockton	Fuller Craft Museum	455 Oak Street, Brockton, MA 02301	508-588-6000	www.fullercraft.org
Brockton	Brockton Fire Museum	216 North Pearl Street, Brockton, MA 02301	508-580-0039	www.facebook.com/pages/Brockton-Fire-Museum/146810775344894
Cambridge	Harvard Museum of Natural History	26 Oxford Street, Cambridge, MA 02138	617-495-3045	www.hmn.harvard.edu
Canton	Museum of American Bird Art at Mass Audubon	963 Washington Street, Canton, MA 02021	781-821-8853	www.massaudubon.org/NatureConnection/Sanctuaries/MABA/index.php
Charlestown	USS Constitution Museum	Bldg 22 Charlestown Navy Yard, Charlestown, MA 02129	617-426-1812	www.ussconstitutionmuseum.org
Dedham	Dedham Historical Society Museum	612 High Street, Dedham, MA, 02027	781-326-1385	www.dedhamhistorical.org
Dedham	Museum of Bad Art	580 High Street in Dedham Square, Dedham, MA 02026	781-444-6757	www.museumofbadart.org
Dedham	Fairbanks House	511 East Street, Dedham, MA 02026	781-326-1170,	www.fairbankshouse.org
Middleboro	Middleborough Historical Museum & Society	18 Jackson St., Middleboro, MA 02346	508-947-1969	www.middleboroughhistoricalassociation.org
Middleboro	Robbins Museum of Archaeology	17 Jackson Street, Middleborough, MA 02346,	508-947-9005	www.massarchaeology.org/museum.htm
Hanover	Massachusetts Golf Museum	300 Arnold Palmer Blvd, Norton, MA 02766	774-430-9100	www.mgalinks.org/about-us/history_golfmuseum.html
Hanson	Museum of Antiquated Technology	303 High St., Hanson MA 02341	781-294-1647.	
Sharon	Sharon Historical Society Museum	16 High Street, Sharon MA 02067	781-784-9966	www.sharonhistoricalsociety.org
West Bridgewater	Old Bridgewater Historical Society Museum	Howard Street, West Bridgewater, MA 02379	508-559-1510	www.oldbridgewater.org



THIS IS A SIGN OF FUTURE PROSPERITY FOR EVERYONE IN MASSACHUSETTS

Whenever you see children interacting and learning in enriching environments, what you're really seeing is brain building in progress. The latest science shows that these early experiences actually build the architecture of the developing brain; much like a house is built from the bottom up. Each sequential step lays the groundwork for the next set of skills — like reading and math — and a lifetime of learning, success and productive, responsible citizenship.

Brain building is an investment that yields high returns. An investment in the economic prosperity of everyone in Massachusetts. Learn about the science of brain building and why our future depends on it.

In Massachusetts, families have many partners. The most valuable are the educators, caregivers and after school and summer programs that you choose during the first five years and beyond.

Check out www.brainbuildinginprogress.org/event-calendar for family activities and events or find a Brain Building Zone near you by visiting www.brainbuildinginprogress.org/resource-locator



Be a Brain Builder

What's the most important thing we can all do? Have an engaging interaction with a young child. Read a book with a toddler and have a conversation about it. Play peek-a-boo with a baby. Or, take the time to be completely fascinated by the artwork of a young neighbor, niece or nephew. Get down to their level. Look them in the eye. And really, really listen. Every interactive experience that an adult has with a young child creates valuable connections that permanently wire the architecture of an amazing work in progress. All of us are brain builders. In homes and schools, summer camps and family child care, supermarkets and subways, this kind of brain building is happening throughout Massachusetts. But we need your help to bring it to more children.

Before the age of three, the human brain develops more rapidly than at any other time in life.

Young children's brains develop 700 synapses (neural connections that transmit information) every second.



We at Self Help Inc. Coordinated Family and Community Engagement hope that the resources contained in this directory assist you and your family.

If you need additional help at any time, please contact us at:

Self Help Inc., Coordinated Family and Community Engagement
780 West Main Street, Avon, MA 02322

Phone: 508-559-1666 x128 or x126 Fax: 508-583-3808

Email: cpc@selfhelpinc.org Web: www.selfhelpcpc.org



/selfhelpcfce



@SHICFCE

Scan this code to join our email list!



If you discover any great resources NOT listed, or have any other comments about this directory, please contact us by one of the means above!

Check it out: www.brainbuildinginprogress.org

